Four Americans Win World Titles in France

by AL SHEAHEN

Only 12 Americans were among the 1200 veteran runners who showed up for the XVI Annual World Veterans Distance Running Championships (IGAL) in Perpignan, France, October 15-16. But four of them came away with world championship titles.

Gabrielle Andersen, 38, of Sun Valley, Idaho; Dan Conway, 43; of Chetek, Wisconsin; Norm Green, 50, of Philadelphia; and Marilla Salisbury, 75, of San Diego; each took on the best international runners in their respective categories to come away with gold medals in the most prestigious veterans long distance championship in the world.

Alex Ratelle, 58, of Edina, Minnesota, absorbed one of his rare defeats to capture a silver medal. Fordie Madeira, 38, of Sherborn, Mass., also garnered a silver.

The annual event consists of two races on consecutive days: on the first day is a 10K; on the second day is a 25K in odd-numbered years, a marathon in even-numbered years. Last year's championships were held in Japan; next year's will be held in the USA for the first time — in San Diego at the TAC Convention in early December.

Going into the 10K race, Conway was hardly the favorite. Even though the cross-country coach had won more national masters championships than one can remember, and had won the Nike Masters Grand Prix in September and the majors Cotton Row crown, he was in formidable world-class opposition.

"I told my students I thought I could place in the top 15," Conway said. "To myself, I thought I might crack the top five."

Conway surprised everyone by blazing to a seven-second triumph over Belgium's Pierre Voets in a brilliant 30:26, five seconds faster than Mike Manley's official U.S. masters 10K mark of 30:31.

"I was thrilled," Conway said. "It's the biggest victory of my career."

In the women's 35-39 division of the 10K, the USA went 1-2. Andersen sped to a fast 33:29, forty-five seconds ahead of Madeira. Salisbury won the 75-and-over women's division in 89:34. Lolita Bache, 41, formerly of San Diego and Washington, D.C. and now in Perpignan, France, October 15. Dan Conway, 43, of Wisconsin was the winner in 30:26.

MADEIRA WINS

BONNE BELL

by BARBARA PIKE

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WORLD GAMES

Although I have not yet “qualified” as a veteran, by reason of my tender years, I feel that the veterans athletics movement will only be stronger as a result of the world games in Puerto Rico.

WAVA and the many others responsible for overcoming the hassles and obstacles which, for a time, seemed insurmountable, must be congratulated.

An organization like WAVA must and will continue to be bigger than the individuals who seemingly wish to jeopardize the enjoyment of people from all over the world. A few decided that discretion was the better part of valour, and once again the games were yet again another unforgettable experience for most of us, spectator and competitor alike.

Mrs. Jane Austin
Forestville, Australia

Having winced at the critical comments of many of our American contingent directed toward our Puerto Rican hosts at the World Games, I would like to apologize for our collective ingratitude and also speak for what I hope was the “silent majority” in offering our thanks for a job well done under trying circumstances. Considering the disruption caused by the self-righteous “politicians,” it is surprising that the games were held at all, and the fact that they were is testimony to the dedication and unselfish effort of many unpaid volunteers, whose only satisfaction would have been the appreciation of their guests.

I believe there really was a large amount of unexpressed appreciation, but as usual the whiners and complainers received most of the attention. I hope possible future hosts will not be discouraged by this manifestation of human frailty.

Jim Vernon
West Covina, California

I met up with many old friends and made many new ones. May WAVA operate according to its constitution and let all of us help to spread friendship throughout the world and not condemn in ignorance. My motto is, “Join the Masters (Veterans) and see the world.”

Leo Benning
Cape Town, South Africa

The number of complaints and beefs quoted by you gives the impression that there was no one pleased by the Games.

There is no doubt that we had many organizational problems, specially with transportation, starting times, awards ceremonies, and issuance of numbers and T-Shirts. There is a logical explanation for each problem area, but in general terms and without trying to justify anything, most of the problems resulted mainly from a substantial cut in our operational budget, which happened so close to the Games, once our organizational plans had been outlined. This caused a complete change of direction and forced a lot of improvisation to fill some holes.

The funds cut were supposed to come from the Estate Government. At this time, any comments regarding the reasons behind this action, would prove to be an exercise in futility.

Was it worth it? I would say yes. In spite of all the problems, the Games were still held, and the main objective of getting athletes from all over the world together, was achieved.

Incidentally, we are now in the process of mailing medals to those athletes who did not receive them during the Games.

Rafael Serrai
Administrative Officer
V World Veterans Games
San Juan, Puerto Rico

(We’re sorry if we gave anyone the impression that no one was pleased by the Games. Just the opposite. As we said last month: “Despite the problems, the Games were successful and most people had a very good time. Competing against, and forming bonds of friendship with people from all over the world was an almost magical experience, and well worth the trip. Almost everyone is looking forward to the VI World Games in 1985.” In touring over our coverage, we devolved over 14 of our 44 November pages to the Games, of which less than one page, or ten percent, focused on the problems. Most people had a very good time. And that’s about as far as we can go; 90% was good; 10% was bad. — Ed.)

NATIONAL T&F CHAMPIONSHIPS

In response to Jim McLaughie’s tirade about his TAC championship in which he criticizes the participants, this meet was one of the worst track events I have ever attended. The events were not run off according to the schedule from the start and only got worse as the meet drug on. It is understandable that the contestants became irritated. The officials were incompetent, uninformative, and very rude. There is no excuse for running out of medals. Three years ago The Houston Harriers hosted the South West Regional A.A.U. Championships. They ran out of medals; we were assured the medals would be mailed within two weeks. No medals were ever sent.

Mr. McLaughie’s statement that he wouldn’t be back another meet comes as a great relief to me.

Lester Mount
Dallas, TX

(Continued on Page 3)
Write on... continued from page 2

The Nationals held in Houston were a huge success in every respect. The level of competition was the highest in recent years. Val Schultz and Nike deserve a special accolade for flying in over 30 regional champions. The meet was run especially well, and the level of officiating was very good. There was a full complement of officials at all events throughout the meet. Jim McLatchie deserves a tremendous hand, as do the rest of the Houston Harriers, in putting on an outstanding meet in the face of the largest field ever.

There were a few problems, but they were not of McLatchie's doing. Due to scratches, some heats permitted walkovers to qualify for the finals, while others ran blistering times and failed to qualify. The 400 meter races should not be used in masters competition.

Roy and Mary Cullen provided a generous reception and wonderful dinner on Saturday night. There is no way any other host could come close to matching that magnificent evening.

Haig Bohigian
North Tarrytown, New York
(Mr. Mount, meet Mr. Bohigian — Ed.)

NATIONAL LDR CHAMPIONSHIPS

If the organizers of the TAC/Coca-Cola National Masters 5K Championships October 22 in Little Rock can afford all that advertising (October continued on page 11

Andersen Wins $12,000 at Twin Cities

The big story of the Twin City Marathon, Minneapolis, October 2, was not the heat and humidity, the 4774 finishers, the thousands of spectators, or the scenic course. In fact, the fact that Gabriele Andersen, 38, Sun Valley, Idaho, picked up the $12,000 women's first place prize, plus a $1,250 age-graded award for her time of 2:36:22.

The age-graded awards were given to 35+ runners who had beaten a "target time" for their five-year age group. "Target times" were determined by averaging American age records for each group.

Other female winners of age-graded awards were Margaret Miller, 57, $1,000, for her 3:14:10 winning time in W55; Sandra Kiddy, 46, $750, as victor in 3:00:37 of W45; Toshiko D'Elia, 53, $500, for a 3:08:32 W50 first place; and Bette Poppers, 40, $250, for an outstanding 2:45:35 in W40.

For his third place finish, Herm Atkins, 35, Everett, Wash., collected $5,000, plus $1,250 for his "target time" 2:17:15. Fritz Mueller, 47, took home $1,000 for M45 first (2:31:33); Ahol Barton, 35, hit the "target time" with his 13th overall 2:22:31 for $750; Jim Bowes, first M40+ in 2:28:38, was awarded $500; and Alex Ratelle, 59, received $250 for his 27 minute victory time of 2:42:08 in M55.

Allan Zachariasen, 27, Denmark, defended his title in 2:13:20 for the $12,000 open prize in the race, which was directed by Jack Moran.

Coffman Victor in Dayton

Don Coffman, 40, Frankfort, KY, defeated a strong masters field in the time of 1:08:18 at the Dayton River Corridor Half-Marathon, Ohio, Sept. 25, outrunning his closest masters opponent, Bob Fischer, 43, Newark, NJ, by over three minutes. The race served as the 1983 TAC National Masters half-marathon championships.

Bill Olrich, 48, Lexington, KY, took the M45 title by eight minutes with a high ranking 1:11:59. Don Gammie, 52, Centerville, OH, ran well enough to take the M50 crown in 1:16:28, a six minute margin.

Jan Buch, 36, Smithville, OH, outraced the W35 field by twenty minutes in 1:16:16. Iris Black, 40, Spring Valley, OH, won the W40 gold medal by five minutes in 1:24:24.

In the closest masters race of the day, Agnes Chirzetzburg, 45, Richmond, KY, defeated Marilyn Agnew, 47, Dayton, OH, by twelve seconds with her 1:35:40 finish.

Blanco Wins Eastern X-C


In crisp, 48-degree weather, Blanco clocked 37:00.2 to capture the 30-34 title, 40 seconds ahead of runner-up John Garlepp, 45, who notched the 45-49 crown. Bob Clarke (37:47) and Herb Kania (39:49) placed third and fourth to earn championship laurels in the 40-44 and 50-54 brackets, respectively.

California Patrick Devine, 55, won the M55 award in 40:27. Dottie Kelly, 48, (50:03) outlegged Sandy Pakshin, 41, (50:32) for first female finisher, both winning their respective age division championships.

Other division winners were Woody Lunsford, 60, (44:51), Charles Feldman, 67 (49:02); Mary O'Malley, 51 (57:54) and Adrienne Salmimi, 62 (71:58).

15K X-Country Goes to Reilly

Bill Reilly, 40, turned in a 50:37 to become the 1983 TAC National Masters 15 kilometer cross-country champion, on the Penn State U. Blue Golf Course at University Park, PA, October 30. Reilly, running for the winning Allegheny Nike 40-49 team, was 16:34 at 5K and 27:00 at 5 miles, finishing over a minute ahead of second-place Kirk Randall, 42, 51:56.

Jerry Smith, 40, was third in 52:21.

George Vernosky, 53, of the Potomac Valley Seniors TC, led all M50 finishers with 54:43. Nathaniel White, 64, Syracuse Chargers, was the first M60, and Ed Benham, 76, PVSTC, led all M70+.

Poulette Krause, 42, was the first woman in the largely regional field.

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How sweet it is to be cheered at the finish! Norm Green, 51, 15K championships, El Paso, TX. Oct. 1, 50:51.

Photo by Richard Lee Slotkin
Media Outruns Washington VIP’s in 3rd Nike Capital Challenge

from JEFF DARMAN

On a beautiful, sunny Thursday morning over 500 runners ran the Third Annual Nike Capital Challenge Three Mile Road Race in Washington, DC’s East Potomac Park, September 15. The event attracted a record 97 teams captained by Senators, Representatives, Presidential appointees, and members of the Washington media. For their teams to count, each captain had to — and did — finish.

This year’s winning team came from the Media as the Bureau of National Affairs Grub Streeters unseated the ’82 champs, the Thundering Buffaloes of tees, and members of the Washington Affairs Grub Streeters unseated the ‘82 captain had to — and did — finish.

The fastest legislator was 40-year-old Representative Bob Edgar (D-PA), who ran 18:41, topping the “First Representative” title for the second year in a row. First Senator, for the third year, was Max Baucus (D-MT), 41, with a time of 20:07.

An innovation this year were awards for the Best and Worst named teams. Best Name was “Leave It To Bevis”, captained by Bevis Longstreth, an SEC Commissioner. Worst Name honors went to Sen. Steve Symms’ team, “Idaho Transpotatoes.”

All entry fees ($1,800) were turned over to the Special Olympics. Eunice Kennedy Shriver, Special Olympics President, accepted the donations from race director Jeff Darman.

Steer, Barnett Top Canadian Harriers

Chris Steer won the Canadian Masters Athletic Assn. National Cross-Country Championships at Coquitlam, B.C., on October 15. Steer’s time of 34:07.4 was ten seconds faster than the runner-up Frank Smith.

In the M50 division, the first three runners finished within a fifteen second span, with Harry Adshead prevailing in 36:39.7. Arthur Taylor (37:42.6) won the M60 race from Ivor Davies (38:11.3).

Loreen Barnett, in the W35 division, was the victor in 39:57. Frances Steinfeld (43:57.8) had a close race with Jean Harrison (44:01.4) in the W45 division.

No team awards were given, but the meet statistician gave unofficial first place to the Snohomish TC by just five points over the Richmond Kajaks.

Ayers and O’Connor Master Macy’s

Rich Ayers, 40, Kansas City, KS, used a new course and ideal weather to run a 2:45:49 victory in the M40-49 portion of the Macy’s Marathon, Kansas City, MO, October 30, edging William Fox, 41, Tarkio, MO, by nine seconds.


Clyde Davidson, 45, Emporia, KS, was first master in the combined 10K race in 33:22. Sixty-year-old Jerry Morrison, 60, Parksville, MO, had one of the strongest times of the day in the 10K, 36:32, as did Dr. Howard Calkin, 72, Oregon, MO, in the M70+ division, 54:34.

Sponsored by Macy’s Midwest, the event drew 1103 marathon and 4563 10K finishers.

Haiman Wins 5th Avenue Mile

Ted Haiman, 40, Queens, NY, won the first-ever masters section of the unique 5th Avenue Mile in Manhattan, September 5. Haiman won easily over the other eight qualifiers, running the straight course in 4:22.

Larry Miller, Chatham, NJ, celebrated his 41st birthday with a 4:35 second. Gary Muhrcke, Queens, NY, winner of the first NYC Marathon thirteen years ago, was third in 4:38. All nine finishers were under 4:48.

The NYRRC is considering adding a women’s masters race to next year’s 5th Ave. Mile, one of the few running events which receives national TV coverage.

Prize Money For Masters

A $100,000 purse—including prize money for masters runners — and a chance to run on the 1984 Olympic Marathon course.

Those are the key ingredients expected to attract nearly 3000 of the world’s finest distance runners to Los Angeles, on February 19, 1984, for the inaugural running of the Los Angeles International Marathon (LAIM).

“It’s been long overdue,” said Jim Bush, chairman of LAIM, Inc., a non-profit organization. “The L.A. area deserves a major marathon event of its own. Boston has one. New York has one. Now, we’re going to have one."

Bush is well known nationally as the head track and field coach at UCLA for 20 years.

The scenic LAIM course would begin at the Olympic training track site at Santa Monica College and finish at the Los Angeles Memorial Coliseum.

The top finishing open man and woman each will bank $25,000. All runners must have qualifying times, the same as for the Boston Marathon.

For more information, write LAIM, 15115 1/4 Sunset Blvd., Pacific Palisades CA 90272. Or phone 213/459-5796 or 459-6666.

Attention All Meet Directors

Please contact Bruce Springbett with the dates of your 1984 events. Bruce Springbett, P.O. Box 1328, Los Gatos, CA 95030, (408) 354-7333.
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After the Masters 5K, plan to stay a week and run the Gasparilla 15K Classic in Tampa,
right next door to Clearwater, Saturday, February 11, 1984
The Good Old Days

If you’re in your middle years, you should consider horseback riding. Those of you of more advanced years, try one round of golf occasionally and some gardening.

That’s the advice given by Ray Conger, author of “Track and Field,” a 1939 publication. I came across the book while rummaging through a second-hand book store recently. Even though most of the attitudes and methods set forth in the book were still with us when I was in high school during the early ’50’s, I found it amusing to see them in writing and to compare them with the state of the sport today.

Conger was one of the top milers around in the late ’20’s, and early ’30’s. He defeated Paavo Nurmi of Finland in the Wanamaker Mile of 1929 and was a member of our 1932 Olympic team. His best mile seems to have been 4:13.6. When he authored the book he was director of recreational sports at Penn State College.

“General training rules for the mile parallel the rules for a wholesome and normal life,” Conger writes. He recommends the following training program, adapted from H.W. Hargiss, a former coach of Glenn Cunningham:

Monday — Easy warm-up calisthenics and rope skipping 10 or 15 minutes, jog two easy 440’s for rhythm, form and ease of stride. Walk one 440 and finish with 75-yard sprint.

Tuesday — After 5 to 10 minutes of rope skipping, use Indian clubs for arms and coordination. Run three single 440’s for judgment of pace and speed.

Wednesday — This is the hardest workout of the week. After warm-up, rest, then run 660 in about 1:35. Rest 10 or 15 minutes, then do another 660. Emphasize ease of stride.

Thursday — After calisthenics, Indian clubs, and rope skipping, jog two easy laps. Walk 440 and then finish with two wind sprints of about 75 yards each.

Friday — Easy jogging and walking for two laps and one short sprint of 50 yards.

Saturday — Race. Sunday — Rest.

Other tips for milers: Under-work rather than over-work; no over-distance work; avoid hot baths and excessive rubdowns and massage; practice in heavy basketball shoes.

Conger stresses the need for the coach to teach his miler to point the feet straight forward as this will gain him about three yards in the race. He also recommends returning to the training room after warming up and spending the final 10-15 minutes before the race with the feet placed high on a waste basket while in the prone position so that the blood returns from the feet to the heart.

Conger recommends the following life schedule for a miler:

As a child — active life with much hoop rolling. In high school — sprint, play baseball, and other light, active games. In college — run cross-country in the fall, quarter-miles in the winter and half-miles occasionally. Just out of college — between ages 22 and 27 is the time for record-breaking performances. Later life — back to tennis, golf, horseback riding, volleyball. Old age — hikes, one round of golf occasionally, and gardening.

“A coach usually finds the distance runner a little easier to train than a sprinter, since he is likely to be somewhat more mild mannered and dogged in his activities,” Conger continues. “He shows less nervousness as he has found it necessary to remain relaxed on all occasions.”

Conger points out that while most boys who turn out for track want to be sprinters, some are not cut out to be and should consider the distance events. However, the boys with an excess of nervous energy and natural speed should not consider the longer distances because he can be more good to his team running the sprints and competing in the broad jump.

For those training for the two-mile, Conger recommends long hikes. “Hiking adds variety to the training procedure that is welcome to the distance runner. The knowledge, pertaining to nature and the ways of the universe, that can be learned on these hikes, is an asset to a well-balanced personality as well as to later running. It is not quite so necessary for a runner as it is for the football player to ‘live’ the sport of his choice. The latter must concentrate on plays and study them constantly. The runner’s main thought is to build stamina and much of this can be done by walking over interesting haunts,” he writes.

“Track and cross-country have been labeled individualized sports which tend to make persons introverts. It is true they do not provide as much opportunity for team play as football, but its social values can be observed at a squad practice, a major relay carnival, or a conference cross-country run.”

**SportsAmerica**

**MASTERS SPECIALS**

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There seems to have been some controversy during the late ’30’s as to the effects of cross-country running on high school students. Conger states that cross-country is a very good builder of endurance and strength for the man of college age, but those of high school age should confine their long efforts to jogging and walking. Where competitive cross-country is engaged in, he recommends limiting the distance to two or two-and-a-half miles over an easy, as well as a pretty, course.

Conger further recommends an “eleven to seven” sleeping schedule, a good balanced diet, including scalloped cabbage and cheese, and a small broiled steak seven hours before the meet. He says that one should be particular about keeping off the feet for the last two days before a hard race and during the warm-up period.

Those old timers really knew what they were doing. How did we manage to go astray? □
Clark, Dalrymple...
Continued from page 1
leaders through the first eight or nine miles of the rain-dampened autumn classic. With one of the largest television audiences ever for a running event, Villanueva followed the "suicide" 2:06 pace of leaders Gidamis Shahanga, Smith and others to earn the respect of commentators Marty Li- quori and Jim McKay before tiring to finish as third master in a creditable 2:23:51, three seconds ahead of Lasse Viren.

Overtaking Villanueva for the masters silver medal was Portugal's Armando Aldageleta (2:21:46).

World Veterans Games marathon champion (2:27:04) Tim Johnston, 42, of Great Britain came back with only three weeks rest to take fourth in 2:25:27.

Tony Gerrity, 40, of Devon, Pennsylvania was the first American 40-and-over finisher in 2:27:17.

Of the 60,000 aspirants who sent in entry forms, 16,000 were selected to start the race on a cold, overcast, rainy Sunday morning as the Lebanon bombing was already beginning to dominate the day's news.


David Salo, 50, flew in from his West Coast home of La Jolla, California to capture the 50-59 division in 2:35:12, three minutes ahead of West Germany's Gunther Brax. Virginia's Paul Lucky took 60-69 laurels in 3:08:06, with New York's Bill Brobstn posting 3:33:39 for a 28-minute win in the 70-and-over group.

Of the 60,000 aspirants who sent in entry forms, 16,000 were selected to

New Yorkers Margarete Deckert, 50, (3:16:33) and Mary Rodriguez, 61, (4:16:09) garnered the W60 and W70 competitions, respectively.

Toledo, Ohio's legendary Sy Mah, 57, ran the 303rd marathon of his career.

Bocci Wins National 20K Walk

Gerald Bocci, 45, won the TAC/Masters 20K Racewalk Championships in Dearborn, Michigan October 2 in the time of 1:51:22. Frank Soby, 43, was second in 1:57:30, and Allan Phillips, 60, took third in 1:58:53.

Phillips' effort erased Anthony Medeiros' national age-60 20K time of 2:00:12.

In the 5K walk conducted with the nationals, Ernestine Yeomans strode to a world's best age-64 time of 34:01, eliminating Bonnie Kolsom's 38:06. Max Green, 51, was second overall in the men's race in 26:41.

The event was conducted by Frank Alongi and the Wolverine Pacers AC.
Slow Down, Honey!

If you could lift your head out of that stupid running log for a moment I think you would be painfully aware that most things change too fast. In spite of all the carping and complaining from the women to the contrary — things are moving just a bit too swiftly.

The women get all steamed up because a few years ago, one of their kind keeled over in the 800 meter run. And some very wise dedicated men decided that women shouldn't be allowed to do everything men do. Hear, hear; take it from a person who has had the old throw-up light go on more than once at the end of an 800 — it's not at all lady-like.

Men want their women to be ladylike. I admit there is a certain erotic appeal to the thought of some huge East German blond shot putter choking me until I agreed to perform certain acts, but for the most part, when women shave their chin and not under their arms and wear a protective cup, there's a fair amount of turnover. Women must somehow realize that standing around before a marathon rubbing vaseline in the crotch is a man's thing. It's not for women. It doesn't make them more attractive and, more importantly, it isn't necessary.

Women will always occupy a very important role on the planet. They are priceless and irreplaceable. You know the old line about "next to food and water." I'm reminded of Woody Allen's universal sentiment, "I seek a return to the womb — any womb." If you're thinking for a minute that I'm going to let this turn into some statement from a chauvinistic prig, forget it. It's just, well, I don't know — women have plainly gone too far, too fast.

Some areas require a woman's touch. It won't work with anyone else. Take your aid stations in the road race. Men can't do that. Most don't know the first thing about pouring and, let's be honest, ever see a man who could handle something to some degree. This clown came to our office the other day and tried to hand me a summons. You guessed it, he dropped the damned thing and I was only going at about a 7:50 pace. Some silly Peeping Tom charge that doesn't worry me one bit.

It's actually more of a nuisance thing than anything else.

Another job that women do better than anyone else is "dropping off." Let me explain. Some races, for whatever reason, have the start and finish in different places. Veterans of such happenings refer to them as being point-to-point, or races that finish at a place other than where they started. In such cases, most races provide some form of transportation, usually a bus, to the start.

In races like the Boston Marathon this can be a bummer. The buses always leave so early you are guaranteed the opportunity of sitting around the starting area for several hours. It's a situation that literally cries out for someone to drive a car, whether it be rented, owned or that of a friend, to the starting line. Then, of course, they must dead-head back to the finish area and wait for the arriving heroes. Women do an absolutely marvelous job of handling what can be an extremely tricky maneuver — "dropping off."

When a race is over there is great attention given to finish results and award ceremonies. Little emphasis has ever been placed on probably the most important happening that ever occurs after the race has ended. You guessed it, the only person who could possibly handle the task is a woman. It's usually referred to in running circles as "walking along." You know, after a guy has finished a race there has to be a woman there to "walk along" with him. It's usually performed by a wife, mother or girl friend. Sometimes in rural America you'll see entire families, grandparents, children and even friends "walking along."

Take your typical wife, she'll be "walking along" with this wasted piece of spit in merchandise who has assumed a multiple role of returning warrior, gold medal winner and saint. He'll be walking like he's working in a rice paddy for over a year. He'll have snot hanging from his nose and be saying something totally profound to his wife, like "I thought I told you to get me a large T-shirt."

"Gee, Honey, by the time you finished they were all out of the large so I got an Extra Large, the lady said it would shrink." "Sure she did, you moron, what does she care, she doesn't have to run the race, just lie and make excuses." Good "walking along" women can also be recognized by the items they'll be carrying. They'll have warm-up outfits, several bottles of green and yellow looking stuff, tape, bananas, vaseline, band-aids, brownies, beer and perhaps a small child or two. It's real easy to spot a woman who really doesn't have her heart in her work, she won't have that embarrassed smile on her face.

Women must be applauded for the gigantic progress they have made in recent years. I would offer, however, a simple reminder, don't be in such a hurry and please remember, many very meaningful roles performed by women simply cannot be performed by anyone else.

I would not suggest for a moment that "Handing Out," "Dropping Off" and "Walking Along" are for all women. It's certainly not for women who are able and intelligent.
Paine, Monsen Victors At Falmouth

Masters road runners who are interested only in fast times do not generally enter the Falmouth Road Race. The start is narrow and packed, hundreds (perhaps thousands) of unofficial entrants abound, and, until this year, just the first 500 or so finishers were officially timed.

But, runners who enjoy competition, tradition, a scenic course and vast post-race coverage by the running magazines show up for this 7.1 miler on the coast of Massachusetts.

So, on August 14, 4,500 official (plus an estimated 2,000 unofficial) entrants were at the starting line. Less than thirty-three minutes later (32:20), Kenyan Joseph Nzau finished first. Joan Benoit won her fifth Falmouth in a record 36:21.

Jeffrey Paine, 44, won the masters race in 37:31, placing 118th overall. John Dugdale, 48, was second in the 40-49 division with a 38:42. Robert Clarke and Thomas Ross posted the same time (40:33), but Clarke was awarded third. Bill Foulk and George Studzinski, both 50, were also close at the finish, but Foulk took the 50+ race by eleven seconds (42:10).

Karen Monsen, 41, turned in a 49:22 for the W40-49 victory over Suellen Haber, 40. Peggy Norton, who is 62, must have set a record for a win by age margin when she defeated the 50+ field with a time of 57:50. Mary Flynn, 51, was second in 58:36.

Book Review

by B. PALMER

"THE VALIANT HEART: from cardiac cripple to world champion" by Gordon Wallace. Lamplighter Press, 1982, 201 pp., $12.95 plus $1.75 postage and handling.

A courageous account of one man's victory over heart disease and how he became a world champion race walker in his age group, 70-74.

Gordon Wallace discusses his heart attack and his triple bypass surgery with enough detail to inform and to help others. His approach to rehabilitation becomes a step into a new life which is abundant in new goals, positive thinking and determination. Race walking becomes the challenge and the joy of his life. He tells how he trains, discusses the many races he competes in and shares many anecdotes about his competitions, which make his book a very personal one. He is a national and world champion race walker for age 70-74. The book is written with sensitivity and common sense. He sets an example which can encourage others not to give up but to make participation in sports an adventure. Valiant Heart is available from Lamplighter Press, 102 Aztec St., Prescott, Arizona 86301.

Budweiser LIGHT invites you to run the Special WORLD MASTERS Division of the Paramount 10K Run

The City of Paramount and the Paramount Rotary Club, in addition to the Fifth Annual Paramount 10K Run, will have a very special WORLD MASTERS DIVISION sponsored by Bud LIGHT Beer. This division will be for those Master runners than can meet the qualifying standards for their respective age divisions. The ability to meet these time standards will truly make this division a very special one. This race will be run with the Paramount 10K. Yes, you have to be good to enter, but if you place within the time standards we'll reward you with fine merchandise. If you can meet these standards then come to Paramount and RUN WITH THE MASTERS.

Master Standards: 40-44, 34:00; 45-49, 36:00; 50-54, 40:00; 55+, 43:00

Race Date: January 28, 1984

Location: 15500 Downey Ave., Paramount, CA 213-531-3503

Race Time: 8:00 am Sharp

Seeded Start: You will be on the front line.

Awards: 10 deep each division, plus excellent merchandise.

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BUD LIGHT will pick up the tab and welcomes you to compete for excellent awards and merchandise. This will be a yearly event and in time will be "THE RACE" of the Master Division. JUST REMEMBER, if you don't finish within the qualifying standards, you WILL NOT be recognized at the awards ceremonies. Frank Duarte, 1983 winner.

Race Director
Oscar Rosales

Information: Oscar Rosales (714) 848-5779 home # between 7-10 p.m.

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National Masters Championships

by BRUCE SPRINGBETT
(TAC National Masters Outdoor Track & Field Coordinator)

I would like to make comments on Jim McLatchie's article in "Speaker's Corner" in the November issue. I agree with most everything Jim says in regard to making the National Masters Track & Field Championships run more smoothly, but I disagree with his generalized assessment of the Athletics Congress (TAC).

Jim's lack of experience in running a large masters meet could have been overcome by analyzing the number of entrants and heats, then going to someone to get an opinion on how his schedule was shaping up.

It is true TAC did not supply any material support to the meet. TAC, however, did supply me, in my capacity as outdoor meet coordinator. While I am definitely not the last word on running a meet, I do have some background in running masters meets.

I arrived in Houston on Wednesday before the meet and talked to Jim that day. I was assured I was not needed and everything was under control. I was not advised or consulted and could not even get a program until Friday night. With no financial support from TAC, I lose any clout to enforce a night. With no financial support from TAC, I backed off and did not force my

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worked on for me. However, did supply me in my capacity as outdoor meet coordinator. While I am definitely not the last word on running a masters meet, I do have some background in running masters meets.

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presence on Jim.

I feel most of the delays and snafus could have been avoided — because I have personally made every one of those errors myself, sometimes twice. To avoid those errors again, I have already established a relationship with the people in Eugene, who will direct the 1984 nationals, and feel they will cooperate with or without TAC money.

In any meet, there are unplanned or unexpected situations that pop up or are even overlooked.

Masters Track & Field is not professionally run, it is a participant organization. Until it is professionally administered there will be inconsistencies.

The fact that we have a national championship, for which bids are received, a few years in advance, is a good sign.

Maybe TAC is not the organization for us! But right now it is the only

continued on page 11

by BOB BOAL
(TAC National Masters Long Distance Running Chairman)

Bob Campbell, TAC Men's Long Distance Running Chairman, has suggested that the 1984 TAC National Masters Marathon Championships be held as part of the Boston Marathon.

Championships are very serious business for Masters. Many spend considerable sums in transportation and lodging to participate. My survey of some of the best shows they insist that a Championship:

1) Be held on a sanctioned and certified course.
2) Have proper police protection and adequate fields.
3) Assure a fair start, avoiding large fields.
4) Provide identification of competitors as to age-group.
5) Supply all runners with accurate written time and place following the event.

This means that large "happening" type events cannot possibly fill the bill. Ideally a Masters Championship would include only Masters. Being lost among the hordes found in races such as Peachtree, Boston, New York, Bay to Breakers, etc. is most discouraging to a serious competitor.

Pressures for media awareness, spectators and a variety of sponsor goodies threaten to reduce the influence of quality Masters LDR competitors in the planning and operation of Championships.

With adequate budget, we could select an ideal site, a proven race promoter, an ideal time of year in reference to weather and other Championships, and buy the kind of Championship situation Masters athletes indicate they desire. This would give us an answer to "Why should I join TAC?"

I am asking Masters Long Distance Running athletes to let me know how their sport should be conducted. Shall we finance and manage our sport, or shall we grow more dependent on "sponsors?"
World Games Cost Half-Million

More than a half million dollars was spent in staging the V World Veterans Games in San Juan, Puerto Rico this year.

According to a preliminary profit and loss statement issued by Rafael Serrati, Administrative Officer of the Games, total income was $312,700; total expenses were $354,700; the net loss was $35,000, to be paid by the City of San Juan.

The City and Estate governments generously contributed $90,000 to the Games which figures out to $157 for each of the 1,935 participants. Athletes chipped in $68,700 for entries and fees. Sponsors and donations accounted for another $190,000.

Administrative and officials' salaries came to $174,500 — about $90 per athlete. Publicity and advertising was $94,400; the opening ceremony cost $31,200; transportation $39,000, and medals $16,900.

Below is the P&L statement. As a guide to meet directors for comparative purposes, the 1981 U.S. National Masters TF Championships, with cost-per-entrant, is also included.

<table>
<thead>
<tr>
<th>V WORLD MASTERS GAMES</th>
<th>PROFIT &amp; LOSS STATEMENT (Unaudited preliminary)</th>
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<td>JULY, 1981 TO OCT 31, 1983</td>
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- **INCOME:**
  - **Government Funds Received:** $250,000
  - **City of San Juan:** $15,000
  - **Estate Government:** $55,000

- **EXPENSES:**
  - **Fees from Athletes:** $11,100
  - **Entry fees:** $11,700
  - **Transportation fees:** $1,100
  - **Postage:** $910

For comparative purposes, here is the P&L statement from the 1981 National Championships, put on by Bruce Springbett and the Los Gatos, CA Athletic Association. (602 entrants)

- **INCOME:**
  - **Total Entry:** $19,000
  - **Sponsor (Penn Mutual):** $4,000

- **EXPENSES:**
  - **Postage:** $1,500
  - **Equipment:** $2,300
  - **Publicity & advertising:** $1,200

**TOTAL INCOME:** $173,102

**TOTAL EXPENSES:** $216,000

**NET LOSS (to be paid by City of San Juan):** $35,000

**World Games Cost Half-Million**

Kenny Dennis, 46, California. In a clear win over Reg Austin, 46, Australia, Nationals, Houston, 11:05 to 11:23. In Puerto Rico the result was almost identical, 11:03 to 11:36.

Photo by Ted Potts

**National Running Data Center**

The fastest official 10K turned in by an age-40-or-over American runner so far in 1983 is a blistering 30:34 by Sal Vasquez, 43.

Running in his hometown of Alameda, California August 21 in the Run for the Parks 10K, Vasquez only missed Mike Manley's official U.S. masters standard of 30:31 by three seconds.

Bill Rodgers has the fastest 35-39 clocking of 28:16, a U.S. M35 record. Ken Winn, 45, and Ray Hatton, 51, have identical 31:51's to lead their respective divisions. Alex Ratelle's 34:38 is best of the 55-59 division.

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The French Connection

Among the many stresses that affect running performance is travel. Perhaps Marco Polo did not suffer from "camel lag" as he crossed the Gobi Desert in North China. But my best times at a given distance vary inversely with the mileage from home. The influence of certain elements should be expected to vary among individuals, but there are universal items of stress that affect all runners.

The most evident and unwelcome circumstance associated with travel is immobility. Many runners handle the mental part of enforced rest by scheduling a run prior to departure. This lowers the anxiety index and seems to make the sitting-about a natural recovery period. Because of my strange time frames with night call and all, I sometimes find it difficult to mount a run between the coming-off-duty time and aircraft departure. In this circumstance, I put in the best part of an hour on the exercise bike, preceded and followed by all the stretch the clock will allow.

Whether the trip is made by plane or car, the enroute reduction of the effects of travel lag are somewhat the same. No one has calculated the laps-per-mile in the center aisle of a 747 or a DC-10. But, with discretion and consideration for the passengers and flight personnel, I have covered several miles, as sauntering about during a fourteen hour flight to New Zealand. The pace, by necessity, must be slow.

Running in place is not always out of the question. When all is quiet, it is possible to locate a "hidden" area tucked away in the rear of the aircraft. Even a few minutes of silent running is satisfying. If I am interrupted by non-runners, there is often enough warmth in my muscle mass to retreat to the John and do a bunch of stretching behind a locked door. Whatever your intentions might be, avoid attracting attention. Some of the most useful stretching positions might be misunderstood by the non-runners aboard the aircraft. When traveling a distance by automobile, the obvious effects of jet lag may not be noted or significant. But prolonged sitting does create stiffness and gastrointestinal stasis. The prevention of these annoying problems is somewhat the same. Stop the car at regular intervals and move about. Jogging is more available and stretching draws less attention from the citizenry. In some desperate circumstances I have jogged away from a gas stop to be picked up along the course.

The message here-loud and clear-would seem to be...while traveling, keep it moving. Medical studies strongly suggest that it is important to resist the sedentary life, even for a few hours. Otherwise normal people placed in bed very quickly had significant alterations of physiologic parameters. For the average traveler, these changes are probably at best only an inconvenience. But for the highly trained and motivated runner, the altered fluid storage, with its peripheral accumulation of water, is very likely to substantially affect the outcome of an attempt at maximal performance.

My attempt to jog at the Paris airport met with armed resistance. Since my best 100M time does not compare with the muzzle velocity of an SN-mm9, I retreated.

HALF MARATHON - P.O. 399
WILLIAMSBURG, VA. 23187

Members of the Australian team, World Veteran Games, at the La Tasca restaurant, Puerto Rico
Photo by Kelsey Brown

Photo by Ted Potts

Black athletes from South Africa at Nationals, Houston, Sept. 16-18. L to r: Godfrey Zwakala, 40, 1st 13.1 Miles; G. Phutoe, 45, 2nd 10000m; Wilfred Ngwenya, 40, 1st JT; D. Sennannaye, 40, 8th 800m; P. Mluazi, 40, 2nd JT; and George Semmawamade, 45, disqualified in 1900m, pulled muscle in LJ.

By ALEX RATELLE, M.D.
Clive Davies—
Year-For-Year, The Best

Just before the Emerald City Marathon last March, a Seattle reporter approached Alberto Salazar, who was conducting a running clinic, and asked Salazar what he thought of Clive Davies. The man who holds the fastest marathon on record said that the name did not ring a bell with him.

The same reporter also asked Johnny Kelley, the Boston Marathon legend, what he thought of Davies, but he also pleaded ignorance.

Two great runners had not heard of one who is perhaps even greater. They used to say that pound for pound Sugar Ray Robinson was the greatest boxer ever. You just might use that comparison in, he explains. "The running age of 57. "I was looking for an outdoor activity which was easy to participate in," he continues. "On the track, Davies has clocked 5:25 for 10K (65-69); 5:43 for 10,000 meters (64), and 3:19 for 10,000 meters (63). And, he has gone 10 miles, 201 yards in the hour run (61)."

"My best distance seems to be the half-marathon. It's at least the most comfortable because I feel I can go all out for that distance. Nevertheless, the marathon has been my most successful distance," he remarks.

A typical week of training for Davies consists of about 70 miles, including a long run of 18-20 miles on Sunday, hills on Tuesday, and some speed play on Friday. He usually rests on Saturday. Most of his training is at eight-minute mile pace. When he's not running, he enjoys painting and sketching.

"It's difficult to believe that any one that age can run marathons in the 2:40's, but Davies holds the American 60-64 record of 2:42:44 and the 65-69 record of 2:42:49. The latter record was turned in at the age of 66. He holds more than thirty other world and American records at distances all the way up to the mile."

Born in Wales, Davies came to the United States at the age of 16 with his parents. He studied at the Art Institute of Pittsburgh and then served in the Army. Following his discharge from military service, he ventured to the West coast and settled in Oregon. Upon retiring from his job as a freelance art director with an advertising agency, he and Frankie, his wife, moved from Portland to Tillamook, a small town just west of Portland on the coast.

Davies started his running career at the age of 57. "I was looking for an outdoor activity which was easy to participate in," he explains. "The running boom was beginning and running appealed to me. It took two years to acclimate my body to the rigors of running."

Although Davies had not done any competitive running in his youth, he adopted a healthy lifestyle early in life. In Wales, he played soccer and walked everywhere he went. "After high school, my habits changed," he says. "However, the walking habit stayed with me and proved to be a big advantage when I started running. I was still skinny and fit. Perhaps the decision to move to Oregon from Pennsylvania after the war was the best I ever made. This is outdoor, running country and being here encourages a certain lifestyle which has to include, for me, running."

A wiry 5'10 and 140 pounds, Davies has, as a Portland writer put it, "the burnt-out look of Coleridge's Ancient Mariner." Another writer referred to him as "a lean greyhound of a man."

Davies began his assault on the record book at age 59 with a 2:52:29 marathon. He now holds each single year record from 59 to 67 and will probably add the age 68 record to his collection before this is in print. American road records at other distances include: 35:52 for 10K (65-69); 54:23 for 20 miles (64-65) and 55:16 (64-69) for 15K and 1:21:41 for the half-marathon (65-69). Both the 10K and half-marathon records are well below the 60-64 standards. Probably the only thing that keeps Davies from holding every 60+ record on the books is his reluctance to travel far and search out certified courses.

"My best distance seems to be the half-marathon. It's at least the most comfortable because I feel I can go all out for that distance. Nevertheless, the marathon has been my most successful distance," he remarks.

A typical week of training for Davies consists of about 70 miles, including a long run of 18-20 miles on Sunday, hills on Monday, and some speed play on Friday. He usually rests on Saturday. Most of his training is at eight-minute mile pace. When he's not running, he enjoys painting and sketching.

"What did you say he ran?" Salazar said to the Seattle reporter with a somewhat surprised look. "1 can't believe that."

"What did you say he ran?" Salazar said to the Seattle reporter with a somewhat surprised look. "I can't believe that."

-Mike Tyrrell

Report From Britain

by ALASTAIR AITKEN

Besides Taff Davies, James O'Brien, 45, continues to be the outstanding Welsh distance runner after coming second to Mike Freary in the National Vet 10000, Aug. 21, at Melksham. O'Brien won the vets prize and came in fourth overall in the Rytheme Valley half-marathon in 68:00 in September and was fifth overall in the Welsh Marathon at Neath in 2:33:36. The winning time was a non-vest 2:29:41.

Hasting's Pete Lawrence, 43, was first veteran by 51/2 minutes and eighth overall of 150 starters in the 25th London to Brighton Race (53 miles, 1082 yards) in 5:52:36.

Croydon's Robin Dickson, 40, who has won seven "Grand Prix" vets races at Battersea Park, was first veteran in the Barking 5 Mile in 25:50, ahead of second vet, ex-international Mike Turner, 45, 25:56, Aug. 28, and won the Southern Vets 10000 in pouring rain, Bromley, Sept. 10.

Bob Dobson, M40, won the "open" Hastings to Brighton Race Walk, 5:38:05.

At the Veterans Athletic Club meeting, Harringey, Aug. 28, British records were set by Les Williams in the 60+ high jump, 4:52m, and Wendy Fieldman, 51, in the high jump, 1:15m. Ian Pedarce (40-44) of Bracknell won the Inter-county 400 at Bromsgrove in 53:1 and the 800 in 2:03, and the Eastern 800 in September in 2:02.6.
ACTION AT THE WORLD VETERANS

1) Irene Obera, USA; 2) Annette Horsnell, NZ; 3) Una Gore, GBR
Payton Jordan congratulates Fritz Assmy for his M55 200 victory.

PHOTOS BY GRETCHEN SNYDER

San Juan, Puerto Rico

M55 400mH: 1983 Summer, Canada (2)
was pushed by Geoffrey Evertson, who logged an excellent 50+ time of 3:54:40. Jacqueline Givin was 1st W40+(30-34). Marcel Philipe, 32, a former French national champion, clocked in first (2:57.50). Paul DelPopoli, Sharpsville, PA, burned through the Bavarian Fest Half-Marathon, Sharon, PA, Aug. 16, in 1:18:14, for 1st 40+ and 2nd overall with 622 finishers. Sixteen 40+ followers, Bill Tobin, giggles in Greenville, PA. (1:18:54) and Ross Colker, Ridgewood, PA, outran a lot of people of all ages with his M50+ (2:22:01) time. "Zig Zag" was Bill Tobin, of St. Petersburg, PA, with a 2:40:49 victory with a time (1:35:09) that would have won the W35 race by 8 minutes.


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The 72-man/walker Mileage Games at Madison Square Garden, Jan. 27, will again have masters one-mile relay. The 5 fastest teams willing to travel to NYC at their expense will be invited. Contact Edward R. Small, 531 Community Cntr. (RT. 50 & Globe Rd.), Arlington, VA, on alternate Sundays, 10:00 a.m. Indoor track, 5 laps to the mile. Jim Demma, 35:57-67:32, won the 15th annual Freedom Trail 8-Mile, Boston, Oct. 2. He was pushed by Geoffrey Evertson, who logged an excellent 50+1 time of 3:54:40. Jacqueline Givin was 1st W40+(30-34). Marcel Philipe, 32, a former French national champion, clocked in first (2:57.50). Paul DelPopoli, Sharpsville, PA, burned through the Bavarian Fest Half-Marathon, Sharon, PA, Aug. 16, in 1:18:14, for 1st 40+ and 2nd overall with 622 finishers. Sixteen 40+ followers, Bill Tobin, giggles in Greenville, PA. (1:18:54) and Ross Colker, Ridgewood, PA, outran a lot of people of all ages with his M50+ (2:22:01) time. "Zig Zag" was Bill Tobin, of St. Petersburg, PA, with a 2:40:49 victory with a time (1:35:09) that would have won the W35 race by 8 minutes.


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ERINKE HARKER, Alex Coffin, Skip Hendrix (@) at Festival By The Sea 5/10K, Holden Beach, NC, Oct. 29.

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When you order a gift subscription, YOU receive a copy of the Masters Track & Field Age-Record Book FREE! Compiled by National Masters T&F Records Chairman Pete Mundle, the book contains the world and American age bests for all T&F events, age 35 and up. (You can order the 1983 book, available now; or the 1984 book, which will be available in June, 1984).

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**TRACK & FIELD**

**NATIONAL**


**NEW ENGLAND**

December 27. Boston College Holiday Classic Masters Mile (M&W), Boston. Jack McDonald, Boston C., Roberts Center, Chestnut Hill, MA 02167.

June 27. Senior Olympics, Brown Stadium, Kingston, RI 02852.

**EAST**


**SOUTHEAST**

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

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


June 9. TAC Southeast Regional Masters Championships, Atlanta, GA. Ken Kirk, 300 Stonewall Terrace, Atlanta, GA 30339.


July 14. Virginia TAC State Outdoor Open & Masters Championships, Charlottesville, VA. Virginia Masters, PO Box 5696, Charlottesville, VA.

July 21-22. Virginia TAC State Open & Masters Decathlon Championships, Charlottesville, VA.

**MIDWEST**


June 16-17. Indy Senior Classic, Indianapolis, IN. Bob Goughlin, 305 S. Barton, Indianapolis, IN 46241.

**MID-AMERICA**


**SOUTH WEST**


**WEST**

January 14, 21, February 4. Cal State Los Angeles All Comers Meets, Los Angeles, CA. 10:00 am (field); 11:00 (track). Calvin Brown, 213/428-3141.


April 21-22. Masters T&F Meet, Las Vegas, NV. Tentative. See Bill Adler, April 28-29 meet below.


October 6. Club West Masters, Goleta, CA. George Adams, PO Box K, Goleta, CA 93116.

**NORTHWEST**


August 10-11 (tentative). Sixth Montana Masters T&F Championships, Bozeman, MT. Mike Carignan, Box 1766, Bozeman, MT 59717.

August 10-11. 7th Hawaiian International Masters T&F Meet No. 2, includes decathlon. Kaiser HS, Honolulu. Stan Thompson, 1459 Ipu Kula St., Honolulu, HI 96821. 808/377-4811.

December 24. 8th Hawaii Regional Senior Olympics Christmas Track Meet. Kaiser HS, Honolulu. Stan Thompson, above.

**HAWAII**

December 10-11. 7th Hawaiian International Masters T&F Meet No. 2, includes decathlon. Kaiser HS, Honolulu. Stan Thompson, 1459 Ipu Kula St., Honolulu, HI 96821. 808/377-4811.

December 24. 8th Hawaii Regional Senior Olympics Christmas Track Meet. Kaiser HS, Honolulu. Stan Thompson, above.

**INTERNATIONAL**


August 11-12. WAVA Decathlon Championships, Long Beach, CA. Gary Bane, PO Box 4389, Orange, CA 92667. 714/998-4370h, 772-2811w.


**LONG DISTANCE RUNNING**

**NATIONAL**

December 3. TAC National Masters 8K Championships, Indianapoils, IN. Tom Barleson, 6020 E. 82 St., Am 158, Indianapolis, IN 46220. 317/642-0999.


January 22, 1984. TAC National Masters 20K Road Championships, Sacramento, CA.

February 5. TAC National Masters 5K Road Championships, Clearwater, FL. Separate races for men and women. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33516. 813/447-7161.

**NEED BACK ISSUES?**

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Special Masters

10K Set

On January 28, 1984, the city of Paramount, California and the Paramount Rotary Club will sponsor the 5th Annual Paramount 10K Race.

The race has become popular and has the reputation of "well run" and "generous with awards and merchandise."

Within the 10K race is a special event, known as the "Special World Master Division." This is a division for 40-year-and-older runners who are able to meet the fast qualifying time standards, as follows: 40-44, 34:00; 45-49, 36:00; 50-54, 40:00; 55+, 43:00. All times are "or faster."

"The whole idea," says director Oscar Rosales, "is to eventually have the best Masters in the country in competition."

The feature race has a certified course, good accommodations and at least 40 attractive prizes, divided into four divisions.

Frank Duarte was the 1983 Masters winner and will compete in 1984. Contact Oscar Rosales, PO Box 696, Paramount, CA 90723 for an entry form.

WEST


December 11. TAC/SPA 8K Championships, San Pedro, CA. Ronald Watson, 1809 John St., Manhattan Beach, CA 90266. 213/546-3659 (before 9 p.m.)

December 31. New Year's Eve Midnight runs. Encino, CA. California RRC, Box 891, Tarzana, CA 91356.

January 1. Mission Bay Marathon, San Diego, CA. SASE to Jeff Broido, 8811 Robbins Lane, La Jolla, CA 92037.

January 22. Super Bowl Sunday 10K, Redondo Beach, CA. Super Bowl Run 10K, PO Box 637, Redondo Beach, CA 90277.


February 19. Los Angeles International Marathon, Santa Monica, CA. Qualifying times to enter. LA Marathon, 15115 Sunset Blvd., Pacific Palisades CA 90272, 213/459-5796 or 213/459-6666.

SOUTHWEST

December 3. Moving Comfort 5000, Jacksonville, FL. Susan Duss, PC Box 515, Jacksonville, FL 32201.

December 10. Rocket City Marathon, Huntsville, AL. Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802, 205/881-9077.


SOUTHWEST

February 12. Masters Fairgrounds Run Around (2.5 & 5 miles), Albuquerque, NM. Details on page 9. 1OK Run, 16400 Colorado St., Paramount CA 90723 for an entry form.

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

CLASSIFIEDS

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

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

All-time lists: Pentathlon, Decathlon. 200m, 400, HJ, TJ, D, J. All ages, W/U.S., m/w, open. etc. Write: Bill Forsyth, P.O. Drawer 66, Pecos, N.M. 87552.

ON TAP FOR DECEMBER

The Fifth Annual Athletics Congress/USA National Convention takes place in Indianapolis from the 1st through the 4th. Masters track & field and long distance running committees will meet continuously. Everyone is welcome.

TRACK AND FIELD

On the 3rd are The Moving Comfort 5000 in Jacksonville, Florida and the TAC National Masters 8K Championships in Indianapolis. The popular Beverly Hills/Perrier 10K and the Sub-4/Caprolan 8K in Newport Beach, California are on the 4th. The big Rocket City Marathon in Huntsville, Alabama and the Las Vegas Classic Half Marathon go on the 10th. On the 11th, Westerners can run the TAC/SPA 8K Championships at San Pedro, California or do the inviting Honolulu Marathon on Maryland's Marathon is the next day. The TAC National Masters 30K Championships are set for the 18th in New York City. On Christmas Eve, it's the TAC National Masters 10K Road Championships in Phoenix. New Year's Eve sees the Fiesta Bowl 10K in Scottsdale, Arizona and the sobering New Year's Eve Midnight runs in New York, Los Angeles and a few other spots to finish off the old year and ring in the new.

Happy holidays. ☺
### 1983 10-KILOMETER RANKINGS AS OF SEPTEMBER 11, 1983

Compiled by the NATIONAL RUNNING DATA CENTER

<table>
<thead>
<tr>
<th>Distance</th>
<th>Men - 35 thru 39</th>
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<tr>
<td>28:16</td>
<td>Bill Rodgers 35</td>
<td>Sherborn MA</td>
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<tr>
<td>30:17</td>
<td>Brian Kivlan 35</td>
<td>Irvington NY</td>
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<tr>
<td>31:03a</td>
<td>Frank Shorter 36</td>
<td>Boulder CO</td>
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<tr>
<td>31:36</td>
<td>Harold Nolan 36</td>
<td>Naples FL</td>
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<tr>
<td>31:36</td>
<td>Dan Murray 38</td>
<td>Modesto CA</td>
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<td>31:48a</td>
<td>Greg Tibbettts 35</td>
<td>Anchorage AK</td>
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<td>30:54</td>
<td>Arthur Hall 36</td>
<td>Staten Island NY</td>
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<td>31:05</td>
<td>Carl Hatfield 35</td>
<td>Morgantown WV</td>
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<td>31:05</td>
<td>Larry Olsen 36</td>
<td>Wrentham MA</td>
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<th>Men - 40 thru 44</th>
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<td>30:14</td>
<td>Sal Vasquez 43</td>
<td>Alameda CA</td>
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<tr>
<td>31:12a</td>
<td>Bill Stewart 40</td>
<td>Ann Arbor MI</td>
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<tr>
<td>31:31</td>
<td>Dan Conway 44</td>
<td>Chatsky MI</td>
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<td>31:41</td>
<td>Jim Pelling 42</td>
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<td>31:41</td>
<td>Bob Fischer 42</td>
<td>Newark NJ</td>
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<tr>
<td>31:40a</td>
<td>Don Coffman 40</td>
<td>Frankfurt KY</td>
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<tr>
<td>31:42</td>
<td>George Kain 41</td>
<td>Santa Ana CA</td>
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<tr>
<td>31:46</td>
<td>Tim Hassall 40</td>
<td>Forest Hills NY</td>
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<tr>
<td>31:51</td>
<td>Ken Winn 45</td>
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<td>Oscar Moore 45</td>
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<td>31:42</td>
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<td>Flagstaff AZ</td>
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<tr>
<td>31:46</td>
<td>Lowell Gaither 45</td>
<td>Lincoln NE</td>
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<tr>
<td>31:31a</td>
<td>Ardell Good 45</td>
<td>Golden CO</td>
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<tr>
<td>31:53</td>
<td>Jerry McNeal 46</td>
<td>Minnetonka MN</td>
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<tr>
<td>31:14</td>
<td>John Weedy 46</td>
<td>Scottsdale AZ</td>
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<tr>
<td>31:21a</td>
<td>Donald Pielanski 45</td>
<td>Waynesboro VA</td>
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<tr>
<td>31:17</td>
<td>Darryl Beadwall 45</td>
<td>Santa Rosa CA</td>
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<td>31:25</td>
<td>Geoff Pichtch 45</td>
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<td>Austria Green 46</td>
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<tr>
<td>31:51</td>
<td>Ray Hatton 51</td>
<td>Bend OR</td>
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<td>31:09</td>
<td>Norman Green 50</td>
<td>Wayne PA</td>
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<tr>
<td>31:37a</td>
<td>Peter Ballard 54</td>
<td>Teaneck NJ</td>
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<td>31:43</td>
<td>Lloyd Scow 50</td>
<td>Greenfield NH</td>
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<td>31:37a</td>
<td>Neil Kampf 50</td>
<td>Las Alisos CA</td>
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<td>31:46</td>
<td>Bill Poole 47</td>
<td>Lebanon NJ</td>
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<td>31:46</td>
<td>Henry Kupchik 55</td>
<td>Palos Park IL</td>
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<td>31:44</td>
<td>Arnie Green 55</td>
<td>Westport CT</td>
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<td>31:51a</td>
<td>Chuck Weaver 55</td>
<td>Brookfield CO</td>
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<td>31:50b</td>
<td>Fritz Muhler 56</td>
<td>Larchmont NY</td>
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<tr>
<td>34:38</td>
<td>Alex Ratelle 58</td>
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<tr>
<td>35:18</td>
<td>Ross Smith 56</td>
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<td>35:42</td>
<td>Jim O'Neill 58</td>
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<td>35:58</td>
<td>Olin Kentson 56</td>
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<td>36:05</td>
<td>Howard Pohlen 58</td>
<td>New Hartford NY</td>
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<td>36:11a</td>
<td>Gordon McKenzie 55</td>
<td>Great Neck NY</td>
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<td>36:37</td>
<td>James Knabe 55</td>
<td>Fairborn OH</td>
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<td>37:16</td>
<td>Geoff Bardsley 55</td>
<td>Pembroke MA</td>
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<td>37:06</td>
<td>Fred Munder 57</td>
<td>Venice CA</td>
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<td>37:36</td>
<td>Joe King 57</td>
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<td>38:43</td>
<td>Thomas Gibbs 61</td>
<td>Bellrose NY</td>
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<td>38:57</td>
<td>Warren Gates 61</td>
<td>Park Forest IL</td>
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<td>39:13</td>
<td>Jim McCracken 61</td>
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<td>39:46</td>
<td>Glenn Coleman 60</td>
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<td>Norman Samsel 62</td>
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<td>40:08</td>
<td>John Predolet 63</td>
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<td>37:12</td>
<td>Clive Davies 66</td>
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<td>38:44a</td>
<td>Charles Ogilvie 66</td>
<td>Beecher City NY</td>
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<td>Thomas Zocke 66</td>
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<td>Sacramento CA</td>
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<td>41:14</td>
<td>Tony Lipscomb 65</td>
<td>Demopolis AL</td>
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<tr>
<td>41:14</td>
<td>Wilfredo Rico 66</td>
<td>Belle Harbor NY</td>
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<tr>
<td>41:23</td>
<td>Eddie Lewis 66</td>
<td>Brentwood CA</td>
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**10 kilometers**
- William Brobaton 70
- Alarne Wahlgild 70
- Norma Bright 73
- Dean Sceifield 71
- Varnor Gerozy 71
- Anne Johnson 70
- Frank Morales 72
- Jim Turbye 70
- Morgan Boyer 70
- Wuet Kuetzing 71
- Lola Jolla 71

**10 kilometers**
- Charles Hackenheimer 76
- Carl Stroud 75
- Tonya Cataline 75
- Paul Faubank 76
- Taitt Poplin 79
- Homer Craig 75
- Bernhard Blech 78
- Ron Dompsey 78
- James Mead 75
- Willard Benson 79

**10 kilometers**
- Max Poppler 68
- Sally Stroud 66
- Sidney Borden 66
- Zurodo Galindo 81
- Dick Schwartz 85
- Willard Benson 79
- Walter Borden 85
- Eddi Gifford 85
- Nancy Howard 83
- Heather Rios 77

**10 kilometers**
- Laurie Binder 35
- Jan Johnson 37
- Barbara Poplar 35
- Gabrielle Anderson 38
- Ford Madeira 38
- Jane Miller 35
- Madeline Herring 36
- Adrienne Johnson 37
- Nancy Ross 43
- Sian Thoman 37
- Mimi Lemaire 37
- Fred Gifford 45
- Nancy Howard 43

**10 kilometers**
- Cindy D'Alvopp 41
- Elaine Kirchen 41
- Bette Popples 41
- Linda Thurston 41
- Tina Playard 42
- Iris Black 42
- Shirley Weaver 41
- Sian Hulme 39
- Sue Johnson 41
- Eiffreda Wyner 40
- Julie Stille 41

**10 kilometers**
- Vicki Bigelow 48
- Marilav Harbin 48
- Sandy Keithly 46
- Joe Reiss 46
- Mary Ann Wunuth 46
- Gloria Jenkins 45
- Mike Reilly 45
- Belene Bedrock 47
- Sue Johnson 41
- Heidi Skaden-Poyer 45
- Susan Wallace 46
- Ruth Anderson 53

---

(Continued on page 22)
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.

SOUTHWEST REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS
KENNER, LA
MAJ 28, 1983

100 Meters

Men:
35-39: 35.9 James Vicks 53.12
30-34: 40.4 Ray Turner 53.01
35-39: 50.4 M. Van Batton 51.78
60-64: 50.4 Ray Turner 53.01
60-64: 50.4 M. Van Batton 51.78

Women:
30-34: 50.4 Mike Booth 56.09
30-34: 50.4 Linda Gill 56.09

110 Meters Hurdles

Men:
35-39: 35.9 James Vicks 8.81
60-64: 60.4 John Dixon 8.78

200 Meters

Men:
35-39: 50.4 Sammy McWhirter 25.28
35-39: 50.4 William Thomas 25.28
55-59: 55.9 Ken Carnes 25.28
60-64: 60.4 Brian Gagnon 25.28

Women:
35-39: 45.4 Michelle 22.13
60-64: 60.4 Linda Gill 22.13

400 Meters

Men:
35-39: 35.9 James Vicks 53.12
35-39: 40.4 Mike Boudreau 53.12
60-64: 50.4 Warren Hoad 53.12
60-64: 50.4 Gary Smith 53.12

Women:
30-34: 50.4 Laura Booth 53.12
30-34: 50.4 Linda Gill 53.12

1500 Meters

Men:
30-34: 35.9 James Vicks 15.40
35-39: 40.4 Mike Boudreau 15.40
60-64: 60.4 Gary Smith 15.40
60-64: 60.4 Bill Smith 15.40

Women:
30-34: 45.4 Michelle 7.20
30-34: 45.4 Laura Booth 7.20
30-34: 45.4 Linda Gill 7.20

4100 Relay

Men:
35-39: 35.9 James Vicks 51.32
35-39: 40.4 Mike Boudreau 51.32
60-64: 60.4 Gary Smith 51.32
60-64: 60.4 Bill Smith 51.32

Women:
30-34: 45.4 Michelle 26.27
30-34: 45.4 Laura Booth 26.27
30-34: 45.4 Linda Gill 26.27

5100 Meter Walk

Men:
35-39: 35.9 James Vicks 31.45

Women:
30-34: 35.9 James Vicks 31.45

High Jump

Men:
30-34: 35.9 James Vicks 6.5
35-39: 40.4 Mike Boudreau 6.5
60-64: 60.4 Gary Smith 6.5
60-64: 60.4 Bill Smith 6.5

Diving

Women:
30-34: 35.9 James Vicks 6.5
35-39: 40.4 Mike Boudreau 6.5
60-64: 60.4 Gary Smith 6.5
60-64: 60.4 Bill Smith 6.5

Swimming

Men:
30-34: 45.4 Michelle 26.27
30-34: 45.4 Linda Gill 26.27

Women:
30-34: 45.4 Michelle 26.27
30-34: 45.4 Linda Gill 26.27

Note: All times are in minutes and seconds.
## 10K Rankings (Continued from page 20)

### Women

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
<th>City</th>
<th>State</th>
<th>Club</th>
<th>Distance (m)</th>
<th>Height (m)</th>
<th>Weight (kg)</th>
<th>Scored by Age Factor Formulas</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Dyck</td>
<td>71</td>
<td>21:11</td>
<td>Santa Ana</td>
<td>CA</td>
<td>LTFC</td>
<td>656</td>
<td>1.75</td>
<td>70.0</td>
<td></td>
</tr>
<tr>
<td>Helen Dick</td>
<td>66</td>
<td>21:11</td>
<td>San Diego</td>
<td>CA</td>
<td>LTFC</td>
<td>656</td>
<td>1.75</td>
<td>70.0</td>
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<tr>
<td>Kamino Yama</td>
<td>75</td>
<td>21:11</td>
<td>San Diego</td>
<td>CA</td>
<td>LTFC</td>
<td>656</td>
<td>1.75</td>
<td>70.0</td>
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<tr>
<td>Kamino Yama</td>
<td>75</td>
<td>21:11</td>
<td>San Diego</td>
<td>CA</td>
<td>LTFC</td>
<td>656</td>
<td>1.75</td>
<td>70.0</td>
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### Men

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
<th>City</th>
<th>State</th>
<th>Club</th>
<th>Distance (m)</th>
<th>Height (m)</th>
<th>Weight (kg)</th>
<th>Scored by Age Factor Formulas</th>
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</thead>
<tbody>
<tr>
<td>Fred Halsvik</td>
<td>50</td>
<td>21:11</td>
<td>Strongsville, OH</td>
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<td></td>
<td>656</td>
<td>1.75</td>
<td>70.0</td>
<td></td>
</tr>
<tr>
<td>Fred Halsvik</td>
<td>50</td>
<td>21:11</td>
<td>Strongsville, OH</td>
<td></td>
<td></td>
<td>656</td>
<td>1.75</td>
<td>70.0</td>
<td></td>
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<tr>
<td>Fred Halsvik</td>
<td>50</td>
<td>21:11</td>
<td>Strongsville, OH</td>
<td></td>
<td></td>
<td>656</td>
<td>1.75</td>
<td>70.0</td>
<td></td>
</tr>
</tbody>
</table>

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### Other Notes

- The table above lists the top 10K rankings for both men and women as of October 9, 1983.
- The table includes age, name, city, state, club, distance, height, weight, and score for each runner.
- The rankings are based on the 10K race held in Strongsville, Ohio.
<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>50-54 Male</td>
<td>William Wond</td>
<td>4:06.5</td>
</tr>
<tr>
<td>55-59 Male</td>
<td>Roy Edwards</td>
<td>6:57.8</td>
</tr>
<tr>
<td>60-69 Male</td>
<td>John Anderson</td>
<td>9:10.7</td>
</tr>
<tr>
<td>70+ Male</td>
<td>Paul Richard</td>
<td>14.6</td>
</tr>
</tbody>
</table>

**Women's Events**

<table>
<thead>
<tr>
<th>Event</th>
<th>Age Group</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>400M</td>
<td>30-39</td>
<td>Kay Newman (Bozeman)</td>
<td>54.9</td>
</tr>
<tr>
<td>800M</td>
<td>30-39</td>
<td>Janie Blevins (Bozeman)</td>
<td>1:58.6</td>
</tr>
<tr>
<td>Shot Put</td>
<td>60-69</td>
<td>Lloyd Berg (Bozeman)</td>
<td>55.3</td>
</tr>
</tbody>
</table>

**Mens' Events**

<table>
<thead>
<tr>
<th>Event</th>
<th>Age Group</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100M</td>
<td>30-39</td>
<td>Bob Graham (Laurel)</td>
<td>10.4</td>
</tr>
<tr>
<td>200M</td>
<td>30-39</td>
<td>Bill Knuppel (Big Arm)</td>
<td>21.6</td>
</tr>
<tr>
<td>400M</td>
<td>30-39</td>
<td>Bill Knuppel (Big Arm)</td>
<td>45.8</td>
</tr>
<tr>
<td>800M</td>
<td>30-39</td>
<td>John Anderson</td>
<td>9:1</td>
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**Distance Pentathlon**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Score</th>
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<tbody>
<tr>
<td>55-59 Male</td>
<td>Roy Edwards</td>
<td>73</td>
</tr>
<tr>
<td>60-69 Male</td>
<td>John Anderson</td>
<td>73</td>
</tr>
<tr>
<td>70+ Male</td>
<td>Paul Richard</td>
<td>73</td>
</tr>
</tbody>
</table>

**Multi-Class Pentathlon**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Score</th>
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</thead>
<tbody>
<tr>
<td>55-59 Male</td>
<td>Roy Edwards</td>
<td>73</td>
</tr>
<tr>
<td>60-69 Male</td>
<td>John Anderson</td>
<td>73</td>
</tr>
<tr>
<td>70+ Male</td>
<td>Paul Richard</td>
<td>73</td>
</tr>
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</table>

**Relay Events**

<table>
<thead>
<tr>
<th>Event</th>
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<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>4x100M</td>
<td>50-54</td>
<td>Bill Knuppel (Big Arm)</td>
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</tr>
<tr>
<td>4x200M</td>
<td>50-54</td>
<td>Bill Knuppel (Big Arm)</td>
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<tr>
<td>4x400M</td>
<td>50-54</td>
<td>Bill Knuppel (Big Arm)</td>
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</table>

**National Masters News December, 1983 page 23**
EVENT - 100 METERS

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>55-59 Male</td>
<td>Dennis Egley</td>
<td>59</td>
<td>7.4</td>
</tr>
<tr>
<td>60-64 Male</td>
<td>Paul Rohter</td>
<td>60</td>
<td>7.4</td>
</tr>
<tr>
<td>65-69 Male</td>
<td>Paul Heath</td>
<td>65</td>
<td>1:24.1</td>
</tr>
<tr>
<td>70-74 Male</td>
<td>Chat Packard</td>
<td>79</td>
<td>1:20.9</td>
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EVENT - 800 METERS

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<tbody>
<tr>
<td>50-54 Male</td>
<td>Bill Allen</td>
<td>50</td>
<td>2:22:1</td>
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<tr>
<td>60-64 Male</td>
<td>Don Williams</td>
<td>61</td>
<td>2:56.7</td>
</tr>
<tr>
<td>65-69 Male</td>
<td>Paul McHaffey</td>
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<td>3:02.2</td>
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EVENT - 1500 METERS

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<thead>
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<tbody>
<tr>
<td>50-54 Male</td>
<td>Joe King</td>
<td>57</td>
<td>5:04.8</td>
</tr>
<tr>
<td>60-64 Male</td>
<td>Dennis Doyle</td>
<td>59</td>
<td>5:28.0</td>
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</tbody>
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EVENT - 3000 METERS

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<th>Name</th>
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<th>Time</th>
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</thead>
<tbody>
<tr>
<td>60-64 Female</td>
<td>Otto Sommer</td>
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</tr>
<tr>
<td>65-69 Female</td>
<td>Edith O'Leary</td>
<td>69</td>
<td>8:24.0</td>
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EVENT - 5000 METERS

<table>
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<th>Name</th>
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<th>Time</th>
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<tbody>
<tr>
<td>60-64 Male</td>
<td>John Gerson</td>
<td>62</td>
<td>19:43:1</td>
</tr>
<tr>
<td>65-69 Male</td>
<td>Ray Monat</td>
<td>62</td>
<td>20:36.1</td>
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<tr>
<td>70-74 Male</td>
<td>Richard Weibe</td>
<td>67</td>
<td>20:37.0</td>
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EVENT - 10000 METERS

<table>
<thead>
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<th>Name</th>
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<th>Time</th>
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</thead>
<tbody>
<tr>
<td>60-64 Male</td>
<td>Otto Sommer</td>
<td>65</td>
<td>26:39:7</td>
</tr>
<tr>
<td>65-69 Male</td>
<td>Otto Sommer</td>
<td>65</td>
<td>26:31:3</td>
</tr>
<tr>
<td>70-74 Male</td>
<td>Tom Giammarty</td>
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EVENT - 15000 METERS

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<tbody>
<tr>
<td>50-54 Male</td>
<td>Joe King</td>
<td>57</td>
<td>5:04.8</td>
</tr>
<tr>
<td>60-64 Male</td>
<td>Paul McHaffey</td>
<td>69</td>
<td>5:28.0</td>
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EVENT - 30000 METERS

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</thead>
<tbody>
<tr>
<td>60-64 Male</td>
<td>Joe King</td>
<td>57</td>
<td>18:20.4</td>
</tr>
<tr>
<td>65-69 Male</td>
<td>John Satt</td>
<td>67</td>
<td>13:10.7</td>
</tr>
<tr>
<td>70-74 Male</td>
<td>Sam Spinka</td>
<td>72</td>
<td>8:4</td>
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EVENT - 400 METERS

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<th>Name</th>
<th>Age</th>
<th>Time</th>
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<tbody>
<tr>
<td>55-59 Female</td>
<td>Shirley Dietzlerich</td>
<td>56</td>
<td>1:50.3</td>
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<tr>
<td>60-64 Female</td>
<td>Holly J. Monnith</td>
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EVENT - HIGH JUMP

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<th>Distance</th>
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<tbody>
<tr>
<td>55-59 Male</td>
<td>Robert Leavitt</td>
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</tr>
<tr>
<td>60-64 Male</td>
<td>Mark Henderson</td>
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<tr>
<td>65-69 Male</td>
<td>Jim McCarthy</td>
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EVENT - DISCUS

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<tr>
<td>50-54 Male</td>
<td>W. Kolankowki</td>
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<td>60-64 Male</td>
<td>A. Smith</td>
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<tr>
<td>65-69 Male</td>
<td>T. Jones</td>
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EVENT - HALF-MARATHON

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<tr>
<td>50-54 Male</td>
<td>Monty Rezit</td>
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<td>Mark Henderson</td>
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<td>Jim McCarthy</td>
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EVENT - MARATHON

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<tr>
<td>50-54 Male</td>
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<td>50-54</td>
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<td>60-64</td>
<td>26.35</td>
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<td>65-69 Male</td>
<td>Multiple names</td>
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EVENT - 10000 MILES

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<td>50-54 Male</td>
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<tr>
<td>65-69 Male</td>
<td>Multiple names</td>
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EVENT - 50000 MILES

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<tbody>
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<td>50-54 Male</td>
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<tr>
<td>65-69 Male</td>
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EVENT - 100000 MILES

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<tbody>
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<td>50-54 Male</td>
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<td>100,090</td>
</tr>
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EVENT - 500000 MILES

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<tbody>
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<td>65-69 Male</td>
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EVENT - 1000000 MILES

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<th>Distance</th>
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</thead>
<tbody>
<tr>
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| **5th AVENUE MILE** | **Martin Jones** 4:32:70<br>**Mort Gray** 4:35:38<br>**Sid Howard** 4:48:30<br>**Bill Hill** 4:48:30<br>**Lillian Woodward** 5:01:36<br>**Kathy Kettler** 5:09:24<br>**Bonnie Martin** 5:10:22<br>**Phyllis Alder** 5:13:09<br>**H.T. Marshall** 6:05:41<br>**John Toole** 6:08:23<br>**Herts EKtrekln** 6:08:23<br>**Alan Harris** 6:08:55<br>**Phyllis Minshew** 6:10:00<br>**Bob Fischer** 6:10:22<br>**Don Coffman** 6:10:24<br>**Ken Prior** 6:10:35<br>**Larry Fox** 6:11:56<br>**Dobi McDoigall** 6:11:56<br>**Diane Fritz** 6:12:07<br>**Larry Ault** 6:12:31<br>**Mary Dybvdlc** 1:50:49<br>**Nancy Kappa** 1:59:02<br>**Marilyn Reynolds** 1:59:02<br>**Rachel Gordon** 2:00:47<br>**April Wirtz** 2:01:54<br>**Dorothy Metzgall** 2:06:06<br>**Joyce Matzen** 2:06:13<br>**Catherine McCullough** 2:06:44<br>**Pamela Butlewski** 2:12:23<br>**Bill Brobston** 2:14:58<br>**Nancy Rodney** 3:30:22<br>**Katie McDonald** 3:32:30<br>**Esther Mvtcus** 3:37:17<br>**Mary Ann VanOsdol** 1:14:58<br>**Jacqueline Bruce** 1:14:58<br>**Joan Smith** 1:29:32<br>**Suzanne Rohr** 1:31:33<br>**Mary Hoben** 1:31:59<br>**Shirley Segar** 1:32:40<br>**Althea Jureidlnl. 65 2:19:00<br>**Mimi Meyers. 41 1:33:33<br>**Jan Edith Jones. 43 1:33:52<br>**Peggy Oulany. 47 1:20:15<br>**Billie Gail Moten. 46 1:29:30<br>**Deane Ault** 1:30:22<br>**Don Gamnie** 1:30:24<br>**Don Williams** 1:31:35<br>**A.L. Chrietzberg 45 1:35:40<br>**Elaine Clapp 46 1:42:51<br>**Kim Childers** 1:42:51<br>**Joyce Momita** 1:43:17<br>**June Uharriet** 1:43:17<br>**John Burton** 1:45:06<br>**H.T. Mjrshal1 (60+) 1:46:07<br>**John Toole (41) 1:46:17<br>**Herts EKtrekln (46) 1:46:52<br>**Alan Harris (51) 1:46:55<br>**Phyllis Minshew** 1:48:30<br>**H.T. Marshall** 6:05:41<br>**John Toole (41) 6:08:23<br>**Herts EKtrekln (46) 6:08:23<br>**Alan Harris (51) 6:08:55<br>**Phyllis Minshew** 6:10:00<br>**H.T. Marshall** 6:10:22<br>**John Toole (41) 6:10:22<br>**Herts EKtrekln (46) 6:10:24<br>**Alan Harris (51) 6:10:35<br>**Phyllis Minshew** 6:11:56<br>**Bob Fischer** 6:10:22<br>**Don Coffman** 6:10:24<br>**Ken Prior** 6:10:35<br>**Larry Fox** 6:11:56<br>**Dobi McDoigall** 6:11:56<br>**Diane Fritz** 6:12:07<br>**Larry Ault** 6:12:31<br>**Mary Dybvdlc** 1:50:49<br>**Nancy Kappa** 1:59:02<br>**Marilyn Reynolds** 1:59:02<br>**Rachel Gordon** 2:00:47<br>**April Wirtz** 2:01:54<br>**Dorothy Metzgall** 2:06:06<br>**Joyce Matzen** 2:06:13<br>**Catherine McCullough** 2:06:44<br>**Pamela Butlewski** 2:12:23<br>**Bill Brobston** 2:14:58<br>**Nancy Rodney** 3:30:22<br>**Katie McDonald** 3:32:30<br>**Esther Mvtcus** 3:37:17<br>**Mary Ann VanOsdol** 1:14:58<br>**Jacqueline Bruce** 1:14:58<br>**Joan Smith** 1:29:32<br>**Suzanne Rohr** 1:31:33<br>**Mary Hoben** 1:31:59<br>**Shirley Segar** 1:32:40<br>**Althea Jureidlnl. 65 2:19:00<br>**Mimi Meyers. 41 1:33:33<br>**Jan Edith Jones. 43 1:33:52<br>**Peggy Oulany. 47 1:20:15<br>**Billie Gail Moten. 46 1:29:30<br>**Deane Ault** 1:30:22<br>**Don Gamnie** 1:30:24<br>**Don Williams** 1:31:35<br>**A.L. Chrietzberg 45 1:35:40<br>**Elaine Clapp 46 1:42:51<br>**Kim Childers** 1:42:51<br>**Joyce Momita** 1:43:17<br>**June Uharriet** 1:43:17<br>**John Burton** 1:45:06

**3rd Place**

**Georgina Ballesteros. 50 4:53:39<br>**Donald Whitley** 5:04:39**

**4th Place**

**Joanne McManus. 40 5:05:39<br>**Sandra Laverne. 41 5:05:39**

**5th Place**

**Mary MacManus. 41 5:06:39**

**6th Place**

**Jeanne Bullock. 41 5:07:39**

**7th Place**

**Mary Ann VanOsdol. 50 5:08:39**

**8th Place**

**Jacqueline Bruce. 30 5:09:39**
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Over The Hill TC X-Country Classic 5000m; Cleveland, Ohio, October 8, 1983

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SYLKY INTERNATIONAL CHAMPIONSHIPS, COVENTRY, U.K., OCTOBER 16, 1983

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KVI WORLD VETERANS (10+) 6K AND 15K CHAMPIONSHIPS, PERUGIA, FRANCE, OCTOBER 15-16, 1983

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TWIN CITIES MARATHON
MINNEAPOLIS, MINN. OCTOBER 9, 1983

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FESTIVAL BY THE SEA
SUNY/ITE HOLEN BEACH, NC
SEPTEMBER 23, 1983

NEW YORK MARATHON
OCTOBER 8, 1983

MACY'S MARATHON & 10K
KANSAS CITY, MISSOURI
OCTOBER 30, 1983

USA/TAC 15 KILOMETERS NATIONAL MASTERS TRACK AND FIELD MEET
UNIVERSITY PARK, PA OCTOBER 30, 1983

MENS AGE GROUP 1ST THREE PLACES

1st Overall
Michael A. Taylor 26:20:41
E. Mathieson 26:39:50

K-40
Nick Ries 41:24:59
William Fox 41:24:55
Leonard Koch 41:23:55
Frank Hidrox 41:20:50

K-50
Donald Wall 51:24:44
Ralph Fieroe 51:24:09
Fred Anderson 51:24:34
John Loeffel 52:21:00
Paul Cook 53:21:45

K-60
Bernard O'Brien 60:10:08
Donald Thompson 61:14:27
Bob Toppe 61:49:50
Lester Lassner 64:11:30

K-70
Eli Green 70:12:10
Darrell Boyer 70:15:27
Ronald Fields 70:16:10
Les Johnson 70:16:15

K-80
John Anderson 80:17:20
Bill Fields 80:18:20
Bob Fields 80:18:25

K-90
Harry Lofgren 90:19:20
Robert Stevens 90:19:25
Stanley Davis 90:19:30

NATIONAL MASTERS NEWS December, 1983 page 28

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH 1983

WILLIAM BOWERS (POMAY, CAL) 12-17-83
F. COLEY (HARTFORD, CT) 12-17-83
ROBERT DEWEY (SWARTHMORE, PA) 12-17-83
DENNIS DEMITTI (CA) 12-17-83
DON DITTMAN (CA) 12-17-83
JOE JOHNSON (APPOKA, FL) 12-17-83
JOSEPH SIMPSON (NEW YORK) 12-17-83
WILLIAM VANCE (CHICAGO) 12-17-83
DONNA WOOLLEY (ATLANTA) 12-17-83
NORMAN Krom (IL) 12-17-83
RICHARD SRAUB (FL) 12-17-83
SOFIEYEV-KALSA (S.F.B.C.) 12-17-83
RON TAYLOR (CALIF) 12-17-83
SUSAN TOBEN (FRESNO, Calif) 12-17-83
JIM WALKER (EUREKA, KS) 12-17-83
JACOB SOTO (SANTA BARBARA, CA) 12-17-83
LUCELL LIGNON (VALECO, CA) 12-17-83
IRENE OBER (MORAGA, CA) 12-17-83
LYDIA DIMITRI (NY) 12-17-83
GUN ERICKSSON (SWE) 12-17-83
MAVIS WILLIAMS (OH) 12-17-83

THE ATHLETIC CONGRESS

NATIONAL TAC OPEN 1500M RACETACK, ARLINGTON, VA

TWELFTH ANNUAL EASTERN MASTERS ATHLETIC CONGRESS CROSS-COUNTRY CHAMPIONSHIPS

Nov. 6, 1983, Van Cortlandt Park, Bronx, New York 40th
The Terra Trainer is for runners who have one thing on their mind—high mileage—and want almost nothing on their feet. Who know that when you put in a 50-mile week, lifting an extra ounce means lifting an extra 4,625 pounds.

The Terra Trainer is for those whose search for a lightweight shoe has been a brutal, bone-jarring experience. It comes with a Phylon midsole. It's light. It's cushioned. It marks the end of hard times.