**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

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**VILLANUEVA, DALRYMPLE WIN IN NEW YORK**

**Higdon, Stock Set 15K Marks**

**VILLANUEVA, DALRYMPLE WIN IN NEW YORK**

**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**


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.

(Continued on page 11)

**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 Nsau by one second in 43:47. Francie Larrieu-Smith led all

(Continued on page 11)
**SPONSORSHIP PROPOSAL**

The November issue is, as always, anything but a dud. 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 throw. 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.

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**NATIONAL MASTERS NEWS**

52nd Issue
December, 1982

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Al Sheahan

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American Publishing Co.

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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 national sponsor, the element of continuity, in our sport? Why don't some of the attorneys in our midst set up such an organization in paper, so 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 RECORDS AND RANKINGS**

(Road Running and Walking)

**INDOOR RECORDS AND RANKINGS**

**TRACKS & FIELD RECORDS: LONG DISTANCE RECORDS:**

**LONG DISTANCE CHAIRMAN:**

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**TRACK & FIELD RECORDS:**

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(415) 376-8967

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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 have every copy. Had 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
Harrisa, 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. They also showed patience and courtesies to the competitors. They also earned our respect by getting the results 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
MID-AMERICA


WEST

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

NORTHEAST


INTERNATIONAL

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

LONG DISTANCE RUNNING

EAST

December 1. Invitational Masters Decathlon/Pentathlon. For invitation send from 30 up. Mary Chadbourne, Championships, 168th St.-Armory. NYC.

SOUTHEAST

December 11. Joe Steele Marathon, Huntsville, AL. Harold Tinsley, 8811 Edgewall Dr., Huntsville AL 35802.

MIDWEST

January 8. Charlotte N.C. Observer Marathon (1,200 runners) and 10K (1,800 runners). Do Fleck, Box 30294, Charlotte, N.C. 28220.

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

January 22. 10K. Miami, Florida. 4,000 runners. Basil Honikman, Florida U., Miami, FL 33199.

February 8. Gasparilla Distance Classic 15K. Tampa, Florida. 10,000 runners. Karen Colgan, Box 1881, Tampa FL 33601.


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

The TAC event 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 Writer's Circle Marathon in Dallas are also scheduled for the 4th.

The next day sees the Maryland Marathon (1,200 runners) and 10K (1,800 runners). Do Fleck, Box 30294, Charlotte, N.C. 28220.


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 Colgan, Box 1881, Tampa FL 33601.


The National Masters News is the bible of the Masters (Veterans) movement, the fastest growing segment of the running community. It's a well-run race. The Easter Masters 10K is set for the 12th in Clarksburg, N.J., with 6,000 miles away, the 800 runners Honolulu Marathon takes place.

If you like sub-zero temperatures and 40 below wind-chill, running you'll love the Midwest Masters 10K along Lake Michigan the day after Christmas. Not for the faint-hearted.

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

Happy holidays.
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 Harnelting. 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.

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 bettered the listed mark of 31:05, set by Anna Thorhill of New York last year.


### TENTATIVE 1983 MASTERS TRACK & FIELD SCHEDULE

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Signed
ALEX RATELLE — FROM HORSEPOWER TO MANPOWER

by MIKE TYMN

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

Ratele, 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 Ratele 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 Ratele 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, Ratele 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 Ratele, 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," Ratele 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, Ratele went into serious training. He finished the 1967 Boston Marathon in 3 hours, 51 minutes.

Now, Ratele 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.

Ratele’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 helos 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, Ratele 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 pedals his stationary bicycle for about an hour.

Ratele praises his wife, also a runner, and his six children for their support. "I have a patient and loving family," he remarked. "They believe in 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, Ratele still feels uneasy when he goes to the starting line. "I think, why am I here? Why am I 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 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 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 Ratele’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. I like the places I run. And I like the people I can run with."
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.

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 Senior Track & Field Championships.

The Pan-American Masters champion tied his own record in the 100 (10.8), 400 (49.1) and 800 (1:56.6). He also lowered his own world over-40 record for the 200 by 0.8 seconds in the 200-meter dash, and came close to the world 40-44 standard in both the 100 and 200.

Ulacio's 21.8 seconds in the 200-meter dash, 25.24.0, 20.4 in the 1500 and 1:16.4 in the 400, 800 and 10000, but didn't break any other marks.

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.

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 won, 3-2, 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 won, 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-point sweep in both relays, the high and long jumps, and the 100. The masters won the 400, 8000 and 10000, but didn't sweep any event.

The 4-year totals are now: Events: masters men 20, open women 21. Points: masters men 164 1/2, open women 204 1/2.

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. Darlene Utsey W 11.08
3. Florence Griffith W 11.15
4. Gary Oliphant M 11.27

200
1. Darlene Utsey W 22.17
2. Jim Burnett M 22.40
3. Florence Griffith W 22.50
4. Gary Oliphant M 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 Toller M 1:58.90
3. Delissa Walton W 2:00.91

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

5000
1. Lew Faxon M 13:07.00
2. Kim Schnurpfel M 13:25.88
3. Julie Shea M 13:38.74

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 better 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 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 Yoshiko d'Elia 3rd master and 1st 50 plus woman in 1:26:51. Alice Weinberge, 63, notched the 60+ title in 1:31:40. Jane Wetzel was the overall winner in 1:15:44. Trish Smith, 34, won the sub- vet title in 1:16:55 ahead of Maddy Harmeling, 37, 1:19:29.

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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 appalled need to pour crusts like Otto the Gorilla at even the most meager of accomplishments.

My random estimates put 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 the time to read the Sporting News or Cosmopolitan.

They consist of schedules, results, back pats 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, 5:19:00 A.C. Way to go Elmer Buddy!" When I ran 5:19:01 I'd only accept congratulations from other 5:19's. Ned's neighbors claim he's turned like Otto the Gorilla at even the most meager of accomplishments.

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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, 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.

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.

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 Ratele 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.

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300 Run in Nike Capital Challenge

WASHINGTON, D.C., September 9 — Jim Verder, 40, was the first master in the Nike Capital Challenge today, posting a 16:41 for the 3-mile run. The race featured a competition between legislative staffs, media, government agencies and non-scoring guests such as Verder. Floyd Sandlin was 1st 50+ runner in 17:37, finishing 36th among the 300+ plus finishers in the popular event.


D'Addio Edges Billups in Skylon


Jenkins Beats Faxon at Lynchburg

LYNCHBURG, Virginia, September 25 — Jim Jenkins roared to the 13-second victory over Lew Faxon today June 27 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 Billups in 56:24 and 4th master Billows in 61:34. The race drew 158 finishers, down slightly from last year.

Conway, Bache Win National 15K

(Continued from page 1)

Fischer, 42, slipped 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.


Villanueva, Matson Take El Paso Titled

(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 tacking Va.squez all race long, finally wrapping up until about the 8 mile point. Vasquez seemed to have that spot all wrapped up until about the 8 mile point. 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 up with him again. Conway pushed pretty hard, not knowing he was going to make a move. He did and Vasquez didn't. Seems like Sal's short mile 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 49:48:2. Vasquez held on to 3rd, finishing in 49:22:2.

In all fairness to Vasquez, he does phenomenally well, considering his training program. And, he's stuck with a 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 Binnell 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. Bob Jenkins couldn't 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.O.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 curvess. 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 Tops Master in Tulsa

(Continued from page 3)


Russ Bennett won the M45 crown in 54:38. Steve Blanchard turned in an even faster 54:36 to cop 50-54 honors, with Noccs 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 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 at Masters Sports Festival August 14 in Philadelphia.
Start of 35-39 1500M
No. 355, Dennis Mayer

Start of 50-54 1500M, National Masters Sports Festival
No. 671, Archie Messenger; No. 684, Louis Schneider; No. 464, George Cohen, leading 1500M
No. 753, Vernon Geary

Start of 60-64 200M
Winner of 35-39 1500M.

Start of 60-64 1500M
No. 64, George Cohen, leading 1500M

Start of 60 & over 1500M

4x400M relay

Start of 70-79 200M

No. 562, Dennis Meyer.

Start of 70-79 1500M

Jack Rice winning 60-1500M in Philadelphia.

Photos by Jerome McFadden
ACTION AT THE NATIONAL MASTERS SPORTS FESTIVAL PHILADELPHIA, AUG. 13-15, 1982

Start of 45-49 1500M National Masters Sports Festival
No. 526, Ernie Billups; No. 562, Dennis Meyer.
No. 515, James Verdi; No. 477, Sidney Howard.

Unidentified; No. 596, Richard Jones. No. 478, Sam Huchel; No. 514, Stuart Tucker.

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

...Start 30-34
No. 499, Kirk Randall; No. 464, George Cohen; No. 762, Richard Bredenbeck; Robert Rudrow winning 30-34 HJ.
Mike Davis in 3rd 440 M. 351, Jim Waters.
Start of 70-79 200M

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

Start of 60-64 200M

No. 464, George Cohen, leading 1500M

Relaxing at the National Masters Sports Festival

Start of 60 & over 1500M

No. 783, Vernon Geary

Start of 50-54 1500M

No. 464, George Cohen, leading 1500M

Relaxing at the National Masters Sports Festival

Jack Rice winning M60 1500M in Philadelphia

4x400M relay

Winner of 35-39 1500M

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’Neal one last snarl-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 archetypical 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 joyful, 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.

Three Meet Records Set in Eastern 10K Cross-Country

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, 38:30.

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.
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.

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

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

North Medford Sweeps One-Hour Run Titles

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 totaled 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 (M50), Herb Chishim (M55), Francis Kelly (M60), John Haloubeck (M65), Bill Andberg (M70), and Willard Benton (M75).

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

“Postal” competition means each individual or 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.

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), 1000 (3:37.8) and 5000 (18:07.9).
Thomas Jefferson Community Center in October 16. Sandy Folzer, 43, of Wyncote, Pa. was she won 11 gold and 5 silver medals in swimming. They'll be held on the 220-yard track on the 1st Philadelphia 8.4 mile run on Halloween. Maryland Armory on the 2nd and 4th Sundays meets are open to anyone age 30 or over. 55-59 5K walk record September 11 in Illinois Golden Olympic Meet in Chicago, where Mahta's 32:52 topped the 60 plus bracket. Patty Lee Parmalee's 31:20 was much the best of master in the New York City Marathon tune-up. Scirader's 41:40 in the Run for the Boulevard 12K. Floyd Smithberg was 1st 60-1- in 51:13. "They didn't feel they could add to those com- mitments." A legal entity, the "National Masters organization will have tax-exempt status, will sign, has gone in another direction. "They bought the rights to field hockey and figure skating earlier in the year," Hatfield said. "They don't feel they could add to those com- "They didn't feel they could add to those com- "They didn't feel they could add to those com-"Taiwan. 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 1/10 mile track. Philadelphia's Berni Rubinsky, 53, top-ranked U.S. half-marathoner in 1981, was voted top male runner at the Philadelphia Elkinn Park Road Runners Club banquet October 16. Sandy Folzer, 43, of Wynnefield, Pa. was voted top female master. Folzer just ran a 1:34:30 in the Philadelphia Hall-marathon. Irma Lorenz, 40, turned in a 40:41 as 2nd woman in a Hammonet, NJ 10K September 11. She was 2nd woman in 31:29 in a Sea Isle City, NJ 5-miler September 26. Turning 41 on October 14, she placed 3rd in 31:15 as 1st woman in a Philadelphia 5-mile run October 24 and took female master honors in 50:50 in a Philadelphia 8.4 mile run on Halloween. Ben Hoyer, 42, was top master in a 2:44:47 in the Gottsberg, PA Marathon September 16. Don Davis was 1st master in 2:30:22 in the Marine Corp. Marathon November 7 in Washington. Roger Pluegfelder (2:30:36), Mel Williams (2:34:49) and Tom Sheehan, 41, (2:37:23) were runners-up.
NORTHWEST

Al Funk, 68, and Edna Berg, 67, both set the national age records in the Classic VI 10k run October 2 in Bozeman, Montana. Funk posted 3:04:47; Berg 3:04:09.

Ed Kousky edged Valeran Schultz by 5 seconds to capture masters honors in 36:41.5 in the Pretolainen Memorial 10k in Coos Bay, Oregon September 16. Carol Davis posted 41:15 as 1st 40+ woman on the hilly course which drew 844 finishers.

Mike Hetterman, 41, was 1st overall in 3:05:30 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 M60 title in 37:58. Evelyn Hess took the women's 3k in 23:40, edging Kay Porter by 4 seconds. Marcia McChesney was fast test best 50+ women in 24:56.

Stan Lee (2:41:09) and Rose Gardner (2:53:23) were masters winners in the Tacoma Valley Marathon October 3.

Doug Dygert (2:43:04) and Charlotte Swan-Hamilton (2:49:51) were best masters in the Yakima Marathon October 10.

Kathleen Corrigan (3:01:17) was 1st 35-39 and Nola Bruhn (43:19) top 50+ woman on the hilly course which drew 844 finishers.

Canadian

Ken Inglis lowered by 54 seconds the course record set by Derek Ferne in the White Oaks Classic 10k in Toronto September 19 in 31:34.

Heather Clemenson, just turned 40, sizzled to a 3:03:58 for 60-69 women.

Bennett'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 jump 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. this year with his son, and he needs funds to help others. Write: Tom Bartlett, 99A Hewer Cres., Naenae, New Zealand.

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 is priced to choose 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, 2:09:11; Pedro Gomez, M45, 2:04:03; Jorge Alzamora, M50, 2:09:03; German Munita, M55, 2:54:28.

British runner Pat Bessell 15:30:39.

4,406 Masters Among 14,000 Marathoners

(Continued from page 1)

Spain's Pascual Manguan, 41, 2:28:53.

Defeated-as-a-master Cindy Dalrymple, 40, of New York City, faced a tough challenge against defending women's masters titleist Robin Hames, 45, of New Zealand, who ran 2:48 last year. Hames improved on her 3:05 performance with a 2:46:12, but it wasn't quite good enough to hold off Dalrymple, who blazed to a 2:44:15 victory in 2:44:15.

Japan's Minoru Muramoto, 40, wasn't far behind in 2:48:37, with New Jersey's Toshiko d'Elia, 52, 2:50:55.

Jamaican Junior Muramoto, 40, wasn't far behind in 2:48:37, with New Jersey's Ann Bing 4th (2:56:08), Linda Rosen 5th (2:56:12), and New Jersey's Toshiko d'Elia, 52, 2:50:55.

Unofficial Men's Masters 50-59 champion in the Classic VI 10k run October 9 was 1:29:29, 13 minutes ahead of T. Plaubou, 41. Fastest 50+ was R. Heely, 50, 2:47:16. A Ferguson, 63, clocked 2:59:39. Lee 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 jump and long jumps and placed in the 200 in the S.A. Track Championships in Germiston.

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RASCHKER WINS SPORTS ILLUSTRATED AWARD

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

Rascher, 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 Croneman, 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."


LINCOLN TRACK CLUB - TAG REGIONAL CHAMPIONSHIPS (MASTERS & OTH MASTERS)

The Lincoln (NE) Track Club is sponsoring an indoor meet sanctioned by the TAG. 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 & P St. Paul Street. Track surface is Uniturf, a 176-yard oval. Use only 1/8" spikes or flats. Locker and Shower.

ENTRY FEE: $5 first event, $3 each additional event. No relay team.

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

ENTRY FORM: Mail to Forrest Doling, 5030 South 66th, Lincoln, NE 68516. Copy entry form or contact Doling (402) 48-3646 for additional forms.

EVENTS:

MEN 60, 600, 800, 1500, Mile, 2 Mile, 60-yr. hurdles, high jump, long jump, triple jump, pole vault, shut put, and Pentathlon which includes a 400.

All age groups use 12-lb. shot, except the 60-yr. group which will use 8-lb. hurdles. Shot will be 20" for 30-39, 24" for 40-49, 30" for 50-59 and 36" for 60+

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

PENTATHLON: 60 high hurdles, 600, long jump, high jump, shut put. 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 Village Motel, 5200 "O" Street, Lincoln, NE 68504. (402) 484-5111. Reservations should be made directly with the motel, indicating connection with the track meet.

MAIL TO: Forrest Doling, 5030 South 66th Street, Lincoln, NE 68516

NAME _ MALE _ FEMALE

ADDRESS

CLUB AFFILIATION

ENTRY FORM

INFORMATION

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

National Masters News December 1982, page 17
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 envisioned 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-Easternlies drop moderate moisture on the North Coast (35 inches annually); very considerable amounts (up to 200 inches) on the mountains as they descend.

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. The shore is all but peaceful and has seen no signs of development. The Town Hall, however, has plans to develop beach areas which would destroy its charm.

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This island which had the lowest per capita income in the Caribbean only 33 years ago now has the highest. The involvement 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 Sixtochazar 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 Condado area.

During my 4 day visit, I competed in the San Juan Veteran Championships at Sceplechase 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 breezes helped the situation a great deal. The Tarran 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.

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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 rewritten along the lines of the 2nd World Champion-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

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

Budget Priced Hotel

The Dutch Inn (or equivalent) Condado beach area, 1/2 miles from stadium, rooms and dining areas air-conditioned, large rooms, some with kitchen. Double occupancy, $24 each person; triple occupancy, $21 each person.

Details of a tour, sans cruise, will be announced shortly. For entry forms 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.

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By Don Farquharson  
President, WAVA

COUNTDOWN  
9 Months to go

To PUERTO RICO

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 62:30, 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.

Openings to 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 famous 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 5:45 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 pedaling, 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 ingenuous 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 official photographer); Jeanne Carter of Santa Ana, Cal.; Ozzie Dawkins of Hollywood; Ed and Dorothy Stotzensberg 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 coiisone 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 Tost Marine Base at Santa Ana; Isabel and Dr. Walt McConnell of Wharton, New Jersey; Nick Newton of Inglewod, Cal.; Lisa and Harold Parsons of Toronto, Canada; Dr. Jack Russell of Tampa, Florida; and Frances and Dale 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.

Mr. Shi was the China Sport Service representative in Nanjing, and did everything to make our stay exceptional. The banquet in the exquisite Mei-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 competition 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 offering 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. AAF & WAA, 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 '84, Mexico '86, 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.

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., 110 Glover St., Barron VT 05822.

WHERE ARE YOU, NICKI HOBBSON? If you know, send NMN her address. We have her 1980 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. A 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.
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**INDIANAPOLIS, INDIANA: September 13, 1982**
New York City Marathon Tune-Up

Twin Cities Marathon

WOMEN 30-34
1. "Lynda" Deppme 31 6:32:19
2. "Lindy" Aspge 33 7:22:36

WOMEN 40-44
1. "Lollie" Barche 43 6:30:52
2. Bob Fischer 43 6:41:37
3. "Bill" Dobbie 53 6:12:62

WOMEN 50-59
1. "Deb" Temma 53 6:30:52
2. "Mary" Hennings 53 6:41:37

WOMEN 60+
1. "Deb" Temma 53 6:30:52
2. "Mary" Hennings 53 6:41:37

WOMEN 35-39
1. "Lollie" Barche 43 6:30:52
2. Bob Fischer 43 6:41:37
3. "Bill" Dobbie 53 6:12:62

WOMEN 45-49
1. "Lollie" Barche 43 6:30:52
2. Bob Fischer 43 6:41:37
3. "Bill" Dobbie 53 6:12:62

WOMEN 55-59
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RUN FOR HEALTH 10K
SAN DIEGO, OCTOBER 1, 1982
Open Women - 3:41:04
Open Men - 3:41:04

TWIN CITIES MARATHON
MEN'S 30-34, 35-39, 40-44, 45-49, 60-64, 65-69, 70-74, 75-79, 80+

WOMEN'S 30-34, 35-39, 40-44, 45-49, 60-64, 65-69, 70-74, 75-79, 80+

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* PVSTC Member

Under tac rules, not yet eligible to compete for PVSTC
<table>
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<th>Name</th>
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<td>Love Your Heart Run</td>
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<td>Jerry Lynch</td>
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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