



NATIONAL MASTERS NEWS

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



66th Issue

February, 1984

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Start of 1983 Humana Rocket City Marathon in Huntsville, Alabama, December 10. Masters, left to right: 133-Morgan Looney, 123-Art Williams, 81-Ernie Billups, 66-Don Coffman, 131-Ken Prior.

Coffman was the first age-40-and-over finisher in 2:27:09. Looney was 2nd in 2:32:19.

Photo by Dudley Campbell

Both Kiddys Break 50K Records

by REX CLEVELAND

TALLAHASSEE, Florida, December 17. At the Natural Light Tallahassee Ultra Distance Classic 50K/100K, Sandra Kiddy, 47, ran a 50K U.S. record time for masters women of 3:32:34, lowering her own 1980 mark of 3:36:50. Her husband, Fred, ran a U.S. age 45-49 record of 3:16:12, bettering Howard Miller's 3:18:07. They placed fifth and third overall behind winner Barney Klecker and his wife, Janis, who ran a world record women's open time of 3:13:51.

The race was nine laps of a 3.45 mile loop inside the Wakulla Springs Wildlife Sanctuary. With weather of 40° 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 WOJCIK

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 four of the five top finishers were from different age divisions.

Josie Fox, W40, Tempe, was the vic-

Continued on Page 10



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

Photo by Mike Tymn

New Zealand, Japan Runners Top Masters In Honolulu

by MIKE TYMN

Ron Robertson of New Zealand and Minoru Muramoto of Japan topped all masters runners in the 11th annual Honolulu Marathon on December 11. Other exceptional age-class performances were recorded by Frank Grey of Washington and Helen Dick of California.

Robertson, a 42-year-old citrus

Continued on Page 15

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 Frankfort, Kentucky.

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

Continued on Page 17

CONTENTS

DEPARTMENTS

Letters to Editor	2
Gun Lap	6
Open Mouth	8
Speaker's Corner	10
Running with	
Marco Polo, M.D.	12
Profile	14
Triathloning	15
NRDC	16
Olympic Watch	18
Masters Scene	19
Schedule	21
Track and Field Results	24
Long Distance Results	25

FEATURES

National 10K X-C	3
National 30K	3
Florida Pentathlons	3
Postal One-Hour Run	4
Inactivity Speeds Aging	4
Canada vs. USA X-C	4
Midwest Masters 30K	4
Track & Field Report	13
Report From Britain	16
New LDR Rankings Planned	16
One-Hour Walk	18
Ontario 10K X-C	23

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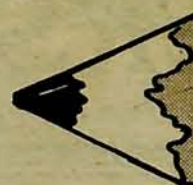
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NATIONAL T&F
CHAMPIONSHIPS

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-to 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 former fiance 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 redhead 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 go for 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 does not seem to be enough, or if you just want a good workout, try a "fun run" or a timed controlled 90% effort. Maybe do a 5-K at 20-K race pace and don't "kick it in" (often the most debilitating part). This will provide some motivation. You're measuring yourself, but without the stress of psyching up, peaking and risking failure. It's best to try this when you're fresh—not after a tiring day.

I had to give up racing, as did Mike Tymn, due to health, and found reducing all forms of stress to be quite helpful. To make an analogy: I also stopped playing duplicate bridge at the tournament level, but still enjoy a local club game. This is a compromise between tournaments or playing for high stakes (sport) and solitary (fitness). We measure ourselves by keeping score and receiving Master Points in local games. A timed run workout is just a form of keeping score. It enhances the

experience without making it significantly more stressful.

Alan Wood
Editor, The Master Walker

WORLD GAMES

The last two world championships have been staged too far away from the main centers of veteran activity. Although participation in vets athletics 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

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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 first and fifth places in the 40+ team competition. All 10 runners finished between 35:40 and 38:45.

(As of press time, NMN had not received any other results of the race. We hope to include them in a future issue.) □



William Reilly, 1st 40+, National Masters 10K X-C, Van Cortlandt Park, N.Y., Nov. 13. Photo by Walt Westerholm



The Snohomish Track Club of Seattle, Washington traveled 3000 miles to win its 5th consecutive National Masters 10K Cross-Country Championship in New York November 13. Its "B" team took 5th place. Runners of

both teams; Front Row, L. to R.: Earl Ellis, Derek Mahaffey, Al Huff, and Roy Reisinger. Back row, L. to R.: Maurice Pratt, Ken Neville, David Morris, Chris Steer, Doug Rustad, Herb Parsons. Photo by Walt Westerholm

**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.

Mueller's M45-49 winning time of 1:45:27 on the circular course bettered Ernie Billups' national looped-course record of 1:47:54. Green's M50-54 win in 1:46:42 demolished Don Dixon's national best mark of 1:53:16 for a looped course.

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 ex-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 Gonzales, 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 (23.19) for a 2845 total.

Gordon Reiter, 37, Ballwin, Mo., scored well in all events for 2590, as did Buzz Porter, 47, Jupiter, Fla., with 2678. Richards did a second day's good work in compiling 2644, with a 39.01 best-event discus throw. All totals are U.S. age records.

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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The National Masters News is the bible of the Masters (Veterans) movement, the fastest growing segment of the running community. It's a bargain at 12 issues a year for only \$15. Get aboard the publication that's covering the Masters scene more thoroughly than ever. Subscribe now.

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*Event May Disappear***HUFF TAKES
POSTAL ONE
HOUR RUN**

by JERRY WOJCIK

Al Huff, 45, of Seattle, was the top masters runner in the 1983 TAC Postal One Hour Run Championships. Huff, the event's national director, finished sixth out of eighty-nine participants by completing 10 miles and 1583 yards, in Seattle on August 3. Philip Welch, 34, was first overall with 11 miles, 451 yards, also in Seattle, August 3.

Chris Steer, 40, a Snohomish TC teammate of winner Huff, was first M40-44 and twelfth overall with 10 miles, 936 yards, in Seattle, August 28.

Edward Demarrais, 52, was the M50 winner on the basis of a 10 mile, 847 yard performance in Boston, May 18. Anne Johnson, 54, was the first W50+ with 8 miles, 187 yards, in San Diego, August 26. Paul Spangler, 84, was the oldest participant and did 6 miles, 1072 yards, in San Luis Obispo, Calif., August 6.

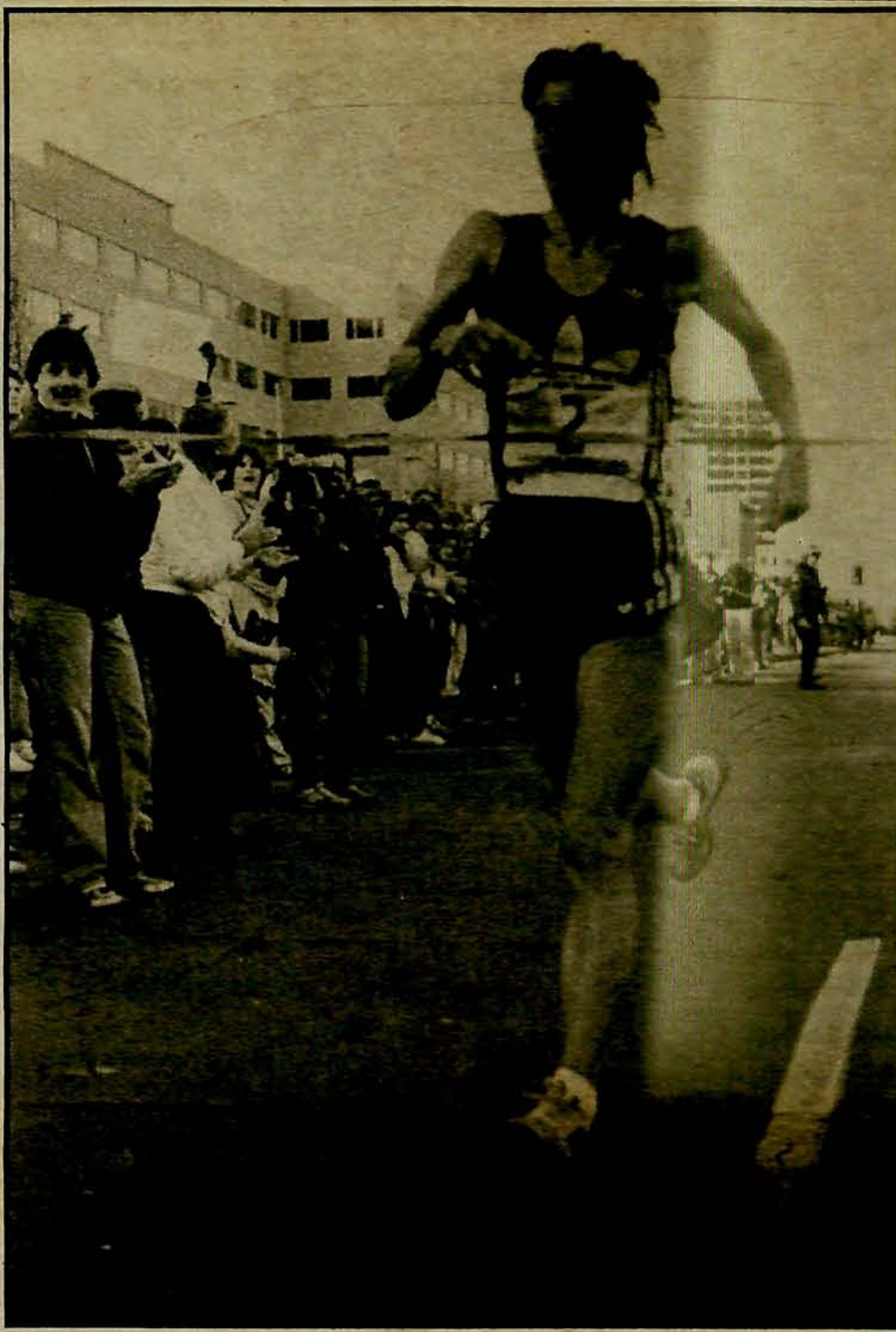
The Snohomish TC five-man squad totaled 52 miles, 333 yards, to win the M40 team award over its "B" team, which counted for 47 miles, 935 yards. North Medford won the 50+ team title with 49 miles, 82 yards, over the San Diego TC group's 45 miles, 735 yards.

Unfortunately, this event, which used to draw participants of all ages by the hundreds because it provided a simple way for runners to see how they compared to other runners nationwide, has declined in interest to such a degree that Huff said no bid was made at the TAC Convention for the 1984 One Hour Run.

"...the entry no longer represents anything resembling a national championship for any age group. . .," Huff stated and, therefore, he has declined to bid on the race again. Instead, he suggests that anyone holding a one hour run should submit results to the National Running Data Center, P.O. Box 42888, Tucson, AZ 85733, for records and all-time performances.

The 1983 entry of eighty-nine consisted of fifty-nine runners age forty-and-over. The San Diego area, with Craig Snapp director, had the highest number of participants, twenty-five. Sixteen runners turned out at San Luis Obispo for director Stan Rosenfield; twelve at Seattle for Huff.

The postal one hour run may have fallen victim to the very things it was designed to do: provide a competition for runners who had few, if any, races easily available, and to further an interest in running. Now that there are literally thousands of races each year reaching every town, city, and state in the country, who needs the postal one hour run? The word "cannibalization" gets little use outside of the areas of labor and management but it seems applicable here, if this event disappears from the U.S. running schedule from lack of interest. □



Gabrielle Andersen, 38, of Sun Valley, Idaho, is the first woman to cross the finish line in the California International Marathon, December 4, in Sacramento, with a superb 2:33:25. Photo by Gene Cohn

CANADA KEEPS THE CUP

The Canadian masters men's and women's cross-country teams combined to win, for the sixth time, the Fleischman's Challenge Trophy at Ottawa, Ontario, on October 15. The Trophy goes to the victorious team of the annual Canada vs. United States Masters International 10K Cross-country Match.

The match, contested since 1977, has been won only once by the U.S. contingent, in 1978. This year's Canadian men's team outscored the visiting U.S. squad by a score of 30-41; the Canadian women ran up an unchallenged 13-30. Final score, therefore, was Canada 43, U.S. 71.

Although the quality of overall competition was high, the fast times are misleading because the three-and-one-third-kilometer-loop, footpath course was about 350 meters short.

Ken Inglis, 41, Kincardine, Ontario, pulled away strongly over the last lap to repeat his victory of last year over second place Jerry Smith, Syracuse, NY. Inglis finished in 30:37; Smith in 31:42.

Diane Palmason, despite a nasty fall on the second lap, recovered to defeat all women and half of the men with her W45 winning time of 37:56.

Seventy-seven-year-old Charles Hackenheimer, Syracuse, NY, was the oldest runner of the eighty-four finishers and ran an outstanding 47:04. □

**Nair, Oliver Prevail
In Midwest
Masters 30K**

Running in conditions better suited to skiing (24° and two-inch snowfall), John Nair, Park Forest, Ill., won the Midwest Masters TAC 30K Road Championships at Lake Bluff, Ill., on January 1. Nair's time of 2:01.17 was bettered only by M35 John Lashbrook's 1:56.01.

Linda Oliver, Chicago, was the W40+ winner in 3:12:13.

Bernie O'Keefe, who hails appropriately from Olympia Fields, Ill., ran a strong, under the conditions, M60 2:18.4. □

**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 catecholamine and
Continued on Page 13

CORRECTIONS

• In the December issue, Alberto Echeverria, 41, Miami, was omitted from the results of the Gold Coast Masters 4-Mile Championships, Pompano Beach, Fla. Echeverria was, in fact, the overall winner in 22:41.

• The results, in the December issue, of the 12th Annual Eastern Masters Athletic Congress X-C Championships, Bronx, NY, Nov. 6, listed Adrienne Salmini's age as 62; her age should have read 67.

• In the January issue, in the minutes of the TAC Masters T&F Committee meeting, NMN reported that "the Committee recommended that the 25¢ per subscriber, which NMN had been giving to the Masters Sports Association, be terminated." That is true, but it should also be noted that, of the \$500 which NMN had agreed to pay MSA in 1983, only \$370 was paid. MSA waived the additional \$130 since the New York Masters has taken over the MSA events. □

1984 TAC National Indoor Masters Track & Field Championships

Jadwin Gymnasium, Princeton University, Princeton, New Jersey

March 24-25, 1984

Sponsored By:



HYATT REGENCY PRINCETON

Hosted By: THE SHORE ATHLETIC CLUB

Sanctioned by the New Jersey Association of
The Athletic Congress/USA

Eligibility & Age Group Divisions:

The competition is open to all men and women over the age of thirty who are registered with The Athletic Congress.

Divisions:

Men & Women: OA (30-34); OB (35-39); 1A (40-44); 1B (45-49); 2A (50-54); 2B (55-59); 3A (60-64); 3B (65-69); 4A (70-74); 4B (75-79); 5A (80+)

Entry Fees:

\$8.50 first event (includes T-Shirt and souvenir program)
\$5.00 each additional event
\$16.00 per relay team

Entries:

Entries must be postmarked no later than March 10, 1984. No post entries will be accepted.
There will be no refunds or switching of events after you have entered. Please do not request exceptions. NO POST ENTRIES.

Registration:

HYATT — Friday, March 23, 1984 6:00 p.m. to 10:00 p.m.; JADWIN GYM — Saturday and Sunday after 9:30 a.m.

Directions:

Jadwin Gym, intersection of Washington Rd. and Faculty Rd., Princeton, N.J. - BY CAR: N.J. Turnpike Exit 8, to Rt. 531 West (Princeton Hightstown Rd.) through Hightstown; becomes Washington Rd. Take to Jadwin Gym. It is about 12 miles to Jadwin from Exit 8. Also U.S. Rt. #1 to Washington Rd., Princeton or Rt. 206 into Princeton to Nassau St. to Washington. NOTE: There are also trains to Princeton from Penn Station (NYC) and Amtrak from Boston/Washington and buses (the Suburban Bus Line) from Port Authority (NYC). PLANE: Use preferably Newark but Philly and NYC airports are also usable. Then use limo service from airports via Salem Transportation.

Hyatt Regency Princeton • Located on Rt. 1 at Alexander Road in Carnegie Center office complex • 1 1/2 miles east of Jadwin Gymnasium • Midway between Newark and Philadelphia airports • 5 minutes from Amtrak station • 1 hour from downtown Manhattan.

Saturday, March 26 - Co-Executive Directors: Matt Brown & Ron Salvio
Co-Meet Directors: Bill Fitzpatrick & Joe Kraus

Event Number	Event	TRACK	Time
1A	60	T	10:30 AM
2	1 mile	F	Schedule
1B	60	F	to be posted
3	2 mile walk	F	
4	300	F	
5	4 x 880	F	
FIELD			
6	Shot Put	0A, 0B, 1A, 1B	10:30 AM
7	Weight Throw	0A, 0B, 1A, 1B	1:00 PM
8	Long Jump	0A, 0B, 1A, 1B	10:30 AM
9	Long Jump	2A, 2B, 3A, 3B, 4A, 4B, 5A, W	1:00 PM
10	High Jump	2A, 2B, 3A, 3B, 4A, 4B, 5A, W	10:30 AM
11	High Jump	0A, 0B, 1A, 1B	1:00 PM

Facilities:**JADWIN GYMNASIUM**

220 yard, 6 lane tartan surface for all running events, tartan surface runways, maximum 1/4 inch spikes; concrete throwing circles. Complete medical, training room, locker and shower facilities.

Transportation:

Bus service between the Hyatt and Jadwin Gym is available.

Limo service available from airport via Salem Transportation.

Awards

National championship medals to top three in each division in each individual event.

National championship patch to each winner with a limit of one patch per individual.

National championship medals to each member to top three relay teams in each division in each relay.

Accommodations:

(Make own reservations by March 2, and state you are with the U.S. Masters.)

A block of rooms at special rates have been reserved at the following motel:

Hyatt Regency
102 Carnegie Ctr.
Princeton, N.J. 08540
(609) 987-1234

Write for info on other area lodging. (please SASE)

All rooms \$64.00. Additional
roll away beds \$10.00.

Standards for Hurdles & Weights — will be as per WAVA standards adopted by TAC Masters.

(see National Masters News, January 1984, pg 7.)

Relay:

All relay team members must be members of the same club. Runners may move down from their age division. The following relay events will be held:

4 x 440	30-39 M&W	40+ W	40-49 M	50-59 M	60+ M
4 x 880	30-39 M&W	40+ W	40-49 M	50-59 M	60+ M

Relays will be accepted as post entries. Corporate Sprint Medley Relay: 4 runners (must include at least 1 female), over 30 & full-time employees (440-220-220-880)

Schedule of Events:**Order of Events:**

Submasters, then women, then older to younger men — mixed age groups and/or age group sections if necessary. Exceptions: Hurdles - younger to older, men than women.

Sunday, March 27

TRACK			Time
12A	60 HH	T	10:30 AM
13	1000	F	Schedule
12B	60 HH	F	to be posted
	600	F	
	2 mile	F	
	4 x 440	F	
FIELD			Time
17	Shot Put	2A, 2B, 3A, 3B, 4A, 4B, 5A, W	10:30 AM
18	Weight Throw	2A, 2B, 3A, 3B, 4A, 4B, 5A, W	1:00 PM
19	Triple Jump	0A, 0B, 1A, 1B	10:30 AM
20	Triple Jump	2A, 2B, 3A, 3B, 4A, 4B, 5A, W	1:00 PM
21	Pole Vault	Section I: lowest possible height	10:30 AM
22	Pole Vault	Section II: Starting height: 11'6"	1:00 PM

All finals will be run in the schedules final time slot.

The SP, LJ, TJ, WT event competitors will each receive 3 jumps or throws in prelims 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 possible 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 official will have final word regarding any time allowance to completitors. We will not disrupt the event and inconvenience other competitors.

Seeding to be at discretion of meet officials.

Official Entry

Name <small>LAST NAME</small> <small>M.I.</small> <small>FIRST NAME</small>		TAC #	
Address			
City		State	Zip Code
Phone		Team Affiliation	
<small>Complete & Accurate Team Name</small>			
Event Number	Event	Recent Best Mark	Event Number

Sex <input type="checkbox"/> M <input type="checkbox"/> F	Individual Event Fees \$
Birthdate	Relay Fees \$
Division	Total Amount Enclosed \$
Payable To: US MASTERS CHAMPIONSHIP	
Mail To: US MASTERS CHAMPIONSHIP	
P.O. BOX 162	
CLARKSBURG, N.J. 08510	
Phone: Matt Brown H — 201-548-6592	
Ron Salvio W/H — 609-259-9268	

Athlete's Release

In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against The Masters Athletic Committee. The Athletics Congress, The Shore Athletic Club, all other meet sponsors and sports facilities or their officers or agents, 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: _____



THE GUN LAP

by MIKE TYMN

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 2:58 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 ironical 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 school run by the Army at Ft. Sam Houston.

The Modern Pentathlon, which includes a 4,000 meter cross-country run, a 300 meter swim, pistol shooting, fencing, and horseback riding, was designed before the 1912 Olympics as a test of the all-around soldier, modified somewhat from the ancient pentathlons conducted by the Greeks. “All-round athletes,” said Aristotle, “are superior.”

“I was looking for a way out of Korea,” says Daniels. “As athletic and recreation officer for my unit, I saw the announcements on the triathlon and pentathlon and figured that it was my best way out. I had been a competitive swimmer in school and also had been on the rifle team.”

Daniels placed 13th among the many competitors taking part in the '56 Games at Melbourne. The three-man U.S. team placed second, earning Daniels a silver medal. Daniels was discharged from the Army in 1958, but went back in the following year to train for the '60 Games. He placed 8th at Rome, while the U.S. team took the bronze.

In between the two Olympic Games, Daniels won two U.S. 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 100 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

“The top men back in '64 wouldn't make the women's team today with their times.”

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



Jack Daniels

Photo by Warren Morgan © 1983

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 rear and forefoot 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

Nike's New Hampshire lab. He was altitude consultant to the U.S. Olympic team of 1968 and did some color commentary for CBS on the 1976 Olympics. His photos have appeared on the

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

covers of four athletic magazines. And, he holds a multi-engine commercial pilot license.

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.”

□

OLYMPIC LEGENDS TRACK & FIELD MEET

APRIL 28, 1984 SATURDAY

TRACK

8:00
8:30
9:00
9:30 110M Hurdles
10:00
10:30 100M Trials
11:00
11:30
12:00 400M Trials
12:30
1:00 1500M Finals
1:30
2:00 100M Fin
2:30
3:00 4 X 100 Relays
3:30 5,000 meter walk
4:00

HIGH JUMP

9:00 A.M. 40-49
9:40 A.M. 30-39
10:30 A.M. 70+ & Women
11:15 A.M. 60-69
11:50 A.M. 50-59

JAVELIN

9:00 A.M. 30-39
9:45 A.M. 50-59
10:30 A.M. 40-49
11:15 A.M. 70+ & Women
12:15 P.M. 60-69

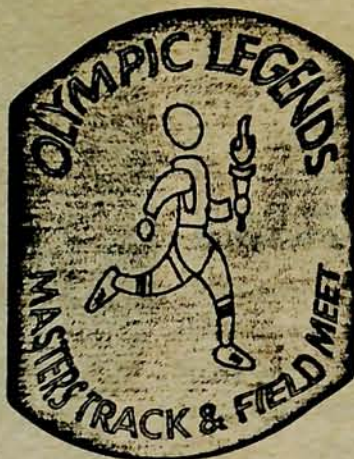
SHOT PUT

10:30 A.M. 30-39
11:30 A.M. 40-49
12:30 P.M. 70+ & Women
1:45 P.M. 60-69
2:45 P.M. 50-59

LONG JUMP

10:30 A.M. 60-69
11:30 A.M. 30-39
12:30 P.M. 40-49
1:45 P.M. 50-59
2:45 P.M. 70+ & Women

Home Savings of America and the L.A.-Valley Athletic Club proudly present the



April 28 & 29, 1984 - UCLA Drake Stadium

Join former Olympic greats Parry O'Brien, Dean Smith, Thane Baker, Bob Richards, Barbara Ferrell Edmonson, Josh Culbreth, Ron Whitney, Ira Davis, Bob Humphreys, Lynn Eves and Payton Jordan as they compete in track events from the 100 meter dash to the 5,000 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 one relay per person). Complimentary 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.



APRIL 29, 1984 SUNDAY

TRACK

8:00
8:30 5,000 meter run
9:00
9:30 200M Trials
10:00
10:30 400M Finals
11:00
11:30 800M Finals
12:00
12:30
1:00
1:30 200M Finals
2:00
2:30 400M Hurdles
3:00 4 X 400 Relay
3:30

POLE VAULT

9:00 A.M. 30-39
10:15 A.M. 40-49
11:30 A.M. 60+ & Women
12:45 A.M. 50-59

HAMMER THROW

9:00 A.M. 70+ & Women
10:00 A.M. 60-69
11:00 A.M. 50-59
12:00 P.M. 40-49
1:00 P.M. 30-39

DISCUS

10:30 A.M. 70+ & Women
11:45 A.M. 30-39
1:00 P.M. 40-49
1:45 P.M. 60-69
2:45 P.M. 50-59

TRIPPLE JUMP

10:30 A.M. 30-39
11:30 A.M. 40-49
1:00 P.M. 60-69
1:45 P.M. 50-59
2:45 P.M. 70+ & Women

OLYMPIC LEGENDS Track and Field Meet

April 28, (Sat) and 29 (Sun), 1984
UCLA Drake Stadium
Los Angeles, California

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

Entry Fee: \$9.00 for first event
4.00 for each additional event (Max. 3 events)
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 for first three places individual events and for the members of the 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.

Registration: Closes on April 20, 1984. No Post Entries.

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

MEN					WOMEN				
AGE	DISCUS	HAM	JAV	SP	AGE	DISCUS	HAM	JAV	SP
30-49	4.6	16	800	16	30-49	2.2	n/a	600	8
50-59	3.9	12	800	12	50 plus	2.2	n/a	600	6
60-79	2.2	12	600	8					
80 plus	2.2	8	600	6					

MEN			WOMEN		
AGE	110M Hurdles	400M Hurdles	AGE	100M	400M
30-39	39"	36"	30-39	33"	33"
40-49	36"	33"	40 plus	30"	30"
50-59	33"	30"			
60 plus	30"	30"			

Competition will be held in 5 year age groups starting from age 30. 30-34 A, 35-39 B, 40-44 I, 45-49 II, 50-59 III, 55-59 IV, 60-64 V, 65-69 VI, 70-74 VII, 70-79 VIII, 80+ IX.

Surface: Tartan, synthetic all-weather. 1/4 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. - Rate is \$25 per person, DOUBLE OCCUPANCY. Individual room reservations must be in no later than Feb. 27, 1984 & guaranteed by credit card No. or 1 nites deposit.

Please reserve Room for myself only: _____ Dates: _____
Credit Card & No. _____ Myself & _____ Dates: _____
Check Enclosed: _____

Please return Hotel Reservations ASAP.....

OFFICIAL ENTRY FORM FOR THE FIRST OLYMPIC LEGENDS MASTERS TRACK AND FIELD MEET UCLA - DRAKE STADIUM, APRIL 28 & 29TH, 1984

Please enter me in the following events, for which I have enclosed payment at the rate of \$9.00 for the first event and \$4.00 for each additional event. (Maximum of 3 events plus relay). Entry fee includes souvenir program and T-Shirt for each competitor.

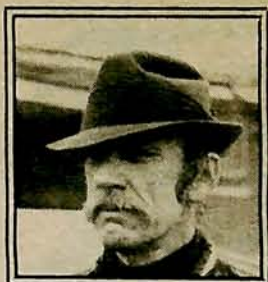
FULL NAME _____ MALE _____ FEMALE _____
ADDRESS _____ PHONE () _____
CITY _____ STATE _____ ZIP _____
AGE (As of April 28, 1984) _____ BIRTHDATE _____
CLUB AFFILIATION _____ TAC # _____
EVENTS: _____ BEST TIME/DISTANCE _____
1. _____ \$9.00
2. _____ \$4.00
3. _____ \$4.00

A Banquet at the beautiful MIRAMAR-SHERATON Athlete Only: \$12.00
HOTEL will be held Saturday evening, April 28th, 1984 from 6:15 P.M. to 10:00 P.M. Athlete & Guest: \$18.00
honoring those Ex-Olympians in attendance, big band and entertainment as well as T.V. Total My Check: \$
coverage of Awards presentation.
*NOTE: The L.A.-Valley Athletic Club will have a Hospitality Room available at the Holiday Inn-Bel Air (near UCLA) for those athletes and guests who wish to change clothes and freshen up for the banquet from Saturday 12:00 noon to 6:00 P.M., April 28, 1984.

I hereby for myself, my heirs, executor, administrators waive and release any and all rights and claims for damages I may have against the L. A.-VALLEY ATHLETIC CLUB, W. E. ADLER, UCLA or their representatives, successors or assigns, for any and all injuries, ailments or other consequences, suffered by me in the OLYMPIC LEGENDS TRACK AND FIELD MEET. I attest and verify that I am physically fit to compete in all the events I have entered.

ATHLETE'S SIGNATURE _____ DATE _____
RELAYS: _____ CLUB: _____ BEST TIME 1983-84: _____
4 x 100 _____ \$20.00 \$
4 x 100 _____ \$20.00 \$

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 OPEN 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. Newborn, Elizabeth Ruth, of course, has perfect pitch.

Photo of the balance, back row left to right—

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 extender.

Old semi-soft Miller, man of the 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.

Sophie Muffat, 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



The Miller Clan

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 100 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, enroute 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 cuisinier 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

	DECATHLON & PENTATHLON (Women's) by McNab	\$6.50
	HIGH JUMP by Dick	\$7.00
	HURDLING by Le Masurier	\$4.00
	JAVELIN by Paish	\$4.50
	LONG JUMP by Kay	\$5.00
	MIDDLE DISTANCE, LONG DISTANCE, MARATHON & STEEPLCHASE by Watts and Wilson	\$5.50
	POLE VAULT by Dr. Neuff	\$4.00
	RACE WALKING by Hopkins	\$5.00
	SHOT PUTTING by Johnson	\$4.00
	SPRINTING & RELAY RACING by Marlow	\$4.00
	STRENGTH TRAINING FOR ATHLETICS by Dick, Johnson and Paish	\$6.00
	TRIPLE JUMP by McNab	\$6.00
	DISCUS by Paish	\$4.00
+ Plus .75¢ per item for mailing. Make checks payable to WIMSEY HOUSE.		
NAME _____		
ADDRESS _____		
CITY, STATE _____ ZIP _____		

* * WIMSEY HOUSE, PO BOX 33182, GRANADA HILLS, CA * *

The 14th Annual SOUTHEASTERN MASTERS INTERNATIONAL TRACK & FIELD CHAMPIONSHIPS AND DISTANCE JAMBOREE

NORTH CAROLINA STATE UNIVERSITY, RALEIGH, NORTH CAROLINA

MAY 4, 5, 6, 1984



Sanction No. 134-002



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

- SPONSORS:** Cooper Group-Lufkin Division, Nike, N.C. State University, Raleigh Department of Parks and Recreation
- OPERATED BY:** Southeastern United States Masters, Inc. Box 5684, Raleigh, N.C. 27650. Meet Director — Jerome J. Perry
- CONTACTS:** Ray Fulghum or Stu Northup (919) 755-6640 Monday-Friday 9:00-5:00
- AGE DIVISIONS:** Based upon age on day of competition: 30-34 (OA), 35-39 (OB), 40-44 (1A), 45-49 (1B), 50-54 (2A), 55-59 (2B), 60-64 (3A), 65-69 (3B), 70-74 (4A), 75-79 (4B), 80 and over (5A). **Distance Jamboree also has Open Division.**
- ENTRY FEE:** \$7.00 includes first event in either track & field or distance run, commemorative patch, and final results booklet. \$5.00 for each additional event. 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 TAC. Non-registered athletes may register at site. **TAC registration is not required for open division marathon, half marathon and 10K but required for all other events.** TAC registration not required for foreign athletes or active members of the military.
- AWARDS:** Large commemorative medallions to the first three places in every event plus first five places in distance jamboree.
- LATE ENTRIES:** Additional \$1.00 late fee required for each event if postmarked after April 15th. Events may be dropped at any time but additions to the track and field segments shall be at the discretion of the meet director. **Track & Field entries must be received no later than April 27, 1984—NO EXCEPTIONS.**
- DRESSING:** Dressing and shower facilities at Carmichael Gym—Bring Towel—No Charge
- RECEPTION:** A reception/soc. is planned on Friday evening at Mission Valley Inn.
- BANQUET:** 7:30 PM Saturday, Site TBA Ticket on first come basis \$11.00 per person. Refunds upon sold out situation.
- RUNNING SURFACE:** Nine lane newly surfaced 400 meter Track for Track & Field and asphalt for distance jamboree.
- PACKET PICK UP:** All participants must pick up his/her packet prior to reporting to first event
FRIDAY 1:00 PM - 6:00 PM at track 7:00 PM - 10:00 PM Mission Valley Inn
SATURDAY 6:00 AM - 6:00 PM at track 7:00 PM - 10:00 PM Mission Valley Inn
SUNDAY 6:00 AM - 7:00 AM at Finish Area (see map on reverse)
Numbers must be worn on the front.
- MOTELS:** MISSION VALLEY QUALITY INN (Meet Headquarters) Avent Ferry Road (919) 828-3173
Mention meet for reduced price. Camping available at youth center (inquire)

EVENT SPECIFICATIONS

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

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

EVENTS FOR WOMEN: All events are open for women but in selected events (see tentative schedule) they will compete against women only. In all cases women will compete at the same time as men but awards will be given in competition with women in the same age group.

SCHEDULES OF EVENTS

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

SATURDAY, MAY 5th: See Tentative Schedule on Opposite Page

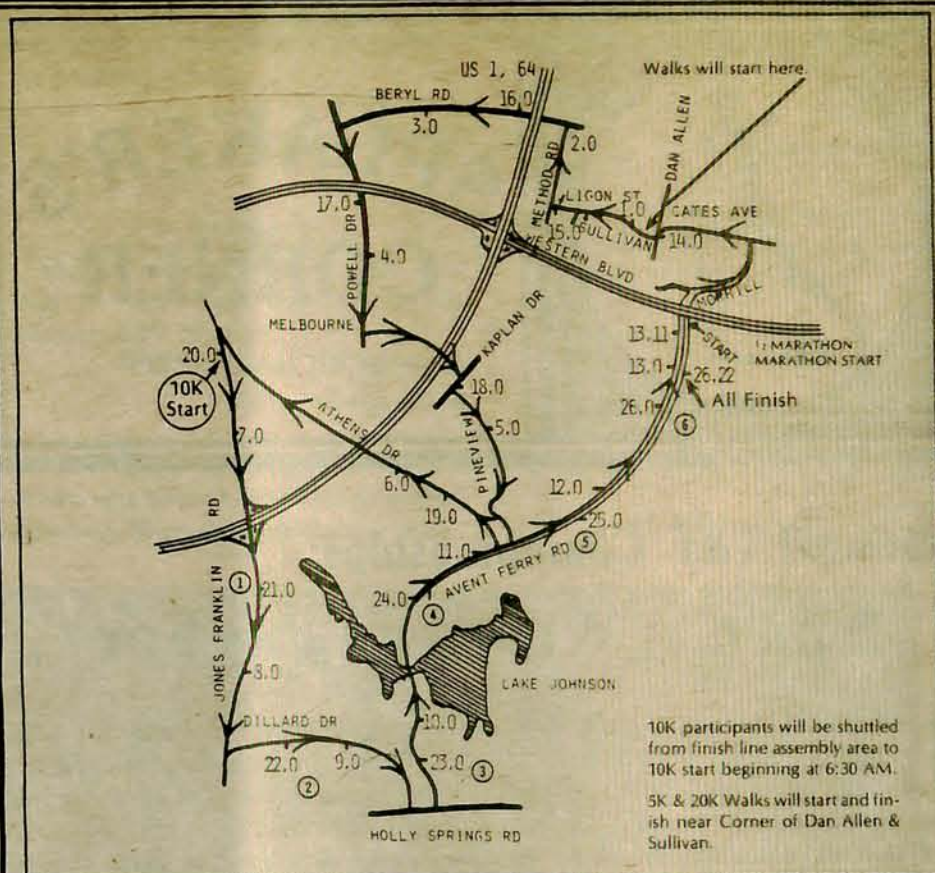
- SUNDAY, MAY 6th:**
- Event #23 **MARATHAN** 7:30 AM Refer to course map
- Event #24 **HALF MARATHON** 7:30 AM on back cover for routes
- Event #25 **10 KILOMETERS** 7:30 AM and descriptions.
- Event #26 **20 KILOMETER WALK** 7:30 AM
- Event #27 **WEIGHT PENTATHLON:** Div. 0 Div. 1 Div. 2 Divs. 3 & 4
(All times AM) 9:00 9:30 10:00 10:30

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

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

MEET DAY WEATHER CHART

	1978	1979	1980	1981	1982	1983
Temperature Extremes	52°-77°	56°-76°	54°-76°	52°-68°	61°-73°	47°-79°
Precipitation	0	0	0	.21	0	0
Average Wind Velocity	7.3	6.5	6.5	10	5.5	7.6



*TENTATIVE TRACK & FIELD SCHEDULE

Saturday, May 5, 1984					*Refer to Program for Final Schedule				
Event #	Time	Event	Division	Special Event	Time	Event	Division	Time	Event
Event #4	7:00	5,000 Meters	OA-OB	Special Event	12:00	Chancellors Invitational predict-a-time mile		2:55	400M Run
	7:25	5,000 Meters	1A-1B					3:00	400M Run
	7:50	5,000 Meters	2A-2B					3:15	800M Run
	8:15	5,000 Meters	3-4	Event #8	12:30	5,000M Walk+1 LUNCH BREAK		3:20	800M Run
Event #5	8:55	110M Hurdles	OA	Event #9	1:30	100M Dash	Women	3:25	800M Run
	9:00	110M Hurdles	OB		1:35	100M Dash	OA	3:30	800M Run
	9:10	110M Hurdles	1A		1:40	100M Dash	OB	3:35	800M Run
	9:20	110M Hurdles	2A-2B		1:45	100M Dash	1A	3:40	800M Run
	9:30	110M Hurdles	3A		1:50	100M Dash	1B	4:00	3,000 Steeplechase
	9:40	110M Hurdles	3B-4		1:55	100M Dash	2A	Event #12	4:30
Event #6	9:55	1,500M	Women		2:00	100M Dash	2B	200M Dash	Women
	10:05	1,500M	OA-OB		2:05	100M Dash	3A	4:35	200M Dash
	10:15	1,500M	1A	Event #10	2:10	100M Dash	3B-4	4:40	200M Dash
	10:25	1,500M	1B		2:20	400M Run	Women	4:45	200M Dash
	10:35	1,500M	2A		2:25	400M Run	OA	4:55	200M Dash
	10:45	1,500M	2B		2:30	400M Run	OB	5:00	200M Dash
	10:55	1,500M	3-4		2:35	400M Run	1A	5:05	200M Dash
Event #7	11:15	400M Hurdles	OA-OB		2:40	400M Run	1B	5:10	200M Dash
	11:25	400M Hurdles	1A-1B		2:45	400M Run	2A	5:15	200M Dash
	11:35	400M Hurdles	2A-2B		2:50	400M Run	2B		4A-4B
	11:45	400M Hurdles	3-4						

11This is a closed event, Do Not Enter 1145 minute time limit

111Track and field events will serve as N.C. TAC Championships in 1A and over

FIELD EVENTS

	Time	Event		Time	Event		Time	Event
Event #14*	8:00	Hammer	Event #17	9:00	Pole Vault	Event #20	12:00	Javelin
Event #15*	8:00	35Lb Weight	Event #18	10:00	Discus	Event #21	1:00	Long Jump
Event #16*	8:00	56 LB Weight	Event #19	11:00	High Jump	Event #22	2:00	Shot Put
*order tentative								

*order tentative

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

Event numbers 14, 15, 16 will be conducted at Method Field. Buses leave from track to Method every 30 minutes beginning at 7:30 A.M.

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

Name: Last _____ First _____ Init _____ Area _____ Telephone _____

Street _____ City _____ State _____ Zip Code _____

TAC Registration No. _____ Division _____ Sex _____ Birth Date _____ Requested number of Banquet Tickets _____

Mo. _____ Day _____ Yr. _____ Total Amount Enclosed _____

INDIVIDUAL ENTERED

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

ATHLETIC RELEASE

In consideration of the acceptance of this entry, I hereby, for myself, my heir executors, administrators and assigns, release and discharge the promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field Inc., Cooper Group-Lufkin Division, The Athletic Congress, (TAC) and their agents, servants, employees and North Carolina State University at Raleigh whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said races to be held on May 4, 5, 6, 1984, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility.

ATHLETE'S SIGNATURE

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



SPEAKER'S CORNER

BY RICHARD STEPP

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 fact that each event will take (optimistically): (# of competitors) x (# of attempts allowed) x (2 minutes).

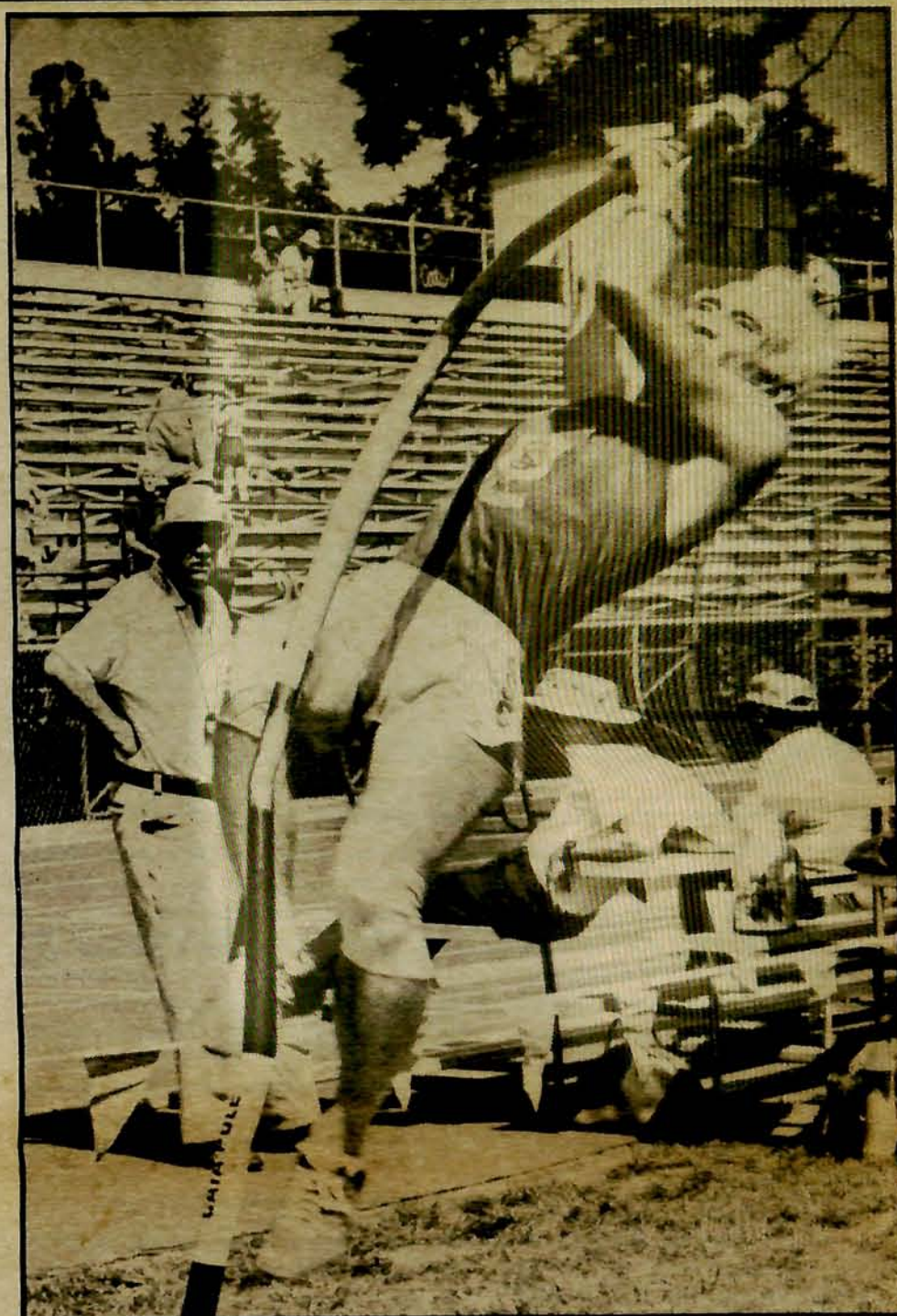
For the HJ and PV a slightly different formula is needed. Be that as it may, thinking like this is not usually in evidence, resulting in utterly preventable snafus. Furthermore, knowledgeable officials willing to work for nothing are simply not to be had. Meet directors take what they can get and feel lucky for that.

In 1982, I traveled to the outdoor Nationals at Wichita. The organizers were friendly, energetic, and gave their all. Very likely most of the track events went smoothly; but my events (hammer and javelin) were contested

on grossly illegal fields and marked in the field by indentured football players who had absolutely never officiated before. They threw my \$150 javelin back tail first (the quickest way to destroy it conceivable!). After a while, they came to realize how important it was to the competitors to mark the exact spot the throws landed, and they were never anything but friendly. But this was the NATIONALS. I had travelled 1500 miles, spent perhaps \$600, and was keyed up. Very likely I lost little or no distance (indeed, I could have gained), but I never had **confidence** in them, and that gave the competition an air of informality that it should not have had. Remember, it was the NATIONALS.

Do I blame the director for this? Certainly not! The field events are pretty much a side show (the hammer especially), and he had far more than enough to do in getting things in the stadium to go properly. Very likely he was lucky even to find the officials he did get for my events (especially the patient and knowledgeable lady who ran the javelin). I blame no one. Placing blame solves nothing and is a waste of time. We should, instead, take 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



Jim Vernon

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 volunteers cannot and should not have to take. Because the staff would be, mostly, the same people from one year to the next, they would **learn from mistakes**. They would have the **time**, and after a few tries, the **expertise** to do the job that volunteers (however hard they try) can never do. The meet's geographical hosts would have enough to do, arranging lodging and hospitality; everything else would be in the hands of those paid to get it done right.

In summary, I think that those field eventers 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 Na-

tionals, 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 invitationals as well as masters meets, and served by knowledgeable judges from the OTC, will probably be so 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

tor of the women's race in 39:24. Betty Ratley, W45, Scottsdale, Ariz., followed in 42:19.

Barbara Dibble, W50, Tucson, took third place, 44:33. Claudia Fakoury, W40, Glendale, Ariz., finished fourth, 46:10, and Adele Milicevic, 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 just right.

As the switch from 400 to 300 meters for 70 and over hurdles is so simple, not to say necessary, I strongly recom-

mend 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*



No Caffeine
Never had it. Never will.

Victory Cup





RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

RUNNING IN THE RAIN

Somehow 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 ad-

dition 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

Blisters are a common complaint following rain-struck races.

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 the subcutaneous patches that are

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

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



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

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. □



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

Price Chopper thon

**11th Annual RRCA
National Championship
30 Kilometer Race**

Schenectady to Albany, New York
Sunday, March 18th - 10am

**Fun Run
5 Kilometer**

Saturday, March 17th - Noon

For further information contact:
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THE ATHLETICS
CONGRESS

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.)

Dave 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 about to undertake. I couldn't foresee the change in lifestyle 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 promote 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 great, the more you continue 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.

My grateful thanks to Dave, Bob and Jim for their past efforts. The National Committee will do its best to continue their efforts during 1984, and may you all set your personal bests this coming year. □

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!" □



Pat Gallagher, 2nd in 1500 and 3rd in 800 in World Veterans Games, San Juan. Runs for Westbury Harriers, Bristol, England.

12th ANNUAL ATHLETIC CONGRESS EASTERN MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS
SUNDAY, MARCH 18, 1984 11:00 A.M. WEST POINT FIELD HOUSE, U.S. MILITARY ACADEMY
—NO POST ENTRIES—

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.

TEAM PRIZES TROPHIES TO THE WINNING 30, 40, 50 & 60+ TEAMS.

TEAM SCORING SCORING FOR THE FIRST FIVE IN EACH EVENT (5-4-3-2-1) EACH

FIVE YEAR GROUP WITHIN EACH DIVISION WILL BE SCORED SEPARATELY AND THE

SCORES WILL THEN BE ADDED TOGETHER FOR THE DIVISION PRIZE.

RELAYS ONLY MEMBERS OF THE SAME CLUB MAY COMPETE IN THE RELAYS. TEAMS MAY

BE DECLARED AT ANY TIME BEFORE THE START OF THE RACE. YOUNGEST MEMBER OF A

RELAY TEAM DETERMINES THE DIVISION THE TEAM COMPETES IN.

FACILITIES TOILET FACILITIES ARE AVAILABLE. NO SHOWERS. PIN SPIKES CAN BE

USED.

ENTRY FEES \$5.00 FOR EACH INDIVIDUAL EVENT. \$12.00 PER RELAY.

NOTE: THIS FACILITY IS BEING RENTED BY THE HOUR SO THAT WE WILL DO ALL IN OUR

POWER TO RUN THE EVENTS AS QUICKLY AS POSSIBLE.

NO POST ENTRIES ENTRIES MUST BE RECEIVED BY MARCH 15th.

ALL COMPETITORS MUST BE REGISTERED IN THE ATHLETIC CONGRESS. IF YOU HAVE

APPLIED FOR A TAC NUMBER AND HAVE NOT YET RECEIVED IT THEN JUST INDICATE

"APPLICATION PENDING".

---NO POST ENTRIES---

"NO-NOS" NO REFUNDS - NO SWITCHING EVENTS - NO ENTRIES ACCEPTED BY PHONE

EVENTS & THEIR ORDER (ALL FIELD EVENTS REPORT AT 11:00 A.M.)

60 yd. HURDLES	1000 yd. RUN	SHOT PUT	40+	LONG JUMP	YOUNGER TO OLDER
60 yd. DASH	300 yd. DASH	WEIGHT	30-39	TRIPLE JUMP	YOUNGER TO OLDER
1 MILE RUN	2 MILE RUN	SHOT PUT	30-39	POLE VAULT	BAR NOT LOWERED
600 yd. RUN	1 MILE RELAY	WEIGHT	40+	HIGH JUMP	BAR NOT LOWERED
2 MILE WALK	2 MILE RELAY				

3 ATTEMPTS IN PRELIMINARIES - 3 FINAL THROWS. ONCE YOUR NAME IS CALLED IN A FIELD EVENT YOU'LL HAVE TWO MINUTES TO COMPETE OR FORFEIT THE ATTEMPT.

NO POST ENTRIES - NOT A SINGLE POST ENTRY - DON'T EVEN THINK OF POST ENTRY

PRINT-

NAME _____ ADDRESS _____

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

EVENT _____ EVENT _____ EVENT _____ EVENT _____ EVENT _____

EVENT _____ EVENT _____ EVENT _____ EVENT _____ EVENT _____

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

I hereby waive any claim I or my heirs may have against TAC, West Point, 7-Up & The New York Masters Sports Club for any injuries or claims sustained by me in participating in the 12th Annual TAC Eastern Masters Indoor Championships. I certify that I am in good health.

SIGNATURE _____

ENTRY FEE: \$5.00 PER INDIVIDUAL; \$12.00 PER RELAY. CHECK PAYABLE TO N.Y. MASTERS
Mail to: N.Y. MASTERS, 77 PROSPECT PLACE, BROOKLYN, N.Y. 11215

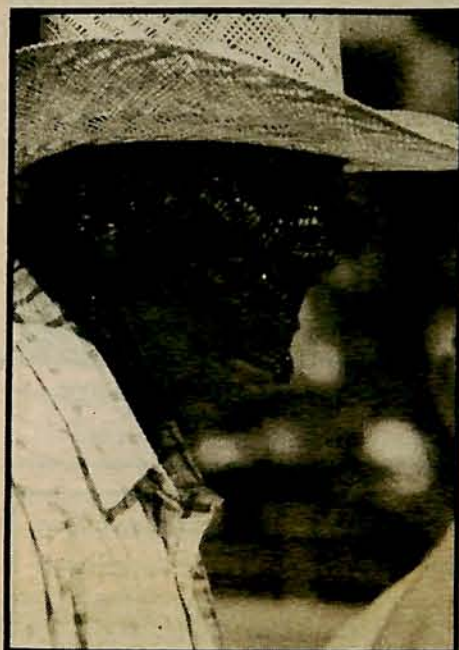
'84 EASTERN IND.

PROFILE

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



Mark Grubi

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 ac-

"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."

tually cause them to break down."

Sitting on his familiar perch in the first row of the seats at the finish line of the 8-lane all-weather track, Grubi keeps a watchful eye on each of his proteges — clocking their intervals, correcting their running form, answering their questions: "How are my arms?" "Was I bounding okay?" "Am I still overstriding?"

"I'm really tired today," one runner says. "My legs feel dead." Mark tells

him to back off and do his intervals at a slower pace today, or even just jog. "This will allow his body to recover," Mark says, "and tomorrow he'll be able to do a full workout."

Grubi's interest in running and coaching goes back 50 years. He's been a track official for 35 years. His primary occupation has been racing and training horses. These two in-

"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."

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

His parents both came from Yugoslavia, and Mark was born in Hoquiam, 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 Dietderich, 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."



Grubi gives last minute instructions to Joe Packard, 79, world age 75-79 record holder in the 100, 200 and 400 meter dashes, at a masters meet at Oakland's Laney College.

photo by Gretchen Snyder

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



INTRODUCTION TO TRIATHLONING

by JIM CULLEN

TRIPLE TRAINING: THE BIKE

Last month in our kickoff 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, swimcaps 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 aerobic workout without the pounding from the roads. The secret to successful cycling is to work your gears and pedals in a smooth efficient manner without expending too much energy.

Toe clips on the medals are a must. It's push and pull — push with the down stroke of one leg while pulling with the upstroke of the other — in a circular motion. The sooner you master this technique, the easier, faster and longer you will be able to go.

Set up an interval program, just as you do in running. The first couple of days riding your Turbo-Trainer should be experimental. Make sure the seat is properly set to maximize your leg stroke. Work the gears up and down the scale to learn the different workloads. Then set up a quality session-to-session aerobic program.

Once a week, I like to do a heavy stress workout in the highest gear until my legs scream back to me. A good interval workout is to set the bike in high gear and pedal as fast as you can for 60 seconds, then back off for 60, then hit

it again for 60, back off, and so on. Try to build this to a set of 10 as the sessions go by. Mike Kolin (one of the best bike coaches in the Northwest) taught us that little drill and it's a real "leg screamer." It's just a sample of the many drills you can put together in your 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. □

Honolulu Masters

Continued from Page 1

farmer from Gisborne, New Zealand, overtook his fellow countryman Roger Robinson near the 10-mile mark and pulled away to finish 8th overall among 8,434 finishers while clocking 2:27:50.

"I had sight of Roger most of the way," said Robertson, who had run 10-K races of 30:32 and 31:06 in southern California before coming to Hawaii. "He had some leg problems and I think he just jogged in from there."

Robertson took up running six years ago. He recorded his best marathon of 2:25:25 in Auckland in 1982. Last year, he also beat Robinson in the New Zealand masters cross-country championship.

Muramoto, who set the female masters race record of 2:47:59 in 1982, finished in 2:51:09 this year, fourth overall among the women. The 42-year-old Japanese runner was some 26 minutes ahead of the nearest masters competitor.

Grey won the 60-69 division with 2:54:42, a little slower than his division race record of 2:53:13 in 1982. It was no easy win for Grey, however, as Gerald Horton of Maui was close behind in 2:55:22.

Dick won the women's 50-59 division by 7½ minutes while recording 3:26:40.

Margaret Lee of Honolulu set a new record in the women's 60-69 division with 4:11:16.

The overall winners were Kevin



Margaret Lee of Honolulu, 60-69 division winner of Honolulu Marathon, Dec. 11, in 4:11:16.

Ryan, a 35-year-old New Zealander now living in the Boston, Mass., area, and Annick Loir-Lebreton, a 25-year-old French runner. Their times of 2:20:18.6 and 2:41:24.3 were well off the winning times in recent years. Although the temperatures during the first 2½ hours of the race, which begins at 6 a.m., were a normal 68-75, the usual cooling trade winds were absent, which may have accounted for the slower times. □

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PARTICIPANT (If minor, parent or guardian must sign)

T-Shirt Size S M L XL
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10K _____ Half Marathon _____

Division (Circle)

Age	Male	Female
0-12	A	JJ
13-18	B	KK
19-29	C	LL
30-34	D	MM
35-39	E	NN
40-44	F	OO
45-49	G	PP
50-59	H	QQ
60 &	I	RR

Police Teams (10K Only)

(FOR INFO: CHUCK FOOTE LAPD — 213-485-3158)

AHTLETES WHO ENTER A NEW DIVISION THIS MONTH FEB 1984

ATHLETE (RESIDENCE)	BIRTHDATE	AGE	GROUP
PAT DIXON (BEND, OR)	2-15-19	65	69
DOROTHY DORON (JACKSONVILLE, FL)	2-19-34	50	54
VICKI FOLTZ (US)	2-4-44	40	44
MARJ HANNICKEL (LOOMIS, CA)	2-7-24	60	64
SUZANNE KNOTT (WOODSIDE, CA)	2-24-44	40	44
JOANNE MALLET (ROCKVILLE, MD)	2-23-34	50	54
GRETCHEN SNYDER (BERKELEY, CA)	2-8-34	50	54
DOROTHY STOTSENBURG (MALIBU, CA)	2-4-14	70	74
MARGARET ANDERSON (NZ)	2-1-29	55	59
GALINA BISTROVA (URS)	2-8-34	50	54
ELIZABETH HASSAL (AUS)	2-23-44	40	44
ULLA JANSSON (SWE)	2-3-24	60	64
ERIKA ROST (WG)	2-15-44	40	44
ISABEL SAUMIER (CAN)	2-7-14	70	74
ROSE WESTERHOLT (WG)	2-20-39	45	49
ALVIS ANDREWS (CA)	2-10-34	50	54
PETE BEAMER (KAILUA, HI)	2-22-14	70	74
PHILIP BRADY (DENVER, CO)	2-10-34	50	54
MATT BROWN (EDISON, NJ)	2-25-34	50	54
HECTOR CISNEROS (AUSTIN, TX)	2-28-34	50	54
LEWIS COLLIER (NASHVILLE, TENN)	2-2-24	60	64
PIERRE COLNARD (FRANCE)	2-18-29	55	59
PAUL HOBE (ALLIANCE, OHIO)	2-4-04	80	+
ERNST KORTE (WG)	2-13-04	80	+
ALBERT LASCH (WG)	2-6-14	70	74
GEORGE MATHE (S. AFR)	2-11-39	45	49
JAMES MCDONAGH (BRONX, NY)	2-14-24	60	64
RUSSELL MEYERS (PENSACOLA, FL)	2-25-04	80	+
IRV MONDSCHNEIN (HAVERFOWN, PA)	2-7-24	60	64
FRANK MURPHY (VAN NUYS, CALIF)	2-14	70	74
HAROLD PARSONS (CAN)	2-1-19	65	69
FRITZ PHILIPPS (WG)	2-2-09	75	79
NAT PISCIOITTA (WHITTIER, CA)	2-10-04	80	+
GORDON PORTEOUS (GB)	2-20-14	70	74
TOM ROBERTS (AUSTRALIA)	2-24-34	50	54
JAMES ROUNTREE (US)	2-7-39	45	49
NOBUYOSHI SADANAGA (JAPAN)	2-7-29	55	59
KARL SCHRODER (WG)	2-27-39	45	49
HUGH SWEENEY (NEWARK, NJ)	2-13-44	40	44
KURT WERNER (WG)	2-1-19	65	69
VIRGIL YEHNERT (AKRON, OHIO)	2-24-29	55	59

National Running Data Center

by JENNIFER HESKETH YOUNG

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 womens 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 certification for the course, prior to running the race, chances are the course 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 measure 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 run-

ners, 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 recertified 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. And 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 Pailthorpe, 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 Hercules. Croydon was the winning team over the fast course of Richmond.

The Kent Championships was won by Johnny Baldwin, 46, of Blackheath Harriers, from Brian Buonvino of Dartford. Baldwin won a 2½ mile cross-country at Roselare, Belgium, in 13:56 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 1:22:55; Dave West, Victoria Park, 20th 1:28:31; Joe Storrow, London RRC, 40th 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 start at the River Trent.

Grahm Bagnall, Newcastle, won the British Vets Marathon at Stone in October in 2:27:29 from three M45 run-

Continued on Page 17



He goes only by the name of Cowman, and he may be the best marathoner in the world, pound-for-pound. At 6'3", 198 pounds, he has a 2:48 to his credit. The subject of last month's Gun Lap, the 39-year-old construction worker is a three-time winner of the "heavyweight" division of Nevada's Silver State Marathon.

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 (216) 861-RACE; or write to Levi's/TAC Runners Ranking Service, One Erieview Plaza, Cleveland, Ohio 44114. □

Coffman, Parker

Continued from Page 1

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 (55:03)."

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 another day around mile 15. "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.

Diaz made a misstep early in the race, and although she tried to run through a pulled groin muscle, the pain forced her to withdraw before 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. Although the warm December day did not allow the number of PR's all would have enjoyed, Tinsley promised a cooler day in 1984. Most runners said they would be back next year for the "Boston of the South." □

Report From Britain

Continued from Page 16

ners: Terry Laybourn (2:30:47), Paul Whittaker, and Bob Slowe. Newcastle won the team title. The first lady was Dawn Harris, who won in '82 and runs for Chesterfield AC, in 2:57:35.

In Scotland, Bill Stoddart, celebrated over-50 competitor, was 7th overall in the Inverclyde Marathon at Greenock in August in 2:27:39. In September, Don Magregor, '72 Munich Olympian, ran 2:19:24 for 7th overall in the Scottish Peoples Marathon, Glasgow, which was his 22nd sub-2:20 marathon.

Mike Turner, who was, in the '60s, the English cross-country captain, won a race for his university, Cambridge, where he is a professor, when he won an inter-club on Oct. 19 in 29:45. □

MARK GRUBI

Continued from page 14

file, because he would rather see the athletes, themselves, get the attention. He consented to be interviewed because he hoped it would help focus attention on masters athletics.

"I'd be glad to do anything that will help promote masters running." □



George Mason, 39, 1983 national age 35-39 800-meter champion (1:56.7) dons spikes before beginning one of coach Mark Grubi's interval workouts.

photo by Gretchen Snyder

1984 NATIONAL TAC MASTERS 5,000 METER ROAD CHAMPIONSHIP

For the First time in a TAC Championship

Separate Races for Men & Women



SUNDAY, FEBRUARY 5, 1984
CLEARWATER, FLORIDA



PLACE: Start & finish at Jack White Stadium, Clearwater H.S., Route 60 between Hercules & Arcturus, Clearwater, Florida.

TIME: Women 9:00 A.M.; Men 9:30 A.M. Sunday, Feb. 5, 1984.

AGE GROUPS: Five year, both men & women, 40-70 plus.

ENTRY FEE: Ten dollars (\$10) — payable to WFYRC.

ENTRIES CLOSE: By mail — postmarked Mon., Jan. 30, 1984; in person — by 5:00 P.M., Wed. Feb. 1, 1984 at the Jogging Center, 2448 East Bay Drive, Largo, FL 33540 (813-536-8585) Positively no post entries.

AWARDS: TAC championship medals to 1st, 2nd, 3rd in each age group; ribbons to 4th, 5th, 6th. Championship patches to all winners.

T-SHIRTS: To all registrants who pick up packets. No packets mailed.

COURSE: Certified; fast, gently rolling through residential area. Course will be open for inspection and training beginning 12 noon, Fri., Feb. 3 — with complete course markings. Shuttle transportation to and from race site.

RACE HEADQUARTERS: Howard Johnson's Motor Lodge, Route 60 & U.S. 19 S in Clearwater — 1 1/4 miles from race site. Race packets can be picked up beginning 12 noon, Fri., Feb. 3, or at race site race morning.

ACCOMMODATIONS: Howard Johnson's — special rate of \$35 per room per night; write to Guy B. Welles, Manager, Howard Johnson's Motor Lodge, 410 U.S. 19 South, Clearwater, FL 33515 (813-797-5021). All race registrants will receive, with packets, special ten per cent discount ticket for all purchases at Howard Johnson's restaurant. For other hotels, motels, write Chamber of Commerce, 128 N. Osceola Av., Clearwater, FL 33515.

POST-RACE PARTY & AWARDS PRESENTATIONS: At Howard Johnson's at approximately 11:00 A.M. day of race. Beer & refreshments.

SPARKLING CLEARWATER: Just 20 minutes from Tampa International Airport, and 1 1/2 hours or less from Disney World, EPCOT, Sea World, Cypress Gardens, Busch Gardens, Sunken Gardens. Clearwater is the spring training home of the baseball Phillies. It has some of the finest beaches in Florida, many fine restaurants, excellent fishing, perfect weather.

WEATHER: 9:00 A.M. Feb. 5 — average temperature 65; average humidity 74%.

NON-MASTERS: Starting at 8:00 A.M. there will be "open" 10K & 3K races. These & the National Masters 5K are all part of "Fitness Day", sponsored by the Clearwater YMCA at the same site. For entry forms, further information, contact: Clearwater Family YMCA, 1005 S. Highland Ave., Clearwater, FL 33516 (813-461-9622).

Stay over for a week and run the Gasparilla Classic 15,000 meters (or 5,000 meters) in Tampa, right next door to Clearwater, Feb. 11, 1984. Contact Gasparilla Distance Classic, P.O. Box 1881, Tampa, FL 33601.

Detach and mail to: Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33516
(Phone 813-447-7161)

NAME: _____ AGE: _____ BIRTH DATE: _____ SEX: _____

ADDRESS: _____ HOME PHONE: _____

CLUB: _____ BEST 5K TIME in the last year: _____

TAC Number: _____ (Florida residents write for TAC membership application to Florida TAC, 433 N. Mills Av., Orlando, FL 32803)

I consider myself adequately trained for this competition. I absolve the West Florida 'Y' Runners Club and anyone involved in this event from any liability for any injury or illness suffered by me in connection with this meet. If I should suffer injury or illness, I authorize the officials of this meet to use their discretion to have me transported to a medical facility and I take full responsibility for this action.

(signed)

(date)

Enclose \$10, payable to WFYRC.



Jim Oaks wins 45-49 Age Division with a 2 minute life time best in 2:33:49 at the Humana Rocket City Marathon, Dec. 10 in Huntsville, Alabama

Photo by Jimmy Taylor
Huntsville News



6 Months To Go

OLYMPIC WATCH

Several female masters marathoners have qualified for the 1984 U.S. Olympic Women's Marathon Trials in Olympia, Washington May 12 by bettering the qualifying time of 2:51:16. No over-age-40 male has yet bettered the men's qualifying time of 2:19:04 for the men's trials in Buffalo, New York.

- A suit, filed by the American Civil Liberties Union, to require the Olympics to include a 5000 and 10000 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&F events are sold out, but a few tickets remain for the morning sessions on the early days. Write: LAOCC, 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.

Phone: 213/972-5775.

- 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 YMCAs 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, Hartford, 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, Croats, pro- and anti-Khomeini Iranians, Taiwanese separatists, Jewish extremists and Koreans are among the groups that are causing law enforcement agencies concern.

- 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.

- Reacting to concerns that some Los Angeles hotels and motels will "gouge" visitors during the Olympics, Los Angeles Mayor Tom Bradley has proposed an ordinance that will limit room rates during the Games to those in effect on Jan. 1, 1984. About 80 hotel and motels have voluntarily agreed to keep rates down, but others are planning to triple and quadruple their regular rates. The Los Angeles Times reported one motel near the Games sites is planning to charge \$200 a day for rooms that normally go for \$38 to \$52.

- Some limousine, car rental, bus charter and other firms plan increases of as little as 7% to as much as 400%. "The expectations of big profits are high," says one. An estimated 8000 media and 675,000 visitors are expected to find few bargains in LA from July 28 through August 12. The airlines and car rental companies are dropping all promotional rates for the period.

- Still, the average Los Angeles resident is expected to welcome visitors with open arms and hospitality. Thousands are planning to volunteer their time to help assist the Games and travelers in any way they can. □

Knifton Wins One-Hour Walk

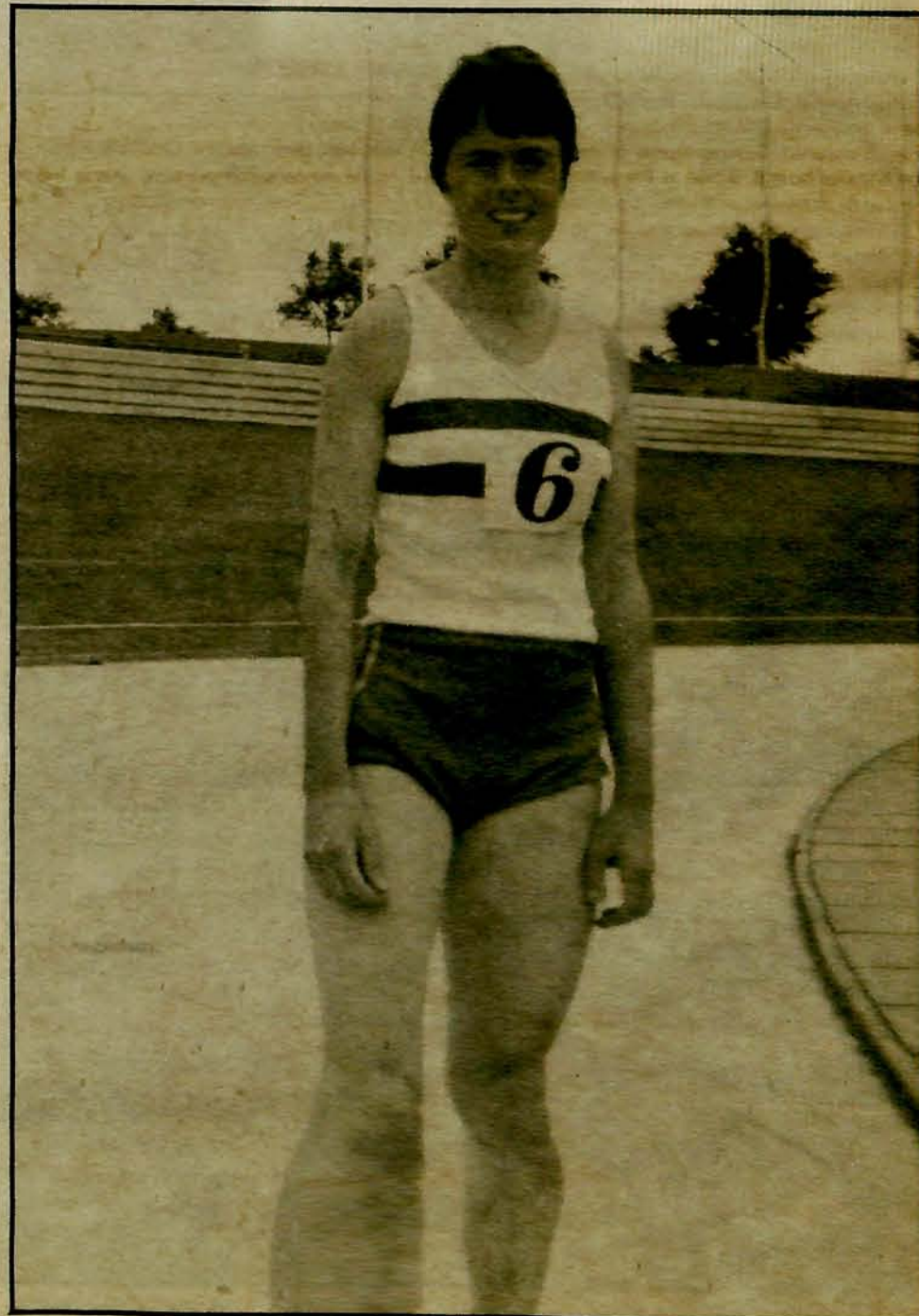
John Knifton, 44, representing the New York AC, was named the overall winner of the TAC National Postal One-Hour Racewalk, which ended on November 30. Knifton earned the title by covering 13,146 meters to far out-total second place Dan Pierce, 27, who finished with 12,356m.

Other masters walkers in the top ten were Chuck Marut, 45, 11,955m (6th); Dale Sutton, 45, 11,722m (8th); and Jay Haavik, 40, 11,612m (9th).

Jolene Steigerwalt, 40, of Van's Walkers, who grossed 10,383m, topped the W35+ entrants and took sixth woman overall.

The New York Masters, led by 50-year-old Jack Boitano's 11,554m, won the masters team title.

The TAC postal one-hour competition had 95 participants (64 men and 31 women), 64% of whom were masters walkers in five-year age groups to 70+. □



Janette Roscoe, 2nd in 35-39 400 at V World Veterans Games in San Juan. A member of Stretford AC, Manchester, England.

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 schools in Europe, but guided by the needs of older citizens for intellectual stimulation and physical adventure, it's based on the belief that retirement does not have to mean withdrawal; that one's later years are an opportunity to enjoy new challenges. A variety of courses and activities are offered in one-week programs on college campuses throughout the nation. For info, write: Elderhostel, 100 Boylston St., Boston MA 02116.

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 Mile, Nov. 12.

•**Jean Price** had a 76:10 at the Lowell, MA 15K for 1st W50+ 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, '68 Olympic gold medalist in the HH, failed to qualify for the 55mH finals in the Dartmouth Relays (Jan. 6-8) at Hanover NH. Davenport finished 4th in his heat in 7.73, but came back to win a consolation race in 7:41.

•**Paul McCarthy**, Coastal TC, traversed the boards at the Boston College Holiday Track Meet, Dec. 27, in 4:54.4 to win the men's masters mile over **Jonn Davis**, Falmouth TC, 4:57.9; **Jim Verdier**, 5:01.9; and **Harold Hatch**, 5:02.6. **Andrea Hatch**, Liberty AC, the only entrant in the women's masters mile ran 5:59.8.

EAST

•A bunch of people ran after **Joe Burns**, 54, for 10 miles through Central Park, NYC, but failed to catch him as he did a 1:00:45 in the NYRR Winter Series, Dec. 10. **Thomas Moore**, 41, chalked up a 59:23 M40-44 win over **Tom Gustafson**, 42, who recorded the same time. **Patty Lee Parmalee**, 43, was 1st over-40 woman in 1:05:58 and one of seven Atlanta TC finishers in the top fifteen.

•**Jim Run**, former WR holder in the mile, finished in 3rd place (31:15) in a slightly short 10K, Harrisburg, PA, Oct. 15. **Jan Prosseda**, recently turned 40 and Harrisburg area '82 runner of the year, was 5th in 31:35.

•**Hubert Morgan**, 61, polished up his 60+ course record by 14 seconds with a 55:47 in the Run For The Diamonds 15K, Berwick, PA, Nov. 24. **Darlis Smiley** also broke her own W40+ (50:55).

•**Peter Van Gerderen**, 42, ran a hot race (48:23.3) in 30° weather and finished 7th overall of 1271 runners in the Schenectady (NY) Gazette Stockade-athon 15K, Nov. 13.

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 RRCA National Championships for open and masters, men and women, including team championships in all four categories. Hudson-Mohawk RRC, PO Box 12304, Albany, NY 12212; 518/438-4733.

•**Gary Berg-Cross**, 40, representing the US Coast Guard, tacked to a M40-49 win in 11:00 at the Interagency Jogging 2 Mile, Wash., DC, Nov. 16. **Herb Chisholm**, 57, of NASA, rocketed to an 11:25 M50+ victory over **Jim Diamond**, 54, NASA, (12:00). **Newlie Hewson**, 60, of HUD, registered a 12:28. **Stephanie Shipp**, 35, Dept. of Labor, did good work with a 12:08.

SOUTHEAST

•Averaging just under 6 minutes a mile, **John Bachman** finished a 5 miler at Charlotte, NC, Dec. 17, in 29:59 for the M40 win, just one second ahead of **Larry Westcott**. **Ken Helms** tied to a 1st M50 in 30:59.

•**Elfrieda Wyner's** 40-44 winning 5K time of 18:40 would have won the 35-39 race by 10 seconds in the final race of the '83 Moving Comfort National Running Series, Jacksonville, FL, Dec. 3. **Ann Kahl**, 50-59 winner, sailed through the race in a sensational 19:49.

•The Jogging Center Ladies Masters Racing Team of Tampa Bay, FL, won the W40+ title at the Avon 10K, Deerfield, FL, Dec. 17. Finishing 1-2 in the masters competition, **Maria Wade**, 42, in 41:39, and **Yvonne Rodgers**, 41, in 42:35, led the way for teammates **Anne Trigg**, 59, (47:20), **Patricia DeBolt**, 44, and **Ruth Houghterling**, 47. **Anna Kahl**, 52, Orlando, FL, was 50-59 winner (44:55); **Hedy Marque**, Boca Raton, FL, took the 60-69 race (52:48); **Ida Mintz**, Lauderhill, FL, beat the 70+ group (65:18).

MID-AMERICA

•**Ted Glenn**, with a M40 win in 34:05, took the Maupintour 10K masters contest, Lawrence, KA, Oct. 8. **Noel Handzlik** beat the W40+ Field in 42:18. The Phidippides club garnered both m/w masters team championships.

SOUTHWEST

•**Jim McFadden**, 44, Vici, OK, was 12 seconds off his '81 course record and was not headed with a 1st 40-44 and 6th overall 1:15:57 at the Jenk's Half-marathon, Tulsa, Nov. 12. **Russell Bennett**, 46, Tulsa, (1:18:51), and **Sharon Cooper**, 44, Claremore, OK, (1:35:17), broke their own course records.

•**Joy Austin**, 36, Jenks, OK, recorded a 2nd w/overall 10K time of 43:35 in Ada, Ok, Nov. 19.

•**Donna Wright**, 48, Bartlesville, OK, who has one of the best W45 times ever for 5 miles, iced the Fanny Freezin' 20K, in her hometown, Dec. 18, 1:29:04, despite temps in the 20°s, for a 1st w/overall.

WEST

•The TROPICANA/Las Vegas Easter 10K and Half Marathon, Saturday, April 21, kicks off with a health fair and manufacturers' exposition on the 19th, followed by a "pasta" dinner, featuring free beer, a country band, celebrities, and world class runners on the 20th, plus other Las Vegas discounts and freebies, all at the race headquarters Tropicana Hotel, the start and finish for the flat, fast course. Las Vegas Special Events, 702/457-2600; 800-TTA-TRIP.



The Jogging Center Ladies Masters Racing Team of Tampa Bay, FL, after winning masters title at Avon 10K, Deerfield Beach, FL, Dec. 17. L to r: Anne Trigg, 59, Patricia DeBolt, 44, Yvonne Rodgers, 41, Ruth Houghteling, 47, and Maria Wade, 42. Wade was first W40+ in 41:39.

•**Judy Kewley**, 39, Simi Valley, CA, covered the Santa Barbara Women's & SPA/TAC 10K Championships course in 37:42 for 1st W35+ and 4th place, Oct. 16. **Christa Romppanen**, 44, Malibu, CA, hit a 6:18-pace to finish 1st 40 and 9th with a 39:11; **Margaret Miller**, 57, 1000 Oaks, CA, did 6:36's for her 1st 50 and 13th overall.

•**Steve Close**, 40, Montecito, CA, finished early in the Celebration of Architecture 10K, Santa Barbara, Oct. 23, for 3rd over 169 finishers. Closest M40+ rival was **John Richards**, 51, Ventura, CA, 36:27. **Stephanie Welch**, 36, Santa Barbara checked in 1st W35+ with 40:22.

•**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 road champ a week earlier in 35:16 also in Phoenix, won the M45 in an improved 34:35. **Jim Flynn** took the M50 contest with a 28-second PR 36:14. **Betty Ratley**, W45, runner up to Josie Rox, W40, in the TAC 10K the week before, was the 1st W40+ with a faster 41:31 than her Dec. 24th 42:19.

•**Lonnie Griffin**, 41, toured the hilly 5K course of the Steve Garvey 5/10K, Woodland Hills, CA, Nov. 16, in a masters winning time of 16:57. **Jan Archibald**, 40, sailed through the 5K in a 13th w/overall 20:37. **James Murphy**, 44, was 1st masters in the 10K with 33:57, and **Christa Romppanen**, 44, won the W40-49 race by 10½ minutes but lost 1st w/overall by one second (38:02).

•**Jerry Kelch**, 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 McTaggart**, 41, took the 30K title (2:00:36), while **Harold Daughters**, 62, was pumping out a quick M60+ win in 2:05:04.

•**Sandra Kiddy**, 47, duplicated her '82 overall female triumph in the Great American Smokeout Half-marathon, Riverside, CA, Dec. 4, and knocked off over a minute from her W40 course record with a 1:25:36. Behind the 2nd place finisher at the halfway mark, Kiddy rocketed in the last 6 miles to win by a 2 min. 19 sec. margin. Meanwhile, **Fred Kiddy**, despite suffering from the endemic ailment which strikes all masters competitors periodically — toposheagedivisionitis (in this case, age 49 in the 40-49) — beat a lot of good M40+ runners with his 6th place time of 1:18:27 among the 143 finishers. Sixty-two-year-old **Caster Poole's** 1:33:53 would have won the M50 division. In the 10K, **Frank Duarte**, 42, (33:21), and **Wally Ingram**, 51, (36:21), finished 4th and 11th out of 172 in winning their divisions.

•**Frank Duarte**, 42, raced well enough to clock a very fast 1st M40+ time of 25:39, which would have placed him in the top three in all divisions from M20 up, at the SUB 4/Caprolan 8K, Newport Beach, CA, Dec. 10. **Tisha Whitney**, 35, running a 5:50 pace, was 1st female overall in 29:00.

•**Pamela Donesley**, 37, finished 3rd w/overall in 20:56 to win the W35 contest of the AAU 5K Championship in L.A., Dec. 18; **Alfonso Villanueva**, 43, was the best M40+ (19:11). **James Murphy**, 44, one of the most active masters on the So. Calif. LDR scene, won the M40-49 title in 34:17 in the corollary AAU 10K Championship race, and **Marijane Mitchell**, 36, was the 1st W35+ into the chutes (39:58).

•**Dan Ashimine** went through the Westlake Village (CA) 20 Mile Run, Dec. 18, as 1st master in 2:04:21. One of Florida's top masters, **Bill Wagner**, visiting from Miami, won the M45 in 2:08:14, and **Molly Thayer** was 1st W40 with 2:21:20.

•**Josephine Kolda** revised the U.S. age-65 100m time from 18.5 to 16.4; the 200m from 40.4(y) to 35.0; and the 400m from 84.9 to 84.8 at the Hawaii Meet #2, Dec. 10-11. **Shirley Dietderich** fattened up the U.S. age-57 JT mark from 14.91m to 24.16m. Decathlete **Martin Hee** scored 4340 in setting a state age - 43 total.

•Because of the heavy demand from runners to run on the '84 Olympic marathon course, qualifying standards for the Los Angeles International Marathon have been modified. For the '84 race only, LAIM is accepting entries from men 18-and-over who have run 3:30:00 and below; 18-and-over women can qualify with a 3:50:00 or faster. Qualifying times must be met in a post April 1, 1983 race, and applications should be postmarked by Feb. 11 if fewer than 3000 runners apply. Previous standards for men and women were the same as for the Boston Marathon. Contact Steve Wagner, 213/698-9551.

•**Ruth Anderson** survived the cold frozen puddles of the annual delegates race at the '83 TAC National Convention, Indianapolis, but took a fall on asphalt while training during her noon hour at work in Livermore, CA. She is now sporting a full arm cast for a broken bone and dislocated wrist, which has put her out for at least 6 weeks.

•Honored at the annual So. California Striders Awards banquet were: 70-79. **Tony Castro** (track) and **Red Doms** (field); 60-69. **Bob**

Continued on page 20

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 information to National Masters News, PO Box 2372, Van Nuys, CA 91404.

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EAST

Master Walker
Regency House, Rm 225
Pompton Plains, NJ 07444

N.Y. Masters Sports Club
77 Prospect Place
New York, NY 11217

Annapolis Striders
P.O. Box 187
Annapolis, MD 21404

Potomac Valley Seniors TC
P.O. Box 1065
College Park, MD 20740

Elkins Park Road Runners
7900 Old York Rd.
Elkins Park, PA 19117

West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301

SOUTHEAST

Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802

Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305

Charlotte TC
P.O. Box 11364
Charlotte, NC 28220

Memphis Runners TC
P.O. Box 17981
Memphis, TN 38187-0981

Charlottesville TC
311 Westminster Rd.
Charlottesville, VA 22901

MIDWEST

Northwest Masters TC
Robert Jones
4867 Germantown Pike
Dayton, OH 45418

Over The Hill TC
6509 Marsol Rd. #308
Mayfield Heights, OH 44124

Ann Arbor Track Club
3667 Helen Ave.
Ypsilanti, MI 48197

Second Wind Running Club
Al Morris
1207 S. Oak
Champaign, IL 61820

MID-AMERICA

Lawrence TC
P.O. Box 3743 Jayhawk Station
Lawrence, KA 66044

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Plains TC
P.O. Box 14102
W. Omaha Station
Omaha, NE 68124

SOUTHWEST

Tulsa Running Club
P.O. Box 300
Tulsa, OK 74102

Santa Fe Striders
P.O. Box 1818
Santa Fe, NM 87501

Oklahoma City Running Club
P.O. Box 18113
Oklahoma City, OK 73154
405/751-6073

WEST

Seniors TC
c/o Hal Winton
24409 S. Meyler St.
Harbor City, CA 90710

LA Valley Athletic Club
1801 Avenue of the Stars
Suite 415
Los Angeles, CA 90067

Culver City Athletic Club
c/o Phil Clarke
15232 Burtin St.
Van Nuys, CA 91402
818/780-0381

San Fernando Valley Track Club
13722 Burbank Blvd.
Van Nuys, CA 91401
818/780-7719

Southern California Striders TC
H. Lewis Smith
8306 Wilshire Blvd., #316
Beverly Hills, CA 90211

Trojan Masters TC
1147 W. Rowland Ave.
West Covina, CA 91790

South Coast Runners Assoc.
3857 Birch, Suite 442
Newport Beach, CA 92660

Corona Del Mar
19103 S. Andmark Ave.
Carson, CA 90746

Los Gatos Athletic Assoc.
P.O. Box 1328
Los Gatos, CA 95031

West Valley TC
720 W. Capistrano Way
San Mateo, CA 94402

Golden Gate TC
106 Sanchez St.
San Francisco, CA 94114

California TC
P.O. Box 459
San Carlos, CA 94070

Empire Runners
4700 Foulger Dr.
Santa Rosa, CA 95405

Northern California Seniors TC
2766 Summit Dr.
Hillsborough, CA 94010

NORTHWEST

Snohomish TC
4206 242nd St. SW
Mountlake Terrace, WA 98043

Continued from page 19

Hunt; 50-59: Bob Watanabe and Bill Fitzgerald (track) and Dave Douglass (field); 40-49: George Cohen (track) and Lloyd Higgins (field); 30-39: Ken Stuart (track) and Rufus Morris (field); Women: Maxine Waters (track) and Magdalena Kuehne (field). LDR awards went to; 60-69: Harold Daughters; 50-59: Walt Atcheson; 40-49: Jim Murphy; 30-39: Ron Jensen. The President's Cup went to Bill Knocke and the Alan Cranston Award to Dr. Bruce Springbett.

Cal State Northridge, having run out of both time and money, has closed its track. Competition will no longer be permitted on the school's running track — the site of several SPA/TAC District Open and Masters meets in past years. The school says the inside lane is dotted with cracks and is badly worn, and the outside lane is filled with bumps. According to estimates, it will take \$92,000 just to repair the inside lane. The total repair bill for the track could go as high as \$500,000. The track was built in 1963.

The thought of winds peaking at 69 mph chills anybody who has had past experience with that aberration of nature, but the effects of dusty, desert winds of that velocity during a marathon can be better appreciated by the picture of ten portajohns at the finish line being blown away, some 500 ft. and stopped only by a chain-link fence. Fortunately, 10K finishers were unscathed, but some slower marathoners had to contend with the winds at the Million Dollar Marathon & 10K, Las Vegas, NV, Nov. 20. Bill Schaefer, 40, Las Vegas, led thirty-four M40-44 finishers in the 10K with a 35:43. Mathew Corona, 71, Franklin, OH, unphased by it all, zephyred to a M70-74 1983 top-ten time of 49:40. Ted Anderson, 40, Oakland, CA, blew in at 2:42:18 over fifty-three fellow M40-44 finishers in the marathon. Judy Sewell, 43, showed her Canadian endurance by defeating all the women in 3:12:19. Pity the runners who wore contact lenses!

California Superior Court Judge Ron George, who presided over the two-year trial of convicted murderer Anthony Buono, said it was a grueling personal experience. "Without jogging four to five miles each day," George said, "I honestly don't think I could have done it. Running gave me the stamina."

CANADA

Chris Steer, of Washington state's champion masters Snohomish TC relay team, won the Canadian Masters AA National X-C Championships, Coquitlam, British Columbia, Oct.

15, over a 2-lap 10K route in 34:07. Frank Smith, visiting from Perth, Australia, followed in 34:17. Bruce Hotzman, M45, of Lions Gate RR, B.C., took 3rd in 34:20.

The CMAA Executive Board is considering adding the 400mH, steeplechase, pole vault, hammer, and triple jump to the women's events at the '84 Canadian Masters T&F Championships (B.C., July 7-8) and the '84 Pan-Am Masters Meet (Ottawa, Aug. 17-19).

Another Canadian innovation in process is the yearly issuance of gold, silver, and bronze badges for marks that meet qualifying standards in T&F, 10K road, and marathon. For instance, M40-44 can apply for a gold badge for an 11.6 or better 100m; a silver for 13.0; a bronze for 14.0. W40-44 need 13.4 for gold; 14.5 for silver; and 15.5 for bronze. Discus throwers in M50-54 can apply for a 38m for gold; 33m for silver; and 31m for bronze. W50-54 discus throwers can qualify with 25m, 23m, and 20m. Badge seekers must submit the correct application and \$5.00 for expenses.

INTERNATIONAL

Bob Brown, Notts AC, vaulted 3.90m at Cosford's indoor arena, Dec. 10, for a British 50+ national record.

Lutz Philipp, 40, running for ASC Darmstadt, completed the Berlin Marathon, Sept. 25, in 2:25:17 and finished 23rd over 6270 participants as over 300,000 spectators watched. Wolfgang Stein, of Hamburg, was 1st M45 in 2:31:18. Jean Lochhead, Great Britain, took 1st W35+ in 2:43:56.

John Gilmour, 64, holder of world M60 records in the 1500, 5K and 10K, ruptured his left gastrocnemius calf muscle while leading with five laps to go in the 5000 at the World Veterans Games in Puerto Rico. In pain, he fell back to third but passed Steve Richardson near the finish for the silver medal. Gilmour is taking ultrasonic treatment under the direction of an orthopedic surgeon. He had been invited to the World Veterans Distance Running Championships in Perpignan, France, but had to withdraw. "It was my most disappointing time in all my athletic career," Gilmour told NMN. "It cost me a lot of money and I couldn't even make a vacation of it. I had to return home immediately for treatment." Gilmour had run a 2:42 marathon on a hilly course just 10 weeks before the Games, so he was in top shape going into San Juan.

The date of the WAVA Decathlon Championships has been changed from August 11-12 to July 28-29 at Long Beach State College in Long Beach, California, to avoid conflicting with the final two days of the Olympics.



Jesse Carrington, M45, carries baton for So. California Striders.

THREE INDOOR MEETS MIDWEST MASTERS

February 5 - 8:00 AM

Forest View High School (OPEN)
Arlington Heights, IL

March 4 - 8:00 AM

Forest View High School (OPEN)
Arlington Heights, IL

March 11 - 8:00 AM

College of DuPage (Age 30 + over ONLY)
Glen Ellyn, IL

SCHEDULE

7:00 AM
8:00 AM
9:00 AM
9:10 AM
10:00 AM
10:30 AM
11:00 AM

Late registration
3 Mile Run
50 Yard Dash
High Hurdles
440 Yard Dash
880 Yard Run
One Mile Run

FIELD EVENTS

Pole Vault, Long Jump (3/11 only)
High Jump, Shot Put
Triple Jump (3/11 only)

ENTRY FEE:

One event \$6.00
Two or more \$9.00

AWARDS:

5 places in 17 ages brackets, one trophy with entry fee, additional trophies may be purchased.

INFORMATION:

WENDELL MILLER
180 N. LaSalle
Chicago, IL 60601
312/234-2154

schedule

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

TRACK & FIELD NATIONAL

March 24-25. TAC National Indoor Masters Championships, Princeton, New Jersey. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 609/259-9268. Entry form on page 5.

May 4. TAC National Masters Pentathlon Championships, Raleigh, NC. Raleigh Park & Recreation Dept., PO Box 590, Raleigh, NC 27602.

July 7-8. TAC National Masters Decathlon & Heptathlon Championship, Indiana U. T&F Stadium, Indianapolis, IN. Henry Hopkins, 833 N. Center Rd., Indianapolis, IN 29651. 317/839-7736.

August 17-19. 17th Annual TAC National Masters Championships, Eugene, Oregon. Oregon Track Club Masters, PO Box 10085, Eugene OR 97440. 503/687-0122.

NEW ENGLAND

May 27-28. Senior Sports Festival, Marblehead, Mass. 55 and over. Many sports. North Shore Jewish Community Center, 4 Community Road, Marblehead, MA 01945.

June 27. Senior Olympics, Brown Stadium, RI. George Silva, 82 Fowler St., N. Kingston, RI 02852.

EAST

February 5. TAC Metropolitan Masters Championships, 168th St. Armory, New York City. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

February 5. West Penn TC Open and Masters Indoor Meet. Slippery Rock State College. Dev Lenster, 40 Elmhurst, Pittsburgh PA 15220.

February 12 and 26. Development Meets, St. Joseph's College, Philadelphia, 10 a.m.

February 19. New York Masters Sports Club Fifth Annual Indoor Masters Meet, 9 a.m., Fordham University, Sunday. Entry form in January issue. N.Y. Masters, 77 Prospect Place, Brooklyn NY 11217.

March 11. New Jersey Masters Championships, Peddie School, Hightstown, N.J. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 609/259-9268.

March 18. 12th Annual TAC Eastern Masters Indoor Championships, 11 a.m.,

West Point Field House, Sunday. Entry form in January and February issues. N.Y. Masters, 77 Prospect Place, Brooklyn NY 11217.

April 28-29. Penn Relays. Masters relays. Fred Mannis, 104 W. Montgomery Ave., Thomas Court No. D, Ardmore PA 19003. 215/642-5989.

May 20. New York Masters Championships, Randall's Island, New York City. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

May 20. West Penn TC Masters Championships, Washington, PA. Barry Kline, 1245 Alamae Lakes, Washington, PA 15301.

May 26. Potomac Valley Seniors Championships, 9 a.m., College Park, MD. Sal Corrallo, 5351 N. 37 St., Arlington, VA 22207.

May 26. Masters Running Pentathlon, Philadelphia. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.

June 2. Chariots of Fire Masters Meet, Atlantic City, N.J.

June 9. Western Penn. Championships (HS, Open, Masters), Washington, PA. Barry Kline, 1245 Alamae Lakes, Washington, PA 15301.

June 16. TAC New Jersey Masters Championships, Rutgers U., Piscataway, NJ. Ron Salvio, Squan Rd., Clarksburg, NJ 08510. 609/259-9268.

June 17. TAC Metropolitan Masters Championships, Randall's Island, New York City. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

June 23-24. TAC Eastern Regional Masters Championships, Washington, DC. Sal Corrallo, 5351 N. 37th St., Arlington, VA 22207.

July 7. New York Masters Relay Carnival, Randall's Island, NYC. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

July 14. Quadrangular Meet (NY Masters, Shore AC, Phila. Masters, Potomac Valley Seniors), New Jersey. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 209/259-9268.

July 21. Masters pentathlon, Philadelphia. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.

August 4. Philadelphia Masters Championships. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.

August TBA. Empire State Games, Albany, NY.

September 2. Potomac Valley Masters Games, Washington, DC. Sal Corrallo, 5351 N. 37 St., Arlington, VA 22207.

SOUTHEAST

March 3. Virginia TAC State Indoor Open & Masters Championships, Lexington, VA. Joseph Martin, 618 Stonewall St., Lexington, VA 24450.

May 4-6. 14th Annual Southeastern Masters International Championships, North Carolina State Univ., Raleigh, N.C. Southeastern Masters, c/o Raleigh Parks & Recreation, P.O. Box 590, Raleigh NC 27602.

May 12. South Carolina TAC State Open & Masters Championship, Clemson, SC. Tom Malik, 104 Pinewood Dr., Greenville, SC 29651.

June 9. TAC Southeast Regional Masters Championships, Atlanta, GA. Ken Kirk, 3800 Stonewall Terrace, Atlanta, CA 30339.

June 9-10. Northwest Classic, Miami, Jesse Holt, 1310 N.W. 90th St., Miami, FL. 33147.

July 7 (or 14). Southeastern Track Classic, Greenville, SC. Tom Malik, 104 Pinewood Dr., Greenville, SC. 29651.

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

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

December 30. Holiday Weight Pentathlon (9 am) and Regular Pentathlon (2 pm), Delray Beach, FL. Randall Cooper, Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, FL 33435.

MIDWEST

February 5. Indoor Open & Masters Meet, Chicago, IL. Wendell Miller, 180 N. La Salle St., Chicago, IL 60601 312/234-2154.

February 26. TAC Midwest Regional Masters Indoor Championships, Cincinnati U., 9:00 a.m. Rich Ceronie, Track Office ML 21, U. of Cincinnati, Cincinnati, OH 45221. 513/475-5708 (office); 513/821-9490 (after 7 p.m.).

March 3. Indoor Open & Masters Meet, Chicago, W. Miller, 180 N. La Salle St., Chicago, IL 60601. 312/234-2154.

April 29. 2nd Annual North Coast Relays, Cleveland Hts., OH. James A. Barrett, 3801 Shannon Rd., Cleveland Hts., OH 44118. 216/932-0049(h); 687-7133(w).

May 5. 4th Annual Wolfpack Meet, Whetstone H.S., Columbus, OH. John White, 4865 Arthur Place, Columbus, OH 43220. 614/424-7011; 459-2547.

May 27. TAC Ohio Masters Champion-

Continued on page 22

ON TAP FOR FEBRUARY

TRACK & FIELD

Masters indoor action swings into high gear this leap-year 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 15K 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 Festival Marathon in Orlando.

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

AGE RECORDS, 56½ WEIGHT THROW (REVISED)

Compiled by
Dave Batchelor, Phil Partridge, and Nolan Fowler

35 46-5	14.15 George Frenn(CA)	12/26/41 Manchester, CT	6/26/77
36 44-0-3	13.42 Robert Backus(MA)	7/11/26 Pembroke, MA	8/4/62
37 39-8	12.09 Matt McGrath(NY)	12/30/73 Travers Is, NY	9/26/14
38 45-1-3	13.75 Robert Backus(MA)	7/11/26 Carver, MA	6/31/65
39 45-6	13.87 Robert Backus(MA)	7/11/26 Beverly, MA	7/14/65
40 46-11	14.30 George Frenn(CA)	12/26/41 Manchester, CT	6/26/82
41 44-0-3	13.42 Albert Hall(MA)	8/2/34 Manchester, CT	6/28/76
42 39-1	11.91 Albert Hall(MA)	8/2/34 Manchester, CT	8/26/77
43 39-3-3	11.97 Matt McGrath(NY)	12/30/76 Pelham Manor, NY	6/12/20
44 37-11-3	11.57 Matt McGrath(NY)	12/30/76 Pelham Manor, NY	9/24/21
45 38-6	11.73 Matt McGrath(NY)	12/30/76 Pelham Manor, NY	9/23/22
46 38-0	11.58 Matt McGrath(NY)	12/30/76 Chicago, IL	9/1/23
47 38-1	11.61 Matt McGrath(NY)	12/30/76 Dublin, Ireland	8/ /24
48 37-11	11.55 Matt McGrath(NY)	12/30/76 Baltimore, MD	8/29/25
49 42-8-3	13.02 Robert Backus(MA)	7/11/26 Manchester, CT	6/28/76
50 44-0	13.41 Robert Backus(MA)	7/11/26 Manchester, CT	6/26/77
51 42-0-3	12.81 Robert Backus(MA)	7/11/26 New Britain, CT	6/24/78
52 31-3-3	9.53 Robert Backus(MA)	7/11/26 Raleigh, NC	5/5/79
53 38-11-3	11.87 Robert Backus(MA)	7/11/26 New Britain, CT	6/28/80
54 38-6	11.73 Robert Backus(MA)	7/11/26 Manchester, CT	6/27/81
55 40-2	12.24 Robert Backus(MA)	7/11/26 Manchester, CT	6/26/82
56 34-0-3	10.37 Robert Backus(MA)	7/11/26 Raleigh, NC	5/7/83
57 31-2	9.50 Matt McGrath(NY)	12/30/76 Pelham Manor, NY	6/24/34
58 30-8	9.34 Matt McGrath(NY)	12/30/76 Yonkers, NY	6/22/35
59 12-11-3	3.95 Herman C. Hand(PA)	10/29/16 Raleigh, NC	4/3/76
60 17-0-3	5.18 Harold Parsons(CAN)	2/1/19 Raleigh, NC	5/5/79
61 22-8-3	6.91 Nolan Fowler(TN)	11/3/13 Raleigh, NC	4/5/75
62 24-4-3	7.42 Nolan Fowler(TN)	11/3/13 Raleigh, NC	4/3/76
63 23-6-3	7.17 Nolan Fowler(TN)	11/3/13 Raleigh, NC	4/2/77
64 22-8-3	6.93 Nolan Fowler(TN)	11/3/13 Raleigh, NC	5/6/78
65 20-7-3	6.28 Nolan Fowler(TN)	11/3/13 Raleigh, NC	5/5/79
66 21-2-3	6.64 Nolan Fowler(TN)	11/3/13 Raleigh, NC	10/19/80
67 25-1	7.64 Nolan Fowler(TN)	11/3/13 Arlington Hts, IL	3/14/81
68 23-4-3	6.81 Nolan Fowler(TN)	11/3/13 Raleigh, NC	5/9/82
69 25-5-3	7.76 Nolan Fowler(TN)	11/3/13 Raleigh, NC	5/7/83
70 14-7-3	4.45 Jack Girsinger(OH)	9/13/12 Amherst, OH	9/12/82
71 14-5-3	4.41 Philip Partridge(MI)	3/29/11 Amherst, OH	9/12/82
72 14-5-3	4.40 Philip Partridge(MI)	3/29/11 Tampa, FL	4/16/83
73 12-10-3	3.95 Arnolds Ticmanis(CAN)	12/14/05 Raleigh, NC	5/5/79
74 14-10	4.52 Arnolds Ticmanis(CAN)	12/14/05 Raleigh, NC	10/19/80
75 15-10-3	4.64 Arnolds Ticmanis(CAN)	12/14/05 Woodstock, IL	9/27/81
76 14-4-3	4.39 Ray J. Connolly(MA)	11/21/05 Raleigh, NC	5/9/82
76 15-10	4.62 Arnolds Ticmanis(CAN)	12/14/05 Amherst, OH	9/12/82
76 2-5-3	2.58 Arthur S. Wright(NY)	5/10/02 Raleigh, NC	5/5/79
77 14-10-3	4.54 Arnolds Ticmanis(CAN)	12/14/05 Raleigh, NC	5/7/83
78 15-5	4.08 Stanley Harriman(CA)	5/11/04 Atlanta, GA	6/13/81
79 10-5-3	3.18 Arthur S. Wright(NY)	5/10/02 Atlanta, GA	6/13/81

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Continued from page 22

ships, Trotwood, Ohio. Harold Martin, 7521 Arundel Rd. Trotwood Ohio. 513/854-3261.

May 27. 6th Annual Wolfpack Pentathlon, Upper Arlington H.S., Columbus, OH. See May 5, John White.

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

June 30. Open & Masters Meet, Chicago. W. Miller, 180 N. La Salle St., Chicago, IL 60601 312/234-2154

July 28. TAC Midwest Regional Masters Championships, Chicago. W. Miller, 180 N. La Salle St., Chicago, IL 60601. 312-234-2154.

June 30. Cleveland Track Classic, Cleveland, OH. Jeff Gerson, 6509 Marsol Rd., No. 308, Mayfield Hts., OH 33124.

August 8. Heights Summer Classic, Cleveland Hts., OH. Dorothy Davis, 2155 Miramar Rd., University Hts., OH 55118.

MID-AMERICA

February 11, 26. Indoor Open & Masters Meet, U.S.A.F. Academy Fieldhouse, Colorado Springs, Colorado. 9:00 a.m. Steve Kaeuper, 303/388-8180; Jerry Donley, 303/635-1264.

March 4. TAC Colorado Indoor Open and Masters Championship Meet, U.S.A.F. Academy, Colorado Springs, Colorado. Steve Kaeuper 303/388-8180; Jerry Donley 303/635-1264.

May 28-31. Senior Olympics, St. Louis, Senior Olympics, Jewish Community Centers, 2 Millstone Campus Drive, St. Louis MO 63146. 314/432-5700.

August 12. Chillicothe Masters and Senior Olympics, Chillicothe, MO. Joe Shy, Box 745, Chillicothe, MO 64601.

September 1-2. Rocky Mountain Masters Games, Denver, CO. Jim Weed, 11672 E. 2nd Ave., Aurora, CO. 80010. 303/341-2980.



Sandra Kiddy, 47, of Palm Springs, California, 30-meters away from setting a new world masters (age-40-and-over) record of 3:32:34 for 50 kilometers (31 miles) in the Natural Light Ultra Distance Classic December 17 in Tallahassee, Florida. Photo by Rex Cleveland

SOUTH WEST

May 26. TAC Southern Assn. Masters Championships, New Orleans, LA. Danny Thiel, 1459 Verna Ct., New Orleans, LA 70119.

June 23. TAC Southwest Regional Masters Championships, U. of Texas-Arlington (Dallas area). Joe Murphy, 4308 N. Central Expwy, S-206, Dallas, TX 75206.

July 21. Texas Masters Championships, U. of Texas-Arlington (Dallas area). Joe Murphy, 4308 N. Central Expwy, S-206, Dallas TX. 75206.

WEST

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

February 3, 10. Cal State Long Beach All Comers Meets. John Tansley. 213/498-4666.

February 11. Masters Relays, Bakersfield, Calif. (400, 800, 1600, 3200, Sprint & Distance Medley plus M40 & M50 100-meters.) Bill Knocke, 4845 E. Madison, Fresno CA 93727. 209/252-5349.

February 25. 7th Annual City of Orange Spring Masters Games, Santa Ana College, Santa Ana, CA. Larry Sallinger, 203 E. Monroe Orange, CA 92667.

April 14. Central California TAC Assn. Masters Championships, Fresno, CA. Hugh Adams, 7904 S. McCall, Selma, CA 93662.

April 15. Mt. SAC Relays, Mt. SAC College, Walnut, CA. Some masters events. Hal Smith, 18720 Oxnard St., No. 404, Tazana, CA 91356. 213/342-1174.

April 28. Sacramento Relays. Open and Masters. Calif. St. U. Sacramento, CA. Bob Cooper, 24 College Park, Davis, CA 95616. 916/756-4088.

April 28-29. Olympic Legends Masters T&F Meet, Los Angeles, CA. Bill Adler, LA-VAC, 1801 Ave. of the Stars, Suite 415, Los Angeles, CA 90067. 213/557-2422.

May 5. West Coast Masters Classic Championships Visalia, CA. Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 12. Redlands Evening Kiwanis Masters, Redlands, CA. Howard "Buzz" Wagner, 1522 Margarita Dr., Redlands, CA 92373.

May 19-20. TAC Pacific Open & Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030. 408/354-7333.

May 26. Anteaters Masters Meet, U.C. Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar CA 92625. 714/673-2025.

June 9. USC Masters Meet, Cromwell Field, USC, Los Angeles. Jim Vernon, 1147 W. Rowland Ave., West Covina CA 91790.

June 16-24. U.S. Olympic Trials, Los Angeles. 213/972-5775.

July 7. Northern California Seniors TC Masters Track Classic, Berkeley, CA. Mark Grubi, PO Box 4512, San Francisco, CA 94101.

July 13-15. Taco Bell open and Masters Meet, Fresno State U., Fresno, CA. Red Estes, CSUF Athletic Dept., Fresno, CA 93740. 209/294-4097.

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

NORTHWEST

June 2. Fifth Annual Senior Sports Festival, Seattle, WA. Brenda Weatherford, 425 S. W. 144th, Seattle, WA 98166.

June 30-July 1. Hayward Classic, Eugene, OR. Lew Thorne, 3745 Potter, Eugene, OR 97405.

July 20-21. TAC Northwest Regional Masters Championships, Gresham, Oregon. Jim Puckett, Mt. Hood College, 26000 S. E. Stark, Gresham, OR 97030. 503/667-7534.

August 10-11 (tentative). Sixth Montana Masters T&F Championships, Bozeman, MT. Mike Carignan, Box 1766, Bozeman, MT 59771.

CANADA

June 9-10. Ontario Masters Championships, Oshawa Civic Fields. Mendal Smith, 26 Lake Driveway East, Ajax, Ont. L1S 3N6.

July 7-8. Canadian Masters Championships, Richmond, British Columbia. Don Trethewey, 8451 Dorval Rd., Richmond, B.C. V7C 3J1.

July 14. Ontario Masters Pentathlon Championships, Toronto. Art Rappich, 86 Gloucester St., No. 1105, Toronto, Ont. May 2S2.

August 17-19. Pan-American Masters Championships, Ottawa, Ontario. Danny Daniels, R.R. No. 3, Carp, Ont. KDA 1L0.

INTERNATIONAL

March 23-24. South African Masters Athletic Assn. Championships, Green Point, Cape Town. (Pentathlon-23rd; all other events-24th). Leo Benning, PO Box 1104, Cape Town, 8000, S.A.

July 28-29. WAVA Decathlon Championships, Long Beach, California. Gary Bane, PO Box 6089, Orange, CA 92667. 714/758-4142. Ray Fitzhugh, 714/857-2442.

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

July 29-30. British National Championships, Edinburgh, Scotland.

August 20-25. IV European Veterans Track & Field Championships; Brighton, Worthing & Hove, England. Europeans only. Closed to Americans. Barbara Dunsford. 71 Hillside Crescent, South Harrow HA2 OQU, England. Sylvester Stein, 01-637-4383.

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

LONG DISTANCE RUNNING NATIONAL

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

March 17. TAC National Masters 50K Championships, Hains Point, Washington, D.C. Chuck DesJardins, 5428 Southport Ln., Fairfax, VA 22032. 703/250-7955.

March 25. TAC National Masters 20K Championships, Sacramento, Calif. John Mansoor, 10513 Fair Oaks Blvd., Apt. J., Fair Oaks, CA 95638. 916/966-6185.

April 17. TAC National Masters 10K Road Championships, Brooklyn, N.Y. N.Y. Masters, 77 Prospect Place, Brooklyn N.Y. 11217.

May 6. TAC National Masters Marathon Championships, Lincoln, Nebraska. Lincoln TC, 2900 John Ave., Lincoln NE 68502. 402/489-3469

May 27. TAC National Masters 25K Championships, Hains Point, Washington, D.C. Charles Desjardins, 5428 Southport Lane, Fairfax VA 22032. 703/250-7955.

July 17. TAC National Masters 15K Road Championships, Utica, N.Y. Earl Rudd, c/o Utica Boilers, Dwyers Ave., Utica, NY 13501. 315/797-1310.

November 3. TAC National Masters 15K Cross-Country Championships, Houston,

E.G. Lang, 14 Sandalwood, Houston, TX 77024. 713/781-2810.

November 17. TAC National Masters 10K Cross-Country Championships, Holmdel, N.J. Ron Salvio, Squan Road, Clarksburg, NJ 08510. 609/259-9268.

November 18. TAC National Masters 50-Mile Championships, Buffalo, N.Y. David Broad, Dept. of Athletics, SUNY-Buffalo, 1300 Elmwood Ave., Buffalo, NY 14222.

November 24. TAC National Masters 5K Cross-country Championships, Seattle. Carol Langenbach, 4261 S. 184th, Seattle, WA 98188. 206/433-8868.

November 30. TAC National Masters Half-Marathon Championships and Dayton River Corridor Classic, Dayton, Ohio. Steve Barr, Kettering Pro Health Center, 3700 Far Hills Ave., Kettering, OH 45429. 513/298-2391.

EAST

March 3. Avon Women's 15K, Washington, D.C. Ms. Henley Roughton, P.O. Box 134, Mt. Vernon, VA 22121. 703/768-5537.

March 10. N.Y. Masters 5-Mile Run, Flushing Meadow Park, New York. NY. Masters, 77 Prospect Place, Brooklyn.

March 11. Brooklyn Half-Marathon, Brooklyn, N.Y. NYRRRC, P.O. Box 881, NYC 10150. 212/860-4445.

March 18. Price Chopperthon and RRCA National 30K Championships, Schenectady to Albany, NY. 5K Fun Run, March 17. Price Chopperthon 1984, P.O. Box 383, Burnt Hills, NY 12027. 518/438-4733.

March 18. St. Patty's 10 Miler & 3.1 Mile Runs, Oley, PA. Over \$150,000 in prizes, including 31 trips to Ireland. David F. Kennedy, RD No. 2, Box 473B, Reading, PA 19605. 215/926-4531.

March 18. Nike-New Jersey 10-Miler, Cherry Hill, N.J. George Hutchens, Box 3750, Cherry Hill NJ 08034.

March 25. IAAF World Cross-Country Championships, Rutherford, N.J. NYRRRC, 9 E. 89th St., NY 10028.

March 31. Perrier 10K, New York City. NYRRRC, P.O. Box 881, NYC 10150. 212/860-4455.

April 1. Nike Cherry Blossom 10 Mile, Washington, DC. Limited to 4500 entries by lottery to Jan. 15. 703/979/0358.

April 8. 6th Annual Freihofer's 10K Run for Women (TAC National Open 10K Championship), Albany, NY. George Regan, 382 Broadway, Albany, NY 12207. 518/465-4573.

April 16. (Monday). Boston Marathon. BAA, 150 Causeway St., Boston MA 02114. (Qualifying standards: M40-49: 3:10; M50-59: 3:20; M60+: 3:30; Women 40+: 3:30).

April 21. N.Y. Masters 10K, Prospect Park, Brooklyn. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

April 28. Trevira Twosome, New York, NY. Ellen Sweeny, American Hoechst Fibers, Inc., 1515 Broadway, New York, NY 10036. 212/869-3850.

Continued on page 23

DEADLINE

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

Continued from page 21

May 6. Newsday — L.I. Marathon, East Meadow, N.Y. John Walker, Eisenhower Park, East Meadow NY 11534. 516/542-4440.

May 26. Men's U.S. Olympic Marathon Trials, Buffalo, N.Y. Qualifying time: 2:19:04.

June 2. L'eggs Mini Marathon 10K, New York City. NYRR, P.O. Box 881, NYC 10150. 212/860-4455.

SOUTHEAST

February 4. Orange Bowl 10K, Miami. Runners International, 10585 S.W. 109 Court, Miami FL 33176.

February 11. Gasparilla Classic 15K, Tampa, Fla. Jack West, P.O. Box 1881, Tampa, FL 813/229-7866.

February 19. Florida Festival Marathon & 5K, Orlando, Fla. Lorraine Evans, P.O. Box 13187, Orlando, FL 32859. 305/351-3600.

March 10. Azalea Trail and RRCA National Masters 10K Championships, Mobile, Alabama. 10K Run, PO Box 160927, Mobile AL 36616.

March 11. Anheuser-Busch Colonial Half-Marathon, Williamsburg, VA. Roy Chernock, PO Box 399, Williamsburg, VA 23187. 804/253-0633.

March 17. River Run 15K, Jacksonville, Florida. Doug Alred, P.O. Box 515, Jacksonville FL 32201. 904/739-1917.

March 31. Cooper River Bridge 10K, Charleston, SC. Jim LaBonte, 2600 Bull St., Columbia, SC 29201. 803/758-7956.

April 7. Scovell/YMCA Airport Classic 10K & 1 Mile Fun Run, YMCA, Rt. 92, Deland, Fla. John Boyle, P.O. Box 1824, Deland, FL 32720. 904/0022.

May 28. Cotton Row 10K, Huntsville, Alabama. John Hickey, 7722 Benaroya Lane No. 303, Huntsville AL 35802. 205/881-5608.

May 6. Southeastern Masters Distance Jam-boree, Raleigh, N.C. Marathon, Half-Marathon, 10K, 20K Walk. Stu Northrop, P.O. Box 590, Raleigh NC 27602.

MIDWEST

April 1. Wolfpack Festival of Miles: 5, 10, 20, 50; Columbus, OH. 5-year age groups, from 30-up. John White, 4865 Arthur Place, Columbus, OH 43220. 614/424-7011; 459-2547.

April 15. 6th Annual L'eggs/YWCA 10K, Lincoln Park, Chicago. Loop Center YWCA, 37 So. Wabash Ave., Chicago, IL 60603. 312/6600.

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. 218/727-0947. SASE.

MID-AMERICA

February 25. 9th Annual Statehood Day 10 Mile, Lincoln, NE. Roger Wiegand, 2400 Sheridan, Lincoln, NE 68502. 402/476-7260.

May 28. Bolder Boulder 10K, Boulder, Colorado. Bruce McDowell, 3033 Iris Ave., Boulder CO 80301. 303/444-7223.

SOUTHWEST

February 12. Masters Fairgrounds Run Around (2.5 & 5 miles), Albuquerque, NM. Tom Bell, 5905 Concordia Rd. N.E., Albuquerque, NM 87111. 505/884-5701.

April 1. Crescent City Classic 10K, New Orleans, LA. Crescent City Classic, 5242 Magazine St., New Orleans, LA 70015. 504/895-4705.

WEST

Feb. 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. LA Marathon, 15115 1/2 Sunset Blvd., Pacific Palisades CA 90272. 213/459-5796 or 213/459-6666.

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. San Jose Mercury-News 10K, San Jose, California. SJMN, 750 Ridder Park Dr., San Jose CA 95190. 408/920-5533.

April 8. Avon 15K, San Francisco. Richmond YMCA, 360 18th Ave., San Francisco. CA 94132.

April 21. Tropicana/Las Vegas Easter Run, 10K & Half Marathon, Las Vegas, Nevada. Las Vegas Special Events, 6528 Sugarpine Lane Las Vegas NV 89107. 702/457-2600; 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. 415/777-7770.

May 27. Brentwood 10K, Los Angeles. Valerie Johnson, P.O. Box 49913, Los Angeles CA 90049.

NORTHWEST

March 16-17. Emerald City Sports Medicine and Conditioning Seminar, Seattle, WA. Beverly Richdale, 1551 Northwest 54th, Suite 200, Seattle, WA 98107. 206/782-3383.

March 18. Emerald City Marathon, Seattle, WA. Kim Brown, 1815 7th Ave., Seattle, WA 98101. 206/447-7729.

April 1. Bonne Bell 10K, Seattle. Laurel James, 7210 E. Greenlake Dr., N., Seattle, WA 98115. 206/522-7788.

April 14. Pearlblossom 20K, Medford, Oregon. Jerry Swartsley, P.O. Box 146, Medford OR 97501. 503/535-1205.

May 6. Lilac Bloomsday 12K, Spokane, WA. Sylvia Quinn, B.O. Box 1511, Spokane, WA 99210. 509/838-1579.

May 12. Women's U.S. Olympic Marathon Trials, Olympia, Washington. Qualifying Time: 2:51:16.

CANADA

May 6. Nike 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 33:53 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, and George Milne, M50, (37:39), and Cliff Hall, M55, (37:48), won easily in their divisions. Christine Walker, W40, 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. □

**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.**

Detach and mail to Pacific Association TAC,
P.O. Box 1495,
Fair Oaks CA 95628

NAME: _____

AGE: _____ BIRTH DATE: _____ SEX: _____

ADDRESS: _____ HOME PHONE: _____

CITY: _____ STATE: _____ ZIP: _____

TAC Number: _____

I consider myself adequately trained for this competition. I absolve anyone involved in this event from any liability for any injury or illness suffered by me in connection with this meet. If I should suffer injury or illness, I authorize the officials of this meet to use their discretion to have me transported to a medical facility and I take full responsibility for this action.

(Signed)

(date)

Enclose \$7.50 payable to Capital City Flyers

TRACK & FIELD RESULTS

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

POTOMAC VALLEY SENIORS TRACK CLUB CHAMPIONSHIPS FAIRFAX, VA; SEPT. 4, '83

100m

M30-39

Al Walton	10.9
Lemuel Talley	11.3
Kevin Sherlock	11.6
Jesse Lasy	11.9
Kurt Venir	12.6
Frank Page	12.9

M40-44

Bob Taylor 41	11.6
Bill Jeffery 43	12.6
Kurt Venir 40	12.6

M45-49

Warren Crutchfield 46	11.6
Larry Colbert 46	11.8
Leroy McLain 45	12.3
P. Williams 48	12.3
Hal Kaufman 47	12.7

M50+

James Barret	12.5
Jesse Johnson	12.8
William Jordon	13.0
Donald McCarten	13.1
Bernie Tober	13.7

Women

Jinny Beyer 42	15.1
Ines Kerch 43	--
Hazel Shenkel	21.8

200m

M30-39

Al Walton 32	22.3
L. Talley 33	23.3
Jesse Langly 33	24.1
Frank Page 39	26.9

M40-44

B. Taylor 41	24.4
Kurt Venir 40	25.3
Barry Kline 43	25.5
Jim Demma 40	26.8
Bill Jeffery 43	27.7

M45-49

L. Colbert 46	24.2
W. Crutchfield 46	24.3
Hal Kaufman 47	27.4
H. Davenport 47	29.5

M50+

Edward Sutton 51	25.1
James Barret 50	25.5
J. Johnson 51	26.1
Tom Mamiyana	30.4

400m

M30-39

E. Gramer 32	50.3
Robert Alexander 30	52.3
Ellis Martin 33	56.7

M40-44

R. Flicker 40	56.4
Kurt Venir 40	60.1
Bill Jeffery 43	62.2
Bob Beck 40	64.0
Mike Valle 43	66.7

M45-49

L. Colbert 46	54.4
James Bradley 47	58.1

M50-59

E. Sutton 51	56.8
Frank Evans 58	58.0
T. Mamiyana 52	66.0

M60-69

Ray Gordon 65	62.9
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M70-79

D.E. Kline 73	74.3
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Women

Jinny Beyer 42	1:10.4
Ines Kerch 43	1:14.6
Anne Nauman 55	1:28.0

800m

M30-39

J. Showeps	1:56.9
Larry Washington	2:03.4
Norman Thomas	2:03.5
David Shilling	2:05.0

M40-49

Robin Ficker	2:09.2
Jim Demma	2:10.1
Roland Elliot	2:17.4
Tom Kurihara	2:24.2

M60+

Frank Luff	3:14.1
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5000m

M30-39

Kevin Frye	16:39.7
Glen Stickels	18:15.5
Ellis Martin	18:17.5
Bob Morris	18:51.0

M50-59

George Vernosky	17:00.0
Herb Chisholm	17:50.3

M60+

John Woods	20:32
Frank Luff	22:23
Alvin Gutttag	25:49
George Major	26:50

1500m

M30-39

Charles Vehorn	4:10.3
L. Washington	4:14.0
David Ambrose	4:15.0
D. Shilling	4:16.0
Norman Thomas	4:25.0
Randall Washburn	4:55.0

M40-49

Roland Elliot	4:43
Tom Kurihara	4:46
William March	4:54
Charlie Hall	5:04
Frank Smith	5:23
Bob Beck	5:47

M50-59

George Vernosky	4:38.4
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M60+

Frank Kelly	5:11
Ray Gordon	5:19
Frank Luff	6:17
Richard Lukes	7:02
Al Gutttag	7:30

Women

Ines Kerch	5:42
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Hammer

M30-39

Doug Guzman 31	107'1"
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M40-49

Mike Valle 42	114'1"
Phil Scudieri 47	108'0"

M50-59

Pay Carstensen 51	123'2"
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M60+

B. Detweiler 69	123'4"
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Javelin

M30-39

Conroy 33	192'11"
Guzman 31	127'3"
Mehlman 37	125'5"

M40-44

Harrington 42	117'3"
Jeffrey 43	116'0"
Vener 40	99'6"

M45-49

Miller 46	144'0"
Scudieri 47	129'4"
J. Bradley 47	77'3"

M50-59

Carle 51	84'8"
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M60+

Detweiler 69	75'6"
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Women

Holland 56	71'1"
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Shotput

M30-39

B. Mehlman 37	36'1/2"
Palmer Sweet	34'2 1/2"

M40-49

George Mirka 44	40'93/4"
M. Harrington 42	39'5 1/2"
M. Valle 42	39'1"
P. Scudieri 47	37'10 1/2"
Dave Freeman 41	33'8 1/4"
Harry Holm 49	32'2"

M50-59

P. Carstensen 51	41'8 1/2"
Sam Fordyce 56	35'6 1/2"
Norm Brand 40	22'1"

M60+

Bill Coleman 65	44'1"
Murty O'Guss 66	43'9 1/2"
B. Detweiler 69	32'2"

M70+

Bill Garthune 75	35'2"
Al Rubenstein 75	22'4 1/2"

Women

Bernice Holland 56	26'103/4"
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Pole Vault

M30-39

Sam Prentice 32	13'6"
David Smith 30	13'6"

M40-49

Ed Hoyle 47	13'6"
Paul Richard 45	13'0"
Ed Zuraw 44	12'0"
H. Davenport 47	11'6"
Mike Trader 48	8'9"

M50-59

H. Carle	8'0"
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Discus

M30-39

John Abbott 39	129'10"
Palmer Sweet 39	103'1"
D. Guzman 31	98'11"

M40-44

G. Mirka 44	135'2"
M. Harrington 42	122'11"
Mike Valle 42	116'0"
Kirt Vener 40	94'3"

M45-49

Harry Holm 49	116'10"
P. Scudieri 47	115'10"
J. Bradley 47	62'10"

M50-54

H. Carle 51	94'5"
S. Fordyce 56	86'2"

M65-69

B. Coleman 65	114'10"
Murray O'Guss 66	106'9"
B. Detweiler 69	97'5"
H. Neibel 69	86'8"

M70+

B. Garthune 75	75'11"
A. Rubenstein 75	57'2"

5K Racewalk

M30-39

Peter Taylor	33:34
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M40-49

Peter Ulrich	28:37
C. Hall	31:45
Bob Craven	34:12

M50-59

Carl Croneberg	31:24
Bill Hillman	32:58
Dick Lukes	dq

Women

Dot Michaels	33:37.8
Marsha Hartz	34:53
Patricia Willis	36:08
Lola Hall	40:01.7

110mH

M40-49

Barry Kline	17.0
James Bradley	22.5

M50-59

John Martin	21.3
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400mH

M40-49

Barry Kline	59.54
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M50-59

John Martin	77.30
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M60+

Harold Niebel	87.90
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High Jump

M30-39

Frank Page	4'11"
Doug Guzman	4'9"

M40-49

B. Kline	5'5 1/2"
Ed Zuraw	5'1"
Mike Valle	4'9"
George Miller	4'9"
Bob Koehl	4'4"

M50-59

H. Carle	4'9"
Bernie Tober	4'7"
Sam Fordyce	4'4"

M60+

Arthur Byrnes	4'7"
Bob Detweiler	3'7"

Long Jump

M30-39

D. Guzman	18'3"
Barry Mehlman	16'5"
Palmer Sweet	15'2"

M40-49

Bob Taylor	20'53/4"
Bill Jeffery	16'7 1/2"
Mike Valle	16'2 1/2"
Leroy McLain	15'9"
H. Kaufman	14'6"

M60+

H. Niebel	12'7"
B. Detweiler	9'8"

Wolfpack TC Throwing Festival

COLUMBUS, OH; 9/25/83

Dick Mann	Shot	11.94	Discus	37.38	Javelin	35.46	Hammer	39.80	Weight	10.64	Total
50-5 OTH	595	632	421	652	507	2,808					

Joe Chadbourne	11.08	33.32	28.54	49.20	12.27						
50-5 OTH	537	547	304	792	617	2,797					

Bob Peters	11.59	37.52	21.96	36.44	10.54						
60-4 UNAT	572	636	200	599	499	2,506					

Mary Chadbourne	5.89	19.88	14.72	22.62	6.86						
35-9 OTH	273	315	275	382	356	1,601					

Shot: Mann, J. Chadbourne: 12#; Peters, M. Chadbourne: 4K

Discus: Mann, J. Chadbourne: 1.5K; Peters, M. Chadbourne: 1K

HOLIDAY TRACK PENTATHLON Dec. 10, 1983

Atlantic High School Delray Beach, Florida

	L Jump	Javelin	200 m	Discus	1500 m	Score
31 Nate Robinson	6.13 ★	52.22 ★	23.19 ★	29.30	5:06.94	2845 Δ
	633	662.5	721	458	371	
37 Gordon Reiter	5.82	37.55	24.27 ★	27.37	4:37.00	2590 Δ
	504	453.5	620	413	569	
38 Douglas Breland	4.00	30.71	28.32	20.71	5:35.61	1450
	321	342	309	243	235	
44 John Butler	4.42	30.02	DNF	Injury		704
	299	465				654
	225	429				
47 Buzz Porter	5.34 ★	37.91	20.73	27.38	5:12.7	2078 Δ
	624	550	578	466	460	
	IAAF	453	459	374	413	2041
52 Paul Gaulden	3.68	20.06	29.89	20.71	5:35.5	1675 Δ
	245	386	384	264	396	
	IAAF	23	259	213	243	963
54 John Archbold	3.77	21.75	30.84	16.25	5:39.5	1100
	274	291.5	324	131.5	379	
	IAAF	49	175	158	113	713
57 Bob Richards	4.05 ★	39.80 ★	29.56	39.01 ★	D N F	2044 Δ
	690	719.5	408	766.5	0	1709
	IAAF	324	488	231	600	
61 Bill Scoville	3.96	18.51	28.58	26.33	5:30.05	2363 Δ
	526	273	612	388	559	
	IAAF	101	100	294	388	1148
63 Arthur Knapp	3.39	22.04	39.05	19.80	9:08	919
	331	368	33	217.5	0	398
	IAAF	0	181	0	217.5	
70 Igor Stoleff	2.38	21.07	60.0	23.23	9:53	1081
	137	502.5	0	441.5	0	
	IAAF	0	429	0	310	

All events by Age Factor Scoring except others for comparison.

△ Age Division Champion ● American Age Record
 ○ American and World Age Record
 ★ Outstanding non-record individual marks
 DNF Did not finish NFA No formula available

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 Lismon	32 2:13:37
Karen Goldhawk	2:40:32
M40-44	
Lutz Philipp	2:25:17
Jochen Schrader	2:28:22
Reinhard Bussman	2:29:39
G. Van Der Felden	2:29:44
Ronald Scherbaum	2:30:30
M45-49	
Wolfgang Stein	2:31:18
E. Gueldenapfel	2:33:29
Eckart Rottka	2:37:16
Derrick Pickering	2:37:34
M50-54	
Horst Sahl	2:46:03
Peter Jaczek	2:46:47
Klaus Reichenbach	2:50:53
Bodo Hopp	2:52:35
M55-59	
Erich Hasse	2:51:28
Fritz Hansen	2:59:17
Fritz Gavenus	3:05:52
F. Hartenstein	3:06:58
M60-64	
Hermann Brecht	3:06:37
G. Linschman	3:09:17
Kurt Fischer	3:12:06
Paul Keltsch	3:23:48
M65-69	
August Schauder	3:24:38
Konrad Voelkening	3:26:12
Walter Fortman	3:33:36
Heinrich Blumchen	3:38:59
M70+	
Elis-Daniel Hultgren	3:35:29
Rudolf Seydler	3:40:19
Georg Birla	4:03:49
W35-39	
Jean Lohead	2:43:56
Christl Heine	3:10:06
Christa Vieler	3:14:59
W40-44	
Jutta von Haase	2:53:42
Francoise Nicolas-M	2:58:09
Marlis Schroeder	3:04:25
W45-49	
Erika Krueger	3:09:11
Hilde Lang	3:26:37
Bernadette Uhl	3:30:19

W50-54	
Gudrun Schuetz	3:04:21
Ingeburg Schwarz	3:35:41
Gisela Drisch	3:35:41
W55-59	
Helga Kuendig	3:36:05
Elfriede Keyser	3:56:41
W60+	
Friedegard Liedtke	4:42:11

MAPINTOUR 10K
LAWRENCE, KANSAS
OCTOBER 8, 1983

M40-44	
Ted Glenn	34:05
Clancy Weidel	34:57
Leonard Rothe	35:01
Carl Owcharzak	35:10
M45-49	
Henry Yeager	36:32
Thomas Clark	36:37
M50-54	
Don Nail	38:51
Lewis Sedge	42:28
M55-59	
N.H. Scott	48:33
M60+	
Jerry Morrison	n/t
W35-39	
Carol Hafeman	37:35
Ellen O'Connor	40:23
Polly Ruth	41:13
W40-44	
Noel Handzlik	42:18
Sharon Fritzel	43:08
Marilyn Potter	43:20
W45-49	
Norma Sutton	44:28
Jean Buchanan	46:03
W50-54	
Joan Dodge	50:48
W55-59	
Betty Mechavich	82:32
W60+	
Imy Ernest	57:21

SANTA BARBARA WOMEN'S &
SPA TAC 10K CHAMPION-
SHIPS; SANTA BARBARA, CA
OCTOBER 16, 1983

1st Overall	
E. Campo-Triplett	32 36:49
W35-39	
Judy Kewley	39 37:42
Sandra Marshall	35 38:37
Stephanie Welch	36 41:18
W40-44	
Christa Romppanen	44 39:11
Judy Messick	43 45:23
Ruth Hemming	44 45:51
W45-49	
Marian Conway	46 51:46
Curry Sawyer	48 53:08
Lee Hafter	46 55:32
W50-54	
Margaret Miller	57 41:05
Patricia Frankus	57 54:05
W60+	
Grace Schweitzer	66 62:44
from Santa Barbara AA	

USA vs. CANADA MASTERS
X-C CHAMPIONSHIPS
OTTAWA, ONTARIO
OCTOBER 15, 1983

1 Ken Inglis	30:37 (1-M40)
2 Jerry Smith	31:42 (2-M40)
3 Gary Baker	32:00 (1-M45)
4 Roland Cormier	32:05 (3-M40)
5 Ben Johns	32:29 (2-M45)
6 Ron Yeats	33:30 (4-M40)
7 Keith Mitchell	33:46 (3-M45)
8 Peter Carr-Locke	33:53 (5-M40)
9 Glen Norcliffe	34:14 (6-M40)
10 Kit Coleman	34:27 (7-M40)
11 Dick Walters	34:47 (8-M40)
12 Bob Brock	34:54 (1-M50)
13 Peter Schuddeboom	34:58 (9-M40)
14 Richard Graves	35:02 (2-M50)
15 John Johnson	35:10 (3-M50)
16 Chris Jermyn	35:24 (10-M40)
17 Gerry Hare	35:26 (4-M45)
18 Cliff Hall	35:27 (1-M55)
19 Bill Arnold	35:34 (5-M45)
20 Mike Day	35:35 (6-M45)
21 Al Runnells	35:53 (11-M40)
22 Charles Goodfellow	
	36:01 (7-M45)
23 Jim Howe	36:09 (4-M50)
24 Don McMillan	36:16 (12-M40)
25 William Cameron	36:23 (2-M55)
26 Ken Heatherington	36:41 (13-M40)
27 Mendal Smith	36:59 (5-M50)
28 Miklos Gratzner	37:35 (8-M45)
29 David Milne	37:37 (6-M50)
30 Harry Gregory	37:38 (9-M45)
31 Ed Whitlock	37:45 (7-M50)
32 Wes McLeod	37:50 (10-M45)
33 Colin Silcock	37:53 (8-M50)
34 Diane Palmason	37:56 (1-M45)
35 Ralph Lang	37:58 (3-M55)
36 George Gluppe	38:40 (9-M50)
37 J. Pascoe	38:41 (11-M45)
38 Clifford Oakes	38:49 (12-M45)
39 Gerhard Krolow	39:09 (13-M45)
40 Konstantins Chaks	39:10 (4-M55)
41 Christine Walker	39:21 (1-M40)
42 Barry Moss	39:41 (14-M45)
43 Richard Walker	39:46 (15-M45)
44 Shirley Pommier	40:15 (1-W35)
45 Andy Taylor	40:20 (5-M55)
46 Paul Ashworth	40:25 (14-M40)
47 George Moir	40:43 (16-M45)
48 Danny Daniels	41:01 (10-M50)
49 Cheryl Hughes	41:02 (2-W35)
50 Bob Boyle	41:05 (17-M45)
51 Ian Davies	41:32 (11-M50)
52 Ed Buckley	41:34 (1-M60)
53 Nathaniel White	41:49 (2-M60)
54 Gösta Edvardsson	41:57 (3-M60)
55 Pierre Collin	41:59 (4-M60)
56 Harry Dyer	42:18 (6-M55)
57 Stan Smith	42:39 (1-M65)
58 John Humber	42:40 (5-M60)
59 Michel Careau	43:12 (15-M40)
60 Phil Edwards	43:33 (7-M55)
61 Ruth Carrier	43:38 (1-W50)
62 Whitey Sheridan	43:39 (2-M65)
63 Deanie Nugent	44:01 (3-W35)
64 Herbert Cosman	44:05 (8-M55)
65 Judy Kettles	44:06 (2-W40)
66 Evelyn McSheffrey	44:20 (3-W40)
67 Tim Thompson	44:34 (9-M55)
68 Dale Crook	45:04 (18-M45)
69 Peter Jones	45:31 (19-M45)
70 Mary Day	46:34 (2-W50)
71 Denise LaRue	46:59 (4-W40)
72 Charles Hackenhiemer	
	47:04 (1-M70)
73 Ron Carroll	47:36 (10-M55)
74 Anna Delaney	47:48 (5-W40)
75 Barbara McLeod	48:10 (2-W45)
76 Mervin Daub	48:45 (16-M40)
77 F.W. Rose	49:10 (6-M60)
78 Lynda Sidney	49:50 (4-W35)
79 Judith Gardner	49:56 (5-W35)
80 Egons Rupners	51:54 (2-M70)
81 Nate Hacker	52:13 (3-M65)
82 Marjorie Daniels	55:39 (3-W50)
83 Dinah Forrester	57:44 (6-W35)
84 Evelyn Stead	57:44 (1-W60)

LATE FLASH!

\$2100 in cash prize money will be awarded to masters runners 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. □

CANADIAN MASTERS AA
NATIONAL X-C CHAMPION-
SHIPS; COQUITLAM, B.C.
OCTOBER 15, 1983

M40	
Chris Steer	34:07:4
Frank Smith	34:17:4
J.J. Schmidt	34:49:7
M45	
Bruce Holtzman	34:20:9
Derek Mahaffey	34:24:2
Don Trethewey	35:32:6
M50	
Harry Adshead	36:39:7
David Rudd	36:51:4
Jim Conway	36:54:7
M55	
Arthur Taylor	37:42:6
Ivor Davies	38:11:3
Stan Baldry	39:50:8
M60	
Sverre Hietanen	40:41:6
Bob Cleator	43:50:4
Art Porter	45:47:6
M70	
Clare Choate	49:14:0
M75	
Hugh Clifford	52:53:0
W35	
Loreen Barnett	39:57:0
Gilberte Thompson	45:12:4
W40	
Judy Sewell	43:08:4
Sandra Richardson	44:53:9
Rosemary Lawrence	45:54:1
W45	
Frances Steinfeld	43:57:8
Jean Harrison	44:01:4
Pat Gjerdalen	55:41:2
W50	
Monique McDonald	46:08:7
W55	
Jean Cleator	49:24:2
5th CELEBRATION OF ARCH- TECTURE 10K; SANTA BAR- BARA, CA; OCT. 23, 1983	
1st Overall	
Brian Nelson	26 32:55
Mary Rizner	29 38:36
M40-49	
Steve Close	40 33:44
Art Sylvester	45 36:45
G. Christiansen	41 39:49
M50-59	
John Richards	51 36:27
Ray Gil	59 39:47
Jim Rowe	59 39:55
M60+	
John Holoubek	67 39:18
Robert Goodman	41:56
W30-39	
Stephanie Welch	36 40:22
Trina Nagele	39 41:46
W40-49	
Gaby McQuitty	46 43:26
Fay Hobbs	48 44:17
Ingrid Hainline	45 44:51
W50-59	
Betty Jones	54 55:15
Betty Elder	56 1:41:17
W60+	
Grace Schweitzer	66 1:42:35
from Running Systems	

ONTARIO MASTERS X-C
CHAMPIONSHIPS; NORTH
YORK, ONT.; 11/6/83

M40-44	
Robert Moore	33:53
Tom Tushingham	35:45
Don Cochrane	35:56
Glen Norcliffe	37:13
Chris Kelk	37:21
M45-49	
Gary Baker	35:42
Dave Wallace	38:57
Bruce Hill	39:30
M50-54	
George Milne	37:39
Johnny Johnston	39:15
Richard Graves	39:26
M55-59	
Cliff Hall	37:48
Bill Cameron	40:04
Ralph Lang	41:56

M60-64	
Andrew Thomson	49:04
George McGrorey	50:10
M65-69	
Stan Smith	47:38
Whitey Sheridan	50:54
M70+	
Wesley Miller	68:58
W35-39	
Nancy Wells	44:36
Leticia Phillips	45:31
Joan Stibbard	47:37
W40-44	
Christina Walker	44:13
Judy Morley	52:39
Carolyn Cutt	57:40
W45-49	
Wendi Hanger	47:43
W50-54	
Ruth Carrier	47:41
Liese Lowe-Wylde	53:32
W55+	
Elsie Burman	70:49

JENKS HALF-MARATHON
JENKS, OKLAHOMA
NOVEMBER 12, 1983

1st Overall	
Michael Hairston	28 1:09:14
Carol Madison	32 1:23:44
M40-44	
Jim McFadden	44 1:15:57
L. Emanuelson	40 1:19:25
Bill Adams	43 1:21:30
M45-49	
Russell Bennett	46 1:18:51
Dave Kern	45 1:28:11
Pete Knight	49 1:28:36
M50-54	
Colin Bray	51 1:29:11
Ken Karty	54 1:32:50
Jack Speer	52 1:38:33
M55-59	
Harold McDonald	56 1:36:43
Bill Baker	58 2:01:32
Jack Bobek	58 2:03:07
M60+	none
W35-39	
Barbara Manning	39 1:45:11
Suzanne Ferguson	38 1:48:04
Donna Strand	37 1:48:38
W40-49	
Sharon Cooper	44 1:35:17
Joy Austin	46 1:42:58
Monika Durkin	42 1:46:35
W50+	none

HEART OF SAN DIEGO
MARATHON; SAN DIEGO, CA
NOVEMBER 20, 1983

<u>M40-49</u>	
David Watson	2:42:00
Robert McAndrews	2:48:48
Buzz Bennetts	2:50:45
Gary Novak	2:51:54
Juergen Richter	2:52:30
<u>M50-59</u>	
David Salo	2:42:18
Jose Vigil	2:55:40
Frank Ferrone	2:55:55
Patrick Taylor	3:02:00
<u>M60+</u>	
Luis Ojeda, Jr	3:15:00
David Kille	3:18:20
George Boyle	3:24:00
<u>W40-49</u>	
Lynn Lipetzky	3:19:--
Rene Townsend	3:22:--
Marcia Barnett	3:22:--
<u>W50-59</u>	
Mary Brown	4:14:--
Peggy Naas	4:19:--
Betty Robinson	4:25:--

Marathon		
1st Overall		
Gary Madison	37	2:31:33
Judy Sewell	43	3:12:19
M40-44		
Ted Anderson	40	2:42:18
M. Lankarani	41	2:50:25
Bruce McLean	43	2:52:09
M45-49		
Vance McDonald	46	2:52:54
Ted Martinez	47	3:05:31
Thomas Morrow	45	3:07:57
M50-59		
Buck Levy	52	2:57:52
Charles Hanson	54	2:59:55
Gene Wilson	53	3:08:32
M60+		
John McManus	61	3:47:52
Paul Sterner	61	3:48:07
Edgar Cooke	62	4:09:02
W40-49		
J. Sewell	43	3:12:19
Virginia Ketola	41	3:35:58
Nancy Greene	42	3:38:39
W50-59		
Janet Richards	56	5:06:31
W60+		
Maryb'l Russell	61	4:58:06
from Running Systems		

MOVING COMFORT 5K JACKSONVILLE, FLORIDA DECEMBER 3, 1983

1st Overall		
Donna Combs		17:12
35-39		
Judy Greer		18:50
Becky Motley		19:20
Sharon Ingle		21:40
40-44		
Elfrieda Wyner		18:40
Donna Hiatt		20:26
Dianne Watson		20:43
45-49		
Lily Vaill		25:10
Lee Selby		25:12
Nan Tebault		25:24
50-59		
Ann Kahl		19:49
Alix Rarenstein		22:31
Edna Leonard		24:42
60+		
Pat Griffin		30:30

6th GREAT AMERICAN SMOKEOUT HALF-MARATHON, 10K, 2M; RIVERSIDE, CA DECEMBER 4, 1983

**Half-marathon		
1st Overall		
James Press	34	1:08:50
Sandra Kiddy	47	1:25:36
M40-49		
Fred Kiddy	49	1:18:27
Joaquin Granado	44	1:18:45
Richard Tufts	40	1:21:11
M50-59		
Lyle Deem	50	1:34:00
Frank Ramos	57	1:34:10
Robert Olvera	54	1:34:28
M60+		
Caser Poole	62	1:33:53
W40-49		
Sandra Kiddy	47	1:25:36
Karin Yelsa	44	1:55:20
Marilyn Campbell	49	2:07:37
W50-59		
Diane Deno	50	2:01:30
Sylvia Dade	56	2:08:15
**10K		
M40-49		
Frank Duarte	42	33:21
Gerry Robb	40	35:57
Frank Ogawa	45	36:01
M50-59		
Wally Ingram	51	36:21
Jack Goertzen	59	43:15
Ron Morris	53	44:41
M60-69		
John Goodyear	63	43:26
Cliff Cummins	60	45:49
Stephen White	62	47:44
M70-79		
Tony Perona	75	51:47
M80+		
Jacob Bishin	82	70:29
W40-49		
Kathy Adams	41	52:11
Pamela Cobb	40	59:49
Kathleen Emig	40	60:48
W50-59		
Eva Kaus	53	55:01
Edith Coleman	59	65:49
Ruth Deak	54	75:16
W60-69		
none		
W70-79		
Lucile Adney	70	68:34

**2 Mile		
M40-49		
Anthony Gomez	45	11:51
Richard Barlin	43	12:18
Robert Abelsset	40	14:40
M50-59		
Donald Kitchin	52	12:38
Herb Hoggard	51	13:25
Jim Maynard	55	14:01
M60-69		
Bill Cornett	64	14:25
Bill Hopkins	61	14:51
Karlis Smiltens	62	16:30
W40-49		
Carol Taylor	42	16:52
Linda Capriola	46	17:38
Judy Salazar	42	19:21
W50-59		
Dolores Bezenah	51	18:43
W60-69		
Vyla Cook	62	24:28

SUB 4/CAPROLAN 8K NEWPORT BEACH, CALIF. DECEMBER 10, 1983

1st Overall		
Jesus Gutierrez	18	24:20
Tisha Whitney	35	29:00
M40-44		
Frank Duarte	42	25:39
Chad Ehlers	40	27:41
Dick Tufts	40	28:36
M45-49		
Andre Tocco	48	27:19
Lee Miller	46	28:09
Roy Pellerin	47	28:56
M50-54		
Jim Brownfield	52	27:54
Alan Dugard	51	29:21
Aurelio Camacho	53	30:26
M55-59		
Larry Banuelos	59	30:50
Jerry Soto	55	30:54
Tracy Brown	55	31:05
M60+		
Donald Dilworth	64	33:00
Jack Kettler	60	33:37
Casey Poole	62	34:06
W35-39		
T. Whitney	35	29:00
Daiva Jusionis	35	31:23
Cheryl Butchers	37	33:04
W40-44		
Carolyn Doty	41	31:57
Mary Cullen	44	34:14
Barbara Shields	41	34:46
W45-49		
Gina Faust	46	33:24
Marcia Martyn	45	34:10
Joyce Momita	46	34:31
W50-54		
Betty Flood	50	35:08
Nicki Hobson	52	35:26
Yukie Mochida	54	38:09
W55-59		
Mary Storey	59	35:53
Ann Priddy	55	37:58
Donna Spradlin	56	42:36
W60+		
Lois Edds	63	39:41
Marjorie Zimmerman	66	47:08
Liz Cotton	60	48:12

HUMANA ROCKET CITY MARATHON; HUNTSVILLE, AL; DECEMBER 10, 1983

1st Overall		
Bryan Pownall	24	2:14:17
Lisa Martin	23	2:32:22
M40-44		
Don Coffman	40	2:27:09
Morgan Looney	41	2:32:19
Ken Prior	43	2:34:57
Allan Pilling	41	2:35:46
Art Williams	40	2:40:57
M45-49		
Jim Oaks	45	2:33:49
Joe Burgasser	45	2:37:09
Ernie Billups	46	2:40:37
Phillip Parker	45	2:41:02
Bill Olrich	48	2:41:23
M50-59		
Norman Green	51	2:37:32
Don Gamie	53	2:41:45
Sam Turnbull	50	2:45:11
Dick Shank	51	2:49:47
Ken Combs	50	2:59:51
M60+		
Ken Robinson	60	3:26:25
Phil Curry	63	3:29:40
Roger Ellsbury	62	3:34:16
Charles Lewis	65	3:50:31
Chuck Leshier	63	3:56:52
W40-49		
Nancy Parker	47	3:04:24
Mae Cleveland	44	3:13:14
Penny Kaiser	42	3:13:46
Julia Emmons	42	3:14:35
Linda Burgasser	45	3:25:04
W50+		
Jane Arnold	53	4:10:44
Betty Dooley	55	4:47:16

PACIFIC NORTHWEST TAC RACEWALK; SEATTLE, WASH. DECEMBER 10, 1983

20K		
Jay Haavik	M40	1:47:17
Bev LaVeck	F47	1:58:35
15K		
Marina Waugh	F40	1:48:55
10K		
George Bogdan	M55	58:53
Ed Kraemer	M52	1:06:32
J. Groombridge	F44	1:08:11

12th Annual December Winter Series Central Park, NYC

Sponsored by New York Road Runners Club Date: December 10, 1983, 10 AM Distance: 10 Miles Check-In: Men-665, Women-240, Total-905 Finishers: Men-576 and 2 racewalkers, Women-197 and 1 racewalker, Total-776. Weather: Clear, seasonable, mid 40's Order of Finish—Men		
Over- Age	Pl. Name, Age, Team or Res.	Time
1	Ostolozaga, Louis, 23, Puma	50:31
Vet A (40-44)		
1	Thomas Moore, 41	59:23
2	Tom Gustafson, 42	59:23
3	John Knowles, 40	59:43
Vet B (45-49)		
1	Thomas Lisenbee, 45	1:02:39
2	Peter Kellner, 45	1:03:22
3	Rich Daniels, 49	1:04:47
Masters (50-59)		
1	Joe Burns, 54	1:00:45
2	Don Dixon, 56	1:01:11
3	Eric Seiff, 50	1:03:35
4	Max Schindler, 51	1:04:23
5	George Thompson, 58	1:04:55
Seniors (60-69)		
1	Andrew Neidig, 64	1:09:39
2	Albert Goldstein, 63	1:10:12
3	William Coyne, 62	1:11:16
Golden Age (70 and over)		
1	Luis Martin, 72	1:24:14
Vet A (40-44)		
1	Patty Lee Parmalee, 43	1:05:58
2	Carol Johnston, 40	1:13:01
3	Joan Smith, 40	1:15:32
Vet B (45-49)		
1	Betsy O'Neil, 45	1:06:57
2	Janet Nelson, 48	1:15:54
3	Joan Bondell, 45	1:17:33
Masters (50-59)		
1	Bunny Franco, 52	1:17:25
2	Nancy Tighe, 52	1:18:34
3	Audrey Jacobson, 55	1:31:31
Seniors (60 and over)		
1	Mary Rodriguez, 62	1:26:20
2	Evelyn Havens, 67	1:46:52

11th ANNUAL HONOLULU MARATHON; HONOLULU, HI DECEMBER 11, 1983

M40-49		
Ron Robertson	2:27:50	
Gary Gottleman	2:35:34	
Tsunaki Takahashi	2:43:06	
M50-59		
John Weston	2:47:39	
John Wolfe	2:51:46	
Hal Higdon	2:56:10	
M60-69		
Frank Grey	2:54:42	
Gerald Horton	2:55:22	
Don Alper	3:15:52	
M70-79		
Louis Cox	4:25:04	
Masato Shibasaki	4:45:12	
Howard Calkin	4:59:34	
W40-49		
Minoru Muramoto	2:51:02	
Carol Kukea	3:17:51	
Patti Buholm	3:24:20	
W50-59		
Helen Dick	3:26:40	
Madonna Buder	3:34:11	
Takae Hisami	3:35:49	
W60-69		
Margaret Lee	4:11:16	
Phyllis Benedict	5:06:54	
Doris Pugh	5:28:09	
W70-79		
Anne Clarke	5:24:15	
Matsue Nishiyama	5:39:28	
Shizu Koike	5:41:29	

CHRISTMAS BENEFIT 5 MILE CHARLOTTE, NO. CAROLINA DECEMBER 17, 1983

M40-49		
John Bachman	29:59	
Larry Westcott	30:00	
Kenneth Rose	31:15	
M50-59		
Ken Helms	30:59	
Zeian Jamison	31:49	
Bruce Ballenger	33:39	
M60+		
Cliff Clippinger	49:07	
W40-49		
Nancy Lowden	34:30	
Ann Veeder	40:29	
Judy McKee	40:55	
W50+		
no entries		

MAC Senior & Masters, TAC Masters National, RRC Open 30K Championship Central Park, NYC

Sponsored by
New York Road Runners Club
Sanctioned by MAC
Date: December 17, 1983, 9:30 AM
Distance: 18.6 Miles
Check-In: Men-276, Women-61, Total-326
Finishers: Men-225 and 2 racewalkers,
Women-54 and no racewalkers, Total-281.
Weather: Sunny, cold, mid 30's

Award Winners—TAC

Overall (40 and over)		
1	Fritz Mueller, 47	1:45:27
2	Norman Green, 51	1:46:42
3	Bill Fouk, 50	1:50:24
4	Howard Rubin, 55	1:52:42
5	David Pearce, 46	1:53:15
6	David Obelkevich, 40	1:55:11
Class I (45-49)		
1	Fritz Mueller, 47	1:45:27
2	David Pearce, 46	1:53:15
3	Bob Laufer, 45	1:56:19

AAU 5/10K CHAMPIONSHIPS
LOS ANGELES, CALIF.
DECEMBER 18, 1983

**5K	
1st Overall	
Richard Bernal	18 16:01
Mary Tracey	24 18:06
M40-49	
Al Villanueva	43 19:11
Willie Carter	40 20:06
Pete Ratz	49 20:29
M50-59	
Carl Barnes	52 20:42
Norm Blackmer	52 26:16
Bob Vincent	52 27:05
M60-69	
John Marshall	61 23:53
Glen Gardner	66 24:33
Kaoru Toba	64 28:04
M70+	
Jacob Bishin	82 32:12
W35-39	
Pam Donesley	37 20:56
Mitzie Pasqualone	35 25:14
Betty Thompson	39 25:42

W40-49	
Barb Binder-Ezsias	43 22:49
Olivia Coria	44 23:53
Irene Walker	46 25:37
W50-59	
Alice Oestad	52 26:23
Mae Leshansky	59 29:55
Jackie Epstein	52 35:45

**10K	
1st Overall	
Steve Bishop	24 29:44
Gillian Horovitz	28 36:34

M40-49	
James Murphy	44 34:17
Joe Gassman	43 35:20
Ralf Latham	42 35:26
M50-59	
Patrick Devine	55 36:35
Pete Mundle	55 37:25
Luis Ramirez	52 38:12
M60-69	
Robert Page	62 41:23
Jack Kettler	60 41:59
Frank Wright	62 48:21
M70+	
Chick Dahlsten	73 44:54
John Zentmyer	71 49:48
Dean Scofield	71 50:50

W35-39	
Marijane Mitchell	36 39:58
Mary Martin	39 43:29
Corrine Schratz	39 43:34
W40-49	
Nancie Piccus	43 44:56
Atsuko Fujimoto	48 45:45
Claudia Allen	40 47:06
W50-59	
Pat Russell	59 49:59
Gabrielle Shaul	53 52:12
Nelly Williams	52 53:42
W60-69	
none	
W70+	
Bess James	74 66:03

TAC NATIONAL MASTERS 10K	
ROAD CHAMPIONSHIPS;	
PHOENIX, ARIZONA	
DECEMBER 24, 1983	
Overall	
Jan Ahlberg	35:16
Don Branaman	35:32
Joe Livesay	35:56
Bill Miller	36:17
James Flynn	36:42
M40-49	
Bill Miller	36:17
Jim Gerace	36:47
Bill King	38:17
Jim Leonard	38:30
Christian Weber	39:15
M45-49	
Jan Ahlberg	35:16
Don Branaman	35:32
Joe Livesay	35:56
Cliff Bedell	37:00
Joe Palais	37:14
M50-54	
James Flynn	36:42
Fred Lehr	37:45
Bud Rawn	39:16
James Williams	39:52
Don Mayer	40:10
M55-59	
Jim O'Neil	36:48
Patrick Devine	36:56
Mac Elliott	39:38
John Rouse	40:19
Vern Boyle	40:50
M60-64	
Elmer Graham	52:20
Earl Iles	52:26
Dudley Casler	53:24
Paul Zylstra	55:43
M65-69	
Don Longenecker	37:26
M70-74	
Norman Bright	47:37
Shorty Hernandez	49:44
Arne Johnson	51:17
Dr. Sam Keith	70:16

Women Overall	
Josie Fox	39:24
Betty Ratley	42:19
Barbara Dibble	44:33
Claudia Fakoury	46:10
Adele Milicevic	46:58

W40-44	
Josie Fox	39:24
Claudia Fakoury	46:10
Lynda McKee	47:43
Barbara Jines	48:30
Judy Keller	49:46
W45-49	
Betty Ratley	42:19
Faye Strang	50:00
Lucy Thielen	50:39
Amelia Sogui	52:28
Carrol Clancy	54:23
W50-54	
Barbara Dibble	44:33
Barbara Boltz	54:18
Peggy Cornum	55:23
Peg Keith	63:33
W55-59	
Adele Milicevic	46:58
Grace Gammill	52:31
Dorothy Franklin	54:31
Emma Bowman	57:42
W60-64	
Marian Gibbons	55:09
W65-69	
Vasiliki Boukias	70:19
W75-79	
Veallon Hixson	75:24

W50-54	
Barbara Dibble	44:33
Barbara Boltz	54:18
Peggy Cornum	55:23
Peg Keith	63:33
W55-59	
Adele Milicevic	46:58
Grace Gammill	52:31
Dorothy Franklin	54:31
Emma Bowman	57:42
W60-64	
Marian Gibbons	55:09
W65-69	
Vasiliki Boukias	70:19
W75-79	
Veallon Hixson	75:24

W50-54	
Barbara Dibble	44:33
Barbara Boltz	54:18
Peggy Cornum	55:23
Peg Keith	63:33
W55-59	
Adele Milicevic	46:58
Grace Gammill	52:31
Dorothy Franklin	54:31
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W60-64	
Marian Gibbons	55:09
W65-69	
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W75-79	
Veallon Hixson	75:24

W50-54	
Barbara Dibble	44:33
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W60-64	
Marian Gibbons	55:09
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W75-79	
Veallon Hixson	75:24

W50-54	
Barbara Dibble	44:33
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Peggy Cornum	55:23
Peg Keith	63:33
W55-59	
Adele Milicevic	46:58
Grace Gammill	52:31
Dorothy Franklin	54:31
Emma Bowman	57:42
W60-64	
Marian Gibbons	55:09
W65-69	
Vasiliki Boukias	70:19
W75-79	
Veallon Hixson	75:24

TAC NATIONAL ONE-HOUR
WALK, 1983

Men	
1 J. Knifton	13146 1-40
6 Chuck Marut	11955 1-45
8 D. Sutton	11722 2-40
9 Jay Haavik	11612 3-40
11 J. Boitano	11554 1-50
13 S. Corrallo	11533 2-50
18 Bob Mimm	10880 1-55
19 J. Shilling	10839 2-45
21 C. Blackburn	10589 3-45
22 J. Stowers	10504 3-50
24 R. Timmons	10441 4-50
25 J. Holman	10412 5-50
26 J. Haney	10250 6-50
27 W. Nicoll	10216 7-50
28 R. Fine	10123 8-50
30 P. Ulrica	9977 4-45
31 W. Morse	9968 2-55
32 B. Omelchenko	9927 9-50
33 C. Acosta	9910 5-45
34 R. Duran	9756 4-40
35 R.T. Greiner	9696 10-50
36 Ed Kraemer	9661 11-50
38 D. Johnson	9600 1-65
39 G. dePetra	9564 1-70
40 B. Earlich	9549 6-45
41 W. Newman	9366 12-50
42 C. Gardner	9234 13-50
43 W. Hillman	9178 14-50
44 H. McWilliams	9160 2-65
45 P. Bradley	9146 5-40
48 L. Richardson	8844 6-40
49 J. Evans	8795 1-60
50 D. Gregory	8650 15-50
51 S. Sorensen	8644 2-60
52 R. Oliver	8632 7-45
53 O. Sommerauer	8624 3-65
54 R. Hansen	8604 3-55
55 J. Brewer	8564 3-60
56 H. Drazin	8507 2-70
58 D. Lloyd	8247 7-40
59 P. Kavadas	8208 4-55
60 J. Matthews	7857 4-65
62 A. Burz	7373 5-65
62 M. Perrson	7373 5-55
64 H. McLeod	1609 6-55

Women	
1 Susan Liers-	Westfield 11093
6 J. Steigerwalt	10383 1-40
11 C. Dieck	8985 1-45
13 Marie Henry	8800 1-60
14 B. Neuhaus	8756 1-50
15 Marina Waugh	8742 2-40
17 Marsha Hartz	8669 3-40
18 C. Butler	8611 1-35
19 D. Michaels	8600 1-55
20 Ellen Merry	8377 2-50
21 Mayme Bdera	8347 2-60
23 Pat Willis	8148 2-45
24 Sheila Mullen	8108 4-40
25 Susan Miller	8000 2-35
27 Lorraine Actor	7708 2-55
29 Liz Picini	7294 3-50
31 G. McLeod	6902 4-50
31 M. Salisbury	6902 1-70

Teams	
NY Masters	32118m
Potomac Valley STC	31922m
Shore AC	31098m
Pacific Pacers	30507m
Terlingua TC	29199m
Golden Gate	29183m
Monterey Peninsula	27574m
LA-Walkers Club	27386m

Women	
1 Susan Liers-	Westfield 11093
6 J. Steigerwalt	10383 1-40
11 C. Dieck	8985 1-45
13 Marie Henry	8800 1-60
14 B. Neuhaus	8756 1-50
15 Marina Waugh	8742 2-40
17 Marsha Hartz	8669 3-40
18 C. Butler	8611 1-35
19 D. Michaels	8600 1-55
20 Ellen Merry	8377 2-50
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14 B. Neuhaus	8756 1-50
15 Marina Waugh	8742 2-40
17 Marsha Hartz	8669 3-40
18 C. Butler	8611 1-35
19 D. Michaels	8600 1-55
20 Ellen Merry	8377 2-50
21 Mayme Bdera	8347 2-60
23 Pat Willis	8148 2-45
24 Sheila Mullen	8108 4-40
25 Susan Miller	8000 2-35
27 Lorraine Actor	7708 2-55
29 Liz Picini	7294 3-50
31 G. McLeod	6902 4-50
31 M. Salisbury	6902 1-70

TAC MIDWEST MASTERS 30K
ROAD CHAMPIONSHIPS; LAKE
BLUFF, ILL.; JAN. 1, 1984

M35-39	
John Lashbrook	1:56.01
Don Owen	2:05.31
Lawrence Byrne	2:12.55
Bill Murrell	2:16.52
Frank Matras	2:22.30
W35-39	
Barb Cesal	2:49.10
Esther Benston	2:58.15
M40-44	
John Nair	2:01.17
Jim Strommer	2:08.14
Andy Lawrence	2:10.58
Tom Sefick	2:11.44
Dan Beckum	2:19.10
W40-44	
Linda Oliver	3:12.13
Ann Davison	3:17.10
M45-49	
G.E. Jensen	2:09.03
Lyndon Ruper	2:12.03
Maynard Miles	2:17.38
Jerry Turek	2:27.59
Jack Mitchell	2:33.19
M50-54	
Gene Turnipsed	2:22.17
Phil Hey	2:26.19
Frank Hammer	3:21.29
Norm Cramton	3:23.10
Bob Gillespie	3:25.41
M55-59	
John Lund	2:49.10
M60-64	
Bernie O'Keefe	2:18.40

M35-39	
John Lashbrook	1:56.01
Don Owen	2:05.31
Lawrence Byrne	2:12.55
Bill Murrell	2:16.52
Frank Matras	2:22.30
W35-39	
Barb Cesal	2:49.10
Esther Benston	2:58.15
M40-44	
John Nair	2:01.17
Jim Strommer	2:08.14
Andy Lawrence	2:10.58
Tom Sefick	2:11.44
Dan Beckum	2:19.10
W40-44	
Linda Oliver	3:12.13
Ann Davison	3:17.10
M45-49	
G.E. Jensen	2:09.03
Lyndon Ruper	2:12.03
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PASSION IS THE MOTHER OF INVENTION.

When the first crude sample was brought onto the field, there was no talk of lab results or computer analysis. No one asked how this model would affect the bottom line.

There was no bottom line. Only athletes.

And a bull-headed coach so totally obsessed with performance that he had whittled his own last and made *his own* track shoe.

We were nothing but a bunch of fanatics. Willing to lace up anything that would move us faster, take us higher or farther than we'd ever gone before.

The fanaticism has been incorporated. And there's money now. Research teams. Doctors of anatomical and physical science working in one of the most sophisticated labs in the world.

And we're coming out with new shoes, better shoes than we ever dreamed possible.

But anyone who thinks these breakthroughs all come from computers, knows very little about the act of creation.

And virtually nothing about us.

