

★ HIGHLIGHTS ★



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THE DOCTOR IS IN

by ALEX RATELLE, M.D.
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National Masters News

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

54th Issue

February, 1983

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Cosby Makes Masters Debut

by PETER TAYLOR

Philadelphia, PA, January 4.

Bill Cosby, noted thespian and raconteur, overshadowed all the other proceedings tonight as he began his competitive comeback in track and field in Philadelphia's ARCO/7-UP Masters Indoor Meet at Convention Hall. The 6'1", 188 pound Cosby ran 0:07.5 in the 60-yard dash and cleared 5'2" in the high jump.

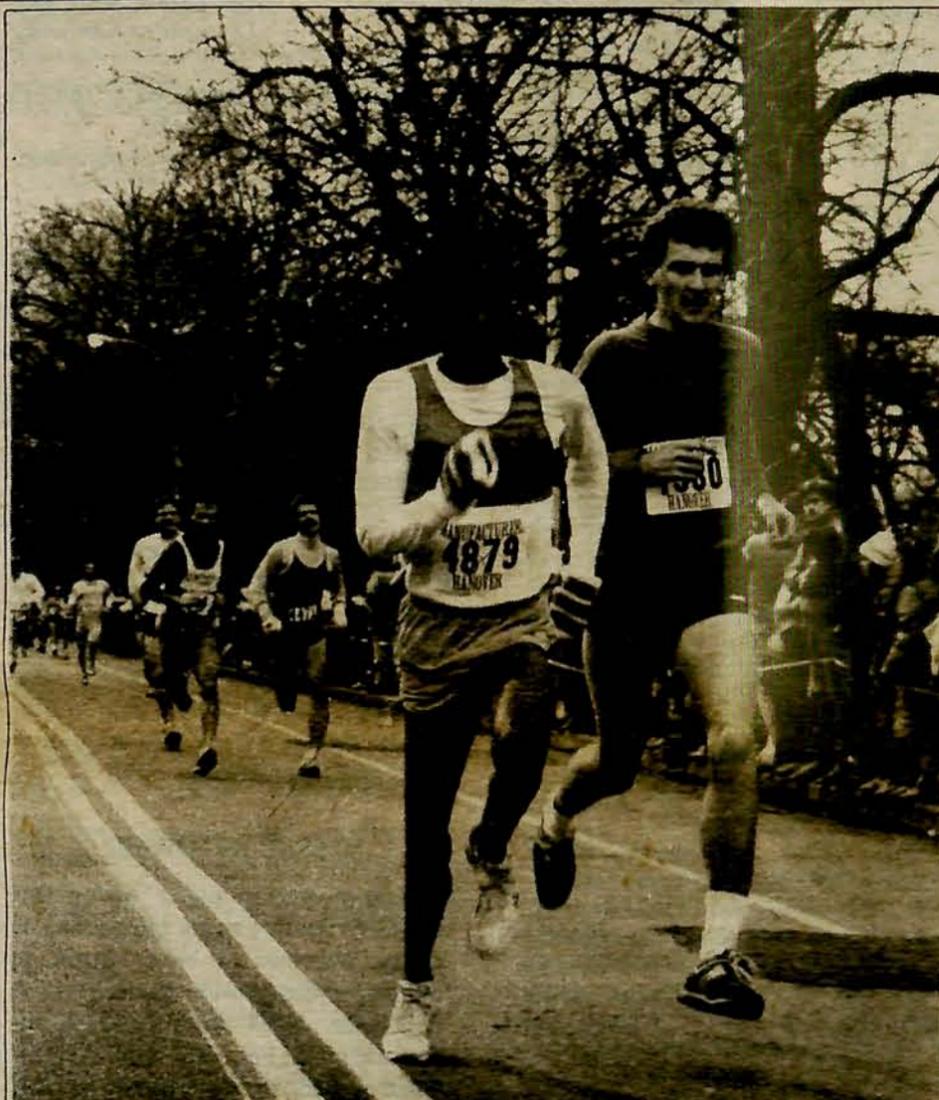
Cosby, who has experienced 45 birthdays, began training for his comeback in August, 1982. Under the capable directions of Josh Culbreath (bronze medalist in the intermediate hurdles at Melbourne), he is rapidly rounding into form. Bill believes that he will soon be able to clear 5'9" with no problem, and hopes to run 400 meters in 53-54 seconds at the end of April (in the Penn Relays). He reports that he has already cleared 5'7" in practice and that his lifetime best is 6'7".

Those in attendance who were surprised at Cosby's ability to perform after a 22-year layoff should know that he was laboring under a handicap — a strain in the groin/hip area restricted both his sprinting and leaping. In the high jump he used a minimal approach because of the pain. Driven either by the pain or a need for comic relief, he actually dived under the bar on his final attempt at 5'4".

Bill impressed all by being "just another competitor" and by his easy humor. After being shut out in a very fast heat of the M45-49 60-yards (won by three-time Olympian Ira Davis), Bill came back asking, "What happened? I had my eyes closed." In the high jump, he mourned that he was "begging at 5'2". He told a local reporter of his dislike for roadwork: "I don't like it when dogs know that you're tired. They start coming out and barking at your feet."

Looking at one of the night's many fast races, Cosby stated how impressed he was with Masters competitors. Rather than running just for their health, Masters track runners are out there showing good form, competing against themselves, trying to do better. "They're "not flatfooted, plodding."

(Continued on page 23)



Russell Bassett, 42, Central Park Track Club edges out William Kaye, 43, Heights-Inwood, by a hair in the Manufacturers Hanover season opener in Center Park, N.Y. January 2. Russ' time in the 5 miler was 27:37 for a first in the 40-44 age group. (Photo by Nancy Coplon).

Migues, Diaz Win Rocket City

Ever read the story of a race and wish you'd been there?

That's the feeling you get reading the reports of the Humana Rocket City Marathon in Huntsville, Alabama December 11.

Ten days prior to the race, Huntsville Times reporters Jim Oaks, Reta McKannan, John Pruett and Bill Easterling began writing daily articles about the event, building up the suspense with the skill of an Alfred Hitchcock movie scriptwriter. Masters runners Roger Roullier, Alex Ratelle and Ernie Billups were profiled.

By race day, the excitement reached fever pitch as 1533 starters, including about 450 over-age-40 runners, set out

(Continued on page 23)

The Ernie and Clyde Show

by WENDELL MILLER

LAKE BLUFF, Ill., December 26. When the clock moves around to December 26th in the Midwest and people gather for a 30 Kilo, you're talking serious running. The weather was overcast, 30 degrees and without the slightest evidence of that Burdensome winter blight, white fungus.

148 runners gathered for the annual Midwest Masters 30K and there was some good running. Clyde Baker (50-54) was ebullient in a 1:56.06, a two-minute PR. Ernie Billups ended another year as easily the most versatile runner in the world, bar none. From 800 meters to the marathon, name me another! Warren Utes (60-64) con-

(Continued on page 24)

Foster Tops Masters in Honolulu Marathon

by MIKE TYMN

The legendary Jack Foster finished 14th overall and was the first masters finisher in the 10th annual Honolulu Marathon on December 12. More than 10,000 people took part in the race.

Foster, a 50-year-old Rotorua, New Zealand public works clerk, recorded a time of 2 hours, 28 minutes, 15 seconds for the 26.2 mile run. Not far behind him in 2:28:42 and in 16th place overall was Kenji Kimihara of Japan.

Kimihara, just recently turned 40, was the silver medalist in the marathon at the Mexico City Olympics of 1968. In the 1972 Olympic Games at Munich, Kimihara placed fifth in the marathon with a 2:16:27, while Foster finished eighth in 2:16:52.

Foster said before the race that he had hopes of running around 2:25, but that he would be satisfied with anything under 2:30. "I feel that I'm in as good condition as when I did 2:20 last May," he said, "but I think Hawaii's humidity adds about five minutes to the times of the front runners.

"Personally, I don't mind heat or humidity, but it's got to affect your

(Continued on page 24)

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National Masters Officers

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TRACK & FIELD CHAIRMAN:

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Aurora, CO 80010
(303) 341-2980

LONG DISTANCE CHAIRMAN:

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121 W. Sycamore Ave.
Wake Forest, NC 27587

TRACK & FIELD RECORDS:

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

LONG DISTANCE RECORDS:

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

INDOOR RECORDS AND RANKINGS:

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

INDOOR T&F MEET COORDINATOR

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

OUTDOOR T&F MEET COORDINATOR:

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

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B.R.S. Inc.
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1980 RANKINGS BOOK

I've just finished leafing through the 1980 Masters Ranking Book, and I want to extend my congratulations to Haig Bohigian for a job well done. It must have been a monumental task. Something of this sort had to be done to establish some sort of legitimacy for the masters, and I'm glad he did it.

Jim Manno

NATIONAL MASTERS NEWS

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February, 1983

Editor

Al Sheahan

Production

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Kathleen M. Phiffer

CONTRIBUTORS

Alistair Aitken, Ruth Anderson, Leo Benning, Haig Bohigian, Alvin Clark, Phil Conley, Bob Fine, Nolan Fowler, Bill Gentry, Jim Gerard, Clem Green, Spotswood Hall, Don Harris, Hal Higdon, Wally Ingram, Dave Jackson, Jack Karbens, Sandra Knott, Bob Langenbach, Bob Martin, Joe Martin, Wendell Miller, Wilf Morgan, Pete Mundle, Jack Pennington, Phil Partridge, Barbara Pike, Marty Post, Jim Scannell, Valdemar Schultz, Tom Sheahan, Bruce Springbett, Bill Stock, Pete Taylor, Danny Thiel, Mike Tymn, Jim Weed, Jennifer Hesketh Young, John Allen, Alex Coffin, Don Farquharson, Dan McCaskill, Ed Oleata, Will Rasmussen, Christa Rompanen, Dr. Jack Russell, Richard Lee Slotkin, Jorge Alzamora, Sue Stricklin.

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

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Congratulations to Haig Bohigian for undertaking such a mindboggling task. The results of the finished product are even more amazing.

Jack Scott
Joliet, Illinois

Congratulations to Haig Bohigian for a job well done — truly a labor of love.

Rudy Vlaardingerbroek
Naples, Florida

Haig Bohigian's 1980 Ranking Book is a marvelous job — an enormous first effort.

Louis Schneider
Louisville, Kentucky

I was pleasantly surprised at the excellent quality of the book.

Joe Stefanowicz

A splendid job.

Carl Hammen
Saunderstown, Rhode Island

Excellent. A fine job.

Stafford Thompson
Red Bank, New Jersey

A great job.

Earl Downey

(The 1981 T&F Rankings Book will be sent to the publisher shortly. If you'd like to have to have a copy, send \$10 by February 20 to Haig Bohigian, 225 Hunter Ave., North Tarrytown, NY 10591. Only those who pay by that date will receive a book. No additional copies will be printed. — Ed.)

CASEY WITOWSKI

My pen is put to paper within one minute of reading about the passing of Casey Witowski. I have reason to remember Casey well, particularly in the 400m 65-69 years final at the Philadelphia Festival last August, when he made me move in the first half of that run that he finished in 72.5 sec. Casey came to me after the run and I found him an exceptionally friendly and happy competitor with great keenness. I am very saddened by this news. I am more saddened by the result of the autopsy, which revealed complete blockage of large arteries. If I could, I would scream out from the housetops to all my friends in the Masters' scene . . . GET ON TO THE PRITIKIN DIET . . . and have no more arteries blocking up and clear the already blocked ones.

I have no axe to grind — I just have to give full credit to the Pritikin way of living for my world records in the 800m (2:20.5 — dropped from 2:25.3) and 1500m (4:50.6 — from 4:59.2).

I have been on the diet (the only altered factor in my preparation) since Easter, 1982.

Jack Stevens,
Melbourne, Australia.

I was shocked and saddened to read in January's issue of the death of

Casey Witowski. Casey and I competed against each other for several years, and I look back with great pleasure on our rivalry and friendship. Casey was a very tough competitor and, after a race, he was always the epitome of good sportsmanship. Since moving to Florida three years ago, I had not seen Casey as much as formerly, and I was glad to spend some time with him again at the Masters Sports Festival in Philadelphia last August. I had looked forward to competing against him again when he moved up into 4A this season.

All of us in Masters will miss Casey both as a fine runner and as an equally fine gentleman and human being.

Dick Lacey
Clearwater, Florida

MASTERS IN CHINA

I would like to add two comments to Dorothy Stotsenberg's excellent article on the masters trip to China. The comments involve two races I participated in.

In China there was no 400m run scheduled for women. I wanted to practice it, if possible, for Hong Kong and asked Jim Waste to see if I could run it with the men 50-plus. He was super and talked with their officials for one hour, finally convincing them that it would work having a woman run in the same race as men. I did and finished in the middle of the men. A very positive concept was proved to the Chinese — that men and women in the masters can run in the same race without any problems. We can run in the same race without competing against them.

The second positive concept we showed them about masters competition I owe to Nick Newton (LA), Ossie Dawkins (LA) and Alan Maxwell (Eugene, OR). It was decided that a 4 x 100 relay against the Chinese would be a fun way to end the track meet. The Chinese quickly put together an all men team. We decided to put together two teams. Nick, Ossie and Alan decided that I was the 4th fastest person there and should run the relay with them. They didn't automatically pass over me because I am a woman. They took me seriously and we hastily practiced hand-offs. Consequently, Ossie's hand-off to me was good. We won, due to the exciting come-from-behind run by Nick (he had a lot of yardage to make up).

No, I wasn't as fast as the Chinese man I ran against and, being the slowest on the relay, I ran a short second leg. But I thank Nick, Ossie and Alan for letting me run with them despite the fact that I'm a woman. We won as a team and proved to the Chinese that men and women can also run together. This is also what the masters program is all about.

Jeanne M. Carter
Santa Ana, CA

schedule

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



TRACK & FIELD

NATIONAL

March 26-27. TAC National Masters Indoor Championships, Lehigh Univ., Bethlehem, PA. Bert Lancaster, 609-347-5800; 609-347-5400. Entry Form in this issue.

July 2-3. TAC National Masters Decathlon (men) and Heptathlon (women), Merced, Calif. A.J. Puglizevich, 720 E. 21 St., Merced CA 95340. 209-722-6078.

September 16-18. 16th Annual TAC National Masters Championships, Rice University, Houston. Jim McLatchie, P.O. Box 740728, Houston, TX. 77274.

August 17-19, 1984. 17th Annual TAC National Masters Championships, Eugene, Oregon.

EAST

February 6. West Penn Track Club Indoor Masters Championships (this meet replaces the Eastern TFA Championships which drew athletes from 9 states last winter) Slippery Rock, Pa. Sue Kline, 1245 Almas Lakes Rd., Washington, Pa. 15301. 412-228-1872 before 9:30 p.m.

February 6. TAC Metropolitan Masters Indoor Championships, 168th St. Armory, NYC, 9 a.m. Tom Talbott, 55 Frontier Road, Cos Cob CT 06807. Open to all.

February 13. Masters Sports Association Indoor Championships, Manhattan College, Bronx, N.Y. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

February 19. New York Masters Indoor Masters Meet, Cromwell Recreation Center, Staten Island. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

February 27. Philadelphia Masters Indoor Meet. St. Joseph's Univ., 10 a.m. Fred Mannis, 215-985-1780.

March 5. Philadelphia Masters Indoor Club Championships, Widener College, 6 p.m. Open to all. Fred Mannis, 215-985-1780.

March 13. New Jersey TAC Masters Indoor Championships (open to all). Peddie School, Hightstown NJ, 1 p.m. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 609-259-9268.

March 20. 11th TAC Eastern Masters Indoor Championships, West Point, N.Y. 11 a.m. Gloria Fine, 77 Prospect Place, Brooklyn NY 11217.

May 15. Masters Sports Association Meet, Randall's Island, New York City, Bob Fine, 77 Prospect Place, Brooklyn NY. 11217. (212) 789-6622 from 7:30 to 9:30 p.m.

May 28. Potomac Valley AC meet, Univ. of Maryland. Charles DesJardins, 703-250-7955. Open to all.

June 19. Metropolitan Masters Championships, Randall's Island, New York City, Bob Fine, 77 Prospect Place, Brooklyn, NY 11217.

June 25-26. TAC Eastern Regional Masters Championships, East Stroudsburg, PA.

July 10. Eastern Club Quadrangular. (Shore AC, NY Masters, Phila- Masters, Potomac Valley) Washington, D.C. Sal Corrallo, 5351 N. 37th St. Arlington, VA 22207. 703-241-1854.

July 21-24. 2nd Annual National Masters Sports Festival, Philadelphia, Fred Mannis, 215-985-1780.

July 31. Masters Sports Association Relays, New York City.

September 4. Potomac Valley Masters Games, Washington, D.C. Sal Corrallo, 5351 N. 37th St. Arlington, VA 22207. 703-241-1854.

SOUTHEAST

February 12. Mini meet, 9 a.m., Manatee JC, Bradenton FL. Nick Ryan, 813-758-7675.

March 5. Virginia TAC Masters Indoor Track & Field Championships, Lexington VA.

March 19. Mini meet, 9 a.m., Manatee JC, Bradenton FL. Nick Ryan, 813-758-7675.

April 9-10. 9th Annual Florida State Masters Championships, Clearwater High, Clearwater Florida. Dick Lacey, 1207 S. Duncan Ave., Clearwater FL 33516. 813-447-7161.

April 9. Tampa Bay T&F Championship/Weight Pentathlon, Tampa FL, Carlos Fraundorfer, Hillsborough High, 5000 Central Ave. Tampa FL 33603.

April 23. Mini-meet, 9 a.m., Manatee JC, Bradenton FL. Nick Ryan 813-758-7675.

May 6-8. TAC Southeast Masters Classic Raleigh, N.C. PO Box 590, Raleigh NC 27602.

May 14. Mini-meet, 9 a.m., Manatee JC, Bradenton FL. Nick Ryan 813-758-7675.

June 11-12. TAC National Masters Club Championships, and TAC Southeast Regional Masters Championships, Atlanta. Ken Kirk, 3800 Stonewall Terrace, Atlanta GA 30339.

June 11-12. 8th Annual Northwest Classic, Miami Dade CC, Miami. Jesse Holt, 1310 N.W. 90 St., Miami FL 33147. 305-836-2409 (h); 305-579-4437 (o).

October 8. T&F SE Weight Pentathlon and Pentathlon Championships, Atlantic H.S., Delray Beach, Florida. 9 a.m. M30-59; 1 p.m. M60+, W30+. Randall Cooper, Atlantic H.S., 2501 Seacrest Blvd., Delray Beach, FL 33444.

MIDWEST

February 20. TAC Midwest Indoor Regional Masters Championships, Cincinnati. Rich Ceronie, Univ. of Cincinnati ML21, Cincinnati Oh 45221. 513-241-1306; 513-475-5708.

February 20. Open Indoor Meet, 8 a.m. Forest View High, 2120 Goebbert Rd., Arlington Hts. IL. Wendell Miller, 180 N. LaSalle, Chicago IL 60601. 312-236-1315 days, 312-234-2154 eves.

March 13. Indoor meet, Forest View High, Arlington Hts. IL. Open to all ages. Wendell Miller, 312-236-1315.

April 24. North Coast Relay Championships. Cleveland, Ohio. James Barrett, 3801 Shannon Rd., Cleveland Hts. OH 44118.

May 21. Chicago Corporate Classic Spring Relays for men, women and masters. CCC, 1423 W. Fullerton Ave., Chicago IL 60614. 312-348-1724.

June 8-12. Indy Senior Classic (Senior Olympics), Indiana U., Indianapolis, Bob Coughlin, 305 S. Barton, Indianapolis IN 46241, 317-241-5446.

June 18. 5th Cleveland Track Classic, Parma, Ohio. Open to all. Jeff Gerson, 6509 Marsol Rd. #308, Mayfield Heights OH 44124.

June 25. Open Meet, York High, Elmhurst IL., 7 a.m.

July 2-4. Indiana Masters Championships/White River Park State Games.

July 23. TAC Midwest Regional Masters Championships, York High, Elmhurst IL, 7 a.m. Race day sign up. Wendell Miller, 180 N. LaSalle, Chicago, IL 60601.

ON TAP FOR FEBRUARY

TRACK & FIELD

Masters indoor action swings into full stride this month with meets on the 6th in New York, Pittsburgh and Kansas. The San Francisco Games include masters on the 12th, with the MSA Championships the 13th in the Bronx.

The NY Masters meet has been switched to the 19th, the same day as the Portland, Oregon meet. The Midwest Regionals are set for Cincinnati on the 20th. The Philadelphia Masters host a meet on the 27th, while, outdoors, the Orange, Calif. meet goes on the 19th.

LONG DISTANCE RUNNING

No National Masters Championships this month, but major open races include the Gasparilla 15K in Tampa on the 5th, the Oakland Marathon on the 6th, the Mardi Gras Marathon on the 20th and the Seaside Trails End Marathon in Oregon on the 26th. The New Jersey 10-mile Masters Championships will be run the 27th.

312-236-1315. (o); 312-234-2154 (h).

August 13-14. North Coast Decathlon, Cleveland, Ohio. James Barrett, 3801 Shannon Rd., Cleveland Hts, OH 44118.

MID-AMERICA

February 6. Lawrence Open and Masters Indoor Championships, Allen Field House, Lawrence, Kansas. Clint Leon, 913-842-6240.

February 6. TAC Minnesota Indoor Open & Masters Indoor Championships St-Cloud U. Bob Waxlax, 612-255-3176.

June 24-25. TAC Minnesota Open & Masters Championships, U. of Minnesota, Doug Taylor, 4393 Arden View Court, Arden Hills MN 55112. 612-636-8909.

August 13-14. Missouri Senior Olympics. Joe Shy, Box 745, Chillicothe, MO 64601.

(Continued on page 4)

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(Continued from page 3)

September 3-4. Rocky Mountain Games, Denver. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303-341-2980.

September 18. Missouri Valley Masters Championships. Lawrence, Kansas. Clint Leon, 913-842-6240.

SOUTHWEST

May 28. TAC Southwest Regional Masters Championships, New Orleans. Danny Thiel, 2609 Canal St., New Orleans LA 70119. 504-822-9057.

August 20. Texas Masters Championships. Dallas, Joe Murphy, 4308 N. Central Expressway, Suite 206. Dallas, TX 75206. 214-826-9650.

WEST

February 4. (Fri. 3 p.m.) All-comers meet, Long Beach State U.

February 11-12. San Francisco Foot Locker Indoor Games, Cow Palace. Some masters events. P.O. Box 764, Los Altos CA 94022.

February 19. Orange Masters Meet, Long Beach State, CA. Larry Sallinger, 203 E. Monroe, Orange, CA 92667. 714-639-6707.

March 5. Long Beach, Calif. Relays. Some masters events. John Tansley, CSU, 1250 Bellflower Blvd., Long Beach CA 90840. 213-498-4666.

April 2. TAC Central Calif. Assoc. Masters Championships, Fresno State College, All-Weather Track, Hugh Adams, 7904 S. McCall, Selma, CA 93662.

April 23. Sacramento Masters Relays, Cal State Univ., Sacramento CA. Chevron 400 track. Bob Roemer, 3808 Yellowstone Ct., El Dorado Hills CA 95630. 916-933-1438.

May 1. Mt. Sac Relays, Walnut, Calif. Some masters events. Hal Smith, 18750 Oxnard St. #404, Tarzana CA 91356. 213-342-1174.

May 7. West Coast Masters Classic, Visalia, CA Marty Higginbotham, 1026 W. Princeton, Visalia CA 93277.

May 14. 4th Annual U. of Redlands Masters Meet. Buz Wagner, 1522 Margarita Dr., Redlands CA 92373. (714) 793-2638.

May 21. TAC Pacific Assoc. Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos CA 95030.

May 21. Anteater Masters Games (formerly Grandfather Games), UC Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona Del Mar CA 92685. 714-673-2025.

May 28. 6th Annual Golden State Masters Meet, Porterville, Calif. Allen Nelson, 181 N. Carmezita, Porterville CA 93257.

June 11. Compton, Cal. Invitational. Some masters events. Wally Williams, 5242 Pendleton #26, South Gate CA. 213-631-3416.

June 18. Challenge of the Ages (Masters vs. High School) Invitational. Lewis Smith, 8306 Wilshire Blvd., Beverly Hills CA 90211.

July 2. 10th Annual CDM "Don Palmer Memorial" Relays, Los Angeles. Cynthia Jackson, 19103 S. Andmark Ave., Carson, CA 90746. 213-638-7125.

July 9. TAC/SPA District Masters Championships, CSU, Long Beach, Calif. Woody Studemund, 213-790-9480, or Doug Smith, 20861 Queens Park Lane, Huntington Beach CA 92546. 714-968-2812.

July 16. 8th Annual Striders Relays, Los Angeles. Ann Smith, 22736 Mulholland Dr., Woodland Hills CA 91364. 213-348-6352; 213-342-1174.

July 23-24. West Valley Masters Meet, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030. (Includes 18-29 division).

August 6. CDM, Striders & San Diego TC Tri-Masters Meet, Southwestern College, Chula Vista, Calif. Joe Horn, 1147 Agate St., San Diego CA 92109.

August 21-22. TAC Western Regional Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030.

August 27. Southern California Masters Championships. Southwestern College, Chula Vista, Calif. Joe Horn, 1147 Agate St., San Diego CA 92109.

September 10-11. New Senior Olympics, UCLA, Los Angeles. Bob Watanabe, 11645 Wilshire Blvd., Los Angeles, CA 90025. 213-478-0805.

October 1. Club West Masters Meet, Goleta, CA. George Adams, PO Box Drawer K, Goleta, CA 93017. 805-687-6323.

June 16-24, 1984. U.S. Olympic Trials, Los Angeles.

NORTHWEST

February 19. 14th Oregon Indoor Developmental meet with seven masters events, Memorial Coliseum, Portland. Al Tarpenting, 2813 Firwood Way, Eugene OR 97401.

June 18. 4th Annual Senior Sports Festival, Seattle, King County Rec. Dept., 425 S.W. 144th St., Seattle WA 98166.

June 25-26. Hayward Masters Classic, Eugene, OR. Lew Thorn, 503-484-9087; Bill McChesney, 1755 Coburg Rd., Eugene, OR 97401.

July 10-15. Masters track & field training camp, Seeley Lake, Montana. Northwest Sports Medicine Foundation, 1551 Northwest 54th; Suite 200; Seattle, WA 98107. 206-782-3383.

July 29-30. TAC Northwest Regional Masters Championships, Gresham, Oregon. Held at night. Jim Puckett, Mt. Hood College, 26000 SE Stark, Gresham, OR 97030. Entry form in July issue.

August 26-27. 5th Annual Montana Masters Championships. Bozeman, Mike Carignan, Box 1766, Bozeman MT 59715.

HAWAII

Each Wednesday thru April 27. All-comers meets at U. of Hawaii, Honolulu, 6 p.m.

February 6, 20. Development meet, 8 a.m., Kaiser HS, Honolulu.

March 6, 20. Development meet, 8 a.m., Kaiser HS, Honolulu.

April 10, 24. Development meet, 8 a.m., Kaiser HS, Honolulu.

May 21-22. Hawaii Masters Championships and Decathlon, Honolulu. Stan Thompson, 1549 Ipukula, Honolulu HI 96821.

INTERNATIONAL

April 1-4. Australian Veterans Championships, Melbourne. Ray Callaghan, 6 Yvonne Ave., South Croydon, Victoria 3136. Men 40+, Women 35+.

September 23 - October 1. V World Veterans Games, San Juan, Puerto Rico. Men 40+. Women 35+. GPO Box 336, San Juan, PR 00936; or Sports Travel International, PO Box 7823, San Diego, CA 92107. 619-225-9555.

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

LONG DISTANCE RUNNING

NATIONAL

March 27. TAC National Men's Masters Marathon Championships, Seattle. King County Convention Bureau, 1815 7th Ave. Seattle, WA 98101. 206-447-7290.

May 29. TAC National Masters 20K Championships, Washington, D.C. Chuck DesJardins, 5428 Southport Lane, Fairfax VA 22032. 703-250-7955.

June 5. 1983 Avon International Marathon and TAC National Women's Masters Marathon Championships, Los Angeles. Avon Running, 9 West 57th St., New York NY 10019.

NEW ENGLAND

March 19. St. Patrick's 7.5-mile, Holyoke MA Mike Tierney, 252 Maple St., Holyoke MA 01041.

April 18 (Monday). Boston Marathon. 8000 runners. Box 223, Boston MA 02199.

May 23. 23rd Annual Race of Champions Marathon, Holyoke, Mass. Walter Childs, PO Box 1484, Springfield MA 01101. 413-566-3145.

EAST

February 27. TAC New Jersey 10-mile Masters Championships, West Long Branch NJ. Ron Salvio, 609-259-9268.

March 5. Avon 15K, Washington, D.C. Henley Roughton, 8208 E. Boulevard Dr., Alexandria VA 22308.

March 6. Bethesda Chase 20K, Bethesda MD, Limit 2000. Montgomery County Rec, 1401 Dennis Ave., Silver Spring MD 20902.

March 6. TAC Eastern Masters Marathon Championships and Monmouth Marathon, Brookdale Community College, Lencroft NJ. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 609-259-9268.

March 20. 10th Annual Price Chopperthon 30K, Schenectady to Albany, N.Y. RRCA National Championship. Peter Benoit, 30 Woodlake Rd., Albany NY 12203.

March 27. Perrier Cherry Blossom 10 mile (plus 2-mile), Washington, D.C. 3000 runners. Box 4711, Arlington VA 22204.

April 10. Run for the Arts 10K and 1 mile, Cheltenham PA. Phil Steel, 215-635-4611.

May 1. Trevira Twosome 10 mile, New York, N.Y. Central Park. 3300 runners. Box 881, FDR Station, New York NY 10150. 212-860-4455.

SOUTHEAST

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

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

March 12. River Run 15K, Jacksonville, Florida. Box 51, Jacksonville FL 32201.



Masters cyclists at the 1982 National Masters Sports Festival.
Photo by Dorothy Donley

March 13. Annheuser-Busch Colonial Half-Marathon, Williamsburg VA. PO Box 399, Williamsburg VA 23187.

March 19. Azalea Trail 10K, Mobile, Alabama. Box 16907, Mobile AL 36616.

March 20. North Carolina TAC 10K Championships and Cary Road Race. Cary Park & Rec. Dept., 919-469-4064.

March 27. Crescent City 10K, New Orleans. 12000 runners. Mac DeVaughn, 5242 Magazine St., New Orleans LA 70115. 504-895-4705.

May 28. Elby's 20K, Wheeling, W.V. Hugh Stobbs, 933 Main St., Wheeling WV 26003. 304-232-6120.

MIDWEST

May 7. Old Kent River Bank 25K, Grand Rapids, MI. David Teater, 1 Vanden Berg Center, Grand Rapids MI 49503. 616-774-5272.

May 15. Revco-Cleveland Marathon & 10K, Cleveland, Ohio. Reno Starnoni, PO Box 46604, Bedford OH 44146. 216-292-2675.

MID-AMERICA

April 10. TAC National Postal One-Hour Run and Two-Hour 10-mile option, Brookings, S.D. SDSU Track Office, SDSU, Brookings SD 57007.

April 23. Kansas Relays Marathon & 10K, Lawrence, Kansas. (13-864-3486).

May 1. 14th Longest Day Marathon, Brookings, S.D., SDSU, Brookings SD 57007. 605-688-5526.

June 4. 21st Jackrabbit 15, Brookings, S.D. SDSU, Brookings SD 57007.

WEST

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

March 13. Tom Sullivan St. Patrick's Day 10K, Torrance, Calif., Cheryl LaBrucherie, 213-375-2813.

(Continued on page 13)

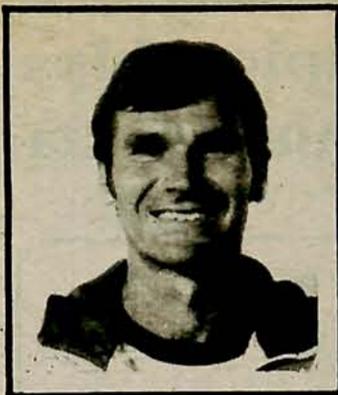


Phil Partridge, shown with competitor Nate Robinson, is the idea man behind the Holiday Pentathlon held for the second year at Delray Beach, Fl. Randy Cooper did a great job as meet director.

Photo by Bill Gentry

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 Master News*, P.O. Box 2372, Van Nuys, CA 91404.



THE GUN LAP

by MIKE TYMN

THE AMAZING JACK FOSTER AT 50

Jack Foster is more than a great distance runner. He is more than a scientific and athletic phenomenon. He is a living legend.

Perhaps more than any other athlete, Foster has defied the aging process. At the age of 40, he represented New Zealand in the marathon at the 1972 Olympic Games in Munich. At 41, he recorded a marathon time of 2 hours, 11 minutes, 18 seconds, placing him among the top marathon runners of all time. At 44, he again competed in the Olympic marathon. Now 50, he continues to compete at a high level.

Certainly, there have been athletes in other sports who have performed at a high level while well into their 40's — George Blanda in football, Archie Moore in boxing, Satchel Paige in baseball, and Gordie Howe in ice hockey immediately coming to mind. Those athletes, however, to a great extent relied on experience, finesse, cunning, and in some cases specialized talents to keep going in their sports. Clearly, their physical abilities had diminished with age.

Foster, on the other hand, had his best years after 40 and his performances required all of his physical resources.

Word of Foster's sensational efforts during the early '70's spread rapidly around the running world and he became an inspiration to other men his age. But no masters runner has yet surpassed his 2:11:18 masters marathon record. In fact, only 11 masters runners, including just one American, have been under 2:20 and most of them are much closer to 2:20 than they are to Foster's record.

Numerous other masters road and track records set by Foster have survived a decade that has seen hundreds of thousands of middle-age men compete.

There was speculation at one time that Foster is not of this world, that he had secretly arrived on Earth via a spaceship from another planet. In recent years, Foster has proved to be human. He has slowed a little.

Since reaching the half-century mark last May, Foster's fastest marathon has been a 2:20:28, some nine minutes slower than his best. Still, no other person 50 or over has run that fast. In addition, he has shattered the 50-plus records at 10 kilometers (30:50) and 10

miles (51:03).

"I still have the same dimensions as at age 25 — 5-foot-9, 140 pounds, chest, waist, hip sizes all the same — and I feel like I could still run a 2:12 marathon or a 47 minute 10 miles," Foster said while in Hawaii for the Honolulu Marathon in December. "But when I go out and try, although it feels like I'm doing 4:40 miling, the watch shows otherwise."

Foster added that he is not as motivated as he once was. "Because running fast is now much harder for me, the desire to do it just isn't there," he explained. "I don't really enjoy racing at a lower standard, even if that standard is recognized as an age record. Having run 2:11 and several 2:12's, it's hard to be motivated to now try and break 2:20, especially when doing the 2:12's was relatively so much easier.

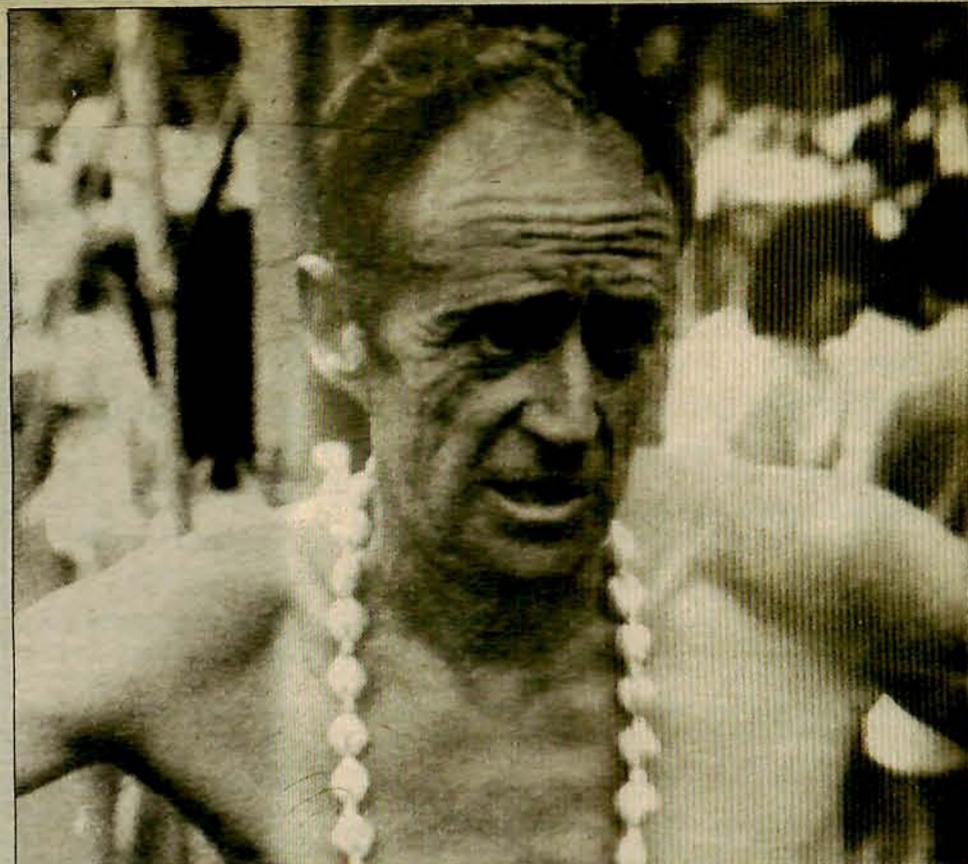
"I think I was lucky and realized what potential I had and achieved it. Consequently, I'm very satisfied with my running career."

Born in Liverpool, England, Foster migrated to New Zealand when he was 24. He didn't begin running until he was 32. But he had not led a sedentary life before that. He had been a competitive cyclist, and when he wasn't racing he would pedal to and from work. Before moving to New Zealand, he took many holiday bike trips around England and other parts of Europe. Making the change over to running was not difficult, Foster said, because the cardiovascular base had been established on the bike.

Foster is an anomaly in more ways than one. Unlike most long distance runners, who train long and slow, he trains short and fast. "I seldom if ever run slower than 6-minute (mile) pace," he said, "simply because I feel like I'm plodding. I don't like what people call 'social runs.' I like to socialize with a few beers while laying around a garden. When running, I like to run.

"I enjoy my running (he says he doesn't like the word "training" because it makes it sound like toil) every bit as much as ever. However, as my recovery is slower, I run only three times a week, occasionally four. I've found that if I run every day I inevitably come up with an injury after about 10 days."

A typical hard week of training now,



Jack Foster

Photo by Mike Tymn

for Foster as he prepares for a big race looks something like this: Sunday — 21 miles in 1:57 to 2 hours; Tuesdays — 5 to 10 repetitions of 600-1,000 meters; Thursdays — 1 1/2 hours of sustained pace over forest trails.

Friday is his rest day and on the other three days of the week he pedals his bicycle for an hour or more each day. On Saturdays, he will cycle around the surrounding countryside for as long as three hours.

Married and with four children, ages 22 to 17, Foster is employed as a clerk for the Department of Public Works in Rotorua. He commutes to and from work on his bike. "I've been up and down the promotional ladder due to going away for races," he mused, "but I'm not very ambitious when it comes to getting to the top of the ulcer pile."

When asked if there was any one point over the past several years that he noticed a significant decline in his ability, Foster responded that in 1979 he came down with pneumonia and suffered a setback. "I dropped from 48 minute 10 miling to 50 minutes," he said, "and I was never able to get back to where I was before the sickness."

Asked how fast he can run a mile now, he said that he hasn't attempted an all-out mile in recent years, but based upon workouts in which he has done three times one mile in 4:48 each, he thinks he can run under 4:30. Given a couple of months of hard track work and a half dozen races, he believes that he can get down to 4:20 for a mile or 4 minutes for 1,500 meters.

There are some people who think that had Foster begun his running career earlier that Alberto Salazar might now be chasing a 2:05 or 2:06 rather than holding the marathon record at 2:08:13 as he now does. Although 32 is not old, it takes most distance runners 5-10 years to fully

develop, as seems to have been the case with Foster. What does Foster think about this?

"An impossible conjecture, really," he responded. "A 2:05, no, definitely not, but perhaps better performances at 1,500 meters up to 10K at age 28 or so."

Will 60-year-old Jack Foster be able to break 2:30 for a marathon? "No," he said, "I doubt I'll be racing then. I'll probably be doing more cycling than running. It's kinder to the joints." □



Raleigh, N.C. Mayor Smedes York makes the push to the finish in Division 1-A (40-44) of the TAC Masters 5KM Championships. Mayor York is an active runner who usually runs the longer distances such as the New York Marathon. Smedes supports running by more than just talking about it, he does it.

TAC National Masters Women's Marathon Championships

ATTENTION: WOMEN RUNNERS

1983 AVON INTERNATIONAL MARATHON

SUNDAY, JUNE 5, 1983,
LOS ANGELES, CALIFORNIA

IF YOU'RE RUNNING 5 MILES NOW, YOU CAN
BE READY FOR THE AVON MARATHON IN JUNE.

WE'LL SEND YOU AVON'S TRAINING TIPS
AND A "TRAINING FOR THE 1983 AVON
INTERNATIONAL MARATHON" TEE-SHIRT

JUST FILL OUT AND MAIL THE FORM TODAY WITH
A CHECK FOR \$5.00. YOU'LL RECEIVE TRAINING TIPS,
A TEE-SHIRT, AND WHEN THEY'RE AVAILABLE,
A MARATHON ENTRY BLANK WILL BE SENT TO YOU.

Mail to: Avon International Running Circuit / 9 West 57th Street / New York, N.Y. 10019

Name _____

Address _____

City _____ State _____ Zip _____

Age _____ Birthdate _____

Best 10 KM Time ____:____ Number of 10 KM Race Run _____

- Please send me Avon's Training Tips and a Marathon entry blank when they are available. (no charge) s m l
- Please send me a "Training for the 1983 Avon International Marathon" Tee-shirt. (Please include a check for \$5.00 payable to: Avon International Running Circuit.)
- I am a Marathoner, and would like to receive an entry blank when they are available. (no charge)
Best Marathon Time ____:____:____ Number of Marathons Run _____



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

by W. MacDONALD MILLER

WINTER OF THE WIMP

Boy was I glad to see December 22nd roll around one more time. Winter has once again officially begun in Chicago. Now we can receive our yearly confirmation as to who is a man and who is a wimp. Never mind the fact that wimps are into electronics, pro football, frats and those endless lists you've seen and heard, we're talking real wimps — warm weather running wimps.

I happen to be one of those fortunate people whose business takes them all over the country on a regular basis. Last week I was in Joliet and tomorrow I'm off again, this time to Moline. Everywhere I go, I see wimps running. Maybe trudging would be a bit more accurate. We're talking the winter running-gear that wimps wear. Remember, this is that part of the country where men are men and so are the women for all I know. How could you possibly tell? We're talking furlined drawers, body tight Helly Hansen tops (turtle neck) and bottoms with a Moss Brown Gortex warmup suit, stocking cap with attached wind chill mask (even the biggest wimp in town has to put away his bicycle racing cap at — 10°.) mittens (for free finger flexing) and running shoes with microchip heaters. Is it fun? Higdon still claims he was able to run fast enough several years ago when he was young, to work up a sweat. I doubt it, I know none of our crowd ever has. But still, winter running is special. And what a statement on fitness: ice forming on **HIS** mustache, (hers too) and a red Nordic

beard, frozen solid. Everyone with a frozen red beard must be Nordic. If you were forced to smile (heaven knows why) your ears would probably crack and fall off. Is that a wimp? No, sir, that's a man.

At this time of year on the plains of the great Midwest, the highest vantage points become the piles of frozen dog dump building to record heights in our parks and on our paths. Who cares, you could break a toe if you kicked a big one, but, avoiding that, it doesn't smell and it doesn't stick to your shoes. Stay away from fresh steamers, however, they do.

Remember Jack London's short story, "To Build A Fire?" I never see a winter runner that I don't think of this wimpy guy dying, and his lousy dog abandoning him. Don't let me get into that scene, I love dogs, it's the dog owners who give me a pain. Think I'm kidding? My wife has a dog and they both bite. Another time for that subject. However, cats, now they are another story. Ever see a cat who was dumb enough to want to go jogging? Let alone jumping on everyone and tearing the house apart in anticipation of going out to smell a little snow? When we leave for a run the cat gives us this great look and you don't have to be a mind reader to know what he's thinking. "Get lost, hound, and stop eating out of the cat box, it's disgusting and your breath isn't too good to start with."

A friend of mine who says he's a

doctor, has just concluded a study. He claims to have proven beyond doubt that people would do themselves infinitely more good by staying in the house where it's warm. If you're a total compulsive, do a few situps in the corner and don't eat. Let's fact it, out on the running trails there's nothing shaking, there's nothing bouncing — front or back. All the wimps have down coats on, they like a bunch of hand grenades around. The chicks are all gone for the winter, let's face it, the wimps have taken over. Okay, to hell with it, I'm not going to play the farce any longer.

This winter I'm going to join one of those high priced fitness clubs, they're wimps too, but at least you can't tell the men from the women. There are two in Chicago that have Chevron 400 meter running tracks. Never mind that, let's talk about what they're really about. They have these big rooms, wall to wall glass and mirrors where the chicks do all this aerobic dance stuff. They wear crazy outfits but let me tell you — there's a whole lot of shaking and bouncing going on. Someone said the chicks even lift weights and run. The swimming pool scene is out of sight. All these goings on take place between 4 and 6 in the afternoon. From then until closing time it's pretty much hanging out at either of the two bars, the dining rooms or in the lounge. Most people hang out in their workout gear, towels around their neck, etc. Guys of course have gold chains, platform riser running shoes (New Balance) and T-shirts that say things on them like, "Club Med." Chicks have colored rope in their hair and knit pants that only have legs. Sounds kinky but actually it's just kinda dumb. It all started with the movie, **All That Jazz**. Oh, how I loved that movie. It had the great line that I always felt pretty much said it all, for all time. Remember, he gets out of bed

in the morning, the misery and emptiness of yesterday is behind him and he looks in the mirror to begin another day. After studying the sad statement on his face for a minute, he dismisses it one more time with a fail safe delusion, "It's showtime."

Anyway, back to my health club. The one I think I'll join has fresh juices in fancy glasses at \$2.50 a pop. A toasted bialle and imported jam is three bucks. I wonder how they made ends meet at those prices. The guys act real important. The Irish guys are Notre Dame maniacs and they talk ball, big ball, little ball any kind of ball. They love it. The Jewish guys sit in the steam room with towels around their waists, smoking cigars and talking deals. At this club you can't talk about a deal involving less than a million. The commodity guys wear designer jeans, cowboy hats and cowboy boots and seldom actually come into the club. They sit in their Mercedes in the underground parking lot and talk on their car phones. They're talking deals, pal — don't kid yourself. The day I joined, I met a chick in the stretching room. I mean fitness clubs are into stretching. We were stretching and stretching and stretching and finally she says, "Hey good looking, let's go run outside. There's nothing but wimps in here. What could I say? It's all part of my new approach to fitness. Outside is full of wimps, inside is full of wimps and you know something? Sometimes being a wimp isn't all that bad." □

FLORIDA HOLDS FIRST MASTERS DECATHLON

by BILL GENTRY

Apopka, Fl., December 11. Today was the first masters decathlon ever held in Florida and the event attracted 13 male and 1 female contestants, plus others who competed in a weight and a regular pentathlon.

Eight athletes competed in the regular pentathlon and 10 competed in the weight pentathlon including two women.

Don Hull, 64, pigged out, competing in all three events. Don scored 1788 points in the weights; 2245 in the regular and 4796 points in the decathlon. The only event he didn't finish was the 1500m.

The meet was hosted by Joe Johnston, himself a fine decathlete. Joe's brother, Dave, 36, scored 5616 points and will be competing in the masters more often now that he's finished a coaching stint in Arabia.

Ed Hill, 40, of Georgia threw the shot 16.30 and the javelin 47.95. Tim Twomey, 47, South Carolina, had a 36.73 javelin throw. Oscar Harris, 58, Philadelphia, ran a 27.6 200 and long jumped 4.56.

IAAF and age factor scoring was used. □



North Carolina's 66-year-old Marcellus Miller got to the National Masters 5K X-C start line just minutes before the gun sounded. At the 3/4 mile mark he became separated from the leaders and is shown verifying the proper way to go. "Did they go that-a-way?"

第15回国際高齢者走 RECEPTION FOR PARTICIPATORS OF XV TH ANNUAL 世界大会歓迎会々場 WORLD VETERAN LONG DISTANCE RUNNERS MEE



U.S. Masters in in Japan in October, 1982 for World Veterans Long Distance Championships.

The 13th Annual
**SOUTHEASTERN MASTERS INTERNATIONAL
 TRACK & FIELD CHAMPIONSHIPS**

NORTH CAROLINA STATE UNIVERSITY, RALEIGH NORTH CAROLINA

MAY 6, 7, 8, 1983



Sanction No. 005

The 13th 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 as one of the finest events of its kind held anywhere.

- SPONSORS:** Cooper Group-Lufkin Division, Nike, N.C. State University, Raleigh Department of Parks and Recreation
- OPERATED BY:** Southeastern United States Masters, Inc. Box 5684, Raleigh, N.C. 27650
- 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:** \$6.00 includes first event in either track & field or distance run, commemorative patch, and final results booklet. \$4.00 for each additional event. **NO REFUNDS AFTER APRIL 27.**
- 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. **TAC registration is not required for open division marathon, half marathon and 10K.**
- AWARDS:** Large commemorative medallions to the first three places in every event plus first ten places or 20% of field, whichever is less, in distance jamboree.
- LATE ENTRIES:** Additional \$1.00 late fee required for all events if postmarked after April 15th. 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 27, 1983—NO EXCEPTIONS.**
- 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.
- PACKET PICK UP:** **All participants must pick up packets prior to reporting to first event**
 FRIDAY 1:00 PM - 6:00 PM at track 7:00 PM - 10:00 PM Mission Valley Inn
 SATURDAY 6:00 AM - 6:00 PM at track 7:00 PM - 10:00 PM Mission Valley Inn
 SUNDAY 6:00 AM - 7:00 AM at Finish Area (see map on reverse)
 Numbers must be worn front and back.
- 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 Marriott 781-7000

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"	33"	30"	30"	30"
Shot Put	16Lb	16Lb	12Lb	8Lb	8Lb
Discus	2K	2K	1.6K	1K	1K
Javelin	800Gr	800Gr	800Gr	600Gr	600Gr
Hammer	16Lb	16Lb	16Lb	8Lb	8Lb

The 1982 rule book shall be used except that there shall be a total of four attempts for all competitors in the throws and horizontal jumps.

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

SCHEDULES OF EVENTS

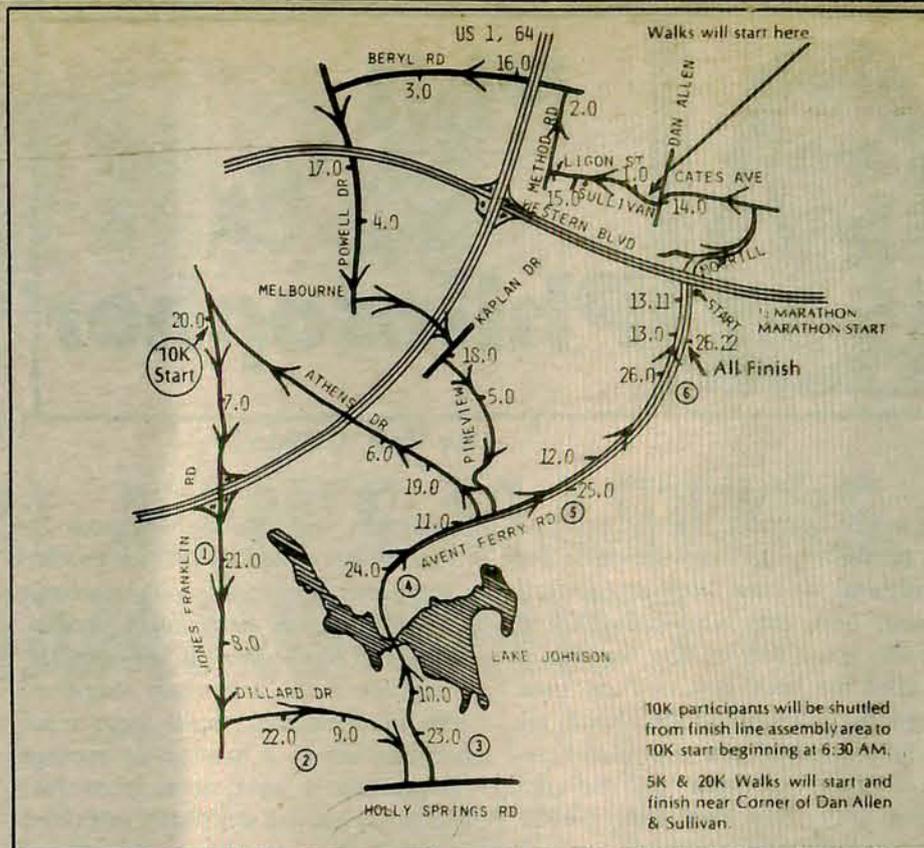
- FRIDAY, MAY 6th:** **PENTATHLON** (Long Jump, Javelin, 200M, Discus & 1500M)
 STARTING TIMES (Division 3 & 4) 2:00 PM (Division 2) 2:30 PM (Division 1) 3:00 PM (Division 0) 3:30 PM
3000M Men 4:00 PM, **Women** 4:30 PM
Triple Jump 2:00 PM
- SATURDAY, MAY 7th:** See Tentative Schedule on Opposite Page
- SUNDAY, MAY 8th:** **MARATHON AND HALF MARATHON** 7:30 AM
10 KILOMETERS 7:30 AM
20 KILOMETER WALK 7:30 AM
 Refer to course map on back cover for routes and descriptions.
- WEIGHT PENTATHLON:** Div 0 9:00 Div 1 9:30 Div 2 10:00 Divs 3 & 4 10:30 (All times AM)

ENTRY FORM: It is important to each participant that he/she file the entry form completely and accurately. Errors or omissions can result in the athlete being left off rosters or not receiving results. The staff will do everything possible to protect you, but you must give them complete and accurate information.

ENTRY VERIFICATION: We are able to verify receipt of your entry only if you include a stamped, self addressed card or envelope. Telephone verification is difficult because your entry could be at any stage of processing.

MEET DAY WEATHER CHART

	1978	1979	1980	1981	1982
Temperature Extremes	52°-77°	56°-76°	54°-76°	52°-68°	61°-73°
Precipitation	0	0	0	21	0
Average Wind Velocity	7.3	6.5	6.5	10	5.5



10K participants will be shuttled from finish line assembly area to 10K start beginning at 6:30 AM.
 5K & 20K Walks will start and finish near Corner of Dan Allen & Sullivan.

***TENTATIVE TRACK & FIELD SCHEDULE**

Saturday, May 8, 1982				*Refer to Program for Final Schedule						
Time	Event	Division		Time	Event	Division				
7:00	5,000 Meters	OA-OB	Event #1	12:00	Chancellors Invitational predict-a-time mile†		2:55	400M Run	3	
7:25	5,000 Meters	1A-1B			3:00	400M Run	4			
7:50	5,000 Meters	2A-2B			12:30	LUNCH BREAK		3:15	800M Run	Women
8:15	5,000 Meters	3-4			1:30	100M Dash	Women	3:20	800M Run	OA-OB
8:55	110M Hurdles	OA	Event #2	1:35	100M Dash	OA	3:25	800M Run	1A-1B	
9:00	110M Hurdles	OB			1:40	100M Dash	OB	3:30	800M Run	2A-2B
9:10	110M Hurdles	1A			1:45	100M Dash	OA	3:35	800M Run	3A-3B
9:20	110M Hurdles	2A-2B			1:50	100M Dash	OB	3:40	800M Run	4A-4B
9:30	110M Hurdles	3A	Event #3	1:55	100M Dash	2A	4:00	1,000M Steeplechase		
9:40	110M Hurdles	3B-4			2:00	100M Dash	2B	4:30	200M Dash	Women
9:55	1,500M	Women			2:05	100M Dash	3A	4:35	200M Dash	6A
10:05	1,500M	OA-OB			2:10	100M Dash	3B-4	4:40	200M Dash	OB
10:15	1,500M	1A	Event #4	2:20	400M Run	Women	4:45	200M Dash	1A	
10:25	1,500M	1B			2:25	400M Run	OA	4:50	200M Dash	1B
10:35	1,500M	2A			2:30	400M Run	OB	4:55	200M Dash	2A
10:45	1,500M	2B			2:35	400M Run	1A	5:00	200M Dash	2B
10:55	1,500M	3-4		2:40	400M Run	1B	5:05	200M Dash	3A	
11:15	400M Hurdles	OA-OB	Event #5	2:45	400M Run	2A	5:10	200M Dash	3B	
11:25	400M Hurdles	1A-1B			2:50	400M Run	2B	5:15	200M Dash	4A-4B
11:35	400M Hurdles	2A-2B								
11:45	400M Hurdles	3-4								

†This is a closed event. Do Not Enter
 †115,000M walk contested on road

FIELD EVENTS

Event #	Time	Event	Event #	Time	Event	Event #	Time	Event
Event #11	8:00	Hammer	Event #14	9:00	Pole Vault	Event #17	12:00	Javelin
Event #12	8:00	56Lb Weight	Event #15	10:00	Discus	Event #18	1:00	Long Jump
Event #13	8:30	35Lb Weight	Event #16	11:00	High Jump	Event #19	2:00	Shot Put

All field events will start with the oldest age divisions first and work down. Women will precede the oldest male divisions in the long jump and shot put.

Event numbers 11-12-13 will be conducted at Method Field. Buses leave from track to Method every 30 minutes beginning at 7:30 A.M.

DETACH ENTRY FORM BELOW AND MAIL TO: Southeastern Masters c/o Raleigh Parks & Recreation P.O. Box 590 RALEIGH, NORTH CAROLINA 27602

Official Use Only

Name Last First Init Area Telephone

Street City State Zip Code

TAC Registration No. Division Sex Birth Date Requested number of Banquet Tickets @ \$10.00 \$

Mo Day Yr Total Amount Enclosed

INDIVIDUAL TRACK & FIELD EVENTS

Event #	Event Title	Event #	Event Title	Event #	Event Title

CHECK OTHER EVENTS BELOW

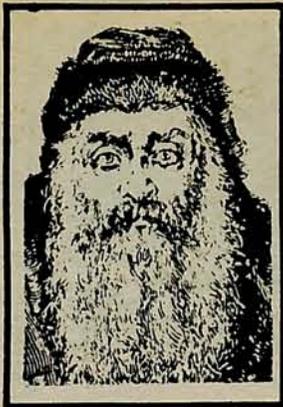
Pent ___ Wt. Pent ___ 10K ___ 1/2 Marathon ___ Marathon ___
 3000M ___ Triple Jump ___ 20K Walk ___

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, (TAC) 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 6, 7, 8, 1983, 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 by self-addressed envelope or post card only.



Phil ^{THE} Philosopher

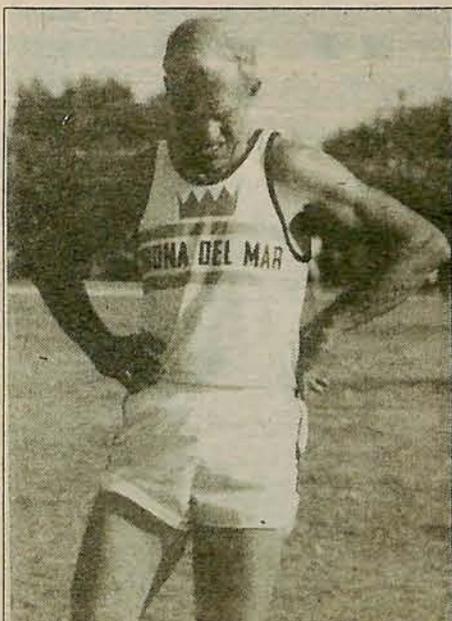
by PHIL CONLEY

In my column last month I started a two part discussion on the nature of friendships — how they are initially formed, how they are strengthened, and why some fall by the wayside. I identified the focal point of my own analysis as our family address book, an idea that was originally provided by a clever column written by Beverly Stephen of the *New York Daily News*.

Bonding circumstances and potential friendships exist through association in career or professional activities, whether within the same corporation or the same general profession. With the new era of career mobility which arrived in the 1960s and 1970s, I believe that people are demonstrating more allegiance now to their professions than to fellow employees of their companies. I suspect that a survey of friendships would show a similar bias. I found that true upon examination of my wife's friends. Almost all of her daily and long term contacts involve male physicians.

Fran's old non-physician friends or current female friends in the address book numbered only a handful. Her time or disposition to write folksy letters is nil. At social gatherings Fran joins the men, since shopping, the PTA, or child care are not included in her concerns or interests.

Females, as well as many males, seem somewhat intimidated by her fast-track existence. It is difficult for physicians to have nurses as "friends," although it is interesting that the vast



Burl Gist contemplates final attempt at 4'8" high jump at Porterville, Cal. meet. If he misses, it will be his first loss since 1977. P.S. He made it.

majority of the neurosurgeons we know have MARRIED nurses. But then neurosurgeons don't necessarily WANT friends or equals as spouses. But THAT is a whole other subject!

Another rich, potentially long-lived type of friendship could stem from participation in a mentor or protege relationship. I have never been fortunate to have had any older, respected and skilled non-family person take me under his or her wing and "show me the ropes." For those who have, it is a valuable and highly rewarding experience. It is even a more difficult expectation for a woman to pursue such a goal of attaining a rewarding protege relationship, and especially so with the advent of the highly-publicized Agee/Cunningham affair.

While I have not enjoyed a meaningful protege relationship, I have participated as a mentor. I do enjoy my work with the Stanford students who are track and field athletes and I would hope that, in years to come, some of those young men and women would feel that I had been some help in supporting their aspirations.

One can not force mentorship or protegeship on someone else. For Fran now, some of the residents who rotate through her service will become special, and conversely she for them, but for others they will represent no more than "the resident she had in the spring of 1983."

A whole new group of friends can appear, and disappear as quickly, from hobbies. Here I will touch on the running and track and field scene. I've always said that one can never afford to have a close friend in one's own event (or for Masters, in one's own event AND age class). However, I found that our book revealed the names of 9 javelinists, as well as a number of runners, one long jumper, one discus thrower, an aging decathlete, and one unnamed Midwest high jumper.

In my open competitive days I used to room with Stanford's Dave Weill, the 1964 Olympic bronze medalist in the discus, and now an IBM engineer in San Francisco. On those occasions, we were very sympatico, supportive of one another, and would humourously marvel at how inept each of us was in the other's event. Our friendship was solidified, and we enjoyed a cross linked friendship during his 10 year mar-



Ken Carman (58) en route to 1st place in 50-54 steeplechase in 1982 Southeastern Masters meet in Raleigh, N.C. Carman's 1982 steeplechase best was 10:55.

riage.

On the local social scene, Fran and I tend to be quite selective about accepting or offering social invitations. We eat out once a week together and we generally spend two or three nights a week separated as one or the other of us is out of town. We used to entertain far more at home than our current frequency of about once a month when we have 1 to 4 guest couples join us. Doing more than that just doesn't seem worth the effort. We lead busy lives, we are genuinely tired at night, and most importantly, we **enjoy** being either separately alone or just together.

If there exist any standard characteristics of the locals with whom we socialize the following elements would be listed: NON-SMOKERS, enjoyment of wine, dual careerists, runners, weight men and teaching academicians (including physicians).

Because of the foregoing, this usually means that the couples are often childless, earn rather high income, possess strong educational backgrounds and articulate high future aspirations.

So you ask, what, if anything, have you learned from all this? I guess that I have concluded that friendships are indeed fragile and that considerable effort needs to be expended in order to maintain them, and even so, erosion over time may well have its way. I've cited that divorce is potentially the second most dangerous factor in destroying friendships. Perhaps next might come "personal inflexibility." A certain amount of personal acceptance and "give and take" is mandatory between friends, as we all do change over time.

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Phil Conley

Hawaii Senior Olympics Held

from STAN THOMPSON

HONOLULU, December 26. Open and masters competitors from ten states, England and Canada took part in the 7th Annual Hawaii Senior Olympics Christmas Track Meet today at Kaiser High School in perfect weather and, for a change, windless conditions.

Eight world and 17 U.S. age records

were set. Outstanding performers were Jock Jocoy, 56, of Del Mar, California, who competed in 14 events; Marilla Salisbury, 75, of San Diego, 12 events; Fred Smith, 48, England, 6 events; Max Pickl, Canada, 14 events; Jack Karbens, 41, 13 events; and Martin Hee, 14 events.

Locals set 40 Hawaii records. □



THE DOCTOR IS IN

By ALEX RATELLE, M.D.

RUNNING WITH MARCO POLO MD

(This month, the National Masters News begins a new, regular monthly column by doctor-runner-author-lecturer Alex Ratelle, M.D. While many running magazines provide good advice for the younger runner, the body changes as we move through life. Older bones can heal more slowly than young ones. Injuries can linger. Optimum training methods can vary. Nutritional needs can change. Mental outlook is different.

In Alex Ratelle, NMN readers have a unique combination: a physician who is one of the top masters runners in the world, and who can communicate what he knows to others.

An anesthesiologist who lives in the Minneapolis, Minn. suburb of Edina, Alex holds 11 American age-division road records (four in the 50-54 division and seven in the 55-59 group) — more than any other single American — from distances of 10K to 50 miles. In 1982, at age 58, he ran a 10K in 33:52. At age 56, he ran a marathon in an astonishing 2:30:41.

Alex is a popular speaker on the running-clinic circuit. His recent talk at the Rocket City Marathon in Huntsville, Alabama was a highlight of the weekend. He was profiled by fellow columnist Mike Tymn in our December issue.

Ratelle has worked intensely in the field of human applied and experimental physiology for over thirty years. He knows the field well, and has used this information successfully in his own running program. In his NMN columns, Ratelle will cover special areas of interest — areas that are controversial or even contradictory.

From his frequent trips to races and clinics, he has close contact with the running population. "I think I sense the subject material the masters would like most to hear of . . . from a medical viewpoint," he says. "It appears there are a number of experts in the field of running — coaches, world class runners, writers, etc. who disseminate incomplete or incorrect information about training and injuries. We veterans are too old to spend our remaining days hobbling about." We welcome Dr. Ratelle to the pages of NMN. — Ed.)

The lovely islands of the Caribbean were the first site of contact between Christopher Columbus and the natives of the New World. Perhaps it is appropriate that I introduce this column, by describing, somewhat medically, my first experience with running in Puerto Rico.

Among the many potential problems confronting the runner as he travels, are the physiological adjustments to change. These include time zones, weather, terrain, biologic environments, food, social patterns, and on and on. If the runner can spend a period of time in "the New World" with no problems whatever, then we have nothing to discuss. But, if he or she is like me, when traveling to race sites, then we have a lot to think about, together.

One of the most distressing elements of traveling to a race for me is the enforced inactivity. Having a busy mental and physical life here at home, I find it difficult to decelerate my pace. The most useful element of preparation that I have for this is sleep. In the several days prior to departure for China or Duluth, I fabricate units of time for sleep and rest. These are not necessarily the same thing, but provide the same effect. I avoid taking calls for several days, if I can. I go to bed an hour or two early, refusing late night phone calls and bedtime discussions. Thus, internally at peace, I am relaxed and tranquil when last minute problems or decisions arise. Thus, odd-hour departures and arrivals find me with sleep in the bank and no rest-deficit at the outset of my journey.

Having traveled a bit, I now standardize my packing. At the moment, I have a bag sitting in a closet nearby that requires only one motion of the zipper. Given the tickets, I could fly to Huntsville or wherever . . . within the hour. In this same bag, there is a small medical kit, and what it contains I will talk about in a later article.

Very much like my hero, George Sheehan, I have packed my important trivia all in one small bag, only to forget the bag. But I am essentially a learning animal. The sensation of one nipple burning for 2:34:02 because I brought but one band-aid to the race need only happen once. And I have learned.

This doesn't sound medical enough thus far? Well, reducing stress prior to departure and after arrival at race site are more than an attempt to start and run the event in the maximum possible condition. Many of the variables encountered in traveling are physiologically very punishing if viewed in the context of the ultimate stress of a distance race. The runner who meets up with a "cold" or "flu" or gastrointestinal symptoms while racing need not, of necessity, blame it all on the difficulties of the competition. These complicating disorders may arise from a combination of many small stresses which we have chosen to ignore during the high excitement of race preparation and travel.

While discussing the subject of pre-race rest and relaxation with runners, I frequently receive the reply "That's easy for you to do. Go to bed early. Arrive at the airport two hours early. Prepack all your goodies. But my wife just wouldn't let me do that." As is the case with all runners, I, too, find my small excess time being tugged and pulled at by the people I love. Small dinner parties. Movies. Shopping trips. All of these matters are put aside until the return from the battle. A saving feature for me has been the traditional and constant concern and love that my wife and children have expressed in these matters. And I have tried to be constant and consistent in the pattern of my demands so that there are no surprises to disturb the domestic peace.

Throughout my future articles you will find a thin fabric of "us versus them." This should not be construed as a degree of paranoia, or worse. But the disciplined runner with real, and tangible, day-to-day goals will find that his needs are frequently in conflict with the prevailing lifestyle of those

humans near and far who can influence his activities. All runners know this, but perhaps you will find some small comfort in reading this in print, by an "imminent" authority, a doctor no less. Yet this is the real world for us. What would it serve in articles yet to be written about "micro-circulation," or "muscle-mass optimal temperature" if the ridicule of the office staff prevents you from doing a warm-up jog at lunch time. In short, I will try, whenever possible, to place what knowledge I have come by in a frame of practical utilization, and the obstacles to be overcome on the way to success. □



Dave Compton, 41, and John Butler, 43, at Holiday Pentathlon, Delray Beach, Dec. 28-29. Dave competed barefooted in all five events as he did last year, and says he's been running barefooted all his life.

Photo by Bill Gentry

Price Chopper thon

**10th Annual
30 Kilometer Race**

Schenectady to
Albany, New York
Sunday, March 20th
10am

**RRCA National
Championship**
5 Kilometer - Fun Run
Saturday, March 19th
Noon

For further information contact:
Peter Benoit
30 Woodlake Road
Albany, New York 12203

(Continued from page 4)

March 20. San Jose Mercury News 10K, San Jose, CA. Karen Storey, Mercury News, 750 Ridder Park Dr., San Jose CA 95190. 408-920-5533.

March 27. Los Angeles /Lite Marathon. Jim Gilbert, 200 N. Main St., City Hall East, 13th Floor, Los Angeles CA 90012.

May 1. Avenue of the Giants Marathon, Arcata CA. 1750 runners. Deadline, Jan. 31. Don Hughes, Box 214, Arcata CA 95521.

May 15. Bay to Breakers 7.63 mile run, San Francisco. 70,000 runners. Special Events Dept., San Francisco Examiner, San Francisco CA 94103. 415-777-7777.

May 29. Brentwood 10K, Los Angeles. 3500 runners. Valerie Johnson, Box 49913, Los Angeles CA 90049.

NORTHWEST

February 26. Seaside Trails End Marathon, Seaside, Oregon. Box 7, Seaside OR 97138. 800-452-6740.

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

May 1. Lilac Bloomsday 7.5 mile run, Spokane WA. 22,000 runners. Box 1511, Spokane WA 99210.

HAWAII

April 10. Norman K. Tamanaha Memorial 15K, Honolulu.

CANADA

May 1. Nike International Marathon, Vancouver, B.C. Don Basham, 1200 Hornby St., Vancouver BC Canada V6Z 2E2.

May 29. Manitoba Marathon, Winnipeg. Debbie Prince, 1700 Ellice Ave., Winnipeg, Manitoba, Canada, R3H 0B1.

INTERNATIONAL

April 24. Seoul International Marathon, Seoul, Korea. 10-day tour package: \$1,399 from Honolulu; \$1,599 from Los Angeles; \$1,999 from Chicago or New York. Aspengren World Travel, 733 Bishop St., Honolulu HI 96813. 808-524-1880.

October 15-16. XVI World Veterans (IGAL) 10K and 25K Championships, Perpignan, France. Tom Sturak, 3900 S.W. Murray Blvd., Beaverton, OR 97005.



Chris Miller, 46, and Philippa Raschker, 35, are U.S. National masters track & field champions and ex-teammates from Hamburg, Germany.

Photo by Jim Johnson

**NORTHWEST SPORTS CAMP
TRACK AND FIELD**

*A training camp for the
MASTERS PERFORMER*



Seeley Lake, Montana

July 10 - 15, 1983

PROGRAM

The Northwest Sports Camp, now in its 19th year of continuous operation, offers the first track and field camp in the United States which is committed primarily to the training of the masters performer.

Using technically sound and individually challenging teaching/coaching procedures, the camp program has been designed to meet the needs of individuals at all levels of ability. Each participant is evaluated in terms of skill potential and given several hours of specialized instruction on a daily basis.

Recreational opportunities include water sports, horseback riding, hiking, fishing, "cowboy" dancing, and individual and team sports. The camp concludes with the Seeley Lake Olympics, with awards being given to the top performers in each age classification.

Sunday

Registration is from 1:00 - 3:00 p.m. on Sunday, July 10, 1983 at Camp Paxson. Skill appraisal will be conducted at the Seeley-Swan High School track from 3:00 - 5:00 p.m. Orientation and the evening program will be at Camp Paxson at 8:30 p.m.

CAMP FEES

<u>Option A</u>	Board, room, instruction and camp shirt (Housing at the Double Arrow Ranch Lakeside cabins with meals at the lodge) Double occupancy	\$275.00
<u>Option B</u>	Board, room, instruction and camp shirt (Meals and housing at "rustic" Camp Paxson)	\$180.00
<u>Option C</u>	"Commuters" Instruction Only (Camp sites, trailer and mobile home sites are readily available in nearby forest camps)	\$80.00
	Two units of upper division college credit are available at	\$40.00/credit
	Pick up/deliver at Missoula	\$15.00

STAFF

DR. KEN FOREMAN - Camp Director. Head Coach 1983 United States Team, The World Championships, Helsinki.

KIM HAINES - Head Coach Seeley-Swan High School and the Western Montana Track Club.

DORIS HERITAGE - Head Coach Seattle Pacific University. Distance coach 1984 United States Olympic Team.

DALE KENNEDY - Assistant Camp Director. Head Coach Montana State University/Women.

KEN SHANNON - Head Coach The University of Washington. Coach 1984 United States Olympic Team.

DR. PAUL WARD - Field Event coach 1982 Junior Pan American Team. USOC Coordinator, Shot Put and Discus.

Guest Coaches and selected national and international athletes also will assist with the instructional program.

REGISTRATION FORM AND MEDICAL WAIVER
(Pre-registration is essential)

Dr. Ken Foreman, Camp Director
Northwest Sports Medicine Foundation
1551 Northwest 54th Suite 200
Seattle, Washington 98107

Option A _____
Option B _____
Option C _____
Transportation _____

Name _____ Age _____ Sex _____
Address _____ City _____ State _____ Zip _____ Phone _____

I hereby certify that I am fit to participate in all camp activities. I accept full responsibility for any medical problems that may develop as a result of camp activities. (All camp participants are covered by insurance during the conduct of the camp.)

Signature _____ Date signed _____

Please list any special medical problems, precautions, medications and the like. _____

A pre-registration fee of \$80.00 must accompany this form. No fees will be refunded after June 17, 1983. **PRE-REGISTRATION FEE MUST BE RECEIVED BY JUNE 17, 1983 ALSO.** Please make all checks payable to and send to:

NORTHWEST SPORTS MEDICINE FOUNDATION
1551 Northwest 54th Suite 200
Seattle, Washington 98107 206-782-3383

For further information contact Dr. Ken Foreman or Beverly Richdale, Administrative Assistant at the above number.



FROM THE Editor

by AL SHEAHEN

Time to bring you up to date on the financial condition of the National Masters News. I've been meaning to do it for months, but it always gets kicked out for lack of space. Just as well, since the figures for 1982 are just in.

First, some background. The National Masters News (letter) was started in 1977 by Bob Fine and the Masters Sports Association in New York City. Nine quarterly 8-to-12-page issues were published. In May, 1979, I took it over when the Occidental Life Insurance Co. became the national masters sponsor and provided a monthly subsidy of \$500.

By the end of 1979, there were about 1000 subscribers and the paper had grown to 16 pages. But, then, Occidental dropped its sponsorship of the masters program.

In 1980, the Athletics Congress gave a \$400 monthly subsidy to NMN (\$200 from the Masters Track & Field Committee and \$200 from the Masters Long Distance Running Committee). In mid-1980, the Penn Mutual Life Insurance Co. became the new national masters sponsor, donating \$1600 to NMN during the year. Circulation grew to 1600, and pages grew to 20-28.

In 1981, TAC continued its \$400 monthly subsidy, while Penn Mutual contributed an additional \$3300 through TAC. Circulation grew to 2000 and pages grew to 24-32.

At the December, 1981 TAC Convention in Reno, the Masters Long Distance Running Committee met to allocate the remainder of its 1981 grant of \$15,000 from Penn Mutual. It allocated \$3500 to NMN for the purpose of promoting circulation. The funds, however, never reached NMN. Penn Mutual decided not to release the money. NMN was not the only victim. Several meet directors, who had been promised \$1000 and more by the committee to defray expenses of their 1981 Penn Mutual/TAC National Championship races, were also shut out by Penn's refusal. At the recent 1982 TAC Convention in Philadelphia, the TAC Masters LDR Committee asked former Chairman Ken Bernard and current chairman Bob Boal to investigate the possibility of legal action against Penn Mutual for withholding those committed 1981 funds.

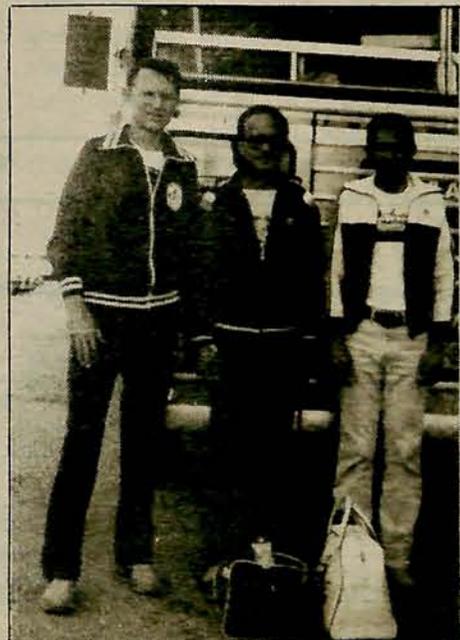
In 1982, each of the two TAC masters committees were allocated \$5000 from TAC and \$15,000 from

Penn Mutual (to be paid through TAC), for a total of \$20,000 each. Of that, NMN received \$4400 from the T&F committee and \$4350 from the LDR committee. Thus, the total 1982 subsidy to NMN was \$8750. (NMN may receive an additional \$650 from LDR's 1982 funds, if available.)

In 1982, NMN revenues were \$47,028. Expenses were \$48,612. So the net loss for 1982 was \$1584. Average monthly revenues included: subscriptions \$2144, advertising \$797, age-books \$109, TAC \$400, Penn Mutual \$329, miscellaneous \$140, total \$3919. Average monthly expenses included: postage and supplies \$374, printing \$1463, administration \$1324, telephone \$77, circulation and promotion \$520, age-books \$57, photos \$58, miscellaneous \$178, total \$4051. Average monthly loss: \$132.

Thus, the average monthly subsidy to NMN in 1982 was \$729. But, as of this writing, it appears the 1983 monthly subsidy to NMN may be zero. Penn Mutual has withdrawn as national sponsor, and there is, as yet, no new sponsor signed up, even though George Hatzfeld and Pat Meehan are working on it.

In 1983, each of the TAC masters committees will have only \$5000 to work with, all from TAC. As reported last month, the masters T&F committee allocated its \$5000 mainly to necessary travel expenses for executive commit-



Western Province winning 45-49 Masters Marathon Team of Leo Benning (2:50:55), Jeff Fitz (3:01:52) and John Adams (2:43:35) at South African Championships in Port Elizabeth.



Arnolds Ticmanis, Canada, competed very well at Holiday Pentathlon, Delray Beach, Fl. Dec. 28-29 and received good publicity in the local paper.

Photo by Bill Gentry

tee members. T&F Chairman Jim Weed says there may be an independent source to aid NMN, but, as of this writing, nothing is firm.

Thus, it appears that NMN will be on its own in 1983. The TAC Masters T&F Committee unanimously recommended that the annual subscription price be raised from \$12 to \$15 to increase revenues. It further recommended that 25 cents of that \$15 (up to \$500) be given to the Masters Sports Association, since MSA:1) has spent a lot of money on the masters program (for medals, etc.), 2) originally began the newsletter, and 3) is now in a financial bind.

NMN has kept the price of the paper at \$12 for the past three years, hoping to attract as many subscribers as possible. There is always the risk that an increase to \$15 will cause total subscriptions to drop. But it's the unanimous opinion of over three dozen people surveyed that the price should go to \$15. That's still below the rate for most monthly publications. So, unless we hear an outpouring of wails and cries, the price will go to \$15 as of March 1st. First class and overseas rates will also go up.

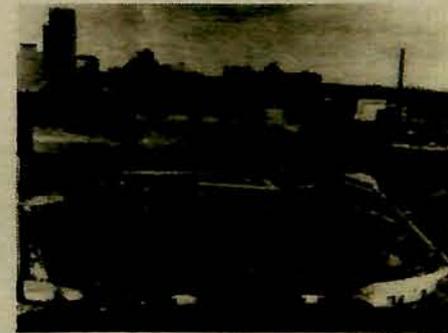
There are some masters athletes who

(Continued on page 15)

Participate at the Home of the 1982 National Sports Festival



Indiana University-Indianapolis (IUPUI) Natatorium



Indiana University-Indianapolis (IUPUI) Track & Field Stadium

at the 1983 Indy Senior Classic

(Formerly the Indianapolis Senior Olympics)

June 8 - 11

Over 65 events for people 55 years and over

Events available include: Basketball, Bike Races, Billiards, Bowling, Bridge, Checkers, Chess, Dance Contest, Euchre, Fishing, Golf, Handball, Hobby Show, Horseshoes, Paddleboat, Racquetball, Rowing, Softball, Swimming, Table Tennis, Track and Field and Wrestling.



Yes, I want to "Add Life to My Years" please send me:

More information _____ Entry form _____

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ AGE _____

Please mail to: Bob Coughlin, 305 S. Barton, Indianapolis, IN. 46241 or call (317) 241-5446.



(Continued from page 14)

cannot afford even \$12 for a subscription. Particularly in this recession. We don't like to see anyone who's participating in the program excluded from reading NMN simply because of a lack of funds. So, if \$15 is a problem for you or for someone you know, please let me know. We may have a few special low-cost subscriptions available.

Despite the cost squeeze, we have no intention of lowering the quality of the paper. In fact, we are adding a monthly column by Dr. Alex Ratelle which should be one of the highlights of upcoming issues. In 1982, we published in-depth results of every major U.S. masters track meet and most minor ones. We printed results of over 400 road races. We will continue to publish the results of as many meets and races as space permits. We have computerized our mailing list for better service, and are planning new features for the months ahead.

We are making an increased effort to get more advertising. It's difficult because of our relatively small circulation. But we remind race and meet directors that they can advertise their event, and publish their entry form in NMN, for as little as \$50 for 1/4 page and \$125 for a full page. For that investment, they reach about 6000 readers (estimated from paid subscribers, freebies and pass-ons), most of whom are active masters participants. Race/meet directors generally receive more money in entry fees than the cost of publishing the form.

We've cut a lot of corners on expenses, and will continue to do so. We have no rent, equipment or secretarial expense. Soon, however, we must, since the files are starting to overflow onto the street. The harsh fact seems to be that publishing is a hazardous business. The fine East Coast masters monthly publication, TrackMaster, folded up just a few months ago after four years of financial red ink.

I am most grateful to the excellent team of columnists and contributors to the paper. Without their contributions, NMN could not survive. We depend on material from readers throughout the nation. The National Masters News is your newspaper, a mirror reflecting the masters community and its people.

Often we get complaints, particularly from the Mid-America region, that we don't have enough news from a certain area. It's a vicious circle. We don't get enough material from those areas because we don't have enough readers, and vice-versa. Too often, race directors simply don't compile or mail masters results. We were able to feature the Tulsa 15K, for example, only because a Californian, Ed Lowell, was in the state at the time, competed in the race, and sent us the results. We encourage you to do the same.

Unfortunately, the budget being what it is, we can't afford to pay you.

However, we can print your name. Hopefully, a byline will be reward enough for your efforts.

We are also grateful to the readers who distribute sample copies at races. This has significantly helped circulation.

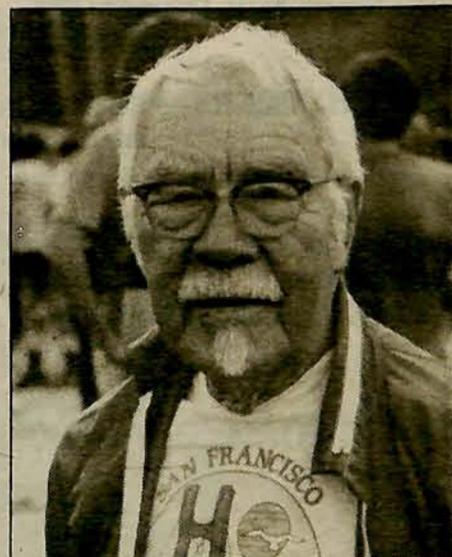
We also are grateful for the recent cash donations from Harold Chapson, Spotswood Hall, the ROC Track Club and the Richmond Track Club. And we appreciate the continued support of NIKE.

You may be interested in a regional breakdown of NMN subscribers. There were 2547 paid subscribers at the end of 1982: New England 149, East 494, Southeast 266, Midwest 391, Mid-America 146, Southwest 143, West 691, Northwest 167, Foreign 100.

There are some surprises and disappointments: California leads with 615 subscribers, New York is next with 211, followed by New Jersey 132, Illinois 107, Texas 100 and Ohio 99. Disappointments include four states with only one lonely subscriber each: South Dakota, North Dakota, Wyoming and Utah. We have a lot of work to do to continue to get the masters word out.

The masters program continues to grow. The major running magazines are taking notice. *Runner's World* is doing a monthly series on masters performers. The February *Runner* features Jim Bowers, 44, on the cover and a comprehensive inside masters piece by Hal Higdon. The March issue of *Running Times* will profile over-age-40 runners. Masters track & field meets are popping up all over the country. The V World Veterans Games in Puerto Rico this September should draw over 4000 participants.

With your help, the National Masters News will continue to be the primary source of communication for the masters athletic community, and will continue to live up to its name as "the bible of the masters program." □



Colonel Sanders? No, it's Ivor Welch, at age 87, one of the oldest active runners in the world. He won the 80+ division of the Tennessee Valley 10K in Mill Valley, Calif. November 20 in 1:33:07.

Photo by Gene Cohn

KELLY SHOT RESISTING ROBBER

Jack Kelly, director of the 1982 National Masters Sports Festival, is recovering from surgery in Philadelphia after he was shot resisting an armed robber December 27 in Fort Lauderdale, Florida.

Kelly, named co-administrator of the year by the TAC Masters Track & Field Committee, was shot in the groin with a small-caliber pistol after he stopped at a service station to ask directions and make a phone call.

Kelly and his wife, Sandra had driven into a service station about 10 p.m. to ask directions to a friend's home. Kelly, who was in Fort Lauderdale for a speech and a rowing exhibition, then went to a nearby coin telephone.

Kelly was on the phone when a man came up from behind and demanded

money.

Kelly refused. The gunman grabbed Kelly and repeated his demand.

As Kelly pushed the robber back, the gunman took a step backward and fired one shot into Kelly's groin.

"His wife came banging on the window," a station attendant said. "Then he (Kelly) came in, his whole leg bloody, just pouring out blood by the quart it looked like."

Police were seeking "a 5'7" male in his early 30's, black or possibly Latin," in connection with the shooting.

Kelly, the vice president of the U.S. Olympic Committee and a former Philadelphia city councilman, "should recovery fully within a month," doctors said.

Kelly is the older brother of the late Princess Grace of Monaco. □



Buzz Pokter, Joe Hayes and Tom Tucker, all 45-49 at Holiday Pentathlon Delray Beach, Dec. 28-29.

Photo by Bill Gentry

THIRD ANNUAL N.J. TAC MASTERS & SUBMASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS
Sunday, March 13, 1983 Peddie School Field House, Hightstown, N.J.

1PM (except 55' weight) Sponsored by IFCAS, Ltd. (International Financial Counseling & Services, Ltd.) in co-operation with the Shore Athletic Club and the N.J. TAC

ELIGIBILITY: Two Divisions: For Championship Division - All members of the N.J. TAC 30 years of age and older. (Membership available at meet.) For Open Division - Any non-N.J. TAC 30 years of age and older.

AGE GROUPS: Men's & Women's 5 year age groups (30-34 35-39 40-44.....70plus)

AWARDS: NJ TAC Masters Medals for 1st 3 placers in each event and in each age group in Championship Division. (Championship TAC patches will be given if they are available.) Team Championship trophy will be awarded. Medals to 1st 3 placers in each age group in each event for Open Div.

ENTRY FEE: \$3.00 per event. MAKE CHECKS PAYABLE TO: Ron Salvio, Squan Road, Clarkburg, N.J. 08510 (609-259-9268). ENTRIES CLOSE MARCH 7, 1983.

POST ENTRIES - \$5.00 per event will be taken up to 30 minutes before each event.

FACILITIES: Tartan track & runways, NO SPIKES ALLOWED! Shower & locker rooms available (bring lock & towel). Peddie School Field House located in the middle of Hightstown on Etra Road. Convenient to the N.J. Turnpike off exit #8 and convenient to Rts 33, 130, I-195 and Rt 1 (via Princeton-Hightstown Road).

EVENTS:	TRACK	1.	50yd HH	1:00	Field	1.	35'Weight (Hightstown H.S., Outdoor Track)	11:30
		2.	50yd Dash	1:15		2.	Pole Vault	1:00
		3.	Mile Run	1:45		3.	Shot Put	1:15
		4.	600yd Run	2:15			(Indoor shots only)	
		5.	Mile Walk	2:45		4.	High Jump	2:15
		6.	1000yd Run	3:00				
		7.	300yd Dash	3:30				
		8.	2 Mile Run	4:00				
		9.	1 Mile Relay	4:45				
		10.	2 Mile Relay	4:55				

Hurdle heights & implement weights will be according to TAC Masters rules. Events will be contested younger to older men followed by women. Age groups will be combined in some events if the entry warrants such. Vault & High Jump bars will start at a low height and move upward with all groups combined. The bar WILL NOT be lowered. In any event if you miss your call, you forfeit that start or that attempt.

ENTRY BLANK: NAME: _____ TAC# _____ CLUB _____

STREET _____ CITY & STATE _____ ZIP _____

AGE _____ DATE OF BIRTH _____ SEX _____ EVENTS ENTERED _____

I hereby waive any release any claim I, my heirs, executors and administrators may have against the Peddie School, IFCAS, Ltd., Shore Athletic Club, and the N.J. TAC and any of their representatives and employees arising from my participation in this meet.

SIGNATURE _____

PROFILE

PROFILE: JIM O'NEIL — A BORN AGAIN RUNNER

Fifteen years ago, Jim O'Neil was, as he puts it, "a man in search of the perfect dry martini." Then, in 1968, while attending an indoor track meet, he got the urge to get his old track shoes out of the closet and see how fast he could run a mile.

"It was at the Examiner Games in San Francisco," O'Neil explains. "I was overweight and the only part of me in good condition was my elbow, but I watched Augie Escamilla win the masters mile in 5:02 and I told myself that I could do that. It turned me around."

Now 57, O'Neil is one of the leading 50 and over distance runners in the world.

As a student at Oak Park High School, O'Neil won the 1943 Chicago district championship one-mile run with a 4:40 clocking. Later, at the University of Miami in Florida, he recorded a 10:00.3 for two-miles. He did no running at all from the time he graduated from college in 1952 until after that indoor meet in 1968. It didn't take him long, however, to shape up again. Within two years he was down to 4:50.3 for the mile. That was at the age of 44. Then he set out to do something he was unable to accomplish in college — break 10 minutes for two-miles. Running a 9:58.3 at the age of 47 is, he says, his second most memorable competitive experience.

What's first? "It's the day my son Tom and I set the national father/son record for the marathon," O'Neil gleefully responds. In the 1977 San Mateo Marathon, Jim O'Neil turned in a 2:47:52 and a 16-year-old Tom clocked a 2:29:01. The following year, the father and son team returned and broke their own record with a combined time of 5:00:16. Jim broke John Kelley's 50-plus American record with a 2:35:48 while Tom recorded a 2:24:28.

Most of O'Neil's other personal bests have been set since turning 50, including 16:15.4 for five kilometers, 33:30 for 10 kilometers, and 1:15:15 for a half-marathon. In the 1981 World Veteran Games at Christchurch, New Zealand, he placed first in his division in the 10K road race and captured three silver medals in other events.

"I reached my peak at age 52 or 53," he says, "but I'm not ready to say that I can't improve on some of my times. I feel younger now than I did at age 35." To stress this point, he mentions that last year, at 56, he married a woman 20 years younger than he. "I really feel great about that!" he adds.

Now a resident of San Diego, O'Neil lists his occupation as "investor." To attain this enviable position, he spent a number of years as a home builder.

"Fortunately, I have no 9 to 5 job and my wife totally supports my running," he says, "so I don't have any of the conflicts that many other runners have."

When preparing for a big event, O'Neil puts in 90-100 miles per week, including one 20 mile run and occasionally a fartlek workout. He says that he's never enjoyed fast track workouts, but feels that he'll probably have to force himself to do them if he is to set new PRs.

On the subject of records, O'Neil mentions that in 1972 he set a world record for the fastest round of golf ever played. He covered 18 holes in 47 minutes and shot a 99. Considering the fact that a guy named Steve Scott has broken his record, he doesn't think he can get it back. (In case the name

doesn't ring a bell, Scott is the American record holder in the mile.)

O'Neil's says that his immediate and long range goals are to break 34 minutes for 10K, run a sub-2:40 marathon at either Boston or New York, and win a gold medal in the world championships in Puerto Rico this year.

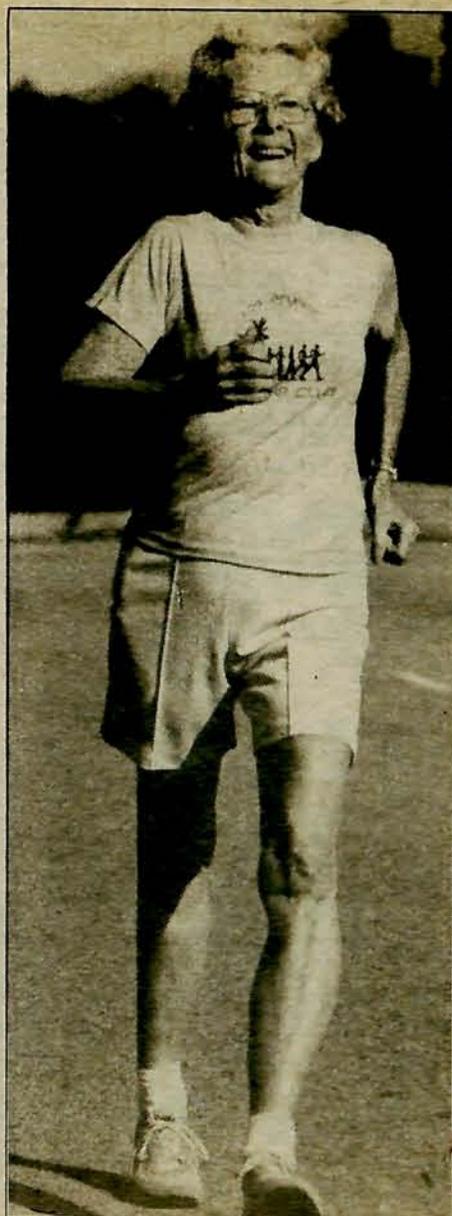
"I'm slowly getting back to my 1981 form after an eight month layoff with a groin injury," he says. "It sure takes a lot of patience to recover from an injury, but it's well worth the effort. Right now, my main inspiration is Alex Ratelle. I intend to capture some of the records that he's taken from me." —
By Mike Tymn □



Jim O'Neil



A rare shot of probably the two finest over-age-60 runners in the world: John Gilmour(l), 63, of Perth, Australia; and Clive Davies, 66, of Tillamook, Oregon. They met in the 15th World Veterans Distance Running Championships in Japan last September. Each won his 5-year division of both the 10K and marathon championships. Gilmour with 35:42 and 2:49:47. Davies with 37:19 and 2:57:34.
Photo by Mila Kania



Authoress Lenore Nicholson, age 68.
Photo by John Allen

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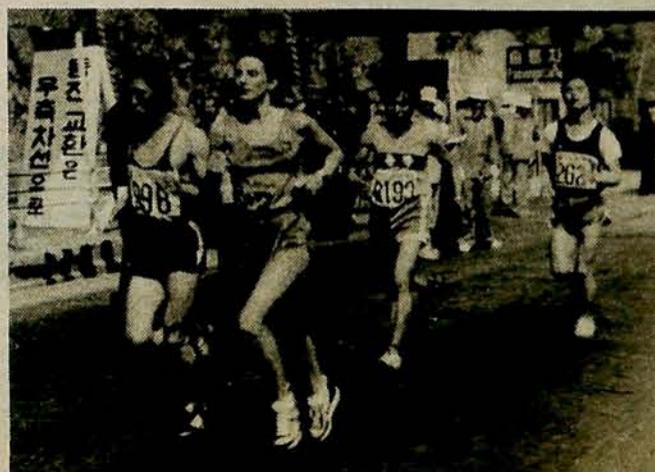
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7 Months to go
COUNTDOWN
 TO
PUERTO RICO

by VALDEMAR SCHULTZ

I can not really speak as an expert on the upcoming Fifth World Veterans Games in San Juan, Puerto Rico, September 23-30, nor on the island itself. Nevertheless I want to unashamedly recommend totally that all U.S. masters athletes, their families and all friends of our sport, attend and participate.

These will be the first games held in the Western Hemisphere since the initial event in Toronto in 1975. Since that time the movement has grown tremendously. 1983 in San Juan will be a time to celebrate this progress and the worldwide camaraderie it has engendered.

Already there are upwards of seven full-time employees of the Municipality of San Juan working on the organization and sponsorship of the Games. The Patron of the Games is the Mayor of San Juan, the Honorable Hernan Padilla. Some of those prominently involved are athletes whom many of us have met at competitions in the United States. The Director of Operations is Miguel Rivera, an excellent pole vaulter in the 50-54 category; one of his assistants is Gilberto Gonzalez, who would hold a number of U.S. Masters records in the sprints, jumps and perhaps other events, but for his being Puerto Rican. That is, a U.S. citizen, but until recently, not eligible to set U.S. masters records.

I attended the Second Annual San Juan Masters International Track & Field Meet, one of the testing grounds for the organizers and officials of the World Veterans Games. The meet was well-done, but, more than that, San Juan and Puerto Rico offer the visitor so much. It is, to the East Coast, much as Hawaii is to the West Coast: The winter resort getaway. But San Juan has much more of an historical base for those interested. The Spanish arrived here not long after Columbus made land in the Bahamas. They found the native indians already living there, and, though there are few ethnic traces of the Boriquenos, their spirit and independence survive in the modern-day islanders.

The Games will offer lots of time to get away and see the sights. Old San Juan can not be missed, with the Fortress of El Morro and Ponce de Leon's original governor's residence. And when the time comes to cool off a bit, a trip to the mountains near El Yunque

will be just the ticket. More history at the old towns of Ponce and Mayaguez or the highland towns of Lares and Utuado should be sampled. A visit to Coamo, home of the world-famous Maraton de San Blas, should be interesting, or even a short plane or boat ride to the Virgin Islands so near by.

Imagine yourself participating in a veritable Olympics for masters, alongside veteran athletes from as many as fifty other countries. And all of it taking place in a vacation wonderland. That's what the Fifth World Veterans' Games are about. □

(Ed. note: U.S. Senator Alan Cranston has accepted an invitation to serve as honorary chairman of the World Veterans Games, and plans to compete in San Juan in the 100 and 200 meter Dashes. A revised entry form will soon be available, from STI, PO Box 7823, San Diego, CA 92107; or GPO Box 336, San Juan, PR 00936.)



BURHO
DIES

Sherman Burho died December 15 in Richmond, Virginia. Sherman holds the world record in the pole vault for age 71 at 9 feet, set June 7, 1981. At age 72, Sherman had a remarkable career in Masters pole vaulting, plus successfully competing in the long jump, the triple jump, the discus, and the hammer throw.

He began competing in Masters meets after retiring from a 35-year career as a Treasury Department investigator.

Sherman had abdominal surgery early in 1982 when a large mass was discovered in his abdomen. He made a remarkable recovery and was pole vaulting in the summer of '82 as high as 7 feet after this serious surgery.

The cancer started pulling him down again in the fall of 1982 and he had been hospitalized for approximately a month before his death. □

— From Spotswood Hall

La Veck Wins Sports Illustrated Award

Seattle's Beverly La Veck, 46, was named winner of Sports Illustrated Magazines Award of Merit Trophy.

La Veck, who won the TAC 100 Mile Walk, Senior and Masters divisions, and placed fourth overall with a record of 21:42:14 at Chula Vista, CA, November 20-21, was featured in SI's December 20 issue "Faces in the Crowd."

Bev "became only the second woman to qualify for The Centurion Club of America by walking 100 miles in a race within 24 hours."

Seven finished out of 24 starters which included some of the nations top men and woman athletes. □



Ed Benham, 75, led everyone up to 17 years his junior to the finish line in the National Masters 5K X-C in Raleigh November 26. At age 77 Ed ran a brisk 22:13 5K on a course which takes the starch out of the youngsters.



Gilberto Gonzalez-Julia, 69, was selected as outstanding athlete of the 2nd San Juan Annual Masters Track & Field Meet, winning 8 gold medals and 2 silver. He ran the 400 meters hurdles in a new world age record of 78.24; the 400 meters in 67.7; 100 meters in 13.31; 200 meters in 28.7; triple jump 9.12 meters; pole vault 8'8"; Javelin 31.2 meters.

CONWAY, VILLANUEVA, DALRYMPLE NAMED TOP MASTERS

Dan Conway, Antonio Villanueva and Cindy Dalrymple have been named masters runners of the year by national running magazines.

Dalrymple was voted top female master of 1982 by both *The Runner* and *Running Times*. Conway was the choice of *The Runner* for best male over-40 runner, while Villanueva got the nod from *Running Times*.

MASTERS RUNNERS-OF-THE-YEAR AS CHOSEN BY *RUNNING TIMES*: 1982

Men 40-44:	1 Antonio Villanueva
	2 Mike Manley
	3 Sal Vasquez
	4 Jim Bowers
	5 Dan Conway
Women 40-44:	1 Cindy Dalrymple
	2 Judy Fox Eddy
	3 Shirley Matson
	4 Pat Thomas
	5 Karen Scannell
Men 45-49:	1 Fritz Mueller
	Ernie Billups
	Jim Gallup
	William Johnston
	Cahit Yeter
Women 45-49:	1 Sandra Kiddy
	Vicki Bigelow
	Linda Sippelle
	Dorothy Stock
Men 50-54:	1 Ray Hatton (tie)
	1 Hal Higdon
	Ulrich Kaempf
	Al Lawrence
	Piet Van Alphen
Women 50-54:	1 Marion Irvine
	Ruth Anderson
	Gloria Brown
	Toshiko d'Elia
	Mila Kania
Men 55-59:	1 Alex Ratelle
	Herb Chisholm
	Jim O-Neil
Women 55-59:	1 Margaret Miller
	Helen Dick
	Mary Storey
Men 60-69:	1 Clive Davies
	Eddie Lewin
	Jack Start
Women 60-69:	1 Pat Dixon
	1 Jaclyn Caselli (tie)
	Kay Atkinson
	Marcie Trent

Ray Hatton was named best over-50 performer by both publications, with Hal Higdon sharing 50-plus honors in *Running Times*. Both chose Marion Irvine top over-50 woman. *Running Times* also picked best performers in five-year age groups. *The Runner* assigned points based on performances in TAC National Masters Championships and major open races.

The selections:

THE RUNNER MAGAZINE 1982 ROAD RACE RANKINGS -- MASTERS --

Men	Rank/Name/Age	Home	Points
1.	Dan Conway (42)	WI	528
2.	Bob Jenkins (42)	VA	527
3.	Sal Vasquez (41)	CA	387
4.	Antonio Villanueva (42)	Mex.	332
5.	Bill Hall (42)	NC	325
6.	Bob Fischer (42)	NJ	279
7.	Kirk Randall (41)	MA	278
8.	Frank Duarte (40)	CA	224
9.	Mike Heffernan (42)	OR	193
10.	Fritz Mueller (46)	NY	170
11.	Ralph Zimmerman (40)	NY	158
12.	Jim Bowers (43)	CA	145
13.	Terry Manners (43)	N.Z.	120
14.	Ireland Sloan (40)	VA	118
15.	Ray Hatton (50)	OR	105
16.	Herb Lorenz (43)	NJ	92
17.	Bill Venus (43)	G.B.	90
18.	Don Davis (40)	VA	86
19.	Sol Epstein (41)	IN	81
20.	Ken Winn (44)	GA	79
21.	Jack Foster (50)	N.Z.	75
22.	Jerry Schmitt (42)	WA	74
	Jim Ewing (43)	MS	74
24.	Morgan Looney (41)	AL	73
25.	John Robinson (43)	N.Z.	70
26.	Ken Prior (41)	OH	69
27.	Dave Salo (49)	PA	65
28.	Jerry McNeal (45)	MN	61
	Roger Pflugfelder (40)	PA	61
30.	Torgeir Syverstad (40)	Nor.	60
31.	Brian Harris (47)	MI	54
32.	Pasqual Manguan (41)	Spa.	50
33.	Ernie Billups (44)	IL	48
34.	Roger Robertson (42)	N.Z.	42
	Mike Sabino (41)	MD	42
	Doug White (40)		42
37.	Ron Hill (44)	G.B.	40
38.	Alan Piling (40)		36
39.	Joe Burgasser (42)	FL	36
40.	Jerry Anders		34
	Darryl Beardall (46)	CA	34
	Fred Hagerman		34
	Tom Mayfield (43)	TX	34
	G. Van Den Felden (42)	CA	34
45.	Dave Hambly (42)	WA	32
	Dennis O'Keefe		32
47.	John Brennand (46)	CA	30
	Guenter Schmitt (45)	W.G.	30
	Mike Tynn (45)	HI	30
	Roland Rust (42)	ND	30

Women	Rank/Name/Age	Home	Points
1.	Cindy Dalrymple (40)	NY	347
2.	Sandra Kiddy (45)	CA	116
3.	Vickie Bigelow (47)	CA	105
4.	Karen Scannell (44)	CA	104
5.	Pat Thomas (41)	WA	83
6.	Judy Fox Eddy (41)	NC	82
7.	Shirley Mattson (41)	CA	78
8.	Marion Irvine (52)	CA	54
9.	Diane Palmason (43)	Can.	50
10.	Shirley Weaver (40)	MT	42
11.	Sandra Folzer (43)		41
12.	Sandra Knott (44)	OH	37
13.	Mila Kania (52)	NY	36
14.	Mary Bart (40)	NH	34
	Ann Diaz (41)	IL	34
	Nina Kuscsik (42)	NY	34
17.	Trudy Rapp (45)	VA	31
18.	Joyce Black (42)	NY	25
19.	Robin Hames (45)	N.Z.	20
20.	Ann Bing (43)	G.B.	19

M1: DAN CONWAY	Chetek, WI	528 Points				
3rd	TAC Nat'l Masters	10km	32:28	Brooklyn, NY	4/25	30
1st	TAC Masters 15K	15km	48:59	St. Paul, MN	5/8	34
1st	Cotton Row Run	10km	31:37	Huntsville, AL	5/31	125
1st	Grandma's Marathon	26.2M	2:26:01	Duluth, MN	6/19	60
1st	Peachtree Road Race	10km	31:17	Atlanta, GA	7/4	60
2nd	Nike Masters Grand Prix	10km	31:22	Philadelphia, PA	8/15	90
1st	TAC Nat'l Masters	15km	48:13	Washington, DC	10/3	79
2nd	Run Against Crime	15km	49:12	El Paso, TX	10/9	50

M1: CINDY DALRYMPLE	New York, NY	347 Points				
1st	Nike Masters Grand Prix	15km	55:25	Honolulu, HI	4/11	35
1st	TAC Nat'l Masters	10km	36:40	Brooklyn, NY	4/25	31
1st	Lilac Bloomsday Run	7.6M	44:15	Spokane, WA	5/2	34
1st	Avon Women's Marathon	26.2M	2:45:03	San Francisco, CA	6/6	40
1st	Cascade Run Off	15km	54:43	Portland, OR	6/27	33
1st	Pepsi Nationals	10km	34:40	New York, NY	7/3	40
1st	Asbury Park 10K	10km	35:22	Asbury Park, NJ	8/7	34
1st	Nike Masters Grand Prix	10km	35:00	Philadelphia, PA	8/15	50
1st	NYC Marathon	26.2M	2:44:15	New York, NY	10/24	50



Left to right: Marilla Salisbury (75-79); Judith Cupp, (40-44), WA; Lena Williams (35-39), HI; unknown; unknown official; Harold Chapson (80-84), HI; Bill Cupp (50-54), WA; unknown; Adaline Crocker (70-74).

Photo by Earl Salisbury

ARE YOU GOING TO PUERTO IN '83? NOW IS ACTION TIME!

Even though the original deadline of June 1, 1983, to receive entries for V WAVA has been extended by the Organizing Committee to July 1, more than 2,200 reservations have already been received. Less than 100 competitors from the U.S. have sent in deposits for the World Games, yet several hundred have expressed interest.

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Southern California Striders age-40-49 relay team, after setting a new American masters record for the *sprint medley relay* of 3:36.1 in Philadelphia at the National Masters Sports Festival August 14. From left: Lewis Smith (200 in 22.60), Bill Knocke (400 in 51.89), Paul Edens (200 in 23.74) and George Cohen (800 in 1:57.87).

Photo by Nona Cohen

1983 NIKE Masters Grand Prix

By Valdemar Schultz

I'm getting a number of anxious inquiries about this year's opportunities to win travel awards and other prizes through the NIKE Masters Grand Prix. Thanks for the interest. There will be an '83 edition of the Masters GP, but the details, if not the general format, are uncertain at this writing. I hope to have the detailed structure, a news story for NMN and advertisements here and elsewhere, by the March issue of NMN.

Response to last year's Grand Prix, even from those who came, oh so close, but just missed out, was very positive. One thing went quite well. The formula for determining winners was precise enough that competitors knew, or should have known, about what their chances of winning were, before investing in the Grand Prix race. But there were two quite valid criticisms. While the eight regional Grand Prix races provided a wonderful opportunity for those over 50 to win

trips which they have largely been excluded from before, the program may have been over-balanced in favor of older runners. The second, and certainly valid criticism was that track and field competitors were left out.

In this year's NIKE Masters Grand Prix, we will attempt to deal with the above questions, and at the same time, try to accomplish two things: 1) Stay as much as possible with events and championships already established and legitimized by organizations such as the TAC, RRCA or WAVA. This means the exclusive use of certified courses for regional road racing events, for example. 2) Provide as much objectivity as possible in the awarding of trips to masters athletes, particularly in the track and field portion of the Grand Prix, which will of necessity, be quite complex.

Here is the general format for 1983. We are quite open to suggestion on the details, as well as to changes in the general format as here presented if it can be proved unworkable.

— There will be at least twenty (20) trips available for T&F and for LDR

— T&F winners from regional events will win trips to the National Masters TAC T&F Championships in Houston, Texas, September 16-18, while LDR winners will win trips to a Grand Prix Final race or races, probably in Southern California, in August or September

— The Grand Prizes for T&F winners at Houston will be six trips to the WAVA championships in Puerto Rico (transportation only) while the Grand Prizes for LDR winners will be six trips to Perpignan, France, for the IGAL distance running championships, most likely a team of three men and a team of three women

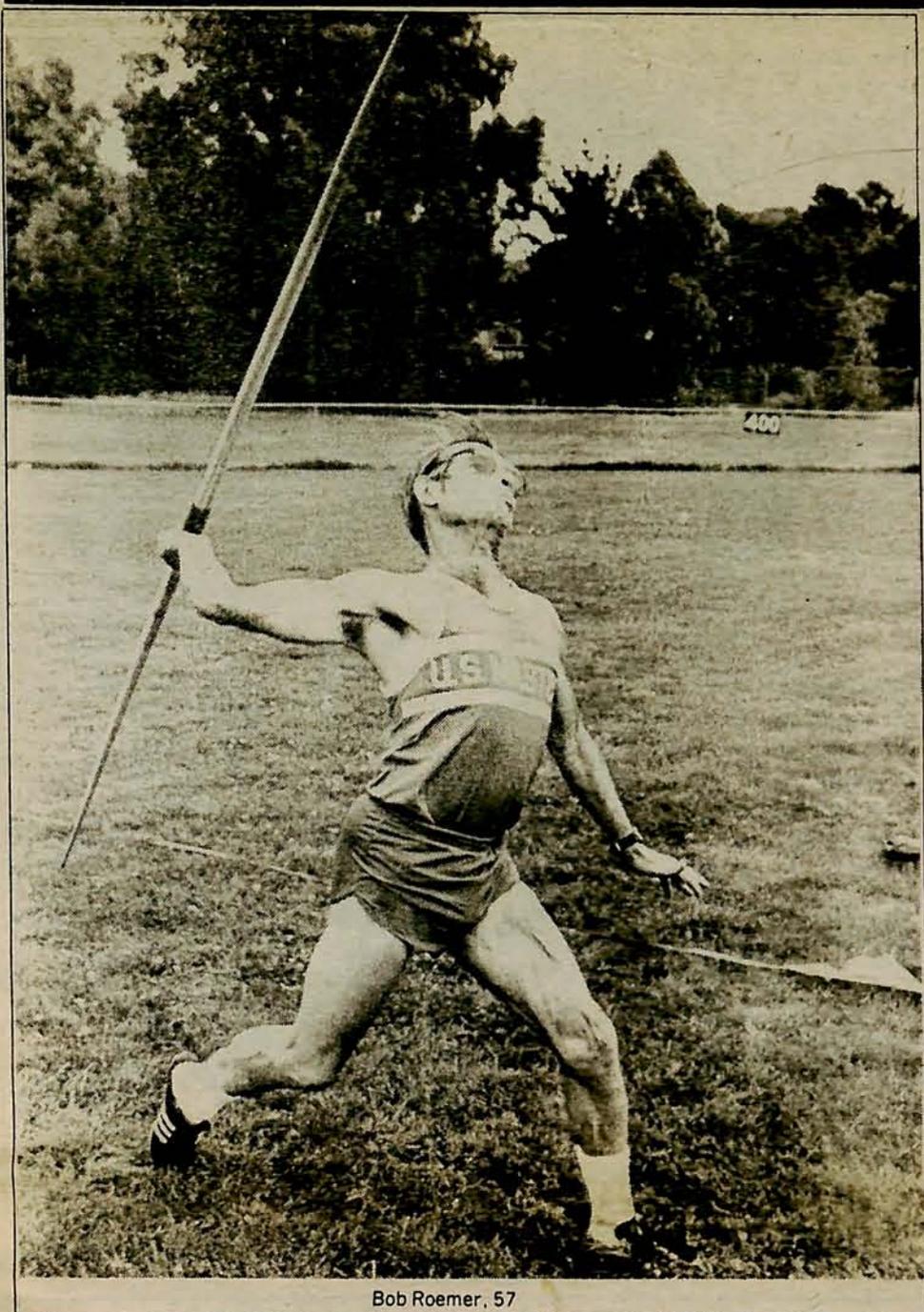
— For the awarding of T&F trips, a cross-event, age-graded scheme will need to be devised, similar to Haig Bohigian's in his 1980 Masters Rankings booklet or it may be necessary to appoint an impartial selection board if no adequate scheme can be devised

— For the awarding of LDR trips,

an age-graded scheme similar to that of 1982 will be used, but it will be weighted toward the younger masters so the United States can have its strongest teams in Perpignan.

We are looking for three regional LDR events, all of which must be NRDC-certified, to complement the Viking Classic and the Cotton Row, which races have always been kind to masters, are certified and will likely be two of the projected five regional races. These races should be from 8K to the marathon in distance, may be open to others besides masters (as long as there is an expressed willingness to try to identify the various divisions of masters before, during and after the event) and should not be much larger than one thousand participants (so that even the older masters can get a fair start).

Send any suggestions to Valdemar Schultz, NIKE Masters Athletics, 3900 S.W. Murray Blvd., Beaverton, Oregon 97005. □



Bob Roemer, 57

FLORIDA REPORT

by BILL GENTRY

Last year was a good year for Masters track and field in Florida and 1983 should be as good if not better.

Two highlights were the Florida State Masters in Sarasota with 261 athletes competing and the first Masters decathlon held in Florida in Apopka Dec. 11.

The Florida State Masters will be held April 9-10 this year in Clearwater. (See NMN schedule) Carlos Fraundorfer will host a meet in Tampa April 16 and not on April 9 as mentioned in January NMN.

Working backwards, Randy Cooper and Phil Partridge gave us a good Holiday Pentathlon Dec. 28-29 in Delray Beach.

The weather was great as it was last year but attendance was hurt by the mid-week dates. The event is already scheduled for Saturday, Oct. 8, 1983.

The weather was also great for the Dec. 11 decathlon, regular and weight pentathlon directed by Joe Johnston.

Attendance wasn't too great but it's hoped Joe will repeat the event next December. We had a great time.

For those over 55, Sanford hosts the Golden Age Olympics each November with a mess of activities including track

and field.

The event received nationwide publicity including coverage on the "Good Morning America" show. The local paper showed Gilberto Gonzales being interviewed on TV by the British Broadcasting Corp.

Carlos Fraundorfer directed all-comer meets in Tampa in November and in August. No doubt Carlos will present us with two or three meets this year while running the summer track program for the Tampa Rec Department.

Dick Lacey and the West Florida Y Runners Club hosted three mini-meets last year but had to cancel one because of a sinkhole in the track. The club is sponsoring the Florida State Masters this April.

See the schedule for details on the Eighth Annual Northwest Classic in Miami June 12 plus some mini meets to be held at Manatee Junior College, Mansota Track Club host.

Hopefully the Palm Beach Runners Club will repeat its "Old Timers" meet in May and hopefully Joe Johnston will repeat his Apopka masters meet in March.

Thanks to the above people and clubs for their contribution to Florida track and field in 1982. □

11th ANNUAL ATHLETIC CONGRESS EASTERN INDOOR MASTERS TRACK & FIELD CHAMPIONSHIP
MARCH 20, 1983 WEST POINT FIELD HOUSE, U. S. MILITARY ACADEMY. 11:00 A.M.
SPONSORED BY SEVEN-UP ... 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. T-SHIRTS TO ALL COMPETITORS WHO PRE-ENTER.
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 FOR EACH INDIVIDUAL EVENT; \$12.00 PER RELAY
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	
50 yd. high hurdles	1000 yd. run	Shot put	40+
60 yd. dash	300 yd. dash	Weight throw	30-39
1 mile run	2 mile run	Weight throw	40+
600 yd. run	1 mile relay	Shot put	30-39
2 mile walk	2 mile relay	Long Jump	younger to older
		Triple jump	younger to older
		Pole Vault	bar not lowered
		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, Seven-Up, Nike, Masters Sports Assoc. for any injuries or claims sustained by me in participating in the 11th Annual TAC Eastern Indoor Masters Championships. I certify that I am in good health.

SIGNATURE _____ Entry fee \$5 PER EACH INDIVIDUAL EVENT; \$12 PER RELAY.
Check payable to MASTERS SPORTS ASSOC.
Mail to: GLORIA PINE, 77 PROSPECT PLACE, BROOKLYN, N.Y. 11217

1983 EASTERN INDOORS

NEW YORK MASTERS SPORTS CLUB FOURTH ANNUAL INDOOR MASTERS MEET.
SPONSORED BY NEW YORK CITY DEP'T OF RECREATION, SEVEN-UP & NIKE
CROMWELL CENTRE, STATEN ISLAND - SANCTIONED BY THE METROPOLITAN ATHLETIC CONGRESS

SATURDAY, FEBRUARY 19, 1983 OPEN TO ALL MEN AND WOMEN OVER THIRTY YEARS OF AGE REGISTERED IN THE ATHLETIC CONGRESS (For purposes of insurance coverage)
FREE T-SHIRTS TO ALL COMPETITORS.

DRIVING DIRECTIONS: Cromwell Center is located at Murray Hulbert Ave. & Hannah Street, Staten Island, New York. Take the Staten Island Ferry. Take a left to Bay Street and drive to Victory Blvd. From Verrazano Bridge Bay Street exit left to Hannah St. Right turn towards the water.

PUBLIC TRANSPORTATION: Take # 103 bus from the Ferry to Victory Blvd. Turn left over the railroad tracks and head towards the water. The center is built over an old pier.

DIVISIONS: Five year divisions for men and women from ages 30 to 79
PRIZES: Special ceramic New York Masters Sports Club medals to the first three in each event
ENTRY FEES: \$5.00 per event. \$10 per relay. (Only members of the same club may compete on the same relay team. Prizes for the relays by ten year age groupings for both men and women (30-39; 40-49; 50-59; 60+) An athlete may run on a younger relay team. Teams may be declared at any time prior to the race.
FACILITIES: Dressing and shower facilities available. The track is a highly polished flat floor with sharp turn. NO SPIKES PERMITTED. There are no facilities for the long jump, Pole Vault, or triple jump
EVENTS & THEIR ORDER The running events and field events start at 11:00 A.M. The facilities will be open at 10:00 A.M. All field events competitors report at 11:00 A.M.

50 yd. high hurdles	1,000 yd. run	Field events:
50 yd. dash	300 yd. dash	shot put 40+
1 mile run	2 mile run	weight throw 30-39
600 yd. run	1 mile relay	shot put 30-39
2 mile walk	2 mile relay	weight throw 40+
		high jump

In the shot put and weight throw there will be three preliminary throws & 3 final throws. Once your name is called you will 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 in the high jump.
It is estimated that each running event up to the relays will take 1/2 hour to complete.

ENTRY FORM NEW YORK MASTER INDOOR TRACK & FIELD MEET, 1983

NAME _____ AGE _____ SEX _____ PHONE _____
ADDRESS _____ ZIP _____
ATHLETIC CONGRESS NUMBER _____ EVENT(S) _____

RELEASE I hereby waive any claim I may have against the City of New York, the New York Masters Sports Club; NIKE; and Seven-Up caused by my participation in the New York Masters Sports Club 4th Annual Indoor Track and Field Meet. I certify that I am in good health.

SIGNATURE _____ (\$5.00 per each event; \$10 per relay)
MAKE CHECKS PAYABLE TO: N. Y. MASTERS
Mail to: N. Y. MASTERS, 77 PROSPECT PLACE, BROOKLYN, N.Y. 11217 '83 NYM Indoors



SPEAKER'S CORNER

By HAL HIGDON

VASQUEZ'S TRAINING

For the second issue out of the last three, one of your contributors has made ridiculous statements about the training methods of Sal Vasquez. Not Mike Tymn who recently profiled Sal in a column. Mike knows the sport and knows how to write about it. It was the person who covered both the San Francisco Marathon and the Run Against Crime (15K) in El Paso, Texas.

In the marathon story this contributor describes Sal as having "totally ate it over the last 4.2 miles," then adds, "because he won't put over 40 miles a week into his training." In the El Paso story, the contributor attributes a defeat of Vasquez by Dan Conway to a similar cause, saying, "Sal's short training mileage caught up with him again," adding, "when it comes to anything over a 10K, he does pay the penalty."

Pure sophistry! First of all, the contributor knows little about training methods for distance running, apparently subscribing to the theory that more is better. Second, he also knows little about Sal Vasquez, who is one of the gentlest and pleasantest master runners I have met. Sal doesn't deserve gratuitous criticism of his training methods, which are quite adequate for both winning races and setting records. Among other accomplishments, Sal holds the American record at the half marathon of 1:07:51. If that's paying the penalty over 10K, there are numerous readers of **National Masters News** who would like to pay.

I recently completed an article about Sal Vasquez (along with Antonio Villanueva, Dan Conway, and Bob Jenkins), which will appear in the February issue of **The Runner**. As a

result I had the opportunity to quiz Sal about his training. Here is what he does:

Monday: 6 slow miles, 6:00 pace.

Tuesday: Interval training on track: 8x110, 2 x mile, 1320, 3x880, 4x440.

Wednesday: Long run: 14-15 miles in Oakland hills, 5:45-6:00 pace.

Thursday: 7-8 miles fartlek.

Friday: 10 miles fartlek.

Saturday: Slow if race, otherwise run in hills.

Sunday: 10 kilometer race.

If anyone still thinks that Sal's training methods are inadequate, we'll take that person out and let him run with Sal on his easy day: six miles at 6:00 pace. Then we'll take his pulse, prop him behind a typewriter, and see what he writes.

It isn't the number of miles a person runs a week that dictates success or failure, but how those miles are run. Other factors such as basic physical ability, motivation, and environment also influence performance. Dan Conway did not finish in front of Sal Vasquez in El Paso because he trained further or harder, but because of a number of reasons. Dan, who finished behind Sal in Philadelphia, is a low-mileage trainer compared to Antonio Villanueva or Bob Jenkins.

The point is that more is not necessarily better. Quantity is definitely not a substitute for quality in training. There is room for both in an intelligent training program. And finally, what works for one runner will not necessarily work well for another. For anyone who would criticize Sal Vasquez for his training methods, try running in his shoes some time. □



Sal Vasquez

RACEWALKING IN PASADENA

by LENORE NICHOLSON

"Around the Rose Bowl" in Pasadena has long been a favorite spot for joggers, runners and bikers, but now another sport is looming on the horizon. Racewalkers are frequently in evidence in the famed arroyo. A Sunday morning would be the best time to catch the Walkers Club of Los Angeles doing a 1.5 or 3 mile sprint.

This all came about when Ron Daniel started a Racewalking Clinic on campus at California Institute of Technology early last year. As more and more people became interested, they decided to form a club. They now have official T shirts and their own photographer, John Allen, 1960 Olympic Team Walker.

Daniel, former member of the U.S. Racewalking team, and National Champion, stresses the importance of warm-ups (or stretching.) Each session of his clinic begins with exercises. "Otherwise," states Daniel, "Your first mile will just be warming up."

It isn't all that easy to do. Paul Nihill, an Olympic competitor claims "racewalking is more demanding than running." "It takes intense concentration. In running you can just run like hell but in racewalking you have to concentrate all the time on NOT running."

"Lifting" is what the judges are watching for. If one loses contact with the ground he is disqualified."

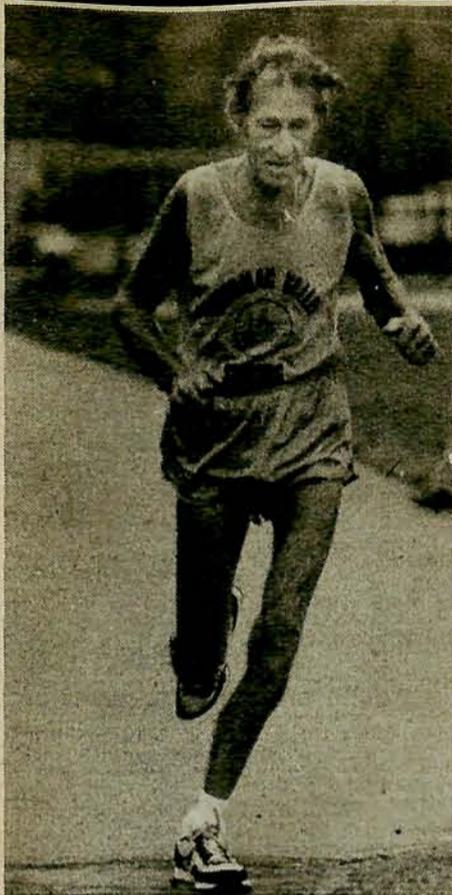
The Walkers Club of Los Angeles now numbers over 65 members, the eldest being 68 years of age. Some members are in serious training to improve techniques while others may be there for the fresh air, exercise and sociality. The Clinic continues every Thurs. evening at 6 p.m. even though it is dark (the Caltech track is lighted), and the Club's Newsletter informs members of the time and places of the races.

This ancient sport is receiving a lot of renewed popularity. □



Fred White and Bob Boal.

Photo by Bill Gentry



Ed Benham, 75, sets new American 75-79 age-group record in 2:42:30 in DC-RRC 20-mile run December 26 in Greenbelt, Maryland.

Photo by Bill Cornett

NEW WORLD AND AMERICAN T&F RECORDS

from PETER MUNDLE, National Masters T&F Records Chairman

Official confirmed recent World and American track & field records:

- Taraki Miyata's triple jump of 29' 7 1/2" in the Japan Masters T&F Championships October 2 is a new world age 70-74 record.

- Walt Schreiber set a world 60-64 pentathlon record of 1289 points in Germany September 11. Adolf Koch's 1790 points, scored September 26 in Germany, is a new world 65-69 mark.

- Aileen Hogan turned 60 and promptly set a women's 60-64 100-meter mark of 15.2 in Australia November 14.

- Shirley Smith set two U.S. women's 45-49 marks in Apopka, Florida December 10-11: a 32'3" shot put and 88' 11" javelin throw.

- Jack Stevens broke two world 65-69 marks in Australia with a 2:22.1 800 and 4:50.6 1500.

- Harold Chapson turned in a 24:05.4, for a new world 80-and-over standard in a 5000-meter run in Hawaii in November.

- Charles Hackenheimer's 46:10.8 is a new American 75-79 10000 meter mark. He set it last August 13 in Syracuse, N.Y.

- Bill Stuart turned 40 on January 6, 1983. Two days later, in Warren, Michigan, he ran an outdoor mile in an unofficial 4:13.0, well under Jim McDonald's world 40+ mark of 4:18.5. Seems Bill started seven

seconds after the other runners, passing them all to win the race in 4:20, still under Ray Hatton's American American masters record 4:24.0. Stuart will try to make it official in another race soon. □

Cosby Makes Masters Debut

(Continued from page 1)

It's "competition with fun."

The evening's many highlights included a series of fast 60-yard dashes. 6.5 by Alfonzo Walton in M30-34, a 6.8 in M45-49 by ex-LaSalle great Ira Davis, a 7.0 in M50-54 by Bert Lancaster, and 8.6 in M70-74 by Claude Hills.

In the mile, Jim Sutton hooked up with Delaware's Bob Bennett in an exciting duel of fifties vs. forties. The two ran stride-for-stride for most of the race before Bennett sprinted and took a short lead. Sutton then fought his way past Bob on the final lap to take both 50-54 honors and the fastest time of the night: 4:53.7. Bob took the 40-44 title in 4:54.2.

Complete results in next month's issue. □

Migues, Diaz Win Rocket City

(Continued from page 1)

in bone-chilling 44-degree rain.

The race began at 9 a.m. Before noon, the Times hit the streets with front page stories, photos and results.

Alton Migues, 42, of Pensacola, Florida won the masters title in a fast 2:30:07, while Ann Diaz, 42, of Glen-coe, Illinois, led the 40+ women in 2:53:38.

That wasn't the whole story, however. Newly-turned-40 George Keim of Waynesboro, Pennsylvania, fresh off his TAC National Masters 5-mile Championship win a week earlier in Philadelphia, was en route to an easy victory in the masters division after American age-record holders Bill Hall of North Carolina and Ralph Zimmerman of New York dropped out due to injuries.

Keim sailed past the one-mile-to-go digital clock at a 2:28 pace, but there, disaster struck. He tore a leg muscle and required 10 minutes to cover the last mile to finish in 2:32:42, being passed by both Migues and Lockport, Illinois' Roullier, who posted 2:31:30.

Vandalia, Ohio's Ken Prior took 4th master in 2:32:57, with Chicago's Billups 5th and 1st 45-49 finisher in 2:33:18.

Dr. Ratelle, 58, of Edina, Min-

nesota, who had given an outstanding presentation at the Friday evening clinic, didn't get the super fast time he had hoped for, but still set a new course record for the 50-59 division with a 2:43:37.

Alabama's Ed Sheehan, 24, was the overall winner in 2:13:46. California's Julie Brown, 27, attempted to break the U.S. women's record. She was close to the pace early, but faded on the wet and slow course, dropping out after 23 miles, as Jane Buch, 34, led all women in 2:38:21.

Nancy Parker ran 3:01:46 to better the U.S. age-46 record. She and husband Jack captured the masters husband-wife team competition, one of nine special categories which gives the race added popularity.

Race director Harold Tinsley was well pleased with the race, despite the weather.

"We had 1533 starters and 1300 finishers," Tinsley said. "Thos figures are higher than last year, so we made progress, even on a rather cold, wet and windy day." □

BUMPER STICKERS

I ♥ MY ♥
I'M A RUNNER

(I Love My Heart)

Send SASE plus \$1 to: **George Ker**
11401 N. Topanga Blvd. No. 17
Chatsworth, CA 91311

MASTERS SPORTS ASSOCIATION, 5th ANNUAL INDOOR CHAMPIONSHIPS, SUNDAY FEB. 13, 1983
MANHATTAN COLLEGE, RIVERDALE (BRONX) NEW YORK.
SPONSORED BY SEVEN-UP, NIKE

OPEN TO ALL MEN AND WOMEN OVER THE AGE OF THIRTY.

DIRECTIONS: By Subway. IRT 7th Ave. Local to the last stop in the Bronx. Manhattan College is near Van Cortlandt Park at 242nd St. and Manhattan College Parkway. Walk in a westerly direction, up the hill (towards the Hudson River) and go to the field house.
By Car: Henry Hudson Parkway to Riverdale in the Bronx. Get off at the 242nd St. exit (there will be sign marking Manhattan College.)

DIVISIONS: 5 year divisions for men and women from 30 to 79.
PRIZES: FIRST THREE IN EACH FIVE YEAR AGE GROUP. WILL RECEIVE TROPHIES, MEDALS IN THE RELAYS.
ENTRY FEES: Due to high rental costs we must charge \$5.00 per event. There are simply not enough quality indoor facilities available.

\$5.00 fees for each relay. Only members of the same club may compete on the same relay team. An athlete may go down in age.

EVENTS & THEIR ORDER.	THE RUNNING EVENTS START AT	NO SPIKES
60 yd. high hurdles	1,000 yd. run	Shot put 40+
60 yd. dash	300 yd. dash	Weight Throw 30-39
1 mile run	2 mile run	Weight throw 40+
600 yd. run	1 mile relay	Shot Put 30-39
2 mile walk	2 mile relay	Long Jump younger to older
		Triple Jump younger to older
		Pole Vault bar not lowered
		High Jump bar not lowered

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.

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

Please print NAME _____ ADDRESS _____

CITY _____ ZIP _____ PHONE _____ AGE: _____ SEX: MALE _____ FEMALE _____

CLUB: _____

EVENT: _____ EVENT _____ EVENT _____

EVENT: _____ EVENT _____ EVENT _____

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

I hereby waive any claim I may have against the Masters Sports Assoc. 7-Up, MAC, Manha. can, NIKE College for any injuries sustained by me in participating in the 5th annual Masters Sports Association Championships. I certify that I am in good health.

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

Check payable to N. Y. MASTERS

Send check and entry to: ROBERT FINE, 77 PROSPECT PLACE, BROOKLYN, N.Y. 11217



FROM THE LONG DISTANCE RUNNING VICE CHAIRMAN

BY BOB FINE

At the Athletic Congress Convention various long distance national championships were awarded. Seven of the championships from 5K to 25K were awarded during October and November. The Metropolitan Association (New York City) was awarded the 10K Cross-Country, 50K, 50 mile, and 100 mile. Only three out of twelve championships will be held outside of the Eastern Region. There will be no championships held in the West, Central or Northwestern Regions.

This imbalance in dates and sites was caused by the fact that there were not sufficient bids submitted. The Metropolitan Association received the 50K, 50 mile and 100 mile events because no other Association bid for them. It is the policy of the national Committee to shift the championships, as much as possible, throughout the country. However, we can't do so unless there are bids properly submitted to us.

The TAC National, Masters LDR Committee would welcome bids for 1984 and 1985. Please send your bids to Bob Boal, 121 Sycamore Ave., Wake Forest, NC 27857 (national chairperson) or to Bob Fine, 77 Prospect Place, Brooklyn, N.Y. 11217 (national vice-chairperson, Masters

LDR).

Attention sub masters long distance runners: The Men's Open LDR Committee has now sanctioned official sub-masters LDR age group championships. These meets will be held in conjunction with the Masters Championships. The Women's Open LDR Committee has not taken a position regarding sub-masters women's championships. Nina Kuscsik, the women's open LDR Chairperson, is personally against such championships. Thus, sub-masters women will not have championship races although the men will. This matter will be brought before the women's LDR Open Committee in 1983. It is suggested that all athletes, regardless of sex, and all clubs with sub-master women, write to Nina Kuscsik, 7 Flint Court, Huntington Station, N.Y. 11746. Please send Bob Fine, 77 Prospect Place, Brooklyn, N.Y. 11217 a copy of the letter. You should also pressure your local Athletic Congress Associations and your representatives to the Open Women's LDR Committee to vote for such championships at the next Convention. Such championships will be under the jurisdiction of the Open Committee. Sub-Master women shall remain eligible for all Open events and awards. □

Foster Tops

(Continued from page 1)
time. I dread cold, wet days."

When asked after the race how often he stopped to drink at aid stations, Foster said that he did not drink at all during the race as he did not feel the need for it. "I had a spot of tea before the race," he said.

A heavy rain drenched the runners from the 10th to 13th mile, but the usual humidity prevailed during the second half of the race. In addition, the runners were slowed by gusty winds in the middle of the race.

Foster had been invited back to run, along with all other past Honolulu Marathon winners, as part of the 10th annual run celebration. He won the 1975 race in 2:17:23, a race record that stood until 1978. It continues to be the masters record.

Ryoichi Masuda of Japan, competing in the 40-49 age class was the third masters runner overall at 2:33:02. Hal Higdon of Michigan City, Ind. was second to Foster in the 50-plus category with a 2:45:20.

Minoru Muramoto of Japan, a 40-49 competitor, was third overall among the women and broke Sue Stricklin's women's masters course record of 3:06:45 by nearly 19 minutes as she recorded a 2:47:59. She was followed by Sandra Kiddy (3:02:41) and Toshiko d'Elia, the 50-59 winner (3:11:36).

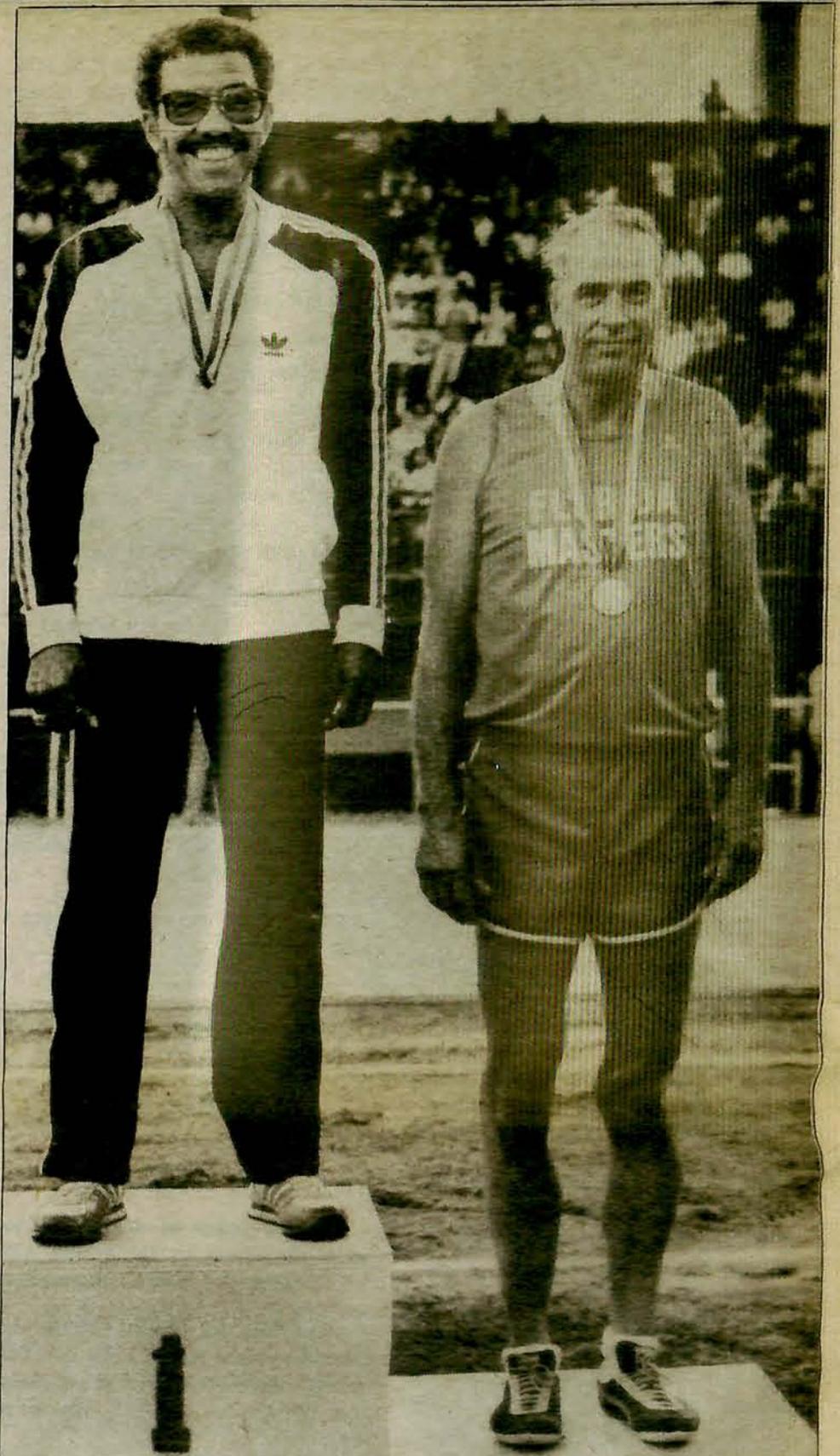
Frank Gray captured the 60-69 division for men with an outstanding 2:53:13, while Margaret Lee took that division for the women in 4:23:48. Theo Meinecke won 70-year-old honors with a 3:18:20.

The overall winner was Dave Gordon, 23, of Olympic Wash. in a course record 2:15:30. □

Ernie and Clyde Show

(Continued from page 1)

tinues to emerge as a factor at 2:04.13. One of these days, schedules and training will bring Warren and perennial local top dog, Bob Bruce, together and it should be good. Jesse Garcia (30-34) 1:39.27 became the first runner to win the overall titles in both the MM 25 and 30 Kilos in one year. □



Victory-stand presentation in 50-54 high jump in San Juan, Puerto Rico Masters Championships September 25. Josh Culbreath, 1st in 5'½"; Bill Gentry 2nd, also at 5'½".

Photo by Sandra Reus

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH FEB 1983

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JUSTINE BUCHER (WG)	2-7-08	75-79
BODIL BYHRE (NOR)	2-4-28	55-59
SUN-YE KIM (KOREA)	2-4-18	65-69
PAT McNAB (GB)	2-25-43	40-44
AURELIA PENTON (CUBA)	2-18-43	40-44
ZELIA PIERCE (NZ)	2-28-13	70-74
MARTIANNE STENHOLM (SWE)	2-19-38	45-49
CARMEN BROWN (US)	2-16-43	40-44
MARGARETE DECKERT (LAGRANGEVILLE, NY)	2-19-33	50-54
PEARL HAYMAN (LAFAYETTE, CA)	2-24-33	50-54
EDNA LAFLIN (SUN CITY, AZ)	2-2-18	65-69
JAN NEWHART (HONOLULU, HI)	2-25-28	55-59
BILL ARNOLD (JOHNSTONE, COLO)	2-11-33	50-54
YNGVE BRANGE (SWE)	2-7-13	70-74
JOE CAREY (FRESNO, CA)	2-5-18	65-69
KEN CARNINE (SACRAMENTO, CALIF)	2-21-08	75-79
ROY CHERNOCK (OCEANSIDE, NJ)	2-18-28	55-59
SAM COMITINI (HONOLULU)	2-6-28	55-59
JACK COOK (CA)	2-1-18	65-69
AUGIE ESCAMILLA (SAN DIEGO, CALIF)	2-12-23	60-64
KEN HARLAND (GB)	2-17-33	50-54
ROBERT HORMAN (AUS-WASH, DC)	2-16-18	65-69
ANDY MAJOR (US)	2-1-13	70-74
FRANCIS MCCABE (CO)	2-2-18	65-69
JOSE MOLINS (SPAIN)	2-7-33	50-54
MAURICE MORRELL (GB)	2-18-33	50-54
ORVILLE NICHOLS (BISHOP, CA)	2-28-13	70-74
A. J. PUGLIZEVICH (MERCED, CALIF)	2-11-08	75-79
LEE THOMAS (HONOLULU, HI)	2-15-33	50-54
ED VAN PELT (VENTURA, CA)	2-6-33	50-54
BOB WISEMAN (GB)	2-10-03	80+
GEORGE WOODS (CA)	2-11-43	40-44

National Running Data Center News

By BOB MARTIN

The National Running Data Center — is an independent, non-profit, organization devoted to the collection, analysis, publication, and dispersal of long-distance running information. It compiles and maintains the official US road-running records as recognized by the RRCA and TAC. It supplies information to running publications. It is supported by donations by individuals, clubs, race directors, governing bodies, and firms.

NRDC News is published and distributed by the National Running Data Center, Box 42888, Tucson, AZ 85733, (602-326-6416).

NRDC Statistician and Record Keeper: Ken Young (602) 326-6416.

Administrative Officer, Treasurer: Jennifer Kesketh Young (602) 326-6416.

NRDC Advisory Board: John Brennan, Cheryl Flanagan, Jacqueline Hansen, Ted Haydon, Joe Henderson, Alan Jones, Nick Marshall, Phil Stewart, Bill Stock, and Tom Struak.

Race results — to carry on its activities of keeping the official national records, age records, race participation statistics, and many other forms of data, the NRDC needs to receive complete race results. Specifically, results needed are those of (1) US non-track races 5km and longer, (2) US track races longer than 10km, and (3) foreign races with US citizens involved. A detailed description of results and supporting data needed is available on request.

NRDC publications — besides NRDC News, the NRDC publishes several books, including those listing records and rankings, each year. A publications list is available on request.

Decertified courses — the Oakland 1981 Oakland Marathon course was recently measured by three members of the Standards Committee of the Pacific Association of TAC. These three measurements had a range of 18 yards and the average of the three measurements showed the course to be short by 381 yards. Since the half-marathon course uses a portion of the marathon course, it was concluded that the course was also short. All marks set on these courses are being removed from the record lists.

Age groups for older runners — we see increasing reports of discrimination against both women and older runners in setting up age groups for races. So we took a little survey. We tabulated 25 races from each of seven states.

Of 125 races in California, Colorado, Ohio, Florida and Texas, none had age-group awards for either men or women in the 70+ division. Only Arizona (11 for men; 10 for women) and Indiana (7 for men) had any significant number of races with 70+ competition.

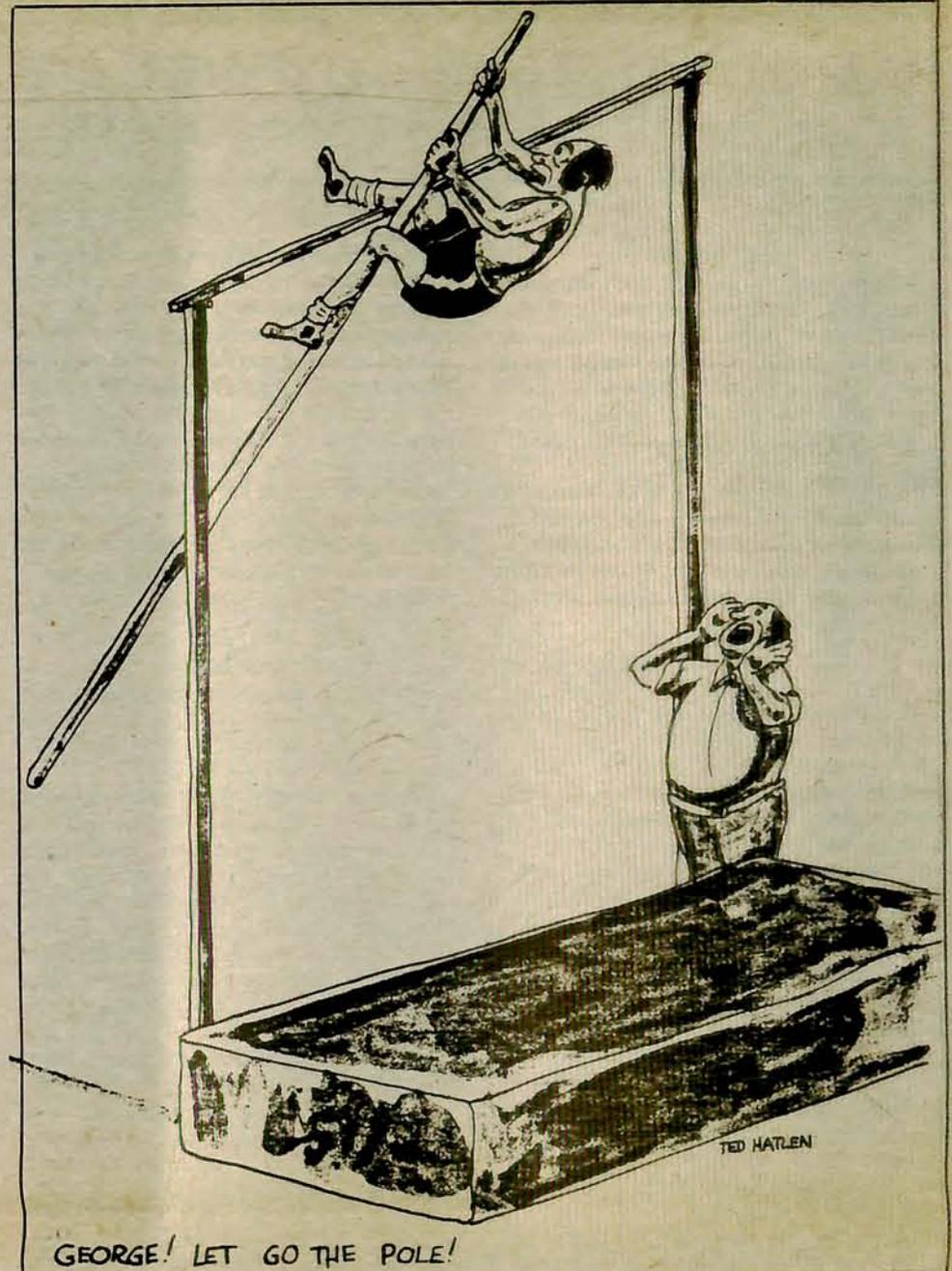
Only Colorado offered an equal number of age groups for both men and women. However, most of the Colorado age groups extend no farther than to 50-plus.

Some Colorado races have age groups 19 and under, 20-29, 30-39, 40-49, and 50-plus. What a race director is saying here is that 30-plus runners like Frank Shorter and Ric Rojas shouldn't have to compete with the runners in their twenties. On the other hand, a runner like 80-plus Rudy Fahl, who runs at perhaps a ten minute per mile pace, should compete in the same age group with a runner like Tom Bailey, who goes at a sub-six minute pace. In Indiana, Ray Sears is a world-class runner for his age, 70-plus. However, he can't compete with Hal Higdon on any fair basis, which he is required to do in a race with the top age group of 50-plus. To put such a competitive situation in proper perspective, Hal Higdon and Tom Bradley are much closer competitors to Alberto Salazar than Rudy Fahl and Ray Sears are to Tom Bailey and Hal Higdon.

The problem of discriminatory age groups is the question of their purpose. Most runners view age groups as a means of equalizing competition. Many race directors view them as a means of dividing up awards. From a competitive standpoint, it has been shown repeatedly that ability declines year by year at an increasing rate as runners grow older. Thus, if five-year age groups are offered for 30-34 and 35-39, it is logical to have smaller age groups for older runners, such as 70-71 and 72-73. In many races just the opposite plan is followed.

If race directors would forget about awards when setting up competitive age groups, such groups would better match runner capabilities. If there are no runners or too few runners in an age group, no awards are needed. But at least the runners have the satisfaction of competing with those of comparable age.

I've received some awards for being "winner" of an age group in which there were no other entrants. Such awards are an embarrassment. Per-



sonally, I'd rather not receive them. I'd much rather have the race director announce "Bob Martin won the 60-64 age group, but there weren't enough entrants to justify an award." That satisfies me more than winning a fifth place trophy in a 50-plus division, and certainly more than not placing in such a division at all.

Changes at NRDC — this issue marks my last one as editor of NRDC News. I've reached this decision to leave the NRDC very reluctantly since it has provided so many pleasures and satisfactions in the past. However, sometimes choices must be made between several desirable things. I've completed a book on hiking entitled "Hiking Trails of Central Colorado" to be published by Pruett Publishing Company early next year. Two other hiking books are in the preparation stage. Runners are increasingly interested in knowing more about hiking trails. I want to have more time to search out and write about them.

The NRDC has always been a volunteer effort, with those of us involved being rewarded in satisfaction and gratitude. The donations that are so much appreciated from firms, organizations and individuals have barely covered out-of-pocket expenses. My personal estimate is that if the governing bodies or a firm had set out

to hire someone to do the work that Ken Young has done, paying prevailing wages, they would have spent between \$300,000 and \$500,000. And the job probably wouldn't have been done nearly as well as Ken does it. When you're deciding how much you can afford to donate to running you can measure it against that standard. Even the rest of us here at the NRDC fall short. □



Sue Stricklin

MASTERS SCENE

NEW ENGLAND

•**Barry Ivers**, 72, corrects NMN December issue. Ivers 13.2 was not a world record (70-74) since it was for yards, not meters, during the 2nd Annual Tampa Bay Track & Field Meet, and was wind-aided. Ivers set the official 70-74 world 100-yard record of 13.5 last June 30.

•**Barbara Pike**, 40, logged a quick 38.27 in a Nashua, New Hampshire 10K.

•Look for just-turned-40 **Susie Hunter** of Massachusetts in the results soon. Despite injuries, she managed a 38:02 10K in 1982.

•**Alicia Moore** is the official Bonnie Bell National Women's 50+ 10K Champion (October 11 in Boston in 41:43).

EAST

•**Ed Benham**, 75, continues to rewrite the record book. On December 26, he raced to a 75-79 record 2:42:30 in the DC RRC 20-miler in Green Belt, Maryland. If approved by the NRDC, the time breaks **Paul Spangler's** mark of 2:49:14. **Bob Fischer**, 42, Newark, N.J. set an age record 1:15:38 in winning the event overall. **Chan Robbins**, 45, was 1st master in the 10-mile run in 59:56.

•**John Huckaby**, 63, aka the "Incredible Huck," tacked the New York Marathon onto a four-day 160-mile odyssey that began on the eastern tip of Long Island. Starting the bizarre journey in a blinding rainstorm the Thursday before the marathon, Huckaby averaged over 60 miles a day en route to the Staten Island marathon starting point.

•**Lolita Bache**, 40, of Annandale, Virginia had an impressive year in distances from the 1500 (5:06.9) on the track to 10K's (38:47 and 38:58), to the TAC National 40-44 15K title (60:11) and to the Marine Corps Marathon 40+ crown (3:07:30).

•**Naudain, Inc.**, formerly known as Brooks Shoe Manufacturing Company, Inc. filed a Modified Disclosure Statement with the United States Bankruptcy Court for the Eastern District of Pennsylvania October 24, 1982. On October 21, Nike filed a proof of claim against Brooks in the amount of \$140,500,000.

•After a 30-year hiatus, **Jim Murray** of Morrisville, Pa. placed second in the javelin and weight throws at the National Masters Sports Festival last summer. "I'm going to practice some more this year and enter more meets," Murray enthused.

•**Dr. Anthony Sattilaro**, 51, an anesthesiologist at Philadelphia's Methodist Hospital, credits macrobiotics, a strict diet regimen based on the ancient Eastern philosophy of yin and yang, for his recovery from cancer. Author of "Recalled for Life," Sattilaro says people "should change their diets to low fat and high fiber because it's been shown these diets are protective against certain types of cancers." On May 31, 1978, he was diagnosed as having terminal cancer with only a few years to live. Both testes, prostate and rib were surgically removed. But his back pain worsened. Vomiting became regular. He lived on pain pills and narcotics. Desperate, he joined the macrobiotic community of Philadelphia, and began eating whole grains and vegetables: brown rice, beans and some soups and condiments. Today, he is cancer-free.

•**Rudy Nilsen**, 70, set a pending age 70-74 — 8K record of 36:09 November 21 in New Jersey, 21 seconds faster than Aaron Fialkow's listed mark.

•**Russell Bassett**, 42, led the 40+ contingent in 27:38 in the Manufacturers Hanover 5-Mile season opener in Central Park, N.Y. January 2. **Patty Lee Parmalee**, 42, topped the master women in 32:06. **Alicia Moore**, 52, turned in a strong 34:32.

•A frightened carriage horse injured 13 runners during the annual Midnight Run into the new year in Central Park, New York City. One person received serious injuries; the others were minor. Police said the fireworks display in the Park startled the horse, which bolted with the carriage and plowed into the crowd of runners. The field of 3,000 runners had a choice of water or champagne at the aid station.

•**Ines Kerch**, 42, was the 1st woman master in 43:22 in the Footlocker/Nike 10K in Falls Church, Va. November 24. She was also 1st 40+ woman in the Hecht 10-miler in June in 71:48.

SOUTHEAST

•**Henry Hopkins**, 39, of Indianapolis, bettered the U.S. age-39 Decathlon record with a total of 4964 points in the Blue Darter Invitational December 11 in Florida.

•**Philippa Raschker**, 35, is still recovering from the foot fracture incurred while winning 15 events in last summer's major meets. Voted TAC female T&F masters athlete of the year, the accountant was recently featured with story and photo in the Rocky Mount, N.C. Telegram and in Sports Illustrated Magazine. "I was pleased for the masters program," she said. "We need more recognition in track & field. We need to get more people interested in participating in the program." Like many others, Raschker's main problem is finding the time and money to compete in events hundreds of miles away. As a result, she's in doubt about this coming season's schedule, but hopes to make the V World Veteran Games in San Juan.

•**Sterling Martin** and **Bob Maydole**, professorial colleagues from Davidson College, virtually tied for masters honors in 1:19:54 in the Springmaid Half-Marathon in Ft. Mill, S.C. December 4. **Ken Helms** took 50-59 honors in 1:22:16. **Sheila Ann Correll** topped the 40+ women in 1:43:27.

•In the Springmaid 10K, **Leonard Jones** led the masters contingent in 37:40, followed by **Jerry Bumgarner** (37:49) and **Alex Coffin** (37:54). **Barbara Cramer** was 1st women master in 46:13.

•**Robert Roberts** clocked a 53:42 for first 40+ in the 3rd Annual Oktoberfest 15K Memphis, October 16. Top female 40+ was **Mary Ann Wehrum** with a swift 58:02.

•Winner of the Powers Ferry 3-mile in Atlanta November 6 was **Dick Langway**, 43, in 17:02. In the 9-mile, **George Sharp**, 41, posted 52:46.



Bob Boal, 70, leads Jim Trent (M60) and Bill Leonhardt (M55) across the terrain at Meredith College in Raleigh on his way to a Div 4-A win in TAC National Masters 5K Cross-Country, November 26.



Polly Peacock (right), age 38 of St. Louis, won the women's division of the St. Louis Marathon (November 7) for the second year in a row. Though her 2:56:24 performance this year was well off her '81 course record of 2:54:13, she still had lead enough to put on some warm clothes before returning to the finish line to congratulate the second-place woman, 31-year-old Sue Pearce of Champaign, Illinois. By virtue of Peacock's overall first place finish in the women's division, recognition for first place in the women's 35-39 division went to Ellen Hartline of Kirkwood, Missouri, for her 3:14:49 finish. In the 40-44 age group, Rosalind Neuman of Clayton, Missouri finished first in 3:13:56. In the men's masters division, Dennis Werling of Macomb, Illinois, took the 40-44 age-group victory in 2:51:37. First in the 45-49 group was Joe Marks of Columbia, Missouri, in 2:51:09.

Photo by R. Weaver, 1982

SOUTHEAST

•**Phil Partridge**, 71, scored 6686 points in two weight pentathlons separated by 2855 air miles and 260 highway miles in 30 hours time. He threw Masters implements at Apopka, Florida December 11 and Olympic implements at Long Beach, Calif. December 12.

•**Hal Higdon** reports **Royce Hodge**, director of the Atlanta Track Club, says the Peachtree 10K (25,000 runners in '82) will offer prize money in 1983 and will include masters runners: possibly \$1000 for first and \$500 for second. "That doesn't offer much hope for aging 51-year-old ex-stars," Higdon moaned, "but it certainly is a step in the right direction. I sort of feel that maybe I came around 10 years too late, or maybe 20 years too late when it comes to the

open. But that's okay." Higdon is currently cross-country skiing somewhere in the wilds of Wisconsin.

MIDWEST

•**Denny Williamson** clicked off a 2:41:55 as first 40+ runner in the Louisville Marathon November 14.

•The **Over-the-Hill Track Club, Inc.** won the 40-49 Cross-Country title (**Hall, Bixler, Barrett, Coats**) at the Wolfpack Invitational Cross-Country 5K in Columbus, Ohio, October 16. **Jon Bexler** took individual honors with a 20:10 clocking.

•Outstanding half-marathon times were
(Continued on page 27)

(Continued from page 26)

recorded in Williamston, Michigan November 7, in Kansas City. **Bill Fox**, 40, of Tarkio, Mo. won 40+ honors with 2:45:38. **Norma Sutton**, 48, Kansas City, Ks., was first master female in 3:45:45. Despite strong headwinds, some 3800 competed at 10K. **Clyde Davidson**, 44, Emporia, Ks. led the masters in 34:12. **Delores Albertini**, 45, Maryville, Mo., logged 41:18.

MID-AMERICA

•Over 1000 runners took part in Macy's Marathon November 7, in Kansas City. **Bill Fox**, 40, of Tarkio, Mo. won 40+ honors with 2:45:38. **Norma Sutton**, 48, Kansas City, Ks., was first master female in 3:45:45. Despite strong headwinds, some 3800 competed at 10K. **Clyde Davidson**, 44, Emporia, Ks. led the masters in 34:12. **Delores Albertini**, 45, Maryville, Mo., logged 41:18.

•**Lowell Gaiter**, 44, took first master in Omaha Riverfront Marathon, November 6, with a 2:37:07. **Nancy McCormick**, 47, clocked 3:14:51 for first 40+ female.

SOUTHWEST

•**Houston's Tom Bass** never ran in high school or college, yet runs fast enough at age 50 to be nationally ranked in his class. Top recent times include a 1:47:40 in the Gulf 25K November 13; a 1:29:55 half-marathon December 11; a 2:12:50 30K December 18; and 17 miles, 284 yards in the Gulf AC 2-hour run January 2.

•**Hewlett Nash**, 42, turned in a 1:18:50 in the Jenks, Oklahoma half-marathon November 13 for a 3-second masters victory over **Dan Vasicek**. **Nocus McIntosh**, 57, garnered 1:25:11 for 50+ honors.

Kent Metcalf, 44, logged 16:33 as 1st master in a Tulsa 5K November 20.

WEST

•**Margaret Miller**, 57, sped to a U.S. women's 55-59 20-mile record 2:40:11 December 26 in Westlake Village, Calif. **Ken Price's** 2:05:02 and **Christa Romppanen's** 2:28:48 led the men and women masters, respectively.

•**Romppanen** posted 39:26 as 1st master woman in a Santa Barbara 10K. **Judy Kewley**, 38, logged 37:39.



Els Tuinzing, 61, captures women's 60-64 division of Tennessee Valley 10K in Mill Valley, Calif. November 20 in 55:04.

Photo by Gene Cohn

•**Wally Ingram**, 50, continues to smoke. He was 1st over-40 runner in two Riverside, Calif. 10K's in December in 36:29 and 36:12. On January 2, he took on rugged **Patrick Devine** in the 50-59 bracket of the San Luis Rey half-marathon and came out a 4-minute winner, 1:19:49 to 1:23:27.

•**Andre Tocco**, 47, topped all 40+ Culver City marathoners December 5 in 2:36:32. **Joe Bird**, 40, clocked 2:37:43.

•**Norm Cohen** (35:17) and **Helen Dick**, 58, (43:33) were top masters in the Venice-Marina 10K December 19 in Los Angeles.

•**Sandra Kiddy**, 46, led all women in 1:26:37 in the Great American Smokeout Half-Marathon in Riverside, Calif. December 5. **Fred Kiddy**, 48, was the first over-age-30 finisher in 1:17:18.

•At the stroke of midnight, New Year's Eve, 1000 runners in costumes, bathrobes and formal wear took off for a 10K run in Encino, Calif. with horns blowing, noise makers clanging and balloons flying. In a brief ceremony at the start of the event, Miss Tia Graves and Will Morris, dressed in traditional wedding attire, were married and then ran the race holding hands and dragging tin cans and old running shoes. Runners from 36 states and 9 countries participated, including the Haitian National 10K and Marathon champion, **Matt Cucchiara**, 40. Oldest runner was **Jack Bishin**, 82.

•**Randy Hubbell**, one of the most popular members of the masters track & field community, died December 11 at age 73. Hubbell holds the American hammer throw record for ages 67, 68 and 69.

•At the 4 in 1 Track Run, December 12, in Tucson, **Arne Johnson**, 70, Ocean Park, WA, set an American 70-74 record of 21.735 Kilometers (13 miles, 495 yards) for the two hour run. **Ken Young**, 41, Tucson, did 24.836K, passing 50K in 4:00:11 and 50M in 7:00:07, both state masters records. **Eliza Mawhinney**, 39, completed 17.564 in 2 hrs.

Alan Wood's **Master Walker** says **The Valiant Heart** is "an exciting, informative, and interesting book, just now available." It was written by World Champion, twice Race Walker-of-the-Year, **Gordon Wallace** of Prescott, Arizona. The book is the inspiring story of how Wallace, suffering heart disease and enduring a successful triple heart by-pass, discovered race walking as a vehicle to recapture physical fitness, winning the World Championship 5 & 20km Walks at the IV World Veterans Games in Christ Church, and being selected Outstanding Race Walker of the Year, 1980 and 1981! To order, send \$14.70 to: Lamplighter Press, 102 Aztec St., Prescott, AZ 86301.

•Santa Barbara's **John Patterson**, 40, won the 4th Celebration of Architecture 10km run in Goleta Beach Park, October 3, with a 37:48. **Ingrid Hainline**, 44, Ventura took first female 40+ in 42:03.

•**Christel Miller**, 47, set new women's age-47 American marks in the javelin (95'10") and discus (80'10") December 30 at Mt.Sac. College in Pomona, Calif. **Shirley Kinsey** threw the javelin 84'4" for a new age 53 mark.

•**Art Banos**, 40, was 1st finisher overall in the Tennessee Valley 5K November 20 in Mill Valley, Calif. in 18:19. First woman overall was **Susan Trott**, 45, in 20:15. In the 10K, **Phil Hagar**, 45, was 1st master in 36:32. **Bill and Els Tuinzing** (55:04) each captured the 60+ division, which was offered with no entry fee, and attracted 14 runners, including **Ivor Welch**, 87, the oldest finisher in 93:07.

•The San Francisco/Foot Locker Games at the Cow Palace February 12 will match **George Cohen** with defending champ **Sal Vasquez** in the special masters mile. **Shirley Matson**, **Barbara Pike** and perhaps other national-class women masters will challenge locals **Marilyn Harbin**, **Vicki Bigelow**, **Joan Ulyot**, et. al.

NORTHWEST

•**Bill Sleeth**, of Spokane, set an age-57 decathlon record of 2592 points in last summer's World Veterans Decathlon in San Diego. The listed mark is 2516 points.

•**Mike Carignan**, director of the Montana Masters meet, had arthroscopic surgery on his



Jay Burns, 62, (325) Owensboro, Kentucky, keeps hands & head warm in New York Marathon. Photo by Ken Levinson

knee December 23 and is healing well.

•**Susan Rossiter**, winner of the very first Portland Marathon (then the 1972 Island Marathon) returned to win the 11th Portland Marathon at age 35. In the ten years since her 3:27:53 won her top honors, she has attained a 2:44 PR and married **Matt Henderson** of Boulder, Colorado. **Susan Henderson's** winning time at Portland, October 3rd, was more than 38 minutes better than her first win, at 2:49:25.

•**Wendy Robertson** seems also to improve with age. **Wendy**, now married to **Barry O'Donnell** of Portland, Oregon, ventured down from her native Canada to win the 1979 and 1980 editions of the Seattle Marathon. At the 1981 Vancouver International Marathon in May, she was the first masters woman finisher (35+), edging **Karen Scannell**, and won a trip to the IGAL Veterans Championships in Japan this September. There **Wendy O'Donnell**, 39, ran a PR 2:46:28, beat everybody else in the world by over 14 minutes and returned, one would think, sated of victories. But no, **Wendy** decided to annex a third Seattle Marathon title (these are overall for women), meanwhile cutting 36 seconds from her PR with a 2:45:52 and and beating the likes of formidable open division competitors such as **Cathie Twomey** and **Gail Volk**, who were the initial leaders, but dropped out.

•While on the subject of changed surnames for prominent women sub-masters, it should also be noted that **Jane Robinson**, now 35, who has run 2:43 in recent years, is now **Jane Parsons**, having married over two years ago, prominent masters runner and artist **Herb** of North Haven, Maine and **Anacortes**, Washington. **Jane** has not been competing much of late, but her fellow competitors wish her a speedy return to

top racing form.

CANADA

•Canada's **Ken Englis** took top honors at the 6th Annual Canada vs USA Masters Cross-Country Match at Green Lakes State Park, Fayetteville, N.Y., November 20 in a remarkable 36:52. Canada defeated USA 113 to 231. First USA runner was **Kirk Randall** in 40:05.

INTERNATIONAL

•Over 100 over-age-30 athletes competed in the 4th Puerto Rico National Masters T&F Championships. Highlighting the meet were hammer (163'7") and discus (148'9") throws by **Dagoberto Gonzalez** in the 50-54 division. **Ovidio de Jesus**, who will be 50 in a few months, blazed to a 59.8 in the 400-meter hurdles (33").

•**Peg & John Smith** invite any one looking for an excuse to visit Australia to come to the Australian Veterans T&F Championships Easter weekend in Melbourne. Details in schedule.

•**Jack Stevens**, 65, who set a world 65-69 800 mark of 2:20.5 in Philadelphia last August, picked off the world 65-69 1500 record in Melbourne November 13 in 4:50.6, breaking **Bill Andberg's** world mark of 4:59.1. "Jack wishes me to say thank you to the U.S. masters," **Jack Pennington** told NMN, "for their hospitality during his visit. He looks forward to meeting again in Puerto Rico."

•**Pennington** reports a newspaper magnate (**Rupert Murdoch?**) has put up \$1 million to sponsor the Sydney Marathon in June with a \$10,000 first prize.

•Latest sub-2:20 marathon by an over-40 runner was a 2:19:03, turned in by **Geoff Bacon** in Durban, South Africa, October 16.

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.

SEVENTH HAWAII SENIOR OLYMPICS CHRISTMAS TRACK MEET KAISER HIGH SCHOOL HONOLULU, HAWAII on Dec. 26, 1982

50 Meters	
Open	1. Dean Walsh 5.9
	2. Fred Pearson 6.3
	3. Bill Blair 6.5
	4. Kimo Toyama 6.6
35-39	1. Bob Larson 6.71
40-44	1. Martin Hee 6.5
	2. Terry Nakamitsu 6.8
	3. Jack Karbens 7.0
45-49	1. Fred Smith 6.6
55-59	1. Jock Jocoy 7.2
65-69	1. Max Pickl 7.4
70-74	1. Bud Deacon 8.7
30-34	1. Debra Zirckel 8.4
70-74	1. Adaline Crocker 14.0
75-79	1. Marilla Salisbury 12.7
100 Meters	
Open	1. Dean Walsh 10.8
	2. Fred Pearson 11.7
	3. Bill Blair 12.3
30-34	1. Ted West 11.0
	2. Bill Findler 11.6
35-39	1. Bob Larson 11.8
40-44	1. Martin Hee 12.0
	2. Terry Nakamitsu 12.9
	3. Jack Karbens 13.1
45-49	1. Fred Smith 12.0
50-54	1. Sheldon Varney 14.0
55-59	1. Jock Jocoy 13.0
65-69	1. Max Pickl 14.2
70-74	1. Bud Deacon 16.5
100 Meters (Women)	
30-34	1. Debra Zirckel 16.0
70-74	1. Adaline Crocker 29.4
75-79	1. Marilla Salisbury 26.7
110 Hurdles	
Open	1. Fred Pearson 17.9
40-44	1. Martin Hee 17.9
	2. Jack Karbens 23.3
	3. Fred Smith 24.8
55-59	1. Jock Jocoy 29.2
65-69	1. Max Pickl 31.2
70-74	1. Adaline Crocker 30.7
75-79	1. M. Salisbury 61.6
400 Meters	
30-34	1. Ted West 23.2
	2. Bill Findler 23.7
35-39	1. Bob Larson 25.4
40-44	1. Martin Hee 25.2
	2. Jack Karbens 26.4
45-49	1. Fred Kjer 24.7
	2. Fred Smith 24.8
55-59	1. Jock Jocoy 29.2
65-69	1. Max Pickl 31.2
70-74	1. Adaline Crocker 30.7
75-79	1. M. Salisbury 61.6
800 Meters	
35-39	1. Jim Moore 2:21.4
	2. Bob Larson 2:32.8
45-49	1. Fred Smith 2:28.4
50-54	1. Bill Cupp 2:33.1
55-59	1. Jock Jocoy 2:52.0
35-39	1. Lena Williams 2:40.5
40-44	1. Judith Cupp 5:53.4
75-79	1. M. Salisbury 6:04.4
35# Weight	
Open	1. Kimo Toyama 10.40
	2. Jack Karbens 9.41
40-44	1. Jack Karbens 7.29
	2. Martin Hee 7.29
65-69	1. James York 3.43
	2. Max Pickl 3.40

1500 Meters	
35-39	1. Jim Moore 5:01.3
40-44	1. Al Perez 5:42.0
50-54	1. Bill Cupp 5:08.1
60-64	1. Ken Wheeler 6:11.6
	2. Chuck Yogi 7:21.8
Women	
35-39	1. Lena Williams 5:34.3
40-44	1. Judith Cupp 10:00.6
75-79	1. Marilla Salisbury 12:21.2
5000 Meter Run	
35-39	1. Jim Moore 20:41.9
40-44	1. Dick Trickel 17:11.0
50-54	1. Bill Cupp 19:18.0
60-64	1. Ken Wheeler 23:34.9
Women	
35-39	1. Lena Williams 22:06.4
5000 Meter Walk	
40-44	1. Charles Marut 25:09
45-49	1. Ben Visaya 39:46
65-69	1. Dave Strauss 38:34
Women	
35-39	1. Beth Sibley 29:53
40-44	1. Elaine Lange 39:45
65-69	1. Bonnie Kolson 38:15
	2. Thelma Greig DSQ
70-74	1. Adaline Crocker 40:12
75-79	1. M. Salisbury 41:31
Pole Vault	
Open	1. Kimo Toyama 3.82
	2. Ted West 1.68
40-44	1. Martin Hee 2.44
55-59	1. Jock Jocoy 1.98
High Jump	
Open	1. Fred Pearson 1.75
	2. Kimo Toyama 1.70
30-34	1. John Zirckel 1.75
40-44	1. Martin Hee 1.50
	2. Jack Karbens 1.25
50-54	1. Sheldon Varney 1.60
55-59	1. Jock Jocoy 1.35
65-69	1. Max Pickl 1.25
70-74	1. Stan Thompson 1.25
Women	
30-34	1. Debra Zirckel 1.10
55-59	1. Joyce Varney 1.06
Long Jump	
Open	1. Dean Walsh 6.84
	2. Fred Pearson 6.34
	3. Kimo Toyama 5.80
30-34	1. John Zirckel 5.63
40-44	1. Martin Hee 5.78
	2. Jack Karbens 4.90
50-54	1. Sheldon Varney 5.29
55-59	1. Jock Jocoy 4.66
65-69	1. Max Pickl 4.65
Triple Jump	
Open	1. Fred Pearson 12.35
40-44	1. Martin Hee 11.02
	2. Jack Karbens 9.80
50-54	1. Sheldon Varney 9.54
65-69	1. Max Pickl 8.87
Shot Put	
Open	1. Kimo Toyama 12.03
	2. Fred Pearson 11.25
30-34	1. John Zirckel 11.45
	2. Ted West 8.15
35-39	1. Mike McCrary 9.93
40-44	1. Jack Karbens 9.43
	2. Martin Hee 9.34
50-54	1. Bill Cupp 8.19
55-59	1. Jock Jocoy 9.00
60-64	1. Ken Wheeler 9.97
65-69	1. Chuck Yogi 12.18
	2. Max Pickl 8.44
	12# 1. James York 10.20
	16# 1. James York 8.93
70-74	1. Jack Carson 7.95
Women	
35-39	1. Alice Unawai 5.71
50-54	1. Katie Jocoy 7.31
75-79	1. M. Salisbury 3.68
Discus	
Open	1. Kimo Toyama 31.95
35-39	1. Mike McCrary 32.90
40-44	1. Jack Karbens 32.08
40-44	2. Martin Hee 28.25
60-64	1. Ken Wheeler 32.27
65-69	1. Max Pickl 21.05
70-74	1. Jack Carson 17.08
Women	
35-39	1. Alice Unawai 14.54
75-79	1. M. Salisbury 5.88
Javelin	
Open	1. Kimo Toyama 44.00
40-44	1. Jack Karbens 35.45
	2. Martin Hee 34.94
55-59	1. Jock Jocoy 26.19
60-64	1. Ken Wheeler 28.24
65-69	1. Max Pickl 22.12
Women	
35-39	1. Alice Unawai 14.44
50-54	1. Katie Jocoy 14.94
75-79	1. M. Salisbury 5.32
Hammer	
Open	1. Kimo Toyama 28.00
40-44	1. Jack Karbens 22.83
	2. Martin Hee 15.98
65-69	1. James York 27.62
	2. Max Pickl 19.21
35-39	1. Alice Unawai 10.23
70-74	1. Jack Carson 23.75

INDOOR MEET; 168TH ST. ARMORY; NEW YORK CITY DECEMBER 10, 1982

1000 YD	
M30	Remulus D'Veille 2:24.4
M35	Paul Jayson 2:39.5
M40	Mason O'Neal 2:38.0
M45	Cliff Pauling 2:36.5
M50	Tom Talbott 3:03.0
M55	Rudy Valentine 3:03.0
W35	Stephanie Shepp'd 4:10.0
220 YD	
M30	Willie Overby 24.6
M35	Nat Watson 25.1
M40	Ed Small 25.6
M45	Ed Rizzo 25.8
M50	Alan Cohen 27.8
M60	Jim Manno 28.6
M70	Fred d'Elia 34.2
60 YD	
M30	St. Clair Jeffers 7.1
M45	R Deere 7.2
M50	Tom Brooks 7.3
M70	Fred d'Elia 9.3
500 YD	
M40	Ed Small 66.5
M50	Tom Talbott 76.4
M55	Des Margetson 83.4
M60	Jim Manno 76.6

DEVELOPMENT MEET PRATT INSTITUTE, N.Y. DECEMBER 19, 1982

55M	
M30	Willie Overby 7.2
M35	Ray Alexander 7.2
W35	Carole Atkins 8.1
W40	Volvie Haynes 7.7
M45	Rick Deere 7.3
M50	John Murphy 7.5
400	
M30	Willie Overby 56.3
M35	Ray Alexander 58.3
M40	M Radon 56.4
M45	Bob Dolphin 64.3
M50	Alan Cohen 65.9
800	
M30	Steve Kaiser 2:06.1
M35	Vic Brousheaf 2:31.1
M40	Ed Small 2:09.9
M50	Alan Cohen 2:29.9
W35	Stephanie Shepp'd 3:24.5
1500	
M30	Steve Kaiser 4:18.8
M40	Lou Stern 4:35.1
W35	Stephanie Shep'd 7:18.9
M50	Alan Cohen 5:04.0

PAARL BOXING DAY MEETING CAPE TOWN, SOUTH AFRICA DECEMBER 27, 1982

200 Meters	
M45	L Benning 26.5
400 Meters	
M40	M Smith 60.45
M45	L Benning 60.01
800 Meters	
M40	M Smith 2:20.6
M45	L Benning 2:27.5
1500 Meters	
M40	W Martin 5:00.2

from Leo Benning



HOLIDAY WEIGHT PENTATHLON		Atlantic Community School					Dalry Beach, December 28, 1982
Age	Name	SHOT	DISCUS	JAVELIN	HAMMER	WT. THROW	SCORE
77	Arnolds Ticmanis	9.93	25.12	18.22	29.66	8.07	3332
71	Phil Partridge	707	582	595	775	727	3392
70	Bob Schenale	9.42	28.56a	28.74	30.99a	9.14	2810
67	Pete Gulgin	566	744.5	706.5	716	659	2959.5
69	Bob Detweiler	9.35	28.88	24.10	22.91	8.03	3087
69	Nolan Fowler	560.5	594.5	587	513	555	1829
64	Don Hill	11.79	36.40	22.87	32.51b	8.63	2144.5
65	Laurent Mallette	662	688.5	462	632.5	514.5	1726.5
66	John Lieb	10.50	32.38	24.18	28.42b	8.20d	2956.5
62	Arthur Knapp	568.5	599	495	739	645.5	1728
56	Warren Carter	10.55	31.71	29.90	30.77a	11.45f	2444.5
50	Carlos Fraundorfer	500	512.5	516	605	651	2629.5
50	Pwy Carstensen	8.44	24.72	15.77	16.03	6.63	2007
45	Jim Baggett	406.5	410.5	263	320	326.5	2270
41	Drayton Lieb	11.68	32.65	31.95	27.10	8.41	2253
42	Brian McKenna	654.5	605	676	526	455	2024
40	Ed Hill	9.81	28.83	20.20	18.32	5.75	1601.0
35	Wayne Owen	446	447.5	322	344.5	168	1401.0
33	Lou Cox	10.46	29.50	24.33	23.52	8.34	2629.5
23	Dave Ladd	555	550	407	412.5	521	2224
		11.92	31.13	29.04	39.37	10.92	
		594	525	447.5	643	659	
		12.75	29.24	32.23	F	12.00	
		649	481.5	509	739.5	739.5	
		9.065	23.9	29.52	21.00	8.59	
		462	376.5	401.5	359.5	403	
		11.36	27.93	35.15	24.88	9.35	
		580	426	451	401	412	
		11.05	31.49	25.00	27.94	8.73	
		558.5	507.5	268.5	454.5	364	
		14.89	47.42	51.80	47.45	16.87	
		809.5	826	699.5	778	897	
		13.56	35.29	36.87	24.16	10.80	
		700.5	590	443	378	518	
		8.35	23.4	27.20	22.96	6.45	
		334	314.5	280	353.5	172	
		9.945	24.42	38.11	18.19	10.76	
		457	340.5	462.5	515	515	

All implements thrown were standard Masters for age group with exceptions as noted:
 a 1.5K b 8# c 4K d 35# e 16# f 35#

DISCORAMA immediately following the Weight Pentathlon Dec. 28, 1982

Age	Name	1K	1.25K	1.5K	1.75K	2K	SCORE
77	Arnolds Ticmanis	24.19	22.38	20.28	19.75	17.90	3008
71	Phil Partridge	554	580.5	584	642.5	647	3712.5
70	Bob Schenale	35.80	31.12	28.56	25.99	23.84	3012
67	Pete Gulgin	763.5	735.5	745	747.5	721	2573.5
69	Bob Detweiler	28.88	24.62	22.64	22.64	18.92	2604
69	Nolan Fowler	594.5	639	565	638	576	2512.5
64	Don Hill	36.40	33.48	29.67*	30.17	25.44	2120
65	Laurent Mallette	658.5	702.5	711	768	703.5	2604
66	John Lieb	31.71	26.68	26.43	22.38	20.56	2604
62	Arthur Knapp	512.5	460	514	462.5	462.5	2604

LONG DISTANCE RESULTS

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

4TH CELEBRATION OF ARCHITECTURE 10 KM RUN GOLETA BEACH PARK, CA OCTOBER 3, 1982

Open Gary Tuttle	29:45
M40 John Patterson	37:48
Art Sylvester	39:03
Ron Boorman	41:59
M50 Jim Rowe	39:46
Ray Gil	39:41
Ted Blumberg	40:55
M60 Bob Womer	48:19
John Schweitzer	48:58
W40 Ingrid Hainline	42:05
Ginger Beebe	47:16
Hilda Hoffman	48:18
W50+ Betty Elder	56:39
Grace Schweitzer	59:00

from Running Systems

SIXTH SANTA BARBARA HALF-MARATHON OCTOBER 17, 1982

Open Donald Perez	1:11:30
M40 Gary Dinkins	1:20:29
Larry Pontinen	1:20:40
Gary Schwager	1:21:55
M45 Curtis Ridling	1:22:21
Wayne Nelson	1:23:20
Roy Kuhlmeier	1:28:33
M50 Fred Nagelschmidt	1:27:00
Eddie Swan	1:30:49
Richard Miller	1:35:28
M60+ Edwin Bishop	1:38:10
Joseph Carey	1:38:52
James Gardner	1:40:17
W40 Ingrid Hainline	1:36:17
Hilda Hoffman	1:49:18
Ginger Beebe	1:50:54
W50 Sarah McGehee	1:57:04
Lynn Roberts	2:07:17
Betty Elder	2:15:51
W60+ Grace Schweitzer	2:22:06

18TH SANTA BARBARA MARATHON (NEW COURSE)

Open Drev Poulin	2:34:03
M40 Kemp Aaberg	2:59:20
Ed McKenna	3:04:17
Verne Tjarks	3:11:51
M45 Delbert Pearce	2:58:58
Ted Martinez	3:08:45
Robin Hur	3:19:24
M50 Dick Belliss	3:17:57
Roger Boedeker	3:32:43
John Vogel	3:41:00
M60+ Charles Seekins	3:34:23
Matthew Allen	3:39:38
Michael Clark	3:55:36
W35 Anette Connell	3:14:54
W40 Addie Greene	4:04:00
Dorothy Kobayashi	4:09:02

from Santa Barbara Athletic Ass'n

3RD ANNUAL OKTOBERFEST 15 KM MEMPHIS, TENNESSEE OCTOBER 16, 1982

Open John Mohundro	45:33
M40 Robert Roberts	53:42
Paul Boone	53:54
Tom Layton	55:39
M45 Jack Rockett	53:37
Jerry Gilman	55:23
Charles Cornett	56:25
M50 Bob Creed	57:00
Ed Fancher	58:06
Leon Boyd	59:46
M60+ Harry Cobb	68:05
E. Goldsmith	70:53
James Grimes	72:40
F40+ Mary Ann Wehrum	58:02
Charlotte McLain	67:44
Patricia Love	69:27

from Memphis Runners Track Club

POWER FERRY ROAD RACES ATLANTA, GA NOVEMBER 6, 1982

3 MILE	Open Alphonse Swei	20 14:25
M40 Dick Langway	43 17:02	
Charlie Baker	44 17:20	
Fred Willman	42 17:43	
M45 Gene Barry	45 17:14	
Dan Cole	47 18:32	
David Jordan	49 21:05	
M50 Hans Schink	51 19:04	
Kip Sengstock	54 19:15	
Carl Anderson	54 28:35	
M55 Ray Dubner	57 21:09	
Bill Deprano	55 21:50	
Dudley Evans	58 22:04	
M60+ Scott Thyne	60 23:00	

9 MILE

M40 George Sharp	41 52:46
Fred Enloe	41 53:17
Phil Liannicello	41 56:08
M45 Roger Kline	45 58:14
Tom McCollister	46 61:10
Charles Teague	47 61:18
M50 Ben Gross	52 57:35
Don Shoup	60:02
Joe Vaughn	54 64:59
M55 Joe Petrolina	56 62:37
M60+ Elliott Galloway	61 64:17
Open Steve Oliver	23 45:39

OMAHA RIVERFRONT MARATHON OMAHA, NEBRASKA NOVEMBER 6, 1982

M40-44	Lowell Gaither	44 2:37:07
Garry Wakeland	43 2:39:34	
Dick Burrows	42 2:49:42	
Donald Dickmeyer	42 2:51:10	
Ray Stevens	42 2:54:09	
M45-49	Glen Lafarlette	46 2:44:49
Ernie Nick	45 2:47:18	
Vernon Schoep	56 2:52:09	
Eugene Wiebeck	45 2:52:11	
Don Hockenbury	45 2:59:10	
M50+	Joe Bartling	56 3:00:23
Bob Stear	56 3:07:35	
Gene Harding	52 3:14:45	
F35-39	Sue Covey	35 3:11:13
Wilma Hoxland	38 3:12:07	
Sylvia Wiegand	37 3:17:49	
40+	Nancy McCormick	47 3:14:51
Christel Shea	41 3:21:08	
Linda Gorman	42 3:22:31	

from Plains Track Club

SOCK HUNGER RUN 10K MEMPHIS, TENNESSEE NOVEMBER 6, 1982

Open Alan Terrell	31:35
M35 Robert Orr	36:53
M40 John Edgar	36:38
M45 Jerry Gilman	37:45
M50 John Caradine	40:59
M60 Cliff Hoehne	46:05
M35 Anneke O'Leary	40:27
M40 Anne Rodgers	53:44
M45 Pat Love	45:21
M50 Pauline Sessions	55:33

NACYS MARATHON & 10K KANSAS CITY, MISSOURI NOVEMBER 7, 1982

Open Brian Franke	2:23:48
Andrea Ray	2:53:27
M40 Bill Fox	2:45:38
Clarence Wiedel	2:46:48
Joe Schrag	2:50:10
Ron Strader	2:58:38
Wayne Hobelman	2:59:38
M50 Norma Sutton	3:45:45
Nancy Campbell	4:06:27
Barb Whittaker	4:14:38
M50 Don Nail	2:57:21
Jerry Morrison	3:05:48
Lennox Wilson	3:11:41
M50 Kate Hashman	4:00:02
Hazel Kelsey	5:24:52

1025 runners; 836 finishers

10K

Open Paul Schultz	30:25
Janet Levalley	34:37
M40 Clyde Davidson	34:12
Dick Hessler	35:18
Don Lewis	35:24
Kent Naugle	35:56
H L Mattocks	36:31
M40 Delores Albertini	41:18
Marilyn Potter	44:10
Sandra Russell	44:13
Kay Clemons	46:53
Nancy Stabinow	47:21
M50 Jim Buckley	36:56
Gerald Witten	37:01
Richard Martin	38:40
Don Newton	39:02
Ed Crawford	39:24
M50 Joan Dodge	50:02
Rebecca Zemke	53:38
Betty Mopping	56:34
Jetskalina Phillip	57:10
Laverne Mausolf	58:45
M60 Bart Hakan	44:40
Ed Rice	44:43
Gujolote Waltzer	45:42
Bill Schuler	50:17
Jackson Burke	51:07
M60 Diana Gish	56:59

3800 runners; 3419 finished

LOUISVILLE MARATHON LOUISVILLE, KENTUCKY NOVEMBER 14, 1982

Open Dave Collins	2:24:32
M35 Rich Davis	2:39:46
John Tonti	2:42:27
Bill Parsley	2:42:34
M40 Denny Williamson	2:41:55
Kurt Berggren	2:45:56
Bob Alexander	2:46:20
M45 Joyce Ogden	2:57:21
Ray Parrella	2:57:38
Orlando Mullins	2:58:12
M50 Ken Whitney	2:58:59
Bob Fletcher	3:08:11
Don Dierich	3:09:47
M55 George Varns	3:19:14
Larry Rush	3:19:50
Morris Adkins	3:20:59
M60 Roy Rayl	3:18:30
Len Fremont	3:22:40
Omar McGrew	3:22:56
M65 Boyd Sigler	4:52:26
M35 Pam Raque	3:28:02
Marlene Benavide	3:30:50
Suzanne Fisher	3:34:30
W40 Theresa Mulligan	3:43:50
Nancy Bussa	3:46:22
Gail Becher	3:52:27
M45 Frankie Crume	3:35:22
Miriam Brierley	3:49:40
Anna Diedrich	3:50:27
M50 Martie Deuser	3:51:16
Flynnie Meyer	4:00:03
Maria Hines	4:03:11
M55 Helen Klein	4:29:37

5TH SANTA BARBARA WOMEN'S 10K; NOVEMBER 14, 1982

Open Pamela Cox	35:03
M35 Judy Kewley	37:39
Stephanie Welch	41:25
Kate Silsbury	43:29
W40 Christa Rompanen	39:26
Ingrid Hainline	43:40
Joanne Cargill	46:51
M45 Fay Rita Hobbs	43:09
D Bjornestad	49:52
Cloene Marson	53:02
W50 Margaret Miller	41:51
Phyllis Regis	47:45
Jean Reiche	54:35
M60 Lee Robertson	76:29

311 finishers

6TH ANNUAL CANADA vs USA MASTERS X-COUNTRY MATCH FAYETTEVILLE, N.Y. NOVEMBER 20, 1982

CANADA 113	USA 231
M40 Ken Inglis	Ont 36:52
Kirk Randall	Mass 40:05
Gary Baker	Ont 40:17
M45 Benjamin Johns	Ont 40:57
Jerry Gonser	Ont 41:25
Jerry Riordon	N Y 42:02
M50 Ed Whitlock	Que 42:04
Richard Kendall	N Y 42:59
John Johnston	Ont 43:45
M55 Clifford Hall	Ont 42:18
Jim Morrow	Ont 44:45
Charles Blancher	Ont 47:15
M60 Ed Buckley	N Y 48:12
Nate White	N Y 51:13
Stan Smith	Ont 54:14
M65+Whitney Sheridan	Ont 53:02
Ray Deschambault	N Y 58:36
Chris Hackenheimer	N Y 62:34
F35 Cheryl Hughes	Ont n/t
Lynn Sands	Ont n/t
Diane Thompson	N Y n/t
F40 Christine Walker	Ont n/t
Linda Whitney	N Y n/t
Fran Poole	N Y n/t
F45 Marion Strebig	Ont n/t
Sheila Hare	Ont n/t
M50+Dorothea Stock	Cal n/t
Lucille Fortune	N Y n/t

from Syracuse Track Club

TAC NATIONAL MASTERS 5K CROSS-COUNTRY CHAMPIONSHIP RALEIGH, NORTH CAROLINA NOVEMBER 26, 1982

Open David Herion	15:15
M35 Wayne Vaughn	16:01
Richard Thompson	16:13
Edward Daw	16:21
Don Jayroe	16:29
Dave Starnes	16:35
M40 Ireland Sloan	16:00
Lew Faxon	16:40
Bob Mohler	17:20
Maurice McDonald	17:31
Douglas Taylor	17:33
M45 Roland Moy	18:25
Charles Kirby, Jr.	18:26
Charles Desjardins	18:36
Alex Coffin	18:51
William Hettler	19:06
M50 Guy Beretich	18:30
Mike Shea	19:11
Peter Klopfer	19:18
Larry Bates	21:06
Stuart Hough	21:33
M55 Henry Bent	19:29
Milton Bliss	21:54
Ken Long	21:55
Bill Leonhardt	22:42
Eldridge Lloyd	25:02
M60 Newlie Hewson	20:52
Jim Trent	22:44
Bert Bailey	24:18
Arnold Hecht	24:31
Earl Foster	26:35
M65 Dorse Dubois	22:39
Marcellus Miller	31:01
M70 Bob Boal	22:45
Rudolf Nilsen	23:38
Harry McArdle	29:58
M75 Ed Benham	22:13
M40 Dianne Cravens	22:00
Alice Butt	23:47
M45 Martha Klopfer	20:58
Catherine Wilfert	23:14
Barbara Moy	31:42

Teams:	M40 RASAC	59
	Ohio Angels TC	116
	M50 No. Carolina RR	
	N.C. State Faculty	

GREAT ENERGY 5-MILE PITMAN, NEW JERSEY; NOV. 26

1 Jack Kruse	24 23:35
21 Sam Huckel	40 27:50
28 Walt Pierson	46 28:46
31 John Ellenbark	44 29:04
37 Alex Alampi	41 29:39
43 Gil Miranda	41 30:51
46 Mike Bertolini	62 31:15
95 Rudolf Nilsen	70 36:09AR
127 Dora Stephenson	41 39:08

SPRINGMID ROAD RACES FORT MILL, SOUTH CAROLINA DECEMBER 4, 1982

HALF-MARATHON	Open Dan Ryberg	1:09:38
M35 Bill Peay	1:24:18	
M40 Sterling Martin	1:19:54	
Bob Maydole	1:19:55	
M50 Ken Helms	1:22:16	
M60 John Purvis	1:41:10	
M35 Bet Bukovac	1:37:24	
M40 Sheila Ann Cor	1:43:26	
M50 Bev Paulin	2:00:25	

10K	Open Pat Ambrose	34:02
M35 Gordon English	34:49	
M40 Len Jones	37:40	
M50 Zean Jamison	41:50	
M60 Harold Hallom	43:41	
M35 Crandall Bowles	46:30	
M40 Barbara Cramer	46:13	
M50 Anne Close	51:25	
M60 Deree Phillips	79:03	

from Alex Coffin

December Winter Series Central Park, NYC

Sponsored by NYRR
Date: December 5, 1982, 11 AM
Distance: 5 Miles
Check-In: Men-990 Women-438
Total-1428
Finishers: Men-858 and 9 racewalkers
Women-353 and 12 racewalkers
Total-1232
Weather: Overcast, mild, low 60s

Order of Finish—Men	1 Birch, Thom. 28. Phid	29:33.1
Vel A (40-44)	1. Fischer, Bob. 42	30:59
	2. Clery, Brian. 42	33:49
	3. Morrissey, Brian. 41	34:49
Vel B (45-49)	1. Suiek, Jerzy. 45	34:32
	2. Pott, Nicholas. 45	35:00
	3. Stern, Lou. 48	35:23
Masters (50-59)	1. Cryan, Francis. 52	37:11
	2. Puma, Albert. 53	37:55
	3. McGinnis, Gene. 57	38:20
Seniors (60-69)	1. Stern, Moritz. 67	37:50
	2. Gibbons, Tom. 61	38:04
	3. Goldstein, Albert. 62	39:41
Golden Age (70+)	Marinucci, Joe. 73	52:47
Vel A (40-44)	1. Meyers, Mimi. 40	39:57
	2. Meisel, Barbara. 41	41:17
	3. Tattersall, Christine. 41	42:23
Vel B (45-49)	1. Phillips, Gudrun. 46	41:28
	2. Marcus, Esther. 47	45:50
	3. Cohen, Ella. 46	46:33
Masters (50-59)	1. Moore, Alicia. 52	41:14
	2. Lacher, Margot. 50	47:41
Seniors (60 and over)	1. Rodriguez, Mary. 61	52:34
	2. Havens, Evelyn. 66	56:11

CULVER CITY MARATHON CULVER CITY, CALIF. DECEMBER 5, 1982

Open Alan Dehlinger	2:22:26
M35 Marshall Matye	2:31:15
Phil Ryan	2:34:25
John Loeschhorn	2:35:59
M40 Joe Bird	2:37:43
Dennis Parrish	2:46:24
Bob Nations	2:50:01
M45 Andre Tocco	2:36:32
Del Pearce	2:54:36
Tom Purcell	2:59:08
M50 Charles Hanson	2:49:08
Patrick Devine	2:52:12
Tracy Brown	2:55:17
M55 Bob Hardaway	3:18:59
Lono Tyson	3:19:54
M60 Matt Allen	3:32:04
Glen Ward	3:43:24
M35 Sue Peterson	2:57:24
Katharine Kehr	3:18:36
M40 Patricia Kennedy	3:58:04
M45 Jeanne Wells	3:22:45

GREAT AMERICAN SMOKEOUT RUNS RIVERSIDE, CALIF.; DEC. 5.

10K	M40 Frank Ogawa	37:08
	M50 Wally Ingram	36:29
	M60 John Goodyear	43:53
	M70 Tony Perona	50:04
	M40 Terry Steel	51:37
	M50 Eva Kaus	54:28
	M60 No entries	
	M70 Bess James	60:05
Half-Marathon	M40 Fred Kiddy	1:17:55
	M50 Jason Harris	1:24:48
	M60 Jack Britton	1:46:30
	M70 Nat Pisciotto	2:14:18
	M40 Sandra Kiddy	1:26:56
	M50 Barbara Innes	1:56:37
	M60 No entries	

from Wally Ingram

MEMPHIS EXPRESS MARATHON MEMPHIS, TENNESSEE DECEMBER 5, 1982

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THE ATHLETICS CONGRESS

NATIONAL MASTERS FIVE MILE CHAMPIONSHIP

Sponsored by: NIKE / THE PENN MUTUAL LIFE INSURANCE COMPANY

Hosted by: PHILADELPHIA MASTERS TRACK & FIELD ASSOCIATION

Sat., Dec. 4, 1982 East River Drive Philadelphia, PA

MEN MASTERS (40 & OVER)

POS.	NAME	AGE	ADDRESS	AFFILIATION	TIME
1	George Keim	40	Waynesboro, PA	Washington Running Club	25:30.3
2	Norman Green, Jr.	50	Wayne, PA	Philadelphia Masters	26:00
3	Lou Coppens	40	Langhorne, PA	Philadelphia Masters	26:40
4	Herb Lorenz	43	Willingboro, NJ	Philadelphia Masters	26:57
5	Henry Glyde	45	Newark, DE	Philadelphia Masters	27:07
6	Robert Bennett	40	Newark, DE	Philadelphia Masters	27:37
7	Sam Huckel	40	West Berlin, NJ	Philadelphia Masters	27:41
8	Jim Sutton	51	Whitfield, PA	Philadelphia Masters	28:08
9	David Skovron	43	Saddle River, NJ	North Jersey Masters	28:11
10	Robert Langenbach	45	Seattle, WA	Snohomish Track Club	28:17
11	Bill Loughran	44	West New York, NJ	North Jersey Masters	28:26
12	Frank Wick	49	Narberth, PA	Philadelphia Masters	28:37
13	Ken Baker	46	North Bergen, NJ	North Jersey Masters	28:53
14	Richard Suggs	40	Allendale, NJ	North Jersey Masters	29:28
15	Charles Desjardins	46	Fairfax, VA	Potomac Valley Seniors	29:40
16	William Mullin	51	Oaklyn, NJ	Philadelphia Masters	30:41
17	Richard Jamison	45	Drexel Hill, PA	Philadelphia Masters	30:50
18	Robert Fine	51	Brooklyn, NJ	New York Masters	32:25
19	Arne Olsen	54	Ridgewood, NJ	North Jersey Masters	32:42
20	George Jackson	50	Mapleshade, NJ	Philadelphia Masters	32:46
21	John Blood, Jr.	51	Devon, PA	Philadelphia Masters	32:48
22	Cliff Sharp	43	Seary, AR	Philadelphia Masters	32:49
23	Tom O'Malley, Sr.	48	Drexel Hill, PA	Philadelphia Masters	33:02
24	Harry Berkowitz	42	Piscataway, NJ	Philadelphia Masters	33:20
25	Andrew Boyajian	41	Hasbrouck Hts., NJ	North Jersey Masters	33:25
26	Paul Gorka	52	Conshohocken, PA	Philadelphia Masters	33:32
27	Glen McCurdy	43	Bryn Mawr, PA	Philadelphia Masters	33:51
28	Newlie Hewson	60	Washington, DC	Potomac Valley Seniors	34:00
29	Edward Benham	75	Ocean City, MD	Potomac Valley Seniors	34:39
30	Dale Grosvenor	57	Ames, IA	Potomac Valley Seniors	34:41
31	Val Schultz	42	Portland, OR	West Hills Striders	34:43
32	Daniel Ross	52	Phila., PA	Philadelphia Masters	35:00
33	Roger Jones	41	Wilmington, DE	Philadelphia Masters	35:20
34	Walter Barnes	44	Phila., PA	Philadelphia Masters	35:23
35	Bill Belleville	53	Ardmore, PA	Philadelphia Masters	35:39
36	Jay Gray	45	Marlton, NJ	Philadelphia Masters	36:10
37	Michael Coyle	45	Phila., PA	Philadelphia Masters	36:12
38	Gene Martenson	54	Swarthmore, PA	Philadelphia Masters	36:17
39	Anthony Gatto	41	Glendora, NJ	Philadelphia Masters	36:19
40	Abe Bell	61	Bryn Mawr, PA	Philadelphia Masters	36:22
41	Thomas Jenkins	52	Phila., PA	Philadelphia Masters	36:24
42	Bill Shrader	67	Albany, NY	Philadelphia Masters	36:30
43	Will Vanderlinde	51	Cherry Hill, NJ	Philadelphia Masters	36:34
44	Rudolf Nilsen	70	Ardmore, PA	Philadelphia Masters	36:50
45	Jack Maloney	52	Phila., PA	Philadelphia Masters	36:55
46	Gene O'Connor	42	Hillsdale, NJ	North Jersey Masters	37:00
47	Roy Cox	57	Haverford, PA	Philadelphia Masters	37:07
48	Bob Boal	70	Wake Forest, NC	Potomac Valley Seniors	37:11
49	Robert McLaughlin	44	Phila., PA	Philadelphia Masters	38:03
50	Dick Warren	55	Audubon, PA	Philadelphia Masters	38:38
51	Paul Gibling	46	Lindenwold, NJ	Philadelphia Masters	38:46
52	Jack Downes	52	Merion, PA	Philadelphia Masters	39:44
53	Sam Monastero	71	Norristown, PA	Philadelphia Masters	39:52
54	Charles Burdumy	56	Phila., PA	Philadelphia Masters	40:09
55	Marvin Levy	59	Phila., PA	Philadelphia Masters	40:15
56	Tom Kavanagh	42	King of Prussia, PA	Philadelphia Masters	40:39
57	Tom McNaney	45	Newtown Square, PA	Philadelphia Masters	40:55
58	Frank Cargo	47	Fair Lawn, NJ	North Jersey Masters	42:35
59	Leon Hayward	70	Phila., PA	Philadelphia Masters	42:37
60	Clar. Hottenstein	46	Ivyland, PA	Philadelphia Masters	44:44
61	Don Harris	60	Abington, PA	Philadelphia Masters	44:45
62	Ed Cunningham	60	King of Prussia, PA	Philadelphia Masters	44:58
63	Sandy Oppenheimer	57	Medford, NJ	Philadelphia Masters	45:15
64	Claude Hills	70	Flourtown, PA	Philadelphia Masters	45:33
65	Ted Kramers	65	Mt. Gretna, PA	Appalachian A.C.	46:29
66	Jerome Kauffman	58	Conshohocken, PA	Philadelphia Masters	47:46
67	John Bevan	40	Gladwyne, PA	Philadelphia Masters	47:46

WOMEN MASTERS (40 & OVER)

POS.	NAME	AGE	ADDRESS	AFFILIATION	TIME
1	Ann Ring	43	Franklin Lakes, NJ	North Jersey Masters	31:40
2	Lolita Bache	40	Annandale, VA	Washington Running Club	32:30
3	Harriet Oster	40	Phila., PA	Philadelphia Masters	32:40
4	Irma Lorenz	41	Willingboro, NJ	Philadelphia Masters	32:44
5	Suzanne Patton	47	Newark, DE	Delaware Sports Club	32:52
6	Bonnie McKenzie	41	Allendale, NJ	North Jersey Masters	33:56
7	Helen Bedrock	47	Cliffside Park, NJ	North Jersey Masters	34:02
8	Ruth Anderson	52	San Francisco, CA	Philadelphia Masters	35:05
9	Lorraine Dawson	49	Wyckoff, NJ	North Jersey Masters	37:25
10	Sylvia Pasquino	47	North Bergen, NJ	North Jersey Masters	40:28
11	Mary Oppenheimer	55	Medford, NJ	Philadelphia Masters	41:00
12	Gayl Gentile	44	Haverford, PA	Philadelphia Masters	43:02
13	Marie Barrie	49	Glenolden, PA	Philadelphia Masters	44:50
14	Joan Tribulas	45	West Grove, PA	Philadelphia Masters	48:39
15	Dorothy Kennedy	56	West Reading, PA	Philadelphia Masters	49:05

SUBMASTERS (Under 40) MEN & WOMEN COMBINED

POS.	NAME	AGE/SEX	ADDRESS	AFFILIATION	TIME
1	David Dunne	30 M	Waldwick, NJ	No. Jersey Masters	26:22
2	Rich Myers	37 M	Berlin, NJ	Phila. Masters	26:37
3	Marc Zisselman	23 M	Phila., PA	Philadelphia Masters	27:16
4	Bob Mueller	31 M	Yardley, PA	Plaidsted Harriers	27:45
5	Joe Trautwein	18 M	Melrose Park, PA	Philadelphia Masters	27:59
6	Tom Shapiro	16 M	Glenide, PA	Philadelphia Masters	28:52
7	Robert Cushnie	28 M	Dallas, TX	Philadelphia Masters	28:59
8	Dennis Dunn	32 M	Phila., PA	Philadelphia Masters	29:00
9	Richard Coleman	39 M	New Hartford, NY	Mohawk Valley R.C.	30:18
10	Carl Grossman	36 M	Wyncote, PA	Phila. Masters	31:07
11	Gary Corbi	29 M	Phila., PA	Philadelphia Masters	31:08
12	David Elman	20 M	Phila., PA	Philadelphia Masters	31:09
13	Kathy McGuire	25 F	Phila., PA	Philadelphia Masters	31:10
14	Kathy Dunne	25 F	Waldwick, NJ	No. Jersey Masters	31:11
15	Ron Kall	34 M	Phila., PA	Philadelphia Masters	31:22
16	Sam Miller	36 M	Phila., PA	Philadelphia Masters	31:49
17	Frank Kelly	36 M	Phila., PA	Philadelphia Masters	32:16
18	Kenneth Clinton	17 M	Westville, NJ	Philadelphia Masters	32:51
19	Ronald Goldston	29 M	Phila., PA	Philadelphia Masters	33:10
20	Tonya Diggs	16 F	Phila., PA	Keystone	33:36

21	Teddy Pruskowski	16 M	King of Prussia, PA	Philadelphia Masters	34:42
22	Roger Burns	38 M	Haddonfield, NJ	Philadelphia Masters	34:45
23	Bob Rizzi	35 M	Phila., PA	Philadelphia Masters	34:54
24	Thomas Burke	25 M	Bryn Mawr, PA	Philadelphia Masters	35:18
25	Stephen Conboy	26 M	Phila., PA	Philadelphia Masters	35:19
26	Avrus Golsenberg	33 M	Ardmore, PA	Philadelphia Masters	35:25
27	Tom O'Malley, Jr.	24 M	Drexel Hill, PA	Philadelphia Masters	35:35
28	Shawn Moore	14 F	Phila., PA	Philadelphia Masters	35:38
29	Evan Stein	23 M	Phila., PA	Philadelphia Masters	35:43
30	Joan Potterfield	29 F	Wayne, PA	Philadelphia Masters	35:52

31	Anna Vargas	13 F	Phila., PA	Philadelphia Masters	35:54
32	Larry Sars	34 M	Phila., PA	Philadelphia Masters	35:56
33	Ann Piccolo	36 F	Dumont, NJ	Philadelphia Masters	35:58
34	Al Potter	39 M	Audubon, NJ	Philadelphia Masters	36:14
35	Ralph Tallman	37 M	Cherry Hill, NJ	Philadelphia Masters	36:28
36	Michael Belizairo	36 M	Phila., PA	Philadelphia Masters	36:32
37	Karyn Girolami	35 F	Paramus, NJ	Philadelphia Masters	36:38
38	Michael Quinn	31 M	Havertown, PA	Philadelphia Masters	36:44
39	Nate Tickner	34 M	Merchantville, NJ	Philadelphia Masters	36:46
40	Chris Coyle	11 M	Phila., PA	Philadelphia Masters	36:48
41	Patrick McCloskey	17 M	Phila., PA	Philadelphia Masters	37:17
42	Tom Hobbick	34 M	Ridgewood, NJ	Philadelphia Masters	37:43
43	Jenni Gross	15 F	Wyncote, PA	Philadelphia Masters	37:48
44	Marianne Rau	16 F	Glenide, PA	Philadelphia Masters	37:49
45	David Van Zant	12 M	Phila., PA	Philadelphia Masters	38:15
46	Tracy Ervin	17 F	Phila., PA	Philadelphia Masters	39:06
47	Laurie Bunce	22 F	Ramsey, NJ	Philadelphia Masters	39:15
48	Stan Smith	35 M	Phila., PA	Philadelphia Masters	39:30
49	Michael Shea	27 M	E. Lansdowne, PA	Philadelphia Masters	40:00
50	Rosalie Coyle	38 F	Phila., PA	Philadelphia Masters	40:03
51	Marshall Gardner	34 M	Richboro, PA	Philadelphia Masters	40:18
52	Therese Prettyman	30 F	Phila., PA	Philadelphia Masters	40:26
53	Wayne Tarken	29 M	Phila., PA	Philadelphia Masters	40:26
54	Lori Banks	25 F	Phila., PA	Philadelphia Masters	40:47
55	Jeannette Colello	30 F	Franklin Lakes, NJ	Philadelphia Masters	40:48
56	Edward Byrne	28 M	Phila., PA	Philadelphia Masters	41:42
57	James Taylor	27 M	Lansdowne, PA	Philadelphia Masters	41:43
58	Ann Vail	22 F	Havertown, PA	Philadelphia Masters	42:09
59	Ed Dolan	37 M	New Haven, CT	Philadelphia Masters	42:16
60	Harold Datz	34 M	Phila., PA	Philadelphia Masters	42:20
61	Joe Hedl	37 M	King of Prussia, PA	Philadelphia Masters	42:30
62	Unknown Competitor	M			43:44
63	Catherine Storms	25 F	Phila., PA	Philadelphia Masters	43:49
64	Gwendolyn Esdale	29 F	Phila., PA	Philadelphia Masters	44:29
65	Stacey Gross	25 F	Phila., PA	Philadelphia Masters	44:56
66	John Carley	28 M	Lindenwold, NJ	Philadelphia Masters	47:20
67	Estella Tomiazzo	30 F	Phila., PA	Philadelphia Masters	47:20
68	Mark Bevan	14 M	Gladwyne, PA	Philadelphia Masters	47:45
69	Brian Horrigan	31 M	Phila., PA	Philadelphia Masters	52:38
70	Constance Chimes	32 F	Phila., PA	Philadelphia Masters	53:55
71	Eve Ellis	24 F	New Haven, CT	Philadelphia Masters	53:56

HUMANA ROCKET CITY MARATHON HUNTSVILLE, ALABAMA DECEMBER 11, 1982

Open	Ed Sheehan	24	2:13:46
	Jane Buch	34	2:38:24
M35	Ray Currier		2:25:31
	Don Coffman		2:27:03
	Bob Franklin		2:28:11
	Dick Weeks		2:30:55
	Tom Lafontaine		2:31:50
M40	Alton Migues		2:30:07
	Roger Rouiller		2:31:30
	George Keim		2:32:42
	Ken Prior		2:32:57
	Jim Oaks		2:35:50
M45	Ernie Billups		2:33:18
	Gerald Koch		2:39:33
	Ron Barrie		2:43:45
	Joe Marks		2:47:53
	Charlie Cooper		2:51:02
M50	Alex Rattelle		2:43:37
	Ed Dibble		2:49:01
	Don Gammie		2:51:24
	Buster Tankersly		2:56:22
	Ben Gross		2:57:28
M60	Charles Lewis		3:29:21
	Carl Agriesti		3:31:41
	Jim Blackwell		3:36:18
	Phil Curry		3:39:19
	Everett Bolton		3:58:06
M40	Ann Diaz		2:53:38
	Nancy Parker		3:01:24
	Helen Reed		3:15:58
	Maryanne Wehrum		3:18:52
	Laura Tingle		3:23:15

1533 starters. 1300 (85%) finishers. from Harold Tinsley

MEN

WOMEN

35 to 39	1. Rich Myers	26:37	1. Ann Piccolo	35:58
	2. Richard Coleman	30:18	2. Karyn Girolami	36:38
	3. Carl Grossman	31:07	3. Rosalie Coyle	40:13
40 to 44	1. George Keim	25:30.3	1. Ann Ring	31:40
	2. Lou Coppens	26:40	2. Lolita Bache	32:30
	3. Herb Lorenz	26:57	3. Harriet Oster	32:40
45 to 49	1. Henry Glyde	27:07	1. Suzanne Patton	32:52
	2. Robt. Langenbach	28:17	2. Helen Bedrock	34:02
	3. Frank Wick	28:37	3. Lorraine Dawson	37:25
50 to 54	1. Norman Green, Jr	26:00	1. Ruth Anderson	35:05
	2. Jim Sutton	28:08		
	3. William Mullin	30:41		
55 to 59	1. Dale Grosvenor	34:41	1. Mary Oppenheimer	41:00
	2. Roy Cox	37:07	2. Dorothy Kennedy	49:05
	3. Dick Warren	38:03		
60 to 64	1. Newlie Hewson	34:00		
	2. Abe Bell	36:22		
	3. Don Harris	44:44		
65 to 69	1. Bill Shrader	36:30		
	2. Ted Kramers	45:33		
70 to 74	1. Rudolf Nilsen	36:50		
	2. Bob Boal	37:11		
	3. Sam Monastero	39:44		
75 & Over	1. Edward Benham	34:39		

NATIONAL MASTERS FIVE MILE TEAM CHAMPIONSHIP

MEN

WOMEN

40 to 49	1. PHILADELPHIA MASTERS 'A'		1. NORTH JERSEY MASTERS	
	Lou Coppens	26:40	Ann Ring	31:40
	Herb Lorenz	26:57	Bonnie McKenzie	33:56
	Henry Glyde	27:07	Helen Bedrock	34:02
	Bob Bennett	27:37	Lorraine Dawson	37:25
	Sam Huckel	27:41	Sylvia Pasquino	40:28
		2:16:02		2:57:31
	2. NORTH JERSEY MASTERS			
	David Skovron	28:11		
	Bill Loughran	28:26		
	Ken Baker	28:53		
	Dick Suggs	29:28		
	Arne Olsen	32:42		
		2:27:40		

HONULULU MARATHON; DEC. 12, 1982

MEN
Top 50: 1. David Gordon 2:15:29, 2. Duncan Macdonald 2:17:43, 3. Kelli-Erik Stari 2:17:56, 4. Katsuhiko Tachikawa 2:21:35, 5. Frank Shorter 2:22:16, 6. John Gailson 2:22:39, 7. Stan Mavis 2:22:56, 8. Jon Anderson 2:23:11, 9. Don Kardong 2:23:28, 10. Douglas Kurtis 2:24:53.
40-49: 1. Kenji Kimihara 2:28:42, 2. Ryoichi Masuda 2:33:02, 3. Peter Reiher 2:33:42, 4. James Gallup 2:34:16, 5. Toshio Shimoto 2:35:54, 6. Klaus Fischer 2:39:07, 7. Bernard Dupuis 2:42:05, 8. Ersei Kilburn 2:42:39, 9. Tadashi Okuzumi 2:43:18, 10. Kensi Kondo 2:44:44.
11. Fred Kiddy 2:45:50, 12. Ronald Paroff 2:47:33, 13. Pentti Karjala 2:47:35, 14. Fritz Eberlein 2:48:04, 15. Tsuneaki Takahashi 2:48:06, 16. Alfred Bogenhuber 2:48:15, 17. Richard Carling 2:50:34.
18. Huub Coumans 2:50:49, 19. Donald Leopoldo 2:51:38, 20. Jack Cargal 2:51:51.
50-59: 1. Jack Foster 2:28:15, 2. Hal Higdon 2:45:20, 3. Carl Ellsworth 2:50:14, 4. Gaylon Jorgensen 2:51:49, 5. Ruben Vigil 2:56:17, 6. Wolfgang Fischer 2:59:17, 7. Larry Whitehead 2:59:45, 8. Takashi Yamaguchi 3:00:27, 9. Wally Ingram 3:00:57, 10. Hans Haug 3:01:21.
11. David Sakugawa 3:03:33, 12. Jack Harper 3:03:34, 13. William Barton 3:06:07, 14. Scott Hamilton Jr. 3:11:59, 15. H. William Burgess 3:12:09, 16. Josep Hensel 3:12:16, 17. Ben Thor-Larsen 3:13:03, 18. Len Wallach 3:13:06, 19. Shuhel Sugura 3:13:18, 20. Gilbert Lum 3:13:40.
60-69: 1. Frank Grey 2:53:13, 2. Gerald Horton 3:06:28, 3. Fusa-kichi Tsukamoto 3:08:58, 4. Paul Reese 3:11:43, 5. Joe Cusic 3:23:23, 6. Rudolf Klautsch 3:25:06, 7. Fred Hughes 3:25:15, 8. Jiro Tsuge 3:26:32, 9. Willis Rowe 3:27:02, 10. Paul Jernstrom 3:27:45.
11. Bill Carroll 3:30:44, 12. Naoto Inada 3:33:42, 13. Kohei Tenno 3:33:57, 14. Walter Hellwig 3:36:09, 15. Alex Roth 3:37:25, 16. Kanzo Okita 3:38:12, 17. Ralph Paffenbarger Jr. 3:38:15, 18. Hyeol Nakatomi 3:38:41, 19. Harry Evans 3:39:04, 20. Floyd Smithberg 3:43:05.
70-79: 1. Theo Melnecke 3:18:20, 2. Harold Batterham 3:56:21, 3. Masato Shibasaki 4:07:09, 4. Kenji Matsumoto 4:28:01, 5. Louis Cox 4:30:06, 6. Masaharu Fukunaga 4:38:52, 7. Wilhelm Stang 4:40:16, 8. Bernard Dafre 4:40:42, 9. Yoshiji Sato 4:50:58, 10. Tadashi Tsunenari 4:55:42, 11. Shichiro Sato 5:11:57.

WOMEN
Top 50: 1. Eileen Claugus 2:41:10, 2. Janice Ettie 2:43:45, 3. Minoru Muramoto 2:47:59, 4. Linda Edgar 2:50:52, 5. Patti Gray 2:51:40, 6. Karen Curtis 2:53:47, 7. Rita Dennison 2:54:58, 8. April Powers 2:55:18, 9. Wendy Dame 2:56:13, 10. Carolyn Ostler 2:56:35.
40-49: 1. Minoru Muramoto 2:47:59, 2. Sandra Kiddy 3:02:41, 3. Carol Kukea 3:14:09, 4. Bonnie Smolenski 3:18:49, 5. Joan LePierre 3:22:15, 6. Christa Obara 3:25:43, 7. Renate Fischer 3:25:52, 8. Gail Rodd 3:26:27, 9. Jeannie DeLamos 3:30:03, 10. Erna Col-smann 3:32:46.
11. Carrie Parsi 3:33:24, 12. Patti Buhom 3:38:27, 13. Elisabeth McCall 3:38:30, 14. Aro Tee-Cook 3:39:19, 15. Debby Johnston 3:39:48, 16. Lois Richmond 3:42:02, 17. Liz Hennessy 3:42:40, 18. Mae Horns 3:43:13, 19. Joyce Herbert 3:43:53, 20. Ingrid Hainline 3:44:27.
50-59: 1. Toshiko D'Elia 3:11:36, 2. Mickey Armstrong 3:43:49, 3. Hermance Levesque 3:53:30, 4. Michiko Tanamoto 3:54:15, 5. Shirley Harris 3:59:04, 6. Kiyoko Yasunaga 4:08:14, 7. Christa Meffi 4:08:45, 8. Violet Tsuchidane 4:13:06, 9. Jan Ishikawa-Fullmer 4:15:36, 10. Patricia Hoefstool 4:18:55.
11. Mary Merrill 4:19:35, 12. Miki Horton 4:21:46, 13. Pauline Vigil 4:23:32, 14. Barbara Durham 4:24:04, 15. Phyllis Yoshino 4:24:19, 16. Mel Leong 4:25:01, 17. Millie Yasui 4:26:48, 18. Sara Dougherty 4:29:26, 19. Emiko Soto 4:34:53, 20. Teresa Raynor.
60-69: 1. Margaret Lee 4:23:48, 2. Tomoko Hayashi 4:30:27, 3. Grayce Mill 4:50:51, 4. Doris Pugh 5:02:53.

St. Louis Marathon

November 7, 1982

OVERALL WINNERS
MEN — Chris Bunyan, Carbondale, Ill., 2 hours 17 minutes 3 seconds (course record, old mark 2:21:12).
WOMEN — Polly Peacock, St. Louis, 2:54:24

35-39 — 1. Thomas Lafontaine, Columbia, Mo., 2:45:55; 2. Rick Jaudes, Kirkwood, 2:46:21; 3. Bobby Millam, St. Louis, 2:48:24; 4. Gary Smith, Houston, Mo., 2:48:36; 5. Frank Davis, Rock Falls, Ill., 2:49:25; 6. Roger Weaver, Switz City, Ind., 2:49:52; 7. Charles Van Arsdale, Decatur, Ill., 2:50:42; 8. Peter Jones, St. Louis, 2:52:34; 9. Patrick Reiser, Ottawa, Ill., 2:52:41; 10. Robert Trench, 2:52:56; 11. James Hyde, Springfield, Mo., 2:53:23; 12. Wayne Olson, St. Charles, 2:53:39; 13. Paul Atwood, Carbondale, Ill., 2:54:18; 14. Mike Green, Bowling Green, Mo., 2:54:50; 15. Ed Froelich, Davenport, Iowa, 2:55:36.

40-44 — 1. Dennis Werling, Macomb, Ill., 2:51:37; 2. Dathan Hughes, Belleville, 2:51:49; 3. Ray Schlotterbeck, Webster Groves, 2:54:05; 4. Jerry Adams, Kirkwood, 2:56:11; 5. Oscar Lukefahr, Cape Girardeau, Mo., 2:57:06; 6. Ron Flowers, Lake St. Louis, 2:57:14; 7. John Kuhlmann, Villa Park, Ill., 2:58:49; 8. Derek Redmore, St. Louis, 2:59:12; 9. Robert Anderson, Ellisville, 3:00:08; 10. John Munch, Kirkwood, 3:00:44.

45-49 — 1. Joe Marks, Columbia, Mo., 2:51:09; 2. Ben Uchitelle, St. Louis, 2:57:56; 3. Donald Williamson, St. Louis, 3:01:58; 4. Joseph Webb, Evansville, Ind., 3:02:27; 5. Stanley Logan, University City, 3:05:10; 6. Harold Dix, Granite City, 3:05:14; 7. Henry Matheson, Galesburg, Ill., 3:05:16.

50-54 — 1. Robert Lemont, Rockville, Ind., 3:00:26; 2. Robert Howard, St. Louis, 3:03:32; 3. Andy Marcec, Carbondale, Ill., 3:06:26.

55-59 — 1. Walter Bauer, University City, 2:57:59; 2. Julio Happa, St. Louis, 3:17:01; 3. Robert Butler, Chicago, 3:25:31.

60 and over — 1. Oscar Hartman, St. Louis, 3:41:19; 2. Bill Kowallsyn, Hammond, Ind., 3:41:58; 3. James Gilbert, Madison, Wis., 3:47:40.

WOMEN
35-39 — 1. Ellen Hartline, Kirkwood, 3:14:49; 2. Barbara Nielson, Rockford, Ill., 3:27:45; 3. Penny Gallogly, St. Louis, 3:38:18.

40-44 — 1. Rosalind Neuman, Clayton, 3:13:56; 2. Mary Kennedy, Norcross, Ga., 3:26:59; 3. Lynne Caruso, Watermill, N.Y., 3:36:42.

45-49 — 1. Janice Burnett, Bridgeton, 3:39:01; 2. Betty Veltin, St. Louis, 3:48:20; 3. Sue Fay King, St. Louis, 3:52:21.

50-54 (no times available) — 1. Carol Schmidt, Warson Woods; 2. Mary Speckling, St. Louis.

55-59 (no times available) — 1. Dottie Gray, Kirkwood; 2. Polly Balley, Clayton.

Manufacturers Hanover

5 Mile
 Seasoner Opener
 Central Park, NYC

Sponsored by Manufacturers Hanover
 Under the auspices of the NYRR
Date: January 2, 1983, 11:00 AM
Distance: 5 Miles
Check-in: Men-1499, Women-610
Total-2109
Finishers: Men-1178 and 10 racewalkers, Women-417 and 11 racewalkers.
Total-1616.
Weather: Mild, overcast, low 40's

Order of Finish—Men

1. Meyers, Ira, 22, BelStr 24:37
Vel A (40-44)
 1. Bassett, Russell, 42 27:38
 2. Kaye, William, 43 27:38
 3. Morton, James, 41 27:45

Vel B (45-49)
 1. Stern, Lou, 48 29:25
 2. Dooley, James, 45 29:36
 3. Hirsch, George, 48 30:01

Masters (50-59)
 1. Dixon, Don, 55 29:46
 2. Moran, Thomas, 50 29:52
 3. Muller, Bob, 57 30:38
 4. Terry, Jack, 52 30:41

Seniors (60-69)
 1. Gibbons, Tom, 61 30:48
 2. Goldstein, Albert, 63 33:06
 3. Mahta, Peter, 60 34:16

Golden Age (70+)
 1. Martin, Luis, 71 38:41
 2. Marinucci, Joe, 74 42:59
 3. Wallach, Robert, 79 55:28

Vel A (40-44)
 1. Parmelee, Patty Lee, 42 32:06
 2. Meyers, Mimi, 40 33:22
 3. Monte, Lona, 41 33:41

Vel B (45-49)
 1. Grace, Julianne, 45 32:54
 2. Phillips, Gudrun, 46 34:30
 3. Marcus, Esther, 47 37:34

Seniors (60 and over)
 1. Rodriguez, Mary, 61 41:50
 2. Havens, Evelyn, 66 48:41

SAN LUIS REY HOLIDAY HALF-MARATHON; JAN. 2, 1983

M40 Mike Calden 1:17:51
 Peter Grey 1:18:55
M50 Wally Ingram 1:19:49
 Patrick Devine 1:23:27
 Homer Rhodes 1:23:39
M60 Jim McCown 1:26:41
 Don Dilworth 1:30:42
 Wayne Zook 1:32:11
W40 Nancy Cortez 1:30:08
 Una-Marie Peirce 1:31:16
 Mary Ann Zouves 1:32:21
W50 Ann Priddy 1:43:27
 Marge Eddy 2:32:36
W60 Gerry Davids 1:48:58
 from Wally Ingram

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width Height
52	Full page	250	10" 18"
39	1/4 page	210	10" 9 1/4"
			7 1/4" 13"
26	1/2 page	160	5" 18"
			10" 6 1/2"
13	1/4 page	100	5" 6 1/4"
			10" 3 1/4"
7	1/8 page	60	5" 3 1/4"
			2 1/4" 6 1/2"
3 1/2	1/16 page	50	2 1/4" 3 1/4"
1		25	2 1/4" 1"

2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions 10%
 6 to 12 insertions 15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES
 50% discount for race and meet notices. No frequency discounts or agency commissions.

5. TERMS
 Net 10 days from billing date.

6. CLASSIFIED RATES
 50 cents per word. Count name and address as 5 words. Race notices are 25 cents per word. Prepayment required with copy.

7. MECHANICAL REQUIREMENTS

- a. See display rates for ad sizes.
- b. Photo offset printing.
- c. Negative ok. No mats, cuts or plates.
- d. No color ads.

8. CLOSING DATES

The 10th of month before date of issue.

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 (213) 785-1895

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Sponsored by NYRR
Date: December 18, 1982, 9:30 AM
Distance: 18.6 Miles
Check-in: Men-274, Women-61, Total-335
Finishers: Men-204 and 3 racewalkers, Women-50 and 1 racewalker, Total-258
Weather: Cloudy, cold, hi 20's

Order of Finish—Men

1. Fourtado, Michael, 25, NYTF1 39:12.9
Vel A (40-44)
 1. Howard, Sid, 43 1:50:59
 2. Bernat, Gabriel, 43 1:52:44
 3. Cery, Brian, 42 1:54:09

Vel B (45-49)
 1. Mueller, Fritz, 46 1:45:34
 2. Becker, Rudy, 49 1:56:44
 3. Chiappella, Vincent, 49 1:56:56

Masters (50-59)
 1. Stillman, George, 51 2:01:48
 2. Jones, Kenneth, 52 2:02:54
 3. Baxley, Charles, 52 2:06:39

Seniors (60-69)
 1. Gibbons, Tom, 61 2:03:57
 2. Levine, Stanley, 60 2:26:16
 3. Graham, Robert, 61 2:27:18

Golden Age (70+)
 Martin, Luis, 71 3:05:43

Vel A (40-44)
 1. Thornhill, Anna, 42 2:11:01
 2. Oster, Harriet, 40 2:15:08
 3. Brown, Millie, 43 2:32:32

Vel B (45-49)
 1. Knight, Kate, 47 2:43:58
 2. Moten, Billie, 45 3:03:02

Masters (50-59)
 1. Moore, Alicia, 52 2:18:39
 2. Jacobson, Audrey, 54 3:05:14

Seniors (60 and over)
 1. Rodriguez, Mary, 61 3:12:31
 2. Havens, Evelyn, 66 3:48:42

VENICE-MARINA 10K LOS ANGELES; DEC. 19, 1982

Open Martti Kiihola 29:54
M40 Norm Cohen 35:17
 Bill Trebilcock 36:41
 Ron Pattinson 36:54
 Stan Wegner 37:23
 Chip Strange 38:09

M50 Tracy Brown 37:37
 Bob Gerlach 37:59
 John Vanegmond 41:59
 Neil Ziegler 42:10
 Carl Schaeffer 42:47

M60 Ed Johnstone 44:12
 Demetrio Miller 45:51
 Richard Hoegh 47:07

W40 Karen King 50:39
 Bobbi Binder 51:07
 Olivia Joyce 51:31
 Barbara Holman 51:39
 Carol Wright 54:16

W50 Helen Dick 43:33
 Kathy Vento 51:38
 Joyce Boedecker 54:09
 Jeanne Carrier 55:17
 Nancy McShane 57:41

W60 Mem Howe 50:34
 Edith Caliste 52:57

DC RRC 10-MILE RUN GREEN BELT, MARYLAND DECEMBER 26, 1982

1 Tim Tays 23 51:13
 2 Bob Oberti 35 54:20
 10 Chan Robbins 45 59:56
 12 Charlie Davis 45 61:07
 15 Jim Verdier 40 62:04
 18 Charlie Ross 45 63:34
 19 Chas Desjardins 46 64:13
 28 Dixon Hamphill 57 67:08
 31 Keith Olson 51 67:56

20-MILE RUN

1 Bob Fischer 42 1:51:28
 2 Eamonn McEvily 40 1:59:52
 3 Laura DeWald 25 2:00:39
 7 Tom Kurihara 47 2:06:30
 18 Dick Wood 53 2:23:55
 24 Henry Sullivan 54 2:29:15
 30 Frank Luff 60 2:38:19
 33 Ed Benham 75 2:42:30AR

AR=American age-group record
 from Larry Noel

MIDWEST MASTERS 30K LAKE BLUFF TO LAKE FOREST, ILLINOIS; DECEMBER 26.

Open Jess Garcia 1:39:27
M35 John Lashbrook 1:54:40
 Frank Matres 1:56:12
 Tom Kotowski 2:00:59

M40 John Nair 1:49:55
 Bob Schrader 1:53:36
 Ed Pachel 1:55:36

M45 Ernie Billups 1:47:53
 Erwin Schuss 2:06:26
 Lynden Bubek 2:07:32

M50 Clyde Baker 1:55:06
 Bob Scott 1:57:50
 Bill Weisgerber 2:10:08

M55 Dennis Lane 2:19:05
M60 Warren Utes 2:04:13
 Frank Waldeck 2:53:04
 Joe Schmidt 2:55:35

M65 John Williams 2:38:19
M35 Cheryl Benson 2:27:21
 Barbara Casal NT
 Celeste Wilson 2:36:59

W40 Kathy Schubert 2:33:51
 Ann Morris 2:57:44

W55 Emily Eilers 2:51:31
 Peggy Gulbranson 2:58:15

5TH WESTLAKE 20 MILE RUN WESTLAKE VILLAGE, CALIF. DECEMBER 26, 1982

Open Martti Kiihola 1:46:25

M40 Ken Price 2:05:02
 Fred Perez 2:08:23
 Tom Carroll 2:09:56
 Bob Nations 2:09:58
 Del Pearce 2:11:35

M50 Jack Thomas 2:18:01
 Burt Elliott 2:19:15
 Bill Winstanley 2:25:54

W40 Chris Rompanen 2:28:48
 Mary Elwell 2:46:11
W50 Margaret Miller 2:40:11AR
M60 George Boyle 2:32:47

201 entrants
 from Brian Pritchard
 AR=Age 55-59 U.S. record



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HEART CLASSIC ROAD RACE RIVERSIDE, CALIF.; DEC. 19.

5K
M40 Bob Stafford 18:07
M50 Wally Ingram 18:23
M60 Dave Lewis 21:37
W40 Carol Taylor 25:49
W50 Mary Storey 21:41
W60 Theda Lindorfer NT

10K
M40 Frank Ogawa 35:57
M50 Wally Ingram 36:12
M60 Robert Kroger 41:58
W40 Cathy Wedel 52:35
 from Wally Ingram

We could have done it with charts. We could have done it with graphs. We could have thrown down enough scientific proof to fill this entire magazine.

But there are some things runners must discover for themselves.



The Odyssey