HALL CAPTURES THIRD STRAIGHT BOSTON

Bill Hall, responding to his wife’s warning at twenty-five miles that another master runner was on his heels, mustered up enough speed to maintain his lead to be the first 40-1+ runner for the third consecutive year at the Boston Marathon, April 17, in 2:23:19.

Hall, a 42-year old Duke University professor of anatomy from Durham, N.C., although happy with his victory, was disappointed in his time. Beguiled by the excellent weather (40 degrees, overcast day, tail wind), he felt that he had gone out fast too early, hitting a 2:17 pace at six miles. At seventeen miles, the pace began to tell on him and his legs began to buckle, making it difficult to support his weight on the down hills. Hall spent the rest of the race trying to maintain his form.

Even though masters runners in the Boston were given “T” numbers, it was difficult for Hall to distinguish 40+ runners from others around him. In his words, “You have to run almost by feel because you can’t respond to every runner who passes you.” Hall suggested that the T-numbers might have served a better purpose for masters runners had they been worn on the back.

The master runner dogging Hall was Gary Muhrcke, 42, of Huntington, N.Y., who was fourteen seconds behind at the finish in 2:23:33. Fifty-year old John Weston of Canada was less than thirty seconds behind Muhrcke at the close in the impressive time of 2:24.05.

The first 40+ woman was Tina Hayward, 42, of Vicksburg, Michigan, with 3:02:35. She was followed by Harolene McLean, 40, in 3:03:13. Caroline Cappetta, 47, was third 40+ woman in 3:07:22. Fifty-four-year old Edna Craig, Ft. Lauderdale, FL, finished in the excellent time of 3:07:59 for the fourth place among masters women.

STEWART BREAKS 1500M AMERICAN RECORD

Bill Stewart, 40, Ann Arbor, Michigan, opened his outdoor track season with an American record time of 3:54.87 for 1500 meters to smash Ernie Billups mark of 3:59.8. Stewart set an average pace of :63.8 with splits of :62, 2:05, and 3:07. On the same day, he ran an 800m in 1:59.5, which gave him a sub-2:00 800m for the 24th consecutive year.

Despite early season success on the track, Stewart plans to concentrate on road racing until late summer, with the Old River Road 25K, Grand Rapids, May 7; the Dynamics 15K, Syracuse, May 22; the Cotton Row 10K, Huntsville, May 30; and the Peachtree 10K, Atlanta, July 4.
WOMAN WANTS ACTIVE MAN

I realize your magazine is not a dating service, but I am rather frustrated in my attempts to meet males (35-45 years old) who are active in their daily lives.

I have found, in writing to other "people-meeting-people" groups, the males state they enjoy sports. But upon direct conversation with them, I find their sport is either watching it on TV or bingo.

I know there are lots of males (35-45) who are physically active in biking, running and swimming: It is these "alive males" I would like to correspond with and/or meet.

I have decided the avenue to meet the people who share my interests is to go to the magazines they read. I am hoping, based upon these thoughts, you will place the following ad: "Mid-west master female biker/runner would like to write/meet 35-45 white male with same interests. Write: S.L. Box 241014, Omaha, NE 68124."

S.L.
Omaha, Nebraska

(You came to the right place. NMN readers are 85% male, 95% physically fit and active, and about 50% age 35-45. If you also toss in the 45-55 year-olds, who are in better shape than most average 35-45's, you are reaching a choice and superb source of potential pen pals/friends/lovers. Moreover, many NMN male readers are hopeless romantics. Many are bachelors, frustrated with the usual 19/1 ratio of masters men to masters women at most running events. Many are independent/wealthy. Many are also barely surviving, but what does money matter when true love involved. We've been thinking of establishing a "personals" section for a long time, but didn't have the courage. Your letter was what we needed. From now on, we'll feature a personals section in the classifids. We invite readers to write in. Never thought you'd meet your dreamboat in NMN, did you? The only thing we're worried about is: what will W. Macdonald Miller say in his column if he finds out about this. — Ed.)

STEWART RESPONDS

I usually resist writing letters which might cause come controversy. However, at this point I feel I must speak up.

With regard to Val Schultz's article on the Portland Masters Mile, I did not travel to the race because I had signed a contract with Brooks Shoes, February 3rd. The tickets from Nike were a possible excuse to run heats all day before they can finish it running. I don't care how long it takes, but they should be able to finish and when I say finish I mean without walking.

Hoping to see a follow-up article.

Rich Czarapata Sr.
New Berlin, Wisconsin

PROBLEMS AT PUERTO RICO?

The WAVA Championships are fast approaching and as might be expected, there are problems.

Puerto Rico was supposed to cure all our ills. All finals in the main stadium, we were assured by the WAVA executive committee.

Now, I receive a schedule which shows EVERY heat and trial and final for 100, 200, 400, and 800 meters in the main stadium, clogging up that venue for FIVE DAYS. On three of those days there are trials ALL DAY. In the meanwhile, one distance (5000m) couldn't agree more. To go one step further though, most shorter races are ignored. Race directors grind 10K races into the ground; it's very hard to find a nice 2 mile, 5K or 4 mile race unless they are part of a race where the main race is 10K. There is no such thing as an 8K race in our part of the country anyway. You were really right on target when you stated "What seems to have happened is that the running boom has fostered a new breed of runner. He or she is not really a racer or competitor."

I have been thinking of establishing a "personals" section for a long time, but didn't have the courage. Your letter was what we needed. From now on, we'll feature a personals section in the classifieds. We invite readers to write in. Never thought you'd meet your dreamboat in NMN, did you? The only thing we're worried about is: what will W. Macdonald Miller say in his column if he finds out about this. — Ed.)

DOWN WITH THE MARATHON

Thank you very much for your article "Down with the Marathon." I couldn’t agree more. To go one step further though, most shorter races are ignored. Race directors grind 10K races into the ground; it’s very hard to find a nice 2 mile, 5K or 4 mile race unless they are part of a race where the main race is 10K. There is no such thing as an 8K race in our part of the country anyway. You were really right on target when you stated “What seems to have happened is that the running boom has fostered a new breed of runner. He or she is not really a racer or competitor."

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With regard to Val Schultz’s article on the Portland Masters Mile, I did not travel to the race because I had signed a contract with Brooks Shoes, February 3rd. The tickets from Nike were waiting for me upon my return from Gasparilla. I returned them February 8 with a note of thanks. I did not bow out at the last minute. My congratulations to Barry Adams on a fine race.

The race in Orlando, Florida, was a first class operation, as Alex Ratelle pointed out so well in his April column. Lorraine Evans and Newton "Doe" Black put together a fine Master's field. Dan Conway, Bill Hall, and Alex joined me at the starting line. Dan opted for the concurrent 10.4 mile race, but Bill ran an intelligent steady race, and won by a good margin, 2:27 to 2:29.

I certainly do not mind losing, and will put my butt on the line anytime. But please give credit when it is due: At Gasparilla, I ran 45:57 for 15K, an A.R. by 1:21, again in Jacksonville (March 12) I ran 47:26 for 15K. (Mike Manley was scheduled to run but injured his ankle the week prior, and withdrew.)

The focus of my running year remains September 28 at 6 p.m. See you in San Juan.

Bill Stewart
Ann Arbor, Michigan

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Over The Hill TC Wins, Over Cold and Rivals

by MARION HADBOURNE

In weather more suited for skiing, the host Over the Hill Track Club won the first annual North Coast Relay Championships at Cleveland Heights (OH) High School April 24. The West Penn Track Club finished second, while Potomac Valley finished third. Although the chill factor was 21 degrees throughout the meet, there were still some outstanding performances.

In the 30-39 age group, Norm Bower threw the hammer 141' 10" and the 35-pound weight 46' 2", while Dave Morgan tossed the javelin 186' 7". The sprint relays were highlighted by duels between Potomac Valley Track Club and the Fitness Track Club of Detroit. Fitness won the Sprint Medley Relay by a whisker in 1:28.81, while Potomac Valley returned the favor in the 800 Relay (1:33.64 to 1:33.88).

A total of fifteen teams competed in the 8-event track and 8-event field slate. Over the Hill Track Club’s next meet is the Cleveland Classic on June 18, 1983, with competitors expected to number over 1,000 for the Open and Masters event.

Age Records

Fall in Price

Chopperthon 30K

Led by Cindy Dalrymple and Anny Stockman, seven masters set age records on the fast Price Chopperthon course from Schenectady to Albany, New York on March 20th. Dalrymple finished fifth overall among the women in a time of 1:57:41, which smashed Miki Gorman’s listed 40-44 record by five and a half minutes. Recovering from a stubborn cold, Cindy vowed to return next year and take another four minutes off the course. If she is true to her word, she would present a stiff challenge to three time winner, Jane Welzel, who captured this year’s title in 1:50:59.

Local favorite, Anny Stockman, of East Greenbush, New York, took three minutes off the women’s 50-54 record set by Alicia Moore of New York’s Atalanta Club in December. Stockman’s time of 2:15:42 was good for 23rd place among the 121 women finishers. Since turning 50, she has run with new energy, easily winning her age group in most races and finishing as the first overall in the Hudson-Mohawk Road Runners Club Women’s Distance Festival in July.

First master’s man to finish was Jerry Smith of the Syracuse Track Club. Smith took 20th overall in 1:42:53, which sets a new age 40 record for a point to point course. Defending master’s champ Ralph Zimmerman watched the finish from the sidelines due to a persistent illness. Two minutes behind Smith was Andy Urichart of Scotia, New York, who established an age 43 record of 1:44:54. He also led his Capital Track Club masters team to its second national crown in seven months, adding the RRCA award to the TAC 30K trophy won in September. The third master’s finisher, Daniel Ellison of Concord, New Hampshire, also joined the record breakers with an age 44 best of 1:47:07.

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Tenolmen, a Nike sponsored team of ten runners varying in age from 60 to 68, set a new world record of 209 miles, 1,583 yards for M60-69 in the 24-hour relay, April 23-24, Hughes Stadium, Sacramento, California. The former record of 200 miles, 974 yards, was set by the Rochester 10 in 1981.

The Tenolmen team averaged a 6:52 pace per mile for the event, despite running in stormy weather for most of the twenty-four hours. The relay was conducted from 9 a.m. Saturday to 9 a.m. Sunday with runners finishing 844 laps around the stadium 400m track.

Runners on the Tenolmen team were George Billingsley, of Loomis, CA.; John Gilkey, Los Altos, CA.; Frank Grey, Poulsbo, WA.; Harry Harder, Reedley, CA.; Eddie Lewin, Brentwood, CA.; Don Lundberg, Waterford, CA.; Ray Mahannah, Modesto, CA.; Ralph Paffenbarger, Berkeley, CA.; Don Page, Lomita, CA.; and Paul Reese, Sacramento, CA.

The rules for the relay provide that each team member runs a mile (or 1,600 meters on a 400 meter track), then passes the baton to another runner, with this rotation continuing through the 10 team members, then recycling. If for any reason a runner cannot continue, the team then has one less member in the rotation.

Tenolmen Team Erases 24-Hour Relay Mark

Grey, Poulsbo, WA.; Harry Harder, Reedley, CA.; Eddie Lewin, Brentwood, CA.; Don Lundberg, Waterford, CA.; Ray Mahannah, Modesto, CA.; Ralph Paffenbarger, Berkeley, CA.; Don Page, Lomita, CA.; and Paul Reese, Sacramento, CA.

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Write On!

(Continued from page 1)

Christchurch and the subsequent agreement, President Don Farquhar-son, and the WAVA executive committee.

Also, it seems positively unfair and discriminatory that, if there are less than four entrants in a division, that a competitor would have to set a new world record to get any medal. That is the case in the W75 division. With the extremely limited number of women in the whole wide world who are actually competing in athletics, it would appear to be impossible to set standard in this and older divisions.

I am in favor of standards to avoid cheap medals, but I do not believe the Puerto Rico Committee is correct or has the right to deviate from WAVA standards and policies.

I was at Toronto, Gothenburg, Hanover, and Christchurch. But I’ll not witness the unfairness at San Juan as I have cancelled all plans to enter and attend.

Bill Stock
La Mesa, California

(Thanks to Stock and others, the World Games Committee has switched the men’s 5000 and steeplechase to the main stadium; and moved the 100 meter trials and 800 semi-finals to secondary tracks. WAVA has also eliminated standards for awards in the 70-and-over categories. Six of the 12 10,000-meter races remain in the main stadium; six are on secondary tracks.)

PAIN IS YOUR FRIEND

You know how we look for our friends and competitors names in your marvelous publication, and this season mine will be noted by its absence! For the past two years, I have been running injured, just patching myself up for the next race. However, last August the bod said “Enough enough” and refused to maneuver. It has been frustrating eight months going from one specialist to another, from one treatment to another and all too available. So now a complete rest might be the answer. I say this without too much conviction, and though it has been completely vetoed, I am swimming (which I loathe), bicycling (which I love) and walking (which I can take or leave).

Maybe some good could come out of this experience by other Master with me as an example at what not to do. I myself always have to find out the hard way! And believe me, this is the hard way! I am very lost without my best friend — and to mix in coaching of our great Master Raymon Hatton only adds to that loss. Maybe I’m a good girl, I can come back “Next year.” Remember! Pain is your friend — listen to it. Love and Good running — all my contemporaries. P.S. I hope you can complete this story — I fell off my bike to day and broke my shoulder!!

Patricia Dixo
Eugene, Oregon

Continued on Page 3
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September, 1983

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MARGARET MILLER
— A MASTER PERFORMER

Margaret Miller took up running at age 41. Yet, she has some pre-masters performances that she's pretty proud of. They include coming to the United States from Scotland at age 19 to get married and then giving birth to three.Set

"I was happily married, had three lovely girls, and a good job, but something was missing in my life," Miller, a 57-year-old resident of Thousand Oaks, Calif., relates. "Running filled the void. I've always loved nature — walking, hiking, that sort of thing, so it was a natural."

Miller's introduction to running came in 1967. She would drive daughter Demetra to track practice and wait in the bleachers with some of the other mothers. One day, the coach coaxed them to run around the track. "I barely made it," Miller remembers. "Sitting at an office all day, drinking coffee, eating junk food, I was in bad shape physically. Not anymore. I feel good!"

At first, Miller was content to jog for health and fitness, working her way up to four miles non-stop after six months. About year after beginning her jogging program, she was persuaded to enter a four-mile race. "If I ran, because we were awarding eight trophies for women and only seven women were running," she muses. "I finished seventh in 42 minutes, but everyone was yelling and clapping so loud for me that I became hooked on competing." Mihaly Igloi, the noted Hungarian coach who defected to the U.S. after the '56 Olympics, began coaching Demetra, and seeing Mom's enthusiasm decided to coach her also. Three times a week, mother and daughter would travel to Santa Monica City College to undergo Igloi's strict regimentation.

"He was a hard task master," says Miller, "but in retrospect it gave me the discipline and mental toughness which I carry with me today. It was a turning point in my life."

Today, Miller ranks as one of the top 50 and over distance runners in the world. Running Times picked her as the number one American woman in the 55-59 category for 1982.

She set new national age-group records at 10K (39:25), 15K (1:00:37), the half-marathon (1:28:38), and the marathon (3:07:22) last year.

All of Miller's personal bests have been recorded within the past three years. They include a 5:12.9 at 1,500 meters, 38:48 at 10K, and a 3:03:28 marathon.

"I think the 15K is my best distance," she says. "That 1:00:37 came at Santa Barbara last year on a hilly course. I feel very strong in that race. But I have a love-hate relationship with the mile."

One of her most memorable competitive experiences was running a 5:30 indoor mile at the Cow Palace in San Francisco two years ago. But that takes second in her book of memories to her trip to Japan last September to compete in the International Veteran's Distance Running Championships. She had won the right to compete in that event as the result of winning her age class and out-scoring (on an age-graded performance table) all other women, including overall winner Cindy Dalrymple, in the Nike Grand Prix 10K in Philadelphia.

Prior to the Japan event, a typhoon lashed Tokyo. Miller was in her hotel room at the time. "I was pretty scared, sometimes I feel so good after a run that I jump up and do a jig."

The typhoon wiped out the planned 10K course and forced the runners to wade through ankle-deep water in some places. The race was further complicated by 80 degree temperatures. But Miller says that all of the adversity made the entire experience "awe inspiring."

Miller now trains under Eino Romppanen, a former sub-4 minute miler from Finland. "He's a bit like Igloi," says Miller — "no nonsense." Her weekly routine includes one run of 20 miles and at least one interval session of 440's, 880's, or miles. Mixed in between are 10-12 mile runs with pick-ups and some easy running. She averages 75-80 miles a week.

"I really have to talk myself into going to the interval workouts," she laughs.

As for her goals, Miller says that she would like to break three hours in the marathon. "I know I can do it," she states. "Other than that, I want to con-
STEWART BREAKS 25K MARK


On the comeback trail, Pete Mundle, 54, won 50-59 division, Playa Del Rey, CA, lOK, April 10, In 37:45.

BOOK REVIEW


An insightful and entertaining edition to running literature, written by the knowledgeable and highly respected proponent of LSD (long slow distance) running. It is filled with anecdotes and quotes of famous runners and writers—e.g., George Sheehan and Bill Rodgers—as well as of unknowns. It is directed at the low-keyed competitor and not for a walk on and is appealing to the lifelong recreational runner. Well worth the price.

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Atletie's Release

In consideration of your acceptance of my entry, I do hereby for myself, my heirs and executors, waive, release and forever discharge any and all claims for damages which I may have or which may hereafter accrue against The Masters Athletic Committee, The Athletics Congress, The Philadelphia Masters Track & Field Association, all other meet sponsors and sports facilities or their officers or agents, for any and all damages which may be suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of the Meet Director to require supplemental training and/or medical evidence before allowing me to compete, and further recognize the right of any or all authorized members of the medical staff to require my withdrawal from competition and will do so if directed.

Date

Athlete's Signature

Official Entry

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<th>Name</th>
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The thing most aggravating about the Masters program is that no one knows about it. I can be totally bummmed by the guy who lives next door to the track, see us doing our do on a particular Saturday, and wander over to expound, “Gee, I wish I’d known about this. How does a person get involved?”

Sometimes I even get the distinct feeling that people know about it and are even half-way interested, but for whatever reason, don’t get involved. Embarrassed? Intimidated? Who knows? Something is certainly missing and I happen to think I know what it is.

It isn’t anything mysterious or complicated. It’s something entirely basic and beautiful. What’s missing is middle-age sex appeal.

Relax, I’m still smarting a little from the ”poor taste” flak I’ve been getting lately, so I’m not about to suggest we all start doing it in the long jump pit. What I would like to do is seriously address an issue that should have been faced long ago.

Our movement floundered a bit early, has now stagnated altogether, and, in general, is dead as you know what part of Kelsey. We’re not growing, we’re not attracting new people, and, with few exceptions, we’ve never really been able to get the former athlete in the least bit interested.

Everyone pretty much understands that, around forty, guys go kind of crazy. They go into a whole macho thing. They’re all into their space and they start saying things like “two wrongs don’t make a right, but three do.” They start living in vans and wearing earth shoes. Life is very serious and, as many times as not, will lure someone young who also probably wears earth shoes.

Forty-year-old chicks seem to be pretty much okay. They seem very much aware that they’ve got another 40 years or so to do anything they want. It might be the time and they are quite secure in the knowledge that opportunities aplenty will present themselves. The 40-year-old guy, on the other hand, isn’t interested in lugging some silly pole-vaulting pole around. He’s interested in pole-vaulting around town, not to mention a little out of town, too. There’s a difference, and, in addition, he’s up tight, he’s lost his steps, and doesn’t seem to think he’s got much time.

If the Masters program is worth saving, it will call for bold departure from what we’ve been doing. It’s going to have to take more than free Nike caps to reach the people and make the program important and alive to thousands of men and women it so far has failed to reach.

First, I see a whole sitcom thing for prime time TV. Remember, there’s a big doctor thing going down out there. It might be the time at which the 40-year-old is worthwhile undertaking AMA ever did in its life. I still get a little steamed up when I’m reminded of how they sneaked themselves in the Boston Marathon all those years under the guise of saving lives. Anyway, an entire doctor thing is in the offing, we’re not attracting new people, and, to top it all off, needs immediate attention. We’ll do stories about fooling around with a shot put, high jumping in leather and "emasculation, will it really make you a better hurler?" Think of the whole T-shirt thing. Could we do a message campaign for this here country? Hear me, I’m not talking about any of that cornball “Honk if you’re a sexy senior citizen” business, either. I’m talking about the stuff that could get our country on its feet and on its way to a podiatrist. This country has paid enough attention to astrology stickers and space racks. We’ll get the President to proclaim special days like “Make love to a 4B Discus Thrower Day.” Of course, we’d get Ken Young involved so he could establish some general performance standards. Records would be an important incentive, I can see the headline in the Quad Cities now, “2A French Kiss record in Iowa!”

That, in broad strokes, is my package for participation. You do what you want — stay home, stay in bed for all I care. As for me, it’s 4:30 in the afternoon, and I’m headed down to get a good stool at the bar in our building. You just never know when you might meet some 40-year-old kid, an out-and-out Miss Everything whose kids are grown, who’s seriously into pain, who will do what has to be done, and, to top it all off, needs immediate help on her finishing kick. As a 30-year-old reader recently asked, “Other than what I’m doing now, the anticipation of being a grandparent and the masters program, give me one other good reason for getting old.”
GEORGE COHEN — A REAL RUNNER

“I’m annoyed by people who refer to me as a jogger or a marathoner,” says George Cohen, a 43-year-old Los Angeles resident. Cohen is a runner. His 1:54.9 for 800 meters, an American masters record, should attest to that.

Cohen’s story is a familiar one. A successful competitor in high school and college, he gave up running after leaving school. Eighteen years and 25 excess pounds later, he started running. He didn’t know about masters track until 1978, and Cohen only got back into it in 1979, after losing 25 pounds and was beginning to feel to me as a jogger or marathoner,” says George Cohen, a 43-year-old Los Angeles resident. Cohen is a runner. His 1:54.9 for 800 meters, an American masters record, should attest to that.

Another high point of Cohen’s second track career was winning the 800 championship at the 4th World Veterans Games at Christchurch, New Zealand in January 1981. His time there was 1:55.5.

While the 800 seems to be Cohen’s best event, he occasionally drops down to the 400 and goes up to the 1500. He has masters bests of 52.0 and 4:01.9 for those events, the latter being an age 41 American record. Recently, he broke the 4:15.9 in the West Covina Downhill Mile Classic, which involved an 135 foot elevation drop. And, his best 10-K on the road is a 33:53, recorded in March.

At Edison High School in Stockton, Calif., Cohen’s favorite events were the 220 (22.0) and 440 (48.7). He also ran the 100 (10.0) and the 880 (2:00). He won the San Joaquin CIF 440 championship twice and was placed on the National Intercollegiate Honors Roll for track and field. After a tour of active duty in the Navy, Cohen competed at Stockton College and lowered his 440 best to 48.1.

Unfortunately, I couldn’t find the right mix at that period in my life that would make working, studying, and training come together harmoniously, so I dropped out of school and running,” he says.

Cohen later earned his B.A. at Cal-State, Los Angeles and a Masters in Public Administration at the University of Southern California, but did not compete while attending those schools. Married, he is employed as a California parole agent.

The 5-foot-10, 165 pound competitor trains an hour a day on the road is a 33:53, recorded in March. The routine is to do intervals and easy 6-9 miles on Sundays. "I’m too busy having fun to really plan ahead," he concludes.—Mike Tymn.
Thinking of the Biennial WAVA track and field championships, I must focus on the marvelous heroic exploits of Fritz Assmy, the 65-ish German sprinter who has won gold medals in the last three meets. Assmy is blind and runs in the company of a much younger (I believe late 20’s) and larger assistant. Assmy is connected to his assistant by means of a wrist tether. While no one would submit that it is advantageous per se to be a blind runner, there is no question in my mind that Assmy receives benefit from the pacing, the in-race monitoring, the receipt of a favored outside land draw in the 200 meter, not to mention the aid provided by the intermittent tugging through the wrist strap connected to the youngster, stronger man. I do not want to pick specifically on just Assmy here, but clearly his case as a gold medalist is "most visible''.

I would imagine that some committee of the WAVA had to pass on the eligibility of Assmy and his assistant as "a competitor." I suspect that the standard imposed was whether or not they believed that Assmy's "system" offered an advantage over what would have existed had Assmy not been blind. Under that criterion I too would accept his entry. However, it could be argued that the other sighted competitors are routinely denied coaching and assistance while in competition, and that allowing Assmy to use his "system" provides him with an undue advantage and illegal advantage. Such a ruling would, of course, prohibit Assmy's participation as we now know it.

There is a fine blind Puerto Rican distance runner who runs on the track alone with four spotters in the infield alerting him as he approaches the turns. Among the blind Americans, Norm Bright and Harry Cordellos run distances effectively while in manual contact with running partners.

In these days of "The Bionic Woman", and "The Six Million Dollar Man", there also exists the possibility of enhanced performance in field events. With breakthroughs in reconstructive surgery and bio-medical engineering, it is entirely possible that the use of a prosthesis could provide superior performance. I can envision a highly-elongated arm prosthesis aiding the hammer thrower; I can think of elevator shoes in the high jump.

Too farfetched? What about the paraplegic in the wheelchair? We already have seen a 1:45 marathon recorded by a fantastic younger wheelchair athlete on the down hill course at Boston. Would the present rules in the masters arena allow participation of a wheelchair athlete in a marathon, and more importantly, would he be eligible for his age-related prize? As I understand it the Boston Marathon creates separate starts, categories, and prizes, rather than integration within the standard framework. Conningled; separate, but equal. Ability, not disability. Where does one draw the line? Do we really want more rules? What criteria are correct? How are they enforced? How are they financed?

In general the masters movement has been directed with a laissez-faire attitude—all are welcome, the more participants the better, the fewer the rules the better. Our masters jurisdictional organizations have been kept small, and their budgets sized accordingly.

Masters sports are becoming more competitive and more complex, whether or not we want them to be. Some decisions regarding the assistance of the handicapped, as well as the other major issues concerning drug, sex, and age certification, will force us to generate some additional standards, whether or not they are easy to make, or even whether we want to make them at all.

* Copyright 1983 Phil Conley

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**RACE DIRECTORS & COACHES**

**FREE INFORMATION**

**WRITE TO:** Wing & Wing, 446 W. Shore Road, Guemes Island, WA 98252 (206) 243-9738

**NCWA**

**Track & Field Championships**

Eugene, Oregon

**MARYLAND MARATHON**

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**METRIC CONVERSION**

1 centimeter = .3937 inches
1 meter = 3.2808 feet
1 yard = .9144 meters
1 mile = 1.6093 kilometers

10 kilometers = 6.214 miles
100 meters = 328.08 feet
1000 meters = 328.08 yards
30 inches = 76.20 meters
39 inches = .9906 meters
33 inches = .8382 meters
5000 meters = 3.107 miles
NORTH AMERICAN REPORT

by BOB FINE

World Veterans' North American Representative

We will be holding a North American Masters Track & Field Championships in New York City September 10-11, 1983. We'll have low-cost housing, bus transportation to Randall's Island and the complete cooperation and co-sponsoring of the Metropolitan Athletics Congress.

I am recommending to the North American Council of WAVA that we accept the bid of the Midwest Masters to hold an North American Indoor Championships in January 15, 1984 in Sterling, Illinois.

Phil Partridge has scheduled a World Masters Weight Pentathlon Championship to be held on Oct. 2, 1983 in Florida. Phil has previously been advised that only the World General Council can sanction a world championship and that, since the next meeting of the General Council is scheduled for Puerto Rico in Sept., 1983, there would not be enough time to hold a World Championship. Furthermore, the Weight Pentathlon is not a recognized international event.

For many years the Masters fought to establish our own identity and organization. To permit any one individual to determine what will be a world championship would destroy the efforts of many people over the years. Certainly if the Veterans can not properly run their own program it can be an argument that there should not be a program. If Phil is permitted to run his own "World Championships" then nothing will prevent others from doing so and the wishes of thousands of Masters throughout the world, via WAVA, will be ignored.

I call upon all Masters, for the sake of the integrity of the program, not to participate in this event if Phil insists on calling it a World Championship. Alternative weight pentathlon championships were offered to Phil so that we are not trying to stifle competition.

LOOKING FOR NEW CLUB MEMBERS?

NMN has had many requests for the names of masters clubs. To help us compile a reference list of masters T&F and LDR running clubs, NMN would appreciate it if officers or members would send us the name and address of the club and a contact person. This list will be published in a future issue.

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Thanks.
RUNNING WITH MARCO POLO, M.D.

BY ALEX RATELLE, M.D.

The Boston Marathon was my very first marathon. Returning this year, for the 14th time, evoked memories.

The citiessity is always warm and helpful. The architecture is a hodgepodge. The streets and buildings are scruffy. But that is what makes Boston such a comfortable place to be.

When training for Boston, everything must be considered. Preparations for running in cold or warm weather must be made simultaneously. Severe uphill workouts must be combined with long downhill running. I never seem to get enough downhill work, perhaps because I forget or minimize the magnitude of pain when starting the long downgrade off Boston College Hill.

As is often the case in Minnesota, the weather prior to the 1983 Boston Marathon was the worst possible for the last two week countdown. Alternating freezing and thawing left paths and streets pitted with a slipper that mixed sand, water, ice, and snow. In addition to creating a treacherous base for foot plant, it made speed work or intervals nigh impossible. The risk of falling was great, but perhaps more importantly the tug and pull on tendons, ligaments, joints and joint capsules invited strains and tears of those vital structures.

When Mother Nature considered this was not enough, she dumped a record snow fall on Minneapolis. Even light snowfalls can play havoc with running-biking trails, forcing the runner out into the streets in competition with automobiles. Not only does the road surface become slippery and uneven but the roadway narrows, allowing little space for the runner and the auto driver to avoid one another.

Therefore, the workout becomes a run for survival, and anything less than full concentration can quickly bring disaster. I plan to illuminate this subject at a later time because too many runners, in their desire to train under any and all circumstances, do put their lives at risk.

Light trail and off-road running are useful prior to a mega-marathon. Unless you are one of the fortunate few who start in the first row, the first few miles can be very trying, physically and mentally. Tempo and pace are dictated, not only by the pack of runners in front, but the everpresent thumping of the runners from behind. Stride must be altered, step by step, and many small lateral movements must be made to avoid tripping. The stress of this may not be noted in the high excitement of those early miles, but most certainly they are draining energy and may contribute significantly to small tweaks and pulls.

Tweaks and pulls may combine later on with fatigue and dehydration to slow the runner or bring him to a halt. To this end I find it very useful to run a golf course, gravel road, or even margins of ditches and curblings to strengthen this facility to move laterally while breaking stride and tempo. In a race, this practicing pays off and permits strategic planning while the tactics are taking care of themselves.

Another problem presented by the mega-marathon is fluid intake, or rather lack thereof. Water stop and aid stations quickly become congested, forcing the runner out into the streets with water and cups, rolling and squished. Runners are breaking stride abruptly and moving laterally — either in an attempt to get at the fluid tables — or to avoid runners who are stopping. There is no special training for this circumstance. I prefer to concentrate, be polite and careful, to not fall down on a slippery Dixie cup.

One last and final word about lateral movement. The crowds at Boston and other major marathons have become very large indeed. Nonrunners or unrunners will cross the course without signalling. Small children will thrust fluids and fruit under your nose. Nonscheduled water stops are manned by helpful and enthusiastic Bostonians. They can represent an additional and abrupt obstacle. So, perhaps the broken field runs that I suggest in your pre-Boston workouts do have merit.

As I thought through the material for this article, my manner of presenting medical material for practical use began to haunt me. Writing is certainly not my profession — the likes of Higdon and Miller need not look over their shoulders. Nevertheless, I want to reaffirm my earliest thesis on how I would like to write for you. We already have major running magazines that cover major races and subjects in great detail... but in basics. I would prefer to continue to lace my monthly column with small details and some medical background where indicated... to provide some thoughts that are not available elsewhere... or are not deemed important elsewhere. Some of these bits and pieces might be considered controversial or even contradictory, but they are medically authentic and medically logical.
Report From Britain

by ALASTAIRAITKEN

Scottish Veterans cross-country champion Don MacGregor, 10,000m World Vet title holder in Hanover, 1981, ran away with the Open Dundee (Scotland) 10,000m title, bettering 1340 runners of all ages in 2:17:24, fastest time in Britain this year.

Mike Palmer, 41, was the first Vet in the London Marathon on April 17, in 2:22:00, one place ahead of Keith Angus, 40, who represented Britain in the 1976 Montreal Olympics. The first 50+ in the London was William McCrae in 2:33:31. Three lady Veterans ran good times — P. Welch, 2:39-29; Margre Lockley, 2:42:08; and Carol Gould, 2:43:28.

Joyce Smith, Vet world record holder, ran 2:38:04 in the Rome Marathon for first lady veteran and third women overall on April 24.

At the National Indoor Championships at Cosford, Ken Baker, ex-runner and winner of 45-49 600y in 1:17.6, at the TAC Masters Indoors, U.S., also took the U.K. 800m indoors crown with 2:03.2, over Ronnie Anderson's 2:04.0. At Cosford, the W40+ 60m was the TAC Masters Indoors, U.S., also took the U.K. 800m indoors crown with 2:03.2, over Ronnie Anderson's 2:04.0. At Cosford, the W40+ 60m resulted in a time faster than the W35 8.5.

For the English club, Southgate AC, ships at Cosford, Ken Baker, ex-runner and winner of 45-49 600y in 1:17.6, at the TAC Masters Indoors, U.S., also took the U.K. 800m indoors crown with 2:03.2, over Ronnie Anderson's 2:04.0. At Cosford, the W40+ 60m resulted in a time faster than the W35 8.5.

The British Veterans Track and Field Championships will be held at Melksham, Wiltshire, August 20-21.

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How Did You Do in 1980 and 1981?

Now, you can't miss out on the 1980 and 1981 Masters T & F Rankings Books. By a special arrangement, MNN is able to offer both of Haig Bohigian's remarkable compilations to its readers. The 1980 and 1981 T & F Rankings Books list, by 3-year age groups (30-89) for men and women, all marks for at least the top 50 (many up to 100 deep) for 22 events from the 100 to the decathlon, and relays, plus the HAIG cross-age and cross-rankings.

The 1980 RB sells for $6; the 1981 RB for $10.

1980 MIDWEST MASTERS REGIONAL CHAMPIONSHIPS MEN & WOMEN

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

DATE & TIME: Saturday, July 20, 1980, starting at 9:00 A.M.

SITE: York High School, Elmhurst, IL

FACILITIES: All new Chevron track, H. J. H. and PV runways are Chevron.

AWARDS: Championship patches to all regional champions. Trophies to first five places.

ENTRY FEES: $6.00 for one event, $8.00 for two or more.

TROPHIES: Additional trophies available at $4.00 each, late fee.

SCHEDULE OF EVENTS: Unless otherwise noted, all events will be run in reverse chronological order: Women (60-64, 55-59, etc.) and men (70-74, 65-69, etc.). Some age groups will be combined.

TRACK EVENTS

9:00 A.M. 10,000 Meter Run
10:00 110 Meter Hurdles
10:50 3000 Meter Steeplechase
11:20 200 Hurdles
12:00 P.M. 800 Meter Dash
12:30 3000 Walk
1:00 100 Meter Dash
1:30 400 Meter Dash
2:30 1,500 Meter Run
3:00 5,000 Run

ENTRY FORM AND RELEASE

NAME

ADDRESS

DOB

ATHLETIC RELEASE: In consideration of my entry, I do hereby for myself, heirs and assigns, waive and release all claims, I may have against the Midwest Masters, Nike, and York High School, Elmhurst, IL, their representatives and the various sports governing bodies, and sponsors, for any and all injuries suffered by me in any event or sports facility. I certify that I have no physical defects that would prevent me from competing. Further, I take full responsibility for personal equipment owned by me for breakage.

INFORMATION

SPORTS CHECKS only, postmarked by June 21, 1980

SMALL ENTRY WITH CHECK TO: Jim Puckell c/o Hood College Athletic Dept.

All entries must be in by Monday, July 20th, 1980. $5.00 advanced payment for breakfast per person. No Host Breakfast. Send entry with check to: Jim Puckell c/o Hood College Athletic Dept.

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1981 MIDWEST MASTERS REGIONAL CHAMPIONSHIPS MEN & WOMEN

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DATE & TIME: Saturday, July 19, 1981, starting at 9:00 A.M.

SITE: York High School, Elmhurst, IL

FACILITIES: All new Chevron track, H. J. H. and PV runways are Chevron.

AWARDS: Championship patches to all regional champions. Trophies to first five places.

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DEVELOPING CROSS-EVENT AND CROSS-AGE RANKINGS

by HAIG BOHIGIAN

It is difficult to obtain rankings of athletes in a given event and a given age group in a given year. For example, do you take the best time or distance for that year and list the athletes accordingly? Or do you average their top 3, 4, ... 10 performances to get a consistency measure ranking? Or do you compare how they do in head-to-head competition? Or do you measure how they perform in the year's most important meets? Or do you use some blend of all of the above; and if so how do you weight each of these criteria? My selection has been to use the first criterion because it is the easiest to compile, and least influenced by subjective weighting factors. Besides many masters athletes just run in regional meets, and many train to peak for their most important meet and cannot maintain top performances throughout the year.

However, cross-event and cross-age rankings are several magnitudes of complexity above single event, single age rankings. In the 1980 Ranking Book I developed a first-time procedure for cross-event rankings within 5 year age groups, cross-event and cross-age rankings for 19 events and 12 age groups, top performances in each event across all age groups, and top performances in pairs of events across all age groups. These analyses covered 12 pages of the 1980 RB.

Here is short explanation of how I obtained the top 240 performances for 19 events across all 12 age groups. First, I had to begin with some commonly accepted basis for comparison. My first attempt was through the use of WAVA tables. I mistakenly thought that they would do it for me quite simply. The results, however, using WAVA tables were disastrous. More than 75% of the top 240 performances would have been credited to athletes above the age of 50. From a statistical and common sense approach, this was impossible! Athletes above the age of 50 only accounted for 38.5% of all the competitors in masters track and field and by WAVA results they were turning in better than 75% of the top performances - impossible.

Great as these over 50 are there, they could no have such a stangle hold on top performances. The conclusion was obvious! WAVA tables are not designed to make cross-age comparisons and despite the fact that this is exactly what they were designed to do. This was a great surprise and shock to me, but something that I had to face. Unpopular as it may make me, I strongly urge the total dropping of WAVA tables since they are misleading, inaccurate, and cumbersome to use. There are better ways to reach the stated objectives - giving older athletes a better shake in pentathlon and decathlon scoring.

I turned to the only tables that are internationally recognized - IAAF tables. They have a number of flaws of their own - principally that they were not designed to be used for cross-event rankings, and they do not assign points on a uniform proportional scale. But, this is the subject of a whole article in itself. For all their flaws, IAAF tables are a better starting point for cross-event and cross-age comparisons for masters athletes than WAVA tables.

For athletes in age groups 30-34 and 35-39 the IAAF tables were used without corrections or modifications. For all other age groups the IAAF tables were modified to reflect the effects of aging on performance. I also had to make additional corrections in hurdle races for lower heights, and in throwing events for lighter implement. The resulting modifications that I came up with I immodestly refer to as HAIG (Height - Age - Implement - Graded) scores. These HAIG scores allowed me to compare sprinters with distance men with hurdlers, with jumpers with vaulters, and with weight men on a common comparative scale. I am certainly not claiming perfection or exclusiveness with this system, merely a fairer way of making such comparisons. A good deal of work remains to be done, and I'm still fine tuning the method.

Consult the accompanying list of 240 top performances taken from the 1980 RB. For example, a HAIG score requires the following procedures for a 65 year old 110 meter hurdler. Take the recorded time and find the assigned IAAF points. Revise the score up due to the hurdler's age, and then use the score down due to the lower hurdle height. The same three stage process has to be followed for all throwing events. For runners and jumpers there is just a two stage process. When I have finished all my revisions it will be just one stage process via an integrated table of HAIG scores.

Now, how did all of this turn out? The ultimate test of scoring system is that there should be a fairly uniform distribution of results over the 19 events and 12 age groups. The accompanying tables bear this out to a large degree. I was pleasantly surprised when I compiled the results of the top 240 performances to observe that all 19 events were included, as were 11 of 12 age groups roughly in proportion to what should be expected. This doesn't mean that my procedures are correct, but at least it indicates that the procedure is not biased to favor any given event or age group.

The event table comparison shows a fairly close comparison between the percentage of the top 240 falling within a given event and the percentage of athletes who compete in that event. In 1980 there were a total of 5305 competitors for the 19 events listed above (see page 97 of the 1980 RB for a detailed breakdown). Some obvious discrepancies should be addressed. Among the sprinters it seems easier to maintain top performance in the 100 meters than in the 400 meters. Because of the popularity of the 1500 meters (and the mile) many more ordinary runners perform, and the IAAF tables are particularly not generous enough in this event. The jumpers (LJ, HJ, TJ) apparently suffer the effects of aging more than other athletes, or fewer of the former top performers are still competing. The pole vault stands out glaringly. The IAAF tables overly favor vaulters, and there are more top performers still competing. The throwing event results clearly show that age has less of an effect on their results.
than on jumpers or runners. The hurdles show an excellent correspondence.

The age table comparison shows a remarkably high correlation between the percentage of athletes on the top 240 performance list by age group and those who actually competed in that age group. I believe that most of the discrepancies can easily be explained by the quality of athletes in a given age group, many of whom may have had multiple listings. For example, in 1980 the 50-54 age group was a very strong one. My most glaring error here is, I believe, in not weighting the three age groups above 75 highly enough. I do intend to correct this in the future. Remember that I devised the HAIG scores before I did this analysis, so I had no idea how the distribution would turn out in advance.

Bernie Ryan, 64, shows a big smile of happiness despite the blood down the side of his face suffered while stumbling to the cinders just before his handoff on the West Florida "Y" Runners Club record-setting run. Ryan's joy is from the new men's world record for the 60-and-over mile relay time of 5:03.43, despite his fall.

photo by Pat Dallmann

George Ker, wins discus, 60-64, Mt. SAC Relays, May 1, 1983.

Sportswrite by John Allen
LETTER FROM TELMARK

by HAL HIGDON

As evidenced by last year’s Masters Sports Festival in Philadelphia, the movement to provide competitive opportunities for older athletes, men and women, has spread to many sports beyond track and field. One such sport is nordic skiing. In 1981 Canada hosted the first World Masters Cross Country Ski Championships. The second was held in 1982 in Sweden. This year the championships were scheduled for Telemark Lodge near Cable, Wisconsin in February, and I decided to attend.

I had begun skiing cross country five years ago, mainly as a winter diversion from running. It was fun to get out in the woods on skis, relaxing my mind while maintaining my cardiovascular base. I had not intended to race, but soon became attracted to the low-key, local races. Inevitably I found myself at the starting line for the “American Birkebeiner, the 55 kilometer race between Hayward, Wisconsin, and Telemark Lodge, which is the sport’s Boston Marathon. The “Birkie,” as it is called, attracted 5,700 skiers in 1982. I finished in the top third among them, taking just over five hours to go the 55K.

I skied the 15 K, without some fears, since the thaw/freeze weather conditions had made the course icy. That’s good for experienced skiers like Bill, with good downhill techniques, but bad for someone like myself who is not so experienced. I rely more on my runner’s leg strength to charge past people going uphill.

One look at the course during a warm-up convinced me to start in the back row and forget any winning pretensions. Rich Czarapata started next to me and we brought up the rear, his wife, Mary, cheering us on. I had the feeling, as I skidded out of control around turns, that the masters ski field was more “elite” than in masters track meets, and certainly much more so than the typical 10 K road race that attracts so many joggers today.

I skied the 15 K, not without some fears, since the thaw/freeze weather conditions had made the course icy. That’s good for experienced skiers like Bill, with good downhill techniques, but bad for someone like myself who is not so experienced.

I expressed my worries to Gordon and Jessie about Saturday’s Birke. Unlike the rest of the Midwest, there was ample snow in northern Wisconsin, but a recent thaw had turned the frozen roads into slush. No news was good news.

The Birke follows a demanding course featuring frequent steep drops and sharp turns. With little snow down south, I had little time to work on technique. Returning to the Lodge, Jessie watched me ski and offered coaching advice. “Weight your outside edge on turns,” she instructed. “Get your hands out in front of you. Turn them like you’re steering a bicycle. Don’t let your inside arm drop.” And pray.

Friday I waxed my skis: purple glider for the flats, and red klister for the climbs. The klister was more “elite” than in masters track meets, and certainly much more so than the typical 10 K road race that attracts so many joggers today. I felt hopeful and outclassed by the strong Scandinavian skiers. But maybe the average jogger who jumped in a 3000 meter steeplechase race with me in the summer might feel the same.

My feeling may have been partly because nordic masters skiers allow 30-year-old athletes into their world championships. Thirty is an age at which many athletes are actually at the peak of their careers rather than declining. I ran my fastest marathon at age 32. In fact, three out of the top four finishers in the open Birkebeiner (including winner Rudi Kapeller of Austria) were master competitors.

Kapeller, age 34, works as a policeman, often bicycling 25 miles to work each day.

I finished around 4:10, nearly an hour faster than my 1982 time of 5:11, an improvement even if you consider the shortened course. Winner Rudi Kapeller hit 2:14:14.2 with Sweden’s Lars Frykberg second two-tenths of a second behind Ola Haas. I won the third three-tenths down. First American was Howie Bean of Wolfboro, New Hampshire in fifth. Jennifer Caldwell of Putney, Vermont was the women’s winner with 2:39:43 for a course eight kilometers longer than the standard running marathon distance. Skiers are generally faster than runners because their glide adds to each stride; also, they can run up a hill as fast as a runner, but slide down it much faster. Sy Mah, more experienced at skiing than I, finished a minute or two in front of me, but I informed him that I planned to catch him next year. I never saw Andberg and Czarapata after the race to discover how they did, and a computer failure prevented complete results from being distributed before I departed for home on Sunday.

The 1984 World Masters Championships in cross-country skiing will be in West Germany. Considering how far back I finished in this year’s championships, I don’t know if I’ll attend, but I look forward to as many years ahead of me skiing as running.

Janice Cole has appeared on Broadway for two years in “Children of a Lesser God.” She is deaf.
3 Months to go

COUNTDOWN
TO
PUERTO RICO

by RAFAEL SERRATI,
Administrative Officer,
V World Veterans Games

There are less than 120 days left before the opening of the V World Masters games in San Juan, and less than 30 days left before the deadline for entries on July 1st, 1983.

Competition Program:
Once again, based upon suggestions received, we have made a few minor changes in the program. We have moved the men's 5000 meter and steeplechase finals to the main stadium.

Stadiums:
The renovation work on the two secondary stadiums has begun. Necessary remodeling of the main stadium will begin in July. This work includes removal of existing synthetic track surfaces, and installation of new ones. Hence, we reaffirm again what we have mentioned in previous articles, that all the stadiums will be in top condition for the V World Games.

Minimum Standards:
At our request, WAVA officials are reviewing the suggested minimum standards for medal awards. However, we have been authorized by WAVA president Don Farquharson to announce that there will be no minimum standards required for age groups 75 and over, both men and women.

A decision should be forthcoming soon regarding standards for other age groups.

Unofficial Team Relays:
As mentioned in our program, team relays are scheduled for Saturday Oct. 1st.

These are unofficial events, sponsored by NY Masters Club, Philadelphia Masters, Potomac Valley Senior Track Club, and by the Puerto Rico Masters Association.

These relays are open to all men over 40 and women over 35, and there will be no entry fees charged.

The awards will be donated by the sponsoring organizations. Even though teams can be formed by participating clubs or countries, any four athletes can form a team. The basic idea here is for the athletes to have fun and be amicable.

Entry forms will be available during the week of the V World Games, in the secretariat office, and entries will be accepted up until 30 minutes before the actual races.

Entries:
Up to press time we had received slightly over 800 entries which is about 20% of the expected number of participants.

That means that the remaining 3,200 will be forthcoming over the next 30 days or so.

If you have made up your mind about participating, don't wait until the very last minute, send your entry form right now. This way you will be certain of making the deadline of July 1st.

Acommodations:
Again, if you have not made any arrangements for accommodations, drop us a note and we may be able to help you out. Just let us know what your needs are and your estimated budget for lodging costs.

General Comments:
The organizing committee has put a lot of hours into the planning stage of the games, with the objective in mind of providing the best facilities, environment, and best technical conditions available.

Now, all we need are the "Stars of the Show," for without you masters athletes, the games will not become the "unforgettable event" that we are hoping for. Once again, questions and comments are welcome. Just contact us at: V World Masters Games, GPO Box 336, San Juan, Puerto Rico 00936, Tel (809) 783-3113, Telex 345-0504.

by DON FARQUHARSON,
President, World Association of Veteran Athletes

I have just arrived back from a quick visit to Puerto Rico. The primary purpose of my visit was to straighten out some political considerations but I also took the opportunity to review the progress of the Organizing Committee; to make some necessary changes and to see more of the Island.

Before relating these items however, I would like to tell you the sad news of the death of Hideo Okada, Asian Representative for W.A.A. and president of I.G.A.L. We will certainly miss Hideo. Most of you, like me, probably experienced a shock when you first met him. Especially when you heard one of his impassioned and lengthy speeches in Japanese.

If you had a chance to get to know him better, as I did over the years, you realized what a kind-hearted man he was. You also realized that he was a real "character". I will long remember one evening in Christchurch, N.Z. when he treated us to some Italian Opera, some German "Lieder" and finally his rendition of "It's a Long Way to Tipperary." His service to Japanese Veteran Athletes, I.G.A.L. and the World Association has been immense.

(Continued on page 18)
Birth Certificates or Passports as proof to stress the need for photo copies of full stride and seem to have everything well in hand but are still eager to improve all aspects. Miguel Rivera who heads up the full time workers asks me to begin with. Polaroid sunglasses are a northerner take the sun in small doses of course, dress coolly and if you are the latter is by no means 100%. Above all, the question is well taken. The Spanish heritage calls for casual wear by day and a 180° view for perhaps 50 miles.

Many people have asked me what they should wear in Puerto Rico and the question is well taken. The Spanish heritage calls for casual wear by day and a 180° view for perhaps 50 miles. The opening ceremonies are being kept secret but, I am told, will prove very exciting and of a nature we have not experienced before. Don't miss them at the $5,000 seat Hiram Bithorn Stadium.

Those distance competitors who are concerned that while heats, semis and finals of all the sprints were scheduled in the main stadium (Sixto Escobar), most distance finals were scheduled elsewhere, will be glad to know that all 5,000m runs have been changed to Escobar (A). The 100m heats held at the same time will now be at Park Central (B). Likewise the 3000m/2000m steeplechase events will be at Escobar (A) while the 800m semis will be at Park Central (B). The 10,000s are unchanged as half of them are scheduled on Escobar anyway and the (C) location Poli de Portivo, is equal to or superior to Escobar except for the lack of lights. Walkers will already know that their concern for the 5000m and 20Km events would be on consecutive days has now been dealt with. The 5000m Walk will now be on September 28th. The 20Km on the 29th.

I have received a barrage of mail concerning the medal standards for the W75 class. So have Bob Fine, Ian Hume, Miguel Rivera and others. The use of medal standards for all age classes was approved by the General Assembly at Christchurch. However, some of the letters did contain valid points and so, for the Vth Championships only, I have suspended standards for W75 for more study. Although I received no requests, in order to maintain an even "keel" M75 and M80 standards will also be suspended.

The cross Country events will take place at the Commandante Race Course and an adjacent property. The race makes a circuit of the grass infield before taking a 300m road section to an area of undulating wide trails through a bush and treed area. No big hills but plenty of rolling course. A one-circuit run returns via the roads for a finishing run on the Race course. The road distance fairly well rules out spikes but the trails are likely to be quite dry and firm anyway.

The Marathon and 20Km Walk Course looks an excellent one. Starting in 5 a.m. darkness the race follows a well lit road, close to traffic westwards towards Old San Juan. Shortly after the start, an easy incline is encountered, the only undulation on the course. The race swings back eastwards on an another road past the stadium and then follows the shoreline in that direction through the Caidado area, onwards parallel with the open shoreline at which point a single lane will be closed to traffic. The race then returns on the opposite side of the road to the stadium 3/4 lap. All the expected water stations, time calls and medical services will be provided. One addition to this race will be the provision of "gates" at 25Km, 30Km, and 35Km. The results and times of the runners who decide to finish at these points will be listed in the results booklet although medals will not be awarded. Paving is excellent throughout.

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in San Juan

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**DAY**  **PORT**  **ARRIVE**  **DEPART**

Saturday:  San Juan  —  7:30 pm  —
Sunday:  At Sea  —  —  —
Monday:  Caracas (La Guaira)  8:00 am  5:00 pm
Tuesday:  Grenada  2:00 pm  7:00 pm
Wednesday:  Barbados  8:00 am  7:30 pm
Thursday:  Martinique  8:00 am  2:00 pm
Friday:  St. Thomas (St. John)  10:00 am  11:30 pm
Saturday:  San Juan  8:00 am  —

Note: Times stated are approximate and subject to change.

Call today for complete Information: Diana Schneider (212) 496-1900

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# USMITT SEPT/OCT '83 CALENDAR

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**COMPETITION**

**CRUISE**

**HOUSTON:**  
U.S. MASTERS T&F NATIONAL CHAMPIONSHIPS, SEPT. 16-18

**SAN JUAN:**  
WORLD GAMES - FIFTH WAVA, SEPT. 23 - OCT. 01

MORE THAN 45 COUNTRIES WILL BE REPRESENTED AT THE WORLD GAMES. THE DEADLINE FOR YOUR ENTRY FORMS TO BE RETURNED TO PUERTO RICO IS [JULY 1]. WILL YOU BE THERE? THE TIME* HAS COME FOR YOU TO MAKE UP YOUR MIND! IF YOU HAVE NOT RECEIVED YOUR REVISED SCHEDULE AND ENTRY FORMS, OR BOOKED YOUR SPACE, PLEASE CONTACT: **SPORTS TRAVEL INTERNATIONAL, LTD.**  
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CITY OF SAN JUAN

Dear Masters Athletes:

On behalf of the people of San Juan, I extend to you a warm welcome to the V World Masters Games here in the Capital City of Puerto Rico in 1983.

We are deeply honored to host this important international competition. The City of San Juan is making extensive preparations for the visit of more than 5,000 athletes and their families.

We hope your visit to San Juan will enable you an opportunity to become better acquainted with our city and its people. San Juan is the oldest city under the flag of the United States, combining a rich cultural heritage with the most modern of accommodations and facilities.

Most important, however, we hope your presence in San Juan will help to bring together athletes from nations around the world in a spirit of friendship and athletic competition.

Dear fellow Masters:

This is a very special occasion for me because I have the honor of being the first “Master” competitor of Puerto Rico back in 1976 and the originator of the Masters movement in the Island.

In the name of all the Masters of Puerto Rico, I extend the warmest welcome to you, the Masters (Veterans) of the world, may you feel at home and may the memory of this Games be with you forever.

MESSAGE FROM THE DIRECTOR OF OPERATIONS

Dear fellow Masters:

This is a very special occasion for me because I have the honor of being the first “Master” competitor of Puerto Rico back in 1976 and the originator of the Masters movement in the Island.

In the name of all the Masters of Puerto Rico, I extend the warmest welcome to you, the Masters (Veterans) of the world, may you feel at home and may the memory of this Games be with you forever.

Sincerely,

HON. HERNAN PADILLA
Mayor of San Juan
Patron of Games

JOSE F. MENDEZ
President
Executive Committee

ENG. MIGUEL RIVERA VEVE
Director of Operations

Director of Operations
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**SITE LEGEND:**
- A: MAIN STADIUM SIETO ESCOBAR
- B: PARQUE CENTRAL
- C: POLIDEPORTIVO
- D: CANOCOBANO
- E: SOFTBALL FIELD PARQUE CENTRAL
- F: WARM UP TRACK SIETO ESCOBAR STADIUM

**NOTES:**
1. **OPENING CEREMONIES HAVE BEEN SCHEDULED FOR SATURDAY SEPT. 24TH, 1983 AT 3:00PM TO ALLOW ALL COMPETITORS TO PARTICIPATE IN SAME.**
2. **THE STARTING TIMES AND SITES OF THE EVENTS, ARE SUBJECT TO CHANGE DEPENDING ON THE NUMBER OF PARTICIPANTS ACTUALLY REGISTERED. HOWEVER, OFFICIAL AND FINAL SITES AND STARTING TIMES WILL BE PUBLISHED AND DISTRIBUTED TO ALL PARTICIPANTS UPON ARRIVAL AT SAN JUAN.**
Women over age 50 are more likely to consider themselves in good health than any other age group, according to a survey of 15,000 readers found nearly half of women over age 50 say they're "reasonably fit." Among females 21-34, it was only 33%. The survey confirmed research by Dr. Janet Wessel of Michigan State University: "For older women, fitness means having the quality of life they want; for younger ones, the concept of fitness is stiffness," she said.

The Runners World Magazine Corporate Cup Relays are being held this month in regional sites throughout the nation. Winners will advance to the finals in Stanford, Calif., July 23-24. Membership in the Corporate Cup Association is $100 per year. Entry fees to the meets are $40 per event or $175 for a complete team. Teams are composed of full-time employees of a company.

The 1983 Masters T&F Age-Record Books, compiled for TAC Masters T&F Records Chairman Peter Mundle, will be available in approximately 30 days for $4 from NMN, PO Box 2372, Van Nuys, CA 91404.

The RRCA and the Descente clothing company are co-sponsoring a series of 10K's in regional sites throughout the nation. Winners will advance to the finals in Stanford, Calif., July 23-24. Membership in the Corporate Cup Association is $100 per year. Entry fees to the meets are $40 per event or $175 for a complete team. Teams are composed of full-time employees of a company.

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**SOUTHWEST**

- Denver Track Club 10K, Denver, CO, April 10, with 32:27. Dave Segal, 45, won in 32:27.
- Chase 10K, Houston, TX, April 17, with 31:16. Bruce Carpenter, 40, won in 31:16.
- Dallas Track Club 10K, Dallas, TX, April 23, with 32:27. Gordon Wallace, 73, won in 32:27.
- Austin 10K, Austin, TX, April 24, with 32:27. Randy Anderson, 35, won in 32:27.

**WEST**

- Christel Miller, 45, Glendale, CA, won the 10K at the San Diego 10K, March 5, with 32:27. She was the first woman in the 10K at the San Diego 10K.
- Popular thrower and multi-eventer Chuck McMahon, 67, has had three surgeries in a year and a half, including gall bladder removal, but is back and ready for this season's action.
- John Loeschner, 38, Irvine, CA, was the first finisher in the Los Alamitos Marathon, CA, March 5, with 2:29:51, for his first ever marathon win. Sue Peterson, 38, Laguna Beach, CA, won the women's race, with 3:07:38.

**NORTHWEST**

- Charles Murat, 45, Oakland, CA, walked a fast 5K split, 23:57, and the 1OK, 48:54, at the Julie Partridge 10K, May 1, at Stanford.
- Christa Rompanen, 44, Malibu, CA, prepared for her next marathon by running, among other races, a hilly Camarillo 10K, March 26, in 39:52 for 1st W/overall; the 2nd leg of a mixed open team in the Jimmy Stewart Relay Marathon, Los Angeles, April 10, to help her team to a victory over nearly 700 teams; and the Breakers 10-mile, San Diego, April 30, in 1:06:27 for 1st master and 5th W/overall.
- Totally blind Harry Cordello, 45, San Francisco, ran the 1983 Boston Marathon with a sighted partner, finishing in 3:07:39 ahead of over half of the 6000 runners. Information on competition in track and field for blind athletes can be obtained from the United States Association for Blind Athletes, 55 W California Ave., Beach Haven Park, NJ 08008.
- Steve Ouelle, a San Francisco attorney, has formed a computerized address exchange for people who have mismatched feet, or shoes. If you have a size 10 left and a size 9 right, this service will match you with someone who has the opposite arrangement, so that by contacting each other, the two of you can agree on acceptable shoes, each buy a pair, and switch the misfits (the shoes, not the feet) instead of undergoing further aggravation or expense. For more information, contact "Ille the Shoe Fitter," PO Box 11212, San Francisco, CA 94110.
- Warren Blaney, founder and director of the annual Senior Olympics in Los Angeles, has reassumed control of the 1983 T&F meet. Blaney had previously authorized masters competitor Bob Watanahe to run the 1983 T&F segment of the multi-sport event. Watanahe had lined up Dave Segal to direct the meet with the help of a solid core of experienced masters volunteers. "We had planned to put on a 1st-class meet with TAC athletes at a top track," Watanahe said, "and hoped to attract foreign athletes enroute to the nationals and the World Games. But despite Blaney's earlier OK, he has decided to retain control of the meet. As a result, Segal and the others felt compelled to withdraw their services" TAC National Records Chairperson Peter Mundie has often refused to approve potential age records set at the meet because official procedures were often not followed.
- Mavis Lindgren turned 76 on April 2. Since she turned 76, she has run 35 marathons. She holds every woman's marathon age record over 70, her fastest being a 4:12:20 last October at age 75. She recently smashed the one-hour barrier in 10K with an age-75 record of 59:56.

**CANADA**

- Ted Clark, who was an artist and member of the original Canadian Masters International Track Team of 1972, passed away on April 18, 1983.

**INTERNATIONAL**

- Veronica Weigemoed, who holds Republic of South Africa W/54 records in the 80m hurdles (15.9); the 100m (13.9); the HJ (1.23m); the LJ (4.30m); and the pentathlon (3,101), writes NMM that she plans to compete in the LA, New Senior Olympics, Sept 10-11, and the Nationals in Texas.
- Athletes at the South African Western Province Masters meet, March 26, experienced the unnerving sight of a runner collapsing after a race and not recovering. Gert Moller, a school principal from the small town of Clan-William, had won the 50-54 100m and 200m and finished 3rd in the 400m. Despite first aid by a master competitor M.O., and treatment at a nearby hospital, Moller did not recover. He had apparently suffered a heart attack in the past, and it is uncertain whether he should have competed or not. He is the first South African master-athlete to die soon after track competition.
- Willie Diaz, W/44, blasted off a 11:2 100m and a 22:2 200m in the Mayaguez, Puerto Rico, Masters Meet, April 2. Other good marks included a 2:18:800m by Luis Torres, M/55-59, Dagoberto Gonzalez's 165th discus and 49.3" shot in M/55-54, and Nydia Penas' 44.4" HJ for a W/44-46 win.


**BURL GIEST, 63, HIGH JUMPS, 5'-11"/M, SAC RELAYS.**

**SPORTSTOFO BY JOHN ALLEN.**
ON TAP FOR JUNE

Three events are set for the final weekend: the Minnesota Championships, the Hayward Classic at Eugene, Oregon, and the Eastern Regional Championships at E. Stroudsberg, Pa.

LONG DISTANCE RUNNING

For women on the move, the 5th offers the Avon International Marathon and TAC National Women's Masters Marathon Championships in Los Angeles.

The popular Grandma's Marathon in Duluth, Minnesota, goes on the 18th. The TAC National Masters & Open 100-mile Championships at Queens is a challenge on the 18th.

The weekend of the 25th finds the Cascade Run Off in Portland, Oregon, and to finish off the month is the challenge you've been waiting for in the Western States 100-mile Endurance Run at Squaw Valley, California.

MID-AMERICA


SOUTHWEST

June 4. Eldorado Master Classic, Eldorado, Texas. Jim Hardy, P.O. Box 646, Eldorado, TX 76956 (915-833-2439).


(Continued on page 25)
June 19. Masters 100 x 1 Mile Relay (attempt to break world 40+ record of 8:45.21; 515.2 per mile). Grossmont JC, El Cajon, Calif. Will Rasmussen, 619/447-8809.

June 20-August 5. All-comers T&F meets, Los Angeles area. Mon: Gardena HS; Tues: Venice HS; Wed: Birmingham HS; Thurs: Bell HS. 7 p.m. Masters competition each Wed. at Birmingham.


July 9. TAC/SPA District Masters Championships, CSU, Long Beach, Calif. Woody Studemund, 213-790-9480, or Doug Smith, 2061 Queens Park Lane, Huntington Beach CA 92646. 714-968-2112.

July 12-24. West Valley Masters Meet, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030. (Includes 18-29 division).


August 26-27. TAC, Western Regional Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030.

August 26-27. TAC. Tri-Masters Meet, Southwestern College, Chula Vista, Calif. Joe Horn, 147 Agate St., San Diego CA 92109.

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


NORTHWEST

June 16. 4th Annual Senior Sports Festival, Seattle, King County Rec. Dept., 425 S.W. 144th St., Seattle WA 98166.


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

CANADA

June 11-12. Ontario Masters Championships, Sudbury, Canada.


INTERNATIONAL


LONG DISTANCE RUNNING

NATIONAL


June 18. TAC National Masters and Open 100-mile Championships, Shea Stadium, Queens, N.Y. Vince Chiapetta, 3400 Coral Ave., Bronx NY 10463. 212/796-5189.

NEW ENGLAND


September 12. Westfield Masters 5 Mile. SASE to Walter Childs, Sr., P.O. Box 1484, Springfield, MA 01101.

EAST

June 5. 3rd International Oxford Triathlon, Oxford, Md. 2.4-mile swim, 20-mile run, 50-mile bike. Fletcher Hanik, Box 268, Oxford, MD 21618. 301-226-5494.


July 13. 3rd Annual Asbury Park 10K Classic, Asbury Park, N.J. Good masters field. (750 in ’82). Phil Benson, PO Box 2287, Ocean NJ 07712.

August 14. Empire State Games Marathon, Albany, N.Y. Open to all. Mike Abernethy, 516/474-8889.


SOUTHEAST


September 3. Charleston Distance Run 15-Mile, Charleston, WV. Tony Gallio, Box 2749, Charleston, WV 25330.

MIDWEST

June 11. Grandma’s Marathon, Duluth, Minn. Scott Koen, Box 6254, Duluth MN 55806. 218/727-0947.


MID-AMERICA

June 4. 21st Jackrabbit 15, Brookings, S.D. SDSDU, Brookings SD 57007.


WEST


June 25. Western States 100-mile Endurance Run; Squaw Valley to Auburn, Calif. Curtis Sproul, 1000 G St., Sacramento CA 95814. 916/446-6028.


NORTHWEST


CANADA

October 30. USA vs. Canada Masters Cross-Country Match, Ottawa.

INTERNATIONAL


Among the disabled are talented chefs, designers, secretaries and economists. The talent is there. Use it.

President's Committee on Employment of the Handicapped, Washington, D.C. 20210

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 2572, Van Nuns, CA 91408.

West Florida "V" Mile Relay Team, after setting new 60+ WR of 5:03.4 February 26. L. to r., Bill Esptrijt, 62; Jack Rice, 62; Bernie Ryan, 64; Dick Lacy, 72.

photo by Pat Dallman
World Association of Veteran Athletes

APPLICATION FOR TRACK RECORD

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<th>Name of Event</th>
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I hereby certify that to the best of my knowledge, the above information is correct, that the time shown on my watch was EXACTLY as shown opposite my signature.

Date Signature of Athlete

REFEREE'S STATEMENT I hereby certify that all officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge, and I recommend the ratification of the record being applied for.

What were the weather conditions?

Did you examine the Birth Certificate of the athlete?

Precise Wind Velocity and Direction

What were the weather conditions?

List order of finish and approximate distance between each finisher.

1st who was ahead of

2nd who was ahead of

3rd who was ahead of

Name of Referee | Address | Signature

FIELD JUDGES STATEMENT I hereby certify that I was an Official Judge of the above event, that the height/distance achieved was EXACTLY as that shown below opposite my signature.

Height/Distance Name of Field Judge Address Signature

TIMEKEEPER'S STATEMENT I hereby certify that, to the best of my knowledge, the above information is correct, that I ran the time listed below, and apply for the record indicated.

Time Name of Timekeeper Address Signature

STARTER'S STATEMENT I hereby certify that I was the Official Starter of the above event, that it was a fair start, and that no advantage was given to any athlete.

Name of Starter | Address | Signature

WORLD ASSOCIATION OF VETERAN ATHLETES

APPLICATION FOR FIELD RECORD

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I hereby certify that, to the best of my knowledge, the above information is correct, that I made the performance listed below, and apply for the record indicated.

Date Signature of Athlete

FIELD JUDGES STATEMENT I hereby certify that I was an Official Judge of the above event, and that the measurement was made with a steel tape by me and the other judges listed below, and that the height/distance achieved was EXACTLY as that shown below opposite my signature.

Height/Distance Name of Field Judge Address Signature

TECHNICAL MANAGER'S CERTIFICATE I hereby certify that the level and condition of the runway and/or field, and the weight and dimensions of the implement used (if any) fell within the limits prescribed by the I.A.A.F.

Type of Runway Surface Weight of Shot, Discus or Javelin

Name of Technical Manager Address Signature

REFEREE'S STATEMENT I hereby certify that the officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge and I recommend the ratification of the record being applied for.

What were the weather conditions?

Did you examine the Birth Certificate of the athlete?

Precise Wind Velocity and Direction

What were the weather conditions?

List order of finish and approximate distance between each finisher.

1st who was ahead of

2nd who was ahead of

3rd who was ahead of

Name of Referee | Address | Signature

Sponsorship is gratefully acknowledged: Arthur and Buff Messenger, Dave Hall, Hal Sanderson, Nick Pyle, Tom Talbott, Walker Pierson, Jim Manno, Claude Hills, Ernie Billups, Chuck Klehn, Bill Brobst, Bruce Springbett and Haig Bobianian.

WITH THANKS... The generous contributions from the following athletes to the 1983 TAC National Indoor Masters T&F Championships are gratefully acknowledged: Archie and Buff Messenger, Dave Hall, Hal Sanderson, Nick Pyle, Tom Talbott, Walker Pierson, Jim Manno, Claude Hills, Ernie Billups, Chuck Klehn, Bill Brobst, Bruce Springbett and Haig Bobianian.

Among the disabled are talented musicians, teachers and writers. The talent is there. Use it.

President's Committee on Employment of the Handicapped

Washington, D.C. 20210

New World and American

Five-Year Age Group Records

In this issue of NMN are the new world and American five-year agegroup records, compiled by TAC National Masters Records Chairman Pete Mundle, in coordination with the World Veterans Record Committee.

Some pending records set in 1982 have not been included because Mundle never received the official verification.

On this page are printed standard application forms for a five-year world and/or American masters track & field age-division records. While not all of the information is always needed, the more data you can provide, the easier it will be for Mundle and the World Association of Veteran Athletes Records Committee to verify the mark.

Meet directors should keep a supply of these forms — along with a copy of the current 5-year records handy at each meet. Pass them out to your track and field officials so they can fill out the form right after a new record is set.

An athlete can bird-dog the officials by carrying a few of the forms in your bag. If you set a new mark, make sure you get a form filled out and signed. Then send it to Mundle.

For a single-age record, not as much data is usually required. However, again, the more data you provide, the easier it is to verify. Particularly important are the wind velocity for points and jumps, the exact implement heights and the exact hurdle heights.

Patricia English, San Anselmo, age 30 4th in 54.15 at AVON 15K, San Francisco, April 10.

Mark Green, 52, wins 50-54 8-miler in 1:04:48 March 20 in Tiburon, Calif. photo by Gene Cohn
MEN'S WORLD AND AMERICAN FIVE YEAR AGE GROUP RECORDS AS OF JAN. 1, 1983

400 METER HURDLES (35-39) 36” (40-49) 35” (50-59) 34” (60+) 32”

400 METER STEEPLECHASE

110 METER HURDLES (35-39) 42” (40-49) 40” (50-59) 38” (60+) 36”

100 METER HURDLES (35-39) 42” (40-49) 40” (50-59) 38” (60+) 36”

400 METERS

800 METERS

1500 METERS

3000 METER STEEPLECHASE

8000 METERS

10000 METERS
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| 35-39   | CARLOS LOPES | 35 9-29-79 |
| 40-44   | FRED BURGESS | 40 9-24-78 |
| 50-54   | RAY HATTON | 50 11-25-75 |
| 55-59   | CLIVE DAVIES | 55 11-20-75 |
| 60-64   | JOHN FARRELL | 60 6-20-79 |
| 75-79   | LUIS RIVERA | 75 9-7-77 |
| 80+     | HAROLD CHAPMAN | 80 10-24-82 |

| 60+     | | |
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| 75-79   | LUIS RIVERA | 75 9-7-77 |
| 80+     | HAROLD CHAPMAN | 80 10-24-82 |

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| DISCUS THROW | (35-39) 29G (50-59) 1.68G (60+) 1.68G |

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| 40-44   | FRED BURGESS | 40 9-24-78 |
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| 55-59   | CLIVE DAVIES | 55 11-20-75 |
| 60-64   | JOHN FARRELL | 60 6-20-79 |
| 75-79   | LUIS RIVERA | 75 9-7-77 |
| 80+     | HAROLD CHAPMAN | 80 10-24-82 |

| HAMMER THROW | (35-39) 59G (50-59) 1.68G (60+) 1.68G |

| 35-39   | CLAYTON T. WILSON | 35 9-29-79 |
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| 55-59   | CLIVE DAVIES | 55 11-20-75 |
| 60-64   | JOHN FARRELL | 60 6-20-79 |
| 75-79   | LUIS RIVERA | 75 9-7-77 |
| 80+     | HAROLD CHAPMAN | 80 10-24-82 |

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### Women's World Five-Year Age Group Records as of Jan. 1, 1983

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WOMENS AMERICAN FIVE YEAR AGE GROUP RECORDS AS OF JAN. 1, 1983

LONG JUMP

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JAVELIN THROW

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This issue of NMN contains the 15K masters rankings in 5-year age groups from age 35+ for 1982 as compiled exclusively for NMN by the National Running Data Center.

To be listed, masters must have been submitted with complete race results, run on certified courses (not the National Standards Committee of TAC, not by the race director or local TAC organization), documented as having been run on the course as originally certified, and correctly timed at the finish line in order to establish accurate matching of time and place.

Runners who feel their marks should have been included but were not, should first check with the director of the race in question, not NMN, to make sure that the complete race results and supporting documentation were sent to NRDC. If in doubt, runners can direct questions to the NRDC, P.O. Box 42888, Tucson, AZ 85733, or call 602-326-6416.

Readers who want to receive the monthly NRDC News can do so by making a tax-deductible donation of $15 or more to the NRDC and being added to its mailing list. The NRDC News is not sold or available elsewhere.

The NRDC book of running records (all-time and 1982) is now available. Open and junior rankings are in Volume I ($6.95), all masters (up and down) are in Volume II ($9.95). Each volume includes rankings for seventeen events. Rankings are at least as good as last year and, in many cases, deeper. The 10K masters list for 1982 is 100 deep in 5-year groups compared with 50 deep last year. Because each volume lists all 1982 races included in the rankings, it may be used as a guide for 1983 race selection.

CLASSIFIEDS

AS A PUBLIC SERVICE to the masters community, National Master News will publish all announcements free of charge. If you are promoting a race meet, or offer a service or product or wish to place a personal ad, the rate is 25¢ a word. Payable with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

RUNNING CAMP


PERSONALS

"Mid-west master female (runner & biker) would like to write/make 35-45 white male with same interests; write S.L., Box 241014, Omaha, Nebraska 68104."
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<tr>
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<td>Betty Hite</td>
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<td>Polly Peacock</td>
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<td>Grazyna Jackson</td>
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<td>Victoria Aldrich</td>
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<td>Lila Smith</td>
</tr>
<tr>
<td>1:10:48</td>
<td>Ruth Kuyendell</td>
</tr>
<tr>
<td>1:10:48</td>
<td>Beverly Anderson</td>
</tr>
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<td>1:10:48</td>
<td>Barbara Booker</td>
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<td>1:10:48</td>
<td>Natalie Ticknor</td>
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<td>1:10:48</td>
<td>Peggy Drauglis</td>
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<td>1:10:48</td>
<td>Betty Bailey</td>
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<td>1:10:48</td>
<td>Sandra Caldwell</td>
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<table>
<thead>
<tr>
<th>15 Kilometers</th>
<th>Women 85 thru 89</th>
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<tbody>
<tr>
<td>1:14:35</td>
<td>Emily Weber</td>
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<tr>
<td>1:14:35</td>
<td>Adele Kivlevsky</td>
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<td>1:14:35</td>
<td>Peppe Davis</td>
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<td>1:14:35</td>
<td>Margaret Couhan</td>
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<td>1:14:35</td>
<td>Patricia Wheeler</td>
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<td>1:14:35</td>
<td>Rosemary Logeman</td>
</tr>
<tr>
<td>1:14:35</td>
<td>Mary Sandbo</td>
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<td>1:14:35</td>
<td>Malise Comrie</td>
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<td>1:14:35</td>
<td>Karoline Earl</td>
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<td>1:14:35</td>
<td>Mary Specking</td>
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<td>Ann White</td>
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<td>1:14:35</td>
<td>Betty Hall</td>
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<td>1:14:35</td>
<td>Mary Budge</td>
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<td>1:15:06</td>
<td>Dorothy Franklin</td>
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<tr>
<td>1:15:06</td>
<td>Polly Bailey</td>
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<td>1:15:06</td>
<td>Lucy Killen</td>
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<td>1:15:06</td>
<td>Shirley Mueller</td>
</tr>
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<td>1:15:06</td>
<td>Judith Balse</td>
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<tr>
<td>1:15:06</td>
<td>Phyllis Evans</td>
</tr>
<tr>
<td>1:15:06</td>
<td>Jan Bunge</td>
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<table>
<thead>
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<th>Women 95 thru 99</th>
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<tr>
<td>1:15:06</td>
<td>Carmen Manven</td>
</tr>
<tr>
<td>1:15:06</td>
<td>Virginia Williams</td>
</tr>
<tr>
<td>1:15:06</td>
<td>Karalee Williams</td>
</tr>
<tr>
<td>1:15:06</td>
<td>Myra Lewis</td>
</tr>
<tr>
<td>1:15:06</td>
<td>Mary Stoynes</td>
</tr>
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<table>
<thead>
<tr>
<th>15 Kilometers</th>
<th>Women 100 thru 104</th>
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<tr>
<td>1:15:06</td>
<td>Mary Manvila</td>
</tr>
<tr>
<td>1:15:06</td>
<td>Theresa Manven</td>
</tr>
<tr>
<td>1:15:06</td>
<td>Virginia Williams</td>
</tr>
<tr>
<td>1:15:06</td>
<td>Mary Stoynes</td>
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<table>
<thead>
<tr>
<th>15 Kilometers</th>
<th>Women 105 thru 109</th>
</tr>
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<tbody>
<tr>
<td>1:15:06</td>
<td>Nancy Manvila</td>
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<tr>
<td>1:15:06</td>
<td>Carmen Manven</td>
</tr>
<tr>
<td>1:15:06</td>
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<tr>
<td>1:15:06</td>
<td>Myra Lewis</td>
</tr>
<tr>
<td>1:15:06</td>
<td>Mary Stoynes</td>
</tr>
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</table>
USMITT to Help Organize Relay Teams at World Games

by DAVID PAIN

The meet officials for the World Vets Games scheduled for Puerto Rico the week of September 23, 1983 have bowed to appeals and common sense and as a result, a day of relay competition has been added to the last day of the meeting commencing Saturday, October 1, 1983.

The failure to include the relays stems from problems experienced in Christchurch, New Zealand where non-participating agitators sought to disrupt the competition because of the participation by a number of South Africans, both black and white. Following this disruption, the organizing committee sought to eliminate all aspects of nationalism in the games in order to minimize the possibility of further disturbances.

Notwithstanding the New Zealand experience, the relay, always a crowd pleaser and popular with athletes at the World Games, have been reinstated with participation by club teams or by any four athletes.

No announcement has been made as to the relays to be scheduled, but it is assumed that the 4x100 and 4x400 meters events will be contested. It is hoped that since the whole day will be devoted to relays, that the 4x800 meter event can be added as well.

As in the past, the events should be scheduled in 10-year age groupings of 40-49, 50-59, and 60 and over. It is hoped there will be enough interest displayed by the female competitors to field teams also.

Since a great number of the competitors are either not members of a track club or their club is not sufficiently represented to field a 4-person team in a single age group, our "U.S. Masters International Track Team" will offer to organize all competitors who wish to join a relay team at the World Games. An entry form for that purpose is attached below.

The structuring of the relay teams will occur during the games and the composition of our various teams will be based on performance in 100, 400 and 800 meter events.

(Ed. Note: David Pain is the founder of the national and international veterans athletic movement. His "U.S. Masters International Track Team" toured Asia and Europe in the early 70's, opening new vistas of masters athletic competition and international friendship which have grown larger by the year. After a 6-year hiatus, Pain is returning to the masters scene, and is offering to help coordinate relay teams at the World Games. It should be noted, however, that there will be no official United States masters team at the Games. Americans will compete in Puerto Rico as individuals and/or as members of a club, such as NY Masters, Shore AC, or USMITT, and as residents, but not as official representatives, of the USA. Some athletes will wear T-shirts; some club jerseys; some the TAC/USA uniform offered by TAC T&F Masters Chairman Jim Weed. Relays in San Juan are designated "unofficial," and teams, can be formed by any four athletes up to 30 minutes before each race.)

RUNNER'S WORLD MAGAZINE

CORPORATE CUP RELAYS

1983 MEET SCHEDULE

<table>
<thead>
<tr>
<th>REGION</th>
<th>DATE</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Francisco</td>
<td>May 7-8</td>
<td>Foothill College, Los Altos</td>
</tr>
<tr>
<td>Houston</td>
<td>May 21</td>
<td>Rice University</td>
</tr>
<tr>
<td>Miami</td>
<td>May 21</td>
<td>Dade College</td>
</tr>
<tr>
<td>Washington D.C.</td>
<td>May 21</td>
<td>University of Maryland</td>
</tr>
<tr>
<td>Anchorage</td>
<td>June 4</td>
<td>Bartlett High School</td>
</tr>
<tr>
<td>Minneapolis</td>
<td>June 4</td>
<td>Richardson High School</td>
</tr>
<tr>
<td>Atlanta</td>
<td>June 11</td>
<td>Lakewood Stadium</td>
</tr>
<tr>
<td>New England</td>
<td>June 11</td>
<td>Turner Falls High School</td>
</tr>
<tr>
<td>Denver</td>
<td>June 11</td>
<td>Fairview High School</td>
</tr>
<tr>
<td>Kansas City</td>
<td>June 11</td>
<td>Shawnee Mission South</td>
</tr>
<tr>
<td>Seattle</td>
<td>June 11</td>
<td>University of Washington</td>
</tr>
<tr>
<td>Los Angeles</td>
<td>June 11-12</td>
<td>UCLA</td>
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<tr>
<td>New Orleans</td>
<td>June 18</td>
<td>Bertolino Track, Kenner</td>
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<tr>
<td>Chicago</td>
<td>June 18-19</td>
<td>Hansen Stadium</td>
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<tr>
<td>Dallas</td>
<td>June 18-19</td>
<td>Jesuit Prep. HS</td>
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<tr>
<td>Honolulu</td>
<td>June 18-19</td>
<td>Kaiser High-School</td>
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<tr>
<td>New York</td>
<td>June 18-19</td>
<td>White Plains</td>
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<tr>
<td>San Francisco</td>
<td>June 25-26</td>
<td>Stanford</td>
</tr>
<tr>
<td>NATIONALS</td>
<td>July 23-24</td>
<td>Stanford</td>
</tr>
</tbody>
</table>

RELAY ENTRY FORM

To: USMITT
P. O. Box 7479
San Diego, CA 92107

Please include me in the relays for the World Vets Games in Puerto Rico.

40-49  50-59  60 & over

Address:
City/State:
Telephone:

USA MASTERS UNIFORMS

Uniform Package Includes: Sweat suit, singlet, trunks, sticker bag. Men's & women's are royal blue. Women's do not have white ribs on sleeve. Women singlet all blue no white mesh. To Order: Send check or money order made out to "Jim Weed" and send to Masters Uniforms, Jim Weed, 21417 E. 2nd Ave., Aurora, Co. 80010.

Mens $50  Womens $45 including shipping in U.S.

Circle appropriate information.

MENS  WOMENS  NAME
S  M  L  XL  TRUNKS RED BLUE
ADDRESS
CITY  State  Zip
TAC NO.
**TRACK & FIELD RESULTS**

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

**NIAGARA DISTRICT TAC MASTERS & SUB-MASTERS TRACK & FIELD CHAMPIONSHIP**
February 27, 1983
Manley Field House
Syracuse, N.Y.

**Shot Put - Men**

<table>
<thead>
<tr>
<th>SM 1</th>
<th>Stephen Suto (SCTC)</th>
<th>33.2'</th>
<th>35.7'</th>
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<tbody>
<tr>
<td></td>
<td>Barrett (SCTC)</td>
<td>31.1'</td>
<td></td>
</tr>
<tr>
<td>SM 2</td>
<td>Don Torok (GRTC)</td>
<td>31.0'</td>
<td>34.2'</td>
</tr>
<tr>
<td>SN 1</td>
<td>Tony Collins (SCTC)</td>
<td>23.8'</td>
<td>25.0'</td>
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**Shot Put - Women**

<table>
<thead>
<tr>
<th>SM 1</th>
<th>Kate Drew (SCTC)</th>
<th>27.2'</th>
<th>28.3'</th>
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<tbody>
<tr>
<td></td>
<td>Sue Sandstrom (CTC)</td>
<td>24.8'</td>
<td>26.6'</td>
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**600m Dash - Woman**

<table>
<thead>
<tr>
<th>SM 1</th>
<th>Dave Robinson (SCTC)</th>
<th>1:59.4'</th>
<th>2:01.7'</th>
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<tbody>
<tr>
<td></td>
<td>Robert Mich (SCTC)</td>
<td>1:59.8'</td>
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**400m Dash - Woman**

<table>
<thead>
<tr>
<th>SM 1</th>
<th>Mary Jane Manno (NRWC)</th>
<th>2:02.9'</th>
<th>2:02.9'</th>
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**Long Jump - Men**

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<thead>
<tr>
<th>SM 1</th>
<th>Dave Robinson (SCTC)</th>
<th>20:11.3'</th>
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<tbody>
<tr>
<td></td>
<td>William Zoeller (SCTC)</td>
<td>20:11.3'</td>
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**Pole Vault - Men**

<table>
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<tr>
<th>SM 2</th>
<th>Tim Collins (SCTC)</th>
<th>16:1'</th>
<th>16:1'</th>
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<tbody>
<tr>
<td>SM 1</td>
<td>Nick Hausemann (GRTC)</td>
<td>16:1'</td>
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**600m Dash - Women**

<table>
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<tr>
<th>SM 1</th>
<th>Kathy Pierce (SCTC)</th>
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<tr>
<td></td>
<td>Ed Pettinella (SCTC)</td>
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**1500m Run - Men**

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<tr>
<th>SM 1</th>
<th>Tim Collins (SCTC)</th>
<th>4:19.7'</th>
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<tbody>
<tr>
<td></td>
<td>Jim Levine (SCTC)</td>
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**1000m Run - Women**

<table>
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<tr>
<th>SM 1</th>
<th>Sue Sandstrom (SCTC)</th>
<th>3:46.7'</th>
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<tr>
<td></td>
<td>Evelyn Williams (SCTC)</td>
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**3000m Run - Men**

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<tr>
<th>SM 1</th>
<th>Kate Drew (SCTC)</th>
<th>12:52.5'</th>
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<tr>
<td></td>
<td>Deborah Greer (SCTC)</td>
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**New Horizons**

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<tr>
<th>SM 1</th>
<th>Stephen Suto (SCTC)</th>
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<tr>
<td>SM 2</td>
<td>Dick Murphy (SCTC)</td>
<td>9.3'</td>
<td>9.3'</td>
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**4 x 400m Relay**

| 30-39 Man | Guido, Pettinella, Torok, Rauchser | 3:57.3' |
| 40-49 Man | Shaw, McColl, Collins, Fendy | 3:50.5' |

**Central California Assoc. Masters Championships; Fresno, April 2, 1983**

| 1000 Meters Men |  |  |
|-----------------|-----------------|-----------------|-----------------|
| 1 | Josephine Hals | 16.7' | 16.7' |
| 2 | Diane Smith | 19.5' | |

| 5000 Meters Men |  |  |
|-----------------|-----------------|-----------------|-----------------|
| 1 | Shirley Stine | 15.8' | 15.8' |
| 2 | Joanne Carter | 14.2' | 14.2' |
| 3 | Morris Hogan | 15.6' | 15.6' |

| 100 Meters Women |  |  |
|-----------------|-----------------|-----------------|-----------------|
| 1 | Gloria Brown (NRWC) | 17.8' | 17.8' |
| 2 | Don Torok (GRTC) | 18.6' | 18.6' |

| 3000 Meters Women |  |  |
|-----------------|-----------------|-----------------|-----------------|
| 1 | Tim Collins (SCTC) | 17.1' | 17.1' |
| 2 | Nancy Diffo (SCTC) | 17.9' | 17.9' |
| 3 | David Strong (NRWC) | 18.6' | 18.6' |

| 4 x 100 Relay Women |  |  |
|-----------------|-----------------|-----------------|-----------------|
| 1 | Paula Beuser | 55.3' | 55.3' |
| 2 | Debbie Davis | 55.3' | 55.3' |

**Legend**

<table>
<thead>
<tr>
<th>FLGC</th>
<th>Finger Lakes Running Club</th>
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<tbody>
<tr>
<td>GRTC</td>
<td>Greater Rochester Track Club</td>
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<tr>
<td>NRWC</td>
<td>Niagara Racers Women's Club</td>
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<td>SOTC</td>
<td>Syracuse Track Club</td>
</tr>
<tr>
<td>STC</td>
<td>Syracuse Track Club</td>
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</table>

**1000 Meters Women**

| 1 | Mary Jane Manno (NRWC) | 2:02.9' | 2:02.9' |
| 2 | Dave Robinson (SCTC) | 2:01.7' | 2:01.7' |
| 3 | John Condon (SCTC) | 2:01.7' | 2:01.7' |

**4 x 400 Relay Men**

| 30-39 Man | Guido, Pettinella, Torok, Rauchser | 3:57.3' |
| 40-49 Man | Shaw, McColl, Collins, Fendy | 3:50.5' |

**4 x 100 Relay Men**

| 30-39 Man | Guido, Pettinella, Torok, Rauchser | 55.3' | 55.3' |
| 40-49 Man | Shaw, McColl, Collins, Fendy | 55.3' | 55.3' |

**New Horizons**

<table>
<thead>
<tr>
<th>SM 2</th>
<th>Dick Murphy (SCTC)</th>
<th>9.3'</th>
<th>9.3'</th>
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</thead>
</table>

**Relay 4 x 400**

| 30-39 Man | Guido, Pettinella, Torok, Rauchser | 3:57.3' |
| 40-49 Man | Shaw, McColl, Collins, Fendy | 3:50.5' |
| 50-59 Man | Ferrante, Edwards, Diffo, Iuassui | 5:03.9' |
| 60-69 Man | Buckley, More, Hackett, Johnson | 5:27.6' |
5000 Meters

1A 1. Don Trout 43 18:08.6
2. Fred Perrotto 40 20:40.1
3. John Kennedy 29 19:33.1
4. Steve Wagner 38 18:56.8

3A 1. Gary Campbell 36 18:38.5
2. Ron Book 38 18:41.9

4X100 Meter Relay

3A 1. Polignics, Burke, Mercury, Miller 1:38.10
2. Moore, Switzer, Craig, Ray 1:38.00

4A Lombard 1:38.17

1A 1. Gary Rehman 32 20.51

Pole Vault

2. R. Stone 46 18.38
3. Q. Muro 46 18.38
4. B. Burke 44 18.38

5A 1. Gary Rehman 32 20.51

Men Hammer

1A 1. James York 60 17.04
2. Bob Stone 62 16.60
3. Sam Green 57 16.34
4. Dave Douglas 51 15.72
5. Kurt Johnson 54 15.18
6. Jerry Stanners 54 14.90
7. Albert Brandt 54 14.51
8. Dave Douglas 51 14.08
9. Steve Thomas 49 14.00
10. James Hackett 46 13.97

5A 1. Gary Rehman 32 20.51

SACRAMENTO RELAYS
SACRAMENTO, CALIFORNIA
APRIL 23, 1983

Shut out

65-69 Jack Thatcher 45-0
Jim York 38-8
60-64 Bob Stone 45-0 1/2
Jim Budge 37-5
55-59 Roy Wienstrodt 30-2 1/2
Dick Nordesil 29-9
50-54 Sherrill Sears 31-3
45-49 Jim Hart 40-2
40-44 John Forsyth 28-4
30-34 Jim Lister 30-6
Garl Kelmers 30-0

Discus

75-79 Ken Cattine 100-1 1/2
65-69 Jack Thatcher 107-0
Jim McCarthy 97-7
Jim York 94-6
60-64 Bob Stone 129-0
50-54 Bob Stone 93-8
W30-34 Sandra Steep 87-8
50-54 Sherrill Sears 103-3
Al Brandt 92-9
Helen Sutton 89-9
45-49 Jim Hart 117-4
Jerry Stanners 54-1
40-44 Bob McIntyre 90-8
John Forsyth 87-11
Bob Teilette 71-6

30-34 Chris Thomas 19338

5 kilometers

40-44 Frank Krebs 1815-1
Dennis Joyce 18059
15-39 Marc Belete 17336
Mike Ackley 18544.8
Bob Higgin 2030.8
30-34 Chris Thomas 19338

1500 meters

50-54 Eamon Meledas 5131.2
40-44 Mike Holbrook 4813.5
Harvey Franklin 4816.2
34-39 George Hannah 4311.1
30-34 Curt Buff 4811.89
March Phillips 4443.7
W40-44 Aetha-Sue Lee 5421.9

30-34 Emma Eagles 5442.2

800 meters

50-54 Eamon Meledas 2343.0
45-49 Frank Krebs 2310.4
40-44 Mike Holbrook 2282.0
30-34 Curt Buff 2222.0

40-44 Mike Radev 2106.9
Bill Knocke 2121.0
39-39 George Hannah 2106.1
Dave Pova 2107.45
Richard Harris 2120.3
NORTH COAST RELAYS - April 24, 1983

Cleveland Heights, Ohio

200-400 METER RELAYS

1. Potomac Valley, Martin, Crawford, ... 1:43.54
2. West Penn...
3. Over The Hill...

800 METER RELAY

1. Potomac Valley, Martin, Crawford, ... 2:00.95
2. West Penn...
3. Over The Hill...

400 METER RELAY

1. Potomac Valley, Martin, Crawford, ... 48.45

800 METER MEDLEY

1. Potomac Valley, Martin, Crawford, ... 3:32.66
2. West Penn...
3. Over The Hill...
4.Mahon Jaguars...

35 POUND WEIGHT

1. West Penn...
2. Over The Hill...
3. Aardvark...

400 METER MEDLEY

1. West Penn...
2. Over The Hill...
3. Wallop...

400 METER RELAY

1. West Penn...
2. Over The Hill...
3. Wallop...

800 METER RELAY

1. Potomac Valley, Martin, Crawford, ... 2:00.95
2. West Penn...
3. Over The Hill...

800 METER MEDLEY

1. Potomac Valley, Martin, Crawford, ... 2:00.95
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400 METER MEDLEY

1. West Penn...
2. Over The Hill...
3. Wallop...

400 METER RELAY

1. West Penn...
2. Over The Hill...
3. Wallop...

800 METER RELAY

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800 METER MEDLEY

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2. Over The Hill...
3. Wallop...

400 METER RELAY

1. West Penn...
2. Over The Hill...
3. Wallop...

800 METER RELAY

1. Potomac Valley, Martin, Crawford, ... 2:00.95
2. West Penn...
3. Over The Hill...

800 METER MEDLEY

1. Potomac Valley, Martin, Crawford, ... 3:32.66
2. West Penn...
3. Over The Hill...
4.Mahon Jaguars...

35 POUND WEIGHT

1. West Penn...
2. Over The Hill...
3. Aardvark...

400 METER MEDLEY

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2. Over The Hill...
3. Wallop...

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35 POUND WEIGHT

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2. Over The Hill...
3. Aardvark...
100 METERS SUBMASTER 1st RACE:
1. Carroll Del Mar TC
2. Gerald Robinson
3. Mike Black
4. Steve Caminiti
5. Nolan Smith
6. Glen Johnson
7. John Harper
8. George Wong

100 METERS SUBMASTER 2nd RACE:
1. Johnson
2. Beete
3. Roberson
4. Robin Williams

100 METERS SUBMASTER OVERALL WINNERS:
1. Johnson
2. Marvin Thompson
3. Mike Black
4. Gerald Robinson
5. Beete
6. Carroll Del Mar TC
7. Gerald Robinson
8. Mike Black

100 METERS 40-49:
1. Bob Sieben
2. Fred Gallardo
3. Barney Phillips
4. Tom Miller
5. James Warren

OVERALL WINNERS FOR AWARDS:
1. Dave Jackson, Corona Del Mar TC
2. Gerald Robinson
3. Bob Sieben
4. Barney Phillips
5. James Warren

HIGH JUMP 40-49:
1. Nick Newton
2. Ray Fitzhugh
3. Ed Olson

HIGH JUMP 50-59:
1. Leon Franko
2. Dave Douglass
3. Burton Ottinger

LONG JUMP 50-59:
1. Al Henry
2. Gary Miller
3. Robert Jones
4. Roger Taupa
5. Frank Macoy
6. Ed Martin

LONG JUMP 60+:
1. Tom Patalski
2. Bill Burke

NATIONAL MASTERS NEWS JUNE 1983 PAGE 37
LONG DISTANCE RESULTS

Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91406. Please include date and city.

OKLAHOMA CITY 20K

OKLAHOMA CITY MARATHON/10K

NORTHERN MASTERS 15K

ATLANTA HALF-MARATHON

SHRINE 10K

TUCSON, ARIZONA

MARCH 13, 1983

1st Overall

John Hanken

5:19:01

2nd Overall

Arriane Appling

5:21:19

3rd Overall

Karen Cramond

5:23:59
There is no such thing as the gentle sex.

When it comes to battering the body, women runners are every bit men's equal. With each step, they send a shock wave roaring through the bones of their foot, up the skeleton to the brain—at over 200 miles per hour.

And you wonder why proper cushioning is so important? Without it, runners are flirting with stress fractures, tendinitis, lower back pain and migraine headaches.

If you're the female of the species, the best place to cool your heels may well be in our new Aurora.

It is the only woman's shoe that features the full-length NIKE-Air™ midsole.

In tests at our Sport Research Lab, we found the simple addition of the NIKE-Air midsole will automatically increase a shoe's cushioning ability a full 12 percent.

And the Aurora will take all the abuse you can dish out. Whereas most EVA midsoles can lose a good fourth of their cushioning after just 500 miles, the NIKE-Air midsole shows no loss whatsoever. Even after 10,000 miles.

We should point out, however, that this shoe discriminates on the basis of sex. It is strictly for women. Made on our new woman's curved last. Compared to its male counterpart, the Columbia, the new Aurora is more narrow in the forefoot, more trim at the instep and more snug at the heel.

Of course, that doesn't mean the Aurora is functionally superior to the men's Columbia. We don't think women want those sort of special favors.

We just want to make sure they're on equal footing.

NIKE
Beaverton, Oregon