Both Kiddys Break 50K Records

by REX CLEVELAND

The race was nine laps of a 3.45 mile loop inside the Wakulla Springs Wildlife Sanctuary. With weather of 40°F and rain, it was hard to believe that scenes for Tarzan movies were once done here because of the near tropical environment.

Going eighteen laps for the 100K was Dick Goodman of Selah, Washington, with a U.S. age-63 record 11:56:46. The winner was Rick Alderfer, 39, of Tennessee. Of the total for both races of sixty-nine finishers, thirty-four were masters.

The event was put on by ultra running members of the Gulf Winds Track Club.  

Ahlberg, Fox Win National 10K

by JERRY WOJCICK

Jan Ahlberg, running in his home town, fought off two other age 45-49 entrants to win the 1983 TAC Masters 10K Road Championships in Phoenix, Arizona, on December 24 in 35:16. Ahlberg’s closest rivals were Don Branaman, Tucson, 35:32, and Joe Livesay, Phoenix, 35:56.

Bill Miller, M40, Tempe, Ariz., was the fourth finisher, 36:17, and James Flynn, M50, Scottsdale, Ariz., ran a fast 36:32 for fifth.

Don Longenecker, 66, Silver City, New Mexico, ran a blazing 37:26, which puts him second to Clive Davies’ 37:12 on the 1983 M65 list.

In the M55 division, Californians Jim O’Neil, La Jolla, and Patrick Devine, San Pedro, produced a close championship race with O’Neil winning out by eight seconds with a fine 36:48.

Although winning times were good, the women’s races went relatively uncontested either because of the lack of competition or entrants, especially in the 60-and-over divisions. The first and fifth finishers were separated by over seven minutes and were from different age divisions.

Josie Fox, W40, Tempe, was the vice-

New Zealand, Japan Runners Top Masters In Honolulu

by MIKE TYMN

Ron Robertson of New Zealand, masters winner of the Honolulu Marathon, December 11, in 2:27:50. Photo by Mike Tymn

Ron Robertson of New Zealand, masters winner of the Honolulu Marathon, December 11, in 2:27:50. Photo by Mike Tymn

Coffman, Parker Capture Rocket City Marathon

by JIM OAKS
HUNTSVILLE, Alabama, December 10. Harold Tinsley, race director of Huntsville’s Humana Rocket City Marathon, has always taken pride in offering good competitions in all age divisions. The masters field for the 7th edition of Alabama’s first marathon was the strongest yet.

The male and female divisions were led by three-time Boston masters winner, Bill Hall, and included five other masters runners ranked in the NRDC top ten in their age divisions for 1982: Ernie Billups, 46; Norm Green, 51; Nancy Parker, 47; Alene Park, 58; and Ann Diaz, 43.

There were eleven male masters starters with previous best times under 2:36. Four female masters had PR’s under 3:10. However, it was not a day for the favorites. The temperature (mid to high 60’s) was too high for many PR’s. Although Hall took the masters lead with an opening pace of just over five minutes per mile, he had slowed considerably by ten miles. The masters winner in 1983 would turn out to be 40-year-old Don Coffman from Franklin, Kentucky.

Since turning 40 in May, Coffman has established himself as one of the
NATIONAL MASTERS NEWS

66th Issue, February, 1984

Editor: Al Sheahan
Associate Editors: Jerry Wojtch, Beatrice Palmer

Production
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John Dokulil

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NATIONAL T&F CHAMPIONSHIPS

It continues to amaze me when I read such letters as appeared in your January 1984 issue which strongly chastised Mr. McLatchie and his running of the National Outdoor Championships in Houston.

I participated in five events, one of which was the pentathlon, so I came in contact with a sizeable number of meet officials. All were courteous and accommodating as could be. I did encounter some problems, but everyone should expect this when they compete in a meet of this level.

I spent the majority of my time at the long jump and triple jump area. The officials spent two long days there, and all were gracious. How would some of us like to spend two days raking sand back and forth, only to have a 45-year-old triple-jumper mess it up just when they got it right? I couldn’t even get my own fiancé to attend more than one Masters meet with me, so you know how much I appreciated their weekend efforts. In fact, it was with great personal disappointment that I never asked the redheaded working the sand pit to accompany me to Austin for the week. After all, if she could put up with 75 men playing in the sand for one weekend, she could have surely tolerated me for a week.

This month, I will serve as meet director for the Pennsylvania Masters Indoor Championships in Carlisle, Pa. I’m curious to see how many letters criticizing my meet you will receive. Please reserve several columns, for I’m sure I’ll make countless blunders. That way, all I can do is improve in the future. I’ve only been competing in Masters track for 18 months, but, at 31, I think I’m putting something back into the sport, since I’m hosting the meet in an area that would not otherwise even hear of Masters track. While I do have a sponsor, no club is providing me with any financial assistance, so any meet deficiencies will come out of my own pocket.

For those people who will aim criticisms at the upcoming meet in Carlisle, I would very much appreciate it if they would stand about 140 feet from the javelin foul line when I host a summer meet and pentathlon. I’m sure their presence will improve my otherwise pitiful effort in the javelin.

I found the Houston championships enjoyable, well run and competitive. In fact, I’ve enjoyed every Masters meet I’ve attended, some were just better organized and staffed better than others. I hope the Dallas Masters Track Club gets Mr. Mount to serve as meet director for a national outdoor championship meet in the future. I’d love to return to Texas if the officials at Dallas will be as pleasant as they were in Houston.

By the way, I received my two national medals in the mail within two weeks. Someone even remembered to tell me what my times in the trials were. A two week turn around was great, but then I wasn’t going to wear them to work the following Monday like some people were.

Scott Thornsley
New Cumberland, Pa.

SPORT OR FITNESS?

Mike Tymn feels (Nov. issue) “...running for fitness and running for sport are different, even opposed to some degree. Why does there have to be such ambivalence?”

Well, you can’t have your cake and eat it too. The expression “go for it” sounds glamorous, but there always is a price to pay. If the good stress outweighs the bad stress, then do it. You may not go for it due to health, injury, being underweight already, lack of motivation, anxiety about racing, lack of time or other reasons. But there are ways to narrow the gap between sport and fitness.

The main difference between the two is that, in sport, there is “something on the line”, be it money or awards; a chance for a P.R. and/or publicity; and reputation (“what will my friends think if I fail?”). If fitness running outweighs the bad stress, then do it. Although fitness running is increasing world-wide, the attendance at World Games is decreasing. The intention to move the Games around the world is admirable, but not logical. Americans and Europeans

CONTINUED ON PAGE 11

Snohomish Takes Team Title

REILLY, MATSON WIN
NATIONAL 10K X-C

NEW YORK CITY, November 13. The 1983 TAC National Masters 10-kilometer Cross-Country Championships took on a truly national flavor as three of the top awards were divided among three different areas of the nation.

Pennsylvania’s Bill Reilly, 40, picked off his second TAC National Masters championship in two weeks (he won the 15K at Penn State, October 30 in 50:37) by being the first 40+ runner across the line.

San Diego’s Shirley Matson, 43, literally came across the country to win her second consecutive national 10K X-C championship. She covered the tough, hilly course in Van Cortlandt Park in the Bronx in 39:21 on a cold, windy day.

The Snohomish Track Club of Seattle, Washington sent no less than 10 runners to the Big Apple to capture the nation.

Mueller, Kirchen Lead Record Breakers In National 30K

Fritz Mueller, 47, of the Central Park TC, showed no respect for younger masters runners in winning the TAC National Masters 30K Championships in Central Park, New York City, on December 18. In fact, Mueller’s closest masters competitor was 51-year-old Norm Green. Both runners broke 30K age group records; but Mueller’s time will be listed as that of a foreign resident.


Two other male masters revised the 30K age-group records. Howard Rubin, 55, reduced Jim O’Neil’s old M55 mark of 1:56:36 to 1:52:42. Dixon, 56, whose M50 record time was broken by Green, was second to Rubin in 1:57:08. George Sheehan, 65, posted a division win and changed Wilfredo Rios’ national M65 record of 2:15:21 to 2:13:52.

Among the 40-and-over women, Elaine Kirchen, 41, running for the Warren Street team, was an easy victor in a women’s overall second place time of 1:59:04, which set a W40+ record for a circular course. (Cindy Dalrymple holds the W40+ point-to-point course record of 1:57:41.) No other W40+ finished within fourteen minutes of Kirchen’s time.

However, Margarete Deckert, 50, broke the national W50-54 mark held by Alicia Moore of 2:18:39 with a Continued on Page 8

RECORDS FALL IN
FLORIDA PENTATHLONS

from RANDY COOPER

As it does every year, the Holiday Weight and Regular Pentathlon, held December 17-18, Delray Beach, Florida, produced records on both days. Arnolds Ticmanis, 78, the Latvian strongman from Thornhill, Ontario, led the assault on the 1983 Age Record Book by throwing different weights on two days, despite arriving a day late from Uruguay, where he had competed after a meet in Argentina and the World Games in Puerto Rico.

The weight duel between 57-year-olds Bob Richards and Richard Bergenback drew a front-sports-page write up in the West Palm Beach Post, headlined “Olympian Richards Must Have Been Eating His Wheaties,” with ample photos. Both topped existing weight pentathlon age records.

Weight pentathlon age records were also set by Don Pierotti, 72, (3463 pts.), Arnolds Ticmanis, 78 (3198), and Shirley Smith, 48, (1901). Gilberto Gomiztas, 70, had a near miss at 3430.

Nate Robinson, 31, of Deerfield Beach, Fla., was the star of the December 18th regular pentathlon with outstanding performances in the long jump (6.13), javelin (52.22), and 200 meter run (23.19) for a 2845 total.

The heroine of the meet had to be Shirley Smith, who motorbiked from St. Petersburg to try for a shot put record, broke it, stayed for the other events, and broke four more. At dark she took off on a four hour ride home in a drenching downpour that lasted after midnight.

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Inactivity Speeds Up Aging; Exercise May Slow It Down

Aging may result more from lack of exercise than from the number of years one can count on the calendar, concludes Walter Bortz, M.D.

"A great deal of what passes as change due to age is not really that at all, but rather the result of inactivity," says Bortz, president of the American Geriatrics Society and co-chairman of the American Medical Association's Committee on Aging.

Exercise is now listed as valuable for numerous medical conditions, including coronary artery disease, hypertension, obesity, diabetes, osteoporosis, and depression.

"No single medical prescription bears such an impressive list of benefits as does exercise," Bortz writes. "Until recently a physician who prescribed exercise for a patient was labeled a kook. In the near future, a physician who doesn't prescribe exercise under certain circumstances will be guilty of malpractice."

Osteoporosis, a bone disease affecting older people, particularly women, is significantly retarded through exercise, explains Bortz. The condition is characterized by a reduction in bone density accompanied by increasing porosity and brittleness—the cause of many broken bones in older adults.

Thought to result partly from a loss of calcium in the bones, osteoporosis is now often treated with exercise, which has been shown to diminish calcium waste.

Exercise also affects brain function by generating catecholamines and...
## Official Entry Form

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**Notes:**
- All fields will be run in the schedules final time slot.
- The SP, LJ, TJ, WT event competitors will each receive 3 jumps or throws in prelimes with top 6 to finals.
- The HJ, PV bar will be set a lowest height requested by any competitor — the bar will not be lowered during the event! (Note: two sections, by ability, in pole vault.)
- We will do everything we can to ensure that the meet is run on schedule. If you enter both track & field events where the schedule may conflict, you do so at your own risk.
- The event officials will have final word regarding any time allowance to competitors. We will not disrupt the event and inconvenience other competitors.
- Seeding to be at discretion of meet officials.

### Athlete's Release

In consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, assigns, and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against, any company, association, place, or person, its agents, and all other meet sponsors and sports facilities or their officers, agents, or employees, for any and all damages which may be suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of the Meet Director to require supplementary training and/or medical evidence before allowing me to compete, and further recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed. I certify that all information contained on this application is true.

**Date:**

**Athlete Signature:**
Jack Daniels — The Consummate Warrior

Jack Daniels has two Olympic medals to his name — a silver from Melbourne and a bronze from Rome — but his most memorable competitive experiences are running a 2:38 marathon at age 39 and receiving a bouquet of flowers from a 10-year-old girl after winning an event in Sweden.

Daniels, 50, is a research physiologist for Nike at its Athletics West lab in Eugene, Oregon. Although most of his time these days is spent in helping others improve performance,

"It was a hard cinder track, and we did a lot of quarters. I really dreaded it and came to hate running then. I had shin splints all the time."

Daniels says that he still has the desire to stay fit and test himself. It is not easy, however, for Daniels to find competition in his specialty. He is one of those rare diversified athletes who are known as pentathletes.

It is somewhat ironic that Daniels had to leave war-torn Korea for Ft. Sam Houston, Texas, in 1956 to become the consummate warrior. Then a lieutenant in the Army, Daniels won a triathlon event (run, swim, shoot) in Korea and qualified for the Modern Pentathlon championships and also won the Swedish national championship of 1957, which had 17 countries competing. It was during the victory ceremony in Sweden that he received the bouquet of flowers from the young girl.

Born in Detroit, Daniels grew up in San Carlos, Calif., just south of San Francisco. He lettered in swimming at Sequoia High School in neighboring Redwood City, and at Montana University, he was the conference backstroke champion one year.

"I didn't get into running until the competition for that first triathlon," Daniels says. "After I got down to Ft. Sam Houston, I started running on the track five days a week. It was a hard cinder track, and we did a lot of quarters. I really dreaded it and came to hate running then. I had shin splints on all the time."

A typical day of training during his pentathlon days went something like this: 5:30-7:30, riding; 8:30-10:30, fencing; 11-12, swimming; 3-4:30, shooting; 7:30-9, running. "I ate now and then and I saw a movie in 1957," Daniels quips.

With only limited training, Daniels took part in the 1972 Olympic Trials, finishing 16th. "I did nearly as well in terms of points as I had done in 1960, but the competition was a lot better than in '60," Daniels comments. "It used to be that the competitors were either 'runners' or 'swimmers' and no one did well in both events. That's changed. Now you've got to do well in both if you expect to make the team."

Daniels feels that with the improved training methods, especially in swimming, and given several months to prepare, he could score as many points now as he did 25 years ago. "Age isn't a big factor in the shooting and horseback riding," he says. "I'm not sure about the fencing, but I think with five or six months training I could get most of it back."

As Daniels sees it, whatever he has lost in running and swimming to aging can be made up through modern training methods. "We never put in more than an hour a day of swimming," he points out. "And we didn't swim more than four months a year. Elite swimmers today are training five or six hours a day year-round. The top men back in '64 wouldn't make the women's team today with their times."

As for running, Daniels mentions that his 2:58:30 marathon back in 1972 was done on about 35 miles a week of training and got him second place in the race. "That'll tell you how much things have changed there," he laughs.

Daniels, who has a Ph.D. in physiology, should be able to take credit for some of the advances in training technology. Research projects he has completed include: effects of rest and prefrontal running on cost of running; effects of a two-hour run on the aerobic demands of running; grade and changes in the cost of running; economy of exercise; anaerobic threshold and respiratory rate; how air shoes stand up against more normal midsole materials; a study of elite female distance runners; and predicting race performances.

A bachelor, Daniels has been with Nike for four years. He moved to Eugene last year after working in

Photo by Warren Morgan © 1983

"When you can't compete in your sport anymore, well I guess it doesn't mean as much."

Jack Daniels

Photo by Warren Morgan © 1983

Daniels keeps in shape these days by running 30-35 miles a week and occasionally getting in a little swimming. His last serious competition was in the triathlon (the run, swim, bike kind) of the Masters Sports Festival at Philadelphia in 1982. He placed second among the masters in that competition.

"I'd like to do the Ironman in Hawaii, but I want to be fully prepared for it," he says. "With work, quite a bit of travel, and all the rain here in Eugene, I haven't been able to get in enough swimming or biking."

Daniels would like to see masters competition in the modern pentathlon in this country. He mentions that there is such competition in Europe.

Where are his Olympic medals now? "Somebody absconded with one of them," he replies. "I've got the other one in a drawer. Every once in awhile I think about putting it in a frame with the certificate they give you, but I never get around to it."

"If I had won a medal in running, I might feel better about it because I can still participate in that. When you can't compete in your sport anymore, well... I guess it doesn't mean as much."

Photo by Warren Morgan © 1983

National Masters News February, 1984
Home Savings of America and the L.A.-Valley Athletic Club proudly present the

April 28 & 29, 1984 - UCLA Drake Stadium

Jon former Olympic greats Parry O'Brien, Dean Smith, Thane Baker, Bob Richards, Barbara Ferrell Edmonson, Josh Culbreth, Ron Whitney, Ira Davis, Bob Humphreys, Lynn Evans and Payton Jordan as they compete in track events at the Holiday Inn-Bel Air (near UCLA) for those athletes and guests who are bidding in the 100 meter dash to the 5000 meter walk and field events from the long jump and pole vault to the hammer throw and discus.

The meet is open to all athletes, men and women, age 30 and over. Athletes will compete in five-year age groups: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80+. Medals will be awarded to the first three places in individual events and all members of winning relay teams. Entry Fee: First event - $9, each additional event - $4 (maximum of three events plus relay). Entry fee includes souvenir program and official Olympic Legends Meet T-shirt for each competitor.

Banquet: Saturday evening, April 28, at the Miramar-Sheraton Hotel in Santa Monica, honoring our Olympic Legends Dinner-dance and entertainment - cost $12.00 per person.

Rooming List

**Rooming List**

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**EVENTS**

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**Track and Field Meet**

April 28, (Sat) and 29 (Sun), 1984

UCLA Drake Stadium

Los Angeles, California

Entry Address: L.A.-Valley Athletic Club
1801 Ave of Stars, Suite 415
Los Angeles, Ca. 90067

Entry Fee: $9.00 for each additional event (Max. 3 events) and Relay Teams $20.00

Entries: Athletes may enter 3 (three) events plus the relays. This will help to keep the meet running on time.

Awards: Medals will be awarded for the first three places in individual events and all members of winning relay teams.

Heats: Heats will be required in the 100 through the 400 and possibly in the hurdles. Heat & Lane assignments will be posted.


Miscellaneous: Running order. Women and those youngest to oldest.

Implements: Discus - 4.6 lbs male, 3.9 lbs female

Hurdles - 110m Hurdles 400m Hurdles

Competition will be held in five year age groups starting from age 30.


Competition will be held in 5 year age groups starting from age 30.

Surface: Tartan synthetic all-weather, 3.5 inch spikes must be used.

Hotel accommodations have been made for a reduced rate at the Holiday Inn Bel Air (3 min from UCLA) with shuttle bus service to and from the hotel to UCLA on Sat. & Sun. - Rates is $25 per person.

Individual room reservations must be in no Later than Feb. 27, 1984. 4 guests shared by credit card No. or 1 night deposit.

Please reserve room for yourself only. Date: Check Enclosed:

**Return this form with your check to:**

William E. Adler
L.A. - Valley Athletic Club
1801 Ave. of the Stars, Suite 415
Los Angeles, Ca. 90067
On Approaching Every Problem With an O PEN MOUTH
by W. MacDonald Miller

The holidays have come and gone and, hopefully, your life is also back to something resembling a normal existence. Regardless of the late date, I would still like to share the Christmas card I would have sent you, personally, had I had your address. It’s a tradition with us. We send out a photo of the family and I say a word or two about each of us, although there be a certain emphasis on the positive.

1983 CHRISTMAS UPDATE

Daughter Julie and son-in-law Peter Hawley had number two, December 19, 1983. 18-month-old Andrew is a typical Miller, reading Time magazine, playing Mozart on the piano, and already can throw a great curve ball. Old semi-soft Miller, man of the pepperbelly, drove an airport limousine, and was a part-time brain surgeon in his capacity as a medical tender.

Oldest son Trevino, taking his first year of seminary in Phoenix, Arizona. Currently living with famous short hitter, Shelby the Futch. Prior to becoming a Miller, Trevino was a wetback-pepperbelly, drove an airport limousine, and was a part-time brain surgeon in his capacity as a medical tender.

Mondo Mojo, a marathon failure and inventor of the multicolored pocket protector. Robin, 22-year-old son, student-athlete, defensive back, college graduate, and international traveler, returned in December from a three-month stay in Mexico with a deep understanding of the Latin culture, a sensitive awareness of their traditions, and a mild case of the clap.

Sofie Muffet, traveler, guest and near family member from Megeve at the base of Mt. Blanc in the French Alps. Contrary to many a mixed metaphor concerning France—she always wears pants. Front row left to right—Muffet, 18 year old daughter, college freshman in Los Angeles, and no doubt on a collision course with drugs, sex, and scandal. In an attempt to avoid these and certain other misadventures, her father has enrolled at a nearby medical school, preparing for a residency exclusively in Gynecology.

Marlene, 50-year-old matriarch and six-handicapper at one of the snottiest country clubs on the entire North Shore, and a two-time grandmother. Don’t even bother to ask the club name because you couldn’t possibly become a member.

Peter, 15 year old son, ghostlike complexion with mild acne, has worn braces on his teeth for 12 years. Great attitude, improving daily as a basketball player. During a recent game, he actually came close to getting off a shot.

I would also like to invite you to join us for the BAJA 126.2. It takes place in both California and a place time forgot—Baja, Mexico. For those of you who think the Western States, Ironman, etc. are tough, how about 10 miles with MacDonald Miller?

BAJA 126.2 WEEK is not, by any means, a walk in the park. It couldn’t possibly be mistaken for, say, a kiss in the dark. It could be, however, a rare happening that combines some of the best ingredients life has to offer in a unique and challenging undertaking.

Without great detail, here’s what it is: a gathering of friends, relatives and healthy competitors for a pair of events. First, on February 18, 1984 we will gather in Los Angeles, California. On Sunday, February 19th, we will participate in the Los Angeles Marathon being run on the Marathon course of the ’84 Olympic Games. Later that same day we will drive to San Diego for the evening. On Monday morning, February 20th, we will fly from San Diego to La Paz, Baja California, Mexico. We will stay in La Paz (approximately 1,000 miles south of San Diego) Monday night. On the morning of Tuesday, February 21st we will embark on a second leg of the BAJA 126.2. We will run and backpack some of the most magnificent territory in the entire world, en route to the Cape, 100 miles away, at Cabo San Lucas, Mountains and bush, watersheds and rivers, trails and desert—a land that has refused to surrender to automobile or people. A harsh, unforgiving and idyllic land that echoes a siren song of beauty—Come—Enjoy—Live!

God has granted us no greater gifts than the sun, the fellowship of friends and the ability to be, as Miguel de Unamuno, the Basque writer, called “at one with the universe.”

This is your invitation to join some of the world’s minor sportsmen and women they know, in search of what the Mexicans have come to call, “simpatico”. One week of your life, devoted to discovering who lives down there in the depths of yourself where the guts and the soul and just maybe, the grandeur of each of us comes from. (Apologies, I’ve always been a veritable cuisinar when it comes to metaphors.)

Vengan con nosotros!

Mueller, Kirchen
Record Breakers

Continued from Page 3

W50-59 victory time of 2:15:05.

The Syracuse Chargers club won both the 40+ and 50+ masters team titles.

Besides serving as the masters championship, the race was also the MAC Senior and Masters Championships and the RRC Open 30K Championships, which meant that some winning racers did the hat trick and were triple winners. 

What You Need to Know

**TRACK & FIELD BOOKS**

BRITISH AMATEUR ATHLETIC BOARD OFFICIAL PUBLICATIONS

LOTS OF INFO, PHOTOS & ILLUSTRATIONS ON TRAINING & TECHNIQUE

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Payable to WIMSEY HOUSE.
The 14th 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 race 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 56B4, Raleigh, N.C. 27650. Meet Director — Jerome J. Perry

**CONTACTS:** Ray Fulghum or Sue Nonsup (919) 735-6804 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), 80-89 (5A), 90-99 (5B).

**ENTRY FEE:** $7.00 includes first event in either track & field or distance run, commemorative patch, and final results booklet. Payment in U.S. dollars only. NO REFUNDS AFTER APRIL 27.

**SANCTION & REGISTRATION:** This event is sanctioned and certified by TAC/USA. All U.S. citizens shall be registered with TAG.

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

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

**Friday, May 4th:**

**EVENTS FOR WOMEN:**

- 110 Meter Hurdles 3A 36" 33" 30" 30"
- Shot Put 16Lb 16Lb 12Lb 8Lb 8Lb
- Javelin 800Gr BOOGr BOOGr 600Gr 600Gr
- 1000M 3A 3B 4A 4B
- 1500M 3A 3B 4A 4B
- Half Marathon
- 10 KILOMETERS
- 20 Kilometers
- 3000M Men 4:00 PM, Women 4:30 PM
- 10000M Men 4:00 PM, Women 4:30 PM
- *This is a closed event. Do Not Enter*

**Saturday, May 5, 1984**

**EVENTS FOR MEN:**

- 110 Meter Hurdles 2A-2B
- Shot Put 3A 3B 4A 4B
- Javelin 600Gr 600Gr 600Gr 600Gr
- Hammer 16Lb 16Lb 16B 16B

The 1983 rule book shall be used except that there shall be a total of four attempts for all competitions in the throws and horizontal jumps.

**EVENT SPECIFICATIONS**

**EVENT TITLE**

- 6A—9A
- 1A
- 2A
- 3A
- 4A

**EVENT NUMBERS:**

- Event 10
- Event 11
- Event 12

**EVENT SCHEDULES OF EVENTS**

**EVENT 11:**

- Marathon
- Half Marathon
- 10K
- 20K
- Weight Penalties

**EVENT FORM:**

- It is important to enter all participants that have not filled in the entry form completely and accurately. Errors or omissions can result in the names being left off results or not receiving results. This will do all that we possibly can to protect your entry, but you must complete and return your entries.

**EVENT VERIFICATION:**

- It is a requirement that everyone verify the race time on all events.

**FIELD EVENTS**

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

**DETACH ENTRY FORM BELOW AND MAIL TO:** Southeastern Masters c/o Raleigh Parks & Recreation F.O. Box 2602

**Raleigh, North Carolina 27612**

**ATHLETIC RELEASE**

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, administrators and assigns, and discharges the promoters, managers and operators of the City of Raleigh and the Southeastern United States Masters Track and Field Inc., Cooper Group/Lufkin Division, the Athletic Congress (TAC) and the 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, whether directly or indirectly, by reason of the participation in or traveling to or from the said races to be held May 4, 5, 1984, except as specifically provided for in the Race Registration Form, or resulting from the negligence or carelessness of such promoters, managers or operators or their agents, servants or employees, and does hereby covenant and agree to and does hereby consent and fully release all damages, whether direct, indirect or consequential, to any physical impairment or defect of any sort which may be sustained or attempted to be sustained during participation in such events, the same being my sole responsibility.

**ATHLETIC SIGNATURE**

**CONFIRMATION**

- Entry confirmation will be by self-addressed envelope or postcard only.
National T&F Championships:  
You Get What You Pay For

Like Jim Vernon (letters, Dec. NMN), I hate to see masters meet organizers and officials get criticized. In the first place, it is utterly bad manners to complain about the quality of a gift; and that is precisely what the opportunity to compete in a volunteer-run, volunteer-officiated meet is. It may cost you hundreds of dollars to travel to the meet, but those dollars do not end up in the pockets of the people who put on the meet. These people try very, very hard, and get nothing in return except the dubious privileges of 1) being present at an event they cannot watch because of their official duties, and 2) interacting with hundreds of nervous people made more testy than usual by their nervousness. I know what it is like. I officiate for local high school meets. It is a service that I perform. It takes a lot of time, is nerve-wracking, and is not particularly fun or interesting. Secondly, all PR aside, masters T&F has not grown much in the last ten years (in stark contrast with long distance running). It wouldn't take much bitching to kill the whole volunteer-powered thing!

This being said, I must admit that the quality of the organization, and especially the officiating in the events that I usually enter (the field events) is almost always low, and is not infrequently ludicrous. To plan the field events one must take into account the quality of the organization, and feelings and improve nothing. A hard look at how we are presently doing things and see if there isn't a better way. Clearly the truly heroic efforts of volunteer directors and drafted "officials" are not capable of producing quality meets for us field event people, and complaining to the exhausted volunteers is only going to hurt their feelings and improve nothing.

My suggestion for a way out of this morass begins with the old saw, "You get what you pay for." We may spend hundreds for travel, but once at the meet shell out only ten bucks or so, and most of that only for medals and shirts. I suspect that subsidized school sports are so much a part of the American sports scene that most of us feel, deep down, that somehow, track meets ought to be just about free (except maybe the awards). This attitude virtually guarantees us the snafus that we experience every year. I think that all major championship events (world and national at the very least) should be organized and put on by a paid staff that does not change much from year to year. Such people could travel to the site selected, deal with such problems as Wichita's illegal fields, hire and train local youths as officials, publicize the meet, and set the schedule. These people could take, constructively, the criticism that volunteer directors and officials have never had, to publish the schedule. These people could take, constructively, the criticism that volunteer directors and officials have never had, to publish the schedule. These people could take, constructively, the criticism that volunteer directors and officials have never had, to publish the schedule.

In summary, I think that those field events who complain that many of our biggest meets are closer to picnics than to serious competitions are more right than wrong. If we are not serious enough ourselves to correct this, I do not think our future will be bright. If it costs $30, or even $50 to enter the Nationals, so be it. It would be well worth $50 to me to KNOW that my biggest meet of the season would be a professional quality competition.

PS. This summer's championships at Eugene, held in a stadium exclusively laid out for T&F, run by people who put on major invitational meets, and served by knowledgeable judges from the OTC, will probably be well run that criticism will die down for the moment. In '85, however, pretty much no matter where else the meet is held, things will almost surely be back to normal.

Ahlberg, Fox Win

National 10K

Continued from Page 1


Barbara Dibble, W50, Tucson, took third place, 44:33. Claudia Fakoury, W40, Glendale, Ariz., finished fourth, 46:10, and Adele Milesic, W55 Scottsdale, was fifth.
Write On!

Continued from Page 2

make up 75% of all active vets. The intention should be to attract the maximum number of competitors. You do not do that by taking the Games to places like New Zealand and Puerto Rico. Compared with the 3500 in Hanover in 1979, there were 2300 in Christchurch and 2000 in San Juan. The fewer competitors, the less it becomes a true World championships. You can bet there will be 3500 to 4000 in Rome in '85 and over 2000 of these will be Europeans.

There is nothing wrong with New Zealand as a venue, they can handle a big Games very well. But it's just too far away to ensure a good attendance. Yet they want the 1989 Games.

I think enough has been said about San Juan. The Puerto Ricans are charming people but they don't know how to run a T&F meeting. Perhaps it was our mistake for allowing ourselves to be persuaded to go there.

We are limited to the countries that put in a bid to stage the Games. I think a bid from a U.S. city is overdue. The best plan would be to alternate the Games between Europe and North America. A venue on the west coast of the U.S. or Canada would be fair to Australians and New Zealanders who generally have to travel farther than everyone else.

Wilfred Morgan
Birmingham, England

NATIONAL 10K X-C

The TAC National Masters 10K Cross-Country Championships November 13 in Van Cortlandt Park in the Bronx, N.Y. was the poorest organized and most mismanaged race I have ever attended in my 500-plus races. Numerous award winners were constantly being called back to exchange awards. Legitimate winners were not recognized. There was no water to drink either before or after. No toilet facilities were provided. It was a disgrace for a TAC championship.

Dan McCaskill, Jr.
Solana Beach, California

300-METER HURDLES

The change to 300 meter hurdles for age 70 and over, made by WAVA, is an insignificant one. There is hardly any difference between 80 and 100 meter hurdles for 70's. The change that really should be made by both WAVA and U.S. Masters is from 400 meters to 300 for the "intermediates."

The only changes necessary would be from ten to eight hurdles. Except for the finish line, all markings are the same as for 400 meters. Practically all U.S. tracks are marked for 300 meter hurdles, for this is the standard event for all high schools—both men and women.

At San Juan, there were eight of us (all lanes) in the 70-and-over 400 hurdles, and there were a few who regularly run the event who were not there. This shows the interest in the event. I think we all agree, however, that 400 meters is too far and that 300 would be ust right.

As the switch from 400 to 300 meters for 70 and over hurdles is so simple, not to say necessary, I strongly recommend that the change be made as soon as possible.

Dick Lacey
Clearwater, Florida

KUDOS

Congratulations for another fine year of top flight covering of the Masters T&F program.

W.J. Seldon
San Antonio, Texas

NMN gets better each issue. It does tend to disrupt my day upon its arrival, however. Everything else stops while I peruse NMN, unless my husband beats me to it.

Lori Maynard
Redwood City, Calif

I couldn't survive without the National Masters News. It is a very difficult job, beautifully done.

John Woods
Alajuela, Costa Rica

Congratulations on your terrific coverage of the V World Games. The whole November issue is outstanding.

Ruth Anderson
Oakland, California
RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

RUNNING IN THE RAIN

S
omehow road racing is very much like going fishing: it seems you should have been here yesterday. The weather was perfect, and the fish were biting.

The most important and perhaps least understood factor in running soaking wet...is heat transport.

However nice the weather on arrival in the race-site community, no responsible race chairman would consider guaranteeing that the conditions will hold for twenty-four hours. So, in addition to all the little questions we are asking ourselves about ourselves, we must also speculate on another variable precipitation.

This may arrive in one of three forms: fog, rain or snow. On a national basis, the last is unlikely...except for us Siberian Tigers from the Midwest. Hence, let's talk about the effects of running in the rain.

The most important and perhaps least understood factor in running soaking wet...is heat transport. On a very warm race day, the arrival of an abrupt rain shower can aid in the reduction of body core temperature...and feels great. But if the temperature is very warm, and the rain water is also warm, the end result may be decidedly negative in relation to comfort and performance. The high humidity associated with rainfall greatly reduces the capacity of the body to cool via evaporation. And an important mechanism for maintaining optimal body temperature is lost.

Another important effect of running in the "hot and humid" will be in the increased small airway resistance. The expression may not be familiar to all of you. But, the feeling is. You can recall the "heavy air" that exists throughout those training runs when the temperature and humidity are both high. The difficulty in breathing that we all recognize is due not only to the increasing body core temperature with its associated high oxygen demand, but also to the difficulty in exchanging carbon dioxide and oxygen.

If the air temperature and the rain water are both cool, there is a likelihood of hypothermia. These factors would be influenced substantially by wind and wind chill. Even the volume or intensity of the rain would accelerate heat transfer from the body surface to the external environment. And the internal environment will suffer if these conditions continue for any period of time. Though the first impressions of cooling may be salutary, the long term effect may be of body chilling with reduction of muscle mass temperature. At this time, the runner will note increasing muscle resistance, the pace slows despite continued effort, and muscle spasm problems may arise.

Blisters are a common complaint following rain-struck races. When shoes and feet are wet, the feet slide about a good deal within the shoe. Areas of skin that normally are immobilized against the shoe are sliding about under pressure. Plasma oozes into to the subcutaneous patches that are thus abused...to be followed by bleeding. Hence blisters.

Prevention is superior to treatment. And the pain is less. I vaseline my feet, socks, and shoes not once but several times before the race-start. This has been a tried and true procedure, and only fails when I fail to carry it out.

In cold, wet and windy weather, I not only "superlube" the friction areas but also the broad surface areas of the thighs and forearms where I can expect to lose heat. Without increasing body weight with heavy, wet clothing, I can protect myself significantly from hypothermia.

Footplant is a problem when the terrain is wet. I have difficulties seeing the small variations of road surface and find myself often planting my feet with substantial caution. This requires more energy. When combined with the extra weight of wet shoes and shorts and shirt...the work effort is increased. And early in a rainy race, I am very cautious not to overrun the pace...and end up with a very poor performance. So, early on I settle for a good, solid try and a medium time. I have never run a PR on a rainy day. Have you? If so, please pass on the left, and don't splash.

I vaseline my feet, socks, and shoes not once but several times before the race-start.

Price Chopperthon

11th Annual RRCA National Championship 30 Kilometer Race
Schenectady to Albany, New York Sunday, March 18th - 10 am
Fun Run 5 Kilometer
Saturday, March 17th - Noon

For further information contact: Price Chopperthon 884 Box 383, Burnt Hills, New York 12027

Judy Kewley, 39, crosses line as 1st female in Open Lasse Viren 20K. Nov. 20. She is hollering, "I got a stress fracture!" She didn't.

Photo by Richard Lee Slotkin

Margaret Miller, 57, at the Twin Cities Marathon, Minneapolis, Oct. 2, where she won $1,000 for her 3:14:10 time. Marathon photo
Masters Track & Field Report

by JERRY ALAN DONLEY
Chairman, TAC Masters Track & Field Committee

(At The Athletics Congress convention last December, Jerry Donley was unanimously elected by the TAC Masters Track & Field Committee delegates to serve as the new National Committee Chairman. He replaces Jim Weed, who did an outstanding job of moving the program forward from 1981 thru 1983. An attorney from Colorado Springs, Colorado, Donley is the current U.S. TAC National age 50-54 pole vault champion. He is also the reigning 50-54 world veterans champion, winning the gold medal in Puerto Rico with a vault of 12'11½". He will keep NMN readers informed on the progress of the masters track & field program with a regular column in these pages. — Ed.)

D ave Pain, Robert Fine, Jim Weed—a very unique combination of personalities—have been the creators and leaders of the Masters Athletics Program for the past 16 years. Each brought his own style of strong leadership, and each developed the program further.

In 1974, when I spent the better part of a day calling from one end of the country to another, trying to find someone who knew about a track and field program for people over forty, I little realized the ramifications of those calls. Certainly, I didn't appreciate the physical conditioning program I was going to impose on my family, my business and myself. (My wife still has a tendency to walk about ten feet from me and to pretend not to know me when I carry my vaulting pole through airports.) And, there was no way for me to foresee, in 1974, that in 1984 I would have the opportunity to serve as the chairman of the Masters Track and Field Program.

The TAC convention in 1983 at Indianapolis demonstrated that your Masters program has reached a high level of maturity. It is providing continuity of leadership on the subcommittees, and an approach to evaluating past activities and planning for the future that will provide a program with even greater sophistication.

More importantly, this is being done with a great deal of common sense and friendship. All around the country, there is a growing interest in our program. It has been a program that the participants have provided. In that sense, it is totally unique. It has grown and matured because almost every participant has done his and her share of timing the races, setting up the hurdles, and running the field events. It is your program, and while the leadership has been fresh, the program is meant to be actively involved—individually and collectively—locally, nationally, and internationally—the better your leadership will be, the better your program will be, and those who enjoy the Masters Track and Field program will continue to receive its benefits. I am looking forward to the coming year, not only in helping to formulate and promote the program as its chairman, but also to continuing to receive its benefits by being involved in the program as a competitor.

Inactivity speeds up aging

Inactivity speeds up aging

Continued from Page 4
noradrenaline, chemicals that stimulate the nervous system, and dopamine, which affects a person's brain responses. "Endurance exercises such as long-distance running increase these neurostimulants, which in turn may improve a person's mood, attention span, memory, and other basic brain functions," Bortz says. "The brain, no less than the rest of the body, is subject to the 'use it or lose it' law. As we allow ourselves to settle back into the brain-numbing existence found in many older life patterns, senility cannot be far behind."

Bortz, who cites studies in his article showing that 40 years' worth of inactivity can be recovered through exercise, reconditioning the heart and lungs of a 70-year-old to those of a person in his or her 30's, gives the following advice to those who would rather ride than walk: "If we really want to find a fountain of youth, it seems very clear that we have a much better chance of finding it if we search on foot—rapidly!"

12th Annual Athletic Congress Eastern Masters Indoor Track & Field Champions

Sunday, March 18, 1984

SUNDAY, MARCH 18, 1984 11:00 A.M. WEST POINT FIELD HOUSE, U.S. MILITARY ACADEMY

SPONSORED BY SEVEN UP, NIKE, THE NEW YORK MASTERS SPORTS CLUB, THE METROPOLITAN ATHLETIC CONGRESS.

OPEN TO MEN AND WOMEN OVER THIRTY YEARS OF AGE - REGISTERED IN THE ATHLETIC CONGRESS - FIVE YEAR DIVISIONS FROM 30 TO 89 YEARS OF AGE.

SPONSORED BY SEVEN UP, NIKE, THE NEW YORK MASTERS SPORTS CLUB, THE METROPOLITAN ATHLETIC CONGRESS.

PRIZES CHAMPIONSHIP MEDALS TO THE FIRST THREE IN EACH DIVISION. CHAMPIONSHIP PATCHES TO THE WINNERS OF EACH DIVISION.

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MARK GRUBI, TRACK COACH
by GRETCHEN SNYDER

It is early evening on a late autumn day at Edwards Field on the University of California campus in Berkeley. Runners are going through their interval workouts under the direction of Mark Grubi, the 67-year-old coach of some of the top masters track athletes in the San Francisco Bay area.

Grubi is the official coach of the Northern California Seniors Track Club and the unofficial coach and friend of any runner who asks for help. "Great athletes succeed because they have talent, willpower and determination," he says. "A good coach can only help them a little. A bad one can actually cause them to break down."

"It's very important to learn to run lightly over the ground without pounding, in order to develop speed and to avoid injury. Spikes strengthen the legs and allow the runner to learn proper technique and balance."

"Fifteen to 20 miles of quality work a week is enough for the older athlete and will allow him to reach his full running potential without breaking down."

Sessions have always existed side-by-side, and have complemented each other.

His parents both came from Yugoslavia, and Mark was born in Hoaquiam, Washington in 1916. Before World War II, he received a degree in animal husbandry from the University of Washington.

After the war, during which he served as a marine in the 1st Beach Battalion, he spent one year at the University of California at Berkeley, and then five years at the U. of Cal. at Davis in veterinary medicine under the G.I. Bill.

"I've done everything," he says. "I've been a commercial fisherman, like my father, a longshoreman, logger, rodeo performer, and was even a professional weight lifter for 12 years.

He retired about 15 years ago, and now focuses on training and coaching runners — both the human and equine variety. "I have to keep doing something," he says. "I need to feel I'm being useful to somebody."

A bon vivant and ladies man until age 40, Mark has never married. But he and Josie Kolda met 27 years ago, and they've been going together ever since.

Grubi has never charged a fee for coaching. Ten years ago, he agreed to coach the first women's track team at Cal Berkeley. They had no money, so he volunteered to do it free.

"We took anyone who came out for track. Everyone got to go to all the meets, and it was a lot of fun. That's the way it should be."

Today, he says, only the top people get to compete and there is so much pressure to do well that the real rewards of participating in the sport are lost.

"Remember, 'Meko, Meko,'" he calls out to a runner about to begin an interval. That means 'softly, softly,' in Yugoslav, a language he speaks fluently.

It is also the key to Grubi's most unique and even revolutionary coaching technique — his strong belief that training should be done in spikes, not in flats.

"It's very important to learn to run lightly over the ground without pounding, in order to develop speed and to avoid injury. Spikes strengthen the legs and allow the runner to learn proper technique and balance.

He cautions, however, that one must gradually accustom the legs to spikes. He recommends jogging in them for several months before using them for speed work or intervals.

Grubi's interval workout program goes something like this: A mile-and-a-half of easy warm-up; then five or 10 minutes of stretching; then, for middle distance runners (800, 1500, 5000): Monday: 2 to 4 X 800; Tuesday: 2 to 3 X 1200. Wednesday: 2 to 3 X 1600. Thursday: 2 X 2400 (6 laps). Friday: 3 X 300. Saturday: rest. Sunday: race or long run.

For sprinters, just divide each distance in half. The interval between each run is about four minutes. Each distance is run at about 75% of what a person's race pace would be for that distance, gradually building up to 85% as the track season approaches.

Among the masters athletes currently training with Grubi are George Mason, 39, the 1983 TAC National Masters age 35-39 800-meter champion; Irene Obera, 49, winner of dozens of national masters championships and several world veterans titles over the past several years in the 100, 200 and 400; Josephine Kolda, 65, owner of world or American women's W60 and W65 marks in the 100, 200 and 400; Shirley Diederich, 56, U.S. women's 55-59 record holder in the 100 and 200; and Joe Packard, 79, world 75-79 record holder in the 100, 200 and 400.

Grubi feels many coaches don't understand that it's necessary to modify training schedules for the older athlete from those designed for younger runners.

"Fifteen to 20 miles of quality work a week is enough for the older athlete and will allow him to reach his full running potential without breaking down," he says. "If an injury does occur, the healing process can't be hurried. You must rest and let nature take its course."

How did he learn to coach?

"I put two and two together," he says. "I always watched the best runners, analyzed their form and noticed what they had in common."

One of the runners he observed was Jesse Owens. While a sophomore at the U. of Washington, he had the opportunity to train for four days with the touring Owens.

"I also read a lot and noticed what the great coaches, such as Dean Cromwell of the University of Southern California, were doing."

Grubi's coaching is a synthesis of his observations of runners and coaches, his experiences with racing horses, and his knowledge of anatomy and physiology.

When asked what it is about his coaching that seems to consistently produce championship masters runners, he replies: "Only God can create a runner. Good runners make good coaches. A coach who has good runners training with him is going to look good, but even the best coach plays a very small part in an athlete's success. All a coach can do is offer encouragement, give advice on good technique and training, and emphasize the need for patience. An athlete's native talent, combined with determination and a willingness to work hard are really what determines success."

Grubi says he doesn't feel entitled to any special recognition as a coach. He's an enthusiastic promoter of masters athletics. Originally, he was hesitant to be the subject of this pro-

Continued on page 17
TRIPLE TRAINING: THE BIKE

Last month in our kick-off article on how runners could add the sport of Triathloning to their athletic endeavors, we talked about swimming, and what aquatic fun we could have in goggles, swim caps and all sorts of plugs to stop the leaks.

This month, we talk about indoor winter bicycle training, which is a lot dryer and safer than outdoor bicycling.

Here's what you do. Take your old 10-speed bike (or go buy an old cheap one) and set it up on a "Turbo-Trainer" (a machine which gives the bike the same drag effect as riding on the road — cost about $125).

Set it up in your basement — or where ever — and do a 30-minute to one-hour workout, once or twice a week. (The reason I suggest the Turbo-Trainer instead of the popular exercycle is you have a gear selector and can properly learn how to shift and pedal in different gears).

How does this help the runner? It improves your leg speed. The lifting muscles (quadriceps) get a tremendous workload. Then set up a quality program of indoor interval bike training.

I give this program credit for helping take my 800-meter time from 2:16 to 2:11 in 1983. It seems the bike training has given me better leg speed plus longer sustaining leg power to get through that "lovable" second lap of the 800. As for the long distance runner, a strong one-hour power session twice a week on the Turbo-Trainer can only help. It gets you away from the pounding and gives you a good cardiovascular workout.

Happy trails.
The National Running Data Center is an independent, non-profit organization devoted to the collection, analysis, publication and dissemination of long-distance running information. The NRDC processes all applications for US road records. Records approved by the NRDC are then submitted to the RRCA and TAC for official recognition. The NRDC is supported by donations from individuals, clubs, race organizers, companies and the national governing bodies.

Race results are urgently needed to carry on the various activities of the NRDC. Specifically, results needed are those for (1) US non-track races 5 km and longer, (2) US track races longer than 10 km, and (3) foreign races where US citizens may have achieved rankings or record performances. For certified course road races, documents supporting the certification are needed. For track races, copies of lap sheets are desired. Send to NRDC, P.O. Box 42888, Tucson, AZ 85733, 602/326-6416.

Annual NRDC publications include “Certified Road Running Courses,” “Running Records by Age,” and “US Distance Rankings” (in two volumes). The current publications list is available on request (stamped, self-addressed envelope please).

The old adage, “an ounce of prevention is worth a pound of cure,” is still valid. If the top masters runners would take the few minutes needed to require certified courses and proper timing procedures before agreeing to compete in a race, it would save NRDC hours trying to straighten things out afterwards.

Indeed, all the hours spent on trying to verify Mike Manley's American masters 10-kilometer mark in Rosemont, Illinois in November 1982 were for naught, since the mark (along with Joan Benoit's open women's record) was thrown out by the Records Committee at the TAC Convention last December. The mark was rejected because of the uncertainty in the actual location at the turn-around point.

If Manley and Benoit had insisted on their right to see the letter approving the certification, the marks would have been properly marked for the validation, the marks would have been accepted, and considerable time and expense would have been saved.

Several race directors/organizers felt as if their course but do not submit the paperwork needed for certification until after they have someone run a “record” in their race. Only then do they pursue certification. Certified courses are beneficial for ALL runners, not just the elite. A certified course is a good guarantee that the course is accurate and the time a runner achieves is a valid measure of his or her progress. Most certified courses are short. Runners often use shorter races as a gauge of the pace they intend to hold for a marathon. If the course is short, the runners may be led into attempting a pace slightly too fast in the marathon. They feel that they “had a bad race” rather than suspect the “good” races with the fast time.

All course certifications which are not specifically termed FULL certifications are considered to be LIMITED and will expire on December 31, 1984. Those courses will need to be re-certified for records/rankings to count. TAC will provide funding of $7500 in 1984 to make the certification process more professional. It needs to be simplified and more responsive. A program of education regarding proper measurement techniques is sorely needed.

Report From Britain

by ALASTAIR AITKEN

In November in the south of England, three major counties had their Veteran cross-country championships. The Essex championship was won by Tim Pallitthrope, 44, from ‘66 national open mile champion Andy Green, with Havering taking the team title for the third straight year.

The Surrey championship, which attracted a field of 100, was won by Fred Bell, 40, a coach from local club Herne Hill Harriers, from Brian Buonvino of Dartford. Baldwin won a 2½ mile cross-country at Roselare, Belgium, in 13:36 on Nov. 20, and was the IGAL M45 World Vets 10K winner at Perpignan, France.

In the Nike LRRC 25K race at Twickenham, Nov. 13, vets featured well of the 400 runners. Les Presland, Aldershot, was 8th in 1:22:33; Dave West, Victoria Park, 20th 1:28:31; Joe Storrow, London RRC, 60th in 1:32:50; and Alec Randall, SLH, 43rd in 1:40:44. First vet lady was Pam Jones, 45, Ilford, in 1:44:44.

Mike Palmer, 41, a Nottingham school teacher, who has run 51 minutes for the 10-mile, was 3rd overall in the Nottingham Marathon, Oct. 2, and easily 1st vet in 2:26:06—8000 toed the line for the juniors’ 10k in 36:49.


New LDR Rankings Planned

The Levi's/TAC Runners Ranking Service is a new organization developed, administered, and endorsed by The Athletics Congress (TAC). Using a computer to collect data from selected races nationwide, the service will be able to rank runners throughout the United States at all performance levels.

The program will allocate quality points based upon the time and place to all runners participating in about 250 TAC-certified races ranging in distance from five kilometers to 26 miles.” Rob Klingensmith said, “We'll even factor in variables such as wind and elevation.”

Recreational runners can be evaluated in age group, regional, occupational, and overall categories. The elite competitors (the top 100) will receive bonus points calculated from their overall place, the strength of the field, and the prestige of the event.

Although everyone who runs in the selected races will be included in the rankings, only members of the service will receive a bimonthly newsletter reporting their performances.

Levi Strauss & Co. have made a substantial long-term commitment to the ranking service, emphasizing their involvement in the sport. In addition to their primary support, they intend to initiate an awards program which would reward the ranking service member for achievement in his or age group.

Finish line data will be processed by the new Hewlett-Packard 150 computer.

Bill Rodgers, four-time New York City and Boston marathon champion, is the Levi's/TAC Runners Ranking Service spokesperson. He explains the value of the service:

"Finally someone is giving ample recognition to the gal who's steadily improving, or the guy who's doing well but is never at the front of the pack. Now everyone has the opportunity to get more than just a t-shirt from a race — the recreational runner will now be recognized and awarded for his achievements."

Membership to the service is $15 per year, which includes an annual TAC fee. For more information, call (212) 851-RACE, or write to Levi's/TAC Runners Ranking Service, One Erieview Plaza, Cleveland, Ohio 44114.
Coffman, Parker

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top U.S. masters, finished third master (1st American) at the Peachtree 10K (31:40), fifth at the run Against Crime 15K in El Paso (49:50), and first at the TAC National Masters Half-Marathon in Dayton with an impressive 1:08:18 in September.

His plan in Huntsville was to run 2:25. After talking with Green the night before the race and learning that Green had the same goal in mind, the two decided to run together. "I wanted to run 5:30's as long as I could," recalled the personable computer expert from the state of Kentucky. "My first mile was around 5:10, and Norm and Bill were up ahead. Norm and I got together in the next mile, and we stayed pretty much on schedule through 10 (5:03)."

At that point, Green was beginning to tire, and Coffman ran a series of 5:25 miles and caught Hall around mile 14. Hall, finding the warmer weather not conducive to times in the low 2:20's, decided to save the effort for later. Although the warm December day did not allow the number of PR's all would have enjoyed, Tinsley promised a better race for his university, Cambridge, in September, Don Magregor, '72

Diaz made a misstep early in the race, and although she tired, she tried to run through a pulled groin muscle, the pain forced her to withdraw after ten miles. With Diaz out, Atlanta's Nancy Parker completed her 10th marathon in 3:04:24 to take the female masters title by an eight-minute margin and better the age 47 record in the process. Mae Cleveland of Tallahassee, Florida, took runnerup honors in only her second marathon with a 3:13:14.

Of the 421 male masters who started the race, 352 finished. On the female side, 36 started and 29 finished. "I hated to come all this way for a 15 mile run, but it just wasn't my day," recalled the Duke professor.

Coffman continued on at a slightly slower pace into the wind and passed 20 in about 1:51. Feeling the pain for the last three miles, Coffman still ran a 5:50 pace for the last 10K to finish in 2:27:09, ahead of runner-up Morgan Looney of Birmingham, Alabama, by over five minutes.

Finishing third and winning the 45-49 division was local master, Jim Oaks, who ran a two-minute PR to finish in 2:33:49. Green won the 50-59 division with a 2:37:32. He said it was the first time in two years of serious competition that he just didn't have the desire to race.

Report From Britain

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TAC News:

A suit, filed by the American Civil Liberties Union, to require the Olympics to include a 5000 and 10,000 meter run for women, is still pending in Federal Court in Los Angeles.

1968 Olympic Decathlon champion and former U.S. masters national spokesman Bill Toomey has co-authored The Olympic Book, a "complete and authoritative guide to the Olympics." It contains more than 400 pages with information on all 23 Olympic sports. It explains the rules, techniques and strategies of each discipline, introduces the people to watch, and includes a guide to Los Angeles, Olympic venues and daily schedule. Well illustrated by leading sports photographer Tony Duffy, the book is available from Olympic Book, PO Box 795, Dana Point, CA 92629. 714/661-6062.

Despite a ticket program designed in part to shut them out, ticket brokers in Southern California say they will be able to obtain plenty of Olympics tickets for resale at inflated prices. Opening ceremony tickets, worth $200, may go as high as $1100, according to Murray's Ticket Co. Other hot tickets, such as the gymnastic and basketball finals, are expected to bring five times their face value.

It seems few people have received tickets to the popular events. Of twenty people surveyed, none had received confirmations to either the opening or closing ceremonies. Most of the T&R events are sold out, but a few tickets remain for the morning sessions on the early days. Write: LACOC, PO Box 60729, Los Angeles, CA 90060.

Meanwhile, one of the best values of the year would appear to be an eight-day pass for the U.S. Olympic Trials in Los Angeles from June 16-24. The price of $50 for the entire eight days is less than the cost of one Olympic day, and the competition will be superb. Write: Special Events Department, Los Angeles Times, Times Mirror Square, Los Angeles CA 90053.

Want to carry the Olympic torch? You can haul the torch one kilometer (1091 yards) in the Olympic Torch Relay, but it will cost you 3000 big ones. The Olympic organizers had hoped to raise $30 million from the sale of 10,000 kilometers at $3,000 each to donate to the Family YMCA's and the Boys and Girls clubs of America. The route was to zig zag through all 50 states.

Not surprisingly, the price proved too hefty. Word now is that only 2000 of the hoped for 10,000 slots have been sold and the course will be significantly shortened. The relay will begin May 8 in New York. Keeping with tradition, the torch will be ignited in Greece in early May. The cities on the new route are New York, Harrford, Boston, Providence, Philadelphia, Wilmington, Del., Baltimore, Washington, Atlanta, Pittsburgh, Cleveland, Toledo, Detroit, Chicago, Indianapolis, Dallas, Albuquerque, Denver, Salt Lake City, Seattle, Portland, Ore., San Francisco, San Jose, Sacramento, Reno, San Diego and Los Angeles.

The L.A. Olympic Committee is projecting a profit for the Games of $15 to $50 million, based on revenues of $513 to $538 million, and expenses of $498 million. It's faced with the unique problem of trying to promote its various programs (selling tickets, relay legs, sponsorship, coins, etc.) to keep the Games solvent, while, at the same time, being careful not to make TOO much money which would draw criticism for not putting the profits back into the Games.

The worst threat of terrorism at the Olympics may come from "ethnic-oriented extremist groups within the U.S. who have carried the quarrels of their old countries into ours," according to a Rand Corp. anti-terrorist specialist. Brian Jenkins said factions of right-wing Cuban exiles, Armenians, Croatians, pro- and anti-Khomeini Iranians, Taiwanese separatists, Jewish extremists and Koreans are among the groups that are causing law enforcement agencies concern.

Even if Iran will boycott the Olympics because of "U.S. interference in the middle east, and the crimes being committed by the USA in Latin America, especially in El Salvador," Prime Minister Musavi said.
MASTERS SCENE

NATIONAL

- Elderhostel is a growing network of colleges, independent schools and other educational institutions in the U.S. and other countries which offer special low-cost, short-term residential academic programs for people over 60. Inspired by the youth hostels and folk communities which offer special low-cost, short-term residential academic programs for people over 60, Elderhostel, 100 Boylston St., Boston MA 02116.

- Hubert Morgan, 61, Sayre, PA, cruised to a 13-minute victory time of 57:18, one minute shy of the US 60-64 record.
- The 1984 Price Chopperthon 30K, from Schenectady to Albany, NY, on March 18, will also be the 11th annual RNRCA National Championships for open and masters, men and women, including team championships in all four categories. Hudson Mohawk RRC, PO Box 12122, Albany, NY 12212-5741.
- Gary Berg-Cross, 40, representing the US Coast Guard, took a M40-49 win in 11:00 at the Interagency Joggling 2 Mile, Wash., DC, Nov. 10. Herb Chisholm, 57, of NYC, rode to an 11:25 M50+ victory over Tim Diamond, 54, NASA, (12:00). Newbie Hewson, 60, of HUD, registered a 12:28. Stephanie Shipp, 35, Dept of Labor, did good work with a 12:08.

NEW ENGLAND

- Mary Bart, Concord, NH, took the 1st w/masters 5K title in 20:45, Oct. 30, Peabody, MA; Joyce Hals, 50, won the 50-59 title (22:44).
- Andrea Hatch did a 31:23 for 1st w/masters in the Quincy, MA 5 Miler, Nov. 12.
- Jean Price had a 76:10 at the Lowell, MA 18K, Oct. 11, (1st M50+ on Nov. 20).
- The Mt. Washington 8-Mile Road Race, Pinkham Notch, NH, is run on one of the most imposing mountain courses in the country. Breathtakingly scenic, the mountain is known for its severe, unpredictable weather and as the point on earth with the highest recorded wind ever measured. Temperatures at the base may be hot and humid, while at the summit, it may be below freezing with the wind chill factor. Despite all of that, the demand for entries is so great that this year's race, the 24th annual, on June 17, will be limited to the first 800 stalwart souls who send a legal-size SASE to Fitness Resources, RFD #3, PO Box 198, Concord, NH 03301.
- Willie Davenport, 40, "Olympic gold medalist in the HH, failed to qualify for the 50K finals in the Dartmouth Relay (Jan. 6) at Hanover NH. Davenport finished 4th in his heat in 7:73, but came back to win a consolation race in 7:41.
- note that the 1st w/masters, Mary Bart, 54, of Concord, NH, won the 1st M50+ title at the 30K in 2:04:21. One of Florida's top masters, Bill Wagner, winning from Miami, won the M45 in a 1:20:14, and Molly Thayer was 1st W40+ with 2:21:20.

SOUTHEAST

- Averaging just under 6 minutes a mile, John Bachman finished a 5 mile at Charlotte, NC, Dec. 17, in 29:59 for the M40 win, just one second ahead of Larry Westcott. Ken Heims tied at 1st M50 in 30:29.
- The Jogging Center Ladies Masters Racing Team of Tampa Bay, FL, won the W40+ title at the Avon 10K, Deerfield Beach, FL, Dec. 17. 1st: Anne Trigg, 59, Patricia Dibley, 44, Yvonne Rodgers, 41, Ruth Houghteling, 47, and Maria Wade, 42. Wade was first W40+ in 41:39.


- Nat White ended his racing year with some fancy footwork at the Fiesta Bowl 10K, Phoenix, AZ, Dec. 31, and won the masters title in a flashy 33:59 M40 win. Jan Ahlberg, 83 TAC Masters 10K rock champ a week earlier in 34:15 also in Phoenix, won the M45 in an improved 34:35. Jim Flynn won the M50 contest with a 28-second PR 36:14. Betty Ray, 45, runner up to Josie Xoo, 40, in the TAC 10K the week before, was the 1st W40+ with a faster 1:31 than her Dec. 24th 2:19.

- Lonnie Griffin, 41, jogged the hilly 5K course of the Steve Garvey 5/10K, Woodlands Hills, CA, Nov. 16, in a masters winning time of 16:57. Jack Archibald, 40, sailed through the 5K in a 13th overall with 20:37. James Murphy, 44, was 1st masters in the 10K with 35:37, and Christa Romppanen, 44, won the W40-49 race by 10% minutes but lost 1st W overall by one second (38:02).

- Jerry Keich, 46, finished the 15K of the California RRC's 15/30K, Los Angeles, Nov. 19, in a M40+ winning time of 1:06:39. Charles MacTaggart, 41, took the 30K title (2:00:36), while Harold Daughters, 62, was pumping out a quick M40+ win in 2:05:04.

- Sandra Kiddy, 47, duplicated her '82 overall female triumph in the Great American 10K/30K, Half-marathon, Riverside, CA, Dec. 4, and knocked off over a minute from her W40 course record with a 1:25:26. Behind the 2nd place finisher at the halfway mark, Kiddy rocketed in the last 6 miles to win by a 2m. 19 sec margin. Meanwhile, Fred Kiddy, despite suffering from the endemic ailment which strikes all masters competitors periodically topped ahead, and won the M50+ division, his 2nd W50+ victory and the 143 finishers. Sixty-two-year-old Caster Poole's 1:33:53 would have won the M40 division. In the 10K, Frank Duarte, 42, (33:21), and Wally Ingrain, 51, (36:21), finished 4th and 11th out of 172 in winning their divisions.

THE JOGGING CENTER LADIES MASTERS RACING TEAM OF TAMPA BAY, FL, after winning masters title at Avon 10K, Deerfield Beach, FL, Dec. 17. 1. top to r: Anne Trigg, 59, Patricia Dibley, 44, Yvonne Rodgers, 41, Ruth Houghteling, 47, and Maria Wade, 42. Wade was first W40+ in 41:39.
CLUBS

Below is a partial list of masters track and field or running clubs arranged by regions. To have your club listed please send the necessary info.

EAST
Master Walker
Regency House, 221
Pompton Plains, NJ 07444

N.Y. Masters Sports Club
P.O. Box 187
Annapolis, MD 21404

Pocatoc Valley Seniors TC
P.O. Box 1065
Elkins Park, PA 19117

Atlanta, GA 30305
7900 Old York Rd.

Huntsville, AL 35802
7900 Old York Rd.

Huntsville, AL 35802
7900 Old York Rd.

West Pennsylvania TC
1295 Alameda Rd.
Washington, DC 20031

SOUTHEAST
Hurricanes TC
8811 Edgewhill Dr.
Hurricanes, AL 35802

Atlanta TC
897 E. Shadowlawn Ave. NE
Atlanta, GA 30305

Charlotte TC
P.O. Box 1364
Charlotte, NC 28202

Memphis Runners TC
P.O. Box 1791
Memphis, TN 38187-0981

Memphis Valley TC
7900 Old York Rd.

West Pennsylvania TC
1295 Alameda Rd.
Washington, DC 20031

SOUTHEAST
Hurricanes TC
8811 Edgewhill Dr.
Hurricanes, AL 35802

Atlanta TC
897 E. Shadowlawn Ave. NE
Atlanta, GA 30305

Charlotte TC
P.O. Box 1364
Charlotte, NC 28202

Memphis Runners TC
P.O. Box 1791
Memphis, TN 38187-0981

Memphis Valley TC
7900 Old York Rd.

SOUTHEAST
Hurricanes TC
8811 Edgewhill Dr.
Hurricanes, AL 35802

Atlanta TC
897 E. Shadowlawn Ave. NE
Atlanta, GA 30305

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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 NMM, P.O. Box 2372, Van Nuys CA 91404.

**TRACk & FIELD NATIONAL**


**NEW ENGLAND**


**EAST**


**MIDWEST**

March 3, Virginia TAC State Indoor Open & Masters Championships, Charlottesville, VA. Virginia TAC Masters, PO Box 596, Charlottesville, VA 22906.

**SOUTHEAST**

March 3, South Carolina TAC State Open & Masters Championships, Cramerton, SC. Tom Mall, 104 Pinewood Dr., Greenville, SC 29617.

**ON TAP FOR FEBRUARY**

**TRACK & FIELD**

Masters indoor action swings into high gear this month with meets on the 5th in Chicago, Pittsburgh and New York.

The New York Masters Meet is set for the 19th, with the Midwest Regional Masters Championships in Cincinnati on the 26th.

The outdoor season continues in California with Masters relays in Bakersfield on the 11th, and the annual City of Orange Masters Games on the 26th.

**LONG DISTANCE RUNNING**

The First TAC National Masters Championship of the year will be the 5K Road Race in Clearwater, Florida on the 5th. On the other coast is the annual Oakland Marathon on the 5th.

The prestigious Gasparilla Distance Classic 10K is set for Tampa on the 11th.

The Los Angeles International Marathon takes place on the 19th over the same course as the 1984 Olympic Marathon. Also on the 19th is the Florida State Marathon in Orlando.

Rounding out the month is the L’eggs 10K in San Diego on the 25th.

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**Need Back Issues?**

Most back issues of the National Masters News are available for $1.50 each, plus 50¢ postage and handling for each order.

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

July 19-20. TAC Pacific Open & Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030. 408/394-6454.


September 1-2. Rocky Mountain Masters Games, Denver, CO. Jim Weed, 1167 E. 2nd Ave., Aurora, CO 80010. 303/341-2580.

October 20-21. International Masters & Track Meet, Hong Kong. Margaret Brooke, GPO Box 10368, Central Hong Kong.

LONG DISTANCE RUNNING NATIONAL


April 17. TAC National Masters 10K Road Championships, Brooklyn, N.Y. National Meet, Prospect Place, Brooklyn N.Y. 11217.


February, 1984

DEADLINE

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

February, 1984

SOUTHEAST

February 19. Florida Festival Marathon & 5K, Orlando. Florida Lorraine Evans, P.O. Box 13187, Orlando, FL 32859. 305/325-3560.
March 10. Azalea Trail and RRCA National Masters 10K Championships, Mobile, Alabama. 10K Run, PO Box 6927, Mobile, AL 36616.
March 31. Cooper River Bridge 10K, Charleston, SC. Jim LaBonte, 2600 Bull St., Columbia, SC 29201. 803/788-7954.
April 7. Sowell/YMCA Airport Classic 10K & 1 Mile Fun Run, YMCA, Rt. 92, Deland. Fl. John Boyle, P.O. Box 1284, Deland, Fl. 32720. 904/325-0222.

MIDWEST

April 7. Wolfpack Festival of Miles 5, 10, 20, 50, Columbus, OH. 5-year age groups from 30-up. Joan White, 4865 Arthur Place, Columbus, OH 43220. 614/428-7011. 459-2547.
April 15. 6th Annual L'eggs/YWCA 10K, Lincoln Park, Chicago. Loop Center YWCA, 3750 Wabash Ave., Chicago, IL 60637. 1012-6600.
May 20. Revco-Cleveland Marathon and 10K, Cleveland, Ohio. Reno Starnoni, P.O. Box 46604, Bedford OH 44146. 216/292-2675.
June 16. Grandma's Marathon, Duluth, Minn. Grandma's Marathon, P.O. Box 6234, Duluth, MN 55806. 218/727-0047. SASE.

MID-AMERICA


SOUTHWEST

February 12. Masters Fairgrounds Run Around (2.5 & 5 miles), Albuquerque, NM. Tom Bell, 5905 Concordia Rd. N.E., Albuquerque, NM 87111. 505/891-7011.

WEST

February 5. 5th Annual Oakland Marathon & Half Marathon, Oakland, CA. Cherie Swenson, P.O. Box 2501, Oakland, CA 94614. 415/568-8884.
February 19. Los Angeles International Marathon, Santa Monica, CA. Qualifying times to enter. L.A. Marathon, 15115 1/2 Sunset Blvd., Pacific Palisades CA 90272. 213/497-5794 or 213/497-6666.
February 25. 7th Annual L'eggs/YWCA 10K, Balboa Park, San Diego, San Diego YWCA, 1012 "C" St., San Diego, CA 92101. 619/239-2902.
March 18. Los Angeles Marathon-News 10K, San Jose, California. SJMN, 750 Ritter Park Dr., San Jose CA 95190. 408/920-5533.
April 21. Trocopia/Las Vegas Easter Run, 10K & Half Marathon, Las Vegas, Nevada. Las Vegas Special Events, 6238 Sugarline Lane Las Vegas NV 89107. 702/457-2660; 800-TTA-TRIP.
May 6. Avenue of the Giants Marathon, Weott, California. Box 214, Arcata CA 95521.
May 20. Bay-to-Breakers 7.8 miler, San Francisco. 80,000 entrants. Terri Robbins, 110 Fifth St. San Francisco CA 94103. 415-775-7770.
May 27. Brentwood 10K, Los Angeles. Valerie Johnson, P.O. Box 49013, Los Angeles CA 90049.

NORTHWEST

April 1. Bonnie Bell 10K, Seattle. Laurel James, 7210 E. Green Lake Dr., N., Seattle, WA 98115. 206/322-7788.
April 14. Pearblossom 20K, Medford, Oregon. Jerry Swartsley, P.O. Box 146, Medford OR 97501. 503/329-1205.
May 12. Lilac Bloomday 12K, Spokane, WA. Sylvia Quinn, B.O. Box 1511, Spokane, WA 99210. 509/388-1359.

CANADA

May 6. Mike Vancouver International Marathon, Vancouver, B.C. Don Basham, 1200 Hornby St., Vancouver BC, Canada. 604/669-3626.

Moore Takes Ontario X-C Title

from MIKE FREEMAN

Bob Moore, who organized the race and measured and marked the accurate 10K course, then proceeded to race it in a smart 35:52 to place third overall and win the 1983 Ontario Masters cross-country title at North York on November 6.

This year's championships were incorporated by Moore into the Metro Toronto Road Runners race, which drew 91 Ontario masters and had 184 finishers.

Gary Baker led the M45 group with a 35:52, which included M50, (37:39), and Cliff Hall, M55, (37:46), won easily-4n their divisions. Christine Walker, M40, was the first woman master in 44:13.

The Toronto Olympic Club Masters won the M40-49 team title, and the Metro Toronto Fitness Club squad was the best M50-59 team.

The Athletics Congress

TAC/USA

20 Kilometer

National Open and Masters Championships

$4000 (minimum) in Prize Money—Including some for Masters—Sunday, March 25, 1984

SPONSOR: CONVERSE SHOES

Two Races: 8 a.m. Women 10:30 a.m. Men

California State U. at Sacramento TAC-certified 20K two-loop course on American River Bike Trail. Scenic. Woodsy. Traffic-free. 100% Asphalt.

Display Clocks and splits at 1 mile, 5K, 10K, 15K. Each mile is marked.

5-year age divisions to 70 +.
T-shirts and results to all Finishers

INFORMATION: 916/966-6185
Award Ceremony: 1:30 p.m. 1984 TAC card required
If you want your registration mailed to you, enclose a SASE. Otherwise, pick it up at the race.

Fee: $7.50
Limited to 750 per race.
Entry deadline: March 19.
No post-entries.

February, 1984
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.
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.

BERLIN MARATHON
BERLIN, GERMANY SEPTEMBER 25, 1983
1st Overall
Karel Leman 2:17:37
2nd Overall
Ron Goldsmith 2:18:02
M40-44
Lotz Phillip 2:16:57
Jochen Schoder 2:16:37
Reinald Bussem 2:19:31
H. van der Pol 2:19:44
Ronald Schearman 2:20:30
M45-49
Wolfgang Stein 2:21:18
E. Oelenderogel 2:21:29
Robert Rotbit 2:21:36
Derrick Pickering 2:21:34
M50-54
Herst Dahl 2:46:13
Peter Jacken 2:46:17
Rudolph Reichenbach 2:50:33
Bodie Hopt 2:52:25
M55-59
Irish Isasz 2:51:27
Fritz Hennes 2:51:30
Fritz Gwemus 2:51:52
F. Mehrenstein 3:06:18
M60-64
Hermann Brecht 3:06:17
E. Luzzebach 3:06:19
Rudi Lohmer 3:06:21
Kurt Fischer 3:12:06
M65-69
August Schwob 3:12:43
Kornel Weiblingen 3:12:42
Walter Fortham 3:13:36
Wolfgang Leiber 3:14:35
M70+
Jens-Daniel Muller 3:25:29
Rudolf Seyffer 3:10:19
Goetha Briela 3:04:00
M75-79
Jean Loechour 2:43:56
Christian Wol 3:14:19
Christine Vieler 3:14:59
M80+
Jean von Hanne 2:51:42
Francois Nicolas 2:51:09
M85-89
Erika Kroeger 3:19:11
Hilda Stangl 3:28:33
Bernadette Jal 3:28:19

USA vs. CANADA MASTERS
OTTAWA, ONTARIO OCTOBER 15, 1983
1st Overall
Ken Hoay 3:20:37
2nd Overall
Jerry Smith 3:21:42
Gary Baker 3:20:01
Don Hodges 3:20:03
Ben Johns 3:22:29
3rd Overall
Ron Yeats 3:33:30
4th Overall
Kathleen Meckel 3:33:35
5th Overall
Glen Norcliffe 3:41:24
6th Overall
Kerry Deranian 3:50:02
7th Overall
Dick Walters 3:42:07
8th Overall
Bob Brown 3:45:19
Robert Duff 3:50:06
9th Overall
Bill Arnold 3:52:38
10th Overall
Mike Day 3:53:35
11th Overall
Charles Goodfellow 3:54:12
12th Overall
Jim Hove 3:56:01
13th Overall
Don McMillan 3:56:16
14th Overall
William Cameron 3:56:43
15th Overall
Richard Hatherington 3:58:57
16th Overall
Miklos Gratzer 3:59:37
17th Overall
David Mulvihill 4:00:01
18th Overall
Harry Gregory 3:59:38
19th Overall
Al Whittlock 3:59:45
20th Overall
Mel Connell 4:00:56
21st Overall
George Marches 4:01:54
22nd Overall
Geoffrey Rigby 4:01:47
23rd Overall
Bill Davies 4:01:32
24th Overall
David Chalmers 4:01:45
25th Overall
Peter Richard 4:01:45
26th Overall
Bob Boyle 4:01:17
27th Overall
Jan Davies 4:01:32
28th Overall
Ed Buckley 4:01:44
29th Overall
Nathaniel White 4:02:35
30th Overall
Gus Edavankal 4:03:17
31st Overall
Peter Haines 4:03:00
32nd Overall
Harry Dyer 4:02:16
33rd Overall
Stan Smith 4:02:39
34th Overall
John Humber 4:02:20
35th Overall
Michael Carse 4:03:12
36th Overall
Phil Edwards 4:03:33
37th Overall
Carole Wilkins 4:03:17
38th Overall
Dionne Palmon 3:57:16
39th Overall
Joel Lang 3:57:16
40th Overall
George McGovern 3:57:07
41st Overall
Dany Daniels 4:04:01
42nd Overall
Derrick Hall 3:56:49
43rd Overall
Rob Boyle 4:01:17
44th Overall
Monique McDonald 4:06:28
45th Overall
Jean Cleator 4:39:24

5TH CELEBRATION OF ARCHITECTURE ROCKY MOUNTAIN MASTERS
JENKS, OKLAHOMA OCTOBER 16, 1983
1st Overall
Brian Nelson 2:33:55
Mary Solum 3:10:15
2nd Overall
Stevie Cloke 2:59:54
Art Sylvester 3:46:45
3rd Overall
Christeller 3:39:14
4th Overall
John Richard 3:31:27
Roy Gill 3:39:47
5th Overall
Jim Ross 3:59:55
6th Overall
John Holubek 3:59:39
7th Overall
Sandy Johnson 4:09:12
8th Overall
Robert Goodman 4:07:56
9th Overall
Stephanie Wilcox 4:12:32
10th Overall
Tina Napier 3:49:46
11th Overall
Donna Whitney 4:12:35
12th Overall
Betty Robinson 4:20:59

LATE FLASH
$2100 in cash prize money will be awarded to masters winners in the Los Angeles International Marathon Feb. 19. The first male 40+ and first female 35+ each win $500. Age group winners get $100 each. □
**MOVING COMFORT 5K**

**JACKSONVILLE, FLORIDA**

DECEMBER 1, 1983

**1st Overall**

Jacob Bishin 52 2:57:52

Edgar Cooke 62 4:09:02

Maryb'l Russell 61 4:58:06

Bruce McLean 43 2:52:09

Elfrieda Wyner 60 5:04:17

Luclle Adney 70 6:34:28

Ruth Deak 54 7:51:16

Wally Ingram 51 3:56:21

Lyle Deem 50 1:34:40


class IV (70+) and 2 runners, Women 54 and over and competitors, Total 261.

**Order of Finish**

1. Howard Rubin, 55
2. John Rogers, 55
3. Jack Maltz, 55
4. Ed Johnson, 41

**2:9 Mile**

M60-69

1. George Jorgson 58 5:15:53
2. St. Rosemary 52 5:19:52
3. G. Bellinger 52 5:24:02

**12TH ANNUAL DECEMBER SERIES Central Park, N.Y.**

**Award Winners**

**Men**

1. Fred Meyer 47 1:43:37
2. Norma Smith 48 1:44:43
3. Howard Rubin 55 1:44:43
4. Bill Lapp 50 1:44:43
5. David Risley 64 1:44:43

**Class I (18-29)**

1. Nancy Tighe 52 1:49:31
2. B. Welsh 50 1:50:02
3. J. Groombridge 44 1:51:53
4. Vyla Cook 62 1:52:53
5. Albert Perry 64 1:52:53

**Class II (18-29)**

1. Andrew Neidlinger 64 1:09:25
2. J. Groombridge 44 1:09:36
3. Murray 59 1:10:06
4. Vyla Cook 62 1:10:26
5. Ann Pate 64 1:10:37

**Women**

1. Elaine Kincaid 40 1:17:33
2. Lucy Pate 43 1:17:34
3. Nancy Tighe 52 1:17:34
4. Max Schindler 51 1:17:34
5. Howard Rubin 55 1:17:34

**5th Place**

1. Harry B. Bryant, 39, TN
2. Richard Elizarras 39, CA
3. James Washington 30, CA
4. Mark Kuhar 43, CA
5. Sam D. Cameron 43, CA

**24th Place**

1. Bob Lauler 45, CA
2. David Peace 46, CA
3. Roy E. Martin 45, CA
4. Dick Goodman 63, WA
5. Gordon Hawkins 34, CA

**NGC MAC & Masters, TCX, RACF, SPCC, RRC Open 30k Championship, N.Y.**

**Award Winners**

**Men**

1. William T. Tyler 44 1:47:17
2. New Vaught 47 1:48:35
5. St. Rosemary 52 5:19:52

**Class I (18-29)**

1. Nancy Tighe 52 1:49:31
2. B. Welsh 50 1:50:02
3. J. Groombridge 44 1:51:53

**Class II (18-29)**

1. Andrew Neidlinger 64 1:09:25
2. J. Groombridge 44 1:09:36
3. Murray 59 1:10:06

**Women**

1. Elaine Kincaid 40 1:17:33
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**24th Place**

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2. David Peace 46, CA
3. Roy E. Martin 45, CA
4. Dick Goodman 63, WA
5. Gordon Hawkins 34, CA

**Natural Light Tallahassee Ultramarathon Classic Tallahassee, FL December 17, 1983, Certified**

**Top 5**

1. Rick Allderer, 39, TN
2. Roy Krowlewski, 28, SC
3. David construction, 35, MN
4. Daniel G. Ellis, 45, NH
5. Chuck Michaels, 36, CA

**Top 10**

1. Rene Castorino, 46, NY
2. Gordon Hawkins, 34, CA
3. Dave Lanigan, 45, CA
4. Donny Carpenter, 44, PA
5. David Long, 49, CA
6. Marvin Skaggs, 54, NY
7. Tony Adams, 36, CA
8. John Maberry, 41, TX
9. Wallace Orf, 57, CA
10. Brian Hettich, 40, CA

**Top 15**

1. Bruce Leath, 41, CA
2. Judy Reeder, 45, CA
3. Guy Nickels, 50, CA
4. Lee Tandy, 52, CA
5. Ruth Connelly 69, WA
6. Billy Fogg 40, CA
7. Dale Turner 52, CA
8. Charles Schue 46, CA
9. Richard Flath 34, CA
10. David Shuler 52, CA

**Top 25**

1. Bruce Leath, 41, CA
2. Judy Reeder, 45, CA
3. Guy Nickels, 50, CA
4. Lee Tandy, 52, CA
5. Ruth Connelly 69, WA
6. Billy Fogg 40, CA
7. Dale Turner 52, CA
8. Charles Schue 46, CA
9. Richard Flath 34, CA
10. David Shuler 52, CA

**Top 50**

1. Bruce Leath, 41, CA
2. Judy Reeder, 45, CA
3. Guy Nickels, 50, CA
4. Lee Tandy, 52, CA
5. Ruth Connelly 69, WA
6. Billy Fogg 40, CA
7. Dale Turner 52, CA
8. Charles Schue 46, CA
9. Richard Flath 34, CA
10. David Shuler 52, CA
**1983 TAC One Hour Run Championships**

- **Place Runner**
  - Age Miles Yards Division-Place D-O-D D-Ran

- **Channel Runners**
  - Women Official (1983)
  - Men Official (1983)

- **Top Finishers**
  - Women
  - Men

- **Results**
  - December 31, 1983

- **TAC NATIONAL ONE HOUR RUN CHAMPIONSHIPS 1983**

- **State Divisions**
  - California
  - Arizona
  - Oregon
  - Washington

- **Other States**
  - Illinois
  - New York
  - New Jersey
  - Pennsylvania

- **Rules**
  - Official
  - Semi-Official

- **Scoring**
  - Women
  - Men

- **Women's Official**
  - Linda Bauman
  - Betty Bailey
  - Barbara Bajek
  - Claudia Fanovsky
  - Alene Milligem

- **Men's Official**
  - Joe Livesay
  - Christian Weber
  - Mae Leshansky
  - Jackie Epstein
  - David Littman

- **Junior Women**
  - Missy Pasqualone
  - Jayne Dasgupta
  - James Williams
  - Margie McCaffery
  - Barbara Dibble

- **Junior Men**
  - Albert Clark
  - Robert Kanaley
  - Vito DeSantis
  - Marybeth Witmer
  - Barbara Devita

- **Women's Non-Official**
  - J. Knifton
  - C. Satter
  - D. Sullay
  - B. Pian
  - R. Jordan

- **Men's Non-Official**
  - D. Suta
  - S. Smiley
  - G. Davidson
  - D. Norrls
  - R. Rodenberger

- **Junior Women's Non-Official**
  - S. Pasqualone
  - J. Ogilvie
  - N. Leshansky
  - J. Williams
  - M. McCaffery

- **Junior Men's Non-Official**
  - A. Clark
  - R. Kanaley
  - V. DeSantis
  - M. Witmer
  - B. Devita

- **Scoring**
  - Women
  - Men

- **Women's Semi-Official**
  - J. Franklin
  - D. Beilman
  - J. Shilling
  - J. Stowers
  - R. Johnson

- **Men's Semi-Official**
  - M. Franklin
  - D. Beilman
  - J. Shilling
  - J. Stowers
  - R. Johnson

- **Women's Non-Official**
  - H. Franklin
  - D. Beilman
  - J. Shilling
  - J. Stowers
  - R. Johnson

- **Men's Non-Official**
  - H. Franklin
  - D. Beilman
  - J. Shilling
  - J. Stowers
  - R. Johnson

- **Junior Women's Non-Official**
  - S. Pasqualone
  - J. Ogilvie
  - N. Leshansky
  - J. Williams
  - M. McCaffery

- **Junior Men's Non-Official**
  - A. Clark
  - R. Kanaley
  - V. DeSantis
  - M. Witmer
  - B. Devita
PASSION IS THE MOTHER OF INVENTION.

nothing about us and nothing about the act of creation. Computers, shows very little about the brain. Everyone who thinks these ever dreamed possible.

ever done before.

this shoe and made this shoe.

be happy or latter than we'd have done that would move us faster. Hadn't thought to lose up air. We were nothing but a bunch.

When the first crude sample was brought onto the field, there was no bottom line. Only athletes.