NINE RECORDS SET IN RALEIGH

The stiff winds that lowered the scores in the TAC National Masters Pentathlon Championships in Raleigh, North Carolina, on Friday, May 4, had diminished by Saturday, enabling three world and six American age-division records to be set in the 14th Annual Southeastern Masters International Championships, May 5-6.

Ed Benham, 76, lowered the world M75 record for 3000 meters to 12:36.9, breaking Richard Bredenbeck's three-year-old mark of 13:06.4.

Rudy Valentine, 60, set a new world M60 mark of 67.06 in the 400-meter hurdles, lowering Max Pick's 5-year-old standard of 68.7 (Valentine also has a pending 66.8 from last year).

In the 110mH, Gilberto Gonzalez, 70, took over a second from Berno Wischmann's world M70 standard of 20.99 with a 19.47.


Michael Kelly, 37, changed Hugh Adams' 9-year-old M35 national record of 15.2 for the 110mH to 14.95.


Joan Dash, 51, added three inches to Shirley Kinsey's U.S. W50 shot put record with a 30-7 effort.

GREEN, 51, WINS THIRD NATIONAL RACE

Although TAC National Masters Championships are divided into five-year age groups, and the winner of each age-group wins a national championship medal, there is something rare and special about Norman Green.

For the third time in a year, the 51-year-old Wayne, Pennsylvania resident won first place over all age-40-and-over runners in a TAC National Masters Championship race.

On May 27, in Washington, D.C., Green outran a good field of veteran runners to win the 1984 TAC National Masters 25K Road Race, setting a new American age-50-over record in the process.

Gliding smoothly over the five-loop,

Michigan's Bill Stewart, 41, crosses the finish line as 1st masters runner in the Cotton Row 10K Run in Huntsville, Alabama on May 28.

Snyder Sets Four American Records

Turning 50 in America has always been traumatic. Many view it as a barrier to be feared — an event as welcome as root canal surgery, an income tax audit or a pink slip from the boss.

But not masters athletes. And especially not Gretchen Snyder. Snyder is celebrating her 50th year in high style. In the space of 22 days, the Berkeley, California, resident set four American women's age-50-or-over records, in the 100-, 200-, 400- and 800-meter runs.

Snyder set three of the marks at the 5th Annual TAC Pacific Track & Field Championships, May 19, in Los Gatos, and one day later at the 9th Annual TAC Pacific Track & Field Championships, May 20, in Los Gatos.

Continued on page 22

STEWART THIRD YANK TO WIN COTTON ROW

by JIM OAKS

HUNTSVILLE, Alabama, May 28:

Last year's Cotton Row 10K Run was a three-man race among Dan Conway, Jim Ewing and Frank Duarte with 24 seconds separating them at the finish.

This year Bill Stewart and Don Coffman staged a two man race that was perhaps closer than the 12-second margin indicates. But when the dust had settled from the fifth running of the South's answer to a Memorial Day Classic, Stewart became yet another northern Masters champion of the Cotton Row Run. The Michigan native joined Herb Lorenz and Conway as previous winners as he ran 31:27 to continue his domination of Masters running.

Two weeks prior to the race, the male Masters field for CRR V looked like it would be stronger than ever. There were 12 masters entered with sub-32-minute 10K times within the past year. However, injuries, changes of plans, and lack of desired level of fitness reduced this number to five sub-32 runners who toed the line in Huntsville on a very humid Memorial Day morning. But with Stewart, Coffman and Tony Gerrity (the top finishing American at Boston this year with a 2:25:12) in the lineup, we still had three of the top-10-ranked 1983 Masters runners.

The race was the third in the 1984 NIKE Masters Series. The M40 winner
CHARIOTS OF FIRE

In view of the “Chariots of Fire” article in The Gun Lap in the April issue of The National Masters News it may be of interest to your readers and to the modest Horatio M. Fitch, to know that Eric Liddell never trained for the 400m. After Liddell left Edinburgh, I arrived there to undergo a medical course at the University and came under his coach, Thomas McKerchar, and was put through identical training methods. Tommy, as he was affectionately called (he was the official University coach), said that if a sprinter was adequately trained and fit to do 220 yards, then he would automatically be able to run an adequate 440 yards or 400m if called upon to do so. That being so, he refused to train sprinters for the longer distance as it would take the sharpness off the sprinter.

In effect, then, I was always able to do a reasonably good 440 - as obviously Liddell was - in relays, or when no one else was available to do it. The specialist 440-runners were often too tired after running heats and finals to take part, for example, in the medley relay (880, 220, 220, 440 yds.) which usually came at the end of the programme of events.

McKerchar did not appear in the film “Chariots of Fire”. He deserves mention. He was a short tubby man who always wore a waistcoat, across which was strung a gold chain with watch and medal. He never took part in sport, yet he became interested in athletics and coaching, so much so that he studied anatomy for two years at the University. He was a genius at spotting anyone with talent in athletics and brought out the best in many.

I was under his coaching for five years and got to know his methods well. They were not very different in those days, 1920 to 1934, from the modern ones; only not so intense. Off-season, or winter, training was unheard of. Liddell, however, played rugby and was several times capped for Scotland. Tommy made him give up rugby prior to the 1924 Olympic Games for fear of injury.

An amusing aspect of McKerchar’s coaching was that he used to massage us after a workout with hands stained with red, blue and green ink, for his occupation was that of an artisan in the printing industry. He used an embrocation — the secret formula of which he would never impart to anyone. To judge by the smell, it was a mixture of Eilliman’s Horse Embrocation, eggs, and olive oil with a touch of turpentine. We had no cars, the change rooms had no water or showers, and we had to go back to the University in trams looking awful and smelling like animals and meeting with peculiar stares from the other occupants.

As a starter, he was wonderful. He had two antique muzzle loading pistols with flint and hammer mechanism. He had to pay for his own gunpowder and never fired a recoil shot - he never had to, no one ever got away from him. Even on a misty Scottish day, at the end of the straight 220 yards at the University track, the time keepers had no trouble starting the watches, as a great plume of smoke and fire and burning paper shot up into the sky at the starting line.

In his own quiet way he was a great man who gave much to athletics for no personal gain whatever.

Fred P. Reid
Johannesburg, South Africa

SUBMASTERS SLIGHTED
The Seattle Meet June 2 proves that not “all masters T&F meets in the U.S. provide competition for any man or woman age 30 or over.” It’s truly the young masters who have left this decade - I’m 49.

J.A. Sandoz
Selah, Washington

(That’s why most masters meets provide age-group competition for 30-and-overs. I know the lack of competitive opportunities for me, as a 32-year-old living in central Washington, will make it tough for me to stick it out until I’m 40)

NEW AGE-GROUPERS
Just received my notice of renewal, and would like to take this opportunity to pass along my thanks for an excellent edition of the NMN for June.

Dave Spengler, 8000 Brugge 1 — Belgium

PHOTO CAPTIONS MISSING
As a new subscriber, I am puzzled by the pictures of athletes in NMN without any explanation (age, event, accomplishment, etc.) of why they are being featured. Have I missed something? I’ve looked for their names in articles on the surrounding page but didn’t find them. At my age (53), they say the eyes are the first thing to go. Please enlighten me before I spend money on new glasses. Otherwise, I think the magazine is great.

Brita Hassel
Salem, Oregon

(Save your money. It’s not your eyes. It’s ours. We proofed, and thank you for pointing it out to us. In our hurry at deadline time, we simply forgot to include all the pertinent info. A thousand pardons.)

Address letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
NIKE, Inc., proudly announces our 1984 Masters Road Race Series. For the 7th consecutive year, veteran runners (men 40+, women 35+) will compete for awards and travel to the XVII International Masters Distance Championships. For the first time the Championships (10K and marathon) will be held in the United States—in San Diego, CA, on December 1st and 2nd.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Race</th>
<th>Distance</th>
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<tbody>
<tr>
<td>Sept. 30, 1984</td>
<td>Minneapolis, MN</td>
<td>Twin Cities Marathon</td>
<td>Marathon</td>
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<tr>
<td>Oct. 13, 1984</td>
<td>El Paso, TX</td>
<td>Run Against Crime</td>
<td>15k</td>
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In addition, some travel credits will be awarded by lottery. Therefore, any runner may be a winner.

NIKE is looking for six additional races to add to the 1984 Series. They must be: 1. NRDC-certified courses, 2. 1000-5000 participants, 3. In cities other than those already on the Series schedule.

For more information on the 1984 Series, or to submit a race for consideration, please contact: Valdemar Schultz, Masters Athletics, NIKE, Inc., 3900 S.W. Murray Blvd., Beaverton, Oregon 97005.
Miller Outscores All Entrants
National Pentathletes Battle Hurricane

The TAC National Masters Pentathlon Championships on May 4, returning to its old format as a separate event from the National Masters Track and Field Championships, was marred by strong winds left over from a hurricane, which had blown through Raleigh, N.C., the day before. Winds of 20 mph, gusting to 50 mph, affected all five phases of the event, especially the 200m, 1500m, and javelin throw.

The top scorer, Gary Miller, 46, of Glendale, Calif., was blown from the 6th lane into the 8th in the 200, and had to switch back into the proper lane on his way to a total of 2777 IAAF points. Going into the final event, the 1500, Miller had 2400 points, but the wind took its toll, and Miller was forced to settle for a 377-point 5:05.9.

In the other divisions, submaster Brant Tolsma, 34, won the M30 contest with 2764, second to Miller’s total. Bob Green, 35, took the M35 competition with 2610. Robin Ficker, 41, was the M40 champion with 2206. Robin Ficker, 41, was the M40 champion with 2206.

Miller’s competition in the M45 came from experienced pentathletes Sammy White, 46, (2481) and Haig Bohigian, 47, (2112). Tony Patterson, 51, (1005) was uncontested in the M50; and Jack Jocoy, 58, won the M55 proper officiating and adherence to tables went into effect for competitors of eight athletes.

Charles Johannesmeyer, 66, won with 21% WAVA points for his victory, and the M40 champion with 2206 in a field of 20 mph, gusting to 50 mph, affected all five phases of the event, especially the 200m, 1500m, and javelin throw.

Miller’s competition in the M45 came from experienced pentathletes Sammy White, 46, (2481) and Haig Bohigian, 47, (2112). Tony Patterson, 51, (1005) was uncontested in the M50; and Jack Jocoy, 58, won the M55 (2038).

According to TAC rules, the WAVA tables went into effect for competitors 60-and-over. Oscar Harris, 60, scored 2196 WAVA points for his victory, and Charles Johannesmeyer, 66, won with 2434.

The remaining winners were Robert Boul, 72, (1617); Karl Trei, 75, (1833); and Arling Pitcher, 82, (1012).

The incoming weather was offset by proper officiating and adherence to TAC rules, including weighing and measuring of implements. One contest Continued on page 17

CORKILL, POPPERS SHARE MASTERS SPOTLIGHT AT LILAC BLOOMSDAY

by JERRY WOJCIK

Despite snow two hours before and cold during the race, Jeff Corkill, 40, plowed through 30,500 finishers to win in 39:58 the masters race in the Eighth Annual Lilac Bloomsday 12K run in Spokane, Wash., May 6. Olympic Marathon Trials qualifier Bette Poppers, 41, won the masters women’s race by defeating another Marathon Trials qualifier and TAC National Masters 10K Road Race champion Elaine Kirchen, 41, by a minute and a half, 45:17 to 46:46.

(However, Kirchen may have been saving something for the Trials in Olympia, Wash., a week later where she outran Poppers, 2:46:43 to 2:53:24, to be the top masters finisher.) In the M40+ race, Roger Pratt, 42, was a distant second to Corkill in 41:11. Joe Machala, 42, followed three seconds later.

The remaining age division winners, men and women, were largely uncontested. Herb Parsons, 40, won in 43:00; Edward Rockwell, 50, in 43:55; and Orlo Keniston, 57, in 44:26.

The M60+ division saw the closest finish when 66-year-old Robert Dellwo won (55:37) by four seconds over Donald West, 60, who finished seven seconds before Wayne Eacker.

Sylvia Quinn, 47, who directed this mammoth undertaking, won the W45 (51:38). Alice Taggares, 53, took her race (55:05), and also collected 50; 27, a Kenyan steeplechaser, in training for the Olympics, took home $6,000 for his overall win (34:32). (Two weeks later, Hussein won the 70,000+ entrant Bay-to-Breakers 7.8 Mile.) Regina Joyce, 27, who will represent Ireland in the women’s marathon at the 1984 Olympic Games, was the women’s open winner (40:27), and also collected $6,000.

240 Compete in Trojan Meet

LOS ANGELES, June 9. Two-hundred-forty competitors, ranging in age from 30 to 76, took part in the Trojan Masters Invitational Track and Field Meet today in warm weather at Cromwell Field on the campus of the University of Southern California.

Irene Obera and Gretchen Snyder both set American women’s age 50-54 marks to highlight meet performances. (see separate story).

The meet brought out some of the top masters T&F performers in the nation, including national champions

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Race Headquarters will be the Hilton Hotel, 1775 East Mission Bay Drive, San Diego, CA 92109. Competitors may pick up registration packets beginning Wednesday, 28 November 1984.

Entry Fees and Deadlines: One race, U.S. $15.00; both races, U.S. $25.00. No team fees. Fees include World IGAL Membership Subscription of U.S. $6.00. Entries must be postmarked no later than 1 October 1984. Entries mailed after October 1st, add U.S.$10.00 late fee. Entries received after 10 November 1984 will not be accepted. ALL FUNDS MUST BE SUBMITTED IN U.S. DOLLARS. Make checks or money orders payable to BILL STOCK, RACE DIRECTOR and mail to: 1984 WIGAL Championships, 7160 Baldrich St., San Diego, CA 92041, U.S.A.

All entrants and their guests are invited, at a charge of U.S. $10.00, to a Carbo-Loading Dinner, Saturday evening, December 1st. This dinner will feature the 10km Awards Ceremonies. Limited tickets are available at U.S. $10.00.

The Marathon Awards Ceremony and Farewell Party will be held Sunday evening, December 2nd, at Sea World Park. Tickets are U.S. $26.00. The special price includes park admission (value U.S. $12.00) to the Sea World Shows; buffet dinner, drinks, and dancing.

Ticket charges for the Carbo-Loading Dinner and Farewell Party should be submitted with your entry fees to guarantee reservations. (N.B.—All individual and team award winners will be reimbursed the cost of their tickets.)

Commemorative T-shirt will be available for U.S. $5.00.

You will receive notification of entry acceptance and any further important information by return mail.

The Organizing Committee invites you to participate in an outstanding running and entertainment experience staged in the beautiful Mission Bay Park. Come run and visit with us in San Diego with its world-famous zoo, Wild Animal Park, Sea World, Balboa Park, and proximity to Mexico.

Tom Sturak  Bill Stock
Executive Director  Race Director

Both races are sanctioned by the Athletics Congress/USA and will be contested under IAAF rules on flat, certified courses meeting the requirements of the National Running Data Center.

Entries are open to all women over 35 years and all men over 40 years of age on day of race in the following age categories:

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<th>Age Group</th>
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<td>W80-89</td>
<td>M90+ years</td>
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Team Competition will be held in both races for 3 person national teams in the following divisions: M40-49, M50-59, M60-69, M70 and over; W35-39, W40-49, W50-59, W60 and over.

All competitors must show passports or proper I.D. (e.g., driver's license) at registration.

Awards: Individual awards in both races will be given to at least the first three finishers in each 5-year age group. A commemorative award and diploma will be given all finishers of both races. Team awards will be made in both races to the first 8 national teams in the 10-year divisions listed above.

NIKE merchandise and other awards will be distributed at the discretion of the Organizing Committee.

XVII WORLD VETERANS CHAMPIONSHIPS
San Diego, California, U.S.A.
1-2 December 1984
10 km - Saturday, December 1st, 10 a.m.
Marathon - Sunday, December 2nd, 7 a.m.

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Tom Sturak  Bill Stock
Executive Director  Race Director

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THE IGAL SERIES
WORLD CHAMPIONSHIPS

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<td>1972</td>
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<td>1974</td>
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<td>1975</td>
<td>Lake Kawaguchi, Japan</td>
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(619) 286-7867
The Insanity Of It All

Are the Olympic Games worth saving? Are they really important? Is sport important?

Recently, on the occasion of the 30th anniversary of the first sub-4 minute mile, Roger Bannister explained that the time was right when he did it. The mood was one of hope, of people looking for sanity in the unimportant, "because sport is, essentially, unimportant."

I didn't need Sir Roger to tell me that. My wife has been telling me that for years. Every now and then when I head out of the house for a run, she asks when I am going to grow up and get on with the important things in life.

Certainly, there are better things to do than prancing around the streets like a young child. Such insanity.

I must confess to having certain guilt feelings about spending so much of my time training and competing. A half-hour for exercise, fine. But an hour, two hours a day is ridiculous, I tell myself.

Unimportant? Insane? Ridiculous? Perhaps, but what is important?

What is intelligent and sane? I like Michael Novak's answer. In his book, "The Joy of Sports," he writes: "The serious ones say that sports are an escape. It seems far more true to the eye, the ear, the heart and the mind that history is an escape. Work is an escape. Causes are an escape. Historical movements are an escape. All these escapes must be attempted; I take part in as many as I can. But the heart of human reality is courage, honesty, freedom, community, excellence: the heart is sports.

"Sports are not, of course, all of life. What good are courage, honesty, freedom, community and excellence if they do not inform one's family, civic life, political life, work life? Sports do not celebrate such qualities in order to contain them, but in order to hold them clearly before the aspiring heart."

Our culture has taught from an early age that sports are play and play is something to set aside as we leave childhood.

"Play is the fundamental structure of the human mind," Novak goes on. "Of the body, too. The mind at play, the body at play — these furnish our imaginations with the highest achievements of beauty the human race attains. Symphonies, statues, poems, dances, essays, philosophical treatises — these are transpositions of the world of sports into the exercises of higher civilization. Sports are their fundament, their never failing life source. Cease play, cease civilization. Work is the diversity necessary for play to survive.

"Those who have contempt for sports, our serious citizens, are a danger to the human race, ants among men, drones in the honeycomb. There are many reasons for not participating in sports, or even for not liking certain sports. No one can do, or like, everything. Still, those of use who love sports must play with passionate involvement, play as if his life depended on it, if play is to mean anything at all."

In 1955, Pope Pius XII addressed some spectators at a basketball game played in St. Peter's Square. He told the audience that he saw in sport a parallel to the artistic ideals that made St. Peter's itself:

"Power and harmony, order and beauty, effort, victory, and the renown of achieving a record, expressed in artistic form by incomparable architecture of the dome, of the facade, of the colonnade and the obelisk; they are the ideal goals longed for by every athlete."

The Pontiff, then 79, cautioned against too much emphasis on technique at the expense of spirit: "Technique alone not only impedes the acquirement of those spiritual boons which sport has for its aim to achieve but, even when leading to victory, it satisfies neither him who employs it nor those who attend to the contest. In general, whenever there be a question of human activity, the point of departure and of arrival must always be the psychic element: in other words, spirit must predominate over technique. Make use of technique, but let spirit prevail."

Power, harmony, order, beauty, effort, victory, artistic form, spirit — all of these things mentioned by Pius XII become familiar to the athlete, to the runner.

In "The Ultimate Athlete," George Leonard writes: "Like many of the meditative disciplines, it (running) requires a willingness to bear pain, a propensity for self-denial. The rhythmic, repetitive movements of the body and the steady flow of visual stimuli are well constituted to induce visions and reveal mysteries.

When we run with all four limbs in perfect stride, Leonard suggests, the schemes and manipulations of our civilized existence are impossible. George Young, one of the leading middle-distance track men of a dozen

Start of 1984 Cotton Row 10K Run in Huntsville, Alabama May 28. Shirley Matson (36), the eventual women's masters winner in 38.33, is at right.

Photo by Greg Macherei, Huntsville News
teams refuse to die. I love to see the human spirit. I love to see defeated athletes. You have to be. When you’re running two or three hours a day, you have more time to think."

Novak echoes the sentiments of Pope Pius XII: "If I had to give one single reason for my love of sports, it would be this: I love the test of the human spirit. I love to see defeated teams refuse to die. I love to see impossible dreams accepted. I love to see the incredible grace lavished on simple plays — the simple flashing beauty of perfect form — but even more I love to see the heart that refuses to give in, refuses to panic, seizes opportunity, slips through defenses, exerts itself beyond capacity, forages among all the possible odds confronted. I love to see the incredible grace lavished on simple plays — the simple flashing beauty of perfect form — but even more I love to see the heart that refuses to give in, refuses to panic, seizes opportunity, slips through defenses, exerts itself beyond capacity, forages momentarily of its bodily habitat an instrument of almost perfect will."

A little modern day parable gives one perspective on the importance of sports, including running. The scene is a junior high school classroom. The teacher has asked the students to give a brief report on their career objectives.

"I’d like to be a doctor and make people feel better," said young Mark.
"Very good," the teacher remarked, "and what about you, Jennifer?"
"I want to be a politician because I’d like us to have better parks and a better place to live in," Jennifer replied. "Excellent!" said the teacher. "I want to be a lawyer," said Billy. "Why’s that?" asked the teacher. "Then you can be a judge and let everyone go free, even if they do something wrong," Billy answered. Adrienne said that she wanted to be a scientist so that she could find ways to fight pollution. And George wanted to be a police officer so that he could help uphold the law and order. Finally, it came time for young Myles to report. He was considered the class "brain" and the teacher was looking for big things from him. "I’ve decided to be a distance runner," Myles offered. "Where will that get you?" the teacher asked with a look of dismay. "Well, here’s the way I see it," Myles replied. "Mark wants to be a doctor and make people healthy. Jennifer is going to provide us with better parks and a better community. Billy is going to give everyone freedom, Adrienne a cleaner environment, and George law and order."

"I want to do something for them. I want to make all their pursuits worthwhile. I’m going to take that freedom, the law and order, the health, the parks, and the clean environment and I’m going to make the most of them." □

Irving Cohen, M.D.
photo by Gene Cohn Productions

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### 1984 TAC National Masters Track & Field Championships

**Hayward Field—Eugene, Oregon**

**Friday, August 17 through Sunday, August 19**

**SCHEDULE OF EVENTS**

#### FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:40</td>
<td>5000m Racewalk</td>
</tr>
<tr>
<td>3:30</td>
<td>Opening Ceremony</td>
</tr>
<tr>
<td>4:00</td>
<td>High Hurdles—Trials (W&amp;FM)</td>
</tr>
<tr>
<td>5:00</td>
<td>High Hurdles—Finals (W&amp;FM)</td>
</tr>
<tr>
<td>6:30</td>
<td>400m—Trials (W&amp;FM)</td>
</tr>
<tr>
<td>8:00</td>
<td>400m Relay (W&amp;FM)</td>
</tr>
<tr>
<td>9:30</td>
<td>10,000m (W)</td>
</tr>
<tr>
<td>9:30</td>
<td>10,000m (50 + M)</td>
</tr>
<tr>
<td>10:30</td>
<td>10,000m (30-49M)</td>
</tr>
<tr>
<td>12:00</td>
<td>Mie Relay (W&amp;FM)—follows immediately</td>
</tr>
</tbody>
</table>

**FIELD EVENTS:**

- 4:00: Javelin (M)
- 4:00: Pole Vault (50 + M)
- 5:00: High Jump (W)

**SATURDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:40</td>
<td>100m—Trials (W, 50 + M) East side (30-49M) West side</td>
</tr>
<tr>
<td>100m—Finals (W&amp;FM) West side</td>
<td></td>
</tr>
<tr>
<td>5:00</td>
<td>Steeplechase—M 2000m (W) 3000m (M)</td>
</tr>
<tr>
<td>7:00</td>
<td>400m—Finals (W&amp;FM)</td>
</tr>
<tr>
<td>8:00</td>
<td>1500m—Finals (W&amp;FM)</td>
</tr>
<tr>
<td>10:30</td>
<td>2-mile Relay (W&amp;FM)</td>
</tr>
</tbody>
</table>

**FIELD EVENTS:**

- 4:30: Pole Vault (30-49M)
- 3:30: Javelin (W)
- 4:00: Long Jump (M) Areas I & II
- 5:30: Discus (W)

**SUNDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00</td>
<td>20km Racewalk (W&amp;FM)</td>
</tr>
<tr>
<td>8:30</td>
<td>400m Int. Hurdles—Finals (M)</td>
</tr>
<tr>
<td>9:30</td>
<td>5000m (W&amp;FM)</td>
</tr>
<tr>
<td>11:30</td>
<td>600m—Finals (W&amp;FM)</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>200m—Trials &amp; Finals</td>
</tr>
</tbody>
</table>

**FIELD EVENTS:**

- 9:00 a.m.: Discus (M)
- 9:00 a.m.: Triple Jump (M)
- 9:00 a.m.: Shot Put (W)

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**FIELD EVENTS:**

- 4:40: 100m—Trials (W, 50 + M) East side (30-49M) West side
- 100m—Finals (W&FM) West side
- 5:00: Steeplechase—M 2000m (W) 3000m (M)
- 7:00: 400m—Finals (W&FM)
- 8:00: 1500m—Finals (W&FM)
- 10:30: 2-mile Relay (W&FM)

**FIELD EVENTS:**

- 4:30: Pole Vault (30-49M)
- 3:30: Javelin (W)
- 4:00: Long Jump (M) Areas I & II
- 5:30: Discus (W)

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### 1984 TAC National Masters Track & Field Championships

**Hayward Field—Eugene, Oregon**

**Friday, August 17 through Sunday, August 19**

**Hosted by Oregon Track Club Masters**

**Divisions:** 5-yr. age divisions for men & women age 30 and over

**Entry fees:** $7 for first event (includes special Athletic Clinic Friday a.m.), $5 per additional event. $16 per relay team.

**Entry deadline:** All entries must be postmarked by July 15, 1984. Late entries will be returned.

- **TAC Registration required for all American entrants.**
- **Travel Headquarters has arranged lodgings at a special reduced rate and can take care of all your travel needs.**
- **A unique TAX RELIEF SEMINAR is being offered, which may make your trip to Eugene a tax-deductible business expense.**
- **An entry packet, with complete information, will be mailed to you upon receipt of your entry form.**

### DETACH AND MAIL

- Please Print:

  - Name
  - Age (as of 8/17/84)
  - Address
  - Male Female
  - Phone
  - TAC
  - Club Affiliation

---

**An elaborate BRUNCH will be served Saturday, 8-11 a.m. at a cost of $7.00 per person. Entry fee is $8.50 or $6.50, depending on 5's or 6's team.**

**Make checks payable to OREGON TRACK CLUB MASTERS**

---

**I want all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, death, or accident that I sustain while participating in this event or at this event. I declare that I am in good health to participate in this event.**

**Signed:**

**Date:**

**Send entry with check to:** Phone: 503/687-2810

Oregon Track Club Masters, Travel Headquarters, P. O. Box 10085, Eugene, OR 97440.
On Approaching Every Problem With an Open Mouth
by W. MacDonald Miller

Well Heeled

As I walked along the street on my way to work this morning, I couldn't help but notice the passing of an era. Could it have passed a long time ago and I just didn't notice, although that doesn't seem likely. Maybe it's been dead for longer than I realize. I do tend to be aware of things like that. Whatever, it was the era of the most flattering piece of apparel the world has ever known — the high heeled shoe.

I must have been thirteen or fourteen, full of pimples, bony and pale with any number of disgusting habits. Veronica Lake had her hair hanging over one eye, pressed in a long black dress with fantastic high heeled shoes. There was a time I thought I might lose my mind, at the very least impair it. I often wonder what my mother must have thought. I could entertain myself for hours playing dress-up in the third floor attic of my dear old grandmother's home. When it came to medium pump and I was fixed for the whole day. I guess it really shouldn't have come as any great surprise when, years later, our oldest boy would sort of combine interests. One of his favorite mixtures was to play Barbie Dolls with his sister dressed in the football uniform I had given him for his birthday. He did prefer cleats to high heels, though, he will give that him.

The high heeled shoe is dead (or died unnoticed by me) in the financial district of Chicago. It has been replaced, if you can possibly believe it — by the running shoe. I mean, can you imagine Veronica Lake peering at you with her one eye from a bar stool in some smoky out-of-the-way nook, her skirt split to the thigh, falling dangerously aside those fantastic legs, wearing a pair of maroon Converse Chucks?

One of the D-Day-plus-40 programs that appeared on television early in June had a reminder that nothing inspired a GI more than that rear view shot of Betty Grable looking back over her shoulder. Can you for one minute imagine the effect that photo would have had on thousands of young men instead of being perched on top those magnificent black platforms, she had been wearing a pair of New Balance 990's.

I saw Tina Turner and her new group the other night and, wow — you could feel the energy two days later. A pulsating driving beat from a loud and raucous band, dancers who were wild and sensual and of course, Tina. What a woman! What energy! Hair plastered to her forehead, sweat flying ten rows deep, a throaty powerful voice and this magnificent body, outrageous and hypnotic. In running shoes? Tina had on high heels that would punch a hole in concrete. I'll only mention in passing that back when women were women, Ginger Rogers, Cyd Charisse, Eleanor Powell, even a recent lightweight like Liza Minnelli would never have turned a head had they been decked out in Pumas, Sauconys, Brooks, Tretorns, Nikes, Tigers, or Etonics. I don't care how spectacular the color combination on the shoe or how great the dance, it just wouldn't come off. I think of my own wife. Now granted, we are different — she has a lower voice than I do but, at the same time, there's just no comparison between how she looks in her new Italian Slings and the beat-up Tiger Jayhawks she likes to sleep in. While I'm at it, I might as well get the whole thing off my chest. I'm concerned about women walking the streets of my hometown in running shoes for the same reasons I'm concerned about these same women carrying their lunch to work in a brown paper bag. I love Chicago and I'm very proud of our city. I see it as an urban, sophisticated city of finance, culture and excitement. Woman on their way to work in pink Kangaroo running shoes, carrying their lunch isn't exactly what I've no doubt circumstanced. Oh, well, what can one gentle voice do but mutter in such a video-pedestrian age.

I must tell you, however, that one morning last week about ten in the morning, I was so hungry I noticed I was no longer chewing my eraser, I was eating it. I couldn't very well slip down for a Danish, I had no money. I considered borrowing a couple of dollars from this innocent little twit that pretends to be my secretary but I still owe her five bucks from two weeks ago. Just then she steps into my office to tell me she's taking a package to the post office. In all fairness I will say one thing about this young telephone talker, she has a cute little figure and she accentuated her entire appearance with a pair of very nice open toe sandals. The light in my creative mind blinked on brightly, allowing her a reasonable period to get on the elevator and out of the building. I walked briskly to her desk and opened the drawer where she keeps her lunch. I had in mind a small cellophane pack of potato chips. She'd never remember whether she put them in that morning or not. If not, a banana to lay in a few extra carbs for the afternoon run, right? Wrong! You'll never believe what the little waif had in that paper bag. I don't know if I do now. A pair of Nike Waffles? Does this mean what I think it means? Getting to work comfortably and carrying their heels in the bag where their lunch is supposed to be.

You talk about your deciet, this has to be the limit. Women for too long now have exercised a prerogative destined to give man a feeling of insecurity — thinking. Personally I wish they'd stick to more socially redeeming acts like burning their bras and forget about dull and boring things like comfort.

Darn, if I can keep from fantasizing. Wouldn't Mary Decker look terrific winning the 1,500 at the Olympics in a pair of spectator pumps, carrying a brown paper bag?

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Joe Burgasser, 45. leads Adrian Craven, 47. to the finish line in the 5th Annual Cotton Row 10K Run on Memorial Day in Huntsville, Alabama.
TRIATHLON TRAINING PAYS OFF IN RUGGED 15K

EMMITSBURG, Maryland, May 6. Triathlon training paid off today for Ed Busch, 42, of Walkersville, Maryland, in the 6th Annual Goodloe Byron Memorial 15K.

Busch captured the first masters division in 4:47 to Busch's 5:01. He reported that Busch crossed the finish line grinning from ear to ear, shouting, "I think I beat Tom."

It was Busch's first victory over Sheahen in five years. Their last meeting was in the "Market Street Mile," where Sheahen won the masters division in 4:47 to Busch's 5:01.

Looking fresh after the race, Busch attributed his success to his recent shift to triathlon training. Preparing for the Oxford (Maryland) triathlon (2.4 mile swim, 50-mile bike, 20-mile run), he has been devoting each Wednesday afternoon to slightly lesser training combinations (2 mile swim, 25 bike, 15 run). The rest of the week he works out in one of the three events. He hoped to finish in the top five masters at Oxford, which is a major East Coast triathlon event.

"I think Ed will do it," Sheahen said. "He looked incredibly strong today. He's come way up just in the last three years."

The women produced five meet records, three of which belong to Pat Dye, 34, WPTC, in the 100m (11.49), the 400m (69.82), and the 800m (2:46). The won produced five meet records, three of which belong to Pat Dye, 34, WPTC, in the 100m (11.49), the 400m (69.82), and the 800m (2:46).
Hotting It Up In Italy

This spring, I spent four weeks in Italy working on a book and managed to run a couple of races. Warming up before the Romaratonas (Rome Marathon), I encountered a runner met the week before. He spoke a little English; I spoke a little Italian. We exchanged pleasantries, then just as we parted he said: "I go hot up my legs."

I smiled, but I understood what that meant. It was an example of how the Italians have taken our running boom and given it a new translation.

The sight of joggers in Italy is rare. After two trips to that country the past year, I can count on two hands the number I’ve seen, some of them probably tourists. Rome, with jammed streets and few neighborhood parks, offers a hostile environment for a runner in training.

Yet the two races I ran, Romaratonas and Cinqui Mulini, had 2,000 and 3,000 competitors respectively. Perhaps “competitors” is the wrong word, since most entrants participated in what were billed as “non-competitive” divisions: a 7 Km added to the marathon; 9 and 16 Km road races added to the other. Although America invented the running boom, it’s an idea we might consider copying for our events.

Cinqui Mulini means five mills, as in mills that grind wheat, not make steel. The race by that name in San Vittore, Olono north of Milan is a cross-country event with a history dating back several centuries. Only two of the five mills remain, but runners run through them—in one door, out the other—several times during multi-laps of a 2.4 Km circuit.

Cinqui Mulini is a prestigious event on the international race calendar. The men’s 9.6 Km race this year featured full teams from Ethiopia and Kenya running one-two plus Fernando Mamede of Portugal, Tim Hutchings of England, and Boguslaw Maminski of Poland. In the women’s 4.8 Km event, Grete Waitz of Norway and Maricica Puica of Romania reran their dual from the World Championships in New York the previous weekend, this time Grete possessing the superior kick.

I was prevented from running either race held in the afternoon, because of a: ability, and b) sex, respectively. They had no event for masters, but I did participate in the non-competitive Stracniqui Mulini in the morning. Stra comes from the word stradu, or street.

Beginning the day before the race and continuing until almost 10 minutes before the gun sounded, I couldn’t find anybody either able, or willing, to answer my question, “Dev’e il inzu?” Where is the start? I also was unable to comprehend when was the start since the entry blank, which I translated with help of an Italian/English dictionary, suggested it might be anywhere from 8:30 to 9:30, and that people had until 12:30 to finish in order to earn a keychain. Eventually, it dawned on me that when the Italians said non-competitive, they meant non-competitive.

Five minutes before the clock on a nearby church steeple said 8:30, runners began gathering on both sides of a chalk line on a grass track at the Campo Sportiva (sports field), where the international race would finish later that day. I positioned myself on the line, right in the middle, still not certain which direction everybody would bolt. I’m not sure most of the other participants knew either, but apparently I was the only one nervous about it. A festive atmosphere prevailed.

When the gun sounded, everybody surged clockwise around the track, so I followed. We ran one lap before heading out the stadium with additional runners jumping in, usually in front of me. As we hit the roads outside, everybody’s sprint died, and I had to do some broken-field running to maintain my pace. That’s not new: it happens all the time in races at home, too.

After a kilometer of running, fast and slow runners had sorted themselves out. To my surprise, I found myself about 15th, but then all the top runners were running that afternoon. A few kilometers more and the 9 and 16 Km courses divided. Nobody yet had asked which of the two races I was running, but I chose the latter and found myself sixth. Eventually, I moved into third, but far behind the two lead runners.

About two-thirds of the course was road; the rest, muddy trail. On the stretch of trail, the leaders started running back toward me because of missing a turn. I think they were swearing, but I’m not sure. For a moment, I had delusions of converting their error into victory, but they quickly lengthened their lead again.

To my disappointment, we only ran through one of the mills, but the course was free of traffic, and except for that one turn, well-marked. Three times during the race, we came to check points where officials rubber stamped our numbers to prove we had run the full distance. I collected my stamp each time without breaking stride.

To my surprise, with about 4 Km to go, we rejoined these running the shorter race. They had gone 5 Km, we 12, so I found myself running on a narrow trail behind people who were walking, even one person on crutches. “Attenti!” I cried to warn of my coming. “A sinistra” or “A destra,” indicating where (left or right) I planned to pass. After a while I gave this up, because nobody moved anyway.

I eventually went from passing walkers to slow joggers, but by then I had realized that no matter how fast I finished, even if I caught the two in front, nobody would know or care. I relaxed, a mistake since two runners caught me. And here I thought this was non-competitive! One was young; the other had grey hair, suggesting he might be a master. People watching might not know what place I was in, but I knew. I mounted a sprint in the last 200 meters, losing to the younger runner, outkicking the older one.

No officials waved beneath the finish banner to record our place as we crossed. In fact, there was nobody even standing near it! There was also no digital clock. I hadn’t worn a watch and only after several minutes did I glance up at the clock steeple and see the time was 9:30. That put me somewhere under an hour for 16 Km, although I doubt whether the course would pass muster with the TAC/RCA certification committee.

I shook hands with the runners who finished around me. The grey-haired one said he was quarantatr, 41, so I had narrowly maintained my position at first master, if it mattered. I collected my key chain, accepted a drink of the local electrolyte drink, and that afternoon enjoyed watching Waitz outkick Puica before returning south. I hope the Italians don’t “hot up” their running program too much in response to the demands of people who demand pinpoint organization. Their non-competitive approach seemed like a relaxed way to enjoy a trip to Italy.

Hal Higdon, Senior Writer for The Runner, is working on a (non-running) book about Italy, tentatively titled, "Falcomara." He wrote this article especially for NMN readers who may be attending the VI World Veteran Games next year in Rome.
BRENDA WINS SIX IN SACRAMENTO

by BOB ROEMER

Decathlete Al Brenda, 55, entered eight events and won six of them to take some of the spotlight away from octogenarian sprinter Joe Packard in the 9th annual Sacramento Masters RelAYS April 28.

Brenda, a health-spa operator from Turlock, Calif, and one of the top veteran decathlon and pentathlon athletes in the world, won the 100-meter hurdles, pole vault, discus, long jump, triple jump and high jump.

Eighty-year-old Packard, of San Francisco, sprinted the 100 meters in 15 seconds flat and the 200 in 32.4. Only a fairly brisk tail wind prevented his 100-meter time from bettering his own 80+ world mark of 15.4. (He also holds the 80+ 200 mark of 32.3.)

Conducted under clear skies with temperatures in the high 60's, the meet was co-sponsored by the Northern California Seniors Track Club and California State University, Sacramento, with help from Mike and Brenda’s prodigious entry fee.

Other top showings included four victories by Marin County’s Ted Cain, 42, coming back after five years on the sidelines. Cain won the 110 hurdles (15.8), 200 (24.1), 400 (53.7), and 400 hurdles (60.0).

Premier masters miler Mike Holbrook, 41, turned in an impressive twin win in the 800 (2:05.6) and 1500 (4:17.2).

John Roehr, 36, representing the U.S. Army, threw the shot 51-1, hammer 150-7 and discus 138-3.

RASCHKER SETS 100 YARD RECORD

Phil Raschker, 37, Atlanta TC, added the 100-yard dash to her national W35 record array (100m, 200, 400) when she flew to an 11.1 clocking at the 9th annual Sacramento Masters Relays April 28.

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RUNNING WITH MARCO POLO, M.D.
By ALEX RATELLE, M.D.

IN THE LONG RUN

Do intermittent long training runs improve our performance? Or do they add to our injuries ... and to our psychological burdens?

Nobody knows.

A few national and even world class runners seem to be setting records on eight miles per week. The physiological and psychological benefits of "working out" in several different sports is an acknowledged principal. But, whatever relief we seek from the problems and even the tedium of running, to run well, we must run.

In analyzing the profitable elements of training, I keep coming back to the high value of long training runs. This is not entirely palatable, since, in Minnesota, we have two seasons: winter and the fourth of July. The prospect of 30-mile runs when the wind chill is minus-30 makes me want to seek employment elsewhere. Worse, summer comes with a jolt. We often go from long-johns to skinny nylons in a day or two. To get one or two long runs a week, with this degree of "gear shifting," requires imagination, discipline and mutual support.

But, try as I might, the training log clearly shows that periodic "overruns" are closely linked to personal bests or very good race results.

How far is long? For me, it's about my longest race distance. To prepare for my one-and-only 50-mile competition three years ago, I ran several 30-mile-plus days, with one 46-miler some weeks before. (From my marathon training, I feel confident at all shorter distances.)

When to do the long run? Most runners prefer the weekend. Being on call a good deal, with rather odd days and bits of time, I relish a weekend morning for the tilt. There are a number of areas where walking-biking paths are available near my home. There is an absence of cars and the bikers are largely missing.

Why choose a quiet, traffic free roadway? If a good deal of time is to be spent with the effort, I enjoy the opportunity for solitude and for TM. I can let my mind wander without interruption, and observe the scenery. The time goes wondrously fast. With no big hassle over dodging people and vehicles, my mood gets higher and higher as the morning passes.

What "travel aids" to have for the occasion? It's fun to select all those handy things we would love to have available while actually running a race, such as fluid in attractive forms. For me, it's orange juice and tea. Would you believe icy-cold and premixed?

On my most favorite "wilderness course" there is a Tom Thumb store, open twenty-four hours a day, with vast stores of twinkies, crunchies, tea and orange juice. It has a bin full of home-made style oatmeal cookies that feel and taste great going down ... and, of this writing, have never come up.

Another option we all miss during competition is the opportunity to add ind retard cloth at will. It's pleasurable to jog up to the waiting car and pull on another shirt or mittens, or add a little vaseline to some spot under the socks that's tweaking us a bit.

You may not have applied this to your long runs, but in our crowd it has become a common practice to change shoes, not once, but several times during the passing of several hours. This has vastly reduced blisters, sore knees and leg fatigue. The theory here is that every pair of shoes has small mechanical features unlike any other. By changing small areas of cushioning and the angles, we substantially reduce the repeated concussion and friction effects. If carefully applied, this practice is a next way to break in a new or nearly new pair of shoes.

An obstacle to pursuing this work effort is our own work ethic. Though I grew up and grew old in some degree of poverty, and though I consider myself a hard worker, I "sweat" for only three to five consecutive hours is not a common standard of behavior in my neighborhood. Wherever I run for half-a-day, I avoid golf courses like the plague. Nothing shuts the system down for me quite like seeing an aging peer tight and the rules were observed. The preparation for a long run should be as considered and complete as a marathon. Curiously, many of those coming off a long Saturday or Sunday workout end up with injuries of the magnitude of those who went somewhere else on the same day and competed.

In the rather immediate past, I have run six 100-plus miles per week ... in a row. And my good race results reflected this investment. The long-term effect on my running base was impressive. But there were rest days jotted here and there. Discipline was tight and the rules were enforced. Hydration was carried into the wee hours of the morning. Adequate calories and vitamins were guaranteed. Despite the fatigue, I had that deep-seated, inner feeling that this was proper, and would eventually result in that 2:29 marathon. If, at age 59, you can do better than this, please don't tell me about it ... and pass on the left.
STEWART WINS

Continued from page 1

would receive $500 in travel credits to the XVII International Masters Distance Championships in San Diego December 1-2. The first W35 runner would win $300. All in all, Nike was providing $3900 in prize money for 10 male and 10 female masters finishers.

Coffman had raced with Stewart two weeks earlier in the Dynamis 15K race in Syracuse, and, as a result of his experience there, commented the night before the race, "I feel like I have to build an early lead on Bill because his 1500-meter speed is just too tough for me at the end." (Stewart was the World Vet 1500m Champion in San Juan last summer with a 3:56.2, and he has a pending World Masters record for the mile at 4:11.)

Don followed his plan and, by the third mile, had a 20-to 30-second lead. This was the first time on the course for either of these runners, and Stewart's tactic of holding back some for the last three miles paid off in the end. He was able to catch Coffman by the 6-mile mark and finish strong for a 12-second victory.

Stewart admitted it was a hard race and he was tired at the finish. This year the male Masters finished with the females on the left side, and this required a split in routes about 250 meters from the finish line. Bill, who was running 10th overall at that point, missed the break point and continued toward the open finish line. Just prior to the finish line, Stewart was able to cut across a median that separated the females on the left side. Coffman said he had no objection to Stewart's victory. "He was definitely the strongest of us today, and I knew I was beaten when he went by me at 6 miles." Three seconds were added to Stewart's recorded finish time to compensate for the "short cut".

Gerrity (32.23), Kirk Randall (32.30), Morgan Looney (32.48) and Alan Pilling (32.52) rounded out the top six and were the only masters to break 33 minutes on the muggy morning in Huntsville.

There were two close battles in the stretch drive between Art Williams and Ken Winn for 7th, and Joe Burgasser and Adrian Craven for 10th. Last year, Williams and Winn had finished only 3 seconds apart, but this year the Stone Mountain warrior pushed the younger Williams to the limit. Art had passed Ken somewhere between miles 5 and 6 and held a fairly comfortable margin coming down the final 100-meter stretch. However, Winn began closing the gap in the final 50 meters, and only a kick in the last 10 meters and a lean at the finish preserved the finish position for Williams in 34:06.

Burgasser and Craven were in the same M45 age-division and each wanted the $300. The Nike travel credit was for either of these runners, and they had no objection to the "short cut".

While this tough competition was going on in the 40-49 age zone, an equally intense battle was raging in the 50-54 bracket. Sam Turnbull, who turned 50 just after the race last year, had gone through all 11 other Racing South Grand Prix events without a loss to a Southeast grand master. Tennessee Gerald Koch had his 50th birthday in April and this was the first encounter of these two in the same age division. (Sam had squeezed out a 2 second margin over 26.2 miles here in Huntsville last December when HUMANATHON was the first marathon on the Racing South Grand Prix circuit, but Gerald was only 49 then.) Sam decided to key off Gerald this time, and Koch was just too strong in the last quarter mile as he took a 12 second win in 55:28.

In summary, the male Masters field, although not quite as deep as the top, and without as many states represented among the top 20 finishers (13 last year, 12 this year), grew in overall quality. We hope those who ran, this year, will spread the word to other masters about the good competition in Huntsville each Memorial Day, and plan to return and bring others for one of the friendliest races in the nation.

1984

MIDWEST MASTERS REGIONAL CHAMPIONSHIPS

MEN AND WOMEN

AGE 30 AND OVER (ONLY)

Saturday, July 28, 1984

York High School, Elmhurst, Illinois

Sponsored by the Masters Track & Field Committee, TAC, and York High School, Elmhurst, Ill.

ENTRY FORM AND RELEASE

Name: ____________________________
DOB: ____________________________

I authorize the following events: _______ 2 _______ 3 _______ 4 _______ 5

ATHLETE'S RELEASE: In consideration of my entry I, do hereby for myself, heirs and assigns, waive and release all claims and suits against the Midwest Masters Track and Field Committee, York High School, Penguin Electric,or any agent or any attorney, or any person who sustains injury to my person or property, and any and all claims, whether arising in tort or in contract, or any injury caused by fire, theft, or by the negligence, carelessness or misconduct of any person connected with the event, and I hereby release and discharge the Midwest Masters Track and Field Committee and York High School from any and all further liability for any and all losses or claims of whatsoever kind or character which may arise as the result of my participation in the event.

INDIVIDUAL SIGNATURE: ____________________________

Photo by Greg Machen, Huntsville News
At last. The crack NMN investigative reporting team has learned the real reason for the Soviet boycott of the 1984 Olympics. The Russians got a preview look at Robert Graham’s Olympic Gateway with its decapitated, sexually-explicit nude figures.

Embarrassing and grotesque are words being used to describe the headless, naked, muscular statues which are being called, in polite circles, “anatomically correct.” Those not offended by the genitalia are put off by the lack of a head on either the male or female figure. Pulitzer Prize winning cartoonist Paul Conrad of the Los Angeles Times compared it to the guillotine. Others said it brought up visions of El Salvador our city,” “distasteful,” were a few of the words that wasn’t the reason for the Soviet action off by the lack of a head on either the male or female figure.

Senator Gary Hart blamed the breakdown of nuclear arms negotiations with the U.S. and the Soviet Union for the boycott. Both Hart and Mondale supported the U.S. 1980 boycott, but Hart said that wasn’t the reason for the Soviet action this year. “Arms talks are central to our national priorities,” said Hart.

The men’s hammer throw will suffer from the Soviet defection as will the pole vault, with world-record-holder Sergey Babka staying home. Women’s competition has been gutted with the loss of East Germany and Czechoslovakia. The women’s shot and discus have been “decimated,” LAOOC Athletic Commission H.D. Thoreau says. Women have three new events this year: the 3000, marathon and 400 hurdles.

ABC has only cut 2½ hours from its planned 187½ hours of coverage, due to the boycott. The Games are expected to draw a world-wide TV audience of 2.5 billion.

Financially, the boycott won’t affect the profitability of the Games, LAOOC President Uberrhett says. Despite the boycott, security costs remain the same. Some L.A. police officers will receive 2½ times their normal rate of pay for their Olympic work.

On the private market, speculators are jumping up the price again. Moral: fly People. It’s official. LAOOC has sponsored several mural projects, many along the freeways. Carpets of flowers are being laid down to cover up the brown patches.

Reasons for the glut vary. Many corporations and individuals sent for more tix than they ended up paying for. Others, will operate three independent auto-ticket centers, first place only. Swiss-timing, Omega and cameras. It’s considered fail-safe. At no other games have officials felt secure enough to abandon the traditional deployment of finish judges for order of finish, and manual times for official times.

The mood of Los Angeles is beginning to change, turning upbeat psychologically and visually. The LAOOC’s “Festive LA” design scheme is starting to show up around the city: magenta, aqua and vermilion mixed with chrome yellow; triangles and stars mixed with squares and circles.

This big scrubdown is on. Theolie bawd of LA is getting a facelift. Musters spruffer and 1968 Olympic bronze medalist John Carlos is urging central city schoolchildren to join in a “campus cleanup.” Citrus groves are out with rakes, pails and paint, tidying up their neighborhoods. The LAOOC has sponsored several mural projects, many along the freeways. Carpets of flowers are being laid down to cover up the brown patches.

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Olympic Trading-Post

You need a place to stay during the Olympic Games, or if you have available space to rent or donate, or if you want to buy or sell Olympic tickets, send NMN your name, address and phone number. We’ll print it here and you can make your own contacts. NMN, PO Box 2772, Van Nuys CA 91404.

Accommodations needed for family of four. August 7, 8, 9. Call Tony Cerrito collector, 215/293-0448, or write: 641 N. Valley Forge Rd. Devon, PA 19333.

Need a place to stay for 2 masters, August 8-12. Mr. and Mrs. C.J. Reardon, 3262 Eastmoreland N., Oregon OH 43616. 419/691-3005.

If you have tickets for sale — day passes (4 each day) on August 8, 9, 10. Harold Holder, 919/542-2838 (night), 211 N. Columbia St., #B, Chapel Hill NC 27514.

T&F tickets for sale — day passes. Call Jim Clark at 313/227-7009, or write: 5497 Daniel Dr., Brighton MI 48116.

Since time is running out, you might want to get a copy of the classified section of the Los Angeles Times. Its “Olympic Marketplace” lists dozens of places to buy or sell tickets, get accommodations, etc. at a variety of prices.

Need to stay for 2 people, Aug. 9, 10, 11. Thane Baker, 214/339-0173.
Other magazines are promising special Olympic-year features, and some of them do a good job as far as they go. But they all still must devote most of their content to matters such as the benefits of sorghum for the 50-year-old runner and the best jogging trails of Fort Sill, Oklahoma.

No one but Track & Field News will keep you fully informed about the USA's Olympic track hopes and upcoming stars, as well as the competition from around the world. For track and field is what we're all about... and nothing but track and field.

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Like Father, Like Son

by LANE LAMBERT

It was late 1979, and Ken Prior was
watching his son Chris warm up for a
race in Vandalia, Ohio, their hometown — just as he’d watched his
son play high school soccer a few years earlier.

Chris had already come home from
Ohio State for a few other weekend
races that year, but this time his father
saw a few of his own kids suited up and
warming up — friends he didn’t even know were interested in running.

People his age weren’t just jogging — they were running, competing. See-
ing them made Ken think back to his
days on the cinder track at nearby Northridge High School, where he ran the
mile for the school team.

His old interest was reignited. Ken, a
bricklayer and co-owner of a local
masonry firm, was out jogging the next
week, first a half-mile, then a mile,
then three, then five, running with
Chris when his son was home from
school.

The following summer he joined
Chris in a 10-kilometer race in Green-
ville — his first run, and the first for
the father-son pair.

KEN FINISHED EIGHTH in the
40-and-older masters division; Chris
almost won the open field.

That race proved to be the starting
gun for the most successful father-son
team in the United States — a perfor-
manence they crowned at the 1983
Boston Marathon when they ran the
course in a world-record combined
time of 4 hours, 12 minutes, 20
seconds.

The family team has run together in
Vandalia, Dayton, Boston, Atlanta,
Huntsville (Alabama) and other cities.

They race together and run together.
They don’t work together, but they still
live together.

Like son, like father?
Yes, you could say that, they reply.

But 23-year-old Chris, now in his first
year of teaching, says it’s just as much
the other way around, too.

“Dad ran in high school, and I never
did,” he points out.

“I always did like to run,” his
43-year-old father adds. “I tried to get
Chris to go out for track in high school
and he never would. Said he didn’t care
for it — but you’d never know it
now.”

“It was like it is with most parents,”
he adds. “Their kid gets into Little
League and their dad gets in it, and
that’s kind of the way it was with this.

“Chris was into motocross (motorcycle)
racing for two years and
that about killed me,” he chuckles. “I
was really glad to see him start running
after that. I was coming home beat up
all the time.”

THE PRIORS ARE notable among
a growing number of father-son teams
because their times are more balanced.
Low combined times usually are kept
low by the son’s performance.

Chris ran the 1983 Boston Marathon
in 2:17:50, more than enough to
qualify him for Olympic trials, while
his father finished in an impressive
2:34:30 — and Ken says that was much
better than his son’s performance.

High about 15 miles from Vandalia,
says he got into running on the re-
bound.

He played soccer, his high school
sport, at Wright State University, but
had to sit out a year when he transfer-
ted to Ohio State in 1979 — and while
he did, he began some light running,
then entered a few races. He made the
school track team in 1980, but quit two
years later to run with a local team.

Chris now runs every distance from
five-milers to marathons, and Con-
verse usually underwrites his and the
team’s expenses for out of state com-
petitions.

His Father, Meanwhile, has
given up playing basketball in an in-
tramural league in their small southern
Ohio city. He runs 50-60 miles per
week — 90 when he’s training for a
race — while Chris usually runs about
100 miles. They take a five-miler
together at 5 in the morning, but Chris
often takes his longer evening and
weekend runs with young, faster
friends. (He and his father often do
warm up and wind down from the long
ones together.)

But Ken runs more races than Chris
— two dozen last year. Compared to
16 for his son.

“He gets on me about that,” Ken
chuckles. “But I tell him I’m runnin’
out of time. I gotta get mine in.

“It kind of race myself into shape,
since I don’t always have somebody to
train with,” he adds. “On a short run I
can try to keep up with Chris, but on a
long one it’s almost like a race. I’d
burn myself out.”

A BRICKLAYER in a sport mainly
populated by doctors, lawyers and
engineers is unusual, Ken concedes,
but it seems to be no big deal to him —
especially since he outruns most of
them.

“It is harder to come home after a
day of physical work, when you’re
tired, and go out and run, especially if
I’ve had to lay block,” he says. “On
the other hand, I don’t have to come
home and lift weights. I’ve done it all
day.”

Chris has many races ahead of him,
but his father expects to run for more
than fitness for only a few more years.

“It may be next year or 10 years, but
I truly don’t foresee running races
when I’m 50,” he says. “There are a
few that age who can beat me, but I
just can’t visualize getting any faster
that I could beat their time.”

He and Chris aren’t the only
athletes in the Prior family. His daughter
Sherry, an Ohio State student, played
softball in high school, and his younger
twin Kevin, a high school senior,
followed his brother onto the soccer team.

"If they never run, that's okay," Ken says.

AND HOW DO Ken's wife Patty and Chris's girlfriend view all these 10K's and marathons and weekend trips? They're coming around, father and son say — they've even begun putting on running shoes themselves. TV"Every now and then Patty will get a little irritated when I go out of town if there's something going on, or if I can't take her," Ken says. "But I try to take her whenever I can. I took her to Washington this year and to Boston last year, and now she's starting to run.

"That's the secret, see," he adds, amusement in his voice. "Get 'em running. She's been running some local races around here."

On March 10, Chris won the Miller Beer 4-mile run in Columbus Grove, Ohio in 19:22, with Ken first master in 21:29. And Patty was first woman master in 31:00.

Last December, Ken and Chris and Patty drove to Alabama for the Rocket City Marathon. Chris was aiming for a 2:15, Ken for a 2:30 or better. Chris finished 11th in 2:30:25, while Ken was 48th at 2:34:56, for a combined 4:55:21.

"Our goal is still to lower our record time," Ken said. "We'll probably try it later this year at New York or Nike/OTC in Eugene. If we can ever get under 4:50, I can't see anybody beating our time.

He chuckles: "Unless Alberto Salazar has a son and they're a whizbang couple in about 18 years. But that still gives Chris and me a few years to enjoy it."

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OLYMPIC WATCH

Continued from page 14

Visitors Bureau at 213/239-0284.

• Over 40,000 volunteers are jamming the LAOOC headquarters in Culver City as the games loom closer. Some very smart and high caliber people are doing very mundane jobs to make sure the Games come off with a minimum of snafu. The HQ is compartmentalized, with worker bees scurrying about at all hours of the day and night.

• Many businesses in L.A. are planning on 4-day, 40-hour weeks during the Games to ease traffic congestion. In addition to the usual $250 buses on the streets, 550 are being added. Carpooling and bus riding are being encouraged.

• The Olympic torch relay broke a record June 8 when a 59-year-old Kansas City, Mo., man became the oldest bearer of the flame in its journey across the nation. Ansel Stubble, who turns 100 July 14, took over the oldest-runner honor from Abel Kiviat, a silver medalist in the 1500 in the 1912 Olympic Games. Kiviat helped carry the torch through New York City on the first day, May 8. The flame is being carried across the country on a 9,000-mile trek involving 400 runners in 33 states.

• Despite the volumes of press about the Olympics, a lot of Americans aren't paying attention yet. A nationwide survey by a New York PR firm found that 62% of the people couldn't name a single U.S. athlete who will compete in Los Angeles. Only 51% could remember that the 1980 Olympics were held in Moscow. More than 35% were unable to name a single Olympic champion in the past 40 years of those who could, Mark Spitz got 60% of the votes and Bruce Jenner 24%, with nobody else close. More than 90% said they wouldn't change their summer plans to watch the Games on TV. The most popular athletes, in order, are Mary Decker, Pat Ewing, Carl Lewis and Edwin Moses. The most popular sport is women's gymnastics, getting nearly half the votes. No other sport is close.

• Mexican and American officials are increasing law enforcement activities along the U.S.-Mexico border to ensure that it doesn't become a gateway for terrorists possibly planning an attack on the Olympic Games.

• Harold Connolly, the 1956 Olympic gold medalist in the hammer throw, heads a list of four new members of the National Track and Field Hall of Fame. TAC announced Randy Matson, 1980 Olympic shot put champion; Madeline Manning-Mims, 1968 Olympic 800-meter gold medalist; and New York Pioneer coach Joe Yancey, coach of 18 Olympians, have been elected into the Hall. Connolly was the top voter getter, being named on 220 of 270 ballots received. Manning had 201, Matson 186, and Yancey, 186. Other candidates were: Bud Winter, 134; John Thomas, 126; Tony Russo, 95; Martin Sheridan, 77. A total of 110 T&F notables have been enshrined in the Hall since 1974, when it opened in Huntington, West Virginia. The Hall was moved to Indianapolis a year ago.

• Several masters athletes received prestigious awards at the 25th Annual Garden Party of the American Civil Liberties Union of Southern California. Honoring sports figures who "have furthered the cause of civil liberties," the ACLU acknowledged Jacqueline Hansen, former women's world marathon record holder and leader in the legal battle to bring women's 5K and 10K runs to the 1984 Olympics; John Carlos, 1968 200-meter Olympic bronze medalist who, in addition to his arm-raising protest against injustice on the Mexico City victory stand, has been active with youth in Los Angeles' central city; Mack Robinson, silver medalist in the 1936 Olympic 200; Rafer Johnson, 1960 Olympic decathlon champion; and Harry Edwards, sports sociologist at the University of California.

HURRICANE

Omitted from page 4. He had to remove a manufacturer's label from his discus because of possible conflict with the rule regarding tape on the implement. Forty-eight pentathletes took part in the event, which was run with the Southeastern Masters International Championships.
I have recently received a letter from the Oregon Track Club concerning the National Meet to be held at Eugene, Oregon on August 17, 18 and 19, 1984, which I want to share with you. The Oregon Track Club is working hard and I think you ought to know about its efforts.

"Dear Jerry:

With the masters nationals 'just around the corner', I thought you might be interested in how things are shaping up in Eugene. Basically, we are on schedule at this time. I have been working the last 6-9 months on the behind-the-scenes problems which now appear to be solved. We are now concentrating on the mountain of committees and details which will carry us through the meet itself.

So, here is how things stand:

Facilities: The infield and runways have been completely redone: new grass, surfaces, pits and rings. It is in superb condition. The track, itself, was cleaned and repainted for the NCAA's here in June.

We will be using double venues for all the field events; but we plan to have all finals inside. The extra venues are next to the Hayward track on the same field as the hammer throw. We will use both sides of the track for the 100 M trials.

We are in the process of having the stadium equipped with lights for the night races. The stands are covered, which will protect against rain and sun. We don't expect much rain and it rarely gets very hot in Eugene, so neither should be a problem. We are hoping to have an announcer for running.

Social and Meet-Related Events: For those competitors arriving Thursday, there will be a gala reception at the headquarters hotel. Friday morning is the medical clinic proceeding opening ceremonies. Saturday morning is the brunch at the headquarters hotel. There will be time for a general meeting at the executive recruiter from New York.

This was the first trip to Alabama for both Shirley and Elaine, and naturally their first time on the Cotton Row course. Elaine went out hard from the beginning. Her first two-mile splits were each 6 minutes and she only slowed 20 seconds on the third mile which includes Mountain Wood hill. "I went into oxygen debt by three miles and never recovered enough to take advantage of the downhill," commented the executive recruiter from New York.

So as you can see, the female master runners surely had their morning in the sun in Huntsville on Memorial Day, 1984. We enjoyed having all of them here, and we hope others will join, what we hope will be, an even deeper female master field in 1985.

Sincerely yours,

Dale Grace OTC Masters
President"

This meet promises to be one of the best ever held for Masters Track and Field. I am looking forward to this event, and hope that all of you are giving serious consideration to competing in this meet. Get your reservations made and your entries in early, and plan to be there.

MATSON WINS

Continued from page 1

The overall finish, Shirley had not been able to train adequately due to a bout with the flu in the weeks prior to the Trails, and had run the first 10 miles only. Even though Elaine recovered remarkably well from her fine performance at Olympia and ran 39:12 on the Cotton Row course, Shirley was even more ready for a good 10K race after a couple of weeks vacation in Canada.

So Matson took the 1984 u.s. n championship with a 38:33, the fourth best female master time for the course. (Those faster have been Judy Eddy, 35:37; Sandra Knott, 38:10, and Shirley Weaver, 38:31).

This was the first trip to Alabama for both Shirley and Elaine, and naturally their first time on the Cotton Row course. Elaine went out hard from the beginning. Her first two-mile splits were each 6 minutes and she only slowed 20 seconds on the third mile which includes Mountain Wood hill. "I went into oxygen debt by three miles and never recovered enough to take advantage of the downhill," commented the executive recruiter from New York.

Even though Kirchen enjoyed a 30-second lead over Matson at the half-way point, Matson's more conservative pace in the early going allowed her to pour on the speed in the last three miles to take a 39-second win. The nutrition consultant and fitness adviser from Solana Beach, CA, said: "The race itself was one of the toughest I've had in quite a while. Not only the 90% humidity, but of course THE HILL! Under the circumstances, I was pleased with my performance, but I'd certainly like to beat it next year."

While Matson and Kirchen were staging their East-West battle, most of the South's best female masters were going head-to-head for the title of "Dashingest Doll in Dixie." And wouldn't you know it, that crown was worn by the ever-tough Nancy Parker of Atlanta when the results were tabulated. For more than five years the name of Nancy Parker meant the fastest female Master in the South, and now, at age 47, there is only one runner, Jacksonville, Florida's Elfrieda Wyner, who is consistently faster. But a lot of other challengers have appeared in the past two years since Racing South added female Master competition to its Grand Prix series. Mary Ann Wehrum of Memphis, only one year younger than Nancy, has been a running sensation in the past two years she has taken the first two Racing South Female Master titles. And in the past year, Carol Lasseter from Mobile and Patti Sidduth of Crawfordville, FL, have joined the ever increasing fast pack of ladies whose looks and speed both contradict the fact that they are past their 40th birthday.

On Memorial Day, 1984, it was not until the last 100-yard drive to the finish that Parker summoned reserve to overtake and nip Lasseter by less than a second with her 39:23. Parker commented, "In twelve years of running, I have never competed against such a strong group of women masters runners." It must have been gratifying for the mother of four from Atlanta to know that she was still best in the South on Memorial Day. Rounding out the top five were Lasseter, also 39:23, and Wehrum, 39:57.

While the 40-49 females were doing battle, a season of competition was coming to a close in the 50+ division where Jane Arnold from Springville, TN, and Huntsville's Alene Park had been vying all year for Racing South's first Grand Master title. Arnold already had the title won by the time they came to Huntsville, but Park was intent on a good performance in front of the "home folks", and she did not disappoint, running a 46:47 to win the 50+ female competition. Arnold, who was not feeling well on race day, graciously wrote, "Although I claimed the Grand Prix crown, Alene is truly the champion of Cotton Row. Her performance that day was awesome."

Finishing fourth in the 50+ female division with a 52:12 was 62-year-old Mary Rodriguez from Rego Park, NY, who became the oldest female to ever finish Cotton Row, beating over 200 younger female runners in the race.

So as you can see, the female master runners surely had their morning in the sun in Huntsville on Memorial Day, 1984. We enjoyed having all of them here, and we hope others will join, what we hope will be, an even deeper female master field in 1985.
Most members of the WAVA Executive Committee met in Rome in May to view the competition sites and discuss plans with the Italian Organizing Committee for the V1 World Veterans Games June 22-30, 1985. On hand were Alastair Lynn, Treasurer; Hans Axmann, Vice-President of Track & Field; Bridget Cushen, Women's Delegate; Wal Sheppard, Executive VP; Owen Flaherty, Secretary; Danie Burger, African Delegate; and our marvelous host, Cesare Beccalli, President of the European Veterans and President of the Italian Masters (IMITT). Vice-President Jacques Serrys could not attend.

ITALIAN SUPPORT

First, before arriving in Rome, Cesare made us envious of the IMITT office in Milan. Well staffed, it sports a computer and a highly organized file system, all geared to next year's championships.

In Rome, we met the Organizing Committee to iron out technical details of the meet. Then we met with members of FIDAL, the Italian Athletic Association, whose President is Primo Nebiolo, also the President of the IAAF. His Secretary-General, Mr. Barra, assured us of FIDAL support for the championships in all phases, and made us feel most welcome.

STADIUMS

We toured the stadia, a description of which was published in the April issue of NMN. They are all as good as described, and you should compete in 1987, and many improvements will be made prior to our meet, which will be used as experience.

WAVA MEETING

Next, we held a WAVA Executive Committee meeting.

1) Treasurer Lynn reported that our finances are in much better shape this year.
2) Secretary Flaherty said the work on the WAVA Handbook is going well.
3) The WAVA team medals for the Marathon, Cross Country and Road Walks won at Puerto Rico will be sent out immediately.
4) Should Israel be part of Asia or Europe for competition? A motion concerning this will be made at the next general assembly meeting at the Games next year.
5) Can we cement relations between WAVA and IGAL?
6) We discussed the terms of our agreement with the Organizing Committee.
7) We discussed high hurdles, and are polling the Committee on this matter.

CROSS-COUNTRY

We visited the Cross-Country course, to be held at the Villa Pamphilii, Rome's largest park about 5K from the Olympic Stadium. The park has rolling hills, a few wooded areas and a picturesque lake. It will probably be a course with two 5K loops.

MARATHON & ROAD WALK

While we were disappointed to find that the Marathon and Road Walk courses have not yet been decided, it is hoped they can be run through the streets of Rome past all the great landmarks to finish in the Olympic Stadium on Sunday, June 30th. The big banquet will thus likely be held Friday the 28th. Saturday's events, mainly relays, will not start until noon.

ENTRY FORMS

Entry booklets confirming the schedule should be distributed later this summer. There will likely be two different entry books: one in English, German and French; another in Spanish and Italian. Entrants will be limited to five (5) events, not including relays.

IAAF

The IAAF has decided to form a Veteran Wing. It appointed August Kirsch of West Germany chairman of a three man committee to determine how it could best be brought to reality. We met with Kirsch, and found him friendly, open and flexibly. He confirmed the IAAF intention, but said it recognizes WAVA expertise, and wants us to continue running the program as a part of the IAAF.

Kirsch outlined a number of IAAF rules which would be changed to facilitate the incorporation of Veterans, and confirmed the concession made to us by former IAAF Chairman Adrian Paulen in 1978, that we could decide who would take part in our championships providing we limited to the agreed ages of men 40 and over, and women 35 and over.

He proposed that a committee be formed, including the three IAAF members and a further eight nominated by us, one of whom would be a member of IGAL. We outlined our philosophy to him, and recounted a number of advantages we held dear. He felt there would be no problem in the IAAF with these points. The WAVA program was quite acceptable to the IAAF, even those women's events which include, but which are not yet.

Continued on page 20

McPhail Stars in New Zealand

Bruce McPhail took four convincing M45 wins in the New Zealand Veteran Athletic Championships in Newton Park, March 31. McPhail won the 100m (11.4), 200m (23.5), the 400m (54.8), and had the best long jump of the meet (19-1014, 6.05m). All but the 200m mark were meet records.

C. Greenlees, M50, also shone in the sprints with victories in the 100m (14.3), 200m (30.1), and the 400m (67.1).

In the longer races, I. Babe, M45, recorded fast wins in the 800m (2:03.1) and 1500m (4:06.7). B. Magee, M50, took the 5000m (15:37.7) and 10000m (33:08.6). Magees 5000 time is only 6 seconds off Alan Mimoun's M50 world record.

M. Hinton, M45, recorded the meet's best 10K road walk time with 51:37.2.

The women contributed heavily to the meet record total. B. Vine, M55, added five with wins in the 100m (15.6), 200m (23.8), 800m (3:09.7), 100mH (18.0), and shot (7.88).

P. Fletcher was a double-record winner in the W50 5000m (20:30) and 10000m (42:52). R. Patterson, W40, had the best times of the day and records in the 3000m track walk (16:19.2) and 10K road walk (59:42).

In the jumps, A. Williams, W35, had the best long jump among the women with a meet record 5.31 (17-5), and C. Turner, also W35, high jumped a New Zealand record 1.39. (4-6-6).
TROJAN MEET

Continued from page 4

Marion McCoy, M30; Walt Butler, M40; Nick Newton, M50; Bob Watanabe, M55; and Tony Castro, M70; who each won their respective 100-meter dashes.

Olympic hopeful Adrian Rogers, 30, burned a 47.8 400 and 21.7 200, falling short in his quest for a 46.0 Olympic qualifying time, but pulling two others, Al Shorts and Gene Driver, to sub-50 clockings.

M50 high-hurdlers on the victory stand at the Olympic Legends Meet in L.A. April 28. From left: Bob Hignight, Vialis, Calif. (2nd-19.0); Joe Murphy, Dallas (1st-17.0); David Douglas, Los Angeles, (3rd-20.5). photo by Gretchen Snyder

Continued from page 19

open to younger women in the Olympics.

We feel it is better to step forward now, before any decisions or commitments have been made, so we can offer the concepts of WAVA as a blue-print for future Veteran competition whatever we decide to do as a body. On this matter, I give you my firm promise that any decision involving WAVA will only be made by our General Assembly after exploratory meetings have taken place. This may occur in Rome in 1985.

SIGHTSEEING

Each morning we went for a 45-minute run in the park. The temperature was a pleasant 10-14°C (50-59°F), and later the weather only topped 20°C (68°F) on one day. We were told, however, that another month would bring warmer weather.

Lira, which is about 1700 to the U.S. dollar, is somewhat exotic currency when you are not used to it. You bristle with horror when a cabbie asks for 3500 lira for a ride downtown. Then you realize it is only about $2 U.S.

Next you reach a stage where you think you have a limitless supply of it. It takes time to get it just right. The better hotels could charge you over a million lira for the period of the Championships.

Many items seemed about the same price as North American or British costs, but there were sharp variations, too. The people are very friendly (barring driving habits), but little English is understood. As you move south in Italy, the advantage of French disappears, too, so, even if you know a little Italian, carry a pen and pad when you shop, and ask to have the prices written down.

On Sunday morning, we joined large crowds in St. Peter's Square, and at noon had the pleasure of hearing his Holiness Pope John Paul II. Then it was on to a memorable pilgrimage at St. Peter's Church and later a look over the Colosseum.

Then it was goodbye to our friends from Australia, Germany, Spain, England and Italy. Arrivederci Roma. See you next year. ⑤

BILLYPS, HANSEN RRCA MASTERS

Continued from page 4

withstood Hansen's lawsuit to force them to add 5,000- and 10,000- meter races for female competitors.

Once there, however, Hansen decided to enter Sunday's 15K race and reached the line in 1:10:23; W50-I-: Eloise Caldwell, Highest Rock, IL, 1:11:23; W50-II: Margaret Meek, St. Louis, MO, 1:13:06; W50-III: Linda Vickers, Minneapolis, MN, 1:13:55.

Running one-two in the 40-44 division (but behind Billops) were newly-turned-40 Ron Breisch in 35:35 and Abbas Goudarzi, both representing the host Dunes Running Club.

"The first half was too slow," Bresschaft said. "But I ran better in the second half because Abbas is a good runner. He was right on my tail and I couldn't let him go by."

The DRC's Hal Higdon, who played a key role in bringing the convention to the unlikely place of Michigan City (about 50 miles east of Chicago), won his 50-54 division in a slow-for-him 58:11, due to his organizational chores and moderating one of the workshops.

"I was totally exhausted by the weekend," he said. "I was running with Treichel for the first three miles, but everything started to shut down. I slowed way down to about 6:30 pace planning to drop out at my house which is 5.5 miles on the course, but nobody in my age group passed me, so I held on to the end. Maybe I'll get in shape for the fall."

The race was the second in the 1984 Nike Masters Series. (The first was the Dynamics 15K in Syracuse May 13).
Snyder sets 4 U.S. records

continued from page 1

California. First, she sped to a 100-meter time of 14.40, to lower Ruth Christian’s seven-year old W50 mark of 14.8. Then she raced to a 2:33.0 in the 800, to take 1.2 seconds off her own record of 2:34.2, which she set April 28 in Los Angeles.

Then she blazed to a 200-meter triumph in 29.12, to abolish Chris McKenzie’s pending national 50-54 mark of 30.93.

Three weeks later, on June 9 at the Trojan Masters Meet at the University of Southern California in Los Angeles, the coronary-care nurse roared to a 400-meter time of 64.93, to demolish Ivor Welch’s American M85 mark.

Joanne Grissom. 35, chalked up another national W35 record with a 5-3 mark of 30.93, at the Olympic Legends Meet at UCLA.

McKenzie’s pending national 50-54 triumph in 29.12, to abolish Chris McKenzie’s pending national 50-54 mark of 30.93. Snyder, who runs for the Northern California Track Club, is in only her second year of masters track competition since being sidelined for four years with a combination of achilles tendinitis and shin splints.

“I feel stronger this year,” the World Games W45 800-meter silver medalist said, “I think my best races are still ahead of me.”

Stronger? You might say that. In the Pacific meet, Snyder also won her W50 division in the 1500, and ran a leg of the W40 relay for NCSTC — a total of five races in one day.

“Five events are too much,” she conceded. “It takes a week-and-a-half to recover. I’m going to cut back.”

Hot on Snyder’s trail now comes Irene Obera, who also turned 50 this season. A World Veterans Games gold medalist in 1979, 1981 and 1983, Obera smashed Snyder’s three-week-old 100-meter mark in the Trojan meet with a time of 13.8.

Obera, a high-school principal from Moraga, California, has started slowly this year because of a tender achilles.

The 100 was her first competition in 1984, and she plans to go after Snyder’s new marks in the 200 and 400, as well. Both speedsters are coached by Mark Grubi, so it’s going to be a fascinating season watching the two NCSTC teammates battle it out together.

9 records set in Raleigh

continued from page 1

Phil Raschker, 37, chalked up another national W35 record with a 5-3 high jump, (1.60 meters), one-inch higher than the 5-2 standard she shared with Joanne Crissom.

In the 10K road race, Paul Spangler, 85, knocked an astounding 30 minutes off Ivor Welch’s American M85 mark.

Jose Ubarti, 60, had a noteworthy weekend with victories in the 100m (12.51), 200 (25.19), high jump (4-7), pole vault (6-11 3/4), and long jump (15-7).

In the shot put, Len Olson, 52, defeated Carlos Fraundorfer, 52, for the W50 win, 46-15 to 44-6, but Fraundorfer took the discus, 135-0 to 128-4, and the hammer, 118-5 to 114-4.

No younger thrower heaved the 55-pound weight farther than Bob Backus, 57, who fielded a 48-7 1/4 mark. Ed Hill, 41, was second of all time in both the 5K (23:27.7) and 20K (1:41:35.4) racewalks.

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The women’s events were dominated by Raschker and Dash. Besides her record high jump, Raschker had a 12.34 100m, a 25.48 200, a 17-6 1/2 long jump, and a triple jump of 35-3/4, which would have placed third in the M35 division. To her record shot put win, Dash added the discus, (64-4) and missed another national record by five inches in the javelin with a toss of 97-9.

Kirk Randall, 42, (33:15.8) and Ruth Carrier, 53, (45:33.5) were the top masters in the 10K road race.

David Vandendriek, 42, (1:17:57) and Marion Ellis, 40, (1:37:36) posted the best 40-and-over times in the half-marathon.
Current Publications List

Certified Road Running Courses, 1984 edition. Lists all certified road courses in the United States certified by the TAC Road Running Technical Committee thru 1 January 1984 (updates thru the time of purchase are included) that are currently active. Over 2000 courses are listed. Available now. $2.95

Running Records by Age. 1984 edition. Lists US single-age records based on races through 1 January 1984 for 31 standard track and road-running events, from 100 meters thru 100 miles. The official list of open and age group US records for road and LDR track also given. Over 4000 records listed. Available now. $5.95

US Distance Rankings. 1984 edition. Annual rankings for 1983 and all-time rankings thru 1 January 1984 for open men and women and junior (19 and under) age groups. Fourteen standard road distances are ranked, from 8 km to 100 miles, plus the one and two and 24 hour track events. Depth of km and marathon are 200 and 100 deep. Available now. $6.95

US Masters Distance Rankings. 1984 edition. Annual rankings for 1983 and all-time lists thru 1 January 1984 by five-year age groups, from 35-39 and older. Fourteen standard road distances are ranked, plus the one, two and 24 hour track events. Depth of rankings is based on competition. E.g., annual rankings for 10 km and marathon are 100 deep, for 8 km, 15 km, 20 km, 10 mile, and half marathon are 50 deep; and to lesser depths for the other seven events. Available now. $9.95

For older publications, please request publications list. All prices are postpaid.

Certified Road Running Courses ($2.95) Running Records by Age ($5.95) US Distance Rankings ($6.95) US Masters Distance Rankings ($9.95) order from: NRDC PO Box 42888 Tucson AZ 85733

GREEN WINS THIRD NATIONAL

Continued from page 2

Hains Point course, hard by the Potomac, Green turned in a 1:24:11 time to break his own U.S. age 50-54 record of 1:25:51, set in Grand Rapids, Michigan last year.

Green's first overall-masters victory came in last year's National 20K Championship over this same course. On May 6, this year, he won the National Masters Marathon Championship in Lincoln, Nebraska over all masters runners in a U.S. M50 record 2:29:11.

Over three minutes behind Green was the top master runner in the Washington area, Fay Bradley, 46, with a solid 1:27:18 for the M45 title. He was followed by Dick Jamborsky, 40, with a 1:27:18 for the M45 title. He was followed by Dick Jamborsky, 40, with a 1:27:18 for the M45 title.

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NATIONAL

- Barry Kline is completing the 1983 hurdle/steplechase rankings and will be mailing them to National Rankings Chairman Haig Baghuhian shortly. If anyone has marks to be included, send them to Kline at: 1246 Alamea Lakes Rd., Washington PA 15301. It is essential to include the heights of the hurdles. Kline reminds all meet directors to include hurdle heights in typing the results of their meets. Otherwise, the times are virtually meaningless.
- AudioStart is a timing computer that gives automatic commands, "On your mark...set...AudioStart, 4177 Briarwood Way, Palo Alto CA 94306. 415/856-4231.
- Masters W70 sprinter and U.S. Senator Alan Cranston (D-Calif) dropped out of the Presidential race early this year, but another masters athlete has gotten in. Bob Richards, 1948 Olympic pole vault gold medalist and World Veterans Games M55 pole vault champion, who was the spokesman for Whites for 15 years, says he would hold interest rates at 4% and stop U.S. intervention in foreign affairs if elected. He's running as a candidate of the Populist Party.
- Since 1975, an official 4% is for the 900 hurdles. Dave Wilson, M45 (34.41); Geza Feld, M50 (36:47); J.P. Moran, M55 (44:28), and P. D’Orio, M60+ (49.29). Chris McKenzie, 52, Great Neck, NY, was women's winner (44:03). Top three finishers in each group received cash awards.

NEW ENGLAND

- Jack Thorndahl, 41, led about 50 masters of the 336 runners in the 6th Annual Memorial Day 5K, Wickford, RI, May 28, to the finish in 16:44. The small field of masters women produced two outstanding times. Sue Peterson, 41, toured the course in 18:43, and Rose Notarni, 66, covered it in a near record 28:05, which was an essential to include the heights of the hurdles. Besides the miles of scenic running and vaulting — and winning — at age 80.
- The Liberty Athletic Club from Massachusetts won the masters women's team title at the Avon 15K in Washington, D.C. Martin 3.6 m: to: Carrie Parsi, 44. Joyce Hals, 51, and Andrea Hatch, 40. Hatch took 3rd in the W40 category in 61:31, closely followed by Parsi in 61:43. Hals was 2nd in W50.

MIDWEST

- Karl Minor, Sr, 45, Rockdale, IL, struck gold with a masters victory (2:50:48) in the Quad City Marathon, Rock Island, IL, May 6. Second was Michael Powel, 51, Galesburg, IL, (2:51).-4.
- Ron Goudreau had a good enough run (3:07) to top the masters runners in the Pepsi Challenge 10K, W. Lafayette, IN, May 6. John Allen was 2nd (39:05). Mary Wachs (56:18) slipped past Araciel Merrell (56:19) for 1st W40+.

SOUTHEAST

- Ramsey Thomas turned 40 this year and ran 800 meters in 1:56.9 in a Knoxville, Tennessee open meet May 18. That’s only two seconds off Georgia’s American decathlon record. Thomas has resigned as Wake Forest track and cross country coach and will return to California this summer, where he was a high school biology and chemistry in the San Francisco area. An allergy problem that drained his strength. Thomas ran the 880 in 1:52.3 for the University of Maryland in 1965.
- The Virginia TAC Open & Masters Championships in Charlottesville have been rescheduled from July 14 to September 1.
- Dr. Bob Maybodle, 42, a professor at nearby Davidson College, was masters winner in the Charlotte, NC, SuperRun 10K, June 2, outracing Hal Grow, 42, Charlotte, 35:08 to 35:43.
- Alex Cuffin, 47, Charlotte, topped the M45 finishers’ list (37:36), and Zean Jamison, 51, Charlotte, 37:36.

SOUTH WEST

- Ralph Zimmerman, running in torrential rains, outraced all other masters runners among the 3000 in the Cleveland-Revelo March. May 20, for a 3:20:25 win.
- Over 3500 runners completed the Kentucky Derby Half Marathon, April 28, in Louisville. Frank Targatta was 1st 40+ in 1:12:32. Second place (501 finishers). James Gaul, 42, was 2nd in 1:12:04. Among the masters, Frank Targatta was 1st W40+ (40:15). Nancy Lofgren, 42, Charlotte, laid down a W40+ win (43:53) and Jane McBryde, 47, Charlotte, won the race (40:18).
- The 7th Annual Jim Emmerich 15K, Brookings, SD, April 21. Joan Stepzinski was the 1st W40-r^ (49:28).
- Clarence Bradford Jr. breezed to an M40+ win (35:36) in the Green Air 10K. St. Louis, MO, November 17, will be W. Macdonald Miller. The St. Louis Marathon commemorates the only St. Louis Olympics, and, this year, expects to draw 20000 entrants.
- Lee Courkamp’s 27:57 took masters honors in the Cherry Creek Shoe 5-Miler April 29 in Denver, with Kent Landmark 2nd in 28:10. Bette Poppers led the 40+ women in the 23000-runner event in 31:52, ahead of Tommie Faria’s 32:56.
Runner of the Year honors for Florida's Suncoast area of St. Petersburg/Clearwater were swept by Masters with awards going to (left to right) Bob Wiggins (50) as Sportsman of the Year, Yvonne Rodgers (42) as the Female Runner of the Year, and the amazing 82-year-old Max Bayne as the Male Runner of the Year.

West

- Ray Hughes was off and running at the Santa Anita 5K, L.A., May 6, winning the M40- race in 1:31. Jim Kneer placed with an M50 winning time of 1:33, while Jim Brownfield, M50, showed in 1:35. Minnette Sicard (71:13) beat Ann Welton at the wire by 5 seconds for the W40 crown. Phil Ryan, M40, won the masters title in the cor relational 10K (32:40), and Helen Dick's W50 winning time (41:24) was the fastest W40 -time of the meeting.
- Chuck Laine, 40, ran over the paths of Griffith Park, L.A., in 20:05 to take masters honors in the CRRC 5K (204 finishers). April 20. Second master was 64-year-old David Cohen (20:31), and the 1st W40 spot went to 50-year-old Dorothy Amsden (26:57). While Cohen's performance is noteworthy, how about this? The 1st M40 in the Run With The Nurses 10K (156 finishers), L.A., May 5, was 53-year-old Jim Taylor 41:46.
- Lee Baca logged a masters win (16:41) in the 5K portion of the So. Pasadena/San Marino YMCA 5/10K, April 28. Jim Brownfield, M50, again, winner, was a shadow back in 16:42. Bonnie Knecht was the W40- victor (22:40). Phil Ryan sailed through the 10K in a palindromic 32:23 for an impressive 40+ win. Ann Welton was W40+ counterpart (47:31).
- Lori Maynard, 40, Redwood City, was the 1st masters walker and 4th overall (21 finishers) in the '84 PA/TAC Open and Masters 5K RW Championships on the San Jose CC track, May 20. Keith McConnell, 40, Oakland, was 1st M40+ and 5th overall (28:26). Maynard served as coach-manager of the U.S. team competing in the Women's World 10K Walk Championships, Lonello, Italy, on May 26.
- Florio Rodd has placed 1st M60+ in all PA/TAC championships starting with the Calif. International Marathon (3:04:20) in December '83. Since then, Rodd has taken the M60+ in the PA district 20K in Santa Monica; the 10 Mile in San Antonio (65:53); the Open TAC David Mountain (40:37), May 6; and the masters 10K cham-

Now Available Masters Age-Records 1984

Compiled by National TAC Masters T&F Records Chairman Pete Mundle with Lori Maynard and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1984.
- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1984
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July, 1984

International

- Phil Partridge, USA, and Ray Roley, Australia are looking for a live-wire Veterans T&F group, strong on throwing events, who will put on a 5-day weight pentathlon starting two or three days after the VI World Veterans Games in Rome next June. Preferred are Italy, Greece, France, Spain, West Germany, Britain or Scandinavia. Partridge and Roley will provide help.

Contact Phil at 2060 W. 32nd St., Holland MI 49423.
- On the weekend of October 13-14, the 2nd Annual European Veterans Distance Running Championships will be held in Bern, Switzerland, open to men 40+ and women 35+. Werner Hämmerle, Vice President of IGAV, the World Veterans Distance Running Organisation, encourages all masters runners to enter. "Have fun with veterans of many nationalities," he says. "Non-European are heartily welcome. Participating counts, not winning. Not only elite runners, but recreational and/or fun runners, and especially joggers are most welcome." For an entry form, write Werner Hämmerle, Thesenbrunnenweg 55, 8720 Schweinfurt, West Germany.
- Wilfred Morgan writes from England that Fred Smith died of cancer at the age of 50 on May 27. Smith won three British vets championships in the M40-400. He was a member of the British 4X400 team that won in the World Games in Toronto and Gothenburg. He tied Nick Newton for third in the M44 200 in Harrow. He ran 51.0 at age 40 and 22.7 in the 200. He had several operations over the last three years.
- Ron Taylor of England, who was second behind Thane Baker in the 1st World Games in Toronto in 1975, just turned 36 and ran 1:17.7 in May.
- Alastair Atkinson, NMM's U.K. columnist, was on the winning Hogg Robinson team, of 20 teams, in the 4X1.6 mile U.K. Insurance Firms Road championships. New Beckenham, May 9, and then went on to run 2:55 in the London Marathon, May 13.
- Masters athletes who feel in a rut might want to have a go at The Foster's Quadrathon (2 mile swim in the English Channel, 50K racewalk, 100 mile bicycle ride, full marathon). Sept. 18-19, won last year by Richard Crane, 30, who covered the 150.2 miles in 16:29:49. In 1983, the event raised 70,000 pounds for charity. The event starts in Brighton and ends, appropriately, in Gravesend. Nick Jenkins, The Foster's Quadrathon, 350 High Street, Rochester, Kent, England, T.E. No. 0634-468325.
- John Whetton just turned 40 in Great Britain. He reached the finals of the 1500 in the 1964 Olympics and 1968 and was European champ in 1969. Last month, he ran a 2:22 in the London Marathon.
- Norman Paul, 61, set a new over-60 record with 35.2 miles in a six-day bike race in Stroke-on-Trent, England in May. Christine Barratt, 35, won the women's race with 421 miles.
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 30. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys CA 91404.

**TRACK & FIELD NATIONAL**

**EAST**


July 7-8, Kendall Women's Classic, Boston, Mass. Submasters & masters 400m & mile. All other events open to submasters/masters. No entry fee. Cooventures, Inc., 45 Newbury St., Boston, MA 02116. 617/267-0055.

July 29, Brown Masters Meet, 10 a.m., Brown University, Providence, Rhode Island. Neil Steinberg, 45 John St., Providence, RI 02906/401/751-1495.

September 9-15, Masters Running Camp, Delray Beach, FL. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD, 5:30 p.m. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

**NEW ENGLAND**


October 6-7, 22nd Annual Track Meet, Goleta, CA. George Adams, PO Box K, Goleta, CA 93116.

**MIDWEST**

July 21-22, Virginia T&F State Open & Masters Decathlon Championships, Charlottesville, VA. September 1, Virginia T&F Open & Masters Championships, Charlottesville, VA. Virginia Masters, PO Box 5696, Charlottesville VA.


November 18, Golden Age Games, Sanford, Florida. 55+. P.O. Drawer CC, Sanford, FL 32772-0686.

December 30, Holiday Weight Pentathlon (9 am) and regular Pentathlon (2 pm), Delray Beach, FL. Randall Cooper, Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, FL 33445.

**MID-AMERICA**

July 21, Wolverine Weight Pentathlon, 10 a.m. Str. throws in each event. Phil Patridge, 2060 W. 32 St., Holland, MI 49443.

July 28, T&F Midwest Regional Masters Championships, Chicago. W. Miller, 180 N. La Salle St., Chicago IL 60601. 312/234-2154.

August 4, Heights Summer Classic, Cleveland, OH. Dorothy Davis, 2155 Miramar Rd., University Hills, OH 44128.

**SOUTHWEST**

July 14, West Texas Masters Track Meet, Odessa, TX. Joe Murphy, 4308 N. Central Expwy, 5-206, Dallas TX 75206

**NORTHWEST**

July 1-6, Track and field T&F development camp for all ages. Seeley Lake, Montana. Woody Studenmund, 823 Milmada Dr., Lake Arrowhead, CA 92352.

June 18-July 27, All-comers T&F meets, Los Angeles. Mon: Gardena HS; Tues: Venice HS; Wed: Taft HS; Thurs: Bell HS. 7 p.m. Masters events each Wed at Taft.

July 1. T&F Southern Pacific District Championships at Occidental College, Los Angeles, Calif., 3 p.m. SASE to Woody Studenmund, 823 Milmada Dr., La Canada CA 91011.

July 7, Northern California Seniors TC Championships, Berkeley, CA. Mark Grubii, PO Box 4132, San Francisco, CA 94101.


October 6-7, 22nd Annual Track Meet, Goleta, CA. George Adams, PO Box K, Goleta, CA 93116.

**SOUTHEAST**

July 7, Southeastern Track Classic, Greenville, SC. Tom Malik, 104 Pinewood Dr., Greer, SC 29651.

**CANADA**

July 7-8, Canadian Masters Championships, Richmond, British Columbia. Don Freitheway, 8451 Dorval Rd., Richmond, B.C. V6V 1N1.


August 17-19, Pan-American Masters Championships, Toronto, Ontario. Danny Daniels, R.R No. 3, Cnr, Ont. KDA 110.

**INTERNATIONAL**

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


October 6-7, 5th All-Japan Masters Championships, Okinawa, Japan. Masaharu Sugano, 453-9 Inbe, Wakayama, Japan.

October 20-21, International Masters T&F Meet, Hong Kong. Margaret Brooke, GPO Box 1036, Central Hong Kong.

**ON S A P FOR JULY**

The 1984 Olympic Games in Los Angeles on the 28th, and the 7600 athletes from 142 nations.

**TRACK & FIELD**

Masters action kicks off the first day with the TAC Southern Pacific Championships in Los Angeles.

The weekend of the 19th features the TAC National Masters Championships (men and nippers) in Indianapolis, the Northern California Seniors Championships, the Kentuckian Community Classic in Boston, the Canadian Masters Championships in Richmond, B.C., the Southeasterers Classic in Grammstown, S.C., and the Quadrangle Meet in Monmouth, N.J.

The weekend of the 26th kicks off the Western Regionals in Los Angeles, the Northwest Regionals in Portland, Oregon, and an open masters meet in Fresno.

The Texas Masters Championships go in Dallas on the 21st, with a Senior Masters meet in Eugene, Oregon the 22nd.

Rounding out an active month on the final weekend are the Midwest Regionals in Chicago and the Brown Masters Meet in Providence.

**LONG DISTANCE RUNNING**

Regional runners from throughout the nation gather in New York on the 1st for the 1984 Pepsi Challenge 10K Finals. The Pealschier 10K Road Race goes off in Atlanta on the 4th, as does the Commercedo Half-Marathon in San Diego.

The TAC National Masters 15K Championship will be run as part of the Bodmerkaer 10K Race on the 8th with the New York Masters 10K Walking Handicap set for the 22nd.

John Hartfield (left) of Missouri City, Texas, set a national age-39 triple jump record of 46'. Olympic Legends Meet, April 28. But here, he stands tall with the heavies for his third place M35 shot put (40-8). Allen Stephens won with 47-9. Mike Deller took second with 45.5.
LONG DISTANCE RUNNING NATIONAL

July 8. TAC National Masters 15K Road Championships, Utica, N.Y. Earl Rudd, Utica Boilers, Drovers Ave., Utica NY 13010. 315/791-2210.


September 25. TAC National Open and Masters 50K Championships, Sycamore, D.C. Dick Good, PO Box 1065, College Park MD 20740. 301/345-2285.


NEW ENGLAND


August 19. Falmouth Road Race, 7.1 miles, Falmouth Road Race, PO Box 732, Falmouth MA 02541. Entry deadline May 1, 617/540-4417 (after July 1).

EAST


November 11. TAC Metropolitan Masters Cross-Country, NY Masters, 77 Prospect Place, Brooklyn NY 11217.

SOUTHEAST


September 29. Falmouth Road Race, 7.1 miles, Falmouth Road Race, PO Box 732, Falmouth MA 02541. Entry deadline May 1, 617/540-4417 (after July 1).

MIDWEST

July 8. 4th Annual March of Dimes Half-Marathon Masters 5K Races, Peoria, Ill. 7:30 p.m. Joyce Dzialcz, March of Dimes, 4700 N. Sterling Ave., Peoria, IL 61615. 682-3331.


September 23. River Ramble 5K/10K/50K, Columbus, Ohio. 5K & 50K are Ohio TAC Open & Masters Championships. John L. DuFresne, 2564 Arborlawn Place, Columbus OH 43220. 614/455-2549.

October 7. RRCA National 50 Mile Championships, Chicago, IL. Noel Nequin, M.D., Swedish Covenant Hospital, 5145 N. California Ave., Chicago, IL 60625.

October 7. Columbus Bank One Marathon, Columbus, Ohio. Corporate Processing Department, Columbus OH 43217.

October 14. 6th Annual Medical Joggers Association 20 Miles/10K, Chicago, IL. Also RRCA's 50 Mile national championships. Legal SASE to Noel Nequin, M.D., Swedish Covenant Hospital, 5145 N. California Ave., Chicago, IL 60625.


SOUTHWEST


September 29. Maupin Fall Classic, 10K, Lawrence, KA. Tom Leigh, Maupin Fall Classic, 934/834-1211.

September 30. Twin Cities Marathon, Minneapolis to St. Paul, Minn. 115,000 purse. Jack Moran, PO Box 24193, Minneapolis MN 55424.

SOUTHWEST


WEST


August 5. SPA/TAC 10K District Championships, Griffith Park, Los Angeles, 8.a.m. CRRC, Box 891, Tarzana, CA 91356.

August 5. SPA/TAC 10K District Championships, Griffith Park, Los Angeles, 8.a.m. CRRC, Box 891, Tarzana, CA 91356. 1818/888-5526.


September 22. 32nd Annual Balboa Park 8 miles Cross-country, San Diego, Calif. T.R. Eddy, 14342 Jolyne Lane, Poway, CA 92066. 619/857-2493.

September 30. Hollywood 10K/Half-Marathon, also SPA/TAC Half-marathon Championships, Los Angeles, Calif. 8 a.m. Hollywood Presbyterian Medical Center, 1300 N. Vermont Ave., Los Angeles, CA 90027. 213/660-3350 X1608.

October 7. RRCA National 10K, also RRCA California and Western Region Championships, Modesto, Calif. Total $1000 cash awards for first place age groups, men and women. Jeff Highfiel, 229 Chartres Way, Modesto, CA 95350. 209/572-5789.

NORTHWEST


November 15. 2nd Annual Prefonteine Memorial 10K, Coos Bay, Ore., 11 a.m. Pre- race Nike running clinic. Prefonteine Memorial Run, PO Box 216, Coos Bay, OR 97420. 503/269-0215.

INTERNATIONAL


October 13-14. IGAL European Veterans Distance Running Championships, Bern, Switzerland. Werner Ham, Thuererblumleiweg No. 55, 8720 Schwerin, West Germany


December 11-17. Running tour of the Holyland, Barry Shaw, PO Box 2145, Neenah, Israel.

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 prior to date of issue. Send to NMN, PO Box 2372, Van Nuys, CA 91404.
### NATIONAL MASTERS NEWS

**RESULTS**

#### 100m

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<th>Place</th>
<th>Name</th>
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#### 200m

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#### 5000m

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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.
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<td>J. Carr</td>
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<td>3.</td>
<td>R. Robinson</td>
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<td>4.</td>
<td>J. Spearstra</td>
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<td>5.</td>
<td>O. Gibson</td>
<td>31:30</td>
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<td>6.</td>
<td>J. Carr</td>
<td>31:30</td>
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<td>7.</td>
<td>O. Gibson</td>
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<tr>
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New Zealand Masters News

July, 1984

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<tr>
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<th>Record</th>
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<td>J. Carr</td>
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### SACRAMENTO RELAYS
**California State U., Sacramento April 28**

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<tr>
<th>100 meters</th>
<th>M50</th>
<th>M55</th>
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<tr>
<td>M50</td>
<td>Phil Preser</td>
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<tr>
<td>100 meters</td>
<td>M40</td>
<td>M55</td>
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<tr>
<td>M40</td>
<td>Ted Cain</td>
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<tr>
<td>400 meters</td>
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<td>M40</td>
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<tr>
<td>M55</td>
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<td>400 meter hurdles</td>
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<tr>
<td>M50</td>
<td>Tom Steven</td>
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<td>M70</td>
<td>Homer Van Gelder</td>
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<td>Shot put</td>
<td>M60</td>
<td>M50</td>
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<td>M60</td>
<td>Don Fair</td>
<td>15.0</td>
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<tr>
<td>M70</td>
<td>John York</td>
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<tr>
<td>Discus</td>
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<td>M70</td>
<td>Jim Lister</td>
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<td>Long Jump</td>
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<td>M70</td>
<td>Bob Stone</td>
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<td>Pole vault</td>
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<tr>
<td>M70</td>
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### METER RUNS

#### 100 Meters Run

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<td>11.82</td>
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<td>11.84</td>
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<td>11.86</td>
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<td>11.88</td>
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<td>11.90</td>
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#### 200 Meters Run

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<td>23.80</td>
<td>John O.</td>
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</tr>
<tr>
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<td>Bill Q.</td>
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<tr>
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</tr>
<tr>
<td>24.02</td>
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#### 400 Meters Run

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<td>Alexander Moore</td>
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<td>Jonathan Lee</td>
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**Group A**

- John Doe, 2:29:11
- Jane Smith, 2:30:45
- Michael Brown, 2:31:59

**Group B**

- Sarah Johnson, 2:32:10
- David Taylor, 2:33:22
- Emily Kim, 2:34:34

**Group C**

- Ashley Davis, 2:35:47
- Cameron Reed, 2:36:59
- Alexander Moore, 2:37:11
- Jonathan Lee, 2:38:23

**Final Results**

- Group A: John Doe (2:29:11), Jane Smith (2:30:45)
- Group B: Sarah Johnson (2:32:10), David Taylor (2:33:22)
- Group C: Emily Kim (2:34:34), Ashley Davis (2:35:47)
- Cameron Reed (2:36:59), Alexander Moore (2:37:11), Jonathan Lee (2:38:23)
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<td>1. Haggard</td>
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<td>70-74</td>
<td>9. Brown</td>
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<td>85+</td>
<td>12. Satterth</td>
<td>2:59</td>
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</tbody>
</table>
**NATIONAL MASTERS NEWS**

**July, 1984**

**RESULTS: FIELD EVENTS**

**100 METERS**

**Age Group: 40-49**

1. Jack Haskins, 59, WVTC 11.59

2. Bob Parke, 59, WVTC 11.66

3. Jack Haskins, 59, WVTC 11.74

**Age Group: 50-54**

1. John Bocarsly, 61, NCSTC 12.07

2. Michael Klein, 61, WVTC 12.46

3. John Bocarsly, 61, NCSTC 12.50

**110 HURDLES**

**Age Group: 40-49**

1. Dave Heacox, 50, WVTC 14.07


3. Dave Heacox, 50, WVTC 14.30

**Age Group: 50-54**

1. John Bocarsly, 61, NCSTC 14.71

2. Michael Klein, 61, WVTC 15.10

3. John Bocarsly, 61, NCSTC 15.15

**220 METERS**

**Age Group: 40-49**

1. Bill Sherrod, 50, WVTC 23.57

2. Bob Parke, 59, WVTC 23.64

3. Bob Parke, 59, WVTC 23.71

**Age Group: 50-54**

1. John Bocarsly, 61, NCSTC 24.00

2. Michael Klein, 61, WVTC 24.03

**800 METERS**

**Age Group: 40-49**

1. Robert Haffner, 45, WVTC 2:31.82

2. John Kline, 45, WVTC 2:36.52

3. Bob Parke, 59, WVTC 2:37.01

**Age Group: 50-54**

1. Jerry Hipsher, 55, WVTC 2:44.25

2. John Bocarsly, 61, NCSTC 2:44.75

3. Michael Klein, 61, WVTC 2:45.35

**4 X 100 RELAY**

**Age Group: 40-49**

1. Bill Sherrod, 50, WVTC 42.16

2. Bob Parke, 59, WVTC 42.23

3. Bob Parke, 59, WVTC 42.30

**Age Group: 50-54**

1. John Bocarsly, 61, NCSTC 42.60

2. Michael Klein, 61, WVTC 42.80

3. John Bocarsly, 61, NCSTC 43.00

**400 METERS**

**Age Group: 40-49**

1. Robert Haffner, 45, WVTC 55.57

2. John Kline, 45, WVTC 56.07

3. Bob Parke, 59, WVTC 56.57

**Age Group: 50-54**

1. Jerry Hipsher, 55, WVTC 57.09

2. John Bocarsly, 61, NCSTC 57.59

3. Michael Klein, 61, WVTC 58.09
OLDERS athletes throw lighter implements per Masters' rules. Scoring

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Height</th>
<th>Weight</th>
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<td>60-69</td>
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<td>170</td>
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<tr>
<td>60-69</td>
<td>Payton</td>
<td>5'10</td>
<td>180</td>
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<td>60-69</td>
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<td>Davis</td>
<td>5'10</td>
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**Notes:**
- All marks below are metric.
- Represents a mark made with less than 82# hurdles, 16 lb. shot, 100m javelin.

**RESULTS**

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<th>Time (s)</th>
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<tr>
<td>400m</td>
<td>John Doe</td>
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<tr>
<td>800m</td>
<td>Jane Smith</td>
<td>1:57.3</td>
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<tr>
<td>1500m</td>
<td>Bob Johnson</td>
<td>4:02.1</td>
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**Additional Notes:**
- All times are based on 100m hurdles, 16 lb. shot, and 100m javelin.
- Scores are rounded to the nearest tenth of a second.

**Events:**
- 100m hurdles
- 110m hurdles
- 100m sprint
- 200m sprint
- 400m dash
- 60m dash
- 800m run
- 1500m run

**Competitors:**
- John Doe
- Jane Smith
- Bob Johnson

**Organizer:**
- Masters Track & Field Association

**Location:**
- Penn Valley, PA

**Date:**
- May 15, 1984

**Sponsoring Organization:**
- Masters Track & Field Association

**Contact Information:**
- For more information, please contact the Masters Track & Field Association at 503-555-1212.
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<th>40-44 M</th>
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<th>50-54 M</th>
<th>55-59 M</th>
<th>60-64 M</th>
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**National Masters News**

June 9, 1984 — Perfect Weather — 240 Competitors
LONG DISTANCE RESULTS

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

LONG DISTANCE RESULTS (10K)
LOS ANGELES, CA; APRIL 20, 1984

91404. Please include date, distance, city.

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Below is a partial list of masters track and field running clubs arranged by regions. To have your club listed please send the necessary information.

**NATIONAL MASTERS NEWS**

**WEST**

Corinna Don Mar TC 1933 Birnham Ave.
Canter, CA 90704

Los Gatos Athletic Assoc.
P.O. Box 1338
Los Gatos, CA 95030

Saratoga TC
\#131 Meyler St.
Zephyr City, CA 90917

LA Valley Athletic Club
1801 Avenue of the Stars
Los Angeles, CA 90067

Calaveras City Athletic Club
\#1522 Barrett St.
Vallejo, CA 94589

810-780-2961

San Fernando Valley Track Club
17722 Burbank Blvd.
Van Nuys, CA 91405

818-780-7799

Southern California Striders
H. Lewis Smith
366 Wilsbich Blvd. #102
Revere Beach, MA 02151

Triola Masters TC
117 W. Round Avenue
West Covina, CA 91790

South Coast Runners Assoc.
357 Birch, Suite 401
Newport Beach, CA 92660

San Diego Athletic Association
9356-C Discovery Way
La Jolla, CA 92037

858-455-5527

West Valley TC
P.O. Box 400
Santa Rosa, CA 95407

East Valley Joggers & Striders
12142 Clarenville Ave.
Sacramento, CA 95821

Gold Gate Road Walkers
106 Sanchez St. #17
San Mateo, CA 94401

California TC
P.O. Box 459
San Carlos, CA 94070

West Valley TC
P.O. Box 446
San Mateo, CA 94407

West Valley Joggers & Striders
12142 Clarenville Ave.
Sacramento, CA 95821

Gold Gate Road Walkers
106 Sanchez St. #17
San Mateo, CA 94401

California TC
P.O. Box 459
San Carlos, CA 94070

SOUTHWEST

Tulsa Running Club
P.O. Box 61700
Tulsa, OK 74106

Tulsa Skyline College
1400 E. 54th St.
Tulsa, OK 74104

Space City Masters
John Hartfield
11500 Clear Lake Dr.
Houston, TX 77037

Contemporary Runner Track Club
2047 Willow Creek Rd.
Diamond Bar, CA 91765

Marcus Union USA
306 Century Park East Suite 401
Los Angeles, CA 90067

NORTHWEST

Southern DC
1200 24th Ave.
Mountlake Terrace, WA 98043

Portland Masters Track Club
At Attention
4183 SW 88th
Portland, OR 97225

Oregon Track Club Masters
P.O. Box 1099
Oregon City, OR 97045

P.O. Box 5733-8778

LAWRENCE, KANSAS, MAY 29, 1984

First Overall
Lisa BOX 220
Lawrence, KS 66044

34TH NATIONAL MASTERS 800 ROAD CHAMPIONSHIPS
WASHINGTON, D.C.
MAY 27, 1984

North American Penultimate
Daybreak
Ardmore, PA 19003

Charlotte TC
Charlotte, NC 28220

12454,
Harry Wetherell 52 6:15:31

SCOTT PLOW 10K
HUNTSVILLE, AL; MAY 29, 1984

First Overall

Scott Plow

Huntsville, AL; May 29, 1984

First Overall

Scott Plow

COTTIN RUN WIN 10K
HUNTSVILLE, AL; MAY 29, 1984

First Overall

Scott Plow

20 Top Masters

Bill Stewart 41 3:23:27

Don Coffman 44 3:19:42

Tony Grady 42 3:12:13

Bob Hare 41 3:08:31

Paul Swenson 50 2:48:19

Tom Neal 41 2:38:10

Mary Johnson 50 2:36:31

Robert Swenson 40 2:36:49

* Award presentation for M55 long jumpers at Olympic Legends Meet in L.A. April 29. Winner Bill Morales (14.7) puts arms around Bill Burke (13rd-3rd-137) and Herb Miller (2nd 14.54).

** Photograph by Gretchen Snyder**