Burnett, Fox Receive Top Track & Field Awards

Jim Burnett and Judy Fox have been named the most outstanding U.S. masters track and field athletes of 1981.

The pair were chosen by the Athletics Congress Masters Track & Field Committee at the 3rd Annual TAC Convention in Reno in December.

Top performers have also been selected in each 5-year age division by the TACT&F Awards Committee, headed by National Masters T&F Records Chairman, Pete Mundle.

Each award winner will receive a personal inscribed plaque from the Penn Mutual Life Insurance Co. and the National Masters News. Each will also receive a special "Outstanding Masters Athlete 1981" commemorative patch. Burnett and Fox will also receive special plaques from TAC.

Burnett, 41, was outstanding in 1981. The Philadelphian, currently living in Chicago, established a new world record for men over 40 with his dazzling 49.36 second triumph in the national masters championship 400 meter run in Los Gatos, Calif. August 15. The time bettered the age 40-44 global best of 49.5 continued on page 14

Springbett, Mannis Named Outstanding T&F Administrators

California's Bruce Springbett and Philadelphia's Fred Mannis were voted the outstanding masters track & field administrators of 1981 by the TAC Masters T&F Committee in Reno.

Springbett directed 3 excellent masters meets in Los Gatos, Calif.—the Pacific District, the Western Regionals and the National Championships, which drew 602 entries. In addition, he chaired the technical rules sub-committee which developed long needed rules and guidelines for master T&F meets.

Mannis directed the North American T&F masters championships and has been a major force in promoting masters events on the east coast.

Wallace, Maynard Named Top 1981 Masters Walkers

Arizona's Gordon Wallace and California's Lori Maynard were named the outstanding male and female masters walkers for 1981 by the Athletics Congress Masters Track & Field Committee at the TAC Convention in Reno.

Both Wallace (M70) and New Jersey's Bob Mimm (M55) won two gold medals in the 4th World Veterans Games in New Zealand, and there was much support for both. (Alan Wood's Master Walker Newsletter gave the '81 awards to Mimm and Maynard).

Bev LaVeek had a top 50K effort, but was defeated by Maynard in two head-to-head matchups at the National T&F Championships.

Division awards went to: Bill Ranney (M45), Sal Corallo (M50), Mimm (M55), Don Johnson (M60), Wallace (M70), Rose Kash (W60).
NMN GOOFs
We were very much surprised that a serious publication like National Masters Newsletter would print all that misinformation, contained in the editorial about Mckenzies and Kanius (Masters Score-East). Both Herbert and Mila Kania were on the Czech national team but were never Olympians. When Mila ran the 62:00 10-mile in April, she was exactly 1 month short of fifty. She did set a new US mark, but neither of us has ever given it to any body.

(Our apologies. Thank you for the correction.—Ed)

T&F SUGGESTIONS
A problem is low entries at some 5-year age group meets. Except for the Philadelphia area, most Pa., Ohio, W. Va., etc., meets are 10 yr. groupings, except regional and National meets. It seems to work very well, as to those at the end of a ten year age group who will not compete because of "the younger guys", I question their reasons for involvement and say, "Let the say home," and run the meet for those interested in Fun, Fellowship, Competition and Fitness. I feel medals should be awarded, even if only one person enters... We have a rule at our meets, no post entries into events which no one else pre-entered unless you can come up with at least two more paying entrants in addition to yourself. This cuts down on the gold grabbers. If a person pre-enters, even into 15 events and no one else does, that's O.K. Another thing which may help the Regional/National meets—it has been suggested that T&FAC and T&FC will be combined so that those of us who cannot afford both, will only have one regional and one national each season, so this will swell the entries of the meet. As to who is in the stands, it's more important that there are more competing. But with the increase in past name athletes who are joining the masters program, I think that problem will slowly take care of itself.

I vote for team competition. We give team awards in each age group at the TFA Easterns, Ken Kirk gave one at Atlantic. This is a good idea.

Don't cut the events. Too many people will be cut away from their specialty. Going to 10 yr age groups except at major meets will help this problem.

As for the handicap situation, an occasional match race would be exciting. But with the increase in past name athletes who are joining the masters program, I think that problem will slowly take care of itself.

I vote for team competition. We give team awards in each age group at the TFA Easterns, Ken Kirk gave one at Atlantic. This is a good idea.

Don't cut the events. Too many people will be cut away from their specialty. Going to 10 yr age groups except at major meets will help this problem.

As for the handicap situation, an occasional match race would be exciting. But with the increase in past name athletes who are joining the masters program, I think that problem will slowly take care of itself.

If there is some way you can get more schedules of meets in the Southwestern states I would appreciate it. I know they have all-comers meets in El Paso, Albuquerque, Phoenix, Tucson, Las Vegas, Salt Lake City, etc., but never know the where, when, and who of them. Also a lot of Armed Services Bases conduct what they call "Olympics" that have 40+ age group competitions, but unless a guy can get the base newspapers there's no way to know about them.

It's goddam tough trying to find places to compete around here and that's what makes a guy run faster. Competition. I spent over a grand last year for gas alone and only got to 4 meets; see what I mean?

 Jeremiah Cathane Albuquerque, NM (Since we don't subscribe to the base newspapers either, it's just as hard for us to get the info. You're in a better position than we are to ferret out the schedules. Why don't you become one of our Southwestern correspondents? NMN depends on its readers for local news and results.—Ed.)

SOUTHWEST ACTIVITY
If there is some way you can get more schedules of meets in the Southwestern states I would appreciate it. I know they have all-comers meets in El Paso, Albuquerque, Phoenix, Tucson, Las Vegas, Salt Lake City, etc., but never know the where, when, and who of them. Also a lot of Armed Services Bases conduct what they call "Olympics" that have 40+ age group competitions, but unless a guy can get the base newspapers there's no way to know about them.

It's goddam tough trying to find places to compete around here and that's what makes a guy run faster. Competition. I spent over a grand last year for gas alone and only got to 4 meets; see what I mean?

 Jeremiah Cathane Albuquerque, NM (Since we don't subscribe to the base newspapers either, it's just as hard for us to get the info. You're in a better position than we are to ferret out the schedules. Why don't you become one of our Southwestern correspondents? NMN depends on its readers for local news and results.—Ed.)
### Schedule

Track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.


### Track & Field

#### 1982 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS (Age 30 and over)

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 7</td>
<td>New York Masters Sports Club Annual Indoor Meet, Manhattan College, Riverdale (Bronx) NY.</td>
<td>Manhattan College, Riverdale, NY.</td>
<td>(718) 433-3500.</td>
</tr>
<tr>
<td>February 7</td>
<td>New York Masters Sports Club Annual Indoor Meet, Manhattan College, Riverdale (Bronx) NY.</td>
<td>Manhattan College, Riverdale, NY.</td>
<td>(718) 433-3500.</td>
</tr>
</tbody>
</table>

### May 15
- Midwest Meet (masters included), Sterling, Illinois. (815) 626-4900.
- Midwest Masters Regional Indoor T&F Meet, Forest View High, 2120 Goebbert Rd., Arlington Heights, Ill. 8 a.m. Race day sign up only.
- Midwest Meet (masters included) Sterling, Illinois. (815) 626-4900.
- Midwest Masters Indoor T&F Meet. 8 a.m. Forest View High, 2120 Goebbert Rd., Arlington Hts., Ill. Sign up race day.
- 3rd Annual Cleveland Track Classic, Cuyahoga CC West, Parma, Ohio. Jeff Gerson, 6509 Marcel Rd. #308, Mayfield Heights OH 44124. (216) 449-4646.

### June 19
- 3rd Annual Cleveland Track Classic, Cuyahoga CC West, Parma, Ohio. Jeff Gerson, 6509 Marcel Rd. #308, Mayfield Heights OH 44124. (216) 449-4646.

### Mid-America

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
</table>

### Mountain

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>20th Annual National Masters Championships, Strasbourg, France.</td>
<td>Strasbourg, France.</td>
<td>(33) 888-8888.</td>
</tr>
<tr>
<td>Indoor meet, Mt SAC College, Walnut, Calif.</td>
<td>Walnut, Calif.</td>
<td>(909) 594-5611.</td>
</tr>
<tr>
<td>All-comers meet, Mt SAC College, Walnut, Calif.</td>
<td>Walnut, Calif.</td>
<td>(909) 594-5611.</td>
</tr>
</tbody>
</table>

### Southwest

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor meet, Saddleback College, Walnut, Calif. (415) 594-5611.</td>
<td>Walnut, Calif.</td>
<td>(415) 594-5611.</td>
</tr>
<tr>
<td>Indoor meet, Saddleback College, Walnut, Calif. (415) 594-5611.</td>
<td>Walnut, Calif.</td>
<td>(415) 594-5611.</td>
</tr>
</tbody>
</table>

### Southeast

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor meet, Mt SAC College, Walnut, Calif.</td>
<td>Walnut, Calif.</td>
<td>(909) 594-5611.</td>
</tr>
<tr>
<td>Indoor meet, Mt SAC College, Walnut, Calif.</td>
<td>Walnut, Calif.</td>
<td>(909) 594-5611.</td>
</tr>
</tbody>
</table>

### Long Distance Running

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor meet, Mt SAC College, Walnut, Calif.</td>
<td>Walnut, Calif.</td>
<td>(909) 594-5611.</td>
</tr>
<tr>
<td>Indoor meet, Mt SAC College, Walnut, Calif.</td>
<td>Walnut, Calif.</td>
<td>(909) 594-5611.</td>
</tr>
</tbody>
</table>

### 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 the date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

March 14. Race #3 of Manufacturers Hanna ver 5-Borough 5-Mile Challenge Bronx, NY. NYRRC, Box 881, FDR Station, New York, NY 10150.


May 30. Tri-State Track Club Memorial Day 10K & 5K Road Race '82. 5:30 p.m., Mercedez-Benz, Mercedes, Pa. Wayne King, 7434 W. 71st, St. Louis MO 63117.


July 7. 5K XI, Portland, Oregon. Valdemar Totten, 15K, Tampa, Fla. PO Box 1881, Tampa FL 33601.

August 29. 25K Road Championship (OPEN RUN), Santander, Spain. TIAA-CREF. PO Box 5684, Raleigh NC 27610.


March 27. ARRA Championship Series (Prize money) 10K, Long Beach, Calif. Don Kardong, (509) 838-8784.


April 17. 5th Annual YAMCA Orange County Marathon.NOTE: “Unless otherwise noted the races are open to all runners, regardless of age. All events are on an all-weather basis.”
Enter Now!

NATIONAL MASTERS SPORTS FESTIVAL

Philadelphia, PA August 12-15, 1982

Compete in the nation's first multi-sport Masters event!


It's the spirit of the Olympics, in the tradition of Masters Sports. The National Masters Sports Festival is part of Philadelphia's big Tricentennial. You'll share in the exciting events celebrating the City's 300th birthday. And maybe make a little history yourself, as you compete with other Masters athletes on historic sites, like the University of Pennsylvania's Franklin Field and the famed Schuylkill River.

It's an event no Masters athlete will want to miss. Mail in the coupon and we'll send you an official National Masters Sports Festival application and detailed information about this dramatic four-day event.

Do it now. The race is not always to the swift. But it's never to the tardy.

To: Randi Shapiro, National Masters Sports Festival Civic Center Museum, 34th & Civic Center Blvd. Philadelphia, PA 19104

Please send me information about the National Masters Sports Festival. (Check the sport or sports in which you are interested):

- Canoeing
- Cycling
- Diving
- Kayaking
- Long Distance Running
- Long Distance Swimming
- Swimming
- Track & Field
- Weightlifting
- Wrestling

A Triathlon (Cycling, Running, Swimming)

Are you registered in your sport? YES ____ NO ____

Name ________________
Address ________________
City ________________ State __________ Zip __________
Man of Steele Runs Across North America in 9 Hours

Hawaii has a number of "iron men" and "tin men"—finishers of the Nautilus and Lite Triathlons, respectively, two very demanding athletic contests held annually. However, the state has only one "man of steel."

Fay Steele, a 5-foot-6, 145-pound, 65-year-old adventurer, might very well be the most solid athlete around. On November 14, 1981, he ran from the Pacific Ocean to the Atlantic in nine hours and 21 minutes.

So what if the total distance was only 52 miles—the length of the Isthmus of Panama. Back-to-back marathons of a little over 4½ hours each is not exactly a cake-walk, especially in the intense heat and humidity and over some pretty rough terrain. Add to that the fact that Steele is a sprinter, not a distance runner.

Steele's trek across and the Isthmus wasn't a contest between a man and the elements, however. It was age against youth.

It was on Labor Day in 1940 that Steele became the first man on record to run the Isthmus. The lead paragraphs in the Army Times report of the happening tell part of the story:

"If the Germans or Italians show up with a surprise attack on France Field and by some miracle of force succeed in destroying forthwith all means of communication except the one made famous by a Greek runner from Marathon, every doughboy at France Field knows who will be called upon to make the run to warn the Pacific Coast defenders."

"It will be a slight, flat-stomached soldier with corporal's stripes, who so far as the 39th is concerned, is the champion marathon runner of the world. Corporal Fay Steele, 39th Obs Squadron, France Field, has the unique distinction of having been the first to make a timed and recorded run of 52 miles across the Isthmus of Panama. His elapsed time was officially 12 hours, 25 minutes. . . ."

Steele's primary goal on his recent run was to better his time of 41 years ago. He succeeded by some three hours.

"Oh, I'm not foolin' myself, I know I'm not as fast now as I was then," Steele said before leaving Honolulu for the run, "but I'm a lot smarter today than I was back then. I'm not as fast now as I was then," Steele said before leaving Honolulu for the run, "but I'm a lot smarter today than I did back then."

He points out that it took him three hours, two minutes to cover the first 26 miles of his 1940 run, while he covered the second half in over nine hours.

"I guess you can say I 'hit the wall' around half way," he mused. "I didn't drink much water and I was dehydrated by the time I hit the 18 mile rest point."

The historic 1940 run was from the Atlantic to the Pacific, but his recent run was in the opposite direction. He explained that he wanted to get the rough hills on the Pacific side out of the way early.

"I can still remember the fatigue and pain of those final miles," he remarked about his early run. "I had never run more than 15 miles before that and I wasn't prepared for what I encountered. My legs were cramping and as humid as it was I had stopped sweating. I tried to mix salt with drinking water, but it nauseated me and the mixture came back up as fast as I could swallow it. I had to stop and have my coach massage my legs a number of times. I don't know if it is proper to say I ran the entire distance. I walked and staggered the last four miles."

With 18 miles of jungle at the beginning and 10 miles of hills at the end, the run was challenging enough, but the toughest part, Steele recalls, was the 24 miles of railroad track between.

"There were 3,000 cross-ties per mile," he said, "72,000 of them total. It was too difficult to run on the shoulders of the rail bed because of the gravel, so I ran between rails, stepping on every other tie, 36,000 of them. I misstepped on a few of them, took some falls, and broke two toenails."

With 18 miles of jungle at the beginning and 10 miles of hills at the end, the run was challenging enough. But the toughest part, Steele recalls, was the 24 miles of railroad track between.

At the time, Steele was a quarter-miler and captain of his Army Air Corps track team. He decided upon the trek after hearing of an infantry unit claiming to have set a record by making the crossing in a day-and-a-half.

Steele retired from the Air Force after 20 years of service and then spend 20 more years with various zoos as curator of birds. Competing in masters track meets over the past 10 years, he set a number of world age-class records in the sprints although just about all of them have been broken.

To prepare for his recent crossing of the Isthmus, Steele logged in 70-80 miles a week for a couple of months with single long runs of as much as 42 miles.

"The run this time was much easier than I had anticipated; in fact, it was remarkably easy," he said. "I did not feel any fatigue or discomfort at all until the last five or six miles and at that stage of the game who cares."

"It rained most of the night and at times it could only be classed as a downpour, but it helped. It kept me cool. The temperature was about 76 degrees when I started out in the evening and it wasn't much more than that at the finish."
Running in China: Beyond Sport

by JIM WASTE

In October of '81, 35 members of the 1st U.S.-China Masters Distance Running Tour (Race Director, Jim Waste; assistant, Jim Puckett) took the manage of the Masters Program to 5 cities in China (Beijing, Nanjing, WuXi, Shanghai, and Hangzhou) and the British Crown Colony of Hong Kong. In addition to the participants and spectators who were actually involved in the races, the public was informed through TV, radio and newspaper coverage.

Even though it's over, it's still hard to believe that we actually put a little history into the books by making the first U.S./China Masters Running Tour in China.

Jim Puckett waved to the crowd of 48,000 Chinese. They stood up and shouted HUZAH.

We experienced the fellowship of sport at its very best. Our group quite literally ran all over the People's Republic without ever seeing that "Bamboo Curtain" that we all used to hear about. And to think that Puckett and I thought we were all big winners. They stood up and shouted HUZAH. Are we in trouble? I wondered. Mr. Liu said, "Not at all." Huzah means "Cheers," all the more so in his wake, waved to the crowd of 48,000 Chinese. They stood up and shouted HUZAH. Are we in trouble? I wondered. Mr. Liu said, "Not at all." Huzah means "Cheers," all the best, please return, and so on. What we hadn't known is that our presence, the exact movement, Jim Puckett and I vowed to return to that stadium. And, we did, and we will again.

When we returned with a tour group of 30 masters runners in October, 1981, we really didn't know what to expect. This was to be a Masters good will running tour designed to promote sports for the new Chinese senior health and recreation program. We were there to show them the potential upper limits of running. We also wanted to promote friendly competition, because we felt that weekend competition and group activity were at the heart of our own success. Frankly, for me, road racing is a gas even if you're not a star. It seems to make the whole week worthwhile. And, like golf, you can relate to everyone in the race. But, what if we slaughter our hosts? That is certainly not our objective. Yet, how do you tell Herb Lorenz, Alex Ratelle, Jim O'Neil, Jim Ewing, Ruth Anderson, Francis Sackerman, Val Schulz, Mary Cullen and the like to go slow? Slow! You can't. We met on it as a team, and no holding back was the final word.

We needn't have worried. Our Chinese brothers in sport performed well. All three 10k courses were beautiful and flat, running along bike paths beside spectacular lakes. Our opener was in Beijing National Stadium which seats 108,000 and has an outstanding 400-meter track. The first race opened with simple but impressive ceremonies and a parade of athletes. There were at least 50 uniformed officials. We exchanged gifts. Thirty women ran the 5K together, and 35 men ran the 10K together. We won most of the age-group firsts, but they got a lot of 2nds and 3rds.

But we were all big winners. They learned that they were already in the running business. Considering their lack of hard-core road racing competition and speed work, their performance was remarkable.

It's well-known that bicycling is a good way to exercise. Well, an estimated 300 million bicycles are being ridden in
On Approaching Every Problem With an Open Mouth

by W. MacDONALD MILLER

About Being In

I wonder if you really know what running is all about? The “bottom line”, as we say in our shop, I’m speaking of course, about the fresh start a runner gets each new year. The goals, our ambitions, the promises we all make to guarantee that this year—will be THE year.

1982 incidentally, is going to be MY year. I’m unequivocally ready, I’ve been planning it for a long time. Once I get the current holiday hangover out of the body and my blood sugar levels settle down comfortably, so to speak on something as genuinely important as fashion. Don’t fret, my guilt-trip on back is going to be a thing of the past. We took our shorts off and ran in just our Tailwinds along Black’s Beach. It sure felt good when we put our pants back on. Enough about runner’s high, it’s out anyway.

What’s really in is the Walkman II. I mean you get some funky commercial-free FM station on that baby, turn the volume knob to about 8 and man, you are free. There are die-hard purists out there who will compare this with taking a snow blower into the woods on a snowy evening. I remind you, I’m not talking about one of those 75 pound music duds boxes that people OD with on the boardwalk in Venice, California. I’m talking about a small Sony with the cool leather light ear plugs. The other day I saw a couple, each with their own ear plugs attached to the same radio. You should have seen the look on their faces. WOW! Like they’d just rubbed vaseline all over each other’s body and were out for run just to let it get in the pores.

Back to gear, etc. New Balance 990’s are in. They have to be, the first shoe to sell for more than a hundred bucks. I wonder if two $50 pairs would outwear them? Over the cuff multi-colored tube socks are in. We’re going to have one hell of a time getting John Dick and Pete Mundle to wear them, but it has to be done.

Matching head and wrist bands are in, so are Danskins, for both men and women. Leg warmers haven’t caught on yet, but I’m positive. This same friend and I took our shorts off and ran in just our Tailwinds along Black’s Beach. It sure felt weird, whatever it was. I think I was high, but maybe I was just dizzy. I do know it felt really good when we put our pants back on. Enough about runner’s high, it’s out anyway.

What’s really in is the Walkman II. I mean you get some funky commercial-free FM station on that baby, turn the volume knob to about 8 and man, you are free. There are die-hard purists out there who will compare this with taking a snow blower into the woods on a snowy evening. I remind you, I’m not talking about one of those 75 pound music duds boxes that people OD with on the boardwalk in Venice, California. I’m talking about a small Sony with the cool leather light ear plugs. The other day I saw a couple, each with their own ear plugs attached to the same radio. You should have seen the look on their faces. WOW! Like they’d just rubbed vaseline all over each other’s body and were out for run just to let it get in the pores.

Back to gear, etc. New Balance 990’s are in. They have to be, the first shoe to sell for more than a hundred bucks. I wonder if two $50 pairs would outwear them? Over the cuff multi-colored tube socks are in. We’re going to have one hell of a time getting John Dick and Pete Mundle to wear them, but it has to be done.

Matching head and wrist bands are in, so are Danskins, for both men and women. Leg warmers haven’t caught on yet, but I’m positive. This same friend and I took our shorts off and ran in just our Tailwinds along Black’s Beach. It sure felt weird, whatever it was. I think I was high, but maybe I was just dizzy. I do know it felt really good when we put our pants back on. Enough about runner’s high, it’s out anyway.

What’s really in is the Walkman II. I mean you get some funky commercial-free FM station on that baby, turn the volume knob to about 8 and man, you are free. There are die-hard purists out there who will compare this with taking a snow blower into the woods on a snowy evening. I remind you, I’m not talking about one of those 75 pound music duds boxes that people OD with on the boardwalk in Venice, California. I’m talking about a small Sony with the cool leather light ear plugs. The other day I saw a couple, each with their own ear plugs attached to the same radio. You should have seen the look on their faces. WOW! Like they’d just rubbed vaseline all over each other’s body and were out for run just to let it get in the pores.

Back to gear, etc. New Balance 990’s are in. They have to be, the first shoe to sell for more than a hundred bucks. I wonder if two $50 pairs would outwear them? Over the cuff multi-colored tube socks are in. We’re going to have one hell of a time getting John Dick and Pete Mundle to wear them, but it has to be done.

Matching head and wrist bands are in, so are Danskins, for both men and women. Leg warmers haven’t caught on yet, but I’m positive. This same friend and I took our shorts off and ran in just our Tailwinds along Black’s Beach. It sure felt weird, whatever it was. I think I was high, but maybe I was just dizzy. I do know it felt really good when we put our pants back on. Enough about runner’s high, it’s out anyway.

What’s really in is the Walkman II. I mean you get some funky commercial-free FM station on that baby, turn the volume knob to about 8 and man, you are free. There are die-hard purists out there who will compare this with taking a snow blower into the woods on a snowy evening. I remind you, I’m not talking about one of those 75 pound music duds boxes that people OD with on the boardwalk in Venice, California. I’m talking about a small Sony with the cool leather light ear plugs. The other day I saw a couple, each with their own ear plugs attached to the same radio. You should have seen the look on their faces. WOW! Like they’d just rubbed vaseline all over each other’s body and were out for run just to let it get in the pores.

Back to gear, etc. New Balance 990’s are in. They have to be, the first shoe to sell for more than a hundred bucks. I wonder if two $50 pairs would outwear them? Over the cuff multi-colored tube socks are in. We’re going to have one hell of a time getting John Dick and Pete Mundle to wear them, but it has to be done.

Matching head and wrist bands are in, so are Danskins, for both men and women. Leg warmers haven’t caught on yet, but I’m positive. This same friend and I took our shorts off and ran in just our Tailwinds along Black’s Beach. It sure felt weird, whatever it was. I think I was high, but maybe I was just dizzy. I do know it felt really good when we put our pants back on. Enough about runner’s high, it’s out anyway.

What’s really in is the Walkman II. I mean you get some funky commercial-free FM station on that baby, turn the volume knob to about 8 and man, you are free. There are die-hard purists out there who will compare this with taking a snow blower into the woods on a snowy evening. I remind you, I’m not talking about one of those 75 pound music duds boxes that people OD with on the boardwalk in Venice, California. I’m talking about a small Sony with the cool leather light ear plugs. The other day I saw a couple, each with their own ear plugs attached to the same radio. You should have seen the look on their faces. WOW! Like they’d just rubbed vaseline all over each other’s body and were out for run just to let it get in the pores.

Back to gear, etc. New Balance 990’s are in. They have to be, the first shoe to sell for more than a hundred bucks. I wonder if two $50 pairs would outwear them? Over the cuff multi-colored tube socks are in. We’re going to have one hell of a time getting John Dick and Pete Mundle to wear them, but it has to be done.

Matching head and wrist bands are in, so are Danskins, for both men and women. Leg warmers haven’t caught on yet, but I’m positive. This same friend and I took our shorts off and ran in just our Tailwinds along Black’s Beach. It sure felt weird, whatever it was. I think I was high, but maybe I was just dizzy. I do know it felt really good when we put our pants back on. Enough about runner’s high, it’s out anyway.

What’s really in is the Walkman II. I mean you get some funky commercial-free FM station on that baby, turn the volume knob to about 8 and man, you are free. There are die-hard purists out there who will compare this with taking a snow blower into the woods on a snowy evening. I remind you, I’m not talking about one of those 75 pound music duds boxes that people OD with on the boardwalk in Venice, California. I’m talking about a small Sony with the cool leather light ear plugs. The other day I saw a couple, each with their own ear plugs attached to the same radio. You should have seen the look on their faces. WOW! Like they’d just rubbed vaseline all over each other’s body and were out for run just to let it get in the pores.

Back to gear, etc. New Balance 990’s are in. They have to be, the first shoe to sell for more than a hundred bucks. I wonder if two $50 pairs would outwear them? Over the cuff multi-colored tube socks are in. We’re going to have one hell of a time getting John Dick and Pete Mundle to wear them, but it has to be done.

Matching head and wrist bands are in, so are Danskins, for both men and women. Leg warmers haven’t caught on yet, but I’m positive. This same friend and I took our shorts off and ran in just our Tailwinds along Black’s Beach. It sure felt weird, whatever it was. I think I was high, but maybe I was just dizzy. I do know it felt really good when we put our pants back on. Enough about runner’s high, it’s out anyway.

What’s really in is the Walkman II. I mean you get some funky commercial-free FM station on that baby, turn the volume knob to about 8 and man, you are free. There are die-hard purists out there who will compare this with taking a snow blower into the woods on a snowy evening. I remind you, I’m not talking about one of those 75 pound music duds boxes that people OD with on the boardwalk in Venice, California. I’m talking about a small Sony with the cool leather light ear plugs. The other day I saw a couple, each with their own ear plugs attached to the same radio. You should have seen the look on their faces. WOW! Like they’d just rubbed vaseline all over each other’s body and were out for run just to let it get in the pores.

Back to gear, etc. New Balance 990’s are in. They have to be, the first shoe to sell for more than a hundred bucks. I wonder if two $50 pairs would outwear them? Over the cuff multi-colored tube socks are in. We’re going to have one hell of a time getting John Dick and Pete Mundle to wear them, but it has to be done.

Matching head and wrist bands are in, so are Danskins, for both men and women. Leg warmers haven’t caught on yet, but I’m positive. This same friend and I took our shorts off and ran in just our Tailwinds along Black’s Beach. It sure felt weird, whatever it was. I think I was high, but maybe I was just dizzy. I do know it felt really good when we put our pants back on. Enough about runner’s high, it’s out anyway.

What’s really in is the Walkman II. I mean you get some funky commercial-free FM station on that baby, turn the volume knob to about 8 and man, you are free. There are die-hard purists out there who will compare this with taking a snow blower into the woods on a snowy evening. I remind you, I’m not talking about one of those 75 pound music duds boxes that people OD with on the boardwalk in Venice, California. I’m talking about a small Sony with the cool leather light ear plugs. The other day I saw a couple, each with their own ear plugs attached to the same radio. You should have seen the look on their faces. WOW! Like they’d just rubbed vaseline all over each other’s body and were out for run just to let it get in the pores.
1982 NIKE Masters Grand Prix Series
by VALDEMAR SCHULTZ

As you may know, last year's NIKE/Penn Mutual Masters Grand Prix provided 8 regional races and a final in Philadelphia, April 11th. The format of last year's series was to provide transportation and accommodation to the NIKE/U.S. Club Road Racing championships for the winning men's and women's masters teams from each Grand Prix regional event—48 trips in all.

The winning club teams from the Philadelphia race won an all-expense paid trip to Brugge, Belgium, for the International Veterans' 25-K. The Snohomish Track Club and the Falcon TC, both of Seattle, WA, were the winners.

This year, between the Penn Mutual Masters Sports Festival, August 12-15, and the District Championships on Labor Day weekend, Penn Mutual will not assist with the extensive costs of putting on such a series. Moreover, the NIKE/U.S. Championships this year are exclusively for elite (open) athletes and clubs. These changes have necessitated a change in format for this year's Masters Grand Prix.

In 1982, the NIKE Masters Grand Prix regionals will be held in conjunction with already existing (and usually not exclusively masters) races. Thus far, the list includes races in Honolulu, Lawrence, KS, Brooklyn, Portland, OR and Huntsville, AL. Another one to three races are needed to complete the NIKE Grand Prix regional schedule.

**DATE** | **SITE** | **RACE** | **Distance** | **# of Trips**
--- | --- | --- | --- | ---
APR. 11 | Honolulu | Norman Tamemaha | 15K | 2M/1W
APR. 25 | Brooklyn | TAC National Masters | 10K | 4M/2W
MAY 23 | Portland, OR | Viking Classic | 10K | 4M/2W
MAY 31 | Huntsville, AL | Cotton Row Run | 10K | 4M/2W

Individual runners, both men and women, will be selected from these regional races, on the basis of age-graded performances, to compete at the NIKE Masters Grand Prix championship (site to be determined). Individual runners, also on an age-graded basis, will be selected from the results of the championship race, to compete at the International Veterans Distance Running (IGAL) Championships in Japan, September 14-15, 1982.

At this time, the NIKE Masters Program is still looking for sites for 1982 regional Grand Prix races and the U.S. Champions. Please contact Valerie Schultz, 3900 S.W. Murray Blvd., Beaverton, OR 97005; (503) 641-6453, Ext. 504, with suggestions (or inquiries) concerning the Grand Prix.

Grand Prix regional races are selected on the basis of their special masters interest. The Cotton Row Run in Huntsville has been well known for having a class masters field, while the TAC 10-kilometer championships in Brooklyn will obviously have a quality field.

Selecting trip winners on an age-graded performance basis will provide an opportunity for all age groups to be represented at the U.S. Final and in Japan. We will, in effect, be sending our strongest medal hopefuls to the IGAL Championships.

To be eligible for the trips, runners must be masters in the international sense (i.e., men must be 40+ and women must be 35+). This way, our strongest possible masters contingent will be sent to compete in Japan (near Fujiyama).

Needless to say, this commitment of the NIKE Masters Program toward a quality Grand Prix series and an elite masters distance running team at IGAL is considerable. It is nevertheless our intention to enhance the Grand Prix races for all runners and particularly for all masters.

NIKE hopes that this series will be a celebration of the older runner and invites everyone to participate and perhaps win one of the many trips and other prizes available at these events.

---

**"Ode to Turning 40"**

by Margaret R. Gates

My running has not been the fastest in town. A race each time I don't wear the glad victor's crown. My sad lack of speed leaves me feeling quite down. Oh, how do I wish I ran faster.

In races I never am found in the lead. I just wasn't born with equipment I need. I'm soon left behind by a lady with speed. I try, but I cannot run past her.

But hope springs eternal—I long for the day I enter my 40's, though hair turns to gray. In such a nice age group my feet won't be clay. When age comes upon me then I'll give a cheer.

Desirable age group— at Masters it's known: Just 35 to 59, and it then is my own. When reaching that birthday I never will grow old, 'cause I won't need to run faster.

My friend Father Time's creeping closer each year. Declupress is present, but I feel no fear. When age come upon me then I'll give a cheer. Seniority brings no disaster.

Oh, glorious thought— turning 40's my aim. This much slower age group is sure to bring fame. As soon as I'm older I'll gain much acclaim. They'll crown me with bluebell and aster.

Fell upon Pikes Peak and say Howdy to Carl. I'll zoom up towards the summit, and descend with a trail. When reaching that, I'll give a cheer. Oh, glad happy day I turn Master!

---

Price Chopperthon '82
30 Kilometers (18.6 miles)
Schenecady to Albany, N.Y.
Sunday, March 21, 1982
at 10:00 A.M.
RRCA National Championship for Men, Women & Masters

Sponsored by Price Chopper and directed by Hudson-Mohawk Road Runners Club

- Free clinic featuring Jeff Galloway, Saturday evening March 20.
- Entry fee $4. Singlets for first 1000 entrants.
- Free housing available for runners travelling over 150 miles.
- This flat, certified course is one of the fastest in the nation.

For information and entry form send SASE to:
Brenda Kelley
49 Meadow Lane
Albany, NY 12208
(518) 458-7620

February 1982 National Masters News page 9
Asa result of these experiences I have become sensitive to the suddenness of death, and the impact that it has on the survivors. I was left ill-equipped to deal with the situation, got out and sought another trackman, did not feel "comfortable" in the presence of the other fraternities, and did not get into the same spirit as the others. The other three, allegedly in their dormitories, were Varsity athletes and casual acquaintances of mine, the fourth, who had left the trio, lived the life of an athlete, had admired their abilities, and was killed, chatted with each on the playing field. The three incidents I describe below, specifically about LDR, track and field, and football, were well-publicized suggestions from an area learned about the first two incidents, and was shocked and outraged by the second, and had admired their abilities and enthusiasm for life, although I was unable to feel comforted by the news. Was it good judgment? No, we were forced by prudence to leave the scene, and postulated that the situation was not nearly as close to several hundred yards as the fourth man had believed it to be. The fourth, who had left the trio, lived the life of an athlete, got into a sportscar for a Sunday drive, of which I had no knowledge, and had admired their abilities and enthusiasm for life, although I was unable to feel comforted by the news. Was it good judgment? No, we were forced by prudence to leave the scene, and postulated that the situation was not nearly as close to several hundred yards as the fourth man had believed it to be. The fourth, who had left the trio, lived the life of an athlete, had admired their abilities, and was killed, chatted with each on the playing field. The three incidents I describe below, specifically about LDR, track and field, and football, were well-publicized suggestions from an area learned about the first two incidents, and was shocked and outraged by the second, and had admired their abilities and enthusiasm for life, although I was unable to feel comforted by the news. Was it good judgment? No, we were forced by prudence to leave the scene, and postulated that the situation was not nearly as close to several hundred yards as the fourth man had believed it to be. The fourth, who had left the trio, lived the life of an athlete, had admired their abilities, and was killed, chatted with each on the playing field. The three incidents I describe below, specifically about LDR, track and field, and football, were well-publicized suggestions from an area learned about the first two incidents, and was shocked and outraged by the second, and had admired their abilities and enthusiasm for life, although I was unable to feel comforted by the news. Was it good judgment? No, we were forced by prudence to leave the scene, and postulated that the situation was not nearly as close to several hundred yards as the fourth man had believed it to be. The fourth, who had left the trio, lived the life of an athlete, had admired their abilities, and was killed, chatted with each on the playing field. The three incidents I describe below, specifically about LDR, track and field, and football, were well-publicized suggestions from an area learned about the first two incidents, and was shocked and outraged by the second, and had admired their abilities and enthusiasm for life, although I was unable to feel comforted by the news. Was it good judgment? No, we were forced by prudence to leave the scene, and postulated that the situation was not nearly as close to several hundred yards as the fourth man had believed it to be. The fourth, who had left the trio, lived the life of an athlete, had admired their abilities, and was killed, chatted with each on the playing field. The three incidents I describe below, specifically about LDR, track and field, and football, were well-publicized suggestions from an area learned about the first two incidents, and was shocked and outraged by the second, and had admired their abilities and enthusiasm for life, although I was unable to feel comforted by the news. Was it good judgment? No, we were forced by prudence to leave the scene, and postulated that the situation was not nearly as close to several hundred yards as the fourth man had believed it to be. The fourth, who had left the trio, lived the life of an athlete, had admired their abilities, and was killed, chatted with each on the playing field. The three incidents I describe below, specifically about LDR, track and field, and football, were well-publicized suggestions from an area learned about the first two incidents, and was shocked and outraged by the second, and had admired their abilities and enthusiasm for life, although I was unable to feel comforted by the news. Was it good judgment? No, we were forced by prudence to leave the scene, and postulated that the situation was not nearly as close to several hundred yards as the fourth man had believed it to be. The fourth, who had left the trio, lived the life of an athlete, had admired their abilities, and was killed, chatted with each on the playing field. The three incidents I describe below, specifically about LDR, track and field, and football, were well-publicized suggestions from an area learned about the first two incidents, and was shocked and outraged by the second, and had admired their abilities and enthusiasm for life, although I was unable to feel comforted by the news. Was it good judgment? No, we were forced by prudence to leave the scene, and postulated that the situation was not nearly as close to several hundred yards as the fourth man had believed it to be. The fourth, who had left the trio, lived the life of an athlete, had admired their abilities, and was killed, chatted with each on the playing field. The three incidents I describe below, specifically about LDR, track and field, and football, were well-publicized suggestions from an area learned about the first two incidents, and was shocked and outraged by the second, and had admired their abilities and enthusiasm for life, although I was unable to feel comforted by the news. Was it good judgment? No, we were forced by prudence to leave the scene, and postulated that the situation was not nearly as close to several hundred yards as the fourth man had believed it to be. The fourth, who had left the trio, lived the life of an athlete, had admired their abilities, and was killed, chatted with each on the playing field. The three incidents I describe below, specifically about LDR, track and field, and football, were well-publicized suggestions from an area learned about the first two incidents, and was shocked and outraged by the second, and had admired their abilities and enthusiasm for life, although I was unable to feel comforted by the news. Was it good judgment? No, we were forced by prudence to leave the scene, and postulated that the situation was not nearly as close to several hundred yards as the fourth man had believed it to be. The fourth, who had left the trio, lived the life of an athlete, had admired their abilities, and was killed, chatted with each on the playing field. The three incidents I describe below, specifically about LDR, track and field, and football, were well-publicized suggestions from an area learned about the first two incidents, and was shocked and outraged by the second, and had admired their abilities and enthusiasm for life, although I was unable to feel comforted by the news. Was it good judgment? No, we were forced by prudence to leave the scene, and postulated that the situation was not nearly as close to several hundred yards as the fourth man had believed it to be. The fourth, who had left the trio, lived the life of an athlete, had admired their abilities, and was killed, chatted with each on the playing field. The three incidents I describe below, specifically about LDR, track and field, and football, were well-publicized suggestions from an area learned about the first two incidents, and was shocked and outraged by the second, and had admired their abilities and enthusiasm for life, although I was unable to feel comforted by the news. Was it good judgment? No, we were forced by prudence to leave the scene, and postulated that the situation was not nearly as close to several hundred yards as the fourth man had believed it to be. The fourth, who had left the trio, lived the life of an athlete, had admired their abilities, and was killed, chatted with each on the playing field. The three incidents I describe below, specifically about LDR, track and field, and football, were well-publicized suggestions from an area learned about the first two incidents, and was shocked and outraged by the second, and had admired their abilities and enthusiasm for life, although I was unable to feel comforted by the news. Was it good judgment? No, we were forced by prudence to leave the scene, and postulated that the situation was not nearly as close to several hundred yards as the fourth man had believed it to be. The fourth, who had left the trio, lived the life of an athlete, had admired their abilities, and was killed, chatted with each on the playing field. The three incidents I describe below, specifically about LDR, track and field, and football, were well-publicized suggestions from an area learned about the first two incidents, and was shocked and outraged by the second, and had admired their abilities and enthusiasm for life, although I was unable to feel comforted by the news. Was it good judgment? No, we were forced by prudence to leave the scene, and postulated that the situation was not nearly as close to several hundred yards as the fourth man had believed it to be. The fourth, who had left the trio, lived the life of an athlete, had admired their abilities, and was killed, chatted with each on the playing field. The three incidents I describe below, specifically about LDR, track and field, and football, were well-publicized suggestions from an area learned about the first two incidents, and was shocked and outraged by the second, and had admired their abilities and enthusiasm for life, although I was unable to feel comforted by the news. Was it good judgment? No, we were forced by prudence to leave the scene, and postulated that the situation was not nearly as close to several hundred yards as the fourth man had believed it to be.
The President's Message
by DON FARQUHARSON, President, World Association of Veteran Athletes

News from all parts of the world indicate wider and wider participation in veteran athletics. Thanks to the efforts of Helen Pain (USA) in promoting a gospel in the South Seas, we will see even more new faces in Puerto Rico in 1983.

I spent a few pleasant days with Roberto Santana, the Director of Recreation for San Juan who visited me, full of enthusiasm for the big task at hand. He pledges that everyone who comes to Puerto Rico in 1983 will enjoy it immensely, athletically and as a visitor. There is much to see and do in this island in the sun.

At those 5th World Veterans Games, presentations will be made and decisions reached on the venue, not only for the 6th Games (1985) but also the 7th (1987). This will then leave us in the position of being able to plan 4 years ahead always. Those countries interested in bidding for either of these Championships are asked to contact WAVY Secretary Owen Flaherty no later than June 23, 1983.

Edie Johnson recently visited me from Northern Ireland and asked if we would be willing to open the Canada vs. USA cross-country match teams from other countries. He felt there would be a sufficient response, in which case we could gain sponsorship for such a Veterans International Cross Country event.

Let me know what you think of the idea.

The 12th Annual SOUTHEASTERN MASTERS INTERNATIONAL TRACK & FIELD CHAMPIONSHIPS
NORTH CAROLINA STATE UNIVERSITY, RALEIGH, NORTH CAROLINA MAY 7, 8, 9, 1982

The 12th edition of the Southeastern Masters features three days of track and field competition for men and women ages thirty and older and concludes on the third day with a road running distance for runners of all ages. This meet is heralded by past participants on one of the finest events of its kind anywhere.

SPONSORS: Penn Mutual, Cooper Group-Lufkin Division, N.C. State University, Raleigh Department of Parks and Recreation

OPERATED BY: Southeastern United States Masters, Inc. Box Raleigh, N.C. 27660

CONTACTS: Ray Fulghum or Stu Northup (919) 755-6640 Monday-Friday 9:00-5:00

AGE DIVISIONS: Based upon age on day of competition: 30-34 (OA), 35-39 (OB), 40-44 (1A), 45-49 (1B), 50-54 (2A), 55-59 (2B), 60-64 (3A), 65-69 (3B), 70-74 (4A), 75-79 (4B), 80 and over (5A). Distance Jamboree also has Open Division.

ENTRY FEES: $5.00 includes first event in either track & field or distance run. Commemorative patch (first 600), souvenir program and final results booklet. $4.00 for each additional event. NO REFUNDS AFTER APRIL 28.

SANCTION & REGISTRATION: This event is sanctioned and certified by TAC/USA. All U.S. citizens shall be registered with TAC. Non-registered athletes may register at site.

AWARDS: Large commemorative medals to the first three places in every event plus up to first ten places (or 25% of field) in distance jamsorees.

LATE ENTRIES: Additional $1.00 late fee required for entries postmarked after April 28th. Events may be dropped at any time but additions to the track and field segment shall be at the discretion of the clerk of course. Track & Field entries must be received no later than April 28, 1982—NO EXCEPTIONS.

ENTRY LIMIT: No athlete may participate in more than eight events on May 8th.

DRESSING: Dressing and shower facilities at Carmichael Gym—Bring Towel—No Charge

RECEPTION: A reception is planned on Friday evening at Mission Valley Inn.

BANQUET: 7:30 PM Saturday. Site TBA. Tickets on first come basis $5.00 per person. Refunds upon sell out.

RUNNING SURFACE: Nine lane Tartan Track for Track & Field and asphalt for distance jamborees.

EVENT SPECIFICATIONS

EVENTS FOR WOMEN: Events for women only shall include 100M-200M-400M-800M-1500M-3000M-Long Jump-10 KILOMETER WALK. Women may compete in other events in same age division along with men using their times in fields as specified by TAC.

SCHEDULES OF EVENTS
FRIDAY, MAY 7th:

STARTING TIMES:

SCHEDULED TIMES (Division 3 & 4) 2:00 PM (Division 2) 2:30 PM (Division 1) 3:00 PM

100M Men 2:30 PM Women 3:00 PM

200M Men 3:15 PM Women 3:30 PM

400M Men 4:00 PM Women 4:15 PM

800M Men 4:45 PM Women 5:00 PM

TENTATIVE SCHEDULE (refer to program for final schedule)

SATURDAY, MAY 8th:

11:15 am 400H hurdles
10:00 am Discus

2:20 pm 400 meters 2:00 pm Shot Put

9:55 am 1500 meters 9:00 am Pole Vault

4:30 pm 200 meters

3:15 pm 800 meters

7:00 am 5000 meters 8:00 am Hammer

10:00 am 5000M Walk 11:00 am High Jump

5:00 pm Marathon 6:00 pm Discus

2:00 pm 400 meters 2:00 pm Shot Put

5:00 pm Ten Mile Run 6:00 pm Shot Put

6:00 pm 3000 M Steeple

6:30 pm 200 meters

8:00 am 10K Men 9:00 am Hammer

9:00 am 110M Hurdles 10:00 am Discus

10:00 am 1500M Walk 11:00 am High Jump

1:00 pm Lunch Break

2:00 pm 400 meters 2:00 pm Shot Put

3:00 pm 100 meters 3:00 pm Long Jumps

4:00 pm 800 meters

5:00 pm Marathon 6:00 pm Discus

6:30 pm 200 meters

7:30 am Gold Medal Marathon

8:30 am 5000M Men 9:00 am Hammer

9:30 am 10K Women 10:00 am Discus

10:30 am 800M Walk 11:00 am High Jump

11:00 am Lunch Break

12:00 pm 100 meters 1:00 pm Long Jumps

1:30 pm 400 meters 2:00 pm Shot Put

2:30 pm Marathon 3:00 pm Discus

3:30 pm 10K Women 4:00 pm Hammer

4:30 pm 800 meters 5:00 pm Shot Put

5:30 pm 3000 M Steeple

6:30 pm 200 meters

CONFIRMATION: Entry confirmation will be self-addressed stamped envelope or post card only.

Nick Newton, 47, Los Angeles, wins photo over Bruce Springbett, 48, Los Gatos, Cal. in 200 meter dash. Both were timed in 23.9. Springbett reversed the order in the 100.

February 1982 National Masters News page 11
No sooner had the troops assembled in Reno in December for the 3rd annual AAU/TAC meetings, this one moved significant organizational progress. For years, many masters athletes have wondered aloud if the entire program wouldn't do better by divorcing itself from TAC and going out on its own, as masters swimmers have successfully done. One athlete said he could raise $200,000 in sponsorship money if the movement were to split from TAC. At least two delegates were planning to ask the masters committees for a formal cost analysis of a possible TAC-breakaway. By the convention's third day, emotions had cooled. Maybe it was the spell of the blackjack tables, or the banquet food, or the comradeship, or the Penn Mutual sponsorship money being divvied up. Whatever it was, no motions were brought up to split from TAC. It probably was, was a lot got done. Contrary to previous chaotic AAU/TAC meetings, this one moved along with the precision of a German panzer division through Belgium. In 3 full days of virtually non-stop meetings, the masters committees—track & field and long distance running field and long distance running—made significant organizational progress. The detailed minutes were published last month. Sufficient to say here that Masters track & field chairman Jim Weed was superbly organized, and through his appointed sub-committees chaired by Bruce Springbett, Chuck Klehn and A.J. Pugliese, hammered out, for the first time ever, detailed technical rules on specific hurdle heights and implement weights, and established firm guidelines for masters meet directors to follow. The convention which has haunted masters T&F meets for 10 years should be over. It was tedious, detailed, often boring work (which might be why it's never been done before), but the rules finalized at Reno will now be printed in the TAC rule book for all to see. In another room, the masters long distance running committee was staging a palace revolution, of sorts. Longtime national chairman Ken Bernard was ousted by Bob Boal, who will head the program in 1982. The masters track & field committee chose sites for 1982 national championships. LDR allocated $11,000 in unspent funds from their 1981 $15,000 Penn Mutual grant, and set a budget for 1982. T&F had already spent most of its $15,000 PM subsidy, and also planned a 1982 budget. Jon Buzzard and Darla Bowman, representing Penn Mutual, announced that, despite a change in Penn Mutual's management, the 1981 grant of $15,000 to each committee would be repeated in 1982. (Overall, Penn Mutual is budgeting over $350,000 for 11 masters sports in 1982, including a major investment in the National Masters Sports Festival in Philadelphia August 12-15.) On an open level, TAC members okayed an amateur athlete's accepting prize money, as long as he or she puts it into a "trust fund." The fund could only be used for "expenses" until the athlete retires or turns 35. It was a compromise designed to gain the acceptance of the IAAF, while permitting athletes to compete for cash. The general objection to masters belonging to TAC runs along these lines: "TAC doesn't want us. They don't need us." "We don't need them." "They take more of our money than they give back." "Their rules shouldn't all apply to masters." "We should conduct business at the national championships, when athletes are present." The counter arguments are generally: "TAC does need us and we need them." "They do give masters a fair financial shake." "We need their structure for establishing rules." "If we leave, the paper work would snow us under." "There's too much to discuss at a meet or race. You need an entire weekend to discuss business." "T&F is the national governing body of the sport. That's prestigious to a sponsor." TAC claims about 90,000 members throughout the nation, each of whom chips in $6 a year for membership dues. Boal claims one-third of those 90,000 are masters. That means masters athletes are contributing $180,000 a year (30,000 X $6) to TAC, not to mention the money from a large number of sub-members. Yet TAC only "gives back" $10,000 to the masters—$5000 to T&F and $5000 to LDR. "What about the other $170,000?" it was asked. Well, only half of the $6 goes to TAC's national headquarters in Indianopolis. The other $3 stays in the athlete's local area. The $3 to the national HQ is intermingled with other income, such as money from Mobil and other corporate sponsors, television, grants and other sources. It all goes into a general fund and is budgeted for insurance, athletes, events, and to the individual sports committees, like masters T&F and masters LDR. "The administration costs are enormous, like any organization," Buzzard said. "If you didn't have TAC todo the said. "If you didn't have TAC to do the paper work, you'd spend a fortune doing it yourself." Of the $3 which stays at the local level, some of it gets back to the masters program and some doesn't depending on the area. In Colorado, for example, $2 of the $3 goes to the masters committees. In Southern California, only $1. And in some areas, nothing goes directly to masters, but is all put into a general fund. As a result, many masters athletes do not directly get one penny from TAC for their $6 dues, except insurance coverage. Indirectly, athletes get part of the $10,000 from National HQ if they participate in a national or regional championship. But they would theoretically get that anyway, even if they didn't sign up with TAC. Some masters events require TAC membership for participation. Most don't depending on the area. Many rely on the National Masters News or their club newsletter for upcoming events. So it's often hard to convince a master to join TAC. Thus, the argument can be persuasive for leaving TAC and "going it alone." One suggestion is to charge a $20 annual fee. A member would receive the Newsletter, age-record book and insurance coverage, which would leave about $4 each for administration of the program. And yet, when you get deep into the bowels of a TAC convention, you realize it's not all that evil or mysterious. While we have yet to find a TAC masters delegate who can explain all the intricacies of TAC's policy-making procedures, one does pick up a little bit more info each time one goes. You say you're not satisfied with $10,000 to the masters? Think it should be more like $50,000, do you? Well, get yourself assigned to the "Budget and Audit Committee" and make a pitch. TAC members are not faceless automatons holed up in a penthouse suite in Indiana. They're nice, ordinary people like you and me. If you have a persuasive argument, they'll listen. They might even agree with you. The point is, it might not be necessary to leave TAC to get a fair share of the resources. Bob Fine formed the Masters Sports Association years ago to serve as an organizational safety valve in case TAC ever became too tough to work with. "It's still there, ready to go if we need it," Fine said. "But TAC has been very fair to us so far." Next year's TAC convention will be held in early December in Philadelphia. You might want to attend.
1982 Penn Mutual/TAC National Indoor Masters
Track & Field Championships
Saturday and Sunday, March 27-28, 1982
Massachusetts Institute of Technology, Cambridge, Massachusetts
Sponsored by the Penn Mutual Life Insurance Company
Sanctioned by the New England Association of the Athletics Congress
and by the Athletics Congress Masters Track & Field Committee

SITE
Massachusetts Institute of Technology, Cambridge, Mass. On Ameerist St. off of Massachusetts Ave. in Athletics Center.

ELIGIBILITY
The competition is open to all men and women age 30 and over. Your age group is determined by your age on the 1st day of the meet. All members of a relay team must be registered in the same club. Unattached teams may run, but not count in official results.

AGE DIVISIONS
All divisions will be 5-year groups (except for relays, which will be 10-year age groups) as follows: (Men; Women)
M30 (30-34) M50 (50-54) M70 (70-74)
M40 (40-44) M60 (60-64) M80 (80+)
M45 (45-49) M65 (65-69) M85 (85+)

COMPETITION IN AGE DIVISIONS
An athlete may compete in a younger age division, but not in an older division. If an athlete competes in a younger age division, that athlete must compete in that age division in all subsequent individual events (relays excluded).

Order of competition in all events, including field events: women first, oldest to youngest. Where trials are involved, that age division moves to the end of order competition. Combining of age groups will be avoided whenever possible. The meet director has authority to request proof of age.

Use of blocks and stance is discretionary by the competitor.

PRIZES
National championship medals will be presented to the first 3 place finishers in each individual event, and 1st and 2nd place in each relay division. National certificates to 4th thru 6th places. Championship patches for all events. $2000 in merchandise prizes.

FEES
$4 per event, no refunds. No post entries. $16 for relay teams.

DEADLINE
Saturday, March 20, 1982

FACILITIES
200-meter tartan track with 6 lanes. 4' spikes recommended. Locker and shower available.

RELAYS
Relays will be run in each 10-year division: 30-34, 40-44, 50-59, 60+. Higher division runners may run in lower division relay, but not vice-versa. Teams may enter anytime before start of race. Entry fee $16.

T-SHIRTS
T-shirts with a distinctive race logo are available for $5. Funds from the T-shirts will go to defray the cost of the meet.

HURDLES
Hurdle spacing will be 15 yards to 1st hurdle; 10 yards between each hurdle. (Exceptions: women, and men 70+: 24'/3/4" to 1st hurdle; 27'/10" between each hurdle).

IMPLEMENTS
One indoor implement (used on artificial surfaces) will be supplied for each age division. A weight- and-measures official will be on hand.

Shot

30-39 16 lb. 4 kilo
40-49 16 lb. 4 kilo
50-59 12 lb. 3 kilo
60+ 8 lb. 3 kilo

MEET HEADQUARTERS
Howard Johnson's, 675 Memorial Dr., Cambridge, MA 02139. (617) 491-3800. 1/2 mile from campus.

HOUSING
Special meet rate at Howard Johnson's (above). Single $34; Double $55. Mention the meet. There are many other hotels in the Boston-Cambridge area. Hotel info will be sent on request. Please include SASE. The Howard Johnson's in Newton (617) 969-3010 is offering a room for $50 with unlimited persons. It's 5 miles from the campus with direct MBTA bus transportation available.

PUBLICITY
Please send newsworthy info on your past performances with your entry. Also enclose a SASE of your local newspaper, marked: "Attention, Sports Editor." We'd like to spread the good news.

SCHEDULE
SUNDAY, MARCH 28, 1982
10:15 am 35 lb. Weight Throw
11:30 am Long Jump, Pole Vault
1:25 pm 55 meter hurdles - trials & finals
1:45 pm Shot Put - trials & finals
2:45 pm 3000 meter walk (M45, M40, M35, M30)
3:15 pm 500 meter run
4:00 pm 1500 meter relay
7:30 pm Hot buffet (on MIT campus)

SUNDAY, MARCH 28, 1982
11:00 am Triple Jump, High Jump, Shot Put
1:15 pm 3000 meter walk (Women, Men 50+)
2:00 pm 3000 meter run (Women, Men 50+)
2:45 pm 10000 meter run
3:15 pm 1500 meter relay
3:45 pm 3200 meter relay

Eligibility Chart

<table>
<thead>
<tr>
<th>Age (day of meet)</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-34</td>
<td>39&quot;</td>
<td>30&quot;</td>
</tr>
<tr>
<td>40-49</td>
<td>36&quot;</td>
<td>30&quot;</td>
</tr>
<tr>
<td>50-59</td>
<td>33&quot;</td>
<td>30&quot;</td>
</tr>
<tr>
<td>60+</td>
<td>30&quot;</td>
<td>30&quot;</td>
</tr>
</tbody>
</table>

DEADLINE: MARCH 20, 1982. NO POST ENTRIES.
**T&F Awards continued from page 1**

**Men 40-44 Track**

Burnett topped this division, but was pressed by Butler, who also set a world over-40 mark in 1981, skimming over the 39" hurdles in 14.67. Wally won the national hurdle and 100 meter (11.13) titles. Not to select the legendary Ernie Billups or George Cohen as best in this bracket may seem like heresy, but Burnett’s world mark was a shade above the powerful middle-distance duo. Billups’ sensational triumph in the national 1500 is a masters classic. He set a new U.S. 40+ mark of 3:59.8 in the race, edging Cohen, who captured the 800 in 1:55.7. Cohen also won the World Veterans Games 800 meter title in New Zealand in January. Honorable mention went to World Games’ gold medalists Doug Smith and Wlodzimierz Sokolowski; to Noack, Gary Miller, Mike DeStefano, Lew Taxon, Dick Schurpich, Bob Williams, Jim Demma and Jim Larus.

**Men 40-44 Field**

John Dobroth turned 40 in mid-year and proceeded to set a new American masters high jump record with a leap of 6'5" to win M40 Field honors. Dave Thoreson’s new U.S. decathlon record of 6212 points might have won but for Dobroth’s efforts. Al Henry was a top performer all year long in the jumps and hurdles. Gary Baze won 2 bronze medals in Christchurch. Honorable mention went to Ed Burke and to Wolfgang Linkmann, who, while not a U.S. citizen, set a new world mark in the national Masters Decathlon Championships.

A special “In-a-Class-of-His-Own” award must go to the great Al Oerter, 44, winner of 6 outstanding masters award in 1980. By any standard, Oerter’s discus winout for his classic sprint duels all year long.

**Men 45-49 Track**

Ray Hatton, 49, of Bend, Oregon captured honors with a stunning series of quality races. At the nationals, he won the 500 in 15:17.6, only 0.2 off his own U.S. mark, beating top runners Faxon, Frank Duarte and Bill Meinhardt. He bested much-younger national-class runners Mike Hefleman and Dave Hamblin in the Northwest Classic 5000, set a U.S. 3000-meter M45 mark of 9:02.95 and just missed the U.S. mile record with a 4:30.76.

Honorable mention went to Cliff Paul and Bob Packard, Hal Hodgdon, Pete Richards, Josh Culbreath, Lloyd Riddick, Rudy Enders, and the trio of Bruce Springbett, Nick Newton and Matt Brown for their classic sprint duels all year long.

**Men 45-49 Field**

Herm Wyatt won national and world high jump medals, clearing 6'2" to edge Bob Humphrey for division honors. Humphrey threw the discus an American record 161'4" for the national title. Dave Jackson and Phil Conley won honorable mention.

**Women 45-49 Track**

Irene Obara began the year with a world record 26.21 in the World Games 200 meters, and captured the 100, 200, and 400 national championships. Close behind in the voting was Vicki Bigelow for her brilliant 18:14.6 U.S. record 5000 in the nationals at Los Gatos. Mention went to Dorothy Stock for her World gold medal 10000 win (36:49.2), Jennifer Wright, Linda Sippelle, Chris McKenzie, Mary Czarapata, Martha Klopfer and Susan Redfield.

**Women 45-49 Field**

Christel Miller’s 104'4" javelin throw
helped earn her W45 laurels along with 5 national wins (LJ, HJ, TJ, javelin, relay). Mention went to Donna Radigan, Connie Wilson and Aimi Cirulnick.

**Men 50-54 Track**

California's Ulrich Kaempf turned 50 early in 1981 and began rewriting the record book. His time of 33:05.6 for 10,000 meters in the Western Regionals took 25 seconds off Jim O'Neil's former mark, and helped earn him top masters 50-54 track athlete of the year. Close behind was Philadelphia's Bert Lancaster, with national championship gold medals in the 100 (11.65) and 200 (23.8). Honorable mention went to Don Ceech, Ed Schuler, Harold Green, George Vornsky, Tim Schirber, Tony Sapienza, Kelsey Brown, Dave Stevenson, J. Murphy, Ralph Sutton and Ozzie Dawkins.

**Women 55-59**

Helen Dick was in a class by herself in this division, winning the 1500 and 10000 in the Pan-Am Games, and posting a 1:41.26 10K during the year. Honorable mention to Edith Leiby.

**Men 60-64 Track**

John Alexander of Texas became one of a handful of men over age 60 to break 60 seconds in the 400 meter run, setting a new world mark of 58.36. He won national titles in the 200, (26.50), 400, long jump (16.44) and relays. He captured the world pentathlon gold medal in Christchurch. Bob Hunt won two golds in New Zealand in both hurdles, and claimed the U.S. title in the 400 barriers. Burl Gist took the 110H crown from Hunt, and added the high jump. Honorable mention went to Jack Rice, who won the national 800 (2:21.7) and 1500 (5:02.1) titles, Payton Jordan, Clarence Killion, Henry Fairbank, John Stodd, Pete Fetter and Milt Bass.

**Men 60-64 Field**


**Men 50-54 Field**

Missouri's J.C. Brown high-jumped a record 5'10" to capture M50 field honors. Len Olson was close with 3 national championship titles in the Shot, Discus and Hammer. Mention went to Fred Gallardo, Shirley Davison, Jerry Donley and Eric Austin.

**Women 60-64**

Pat Dixon and Jaclyn Caselli waged several no-holds-barred duels during 1981, with Dixon coming out on top often enough to win her the outstanding W60 award. Dixon ran a WR 22:26.4 to win the national 5000 crowns by a minute over Caselli. Pat also topped Jacki in the 10000, while Caselli won the 400, 800 and 1500, defeating Dixon and setting a U.S. record 3:11.1 in the 800. Mention went to Jo Kolda.
continued from page 15

Men 65-69 Track
M65 honors went to Virginia’s Frank Finger for his two gold medals in New Zealand, where he set a U.S. record of 63.83, and approached his own world 800 standard (2:25.3) in 2:27.84. Close up was Herb Lorenz, who won 3 national titles in the 100 (13.25), 200 (27.61) and 400 (64.35). Honorable mention went to world 1500 gold medalist Ed Stotsenberg, Ray Mahannah, John Satti, Don Longenecker, Bob Boal and Fred White.

Men 65-69 Field
Jack Thatcher edged Satti, notching national triumphs in the shot, discus and javelin, and setting a WR 48.34” shot put. Satti won two World Games and medals in the 400 hurdles and long jump, and captured national titles in the long jump (16'1 3/4”), triple jump (29’8”) and 400H (3:38.7). He also set a world record 126’9” in winning the World Games hammer throw. Gilberto Gonzalez-Julia was U.S. decathlon champion, and won over 30 events during the year. Mention to Jim York.

Women 65-69
Alice Werbel was much best in W65 with national victories in the 400 (95.69), 800 (3:58.1) and 1500 (7:23.3).

1981 ANNUAL ATHLETIC CONGRESS EASTERN INDOOR TRACK AND FIELD CHAMPIONSHIP
MARCH 14, 1982, WEST POINT FIELD HOUSE, U.S. MILITARY ACADEMY, 11:00 A.M.
SPONSORED BY PENN MUTUAL LIFE, USA MASTERS SPORTS ASSOC.
OPEN TO ALL MEN AND WOMEN OVER THIRTY YEARS OF AGE REGISTERED IN THE ATHLETIC CONGRESS.
DIVISIONS: FIVE-YEAR DIVISIONS FOR MEN & WOMEN WHO ARE 30 OR BY TRAVEL OF AGE.
PRIZES: CHAMPIONSHIP MEDALS TO THE FIRST THREE IN EACH DIVISION. CHAMPIONSHIP PATCH TO THE WINNERS, TSHIRTS TO ALL COMPETITORS.
TEAM PRIZES: TEAM PRIZES TO THE WINNING 30-39, 40-49, 50-59 AND 60-TEAM.
SCORING: SCORING FOR THE FIRST FIVE IN EACH EVENT (5,4,3,2,1). EACH 5 YEAR GROUP WITHIN THE DIVISION PRIZE.
RELAYS: ONLY MEMBERS OF THE SAME CLUB MAY COMPETE IN A RELAY. TEAMS MAY BE DECLARED ELIGIBLE AT ANY TIME BEFORE THE START OF THE RACE. YOUNGER MEMBERS OF A RELAY TEAM DETERMINE THE DIVISION THE RELAY COMPETES IN.
EQUIPMENT: LOCKER FACILITIES AVAILABLE. PIN SPIKES CAN BE USED.
ENTRY FEE: $5.00.
NOTE: THIS FACILITY HAS TO BE RENTED BY THE HOUR SO MANAGE ALL IN OUR POWER TO RUN THE EVENTS AS QUICKLY AS POSSIBLE.

ALL COMPETITORS MUST BE REGISTERED IN THE ATHLETIC CONGRESS, IF YOU HAVE APPLIED FOR A TAC MASTERS AND HAVE NOT YET RECEIVED IT THEN JUST INDICATE “APPLICATION PENDING.”

THERE WILL BE A MEETING OF THE EASTERN REGIONAL COUNCIL AT THE MEET, THE EXACT TIME WILL BE ANNOUNCED AT THE MEET.

EVENTS & ORDERS

EVENTS

TIME EVENT TIME EVENT

100 yd. hurdles 1:10 Shot put 44’
200 yd. dash 1:20 Weight throw 40’
1 mile run 1 mile run 12:00 Long jump younger to older
1 mile walk 1 mile walk 12:00 Triple jump younger to older
100 yd. run 1 mile relay 12:00 Pole Vault bar not lowered
3 attempts in preliminaries + 3 final throws. Once your name is called in a field event you’ll have 2 minutes to compete or forfeit the attempt.

If you fly, yes, the TAC has the right to reject POST ENTRIES AT HER DISCRETION.

TAC #

FIRST MEET NAME ADDRESS

CITY ZIP PHONE AGE SEX MALE FEMALE

CINC. TAC #

EVENT TIME EVENT TIME EVENT TIME EVENT TIME EVENT TIME EVENT RELAYS:

- Mile Mile: Aug. 31 80-90 50-60...
- Mile Mile: Aug. 31 80-90 50-60...
- Mile Mile: Aug. 31 80-90 50-60...
- Mile Mile: Aug. 31 80-90 50-60...

Herb Lorenz - M40 LDR

Men 70-74 Track
Two world records at the World Games were enough to give Wilfred Bigelow division honors: 400 hurdles in 8:49.09 and 3000-steeplechase in 13:43.46. Just missing was Tony Castello, with two national wins in the 100 (14.13) and 200 (29.4).

Men 70-74 Field
Vern Cheadle garnered M70 field laurels with a 42’3”” shot put. Mention went to Stan Thompson for his World Games high jump gold medal (4’3 3/4”) and to A.J. Puglizicich.

Women 70-74 Track
Polly Clarke won the nod over Bess James. Clarke was phenomenal, setting 5 world records during the year: 100 (16.2), 200 (35.3), 400 (87.6), 800 (3:38.7) and 1500 (7:34.0). James was almost as impressive, winning 5 gold medals in New Zealand and winning 7 national titles, sweeping all 7 running events—100, 200, 400, 800, 1500, 5000, 10000—but her times were not as good as Clarke’s.

Women 70-74 Field
Edith Mendyka set a myriad of world marks, including javelin (71’8”) and discus (62’6”).

Men 75-79 Track
Honoitus’ Harold Chapson displayed his usual quality performances, winning 3 golds in both the nationals and World Games: 400 (72.26), 800 (2:45.3), 1500 (5:44.8). Russ Meyers also won 5 golds in Christchurch (100, 200, 110H) to nab runner-up honors.

Men 75-79 Field
Colorado’s Herb Anderson dominated his division, winning world golds in the javelin and 400H, and silvers in the high jump and pentathlon. He won national titles in the high jump, pole vault and shot put. Mention went to Dick Breidenbeck and Win McFadden.

Women 75-79
The lone contender was Ruth Rothfang, who won two golds in New Zealand, setting world marks in the 400, 800, 1500 and 5000.

Men 80+ Track
Paul Spangler was easily the top 80+ performer in the nation with national titles in the 200, 400, 800, 1500 and 5000.

Men 80+ Field
Ihado’s Buell Crane took top honors here.

Davies, Irvine
continued from page 1

performer even before her record 2:57:17 marathon in December. The “Flying Nun” from San Rafael, California clocked times of 38:07 for 10K, 1:26:36 for ½ marathon, and defeated Toshiko ‘Elin in the Boston Marathon, 3:11 to 3:14. The committee had some hard choices to make in the 5-year awards.

Men 40-44

Women 40-44
In the closest voting of the season, Trudy Goodrich of Virginia nosed out Karen Scannell and Judy Fox, with support for Anna Thornhill, Joan Uylott, Sandra

Marion Irvine
Women Masters LDR Athlete-of-the-Year

photo by Mike Tymm


Women 45-49

New York's Mila Kania edged Dorothy Stock, Linda Sipprelle, Vicki Bigelow and Sue Medaglia in another close ballott. Kania, who turned 50 late in the year, was good enough at 49 to win this division. She set a 10-mile mark of 1:02:00 and was consistently in the 36-37 minute range in 10K's. Stock won the World Champions 10K Championship in 38:42, set a U.S. one-hour run mark of 9 miles, 374 yards, and had several sub-39-minute 10K's. Sipprelle set an American 25K mark of 1:43:20, and posted a 39:01 10K, AR 1:04:36 10-mile and 2:08:47 30K. Bigelow had an unofficial 36:23 10K and official 37:53. Medaglia's 1/2 marathon of 1:30:26 and two 50-mile open victories (7:28:43) were impressive. Jennifer Wright and Mary Czarapata won mention.

Men 50-54


Women 50-54


1981 Outstanding Masters Athlete Awards

Track and Field

BEST OVERALL: JIM BURNETT

Divisions:

MEN

40-44 Jim Burnett
50-54 Ray Hatton
55-59 Ulrich Kaeempf
60-64 John O'Neil
65-69 John Alexander
70-74 Paul Spangler
75-79 Paul Spangler

WOMEN

40-44 Judy Fox
50-54 Nicki Hobson
55-59 Helen Dick
60-64 Pat Dixon
65-69 Polly Clark
70-74 Ruth Rothfarb
75-79 Ruth Rothfarb

Long Distance Running

BEST OVERALL: CLIVE DAVIES

Divisions:

MEN

40-44 Herb Lorenz
50-54 Ulrich Kaeempf
55-59 Jim O'Neil
60-64 George Sheehan
65-69 Clive Davies
70-74 Eddie Benham
75-79 Paul Fairbank
80+

WOMEN

40-44 Trudy Rapp
50-54 Marilyn Harbin
55-59 Margaret Miller
60-64 Marcie Trent
65-69 Adrienne Salmimi
70-74 Bess James
75-79 Ruth Rothfarb
About This Newspaper

The National Masters News is the only national publication devoted exclusively to track & field, long distance running, and race walking for men and women over age 30.

Thousands have adopted the hobby of competing in "masters" track and field events throughout the nation. "Masters" are men and women over age 40. "Submasters" are those aged 30 to 39.

Our readers include not only masters competitors, but those interested in following the achievements of the over-age-30 performers.

There are no qualifications needed to join the masters program—except to be over the age of 30.

You don't have to spend a lot of money to get started. About all you need is a pair of shoes. Most masters participants work out on their own or with friends. There are also several clubs with organized workout programs.

There are many masters track & field meets for men and women over age 30. Competition is held in 5 or 10 year age groups. You compete against people your own age.

There are long distance runs, which are generally open to runners of all ages. Prizes by age-categories are awarded.

A good way to get started is to just show up at a track & field meet, or at a road race. Sign up and participate. Or just come and watch and see what it's like. You'll find many people eager to answer your questions.

Masters are serious competitors, yet there is little pressure. You rarely find the winning-is-the-only-thing attitude among masters. Health and friendship are as important as the excitement of the competition.

In Europe, masters are called "veterans." Many masters combine their vacations with trips to national and international veterans competition.

The National Masters News is the central source of information of masters athletics throughout the nation. Published monthly, it features results, schedules, entry blanks, age-records, rankings, special stories, world news and local information for each region. It's the bible of the masters program.

The paper is written by active masters participants. It depends on its readers for reports of results, upcoming events, photos and comments.

The National Masters News is an official publication of the Athletics Congress (TAC), the national governing body for athletics in the U.S.

It is financially supported by subscriptions, advertising, donations, TAC and the Penn Mutual Life Insurance Co., the national sponsor of all masters sports.

A book of masters track & field age records is published each year. The book lists the world and American record for both men and women over age 35, for every event, at every age. Another book covers long distance records.

To get involved, just fill out the form on page 23. For only $12 you will receive a full year's subscription to the National Masters News.

continued from page 17


Women 60-64


Men 70-74

Eddie Benham of Maryland was a runaway winner with his 3:29 marathon. Seattle's blind Norm Bright took 2nd in the world Veterans 25K in 2:14:29.

Women 70-79

Bess James of California won the World Veterans 10K crown in New Zealand in 1:02:40, was 2nd in the 25K and posted an AR 1:02:07 back home. Mavis Lindgren's 4:33:15 marathon received mention.

Men 75-79

Paul Fairbank was voted best.

Women 80+

California's Paul Spangler won the World Veterans 10K cross-country, 10K road and 25K in New Zealand in 56:59 and 3:19:23 respectively, and always ran quality races at home usually as the only over-80 participant in the race.

Women 80+

Ruth Rothfarb of Miami became the first woman over 80 to ever finish a marathon. Then she ran another in 5:37. As a 79-year-old, she won the world 25K title from James.

Marathoners getting older—the mean age of all marathon finishes again increased in 1980, for both men and women. Based on all certified-course marathon finishes, for which an exact age was reported, the mean age for men in 1978 was 32.5 years. In 1979 it increased to 33.7 years and for 1980 the mean age for men was 34.2 years. Women followed the same trend. In 1978, the mean age of women marathon finishes was 29.7 years. These increases may be due to more runners running marathons, on the average and to older runners finishing more marathons, since these statistics include all marathon finishes, and wouldn't necessarily represent the mean age of all marathon runners.

8 kilometers to become standard road running event. —beginning with the publication of records and rankings in 1982, the 8-kilometer run will be added to the list of standard road running events. The first rankings at this distance will be for the year 1981 and age records will be compiled as of 1 January 1982.

The establishment of the 8-kilometer road race as a standard event reflects the growing popularity of runs shorter than the overused 10-kilometer distance. Marks on five-mile courses will be accepted as 8-kilometer marks. Five miles is just 47 meters longer than 8 kilometers. The acceptance of five-mile marks on an 8-kilometer record parallels the track practice of accepting marks at 220, 440, and 880 yards for official records at 200, 400, and 800 meters, respectively. The ratio of the difference is exactly the same, with five-mile/8-kilometer being ten times the distance of 800 yards / 800 meters.

The acceptance of 8-kilometers as the official distance, rather than five-miles, reflects the trend toward the metric system in US running events, thus bringing US events more in line with worldwide standards. While there are moves afoot to establish more 8-kilometer certified courses, initially most records and rankings at the distance will be from five-mile events. These will be identified in the record lists, similar to the way yard marks are identified in metric record lists. It is expected that new events will be established at the 8-kilometer distance and many established five-mile events may be converted to the 8-kilometer distance.
**Masters Scene**

- Ken Kesey, author of *One Flew Over the Cuckoo’s Nest*, has produced *Running Into the Great Wall*, a novel published in the January/February issue of Running Magazine. The story takes place at the Beijing International Marathon and is centered around Yang, a young Chinese boy from Mongolia who receives an invitation to run in the event. Through Yang, Kesey views the Chinese lifestyle and explains much of China’s present and past.

- The 1st World Veterans Decathlon Championships have been scheduled for August 28-29 in San Diego, Calif. Ed Olea will direct.

**NEW ENGLAND**

- In 1982, Walter Childs, of Hampden, Mass. marks his 50th active year in long-distance running. A competitor for 30 years, an AAIU commissioner for 40, and Vice President of the New England Athletics Congress, Childs received the President’s Council on Physical Fitness and Sports Award for Outstanding Service in 1976. He received the key to the city of Springfield, Mass. in 1980, the 1980 National React Award and the 1981 March of Dimes Award for Outstanding Service.

- Tom Jennings, 40, posted a 2:06.6 mile in the National Road Runners Club (RRCA) Lookout title in Chicago Oct. 4. It was a quick 39:45.

**SOUTHEAST**

- Mike Bertolini logged a quick 39:45 to capture over-age 60 honors in the 4th Annual Brian’s 10K Run in West Chester, Pa. Dec. 6. Terry Englemann’s 5:25 led all masters in the event which raised money for Brian Bratcher, who was paralyzed playing football for West Chester High in 1978. 325 ran in the race and fun runs, adding $20,000 to the fund which will also go to the aid of two others.

- Cliff Pauling of the Bronx, NY had a big year. Competing in the 45-49 division, he won the 800 and 1500 in the North American T&F Championships. He won the 400 and 800 in four major championships: the National TFA, Eastern TAC, Metropolitan TAC, and National TAC, where he clocked a 5:29.1 and 2:02.4. Pauling hasn’t lost an 800 meter championship race since 1979.

- John Huckaby, AKA “The Incredible Huck” ran 1:08:58 around a 150-meter track at Auburn, NY Nov. 21-22 in the Marion Corrigan Memorial 24-hour run. The distance of 101 miles, 753 yards is a national record for the 60-plus age division. He passed 100 miles in 23:38:08 for another record. “Huck” also won the national 10K title at Lake Merced Dec. 20th, a few seconds faster than national-class: 40+ females Karen Scannell and Marilyn Harbin.

- Jim Koeer, 47, of Simi, Calif. raced to a blistering 2:29:10 in the 34th Western Hemisphere Marathon in Culver City, Calif. Dec. 6, finishing 4th overall.


**WEST**

- Sister Marion Crane, the new marathon record holder for women over age 50 (2:55:17 in Oakland Dec. 6) clocked 27:14 for a 4:46 miler around Lake Merced Dec. 20th, a few seconds faster than national-class: 40+ females Karen Scannell and Marilyn Harbin.

- Dorothy Stock bettered her 45-49 25K record with a 1:46:30 in San Diego.

- Cyndy Dainty, 39, won $8,000 in finishing as 2nd woman to Lorraine Moller in the final ARRA race of 1981, the Falcon Classic 15K in Alhambra, Calif. Dec. 12. Rod Dixon captured the $5,000 men’s first prize.

---

**Point Totals, National Masters T&F Champs**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>M50</td>
<td>25</td>
</tr>
<tr>
<td>M30</td>
<td>10</td>
</tr>
<tr>
<td>M35</td>
<td>13</td>
</tr>
<tr>
<td>M40</td>
<td>15</td>
</tr>
<tr>
<td>M45</td>
<td>15</td>
</tr>
<tr>
<td>M55</td>
<td>10</td>
</tr>
<tr>
<td>M60</td>
<td>5</td>
</tr>
<tr>
<td>M65</td>
<td>13</td>
</tr>
</tbody>
</table>

---

**SCORING:** 1ST-5 PTS; 2ND-3 PTS; 3RD-1 PT.

---

**SCORING:** 1ST-5 PTS; 2ND-3 PTS; 3RD-1 PT.

---

**MIDWEST**

- Bob Featherston, rolled to a 2:46:36 in the Fiesta Bowl Marathon December 5 in Scottsdale, Arizona.

- Jack Angel, 5, of Purcell, Oklahoma, notched a fast 2:54:46 in the White Rock Marathon in Dallas Dec. 5.

- Sister Marion Crane, the new marathon record holder for women over age 50 (2:55:17 in Oakland Dec. 6) clocked 27:14 for a 4:46 miler around Lake Merced Dec. 20th, a few seconds faster than national-class: 40+ females Karen Scannell and Marilyn Harbin.

- Jim Koeer, 47, of Simi, Calif. raced to a blistering 2:23:10 in the 34th Western Hemisphere Marathon in Culver City, Calif. Dec. 6, finishing 4th overall.


---

**Southwest**

- Bob Featherston, rolled to a 2:45:36 in the Fiesta Bowl Marathon Dec. 5 in Scottsdale, Arizona.

**Waltzor, 59 (9:07:03). Fifteen runners started with 12 finishing, Wayne McKinney reports.**

---

** continued on page 20**

---

**Anderson Top Point-Getter in National T&F Championships**

from STAN THOMPSON

Herd Anderson (75-79) “scored” 45 points to top all competitors in the 1981 Penn Mutual/TAC National Masters Track & Field Championships in Los Gatos last August.

By assigning 5 points for each gold medal; 3 points for a silver, and 1 point for a bronze, Stan Thompson tallied the “scores” for each 5-year age group for men and women.

Thompson himself was 2nd in total points, tallying 28 to lead the 70-74 division.

Shirley Kinsey and Paul Spangler each scored 25 points to lead the 50-54 women and 80-84 men, respectively.

The competition got tougher in the lower age groups, with Davis Jackson’s 15 points and Ruben White’s 13 points, good enough to top the M45 and M55 brackets.

The top scorers by age division:

**Point Totals, National Masters T&F Champs**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>M20</td>
<td>5</td>
</tr>
<tr>
<td>W20</td>
<td>5</td>
</tr>
<tr>
<td>M30</td>
<td>13</td>
</tr>
<tr>
<td>W30</td>
<td>10</td>
</tr>
<tr>
<td>M40</td>
<td>15</td>
</tr>
<tr>
<td>W40</td>
<td>15</td>
</tr>
<tr>
<td>M50</td>
<td>25</td>
</tr>
<tr>
<td>W50</td>
<td>25</td>
</tr>
</tbody>
</table>

---

**SCORING:** 1ST-5 PTS; 2ND-3 PTS; 3RD-1 PT.

---

**SCORING:** 1ST-5 PTS; 2ND-3 PTS; 3RD-1 PT.

---

**The run is on!**

**Third Olympiad Memorial Marathon and 10 KM (10th annual)**

**Gateway Athletics — St. Louis**

13433 Chesterfield Shopping Plaza
Chesterfield, MO 63017
February 28, 1981 — 8:00 AM

**National Race Walking Series Championship**

TFA/USA Kangaroo Walking Series
10920 Ambassador Dr., Suite 302
Kansas City, MO 64153
Cities: NYC, LA, Grand Island, NW, Fayetteville, AK.

---

**Febru^r98^ National Masters News page 19**
Edith Leiby, of Honolulu posted an 8-mile time of 54:00 which placed her 6th in the 60 year old division, this being her first time in 108 races from 6 to 100 miles in five states and England that Reese was not the first American finisher. Along the way, he’d lost to foreigners four times—at Boston, to a Spaniard, at Honolulu, to an Australian, a Japanese, and a New Zealander.

Miki Gorman has moved from Los Angeles to Lake Tahoe. Spotted while jogging around the 6000-foot elevation Tahoe trail amidst the glorious Sierra Nevada backdrop, Gorman said “I miss my friends in California.”

San Francisco, Lynette was a popular masters age group walker of animals from the SF Zoo, which is taken to schools and playgrounds for children to enjoy. Bresiauer had served as a volunteer “extremely disappointed” but hoped to reschedule the event later this year. A sponsor is rewriting the record books. After winning the TAC National Masters 5K Cross Country on November 26, she set a new masters record, surpassing Herb Lorenz’ listed mark of 1:07:54. Guenter Van Den Felen, 42, was the official masters winner of the Oakland Marathon in a rapid 2:21:38. Tim Rosgete (2:34:06) and Nik Espankin (2:35:55) were masters runners-up. Results in back.

Air New Zealand is sponsoring a series of marathon and fun runs tours to the South Pacific this year, including Rotorua, Christchurch, the “Flounders Bay” in Auckland, Sydney, Fiji and others. For info, call 800-421-5540.

The French version of the Avon International Running Circuit gets underway this coming April in Marseilles. Other races will be held in Bordeaux, Lille and Metz, culminating in an open 10K championship in Paris October 10.

Running the races was just, plain fine. I never thought of China as a feeling or touching people. But Ruth Anderson sat for 45 minutes doing a post-race celebration in Hangzhou, and one of her opponents never let go of her hand in one race. I crossed the finish line holding hands with my competitor. I felt a closeness with the Chinese, and with our own team. This was a trip of culture and beyond sports. The time warp experience beyond sports. The time warp was crossed as we traveled the length of eastern China’s fertile valleys. We saw a people at work. Working everywhere in the fields. They are preserving an ancient civilization. They may not have (or even want) cars and TV, but they did have peace of mind and good health. They seem to want to put aside much of the past 40 years and move ahead. They are moving slowly and thoughtfully to solve their many economic and political problems, but their press seems to be missing much of the essence of it.

My trips to China have left me profoundly moved by their people, their industry, their gentleness, their wisdom and patience, and their ability to work together.

I went to China wondering just where China was going? I came home wondering just where America is going.

---

**National Masters Newsletter**

For those who want to continue receiving the National Masters Newsletter are available for $1.25 each, plus 30c postage and handling for each order.

Send to: National Master Newsletter P.O. Box 2373 Van Nuys, CA 91404
AGE FACTOR SCORING

To provide an equitable scoring basis for Thro-a-thons where all ages are compared or less.

To permit the athlete to compare how well he is doing now with how well he was doing in past years when he was throwing different weight implements.

For the throwing men, the greatest benefactors of the Masters Track program in life and health preservation. Some athletes are under a severe handicap in throwing heavy implements due to war injuries and other physical problems. Age Factor Scoring allows the athlete over 50 his choice of standard implement weights to be scored accordingly if the Meet Director approves.

To provide motivation for the aging throwing athlete to keep throwing. Some bugs, very strong men are involved in the throwing events.

Physiologically these men normally have problems in their 30's and 40's. The life expectancy of professional football players is 50. The throwing men say they are the greatest beneficiaries of the masters track program in life and health preservation.

<table>
<thead>
<tr>
<th>Age</th>
<th>Disc</th>
<th>Shot</th>
<th>Javelin</th>
<th>Hammer</th>
<th>60-69</th>
<th>70-79</th>
<th>80-89</th>
<th>90-99</th>
<th>100+</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6.75k</td>
<td>5k</td>
<td>1.75x</td>
<td>1.5x</td>
<td>1.25x</td>
<td>1.00x</td>
<td>0.80x</td>
<td>0.60x</td>
<td>0.40x</td>
</tr>
<tr>
<td>30-35</td>
<td>1000</td>
<td>872</td>
<td>762</td>
<td>652</td>
<td>552</td>
<td>462</td>
<td>382</td>
<td>302</td>
<td>242</td>
</tr>
<tr>
<td>35-40</td>
<td>1000</td>
<td>872</td>
<td>762</td>
<td>652</td>
<td>552</td>
<td>462</td>
<td>382</td>
<td>302</td>
<td>242</td>
</tr>
<tr>
<td>40-45</td>
<td>1000</td>
<td>872</td>
<td>762</td>
<td>652</td>
<td>552</td>
<td>462</td>
<td>382</td>
<td>302</td>
<td>242</td>
</tr>
<tr>
<td>45-50</td>
<td>1000</td>
<td>872</td>
<td>762</td>
<td>652</td>
<td>552</td>
<td>462</td>
<td>382</td>
<td>302</td>
<td>242</td>
</tr>
<tr>
<td>50-55</td>
<td>1000</td>
<td>872</td>
<td>762</td>
<td>652</td>
<td>552</td>
<td>462</td>
<td>382</td>
<td>302</td>
<td>242</td>
</tr>
<tr>
<td>55-60</td>
<td>1000</td>
<td>872</td>
<td>762</td>
<td>652</td>
<td>552</td>
<td>462</td>
<td>382</td>
<td>302</td>
<td>242</td>
</tr>
<tr>
<td>60-65</td>
<td>1000</td>
<td>872</td>
<td>762</td>
<td>652</td>
<td>552</td>
<td>462</td>
<td>382</td>
<td>302</td>
<td>242</td>
</tr>
<tr>
<td>65-70</td>
<td>1000</td>
<td>872</td>
<td>762</td>
<td>652</td>
<td>552</td>
<td>462</td>
<td>382</td>
<td>302</td>
<td>242</td>
</tr>
<tr>
<td>70-75</td>
<td>1000</td>
<td>872</td>
<td>762</td>
<td>652</td>
<td>552</td>
<td>462</td>
<td>382</td>
<td>302</td>
<td>242</td>
</tr>
<tr>
<td>75-80</td>
<td>1000</td>
<td>872</td>
<td>762</td>
<td>652</td>
<td>552</td>
<td>462</td>
<td>382</td>
<td>302</td>
<td>242</td>
</tr>
<tr>
<td>80-85</td>
<td>1000</td>
<td>872</td>
<td>762</td>
<td>652</td>
<td>552</td>
<td>462</td>
<td>382</td>
<td>302</td>
<td>242</td>
</tr>
</tbody>
</table>

Age Factor Scoring

To provide an equitable scoring basis for Pentathlons where different implement weight standards are used.

To provide an equitable scoring basis for competitions between athletes from countries where different weight implements are thrown.

To provide an equitable scoring basis for Thro-a-thons where all ages throw three weights of shot, discus, hammer, weight and two of javelin, more or less.

To permit the athlete to compare how well he is doing now with how well he was doing in past years when he was throwing different weight implements.

It's easy

1. Multiply appropriate Age Factor by the thrower's best distance in meters.
2. Look up resulting figure in I A A Olympic Scoring Table.
CLASSIFIEDS

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

JUNE 1979
- National Indoor Masters T&F Championships
- National Masters 10K Championships
- How to Set Up a Masters Program

OCTOBER 1979
- 3rd World Veterans Championships
- Why South Africans Competed as Rhodesians

SEPTEMBER 1980
- Pan-American Masters T&F Championships
- British & Australian Veterans Championships
- Schedule and Entry Form for 4th World Veterans Games

OCTOBER 1980
- World Veterans Distance Running Championships
- South Africa Banned from World Games
- How to Run a Masters Track Meet
- World and U.S. Men's and Women's 5-year T&F Age Marks

JANUARY 1981
- 1980 Masters National LDR Championships
- U.S. Men's and Women's 5-year LDR Age Marks
- 1980 Masters Postal Winners

JULY 1981
- 1980 National Masters 10K Rankings
- National TAC and RCA Masters Marathons
- All-Time Best Masters Marathoners
- New Technique for Faster Distance Running

SEPTEMBER 1981
- National Masters T&F Championships
- British & Australian Masters Championships

DECEMBER 1981
- Masters/Women Mythical T&F Meet
- New York & Skyron Marathons

JANUARY 1982
- Higdon's View from 30
- 1982 Schedule and Championships Sites
- National Masters 10K and 15K Cross Country Championships
- TAC Convention Report

FEBRUARY 1982
- Masters go to China
- 1981 Masters Athletes of the Year

SUBSCRIBE NOW

The National Masters News is the bible of the Masters (over age 30) athletics program. A 20- to 32-page monthly tabloid, it's an official publication of the Athletics Congress. It's a bargain at 12 issues a year for only $12.00. There is no finer source of masters coverage. Get aboard the publication that's covering the Masters scene more thoroughly than ever. If it's not what you expect, you may cancel your subscription at any time and receive a full refund on all unsold issues.

SUBSCRIBE NOW

[Box for subscription options]

February 1982 National Masters News page 23
"MY GOD...ANOTHER HEEL STRIKER?"

Every day you take one of the body's most intricate structures—some 26 small bones, muscle and connective tissue—and slam it into the ground. With a force three times your body weight.

If that weren't enough, you keep on doing it. About 7,400 times in a typical five mile training run.

Luckily, feet have an uncanny ability to roll with the punches. Each a little bit differently. Some take it on the heel. Others right in the midfoot. Still others in the forefoot.

Obviously, each different footstrike requires a different kind of shoe. But it's a little difficult to design the proper model if you don't fully understand what's happening. And it happens pretty quickly—like in less than a quarter of a second.

With high-speed cameras we can break that split-second action into 125 individual pictures. Then digitize the film and feed it into our computers.

We also use force platforms to record what the naked eye never sees—the actual rise and fall of impact forces.

So we know how much cushioning is needed. Where it's needed. And when it ought to be sacrificed for lighter weight.

For better midfoot or forefoot cushioning, try the Boston, Atlanta or our new Terra T/C.

For heel strikers, there's the Columbia, Aurora, Tailwind, Tempest, Internationalist, LDV, Daybreak, Yankee and the Intrepid.

But there's more to it than good cushioning. Get yourself to a knowledgeable dealer. The kind who will also ask about your foot type, body weight, and mileage before he starts hauling out the boxes.

If you have trouble finding anyone who takes your shoe selection seriously, drop us a line. We'll send you information that will make it simple. Send a self-addressed stamped envelope to NIKE, Attn. Ellen Borsting, 3900 S.W. Murray Blvd., Beaverton, OR 97005.

For better midfoot or forefoot cushioning, try the Boston, Atlanta or our new Terra T/C.

For heel strikers, there's the Columbia, Aurora, Tailwind, Tempest, Internationalist, LDV, Daybreak, Yankee and the Intrepid.

But there's more to it than good cushioning. Get yourself to a knowledgeable dealer. The kind who will also ask about your foot type, body weight, and mileage before he starts hauling out the boxes.

If you have trouble finding anyone who takes your shoe selection seriously, drop us a line. We'll send you information that will make it simple. Send a self-addressed stamped envelope to NIKE, Attn. Ellen Borsting, 3900 S.W. Murray Blvd., Beaverton, OR 97005.

Of the 3,000 runners we've surveyed so far, 75% identified themselves as heel strikers; 23% said they were mid- or forefoot strikers; and 2% didn't know for certain.

Most self-appraisals, we've found, are accurate. And since footstrike seldom changes with increased speed (unless it's an all-out sprint), the best advice may be to do what comes naturally.

But do it in the proper shoe.

Lower limb kinematics taken from computer-digitized high speed film. Midfoot strikers generally land with greater knee flexion and with the body more directly over the foot.

Center of pressure patterns under the foot while running across force platform at 6:00 mile pace.

Vertical ground reaction forces for two subjects of same weight, running at same speed. Note sharp impact peak in heel striker which is absent in this midfoot striker and most others.

You may be alone out there. But that's no reason to feel stranded.