

★ HIGHLIGHTS ★



- New York Marathon
- 1982 Postal One-Hour Run
- Run Against Crime 15K
- National 30K
- Skylon Marathon
- San Juan T&F Championships
- U.S. Masters go to China

- Avon Half-Marathon
- Tulsa 15K
- North American Masters T&F
- Lynchburg 10K
- Eastern Masters X-C
- Japan Masters T&F Championships
- Nike Capital Challenge

- Masters/Women Mythical Meet
- Chile Senior T&F Championships
- Twin Cities Marathon
- New Age Records
- 1983 T&F Schedule
- National Masters 15K

- V World Games Update
- TAC Convention Preview
- Photos, letters, profiles
- Columns by Tymn, Conley, Miller, Higdon, Farquharson
- And much more



National Masters News

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

52nd Issue

December, 1982

\$1.25

Higdon, Stock Set 15K Marks

VILLANUEVA, DALRYMPLE WIN IN NEW YORK

Villanueva, Matson Take El Paso Titles

by RICHARD LEE SLOTKIN

EL PASO, Texas, October 9. This was the second annual running of the Run Against Crime 15K, but with a difference: this year, they went big time. How big? Well, Frank Shorter finished 28th, that's how big.

It was billed as an international event, and it filled the bill in every sense. It not only had an international field, but it even took place in two countries. Starting in El Paso, it crossed over into Ciudad Juarez and finished back in El Paso. It was claimed by some that at least twice as many people came back across the border as went across the first time. Be that as it may, it was a great race.

The USA, England, Mexico and Kenya were some of the countries represented. The overall winner was the great Mexican Rodolfo Gomez, followed by Englishman Dave Murphy and third went to Kenyan Michael Musyoki.

Turning to the Masters, it was Mexico again. Well, what would you expect when Antonio Villanueva is in town? But the Masters field was loaded, too.

(Continued on page 11)

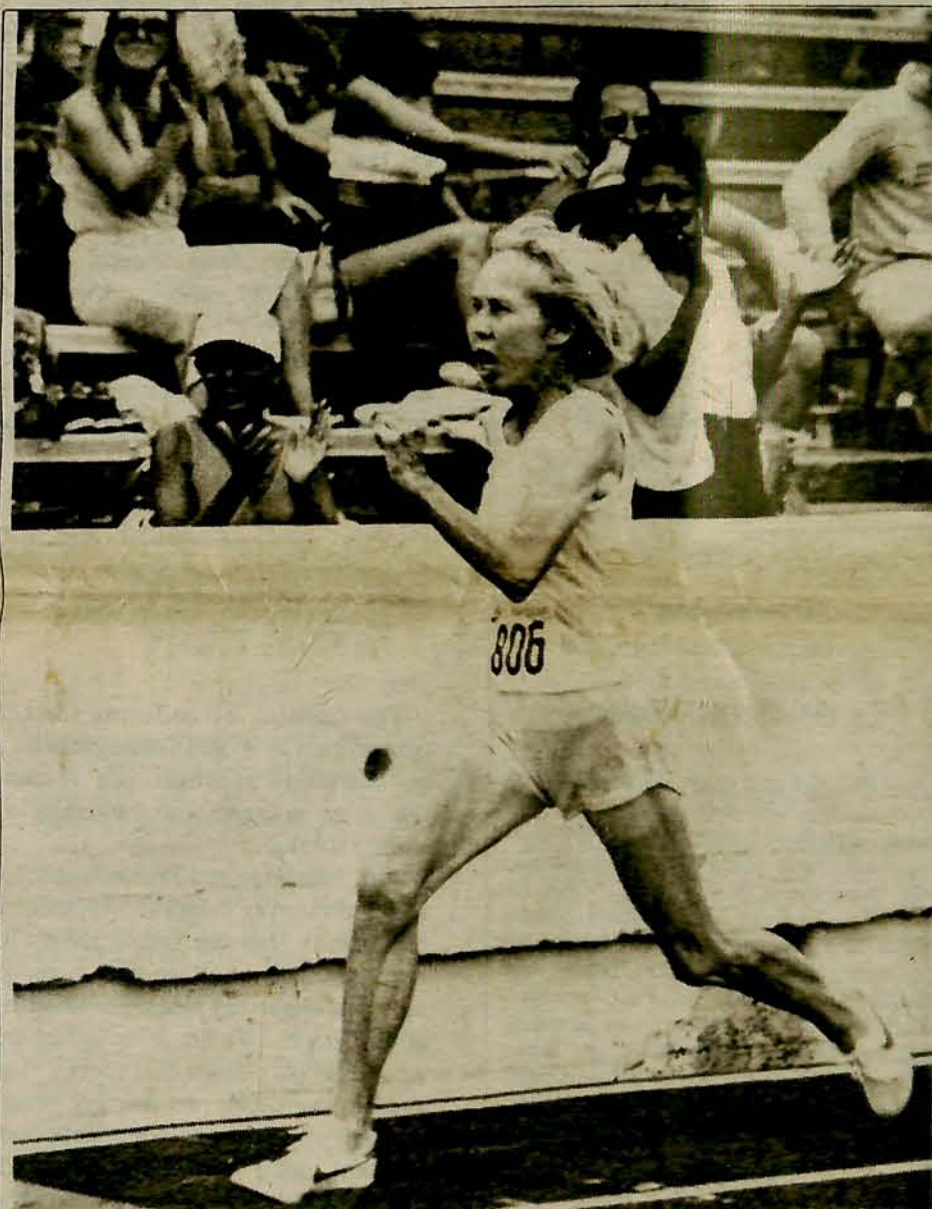
Benham Sets U.S. Mark

Conway, Bache Win National 15K

WASHINGTON, D.C., October 3. Wisconsin's durable and consistent Dan Conway, 43, captured his third consecutive Penn Mutual/TAC National Masters 15-kilometer road racing championship today with an impressive, 28-second triumph over New Jersey's Bob Fischer over the flat Hains Point course.

Conway finished 1st overall in the race open to runners over age 30 in the time of 48:13, 16 seconds faster than his winning 1981 time over the same route.

(Continued on page 11)



Polly Clarke, 70, of Loveland Colorado, winning the 100-meter dash in the 70-74 division in 16.26 at National Masters T&F Championships in Wichita. Clarke also won the 200 (35.34), 400 (90.06), and set new world 70-74 records in the 800 (3:29.97), and 1500 (7:31.83). Sportsfoto by John Allen

Randall, Stock Best Over-40's

North Medford Sweeps One-Hour Run Titles

North Medford captured both the 40-49 and 50-59 team titles in the 1982 TAC National Postal One Hour Run Championships, while individual masters honors went to Kirk Randall of Massachusetts and Dorothy Stock of San Diego.

Results compiled by director Al Huff from one-hour track runs throughout the nation showed that

(Continued on page 15)

5,244 Runners

McFadden Top Master in Tulsa

TULSA, OKLAHOMA, October 30 — Jim McFadden captured the masters title by 80 seconds in 52:09 today in the annual Tulsa 15 kilometer run, as 5,244 runners — plus another 2,900 2-mile fun-runners — participated in one of the Southwest's major events.

Among the entrants were Bill Rodgers and winner Nick Rose, who bested Joe Nzau by one second in 43:47. Francie Larrieu-Smith led all

(Continued on page 11)

4,406 Masters Among 14,000 Marathoners

NEW YORK, N.Y., October 24. While the ABC-TV network cameras were focusing on the leaders in the 3-hour, nationally televised New York Marathon today, some of the finest masters runners in the world were waging a duel of their own less than 10 minutes back.

Midway between men's winner Alberto Salazar (2:09:29) and women's winner Grete Waitz (2:27:14), Mexico's Antonio Villanueva, 42, was slowly pulling away from a strong field of veteran marathoners to win the over-40 title in a fast 2:19:09.

As in 1981, foreign runners captured most of the top masters awards. Seven of the first 10 over-age-40 finishers were from outside the U.S. The first 7 masters runners broke the 2:30 barrier.

Virginia's Bob Jenkins, 42, ran an all-time personal masters best with a sparkling 2:24:05 to place third among veterans behind the 2:22:44 of England's Bill Venus, 43.

New Zealand's Terry Manners, 42, winner of the Boston Freedom Race, took 4th in 2:24:52, followed by Norway's Torgeir Syverstad, 40, 2:25:21;

(Continued on page 17)

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



Write On!



Address letters to:

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

National Masters Officers

ATHLETICS CONGRESS

TRACK & FIELD CHAIRMAN:

Jim Weed
11672 E. 2nd Ave.
Aurora, CO 80010
(303) 341-2980

LONG DISTANCE CHAIRMAN:

Bob Boal
121 W. Sycamore Ave.
Wake Forest, NC 27587

TRACK & FIELD RECORDS:

Pete Mundle
4017 Via Marina #C-301
Venice, CA 90291
(213) 823-8804

LONG DISTANCE RECORDS:

National Running Data Center
P.O. Box 42888
Tucson, AZ 85733
(602) 323-2223
(602) 326-6416

INDOOR RECORDS AND RANKINGS:

Haig Bohigian
225 Hunter Ave.
North Tarrytown, NY 10591
(914) 631-1547

INDOOR T&F MEET COORDINATOR

Ron Salvio
Squan Rd.
Clarksburg, NJ 08510
(609) 259-9268

OUTDOOR T&F MEET COORDINATOR:

Bruce Springbett
P.O. Box 1328
Los Gatos, CA 95030
(408) 354-7333

WORLD ASSOCIATION OF VETERAN ATHLETES (WAVA)

PRESIDENT:

Don Farquharson
269 Ridgewood Road
West Hill, Ontario
Canada M1C 2X3

NORTH AMERICAN REP:

Bob Fine
77 Prospect Place
Brooklyn, NY 11217
(212) 789-6622

TECHNICAL CHAIRMAN:

Ian Hume
R.R. #1
Melbourne, Quebec
Canada
819-826-5418

VICE PRESIDENT

(Road Running and Walking)

Jacques Serruys
"Fit Veteran"
P.O. Box 7
8000 Brugge I-Belgium

WOMEN'S DELEGATE:

Irene Obara
203 Paseo Bernal
Moraga CA 94556
(415) 376-8967

NIKE

Valdemar Schultz
B.R.S. Inc.
3900 S.W. Murray Blvd.
Beaverton, OR 97005 (503) 641-6453

SPONSORSHIP PROPOSAL

The November issue is, as always anymore, a dandy. I agree with Frank Finger's reasoning on not wearing national uniforms, and I'll be in Puerto Rico (and elsewhere) in my club vest.

I enjoyed Nolan Fowler's article on Tom McDermott and the hammer whales. If there's anybody qualified to write about the hammer, it's Nolan.

I concur in the study by Mr. White of San Diego State that running stimulates sexual desire. I note with interest that this did not hold true for marathoners. Chalk up one more reason (as if another were needed) not to run that wasteful, destructive, boring distance.

NATIONAL MASTERS NEWS

52nd Issue
December, 1982
Editor

Al Sheahan

Production

American Publishing Co.

CONTRIBUTORS

Alistair Aitken, Ruth Anderson, Leo Benning, Haig Bohigian, Alvin Clark, Phil Conley, Bob Fine, Nolan Fowler, Bill Gentry, Jim Gerard, Clem Green, Spotswood Hall, Don Harris, Hal Higdon, Wally Ingram, Dave Jackson, Jack Karbens, Sandra Knott, Bob Langenbach, Bob Martin, Joe Martin, Wendell Miller, Wilf Morgan, Pete Mundle, Jack Pennington, Phil Partridge, Barbara Pike, Marty Post, Jim Scannell, Valdemar Schultz, Tom Sheahan, Bruce Springbett, Bill Stock, Pete Taylor, Danny Thiel, Mike Tymn, Jim Weed, Jennifer Hesketh Young.

PHOTOS

John Allen, George Cohen, Bill Gentry, Carole Langenbach, Richard Lee Slotkin, Mike Tymn, Bob Watanabe, Robert Weaver.

DISTRIBUTORS

Walter Childs, Ed Singleton, Louis Johnson, Laurel James, Mike Valle, John Grant, Greg Nelson, Barbara Pike, Ruth Anderson.

The *National Masters News* is an official publication of the Athletics Congress Masters Track & Field and Long Distance Running Committees. The editorial policy is not necessarily that of the Athletics Congress.

The *NATIONAL MASTERS NEWS* (ISSN #0744-2416) is published monthly for \$12 per year from 6200 Hazeltine Ave., Van Nuys, CA 91401. Phone: (213) 785-1895. Second class postage paid at Van Nuys CA. 91409.

POSTMASTER: Send address changes to: *National Masters News*, PO Box 2372, Van Nuys, CA 91404.

Now for a serious suggestion. We have gained and lost, over a rather short time, two national sponsors. There are hints that another is in the wings, but so far no announcements. We are in times when, increasingly, we are going to have to do more for ourselves; when sponsorship, and giving, are going to revert more and more to the individual and smaller group.

So — whether we soon get a new sponsor, or not — why don't we, the vets, start up our own foundation, or trust, to be the underpinning, the element of continuity, in our sport? Why don't some of the attorneys in our midst set up such an organization in paper, to qualify as a tax-deductible entity, and let's start funding it?

I'm a poor man, but I'd be willing to contribute \$250 at the outset. If 999 others would do the same, that would be a quarter of a million dollars. The annual income off that should be \$25,000. And that would go a long way toward achieving some of our goals, sponsor or not.

I think this fund should be administered by the vets — not by TAC headquarters.

I also think the numbers I suggested above are quite modest; we could do far, far better with some organization and effort.

Lou Schneider

Louisville, Kentucky

NATIONAL UNIFORMS

Dear Sir:

The question of uniforms for U.S. competitors at World Games is none of my business; I'm British. But of course that is not going to stop me telling you what I think.

Phil Partridge and Frank Finger had some interesting things to say about it, but I think they are taking things too seriously. We are all tending to get too sensitive about any hint of nationalism at our games. We are all mindful that we should play down that sort of thing and, in the main, we do. We should feel sorry for anyone who seeks some national glory from a victory at the world vets! In fact I think most of us would be mildly amused by anyone who did.

Some people wear a 'national vest' at the world games. I do, and to be honest I've never thought much about why I do. The only reservation I have is that our vest has the national colours and is close to the one worn by the British at Olympic games. If I had my way it would be something different, something that showed we were British vets, but had nothing to do with national colours. Dare I say that there is not much imagination shown by some national veteran associations in this matter. I think that if nobody mentioned a 'national track shirt,' but a shirt indicating membership of an association of masters from a country on the North American continent, people

would be generally in favour. Go on, get somebody to design a track shirt for you. But make sure it's smart and original because I would like to swap it for one of mine in Puerto Rico.

Wilfred Morgan
London, England

OF SEX AND SMILES

The October issue of Master's News was excellent. The piece on the Kelly Family was well written and timely. Mike Tymn and Phil Conley seemed especially on target this month. But a word to Hal Higdon in response to his letter. Yes, I have seen someone smile before, during and especially after sexual intercourse. People have also been known to laugh and/or cry at such moments. My advice to Hal — next time — open your eyes.

Dorothy Wilkins
South Windsor, CT.

KUDOS

Thanks for the copy of NMN you sent me. Read it from beginning to end and enjoyed it very much.

I was a subscriber of Trackmaster from the very first edition and still have every copy. ~~Hated to see them go~~ out of business; sure was a good magazine. Besides, where else can a 62 year old, middle of the pack runner get to see his name in print.

Thanks again for the copy of NMN and put me down for a year's subscription.

Arthur Boyd
Harrisburg, PA

GOOD JOB IN ROCHESTER

I have been critical of officiating for weight events at many masters meets, so it is only right that I commend the weight event officials for a super-fine job at the Northeastern Masters Track & Field Championships held at Rochester, New York.

They not only knew the events, but they were extremely efficient in moving the events along in a timely fashion while showing patience and courtesies to the competitors. They also understood the need to break the events into flights of manageable size, and furthermore advise what these flights would be prior to the start of each event to eliminate confusion and associated warm-up problems.

Undoubtedly the officials worked hard through the day, but the results were some good works and a pleasant feeling among the competitors.

Bob Stone
Kensington, CA

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.



NATIONAL

December 2-5. 4th Annual Athletics Congress National Convention, Philadelphia. Registration form in November issue.

TRACK & FIELD

EAST

January 4. Philadelphia Masters Sports Carnival. Jean Summerall, 1401 Arch St., Philadelphia, PA.

January 28. Millrose Games, New York City. Masters events. Ed Small, 531 Main St., New York, N.Y. 10044.

February 6. MAC Masters Indoor T&F Championships, 168th St. Armory. NYC.

SOUTHEAST

December 11. Invitational Masters Decathlon/Pentathlon. For invitation send S.A.S.E. to Joe Johnston, 339 N. Christiana Ave., Apopka, FL 32703.

December, 28-29. Holiday Weight Pentathlon and Regular Pentathlon, Delray Beach, Florida. Randy Cooper, Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, FL 33444.

MIDWEST

January 9. Lake Erie Indoor Track & Field Championships, Maple Heights High (Cleveland). Open and 5-year age groups from 30 up. Mary Chadbourne 216-321-8830.

Need Back Issues?

Most back issues of the *National Masters News* are available for \$1.25 each, plus 50¢ postage and handling for each order. Send to:

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

MID-AMERICA

January 8. TAC Mid-America Indoor Regional Masters Track & Field Championships. Lincoln, Nebraska. Noon. Forest Doling, 5030 S. 65th St., Lincoln, NE 68516. (402) 483-4842.

WEST

December 26. 7th Hawaii Regional Senior Olympics Christmas Track Meet, Kaiser High, Honolulu, 8 a.m. Stan Thompson, 1549 Ipukula St., Honolulu HI 96821.

NORTHWEST

January 21-22. 3rd Annual Snake River TAC Indoor Track & Field Championships, Idaho State Univ. Mini-Dome, Pocatello, Idaho. Age-groups. Box 8173 ISU, Pocatello, ID 83209.

INTERNATIONAL

September 23-30, 1983. 5th World Veterans Games, San Juan, Puerto Rico.

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

LONG DISTANCE RUNNING

EAST

December 4. Penn Mutual/Nike/TAC National Masters 5-Mile Road Racing Championships and Open and TAC delegates race, Philadelphia, 10 a.m. East River Drive. Post entries only. \$5.00. Awards to first three in open and each 5-year age-group from age 30 up. Team awards for 40-49 (5 runners), 50-59 (5) and 60+ (3), based on time. Fred Mannis, 215-985-1780.

December 5. 5th Annual Brian's Run, West Chester, Pa. 10K. 1 p.m. Larry Brandon, 206 Brooke Drive, West Chester PA 19380. (215) 692-5643. 4000 runners.

Dec. 5. Reindeer Run ½ marathon, Andes, NY 36½ Main St., Delhi NY 13753.

Dec. 5. Maryland Marathon, Baltimore. PO Box 11394, Baltimore MD 21239.

December 12. Eastern Masters 10K Road Championships. 1:30 p.m. Clarksburg, NJ. Deadline: Dec. 7. Ron Salvio, Squan Rd., Clarksburg, NJ 08510. 609-259-9268.

December 31. Brooks/Runner New Year's 4.9 mile run. New York City. Midnight. 2,500 runners. Box 881, FDR Station, New York, N.Y. 10150.

SOUTHEAST

December 4. Baton Rouge Marathon and 10K. P.O. Box 1227, Baton Rouge, LA 70821.

Dec. 11. Joe Steele Marathon, Huntsville, Ala. Harold Tinsley, 8811 Edgehill Dr., Huntsville AL 35802.

January 8. Charlotte N.C. Observer

ON TAP FOR DECEMBER

The Fourth Annual Athletics Congress/USA National Convention takes place in Philadelphia from the 1st thru the 5th. Masters track & field and long distance running committees will meet continuously with much business to be discussed.

TRACK & FIELD

T&F activity begins with a Florida Decathlon on the 11th; then the Annual Hawaii Senior Olympics on the 26th. The traditional Holiday Pentathlons are set for Delray Beach, Florida on the 28th and 29th.

LONG DISTANCE RUNNING

The TAC National Masters 5K Road Championships are set for Philadelphia on the 4th as part of the TAC convention. The popular Fiesta Bowl Marathon in Scottsdale, Arizona and the Whiterock Marathon in Dallas are also scheduled for the 4th.

The next day sees the Maryland

Marathon in Baltimore, the internationally famous Fukuoka Marathon in Japan, and the 5th Annual Brian's Run in West Chester, Pa.

On the 11th is the popular Joe Steele Rocket City Marathon in Huntsville, Alabama. Recognized as one of America's top road races, the event spares no expense in providing participants with prizes, merchandise awards, entertainment and a well-run race.

The Eastern Masters 10K is set for the 12th in Clarksburg, N.J., while 6000 miles away, the 8000-runner Honolulu Marathon takes place.

If you like sub-zero temperatures and 40-below wind-chill running, you'll love the Midwest Masters 30K along Lake Michigan the day after Christmas. Nor for the squeamish.

New Year's Eve Midnight runs are set for New York, Los Angeles and a few other spots around the nation.

Happy holidays.

Marathon (1,200 runners) and 10K (3,800 runners). Do Fleck, Box 30294, Charlotte, N.C. 28230.

January 15. Orange Bowl 10K. Miami 3,000 runners. Orange Bowl, Florida U., Tamiami Trail, Miami, FL 33199.

January 22. Orange Bowl Marathon, Miami. 4,000 runners. Basil Honikman, Florida U., Miami, FL 33199.

February 5. Gasparilla Distance Classic 15K, Tampa, Florida. 10,000 runners. Karen Goforth, Box 1881, Tampa FL 33601.

February 20. Mardi Gras Marathon, New Orleans. 3,000 runners. Box 30491, New Orleans, LA 30791.

MIDWEST

December 26. Midwest Masters 30K Road Championships Veterans Park, Crystal Lake, Ill. 10 a.m. (Open Run). Wendell

Miller, 180 N. LaSalle, Chicago IL 60601. (213) 236-1315. Race day sign up only. \$5. 5-yr. age-group awards.

SOUTHWEST

Dec. 4. Whiterock Marathon, Dallas. Marathon, 6434 E. Mockingbird, Dallas TX 75214.

January 15. Houston-Tenneco Marathon, Houston. 3,000 runners. Cy Strong, Box 19454, Houston, TX 77024.

WEST

Dec. 4. Fiesta Bowl Marathon, Scottsdale, Arizona. Marathon, 3410 E. Van Buren, Phoenix, AZ 85005.

December 12. Honolulu Marathon. Box 27244 Chinatown Station, Honolulu HI 96827, (808) 734-7200.

January 23. Mission Bay Marathon, San
(Continued on page 4)

Subscribe Now!

The National Masters News is the bible of the Masters (Veterans) movement, the fastest growing segment of the running community. It's a bargain at 12 issues a year for only \$12. Get aboard the publication that's covering the Masters scene more thoroughly than ever. Subscribe now.

- | | |
|---|--|
| <input type="checkbox"/> \$12 for 1 year/12 issues | <input type="checkbox"/> New |
| <input type="checkbox"/> \$24 for 2 years (beat inflation!) | <input type="checkbox"/> \$24 for overseas |
| <input type="checkbox"/> \$20 for 1 year 1st-class air-mail | <input type="checkbox"/> Renewal |
| <input type="checkbox"/> \$4 for Age Record Book | |

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News

P.O. Box 2372

Van Nuys, CA 91404

(Continued from page 3)

Diego. 1,000 runners. Dave Baxter, 3711 Jackdaw St., San Diego, CA 92103.

January 30. Super Bowl Sunday 10K, Redondo Beach, Calif., 10,000 runners. Box 637, Redondo Beach, CA 90277.

February 6. Oakland Marathon, Oakland, Calif. 6,000 runners. Cherie Swenson, Box 2501, Oakland, CA 94614.

NORTHWEST

March 25-26. 16th Annual Sports Medicine and Conditioning Seminar, Seattle. Ken Foreman, Ph.D., 1551 N.W. 54th, Suite 200, Seattle, WA 98107. (206) 782-0172.

INTERNATIONAL

December 5. Fukuoka Marathon, Japan.

Hite, Higdon, Amos Set 20K Records

Former Indiana U. runner Kevin Higdon won the Dunes Lakeshore 20 kilometer run in Chesterton, Indiana, October 16 in 1:06:44, but the real story unfolded behind him.

Hal Higdon and Betty Hite each set American age-group records over the certified course. Hal Higdon (Kevin's father) was third overall with a time of 1:08:12, bettering the 50-54 record 1:10:15 run by Al Lawrence of Houston on the same course two years

ago when it was site of the Brooks Master Run. Hite's time of 1:16:07 improves on the 1982 35-39 mark of 1:16:18 by Madeline Harmeling. Hite was 17th overall and the first female finisher.

Everett Amos, 80, set an American age record simply by finishing in 2:30:11. Nobody that age had ever been listed as finishing a 20 kilometer race before, although Californian Paul Spangler ran 1:58:35 at age 81. □

Thurston Sets 30K Record

TROY, NEW YORK, September 19 — Linda Thurston, 40, set a new American female masters record for 30 kilometers today with a time of 2:00:09 in the TAC National Senior and Masters 30K Championships.

Thurston's stunning performance took over three minutes off the former mark of 2:03:17, set by Miki Gorman in 1979.

Four of the first finishers were masters in the annual event. Andy Urquhart, 43, was the first 40 plus finisher and 2nd overall. He was followed by P. VanGardener, 41, 1:47:46; Dick Gottshall, 47, 1:49:23; and Lee Wilcox, 43, 1:49:49.

Tom Barclay, 51, led the 50 plus runners in 1:54:51, while John Woods, 64, was the fastest 60 plus in 2:18:52. □

Romppanen Sets 8K Mark

LOS ANGELES, October 9 — Christa Romppanen set a new American women's masters 8-kilometer record today in a time of 30:47 to win the women's masters TAC/SPA 8K championships.

The time betters the listed mark of 31:05, set by Anna Thornhill of New York last year.

Skip Shaffer, 44, defeated Eino, 42, by 22 seconds in 26:47 for men's masters laurels, with Hal Winton's 29:02 good for the 50-59 title. Bob Gerlach, 52, logged 30:08 for 2nd M50, while George Cohen's 28:36 took 3rd in the M40 group. □



Tony Castro and Claude Hills
Sportsfoto by John Allen



Warren G. Jackson, far left, Minority Affairs Consultant for the Seven-Up Company and Joshua Culbreath, third from left, 1956 Bronze Medalist both Seven-Up "Masters" flank Len Olson, second from left, world record holder in the Hammer Throw (50-54). Also shown flanking the Seven-Up Banner are Barry Ivers, second from right, who set the world record of 13.2 for the 100 meters (70-74) and on far right, Bob Backus former Olympian. The occasion was the second annual Tampa Bay Track and Field Meet co-sponsored by the Seven-Up Company and the Tampa Recreation Commission on April 3, 1982.

TENTATIVE 1983 MASTERS TRACK & FIELD SCHEDULE

- Jan. 2 MAC Grand Prix, West Point, NY
- Jan. 4 Philadelphia Masters Sports Carnival
- Jan. 9 Lake Erie Indoor T&F, Cleveland
- Jan. 15 MAC Grand Prix, Princeton, NJ
- Jan. 19 MAC Relays, 168th St. Armory, NYC
- Jan. 22 West Point Invitational (some masters)
- Jan 21-22 Snake River TAC Indoor, Pocatello, Idaho
- Jan 28 Millrose Games, New York City
- Jan 30 MAC Junior Championships (some masters)
- Feb 6 MAC Masters Championships, Armory, NYC
- Mar 6 Philadelphia Masters Championships
- Mar 13 New Jersey Masters Championships
- Mar 27 TAC National Indoor Championships*
- Mar 5 Virginia TAC Masters Indoor, Lexington
- Apr 16 Tampa Bay T&F/Wt Pentathlon, Tampa FL
- Apr 23 Sacramento Relays
- Apr 24 Cleveland Relays (some masters)
- Apr 23-24 Mt. Sac Relays " " "
- May 1-2 " " " " "
- May 6-8 Southeastern Masters T&F, Raleigh NC
- May 7 West Coast Masters Classic, Visalia CA
- May 21 TAC Pacific Masters, Los Gatos CA
- May 29 Grandfather Two, Irvine CA
- Jun 4-5 Las Vegas Masters Classic
- Jun 12 Atlanta Masters
- Jun 11-12 Miami Northwest Classic
- Jun 18 Cleveland T&F Meet
- Jun 25 Hayward Masters Classic, Eugene, Oregon
- Jul 2-3 National Masters Decathlon, Merced CA
- Jul 9 TAC/SPA Masters Championships, Los Angeles
- Jul 23-24 West Valley Masters, Los Gatos CA
- Jul 28-31 National Masters Sports Festival, Phila.
- Jul 30-31 Northwest Classic, Gresham, Oregon
- Aug 13-14 Missouri Senior Olympics
- Aug 13-14 Cleveland Decathlon
- Aug 20-21 TAC Western Regionals, Los Gatos
- Sep 3-4 Rocky Mountain Games, Denver
- Sep 10-11 New Senior Olympics, Los Angeles
- Sep 17-18 16th TAC National Masters Champs, Houston
- Sep 23-30 V World Games, San Juan, Puerto Rico
- Oct 8 Club West Masters Meet, Goleta CA
- Plus:
- Jun 18 Senior Sports Festival, Seattle

To Inquire About Reservations
Air Travel And Entry Forms
For The

V WORLD VETERANS GAMES
IN

San Juan, Puerto Rico

SEPTEMBER 23—OCTOBER 1, 1983

Contact: Sports Travel International, LTD.
P.O. Box 7823
San Diego CA 92107
(619) 225-9555

- + ENTRY FORMS
- + LOW-COST AIR TRAVEL
- + HOTEL RESERVATIONS
- + POST-MEET CARIBBEAN CRUISE

FIFTH WORLD VETERANS CHAMPIONSHIPS

SEPT. 23-30, 1983

IN

PUERTO RICO

is your reason for your FIRST CLASS VACATION

CARIBBEAN '83

Fly **FREE**, round-trip from one of 76 cities in the U.S., to San Juan, Puerto Rico, the site of the 5th Bi-annual Championships of the World Association of Veteran Athletes, on Wednesday, September 21, 1983.

Stay 10 nights at the world-famous Caribe Hilton—the first-class hotel nearest to the stadium.

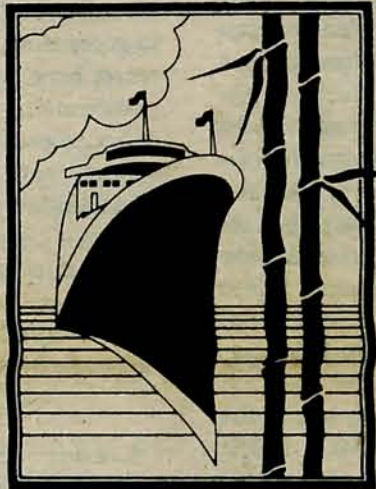
Enjoy the **FIESTA del MASTERS** especially arranged for you by **SPORTS TRAVEL INTERNATIONAL, LTD.**

Explore old San Juan and the island of tropical beauty during the "off hours" of the meet.

Cunard Countess

Do as much as you want...or nothing at all.

Immerse yourself in shipboard activities from dawn until well after sundown. Or do absolutely nothing...except sit back and enjoy that luxurious sense of ease that's unique to a cruise.



From ship to shore, a dazzling array of adventures. By day you can go ashore if you wish for a delightful taste of Caribbean culture. Sample local cuisines. Shop in charming native boutiques. Or enjoy a variety of water sports, tennis, golf, or horse-back riding.

Afterwards, you can return to the peaceful familiarity of your ship for cocktails, dinner, or a quiet night gazing up into the matchless beauty of the Caribbean sky.

On Saturday afternoon, October 1, transfer with your USMITT friends from the hotel to the CUNARD COUNTESS for your 7-day cruise and experience the Caribbean.

Cruise to Caracas, Grenada, Barbados, St. Lucia, St. Thomas, and back to San Juan... without additional packing and unpacking.

Enjoy continuous activities, entertainment, and food from early morning 'til early morning.

Dream on in your outside stateroom, beautifully appointed, with 2-channel radio, private telephone, wall-to-wall carpeting, air conditioning, light console on each bed, and private bathroom.

This is the USMITT NOSTALGIA CRUISE. . .Renew Master friendships from the past 10 years. . .and build new ones in the relaxed atmosphere of fun, sun, and adventure.

ALL for \$1,983.00

Treat yourself and your family to 18 days in the Caribbean with
USMITT - the U.S. Masters International Track Team.
Be pampered and catered to in the **Caribbean '83!**

RESERVATIONS: SPORTS TRAVEL INTERNATIONAL, LTD.,
P.O. Box 7823, San Diego, CA 92107 (619) 225-9555

Please make _____ reservations for **CARIBBEAN '83** for

Names _____

Address _____

Phone (Residence) _____

(Business) _____

Enclosed please find \$ _____ (\$500.00 per person deposit + \$25.00 per person non-refundable tour registration fee). The deposit is fully refundable until July 15, when the balance of payment is due.

Signed _____



THE GUN LAP

by MIKE TYMN

ALEX RATELLE — FROM HORSE-POWER TO MANPOWER

As an anesthesiologist, Dr. Alex Ratelle confronts death almost daily. Perhaps that accounts for his success as a runner.

Ratelle, who lives in the Minneapolis, Minn. suburb of Edina, has been one of the top ranked masters runners in the country for about a decade now. In the Nike Masters Grand Prix at Philadelphia in August, the 58-year-old runner clocked an amazing 33 minutes, 52 seconds for 10 kilometers to easily win the 55-59 age division. And he wasn't far behind Hal Higdon, the 50-54 winner. I had the opportunity to talk to Ratelle after that event.

"I have many opportunities each day to see the disasters that early await the obese, the smoker, the alcoholic, and this reinforces my experience and my motivation," he said.

As Ratelle sees it, his lifestyle changed from one of morbidity to one of vitality when he was 43. He refers to that time as the "twilight" of his life. It was then that he made the switch from horsepower to human power.

During most of the 1950's and then into the early 60's, Ratelle was into racing sports cars. He drove Porsches, Ferraris, and Elvas to victories in both amateur and professional events around the Midwest. He even undertook a sideline venture that involved designing and building cars.

"Racing cars became an extension of my combat flying, a morbid activity," said Ratelle, who flew 63 combat missions during World War II and twice had his plane shot down. "Running became an extension of my high school track participation, a return to my youth, back to living again."

"I regard life as an exploration, an adventure. Without the proper routes — in my case, high school track, building boats, practicing the violin, painting, combat flying, medical school, medical practice, racing cars — my present running program might be difficult, possibly without pleasure. As my dad said, we learn little from what we do right, but much from our mistakes."

Overweight, a smoker, and called by one of his physician associates "a physical disaster," Ratelle started a jogging program in 1964. Then, about

two years later, he overheard a friend talking about running in the Boston Marathon. Intrigued at the thought of running the Boston Marathon himself, Ratelle went into serious training. He finished the 1967 Boston Marathon in 3 hours, 53 minutes.

Now, Ratelle consistently runs marathons in the 2:30 to 2:40 range. His best is 2:30:56, recorded just last year at the age of 56. He also took in a 33:01 10K in 1981.

Ratelle's goals are to break 2:30 for the marathon and 33 minutes for the 10K. "They're just numbers," he said, "but on cold winter mornings when the wind chill is minus 80 degrees and the dogs and cattle are kept inside, I need all the encouragement I can find. Dreaming of breaking 2:30 helps get me through the workout."

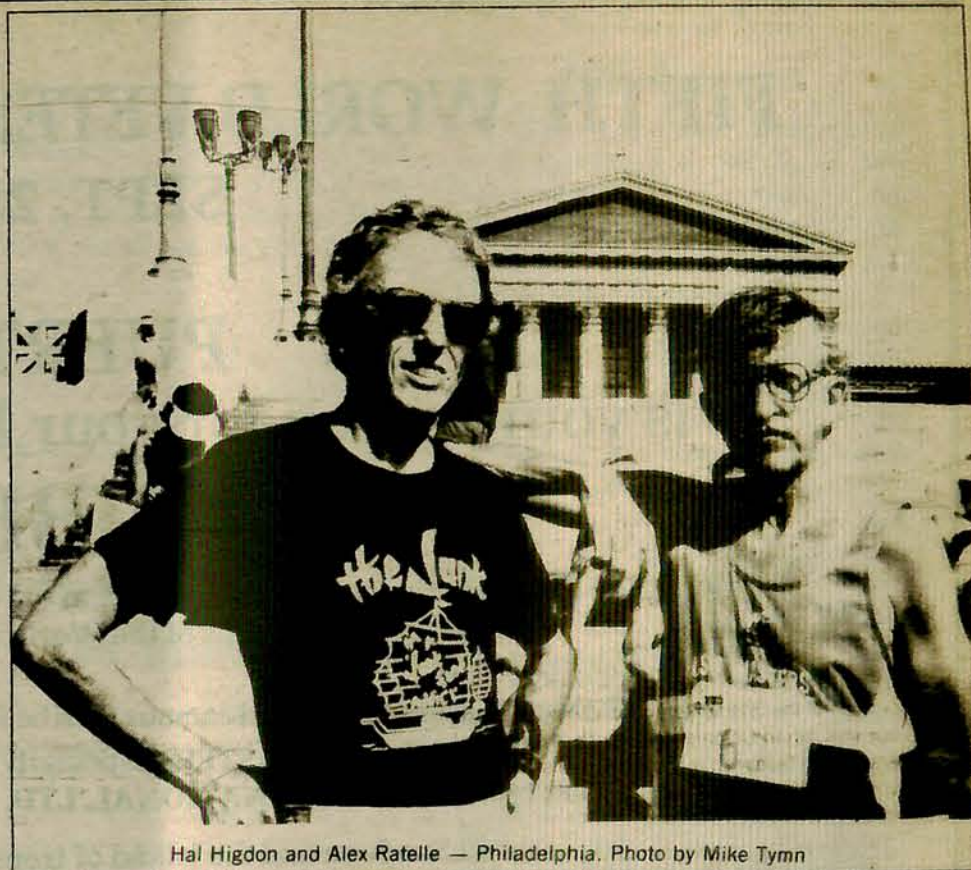
His times not only qualify him as the best runner in his age division in the United States, but on an age graded performance table he figures to be one of the top runners of any age.

To achieve such performances, Ratelle regularly runs around 400 miles a month. He is usually up at 4:30 a.m. to prepare for his nine mile run to work at a hospital where he is senior consultant in anesthesiology. After work, he runs back home. Finally, before retiring at night, he peddles his stationary bicycle for about an hour.

Ratelle praises his wife, also a runner, and his six children for their support. "I have a patient and loving family," he remarked. "They believe my personal wellness program is good for me and for my community."

Although he has finished some 110 marathons and more than 300 other races, Ratelle still feels uneasy when he goes to the starting line. "I think, why am I here? Why is my ass on the line again? But I felt somewhat like this before combat missions, medical school tests, the start of car races," he continued. "And I always appreciate it. This is life condensed into a tiny, bittersweet drop. I have come to like myself more as a result. I have shown me that I have the courage and resources to go to the line with the best . . . to try . . . and to risk it all."

"There are perhaps many people my age who would like to live as I do, or perform as I do, but they don't know



Hal Higdon and Alex Ratelle — Philadelphia. Photo by Mike Tymn

how to prevail. My greatest pride is not in succeeding, but prevailing. There's a secret here: with time and success and gratification, it has become easier — easier to prevail."

Some of Ratelle's friends have criticized him for racing as often as he does — sometimes two races a weekend, occasionally three. But he is quick to point out that he has not suffered a significant injury in all of his

years of running. This, he feels, is due to his knowledge of the human body and the fact that he closely monitors all aspects of his training and racing.

"I greatly enjoy frequent races," he said enthusiastically. "I like the color, the excitement, the recognition, the challenge, the adventure. I like the places I run. And I like the people I can run with."

Throwers Form Postal Games

Craving action, masters throwers have organized a "postal games of autumn" in Connecticut, New Hampshire, Pennsylvania and Michigan.

On October 24, Tom McDermott threw the 16 lb., hammer 123'1" in Madison, CT for a new age-64 mark; Bill Walmroth set an age-59 16 lb. shot

mark of 39'9" in Southfield, Mich., and Bob Detweiler broke the age-68 16-lb. hammer record with a heave of 81'1" in Swarthmore, PA.

To participate, contact McDermott at 123 Bishop Lane, Madison, CT 06443. □

990 COMPETE IN JAPAN

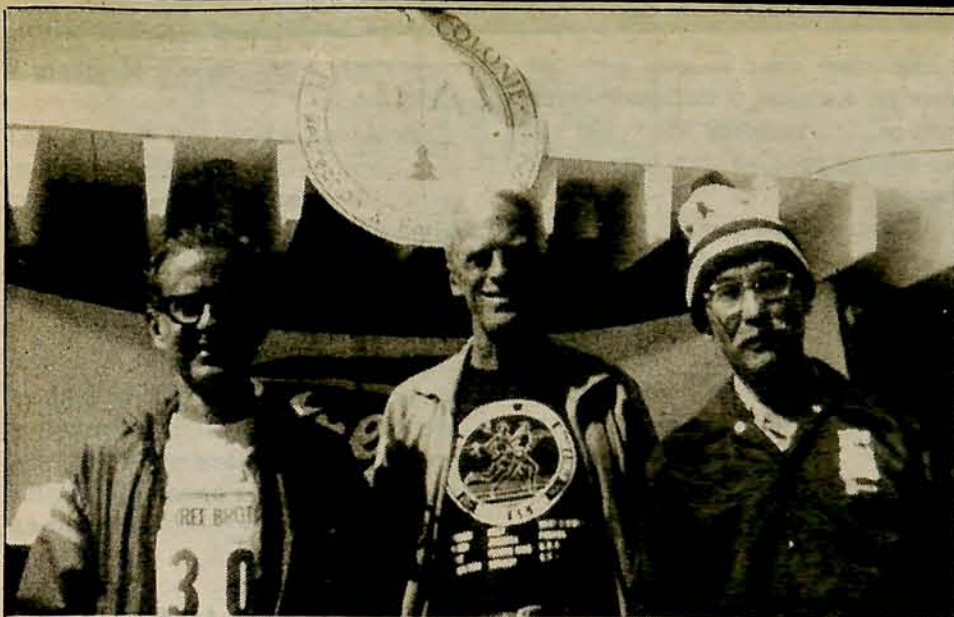
TOKYO, JAPAN, October 2-3. The 3rd Japan Masters Track & Field Championship held at Tokyo Stadium drew 990 athletes including 6 Americans and one Chinese.

Among the top efforts were a 2:06.1 by Tatsuo Goro in the M45 800; a 2:10.3 by Morio Watanabe in the M55 800; a 4:14.1 by Seiichi Yamazaki in the M40 1500; an 18-5 long jump by Noboru Yamamoto, M55; a 44-3 triple jump by Takatsugu Sakurai, M45; a 192-11 javelin throw by Ukichi Akiyama, M40; and a 3:14 800 by Fuji Inoue, W60.

Among the Americans competing was Bob Watanabe of Los Angeles, who called the meet "the best organized meet I've ever run in." Japan, which lost a bid for the 4th World Veterans Games, is rumored to be planning a bid for the 6th or 7th World Games. □



Wally Ingram receives award as 50-59 SPA/TAC 10K champ in 35:29. Photo by Richard Lee Slotkin



NATIONAL CHAMPIONS

On September 19, 1982, running as a three man team representing the Potomac Valley Seniors Track Club, Dr. Newlin Hewson of Washington, D.C., John Wood of Bethesda, Maryland, and Frank Luff of Wheaton, Maryland, won the U.S. National Team Championship for the age 60 plus division of the 30 kilometer run (18.6 Miles). Sponsored by the Penn Mutual Insurance Co., the race was run in Colonie, New York (a suburb of Albany) along the Mohawk River. All three runners of each team ran the 18.6 mile distance. The total time of each 3-man team was used to determine the winner. As individuals, John Wood won the National Championship for the 60-64 age group and Dr. Hewson was second. Photo by Frank Thomas Leff

CALL FOR RELAY TEAMS

by ED SMALL

The Millrose games are being held on January 28, 1983 at Madison Square Garden.

As usual, there will be a Masters One Mile Relay on the program. I have been asked by the meet director to select the five fastest teams that are available to compete on that evening. Teams must be willing to travel to N.Y.

at their own expense. Relay teams must be comprised of four bonafide members of a club. No pick up teams will be allowed.

If you are interested in entering a team, please write me at 531 Main Street, New York, N.Y., 10044. List the names of your potential runners, a projected relay time, (one mile relay) and the name of the club and a contact person. □

Ulacio Ties World Mark in Chile

SANTIAGO, CHILE, September 15 — Venezuela's Manuel Ulacio tied one world veterans record and nearly broke three others today to highlight the Chile Seniors Track & Field Championships.

The Pan-American Masters champion tied his own world over-40 record of 21.8 seconds in the 200-meter dash, and came close to the world 40-44 standard in the 100 (10.8), 400 (49.1) and 800 (1:56.6).

Chile's Jose Ramirez posted 32:13.9 in the M40 10000 and 15:16.4 in the 5000. Other good efforts included a 24.0 in the M50 200 by Venezuela's

Fabrie Andres; 2:09.46 in the M50 800 and 4:29.0 in the 1500 by Chile's Hector Paul; a 15.78 in the M40 110 hurdles by H. Biethe; and a 42'11" in the M40 triple jump by Argentina's Norberto Simontacchi.

Good 200 times were turned in by Brazil's Jaime Agut, M45 (23.2) and Venezuela's Leon Marin, M65 (28.8). Eduvigis Olivara of Venezuela clipped off a fast 4:15.5 in the M40 1500. Pedro Gomez, M45, walked 5K in 25:24.0, Colombia's Dario Ramirez, M45, walked 10K in 50:24.2 and Eliana Gaete raced to a 30.0 win in the W50 200.



Top three Veterans in New York Marathon October 24. From left, Antonio Villanueva, 42, Mexico, 1st in 2:19:09; Bill Venus, 43, England, 2nd in 2:22:44; Bob Jenkins, 42, USA, 3rd in 2:24:08. Photo by Ken Levinson

Open Women Top Masters in Mythical "Dual Meet"

If the winning marks in the 1982 TAC National Masters Track and Field Championships are compared to the winning marks in the 1982 TAC National Women's T&F Championships, the women win, 8-3, in the 11 events where conditions are virtually the same.

If the events are scored like a dual meet (1st-5 pts, 2nd-3 pts, 3rd-1pt), the women win, 74-25.

This is a sharp turnaround from previous years. Last year, the masters won in points, 59-40, and in events, 6-5. This is the first year, since NMN began tracking the results in 1979, that the open women have won more events than the masters on a comparative basis.

It could indicate the caliber of women's competition is improving, or it could indicate the caliber of the 1982 National Masters meet was not quite up to the 1981 level. As it turns out, both speculations are correct. If the masters' 1981 performances are compared to the 1982 women's efforts, the masters win, 52-47. So while the winning efforts of the women improved slightly in 1982, the dropoff in the top masters marks was significant.

The women scored a 9-0 point sweep in both relays, the high and long jumps, and the 100. The masters won the 400, 800 and 10000, but didn't sweep any event.

The 4-year totals are now: Events: masters men 20, open women 21. Points: masters men 164½, open women 204½.

MYTHICAL DUAL MEET

MASTERS MEN VS. OPEN WOMEN

(actual performances from 1982 TAC National Masters T&F Championships in Wichita, combined with actual performances from TAC National Women's Open T&F Championships in Knoxville, and scored as if a dual meet: 5 pts for 1st; 3 pts for 2nd; 1 pt for 3rd)

100		
1. Evelyn Ashford	W	10.96
2. Merlene Ottey	W	11.05
3. Florence Griffith	W	11.15
5. Gary Oliphant		11.27

200		
1. Merlene Ottey	W	22.17
2. Jim Burnett	M	22.40
3. Florence Griffith	W	22.58

400		
1. Jim Burnett	M	50.55
2. Denean Howard	W	50.87
3. Rosalyn Bryant	W	51.34

800		
1. George Cohen	M	1:56.84
2. Harry Tolliver	M	1:58.90
3. Delisa Walton	W	2:00.91

1500		
1. Mary Decker Tabb	W	4:03.57
2. Ernie Billups	M	4:07.15
3. Leann Warren	W	4:10.23

10000		
1. Lew Faxon	M	33:13.00
2. Kim Schnurpfeil	W	33:25.88
3. Julie Shea	W	33:38.74

5000 WALK

1. Susan Liers-Westerfield	W	24:56.6
2. Ron Laird	M	25:09.8
3. Bonnie Dillon	W	25:16.2

HIGH JUMP

1. Debbie Brill	W	6- 4½
2. Phyllis Blunston	W	6- 3½
3. Coleen Summer	W	6- 2½
4. Eugene Zubrinsky		6- 2

LONG JUMP

1. Carol Lewis	W	22- 4½
2. Jodi Anderson	W	21-10½
3. Shonel Ferguson	W	21-10
8. Robert Taylor		21- 2½

4 X 100 RELAY

1. Wilt's AC	W	43.45
2. LA Naturite B	W	43.73
3. LA Naturite A	W	43.91
6. So. California Striders		44.89

4 X 400 RELAY

1. LA Naturite	W	3:28.68
2. Atoms TC	W	3:31.62
3. Wilt's AC	W	3:31.83
5. So. California Striders		3:35.98

Score: Women 74, Masters 25.

START SETS 10K MARK

EAST BRUNSWICK, New Jersey, October 10 — Jack Start set his second American age 60-64 record in 20 days today as he blazed to a 37:05 in the East Brunswick 10K.

The time bettered the listed record of 38:12, set by Steve Richardson of New York last year. On Sept. 19, Start broke the M60 half-marathon standard with a 1:21:19 in Philadelphia.

George Kelly was the top over-40 finisher in 35:19, with Rita Pinzino's 43:06 the best 40 plus female. □

KUSCSIK TAKES HALF-MARATHON

NEW YORK CITY, October 2 — Nina Kuscsik, 42, rolled to a 1:24:05 to capture the masters title in the Avon Women's Half-Marathon today in Central Park, as 1,261 of the 1,536 entrants crossed the finish line.

Anne Bing was runner-up of the 40 plus group in 1:25:43, with Toshiko d'Elia 3rd master and 1st 50 plus woman in 1:26:51. Althea Wetherbee, 63, notched the 60+ title in 1:51:40. Jane Wetzel was the overall winner in 1:15:44. Trish Smith, 34, won the subvet title in 1:16:55 ahead of Maddy Harmeling, 37, 1:19:29. □

RUN HAWAIIAN-STYLE!

(even if only vicariously)

HAWAII: A RUNNING GUIDE

by Noel Murchie & Paul Ryan

an amusing, informative, fun book
with maps, photos, history

\$6.95

SEND CHECK OR M.O. PAYABLE TO:
MURCHIE ENTERPRISES-DEPT. R
P.O. BOX 325
Kula, Hawaii 96790



On Approaching Every Problem With an **O**PEN MOUTH

by W. MacDONALD MILLER

The Newsletter

Someone said the Painted Desert is cracking, peeling and will soon be covered with aluminum siding. It's not only inevitable you say, but American as the appalling need to pound chests like Otto the Gorilla at even the most meager of accomplishments.

My random estimates puts the number of running-club, newsletter-type publications at about 300 in this world. I receive, and, even more embarrassing now that I think about it **read** about 100 of these publications. Most come out once a month, some quarterly and a few even less. How often seems unimportant, what is important is I no longer have time to read the Sporting News or Cosmopolitan.

They consist of schedules, results, back patting and encouragement that is the most thinly disguised bunch of ego maniacal horse hockey I've ever read. "Elmer Dud improved his marathon time two hours with an electrifying 5:19 at Avenue. Way to go Elmer Buddy!" When I ran 5:19 I'd only accept congratulations from other 5:19's. Ned Puck set a goal for himself two years ago that in 1983 he would go under three hours in a marathon. Most of us witnessed Ned's diligence and devotion during the past 24 months. No one has spoken with Ned for sometime now, because, as most of you know, he stopped talking well over a year ago, said it distracted him. His wife, before she left him, said it was actually better than listening to his childish drivel about 6:50 pace. Luckily, Ned was a life insurance salesman. When he stopped talking, his sales fell off some in the beginning; during the past 8 months, however, they've been steadily increasing. Ned's neighbors claim he's turned out to be a fun guy. He looks great, hasn't eaten anything but fish heads and gingseng for the whole time. Someone did say he has an odor about him similar to Puss and Boots liver-flavored Cat-food but what the hell, he's going for the big one. He still gets bummed out when his mother calls. She always asks the same question, "Did you win the Boston Marathon?" I hope Ned does it, then he can go around telling people he has nothing left in life to do but plan estates.

Another section of the club newsletter I'm really partial to is the blow by blow description of a race involving one of the clubs truly great combination human beings and runners, a

sincere, almost religious favorite of the author, himself. "I searched the horizon through vision shrouded with pain and agony for my beautiful wife and wonderful children. Oh God, please! They said they would be at the 15 mile mark to cheer me on. It's not for me, of course, but the pride and inspiration it will instill in them by cheering for me, that is important. As I round a corner I can't believe my eyes, there they are, all waving little flags and cheering, just like we'd practiced in the basement. I was so happy I almost went in my pants. I also want you to know, it made me mad, damn mad. Mad about Communism, mad about the NFL strike and still plenty sore about the whole waterbreak situation. I ran on pride even though I was sick and I don't mention that for your sympathy. I tell you I ran like I've never run before because my family gave me the stamina and strength to go on in spite of overwhelming odds, accomplish something everyone said was impossible for a man who once weighed 680 pounds. I'm obligated to tell you how proud I am of one of the really great fathers, Americans and runners any of you will ever know — me."

I'm saving my favorite and truly the best, for last. It has to do with the club member turned in-depth reporter who feels that single minded need to probe the inner most being of a fellow club runner, who didn't need probing.

Sissy Schwartz is a smallish sinewy woman with long flaxen hair and a deceptively determined jaw. She grew up in rural America with parents who didn't understand her need to be understood and challenged. She found these rural (hayseed) surroundings stultifying and unrewarding. Sissy needed stimulation and competition. It goes without saying she was extremely bright. She was an honor student, spoke French, played Mozart and most of all, yearned to have her own space. She was offered scholarships at every worthwhile school in the land. She went west, of course, with modest plans: discover the cure for cancer and then decide what to seriously pursue. She is desirable, at the same time beautiful and put upon by people who covet her flesh. Her research was stolen by less talented people but she would not be discouraged. Who cares about credit. She is a dilettante among modern women. Her body is free and

at the same time at one with the universe. Running is but another expression. It's rumored she could run five-minute pace all day long if she wanted.

Of course, she doesn't, that isn't why she was attracted to running. What apparently attracted her to running was the need to run a 4:10 marathon with about 410 excuses. Running must be kept in perspective. Sissy considers time and inclination as she cycles, bikes, mountain climbs, cross country skis, throws pots, volunteers 20 hours a week (no credit), attends conferences around the world,

voraciously reads, mostly biographies and science.

She loves music and flowers and worships mountains. "They are so majestic." Because I'm inclined, I always wonder if a girl like this ever took the time to fool around. Maybe that's a subject we can discuss further when I have more data.

I suppose I'll never know these people other than on the blue or pink or orange paper of some forgotten newsletter. It's no doubt best this way. Knowing a favorite person of mine the way I do — me, I'd probably end up liking them.

NORTH AMERICAN MEET DRAWS 247

from DIANE PALMASON

OTTAWA, Canada, August 14-15. Despite competition from the National Masters Sports Festival in Philadelphia this weekend, the annual North American Masters Track & Field Championship drew 247 entrants from Canada, the U.S., Great Britain and Mexico.

Three world age records were established:

Jean Cleator's age-56, 5:42.2 1500; Ed Whitlock's age-51 4:15.6 1500; and Jaan Roos' age-45 23:01.8 5K walk.

Rayman Dixon set a Canadian women's 50+ record of 41:52.4, and captured the 5000 (20:44.5) and 1500 (5:43.8). Lenore Marvin, 62, smashed Canadian 60+ marks at 5000 (23:07.6) and 10000 (48:45.2).

Ken Inglis, who turned 40 on May 29, lapped the field in the 10000 to win in a blistering 30:50.9, and came back with a 14:57.3 in the 5000. Ken's coach, Art Taylor, flew in from Edmonton to win the M55 5000 (17:04.8) and 10000 (35:08). Stan Egerton ran 58.7 in the M55 400.

Al Brosz set Canadian marks for men 75+ of 16.4 in the 100 and 20.88 meters in the javelin. Donna Radigan of Cleveland won the 45 plus javelin (14.84), the weight (5.10) and hammer (15.44).

Arnolds Ticmanis and Ivy Grandstrom were the class of the 70+ division. Ticmanis, 77, won 8 of his 9 events in the 75+ group. Grandstrom ran 5 races, setting PR's in the 100 and 400 (1:42), and clocking 33:35 in the 5000 and 66:06 in the 10K. Ivy scarcely seems slowed by the fact that she has less than 2% of normal vision and must be accompanied in all events by a guide runner.

Other top performers included Vic Cook, M50, 13'6 1/4" pole vault; Pay Carstensen, M50, 11.56 weight; Ross Carter, M65, 42'1 1/2" shot; Diane Palmason, W40, 38:37.2 10K; Percy Duncan, M65, 13.7 100; Rocky McPherson, M50, 11.8 100; Clarence Ray, M35, 22.8 200.

Multi-winners included: George Horton, M45, 100 (11.8), 200 (24.0) and 400 (53.4); Torn Tushingham, M40, 800 (2:01.9) and 1500 (4:14); Whitlock, M50, 800 (2:09.9); Don

Trethaway, M45, 800 (2:06), 1500 (4:17), and steeple (10:16); Ian Hume, M65, high jump (4'9"). □

CDM Gives Awards

The following 1982 awards were presented by the officers of the Corona Del Mar Track Club of Southern California: President's Cup: Gary Miller; Salt-of-the-Earth: Ted Vick; Most Improved: Jeanne Carter; Harvey Johnson, Phil Schlegel; Most Valuable: Burl Gist, Eugene Driver, Don Cheek, Hugh Adams; Most Outstanding: Jeanne Carter, Edith Mendyka, Eugene Driver, Dave Segal, Dave Jackson, Tom Patsalis; Most Inspirational: Ursula Schreiber, Eugene Driver, Hugh Adams, Louis Beadle, George Poloyinis. World Record Trophies: Christel Miller, Edith Mendyka, Jack Thatcher, Herb Miller, Tom Patsalis, Bill Morales. special: Cynthia Jackson, Percy Knox. □



Jim Knerr, 47, ran 2:30:44 at 1982 Santa Monica Marathon. Photo by Richard Lee Slotkin

PROFILE

JACK START — STRONG FINISHER

You could say that Jack Start was a little slow getting off the blocks — in his running career, that is — but he's coming on strong at the finish.

Start 62, didn't begin running until he was 55. He now ranks as one of the top 3A competitors in the country. He took the 60-64 division in the Nike Masters Grand Prix 10K in August with an impressive 37:13, exactly 3 minutes in front of his nearest competitor.

That wasn't Start's fastest 10K, however. In the Eastern regionals in July, he recorded a 36:55. Other PR's include 4:54 for 1,500 meters, 17:29 for 5,000, 1:21:19 for a half-marathon, and 3:01:20 for the marathon.

A research chemist who makes his home in Trenton, N.J., Start was persuaded by some co-workers to join them on their noon break for cross-country runs. He says that he did it for the camaraderie at first, but it didn't take long for him to realize the physical and mental benefits of those noon-time jaunts.

"Distance running is the best thing that happened to American since the

five-day work week," he exclaims.

A typical week of running for Start involves five or six miles at noon on Monday, Wednesday and Thursday, 440 intervals on the track on Tuesdays, a race on Saturday, and rest on Fridays and Sundays.

In addition to running, Start's hobbies include carpentry, woodworking, guitar, flying, gardening, biochemistry, and swimming. He is married and has six grown children.

Start says that the Nike Grand Prix in Philadelphia was especially significant to him. "I ran with the top masters in the country and was accepted as one of them," he remarked.

His marathon PR came in 1981 at Boston. Because of the back-up at the start of the race, he lost approximately three minutes, which means that his actual time was in the 2:58 to 2:59 range. Therefore, one of his goals now is to officially break three hours in the marathon. He'd also like to give the 50 mile distance a try.

Beyond that, he says, it's just a matter of deriving pleasure from running. — from Mike Tymn. □

Dave Jackson Receives Cranston Award

LOS ANGELES, October 23 — Striders Board President, Ann Smith, announced today that Dave Jackson, 51, is the recipient of the third Annual Alan Cranston Track Award.

"Dave Jackson has been outstanding in the promotion of Masters Track," said President Smith. "Having served as president for the Corona del Mar Track Club, he has demonstrated leadership and initiative in developing the annual schedule and in administration of physical fitness clinics. In addition, Dave somehow

finds time to manage the Annual Don Palmer CDM Relays."

The Cranston Award, which represents the Club's highest honor, recognizes individuals who have shown an unusual commitment to participation in and administration of Masters Track and Field. The award was created 3 years ago in honor of Senator Alan Cranston (D-CA) who is also a masters athlete.

Past Cranston award recipients include Hilliard Sumner and Hal Smith. □



Bjorg Austrheim-Smith, 38, after 3:09 San Francisco Marathon. Photo by Richard Lee Slotkin



Jack Start

Photo by Mike Tymn

2:28 FOR McNEAL IN TWIN CITIES

ST. PAUL, MINN., October 3 — Jerry McNeal nearly smashed the American age 45-49 marathon record today with a stunning 2:28:58 to capture masters honors in the annual Twin Cities Marathon from Minneapolis to St. Paul.

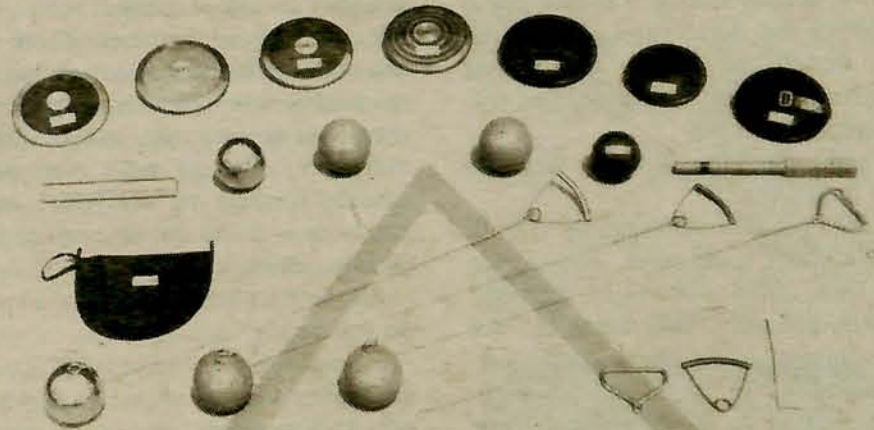
McNeal's time was only 12 seconds off John Brennand's standard. Rolland Rust was fastest in the 40-44

bracket with a 2:31:12 and Alex Ratelle won the 55-59 crown in 2:35:51. The first seven masters runners all broke 2:40, including Bruce Hopkins (2:35:01), Duane Fjelstad (2:35:33), Dale Mattson (2:35:41) and George Savanick (2:36:31).

Trudy Rapp was fastest 40+ woman in 3:00:20. □

SportsAmerica

QUALITY TRACK AND
FIELD EQUIPMENT



DISCUS-SHOTS-HAMMERS-RELAY BATONS
CROSS BARS • POLE VAULT BOXES • JAVELINS
25 AND 35 LB. THROWING WEIGHTS

Finest quality track and field equipment at reasonable prices.
Designed for top performance at all levels of competition.

★★★★ MASTERS SPECIAL ★★★★★

10% OFF CATALOG PRICES FOR MASTERS ATHLETES DURING
DECEMBER AND JANUARY. BRING THIS AD TO YOUR DEALER
AND CODE YOUR ORDER NMN-183. Offer ends January 31, 1983

For our FREE catalog call or write:

Sports America, Inc.

101 Glover St., Barton, VT 05822 • 1-802-525-3535

300 Run in Nike Capital Challenge

WASHINGTON, D.C., September 9 — Jim Verdier, 40, was the 1st master in the Nike Capital Challenge today, posting a 16:41 for the 3-mile run.

The race featured competition between legislative staffs, media, government agencies and non-scoring guests such as Verdier. Floyd Sandlin was 1st 50+ runner in 17:37, finishing 36th among the 300+ plus finishers in the popular event.

Among government biggies, Montana's Max Baucus, 40, was 1st U.S. Senator in 18:27. Bob Edgar, 39, was 1st U.S. Representative in 19:14. Massachusetts beat Indiana by 5 seconds, 21:13 to 21:18, in the persons of Senators Paul Tsongas and Richard Lugar, respectively. Slade Gordon, 54, logged 21:20; Ron Dellums, 46, 22:16; Larry Pressler, 40, 22:48.

National columnist Colman McCarthy, 43, chalked up a 23:20; Congressman Pete McCloskey, 54, turned in a 25:16; Budget Director Alice Rivlin checked in at 27:07; and Ralph Regula, 56, came home in 30:52. □

D'Addio Edges Billups in Skylon

NIAGARA FALLS, Ontario, October 16 — Danny D'Addio raced to an impressive 2:35:47 to capture the 40-44 crown in the 9th Annual Skylon Marathon today, 10 seconds ahead of Chicago's Ernie Billups, who annexed the 45-49 title.

The annual event, run from Buffalo to Niagra Falls, was held in cold, 45-degree weather with a 20 mph headwind, and near-freezing rain at the 2-hour mark.

Lee Wilcox posted a 2:39:10 as 2nd M40 runner, with Jim McIlwham taking M50 honors in 2:45:58.

Joyce Connell led the masters women in 3:18:56 with Sylvia Weiner topping the 50 plus group in 3:31:19. □

Jenkins Beats Faxon at Lynchburg

LYNCHBURG, Virginia, September 25 — Bob Jenkins roared to a 13-second victory over Lew Faxon today in 53:52 in the annual Virginia 10-mile run, one of the nation's premier distance events.

The two national stars finished well ahead of 3rd master David Bloor's 56:23, who outraced Charlie Goetz by 10 seconds for the show.

John Hall topped the 50-59 contingent in 61:58, with Joe Martin's 72:37 best of the 60 plus group.

Houston's Carol Urish, national W30 track & field champion and multi-traveled runner, clipped off a 59:52 for a solid 46-second win. Louise Dooley led the 40-49 women in 1:07:55 with Rachel Bourn best 50+ in 1:15:52. □

Conway, Bache Win National 15K

(Continued from page 1)

Fischer, 42, clipped off a solid 48:41 for the place, as New York's Ken Winn, 39, nosed out Virginia's Bob Jenkins, 42, for third, both clocked in 49:03.

Lolita Bache, 40, of Annandale, Virginia made her ex-San Diego Track Club members proud as the transplanted Californian romped to a convincing two-minute victory over Carole Herrick, 41, in the women's race with a 1:00:50.

Virginia's Dick Jamborsky was 1st 45-49 and 13th overall in 52:52, 14 seconds ahead of Rusty Lamade. Joanne Mallett notched female 45-49 honors in 66:21.

In the 50-54 group, George Vernosky, 52, churned a 53:10 for a nearly three-minute margin over Barrie Hardwick. Natalie Buzzell, 50, took the women's division in 63:21.

Dixon Hemphill's 60:20 and Margaret Cochran's 1:16:44 copped 55-59 titles. John McIntyre's 61:33 and Evelyn Kerper's 1:31:21 were fastest in the 60-64 groups.

Art Levenson, 68, took the 65-69 race in 1:11:28 with the amazing Ed Benham, 75, winning the 70-and-over division by 5 minutes in 1:06:33 over Bob Boal, 70. The time is a new American (and probably world) record for men over 75. It broke the U.S. standard of 1:14:28 set by Charlie Hackenheimer in New York in July.

Jim Hagan, 33, won the 30-39 title in 51:50, with Lynda Durfee, 31, clocking 63:03.

The National Capital Track Club took the 40-49 team crown, followed by the Potomac Valley Seniors Track Club and the Washington Running Club. The Potomac Valley Seniors captured all the other team competitions: the 50-59 men, 60-69 men, 40-49 women and 50-59 women.

The race drew 158 finishers, down slightly from last year. □

Villanueva, Matson Take El Paso Titles

(Continued from page 1)

Sal Vasquez, Dan Conway, Hal Higdon, Dorothy Stock and Sue Johnston, to name just a few.

To aid the spectators, the race officials had assigned bicycle riders with identifying flags to accompany the first female, first male master and first female master. At the five mile point, Sal Vasquez had the male master escort. The only problem was that he wasn't the first master. Villanueva was so far up front that nobody thought to

look for him there. As a matter of fact, Villanueva finished 34th overall, beating out the likes of Doug Brown, Hector Ortiz, Stan Mavis and Don Kardong, and these guys ain't masters, folks.



Hal Higdon, 51, at finish of Run Against Crime 15K in El Paso October 9. Higdon ran 51:05.9 for new U.S. 50-54 record. Photo by Richard Lee Slotkin

So, that took care of that.

Second place was another story. Vasquez seemed to have that spot all wrapped up until about the 8 mile mark. At that point, the course went up the bridge that crossed the Rio Grande and took the runners back into El Paso. Conway, who had been tailing Vasquez all race long, finally caught him there. He ran with him for a bit, and then decided to make a move. He did and Vasquez didn't. Seems like Sal's short mileage training caught up with him again. Conway pushed pretty hard, not knowing whether Vasquez was with him or not, and came home in 49:11.6. Not bad if you don't look at Villanueva's 47:48.2. Vasquez held on to 3rd, finishing in 49:22.1.

In all fairness to Vasquez, he does phenomenally well, considering his training program. And, he's stuck with that mileage because he works a full time, swing shift job, and it doesn't involve sitting at a desk. What with a tough job, rough hours and a family to take care of, he does what he can. . . and that's pretty damned good. But, when it comes to anything over a 10-K, he does pay the penalty.

Bob Jenkins 42, Virginia, was 4th master in 50:33.3, with Kirk Randall, Massachusetts, 5th in 51:01. Hal Higdon came in 6th in 51:05.9, which broke his own American 50-54 15K mark of 51:22.

Chicago's Ernie Billups took 7th in 52:14. For the early part of the race,

Ken Prior of Ohio was in some fine company. Just a step behind him was pretty Ellen Hart. Hart wound up finishing second to the great Joan Benoit by less than 12 seconds. Of Ken couldn't quite hold on to that and he finished in just a tick over 53 flat, about a minute and a half behind Hart. That made him the 8th master.

San Diego's Shirley Matson was pretty convincing as the first female master. She was 10th female overall and her time was 57:17.0, just 2 seconds off Miki Gorman's AR.

Incidentally, Miki was invited to participate, but she's not in shape and declined. Too bad, because even out of shape, she was likely to set an age AR.

Anyway, next master was Matson's S.D.T.C. teammate Dorothy Stock in 61:29.3, which is an AR for age 50-54, bettering Anne Johnson's mark of 62:00. The day before, she and husband Bill drove over the course and very carefully mapped out her strategy and picking out every spot where she could save even a step by cutting through the turns and curves. It paid off.

Sue Johnston was 3rd female master in 62:28.7 and 4th was Alicia Villa just over 2 minutes later. Stock, Johnston and Villa were 15th, 17th and 21st women overall, respectively. □

McFadden Top Master in Tulsa

(Continued from page 1)

women in 51:21, with Bill Stewart best 35-39 in 48:33.

Russ Bennett won the M45 crown in 54:58. Steve Blanchard turned in an even faster 54:36 to cop 50-54 honors, with Nocus McIntosh speeding to a 55:24 as best 55-59 performer.

Jim Smith's 60:08 bested author Dr. George Sheehan by nearly two minutes for 60 plus laurels. Sharon Cooper topped the 40-44 women in 62:57. Donna Wright notched the W45 crown in 63:52, and Carol Urish blazed to a 53:20 to annex the W30 division.

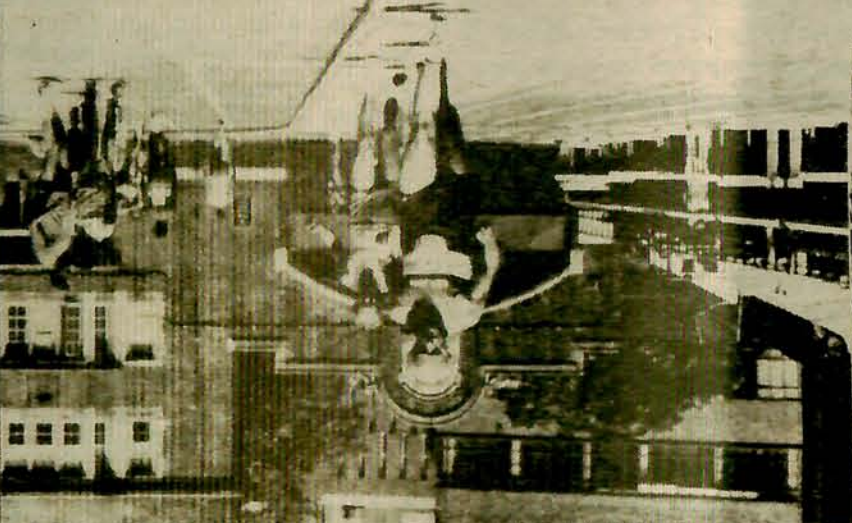


Susan Redfield, 46, leads Mimi St. Clair (926) and Linda Thurston (left) in combined 40-49 1500-meter run in Masters Sports Festival August 14 in Philadelphia.

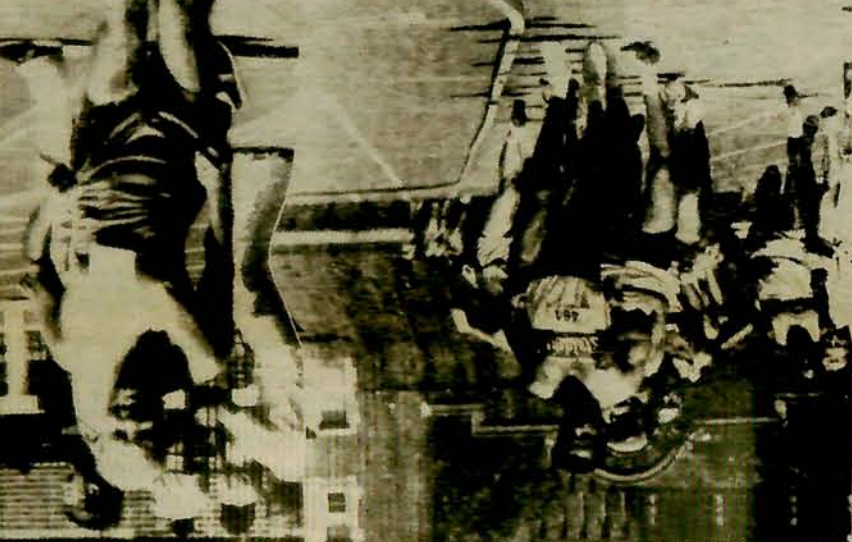
photos by Jerome McFadden



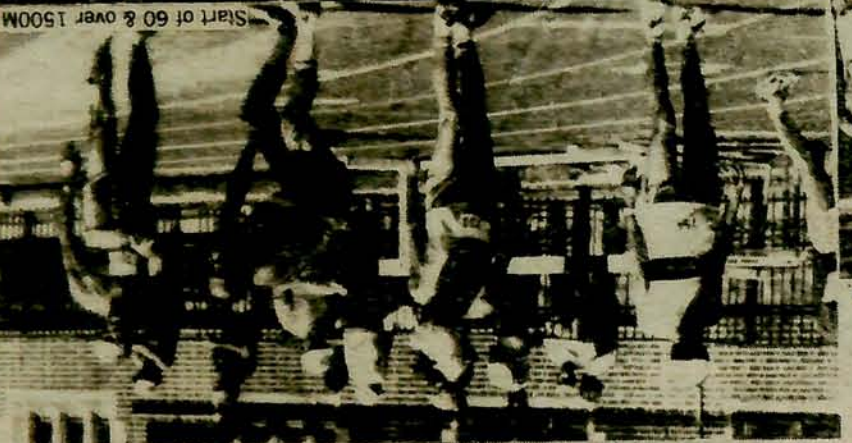
Start of 50-54 1500M, National Masters Sports Festival.



No. 671, Archie Messenger; No. 684, Louis Schneider.



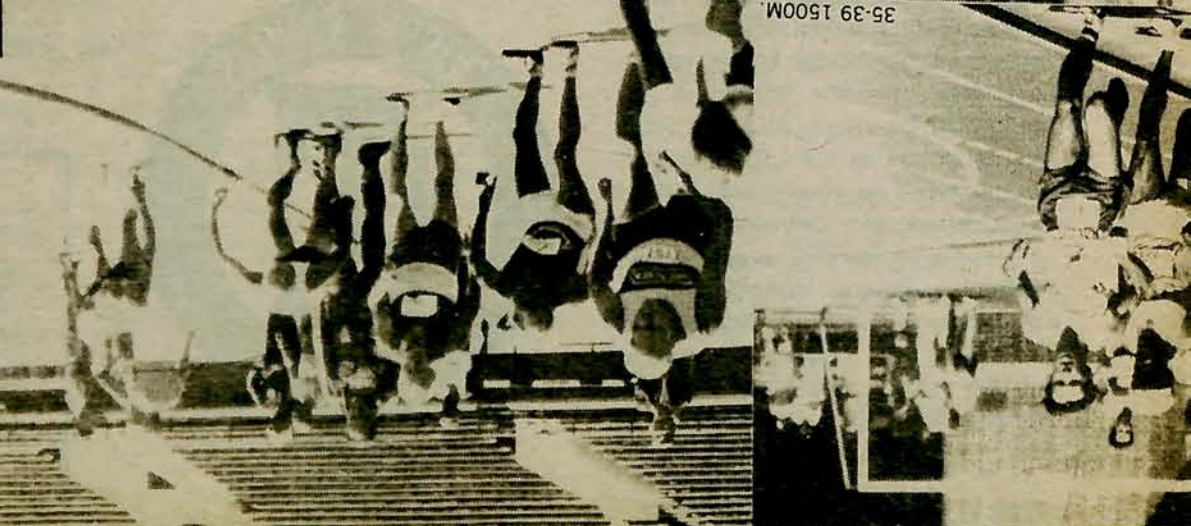
No. 464 George Cohen, leading 1500M.



Start of 60 & over 1500M



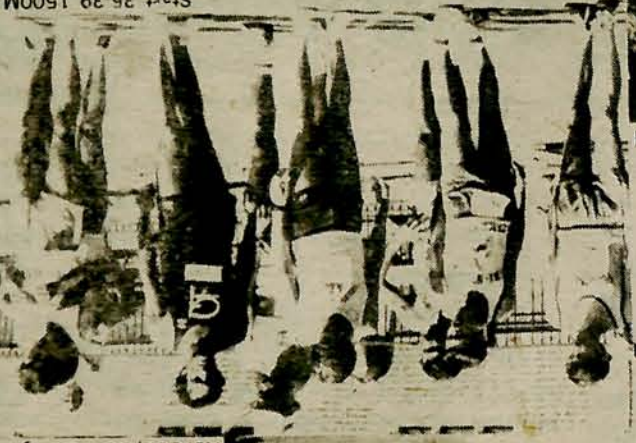
4x400M relay.



35-39 1500M



Start of 70-79 200M



No. 562, Dennis Meyer.



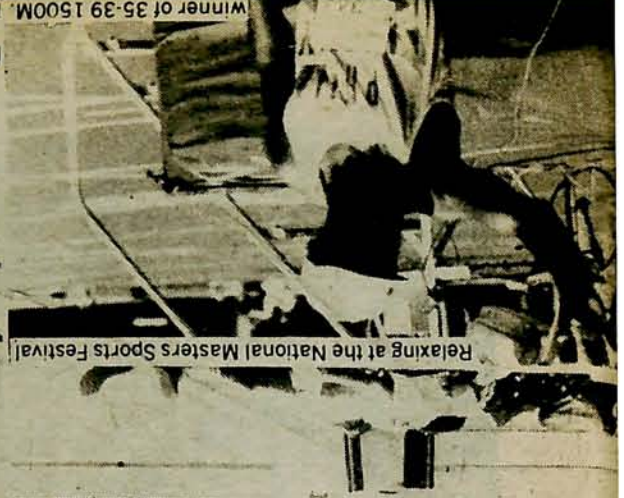
Start 35-39 1500M



No. 406, Richard Meyers; No. 529



Start of 60-64 200M

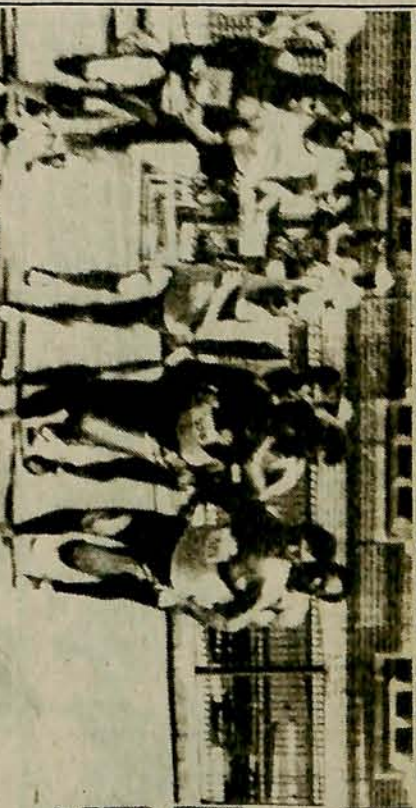


Relaxing at the National Masters Sports Festival

Winner of 35-39 1500M

Jack Rice winning M60 1500M in Philadelphia.

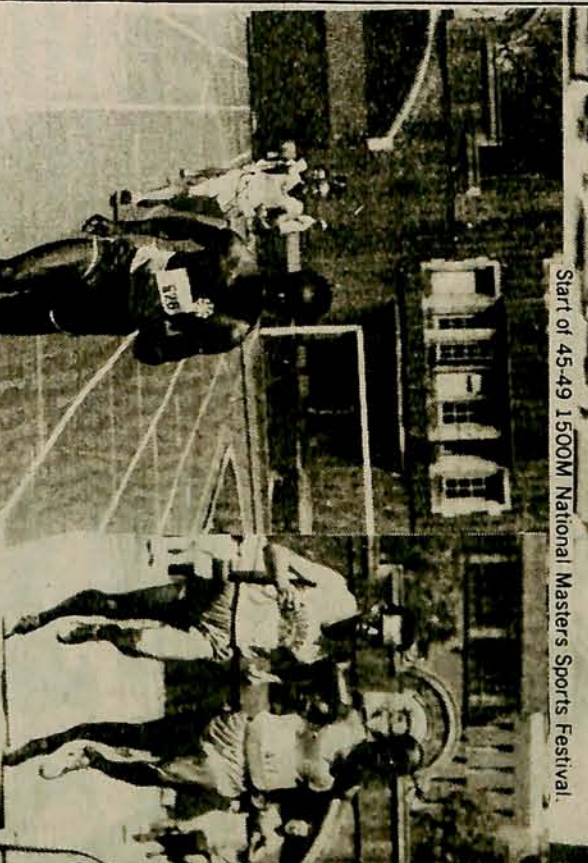
ACTION AT THE NATIONAL MASTERS SPORTS FESTIVAL PHILADELPHIA, AUG. 13-15, 1982



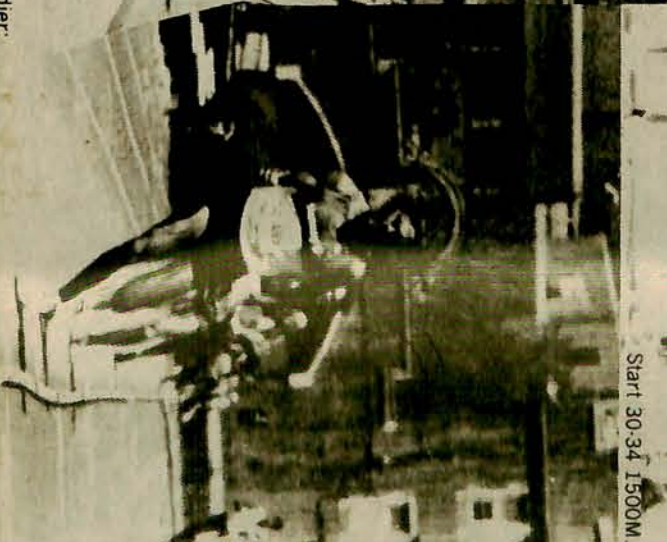
Start of 45-49 1500M National Masters Sports Festival.



Start 30-34 1500M.



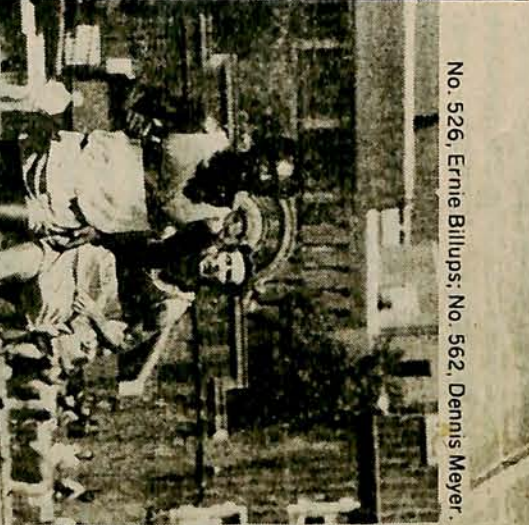
No. 515, James Verdier;
No. 477, Sidney Howard.



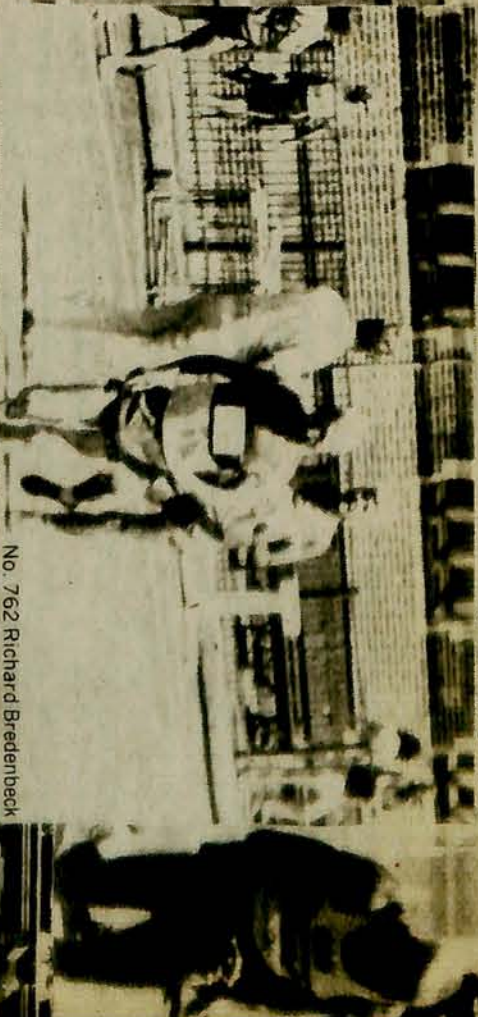
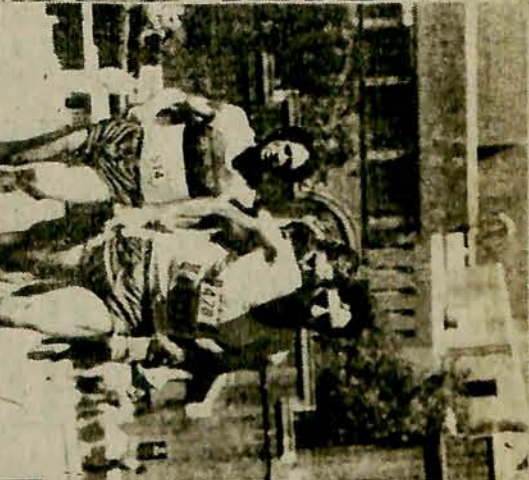
No. 499, Kirk Randall.



No. 464, George Cohen.



No. 526, Ernie Billups; No. 562, Dennis Meyer.



No. 762 Richard Bredenbeck



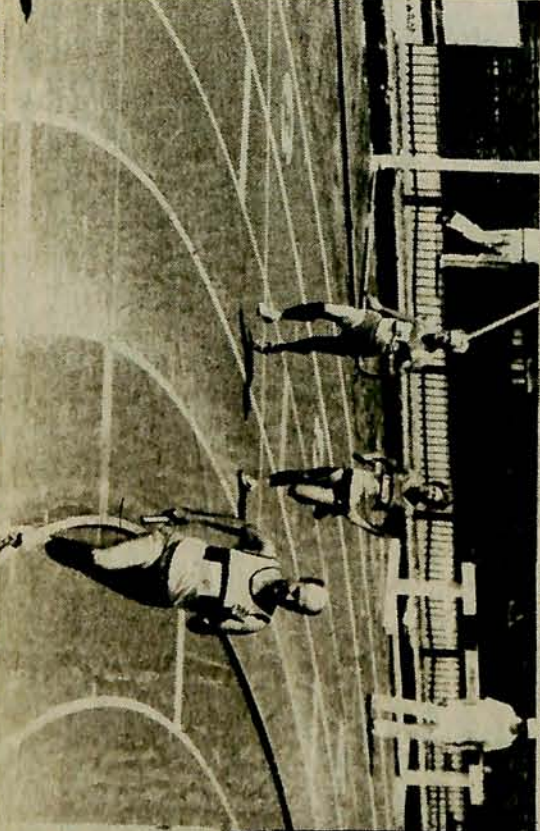
Unidentified; No. 596, Richard Jones.



No. 478, Sam Huchel; No. 514, Stuart Tucker.



Robert Ruddrow winning 30-34 HJ.



40-400M relay. (Outside) Everett Newell, (middle) Susan Redfield, No. 895, unidentified.



Mike Davis in 30-34 HJ.

No. 361, Jim Waters

photos by Jerome McFadden



35-39 1500M.



Start of 50-54 1500M, National Masters Sports Festival.



No. 406, Richard Meyers; No. 529



Start of 70-79 200M

No. 562, Dennis Meyer.



No. 671, Archie Messenger; No. 684, Louis Schneider.



Start of 60-64 200M



Start 35-39 1500M.



No. 464 George Cohen, leading 1500M.

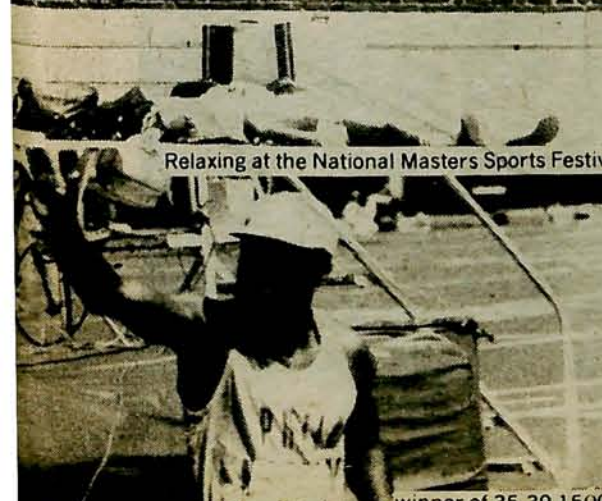
No. 753, Vernon Geary



Jack Rice winning M60 1500M in Philadelphia.



Start of 60 & over 1500M.



winner of 35-39 1500M.



4x400M relay.

Relaxing at the National Masters Sports Festival



SPEAKER'S CORNER

By HAL HIGDON

A WOMAN SMILED

I want to report a noteworthy event that occurred recently in Michigan City. While running west on Lake Shore Drive, I encountered a woman running east. "Morning," I said. She responded similarly — and **smiled**.

I report this not to suggest that liaisons occur on Lake Shore Drive at 6 a.m., but rather to debunk a theory held by a small segment of the population: that joggers never smile. Since joggers don't smile, jogging must not be fun, therefore the observers are not missing anything by failing to become joggers.

I've seen the non-smiling statement made many times, most recently in August during the National Masters Sports Festival in Philadelphia. A Philadelphia *Inquirer* reporter quoted swimmer-author Jane Katz as saying "I've never seen a jogger smile." Syndicated columnist Sidney J. Harris commented similarly several months ago.

Too bad Harris and/or Katz weren't present on Lake Shore Drive that morning, because now they're going to have to take my word that the woman smiled. On the other hand, had they been standing there, notebooks in hand, pens poised to record the event, she might not have smiled for them.

The *Inquirer* further quoted Katz as saying joggers don't smile "because of the tremendous pounding, the shock to (their bodies)." That being the case, the woman's smile must have been extraordinary considering the pain she was enduring. I don't recall her upper lip being that stiff, but undoubtedly the smile was courageous, brave, in the grand tradition of Ali McGraw in "Love Story." Dying, Ali retained enough spirit to give Ryan O'Neil one last snag-toothed grin.

Katz's sport is swimming, whereas Harris prides himself as a bridge player. I never recall seeing a swimmer smile, but they have their heads underwater half the time anyway. My picture of the archetypal bridge player is an individual, locked in concentration, frowning at his cards.

But I don't spend much time around swimmers or bridge players. I'm sure there are times during the middle of a swim, or a game, when they smile, whether inwardly or outwardly. Relaxing afterward, tension broken, smiles

probably come to their faces more readily.

Thus if Katz and/or Harris fail to detect joggers smiling, I submit it is only because they don't spend much time among them. Their contact with any individual jogger might be for only a few seconds of a workout that could absorb an hour more or less.

Now I am not going to foolishly claim that every moment spent running is akin to ecstasy. I refuse to prattle on about so-called "Runner's High." There are times when a run can be hot, sweaty, agonizing, boring, painful. There come moments when your knees ache, sweat stings your eyes, you gasp for breath, and you can't wait to be done with it. After stopping, even an offer to race one last mile for a Michelob won't get you moving again. But just as not every running moment is joyous, so too not every running moment is painful. On balance, pleasure probably outweighs pain, otherwise we would not do it.

Recently I visited Dowagiac to



attend the Monday Night Class taught by Southwestern Michigan College track coach Ron Gunn. For our workout we ran a half dozen miles from campus to Lindy's Pizza. I started slow and halfway caught George Schuster, Dick Judd, and several other members of the class. We began to chatter and soon were laughing so hard over some silly comment we could hardly run. Why weren't Katz and/or Harris on the road from campus to Lindy's to record this moment of frivolity?

The problem may be one of communication. Perhaps what is needed is a "National Smile at a Non-Runner Week." If joggers set aside seven days during the year to run along public streets with smiles on their faces, people never more could make statements that they never saw us smiling. Then we could get on with our business the remaining 51 weeks of the year without apology. What was it Ryan O'Neal said? Being fit means never having to say you're sorry. □

Report from Britain

by ALISTAIR AITKEN

Alan Hughes, M50, who won the 1500 and 800 in the European Veterans Championships this year in *Strasbourg*, won the *Yorkshire 10-miler* October 14 in 54:00, and the *Notts 10-miler* October 24 in 53:47.

In the *Crawley and Southern Vets 10-mile run*, BVA 40+ 10K champ Johnny Batchelor ran 52:18 to best Taff Davies (54:00), Laurie O'Hara (54:14), Tom Ryan (54:14), Tony Verde (54:29) and Pat Dobbs (54:29).

Margaret Lockley, 35, was first vet in the *Avon 10-mile* October 3 in 57:47.

Three Meet Records Set in Eastern 10K Cross-Country

from BOB FINE

NEW YORK, October 17 — It was a great Fall day for watching football — indoors. The temperature was in the high 40's and there was a strong wind, yet three meet records were set in the Eastern Masters Athletics Congress 10K Cross-Country Championships today in Van Cortlandt Park.

Gordon McKenzie, 55, N.Y. Masters, destroyed the old 55-59 record by over two minutes in 38:09. He was the first over-40 finisher and 2nd overall in the race to Bert Blanco, 30, 38:01.

Ed Buckley, 61, Syracuse Chargers, drove down the morning of the race and broke the 60-64 record by nearly two minutes in 43:45. Adrienne Salmini, 66, N.Y. Masters, set a 65-69 mark of 70:45.

The New York Masters won all three contested team titles. □



Start of 10,000 meter run for men over-age-50 and women at 1982 National Masters T&F Championships in Wichita.

Sports Foto by John Allen

300 COMPETE IN SAN JUAN

from VALDEMAR SCHULTZ

SAN JUAN, Puerto Rico September 24-26. About 300 veteran athletes competed in the 2nd Annual San Juan Masters Championships this weekend at Sixto Escobar Stadium, the site of next year's 5th World Veterans Games.

Up to 1000 fans per day watched the events, which were held in the late afternoon and early evening. The weather was generally a bit cooler and wetter than may be expected in 1983. During the day, temperatures generally reach 90°-95°F and drop to 75°F at night. The distance events are held when the temperature is about 75°-80°F, and not in direct sun.

The meet was run well, despite some delays. Talent from the States provided top competition in many events. Nate Robinson sprinted a wind-aided 10.46 in the M30 division. Josh Culbreath, who just turned 50, complained of a bad back, but still won both hurdles, and placed in the long and high jumps. It was the first time Culbreath had competed in or even practiced the high hurdles, long jump or high jump in 27 years.

Lee Blount just turned 50 and won the 400 (54.58) and 800 (2:11). Kelsey Brown recently turned 55 and won the 800 and 1500 handily. Meet officials wouldn't let him drop down to compete with Blount in the 800, so both of them were not well-paced (out too fast).

Puerto Ricans winning big included Luis Torres, 54, who won the 1500, 5000 and 10000, but was beaten by Ken Carman in the 3000 Steeplechase. Luis Arroyo is a great sprinter (55-59), winning several events with outstanding times (11.99 in the 100). And, of course, Gilberto Gonzalez-Julia won everything in the M65 class. He turns 70 next year, and may be world cham-

pion in more than one event. Miguel Rivera-Veve broke a pole (a la Hal Smith), but escaped injury.

Walter Pankey of the Virgin Islands was sensational in the 400 (51.37) and 800 (2:02.17) in the M40 group.

One potential downside for 1983 is that there may be a problem with theft (my car was broken into after being left just 10 minutes). Athletes should take

North Medford Sweeps One-Hour Run Titles

(Continued from page 1)

North Medford had dethroned two-time men's 40-49 champion Snohomish Track Club of Seattle by less than a half-mile. The five-man Massachusetts squad totalled 52 miles, 145 yards compared to 51 miles, 1041 yards for the top five Snohomish runners.

Less than a half-mile back with 51 miles, 297 yards was the Cambridge Sports Union, followed by the Potomac Valley Seniors Track Club with 50 miles, 121 yards.

In the 50-59 division, North Medford defeated two Potomac Valley Seniors squads, chalking up 47 miles, 996 yards to PVSTC's 46-1209 and 40-455.

Randall's total of 11 miles, 181 yards placed him 18th overall among the 165 runners who competed at various times and at 19 various official TAC sites throughout the year.

Stock, 49, covered 8 miles, 1504 yards as Dick Beardsley (12-394) and Carol Urish (10-134) won the open championships.

Director Huff was the 2nd master and 27th overall with 10 miles, 1554 yards. Other age-group leaders included Maurice Pratt (M45), Ed Demarrais

care to secure their gear and valuables, as they might in any large city.

En route to and from Puerto Rico, our plane was sprayed — what for they didn't tell us, just that it was non-toxic. Thanks!

Overall, San Juan should provide a memorable setting and a fitting continuation to Toronto, Goteborg, Hannover and Christchurch.

(Ed. note. NMN has not yet received the complete results of the San Juan meet). □

(M50), Herb Chishlm (M55), Francis Kelly (M60), John Holoubeck (M65), Bill Andberg (M70), and Willard Benton (M75).

The winning North Medford 40-49 team was composed of Stan Moulton, Chet Fortier, Art Doyle, Lloyd Slocum and Ed Harris. The 50-59 scorers were Demarrais, Mike Sullivan, Connie Murphy, Jack Curtin and Julian Siegel.

"Postal" competition means each individual and team competed in their own area sometime between September 1, 1981 and August 31, 1982. Generally, one person picks a standard track, sets a date, and contacts all interested runners, who run laps around the track for one hour. At the end of the hour, each runner stops and his or her distance is measured. The results are mailed ("posted") to a central location (this year to Huff in Seattle) and the distances are compared.

The key benefit to a national postal competition is the chance for all runners and teams to see where they stand in the United States. With the prohibitive cost of travel these days, an individual or team can win a national championship without ever leaving home. □



Carl Ellsworth, 51, approaches the finish line in the Honsport 30K at Honolulu, HI on August 29. Ellsworth captured the 50-54 division and was the third masters finisher overall with a time of 1:58:52. More than 700 runners participated. Photo by Mike Tymn

Paul Wins Four in Uruguay

MONTEVIDEO, URUGUAY, October 23-24 — Chile's Hector Paul won four events in the age 50-54 division to highlight the 3rd International Veterans Track & Field Championships this weekend at Metropolitan Stadium.

Paul raced to triumphs in the 400 (57.4), 800 (2:16.1), 3000 (10:38.8) and 5000 (18:07.9). □



Athletes prepare for 2nd San Juan Masters Track & Field Championships. — Photo by Yuyo Ruiz

MASTERS SCENE

NATIONAL

As yet, no new sponsor has been signed for the Masters program for '83 and beyond, but **George Hatzfeld** feels we're getting close. "We've had early discussions with some major New York Sports Promotion agencies," Hatzfeld said. "We're seeing the right people who understand what kind of opportunity Masters Sports presents." **Hatzfeld, Pat Meehan** and **Sarah Bruhner** have made sophisticated presentations — including videotapes, film, news clippings and carefully drafted budget figures — to several potential sponsors. "There's a lot of interest, but nothing on the dotted line yet," Hatzfeld said. It appears the Campbell Soup Co., once thought to be ready to sign, has gone in another direction. "They bought the rights to field hockey and figure skating earlier in the year," Hatzfeld said. "They didn't feel they could add to those commitments." A legal entity, the "National Masters Sports Association" has been formed. The organization will have tax-exempt status, will solicit foundations for grants, and will be able to sign binding contracts with sponsors and others.

EAST

Bob Fischer 42, churned out a 25:27 to top the 40-44 division of the Central Park 5-miler October 17. **George Hirsch's** 28:45 was best 45-49. **Joe Burns**, 52, logged 29:43. **Peter Mahta's** 32:52 topped the 60 plus bracket. **Patty Lee Parmalee's** 31:20 was much the best of the women masters, while **Evelyn Havens** posted 46:40 for 60+ honors. Over 1500 runners competed.

Sid Howard, 43, clicked off a 1:28:55 as 1st master in the New York City Marathon tune-up (15.5 miles) October 3, ahead of **Gabe Bernal's** 1:29:19. **Gordon McKenzie**, 55, ripped a 1:34:07. **Irma Lesson**, 40, posted 1:51:13.

Dot Michaels, 55, set a new women's world 55-59 5K walk record September 11 in Washington in 32:30. She also competed in the Illinois Golden Olympic Meet in Chicago, where she won 11 gold and 5 silver medals in swimming, track, cycling and other sports.

The Potomac Valley Seniors Track Club will conduct a series of indoor track meets at the **Thomas Jefferson Community Center** in Arlington, Virginia starting December 5. The meets are open to anyone age 30 or over. They'll be held on the 220-yard track on the 1st and 3rd Sundays of the month through February, from 10 a.m. to 12:30 p.m. Track meets will also be held at the **Rockford, Maryland Armory** on the 2nd and 4th Sundays of the month at 2 p.m. on its 1/10th mile track.

Philadelphia's **Bernie Rubinsky**, 53, top-ranked U.S. 50+ half-marathoner in 1981, was named top male masters runner at the annual Elkins Park Road Runners Club banquet October 16. **Sandy Folzer**, 43, of Wyncote, Pa. was voted top female master. Folzer just ran a 1:24:30 in the Philadelphia half-marathon.

Irma Lorenz, 40, turned in a 40:41 as 2nd woman in a Hammon, NJ 10K September 11. She was 2nd woman in 31:33 in a Sea Isle City, NJ 5-miler September 26. Turning 41 on October 14, she improved to a 31:15 as 1st woman in a Philadelphia 5-mile run October 24 and took female master honors in 55:06 in a Philadelphia 8.4 mile run on Halloween.

Ben Hyser, 47, was top master in 2:46:47 in the Gettysburg, PA Marathon September 18.

Don Davis was 1st master in 2:30:22 in the Marine Corps Marathon November 7 in Washington. **Roger Plugfelder** (2:30:36), **Mel Williams** (2:34:49) and **Tom Sheahan**, 41, (PR 2:37:23) were runners-up.

SOUTHEAST

Alex Coffin posted 42:48 as 1st 35-49 runner in the tough, muddy, European-style Davidson, N.C. 10K cross-country October 9. **Nancy Slagle** led the 35+ females in 62:49, edging **Anne Henderson** by 40 seconds. **Laverne Little** was best 50+ male in 59:18. "The course was tough," Coffin said, "especially for an older runner. I had run 37:38 the week before with equal effort. I had to vault barriers and got wet feet several times through the creeks."

Low Faxon turned a swift 31:18 as top master in the Coliseum Mall 10K in his hometown Hampton, Virginia October 16.

Bob Maydole was top master in 34:56 in a Charlotte, NC 10K October 16.

The Holiday Weight Pentathlon scheduled for December 28-29 in Del Ray, Florida will feature a new event never tried before: "Discorama." Contestants throw all five discuss weights (2K, 1.75K, 1.5K, 1.25K and 1K).

MIDWEST

Henri Salvarada of Belgium was the 1st 40+ finisher in the Bank One Marathon October 10 in Columbus, Ohio in 2:34:26. **Mitzi Henscheid** led women masters in 3:38:18.

Chet Crabb, 75, Farmdale, Ohio, recently defeated age-record-holder **Dick Bredenbeck** with a 14:19 3K in the Ohio Senior Olympics in Akron. **Byron Fike**, 74, of Talmadge was ahead of them both.

Bill Olrich, 47, Lexington, Kentucky, 1st master in the Dayton River Corridor Classic (reported last month in NMN) in 1:11:36, was only 12 seconds off **Brian Harris**, 45-49 record.

Hal Higdon sizzled to a age-51 record 32:47 in the 10K Race for Hungry Children October 30 in Dowagiac, Michigan, winning the masters (40 plus) title outright over a good 32:59 effort by **Randal Hoffman**. **Julie Hoffman's** 43:06 was best 40+ woman.

The next day, **Higdon** was first master in 40:06 ahead of **Ernie Billups'** 40:32 and **Bob Schrader's** 41:40 in the Run for the Boulevard 12K. **Floyd Smithberg** was 1st 60+ in 51:13. **Ann Diaz** led all women masters in 47:32 with **Matilee Christman's** 56:07 best 50+.

On a roll, **Higdon** will go for record attempts in the half-marathon and other races, hoping to peak at the Honolulu Marathon this month. "Then I'll hang up my running shoes for three months while I do some cross country skiing," he said.

The VII Paralympic Games will be the first International Wheelchair Sports competition to be conducted in the U.S. Extending from June 19 to July 4, 1983 at the University of Illinois at Champagne, the games will feature 2500 athletes from 80 nations.

MID AMERICA

Joe Schrag clipped off a 35:17 for masters honors in Loehman's Plaza 10K in Kansas City September 4. **Joan Dodge**, 50, topped all over-40 women in 50:23.

SOUTHWEST

The fifth annual American Medical Joggers Association (AMJA) Houston/Tenneco Marathon Medical Symposium will be held January 15-16 at the Hyatt Regency Hotel in Houston, a short distance from the start/finish of the marathon. Topics will include the medical, physiological and practical training aspects of running. Contact **W.T. Harrison** at 713-667-2446. **Dr. Alex Ratelle**, a 2:31 marathoner at age 56 and Senior Consultant in Anesthesiology at Methodist Hospital in St. Louis Park, Minn., will be a featured speaker.

WEST

Christa Romppanen, 43, won the 40-49 division of the Glendale Community Chorale 10K in Griffith Park, Los Angeles October 2 in 38:52 for 2nd woman overall. The next day she was again 2nd woman overall and 1st 40+ in the Westlake Village 10K in 39:31.

Mel Shine, 73, has branched out from the track to the road. In 1982, he clocked three sub-47-minute 10K's, the best being a 46:42 as best 60+ runner in the Alamo, Calif. Run for Daylite April 4. He clocked a 10-miler in 1:18 March 8 in Vallejo. He also turned in a 2:58 800 and 22:46 5000 on the track.

Shirley Matson, 41, has reeled off another seven consecutive wins since her only loss of the year at the National Masters Sports Festival 10KM in August. Her wins have included the AFC 1/2 Marathon, Balboa Park 8-Mile XC, Balboa Park 4 Mile XC, all in San Diego, Ca.; and the Run Against Crime 15KM in El Paso, Tx. where she ran a age 41 American record of 57:17 and only missed the age group record (**Miki Gorman's** 57:15) by 2 seconds. She accomplished this while battling strong head winds and unaccustomed altitude of 4,000 feet.

Irene Obera missed most of the 1982 T&F season with a hamstring injury she incurred in the World Games in New Zealand in January, 1981. She plans to compete again when she's recovered.

Wally Ingram, 50, was first 40+ runner in 40:10 in a San Bernardino 10K October 16. At that, he was only 17 seconds ahead of **Harold Daughters**, 60. Ingram also posted a 17:23 to win the M50 Train-Don't-Strain 5K, with **Tom Richards** best 40-49 in 16:24.

Jim Knerr, 47, sped to a 1:12:12 to capture the TAC/SPA 20K masters championship October 9 in Los Angeles. **Patrick Devine's** 1:19:52 earned him the 50-59 title, with **Art Schneider's** 1:32:08 claiming the M60 crown. **Cecily Parke's** 1:36:59 was best by a 40+ woman.

Mimi St. Clair won the women's masters TAC/Pacific 10K cross-country championship November 7 in San Francisco. The race organizers were not going to allow women to compete for prizes, but relented when several runners threatened to revolt.

Warren Finke, 40, won the Cow Mountain 50-mile run overall in 5 hours, 57 minutes October 2 in Ukiah, Calif. The time was only 11 minutes off the course record. "I was really impressed and inspired by his fine performance," **Ruth Anderson** said. Women's winner **Carol Hewitt**, 31, took nearly an hour off the old course mark with a 7:11. "She looked so good afterwards," **Anderson** noted. **Joanne Goodhead's** 8:30:30 was best female master. 50+ers **Bill Casteel**, **John Cover** and **Ruth Anderson** all checked in at 9:01.

At the Quicksilver Half-Marathon October 10 in San Jose, **Carol Hewitt**, 31, posted a 1:39:33 as 1st woman overall. **Jerry Lynch** was



Sue Peterson, 38, and friend (husband Pete, 40) in Santa Monica Marathon. Sue ran 2:57:29. Photo by Richard Lee Slotkin

1st 40+ in 1:22:07; **E.R. Silver** best M50 in 1:30:23; **Skip Gibbs** was best W40 in 1:31:18, with **Ruth Anderson** topping the 50+ women in 1:54:41 over a hilly trail run with no level stretches.

The Corona Del Mar Track Club has agreed to conduct Grandfather Two, a continuation of the popular Grandfather Games directed for the past decade by **George Ker** at Los Angeles Valley College. Club member **Dan Aldrich**, Chancellor of the University of California Irvine, said UCI will support these games at their facility with a tentative date of May 29, 1983.

TAC T&F Masters Chairman **Jim Weed** says the 1984 World Veteran Decathlon Championships will probably be held in California.

A total of 177 of 279 starters finished this year's Western States 100-Mile Endurance Run through the Sierra Nevada, a 63% survival rate. **Jim King** won it in 16:17:07. **Doug Latimer**, 44, was 8th overall in 18:47:28. **Dick Belliveau**, 44, placed 12th in 19:51:44. **Tom Zavortink**, 42, took 39th in 22:27:38. **Ken Shirk**, 40, (23:09:55), and **Lono Tyson**, 53, (23:23:06), were the only other masters under 24 hours. The amazing **Bjorg Austrheim-Smith**, 38, was 1st woman and 7th overall in 18:23:04.

Add Romppanen: **Christa** was 1st woman master and 2nd female overall in a Granada Hills 8K October 24 in 30:58, only 11 seconds off her U.S. masters mark set two weeks earlier. On Halloween, she clocked a fast 38:58 10K to win the female masters division and a trip to New York next 4th-of-July for the Diet Pepsi finals. Then on November 7th, she picked off the SPA/TAC District 5K Masters Championships in Westlake, Cal. with an 18:57.

(Continued on page 17)



Ivor Welch going through finish chute at SFO Marathon. Photo by Richard Lee Slotkin

(Continued from page 16)

NORTHWEST

• **Al Funk**, 68, and **Edna Berg**, 67, both bettered the national age records in the Classic VI 10K run October 2 in Bozeman, Montana. Funk posted 43:47; Berg 63:08.

• **Ed Kousky** edged Valdemar Schultz by 5 seconds to capture masters honors in 36:41.5 in the Prefontaine Memorial 10K in Coos Bay, Oregon September 18. **Carol Davis** posted 48:15 as 1st 40+ woman on the hilly course which drew 844 finishers.

• **Mike Heffernan**, 41, was 1st overall in 32:55 in the OTC Masters cross-country meet in Eugene, Oregon October 16. **Warren Finke** (33:58) and **Phil Weiser** (34:58) were runners-up. **Bill McChesney** annexed the M50 title in 37:58. **Evelyn Hess** took the women's 5K in 23:40, edging **Kay Porter** by 4 seconds. **Marcia McChesney** was fastest 50+ woman in 24:56.

• **Stan Lee** (2:41:05) and **Rose Gardner** (3:03:23) were masters winners in the Tacoma Marathon October 3.

• **Dave Lygree** (2:43:04) and **Charlotte Swanson** (3:13:11) were best masters in the Yakima Valley Marathon October 10.

Julie Stiles logged 39:35 to cop 40+ honors in the Sportswest Women's 10K in Seattle September 25. **Kathleen Corrigan** (36:47) was 1st 35-39 and **Nola Bruhn** (43:19) top 50+.

CANADA

• **Ken Inglis** lowered by 54 seconds the course record set by **Dereck Fernee** in the White Oaks Classic 10K in Toronto September 19 in 31:34. **Heather Clemenson**, just turned 40, sizzled to a 37:18, 2:11 under **Pat Bessel's** women's course mark.

INTERNATIONAL

• A package that guarantees purchasers a starting place in the 1983 London Marathon April 17 is being marketed in the U.S. by Keith Prowse, Ltd. (212) 398-1430. The package provides a choice of 3, 5 or 7 nights in London. Of 18,000 entrants, 2000 places are reserved for runners from abroad.

• Winners of the Chile National 20K Road Walk were **Gerardo Golindo**, M40, 2:09:13; **Pedro Gomez**, M45, 2:04:03; **Jorge Alzamora**, M50, 2:09:03; **German Munita**, M55, 2:54:28.

• **B. Beardsworth**, 40, won the South Africa

4,406 Masters Among 14,000 Marathoners

(Continued from page 1)

Spain's **Pascual Manguan**, 41, 2:26:20; and New York's **Fritz Mueller**, 46, 2:28:53.

Undefeated-as-a-master **Cindy Dalrymple**, 40, of New York City, faced a tough challenge against defending women's masters titlist **Robin Hames**, 45, of New Zealand, who ran 2:48 last year. Hames improved on her '81 performance with a solid 2:46:12, but it wasn't quite good enough to hold off Dalrymple, who blazed to a 2-minute victory in 2:44:15.

Japan's **Minoru Muramoto**, 40, wasn't far behind in 2:48:37, with New Jersey's **Ann Bing** 4th (2:56:08), **Linda Thurston** 5th (2:56:42), **Joan Reiss** 6th (2:56:49) and **Nina Kuscsik** 7th (2:58:15).

World Veterans Distance age 50-54 10K and Marathon champ **John Wood**, 51, of England turned in a 2:33:20 for a 14-minute triumph in the 50-59 division. Ohio's **Jim Glidewell**, 55, 2:47:59; **Mike Sullivan**, 52, of Massachusetts, 2:49:25; and Spain's **Abdon Rueda**, 56, 2:49:45, were runners-up.

New Jersey's **Toshiko d'Elia**, 52,

Masters Marathon in **Port Elizabeth** October 9 in a swift 2:26:29, 13 minutes ahead of **T. Pia-Bou**, 41. Fastest 50+ was **R. Heeley**, 50, 2:47:16. A **Ferguson**, 63, clocked 2:59:39. **Leo Benning's** 2:50:55 was 3rd in M45 and his 3rd fastest of 53 marathons. A week after the marathon, the versatile **Benning** won the high and long jumps and placed in the 200 in the S.A. Track Championships in Germiston.

• Under international athletics rules, men become "veterans" at age 40; women at age 35. "This policy implies that women age faster than men and should be changed," the International Runners Committee declared in its October newsletter. (The Committee was largely responsible for bringing the women's marathon to the 1984 Olympics.)

• New Zealand's **Tom Bartlett** could use your help. He's planning on running across the U.S. next May and June, to raise funds for crippled children and other causes. He'll compete in the Southeastern T&F meet in Raleigh, N.C. May 6-8, and then set out from New York to Los Angeles. Bartlett is a 68-year-old grandfather of ten. Born with a "blue heart," he had daily attacks until age 4½. Doctors thought he'd die. Today his pulse is 54, and he's won N.Z. Vets titles at 400, 800, 1500, road and cross-country. He ran the Athens Marathon in 3:15, took 2nd in the 3rd World Veterans M60 Steeplechase and 3rd in the 4th World Games in M65, improving his '79 time. His trip means 50 miles a day for 60 straight days. "I'm so grateful I can run at all," he said, "and I want to help less fortunate people. I feel there must be some retired masters runner with a van who would love to be involved with this and accompany me, so I'd have a place to lay my head each night." You may contact Tom at 99A Hewer Cres., Naenae, New Zealand.



RASCHKER WINS SPORTS ILLUSTRATED AWARD

North Carolina's **Phillipa Raschker**, 35, was named winner of Sports Illustrated Magazine's Award of Merit Trophy.

Raschker, who won 15 events at the National Masters Track & Field Championships and National Masters Sports Festival this year, was featured in SI's October 25 issue in "Faces in the Crowd."

Each week, SI awards the trophy to six faces. Among previous winners are

Ben Crenshaw, **Wilma Rudolph**, **Chris Evert**, **Terry Bradshaw**, **Jack Nicklaus** and **Nancy Lopez** — all featured before they became nationally famous and were still "faces in the crowd."

"'Faces' is for the unheralded amateur competitor from next door who may never get rich but richly deserves national recognition," the magazine says. "It is for new faces of men, women and youngsters whose deeds are worthy of salute." □



1982 Winners of Masters (50-59) competition in New York City Marathon. **Toshiko d'Elia**, 52, New Jersey, 3:08:42; **John Wood**, 51, England, 2:33:20. Photo by Ken Levinson

LINCOLN TRACK CLUB - TAC REGIONAL CHAMPIONSHIPS
(MASTERS & SUB MASTERS)

The Lincoln (NE) Track Club is sponsoring an indoor meet sanctioned by the TAC. This is the fifth year of the event, to be held again at Nebraska Wesleyan University.

DATE: January 8, 1983 STARTING TIME: 12:00 noon (Facility open at 11:00)

LOCATION: Nebraska Wesleyan indoor track, 50th & St. Paul Streets. Track surface is Unifurf, a 176-yard oval. Use only 1/8" spikes or flats. Locker and Shower.

ENTRY FEE: \$5 first event, \$3 each additional event, \$4 per relay team.

ENTRY DEADLINE: Saturday, January 1, 1983. A charge of \$2 extra per event for late entries. Late entries will not be seeded.

ENTRY FORMS: Mail to Forrest Doling, 5030 South 65th, Lincoln, Ne 68516. Copy entry form or contact Doling (402) 483-4842 for additional forms.

EVENTS:

MEN: 60, 300, 400, 880, Mile, 2 Mile, 60-yd. high hurdles, high jump, long jump, triple jump, pole vault, shot put, and Pentathlon which includes a special 600. All age groups use 12-lb. shot, except the 60+ group which will use 8-lb. Hurdle height will be 39" for 30-39, 36" for 40-49 33" for 50-59 and 30" for 60+.

WOMEN: 60, 2 mile, long jump, 8-lb. shot, hurdles.

PENTATHLON: 60 high hurdles, 600, long jump, high jump, shot. 600-yd. event is for pentathletes only. You will be eligible for awards in the four regular events that you must enter as well as pentathlon awards.

AGE GROUPS

Men & Women - 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+.

AWARDS - Top three finishers in each age division of each event will receive a medal. Ribbons to fourth, fifth and sixth place finishers. Ribbons to first three relay teams. Maximum of three medals will be awarded to any one individual.

MOTEL RESERVATIONS may be made at the Villager Motel, 5200 "O" Street, Lincoln, NE. 68504, (402) 464-9111. Reservations should be made directly with the motel, indicating connection with the track meet.

MAIL TO: Forrest Doling, 5030 South 65th Street, Lincoln, NE 68516

ENTRY FORM

NAME _____ AGE _____ MALE _____ FEMALE _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
CLUB AFFILIATION _____

EVENTS:

In consideration of this entry being accepted, I hereby, for myself, my heirs, executors, administrators, waive and release all rights and claims for damages I may have against the Lincoln Track Club, Nebraska Wesleyan University, this event and their agents, representatives, successors, and assigns for any and all injuries suffered by me in said event.

Parent or Coach High School _____

Signature _____



9 Months to go

COUNTDOWN TO PUERTO RICO

*By Don Farquharson
President, WAVA*

I have just returned from a brief but exciting trip to Puerto Rico. The purpose of my trip was to inspect the facilities for the fifth World Veterans' Track and Field Championship to be held 23rd September to 30th September inclusive 1983. Since it was my first visit to Puerto Rico I suppose that I went as a tourist also.

As a bulwark of the defense of the Spanish Empire and discovered by Columbus on his second voyage, Puerto Rico belonged to that country for four hundred years. Since the Spanish-American War, eighty-four years ago, it was first a dependency of the U.S.A. and later part of the United States Commonwealth. Statehood is envisaged and yet the culture and people are predominantly Spanish at least for a while yet. Spanish is spoken but almost everyone is fluent in English.

Puerto Rico is only about 19° N. of the Equator and has around the year sunshine and warmth. Arriving, as I did, in the early afternoon the humidity was a shock, like stepping into a greenhouse. Fortunately, the dominant breezes are from the North East and whilst they are warm breezes they make a great difference to comfort especially in the late afternoon and evening.

The island is 100 miles wide from East to West and 35 miles North-South. The coastal areas are flat and the central massif is mountainous so that the incoming moisture laden North-Easterlies drop moderate moisture on the North Coast (35 inches annually); very considerable amounts (up to 200 inches) on the mountains as they are forced up, and very little on the South Coast as they descend.

This island which had the lowest per capita income in the Caribbean only 35 years ago now has the highest. The investment and development which has brought this about has occurred disparately in the San Juan area about midway along the North Coast. Actually there are really two San Juans. The old city is on a promontory to the West and happily was declared a National Historic Site in 1949 so that the old Spanish Colonial streets, homes, churches and fortifications are marvellously preserved and restored. Adjoining this to the East is the modern San Juan. Located exactly at the junction of the two is Sixtobar Stadium, the major of the 3 stadiums to be used. Special bus transport will

be continuously available from hotels on the Condado beach area to these stadiums on a "pass" basis. This pass will cost \$10 U.S. for your stay. The people are friendly, courteous and helpful and the streets seemed completely safe at all times. Security precautions at the hotels, however, suggest the need to guard baggage. Taxis are metered at 80 cents flat plus 10 cents per eighth mile. Airport to Hilton \$10, less to Condada area.

During my 4 day visit, I competed in the San Juan Veteran Championships at Steeplechase and 800 m. Although events were run at night under lights (it is totally dark at 6:30 p.m.) it was hot and humid. Happily the incoming sea breeze helped the situation a great deal. The Tartan track is fast and will be completely relaid by next year and additional jump facilities are to be added. The track has wide curves (110 metres) and shorter straights (90 metres). There is a covered stand on the West side and open stands on the South and East. The North is left open to the sea breezes. Nearby is an Olympic pool. Neither the site of the Cross Country nor the route for the Marathon/20 Km Walk (to commence at 6 a.m.) have been decided. The former may be a golf course run in the Loiza area, East of the airport, whilst the latter will start and finish at the stadium.

The whole area Eastwards from the rising cliffs of the Old San Juan area is a series of beautiful beaches. All but the Carib-Hilton beach are public. Fronting the beaches is a string of hotels and entertainment places. Whether you like Spanish dancing, Las Vegas type shows, high class casinos (all run by the government) or any kind of fine food, this is the place. Westwards the scene is quieter in the sloping narrow cobbled streets of the old town with such history as the Cathedral which contains the tomb of Ponce de Leon, the man who ran harder than anyone in search of the Fountain of Youth.

A number of meetings between the Puerto Rican organizers of the games and Bob Fine (WAVA Rep. North America), Clem Green (WAVA Oceania), Jorge Alzamora (WAVA, South America) and myself revealed that matters are well in hand but that certain changes are necessary. Although the entry booklet has been printed and is now available, the entire Meet Schedule is to be re-written along the lines of the 2nd World Champion-



Joan Reiss at 45 is the 10th fastest all-time women's master marathon runner in the United States with a time of 2:57:24 (Napa Marathon, March 13, 1982). On September 19th she ran the 10 mile Buffalo Stampede in Sacramento to set a new Master's course record and a PR of 62:50, breaking her previous year's record of 66:01. As the first female master she also won \$50 from TAC. A week later she ran a personal best in the Billy Mills 10K in Sacramento. Her 38:36 placed her 3rd overall and 2nd female Master behind winner Vicki Bigelow at 37:05.

ship, Sweden 1977. That is, each event will be repeated through each of the age classes until complete rather than different events on each day for various classes. Furthermore, with the exception of the Marathon/20 Km Walk, all events are late afternoon and night with Field events starting at around 4 p.m., Sprints at 5 p.m. and distance runs later.

Unfortunately, my short stay did not permit me to visit other parts of the island and I was sorry to miss the 'El Yunque' rain forest and its fantastic trees and the smaller towns and I will

also leave much more information for a later date.

Meals can vary greatly. At the best hotels breakfast would be \$5, lunch \$10, dinner \$20 whereas a dinner at Wendy's could be \$4-\$5. We did enjoy a good dinner and entertainment at a medium class spot for \$10 one evening (no drinks). You must have an air-conditioned room. A refrigerator in the room would enable you to buy groceries and save on meals.

Ken Richardson will conduct a 21 day tour including Trinidad, Tobago, Guyana approx. \$3,000 from Toronto and may also arrange a shorter option.

Higher Priced Hotel

The Carib-Hilton. Headquarters hotel for the WAVA executive, 500 yards from the primary stadium, fully air-conditioned, private beach, 2 pools, refrigerator, 6 piece bathroom!! Many other features. Double occupancy, \$40 each person; triple occupancy, \$36 each person; quadruple occupancy, \$33 per person..

Medium Priced Hotel

The Dutch Inn (or equivalent) Condado beach area, 1½ miles from stadium, rooms and dining areas air-conditioned, large rooms, some with kitchen, 4 piece bathroom, refrigerator, small pool, 50 yards to public beach. Double occupancy, \$24 each person; triple occupancy \$21 each person.

Budget Priced Hotel

Da Vinci. Condado beach area across street from Dutch Inn, under renovation, ready in plenty of time, air-conditioned rooms, 4 piece bathrooms and refrigerator. Double occupancy, \$17 each person; triple occupancy, \$13 per person.

All hotels are very clean and have high standards.

(Ed. note: Sports Travel International, LTD. has arranged a package tour to Puerto Rico which includes a Caribbean Cruise. Details on page 5. Details of a tour, sans cruise, will be announced shortly. For entry forms and travel info, contact STI, P.O. Box 7823, San Diego, CA 92107, (619) 225-9555. Simone Travel has arranged a \$390 package including round trip airfare from New York and seven nights in the Regency Hotel. Contact Diana Schneider at 200 W. 57 St., New York, N.Y. 10019, (212) 541-9690. □



Opening ceremonies at the 1982 National Masters Sports Festival in Philadelphia. Photo by Dorothy Donley

U.S. Masters Go to China

By DOROTHY STOTSENBERG

On Saturday, September 18, 1982, fifteen of us boarded a 747 in San Francisco for the U.S. Masters Sports International tour to China. Fifteen others were to meet us 11 days later in Nanjing in time for the 1st U.S.-China Masters Track and Field Meet.

The first thing we noticed about China was the economical use of electricity. Our plane circled above Shanghai, but we couldn't see this city of 7,000,000 because it was not lit up like U.S. cities. We landed on a runway with faint blue lights placed about 500 yards apart. There is no other light on the airport. Two hours later, we found the same was true at Beijing, our port of entry.

In 11 days of touring under the guidance of Mr. Won Po-Ao and a special interpreter for each city, we saw at least two "sights" each day. On Monday it was lovely BeiHai park, the wondrous Forbidden City, and dinner with China Sport officials in the famed Peking Duck Restaurant. Tuesday: the exquisite Summer Palace, Beijing's world-famed zoo, the Capitol Stadium, and a performance of an outstanding troupe of Chinese acrobats.

Runners in the group worked out along the streets of Beijing near the Hua Du hotel from 5 a.m. until our "special western breakfast" at 7:30. There always were Chinese runners among the thousands of bicyclists en route to work. The people are very much exercise-oriented. If they are neither riding a bike or jogging, they are walking along, doing arm exercises or standing in groups, practicing "Tai Chi."

The bicycle is the universal "family car" — it takes everyone to work. Often there were four passengers per bike: Daddy doing the pedalling, Mommy sitting on the little seat behind him holding the baby, with the older child in a small seat on the handlebars. Sometimes the bike had an ingenious little sidecar, built of wood, with screened windows — capacity one or two children. Mommy still rode the "back seat." The hundreds of thousands of bicycles in China are not kids' toys — they cost about three months wages — and we saw no children of any age riding them. Youngsters past kindergarten age walk to and from school, and everywhere else.

Running on the Great Wall of China was an experience all by itself. Consider: This structure, visible from outer space, was constructed some 2,000 years ago. It winds its way more than 1,500 miles up and down mountainsides, connecting sections of walled fortresses built even before Emperor Ch'in Shih Huang unified China. Our group included Carroll and Alan Maxwell of Eugene, Oregon; Merle Knox of Milwaukee, (Ruth Knox was the of-

ficial photographer); Jeanne Carter of Santa Ana, Cal.; Ozzie Dawkins of Hollywood; Ed and Dorothy Stotsenberg of Malibu, Cal.; our "Peerless Leader" Helen Pain; Ellen and Otto Essig of Westfield, Mass.; Beverly and Jim Johnson of Millbrae, Cal.; and Tannah and Ed Kindle of Portland, Oregon.

By the time we joined forces with the Masters shepherded by Heather Pain Whitmore, we had visited the Ming Tombs, the world-famed "dig" at Xian with its 6,000 terra cotta warriors and 1,500 horses, countless pagodas and temples, the Peking Opera, a ping pong championship tournament, and had an overnight ride on a comfortable Chinese train. We ran on the track at the Wuhan medical school and visited the university there, saw demonstrations of Chinese brush painting and cloisonne making, and shopped in many Friendship and People's stores.

We met the 15 other U.S. Masters at the excellent track in the big stadium at Nanjing. What an animated conversation we had at dinner that night as we compared notes with Marilyn and Jim Waste and their daughter, Tenby, of Kentfield, Cal.; Dr. Paul Spangler of San Luis Obispo, Cal. and his daughter, Betty Nolen of Belmont, Cal.; Charles Beaudry of Edinburg, Texas; Sgt. Major Ray Fitzhugh of El Toro Marine Base at Santa Ana; Isabel and Dr. Walt McConnell of Wharton, New Jersey; Nick Newton of Inglewood, Cal.; Lisa and Harold Parsons of Toronto, Canada; Dr. Jack Russell of Tampa, Florida; and Frances and Dave Stevenson of Los Altos Hills, Cal.

We didn't have as many Chinese competitors in the track meet in Nanjing as we had hoped for, but the interest, eagerness and kindness with which we were met made up for that in short order. Jim Waste will report the times for all the events, but Jeanne Carter, Nick Newton, Ozzie Dawkins and Dr. Spangler were the "stars" in track events. The best sport in the group was Lisa Parsons who competed in the shot put for the very first time.



Getting set to run on the Great Wall of China: L-to-r Alan Maxwell, Carroll Maxwell, Merle Knox, Jeanne Carter, Ozzie Dawkins, Dorothy Stotsenberg, Ed Stotsenberg.

Mr. Situ was the China Sport Service representative in Nanjing, and did everything to make our stay exceptional. The banquet in the exquisite Mai-Ling Summer Palace in the Sun Yat-Sen Mausoleum Park was the best of the best Chinese cuisine — from the 11-courses of hors d'oeuvres to the 15-course dinner with a clean plate for each course.

There was great communication, even though none of us spoke Chinese and most of our hosts spoke no English. Interpreters worked overtime when the U.S. and Chinese Masters exchanged team gifts.

The "Second Poet Road Distance Race" in Hangzhou was as much fun as Nanjing's two-day track meet — even if the race around that lovely West Lake was in the rain. It was like running through a 5K shower! Again we were royally feasted and literally loaded down with souvenirs ranging from first-class towels to cinnabar lockets.

Before we left, we visited the Yellow Dragon Tea Brigade of a large commune and learned about green tea from the plant to the package. We saw how the workers live and attended a special performance by the kindergarten class. We visited beautifully kept parks, botanical gardens and temples before we pulled ourselves together for the plane ride to Hong Kong.

Our hosts in Hong Kong were the Athletic Veterans of Hong Kong (AVOHK), Jim Harris, chairman. Another royal welcome — this time an elaborate buffet at the Royal Jockey Club in Happy Valley (about which most of us had read). We arrived too late for anyone to take part in the 9K race, which Mr. Harris explained was for people accustomed to mountainous terrain. A trip by cog-railway to the top of Victoria Peak and we understood what he meant.

Wanchai Stadium is an excellent new track facility set down between Hong Kong highrise buildings and the waterfront. The weather had just simmered down to "comfortable" and it was a thoroughly enjoyable two-day meet with not much competition for anyone over 59. It seems when people reach 60-plus they get out of the Hong Kong

climate as soon as possible, as the heat and humidity is just short of unbearable at times.

There was some competitors from India, Malaysia and Taiwan, however. The meet was beautifully-organized and well-run. Our hosts were especially kind and we made many friends, hoping some of them will compete in U.S.A. en route through our country on "home leave." Dr. Spangler had the distinction of setting the first world records on the Wanchai Track.

All together the China Experience was so much fun and generated so much goodwill that many of us are ready to make another trip there in about two years. □



Of Course, everyone climbed the wall. Jim Johnson accompanied his wife Beverly.

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.

T&F PENTATHLON AGE RECORDS. Detailed lists, ages 17-80. IAAF & WAVA, reference charts, etc. \$1.50 (stamps OK). Bill Forsyth, P.O. Drawer 65, Pecos NM 87552.

OLYMPIC, PAN AMERICAN MASTERS GAMES. Pin collectors from Tokyo '64, Mexico '68, Munich '72, Puerto Rico '79, Russia '80, Cuba '82, US '84 for sale; send stamp for list Yuyo Ruiz, Asomante 1679, Summit Hills, P.R. 00920.

INVESTMENT OPPORTUNITY National track and field equipment company with top quality products is seeking additional capital. Excellent return. Minimum \$1,000. For prospectus, write: SportsAmerica, Inc., 101 Glover St., Barton VT 05822.

WHERE ARE YOU, NICKI HOBSON? If you know, send NMN her address. We have her 1981 outstanding athlete trophy.

MASTERS AGE RECORDS 1982. 48-page booklet contains men's and women's world and U.S. age bests for all track & field events, age 35 and up, as of Jan. 1, 1982. Plus walking and national championship records. Lists name, age, state and date of record. Send \$3 plus \$1 postage and handling to NMN, PO Box 2372, Van Nuys CA 91404.

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.

THE 3RD JAPAN MASTERS TRACK AND FIELD CHAMPIONSHIPS

TOKYO NATIONAL STADIUM

OCTOBER 2ND AND 3RD, 1982

100	Div.	Mark	Name	Long J
40-44	11.67	Kazuhiro Yoshiga	40-44	6.47 Kazuhiro Yoshiga
45-49	11.83	Fumio Shimada	45-49	6.37 Kenro Aibe
50-54	12.44	Seiji Katanabe	50-54	5.65 Toshio Otani
55-59	12.76	Akio Ishiguro	55-59	5.61 Noboru Yamamoto
60-64	13.40	Isamu Matsuo	60-64	4.56 Tomeo Sakamoto
65-69	13.53	Shigehiko Zaibu	65-69	4.71 Masazumi Morita
70-74	14.73	Toyoki Yamamuro	70-74	3.97 Toyoki Miyata
75-	16.33	Takazo Hirai	75-	3.28 Shinzaburo Kazomami
200			Triple	
40-44	23.26	Kazuhiro Yoshiga	40-44	13.32 Yukihiko Kato
45-49	24.04	Fumio Shimada	45-49	13.48 Takatsugu Sakurai
50-54	25.00	Yoshiyuki Nieta	50-54	11.61 Haruo Nagai
55-59	26.23	Akio Ishiguro	55-59	11.42 Michio Kobayashi
60-64	28.01	Etsuyuki Tomoda	60-64	9.43 Keiji Yamane
65-69	28.51	Gentaro Watanabe	65-69	10.28 Masazumi Morita
70-74	33.05	Shinzo Goto	70-74	9.03 Toyoki Miyata
75-	34.90	Takazo Hirai	Shot	
400			40-44	12.53 Carl Klehm (U.S.)
40-44	53.50	Hideki Yamagami	45-49	11.42 Shozo Shimizu
45-49	54.46	Tatsuo Goro	50-54	12.35 Yoshio Kojima
50-54	58.15	Kaname Sawamoto	55-59	10.94 Chozo Kawahira
55-59	60.46	Yoshiyuki Sugiyama	60-64	11.71 Takemitsu Morita
60-64	64.83	Yoshio Uenori	65-69	11.81 Takashi Yokota
65-69	64.74	Gentaro Watanabe	70-74	9.30 Yoshizo Tsukahara
70-74	73.67	Shinzo Goto	75-	8.13 Mikio Oda
75-	76.48	Masanosuke Aoki	Discus	
800			40-44	36.72 Kanehiro Fukuhara
40-44	2:07.2	Tatsuo Shikimachi	45-49	34.26 Noboru Fujimoto
45-49	2:06.1	Tatsuo Goro	50-54	33.50 Yoshio Kojima
50-54	2:10.3	Kaname Sawamoto	55-59	31.74 Sadao Ishii
55-59	2:10.3	Morio Watanabe	60-64	33.80 Mel Buschman
60-64	2:31.2	Yoshio Kaminori	65-69	35.80 Takashi Yokota
65-69	2:45.3	Takuro Miura	70-74	24.82 Yukio Kono
70-74	2:52.8	Yoshikazu Suda	75-	25.20 Masami Okazaki
75-	3:40.5	Tomonori Takenobu	Javelin	
5000			40-44	58.80 Ikichi Akiyama
40-44	15:50.2	Tadatoshii Iwamoto	45-49	41.24 Hisao Kishimoto
45-49	16:02.4	Sekinosuke Aoki	50-54	36.92 Zenichi Matsumoto
50-54	16:42.3	Hiroshi Hatanaka	55-59	33.88 Takeo Onishi
55-59	18:16.4	Akifusa Sakurazawa	60-64	29.30 Chogoro Shirai
60-64	18:28.9	Yoshizo Nishimura	65-69	27.94 Hideo Suzuki
65-69	20:04.8	Haruo Taushita	70-74	29.30 Oda
70-74	21:00.7	Masao Konno	75-	29.70 Masami Okazaki
75-	27:31.0	Tomonori Takenobu	100	
High J			35-39	13.41 Keiko Omori
40-44	1.80	Hiroharu Kibamoto	40-44	13.62 (Kimiko Nakamura)
45-49	1.70	Nobuyoshi Azuma	45-49	13.90 Etsuko Yuvama
50-54	1.50	Takeshi Oikawa	50-54	15.46 (Kazuko Kawaguchi)
55-59	1.58	Noboru Yamamoto	55-59	15.72 (Kaori Kinjo)
60-64	1.35	Takayoshi Deguchi	65-69	22.97 Sumiko Babuchi
65-69	1.35	Takuro Miura	800	
70-74	1.20	Bin Otani	35-39	2:36.0 Kuniko Matsuno
			40-44	2:43.0 Yoneko Miyane

45-49 2:48.8 Hatsuko Kamizaki
50-54 3:00.5 Kazuko Kawaguchi
55-59 3:22.0 Tetsuko Nakagawa
60-64 3:14.0 Fujii Inoue
5000 M

35-39 20:38.6 Hatsue Tojyo
40-44 18:11.9 Minoru Muramoto
45-49 18:57.5 Miyo Ishigami
50-54 21:44.0 Katsuko Shimazaki

55-59 24:37.0 Tetsuko Nakagawa
60-64 23:01.0 Fujii Inoue
65- 27:26.0 Kamee Yamada
Long

35-39 4.38 Kazuko Ueri
40-44 4.54 Midori Kuratsu
45-49 4.21 (Akane Yamamoto)

50-54 3.77 (Michiko Nakama)
55-59 3.92 (Haru Kinjo)
Shot

35-39 10.77 Michiko Nakasuji
40-44 8.07 Kyoko Kamei

45-49 10.07 Etsuko Yuvama
50-54 7.92 Mayumi Takahashi

55-59 7.92 Igarashi Tsujii
65-69 7.90 Masayo Kono
High

35-39 1.35 Keiko Diba (U.S.)
40-44 1.38 Kiyoko Ogawa

45-49 1.28 Takiko Miyasato

50-54 1.10 Taeko Fukushima
Discus

35-39 33.26 Teruko Fukui

40-44 22.94 Teruko Hisaba

45-49 25.82 Shigeko Kobayashi

50-54 21.66 Taeko Fukushima

55-59 24:68 Isuzu Tsujii

1500

40-44 4:14.1 Seichi Yamazaki

45-49 4:22.5 Jun Kanibuchi

50-54 4:29.9 Kaname Sawamoto

55-59 5:00.0 Yoshiro Wema

60-64 5:06.3 Kazumi Suzuki

65-69 5:40.3 Tatsuo Matsushita

70-74 5:40.0 Yoshikazu Suda

75- 7:57.0 Goro Hara

INDIANAPOLIS-SCARBOROUGH
PEACE GAMES
INDIANAPOLIS, AUGUST 15

100 METERS

Leon Carter 12.20
Larry Jackson 12.65
Don Zimmerman 13.20
Paul Eschenfelder 13.74
Bob Hull 15.31
Stan Johnson 18.48

1500

Gene Lausch 4:46.35
Larry Steinrauf 4:56.91
Bill Rees 4:59.75

RESULTS OF THE THIRD INTERNATIONAL TRACK & FIELD
"JUAN JACINTO LOPEZ TESTA CHAMPIONSHIP FOR
VETERANS

Site: Metropolitan Stadium, Montevideo Uruguay (8 lanes ash track)
DATES: October 23 and 24, 1982.

Men 100 meters: (40-44) Odilio Barbosa 13.0 Urug.- Stgo Tourreilles 13.2 Urug.- Julio Vleytes 13.8 Urug.- (45-49) Dante Gallo 13.0 Argentina- Carlos Afon 14.0 Urug.- (50-54) Carlos Michelena 13.0 Urug.- Milton Cafasso 13.5 Urug.- (55-59) Jose Figueras 13.5 Urug.- Pedro Gomez 15.0 Urug.- (60-64) Ruben Bonifacio 14.6 Urug.- Ernesto Gundlach 15.8 Chile

Women (40-44) Dayna Tarres 20.6 Urug.- Vilma Rubini 21.5 Urug.
Discus Men: (40-44) Stgo Tourreilles 22.70 Urug.- (45-49) Hector Acosta 29.50 Urug.- Raul Lopez 28.10 Urug.- Juan Roman 18.30 Chile- (50-54) Justino Pollo 30.62 Urug.- (60-64) Carlos Gioscia 30.78 Urug.- Luis Kerekas 30.66 Urug.- Ernesto Gundlach 29.62 Chile.

Women: (35-39) Junmarly Rosas 16.32 Urug.- (45-49) Miriam Barcelona 18.56 Urug.- Gladys Espinoza 18.22 Urug.- (50-54) Eliana Bahamondes 24.22 (Chile- Molly Hofmann 22.24 Chile- (55-59) Sara Rosello 18.94 Urug.- (60-64) Marliss Fleckner 15.56 Chile.

400 Meters Men: (40-44) Filadelfio Dos Santos 63.2 Urug.- Stgo Tourreilles 68.7 Urug.- (45-49) Norberto Etcheberry 56.8 Urug.- Dante Gallo 63.4 Argent.- Juan Roman 66.6 Chile- Mario Villarreal 69.8 Urug.- (50-54) Hector Paul 57.4 Chile- Carlos Michelena 58.6 Urug.- Carlos Odrizola 62.5 Urug.- Milton Cafasso 67.8 Urug.- (55-59) Jose Figueras 63.9 Urug.- Pedro Gomez 71.7 Urug.- (60-64) Florencio Maturro 70.8 Urug.- Armando Gonzalez 76.5 Urug.

5,000 meters men: (40-44) Filadelfio Dos Santos 17:53.7 Urug.- (45-49) Norberto Etcheberry 18:01.1 Urug.- Juan Roman 19:04.2 Chile- (50-54) Hector Paul 18:07.9 Chile- Justino Pollo 20:25.1 Urug.- Vicente Cubelli 23:08.3 Urug.- (55-59) Pedro Gomez 23:30.5 Urug.- (60-64) Florencio Maturro 20:47.5 Urug.-

Javelin Men: (40-44) Rodolfo Diaz 33.20 Urug.- Stgo Tourreilles 24.32 Urug.- (45-49) Mauricio Iglesias 48.90 Urug.- Raul Lopez 37.48 Urug.- Hector Acosta 32.80 Urug.- (50-54) Fernando Garcia 24.18 Urug.- (65-69) Ernesto Gundlach 25.16 Chile- Luis Kerekas 22.56 Urug.- Cesar Cacerza 21.42 Urug.

Women: (35-39) Junmarly Rosas 12.62 Urug.- (40-44) Isabel Fernandez 11.86 Urug.- (45-49) Gladys Espinoza 16.42 Urug.- Miriam Barcelona 15.42 Urug.- (50-54) Molly Hofmann 25.32 Chile- Eliana Bahamondes 17.46 Chile- (55-59) Sara Rosello 16.48 Urug.- (60-64) Marliss Fleckner 11.74 Chile.

Long Jump Men: (40-44) Odilio Barbosa 5.36 Urug.- Rodolfo Diaz 5.27 Urug.- Stgo Tourreilles 4.01 Urug.- (45-49) Carlos Afon 4.80 Urug.- Hector Acosta 4.65 Urug.- Dante Gallo 4.23 Argent.- (50-54) Justino Pollo 3.78 Urug.- Jorge Magallanes 3.46 Urug.- (55-59) Jose Figueras 4.28 Urug.- (65-69) Ernesto Gundlach 3.07 Chile.

200 meters men: (40-44) Stgo Tourreilles 27.9 Urug.- (50-54) Carlos Michelena 27.0 Urug.- Carlos Pereyra 27.5 Urug.- Milton Cafasso 29.4 Urug.- Gino Varela 30.9 Urug.- (55-59) Jose Figueras 27.9 Urug.- (65-69) Ruben Bonifacio 32.8 Urug.- Ernesto Gundlach 36.3 Chile.

Women: (45-49) Maria Fernandez 40.0 Urug.- (40-44) Isabel Fernandez 45.3 Urug.

800 Meters men: (40-44) Stgo Tourreilles 2:49.2 Urug.- (45-49) Norberto Etcheberry 2:20.6 Urug.- Juan Roman 2:30.3 Chile- Mario Villarreal 2:47.4 Urug.- (50-54) Hector Paul 2:16.1 Chile- Carlos Odrizola 2:28.7 Urug.- Vicente Cubelli 2:45.1 Urug.- (55-59) Pedro Gomez 2:59.8 Urug.- (60-64) Florencio Maturro 2:38.3 Urug.- (65-69) Cesar Cacerza 3:05.1 Urug.

3,000 meters men: (40-44) Filadelfio Dos Santos 10:11.7 Urug.- (45-49) Juan Roman 10:58.9 Chile- Mario Villarreal 11:48.6 Urug.- (50-54) Hector Paul 10:38.8 Chile- Gino Varela 12:47.9 Urug.- Vicente Cubelli 13:08.9 Urug.- (60-64) Florencio Maturro 11:42.5 Urug.

High Jump Men: (40-44) Rodolfo Diaz 1.50 Urug.- Stgo Tourreilles 1.20 Urug.- (45-49) Carlos Afon 1.55 Urug.- Raul Lopez 1.45 Urug.- (50-54) Fernando Garcia 1.25 Urug.- Justino Pollo 1.20 Urug.

Shot Put Men: (40-44) Rodolfo Diaz 9.51 Urug.- Stgo Tourreilles 6.92 Urug.- (45-49) Raul Lopez 10.03 Urug.- Hector Acosta 8.09 Urug.- Juan Roman 6.41 Chile- (50-54) Justino Pollo 8.82 Urug.- Fernando Garcia 8.09 Urug.- (60-64) Armando Gonzalez 8.18 Urug.- (65-69) Luis Kerekas 10.57 Urug.- Ernesto Gundlach 10.27 Chile- Carlos Gioscia 9.80 Urug.

Women: (35-39) Junmarly Rosas 5.35 Urug.- (45-49) Miriam Barcelona 7.46 Urug.- Gladys Espinoza 7.16 Urug.- (50-54) Eliana Bahamondes 9.80 Chile- Molly Hofmann 7.60 Chile- (55-59) Sara Rosello 7.60 Urug.- (60-64) Marliss Fleckner 6.04 Chile- Dora Carter 5.42 Uruguay.

LONG DISTANCE RESULTS

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

LOEHMAN'S PLAZA 10K
KANSAS CITY, SEPT. 4.

Open Kent Rader 32:01
Beverly Haefling 38:39

M40 Joe Schrag 35:17
John Haraughty 35:25
Carl Owczarzak 36:02

M50 Don Nail 40:37
Ken Reed 41:36
Paul Cook 42:14

M60 Bart Hakan 47:07
Jim Reeds 48:30
Howard Baugartel 49:21

M70 Howard Calkin 52:20
Ken St. Clair 55:25
Allan Blackman 63:17

W40 Tea Elliott 51:49
Diane Berkshire 52:31
Billie Owen 52:46

W50 Joan Dodge 50:23
Betty Hopping 56:52
Margaret Nerman 59:05

NIKE CAPITAL CHALLENGE
3 MILES; WASHINGTON, D.C.
SEPTEMBER 9, 1982

1 Bill Kamenjar 23 14:52
G Jim Verdier 40 16:41
28 Mathew Jaffe 41 17:16
29 Gerald Ives 43 17:18
G Roy Ashley 40 17:19
G Tom Kirkpatrick 48 17:26
G Al Kubeluis 40 17:35
25 Floyd Sandlin 50 17:37
51 Ken Moffett 50 18:05
72 Bernie O'Keefe 59 18:39
65 Max Baucus 40 18:27
70 John Block 47 18:35
90 Valerie Nye 36 19:11
158 Paul Tsongas 41 21:13
161 Richard Lugar 50 21:18
164 Slade Gordon 54 21:20
189 Ron Dellums 46 22:16
202 Larry Pressler 40 22:48
194 Jane Stein 45 22:21
221 Colman McCarthy 43 23:20
252 Pete McCloskey 54 25:16
G Alice Rivlin 51 27:07
299 Ralph Regula 56 30:52
93 Bob Edgar 39 19:14
G=Guest

BELLE HAVEN PARK 15K
WASHINGTON, D.C.
SEPTEMBER 11, 1982

1 Tom Weber 29 53:06
4 Tom Kurihara 46 55:25
10 Chas Desjardins 45 58:41
19 Ed Sharp 42 62:03
20 Dave Theall 51 62:18
21 John Grogg 40 65:01
22 Bill March 45 65:01
23 Walt Washburn 59 65:30
27 Burt Sharp 54 66:03

15K WALK

1 Sal Corrallo 51 83:17
2 Richard Sheehan 33 85:54
3 Carl Croneberg 52 94:37

5K WALK

1 Dot Michaels 55 32:30WR
2 Ray Torrey 55 32:33
3 Barbara Peters 53 36:18

5TH ANNUAL HISTORIC
MARATHON; GETTYSBURG, PA.
SEPTEMBER 18, 1982

Open Alan Hinchliffe 2:29:20
47 Ben Hyser 2:46:47
40 Terry Haakenson 2:51:59
41 Bernie Gallagher 2:52:52
50 Jim Keat 2:52:53
44 Marty Kenny 2:53:25
44 Joe Marbury 2:58:08

40 Ray Heefner 3:00:09
49 Milt Taylor 3:05:14
52 Dave Shendenberg 3:05:54
44 Bob Boyer 3:09:34

HITACHI MILE
TORONTO, CANADA, SEPT. 18.

M40+

1 Ken Inglis 4:30.78
2 Tom Tushingham 4:31.88
3 Ed Whitlock 4:37.20
4 Gary Baker 4:40.12
5 Gerry Hare 4:41.84
6 Harry Braaksma 4:46.22

W40+

1 Pat Bessel 5:28.06
2 Judy Barton 5:30.65
3 Dawn Hardie 5:36.78
4 Audrey McCabe 5:39.81
5 Christine Walker 5:44.29
6 Leticia Phillips 5:49.68

PREFONTAINE MEMORIAL 10K
COOS BAY, OREGON; SEPT. 18

Open John Dotson 30:50.2

M40 Ed Kousky 36:41.5
Valdemar Schultz 36:47.0
Jerry Coe 38:18.7
Roy Mollier 38:41.6
Tom Balcom 39:24.2

M50 John Hepner 38:39.8
Fred Smith 39:48.5
Mel Elliott 40:29.7
Ed Erickson 44:25.7
Bruce Ballenger 45:41.4

M60 Ken Morrison 41:27.2
Ed Gianelli 43:44.7
Kress McCune 48:30.7
Dean Powell 57:32.7
Mel Jones 62:12.4

M70 E P McKean-Smith 54:16.3
Fred Hauger 69:42.7

W40 Carol Davis 48:15.0
Norma Thompson 51:53.2
Elissa Brandy 52:10.3
Ginger Benson 52:36.5
Susan Bradley 52:43.1

W50 Nancy Ballenger 55:45.0
Phyllis Stevens 61:45.1
Hazel Glover 71:33.1

W60 Rosatte Giane 1:06:20.0

Hilly course; 844 finishers
50 degrees; rain sprinkles

TAC NATIONAL SENIOR AND
MASTERS 30K CHAMPIONSHIPS;
TROY, N.Y.; SEPTEMBER 19.

Men

1 Tom Bulger 21 1:46:00
2 Andy Urquhart 43 1:47:18
3 P VanGardener 41 1:47:46
4 Dick Gottshall 47 1:49:23
5 Lee Wilcox 43 1:49:49
9 Mike Aiello 40 1:52:37
10 V Chiapetta 49 1:52:50

13 Dan Caffrey 45 1:53:39
15 Tom Barclay 51 1:54:51
16 Bob Gooden 44 1:55:26
24 Ted Bick 51 1:57:39
30 Herb Chisholm 56 2:00:48
47 Flory Rodd 59 2:06:19
78 John Woods 64 2:18:52
92 John Hewitt 60 2:22:34

Women

1 Jane Welzel 27 1:52:41
3 Linda Thurston 40 2:00:09AR
14 Janet Grenda 56 2:48:21
16 Helen Coll 44 2:50:22
20 Joanne Finn 40 3:05:05

PUMA WHITE OAKS CLASSIC
TORONTO, SEPT. 19, 1982

M40 Ken Inglis 31:34
Jim Lupton 33:32
Vic Matthews 34:29
Fred Rayner 35:13
John Style 35:23

M50 Dave Milne 37:54
Stew Whitney 38:27
Bruce Prentice 39:16

W40 Heather Clemenson 37:18
Audrey McCabe 40:45
Barneita Domenico 42:18
Leticia Phillips 42:35
Lois Lehmann 42:40

VIRGINIA 10-MILER
LYNCHBURG, VIRGINIA
SEPTEMBER 25, 1982

Open Jon Sinclair 47:34
Maureen Custy 56:19

M35 Jack Bachelor 52:52
Lucius Anderson 54:34
Peter Nye 54:38
John Loughran 54:54
Mick Stewart 55:13

M40 Bob Jenkins 53:52
Lew Faxon 54:05
David Bloor 56:23
Charlie Goetz 56:33
Karl Killingstad 57:03
Dave Noble 57:18
Al Encoe 57:38
John Toole 57:47
Mel Williams 57:59
Doug Bulcau 58:28
Dick Jamborsky 58:32

M50 John Hall 61:58
Steve Rosascu 62:44
Jerome Kerkhof 64:27
Dave Shenkenberg 64:38
Don Shoup 65:17
John Noffle 65:47
Dixon Hemphill 66:23
Wayne Burgemeister 66:38
Charles Vandezande 67:13
Don Englar 67:29

M60 Joe Martin 72:37
Stan Sater 73:21
John Bays 73:38
Ceksy Daman 74:41
Ed Hornung 75:27
Campbell Neel 76:06
Warren Wittkopf 76:28
Vernon Geary 77:59
Marty Sprinkle 78:43
Arnold Hecht 80:48

W30 Carol Urish 59:52
Juanita Etheridge 60:38
Mary Ellen Williams 62:27
Sue Moen 64:12
Melinda Carter 66:18

W40 Louise Dooley 67:55
Carole Herrick 70:19
Janice Stoodley 71:48
Sylvia Shriner 71:50
Ines Kerch 71:55
Caroline M'castle 72:51
Frances Widmann 73:00
Mary MacFarlane 73:51

W50 Rachel Bourn 75:52
Betsy Sanders 76:26
Patricia Brown 85:44
Nancy Reider 89:21
Nancy Rascoe 100:29

6th Sportswest Women's 10K
Seattle, 9/25/82

35 Kathleen Corrigan 36:47
Vickie Aldrich 39:42
Judie Bowman 40:08

40 Julie Stiles 39:35
Inge Hegerness 40:21
Barbara Calvo 43:18

45 Janet Bevier 40:54
Louise Taylor 42:37
Nancy Peterson 46:33

50 Nola Bruhn 43:19
Anne Soffe 47:58
Tami Mitsui 51:06

55 Billie Jo Murphy 42:55

Racewalkers
35 Darlene Hickman 72:26
40 Judy Groombridge 62:35
45 Bev LaVeck 57:44
60 Phyllis Pearson 76:30

from B. LaVeck

TAC NATIONAL 40K WALK
MONMOUTH, N.J. SEPT. 26.

1 Sal Corallo 51 3:53:17
Carl Croneberg 52 4:23:
Paul Robertson 43 4:28

TRAIN DON'T STRAIN 5K/10K
GRAND TERRACE, CALIF.

5K

M40 Tom Richards 16:24
M50 Wally Ingram 17:23
W40 Joyce Reiswig 22:53
M40 Bill Crum 35:08
M50 Jose Quezana 41:25
W40 Myra Lauder 46:22

from Wally Ingram

1982 TAC NATIONAL POSTAL ONE HOUR RUN

PLACE	DIV	NAME	CLUB	AGE	DISTANCE	RUN DATE
1	1	OP Dick Beardsley	NBTC	26	12- 394	8/12
18	1	40 Kirk Randall	CSU	40	11- 181	7/24
27	2	40 Al Huff	SNTC	44	10-1554	4/24
33	3	40 Jesse Rodriguez	VIS	40	10-1109	5/30
35	1	45 Maurice Pratt	SNTC	45	10-1013	6/26
38	4	40 Martin Duffy	CSU	42	10- 980	7/24
39	2	45 Stan Moulton	Nomed	47	10- 973	8/29
40	3	45 Chet Fortier	Nomed	49	10- 922	7/19
41	5	40 Art Doyle	Nomed	43	10- 906	8/30
42	6	40 Jim Colpitts	SNTC	41	10- 972	8/26
43	4	45 Lloyd Slocum	Nomed	49	10- 781	7/21
46	7	40 Charles Pratt	CSU	40	10- 643	7/24
49	5	45 Bob Langenbach	SNTC	45	10- 541	7/27
51	1	50 Ed Demarrais	Nomed	51	10- 535	8/21
53	1	55 Herb Chisholm	PVSTC	55	10- 475	4/10
55	8	40 Doug Bulcad	PVSTC	40	10- 361	7/11
58	2	50 Len Thornton	HSTC	51	10- 354	8/14
59	6	45 Tom Kurihara	PVSTC	46	10- 336	5/16
64	9	40 Ed Harris	Nomed	44	10- 83	7/ 5
66	7	45 David Worthen	PVSTC	46	10- 36	7/11
68	10	40 Carl Kuhn	PVSTC	40	9-1714	5/16
70	3	50 Mike Sullivan	Nomed	52	9-1662	8/21
73	8	45 John White	CSU	46	9-1428	7/24
74	9	45 George Davall	CSU	48	9-1338	8/ 7
76	10	45 Chas DesJardins	PVSTC	45	9-1194	4/10
82	4	50 Bill Stock	SDTC	52	9- 948	8/17
83	2	55 Bob Bartling	PSTC	55	9- 947	4/ 4
84	5	50 Hal Winton	STC	51	9- 943	8/ 7
88	3	55 Robert Phelps	SNTC	56	9- 661	8/26
94	6	50 Dave Shenkenberg	PVSTC	52	9- 528	7/31
96	4	55 Connie Murphy	Nomed	57	9- 414	8/21
97	7	50 Jack Curtin	Nomed	50	9- 371	8/26
100	8	50 Tony Diamond	PVSTC	53	9- 178	7/11
101	9	50 Ed Singleton	VIS	51	9- 145	5/30
103	10	50 Robert Bostrom	PVSTC	51	9- 89	7/31
104	1	65 John Holoubeck	CSU	66	9- 59	8/ 7
106	5	55 Newlie Hewson	PVSTC	59	8-1699	5/10
112	1	60 Francis Kelley	PVSTC	60	8-1489	7/31
113	2	65 Harry Harder	HSTC	65	8-1463	5/30
116	2	60 John McIntyre	PVSTC	61	8-1358	7/31
117	3	60 Norman Hansen	CNW	61	8-1340	6/26
120	1	70 Bill Andberg	STC	70	8-1131	10/4
121	6	55 Ray Gil	SDTC	55	8-1123	8/ 7
124	3	65 Wayne Zook	SDTC	65	8- 975	8/17
129	2	70 Ed Benham	PVSTC	74	8- 800	7/11
131	3	70 Norm Bright	SNTC	72	8- 678	8/26
133	7	55 Seymour Glanzer	PVSTC	57	8- 613	7/31
134	4	60 John Woods	PVSTC	64	8- 546	5/16
135	8	55 Jack Scott	PVSTC	57	8- 480	7/11
137	9	55 Dick Sargent	PVSTC	55	8- 402	7/31
139	4	65 Lorne Bartling	DCRR	66	8- 249	10/4
141	5	60 Peter Andrews	PVSTC	62	8- 59	4/10
142	6	60 Frank Luff	PVSTC	60	8- 28	7/11
146	7	60 Joe Norris	SLDC	64	7-1135	8/14
147	5	65 Bob Sterling	SLDC	69	7-1010	8/14
150	8	60 Tom Hampson	SLDC	60	7- 701	8/14
152	9	60 Richard Lukes	PVSTC	63	7- 371	7/11
155	1	80 Paul Spangler	SLDC	83	7- 141	8/14
157	6	65 Max Springer	CSU	68	7- 111	--
158	4	70 John Newdorp	PVSTC	72	6-1658	7/31
160	7	65 Milford Wood	PVSTC	67	6- 911	7/11
163	1	75 Willard Benton	SDTC	78	6- 559	8/17

WOMEN

1	1	OP Carol Urish		30	10- 134	2/ 6
5	1	MS Dorothy Stock	SDTC	49	8-1504	8/17
7	2	MS Ines Kerch	PVSTC	42	8- 284	7/31
13	3	MS Marilyn Rehorn	SLDC	47	7- 231	8/14
15	4	MS Judy Bruckner		47	6- 225	8/ 7
16	5	MS Marjorie Eddy	SDTC	50	6- 61	8/17
17	6	MS Patti Smith		41	5-1705	--
18	7	MS Felicitas Salazar	SDTC	73	5-1124	8/17
20	8	MS Marilla Salisbury	SDTC	74	4- 621	8/17

1982 TAC One Hour Run National Team Results

Open Men

1.	Prairie Striders TC	57 mi	567	3,7,8,9,17
2.	Aggie Running Club	56	1575	2,4,15,19,23
3.	Visalia Runners	51	1445	13,26,33,67,101
4.	Snohomish Track Club	51	492	31,36,44,47,95
5.	San Luis Distance Club	50	1267	25,50,60,75,79
6.	Astlan Track Club	46	1102	65,69,92,115,127

Masters 40-49

1.	North Medford	52 mi	145	39,40,41,43,64
2.	Snohomish Track Club	51	1041	27,35,42,49,88
3.	Cambridge Sports Union	51	297	18,38,46,73,91
4.	Potomac Valley Seniors TC	50	121	55,59,66,68,76
5.	Knoxville Track Club	46	1019	77,81,86,105,107
6.	San Luis Distance Club	39	481	85,146,147,150,153

Masters 50-up

1.	North Medford	47 mi	996	51,70,96,97,111
2.	Potomac Valley Seniors A	46	1209	53,94,100,103,106
3.	Potomac Valley Seniors B	40	455	133,135,137,144,145

Club Abbreviations

ARC	Aggie Running Club	AZTL	Astlan T.C.
CCAC	Culver City A.C.	CNW	Club Northwest
CSU	Cambridge Sports Union	DCRR	D.C. Roadrunners
FTC	Fresno Track Club	HSTC	High Sierra Track Club
KTC	Knoxville Track Club	NBTC	New Balance Track Club
NOMED	North Medford	PSTC	Prairie Striders T.C.
PVSTC	Potomac Valley Senior TC	SBA	Santa Barbara AA
SDTC	San Diego T.C.	SLDC	San Luis Distance Club
SNTC	Snohomish Track Club	SS	Sunrise Striders
STC	Seniors Track Club	VIS	Visalia Runners
WRC	Washington Running Club		

TAC 1982 One

TAC NATIONAL MASTERS 15K				1982	
HAINS POINT, DC				CCT 3	
FIN	TIME	NAME	CITY	AGE	
1	48:13	CONWAY, DAN	CHATEL	MI 43M	
2	48:41	FISCHER, BOB	NEWARK	NJ 42M	
3	49:03	WINN, DAVE	FAIRFAX	VA 39M	
4	49:03	JENKINS, BOB	SALEM	VA 42M	
5	49:37	ANDERSON, LUCIOUS	SILVER SPR	MD 36M	
6	49:42	SABINO, MIKE	BALTIMORE	MD 43M	
7	50:35	DAVIS, DON	WOODBRIDGE	VA 48M	
8	51:06	HIPP, DICK	COLUMBIA	MD 43M	
9	51:50	HAGAN, JIM	FAIRFAX	VA 33M	
10	52:04	MCVILLY, EAMONN	ALEX	VA 40M	
11	52:18	RANKIN, LENNY	SILVER SPR	MD 34M	
12	52:48	BRADLEY, FAYE	WASH	DC 44M	
13	52:52	JAMBORSKY, DICK	RESTON	VA 46M	
14	53:06	LAMADE, RUSTY	STATEN IS	NY 45M	
15	53:10	VERNOSKY, GEORGE	BETHESDA	MD 52M	
16	53:21	HARRISON, RAY	CROWNSVILLE	MD 44M	
17	53:29	BULCAN, DOUGLAS	MCLEAN	VA 40M	
18	53:54	FRAIL, ROBERT	BROOKLYN	NY 33M	
19	53:59	OMOGHUE, JOE	ALEX	VA 35M	
20	54:00	KURIHARA, TOM	VIENNA	VA 47M	
21	54:10	WITTY, BRUCE	ALEX	VA 48M	
22	54:14	BAKER, KENNETH	ARLINGTON	VA 45M	
23	54:26	PARKER, MICHAEL	DEPMOON	MD 48M	
24	54:34	TADESSE, THEODROS	ALEX	VA 32M	
25	54:36	PITTEMBER, WM	SPRINGFLO	VA 37M	
26	54:57	BISHOP, SCOTT	WASH	DC 34M	
27	55:03	FULLER, VINCENT	ARLINGTON	VA 41M	
28	55:07	CUSHMAC, GEORGE	ALEX	VA 44M	
29	55:35	HAGEN, JERRY	FALLS CH	MD 49M	
30	55:39	GALLAGHER, BERNIE	ROCKVILLE	MD 42M	
31	55:39	WILLIAMSON, OT	ARLINGTON	VA 46M	
32	55:51	GUY, RANDY	FT MEADE	MD 26M	
33	56:04	HARDWICK, BARFIE	ALEX	VA 52M	
34	56:09	ZWOLAK, VICTOR	WILMINGTON	DE 43M	
35	56:10	MCINTYRE, ANTHON	HYATTSVILLE	MD 39M	
36	56:12	DIAMOND, TONY	WASH	DC 53M	
37	56:18	THEALL, DAVE	ARLINGTON	VA 51M	
38	56:40	FRENCH, GENE	WASH	DC 36M	
39	56:50	MARCY, ALVIN	CENTREVILLE	VA 47M	
40	56:58	BURLETT, PAUL	SILVER SPR	MD 41M	
41	57:05	KALLER, PAUL	WASH	DC 38M	
42	57:20	DESJARDINS, CHAS	FAIRFAX	VA 46M	
43	57:25	BARBER, OWEN	KEENE	NH 44M	
44	57:31	BERDAN, CHAUNCEY	ALEX	VA 49M	
45	57:44	WASSERMAN, JOE	COLUMBIA	MD 40M	
46	57:48	MOOTZ, PAUL	SPRINGFLO	VA 41M	
47	58:50	NOMIYAMA, TOM	SILVER SPR	MD 51M	
48	58:52	LEWTON, VAL	WASH	DC 45M	
49	59:05	WITAL, ROBERT	VIENNA	VA 47M	
50	59:20	STINETTE, EDM	VIENNA	VA 35M	
51	59:24	SHEKENSBERG, DAVE	ALEX	VA 52M	
52	59:37	ROWAT, PALCCLYN	WASH	DC 37M	
53	59:48	COOK, MICHAEL	FALLS CH	VA 40M	
54	60:08	SICKELS, GLEN	MCLEAN	VA 38M	
55	60:11	RICHARDS, BUO	ALEX	VA 33M	
56	60:18	RUGH, JACK	FALLS CH	VA 40M	
57	60:19	GERSON, GORDON	RESTON	VA 46M	
58	60:20	HEMPHILL, DIXON	FAIRFAX	VA 57M	
59	60:41	ROBINSON, RE	VIENNA	VA 50M	
60	60:50	BACHE, LOLITIA	ANNANDALE	VA 40F	
61	60:57	RIGTERINK, WALT	ROCKVILLE	MD 50M	
62	61:20	SESCO, JEFFY	WALDORF	MD 43M	
63	61:22	PRICE, KENT	ALEX	VA 43M	
64	61:26	GROIT, JOHN	ROCKVILLE	MD 40M	
65	61:33	MCINTYRE, JOHN	SPRINGFLO	VA 61M	
66	61:38	MCCALL, DAVID	FAIRFAX	VA 40M	
67	61:42	DAVIS, GLENN	ANNANDALE	VA 33M	
68	61:50	JACOBS, GUS	FT APT	MD 45M	
69	61:53	MELCH, WAYNE	FALLS CHURCH	VA 50M	
70	62:02	OSBURN, BILL	BETHESDA	MD 58M	
71	62:03	SHARP, EDWARD	FT WASH	MD 43M	
72	62:05	WEISWASSER, WM	WASH	DC 36M	
73	62:10	MARTIN, ELLIS	HYATTSVILLE	MD 32M	
74	62:19	CANFORD, GARFFY	CAP MGTS	MD 38M	
75	62:22	KLEIN, MELVILLE	SILVER SPR	MD 54M	
76	62:34	JENSEN, JAMES	WASH	DC 56M	
77	62:45	GERSON, DONALD	SILVER SPR	MD 44M	
78	62:53	STEPHENS, WM	DUNN LOFING	VA 35M	

WOMEN 30-34

1. *Lynda Durfee	31	63:03
2. Lucy Aginiga	33	77:23

MEN 30-34

1. Jim Hagan	33	51:50
2. Lenny Rankin	34	52:18
3. Robert Frail	33	53:54

WOMEN 35-39 (none)

MEN 35-39

1. Dave Winn	39	49:03
2. Lucious Anderson	36	49:37
3. Joe Donoghue	35	53:59

WOMEN 40-44

1. *Lolitia Bache*	40	60:50
2. Carole Herrick	41	62:56
3. *Ines Kerch	42	65:01

MEN 40-44

1. Dan Conway	43	48:13
2. Bob Fischer	42	48:41
3. Bob Jenkins	42	49:03

WOMEN 45-49

1. *Joanne Mallett	48	66:21
2. *Joan Brannon	48	77:20

MEN 45-49

1. Dick Jamborsky	46	52:52
2. Rusty Lamade	45	53:06
3. Ray Harrison	48	53:21

WOMEN 50-54

1. *Natalie Buzzell	50	63:21
2. *Rachel Bourn	53	67:52
3. *Diane Stone	51	82:33

MEN 50-54

1. *George Vernosky	52	53:10
2. Barrie Hardwick	52	56:04
3. *Tony Diamond	53	56:12

WOMEN 55-59

1. *Margaret Cochran	59	76:44
----------------------	----	-------

MEN 55-59

1. *Dixon Hemphill	57	60:20
2. *Bill Osburn	58	62:02
3. *James Jensen	56	62:34

WOMEN 60+

1. *Evelyn Kerper	60	91:21
-------------------	----	-------

MEN 60-64

1. *John McIntyre	61	61:33
2. *John Woods	64	67:14
3. *Frank Luff	60	67:58

MEN 65-69

1. *Arthur Levenson	68	71:28
2. Greg Boland	67	78:51
3. *Joe Siebert	67	81:31

MEN 70+

1. *Ed Benham	75	66:33
2. *Robert Boal	70	71:21
3. *John Newdorp	72	83:51

WOMEN'S 40-49 Team:

1. Natl. Capital Track Club	
2. PVSTC	
3. Washington Running Club	

WOMEN'S 50-59 Team:

1. PVSTC "B"	
2. PVSTC "D"	
3. PVSTC "C"	

MEN'S 60+ Team:

1. PVSTC	
----------	--

PVSTC Member

Under TAC rules, not yet eligible to compete for PVSTC	
--	--

LEARN NOT TO BURN 10K
SAN DIEGO; OCTOBER 2, 1982

Open Kim Ulle	32:41
M40 John Clapp	35:27
Jim Whithers	37:31
Mel Rich	38:50
M50 Frank Morris	39:50
John Ganotti	40:46

F O Gulbrandsen 41:04

M40 Judy Splitgerber	41:34
Sylvia Crise	45:29
Ginni Nordstrom	46:09
M50 Dorothy Stock	39:50
Virginia Hastings	53:20
Iris Sellers	55:50

DEL MAR DAY TRIATHLON
DEL MAR, CALIF. OCTOBER 2

Open John Fletcher	1:54:09
M40 Buddy Belshe	2:02:55
M50 Merlyn Midstokke	2:16:44
M60 David Pain	2:54:12
M30 Audrey Burns	2:15:53
M40 Marcia Barnett	2:22:26
M50 None	

MARLBORO, N.J. 10K; OCT. 3

M50 Vic Carver	38:06
Vin Brady	43:10
Kent Down	43:48

TACOMA MARATHON

Tacoma, Washington

Oct. 3, 1982

26.2 mi.

Open Rick Becker 2:34:56

Linda Edgar 2:51:08

WChr Jim Martinson 2:19:59

Connie Head 3:01:09

M40 Stan Lee 2:41:05

Robert Hughes 2:41:11

Andrew Temple 3:32:45

M50 Tom Flint 3:02:02

George Lundin 3:02:59

Ed Kraemer 3:06:38

M60+ Blake Hirsh 3:27:56

Jack Bartley 3:32:45

Geoffrey Hodson 3:48:06

W40 Rose Gardner 3:03:23

Charlotte Swanson 3:07:16

Billy Nickell 3:18:06

W50 Billie Murphy 3:35:58

Alice Taggares 4:07:38

New York City Marathon Tune
Up,
Central Park, NYC

Sponsored by NYRR

Date: October 3, 1982, 10:30 AM

Distance: 15.5 Miles

Check-in: Men-1859, Women-206,

Total-2065

Finishers: Men-1577 and 9 racewalkers,

Women-156 and 1 racewalker, Total-1743.

Weather: Sunny and warm, 70's

Order of Finish—Men

1. Rodriguez, Victor, 21, SR 1:20:52.1

Vet A (40-44)

1. Howard, Sid, 43 1:28:55

2. Bernal, Gabriel, 43 1:29:19

3. Aromando, Robert, 43 1:30:18

Vet B (45-49)

1. Sulek, Jerzy, 45 1:31:25

2. Wilson, Dave, 45 1:31:34

3. Cumming, David, 49 1:36:48

Masters (50-59)

1. McKenzie, Gordon, 55 1:34:07

2. Jones, Kenneth, 52 1:38:11

3. Dixon, Don, 55 1:41:19

4. Stillman, George, 50 1:41:25

5. Terry, Jack, 52 1:46:57

Seniors (60-69)

1. Gibbons, Tom, 61 1:43:00

2. Mahla, Peter, 60 1:55:17

3. Coyne, William, 60 1:56:24

Vet A (40-44)

1. Lesson, Irma, 40 1:51:13

2. Connors, Lina, 40 1:57:43

Vet B (45-49)

1. Knight, Kate, 47 2:10:48

2. Miller, Jita, 45 2:12:12

Masters (50-59)

1. Klatsky, Eileen, 50 2:08:08

Seniors (60 and over)

1. Rodriguez, Mary, 60 2:36:11

TWIN CITIES MARATHON

MINNEAPOLIS TO ST. PAUL,

MINNESOTA; OCTOBER 3,

Open Alan Zacharia 2:11:49

M40 Rolland Rust 2:31:12

Bruce Hopkins 2:35:01

Duane Fjelstad 2:35:33

Dale Mattson 2:35:42

George Savanick 2:36:31

M45 Jerry McNeal 2:28:58

Gene Myers 2:43:40

Dick Seagrave 2:43:48

M50 Charles McJilton 2:51:46

Don Kampfer 3:04:07

Clyde Gates 3:04:23

M55 Alex Ratelle 2:35:51

John Brooks 2:59:33

Conrad Carr 3:05:33

M60 Phil Hodge 3:16:01

Owen Hefner 3:19:36

Bob Howard 3:28:44

W40 Carolyn McKasy 3:17:21

Penny Hunt 3:25:39

Virginia Ketola 3:27:55

W45 Trudy Rapp 3:00:20

Mae Horns 3:14:58

Phyllis Kahn 3:17:07

W50 Diane Goulett 3:44:37

Mary Bonstrom 3:57:48

Margaret Johnson 4:02:10

W55 Mary Lou Carlson 4:17:02

Betty Sandberg 4:42:31

W60

YAKIMA VALLEY MARATHON
Yakima, Washington
October 10, 1982 26.2 mi.Open- Larry Almborg 2:33:31
Charlotte Swanson 3:13:11M10 David Lyggee 2:43:04
Victor Gilliland 2:52:22
James Meyers 2:54:50M50 James Smets 3:20:41
Norris Ege 3:30:50
Dan Anderson 3:37:01M60+ Frank Gray 3:34:12
Dale Stayner 4:42:20W10 Charlotte Swanson 3:13:11
Sachiko Fitzpatrick 3:49:54
Norma Jean Cacchiotti 4:12:09

10.2-Miler

M10 Chris Linscheeten 1:04:53
W.S. Howard 1:07:30
Ernie Berger 1:10:40M50 Bob Washburn 1:08:39
Mac Porter 1:14:22
William Hartwell 1:16:11

M60+ Dan Smith 1:41:53

W10 Shirley Berger 1:21:45
Sue Bradish 1:21:51

W50 Dorothy Brink 1:37:56

SAN JOSE CLASSIC 5K
SAN JOSE, CALIF. OCT. 10

Open Dan Harvey 24:37.8

M35 Gary Goettelmann 25:20.3
Phil Sienna 29:18.8
Gregory Burke 29:39.0M40 Bill Meinhardt 26:24.0
Jake White 26:40.7
Jack Nemath 31:04.4M45 Myron Nevraumont 28:11.3
Walter Williams 32:27.6M50 Stan Huddleston 30:37.5
Ed Singleton 32:04.0M55 Jack Wiens 36:20.2
Don Richardson 38:28.8
Joe Rebo 39:09.5

M65 Bill Allaway 42:28.5

W35 Gail Goettelmann 32:48.8

W45 Diane Bromstead 35:42.9
from Walter Van ZantQUICKSILVER HALF-MARATHON
SAN JOSE, CALIF. OCT. 10

Open Keith Jeffers 1:20:35

M40 Jerry Lynch 1:22:07
Rick Siemens 1:27:25
Mike Paradis 1:29:08M50 E R Silver 1:30:23
Ephraim Romeshgill 1:31:35
Bill Barclay 1:45:42W40 Skip Gibbs 1:41:18
Peggy Le Deit 1:47:48
Valerie Doyle 1:53:15

W50 Ruth Anderson 1:54:41

hilly trail run

LOVE YOUR HEART RUN
SAN BERNARDINO, CALIF.
OCTOBER 16, 19825K
M40 Bill Crum 16:45
M50 Wally Ingram 17:46
M60 Tony Perona 22:30
W40 Karen Cordaro 26:09
W50 Ruth Webb 26:3210K
M40 Maury Molloy 40:33
M50 Wally Ingram 40:10
M60 Harold Daughters 40:27
W40 Carol Salcedo 42:53
W50 NoneAMERICAN FIELD SERVICE RUNS
PERRIS, CALIF.; OCTOBER 16.5K
M40 None
M50 Mike Keefe 20:34
M60 Karlis Fhilts 24:5710K
M40 Joaquin Granado 35:59
M50 Jack Simmons 44:29
M60 Charles Ledbetter 63:18
W40 Jean DeVancy 64:11
from Wally Ingram9TH ANNUAL SKYLON MARATHON
BUFFALO, NY TO NIAGARA
FALLS, ONTARIO
OCTOBER 16, 1982

Open Terry Stanley 2:22:18

M40 Danny D'Addio 2:35:47
Lee Wilcox 2:39:10
Ben Custers 2:46:35
Henry Shealy 2:46:57
Frank Lamarca 2:47:03M45 Ernie Billups 2:35:57
Alexander Kasten 2:47:22
Fred Karn 2:55:09
John Richardson 2:55:54M50 Jim McIlwham 2:45:58
Ed Dibble 2:55:13
Mel Van Peebles 2:57:33
Ed Peets 2:58:20M55 Dick Tomlinson 3:07:38
John Nottle 3:11:01
Chuck Blancher 3:13:42M60 Paul Robertson 3:29:03
Dan McDermott 3:33:45
Bob DeVries 3:46:31W40 Joyce Connell 3:18:56
Sally Rusby 3:23:16
Marie Curran 3:31:24W50 Sylvia Weiner 3:31:19
Rose Lister 3:41:21
Eileen Castle 3:52:2545 degrees, 20mph headwind,
near-freezing rainCABARRUS COUNTY 5K/10K
CHARLOTTE, N.C. OCT. 16.5K
M40 Jerry Ledford 20:26.5
W40 Barbara Cramer 21:53.3
M50 Bill Russell 22:07.9
W50 None10K
M40 Bob Maydole 34:56.2
W40 Doris Thurman 59:02.9
M50 Charles Frances 46:57.5
W50 None

from Alex Coffin

OTC MASTERS X-COUNTRY MEET
EUGENE, OREGON; OCTOBER 1610K
M30 Reilly 35:03
Bill Rosenthal 35:15
Tom Hayes 35:26M40 Mike Heffernan 32:55
Warren Finke 33:58
Phil Weiser 34:58M50 Bill McChesney 37:58
Tom Brinton 41:09
Jim Primrose 41:25

M60 Loren Kernes 51:30

5K
W30 Gayle Proudfoot-
Shoupe 20:14
Connie Manley 20:49
Betty Carson 30:26W40 Evelyn Hess 23:40
Kay Porter 23:44
Ardie Annis 24:41W50 Marcia McChesney 24:56
Harriet Wilson 25:29Dunes Lakeshore 70 Kilometer
Chesterton, Indiana
Saturday, October 16, 19821. Kevin Higdon, 23 1:06:44
2. Roger Drabenstot, 20 1:07:39
3. Hal Higdon, 51 1:08:124. Mick Schlachter, 25 1:10:15
(tie) Tom Loucks, 23 1:10:15
6. Carl Carey, 45 1:10:58
7. Bob Franta, 26 1:11:02
8. Jerry Proctor, 32 1:11:149. Mike Daly, 26 1:11:33
10. Henning Falkenstein, 47 1:12:01
15. Ray Carey, 50 1:15:54
17. Betty Hite, 36 1:16:0721. Jeff Evans, 13 1:17:40
24. Myron Meyer, 55 1:18:23
25. Ellen McManness, 23 1:19:51
31. Pat McKay, 35 1:22:5035. Mary Jo House, 41 1:24:50
87. Everett Amos, 80 2:30:111982 EASTERN MASTERS ATHLETIC CONGRESS 10 K CROSS-COUNTRY CHAMPIONSHIPS, 12th ANNUAL
VAN CORTLANDT PARK, N.Y. 47° & windy OCTOBER 17.30-34
BERT BLANCO 30 VC 38:01
BROUDN IGINLA 32 PP 40:14
MIKE PATTERSON 33 NY 43:01
RICHARD ROSEMORE 32 UN 44:58
GLENN CORRALES 31 VC 50:0135-39
NATHAN WHITING 36 PP 40:30
PHIL BARNETT 36 UN 43:56
WILLIE PERKINS 38 UN 48:2240-44
BILL WALSH 44 WR 38:26
CHARLES KENNEDY 44 NY 38:30
BRYAN MORRISAY 41 UN 39:35
WILLIAM KAYE 43 HI 39:53
HENRY EPSTEIN 43 UN 40:39JIM O'ROURKE 40 AC 40:45
JACK BRENNON 41 WR 40:58
JORGE COLON 41 UN 41:45
ED SMALL 44 PC 42:38MORTON SCHIFF 44 VC 45:32
MASON O'NEIL 44 PC 47:02
JOEL DOUNIC 41 UN 49:11
AUSTIN TORRES 44 NY 52:5945-49
BOB CLERK 45 NY 37:07
JIM FELLIS 45 ML 38:45
LOU STERN 48 PP 40:47
OWEN MCCRUDALON 46 ML 40:54TEAM SCORING:
MEN 30-39, NEW YORK MASTERS
MEN 50-59, NEW YORK MASTERS
WOMEN 50-59, NEW YORK MASTERSTEAM KEY
AC = NEW YORK ATHLETIC CLUB
ER = EASTCHESTER ROAD RUNNERS
HI = HEIGHTS INWOOD
ML = MILLROSENY = NEW YORK MASTERS
PP = PROSPECT PARK
SY = SWACUSE CHARGERS
VC = VAN CORTLANDT T.C.
WR = WESTCHESTER ROAD RUNNERS
UN = UNATTACHEDMCKENZIE, KENNEDY, CLERK, PATTERSON, TORRES
MCARTHY, O'BRIEN, DENIG, KERNAN, FLEMING
MCKENZIE, JACOBSON, SALMININEW YORK MARATHON; NEW YORK CITY
OCTOBER 24, 1982Open Alberto Salazar OR 2:09:29
Grete Waitz NOR 2:27:14M40-49
1 Antonio Villanueva 42 MEX 2:19:09
2 Bill Venus 43 ENG 2:22:44
3 Bob Jenkins 42 VA 2:24:084 Terry Manners 42 NZ 2:24:52
5 Torgeir Syverstad 40 NOR 2:25:21
6 Pascual Manguan 41 SPA 2:26:20
7 Fritz Mueller 46 NY 2:28:538 Gunter Schmitt 45 WG 2:31:05
9 James O'Connell 41 NJ 2:31:09
10 Martin Burgess 44 ENG 2:36:48
11 James Long 40 TX 2:37:2612 Wayne Jones 40 TX 2:38:07
13 Guy Stretton 42 CT 2:38:18
14 Desmond Byrne 40 IRE 2:38:31
15 Oiva Tuomainen 44 FIN 2:38:4916 Frank Szaro 42 NJ 2:38:52
17 Robert Heckman 42 TX 2:39:16
18 Paul McCarthy 41 MA 2:39:46
19 James Gaul 40 NY 2:39:5920 Gunter VanDerFelden 43 WG 2:40:03
M50-59
1 John Wood 51 ENG 2:33:20
2 James Glidewell 55 OH 2:47:59
3 Mike Sullivan 52 MA 2:49:254 Abdon Rueda 56 SPA 2:49:45
5 M Savage 50 ENG 2:50:49
6 Lage Carlson 57 NOR 2:51:44
7 Bernard Renaudin 53 FRA 2:52:458 Gaylon Jorgensen 53 UT 2:53:09
9 Robert Peart 55 ENG 2:53:25
10 Alfie Titterton 50 ENG 2:54:5911 Robert Tennie 51 NY 2:55:05
12 Ken Jones 52 NY 2:55:08
13 Bernd Holmstrom 52 NOR 2:55:30
14 Jose Cameira 53 NY 2:56:3715 Tim Klimes 55 PA 2:56:54
M60-69
1 Steve Richardson 62 NY 3:03:58
2 Tom Gibbons 61 NY 3:06:17
3 Bob Haugh 61 TX 3:06:38M70-79
1 Carl Stroud 74 CA 3:59:46
M80+
1 Noel Johnson 83 CA 6:07:36W40-49
1 Cindy Dalrymple 40 NY 2:44:15
2 Robin Hames 45 NZ 2:46:12
3 Minoru Muramoto 40 JAP 2:48:374 Ann Bing 43 NJ 2:56:08
5 Linda Thurston 40 NJ 2:56:42
6 Joan Reiss 45 CA 2:56:49
7 Nina Kuscsik 43 NY 2:58:158 Jane Arnold 41 CT 3:00:05
9 Sue Stricklyn 44 CA 3:02:33
10 Kazuko Ebata 44 JAP 3:05:24W50-59
1 Toshiko d'Elia 52 NJ 3:08:42
2 Helen Dick 58 CA 3:14:56
3 Alicia Moore 52 NY 3:21:46M60-69
1 Marie Lynnerup 68 DEN 3:49:14
2 Althea Wetherbee 63 NY 4:06:49W70+
1 Margaret Lopez 71 NJ 5:06:26MEGALWAK "82";
SAN FRANCISCO; OCTOBER 241 Walt Jaquith M35 48:12
2 Gary West M40 48:39
3 Manny Adriano M35 49:584 Chuck Marut M40 50:00
5 Lori Maynard W45 54:496 Beth Sibley W35 59:54
7 Walter Newman M50 62:17
8 Steve Pendlay M30 63:509 Mary Gosser W25 63:54
10 Linda Cruzan W35 64:01TULSA, OKLAHOMA 15K
OCTOBER 30, 1982Open Nick Rose 43:47
Joe Nzau 43:48
Paul Cummings 44:10M35 Bill Stewart 48:33
Carl Nicholson 49:05
Greg Leroy 49:13
Jeff Fischer 49:44
Dick Donaldson 51:10M40 Jim McFadden 52:09
Julian Sanchez 53:29
Rid King 53:41
Kent Metcalf 54:13
Dick Kiemzer 55:01M45 Russ Bennett 54:58
Glen Lafarlette 55:23
Bob Adkins 57:01
Reed Ferguson 57:07
Niki Mugg 58:01M50 Steve Blanchard 54:36
Patrick Taylor 56:16
Bert Walther 57:49
Collin Bray 61:42
Ken Atwell 63:12M55 Nocus McIntosh 55:24
Harold McDonald 62:19
Whit Mauzy 62:35
Paul Johnson 63:05
Ralph Ratcliff 63:07M60 Jim Smith 60:08
George Sheehan 62:07
Gujolote Waitzer 70:02
Ed Lowell 70:09
Vern Whiteside 72:08Women Francie Larrieu 51:21
Katy Schilly 52:32W30 Carol Urish 53:20
Durhane Wong-Rie 61:02
Martha O'Rourke 61:06W35 Ann Crawley 62:26
Cara Morton 65:56
Patsy Lambert 65:58
Carolyn Beson 66:10
Barbara Manning 71:37W40 Sharon Cooper 62:57
Mary Alys Kennard 64:50
Vreni Kemp 66:40
Barbara Ellis 68:12
Betty Edgley 69:18W45 Donna Wright 63:52
Joy Austin 67:27
Lila Smith 69:30
Margaret Speer 71:51
Zita Brannan 73:50W50 Dorothy Akin 72:31
Rosaling Hall 77:27
Jeanne Brawner 83:04
Shirley May 88:52
Joan Rowe 89:02W55 Patricia Wheeler 76:59
Colleen Kirby 1:43:46
Betty Geiger 1:58:29W60 Bernice Williamson 90:45
Betty Windsor 1:47:02from Ed Lowell
8114 runners (including fun
run). 5244 in 15KRACE FOR HUNGRY CHILDREN
DOWAGIAC, MICHIGAN
OCTOBER 30, 1982

Open Thom Burleson 30:15

M35 Jan Dalgleish 34:43
M40 Randal Hoffman 32:59
M45 Tom Soper 36:44
M50 Hal Higdon 32:47W35 Gail Baker 40:09
W45 Julie Hoffman 43:06
W50 Maxine Paschall 62:41RUN FOR THE BOULEVARD 12K
CHICAGO; OCTOBER 31, 1982

Open Dan Dwyer 36:55

M40 Ernie Billups 40:32
Robert Schrader 41:40
Dick Pono 43:32M50 Hal Higdon 40:06
Al Brodzik 45:22
Jim Heim 47:34M60 Floyd Smithberg 51:13
Bill Kowalysyn 52:59
Warren Johnson 53:01W40 Ann Diaz 47:32
Sue Nebel 51:42
Nancy Kempf 55:12W50 Matilee Christman 56:07
Rose Ann Salvadori 61:09
Mary Consentino 63:24W60 Anne Clark 70:08
Rose Nakutny 71:00



A BETTER WAY TO FILLET A SOLE.

Unless you're a perfect size 9, most midsoles just don't cut it.

In all likelihood, they'll give you the wrong amount of cushion. An improper heel lift. And, in the smaller sizes, not nearly enough flexibility.

Surprised? So were a lot of people.

But they knew exactly what we meant the minute they took our Terra T/C out for a test run. It is the first shoe that gives big feet and small feet the anatomical attention they deserve.

Up until now, most running flats ignored the rather funny way nature has of scaling the human body. When she

makes a foot 5 percent larger than another, she doesn't make the average vertical forces it will experience 5 percent greater as well. Normally, they're more like 10 percent.

As a result, the way traditional midsoles are made, the larger foot doesn't get enough cushion. And the smaller foot receives too much. And when there's more cushion than you bargained for, there's also less flexibility.

Heel lift is another problem



All you have to do is look at a size 3 and a size 15 of the same model. It's fairly obvious that the larger foot is receiving less relative heel lift. In truth, about 30 percent less.

That can lead to some serious repercussions.

But not in the Terra T/C. The midsole is made from a revolutionary new material called Phylon™.

Because of the way it can be molded, we were able to engineer the midsole in the Terra T/C so that it provides the same relative amount of cushion in every size. Along with the same angle of heel lift—4°20'.

Someday, all midsoles will be prepared this way. But in the meantime, we have given athletes a more intelligent shoe. And everyone else a little food for thought.



Beaverton, Oregon