AT 54, SISTER MARION MAKES OLYMPIC TRIALS; GREENWOOD, CLARKE NAMED TOP T&F ATHLETES

Weed, LaVeck Knifton Also Win 1983 Awards

INDIANAPOLIS, December 1. Jack Greenwood, 57, of Medicine Lodge, Kansas, was named the outstanding age-40-and-over male track and field athlete of 1983 today by the Masters Track and Field Committee of the Athletics Congress, the national governing body for athletics in the United States.

Polly Clarke, 73, of Loveland, Colorado, was voted the top female masters performer by the group at the annual TAC convention.

TAC National Masters T&F Chairman Jim Weed was named outstanding masters administrator of the year, while the top 1983 masters walkers were John Knifton, male, and Bev LaVeck, female.

Greenwood, the savings & loan executive, who just missed the 1948 London Olympics with an injury, has one of the finest years in over a decade of outstanding masters performances.

Competing in the age 55-59 bracket, he won all five of his events (100, 200, 400, 110 hurdles and 400 hurdles) at the TAC National Masters Championships in Houston in September. A week later, he won four world championship events out of four (100, 200, 110H, 400H) at the World Veterans Games in Puerto Rico.

In the process, he set two world age 55-59 records: a 17.03 in the 110-meter hurdles and a 59.85 in the intermediates. His 59.85 is considered, by some, as the finest single individual masters performance of all time—a record which is likely to stand for many years, as has his world record 55.7 in the 400-hurdles at age 46 in 1972. (No one in the 45-49 division has come close to that in eleven years.)

His sprint times of 12.08 (100), 24.4 (200) and 55.7 (400), while not world records, were the fastest in the world in the M55 age group in 1983.

Greenwood has become something of an inspiration for many masters performers by demonstrating, time and again, that the body has the capability of retaining speed and technical form even as the aging process takes place. In his record 400-meter hurdle race (the

Mohler and Poppers 5K Road Champions

Bob Mohler, 42, came up from Houston, Texas, to take the TAC National Masters 5K Road Championship at Little Rock, Ark., on October 22. Mohler's time of 16:14.1 stood up against Georgian Ken Winn's second place and first M45 time of 16:21.3, and fellow Texan Tom Mayfield's very

Faxon Wins National 5K X-C

Lou Faxon, Hampton, Virginia, running in stiff winds and 40° temperatures on a muddy course, was still able to come up with a 16:55 victory in the TAC National Masters 5K Cross-Country Championships. Conditions added at least one minute to performances and caused one com

Irvine Runs Marathon In Record 2:51:01

from JOAN REISS

SACRAMENTO, Calif., December 4. More than 3,000 spectators cheered wildly this crisp autumn morning as Sister Marion Irvine, the 54-year-old "Flying Nun," became the oldest person to ever qualify for an Olympic Trials running event.

In one of the finest athletic performances of the year, Irvine crossed the finish line of the first California International Marathon in a time of 2:51:01, a bare fifteen seconds under the time of 2:51:16 required to qualify for the U.S. women's Olympic Marathon Trials in Olympia, Washington, in May.


As she crossed the finish line, Irvine shouted: "I did it! I did it!" Then she let go with a piercing scream that must have been heard high above the clouds. Even though Sister Marion is well-connected to heavenly powers, many felt that even she was cutting things close with the narrow 15-second margin.

"The first 26 miles were fine," she said after the race, "but in the last 385 yards, I thought I'd die."

Irvine went by the 20-mile mark in 2:09 (a 6:27-per-mile pace) and followed with a 41-minute 10K (6:36 pace) for a 6:31 pace for the entire marathon.

The certified course began in Folsom, Calif., and finished at the steps of the State Capitol building. The inaugural event was praised by participants and spectators alike, but nowhere was the joy greater than when Sister Marion crossed the finish line.

"We've been planning for this race all year," said Irvine's training companion, Gene Cohn, who also took the exclusive National Masters News photo of Irvine crossing the finish line.

While no official world marathon age-records are currently kept, the time is the fastest known marathon ever run by a woman over 50.

Continued on page 4

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WORLD GAMES

I missed the World Games because of a snafu. Your superb issue all but put me there. Although Miguel Riverave Veve certainly did a good job considering the horrific circumstances, I think you would have been wrong not to have enlightened everyone with the complete details of what went wrong. I am reminded of an incident that happened two days after the ‘48 Olympic in London. While riding on a train to Uxbridge, I found a typewritten copy of the Olympic Report. It amazed me that it was done so quickly and I was pleased how complete it was in listing the things that had gone wrong. Everything you would want to know about foul-ups was in that report; the lack of transportation, the inadequate meals for heavy weight wrestlers, the lack of judgment in putting three burly meals for heavy weight wrestlers, the lack of transportation, the inadequate meals for heavy weight wrestlers, the lack of judgment in putting three burly meals for heavy weight wrestlers, the lack of food, the inadequate meals for heavy weight wrestlers, the lack of transportation, the inadequate meals for heavy weight wrestlers, the lack of transportation, the inadequate meals for heavy weight wrestlers. As I put down the report, I glanced at the cover and was astonished to realize that it was a 1936 report. Here it was 12 years later and the same mistakes were being made. Nobody reads reports; everybody reads NMN. Next time we’ll do better. Thanks.

Bob Morcom
Wilmot Flat, N.H.

ON THE RUN

Yesterday, during a training run, I made a mental list of some of the funny remarks aimed at me while running. Omitting the unprintable, here is my list. Probably every woman runner has heard some of them but could also add some of her own.

“You’re an ugly, old witch.”
“You’re beautiful.” “You must be tired you’re running so slowly.” “Are you training for the Olympics?”
“You’re going to die of a heart attack.”
“You have beautiful legs.” “You have legs like a boy.” “I hear you won the New York marathon.” “Here comes the amazon.” “I’m thinking of taking up running, when can we train together?” “You’re crazy.”
“I hear you run 20 miles a day.” “If you can’t think of anything better to do, I can put you to work.” “You don’t look fat to me, so why are you running?” “You look like a 14 year old, from the back.”

All these remarks have come from men, but three cars have tried to run me down, all driven by women.

Let’s all keep smiling.
Linda Sipprielle
Santa Domingo, Dominican Republic

BOOK REVIEW

by B. PALMER


TARGET 26 is a fine book written by two experienced marathoners who know what kind of information marathoners want and need. It is a one-step guide on how to prepare for and run the marathon and includes not only basic information but also new discoveries about physiology, strategies, and the achievements of female runners. The writing is interesting and personal, yet always informative and easy to understand. All the essentials are covered for both the beginner and the experienced runner. Among the subjects covered are mental attitude, training, equipment, eating for endurance, race physiology, personal programs, specific considerations for female competitors, running the marathon, performance records, ultra-marathons, and a schedule of marathons and ultra-marathons.

A helpful appendix lists and describes the contents of magazines and books which can add to a continuous knowledge of marathoning.

TARGET 26 is a well bound paperback and should be available at all major bookstores.
Masters Meetings Held In Indy

INDIANAPOLIS, December 14. The AAC Masters Track & Field Committee and Masters Long Distance Running Committee each met here this week at the 5th Annual Athletics Congress (AAC) Convention at the Hyatt Regency Hotel.

The minutes are in this issue. Briefly, both Committees are part of the structure of the Athletics Congress, the national governing body for all of athletics (track & field, long distance running, and race walking) in the United States. Other standing committees include: Men's Track & Field, Men's Long Distance Running, Youth, Women's T&F, Women's LDR, Race Walking, Special Programs, and Athlete Advisory. They all meet the first weekend in December at the Convention. (Last year: Philadelphia. Next year: San Diego.)

Also meeting were various Administrative Committees; such as: "Law and Legislation," "Marketing and Media," "Budget and Audit," "Rules," and so on.

All of the above meet for three or four days to settle their own business and to make recommendations to the entire Congress on matters which the entire Congress must approve. All delegates,

Continued on page 3

Pflugfelder First In America's Marathon

Roger Pflugfelder defeated 564 finishers in the M40 division of the America's Marathon, Chicago, Ill., on October 16 to win the masters title in 2:32:05. Second to Pflugfelder was George Anagnostopoulos, who won the M45 race over 323 runners in 2:37:05.

David Schertz (2:49:00) led 163 opponents in the M50 contest, and locals Forrest Miller, M55, Chicago Hts., Ill., (3:07:44) and Warren Utes, M60, Park Forest, Ill., (3:02:03) won their divisions with relative ease.

Some top Chicago area female runners (Ann Diaz, Andrea Morris) stayed home in preparation for the RRCA Women's Championship in Huntsville, Ala. Consequently, women's times were not as good as in previous America's Marathons, and most races were decided by large margins. Laura Tingle, W45, was the first woman 40 and over in a twenty-five minute victory time of 3:07:15. Sue Nebel took the 82 entrant W40 division by almost eight minutes in 3:15:51. Mattilee Christman, Park Ridge, Ill., won her W50 race by over an hour and five minutes with a 3:30:18 finish.

The race was sponsored by Beatrice Foods and Flair Foundation.

Robertson, Racewalkers Hit Records At Beverly Hills 10K

Ron Robertson, 42, of Gisborne, New Zealand, sliced two minutes off of the M40+ course record held by Joe Razzo (32:52 in 1978) when he posted an eye-catching 30:54 in the Beverly Hills-Perrier 10K, Dec. 4. Helen Dick, Los Angeles, in the W50-59 group, was the first W40+ in 41:33.

Noted for its competitive field (Bill Rodgers won this year's race in 28:59), the race also met the liking of racewalkers Larry Walker, Canoga Park, CA, and Jolene Steigerwalt, San Diego, who both set national 10K masters records, according to John Kelley, So. California TAC racewalking chairman. Walker finished in 43:23, and Steigerwalt in 55:28.

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

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Sister Irvine...
Continued from page 1

When the Dominican nun from San Rafael, Calif. took her first running steps five and a half years ago, she could barely jog 15 consecutive feet. At the time, she was smoking over two packs a day, which didn’t help her athletic prowess. When she was able to jog more than a mile, she threw her cigarettes away.

Since those early steps, Sister Marion has rewritten the women’s age-50-and-over record book. Her 1982 10K of 37:43 is a U.S. 50+ record, as is her 15K of 58:42, 10-mile of 63:46 and half-marathon of 1:23:16. In November, she ran a pending fifth American record of 2:12 in the 20-mile Clarksville Classic in cold, wind and rain. Her words at the end of that race will not be quoted for fear of angering her friends in high places.

Not to be overlooked amidst the sensational Irvine performance was the fact that the first female finisher overall was 38-year-old, Gabrielle Andersen of Switzerland-cum-Sun Valley, Idaho, who clocked a season-best 2:33:25.

Overall race winner was Martti Kilholma of Finland in 2:13:35.


The California International will become an annual December event. However, long after the winners are forgotten, the “Flying Nun” will be remembered. Amen!

Somers Strides to Win TAC 40K Racewalk
Ray Somers, NYAC, won the TAC National Masters 40K Racewalk Championship held in conjunction with the TAC open nationals on a course at Fort Mcmurray, New Jersey, Oct. 9.

Somers, M40, finished the 8-loop 5K course in 3:52:23, only twenty seconds (a small margin in long race walks) in front of Sal Corallo, Potomac Valley Seniors TC, who was first M50. Gerry Bocci, Motor City Striders, finished as first M45 in 4:03:53.

Bob Mimm, Shore AC, won the M55 race (4:15:24), and Tom Dys, New Jersey Masters, was first M60+ (4:32:05). Mayme Bdera, 68, East Side TC, was the race’s oldest competitor, finishing in a creditable 5:28:18.

The masters team title was taken by the Potomac Valley STC trio of Corallo, Peter Ulrich, and Paul Robertson (12:58:40).

Hall Wins Marine Corps Marathon
Bill Hall, 43, Durham, North Carolina, added the Marine Corps Marathon masters title to his ’83 Boston win when he finished the Washington, DC race in 2:25:49 on November 6. Don Davis, 41, was behind Hall in 2:29:39 but took second place from Joseph Dowling, 44, (29:29:45).

Phil Gross, 56, ran an outstanding 2:42:31 to eclipse everybody else in the M55 division. Canadian Diane Palmason, 45, was the first woman over 35 in a fast Olympic Trials qualifying 2:50:51. Ed Benham, 76, finished ninth in the M60+ race with a 3:34:42.

Marine Sergeant Farley Simon was the pride of the Marines with his 2:17:46 victory, and Suzanne Carden’s 2:45:55 won the women’s race.

CORRECTIONS
• The information that NMN received from the race administrators of the Columbus Bank One Marathon, Columbus, Ohio, October 16, mistakenly listed the age 40-and-over winners as “overall winners.” With great doubts, NMN placed a telephone call to the source of the information and, again, through a misunderstanding, the same names were given as “overall winners.” On that basis, in the December, 1983, issue, Henry Salavarda and Patricia Mulroney were identified as “overall winners”, when, in fact, they were the first forty-and-over finishers. The men’s overall winner was Armand Parmentier, Belgium, 29, with a 2:13:37. The women’s overall winner was Jane Buch, 35, Smithville, Ohio, in 2:37:16.

• The results of the National Masters T&F Championships in Houston (November NMN) incorrectly listed Julian Nunes, 45, as winner of the M75 Shot Put. The actual winner was Burt DeGroot, 76, with a throw of 28’1". Since DeGroot also won the M75 Discus and javelin, he should have been listed with three others, who each won three gold medals, in the “Top Performances” column.

• Also omitted from the results was a gold medal 23 8" performance by Herb Anderson, 81, in the M80 shot put.

• The list of U.S. medal winners in the V World Veterans Games, which appeared in the November NMN, was incomplete. Clyde Johnson of Springfield, Missouri, was not listed, yet he took a bronze medal in the M60 cross-country in 46:11:10. Clyde has competed in World Games in Canada and Sweden, and this was his first medal.

TAYLOR TAKES 10K IN FLORIDA
Chuck Taylor, 42, (33-30) and Pete Forret, 43, (33-41) staged the closest age-group race among the 623 masters runners in the Times Turkey Trot 10K, Thanksgiving Day, in Clearwater, Fl. All of the other 40+ division races were won by relatively large margins.

Joe Burgasser, 45, (43-42), and Jack Gough, 52, (36-58), ran strong times in winning their respective races.

In the M65+ group, Johnny Kelley, 76, E. Dennis, MA, ran 47:02, which places him fourth in the all-time M75-79 standings. Max Bayne, 82, St. Petersburg, Fla., hurried to a third all-time M80+ in 1:04:21.

Yvonne Rogers, 41, won the W40-49 race with an excellent 40:17. Linda Burgasser, 45, (43-42), and Ann Toige, 59, (46-20) turned in victories in their divisions.

Men and women over-40 made up 24% of the 2603 finishers.
Masters Meeting...

Continued from page 3

composed of representatives from each local "Association," meet on the final
day, Sunday, to approve or reject the
motions from the various committees.
Much of the business is routine. Some
is controversial. What comes out of
these meetings determines the struc-
ture, rules and policies of athletics for
the coming year (trust funds, technical
rules, drug testing, pacing, champions-
ship sites, allocation of funds, etc.)

For instance, TAC's proposed
budget for 1984 is $3.3 million.
$315,000 of that comes from masters
meetings. Over half comes from spohsor-
Olympic Committee.

comes from grants from the U.S.
 rules, drug testing, pacing, champion-
ship (Mobil Oil Co. etc.). $800,000

is controversial. What comes out of
these meetings determines the struc-
ture, rules and policies of athletics for
the coming year (trust funds, technical
rules, drug testing, pacing, champions-
ship sites, allocation of funds, etc.)

Since each athlete pays $5 per year to
belong to TAC—of which $3 goes to
national HQ and $3 to his or her local
association—that means TAC has
about 105,000 members. Probably
about one-third of those are age 30-or-
over.

Of the $3.3 million, $889,000 is
spent on U.S. international teams and
$825,000 on domestic events. $782,000
goes for administration. $109,000 goes
to the "standing committees," of
which Masters T&F and Masters LDR
are two.

Of the $109,000, TAC, in 1984, is
giving $10,000 to each masters commit-
tee. (In 1983, each got only $5000, and
would likely have gotten the same in
'84 if not for the efforts of Masters
LDR Treasurer George Vernosky, who
successfully articulated the need—and
fairness—for more.) Most of the other
standing committees also receive
$10,000, except: Athlete Advisory,
which will get $43,000.

For a complete copy of the budget,
write to MMN, Box 2372, Van Nuys
CA 91404; or directly to TAC, Box
120, Indianapolis IN 46204.

DEADLINE

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

January, 1984

National Masters News

page 5

1984 NATIONAL TAC MASTERS
5,000 METER ROAD CHAMPIONSHIP

For the first time in a TAC Championship

SUNDAY, FEBRUARY 5, 1984
CLEARWATER, FLORIDA

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


AGE GROUPS: Five year, both men & women, 60-70 plus.

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


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

Entry Open: Men or Women $5.00 Individually, $12.00 Relay.

CLUB: Masters T&F and Masters LDR

TAC Number . (Florida residents write for TAC membership application to TAC, Box 2372, Van Nuys, CA 91404)

Council Notes

The Bay Area Masters are planning a 5K race on Saturday, Dec. 2 at the USF Field House in San Francisco. For more information, call Dick Eddy at 861-6147.

The Florida Masters Track and Field Club is planning its 1984 Masters Indoor Track and Field Championship on March 18 at NEPAC in Orlando. For more information, call Charlie Gaffney at 861-6147.

Irene Obara, 49, boards one of the special Masters buses at the World Veterans Games in Puerto Rico.

Photo by Gretchen Snyder
No Real Men In The Marathon

Real men don’t run the marathon. If they do, you certainly won’t find them among the leaders.

All you have to do is look at the guys who win all those marathons to see what I mean. They’re all toothpicks, real prisoner of war stuff. Kick sand on them at the beach and you bury them. Congratulate them on winning and you get a wet fish.

The real men — guys like Arnold Schwarzenegger, Clint Eastwood, Herschel Walker, The Incredible Hulk, and Mr. T — don’t have a chance when it comes to the marathon. They’re the sand kickers. They don’t have to run.

The physiologists tell us that a good marathoner should weigh no more than double his height in inches. Heck, the marathoner should weigh no more than 180 pounds — a typical weight for the 50-year-old. Herschel Walker, The Incredible Hulk, Schwarzenegger, Clint Eastwood, get a wet fish.

Congratulate them on winning and you get a wet fish. If you try to do too much than I am about the 200 pound run and wins on within reasonable limits.

Davenport also mentions the problems with handling heat and says that the heavyweights are more likely to have difficulties with the heart because of the extra effort required to pump the blood through more tissue.

"Just from general observation, you can conclude that runners with heavyweights have an advantage in distance running." Davenport remarks, "But look at (Robert) de Castella (winner of the World Championship marathon, de Castella is a thick-legged 155 pounder at 5-foot-10 — heavy by elite standards). It’s hard to say how much of a disadvantage the extra muscle is." □

COWMAN — POUND-FOR-POUND, THE GREATEST?

They used to say that pound-for-pound Sugar Ray Robinson was the greatest fighter around. Robinson was a middleweight, and it was reasoned that without the weight disadvantage he could beat the best heavyweights around. Using this same type of reasoning in reverse, the best marathon runner in the world may be a 39-year-old sometimes construction worker who is listed in the phone book as Cowman Cowman (they told him he needed two names). Carrying 198 pounds on a 6-foot-3 frame, he has recorded a 2 hour, 48 minute marathon.

Once known as Ken Shirk of Prunedale, Calif., just outside of Salinas, Cowman is a three time winner of the heavyweight division of the Silver-State Marathon in Nevada. While there are only two or three marathons which have heavyweights divisions and fact that figures on heavyweight runners are hard to come by, indications are that Cowman is in a class all by himself.

Cowman’s speciality is the Levi’s Ride & Tie in Oregon (calling for running and horseback riding), but he sends most of his time these days training for triathlons. He says that he’d like to see more heavyweights divisions in road races and he’d prefer to substitute a horse for the bike in the triathlon, but as long as he can keep "mommomoomoomomoomoomoomomomoomomoomoomoomoomoomoomomoomoomoomomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomoomom
Minutes of Masters Track & Field Committee Meetings

by JERRY DONLEY, Secretary and AL SHEAHEN
Presiding: Masters T&F Chairman Jim Weed

1984 Masters T&F Budget
In 1984, Masters T&F expects an allocation of $10,000 from the TAC general fund, (compared to $5,000 in 1983) to be distributed as follows:

- Records: $500, National Masters News $500, Chairman $1,750, Outdoor Championships $2,500, Indoor Championships $1,750, Committee expenses $1,000, Multi-age championships $500, Regional Championships $1,500

Awards
Awards for the outstanding 1983 performers went to:
- Male: Jack Green of Utah;
- Female: Polly Clarke of New Jersey;
- Best performance: Tony Diamond of Maryland;
- Best coaching: Barry Wood of Arizona;
- Best performance: Ruth Rothfarb of California;
- Best non-championship: Rudy Fahl of Missouri.

1984 Nationals
The National Masters Championship was held in Eugene, Oregon, October 11-13. A special week-long series of events was held prior to the meet, including:

- A post-Olympic, international meet;
- An 8K Fun Run;
- Social evening and dance for masters and their guests;
- Travel offerings, events and tours;
- Low air fares;
- Housing at reduced rates;
- Gala reception with special entertainment.

1985 Nationals
Indianapolis was the sole and successful bidder for the 1985 National Masters Championships August 23-25. Brian Kimball, Tom Ristine, Sam Bell, and Meet Director Marshall Goss showed a video tape of the extensive commitment which Indianapolis has made to sports. The stadium is first-rate, and it is located downtown, within easy walking distance of Howard Johnson's, which has offered a $38 single/$42 double special masters rate, and the Hyatt Regency, $45-$55 special.

Entry fees will be $8 for the first and $2 for additional events. Free transportation will be provided from the airport. There should be no need to rent a car. Howard Johnson's will provide four meeting rooms at no charge. All track events will be in the infield. The track is 9-lane, 48" wide with a 104-degree radius.

Site Selection
Site selection sub-committee Chairman Nick Winowich presented a site-selection bid form. The Committee agreed to have World Games in Puerto Rico and said the South African issue would be aired in Rome in 1985. DesJardins said the site selection would be done four years in advance. Meet management will be selected on the basis of a thorough review of the bids. All events will be available for masters.

Women's Pentathlon
The National Masters Pentathlon Championship was withdrawn from the 1984 Masters Championships, Little Rock, Arkansas, October 22.

By J.J. PERRY, Secretary
Presiding: Masters LDR Chairman Bob Boal

Awards
The Awards Committee consisted of Tony Diamond, Ruth Anderson and Charles DesJardins. Selected as outstanding performers in 1983 were:

- AGE MAN WOMAN
  - 40-44 Bill Stewart Cindy Dalrymple
  - 45-49 Ken Winn Sandra Kiddy
  - 50-59 Norm Green Marion Irvine
  - 55-59 Alex Katelle Margaret Miller
  - 60-64 Jim McCown Jaclyn Casselli
  - 65-69 Don Longenecker Edna Laffin
  - 70-74 Bill Brobstess Bess James
  - 75-79 Ed Benham Leona Lugers
  - 80-84 Max Popper Ruth Rothfarb
  - 85+ Rudy Fahl

The Otto Essig Award for meritorious service to Masters Long Distance Running went to Tony Diamond.

The Levi's Running ranking system should be of considerable benefit in selecting outstanding athletes in the future.

TAC Committee Reports
WAVA: Anderson reported on the World Games in Puerto Rico and said the African issue would be aired in Rome in 1985. DesJardins said the theme selection will be done four years in advance. Meet management will be selected on the basis of a thorough review of the bids. All events will be available for masters.

Championship Medals
The rule, adopted in 1982, to award separate "non-championship" medals to foreign competitors in the National Championships, was dropped, 16-9. Gold, silver and bronze medals will be presented in 1984. The committee voted to pay $250 for WAVA delegate fees. Bob Boal and George Vernosky were elected delegates, with Ruth Anderson and Charles DesJardins alternates.

IGAL: The 17th Annual Igal World Veterans Distance Running Championships (10K and Marathon) will be held in San Diego on December 3-4, 1984. Tony Diamond was elected delegate and Bob Boal, alternate. Boal can appoint more representatives if required.

Budget & Audit: George Vernosky said Masters LDR can expect a budget of $11,000 in 1984, up from the $5,000 in 1983. The estimated 1983 expenses were:
- Travel: $1,300; Race-support: $2,800; Awards: $500; Postage, etc.: $160.

Law & Legislation: The Committee voted to object to a rule against pacing.

Sports Medicine: Don Maron recommended that a list of "safe drugs" be formulated. Many older athletes are on medication and this should not interfere with their right to compete. The Committee agreed.

Rules: Cliff Sharp reported a discussion of sub-masters-championships for women. The Committee voted to recommend a change to bring the meet in line with other meets.

Continued on page 11
HERE AND THERE

Running has afforded me so many good times and pleasant memories that in spite of the many requests I've received, I'm going to keep writing about it. The past two weekends have been exceptional. On Thanksgiving weekend I was invited to share some of my running misadventures with high school and college coaches attending the Kinney Cross Country Regional Championships in Chicago. What a gathering of superstars: Wendell Miller, the inventor of running, was present. It was truly a day to remember.

Two weeks before, I was asked to be a part of the Kinney Cross Country Regional Championships in Chicago. What a day it was! The Kinney Cross Country Regional Championships were held in Chicago. It was truly a day to remember.

Coaches have that effect on me because they always get around to rather sobering conclusions. You know the old "get out what you put in," syndrome. Not interested, Pal; they don't call me the Downhill Racer for nothing. This Regional Meet had over 400 boys and 250 girls. If there's something better than girls' high school cross country, grab it and sell it, you'll make a million. Determined and tough but all in such an appealing way, they scream and giggle and cry and I hope they never change. Soon I suppose, they'll get sullen and serious and be no better off than the rest of us.

One week later I was invited to the Fiesta Bowl Marathon in Phoenix. A very good event. Great weather, excellent course and superior organization. I really don't know how you could do it any better. Interestingly, it didn't impress me as any big budget affair. I kept comparing and contrasting.

I never did quite see that damn Dipper. I never did quite see that damn Dipper. I never did quite see that damn Dipper. I never did quite see that damn Dipper.

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In the shot put and weight throw there will be six throws. Once your name is called you will have 2 minutes to compete or forfeit the attempt. The competitors will be called from youngest to oldest (each age group competes as one flight).

The people couldn't have been better. They called themselves Phoenixians and, of course, very proud of their changing, growing city. One line in the local paper kind of made a famous Angelina wince; it said: "We must stop the Los Angelization of our city."

If I've never seen a better running area than Phoenix, quiet foothill roads and mountain paths shoot out from Scottsdale in every direction north. A dozen people pointed out the condo Bill Rogers purchased in the area and, of course, they showed me where the famous golf-Skis game of television fame was held. The terrain grows on you; at first, it looked like piles of dusty rocks, by the end of the week, I wanted to get out in it.

I would have done much better in the marathon had I explored those foothills before the race. Instead I spent Friday night and Saturday morning at the Wrangler. It was straight Urban Cowboy, guys dancing with their hats on and thumbs hooked in their belts. Never mind the guys, let me tell you about Western Chicks, or as I came to believe - No one looks bad in Levis. Bigger pants out there refers to the kind that if the bent over you wouldn't dare look. Tight pants are referred to as Earl Selb - they were spray painted on.

I loved everything about the area except their need to name mountains. It took me a full week to be able to recognize some parts of the area. Camelback, and then someone showed me Mummy Mountain. It reminded me of my days as a Cub Scout: I would have done much better in the marathon had I explored those foothills before the race. Instead I spent Friday night and Saturday morning at the Wrangler. It was straight Urban Cowboy, guys dancing with their hats on and thumbs hooked in their belts. Never mind the guys, let me tell you about Western Chicks, or as I came to believe - No one looks bad in Levis. Bigger pants out there refers to the kind that if the bent over you wouldn't dare look. Tight pants are referred to as Earl Selb - they were spray painted on.

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T&F Athletes...
Continued from page 1

50-59 group runs over 33" barriers compared to 36" in the Olympics (and open meets), Greenwood took 15 steps stronger over the last three than in the middle of the race,” Greenwood said.

Clarke had her second straight superlative racing year. She won four gold medals in both the National Championships and the World Games, in the 100, 200, 400 and 800.

Her 16.2 in the 100 and 84.23 in the 200 were world 70-and-over records. Coupled with her 1982 world bests of 34.2 in the 200 and 3:34.69 in the 800, she is the current world 70+ record holder in all four events.

OUTSTANDING PERFORMANCES IN 1983 BY MASTERS TRACK AND FIELD ATHLETES (selected by TAC Masters T&F Committee)

M35-39
Billy Hicks 200 21.6
Marion McCoy 100 10.63

M30-34
EVENT MARK

W35-39
Phil Raschker 200 24.63
Linda Madeira 10000 36:53
Susan Houlton 800 2:22.5

W40-44
DISCS 200 1:33.4
Barbara Pike 1500 4:54.00

W45-49
Vicki Bigelow 5000 18:39.2
Irene Obera 10000 43:55

W50-54
Hila Kantla 800 2:24.16
Chris McKenzie 400 56.8 AR

W55-59
Melba Hatch 800 3:00.30
Margaret Miller 400 84.23 WR

W60-64
Helen Stephens 800 3:26.00
Jo Koza 10000 35:19

W65-69
Kelsey Brown 800 3:26.75

Budweiser LIGHT invites you to run the Special WORLD MASTERS Division of the Paramount 10K Run

The City of Paramount and the Paramount Rotary Club, in addition to the Fifth Annual Paramount 10K Run, will have a very special WORLD MASTERS Division sponsored by Bud LIGHT Beer. This division will be for those Master runners than can meet the qualifying standards for their respective age divisions. The ability to meet these time standards will truly make this division a very special one. This race will be run with the Paramount 10K. Yes, you have to be good to enter, but if you meet the time standards we’ll reward you with fine merchandise. If you can meet these standards then come to Paramount and RUN WITH THE MASTERS.

Master Standards: 40-44, 34:00; 45-49, 36:00; 50-54, 40:00; 55+, 43:00

Race Date: January 28, 1984
Race Time: 8:00 am Sharp
Course: Flat, fast, certified and sanctioned by TAC.
Accommodations: Tahitian Village 20% off. 800-437-7989 Mention the Race.
Awards: 10 deep each division, plus extra merchandise. Two rooms awarded FREE per division
Pancake Breakfast: NO CHARGE

BUD LIGHT will pick up the tab and welcomes you to compete for excellent awards and merchandise. This will be a yearly event and in time will be “THE RACE” of the Master Division. JUST REMEMBER, if you don’t finish within the qualifying standards, you WILL NOT be recognized at the awards ceremonies. Frank Duarte, 1983 winner.

Information: Oscar Rosales (714) 848-5779 home # between 7-10 p.m.

Budweiser LIGHT Beer
Paramount 10K Run
Paramount, CA 213-531-3503
Seeded Start: You will be on the front line. I.D. Ribbons
Awards: 10 deep each division, plus excellent merchandise. Shirt: Long sleeve, NO CHARGE. Race Fee: NO CHARGE, “BUD” pays
INTRODUCTION TO TRIATHLONING

This is a Guinea Pig article on the sport of Triathloning to see what response we get, so we can monitor as to whether to do a monthly column, or file it in #13.

Most of us know that a Triathlon is a triple event sport whereby you Swim, Bike and Run in succession. Most runners are stopped dead in their tracks because of the swimming. "I can't swim!"

Last year when I first got interested, I was a Dog Paddler. My first swim coach said the reason most runners have trouble swimming is because they are shaped like anchors (Skinny and Sink Fast). I really didn't need some half-assed swim coach to tell me that — I can look in the mirror and see what I'm shaped like. Then I met a Triathlon coach named Dennis Donovan who understood the aquatic problems of many runners. He told me he would teach me how to swim.

Dennis Donovan is the swim coach at the Bellevue Athletic Club where the First Triathlon club in the U.S. was started by Steve Forsythe. The facilities in this Suburban Seattle Burg are superb. Included are a 50 meter pool, Nautilus Room, cycles of every type — the complete outfit for First Class Triathloning.

My first problem with the pool was: I was allergic to chlorinated water. GREAT! What do do? Coach Donovan solved the problem by plugging up all my holes with ear plugs, nose plugs, bathing cap, goggles. I felt I was practically leak proof like a cork. My allergy problem immediately cleared up, but I encountered a new problem. On my first 200 meter time trial, old 'Saint' Peter Mundle, 55, after Dr. Scholl's Pro-Comfort 10K, Los Angeles. Photo by Richard Lee Slotkin

head into the side of the pool because you were not watching where you were going — I've done that too. It is said by many medical experts that swimming is the best overall exercise for you. The hardest part of it all for me was getting started and maintaining a swim schedule, just as I do running.

Next month, if this series is to continue, we will discuss Bicycling. Triathloning is a lot of fun. I've never had so much fun in my life as I did when I did my First Triathlon. You haven't LIVED until you try one. 
Track & Field Minutes...

Continued from page 7 the schedule of the National T&F meet, and set up as an independent event at various locations throughout the U.S. It will still be incorporated into other major meets. In 1984, the Southeastern Classic in Raleigh, N.C. will host the event on May 4.

Technical Rules

By unanimous vote, the Committee approved the technical rules adopted by the World Association of Veteran Athletes (WAVA) in September at the World Veterans Games in Puerto Rico (see chart in December and January issues).

Since many of the WAVA implementations are hard to buy in the U.S. (1.5K Discus, 5K Hammer, etc.), the Committee will purchase WAVA implementations for use at all National Masters T&F Championships. For other meets, the implementations will be available from Sports America, 101 Glover St., Barton, Vermont, (1-800-633-7777.) Owner Charles Hanson says he will purchase a quantity of NMN. The paper is getting another $3,500 into the red in 1983. WAVA has named NMN its official publication, and an international section is planned quarterly beginning March 24-25 at the Indoor Championships in Princeton, New Jersey.

South Africa in '87

Chairman Weed reported that South Africa wants to host the 1987 World Veterans Games, and asked for the Committee’s opinion. The consensus was that South Africa’s hosting the Games could create substantial repercussions. Even though many Americans could and would compete, the risks probably outweigh the advantages. The whole veterans program might self-destruct.

WAVA Decathlon

The 1984 WAVA Decathlon (men) and Heptathlon (women) will be held in Long Beach, Calif. on August 11-12, a week prior to the National Masters T&F Championships. Gary Bane and Ray Fitzhugh will act as meet coordinators, and will raise funds for the event. A sub-masters division will be run separately. Official permission for the meet to be a WAVA-approved “World Championship” is expected from the WAVA Executive Committee.

National Masters News

Publisher Al Sheahen reported the magazine now has 3229 subscribers, up 33% from a year ago. TAC contributed no funds in 1983. Nike donated $2,200, plus a monthly ad, but will cut its ad budget by 50% in 1984 for all regional/club publications, including NMN. The paper is getting close to the break-even point, but went another $3,500 into the red in 1983. WAVA has named NMN its official publication, and an international section is planned quarterly beginning with the February or March issue. Sheahen encouraged everyone to pass out NMN flyers at meets and races, and to print an NMN subscription notice in their local club newsletter. Both are available from NMN, PO Box 2372, Van Nuys, CA 91404.

TAC Committee Reports

Marketing and Media. Laurel James reported Frank Shorter is the new Chairman of the TAC M&M Committee.

Membership. Jim Brown reported the TAC Membership Committee plans to enforce its membership rules more stringently.

Records. The Masters T&F Committee is to approve all Masters T&F records, which will be submitted for approval by Records Chairman Pete Mundle.

Sponsorship

Weed reported George Hatzfeld, founder of the National Masters Sports Association, has abandoned his full-time quest for a national masters sponsor, and has taken a job as a business executive. There are still several companies thinking about sponsoring masters sports, but none on the near-million-dollar-a-year scale that Hatzfeld envisioned.

Registration

Weed proposed establishing the National Masters News as a central source of TAC registration. Instead of sending their annual $6 dues to their local TAC association, masters would have the option of sending the $6 directly to NMN, along with their annual subscription dues of $15. NMN would then forward $3 to TAC national HQ, send $1 to the local association, $1 to the Masters Sports Committees, and keep $1 for administration. Weed said he’d investigate this with the TAC Registration chairman.

Women’s Multi-Events

Christel Miller, Philippa Raschker, Shirley Kinsey and Joanne Grissom were elected to form a women’s multi-event committee.

Race Walking

The Committee approved an amendment which would require the TAC national race-walking championships to include team awards for the age 50-and-over division.

Officers

Elected for 1984 were: Chairman: Jerry Donley; Vice-Chairman: Ron Mundle; Outdoor Meet Coordinator: Bruce Springbett; Indoor Meet Coordinator: Ron Mundle; Secretary-Treasurer: Al Sheahen; Records: Pete Mundle; Communications: Al Sheahen; Sponsorship: Chuck Klehm; Awards: Al Sheahen & Pete Mundle; Multi-Events: Jim Weed; At-large: Joanne Grissom, Danny Thiel, Miller.

TAC Committee Reps

Appointed by Weed to the TAC Standing Committees were: Law & Legislation: Bob Fine; Marketing & Media: Joe Murphy; Budget & Audit: Al Sheahen; Sports Medicine: Jack Russell; Records: Pete Mundle; Membership: Jim Brown; Rules: Ron Salvio; Board of Directors: Ron Salvio (Jim Weed, alternate).

Regional Coordinators

Weed announced the regional coordinators are: East: Haig Bohigian; Southeast: Stuart Daniel; Midwest: Wendell Miller; Southwest: Danny Thiel; Mid-America: Jack Greenwood; West: Gary Miller; Northwest: Jim Packett.}

New Implement Weights are now in effect

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<th>Weight</th>
<th>Competition</th>
<th>Brass</th>
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Sports America

In order to have sufficient quantities on hand, it is requested that athletes and meet directors

Place Orders As Soon As Possible

Initial Stock Available March—April. Later orders 4-5 months

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<th>Equipment</th>
<th>Weight</th>
<th>Olympic</th>
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<td>$90.60</td>
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Equipment descriptions may be found in our 1984 catalog. To place your order, call 1-800-633-7777 toll free or write: SportsAmerica, Inc. 101 Glover St., Barton VT 05822.
RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

Special Reasons For Running After Fifty

As we age, there are some things we treasure. First and paramount is plain, old-fashioned good health. But good health can and has been defined in various ways. For many people over fifty, good health consists of being able to rise from bed every morning unaided, eat three or more meals without substantial assistance, and put oneself to bed without an attendant. This view of health represents basic existence and nothing more.

As we have come to appreciate adequate exercise for the middle-aged, we have also come to appreciate what more it does than add to the years of our lives. It adds immeasurably to the quality of our existence. It requires mobility and numerous options for interesting activities.

Nothing so limits choices as we age as loss of mobility. This loss can come from a variety of unavoidable illnesses, injuries, or just plain bad luck. But more frequently than not, the physical horizon of the over-fifty is prematurely narrowed by an individual failure to keep the machinery in tune.

Running on a regular basis provides frequent opportunities to test our body equipment and associated resources. It provides an insight into capacity and limitations that even the physician cannot offer. Running makes credible, on a daily basis, judgements about ourselves. It provides confidence and even reassurance as to what we might safely do and not do.

And to this end, a special word must be offered about safety. When we analyze activity injuries as they occur in my age group, we find that they almost invariably are associated with a totally unrealistic insight into capacity.

Whether capacity fails us in skill activities, or stamina activities, it comes down to the same thing — Stamina failure. We all can maintain learned skills almost indefinitely until such time as our strength fails.

Therefore, running has the two essential components for survival after fifty: frequent reassessment of strength and stamina, and a natural maintenance of that stamina.

How much improvement can the fifty runner expect? We really don't know. And this is an essential part of this modern day adventure. Current best times by masters category runners would have placed over-forty runners in the top five places of all marathons in the United States less than ten years ago. It is not unusual during regional marathons to have not one but several masters finishing in the top ten places overall.

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Have encouragement, coaching, and maybe add, subsidized running to aid them in the long run.

This, perhaps, is where the real excitement is. Placed in a similar atmosphere of training, competition and experience, the older and aging runner has demonstrated a remarkable ability to "go with the best."

It would be in error at this point not to declare that there are indeed penalties for the passing years. But, in the same vein, our present and past concepts of what age demands are in evident mis-focus. If as pointed out, we can run with the twenty-year olds and feel like a twenty-year old, how old are we, in truth??
Long Distance Minutes...

Continued from page 7

year-old women into the masters pro-
gram to conform to international stan-
dards.

 Officials: J.J. Perry discussed the newly
formed National Athletics Of-
officials Committee with new-by-laws go-
ing into effect in 1984.

Technical Committee: The proposed
Technical Committee on course cer-
tification was discussed. The SCORR
program and the need for improve-
ments in certification were brought
out. Since many masters athletes
will be affected by the new scoring
system, the Committee unanimously
agreed we should have representation
on this committee.

Officers

Elected for 1984 were: Chairman, Bob
Boal; Vice-Chairman, Women: Carole
Langenback; Vice-Chairman, Men: Bob
Fine; Secretary: Jerome Perry; Treasurer: George Vernovsky.

National Championships

Bids were presented for 1984 Na-
tional Masters LDR Championships.
Selected were the following:
5K Road, Feb. 5, Clearwater, Florid.
10K Road, Apr. 17, Brooklyn, N.Y.
15K Road, July 17, Utica, N.Y.
20K Road, Mar. 25, Sacramento, Calif.
30K Road, TBA, Little Rock, Ark.
50K Road, Mar. 17, Washington, D.C.
15K X-C, Nov. 3, Houston, Texas.
50 Mile, Nov. 18, Buffalo N.Y.
100 Mile, TBA, Sheu Stadium, N.Y.
1 hr run, TBA.
Canada v USA X-C, TBA, Bufaloo, N.Y.
1985 Championships approved were:
10K Road, Jan. 10, Clearwater, Fla.
15K Road, May 5, Edina, Minn.
30K Road, Dec. 7, Houston, Texas.
Marathon, Nov. 3, Washington, D.C.

Masters Glossary of Terms

T&F: Track and Field
LDR: Long distance running
KW: Race walking
Athletics: The sports of track & field, long
distance running and race walking.
Masters: Men and women age 30-59.
Sub-masters: Men and women age 30-39.
Veterans: The international term for "masters," with the exception that "veteran" also includes
women age 35-39. (The term "veteran" is also
unofficially used in some LDR races to define
runners age 50-59.)
Seniors: A word of many meanings: 1) A SAC
competitor age 50 or over; 2) Unofficially used
in some LDR events to define runners age 60 or
over; 3) Sometimes unofficially used by the media
and others as a substitute for "masters."
AR: American record
WR: World record
PR: Personal record
The Athletic Congress (TAC): The "national
governing body" (NGB) for athletics in the
USA. TAC is the exclusive U.S. member of the
International Amateur Athletic Federation (IAAF).
TAC's home office is in Indianapolis, with
district (local) offices throughout the na-
tion. TAC is composed of various committees,
including the Masters T&F and Masters LDR
committees. The committees meet each
December at the TAC Convention.
International Amateur Athletic Federation (IAAF): The
international governing body for athletics.
World Association of Veteran Athletes (WAVA): The
official international governing body for athletics. WAVA staged a
World Veterans Games every odd-numbered
year for men 40+ and women age 35+.
IGAL: An official international LDR
organization. IGAL holds an annual World
Veterans Distance Running Championship (10K
& 21K in odd-numbered years; 10K & Marathon in even-numbered years).
National Masters Sports Association (NMNS): A
coalition of 14 masters sports which held a
Masters Sports Festival in 1982, and is planning future events with national sponsorship.
Age-group: Masters and sub-masters competi-
tion is divided into 5- or 10-year age-group
categories for both men and women (30-34,
35-39, 40-44, etc.). Your date of birth (not year
of birth) determines your age.
Masters competition: Every event from the
100-yard dash to the pole vault to the marathon
is available. Medals are generally awarded to the
first three places in each men's and women's age
group. While everyone does his or her best, part-
ticipation and friendship are the heart of the pro-
gram. Masters help each other with advice, train-
ing tips and health suggestions. Many combine
their vacations with trips to regional, national
and international competitions.
Local masters T&F: All Masters T&F meets
feature competition for anyone age 30 or over.
Masters may compete generally directed by a single
individual or club. Some local meets are
"sanctioned" by TAC; some are not.
Local masters LDR: Local LDR races are
openly to all ages, with masters awards for each 10-year age group.
TAC Regional and National Masters T&F
Championships: The TAC Masters T&F Com-
mittee sponsors and supervises annual national
and regional indoor and outdoor masters and
sub-masters T&F Championships.
TAC National LDR Championships: The
TAC Masters LDR Committee sponsors and
supervises several national LDR championships
(10K, 15K, etc.) each year, as well as a few
Regional LDR championships.
TAC Membership: It is not necessary for a par-
ticipant to become a member of TAC ($6 per
year) to participate in non-sanctioned masters
events or in international competition. It is
officially necessary to become a TAC member to
compete in TAC-sanctioned events (although
this rule is not always followed by event direc-
tors). It is not necessary for a foreign competitor
to become a TAC member to compete in TAC
events. (A TAC membership is automatically
required against injury while competing in, or traveling to, a TAC-sanctioned competition.)
Eligibility: There are no other requirements
needed to enter masters athletics competition, ex-
cept to be at least the minimum age. (One should
also be reasonably fit) An athlete may generally
compete in a younger age group if he or she so
chooses, but one may never compete in an older
age group. The masters program operates on the
honor system. Lying one's age and/or violating the
spirit and purpose of the masters program is
not tolerated. Violators risk banishment from
TAC masters competition for a period of two
years.
Standards: There are no entry or award stan-
dards in TAC Masters competition.
World Veterans Games: There are no re-
quirements needed to compete in the biennial
World Veteran Games, except to be at least age
40 (men) or age 35 (women). "Travel permits"
are not needed. No one is banned because of oc-
cupation, race, religion, national origin or any
other reason.
Uniforms: Some masters attires compete in
colorful uniforms, some in simple T-shirt and
shorts. In the World Games, each participant
competes as an individual, not as a representative
of any nation. Thus national uniforms are
unofficially optional. USA uniforms are available for $50 (men) or $45 (women) from Jim Weed, 11672 E.
2nd Ave., Aurora, CO 80010.
Sponsorship: Masters events are sometimes
supported by local or national sponsors. There is no single national sponsor at the moment.
Senior Olympics: A program unrelated to the
TAC Masters program. Open to age 25 + or 55+,
depending on the area, and requiring athletics,
swimming, softball, etc.

Masters Clubs: Most areas have local running
clubs, some of which cater to the masters per-
former.

Age Records: An annual book of masters age
records for each T&F event is available for $4
from NMM, PO Box 2572, Van Nuys CA 91404; and for each LDR event for $9.95 from
NRDC, PO Box 42888, Tucson AZ 85733.
Rankings: An annual book of masters rankings
by event and age-group, is available for $10
(T&F) from NMN, above, and for $9.95 (LDR)
from NRDC, above.

Long Distance Minutes... Continued from page 7

Bob Mohler, 42, Houston, Texas, winner in 16:14.1, TAC National Masters 5K Road Championships,
Little Rock, Arkansas, October 22.

Photo by Ben Red

Ken Dennis (378) National and World Masters
age 45-49 100-meter champion, Al Henry (287)
and Nick Newton (behind Dennis).

November 22, 1983
Mila Kania found out a number of years ago that a woman's place is behind her husband. Back when the running boom was in its infancy, Mila was setting pie during a workout around her neighborhood. Herb, her husband, was in close pursuit when a police officer stopped them, apparently thinking that Mila was in need of rescue.

Now, Mila is content to let Herb run in the lead. When it comes to racing other masters women, however, you'll usually find her in front.

Kania, a 52-year-old native of Czechoslovakia who lives in Warwick, N.Y., is one of the leading masters runners in the world. She has seven 50+ American records on the track, either in the books or pending, and owns three American records on the road. Although Kania was an 80-meter hurdler on the Czech national team in the early 50's and continued to run for exercise after that, she didn't get started in masters competition until just a few years ago.

"Herb and I never stopped running. He was on the Czech national team for 800-meters and we met on the background in sports. So they persuaded me to enter a 10-K race. I had no idea what time I could run. I was hoping to make it under one hour, but I did about 40:30."

That was when she was 47. On her 49th birthday, Kania recorded a 36:57 for 10-K. Five months later, she clocked 36:29, which is the American 45-49 road record. Just before her 50th birthday in 1981, she put her name to the 10-mile road record with a 1:02:00.

Kania's 50-54 American track records include: 2:39.8 (800m); 5:09.5 (1500m); 5:40.1 (1 mile, indoor); 11:37.4 (2-mile); 11:29.2 (3,000m); 18:44.6 (5,000m); and 38:53.5 (10,000m). The latter is also a world record. On the road she holds the 50-54 record for 10 miles at 1:04:16.

Most of the current 50-54 road records are held by Sister Marion Irvine of San Francisco, but Kania defeated the "flying nun" in the Nike Grand Prix 10-K last year. With Irvine and Kania living at opposite ends of the country, the two top 50-year olds seldom get a chance to match strides. Moreover, Irvine puts most of her efforts into the 10-K to marathon range on the road, while Kania prefers the shorter distances and the track.

"I still have not found out what my best distance is," says Kania. "However, I prefer shorter distances on the track in the summer and 10-K road races in the spring and fall."

As with so many other top masters runners, Kania seems to have had the strength base established early in life while growing up in Czechoslovakia.

"There were no girls on our block and, till I was about 8, I ran, jumped, and threw stones with little boys, which probably was good preparation. Also, my mother started taking me to exercise classes when I was about 2 1/2. I believe that helped the coordination and flexibility and got me used to regular physical activity," she offers.

In addition to the 80-meter hurdles, an event in which she took second in the Czech national championships, she competed in the long jump, high jump, and the relays. She also participated on school teams in swimming, volleyball, and basketball.

Herk Kania, a pediatrician, came to the United States in 1968. Mila and their two children followed a year later. They lived on Long Island before moving to Warwick.

While living in Czechoslovakia, Mila taught physical education. Today, she is content to be a housewife, although she does help out with the paper work in her husband's office.

Kania trains on about 40 miles a week, including two or three intervals sessions, a fartlek day, and a long run of 1-1/2 hours.

"Compared to what I'm doing now, the training in my young days was laughable," she says. "When I was on the Czech team, a hard day was maybe 5 times 200 meters at three-fourth effort with a 200 meter jog in between, two or three laps warm-up, some calisthenics, and a one lap warm-down."

Kania says that her most memorable competitive experience was the trip last year to Japan to compete in the world veterans LDR championship. Shes had won that trip by defeating Irvine in the Nike Grand Prix race. Her time in Japan, under adverse conditions, was a relatively slow 40:30, but it was fast enough to get her first overall among the women.

After five years of masters competition, Kania finds that she is running a little slower and taking longer to recover after hard runs. "But I'm in much better shape than most of my contemporaries and I feel better," she adds. "My main goal is to keep on running and enjoying it."

— Mike Tymnak
The fastest official half-marathon turned in by an age 40-or-over American runner so far in 1983 is a 1:37:51 broken by Max Popper of California. His 21 minutes, while Max Popper's 1:59:21 lopped 26 minutes off the old 80-and-over mark.

Cindy Dalrymple clocked the fastest masters woman's time of 1:13:33, a new W40 mark. All the half-marathon rankings, ten deep, from age 35-up, as of September 11, are in this issue.

Mohler & Poppers...

Continued from page 1

Close 16:21.7.

The M55 was the best race of the day when Ken Carman, 55, Garden City, Mich., held off California's Pat Devine to win, 17:54.0 to 17:54.8. Sam Turnbull, 50, Jackson, Miss., ran well for a seventh place overall and M50 victory in 18:48.

The rest of the races were largely uncontested. Bette Poppers, 41, Littleton, Colo., was the first woman across the finish line in 18:25.8. Donna Wright, 48, from Bartlesville, Okla., responded to the competition for a fine third place and W45 win in 20:30.9.

Carol Cartwright, 55, Reseda, Calif., combined a hometown visit and a return to competition to win the W55 division in 23:02.8.

The race was directed by Dr. Robert McGowan with help from Bob Plunkett and sponsorship by Nike, Coca-Cola of Arkansas, Sportstop, and local Coors distributors.

Faxon...

Continued from page 1

petitor-to-slam into a tree.

The event, held at Meredith College near Raleigh, No. Carolina, November 25, offered Southeast region runners an opportunity to run in a national championship and also drew entrants from as far away as California and Oregon.

Faxon's M40 time would have placed him seventh in the open race, won in 15:45, the primary event in the series of races included in the East Coast Cross-Country Classic. George Vernosky of the Potomac Valley Seniors TC had one of the best times of the day with a 17:47 win in the M50 division.

Martha Klopfner, 48, Durham, No. Carolina, was first woman forty-plus in 21:41 over the scanty field of seven women for all age groups.

North Carolina Road Runners won the M40 team crown. The Carolina Godiva team won the M45 championship, while the Tidewater Striders were the M50 winners, and the Potomac Valley STC took the M60 category.
Masters Scene

National
- Women who try to shed pounds by daily exercise, such as running, aerobic dancing, swimming, etc., may need more vitamin B2 (riboflavin), which enables cells to burn calories efficiently, according to research conducted by Daphne Roe, MD, at Cornell, who suggests that the RDA of B2 for women, 1.2 mg, may be too low, especially for active women, who may need twice as much. An 8 oz. glass of milk provides about 1/3 of the adult RDA. Other foods containing riboflavin are liver, green, leafy vegetables, and fortified breakfast cereals.
- John Bevilacqua, director of the National Masters sports program while at Occidental Insurance Co. in 1979, is the new public relations director for the Los Angeles Olympic Organizing Committee. He is the fifth director in five years.

New England
- Liberty BC's Barbara Pike (20:23) and Andrew Batch (21:34) were 1-2 masters at NECAC Women's X.C. Championships, Nor
tigham, MA, Nov. 14. Sally Goodline, Watham TC, was 3rd (23:16). A week earlier, Harriet Lang was the 1st vet woman (21:43) in the Na
tional Rocka Age Group X.C. Championships, NYC: Al Devereaux, 40, was 1st master (16:61), and Harold Hatch, 44, was 2nd (17:11).

Southeast
- Bill Boardman, 42, Westport, MA, in 2:38.44. Nancy Peterson, 41, Cumberland, RI, outran her closest W40 opponent by 22 minutes with a 3:02:58. James Murphy, 73, Henkern, NH, (4:50:51), was on the other side of the 3:00 finishers in the race, held in Providence, RI.

Southwest
- Bob Maydole, a professor from near Davidson College, finished 7th overall in the 14th James K. Polk 7 Mile RR, Nov. 12, to easily capture the masters crown in Charlotte, NC, 40:33:2. Ken Heims won the M50-59 race with a 21st overall 44:28.1. Nancy Lowden of Charlotte was the top W40+ (49:32).

- The Badger Walkers have formed a walking club. They'll hold a walking clinic, for beginning fitness and competitive race walking, Sunday, January 19, at the University of Wisconsin, Parkside, Kenosha, Wisconsin. From 1 to 4:30 p.m. It's under the direction of Mike DeWitt. 55 each.
- Donald House (34:55) and Judy Smith (48:23) were top masters at the Pepsi Challenge 10K. Terre Haute, IN, Nov. 6.
- Lowell Gaither, 45, gallon to a 10:01, 4th overall in a 20K, Lincoln, NE, Oct. 8. Ray Stevens, 43, was up there for the 4th spot, and Ross, 38, out-shot all W35+ runners 1:29:22.
- The Lincoln Track Club's 7th Annual Lin
coln Marathon, May 6, will serve as the 1984 TAC National Masters Marathon Championships. Leading masters runners, especially from the Midwest, will be invited for a competitive field. A 5 day seminar will feature masters running. Lincoln TC, 2900 John Ave., Lincoln, NE 68502.
- Ray Stevens looked large on the Lincoln, NE, masters LDR series and scene a winning 5 mile in 26:36, Sept. 11. the Governor's Cup 15K in 49:58, Oct. 23; and a 10K with 34:22, Nov. 19.

Mid-America
- Dan Asimine (7-12) had plenty of space in winning the W40-49 division from Sid Gonz
alles (7-37) in the TRW Whitehorse 6K. Redon
do Beach, CA, Nov. 20. Middle-distance stan
dard Bill Fitzgerald (18:24) lost the 50-59 race to Roger Devine (18:56) but led the M35-39 TRW "A" team to a masters victory (54:30).
- Andre Tocco, 47, San Pedro, CA, and Judy Kawley, 39, Simi Valley, CA, were overall winner of the Men's West End 5K, a trail run on Catalina Island off the coast of L.A. Oct. 29. Tocco won by 46 seconds; Kawley by 08 minutes. The 253 runners ended the day out with the traditional buffalo stew and the introduction of the "Pioneer Division" — an alternate route for sado-masochists and moun
tain goats.

A torrential downpour two hours before the start turned the 6th Annual Lasse-Virta Finnish invitational 20K course into a mudfield, making the race a "running happening." But the elements did not prevent James Murphy, 44, from finishing 30th and beating half of the finishers in the elite division in 1:15:49. Neil Deppert, 41, finished exactly a minute later. Safari Az. Tanzania, beat out Gary Tuitt, Ventura, CA, for the open crown by 2 seconds. J. Donat, 45, was 1st master in the earlier 20K race in 1:19:26, and Margaret Miller, 57, was 1st W40+ and 4th w/overall, 1:33:42.

Shirley Matsen, 43, ran the second fastest known masters women's 10K of 1983 December 10, with a blistering PR 35:56 in San Diego. She and Cindy Dalrymple (34:44) were the only masters to break 36 minutes in 10K in 1983, as of press time.
- NMN Columnist and World Class distance runner Mike Tymn, 46, reports he seems to be fully recovered from his mystery ailment. "I've come to the conclusion that I had the same thing as Sebastian Coe," Tymn said. "My symptoms were the same, including enlarged liver and spleen."
- "Coe's disease," Dr. George Sheehan says in Joe Henderson's Running Commentary, is called 'glandular toxoplasmosis' and closely resembles infectionious mononucleosis in its signs, symptoms and clinical course. As in mono, pa
tients develop enlargement of the glands, especially the posterior neck glands," Sheehan continues. "In almost 90 percent of cases. Enlargement of the liver and spleen occurs in about one-third of cases. Fatigue and general malaise are common." As with mono, the Coe (and perhaps Tymn's other) ailment is likely to recur. So unless he is racing or training hard, Coe will require weekly blood tests the rest of his career and says: "My doctor warns me that if I start feeling tired, or break out in cold sweats or don't eat properly, I must stop all strenuous exercise immediately."
- Despite a thin field (most events had only

Elmer Siegelt (68) winning the age 65-69 Pole Vault with a jump of 8 ft. 6 in. at the Club West Masters at Goleta, California. October 1, 1983.

- Olympic organizers have agreed to test athletes during the 1984 Olympics for excessive amounts of testosterone and caffeine. But an athlete could drink more than 100 cups of cof
tee a day and still not test positively for caffeine. As for testosterone, it may be out-of-date by summer, as steroid-taking athletes reportedly are switching to a human growth hormone called somatropin. The substance is obtained from the pituitary gland of cadavers. It is in short supply, and is mainly used by children whose own pituitaries don't generate enough somatropin, known also as HGH. The Los Angeles Times reports somatropin affects near
eyour growth-related function in the body, in
cluding muscle size and strength, bone length and strength, and also assists in the metaboliza
tion of fats, proteins and minerals. Although it has been used for years in Eastern Europe, its use here is fairly new. Somatropin is not on the list of banned drugs for the Olympics. It passes quickly through the system and is attractive to athletes because they retain its muscle-building effects with much less risk of detection. Possible side effects, however, include diabetes, cardiac disease, and overgrowth of bone. And, even, according to reporter Greg Peterson, "a serious life-threatening condition called acromegaly in which the hands, the feet and the head grossly enlarge."
- Dr. Ken Foreman, internationally known for coaching women's track and cross-country, was recently named as race director for the 1984 Women's Olympic Marathon Trials to be held in Olympia, Washington, May next.
- TAC's commercial discountable rate with the Avia R-A-Car System has been increased to 15%. Any member of TAC who would like to receive an Avia discount card should write to Avia/TAC, P.O. Box 120, Indianapolis, IN 46206, exclose stamped self-addressed envelope.

"JOCO," the popular World Veterans Games Mascot, draws a crowd in San Juan.

January, 1984
January, 1984 National Masters News page 17

A rear-view of hurdle action at the World Veterans Games in San Juan. Photo by Gratchen Snyder

one entry), participants accounted for 1 world, 5 US, and 9 state age records in the Hawaii International Meet #1, Honolulu, Dec. 4. Stan Thompson soared 1.38m for a W73 HJ record; chugged to a new US69 5000m RW time (38:44); Shirley Dietderich's 600g JT of 21.68m soared passed the old US57 distance; 100m (17.1) and 200 (35.9); Thelma Greig Fred Johnston's 2328 pts. in the pentathlon is a champ (Nov. 5) got in the big-win groove when new US37 total.


The mass of human flesh, waiting for the gun. They jarred as the gun went off. Anxious now, in the cool rain you would have thought and was sliding through Staten Island. © 1983 B. Palmer

OPEN WOMEN EDGE MASTERS IN MYTHICAL “DUAL MEET”

If the winning marks in the 1983 TAC National Masters Track and Field Championships are compared to the winning marks in the 1983 TAC National Women’s T&F Championships, it comes out a tie, 6-6, in the 12 events where conditions are virtually the same. However, if the events are scored like a dual meet (1st-5 pts, 2nd-3 pts, 3rd-1 pt), the women narrowly win, 56-52.

The caliber of competition between masters men and open women is very close. Some experts say a 42-year-old man is the athletic equivalent of a woman in her prime.

The women scored a 9-0 point sweep in both common field events, while the masters swept the 100 and 5000. The other eight events were split.


MYTHICAL DUAL MEET

MASTERS MEN VS. OPEN WOMEN

(Actual performances from the 1983 TAC Masters T&F Championships in Houston, combined with the actual performances from the TAC National Women’s Open T&F Championships in Indianapolis, and scored as if it were a dual meet; 5 pts. for 1st; 3 pts. for second, 1 pt. for third.)

<table>
<thead>
<tr>
<th>Event</th>
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<th>Open Women</th>
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<tr>
<td>1500</td>
<td>John Robinson:  15:29</td>
<td>John McConnoyl 15:41</td>
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<tr>
<td>5000</td>
<td>John Robinson:  16:05.15</td>
<td>John McConnoyl: 16:20.10</td>
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NORTHWEST


- Kanchan Stott, 37, an Ottawa music teacher, competed a cross-country run of Canada at Halifax, Nova Scotia. The race began May 6 at Victoria, British Columbia.

- Siegfried Bauer, 41, of New Zealand set a world class 10K plus.

- Mike O’Neill, the Australian veteran who did so much to turn the W World Veterans Games in Puerto Rico into a success, was a world class 1500 meter veteran until about 1976. “Soon after, he needed a new heart valve,” Jack Perkinson reports. “The original was like Ron Clarke’s – a leaking valve, due to childhood rheumatic fever.”

NORTHWEST

- Stan Thompson soared 1.38m for a W73 HJ record; chugged to a new US69 5000m RW time (38:44); Shirley Dietderich’s 600g JT of 21.68m soared passed the old US57 distance; 100m (17.1) and 200 (35.9); Thelma Greig Fred Johnston's 2328 pts. in the pentathlon is a champ (Nov. 5) got in the big-win groove when new US37 total.

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ON TAP FOR JANUARY


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


NEW ENGLAND


April 28-29. 19th Annual Millrose Games, Madison Square Garden, NYC. 40 + Men's Relay.

May 15 and 29. Development Meets Haverford College, Philadelphia, PA 19040. 11 a.m. (15th), 10 a.m. (29th).


February 5. TAC Metropolitan Masters Championships, 166th St. Armory, New York City. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

February 5. West Penn TC Open and Masters Indoor Meet. Slippery Rock State Col., Dept. of Athletics, 30 miles north of Pittsburgh PA 15301. 412/228-1872, before 9 p.m.


August 22. Empire State Games, Albany, NY.

SOUTHEAST

January 18, 1984 Pennslyvania Masters Indoor State Championships, Dickinson College, Carlisle, PA. Scott Thorpse, 319 College Dr., New Cumberland, PA 17070, SASE. 717/774-3559.

January 27. 77th Annual Millrose Games, Madison Square Garden, NYC. 40 + Men's Relay.

January 15 and 29. Development Meets Haverford College, Philadelphia, PA 19040. 11 a.m. (15th), 10 a.m. (29th).


February. TAC Metropolitan Masters Championships, 166th St. Armory, New York City. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

February 5. West Penn TC Open and Masters Indoor Meet. Slippery Rock State Col., Dept. of Athletics, 30 miles north of Pittsburgh PA 15301. 412/228-1872, before 9 p.m.


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

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


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


July 5. New York Masters Relay Carnival, Randall's Island, NYC. NY Masters, 77 Prospect Place, Brooklyn NY 11217.


August 22. Empire State Games, Albany, NY.


MIDWEST

January 7. Wisconsin Masters Indoor Championships, Genoa, WI. Bruce Craig, 238 Aiden Dr., Madison, WI 53705.


February 5. Indoor Open & Masters Meet, Chicago, IL. Wendell Miller, 180 N. LaSalle St., Chicago, IL 60601. 312/236-1315.

February 5. Midwest Regional Challenge: Indoor Open & Masters Championships, Lexington, VA. Tom Malik, 104 Pinewood Dr., Greenville, SC 29601. 803/276-2550.

March 17. Gold Coast Weight Pentathlon (tentative). P.H. Partridge, 337 SW 14th Ave., Boynton Beach, FL 33435.

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

May 12. South Carolina TAC State Open & Masters Championships, Clemson, SC. Tom Malik, 104 Pinewood Dr., Greenville, SC 29601.

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


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

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

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

December 30. Holiday Weight Pentathlon (9 am) and Regular Pentathlon (2 pm), Delray Beach, FL. Randall Cooper, Atlan-
January 1984

National Masters News

July 28. TAC Midwest Regional Masters Championships, Chicago, IL. 180 N. La Salle St., Chicago, IL 60601. 312/326-1315.


September 4. TAC Colorado Indoor Open and Masters Championships, U.S.A. F. Academy, Colorado Springs, Colorado. 9:00 a.m. David Kenner, 303/888-1810; Jerry Donley, 303/853-1264.

October 4. TAC Colorado Indoor Open and Masters Championships, U.S.A. F. Academy, Colorado Springs, Colorado. 9:00 a.m. David Kenner, 303/888-1810; Jerry Donley, 303/853-1264.


December 17. TAC National Masters 10K Road Championships, Sacramento, CA. Joe Murphy, 11672 E. 2nd Ave., Aurora, CO. 80010. 303/741-2980.

Southwest


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

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

Northwest

June 16. Fifth Annual Senior Sports Festival, Seattle, WA. Brenda Weatherspoon, PO Box 1228, Las Gatos, CA 95030. 408/354-7333.


August 15-16. TAC Western Regional Masters Championships, Occidental, CA. Joe Murphy, 1470 Grandview Ave., Glendale, CA 91201. 213/434-2139.


August 30-31. TAC Masters Championships, Portland, OR. Art Rappich, 86 Gloucester St., No. 1105, Portland, OR 97225.

Canada


November 6-9. TAC Ontario Masters Championships, Ottawa, Ont. Danny Daniels, R.R. No. 3, Carp, Ont, KDA 1L0.

INTERNATIONAL

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


August 11-12. WAVA Decathlon Championships, Long Beach, CA. Gary Bane, PO Box 6069, Orange, CA 92667. 714/998-43706, 772-2811w.


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

Long Distance Running National

February 5. TAC National Masters 5K Road Championships, Clearwater, FL. Separate races for men and women. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33716. 813/447-7161.


April 17. TAC National Masters 10K Road Championships, Sacramento, CA.

August 17. TAC National Masters 50K Road Championships, Ita, N.Y.

November 3. TAC National Masters 15K Cross-country Championships, Hains Point, Washington, D.C.

November 18. TAC National Masters 50-Mile Championships, Buffalo, N.Y.

November 24. TAC National Masters 5K Cross-country Championships, Seattle, WA.

November 30. TAC National Masters Half-marathon Championships and Daytona River Corridor Classic, Daytona, Ohio.

East

March 10. N.Y. Masters 5-Mile Run, Flushing Meadow park, New York, NY.

March 12. WAVA Decathlon Championships, Long Beach, CA. Gary Bane, PO Box 6069, Orange, CA 92667. 714/998-43706, 772-2811w.


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

Midwest


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

Mission Bay Marathon, San Diego, CA. SASE to Jeff Brolio, 8811 Robinhood Land, La Jolla, CA 92037.

February 22. Super Bowl Sunday 10K, Redondo Beach, CA. Super Bowl Run, PO Box 637, Redondo Beach, CA 90277.


February 19. Los Angeles International Marathon, Santa Monica, CA. Qualifying times to enter. LA Marathon, 12115 1/2 S. Sunset Blvd., Los Angeles, CA 90025. 213/459-5796 or 213/459-6666.


### 1983 Half Marathon Rankings as of September 11, 1983

Compiled by the National Running Data Center

<table>
<thead>
<tr>
<th>Half Marathon</th>
<th>Men - 35 thru 39</th>
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<tr>
<td>1:36:00</td>
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<td>Robert Velleman</td>
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<td>Bruce Howard</td>
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<td>Jim McCown</td>
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<td>1:47:00</td>
<td>Michael Bertolini</td>
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<td>Abhy Ibralson</td>
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<th>Men - 45 thru 49</th>
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<tbody>
<tr>
<td>1:45:00</td>
<td>Ken Winn</td>
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<tr>
<td>1:46:00</td>
<td>Jim Gallup</td>
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<tr>
<td>1:47:00</td>
<td>Lyndhurst</td>
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<tr>
<td>1:48:00</td>
<td>Doug Latimer</td>
</tr>
<tr>
<td>1:49:00</td>
<td>Jerry Bulek</td>
</tr>
<tr>
<td>1:50:00</td>
<td>Wolf Hanson</td>
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<table>
<thead>
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<th>Men - 50 thru 54</th>
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<tr>
<td>1:50:00</td>
<td>Norman Green</td>
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<tr>
<td>1:51:00</td>
<td>Bill Poulak</td>
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<tr>
<td>1:52:00</td>
<td>William Johnson</td>
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<td>1:53:00</td>
<td>Clyde Davidson</td>
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<td>John Goodale</td>
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<td>1:55:00</td>
<td>Peter Fryer</td>
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<td>1:56:00</td>
<td>Gerald Koch</td>
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<td>1:57:00</td>
<td>Jerry Suley</td>
</tr>
<tr>
<td>1:58:00</td>
<td>Jim Brownstone</td>
</tr>
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<td>1:59:00</td>
<td>Fritz Mueller</td>
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<th>Men - 55 thru 59</th>
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<tr>
<td>1:55:00</td>
<td>Jim O’Malley</td>
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<tr>
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<td>Don Dixon</td>
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<td>1:57:00</td>
<td>Orlo Keniston</td>
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<td>Fred Hailbucher</td>
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<td>1:59:00</td>
<td>Jerry Morrison</td>
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<td>1:59:00</td>
<td>Map Cabelton</td>
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<tr>
<td>2:00:00</td>
<td>Bart Holt</td>
</tr>
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<td>2:01:00</td>
<td>Don Carpenter</td>
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<tr>
<td>2:02:00</td>
<td>Harry Wernon</td>
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<td>2:03:00</td>
<td>Herman Grotheer</td>
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<td>Jim McCown</td>
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<td>1:59:00</td>
<td>Harold Daughters</td>
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<td>Art Holman</td>
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<td>Hugh Short</td>
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<td>2:02:00</td>
<td>Michael Bertolini</td>
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<td>2:03:00</td>
<td>Thomas Gibbons</td>
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<td>2:04:00</td>
<td>George Sheahan</td>
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<td>2:05:00</td>
<td>Bob Robian</td>
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<td>Peter Mahler</td>
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<td>Paul Reese</td>
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<tr>
<td>2:07:00</td>
<td>Wayne Sook</td>
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<td>2:08:00</td>
<td>John Holoback</td>
</tr>
<tr>
<td>2:09:00</td>
<td>Fleetwood Fassme</td>
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<td>2:10:00</td>
<td>Wilfredo Rios</td>
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<tr>
<td>2:11:00</td>
<td>Wilson Vible</td>
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<tr>
<td>2:12:00</td>
<td>Mac Corbin</td>
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<td>2:13:00</td>
<td>Morris Rhode</td>
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<td>William Glossary</td>
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<td>Howard Career</td>
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<td>2:14:00</td>
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<td>2:17:00</td>
<td>Laurie Binder</td>
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<td>2:18:00</td>
<td>Madeline Harrington</td>
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<td>2:19:00</td>
<td>Kathleen Kaiser</td>
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<tr>
<td>2:20:00</td>
<td>John Dody</td>
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<tr>
<td>2:21:00</td>
<td>Karen Lautner</td>
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<tr>
<td>2:22:00</td>
<td>Bobbi Rothman</td>
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<td>2:23:00</td>
<td>Joanne Poranto</td>
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<td>2:24:00</td>
<td>Judy Fleywe</td>
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<td>2:25:00</td>
<td>Mary Storke</td>
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<td>2:26:00</td>
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<th>Women - 35 and 39</th>
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<tr>
<td>1:39:00</td>
<td>Cindy Dalrymple</td>
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<tr>
<td>1:40:00</td>
<td>Betty Lee Parmales</td>
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<td>1:41:00</td>
<td>Joyce Gibbs</td>
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<td>1:42:00</td>
<td>Lisa Connors</td>
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<td>1:43:00</td>
<td>Jenny Rushall</td>
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<td>1:44:00</td>
<td>Elizabeth Burt</td>
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<td>1:45:00</td>
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<td>Erin Michaelen</td>
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<td>Mimi Lerner</td>
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<td>1:47:00</td>
<td>Helene Bedrock</td>
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<td>1:48:00</td>
<td>Helen St. Camer</td>
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<td>Nancy Heiler</td>
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<td>1:50:00</td>
<td>Karen Bolen</td>
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<td>1:51:00</td>
<td>Gudrun Phillips</td>
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<td>Sue Marvin</td>
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<td>1:53:00</td>
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<table>
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<th>Half Marathon</th>
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<td>Mabel Harris</td>
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<td>Dorothy Stock</td>
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<td>1:59:00</td>
<td>Anna Wiltick</td>
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<td>1:59:00</td>
<td>Elizabeth Curtis</td>
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<td>Kate St. James</td>
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<table>
<thead>
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<th>Women - 55 and 59</th>
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<tr>
<td>2:00:00</td>
<td>Mary Storye</td>
</tr>
<tr>
<td>2:01:00</td>
<td>Billie Murphy</td>
</tr>
<tr>
<td>2:02:00</td>
<td>Anne Trygg</td>
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<tr>
<td>2:03:00</td>
<td>Ruth Painter</td>
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<tr>
<td>2:04:00</td>
<td>Sue Kuchner</td>
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<td>2:05:00</td>
<td>Cecilia Bellebo</td>
</tr>
<tr>
<td>2:06:00</td>
<td>Eva Brown</td>
</tr>
<tr>
<td>2:07:00</td>
<td>Jane Nightingale</td>
</tr>
<tr>
<td>2:08:00</td>
<td>Linda Hansen</td>
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Continued on page 24
## LONG DISTANCE RESULTS

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

### Capital City 26.2K

**LINCOURT, NEBRASKA OCTOBER 9, 1983**

<table>
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<td>M40-49</td>
<td>John Ouellette</td>
<td>4:04:04</td>
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<tr>
<td>M20-29</td>
<td>Gary Birchen</td>
<td>4:11:32</td>
</tr>
<tr>
<td>M10-19</td>
<td>Cindy Dailey</td>
<td>4:09:44</td>
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<tr>
<td>M80-84</td>
<td>Charlie Williams</td>
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<tr>
<td>M65-69</td>
<td>Joe Clarke</td>
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**TAC NATIONAL MASTERS 5K ROAD CHAMPIONSHIPS; Little Rock, AR; 10/12/83**

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<tr>
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<td>Tom Mayfield</td>
<td>Ken Goul</td>
<td>Kirk Feltner</td>
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<td>Mike Yourse</td>
<td>Jerry Yourse</td>
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<td>Mike Tschopp</td>
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<td>Arlington, TX</td>
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**DISTANCE RESULTS**

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**OCTOBER 16, 1983**

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<td>Tom McKeman</td>
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**SEPTEMBER 11, 1983**

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<tr>
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<td>Steve Soberski</td>
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<tr>
<td>M30-39</td>
<td>Dani Vlelnberg</td>
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<td>M20-29</td>
<td>Clay Capek</td>
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<tr>
<td>M10-19</td>
<td>Steve Soberski</td>
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**CINDY DARLING CROSSES THE FINISH LINE IN MOVING COMFORT 10K**

**Photo by Ellen Verden**

### ARCO RUN LA 5K

**OCTOBER 16, 1983**

<table>
<thead>
<tr>
<th>1st Overall</th>
<th>Ferne Fields</th>
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<tbody>
<tr>
<td>2nd</td>
<td>A. Willowa</td>
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<td>3rd</td>
<td>James Murphy</td>
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<tr>
<td>4th</td>
<td>Rex Boyer</td>
<td>22:17:49</td>
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<tr>
<td>5th</td>
<td>M. Haywood</td>
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**PLACE | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10  |
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<tr>
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<td>Jerry Storer</td>
<td>Jerry Stovers</td>
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**JANUARY, 1984**

**National Masters News page 21**

### INTERAGENCY 3/4K

**WASHINGTON, D.C.**

**SEPTEMBER 21, 1983**

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<tr>
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<td>John Craig</td>
<td>Roger Byars</td>
<td>Tom Potter</td>
<td>Jeff Rabinowitz</td>
<td>John Craig</td>
<td>Roger Byars</td>
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### WOMEN 40-44

<table>
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<tbody>
<tr>
<td>Judith Fernandez</td>
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<tr>
<td>Elizabeth Hans</td>
<td>3:04:37</td>
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<tr>
<td>Dorothy Gallow</td>
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### WOMEN 50-54

<table>
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<td>Reba Zea</td>
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### WOMEN 55+

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### MEN 40-44

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### MEN 50-60

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### MEN 60+

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### WEST END 25K

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### 8th ANNUAL MARINE CORPS MARATHON

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January, 1984

National Masters News

OCEAN CITY MARATHON

PROVIDENCE, R.I.

NOVEMBER 8, 1983

1st Overall

Roland Fisk
3:21:45

2nd

Morse Farrell
3:26:10

M40-44

1. Jack Kelly
1:25:37

2. Eddie Dufresne
1:30:01

3. Ralph Elliot
1:30:35

M45-49

1. Bill Seiden
1:25:54

2. Paul Fischl
1:30:35

3. Ray Tebeau
1:31:42

M50-54

1. Steve Duderstadt
4:25:05

2. David Rubin
4:25:06

3. Mike Grandine
4:27:34

M55-59

1. Mike Brown
4:20:28

2. Ron Lagenour
4:25:34

3. John Rice
4:26:51

M60-64

1. Rich Crouse
4:00:32

2. Bill Wollenberg
4:00:32

3. Bill Wollenberg
4:00:32

M65-69

1. Steve Jacobs
3:50:25

2. Bob Worker
3:50:25

3. Jim Mahony
3:50:25

M70-74

1. Bob Johnson
3:40:11

2. Jim Mahony
3:40:11

3. Bill Wollenberg
3:40:11

M75-79

1. Sam Forman
3:30:00

2. Jim Mahony
3:30:00

3. Bill Wollenberg
3:30:00

M80-84

1. Bob Johnson
3:20:45

2. Jim Mahony
3:20:45

3. Bill Wollenberg
3:20:45

W40-44

1. Judy Cohen
1:42:36

2. Bette Coyle
1:42:36

3. Linda Viscardi
1:42:36

W45-49

1. Ann Moore
1:39:15

2. Joan Green
1:39:15

3. Fran Currier
1:39:15

W50-54

1. Mary Kelly
1:36:30

2. Joan Loeb
1:36:30

3. Fran Currier
1:36:30

W55-59

1. Marjorie Weeks
1:33:45

2. Joan Loeb
1:33:45

3. Fran Currier
1:33:45

W60-64

1. Barbara Ruth
1:30:55

2. Joan Loeb
1:30:55

3. Fran Currier
1:30:55

W65-69

1. Margaret Shaffer
1:28:10

2. Joan Loeb
1:28:10

3. Fran Currier
1:28:10

W70-74

1. Margaret Shaffer
1:25:25

2. Joan Loeb
1:25:25

3. Fran Currier
1:25:25

W75-79

1. Margaret Shaffer
1:22:40

2. Joan Loeb
1:22:40

3. Fran Currier
1:22:40

ATLANTA MARATHON

ATLANTA, GEORGIA

NOVEMBER 24, 1984

1st Overall

Jacky Jenkins
2:46:31

2nd

Bill Seiden
2:46:31

3rd

Mike Burdette
2:46:31

Masters (50-59)

1. John Rice
2:47:06

2. Bill Wollenberg
2:47:06

3. Jim Mahony
2:47:06

Masters (60-64)

1. Steve Jacobs
2:48:11

2. Bob Worker
2:48:11

3. Jim Mahony
2:48:11

Masters (70-74)

1. Bob Johnson
2:49:16

2. Jim Mahony
2:49:16

3. Bill Wollenberg
2:49:16

Masters (80+)

1. Bob Johnson
2:50:21

2. Jim Mahony
2:50:21

3. Bill Wollenberg
2:50:21

W15-19

1. Cindy Conover
2:43:00

2. Joan Clark
2:43:00

3. Fran Currier
2:43:00

W20-24

1. Sharon Chesser
2:44:05

2. Joan Clark
2:44:05

3. Fran Currier
2:44:05

W25-29

1. Jane Green
2:45:10

2. Joan Clark
2:45:10

3. Fran Currier
2:45:10

W30-34

1. Ann Moore
2:46:15

2. Joan Clark
2:46:15

3. Fran Currier
2:46:15

W35-39

1. Marjorie Weeks
2:47:20

2. Joan Clark
2:47:20

3. Fran Currier
2:47:20

W40-44

1. Judy Cohen
1:42:36

2. Bette Coyle
1:42:36

3. Linda Viscardi
1:42:36

W45-49

1. Ann Moore
1:39:15

2. Joan Green
1:39:15

3. Fran Currier
1:39:15

W50-54

1. Mary Kelly
1:36:30

2. Joan Loeb
1:36:30

3. Fran Currier
1:36:30

W55-59

1. Marjorie Weeks
1:33:45

2. Joan Loeb
1:33:45

3. Fran Currier
1:33:45

W60-64

1. Barbara Ruth
1:30:55

2. Joan Loeb
1:30:55

3. Fran Currier
1:30:55

W65-69

1. Margaret Shaffer
1:28:10

2. Joan Loeb
1:28:10

3. Fran Currier
1:28:10

W70-74

1. Margaret Shaffer
1:25:25

2. Joan Loeb
1:25:25

3. Fran Currier
1:25:25

W75-79

1. Margaret Shaffer
1:22:40

2. Joan Loeb
1:22:40

3. Fran Currier
1:22:40

TAC NATIONAL MASTERS 5K CROSS-COUNTRY CHAMPIONSHIPS

SHIPS, RALEIGH, NC

NOVEMBER 23, 1983

1st Overall

Jim Miller
25:29:29

2nd

Tom Quick
16:37:32

3rd

Dana Murphy
4:43:28

Lee Bass
4:43:28

Roy Gardner
4:43:28

Katherine Miller
4:43:28

Sherry Deardorff
4:43:28

Lee Tallman
4:43:28

Larry Benson
4:43:28

George Vermeersch
4:43:28

Johnny Burke
4:43:28

Beverly Mitchell
4:43:28

Joyce Warren
4:43:28

Atsuko Fujimoto
4:43:28

Anita Bugge
4:43:28

Jesse Cook
4:43:28

F. Nagelschmidt
4:43:28

New York Road Runners Club

K. Hoppe
4:43:28

Tom Bestul
4:43:28

Jan Tuchibald
4:43:28

Gary Jull
4:43:28

Jesse Cook
4:43:28

F. Nagelschmidt
4:43:28

New York Road Runners Club

K. Hoppe
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New York Road Runners Club

K. Hoppe
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Tom Bestul
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Jesse Cook
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F. Nagelschmidt
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New York Road Runners Club

K. Hoppe
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Jan Tuchibald
4:43:28

Gary Jull
4:43:28

Jesse Cook
4:43:28

F. Nagelschmidt
4:43:28
### TRACK & FIELD RESULTS

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Winners (Age, Club)</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 M</td>
<td>John Smith (35, Prospect Park)</td>
</tr>
<tr>
<td>200 M</td>
<td>Bob Hanson (38, Bethel Bananas)</td>
</tr>
<tr>
<td>400 M</td>
<td>Jack Karbens (38, Prospect Park)</td>
</tr>
<tr>
<td>800 M</td>
<td>Sam Jones (40, Brooklyn)</td>
</tr>
<tr>
<td>1500 M</td>
<td>Ted Van Allen (40, Prospect Park)</td>
</tr>
<tr>
<td>5000 M</td>
<td>John Smith (38, Prospect Park)</td>
</tr>
</tbody>
</table>

### NATIONAL MASTERS TRACK & FIELD MEETING 1984

**Women's Field Events**

<table>
<thead>
<tr>
<th>Event</th>
<th>Winner (Age, Club)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shot Put</td>
<td>Margaret Wright (35, Huntington)</td>
</tr>
<tr>
<td>Discus</td>
<td>Althea West (28, N.Y.)</td>
</tr>
<tr>
<td>Hammer</td>
<td>Joan May (28, N.Y.)</td>
</tr>
</tbody>
</table>

**Men's Field Events**

<table>
<thead>
<tr>
<th>Event</th>
<th>Winner (Age, Club)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Jump</td>
<td>Ted Van Allen (40, Prospect Park)</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Althea West (28, N.Y.)</td>
</tr>
</tbody>
</table>

### EVENT SCHEDULE

**100 Kilometer Run**

- **Miles**
  - 100 M: John Smith (35, Prospect Park)
  - 200 M: Bob Hanson (38, Bethel Bananas)
  - 400 M: Jack Karbens (38, Prospect Park)
  - 800 M: Sam Jones (40, Brooklyn)
  - 1500 M: Ted Van Allen (40, Prospect Park)
  - 5000 M: John Smith (38, Prospect Park)

**Field Events**

- **Women's**
  - Shot Put: Margaret Wright (35, Huntington)
  - Discus: Althea West (28, N.Y.)
  - Hammer: Joan May (28, N.Y.)

- **Men's**
  - Long Jump: Ted Van Allen (40, Prospect Park)
  - Triple Jump: Althea West (28, N.Y.)

### TAPES

- **Special Highlights Tape** $69.00
  - Highlights final events.
  - Track and Field -- Men and Women

- **Sprints & Hurdles -- Men & Women**
  - Most Trials Semi-Finals and Finals of
    - 80 Hurdles
    - 100 Hurdles
    - 400 Hurdles

- **Middle Distance/Distance**
  - Men and Women

- **Field Events -- Men and Women**
  - Pole Vault ($M40, M45, M50$)
  - Triple Jump ($M50, M55, M60$)
  - Javelin ($Some 45$)
  - Discus ($50$)

### Tape Choices

- **Beta**
- **VHS**
- **PAL**

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---

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**100 Kilometer Run**

- **Prospect Park, Brooklyn**

- **Supported by New York Road Runners Club**

- **Date:** November 15, 1983, 6:30 AM
- **Distance:** 62 Miles
- **Check-In:** Men-29, Women-2, Total-31
- **Finishers:** Men-14, Women-1, Total-15.
- **Weather:** Variable-sunny with some clouds, low tonight 50's.

---

**Order of Finish**

1. David Dobrovic, 40, Milrose 8:07:57
2. Jose Sarabiao, 36, Spain 8:18:48
3. Luis Rios, 35, Prospect Park TC 8:30:46
4. Nathan Whiting, 37, Prospect Park TC 8:30:46
5. Angelo Martini, 36, New York City 8:37:42
7. Paul Sokoliski, 39, Prospect Park TC 9:04:36
9. Al Fraser, 36, Prospect Park TC 9:28:11
11. John Kenzar, 40, Prospect Park TC 10:18:50
15. Steefelen Robinson, 29, Milrose 11:01:54