

## ★ HIGHLIGHTS ★



# THE GUN LAP



by MIKE TYMN

See Page 6

- New List of U.S. Men's and Women's 5-year Long Distance Road Records
- Updates on:
  - Masters Sports Festival
  - 5th World Veterans Games
  - National Indoor Championships
- Schedule of 138 Events
- Results of 27 Events



# National Masters News

The only national publication devoted exclusively to track & field and long distance running for men and women over age 30

43rd Issue

March 1982

\$1.25

## Snow & Fog Slow TFA Meet

by SUE KLINE

The 1982 TFA/USA Eastern Masters Indoor championships were held at Slippery Rock State College, Pennsylvania Sunday January 31. Competitors from nine states entered, despite a snow-storm in Cleveland which prevented two-thirds of the Over the Hill team from attending and fog which prevented the Potomac Valley TC from landing at the local airport.

Thirteen meet records were broken (6 in the men's 60-plus division) and 3 new events had records established. Four very close races added to the excitement of the meet, three in the sprints and hurdles. Donnie Hardy (over the Hill) nipped Jasper Royal (Syracuse Chargers) in the 30-34 mens 50, both being caught in 5.9. Barry Kline (Western Pa TC) leaned ahead of Jim O'Hara (Garden State TC) in the 40-44 50 HH, both being tied in 8.2 in the continuing duel of two of the top hurdlers in the East. In the 60-64 50 dash, Fred Weiland and Frank Mallick both of the Western Pa TC duelled to the wire in 7.5 with Fred get-

continued on page 19

Morcom, 61, Tops All Vaulters

## Fanelli, Waters Win in Philadelphia

by PETE TAYLOR

PHILADELPHIA, January 5—Gary Fanelli, popular Philadelphia-area marathoner who led both the Boston and Olympic Trials marathons for a considerable distance before fading, is now running indoor meets with the Philadelphia Masters.

He pushed the redoubtable Jim Waters to a 4:21.1 mile tonight at Philadelphia's Civic Center (Fanelli 4:22.2). Gary then came storming back with a 9:30.7 win in the 2-mile 30-34 division.

In the mile walk, ageless Bob Mimm, 57, a former Olympian, showed he's still in fine form with a 8:02.5 effort.

In the pole vault, Boo Morcom out-vaulted the entire field of contestants with a jump of 3.68 meters (12<sup>3</sup>/<sub>4</sub>') on his 61st birthday. □

Results in back pages.



New York's Nina Kuscsik, winner of women's age 40+ division of the Honolulu Marathon (3:06:49) and holder of American age 35-39 50-mile record (6:35:54). photo by Mike Tymn

## Redfield, Miller Set U.S. Marks

New women's age-division records have been set by Susan Redfield and Margaret Miller.

Redfield, 45, of Marblehead, Mass. set a new American age 45-49 record with a time of 10:56 in a 3000-meter run Jan. 24 at Harvard. The time broke Dorothy Stock's mark of 11:35.8, set Aug. 8, 1978.

On Jan. 17 at Boston U. Redfield set a U.S. 45-49 mark with a 5:36.7 mile, bet-

tering Linda Sippelle's 1980 time of 5:38.0.

In the Perrier 10k in Los Angeles Dec. 6, Miller of Los Angeles posted a swift 39:58 to smash the official women's 55-59 mark of 41:54, set by Mary Storey in 1980.

The National Running Data Center's computer is operative, and a complete list of new long-distance age records is included in this issue. □

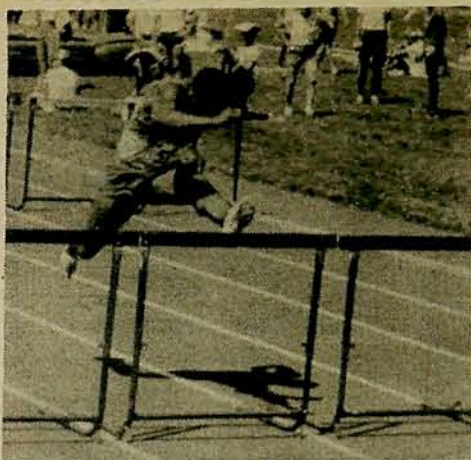
## TAC Sanctions National Masters Sports Festival

PHILADELPHIA—The Athletics Congress of the USA, Inc., has sanctioned the track and field and long-distance running competition that will be part of the National Masters Sports Festival, the country's first multi-sport Masters meet, scheduled for August 12-15 in Philadelphia. The track and field and long-distance running competition is open to all Masters age athletes. Track and field and long-distance running will be two of the 12 Masters sports that will make up the 4-day Festival, which is an official part of Philadelphia's 300th anniversary celebration. According to John B. Kelly, Jr., the Festival's chairman and first vice president of the United States Olympic committee, more than 3000 participants are expected. Masters Sports are open to adults over the age of 25, though each sport has its own minimum age. In addition to track and field and long distance-running, competition at the first National Masters Sports Festival will include swimming, cycling, rowing, diving, synchronized swimming, long-distance swimming, power-lifting, weightlifting, wrestling, and canoeing. The Festival will be staged at the University of Pennsylvania's facilities, as well as the Schuylkill River and Fairmount Park.

continued on page 11

National Masters News  
P.O. Box 2372  
Van Nuys, CA 91404





Walt Butler  
National 40-44 Hurdles Champ

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National Masters Sports Festival  
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### THAT'S INCREDIBLE

Many times spectators, including Masters athletes and their track wise families and friends, see events take place on the track and/or field which seem odd and sometimes incredible. For example, two incidents occurred at the North American Masters T&F Championships at Philadelphia's Franklin Field during the July 4th weekend which merit relating:

The first heat of the 5000m included a runner wearing long warm-up pants of the water-resistant variety. The temperature and humidity were both high and the competition was top-notch.

Overheard murmurs ranged from "Is he showboating?" to "Did he leave his running shorts or rip them doing wind sprints?" The real answer was learned from the runner the following day by me and it indicates a need for the "Buddy System" and brought back memories of Bernie Hogan's plight in the World Championship 200m dash final. The starter's gun went off without both runners in New Zealand and in Philadelphia; the only difference was that Bernie was

out of the stadium at the warm-up track and didn't hear the shot or any thing else; in Philadelphia, the shot was heard and our friend joined the runners while stripping off the warm up jacket and couldn't or wouldn't risk trying to unzip his pants during the race. He did extremely well with this handicap and he must be wondering how well he would have done in the conventional racing attire.

The other incident evoking questions from the fans was Bert Lancaster's moving down at age 53 to the 45-49 age group in the 200m finals against 1979 World sprint Champion, Lloyd Riddick and 1981 World Champion finalist, Matt Brown. While I was awaiting my heat in the 200m, Bert jogged up and confided, "I know I probably won't beat these guys, but I want to know my potential." Not a few seconds later, Matt came by and said after hearing the announcer indicate that Lancaster was dropping down, "Has he been doing better than 24 in the 200? He's got to do better than 24 to beat me!"

The gun sounded and those three were almost in perfect tandem in the middle of the wide turn. As they straightened up at the head of the stretch like motor cyclists, it was Riddick over Lancaster by two and Matt following closely. I could hear Matt's words in my mind and then he acquired that same determined look he had in the Relay race in New Zealand when the U.S. team set Championship records in both the 4 x 100 and 4 x 400



Shirley Matson, 40, San Diego, ran fastest known 10k of 1982 for women over 40 in PR 37:38, continuing rapid improvement. She's coached by Dan McCaskill, who also took photo.

racers. Matt roared past Lancaster in the closing steps to take second in 23.7 to Riddick's winning 23.4. Lancaster's duties as meet administrator took their toll as he still did a respectable 24.3 for the bronze medal. (The winning time of Lancaster's age group was 25.5.)

Don Harris  
Abington, PA

### KUDOS

Your newsletter is much treasured, especially the great 2-page article by Hal Higdon, Mike Tymn's interview with Dan Conway and stories on the progress of my own two goal-setters: Ruth Anderson and Marion Irvine.

Marilyn Leighton  
Lansing, Michigan

### SUGGESTION

As a road racer, I would like to see a bit more on this rather than T&F I think one of the best descriptions of a race was in a 1980 edition of your paper by Hal Higdon describing his own participation in same.

James Fillis  
Bronxville, NY

### NATIONAL MASTERS NEWS

43rd Issue  
MARCH 1982

#### Editor

Al Sheahan

#### Production

West Coast Graphics

#### CONTRIBUTORS

Alistair Aitken, Ruth Anderson, Leo Benning, Haig Bohigian, Rodney Charnock, Alvin Clark, Phil Conley, Bob Fine, Nolan Fowler, Bill Gentry, Jim Gerard, Spotswood Hall, Hal Higdon, Dave Jackson, Mike Jackson, Bob Martin, Wendell Miller, Wilf Morgan, Pete Mundle, Mike Tymn, Jack Pennington, Phil Partridge, Barbara Pike, Jim Scanell, Felicity Schimper, Val Schultz, Tom Sheahan, Bruce Springbett, Bill Stock, Tom Sturak, Danny Thiel, Stan Thompson, Dave Thoreson, Jim Weed.

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John Allen, Tim Bradley, Hans Bruhner, Jerome McFaden, Mike Tymn, Bob Pates, Richard Lee Slotkin.

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# schedule

Track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys CA 91404.



**August 12-15.** 1st National Masters Sports Festival. Philadelphia. 3000 athletes over age 25 compete in 11 sports. Jon Buzzard, c/o Penn Mutual, 530 Walnut St. Philadelphia, PA 19172

## TRACK & FIELD

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

**March 27-28.** Penn Mutual/TAC National Indoor Masters Track & Field Championships. Massachusetts Institute of Technology, Cambridge, Mass. 200 meter track. Entry form is in this issue. John Pistone, 186 Commonwealth Ave., Boston, MA 02116. (617) 266-4227. (617) 862-7500; 217.  
**August 6-8.** 15th Annual Penn Mutual/TAC National Masters Track & Field Championships, Wichita, Kansas. Bob Lida, 221 N. Main St., Wichita KS 67202. (316) 263-1029.

### EAST

**March 6.** Philadelphia Masters Indoor T&F Championships. Widener College, Philadelphia.  
**March 14.** TAC Eastern Regional Masters Indoor Track & Field Championships. West Point, NY. 11 a.m. Tom Talbott, 55 Frontier Rd., Cos Cob CT 06807. (203) 869-7992.  
**March 21.** Masters Sports Association Indoor Track & Field Championships, Rockland Community College, Viola, NY, 10 a.m. Jim Barber, 252 Country Club Lane, Pomona, NY 10970. (914) 354-4498.

### SOUTHEAST

**March 6.** Mini T&F Meet, Riverview High, Sarasota Fla. 9 a.m. Kent Wiley. (813) 922-3561.  
**March 13-14.** Florida State Masters and Sub-master Track & Field Championships. Riverview High, Sarasota, Florida. Kent Wiley, 2035 Constitution Blvd., Sarasota Fla 33581.  
**April 3.** Tampa Bay T&F Meet. Open and Masters. Hillsborough HS, Tampa. MDA, 3725 West Grace St., #215, Tampa FL.  
**April 24.** Mini T&F Meet, Manatee JC, Bradenton, FL. 9 a.m. Kent Wiley (813) 922-3561.  
**April 24.** Florida TFA T&F Championships, Apopka, Florida. Joe Johnston, 611 Martin St., Apopka FL 32703. (305) 886-4164.  
**May 7-9.** 12th Annual Southeastern Masters International Track & Field Championships. North Carolina State U., Raleigh, N.C. P.O. Box 5684, Raleigh NC 27680.

### MIDWEST

**March 14.** Midwest Masters Indoor T&F Meet. 8 a.m. Forest View High, 2120 Goebert Rd., Arlington Hts., Ill. Sign up race day.

**May 15.** Chicago Corporate Classic relay races. Stephanie Messick, 1423 West Fullerton Ave., Chicago IL 60614. (312) 348-1724.  
**June 19.** 3rd Annual Cleveland Track Classic, Cuyahoga CC West, Parma, Ohio. Jeff Gerson, 6509 Marsol Rd. #308, Mayfield Heights OH 44124. (216) 449-4964.  
**June 27.** T&F Open Meet, York High, Elmhurst, Ill. 7 a.m. Race day sign-up. Wendell Miller, 180 N. LaSalle, Chicago IL 60601. (312) 236-1315.  
**August 1.** Penn Mutual/TAC Midwest Regional Masters T&F Championships, York High, Elmhurst, Ill. 7 a.m. Race day sign-up only. Wendell Miller, 180 N. LaSalle, Chicago IL 60601. (312) 236-1315.

### MOUNTAIN

**March 27.** Indoor meet. Air Force Academy, Colorado. Jerry Donley, (303) 471-1650.  
**June 5, 19, July 10, 24.** T&F Meets, Aurora Central HS, Aurora, Colorado. Steve Kaeuper (303) 388-8180.  
**June 26-27.** Decathlon. Aurora Central HS, Aurora, Colorado. Jim Weed (303) 341-2980.  
**September 5.** Rocky Mountain Games, Aurora, Colo. Jim Weed, 11672 E. 2nd Ave. Aurora CO 80010.

### SOUTHWEST

**June 1-5.** U.S. Assoc. of Blind Athletes Games. Austin, Texas. USABA, 55 W. California Ave., Beach Haven Park NJ 08008. (609) 492-1017.  
**June 26.** Penn Mutual/TAC Southwest Regional Masters T&F Championships, Rice U., Houston. Jim McClatchie, 8618 Birdwood Rd., Houston TX 77074. (713) 777-43454.

### WEST

**March 13.** 5th Annual Orange Masters T&F meet, El Modena High, Orange, Calif. 11 a.m. Larry Sallinger, 203 E. Monroe, Orange, CA 92667. (714) 639-6707.  
**March 27.** West Valley Masters T&F Meet, Los Gatos, Calif. Bruce Springbett, PO Box 1328, Los Gatos CA 95031.  
**March 28.** TAC National Masters 25K Race Walking Championships, Monterey, Calif.  
**April 10.** Sacramento Masters Relays, Cal. State Univ. Sacramento, New Chevron 400 track, Ken Carmine, 704 Elmhurst Circle, Sacramento 95825.

## 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 2372, Van Nuys, CA 91404.

**May 1.** West Coast Masters T&F Classic, Visalia, Calif. Bob Higgenbotham, 1026 W. Princeton, Visalia CA 93277. (209) 732-8030.

**May 8.** 12th Annual Grandfather Games, Los Angeles. George Ker, 11401 Topanga Canyon Blvd. #17, Chatsworth CA 91311. (213) 882-8269.

**May 15.** 7th Annual Strider Relays, Los Angeles. Ann Smith, 22736 Mulholland Drive, Woodland Hills, CA 91364. (213) 348-6352.

**May 22.** 3rd Annual Redlands Masters T&F Meet, Redlands, Calif. Buzz Wagner, 1522 Margarita Dr., Redlands CA 92373. (714) 793-2638.

**May 29.** Golden State Masters T&F Meet, Porterville, Calif. Allen Nelson, Porterville College, 900 So. Main St., Porterville, CA 93257.

**May 30.** Herbert Hoover Relays, Palo Alto, Calif. Van Parish, 148 Hedge Rd., Menlo Park CA 94025. (415) 325-7275.

### CANADA

**June 12-13.** Ontario Masters Track & Field Championships, Centennial Stadium, Kitchener, Ontario. Don MacFarlane, 814 Birchwood Ave., Cambridge, Ontario N3H 2V5.  
**July 17.** Ontario Masters Pentathlon Championships, Northview Secondary School, Bathurst & Finch, Toronto. Art Rappich, 86 Gloucester St. #1105, Toronto Ont M4Y 2S2.

### INTERNATIONAL

**March 27-28.** New Zealand Veteran Games, Invercargill, New Zealand. Derek Turnbull, Sherwood Farm, Tussock Creek No. 6 R.D., Invercargill, New Zealand.  
**April 8-11.** 1st South American Veterans T&F Championships, Santiago, Chile. Gil-

berto Gonzalez-Julia, G.P.O. Box 3123, San Juan PR 00936.

**April 9-12.** Australian Veteran Games, Perth Australia. Mrs. Val Prescott, 4 Melville St., Claremont 6010 Australia.

**May 14-18.** 1st Oceania Veteran Games. Suva Fiji. Clem Green 46 Hargreaves St., Wellington, New Zealand.

**July 14-18.** European Veterans T&F Championships, Strasbourg, France.

**September 3-5.** 2nd Annual Pan American Masters T&F Championships, Barquisimeto, Venezuela (220 miles west of Caracas). Rogelio Lopez, Presidente, Organizacion Masters D.F., Apartado Correos 30484, Catia, Caracas, Venezuela, S.A.

**September 24-26.** 2nd Annual San Juan Masters International T&F Meet, San Juan Puerto Rico. Gilberto Gonzalez-Julia. PO Box 11074, Caparra Heights Station, San Juan PR 00922. (809) 765-5702.

**October 1-10.** 1st U.S./China Masters Track and Field Championships, Nanjing, Hangzhou, Hong Kong. Sports Travel International, PO Box 7823, San Diego, CA 92107. (714) 225-9555.

**December 11.** Puerto Rico Masters T&F Championships, San Juan, Gilberto Gonzalez-Julia, above.

**September 23-30, 1983.** 5th World Veterans Games, San Juan, Puerto Rico.

**May 15.** Mini T&F Meet, Manatee JC, Bradenton, Fla. 9 a.m. Kent Wiley (813) 922-3561.

**May 15.** Masters Southeastern Track Classic. Furman University, Greenville SC. Tom Malik, 104 Pinewood Dr., Greenville, SC 29651 (803) 879-4549.

**June 12.** Southeastern TAC Masters T&F Championships, Atlanta. SASE to: Ken Kirk, 3800 Stonewall Terrace, Atlanta GA 30339.

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Jesse Carrington (64) leads Cliff Pauling (399), Pete Richardson (429), and Bob Packard on 1st lap of age 45-49 800 in Nationals. Pauling won.

## Subscribe Now!

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

EVENT	ASSOCIATION AWARDED TO	DATE	SITE	CONTACT	ADDRESS	TELEPHONE
5K ROAD	COLORADO	SEP 5	DENVER	Joe Arrizola	12336 E. Kentucky Ave. Aurora CO 80012	(303)343-8504.
5K X-C	NORTH CAROLINA	NOV 26	RALEIGH, NC	Bob Baxter	800 Perdue St. Raleigh NC27609	
10K ROAD	METROPOLITAN	APR 25*	BROOKLYN	Bob Fine	77 Prospect Place, Brooklyn NY 11217	(212)789-6622
10K X-C	MIDDLE-ATLANTIC	NOV 14	PENN STATE	Harry Groves	Penn State Sports, Univ. Park PA 16802	(814)863-3147
15K ROAD	POTOMAC VALLEY	OCT 3	WASHINGTON DC	Larry Noel	105 Northway Dr., Greenbelt MD 20770	(301)474-9362
15K X-C	SAN DIEGO-IMPERIAL	NOV 27	SAN DIEGO	Ken Bernard	PO Box 80512, San Diego CA 92138	(714)488-3960
20K ROAD	PACIFIC NORTHWEST	MAR 14	KENT, WASH.	Bob Langenbach	4261 S. 184 St., Seattle WA 98188	(206)433-8868
25K ROAD	JERSEY	TBA	TBA	Harold Greenberg	PO Box 368, Westfield NJ 07091	(301)233-3106
30K ROAD	ADIRONDACK	SEP 19	ALBANY, NY	George Regan	PO Box 894, Troy, NY 12184	
50K ROAD	POTOMAC VALLEY	MAR 7	WASHINGTON DC	Sal Corrallo	5351 N. 37 St., Arlington VA 22207	(703)241-1854
50 MILE#	INLAND EMPIRE	APR 25	YAKIMA, WASH	Dick Goodman	PO Box 75, Selah, WA 98942	(509)687-7163
MARATHON#	OREGON	JUN 6	FOREST GROVE, OR	Jill Merriman	1229 N.W. 23 St. Portland OR 97210	(506)648-4212
HOURL POSTAL	PACIFIC NORTHWEST	AUG 31†	POSTAL(National)	Al Huff	18127 1st Ave. N.W., Seattle WA 98177	(206)542-2930
5 MILE ROAD	MID-ATLANTIC	@DEC 1	PHILADELPHIA	TBA		
10K FESTIVAL&	"	AUG 15	PHILADELPHIA	Jon Buzzard	National Masters Sports Festival, c/o Penn Mutual, 530 Walnut St., Phila PA19172	

#Open to all ages. Others for masters (40+) only. \*Or May 2. †Not a national championship, but part of Sports Festival.  
 @About Dec. 1, at time of TAC Convention. ‡From Sept. 1, 1981 to Aug. 31, 1982.

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**June 5.** 10th Annual CDM "Don Palmer Memorial" Relays, Los Angeles. Dave Jackson, 19103 S. Andmark Ave, Carson CA 90746. (213) 638-7125.

**June 12.** TAC Pacific Assoc. Masters T&F Championships, Los Gatos, Calif. Bruce Springbett, PO Box 1328, Los Gatos, CA 95031. (408) 354-2005.

**June 19-20.** Penn Mutual/TAC Western Regional Masters T&F Championships. Los Angeles.

**June 26-27.** Senior Olympics, Los Angeles. Warren Blaney, 5670 Wilshire Blvd., #300, LA 90036. (213) 938-5348.

**July 10.** TAC Southern Pacific Assoc. Masters T&F Championships. Cal-State LA. New tartan track.

**July 17-18.** TFA National Masters T&F Championships. Los Angeles.

**August 28-29.** 1st World Veterans Decathlon Championships. San Diego, Calif.

**October 2.** 9th Annual Santa Barbara Masters T&F Meet, Goleta, Calif. Club West., PO Box K, Goleta CA 93107. (805) 687-6323.

**NORTHWEST**

**July 30-31.** Penn Mutual/TAC Northwest Regional Masters Track & Field Championships, Gresham, Oregon. Entry forms in June and July issues.

**LONG DISTANCE RUNNING****1982 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS**

(Age 40 and over)

(See Chart)

**NEW ENGLAND**

**April 19.** Boston Marathon, for qualified runners only. Entry information from: Will Cloney, Box 223, Boston, MA 02199. Travel and hotel information from: Roadrunner Tours, 301 W. Highway 20, Michigan City IN 46360. (219) 872-7217.

**June 27.** Masters 10K, Providence RI. G. Silva, 82 Fowler St., No. Kingstown RI 02852.

**August 14.** Falmouth 7.1 mile, Woods Hole, Mass. Falmouth Recreation Dept., Main St. Falmouth MA 02540. (617) 540-4417.

**EAST**

**March 6.** Avon 20K, Alexandria, Va. Run Hers, PO box 7024, Alexandria VA 22307.

**March 7.** TAC National Masters 50K Championships, Washington DC. Sal Corrallo, 5351 N. 37 St., Arlington VA 22207. (703) 241-1854.

**March 14.** Race #3 of Manufacturers Hanover 5-Borough 5-mile Challenge. Bronx, NY. NYRRC, Box 881, FDR Station NYC 10150.

**March 14.** KangaROOS/TFA 15K National Championship, West Chester, NY. Dan Caffrey, PO Box 99, Baldwin Place NY 10505.

**March 21.** Price Chopperthon '82 30K Schenectady to Albany, NY. RRCA National Championship for Men, Women & Masters. Brenda Kelly, 49 Meadow Lane, Albany NY 12208. (518) 458-7620.

**March 21.** Run For the Arts 10K, Cheltenham PA. Phil Steel. (215) 925-2867.

**March 27.** Perrier 10K, Tavern on the Green, NYC, 11 a.m. PO Box 881, NYC 10022.

**April 4.** Perrier Cherry Blossom 10-mile, Washington. PO Box 4711, Arlington VA 22204. (703) 979-0358.

**April 25.** Penn Mutual/TAC National Masters 10K Road Championship, Brooklyn. Bob Fine, 77 Prospect Place, Brooklyn NY 11217. (212) 789-6622.

**May 2.** Trevira 10-Mile Twosome, New York. PO Box 881, NYC 10022.

**May 8.** Mount Vernon Classic, 10 miles, Washington, DC. ARRA Championship series (prize money). Don Kardong (509) 838-8784.

**May 16.** 46th Yonkers Marathon, Yonkers, NY 10 a.m. PO Box 881, NYC 10022.

**May 22.** Meadowlands 10K, New York, NY. ARRA Championship Series (prize money). Don Kardong (509) 838-8784.

**May 22.** Elby's Wheeling Distance Race 20K, Hugh Stobbs, 933 Main St., Wheeling WV 26003. (304) 232-6120.

**May 23.** Race #5 of Manufacturers Hanover 5-Borough 5-mile-run Challenge, Staten Island, NY. NYRRC, Box 881, FDR Station, NYC 10150.

**May 29.** L'eggs Mini-Marathon, New York City. Box 881, NYC 10022.

**May 30.** Tri-State Track Club Memorial Day 10K & 5K Road Race '82, 5:30 p.m., Mercersburg Academy, Mercersburg, Pa. Wayne Vaughn, 734 W. Franklin St., Hagerstown MD 21740.

**June 6.** Manufacturers Hanover 5-Borough Championship. Queens. Box 881, FDR Station, NYC 10022.

**June 12.** Long Day's Journey Into Night 24-hr relay, Delhi, NY. 36½ Main St., Delhi NY 13753.

**July 3.** Pepsi 10K National Championships, New York City. Box 881, NYC 10022.

**October 24.** New York Marathon. Box 881, NYC 10022.

**SOUTHEAST**

**March 6.** KangaROOS/TFA National Half-Marathon Championship, Atlanta. Atlanta TC, 3097 Shadowlawn, Atlanta GA 30305.

**March 13.** River Run 15K, Jacksonville, Fla. P.O. Box 515, Jacksonville FL 32201. (904) 353-3669.

**March 14.** 4th Annual F&M Bank Colonial Half-Marathon. Williamsburg, Va. Roy Chernock, PO Box 399, Williamsburg VA 23187. (804) 229-3111.

**April 3.** Avon 10K, Atlanta. Bob Brennan, P.O. Box 13091, Atlanta, GA 30324.

**April 4.** Crescent City Classic 10K, New Orleans. Mac DeVaughn, 5242 Magazine St. New Orleans LA 70115. (504) 895-4705.

**May 8.** Avon 10K, Knoxville. Box 19818, Knoxville TN 37919.

**May 9.** Southeastern Masters International Marathon, ½ marathon, 10K and 20K Walk, Raleigh N.C. P.O. Box 5684, Raleigh NC 27650.

**May 31.** NIKE Masters Grand Prix Series. Cotton Row 10K Run, Huntsville, Alabama. Ron Morris, 13008 Camelot Dr. Huntsville AL 35803. (205) 881-4462.

**July 4.** Peachtree 10K, Atlanta. Royce Hodge, 3224 Peachtree St. N.E. Atlanta GA 30305. Limited to 25,000.

**MIDWEST**

**March 27.** Chicago Corporate Classic distance races. Stephanie Messick, 1423 West Fullerton Ave, Chicago IL 60614. (312) 348-1724.

**April 4.** South Dakota National Postal TAC one-hour run with 2 hour option and 10-mile option, Sexauer Track, 9 a.m., Brookings, SD. (605) 688-5526.

**April 18.** RRCA 15K Northern Regional Championship, St. Louis. (Kiener Plaza, 10 a.m.). Free health screenings before and after race. Tom Eckelman, St. Louis Track Club, P.O. Box 2956, St. Louis MO 63130.

**April 18.** 13th Annual Longest Day Marathon, Certified. Brookings, SD. (605) 688-5526.

**April 25.** Avon 10K, Kansas City. Jo Doherty, P.O. Box 4034, Overland Park KS 66204.

**June 5.** 20th Annual Jackrabbit 15, Brookings, S.D. SDSU Track Office, Brookings SD 57007. (605) 688-5526.

**June 19.** Grandma's Marathon, Duluth. P.O. Box 6234, Duluth MN 55806. (218) 727-0947.

**August 14.** Chicago Corporate Classic 5K & 10K. Stephanie Messick, 1423 W. Fullerton Ave, Chicago IL 60614. (312) 348-1724.

**August 28.** Bobby Crim 10-mile, Flint, Michigan. 126 Rowe Hall, Central Michigan U., Mount Pleasant MI 48859. (517) 774-3102.

**August 29.** Midwest Masters 25K Open Road Championships Lake Bluff Jr. High, Rt. 176 & Sheridan Road, Lake Bluff, Ill. 7 a.m. Sign up race day. Wendell Miller, 180 N. LaSalle St., Chicago IL 60601. (312) 236-1315.

**SOUTHWEST**

**April 3.** Pepsi Challenge 10K, Tulsa. (918) 743-8586.

**May 8.** River Run 10K, Tulsa, 56th & Riverside, 8 a.m.

**WEST**

**March 21.** Mercury-News 10K, San Jose, Cal. Karen Storey, Mercury News, 750 Ridder Park Dr., San Jose CA 95190.

**March 27.** ARRA Championship Series (Prize money) 10K, Long Beach, Calif. Don Kardong. (509) 838-8784.

**March 28.** Los Angeles Marathon. James Gilbert, 200 N. Main St., Muny Sports, 13th Floor, Los Angeles CA 90012. (213) 485-4871.

**April 11.** NIKE Masters Grand Prix, Norman 1 amenaha 15K, Honolulu. Valdemar Schultz, 3900 S.W. Murray Blvd., Beaverton OR 97005. (503) 641-6453; 504.

**April 17.** 5th Annual YMCA/Orange County Marathon, point-to-point from Featherly

Park to Huntington Beach, 7:30 a.m. Dave Harding, PO Box 2567, Newport Beach CA 92663. (714) 642-9990.

**May 1.** 4th Annual Laguna Niguel 10K Fun Run, Laguna Niguel, Calif. Julie Sweany (714) 831-9622.

**June 6.** Avon Women's International Marathon, San Francisco. Len Wallach, 1060 Continentals Way #104, Belmont CA 94022. (415) 593-2788.

**NORTHWEST**

**March 14.** Penn Mutual/TAC National Masters 20K Road Championships, Kent, Wash. Bob Langenbach, 4262 S. 184 St., Seattle WA 98188. (206) 433-8868.

continued on page 11

**On Tap for March****TRACK & FIELD**

The big event for March is the annual Penn Mutual/TAC National Indoor Masters Championships in Boston on the 27th & 28th. The starting times printed in February's *NMN* have been changed to 3 p.m. on both days. An updated entry blank is in this issue.

Leading up to the big one are seven major meets. The Philadelphia Masters Indoor Championships will be held at Widener College on the 6th.

Four big meets are set for the following weekend. On the 13th, the 5th Annual Orange Masters meet goes in Southern California. The Florida Masters Championships in Sarasota is a two-day affair. On the 14th, two major Penn Mutual/TAC Masters Indoor Regional Championships are scheduled: the Eastern in West Point, NY and the Midwest in Chicago.

The 21st sees the Masters Sports Association Indoor Championships in Viola, NY, with a West Valley meet in Los Gatos, Calif. on the 27th for those who don't make the trip to Boston.

**LONG DISTANCE RUNNING**

Activity picks up this month with two National TAC Masters Championships: the 50K in Washington on the 7th and the Penn Mutual/TAC 20K in Seattle on the 14th. An entry form is in this issue for the 20K.

Other races of note include the TFA national half-marathon in Atlanta on the 6th, a Masters 15K in Vancouver on the 7th, the River Run 15K in Jacksonville on the 13th, the Colonial ½ marathon in Williamsburg, Va. on the 14th and the TFA national 15K in West Chester, NY on the 14th.

There's a USA/Canada Masters 15K in Seattle on the 20th, and the popular Price Chopperthon 30K from Schenectady to Albany, NY on the 21st. The San Jose Mercury News 10k is also set for the 21st.

On the month's final weekend, you can run for money in the ARRA pro race in Long Beach, Calif. If you like crowds, you join 75,000 others for the world's largest race, the Auckland New Zealand "Round the Bays" run. The Los Angeles Marathon goes on the 28th, as does a masters 15K in Seattle.



# 1982 Penn Mutual/TAC National Indoor Masters

## Track & Field Championships

Saturday and Sunday, March 27-28, 1982

Massachusetts Institute of Technology, Cambridge, Massachusetts

Sponsored by the Penn Mutual Life Insurance Company

Sanctioned by the New England Association of the Athletics Congress

and by the Athletics Congress Masters Track & Field Committee



### SITE

Massachusetts Institute of Technology, Cambridge, Mass. On Amherst St. off of Massachusetts Ave. in Athletics Center.

### ELIGIBILITY

The competition is open to all men and women age 30 and over. Your age group is determined by your age on the 1st day of the meet. All members of a relay team must be registered in the same club. Unattached teams may run, but not count in official results.

### AGE DIVISIONS

All divisions will be 5-year groups (except for relays, which will be 10-year age groups) as follows: (M=Men; W=Women)

M30 (30-34)	M50 (50-54)	M70 (70-74)
M35 (35-39)	M55 (55-59)	M75 (75-79)
M40 (40-44)	M60 (60-64)	M80 (80-84)
M45 (45-49)	M65 (65-69)	M85 (85+)

W30, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80, W85+.

### COMPETITION IN AGE DIVISIONS

An athlete may compete in a younger age division, but not in an older division. If an athlete competes in a younger age division, that athlete must compete in that age division in all subsequent individual events (relays excluded).

Order of competition in all events, including field events: women first, oldest to youngest. Where trials are involved, that age division moves to the end of order competition. Combining of age groups will be avoided whenever possible. The meet director has authority to request proof of age.

Use of blocks and stance is discretionary by the competitor.

### PRIZES

National championship medals will be presented to the first 3 place finishers in each individual event, and 1st and 2nd place in each relay division. National certificates to 4th thru 6th places. Championship patches for all events. \$2000 in merchandise prizes.

### FEES

\$4 per event, no refunds. No post entries. \$16 for relay teams.

### DEADLINE

Saturday, March 20, 1982

### FACILITIES

200-meter tartan track with 6 lanes. 1/4" spikes recommended. Locker and shower available.

### RELAYS

Relays will be run in each 10-year division: 30-39, 40-49, 50-59, 60+. Higher division runners may run in lower division relay, but not vice-versa. Teams may enter anytime before start of race. Entry fee \$16.

### T-SHIRTS

T-shirts with a distinctive race logo are available for \$5. Funds from the T-shirts will go to defray the cost of the meet.

### HURDLES

Hurdle spacing will be 15 yards to 1st hurdle; 10 yards between each hurdle. (Exceptions: women, and men 70+: 42'7 3/4" to 1st hurdle; 27'10 1/2" between each hurdle).

Heights	Men	Women
30-39	39"	30"
40-49	36"	30"
50-59	33"	30"
60+	30"	30"

Higher heights may be run by an individual at the meet director's discretion.

### IMPLEMENTS

One indoor implement (used on artificial surfaces) will be supplied for each age division. A weights-and-measures official will be on hand.

Shot	Men	Women
30-39	16 lb.	4 kilo
40-49	16 lb.	4 kilo
50-59	12 lb.	3 kilo
60+	8 lb.	3 kilo

### MEET HEADQUARTERS

Howard Johnson's, 575 Memorial Dr., Cambridge, MA 02139. (617)492-7777, 1/2 mile from campus.

### HOUSING

Special meet rate at Howard Johnson's (above). Single \$45; Double \$55. Mention the meet. There are many other hotels in the Boston-Cambridge area. Hotel info will be sent on request. Please include SASE. The Howard Johnson's in Newton (617) 969-3010 is offering a room for \$50 with unlimited persons. It's 5 miles from the campus with direct MBTA bus transportation available.

### PUBLICITY

Please send newsworthy info on your past performances with your entry. Also enclose an SASE of your local newspaper, marked: "Attention, Sports Editor." We'd like to spread the good news.

### SCHEDULE

SATURDAY, MARCH 27, 1982

3:15 pm	35 lb. Weight Throw
4:30 pm	Long Jump, Pole Vault
5:45 pm	55 meter hurdles - trials & finals
6:45 pm	55 meter dash - trials & finals
7:45 pm	3000 meter walk (M45, M40, M35, M30)
8:15 pm	500 meter run
9:00 pm	1500 meter run

SUNDAY, MARCH 28, 1982

11:00 am	Buffet at Howard Johnson's
12:00 n	Meeting
3:00 pm	Triple Jump, High Jump, Shot Put
3:15 pm	3000 meter walk (Women, Men 50+)
4:00 pm	3000 meter run (Women, Men 50+)
4:45 pm	1000 meter run
5:30 pm	300 meter run
6:30 pm	3000 meter run (M45, M40, M35, M30)
7:15 pm	1600 meter relay
7:45 pm	3200 meter relay

clip and mail

OFFICIAL ENTRY: 1982 PENN MUTUAL/TAC NATIONAL INDOOR MASTERS TRACK AND FIELD CHAMPIONSHIPS

Please enter me in the following events: Event: \_\_\_\_\_ Best Mark: \_\_\_\_\_ Event: \_\_\_\_\_ Best Mark: \_\_\_\_\_

(List recent best performance for seeding purposes)

Event: \_\_\_\_\_ Best Mark: \_\_\_\_\_ Event: \_\_\_\_\_ Best Mark: \_\_\_\_\_

Name \_\_\_\_\_ Club \_\_\_\_\_ Age (day of meet) \_\_\_\_\_

Address \_\_\_\_\_

TAC Card Number \_\_\_\_\_ Age Division \_\_\_\_\_ Sex \_\_\_\_\_ T-shirt size (circle) S M L XL

### WAIVER:

In consideration of your accepting my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Massachusetts Institute of Technology, the Athletics Congress, the New England Association of TAC, Penn Mutual Life Insurance Co., Nike and all sponsors of this event, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the Penn Mutual/TAC National Indoor Masters Track & Field Championships held March 27-28, 1982 at the MIT Athletics Center in Cambridge, Mass.

Date \_\_\_\_\_ Signature \_\_\_\_\_

Please make check payable to National Masters Championships and mail to: JOHN PISTONE, 186 COMMONWEALTH AVE., BOSTON MA 02116. (617) 266-4227; (617)862-7500;217.

DEADLINE: MARCH 20, 1982. NO POST ENTRIES







# THE GUN LAP

by MIKE TYMN

## Putting a Yardstick to the Generation Gap

Yes, folks, there is a generation gap, and you can blame it on the older generation.

The gap is so real that it can actually be measured. It figures out to 10 yards and 8 inches, give or take a fraction. That's how much short of a mile the high school 1,600 meter track event is.

The mile, once the glamour event of track and field, is a thing of the past. Oh, the big boys—Coe, Overt, et al, run it now and then as a special feature, but as most readers probably know by now, it is no longer a standard event. This is the result of the international move to the metric system.

The high schools changed over to the metric system a couple of years ago, although they deviated from the standard metric distances of 1,500 meters and 3,000 meters by adopting the 1,600 in place of the mile and 3,200 for the two mile.

It may seem like an insignificant change to some people, but for a track purist and "stat" freak like myself it is cause for great distress and concern. Running 10 yards short of a mile and 20 yards short of two miles is tantamount to a man driving off from the lady's tee on a golf course.

More analogous perhaps, pulling up 10 yards short of a mile is like playing basketball without a net on the hoop. The real thrill of basketball comes at the moment of the "swish" of the ball in the net. It's that little curl of the net around the ball that completes the harmonious act that has led up to it. Likewise, the

thrill of the mile is in running four complete laps of the quarter mile track and measuring yourself against all of the others who have done it over the years. Taking away those 10 yards from the mile has taken the "swish" out of the event.

When the major league baseball season was extended from 154 games to 162 games a couple of decades ago, it caused a real dilemma as to how to handle records. We still don't know who the all-time one-season home run king is. Is it Roger Maris with 61 four-baggers in 162 games or Babe Ruth with 60 in 154 games. The asterisk is a bane to the statistician.

The state high school record in the mile here in Hawaii is 4:11.1, set by Kurt Mench in 1970. What happens if some kid comes along and records a 4:11.0 for 1,600 meters? Will he be the new record holder, even though he ran some 10 yards short of a mile? Or will he have to run the 1,600 in 4:09.6 to break the record, taking into account the approximate 1.4 seconds necessary to cover the extra distance at that pace?

In recent years, the goals for top high school competitors has been 4:30 in the mile and 10:00 for two miles. Today, with the distances shortened, the goals remain the same. Is it any wonder that today's kids are spoiled? They get the same returns for doing less than we did.

Think of the poor father who ran a 4:31 mile in high school, outdone by his son with a 4:29.9 1,600. Bad enough that old dad had to run on a dirt track in heavy old-fashioned spikes and with little training technology. Now he has to spot the brash kid 10 yards.

Too bad the Democrats aren't still in control. They'd probably appoint a commission to study some of these problems.

The culprits in all of this are some older generation folks who make up what is known as the National Federation of State High School Associations (NFSHSA). I've never met any of them, but I'm willing to bet that they smoke cigars, have pot bellies, and have never competed in the mile. No person who has experienced the beauty and harmony of the mile would desecrate it so by doing what they have.

On the other hand, maybe you have to give them some credit. The old fogies could have completely bastardized the mile by adopting the standard distance of 1,500 meters, the so-called "metric mile," which is 119½ yards short of a mile.

While the 1,500 has been a standard Olympic distance since the first modern games in 1896 and has been run internationally more than the mile, it has never been as popular with runners as is the mile. You come across young college runners today who say they have a mile in such and such a time, when in fact they have not. What they mean is that they have gone 1,500 meters in an equivalent time. Most of them add only 17 seconds, a world-class time conversion. They forget that the conversion factor goes up as the times get slower. Poor dad gets the short (or long?) end of the stick again. The point is though that even today's college runners like to think of themselves as "milers."

Apparently, the NFSHSA members decided on the 1,600 as something of a compromise between the mile and the 1,500. In a way it makes more sense than 1,500. The standard metric distances double (100m, 200, 400, 800) until they get to the 1,500. Exactly why that is, I haven't been able to find out. Anybody out there know?

Why did we have to change masters events to the metric standards? It's not like we have to acquaint ourselves with the Olympic distances. There was a time when I would examine all of the results of a track meet and I could appreciate a 6-foot-2 high jump or a 50 foot shot-put. Now when I see 2.8 meters or 28.2 meters I have only a vague idea as to the quality of the marks. I doubt that I'll ever learn to think in meters and I know many others who feel the same way. Maybe the generation that grows up with meters will better grasp them, but much will be lost in the interim.

Why couldn't we just leave things alone? The mile made sense. It is derived from the ancient Roman measure of 1,000 strides or 2,000 paces. There is so much history and tradition connected with the mile that will now be lost.

So what if we have to go metric? We still use Roman numerals now and then. To my knowledge there are no plans to change the length of the football field from 100 yards. Horses will race a mile in what is known as the "sport of Kings."

Why can't we just make the distance 1,609.34 meters and give it a real fancy short name...like "the mile"? □



Mel Elliot (417), Los Angeles, turns for home in 800 meter run.

photo by Maurice Wilson

## AGE GROUP TIME STANDARDS

Booklet includes Men's and Women's Time Standards for-

- Each year of age 9-18 and 33-65
- Open class
- Sprints to Marathon
- Meters and yards/miles

CONVERT YOUR TIME RUN TO PERFORMANCE LEVEL (%)  
FIND WHETHER OR NOT YOU ARE IMPROVING WITH AGE

20 page booklet lists 1982 Time Standards, including explanation & uses of the Performance Measuring System.

To order 1982 Time Standards booklet send \$2.50 to  
Dr. Track, 5130 Nebraska Ave NW  
Washington, DC 20008

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_



## Dear Magazine Editor . . .

Your renewal notice came the other day. I've been having a hard time deciding what to renew and what to let go by the boards this year. Times are tougher. The savings & loan business is the pits. For the first time ever (25 years) I didn't even get a token raise this year. Something has to give.

I added everything up and tried to assess all the running related stuff I presently subscribe to. It looks something like this:

### *Running Times* \$12.00

A sincere magazine. Doesn't always come thru in the articles with what is promised on the cover, but that's show biz. They try hard and I'd probably end up buying it anyway.

### *Runner* \$15.00

Definitely put out by a bunch of pro's with a hefty bankroll. They don't mickey mouse around too much. Their interviews are definitely world class. Got to go with this one also.

### *Runners World* \$15.00

What can I say? I've been a loyal subscriber since the beginning. They kept me going when no one else cared. Unfortunately their elevator no longer goes all the way up and

I am caught with a paid up subscription through 1985. Bob Anderson ought to follow Jim Ryun's lead and move back to Kansas and go with "Distance Running News" again. I'd have a hell of a lot more respect for him if he did.

### *Running* \$10.00

Don't be fooled by the price. They only publish every other month. Showed a lot of early promise but then Nike bought it out and now it's like one of those travel magazines you pick up on airlines. I mean I don't really get into a whole issue devoted to all those Chinamen running. And Gordon Liddy on the cover. Another West Coast freakout situation. Here again I'm stuck though. Sent in my check too early again.



Leo Benning, Cape Town, hosted visiting athletes on South Africa tour.

### *Ohio Runner* \$7.00

Another infrequent publisher, but it's a must to get the dope on races throughout the state. No way I can cut them off the list. I might miss (God forbid) the Amanda 5 miler or the Chillicothe 10K!

### *National Masters News* \$12.00

Monthly, devoted to mostly West and East coasts—a lot of Masters track, virtually nonexistent in Ohio. Still you haven't really been born again until you have read Wendell Miller's column. Heady stuff and required reading. Besides I send them race results and stuff and they put my name on the byline.

### *Track & Field News* \$15.50

Another world class publication. I've been with this one since the early 60's. It's a shame they aren't bigger as in recent years they have had great coverage of the roads. This would probably be the last to go.

### *Sports Illustrated* \$36.00 (general interest)

I don't know why I stick with this one. They're in real trouble with me, especially after coming up with Sugar Ray Leonard as Sportsman of the Year. Here again I go back a long way. Was a charter subscriber and saved every copy. When I came back from the army Mother had thrown them all away. Probably ought to buy this at the newstand as more and more I am less interested in anything but Kenny Moore's stuff. It will be tough to break off though. I'll probably renew and forego buying any shoes for a while. At least until half of my nine pairs are worn a little more.

**Total \$125.50**

Well there it is. When I think about whether all this junk is really necessary just to go out the door every day for a run it really blows my mind. Check enclosed, Jim Gerard Centerville, Ohio



David Lawyer winning 200 meter run in 1st San Juan Masters T&F Championships.



## 50 Masters Tour South Africa

by BOB BOAL

Four Americans—Marilla and Earl Salisbury, Ozzie Dawkins and myself—were among about 50 who competed in a series of masters track and field competitions in the republic of South Africa from December 12 to January 6.

More than half were from Germany, a dozen from Chile, 2 from the Netherlands, 4 from New Zealand and 2 from Australia.

We experienced incredibly generous hospitality on the part of many individuals. We covered some 6500 km in very comfortable buses. We saw great contrasts in landscape, foods, customs and activities.

Since our last visit in 1976 progress has been made in moderating racial oppression. Many more blacks have qualified and been accepted in skilled positions. I saw a black motorcycle cop, well armed and with authority to arrest whites. Athletics continues to provide the opening for joint activities. The Boxing Day Games in Paarl, which we integrated in 1976, continues to admit blacks in the stands as well as in competition.

I was able to visit with many South Africans who participated in the 1980 Pan American Games in Los Angeles. We vowed to have a reunion in 1983 in San Juan. □

Results in future issue.

by EARL SALISBURY

Masters athletes from many countries competed in 4 different track & field meets in Johannesburg (Jo'burg), Cape Town, Oudtshoorn and Durban. All foreign visitors paid their own air fare to Johannesburg, but our gracious hosts provided the two 40-passenger buses, and made all the arrangements in advance of itinerary, sleeping accommodations, and all the many details involved in running 4 track meets.

Our thanks and applause to Dr. Burger, Aletta Ten Tusscher, Monty and Mrs. Hacker and the two bus drivers for a very good job of shepherding such a diverse group of people.

We spent a week at Wits University in Jo'berg, visited Pretoria, and saw the world's deepest operating gold mine. We spent a day at the Kimberley diamond mines, saw the wine producing areas around the Cape and visited the ostrich farms at Oudtshoorn.

We experienced the Cango caves, enjoyed beautiful mountain and seashore scenery, and witnessed many kinds of animals, from ants to elephants, in Kruger National Park.

In the meets, both distance and time handicaps were given older competitors when competing in the same event.

Leo Benning deserves special mention of his kindness during our Christmas stay in Cape Town. □

**Price Chopperthon '82**  
**30 Kilometers (18.6 miles)**  
**Schenectady to Albany, N.Y.**  
**Sunday, March 21, 1982**  
**at 10:00 A.M.**

**RRCA National Championship**  
**for Men, Women & Masters**

Sponsored by Price Chopper and directed by  
Hudson-Mohawk Road Runners Club

- Free clinic featuring Jeff Galloway, Saturday evening March 20.
- Entry fee \$4. Singlets for first 1000 entrants.
- Free housing available for runners travelling over 150 miles.
- This flat, certified course is one of the fastest in the nation.

For information and entry form send SASE to:



**Brenda Kelley**  
**49 Meadow Lane**  
**Albany, NY 12208**  
**(518) 458-7620**





## A Rose is a Rose is a Rose, etc.

Man and/or woman does not live by run alone. No question about it, a certain embellishment is required. Doing, for instance, can be your embellishment. You know: I'm doing Boston, I'm doing Honolulu; we've talked about that before. Gear, of course, can be a compelling embellishment: Oh Lyle, these puce tinted glasses are so beautiful with my new leg-warmers. Anger can also be a great embellishment: I will never shot put again, God dammit, until they decide, once and for all, how high the hurdles are supposed to be. And furthermore, why do they (hurdles), have to be white? Why not orange? Or mauve?

As for my current embellishment, I'm very much into poetry. My favorite books are two collections of fitness poems. *A Rose is a Rose is a Rose, etc.* and *After Infinity What?* The latter is an extremely convincing study of poetry as the only documented way to be at one with the universe, and at the same time, avoid dehydration.

As presented in an earlier column by this writer, or as they used say on radio, McDonald Miller filed this report from Katmandu, Nepal. Regardless, almost anyone with a college education, as well as all educated people, can quote Shakespeare with ease. You know, "Quoth and Raven—Nevermore," and all that kind of stuff. George Sheehan has made an obscure Spanish poet as much a part of our bedroom activity as pronating. Personally, I never used to go much for sweaty poetry. The best I ever read was Rush Jacobs and I always had to keep an eye on him because after all, he is a sprinter. My wife over the years has undertaken this one-woman responsibility of keeping me in contact with the liberal side of the arts and poems fall roughly



## On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

into this area. It occupies serious time each day and keeps her on the edge of the Human potential, coalition, planetary global family lifestyle, the Ying and the Yang, let alone reading the whole earth catalog and Brain/Mind Bulletin.

Whatever, back to poets. I was into the *Aquarian Conspiracy* the other night (I mean really into it, It's taken me two years to hit page 42), when I ran across that old philosopher, middle distance runner/poet Miguel De Unamuno, calling attention to our great sport. "It is despair, and despair alone, that begets Heroic hope, absurd hope, mad hope." I guess that pretty much sums it up for everything over 200 meters. How could Ted Hayden ever have said, "The big problem with Runners is they are 1.8167 brain"?

Remember Red Sanders? Red was born in Tennessee, died in California and in between, was a great poet. He also coached football at UCLA and gained international fame as a ladies man/two handed drinker and man of many poems. No Gentleman Jim O'Neil mind you,

but a serious student of the art. I'm always reminded of the time Red, after an evening of too much booze, too many women and one too many Ol' Boy poems about Tennessee, was arrested for public drunkenness, disorderly conduct and disturbing the piece. By the time a friend had gone Red's bail and his two lady friends', the press had shared the entire evening with the world, including every sordid detail of Sanders' latest debauchery. By the time Red got out of jail, he barely had time to get over to a hastily called meeting of the University Board of Regents. There, they would decide, once and for all, what to do with this public nightmare. Get the setting? Eight or ten Harrumphs, sitting around the conference table, each with the meanest looking, "this time you've gone too far" expression on his face. In walks Red, bleary eyed and shaky for sure, but never without a line: "Boy, do I feel good since I quit drinking!" I suppose that is free verse, but in any language, it's poetry Man!

I personally am not much into the actual writing of poetry. I have been working however, on relevant titles for poems I'll write during future fun runs. The expression "Fun Run" sounds so good, doesn't it? Oh well, that's another subject for another time. A person does not just sit down and write a poem. Poems are not tabulating marathon race results or some silly, "This I Believe" endeavor. Poems are heavy. A poet needs a thought, a feeling that he nurtures and embellishes upon. Let me give you an example.

Poem: "Banzai Your Pet"

Embellishment: Long Jumping In the Great Cat Box In The Sky

Poem: "Guilt Without Sex"

Embellishment: Tex-Mex Chili and Other Hot Numbers (free verse)

Poem: "You and Your birthmark"

Embellishment: The Real Reason for Danskins

Poem: "The Primal Shrug"

Embellishment: Lactic Acid and Other Fine Blows

Poem: "Bio-Feed Back and How To Get Rid Of It"

Embellishment: Me and Your Walkman

Poem: "Run and Jump Your Way to Regularity"

Embellishment: The Marathon Movement

Get the idea? Poems present a certain freedom all of us want but only a select few actually need. There is drama, pathos and unseen meaning in nearly every line. When I read that John Keats never read "Ode To A Grecian Urn" without crying, I feel I should probably cry myself. Why? I mean, how with it can I be? I'm into fitness, I'd give anything for a Mercedes, I'm trying hard to convince myself "Chariots of Fire" was a good movie. Could I possibly be so in—I'm out?

## Report From Australia

by JACK PENNINGTON

It's 100 degrees here. The main part of our track season is underway, culminating at Easter.

Give a big welcome to Jack Stevens when he turns up at Wichita for the U.S. National Masters T&F Championships in August. He's a 65-year-old former Australian 880-yard champ. He just ran 400m in 62.2 (a new WR, if verified). He attempted a world best for 800m, but blew it. His 1st lap was 66, so he had no pace judgement. But he should have that time down to 2:20 by August. (WR is 2:23.)

Wal Sheppard is training well at 60m per week and expects to shade the M60 800 record any time now. (Sheppard had 4-bypass heart surgery last year). □



Margaret Fee, Englewood, Colo. wins women's 40+ division of Tucson Marathon Jan. 24 in 3:09:06.

photo by John Allen



Gary Miller, 1981 National Masters 40-44 Pentathlon Champion.

photo by Sue Slakey

## Report from Britain

by ALISTAIR AITKEN

Alan Hughes, 52, still going well ran 53:56 in the Notts '10.' Pat O'Connor won the Surrey Vets cross-country for the second year running on Nov. 14. Mike Barratt, who won 3 golds in the European Vets Games in Italy in 1979, ran 52:24 for 10 miles on Nov. 22. Barratt's in his late forties.

Bill Marshall won the 50+ in 54:37 in the Brampton-to-Carlisle 10-mile on Nov. 21. U.K. over-40 5000 record-holder Mike Turney won the 40-44 Bedford cross-country in 30:00 from another ex-international, Ron Gomez (30:18).

New vet Doug Fownes, 40, ran 51:45 in the Tipton 10 Nov. 15. Laurie O'Hara, 49, and Eddy Kirkup (50+) look good for the coming season. O'Hara reaches 50 at mid-year and will be world class in the 5000 and 10000. Veterans Carol Gould and Joyce Smith are winning many road races in open competition. □



## Frostbite in the Grand Canyon

by BOB PACKARD

*Bob Packard is one of the nation's premier masters runners. A mathematics professor at Northern Arizona University in Flagstaff, he set an age 44 10k road record in February 1981 in 31:58. He followed with a 49:01 15k and 1:12:32 half-marathon in March. Turning 45 in mid-year, he set a U.S. 45-49 1500 meter record in October of 4:07.9. He then set an age 45 10k road record of 32:21 in November. He was looking forward to more records in 1982. But then came a hike into the Grand Canyon...*

It would be nice if I could report that preparations are going well for my age group record attempts this spring. Such is not the case. My hiking companion, Ken Walters, and I set off November 20 for a nine day hiking and climbing trip into the Butte Fault area of the Grand Canyon. Our main goal was to climb 15 of the interior buttes. The first day would be on a trail. After that we would rely on our knowledge of the area and our maps.

Seven days and 11 buttes later (I now have climbed 60 Grand Canyon buttes) at 7000 feet near the North Rim, we were greeted by a severe winter storm. It took four, not two, days to return, through two feet of snow, to our vehicle. The first two days presented us with wind, snow, zero visibility and terrain that would have been difficult even in the absence of these impediments. After that, the weather was clear, but it still was not easy making progress. We had been prepared for bad weather, but not *this* bad.

In the mornings we had to use our stoves to heat water for plastic bottles which we put in our boots to soften them up enough to force them on. Back at our vehicle, we put on chains and managed to drive the 45 miles of dirt road through the snow to the highway. Hours later, about 2 a.m., without even returning to my apartment, I presented myself to the Flagstaff Hospital and Medical Center.

I was alive and thankful for it, but my toes were severely frostbitten. Ken was OK. Since we were two days overdue, a plane search had been made for us, but they never saw us. Had we been another day late, a party of expert Grand Canyon hikers, friends of ours in the Flagstaff area, was to have started a ground search. During my 2½ weeks in the hospital I was entertained by five days of continuous antibiotic IV's, whirlpool treatments and daily dressing changes, as well as over 80 visitors and numerous telephone calls, some from running friends in Phoenix. Colleagues taught my classes at the University.

After the hospital, with my toes in a scabbed but stable condition, came three weeks of lying around and keeping my feet elevated. I walked with difficulty, did not drive and could stand for only a few minutes at a time. Just about the time spring term started I became able to walk quite well, drive easily and stand for long periods. As of now, my classes are going very well and I am functioning nearly normally, handling my responsibilities and personal affairs without assistance. I

keep my big toes wrapped and wear an old pair of running shoes (Nike Elites) which I have cut so that the toe area is exposed.

My doctor, John Hildebrand, now feels that I will keep *all* my toes. The little toes should be fine when the scabs fall off. The tops of my big toes, however, have areas without skin. If these don't heal over, skin grafts are in the offing. My middle toes never were a cause for anxiety.

Running is months away, competing perhaps a year off, but I find that I can get cardiovascular exercise cycling. I will

run again, compete again and perhaps even set another record or two down the pike. I am most happy that I had a good year in 1981. If regaining my competitive edge is not to be, at least I can soothe myself with the feeling that at one time I was near the top.

I honestly felt that in 1982 I had realistic shots at age records in 10km 15km half-marathon and hour run. I especially wanted to try for the 45-49 15km record held by Hal Higdon at 49:15. Oh, well. These types of things will have to wait. Meanwhile, although I am chafing at the bit a bit, I'm really quite happy and contented with my lot. □



Christa Romppanen (124) wins women's 40+ bracket of 4th Lasse Viren 20K in Malibu, Calif. in 1:23:08.

## SPORTS TRAVEL INTERNATIONAL, LTD. Presents to the U.S. MASTERS

# CHINA 1982

### '82 MEETS

**Nanjing - October 1, 1982**

First Track and Field China - U.S. Masters Championships

**Hangzhou - October 5**

Second Poet Road Race - 10k

**Hong Kong - October 10**

First Track and Field Hong Kong - U.S. Masters Championships

### Will you be there ?

Information on various-length (and priced) tours to China - including all above-listed '82 meets plus I.G.A.L./ Japan pre-tour and Southeast Asia post-tour options can only be obtained by writing or phoning

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**San Diego, Calif. 92107**  
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HAPPY ENDING TO 1st. POET ROAD RACE



JIM WASTE  
Director '81/Assistant'82

JIM PUCKETT  
Assistant '81/Director '82

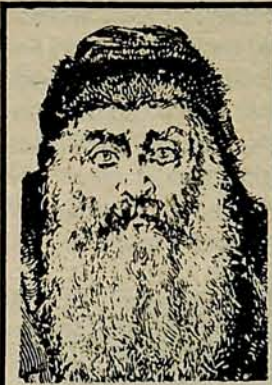


## The Readers Respond!

FLASH! An extensive readership survey has just been conducted by an independent firm. The survey's results indicate the following: 4 readers like Wendy Miller's column and prefer it to

doesn't read MY column!)

I guess that I could have chosen any number of other foils—the outspoken antics of a Hal Smith, for example, in advocating his causes and voicing his feelings, would come to mind, but there was Wendy, open-mouthed as it were,



# Phil THE Philosopher

by PHIL CONLEY

Phil Conley's, 3 readers like Phil Conley's column and prefer it to Miller's, 42 readers would prefer seeing their own pictures and feelings featured instead of EITHER Miller's or Conley's, and 473 readers suggested that the space for both columns be dedicated to pictures and text on jogging bras and athletic supporters!

Last year when I agreed to Editor Al's request to scribble some comments each month, and send them to him for potential publication in *NMN*, I guess I had a plan and certain preconceptions.

My plan was to prompt the readership to think about and share their feelings about aging, motivations and about helpful coping mechanisms which would keep us all pleased and dedicated toward progress. I firmly believed that the egomaniacal aspects of the masters competitive movement would foster reader participation in this venture. I *myself* was willing to invest (squander?) 10-12 hours a month of my time in presumptuously offering "philosophy" to a readership more interested in bras and jocks. I had planned to provide a few starter catalyst columns and then coast along on the basis of reader input.

My preconceptions of role and importance were equally modest. I didn't believe that I would become famous like a Walt Stack, and be asked to wear a certain brand of watch, or drink a certain brand of beer, and allegedly be paid for doing so. I knew I would never develop the chutzpah to become a rival to our other San Francisco Bay Area "most unforgettable". Pax Beale. I fully realized that I could not expect people to come from all over to celebrate my 50th birthday, like a Hal Higdon, or even be sent plane tickets and expense to "come run (or throw?) with us in our event!"

Nevertheless, I did harbor some specific goals. I had hoped to become a sort of poor man's (anti-cult hero) Wendy Miller. (You may have noticed that I have "this thing" about Wendy. He's my "Alfred Hitchcock," and is written into almost every column as it leaves my typewriter. However the hoped-for intellectual interplay between us has never developed—he must be one of those who

just a few pages away in *NMN* and too good to pass up!

When I decided to use the post office box mailing address at our second home on the Sonoma County coast, I asked the Postmistress whether the initial trickle of mail, building later to a veritable torrent as the column took hold, would pose a problem of logistics. She said, "no sweat!", and that "there is a great deal of informality and flexibility in rural post offices". So I manned the floodgates, and began the column.

If there were an official tally of column-related mail receipts, it would show exactly 3 letters and 1 data cassette. If I had established the column's justification with Editor Al based upon the readership support, I'd have had a hard time, much less with the personal expense of the \$2 annual fee for the box rental!

Each of the four pieces of mail discussed a very relevant topic. Each of the receipts was from someone that I knew. Legendary author Joe Henderson, taking time from his own journalistic endeavors, wrote a very warm "welcome to the world of the struggling author's fraternity" letter. With or without realizing it, Joe gave me an idea for a future column, and I have already written him about amplifying his seemingly offhand comments.

Gene Harte, the fine Corona Del Mar long sprinter who broke his leg in the Christchurch, N.Z. World meet in January 1981, wrote about the frustration and heartache of being "on the shelf". He suggested addressing a column to this issue, and how one copes with the physical and mental inactivity after being conditioned to a competitive active life. (I hope that we will see Gene back on the track in 1982!)

Bob Humphreys, the former internationalist in the OPEN discus, sent me a delightful taped response to my request for soul-searching about his motivation. I will focus on Bob and his candid feelings in a column later this year.

Fran and I hosted a dinner for 5 selected fellow competitors between the two days of the TAC National Masters T&F Championships in Los Gatos last sum-

mer. I asked each of the five to reflect upon their motivational bases, and as "the price" of the evening to drop me a line about what he discovered. As I said, Humphreys did so very thoroughly by cassette. Another, Bob Boal, the champion distance runner from North Carolina, provided great insight into the viewpoint of the generation which is advanced in years, as well as acuity of perception. I will use his thoughts in a column about "old age" looking back at "youth". (Oh, I heard Bob wince when he read that!)

Another of our guests wrote a thank-you note, but no insights. Another, an unnamed Mid-west high jumper, phoned me in September from an airport in Kansas City while between planes, to say that he was still working on it, and that he was furious with himself that he didn't have any ready answers. I've heard nothing more from him.

Finally, I guess that I should really include as letter tallies, the mail from two friends addressed to me at home in response to various column copies I have dispatched to them on a continuing basis. I intend to use some of their thoughts on subjects and philosophies in future columns.

What does all this mean? Can I draw conclusions of significance from the absence of reader replies? SURE! I am certain some, or more like, ALL of the following apply:

1. People don't discuss their inner feelings with strangers.
2. People don't care or want to think about WHY they do things.
3. People get only casually involved with a yo-yo column in a running magazine.
4. People don't have the time, the inclination, or talent to write letters to anyone anymore.
5. People have such good secrets that work for them that they are unwilling to share them with anyone else, for fear they will be directed back against themselves.
6. Wendy Miller is intercepting all of my mail—and using ALL THE GOOD STUFF in his column!

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(*NMN* readers can write to Conley at P.O. Box 61, The Sea Ranch, CA 95497.—Ed)



Joe Wehrly finishing 5000 meters in TFA Regionals in Los Angeles.

## Holiday Weight Pentathlon

by RANDY COOPER

DELRAY BEACH, Florida, Dec. 27 —The fourth annual Holiday Pentathlons at Atlantic High School drew 44 entries from eleven states and Puerto Rico today.

New meet records were set in 5 Weight Pentathlon age divisions and 8 regular Pentathlon age divisions.

Dr. Richard Bergenback, 55, of Chattanooga, Tennessee was overall champion in the Weight Pentathlon with 3399 points. Nate Robinson, 30, of Delray Beach, Florida was overall champion in the Regular Pentathlon with 2646 points.

Bob Backus, 55, of Pembroke, Mass. set a new world Age Record in the 35 lb. Weight Throw and was featured in a 5-column wide photo on the front Sports Page of the Palm Beach Post Times. His throw of 56'5" broke the old world mark by 18'2". Backus is writing a book advocating physical conditioning for everyone for life and health improvement.

Gordon Nordgren, 62, set a new American Age Record in the 800g. Javelin of 123'10".

A vote was taken at the meet which recommended that the next Holiday Pentathlons be held on Sat. Jan. 8, 1983. A two day meet is being considered. □

Results in February issue.





Gilberto Gonzalez-Julia wins 65-69 100 meters over Herb Miller in San Juan T&amp;F Championships.

### Schedule

continued from page 4

**March 20.** USA/Canada Masters 15K, Kent, Wash. Snohomish TC. (206) 433-8868.

**March 28.** Masters 15K, Seattle, Snohomish TC, (206) 433-8868.

**April 25.** TAC 50-mile National Open and Masters Championship, Yakima, Wash. Dick Goodman, PO Box 575, Selah WA 98942. (509) 687-7163.

**May 2.** Lilac Bloomsday 7.5 Mile Run, Spokane. ARRA Championship Series (prize money). Don Kardong (509) 838-8784.

**May 23.** NIKE Masters Grand Prix Series, Viking Classic 10K, Portland, Oregon. Val Schultz, 3900 S.W. Murray Blvd, Beaverton OR 97005. (503) 641-6453.

**June 6.** TAC National Masters Marathon Championship, Forest Grove, Oregon. Forest Grove Kiwanis Club, PO Box 223, Forest Grove Or 97116.

**June 27.** Cascade Runn Off 15K, ARRA CHampionship Series (prize money), Portland. Don Kardong (509) 838-8784.

**August 21.** 2nd Annual Earthquake Ultra Marathon. Anchorage, Alaska. Tim Middleton, 3445 Seppala Dr., Anchorage AK 99503.

**September 12.** NIKE Marathon, Eugene, Oregon. ARRA Championship Series (prize money). PO Box 10412, Eugene OR 97440. (503) 687-2477.

### CANADA

**March 7.** 7th Masters 15K, Vancouver, B.C. Ken Richardson (604) 467-5535.

**April 18.** Ontario Master Marathon Championship (certified course), Hamilton, Ontario. Peter Rhodes, 24 Rutherford Ave., Hamilton, Ontario.

### ATHLETES WHO ENTER A NEW AGE DIVISION THIS MONTH -- MARCH 1982

	Age	Birthdate	Group
Ernie Billups	45-49	3-29-37	45-49
Bob Boal	70-74	3-24-12	70-74
Al Brosz	75-79	3-31-07	75-79
Ted Cain	40-44	3-24-42	40-44
Emery Curtice	75-79	3-21-07	75-79
Jim Dixon	50-54	3-15-32	50-54
Red Doms	75-79	3- 9-07	75-79
Ted Haydon	70-74	3-29-12	70-74
Payton Jordan	65-69	3-19-17	65-69
Ed Phillips	50-54	3- 1-32	50-54
Ray Sears	75-79	3- -07	75-79
Dave Segal	45-49	3-20-37	45-49
Urs Von Wartburg	45-49	3- 1-37	45-49
Jim Weed	45-49	3-27-37	45-49
Lolita Bache	40-44	3-19-42	40-44
Cindy Dalrymple	40-44	3- 5-42	40-44
Faye Helldoorn	45-49	3-22-37	45-49
Trudy Rapp	45-49	3- 4-37	45-49

**September 25.** Canadian Masters Women's 5K Road Race, Sunnybrook Park, Toronto. Christine Walker, 34 Rodda Blvd. West Hill, Ontario M1E 2Z6, Canada.

**November 7.** Ontario Masters Cross-Country Championships (10K), Toronto. Bob Moore, 519 Sutherland Drive, Toronto Ont. M4G 1K9.

### INTERNATIONAL

**March 14.** 1982 British National Veterans Championships. Parliament Hill Fields, Hampstead Heath, England.

**March 27.** 'Round the Bays Fun Run, Auckland New Zealand. "World's largest fun run." 75,000 expected. John Wright, PO Box 1409, Auckland N.Z.

**April 24.** Rotorua Marathon, New Zealand.

**May 9.** London Marathon.

**May 16.** Paris Marathon.

**July 10.** South African Masters Marathon Championships, Port Elizabeth.

**September 14-15.** 15th World Veterans Distance Running Championships (IGAL). Lake Kawaguchi, Japan (Foot of Mt. Fuji, 100km north of Tokyo. 10K on 14th; Marathon on 15th.) Men 40 and over. Women 35 and over. Nippon Turtles Assoc., Central P.O. Box 1137, Tokyo, Japan.

**September 19-October 8.** Runners Workshop Tour to Europe. England, Holland, Germany, Switzerland, France. Bon Voyage Travel, 360 Post St., San Francisco CA 94108. (415) 397-5131.

**October 12-November 5.** Classical Marathon Tour to Greece. Alouette Travel, 11954 224th St., Maple Ridge, B.C. V2X 6B3, Canada. (604) 467-5535.

## World 4-Mile Relay Mark Set

by ED STABLER

SYRACUSE, NY, Dec. 12, 1981—A special Masters division 4x1 mile relay event was part of the Syracuse Relays. Ten teams competed, including two women's teams and a team of 60+ men. The 50-59 team from the Syracuse chargers broke the world record for this distance with a 20:47.7 clocking. In addition, the 40-49 women's from Finger Lakes TC team established a new standard of 25:06.6. The 60+ men from the Syracuse Chargers ran a time of 27:29.7 which is also a new national standard.

### Results:

40-49 men:	Finger Lakes TC	19:46.4
50-59 men:	Syracuse Chargers	20:47.7
60-69 men:	Syracuse Chargers	27:29.7
40-49 women:	Finger Lakes TC	25:06.6



### TAC Sanctions Sports Festival

continued from page 1

The Masters Sports program is sponsored nationally by Penn Mutual Life Insurance Company, which is headquartered in Philadelphia and has 80 offices throughout the country. Penn Mutual is also the prize sponsor of the first National Masters Sports Festival.

Applications are now being accepted. For further information and an official application form, write to: Randi Shapiro, National Masters Sports Festival, Philadelphia Civic Center, 34th & Civic Center Blvd., Philadelphia, PA 19104. □

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Designed by a Master



## Masters Grand Prix Series

Date	Site	Race	Distance	# of Trips
1. April 11	Honolulu	Norman Tamanaha	15K	3M/2W
2. April 17	Lawrence, KS	Town & Campus Run	10K	3M/2W
3. April 25	Brooklyn	TAC National Masters	10K	4M/2W
4. April 25	Los Gatos, CA		10K	4M/2W
5. May 23	Portland, OR	Viking Classic	10K	4M/2W
6. May 31	Huntsville, AL	Cotton Row Run	10K	4M/2W
7. June 13	Michigan City, IN		15K	4M/2W
8. July 4	Santa Barbara, CA	SPA-TAC Championships	15K	4M/2W

Individual runners, both men and women, will be selected from these regional races, on the basis of age-graded performances, to compete at the Nike Masters Grand Prix championship (site to be determined). Individual runners, also on an age-graded basis, will be selected from the results of the championship race, to compete at the International Veterans Distance Running (IGAL) Championships in Japan, September 14-15, 1982.

To be eligible for the trips, runners must be masters in the international sense (i.e., men must be 40+ and women must be 35+). This way, our strongest possible masters contingent will be sent to compete in Japan (near Fujiyama).

Nike hopes that this series will be a celebration of the older runner and invites everyone to participate and perhaps win one of the many trips and other prizes available at these events.





# MASTERS SCENE

●TAC National Masters T&F Chairman **Jim Weed** reports that national masters team uniforms have been ordered. They'll sell for about \$45. Suggestions for the type of logo to be put on the left chest pocket of the warm-up jacket are welcomed. Write to Weed at 11672 E. 2nd Ave, Aurora CO 80010.

●Penn Mutual's National Masters Director, **Jon Buzzard**, has taken a 3-month leave of absence to work in Saudi Arabia. He's closed the masters office at the AAU House in Indianapolis. He'll help direct the National Masters Sports Festival Aug. 12-15 in Philadelphia

## 20th ANNUAL TFA/USA NORTHEASTERN MASTERS TRACK & FIELD CHAMPIONSHIPS

SUNDAY MAY 23  
PITTSBURGH, PA

Men 5-Year Age Groups from age 30  
Women 10-Year Age Groups from age 30

Team Trophies to each  
Men's 10-Year Age Group  
Team Trophies to Top Women's Team

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412-228-1872 before 9 p.m.  
(Eastern time)

when he returns. **Randi Shapiro** is coordinating the Sports Festival activities.

●**Bill Toomey** is arranging for national prime time television coverage of the Festival. The 4-day spectacular will be video taped and offered to local stations on a syndicated basis.

●**Marilyn Leighton** of Lansing, Mich. has a familiar problem: limited financing which prevents getting to many masters events. So she's decided to do something about it. She wants to start a National Runners' Hospitality Directory. "It will be an exciting way to economize and meet friends," she says. If you want to be listed as willing to host fellow athletes for events in your area and want reciprocal privileges throughout the U.S., send your name and address to: Mrs. Marilyn Leighton, 114 Tudor Lane, Lansing MI 48906.

●Author-race director-crusader-runner **Joe Henderson** has launched *Running Commentary* newsletter. \$24 for 24 issues a year. Tells what's really going on in the world of running. Inside info, Olympics, professional running updates, controversies, etc. Write 2011 Kimberly Drive, Eugene OR 97405.

●**Brooks Shoes** has risen from the throes of bankruptcy and is now owned by Wolverine Co., of Grand Rapids, Mich.

●A Runners Workshop to Europe will get under way from New York Sept. 19 and return Oct. 8. The 20-day tour will visit England, Holland, Germany, Switzerland and France, with runs through the British countryside, along the banks of the Seine and Rhine, beneath Swiss Alps, and within the parks of London, Amsterdam and Paris. The workshop will be led by **Don Bajema**, former world-class decathlete with over 15 years experience as track and field coach. Contact Bon Voyage Travel, 360 Post St., San Francisco 94108. (415) 397-5131.

●The KangaROOS/TFA National Running and Walking Series commenced Feb. 28 with a marathon in St. Louis. The 1/2 marathon will be held on March 6 in Atlanta. The 15K is set for West Chester, NY on March 14, with the 10K in San Francisco May 8. The walking race locations include Los Angeles on March 13, Arkansas in March, Central Park, NY on April 25 and Grand Island, NY on May 9, with the winners advancing to the TFA National Championships in Wichita May 28-29. Contact TFA at 816-891-1077.

●**George Sheehan**, masters age 60-64 long distance runner of the year, says the slowdown in performance as we grow older isn't as fast as we once believed. Sheehan is part of a longterm study at Washington U. in St. Louis involving competitive runners 50 and over. "I have a treadmill endurance which is only 15% lower than a 22-year-old miler," he told Joe Henderson. Studies show performance only declines about 5% per decade from age 30 on, if training is steady.

●Vice-President **George Bush** and Rep. **Paul (Pete) McCloskey** (R-Calif) have been named Honorary National Co-Chairmen for this year's Running and Fitness Day scheduled for Oct. 9. The event is sponsored by the American Running & Fitness Association (Formerly the National Jogging Association). "Both Bush and McCloskey are avid runners," director Liz Elliot noted, "and both should help to encourage millions to get out and run that day." Contact ARFA, 2420 K St. N.W., Washington DC 20037. (202) 965-3430.

●*Runner's Time Standards 1982* is a 20-page booklet by "Dr. Track," **Charles Phillips** of Washington, D.C. It lists performance standards for every age for every running event through the marathon. It can be used for comparing your present time to previous years; finding your best competitive event; and for meet directors to use in setting up handicap events. The calculations are carefully done and remarkably accurate. "It's a good book," says National Masters Records Chairman

**Pete Mundle**. "It's the best thing I've seen." It's available for \$2.50 from Dr. Track, 5130 Nebraska Ave. N.W. Washington DC 20008.

### NEW ENGLAND

●**Barbara Pike**, 40, of Concord, Mass. sped to a 5:14 mile Jan. 17 at Boston U. to threaten **Sandra Knott's** U.S. women's masters record of 5:12.5.

●In the Jan. 10 Boston U. relays, Pike logged a fast 4:50.8 1500, and **Susan Redfield** posted a 1:36.1 600-yards.

●As noted on page 5, the time schedule for the indoor masters national T&F championships in Boston March 27-28 has been moved ahead 5 hours on Saturday and 4 hours on Sunday. Reason: the bubble that houses the outside tennis courts was a victim of the winter. It blew down, meaning the contracted tennis matches had to be moved indoors into the fieldhouse, where the meet was due to begin at 10 a.m. It will start each day at 3 p.m. instead. In a way, it's better. An athlete can fly or drive up on the morning of the 27th, and get in two days of action with only a one-night hotel bill. National Chairman **Jim Weed** will hold a noon meeting on Sunday at the Howard Johnson's meet headquarters site.

●Henderson reports a proposal has been made, but not approved, to give the Boston Marathon age-qualifying standards. A man would add his age to 2:30 to find the time he had to beat. A woman would use 2:50 as the starting point.

●**Ernie Dumas**, 41, posted a masters course record 32:28 in a Rhode Island 10K Dec. 13. He was 1st master in 24:00 in a Manchester, Conn. 5-miler on Thanksgiving.

●**George Gardiner**, 39, won a Coventry, R.I. 50-miler in 5:36:40.

### EAST

●The Western Pennsylvania Track Club has named **Ed Hoyle** as its Outstanding Athlete for 1981. Ed could have named his 1981 tour, "Have Pole, Will Travel." During the indoor season Ed won his specialty, the pole vault, at the Ontario Masters Indoor Championships at Arlington, Ill.; was third in the National TAC Indoor Championships at the University of Mich. and won his event at both the Eastern TFA/USA and TFA/USA Western Pennsylvania Championships at Slippery Rock. Outdoors he placed fourth in the open vault at the Kent State open; won the National TAC Masters in Los Gatos, California; came home to take the TFA/USA Western Pennsylvania Outdoor Championships and placed second in the sub-master competition at Wayne Russell. In addition to his vaulting, Ed is always willing to jump in a relay if needed and takes charge of the vault at any of the meets West Penn sponsors.

●One masters race was held at the Philadelphia Indoor Classic Jan. 22: a 4-lap relay (176 yards per lap). The **Philadelphia Masters** (**Dhamiri Abayami**, **James Bantum**, **Bob Stanford**, **Larry Wilson**) won. **Potomac Valley Seniors** (**Larry Colbert**, **Rudy Enders**, **Carl Grant**, **John Sanders**) were 2nd, with the **Philadelphia Pioneers** (**Bill Clark**, **Josh Culbreath**, **Tom Randolph**, **Ed Roberts**) 3rd, the **New York Masters** 4th and the **New York Pioneers** 5th.

●**Rudolf Nilsen**, 69, Ardmore, Pa. took up running for fun at age 63, then started racing at age 66. He's done everything from 400 meters (76 seconds) to a marathon (3:35:55).

●**Herb Lorenz**, 42, checked in with a 52:09 in a Philadelphia 10-miler Feb. 6. **Irma Lorenz**, 40, logged 66:42. Herb's time is less than a minute off **Hal Higdon's** U.S. Age 40-44 record of 51:30.

●**Nina Kuscsik**, 40, coming off her women's masters triumph in the Honolulu Marathon Dec. 13 (3:06:49), posted a 39:18 as first female master in the Central Park, NY 6-mile run Jan. 10. **Steve Richardson**, 61, garnered a fast 37:48. **Harv Grosberg's** 33:01 led all masters, with **George Hirsch**, 47, best 45-49 in 35:48.

●**Richardson** turned in a good 1:05:31 in a NY 10-mile Jan. 16. **Bob Fischer**, 41, (54:33) edged **Fritz Mueller**, 45, by 2 seconds for top master.

●**Fischer** clocked 26:05 as 1st master in race #1 of the Manufacturers Hanover 5-Borough Challenge in Central Park Jan. 3. **Don Dixon** led the over-50's in 28:08 in the 5-mile event.

### Marathon Preparation Check List

#### A. Packed Tote Bag Includes:

- |   |   |
|---|---|
| 1. Running Gear (or wear to race)                               | 14. Thermos of Black Coffee   |
| 2. Sweat Suit   | 15. Bottle of Highly-sugared Tea  |
| 3. One Extra Pair of Shoes & Socks                              | 16. Gatorade (or similar)   |
| 4. Nylon Windbreaker or Rain Jacket                             | 17. Post-race Snack   |
| 5. Towel, Washcloth, & Soap                                     | 18. Two 12 oz. plastic-coated drinking cups with lids & straws  |
| 6. Hat or Cap and Gloves  | 19. Small Notebook & Pen  |
| 7. Wrist and/or Headband  | 20. Cardboard Sheet, 6" x 6", & felt-tip pen (to construct duplicate number to wear on shirt to be discarded in race) |
| 8. Projected Pace Chart (laminated)                             | 21. Camera  |
| 9. Stop Watch   | 22. Stamped, Addressed Envelope   |
| 10. Five Safety Pins  | 23. Driver's License & Money  |
| 11. 1st Aid Kit, including vaseline, counter-irritant & aspirin | 24. Other   |
| 12. Toilet Paper  |   |
| 13. Sponge  |   |

#### B. Night Before and Early Morning Preparation:

1. Pasta dinner no later than 7:00 p.m.—no wine or liquor. (Note: Four days before marathon, begin reducing protein and increasing carbohydrates in the diet, but don't deplete on carbs to "load" for this phase.)
2. Go to bed early.
3. Spray feet with Tuff-Skin before retiring
4. Take three aspirin tablets " " "
5. Arise early a.m. (at least three hours before race is scheduled to begin).
6. Do light stretching exercises; take warm shower.
7. Eat a light breakfast at least two and one-half hours before the race (no butter, milk, cheese, fruit, or fried foods) e.g., toast and jelly or honey.
8. Drink one 12-oz. can of vanilla Nutrament at least two hours before the race.
9. Take two aspirin tablets with a cracker one hour before the race.
10. Drink several cups of black coffee in the two-hour period before the race.
11. Apply vaseline to toes, heels, inner thighs and lower armpits approximately 30 minutes before the race (on sides of neck, too, if a jacket will be worn).
12. Apply counter-irritant to legs, if desired.

N.B. \*This entire process should be followed on the two Sundays (or long-run days) prior to the marathon—to double-check physiological reaction.

#### C. Carry or Wear in Race (optional items):

1. Pre-planned pace chart
2. Sweatband or washcloth to wipe perspiration
3. Stop watch
4. Hat or cap and gloves
5. Extra shirt or jacket to discard during the race
6. Wet sponge
7. Drinking straw

#### D. General Reminders:

1. Begin running the race slowly. The first five to seven miles should be 30 to 60 seconds per mile slower than the planned average pace.
2. Drink lots of fluids on the run, including carbohydrates to keep the blood sugar up. Have heavily-sugared tea "planted" at the ten and 15-mile markers.
3. If muscles begin cramping during the race, instead of stopping and stretching, first try running backwards for 30 to 60-second intervals, which costs less time and often is just as effective.
4. After the race, put on a sweat suit and keep walking (or limping) for about 30 minutes.

## Runner's Check List

by DONALD P. ANDERSON

As a high school track and field coach in the 1950's and 60's, I found it difficult to prepare for meets without using a check list covering dozens of items.

Years later, I was startled somewhat to learn that a detailed check list was just as vital in preparing only one middle-aged masters competitor for a race.

A few years ago, I dressed at home for a race, packed an equipment bag, and drove two hours, only to find that my wallet containing driver's license and snack money was back on the bedroom bureau! Pre-race jitters aren't the exclusive province of teenagers.

Through exposure to the literature and experience, most runners acquire the knowledge requisite to effective pre-race preparation; yet, because of excitement and tension, they often overlook important essentials.

Shortly after my episode, I began developing a list of details that require attention prior to racing. Listed below is a marathon preparation sheet that others have found useful. While some of the items might be labeled "Non-Applicable" because of climate condition, or individual preferences, they are included under the postulate that it's better to consider for a split-second and discard than to ignore completely and later need.



## SOUTHEAST

●Charlotte, North Carolina's NBC TV affiliate, WPCQ, spent over \$9000 and used 70 people to televise the Charlotte Observer Marathon January 9 with 3½ hours of live coverage, including a 30-minute wrap up and pre-race runners' clinic. "Our cost for the race is \$15-\$20,000," said **Tim Breiding**, promotion director of the Observer. "That's miniscule compared to the coverage and the public good will we receive in return. Besides, it's a lot of fun to do." **Bill Tobin** was the 1st master finisher in 2:37:42.

●The 1st comprehensive aerobic fitness monitor and training pacer for runners and exercisers was launched Dec. 15 by Biotechnology, Inc. of Miami. Called "Coach," the precision device is a digital computer that monitors the heart rate, calculates calories consumed, measures the distance covered and average speed over that distance in paces and counts the number of strides. The unit is the size of a cigarette package, weighs 3 ounces and can be clipped onto a belt or carried in a pocket. Price: \$175.

## MIDWEST

●**Marilyn Leighton** has lost 55 lb. thru keeping a daily nutrition, mood & exercise journal. She began running in June, 1980 and says "My health is greatly improved." She has two goals: the National Masters Sports Festival in Philadelphia in August and to qualify for the 1987 Boston Marathon.

●**Hal Higdon** has started researching a fact-based novel on the roots of his wife's family, which he has traced back 500 years to Italy. The runner-author's last major non-running book was *Crime of the Century*.

●**Bob Lida** captured the masters 440 in 56.76 in the 2nd Annual TFA Indoor T&F meet in Kansas City Jan. 22-23. **Alex Pappas** notched the 50-59 60 in 7.49. **Gary Oliphant** took the 40-49 60 in 6.96. **Bill Mayer** of Houston took the mile in 5:08.9. **Marg Sutter** nabbed the 30+ women's 60 in 8.34.

●**Ernie Billups** logged a fast 32:21 to defeat **Robert Roullier** (33:25) and **Clyde Baker**, 50, (34:48) in a Rosemont, Ill. 10K Nov. 26. **Mary Lund's** 40:09 topped master women.

## SOUTHWEST

●**Ken Schei**, 41, of Englewood, Colorado entered the select circle of master runners who've broken 2:30 in the marathon with a 2:29:59 in the Tucson Marathon in Tucson Jan. 24. **John Allen** reports. **David Surman** posted 2:29:35 for best 35-39; **Bill Wagner** (2:43:49) won the 45-49 title. **Betty Poppers** of Denver logged 2:57:57 as best 35-39 female. **Margaret Fee** (3:09:06) topped the over-age-40 women.

●Masters track star **John Weldy**, 47, sped to a 2:35:56 victory in the Fiesta Bowl Marathon in Tucson Dec. 5.

## WEST

●**Jim Scannell** reports **Kay Atkinson**, 64, ran 1:47:30 at the Cal 10 in Stockton, Cal. Jan. 19, and was 1st 50+ in the Sri Chinmoy 10-miler in Foster City, Cal. Feb. 7 in 79:50.

●San Francisco's **Karen Scannell**, 43, was 1st master in the Race of the Americas 10K in Miami, Fla. Jan. 9 in 38:50.

**Sandy Vernon**, 44 was 1st master at the Sri Chinmoy 10-miler in Foster City, Calif. on Feb. 7 in 70:51.

●Sacramento's **Joan Reiss**, 43, was 1st woman in the hilly Crater Lake Marathon in 3:28:41, an open women's course record. Earlier in the year she had run 2:59.

●**Skip Shaffer** won the masters division of the Lasse Viren Finnish Invitational 20K Run Dec. 17 for the second year in a row with a 15-second course PR 1:09:41. **Christa Rompanen** won the women masters field for the 4th consecutive year with a 1:10 PR 1:23:08. **Anne Johnson** of San Diego ran a fine 1:28:04 in the 50+ bracket. **Bob Hoiel**, **Fred Nagelschmidt** and **Jack Thomas** were closely bunched in the 50+ division. Actor-singer **Kris Kristofferson**, 45, ran his first race since high school in a good 1:25:23. Kris is under **Eino's** tutelage.

●**Shirley Matson**, 40, of San Diego, continues her remarkable progress under the coaching of **Dan McCaskill**. She ran a PR of 37:38 and almost overtook the overall winner **Debbie Lewis** in the Cop'er Bowl 10K Jan. 30. On Jan. 9, she beat **Dorothy Stock**, 48, on a hilly course by 1:26 to win the masters division of the Racy Lady 10K.

●**Merry Van Sant** won the women's 50+ division of that Cop'er Bowl run in 43:52. **McCaskill** captured the men's 40-49 group in 33:45, with **Mike Fortune's** 35:23 tops in the 50+ category.

●From **Joe Henderson's Running Commentary**:

**Bill Azich** was not great runner. He was too big for that. But he met the great friend of his life, **Joan Ulyot**, through running. They traveled the circuit together, and Bill was content to stand in her shadow. Last year, the San Francisco fireman was exposed to highly toxic fumes on the job. He soon developed a series of symptoms, the most serious being stomach pains and abdominal swelling. This was diagnosed late in the year as fast-spreading cancer. Dr. Ulyot, a pathologist, thinks the chemicals triggered it. Bill died of the disease in January at 52."

●**Bill Ranney**, 46, captured the PA-TAC 10K race walk Jan. 10 in 48:00.1. It's a probable age group record. **Harry Siitonen** reports.

●**Harry Cordellos**, 43 and blind, posted a 3:07 in the Oakland Marathon and 3:08 in the Marine Corps Marathon in Washington, DC.

●**Skip Shaffer** posted the fastest masters marathon of the year with a blazing 2:27:53 at Mission Bay in San Diego Jan. 17.

●**Brian Furnee** (33:44) topped **Eino** by 16 seconds for 1st master in the Perrier 10K in Beverly Hills. **Ed Lewin**, 65, clocked 39:14. **Judy Kewley**, 39, recorded 38:19. **Margaret Miller**, 55, checked in with a record 39:58.

## NORTHWEST

●**Marcia McChesney** reports a masters track club has been formed in Eugene. It's a new section of the established Oregon Track Club. "Our first official function was a charter dinner in mid-December," McChesney said. "We have over 60 members and are still growing."

**Al Tarpenning**, director of the January 30 Portland Indoor meet, expanded masters events from one to six, including a women's 1000-yard run. An all-comers meet is set for April 17, and a 2-day event June 25-26. **Bill McChesney** is President, **Lew Thorpe**, VP.

●Four masters broke 4:40 in the special Masters Mile at the Portland Indoor meet Jan. 30. Chicago's **Ernie Billups**, who turns 45 this month, won in 4:32.2, edging **George Cohen** of Los Angeles (4:33.6), and locals **Mike Hefernan** (4:34.5) and **Paul Hall** (4:39.6).

●**Joe Henderson** reports that **Sebastian Coe** and **Steve Ovett** will meet in a "Miracle Mile" in Eugene Sept. 25, 1982.

●About 50 years ago, **Norm Bright** was one of the leading distance runners in the world. During the years, blindness has overtaken him, but he continues to run with a sighted partner when he can find one. Today he lives in Seattle and does a lot of running in the Green Lake area at age 71.

## CANADA

●**Hylke Van Der Wal** won the masters mile in the 4th Edmonton, Alberta Indoor Games Jan. 23, nipping **John Eccleston**, 4:38.06 to 4:38.52. He took the early lead, controlled the pace and tried to break away from the pack with several surges. Only Eccleston was able to hold on to the extremely fast pace. New Hampshire's **Tom Jennings** flew in to cop 3rd place in 4:44.95.

## INTERNATIONAL

●**Linda Sippelle's** 5000-meter time in the San Juan meet last year as been officially confirmed at 19:09.7, well off **Vicki Bigelow's** U.S. record of 18:14.6.

●The 2nd London Marathon on May 9th expects to draw its field from 50,000 hopefuls.

●**Ron Hill**, 42, still runs sub-2:20 marathons. He competed in 3 Olympics, won European and Commonwealth Games titles, ran a 2:09:28 in 1970, pioneered carbohydrate loading, and has run for 17 straight years without a day off. He kept careful records on all this and has just written an autobiography, *The Long Hard Road*. It's 400 pages and is only the 1st of two volumes. Available from Ron Hill Sports Limited, Box 11, Hyde, Cheshire, England.

●**Helen Pain** flew to Hong Kong in January to meet with the Hong Kong Veterans, then flew on to Beijing, China to finalize tour arrangements for the masters athletics tour this autumn. "We have not been idle," **J.D. Harris** wrote to Pain, "We have established a Veterans Organization in Hong Kong. We already booked the Wanchai Stadium for the weekend of October 9-10 for your proposed track meeting."

●**Gilberto Gonzalez-Julia** reports the 2nd Pan-American Masters T&F Championships will be held in Barquisimeto, Venezuela (220 miles west of Caracas) on Sept 3-5, 1982. The 1st South American Veterans T&F Championships will be held in Santiago, Chile April 8-11, 1982.

●In the Puerto Rican National Master T&F Championships Dec. 19, **Antonio Rodriguez Gotay**, 69, triple jumped 9.22 meters for a new age 69 mark.

●**Gonzalez-Julia** encourages U.S. masters to start making advance reservations to the San Juan hotels for the 5th World Veterans Games Sept. 23-30, 1983. "The European countries have already blocked a lot of rooms, and it could be probable that many masters are going to be left without a room to stay," he says, adding: "the World Games will be an activity that everybody will remember as the greatest ever."

●**Derek Turnbull** of Invercargill, New Zealand unofficially smashed **John Gilmour's** world age 55-59 10,000 meter record of 33:40, running 33:35.6 January 30.

## Tampa Bay Track and Field Meet

Hillsborough High School, Tampa, Florida

Saturday, April 3, 1982

8  
WFLA - TVKEN-KAP, INC.  
"THE" ATHLETIC SHOE RESOLVERTampa  
Recreation  
Department

The Tampa Bay Track and Field Meet committee sincerely hopes that you will include this meet in your plans. Traditionally, the weather is excellent and the competition keen. The meet will include both MASTERS (over 35) and SUB-MASTERS (18-34). Also, please note that a 5-K (3.1 mile) "Love Run" will be held as part of this years events.

CONTACT : Matthew Panos, (813) 876-6831 Monday-Friday 9:00-5:00

AGE GROUPS : Thirteen age categories for both men and women.

ENTRY FEE : First event-\$3; Additional events-\$2; Love Run-\$5.

AWARDS : Medals for first; Ribbons for second through fifth; Medals for first through third and t-shirts for first 200 entrants in the Love Run.

LATE ENTRY : \$1.00 each event after March 26, 1982.

## MEN

FIELD EVENTS: Shot, discus, hammer, javelin, high jump, long jump, pole vault, triple jump.

TRACK EVENTS: 120 yd. high hurdles, 60 yd. dash, 100 yd. dash, Mile run, 440 yd. dash, 220 yd. dash, 880 yd. dash, 330 I.H.

## WOMEN

FIELD EVENTS: Shot, discus, javelin, high jump, long jump, triple jump.

TRACK EVENTS: 120 yd. low hurdles, 60 yd. dash, 100 yd. dash, Mile run, 440 yd. dash, 220 yd. dash, 880 yd. dash.

## ENTRY BLANK

NAME \_\_\_\_\_ (Last) \_\_\_\_\_ (First) MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

ADDRESS \_\_\_\_\_ (Street) \_\_\_\_\_ (City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip)

BIRTHDATE \_\_\_\_\_ (Month) \_\_\_\_\_ (Day) \_\_\_\_\_ (Year) AGE ON APRIL 3, 1982 \_\_\_\_\_

Events Entered: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_  
7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_

Total Fee Enclosed - \$ \_\_\_\_\_ (Love Run-\$5; 1st Event-\$3, \$2 each add. event.)  
Make checks payable to MDA, Inc. Mail to: Muscular Dystrophy Association, Inc.  
3725 West Grace Street, Suite 215, Tampa, FL 33607

WAIVER OF COMPETITION: In consideration of accepting this entry, I declare that I am physically able to compete in these events and waive for myself, heirs and administrators all claims for damages which I may accrue against any and all persons or organizations in any way associated with these events.

Date \_\_\_\_\_ Signature \_\_\_\_\_

CMAA



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Join a Canadian group and run the original course from the battlefield of Marathon to Athens and tour Greece, Corfu, Capri, Rome and Paris - 23 days departing 12th October. Call or write

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Ken Schei, Englewood, Colo. joined select circle of sub-2:30 masters marathoners with a 2:29:59 masters victory in Tucson Jan. 24.

photo by John Allen

## Exercise Cures Cancer

by LES FINNEGAN

Herb Howe was a graduate student at Harvard when doctors diagnosed a rare and usually fatal form of cancer. Death, said the experts, was 80% sure. Chemotherapy, always painful, weakening and depressing, began. By sheer will, however, Howe managed to "turn the cancer's power to his own advantage, and to its own destruction," according to an impressive history of Howe's fight written by Sandy Rovner, in the *Washington Post*.

Howe threw himself into a "fierce athletic regimen," which included swimming, scuba diving and other activities. After three years, this regimen "left him muscular and fit, 30 pounds lighter than when he began, but infinitely healthier. Apparently his cancer, once believed to be in a stage of rampant metastasis, was left shriveled and beaten," related Rovner.

With the cancer now apparently "in retreat" (although he continues regular monitoring), Howe took time out from his job at the Library of Congress to write a book, *Do Not Go Gentle* (W.W. Norton) which deals not only with his own experience and advocacy of exer-

cise as a cancer therapy, but also with the experiences of other cancer victims he met on the way.

Although the doctors were skeptical about all his heavy exercise, Howe continued his workouts and eventually began to hear about links to cancer with stress and even relaxation. And writer Rovner, concluding her report on Howe's seemingly successful struggle, pointed out that "Recently a study of breast cancer victims at Johns Hopkins University in Baltimore provided evidence that women who were angry and combative about their cancers had a better chance of survival than others."

If determination and aggressiveness can play a role in defeating cancer, then Herb Howe ought to have it licked. □



Eino (l), director of Lasse Viren 20K in Malibu, Calif. handles mike as Kris Kristoffersen, who ran good 1:25:23, looks on.



Mel Shine, Lafayette, Cal. displays awards won since joining masters program in 1971.

NATIONAL ATHLETIC CONGRESS, 10 KILOMETER NATIONAL ROAD RACING CHAMPIONSHIP FOR MASTERS, MEN & WOMEN OVER 40 YEARS OF AGE, SUNDAY, APRIL 25, 1982 PROSPECT PARK, BROOKLYN, NEW YORK 12:00 NOON.

SANCTION BY THE MASTERS ATHLETIC COMMITTEE - LONG DISTANCE DIVISION - OF THE ATHLETICS CONGRESS, U.S.A.



SPONSORED BY: PENN MUTUAL INSURANCE COMPANY; NIKE; MASTERS SPORTS ASSOCIATION; ROAD RUNNERS OF NEW YORK; METROPOLITAN ATHLETIC CONGRESS.

**ELIGIBILITY:** YOU MUST BE REGISTERED IN THE ATHLETIC CONGRESS

**ENTRY FEE:** \$4.00 per individual. No entry fee for team awards.

**AWARDS: MEN: NATIONAL CHAMPIONSHIP MEDALS**

Six medals for divisions: 40-44; 45-49; 50-54; 55-59;

Three medals for divisions: 60-64-65-69; 70-74; 75-79; 80-84; 85+

**WOMEN: NATIONAL CHAMPIONSHIP MEDALS**

Six medals for divisions: 40-44; 45-49. Three medals for all other divisions, five year groupings to 85+

National Championship patches to the first place finishers.

**TEAM PRIZES:** Five member team for men 40-49; 50-59; 60+

Three member teams for women 40-49 and 50+

Team trophies to the winning teams. National Championship medals to the winning teams. National Championship team patches to the first place teams.

Team awards determined on the basis of cumulative times.

An individual may compete for a team in a younger age bracket.

**CHECK IN:** Check in starts at 10:30 A.M. at Parkside Circle (corner Parkside Ave. & Prospect S.W. Numbers and post race awards will be given there.

**LOCKER FACILITIES:** There are public facilities at the Parade Ground lockers on Coney Island Ave. Bring your own lock, towel and soap.

NATIONAL MASTERS 10K ROAD CHAMPIONSHIPS, 1982.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ PHONE # \_\_\_\_\_  
TAC # \_\_\_\_\_ TEAM \_\_\_\_\_ 40-44 \_\_\_\_\_ 45-49 \_\_\_\_\_ 50-54 \_\_\_\_\_ 55-59 \_\_\_\_\_ 60-64 \_\_\_\_\_  
65-69 \_\_\_\_\_ 70-74 \_\_\_\_\_ 75-79 \_\_\_\_\_ 80-84 \_\_\_\_\_ 85+ \_\_\_\_\_

In consideration of accepting this entry I declare that I am physically able to compete in this event and waive for myself, heirs and administrators all claims or damages which I may accrue against any and all persons or organizations in any way associated with this event.

SIGNATURE \_\_\_\_\_

Send \$4.00 check to MASTERS SPORTS ASSOC., 77 PROSPECT PLACE, NYC 11217

## Puerto Rico Readies For 5th World Veterans Games

by MARTIN J. ROVIRA  
Member, Organizing Committee

Plans for the organization of the Fifth World Veterans Games in San Juan, Puerto Rico are well under way. The Executive Organizing Committee headed by Roberto Santana, a former athlete and now the Director of the Department of Sports and Recreational Services of the Municipality of San Juan, is meeting every two weeks with the various sub-committees which have been formed in order to stage what will probably be the single most important sports event ever held in the Island.

This will be a national event and not just a track and field competition. The games will be televised locally and bids will be accepted in an effort to have them also televised live to the United States. The inaugural ceremonies will be held September 23 in the Hiram Bithorn Stadium (seating capacity 20,000) and will include various displays of mosaics and colored banners, a parade of all participating athletes by age categories, a brief meditation guided by Yogi Guru Sri Chinmoy and various artistic and entertaining activities.

There will be no closing ceremonies. The farewell messages by W.A.V.A.'s elected President, a representative of the host country for the Sixth Games, and by the

Mayor of San Juan will take place at the Banquet, which promises to be one of the things to be remembered about the Games.

One of the first steps taken has been the recruitment of an Executive Director on a full time basis. For this important job, founder and past President of the Puerto Rico Masters Association, Miguel Rivera Veve was selected. (Miguel is also the local champion pole vaulter in the 2B category and is confident that he will win a medal in the Games.)

One of the most important plans of the organizing committee is to develop a publicity campaign concerning the Masters movement which should peak just before the celebration of the Fifth World Games. This campaign will emphasize the social benefits of the Movement, the health related benefits to participants and individual achievements by local and foreign Masters.

The philosophical framework for the organization of the Games has been provided by San Juan's mayor Hernán Padilla, a firm supporter of the Masters movement who believes that "...the strength and health of a nation is primarily a function of the strength and health of its members..." We on this lovely Island hope to make the Fifth World Games, not just a big track & field meet, but a memorable event for all. □



OFFICIAL LONG DISTANCE RUNNING AGE-GROUP RECORDS  
AS OF JANUARY 1, 1982. COMPILED BY THE NATIONAL  
RUNNING DATA CENTER.

## Men- 35 thru 39

8 km	24:52	Jeff Galloway	(35,GA)	2 Aug 80	at	NC
10 km	29:17	Barry Brown	(36,FL)	7 Mar 81	at	AL
15 km	47:08	Ken Moore	(35,OR)	24 Jun 79	at	OR
	46:42p	Jarrett Slaven	(36,FL)	7 Feb 81	at	FL
	46:52a	Barry Brown	(35,FL)	13 Jul 80	at	NY
10 mi	50:59	Jack Mahurin	(35,MA)	2 Apr 78	at	DC
20 km	1:01:16	Barry Brown	(35,FL)	10 Nov 79	at	MS
Hf Mar	1:04:24	Barry Brown	(35,FL)	27 Jan 80	at	LA
25 km	1:22:54	Randall Hoffman	(37,MI)	13 May 78	at	MI
30 km	1:45:07	Alan Kirik	(35,NY)	23 Dec 78	at	NY
	1:38:09a	Norbert Sander	(35,NY)	19 Mar 78	at	NY
20 mi	1:48:34	Gary Goettelmann	(37,CA)	23 Nov 80	at	CA
	1:48:08a	Bruce Mortenson	(36,MN)	17 May 80	at	WI
Marath	2:15:52	Norm Higgins	(35,CT)	5 Dec 71	at	CA
50 km	2:56:43	John Cederholm	(36,MA)	16 Sep 79	at	VT
50 mi	4:56:03	Alan Kirik	(37,NY)	26 Oct 80	at	MI
100 km	7:01:43	Frank Bozanich	(35,WA)	26 Jan 80	at	FL
100 mi	13:36:35	Don Marvel	(37,MD)	13 Jun 80	at	NY

## Men- 40 thru 44

8 km	26:21	Bob Fischer	(40,NJ)	15 Feb 81	at	NY
10 km	31:20	Jim Bowers	(42,CA)	25 Jul 81	at	NE
	30:42a	Herb Lorenz	(42,NJ)	4 Jul 81	at	GA
15 km	47:18	Herb Lorenz	(42,NJ)	11 Apr 81	at	PA
10 mi	51:30	Hal Higdon	(44,IN)	21 Sep 75	at	IL
20 km	1:04:42	Herb Lorenz	(41,NJ)	28 Sep 80	at	DC
Hf Mar	1:07:54	Herb Lorenz	(40,NJ)	16 Sep 79	at	PA
25 km	1:22:39	Jim Bowers	(42,CA)	30 Nov 80	at	CA
30 km	1:40:52	Hal Higdon	(42,IN)	23 Sep 73	at	IL
20 mi	1:48:25	Gary Muhrcke	(40,NY)	22 Feb 81	at	NY
Marath	2:22:23	Jim Bowers	(41,CA)	12 Oct 80	at	CA
	2:21:19a	William Hall	(40,NC)	20 Apr 81	at	MA
50 km	3:03:56	Bernd Heinrich	(40,VT)	14 Sep 80	at	VT
50 mi	5:10:12	Bernd Heinrich	(41,VT)	4 Oct 81	at	IL
100 km	6:38:20	Bernd Heinrich	(41,VT)	4 Oct 81	at	IL

## Men- 45 thru 49

8 km	27:12	James Aneshansley	(45,NY)	15 Feb 81	at	NY
10 km	33:06	Bill Foulk	(48,MT)	29 Aug 81	at	WA
15 km	49:15	Hal Higdon	(45,IN)	6 Sep 76	at	IN
10 mi	53:16	Brian Harris	(45,MI)	23 Aug 80	at	MI
20 km	1:06:05	Hal Higdon	(49,IN)	4 Oct 80	at	IN
Hf Mar	1:11:40	Hal Higdon	(49,IN)	21 Sep 80	at	PA
25 km	1:22:51	Brian Harris	(45,MI)	9 May 81	at	MI
30 km	1:48:38	Hal Higdon	(49,IN)	28 Dec 80	at	IL
	1:43:56a	Edward Stabler	(49,NY)	18 Mar 79	at	NY
20 mi	1:56:19	Cahit Yeter	(46,NY)	22 Feb 81	at	NY
	1:54:27a	Hal Higdon	(48,IN)	17 May 80	at	WI
Marath	2:32:43	William Foulk	(47,MT)	7 Sep 80	at	OR
	2:28:49a	Jim McDonagh	(46,NY)	20 Apr 70	at	MA
50 km	3:18:07	Howard Miller	(47,WA)	31 Aug 74	at	WA
	3:17:12p	Fred Kiddy	(47,CA)	3 May 81	at	WA
50 mi	5:39:55	Bob Olson	(48,MI)	16 Sep 79	at	MI
100 km	7:53:44	Joe Erskine	(49,NY)	4 May 80	at	CT
100 mi	14:08:10	Cahit Yeter	(46,NY)	6 Jun 81	at	NY

## Men- 50 thru 54

8 km	28:42	Joe Burns	(51,NJ)	8 Mar 81	at	NY
10 km	33:17	Hal Higdon	(50,IN)	26 Jul 81	at	NE
15 km	51:22	Hal Higdon	(50,IN)	21 Jun 81	at	IN
10 mi	54:12	Ulrich Kaempf	(50,CA)	24 May 81	at	CA
20 km	1:10:15	Al Lawrence	(50,TX)	4 Oct 80	at	IN
Hf Mar	1:15:41	Ross Smith	(52,NV)	28 Sep 80	at	CA
	1:13:51a	Alex Ratelle	(54,MN)	25 Aug 79	at	CA
25 km	1:29:00	Jim O'Neil	(53,CA)	16 Sep 78	at	CA
30 km	1:51:43	Jim O'Neil	(52,CA)	9 Apr 78	at	CA
	1:47:33a	Alex Ratelle	(53,MN)	19 Mar 78	at	NY
20 mi	1:57:25	Jim O'Neil	(51,CA)	28 Nov 76	at	CA
Marath	2:34:51	Ulrich Kaempf	(50,CA)	7 Mar 81	at	CA
	2:31:56a	Alex Ratelle	(53,MN)	24 Jun 78	at	MN
50 km	3:21:02	Alex Ratelle	(52,MN)	19 Mar 77	at	MN
50 mi	5:34:01	Ted Corbitt	(50,NY)	18 Oct 70	at	NY
100 km	7:52:37	Ted Corbitt	(54,NY)	11 May 74	at	CT
100 mi	19:10:19	Herb Fred	(50,TX)	16 Feb 80	at	TX

## Men- 55 thru 59

8 km	29:57	Bob Muller	(56,NY)	15 Feb 81	at	NY
	29:33p	John Moran	(55, )	7 Jun 81	at	NY
10 km	34:06	Jim O'Neil	(55,CA)	19 Oct 80	at	CA
15 km	52:35	Alex Ratelle	(56,MN)	6 Jun 81	at	MN
10 mi	58:12	Hubert Morgan	(58,PA)	30 Mar 80	at	DC
20 km	1:09:51	Alex Ratelle	(56,MN)	4 Oct 80	at	IN
Hf Mar	1:15:26	Ed Almeida	(55,CA)	4 Jul 77	at	CA
25 km	1:29:43	Alex Ratelle	(55,MN)	10 May 80	at	MI
30 km	1:57:49	Bob Bartling	(55,SD)	27 Sep 81	at	SD
20 mi	1:59:40	Jim O'Neil	(55,CA)	23 Nov 80	at	CA
Marath	2:36:04	Alex Ratelle	(55,MN)	21 Oct 79	at	MN
	2:30:41a	Alex Ratelle	(56,MN)	20 Jun 81	at	MN
50 km	3:20:49	Ed Almeida	(55,CA)	23 Apr 78	at	CA
50 mi	5:53:07	Alex Ratelle	(57,MN)	4 Oct 81	at	IL
100 km	10:44:29	Sy Mah	(55,OH)	4 Oct 81	at	IL

## Men- 60 thru 64

8 km	30:47	George Sheehan	(62,NJ)	15 Feb 81	at	NY
10 km	38:12	Stephen Richardson	(60,CT)	1 Mar 81	at	NY
15 km	54:23	Clive Davies	(62,OR)	25 Jun 78	at	OR
10 mi	1:01:01	Joe McGinness	(61,TN)	7 Apr 79	at	TN
20 km	1:18:52	Don Longenecker	(64,NM)	9 Nov 80	at	AZ
	1:18:42p	Rudy Nimmons	(60,SC)	28 Sep 80	at	DC
Hf Mar	1:28:36	Wayne Zook	(60,CA)	5 Feb 77	at	CA
25 km	1:46:03	Paul Reese	(61,CA)	17 Sep 78	at	CA
30 km	2:08:00	Stephen Richardson	(60,CT)	20 Dec 80	at	NY
	2:06:03a	John Wall	(62,MD)	28 Mar 76	at	NY
20 mi	2:09:12	George Sheehan	(61,NJ)	24 Feb 80	at	NY
Marath	2:42:44	Clive Davies	(64,OR)	28 Oct 79	at	OR
50 km	3:48:56	Frans Pauwels	(62,OR)	18 Apr 81	at	OR
50 mi	6:24:18	Frans Pauwels	(60,OR)	29 Oct 78	at	OR
100 km	9:37:13	Richard Goodman	(61,WA)	3 May 81	at	WA

## Men- 65 thru 69

8 km	36:15	Cleo Casady	(67,MO)	2 Nov 80	at	MO
10 km	43:37	Earl Wert	(67,AL)	7 Mar 81	at	AL
	39:39ap	Joseph Silber	(65, )	5 Jul 80	at	NY
15 km	55:16	Clive Davies	(65,OR)	28 Jun 81	at	OR
10 mi	1:07:59	John Archer	(65,WI)	5 Aug 79	at	WI
20 km	1:20:53	Norman Bright	(66,WA)	22 May 76	at	DC
Hf Mar	1:21:53	Clive Davies	(65,OR)	28 Sep 80	at	OR
25 km	1:54:15	Cleo Casady	(66,MO)	17 Nov 79	at	OK
30 km	2:36:54	Joseph Abbas	(65,OH)	27 Sep 80	at	IN
	2:13:34a	Robert Boal	(66,NC)	18 Mar 79	at	NY
20 mi	2:56:57	Frank Cuzzillo	(65,CA)	23 Nov 80	at	CA
	2:46:04ap	John Benkovich	(65,WI)	17 May 80	at	WI
Marath	2:51:27	Clive Davies	(65,OR)	28 Feb 81	at	OR
	2:42:08a	Clive Davies	(65,MA)	20 Apr 81	at	MA
50 km	5:40:22	John Newdorp	(69,VA)	16 Sep 79	at	VT
50 mi	7:49:34	Cleo Casady	(68,MO)	4 Oct 81	at	IL

## Men- 70 thru 74

8 km	40:22	George Jacobs	(73,NY)	8 Mar 81	at	NY
10 km	42:08	Monty Montgomery	(73,CA)	25 May 80	at	CA
15 km	1:04:23	Ray Sears	(70,IN)	2 Apr 77	at	IN
10 mi	1:12:05	Edward Benham	(73,MD)	5 Apr 81	at	DC
20 km	1:32:22	Edward Benham	(73,MD)	28 Sep 80	at	DC
Hf Mar	1:35:42	William Andberg	(70,MN)	20 Sep 81	at	PA
25 km	2:01:35	Ed Wiberg	(72,MI)	10 May 80	at	MI
30 km	2:25:54	William Andberg	(70,MN)	26 Sep 81	at	IN
20 mi	2:59:45	Paul Fairbank	(70,MD)	26 Dec 76	at	MD
Marath	3:07:26	Monty Montgomery	(71,CA)	16 Oct 77	at	CA
50 km	4:54:20	Jim Bole	(71,CA)	29 Apr 79	at	CA

## Men- 75 thru 79

8 km	42:15p	Max Popper	(77,NY)	7 Jun 81	at	NY
10 km	54:13	Willard Benton	(76,CA)	28 Jun 80	at	CA
	52:47p	Max Popper	(78,NY)	13 Sep 81	at	NY
	45:38a	Lou Gregory	(75,FL)	3 Jun 78	at	FL
15 km	1:19:31	Ben Mostow	(75,IL)	19 Aug 79	at	IL
10 mi	1:31:23	Al Gordon	(79,NY)	14 Dec 80	at	NY
20 km	1:47:15	Lou Gregory	(75,FL)	29 Oct 77	at	OK
Hf Mar	2:04:26	Noel Johnson	(76,CA)	5 Jul 76	at	CA
	2:01:32p	Max Popper	(78,NY)	6 Sep 81	at	NY
25 km	none					
30 km	none					
20 mi	2:49:14	Paul Spangler	(77,CA)	28 Nov 76	at	CA
Marath	3:59:47	Paul Spangler	(79,CA)	7 May 78	at	CA
	3:58:29a	Lou Gregory	(76,FL)	21 Oct 78	at	LA
50 km	none					
50 mi	11:22:43	Ben Mostow	(78,IL)	4 Oct 81	at	IL

## Men- 80 and over

8 km	none					
10 km	58:47	Noel Johnson	(80,CA)	16 Dec 79	at	CA
15 km	none					
10 mi	none					
20 km	1:58:35	Paul Spangler	(81,CA)	27 Apr 80	at	CA
Hf Mar	none					
25 km	3:31:37	Ivor Welch	(85,CA)	30 Nov 80	at	CA
30 km	none					
20 mi	4:18:00	Ivor Welch	(84,CA)	18 Nov 79	at	CA
Marath	4:50:00	Paul Spangler	(81,CA)	4 May 80	at	CA

## Women- 35 thru 39

8 km	29:47	Madeline Harmeling	(35,NY)	27 Nov 80	at	NY
10 km	34:23	Judy Fox	(39,CA)	5 Apr 80	at	CA
15 km	52:21	Cindy Dalrymple	(39,WA)	8 Mar 81	at	AZ
10 mi	1:02:35	Erma Tranter	(35,IL)	8 Oct 78	at	IL
	1:02:27p	Sue Johnston	(39,CA)	8 Feb 81	at	CA
20 km	1:17:22	Judy Fox	(38,CA)	1 Apr 79	at	GA
Hf Mar	1:22:12	Madeline Harmeling	(35,NY)	22 Mar 81	at	NY
25 km	1:38:24	Ford Madiera	(35,MA)	15 Jun 80	at	MA
30 km	2:05:05	Joan Ulliot	(39,CA)	10 May 80	at	CA
	2:03:29a	Kathy Loper	(35,MI)	19 Mar 78	at	NY
20 mi	2:09:25	Joan Ulliot	(38,CA)	19 Nov 78	at	CA
Marath	2:43:38	Cindy Dalrymple	(37,WA)	9 Sep 79	at	OR
50 km	4:12:43	Cindy McElwain	(39,MA)	17 Sep 78	at	VT
50 mi	6:35:54	Nina Kuscsik	(38,NY)	5 Nov 77	at	NY

## Women- 40 thru 44

8 km	31:33	Anna Thornhill	(40,NY)	15 Feb 81	at	NY
10 km	35:23	Miki Gorman	(43,CA)	17 Sep 78	at	CA
15 km	57:15	Miki Gorman	(44,CA)	24 Jun 79	at	OR
10 mi	1:01:48	Karen Scannell	(42,CA)	8 Feb 81	at	CA
20 km	1:18:02	Trudy Rapp	(43,VA)	28 Sep 80	at	DC
Hf Mar	1:23:54	Anna Thornhill	(40,NY)	22 Mar 81	at	NY
25 km	1:35:25	Judy Fox	(40,CA)	30 Nov 80	at	CA
30 km	2:03:17	Miki Gorman	(43,CA)	6 May 79	at	OH
20 mi	2:16:23	Anna Thornhill	(40,NY)	22 Feb 81	at	NY
Marath	2:47:45	Miki Gorman	(40,CA)	7 Dec 75	at	CA
	2:39:11a	Miki Gorman	(41,CA)	24 Oct 76	at	NY
50 km	3:36:50	Sandra Kiddy	(43,CA)	27 Apr 80	at	CA
50 mi	6:24:19	Sandra Kiddy	(44,CA)	3 May 81	at	WA
100 km	8:53:49	Sue Medaglia	(44,NY)	4 May 80	at	CT

## Women- 45 thru 49

8 km	35:35	Dorothy Kelley	(45,NY)	8 Mar 81	at	NY
10 km	36:29	Mila Kania	(49,NY)	5 Oct 80	at	NJ
15 km	58:18	Dorothy Stock	(48,CA)	6 Dec 80	at	CA
10 mi	1:02:00	Mila Kania	(49,NY)	26 Apr 81	at	NY
20 km	1:20:10	Linda Sipprelle	(45,PA)	28 Sep 80	at	DC
Hf Mar	1:24:07	Dorothy Stock	(47,CA)	4 Jul 80	at	CA
25 km	1:47:10	Ruth Anderson	(48,CA)	12 Mar 78	at	CA
30 km	2:14:29	Ruth Anderson	(48,CA)	9 Apr 78	at	CA
	2:04:22a	Toshiko D'Elia	(49,NJ)	18 Mar 79	at	NY
20 mi	2:14:57	Toshiko D'Elia	(48,NJ)	26 Feb 78	at	NY
Marath	2:57:41	Nicki Hobson	(45,CA)	21 Mar 76	at	CA
50 km	4:10:34	Sue Medaglia	(45,NY)	14 Sep 80	at	VT
50 mi	7:28:43	Sue Medaglia	(46,NY)	10 Oct 81	at	NY



## Women- 50 thru 54

8 km	36:56	Nancy Tighe	(50,NY)	8 Mar 81	at NY
10 km	38:08	Marion Irvine	(51,CA)	11 Oct 81	at CA
15 km	1:02:00	Anne Johnson	(52,CA)	6 Dec 80	at CA
10 mi	1:10:44	Bette Mihalek	(51,WI)	3 Aug 80	at WI
20 km	1:29:26	Bette Mihalek	(51,WI)	4 Oct 80	at IN
Hf Mar	1:29:19	Toshiko D'Elia	(50,NJ)	6 Sep 80	at NY
25 km	1:45:14	Margaret Miller	(54,CA)	2 Mar 80	at CA
30 km	2:21:56	Toshiko D'Elia	(50,NJ)	20 Dec 80	at NY
20 mi	2:22:41	Ruth Anderson	(50,CA)	18 Nov 79	at CA
Marath	3:02:01	Marion Irvine	(50,CA)	4 May 80	at CA
50 km	5:33:05	Jan Newhart	(52,HI)	25 Mar 80	at HI
50 mi	10:30:35	Ann Brown	(50,NE)	4 Oct 81	at IL

## Women- 55 thru 59

8 km	41:51	Mary Rodriguez	(59,NY)	15 Feb 81	at NY
10 km	41:54	Mary Storey	(56,CA)	2 Aug 80	at CA
15 km	1:06:13	Mary Storey	(55,CA)	29 Mar 80	at WA
10 mi	1:13:02	Mary Storey	(56,CA)	17 May 80	at CA
20 km	1:47:24	Mary Rodriguez	(58,NY)	27 Jan 80	at NY
Hf Mar	1:31:39	Mary Storey	(56,CA)	4 Jul 80	at CA
25 km	1:52:46	Mary Storey	(55,CA)	2 Mar 80	at CA
30 km	2:18:59	Helen Dick	(55,CA)	10 May 80	at CA
20 mi	3:03:29	Mary Rodriguez	(58,NY)	24 Feb 80	at NY
Marath	3:08:48	Helen Dick	(56,CA)	28 Sep 80	at IL
50 km	none				
50 mi	11:11:06	Marion Littleman	(56,HI)	25 Mar 80	at HI

## Women- 60 thru 64

8 km	47:59	Evelyn Havens	(64,NY)	8 Mar 81	at NY
10 km	46:44	Althea Wetherbee	(61,NY)	27 Sep 80	at NY
	46:23a	Marcie Trent	(63,AK)	6 Jun 81	at AK
15 km	1:13:47	Patricia Dixon	(62,OR)	28 Jun 81	at OR
10 mi	1:18:13	Althea Wetherbee	(61,NY)	27 Apr 80	at NY
20 km	1:41:23	Althea Wetherbee	(60,NY)	30 Sep 79	at NY
Hf Mar	1:48:37	Althea Wetherbee	(61,NY)	6 Sep 80	at NY
25 km	2:03:14	Marcie Trent	(62,AK)	30 Nov 80	at CA
30 km	3:49:06	Marion Epstein	(62,NY)	20 Dec 80	at NY
	3:29:46p	Margaret Kegley	(61,WA)	3 May 81	at WA
20 mi	2:59:13	Kay Atkinson	(62,CA)	18 Nov 79	at CA
Marath	3:26:16	Marcie Trent	(60,AK)	7 May 78	at CA
50 km	5:12:47	Josephine Hess	(63,WA)	3 May 81	at WA

## Women- 65 thru 69

8 km	none				
10 km	59:16	Pearl Mehl	(66,CO)	25 Oct 80	at CO
	54:37a	Pearl Mehl	(66,CO)	5 Oct 80	at CO
15 km	1:32:27	Adrienne Salmini	(65,NY)	23 Nov 80	at NY
	1:29:14a	Pearl Mehl	(67,CO)	7 Sep 81	at CO
10 mi	1:45:52	Adrienne Salmini	(65,NY)	14 Dec 80	at NY
	1:30:49p	Jessica Posey	(67, )	29 Mar 80	at GA
20 km	none				
Hf Mar	2:11:49	Evelyn Havens	(65,NY)	26 Sep 81	at NY
25 km	none				
30 km	none				
20 mi	4:12:40	Mavis Lindgren	(69,CA)	28 Nov 76	at CA
Marath	4:37:40	Pearl Mehl	(67,CO)	3 May 81	at CO

## Women- 70 and over

8 km	none				
10 km	53:32	Leona Lugers	(74,MI)	12 Sep 81	at MI
15 km	none				
10 mi	none				
20 km	1:54:47	Leona Lugers	(74,MI)	23 May 81	at MI
Hf Mar	2:23:27	Bess James	(70,CA)	4 Jul 80	at CA
25 km	none				
30 km	none				
20 mi	3:25:59	Mavis Lindgren	(71,CA)	19 Nov 78	at CA
Marath	4:37:37	Mavis Lindgren	(72,CA)	9 Sep 79	at OR

# National Running Data Center

from BOB MARTIN  
Executive Director

**Age records.** The NRDC computer system has finally come forth with a large number of age records. 5-year age-group records for all distances as of Jan. 1, 1982 are listed in this issue.

**Certified Road Running Courses.** This new book lists all road running courses certified by the National Standards Committee to Jan. 1, 1982. Shows location, elevation, type of course, and date of measurement. Helpful to choose

courses in which marks can qualify for rankings and records. Twice as many courses as last year. \$2.95

**Running Records by Age.** This new book shows single-age records for men and women as of Jan. 1, 1982 in 29 track and road-running events, 100 meters to 100 miles and 24 hours. \$4.95.

Obtain from NRDC, Box 42888, Tucson AZ 85733. (Books are produced at a loss, and only with the aid of a grant from Nike is production possible.) □



Dave Romain leads Gary Garr (63) and George Mason (332) in 1st lap of age 35-39 800 at Nationals.

photo by Jerome McFadden



TAC/PENN MUTUAL  
MASTERS 20 KM ROAD CHAMPIONSHIP

Sunday March 14, 1982 10 a.m.

Russell Road Park Kent, WA



Sponsored by the Snohomish Track Club and sanctioned by the Pacific Northwest Athletics Congress of TAC/USA

**Course:** Two 10 km loops of the flat asphalt surfaced roads along Frager Road, west of the Green River, and Russell Road, east of the river, between South 212th and Meeker St. in Kent. Start and finish in Russell Road Park just north of Meeker St.

**Entry Fee:** \$4.00 No extra fee for team entry. All entrants must be registered with TAC/USA or equivalent National Sports Body for non-residents. Contact Carole Langenbach at (206) 433-8868 for TAC registration information.

**Entry Deadline:** Individual and team entries must be received by March 12.

**Send to:** Bob Langenbach, 4261 South 184th St. Seattle, WA 98188 (206) 433-8868 Make checks payable to Snohomish Track Club.

**Awards:** T-shirts to all finishers. Championship medals to top 3 finishers in each 5-year age division from 40-44 through 85+ for both men and women. Championship patches to winners in all divisions.

**Team Competition:** A club must be registered with TAC (or National Sports Body for non-US teams. Team medals to scoring members of top 3 teams in each division. Five scorers for men's teams in 40-49 and 50-59 divisions. Three scorers for all women's teams and men's teams of 60-69 and 70+. A maximum of 8 may be declared for any team. Championship patches to winners in each division. A competitor may compete as a member of a younger age group.

**Post Race:** Awards ceremony and refreshments will be at Kent Memorial Park Building on Central Avenue, just north of James St. in Kent from 12:30 p.m. to 2:30 p.m. Transportation will be provided for those needing it.

tear here

OFFICIAL ENTRY: TAC/PENN MUTUAL MASTERS 20 KM ROAD CHAMPIONSHIP

Name \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on race day \_\_\_\_  
mo day yr  
Address \_\_\_\_\_ City, STATE, Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Male/female \_\_\_\_\_ 1982 TAC # \_\_\_\_\_  
(or National Sports Body)

WAIVER: PLEASE READ CAREFULLY AND SIGN

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims whatsoever, arising out of or caused by my participation in this athletic event, against the Snohomish Track Club, the Pacific N.W. Athletics Congress, the City of Kent, and all the foregoing subsidiaries, affiliates, assigns, representatives and successors of same entities associated with this event. I further attest that I am physically fit, have trained sufficiently for competition in this event, and certify my compliance below.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

TEAM ENTRY ONLY	
DIV.	TAC CLUB NAME
men 40-49	
men 50-59	
men 60-69	
men 70+	
women 40-49	
women 50-59	
women 60-69	
women 70+	

PLEASE SEND INFO ON  
ACCOMMODATIONS  
check here



## -1982- NORTHWEST REGIONAL MASTERS/SUB-MASTERS TRACK & FIELD CHAMPIONSHIPS

SPONSORED BY PENN MUTUAL AND THE PORTLAND TRACK CLUB

JULY 30 & 31 1982  
MT. HOOD COLLEGE GRESHAM, OR. 97030  
MEET DIRECTOR JIM PUCKETT 503-667-7354

HELD AT NIGHT 6-11 PM - IDEAL COMPETITIVE CONDITIONS  
COME AND ENJOY THE UNIQUE EXPERIENCE OF COMPETING  
UNDER THE LIGHTS ON A PLEASANT SUMMER EVENING  
BEAUTIFUL OLYMPIC SIZE MEDALS FOR FIRST, SECOND, & THIRD  
COME WITH A CLUB GROUP AND SHARE THE FUN TOGETHER  
AMERICA'S FINEST MASTERS TRACK & FIELD MEET  
HELD IN THE SCENIC NW VACATION AREA

ENTRY FORMS TO BE IN THE JUNE AND JULY ISSUES



# 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.

## CITY OF PHILADELPHIA DEPARTMENT OF RECREATION

### 1982 ATLANTIC RICHFIELD INDOOR TRACK CARNIVAL

#### MASTERS TRACK AND FIELD MEET

Tuesday, January 5, 1982 - 6:30 PM

#### SHOT PUT

40 - 44 Years (Men)  
1. Patrick Freeman 10.04

45 - 49 Years (Men)  
1. Tom Jackson 9.69  
2. Richard Murray 8.42

50 - 54 Years (Men)  
1. Art Harris 7.66  
2. George Taylor 7.44

55 - 59 Years (Men)  
1. Raymond Thomsen 9.27  
2. J. Walker Pierson 7.94  
3. Payton Flournoy 7.03

60 - 64 Years (Men)  
1. Frank Glueck 7.08

65 - 69 Years (Men)  
1. Eugene Wood 7.35  
2. George Braceland 6.40  
3. Claude Hills 5.18

70 - 74 Years (Men)  
1. Ron Salvio 8.02

75 - 79 Years (Men)  
1. Anna Mapps 5.02

80 - 84 Years (Men)  
1. John Anderson 12.02

85 - 89 Years (Men)  
1. John Anderson 12.02

90 - 94 Years (Men)  
1. John Anderson 12.02

95 - 99 Years (Men)  
1. John Anderson 12.02

100 - 104 Years (Men)  
1. John Anderson 12.02

105 - 109 Years (Men)  
1. John Anderson 12.02

110 - 114 Years (Men)  
1. John Anderson 12.02

115 - 119 Years (Men)  
1. John Anderson 12.02

120 - 124 Years (Men)  
1. John Anderson 12.02

125 - 129 Years (Men)  
1. John Anderson 12.02

130 - 134 Years (Men)  
1. John Anderson 12.02

135 - 139 Years (Men)  
1. John Anderson 12.02

140 - 144 Years (Men)  
1. John Anderson 12.02

145 - 149 Years (Men)  
1. John Anderson 12.02

150 - 154 Years (Men)  
1. John Anderson 12.02

155 - 159 Years (Men)  
1. John Anderson 12.02

160 - 164 Years (Men)  
1. John Anderson 12.02

165 - 169 Years (Men)  
1. John Anderson 12.02

170 - 174 Years (Men)  
1. John Anderson 12.02

175 - 179 Years (Men)  
1. John Anderson 12.02

180 - 184 Years (Men)  
1. John Anderson 12.02

185 - 189 Years (Men)  
1. John Anderson 12.02

190 - 194 Years (Men)  
1. John Anderson 12.02

195 - 199 Years (Men)  
1. John Anderson 12.02

200 - 204 Years (Men)  
1. John Anderson 12.02

#### 60 - 64 Years (Men)

1. David Hall 8.47  
2. Theodore Elle 8.69

65 - 69 Years (Men)  
1. George Braceland 8.51  
2. Claude Hills 9.18  
3. Eugene Wood 10.60

70 - 74 Years (Men)  
1. Manfred D'Elia 9.78

75 - 79 Years (Men)  
1. Anna Mapps 8.65

80 - 84 Years (Men)  
1. Marie Barrie 10.23

85 - 89 Years (Men)  
1. John Miller 6.05  
2. Ron Salvio 4.21

90 - 94 Years (Men)  
1. James Dickerson 6.84  
2. Bill Willis 5.46  
3. Robin Ficker 5.30

95 - 99 Years (Men)  
1. Grant Krow 5.17  
2. Nate Byrd 4.93  
3. Ernie McCombs, Jr. 4.72

100 - 104 Years (Men)  
1. Bill Keys 5.49  
2. Dr. William Clark 5.47  
3. John Snell 5.41

105 - 109 Years (Men)  
1. Anna L. Mapps 4.27

110 - 114 Years (Men)  
1. Rudy Enders 5.69  
2. Bert Lancaster 5.10  
3. George Taylor 4.22

115 - 119 Years (Men)  
1. Oscar Harris 4.52  
2. Don Harris 3.82  
3. J. Walker Pierson 3.54

120 - 124 Years (Men)  
1. Boo Morcom 5.26

125 - 129 Years (Men)  
1. Claude Hills 3.89  
2. George Braceland 3.84  
3. Eugene Wood 2.81

130 - 134 Years (Men)  
1. George Braceland 10.7  
2. Claude Hills 11.6

135 - 139 Years (Men)  
1. Joe Bailiff 6.88  
2. Ronald Warrington 6.93  
3. James Lafferty 7.26

140 - 144 Years (Men)  
1. Arnold Morris 6.98  
2. Ed King 7.29  
3. George Majors 7.37

145 - 149 Years (Men)  
1. Robert Stanford 7.01  
2. James Bantum 7.10  
3. Larry Colbert 7.12

150 - 154 Years (Men)  
1. Larry Wilson 7.04  
2. Lawrence Pratt 7.09  
3. Matt Brown 7.16

155 - 159 Years (Men)  
1. Bert Lancaster 7.25  
2. Rudy Enders 7.41  
3. Art Harris 8.31

160 - 164 Years (Men)  
1. Oscar Harris 7.94  
2. Walker Pierson 7.96

#### ONE MILE RACE WALK

30 - 34 Years (Men)  
1. William Norton 7.19.0

35 - 39 Years (Men)  
1. Robert Jennings 9.02.1

40 - 44 Years (Men)  
1. C. Joe Stefanowicz 7.39.8

45 - 49 Years (Men)  
1. Paul Walkovic 10.30.2

50 - 54 Years (Men)  
1. Josh Lash 9.44.2

55 - 59 Years (Men)  
1. Bob Mimm 8.02.5

60 - 64 Years (Men)  
1. George Braceland 9.38.5

65 - 69 Years (Men)  
1. George Braceland 9.38.5

70 - 74 Years (Men)  
1. George Braceland 9.38.5

75 - 79 Years (Men)  
1. George Braceland 9.38.5

80 - 84 Years (Men)  
1. George Braceland 9.38.5

85 - 89 Years (Men)  
1. George Braceland 9.38.5

90 - 94 Years (Men)  
1. George Braceland 9.38.5

95 - 99 Years (Men)  
1. George Braceland 9.38.5

100 - 104 Years (Men)  
1. George Braceland 9.38.5

105 - 109 Years (Men)  
1. George Braceland 9.38.5

110 - 114 Years (Men)  
1. George Braceland 9.38.5

115 - 119 Years (Men)  
1. George Braceland 9.38.5

120 - 124 Years (Men)  
1. George Braceland 9.38.5

125 - 129 Years (Men)  
1. George Braceland 9.38.5

130 - 134 Years (Men)  
1. George Braceland 9.38.5

135 - 139 Years (Men)  
1. George Braceland 9.38.5

140 - 144 Years (Men)  
1. George Braceland 9.38.5

145 - 149 Years (Men)  
1. George Braceland 9.38.5

150 - 154 Years (Men)  
1. George Braceland 9.38.5

155 - 159 Years (Men)  
1. George Braceland 9.38.5

160 - 164 Years (Men)  
1. George Braceland 9.38.5

165 - 169 Years (Men)  
1. George Braceland 9.38.5

170 - 174 Years (Men)  
1. George Braceland 9.38.5

175 - 179 Years (Men)  
1. George Braceland 9.38.5

180 - 184 Years (Men)  
1. George Braceland 9.38.5

185 - 189 Years (Men)  
1. George Braceland 9.38.5

190 - 194 Years (Men)  
1. George Braceland 9.38.5

195 - 199 Years (Men)  
1. George Braceland 9.38.5

200 - 204 Years (Men)  
1. George Braceland 9.38.5

205 - 209 Years (Men)  
1. George Braceland 9.38.5

#### 40 - 44 Years (Men)

1. Grant Krow 1.60

45 - 49 Years (Men)  
1. William Clark 1:37.5

50 - 54 Years (Men)  
1. Walter Hutchins 1:60  
2. Rudy Enders 1:52.5  
3. Bert Lancaster 1:45.0

55 - 59 Years (Men)  
1. Boo Morcom 1:52.5  
2. Theodore Elle 1:22

60 - 64 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

65 - 69 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

70 - 74 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

75 - 79 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

80 - 84 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

85 - 89 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

90 - 94 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

95 - 99 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

100 - 104 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

105 - 109 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

110 - 114 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

115 - 119 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

120 - 124 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

125 - 129 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

130 - 134 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

135 - 139 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

140 - 144 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

145 - 149 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

150 - 154 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

155 - 159 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

160 - 164 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

165 - 169 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

170 - 174 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

175 - 179 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

180 - 184 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

185 - 189 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

190 - 194 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

195 - 199 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

200 - 204 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

205 - 209 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

210 - 214 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

215 - 219 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

220 - 224 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

225 - 229 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

230 - 234 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

235 - 239 Years (Men)  
1. George Braceland 1:29.5  
2. Claude Hills 1:22

## 2ND ANNUAL TFA INDOOR T&F MEET KANSAS CITY, MO. JAN 22-23.

### MASTERS MEN (40-49) 60

Gary Oliphant/Mid-America Masters 6.96  
Lawrence Bybee/KC North Stars 7.65  
Bob Hyten/United Sports Association 7.91  
Wally Brawner/Mid-America Masters 8.12  
Ron Lusby/Una. 8.32  
Gary Marquardt/Una. 8.47

### MASTERS MEN (50-59) 60

Alex Pappas/Una. 7.49  
Earl Ventura/Una. 7.56  
Edgar Neufeld/Mid-America Masters 7.62  
Dee Roy/Wyandotte Wings 7.65  
Gene Clohery/Meige Boosters T.C. 8.08  
Bob Shireman/KCTC 8.61

### MASTERS MEN (40-49) 440

Bob Lida/Wichita Running Club 56.76  
Wally Brawner/Mid-America Masters 1:01.35  
Edwin Alexander/Una. 1:03.40

### MASTERS MEN (50-59) 440

Edgar Neufeld/Mid-America Masters 1:02.82  
Gene Clohery/Meige Boosters T.C. 1:09.03  
Bob Shireman/KCTC 1:21.08

### MASTERS MEN (30-39) MILE

Dennis Stewart/Columbia T.C. 4:29.94  
Aaron Houe/Una. 4:31.22  
Lennie Harrison/Gateway Athletics 4:33.90  
Gene Timberlake/Rice T.C. 4:34.68  
Harry Wilson/Una. 4:49.62  
Mike DeWitt/Una. 4:58.16  
Terry Harms/KCTC 5:08.41  
Tom Bates/Una. 5:46.87

### MASTERS MEN (40-49) MILE

Bill Mayor/Rice T.C. 5:02.89  
Wally Brawner/Mid-America Masters 5:05.17  
Bill Rhodd/Olathe T.C. 5:19.54  
Dale Young/Una. 5:26.60  
Don Nail/KCTC 5:27.29  
Edwin Alexander/Una. 5:28.99  
Wayne Hobelmann/Wild Runner T.C. 5:30.96

### MASTERS WOMEN (30-UP) 60

Marg Sutter/Lincoln & Barnestow T.C. 8.34  
Betty Pappas/Una. 8.94  
Jacki Kasper/Una. 9.77

### MASTERS WOMEN (30-UP) 440 (No Entrants)

### MASTERS WOMEN (30-UP) MILE

Andrea Ray/KCTC 5:30.93

### ALL COMERS MEETS LOS GATOS, CALIF.

January 2, 1982:  
100y G LaTorre 44 11.04  
220y G LaTorre 44 24.3  
440y D Fitzsimmons 38 53.2  
B Springbett 49 56.1

January 9:  
100y G LaTorre 44 10.7  
220y B Springbett 49 24.1  
440y B Springbett 49 56.4  
Mile Almond 5:33.9  
2-mile Niederauer 11:56.7

January 16:  
100y G LaTorre 44 10.7  
J Lehner 41 10.9  
220y D Fitzsimmons 38 23.2  
G LaTorre 49 24.7  
J Lehner 41 24.9

### CHICAGO CORPORATE CLASSIC JANUARY 17, 1982

PRESIDENT RELAY (30+)  
1. Numisco, Inc. 4:09.0  
Erv Beskow  
David Diener  
Walter Perschke

2. Leo Burnett 4:11.4  
Jim Duffy  
Peter Picard  
Bob Welke

3. Sargent & Lundy 4:14.9  
Bill Stenzel  
Larry Oyen  
Dennis Ward

4. United Airlines 4:15.2  
Carl Baber  
Bob Ernst  
Chuck Patton

### NETAC CHAMPIONSHIPS BOSTON UNIVERSITY JANUARY 17, 1982

#### MASTERS MEN'S MILE:

Dave Farlaigh 4:38.5  
Harold Hatch 4:45.0  
Paul McCarthy 4:48.3  
Art Conro 4:49.2

#### MASTERS WOMEN'S MILE:



## 1982 EASTERN TRACK &amp; FIELD MASTERS INDOOR TRIATHLON CHAMPIONSHIPS

January 31, 1982

sponsored by West Penn Track Club

Slippery Rock State College  
Slippery Rock, Pa.

## MEN 35-39

60 HH	1. Ron Salvio Shore A.C. 11.5
39"	
50	1. Donnie Hardy-Over the Hill T.C. 5.9
	2. Jasper Royal-Syracuse Chargers 5.9
300	1. Hardy-OTH 35.2
	2. Royal-Chargers 35.5
600	Hardy-OTH 1:29.1

1000	1. John Dwyer-Syracuse Chargers 2:28.0
	2. Bill Rose-Perpetual Motion 2:34.0
	3. Tom Kossum-West Penn Track 2:43.3
	4. Charles Seay-West Penn 2:51.9

Mile	1. Salvio-Shore A.C. 8:26.0
Walk	
Mile	1. Dwyer-Chargers 4:38.0
	2. Heinz Wiegand-Tri State 4:39.0
	3. Rose - P.M. 4:51.0
	4. Kossum - W.P.T.C. 5:09.0

3	1. Wiegand-Tri State 15:32
Mile	2. John Truxal - P.M. 17:34
	3. Joe Moore - Un. 18:26

Mile	1. Unattached 4:03
Relay	2. W.P.T.C. (Galloway, Seay, Kline, Trimbler) 4:09

Pole Vault	1. Salvio - Shore A.C.
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Shot Put	1. John Rutledge-OTH 42'9"
	2. Salvio - Shore 25'6"
	3. Jeff Gerson- OTH 25'4"

35# wgt.	1. Rutledge- OTH 34"
	2. Gerson - OTH 18'6"

High Jump	1. Salvio - Shore 4'11"
	2. Rutledge - OTH 4'7"

## MEN 35-39

50	1. Andy McNeil WPTC 6.2
300	1. Dennis Galloway WPTC 36.8
	2. Bill Powers- Erie 34.9
	3. Jim Burke- Un. 36.9

600	1. Burke- Un. 1:31.5
1000	1. Ron Wiser- WPTC 2:27.5
	2. Tom Peters-P.M. 2:54.7

Mile	1. Wayne Vaughn-Tri State 4:39.3
	2. Marc Liebman-WPTC 5:13.0

3 Mile	1. Wiser-WPTC 15:39.0
	2. Vaughn-Tri State 16:36.0
	3. Jim Waldorf- Un. 16:38.0
	4. Liebman-WPTC 16:14.0
	5. Bill Powers-Erie n.t.

Shot	1. Palmer Sweet-WPTC 35' 1"
	2. James Pearce- Un. 32' 11"

35#	1. Pearce- Un. 32'8"
	2. Sweet- WPTC 25' 10"

High Jump	1. Galloway-WPTC 5'4"
	2. Sweet-WPTC 4'9"
	3. Pearce- Un. 4'7"

Team Scores	West Penn 43
	Over the Hill 32
	Shore A.C. 23
	Syracuse Chargers 16
	Tri State 16
	Perpetual Motion 10

## MEN 40-44

60 HH	1. Barry Kline WPTC 8.2, record
36"	2. Jim Chars-Garden State 8.25

50	1. Tom Stradley WPTC 6.0
	2. Chars Garden St. 6.1
	3. Kline WPTC 6.5
	4. Fred Busch Un. 6.6
	5. Rich Dubrasky WPTC 7.0

300	1. Dubrasky WPTC 45.0
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Mile	1. Bob Rock WPTC 18:31
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P.V. 8.	Ed Zuraw Charlottesville T.C 12'0"
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Shot	1. Busch Un. 35' 1"
	2. Kline WPTC 30' 4"

35#	1. Busch Un. 26'8"
	2. Kline WPTC 26'3"

High Jump	1. Kline WPTC 5'6"
	2. Zuraw Charlottesville 5'1 3/4"

## MEN 45-49

60 HH	1. Lou Bruggeman WPTC 9.6
36"	

50	1. Matt Brown- Shore A.C. 6.1
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300	1. Brown-Shore 37.5
	2. Dick Mann OTH no time

Mile	1. Donald Siefers Pgh.RR 5:29
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5 Mile	1. Doug Moorehead WPTC 17:28
	2. Cass Curtis BostonMA 17:37
	3. Howard Sweitzer WPTC 17:49
	4. Siefers OPRR 18:25

Shot	1. Mann OTH 35'3"
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35#	1. Mann OTH 30'9 3/4"
-----	-----------------------

Team Scores	1. West Penn 43
	2. Over the Hill 13
	3. Shore A.C. 10
	4. Charlottesville 8
	5. Garden State TC 6
	6. Greater Pgh. R.R. -
	7. Boston A.A. 3

## MEN 55-59

60 HH	1. Tom Roehm WPTC 10.6
30"	

50	1. Rush Jacobs-Riverbend TC. 6.28
	2. Roehm WPTC new record 7.0

300	1. Jacobs-Riverbend 40.0
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600	1. Jacobs-Riverbend 1:45.7
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Mile	1. Fran Albaugh Un. 6:23.0
5 Mile	1. Albaugh Un. 20:02.0 record

High Jump	1. Roehm WPTC 5'8"
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MEN 60-64	
60H	1. Fred Weiland WPTC 14.0 record
50	1. Weiland WPTC 7.5 record
	2. Frank Mallick WPTC 7.5

300	1. Weiland WPTC 57.8
600	1. Weiland WPTC 2:04

Mile	1. Weiland WPTC 10:35.5 record
Walk	
Mile	1. Mallick WPTC 6:49 record

Shot Put	1. Dave Batchelor WPTC 41'7 1/4 record
25#	1. Batchelor WPTC 32' 9" est. record

Wgt.	
------	--

MEN 65-69	
Shot	1. Jack Siringier OTH 31'3"
8lb.	
25#	1. Siringier OTH 22'4"
Wgt.	
High Jump	1. Siringier OTH 5'6"

50+ Team Scores	
1. West Penn Track	56
2. Over the Hill	15
Riverbend T C	15

WOMEN 40-49	
50	1. Donna Radigan OTH 7.8 record
220	1. Radigan OTH 36.0 record
Shot	1. Radigan OTH 17'6 1/4"
25#	1. Radigan OTH 15'4 est. record
Wgt.	

Team Score	
1. Over the Hill	20

OHIO TAC CHAMPIONSHIPS	
45 YARD HURDLES	
M40 Grover Coats	6.9

45 YARDS	
M40 Donna Radigan	7.38
M40 Grover Coats	5.38
M50 Dick Turner	6.37

440 YARDS	
M40 Mary Rynes	2:05.06
M40 Grover Coats	58.25

MILE	
M40 Chuck Barreaato	5:20.38
M50 Ken Carman	5:22.08
M40 Sandra Knott	5:30.00

MILE WALK	
M50 Jack Siringier	12:06.60

880 YARDS	
M40 Chuck Barreaato	2:42.97
M50 Ken Carman	2:30.20

220 YARDS	
M30 Rosie Ogletree	32.24
M40 Donna Radigan	38.09
M30 Don Hardy	25.55
M40 Grover Coats	26.32
M50 W Jordan	28.25

880 RELAY	
M30 Over-the-Hill	1:52.42
M50 Over-the-Hill	1:54.81

SHOT	
M40 Donna Radigan	18'7"

WEIGHT THROW	
M40 Chuck Kiehm	44'11"
M40 Donna Radigan	11'10"
M50 Clarence Johnson	23'6"
M30 Norm Bowers	45'5"

HIGH JUMP	
M30 Jami English	4'

SHOT PUT	
M40 Carl Kiehm	39'9 1/4"
M50 Clarence Johnson	27'3"
M30 J Rutledge	44'6"

2-MILE	
M30 Glen Andrews	10:27
M40 Larry Patterson	11:02
M50 Ken Carman	11:17

from Sandy Knott	
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ALL-COMERS T&F MEETS  
LOS GATOS, CALIF.

January 23:	
100y LaTorre	44 10.7
220y Springbett	49 24.4
440y Springbett	49 56.4
Mile Wood	47 4:51.0
" Stroud	W40 5:22.0
2-mi Baltzer	11:20.0
LJ Mitchell	17'0"
35# Burke	67' 1/2"

January 30:	
100y LaTorre	44 10.7
Fitzsimmons	38 10.2
P. Jordan	64 11.2
T Nakamitsu	11.3
220y La Torre	44 24.3
G Varty	25.0
Fitzsimmons	38 23.0
440y B Mitchell	57.7
Spies	38 55.0
Mile W Meyer	5:10.6

from Bruce Springbett	
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13TH ANNUAL INDOOR DEVELOPMENT TRACK & FIELD MEET	
MEMORIAL COLISEUM, OREGON	
JANUARY 30, 1982	

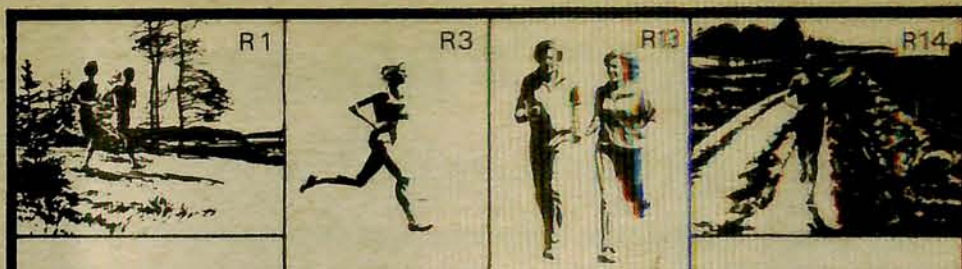
MASTERS MILE:	
1. Ernie Billups	4:32.2
2. George Cohen	4:33.6
3. Mike Heffernan	4:34.5
4. Paul Hall	4:39.6
5. Don Tretheway	4:44.0
6. Pat Becker	4:43.5
7. Reed Miller	4:46.7

1000-YARD RUN: MASTER WOMEN	
1. Ann Schneider	3:36.2
2. Marcia McChesney	4:09.5

MASTERS MILE:	
1. Jim Hiebert	4:43.5
2. Ed Ford	4:45.5
3. Vic Casteele	4:49.2
4. Vic Wolfe	4:51.1
5. John	4:58.2

1000-YARD RUN MASTERS:	
1. Jim Hiebert	2:26.9
2. Mike Guallette	NT
3. Norm Clark	3:27.0

from Marcia McChesney	
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## POSTERS &amp; NOTECARDS

- GREETING CARDS (designs R1-R15), 4 1/4 x 5 1/2" in packages of 12, incl. envelopes, one design per pkg. Perfect for letter writing, holiday cards. \$4.25 per pkg postpaid.
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## Weight Pentathlons by PHIL PARTRIDGE

There were eleven Weight Pentathlons in the United States and Canada during 1981. The age records were computed by Age Factor Scoring on a trial basis for two years as approved by consensus response to a questionnaire. (Scoring formula printed on page 21 of February NMN.)

Records held over from last year show a considerable increase due to this improved scoring system.

The Weight Pentathlon has been added to the Program of events for the World Masters Track and Field Cham-

pionships to be held at San Juan, Puerto Rico in Sept. - Oct. 1983.

The sponsors of the Southeastern U.S. Masters Track and Field meet at Raleigh, N.C. deserve credit for pioneering this event which will undoubtedly be added to the World International four year Olympics eventually.

Apologies to Bob Detweiler of Philadelphia who scored 2769 points at a Regional Weight Pentathlon in New York on August 29, 1976 and thereby became holder of the Age Record for 62 which he held until last year. □

## 1982 WEIGHT PENTATHLON AGE RECORDS

30	Mike deller	3371	Glendale, Cal.	12/10/78
31	Mike Grisko	3465	New York, N. Y.	9/24/78
32	Bob Mead	3845	New York, N. Y.	8/29/76
33	Bob Mead	3908	Burlington, Vt.	5/1/78
34	Carl Wallin	3992	New York, N. Y.	9/1
35	Bob Mead	3908	Chestnut Hill, Mass.	9/30/79
36	Pete Hoyt	2956	Raleigh, N. C.	4/1/77
37	Carl Wallin	3852	Chestnut Hill, Mass.	9/30/79
38	Ed Hill	3756	Tampa, Fla.	4/4/81
39	Ed McComas	3418	Raleigh, N. C.	4/1/74
40	George Pace	3834	Stouffville, Can.	8/18/81
41	Nora Cyprus	3021	West point, N. Y.	7/15/79
42	Chuck Klehm	3025	Woodstock, Ill.	9/26/81
43	Stew Thompson	3147	Glendale, Cal.	12/12/76
44	Stew Thompson	3465	Glendale, Cal.	12/11/77
45	Stew Thompson	3708	Glendale, Cal.	12/10/78
46	Stew Thompson	3532	Glendale, Cal.	12/9/79
47	Len Olson	3489	West Point, N. Y.	7/15/79
48	Len Olson	3501	Tampa, Fla.	4/19/80
49	Bob Backus	3662	New York, N. Y.	9/7/75
50	Bob Backus	3905	Burlington, Vt.	5/22/77
51	Randall Cooper	2989	West Palm Beach, Fla.	4/5/81
52	Bob Backus	3984	Burlington, Vt.	5/1/79
53	Herb Cantor	2957	New York, N. Y.	9/24/78
54	Mario Minafra	2418	New York, N. Y.	9/7/75
55	Bill Walworth	3579	Ipsilanti, Mich.	8/19/79
56	Bill Walworth	3570	Chicago, Ill.	9/14/80
57	Bill Bangert	3170	Woodstock, Ill.	9/12/81
58	Dan Aldrich	3521	Glendale, Cal.	12/12/76
59	Dan Aldrich	3417	Glendale, Cal.	12/11/77
60	Dan Aldrich	3840	Glendale, Cal.	12/10/78
61	Bill Gilligan	3378	West Point, N. Y.	7/15/79
62	Dan Aldrich	3515	Glendale, Cal.	12/14/80
63	Bill Gilligan	3220	Stouffville, Can.	9/5/81
64	Phil Partridge	3070	New York, N. Y.	6/28/75
65	Phil Partridge	3633	New York, N. Y.	6/13/76
66	Phil Partridge	3552	New York, N. Y.	6/19/77
67	Phil Partridge	3282	New York, N. Y.	9/24/78
68	Phil Partridge	3312	New York, N. Y.	4/22/79
69	Phil Partridge	3105	Delray Beach, Fla.	12/27/80
70	Phil Partridge	3565	Woodstock, Ill.	9/12/81
71	A. Redmond Doms	3234	Glendale, Cal.	12/10/78
72	A. Redmond Doms	3055	Glendale, Cal.	12/9/79
73	Ray Connolly	2722	Burlington, Vt.	5/1/77
74	Stan Herrmann	2915	Glendale, Cal.	12/10/78
75	Arnolds Ticanis	3243	Stouffville, Can.	9/5/81
76	Stan Herrmann	3865	Glendale, Cal.	12/14/80
77	Konrad Boas	1981	Delray Beach, Fla.	12/27/80
78	Konrad Boas	1581	Delray Beach, Fla.	12/27/81
79	John Whittemore	2847	Glendale, Cal.	12/10/78
80	John Whittemore	3386	Glendale, Cal.	12/9/79



# LONG DISTANCE RESULTS

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

## HAYWARD HALF MARATHON HAYWARD, CALIFORNIA OCTOBER 25, 1981

M40-49		
Sal Vasquez	41	1:09:46
Tim Rostege	41	1:13:26
Harold Knutson	41	1:15:19
Mike Davis	41	1:16:34
Phil Hager	44	1:16:42

W40-49		
Karen Scannell	43	1:23:04.8
Sue Johnston	40	1:25:27
Bev Richardson	42	1:30:37
Liz Ray	42	1:31:44
Jane Maxwell	40	1:32:32

M50+		
Don Coghlan	52	1:21:00
Hank Fragoza	51	1:25:04
Werner Haupe	51	1:26:25

Richard Laine	50	1:27:01
John Rouse	54	1:28:32

W50+		
Marion Irvine	52	1:23:15.8
Kay Atkinson	64	1:50:14
from Jim Scannell		

## GREAT BERKELEY RACE 15K BERKELEY, CALIFORNIA NOVEMBER 15, 1981

M40	Sal Vasquez	41	49:39
	Tim Rostege	41	51:16
	Hal Knutson	41	52:46

M50	Jerry Faulkner	50	58:16
	David Sharp	50	60:50
	Bruce Oliver	50	60:52

W40	Karen Scannell	43	58:08
	Birthe Kirsch	42	60:16
	Lucy Kaplan	43	63:42

W50	Ruth Anderson	52	66:27
	Eileen Klatsky	50	73:52
	Helen Holmgren	54	74:24

from Jim Scannell

## TULSA MOHAWK PARK 5K RUN DECEMBER 12, 1981

1	Larry Adudell	36	16:09
2	Doug Formosa	36	16:32
4	Larry Endicott	37	17:10
5	Hewlett Nash	41	17:28
9	Nocus McIntosh	56	17:42
10	Steve Blanchard	50	17:45

## TULSA MOHAWK PARK 20K RUN DECEMBER 12, 1981

1	Jim McFadden	42	1:10:20
3	Bill Singletary	37	1:13:08
4	John English	38	1:14:32
6	Glen Lafarlette	45	1:16:15
22	Hal McDonald	54	1:30:05
40	Earl Fonderburg	60	1:45:11

## FIESTA BOWL MARATHON TUCSON, ARIZONA

Open John Brennerman 2:17:47

M40	John Weldy	2:35:56
	David Lapierre	2:36:46
	Joe Gassmann	2:36:55
	Ron Navarette	2:37:24
	Marv Graham	2:40:46

W40	Vicky Decker	3:11:20
	Margret Schwartz	3:14:07
	Patricia Pastore	3:14:57
	Pauline Stubstad	3:15:48
	Marcia Marilyn	3:18:50

M50	Bob Featherston	2:45:35
	Dale Goering	2:48:28
	Rod Johnson	2:48:48
	Buck Levy	2:52:14
	Bob Schewikhardt	2:58:10

from John Allen

## PERRIER 10K BEVERLY HILLS, CALIF.

Open	Rod Dixon	28:38
M35	Marshall Matye	33:30
	Ron Milne	34:13
	Rich Friedlander	34:15
M40	Brian Furnee	33:44
	Eino	34:00
	Bruce Kostin	34:27
	Truman Clark	34:52
	Jim Murphy	35:07
	George Cohen	35:18

M50	Jim Brownfield	36:43
	Jerry Withers	37:56
	Leonard Watts	37:59

M60	Ed Lewin	39:14
	Demetrio Miller	42:43

W35	Judy Kewley	38:19
	Harolene McLean	40:49
	Corrinne Schratz	42:15

W40	Bonnie Robinson	42:26
	Carol Allyn	42:35
	Susan Sokoloff	44:46

W50	Margaret Miller	39:58
	Helen Dick	42:30
	Nancy Wright	48:42

W60	Lenore Nicholson	64:41
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## 4TH ANNUAL LASSE VIREN FINNISH INVITATIONAL 20K MALIBU, CALIF. DECEMBER 15, 1981

Open Adrian Royle 58:38.4

M40	Skip Shaffer	1:09:40.8
	Dave Holland	1:14:25.7
	Jerry Daniels	1:14:58.9

M50	Bob Holte	1:20:26.0
	Fred Nagelschmidt	1:21:35.6
	Jack Thomas	1:22:46.1

W40	Christa Romppanen	1:23:08.1
	Kari Nordaas	1:40:07.0

W50	Anne Johnson	1:28:04.1
from Eino		

## MT. RUBIDEAUX, CALIF. RUNS

5K		
W40	Rosie Adams	24:14
	W50 Ann Crawford	26:31
	W60 Dora Smith	37:11
	M40 Wally Ingram	17:15
	M50 Jason Harris	18:51
	M60 Bill Cornett	21:19

10K		
W30	Josta Santos	43:50
W40	Linda Harman	49:40
W50	Mary Storey	44:28
W60	Bess James	63:07
	M40 Bill Crum	34:58
	M50 Jim Heves	43:43
	M60 Robert Kroger	43:39

from Wally Ingram

## MANUFACTURERS HANOVER 5-BOROUGH CHALLENGE RACE#1 THE SEASON OPENER CENTRAL PARK—NYC

Sponsored by MHT  
Under the auspices of NYRR  
Date: January 3, 1982 11:00 AM  
Distance: 5 miles  
Check-in: Men-1332, Women-433,  
Total-1765  
Finishers: Men-1180 and 8 racewalkers,  
Women-349 and 9 racewalkers,  
Total-1546  
Weather: High 20's, windy and cold.

Vel (40-49)		
1	Fischer, Bob, 41-Milrose	26:05
2	Mueller, Fritz, 45-CPTC	26:48
3	Grosberg, Harvey, 40-GNYAA	26:53

Masters (50-59)		
1	Dixon, Don, 54-WSY	28:08
2	Sillman, George, 50-Milrose	29:33
3	Cleaves, Henderson, 50-Prin	30:31

Seniors (60 and over)		
1	Rios, Wilfredo, 65-LNTC	32:32

Vel (40-49)		
1	Parmalee, Patty Lee, 41-Atalan	31:42
2	Thornhill, Anna, 41-Milrose	32:26
3	Monte, Lona, 40-NYC	33:49

Masters (50-59)		
1	Moore, Alicia, 51-Atalan	36:36
2	Tighe, Nancy, 50-Atalan	38:02
3	Bordonaba, G, 51-Bklyn	38:37

Seniors (60 & over)		
1	Rodriguez, Mary, 60-GNYAA	41:50

## JANUARY WINTER SERIES 6 MILE RACE CENTRAL PARK—NYC

Sponsored by New York Road Runners  
Date: January 10, 1982  
Distance: 6 Miles  
Check-in: Men-627, Women-200,  
Total-827  
Finishers: Men-501 and 7 racewalkers,  
Women-141 Total-649  
Weather: Bitter cold and windy, about 8  
degrees

Vel A (40-44)		
1	Grosberg, Harvey, 40-GNYAA	33:01
2	Stretton, Guy, 41-CT	33:40
3	Cavanagh, William, 44-McB	35:19

Vel B (45-49)		
1	Hirsch, George, 47-NYC	35:48
2	Ranis, Peter, 46-NYC	36:29
3	Seiff, Eric, 48-NYC	37:25

Masters (50-59)		
1	Cleaves, Henderson, 50-NJ	37:21
2	Olsen, Arne, 53-NJMasl	38:11
3	Puma, Albert, 52-PPTC	39:23
4	Ryan, Jack, 51-NYC	39:33

Seniors (60-69)		
1	Richardson, Stephen, 61-CT	37:48
2	Rios, Wilfredo, 65-LNTC	40:43
3	Goldstein, Albert, 62-PPTC	41:07

Super Seniors (70 and over)		
1	Wallach, Robert, 78-NYC	1:04:48

Vel A (40-44)		
1	Kuscsik, Nina, 42-GNYAA	39:18
2	Thornhill, Anna, 41-Milrose	40:08
3	Monte, Lona, 40-NYC	41:19

Vel B (45-49)		
1	Knight, Kate, 46-Milrose	44:37
2	Nelson, Janet, 46-CPTC	44:49
3	Marcus, Esther, 46-McB Y	48:59

Masters (50-59)		
1	Bordonaba, Guillermo, 51	48:41
2	Jacobson, Audrey, 53-NY Mst	52:28

Seniors (60 and over)		
1	Rodriguez, Mary, 60-GNYAA	53:13
2	Havens, Evelyn, 65-Island TC	56:57

## JANUARY WINTER SERIES 10 MILE RACE CENTRAL PARK—NYC

Sponsored by New York Road Runners  
Date: January 16, 1982 11 AM  
Distance: 10 Miles  
Check-in: Men-698, Women-211,  
Total-909  
Finishers: Men-556 and 4 racewalkers,  
Women-135 and 1 racewalker,  
Total-696  
Weather: Cold and windy, about 20  
degrees

Vel A (40-44)		
1	Fischer, Bob, 41-Milrose	54:33
2	Grosberg, Harvey, 40-GNY	56:51
3	Stretton, Guy, 41-CT	56:54

Vel B (45-49)		
1	Mueller, Fritz, 45-CPTC	54:35
2	Chlappetta, Vincent, 48-Mil	57:29
3	Hirsch, George, 47-NYC	1:01:40

Masters (50-59)		
1	Johnson, Charles, 50-CPTC	1:05:13
2	Baxley, Charles, 51-Milrose	1:05:31
3	Simonte, Joseph, 53-CPTC	1:06:14
4	Mahrer, Jerry, 52-NYC	1:07:07

Seniors (60-69)		
1	Richardson, Steve, 61-NYMst	1:05:31
2	Rios, Wilfredo, 65-LNTC	1:09:15
3	Molotsky, Nathan, 60-NY	1:21:23

Vel A (40-44)		
1	Monte, Lona, 40-NYC	1:12:05
2	Davis, Alice, 42-SIAC	1:23:11
3	Mosur, Elaine, 41-NYC	1:23:14

Vel B (45-49)		
1	Knight, Kate, 46-Milrose	1:15:36
2	Ballfour, Samara, 45-NYC	1:17:58
3	Houri, Barbara, 45-SI	1:28:14

Masters (50-59)		
1	Moore, Alicia, 51-Atalan	1:15:25
2	Tighe, Nancy, 50-Atalan	1:19:09

Seniors (60 and over)		
1	Rodriguez, Mary, 60-GNY	1:31:39
2	Havens, Evelyn, 65-ITC	1:37:12

## 18TH ANNUAL MISSION BAY MARATHON, SAN DIEGO, CALIF. JAN. 17, 1982

Open	Tim Varley	2:17:17
	Joe League	
M40	Skip Shaffer	2:27:53
	Robert Wierma	2:41:54
	Karl Ryden	2:42:03
	Wayne Nelson	2:47:07
	John Beach	2:48:15
	Dale Larabee	2:49:05
	David Robinette	2:49:52
	Bob Scott	2:50:45
	Parker Williams	2:51:47
	Frank Ferrone	2:51:47

M50	Tracy Brown	2:51:00
	Dick Robinson	2:52:43
	Al Treichel	3:00:25

M60	Wayne Zook	3:06:15
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W40	Faye Heldoorn	3:14:15
	Jaye Horowitz	3:22:12
	Barbara Woods	3:22:54

W50	Anne Johnson	3:30:17
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## CHARLOTTE OBSERVER MARATHON CHARLOTTE, NORTH CAROLINA JANUARY 19, 1982

Open	Martin Green	2:21:25
M40	William Tobin	2:37:42
	Ben Hyser	2:42:08
	Bill Claytor	2:49:46
	Dave Eden	2:55:29
	Bill Hettler	2:55:33

M50	Ben Gross	3:02:22
	Irwin Nahinsky	3:07:30
	Ira Bumgarner	3:08:29
	Lester Ridings	3:17:13
	James McCord	3:19:57

M60	Howard Jaffe	3:22:17
	Ed Hornung	3:45:13
	Stan Sater	3:51:03

W40	Claire Momola	3:35:40
	No entries	
W60	Marion Epstein	6:10:33

10,000 METER RUN		
Open	Tony Bateman	29:03.9

M40	Chuck Tucker	33:57.1
	Adrian Craven	34:04.7
	Fred Hurd	35:03.1
	Al Owens	36:02.2
	Bob Montgomery	36:16.4

Total finishers:	329
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M50	Kenneth Helms	39:15.0
	Sam Fowler	40:36.3
	Larry Nolan	40:42.6
	Avery Godde	41:04.5
	Luther Thompson	41:56.4

Total finishers:	62
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M60	Jim Trent	48:29.0
	Turner Walker	49:01.4
	Rex Willard	49:47.9

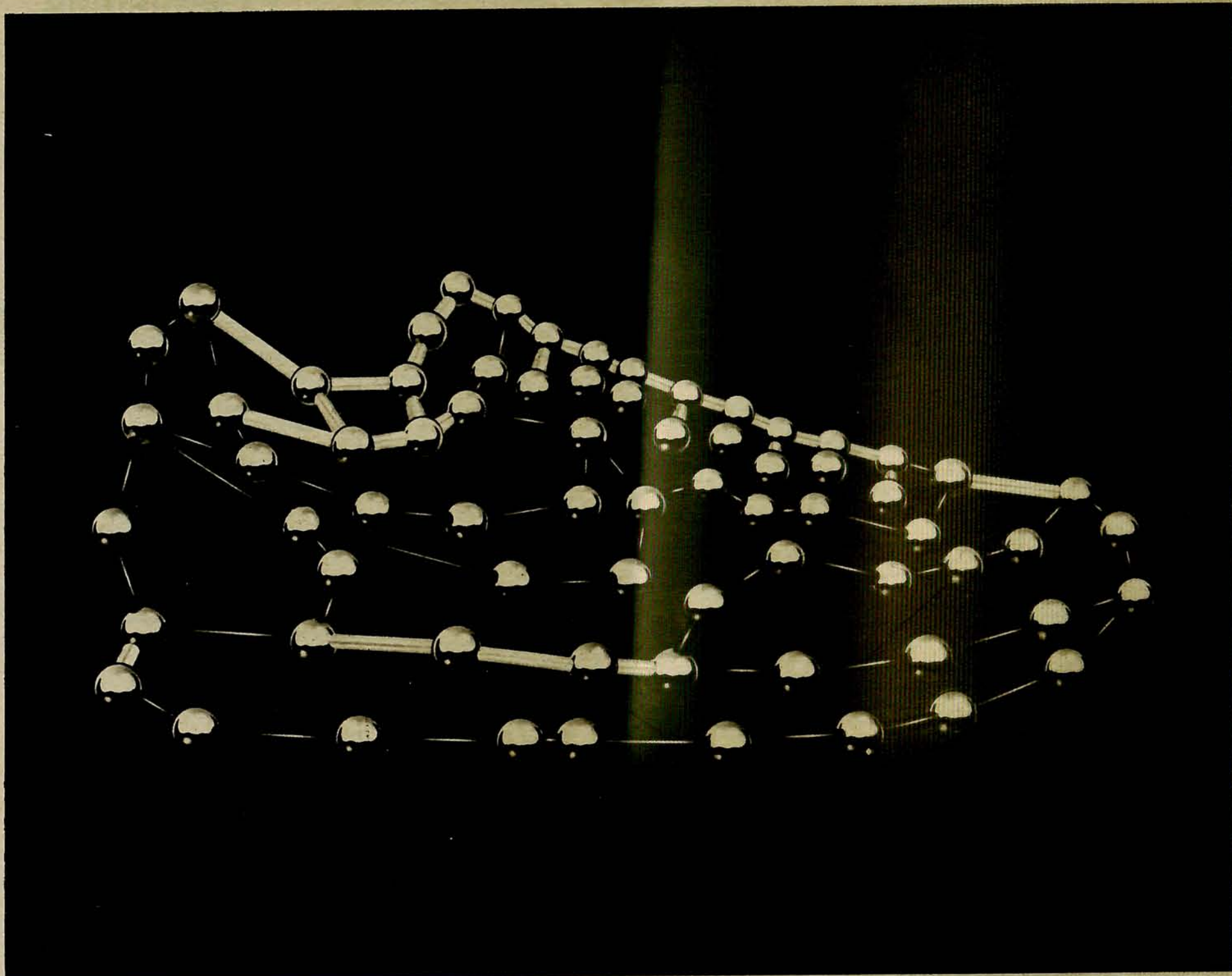
Total finishers:	19
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W40	Joan Garrett	44:04.0
	Barbara Cramer	45:37.8
	Catherine Wilfert-	
	Katz	45:43.6

Total finishers:	45
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Katz	45:43.6
Total finishers: 45	
W50 Betsi Sanders	43:47.1





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\*Approx. wt., Size 9