Green 1st 50+ Runner to Win National Race

WASHINGTON, D.C. — Norman Green, 50, Wayne, Penn., today became the first American 50 years and over to ever win a national masters championship race. He set his fifth American age-group record in the past six months in winning the TAG National Masters 20K at Hains Point, with a 65:50. Green’s time broke Ray Hatton’s 50-54 record of 66:15 set last year.

Green changed leads with Herb Lorenz, 44, Willingsboro, N.J., during the first of the four loops, but as he passed the midpoint in 33:00, Green had a two-stride lead over Lorenz. Green surged ahead of his tight pack of pursuers, except for Tony Gerrity, 40, Devon, Penn., who stayed within 15 yards of Green until the final straightaway, when Green broke away for his thirteenth record win over Gerrity.

Green, who holds the 50-54 records for 8, 15, and 25 kilometers and 10 miles, was somewhat surprised that he and Gerrity had left the other runners 50 yards behind with 1½ miles left because he had been more concerned with breaking the 50-54 20K standard than in winning the race.

In the women’s race, Susan Henderson, 36, Boulder, Colo., captured first place in 77:36 over Lolitia Bach (84:40), 41, Annandale, VA, and Irma Lorenz (85:23), 41, Willingsboro, N.J.

Smith First Master in Avon Marathon; Gardner U.S. Champion

LOS ANGELES, June 5. The 6th Avon International Marathon was also the 1983 TAC National Masters Championship for women. It was also the open championship for women (TAC Senior).

- the selection race for first World Championships in Helsinki
- held over most of the Olympic course
- the largest women’s-only marathon held (1,200 entries), 1,000 starters, 950 finishers

With the best of intentions, the (Continued on page 11)

CONWAY PICKS COTTON ROW APART AGAIN

HUNTSVILLE, Alabama, May 30. The Cotton Row, although an open race, is also one of the top masters 10K races in the U.S.

The race start was moved up 30 minutes to 6 a.m. to take advantage of the cooler morning temperatures. The (Continued on page 9)

THROWERS EXCEL AT ANTEATERS CLASSIC

by JERRY WOJCIK

Eleven years ago, when all of this was fairly new, George Ker originated the Grandfather Games at Los Angeles Valley College, where he was track mentor and is still an instructor. This year, budget cuts and lack of support by the college district board made it impractical for Ker to continue the G-Games.

However, Dave Lewis rescued the meet from oblivion, staging it at the University of California, Irvine, May 21. Lewis re-named the event “The Anteaters Classic,” after the UCI athletic teams’ nickname. (UCI was founded in the mid-1960’s, when university students and faculties eschewed names that smacked of ethnicity (Indians), ferocity (Panthers), or war (Generals).

So, it was fitting that Ker, now 60, responded to the meet by throwing the (Continued on page 11)
AGE-GROUP RECORDS
An error appeared in your June issue under the age 35-39 High Jump. You have John Drobeth holding the American Record at 6’8” ¼ . However, I broke that record last year at the Nationals in Wichita, Kansas, August 6-8, with a jump of 6’9”. This information was published in September, 1982, issue.

I would appreciate you making the necessary correction in this matter.

John Hartfield
Missouri City, Texas

(MNM and National Records Chairman Pete Mundle have received some complaints from athletes who set pending records at the Nationals in Wichita, the Sports Festival in Philadelphia, and the European Championships. “The reason these pending records are not included in last month’s list,” Mundle says, “is because I never received the signed forms from either the athlete or the meet director.” Mundle said he’s made several unsuccessful attempts to obtain the documentation—which is required for official approval of age group records. — Ed.)

SENIOR OLYMPICS
I recently received a letter for the 1983 edition of the Los Angeles Senior Olympics. I now realize why and how the attempts by several stalwart members of our masters movement in revising the Senior Olympics meet has met with frustration. At a cost of $10 for the first event, and the limited number of attempts set for field event competitors at three it just has to be the most expensive meet around.

I have competed in the Senior Olympics meet in the past and it has appeared to be continually run downhill and I will not participate again under the present management. I urge the entire field event community to boycott the L.A. Senior Olympic Meet, and for that matter any meet offering half the number of attempts allowed under the rules. Runners should also consult their conscience about their participation.

We, the athletes, should rebel against being used, especially by so-called “non-profit” organizations which are far more interested in themselves than in the athletes and the sports.

Philip R. Conley
Woodside, California

THROWING IT AWAY
It may be the national championship for decathlon and heptathlon (women) this month in Merced, California, but the marks set there by 50+ men and all women are going to be ineligible for world record consideration because of the endlessly silly use of non-standard throwing implements.

Richard Stepp
Arcadia, California

MIDWEST REGIONALS
I really enjoy the National Masters News each month.

Your publication with its results, letters, news, and photos means so much. I competed in the Masters Indoor Midwest Track & Field Championships (Feb. 20) in Cincinnati, and was very disappointed (as were others), with the awards that were given to the winners. No ribbons or trophies. The awards (all alike), were red plastic with U.S. Masters Track & Field, U. of Cincinnati printed on the face. Really they meant nothing. No first, second, or third place. All alike. The track was great. The meet was well run. The awards: forget about it. Nevertheless I enjoy Masters Track, and your paper.

Charles R. Northrup
Indianapolis, Indiana

Write On!
Address letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
Australian Veteran "Shuffles" To National Fame

by JACK PENNINGTON

SYDNEY, April 24. Robert DeCastella, Australia's most noted runner, fired the pistol today to start "The Great Race" from Sydney to Melbourne, 875K (547 miles) of tortuous highway rising 3000 feet over the Tablelands. First prize: $10,000, winner take-all. The course had been run solo several times previously, with John Hughes of New Zealand setting a best of 7 days, 9 hours, 47 minutes.

The field of fourteen included well-qualified trans-continental runners like George Peardon, 58, (2,800 miles at 62 miles per day), Tony Rafferty (3,400 miles at 40 mpd), New Zealanders John Hughes and Siegfried Bauer, and Joe Record, 41, of European fame.

The dark horse was 61-year-old farmer Cliff Young, who, a few weeks earlier, had won an annual 100 mile track race over Record. In 1981, Young ran his first Veteran race in Christchurch, competing in the M55 cross-country and the marathon which he finished in 2:58.

Before that, Young had been noted for running 50 miles round trip for a haircut, but didn't compete until he was persuaded by the locals in a pub to run a marathon, which he ran in street clothes in 3:04.

At the end of the first day of "The Great Race," thirteen runners bedded down for the night. The fourteenth, Young, continued for 20 hours non-stop, eating pears and soup on the run. When the others arose, Young was taking a 3 hour nap, 50 miles ahead.

Record and Peardon were running to a scheduled 80 miles per day, but taking a night's sleep. Young, the middle stages, ran 11K in 2 hours and was a marathon ahead while the rest slept. However, Record took the lead on the third day, only to be forced out by kidney failure and swollen ankles at 730K.

Meanwhile, Australians began to watch the race on national television. When Young finished in 5 days, 15 hours, 4 minutes, eclipsing the old record by over 1 day and 18 hours, he was greeted by a brass band, thousands of well-wishers, and his 89-year-old mother, who does not condone such madness.

Peardon finished second in 6 days, 1 hour; Bauer in 6 days, 4 hours; and John Hughes in 6 days, 4 hours, 49 minutes.

Young's winning shuffle wore out eleven pairs of shoes and elevated him to second place in Australian sports history. Young is the talk of the nation and is now planning a 1000 miler, for which sponsors have offered $30,000. He works on his brother's dairy farm and augments his meager income by growing potatoes.

Jack Pennington, who has followed Young's running career, said: "Last year, he attempted a 50 mile track record and was exhausted by 40 miles-why? Well, he'd loaded 10 tons of potatoes the day before. The day before his 2:58 at Christchurch, he ran for 3 hours! I was there."
Illinois Valley Striders Win 10K Team Title

by DAN SHEA

MONTICELLO, Ill., April 30. The Illinois Valley Striders' masters team won the Road Runners Club of America National Championships in the Sage City 10K run here today.

The Peoria-based team, led by IVS club president Steve Shostrom, 40 (36:10) and Jeryl Riebling, 41, (36:10), defeated the defending champion Illinois TC, 102-105. Other IVS runners were Harold Upp, 48, (36:30); John Goodwin, 42, (36:59); Gordon Adams, 51, (37:29); Larry Arbise, 42, (36:38); Doug Braasch, 43, (38:38); and Dan Shea, 52, (54:21).

The runner-up Champaign club was composed of Paul Nielsen, 43, (35:22); Bob Turnbull, 41, (35:33); Eric Weir, 41, (36:05); Art Chasing, 46, (36:28); Alfred Morris, 40, (36:32); Paul Quinlan, 45, (39:16); and Jerry Dees, 47, (40:33).

The women's division team champions was the Sage City Striders. Members were Juanita Bowman, 48, (43:10); Bonnie Kamin, 42, (45:02); Mary Monohan, 41, (49:15); Norma Logue, 41, (49:17); Marcia Kopp, 43, (50:45); and Georgia King, 40, (51:58). The oldest runner among the 1,354 competitors was 72-year-old Mitzi Probst, Staunton, Ill., who finished in 1:43:21.

26,000 MAKE THE BLOOMSDAY SCENE

by JERRY WOJCIK

If Nostradamus, the 16th century French astrologer, had included among his predictions that tens of thousands of people in the 20th century would gather by choice to run over seven miles for fun and a few awards, it would have been considered the most outlandish of his prophecies.

But, such things occurred in the month of May, in San Francisco, and on a somewhat smaller scale on May 1, when 25,923 official finishers made the Lilac Bloomsday 7.5 Run the largest U.S. race over to that date, according to the NRDC. Northwest area standout Michael Heffernan, 42, Portland, OR, was first master in 39:35, and Robert Ruggieri won the 45-49 race in 43:27. Gordon Pirie took the 50-59 contest with a fine 44:14.

Cindy Dalyrmple, 41, NY, was the first 40-44 female in 43:16, which placed her eleventh woman overall and about three minutes ahead of her closest 40-44 competitors: Bette Poppers, 40, Littleton, CO, (46:08), and Doris Heritage, 40, Seattle, (46:20).

Jon Sinclair, 25, was first finisher in 34:55, and Anne Audain, 27, led all Bloomsday women, for the third time in a row, with 39:29.
1983
NIKE MASTERS GRAND
PRIX FINALS
10 KILOMETERS
Santa Barbara, California
September 11, 1983
Sunday, 8:30 AM

ELIGIBILITY:
U.S. Masters (Men 40+ /women 35+) runners.
(NOTE: Anyone of any age may run the race, but
only U.S. Masters will be eligible for the trip
awards and some of the special events.)

COURSE:
A scenic, moderately rolling course through the
affluent community of Montecito, at the eastern
end of Santa Barbara. It is accurately-measured
and intended to be certified.

DIRECTOR:
John Brennand, 1983 Avon International Maraton
director, and his able crew of Running
Systems’ staff.

AWARDS:
All participants receive a beautifully-designed
quality tee-shirt for participating.
(NOTE: Eligible masters will have a reduced entry
fee of $3.00 — open runners pay $8.00!)

TRIPS:
Transportation, up to four (4) days’ lodging at the
race site, and $150 expense money, will be
awarded the first three (3) men over 40 and the
first three (3) women over 35 (i.e., international
masters or veterans), to the XVI International
Distance Running Championships (IGAL) in Perpi-
gnan, France, October 15-16, 1983.

PARTY:
There will be a reception (6-9 pm) on the evening
before the race and a gala awards ceremony
afterward, at which everybody and his/her
uncle/aunt will be recognized, but only some will
win the big prizes!
(NOTE: only eligible masters at these events.)

ENTRIES:
John Brennand
P.O. Box 6616
Santa Barbara, CA 93160
(SASE please!)

INFORMATION:
For general info about the NIKE Masters Grand
Prix Finals, the IGAL races (10K/25K) in Perpi-
gnan, or the 1984 NIKE Masters Race Series,
contact Valdemar Schultz, NIKE, Inc., 3900 S.W.
Murray Blvd., Beaverton, OR 97005, (503)
641-6453.
THE INS, OUTS, AND WHYS OF RUNNING ATTIRE

In his just released book, Running A to Z, Joe Henderson, one of the sport's best known writers, tells us what's in and what's out this year in the way of running attire.

These items are in: European cut shorts, mesh singlets, baseball-style caps, black digital watches, white half socks, long nylon pants, and burgundy, beige, and silver shoes.

These are out: Cotton gym shorts, male racers without a top, headbands, high socks, stopwatches you carry in baggy gray sweats, no socks and knee-high socks, wearing no watch at all and claiming not to care about time, and going without socks my legs appear in, you must call yourself a 'serious runner.' You must say, 'I began running a training to improve at the shorter distances.' You must never admit to doing anything but high-quality training. You must go without socks my legs appear in, you must call yourself a 'serious runner.'

And, it is in to fold, tear, or otherwise mutilate racing numbers to make them smaller and it's out to race with no numbers as an "outlaw."

"The styles extend beyond what you wear," Henderson writes. "To be truly in, you must call yourself a 'serious runner.' You must say you are 'training to improve at the shorter distances.' You must never admit to doing anything but high-quality training. You must say, 'I began running a training to improve at the shorter distances.' You must never admit to doing anything but high-quality training. You must say, 'I began running a training to improve at the shorter distances.'"

In addition to enhancing one's self-image, this visualization technique can serve to psyche out the opposition. The best example of this in big-time sports is the second Muhammad Ali - Joe Frazier fight of a decade or so ago. Ali wore short trunks and flashy white shoes. These served to accentuate his best quality, his leg speed (remember the Ali shuffle?). Frazier's strength, however, was in his arms and shoulders. Therefore, he wore kneelength trunks, which had the effect of disguising his relative lack of height and calling attention to his upper body.

A couple of years ago, somewhat frustrated by the attire on the market, I set forth my self-imagery images in a letter to Nike headquarters. A week or two later, I received a letter back from Jeff Johnson, Nike's chief designer. He wrote: "Your memory of Ali-Frazier apparel is one of my favorites in the imagery department. I used to coach a high school girl's cross-country team, and we went to the new uniforms in the second year, dumping the Joe Frazier style shorts in favor of bikini briefs and tapered tank tops. We won four State championships in five years, and I swear we won a lot of races right on the starting line. We looked about ten times faster than we were!"

Johnson assured me that "imagery" was very much on the minds of the designers, but he said that the marketing people would sometimes both things up.

While my body type is such that I can benefit from "showing my legs, I'm not sure that the same thing would hold for a short or stocky runner. Perhaps he would want to use the Joe Frazier approach and "lengthen" his legs.

Henderson, in his book, touches upon something else which has bothered him in recent years. That is, there are some of us who prefer racing shoes without all the flares, flanges, and cushions that come with them today. I like shoes which permit me to, as New Zealander Jack Foster puts it, "dig your toes into the ground." It's hard to find such shoes these days.

To me, the ultimate racing shoe was made by Nike when they first opened shop. It is a white canvas job, very narrow, with pointed toes, and no significant heel. I don't know what they weighed, but I would guess around four ounces. They didn't last long, maybe 75 miles of racing, if that. But they were shoes I could run in.

The old Oregon waffle racer is another shoe along this line, although it has a track last with even less of a heel, which makes it tough on the calves if you're racing much more than 5 K. It's good to see that Nike has brought this shoe back.

Then again, I feel that the best shoe I've ever owned was my '41 Chevy. So much for advances in technology. }
BOOK REVIEW
by B. Palmer


A thoughtful, detailed, resource manual for runners presented by an international coach. Hanna’s approach is scientific, methodical and technical. He emphasizes the need for the runner to combine mind, body and soul in achieving the best performance. The author guides the runner to methods of self-coaching which are based on sound technical principles, enabling him/her to fully use abilities and potential. The book is divided into three parts: (1) The background information for the beginner uses common sense and basic standards to enable the runner to analyze and prepare himself for running, and presents training methods from Sweden, Finland and the U.S. (2) The training program is detailed and includes total stamina, muscle stamina, and speed. Also presented are 23 charts, 22 graphs and over 70 pages of training schedules. (3) The supplement of a cross-reference index to charts, runners, graphs and training schedules is somewhat confusing. This is an incredible compilation of material, which has something for everyone and is almost mind-boggling. The writing style is technical and halting but will not deter the mathematically minded or addicted runner.

TORMENT SLOWS WEST PENN ATHLETES

Dampened, but determined, athletes at the Western Pennsylvania Masters meet in Washington, Pa., May 22, managed to complete the day’s events in spite of five downpours, including two thunder and lightning storms.

Several meet records were set, some due to events not having been contested before. Events were contested in ten-year age groups, but meet marks were recorded by five-year age divisions.

In the M40-49 division, speedster Tim Walters, 31, tripled in the 110HH (39.9"), 14.89; the 400HH (36.0"), 60.49; and the 100M, 11.79. Jumper Dave Mapes, 33, also took three firsts, with a 52" high jump; a 17' 3/4" long jump; and a 34' 1 1/2" triple jump.

Barry Kline, 43, stood out in the M50-59 group, Rudy Bredenbeck, 52, overall wet throwing rings for a double in the shot and discus, while Fred Hirsimaki, 58, took the 110HH (33") and the long and high jumps for three wins.

Only two M60-69 athletes competed, and thrower Dave Batchelor, 62, out-placed first-placed runner Fred Weiland, 64, six events to four.

1983 TAC National Masters Track & Field Championships

Date: Friday, September 16 through Sunday, September 18, 1983
Time: See schedule of events
Site: Rice Track Stadium
Rice University (Main and University)

Awards: TAC Medals to first three
Entries: P.O. Box 7407, Houston, Texas 77274
Deadline - postmarked September 1, 1983
Entries will not be accepted after this date; they will be returned
Registration: Pick up packet at stadium prior to event
No refunds for no-shows
Report to start when event called

Results: Results will be published in the November National Masters News.

General Information:
(1) Order of competition: women first, oldest to youngest
(2) Events 800 and above will be run as one race. If there are too many competitors, races will be seeded according to times submitted.
(3) 10:00am will be run in two sections: 30 & over and women, clock stops at 1 hour 10 minutes; 3/30-49, clock stops at 55 minutes.
(4) Houston will be warm and humid with temperatures in the 80s. Entrants should only seek participation in distance events if they are well conditioned and cautious in their racing strategy.
(5) There will be a "post-together" at Ray & Mary Callier's at 7:00 pm on Saturday, September 17. All athletes and officials are invited. Information will be included in your race package.

Participation:
Participation is available to any athlete who has achieved the required minimum score for the TAC Masters National Championships. "Minimum score" is the sum of the top three events entered:

West Penn Masters Domestic: $10 pentathalon
$15 per relay team
$3 for each additional event

Entries:
Entries are $15 per year; write to: National Masters News, P.O. Box 7100728, Houston, Texas 77274

Awards:
Awards: First place $50, second place $30, third place $20

Hotel:
Tidelands Motor Inn
6500 Main St.
Houston, Texas 77030
(across street from track)

Holiday Inn
860 Calhoun St.
Houston, Texas 77001
(Downtown, 4 miles from stadium. Transportation to and from track.)

Deadline - postmarked September 1, 1983

Entry Fee: $5 for first event
$10 for additional event

Order of competition: women first, oldest to youngest

Information:
Entry Fee: $5 for first event
$3 for each additional event

Signature _______________ Date _______________
On Approaching Every Problem With an Open Mouth

by W. MacDONALD MILLER

OBSERVATIONS AND REFLECTIONS OF AN INVENTOR (RUNNING)

There's a special mystique about some races. It can't be planned, and it's difficult to explain but, it's unmistakably there. Grandma's Marathon has it, so does Avenue of the Giants, Boston, New York, Honolulu and Snatcheree.

There just can't be any prettier place in the country to run than Washington, D.C., in the spring. Sports Hall III still has to be one of the great names in sport.

How could a guy win a gold medal in four different Olympics in the same event? Think of it — it's impossible, yet Al Oerter did it.

I wonder what ever became of Ted Cain?

I wonder what ever became of that crazy doctor in Redfield, Iowa, who used to put on a Marathon. He not only organized and managed the affair, he logged a seven-hour marathon himself, in spikes!

How could an activity that included people like Paul Spangler, John Dick, and Sister Marion be bad?

In the early days (1970) guys ran the Highland Games Marathon in Boone, North Carolina, in kilts. Afterwards they threw the kaber around as part of the day. Ah, I was a wee lad.

And what is all this Corporate Cup business? Is it a money making scam by someone?

It was years ago in San Diego at one of the first Masters Meets. Laurie O'Hara of England was about to lap Hal Higdon in the 10,000. Hig wouldn't let him do it and took off in a hopeless effort to make up the lap. He didn't, but I'll never forget the effort. Guilty and maybe a tad aloof, Hal is truly a giant in Masters running.

Records are for breaking; time waits for no man, as they say. Now comes Bill Stewart and the passing of an era doesn't let him do it and took off in a hopeless effort to make up the lap. He didn't, but I'll never forget the effort. Guilty and maybe a tad aloof, Hal is truly a giant in Masters running.

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Cotton Row
(Continued from page 1)
runners had a chance to battle each other instead of the weather. Of course, there is still that obstacle at two
and a half miles that always hurts — Mountain Wood Hill, which takes the runner 105 feet vertically in 200 yards.
Sloan was hampered by a week-long viral infection, and although he was
with the leaders for the first mile, it
was not his day for a good race. In
stead, Cotton Row IV developed into a
tree man race among Conway, Ewing and Duarte.
The trio was together as they went through one mile in 5:02. "I was sur-
prised to find myself in the lead after the first mile," Conway said. "I usu-
ally just try to relax in the first part of the race."
Between miles one and two, Ewing
moved into the lead with Duarte behind. Conway stayed in third, all hit-
two miles about 10:12. Soon after the two mile mark, Duarte took the
lead from Ewing, but by the time they reached its foot of Mountain Wood, Ewing was up front. Duarte worked
the hill harder and led by two or three yards at the top.
At the three mile mark, about a
quarter mile after the top of Mountain Wood, Ewing caught Duarte. Their
three mile split was 15:46. That 5:34 ef-
tort on the third mile, which includes
the hill, may have made the dif-
ference. Just past the three mile mark,
there is a slight uphill before the course
turns sharply left to start the one-mile downhill. Ewing moved ahead of
Duarte on this grade, then made a
strong surge to try to break away from
Duarte and Ewing in order
amounting to a 4:40 mile between three and four. "I was really hurting during the last two
miles," the Wisconsin PE teacher com-
mented. "But I knew Jim would have
close battle for 6th with Heffernan tak-
ing a one second victory. Flu-weakened
Ireland Sloan held off Ralph Zimmer-
man by less than a second in the closest
counter among the fine field of male
masters.
Shirley Weaver from Great Falls,
MT, held her top seed among the
female masters with a 3:11:11 to finish
8th among women. Southern runner
Elfreda Wyner of Jacksonville, FL,
served notice that she will be one of the
nation's top masters with a 3:37 for
second. Both won Nike Grand Prix
trips.
Mike Hefferman from Portland, OR,
and Art Williams, a Greenville, SC,
runner who recently turned 40, had a
close battle for 6th with Heffernan tak-
ning a one second victory. Flu-weakened
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**Phil the Philosopher**

by PHIL CONLEY

**FRIENDSHIPS: Revisited**

Earlier this year I wrote a two-part column on address books, writing, the telephone, and establishing and maintaining friendships. No other subject evoked nearly as much comment from the readership and my friends to whom I direct copies of NMN. This month I have selected excerpts from that commentary and personal feedback.

An article appearing in U.S. News & World Report, authored by Professor Hugh Kenner of Johns Hopkins University, stated,

> "There are still and like, or don’t like? Can you be a pleasurable companions for just a friends? Which were casual and friends? Which were casual and my Vassar classmates, whom (son) Jim written 86 personal letters of thanks changed all of that. Now writing is an people gird themselves for. In many peo plegird themselves for. In many people’s lives, very little writing goes on. ing up a pen was not an abnormal act. than people did 50 years ago. In the past, people wrote invitations to come to lunch - and they wrote refusals to past, people wrote invitations to come to lunch - and they wrote refusals to trivial correspondence meant that pick up a pen was not an abnormal act. "When I first went to boarding school at age 8, it was compulsory that addresses to our parents every Sunday night. Since then, other than when I was living at home, I can honestly say that no matter where I was in the world, every Sunday night I wrote home."

Bruce’s wife, Barbara, writes, "I used to love to write letters and still feel I express myself best in writing. Alas, I do so much repetitive writing on my job that my creative energies seem to fade away at letter writing time."

I don’t believe I’ve ever remarked to you how truly grateful we are to receive many articles you set aside and send to us. How many times does one read something that would interest a friend, but one doesn’t take time to cut, save and mail? These various and sundry missives are constant reminders of our friendship and are greatly appreciated."

Sid Gedulin of the Philosophy Department at Eastern Michigan University says: "Another factor in favor of letters (as opposed to the telephone) is that you don’t feel pressured to say something, simply to keep a conversation going. Neither does that happen when friends are together. Their sheer presence is often enough for each other. But when nothing is going on during a phone call, the conversation is like death. Phone calls need conversation while letters or real presence do not."

"According to Aristotle, true friendship can only exist between good people because you can only like a person for his good qualities. But although it may be that you like a person because of his good qualities, yet it is the person you like, and not the qualities. People are not interchangeable. Furthermore, it seems as if you can like someone because he has qualities similar to your own.

"Finally, perhaps being a friend requires, to some degree, having created a personal "concept of friendship" so that you know what friendship really entails."

"John E. Gibson, writing in the February 13, 1983, issue of Family Weekly says: "A sociological study on friendships of men and women, conducted at Temple University, found the friendships of women to be more personal and emotional than those of men. The results also showed that women overwhelmingly reveal many of their fears and anxieties to their best friends, while men do not. The close-friend relationship between women is more personal and emotionally intimate than one which involves self-revelation and self-acceptance, whereas the close-friend relationship between men is subjectively defined as doing things together."" Gibson further discusses two distinct personality types; the "external" person who tends to feel controlled by luck and destiny, and the "internal" type who feels that one controls his or her own fate. Each type appears to establish close-friend relationships only with members of the same personality type.

A thoughtful woman from the midwest wrote as follows: "Males are much more devastated by broken friendships than females. I suspect females expect less of others, so are never too surprised at anything. Loyalty is probably the only thing in our economy which has gone down in price rather than up. Greed and hunger for power can just knock the heel out of friendship."

"I have lived here all my life and know this little corner of the world pretty well. I have some good friends here, but the friendships I really value are not here - they are the friendships my husband and I have formed through the Masters track program. You are the people who seem to like one another; there seems to be minimal jealousy and most people are willing to help one another. I truly value these friendships - mostly men. I guess growing up with 3 older brothers, I just feel more comfortable with male friends than females."

The legendary Walt Stack of San Francisco writes, "Thank you for sending the interesting column on friendships. You’re not the half-assed philosopher you used to be, you’re getting to be the whole real thing! By the way, do you know the definition of a smart ass? He’s the one who can sit on any chair and tell the flabby fat smart ass what he can tell the flabby fat smart ass how he can tell the flabby fat smart ass..."
ANTEATER CLASSIC
(Continued from page 1)
8 lb. shot for a world 60-64 best of 55'4". Red Dom's broke is month-old age 76 WR's in the discus, with a 113'3" throw, and the shot, with a 37'10" put. Larry Stuart set a new 45-49 javelin AR with a 211'4" mark. Dave Douglass won the 50-54 hammer (12 lb.) with a 132'11" throw. Shirley Kinsey, 53, upper her recent age-group AR in the javelin with an 87'9" hurl.
In the 110HH, Tom Patsalis, 61, and Al Guidet, 65, set new single age AR's; Patsalis, with a 16.2, and Guidet, with 18.1.
Over 250 athletes showed up at the top-notch UCI track in Orange County, 45-49 javelin AR with a 211'4" mark.

ANTEATER CLASSIC
45-49 javelin AR with a 211'4" mark.

WEST VALLEY MASTERS TRACK & FIELD MEET
JULY 23, 24, 1983
Los Gatos High School & San Jose City College

Los Gatos, California
Hosted by
LOS GATOS ATHLETIC ASSOCIATION, TACIUSA, NIKE
ENTRY DEADLINE JULY 19, 1983

FACILITIES:
8 lane Chevron 400 all weather track 4\5 spikes only.
Concrete throwing rings. Grass javelin runways at San Jose City College.

ELIGIBILITY:
Men and women in 5 year age groups from age 30 with a 1983 TAC registration number and men and women age 18 - 29 non-national standard achievers with 1982 TAC registration number.

FEES:
$5.00 per event. $16.00 per relay team — all from same club.

ENTRY DEADLINE:
Tuesday, July 19, 1983. No post entries except by phone. $10.00 event depending on available space in event. Relay teams may enter on meet days with all runners from same club.

TAC REGISTRATION:
Required registration, 1983 number available at meet for $6.00.

AWARDS:
Medals for first 3 places in each age group. Random drawings for merchandise.

BARBECUE:
Saturday evening — delisious hamburger BBQ adjacent to track — complete with salad and beverages: $5.00. Wooded shaded nature area at our Boy Scout facility.

DECLARATION:
Scratches must be declared by Friday in all events run in lanes or disqualified from all subsequent lane events will result.

NOTE:
Hammer, javelin, pole vault will be held at San Jose City College. 20K walk will be held at 7:00 AM Sunday morning at Vasona Park. Course map available race day, or mail self-addressed stamped envelope.

HOUSING:

SATURDAY, JULY 23

TRACK
8:00 AM 5K WALK
9:00 AM 400 m Heats
9:30 AM 5K RUN, MEN 60 + & WOMEN
10:00 AM 5K RUN, MEN 50 - 59
10:30 AM 5K RUN, 18-39
11:00 AM 100 m HURDLES, MEN 30-39
11:15 AM 100 m HURDLES, WOMEN
11:45 AM 130 m HURDLES
12:30 PM 800 m

FIELD
9:00 AM HIGH JUMP, MEN 50 + & WOMEN
10:00 AM POLE VAULT, 50 +
10:30 AM HIGH JUMP, 18-49
11:00 AM LONG JUMP, MEN 50 - 69
11:30 AM POLE VAULT, 18-49
12:00 PM LONG JUMP, 18-49
2:00 PM SHOT PUT, 18-49
3:00 PM LUNCH BREAK
3:30 PM 400 m FINALS

SUNDAY, JULY 24

TRACK
7:00 AM 20 K WALK — JASONE PARK
8:00 AM STEEPLECHASE — SAN JOSE CITY
9:30 AM 200 m HEATS & FINALS
10:00 AM 400 m IH
11:15 AM 1000 m
12-15 MILE RELAY

FIELD
9:00 AM JAVELIN — SAN JOSE CITY
10:00 AM TRIPLE JUMP
11:15 AM HAMMER — SAN JOSE CITY

WEST VALLEY MASTERS TRACK & FIELD MEET
ENTRY DEADLINE JULY 15, 1983

BRUCE SPRINGBETT, Meet Director
P.O. Box 1328, Los Gatos, California 95030
408/744-9665

WAIVER
In consideration of your accepting my entry, I, Intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive any and all rights, claims or demands I may accrue against Nata, San Jose City College, Los Gatos Athletic Association, TAC, Pacific Association, Los Gatos High School, and all sponsors of this race, their successors, assigns and representatives and assigns, for any and all injuries to myself while traveling to and from, and while participating in the West Valley Masters Track & Field Meet held July 23 and 24, 1983, at Los Gatos High School, Los Gatos, California, and at San Jose City College.
RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

FEET, SHOES AND SOCKS

If there is one subject that dominates runners’ conversations, it is feet. Perhaps because the feet are the first to suffer from the effects of repeated concussions, weight bearing, slipping and sliding. And perhaps because the feet are the most distal elements of the anatomy, they receive the least consideration from the central slave-driver—the brain.

Rubbing the forefinger and the thumb together ten-thousand times will produce a blister. And, yet runners are dismayed and surprised that after a workout involving twenty thousand concussions at several hundred of pounds of pressure, the feet respond to the insult by developing blisters. Or hematomas or bone spurs or some pathology combining elements of all three of these.

Fortunately for all of us, blisters usually result in pain. If it were not for the pain most runners would probably abuse the poor feet beyond redemption. Pain is a gift. A gift reminding us to take it easy. And rest. And take care of the feet. And a number of other time consuming consideration that all runners find unpleasant.

There is a way to avoid these problems. If we prepare the feet for distance running as we prepare the rest of our anatomy and physiology, blisters and sore feet can be avoided.

The newest of the running shoes are superb examples of modern design and engineering. And, what is more, they do the job at hand very well. They have survived in the market place of the running public. But, runners should have multiple pairs of shoes available. This permits the feet and the inner lining of the shoe to adjust gradually to their long term, intimate relationship.

A small thing here... but, one small solution to what was, for me, an important and long term problem. A problem that kept me injured off and on for the better part of a decade. A problem that still comes back to haunt me if I’m not careful.

Most running shoes have an arch that is too low for my foot. As a result I two-point foot-strike, with the heel and forefoot getting very high loading. To minimize this I modify my shoes and build up the arch. In the early days I accomplished this by adding foam and felt to increase arch height. But, after much experience and with the newer shoes, I can accomplish all of this, and avoid the mickey-mouse, simply by adding a Dr. Scholls arch support. The weight bearing is distributed more equitably both fore and aft as well as medial to lateral. The success of this little modification has not only made my feet far more comfortable, but has vastly improved my foot strike and stride.

In addition my knee and hip injuries are rarely a problem.

Some runners work out and compete with shoes but not socks. I have tried this and do enjoy the lighter feeling. But, in Minnesota winters my feet would freeze. And my springs and summers seem to be too short to let my feet make the slow adjustment. By progressive thickening of skin in the rub areas, and the loss of impact absorption that socks provide, perhaps the socks also limit some injuries by providing increased absorption of sweat, and when a small stone finds its way into the shoe, the sock cushions the foot against this small insult.

There are a variety of materials available in the current running socks. I prefer a mix of wool and nylon, or straight cotton. But, runners disagree on this. And this is another of those decision areas that should result from experimenting.

To vaseline or not? I somehow always decide moments before a long workout or at the sound of the starter’s gun. And live to regret this. On the other hand I put too much on and felt as though I was about to slide down the camber of the road. If the decision is to vaseline, I put small amounts on the critical area early on, long before running, and then repeat this once or twice before the event. This allows the socks to absorb their share of grease and still leave enough to lubricate the skin surface.

CALL FOR 1984-85 LDR SITES

by BOB BOAL, TAC National Masters Long Distance Running Chairman

At this time, all TAC National Masters Long Distance Running Championships are open for bid for 1984, except: 5K Road on February 5 in Clearwater, Florida; 10K Road on September 8, 1984 in North Creek, New York; 10K Cross-Country on November 17-18, 1984 in Holmdel Park, N.J.; and 20K Road on January 22 in Sacramento, Calif.

We need a calendar, well-balanced, geographically and chronologically. Now is the time to consider getting your TAC Association LDR program to bid for a championship in 1984 or 1985. Perhaps, since I’m an important doctor and know everything, one of the early articles will deal with blister management. Since, at your reading of this I will have just run in Grandma’s Marathon, you will have an opportunity to read your choice of: an expert in pain, or a painful expert.

Dr. Alex Ratele

6521 Mohawk Trail
Edina, MN 55435.
2 Months to go!

COUNTDOWN

TO

PUERTO RICO

By: RAFAEL A. SERRATI
Administrative Officer
V World Veterans Games

There are only about 90 days left before the opening of the V World Masters games. We are happy to report that we have received a substantial number of entries, from 37 countries, spanning five continents, making the games a real world-wide event.

The cross-section of entries already received includes world record-holders, ex-Olympians, real veterans of the games a real world-wide event.

The female representative, so far, is relatively higher than previous games. This is nothing at all surprising, since the female population of all countries generally appears to be relatively larger than the male population.

We are happy to report that we have received a substantial number of entries, from 37 countries, spanning five continents, making the games a real world-wide event.

This estimate was based on early information obtained from about 50 of the 62 countries known to have some sort of Masters movement.

Actual indications at this time are, that we could have between 2,800 and 3,000 participants. The big difference between the original estimate and actuality is that world-wide inflation and economic conditions were more of a factor than originally weighted.

Anyway, a meet with 3,000 athletes, should turn out to be a very interesting event. In fact, the lower figure will help us in eliminating some of the burden of such a tight schedule as originally planned.

The entries received by us are being confirmed to each participant in a form letter which includes a summary of the statistical information contained in the entry form. This form should be checked by each participant, and in case of any discrepancies, we should be advised right away.

PHOTOS — Some people are still inquiring as to the reason for our request for 2x2 photos. One of these will remain with the entrant’s file, while the other will be used for the ID card of each participant. This ID card will facilitate the access to restricted areas, like the field, warm up areas, and the Olympic pool. This pool, located right across from the main stadium, will be set up as an information center, and a lounge area for athletes and their families. And don’t forget your bathing suits, since a dip in between events is not such a bad idea with the temperature in the 80’s.

TRANSPORTATION — We want to be sure everyone understands what our transportation service comprises. When you subscribe to our service, you will be entitled to use our shuttle-type system between all the participating hotels and guest houses, and the stadiums. Obviously, we will not be able to run right in front of every hotel or guest house, but the selected routes will go very near every one of them.

This route and the stops will be clearly marked and you will get a map of same and the schedule upon arrival at San Juan. The fee for this service is $10 per person, and the passes can be obtained at our registration center upon arrival at San Juan. We want to make clear that this service does not include transfers to and from the airport.

HOTELS AND GUEST HOUSES:

As you know, we selected various hotels and guest houses for the accommodation of all participants and their families. In case you have not made your arrangements yet, we are publishing, in this issue of NMN, an updated listing of accommodations still available, and the rates. The special rates quoted are only available to you if the reservation is made

(Continued on page 14)


There is still some confusion regarding the different weights, heights and distances used by WAVA and TAC for measuring height, distance and race events. Each is expressed in both metric and English. The international (WAVA) standards will be used at the V World Veteran Games. The U.S. (TAC) standards will be used at the U.S. National and Regional TAC Masters Championships.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Kilos Pounds</th>
<th>Meters Inches</th>
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<tbody>
<tr>
<td>MASTERS</td>
<td>40-49</td>
<td>5.44 12 lb.</td>
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<tr>
<td>50-59</td>
<td>5.44 12 lb.</td>
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<tr>
<td>60+</td>
<td>5.44 12 lb.</td>
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<th>Women</th>
<th>Kilos Pounds</th>
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<td>MASTERS</td>
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Official Mascot: Following the tradition of most sports events, the organizing committee decided to select an official mascot for the V World Veteran Games. Our ad in this issue carries the logo of said mascot called “Jico.” “Jico” is short for the Puerto Rican “Taino” Indians word “Jicotea,” which was the way the Tainos called the fresh water turtle.

This mascot was selected, obviously not because of its speed, but because the Tainos considered it the ancestral father and mother of their race and, because to them, it symbolized a long and healthy life.

You will see a lot of “Jico” during the games.

Information: Upon arrival at San Juan, each participant will be handed an information booklet, which hopefully will cover most of your questions. However, we will have information booths at the airport, at the registration center, and at our administrative offices, with personnel specially trained to answer your questions or assist you in any way possible.

These booths will be properly identified, and their only purpose is to help you.

The organizing committee is working full blast in these last few weeks, with only one purpose in mind—to make this event an unforgettable one for each of the participants, we will provide the best possible means, technical and otherwise, to make you feel at home, and in the best of moods.

This environment, coupled with the camaraderie spirit that we know will prevail, will definitely make the V World Veteran Games an unforgettable event.

Contact: Sports Travel International for Schedules, entry blanks and travel information.
V WORLD MASTERS GAMES
SEPTEMBER 23-30, 1983
SAN JUAN, PUERTO RICO

ROOMS ARE STILL AVAILABLE AT THE SPECIAL RATES LISTED BELOW FOR PARTICIPANTS OF THE V WORLD MASTERS GAMES.

IF YOU HAVE NOT AS YET ARRANGED FOR YOUR ACCOMMODATIONS, YOU CAN DO SO BY COMPLETING THE RESERVATION REQUEST FORM INCLUDED BELOW.

ROOM RESERVATION REQUEST

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<thead>
<tr>
<th>Name(s) of occupant(s)</th>
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<td>Carolina Hilton</td>
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<tr>
<td>La Concha</td>
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<td>Condado Beach</td>
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<td>Dupont Plaza</td>
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<td>San Juan Ramada</td>
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PLEASE PRINT OR TYPE

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Mailing Address

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Arrival schedule

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Hotel accommodations

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PLEASE COMPLETE FORM AND SEND TO:
To: San Juan Puerto Rico Convention Bureau
Housing Department
1120 Ashford Avenue
San Juan, Puerto Rico 00907

OR
Mr. Rafael Serrani
G.P.O. Box 336
San Juan, P.R. 00936
Tel. (809) 763-6521
SPEAKER’S CORNER

by BOB FINE, North American Representative to WAVA

Phil Partridge is sponsoring a Weight Pentathlon which he is labeling a “World Veterans Weight Pentathlon Championship.”

For many years veteran athletes fought to have our own independent organization. We succeeded and formed the World Association of Veteran Athletes (WAVA). The United States and more than 50 other countries joined in WAVA and adopted by democratic vote the WAVA Constitution.

That Constitution requires that the WAVA General Assembly, composed of delegates from each country, sanction any world veteran championship. The General Assembly meets every two years at the World Veterans Track and Field Championships. The next meeting is scheduled for the last week in September in Puerto Rico.

Phil Partridge was advised as to the procedures for obtaining a sanction, which requires a vote of the General Assembly. Since it has been his intention to hold his event right after the World Veterans Track and Field Championships, and since there is no guarantee that the world body would sanction such an event, it means that a World Veterans Weight Pentathlon can not be sanctioned for 1983.

I suggested to him that he apply for a North American Veterans Weight Pentathlon or seek a local sanction to call it a Gold Coast Championship or any other name he might wish. He was advised of this by telephone early this year and by letter.

I also advised him that if he persists in going ahead with his “World Veterans Championship” that I would seek sanctions against him both in TAC and WAVA.

The local Association in Florida can not sanction an international event. Only the National Athletic Congress Committee can do so. The President of the Florida Gold Coast Association agrees with this.

Phil is now circulating a letter with many misrepresentations. No attempt is being made to represent the “World Pentathlon Championships” as a “crackpot operation,” nor will any action be taken against anyone who participates in the event, such as blacklisting. The only contemplated action is against Phil Partridge. The meet is not within the Florida Athletic Congress Association but within the Florida Gold Coast Association. A sanction will not be given.

Phil takes the position that no reply was received from WAVA officials. In the first instance that is not true since this writer, as the North American Chairman, advised Phil as to the procedures and the fact that it would not be possible to get a sanction in 1983. Also, only the General Assembly, as Phil was so advised, can give such a sanction.

No question has been raised about the quality of the proposed meet.

If Phil Partridge wishes to go on an ego trip and call his local meet a “World Championship” then WAVA and TAC have not only the right but the obligation of imposing sanctions against him. No one is trying to prevent the meet from being held. What is being done is an effort to preserve the integrity of the Masters movement and to keep our own house in order.

Otherwise, there will be anarchy in the Masters movement and the efforts of hundreds of Masters throughout the years will have been wasted.

Bob Jones, 43. wins 40-44 LJ with 18’10” at Redlands, May 14. Sportsphoto by John Allen
22 Win

(Continued from page 3)

different way to produce winners in masters races.

Grand Prix Final

The NIKE Masters Grand Prix is fortunate to have obtained the services of John Brennand, designer and director of the 1983 Avon International Marathon. The final run of or “Road to Perpignan” will be held in Santa Barbara, California, Sunday, September 11.

Since trip winners from the Santa Barbara race will be the first three men over 40 and the first three women over 35 (U.S. citizens or those eligible to compete for the U.S.), the age-graded charts were altered to provide a younger group of regional winners than those of last year.

These regional winners (14 men/8 women) will vie with all other eligible masters in the final race, for trips to France. Since winners of the trips to France will not be chosen by age-grading and need not be regional winners, any male runner 40 years of age on September 11 (or women 35 on that date) is eligible. Come one, come all!

Winners from the four regionals:

Minnesota Master 15K, Edina, MN, May 8: Alex Rajelle, 55-59; Dan Conway, 40-44; Dick Trickle, 40-44; Ann Diaz, 40-44 and Trudy Rapp, 45-49.


National Masters 20K Washington, D.C., May 29: Norman Green, 50-54; Tony Gerrity, 40-44; George Keim, 40-44; Bill Poulk, 50-54; Susan Henderson, 35-39 and Letilia Bache, 40-44.

Cotton Row Run 10K, Huntsville, AL, May 30: Jim Ewing, 40-44; Ken Winn, 45-49; Frank Duarte, 40-44; Kirk Randall, 40-44; Shirley Weaver, 40-44 and Elfrida Wyner, 40-44.

The above list is quite representative of the enormous masters running talent in the U.S. These 22 come from all over the United States and range in age from 36-67. The NIKE Masters Grand Prix Final should draw another equally talented group, mostly from California, but many from elsewhere, to contend for the six trips. Since winners of the trips to France will not be chosen by age-grading and need not be regional winners, any male runner 40 years of age on September 11 (or women 35 on that date) is eligible. Come one, come all!
Everybody talks goals, and it usually results in pressure, tension, and sub-par performances. I've had best success when I allow it to happen and less tendency to overtrain."

So says Denny Meyer of Seattle, Wash., one of the country's leading masters runners over the past decade. This attitude may explain in part why other top ranked 50 and over competitors haven't heard much from Meyer since he celebrated a half-century of living last December.

"Actually, I've been too busy surviving," Meyer says. "Sometimes that gets in the way of the important things in life." He explains that after 28 years as a teacher and principal he took an "early retirement" last year and opened his own tutoring business. That has too depleting, especially when you get older. I like running briskly but at a pace that gives me a flowing feeling."

Asked about his training routine during high school and college, Meyer laughs and says he has a hard time remembering what he did in high school, except that it wasn't much and wasn't very scientific.

"In college I don't think I ever ran more than four or six miles a day, usually at the top of my lungs," he muses. "Looking back, we just ran off the top of our heads without any foun-
Masters Glossary of Terms

T&F: Track and field
LDR: Long distance running
P&W: Race walking

Athletic: The sports of track & field, long distance running and race walking.

Veterans: The international term for "masters," used to include women age 35-39. The term "veterans" is also unofficially used in some LDR races to define runners age 60 and over;

Senior: A word of many meanings: 1) A T&F competition age 20-30. 2) Unofficially used in some LDR events to define runners age 50-59. 3) Sometimes unofficially used by the media and others as a substitute for "masters."

American record: World record

Personal record: World record

The Athletics Congress (TAC): The "national governing body" (NGB) for athletics in the USA. TAC is the official member of the IAAF. TAC's home office is in Indianapolis, with district (local) offices throughout the nation. 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 veterans athletics governing body for athletics. WAVA stages a World Veterans Games every odd-numbered year for men age 40+ and women age 35+.

IGAL: An official international veterans LDR organization. IGAL holds an annual World Veterans Distance Running Championship (10K, 25K, 50K, 10-mile, Marathon in even-numbered years).

National Masters Sports Association (NMSA): A coalition of 14 masters sports held a Masters Sports Festival in 1982, and is planning future Festivals with national sponsorship.

Age-groups: Masters and sub-masters competition is divided into 5- or 10-year age groups, with 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, participation and friendship are the heart of the program. Masters help each other with advice, training 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 meets are 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 generally open to all ages, with masters awards for each 10-year age group.

TAC Regional and National T&F Championships: The TAC Masters T&F Committee sponsors and supervises national and regional indoor and outdoor masters and sub-masters T&F Championships.

TAC National Masters 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 Sponsorship: It is not necessary for a foreign competitor to become a member of TAC ($6 per year) to compete in non-sanctioned masters events or in international competition. It is official for TAC members to become a TAC member and to compete in TAC-sanctioned events (although this rule is not always followed by event directors). It is not necessary to become a master to enter masters competition in TAC events. (A TAC member is automatically insured against injury while competing in, or traveling to, a TAC-sanctioned competition.)

Eligibility: There are no other requirements needed to enter masters athletics competition, except 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 about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from TAC masters competition for a period of two years.

Standards: There are no entry or award standards in TAC masters competition.

World Veterans Games: There are no requirements needed to compete in the bi-annual World Veterans Games, except to be at least age 40 (men) or age 35 (women). "Travel permits" are not needed. No one is banned because of occupation, race, religion, national origin or any other reason.

Uniforms: Some masters athletes compete in their club uniform; 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 optional.

USA uniforms are available for $50 (men) or $45 (women) from Jim Weed, TAC Masters T&F Chairman, 11672 E. 2nd Ave., Aurora, CO 80014.

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 older.

Comments from readers and reviewers:

"...the title is very appropriate as few follow..."
"...I've read 28 running books: this is the only backed-by-facts approach..."
"...the real secret of good running..."

For your copy, send check for $24.00 (25 percent discount from Retail Price: $32.00), which includes shipping and Handling.

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Bloomfield Hills, MI 48302

Gary Miller, 45, en route to 2:01.7 800m win, Antioch Masters Classic, May 23, 1982. Photo by George Cohen.

In conformation of accepting this offer I declare myself qualified to enter in this event and accept any and all responsibilities in conjunction with this event, including, but not limited to: my performance in this event, which may be recorded and photographed and distributed with this event.

MCN morning, October 8, 1983.
**LARGEST MINNESOTA MASTERS RACE YIELDS RECORDS**

The biggest masters-only race ever held in Minnesota was also the first race of the NIKE Master Grand Prix series, the 4th Minnesota Masters 15K on May 8 at Edina, a suburb of Minneapolis, site of the previous three races.

On Sun, Conway, 44, Cheeth, WI, led the men’s race from wire-to-wire to win in 48:58, one second faster than his meet record. Up and coming Dick Trickle, 42, Apple Valley, MN, was second in 49:48. Running in his home town, Alex Ratelle, 58, set an American record in 53:28, to place sixth overall and ahead of all racers over 45. Bill Allender, 71, Anoka, MN, received a special award for his fine 68:15 performance.

The women’s race included ages 35-39, to offer them an opportunity to win in the NIKE series. Susan Josselson, 37, who reportedly has been running just over a year, was winner overall in a PR 57:31. Ann Diaz, 42, Glencoe, IL, followed, as well as with a PR, in 59:44. Diane Stoneking, 35, was third in 61:04 and Trudy Rapp, 46, 2nd.

**RUNNERS MISS TURN AT VIKING 8K**

from VALDEMAR SCHULTZ

PORTLAND, Oregon, May 22. The Viking classic was again chosen as a regional NIKE Masters Grand Prix race. Last year, this race, a 10K, had a superb master field. This year, reduced to 8K, the race attracted few from out-of-the-area.

Based on the age-graded charts, the winners of the trips to the NIKE Masters Grand Prix finals in Santa Barbara, Calif., Sept. 11, were Clive Davies, 67, Ray Hatton, 51, Ross Smith, 55, Letha Figg-Hoblyn, 42, and Alice Turowski, 55.

The race was a good one, though it could have suffered severely from one course misdirection. Near the three-mile point, after the leader in the open race from wire-to-wire to win in 48:58, one second faster than his meet record. Up and coming Dick Trickle, 42, Apple Valley, MN, was second in 49:48. Running in his home town, Alex Ratelle, 58, set an American record in 53:28, to place sixth overall and ahead of all racers over 45. Bill Allender, 71, Anoka, MN, received a special award for his fine 68:15 performance.

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New Handicap Races

The progressively minded SDAA (San Diego Athletic Association) is introducing Handicap Races to the Masters scene during its Southern California Masters Championships in San Diego on August 27, 1983.

The races billed as the U.S. Handicap Championships in the 100M and 800M are the idea of SDAA vice-president Rob Hunter, Masters competitor and experienced runner and handicapper in similar events in his native Scotland.

Each competitor will be assigned a handicap or head-start in meters based on his or her best time in the 100M and 800M during the past two years. Runners will therefore compete head-to-head with one another regardless of age.

However, the lack of competition, the heat (90 plus), and the humidity, under an overcast sky, did not discourage good performances. Payton Jordan, 66, came from the Bay area to glide to two victories in the 100M (12.8) and 200M (26.9), as did Bruce Springbett, 30, from Los Gatos, in his races. In 11.8 and 24.5, Bill Knoke, 43, of Fresno, took the 100M in 11.8 and the 400H in 60.5.

James Harvey, 32, a virtual unknown, who says he wants to break Hilliard Sumner's 30-39 meet record of 50.4.

The races are designed to add variety, incentive and excitement to the Masters agenda as well as provide all entrants with a chance to win.

SDAA has been holding a series of similar races very successfully over various distances up to a mile since November of 1982, resulting in many close and exciting finishes.

In addition to place medals, winners of the handicap races will receive a set of starting blocks and a pair of track shoes, respectfully, as prizes.

Golden State Draws Class Field

On May 28, about 100 athletes gathered at the excellent track at Porterville College, in the foothills of the Sierras, for the 6th Golden State Masters T.F. Invitational. This meet does not usually attract throngs of participants, but it probably lure more record holders and top competitors than any other “small” meet in the country.

On his or her best time in the L00M and a pair of track shoes, respectfully, as prizes.

Clubs or organizations interested in holding handicap races to augment their regular masters events are encouraged to call Rob Hunter at 619-299-7672 or write 1042 W. Spruce, San Diego, Ca. 92103, for information.

For master athletes, this meet was worth the drive from the urban centers of California even if they showed up just to be spectators.

Mike Castaneda, John Roehr, Nick Newton, Herm Wyatt, and on and on.

For master athletes, this meet was worth the drive from the urban centers of California even if they showed up just to be spectators.
1,000 Compete in First Women’s Triathlon

by ROBERT SHEAHEN
REDWOOD CITY, Calif., May 29.

In a grueling, gut-wrenching display of herculean endurance, almost 1,000
women swam a salty kilometer, cycled
18 hilly kilometers, and ran ten dusty
kilometers today in the nation’s first
women-only triathlon. A 51-year-old
California set a masters course record
as slick and feminine as the first dawn
women-only triathlon. A 51-year-old
about two hours. Some women looked
In a grueling, gut-wrenching display of
herculean endurance, almost 1,000
18 hilly kilometers, and ran ten dusty

The overall winners finished at
about two hours. Some women looked

Whoever selected Deadwood as the
site for a major event is probably a
hilariously disfigured pediatrist bent on
reviving against a variety of real or
imagined enemies. For the swim, the
organizers chose the whale pond of a
Marineland outlet. Odd, indeed, to see
1,000 swimmers as the noon attraction
in this lagoon. It was like a Kentuck Derby
with 80 horses on the track, a Celtics game with 30 players
on the court, a Super Bowl with all 28 NFL teams playing at once.

Surrounding this throng of swim-
ners was an assortment of African
animals. Swimmers were cautioned not
to be on islands for fear of mongolian
bikes. Only the rhinos showed real fear.
At the sight of a 1,000 charging orange
“Bonnie Bell” swim caps, the rhinos
covered into their caves.

Someone named Crabtree announc-
ed the triathlon would start when
the elephant trumpeted. Several at-
ttempts failed to prod the elephant
to go. At 12:30 p.m. the mass of flesh
took off, kicking and flailing away for
position. One swimmer’s shoulder
dislocated. According to Kathy
Sheahen, one of the first ten swimmers
to leave the whale pond area, thought to trek
to the_now _curiously__male as
(virtually all were curiously male as
women were still in the whale brine.
The exhausted girls
who gasped their way to the summit
during chorus of cheers was soon to
ning area. These women are indeed on top.

The bike race fared better only
with Roadrunner Tours to Hon-
olulu, or on any of our other trips
including Bermuda, London, Avon, Grandpa’s and Athens, or
our new running camp this sum-
er at Telemark Lodge.

We also send you the “Train-
ing for the Honolulu Marathon”
t-shirt pictured above plus an aut-
now for details and the latest free
issue of “The Running Tourist.”

☐ Yes, I want the training package.
Enclosed is $25.
☐ Please send info plus
“The Running Tourist.”

Name
Address
City/state/zip
T-shirt size

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUL 1983

ATHLETE (RESIDENCE) BIRTHDATE AGE GROUP

KONRAD BOAS (WHITE STONE, NY) 7-15-03 80 +

JOSEF MATOUSEK (CZE) 7-2-28 55-59

ROBERT MCDONALD (EL CAJON, CA) 7-12-68 65-69

WALLY HAYWARD (OR) 7-10-06 75-79

PETER LAURINO (US) 7-27-93 80 +

RICHARD EMBERGER (ESCONDIDO, CA) 7-3-38 45-49

AL RUSSELL (OR) 7-18-38 45-49

ALVIN NORDEN (SWEDEN) 7-14-28 55-59

ENNON SHEAHEN comforts mother Kathy who survived first women’s triathlon in Redwood City, Calif in 2:34.
Heritage Smashes Mile Record

On April 23 at the Washington Invitational T&F Meet in Seattle, Doris Heritage, 40, ran a 4:54.33 mile, setting an American women's masters record.

For four years, almost every female master distance runner has broken the 5:12.2 mark. Heritage did it over 17 seconds, a margin that brings up comparisons to Bob Beamon's Mexico City long jump and Tom Petranoff's recent world record javelin throw.

REPORT FROM BRITAIN

by ALASTAIR AITKEN

Two Veterans had particularly fast times in recent road races. Don McGregor, who did a 2:17.33 Dundee 10 Mile, ran 49:40 in the Scottish Veterans 10 Mile Championships, April 9, at Motherwell. "Taff Davies," now 45, posted a 50:03 at the Nike Ingham. Margaret McGregor, who did a 2:17 Dundee 2000, was 12th overall out of 300. Margaret Heritage, now 45, posted a 50:03 at the Nike Ingham. May 21, in 1:10:37 over a tough course to place first Veteran and women's Veteran 40-45 champion (40-45), Johnny Allison, 35, ex-international middle-distance runner for the UK, ran the fastest times last year for W38-39 in the 800 (2:11.9), the 1500 (4:25.2), and the 3000 (9:49.6), all in open competition.

USA MASTERS UNIFORMS

Uniform Package Includes: Sweat suit, singlet, trunks, stuffer bag. Men's & women's uniforms are royal blue. Men's uniforms do not have white ribs on sleeves. Women singlet all blue no white mesh. To Order: Send check or money order made out to "Jim Weed" and send to Masters Uniforms, Jim Weed, 11672 E. 2nd Ave., Aurora, Co. 80010.

Circle appropriate information.

MENS WOMENS NAME

ADDRESS

TRUNKS RED BLUE CITY Zip

TAC NO.
I

May 14, 40, was the 1st W/40 -f- in 46:40. Seventy-year-old Claude Hills, started with a development meet at Franklin Field, May 15.

They know it will take some work to move it up to a level of national awareness. Some com the 1st Annual Ralph Pellicano Masters 5M we're ahead of our time. We're not washing on Philadelphia has been cancelled.

"We've had more interest in a Winter Masters Sports Festival." NMSA Director George Hatz- ner, Ed Benham, 70-i- multiple record-holder, Southern Region's growth to the largest in the U.S. Paul DeBruyn, '32 Boston Marathon win

• Jim Gray, 40, with a time of 27:33, won the 1st Annual Ralph Pellicano Masters 5M Road Race, Warwick, RI, May 15. Peggy Todd, 40, was the 1st W/40 in 46:40.

• Philadelphia Master TC 60+ splitters roared to a 4:44:00 clocking of 4:19:26, in a development meet at Franklin Field, May 15. Seventy-year-old Claude Hills, started with a 1:14:2 split; Don Harris, the "youth" of the team at 60, picked up the pace with a 1:07:8 leg and passed to 65-year-old Dave Hill, who really got things rolling with a 1:04:8 split; Jay Sponseller, 65, flew to the finish in 1:06.

Luther Burdelle, 58, back from an injury, bettered the American age mark for the 3000m with a time of 10:40.1. In the 100m, North Philadelphia's Harry Jackson, who still works in a movie theater at age 87, ran a 23.8, despite a bad start, to set an American age record.

• Patty Lee Parmalee, running into winds that participants said added 6-10 minutes to their times in the Long Island Marathon, May 1, lost a shot at an Olympic qualifying time (2:26:16), but hung on for a 7th overall and 1st W40 win in a PR, by 11 minutes, of 2:03:13. Tosh d'Elia and Alicia Moore finished 1-2 in the W50 division for the 2nd straight year.

• Husband and wife master runners were prominent in the 5th Annual Trevira Twosome 10-mile, Central Park, NY, May 1. Herb, 44, (2:42:42) and Irma Lorenz, 41, (1:09:51) took the 90-99 age bracket in a total of 2:02:33. Harold, 43, (56:20) and Andrea Hatch, 38, (1:01:44) followed for a 2nd place with a 2:07:03 total. In the 100-119 group, Herbert, 54, (1:02:00) and Mila Kania, 51, (1:06:32) placed 1st in 2:08:35; while Peter, 53, (1:12:37) and Alicia Moore, 52, (1:12:52) were 3rd in 2:25:29.

• Rudy Valentine, M55, NY, won 4 events in the MSA T&F Championships, May 22, Great Neck, Long Island: 100 (12.9), 200 (27.9), 400 (52.42) and 3M walk (1:13:29). Other top efforts included: Rich Rizzo, M45, 400 (1:55.5); Masao O'Neil, M45, 800 (2:21.3); Len Olson, M50, 3 shot (14.12m), hammer (42.56), and disc (14.70).
proves your lung capacity. Beautiful scenery and air. Masters runner John Cosgrove invites you to Mammoth Lakes, Calif, to run on roads and trails from 11,000 to 14,000 feet. Houston and San Juan will be a piece of cake after that. The world's highest 10K is set for August 13. For info, 213/823.9448.

- Tim Rosteg and Sue Johnston each won $100 as top masters at the How The West Was Run 15K PA/TAC championships. Bill Catanese and Birthe Kirsch received $50 apiece for 2nd places. Temps in the 80's and a probable long course may have accounted for slow times.

- Bill Knoke, 43, is featured on the color of California T&F News, June 1983, running a relay leg in red Speedex tights.

- Eino, writing to NMN about the TAC/SPA 5K District Championships, Westlake Village, CA, poses the question, "Why do people pay $10 to go to a race like Bay to Breakers rather than run a good district championship purely dedicated to racing?" The district race provides an excellent opportunity to get a good time in a usually exact, wheel-measured distance in a race put on by runners for runners. In that race, Michelle Soderberg, 30-39, outkicked Ann Gladue, 29-29, to win by one second in 18:01. Tom Burns, 40-44, was top master in 15:46. George Cohen, 43, who started his comeback in 1979 with 10K's before his prowess in the middle-distances, was 3rd in the 40-44 with 16:57, behind Burns and Gene Blankenship's 16:52.

- Charlie Hoover, 30-39, Sepulveda, CA, last year's runner-up, overtook Jim Howard, 18-29, 200 winner, at 35 miles and kept the lead after Howard retired at 41 miles, to win the American River 50 Miler, Sacramento, April 17, in 5:55:56. Sally Edwards, 30-39, Sacramento, never relinquished her lead to win the women's race in 7:18:24, a course record by over 12 minutes. Jeff Wall, 40-49, Daly City, CA, charged thru the course in 6:07:26, saving 46 minutes of the M40-H course standard. Bjorg Austerheim-Smith, 40, Sacramento, demolished the W40-F course time by an hour with 7:35:59. Ruth Anderson, 50-59, improved her own W50+ race mark by almost 6 minutes to 9:04:46. An amazing 92% of the starters completed the uphill course.

- Running practically unopposed, Puerto Rican Ovidio de Jesus, now 50, gave warning to world 50-54 sprinters, who will have to face him on his home-ground in September, when he flashed to 60.26 400mH, and 11.48 100m, a 200m in 23.26, and a 400m in 52.89, at San Juan, May 28-29. The 200m time is a pending 50-54 WR, breaking Thane Baker's 23.4 clocking, set last September in Texas.

- After Brendon Wilson contracted polio at age 4, doctors said he would never walk again. He spent 2 years in a hospital — his legs bandaged and strapped to a frame to discourage movement. Wilson, now 40, overcame his disability to become a fireman for the South Australia Fire Service near Adelaide and to win gold medals in the recent 1983 Veterans Athletics Championships at Melbourne in the 100m, 200m, and 400m. He has been granted 2 months leave to compete at Puerto Rico and would like to make U.S. contacts before his arrival in early August. His address is 32 Stuart Rd., Dulwich, South Australia 5065. Phone: 61-8-312683.
track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys CA 91404.

**SOUTHEAST**

Each Tuesday. All-comers meets, Lakewood Stadium, Atlanta. 6 p.m.
July 7, 21, 28. Orlando All comers meets, Showalter Field, Winter Park, Fla. (July 14, Colonial High. 6:30 p.m.)
October 2. Masters Weight Pentathlon, Delrey Beach, Florida. Phil Partridge, 337 SW 14th Ave., Boynton Beach FL 33435.
December 17. Sixth annual Holiday Weight Pentathlon, 10 a.m. immediately followed by Hammerfest — all weights of hammers & throwing weights Atlantic Community School, 2001 Seacrest Blvd. Delrey Beach, Fla. 33443 Randy Cooper, Meet Director.
December 18. Fourth annual Holiday Regular Pentathlon, 10 a.m. address and Meet Director above.

**MIDWEST**

July 2-4, Indiana Masters Championships/White River Park State Games.
July 9. Greater Peoria Senior Olympics, Central Jr. Hs., East Peoria, IL. 9:00 a.m. Susan Schaefer, St. Francis Medical Center, 530 NE Glen Oak Ave., Peoria, IL 61637. 309-672-2775.
July 30, TAC Midwest Regional Masters Championships, York High, Elmhurst IL. 7 a.m. Race day sign up. Wendell Miller, 180 N. LaSalle, Chicago, IL 60601. 312-236-1315 (o); 312-234-2154 (h).
August 6. Heights Summer Track Classic. All ages and masters. Dorothy Davis, c/o Community Services, 2155 Miramar Rd., University Heights, OH 44118. 216-371-7400.
October 8. 3rd Annual Chicago Corporate Classic for men, women and masters. CCC, 1423 W. Fullerton Ave., Chicago IL 60614. 312-348-1724.

**MID-AMERICA**

September 3-4. Rocky Mountain Games, Denver, Jim Reed, 11672 E. 2nd Ave., Aurora CO 80010. 303-341-2980.
September 18, Missouri Valley Masters Championships. Lawrence, Kansas. Clint Leon, 913-842-6240.

**SOUTHWEST**


**ON TAP FOR JULY**

**TRACK AND FIELD**

July starts off with a bang with the TAC National Masters Decathlon (men) and Heptathlon (women) at Merced, California, the Northern California Seniors Classic at Berkeley, California and the Indiana Masters Championships at White River Park, Indiana.

The second weekend finds the Northwest Masters Decathlon at The Dales, Oregon, the TAC/SPA District Championships in Long Beach, California and the Greater Peoria Senior Olympics at East Peoria, Illinois. The challenging Eastern Club Quadrangular in Washington D.C. is on the 10th.

The Masters track and field training camp at Seeley Lake, Montana fills in the third week followed by the Masters Sports Association Relays in New York City on the 17th.

On the weekend of the 23rd is the West Valley Meet at Los Gatos, California and the Northwest Masters Pentathlon at The Dales, Oregon.

The TAC Northwest Regional Masters Championships in Gresham, Oregon, the CDM "Don Palmer Memorial Relays" in Los Angeles and the Midwest Regionals in Elmhurst, Illinois round out the month.

**LONG DISTANCE RUNNING**

Two hot events which will draw thousands are the Repl Challenge 10K, National Championships in New York City on the 3rd and the Beachtree 10K, Resident Run in Atlanta on the 4th. The Cornhusker Halie Marathon at Corhusker, California celebrates the 4th with a picnic after the race.

On the 10th is the Chicago Distance Classic 20K, and on the 24th, you could leave your heart at the city by the bay while 10,000 runners are expected for the San Francisco Marathon.

The 2nd Annual Mini-Masters 5K races at Peoria, Illinois on the 31st cap off the month.

(Continued on page 27)
LONG DISTANCE RUNNING

NATIONAL


August 27. Southern California Masters Championships. Includes 100/800m handicap championships. Southwestern College, Chula Vista, CA. Joe Horn, 1147 Agate St., San Diego, CA 92109.


NORTHWEST


August 26-27. 5th Annual Montana Masters Championships. Bozeman, Mike Carignan, Box 1766, Bozeman MT 59715.

CANADA


INTERNATIONAL


September 23 - October 1. V World Veterans Games, San Juan, Puerto Rico.


SOUTHEAST


October 16. Skyline International Marathon, Buffalo, NY. Skyline Marathon, Box SIM, Birdwell Station, Buffalo, NY 14222. 716-833-6144.

October 23. New York City Marathon, New York City Marathon, PO Box 1388, GPO, New York, NY 10116. 212-860-4455.

MIDWEST


July 31. 2nd Annual Mini-masters 5K races. Poria, IL 7:00 p.m. Doug Brash, 15 Holly Lane, Bartoline, ILL. 61607. 309-697-8105.


August 28. 25K Road Midwest Championship (Open run), Lake Bluff Jr. HS., Lake Bluff, IL. Wendell Miller, 180 N. La Salle, Chicago, IL 60601. 312-234-2154 (evenings).

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 2572, Van Nuys, CA 91404.
This issue contains the 1982 NRDC NEWS, our 10th year of publication. Men and women are distance runners and want to know what is going on in running should include the May NRDC NEWS in their monthly required reading list for its information and commentary on masters issues.

For instance, the May NRDC NEWS contains this paragraph on the problem of too few award categories for older runners: "Veallion Hixon (75) from San City, AZ, writes that her racing is very limited because few races have categories for 70 and over. As we've noted before, offering more age categories to older runners attracts them to your race. How many times does Veallion have to finish behind 50 and 60 year olds before someone recognizes she holds six national single-age records and deserves some recognition too! Race directors can offer awards to any runner setting a national single-age record in your race? After all, it is good PR; the media loves records."

The NRDC NEWS is not sold anywhere, but readers can receive it by donating a tax-deductible $15 or more and being added to its mailing list. The address is National Running Data Center, PO Box 42888, Tucson, AZ 85733.

1982 MASTERS 20 KILOMETER RANKINGS

Top 25 in each 5-year age group from age 35 up. Compiled by the National Running Data Center exclusively for the National Masters News. Now available in the book U.S. Distance Rankings, 1982, Vol. II.

### 20 kilometers

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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.

**FLORIDA STATE MASTERS' DAY CHAMPIONSHIPS; CLEARWATER; APRIL 9-10, 1983**

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**FLORIDA STATE MASTERS' CHAMPIONSHIPS; CLEARWATER; APRIL 9-10, 1983**

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### Masters

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### Masters

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JAVELIN
Men 30-34
AL NUNN 92 1/2
Estateeen Cruz 97 1/2

35-39
Tony Blanch 122 9/16
R. Vlahingerbroe 111 3/16
Bill Erdy 69 3/4

50-54
Chuck Kiehle 118 1/2
Pedro Cardinella 98 3/16
George Potter 66 5/8

55-59
Dorothy Carlln 66 5/8

80-84
Frank Furnes 65 1/2
Arling Pitcher 56 1/2

JAVELIN - CONTEST
Men 65-69
Gil Gonzales 97 3/4-1/2
Jim Ward 76 3/4-2/1
John Russell 68 1/2-3/4

70-74
Phyllis Byrd 86 1/4-1/2
Jose Quinonez 74 5/8
Robert Schanze 70 7/8

80-84
Frank Furnes 65 1/2

Tampa Bay Track & Field Championships Weight Pneumatc
Eisenbarthg High School Tampa, Florida Sat., April 16, 1983
Age Division Set Out Hamm. Wt. Score
Rocky Tarwood 10+ 109 06 35 25 99 23 23 36 26 23 63 2125
John Hamilton 30+ 114 02 40 35 25 99 23 23 36 26 23 63 2125
Ed Hill 40+ 149 75 44 71 47 171 00 150 23 51 87 936 5
Larry Judd 40+ 90 38 30 78 00 88 21 27 96 936 5
Austin Baggett 50+ 142 47 68 120 00 68 21 27 96 548 7
Lawrence Siegel 50+ 104 75 40 02 89 08 85 3 7 936 5
Dreher Oakin 50+ 102 92 39 21 100 02 06 31 25 89 3 7 936 5
Warren Carter 55+ 94 83 35 79 79 5 80 38 21 27 96 548 7
Donald Bull 60+ 94 29 33 21 28 09 81 07 936 5
Bill Bedore 65+ 131 71 61 09 68 21 27 96 936 5
John Russell 65+ 67 08 30 56 20 80 75 87 21 77 175 9
Peter Guelin 65+ 97 54 30 56 47 11 54 7 936 5
Phil Partridge 70+ 136 97 55 24 23 30 25 14 91 936 5
Bob Schanze 75+ 58 25 28 50 76 42 13 23 58 936 5
Arnold Flaminia 75+ 30 33 36 02 50 00 35 01 25 50 936 5

JAVELIN - Women's
Men 30-34
Men 35-39
Men 40-44
Men 45-49
Men 50-54
Men 55-59
Men 60-64
Men 65-69
Men 70-74
Men 75-79
Men 80+
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**Long Distance Results**

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

**CHANNEL 31 OKC**

<table>
<thead>
<tr>
<th>5K Overall</th>
<th>Men</th>
<th>Women</th>
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<tbody>
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<td>5M Runners</td>
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**1983 ANNUAL**

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<th>10K Overall</th>
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<tbody>
<tr>
<td>Runners</td>
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**SEATTLE MASTERS**

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**SANDS RACEWAY**

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**EMERALD CITY MARATHON**

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TACOMA, WASH. - Champions of the MASTERS VILLAGE, Calif., may 11, 1983
1st Overall
Jim Tredick 1:06:56
Michelle Soderberg 1:09:01

3rd Lorenzo Monera 1:05:58
George Norris 1:13:08
Ron Smith 1:17:16
William Crumrine 1:17:02
Bernard Bekeul 1:17:04

4th Gene Blankenship 1:18:16
Myra Goebel 1:17:16
Don Biss 1:12:10

11th Helen Michelon 1:21:10

15th Hubert Wilson 1:21:35

Women
40-44
5. Randy Flett 1:11:30
6. E. Weir 1:16:54
7. E. Toulson 1:17:23
8. E. Wuth 1:11:11
5. Dona Padilla 1:18:25

6. Robert Ibtulac
7. Hany Su-tonm
8. Fhaek Saylor

2. Mercado. Eugemo 46
3. Perrucio Richard, 34
4 Schultz, Kalhleen 35
2. Basch, Barbara 14:
2. Praskins. Lisa 41
2 Sturman Palnci .13
Havens, Evelyn 66

11th Sue Harwell 1:13:02
12th S. Green 1:14:55
13th Mary Storey 1:15:40

5 Vega. Willredo, 30
6. J. Branch 1:14:00
7. R. Beck 1:16:51
8. H. Smith 1:16:33

60-Ea Stotsenberg 2:11:11
60+QTrista Ronfipanen 1:54:54

40+Toni Bums 1:54:46
35 Ron Smith 1:56:16

MAY 8, 1983

WESTLAKE VILLAGE, CALIF
Dominic Artuso, 55-59
Paul Newman, 45-49
M. Schiffman, 70-74

Mlmi St. Glair, 40-44
P. Whittingslow,.40-44

MAY 15, 1983

1st Annual Palm Island 5K Run
HARVEY ISLAND, CALIF

1. Hans Jorg 46 2:17:34
Paul Cozby 48 2:16:41
Bill Martin 44 2:16:57
4 Ron Parrella 45 2:16:47
Peter Dawson 45 2:17:01
5 John McKenney 50 2:18:14
Michael Hammond 52 2:18:13
Harry Keenan 53 2:18:08
55-59
William Gurney 57 2:22:14
Daniel Gilligan 58 2:22:14
Greenway 60 2:21:57

6. Larry Bartz 52 2:21:22
Bob Keel 52 2:22:00

1st 10K Run
HARVEY ISLAND, CALIF

1. Hans Jorg 46 3:09:06
2. Paul Cozby 48 3:09:56
3. Bill Martin 44 3:10:06
4 Ron Parrella 45 3:10:46
Peter Dawson 45 3:10:45
5 John McKenney 50 3:12:01
Michael Hammond 52 3:12:06
Carol Nahm 53 3:12:16
55-59
William Gurney 57 3:18:04
Daniel Gilligan 58 3:18:44
Greenway 60 3:19:04

6. Larry Bartz 52 3:20:04
Bob Keel 52 3:20:24

1st Annual Palm Island 10K Run
HARVEY ISLAND, CALIF

1. Hans Jorg 46 5:30:37
Paul Cozby 48 5:29:57
Bill Martin 44 5:29:27
4 Ron Parrella 45 5:30:07
Peter Dawson 45 5:30:16
5 John McKenney 50 5:32:11
Michael Hammond 52 5:32:16
Harry Keenan 53 5:32:21
55-59
William Gurney 57 5:42:11
Daniel Gilligan 58 5:42:16
Greenway 60 5:42:21

6. Larry Bartz 52 5:43:11
Bob Keel 52 5:43:21

1st Annual Palm Island 15K Run
HARVEY ISLAND, CALIF

1. Hans Jorg 46 8:53:09
Paul Cozby 48 8:52:09
Bill Martin 44 8:51:49
4 Ron Parrella 45 8:52:49
Peter Dawson 45 8:52:48
5 John McKenney 50 8:54:44
Michael Hammond 52 8:54:49
Harry Keenan 53 8:54:54
55-59
William Gurney 57 9:04:44
Daniel Gilligan 58 9:04:49
Greenway 60 9:04:54

6. Larry Bartz 52 9:05:44
Bob Keel 52 9:05:54
It was one of those victories that, frankly, took us by surprise. All we were after was an Air shoe with a slightly more down-to-earth price tag. The more runners who experience Air, we reasoned, the fewer will settle for anything less. That was the theory.

Pegasus. That was the name. Then our R&D department proceeded to run amuck. First, they incorporated the Nike Air-Wedge™. That was fine. Because it gives the kind of long-lasting cushion you just can't find in any other shoe.

But then they started looking around for other innovations from some of our more specialized models. Next thing we knew, the Pegasus was sporting the Waffle™ Center-of-Pressure™ outsole. For even more cushion. And greater stability. It also made the Pegasus great for running over any number of different surfaces. From grass to asphalt, to gravel and mud.

Then, they flared the heel for a touch more stability. Notched the suede at the first metatarsal for flexibility. And even went to a lighter EVA formulation in the midsole.

As a result, the Pegasus is not only a great training shoe, but at roughly 10 ounces in a size 9, it's more than light enough to race in.

We were stunned. And we told them—this is just too much technology, too much versatility. The Pegasus is simply more shoe than we bargained for.

Then they reminded us. That's what a bargain is all about.

Beaverton, Oregon