

★HIGHLIGHTS★



- TAC Convention
- New 10K Road Records
- 1982 Championship Sites
- Higdon's View From 50
- 1982 Schedule
- Masters Go to China

- Results of:
Eastern 10K X-C
National 5K X-C
National 10K X-C
National 15K X
Eastern 10K



**PHIL
THE
PHILOSOPHER**



National Masters News

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

41st Issue

January 1982

\$1.25

Randall, Fox Win National 10K Cross Country

Lorenz, Hatton Surprised

from VAL SCHULTZ

HOUSTON, Nov. 21 — Kirk Randall, who had not run a cross-country race in 18 years, outdistanced an elite field of master harriers today to win the Penn Mutual/TAC National Masters 10-kilometer cross-country championships along the banks of Buffalo Bayou.

Randall, 40, a professional squash player from Wellesley, Mass. covered the distance in 34:10 to surprise the likes of Herb Lorenz, Ray Hatton, David Hambly, Jim Ewing and Dan Conway.

Judy Fox, 41, successfully defended her national women's championship over the challenging, two-loop course in 42:12. The former Palo Alto, Cal. resident, now living in Durham, N.C., finished 20 seconds ahead of Linda Sippelle, 46, of Santo Domingo, who claimed the 45-49 crown.



Randall, who turned 40 in August, led Lorenz, 43, virtually all the way for a 5-second victory. Hatton, 49, was 20 seconds further back to cop the 45-49 national title. Defending champion Hambly was 4th in 34:43.

Randall sprinted into an early lead, but didn't gain an edge over Lorenz until after two miles. Randall said he made the most of a series of inclines. "Once I got the lead, it was very hard for anybody to make it up," he said.

Lorenz tried, but he fell after making a sharp turn at the bottom of a small hill. He quickly scrambled to his feet, but never closed the gap. Randall said the spikes he wore helped his footing.

"I just figured since it was a grass course for the most part that I should wear spikes," Randall explained. A newcomer to the masters circuit, Randall had a successful road racing career in his late 30's. At the National Masters T&F Championships in Los Gatos, he finished 2nd to Tom Laris in the 10,000 meter run. His 32:55 went relatively unnoticed next to Laris' 31:09. His 6th place finish in the heralded 1500 (4:09.5 behind Billups, Cohen, Laris, Schupbach & Downey) was good, but not enough for the leading masters to sit up and take notice.

Apparently between his 40th birthday in August and the fall season, Kirk

Continued on page 20

Palmason, Scannell Break 2:50

Irvine Sets Women's 50+ Marathon Mark

OAKLAND, Cal. Dec. 6 — Sister Marion Irvine, the 52-year-old Flying Nun, ran the fastest marathon ever by a woman over age 50 today, with a stunning time of 2 hours, 55 minutes, 16.6 seconds in the 3rd Annual Oakland Marathon.

Diane Palmason, 43, of Ottawa, Canada, and Karen Scannell, 43, of San Francisco became the only two sub-2:50 over-40 women marathoners in the U.S. in 1981, Palmason outdueling Scannell, 2:49:26 to 2:49:47.

Irvine, the Dominican nun from San Rafael, Cal., bested the previous world best for women over age 50 — a 2:57:14 by New Jersey's Toshiko d'Elia in the World Veterans Marathon championships in Glasgow, Scotland in 1980. Irvine's time was 16 minutes faster than her 50+ winning 3:11 effort in the New York Marathon, where she defeated d'Elia by 3 minutes.

Palmason lowered her own Canadian masters record of 2:53 to finish 3rd woman

Continued on page 20

If this was the Daily Racing Form, 1981 Penn Mutual/TAC National Masters 10K and 15K Road Champion Dan Conway of Chetek, Wisconsin would get a mud mark as he sashes his way to victory in a masters cross-country 10K. Conway is profiled in THE GUN LAP, page 6.

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



Fred Gallardo, 1981 National Masters (50-54) Decathlon Champion.

National Masters Officers

ATHLETICS CONGRESS

TRACK & FIELD CHAIRMAN:

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

LONG DISTANCE CHAIRMAN:

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

TRACK & FIELD RECORDS:

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

LONG DISTANCE RECORDS:

Bob Martin
National Running Data Center
P.O. Box 42888
Tucson, AZ 85733
(602) 323-2273

INDOOR RECORDS AND RANKINGS:

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

WORLD ASSOCIATION OF VETERAN ATHLETES (WAVA)

PRESIDENT:

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

NORTH AMERICAN REP:

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

TECHNICAL CHAIRMAN:

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

VICE PRESIDENT

(Road Running and Walking)
Jacques Serruys
"Fit Veteran"
P.O. Box 7
8000 Brugge I-Belgium

WOMEN'S DELEGATE:

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

PENN MUTUAL

NATIONAL MASTERS DIRECTOR:

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

Write On!

Address letters to:

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

RACE WALK JUDGING IV

Congratulations on Sonny Maynard's fine letter of explanation on the race walk judging at Los Gatos. If anything, walk judging should be tougher, not easier. I've been race walking since 1962, and as a master since 1978, and I'm insulted by Bob Boothe's suggestion to relax the rules. If you can't do the sport, don't be in it. Go into running.

Joe Stefanowicz
Swarthmore, PA

heights and 10 yards between, but would rather have consistency at whatever distance.

Barry Kline
Pittsburgh PA

(You win one and lose one. At the Nationals in Los Gatos, competitors voted to lower the heights with 10 yards between. That was ratified at the TAC Convention in Reno. So that's it. No more confusion. Hurdles hope to persuade WAVA to adopt the U.S. standards. —Ed.)

HURDLES

The hurdles situation is ridiculous and intolerable. Running at different heights at different meets is silly. It seems we are more concerned with getting a medal than in being sensible. It appears we have but one choice. WAVA voted for certain heights and certain distances between. Our choice is to run them, and if we don't like it, change it at the next WAVA meeting. I'm in favor of higher

CANADIAN MEET

I was surprised that you didn't have the 1981 Canadian Masters Track & Field Championships in the October issue.

Burl Gist
San Marcos CA

(We just received them. It's a bit late to publish them all, but we've included the highlights in this and other issues —Ed.)

KUDOS

The NMN is wonderful. I only wish it were twice as thick.

I very much enjoy the columns by Mike Tymn and MacDonald Miller. Both write well and are interesting and funny.

Linda Sipprelle
Santo Domingo

KIDDY'S SUSPENSION

Sandy received this telegram from TAC's Ollan Cassell.

AS A RESULT OF YOUR PARTICIPATION IN THE JORDACHE ROSE BOWL MARATHON ON NOVEMBER 23, 1980, AND IN THE NIKE MARATHON ON SEPTEMBER 13, 1981, YOU ARE SUSPENDED INDEFINITELY FROM EVENTS WHICH ARE REQUIRED TO HAVE A TAC SANCTION: THOSE EVENTS BEING INTERNATIONAL COMPETITIONS, DOMESTIC CHAMPIONSHIP EVENTS, AND ALL OTHER EVENTS CONDUCTED AND SANCTIONED BY TAC. A FULL REPORT WILL BE SERVED TO YOU BY THE END OF DECEMBER.

As you can see, she has been suspended indefinitely. Her charges of sexual discrimination in lack of aid to female masters has obviously struck a nerve and incurred the full wrath of TAC. Other athletes charged with similar offenses were suspended from 9 to 12 months. Sandy got both barrels for having the audacity to question TAC policy! That this organization can continue to operate is incredible to me.

Sandy, along with Benji Durden, Patti Catalano, Laurie Binder, Greg Meyer, et al., have made their position clear. They are dedicated to the openness and honesty of professional racing and



Ruth Anderson

Photo by Jerome McFadden

against the hypocritical "under the table payments" deemed acceptable by TAC.

Mr. Cassell is quoted as saying that he can see no reason why an athlete can't hold a full-time job and still compete. He feels that TAC rules are "flexible" enough for everyone. He should talk to one of the athletes he suspended summarily. When Cindy Dalrymple entered the Jordache Rose Bowl Marathon, she was unemployed (along with 8 million others), trying to raise a son single-handedly, and broke, having to borrow the air fare from Hawaii to L.A. She won the first prize for women in this race as well as the next Jordache marathon held in L.A. Cindy needed the money badly and earned it openly. Only other marathon runners can come close to knowing the effort she, at 39 years old, put into that last victory running a tough course in 2:39. She doesn't need Mr. Cassell to manage her money in a trust fund. I think she is quite capable of making her own investments. He should be content with TAC's percentage of the royalties received from endorsements and commercials made by Bill Rogers and Frank Shorter. If only these two would stand up and be counted, Mr. Cassell's days would, indeed, be numbered!!

In closing I appeal to all persons interested in the integrity and honesty of our sport to boycott TAC and join other organizations such as RRCA which seem to have the best interests of its members in mind rather than the lining of its own pockets.

Fred Kiddy
Palm Springs, Calif.

(TAC's ban does not include masters competitions. The IAAF excluded veterans from its Rule 53, the rule which causes all the fuss. Any man over 40, or woman over 35, may compete in masters events, regardless of whether he or she earns money from the sport. —Ed.)



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

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

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

March 27-28. Penn Mutual/TAC National Indoor Masters Track & Field Championships, Boston University Fieldhouse, Boston. Very fast 200 meter track. Entry form and info in February issue. John Pistone 186 Commonwealth Ave., Boston, MA 02116. (617) 266-4227. (617) 862-7500; 217.

August 6-8. 15th Annual Penn Mutual/TAC National Masters Track & Field Championships, Wichita, Kansas.

EAST

January 22. Philadelphia Classic. Masters 4-lap (176 yds to a lap) relay. Bert Lancaster, 6014 Chew, Philadelphia Pa 19138. (215) 438-1024.

January 31. 1982 Eastern TFA Indoor Masters Track & Field Championships, Pittsburgh. Sponsored by West Penn Track Club. 5-yr age groups. Sue Kline, 1245 Acamae Lakes Rd., Washington PA, 15301. (412) 228-1872 before 9 pm EST.

February 7. NY Masters Indoor Meet. Manhattan College, 10 am. Sign up at track.

February 20. Metropolitan TAC Masters Indoor T&F Championships, Cromwell Center, Staten Island, 10 am. Metropolitan Association members only. Sign up at track.

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

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

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

SOUTHEAST

January 16. Mini T&F meet, Riverview High, Sarasota, Fla. 9 am. Kent Wiley, (813) 922-3561.

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

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

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

MIDWEST

January 9. 6th Annual Wisconsin Masters Indoor T&F Championship, Madison.

Bruce Craig, 238 Alden Drive, Madison WI 53705.

January 17. Chicago Corporate Classic Relays, Chicago Goodwill Indoor Games, Rosemont Horizon. Stephanie Messick. (312) 348-1724.

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

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

March 28. Midwest Masters Indoor T&F Meet, 8 am. Forest View High, 2120 Goebbert Rd., Arlington Hts., Ill. Sign up race day.

MID-AMERICA

January 16. Penn Mutual/TAC Mid-America Regional Masters Indoor T&F Championships, Lincoln, Nebraska. Forest Doling, 5030 S. 65th St., Lincoln, NE 68516. (402) 483-4842.

January 22-23. TFA Indoor T&F Invitational: Junior, Masters, Open, Invitational sections. TFA, 10920 Ambassador Drive, Suite 302, Kansas City MO 64153.

January 23. Lawrence Indoor Masters Track & Field Championships, Allen Field House, Univ. of Kansas, 3:30 p.m. Clint Leon (913) 842-6240.

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

WEST

January 2, 16 30, February 12. All-comers T&F meet. Mt. SAC College, Walnut, Cal. 10 a.m. (714) 594-5611.

February 8. Challenge of the Ages Invitational Indoor Classic, Long Beach, Cal. H. Lewis Smith, 8306 Wilshire Blvd., #316, Beverly Hills, CA 90211. (213) 650-0060.

January 8, 15, 22, 29, February 5, (Fridays). All-comers T&F meets. Glendale College, 1 p.m. 1500 Verdugo Rd., Glendale, Cal. (213) 240-1000.

January 9. All-comers T&F meet. Santa Barbara City College, Calif. 10 a.m. (805) 965-0581.

January 15, 22, February 5 (Fridays). All-comers T&F meets. 3 p.m., Cal State Long Beach, 1250 Bellflower Blvd., Long Beach, Calif.

January 16. All-comers T&F meet, Fresno State U. 11 a.m. (209) 294-4097.

January 23. All-comers T&F meet and weight pentathlon. Fresno State U. 11 a.m. (209) 294-4097.

January 30. Metric T&F meet. Westmont College, Santa Barbara, Ca. 10 a.m. (805) 969-5051.

January 31. CDM College of the Desert Odd Events Masters & Open T&F meet. Palm Desert, Cal. 11 a.m. Shirley Davisson, 14770 Rodeo Dr., Victorville, CA 92392. (714) 245-7092.

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

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

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

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

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

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

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

NORTHWEST

January 30. NIKE/Portland Indoor T&F Meet. Masters events. Val Schultz (503) 641-6453.

CANADA

January 30. Ontario Masters Indoor T&F Championships, Metro Toronto Track Centre, Keele and Steeles, Toronto. David Welch, 97 Churchill Ave., Willowdale Ont. M2N 1Z2.

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

INTERNATIONAL

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

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

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

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

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



On Tap for January TRACK & FIELD

The Challenge of the Ages Indoor Masters vs. High Schoolers meet is set for the 8th in Long Beach, Calif. On the 9th is the 6th Wisconsin T&F Meet in Madison, followed on the 16th by the Penn Mutual/TAC Mid-America Regional Indoor Masters Championships in Lincoln, Nebraska.

The Ontario Masters Indoor T&F Championships are set for Toronto on the 30th, the same day as the NIKE/Portland Indoor meet featuring masters events.

The next day sees the TFA Eastern Regional Indoor Meet in Pittsburgh, along with the traditional CDM College of the Desert meet in Palm Desert, Calif.

LONG DISTANCE RUNNING

No national championships this month, but three major marathons are on tap: the Charlotte Observer in North Carolina on the 9th; the Orange Bowl in Miami on the 16th; and the Mission Bay in San Diego the 17th. On Super Bowl Sunday, the 24th, 12,000 runners are expected in the Redondo Beach, Calif. 10K run.

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 Newsletter*, P.O. Box 2372, Van Nuys, CA 91404.

Subscribe Now!

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

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

Name

Address

City State Zip

Send to: National Masters Newsletter

P.O. Box 2372

Van Nuys, CA 91404

LONG DISTANCE RUNNING

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

NEW ENGLAND

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

March 27. ARRA Championship Series

EAST

January 10. Central Park, N.Y. 6-mile run, 11 a.m.

January 16. Central Park, N.Y. 10-mile run, Noon.

January 24. Central Park, N.Y. 15K, 11 a.m.

January 30. Central Park, N.Y. 20K, Noon.

March 28. Delaware County 10K, Delhi, N.Y. 36 1/2 Main St., Delhi NY 13753.

SOUTHEAST

January 9. Charlotte, N.C. Observer Marathon. (704) 379-6897.

January 16. Orange Bowl Marathon, Miami. (305) 552-2448.

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

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

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

SOUTHWEST

January 9. Avon Half Marathon, Houston. Phidippides, 7689 Clarewood, Houston TX 77036.

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

EVENT	ASSOCIATION AWARDED TO	DATE	SITE	CONTACT	ADDRESS	TELEPHONE
5K ROAD	COLORADO	SEP 5	DENVER	Joe Arrizola	12336 E. Kentucky Ave, Aurora CO 80012	(303) 343-8504
5K X-C	NORTH CAROLINA	NOV 26	RALEIGH, NC	Bob Baxter	800 Perdue St. Raleigh NC 27609	
10K ROAD	METROPOLITAN	APR 25*	BROOKLYN	Bob Fine	77 Prospect Place, Brooklyn NY 11217	(212) 789-6622
10K X-C	MIDDLE-ATLANTIC	NOV 14	PENN STATE	Harry Groves	Penn State Sports, Univ. Park PA 16802	(814) 863-3147
15K ROAD	POTOMAC VALLEY	OCT 3	WASHINGTON DC	Larry Noel	105 Northway Dr., Greenbelt MD 20770	(301) 474-9362
15K X-C	SAN DIEGO-IMPERIAL	NOV 27	SAN DIEGO	Ken Bernard	PO Box 80512, San Diego CA 92138	(714) 488-3960
20K ROAD	PACIFIC NORTHWEST	MAR 14	KENT, WASH.	Bob Langenbach	4261 S. 184 St., Seattle WA 98188	(206) 433-8868
25K ROAD	JERSEY	TBA	TBA	Harold Greenberg	PO Box 368, Westfield NJ 07091	(301) 233-3106
30K ROAD	ADIRONDACK	SEP 19	ALBANY, NY	George Regan	PO Box 894, Troy, NY 12184	
50K ROAD	POTOMAC VALLEY	MAR 7	WASHINGTON DC	Sal Corrallo	5351 N. 37 St., Arlington VA 22207	(703) 241-1854
50 MILE#	INLAND EMPIRE	APR 25	YAKIMA, WASH	Dick Goodman	PO Box 75, Selah, WA 98942	(509) 687-7163
MARATHON#	OREGON	JUN 6	FOREST GROVE, OR	Jill Merriman	1229 N.W. 23 St. Portland OR 97210	(506) 648-4212
HOURLY POSTAL	PACIFIC NORTHWEST	AUG 31c	POSTAL(National)	Al Huff	18127 1st Ave. N.W., Seattle WA 98177	(206) 542-2930
5 MILE ROAD MID-ATLANTIC		DEC 1	PHILADELPHIA	TBA		
10K FESTIVAL&		AUG 15	PHILADELPHIA	Jon Buzzard	National Masters Sports Festival, c/o Penn Mutual, 530 Walnut St., Phila PA 19172	

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

January 24. Houston-Tenneco Marathon. 1st 1982 race of ARRA Championship Circuit. Prize money. Houston, Texas. Don Kardong (509) 838-8784.

WEST

January 17. Mission Bay Marathon, San Diego. (714) 295-6459.

January 24. Redondo Beach Super Bowl Sunday 10K, Redondo Beach, Cal. C of C, 1215 N. Catalina Ave., Redondo Beach CA 90277. 12,000 runners.

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

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

NORTHWEST

January 30. Ultra Oregon 30K and 60K. Corvallis. PO Box 874, Corvallis, OR 97339.

CANADA

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

INTERNATIONAL

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

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

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

September 14-15. World Veterans Distance Running Championships (IGAL). Lake Kawaguchi, Japan. (Foot of Mt. Fuji, 100km north of Tokyo. 10K on 14th; Marathon on 15th.) Tom Sturak, 3900 S.W. Murray Blvd., Beaverton OR 97005.



Harold Chapson, Honolulu, leads arch-rival Sid Madden, Santa Monica, in age 70-79 800 meters in national championships.

Photo by Jerome McFadden

Need Back Issues?

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

Send to:

National Masters Newsletter

P.O. Box 2372

Van Nuys, CA 91404



1982 MIDWEST MASTERS SCHEDULE

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

Entry Fee: \$5.00

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

REGISTRATION:

NO PRE RACE REGISTRATION - RACE DAY SIGN UP ONLY.

INFORMATION:

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

NOTE:

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

1982 PRAIRIE STRIDER RACE SCHEDULE BROOKINGS, SD

Sun., April 4	SD section 2 National postal TAC one hr run with two hr option and 10 mile option.	Sexauer Track 9:00 am
Thur., April 8	Open Track Meet - SDSU Invitational	Sexauer Track 3:00 pm
Sun., April 18	*13th Annual Longest Day Marathon Certified course - race 9:00 am	Register at SDSU Intram. Bldg. @ 7:00 am
Tue., April 20	Open Track Meet - SDSU All Comer	Sexauer Track 3:00 pm
Sun., April 25	1st Annual Jay Dirksen 25 K Certified course - race 8:00 am	Register at SDSU Intram. Bldg. @ 7:00 am
Sun., May 23	2nd Annual Garry Bentley 20 K Certified course - race 8:00 am	Register at SDSU Intram. Bldg. @ 7:00 am
Sat., June 5	*20th Annual Jackrabbit 15 Certified course - race 7:00 am	Register at SDSU Intram. Bldg. @ 5:30 am
Sat., Sept 4	5th Annual Jim Emmerich 15 K Certified course - race 8:00 am	Register at SDSU Intram. Bldg. @ 7:00 am
Sun., Sept 26	2nd Annual Sue Thomas 30 K Certified course - race 8:00 am	Register at SDSU Intram. Bldg. @ 7:00 am
Sun., Oct 3	SD section 1 National postal TAC one hr run with two hr option and 10 mile option.	Sexauer Track 9:00 am

* Denotes that special entry forms are needed for these races. Entry forms and information about any of the above races can be obtained from SDSU Track Office, SDSU, Brookings, SD 57007. (605-688-5526)



FROM THE Editor

If you looked closely, you noticed the name of this rag is now the "National Masters News." Nothing major, just a long overdue change. We're really not a "newsletter," which is generally a 4-to-8 page typed letter. Our format is more newspaper-like: current news, results, photos and a blend of feature stories. Hence, National Masters News.

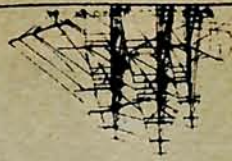
The Athletics Congress is continuing its generous support of the paper in 1982. In 1981, NMN received \$200 a month from each of the masters committees — T&F and LDR. In addition, we received \$2000 of Penn Mutual's \$15,000 grant to T&F. At the TAC Convention in Reno, we were awarded \$1600 of Penn Mutual's \$15,000 grant to LDR, enabling it to almost

Another change is that the paper is now being mailed Second-Class, instead of Bulk Rate. The difference is a savings in postage, and, hopefully, speedier delivery to you. Bulk rate was taking up to 3 weeks to reach the east coast and sometimes two weeks to the west coast. Second-class is supposed to generally arrive no later than 10 days from delivery. The paper is generally mailed around the 18th of each month (although this issue was delayed until Dec. 22), so you should have your copy no later than the 1st of each month. Please let me know if you don't get it promptly.

In December, we hit 2000 paid subscribers for the first time ever, a 25% increase over 1980. We need at least 2500-3000 to be self-sufficient. "I didn't know the paper existed," is a too-often-heard lament. We need your continued help to spread the word the NMN exists and is the best source of masters news in the nation. Our thanks for all your help in the past. Remember, it's your paper. Despite inflation, we're keeping the subscription price at \$12 for a while. (Besides, \$12 is a nice, round book-keeping figure.) Comparable publications are going to \$14.50 and \$15, but we'll stay here for a while.

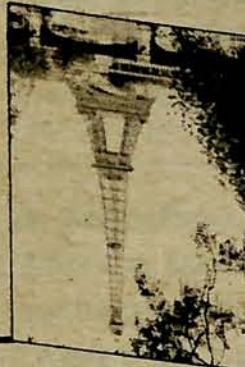


break even in 1981. (Thru Dec. 2: Revenues Subscriptions \$18436, Age Books \$1312, Advertising \$9487, TAC \$4800, Penn Mutual \$3300, Nike \$600, Misc. \$1301, Total Revenues \$39236. Expenses: Postage \$5235, Printing \$13806, Subscription control \$1512, Editing and administration \$14370, Telephone \$728, Advertising and production \$2913, Age Books \$684, Supplies \$685, Misc. \$1031, Total Expenses \$40973. Net Loss \$1737.) NMN was also voted an additional \$1900 from the



Travel and train for twenty days in England, The Netherlands, Germany, Switzerland and France with Don Bajema, former world-class decathlon and experienced Bay Area track and field coach.

Run Europe



BON VOYAGE TRAVEL

360 Post Street, Suite 806 • San Francisco 94108 • (415) 397-5181

Departure: September 19, 1982

For reservations or detailed itinerary call:

Sponsored by Penn Mutual

To: Jon Buzzard
National Masters Sports Festival
c/o The Penn Mutual Life Insurance Co
530 Walnut Street
Philadelphia, Pa 19172
City _____ State _____ Zip _____
Address _____
From: Name _____
Please send me information about The National Masters Sports Festival. (Check the sport or sports in which you are interested):
Flat Water Canoeing _____
Long Distance _____
Cycling _____
and Kayaking _____
Rowing _____
Swimming _____
Synchronized _____
Triathlon _____
Track & Field _____
Weightlifting _____

Do it now -- take your place in sports history.

Be a part of the first Multi-Sport Masters Festival! From August 12 through 15, Philadelphia will be the host of the first multi-sport Masters games in history -- The National Masters Sports Festival. The University of Pennsylvania's sports facilities will serve as the focal point for the games along with Schuylkill River and Fairmount Park facilities. Nationwide, Masters athletes are eligible to compete in this inaugural event, which features swimming, track & field, cycling, rowing, long distance running, weightlifting, powerlifting, long distance swimming, synchronized swimming, kayaking, canoeing and triathlon. The National Masters Sports Festival will be held in conjunction with Philadelphia's Tricentennial Celebration in 1982. Assist Philadelphia, one of the United States' most historic cities, in celebrating its 300th birthday by participating in the country's first multi-sport Masters games. Bring your family to share in one of the great National events of 1982. When you mail in the coupon below, you will receive the official National Masters Sports Festival application along with detailed information about this exciting four-day event.

From The National Masters Sports Festival

NEWS



1981 Penn Mutual Fund (to be used to solicit new subscribers. In 1982, the paper will again receive \$200 a month from the TAC funds, plus \$2600 from Penn Mutual's LDR budget, and a possible \$2000 from Penn Mutual's T&F budget at year's end, if needed. The committee members called the paper "our #1 priority" and "essential to communication in the masters program." Next month, we'll announce the Penn Mutual/National Masters News 1981 outstanding masters athlete awards for each 5-year age group for track, field and long distance running, plus race walking awards. Each recipient will receive an inscribed trophy/plaque from Penn Mutual, plus a special "outstanding masters athlete 1981" commemorative patch. The LDR awards may vary from the TAC winners chosen in Reno, since all performances through Dec. 31, 1981 will be considered. □

Dick Marlin of Modesto, Calif., has been running in the masters program for 11 years. In 1981, he won the 100-meter dash in the 50-54 age bracket in the Sacramento Relays, the TAC Western Regionals and the TFA Pacific Regionals. Despite a pulled calf muscle, he managed to finish 4th behind a tough field in the national championships in Los Gatos.

Photo by Bob Watanabe





THE GUN LAP

by MIKE TYMN

Dan Conway is something of an anomaly among top masters distance runners. Unlike Lorenz, Higdon, Hatton, and so many others, he hasn't been a runner since B.S. (Before Shorter). And he's not one of those ex-high school milers making a comeback after two decades of inactivity.

In fact, Conway's athletic background places him at the other end of the spectrum from distance running. He was a halfback on his college football team and a sprinter on the track team.

"Conway puts in around 70 miles a week, but he increases this to 80-95 when preparing for a marathon."

At 155 pounds, Conway was not exactly a candidate for the Heisman Trophy, but his 10.4 sec. 100 yd. speed did help him become the leading scorer for Wisconsin State - Superior one year.

Conway, who turns 43 on Jan. 28, got into distance running in late 1976 while spending a year in England as an exchange student. Today he is one of the leading masters runners in the United

States, if not in the world.

As reported in the November issue of NMN, Conway captured two national championships recently. On Sept. 26, he won the Penn Mututal/TAC 10K championship in Seattle with an impressive 31:02.4 clocking and a week later he turned in a 48:29.9 while taking the 15K title in Washington, D.C.

Born in Superior, Wis., Conway now lives in Chetek, Wis., some 110 miles east of Minneapolis, Minn. He teaches physical education and coaches the cross-country team at Chetek High School. He actually began to do a little running for fitness in the early 70's, but it wasn't until the stay in England that he became competitive.

"My roommates, one English and one Irish, used to go to the track two nights a week to train, and having nothing better to do I joined them," he explained. "I would jog two or three miles, run up the incline slope next to the track a couple of times, then shower and wait around for the others to finish their workouts. We would all go to the pub after that. After a month, I got hooked into running the 1,500 meters in the club championships. I finished last and nearly died. I then joined the Oldham and Royton Harriers and that lit the competitive fires."

When Conway left England, his friends

presented him with a silver tankard with the inscription, "America's answer to Ron Hill." It was a friendly jab at Conway's ability, or lack of it, at that time.

Three years later, Conway found himself in the same race as the great English runner. It was the World Masters Championship in Glasgow, Scotland. Conway finished eighth in that race, Hill ninth.

"I don't put myself in the Ron Hill class by any means," Conway remarked while giving reasons for Hill having a bad day, "but it was sort of ironic, and I would have to say that was my most satisfying running experience to date."



Dan Conway

With his weight now down to 138 pounds on a 5-foot-10 frame, Conway puts in around 70-75 miles a week of training on the average, but he increases this to 80-95 when preparing for a marathon. One workout is spent on the track doing intervals and another one attacking the uphill of a ski slope near his home. On other days, he averages around 10 miles at 6-6:30 mile pace.

Ski slopes are not the only thing he attacks. "I've learned to attack the winter, not sit it out," he said. "In my first few years of running, I'd quit running as soon as it got cold, usually November to March. Now, I run year around."

"One thing about training and racing seriously after age 40 is that you don't have the distractions now that you do when you're younger."

Conway has one big training advantage over most masters runners — he's a bachelor. Running is not his only pastime, however. He is an accomplished juggler, plays the banjo and harmonica, and has some ability as a singer. He has a pilot's license, but hasn't done any flying since he became serious about running.

Almost all of his personal bests have been recorded during the past two years. "I had a good time in Seattle one night

while stationed at Fort Lewis, Washington in 1961," he quipped, "but my

"When I leave for a big race and I'm walking in the airport terminal, I feel very free. I'm going to the outside world. It's back to work on Monday, but it's a great feeling to travel and race."

times before 40 weren't that impressive due to my late start in running."

In addition to his two outdoor national championships in 1981, Conway won the National Masters T&F indoor two mile title at Ann Arbor, Mich. in March with a 9:41.8. In June, he topped all masters in the Grandma's Marathon in Duluth, Minn. while clocking 2:28:14.

"I feel that I can continue to improve for a couple of more years," he said. He has set his sights on breaking 4:30 for a mile, 31 minutes for 10K, 48 minutes for 15K and 2:25 for the marathon.

"One thing about training and racing seriously after age 40 is that you don't have the distractions now that you do when you're younger," he remarked. "I've been through 'neon fever' and 'checkers disease' — checking the bars and bright lights — and I know now that is not where it's at for me."

"When I leave Chetek for the big race and I'm walking in the airport terminal with my Nike bag slung over my shoulder, and with my bowler hat and turtle-neck sweater on, I feel very free. I'm going to the outside world. It's back to work on Monday, but it's a great feeling to travel and race." □

Masters Age-Records 1981

Compiled by National TAC Masters Chairman Pete Mundle with Kathy Breiger, Lori Maynard and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 15, 1981.
- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 15, 1981.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 48 pages. Thousands of entries. List name, age, state and date of record.

Send \$4.00 to:

NATIONAL MASTERS NEWSLETTER
P.O. Box 2372
Van Nuys, CA 91404

Name _____

Address _____

City _____

State _____

Zip _____



Janie Duff, 35, 1981 National Masters age 35-39 champion in 100, 200, 400, and 800 meters.



John Brennand, 45, Santa Barbara, was 1st Master in Tetrack Trail Race in Los Angeles. He was 1st overall finisher in TAC delegates 5K race in Reno, and ran record 32:45 in a 10K run.

Photo by Richard Lee Slotkin



To All Participants in the 1981 Track & Field Championships:

The Los Gatos Athletic Association (L.G.A.A.), would first like to thank all the participants for coming to Los Gatos—even the couple of you with whom I had some minor run-ins! We did our best to make everything run properly, and learned a thing or two ourselves about conducting a meet with 600 entries. By the time you read this letter, all medals and certificates that were not delivered previously should be in your hands. If not, please drop me a note and I will make sure that you get any award that you have coming to you as quickly as possible.

Jim Weed and I have some suggestions and comments on the conduct of next years championship meet which we will pass along to the new meet director so that Wichita in 1982 will be even better than Los Gatos in 1981.

Thanks for your support,
Bruce Springbett
Meet Director
President: L.G.A.A.
Los Gatos, Cal.



Ken Winn of Atlanta wins Penn Mutual/TAC National Masters Age 40-44 5K Cross-Country in New Orleans from Houston's Jim McLatchie.

1982 NATIONAL INDOOR MASTERS TFA CHAMPIONSHIPS HOSTED BY

TFA AND MID-AMERICA MASTERS

SUNDAY, FEBRUARY 14, 1982

WILLIAM JEWELL COLLEGE, LIBERTY, MISSOURI (Kansas City)



AGE GROUPS: Men 30-34, 35-39, etc. thru 70+ Women 30-39, 40-49, 50-59, 60+

EVENTS: Men: High hurdles, 60 yd, 300 yd, 440 yd, 880 yd, mile, 2-mile, 4x176yd relay, shot, long jump, high jump, pole vault, triple jump, 2-mile race walk.
Women: low hurdles, 60 yd, long jump, mile, 440, high jump, shot, 2-mile race walk, 4 x 176yd relay.

ENTRY FEE: \$7 for 1st event; \$4 for each additional event. \$16 for relay team.

AWARDS: TFA National Championship medals for 1st 3 places. Ribbons for 4th thru 6th. Free T-shirts to all competitors.

TRACK: 10-lap-to-the-mile, 6-lane, Pro-Turf synthetic surface. Starting blocks provided. No spikes allowed. Running flats only. Free admission for spectators.

SPONSOR: Penn Mutual Life Insurance Co.

MEET HQ: KCI Airport Holiday Inn. (816)464-2345. Special rates: \$34 per room with 1-4 persons per room. Free transportation to and from airport and track.

SOCIAL: Sat. Feb. 13th at KCI Inn. Get together and packet pick-up.

HURDLES: Men 30-39, 39"; 40-49, 36"; 50-59, 33"; 60+, 30"; Women 30+, 30". 15 yards to 1st and 10 yards between.

SANCTION: TFA. A trainer will be provided during the meet.

RELAY: Combined ages must total at least 155 years. One must be over 50. Late entries OK.

LATE ENTRY: None allowed. Entries must be postmarked by February 8. (except relays). No team score.

SCHEDULE: All field events start at 10am except triple jump, which follows long jump.

8:30am 2-mile walk	11:20am 60-yd finals	2:15pm 300 yd dash
9:00am Hurdle prelims	12:10pm 2-mile run	2:50pm Men's mile
9:45am 60 yd prelims	1:10pm Women's mile	3:30pm 440 yd dash
10:30am Hurdle finals	1:40pm 880 yd run	4:00pm Women's 440
		4:15pm Relay

ENTRY BLANK

NAME _____ (last) _____ (first) _____ (middle) _____ MALE _____ FEMALE _____

ADDRESS _____ (street) _____ (city) _____ (state) _____ (zip) _____

BIRTH DATE _____ / _____ / _____ AGE ON FEB. 14, 1982 _____

EVENTS ENTERED (list best time in 1980-81)

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

T-SHIRT SIZE: SMALL MEDIUM LARGE X-LARGE

TOTAL FEE ENCLOSED: \$ _____ (\$7 for 1st event; \$4 for each additional event) Make checks payable to: Mid-America Masters Track and Field Association.

MAIL TO: Jim Shoemaker, 10201 W. 98th Terr., Overland Park KS 66212.

DEADLINE: FEBRUARY 8, 1982 POSTMARKED. NO LATE ENTRIES ALLOWED.

I waive and forfeit all rights I, my heirs, successors or assigns may have to file suit to make claim against TFA, Mid-America Masters Track and Field Association, William Jewell College, or the city of Liberty for injuries occurring in the course of, or in any way related to, this competition.

SIGNED _____ DATE _____

Masters Sports Association

11 PARK PLACE
ROOM 1408
NEW YORK, N.Y. 10007
(212) 227-8882

The Masters Sports Association was formed in October, 1971, as an organization to sponsor events for men and women over the age of thirty and to generally aid the development of athletics. We do not sponsor teams or individuals. Our membership is open to everyone regardless of where they live.

We are now one of the largest Masters organizations in the world. We have sponsored everything from local development meets, to District, Regional and National Championships in cross-country, indoor and outdoor track and distance running.

We annually sponsor over two dozen Masters races. We have been one of the sponsors of the National Masters Newsletter and the Masters Age-Record book. We have underwritten the costs of medals and championship patches throughout the country, taking back those medals not used. In that way we have helped to cut the cost of prizes and, in turn, lower entry fees. We also provide equipment for various races. We have also worked with youngsters and women in sponsoring races and giving donations. We are the founding club of the American Masters Athletic Association.

We welcome runners of all calibre.

We are now able to offer as part of our \$15 membership dues both the National Masters Newsletter, which sells for \$12 per year, and the Age-Record Book, which sells for \$3.00. The National Masters Newsletter is published monthly and consists of at least sixteen pages. It is the only national Masters publication. It contains the entry blanks for all Regional and National Championships; the Metropolitan Championships; results of all major Masters meets, general information about what is happening in Masters athletics; profiles of leading Masters; articles of general interest; training tips; and a forum for discussion of current questions facing the movement. It is a must for anyone engaging in Masters competition. The Age-Record Book is compiled by Pete Mundle and Kathy Greiger. It contains all the age-group records from ages 35 to 90 for men and women, in track and field, race walking, the marathon, plus the indoor and outdoor records and the American A.A.U. records.

We are able to offer the Newsletter and Record book, which retail for \$15.00 as part of our \$15.00 dues since we can obtain discounts through our sponsorship of both publications.

MSA EMBLEM (\$3.50) _____ MSA T-SHIRT (\$3.50) _____ Size: Small _____ Medium _____ Large _____

MEMBERSHIP: DUES (\$15.00) _____ SPONSOR (\$25.00) _____ DONATION: \$ _____

Make Checks payable to: MASTERS SPORTS ASSOCIATION
Mail to JOHN POPONICH, 24-11 23rd Ave., Astoria, N.Y. 11105

NAME _____ ADDRESS _____
ZIP _____ PHONE# _____ BIRTHDAY _____

The View From 50

by HAL HIGDON

Hal Higdon, a long distance runner and author of several books, recently turned 50. He was roasted and toasted at a banquet in his honor the night before a 15 kilometer road race which was renamed: "Hal Higdon's 50th Birthday Party." Following, in an adapted form, are his remarks at the banquet about reaching this important milestone in his life and career.

Recently reporters approached Chicago's Mayor Jane Byrne on the occasion of her 47th birthday. The Mayor seemed irritated. She refused even to discuss the subject of her having gotten one more year older. The late comedian Jack Benny had a running joke, even into his 70s, about being perpetually 39. One of my cousins reached the age of 30 last winter and plunged into an immediate depression. Everybody seems to fear old age.

"I confess to anger over growing older, as well as depression. I must face the fact that it never will be quite the same — If it were ever the same."

During the protest movement of the 1960s, Jerry Rubin coined the much-quoted expression: "Never trust anybody over 30." Rubin and most of his compatriots have now reached age 40 — or soon will do so, forcing themselves to reevaluate their previous position. David H.R. Pain, the San Diego attorney who founded the masters movement providing athletic competition for people over 40, always used to say to younger athletes: "Sooner or later, we're going to get you."

Pain had organized the first so-called "masters mile," limited to runners over 40, in 1966. A former handball player, a sport in which age class competition was common, he had switched to jogging enjoyed it, but found it did not satisfy his competitive instincts. He borrowed the term "masters" from handball, began organizing track meets for older athletes, and saw it grow into a national and then international movement. The Fourth World Veteran Games in Christchurch, New Zealand in January, 1981 attracted approximately 2000 men over 40 and women over 35 from more than 40 countries. None of them objected to admitting their age as a prerequisite to competition. Athletes over 40 now compete in many sports, including swimming, tennis, and skiing.

The availability of competition for people over 40 has caused many of them to change their attitudes toward old age. Suddenly people in their 30s were looking forward to growing older because it meant they could move into a new class of athletic competition. As a long distance runner, I reached my peak at age 32 in 1964 when I ran my fastest time in the Boston Marathon. At Boston, after you clear Heartbreak Hill around 21 miles, people lining the course yell at you: "It's all downhill from here!" Actu-

ally, I didn't start going downhill until after I crossed the finish line and realized that because of advancing age and diminishing motivation, I probably never would win Boston. My best performance had earned me only fifth. Even at this moment of peak achievement, I cried.

Soon afterwards, I went into a period of semiretirement when I continued to run for recreation, but with lessened intensity. Yet after I turned 40, I embraced athletic competition even more actively than before, and with greater success.

But having passed through a decade of masters competition during which I won three world championship gold medals, I must confess lately to sharing Jane Byrne's anger over growing older, as well as my cousin's depression. Now 50, I must face the fact that it never will be quite the same — if it were ever the same. As Thomas Wolfe indicated, you can never go home, and having completed one half century, I may not be around to complete a second. By becoming a master athlete at age 40, I did not overcome the aging process, I merely postponed it.

Yet maybe it is merely a case of what my top sergeant in the Army used to refer to as Bad Attitude. Poet Karl Shapiro wrote recently: "The 20th century attitude about old age in this country is not pretty. Age is considered a condition of disease. It should either be cured or punished. What D.H. Lawrence called 'beautiful old age' is not recognized. The achievement, the mastery, the knowledge, the wisdom traditionally associated with the elders do not obtain with us. We focus instead on the nursing home, the warehouse for the dying."

"By becoming a master athlete at age 40, I did not overcome the aging process, I merely postponed it."

Athletes who continue to compete past their prime seem only to defy Father Time; they do not defeat him. Hoyt Wilhelm in baseball, Gordie Howe in hockey, Sam Snead in golf, George Blanda in football remained competitive at or near the top long after common

sense should have told them to sit in the stands. But eventually all of them retired. Discus thrower Al Oerter, auto-racer A.J. Foyt, and baseball player Pete Rose currently are exhibiting unusual longevity, but sooner or later they must move aside for younger, stronger, quicker athletes who a decade or two later also must move aside or be moved.

"The 20th century attitude about old age in this country is not pretty. What D.H. Lawrence called 'beautiful old age' is not recognized."

But whether or not the Howes and the Oerters demonstrate immortality, they at least display an admirable tenacity, and a willingness to go against the grain of those who say sports is for the young. Athletics, unfortunately, is seen by many to be a child's play activity. Or at the upper levels: a way to make money. It is tolerated for certain exceptionally talented individuals, who are permitted to continue participating into their 20s and 30s, but eventually they too are expected — nay, demanded — to quit and become spectators like the rest.

When I was a teenager and bothered by hay fever, I visited a doctor who convinced me that my health depended on my giving up all participation in sports for a year. When I returned 12 months later, the doctor tried to elicit from me a further pledge that I forsake all physical activity forever. Fortunately, I eventually defied that doctor and again attempted the sport of track and field, but I still retain a certain bitterness toward the doctor, convinced that he unnecessarily stole from me a year of my career at a critical point and perhaps prevented me from achieving a level of excellence.

Later, when in my 30s, I visited another doctor for a regular physical exam. The doctor leaned forward in his chair, removed his eyeglasses, and lowered his voice as though about to inform an unmarried woman she was pregnant, and suggested that maybe it was time for me to forsake competition, to back off, to

at least limit my running to an occasional few miles. I resisted his well-intentioned advice, feeling that doctors like him were not used to dealing with

good health; they were more used to coping with illness. Physicians then knew more about diseased hearts than healthy hearts. Fortunately, because of the emergence of organizations like the American Medical Joggers Association, this attitude has begun to change.

Yet not fast enough to shift the national attitude toward retirement. While viewing the telecast of the Indianapolis 500 recently, I watched former world champion race driver Jackie Stewart interview A.J. Foyt, four-time Indy champion. Foyt was age 46 and the interview seemed to focus almost entirely on retirement. Jackie seemed obsessed with when A.J. was going to quit. A.J., stalling, smiling, kept ducking the question. If Foyt knew the answer concerning his retirement, he did not want to reveal it, but it seemed more likely that Foyt did not know — as though he did not want to grapple with his own mortality and admit that the day would come when he would not be able to climb into a race car and be the focus of attention for 300,000 spectators.

"Broadcasters and reporters always seem to be forcing early retirement on their idols. 'how much longer do you expect to play?' is a standard question thrust upon athletes who reach 30..."

Jackie Stewart's interest in Foyt's retirement may have been sincere, an honest concern that too many autoracers end their careers against the wall in Turn One — or it may have been because his director back in the ABC control booth forced that question on him. Broadcasters and reporters always seem to be forcing early retirement on their idols. "How much longer do you expect to play?" is a standard question thrust upon athletes who reach 30. It is a question that will be repeated endlessly as the athlete's statistics begin to sag, as his beltline displays a similar downward tilt. Seeing a former batting champion swing foolishly after the pitch already has thumped into the catcher's mitt is regarded as an embarrassment to humanity. I recall watching a baseball game in the press box some years ago and seeing Elston Howard, then 38 and batting maybe .220, swing late on a third pitch. The clucking of sportswriters around me was like that of barnyard hens. "He oughta quit!" was their conclusion.

Perhaps broadcasters and reporters desire their idols to retire, because they do not want to see the vision of their greatness diluted. Willie Mays should forever be perceived catching the ball

HONOLULU, ATHENS, RIO AND ALSO DULUTH, MINNESOTA

I can take you to the world's great races. Roadrunner Tours in 1982 will attend marathons in Honolulu, Athens, Oslo, Bermuda, and Rio de Janeiro. We're official tour-leaders for Avon in San Francisco. Also Boston, New York, and Grandma's in Duluth. Take a running vacation. Write for more details, plus a free copy of "The Running Tourist"

301 West Highway 20
Michigan City, IN
46360


**ROADRUNNER
TOURS**

over his back in center field. Mountain climbers often are considered the most honorable of athletes, because they climb Mount Everest once and don't go back to try it again. Why do we remember Pheidippides? Was it because after completing his run from Marathon to Athens and shouting, "Rejoice, we conquer!" he died? Therefore, we never had to see Pheidippides in his old age, growing slower, unable to run 26 miles 385 yards in less than four hours.

In forcing retirement on declining heroes, broadcasters and reporters betray themselves as frustrated jock-worshippers, who cannot stand the sight of someone who would challenge mortality, who would attempt to continue and participate in a boy's game long after it was considered undignified to do so.

"The enormous appeal of the Lite beer commercials is that athletes get fat and bald and become ordinary people."

During timeouts of basketball and football games, and between innings of baseball games, one of the more popular TV commercials are those by Miller Lite Beer, which feature former sports heroes like Mickey Mantle and Sonny Jurgenson stopping by a tavern to have a few beers. Miller has no active athletes among its several dozen celebrities under contract, only *former* athletes. And it seems that the enormous appeal of the Lite commercials is that athletes get fat and bald and become ordinary people. The average guy sitting in front of his TV set can look at Mickey and Sonny and see that, although they once were great sport technicians, they now have declined in their old age to being no better than me! Their success in sports had been through some temporary genetic stroke of luck. They have been pulled down to the common denominator.

Unfortunately the common denominator—particularly if you are talking of health and fitness—is much too low. Malcolm Cowley wrote in his recent book, *The View from 80*: "We start by growing old in other people's eyes, then slowly we come to share their judgment." Cowley listed a number of occasions on which one receives the message of aging: counting the number of pill bottles, dropping things, blood on the towel from shaving, hesitating at the top of the stairs, losing things, falling asleep in the afternoon, forgetting, missing the punchline of a joke." If Cowley had been more attuned to sport, he might have added: unable to bat .300, slam-dunk, break 2:30 for the marathon.

But is it necessary to grow old in other people's eyes, much less share their judgment? In 1977, when I was in Gothenburg, Sweden for the World Veteran Games, I went for a walk in the park following an athlete's banquet and saw this vigorous man striding toward me. Judging from the few wrinkles on his

face, he might have been in his 70s, but he had the movements of a man several decades younger. The man was Scotsman Duncan MacLean, a competitor in the 100 meter dash, which he won in 21.7 seconds. Duncan happened to be 93 at the time.

Of course, three years later Duncan was dead, proving that even he was not immortal.

When I was in my 20s and living in Chicago, I attended a national racewalking championship to help officiate. Afterwards, I stood talking with a number of competitors, including Dr. John Blackburn of Worthington, Ohio, whose son Jack had competed against me in the Olympic Trials at 10,000 meters in 1956 and later converted from runner to racewalker. Jack's father also took up that sport out of an interest in fitness.



Hal Higdon

Dr. Blackburn was then 48. It was a warm day and he wore only shorts. Though lean, he was all muscle, barely an ounce of fat on his belly. Looking at this fit "old" man, I decided that's what I wanted to look like when I was 48. I pretty much achieved that goal, and now at age 50 have lifted my sight to a vision of Duncan MacLean.

Yet I do not run, and continue to compete, out of a misguided desire for health and fitness. Should that worthy

goal occur, it would be only secondary to my primary goal of simply enjoying running for what it is: a pleasant diversion from the day's work and world's ills. Just because I'm the fastest 50-year-old on my block, in my town, and on some occasions in the country and across the world, doesn't make me any better than others on the block/town/country/world. It only makes me different.

"People always offer reasons, excuses why we should NOT do something; if we listened to all them, we certainly should have to retire."

ning was bad for our health, and required publication of that fact on the sides of all running shoes (where the stripes and swooshes now are), I would shrug and continue running—just as many cigarette smokers continue even when faced with the deadly evidence connected with their habit. Martin Luther once said that even if he knew the world was going to end tomorrow, he would go out and plant a tree today.

A wire-service article published in my local newspaper recently offended me. It was written by an orthopedist, who said that many people have one leg shorter than another, and those people should not run, because inevitably they will get injured. There is at least one individual on the East Coast whose one leg had been amputated beneath the hip. You cannot have one leg much shorter than that, yet he runs with an artificial leg and has completed the marathon. People will offer reasons, excuses, why we should *not* do something; if we listened to all of them, we certainly should have to retire.

As I neared the age of 50, I seriously considered athletic retirement. I have set national and world records, won national and world championships, and I wondered do I really need to continue doing it anymore? Will one more gold medal added to my collection mean that much more to me? Perhaps there are some other things in life I should be doing, such as sitting back and watching others perform—a favorite preoccupation, I'd have had the chocolate

"Scientists argue if running will prevent a heart attack—or cause one? ... Even if the Surgeon General's office decided running was bad for our health, I would shrug and continue running."

Yet like A.J. Foyt and others who have continued past the point when they were considered in their prime, I find it difficult to let loose, to contemplate my own retirement. I don't want to be like the woman on the sinking Titanic who Erma Bombeck described as sobbing with anguish as she climbed into the lifeboat: "If I'd known this was going to happen, I'd have had the chocolate mousse for dessert." Something may be coming along, and I don't want to miss it. I guess I'll try to hang on for another 50 years grabbing for whatever I can. □

Hal Higdon, author of several dozen books, lives in Michigan City, Indiana with his wife and three children. In January, 1981, he placed first in the 45-49 age class in the marathon at the World Veteran Games in Christchurch, New Zealand.

NIKE



Phil ^{THE} Philosopher

by PHIL CONLEY

Meet Phil Larsen and Judy Fox (Part II)

Judy Fox's running credentials exceed those of Phil Larson (featured in the December 1981 issue of NMN), as well as everyone else's among Stanford's Angell Field Ancients. However she shares many of the same characteristics and feelings with Phil. Judy, our premier National caliber Open and Masters runner began her running career only four years ago. Since turning forty in late 1980, Judy has rewritten much of the American record book, and stands with Joyce Smith of Great Britain, New Zealand's Bev Shingles and USA's Miki Gorman as the giants of all-time Masters LDR and track.

Judy began running in December-1977 in an exercise class at a local community college, because her three kids told her, "It's fun, Mom!" Not only was that first 8 minute mile easy, but she really did find it fun to pass and beat people and "to be one of the best at something". It was not until the summer of 1979, and the acquisition of some disciplined Angell Field Ancient training that she was coaxed into a series of regular races in the 10KM range.

Judy quickly became the "terror of the roads" in Northern California, usually beating the best high school and college girls in the process — all at age 39 and on 40 miles a week! Her greatest achievement probably was finishing in the top 5 at the Nike Women's National 10KM in 1980 in San Diego with the likes of Mary Decker, the Shea sisters, and Betty Jo Springs — all of whom were about the age of her daughter.

So far, Judy has not approached her best 10KM certified road time of 34:23 on the track, and she attributes the 1 minute gap to an "inability to listen to my body's messages and breathing pattern". She can and does do this, she feels, on the roads and in X-C, but concentrates too much on the lap times on the track. She further admits that boredom could be a factor on the oval, and that it is depressing to be able to see how far ahead the leader might be.

Judy has consistently resisted the urgings of others to move up to marathons, because she feels her 35-40 miles per week of high quality race-pace training best serve the 5 to 10 mile distances. Besides she would much rather race weekly at 10 KM than have to undergo the more extensive preparation for and recovery from marathons.

I collared Judy just before her marvelous four firsts and two American records on the track at Los Gatos in August. Unfortunately the Ancients have lost her cheerful presence to the environs of Duke University this fall. Judy, like Phil Larson, had no athletic or team background, and characterizes the support of the AFA group as the most memorable element of her running career. Her 34:23 10 KM accomplishment at San Diego, and the magic of participating in the 10 KM women's exhibition at the USA 1980 Olympic Trials have been the individual highlights so far in a career which certainly is destined to have many more.

Like Larson, Fox does not feel as though she has peaked yet, and plans to keep running forever. When asked if there were any preconceived indices she could imagine that would prompt her to end her open competition and become "just a masters competitor", she declared that she would feel successful if she were to continue in the top quarter of open races.

Judy finds it lonely at the head of the women's-only pack, and it hasn't brought out her best times. While racing in open mixed competition, she has attained her finest results, because there is always someone to run with and she finds men very supportive of her in those situations. She feels she can profit from the presence of the men and their sense of pace, even though she genuinely feels as though she is not actually competing against them. In some masters track races her 5 and 10 KM events are staged with the over-50's men's races and the race pace can be strictly a function of who is in the field that day.

Judy does not have access to unlimited travel funds, and will have to rely on the support of meet promoters or travel expense prizes from qualifier-races for a major part of her national race schedule. Even though this may restrict

Judy to local performances and a few National competitions, she does not feel right about racing for prize money. As an editorial aside, I must say that I share those sentiments with her, although I have never been afforded the actual opportunity to test the strength of my conviction.

Although I had known Judy peripherally over the last several years, I believe that I really got to know her only through the interview for this column. I found out that Judy and I shared some rudimentary feelings about life and running; 1. that she likes to compete each weekend "to stay honed and tuned", 2. that "knowing I ran well" is more important to her than just winning, and 3. that any activity, and especially running, has to be FUN.

In closing I asked Judy if she ever thought about being TWICE AS OLD as the others in open competition-DURING the race. Judy said, "No", but then remembered, "Yes, once! One time when I was really hurting, I thought I'd back off. It would be so easy, since I'd win the master's division anyhow, and then — fortunately, I've NEVER thought that — ever again!

And Judy, hopefully, you never will!

© Copyright, 1981 Phil Conley



Dave Thoreson, 40, of Santa Barbara, Cal. set a new U.S. masters (40+) decathlon record of 6212 points in 1981.



800 Compete in Norway

by ROLAND JERNERYD

LARVIK, NORWAY, August 7-9—The 2nd Scandinavian Veteran Athletic Championships saw at least 8 world age-group records broken in this pleasant town at the west seashore of the Oslo fjord.

Irja Sarnama of Finland set 4 world marks in her W75 division: javelin (21.84), shot (7.20), high jump (1.00), long jump (2.58).

Viktor Anderson of Sweden set M75 records in the discus (36.08) and shot (11.26). In the M60 category, Kauko Jouppila of Finland threw the discus 55.96 for a new global best.

Olav Reppen took the world record in the M70 hammer in 35.46.

Krostopper Velstad of Norway (1:58.2) led 16 40-44 runners under 2:10 in the 800. Harry Lindell, Sweden, won the M45 1500 in 4:06.4. Velstad won the M40 1500 in 4:01.3, with 7 men under 4:07.

Lars Ydregorg, Sweden, clocked 31:46 in the M40 10000. □

People To People

by RUTH ANDERSON

The first U.S./China Masters Running Tour was a wonderful opportunity to meet the Chinese. We began this odyssey October 14th from San Francisco, with a brief touchdown in Tokyo to break up a 13 hour flight to Beijing, (Peking.)

Our 10:30 bus ride from the airport to our hotel was a harrowing experience. Chinese drivers turn on their lights only when needed to warn other buses (very few cars) or bike riders. There were a surprising number of bikers about — also without headlights or reflective clothing. I lost count of the "near misses" in the first couple of miles.

The Tiatan Sportsman Inn of Peking was more like a YMCA than a hotel, adequate but very few "frills". The street outside was a large main thoroughfare. There was a certain amount of horns sounding, but the real traffic was curb to curb bicycles. 7 million of the 10 million inhabitants of Peking are bikers! At the end of the block was the "Temple of Heaven" with beautiful purple tiled buildings, many wandering paths and stairways. We enjoyed our early morning training run through these exotic grounds, which were with the locals doing Tai Chi exercises. A nearby lake and park afforded an even nicer running spot. The race in Beijing was held on an all weather track in a fine stadium. We were treated to an exciting soccer game there against Kuwait (China 3 to 0 win) with a full stadium of joyous Chinese.

Our U.S. "Team" won most of the divisions in the 10 Km for men and 5Km for the women. Herb Lorenz and Jim Ewing started their pattern of finishing first and second overall, as did Mary Cullen and I for the women's races (with Frances Sackerman coming on for a tie for 2nd in the last race in Hanzhou). Our Chinese counterparts were wonderfully friendly people and so anxious to learn from us. That was the most rewarding part of this great experience.



Bert Lancaster breaks world age 53 record in 200 meters in Puerto Rico.

The National Sports Federation who was our host, took marvelous care of us. They showed us a great variety of interesting sights: the Great Wall, many temples, palaces, tombs, and gardens, boat rides on the Yangtze River, the beautiful West Lake in Hangzhou. Through their local officials were well fed and housed. We toured factories, like the brocade and clay figure works of Wuxi and the silk factories in Hangzhou. They exhibited a surprisingly open and understanding approach to all our "needs". Our own "expedition" leaders, Jim Waste, Jim Puckett and Helen Pain more than did their share of keeping our act together with humor, patience and great sensitivity to this great people-to-people exchange opportunity.

Whole books are written on fewer experiences than we had these 18 days. Even my well-over-200 slides can't begin to tell the whole story. The highlights of the races are included for the statisticians among us.

From Hanzhou we traveled by train nearly 7 hours to Shanghai through miles of farm lands, primarily rice fields lace by canals. Rainy weather added to the watery landscape, and the chill of approaching winter followed us all the way from the Great Wall. There we experienced thick fog, sharp winds and icy drizzle. The weather wasn't the only deterrent to "running" on the wall. Although made slippery by the wet conditions, the steepness of the section near Pataling Pass was awesome, to say nothing of the rubble and rough areas. We got a better chance to train on hills in the warm and humid climate of Hong-kong.

What I certainly came away with from this trip was the fullness and richness of experiences right right down to the last wire, and the lasting impression of the friendliness of the Chinese people. □ Results in back pages.

(Ed. Note: Next month, Jim Waste's detailed, day-by-day account of this fascinating odyssey.)



Champion race walkers Bonnie Dillon and John Kelly.

Photo by John Allen



George Vernosky, 51 of Bethesda, (261) reeled off a new U.S. 50-54 10 mile record of 55:43 in Maryland, and won the 50-54 division of the Penn Mutual/TAC National Masters 10k Cross-Country Championships in Houston.

Photo by Bob Pates



National Masters Track Meet
August 15-16, 1981
Los Gatos, California

FINANCIAL REPORT

Receipts

Penn Mutual.....	4,000.00
Entries.....	6,280.00
Penn Mutual.....	1,000.00
Banquet Tickets.....	2,000.00
Gate Admissions.....	474.25

Total= 13,754.25

Expenses

Mechanical Timer.....	600.00
Ice.....	70.00
Trainer.....	50.00
Registration Tent.....	300.00
Dies Solis Graphics.....	105.00
Banquet.....	1,875.00
Field Crew:	
Sordi.....	143.00
Stevens.....	149.50
Davies.....	117.00
Ellis.....	149.50
Announcer.....	100.00
Safety Pins.....	191.70
Tee Shirts.....	855.00
Police Protection.....	232.74
Advertising.....	357.74
T A C Sanction.....	50.00
Track Equipment.....	950.67
Custodian.....	51.32
Printing.....	349.41
Sound System.....	270.87
Postage.....	689.71
T A C Book Order (Patches).....	675.00
Award Certificates.....	79.70
Recording Results.....	118.60
Officials Lunches.....	570.61
Medals.....	4,000.00

Total = 13,102.07

Balance on Hand = 652.18



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

by W. MacDONALD MILLER

Meet Me in St. Louis

I knew St. Louis was my kind of town the moment I heard their marathon story. You see I'm a Chicago guy, okay? I mean, I run out of the Windy City and in this dear old city beneath the "L", the "running community" (if you'll pardon that rather throw-up expression) has always been a little light on getting it together and pretty heavy on self-promoting do-gooders who knew everything and anything about conducting a foot race. Of course the races were never worth a damn and few, if any, were measured very exact but we didn't concern ourselves with this kind of obstacle. We were into orthotics and treadmills and nit picking and bullshit. You know, how can it be a good idea — it wasn't my idea. We weren't bogged down with the big picture, so to speak. It was similar to the agreement I have with my wife. She's in charge of the ordinary day to day issues like what I do, think, say, wear, and of course — where I do them. This, you see, frees my total energys for the major issues of the day; the Russian menace, the plight of educational TV, acid rain, etc.

St. Louis has two marathons, one in November and another in February. Each claims to be the Tenth Annual original St. Louis Marathon. Why not? One is two or three years old and the other is eight or nine, give or take a year or two. I'm reminded of the Chicago alderman explaining the basis of his political success. Some of my friends are for this issue and some of my friends are against it. Me? I always stick with my friends. The St. Louis situation merely supports my old theory that running is much like religion. After a few days you can count on a major schism of sorts erupting among the followers. The St. Louis story was interesting and patently pathetic. At the same time, it lacked some of the essential ingredients that make for a totally ugly scene. It didn't, for instance, have the rumor of dirty money as the real weasel in the long jump pit as they did in Atlanta. It wasn't everyone calling everyone else jackasses as they did in Tulsa. No where was there deceit and hate at the level we were able to reach in Chicago. It took more the personality of San Diego and New York; one miserable rat was the cause of the entire problem. What a guy! The mob would be proud of all the rotten deeds attributed to this one lousy excuse for a man. I don't think they killed anybody or did anything really bad, but they were truly turds.

The marathon turned out to be nice. Remember, November Marathons in the breadbasket can be a real downer in case you forgot and as my dear old grandmother used to say, snow is still a four letter word in any woman's language. The drive to St. Louis poses the same question as any drive throughout this great land. That question is not, "Who in the world goes to Stuckeys?" There we were, in a strange town on a Saturday night before a race, booze, broads and time on our hands. What a formula for trouble. I kept thinking of George Sheehan's memorable words, "Man needs play" (you don't have to be a Jim O'Neil about it). And a little fooling around never hurt anyone. Just look at Phil Mulkey. I can't work it out, I'm too old to play with myself and too smart to play around. You know, the words of famous writer/philosopher Bo Diddly, "the doing you get isn't worth

the doing you get". Furthermore, the chicks don't go for weirdos all caught up in glycogene and hydration. They go for guys with telephones in their cars, pinky rings and big Cadillacs that smell like cigars. I buoy myself with Dan Jenkins' line about a pretty girl, "somewhere there's someone tired of her". Come on guys, let's hit the Travel Lodge and watch a little "Love Boat" and get a good night's sleep. Life is a hell of a lot more than blacktopping your driveway every other year — or holding 8's on a strange marathon course. It's what to wear, call the weather bureau, anybody see the course? It's hilly as a bitch. It's flat as a board. Where's the starting line? How are they handling the gear? Where are the splits? We'd better drive the course tomorrow morning. Leave a call at the desk for 3:30 A.M. Is the coffee shop open early? Going to wear gloves? Going to wear pants? If there's a wind we're dead. See anybody? Who's here? Any women? Whatta ya going out at? Got any Band-Aids? Still married? Are you Lee Flaherty? Got any vaseline? How's your hip? Where're you from? Chicago, huh-the Windy City — Isn't Marlin Perkins from St. Louis? Why do all those Michelob beer ads make friendship look creepy? Why was Lindberg's plane called the Spirit of St. Louis? Relax, man, dinner's almost over and then we can get down to some serious discussion of the race. Hope I've got enough energy left to run it.

FACES IN THE CROWD

Running easily throughout the St. Louis Marathon was another Midwest master veteran — Marlene Miller, known around the world as wife of Marathon and Mother, to her many fans along the North Shore. Wife-Mother used her run-walk strategy on the way to a 5 minute PR in 5:40:12. Marlene hit the wall at about 11 and got to the halfway mark close to 10:30 pace. From 13.2 in it turned out to be "a load". Somewhere near 17 it seemed prudent to seek other means of transportation. Just as "Registration Lady" was about to accept a ride she happened onto a fellow runner who at first glimpse appeared to have a broken leg. This early report proved to be somewhat exaggerated, it was only torn cartilages. He was still "looking good" as people remind you along the course. The two runners encouraged and supported one another forward and discovered that "mesh and the run/walk high" we've all heard so much about. Marlene reports running at the back of the pack isn't all it's cracked up to be. The marshalls, water, police and any and all indications of a race were long gone by their arrival. Only her experience as a Girl Scout leader saw her through. She had wisely hidden a map of the course, you see, in her jog bra and late in the race it saved the PR. □



The year started out to be a good one for NMN columnist Mike Tymn. The 44-year-old Hawaii resident was in the best condition of his life in February when he won the Hawaii TAC 20K road championship with a time of 1:04:56. However, in March, he suffered a back injury which laid him up for two months. No sooner was he back running when he tore some cartilage in his knee, necessitating surgery. Tymn returned to the racing wars in early November and finished second overall in a five miler with a time of 25:38. The above photo was taken a week later. Tymn was covering the Hawaii State high school cross country championship for The Hawaii Advertiser when he slipped in some mud, fell and broke his arm. In the photo he is being attended to by a military physician while he interviews the winner of the girls' race. "I know now what aging is all about," Tymn, who is now in a full arm cast, said. He also said that he's not sure if he was grimacing in pain or laughing the whole thing off when the photo was taken. "Probably a little of both," he said.

Bill and Mary Toomey invite you to run, dive, cycle, swim, and jump into fitness with them.

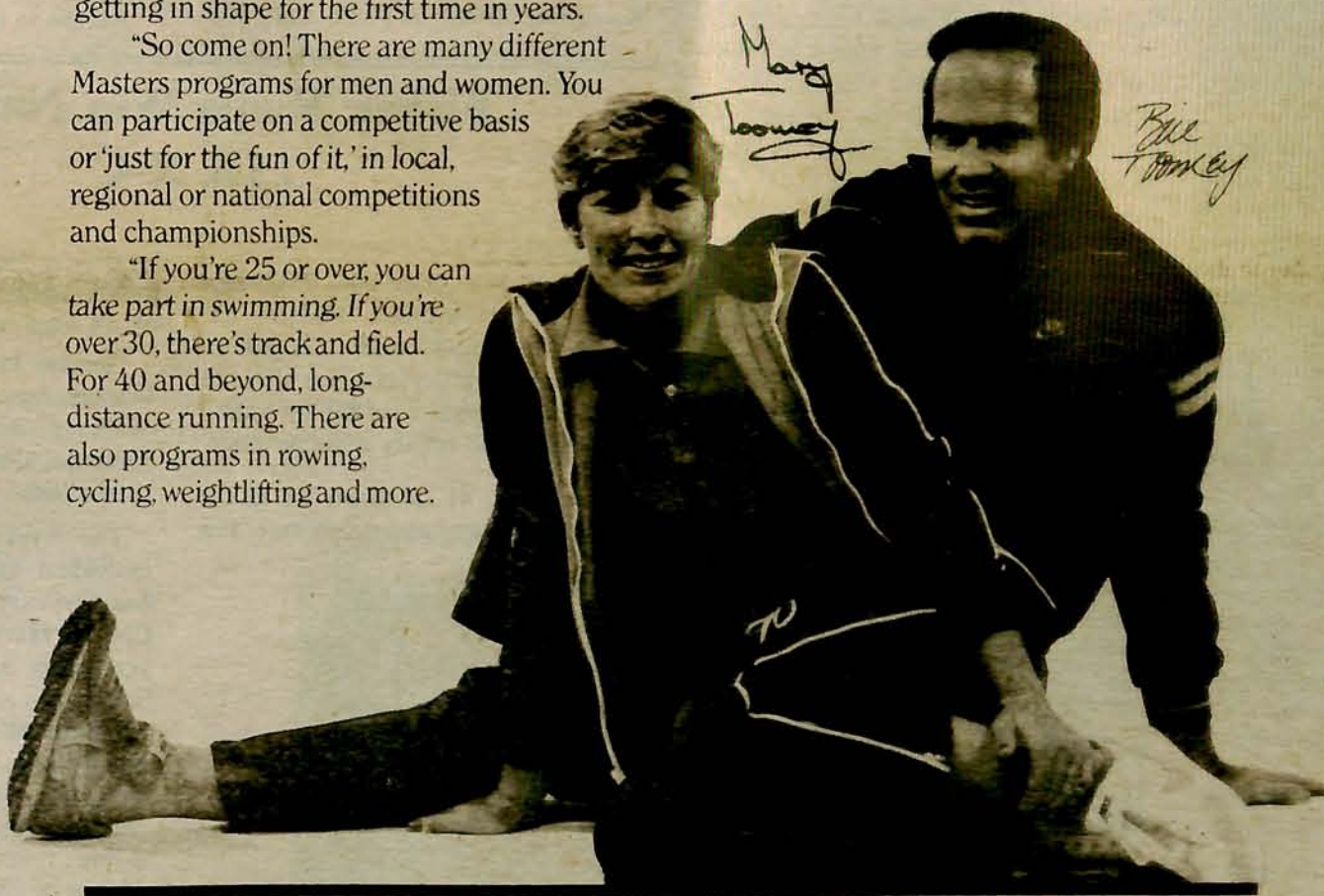
"Join the thousands of Americans who are proving that fitness can last a lifetime.

"In the Penn Mutual Masters Sports Program, age is no barrier to participation. Or competition. You can join in whether you're 25 or 65. Whether you're an athlete seeking the thrill of competition, or a desk jockey getting in shape for the first time in years.

"So come on! There are many different Masters programs for men and women. You can participate on a competitive basis or 'just for the fun of it,' in local, regional or national competitions and championships.

"If you're 25 or over, you can take part in swimming. If you're over 30, there's track and field. For 40 and beyond, long-distance running. There are also programs in rowing, cycling, weightlifting and more.

"To find out what's happening in your town or city, just call your nearest Penn Mutual general agent listed in the telephone directory or write to: Penn Mutual Masters Sports, Independence Square, Philadelphia, PA 19172."



We make fitness fun.

Penn Mutual Masters Sports are sponsored by The Penn Mutual Life Insurance Company in conjunction with The President's Council on Physical Fitness and Sports and the Amateur Athletic Union.

Duarte, Wright Capture National 5K X-C

by BILL STOCK

What is cross country without a bit of rain, puddles, and mud? Just another hilly road race. Old Jupiter Pluvius dumped enough water during the night before the race to provide a wet Balboa Park course, sprinkled on the sub-masters men's race, then, just as the ladies were set to toe the line he pulled the plug. Down came the rain, off went the gun and away went the gals into the downpour. 45 minutes later the masters men lined up to the tune of 60 degrees and sunshine! But they still had puddles and mud galore and a good shlippin' 'n' shlidin' race.

Shortly after one mile the course goes down "powder" hill and onto the "dirt" trail, neither of which were. The hills in that second mile make it a slow one, then it's up the switchback hill and across the grass to the short mile of slightly down-



Marilyn Waste (554) and Pat Dixon (124) on 1st lap of 800 meters in National Masters T&F Championships.

Photo by Jerome McFadden

sloping sidewalk and a final 500 yards of grass and dirt to the finish.

This race is many individual battles against self, opponents, hills and footing. Attack the shortest route or go a half-step further on secure ground? Push this hill or save something for that stretch of sidewalk? Is the pre-race plan still good or has an opponent done something unanticipated and must strategy be adapted to counter his tactics? Time and distance zip by as these "encounters" unfold and we progress to the nitty gritty: the run to the finish. If the course failed to sap everything it's "go city" to the line and the chance to breathe and recover.

A couple of early hills and some slippery running notwithstanding, the leaders passed one mile at about 5 minutes flat with Bob Mohler of Houston leading Frank Duarte, Dan McCaskill, Skip Shaffer and Bill

Meinhardt. They zipped down Powder Hill and Duarte and Shaffer passed Mohler and began to pull away, with Meinhardt going by McCaskill and moving on Mohler. 46 year old Andre Tocco had started well back and worked his way methodically up the line of runners until he passed McCaskill on Switchback Hill to go into 5th place. Clearing the hill and moving down the sidewalk, McCaskill regained 5th and with about a mile to go the first 6 places were established though those gentlemen certainly had to work to protect them to the finish.

The 50-54 men had an interesting race. At one mile Tom Sturak, Bill Stock and Del Teter were hanging closely together in 5:30-ish. Stock passed Sturak going down Powder and on the trail everyone strung out a bit. At 2 miles Stock led by about 30 yards which increased to 32 seconds at the finish. With Sturak in 24th place over-all, there were 8 50-54's in the next 10 places over a span of 30 seconds. That's pretty close competition!

The women's race was pretty well spread out in all divisions excepting 45-49. The winner of the race was Jenny Wright who attended College of the Desert this fall and the 46 year old swiftie was the top runner for their women XC team! The first 3 finishers were in the 45-49 division with Vicki Bigelow barely hanging on to edge Dorothy Stock for the silver medal. The 30-yard lead Vicki had with 400 to go dwindled to 2 at the line. And both looked absolutely terrible as they were holding back nothing for tomorrow. Neophytes seeing them 10 minutes later running side by side warming down and chattering like magpies would not have believed it. If appearances counted



Gary Miller anchoring Corona Del Mar to Age 40-49 400 Meter Relay National Championship in 44:03.

Photo by Jerome McFadden

they'd both have been headed for the hospital! The recovery rate of well conditioned athletes is amazing.

Graeme Shirley ran away with the sub-masters men's race with a comfortable 19 second win over Dennis Kasischke. Dennis in turn was an easy 28 seconds ahead of Dave Garcia in third. □

Results in back pages.

Moore, Kania Top Masters in Eastern 10K X-C

by BOB FINE

THE BRONX, N.Y., Nov. 15—The 10th Annual TAC Masters 10K Regional Masters Cross-Country Championships was both the biggest and best Eastern Championship ever held. There were one hundred and seventeen entrants with one hundred and one starting and ninety-nine finishing.

Five meet records were established on the tough Van Cortlandt Park course. It was fifty degrees and raining, but that didn't stop Oscar Moore from being first overall and setting a meet record in 34:27. At least two minutes can be deducted from everyone's time to get an idea of what could be done on a flat course. Gordon McKenzie, a fellow Olympian to Oscar, also set a meet record in winning the 50-54 division in 36:31. Gordon Mueller, Central Park Track Club, set a 45-49 year age record in 36:22. The last two records were set by Millrose team members, Vasily Kondyles, 30-34, in 34:56 and , with

probably the most outstanding performance of the day, Mila Kania, 50-54 in 41:48 for the first overall woman.

The depth was also present with defending Champion in the 45-49 age group, Walt McCarthy running one minute and forty seven seconds faster and finishing 6th. Jos Simonte, 2nd last year in the 50-54 division ran fifty one seconds faster and finished seventh.

In the team scoring Central Park Track Club won the 40-49 Championship with a cumulative time, for the five person team, of 193 minutes and 1 second. Millrose was second in 197 minutes, 4 seconds and the New York Masters A team was third in 201 minutes, 27 seconds. The New York Masters B team was fourth in 227 minutes 57 seconds.

In the 50-59 group the New York Masters were first in 203 minutes 8 seconds, followed by the Millrose in 226 minutes 3 seconds and the New York Masters B in 249 minutes. □

Results in back pages.

Fisher, Kania Win National 15K X-C

by BOB FINE

BRONX, N.Y., Nov. 29 —The Penn Mutual/TAC National Masters 15 Kilometer Cross-Country Championships were held today on a clear brisk fall day with temperatures in the low forties and winds up to twenty miles per hour.

Bob Fisher, 41, Millrose, led all the way with a strong and steady race. His

splits were 5K 17:26; 10K 35:15. Bob led his club to first and third places in the 40-49 team title.

Gordon McKenzie, 54, New York Masters, continued his total domination of the division, besting Ed Stabler, Syracuse Chargers, by 98 seconds. "Mc's" time was a course record.

The Syracuse Chargers took two individual titles with Roy Deschambauet winning the 65 year old group and Charles Hackenheimer winning the 75 year group. Syracuse won the 60+ team title.

Pat Bessel defended her 1980 title with a 65:47. The outstanding race of the day was run by Mila Kania, 50, Millrose, in 63:09. Mila was the first woman overall and finished 33rd overall, out of 101. □

Results in back pages.



Harold Daughters

Multi-Events News

by RODNEY CHARNOCK

The World Association of Veteran Athletes (WAVA) may decide to further shorten the spacings between hurdles from 8.90 to 8.70 meters for the 40-49 group, and from 8.60 to 8.50 for the 50-59's. Ian Hume, Technical Chairman for WAVA, has proposed that all athletes in a specific age group use the same hurdle height, but select the hurdle spacing of their individual choice.

A surprise announcement from the IAAF indicates that new scoring tables will be introduced in April, 1982. The use of separate Veterans (WAVA) scoring tables since 1976 was needed because the current IAAF tables (devised in 1962) are out of date.

The new IAAF tables should provide a real opportunity to form veterans' teams directly linked to the new IAAF tables on a unified basis.

The IAAF point score could be

multiplied by an age factor adjustment to get the WAVA point score. It could be different for each event/age group. It could provide consistency in the WAVA scoring.

Please let me know your comments on the basic concept of 'age factor adjustment' of the new IAAF tables.

(Ed. note. Charnock publishes the Veterans Multi-Event Newsletter, at September Cottage, Stanhoe Road, Docking, King's Lynn, Norfolk, England. The problem with the present IAAF tables and perhaps the new one also, is that the zero point level doesn't start at a zero performance, but at some higher arbitrary level. Thus, a pretty good throw for a 70-year-old can get 0 points on the current IAAF tables. Some say it makes more sense to start at zero points for a zero effort, and work up from there.)

Report From Britain

by ALISTAIR AITKEN

Southern and National Veterans 10K Champion Johnny Batchelor, 41, led from start to finish to win the Essex Veterans Cross-country championships by 42 seconds November 15th at Basildon.

Last year's British Veterans Marathon Champion Jim Avis won the Kent Veterans cross-country.

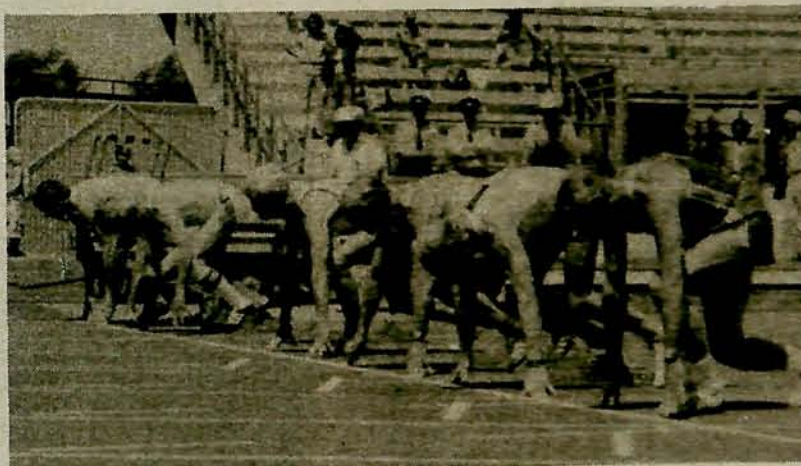
The toughest cross-country I've ever run in the 5-Clubs Veteran match at Parliament Hill Fields, Hampstead November 7th. The terrain consisted of steep hills, quick descents, narrow pathways, stinging nettles, cowpats, barbed wire, jagged flintstones and deep mud—a true British course. Ex-racing cyclist John Geoghagan won in 48:38. I was 12th out of 74 finishers.

1980 World Vets Marathon champ Don Magregor ran 2:21:52 for 3rd overall in the Aberdeen Marathon. John Hurt won the Rugby Marathon in 2:33:23. Scotsman Bill Stoddart set a

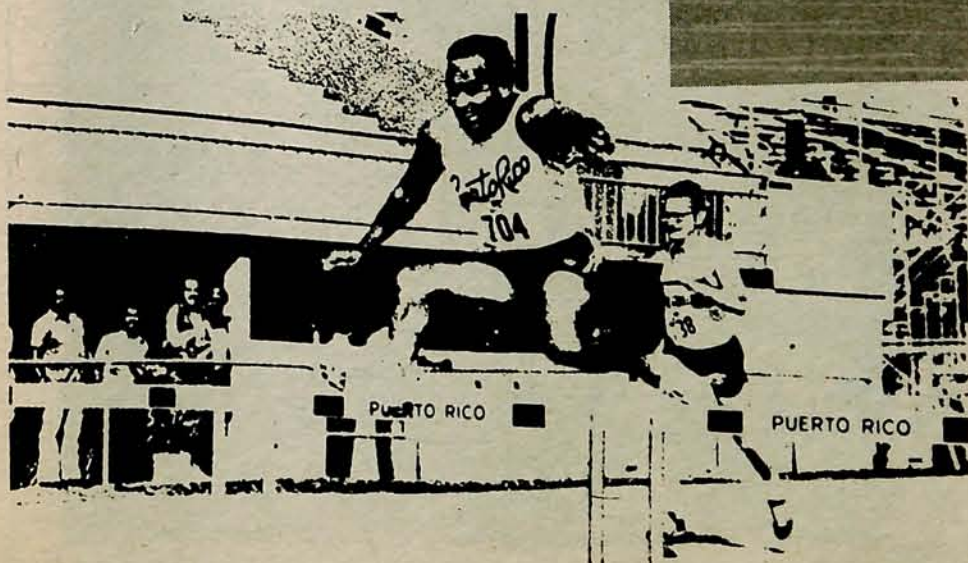
new UK best for 50-54's in 2:27:53 in the Inverclyde Folk Marathon August 30th.

Dick Cooper ran 146 miles, 695 yards for 4th in the 24-hour race at Hendon Oct. 10th. Ex-sub-4-minute-miler Bill McKim, just 40, ran 51:51 for 10 miles.

Two major races upcoming are the Southern Vets Championships at Bedfords Park near Havering-Hornchurch February 6th, and the 1982 National Veterans Championships at Parlia Hill Fields, Hampstead Heath, on March 14. □



Start of 100 meter race



Luis Cano Gandia winning 50-54 110-hurdles in San Juan Masters T&F Championships.

3000 To Compete In Masters Sports Festival

Over 3000 athletes over age 25 are expected to compete in the first National Masters Sports Festival, according to John B. Kelly, Jr., president of the non-profit group which is organizing the event.

The four-day festival, which is an official part of Philadelphia's Century IV celebration is scheduled from August 12-15, 1982.

The 11-sport event will be staged at the University of Pennsylvania's Franklin Field, River Field and Weightman Hall. The Schuylkill River and Kelly Pool will also be used.

Competition is expected in track and field, swimming, long distance running, cycling, rowing, diving, synchronized swimming, wrestling, powerlifting, weightlifting, canoeing and kayaking.

The Masters Sports program is sponsored nationally by the Penn Mutual Life Insurance Company, headquartered in Philadelphia with 90 offices throughout the country. Currently, there are nearly 100,000 Americans participating in Masters sports, though not all are active in competition. Each sport has a minimum age and there are age competition classifications within each.

Kelly, who is an active Masters rower, commented that the Festival would be the high point of the Masters Sports program. "Masters Sports has grown to the point where it is ready for a national event that brings competitors from all the sports together at one time. It should be a very exciting four days."

George Hatzfeld, assistant vice president corporate communications/sales promotion for Penn Mutual, said, "We're proud to play a leading role in staging the first National Masters Sports Festival in Philadelphia. We should have more than 3,000 participants and their families here next August. They will have the opportunity to see what Philadelphia has to offer and be an important part of our 300th anniversary. And Philadelphians will be treated to four days of top-flight competition in a wide variety of sports."

Bill Toomey, 1968 Olympic decathlon champion and the executive director of The Penn Mutual Masters Sports program, said "I'm looking forward to competing in the Festival, which should attract some of the top Masters athletes from many parts of the country. It will be a real milestone for the program, which is experiencing dramatic growth as more and more men and women increase their interest in fitness and competition." □



Warren Ling, 74, from Taiwan, competing in 1981 San Juan T&F Championships.

"It was my first 30K," Knott said, unaware she had broken Gorman's standard. "My back and legs were acting up but I decided to try it anyway and managed to finish with blisters and a tightening hamstring."

Fog and 30 degree weather made for a cold, but enjoyable run on the Rocky River Reservation double-loop course. "It gave the spanning road bridges a picture perfect image," Knott reflected. "It was very inspiring."

Last week, Sandy ran a 38:25 in the Lite Beer 10K, and posted a fast 37:31 in the Shaker Square 10K Oct. 25.

"I doubt if I'll run any more races for a while," she said. "I don't like the cold and want some time for other things." □

Knott Breaks 30K Mark

CLEVELAND, Nov. 9th—Sandra Knott, 44, of Cleveland Heights, Ohio, broke the listed U.S. woman's 30 kilometer masters (over age 40) record today with a time of 2:01:27 in the Cleveland-West Road Runners 30K Championship.

The time betters Miki Gorman's mark of 2:03:17, set May 6, 1979.

● **Val Schultz** announces NIKE will conduct Grand Prix Masters Road Races in 1982, similar to the successful 1981 series, from March thru June. The winners will receive a trip to Tokyo for the World Veterans Distance Running Championships in September.

● The date of the Penn Mutual/TAC National Masters Indoor T&F Championships in Boston has been moved from March 20-21 to March 27-28, meet director **John Pistone** reports.

● National Masters T&F Records Chairman **Pete Mundle** is preparing new computer programming for the 5-year world and U.S. T&F age bests. NMN will publish as soon as available. Mundle also says the 1982 age-record books should be available in early spring.

winner recorded 6:14. **Everett Newell**, 60, of Mt. Holly, N.J. set a new 60-and-over mark of 8:48:26, breaking **Walt Stack's** mark of 9:48:16. **Sue Medaglia**, 46, won her 5th consecutive woman's title. The New Yorker needs just one more win to tie **Donna Aycoth** for most consecutive victories by a woman. **Joe Dravinsky**, 70 became the 2nd 70-year-old runner to complete the race. He did it in 12:07:15. According to race director **Buzz Sawyer**, 269 (83% of starters) finished the race.

● **Herb Lorenz** blazed a 31:29 10K Nov. 15 in Newark, and a 31:54 in a Philadelphia 10K Nov. 26.

● **Lorenz' wife, Irma**, has been running/jogging for the past 3 years. "She decided to get more serious about it last summer," Herb told NMN. "She started

Orleans 25K. **Adele Jurgelsky** was best 40+ woman in 2:19:14.

● **Herb Chisholm**, 55, narrowly missed **Hubert Morgan's** 55-59 10-mile mark (58:12), running 58:27 in the Lynchburg, Va. ARRA Pro-Am last fall. **Bob Jenkins** (52:32) routed a good field (**Bill Hall**, 54:41, **Dick Hipp**, 55:00, **Charles Ross**, 55:17) to take 40+ laurels.

● **Harold Tinsley** delivered a 35:04 as top master in Huntsville, Ala. 10K.

● **Low Faxon** posted a 32:04 in a Hampton, Va. 10K Oct. 17, beating **Patti Catalano** (34:13) as did 2nd master **Bryan Hawley** (33:29). **George Sheehan**, 62, posted a rapid 38:38.

● **Bob Jenkins**, 42, passed up New York for the Richmond Marathon the same day, finishing 4th overall and 1st master in 2:28:44. **Mel Williams**, 43, was 2nd in 2:40:06. **Bill M. Hill**, 26, collapsed approaching the finish line and died, despite being rushed to the hospital.

● A 1:24:00 20K by **Mary Czarapata** in 1980 was omitted from the masters rankings in the November issue. If certified, the time places her 3rd in the 45-49 standings behind **Linda Sipprelle** and **Dorothy Stock**.

● **Randall Mount** led the masters in 34:00 and 33:31 in two Cleveland 10K's.

● **Fred Hagerman** was 1st over-40 in the 2nd Columbus Bank One Marathon in 2:36:54. **Jim Glidiwell** clocked 2:48:30 for 50+ laurels among 3500 runners, including **Bill Rodgers** and winner **Jon Sinclair** (2:13:29).

MID-AMERICA

● **Clarence Weidel** topped the masters in 2:43:42 in Macy's Marathon Nov. 1 in Kansas City. **Jerry Morrison** clocked 2:57:10 as best 50+.

● **Clyde Davidson** posted 33:15 in the concurrent 10K for masters honors. The two races drew 4000 entrants and 2931 finishers on a rainy, windy day.

MOUNTAIN

● **Vic Cook** of Los Angeles vaulted to a record age 49 height of 13'7" at an Air Force Academy meet in Colorado, bettering **Roger Ruth's** 13'6".

● **Buell Crane**, of Twin Falls, Idaho, had a good year. He set an age-81 mark of 18.3 in the 100 meter run, long jumped 10'4" and triple jumped 21'3/4". His 29'6" shot is a new world age-81 mark, as is his 75'7" discus throw, 3'10" high jump, and 65' javelin.

● **Bob Griffith** recorded a fast 32:24 10K in Denver.

SOUTHWEST

● **Bob Packard**, 45, of Flagstaff, Arizona blazed to a 32:21 certified 10K in Phoenix Nov. 8. The time betters **John**

MASTERS SCENIE

NEW ENGLAND

● **Kirk Radall**, 40, of Wellesley, Mass. blazed to a 30:55 in the TAC Eastern Regional Masters 10K Championship in Shrewsbury, Mass. Nov. 8. It's the 2nd fastest 40+ time in U.S. history, topped only by **Herb Lorenz's** 30:42 at Peachtree this year. **Ernie Dumas**, 40 logged a solid 31:22. **Ken Mueller**, 45, clocked 32:35.

● **Barbara Pike**, 40, of Concord, Mass. was 1st woman in the race in a swift 37:39. **Susan Redfield**, 46, of Marblehead, Mass. was 2nd in 40:12, followed by **Carrie Parsi**, 41:53 and **Jane Rasmussen**, 42:56. **Jean Price** took 50+ honors in 48:25. It was her 61st birthday.

● Boston Marathon officials are keeping the same qualifying standards for 1982 as in 1981. Men under 40: 2:50; 40-49: 3:10; 50-59, 3:20; 60+, 3:30. Women under 40, 3:20; 40+, 3:30. The time must be run on a TAC-certified course within a year of the '82 Marathon, Monday, April 19. (Or maybe Sunday, April 18th for national TV.)

● World traveler **Tom Jennings**, 40, of West Lebanon, NH, clocked a fast 2:05.3 for 5th overall in an 800 in Papeete, Tahiti Nov. 9. Back home, he legged a 4:46.7 for 5th in an open mile Dec. 2. He also won two events in a Nov. 22 Hawaii Masters all-comers meet.

● **P. Van Garderen** won the popular Berkshire Masters 10K race in 34:05. 286 men and 39 women finished. **Tony Sapienza** was 1st 50+ and 3rd overall in 35:34. **Trina Hosmer** led the women (35 and over) in 40:45.

● **Bob Aromondo** and **Martin Duffy** staged the closest finish in masters marathon memory, according to the results sheet, as Aromondo edged Duffy by one second in 2:37:14 in the Ocean State Marathon in Newport, R.I. Nov. 1. **Phil Watson** was best 50+ in 2:46:30. **Sid Yip** was top 45-49 in 2:42:25.

● New Zealander **Terry Manners**, 42, clipped off a series of brilliant races while touring the U.S. last fall. He ran a 30:40 10K in Salem, Mass., 2 seconds quicker than **Herb Lorenz's** U.S. masters mark, and a 30:53 in Brighton, Mass. He told **Ed DeMarrais** he runs 140 miles a week — 8 in the morning, 15 at night, at a 6-minute pace.

EAST

● **Pat Bessell** of Grand Island, NY was 1st master in 38:52, 6th overall, in the Syracuse Bonnie Bell 10K Oct. 4.

● **Al Marcy**, 46, of Centerville, Va. was 1st master, 18th overall, in the annual JFK 50-mile run Nov. 22 in 7:26:50. **Tom Sheahan**, 40, Derwood Maryland finished in 7:48 as 2nd master over the tough, hilly Appalachian Trail course with strong, gusty winds and biting-cold temperatures. The

training rather than just running, and has since turned 40." She logged a 1:30:05 in a Philadelphia half-marathon Sept. 20, a 40:47 in the Newark 10K, and a fast-improving 39:06 in a Philadelphia 10K Nov. 26.

● In an Altoona, Pa. 20K, **Anna Forsha** blazed to a 1:29:41 in the women's 50+ category, bettering the NRDC's listed mark of 1:31:57 by Rachel Bourne.

● **Mila Kanja** turned 50 in the late summer and clipped off a 38:24 in a New York City 10K Sept. 13, and a 38:20 in the Pepsi Championships Oct. 4 in Purchase, N.Y.

● **Bill Hall**, 41, of Durham N.C. annexed the masters crown in the Marine Corps Marathon in Washington, D.C. Nov. 1 in a fast 2:24:36. **Dave Seiler** captured 50-59 honors in 2:47:53, with **Trudy Rapp** best 40+ woman in 2:57:57.

● **Bill O'Brian**, 50, logged a 6:25:38 for 2nd overall behind **Frank Buzanich** (37, 5:17:09) in the Nickel City 50 in Buffalo Nov. 15. **Lenis Tucker**, 43, was 1st female in 7:41:23.

● **Sue Medaglia**, 46, traveled 126mi/749 yards on the track for a new 24-hour record.

● **Jack Start**, 60, Trenton, N.J. blazed a 38:34 10K Oct. 12, a minute in front of **George Sheehan**.

● **George Vernosky**, 51 reeled off a 55:43 in a Kensington, Md. 10-miler, smashing **Herb Chisholm's** 50-54 record of 56:07.

● **Hal Higdon**, 50, logged a 33:20 as best 50+ athlete in the Pepsi 1981 National Championships in Purchase, N.Y. Oct. 4, just 3 seconds off his new U.S. 50-54 10K mark of 33:17, set July 26 in Nebraska. **Tom Laris** posted a 32:22 as 1st master, with **Bob Fischer**, 32:34, **Ray Stevens**, 32:39, and **Fritz Mueller**, 32:51, reeling off sub-33's.

SOUTHEAST

● **Linda Sipprelle**, 46, reports her 5000 meter time in the San Juan T&F Championships was 18:09.7, not 20:00. That's only 0.7 off Maria Pia d'Orlando's world 45-49 mark of 18:09.0, and would better Vicki Bigelow's American 45-49 record of 18:14.0. All masters T&F records should be submitted to Records Chairman **Pete Mundle** for verification, using the forms in the December issue.

● **Mike Witkin** (35:39) and **Mary Cullen** (42:49) were top masters in a Baton Rouge, La. 10K Sept. 7.

● **Shirley DuFaur** was 1st 45+ female in at least 6 Louisiana races last fall, including a 22:34 5K, 35:50 5-mile, and 1:58:23 half-marathon.

● **Finner McConnell** was 1st master in a New Orleans half-marathon in 1:21:34 and 5K in 17:03. **Bobby Dannelley** clocked 27:38 in a 5-miler. McConnell also posted a 1:35:05 as 1st 40+ in a New



David Lawyer and Gilberto Gonzalez-Julia, winners of 100 and 200 meter sprints in 60-64 and 65-69 divisions at 1st San Juan Masters T&F Championships.

Brennand's official U.S. 10K 45-49 mark of 32:45, but is short of **Ray Hatton's** pending 31:26 mark in the TAC National 10K Championships in Seattle. Packard finished 38th in the field of 9000. "I plan to peak at the Runners Den 10K in Phoenix January 30," Packard told NMN. "I'll give a go at Ray's 31:26, although, I confess, it does appear to be just a little beyond my reach. Perhaps if I gamble a little at about 4 miles? I don't know."

● **Ruben Whitney** of San Antonio underwent knee surgery Nov. 4 to repair a dislocated knee cap. The 1981 National Masters 35-39 100 meter (10.77) and 200 meter (21.8) champion will be in a cast for 8-10 weeks. "We know he'll be out for this coming track season," **Steve Smith**, President of the San Antonio Track Club, said, "but we don't know if he'll be back as the sprinter he has been in the past. We are all hoping he will."

● **Nocus McIntosh**, 56, turned in a 57:42 in a Fayetteville, Arkansas 15K Oct. 10.

● **Jim McFadden**, 42 (56:55), **Hal McDonald**, 54 (1:04:07), **Vern Whiteside**, 62 (1:20:03) and **Joy Austin**, 44 (1:12:11) were division winners in the Tulsa Riverside 10-miler.

● **Glen Lafarlette**, 45, was 1st master (11th of 100) in 58:10 in a Tulsa 15K Oct. 17. **McIntosh**, 56, posted a 17:35 5K as first master in a 5K the same day. **Larry Aduddell**, 36, recorded 15:58 for 2nd overall. Lafarlette notched 56:01 in a Rogers, Arkansas 15K Sept. 19, and set a new Oklahoma masters marathon record of 2:43:04 on November 7. McFadden legged a 34:47 for 3rd overall in the Ponca City 10K Oct. 17.

● **Fidello Guerra** led the masters in a San Antonio Marathon Nov. 8 in 2:40:55.

WEST

● **Bill Ranney**, 46, won the open TAC Pacific Assoc. 40K Race Walk Championship/Oakland Marathon Walk December 6 with a time of 3:30:27 for the 40K and 3:41:52 for the marathon. **Beth Sibley**, 36, was 1st woman in the half-marathon in 1:58:38.

● **Modesto's Ray Mahannah**, 65, 1981 national masters champ in the 800 and 1500, was chosen on the U. of Drake's all-time track team in the 800 yard run, and was invited to be an honored guest at the Drake Relays, **Jim York** reports.

● Pole vault champ **Dave Brown** showed Penn Mutual's fine 24-minute movie on masters sports to his local Optimists Club. "It was very well received," Brown reports.

● **Paul Ritschel**, 60 of Los Angeles, was the fastest over-60 runner in three marathons on three successive weekends. The Herculean effort began with a 3:33 in Santa Barbara on Oct. 18, followed by a 3:29 in LA on the 25th and a 3:45 in the Orange Grove Marathon on Nov. 1.

● What running boom? In 1971, the Seniors Track Club of Los Angeles was one of the biggest clubs in the nation with over 900 members. But 10 years later, its Board has proposed to "terminate the affairs of the club at its next meeting February 2, 1982." The Board reports: "With the formation of many local clubs over the past few years, the Seniors Track Club appears to no longer fill the function it once did... the total membership has declined seriously. There is a lack of interest... Any members (wishing to preserve the club) are invited to attend the Feb. 2 meeting."

● **Christa Romppanen** was 1st woman master in 39:54 in the Los Angeles Mercury 10K and in 38:45 in the certified **Steve Garvey** 10K Nov. 8. She was 1st woman overall in 41:41 in Ventura's Sea Breeze 10K, in 19:40 in the Toact 5K, and in 39:41 in the Westlake 10K Nov. 1. She was also 1st master in 1:28:32 in the Avon half-marathon Nov. 15. "Margaret Miller, **Judy Kewley** and I are working our little b's off every Tuesday and Thursday on the track," she told **Brian Pritchard**, "and you can expect some good running barring injuries." Her 38:45 is a new Seniors Track Club women's 40-44 record.

● **Ray Gil** posted a 1:25:20 as 1st 50:59 in a Santa Barbara half-marathon Oct. 18. **Grace Schweitzer's** 2:24:41 was 1st W60+.

● **Jim Knerr**, 47, logged 53:03 as 1st master in a 15K Oct. 17. **Dick Durand** was best 50+ in 61:02. **Judy Kewley's** 62:27 was 1st W30-39 and 1st woman overall.

● **Eddie Lewin**, 65, after losing his 72-race winning streak to **Harold Daughters**, 60, started a new streak with a 39:18 10K in Los Angeles. **Helen Dick**, 56, logged a good 43:04. Lewin followed up with a 39:17 10K win in the 60+ division among 200 runners down Wilshire Boulevard.

● **Art Mortell's** 34:26 was best

40-49 in the Garvey 10K, **Pat Devine**, 37:15, and **Helen Dick**, 41:00, captured the men's and women's 50+ crowns, respectively.

● **Skip Loera**, popular director of an April Los Angeles masters track meet, badly broke his leg in a motorcycle crash and has been in the hospital for several weeks. He also lost 5 or 6 teeth in a nasty collision with an automobile.

● **Ranney and Sibley** were best male and female walkers Nov. 21 in the San Francisco 15K Race Walk Championships. **Ranney** walked 1:19:01; **Sibley** 1:25:37. **Bill** covered 7 miles, 711 yards on the track Nov. 29 at San Francisco State, as **Sibley** again led the women with 6 miles, 975 yards.

● **Karen Scannell** set a U.S. women's master record in the Hayward half-marathon Oct. 26. Her time of 1:23:04 betters **Sandra Kiddy's** listed mark of 1:24:01. **Sue Johnston**, 40, wasn't far back in 1:25:27. **Kay Atkinson**, 64, was 2nd 50+ woman in 1:50:00, only 1:23 off the 60-64 mark.

● **Atkinson** was 1st W50+ in the Sri Chinmoy 7-miler in Foster City, Cal. Oct. 18 in 55:40. Her 2-mile time of 15:11.4 in July won her age-division in the series of 40 races which the Sri Chinmoy Center put on throughout the world.

● **Birthe Kirsch**, 42, was 1st female master in the PA-TAC half-marathon in Monterey, Calif. Oct. 18 in 1:27:47, and in the San Lorenzo 5K Nov. 29 in 19:11. She ran 60:15 (2nd master) in a Berkeley 15K Nov. 15, behind Scannell's 58:04.

● The San Diego Track Club named its top 1981 athletes of the year: Top women runners were: **Dorothy Stock**, 40+ long distance; **Anne Johnson**, 50+ athlete; **Jennifer Wright**, 40+ track & field. Male runners cited were: **Dan McCaskill**, 40+ long distance; **Jim O'Neil**, 50+ athlete; **Wayne Zook**, 60+ athlete; **Ed Oleata**, 40+ track & field.

● **Steve Stoiloff** led all masters with a 2:38:55 in the Heart of San Diego Marathon. **Dan McCaskill's** 46:01 was 1st master in a Balboa Park 8-miler.

● **John Brennand**, 45, captured the TAC delegates 5K run in Reno Dec. 6 in 16:12. **Val Schultz**, 40, was 2nd master in 17:05 with **Bob Langenbach** 44, 3rd in 17:19.

● **Glynn Wood**, 47, zipped a 34:01 as 1st master in the Hollister, Cal. Earthquake 10K Run Oct. 31, and reportedly ran a 32:54 in Monterey.

● **Sister Marion Irvine**, 52, clocked 38:07 in a Standford, Cal. 10K, better than the listed U.S. 50-54 mark.

● **Burl Gist**, 60, of San Marcos, Calif., won 7 national championship medals in 1981. He won the hurdles and high jump at both the U.S. national indoor meet in Ann Arbor in March, and outdoor championships in Los Gatos in August. He added the long jump in a triple victory in the Canadian Masters T&F Championships. Along the way, he set a new 60-64 world 110-hurdle mark of 17.2.

NORTHWEST

● **Ross Carter** (65-69), weight man from Eugene, Oregon was one of two inducted into Oregon's Football Hall of Fame for the 1930-50 era. Carter played for the U. of Oregon and pro Chicago Cardinals.

CANADA

● Additional top marks in the Canadian Masters T & F Championships in Vancouver August 23: **Stan Egerton**, M55, 200 in 25.7 and 400 in 58.9; **Lew Faxon**, M40, 5000 in 15:47.1 and steeple in 10:13; **Ray Hatton**, M45, 5000 in 15:45.9 and 10000 in 32:57; **Colin Rogers**, M40, 10000 in 33:33.9; **Ian Hume**, M65, high jump in 1.51 (4 1/2") for a new world 65-69 record; **Burl Gist** M60, 110 hurdles in 18.02 and long jump in 14'6".

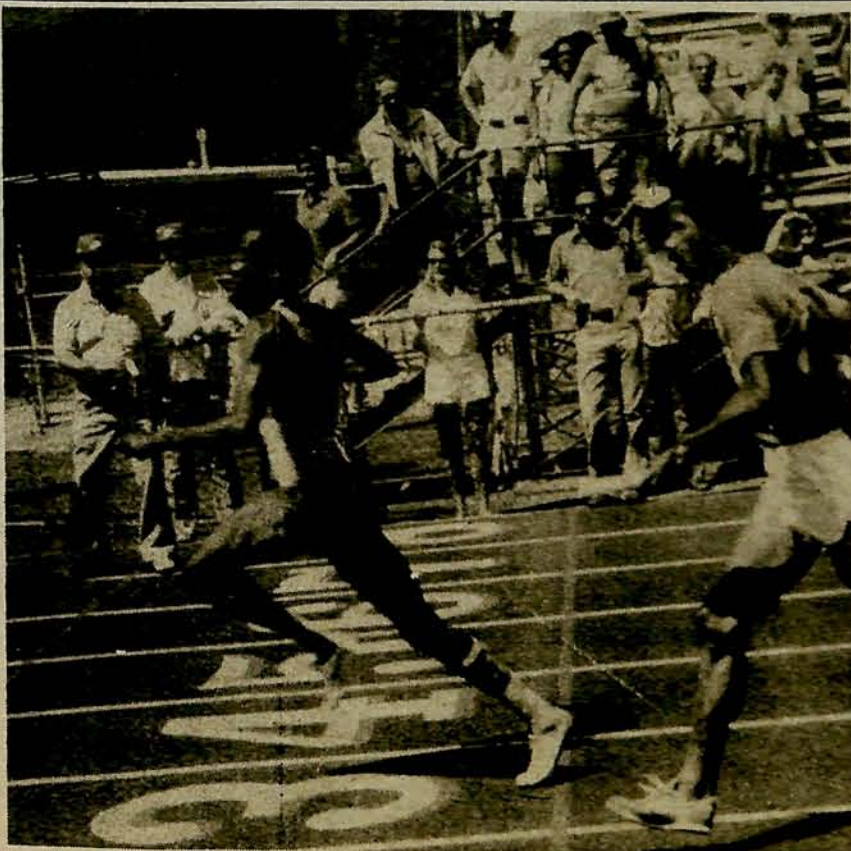
INTERNATIONAL

● **Manuel Ulacio**, 41, of Venezuela reportedly set a new world veterans 400-meter record of 47.87 in an international race in Santiago, Chile Nov. 14. If verified, the amazing mark would demolish **Jim Burnett's** 49.36 world 40-44 mark set at the U.S. masters championships last August.

● The great **John Gilmour**, 62, ran the fastest marathon ever by a man over-age-60 on Nov. 7 in Albany, near Perth, Australia. His time of 2:41:07 betters the listed 60-64 mark of 2:41:25 by Switzerland's **Karl Hasler** Aug. 24, 1980. Gilmour finished 8th overall among 100 starters in the race.

NEW AGE RECORDS -- 10 KILOMETERS

30F	34:28p	Judith Vivian	27 Jun 51	Darien	CT	6 Sep 81, CA-A
	34:14a	Kiki Sweigart				4 Jul 81, CA-A
36F	36:46	Maddy Barmeling	6 May 45	Merrick	NY	19 Sep 81, NY-A
41F	36:56	Joyce Black	1 Jan 40	Plattsburgh	NY	26 Jul 81, NE-A
44F	38:10ap	Nancy Parker		Atlanta	GA	4 Jul 81, GA-A
50F	38:20	Mila Kania	26 May 31	Warwick	NY	4 Oct 81, NY-A
51F	38:08	Marion Irvine	19 Oct 29	San Rafael	CA	11 Oct 81, CA-A
55F	42:06	Margaret Miller	12 Dec 25	Thousand Oaks	CA	6 Sep 81, CA-A
57F	40:40	Belen Dick	4 Aug 24	Los Angeles	CA	6 Sep 81, CA-A
59F	49:20	Phyllis Schwandt	31 Dec 21	Decatur	IL	2 May 81, IL-A
60F	48:18	Jaclyn Caselli	28 Mar 21	San Jose	CA	11 Oct 81, CA-A
62F	48:29	Patricia Dixon	15 Feb 19	Bend	OR	30 May 81, OR-A
63F	47:22	Kay Atkinson	23 May 17	San Francisco	CA	1 Feb 81, CA-A
	46:23a	Marcie Trent	22 Dec 17	Anchorage	AK	6 Jun 81, AK-A
65F	59:33	Adrienne Salmini	20 Nov 15	Yonkers	NY	13 Sep 81, NY-A
67F	1:11:50p	Kathleen White				1 Feb 81, AZ-A
72F	57:57	Bess James	5 Sep 09	San Jacinto	CA	6 Sep 81, CA-A
73F	1:02:34	Veallon Hixson	2 Dec 07	Sun City	AZ	1 Feb 81, AZ-A
42	31:20	Jim Bowers	6 Nov 38	Santa Rosa	CA	26 Jul 81, NE-A
	30:42a	Herb Lorenz	7 Apr 39	Willingboro	NJ	4 Jul 81, GA-A
44	31:58	Robert Packard	20 Jul 36	Flagstaff	AZ	1 Feb 81, AZ-A
45	32:45	John Brennand	15 Sep 35	Santa Barbara	CA	6 Sep 81, CA-A
	32:30a	Earl Ellis	10 Feb 36	Seattle	WA	4 Jul 81, GA-A
47	33:42	Jim Knerr	7 Apr 34	Simi Valley	CA	24 May 81, CA-A
50	33:17	Hal Higdon	17 Jun 31	Michigan City	IN	26 Jul 81, NE-A
52	34:36	Edward Stabler	30 May 29	Syracuse	NY	27 Jun 81, NY-A
57	36:59	Augustus Prince	11 Jan 24		NY	4 Oct 81, NY-A
63	42:10	Wayne Zook	29 Jan 17	San Diego	CA	18 Jan 81, CA-A
64	38:06a	George Sheehan	5 Nov 18	Red Bank	NJ	6 Sep 80, NY-C
65	39:30p	Eddie Lewin			CA	6 Sep 81, CA-A
77	54:27p	Max Popper			NY	29 Mar 81, NY-A
78	52:47b	Max Popper			NY	13 Sep 81, NY-A
36	29:17	Barry Brown		Gainesville	FL	7 Mar 81-AL
41	31:40	JIM EWING		Jackson	MS	7 Mar 81-AL
45	33:09	Larry Fuselier		Metairie	LA	7 Mar 81-AL
46	33:48p	Fenner McConnell		Gulf Breeze	FL	7 Mar 81-AL
47	34:37	Fred Kiddy		Palm Springs	CA	15 Mar 81-CA
63	41:04p	Tony Lipscomb		Demopolis	AL	7 Mar 81-AL
67	43:37	Earl Wert		Mobile	AL	7 Mar 81-AL
45F	38:11	Jennifer Wright		Indio	CA	15 Mar 81-CA
46F	39:11	Linda Sippelle		Bethlehem	PA	30 May 81-NY
65F	1:03:59	Adrienne Salmini		Yonkers	NY	30 May 81-NY



Hilliard Sumner, 35, anchors Southern California Striders to national masters age 30-39 400-meter relay championship in 43.50 to edge Matt Pruitt of West Valley.

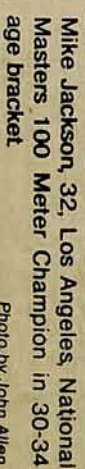
Photo by Hans Bruhner

Getting Ready for the Olympics

He works as an administrative analyst in the Chief Administrative Office for the County of Los Angeles, where one of his chief projects is the management of Olympic planning.

One of the most vital planning areas is transportation. "When you have 200,000-plus people per day (the number of 'extra' people expected for the Olympics), you can imagine the potential for traffic congestion," Jackson points out. "It boils down to determining how we can accommodate and plan for these additional people."¹⁰

One possible remedy to crowded streets, he says, would be to promote staggered work hours by employees working near the game sites. Another possibility, already under study, is to



gear up the public transportation system to carry additional riders during the games.

A balance of academic and athletic expertise makes Jackson a natural for

35	46-5	14.15	George Trenn(CA)	12/26/41	Manchester, CT	6/26/77
37	44-0- $\frac{1}{2}$	13.42	Robert Backus (MA)	7/11/26	Pembroke, MA	8/4/62
38	45-1- $\frac{1}{2}$	12.09	Matt McGrath(NY)	12/30/76	Travers Is, NY	9/26/14
39	45-6	13.75	Robert Backus(MA)	7/11/26	Carver, MA	6/30/65
40	38-10- $\frac{1}{2}$	15.87	Robert Backus(MA)	7/11/26	Beverly, MA	7/14/65
41	44-0- $\frac{1}{2}$	11.85	Pat McDonald(NY)	7/26/61	Pelham Manor, NY	9/24/21
42	39-1	13.42	Albert Hall(MA)	6/2/34	Manchester, CT	6/28/76
43	39-5- $\frac{1}{2}$	11.91	Albert Hall(MA)	8/2/34	Manchester, CT	6/26/77
44	37-11- $\frac{1}{2}$	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	8/1/24
48	37-11	11.55	Matt McGrath(NY)	12/30/76	Baltimore, MD	8/29/25
49	42-8- $\frac{1}{2}$	13.02	Robert Backus(MA)	7/11/26	Manchester, CT	6/26/77
50	44-0	12.41	Robert Backus(MA)	7/11/26	Manchester, CT	6/26/77
51	42-0- $\frac{1}{2}$	12.81	Robert Backus(MA)	7/11/26	New Britain, CT	6/24/78
52	31-3- $\frac{1}{2}$	9.85	Robert Backus(MA)	7/11/26	Baleigh, NC	5/5/79
53	38-11- $\frac{1}{2}$	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	32-6- $\frac{1}{2}$	9.82	Matt McGrath(NY)	12/30/76	Pelham Manor, NY	6/12/32
56	31-11- $\frac{1}{2}$	9.74	Matt McGrath(NY)	12/30/76	Pelham Manor, NY	6/18/35
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)	10/29/16	Yonkers, NY	6/22/35
59	12-11- $\frac{1}{2}$	5.19	Herold Parsons(CAN)	2/1/19	Baleigh, NC	4/3/76
60	17-0- $\frac{1}{2}$	5.19	Herold Parsons(CAN)	11/3/15	Baleigh, NC	5/5/79
61	22-8- $\frac{1}{2}$	6.91	Nolan Fowler(TN)	11/3/15	Baleigh, NC	4/5/75
62	24-4- $\frac{1}{2}$	7.42	Nolan Fowler(TN)	11/3/15	Baleigh, NC	4/3/76
63	25-6- $\frac{1}{2}$	7.17	Nolan Fowler(TN)	11/3/15	Baleigh, NC	4/2/77
64	22-8- $\frac{1}{2}$	6.93	Nolan Fowler(TN)	11/3/15	Baleigh, NC	5/6/78
65	20-7- $\frac{1}{2}$	6.28	Nolan Fowler(TN)	11/3/15	Baleigh, NC	5/5/79
66	21-9- $\frac{1}{2}$	6.64	Nolan Fowler(TN)	11/3/15	Baleigh, NC	10/18/80
67	25-1	7.64	Nolan Fowler(TN)	11/3/15	Arlington Hts, IL	5/14/81
68	11-10- $\frac{1}{2}$	3.62	Phillip Partridge(NY)	3/29/11	Baleigh, NC	5/5/79
69	13-4- $\frac{1}{2}$	4.07	Phillip Partridge(NY)	3/29/11	Baleigh, NC	10/18/80
70	13-1- $\frac{1}{2}$	4.00	Phillip Partridge(MT)	5/29/11	Woodstock, IL	9/13/81
71	13-10- $\frac{1}{2}$	4.22	Ray J. Connolly(MA)	11/21/06	Baleigh, NC	5/6/76
72	12-10	3.91	Ray J. Connolly(MA)	11/21/06	Baleigh, NC	5/5/79
73	12-10- $\frac{1}{2}$	5.93	Arnolda Timentis(CA)	12/14/05	Baleigh, NC	5/5/79
74	14-10	4.52	Arnolda Timentis(CA)	12/14/05	Baleigh, NC	10/18/80
75	15-10- $\frac{1}{2}$	4.84	Arnolda Timentis(CA)	12/14/05	Woodstock, IL	9/27/81
76	8-5- $\frac{1}{2}$	5.18	Arthur S. Wright(NY)	5/10/02	Baleigh, NC	5/6/78
77	13-5	4.58	Arthur S. Wright(NY)	5/10/02	Baleigh, NC	5/5/81
78	10-5- $\frac{1}{2}$	4.09	Stanley Herrmann(CA)	5/11/04	Atlanta, GA	6/13/81
79	10-5- $\frac{1}{2}$	5.18	Arthur S. Wright(NY)	5/10/02	Atlanta, GA	6/13/81

He also understands the athletic aspects of the games. The 32-year-old Baldwin Hills resident, named "All American" in track in 1970 under USC Coach Vern Wolfe, is the current national champion in the 100-meter dash in the submasters (30-34) category.

Jackson, recently cited by the U.S. Jaycees as one of the Outstanding Young Men of America, teaches public administration part-time at USC. He also serves on the Government Liaison Committee, responsible for assessing the government's role in Olympic planning.

"I get disturbed when people say they plan to be out of town during the Olympics," Jackson says. He hopes people will become aware of the extensive Olympic planning and recognize what he considers the *advantages* of being Olympic hosts—more revenues for the city, more international recognition for Los Angeles, and a chance for millions of people to view a truly exciting event. ☐



Photo by Richard Lee Slotkin

from JENNIFER HESETH

Bjorg Austrheim-Smith, 38, first woman in June's Western States 100-mile Endurance Run, led the females in 11:39.

The challenging event began at 3:45 a.m. from the south rim of the canyon. First group headed down the famous Kaibab Trail with flashlights in pitch black, 29 degree weather, where one false step could be disastrous.

The second, faster group left at 6:30 a.m. The 6.5 mile trail drops 5000 feet from the 7000-foot rim to the 2000-foot canyon floor. Then the hikers traverse the floor along the Colorado River for 7 miles. Then up the north rim trail then back down then finally back up the Kaibab's grueling 6.5 miles. It's a race you must finish, since there's no other way to get out except to climb out. The survivors agree it was a memorable experience not to be missed.

Results in back pages. □



ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JAN. 1962

[illegible]

3rd Annual Athletics Congress Convention

Reno - December 4-8, 1981

MINUTES OF MASTERS TRACK & FIELD COMMITTEE MEETING

1981 Outstanding Awards went to: Athlete: Jim Burnett and Judy Fox; Administrator: Bruce Springbett and Fred Mannis; Race-Walker: Lori Maynard and Gordon Wallace.

Merger within TAC with the Masters LDR committee was voted down, 15-4.

National Records Chairman Pete Mundle was voted \$2000 for past efforts, and \$200 per month in 1982. \$200 was voted to the keeper of the indoor records.

The executive committee is to select delegates, within 60 days, to the North American Championships, Pan-American Championships, and World Association of Veteran Athletes.

National championships were approved for Wichita, August 6-8 (outdoor) and Boston, March 27-28 (indoor).

Jim Weed was unanimously re-elected chairman for 1982. Elected to TAC committees were:

Law and Legislation	Bob Fine
Budget and Audit	Jack Greenwood
Marketing/Media	Danny Thiel
Sports Medicine	Jerry Donley
Officials	Ken Kirk
Records	Pete Mundle
General Programs	Danny Thiel
Athletes Advisory	Ron Salvio
Rules	Mimi St. Clair
Membership	Bob Langenbach
Board of Directors	Jim Weed & Ron Salvio

Ron Salvio and Bruce Springbett were voted co-vice chairmen. Weed appointed Joanne Grissom and Irene Obera as co-women's vice-chairwomen; and Jerry Donley, Sec'y.

The committee voted to bid for the 1982 World Veterans Decathlon Championships on the west coast, and approved Houston for the 1983 national championships, one week prior to the 5th World Games in Puerto Rico (Sept 23-30, 1983).

The executive committee is to consist of Weed, Donley and the 4 Vice-chairpersons.

Val Schultz said Nike will match Penn Mutual's 1982 budget of \$15,000 with "in-kind" equipment.

It was voted to form a committee of masters T&F and LDR members to look into national uniforms.

The committee approved that legislation be submitted to TAC for Masters to officially expand down to age 30. Ron Salvio and Danny Thiel will draft legislation.

Reports prepared by sub-committee chairmen Bruce Springbett, A.J. Puglizevich and Chuck Klehm were okayed, as follows:

CHANGES TO RULE 251:

1. Championships. Track and Field

a. Indoor Track and Field events

60 yards, 300 yards, 600 yards, 1000 yards, mile run, two mile run, one mile relay, two mile relay, two mile walk, shot put, long jump, high jump, 35 lb. weight throw, 60 yard high hurdles, pole vault, triple jump.

b. Outdoor Track and Field events

Addition of pentathlon to the given list of events.

2. Championships. Race Walking.

No changes proposed.

3. Technical Rules

The technical rules of the Open

T&F Committee under the Athletics Congress and the IAAF shall be followed with these exceptions:

a. Eligibility

1. Any person age 30 or over on the 1st day of the meet is eligible.
2. The age group in which you compete is determined by your age on the 1st day of the meet.
3. All members of a relay team must be registered in the same club. Unattached teams may run, but not count in official results (no awards).
4. There shall be no regional restrictions to any Masters competitor involving awards or eligibility to compete.

b. Age Divisions

All divisions will be 5-year divisions, except for relays, which will be 10-yr divisions.

c. Competition in Age Divisions

1. A competitor may run in a younger age division, but may not compete in an older age division.
2. If a competitor runs in a younger age division, that athlete must compete in that age division in all subsequent individual events. Relays are excluded from this restriction.

d. Starting Blocks and Stance

The general starting rule is waived. Use of blocks and stance is discretionary by competitor.

4. Hurdles

Spacing. All high hurdles spacing shall be: 15 yards to 1st hurdle; 10 yards between each hurdle; 15 yards to finish.

Exceptions: Women 30-49 and men 70+: 100m hurdles; standard spacing.* Women 50+: 80m hurdles standard spacing.* 8 hurdles. (*42' 7 3/4" to 1st hurdle; 27' 10 1/2" between each hurdle)

Heights - Men	110m	400m
30-39	39"	36"
40-49	36"	33"
50-59	33"	30"
60+	30"	30"

Heights - Women

30-39	33"	30"
40+	30"	30"

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

Shot Put

	Men	Women
30-39	16 lb.	4 kilo
40-49	16 lb.	4 kilo
50-59	12 lb.	3 kilo
60+	8 lb.	3 kilo

Heavier weights may be thrown by an individual at the meet director's discretion. All throws by an individual must be made with the same weight.

Javelin

	Men	Women
30-39	800 gm.	600 gm.
40-49	800 gm.	600 gm.
50-59	800 gm.	400 gm.
60+	600 gm.	400 gm.

Discus

30-39	2 kilo	1 kilo
40-49	2 kilo	"
50-59	1.6 kilo	"
60+	1 kilo	"

Hammer

30-39	16 lb.	8 lb.
40-49	16 lb.	"
50+	12 lb.	"

Indoors

50-59	35 lb.
60+	25 lb.

MEET DIRECTORS GUIDELINES

1. Order of Events for 3-day meet

- a. Day One
5000m walk, 400m heats, 10,000 finals in 5-year divisions (as far as possible), Pentathlon (6 hours)
- b. Day Two
Steeplechase

MEET DIRECTORS GUIDELINES

A. Order of Events for 3-Day Meet

1. Day One
 - 1) 5000m walk Pentathlon
 - 2) 400m heats
 - 3) 10,000m finals in 5-year divisions (as far as possible)
2. Day Two
 - 1) Steeplechase Pole vault
 - 2) 110 hurdle heats Long jump
 - 3) " " finals Hammer
 - 4) 800m finals Shot put (seeded sections if necessary)
 - 5) 100m heats
 - 6) 100m finals
 - 7) 400m finals
 - 8) 400m relay
 - 9) 3200m relay
3. Day Three
 - 1) 5000m run High jump
 - 2) 20k walk Triple jump
 - 3) 400m hurdles Javelin
 - 4) 1500m
 - 5) 200m trials & finals
 - 6) 1600m relay

B. General Guidelines for meet conduct.

1. Order of competition in all events, including field events: women first; oldest to youngest. Where trials are involved, that age division moves to the end of order competition (except 400m)
2. All field events run in at least two sections.
3. Pre-registration for all events, except relays.
4. Meet Director supplies one implement in each age division.
5. Awards: Medals for 1st 3 places; national certificates for 6 places; championship patches for all events.
6. General Rule 90 is in effect field events.
7. Copy of meet results to national records chairman, National Masters News, TAC National and Regional offices within 30 days.
8. Request officials from regional office at earliest possible time.
9. Wind gauge must be on hand.
10. Weights and measures official must be on hand.
11. Make sure enough lap counters are available in all distance races and walks.
12. Meet Director shall have the authority to request proof of age and/or a medical certificate attesting to the competitor's physical ability to compete. In addition, a hold harmless clause shall be signed by each competitor.
13. Publicity pictures (black &

white) a must. Please identify individuals and write a summary of the meet.

14. Hurdle heights should be printed on the results sheet.
15. 30-39 year-olds will use 39" heights for the 110-meter hurdles.
16. A records clerk should be appointed to verify and submit records.
17. The local Penn Mutual agent should be contacted for support, publicity, etc.
18. The entry form should be printed in the National Masters News in the two issues prior to the meet.
19. In competition, combining age groups should be avoided when possible.

MASTERS T&F BUDGET FOR 1982

TAC T&F Funds	\$5000
National Masters News	\$2400
National chairman (phone, stamps, etc.)	500
Awards (2 race walking, 2 outstanding athlete, 2 administrative)	150
Executive committee convention expenses	700
World Decathlon Championships	1250
	\$5000
Penn Mutual National Sponsorship Funds	\$15000
National T&F Champs (outdoor)	4000
National T&F Champs (indoor)	2000
National Decathlon/heptathlon championships	500
National Pentathlon	250
National Weight Pentathlon	250
National Masters News (reserve--contingent on need)	2000
7 regional meets @ \$450 (outdoor)	3150
4 regional meets @ \$450 (indoor)	1800
Masters records	1100
National chairman's budget	500
	\$13550
Contingency Fund	1000
Executive Committee Convention expenses	450
	\$15000
World Masters Decathlon Championship	4000
	\$19000

MINUTES OF MASTERS LONG DISTANCE RUNNING COMMITTEE MEETING

from J. J. Perry, Secretary

The committee voted to reject the merging of masters T&F with masters LDR.

1982 Championship sites were awarded (see chart on page 3).

Outstanding awards went to:

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

The Otto Essig Award for meritorious service to masters LDR went to Bill Shrader.

A new award was voted for outstanding conduct of a masters championship race to Race Director Ed Lang and the Houston Masters Sports Association for the 10K Cross-Country Championships Nov. 21

Continued on page 20

Continued from page 19

(And to Penn Mutual, 1st City National Bank, and Roy and Mary Cullen.)

The committee voted to approach the open LDR committee to explore the possibility of including the 30-39 age group in masters championships, with jurisdiction and sanction residing with the open LDR committee.

lected were:

IGA Rep	Tony Diamond
WAV Delegate	Bob Boal
" "	Mary Cullen
" Alternate	Chas DesJardin
TAC committees:	
Law and Legislation	Richard Mochrie
Budget and Audit	George Vernosky
Marketing/Media	Laurel James
Sports Medicine	Harold Greenberg
Officials	J. J. Perry
Records	Bob Gilmore
General Programs	Tony Diamond
	Jim Puckett
Athletes Advisory	Danny Thiel
Rules	George Kleeman
Membership	Bob Langenbach
Board of Directors	Bob Boal
	Chas DesJardins

Officers:

Treasurer	George Vernosky
Women's vice-chair	Mary Cullen
Men's vice-chair	Bob Fine
Corres. Secretary	George Braceland
Recording Sec'y	Jerome Perry
Chairman	Bob Boal

Final allocations of the \$15,000 Penn Mutual sponsorship monies were made, and a 1982 budget was approved as follows:

1981 MASTERS LDR ALLOCATION OF PENN MUTUAL'S \$15,000 SPONSORSHIP		
Championship Races		\$9000
N. Carolina Mara	\$1000	
Snohomish 10K	1500	
New Orleans 5K	1000	
Washington 15K	1000	
New York 15K XC	1000	
Houston 10K XC	1000	
San Diego 5K XC	1000	
Postal 1-hr	500	
Adirondack 30K	1000	
National Running Data Center		1500
National Masters Newsletter		1600
" " (Promotion)		1900
Pete Mundle - records		1000
TOTAL EXPENSES - 1981		\$15000

1982 MASTERS LDR BUDGET:

REVENUES:		
TAC	\$ 5000	
Penn Mutual	15000	
TOTAL REVENUES		\$20000
EXPENSES:		
Championship Races	\$10000	
National Masters Newsletter	5000	
Travel for committee members	3000	
Communication	1000	
Advertising	500	
Miscellaneous	500	
TOTAL EXPENSES		\$20000



Mike Davis, 31, New Lenox, Ill., 1981 National Masters age 30-34 Pentathlon Champion.

Randall, Fox Win National 10K

continued from page 1

acquired some motivation to excel. On Nov. 8th, at the Eastern Regional Masters 10K Championship in Shrewsbury, Mass., Randall beat Ernie Dumas, 30:55 to 31:22, ending Dumas' New England Masters hegemony. Randall's time, if the fast course is accepted by the NRDC, would be only the 2nd sub-31:00 by a U.S. master.

Randall ran track at Springfield (Mass.) College in 1963, but has coached and played squash in recent years.

The talent-bedecked race was voted the top masters long distance race of the year by the Athletics congress. Runner-up Lorenz, named master-of-the-year, set 3 U.S. road records in 1981. Hatton, who turns 50 on February 4th, has been awesome. Conway won back-to-back national masters championships at 10K and 15K in the early autumn.

Fox, although not in top shape after a summer in Europe, bested an outstanding women's field. Sippelle took the 45-49 crown from last year's winner, Dorothy Stock, who finished 4th today. Third was Sister Marion Irvine, 52, of San Rafael, Calif. Newcomer to national masters competition Shirley Matson of San Diego just nosed out Susan Redfield of Marblehead, Mass. for 5th.

Local favorite Al Lawrence led the men's 50-54 division much of the way, but when George Vernosky of the Potomac Valley Seniors passed him at 4 miles, that race was over. Defending 50-54 champ Bill Stock of San Diego was nipped for 3rd by Canadian Bob Bowman.

Local Gene Askew won the 60-64 title while his wife Lida, former champion race walker, corralled the W50-59 crown. Eddie Benham came from Maryland to capture the 70-74 men's division in a fine 49:21.

Houston's First City Bank lent impressive sponsorship to the race, including travel for six leading runners. The race was videotaped for local showing and for possible distribution on cable TV. Hugh Cohn of Comar Associates had 8 cameras on the race, including a mobile unit. Jerry Trupiano, Houston sports announcer, and Val Schultz, NIKE Masters' Program Manager, provided the commentary.

Nike saw fit to provide transportation for several other masters, accounting for a field as good as any in the race's history.

The generosity of Roy and Mary Cullen, together with First City Bank, provided 3 buffets for all race entrants. The Cullens opened their home to all runners last night. After the race, snacks were available at the awards ceremony.

The weather was cool, clear and dry—rare for this Gulf Coast metropolis. Rain would have turned the course into a quagmire, but the tight runs and sharp ascents tested everyone well enough. At the ceremony, the course designer, Don Slocombe, was "honored" with boos and cat calls. All in jest, of course.

All agreed that Race Director Eddie Lang and the Houston Masters Sports Association did an excellent job on the complex, tightly woven course.

Nearly 300 runners, all 40-and-over, ran in this championship event. The fine support of First City Bank, Penn Mutual Life Insurance Co., NIKE and numerous generous Houstonians made it a memorable event. □

Results in back pages.



Irvine Sets 50+ Mark

continued from page 1

overall. Scannell, the 1980 U.S. woman master-of-the-year, broke 2:50 for the first time, placing 4th overall.

Pat Thomas, 41, of Seattle was 3rd woman master in 2:54:04. Pat Whittingslow, 41, of Oakland ran 2:58:25 for a total of five masters under 3 hours.

Complete results will be in next month's issue. Among top male masters was Glynn Wood (2:39:14). Sal Vasquez, 41, was the first master in the concurrent half-marathon in 1:07:50.

US Road Running Records

- 10 kilometers -

as of 1 Dec 81

Men	Time	Name	State	Date	Location
	28:12	Thom Hunt	(22, AZ)	1 Feb 81	at AZ
	28:04a	Craig Virgin	(25, IL)	4 Jul 81	at GA
Women	32:24	Patricia Catalano	(27, MA)	13 Oct 80	at MA
Men 16-19	29:37	Steve Ortiz	(19, CA)	5 May 79	at CA
35-39	29:17	Barry Brown	(36, FL)	7 Mar 81	at AL
40-44	31:20	Jim Bowers	(42, CA)	26 Jul 81	at NE
	30:42a	Herb Lorenz	(42, NJ)	4 Jul 81	at GA
45-49	32:45	John Brennan	(45, CA)	6 Sep 81	at CA
	32:30a	Earl Ellis	(45, WA)	4 Jul 81	at GA
50-54	33:17	Hal Higdon	(50, IN)	26 Jul 81	at NE
55-59	34:06	Jim O'Neil	(55, CA)	19 Oct 80	at CA
60-64	38:23	Don Longenecker	(64, NM)	19 Aug 80	at CO
	38:06a	George Sheehan	(64, NJ)	6 Sep 80	at NY
65-69	43:37	Earl Wirt	(67, AL)	7 Mar 81	at AL
	39:30p	Eddie Levin	(65, CA)	6 Sep 81	at CA
70-79	42:08	Monty Montgomery	(73, CA)	25 May 80	at CA
80+	58:47	Noel Johnson	(80, CA)	16 Dec 79	at CA
Women 16-19	33:41	Lynn Jennings	(19, MA)	8 Oct 79	at MA
	33:30p	Martha White	(18, PA)	3 Jun 78	at NY
35-39	34:23	Judy Fox	(39, CA)	5 Apr 80	at CA
40-44	35:23	Miki Gorman	(43, CA)	17 Sep 78	at CA
45-49	36:29	Mila Kania	(49, NY)	5 Oct 80	at NJ
50-54	38:08	Marion Irvine	(51, CA)	11 Oct 81	at CA
55-59	40:40	Helen Dick	(57, CA)	6 Sep 81	at CA
60-69	46:44	Althea Wetherbee	(61, NY)	27 Sep 80	at NY
	46:23a	Marlie Trent	(63, AK)	6 Jan 81	at AK
70+	57:57	Bess James	(72, CA)	6 Sep 81	at CA

NIKE SUPPORTS MASTERS ATHLETES

JANUARY 16. PENN MUTUAL/TAC MID-AMERICA REGIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS, Lincoln, Nebraska. Contact: Forest Doling, 5030 S. 65th St., Lincoln NE 68516. (402) 483-4842.

JANUARY 22. PHILADELPHIA CLASSIC, Masters 4-lap relay (176 yds to a lap). 5 or 6 teams. Contact: Bert Lancaster, 6014 Chew Ave. Philadelphia PA 19138. (215) 438-1024.

JANUARY 30. NIKE/PORTLAND INDOOR T&F MEET, Masters 60 yd., 60 yd. hurdles (tentative), 500, 1000, Mile, 50+ mile (tentative), women's masters mile. Al Tappering, meet director. Contact: Val Schultz (503) 641-6453.

FEBRUARY 19-20. SAN FRANCISCO INDOOR GAMES AND OLYMPIC DEVELOPMENT MEET, Cow Palace. 10-year age brackets from age 30 thru 60+ for both men and women. (30m, 40m hurdles, 600m, 1500m, 1800m relay, 3000m relay, LJ, HJ, SP, plus men's pole vault.) Contact: Jim Terrill, PO Box 764, Los Altos, CA 94022. (415) 964-9238.

MARCH 14. TAC EASTERN REGIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS, West Point, N.Y. Contact: Tom Talbott, 55 Frontier Rd., Cos Cob, CT 06807. (203) 869-7992.

MARCH 27-28. PENN MUTUAL/TAC NATIONAL INDOOR MASTERS TRACK & FIELD CHAMPIONSHIPS, Boston University Fieldhouse, Boston. Contact: John Pistone, 186 Commonwealth Ave., Boston MA 02116. (617) 266-4227.



LONG DISTANCE RESULTS

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

BERKSHIRE MASTERS 10K WESTFIELD, MASS.

M40 P Van Garderen	34:05
C Keating	34:23
J McCusker	35:36
M45 L Montgomery	35:38
D Bamford	35:56
G Barney	37:23
M50 T Sapienza	35:34
P Watson	36:36
T Bick	36:47
M55 B McCaffrey	36:11
C Hammen	39:34
L Williams	39:47
M60 E Buckley	41:05
D Mackenzie	41:43
H House	42:59
M65 W Brobston	44:29
W Steckmest	45:03
R Phinney	46:59
M70 J Carroll	52:05
E Estle	53:10
J Marinucci	55:43
M75 L Pqwsen	56:54
J Labaj	61:59
P Perry	88:14
M80 W Danieff	84:38
F Fetter	96:51
W35 T Hosmer	40:45
B Davis	43:18
J Hynes	45:42
W40 B Schumacker	46:54
J Matlack	48:17
J Hall	50:05
W45 P Miller	46:21
J Rasmussen	46:57
A Stockman	49:08
W50 R Webber	43:27
H Fosse	46:29
P Wojtowicz	56:37
W55 C Bills	55:20
G Allen	59:53
R Stern	75:01
W60 J Price	55:26
R Kurpiel	57:09
H Belliveau	70:13

325 finishers. 286 men.
39 women.

ANNAPOLIS 10-MILER ANNAPOLIS, MARYLAND

M40 Mike Sabino	54:59
Dick Jamborsky	56:45
Ray Harrison	57:10
Chandler Robbins	57:50
Warren Ohlrich	58:41
M50 Herb Chisholm	60:50
Hugh Ferry	63:15
Ed Benham	63:49
Tom Momiyama	63:53
Dave Shenkenburg	65:42
M60 Fletcher Hanks	73:09
Pete Andrews	76:18
Albert Booth	83:48
Willard Roberts	86:06
Ed W Benham	86:22
W40 Sylvia Shiner	70:09
Dianne Headen	71:08
Anne Barnett	75:11
Betsy Crowley	79:11
Jill Mottus	79:14
W50 Dorothy Bright	88:49
Margaret Cochran	91:42
Anne Nauman	96:35

HERNDON 10-MILE RUN HERNDON, VA. SEPT 13, 1981

M40 Dick Hipp	56:18
Dick Jamborsky	57:51
Carl Kuhn	59:52
Tom Kurihara	60:06
George Marienthal	61:39
M50 Tom Brown	68:23
Bill Osborne	68:50

Martin Sullivan	69:03
Jack Barnet	69:30
Dixon Hemphill	70:49
W40 Patricia Turner	79:22
Eleanor Clift	83:18
Marian Gillen	94:55
Scotty Harlan	94:59
Lynn Lilienthat	95:07

ATLANTA MARATHON

Open Dick Buerkle	2:21:36
M35 Jeff Galloway	2:43:56
Joe Dahm	2:52:32
Kent Campbell	2:53:53
M40 Doug Webb	2:47:39
Gene Berry	2:55:58
Bill Ehrhardt	2:56:21
M45 George Conn	2:58:52
Paul Robinson	3:07:54
Joe Roberts	3:12:05
M50 Ben Gross	2:53:49
Don Shoup	2:53:52
Warren Culpepper	3:07:40
M60 Elliott Galloway	3:31:30
H T Marshall	3:42:31
Walter Knox	3:44:14
W40 Julia Emmons	3:11:26
Shirley Carter	3:59:30
Rita Tomassini	3:59:47

HEART OF SAN DIEGO MARATHON

M40 Steve Stoiloff	2:38:55
Joe Gassmann	2:40:55
Fred Kiddy	2:41:13
M50 Dick Robinson	2:50:34
Jan Fekkes	2:52:20
Chuck Anderson	2:53:58
M60 George Boyle	3:18:30
Don Dilworth	3:24:39
Leo Leonard	3:28:17
W40 Margaret Fee	3:15:10
Una Marie Pierce	3:24:36
Barbara Woods	3:25:52
W50 Anne Johnson	3:29:11
Caroline Earl	4:14:39
Florence Larson	4:53:37
W60 Gerry Davidson	4:16:34
Open Tim Varley	2:20:23
1761 men. 255 women.	

BALBOA PARK 8-MILE RUN SAN DIEGO, CALIF.

M40 Dan McCaskill	46:01
Dale Larabe	47:54
Ray Sablan	48:10
M50 Jim O'Neil	49:16
Marsh Karaden	50:20
Bill Stock	51:09
M60 Wayne Zook	57:07
Don Dilworth	59:19
W40 Dorothy Stock	53:22
Shirley Matson	56:45
Judy Splitberger	59:13
W50 Anne Johnson	56:03
Nicki Hobson	56:27

PEPSI CHALLENGE 10000 METER SERIES. 1981 NATIONAL CHAMPIONSHIP RESULTS. OCT 4.

1 Bob DeCastella	24 28:44
49 Tom Laris	41 32:22
57 Bob Fischer	41 32:34
60 Ray Stevens	40 32:39
63 Fritz Mueller	45 32:51
68 Calvin Loomis	42 33:11
69 Ken Winn	44 33:12
71 Hal Higdon	50 33:20
72 Tom Mayfield	42 33:25
74 Bob Paklaian	45 33:28
82 Russ Bassett	40 33:53
84 Mel Levinson	41 34:05
87 Tony Sapienza	52 34:29
91 Ken Jones	51 34:47
95 Ruben Vigil	54 35:08
96 Ed Stabler	52 35:20
104 Joe Burns	52 35:59
129 Joyce Black	40 37:47
136 Mila Kania	50 38:20
157 George Sheehan	62 40:43
146 Julia Emmons	40 39:45
150 Karen Holoppa	45 39:59

1ST ANNUAL COLISEUM MALL 10K, HAMPTON, VA. OCT. 17.

M40 Lew Faxon	32:04
Bryan Hawley	33:29
Ed Brinkley	34:21
M50 Jim Alexander	38:37
Warren Bourn	39:34
Bob Andrews	40:53
M60 George Sheehan	38:38
Vernon Geary	45:24
Joe Moore	53:22
W40 Betty Dameron	47:42
Frances Adams	47:44
Eleanor Raines	48:16
W50 Rachel Bourn	44:10
Elizabeth Poyser	46:35
Ellen Andersen	51:02

COMPUTER RUN

Sponsored by New York Road Runners
Date: October 18, 1981 10:30 AM
Distance: 5 Miles
Check-In: Men-1291, Women-589,
Total-1880
Finishers: Men-1040 and 2 racewalkers,
Women-437 and 2 racewalkers,
Total-1291.
Weather: Hazy, windy, mid-fifties

Vol A (40-44)	
1. Pott, Nicholas, 44-CPTC	28:49
2. O'Connell, James, 40-Millrose	28:52
3. Saffer, Steven, 40-West RR	28:56

Vol B (45-49)	
1. Bialokur, Witold, 46-FPTC	28:50
2. Hirsch, George, 47-NYC	29:26
3. Pauling, Clifford, 47-NYMasl	30:02

Masters (50-59)	
1. Burns, Joe, 52-Millrose	28:38
2. Puma, Albert, 52-PPTC	30:54
3. Ryan, Jack, 51-GNYAA	31:33
4. Mahler, Jerry, 52-NYC	32:58
5. McAlpine, Harry, 51-PPTC	33:06

Seniors (60-69)	
1. Sheehan, George, 61-Shore	30:52
2. Rios, Wilfredo, 64-LNTC	32:38
3. Gibbons, Tom, 60-Millrose	34:00

70 and over	
1. Martin, Luis, 70-NJ	39:46

Racewalkers	
1. Blake, Barry, 26-NJ	45:40
2. Null, Gary, 36-NYC	47:57
3. Stevens, Howard, 41-CPTC	49:05

Award Winners—Women

Vol A (40-44)	
1. Thornhill, Anna, 41-Millrose	31:06
2. Schonfeld, Polly, 42-Millrose	33:24
3. Kevles, Barbara, 41-NY	35:56

Vol B (45-49)	
1. Oh, Judy, 45-NYC	38:38
2. Clode, Christine, 45-NJ	39:34
3. Ballester, Georgina, 47	43:09

Masters (50-59)	
1. Dickinson, Christine, 52-Mill	42:19
2. Rose, Florence, 51-NY	44:10

Seniors (60 and over)	
1. Salmini, Adrienne, 65-NJM	46:46

Racewalkers	
1. Giovanucci, Rita, 46-SI	59:29
2. Benjamin, Audrey, 45-SI	59:29



U.S. MASTERS RUNNING TOUR OF CHINA OCTOBER 14-NOVEMBER 1, 1981

10 KILOMETERS

	BEIJING	NANJING	WUXI	HANGZHOU
M40-44				
Jim Ewing	33:18	35:02	31:57	33:08
Herb Lorenz	33:18	34:51	30:52	31:51
Jim Puckett	43:45	46:15	46:01	42:52
Val Schultz	37:56	38:43	35:19	36:21

M50-54

Jim Waste	42:50	45:53	41:45	42:58
Roy Cullen		60:00	54:30	
Tom Fong	44:35	46:42	42:46	

M55-59

Jim O'Neil		49:25		
George Puterbaugh	40:47	43:45	38:58	
Alex Ratelle	35:40	38:43	34:35	35:45
Harold (Pat) White	41:25	45:11	40:04	42:18

M60-64

Ary Elderkamp	41:31	45:05		
Norm Hanson	40:05	43:01	39:37	40:04
Ed Shaffer	41:22	43:27	39:47	40:55

M65-69

Bob Mactarnahan	54:55	52:14	51:51	54:26
M75-79		5K	5K	5K
Sing Lum	70:55	34:51	31:34	31:15

5 KILOMETERS

35-39				
Linda O'Neil	31:06	31:03	28:00	28:52

W40-44

Mary Cullen	20:23	21:15	19:31	20:01
-------------	-------	-------	-------	-------

W45-49

Barbara Carlson	21:16	22:28	20:43	20:36
Patricia Ratelle	26:11	27:10	25:29	26:07
Frances Widmann	22:26	23:11	21:06	21:16

W50-54

Ruth Anderson	20:28	21:43	20:16	20:23
Frances Sackerman	20:51	22:08		20:23
Marilyn Waste	25:13	26:08	24:47	24:29

W55-59

Anna Fong	30:50	31:34	30:47	29:08
Virginia Shaffer	31:26	34:06	30:50	29:41
Helen Pain	30:58			

W60-64

Jane Nordstrom	25:27	27:06	25:01	25:29
Ruth Mactarnahan	37:10	34:27	30:47	32:59

W70+

Marilla Salisbury	39:18	45:49	41:40	42:54
-------------------	-------	-------	-------	-------

from Ruth Anderson

SANTA BARBARA MARATHON

OCTOBER 18, 1981.

M40 Kemp Aaberg	41 2:56:23
M50 Bob Carman	50 3:10:55
M60 Paul Richel	60 3:33:08

SHAKER SQUARE 10K CLEVELAND, OCTOBER 25.

M40 Randall Mount	33:31
Larry Patterson	35:19
Jay Frier	36:23
M50 Bill Moir	38:06
Matt Norris	39:09
Carl Siderski	39:28
W40 Sandra Knott	37:31
Annette Johnson	43:56
Jean Toth	44:41
W50 Denise Cohn	48:30
Dorothy Hartky	51:21
Barbara Wilson	52:37

EARTHQUAKE 10K RUN HOLLISTER, CAL. OCT. 31.

Open Jeff Shaver	21 31:28
M40 Glynn Wood	47 34:01
Juan Arredariz	41 35:52
John Hutcherson	37:38
M50 E R Silver	50 37:13
Bob Farrington	50 38:37
Dave Peterson	51 41:18
M60 John Popper	61 43:25
Toby Solorzano	68 53:05
Allan Rosenberg	53:12

MULTIPLE SCLEROSIS/MILLER LITE 10K, JOHN CARROLL U. CLEVELAND, OHIO. OCT 31.

M40 Randall Mount	34:00
M50 B Moir	39:58
M60 Douglas Watts	42:55
W40 Sandra Knott	38:25
W50 Denise Cohn	50:27
W60 Helen Williams	65:37

MACY'S MARATHON & 10K KANSAS CITY, MO. NOVEMBER 1, 1981.

Open Robert Busby	2:23:43
M40 Clarence Wiedel	2:43:42
Joe Schrag	2:50:06
Tom McIntire	2:50:33
Roy Freeman	2:51:28
Garry Gribble	2:55:41
W40 Nancy Hamaker	3:49:13
Norma Sutton	3:54:56
Dixie Ubben	4:12:59
Sandy Burry	4:17:06
Barbara Whitaker	4:20:23
M50 Jerry Morrison	2:57:10
Don Newton	3:11:24
Keith Couch	3:13:38
Pete Mitchell	3:15:02
Pete Butler	3:16:03

1000 registered. 736
finishers. Wind & rain.

10K	
Open Mark Culp	29:37.9
M40 Clyde Davidson	33:15.5
Carl Owczarak	36:35.8
Jim Buckley	36:48.2
Wally Brawer	37:43.7
H R Ward	38:18.1
W40 Marilyn Potter	45:44.5
Fay Wheaton	46:53.5
Kay Clemons	48:03.0
Jeannie Hindman	48:26.1
Carol Moellenhof	48:21.7
W50 Gerald Witten	37:54.0
Frank Kolb	39:4

PENN MUTUAL/TAC NATIONAL MASTERS
10 KILOMETER CROSS-COUNTRY CHAMPIONSHIPS
HOUSTON, NOVEMBER 21, 1981.

NAME AGE TIME

Men 40-44

1	Kirk Randall	40	34 10
2	Herb Lorenz	42	34 15
3	David Hambly	42	34 43
4	James Ewing	42	34 53
5	Dan Conway	42	34 58
6	Chuck Downey	42	35 15
7	Bill Meinhardt	41	35 16
8	Dan McCaskill	40	35 54
9	Bob Mohler	41	36 24
10	Dennis O'Hare	41	36 32
11	Al Huff	43	36 34
12	James McLatchie	40	36 54
13	Robert Langenbach	44	36 57
14	Allen McDaniel	41	37 01
15	Philip St John Baker	40	37 13
16	Arthur Conro	44	37 22
17	Maurice Pratt	44	37 39
18	John Hobbs	40	37 42
19	Thomas McClelland	40	37 52
20	Ted Jagen	41	38 14
21	Tony Gorry	41	38 48
22	Allan Gibson	43	39 11
23	Helmuth Heneman	40	39 51
24	Michael Farrar	40	39 52
25	Bernie Finch	41	40 20
26	Bobby Beathard	44	40 32
27	Gary Thornton	40	40 49
28	James A Yarbrough	40	40 50
29	Mack Stewart	44	41 17
30	Cecil Smith	40	41 18
31	Bredo Johnson	42	41 33
32	David Kirkman	40	42 27
33	Gerald Hoffman	40	43 00
34	Richard Arbough	41	43 54
35	David Hannah	41	43 54
36	Robert Lawrence	41	44 15
37	William Downs	43	44 28
38	Philip Bradley	43	44 29
39	Fred Steves	40	44 39
40	David Brossette	40	44 49
41	Neal Seymour	44	44 51
42	Jim Briske	42	45 00
43	Travis Buck	42	45 21
44	Carl Whately	44	45 22
45	Clark Swartz	40	45 32
46	Charles Burgess	42	46 43
47	Jim Norton	43	46 48
48	Earl Erickson	40	47 08
49	Francis Koop	41	47 14
50	David Harvey	41	47 15
51	John Archibald III	42	47 22
52	T Michael Boyle	40	48 03
53	Albert Williams	40	48 30
54	Carl Isgren	43	48 50
55	Jim Wilkerson	42	49 17
56	John T Demusz	44	49 40
57	Yezdi Rustomji	40	50 34
58	R L Bertram	41	50 36
59	Robert Razminas	43	50 51
60	Daniel Withers	42	50 57
61	Ken Feltman	40	51 12
62	William Jennings	40	51 20
63	Marion Williams	44	53 51
64	Bob Thompson	42	54 48
65	Emil Young	40	56 07
66	Bruce Neal	41	56 30
67	Ron Ellerbeck	43	57 08
68	Peter Greene	42	58 32
69	Fred Garcia	44	59 03
70	Lynn Rehm	40	59 05
71	G E Thomas	41	1 05 41

Men 45-49

1	Ray Hatton	49	34 35
2	Derek Marfey	47	35 52
3	Inu Cantu	47	36 15
4	Kent Guthrie	45	36 25
5	David Pitkethly	45	36 44
6	Roger Bryan	45	36 48
7	Charles Waggner	49	41 09
8	Charles LeBourgeois	47	41 59
9	Rudy Gonzales	46	42 36
10	Lucky Heath	45	42 48
11	Boris Balic	45	43 44
12	Roger Johnson	45	45 10
13	Glenn Gremillion	46	45 44
14	George Donehoo	46	45 46
15	Jon B Campbell	48	45 55
16	Robert Johnston	45	46 30
17	Austin O'Toole	46	46 34
18	George Ortiz	46	46 42
19	Fred Babet	47	46 45
20	Wayne Stone	45	46 55
21	Gardner Campbell	47	47 21
22	Karl Lambrecht	45	47 27
23	Thomas Ledbetter	46	47 45
24	Cyrus Strong	49	49 34
25	Phillip Blachof	49	49 46
26	Ed Myers	46	51 18
27	Claude Vickers	47	51 29
28	Robert Carrow	45	51 37
29	John T Schmidt	49	51 57
30	Skippy Collins	45	52 12
31	William Inglehart	49	52 29
32	Charles Pettitt	45	54 41
33	Ronald M Smith	47	55 40
34	Ned J Moore	46	55 42
35	Robert Jon Montgomery	46	1 02 07
36	Mervin Dial	46	1 04 51

Men 50 54

1	George Vernosky	51	37 03
2	Al Lawrence	51	37 28
3	Bill Stock	52	39 00
4	John Stowers	53	40 00
5	Tom Sturak	50	40 01
6	Robert Ellis	51	40 29
7	Claud Edmiston	51	41 41
8	Gene Brock	53	41 43
9	Bill Rousseau	54	44 33
10	Gilbert Reyna	54	44 51
11	Tom Bass	54	45 01
12	E Reyna	51	46 36
13	Richard Merrill	50	46 38
14	Jim Walters	52	47 15
15	Bill Miller	53	49 15
16	Earl Littman	54	49 28
17	Beck Smith	53	50 09
18	James Stafford	53	52 03
19	Perrin White	53	52 07
20	Paul Merriman	54	52 30
21	James Ohman	54	52 32
22	John Dockray	53	52 58
23	Ed Hilla	51	53 15
24	Fred Kongabal	52	54 58
25	Rocky Duke	53	54 30
26	Joseph Guigley	50	57 24

Bob Bowman (Canadian) 50 37 41

Men 55 59

1	Cecil Brown	56	44 23
2	Ken Durrett	57	45 47
3	Robert Kiser	57	46 37
4	John Lippincott	57	47 56
5	Don Teter	56	48 35
6	Carl Lenz	56	50 51
7	William Carmichael	58	52 00
8	Charles Nelson	57	53 38
9	Jack Stockton	58	55 21
10	Stanley Kirk	59	56 42
11	Austin Kennada	59	1 05 29

Men 60 64

1	Gene Askew	61	47 28
2	Oscar Carpenter	61	50 22
3	Denman Stanfield	62	53 04
4	Martin Reynolds	60	55 31
5	Harold Hards	62	57 26

Men 65 69

1	Dorse DuBois	68	47 31
2	Paul Katsuro	65	52 08
3	Ralph Osborn	68	52 18
4	Raymond Horn	65	1 07 54

Men 70 74

1	Edward Benham	74	49 21
---	---------------	----	-------

Men 75 79

1	George Dorsee	79	1 22 58
---	---------------	----	---------

NAME

AGE

TIME

Women 40 44

1	Judy Fox	41	42 12
2	Shirley Matson	41	43 14
3	Joan Ulliot	41	44 13
4	Mary Jo Gillaspay	40	46 12
5	Maria Johnston	44	46 57
6	Esther McCormick	41	48 18
7	Elizabeth Blair	41	48 45
8	Joan Egan	40	49 34
9	Carol McClellan	40	51 14
10	Ruth Ford	43	51 48
11	Nancy Lynn Laird	40	54 35
12	Carolyn Rankin	40	54 36
13	Gerda Boykin	42	1 02 54
14	Margaret Montgomery	40	1 06 55
15	Diane Clements	40	1 08 17

Women 45 49

1	Linda Sippelle	47	42 33
2	Dorothy Stock	49	42 53
3	Susan Redfield	45	43 22
4	Kay Duplichan	45	46 52
5	Libby Marks	46	50 14
6	Pauline Babet	45	1 00 37
7	Gece Edwards	48	1 01 38

Women 50 54

1	Marion Irvine	52	42 35
2	Gloria McLeod	53	56 48
3	Annie Stafford	50	1 02 19
4	Mary Snyder	51	1 02 26
5	Shirley Smith	50	1 04 20
6	Pat Merriman	51	1 06 35

Women 55 59

1	Lida Askew	55	58 06
2	Florence Lang	56	1 05 49
3	Florence McTaggart	59	1 06 02

Gulf TAC Age Group Winners

Men

40 44

1	Bob Mohler	36 24
2	Jim McLatchie	36 54
3	Allen McDaniel	37 01

45 49

1	Inu Cantu	36 15
2	Rudy Gonzales	42 36
3	Boris Balic	43 44

50 54

1	Al Lawrence	37 28
2	John Stowers	40 00
3	Bob Ellis	40 29

55 59

1	Cecil Brown	44 23
2	Ken Durrett	45 47
3	Robert Kiser	46 37

60 64

1	Gene Askew	47 28
2	Denman Stanfield	53 04
3	Martin Reynolds	55 31

65 69

1	Dorse DuBois	47 31
2	Paul Katsuro	52 08
3	Ray Horn	1 07 54

Women

40 44

1	Mary Jo Gillaspay	46 12
2	Elizabeth Blair	48 45
3	Joan Egan	49 34
(Sather McCormick 48 18)?		

45 49

1	Susan Redfield	43 22
2	Kay Duplichan	46 52
3	Libby Marks	50 14

50 54

1	Gloria McLeod	56 48
2	Annie Stafford	1 02 19
3	Shirley Smith	1 04 20
(Mary Snyder 1 02 26)?		

55 59

1	Lida Askew	58 06
2	Florence Lang	1 05 49
3	Florence McTaggart	1 06 02

TEAMS

1	Houston Harriers		
	Jim McLatchie	36 54	
	Al Lawrence	37 28	
	Bob Mohler	36 24	
	Jim Yarbrough	40 50	
	Phil Baker	37 13	
	TOTAL	3 08 49	

2 Terlingua

	Ino Cantu	36 15	
	Allen McDaniel	37 01	
	Claude Edmiston	41 41	
	Rudy Gonzales	42 36	
	Boris Balic	43 44	
	TOTAL	3 21 17	

TEAMS

OPEN

Snohomish Track Club			
Derek Mahaghey	35 52		
David Hambly	34 43		
Dennis O'Hare	36 32		
Dave Pitkethly	36 44		
Al Huff	36 34		
TOTAL	3 00 25		

Houston Harriers			
Jim McLatchie	36 54		
Al Lawrence	37 28		
Bob Mohler	36 24		
Jim Yarbrough	40 50		
Phil Baker	37 13		
TOTAL	3 08 49		

Terlingua			
Ino Cantu	36 15		
Allen McDaniel	37 01		
Claude Edmiston	41 41		
Rudy Gonzales	42 36		
Boris Balic	43 44		
TOTAL	3 21 17		

50 Teams

Bay Area Running Club			
John Stowers	40 00		
Tom Bass	45 01		
Bill Rousseau	44 33		
Beck Smith	50 09		
Bob Ellis	40 29		
TOTAL	3 40 12		

GRAND CANYON DOUBLE
TRAVERSE, NOV. 8, 1981
41 MILES, ARIZONA.

1	Allyn Cureton	44 4:51:23
2	Rae Clark	29 8:27:07
3	Ken Young	39 8:40:20
4	John Cappis	39 9:08:35
5	Bjorg Austrheim-Smith	38 11:39
6	Paul Bush	43 11:51
7	Richard Rossow	25 13:04
8	Jennifer Hesketh	36 13:12
9	Mary Kennedy	30 13:56

from Bob Martin

NICKEL CITY FIFTY
BUFFALO, NEW YORK
NOVEMBER 15, 1981

1	Frank Bozanich	37 5:17:09
2	Bill O'Brian	50 6:25:

TENTH ANNUAL EASTERN MASTERS ATHLETIC CONGRESS REGIONAL 10 KILOMETER CROSS-COUNTRY CHAMPIONSHIPS. NOVEMBER 15, 1981, VAN CORTLANDT PARK, BRONX, N.Y. 31° - 41° F

MEN	CLUB	AGE	TIME	PL	50-54	CLUB	AGE	TIME	PL
30-34					50-54				
VASILY KONDOLES	ML	30	34:56	2	GORDON MCKENZIE	NY	54	36:31	7
GARY TOMPKINS	AA	31	35:11	3	JIM SUTTON	PM	50	37:25	11
JOHN BRENNAN	CP	32	36:02	5	HERB KANIA	NY	50	39:06	12
ROGER YERGEN	CP	30	37:59	13	JOE BURNS	ML	52	39:46	24
LARRY PRICE	UN	32	38:34	15	TOM CAMERON	ML	51	41:05	33
BILL HART	ML	23	40:23	19	BOB FINE	NY	50	42:01	41
STEPHEN GOODWIN	NR	30	52:43	83	JOSEPH SIMONTE	CP	53	42:08	44
35-39					MARY STEIN	NY	51	43:03	49
STEWART TUCKER	CP	39	36:01	4	BURK JABLON	NY	54	43:47	53
MIKE BRUNO	PP	35	37:58	11	PARKER JONES	NY	51	45:41	60
BEN O'REILLY	PP	37	38:16	14	ROBERT GALLANTY	ML	50	48:30	69
FRANK LAUB	UN	35	41:41	37	AL KIRLAND	WY	51	51:01	76
ED KRALES	NY	39	41:42	38	BERT DANIELS	UN	51	52:17	80
BOB PFEFFERMAN	UN	39	50:24	73	RON VALIENTE	NY	50	52:23	81
					JOE McDOWELL	UN	51	57:14	96
40-44					55-59				
OSCAR MOORE	PC	43	34:27	1	WALTER BROWN	PP	56	41:45	39
PAT BURKE	ML	41	36:54	8	BOB MILLER	PP	56	42:15	45
SID HOWARD	CP	42	37:24	10	JIM STOLFUS	NY	55	42:24	47
JOHN GARLEPP	ML	43	38:52	16	STANLEY EDELMAN	CP	57	46:43	62
BOB LAUFER	CP	43	39:17	18	MORT KAIL	UN	57	47:36	65
ROBERT GOODEN	ML	43	39:35	20	DES MARGETSON	UN	55	50:17	72
DONLEY	ML	44	39:38	21	MAURICE POST	UN	56	51:39	78
PETER BAUSCHACHER	NY	40	39:40	22	JOEL MATOS	UN	55	53:06	94
NORMAN GOLUSKIN	CP	43	40:00	26	60-64				
JOSEPH BROWN	CP	42	40:18	28	JOHN HUBBARD	UN	62	46:57	93
HENRY EPSTEIN	UN	42	40:46	30	MATHANIEL WHITE	SC	62	47:54	97
JACK SEXTON	VC	42	40:53	31	JOHN AYER	CP	62	54:11	85
AL MEEHAN	VC	40	40:59	32	FRED WAITE	PP	64	56:17	88
FRANK BYRNE	UN	42	41:08	34	ED DEWEY	NY	61	56:36	89
ERWIN KORFF	VC	43	41:39	36	AL VESEL	NY	62	78:46	99
ED SMALL	PC	43	41:52	41	65-69				
KEN FINE	NY	40	42:20	46	RAY DESCHAMBAULT	SC	68	52:23	82
HECTOR SANTIAGO	VC	44	43:33	52	WALT WESTERHOLM	ML	66	54:52	86
MARVIN SKAGERSBERG	WY	43	44:15	55	GEORGE JAFFE	NY	66	58:32	92
ROBERT DOLPHIN	UN	44	44:20	57	GEZA KORDA	NY	65	68:33	97
VICTOR CARR	VC	42	44:46	59	70+				
JOHN DIESEN	NY	40	49:26	71	AARON FIALKOW	UN	70	47:54	68
PETER ZUREA	UN	42	55:46	87					
45-49					WOMEN				
FRITZ MUELLER	CP	45	36:22	6	35-39				
RUSS BONHAM	IN	49	37:11	9	ANN MOORE	UN	35	50:37	74
KEN BAKER	NY	45	39:24	19	SALLY GAVIN	UN	36	50:47	75
LOU STERN	PP	47	39:42	23	ANN FANNING	UN	38	70:23	98
GEZA FELD	NY	48	39:57	25	40-44				
WALT MCCARTHY	NY	49	40:06	27	CONNIE SALAMON	NY	42	58:04	91
ERIC SEIFF	UN	48	41:24	35	BILLYE MCEN	GN	44	58:59	93
MIKE FRANKFURT	ML	46	42:05	43	50-54				
NOEL BYRNE	WR	47	43:06	50	MILA KANIA	ML	50	41:48	40
HERB SCHON	CP	49	43:23	51	CHRIS MCKENZIE	NY	50	47:39	66
DON DENIG	NY	49	44:17	56	AUDRY JACOBSON	NY	53	49:30	95
GUNTHER DAUTH	NY	46	44:37	58	45-49				
RALPH PERRY	ML	49	46:02	61	KATIE KNIGHT	ML	46	51:09	77
ROBERT HOWARD	NY	46	47:15	64					
JOHN PERONI	UN	46	48:39	70					
EDMUND KOSS	UN	47	52:05	79					
THOMAS DIMEO	UN	49	54:10	84					
ROBERT SELVA	CP	42	43:00	48					

PENN MUTUAL/TAC NATIONAL MASTERS 5K CROSS-COUNTRY CHAMPIONSHIP. BALBOA PARK, SAN DIEGO. NOV. 28, 1981.

M30	Græme Shirley	35	16:45
	Dennis Kasischke	35	17:04
	Dave Garcia	31	17:32
	Mac Larson	33	17:40
	Steve Waggener	37	17:46
M40	Frank Duarte	40	16:47
	Skip Shaffer	43	16:50
	Bill Meinhardt	41	17:05
	Bob Mohler	41	17:13
	Dan McCaskill	40	17:17
	Marv Rowley	42	17:42
	Bart Coventry	40	17:56
	Juergen Richter	44	17:57
	Will Rasmussen	41	18:00
	Dale Larrabee	40	18:02
	Tom Richards	40	18:07
	George Cohen	41	18:13
	Walt VanZant	42	18:27
	Dick Belliveau	40	18:31
M45	Andre Tocco	46	17:18
	Bill Crum	46	17:32
	Kent Guthrie	45	17:40
	Bill Gookin	49	18:01
	Myron Nevraumont	47	18:35
	Scott Wotkins	46	18:47
	Tom Hillary	45	19:07
M50	Bill Stock	52	18:15
	Tom Sturak	50	18:47
	Rod Johnson	52	18:59
	Chuck Anderson	51	19:05
	Patrick Devine	50	19:07
	Gunnar Linde	53	19:18
	Delbert Teter	50	19:20
	Wally Evertz	52	19:22
	Marsh Haraden	51	19:24
M55	Ken Bernard	55	22:57
	Dave Pain	59	23:50
M60	Don Dilworth	62	21:44
	Wayne Zook	64	22:09
	Phil Castle	64	22:17
	Red Isom	62	23:13
M70	Dick Whittemore	70	28:33
M75	Willard Benton	77	28:57
M80	Paul Spangler	81	28:43
M30	Mindy Ireland	30	19:23
	Cathy Fogarty	39	21:00
M40	Shirley Matson	21	20:21
	Patty Pastore	41	21:37
	Faye Heldoorn	44	22:17
	Lynn Flanagan	41	22:33
M45	Jennifer Wright	46	19:54
	Vicki Bigelow	46	20:14
	Dorothy Stock	49	20:15
M50	Helene Laurent	47	22:13
M55	Anne Johnson	53	21:12
	Nicki Hobson	50	22:29
	Bea Lovell	51	26:21
M55	Mary Storey	57	22:52
	Mary Isom	56	30:02
	Hazel Klein	59	30:16
M60	Gerry Davidson	60	26:25
	Betty Criscuolo	64	34:58
M70	Bess James	72	33:34
	Felicitas Salazar	72	37:23
68 men. 23 women.			
TEAM SCORES:			
M40 Culver City AC	25		
M50 San Diego TC	15		
M60 San Diego TC	15		
W40 San Diego TC	40		
W50 San Diego TC	6		
W60 San Diego TC	6		
from Bill Stock and Ken Bernard, co-race directors			



12TH ANNUAL DELEGATES RACE. 3RD ANNUAL ATHLETICS CONGRESS NATIONAL CONVENTION. RENO, NEVADA. DEC. 6 1981. 3.1 MILES

1 John Brennan	46	16:12
5 Val Schultz	40	17:05
6 Bob Langenbach	44	17:19
7 Ray Vandersteer	47	17:20
9 Ken Young	40	17:56
11 Chas DesJardins	45	18:10
18 Tony Diamond	52	19:41
19 Ken Bernard	55	23:25
20 Alvin Chriss	51	24:40
21 Jim Crakes	52	26:38
24 George Kleeman	40	27:12
25 Dale Hosbenor	56	27:46
26 Dick Hollander	59	27:47
28 Dean Ingram	42	31:25
29 Howard Jacobson	51	31:25
30 Bob Boal	69	32:46

Women		
1 Doris Heritage	39	18:06
4 Lolita Bache	39	19:56
5 Miriam St. Clair	40	27:45

PA/TAC 1981 40K RACE WALK CHAMPIONSHIP; OAKLAND MARATHON AND HALF-MARATHON WALK. DECEMBER 6, 1981.

Open 40K		
Bill Ranney	46	3:30:27
Dennis Gustafson	38	3:55:38
Walt Jaquith	38	4:19:58
Bernie Kaufman	42	4:57:36
Open half marathon		
Beth Sibley	36	1:58:38
Rob Robinson	38	2:08:56
Byron Edwards	59	2:23:01

AVON WOMEN'S FOUR MILE CENTRAL PARK-NYC

Sponsored by NYRR
Date: November 14, 1981 12 Noon
Distance: 4 miles
Check-in: 1797
Finishers: 1535 and 19 racewalkers.
Total: 1554
Weather: Slightly overcast, mid 40's
Order of Finish

1 Thornhill, Anna, 41-Millrose	24:22
2 Parmelee, Patty Lee, 41-Atalan	24:35
3 Kuscsik, Nina, 42-GNYAA	24:40
4 Bartee, Hermine, 42-DPTC	25:04
5 Grace, Julianne, 44-Millrose	25:06

1 Tickner, Natalie, 48-CT	28:19
2 Knight, Kate, 46-Millrose	28:22
3 Chou, May, 45-Hartsdale	28:39
4 Cadmus, Marueen, 47-NJ	28:40
5 Balfour, Samara, 45-NYC	28:50

1 Moore, Alicia, 51-NYC	28:49
2 Tighe, Nancy, 50-Atlanta	28:51
3 Franco, Bunny, 50-CPTC	29:09

1 Rodriguez, Mary, 60-GNY	33:06
2 Spooner, Mary Lou, 60-NJ	34:56
3 Havens, Evelyn, 65-Island TC	37:15

POWERS FERRY 3-MILE ATLANTA, NOV. 14.

M40 Fred Wellman	17:53
M45 Bob Jones	17:17
M50 Casey Jones	19:32
M55 Dan Whyte	24:04
M60 Lew Lockhart	23:57
W40 Sherry Turner	23:48

WISHBONE 5K & 10K LOS ANGELES, NOV. 22.

5K		
M40	Marty Austgen	18:31
	Mark Levine	19:23
	Allen Peters	19:31
M50	Patrick Devine	18:04
	Avery Bryant	19:03
	Layne Crisp	20:11
W40	Kathie Owen	22:10
	Loretta Smith	24:11
	Mildred Harrison	24:30
W50	Nicki Hobson	20:01
	Carol Kerster	28:14
	Nan White	29:07

10K		
M40	Chris Bourke	35:14
	Roger Murray	36:13
	Tom Cosgrove	37:44
M50	Bill Fitzgerald	38:17
	Frank Fiedler	40:11
	Con Eroon	41:09
W40	Dobi McDougall	43:13
	Pauline Vaughn	47:36
	Ann Martin	53:30
W50	Colleen Jones	48:53

PENN MUTUAL/TAC NATIONAL MASTERS 15 KILOMETER CHAMPIONSHIPS BRONX, NEW YORK. NOVEMBER 29, 1981

40-44			50-54		
BOB FISHER	52:46	ML	GORDON MCKENZIE	56:00	NY
TONY BAYLISS	54:33	SN	ED STABLER	57:38	SC
*JAMES SALMON	55:06	UN	HERB KANIA	58:11	NY
PAT BURKE	56:17	ML	JOE BURNS	60:01	ML
JOHN GARLEPP	56:34	ML	KEN JONES	60:50	NY
ED DONAGHUE	57:24	SN	TOM CAMERON	62:01	ML
BILL WALSH	57:45	WR	MARVIN STEIN	64:22	NY
N. POTT	59:01	CP	TONY DIAMOND	65:04	PV
DON CAFFREY	58:21	ML	BOB FINE	65:54	NY
MORT BREKELLER	58:56	ML	PARKER JONES	68:06	NY
JIM FILLIS	59:36	ML	H. McALPINE	68:48	PP
GEORGE LUKE	60:03	SC	BOB WHEELER	70:08	UN
*SCOTT MARSH	55:33	SN	ED CLEARY	73:35	UN
ART REILLY	60:55	ML	R. GALLANTY	76:12	ML
JACK SEXTON	60:56	VC	RON VALIENTE	77:36	NY
HENRY EPSTEIN	61:50	UN	SANTA DALLA	81:22	PV
AL MEEHAN	61:56	VC	JOE McPOWELL	101:44	UN
FRANCIS BYREN	62:31	UN			
JIM DOOLEY	62:55	ML			
JAMES NEWTON	65:38	VC			
HEE SANTIAGO	66:03	VC			
KEN FINE	67:34	NY			
RUSS ROBINSON	69:08	FK			
RICH WENDLINGER	69:16	UN			
CORT BROOKS	69:31	UN			
R. SHOUNMACHER	69:34	UN			
VICTOR CARR	70:19	VC			
GARY JUDELSON	70:33	VM			
NARINS	71:00	SD			
JOEL SALZURULO	72:27	PP			
RON TUCKER	74:07	NY			
JERRY SULLIVAN	76:28	NJ			
DENNIS CONKLIN	77:53	PP			
JOHN CLARKE	85:36	UN			
	</				



"WE HAVE LIFTOFF."

To be honest, our Columbia isn't *exactly* like their Columbia.

But talk about thrust. Wait until you're atop that refined Air-Sole™. It's not quite the same as 6.65 million pounds of rocket propellant. But it's enough to move you about two percent faster, or two percent farther.*

And the ride. It's awesome.

Even if you don't experience total weightlessness.

Equally important, it's a ride that will last. Because we built this Columbia strictly for training flights. Big, long ones. After more than 800 miles, laboratory tests showed virtually no loss of cushioning. And wear on the new Anatomical outsole — minimal.

We've even come out with a model that has the exact same per-

formance characteristics. The Aurora. For women only.

Now, you don't see NASA doing that.

Naturally, this kind of technology doesn't come cheap.

But look at it this way. You can buy one of theirs. Or about 20,000,000 of ours.

*Compared to shoes of similar weight.

