National Masters Newsletter

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

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Sandra Kiddy, 43, Palm Springs, Calif., won 3 national TAC masters championships in 1980 (15K, 25K, Marathon) and set U.S. masters records in 50K and half-marathon. photo by Richard Slotkin

Lorenz, Sipprelle Win National 15K X-C
by Bob Fine

BRONX, NEW YORK, November 23. It was a beautiful day for a cross country race and national class runners Herb Lorenz, 41, of the Mill Creek Runners and Linda Sipprelle, 45, of the Potomac Valley Senior Track Team, both used it to their advantage to destroy the course records, and win the National Masters 15 Kilometer Cross Country Championships. Herb did a phenomenal 50:27.8 on the tough Van Cortlandt Park course. Although the course has been repaired so that it is in the best condition in decades, drainage mounds (thirty two of them) were placed on the course to prevent the dirt from washing away. Continued on page 4...

Masters Split at TAC Convention
by Al Skeahen

The masters athletics program was divided into two parts at the 1980 Athletics Congress Convention in Atlanta. December 4-7: 1) track and field, and 2) long distance and road running. Prior to the convention, there was one unit within the TAC to represent masters: the masters athletics committee. It had two sub-committees: T&F and LDR. Now the two are separate, autonomous, full committees. Each has its own program, separate from the other.

Brief background: The Athletics Congress, known as TAC, is the umbrella organization for masters athletics. Continued on page 7...

Villanueva Runs 2:19:25 Marathon

LAS VEGAS, NEVADA. December 6. Antonio Villanueva, a 40-year old cab driver from Xalapa, Vera Cruz, Mexico, won the 2nd Annual Las Vegas Sun Marathon today in the impressive time of 2 hours, 19 minutes, 25 seconds. It was one of the ten fastest marathons ever run by a man over 40. It was only two seconds off Don McGregor's winning 2:19:23 in the 1980 World Veterans Marathon Championships in Glasgow, Scotland in August. It was 3 minutes faster than the existing American masters marathon mark of 2:22:23, set by Californian Jim Bowers in October. Villanueva defeated defending champion continued on page 4...

Bowers, Fox Win Brooks 25K
by Al Skeahen

SAN FRANCISCO, CALIF. November 30. The 3-race 1980 series of Brooks Master Runs came to an impressive conclusion this morning in the cool, crisp San Francisco air as 130 starters set 3 new U.S. age division marks and 14 new single-age masters records.

The quality field was led by Jim Bowers, 42, a TWA airline pilot from Santa Rosa, California, and Judy Fox, a just-turned-40, engineering research assistant from Stanford. They each established a new American masters 55-kilometer record over the 5-loop, rolling course through scenic Golden Gate Park.


The Brooks Shoe Co., aided by Len Wallach, Joe Henderson and Hal Higdon, put on a first class event. It invited some of the top men and women masters runners in the nation to compete in the final leg of its 20K-15K-5K series of masters-only runs. Continued on page 5...
**National Masters Officers**

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11672 E. 2nd Ave.
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(303) 341-2980

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(919) 737-2392

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**LONG DISTANCE RECORDS:**
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(713) 869-5605

**WORLD ASSOCIATION OF VETERAN ATHLETES (WAVA)**

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Bob Coughlin
P.O. Box 3872
Van Nuys, CA 91404
(818) 394-1349; (213) 277-1000

**NORTH AMERICAN REPS:**
Bob Fine
37 Prospect Place
Brooklyn, NY 11217
(212) 785-6622

**U.S. DELEGATES:**
Irene Obera, Bill Stock
269 Ridgewood Road
Don Farquharson
77 Prospect Place
Los Angeles, CA 90036
(213) 394-0034

**PENN MUTUAL**
National Masters Director:
Jon Buzard
c/o A.A.U.
3400 W. 86th St.
Indianapolis, IN 46268
(317) 872-2900

**NIKE**
Tom Sturak
P.O. Box 1602
Santa Monica, CA 90406
(213) 394-0034

**REGIONAL CONTACTS**

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

Bert Lancaster
c/o Middle Atlantic Ath. Congress
738 Land Title Bldg.
Philadelphia, PA 19102

**SOUTHEAST:**
Ken Kirk
5500 Stonewall Terrace
Atlanta, GA 30339

**SOUTHWEST:**
Bonifay
2272 Western Ave.
Houston, TX 77007
(713) 869-5005

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

**WEST:**
Dave Jackson
1910 S. Andmarck Ave.
Carson, CA 90746
(213) 636-7125

Ed Oleta
2870 O'Mearoak Way
LaJolla, CA 92037

John Brennan
4766 Meadowlark Lane
Santa Barbara, CA 93105
(805) 964-2491

Bruce Springer
P.O. Box 1388
Los Gatos, CA 95030
(408) 364-9205

Hillard Sumner
22713 Venture Blvd.
Woodland Hills, CA 91367
(213) 884-1349; (213) 277-1000

Stan Thompson
1549 Ipukula St.
Honolulu, HI 96821

Ruth Anderson
1901 Gaspar Drive
Oakland, CA 94611
(415) 359-0563

**NORTHWEST:**
Carole Langenbach
4261 S. 194th St.
Seattle, WA 98188
(206) 433-8865

Jim Puckett
Mt. Hood College
26000 Stark Ave.
Gresham, OR 97030
(503) 677-7354

**NEWSPAPER**

**EDITOR:**
Al Sheehan
2800 Hazeltine Ave.
Van Nuys, CA 91401
(213) 789-1565

**PRODUCTION:**
Bill Cockerham
P.O. Box 6103
Fresno, CA 93703

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**Write On!**

Address letters to:
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**SOUTH AFRICA**

How many Pan-American Masters meets do you have over there? I read your September issue with great interest, as I do every issue. It is a fine newsletter.

There's something unpleasantly political about the South African Masters appearance at Los Angeles: the South African Government paying for their team to fly over. We know why they do it to help whitewash their country's bad record in human relations. There are two reasons why half the world agrees with me and is against South African participation in international sport. 1) Most of their population does not get a vote; and 2) That same section of the population, as an obvious consequence, is the very section that gets such rough treatment from the Government in education and sport. They have only one-tenth of Government money spent on them per head compared with the well-off white section. One-tenth of what is spent on them per head compared with the well-off white section. One-tenth of what is spent on them per head compared with the well-off white section. One-tenth of what is spent on them per head compared with the well-off white section.

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If you're not a subscriber, you may be wondering:

**WHO SENT ME THIS?**

Please help me by sending us the names and addresses of some friends who might like to put it without tearing ray shoulder

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**HURDLE HEIGHTS**

I read Al Bromjak's letter concerning hurdle heights, distances and weights of implements, in which he says they should remain at maximum level regardless of age class. I really don't know if his intent was to be humorous or if he was serious.

Can you imagine a 57' 82-year-old man (me) trying to get over a 42" hurdle without killing himself? Hell, I can't high jump that high. Can you imagine a 62-year-old man who weighs 165 lbs. (me) trying to put a 16 lb. shot? I'd have all I could do to lift it to my chin and not drop it on my toes, let alone try to put it through my shoulder muscles all to hell.

Why worry about comparing the performance of a 60 or 70 year old with that of a 40 year old? I thought the name of the game was to give the older athlete a chance to compete in his event, regardless of age; not chase him out of the masters program. It's the chance to compete that counts.

That's the important thing.

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**ATLANTA PRaised**

I wish to express my thanks to Ken Kirk and the organizers of the AtlantA Masters Championships on June 14 for a well organized meet. My wife and I had a lovely stay while on vacation in the Eastern states. My regards to Ed Schuler and Mr. Wagemaker who provided strong, friendly competition in the 2A 100 and long jump. This meet was the highlight of our holiday. We can't wait to get back again.

Your NMN is a very good paper. I have not seen the like of it on this side continued on page 8...
On Tap For January

Two of the top masters events of the year occur in the first two weeks in January.

The 14th World Veterans Distance Running Championships will see some of the world’s best veteran runners compete in the 10K and 20K in Palmerston North, New Zealand.

Then from the 8th through the 14th, about 2000 veteran track & field athletes will compete in the 4th World Veteran Games in Christchurch, New Zealand.

In between, meetings will be held in Christchurch to help decide the fate of the world veterans program in the years ahead.

Closely home, development track meets continue indoors in New York and outdoors in Los Angeles and Honolulu.

The 9th Masters Invitational Track & Field Meet is set for Lincoln, Nebraska on the 10th. It’s their big indoor event of the year.

The first in the 8-race Nike/Penn Mutual Masters Grand Prix series takes place in Houston on the 24th — a 10K for men and women over age 35.

On the 25th, the traditional College of the Desert Masters Track & Field Meet will be held in Palm Desert, California.

Subscribe Now!

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

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Don’t take a chance on missing any issues of the newsletter.

Use the subscription form on this page. Please check your label and renew now if your time has come.

(Related to time pressures, and a delay in receiving MSA renewals, we will not pull the 1980 mailing list until February.)
MID AMERICA

January 10 (Saturday): 5th Annual Sub-Masters and Masters Invitational Track & Field Meet, Lincoln, Nebraska. Contact: Forrest Delging, 5003 South 66th St., Lincoln, NE 68516. (402) 485-4542.

February 1 (Sunday): Nike/Penn Mutual Masters Grand Prix 15K, St. Louis, Mo. Contact: Tom Eckelman, 7140 Waterman, University City, Mo 63130.

March 14 (Saturday): Nike/Penn Mutual Masters Grand Prix 10K, Salt Lake City. Men and women age 35 and over. Contact: Doug Beck, 769 Kinsington Ave., Salt Lake City, UT 84105.

SOUTHWEST


March 15 (Sunday): Nike/Penn Mutual Masters Grand Prix 10K, Houston. Men and women age 35 and over. Contact: Michael B. Marshall, 29 Waugh Drive, Houston, TX 77007 (713) 869-5605.

NORTHWEST

January 8-14 (Thursday-Wednesday): 4th World Veterans Track and Field Championships, Vancouver, British Columbia. Men and women age 35 and over. Contact: Mike Thould, 15929 N.E. 141st St., Woodinville, WA 98072.

February 20 (Friday): San Francisco Examiner Games, Masters Events. Contact: Jim Terrill, PO Box 764, Los Angeles, CA 90022.

March 22 (Saturday): Nike/Penn Mutual Masters Grand Prix 15K, San Diego. Men and women age 35 and over. Contact: Bill Stock, 7100 Baldric, LaMesa, CA 92041.


April 11 (Saturday): West Valley Masters Track & Field Meet, Los Gatos High School, Los Gatos, Calif. Contact: Bruce Springbett, P.O. Box 1328, Los Gatos, CA 95031.

May 30 (Saturday): Pacific Association TAC Masters T&F Championships, Los Angeles. Men and women age 35 and over. Contact: Bruce Springbett, PO Box 1328, Los Gatos, CA 95031.


December 22 to January 6 (Saturday to Wednesday): Masters tour to South Africa.

February 19 (Friday): Master's Twentieth Century Club Road Race, Los Angeles, California. Contact: Tom Hilyard of San Diego, 801 J Street, San Diego, CA 92101.

Desert Masters & Open Track & Field Meet, Mountain View High School, Los Gatos, Calif. Contact: Forrest Doling, 5030 South Mission, Los Angeles, CA 90022.

POSTAL

January 1 to August 31. One-hour entry. All entries must be postmarked by May 30. Entry fee is $10. Contact: Al Huff, 18127 1st Ave., N.W. Seattle, WA 98177. (206) 549-2930.

FOREIGN

January 3 & 4 (Saturday & Sunday): 14th Annual World Veterans Track and Field Championships, Christchurch, New Zealand. Men 40+; Women 35+.

January 8-14 (Thursday-Wednesday): 4th World Veterans Track and Field Championships, Christchurch, New Zealand. Men 40+; Women 35+.

December 22 to January 6 (Saturday to Wednesday): Masters tour to South Africa.
Brooks, continued from page 1

As in the first run in Chesterton, Indiana October 4, and the 2nd in Washington, D.C. October 19, the caliber of today’s competition was among the finest ever assembled in a masters long distance race.

At a pre-race banquet last night hosted by Brooks Promotion Director Dean Reineke, you could feel the excitement building up. Each top runner was introduced. Guest speaker Walt Stack said: “There’s so much talent here, I feel I should genuflect.”

Among the top contenders were:

1) Bill Hall, a newly-turned 40 anatomy professor at Duke University in Durham, North Carolina. Hall was the masters winner of the prestigious Virginia 10-miler at Lynchburg (32:56), where he gave two-time Brooks winner Roger Robinson of New Zealand his only masters defeat of the year. Hall, at 39, was the oldest U.S. qualifier for the 1980 Olympic Marathon in 2:21:03.

2) Bowers, owner of the national masters 10k road running mark (31:44), who was coming off his new U.S. masters marathon record of 2:22:22, set October 14 in the Humboldt Redwoods Marathon. Bowers once held the national high school mile record, running 4:16 in 1956, and was a 4:08 miler at the University of Illinois.

3) Mike Tymn, 42, of Honolulu, masters winner of the Portland 15K Cascade Run in 49:30, and author of the monthly Gun Lap column in the National Masters Newsletter.

4) Hal Higdon, 49, of Michigan City, Indiana only 7-months shy of his 50th birthday, who has actually improved in the last few years. In 1980, at the upper end of his 45-49 age group, he set a remarkable new division record in the 10K (33:10), 20K (1:06:05), 25K (1:23:53), 30-mile (1:54:21), half-marathon (1:11:40), and marathon (2:22:42). In addition, he holds the 45-49 mark in the 15K (49:15 in 1977). It was Higdon who first approached Brooks with the idea of a masters-only series of runs.

5) Tom Laris, 40, of Palo Alto, California a member of the 1968 U.S. Olympic team in the 10,000 meter run.

6) Earl Ellis of Seattle, 1979 national masters 5000 and 10,000 track champ and consistent winner in the Northwest. Ellis is a champion masters swimmer, and swimming coach at the University of Washington. “I prefer running,” he says.

7) Al Lawrence, 50, of Houston, Texas, winner of the 50-54 division in the first Brooks run in Indiana, where he set a new U.S. 50-54 record of 1:10:18 for 20 kilometers. Lawrence won an Olympic bronze medal in 1966 as an Australian in the 10,000 in 28:33.6, only eight seconds behind the great Vladimir Kuts.

8) Fox, of Sunnyvale, California, who turned 40 on October 22. As a 39-year old, the 5-foot-8, 116-pounder won 15 of 21 races, and 11 of those triumphs were in the open division. Among her wins were the Pacific Association-TAC 10K and 15K championships. In her first race as a master, she won the national 10K cross country championships in Seattle by 3½ minutes. Today was to be her first major road race as a master, and everyone expected her to threaten one of the four U.S. women’s masters road marks (10K, 15K, 25K, marathon) held by the legendary Gorman.

9) Joan Ullyot, 40, the running doctor-author of San Francisco who is becoming the Dr. George Sheehan of women’s running, with her two best-selling books and frequent national television appearances. Ullyot was runner-up to Fox in the 10K country cross in Seattle.

10) Trent, 1979 TAC woman 60+ runner of the year and U.S. 60-64 marathon record-holder (3:26:16).

11) Atkinson, 63, of California, holder of the women’s 60-69 records in the 10K (49:46) and 20-mile (2:59:13), in addition to her soon-to-be-broken 25K standard. The field was sent on its way by starter Billy Mills, winner of the 1964 Olympic 10,000 meter run in Tokyo.

Hall pushed a blazing early pace, with Bowers and Laris hanging on his shoulder. The three came by the first loop (5K) together in a fast 16:01. Six seconds back were Tymn and Higdon.

On the 2nd loop, the pace slowed only a shade as Bowers surged on the uphill to a 16:26 lap and a 20-second lead at the 10K mark in 32:57. Laris and Higdon were together in 32:47, followed by Tymn (32:55), Hall and Ellis (both 33:23). At the 15K mark, Bowers had opened up a sizeable 34-second advantage with a 16:45 lap for an eye-opening 49:12 with 10 kilometers still to go. Laris and Higdon were still battling for second, followed by Tymn, Charles Harris, Ellis, Tim Rostege and Daryl Beardsall. Hall had fallen back.

“I still thought I could win at this point,” Higdon would later say, “but Bowers blew us away on the 4th loop.” Indeed, many expected Bowers to slow off his blistering first 15K pace, but he kept it up with a 16:48 for a 1:06:00 at the 20K mark. Laris was now a minute behind in 1:07:02. Tymn had passed Higdon and moved up on Laris and looked like a solid bet for second at this point as Higdon fell 9 seconds back. After that, it was over a minute back to Harris and Rostege.

Bowers continued to draw out on the final loop, picking up the pace at the end for a 16:39 last lap and a new American masters record of 1:23:30.

“I felt good all the way,” said the man who had spent 13 years training airline pilots in Saudi Arabia and who had taken up running again because “there was nothing else to do.”


Laris clocked 1:24:34 for third. “25K is a bit too long for me,” puffed the former Olympian.

Higdon slowed to an 18:22 last loop to finish 4th in 1:25:33. “I tried to stay with Bowers,” he reflected, “but when I saw I couldn’t win it, I fell apart.” Nevertheless, his time is a new single-age 49 record. He won the 45-49 division crown, thus sweeping all 3 Brooks races in his division -- the only runner to accomplish that feat.

Harris collected 5th spot in 1:25:35, followed by Rostege (1:26:42), Beardsall (1:26:57), Bob WeUck (1:27:22), John Thresher of Canada (1:27:57) and Ellis (1:28:57).

Ulrich Kaempfl, 49, placed 2nd behind Higdon in the 45-49 competition in 1:29:11. Five seconds back came Law rence, who topped the men’s 50-54 crown and only missed Jim O’Neill’s American masters 50-54 mark of 1:29:00 by 16 seconds.

Fox, 31, a surprise, won the women’s division by nearly six minutes over Ullyot. Reeling off 5K splits of 18:01, 19:05, 19:24, 19:45 and 19:10, she obliterated Gorman’s old mark. Indeed, her unofficial 15K and 20K times enroute of 56:30 and 1:16:15 are both faster than the current U.S. women’s masters records of 57:15 and 2:00:09. “I cramped on the 4th loop,” the mother of 3 teen-agers said, “but it loosened up on the downhill.

The 25K distance is a long way to go. I only train about 30 miles a week. Never more than 8 miles a day or 5 days a week. 10K is far enough for me.”


Frances Sackerman, 61, led the 50-59 women in 2:05:56. Trent battled Atkinson all the way, winning the 60+ title by less than 2 minutes in 2:03:14, as Atkinson also broke her old mark by 15 minutes in 2:05:00.

Other division winners included: Mar- lys Hayden (W45-49) in 1:49:29; Elis Tuinzing (W55-59) in 2:10:44; Ren Potts (M55-59) in 2:10:33; Charles Ogivie (M50-54) in 1:46:51; Don Ross (M65-69) in 2:10:53; and John McBee (M70+) in 2:10:54.

Stack set an age-78 mark of 2:34:04, while Ivor Welch, one of the oldest masters runners in the country, finished in a creditable 3:31:37 (starting an hour ahead of the pack) for a new age 85 standard.

After the race, the winners contrasted their different backgrounds and training styles. “I have to train where I fly,” Bowers said. “Sometimes I run in snowstorms in New York or Chicago. I get in about 80 miles a week. I don’t like the track much.”

As opposed to high school champ Bowers, Fox never ran in school. “I took a jogging class 4 years ago,” she said to astonished listeners. “I only run once a day, on my lunch hour with a group called Angel Field Ancients — mostly staff and faculty — on the Stanford campus.

“One day I run hard and fast,” she continued. “Another I do hill work. A third day I just do speed, and the other two days I just run around.”

Fox says she wouldn’t dream of running as far as most top masters distance runners. (Higdon, Hall and Tymn, for example, all had 100-mile weeks in the month prior to the race.) “For one reason, it takes a lot of time and there are lots of other things to do.”

She feels she has “room to get faster and is looking forward to the 1981...”
Brooks, continued from page 5

masters track & field season. "I like to run on the track." Her best mile is 5:02. She'll run the miles in the San Francisco Indoor Games February 21.

Reinke said the Brooks organization was pleased with the outcome of the 1980 series, and planned to expand the program in 1981.

Higdon, however, has severed his association with Brooks as of January 1st.

"My main objective has been achieved," he said, "which was to get a series of masters-only runs underway. Now that it's done, I want to move on. I don't want to keep re-inventing the wheel."

Higdon said the races took more time than he planned. "My forte is not organizing races. There are a lot of people who do that very well. I was getting bogged down in a lot of organizational trivia."

He plans to devote more time to organizing travel tours, and to "enjoy my main loves, writing and running."

"It's enthusiastic about the future of organizing trivia." He said he's been caught up in the political scene," he said, "getting back to things I used to write about."

"I'm working on a couple of articles now on hotel safety and on the Chicago political scene," he said, "getting back to things I used to write about."

He's enthusiastic about the future of running tours. "We took 77 people from the midwest to the Honolulu Marathon, and everyone had a great time. We snorkeled on Maui, ran down into a volcanic crater, and the race was superb."

Higdon will try to recapture his World Veterans steeplechase title in Christchurch, New Zealand, this month and is also pointing for the marathon.

Results on page 23.

Right: Winner Jim Bowers relaxes with a beer as Dean Reinke, Hal Higdon and Billy Mills look on.

Smith Breaks World Marathon Mark


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Raw Text

Brooks 25K MASTERS Run - unofficial splits and en-route times for leading runners.

<table>
<thead>
<tr>
<th>MASTERS 25K</th>
<th>SK</th>
<th>10K</th>
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Dalymeple, Kiddy Win $$$$  

PASADENA, CALIFORNIA November 21. Cindy Dalymeple, 38, of Honolulu, and Sandra Kiddy, 43, of Palm Springs, both familiar faces on the masters circuit, made their running talents pay off in cold cash today in the second Jordache professional marathon.

Dalymeple won the women's competition outright in 2 hours, 42 minutes, 54 seconds to pick up a check from Jordache for a cool $12,500, or $4,604 per hour.

Envious masters runners who have been running for the joy and fun of it talents pay off in cold cash today in the second Jordache professional marathon.

The race was the 2nd in the Jordache series. On Sept. 21, the first pre-marathon was staged in Atlantic City, New Jersey, with a clocking of 2:23:49 good enough to win $1000 in the women's division.

Both men and women contestants received the same amount of prize money. Ron Naber collected the 1st prize for men of $12,500, winning in 2:18:49.

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Perry was named recording secretary for both committees. Salvio is the T&F rep to TAC Board of LDR.

Weed said he decided to go for the job because, as a pilot for Continental Airlines, his current schedule leaves him free 25 days a month. "I can travel the country, at little expense, to work on the masters program," he said.

Weed and Bernard will now coordinate the masters involvement with the Penn Mutual Life Insurance Co., which is expected to increase its sponsorship of masters sports in 1981.

While no contract has yet been signed, Bernard says Penn Mutual has pledged $15,000 to the TAC Masters LDR Committee for the year. Bernard will head an LDR budget committee, to be appointed by him, to decide how the money shall be spent. The committee will submit the budget for review to Joe Buzzard, who is Penn Mutual's liaison with the masters program. Buzzard currently works out of the AAU's headquarters in Indianapolis.

No specific figure has yet been promised by Penn Mutual to the masters track & field committee, but Weed says it will probably be about the same -- $15,000 -- as LDR. A 7-man T&F budget committee was formed in Atlanta, headed by Weed, to plan a budget and work with Buzzard in the same manner as LDR. On that committee are Weed, Fine, Miller, Salvio, and John Brennand. With the recent dramatic increase in air fares, most west coast activists couldn't afford the trip. Business forced Hilliard Sumner to cancel the last minute.

"There were less than 15 at the meeting," Jim Weed said.

Another problem was that the recommendations for outstanding athlete awards, compiled by Peter Mundie and a nominating committee, never were received by the committees in Atlanta. Another snafu was that there were no minutes from the 1979 convention to guide the assembly.

"It was a real mess," Weed said. "When I arrived, I had no intention of running for anything. But I thought: 'Someone ought to do something,' so I decided to run for national masters track & field chairman."

He won, outpolling Ron Salvio and Miller in the voting. Bernard was re-elected over Fine as LDR chairman. Each committee selected two vice-chairmen, one for men and one for women. Salvio and Joanna Grissom are the T&F veeps. Bob Boal and Jo Lecereeta represent LDR.

George Vernosky was re-elected treasurer for both committees. Jerome Miller in the voting. Bernard was 'Someone ought to do something,' so I decided to run for national masters running for anything. But I thought: "When I arrived, I had no intention of making them truly national championships."

"But not all championships are of equal stature," he continued. "Some deserve more support than others."

Buzzard said he favored using the money for other than just travel expenses. He said Penn Mutual is also offering $300 each to 100 of its local agents throughout the nation to help support local masters activities.

"We're trying to get them involved," Buzzard said, "with all masters sports in their area."

In addition to these contributions, Penn Mutual will co-sponsor with Nike Sportshoes the eight masters Grand Prix races in 1981.

"The total amount of money," Buzzard said, "which Penn Mutual will provide masters sports programs in 1981 is, by law, a matter of public record, since the funds are being channeled through a non-profit organization. That total is $164,000."

Further funds for masters athletics will likely be available from TAC. "Both committees received a total of $11,000 in 1980," Bernard said, "but it should be closer to $8000 or less in 1981."

The 7-man T&F budget committee is also charged with the responsibility of making sure the 1981 National Masters Track and Field Championships run smoothly -- and at reasonable cost. Los Angeles was officially chosen as the site of the 1981 Outdoor Championships -- re-affirming the decision made by the athletes, themselves, at the 1980 championship meeting in Philadelphia. Meet director Hilliard Sumner will be guided by the committee to choose a proper facility. If, for any reason, the committee is not satisfied with the Los Angeles arrangements, they have the authority to move them elsewhere. The same goes for the Indoor Championships in Ann Arbor.

Fine said he was "disappointed that the two committees were split. But if that's what people want, okay. One thing I would have done as LDR chairman is move the national championships to different areas, as we did with our T&F championships. But as I look over these sites for 1981 (see adjacent box), it's the same old races in the same old places."

Fine noted the 5K cross-country race is in San Diego for the 3rd straight year. "Florida, Kentucky and other areas have never held a national championship. I also think we should have regional LDR championships, as we do in track & field. But there's never been any, and it doesn't look like there's going to be any."

He said the T&F national masters road championships should have been scheduled in 1981 in Reno at the time of the TAC convention next December.

"That would have encouraged runners to come to the convention," he said, "where they could get involved with the administration of the program."

That thought was echoed by many who wondered why all the important decisions affecting the masters program were being decided, as one put it: "in a smoke-filled room in Atlanta."

Most think decisions should be made where more athletes are present.

But where? At the T&F nationals? At the national 10K? Perhaps, but it would take a vote at the TAC convention to change the rules so decisions might be made more frequently OTHER THAN a TAC convention. It's a Catch 22. Not impossible, but it would take some work and a sizeable number going to Reno next December to change things.

In the past, some people said -- and are still saying -- "why bother with TAC/AAU?"

Well, the alternative to TAC, as we've discovered from time to time, could be to organize through another structure, such as the Masters Sports Association.

But that's tricky, because do you do it only for the T&F people? Or do you try to bring the LDR gang along? And what about the insurance? And now, a whole new and significant element is involved: sponsorship. Most sponsors (in this case, the Penn Mutual Life Insurance Co.) want to work through an established organization, such as TAC.

"They're leery of committing serious money to a new, fledgling organization," Miller said.

"TAC has been very supportive of our needs," Fine agreed.

Fine retains his role as North American Masters representative to the World Association of Veteran Athletes. He's one of seven members on the T&F budget committee. He's Metropolitan TAC Masters T&F Chairman, and may be appointed by Weed to the post of LDR chairman in TAC.

"I'm optimistic for the future of the masters long distance running program," said outgoing Vice-Chairman Ruth Anderson. "I hope Ken can perform as well during the year as he did during these meetings."

Buzzard said he will continue to try to coordinate the entire masters sports programs throughout the country. On his agenda are a masters directory, rankings, schedule coordination, race and meet guidelines, secretarial support for race directors, wats line service, brochures, a monthly report to the troops, and any other assistance which he and the Penn Mutual Life Insurance Co. can provide.

Sites for 1981 National TAC Masters Champs

TRACK & FIELD:

Indoor:
Ann Arbor, MI February 28-March 1

Outdoor:
Los Angeles, CA Mid to late August

LONG DISTANCE RUNNING:

5K
Pendling

5K/XC
Santa Cruz, CA

10K
Kent, WA

10K/XC
Houston, TX

15K
Washington, D.C.

15K/XC
Poshaly N.Y. City Pendling

20K
Lake George, NY

25K
Pendling

30K
Schenectady, NY

Marathon

N.E.

50K
Pendling

50 mile
Buffalo, NY

Irv Black, Ken Kirk and Bob Langenbach

FREE NUTRITIONAL NEWS

A digest of experts' opinions speeded with personal discoveries.

Send stamped envelope for introductory issue or send $1 for freebie plus issue #1, which includes how to lose or gain weight. Alan Wood, 140 Rt. 20, Pompton Plains, N.J. 07444.

MOVING?

National Masters Newsletter is mailed third class bulk rate and is not forwarding. When you move please let us know at least 3 weeks in advance.
of the Atlantic. You are to be congratulated.

Your veterans (masters) movement is very much like ours in Britain. Well organized, strongly contested. But the sportmanship between athletes is so friendly. Everyone really enjoys the meets.

Frank Martin, St. Albans, England

THE DYNAMIC D's

Several years ago, I was asked to write an article for a Hawaii publication having to do with the achievement of goals. I built the article around what I referred to as the "D's" -- Desire, discipline, and Drive. In another article, about a year later, I added a "D" -- Depth.

Recently, while watching a Las Vegas show on Cable TV, I heard actress Shirley MacLaine speak of the "4-D's." I just about fell out of my chair, thinking that my little article had made it all the way to Hollywood and Las Vegas. But when Ms. MacLaine recited her "4-D's" and included Dedication rather than Depth, I concluded that her "D's" had not originated with me. Perhaps I was guilty of plagiarism by subconsciously drawing someone else's idea out of my memory bank.

Not to be outdone by Ms. MacLaine or anyone else, I decided to add a few "D's" to the list. And so for those readers who are setting their running goals for 1981, I offer my "15-D's" as a guide and monitor to realization of those goals.

1. Dream: More and more, psychologists are finding that people who realize their goals frequently visualize the end result. That is, they see themselves in the position they are striving for or doing whatever it is they want to do.

2. Desire: Some people dream but do not really grab hold of it. You have to want it and constantly visualize it. And you have to believe that it is a realistic and worthwhile pursuit.

3. Determination: Having the desire is one thing, but making up your mind to go after it is something else. That is determination.

4. Design: The next step is having a plan. The individual must map out the course to his goal.

5. Method: "Method will teach you to win time." -- Goethe

6. Plan: "Plan is a necessary part of achievement, wanton disregard for one's health, safety, or well-being is not. The individual must exercise care and walk a thin line between recklessness and superfluous caution as he proceeds along the path to his goal.

7. Discipline: This involves exercising self-control in ways that correct, mold, and give us depth. I concluded that her "D's" had not originated with me. Perhaps I was guilty of plagiarism by subconsciously drawing someone else's idea out of my memory bank.

8. Dare: Very little is accomplished in sport without taking some risk. The individual must have the courage and fortitude to deal with these risks.

9. Deity: Some of our greatest achievements give credit to Divine assistance.

10. Deity: Some of our greatest achievements give credit to Divine assistance.
11. Drive: While risks are a necessary part of achievement, wanton disregard for one's health, safety, or well-being is not. The individual must exercise care and walk a thin line between recklessness and superfluous caution as he proceeds along the path to his goal.

12. Design: The next step is having a plan. The individual must map out the course to his goal.

13. Direction: The path to our goals is not always a straight one. We sometimes find it necessary to deviate from the straight and narrow. We must not lose sight of the goal, but sometimes find it necessary to deviate from the direct route. The athlete must continue to focus on the achievement he seeks.

14. Discovery: As we move toward our goals, we become aware of strengths and abilities that we did not know we possessed. At the same time we begin to recognize certain limitations. As we discover things about ourselves, we need to incorporate this new knowledge into our game plan.

15. Deity: Some of our greatest achievements give credit to Divine assistance. And many who have not realized their goals completely have been corrected by recognizing that God loves them for just trying.

"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." -- Isaiah 40:31
Masters Scene

The 1981 Muhammed Ali Invitational Track Meet, originally scheduled for January 3, has been cancelled. No explanation given.

All Comers track meets will be held at Glendale College in Glendale, California on Fridays January 9, 16, and 23 at 3:00 p.m.

Plans are in the works for a Masters trip to South Africa in December, 1981. Details as soon as available.

1976 National 100-100 and 200 champ Lewis Smith came a cropper with injuries in 1980, but is looking forward to a big 1981.

Undeated world hurdle gold medalist and multi-record holder Jack Greenwood is passing up New Zealand "because they insist on using those short hurdle spacings," Greenwood claims it's dangerous; that he and most hurdlers are used to the standard 30-feet run between the high hurdles, as used in the U.S., Britain and most nations. In New Zealand, as in Germany, it will be 26-27/.

Lowell Gathier, 42, won the Lincoln Track Club's improvement Award. He clocked 1:13:20 in the Lincolnfest 20K, and 34:45 in the Gateway Getaway, only 18 seconds behind 40+ star Bob Bartling, 54, went 15 miles in 1:35:10 in South Dakota.

Don D'Addis took 40+ laurels in 33:21 in a Niagara Falls 10k. Patrick Ott (M60) ran a quick 35:04 in New Castle, Delaware 10K, Bruce Nystrom (M40) ran a 2:37:50 in a Richmond, Virginia Marathon.

Mary Czarapata, 45, won the women's masters Avon 20K title in Chicago October 12 in 1:27:00.

Schrader Wins Midwest X-C

by Dick Klopfer

CRYSTAL LAKE, ILLINOIS, November 9. Sunshine and 60-degree weather greeted the Midwest Masters as they met at Crystal Lake's challenging cross country course for their five kilometer championships.

Naperville's Bob Schrader turned in a sparkling 17:20.5 to win the 40-44 division. Dick Klopfer of Crystal Lake finished second in 17:57 and Al Staras of Rockford placed third in 18:57.

In the 45-49 division, Crystal Lake's Les Berquist won with a time of 20:24. Bob Beebe of Rockford was second (21:10) and John Horvath of Palatine third (21:22).

Watkegan's Bernie Tjarksen won the 50-54 division in 20:53. Arnold Johnson of Rockford took the 60-64 title with a 22:27 clocking.

Results on page 19.

Race Walking

from Alan Wood and Harry Siitonen

Gordon Wallace has volunteered to do World Veteran Walking Records. "I met with Palle Lassen, Chairman of the IAAF Race Walking Committee," he said. "He suggests we contact a representative from each nation at the Championships in Christchurch." Send pertinent foreign results to Wallace at 100 Apeco St., Fresno, CA 93701.

The 1980 Guinness Book of Records lists Ron Laird, 43, as having won the most race walking titles: 66 U.S. and 4 Canadian.

Of the 42 walkers who started the National 40K in New Jersey, Ron Kulik finished 12th for 1st master in 3:48:01. Other division winners were: Corrallo (1:53:51; Gould (60+) - 4:02:22; Bob Minn (26) - 4:08:14. John Knifton was DQ'd after leading the Masters at 20K (1:46:13).


Bill Ranney and Catherine Smith will walk in the World Veterans competition in Christchurch this month. Ranney, 44, set a 1A mark in the PAC 25K in 2:13:37. Minn had a 15K record with 1:27:53.
the agenda when the General Assembly

0 Months to Go

Countdown to New Zealand
by Al Sheehan

Well, this is it! The 4th Annual World Veterans Games get underway in Christchurch, New Zealand on January 8th and runs through the 14th.

Meetings are scheduled on the 6th and 7th. On the 3rd and 4th in Palmerston North, New Zealand, the 14th annual World Veterans Distance Running Championships will be held—The 10K on the 3rd and the 25K on the 4th. About 100 Americans are expected to make the trip for one or both of the events. This is down from the 226 who made the trip to Germany in 1979 and over 300 who went to Sweden in 1977 for previous World Games.

"A lot of our world vets champions in England won't be going," Alistair Aitken reports. "But about 50 will be in the church, New Zealand on January 8th and England won't be going." Alistair Aitken reports. "But about 50 will be in the church, New Zealand on January 8th and

The Puerto Rican government strongly based on the American delegation, based on the his staff did on the 1st Pan-American Games. The women's meeting is to be held on January 6th, at 6:00 P.M. in the Christchurch Town Hall, candidates for hosting the 1983 World Games will officially present their bids.

The women's meeting is to be held on January 8th at 9:30 A.M. in the Town Hall. Women's delegate Jean O'Neill of New Zealand will attempt to compete.

The South Africans will indeed be in Christchurch. The battle lines are being drawn tighter. Stein is adamant about injecting politics into the movement, as is the New Zealand government, who ordered this year's ban in the first place, as a condition of their financial help. The mood in Christchurch will be sour, when it should be joyous. What deceit? Well, Stein's point is that the South Africans come disguised. True, they do. They say: "We have to come disguised, you won't let us compete as South Africans."

Sylvester Stein of England is seeking to change the Constitution so the South Africans can be legally banned in the future, instead of illegally banned, as is the case this year. He says: "In view of the subterfuges adopted by the South African teams at past veteran world meetngs, appearing disguised as either Americans or Rhodesians, it would be unseemly to allow them to participate further in our affairs."

Stein's logic is interesting, and should provide fodder for a week of dialogue and ill-feeling in Christchurch. The battle lines are being drawn tighter. Stein is adamant about injecting politics into the movement, as is the New Zealand government, who ordered this year's ban in the first place, as a condition of their financial help. The mood in Christchurch will be sour, when it should be joyous. What deceit? Well, Stein's point is that the South Africans come disguised. True, they do. They say: "We have to come disguised, you won't let us compete as South Africans."

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John Gilmour says Karl Hasler's mark by 5 seconds to record 2:41:30. "If only I had known with a mile to go that I was that close," he lamented.

Well, John, there's time yet, but as the 1500 finals in New Zealand are programmed during the marathon, you are unlikely to win both races.

On November 16th, Gilmour set a new world best for the M60 one mile at Pary Lake track in Perth with a 4:57.1. The next day he ran a 56:15 in a 10-mile open road race to finish 8th overall.


The pioneer of Veteran Athletics, Cliff Bould, now 66, is running well again. He was tripped at the start of a half-marathon, and still ran 1:37 despite a broken rib. Clifford had real trouble in 1976 due to numerous strokes caused by a blocked artery. It was corrected by surgery.

Wal Sheppard had four heart bypasses a year ago, and has just run a marathon, carrying a EKG recorder. His heart was monitored thru the race, and he is waiting for the OK to train for the 800 in New Zealand.

Rollo Castella, 56, began running only 5 years ago after a heart attack. On November 23 in Melbourne, he ran a 2:58 marathon.

Although I've concentrated on the 1500 during my veteran career, I'll debut in the marathon in Christchurch. I'm doing 7 miles during the day, and 3 miles of fartlek with coaching at night, but I'll never make a career of the marathon. I worry about dehydration. I prefer cross-country.

George McGrath (M60) went to Europe for the European Track Championships and World Distance Championships. He did well in both, but his name is mysteriously missing from the results.

He ran a 38:54 10K behind Gilmour and went under 3 hours in the marathon. He says "the marathon was a shambles because of the numerous competitors. I still don't know my place or time."

Both Gilmour and McGrath are living in "retirement." Does that mean they are training like professionals?
Hambly, Curtis Lead Masters in Postal One-Hour Run

The powerful Snohomish Track Club of Seattle, Washington is the winner of the 1980 Athletics Congress National Postal One Hour Run Championships for men 40-49.

The Potomac Valley Seniors won the men's 50+ title, and the women's masters crown was taken by the Snohomish B club with 51 miles, 414 yards. The Potomac Valley 50+ squad notched 46 miles, 827 yards. The women's Fingers Lake team traveled 39 miles, 1400 yards.

"Postal" competition means each individual and team competed in their own area, between January 1 and August 31, 1980, at one of 15 officially designated postal one-hour run competitions. The results were mailed to and compiled by Al Huff in Seattle.

All finishers — open, masters, women — were ranked according to their distance covered. Gary Tuttle, 32, won the open individual competition with 12 miles, 164 yards. Hambly finished 11th overall with 11 miles, 699 yards to lead all masters. Waldkin finished 21st and 2nd master with 11 miles, 45 yards.

Waldkin was 2nded and 3rd master with 11 miles, 40 yards. Pratt and Ellis came in virtually together, with 10 miles, 1308 and 1307 yards respectively, for 34th and 35th spots. John Brennand of Santa Barbara, California was the only outsider to split the imposing Snohomish crew, finishing as 4th master with 10 miles, 1395 yards.

Derek Mahaffey was the 1st M45 participant with 10 miles, 946 yards. Tony Diamond, 51, of Washington, D.C. led the 50+ competition with a total of 9 miles, 1677 yards. Howard Miller, 58, was only 14 yards behind.

Fred Nagelschmidt, 56, of the Southern Pacific Association took 1st M55 honors with 9 miles, 1173 yards. Christine Curtis, 42, led the women masters at 9 miles, 555 yards. Judy Groombridge, 40, ran 9 miles, 516 yards for 2nd. Both ran for and scored 5-4 for the Seattle Track Club, which won the open women's division.

Lorne Bartling, 65, topped the 60+ group at 8 miles, 565 yards. Norm Bright, 71, was best 70+ finisher at 7 miles, 1679 yards.

Results on page 20.

Sumner Receives Cranston Award

LOS ANGELES, CALIFORNIA, November 1. The Board of Directors of the Southern California Striders named Hilliard Sumner the recipient of the First Annual Alan Cranston award, and presented him the trophy at the annual Striders banquet tonight.

The award is determined on the basis of contribution to the sport during the year. Leadership, sportsmanship, contributions to the masters program, athletic achievements, personality and character, all go into the selection process.

Sumner was hailed in 1980 for his work with youth in the Los Angeles ghetto community. He directed the American Masters Track and Field Championships at USC in August. He won the 440, repeating as the national masters 400 champion in the 30-34 division in 48.95.


UCLA track coach, Jim Bush, and USC track coach, Vern Wolf, were guest speakers at the event. National 1979 masters sprint champ Lewis Smith MC'd the affair, which also saw Mike Jackson presenting a twin Alan Cranston award to none other than Cranston himself.

NIKE and Penn Mutual Life Insurance Company announce the 1981 Nike/Penn Mutual Masters Grand Prix. Eight regional road races for Masters only. Open to men and women age 35 and over, and also to registered AC/AAA or RRA club teams. "Grand Prix" T-shirts to first three finishers in 5-year age categories. Varying additional awards, gifts and special attractions.

In each of the eight races a team of three runners (both the winning men's 40+ and the women's 35+) will receive travel expenses, from Penn Mutual, to the highly acclaimed 15K Nike/U.S. Roadracing Championship, a show down in Philadelphia on April 11, 1981.

In Philadelphia, NIKE will award both winning men's and women's Masters teams travel expenses to the July 1981 International Masters 25K Race in Brugge, Belgium.

Here's the 1981 schedule and where to write for information. Pick the nearest race. And if you want to go for the Grand Prize in Philadelphia, bring your clubmates.

ST. LOUIS, February 1 (15km)
Contact: Tom Erickman
7140 Waterman
University City, MO 63130

SALT LAKE CITY, March 14 (10km)
Contact: Doug Beck
769 Kinsington Avenue
Salt Lake City, UT 84105

ATLANTA, March 14 (10km)
Contact: Ken Kirk
3800 Stonewall Terrace
Atlanta, GA 30339

SEATTLE, March 15 (15km)
Contact: Mike Thould
15929 N.E. 141st Place
Woodinville, WA 98072

SAN DIEGO, March 21 (15km)
Contact: Bill Stock
7160 Baldrich
La Mesa, CA 92041

BROOKLYN, March 28 (10km)
Contact: Bob Fite
77 Prospect Place
Brooklyn, NY 11217

HOUSTON, Jan. 24 (10km)
Contact: Dan Green
3395 Northline Oaks
Conroe, TX 77304

NEEDHAM, March 1 (15km)
Contact: John Pistone
186 Commonwealth
Boston, MA 02116

Mail to: NIKE/U.S. CLUB ROAD RACING CHAMPIONSHIP
3900 S.W. Murray Blvd.
Beaverton, Oregon 97005

IF IT'S SATURDAY (APRIL 11, 1981), IT MUST BE PHILADELPHIA. IN JULY, IT COULD BE BELGIUM...

Hambly, Curtis Lead Masters in Postal One-Hour Run

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Results on page 20.
TAC Names Oerter, Grissom Top 1980 T&F Masters

by Al Sheahen

Al Oerter and Joann Grissom were chosen masters track and field athletes of the year by the Athletics Congress masters track & field committee at the annual TAC convention in Atlanta December 5-6.

Oerter, 43, of New York City, four-time Olympic discus champion, won the discus in 1980 in several open competitions and very nearly made the U.S. "Olympic Team." Most observers felt if the U.S. hadn't boycotted the Olympics, Oerter would have risen to the occasion to earn a 5th shot at an Olympic Gold.

Prestigious Otto Essig Award for making American masters record that is likely the prodigious toss was a personal best for Oerter, exceeding by an astonishing 15 feet his best Olympic throw of 212-6 in 1968 at age 31. It was a full 43 feet farther than his first Olympic gold medal heave of 184-11 at age 19 in 1956.

Although Oeter passed up the 1980 National Masters T&F Championships in Philadelphia to understandably compete in world-class meets, he appeared in some early season masters meets in the East. He competed in the 1978 National Masters Championships and in the 1977 World Veterans Games in Stockholm, giving support and recognition to the Masters program.

His performances in 1980, by any measuring stick, put him in a class by himself as an over-age-40 track and field competitor.

Joann Grissom, 42, of Indianapolis was voted top female master of the year, off her outstanding performances in the jumps and shot put. She won the age 40-44 national masters championships in the long jump (15-11) and shot put (37-9) in Philadelphia.

The TAC masters track & field committee in Atlanta did not pick outstanding performers in each age group. Had it done so, it might have followed the recommendations of National Records Chairman Pete Mundle's nominating committee. (Although through a mixup, the recommendations sent by Mundle were never received by the Atlanta committee). Those nominations were:

**MEN:**

- 40-44 Al Oerter
- 45-49 Nick Newton
- 50-54 Shirley Davison
- 55-59 Bill Fitzgerald
- 60-64 Burt Gist and Bob Hunt
- 65-69 Harry Koppel
- 70-74 Tony Castro
- 75-79 Win McPadden

**WOMEN:**

- Overall: Dorothy Stock and Margaret Miller
- 40-44 Joann Grissom and Sandra Koesel
- 45-49 Dorothy Stock and Irene Obara
- 50-54 Margaret Miller
- 55-59 Helen Dick
- 60-64 Josephine Kohl
- 65-69 Edith Mendyka
- 70-74 Bess James

Men's Track & Field

Al Oerter and Joann Grissom 1980 TAC Masters Track & Field Athletes of the Year.

TAC Names Best 1980 LDR Masters

by Al Sheahen

The Athletics Congress Long Distance Running Committee, meeting in Atlanta December 5-6, chose seven runners for its 1980 outstanding athlete awards.

**MEN:**

- 40-49 Dave Hambly
- 45-49 Al Lawrence
- 50-59 Bill Bropston
- 55-59 Ed Benham

**WOMEN:**

- 40-49 Karen Scanned
- 50-59 Toshiko d'Elia
- 60-69 Mavis Lindgren

TAC Masters 40-49 LDR Runner-of-the-Year David Hambly, 41, Seattle.

Postal Relay Winners

from Bob Fine

The Corona del Mar Track Club won three postal relays in 1980: 4x100 in 43.7; 4x200 in 1:33.9; and 4x400 in 3:25.3. The West Valley Track Club won the 4x800 relay with their record 8:25.4, but only edged Potomac Valley by 11 seconds. The Southern California Striders won Distance Medley Relay honors (11:28.1) with San Diego coping the sprint medley in 3:50.9. Potomac Valley took the age medley relay.

Results on page
On Approaching Every Problem With An Open Mouth
by Wendell Miller

It's the 2nd of December and I'm on an airplane with family and friends, enroute to Hawaii and the Honolulu Marathon. First time for all of us, so we're excited. What a great feeling to be excited about something!

I look at a fifteen year-old daughter—pretty and naive—a twelve-year-old son—and a pain — but in both cases, full of the beautiful innocence that always accompanies youth.

Not that youth is really my bag, however I'm into the Masters scene, and I can barely tolerate what I will always refer to as sub-masters. Regardless of Hilliard's protestations, anyone that young can't be all good.

Anyway, back to Masters and a few comments about what happened (1980)

TAC LDR Athletes of Year, continued from previous page

TAC LDR Athletes of Year, continued from previous page on. She further set a new U.S. women's 50-54 mark of 1:29:19 in the half-marathon September 6 in New York.


An unofficial nominating committee had submitted nominations but, due to a mixup, the names were never received by the LDR committee in Atlanta. Those nominations were:

MEN:
40-44 Herb Lorenz
45-49 Hal Higdon
50-54 Al Lawrence and Herb Chisholm
55-59 Alex Ratelle and Jim O'Neil
60-64 Rudy Nimmons
65-69 Jerry Satterlee
70-74 Ed Benham and Norm Bright

WOMEN:
40-44 Sandra Kiddy
45-49 Dorothy Stock and Linda Sipprele
50-54 Yoshiko d'Elia
55-59 Mary Storey
60-64 Marcie Trent, Kay Atkinson, and Adrienne Salmini

While in no way meaning to detract from the outstanding achievements of those chosen by the committee, the voting did raise a few eyebrows. TAC National Masters Long Distance Running Chairman Ken Bernard admitted that "the voting was done very quickly. We were trying to get through the meeting as fast as we could."

When the news of the voting circulated around the country, some wondered why Sandra Kiddy was ignored. She and what's ahead (1981). It's impossible for me to look back at 1980 without talking about far and away, the best thing that happened to the whole Masters scene: Al Scheehen and the National Masters Newsletter. I can even fathom the mess we dumped on Al in Ann Arbor almost two years ago. Al trudged back to the land of fruits and nuts and proceeded with an impossible task: bringing our newsletter to where it is today.

The thing that has always amazed me is the look Al has always given the newsletter: a higher professional effort with seemingly endless writers with contrasting points of view, plus contributors from all parts of the country.

A few of us knew it was all Al in the beginning, and I could just see him sitting there in downtown Van Nuys, wearing his different hats and working his baby. Only a California liberal would do it.

I'll forever be impressed with his single handed effort to bring about what we always needed -- the National Masters Newsletter. Thanks, Al.

What's ahead in 1981? Any doke can forecast that Ernie Billups will duel the new Jewish running sensation -- a guy named Cohen from Los Angeles.

Some 167-year-old guy in Trenton will run a 2:30 marathon in New York and Fred Lebow will take credit for it. Some doctor will claim the best thing for hemorrhoids is to run on them.

I hope that during 1981:
• Bob Fine will realize even very fast walking does not justify wearing the headband over the ears.
• Bill Stock doesn't go through with his latest training idea for Dorothy --- a crust cut.
• Hilliard Sumner, after all his sacrifces during 1980, won't have to leave Home Savings for the White House.
• Jim O'Neil can find happiness, security and maybe even a little action in San Diego County.
• GE's new hairblower (Blowtorch 2000) will offer Tom Struker relief from the rare and devasting "shrinking head" disease.
• Ken Young will get the earth certified.
• Tony Diamond will continue being the wonderful cooperative guy he's always been.
• Pete Mundle continues his running contract with Akron.
• Al Scheehen doesn't lose his green visor.
• Chuck Klehm can get away from his demanding work schedule and make it to a few meets.
• Hilldon finds a certified race to run.
• Burt Lancaster and Jack Greenwood continue their spiritual dislike for one another.
• Ken Bernard comes in from out of the cold.
• Helen Pain continues her diligent search for places out of the way, hard to get to and expensive.
• TAC self-destructs.
• Someone will run a road race and not say "I knew I had to punish him."
• The great podiatrist in the sky puts a recall on all of them.
• Anyone who complains at a road race will all drop a few rain -- take up racquetball.

Have you ever seen 100 people set a world record in one day? It happened in San Diego last October 19 when a group of 100 men over 40 got together to try to break the world record in the 100x1 mile relay. The record was held by the British Veterans Athletic Club with a time of 9 hours 58 minutes and 16 seconds. The San Diego group broke the record by nearly 43 minutes with a time of 9 hours 15 minutes and 44.3 seconds which averaged out to 5:38.4 per man. Some of the times turned in were amazing. The list of 100 runners with their ages and times ran attests to that fact.

The biggest challenge in the world record attempt seemed to be in getting 100 masters out to the track in one day. With some work and coordination it was accomplished.

Another amazing accomplishment was that there were 99 hand offs of the baton with no major problems. Although they were not all beautiful, the baton was never dropped and there was always someone waiting to take it. A pleasant sight to many suffering milers struggling in those last 100 yards.

It was a fun day. Some marathon runners found out that it can be pretty tough just running one mile at a faster tempo, we met some people that we may not have known before the record attempt, 100 men have a nice new tee shirt, donated by Nike commemorating the event and we got the world record to boot.

Results on page 18.

Anderson, Maricle
Set 50-mile Marks

UKIAH, CALIFORNIA. October 4. Ruth Anderson, 82, set a U.S. women's age 50-54 50-mile record today with a time of 7 hours, 52 minutes. Maricye, 46, was right behind in 7:58 to break Beverly Nolan's 8:47:20 mark set 3 May 4, 1980. (Both new records are subject to certification by the National Running Data Center.)

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Send to:
National Masters Newsletter
P.O. Box 2372
Van Nuys, CA 91404
HONORS AND AWARDS—Athletes and supporters of the Masters track and field program were honored at the Southern California Striders annual awards banquet recently. Pictured above (left to right) are: Richard Kremer, Senior Vice President for Home Savings; Bill Sumner, President of Striders; U.S. Senator Alan Cranston; Masters athlete Mike Jackson; Vern Well, head track and field coach at UCLA. Sumner described the 1980 awards banquet as special “because it gave the Striders an opportunity to recognize, not only the Masters athletes, but also to recognize the special efforts of others like Richard Kremer and Senator Alan Cranston. The Senator is himself a well-known Masters competitor, and he was recognized for his ‘distinguished service to Masters track and field.”

Weight Pentathlon

Age-Records by Phil Partridge

Here are the age records for masters weight pentathlons. Implement standards for masters track and field have changed a number of times and may change again. And not all masters weight pentathlons have thrown the same implement sequences. For instance, the West Coast meets have thrown Olympic weight implements for all age groups. In most other meets the implement standards have been 1.6K, 12 lb., 800 lb. 16 lb., 35 lb. for 50 year olds; and 1K, 8 lb., 600 lb. 12 lb., 25 lb. for 60 and over with variations.

In order to list all weight pentathlon are records on a fair and equitable basis it has been necessary to translate all weight performances to a common scoring level which has been done by the use of conversion tables. For instance 130 feet with a 1K discus = 107-3 with a 1.6K = 94-9 with a 2K. 40-0 with an 8 lb. shot = 34-4/5 with a 12 lb. = 28-10/2 with a 16 lb. It was deemed better to upgrade scores in the “heavy implement” meetings than to downgrade scores in the “light implement” meetings which are in the majority.

This creates the morale-boosting prospect of an athlete’s weight pentathlon scores improving as he “graduate” to a lighter implement level even though his throws are somewhat less. This happens in the case of Dan Aldrich, whose Age Record as a 59 year old is 2850.5 and as a 60 year old is 3280.5. Congratulations Dan.

All scoring by IAAF tables.

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Scannell First Woman in Oakland


Her time bettered Linda Sipprelle’s 59:13, set October 19 in the Brooks 15K run October 19. Both marks are subject to certification of hers into my dresser drawer, and I wore them in the 15K — and set a new course record. 54:22 to win the 50+ women’s division.

It was the 5th race she has won this year against open competition; the 5th in course record time.

---

Stock, Johnson Set New 15K Marks


The masters world awaits a showdown between these two formidable talents. Stock will attend the World Games in New Zealand, and I, Sipprelle show up, some potent battles should result.

Stock clocked splits of 18:46, 19:40 (38:26), and 19:52 to cop female masters laurels in the race and 3rd woman overall.

Bill Stock set a single-age-51 record in the same race in 54:22 to take 50+ honors. Gary Sampson (52:16) was first over-40 finisher.

“I finally learned the secret to her success,” said Bill. “It’s in her shorts. Our racing shorts are the same brand/model/size/color. After the race, I found she had inadvertently put a pair of Racing shorts on a pair of training shorts, and I wore them in the 15K — and set a new age mark!”

Anne Johnson established a new American mark for women 50-54 in the race with a time of 1:02:03, bettering Yoshiko d’Elia’s mark of 1:02:36, also set in the Brooks 15K run October 19. Both marks are subject to certification by the NRDC.

Results on page 22.

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Meinhardt, Wright
Win National

5K Cross-Country

SAN DIEGO, CALIF., November 29. The race director ordered nice weather for the 5,000 meter cross country Championships held in Balboa Park, San Diego on November 29, 1980 and it showed up right on time. The sunshine was pleasantly warm, but the competition was fiercely hot in several divisions. A large euphalyx tree had fallen across the course a few days prior to the race to add an unscheduled obstacle. Runners had the option of going around either end or hurling the trunk. It seemed like about a third chose option two, with some of the women going the short route “over the top.”

Bill Meinhardt of the West Valley Joggers and Striders, Andre Toceo of the 10K Colver City Athletic Club, Skip Shaffer, Andre’s teammate, and Gary Sampson of the San Diego Track club had a good battle up and down the hills, with M40 Bill finally pulling out a 9 second margin over M45 Andre. Skip and Gary hung in for 2nd and 3rd in the M40 division.

The closest race was for the M50 title with SDTC’s two Bills, Stock and Philips going at it hammer and tongs for 2 miles where they were never more than 3 meters apart. Phillips pushed hard up the last hill at 2 miles and opened up 30 meters over M45 Andre. Skip and Gary hung in for 2nd and 3rd in the M40 division.

For the women’s race, run separately 45 minutes before the men, Jennifer Wright of Indio, California was a story unto herself. The W45 champion was first over-all. A sub-masters SD & I Association championship race was run with the masters women’s race and international class marathoner Sue Kreann and Jennifer went tooth and nail most of the way. Jennifer finally moved away to a 10 second win over the W30 Ms. Kreann. 3rd over-all was W45 Dorothy Stock SDTC, followed by W50 champion Anne Johnson who is the 1980 Diet Pepsi 10 K national champ. Mary Stokey ran well on the tough course to nail down the W55 championship to go with her earlier 10K XC win in Seattle.

Results on page 22.
New U.S. Road Record Listing

In this issue are updated U.S. road running records, compiled by the National Running Data Center. They are official as of December 1, 1980. Some records set in races prior to that date are not included because NRDC had not yet obtained certification of the courses and times.

Among them include those in the adjacent box. Particularly notable is a record by one Mila Kania, a new name to the Newsletter. Either we have been sleeping, or Kania has snuck in on us with astonishing suddenness.

Executive Director Bob Martin of the NRDC assures us she is real. At age 49, she has apparently demolished a very strong record — namely, a 37:30 10-kilometer run by Mike Gorman, on October 11, 1980. Not to mention a 36:29 in a marathon for an over-50 woman. Toshiko D'Elia, 50, Ridgewood, N.J., Masters 50-59 LDH Woman Athlete-of-the-Year, winning World Veterans Marathon Championships in Glasgow, Scotland in 2:57:44 — the first sub-3-hour marathon for an over-50 woman.

Any information you can provide to the NRDC regarding any of the yet-to-be-certified marks might be helpful.

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Interested parties should contact NRDC to make sure they're able to certify the record. Write Box 42888, Tucson, AZ 85733.

Official US Open and AGC-Group Record Listing — as of Dec 1, 1980

(as recognized by the Road Runners Club of America and the Athletics Congress)
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‡ indicates a mark on a point-to-point course that is faster than the official record.
* indicates a mark pending, usually because birthdates have not been reported to verify age-group marks or final course certification approval has not been received.

Official US road running records are compiled by National Running Data Center, Box 42686, Tucson, AZ 85733. Please send race information and birth dates to the NROC.

NOTE: Unless otherwise noted, all races are open to all runners regardless of age. All events are on all-weather bases.
RESULTS

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

1980 OCEAN STATE MASTERS

[Table with race results]

San Diego Track Club

Master's 100x1 Mile Relay
19 October 1980

[Table with relay race results]
**SHORT DECATHLON RESULTS:**

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**Masters Scoring - Men**

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<td>57</td>
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<td>58</td>
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<tr>
<td>61</td>
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<tr>
<td>62</td>
<td>Thomas Geller</td>
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<tr>
<td>63</td>
<td>Bill K.</td>
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<tr>
<td>64</td>
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<td>65</td>
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<tr>
<td>66</td>
<td>Paul Bellows</td>
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<tr>
<td>67</td>
<td>Bruce Bailey</td>
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<tr>
<td>68</td>
<td>John Dorsey</td>
<td>58</td>
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**RELAY EVENT:**

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<th>Score</th>
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<td>Richard Graves</td>
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<tr>
<td>53</td>
<td>David Solomon</td>
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<td>54</td>
<td>Paul Bellows</td>
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<tr>
<td>55</td>
<td>Charles Fitchel</td>
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<td>57</td>
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<tr>
<td>68</td>
<td>John Dorsey</td>
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### National Masters 15K Cross-Country Championships, November 23, 1980

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<tr>
<th>Name</th>
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<tr>
<td>Roger Beasley</td>
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<tr>
<td>Thorn Hunt</td>
<td>AZ</td>
<td>29</td>
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<tr>
<td>Lucille Sanchi</td>
<td>CA</td>
<td>55</td>
</tr>
<tr>
<td>Jim Morgan</td>
<td>MO</td>
<td>40-27</td>
</tr>
<tr>
<td>Harry Mc Alpine</td>
<td>MO</td>
<td>69</td>
</tr>
<tr>
<td>James McLatchie</td>
<td>TX</td>
<td>35-17</td>
</tr>
<tr>
<td>Mike Sleiman</td>
<td>CA</td>
<td>44</td>
</tr>
<tr>
<td>William Stoll</td>
<td>CA</td>
<td>19-23</td>
</tr>
<tr>
<td>interpreting aid</td>
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<td></td>
</tr>
<tr>
<td>Reading aid</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Average per man</td>
<td></td>
<td>61:43.8</td>
</tr>
</tbody>
</table>

#### Team Scores

- **New York Masters:** 10-87
- **Milwaukee A.A.:** 10-88
- **Central Park:** 10-90

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### National Masters 5K Cross-Country Championships, Balboa Park, San Diego, California, November 29, 1980

<table>
<thead>
<tr>
<th>Name</th>
<th>Team</th>
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<tbody>
<tr>
<td>Bill Beasley</td>
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<td>35-19</td>
</tr>
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<td>35-19</td>
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<tr>
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<td>CA</td>
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</tr>
<tr>
<td>Bill Beasley</td>
<td>TX</td>
<td>35-19</td>
</tr>
</tbody>
</table>

---

**Rankings:**

- **1st:** Bill Beasley
- **2nd:** Michael<br><br>**Team Scores:**

- **New York Masters:** 50-59
- **Milwaukee A.A.:** 50-59
- **Central Park:** 50-59

---

### Notes

- **Average per man:** 61:43.8
- **Reading aid:** 61:43.8

---

### Additional Information

- **Women's Team Scores:**
  - **New York Masters:** 10-87
  - **Milwaukee A.A.:** 10-88
  - **Central Park:** 10-90
January 1981 - National Masters Newsletter page 23

**MARINE CORPS MARATHON**

<table>
<thead>
<tr>
<th>Age Group</th>
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<th>Time</th>
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<tr>
<td>70-74</td>
<td>Hector Garcia</td>
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<tr>
<td>65-69</td>
<td>Trudy Rapp</td>
<td>2:34:11</td>
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<tr>
<td>60-64</td>
<td>Diane Headden</td>
<td>2:30:29</td>
</tr>
<tr>
<td>55-59</td>
<td>Jane Rasmussen</td>
<td>2:31:59</td>
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<tr>
<td>50-54</td>
<td>Harriett Smith</td>
<td>2:33:42</td>
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<tr>
<td>45-49</td>
<td>Joe Bennett</td>
<td>2:35:44</td>
</tr>
<tr>
<td>40-44</td>
<td>Freda Mobley</td>
<td>2:38:38</td>
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<tr>
<td>35-39</td>
<td>Mary Spadone</td>
<td>2:41:15</td>
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<tr>
<td>30-34</td>
<td>Mary Ford</td>
<td>2:44:12</td>
</tr>
<tr>
<td>25-29</td>
<td>Barbara Webb</td>
<td>2:47:38</td>
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<tr>
<td>20-24</td>
<td>Joanne Smith</td>
<td>2:50:56</td>
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<tr>
<td>15-19</td>
<td>Nancy Smith</td>
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**U.S. MASTERS RECORD (40 and over)**

<table>
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<tr>
<th>Age Group</th>
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<td>65-69</td>
<td>Diane Headden</td>
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<td>60-64</td>
<td>Jane Rasmussen</td>
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<td>55-59</td>
<td>Harriett Smith</td>
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<td>50-54</td>
<td>Mary Spadone</td>
<td>3:12:15</td>
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<td>Joe Bennett</td>
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<td>40-44</td>
<td>Freda Mobley</td>
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<td>35-39</td>
<td>Mary Ford</td>
<td>3:19:45</td>
</tr>
<tr>
<td>30-34</td>
<td>Mary Smith</td>
<td>3:22:17</td>
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</tbody>
</table>

**TWO GREAT 1981 INDOOR MEETS**

- **First Five Places in each age group**
  - **Regional Masters Indoor:**
    - 3rd Place: 55-59, 60-64, 65-69, 70-74, 75-79
    - 1st Place: 55-59, 60-64, 65-69, 70-74, 75-79

- **AWARDS**
  - **Next Generation:**
    - **UNLIMITED NO. American:**
      - 5th Place: 55-59, 60-64, 65-69, 70-74, 75-79

- **SATURDAY - MARCH 14**
  - **SUNDAY - MARCH 15**

**TWO GREAT 1981 INDOOR MEETS**

- **Regional Masters Indoor Championship**
  - **SATURDAY - MARCH 14**
  - **SUNDAY - MARCH 15**

**ENTRY BLANK**

- **North American**
  - **Regional Masters Indoor:**
  - **Address:**
  - **Age:**
  - **City:**
  - **State:**

**Circle Events:**
- 3K, 5K, 10K

- **60, 200, 400, 800, 1500, 3K, 5K, 10K**

- **Masters Masters Indoor Championship**
  - **3rd Place:**
  - **1st Place:**
  - **2nd Place:**

- **Regional Masters Indoor Championship**
  - **SATURDAY - MARCH 14**
  - **SUNDAY - MARCH 15**

**Thanks to all of you for making this race a successful one. Plan on being part of an even better one next year.**

- **- JIM BEAMS, Mir Росkо, S.ол, a.l., J.с. ХЕСТОН**

**Thanks to all of you for making this race a successful one. Plan on being part of an even better one next year.**

- **- JIM BEAMS, Mir Росkо, S.ол, a.l., J.с. ХЕСТОН**
Actually, this middle-distance runner out of Stanford had us wondering right from the start.

Shortly after we hired him, he ripped a customer's shoe apart and sewed it to a rubber shower thong. But once that shoe was refined, it won the Boston Marathon and gave rise to the whole concept of full-length midsole cushioning.

Obviously, with Jeff Johnson, we learned to be patient. He is unconventional. Intensely curious. With almost child-like powers of observation.

He was the brains behind the Nike Elite. The new Internationalist. And scores of other models. His fascination with tying his shoes led to our Variable Width Lacing System.

But for all that, the man has no sense of propriety. He'll read dime novels in the middle of a business lunch. Suddenly turn up missing. When we asked him to set up an east coast office in '67, he did it behind a funeral home. And shipped out shoes in embalming fluid boxes.

Under normal circumstances he'd be one of the hard core unemployables.

Because Jeff Johnson is a first class eccentric. A dreamer. In fact, it was during his sleep that he came up with our name.

No wonder we listen.