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 Sipprelle, 46, of Santo Domingo, who claimed the 45-49 crown.

Palmason, Scannell Break 2:50

Irvine Sets
Women's 50+
Marathon Mark

OAKLAND, Calif. 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.


Irvine, the Dominican nun from San Rafael, Calif., 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

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 34:45.

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 Lars in the 10,000 meter run. His 32:55 went relatively unnoticed next to Lars' 31:09. His 6th place finish in the heralded 1500 (4:09.5 behind Billups, Cohen, Lars, 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

Continued on page 20
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 1967, 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

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 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 height with 10 yards between. That was ratified at the TAC Convention in Reno. So that's it. No more confusion. Hurdlers hope to persuade WAVA to adopt the U.S. standards. —Ed.)

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 Sippelre
Santo Domingo

Kiddy's Suspension

Sandy received this telegram from TAC's Ollan Cassell.

As a result of your participation in the Jordonche Rose Bowl Marathon on November 22, 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 competition, 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 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 Jordonche Rose Bowl Marathon, she was unemployed (along with 8 million others), trying to raise a son single-handedly, and broke, having to borrow the airfare from Hawaii to L.A. She won the first prize for women in this race as well as the next Jordonche 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 put out, 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 RRGA 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.)
Track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMM, P.O. Box 2372, Van Nuys CA 91404.

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


**February 13.** 2nd Annual Masters Indoor T&F Meet. Cincinnati. Bill Schmier, Univ. of Cincinnati, MI, 21, Cincinnati OH 45221. (513) 475-5708.

**February 21.** Midwest Regional Masters 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.

**EAST**


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

**February 7.** NY Masters Indoor Track Championships, Allen Field House, Univ. of Kansas, 3:30 p.m. Clint House, 5030 S. 65th St, Lincoln NE 68516. (402) 483-4842.

**February 22-23.** TEA Indoor T&F Meet. Lawrence Indoor Masters Track & Field Championships, Allen Field House, Univ. of Kansas, 3:30 p.m. Clint House, 5030 S. 65th St, Lincoln NE 68516. (402) 483-4842.

**WEST**

**January 2.** 16, 30. January 12. All-comers T&F meet. Mt. SAC College, Walnut, Calif. 10 a.m. (714) 594-3367.


**January 9.** All-comers T&F meet. Santa Barbara City College, Calif. 10 a.m. (805) 965-4567.

**January 15, 22, February 5 (Fridays).** All-comers T&F meet. Cal State Long Beach, 7500 Bellflower Blvd., Long Beach, Calif. 213 249-6169.

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

On Tap for January TRACK & FIELD:

The Challenge of the Ages Indoor Masters T&F Meet. High School 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 T&F meet featuring masters events.

DEADLINE

NMM is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters 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 Cliney, Box 223, Boston, MA02219. 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. Noon
January 24. Central Park, N.Y. 15K, 11 a.m.
January 30. Central Park, N.Y. 20K, Noon
March 28. Delaware County 10K, Media, N.Y. 11:30 a.m.

SOUTHEAST
January 10. Central Park, N.Y. 6-mile run, 7:00 a.m.
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.

SOUTHWEST

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


WEST
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.

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

CANADA

INTERNATIONAL
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.

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

1982 MIDWEST MASTERS SCHEDULE

Feb. 21 Regional Indoor T/F Meet ACE 20 + over
8:00 pm Forest View High School
2120 Goebbert Road Arlington Heights, IL
March 26 Indoor T/F Meet ACE 30 + over
8:00 pm Forest View High School
2120 Goebbert Road Arlington Heights, IL
June 27 Outdoor T/F Meet (OPEN MEET)
7:00 am York High School
Elmhurst, Illinois
August 1 Regional Masters Outdoor T/F Championship
7:00 am Regional Masters Outdoor T/F Championship
Elmhurst, Illinois
August 20 5K Road Championship (OPEN RKM)
7:00 am Lake Bluff Jr. High School (Mt. 176 & Sheridan Ed.)
Lake Bluff, Illinois
August 21 5 Mile Cross Country (OPEN RKM)
10:00 am Veterans Park
Crestview, Illinois
Dec. 26 30K Road Championship (OPEN RKM)
9:00 am Lake Bluff Jr. High School (Mt. 176 & Sheridan Ed.)
Lake Bluff, Illinois

Entry Fee: $5.00

For more information, contact:
Wendell Miller
185 N. Lalonde
Chicago, IL 60601
(312) 233-1330

NOTE: Unless otherwise noted, all races are Open to All other Runners, regardless of age. All events on an all-weather basis.

1982 FRANKLIN STRIDER RACE SCHEDULE FIGURO, SD

Sun., April 4 5K Record Section 2 National postal RAC one hr run with two hr option and 10 mile option.

Sat., April 3 Open Track Meet - USDU Invitation

Sun., April 18 13th Annual Longest Day Marathon Registered at USDU Intram
Certified course: race 9:00 am

Sun., May 22 2nd Annual Gary Bentley 20K Registered at USDU Intram
Certified course: race 8:00 am

Sun., June 5 50th Annual Jackrabbit 15 Registered at USDU Intram
Certified course: race 7:00 am

Sat., July 4 9th Annual Jim Emerson 15 Registered at USDU Intram
Certified course: race 7:00 am

Sun., July 12 2nd Annual Susan Thomas 10K Registered at USDU Intram
Certified course: race 6:00 am

Sun., Oct 3 30K Section 1 National postal RAC one hr run with two hr option and 10 mile option.

* Denotes that special entry fees are needed for these races. Entry forms and information about any of the above events can be obtained from USDU Track Office. USDU, Brookings, SD 57007. (605) 688-5926.
Triathlon
Weightlifting
Photoby Bob Watanabe
Track & Field
^Svim Biing in Los Gatos Pacific Regionals
Despite a pulled calf, tough field in national championships, Dick Marlin of Modesto, Calif, has been
in training in the masters program for 11 years, 50-54 age bracket in the Sacramento Relays

In 1981, he won the 100-meter dash in the TAC Western Regionals and the TFA Long
Distance swimming, winning in the masters division for 1981 "commemorative patch. The
LDR awards may vary from $200 to $2000 from Penn Mutual's $15,000 grant to LDR, enabling it
to almost double its expenses. The committee members called the $15,000 grant to LDR, enabling it
to almost double its expenses. The committee members called the NO. OF SUBSCRIBERS
issue of July 1982, and a possible $2000 from Penn Mutual, plus a special "outstanding
inscribed trophy/plaque from Penn Mutual, plus $2600 from Penn Mutual's LDR budget.
In 1982, the paper will again receive $200 per month from the TAC funds, plus $200 from Penn
Mutual for new subscribers. In 1982, the paper will again receive $200 per month from the TAC
funds, plus $2000 from Penn Mutual's LDR budget.

Another change is that the paper is
no longer a rag. The national masters sports festival will be held in conjunction with
Philadelphia's 300th birthday by participating in the country's first multi-sport Masters
Games. Assist Philadelphia, one of the United States' most historic cities, in celebrating
its tricentennial in 1982.

The National Masters Sports Festival will be held in conjunction with Philadelphia's
300th birthday by participating in the country's first multi-sport Masters
Games. Bring your family to share in one of the greatest national events of 1982.

The National Masters Sports Festival will be held in conjunction with Philadelphia's
300th birthday by participating in the country's first multi-sport Masters
Games. Bring your family to share in one of the greatest national events of 1982.

From The National Masters Sports Festival
Sponsor: The Penn Mutual Life Insurance Co.
Address: 530 Walnut Street, Philadelphia, Pa 19172

The National Masters Sports Festival will be held in conjunction with Philadelphia's
300th birthday by participating in the country's first multi-sport Masters
Games. Bring your family to share in one of the greatest national events of 1982.
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 NMM, Conway captured two national championships recently. On Sept. 26, he won the Penn Mutual/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 himself said, "I don’t put myself in theRon 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."

Conway has several titles in various events, including the 10K and the 15K. He is a 35-39 champion in 100, 200, 400, and 800 meters. 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 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 won 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 observed. 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."

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**Masters Age-Records 1981**

Compiled by National TAC Masters Chairman Pete Mindle 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 over as of Jan. 1, 1981.
- U.S. Age Bests for outdoor events in all age groups at major meets, age 40 and up as of Jan. 1, 1981.
- Men’s U.S. Masters Indoor and Outdoor National Championship Records...
- 48 pages. Thousands of entries. Full 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 ______

John Brennand, 45, Santa Barbara, was 1st Master in Tetrick 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.

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To All Participants in the 1981 Track & Field Championships:
The Los Gatos Athletic Association (L.G.A.A.) would 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 year's 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.

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**Track & Field Championships**

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<th>Women 30-39, 40-49, 50-59, 60+</th>
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<tr>
<td>Events:</td>
<td>Men: High hurdles, 60 yd., 400 yd., 110 yd. hurdles, 200 yd., 2-mile race, 800 yd. run, long jump, high jump, pole vault, triple jump, 3-mile race walk, 4-mile relay.</td>
<td>Women: 110 yd. hurdles, 60 yd., long jump, mile, 440 yd., 880 yd. run, 1-mile race walk, 1-mile relay.</td>
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<tr>
<td>Entry Fee:</td>
<td>$7 for 1st event; $4 for each additional event. $16 for relay team.</td>
<td>$7 for 1st event; $3 for each additional event. $16 for relay team.</td>
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**Events Entered** (1st best time in 1980-81)

| 1 | 2 | 3 | 4 | 5 |

**T-Shirt Size:**

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**Total Fee Enclosed:**

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<th>Fee</th>
<th>Event</th>
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**Mail to:**

Jim Stomaker, 1000 W. 9th Terr., Overland Park KS 66212.

**Deadline:**

February 8, 1982

**Entry Blank**

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 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 $2 per year, and the Age-Record Book, which sells for $5.00. 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 Jim Hinkle and Kathy Griger. It contains all the age-group records from ages 25 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 welcome anyone who wants to be a part of the Masters Sports Association.

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

**Membership Dues:**

<table>
<thead>
<tr>
<th>Membership Dues</th>
<th>Donation</th>
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Make Checks payable to: MASTERS SPORTS ASSOCIATION.

Mail to: John Popovich, 2411 23rd Ave., Arvada, CO 80005.

**Entry Blank**

The LSU Track and Field team hosted the 1982 National Indoor Masters TFA Championships on January 14, 1982. The event was sponsored by LSU track coach from New Orleans from Houston's Jim McLatchie.
The View From 50
by HAL HIGDON

Hal Higdon, a long distance runner who has retired from competition, recalled last winter and plunged into an immediate depression. "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. 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, people4lining the course yell at you, "It’s all downhill from here!" Actually, 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 would not 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 semi-retirement 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 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 cannot go home, and having completed one half century, I may not be bound 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. What D.H. Lawrence called ‘beautiful old age’ is not recognized." 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. Dicsus threw Al Oerter, automaker 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.

"By becoming a master athlete at age 40, I did not overcome the aging process, I merely postponed it." 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 declared that doctor and again attempted the sport of track and field, and 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.

"By becoming a master athlete at age 40, I did not overcome the aging process, I merely postponed it." Later, when in my 30s, I visited another doctor for a regular physical exam. The doctor leaned toward his chair, removed his eyeglasses, ad 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 racers end their careers against the wall TuraOne—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 betine displays a similar downward tilt. Seeing a former batting champion swing into the dish 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 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 Grand Rapids. Take a running vacation Write for more details, plus a free copy of "The Running Tourist." 301 West Highway 20 Michigan City, IN 46360
face, he might have been in his 70s, but he had the movements of a man several decades younger. The man was Scotsman Duncan Mac Lean, 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 race-walking 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 in 1956 and later converted from runner to racewalker. Jack’s father also took up that sport out of an interest in fitness.

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."

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 Mac Lean, a competitor in the 100 meter dash, which he won in 21.7 seconds. Duncan happened to be 93 at the time.

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Meet Phil Larson and Judy Fox (Part II)

Judy Fox's running credentials exceed those of Phil Larson (featured in the December 1981 issue of NMM), 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 eight 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's body's messages and breathing patterns. She can 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.

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 remarkable 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!"

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800 Compete in Norway

by ROLAND JERNERYD

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

Inga Sarnama of Finland set 4 world marks in her W75 division: javelin (21.54), shot (7.20), high jump (1.60), long jump (2.58).

Victor Anderson of Sweden set M75 records in the discus (16.08) and shot (11.26). In the M60 category, Kaarlo Jouppila of Finland threw the discus 52.46 for a new global best.

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

Krostofer 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 4:17.

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

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

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odyssey October 14th from San Francisco, with a brief touchdown in Tokyo to break up a 13 hour flight to Beijing. (Peking.)

Our 10:10 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.

Out U.S. "Team" won most of the divisions in the 10 Km for men and 5 Km 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.

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 Yangzze 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-

From Hangzhou 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 wet 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 Hongkong.

What I certainly came away with from this trip was the fullness and richness of experiences 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.)

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George Vernosky, 51 of Bethesda, (261) reeled off a new U.S. 50-54 10 mile record of 58:43 in Maryland, and won the 50-54 division of the Penn Mutual/TAC National Masters 10K Cross-Country Championships in Houston.
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 energies 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 Stuckey's?" 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 feeling 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 Diddley, "the doing you get isn't worth the doing you get". Furthermore, the chicks don't go for weirdos all caught up in glycerine and hydration. They go for guys with telephones in their ears, 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 litty 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 there? Any women? What's ya going out at? Got any Band-Aids? Still married? Are you Lee Flaherty? Got any vasceline? How's your hip? Where're you from? Chicago, huh — the Windy City — isn't Martin 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.

On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

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 crosscountry championship for The Hawaii Advertiser when he slipped in some mud. "I was being attended to by a military physician while I interviewed 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.

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 5:30 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 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 cartilage. 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 its cracked up to be. The marshalls, water, police and any and all inducements 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.
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.
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 submasters 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 shippin' 'n' shillin' 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 made it a slow one, then it's up the switchback hill and across the grass to the short mile of slightly down-sloping sidewalk and a final 500 yards of grass and dirt to the finish.

This race was 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 women's race was pretty well spread out in all divisions except 45-49. The winner of the race was Jenny Wright who attended College of the Desert this fall and the 46 year old swifte was the top runner for their women's 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 they'd both have been headed for the hospital! The recovery rate of well conditioned athletes is amazing.

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.

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 sixth. Joe Simonett, 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 37 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, age 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, who finished seventh in the 50-54 division ran fifty one seconds faster and finished seventh.

Results in back pages.
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 veteran tables 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, Stanhooke 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 at 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.


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 Bedford Park near Havering-Hornchurch February 6th, and the 1982 National Veterans Championships at Parlia Hill Fields, Hampstead Heath, on March 14th.

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."

"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. "I gave the spanning road bridges a picture perfect image," Knott reflected. "It was very inspiring."

"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."
Masters Scene

NEW ENGLAND


- Barbara Pike, 40, of Concord, Mass., was 1st woman in the race in a swift 3:17:39.


- George Sheehan, 40, of Derwood, Maryland, finished 3rd overall in 2:46:30.

- Joan Gaudette, 50, of Peabody, Mass., bested the 50-59 mark of 1:35:01 by Evelyn Yaw, 50, of Greenwich, Conn. Gaudette's mark of 1:34:32 is the new U.S. record for the 50-59 age group.


- Herb's wife, Irma, has been running/jogging for the past 3 years. "She decided to get more serious about it last summer," Herb told MMN. "She started training rather than just running, and has since run 3:00." She logged a 3:05:00 in a Philadelphia half-marathon Sept. 20, a 1:58:30 in a New York 10K, and a fast-improving 3:06:00 in a Philadelphia 10K Nov. 26.

- In an Atcoza, Pa. 20K, Anna Forsha blitzed a 1:32:10 in the women's 50+ category, bettering the NRDC's listed mark of 1:31:57 by Rachel Bourne.

- Miha Milia turned 53 in the late summer and clipped off a 3:24:52 in a New York City 10K Sept. 13, and a 3:20 in the Pepsi Championships Oct. 4 in Purchase, N.Y.


- Sue Medaglia, 46, traveled 1265 miles in 149 yards on the track for a new 24-hour record.


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 was the 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 Wilkin (55-59) and Mary Cullen (42-49) were top masters in a Baton Rouge, La. 10K Sept. 7.

- Shirley DeFaur was 1st 45+ female in at least 6 Louisiana races last fall, including a 22:24 5K, 35:50 5-mile, and 1:58:21 half-marathon.

- Finner McConnell was 1st master in a New Orleans half-marathon in 1:24:34 and 5K in 17:03. Bobby Dannelly clocked 27:38 in a 5-miler. McConnell also won the 20K in 1:17:35.

SOUTHWEST

- Bill Hall, 40, of Phoenix, Ariz., was 1st master in 38:52, 6th overall, in the Mt. Holly 10K. He also won the 20K in 1:17:35.


- Harold Tinsley delivered a 33:04 as top master in Huntsville, Ala. 10K.


- 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, 28, collapsed approaching the finish line and died, despite being rushed to the hospital.

Oklahoma masters marathon record of Arkansas 15K Sept 19, and set a new first master in a 5K the same day. Larry "but we don't know if he'll be back as the sprinter he has been in the past. We are all 3:41:52 for the marathon. Beth Sibley, 36, was invited to be an honored guest at the 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 Rompannen was 1st woman master in 2:35:15 at the Bay-to-Bay Marathon in June, 1980. Anne Johnson, 50-1- athlete; Jim O'Neil, 50-1- athlete; Val Schultz, 40, was 2nd master in 14:14 at the 5K in July. Her 2-mile time of 15:11.4 in July won her age-classification in the series of 40 races. She is due to 17:35 in the Avon half-marathon Nov. 15. "Margaret Miller, Judy Keywely 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 34:45 is a new Seniors Track Club women's 40-44 record. "I plan to peak at the 20th National Masters Championships in Van Horn Feb. 21," said Marvin Bledsoe, 56, who won the 800 meter (21.8) championship in 1:58:38.

**NEW AGE RECORDS — 10 KILOMETERS**

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<td>Lila Allard</td>
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**INTERNATIONAL**

- Manuela Ulicio, 41, of Venezuela reported a 3:07:03 in a 20K race in Santiago, Chile, Oct. 18. If verified, it set a 10-11 world record of 3:07:03.
- Paul RItschel, 60 of Los Angeles, was 1st W50-F in the 15K and 1st woman overall. His 38:45 is a new Seniors Track Club of Los Angeles record. Senior Track Club of Los Angeles was one of two in the Sheep Meadow Center.

- Sister Marion Irvine, 52, clocked 1:25:27. Kay Atkinson, 64, was 2nd master in 1:28:32 in the Avon half-marathon Oct. 15. "Margaret Miller, Judy Keywely 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 34:45 is a new Seniors Track Club women's 40-44 record. "I plan to peak at the 20th National Masters Championships in Van Horn Feb. 21," said Marvin Bledsoe, 56, who won the 800 meter (21.8) championship in 1:58:38.

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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; Team: Oklahoma City; Official: Bruce Spring-\[...\]

MEET DIRECTORS GUIDELINES

1. Order of Events for 3-Day Meet
   a. Day One
      1) SOOQm walk Pentathlon
      2) no hurdle heats Long Jump
      3) 10,000m finals Hasiner
      4) 800m finals Shot put
      5) 100m heats
      6) 100m finals
      7) 400m finals
      8) 100m relay
      9) 3200m relay
      10) Weights and measures official
      11. Publicity pictures (black & white) a must. Please identify individuals and write a caption.
      12. Hurdle heights should be printed on the results sheet.
      13. Penn Mutual agent should be contacted for insurance.
      14. The entry form should be printed in the National Masters News in the two issues prior to the meet.

Masters T&F Budget for 1982

TAC T&F Funds $5000

National Masters News $2400
National Champion (phone, stamps, etc.) $500
AWARDS (race walking, 2 outstanding athletes, 2 administrative)
   a. Day One
      1) Pentathlon
      2) Long Jump
      3) Shot put
      4) 800m finals
      5) 100m heats
      6) 100m finals
      7) 400m finals
      8) 100m relay
      9) 3200m relay
      10) Penn Mutual National Sponsorship Fund $15000
      11. National Masters News $2400
      12. National T&F Champs (outdoor) $4000
      13. National T&F Champs (indoor) $2000
      14. National Federation/Krathetic championships $650
      15. National Penn Mutual $500
      16. National Weight Pentathlon $250
      17. Masters Records $100
      18. National Chairman's budget $13500
      19. Continental Executive Committee Convention expenses $1000
      20. World Masters Decathlon Championship $4000

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 65 Masters Woman: Margaret Miller
40-44 Herb Lorenz Trudy Rapp
45-49 Ray Hatton Mike Kanis
50-59 Ray Kangemeer Marion Irvine
55-59 Jim O'Neill Margaret Miller
60-64 George Sheehan Marie Trant
65-69 Clive Davies Adelene
Salmins
70-74 Eddie Benham Bess James
75-79 Ed McNeely
80+ Paul Spangler Ruth Rothfarb

The Otto Essig Award for meritorious service to masters LDR went to each of the ten winners.

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 1982 Cross-Country Championship Nov. 21.
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 40-49-year-old, ran in this championship event. The fine support of First City Bank, Penn Mutual Life Insurance Co., and numerous generous Houstonians made it a memorable event.

Results in back pages.
### LONG DISTANCE RESULTS

Please send masters race results to National Masters Mailboxer, P.O. Box 7072, VEN- Nuye, CA 91404. Please include date and city.

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<td>J餲</td>
<td>J4 92</td>
<td>Dianne Headden</td>
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### COMPUTER RUN

**ART OF THE GODS**

**M50** Jerry Morrison | **W40** Marilyn Potter 45:44.5

**M40** Steve StoltOFF | **W30** Joyce Stabler 44:50.9

**M30** Dick Robinson | **W20** Polly Schonlold 35:28.8

**M20** George Bailey | **W10** Sharon Haraden 25:49.5

**M10** Margaret See | **W0** Alice Larson 16:38.7

**M0** Lorraine Sells | **W-10** Sarah Schermer 17:11.4

**M-10** Linda O'Neill | **W-20** Monique BenAM 18:25.7

**M-30** Steve Carr | **W-30** Marilyn Potter 25:28.9

**M-40** Kip Taylor | **W-40** Louise Tinsley 21:43.9

**M-50** Robert Price | **W-50** Ruth MacTarnahan 19:20.8

**M-60** Ruth MacTarnahan | **W-60** Helen Williams 17:31.5

### SPECIAL EVENTS

**GOLDEN PARK 8-MILE RUN**

**SAN DIEGO, CALIF.**

**M50** Dan Smacks| **W50** Rachel Bourne

**M40** Carl Ragone | **W40** Louise Tinsley 1:35:53

**M30** Ray Salban | **W30** Pat Thorns

**M20** Jim O'Neil | **W20** Polly Schonlold 45:58.2

**M10** Ben Stein | **W10** Sarah Schermer 26:16.5

### ANAPOLIS 10-MILER

**ANAPOLIS, MARYLAND**

**M50** Mike Balth | **W50** Rachel Bourne

**M40** Jack Cassady | **W40** Louise Tinsley

**M30** Ray Harriss | **W30** Polly Schonlold

**M20** Tom Kopin | **W20** Sarah Schermer

**M10** Bill Price | **W10** Sarah Schermer

### EARTHQUAKE 10K RUN

**HOLISTER, CALIF., OCT. 1**

**M50** H. Ferrari 3:52:46

**M40** Jim LeRoy | **W40** Marilyn Potter 44:44:13

**M30** Larry Patterson | **W30** Margaret Becher

**M20** Matt Morris | **W20** Diane Schumacher

**M10** Sander Vroom | **W10** Viola Sander

**M0** Laura Brown | **W0** Sherry West

### SANTA BARBARA MARATHON

**OCTOBER 18, 1981**

**M50** Bob Carman 3:30:18

**M40** Paul Richard 3:30:18

**M30** Bob Farringdon 3:30:18

**M20** David Potter 3:30:18

**M10** John Tost 3:30:18

**M0** Denise O'Leary 3:30:18

### U.S. MASTERS RUNNING TOUR OF JAPAN

**OCTOBER 14-NOVEMBER 1, 1981**

**10 KILOMETERS**

**M50** John Eden | **W50** Rachel Bourne

**M40** Jim Ewing | **W40** Louise Tinsley

**M30** Roy Daniel | **W30** Sarah Schermer

**M20** John Hynes | **W20** Sarah Schermer

**M10** Bob Andre | **W10** Sarah Schermer

**M0** John Pose | **W0** Sarah Schermer

### MASTERS STATE MARATHON

**FALL, 1981**

**30 MILES**

**M50** Jim Ewing | **W50** Rachel Bourne

**M40** Jim Ewing | **W40** Louise Tinsley

**M30** Roy Daniel | **W30** Sarah Schermer

**M20** John Hynes | **W20** Sarah Schermer

**M10** Bob Andre | **W10** Sarah Schermer

**M0** John Pose | **W0** Sarah Schermer

### EARTHER 10K RUN

**DEL MAR, CALIF., OCT. 1**

**LINDA O'NEIL**

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**Team Scoring**

- **12th Annual CELEBRATES RACE**
  - 1 John Brennan 46:16:32
  - 2 Rex Schultz 46:16:32
  - 3 Bob Langenbach 46:17:19

- **3rd Annual GERSHION INTERNATIONAL MONUMENT**
  - 1 John Brennan 46:16:32
  - 2 Rex Schultz 46:16:32
  - 3 Bob Langenbach 46:17:19

- **New York City Marathon**
  - 1 John Brennan 46:16:32
  - 2 Rex Schultz 46:16:32
  - 3 Bob Langenbach 46:17:19

**Women**

- **Top 5**
  - 1 Lottie Becher 1:58:26
  - 2 Lottie Becher 1:58:26
  - 3 Lottie Becher 1:58:26

- **Top 6**
  - 1 M. Heinz 3:01:29
  - 2 M. Heinz 3:01:29
  - 3 M. Heinz 3:01:29

**Final Results**

- **Men**
  - 1 John Brennan 46:16:32
  - 2 Rex Schultz 46:16:32
  - 3 Bob Langenbach 46:17:19

- **Women**
  - 1 Lottie Becher 1:58:26
  - 2 Lottie Becher 1:58:26
  - 3 Lottie Becher 1:58:26

**Notes**

- All times are in minutes and seconds.
"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 performance 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.