

## ★ HIGHLIGHTS ★



# OPEN MOUTH

W. MacDonald  
MILLER

- 1981 Masters Athletes of the Year
- Masters Go To China
- Entry forms for Indoor T&F Meets
  - Nationals      -Metropolitan
  - Eastern        -MSA
- 1982 Schedule Update
- Entry Forms for National 10K & Southeastern T&F



# National Masters News

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



42nd Issue

February 1982

\$1.25

## Masters Athletes of the Year

### 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 TAC T&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

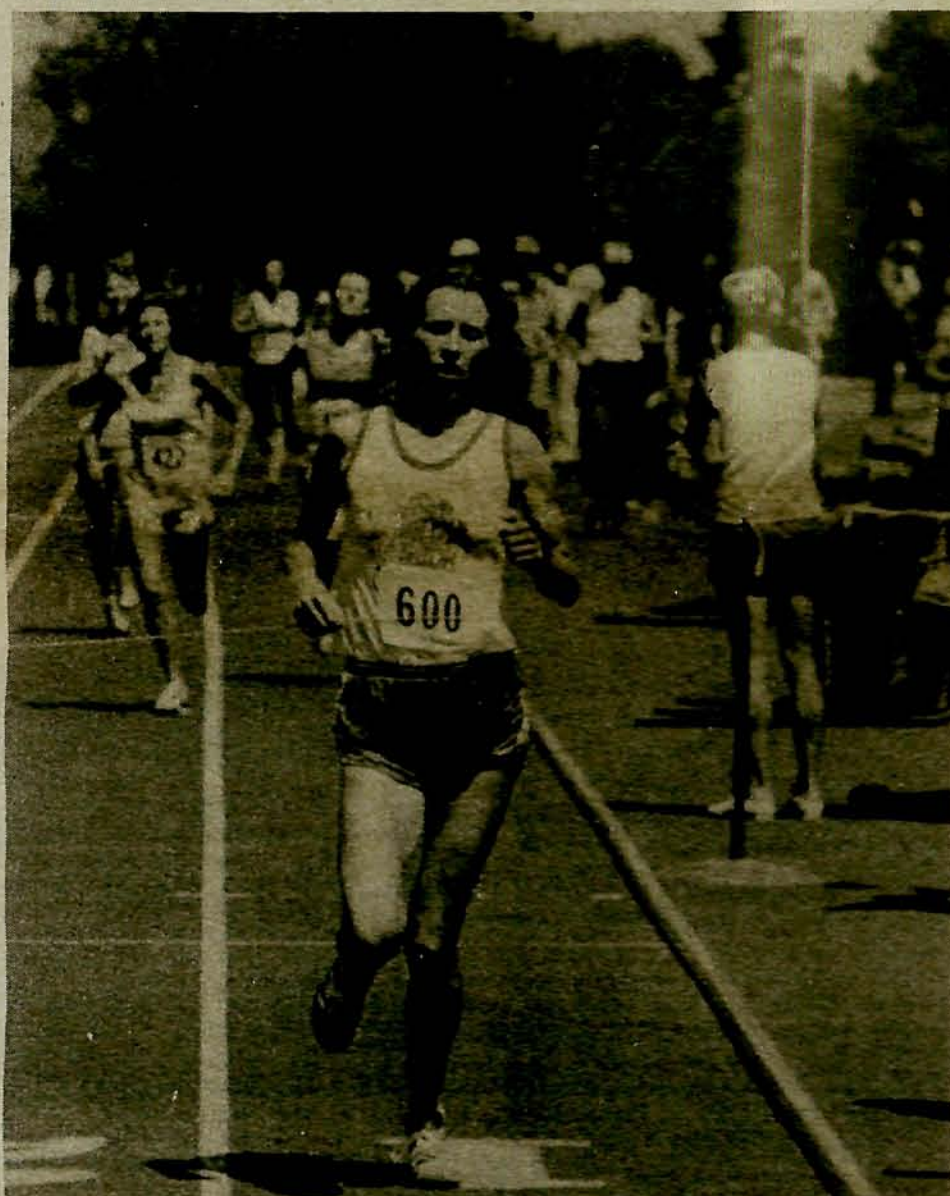
continued on page 14

### 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. □



Judy Fox, 40, of Durham, N.C. was named the outstanding woman masters (over-age-40) track & field athlete of the year by the Athletics Congress. She set a world over-40 record of 16:57.4 in the 5000 meter run, and an American masters mark of 35:33.6 in the 10000.

Photo by Jerome McFadden

### Davies, Irvine Named Best Long Distance Runners

Clive Davies and Sister Marion Irvine have been chosen top U.S. masters long distance runners of the year.

Outstanding 1981 athletes were chosen in each 5-year age group by the Athletics Congress Masters Long Distance Running Committee at the TAC Convention in Reno. The selections were based on performances from December, 1980 thru November, 1981. Davies and Irvine were selected best overall by a special awards committee.

Each award winner will receive a personalized award from Penn Mutual, TAC and the *National Masters News*.

Davies, 65, of Portland, Oregon, recorded performances in 1981 that many fit younger runners would find hard to duplicate. He set a new American record at each distance he ran, topped by his amazing marathon time of 2:42:08 in Boston, which he confirmed in 2:42:49 at the Nike Marathon in Eugene. He set marks in the 10K (36:34), 15K (55:15), ½ marathon (1:18:16) and 20K (1:14:21).

Irvine, 52, was chosen best overall

continued on page 16

### 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 Corrallo (M50), Mimm (M55), Don Johnson (M60), Wallace (M70), Rose Kash (W60). □

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





Bob Langenbach, left (3rd-10:57) and Lew Faxon, right (1st-10:13) in Steeplechase.  
photo by Carole Langenbach

## National Masters Officers

### ATHLETICS CONGRESS

#### TRACK & FIELD CHAIRMAN:

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

#### LONG DISTANCE CHAIRMAN:

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

#### TRACK & FIELD RECORDS:

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

#### LONG DISTANCE RECORDS:

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

#### INDOOR RECORDS AND RANKINGS:

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

### WORLD ASSOCIATION OF VETERAN ATHLETES (WAVA)

#### PRESIDENT:

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

#### NORTH AMERICAN REP:

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

#### TECHNICAL CHAIRMAN:

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

#### VICE PRESIDENT

#### (Road Running and Walking

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

#### WOMEN'S DELEGATE:

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

### PENN MUTUAL

#### NATIONAL MASTERS DIRECTOR:

Jon Buzzard  
AAU House  
3400 W. 86th St.  
Indianapolis, IN 46268  
(317) 872-2900

### NIKE

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

# Write On!

### Address letters to:

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

### NMN GOOFS

We were very much surprised that a serious publication like *National Masters Newsletter* would print all that misinformation, contained in the article about McKenzies and Kania (Masters Scene—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 for age 45-49. And she did not run a 36:08 10k—her best time at age 50 is 38:07 (certified course). She ran 36:29 at age 49 in Oct. '81.

We do not know who was the source of your information, but certainly neither of us has ever given it to anybody.

Herbert and Mila Kania  
Warwick, N.Y.

(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 TFA and TAC will be combined so 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 Atlanta. 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 most 100 meter people want to run 100 meters, not 89 1/4 meters. I have discussed it here in the East and it was felt that it was not desirable. Most were in



Philadelphia's Bert Lancaster and St. Petersburg, Florida's Ed Schuler exchange sprint tips after a Florida race.

photo by Bill Gentry

favor of 10 yr groups to assure competition.

Barry Kline  
Pittsburgh

### 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 competitors, 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 Culhane  
Alamogordo, 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 Southwest correspondents? NMN depends on its readers for local news and results.—Ed.)

## NATIONAL MASTERS NEWS

42nd Issue  
FEBRUARY 1982

Editor  
Al Sheahan

Production  
West Coast Graphics

### CONTRIBUTORS

Alistair Aitken, Ruth Anderson,  
Leo Benning, Haig Bohigian, Rodney  
Charnock, Alvin Clark, Phil Conley,  
Bob Fine, Nolan Fowler, Bill Gentry,  
Jim Gerard, Spotswood Hall, Hal Higdon,  
Dave Jackson, Mike Jackson, Bob Martin,  
Wendell Miller, Wilf Morgan,  
Pete Mundle, Mike Tymn, Jack Pennington,  
Phil Partridge, Barbara Pike, Jim Scanell,  
Felicity Schimper, Val Schultz,  
Tom Sheahan, Bruce Springbett, Bill Stock,  
Tom Sturak, Danny Thiel, Stan Thompson,  
Dave Thoreson, Jim Weed.

### PHOTOS

John Allen, Tim Bradley, Hans Bruhner,  
Jerome McFaden, Mike Tymn, Bob Pates,  
Richard Lee Slotkin.

### DISTRIBUTORS

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

The *National Masters News* is an official publication of the Athletics Congress Masters Track & Field and Long Distance Running Committees. The editorial policy is not necessarily that of the Athletics Congress. The *NATIONAL MASTERS NEWS* is published monthly for \$12 per year from 6200 Hazeltime Ave., Van Nuys, CA 91401.

Application to mail at Second-Class Postage rates is pending at Van Nuys, CA.

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

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH FEB 1982

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
HAL BROSSMAN (TEMPLE, PA)	2-20-32	50-54
FAY CAFSTENSON (BABYLON, NJ)	2-1-32	50-54
LARRY COLBERT (LANHAM, MD)	2-6-37	45-49
RICHARD CORT (ORANGE, CA)	2-17-22	60-64
WILLIAM FAIRBANK (MENLO PARK, CA)	2-24-17	65-69
DICK GANSLER (CA)	2-15-17	65-69
ARTHUR GATON (JAMAICA, NY)	2-15-37	45-49
RAY HATTON (BEND, ORE)	2-4-32	50-54
HAROLD HOLTOM (CHARLOTTE, NC)	2-16-17	65-69
DONALD JOHNSON (LITTLE SILVER, NJ)	2-14-17	65-69
DARL LOCKE (ALBUQUERQUE, NM)	2-27-42	40-44
MIKE MANLEY (EUGENE, ORE)	2-14-42	40-44
ED OLEATA (LA JOLLA, CA)	2-2-37	45-49
PERICLES PINTO (POR)	2-15-37	45-49
LUIS RIVERA (MEX)	2-28-02	80+
EASTON ROELANTS (BEL)	2-5-37	45-49
ETMAR SAETER (NOR)	2-6-17	65-69
JAN SHIDING (SWEDEN)	2-4-32	50-54
BERTIL TALLBERG (SWE)	2-25-32	50-54
ROGER VERHEUEN (BELGIUM)	2-2-27	55-59
THORVALD WILHELMSEN (NOR)	2-14-12	70-74
JOHN WOODS (US)	2-6-17	65-69
BUNNY HUNTER (NEW ORLEANS, LA)	2-27-27	55-59
HARRY KLEIN (NEW ROCHELLE, NY)	2-12-27	55-59
JOAN TYKINSKI (ALAMEDA, CA)	2-28-32	50-54
EWA ERIKSSON (SWE)	2-15-17	65-69
GUNNEL LUNDKVIST (SWE)	2-7-27	55-59



# 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.

**August 12-15.** 1st National Masters Sports Festival. Philadelphia. 3000 athletes over age 25 compete in 11 sports. Jon Buzzard, c/o Penn Mutual, 530 Walnut St. Philadelphia, PA 19172.

## TRACK & FIELD

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

**March 27-28.** Penn Mutual/TAC National Indoor Masters Track & Field Championships. Massachusetts Institute of Technology, Cambridge, Mass. 200 meter track. Entry form is in this issue. John Pistone, 186 Commonwealth Ave., Boston, MA 02116. (617) 266-4227. (617) 862-7500; 217.  
**August 6-8.** 15th Annual Penn Mutual/TAC National Masters Track & Field Championships, Wichita, Kansas. Bob Lida, 221 N. Main St., Wichita KS 67202. (316) 263-1029.

### EAST

**February 7.** New York Masters Sports Club Annual Indoor Masters Meet, Manhattan College, Riverdale (Bronx) N.Y., 10 a.m. Sign up at track.

**February 13.** 4th Annual Metropolitan TAC Masters Indoor T&F Championships, Cromwell Center, Staten Island, 10 a.m. Metropolitan Association members only. Sign up at track. Rudy Clarence (212) 756-4755.

**March 6.** Philadelphia Masters Indoor T&F Championships. Widener College, Philadelphia.

**March 14.** TAC Eastern Regional Masters Indoor Track & Field Championships, West Point, NY 11 am. Tom Talbott, 55 Frontier Rd., Cos Cob CT 06807. (203) 869-7992.

**March 21.** Masters Sports Association Indoor Track & Field Championships, Rockland Community College, Viola, NY, 10 am. Jim Barber, 252 Country Club Lane, Pomona, NY 10970. (914) 354-4498.

### SOUTHEAST

**February 13.** Mini T&F Meet, Manatee Junior college, Bradenton, Fla. 9 am. Kent Wiley (813) 922-3561.

**March 6.** Mini T&F Meet, Riverview High, Sarasota Fla. 9 a.m. Kent Wiley, (813) 922-3561

**March 13-14.** Florida State Masters and Sub-master Track & Field Championships, Riverview High, Sarasota, Florida. Kent Wiley, 2035 Constitution Blvd., Sarasota FL 33581. (813) 922-3561.

**April 3.** Tampa Bay T&F Meet. 18-and-over. Carlos Fraundorfer. Hillsborough High School, 5000 Central Ave., Tampa FL 33603. (813) 238-9771.

**April 24.** Mini T&F Meet, Manatee JC, Bradenton, FL. 9 a.m. Kent Wiley (813) 922-3561.

**May 7-9.** 12th Annual Southeastern Masters International Track & Field Championships. North Carolina State U., Raleigh, N.C. P.O. Box 5684, Raleigh NC 27650.

**May 15.** Mini T&F Meet, Manatee JC, Bradenton, Fla. 9 a.m. Kent Wiley (813) 922-3561.

### MIDWEST

**February 6.** Midwest Indoor Meet (masters included), Sterling, Illinois. (815) 626-4900.

**February 13.** 2nd Annual Masters Indoor T&F Meet, Cincinnati. Bill Schnier, Univ. of Cincinnati, ML 21, Cincinnati OH 54221. (513) 475-5708.

**February 21.** Midwest Masters Regional Indoor T&F Meet, Forest View High, 2120 Goebbert Rd., Arlington Heights, Ill. 8 a.m. Race day sign up only.

**February 28.** Midwest Indoor Meet (masters included) Sterling, Illinois. (815) 626-4900.

**March 14.** Midwest Masters Indoor T&F Meet. 8 a.m. Forest View High, 2120 Goebbert Rd., Arlington Hts., Ill. Sign up race day.

**June 19.** 3rd Annual Cleveland Track Classic, Cuyahoga CC West, Parma, Ohio. Jeff Gerson, 6509 Marsol Rd. #308, Mayfield Heights OH 44124. (216) 449-4964.

### MID-AMERICA

**February 13-14.** TFA National Masters Indoor T&F Championships, Kansas City. Jim Shoemaker, 10201 West 98th Terrace, Overland Park KS 66212.

### MOUNTAIN

**February 7 & 21.** Indoor meets, Colorado U., Boulder, Colo. John Zamora (303) 444-4116.

**February 14 & 28.** Indoor meets. School of Mines, Golden, Colorado. Steve Kaeuper (303) 388-8180.

**March 27.** Indoor meet. Air Force Academy, Colorado. Jerry Donley, (303) 471-1650.

### SOUTHWEST

**February 21.** TAC National Masters 100K Race Walking Championships, Houston.

### WEST

**February 6.** All-comers T&F meet, Cal State Northridge, 11:30 a.m. Northridge, Calif. (213) 885-3608.

**February 12.** All-comers T&F meet, Mt. SAC College, Walnut, Cal. 10 a.m. (714) 594-5611.

**February 13.** All-comers T&F meet, San Diego State Univ., 10 a.m. (714) 265-6569.

## DEADLINE

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

**February 14.** Weightman's pentathlon, Cal State Northridge, 10 a.m., above.

**February 19-20.** San Francisco Indoor Games. Cow Palace. 10 masters events for both men and women in 10-yr brackets from age 30 up. Jim Terrill, PO Box 764, Los Altos CA 94022. (415) 964-9238.

**February 20.** Lynette Breslauer Memorial 5K Walk, San Francisco. Harry Siitonen. (415) 863-0479.

**March 13.** 5th Annual Orange Masters T&F meet, El Modena High, Orange, Calif. 11 a.m. Larry Sallinger, 203 E. Monroe, Orange, CA 92667. (714) 639-6707.

**April 10.** Sacramento Masters Relays, Cal State Univ., Sacramento, New Chevron 400 track, Ken Carnine, 704 Elmhurst Circle, Sacramento 95825.

**March 28.** TAC National Masters 25K Race Walking Championships, Monterey, Calif.

**May 29.** Golden State Masters T&F Meet, Porterville, Calif. Allen Nelson, Porterville College, 900 So. Main St., Porterville, CA 93257.

**August 28-29.** 1st World Veterans Decathlon Championships. San Diego, Calif.

### CANADA

**June 12-13.** Ontario Masters Track & Field Championships, Centennial Stadium, Kitchener, Ontario. Don MacFarlane, 814 Birchwood Ave., Cambridge, Ontario N3H 2V5.

**July 17.** Ontario Masters Pentathlon Championships, Northview Secondary School, Bathurst & Finch, Toronto. Art Rappich, 86 Gloucester St. #1105, Toronto Ont M4Y 2S2.

### INTERNATIONAL

**March 27-28.** New Zealand Veteran Games, Invercargill, New Zealand. Derek Turnbull, Sherwood Farm, Tussock Creek No. 6 R.D., Invercargill, New Zealand.

**April 9-12.** Australian Veteran Games, Perth, Australia. Mrs. Val Prescott, 3 Melville St., Claremont 6010 Australia.

**May 14-18.** 1st Oceania Veteran Games. Suva, Fiji. Clem Green, 46 Hargreaves St. Wellington, New Zealand.

**July 14-18.** European Veterans T&F Championships, Strasbourg, France.

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

**October 1-10.** 1st U.S./ China Masters Track and Field Championships. Nanjing, Hangzhou, Hong Kong. Sports Travel International, PO Box 7823, San Diego, CA 92107. (714) 225-9555.

## LONG DISTANCE RUNNING

**1982 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS**  
(Age 40 and over)  
(See Chart)

### NEW ENGLAND

**April 19.** Boston Marathon, for qualified runners only. Entry information from: Will Cloney, Box 223, Boston, MA 02199. Travel and hotel information from: Roadrunner Tours, 301 W. Highway 20, Michigan City, IN 46360. (219) 872-7217.

### EAST

**February 7.** Race #2 of Manufacturers Hanover 5-Borough 5-mile Challenge. Prospect Park, Brooklyn, NYRR, Box 881, FDR Station, NYC 10150.

**February 13.** Snowflake 4 mile run, Central Park NY. NYRR, Box 881, FDR Station, NYC 10150.

## On Tap For February

### Track & Field

It's indoors for masters track & field athletes for the next two months. The New York Masters 3rd annual meet kicks things off on the 7th in the Bronx. The 2nd annual Cincinnati meet is set for the 13th. The Metropolitan Championships are switched from the 20th to the 13th on Staten Island.

The TFA National Masters Championships are slated for Kansas City on the Valentine weekend. The popular San Francisco Games provide masters with a 10-event bonanza on the 19th-20th.

### Long Distance Running

No national championships this month, but the prestigious Gasparilla Distance classic 15K is set for Tampa on the 6th, followed by the famed Mardi Gras Marathon in New Orleans the next day.

## Subscribe Now!

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

☐ \$12 for 1 year/12 issues

☐ New

☐ \$24 for 2 years (beat inflation!) ☐ \$22 for overseas

☐ Renewal

☐ \$20 for 1 year 1st-class air-mail

☐ \$4 for Age Record Book

Name

Address

City  State  Zip

Send to: National Masters Newsletter

P.O. Box 2372

Van Nuys, CA 91404



## 1982 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS LONG DISTANCE RUNNING CHAMPIONSHIPS (Age 40 and over)

EVENT	ASSOCIATION AWARDED TO	DATE	SITE	CONTACT	ADDRESS	TELEPHONE
5K ROAD	COLORADO	SEP 5	DENVER	Joe Arrizola	12336 E. Kentucky Ave. Aurora CO 80012	(303)343-8504
5K X-C	NORTH CAROLINA	NOV 26	RALEIGH, NC	Bob Baxter	800 Perdue St. Raleigh NC27609	
10K ROAD	METROPOLITAN	APR 25*	BROOKLYN	Bob Fine	77 Prospect Place, Brooklyn NY 11217	(212)789-6622
10K X-C	MIDDLE-ATLANTIC	NOV 14	PENN STATE	Harry Groves	Penn State Sports, Univ. Park PA 16802	(814)863-3147
15K ROAD	POTOMAC VALLEY	OCT 3	WASHINGTON DC	Larry Noel	105 Northway Dr., Greenbelt MD 20770	(301)474-9362
15K X-C	SAN DIEGO-IMPERIAL	NOV 27	SAN DIEGO	Ken Bernard	PO Box 80512, San Diego CA 92138	(714)488-3960
20K ROAD	PACIFIC NORTHWEST	MAR 14	KENT, WASH.	Bob Langenbach	4261 S. 184 St., Seattle WA 98188	(206)433-8868
25K ROAD	JERSEY	TBA	TBA	Harold Greenberg	PO Box 368, Westfield NJ 07091	(301)233-3106
30K ROAD	ADIRONDACK	SEP 19	ALBANY, NY	George Regan	PO Box 894, Troy, NY 12184	
50K ROAD	POTOMAC VALLEY	MAR 7	WASHINGTON DC	Sal Corrallo	5351 N. 37 St., Arlington VA 22207	(703)241-1854
50 MILE#	INLAND EMPIRE	APR 25	YAKIMA, WASH	Dick Goodman	PO Box 75, Selah, WA 98942	(509)687-7163
MARATHON#	OREGON	JUN 6	FOREST GROVE, OR	Jill Merriman	1229 N.W. 23 St. Portland OR 97210	(503)648-4212
HOURLY POSTAL	PACIFIC NORTHWEST	AUG 31c	POSTAL(National)	Al Huff	18127 1st Ave. N.W., Seattle WA 98177	(206)542-2930
5 MILE ROAD	MID-ATLANTIC	@DEC 1	PHILADELPHIA	TBA		
10K FESTIVAL&	"	AUG 15	PHILADELPHIA	Jon Buzzard	National Masters Sports Festival, c/o Penn Mutual, 530 Walnut St., Phila PA19172	

#Open to all ages. Others for masters (40+) only. \*Or May 2. &Not a national championship, but part of Sports Festival.  
 @About Dec. 1, at time of TAC Convention. cFrom Sept. 1, 1981 to Aug. 31, 1982.

**March 6.** Avon 20K, Alexandria, Va. Run Hers, PO box 7024, Alexandria VA 22307.

**March 14.** Race #3 of Manufacturers Hanover 5-Borough 5-mile Challenge. Bronx, NY. NYRRC, Box 881, FDR Station NYC 10150.

**March 21.** Price Chopperthon '82 30K Schenectady to Albany, NY. RRCA National Championship for Men, Women & Masters. Brenda Kelly, 49 Meadow Lane, Albany NY 12208. (518) 458-7620.

**April 4.** Perrier Cherry Blossom 10-mile, Washington. PO Box 4711, Arlington VA 22204. (703) 979-0358.

**May 8.** Mount Vernon Classic, 10 miles, Washington, DC. ARRA Championship series (prize money). Don Kardong (509) 838-8784.

**May 22.** Meadowlands 10K, New York, NY. ARRA Championship Series (prize money). Don Kardong (509) 838-8784.

**May 22.** Elby's Wheeling Distance Race 20K, Hugh Stobbs, 933 Main St., Wheeling WV 26003. (304) 232-6120.

**May 23.** Race #5 of Manufacturers Hanover 5-Borough 5-mile-run Challenge, Staten Island, NY. NYRRC, Box 881, FDR Station, NYC 10150.

**April 25.** Trevira 10-Mile Twosome, New York. PO Box 881, NYC 10022.

**May 30.** Tri-State Track Club Memorial Day 10K & 5K Road Race '82, 5:30 p.m., Mercersburg Academy, Mercersburg, Pa. Wayne Vaughn, 734 W. Franklin St., Hagerstown MD 21740.

## SOUTHEAST

**February 6.** Gasparilla Distance Classic 15K, Tampa, Fla. PO Box 1881, Tampa FL 33601.

**February 7.** Mardi Gras Marathon, New Orleans. PO Box 30491, New Orleans LA 70190.

**March 13.** River Run 15K, Jacksonville, Fla. P.O. Box 515, Jacksonville FL 32201. (904) 353-3669.

**March 14.** 4th Annual F&M Bank Colonial Half-Marathon, Williamsburg, Va. Roy Chernock, PO Box 399, Williamsburg VA 23187. (804) 229-3111.

**April 3.** Avon 10K, Atlanta. Bob Brennan, P.O. Box 13091, Atlanta, GA 30324.

**April 4.** Crescent City Classic 10K, New Orleans. Mac DeVaughn, 5242 Magazine St. New Orleans LA 70115. (504) 895-4705.

**May 8.** Avon 10K, Knoxville. Box 19818, Knoxville TN 37919.

**May 9.** Southeastern Masters International Marathon, 1/2 marathon, 10K and 20K Walk, Raleigh N.C. P.O. Box 5684, Raleigh NC 27650.

**May 31.** NIKE Masters Grand Prix Series. Cotton Row 10K Run, Huntsville, Alabama. Ron Morris, 13008 Camelot Dr. Huntsville AL 35803. (205) 881-4462.

## MIDWEST

**March 27.** Chicago Corporate Classic distance races. Stephanie Messick, 1423 West Fullerton Ave, Chicago IL 60614. (312) 348-1724.

**April 4.** South Dakota National Postal TAC one-hour run with 2 hour option and 10-mile option, Sexauer Track, 9 a.m., Brookings, SD. (605) 688-5526.

**April 18.** RRCA 15K Northern Regional Championship, St. Louis. (Kiener Plaza, 10 a.m.). Free health screenings before and after race. Tom Eckelman, St. Louis Track Club, P.O. Box 2956, St. Louis MO 63130.

**April 18.** 13th Annual Longest Day Marathon, Certified, Brookings, SD. (605) 688-5526.

**April 25.** Avon 10K, Kansas City. Jo Doherty, P.O. Box 4034, Overland Park KS 66204.

**June 19.** Grandma's Marathon, Duluth. P.O. Box 6234, Duluth MN 55806. (218) 727-0947.

## SOUTHWEST

**April 3.** Pepsi Challenge 10K, Tulsa. (918) 743-8586.

**May 8.** River Run 10K, Tulsa, 56th & Riverside, 8 a.m.

## WEST

**February 7.** Las Vegas Marathon, Running Store, 602 S. Maryland Pkwy., Las Vegas NV 89101. (702) 382-3496.

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

**April 11.** NIKE Masters Grand Prix, Norman Tamenaha 15K, Honolulu. Valdemar Schultz, 3900 S.W. Murray Blvd., Beaverton OR 97005. (503) 641-6453; 504.

**April 17.** 5th Annual YMCA/Orange County Marathon, point-to-point from Featherly Park to Huntington Beach, 7:30 a.m. Dave Harding, PO Box 2567, Newport Beach CA 92663. (714) 642-9990.

## NORTHWEST

**May 2.** Lilac Bloomsday 7.5 Mile Run, Spokane. ARRA Championship Series (prize money). Don Kardong (509) 838-8784.

**May 23.** NIKE Masters Grand Prix Series, Viking Classic 10K, Portland, Oregon. Val Schultz, 3900 S.W. Murray Blvd, Beaverton OR 97005. (503) 641-6453.

## CANADA

**April 18.** Ontario Masters Marathon Championship (certified course), Hamilton, Ontario. Peter Rhodes, 24 Rutherford Ave., Hamilton, Ontario.

## INTERNATIONAL

**February 6.** British Southern Vets Championships, Bedford Park, Havering-Hornchurch, England.

**March 14.** 1982 British National Veterans Championships, Parliament Hill Fields, Hampstead Heath, England.

**March 27.** 'Round the Bays Fun Run, Auckland, New Zealand. "World's largest fun run", 75,000 expected. John Wright, PO Box 1409, Auckland N.Z.

**September 14-15.** 15th World Veterans Distance Running Championships (IGAL), Lake Kawaguchi, Japan (Foot of Mt. Fuji, 100km north of Tokyo. 10K on 14th; Marathon on 15th.) Men 40 and over, Women 35 and over. Nippon Turtles Assoc., Central P.O. Box 1137, Tokyo, Japan.

FOURTH ANNUAL MASTERS SPORTS ASSOCIATION CHAMPIONSHIPS, ROCKLAND COMMUNITY COLLEGE, VIOLA, NY  
 CO-SPONSORED BY NIKE  
 SUNDAY MARCH 21, 1982, 10:00 A.M.

OPEN TO ALL MEN AND WOMEN OVER THE AGE OF THIRTY. T-SHIRTS TO ALL COMPETITORS.

DIVISIONS: 5 YEAR DIVISIONS FOR MEN AND WOMEN FROM AGE 30-79.

PRIZES: TROPHIES TO THE FIRST THREE IN EACH EVENT. MEDALS IN THE RELAYS.

FEES: \$4.00 FOR EACH EVENT. \$12.00 FOR THE RELAYS. LAST YEAR THE COMPETITORS VOTED TO GIVE TROPHIES AS PRIZES. IN ADDITION, WE HAVE RENTAL COSTS. THAT IS WHY WE HAVE TO CHARGE \$4.00 PER EVENT.

NO SPIKES PERMITTED.

DRIVING DIRECTIONS: THE COLLEGE IS ABOUT ONE MILE NORTH OF SPRING VALLEY, N.Y. AND SOUTH OF SUFFERIN, N.Y. GET OFF AT EXIT 14B ON THE NEW YORK THRUWAY. TAKE A RIGHT AT AIRMONT ROAD FOR ABOUT TWO MILES. AIRMONT ROAD BECOMES HIGHVIEW AVE. AT THE SECOND TRAFFIC LIGHT TAKE A LEFT TO COLLEGE ROAD INTO THE COLLEGE.

EVENTS & THEIR ORDER: MEET STARTS AT 10:00 A.M.

60 yd. high hurdles	10:00 Shot put	40+
500 yd. dash - 60 yd. dash	10:00 Weight throw	30-39
1 mile run	11:00 Weight throw	40+
600 yd. run	11:00 Shot put	30-39
2 mile walk	11:00 Long Jump	younger to older
10000 yd. run	12:00 Triple jump	younger to older
300 yd. dash	1:00 Pole vault	bar not lowered
2 mile run	1:00 High jump	bar not lowered
1 mile relay	Three 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.	
2 mile relay		

PLEASE PRE-ENTER. THE MEET DIRECTOR HAS THE DISCRETION TO REJECT POST ENTRIES.

(Please print)

NAME ADDRESS

CITY ZIP PHONE AGE SEX: MALE FEMALE

EVENT: TIME EVENT TIME EVENT TIME

EVENT TIME EVENT TIME EVENT TIME

RELAYS: 1 MILE 2 MILE AGE GROUP: 30 40 50 60+

CLUB

I hereby waive any claim I may have against NIKE, Rockland Community College, Masters Sports Assoc. for any injuries or claims sustained by me in participating in the 4th Annual Masters Sports Assoc. Championships. I certify that I am in good health.

SIGNATURE: Entry fee \$5 per event; \$12 for relay.

Check payable to MASTERS SPORTS ASSOC.

Mail to: JIM BARBER, 252 COUNTRY CLUB LANE, POMONA, N.Y. 10970

## 1982 MIDWEST MASTERS SCHEDULE

Feb. 21	Regional Indoor T/F Meet	AGE: 30 + over
Sunday	Forest View High School	
8:00am	2120 Goebbert Road	Arlington Heights, IL
March 28/4	Indoor T/F Meet	AGE: 30 + over
Sunday	Forest View High School	
8:00am	2120 Goebbert Road	Arlington Heights, IL
June 27	Outdoor T/F Meet (OPEN MEET)	
Sunday	York High School	
7:00am	Elmhurst, Illinois	
August 1	Regional Masters Outdoor T/F Championship	
Sunday	York High School	
7:00am	Elmhurst, Illinois	AGE: 30 + over
August 29	25K Road Championship (OPEN RUN)	
Sunday	Lake Bluff Jr. High School (Rt. 176 & Sheridan Rd)	
7:00am	Lake Bluff, Illinois	
Nov. 21	5 Mile Cross Country (OPEN RUN)	
Sunday	Veterans Park	
10:00am	Crystal Lake, Illinois	
Dec. 26	30K Road Championship (OPEN RUN)	
Sunday	Lake Bluff Jr. High School (Rt. 176 & Sheridan Rd)	
9:00am	Lake Bluff, Illinois	

Entry Fee: \$5.00

Awards: First five in each age group: G.S., Jr. Hi, H.S. Coll., OPEN, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+, MEN AND WOMEN.

REGISTRATION:

NO PRE RACE REGISTRATION - RACE DAY SIGN UP ONLY.

INFORMATION:

WENDELL MILLER  
 180 N. LaSalle  
 Chicago, IL 60601  
 312/236-1315

NOTE:

Unless otherwise notes, all races are OPEN TO ALL OTHER RUNNERS, regardless of age. All events on an all-weather basis.



# Enter Now!

## NATIONAL MASTERS 4 SPORTS FESTIVAL

**Philadelphia, PA August 12-15, 1982**

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

It's history in the making. And you can be part of it. If you're a Masters athlete, you're eligible to compete in any of the events in the first multi-sport Masters meet ever. Swimming. Track & Field. Cycling. Rowing. Diving. Long Distance Running. Long Distance Swimming. Synchronized Swimming. Weightlifting. Powerlifting. Kayaking. Canoeing. Plus the challenging Triathlon.

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.



Sanctioned by the respective Masters Sports committees.  
John B. Kelly, Jr., Festival Chairman and 1st Vice President, U.S. Olympic Committee.  
Sponsored by The Penn Mutual Life Insurance Company.

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):

<input type="checkbox"/> Canoeing	<input type="checkbox"/> Powerlifting
<input type="checkbox"/> Cycling	<input type="checkbox"/> Rowing
<input type="checkbox"/> Diving	<input type="checkbox"/> Swimming
<input type="checkbox"/> Kayaking	<input type="checkbox"/> Synchronized Swimming
<input type="checkbox"/> Long Distance Running	<input type="checkbox"/> Track & Field
<input type="checkbox"/> Long Distance Swimming	<input type="checkbox"/> Weightlifting
<input type="checkbox"/> A Triathlon (Cycling, Running, Swimming)	<input type="checkbox"/> Wrestling

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 Triathalons, respectively, two very demanding athletic contests held annually. However, the state has only one "man of steel."

Pound for pound and year for year, 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

***It was on Labor Day in 1940 that Steele became the first man on record to run 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 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 tells 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 then. I know much more about training and pacing 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



## THE GUN LAP

by MIKE TYMN

hills on the Pacific side out of the way early.

"I can still remember the fatigue and pain of those final miles," he remarked

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 that it had set a record by making the crossing in a day-and-a-half.

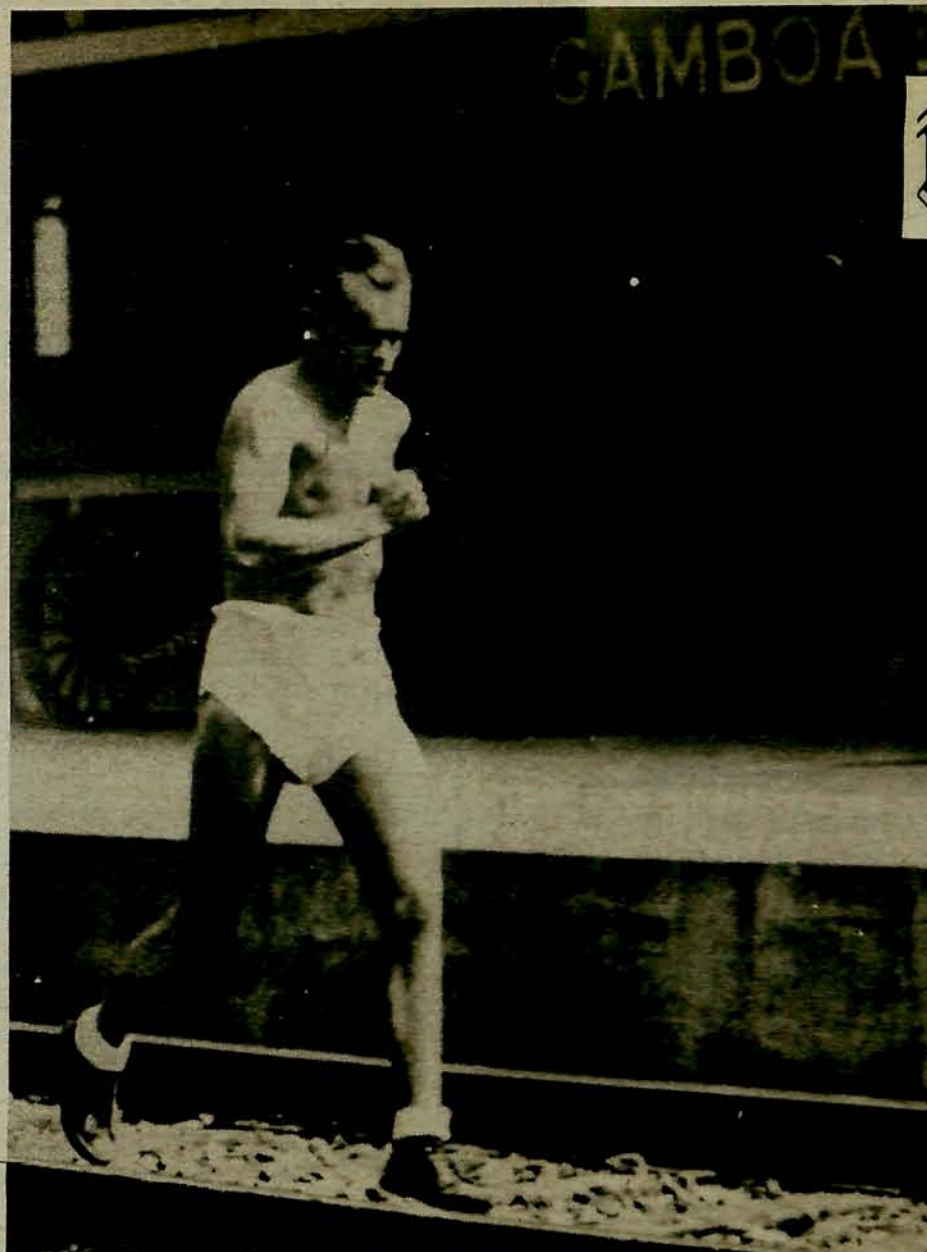
Steele retired from the Air Force after 20 years of service and then spend 20 more years with various zoos as curator of birds. Competing in masters track meets over the past 10 years, he set a number of world age-class records in the sprints although just about all of them have been broken.

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."

Steele elected to avoid the railroad tracks by running on a road which has been built since his pre-war days in Panama and he admits that it helped a little in chopping three hours off of his time. But what the heck, even a man of steel deserves a little bit of a handicap at 65. □



Faye Steele in Gamboa, 1940

## PROFILE



Faye Steele in Honolulu, 1981



## 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 message 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. There were no barriers—only friendship, and running.

It started in January, 1981, when two of their government's top sports officials visited the New Zealand Games. They were fascinated by the high level of skill demonstrated by veteran athletes. They were impressed with the relatively low cost of such a mammoth track festival, the sportsmanship and friendship. For

the Chinese, this was their "cup of tea." They couldn't stop asking questions. They wanted something like this in China.

In response to their enthusiasm Helen Pain of Sports Travel International organized a visit to China in April by four of us (we became known as the Gang of Four) to check out running conditions, hotels, transportation, etc. with an eye to a larger masters running tour. (Helen has been putting tours together since the 1st World Games in Toronto. She has been one of the real pioneers in generating greater world interest in International Sports on the over-age-30 level.)

We spent hours reviewing the nuts and bolts of setting up road races and track meets. The Chinese treated us wonder-

fully. On one occasion we were in the stadium inspecting the track around the soccer field. Red-headed Jim Puckett, sort of a Gresham Johnny Appleseed spawning happiness 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 nature of our mission, had been announced over the PA system as we entered. And to think that Puckett and I thought we could sneak a little look at the track at

half-time without being noticed. In China? By 48,000 people? I choked up thinking about it. And then my eyes got wet. It was, I think my most moving moment in 35 years in sports. Standing in the exit tunnel in a Shanghai stadium, at age 52, with 3 other Americans, and the Chinese sports people, and the crowd

how do you tell Herb Lorenz, Alex Rattelle, Jim O'Neil, Jim Ewing, Ruth Anderson, Francis Sackerman, Val Schultz, 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 Chi-

***I felt a closeness with the Chinese.  
The trip was an experience beyond sports ...  
I was profoundly moved by their industry, their  
gentleness, their wisdom and patience ...***

roaring good wishes, and . . . it was just too much. Life's rewards come at funny times, and in peculiar ways, and, at that exact moment, 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,

nese 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

continued page 20

## SPORTS TRAVEL INTERNATIONAL, LTD. Presents to the U.S. MASTERS

# CHINA 1982

### '82 MEETS

**Nanjing - October 1, 1982**

First Track and Field China - U.S. Masters Championships

**Hangzhou - October 5**

Second Poet Road Race - 10k

**Hong Kong - October 10**

First Track and Field Hong Kong - U.S. Masters Championships

### **Will you be there ?**

Information on various-length (and priced) tours to China - including all above- listed '82 meets plus I.G.A.L./ Japan pre-tour and Southeast Asia post-tour options can only be obtained by writing or phoning

**Sports Travel International, Ltd.**  
**PO Box 7823**  
**San Diego, Calif. 92107**  
**1-714-225-9555**

HAPPY ENDING TO 1st. POET ROAD RACE



JIM WASTE  
Director '81/Assistant '82

JIM PUCKETT  
Assistant '81/Director '82





## On Approaching Every Problem With an **O**PEN 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 somewhere in February, my program starts.

The single most important prerequisite is a firm understanding of what is in and what is out. First, I'm starting with an entire new supply of gear. I don't mean gear picked up at some race where you exchange a T-shirt or two, I mean, BRAND NEW GEAR. For 1982, new gear is in.

I haven't decided yet if I'll go with three or four chains around my neck. To begin with, I love the gold Chai the Jew-

ish guys wear. The Italians have this funny looking do-dad that seems to really turn on the chicks (it's the one worn over a thicket of chest hair). The Catholics have always had a pretty good looking

**"We took our shorts off and ran in just our Tailwinds along Black's Beach. It sure felt weird, whatever it was."**

array of silver neck jewelry. Just because everyone's into gold these days doesn't mean I shouldn't include them. I should add, parenthetically, some people are uncomfortable infringing, so to speak on other people's religion, even when it applies to something as genuinely important as fashion. Don't fret, my guilt-ridden PR candidates, there is an endless variety of smart items for all of you.

For instance I saw a miniature drivers license on a #4 link gold necklace. It was stunning! The runner had embellished this simple piece with two additional chains, one with tiny gold running shoes and the other with a small gold lap-counter clicker, all done in a tasteful bed of assorted diamonds. I mean, bring

on the chicks!

Before I talk more about ins and outs please try to remember, times change, basic improvements are made, and as athletes we must be ready to toss out old habits and move ahead with the times. As we all learned at the National TAC Financial Seminar in Reno, MONEY is in.

Remember when the "runner's high" was the in thing? Guys I knew were not only high, they were talking to grown trees and underaged animals. Take Bob Fine for instance; normally he's a quiet guy, trained professionally to choose his words carefully. At the height of the runner's high business, we went for a run in Central Park. He turned into a babbling idiot. "Hello Mr. Tree, how are you?"

You know some woman wrote a terrific poem about you, said God makes trees and a lot of other neat stuff, far out!"

The only way I ever got close to this high was one time a friend of mine and I bought a Quaalude off some gal with a tattoo on her arm in a VW bus on the Laurel Street bridge in San Diego. One other time, I may have been high, but I'm not 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 dude boxes that people OD with on the boardwalk in Venice, California. I'm talking about a small Sony with the cool feather 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 calf 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.

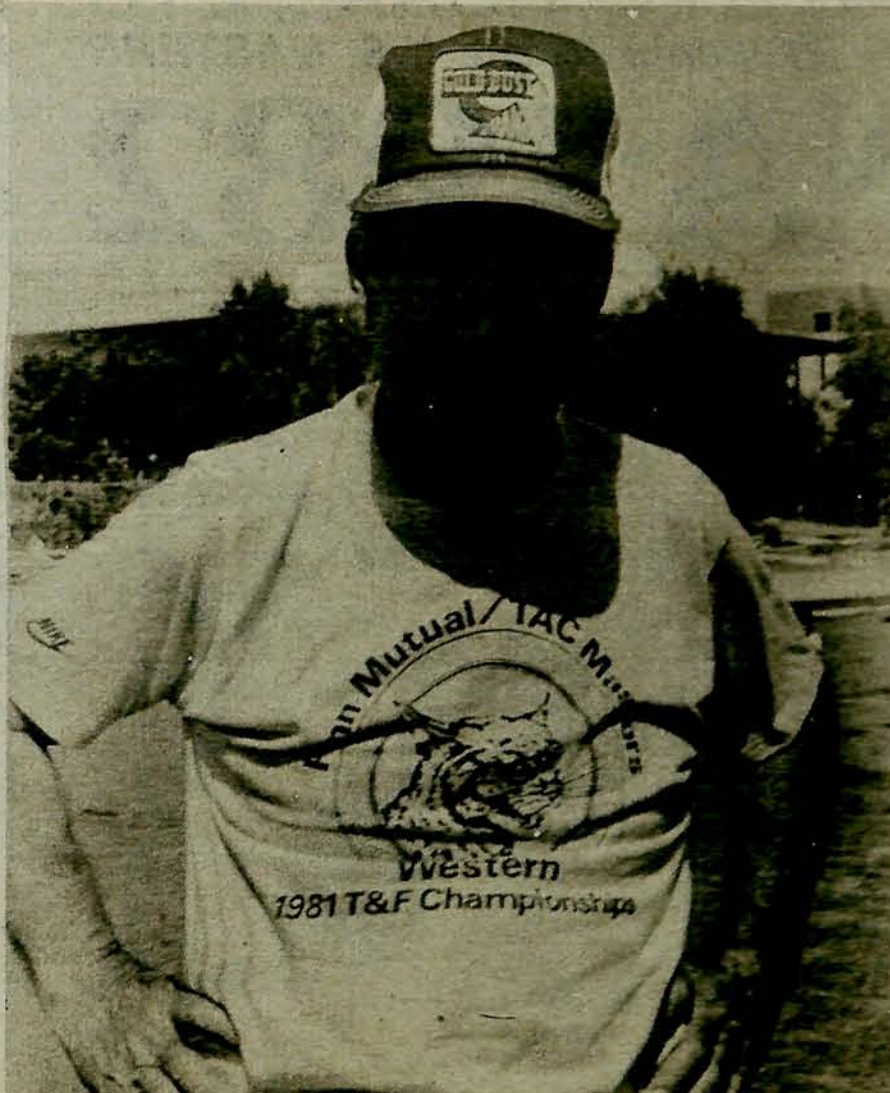
Matching head and wrist bands are in, so are Danskins, for both men and women. Leg warmers haven't caught on with guys yet, but they will. Make-up for men is okay, not too heavy though, it runs. Nike is out, they now have made a different shoe model for every runner in California and are threatening to move east. Sturak is in, still has the greatest

**"Money is in. Florida is out.  
The Walkman II is in.  
California is out."**

head of hair since they legalized steel wheel as a covering. Which reminds me, I must not forget to write *Runner's World*, only they would remember; which came first, Perrier or Jogging?

Florida is out, too much haggling at the deli counter over whether the Bialis are fresh or not. Ditto for California. Sliding mud never did much good for anyone who wanted to live on the side of a hill—let alone people who live below. Colorado is out. Money, as mentioned earlier, is in, but Aspen is ridiculous.

Keep me apprised of any cunning stunts you meet and stay on your toes, because if it's really in—it's out. □



Tony Castro, 72, La Canada, Calif. is the current American record holder of the 70-74 age group in the 200 meters.



Phil Raschker won 5 gold medals in 1981 National T&F Championships.

photo by Richard Lee Slotkin



Spotty Hall  
World M55 Vets High Jump Champ



## 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, because of the Penn Mutual Masters Sports Festival, August 12-15, 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 Tamenaha	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. championships. Please contact Valdemar 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"

My running has not been the fastest in town  
At race end I don't wear the glad victor's crown.  
My sad lack of speed leaves me feeling quite down.  
Oh, how I do 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.  
In 35 months I turn Master!

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

My friend Father Time's creeping closer each year.  
Decrepitness threatens, but I feel no fear.  
When age comes 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.

I'll zoom up Pikes Peak and say Howdy to Carl.  
I'll turn at the top and descend with a snarl.  
When finishing first, they'll award me with laurel.  
Oh glad happy day I turn Master!

—Margaret K. Gates

(Thanks to Jerry Donley for submitting Gates' poem, which was published in the Pikes Peak Road Runners Newsletter.)

## TOP MASTERS INDOOR TRACK & FIELD EVENTS

February 14. TFA NATIONAL CHAMPIONSHIPS, Kansas City. Contact: Jim Shoemaker, (913) 492-4035.

FEBRUARY 19-20. SAN FRANCISCO INDOOR GAMES AND OLYMPIC DEVELOPMENT. Cow Palace. 10-year age brackets from age 30 thru 60+ for men and women. (30m, 40m hurdles, 600m, 1500m, 1800m relay, 3000m relay, LJ, HJ, SP, plus men's pole vault.) Contact: Jim Terril (415) 964-9238.

FEBRUARY 21. TAC MIDWEST REGIONAL CHAMPIONSHIPS. Forest View High, 2120 Goebbert Rd., Arlington Heights, ILL. 8 a.m. Race day sign up only. Contact: Wendell Miller, (312) 236-1315.

MARCH 14. TAC EASTERN REGIONAL CHAMPIONSHIPS. West Point, NY. Contact: Tom Talbott (230) 869-7992.

MARCH 21. MSA CHAMPIONSHIPS. Rockland CC, Viola, NY. Contact: Jim Barber, (914) 354-4498.

MARCH 27-28. PENN MUTUAL/TAC NATIONAL CHAMPIONSHIPS. MIT, Cambridge, Mass. Contact: John Pistone, (617) 266-4227.



**Price Chopperthon '82**  
**30 Kilometers (18.6 miles)**  
**Schenectady 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**





## Losing, Victims and Grief

by PHIL CONLEY

This particular column will mark somewhat of a departure from those of the past six months, in that it is not specifically about LDR, track and field, or even motivation. However, it is about

way home. The other three, allegedly in the partnership of excess speed and several beers, met a massive oak tree head-on.

Two young men—popular, attractive, both first-born from loving families, fine all-around athletes—were killed. The driver suffered serious injuries, but sur-

liability to be addressed in the future.

People die every day—especially youths in car crashes, often at high speeds and many due to alcohol in some form, but most do not have names, personalities and faces that YOU know and love.

### Incident #2 Rapes and assaults

At about the same time the Stanford campus was shocked and outraged by four rapes or attempted rapes in the middle of the campus within a week. All of us who have wives, daughters or female partners who run have had great cause for concern about their safety for several years. But those of us who live in "safe harbors" expect those assaults to occur ELSEWHERE—in bad neighborhoods and to SOMEBODY ELSE!

Although I have long been an outright fan of, and cheerleader for, women's athletics and running in particular, I shuddered to see that the women who run on campus were forced by prudence and well-publicized suggestions from an alarmed administration to run with our group of Angell Field Ancients in their

***"I have programmed myself to add extra hurt to a losing effort—make it really painful so you won't LET it happen again . . ."***

prescribed daily routines and patterns. For many, such as my wife who runs for spontaneity, freedom, solitude and peace of mind, it meant relinquishing the very rationale for the running, or the assumption of additional risk and worry by us all.

As poignantly described in another solemn Stanford community-awareness meeting, these assaults have not only lodged horrible physical and emotional scars on their specific victims, but also on each and every POTENTIAL victim and her circle of friends and relatives, not to mention the entire Stanford community. It is a sad sad day for man and womankind when lack of personal security transcends personal action, freedom and peace of mind.

### Incident #3 Honkey the cat

Although all of the San Francisco Bay Area learned about the first two incidents in their newspapers, almost no one except our close friends knew of our family cat, Honkey the cat was a 6½ year old all white neutered feline—part Burmese and part Persian, with one yellow eye and one blue. His name was obvious—

"What else would you call an irascible white person?" We had him since he was 6 weeks old and was our first pet. Matter of fact I had not had any pets since I was 8 or 10 and Honkey was all to us that any child is to his parents, particularly so for my wife, Fran. Late last summer Honkey contracted feline leukemia, probably during an infrequent fight with an intruder cat. We pumped him up with steroids during the fall, either by injections or by pills. When Fran left for a winter of research activity at NIH in Bethesda, MD, I was left ill-equipped professionally or emotionally to continue the treatments and ongoing care. I

learned—at least the professional side of things.

You ask, "Why is it worthy of grief (much less this column) to mourn and lament the demise of a single cat in a world overpopulated with cats already?" One only asks that question if one is not a cat or other animal owner.

In the last eleven years I have been fortunate in having, to a large degree, the opportunity to control my own environment and even destiny. When Fran left, I felt I was placed "in charge" of the cat's health. Although Fran kept telling me there was absolutely nothing I really could do, and that the steroids themselves could kill the cat, I felt I could and would somehow alter the situation. During his last five weeks, I loved him, injected him, put out water and food for him, and suffered greatly as he went downhill. Uncharacteristically I made no attempt to ask what various costs would be for veterinary services, but got what was necessary. I knew I was in trouble as I perceived how I reacted to the cat's fading health. I sustained constant headaches and stomachaches on

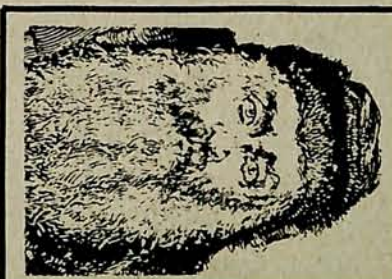
those poor days along with the cat. I would improve when it appeared as though the cancer might be reaching a remission stage.

I had Honkey put away on December 7, 1981 when it became apparent that the cancer had taken over his central nervous system. I cried more during our cat's demise than for my Father's when he died—perhaps because I felt that I was alone and "in charge", but in fact I was powerless to the ways of Mother Nature. I'm sure that we will have another cat someday, but somehow it won't be quite the same.

As a result of these experiences I have become less flexible, less tolerant, less hopeful. More fatalistic, and guarded about allocating my time and affection. I feel wounded by these events, and it will take time for the wounds to heal. Have I created too much pain for myself and wallowed in it? Perhaps! I always have programmed myself to add extra hurt to a losing effort—make them really painful so you won't LET them happen again—then you'll do more, fight harder, and take that extra step next time (as if ALL losing efforts COULD be averted!).

Some things can be altered and other things are immutable. We should each concentrate our individual and collective efforts, both physical and psychological, in those directions and for those occasions which offer the opportunity to improve the outcome. Certainly one can improve one's driving habits and improve one's security while running. Maybe there is even something here which pertains to LDR and track and field after all.

I leave the reader with one last question to ponder: When we grieve for a "victim", are we crying for the "victim", or ourselves, or are they both the same? □



# Phil THE Philosopher

by PHIL CONLEY

winning and losing—unfortunately more about the latter than the former, and how one relates to losing.

The three incidents I describe below, along with the feelings and thoughts that were created inside me about the incidents, are listed in sharply *descending* order with regard to the publicity they received and in sharply *ascending* order with regard to the personal involvement I experienced.

### Incident #1 The car crash

In late October four Stanford University fraternity brothers, of whom three were Varsity athletes and casual acquaintances of mine, got into a sports car for a Thursday night at a pub on Stanford lands. Later one of them, a varsity trackman, did not feel "comfortable" in the situation, got out and sought another

vived. The fourth, who had left the trio just before the accident, was awakened with the rest of his fraternity brothers to learn the bad news. Was it good judgment, a sixth sense, or plain luck that he was not involved in the crash? I knew and liked the two young men who were killed, I chatted with each on the playing fields, and had admired their abilities and enthusiasm for life, although I was not nearly as close to them as to several of my track and field "protégés".

The shocked Stanford campus mourned their passing, both individually and formally. Many rallied around the surviving injured driver. It was said none deserved his fate. Certainly the driver's mental scars will take longer to heal than those of his physical personage. And there is the question of legal and criminal



Mark Henderson and grandchildren at masters meet.



## 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 veterans athletics. Thanks to the efforts of Helen Pain (USA) in promoting a tour to China, and to Clem Green (NZ) for spreading the 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 inter-

ested in bidding for either of these Championships are asked to contact WAVA Secretary Owen Flaherty no later than June 23, 1983.

Eddie 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 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 jamboree for runners of all ages. This meet is heralded by past participants on one of the finest events of its kind held 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. 276

**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 FEE:** \$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 medallions to the first three places in every event plus up to first ten places (or 20% of field) in distance jamboree.

**LATE ENTRIES:** Additional \$1.00 late fee required for all events if postmarked after April 16th. 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/social is planned on Friday evening at Mission Valley Inn.

**BANQUET:** 7:30 PM Saturday. Site TBA Ticket on first come basis \$10.00 per person. Refunds upon sold out situation.

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

#### MOTELS:

MISSION VALLEY INN (Meet Headquarters) Avent Ferry Road (919) 828-3173  
Velvet Cloak Inn 828-0333 Holiday Inn 832-0501  
Howard Johnsons 782-8718 Ramada Inn 782-7525  
Sheraton Crabtree 787-7111

#### EVENT SPECIFICATIONS

EVENT TITLE	OA-OB	1A-1B	2A-2B	3A-3B	4A-4B-5A
110 Meter Hurdles	39"	36"	33"	30"	30"
400 Meter Hurdles	36"	36"	33"	30"	30"
Shot Put	16Lb	16Lb	12Lb	4K	4K
Discus	2K	2K	1.6K	1K	1K
Javelin	800Gr	800Gr	800Gr	600Gr	600Gr
Hammer	16Lb	16Lb	16Lb	8Lb	8Lb

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

#### SCHEDULES OF EVENTS

**FRIDAY, MAY 7th:** PENTATHLON (Long Jump, Javelin, 200M, Discus & 1500M)  
STARTING TIMES: (Division 3 & 4) 2:00 PM (Division 2) 2:30 PM (Division 1) 3:00 PM  
(Division 0) 3:30 PM  
3000M Men 4:00 PM, Women 4:30 PM  
Triple Jump 2:00 PM

**SATURDAY, MAY 8th:** See Tentative Schedule

**SUNDAY, MAY 9th:** MARATHON and HALF MARATHON 7:30 AM Refer to course map  
10 KILOMETERS 7:30 AM on back cover for routes  
20 KILOMETER WALK 8:00 AM and descriptions.  
WEIGHT PENTATHLON: Div 0 Div 1 Div 2 Divs 3 & 4  
(All times AM) 9:00 9:30 10:00 10:30

TENTATIVE SCHEDULE (refer to program for final schedule)

SATURDAY, MAY 8, 1982

7:00 am 5000 meters	8:00 am Hammer	All field events will start with the oldest age divisions and work down, except in the long jump where women will precede the oldest male divisions.  All track events will start with the women first; then the men from youngest to oldest divisions.
8:55 am 110M hurdles	8:30 am 35 lb. Weight	
9:55 am 1500 meters	9:00 am Pole Vault	
11:15 am 400M hurdles	10:00 am Discus	
12:00 n 5000M walk	11:00 am High Jump	
1:00 pm Lunch Break	12:00 n Javelin	
1:30 pm 100 meters	1:00 pm Long Jump	
2:20 pm 400 meters	2:00 pm Shot Put	
3:15 pm 800 meters		
4:00 pm 3000M steeple		
4:30 pm 200 meters		

DETACH ENTRY FORM BELOW AND MAIL TO: Southeastern Masters P.O. Box 5684  
RALEIGH, NORTH CAROLINA 27650  
(Photo Copy If Needed)

Name Last	First	Init	Birth Date	Mo	Day	Yr	Division	Sex					
<table border="0"> <tr> <td>Telephone</td> <td>Street</td> <td>City</td> <td>State</td> <td>Zip Code</td> </tr> </table>									Telephone	Street	City	State	Zip Code
Telephone	Street	City	State	Zip Code									
TAC Registration No		Requested number of Banquet Tickets		Total Amount Enclosed									
		@ \$10.00 ea											
INDIVIDUAL TRACK & FIELD EVENTS													
Event No	Event Title	Event No	Event Title										
1		5											
2		6											
3		7											
4		8											

#### CHECK OTHER EVENTS BELOW

3000M \_\_\_\_\_ Pentathlon \_\_\_\_\_ Weight Pentathlon \_\_\_\_\_ 10K \_\_\_\_\_ Half Marathon \_\_\_\_\_ Marathon \_\_\_\_\_ Triple Jump \_\_\_\_\_

#### ATHLETIC RELEASE

In consideration of the acceptance of this entry, I hereby, for myself, my heir executors, administrators and assigns, release and discharge the promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field Inc., Cooper Group-Lufkin Division, The Athletic Congress, Penn Mutual, and their agents, servants, employees and North Carolina State University at Raleigh whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said races to be held on May 7, 8, 9, 1982, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility.

ATHLETE'S SIGNATURE

CONFIRMATION: Entry confirmation will be self-addressed 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.

photo by George Gohm





## FROM THE Editor

No sooner had the troops assembled in Reno in December for the 3rd annual Athletics Congress convention than the usual rumblings were heard about whether masters even belong in TAC.

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-break-away.

But by the convention's third day, emotions had cooled. Maybe it was the spell of the blackjack tables, or the banquet food, or the comraderie, or the Penn Mutual sponsorship money being divvied up. Whatever it was, no motions were brought up to split from TAC.

What it probably was, was that 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 two masters committees—track & field and long distance running—made significant organizational progress.

The detailed minutes were published last month. Suffice to say here that Masters track & field chairman Jim

Weed was superbly organized, and through his appointed sub-committees chaired by Bruce Springbett, Chuck Klehm and A.J. Puglizevich, 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 confusion 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.

Both committees 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 Daria 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 pro. 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 left, 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." "TAC 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 × \$6) to TAC, not to mention the money from a large number of sub-masters 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 Indianapolis. 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 to do 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 auto-crats 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. □

### Hawaii Masters Meet

by JACK KARBENS

HONOLULU, Dec. 27. The Hawaii Masters Track Club Christmas Meet was held at Kaiser High School today under clear skies and 80 degree weather with about 30 competitors.

Two mainland guests, Jim Hershberger, 50, from Kansas, and Jack Thatcher, 65, from California showed up.

The race walk drew the largest field, headed by national silver-medalist Jim Moberly, who developed a race walking clinic in conjunction with the Honolulu Marathon Clinic.

Joyce Varney, 55, set a new American 55-59 high-jump record of 3 feet, 5 inches. She's been receiving coaching from Sheldon, her husband, a bronze medalist in the World Games in New Zealand (M50).

Stan Thompson, 70, earned 1539

WAVA points. Naoto Inada, 60, ran four events, as did Betty Nakasone, 45, in her first masters meet.

Bud Deacon was there as a spectator, looking fit but nagged by injuries. Edie Leiby, 58, is recovering from surgery. Harold Chapson has sore back problems, but hopes to shatter some 80+ age marks when he turns 80 in July.

The Hawaii Masters will be competing in all-comers meets this spring at the University of Hawaii. Meets will be held on Wednesday evenings from 6 to 8 p.m. from January 27 through April. Additional meets at Kaiser High School on Sundays at 8 a.m. will be held on February 14 and March 27. The Norman Tamanaha 15K Run will be held on Easter, April 11. A Masters Championship meet is tentatively scheduled for May 22-23. □



Start of women's 800 in Pan-Am Games.

photo by Richard Lee Slotkin



# 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 Amherst 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: (M=Men; W=Women)

M30 (30-34)	M50 (50-54)	M70 (70-74)
M35 (35-39)	M55 (55-59)	M75 (75-79)
M40 (40-44)	M60 (60-64)	M80 (80-84)
M45 (45-49)	M65 (65-69)	M85 (85+)

W30, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80, W85+.

## 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. 1/2" spikes recommended. Locker and shower available.

## RELAYS

Relays will be run in each 10-year division: 30-39, 40-49, 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+: 42'7 3/4" to 1st hurdle; 27'10 1/2" between each hurdle).

Heights	Men	Women
30-39	39"	30"
40-49	36"	30"
50-59	33"	30"
60+	30"	30"

Higher heights may be run by an individual at the meet director's discretion.

## IMPLEMENTS

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

Shot	Men	Women
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, 575 Memorial Dr., Cambridge, MA 02139. (617) 491-3600. 1/2 mile from campus.

## HOUSING

Special meet rate at Howard Johnson's (above). Single \$45; 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 an SASE of your local newspaper, marked: "Attention, Sports Editor." We'd like to spread the good news.

## SCHEDULE

SATURDAY, MARCH 27, 1982

10:15 am 35 lb. Weight Throw  
11:30 am Long Jump, Pole Vault  
12:45 pm 55 meter hurdles - trials & finals  
1:45 pm 55 meter dash - trials & finals  
2:45 pm 3000 meter walk (M45, M40, M35, M30)  
3:15 pm 500 meter run  
4:00 pm 1500 meter run  
7:30 pm Hot buffet (on MIT campus)

SUNDAY, MARCH 28, 1982

11:00 am Triple Jump, High Jump, Shot Put  
11:15 am 3000 meter walk (Women, Men 50+)  
12:00 n 3000 meter run (Women, Men 50+)  
12:45 pm 1000 meter run  
1:30 pm 300 meter run  
2:30 pm 3000 meter run (M45, M40, M35, M30)  
3:15 pm 1600 meter relay  
3:45 pm 3200 meter relay

clip and mail

OFFICIAL ENTRY: 1982 PENN MUTUAL/TAC NATIONAL INDOOR MASTERS TRACK AND FIELD CHAMPIONSHIPS

Please enter me in the following events: Event: \_\_\_\_\_ Best Mark: \_\_\_\_\_ Event: \_\_\_\_\_ Best Mark: \_\_\_\_\_

(List recent best performance for seeding purposes)

Event: \_\_\_\_\_ Best Mark: \_\_\_\_\_ Event: \_\_\_\_\_ Best Mark: \_\_\_\_\_

Name \_\_\_\_\_ Club \_\_\_\_\_ Age (day of meet) \_\_\_\_\_

Address \_\_\_\_\_

TAC Card Number \_\_\_\_\_ Age Division \_\_\_\_\_ Sex \_\_\_\_\_ T-shirt size (circle) S M L XL

## WAIVER:

In consideration of your accepting my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Massachusetts Institute of Technology, the Athletics Congress, the New England Association of TAC, Penn Mutual Life Insurance Co., Nike and all sponsors of this event, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the Penn Mutual/TAC National Indoor Masters Track & Field Championships held March 27-28, 1982 at the MIT Athletics Center in Cambridge, Mass.

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

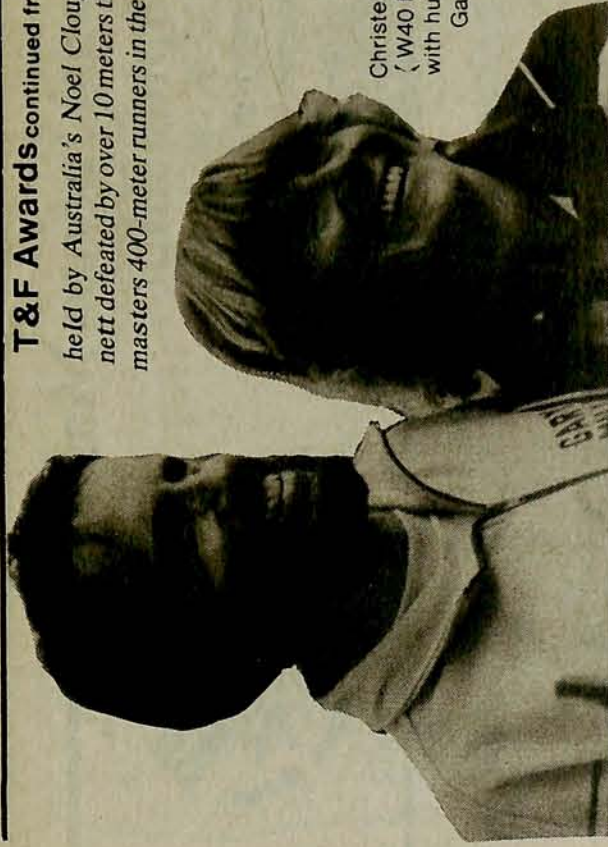
Please make check payable to National Masters Championships and mail to: JOHN PISTONE, 186 COMMONWEALTH AVE., BOSTON MA 02116. (617) 266-4227; (617) 862-7500; 217.

DEADLINE: MARCH 20, 1982. NO POST ENTRIES





**T&F Awards continued from page 1**  
held by Australia's Noel Clough. Burnett defeated by over 10 meters the finest masters 400-meter runners in the nation,



Christel Miller  
(W40 Field)  
with husband  
Gary

including Ralph Lee (50.86) and Bill Knoke (51.06).

Burnett went on to win the national 200 meter crown in a blazing 22.4, leaving world class sprinters Walt Butler (23.0) and Dave Segal (23.1) in his wake. Jim also won his two specialties in the Pan-American Masters Games in Los Angeles and the North American Masters T&F in Philadelphia.

Fox, 40, was awesome in the national masters championships, winning 4 gold medals and setting one world and one



Bess James W70 LDR



Frank Finger M65 Track



Jim Burnett Outstanding T&F Athlete

Helen Dick W55 Track

photo by Richard Lee Slotkin

American record for women over age 40.

The 5-foot-8, 116-pound former engineering research assistant at Stanford now working at Duke University in Durham, N.C., broke two of the fastest records on the books, both held by the great Miki Gorman. In the 10,000 meter run, Fox took 12 seconds off Gorman's 35:45.6 standard with a superb 35:33.6. In the 5000, she broke Miki's world mark by 0.6 seconds in 16:57.4. In between, Judy won the 800 in 2:25.7 and 1500 in 4:45.5.

Contention ran deep for most of the 5-year age division awards:

#### 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. Walt 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 rated 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; and to Knoke, Segal, Gary Miller, Mike DeStefano, Lew Faxon, Dick Schupbach, Bob Williams, Jim Demma and Tom Laris.

#### 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 6'8" 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



Wilfred Bigelow M70 Track

mer 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 outstanding masters award in 1980. By any standard, Oerter's discus throws (225' in 1981) put him at the top of any masters list, even though he didn't compete in masters events last year.

#### Women 40-44 Track

Fox won this division, with a nod to Cherrie Sherrard. Almata Parish, Sandra Knott, Pat Bessel and Marilyn Harbin.

#### Women 40-44 Field

Joann Grissom, the top female masters award winner in 1980, maintained her form in '81, tying the American high jump record of 4'6". She shot put 36'11", long jumped 15'9 1/4" and threw the discus 84'11".

#### 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 Heffernan and Dave Hamby 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 Pauling, Bob Packard, Hal Higdon, Pete Richardson, Josh Culbreath, Lloyd Rickard, 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 Obera 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 (38:49.2), 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 Ann 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 Cheek, Ed Schuler, Harold Green, George Vernosky, Jim Schirber, Tony Sapienza, Kelsey Brown, Dave Stevenson, J. Murphy, Ralph Sutton and Ozzie Dawkins.

#### 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 Davisson, Jerry Donley and Eric Austin.

#### Women 50-54 Track

San Diego's Nicki Hobson set 2 American W50 marks: an 11:50.8 in a 3000-meter run, and 8 miles, 1564 yards in a one-hour run on the track. She posted a fast 19:58 for 500. Very close was Shirley Kinsey (winner of the field award) who won 4 national track titles (100, 200, 2 relays). Mention went to Ellen Fuller, Ruth Anderson, Shirley Dietderich and Marcia McChesney.

#### Women 50-54 Field

Kinsey stood out clearly, setting a world shot put record of 30'4", capturing 3 national field titles (shot, discus, javelin) for a total of 7 national championship wins.

#### Men 55-59 Track

Jim O'Neil of San Diego retained his dominance of this division. One of America's premier masters runners, O'Neil began the year by setting U.S. records in the 5000 (16:27.02) and 10000 (34:32.0) for men 55-59 in the 4th World Veterans Games in New Zealand. In Los Gatos, Jim successfully defended his national masters championships in both events. Honorable mention went to Bill Fitzgerald, Jack Greenwood, Bob Watanabe, Rudy Valentine, Roland Anspach and Avery Bryant.

#### Men 55-59 Field

Bob Backus of Pembroke, Mass. won the nod over Tom Patsalis of Los Angeles. Backus threw the 12 lb. hammer 197', the 16 lb. hammer 175', and the 35 lb. weight 56'8". Patsalis long jumped a world record 20'8½", and won 4 national titles in the 100, hurdles, long and triple jumps. Spotswood Hall captured the world high jump gold medal (5'3"). Don Grosh annexed the world pole

vault (10'6"). Mention also went to Ray Spencer and Vern Wolfe.

#### 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 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 (16'4") 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, Jack Start, Pete Fetter and Milt Bass.

#### Men 60-64 Field

Gordon Farrell recaptured his spot as best field athlete of his division with a

record 17'2¼" long jump and 35'5" triple jump. Dan Aldrich, Orval Gillette, Boo Morcom, Tom McDermott and Jim Vernon won mention.

#### 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 crown 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 3:11.7 in the 800. Mention went to Jo Kolda.

continued on page 16



Irene Obera W45 Track

photo by Hans Bruhner



Al Oerter M40 Special Award

photo by Richard Lee Slotkin



Herb Anderson M75 Field, Paul Spangler M80 Track & LDR, Harold Chapson M75 Track



Ruth Rothfarb W80 LDR & Track



Jim O'Neil M55 Track & LDR



Shirley Kinsey W50 Field



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. 400 record of 63.83, and approached his own world 800 standard (2:25.3) in 2:27.84. Close up was Harry Koppel, who won 3 national titles in the 100 (13.25), 200 (27.61) and 400 (65.43). 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 48'8 3/4" shot put. Satti won two World Games gold medals in the 400 hurdles and long jump, and captured national titles in the long jump (16'1 1/2"), triple jump (29'8") and 400H (78.66). Nolan Fowler set a U.S. 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 (3:38.2) and 1500 (7:23.9).

**Men 70-74 Track**

Two world records at the World Games were enough to give Wilfred Bigelow division honors: 400 hurdles in 84.09 and 3000-steeplechase in 14:34.6. Just missing was Tony Castro, with two national wins in the 100 (14.13) and 200 (29.4).

**Men 70-74 Field**

Vern Cheedle garnered M70 field laurels with a 42'3 1/2" shot put. Mention went to Stan Thompson for his World Games high jump gold medal (4'3 1/2") and to A.J. Puglizevich.

**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**

Honolulu's 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 3 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 Breckenbeck and Win McFadden.

**Women 75-79**

The lone contender was Ruth Rothfarb, 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**

Idaho's Buell Crane took top honors here. □

**Davies, Irvine**

continued from page 1

performer even before her record 2:55:17 marathon in December. The "Flying Nun" from San Rafael, California clocked times of 38:07 for 10K, 1:26:36 for 1/2 marathon, and defeated Toshiko d'Elia 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**

New Jersey's Herb Lorenz was named outstanding masters runner in the 40-44 bracket. He set 3 American marks in 1981: a 30:42 10K at Peachtree, a 47:18 15K in Washington, and a 1:19:58 25K in Belgium. Contention ran deep: Bill Hall set an American masters record 2:21:19 marathon in Boston. Ralph Zimmerman posted 3 sub-2:30 marathons, including a 2:23:16 at Skylon. Jim Bowers clocked a 2:24:18 marathon and

set a U.S. record 1:22:39 in a late-1980 25K. Bernd Heinrich set an open 100K record and a masters 50-mile mark. Kirk Randall turned 40 late in the year, defeated Lorenz in the TAC National Masters 10K cross-country in Houston, and blazed to a 30:55 10K on the road. Dan Conway won back-to-back national TAC titles in the 10K (31:03) and 15K (48:30). Tom Laris held the U.S. 10K mark of 31:03 for part of the year. Sub-2:30 marathons were turned in by Ernie Billups, Danny Daddio, Ray Swan, Pete Sponsel, Gary Muhrcke, Pete Jeffers and Ron Hill. Doug Latimer tied for the open Western States 100-mile endurance championship. Honorable mention also went to Ernie Dumas, Jeremy Clark, Mike Heffernan, Joe Burgasser, Bob Jenkins Mike Tymn, Mike Sabino, Dan McCaskill, Ken Winn, Jim Ewing, Dave Hambly, Chuck Downey, Bill Meinhardt, Roy Reisinger, Ken Mueller, Bob Fischer, Dick Hipp, Dick Jamborsky, Vic Zwolak, Ray Stevens, Sal Vasquez, Gabe Bernal, Tim Rostege, Mel Williams, Richard Van Scotter, Roger Roullier, Pete Foret, Ardel Boes, Ken Schei and Bill Olrich.

**Women 40-44**

In the closest voting of the session, Trudy Rapp of Virginia nosed out Karen Scannell and Judy Fox, with support for Anna Thornhill, Joan Ulliot, Sandra



Marion Irvine

Woman Masters LDR Athlete-of-the-Year  
photo by Mike Tymn

Kiddy, Judy Groombridge, Sue Stricklin, Sandra Knott and Pat Bessel. Scannell won the award in 1980. Rapp captured the TAC National Masters 15K in Washington in 58:18, ran a 2:57:47 marathon and was 1st female master in the Cherry Blossom 10-miler in 64:06. Scannell clocked a 58:04 15K, 1:18:15 20K, 37:21 10K, a U.S. record 61:47.6 10-mile, a 1:23:04 half-marathon en



Herb Lorenz - M40 LDR



Ed Lewin, 65, won 72 consecutive road races in Southern California in 1980-81.

TENTH ANNUAL ATHLETIC CONGRESS EASTERN INDOOR MASTERS TRACK & FIELD CHAMPIONSHIP  
MARCH 14, 1982, WEST POINT FIELD HOUSE, U. S. MILITARY ACADEMY. 11:00 A.M.  
SPONSORED BY PENN MUTUAL: NIKE, TAC: 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 FROM 30 to 89 YEARS OF AGE.  
**PRIZES:** CHAMPIONSHIP MEDALS TO THE FIRST THREE IN EACH DIVISION. CHAMPIONSHIP PATCH TO THE WINNERS. TSHIRTS TO ALL COMPETITORS.  
**TEAM PRIZES:** TROPHIES TO THE WINNING 30; 40 50 and 60+ TEAMS.  
**SCORING:** SCORING FOR THE FIRST FIVE IN EACH EVENT (5,4,3,2,1). EACH 5 YEAR GROUP WITHIN EACH DIVISION WILL BE SCORED SEPARATELY AND THE SCORES WILL THEN BE ADDED TOGETHER FOR THE DIVISION PRIZE.  
**RELAYS:** ONLY MEMBERS OF THE SAME CLUB MAY COMPETE IN THE RELAYS. TEAMS MAY BE DECLARED AT ANY TIME BEFORE THE START OF THE RACE. YOUNGEST MEMBER OF A RELAY TEAM DETERMINES THE DIVISION THE TEAM COMPETES IN.  
**FACILITIES:** LOCKER FACILITIES AVAILABLE. PIN SPIKES CAN BE USED.  
**ENTRY FEES:** \$5.00  
**NOTE:** THIS FACILITY HAS TO BE RENTED BY THE HOUR SO THAT WE WILL DO 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 NUMBER 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 & ORDER:		FIELD EVENTS	
60 yd. high hurdles	1000 yd. run	11:00 Shot put	40+
60 yd. dash	300 yd. dash	11:00 Weight throw	30-39
1 mile run	2 mile run	12:00 Weight throw	40+
600 yd. run	1 mile relay	12:00 Shot put	30-39
2 mile walk	2 mile relay	12:00 Long Jump	younger to older
		1:00 Triple jump	younger to older
		2:00 Pole Vault	bar not lowered
		2:00 High Jump	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.

PLEASE PRE ENTER. THE MEET DIRECTOR HAS THE RIGHT TO REJECT POST ENTRIES AT HIS DISCRETION.

(Please print)

NAME ADDRESS

CITY ZIP PHONE AGE SEX: MALE FEMALE

CLUB TAC #

EVENT TIME EVENT TIME EVENT TIME

EVENT TIME EVENT TIME EVENT TIME

RELAYS:

1 mile----- 2 mile----- AGE GROUP: 30 40 50 60+

I hereby waive any claim I or my heirs may have against TAC, West Point, Penn Mutual, Nike, Masters Sports Assoc. for any injuries or claims sustained by me in participating in the Tenth Annual TAC Eastern Indoor Masters Championships. I certify that I am in good health.

SIGNATURE Entry fee \$5

Check payable to MASTERS SPORTS ASSOC.

Mail to: THOMAS TALBOTT, 55 FRONTIER ROAD, COS COB, CONN. 06807

. \$12 relay.



route to 20 consecutive victories. (In December, after the voting, Karen posted a 2:49:27 marathon in Oakland). Fox ran a U.S. record 1:35:25 in a late-1980 25K, posted the fastest woman masters 10K of the year, 36:23. She won the national masters 10K cross-country title in Houston in November from Ulliyot and newcomer Shirley Matson, who claimed a 38:52 10K and 1:29:25 half-marathon. Ulliyot won the World Veterans 25K Championship in New Zealand, and logged marathons of 2:57, 2:58, and 2:55:19. Thornhill was a regular winner in New York, including a 63:45 10-mile, 2:16:23 20-mile and 38:12 10K. Kiddy was good enough to win money in open competition on the ARRA professional circuit, and checked in with a 2:57 marathon and 6:24:19 U.S. record 50 miles. Stricklin's 2:56:46 marathon topped Thornhill by 2 minutes in Boston. Bessel reeled off a 37:32 10K and 64:36 10-mile. Canadian Diane Palmason won the U.S. 30K title (2:01:12) and ended Scannell's 20-race string in the Oakland Marathon by 28 seconds. Groombridge won the National 10K title and was consistent all year. Marilyn Harbin notched a sub-3 hour marathon, while Anne Bing, Helene Bedrock, Nina Kuscsik and Hermine Barteel ran well in east coast races. Ann Diaz, Joyce Black, Barbara Pike and Heidi Skaden-Poyser also deserve mention.



Marcie Trent with husband John  
W60 LDR

#### Men 45-49

Ray Hatton, 49, posted an American record 31:26 10K in the national masters TAC 10K championships in Seattle, over a minute ahead of the next-fastest-ever M45 athlete, and clocked

32:35 in another 10K. John Brennan blazed to a 2:28:46 in the Nike marathon, and 32:45 10K. Earl Ellis topped all masters in the one-hour run (11m, 81y) and posted a 33:06 10K. Jim Knerr logged a 32:34 10K and a 2:33 marathon late in the year. Hal Higdon won the world veterans marathon crown in 2:29:27. Larry Fusilier held the 10K record of 33:09 early in the year. Cahit Yeter continued his superb ultra-marathoning. Mention also went to Bob Trudgeon, Bob Packard Andre Tocco, Fritz Mueller, Jim Gallup, Dick Gottshall, Ino Cantu, Dave Pitkethly, Bill Foulk, Derek Mahaffey, Ralph Bowles, Brian Harris, Fenner McConnel, Kent Guthrie, and Glynn Wood.

#### Women 45-49

New York's Mila Kania edged Dorothy Stock, Linda Sipprelle, Vicki Bigelow and Sue Medaglia in another close ballot. 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 Veterans 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

Ulrich Kaempf won M50 laurels, with an American record 32:59 10K, and a 2:34:51 marathon. Al Lawrence took 2nd place in the World Games 10K (34:02) and 25K (1:30:22). George Vernosky defeated Lawrence and Bill Stock in the national masters 10K cross-country in Houston, and set a U.S. 50-54 record 55:43 for 10 miles. Don Dixon turned in a 2:38:49 marathon, 55:41 15K and 1:17:17 half-marathon. Hal Higdon turned 50 in mid-year and promptly set a new 15K mark of 51:22. Herb



Trudy Rapp  
W40 LDR

Chisholm, 54 most of the year, negotiated a 2:38:30 marathon and 57:13 10-miler. Ed Stabler sizzled to a 2:33:01 marathon in Boston. Ross Smith captured the World 25K bronze. Bill McChesney, Harold Rubin, Herb Kania, Gordon McKenzie, Joe Burns, Ken Helms, Flory Rodd, Len Thornton, Gaylon Jorgensen, and Pierce Cornelius won mention.

#### Women 50-54

This is Irvine's division, but she was pressed by Kania, who ran a 38:24 10K after turning 50, and beat Bessel in the national masters 15K in the Bronx in November. Matilee Christman set a U.S. record 1:28:02 for 20K. d'Elia logged a 1:32:13 half-marathon, and won the masters 30K title in 2:11:47. Anne Johnson posted a 1:31:44 half-marathon and 3:16 marathon. Ruth Anderson took 2nd in the World 10K Championship and ran a 3:16 marathon. Nicki Hobson beat Irvine, 3:11 to 3:18, in the Avenue of the Giants Marathon. Rachel Bourn and Chris McKenzie also got honorable mention.

#### Men 55-59

Jim O'Neil edged Alex Ratelle in a battle of giants for M55 honors. O'Neil won the World Veterans 10K Distance Championship in New Zealand in 34:19. He logged 34:09 back home, and set U.S. records of 1:15:04 for the half-marathon and 52:41 for 15K. Ratelle won the World Games Marathon in 2:36:30, and had a 2:35:32 in the States. O'Neil and Ratelle met head-on in three New Zealand races—the 5000, 10000 and 10K cross-country—with O'Neil coming out on top each time. Honorable mention to Nocus McIntosh, Herb Chisholm and Carl Hammen.

#### Women 55-59

Margaret Miller edged Helen Dick and Mary Storey with a pending U.S. record 39:16 10K and 40:44 10K. Dick had a 41:26 10K and 1:30:31 half-marathon and 3:12 marathon. Storey logged a 41:10 10K.

#### Men 60-64

George Sheehan of New Jersey defeated California's Harold Daughters, continued on page 18

## 1981 Outstanding Masters Athlete Awards

### Track and Field

#### MEN

BEST OVERALL: JIM BURNETT

Divisions:

Track

Field

40-44	Jim Burnett	John Dobroth
45-49	Ray Hatton	Herm Wyatt
50-54	Ulrich Kaempf	J.C. Brown
55-59	Jim O'Neil	Bob Backus
60-64	John Alexander	Gordon Farrell
65-69	Frank Finger	Jack Thatcher
70-74	Wilfred Bigelow	Vern Cheedle
75-79	Harold Chapson	Herb Anderson
80+	Paul Spangler	Buell Crane

#### WOMEN

BEST OVERALL: JUDY FOX

Divisions:

Track

Field

40-44	Judy Fox	Joann Grissom
45-49	Irene Obera	Christel Miller
50-54	Nicki Hobson	Shirley Kinsey
55-59	Helen Dick	Edith Leiby
60-64	Pat Dixon	
65-69	Alice Werbel	
70-74	Polly Clark	Edith Mendyka
75-79	Ruth Rothfarb	

### Long Distance Running

BEST OVERALL: CLIVE DAVIES MARION IRVINE

Divisions:

MEN

WOMEN

40-44	Herb Lorenz	Trudy Rapp
45-49	Ray Hatton	Mila Kania
50-54	Ulrich Kaempf	Marion Irvine
55-59	Jim O'Neil	Margaret Miller
60-64	George Sheehan	Marcie Trent
65-69	Clive Davies	Adrienne Salmini
70-74	Eddie Benham	Bess James
75-79	Paul Fairbank	
80+	Paul Spangler	Ruth Rothfarb



Margaret Miller  
W55 LDR



## 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" athletic 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 participants, but those interested in following the achievements of the over-age-30 performer.

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, profiles, training tips, inside 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*. □

## National Running Data Center

from BOB MARTIN  
Executive Director

*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 both due to older 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 distance 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 as 8-kilometer records 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 880 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. □

continued from page 17

3:06:43 to 3:10:37 in the New York Marathon to help him win the M60 award. Sheehan posted a 60:28 15K and many good 10K's. Daughters turned in a 3:02:24 marathon in California, and snapped the 72-race winning streak of Eddie Lewin, who consistently runs in the 38-39 minute 10K range. Good marathons were posted by Jack Start (3:01:20), Paul Reese (3:02:55), and Wayne Zook (3:04:49). Mention also went to Harold Greenberg, Rudy Nimmons, John Huckaby and Steve Richardson.

### Women 60-64

Marcie Trent won the nod over Pat Dixon and Kay Atkinson. Trent clocked 46:23 in a 10K and an 8:15:17 50-miler in Alaska, where she defeated several younger male runners. Dixon's 47:23 10K and 1:13:47 15K were good efforts. Atkinson had a pending U.S. 10K record of 47:20. Ann Clark posted an AR 2:01:08 20K.

### Men 65-69

Davies in a gallop in this bracket. Cleo Cassady ran a record 7:49:34 50-miler in Chicago.

### Women 65-69

Adrienne Salmini of New York, with 10K's in the 60-61 minute range, captured W65 honors.

### Men 70-74

Eddie Benham of Maryland was a runaway winner with his 3:29 marathon, 1:07:48 15K and AR 1:12:05 10-mile. 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.

### Men 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. □



Jim Schirber of Albuquerque won 800 meter and 1500 meter national titles in 50-54 division.

Photo by Hans Bruhner

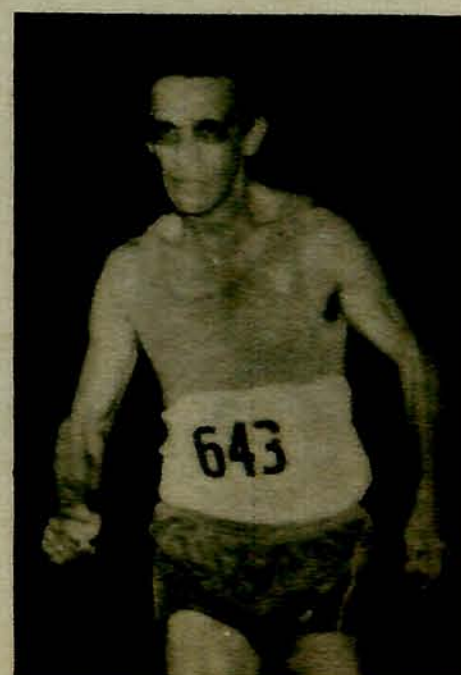


Joan Ulliyot



Miki Hervey leads women's 35-39 800 meter run.

Photo by Richard Lee Slotkin



Luis Luna of Colombia wins 800 meters in San Juan Masters Championships.







continued from page 19

●**Edith Leiby**, of Honolulu posted an age-58 record 15:21.5 Nov. 21 in a 3000-meter run. She set age records in 1981 in 7 events, the 100 (17.6), 200 (40.1), 800 (3:33.3), 1500 (6:41.2), mile (7:22.9) and High jump (0.98) meters) in addition to the 3000.

●**The Lynette Breslauer Memorial 5K** Walk is set for Feb. 20 at Big Rec Loop in Golden Gate Park, San Francisco. Lynette was a popular masters age group walker who died last May. Proceeds of the event will go to the SF Zoomobile, a traveling exhibit of animals from the SF Zoo, which is taken to schools and playgrounds for children to enjoy. Breslauer had served as a volunteer for the Zoomobile.

●**The Challenge of the Ages Invitational Indoor Classic** was unfortunately cancelled. "The Long Beach Arena people pulled the rug out from under us," meet director **Lewis Smith** said. "They gave the facility to the basketball team after they had committed to us." Smith said he was "extremely disappointed" but hoped to reschedule the event later this year. A sponsor had been lined up, events between high schoolers, masters, Playboy bunnies and celebrities had been planned, with a full crowd of 8000 anticipated.

●**Frank Duarte** turned 40 this year and is rewriting the record books. After winning the TAC National Masters 5K Cross-Country in San Diego Nov. 28, he set a course record in the 1981 Westlake 20-mile run Dec. 27 over a very hilly course in 1:54:35, nearly 6 minutes faster than **Joe Burgasser's** 40-49 record of 2:00:28, set in 1978.

●**Paul Reese**, 64 year old Sacramento Buffalo Chips runner, logged his 148th marathon or ultra marathon at Honolulu December 13, well on his way to his goal of 200. But Honolulu was at a price because running on an injured foot (planatar fas-

ciitis) he hobbled to a painful 3:32 finish which placed him 8th in the 60 year old division, this being the 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 track amidst the glorious Sierra Nevada backdrop, Gorman said "I miss my friends in California."

●**Sal Vasquez'** time of 1:07:50 in the Oakland half-marathon December 6 is a new American masters record, surpassing **Herb Lorenz'** listed mark of 1:07:54.

Gunter Van Den Felden, 42, was the official masters winner of the Oakland Marathon in a rapid 2:31:38. **Tim Rosteg** (2:34:06) and **Nik Epanchin** (2:35:55) were masters runners-up. Results in back.

## INTERNATIONAL

●**Air New Zealand** is sponsoring a series of marathon and fun run tours to the South Pacific this year, including Rotorua, Christchurch, the "Round the Bays" 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 event in Paris October 10.



## Masters in China

continued from page 7

China (out of one billion people). They eat well—no junk food. We never saw an overweight Chinese on the mainland. (Hong Kong, sure.) They live long and seemingly healthy lives.

The banquets were wonderful, with reception lines for us when we entered and when we left. I couldn't believe the smiles and friendship expressed during those moments. My eyes were wet many times.

Our group was filled with good health and positive energy. We all felt we were on a special mission—to turn a billion of this world's people on to our own brand of running. Our people chose this trip because it was a first, and because the message to be delivered was unique. How many chances do we have to say, or do, something as important as this. We were a family, and the Chinese were charmed.

Running the races was just, plain fine. I never thought of the Chinese as a feeling or touching people. But Ruth Anderson sat for 45 minutes through a post-race celebration in Hangchow, 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 trip was an 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 our 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 come home wondering just where America is going. □

## Need Back Issues?

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

Send to:

National Master Newsletter  
P.O. Box 2372  
Van Nuys, CA 91404

4th ANNUAL METROPOLITAN ATHLETIC CONGRESS INDOOR MASTERS TRACK & FIELD CHAMPIONSHIPS and NON-CHAMPIONSHIP MEET FOR THOSE NOT LIVING IN THE METROPOLITAN ASSOCIATION.

SUNDAY, FEB. 13, 1982, CROMWELL RECREATION CENTER, STATEN ISLAND, N.Y. 10 A.M. - 3P.M.

ELIGIBILITY: MAC CHAMPIONSHIPS. OPEN TO MEN AND WOMEN OVER 30 REGISTERED IN THE METROPOLITAN ASSOCIATION.

NON-MAC CHAMPIONSHIP. OPEN TO MEN AND WOMEN OVER 30 NOT REGISTERED IN MAC. DIRECTIONS: Cromwell Center is located at Murray Hulbert Ave. & Hannah St., Staten Island, N.Y. By Ferry: #103 Bus to Victory Blvd. Turn left over the railroad tracks and head towards the water. The center is built over an old pier. By car from the ferry: Take a left to Bay St. & drive to Victory Blvd. By car from Verrazano Bridge. Bay Street Exit left to Hannah St. Right turn toward the water. PRIZES: MAC medals; 3 by 5 year groupings for MAC Championship. Team trophies to winning 30, 40, 50+ teams, for MAC Championship.

Non MAC competitors will receive 3 medals by five year groupings.

ENTRY FEES: \$3.00 per event; \$12.00 per relay. Post entries \$4.00 per event.

FACILITIES: Dressing and shower facilities available. The track is a highly polished flat floor, with sharp turns. There are no rental charges for the facility which is why we can keep the entry fee low. No spikes.

POST ENTRIES: PLEASE PRE ENTER. We are placing a \$1.00 extra entry fee for post entries to discourage them. Post entries may be rejected at the discretion of the Meet Director depending on the number of pre entries for heat assignments.

EVENTS & THEIR ORDER: NOTE: MAC & NON MAC COMPETITORS MAY BE COMBINED IN THE SAME SECTION FOR SCHEDULING PURPOSES, WITH SEPARATE PRIZES. THE MEET STARTS AT 10:00 A.M. THE FACILITIES ARE OPEN AT 9:00 A.M. NO FACILITIES FOR LONG JUMP & POLE VAULT. RELAYS DECLARE JUST BEFORE

60 yd. high hurdles	1,300 yd. run	10:00 shot put 40+	EVENT.
60 yd. dash	300 yd. dash	10:00 weight throw 30-39	outside of center
1 mile run	2 mile run	11:00 weight throw 40+	outside of center
600 yd. run	1 mile relay	11:00 shot put 30-39	
2 mile walk	2 mile relay	12:00 high jump	

In the shot and weight throw there will be 3 preliminary throws & 3 final throws. Once your name is called you have 2 minutes to compete or forfeit that attempt. The competitors will be called from younger to older and the bar will not be lowered.

(Please print)

NAME ADDRESS

ZIP# PHONE AGE SEX: MALE FEMALE CLUB

INDICATE IF COMPETING IN MAC CHAMPIONSHIP OR NON MAC CHAMPIONSHIP

MAC # You can indicate that you have applied for the number if you haven't received it yet. This will be on the honor system. Event(s) with predicted time for seeding purposes:

EVENT TIME EVENT TIME EVENT TIME

EVENT TIME EVENT TIME EVENT TIME

RELAYS: 1 mile 2 mile age group: 30 40 50+

I hereby waive any claim I or my heirs may have against the Masters Sports Assoc. and the Metropolitan Athletic Congress and the City of New York for any injuries or claims sustained by me in participating in the Metropolitan Athletic Congress 4th Annual Indoor Championships.

Signature:

Entry fee \$3.00 per event (\$4.00 post entry)

Check payable to: MASTERS SPORTS ASSOC.

Mail to: RUDY CLARENCE, 484 Troy Ave., BKLYN, N.Y. 11203

NATIONAL ATHLETIC CONGRESS, 10 KILOMETER NATIONAL ROAD RACING CHAMPIONSHIP FOR MASTERS, MEN & WOMEN OVER 40 YEARS OF AGE, SUNDAY, APRIL 25, 1982 PROSPECT PARK, BROOKLYN, NEW YORK 12:00 NOON.

SANCTION BY THE MASTERS ATHLETIC COMMITTEE - LONG DISTANCE DIVISION - OF THE ATHLETICS CONGRESS, U.S.A.



SPONSORED BY: PENN MUTUAL INSURANCE COMPANY; NIKE; MASTERS SPORTS ASSOCIATION; ROAD RUNNERS OF NEW YORK; METROPOLITAN ATHLETIC CONGRESS.

ELIGIBILITY: YOU MUST BE REGISTERED IN THE ATHLETIC CONGRESS

ENTRY FEE: \$4.00 per individual. No entry fee for team awards.

AWARDS: MEN: NATIONAL CHAMPIONSHIP MEDALS

Six medals for divisions: 40-44; 45-49; 50-54; 55-59;

Three medals for divisions: 60-64; 65-69; 70-74; 75-79; 80-84; 85+

WOMEN: NATIONAL CHAMPIONSHIP MEDALS

Six medals for divisions: 40-44; 45-49. Three medals for all other divisions, five year groupings to 85+

National Championship patches to the first place finishers.

TEAM PRIZES: Five member team for men 40-49; 50-59; 60+

Three member teams for women 40-49 and 50+

Team trophies to the winning teams. National Championship medals to the winning teams. National Championship team patches to the first place teams.

Team awards determined on the basis of cumulative times.

An individual may compete for a team in a younger age bracket.

CHECK IN: Check in starts at 10:30 A.M. at Parkside Circle (corner Parkside Ave. & Prospect S.W. Numbers and post race awards will be given there. Park

LOCKER FACILITIES: There are public facilities at the Parade Ground lockers on Coney Island Ave. Bring your own lock, towel and soap.

NATIONAL MASTERS 10K ROAD CHAMPIONSHIPS, 1982.

NAME AGE MALE FEMALE

ADDRESS PHONE #

TAC # TEAM 40-44 45-49 50-54 55-59 60-64

65-69 70-74 75-79 80-84 85+

In consideration of accepting this entry I declare that I am physically able to compete in this event and waive for myself, heirs and administrators all claims or damages which I may accrue against any and all persons or organizations in any way associated with this event.

SIGNATURE

Send \$4.00 check to MASTERS SPORTS ASSOC., 77 PROSPECT PLACE, NYC 11217



# TRACK & FIELD RESULTS

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

## Results of the Holiday Weight Pentathlon at Atlantic High School Delray Beach, Florida Dec. 27, 1981

Age	Name	Disc	Shot	Jav	Ham	wt Thro	Total
18	Larry Collins		9.50	33.61		7.70	
			423	391		281	
21	Dennis Dees	25.79	8.86	32.92		7.40	
		374.5	374	379.5		256	1384 mr
33	Wayne Owen		12.87	25.42	25.86	8.52	
			656	247.5	411.5	347	1662 mr
35	Frank Reszonico		11.94	41.00		8.23	
			595	513.5		324	
38	Granville Green	35.25	9.90	35.86	18.16	9.29	
		589	453	427	249	407	2211
41	Mike Valle	32.22	11.07	36.41	27.14	9.86	
		524	560	471.5	445	450	2450
42	Carl Klehm	31.61	11.40	29.10	36.00	11.16	
		510	582.5	346	638	543	2619.5
43	Larry Judd	27.91	10.17	40.53	24.45	8.20	
		425.5	496	536.5	392.5	322	2172.5
49	Carlos Fraundorfer	35.40	11.86	33.42	36.40	11.65	
		652	672.5	473	660.5	640.5	3098.5
52	Randall Cooper	34.04	12.69	36.00	19.18	7.89	
		590.5	645	578.5	360	410	2584 mr
55	Dick Bergenback	29.21	9.86	43.23	33.97	12.02	
		542.5	510.5	780	739.5	826	3399 mr
61	Arthur Knapp	18.86	10.00	22.10	12.90	5.76	
		369	460	110.5	245.5	169	1354
61	Charles Owen	28.85	11.65	23.82	33.21	7.97	
		448	576	411	435.5	566.5	2437
62	Gordon Nordgren	33.95	11.69	37.75	28.72	8.54	
		561.5	578.5	768	551	621	3080
63	Don Hull	29.92	10.49	21.50	22.65	6.39	
		472.5	496	355	410	403	2145.5
68	Gilberto Gonzales	33.10	11.45	27.40	27.09	9.52	
		615	638	573	491	590	2907
69	Robert Schanzle	27.01	9.84	21.93	21.90	6.02	
		469.5	448	438	381.5	264	2001
70	Don Pierotti	30.17	10.59	23.05	24.32	9.58	
		627.5	660.5	558.5	509	698.5	3054
70	Phil Partridge	32.93	9.93	27.74	28.94	9.45	
		695.5	607	681.5	613.5	686.5	3284 mr
71	Warren Pike	23.43	8.82	19.58	19.30	7.10	
		447	516	397.5	389	462	2211
78	Konrad Boas	16.81	6.71	11.25	14.08	4.82	
		313.5	400.5	257	318	292.5	1581.5 mr
55	Bob Backus	35# Wt. Throw 17.5m World Age Record					

(a) 800g Jav. American Age Record (b) 12# Ham (c) 35# wt.  
(d) 4K Ham. (mr) Meet Record By Age Factor Scoring  
(e) American Age Record

## DARTMOUTH COLLEGE T&F MEET DECEMBER 26, 1981

Masters 300 Meters:		
1 Tom Jennings	40	40.9
2 Steve Holmes	45	42.5
16# Shot Put:		
1 Carl Wallin	40	51-7

## HOLIDAY INVITATIONAL T&F BEVERLY, MASS. DEC. 29.

Masters Mile:		
1 Tom Jennings	40	4:52.0
2 Harold Hatch		4:52.7
3 Warren Church		5:13.0

## DARTMOUTH COLLEGE T&F JANUARY 2, 1982

Open 800:		
1 Tom Jennings	40	2:05.3

Masters 400:		
1 Tom Jennings	40	59.8
2 Steve Holmes	45	60.9
3 Carl Wallin	40	63.8

Masters 200:		
1 Tom Jennings	40	27.1
2 Steve Holmes	45	27.2
3 Carl Wallin	40	28.5

Open Shot:		
1 Carl Wallin	40	50-10

Open Women's 400:		
3 Cyndie Jennings	34	69.7

Open Women's 200:		
3 Cyndie Jennings	34	32.4

## Results of the Holiday Regular Pentathlon at Atlantic High School Delray Beach, Florida Dec. 27, 1981

Age	Name	L J	Disc	220	Jav	1500m	Score
24	Steve Fansworth	4.76	18.54	27.15	32.17	4:45	
		311	182	390	367	494.5	1744.5 mr
27	Stephen Lord	4.25	19.35	26.74		4:49	
		180	205	420		470.5	1275.5
30	Nate Robinson	5.92	32.80	23.53	39.60	5:11	
		586	536.5	688	485	350.5	2646 mr
37	Giles Williams	4.22	18.12	27.6	11.46	6:21	
		194	169.5	403	0	113.5	880
37	R Stinson	5.50	27.30	25.92	23.99	6:14	
		514	411	529	220	139.5	1813.5
38	Granville Green	5.63	35.25	24.48	35.86	7:04	
		544	589	551	427	0	2211 mr
39	Wilmer Alexander	5.41	25.67	23.37	34.16	6:19	
		493	371.5	756	400	121	2441
40	D Compton	4.73	20.80	26.13	26.19	5:15	
		393	245.5	565	292	464.5	1960
42	John Butler	4.68	23.20	26.83	23.72	5:17	
		381	309	510	243	453	1896
43	Larry Judd	5.10	29.13	27.2	40.53	7:20	
		489	454.5	481	536.5	0	1961
45	Rizz Porter	5.26	28.29	26.0	24.69	5:22	
		604	488	635	306	488.5	2521.5 mr
48	Jim Baggett	4.60	25.58	27.5	27.35	7:02	
		430	420.5	516	360	85	1811.5
50	Paul Gaulder	3.11	20.42	31.95	19.81	6:23	
		49	331	282	246	278	1186
51	B Gentry	4.25	21.37	27.6	20.36	6:30	
		408	359.5	570	258.5	246.5	1842.5
53	Les Truby	4.14	25.94	29.05	26.54	7:38	
		376	487	465	396	64.5	1788.5
54	Bill Downey	3.87	24.65	27.71	21.33	6:06	
		294	452	562	281.5	345.5	1935 mr
61	Arthur Knapp	2.99	18.86	39.23	22.10	10:06	
		154	245.5	45	369	0	813
63	Don Hull	3.61	29.92	28.7	21.50	8:51	
		373	472.5	629	355	0	1829 mr
68	Gilberto Gonzales	4.31	33.10	28.53	27.40	---	
		706	615	734	573	0	2628
78	Konrad Boas	2.51	16.81	35.65	11.25	7:55	
		235	313.5	499	257	301	1605.5 mr
20	Cindy Culp (W)	2.62	6.64	3:25e			
		0	303	132			435 mr
21	Wendy Kosoff (W)	2.46	7.47	D N F			
		0	408	0			408

(mr) Meet Record

By Age Factor Scoring

### Age Factor Scoring

### Men

### Shot Put

	16#	6.25K	12#	5K	4K	8#
	13.75#	11#	8.8#			
30-34	1.000	0.872	0.762	0.731	0.699	0.649
35-39	1.000	0.872	0.811	0.777	0.727	0.690
40-44	1.031	0.931	0.865	0.829	0.758	0.735
45-49	1.106	0.998	0.928	0.888	0.812	0.788
50-54	1.194	1.076	1.000	0.957	0.874	0.848
55-59	1.296	1.168	1.084	1.038	0.947	0.917
60-64	1.418	1.276	1.184	1.133	1.032	1.000
65-69	1.564	1.406	1.203	1.247	1.135	1.099
70-74	1.745	1.566	1.451	1.356	1.260	1.221
75-79	1.972	1.768	1.636	1.562	1.417	1.371
80-84	2.268	2.029	1.874	1.786	1.618	1.564

### Discus

	2K	1.75K	1.6K	1.5K	1K
30-34	1.000	0.862	0.774	0.748	0.640
35-39	1.000	0.862	0.826	0.798	0.681
40-44	1.000	0.926	0.886	0.856	0.727
45-49	1.082	0.999	0.956	0.922	0.780
50-54	1.178	1.086	1.037	0.999	0.842
55-59	1.294	1.188	1.133	1.090	0.914
60-64	1.434	1.313	1.249	1.200	1.000
65-69	1.608	1.466	1.392	1.335	1.103
70-74	1.831	1.660	1.571	1.503	1.230
75-79	2.126	1.912	1.804	1.719	1.390
80-84	2.533	2.256	2.117	2.009	1.598

### Javelin

	800g	700g	600g
30-34	1.000	1.000	0.909
35-39	1.000	0.944	0.909
40-44	1.063	1.022	0.984
45-49	1.161	1.115	1.072
50-54	1.279	1.226	1.177
55-59	1.423	1.361	1.304
60-64	1.604	1.530	1.463
65-69	1.837	1.747	1.666
70-74	2.150	2.036	1.935
75-79	2.591	2.440	2.306
80-84	3.259	3.043	2.854

### Age Factor Scoring

### Hammer

	7.25K	6.25K	12#	5K	4K	8#
	16#	13.75#	11#	8.8#		
30-34	1.000	0.814	0.685	0.648	0.579	0.557
35-39	1.000	0.814	0.736	0.696	0.622	0.598
40-44	1.018	0.876	0.795	0.751	0.671	0.646
45-49	1.107	0.956	0.864	0.816	0.729	0.702
50-54	1.213	1.047	0.946	0.894	0.798	0.767
55-59	1.341	1.157	1.046	0.988	0.881	0.847
60-64	1.500	1.294	1.169	1.104	0.983	0.945
65-69	1.701	1.467	1.326	1.251	1.112	1.070
70-74	1.964	1.694	1.530	1.442	1.281	1.231
75-79	2.323	2.003	1.810	1.704	1.510	1.450
80-84	2.844	2.451	2.214	2.081	1.839	1.764

### Weight Throw

	56#	35#	25#
30-34	1.465	1.000	0.684
35-39	1.465	1.000	0.732
40-44	1.581	1.000	0.785
45-49	1.715	1.083	0.848
50-54	1.876	1.182	0.922
55-59	2.070	1.300	1.009
60-64	2.307	1.444	1.115
65-69	2.605	1.625	1.246
70-74	2.995	1.857	1.412
75-79	3.523	2.167	1.627
80-84	4.269	2.600	1.922



# LONG DISTANCE RESULTS

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

## 4TH ANNUAL MISSION INN RUN RIVERSIDE, CALIF. NOV. '15

### 5K

M30 Geoff Zehnder 33 15:56  
Tom Nelson 36 16:14  
John Davis 34 17:07

M40 Skip Shaffer 43 15:49  
Tom Richards 40 16:15  
Wally Ingram 49 16:44

M50 Jason Harris 50 18:00  
Michael Keefe 50 19:02  
Clinton Marr 56 20:52

M60 John Goodyear 61 21:17  
William Cornett 62 21:17  
Odie Brown 64 25:28

W30 Carolyn Greenwood 21:58  
Phyllis Erick 30 22:13  
Kathy Story 33 22:22

W40 Jennifer Wright 46 18:35  
Joyce Reisswig 41 22:36  
Linda Harmon 41 23:01

W50 Mary Storey 57 20:43  
Margaret Kegley 61 26:32  
Ruth Webb 50 27:14

### 10K

M30 Ted Kleindienst 31 35:01  
Tom Baker 31 35:18  
Gary Schnittgrund 35 39

M40 Bill Crum 46 34:16  
Wally Ingram 49 34:56  
Phil Weiny 46 35:15

M50 Jose Quezada 50 39:09  
David Hennop 50 39:58  
Eddie Shaw 50 41:41

M60 Bob Kroger 65 39:27  
John Coles 63 44:51  
Dick Kegley 63 45:04

W30 Sue Harwell 30 44:48  
Myra Lauder 39 45:35  
Kathy Dullaghan 31 45:40

W40 Carol Taylor 40 52:00  
Celia Swan 49 52:26  
Clarice Flower 40 52:26

W50 Mary Storey 57 45:34  
Ann Crawford 51 56:23  
Barbara Innis 53 57:57

from Wally Ingram

## OZARK MOUNTAIN RIDGE RUNNER 50 MILE RUN, SPRINGFIELD, MO. NOV. 21, 1981

1 Dan Helfer 21 5:36:22\*  
5 Don Newton 50 7:34:49\*  
7 Lanny Brent 42 8:49:50  
8 Ross Waltzer 59 9:07:03\*  
9 Darleen Anderson 48 9:20:01\*  
10 Cleo Casady 68 9:24:24\*

Age records.

## THANKSGIVING DAY RUN 5 MILE PORT WASHINGTON, NY NOVEMBER 26, 1981

Open Malcolm East 23:39  
M40 Jim Hayman 27:25  
Ray Hagen 27:58  
Ed Canner 28:20  
Geza Feld 28:35

W40 Mimi Lerner 33:53  
Roberta McNeil 34:17  
Fran Zaslow 35:04

M50 Joe Burns 29:06  
Colin Harris 29:57  
John Sullivan 30:05

W50 Dolly Frank 41:37  
Vera Allen 42:53  
Rena Kaninshine 43:12

M60 Ad Sokoloff 36:22  
Bob Sessler 38:22  
Jim Vigili 40:38

W60 No finishers

## ROSE BOWL MARATHON PASADENA, CALIF. NOV. 22

4 Jim Knerr 47 2:33:10  
28 Dave Parker 51 3:04:19

## EAST COAST CROSS-COUNTRY CLASSIC, RALEIGH, N.C. NOVEMBER 27-28, 1981

Open Jeff Wentworth 15:02  
Women Jennifer Briscoe 17:43

M35 David Starnes 16:18  
Wayne Vaughn 16:57  
Tom Hare 17:12

M40 Lew Faxon 16:52  
Maurice McDonald 17:52  
Robert Haskins 18:03

M45 E. E. Harris 17:39  
David Bloor 17:49  
Vince Foote 18:45

M50 John Merola 18:19  
Mike Shea 19:14  
Chas. Van De Zande 20:42

M55 John Snaden 23:29  
Bert Bailey 23:53  
Eldridge Lloyd 25:18

M60 Jim Trent 25:46  
Will Stotler 28:11

M65 Bob Boal 24:23  
Bon Heinicke 25:36  
Marcellus Miller 31:46

W40 Frances Widman 22:34  
C. Wilfert-Katz 23:03  
Judy Rohlf 24:45

W50 Betsy Sanders 22:58  
from J.J. Perry

## YUCAIPA 5K/10K RUN YUCAIPA, CALIF. DEC. 5.

### 5K

M30 John Davis 17:52  
M40 Bill Crum 17:18  
M50 Jim Maynard 21:20  
W30 Linda DeBoun 24:29  
W40 Rosie Adams 25:17  
W50 Ronnalle Manninger 37:44

### 10K

M30 Dwane Carney 37:49  
M40 Wally Ingram 37:05  
M50 Norman Miller 44:52  
W30 Myra Lauder 46:47  
W40 Carol Krating 52:06  
W50 Ann Crawford 60:32

## CORONA TRI-RUN CLASSIC CORONA, CALIF. DEC. 6.

### 5K

M30 Calvin Rossi 17:29  
M35 Dave Road Ruck 17:52  
M40 Wally Ingram 17:21  
M50 Dave Hennop 20:01  
M60 Karlis Smittens 25:29  
W30 Kathy Dullaghan 22:14  
W35 Penny Fleming 23:51  
W40 Cathy Wedel 28:19  
W50 Ann Crawford 26:35

### 10K

M30 Dave Kush 38:25  
M35 Tom Nelson 35:59  
M40 Wally Ingram 38:00  
M50 Paul Saucedo 42:14  
M60 John Goodyear 46:59  
W30 Carolyn Greywood 47:37

### HALF-MARATHON

M30 David Nieman 1:17:24  
M35 Guenter Meyer 1:25:13  
M40 Joaquin Granado 1:12:50  
M50 Andy Jessup 1:48:40  
M60 Bob Kroger 1:30:43  
W30 Michele Frey 1:52:00  
W35 Lese Reno 1:42:11  
W50 Mary Lou Poones 2:16:07

## 34TH WESTERN HEMISPHERE MARATHON, CULVER CITY, CAL. DECEMBER 6, 1981.

1 Bill Entz 2:32:52  
2 Skip Shaffer 43 2:33:34  
13 Dennis Parrish 40 2:43:46  
15 Dick Belliveau 45 2:46:58  
16 Jesse Cook 41 2:47:55  
18 Girts Ozolins 44 2:49:25  
22 John Rudberg 47 2:50:22  
71 Dave Parker 51 3:02:59  
76 Fred Nagelschmidt 57 3:05:01  
Paul Jernstrom 60 3:19:19

## BRIAN'S RUN (10K) WEST CHESTER, PA. DECEMBER 6, 1981

Open Malcolm East 29:48  
Women Roberta Anthes 36:18

M35 Leslie Mapstone 33:08  
Fred Rosenfeld 33:35  
Moses Mayfield 33:48

W35 Carole Ann Santillo 41:43  
Barbara Karas 44:17  
Anne Mae Stanolis 45:51

M40 Terry Engleman 34:33  
Sam Young 35:07  
Vernon Mock 36:30

W40 Sylvia Shriner 45:00  
Bernice Kaplan 45:30  
Valerie Hollis 47:38

W45 Suzanne Patton 41:29  
Margaret Miller 48:17  
Barbara Allison 48:24

M50 Patrick Nutt 36:07  
Cecil Frye 39:53  
Ed Malikowski 40:45

W50 Lorraine Cephus 49:19  
Ann Goff 53:19  
Mary Lou Maciver 54:49

M55 Harold Sanderson 41:54  
Joe Simboli 43:54  
Mickey McMahon 45:41

W55 Marge Pavlin 56:00  
Ellen Kelly 57:50  
Gloria McCarthy 59:19

M60 Mike Bertolini 39:45  
Clair Hess 46:45  
Richard Reed 46:48

W60 No entries

M45 Ben Nyser 33:58  
Frank Wick 35:54  
George Studzinski 36:09

from Lawrence Brandon

2100 runners. High 40's.  
30 mph winds.

## DECEMBER SERIES, 6 MILER

Sponsored by New York Road Runners  
Date: December 5, 1981 11:00 AM  
Distance: 6 Miles  
Check-In: Men-910, Women-343  
Total-1253

Finishers: Men-755 and 8 racewalkers.  
Women-256 and 2 racewalkers.  
Total-1021

Weather: very windy, cold, mid-thirties

### Order of Finish—Men

1 Vega, Silverio 24-WSSAC 29:27

### Vel A (40-44)

1 Sammon, James 40-Malv 31:34  
2 Grosberg, Harvey 40-GNYAA 32:33  
3 Stretton, Guy 41-CT 33:45  
4 O'Grady, Thomas 40-FMTC 34:03

### Vel B (45-49)

1 Ranis, Peter 46-NYC 36:23  
2 Seill, Eric 48-NYC 36:40  
3 Frankfort, Michael 46-Mill 36:57  
4 Greenwall, Kent 45-NYC 37:42

### Master (50-59)

1 Dixon, Don 54-WSY 34:34  
2 Burns, Joe 50-Mill 36:19  
3 Callahan, Ed 54-NYC 37:28  
4 Cryan, Francis 51-NYC 37:33  
5 Stein, Marvin 51-NYM 38:27  
6 Terry, Jack 51-Mill 38:35

### Seniors (60-69)

1 Richardson, S. 61-NYM 38:52  
2 Gibbons, Thomas 60-Mill 40:43  
3 Goldstein, Albert 61-PPTC 40:47

### Award Winners—Women

#### Vel A (40-44)

1 Parmalee, Patty Lee 40-Atal 37:55  
2 Monte, Lona 40 41:19  
3 Wolfowitz, Linda 42-SS 42:43

#### Vel B (45-49)

1 Fletcher, Joyce 47-Mill 44:07  
2 Cohen, Ella 45-CPTC 44:17  
3 Schaeffer, Dolores 46 49:31

#### Master (50-59)

1 Moore, Alicia 51 44:11  
2 Franco, Bunny 50-CPTC 45:43

#### Seniors (60-69)

1 Rodriguez, Mary 60-GNYA 41:24  
2 Havens, Evelyn 65-ITC 1:00:19



## DECEMBER SERIES, 10 MILER

Sponsored by New York Road Runners

Date: December 12, 1981 10:30 AM

Distance: 10 miles

Check-In: Men-678, Women-209, Total-887

Finishers: Men-558 and 4 racewalkers.

Women-163 and 2 racewalkers.

Total-727

Weather: Sunny, clear, high forties

### Order of Finish—Men

1. Orazem, Clarence, 23-GBRT 50:54

#### Vel A (40-44)

1. Stretton, Guy, 41-FSRA 56:47  
2. Morrissey, Brian, 40-Bklyn 59:27  
3. Morton, James, 40-CPTC 1:00:39  
4. Dooley, James, 44-Mill 1:01:00

#### Vel B (45-49)

1. Hagen, Ray, 45-NY 57:54  
2. Feld, Geza, 48-NYM 59:45  
3. Murphy, Richard, 47-NY 1:00:10  
4. Stern, Lou, 47-PPTC 1:00:23

#### Master (50-59)

1. Dixon, Don, 54-WSY 58:30  
2. Jones, Kenneth, 51-MYM 1:00:28  
3. Burns, Joe, 50-Millrose 1:01:25  
4. Stillman, George, 50-Millrose 1:02:51  
5. Dougherty, Dan, 53-SIAC 1:03:19

#### Seniors (60+)

1. Sheehan, George, 62-SAC 1:05:58  
2. Gibbons, Thomas, 60-Millrose 1:09:00  
3. Goldstein, Albert, 61-PPTC 1:09:48

### Award Winners—Women

#### Vel A (40-45)

1. Parmalee, P.L., 41-Atal 1:05:38  
2. Monte, Lona, 40-NYC 1:10:18  
3. Wolfowitz, Linda, 42-SS 1:14:00

#### Vel B (45-49)

1. Fletcher, Joyce, 47-Mill 1:15:34  
2. Knight, Kate, 46-Millrose 1:21:31  
3. Schaeffer, Dolores, 46-NYC 1:23:05

#### Master (50-59)

1. Tighe, Nancy, 50-Atal 1:17:32  
2. Franco, Bunny, 50-Bronx 1:17:56

#### Seniors (60+)

1. Rodriguez, Mary, 60-GNYAA 1:30:31  
2. Havens, Evelyn, 65-ITC 1:40:20

## JOE STEELE ROCKET CITY MARATHON 12 DECEMBER 81

\*\*\* TOP MASTERS RESULTS \*\*\*

FINISH PLACE	FINISH TIME	AGE SEX	NAME	CITY	STATE
19	2:24:43	41M	BILL HALL	DURHAM	NC
52	2:33:11	46M	BILL OLDRICH	LEXINGTON	KY
57	2:33:24	44M	KEN WINN	STONE MTH	GA
78	2:37:32	47M	GERALD KOCH	CLARKSVILLE	TN
80	2:37:39	43M	PAUL HALL	GURLEY	AL
94	2:39:51	40M	REX REED	WARSAW	IN
103	2:40:55	43M	PHILLIP PARKER	DECATUR	AL
106	2:41:28	45M	JACK BEASLEY	INDIANAPOLIS	IN
125	2:43:37	45M	RON BARRIE	SMYRNA	GA
140	2:44:57	41M	DOUG HAWLEY	DALTON	GA
144	2:45:22	40M	ALFRED ENLOE	DECATUR	GA
148	2:45:36	53M	AL BECKEN	SAN ANTONIO	TX
169	2:47:42	42M	DEAN GODWIN	CHATTANOOGA	TN
175	2:48:40	48M	MALCOLM GILLIS	TONEY	AL
179	2:49:02	44M	JOE MARKS	COLUMBIA	MO
180	2:49:10	42M	TOMMY OWENS	ATLANTA	GA
191	2:50:09	51M	EDWARD DIBBLE	SYLVANIA	OH
194	2:50:24	44M	CHARLES COOPER	MADISON	AL
195	2:50:28	41M	LAWRENCE ROUSSELL	TOWN CREEK	AL
199	2:50:59	48M	AL OWENS	BIRMINGHAM	AL
202	2:52:25	45M	GENE TATUM	BIRMINGHAM	AL
206	2:52:50	45M	RON GREEN	KNOXVILLE	TN
208	2:53:09	51M	BEN GROSS	DECATUR	GA
209	2:53:09	41M	SAMMY MORRIS	FULTONDALE	AL
223	2:54:25	54M	MYRON MEYER	FORT WAYNE	IN
294	2:59:19	41F	ANN DIAZ	GLENCOE	IL
298	2:59:26	40F	JULIA EMMONS	ATLANTA	GA
339	3:03:19	45F	NANCY PARKER	ATLANTA	GA

## 30 KM CHAMPIONSHIP

Sponsored by New York Road Runners

Date: December 19, 1981 10:30 AM

Distance: 30 Km

Check-In: Men-210, Women-40, Total-250

Finishers: Men-168 and 2 racewalkers.

Women-33 and 1 racewalker. Total-204

Weather: Sunny, clear, high twenties

### Order of Finish—Men

1. Kenney, John, 25-CPTC 1:39:33

#### Vel A (40-44)

1. Sammon, James 40-NY 1:43:56  
2. Fischer, Bob, 41-Mill 1:44:04  
3. Stretton, Guy, 41-SRC 1:50:01

#### Vel B (45-49)

1. Dugdale, John, 47-WRC 2:01:43  
2. Ranis, Peter, 46-NYC 2:05:14  
3. Frankfort, Michael, 46-Mill 2:05:25

#### Master (50-59)

1. Dixon, Don, 54-WSY 1:55:11  
2. Stillman, George, 50-Mill 2:01:27  
3. Terry, Jack, 51-Mill 2:05:16

#### Senior (60-69)

1. Rios, Wilfredo, 65-LNTC 2:15:21  
2. Freeman, Sam, 61-WSY 2:21:28  
3. Coyne, William, 60-Mill 2:24:31

#### Vel A (40-44)

1. Monte, Lona, 40-NYC 2:26:52  
2. Wolfowitz, Linda, 42-SS 2:29:49  
3. Mosur, Elaine, 41-NYC 2:33:34

#### Vel B (45-49)

1. Fletcher, Joyce, 47-Mill 2:29:00  
2. Knight, Kate, 46-Mill 2:45:26

## HONOLULU MARATHON, DECEMBER 13, 1981

40-49 — 1. John Robinson 2:31:58, 2. Ivan Kests 2:35:29, 3. Robert Ruggieri 2:37:03, 4. David Griffiths 2:37:54, 5. Jeremy Clark 2:38:44, 6. Toshio Shiomoto 2:38:54, 7. Toru Tanasawa 2:39:22, 8. Tadashi Okuzumi 2:39:35, 9. Larry

Axmaker 2:41:46, 10. Joseph Gassmann 2:45:13  
11. Graham Richardson 2:45:41, 12. Alfred Bogenhuber 2:



OAKLAND MARATHON  
OAKLAND, CALIF.  
DECEMBER 6, 1981.

Open  
Mike Layman 27 2:13:01  
Florianne Harp 33 2:56:37

M40-49  
Guenter Van Den  
Felden 42 2:31:38  
Tim Rostegge 41 2:34:06  
Nik Epanchin 42 2:35:55  
Bill Catanes 43 2:37:40  
Don Ardell 43 2:37:52  
Harold Knutson 41 2:37:56  
Glynn Wood 47 2:39:41  
Dick Leutzinger 42 2:42:38  
Bernie Hollander 45 2:42:53  
Charles McClung 41 2:43:22

M50-59  
Juneus Kendall 51 2:51:00  
Ephraim Romesberg 51 2:58:31  
Don Lucero 54 3:00:12  
Hank Fragoza 51 3:00:21  
Richard Laine 52 3:02:55

M60-69  
Gerhard Bekkers 63 3:08:29  
Harrison Thompson 66 3:26:42  
Bob Manly 62 3:32:39  
Carl Noschka 61 3:36:23  
Don Wilgus 60 3:41:23

M70+  
Walt Stack 74 4:32:37  
Bernard Dathe 75 5:00:39

Wheelchair  
Troy Durham 48 2:31:33

Blind  
Harry Cordellos 44 3:07:04

W40-49  
Diane Palmason 43 2:49:19  
Karen Scannell 43 2:49:47  
Patricia Thomas 41 2:54:05  
Pat Whittingslow 41 2:58:30  
Birthe Kirsch 42 3:03:44

W50-59  
Marion Irvine 52 2:55:17  
Eileen Klatsky 50 3:41:09  
Erma Baker 53 3:41:30  
Dale Norine 51 4:19:47  
Etta Palmer 54 4:26:07

W60+  
Els Tunizing 60 3:46:28

OAKLAND HALF-MARATHON  
OAKLAND, CALIF.  
DECEMBER 6, 1981

Open  
Dan Gruber 27 1:04:46  
Marilyn Taylor-Allen 29 1:17:55

M40-49  
Sal Vasquez 41 1:07:50 AR  
Bill Morgan 42 1:11:22  
Tom Cathcaet 43 1:14:23  
Jerry Lewis 46 1:17:00  
Lorenzo Chambliss 40 1:17:34  
Tom Adamson 43 1:18:32  
Ed Campbell 41 1:20:27  
Everett Riggie 49 1:20:28  
Paul Kane 42 1:20:52  
Frank Stempski 40 1:20:55

M50-59  
Eugene Silver 51 1:17:13  
Jerry Faulkner 50 1:21:45  
Dave Sharp 51 1:25:01  
Arnold Knepper 50 1:25:03  
Jim McRae 50 1:26:01

M60-69  
Tom McGee 62 1:37:52  
Ed Burke 63 1:41:16  
Noman Moonitz 60 1:47:57  
Wayne Boutell 61 1:52:32  
Cere Muscarella 64 1:53:13

M70+  
Joe Goodman 70 1:49:35

W40-49  
Sue Johnston 40 1:23:12  
Agatha-Sue Lee 42 1:26:22  
Vicki Bigelow 46 1:30:12  
Joan Don 43 1:33:08  
Sandy Vernon 43 1:34:40

W50-59  
Frances Sackerman 52 1:35:47  
Elizabeth Ross 50 1:45:10  
Betty Wittwer 51 1:51:59  
Marge Kalmason 50 1:55:44  
Marilyn Tucker 52 2:00:53

W60+  
Kay Atkinson 64 1:47:30  
from Cherie Swenson

As a public service to the masters community, *National Masters News* will publish all announcements free of charge.

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

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

● Relax and Win is a book which can improve the quality of your life in many ways,

## CLASSIFIEDS

says author Bud Winter. It's a simple, easy-to-read, how-to book on relaxation. "It can teach you how to handle all the stress situations in your life," the San Jose coach said. "It can also be the magic formula for drastically improving your sports performance." Winter coached many winners at the National Masters T&F Championships in Los Gatos, including Tony Castro, whom he

coaches by mail. The book can be ordered from A.S. Barnes & Co., 11175 Flintkote Ave., San Diego CA 92121.

April 3. Tampa Bay Track & Field Meet, Sponsored by Tampa Recreation Dept. and Ken Kap, the Athletic Shoe Resolers, for the Benefit of Muscular Dystrophy. Entry form in March issue. Carlos Fraundorfer or Chuck Holland, Hillsborough H.S. 5000 Central Ave., Tampa FL 33603. (813) 238-9771.

## National Masters News

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

- |                    |                               |                          |                         |
|--------------------|-------------------------------|--------------------------|-------------------------|
| ★ National Results | ★ National Rankings           | ★ Phil the Philosopher   | ★ Letters to the Editor |
| ★ Schedules        | ★ Regional & Local Results    | ★ Training Tips          | ★ Photos                |
| ★ Entry Blanks     | ★ Wendell Miller's Open Mouth | ★ Human Interest Stories | ★ Inside Scoops         |
| ★ Age-Records      | ★ Profiles                    | ★ Mike Tymn's Gun Lap    | ★ Travel Info           |

## 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 Champions
- 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 RRCA Masters Marathons
- All-Time Best Masters Marathoners
- New Technique for Faster Distance Running

## SEPTEMBER 1981

- National Masters T&F Championships
- Regional Masters T&F Championships

## DECEMBER 1981

- Masters/Women Mythical T&F Meet
- New York & Skylon Marathons

## JANUARY 1982

- Higdon's View From 50
- 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

## Here's what they say about the National Masters News:

*The National Masters News is a great publication for the masters athlete. No other publication can even compare.*

Richard Richardson, Decatur, Illinois

*Your publication is marvelous to read.*

U.S. Senator Alan Cranston, Washington, D.C.

*NMN is fantastic. It's the basis of the masters program.*

Bob Martin, Executive Director, National Running Data Center, Tucson, Ariz.

*I really look forward to the paper each month. It's super.*

Alex Pappas, El Dorado, Kansas

*NMN is the most important program we have.*

Bob Fine, U.S. Representative to World Veterans, Brooklyn, NY

*We enjoy NMN, especially Wendell Miller's Open Mouth column.*

Tom Jordan, Assistant Publisher, Track & Field News, Los Altos, Calif.

*There are very few running journals I look forward to reading as much as NMN.*

Marty Post, Runner's World, Mountain View, Calif.

*NMN is the best publication in this field.*

Harm Hendriks, Treasurer, World Association of Veteran Athletes, The Hague, Holland

*Wendell Miller's column is worth the subscription price alone.*

Tom Tuohy, Lima, Ohio

*The National Masters News is a must for masters.*

Ruth Anderson, Oakland, Calif.

*I would rate NMN very high on the scale in terms of doing the job. It gets the information out. You're right on target.*

Hal Higdon, Michigan City, Indiana

*The ad we placed in the National Masters News greatly helped our Indiana T&F Masters Championships. We will definitely use that means again.*

Bob Coughlin, Indianapolis, Indiana

*You are head and shoulders above every source of information available on the national masters scene. I wholeheartedly encourage anyone interested in masters running to subscribe to your publication.*

George Cohen, Los Angeles, Calif.

## 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 unmailed issues. Subscribe Now.



- |   |  |
|---|--|
| <input type="checkbox"/> \$12 for 1 year / 12 issues        | <input type="checkbox"/> New                     |
| <input type="checkbox"/> \$24 for 2 years (beat inflation!) | <input type="checkbox"/> \$22 for overseas       |
| <input type="checkbox"/> \$20 for 1 year 1st-class air mail | <input type="checkbox"/> \$4 for Age Record Book |
| <input type="checkbox"/> \$1 for Sample Issue               |  |

Name

Address

City

State

Zip

Send to:

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





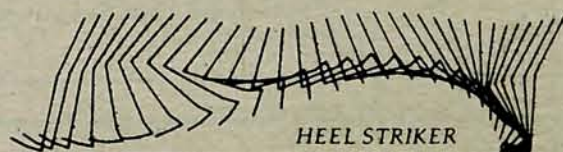
## "MY GOD...ANOTHER HEEL STRIKER."

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 foot-strike 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.



HEEL STRIKER



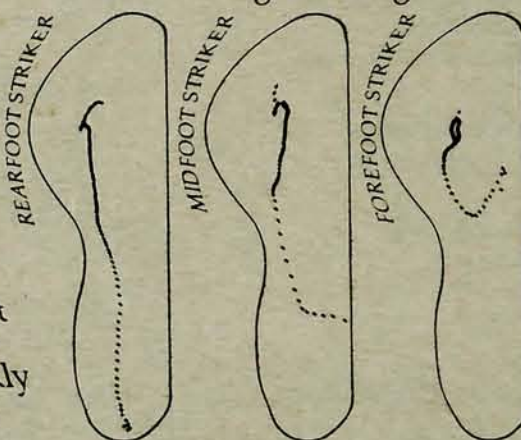
MIDFOOT STRIKER

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.

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.



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

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.

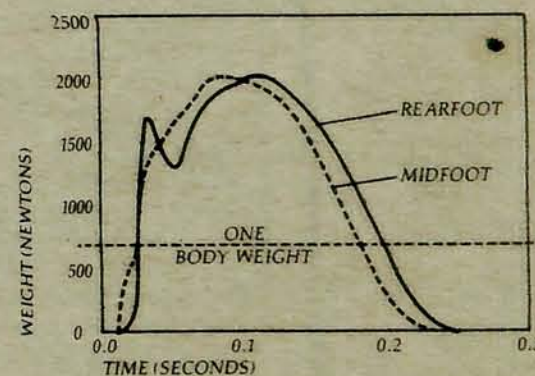
But do it in the proper shoe.

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.



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.



Beaverton, Oregon