



NATIONAL MASTERS NEWS

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



67th Issue

March, 1984

\$1.50



Start of 1984 National Masters Women's 5K Road Championships, February 5 in Clearwater Florida. The first five finishers took the lead early. L to R: Judy Pickert (53), 4th; Maria Wade (52), 5th; Cindy Dalrymple (50),

1st in 17:55; Yvonne Rodgers (behind Dalrymple), 3rd; Monique Quevillon (59), 2nd.

Photo by Rex Cleveland

Whiting, Matson Top Mission Bay Masters

SAN DIEGO, January 15. Shirley Matson, 43, of San Diego became the sixth age-40-or-over woman to qualify for the U.S. Women's Olympic Marathon Trials by running a superb 2:50:03 today in the 20th Annual Mission Bay Marathon.

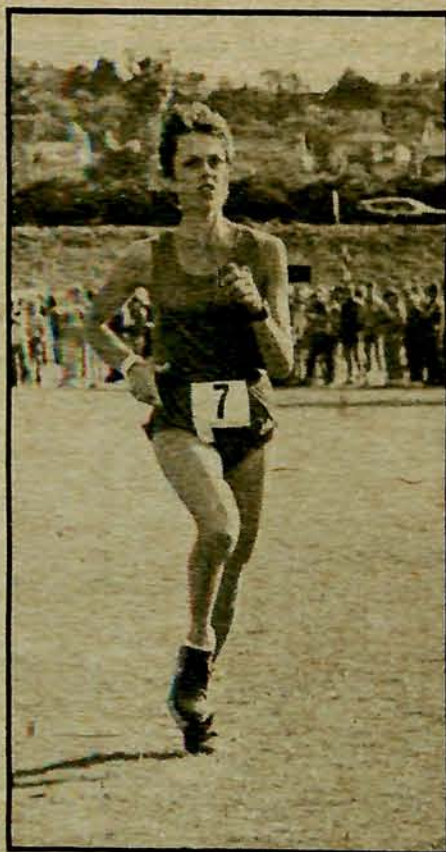
Canada's Rick Whiting, 46, turned in an impressive 2:31:53 to capture the men's masters title.

Matson's time was under a minute below the time of 2:51:16 needed to enter the Trials, scheduled for Olympia, Washington May 12. It bettered Nicki Hobson's 1977 masters record for the race of 3:00:38.

Matson's time took 40 minutes off her previous marathon best of 3:30, run in 1981. She finished as third woman overall in the race behind Judy Vivian, 32, (2:47:38) and Mary Burns, 26, (2:49:39).

Shirley thus joins Cindy Dalrymple (2:44:01), Elaine Kirchen (2:48:34),

Continued on Page 13



Shirley Matson about to become a 43-year-old Olympic Trials qualifier with a 2:50:03 at the Mission Bay Marathon, San Diego, January 15. Photo by Richard Lee Slotkin

Keystone Meet Draws 125

by SCOTT THORNSLEY

Over 125 Masters athletes from six states showed up at the 1st Annual Pennsylvania Masters Indoor Track and Field State Championships at Dickinson College's Kline Sports Center in Carlisle, January 8th.

The meet was the first TAC-sanctioned Masters T&F championship ever held in Central Pennsylvania. Because few people had ever heard of Masters track, the local news media were very interested in both its concept and in those individuals who compete regularly on the Masters circuit.

The meet attracted eight 1983 TAC National Masters champions, who all won their individual specialties. The meet also attracted over 100 spectators, many of whom showed up because they wanted to see what the competition would be like. Claude Hills was one of the more visible contestants as he competed in seven events. He drew comments when the spectators (and about 60 athletes who were attending

Continued on Page 11

Stewart, Dalrymple Win National 5K

by DICK LACEY

To the surprise of no one, Bill Stewart, 41, and Cindy Dalrymple, 41, were decisive winners of the TAC National Masters 5K Road Championships, hosted by West Florida 'Y' Runners Club in Clearwater, Florida, February 5. Runners from sixteen states and Canada enjoyed fast times and close competition in cool, windy weather. An innovation was separate races for men and women.

Stewart, who is training in Gainesville, Florida, before returning to his home in Ann Arbor, Mich., in April, had planned to run the 5K in 14:30. He was right on target for over two miles; but a strong headwind slowed him down in the second half mile, and he finished in 15:07. He was nearly 200 meters ahead of Kirk Randall, 42, Wellesley, Mass., who had flown in late the night before from Miami, where he had just won the masters division of the Orange Bowl 10K. Chuck Tucker, 42, of Orlando was third.

The last part of the race also proved to be a slight problem for Dalrymple, who ran 17:55 and won by 23 seconds over Monique Quevillon, 40, of Sarasota, with Yvonne Rodgers, 41, of Seminole, Fla., third. Because of recent bad weather in Washington, D.C., where she works in the office of Senator Donald Riegle (D-Michigan), Cindy feels that her training has not been as good as she would like.

In the other age groups, there were

Continued on Page 12

Irvine, Reiss in Close Half-marathon

Wall, Thomas Win In Oakland Marathon

Jeffrey Wall, Daly City, Calif., was the first age 40-or-over finisher with a time of 2:29:44 at the Oakland Marathon, February 5. Tim Rostegge was the second master across the line in 2:33:26, ahead of Ted Anderson, who closed in 2:41:41.

Bob Farrington, San Jose, won the M50-59 easily in 2:51:01, and Joel Rosenbaum, New Haven, Conn., second place from Robert Gehl, San Mateo, Calif., by 27 seconds with 2:57:00. Robert DeChene, Danville, Calif., was the M60 winner in 3:26:45, while Don Iwahashi, Daly City, Calif., ran 3:50:59 to win the M70+ division.

Continued on Page 15

CONTENTS

DEPARTMENTS

Letters to Editor.....	2
Gun Lap.....	6
Open Mouth.....	8
Running with Marco Polo, M.D.....	12
Profile.....	14
NRDC.....	16
Olympic Watch.....	18
Masters Scene.....	19
Schedule.....	21
Track and Field Results.....	23
Long Distance Results.....	26

FEATURES

North American Indoor.....	3
Super Bowl 10K.....	3
7 Up Supports T & F.....	3
College of the Desert Meet.....	4
Paramount 10K.....	4
West Penn TC Indoor.....	4
Indoor T & F Records.....	10
Twin Cities Marathon Awards.....	13
Eugene Indoor.....	13
RRCA 50K & 60K.....	15
Wisconsin Indoor.....	15
Track & Field Report.....	17
Mid-America Indoor Regionals.....	18
Larry Walker Qualifies for Olympic Trials.....	23
Philadelphia Indoor Carnival.....	23

NATIONAL MASTERS NEWS

67th Issue

February, 1984

Editor: Al Sheahan

Associate Editors: Jerry Wojcik
Beatrice PalmerProduction
American Publishing Co.
John Dokulil

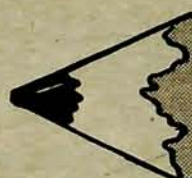
The National Masters News (ISSN-0744216) is published monthly by GAIN Publications for \$15 per year from 6200 Hazeltine Ave., Van Nuys CA 91401. Phone 818/785-1895. Second class postage paid at Van Nuys CA 91409.

The National Masters News is an official publication of The Athletics Congress Masters Track & Field and Long Distance Running Committees, and of the World Association of Veteran Athletes. The editorial policy is not necessarily that of TAC or WAVA.

SUBSCRIPTIONS: A one-year subscription (12 issues) is \$15 (mailed 2nd class), \$25 (1st class), or \$30 (overseas air mail). Please send all correspondence on subscriptions to NMN, P.O. Box 5185, Pasadena CA 91107. 818/577-7233.

Unsolicited submissions to NMN are always welcomed. Manuscripts should be typed double spaced, but legibly handwritten material is also acceptable. Please include a stamped, self-addressed envelope if return is desired. Send editorial, advertising, and other correspondence to NMN, P.O. Box 2372, Van Nuys CA 91404. 818/785-1895.

POSTMASTER: Send address changes to: National Masters News, P.O. Box 5185, Pasadena CA 91107.



Write On!

Address letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

DIRECTING A T&F MEET

As a meet director myself, I appreciate the opportunity to compete, rather than get on the director's case about meet foulups. But, the November column by Jim McLatchie (director of the 1983 National Masters T&F meet), needs discussion:

1) A masters meet, even the Nationals, should not have qualifying times. That simply would not promote our purpose, which is to open masters competition to all.

2) His complaint about athletes grumbling about heat seedings was not his fault, but the fault of a few athletes. Some call it "puffing" — submitting times faster than actually run, thus putting an athlete in a faster heat when he or she belongs in a slower heat. We are not in high school or grade school. Times we submit should be our best times to date, not our expected times. It's a matter of honor. Otherwise it's unfair to the honest competitor.

Barry Kline
Washington, Pennsylvania

NIKE HOSPITALITY

Much has been written about the World Games, but I have seen nothing about the reception by NIKE which was held in Old San Juan during the games. Val Schultz and other representatives hosted a splendid affair where men and women from all corners of the world socialized, enjoyed tasty refreshments, received prizes, and heard a message from Val about encouraging adults to become more active in sports. It was a highlight of the World Games in Puerto Rico.

Oscar M. Harris
Philadelphia, Pa.

HURDLERS GET SHAFT

We hurdlers are still getting the shaft, ever since the "Wishy Washy" W.A.V.A. let the Germans change the heights and distance in Hanover (1979) without letting anyone know.

They were changed in New Zealand, but they let us know in advance. Then the distance was changed again in Puerto Rico from 110M to 100M (60-69). Now, TAC and WAVA have set standards for 1984, (see N.M.N. Jan. 1984). However, every TAC meet coming up is 110M & 30" high, except the 1984 Indoor Championships.

I hope the meet directors will go by the standards that have been set. Maybe by Rome, we will be running the

same race.

I agree with Dick Lacey (Write On, Feb. 1984) that the 70-and-over hurdles should run 300, not 400 meters.

I saw a lot of 60+runners fading at the last two hurdles at the World V meet. It's not only hard on the hurdlers but spectators, trying to get them over the last two hurdles. I know there are two or three who have little trouble with 400M, but they could still run the 300M. It seems to me there would be a lot more participants.

Burl Gist
San Marcos, California

RACE CANCELLATION

Your schedule said the Las Vegas Classic 10K would be held December 10. I wrote to the Hacienda Hotel but received no reply. I phoned, left a message, but no one returned my call. Airline reservations were made for Ivy Granstrom, a well-known world masters runner, and myself as her guide.

We went, but there was no run. No notice in NMN, and no reason why. No explanation was given by the hotel. Everyone blamed someone else.

I suggest NMN check the notices for credibility before publishing them.

Paul Hoeberigs
Vancouver, B.C.

(We agree, and we're sorry for the wasted trip. NMN generally publishes only those events with some special significance for masters runners, (prize money, major races, TAC championships, etc.) and which we believe to be legitimate races. Sometimes we slip up; sometimes a well-intentioned race is simply cancelled, or the date is changed, and NMN doesn't learn about it in time. It's always best to double-check with the race director if you're planning on traveling a long distance. — Ed.)

KUDOS

The National Masters News is a superb production. I thoroughly enjoy reading it. How it is possible to receive it in Cape Town on the 1st of the month, I really don't know. Congratulations.

Leo Benning
Cape Town, South Africa

Congratulations on your excellent December issue. It is great to see the many older athletes receiving the

recognition they deserve.

Loncie Tucker
Alpine, Texas

I always look forward to receiving each new National Masters News. It is very well written and very informative. To show my appreciation, enclosed is a donation.

Harold Chapson
Honolulu, Hawaii

(Thank you. We appreciate your comments and your support. — Ed.)

National Masters
Officers

The Athletics Congress (TAC)

TRACK & FIELD CHAIRMAN:
Jerry Donley
1715 Alamo Ave.
Colorado Springs CO 80907
303/635-1234

LONG DISTANCE CHAIRMAN:
Bob Boal, 121 W. Sycamore Ave.,
Wake Forest, NC 27587

TRACK & FIELD RECORDS:
Pete Mundle, 4017 Via Marina #C-301
Venice, CA 90291, (213) 823-8804

LONG DISTANCE RECORDS:
National Running Data Center,
P.O. Box 42888, Tucson, AZ 85733,
(602) 326-6416

RANKINGS AND INDOOR RECORDS
Haig Bohigian, 225 Hunter Ave., North
Tarrytown, NY 10591, (914) 631-1547

INDOOR T&F MEET COORDINATOR:
Ron Salvio, Squan Rd., Clarksburg,
NJ 08510, (609) 259-9268

OUTDOOR T&F MEET COORDINATOR:
Bruce Springbett, P.O. Box 1328,
Los Gatos, CA 95030, (408) 354-7333

WORLD ASSOCIATION OF
VETERAN ATHLETES (WAVA)

PRESIDENT
Don Farquharson, 269 Ridgewood Rd.,
West Hill, Ontario, Canada M1C 2x3

NORTH AMERICAN REP:
Bob Fine, 77 Prospect Place,
Brooklyn, NY 11217, (212) 789-6622

TECHNICAL CHAIRMAN:
Ian Hume, R.R.-1, Melbourne,
Quebec, Canada, (819) 826-5418

VICE PRESIDENT
(Road Running and Walking)
Jacques Serruys, "Fit Veteran"
P.O. Box 7, 8000 Brugge 1-Belgium

VICE PRESIDENT (Track & Field)
Hans Axmann, Eichendorffstr. 2c
D-8800 Ansbach, West Germany

Richardson Sets World High Jump Mark

Richard Richardson, M50, high jumped 6' to break the world age 50-54 indoor record by eight inches at the North American Masters Indoor Track and Field Championships in Sterling, Illinois, January 15. Richardson also won the shot (38'¼") and the 60y low hurdles (9.37).

In the dashes, Gary Coates won the M40 60y in 7.01 over Ron Dennis' 7.03 and defeated Dennis again in the 300y, 36.90 to 37.23. Harry Brown, M50, won the 300y in 37.93. Dr. Lee Blount took the M50 440y in 59.18 and the 880y in 2:15.18.

Puerto Rico's Gilberto Gonzalez, M70, triple jumped 26'4½", which is close to the world M70 indoor mark of 26'10".

In the shot, Phil Breesca took the M55 with 42'4", and Ham Morningstar won the M65 with 41'6½", both outstanding indoor tosses.

The indoor facility in Sterling, located about 100 miles west of Chicago, is unusual because its construction was financed privately by a local industrialist and is located in an industrial park, unlike most indoor tracks, which are either portable or located on college campuses. □

Super Bowl 10K Draws 20,000

by JERRY WOJCIK

Dan Ashimine, 40, of Gardena, California, was one of 20,000 or so runners who did something worthwhile, early in the day, before settling back to watch the Super Bowl January 22.

He was the first age-40-or-over finisher in the VI Super Bowl Sunday 10K in Redondo Beach, Calif. in a time of 35:07.

Continued on Page 10



Jan Gervais-Cour, W40, San Diego, has lowered her 10K and 1500 times with a body-building and weight-training program.



Guy L. Smith, (right) VP Corporate Affairs, The Seven-Up Company; and Warren G. Jackson, President Circulation Experts Ltd of Hartsdale, Consultant to The Seven-Up Company, are shown after signing the agreement to

continue the Seven-Up Company's involvement during 1984 in the Masters Track & Field Program.

Seven-Up To Continue T&F Support

Guy L. Smith, VP Corporate Affairs, The Seven-Up Company, has announced that the company will once again support the United States Masters Track & Field Program in 1984.

Smith said, "1983 was our first year of involvement in the Masters Track & Field Program. We found it to be an excellent program. Continued participation in 1984 provides us with still greater opportunities to assure that such a worthwhile program—which motivates both physical and recreational pursuits for individuals, regardless of age—is continued."

Smith also announced the Masters Program would continue to be coordinated by Warren G. Jackson, consultant to the company.

Jackson announced the company has agreed to support the following indoor and outdoor meets this year with medals for limited financial support:

January — Philadelphia Masters Track Carnival — Philadelphia;

Lake Erie Indoor Track Championship — Cleveland.

February — New York Masters Track & Field Championships — New York City

March — National Masters Indoor Track & Field Championships — Princeton, NJ;

Eastern Regional Track & Field Championships — West Point, NY;

Tampa Bay Track & Field Championships — Tampa, FL.

May — New York Masters — New York City.

June — Over The Hill Championships — Cleveland.

Hayward Classic — Eugene, OR.

July — Northwest Masters — Portland, OR.

August — National Masters (Outdoors) — Eugene, OR.

Jackson stated that Meet Directors seeking information regarding possible program involvement can contact him at: Circulation Experts Ltd, 280 N. Central Ave., Hartsdale, NY 10530. □

Subscribe Now!

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

- ☐ \$15 for 1 year/12 issues
- ☐ \$28 for 2 years
- ☐ \$25 for 1 year 1st-class air-mail
- ☐ \$30 for 1 year overseas air mail

- ☐ New
- ☐ Renewal
- ☐ Payment enclosed
- ☐ Bill me

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News
Subscription Dept.
P.O. Box 5185
Pasadena CA 91107

Or call:
818/577-7233

C.O.D. Meet Opens Season

The College of the Desert Meet in Palm Desert, Calif., is the unofficial kickoff meet of the outdoor season for Southern California masters. The meet offers an unusual grass track and some odd-length events. This year, on January 29, entrants posted good early-season marks, aided by mid-80 temperatures and no wind.

Forty-two-year-old Walt Butler, running in the college and open heats, ran a 6.95 60m dash and an astonishing 8.15 for the 42" 60mHH. In a masters heat, Butler did a 37.48 for the day's best M40+ 300m dash. Submaster Elliot Mason, 38, had the best 300m time of 35.64.

Ex-Olympian Lee Evans, 36, ran a 2:49.7 1000m, and Dave Pain, 61, had a 3:53 for that rarely run event. Sheila Smith, 47, in her first 3000m ran a 13.46.

Shirley Kinsey, nearing the end of a very successful W50 age-group career, lengthened the age-54 javelin AR from 57'3" to 89'2", but Corona Del Mar TC teammate Christel Miller erased

Continued on Page 11



Linda and Joe Burgasser paused from marathoning to sweep the 45-49 division, TAC National Masters 5K Road Championships, Clearwater, Florida, February 5. Joe's 16:18 placed him fourth overall. Photo by Rex Cleveland



Duarte Repeats In Paramount 10K

Frank Duarte duplicated his 1983 victory in the special Masters Division of the Paramount 10K in Paramount, California, January 28, in a time of 31:55. That was a minute and a half better than that of second-place Jim Murphy and earned Duarte an eighth place among the 825 finishers. Dan McCaskill was third master in 33:48, ahead of George Cohen (35:22) and Patrick Devine (35:47). The special division was limited to age-group runners who met qualifying times.

First master in the regular divisions was Lee Baca (34:46) with a M40 7-second win over Dan Ashimine. Merle Glauser won the M45 race with a fast 34:57. Six seconds separated the top three places in the M55+ race: John McManus edging Ralph Montoya and Glen Stout.

Shirley Matson, 43, who had qualified for the Olympic Marathon Trials two weeks earlier in San Diego, bounced back with an outstanding 36:38 to lead all women forty-and-over and place in the top five. Gina Faust took the W45 race (41:34), and Helen Dick won the W55+, seven seconds behind Faust. □

22 Meet Records Fall

Brown Gets Walk Record At West Penn

Gloria Brown's one mile walk time of 8:59.21 was the highlight of the West Penn TC Indoor Championships at Slippery Rock University, January 29. Brown's time demolished the national age-52 record held by Mary Byers of 11:09, also indoors.

Twenty-two meet records fell. Among the record breakers were Grover Coates, 45, with a 5.9 in the

Continued on Page 6

Improve your times
by 5% in 3-months

SPRINT CLINICS

with one of sprinting's
top professional coaches

- DAY or EVENING CLINICS
- ALL AGES and ABILITIES

SEND or CALL for LOCATION
NEAREST YOU

- INDIVIDUAL COACHING
- GROUP COACHING
- MASTERS COACHING
- CLUB COACHING
- CORPORATE COACHING
- SPONSORED COACHING
- WORKOUT SCHEDULES
- VIDEO INSTRUCTION

Learn techniques used by

KIPPERR BELL
of
SAN DIEGO

to improve from
10.40 to 9.83 in 100M
to become

THE FIRST AMERICAN
TO WIN the 114-YR. OLD

- SKOL NEW YEAR SPRINT •

IN ONE of the FASTEST
TIMES ever RECORDED

New SPRINT Book

KIPPERR



AN AMERICAN FIRST
1984 SKOL
NEW YEAR
SPRINT HANDICAP
Edinburgh, Scotland

Price: \$12.00 + post/hdl.

VIDEO COACHING TAPE

Price: \$36.00 + post/hdl.

For Info: Write or Call
COACH ROB HUNTER
SAN DIEGO ATHLETICS
405 W. WASHINGTON, #121
SAN DIEGO, CA. 92103
(619-455-9422)

CORRECTIONS

In the February issue, Sheila Newton's high-jump at the Hawaii #2 meet, Dec. 10-11, was listed at 4'2 1/4". Her height should have been 4'3 1/2", a new age-46 American record.

Christa Romppanen, 44, was listed as coming in 2nd woman overall in the

Continued on Page 17



Flory Rodd, first 60+, Oakland Half-marathon, February 5, in 1:26:44.

© Gene Cohn Productions

OLYMPIC LEGENDS TRACK & FIELD MEET
APRIL 28, 1984 SATURDAY
TRACK

8:00
 8:30
 9:00
 9:30 110M Hurdles
 10:00
 10:30 100M Trials
 11:00
 11:30 400M Trials
 12:00
 12:30 1500M Finals
 1:00
 1:30 100M Fin
 2:00
 2:30 4 X 100 Relays
 3:00 5,000 meter walk
 3:30
 4:00

HIGH JUMP

9:00 A.M. 40-49
 9:40 A.M. 30-39
 10:30 A.M. 70+ & Women
 11:15 A.M. 60-69
 11:50 A.M. 50-59

JAVELIN

9:00 A.M. 30-39
 9:45 A.M. 50-59
 10:30 A.M. 40-49
 11:15 A.M. 70+ & Women
 12:15 P.M. 60-69

SHOT PUT

10:30 A.M. 30-39
 11:30 A.M. 40-49
 12:30 P.M. 70+ & Women
 1:45 P.M. 60-69
 2:45 P.M. 50-59

LONG JUMP

10:30 A.M. 60-69
 11:30 A.M. 30-39
 12:30 P.M. 40-49
 1:45 P.M. 50-59
 2:45 P.M. 70+ & Women

**Home Savings of America and the
 L.A.-Valley Athletic Club proudly present the**



April 28 & 29, 1984 - UCLA Drake Stadium

Join former Olympic greats Parry O'Brien, Dean Smith, Thane Baker, Bob Richards, Barbara Ferrell Edmonson, Josh Culbreth, Ron Whitney, Ira Davis, Bob Humphreys, Lynn Eves and Payton Jordan as they compete in track events from the 100 meter dash to the 5,000 meter walk and field events from the long jump and pole vault to the hammer throw and discus.

The meet is open to all athletes, men and women, age 30 and over. Athletes will compete in five year age groups: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80+. Medals will be awarded to the first three places in individual events and all members of winning relay teams.

Entry Fee: First event - \$9, each additional event - \$4 (maximum of three events plus one relay per person). Complimentary program and official Olympic Legends Meet t-shirt for each competitor.

Banquet: Saturday evening, April 28, at The Miramar-Sheraton Hotel in Santa Monica, honoring our Olympic Legends. Dinner-dance and entertainment - cost \$12.00 per person.



APRIL 29, 1984 SUNDAY

TRACK
 8:00
 8:30 5,000 meter run
 9:00
 9:30 200M Trials
 10:00
 10:30 400M Finals
 11:00
 11:30 800M Finals
 12:00
 12:30 200M Finals
 1:00
 1:30 400M Hurdles
 2:00 4 X 400 Relay
 2:30
 3:00
 3:30

POLE VAULT

9:00 A.M. 30-39
 10:15 A.M. 40-49
 11:30 A.M. 60+ & Women
 12:45 A.M. 50-59

HAMMER THROW

9:00 A.M. 70+ & Women
 10:00 A.M. 60-69
 11:00 A.M. 50-59
 12:00 P.M. 40-49
 1:00 P.M. 30-39

DISCUS

10:30 A.M. 70+ & Women
 11:45 A.M. 30-39
 1:00 P.M. 40-49
 1:45 P.M. 60-69
 2:45 P.M. 50-59

TRIPLE JUMP

10:30 A.M. 30-39
 11:30 A.M. 40-49
 1:00 P.M. 60-69
 1:45 P.M. 50-59
 2:45 P.M. 70+ & Women

**OLYMPIC LEGENDS
 Track and Field Meet**

April 28, (Sat) and 29 (Sun), 1984
 UCLA Drake Stadium
 Los Angeles, California

Entry Mailing Address: L.A.-Valley Athletic Club
 1801 Ave. of Stars, Suite 415
 Los Angeles, Ca. 90067

Entry Fee: \$9.00 for first event
 4.00 for each additional event (Max. 3 events)
 Relay Teams: \$20.00

Entries: Athletes may enter 3 (three) events plus the relays. This will help to keep the meet running on time.

Awards: Medals for first three places individual events and for the members of the winning relay teams.

Heats: Heats will be required in the 100 through the 400 and possibly in the hurdles. Heat & Lane assignments will be posted.

Registration: Closes on April 20, 1984. No Post Entries.

Miscellaneous: Running order. Women and then youngest to oldest.

MEN					WOMEN				
AGE	DISCUS	HAM	JAV	SP	AGE	DISCUS	HAM	JAV	SP
30-49	4.6	16	800	16	30-49	2.2	n/a	600	8
50-59	3.9	12	800	12	50 plus	2.2	n/a	600	6
60-79	2.2	12	600	8					
80 plus	2.2	8	600	6					

MEN			WOMEN		
AGE	110M Hurdles	400M Hurdles	AGE	100M	400M
30-39	39"	36"	30-39	33"	30"
40-49	36"	33"	40 plus	30"	30"
50-59	33"	30"			
60 plus	30"	30"			

Competition will be held in 5 year age groups starting from age 30. 30-34 A, 35-39 B, 40-44 I, 45-49 II, 50-59 III, 55-59 IV, 60-64 V, 65-69 VI, 70-74 VII, 70-79 VIII, 80+ IX.

Surface: Tartan, synthetic all-weather. 1/4 inch spikes must be used.

*** Hotel accommodations have been made for a reduced rate at the Holiday Inn/Bel Air (3 min from UCLA) with shuttle bus service to and from the hotel to UCLA on Sat. & Sun. - Rate is \$25 per person, DOUBLE OCCUPANCY. Individual room reservations must be in no later than Feb. 27, 1984 & guaranteed by credit card No. or 1 nites deposit.

Please reserve Room for myself only: _____ Dates: _____
 Credit Card & No. _____ Myself & _____ Dates: _____
 Check Enclosed: _____

Please return Hotel Reservations ASAP.....

**OFFICIAL ENTRY FORM FOR THE FIRST
 OLYMPIC LEGENDS MASTERS TRACK AND FIELD MEET
 UCLA - DRAKE STADIUM, APRIL 28 & 29TH, 1984**

Please enter me in the following events, for which I have enclosed payment at the rate of \$9.00 for the first event and \$4.00 for each additional event. (Maximum of 3 events plus relay). Entry fee includes souvenir program and T-Shirt for each competitor.

FULL NAME _____ MALE _____ FEMALE _____
 ADDRESS _____ PHONE () _____
 CITY _____ STATE _____ ZIP _____
 AGE (As of April 28, 1984) _____ BIRTHDATE _____
 CLUB AFFILIATION _____ TAC # _____
 1983-1984
 EVENTS: _____ BEST TIME/DISTANCE _____
 1. _____ \$9.00
 2. _____ \$4.00
 3. _____ \$4.00

A Banquet at the beautiful MIRAMAR-SHERATON Athlete Only: \$12.00
 HOTEL will be held Saturday evening, April 28th, 1984 from 6:15 P.M. to 10:00 P.M. Athlete & Guest: \$18.00
 honoring those Ex-Olympians in attendance, big band and entertainment as well as T.V. Total My Check: \$
 coverage of Awards presentation.

*NOTE: The L.A.-Valley Athletic Club will have a Hospitality Room available at the Holiday Inn-Bel Air (near UCLA) for those athletes and guests who wish to change clothes and freshen up for the banquet from Saturday 12:00 noon to 6:00 P.M., April 28, 1984.

I hereby for myself, my heirs, executor, administrators waive and release any and all rights and claims for damages I may have against the L. A.-VALLEY ATHLETIC CLUB, W. E. ADLER, UCLA or their representatives, successors or assigns, for any and all injuries, ailments or other consequences, suffered by me in the OLYMPIC LEGENDS TRACK AND FIELD MEET. I attest and verify that I am physically fit to compete in all the events I have entered.

ATHLETE'S SIGNATURE _____ DATE _____
 RELAYS: _____ CLUB: _____ BEST TIME 1983-84: _____
 4 x 100 _____ \$20.00 \$
 4 x 100 _____ \$20.00 \$

RETURN THIS FORM WITH YOUR CHECK TO: William E. Adler
 L. A. - Valley Athletic Club
 1801 Ave. of the Stars, Suite 415
 Los Angeles, Ca. 90067



THE GUN LAP

by MIKE TYMN

Don't Call Me A Chauvinist

Will someone—Jacqueline Hansen, Joe Henderson, Nina Kuscsik, Tom Sturak, anybody—please explain the equal rights thing to me? As much as I try, I cannot understand it.

Here in Hawaii, where I cover the races and running scene for the morning daily, I have gained a reputation as a male chauvinist. The ladies claim that I don't give them equal space. I've even

The ladies claim that I don't give them equal space. I've even received nasty phone calls and letters from some of them.

received nasty phone calls and letters from some of them.

Generally, what happens is that I lead off my race report with a paragraph or two on the overall winner, always a man. I'll then mention the outcome of the women's race and go back to the overall race. I'll finish up with how the women's race went, but I usually don't have as much about the women's competition as I do about the overall race. Often, the editors, who always seem to have space problems, chop the final paragraphs, thereby further abbreviating the coverage of the women's race.

The editors also get me in hot water by featuring only the male in the story headline and using only a photo of the overall winner, again saying they don't have space for two names and two photos.

The evening rag has a gallivanting bachelor covering the races. Because he likes to make points with the ladies and also because the morning paper "scoops" him on the races, he frequently features the women's winner. The ladies push his articles in front of me as an example of how the races should be covered.

Maybe there is some rationale that has escaped me, but it seems to me if we carry over the same reasoning that is applied to employment opportunities and other areas of equal rights, there should be no division by sex at all.

We had a big deal here last year about a woman joining the fire department. It was held that she had to pass the same physical fitness test required of men. How is this different from the sports situation?

As long as we are going to recognize separate divisions and call that equality, why not give the age classes an equal break? Why give the women's

Why give the women's open winner more space than the men's masters winner? What makes sex more of a handicap than age?

open winner more space or attention than the men's masters winner? What makes sex more of a handicap than age?

I read somewhere, that the ACLU is suing the Olympic Committee over not having a women's 5,000 or 10,000 in the Games. I wonder if we can get them

to file a suit charging discrimination against the aged. It's not fair that all those young guys and gals have the opportunity to compete while all us old folks sit by and watch. So we had a chance 20, 30, or 40 years ago. Why not now? Does equality mean having one chance only?

Didn't I also read somewhere they're going to have a wheelchair race in the Olympics this year? Now, I'll be the first to sympathize with the truly handicapped, but I don't understand that whole issue, either. The courts have

Tell me why Joan Benoit should have the opportunity to compete in Los Angeles in a separate event, while Clive Davies does not.

ruled that wheelchair racers cannot be barred from foot races here in Honolulu. What about those of us who can walk but because of knee problems or whatever can't run? How about letting us rollerskate the races?

It's easy to see where this whole thing could get out of hand. If masters competition were allowed in the Olympics, it certainly couldn't be limited to those over 40. If there's going to be true equality, there has to be opportunity for the 50, 60, 70, 80, 90 year-olds, as well. Maybe equality means having single year age divisions. But that's beside the point. What's fair is fair, no matter how ridiculous things may get because of it. Isn't that the way our judges decide issues?

Please Jacqueline, Joe, anyone, tell me why Joan Benoit should have the opportunity to compete in Los Angeles in a separate event, while Clive Davies does not.

It is unfair that women have the opportunity to compete in the Olympic Trials by running a 2:51 marathon, while men must do a 2:19. If you consider that the men's qualifying time is just 11 minutes or so over Alberto Salazar's world best, and the women's qualifying time is about a half-hour over Benoit's marathon record, it is clear there is an injustice. Either the women's cutoff should have been 2:33 or thereabouts or the men's should be around 2:37.

Don't tell me that since the qualifying times are based upon the top 100 marathon times of 1982 that it's fair. After all, there are three or four times as many men running as there are women. So, the way I see it, there should be more men allowed in the men's trials or fewer women in the women's trials.

Although I am one of Sister Marion Irvine's biggest rooters, I have to admit to being a little perturbed when, after she qualified for the women's trials a few months ago, Marty Post, the statistics editor of **Runner's World**, told a wire-service reporter that Irvine's 2:51 is the equivalent of a man



A beaming Miriam St. Clair, W40, at the annual Christmas Relays at Lake Merced, San Francisco. Photo by Gretchen Snyder.

her age doing a 2:19. Come on, Marty, what kind of reasoning is that? Again, looking at the spread between the world records, we can see that it is more like a 2:37 for a man.

Actually, Benoit's record is "soft." Consider as evidence that Evelyn Ashford's pending world record of 10.79 at 100 meters is just 1.0866 greater than Calvin Smith's pending 9.93 (10.79 divided by 9.93). Applying that factor to Salazar's record (128.22 minutes x 1.0866), we see that a woman will have to run 2:19:18 for the same gap to exist. Assuming that women are better equipped for distance running than they are for sprinting, as physiologists claim, even that might be high. At most, it appears that the gap between men and women in the marathon is no more than 11 minutes. Therefore, a 2:51 for a woman is equal to a 2:40 for a man.

Since participating in the Olympic Trials is now considered an honor, it seems to me that Alex Ratelle, Hal Higdon, and a few others over 50 who can run faster than 2:40 for a marathon have been discriminated against.

No, ladies, I'm not a chauvinist. I'm just a simple egalitarian. □

Brown Record

Continued from Page 4

50y dash, and Ed Sutton, 51, who set new meet marks in the 50y (6.1), the 300y (37.50), and the 600y (1:27.9). Bill Wise, 41, had a new meet standard of 4:48 in the mile.

High jumper Ham Morningstar, 66, leaped a record 4'3 1/4", and Joe Chadbourne, 52, hurled the 35 lb. weight 41'8 1/4" for a new meet mark.

The West Penn TC took all of the men's team titles except for the M50-59, which was won by the Over The Hill TC. The Cleveland Masters won the overall women's team crown. □

SportsAmerica NEW MASTERS IMPLEMENTS

DISCUS	SUPER	COMPETITION	WORLD CLASS	OLYMPIC
1.5K	\$43.50	\$26.40	\$69.00	\$85.00
SHOTS	IRON	COMPETITION	WORLD CLASS	OLYMPIC
6K	\$15.90	\$34.50	\$65.00	\$64.00
5K	\$13.30	\$30.90	\$61.00	\$56.50
HAMMERS	IRON		WORLD CLASS	OLYMPIC
6K	\$29.50		\$128.60	\$105.00
5K	\$25.90		\$119.90	\$90.60

Orders being taken for April or June delivery.
Shipping charges are in addition to above prices.
Equipment descriptions may be found in our 1984 catalog.
To order call 1-800-633-7777 toll free or write:
Sports America, Inc. 101 Glover St., Barton, VT 05822

1984 TAC National Indoor Masters Track & Field Championships

Jadwin Gymnasium, Princeton University, Princeton, New Jersey

March 24-25, 1984

Sponsored By:



HYATT REGENCY PRINCETON

Hosted By: THE SHORE ATHLETIC CLUB

Sanctioned by the New Jersey Association of
The Athletic Congress/USA

Eligibility & Age Group Divisions:

The competition is open to all men and women over the age of thirty who are registered with The Athletic Congress.

Divisions:

Men & Women: OA (30-34); OB (35-39); 1A (40-44); 1B (45-49); 2A (50-54); 2B (55-59); 3A (60-64); 3B (65-69); 4A (70-74); 4B (75-79); 5A (80+)

Entry Fees:

\$8.50 first event (includes T-Shirt and souvenir program)
\$5.00 each additional event
\$16.00 per relay team

Entries:

Entries must be postmarked no later than March 10, 1984. No post entries will be accepted.

There will be no refunds or switching of events after you have entered. Please do not request exceptions. NO POST ENTRIES.

Registration:

HYATT — Friday, March 23, 1984 6:00 p.m. to 10:00 p.m.; JADWIN GYM — Saturday and Sunday after 9:30 a.m.

Directions:

Jadwin Gym, intersection of Washington Rd. and Faculty Rd., Princeton, N.J. - BY CAR: N.J. Turnpike Exit 8, to Rt. 531 West (Princeton Hightstown Rd.) through Hightstown; becomes Washington Rd. Take to Jadwin Gym. It is about 12 miles to Jadwin from Exit 8. Also U.S. Rt. #1 to Washington Rd., Princeton or Rt. 206 into Princeton to Nassau St. to Washington. NOTE: There are also trains to Princeton from Penn Station (NYC) and Amtrak from Boston/Washington and buses (the Suburban Bus Line) from Port Authority (NYC). PLANE: Use preferably Newark but Philly and NYC airports are also usable. Then use limo service from airports via Salem Transportation.

Hyatt Regency Princeton • Located on Rt. 1 at Alexander Road in Carnegie Center office complex • 1 1/2 miles east of Jadwin Gymnasium • Midway between Newark and Philadelphia airports • 5 minutes from Amtrak station • 1 hour from downtown Manhattan.

Saturday, March 26 - Co-Executive Directors: Matt Brown & Ron Salvio
Co-Meet Directors: Bill Fitzpatrick & Joe Kraus

Event Number	Event	TRACK	Time
1A	60	T	10:30 AM
2	1 mile	F	Schedule to be posted
1B	60	F	
3	2 mile walk	F	
4	300	F	
5	4 x 880	F	
FIELD			
6	Shot Put	0A, 0B, 1A, 1B	10:30 AM
7	Weight Throw	0A, 0B, 1A, 1B	1:00 PM
8	Long Jump	0A, 0B, 1A, 1B	10:30 AM
9	Long Jump	2A, 2B, 3A, 3B, 4A, 4B, 5A, W	1:00 PM
10	High Jump	2A, 2B, 3A, 3B, 4A, 4B, 5A, W	10:30 AM
11	High Jump	0A, 0B, 1A, 1B	1:00 PM

Facilities:

JADWIN GYMNASIUM
220 yard, 6 lane tartan surface for all running events, tartan surface runways, maximum 1/4 inch spikes; concrete throwing circles. Complete medical, training room, locker and shower facilities.

Transportation:

Bus service between the Hyatt and Jadwin Gym is available.

Limo service available from airport via Salem Transportation.

Awards

National championship medals to top three in each division in each individual event.

National championship patch to each winner with a limit of one patch per individual.

National championship medals to each member to top three relay teams in each division in each relay.

Accommodations:

(Make own reservations by March 2, and state you are with the U.S. Masters.)

A block of rooms at special rates have been reserved at the following motel:

Hyatt Regency
102 Carnegie Ctr.
Princeton, N.J. 08540
(609) 987-1234

Write for info on other area lodging. (please SASE)

All rooms \$64.00. Additional roll away beds \$10.00.

Standards for Hurdles & Weights — will be as per WAVA standards adopted by TAC Masters.
(see National Masters News, January 1984, pg 7.)

Relay:

All relay team members must be members of the same club. Runners may move down from their age division. The following relay events will be held:

4 x 440	30-39 M&W	40+ W	40-49 M	50-59 M	60+ M
4 x 880	30-39 M&W	40+ W	40-49 M	50-59 M	60+ M

Relays will be accepted as post entries. Corporate Sprint Medley Relay: 4 runners (must include at least 1 female), over 30 & full-time employees (440-220-220-880)

Schedule of Events:

Order of Events:

Submasters, then women, then older to younger men — mixed age groups and/or age group sections if necessary. Exceptions: Hurdles - younger to older, men than women.

Sunday, March 27

TRACK				Time
12A	60 HH	T		10:30 AM
13	1000	F		Schedule to be posted
12B	60 HH	F		
	600	F		
	2 mile	F		
	4 x 440	F		
FIELD				Time
17	Shot Put	2A, 2B, 3A, 3B, 4A, 4B, 5A, W		10:30 AM
18	Weight Throw	2A, 2B, 3A, 3B, 4A, 4B, 5A, W		1:00 PM
19	Triple Jump	0A, 0B, 1A, 1B		10:30 AM
20	Triple Jump	2A, 2B, 3A, 3B, 4A, 4B, 5A, W		1:00 PM
21	Pole Vault	Section I: lowest possible height		10:30 AM
22	Pole Vault	Section II: Starting height: 11'6"		1:00 PM

All finals will be run in the schedules final time slot.

The SP, LJ, TJ, WT event competitors will each receive 3 jumps or throws in prelims with top 6 to finals.

The HJ, PV bar will be set a lowest height requested by any competitor — the bar will not be lowered during the event. (Note two sections, by ability, in pole vault.)

We will do everything we possible can to ensure that the meet is run on schedule. If you enter both track & field events where the schedule may conflict, you do so at your own risk. The event official will have final word regarding any time allowance to completors. We will not disrupt the event and inconvenience other competitors.

Seeding to be at discretion of meet officials.

Official Entry

Name LAST NAME M.I. FIRST NAME

Address TAC #

City State Zip Code

Phone Team Affiliation

Complete & Accurate Team Name

Event Number	Event	Recent Best Mark	Event Number	Event	Recent Best Mark

Sex ☐ M ☐ F Individual Event Fees \$

Birthdate Relay Fees \$

Division Total Amount Enclosed \$

Payable To: **US MASTERS CHAMPIONSHIP**

Mail To: **US MASTERS CHAMPIONSHIP**
P.O. BOX 162
CLARKSBURG, N.J. 08510

Phone: **Matt Brown H — 201-548-6592**
Ron Salvio W/H — 609-259-9268

Athlete's Release

In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against The Masters Athletic Committee, The Athletics Congress, The Shore Athletic Club, all other meet sponsors and sports facilities or their officers or agents, for any and all damages which may be suffered by me. I certify that

my level of training is such that I am prepared to compete and recognize the right of the Meet Director to require supplementary training and/or medical evidence before allowing me to compete, and further recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed. I certify that all information contained on this application is true.

Date: Athlete Signature:



On Approaching Every Problem With an OPEN MOUTH

by W. MacDonald Miller

Axelbolted

Marathons, as an old saying goes, come and go. Lately I admit, it seem they are mostly gone. It seemed such a good idea; turning 50 and all that, mounting the one great effort with no holds barred — high mileage, intervals, weight loss, proper diet and topped off with some fine tuning in the weight room. Let's face it, people do funny things when they reach 50. Hidgon threw a surprise birthday party for himself, dressed up in a white top hat and tails and did a dance routine with his two sons. My wife, who beat me so easily to 50, decided to either give up or take up sex, neither of us can remember anymore. Sturak, as everyone knows, decided to take an early retirement from the corporate jungle. To hell with it, buddy, the weather was lousy in Oregon anyway.

In January, my wife went to Florida to play in some amateur golf tournaments. After she'd been away two weeks I called and told her to come home. I was afraid if she stayed any longer we'd do something tacky when she got back and you know how complicated that kind of thing can be. She claimed the piano bar at the Holiday Inn was absolutely dead anyway so, in order to avoid something crazy happening, she came back early. Who can possibly guess what my old pal Phil Mulkey will do when he reaches 50?

Anyway, I had something quite different in mind. I was going to mount my one good marathon. No more of this 2:59:59 with the puke light on during the last six miles and then a great big Gatorade throw-up on the finish line. This time I'd do it right. In my mind it was easy; take it out at 6:45, move it down to 6:40 at 10, hold it there until 20 and then finish with a rash of sub 6:30's. That's the stuff 50-year-old marathons are made of.

As recounted earlier in these pages, I had a trial run of sorts on a downhill course in Utah. So it didn't happen, who cares, there's nothing happening in Utah anyway. It was a trial balloon so to speak, a part of a much larger plan. The larger plan called for a megaculmination in Phoenix at the Fiesta Bowl Marathon. Fiesta Bowl is a great marathon with few turns and a tasteful downhill presence about it.

I knew Phoenix was more my kind of place as soon as I climbed in the air-

port limo and checked out the local FM radio. Once over lightly on the current events, heavy rock tunes and gynecology. They know how to make a guy from Chicago feel right at home. So the people are a little weird about this cowboy stuff, what harm can there be in wearing a few blue rocks and calling it jewelry? I do have reservations as to whether wearing venetian blind rope as necktie will ever catch on in the Ivy League, but again, why not? Guess it takes all kinds, as I've said many times, this is what makes our great West great, people from Iowa acting in a way they wouldn't dare act in Iowa.

Even though I'm in the best condition of my entire career, I can't afford to leave anything to chance. I contact a friend in Phoenix and ask him to put me in touch with the local 2:55 crowd. I have my own game plan for sure but a little friendship pacing couldn't be all bad. If word gets back to Ken and Jen Young — so be it. I'm grabbing this time for all I can get.

Speaking of Ken and Jen, something should be done about these poor souls. I'm always reminded of the Gulag Archipelago whenever I read NRDC Newsletter. Working so hard, no doubt in the bowels of some gray computer building. No food, no water, going at an exhaustive pace, doing what, I'm never exactly certain, I think it has to do with certifying the earth. Who cares? They do, dammit! That's why I support them, in whatever they're doing, I guess.

Back to pacing. My friend insists he knows just the pacer. This guy is so anal he counts steps to the mile and has never been more than a step and a half off in any race in his life. He's so precise he would win the green eye shade award every year if he was an accountant. His name is Dr. Axelbolt and my friend makes all the arrangements. We're to meet the morning of the race at 6:45 a.m. at the 6:45 pace slot, sounds good. What I hadn't planned on was the chaos surrounding the starting area.

The trouble had to do with the before-race depletion process. This race was perfect for depletion because the start was out in the middle of nowhere. No homes or churches and knee high shrubs, just desert and bush on either side of the road for as far as

you could see. Problem was, this desert and bush was full of Andy Frain, security guys in police outfits yelling, "You can't do that here, this is private property!". You're under arrest, sister, and in big trouble." Like everyone else, I scrambled back on the road and tried to think of alternatives. Porto Johns never quite did it for me.

Suffice to say, after a large coffee and free refill at McDonalds, I had more important things on my mind than finding Axelbolt. In the midst of all this, you got it, the damn gun went off. I tore off in panic with a game plan that now consisted of don't lose a shoe in this crowd whatever you do, you'll never find it.

At one mile, I was 20 seconds off pace and 45 seconds slow at two miles. I couldn't believe it! All the preparation, all the planning, all the work. It wasn't happening! An old standard popped immediately into my head — low grade infection, that's it! No doubt about it. Too bad pal, it happens all the time, even to the best of them. Remember Bill Rodgers at Boston?

Now I'm at 5 miles and figure I'll drop out at 10 or maybe 15 with severe stomach cramps. Then I remember Axelbolt. What a jerk! Even if I didn't have this low grade infection that will eventually lead to cramps — what kind of guy says he'll help you launch a max effort and then takes a duck? When I meet him after the race I'll let him have a few facts about how much I appreciate his help.

Out of curiosity, I ask a black guy running beside me if he knows what pace he's running. "Sure do man, cruising pace." I asked another runner what pace he was on, "Nothing fancy, I'm just trying to break five hours." I didn't have the heart to tell him his pace was about two hours quick at the moment. Oh well, there wouldn't be

any reason for a meat wagon if there wasn't any meat.

About now, a guy comes up on me from behind and I ask him what he's going for. "About three hours, but I'll build the pace very gradual." Mind if I tag along? He sort of sighs a tepid approval. I make two or three further attempts at conversation but nothing comes of it. At a mile split he looks at his watch and says, "Right on the money." By now I've looked the guy over, hawk face, thin, duck foot plant, lime fluorescent socks, Tiger shoes and octagonal Granny glasses. I give it another mile and him another look at his watch before I pop the question, the answer to which I already know. Are you Axelbolt? "Yes, I am," he says, not, "Do I know You?" not, "Are you Miller?" not even, "Are you a Doctor too?" Just, "Yes, I am." Don't try to kid me, Axelbolt, you know damn well who I am. I'm Marathon Miller, I'm a man who is battling a low grade infection that will eventually lead to cramps and you are a triple jerk.

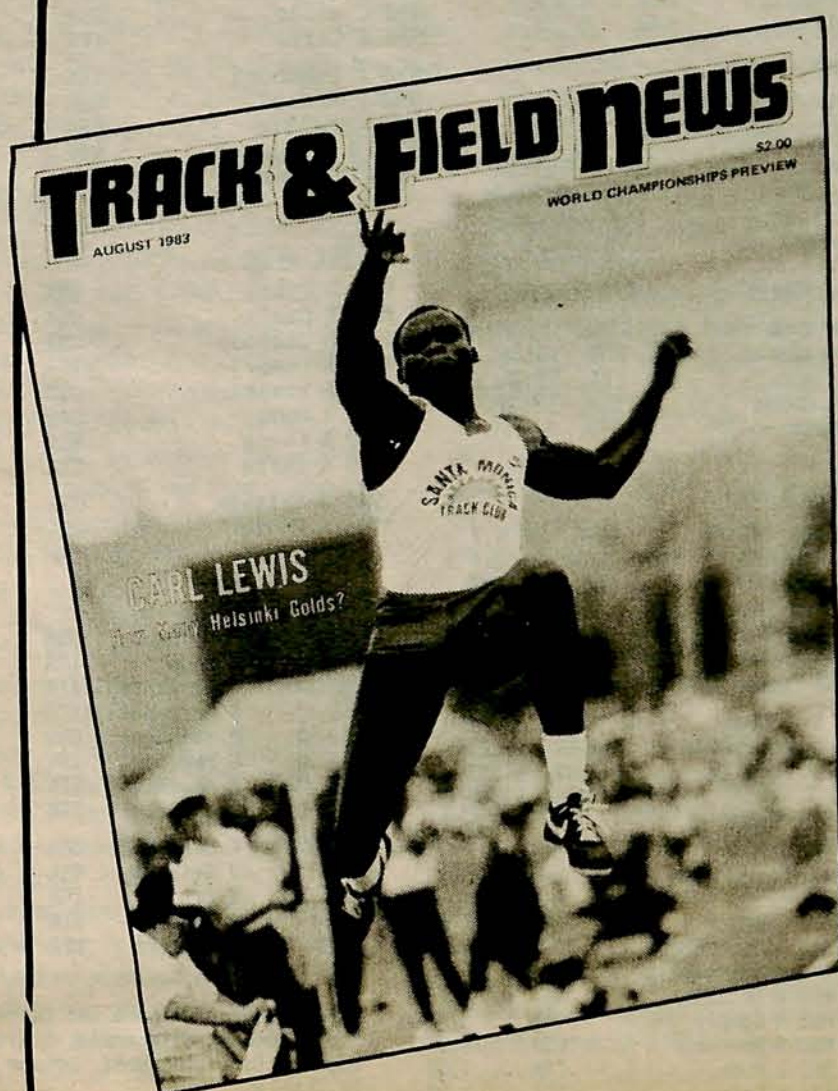
The conversation doesn't really get much better, we just keep running those "right on the money" miles. At 10 miles we're at 2:58 pace, at 15 miles at 2:56 pace and at 20 miles I feel a twinge in my thigh. I coast the last 10K in around 54 minutes. I am totally motivated the last two miles by the old, "I will not walk" trick that only an experienced runner knows how to use effectively.

I still can't believe a man who has run over 50 marathons, okay so it's more like 25, could get caught in the dumbest marathon maneuver possible — going out too fast with ego.

Axelbolt? Stuff it! Somewhere, sometime, somehow — I'll get another crack at you pal, and this time I won't be burdened by a low grade infection, etc., etc. □



Bill McCaffrey, left, of Croton-Hudson, N.Y. was the winner of the National Masters 5K 55-59 age division title February 5 in Clearwater, Florida in 18:07. He was followed, in order, by, left to right, Ken Carmen, Garden City, Mich.; Richard Packard, Cambridge, Mass.; Dave Allison, Clearwater, Fla.; John Keegan, Indian Rocks Beach, Fla.; and Howard McKnight, also Clearwater.



ACCEPT NO SUBSTITUTE

Other magazines are promising special Olympic-year features, and some of them do a good job as far as they go. But they all still must devote most of their content to matters such as the benefits of sorghum for the 50-year-old runner and the best jogging trails of Fort Sill, Oklahoma.

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

Each monthly issue brings you all the major news of the sport, action photos, interviews with top athletes, performance lists and rankings, and much more.

So if you really want the full flavor of the track scene leading up to Los Angeles 84, Track & Field News is a must. Subscribe today.

To keep up to date during the Olympic year, get the real thing.

TRACK & FIELD NEWS, BOX 10281, PALO ALTO, CA 94303

Name _____

Address _____

City _____ State _____ Zip _____

Please send _____ issues @ \$19.50 per year; \$31.00 for First-Class Mail X246



World Indoor T&F Records

Below is the first official list of known world veterans indoor track and field marks ever developed.

It was compiled by Jack Fitzgerald, one of the five members of the Records Committee of the World Association of Veteran Athletes, the official international governing body for masters track and field.

Most of the marks seem to be British

WORLD VETERANS INDOOR T&F RECORDS

Compiled by Jack Fitzgerald of the Records Committee of the World Association of Veteran Athletes

as of January 12, 1984

60 METERS

M40 K Dennis	USA	7.08
M45 G Bullano	ITA	7.4
M50 C Williams	GBR	7.5
M55 A Jacquemet	ITA	7.30
M60 B Sohero	ITA	8.3
M65 C Fairey	GBR	8.7
M70 S McSweeney	GBR	9.2
M75 G Grasso	ITA	10.43

W35 G Attlene	ITA	8.43
W40 P McNab	GBR	8.3
W45 N Gastaldi	ITA	9.81
W50 W Feldmanis	GBR	10.1
W55 H Farmer	GBR	9.6

200 METERS

M40 B Bianchi	ITA	23.1
M45 R Taylor	GBR	24.2
M50 C Williams	GBR	25.2
M55 S Brooks	GBR	26.4
M60 L Williams	GBR	28.2
M65 G Marabotti	ITA	29.10
M70 S McSweeney	GBR	31.4
M75 G Grasso	ITA	35.81

W35 N Spezzali	ITA	28.26
W40 P McNab	GBR	28.4
W45 N Gastaldi	ITA	31.8

or Italian, suggesting there may well be superior marks set in other nations which Fitzgerald is unaware of.

If you know of any better marks, either your own or someone else's, please send documentation to the U.S. Masters T&F Indoor Records Chairman Haig Bohigian, 225 Hunter Ave., N. Tarrytown NY 10591, and to Fitzgerald at 6 Tyers House, Aldington Road, London SW 16, England.

W50 M Vitali	ITA	36.37
W55 E Gianese	ITA	38.78

400 METERS

M40 J Henson	GBR	51.7
M45 C Wooton	GBR	54.2
M50 J Dixon	GBR	55.3
M55 S Brooks	GBR	59.0
M60 A Guzzetta	ITA	65.8
M65 A Parma	ITA	69.85
M70 F Scimone	ITA	78.8
M75 E Hines	GBR	101.5

800 METERS

M40 E Hamer	GBR	2:02.3
M45 K Baker	USA	2:03.2
M50 F Bettella	ITA	2:11.6
M55 G Endrizzi	ITA	2:18.0
M60 C Cicognani	ITA	2:28.87
M65 A Parma	ITA	2:40.43
M70 M Viel	ITA	3:01.25

1500 METERS

M40 E Billups	USA	4:02.5
M45 B Bartholomew	GBR	4:19.6

M50 B Ashwell	GBR	4:32.9
M65 A Rawlinson	GBR	6:57.2
W35 J Lochhead	GBR	4:59.8
W45 K Koppell	GBR	5:28.5

3000 METERS

M40 R DePalmas	ITA	8:48.9
M45 G Panetto	ITA	9:18.7
M50 L Acquarone	ITA	9:25.5
M55 G Endrizzi	ITA	10:05.5
M60 G Fiorentino	ITA	10:50.6
M65 P Nasi	ITA	11:27.7
M70 G Capoferri	ITA	12:20.6

2000 METER WALK

M40 E Shillabeer	GBR	8:56.7
M45 D Stevens	GBR	8:38.4
M50 G Chaplin	GBR	9:19.9
M55 D Withers	GBR	10:37.6
M60 A Bullock	GBR	12:39.3
M65 A Poole	GBR	11:39.0
M70 R Evans	GBR	13:43.4

HIGH JUMP

M40 J Brown	USA	1.90
M45 T Langenfeld	USA	1.73
G Bortozolli	ITA	1.73
M50 W Hutchins	USA	1.63
M55 A Compri	ITA	1.40
M60 B Morcom	USA	1.53
M65 I Hume	CAN	1.53
M70 V Colo	ITA	1.28
M75 J Searle	GBR	1.10

POLE VAULT

M40 K Ruth	CAN	4.41
M45 R Brown	GBR	3.80
M50 R Brown	GBR	3.80
M55 R Thomas	GBR	2.70
M60 J Johnson	USA	2.58
M65 I Hume	CAN	2.58
M70 C Hills	USA	2.28
M80 A Pitcher	USA	1.82

LONG JUMP

M40 C Hyratt	ITA	6.45
M45 A Henry	USA	6.37
M50 D Jackson	USA	5.91

M55 A Compri	ITA	5.34
M60 E Lukens	USA	5.04
M65 G Gonzalez	PR	4.50
M70 C Hills	USA	4.09
M75 A Carta	ITA	3.37

TRIPLE JUMP

M40 A Pizzi	ITA	12.38
M45 T Davis	USA	13.70
M50 D Jackson	USA	12.38
M55 A Compri	ITA	12.01
M60 E Lukens	USA	10.45
M65 I Hume	CAN	9.45
M70 R Evans	GBR	8.18
M75 A Carta	ITA	7.88

SHOT PUT

M40 7.26K E McComas	USA	14.68
M45 " C Rado	ITA	12.42
M50 5K R Marcandelli	ITA	14.27
M55 " R Marcandelli	ITA	13.72
M60 4K D Vanhegan	GBR	13.81
M65 4K G Pertile	ITA	12.39
M70 4K A Amoretti	ITA	9.45
M75 4K A Carta	ITA	8.59

Please send additions and corrections to Jack Fitzgerald, 6 Tyers House, Aldington Road, London SW 16, England.

whatateam

THIS YEAR THE ATHLETICS CONGRESS AND THE LINCOLN MARATHON ARE TEAMING UP TO BRING YOU THE TAC NATIONAL MASTERS MARATHON CHAMPIONSHIPS.

Join our team and hear and run with Alex Rattele, Ruth Anderson, and Ken and Jennifer Young. Help us celebrate Masters Marathon on May 6 with the Seventh Annual Lincoln Marathon..

FOR ENTRIES SEND A STAMPED, SELF ADDRESSED ENVELOPE TO:

Race Director
3110 Alden Avenue
Lincoln, NE 68502



Marathon
Lincoln



Super Bowl 10K

Continued from Page 3

In fact, Ashimine's narrow three-second M40-49 win over George Cohen, 43, Los Angeles, provided more thrills than the big game. Jim Brownfield, Alhambra, Calif., added to the excitement with a fast M50-59 35:31 win over Pat Devine, San Pedro, Calif.

Molly Hayer, Santa Monica, was the first W40+ in 37:54, and Helen Dick, Los Angeles, had no difficulty in a W50-59 division victory in 42:28.

Tom Wysocki, 27, El Toro, Calif., led all finishers in 29:00, and Monica Joyce, Hermosa Beach, Calif., was the first woman in 33:24. □



Jim Cullen, just feet away from a 1st M45 finish in the '83 Seattle Triathlon.

Keystone Meet Draws 125

Continued from Page 1

their first Masters meet) saw Hills compete in the 60-yard high hurdles and then clear 7'0" in the pole vault.

Sam Monastero, 71, of Norristown, Pa., the 1983 TAC Masters national champion in the men's age 70-74 600-yard run, also attracted attention as he raced to wins in the 400M (82.99), 800M (3:07), and 1500M (6:23).

The meet was well attended by local road racers curious about the caliber of the middle distance runners. Philadelphia Masters 1983 TAC national indoor champion in the M50 mile, Jim Sutton did not disappoint them as he raced to a 4:33.4 win in the 1500 followed closely by Dave Colton of State College in 4:39. Colton is returning to Masters track after a year lay-off due to injury. Sutton also left challengers on his heels in the 800M with a fine 2:17.

James O'Hara, TAC national indoor M40 champion in the 60y HH, traveled from Tabernacle, NJ., to compete in the 60y HH, and displayed a 8.38 time.

Local athletes who have only begun to participate in Masters track within the past two years gave clear warning that they are preparing for another competitive year. Jim Keys, M35 TAC national indoor champion in the shot,

heaved it 45'3"; Vivian Nelson, W70 national outdoor champion in the high jump and long jump, leaped 3'2" and 9'3" respectively; and Scott Thornsley, M30 TAC national indoor champion in the triple jump, leaped 42'4", and had wins in the long jump (20'1") and 200M (24.29), while placing second in the 60y (6.71).

Fine performances came from Ron Shenk, who won both the M35 pole vault (13'0") and long jump (20'4"), Hal Kaufman, who swept the M50 60y (7.42), 200M (27.95), and 400M (66.23); and James Hodge, who doubled in the M40 200M (27.63) and 400M (60.66), while only losing by .01 to Harrisburg's Eugene Gillis in the 60y (7.51). J. Walter Pierson also tripled, as he won the M60 60y (7.83), 200M (29.63), and shot put (35'11"). Pierson is the 1984 TAC national indoor champion in the shot put.

Brothers Tim and Tom Cook of Chambersburg, Penn. doubled in the 1500 and 3000; Tim, 30, won the 1500 (4:03.7) and 3000 (9:23), while brother Tom, 36, took the 1500 (4:25.9) and 3000 (9:32.9).

Carol Fridley, 35, of Elizabethtown, Pa., doubled in the W35 1500 (5:05.9) and 3000 (10:41.5). Fridley has been a consistent winner in local road races in the Harrisburg area for years, but had

yet to compete in the Masters track meet. Since her first love is track and she would like to return to shorter races, Masters competition is a natural attraction.

Given the good attendance by local runners and regular Masters performers, the meet will continue, provided the facility is available. A Masters meet and pentathlon is also being considered in the Harrisburg/Carlisle area for the 1984 summer season. □

C.O.D. Meet

Continued from Page 4

Kinsey's age-49 AR of 69'6" with a 91'6" javelin throw. Carol Johnston upped the age-72 pole vault WR almost a foot to 9'6 1/4".

The meet was conducted by the Corona Del Mar club and directed by the its cadre of Ed Halpin, Shirley Davisson, Dave Jackson, Dan Aldrich, and Ursula Schreiber, and relied, as it has in the past, on volunteers—the athletes themselves—to run the meet. □



Bill Stewart (left) of Ann Arbor, Michigan, receives congratulations from Chuck Tucker of Orlando, Fla. on victory in National Masters 5K Championships February 5 in Clearwater, Florida. Kirk Randall of Wellesley, Mass., Richard Quevillon of Sarasota, Fla., Joseph Cote, Palo Alto, Calif., and Greg King, Gainesville, Fla. look on.

Run Fourth on the Peachtree



Wednesday, July 4, 1984 • 8:00 A.M.

Wheelchair Event 7:30 A.M.

Directed by the Atlanta Track Club, Inc.

Enter the largest 10K race in the world. But do it today! Entries in this 6.2-mile event again this year are limited to 25,000 or June 4, whichever comes first.

Registration is by mail only! For entry blanks, send a self-addressed stamped envelope to:



Atlanta Track Club
3097 E. Shadowlawn Avenue, N.E.
Atlanta, Georgia 30305

Join us for the 1984 Peachtree Road Race Expo

Monday, July 2 • 12 Noon to 9 P.M.

Tuesday, July 3 • 10 A.M. to 9 P.M.

Runners Clinics to be held Sunday - Tuesday. Times and Speakers are to be announced.

Masters Prize Purse

For further information, call (404) 231-9064

SPONSORED BY:

BMW, Colony Square Hotel, Computerland, Etonic, Lite Beer, ICI Fibres, WXIA-TV, WCNN All News Radio



RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

Running And The Respiratory System

From time to time, all runners experience an abrupt and unexplained decline in performance. It may be undertraining, overtraining, alterations of sleep and rest patterns, alterations in diet or work habits, or any number of more complex and inter-related factors.

Many years ago, I established two absolute contraindications to serious workouts or racing. The first of these

was to avoid these activities and rest if I were running a fever. The second was to rest through any episode of pulmonary congestion. When these two symptoms occurred simultaneously, I exercised substantial caution and avoided stress on my physiology. When the issue was marginal and I neglected the warning signs, I sometimes lucked my way through that proved to be a minor illness. But on several occasions, I found myself in the throes of clinical pneumonia with ever-increasing signs of pulmonary dysfunction.

Whether to persist in running despite a small rise in temperature is difficult to decide.

The season of the year is a serious factor when deciding to maintain a training regimen. In the usual winter weather that we "enjoy" here in Minnesota, we can safely expect several varieties of influenza and a host of bacterial forms to populate the citizenry. Despite the two hundred years of documented experience with the science of epidemiology, we still know too little of the perverse nature of any given strain of virus and/or bacteria. Not only is virulence difficult to measure in the early phases of an epidemic, but the effect on any single individual is quite impossible to anticipate.

So, the number of variables is already beyond our capacity to reasonably estimate. When seeing family members in the throes of nasal discharges, sore throats, fevers, and malaise, we cannot but guess at the implications of the current epidemic on our weekly mileage.

To our rescue come two factors. . . the first is the acknowledged stamina and general conditioning that are accepted in medical circles as resources in resisting the ravages of infection. But, equally important to the committed runner is the insight into patho-physiology that he or she has gained over the years of running and stressing.

Fever increases metabolic demands for oxygen. When combined with the increased need for oxygen because of the toxic effects of respiratory infection plus the effort of exercise, the arterial oxygen may be depressed to dangerous levels. In the young runner,

this may have no immediate serious consequences. But, in the older runner, this has serious implications for the heart. Therefore, since we have no readily available telemetry to monitor the conduction mechanism of the heart before, during and after running, it behooves us older guys to be cautious. Because we are stressing so many different physiologic systems just by running, it would seem reasonable not to create any untoward or risky situations while indulging in our own private "wellness" program.

If the imminent illness is marginal, the response to activity can be tested by warming up carefully and listening to our body. I prefer the exercise bike for this because it is easy to standardize and measure effort against fatigue. In addition, there are no hills or windchill in my own bedroom. Usually.

Whether the effort and stress of racing or working out will advance a given infectious process is difficult to determine. Clinical medicine is both a science and an art. To say that a com-

plication is a result of a workout may not necessarily be true. Nevertheless, our good sense will say there could be a relationship between running on a cold, windy day and the rapid progression of our respiratory infection.

There are degrees of illness, and it would seem that on occasions, a run clears the sinuses and upper respiratory passages, and we feel better. But fog and smog do not seem to be a logical therapy for the mid-stage of a bad cold. And running an extended distance in a Minnesota winter while harboring a fever and pulmonary congestion would be considered by most physicians as a certified suicide attempt.

To manage a year-round training and racing program without injury requires judgement, self restraint, and some amount of good luck. If you insist on racing despite fever, malaise, and pulmonary congestion, please pass on the left. And, turn your head when you cough. □

Stewart, Dalrymple Win National 5K

Continued from Page 1

several close races-within-the-race. Joe and Linda Burgasser of St. Petersburg, Fla., both 45, pulled off an unusual husband-wife double, each winning the 45-49 group. Joe was side by side with Henry Glyde, 46, of Newark, Del., until he pulled away in the last 800 meters to win in the PR 16:18. Linda trailed Daphne Bell, 47, of Toronto, for most of the race but caught and passed her at about the same point that husband Joe had taken the lead.

In the 70 plus division, World Track Champions Ed Benham 76, of Ocean City, Md., and Bill Brobston, 71, Saugerties, N.Y., staged one of their typical duels, with Benham surging ahead near the end to win, 21:12 to 21:31. In the 55-59 group, Bill McCaffrey, 57, from Croton, N.Y., narrowly defeated the 1983 champion Ken Car-

man, 56, of Garden City, Mich.

The National Running Data Center has no official records for 5K road races although it is now working on a list, so it is difficult to make a comparison of times made in the Clearwater event. However, Mary Varani, 65, of Detroit, ran 26:42, which is considerably under the record for a 5K on the track. Betty Haleen, 61, came down from the frozen tundra of Minnesota to win the 60-64 group in 24:34, which may also turn out to be an American record. □

REPORTERS NEEDED!

Want to cover long distances races for NMN in your area? We need masters results and a brief story of selected masters races. Write NMN, PO Box 2372, Van Nuys CA 91404.



Bill Stewart and Cindy Dalrymple relax after winning TAC National Masters 5K Road Championships, Clearwater, Florida, February 5. Their times were 15:07 and 17:55. Photo by Rex Cleveland

TROPICANA LAS VEGAS

A Ramada Resort and Casino

EASTER RUN

TO BENEFIT BIG BROTHERS — BIG SISTERS

10K & HALF MARATHON

APRIL 19-20-21, 1984

Registration \$10.00 — Pasta-Dinner \$9.95
TAC Certified — Flat & Fast Course

FOR ENTRY:

Thomas Sports Enterprises

6528 Sugarpine Lane — Las Vegas, Nevada 89107

1-702-878-5188 or 1-800-TTA-TRIP

Nationwide Travel — 1-800-TTA-TRIP

Tropicana Hotel — HQ

Special Room Rates / Need 30 Advance

1-800-634-1414 Nationwide • 1-800-634-4000 CA

Features: Health fair, Hi Carbo Dinner, Live Music, Celebrities, World Class Runners, Hawaii Trips, Many Prizes, T-Shirts

FEATURING:

Ed Mendoza, Frank Plasso, Randy Espinoza, Ivan Huff, John Moreno, Duane Harms, Carmelo Rios, Eileen Claukus

SPONSORED BY



Name _____

Address _____

City _____

State _____

Zip _____

WAIVER (Must be signed)

In consideration of acceptance of my entry, I, my executors, administrators, and assignees waive and release the sponsors, promoters, and all others involved with event from all rights and claims for damages suffered by me in said event. I attest and verify that I am physically fit and have trained for this event. Further, I grant full permission to sponsors and others to use photos or films of my participation in said event without liability or obligation to me. I also understand that all registration fees are non-refundable.

PARTICIPANT (If minor, parent or guardian must sign)

T-Shirt Size: S M L XL
Sex: M F Age _____ (on 4-21-84)

10K _____ Half Marathon _____

Division (Circle)

Age	Male	Female
0-12	A	JJ
13-18	B	KK
19-29	C	LL
30-34	D	MM
35-39	E	NN
40-44	F	OO
45-49	G	PP
50-59	H	QQ
60 &	I	RR

Police Teams (10K Only)

T

(FOR INFO: CHUCK FOOTE LAPD — 213-485-3158)

Mission Bay Masters

Continued from Page 1

Bette Poppers (2:49:23), Shirley Weaver (2:50:43) and Marion Irvine (2:51:01) as the only six masters women to qualify for the Trials.

In the women's competition, Sue Peterson, 39, went out fast with her husband Pete, with no other woman in sight. At the half-way point, Peterson had a big lead, with Vivian, Yvonne Yanke, 26, Joan Ullyot, 41, and Matson in the second tier.

Peterson began to fade, dropping out at the 23-mile point, with Vivian and Matson running 1-2. Ullyot dropped out at 21 miles, and Burns overtook Matson for the place in the last half mile.

"It was a hard effort," Matson said. "My quads were tight over the last few miles; and my legs were very tired."

Her coach, Dan McCaskill, said: "It was an outstanding, controlled race. She planned to run between 6:25 and 6:30 miles all the way." Her average of 6:29 was right on the money.

Whiting showed the San Diego masters men how they do it in his home town of Richmond, British Columbia, with a seven-minute margin over Gary Novak, 40, (2:38:18) and Joe Gassman, 43, (2:38:47). Will Bentz took 50-59 honors with a close, 24-second win over T.R. Eddy in 3:04:00. Tom Leedham topped the 60-and-over crowd in 3:22:59.

Overall race winner Joe League, 29, was only 44 seconds shy of the men's Olympic Marathon qualifying time (2:19:04) with a 51-second win in 2:19:48. □

Twin Cities Marathon To Award \$19,500 to Masters

MINNEAPOLIS, Minnesota, January 25, 1984. Officials from the Twin Cities Marathon today announced that cash awards for the 1984 race would total \$150,000 — including \$19,500 for the masters runners.

The 1984 race, scheduled for September 30, will offer a total of \$125,000 in the open divisions, \$19,500 in the "age/sex-graded" division, and \$5,500 in the wheelchair division.

"Since our inaugural 1982 race, we have claimed to be 'the most beautiful urban marathon in the country,'" said race director Jack Moran. "Now we aim to be one of the most competitive too."

Recognizing the vitality of the age-group competition among older athletes, the Twin Cities Marathon instituted the concept of age-graded cash awards in 1983. Runners over the age of 35 will have their times handicapped with "target times" for their five-year age group and sex. Unlike 1983, men and women will compete together for the same set of awards and will not be allowed to win awards in both the open and age/sex-graded divisions. The awards in the sex/age-graded divisions are as follows:

Place	Award
1	\$3,000
2	2,750
3	2,500
4	2,250
5	2,000
6	1,750
7	1,500
8	1,250
9	1,000
10	750
11	500
12	250

The total of nearly \$20,000 being awarded to runners over the age of 35 makes the Twin Cities Marathon the most lucrative masters race yet.

"The record awards are a direct

result of the significantly increased contribution made by The Pillsbury Company," said Moran. "They have supported us every step of the way and have now made it possible for the Twin Cities Marathon to become one of the elite among U.S. road races."

In the open divisions, the first 17 men and first 9 women to complete the race will receive cash awards. The top male and female finishers will each win \$20,000.

All cash awards are deposited in a trust account administered by The Athletics Congress. The athlete may draw on such an account for training expenses, including the cost of living.

The 1984 race will be limited to 8000 entrants. An entry form will be published in the April issue of NMN. □



Dick Walsh, 60, finishing half-marathon, St. George, Utah, Sept. 10, 1983, after suffering mild heart attack at 11 miles.



Graeme Shirley and friends after his pending age-38 AR of 2:31:07 at Mission Bay Marathon, San Diego, January 15. Photo by Richard Lee Slotkin

Cummins Takes Mile At Eugene Indoor Meet

Harry Cummins overtook Ray Hatton and George Conefrey on the final two laps to capture the featured Masters Mile at the Eugene Masters Indoor meet at Eugene, Oregon, January 22.

Cummins time of 4:46.4 won the M40-49 division over Conefrey's 4:48.3. Hatton won the M50-59 division with 4:50.6.

Paul Edens of the Southern California Striders was a double M40 winner, taking the 50y dash in 5.9 and the 440y in 58.0. Richard Nordquist, M50, and Maury Cummings, M60, were also multiple winners. Submaster Steve Heilman took three firsts and a second.

Sixty-three entrants competed at the 12-lap facility at Lane County Fairgrounds. □

NATIONAL CHAMPIONSHIP - 10 KILOMETERS ATHLETIC CONGRESS MASTERS ROAD RACING CHAMPIONSHIP FOR MEN & WOMEN OVER FORTY. NON-CHAMPIONSHIP RACE FOR MEN AND WOMEN UNDER FORTY

SATURDAY APRIL 21, 1984. PROSPECT PARK, BROOKLYN, N.Y.
10:30 NON-CHAMPIONSHIP RACE --- 12:00 NOON CHAMPIONSHIP RACE



SHELTON HEALTH CENTER

85 Livingston Street, Brooklyn, NY 11201

T-SHIRTS TO ALL COMPETITORS WHO PRE-REGISTER (BEFORE APRIL 18th)
ENTRY FEE: \$5.00 FOR EACH RACE
PRIZES: NON-CHAMPIONSHIP RACE. FIVE MEDALS IN EACH OF THE FOLLOWING AGE DIVISIONS FOR MEN AND WOMEN: UNDER 15; 15-19; 20-24; 25-29; 30-34; 35-39
CHAMPIONSHIP RACE: NATIONAL TAC CHAMPIONSHIP MEDALS TO THE FIRST THREE IN EACH FIVE YEAR AGE GROUP FROM 40 to 89 FOR BOTH MEN & WOMEN. CHAMPIONSHIP PATCHES TO EACH INDIVIDUAL WINNER. TEAM TROPHIES IN THE FOLLOWING DIVISIONS: MEN 40 to 49; 50-59; 60+ WOMEN 40 to 49; 50-59; 60+. MEDALS TO MEMBERS OF THE FIRST THREE TEAMS. CHAMPIONSHIP TEAM PATCHES TO THE WINNING TEAMS. CHAMPIONSHIP TEAM SCORING: CUMULATIVE TIMES FOR ALL TEAMS. FIVE SCORING MEMBERS ON THE MEN'S 40-49 & 50-59 TEAMS. THREE SCORING MEMBERS ON ALL OTHER TEAMS.
TAC REGISTRATION REQUIRED FOR THE CHAMPIONSHIP RACE.

CHECK IN: Non-Championship race check in starts at 9:30 at the finish line. Championship race check in starts at 11:00 A.M. at the finish line

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

CERTIFIED COURSE SANCTIONED BY THE METROPOLITAN ATHLETIC CONGRESS

NAME _____ ADDRESS _____
CITY _____ STATE _____ ZIP _____ PHONE _____
BIRTHDAY _____ AGE AT TIME OF RACE _____ MALE _____ FEMALE _____
TEAM _____ TAC # (FOR CHAMPIONSHIP RACE) _____

T-SHIRT SIZE: SM _____ MED. _____ LRG _____ (T-SHIRTS TO PRE-REGISTRANTS ONLY)
In consideration of accepting this entry I declare that I am physically able to compete in this event and waive, for myself, heirs & administrators all claims for damages which I may accrue against any and all persons in any way associated with this event. I also authorize the use of my name and photograph in connection with this event.

SIGNATURE _____ DATE _____

Make \$5.00 check payable to NEW YORK MASTERS & mail to: New York Masters, 77 Prospect Place, Brooklyn, N.Y. 11217

PROFILE

Thane Baker: Still Putting the Hammer Down

The key to Thane Baker's success as a sprinter may be his weak leg. He refers to it as his "drag leg." His good leg is his "drive leg."

Baker, in case you didn't know, has four Olympic medals — one from Helsinki, in 1982 and three from Melbourne in 1956. Now, some three

"The weakened leg made me work harder, so I look at it as sort of a trade-off."

decades later, he's still going strong.

In 1982, at the age of 50, he set world age-division records of 11.3 for 100 meters and 23.4 for 200 meters. In 1983, he won the World Veterans M50 Championship in both events.



Baker as a master.

At Elkhart High School in Elkhart, Kansas, where he grew up, Baker turned in a 10.1 for 100 yards and 21.8 for 220 yards — good, but certainly no indication that just a few years later he would be a world beater. It was not until his sophomore year at Kansas State University that he began to display world-class speed.

"I was slow in developing because of an accident when I was 14," Baker explains. While prying an object with the claws of a hammer, he slipped and somehow ended up with a piece of steel in his left knee. Surgery was required and the development of the leg was stunted. Even today his left leg is noticeably smaller than the right. Hence, the drag leg."

"There's no question in my mind

that if my left leg were bigger, I'd have more strength," Baker adds. "But then if I had not been injured, I might not have achieved what I did. The weakened leg made me work harder, so I look at it as sort of a trade-off."

Baker gives much of the credit of his emergence as a top sprinter to Ward Haylett, the track coach at Kansas State. "I was concentrating mostly on building strength, but he showed me that form and efficiency were just as important."

Baker won three Big Eight Championships in both the 100 and 220 and made his 100 down to 9.4 by his senior year. At Helsinki in the 1952 Olympic Games, he was part of a U.S. sweep of the 200 meters as he captured the silver medal with a 20.8, a tenth of a second behind Andy Stanfield and a shade ahead of Jim Gathers, who also was credited with a 20.8.

At Melbourne four years later, it was another U.S. sweep of the 200 with Bobby Morrow winning in an Olympic record time of 20.6, followed by Stanfield in 20.7, and Baker in 20.9. The U.S. 1956 Olympic Book reports: "The finals provided a beautiful race."

"Lane 8 is the worst one. You're out there all by yourself with no one to drive on."

The start was good and Stanfield rounded the turn leading by a slight margin. Morrow turned on the power as the finalists hit the stretch and he hit the tape about a stride ahead of Stanfield who was in the next lane. Baker, on the outside lane, came up fast to take third while Agostini won his duel for fourth honors with the Russian, Boris Tokaryev."

By the 100, Morrow edged Baker for the gold as both were given 10.5, a



Here's the finish of the 100 meters Bobby Morrow (55), hits the tape just ahead of lunging Thane Baker (54) to give the USA a one-two record. At extreme left, Hec Hogan (2) of Australia finishes strong to take third just ahead of Ira Murchison (56), USA, at extreme right. Other finalists were Manfred Germar (14) of Germany and Mike Agostini (50) of Trinidad.



Medal winners in the 100 meter dash smile happily over their accomplishment. Left to right, they are, Bobby Morrow, USA, champion; W. Thane Baker, USA, second; and Hector Hogan, Australia, third.

tenth ahead of Hector Hogan of Australia in third. The race was run into the wind, explaining the "slow" time. Baker had done 10.4 in one of his heats and 10.2 in the Olympic Trials that year.

With two silvers and a bronze in his collection, Baker got his gold in the



400-meter relay as he teamed with Morrow, Ira Murchison, and Leamon King to beat the Russians and set a world-record of 39.5 seconds. Baker ran the third leg.

Looking back on his Olympic races, Baker says he is satisfied with his performances, but can't help wonder if he might have done better in both 200's had he drawn a better lane. "I drew the outside lane both years," he remarks.

"Lane 8 is the worst one. You're out there all by yourself with no one to drive on. But Murchison got the real short straw. In the 100 he had lane one. It was pitted, loose, overall very bad. It cost him a medal (Murchison was fourth in 10.8), so I guess I shouldn't complain."

How much difference do today's tracks make? "I wish I knew," he responds. "I'd say approximately two tenths in the 100 and four or five tenths in the 200 over the best cinder tracks. Bad tracks were worse on me because I was a 'light' runner, not a 'power' runner."

Baker equalled the World 200 record of 20.6 in 1956 and also broke the world records at 60 and 300 yards. — And he is one of only seven track and field athletes to collect a full set of medals in one Olympics and is the only person to have done it since 1920.

Now a resident of Dallas, Texas, Baker is manager for materials and transportation at Mobil Research and Development Corp. He is married and has a daughter, 24, and a son, 21.

Baker hung up his track shoes after the '56 Games, but got them down again in 1972 after turning 40 and becoming eligible for masters competition. "I really enjoy sprinting, so I wanted to see if it was still fun," he said. "It is!"

During the 16 year lay off, Baker played on company softball and basketball teams but otherwise did little to keep himself in shape. He added some 15 pounds to the 6-foot frame that had supported 160 pounds in his Olympic years, but it didn't take long to trim back down.

Besides the 11.3 and 23.4 at age 50, — Baker's world records over the past dozen years include: 10.7 at age 41, 22.3 at 42, 23.1 at 48 (all meters). His training calls for 30 minutes a day, four or five days a week in the off-season and an hour or more a day during the competitive season. He'll usually do a mile warm-up, then follow with a routine of speed on the track, say 440, 330, 440 at three-fourth effort or maybe 220, 220, 50, 330 somewhat faster. He says he believes strongly in calisthenics.

"As I get older I have too many injuries, so I spend a great deal of time trying to work out while recovering from a pull," he says. "I find now that I can't stay in shape for an extended time and I just can't stand the hard workouts any more. When I'm racing I have to be extra careful. It's so easy to pull a muscle now when I put the hammer down."

Baker started using a Universal machine for leg strength last year after some tests revealed that he had lost muscle volume. "I was in better sprinting shape at age 40, but I did better on the treadmill tests at 50," he says. "The doctor had expected to see a significant decline and told me I blew his theory." □ —by Mike Tymn



Jeff Wall, master winner and 18th overall, Oakland Marathon, February 5, in 2:29:45.

© Gene Cohn Productions

Druckery Leads Wisconsin Record Assault

Stan Druckery, with two wins in the M35 70y low hurdles (8.0) and 220 (23.4), helped the more than ninety men and women competitors break 28 meet marks and tie 2 others in the 8th annual Wisconsin Masters Indoor T&F Championships at the U. of Wisconsin, Madison, on January 7. Druckery is a former U. of Wisconsin, La Crosse, all-American and Olympic trials hurdler, who now resides in South Milwaukee.

Other record breakers included Pat Burns, Oak Creek, Wisc., who won the M30 shot with 47'7½"; Bill Marten, Madison, with a M45 440y 58.4; and Harvey Peterson, Sun Prairie, Wisc., who took the M50 shot with a 42'8" put.

Dan Conway, long distance standout from Chetek, Wisc., won the M40 two mile in 9:41.1. □

Anaya, Matson Take San Diego 10K

Joe Anaya, 42, won the inaugural San Diego Masters 10K at Mission Bay on December 10 by a scant five seconds from Dan McCaskill, 42, with a time of 33:18. Jim Williams, 41, was third in the 400+ field with 33:52.

Jim O'Neil, 58, posted a M55 35:41 win, and Ray Spencer, 60, a top track and field multi-eventer, won the M60 in 39:30.

Shirley Matson, 43, was the first woman to cross the finish line in a personal best of 35:56, twenty seconds better than a PR set the week before. Ursula Rains, 40, with 40:11 was Matson's closest competitor. Faye Heldorn, 46, was third woman in the race in 40:36.

Good times were run by, among others, Dorothy Stock, 51, (42:53), and Gerry Davidson, 62, (50:09).

One hundred and four runners shared plaques and medals in fourteen categories in the race, which was directed by Cheryl Martin. □

Wall, Thomas Win Oakland Marathon

Continued from Page 1

Patricia Thomas, Seattle was 11th overall in a W40+ winning time of 3:02:36, in front of Barbara Shubert, Walnut Creek, Calif., (3:08:53). Hisse Reichel, Oakland, took the W50-59 division with 3:37:25 over Ruth Bortz, Portola Valley, Calif., (3:37:54).

In the half-marathon, Olympic Marathon Trials qualifier, Sister Marion Irvine, 54, San Francisco was

the W50-59 winner, nipping W40-49 winner Joan Reiss, Sacramento, in the closest finish of the race by two seconds with a time of 1:24:42.

Sal Vasquez, Alameda, Calif., was the first M40+ and 20th overall in the half-marathon in 1:10:19. Gene Silver, San Jose, won the M50-59 division (1:19:43); Flory Rodd, San Francisco, the M60 (1:26:44); and Mac Osborne, Danville, Calif., the M70+ (1:34:21). □

Jensen, Tolliver, Steinmetz Take Frigid RRCA 50K and 60K

by DAN SHEA

G.E. Jensen, 45, Judy Tolliver, 40, and C.H. Steinmetz, 54, were the first-place masters in the frigid Road Runners Club of America 50K and 60K National Championships, held at East Peoria, Illinois, December 18.

The Running Central Ultra-Challenge races, on the 3.1-mile loop of the Illinois Central College campus, were run in temperatures that ranged from -9 to +1, with wind chill factors of -30 to -52 between the hours of 7 a.m. and 5:50 p.m., when the last of the 79 starters finished. Only thirteen did not finish, including two who were treated for frostbite and exhaustion.

Nineteen of the sixty-six finishers were masters.

Jensen, of Middleton, Wisconsin, finished fourth overall in the 50K with a time of 3:57:09. Tolliver, of East Peoria, who sat out the 1982 season with a broken ankle, was the first woman overall with 5:04:12. Steinmetz, of Findlay, Ohio, was ninth overall in taking the 60K masters title in 6:24:10.

Race director Paul Appell, Alton, Ill., an ultra-marathoner himself, called it the coldest weather in the six-year history of the event and praised the runners and helpers from the sponsoring Illinois Valley Striders who braved the elements. □

TRACK & FIELD

Nike's New Professional Shoes

for serious track & field competitors

ZOOM 1

Designed for indoor racing. Features a pyramid outsole with a lightweight 7-hole spike plate, an EVA heel wedge for cushioning & a non-stretch nylon upper. **60.00**

ZOOM D

Recommended for intermediate & advanced middle distance runners. Lightweight & durable. Features a pyramid outsole with an ultra light 7-hole spike plate & an EVA heel wedge. **60.00**

ZOOM S

For intermediate & advanced sprinters, the ZOOM S is the lightest shoe in the ZOOM series. Features a pyramid outsole, ultra 7-hole spike plate. Weighs only 4.8 ounces in a size nine. **60.00**

ZOOM X

Ideal for cross country, steeplechase & track work-outs or racing on loose surface tracks. The unique graduated Waffle outsole covers the flexible 7-hole spike plate to ensure protection on a variety of surfaces. The lightweight Tomilite heel wedge provides excellent cushioning on uneven surfaces. **40.00**

SD 73

Designed for intermediate & advanced shot-putters, discus & hammer throwers. Features a strong nylon upper, with leather straps that criss-cross the laces for firm support & a wrapped, texture rubber outsole for excellent traction in the throwing ring. **55.00**

PV 19

Constructed for intermediate & advanced pole-vaulters, the PV19 utilizes an EVA rocker midsole for easy take-offs, and is reinforced at all stress points for protection and durability. **50.00**

HJ 8

The High Jump Shoe, suitable for floppers & straddlers. The full-length spike plate has 6 spike holes under the forefoot & 3 under the heel. **55.00**



2005 W. Gray

Houston, Texas 77019

(713) 522-1236

National Running Data Center

Runner Census

by JENNIFER HESKETH YOUNG

We have just completed a rather detailed 10 kilometer percentile table for 1983 ten kilometer road races which, as a by-product, permits several interesting views of the running population. We sampled 32 certified-course, 10 km races for 1983, geographically distributed to reduce regional biasing. The total number of reported finishers for these races was 84,265. Although the data are not adequate to determine absolute numbers of runners by region or age group, the relative numbers reflect some interesting demographic patterns.

We divided the country into seven regions:

Northwest (NW): AK, CA, HI, OR, WA

Southwest (SW): AZ, CO, NV, NM, OK, TX, UT, WY

Great Plains (GP): ID, IA, KS, MN, MO, MT, NE, ND, SD, WI

Mid-West (MW): IL, IN, KY, MI, OH

Southeast (SE): AL, AR, FL, GA, LA, MS, NC, SC, TN, VA, WV

Mid-Atlantic (MA): DE, DC, MD, NJ, NY, PA

New England (NE): CT, ME, MA, NH, RI, VT

These regions were selected based on previous analysis which indicated a general similarity in age/sex distributions for marathoners (see "US Marathoners" Vol. I, 1981).

The analysis was broken down by age groups, every two years for 19 and under down to the 7 and under, and every five years above 20 years of age. The percent of the total male or female runners falling into each age category is given by region. The median reflects the median age (50% are older, 50% are younger). The table is summarized for junior (19 and under) and master (40+) as percentages of the total running population of that sex and the ratio of masters to juniors (M/J). For women, the male/female ratio (M/F) is also given.

Several features are evident in these tables. The male/female ratio is lower for the western US in general than in the eastern US, i.e., the relative number of women running mixed-sex races is higher in the west than in the east. The Southeast stands out as hav-

ing a very small fraction of women runners (19.6%) compared to the northwest and southwest (30.3%).

The fraction of women runners over age 40 is remarkably small in comparison to men runners. Whereas 20.4% of the men's field is over age 40, only 11.9% of the women's field is.

Regional differences in age categories are quite marked. The Southwest has an exceptionally high fraction of junior runners, both male and female. The Mid-Atlantic region has a high fraction of masters runners and, with the New England region, has a very low fraction of junior runners.

Many factors influence the actual age/sex distribution in a given race. We have tried to select races that present a reasonable sample of the running population. We did not include races which "shut down" the finish line or otherwise excluded the slower runners (over 65 minutes). We likewise did not include races which did not report complete results and those which did not report exact ages. We tended to concentrate on larger races (note that the average size is 2600, but that includes Boulder Boulder) and preferred results that were broken down by age group lists which greatly facilitated the analysis.

	MEN							
	NW	SW	GP	MW	SE	MA	NE	US
<8	0.16	0.24	0.03	0.02	0.04	0.01		0.10
8-9	0.32	0.91	0.14	0.32	0.29	0.21	0.18	0.40
10-11	0.72	2.1	0.62	1.03	0.90	0.57	0.33	1.06
12-13	1.47	3.3	1.86	1.73	1.98	1.31	0.89	2.0
14-15	2.7	3.8	2.3	3.3	3.3	1.90	2.4	3.0
16-17	2.7	3.0	2.9	3.6	2.3	2.2	1.37	2.7
18-19	2.8	3.2	3.3	3.0	2.1	1.83	1.78	2.7
20-24	12.5	11.5	12.1	11.6	9.3	9.3	12.6	11.1
25-29	19.3	19.5	22.5	19.9	19.7	17.8	23.6	19.9
30-34	18.2	19.2	20.6	20.0	20.7	19.6	20.4	19.7
35-39	16.6	16.3	15.5	15.8	19.0	17.9	16.2	16.9
40-44	10.9	8.8	9.4	9.5	10.9	13.1	9.7	10.3
45-49	6.3	4.6	4.6	5.0	5.2	7.0	5.1	5.3
50-54	3.0	2.2	2.3	3.0	2.5	4.3	3.1	2.8
55-59	1.31	0.85	1.45	1.35	1.15	1.97	1.22	1.28
60-64	0.66	0.36	0.32	0.58	0.41	0.74	0.81	0.51
65-69	0.24	0.16	0.09	0.19	0.24	0.14	0.33	0.19
70-74	0.08	0.02		0.07	0.07	0.08		0.05
75-79	0.01			0.01		0.03		0.01
80+	0.01					0.01		0.003
median	32.0	30.6	31.0	31.4	32.4	33.8	31.7	31.8
<20	10.9	16.6	11.2	13.0	10.9	8.0	7.0	12.0
20-39	66.6	66.4	70.6	67.3	68.6	64.6	72.7	67.6
>40	22.5	17.0	18.2	19.7	20.5	27.4	20.3	20.4
M/J	2.06	1.02	1.63	1.52	1.88	3.43	2.90	1.70

	WOMEN							
	NW	SW	GP	MW	SE	MA	NE	US
<8	0.12	0.36		0.04	0.11			0.22
8-9	0.44	1.15	0.20	0.41	0.45	0.38	0.21	0.53
10-11	1.68	1.99	0.84	0.93	1.02	0.42	0.41	1.12
12-13	1.85	3.5	1.64	1.90	1.69	1.17	0.72	1.97
14-15	2.0	3.7	2.8	2.9	2.4	2.4	1.86	2.5
16-17	2.7	3.2	3.1	3.5	2.9	2.8	2.2	2.7
18-19	3.7	3.5	4.3	4.2	2.4	2.5	4.0	3.3
20-24	18.2	15.9	18.1	16.4	15.3	13.4	25.2	16.0
25-29	23.4	23.8	26.8	23.6	25.5	26.3	30.4	24.9
30-34	19.2	19.3	20.7	20.8	22.4	20.6	18.4	20.9
35-39	13.9	12.9	12.1	13.0	13.9	16.9	9.0	14.1
40-44	7.3	6.5	6.1	7.1	6.8	7.6	4.9	7.0
45-49	3.3	2.5	2.0	2.8	3.0	3.4	0.93	2.8
50-54	1.41	1.00	0.96	1.56	0.94	1.36	1.04	1.30
55-59	0.63	0.52	0.16	0.67	0.56	0.33	0.31	0.50
60-64	0.10	0.18	0.20	0.11	0.11	0.23	0.21	0.20
65-69	0.07	0.07	0.04	0.04	0.04	0.19	0.21	0.09
70+				0.04				0.008
Median	29.1	28.5	28.6	29.2	29.6	30.1	27.5	29.4
M/F	2.3	2.3	2.5	3.1	4.1	3.4	2.8	2.80
<20	12.5	17.4	12.9	13.9	11.5	9.7	9.4	12.2
20-39	74.7	71.8	77.6	73.8	77.0	77.2	83.0	75.9
>40	12.8	10.8	9.5	12.3	11.5	13.1	7.6	11.9
M/J	1.02	0.62	0.74	0.88	1.00	1.35	0.81	0.98

NATIONAL RUNNING DATA CENTER- PUBLICATIONS LIST

1. Certified Road Running Courses, 1984 edition. Lists and describes all courses certified by the National Standards Committee through 1 January 1984 that are currently active. Explains how to certify a road course. (available March 1st) \$2.95
2. Running Records by Age, 1984 edition. Lists US single-age records based on races through 1 January 1984 for 31 standard track and road-running events, from 100 meters through 100 miles, plus official US open and age-group records. (available April 1st) \$5.95
3. U.S. Distance Rankings, 1984 edition. 1983 rankings and all-time lists for open men, open women and all junior (19 and under) age groups. Depth of rankings is based on competition. .E.g., the open men/women rankings are 200 and 100 deep for 10 km and the marathon. Fourteen standard road distances plus the one, two and 24 hour runs are ranked. (available June 1st) \$6.95
4. U.S. Masters Distance Rankings, 1984 edition. 1983 rankings and all-time lists by five year age groups, from 35-39 and older. Fourteen standard road distances plus the one, two and 24 hour runs are ranked. Depth of ranking is based on participation, from 100 deep for 10 km and marathon, 50 deep for 8, 15 and 20 km, 10 mile and half-marathon, and to lesser depths for the other seven events. (available June 1st) \$9.95
5. Running Records by Age, 1983 edition. As for 1984 edition but performances thru 1 January 1983. \$3.95
6. U.S. Distance Rankings, Vol I, 1983 edition. 1982 rankings and all-time lists for 17 standard distances. Ranking depths similar to those for 1984 edition. \$6.95
7. U.S. Distance Rankings, Vol II, 1983 edition. 1982 rankings and all-time lists for 17 standard distances. Ranking depths similar to those for 1984 edition. \$9.95
8. U.S. Distance Rankings, 1982 edition. 1981 rankings and all-time lists for 17 standard distances. Open and junior lists are similar to Volume I of the 1983 edition; masters lists are similar to Volume II but are abbreviated for more popular distances. \$2.95
9. NRDC News, issued monthly. Contains updates to certified course and age record lists, statistical summaries, information on course certification and record-keeping policies, and much more. Twelve issues sent without charge to all persons who make a tax-deductible contribution of at least \$15.00
10. NRDC News, back issues; individual number:
 - 1982 complete (12 issues) \$1.00
 - 1981 complete (10 issues) \$8.00
 - 1980 complete (11 issues) \$8.00

DISCOUNTED ITEMS: The following back issues have been discounted to \$0.75 per item to cover postage and handling. For these items ONLY, remit postage stamps. If you order several items at once, we will return the unused portion to you in stamps. Offer good as supplies last.

11. Running Records by Age, 1979 edition.
12. Running Records by Age, 1978 edition.
13. U.S. Distance Rankings, 1980 edition.
14. National Ranking of Runners, 1979 edition.
15. U.S. Marathoners, 1981 edition. Vol I contains summary tables and statistics; Vol II contains ages 29 and under; Vol III contains ages 30 thru 39; Vol IV contains ages 40 and over.
16. U.S. Marathoners, 1980 edition.
17. U.S. Marathoners, 1979 edition.

Please allow two to three weeks for delivery. All publications are priced postpaid which covers domestic book rate mailing costs. If you wish publications to be mailed first class, please write (SASE please) or call for quote. All publications are available from

NRDC, PO Box 42888, Tucson AZ 85733



Bill Stewart, 41, of Ann Arbor, Michigan, hits the finish tape first to win the TAC National Masters 5K age 40-44 Championship in Clearwater, Florida, February 5, in a time of 15:07.

THE ATHLETICS
CONGRESS

MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

Reminiscing

The concept of men and women age 40 and over running, jumping and throwing is an idea that 25 years ago would have been rejected. However, since the concept came into existence as the masters track and field program under the leadership of Dave Pain, it has excited people from one end of the globe to another. It has provided not only lifetime recreational pursuit for thousands of men and women, but also a great blending of fellowship and competition. Even in the short span of its existence, the program has spawned its share of memories, nostalgia, and trivia.

Recently, my wife, Dorothy, and I reminisced about the 10 years we have been involved in the program. I'd like to exercise the chairman's prerogative by sharing our recollections.

My first meet was in Vancouver, British Columbia in 1974. After calling all over the country to find out about the meet and making the decision to go, I wondered just how silly I was going to look, having not vaulted in 23 years. I vaulted 11 feet, finished second, and was thrilled to death.

Vancouver was beautiful, the meet was well run and the banquet was elegant.

Duncan MacLean, the 87 year-old British sprinter and understudy to the vaudevillian actor, Harry Lauder, competed and entertained. From then on, we were addicted to masters track and field.

While competing in Masters competition, the friends, fellowship, tours, parks, civic involvement, and museums are what have kept us going from one meet to another.

At the masters meet, everyone is the same level wearing a t-shirt, shorts and running shoes. The individual's status in life means nothing. New friendships are made. In 1975, my wife, two children and I drove from Colorado Springs to Washington, D.C., White Plains, New York, and Toronto, Canada. While vaulting at the National Masters T&F Meet in White Plains, I hooked my mouth on a crossbar and broke a tooth. Looking for relief, I talked to several competitors until one, a dentist, took time out from his event to use Dot's nail file to smooth the ragged edge of my tooth. I was able to finish my competition and returned

home where the tooth was properly repaired. During the next few years it was fun to see the dentist-athlete at meets and have him check the tooth.

Little did my wife and I realize that being a participant in masters track and field would also involve us in politics. We will never forget Dave Pain and his speech to the USA Masters athletes in Toronto in 1975. He said we should not be concerned about the Canadian government's wanting to ban South African athletes; that we should carry on the meet, even though it would mean a severe financial loss to the Canadian masters program.

Then, in New Zealand, when anti-South African demonstrators moved the hurdles in the steeple chase, the athletes worked over the demonstrators physically, providing a political refresher course. Perhaps the frustration of the San Juan meet directors in dealing with the South African problem at the Fifth World Games last September completed our lessons on that subject.

I am not sure the issue is resolved, but we now know our sport involves more than fun and games. From time to time, there are matters which will require substantial thought and commitment by those who wish to see our program continue.

Bob Fine, the past Chairman of the USA Masters Track and Field Program and current North American Representative to the World Association of Veterans Athletes (WAVA), has provided significant leadership in the United States. Bob did as much to move the program ahead as any one person. We remember his particular style of running a meeting — it's beautiful — always a lot of discussion (mostly heated), but in the end, good decisions were made and the program moved forward.

Immediate Past Chairman Jim Weed's enthusiasm about the future of the masters program has never flagged and, we hope, never will.

Orville Gillette, who set most of the first standards in the masters T&F program has demonstrated a love for track and field that is an example for us all.

Jim Vernon and his crooked vaulting pole, which he can take apart and put into a bag, is a favorite topic for the press.

One of my most memorable events took place in San Juan, Puerto Rico last September, when all of us in the stands were left with weak knees and in considerable awe as we watched Jack Greenwood win race after the race and conclude with his world record race in the 400 intermediate hurdles.

The ever-present, gregarious personality of Dave Douglass, with his beer and cigars, rounds out the first 10 years for us. The next 10 can't help but be as memorable.

In every city we have visited, we have seen beautiful parks, museums and historical sites. We continue to think of cities we've not yet visited. All of this keeps us anticipating the next meet.

Some of our favorite recollections come from spectators. A bit of sage advice came from a British lady as to how we could tell which athletes were over-trained. She said, "That's easy. You just find those who come to the meets without his or her spouse."

Then there was the pragmatic approach of a lady who, for the first time, was watching her boy friend compete in a masters track meet. She seemed quite concerned and a little nervous. When my wife inquired, she said, "Well, I sure hope he doesn't hurt his body today because we both want to enjoy it tonight."

Masters track and field has come a long way and it will endure... it is too good to lose. To some degree, we must remain dedicated to insure its longevity. The memories we have are the result of pure enjoyment and of not taking ourselves too seriously. We need to work hard, participate hard, and help a lot, but, at the same time, continue to enjoy the opportunity to meet together in to good fellowship. □

Corrections

Continued from Page 4

Steve Garvey 10K, Nov. 16, in our February issue. In fact, the woman who "beat" Christa by one second was a wheelchair racer who entered as a runner and had a 5 minute headstart. Christa was 1st woman overall in a PR time of 38:02.



Ada Thomas, 1st W70+, Oakland Half-marathon, February 5, in 2:12.



5 Months To Go

• If you live in Southern California and would like to invite an out-of-town masters athlete to stay with you during all or part of the Olympic Games, July 28-August 12, send your name, address and phone number to us. We'll print it. Then NMN readers looking for a place to stay during the Games can contact you. Send to: NMN, PO Box 2372, Van Nuys CA 91404.

• Those looking for a place to stay can do the same. Send to the same address. We'll print the lists side by side.

• Speaking of space, the good news is that, of 147,000 rooms in the LA area, 6000 rooms are still available. The bad news is that some hotels are price-gouging. Of 162 hotels called by the *LA Herald*, 56 still had rooms available, 90 were booked solid, and 16 weren't taking Olympic reservations. Of the 56 with space left, room rates have doubled, tripled and, in a few cases, quadrupled their normal rates. The Olympian Motel will jump from its current \$49 a night to \$195 for the Games. "I don't see why it's a big deal," said its General Manager. "We're trying to make a little money." The LA Hotel Association calls it "price-gouging" and says it "will bring any influence we can on those people to be the type of host we'd like them to be." The posh Century Plaza hotel, where President Reagan stays, will be charging \$148 for a double room, the same as the current rate. But the Executive Motel will be asking \$200 per night, compared to its normal rate of \$45. Olympic visitors can stay at the Hollywood YMCA for only \$35 for a double, up about 30% from the current \$26. About two-thirds of the hotels are staying within the fair-pricing structure of not raising their rates higher than they were on Jan. 1, 1984. "We are very proud to have the Olympics," said Jacques Camus, GM of the plush Westwood Marquis, where room rates will remain at current levels, between \$140 and \$190 per night for a suite. "People do not forget, and it would be very bad for the reputation of Los Angeles." The LA City Council unanimously rejected Mayor Tom Bradley's proposal for a legal ceiling on room rates during the Olympics.

• Need Olympic tickets? Got shut out of the lottery? Want to sell tickets you can't use? Call Computer Match at 213/470-6740, or Murray's Tickets at

213/234-0123. They have plenty of tickets, but you'll have to pay the going rate. Or, send your name to NMN and we'll print what you want, a la the room space above.

• Want to rent a condo or private home for the Games? Call the Housing Hotline at 213/306-9114. For a \$68 fee, they'll arrange a match up for you.

• China will send 300 athletes and coaches to the Los Angeles Games. It's the first time since 1932 that the Chinese Summer Olympic team has competed.

• A bill was introduced in the California Legislature to encourage LA employers to put their staffs on a 4-day, 10-hour work week during the Olympics to ease traffic congestion.

• Olympic athletes, who already face testing for steroids, caffeine and testosterone, may also be checked for use of growth hormones, according to an IOC official. "We are studying their effects," Alexandre de Merode said. "It's too early to tell what will be done."

• Juan Samaranch, IOC President, said he expects all Soviet-bloc nations to participate in the Games.

• The Olympic events you watch on TV free in 1984 may cost you a few shekles in 1988. Barry Frank, the TV broker for both Calgary and Seoul, thinks pay TV will be a key part of the Summer Olympics contract of 1988.

• JoAnn Terry Grissom, 45, Indianapolis, is one of three former Olympians selected by TAC to officiate at the 1984 Summer Olympics. A hurdler in the 1960 Games, she joins fellow 1960-Olympian Ralph Boston, 44, Knoxville, Tenn., who won the long jump gold medal, and three-time 20K walker (1948, 1952, 1956), Henry Laskau of Miami, Fla. Of the 626 track and field TAC officials from 36 states who applied for the Games, 202 (14 women) were selected. California, which has the most TAC-certified officials, leads the list with 69; Texas is next with 16. Grissom is an active masters athlete and holds national W40 records in the triple jump (32') and the long jump (16'10 $\frac{3}{4}$ '), and W45 marks in the discus (106') and shot (36'3").

• Bud Greenspan, the writer-director of the Emmy-winning television series, "The Olympiad," created an 800-meter "Dream Race" involving the eight Olympic gold medal winners since 1936, along with the current world record holder Sebastian Coe. At

the start were John Woodruff (GBR, 1936); Mal Whitfield (USA, 1948), 1952; Tom Courtney (USA, 1956); Peter Snell (NZ, 1960, 1964); Ralph Doubell (AUS, 1968); Dave Wottle (USA, 1972); Alberto Juantorena (Cuba, 1976); Steve Ovett (GBR, 1980) and Coe (GBR). Greenspan talked to 20 track experts in seven countries. Without knowing Greenspan's choice, all 20 reportedly agreed with Greenspan as to who would have won. At the finish: 1) Snell, 1:42.0; 2) Woodruff, 1:42.1; 3) Ovett, 1:42.2; 4) Wottle, 1:42.3; 5) Coe, 1:43.1; 6) Courtney, 1:43.9; 7) Doubell, 1:44; 8) Whitfield, 1:44.1; 9) Juantorena, 1:44.8. None have ever competed in masters or sub-masters competition (Coe and Ovett aren't yet eligible). Snell, however, was spotted in Houston observing the 1983 TAC National Masters T&F Championships.

• There is a growing sense in the travel industry that the Games may not be the bonanza first thought. TWA announced a 30% discount on air fares into LAX during the Games, the first sign of a crack in the airlines' all-out ban on discount fares. Travel agents are complaining they can't get enough good Games tickets to put together tour packages. LAOOC ticket policies and the strong U.S. dollar are reasons cited. The LAOOC lotteried off the tickets to the public, rather than sell them to travel agents in big blocks.

• NMN finally found someone with a ticket to the opening ceremonies. It's none other than Gentleman Jim O'Neil, San Diego raconteur, world M55 5K and 10K champion and multi-record holder. Make him an offer he can't refuse and you, too, can be there for the flame-lighting.

• One of the most impressive events of the summer in Los Angeles will be the Olympic Arts Festival. From June 1 to July 28 (the day the Games begin), over 60 dance, ballet, music, art, movie, puppet, acrobat, opera, animation, video, folk, stage, jazz, classical and other companies will perform in more than 400 performances, exhibitions and special events. It will be one of the most comprehensive cultural celebrations in Olympic history. Ticket prices have been kept affordable. For

info, write Olympic Arts Festival, PO Box 54199, Los Angeles CA 90054.

• Los Angeles Police will be out in full force during the Games in an effort to provide top security for all visitors. All police vacations have been cancelled during the Games fortnight, with 10-hour days and some volunteering in the works.

• The most famous masters athlete is Al Oerter. At age 47, the 1977 World Veterans Discus Champion and four-time Olympic gold medalist is going for his 5th Olympic triumph. "The reason I'm able to compete so well in the Olympics," he says, "is that I really don't take myself that seriously, and I always prepare myself very well. And there is no necessity to win. I don't create that pressure for myself. I've never competed against people. I've always competed with people. If you compete against people, it's negative—you have to beat someone to feel good. If you compete with people, it's a celebration of human capability." □

Lincoln Hosts Mid-America Regional

The TAC Mid-America Regional Masters Track & Field Championships were held January 7 in Lincoln, Nebraska on the Uniturf, 176-yard oval at Nebraska Wesleyan University.

Sponsored by the Lincoln Track Club, the meet featured a special pentathlon (60y HH, shot, long jump, high jump, 600y) scored by IAAF tables. Rex Harvey, M35, topped everyone with 4060 points. Tom Thorne, Jr. took the M40 win with 3458 points. Meet organizer Forest Doling scored 2549 for M50 honors.

David Denison, M40, clocked the meet's best 60y hurdles time in 8.2, and came back for a 300y win in 35.6. Clifton Jackson, M35, was the fastest 60-yard sprinter in 6.4.

Tim Wesselowski took the M40 shot with a 46'8" toss, while Tom Wesselowski won the M45 with a slightly longer 47'1". J.C. Brown took the M50 long jump (16'5 $\frac{3}{4}$ ") and high jump (5'9"). □



First five 50-54 finishers in the TAC National 5K Road Championships, Clearwater, Florida, February 5. L to r: Bobby Askea, (17:32), John Johnston, (17:40) Jack Gough, (18:05), David Theall, and George Martin.

MASTERS SCENE

NATIONAL

- The RRCA's 26th Annual Convention will be held in Michigan City, IN, May 18-20. Send SASE to RRCA Convention, Dunes Running Club, Box 42, Michigan City, IN 46360.
- **Joe Henderson's Running Commentary Newsletter** says Bob Campbell, TAC men's long-distance chairman, claims "103 marathon directors (about one in four nationwide) have failed to show proof of their races having TAC course certification or TAC sanction."
- The TAC National Masters 50K Championships in Washington, D.C. have been switched from March 17 to September 23.
- The Lincoln Marathon in Lincoln, Nebr., on May 6 is the '84 TAC National Masters Championships and will offer team competition for 40+ m&w in 10-year divisions. Teams must consist of 3 to 5 runners with top 3 scoring. Pre-race activities for masters include seminars by the NRDC's Ken and Jennifer Young on LDR records, Ruth Anderson on Masters running, and Dr. Alex Ratelle on "running forever."
- National Masters T&F Rankings Chairman **Haig Bohigian** says the 1982 Rankings books have been delayed. "Of my 17 volunteers, each of whom were compiling the stats of a separate event, five didn't come through on time," Bohigian says. "I've asked all 17 to compile the 1983 Rankings by May 1, 1984. Then we'll publish both 1982-1983 in one book by July 1, 1984." Haig says everyone who has already paid for the '82 rankings will get the 1982-83 book at no extra cost.
- The correct date of the TAC National Masters 10K Road Championships is Saturday, April 21 in Prospect Park, Brooklyn. An entry form is on page 13.

NEW ENGLAND

- **Kirk Randall** and **Linda Upton** ran meet record times of 4:29.2 and 5:12.7 in winning the masters mile races in the NEAC Indoors T&F Championships at Boston U., Jan. 22. Randall repeated a week later by winning the M40+ mile in the Greater Boston TC Invitational at Harvard with a slower 4:31.6. However, in the W40+ mile, Upton was defeated by **Barbara Pike** (5:22.2/5:25.9). Pike had finished 2nd to Upton in the NEAC meet the week before.



Two W45 javelin throwers with German names, yet "worlds apart," come together in San Juan. Christel Miller, (l) California, took the silver, and Helga Neumann, Chile, took the bronze.

EAST

- **Gabriel Bernal**, 44, took the masters title in 27:33 in the Manufacturers Hanover 5-Mile, NYC, Jan. 7, from **Arthur Poitras**, 44, by 19 seconds. **Elaine Kirchen**, 41, in a 10th place 30:48, won over **Patty Lee Parmalee**, 43, (32:02).
- **Tony Gerrity**, 40, was the 1st master and 22nd place (1874 finishers) with 32:19 in Brian's Run 10K, West Chester, PA, Dec. 14. **William Hagman**, 40, followed, six places back, in 32:53. **Ben Hyser**, 48, was 3rd master in 33:18. **Maureen Bixby**, 41, placed as 9th woman (548 finishers) with a 1st 40+ 38:48.
- **Sal Corrallo**, RW record holder, Potomac Valley Seniors TC mainstay, and intrepid race director, is described in *The Washington Post* Weekend Edition, Jan. 6, as a "local racewalking guru" who gets "hoots and whistles from women" when he does his work outs. If racewalking is the sport of the future, as some observers suggest, it may get here sooner than they think.
- **Elaine Kirchen**, 41, logged a 42:31 at the 7 Mile Run, Central Park, NYC, Feb. 4, for a 3rd over 121 women finishers.
- **Vincent Carnevale**, 67, Newark, NJ, in his first marathon, the Atlantic City, Dec. 4, won the M60+ with 3:52 in hurricane-like winds.
- **Roger Robinson**, 44, New Zealand, blazed to a 7th overall of 487 m/finishers in 1:05:10 at the NYRR 20K, Central Park, Jan. 29, while **Mimi Lerner**, 46, finished 4th of 119 in the women's race in 1:22:53 and **Anna Thornhill**, 43, was 9th in 1:27:13.
- **Robert Paradiso**, who taught P.E. in the Philadelphia schools for 47 years, passed away at age 76 in January. Paradiso's contributions to T&F included serving on the AAU National T&F Committee, the presidency of the Track Official Club of Philadelphia, and working as an official at the '80 Nationals and First National Sports Festival in Philadelphia, the '83 Nationals at Lehigh, and the Penn Relays since the '40's. Last year, he was honored by the Philadelphia Special Olympics Committee as "volunteer of the year."
- The publicity **Scott Thornsley** garnered for his Indoor Masters T&F meet January 8 in Carlisle, PA was nothing short of sensational: full page story in the Harrisburg Patriot two weeks before the meet, which generated dozens of phone calls from people who had never heard of masters track, and helped draw nearly 150 to the meet; then three more stories prior to the meet; then three more stories of the meet itself, not to mention the complete results — one of the best-ever PR jobs for masters athletics. How did Thornsley plan the meet, get the publicity, draw the athletes, get a sponsor, compete in the meet (winning three events), and survive financially? He tells all in next month's Speaker's Corner.
- One of the entrants in the Carlisle meet was **Vivian Nelson**, 70. As a result of a feature story in the Patriot about her running exploits, she was spotted by a public relations firm and signed as the "Mom" to ASK Foods, Inc., a national company specializing in institutional foods. She is now their "Mom" in their "ASK Mom" campaign.

SOUTHEAST

- **Maria Wade** in 51:46 and **Yvonne Rodgers** in 51:51 made it no contest for W40+ except between themselves in the Bayshore Runners Club 8-Mile, Tampa, FL, Jan. 8. **Joe Burgasser**, M45, sailed through the course in a 1st M40+ time of 45:13, which would have won the M35 by 46 seconds.
- **Carl Touchstone**, 43, Laurel, MS, finished his 53rd marathon, the Memphis Express, Dec. 4, in 3:27:30, nine minutes faster than his last

marathon in Jackson, MS, on Dec. 3, the day before. Touchstone, who started running at age 35 and 250 lbs., now weighs 180 and has done 100 miles in 19:41. **Bill Bullard** was the masters winner in the Memphis race in 2:39:47.

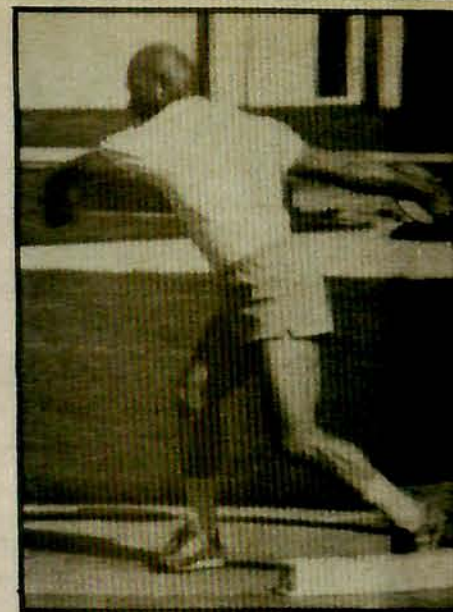
- **Hank Shealy**, a visiting new Yorker, picked up a fast \$100 top masters money in the Orlando New Year's Eve 8K. **Ann Kahl**, 54, got the \$100 prize for W40+.
- **Fred Hurd**, 46, ex-Duke runner, held off **Dale Sarjeant**, 33, to win the dual meet (a rarity for runners after college competition) between the Dare and St. Giles Presb. Church track clubs over a scenic 4.5 mile course at Charlotte, NC, 26:38 to 26:40. However, Sarjeant's Dare TC took the team title, 26-32, with a 3rd by **Roger Price** (27:12), a 4th by **Alex Coffin** (27:47), an 8th by **Chuck Noe** (33:05), and a 9th by **Terry Ledford** (33:29). The Dare women's team won its race and was led over the 2.3 mile course by **Shirley Mills** (17:59), **Mary Saunders** (18:56), and **Anna Coffin** (19:54).
- Top masters in the Orange Bowl Marathon in January were **Roger Roullier**, 2:34:56, and **Bonnie Foster**, 3:26:22.

MID-AMERICA

- **Bill Andberg**, 72 national LDR record holder and cross-country skier from Anoka, MN, took to the lanes recently, not at an indoor meet, but with bowling ball and won the right over 405 seniors to represent Minnesota in the American Bowling Congress senior bowling championships in May at Reno. Andberg will get \$100 entry fees and \$200 expenses for his 214-177-229 winning series.
- Nebraska **Bob Elwood**, 49, recipient of Lincoln TC's distinguished achievement award for a masters runner in '83, ran 4:58 (Dec. 21) and 4:54 (Dec. 28) to win the M30+ miles in LTC's all-comers meets. Elwood will be 50 on July 31.
- Sprinter **Bill Duanne** collapsed and died after warming up to run in the TAC Regional Masters Indoor Championships at Nebraska Wesleyan on January 7. The Overland Park, Kansas runner, who was entered in the 45-49 division of the 300 and 440 yard dashes, was attended almost immediately by skilled persons who applied mouth-to-mouth resuscitation and cardiopulmonary resuscitation techniques. A heart beat was never obtained. According to a Kansas newspaper account, Bill Duanne had run more than 1,000 miles in 1983, and had been a runner for more than 25 years. He was happy to be approaching his 50th birthday when he could begin competing at the young end of a new age group. He had been experiencing chest pains for several months. His father had died of a heart attack when in his early forties, and his mother had also suffered from heart disease.
- About a year ago, **Bob Martin** had to make a choice of either continuing to edit the National Running Data Center newsletter, a service he'd provided for three years, or writing hiking books. "It was a hard choice," Martin told NMN, "because of my great love for both running and hiking." Deciding it was time for a change, Martin has written "Hiking Trails of Central Colorado" (Pruett Publishing Co., 2928 Pearl St., Boulder, CO 80301, \$7.95) and "Hiking the Highest Passes," due out this spring. He is currently hard at work on a volume that will cover all the 13,000-foot summits in Colorado. "I heartily recommend running along mountain trails," Martin advises. "I hope others discover the joys of mountain running like I have." Bob says he misses the "wonderful people in running, whose kind words and encouragement kept me going in a largely thankless, volunteer job. I wish them the very best."

SOUTHWEST

- **Jim McFadden**, 44, Vici, OK, registered another masters win at the Riverside 10-Miler, River Parks, OK, in 58:32.
- **Joe Schrag**, 44, Topeka, KS, slid through the 14th and final Will Rogers Oil Capital Marathon, Tulsa, OK, Dec. 10, to cap the M40+ title in 2:51:09, while **Sharon Cooper**, 44, Claremore, OK, broke the state W40-44 record with 3:20:48.
- **Kent Metcalfe**, 45, Stillwater, OK, also set a



Veteran discus thrower Teddy Kaplan of Israel, training in California. Photo by Gretchen Snyder

state M45 record of 27:48 at the Lake Draper 8K, Oklahoma City, Dec. 17.

WEST

- **Jim Knerr**, 49, hit the tape in 2:35:46 for 1st master in the 36th Western Hemisphere Marathon, Culver City, CA, Dec. 4. **Marshall Matye** turned in a 2:36:11 first M40. Knerr had thought of attempting to break 2:30 for a national age record but recanted after discovering that the new course had not been certified.
- **Michael Mahler**, 40, Santa Monica, led 46 M40 finishers to place 5th in 1:12:26 in the Santa Barbara Half-Marathon, Nov. 6. **John Holoubek**, 67, Lompoc, CA, whizzed home in 1:29:49. **Barbara Terhune**, 40, Los Angeles, was the champ over 24 W40 finishers in 1:32:34. **Michael Termine**, 42, Irvine, CA, (2:57:57) and **Gabby McQuitty**, 46, Santa Maria, CA (3:28:01) were 40+ winners of the corollary marathon.
- **Ali Baba**, 42, El Cajon, CA, in his first 2-miler, The March of Dimes Super Run III, La Jolla, CA, Jan. 22, pressed on to a M40-44 division win and 5th overall time of 12:05.
- **Frank Duarte**, 42, Santa Ana, was the masters winner in 25:43 of the SPA TAC/Seniors TC 8K Championships, San Pedro, CA, Dec. 11. **Carolyn Ishida**, 41, Harbor City, CA, did 36:05 in taking the W40+ portion of the race, run in mild weather over a mostly flat course. **Duarte** also nabbed me SPA TAC district's 10K title at Westlake Village, CA, 3 weeks later, Dec. 31, with a top-ten time of 32:13. **Tom Burns** was 2nd M40-44 in 32:46. **John Brennard** (34:09) prevailed over **Jim Knerr** (34:28) in the M45. **Hal Winton** (37:14) won the M50 from **Tom Sturak** (37:26). Culver City AC was the M40-49 team champs in 2:50:59; Seniors TC took the M50-59 in 1:59:27.
- **Barbara Dibble**, Tucson, AZ, cranked out age records for the 5000 (21:57:9) and 10000 (45:09) on her way to a new age-53 one-hour distance of 12.973k at Tucson, AZ, Jan. 14. **Truman Clark**, 48, Tucson, did 16:272k and went on to a 20000 meter time of 1:13:41 on the Rincon Vista 400m Tartan track.
- The Northern California race walking community lost one of its top competitors when **Walter Jaquith**, Tahoe City, passed away on Jan. 30 at age 40 at his home, after a long bout with cancer. Jaquith, a walker in high school and college, returned to competition at 37 and was overall winner of the 5000m track walk at the '81 Nationals at Los Gatos, CA. In June '83, at age 40, he won both the senior and masters categories in the PA/TAC 20K RW championships at San Francisco. Jaquith leaves his wife, Mary Lou, a competitive swimmer, and two young daughters.
- UC-Irvine's track, site of the Anteaater T&F Classic (nee Grandfather Games), is being resurfaced and converted to 400m for use as an Olympic training facility. Irvine's Chancellor and M65 double winner (shot and discus) at



Jack Bishin, Santa Monica TC's oldest member at 82, after finishing Super-Bowl Sunday 10K. Photo by Richard Lee Slotkin

Puerto Rico, Dan Aldrich has announced his retirement in late spring.

• **Sal Vasquez**, 44, (51:59) and **Sister Marion Irvine**, 54, (62:58) were top masters in the PA/TAC 10 Mile Championships, Stockton, CA, Jan. 8. Irvine's time breaks the listed U.S. W50 10-mile mark of 61:16. **Ulrich Kaempf**, 52, outlegged the M50 field in 56:06, 40 seconds better than the M45 winning time.

• **Dick Collins**, a 50-year-old Oakland mechanical contractor, who started running in 1975 and has since participated in over 500 races at all distances, was featured in an Oakland Tribune article, Jan. 15, prior to his attempt to make the Oakland Marathon, Feb. 5, his 100 26.2 race. Collins has won the "Man of the Year" title of his running club, the Dolphin South End Runners, for four out of the last five years, awarded to the club member who accumulates the most mileage.

• The Olympic Legends Masters T&F Meet April 28-29 at UCLA in Los Angeles is shaping up as one of the year's top masters event. The new track laid for training use in the upcoming Olympics is the latest state of the art. About 10 entrants from the Republic of China (Taiwan) are expected. A group from Philadelphia is com-

ing. **Director Bill Adler** has lined up 22 former Olympians for the competition, each of whom will receive a commemorative plaque. Action photos of their Olympic achievements will be shown at the banquet. Sponsor Home Savings & Loan has filmed interviews with local masters Bob Hunt, Bess James, Al Guidet, Tony Castro and others which may be aired on local TV. All medalists will receive their awards in a special victory stand presentation.

• **Joe Packard**, who holds world M75 records in the 100 (14.3), 200 (29.5) and 400 (68.5) turned 80 on December 15, 1983. Within a month, he had broken the world 200-meter age 80-and-over mark with a time of 33.5 at an all-comers meet in Berkeley, Calif. That betters the world mark of 33.75, set by Konrad Boas at the V World Veterans Games last September. Look for Packard to take aim at the 100 and 400 marks, next.

HAWAII

• **Jack Karbens** invites everyone to attend any of Hawaii's monthly meets or multi-events if you're on the islands — WAVA implements, WAVA standards and an artificial track. If your club wishes to set up a group tour to Hawaii, write Karbens at 3138 Waialae Ave. #1003, Honolulu, HI 96816. "We can set up a week or two of daily workouts around the big meets and races during the 1984 Christmas holidays," Karbens says.

NORTHWEST

• Sixty-year-old **Dick Walsh's** 1:33:58 time at the half-marathon in St. George, UT, on Sept. 10, puts him in the top 10 60-64 for '83. But it also puts him into another group of performers: runners who encounter a heart attack during a race and finish anyway. Walsh, from Las Vegas, NV, suffered the attack at the 11-mile mark (1:14), but his doctor, present at the race, cardiologist Barbara Klein, who called Walsh her first "out patient intensive care," let him jog/run through it. Walsh required only nine hours hospitalization. "I was allergic to all medication, so I doubled up on calcium magnesium, and all PVC's went away; minor blockage of a minor artery, that's all," Walsh said. Seven weeks later he ran a 1:44 half-marathon, after promising to slow down a bit. **Al Boka**, 43, was the 1st master in the St. George race in 1:15:46.

INTERNATIONAL

• **Gilberto Gonzalez**, Puerto Rico, broke his own M70 WR of 13:44 with a 13.3 100m in a

meet attended by 150 master athletes in Buenos Aires, Argentina, Dec. 2-4. He also broke his own WR with a 28'4 1/2" TJ. **Garciela Ghelfi**, Argentina, sped to W40 wins in the 100m (12.5); the 200 (25.5); and the 400 (59.9) on the fast 400m track. **Lugeborg Pfuller**, Argentina, tossed the M55 shot 10.52m.

• One hundred and thirty-four athletes from Argentina, Brazil, Chile, Uruguay, and Puerto

Rico competed in a masters meet at Montevideo, Uruguay, on Dec. 9-10. **Milton Pereira**, M50, Brazil heaved the shot 13.71m. An interesting item in the results of that meet shows eight entrants in both the W55 shot and discus, won by **Anelise Schmit** (8.79m/26.46m). No American attended either meet despite wide publicity. Both meets will be held again in late '84.

CLUBS

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

mation to National Masters News, PO Box 2372, Van Nuys, CA 91404.

EAST

Master Walker
Regency House, Rm 225
Pompton Plains, NJ 07444

N.Y. Masters Sports Club
77 Prospect Place
New York, NY 11217

Annapolis Striders
P.O. Box 187
Annapolis, MD 21404

Potomac Valley Seniors TC
P.O. Box 1065
College Park, MD 20740

Elkins Park Road Runners
7900 Old York Rd.
Elkins Park, PA 19117

West Pennsylvania TC
1245 Alamac Rd.
Washington, PA 15301

Shore Athletic Club
Ron Salvio
Squaw Road
Clarksburg, NJ 08510

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 17450

New Jersey Striders
P.O. Box 885
Maywood, NJ 07607

Central Park TC
1172 Park Ave.
New York, NY 10028

SOUTHEAST

Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802

Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305

Charlotte TC
P.O. Box 11364
Charlotte, NC 28220

Memphis Runners TC
P.O. Box 17981
Memphis, TN 38187-0981

Charlottesville TC
311 Westminster Rd.
Charlottesville, VA 22901

Port City Pacers
P.O. Box 16907
Mobile, AL 36616

MIDWEST

Hoosier Track Club
305 South Barton
Indianapolis, IN 46241
317/241-5446

Dayton Masters Track Club Inc.
Robert Jones
4867 Germantown Pike
Dayton, OH 45418

Over The Hill TC
6509 Marsol Rd. #308
Mayfield Heights, OH 44124

Ann Arbor Track Club
3667 Helen Ave.
Ypsilanti, MI 48197

Second Wind Running Club
Al Morris
1207 S. Oak
Champaign, IL 61820

MID-AMERICA

Lawrence TC
P.O. Box 3743 Jayhawk Station
Lawrence, KA 66044

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Plains TC
P.O. Box 14102
W. Omaha Station
Omaha, NE 68124

Prairie Striders
Box 267
Brookings, SD 57006

SOUTHWEST

Tulsa Running Club
P.O. Box 300
Tulsa, OK 74102

Dallas Masters Track & Field Club
Joe Murphy
4308 N.C. Expressway, S-206
Dallas, TX 75206
214/824-3800

Santa Fe Striders
P.O. Box 1818
Santa Fe, NM 87501

Oklahoma City Running Club
P.O. Box 18113
Oklahoma City, OK 73154
405/751-6073

WEST

Corona Del Mar TC
19103 S. Andmark Ave.
Carson, CA 90746

Los Gatos Athletic Assoc.
P.O. Box 1328
Los Gatos, CA 95031

Seniors TC
c/o Hal Winton
24409 S. Meyler St.
Harbor City, CA 90710

LA Valley Athletic Club
1801 Avenue of the Stars
Suite 415
Los Angeles, CA 90067

Culver City Athletic Club
c/o Phil Clarke
15232 Burtin St.
Van Nuys, CA 91402
818/780-0381

San Fernando Valley Track Club
13722 Burbank Blvd.
Van Nuys, CA 91401
818/780-7719

Southern California Striders
H. Lewis Smith
8306 Wilshire Blvd., #316
Beverly Hills, CA 90211

Trojan Masters TC
1147 W. Rowland Ave.
West Covina, CA 91790

South Coast Runners Assoc.
3857 Birch, Suite 442
Newport Beach, CA 92660

San Diego Athletic Assoc.
9369-C Discovery Way
La Jolla, CA 92037
619/455-9422

West Valley TC
P.O. Box San Carlos,
CA 94070

West Valley Joggers & Striders
1124 Kensington Ave.
Sunnyvale, CA 94087

Golden Gate TC
106 Sanchez St.
San Francisco, CA 94114

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

Empire Runners
4700 Foulger Dr.
Santa Rosa, CA 95405

Northern California Seniors TC
2766 Summit Dr.
Hillsborough, CA 94010

NORTHWEST

Snohomish TC
4206 242nd St. SW
Mountlake Terrace, WA 98043

Portland Masters Track Club
Art Afremow
4185 SW 83rd
Portland, OR 97225

Oregon Track Club Masters
P.O. Box 10085
Eugene, OR 97440

What You Need to Know TRACK & FIELD BOOKS



BRITISH AMATEUR ATHLETIC BOARD OFFICIAL PUBLICATIONS

LOTS OF INFO, PHOTOS & ILLUSTRATIONS ON TRAINING & TECHNIQUE

	DECATHLON & PENTATHLON (Women's) by McNab	\$6.50
	HIGH JUMP by Dick	\$7.00
	HURDLING by Le Masurier	\$4.00
	JAVELIN by Paish	\$4.50
	LONG JUMP by Kay	\$5.00
	MIDDLE DISTANCE, LONG DISTANCE, MARATHON & STEEPLCHASE by Watts and Wilson	\$5.50
	POLE VAULT by Dr. Neuff	\$4.00
	RACE WALKING by Hopkins	\$5.00
	SHOT PUTTING by Johnson	\$4.00
	SPRINTING & RELAY RACING by Marlow	\$4.00
	STRENGTH TRAINING FOR ATHLETICS by Dick, Johnson and Paish	\$6.00
	TRIPLE JUMP by McNab	\$6.00
	DISCUS by Paish	\$4.00

+ Plus .75¢ per item for mailing. Make checks payable to WIMSEY HOUSE.

NAME _____

ADDRESS _____

CITY, STATE _____

ZIP _____

*** WIMSEY HOUSE, PO BOX 33182, GRANADA HILLS, CA 91344 ***

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.

TRACK & FIELD NATIONAL

March 24-25. TAC National Indoor Masters Championships, Princeton, New Jersey. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 609/259-9268. Entry form on page 5.

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

July 7-8. TAC National Masters Decathlon & Heptathlon Championships, Indianapolis, Henry Hopkins, 833 N. Center Rd., Plainfield, IN 46158. 317/839-7736.

August 17-19. 17th Annual TAC National Masters Championships, Eugene, Oregon. Oregon Track Club Masters, PO Box 10085, Eugene OR 97440. 503/687-0122.

NEW ENGLAND

May 27-28. Senior Sports Festival, Marblehead, Mass. 55 and over. Many sports. North Shore Jewish Community Center, 4 Community Road, Marblehead, MA 01945.

June 16. Waltham Masters & Submasters Meet, Leary Field. Joe Tranchita, 88 Russell St., Waltham, MA 02154.

June 24. Senior Olympics, Brown Stadium, RI. George Silva, 82 Fowler St., No. Kingston, RI 02852.

EAST

March 11. New Jersey Masters Championships, Peddie School, Hightstown, N.J. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 609/259-9268.

March 18. 12th Annual TAC Eastern Masters Indoor Championships, 11 a.m., West Point Field House, Sunday. Entry form in January and February issues. N.Y. Masters, 77 Prospect Place, Brooklyn NY 11217.

April 28-29. Penn Relays. Masters relays. Fred Mannis, 104 W. Montgomery Ave., Thomas Court No. D, Ardmore PA 19003. 215/642-5989.

May 20. New York Masters Championships, Randall's Island, New York City. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

May 20. West Penn TC Masters Championships, Washington, PA. Barry Kline, 1245

Alamae Lakes, Washington, PA 15301.

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

May 26. Masters Running Pentathlon, Philadelphia. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.

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

June 9. Western Penn. Championships (HS, Open, Masters), Washington, PA. Barry Kline, 1245 Alamae Lakes, Washington, PA 15301.

June 16. TAC New Jersey Masters Championships, Rutgers U., Piscataway, NJ. Ron Salvio, Squan Rd., Clarksburg, NJ 08510. 609/259-9268.

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

June 23-24. TAC Eastern Regional Masters Championships, Washington, DC. Sal Corrallo, 5351 N. 37th St., Arlington, VA 22207.

July 7. New York Masters Relay Carnival, Randall's Island, NYC. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

July 14. Quadrangular Meet (NY Masters, Shore AC, Phila. Masters, Potomac Valley Seniors), New Jersey. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 209/259-9268.

July 21. Masters pentathlon, Philadelphia. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.

August 4. Philadelphia Masters Championships. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.

August TBA. Empire State Games, Albany, NY.

September 2. Potomac Valley Masters Games, Washington, DC. Sal Corrallo, 5351 N. 37 St., Arlington, VA 22207.

SOUTHEAST

March 3. Virginia TAC State Indoor Open & Masters Championships, Lexington, VA. Joseph Martin, 618 Stonewall St., Lexington, VA 24450.

March 4. All South Masters Weight Pentathlon, Delray Beach, Fl. Phil Partridge, 337 S W 14th Ave., Boynton Beach, FL 33435.

March 10. Tampa Bay Open & Masters Championship. Clearwater H.S., Clearwater, Fla. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33516. 813/447-7161.

April 7. Old Timers Meet, W. Palm Beach, Fla., J. Leonard H.S., 1 p.m. Joe Valdez, 305/471-1891.

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

May 12. South Carolina TAC State Open & Masters Championship, Clemson, SC. Tom Malik, 104 Pinewood Dr., Greenville, SC 29651.

May 12. Birmingham Classic, Birmingham, Ala. Birmingham, TC, P.O. Box 1491, Birmingham, AL 35201. Entry form in April issue.

June 5 to July 31. All-Comers Meets, each Tuesday, 6:30 p.m., Lovett Schools, Atlanta. Championships July 29, 30, 31.

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

June 9-10. Northwest Classic, Miami, Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147.

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

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

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

December 30. Holiday Weight Pentathlon (9 am) and regular Pentathlon (2 pm), Delray Beach, FL. Randall Cooper, Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, FL 33435.

MIDWEST

March 4. Indoor Open & Masters Meet, Chicago. W. Miller, 180 N. La Salle St., Chicago, IL 60601. 312/234-2154.

March 11. Midwest Masters Indoor Meet, College of Dupage, Glen Ellyn, Illinois. 8 a.m. Wendell Miller, 180 N. LaSalle St., Chicago IL 60601. 312/234-2154. Race day sign up.

April 29. 2nd Annual North Coast Relays, Cleveland Hts., OH. James A. Barrett, 3801 Shannon Rd., Cleveland Hts., OH 44118. 216/932-0049(h); 687-7133(w).

May 5. 4th Annual Wolfpack Meet, Whetstone H.S., Columbus, OH. John White, 4865 Arthur Place, Columbus, OH 43220. 614/424-7011; 459-2547.

May 27. TAC Ohio Masters Championships, Trotwood, Ohio. Harold Martin, 7521 Arundel Rd. Trotwood Ohio. 513/854-3261.

May 27. 6th Annual Wolfpack Pentathlon, Upper Arlington H.S., Columbus, OH. See May 5, John White.

June 2. Athlete's Foot Masters Meet, Augustana College, Rock Island, IL. Kathy Loper, 1029 16th Ave., East Moline, IL 61244. 319/386-9141.

June 16-17. Indy Senior Classic, Indianapolis, IN. Bob Coughlin, 305 S. Barton, Indianapolis, IN. 46241.

June 30. Open & Masters Meet, Chicago. W. Miller, 180 N. La Salle St., Chicago, IL 60601 312/234-2154

June 30. Cleveland Track Classic, Cleveland, OH. Jeff Gerson, 6509 Marsol Rd., No. 308, Mayfield Hts., OH 33124.

June 30. All-comers meet, York HS, Elmhurst, Illinois, 7 a.m. Race day sign up. Wendell Miller, 312/234-2154.

July 21. TAC Midwest Regional Masters Championships, Chicago. W. Miller, 180 N. La Salle St., Chicago IL 60601. 312/234-2154.

August 8. Heights Summer Classic, Cleveland Hts., OH. Dorothy Davis, 2155 Miramar Rd., University Hts., OH 55118.

MID-AMERICA

March 4. TAC Colorado Indoor Open and Masters Championship Meet, U.S.A.F. Academy, Colorado Springs, Colorado. Steve Kauper 303/388-8180; Jerry Donley 303/635-1264.

May 28-31. Senior Olympics, St. Louis, Senior Olympics, Jewish Community Centers, 2 Millstone Campus Drive, St. Louis MO 63146. 314/432-5700.

August 12. Chillicothe Masters and Senior

ON TAP FOR MARCH

The biggest indoor masters meet of the year — the TAC National Masters Indoor Championships takes place on the 24th and 25th in Princeton, New Jersey. Over 400 entrants are expected. Complete details and an entry form are on page 7.

Leading up to the nationals are indoor meets in Virginia on the 3rd, Colorado on the 4th, Tampa Bay on the 10th, New Jersey on the 11th, and the important Eastern Regionals at West Point, NY on the 18th.

LONG DISTANCE RUNNING

Highlighting the month is the TAC National Masters 20K Road Championships in Sacramento on the 25th.

The Azalea Trail 10K in Alabama is on the 10th. The 11th finds both the Brooklyn Half-marathon in New York and the Colonial Half-marathon in Virginia. The Jacksonville River Run 15K is set for the 17th.

On the 18th is the Emerald City Marathon in Seattle, the Price Chopper 30K in Schenectady, the Nike New Jersey 10 Miler, and, on the West Coast, the San Jose Mercury News 10K.

The Perrier 10K in New York finishes off the month, on the 31st.

Olympics, Chillicothe, MO. Joe Shy, Box 745, Chillicothe, MO 64601.

September 1-2. Rocky Mountain Masters Games, Denver, CO. Jim Weed, 11672 E. 2nd Ave., Aurora, CO. 80010. 303/341-2980.

SOUTH WEST

May 26. TAC Southern Assn. Masters Championships, New Orleans, LA. Danny Thiel, 1459 Verna Ct., New Orleans, LA 70119.

June 9. 6th Annual Hill Country Classic Masters Meet, Mason, TX. Lee Graham, Mason High School, Rucker Rt., Box 31 C, Mason, TX 76856. 915/347-5921 (w); 915/347-5620 (h).

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

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

WEST

March 3. Foot Locker Track Festival, Cow Palace, San Francisco. All ages. P.O. Box 764, Los Altos, CA 94022.

March 17-18. Decathlon/heptathlon, open and masters, Occidental College, Los Angeles. William Harvey, 213/259-2608.

April 14. Central California TAC Assn. Masters Championships, Fresno, CA. Hugh Adams, 7904 S. McCall, Selma, CA 93662.

April 15. Mt. SAC Relays, Mt. SAC College, Walnut, CA. Some masters events. Hal Smith, 18720 Oxnard St., No. 404, Tazana, CA 91356. 213/342-1174.

April 28. Sacramento Relays. Open and Masters. Calif. St. U. Sacramento, CA. Bob Cooper, 24 College Park, Davis, CA 95616. 916/756-4088.

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.

April 28-29. Olympic Legends Masters T&F Meet, Los Angeles, CA. Bill Adler, LA-VAC, 1801 Ave. of the Stars, Suite 415, Los Angeles, CA 90067. 213/557-2422.

May 5. West Coast Masters Classic Championships Visalia, CA. Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 12. Redlands Evening Kiwanis Masters, Redlands, CA. Howard "Buzz" Wagner, 1522 Margarita Dr., Redlands, CA 92373.

May 19-20. TAC Pacific Open & Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030. 408/354-7333.

May 26. Anteaters Masters Meet, U.C. Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar CA 92625. 714/673-2025.

June 9. USC Masters Meet, Cromwell Field, USC, Los Angeles. Jim Vernon, 1147 W. Rowland Ave., West Covina CA 91790.

June 16-24. U.S. Olympic Trials, Los Angeles. 213/972-5775.

June 23-24. TAC Western Regional Masters Championships, Occidental College, Los Angeles, CA. Gary Miller, 1740 Grandview Av., Glendale, CA 91201. 213/843-2139.

July 7. Northern California Seniors TC Masters Track Classic, Berkeley, CA. Mark Grubi, PO Box 4512, San Francisco, CA 94101.

July 13-15. Taco Bell open and Masters Meet, Fresno State U., Fresno, CA. Red Estes, CSUF Athletic Dept., Fresno, CA 93740. 209/294-4097.

October 6. Club West Masters, Goleta, CA. George Adams, PO Box K, Goleta, CA 93116.

NORTHWEST

June 2. Fifth Annual Senior Sports Festival, Seattle, WA. Brenda Weatherford, 425 S. W. 144th, Seattle, WA 98166.

June 30 - July 1. Hayward Classic, Eugene, OR. Arlene Novello, 1577 Willagilespie, Eugene, OR 97401.

July 20-21. TAC Northwest Regional Masters Championships, Gresham, Oregon. Jim Puckett, Mt. Hood College, 26000 S. E. Stark, Gresham, OR 97030. 503/667-7534.

August 10-11. Sixth Montana Masters Championships, Bozeman, MT. Mike Carigan, Box 1766, Bozeman, MT 59771.

CANADA

June 9-10. Ontario Masters Championships, Oshawa Civic Fields. Mendal Smith, 26 Lake Driveway East, Ajax, Ont. L1S 3N6.

July 7-8. Canadian Masters Championships, Richmond, British Columbia. Don Trethewey, 8451 Dorval Rd., Richmond, B.C. V7C 3J1.

July 14. Ontario Masters Pentathlon Championships, Toronto. Art Rappich, 86 Gloucester St., No. 1105, Toronto, Ont. May 2S2.

August 17-19. Pan-American Masters Championships, Ottawa, Ontario. Danny Daniels, R.R. No. 3, Carp, Ont. KDA 1L0.

INTERNATIONAL

March 23-24. South African Masters Athletic Assn. Championships, Green Point, Cape Town. (Pentathlon-23rd; all other events-24th). Leo Benning, PO Box 1104, Cape Town, 8000, S.A.

July 28-29. WAVA Decathlon Championships, Long Beach, California. Gary Bane, PO Box 6089, Orange, CA 92667. 714/758-4142. Ray Fitzhugh, 714/857-2442.

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

July 29-30. British National Championships, Edinburgh, Scotland.

August 20-25. IV European Veterans Track & Field Championships, Brighton, Worthing & Hove, England. Europeans only. Closed to Americans. Barbara Dunsford.

71 Hillside Crescent, South Harrow HA2 OQU, England. Sylvester Stein, 01-637-4383.

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

LONG DISTANCE RUNNING NATIONAL

March 25. TAC National Masters 20K Championships, Sacramento, Calif. John Mansoor, 10513 Fair Oaks Blvd., Apt. J., Fair Oaks, CA 95638. 916/966-6185.

April 21. TAC National Masters 10K Road Championships, Brooklyn, N.Y. N.Y. Masters, 77 Prospect Place, Brooklyn NY 11217. Entry form in March issue.

May 6. TAC National Masters Marathon Championships, Lincoln, Nebraska. Race Director, 3110 Alden Ave., Lincoln NE 68502. 402/489-3469

May 27. TAC National Masters 25K Championships, Hains Point, Washington, D.C. PVSTC, PO Box 1065, College Park MD 20740.

June 15. TAC National Open and Masters 100 Mile Championships, Shea Stadium, New York City, NYRRC, 9 E. 89 St. NYC 10022. 212/860-4455.

July 8. TAC National Masters 15K Road Championships, Utica, N.Y. Earl Rudd, Utica Boilers, Dwyers Ave., Utica NY 13501. 315/797-1310.

September 23. TAC National Masters Half-marathon Championships and Dayton River Corridor Classic, Dayton. Steve Barr, Kettering Pro Health Center, 3700 Far Hills Ave., Kettering OH 45429. 513/298-2391.

September 23. TAC National Open and Masters 50K Championships, Washington, D.C. Dick Good, PO Box 1065, College Park MD 20740. 301/345-2286.

November 3. TAC National Masters 15K Cross-Country Championships, Houston, E.G. Lang, 14 Sandalwood, Houston, TX 77024. 713/781-2810.

November 17. TAC National Masters 10K Cross-Country Championships, Holmdel, N.J. Ron Salvio, Squan Road, Clarksburg, NJ 08510. 609/259-9268.

November 18. TAC National Masters 50-Mile Championships, Buffalo, N.Y. David Broad, Dept. of Athletics, SUNY-Buffalo, 1300 Elmwood Ave., Buffalo, NY 14222.

November 24. TAC National Masters 5K Cross-country Championships, Seattle. Carol Langenbach, 4261 S. 184th, Seattle, WA 98188. 206/433-8868.

EAST

March 3. Avon Women's 15K, Washington, D.C. Ms. Henley Roughton, P.O. Box 134, Mt. Vernon, VA 22121. 703/768-5537.

March 10. N.Y. Masters 5-Mile Run, Flushing Meadow Park, New York. NY. Masters, 77 Prospect Place, Brooklyn.

March 11. Brooklyn Half-Marathon, Brooklyn, N.Y. NYRRC, P.O. Box 881, NYC 10150. 212/860-4445.

March 18. Price Chopperthon and RRCA National 30K Championships, Schenectady to Albany, NY. 5K Fun Run, March 17. Price Chopperthon 1984, P.O. Box 383, Burnt Hills, NY 12027. 518/438-4733.

March 18. St. Patty's 10 Miler & 3.1 Mile Runs, Oley, PA. Over \$150,000 in prizes, including 31 trips to Ireland. David F. Kennedy, RD No. 2, Box 473B, Reading, PA 19605. 215/926-4531.

March 25. IAAF World Cross-Country Championships, Rutherford, N.J. NYRRC, 9 E. 89th St., NY 10028.

March 31. Perrier 10K, New York City. NYRRC, P.O. Box 881, NYC 10150. 212/860-4455.

April 1. Nike Cherry Blossom 10 Mile, Washington, DC. Limited to 4500 entries by lottery to Jan. 15. 703/979/0358.

April 8. 6th Annual Freihofer's 10K Run for Women (TAC National Open 10K Championship), Albany, NY. George Regan, 382 Broadway, Albany, NY 12207. 518/465-4573.

April 16. (Monday). Boston Marathon. BAA, 150 Causeway St., Boston MA 02114. (Qualifying standards: M40-49: 3:10; M50-59: 3:20; M60+: 3:30; Women 40+: 3:30).

April 21. N.Y. Masters 10K, Prospect Park, Brooklyn. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

April 28. Trevira Twosome, New York, NY. Ellen Sweeny, American Hoechst Fibers, Inc., 1515 Broadway, New York, NY 10036. 212/869-3850.

May 6. Newsday — L.I. Marathon, East Meadow, N.Y. John Walker, Eisenhower Park, East Meadow NY 11534. 516/542-4440.

May 26. Men's U.S. Olympic Marathon Trials, Buffalo, N.Y. Qualifying time: 2:19:04.

June 2. L'eggs Mini Marathon 10K, New York City. NYRRC, P.O. Box 881, NYC 10150. 212/860-4455.

July 3. Pepsi National. 10K, New York, NY. New York RCC, P.O. Box 881, FDR Station, New York, NY 10150. 212/860-4455.

July 22. New York Masters 10K Walking Handicap Race, Brooklyn, NY. NY Masters, 77 Prospect Place, Brooklyn, NY 11217.

August 18. Asbury Park 10K Classic, N.J. Phil Benson, Box 2287, Ocean, NJ 07712. 201/531-4156.

SOUTHEAST

March 10. Azalea Trail and RRCA National 10K Championships, Mobile, Alabama. 10K Run, PO Box 160927, Mobile AL 36616.

March 11. Anheuser-Busch Colonial Half-Marathon, Williamsburg, VA. Roy Chernock, PO Box 399, Williamsburg, VA 23187. 804/253-0633.

March 17. River Run 15K, Jacksonville, Florida. Doug Alred, P.O. Box 515, Jacksonville FL 32201. 904/739-1917.

March 18. Nike-New Jersey 10-Miler, Cherry Hill, N.J. George Hutchens, Box 3750, Cherry Hill NJ 08034.

March 31. Cooper River Bridge 10K, Charleston, SC. Jim LaBonte, 2600 Bull St., Columbia, SC 29201. 803/758-7956.

April 7. Scovell/YMCA Airport Classic 10K & 1 Mile Fun Run, YMCA, Rt. 92, Deland, Fla. John Boyle, P.O. Box 1824, Deland, FL 32720. 904/0022.

May 6. Southeastern Masters Distance Jam-boree, Raleigh, N.C. Marathon, Half-Marathon, 10K, 20K, Walk, Stu Northrop, P.O. Box 590, Raleigh NC 27602.

May 26. Elby's Distance Race 20K, Wheeling, West Virginia. Hugh Stobbs, PO Box 1046, Wheeling WV 26003.

May 28. Cotton Row 10K, Huntsville, Alabama. John Hickey, 7722 Benaroya Lane No. 303, Huntsville AL 35802. 205/881-5608.

July 4. Peachtree 10K Road Race, Atlanta GA. Roy Benson, 3097 E. Shadowlawn, Atlanta, GA 30305. 404/231-9064.

MIDWEST

April 1. Wolfpack Festival of Miles: 5, 10, 20, 50; Columbus, OH. 5-year age groups, from 30-up. John White, 4865 Arthur Place, Columbus, OH 43220. 614/424-7011; 459-2547.

April 15. 6th Annual L'eggs/YWCA 10K, Lincoln Park, Chicago. Loop Center YWCA, 37 So. Wabash Ave., Chicago, IL 60603. 312/6600.

CLASSIFIEDS

If you are promoting a race meet, or offer a service or product or wish to place a personal ad, the rate is 25¢ a word. Payable with copy. Deadline is the 10th of the month prior to issue date. Send NMN, PO Box 2372, Van Nuys, CA 91404.

Arthur Lydiard Westchester Running Camp. June 24 - 30, 1984. All abilities, Male and Female. 1983 camp included 50% Masters runners. Get individualized instruction from the World's Expert. In 5 months 1983 campers won a national Masters RRC 5K title and North American Women's 50 plus Marathon record using Lydiard's techniques. For brochure, contact: Tom Robinson, 128 Clarence Rd., Scarsdale, NY 10583.

ATTENTION: TRACK COACHES AND FANS - Olympic Track and Field Trials Tour - June 15-25. Includes Airfare (from Mpls.), Lodging tickets, L.A. tour, Transportation to and from coliseum. Price - \$550.00, add \$25.00 for Clinic. \$245.00 without airfare, tour and transportation. Call or write, Olympic Track Trials, c/o John Ewing, Rt. 2, Box 212, Hudson, WI. 54016. 715-386-5722.

May 20. Revco-Cleveland Marathon and 10K, Cleveland, Ohio. Reno Starnoni, P.O. Box 46604, Bedford OH 44146. 216/292-2675.

May 20. RRCA National 15K Open and Masters Championships, Michigan City, Ind. Dunes Running Club, Box 42, Michigan City, IN 46360.

May 27. Wolfpack One Hour Run, Upper Arlington H.S., Columbus, OH. John White, 4865 Arthur Place, Columbus, OH 44118. 216/424-7011; 459-2547.

June 16. Grandma's Marathon, Duluth, Minn. Grandma's Marathon, P.O. Box 6234, Duluth, MN 55806. 218/727-0947. SASE.

July 15. Lady Wolfpack Classic 20K, Columbus, Ohio. Women only. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

MID-AMERICA

April 14. YMCA Midwest Masters 5-Mile Classic III, age 35-and-over. 1 p.m. Omaha, Neb. Nancy McCormick, 5124 Cuming, Omaha, NB 68132. 402/558-2079.

May 28. Bolder Boulder 10K, Boulder, Colorado. Bruce McDowell, 3033 Iris Ave., Boulder CO 80301. 303/444-7223.

June 3. RRCA National Open & Masters Half-Marathon Championship, Kansas City, KS. Rich Ayers, 2413 North 57 Terrace, Kansas City, KS 66104.

SOUTHWEST

April 1. Crescent City Classic 10K, New Orleans, LA. Crescent City Classic, 5242 Magazine St., New Orleans, LA 70015. 504/895-4705.

WEST

March 18. San Jose Mercury-News 10K, San Jose, California. SJMN, 750 Ridder Park Dr., San Jose CA 95190. 408/920-5533.

April 8. Avon 15K, San Francisco. Richmond YMCA, 360 18th Ave., San Francisco. CA 94132.

April 19-21. Tropicana/Las Vegas Easter Run, 10K & Half Marathon, Las Vegas, Nevada. Las Vegas Special Events, 6528 Sugarpine Lane Las Vegas NV 89107. 702/457-2600; 800-TTA-TRIP.

May 5. Bess James Ramonaland Run 10K & 2 mile, Hemet, CA. Bess James Run, Mt. San Jacinto College, 1499 N. State St., San Jacinto, CA 92383.

May 6. Avenue of the Giants Marathon, Weott, California. Box 214, Arcata CA 95521.

May 20. Bay-to-Breakers 7.8 miler, San Francisco. 80,000 entrants. Terri Robbins, 110 Fifth St. San Francisco CA 94103. 415/777-7770.

May 27. Brentwood 10K, Los Angeles. Valerie Johnson, P.O. Box 49913, Los Angeles CA 90049.

July 4. Monarch Bank 5K & 10K Run in the Parks, Laguna Niguel, CA. Bill Pascual, 24372 Las Naranjas, Laguna Niguel, CA 92677. 714/831-6618.

August 19. San Francisco Marathon, San Francisco, CA. San Francisco Marathon, PO Box 27385, San Francisco, CA 94127. 415/681-2322.

NORTHWEST

March 16-17. Emerald City Sports Medicine and Conditioning Seminar, Seattle, WA. Beverly Richdale, 1551 Northwest 54th, Suite 200, Seattle, WA 98107. 206/782-3383.

March 18. Emerald City Marathon, Seattle, WA. Kim Brown, 1815 7th Ave., Seattle, WA 98101. 206/447-7729.

April 1. Bonne Bell 10K, Seattle. Laurel James, 7210 E. Greenlake Dr., N., Seattle, WA 98115. 206/522-7788.

April 14. Pearlblossom 20K, Medford, Oregon. Jerry Swartsley, P.O. Box 146, Medford OR 97501. 503/535-1205.

May 6. Lilac Bloomsday 12K, Spokane, WA. Sylvia Quinn, B.O. Box 1511, Spokane, WA 99210. 509/838-1579.

May 12. Women's U.S. Olympic Marathon Trials, Olympia, Washington. Qualifying Time: 2:51:16.

June 2. Governor's Cup Marathon, Helena, Mont. Governor's Cup, PO Box 451, Helena, MT 59624. 406/442-5450.

June 3. "The RACE" 8K Run, Eugene, OR. OTC Masters, 1587 Agate, Eugene, OR 97403.

June 24. Cascade Run Off 15K, Portland, OR. Cascade Run Off, 208 S.W. Stark Ave., Suite 304, Portland, OR 97204. 503/226-0717.

CANADA

May 6. Nike Vancouver International Marathon, Vancouver, B.C. Don Basham, 1200 Hornby St., Vancouver BC, Canada. 604/669-3626.

INTERNATIONAL

May 13. London Marathon, London, England. London Marathon, PO Box 82, London SE1 7PE, England. 01/633-1721.

October 13-14. IGAL European Veterans Distance Running Championships, Bern, Switzerland. Werner Hamm, Theuerbrunnleinsweg No. 55, 8720 Schweinfurt, West Germany.

December 1-2. XVII IGAL World Veterans 10K and Marathon Championships, San Diego, Calif. Bill Stock, 7160 Baldrige Rd., La Mesa, CA 90241. 619/286-7867.

Need Back Issues?

Most back issues of the *National Masters News* are available for \$1.50 each, plus 50¢ postage and handling for each order.

Send to:

National Masters News

P.O. Box 2372

Van Nuys, CA 91404

Steigerwalt Breaks 4 RW Records

Larry Walker Qualifies for 20K Walk Trials

from JOHN KELLY

Larry Walker, 41, qualified for the Olympic 20K Race Walk Trials in June with a time of 1:32:25 at a 20K qualifying race in Santa Monica, Calif., on January 8. Walker's time broke John Knifton's American record of 1:33:06 for men over forty. Enroute to his 20K record, Walker also erased Knifton's 15K record of 1:08:49 with a new time of 1:08:38.

In another outstanding performance, Jolene Steigerwalt broke four American racewalk records for forty-and-over women. She had new marks for the 5K with 27:20 (27:51), the 10K with 56:09 (58:27), and the 15K with 1:26:13. Her 20K time of 1:57:23 broke the old mark by nine minutes.

Guillaume Le Blanc of Canada was the overall winner (1:26:11.3) in an exciting, close finish over Dan O'Connor (1:26:12.9).

Race conditions at Cloverdale Park were perfect with a gray, overcast day and temperatures in the 50's. □

Pratt, Pauling, Norton Shine In Philadelphia

by PETE TAYLOR

PHILADELPHIA, Pennsylvania, January 5. Charlie Pratt, Cliff Pauling, and Bill Norton were among the standout performers in tonight's Philadelphia Department of Recreation 1984 Indoor Track Carnival, sponsored by ARCO and 7-UP.

A switch to a 12-lap track from last year's 11-lap probably slowed times, but the meet still produced some fine efforts.

Charlie Pratt, M50, the ex-Manhattan College great, showed that a nine-month layoff had not hurt him as he rocketed through the 50-yard hurdles in 6.7, beating Bill Clark and Larry Pratt.

Cliff Pauling, M45, the versatile New Yorker, made one big move in the closing strides of the 1000y to overhaul Larry Harvey in 2:38.6.

Bill Norton, 34, of the Reading Track Club, lapped the entire field in the one-mile walk as he strode to a 7:14.3. Norton hopes to qualify for the Olympic Trials in the 20K.

Walt Hawkins (4:32.8 in the M30 mile), Sam Monastero (1:59.6 in the M70 600y), and the Shore AC's Maureen McLeod (1:43.3 in the W30 600y and 3:05.1 in the 1000y) were among the many other competitors who shined. □

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.

8th ANNUAL WISCONSIN MASTERS INDOOR T&F CHAMPIONSHIPS
MADISON, WISCONSIN
JANUARY 7, 1984

MEN

20-34: 60 dash — Benjamin Tugale, Madison, 18.4; 70 low hurdles — Mike Davis, Lennox, Ill., 09.2; 220 — Mike Lutz, Madison, 26.0; 440 — Bob Hansbro, Madison, 57.4; 880 — Terr. Feldhausen, Green Bay, 2:04.1; Mile — Jim Bradley, Madison, 4:45.5; 2-Mile — R. Ringenberg, Madison, 11:34.3; Long jump — Tugale, 22-11 1/2 (record); High jump — Davis, 5-8; Pole vault — John Anderson, Racine, 14-6 (record); Shot put — Pat Burns, Oak Creek, 47-7 1/2 (record).

35-39: 60 dash — Robert TenEyck, Brodhead, 10.7; 70 low hurdles — Stan Druckrey, South Milwaukee, 08.0 (record); 220 — Druckrey, 23.4 (record); 440 — Dan Wall, Barneveld, 64.4; 880 — Gary York, Rockford, 2:01.7 (record); Mile — Frank Davis, Rock Falls, Ill., 4:55.2; 2-Mile — Tom Gabriel, Madison, 10:41.3; Long jump — TenEyck, 17-6; High jump — Rich Vincent, Monroe, 4-8; Shot put — John Sandner, McFarland, 36-6.

40-44: 60 dash — Peter Tegen, Madison, 07.0 (ties record); 70 low hurdles — Robert Harvey, Crystal Lake, Ill., 09.9; 880 — Mike Brazier, Glen Ellyn, Ill., 2:12.7; Mile — Brazier, 5:05.0; 2-Mile — Dan Conway, Chetek, 9:41.1; Long jump — Harvey, 16-11 1/2; Shot put — Harvey, 37-1 1/2.

45-49: 60 dash — Bill Marten, Madison, 07.4; 70 low hurdles — Terry Pilner, Green Bay, 11.5; 220 — Pilner, 27.2; 440 — Marten, 58.4 (record); 880 — Marten, 2:20.7; Mile — Maynard Miles, Madison, 5:59.0; 2-Mile — John Whitehouse, Rockford, 11:01.8 (record); Shot put — Chuck Klehm, Arlington Heights, Ill., 39-4.

50-54: 60 dash — Harry Brown, Wauconda, Ill., 07.3 (record); 70 low hurdles — Tom Hinkes, Madison, 10.8; 220 — Brown, 27.0 (ties record); 440 — Brown, 61.2 (record); Mile — Bob Lynch, Madison, 4:44.5; Long jump — Paul Lehmkuhl, Manitowish Waters, 16-9; High jump — Lehmkuhl, 4-8; Pole vault — Hinkes, 10-4 (record); Shot put — Harvey Peterson, Sun Prairie, 42-8 (record).

55-59: 60 dash — Russ Jacobs, Davison, Mich., 07.4 (record); 220 — Jacobs, 28.0 (record); 440 — Jacobs, 61.9 (record); Mile — Bill Saupe, Madison, 4:53.5; Two-mile — Saupe, 14:21.3; Long jump — Jacobs, 15-4 1/2 (record); High jump — Chuck Olson, Morris, Minn., 4-4; Shot put — Olson, 29-3 1/2 (record).

60 and over: 60 dash — A. E. Heller, Fort Atkinson, 08.3 (record); 220 — Heller, 31.2 (record); 2-Mile — Winston Olson, Westby, 13:22.9 (record); Long jump — E. Thomas Jones, Crete, Ill., 11-2 (record); High jump — Jones, 4-4 (record); Shot put — Jones, 40-1 (record).

WOMEN
20-34: 60 dash — Debbie Stevens, Madison, 08.2; 70 low hurdles — Alice Erickson, Madison, 16.5; 880 — Annette Murray, Madison, 2:45.8 (record); Mile — Erickson, 6:31.8.

35-39: 440 — Mary Lee Lyon, Sauk City, 1:21.7 (record); 880 — Lyon, 3:15.2 (record); 2-Mile — Lyon, 16:39.1; 4-Mile — Sue Peters, Madison, 5:54.6; Two-mile — Peters, 11:30.0 (record).

40-44: 220 — Mary Czarnota, New Berlin, 2:40.0 (record); 880 — Czarnota, 2:44.3 (record).

TAC MID-AMERICA REGIONAL INDOOR MASTERS CHAMPIONSHIPS; LINCOLN, NEBR.
JANUARY 7, 1984

60yHH

M30-34

Mike Wallace

David Mayer

Ray Beamer

Dan Zimmerman

M35-39

Rex Harvey

Harry McDonald

Jim Shoemaker

M40-44

David Denison

Tom Thorne Jr.

Don Butler

Donald Robinson

M45-49

Bob Warren

Albert Maxey

Larry Fuerst

Charley Miller

M50-54

Joe Murphy

Earl Ventura

Forest Doling

M65-69

Tom Thorne Sr.

60y

M35-39

Marg Sutter

M30-34

Fred Booker

Mark Sevier

Cleve Walstrom

Ray Beamer

M35-39

Clifton Jackson

Tom Bassett

M40-44

Thornton Shelton

Gary Oliphant

David Dennison

Gene Hoskovec

M45-49

Bob Warren

Jim Muxen

Ted Ritchey

M45-49

Bob Warren

Jim Muxen

Ted Ritchey

M50-54

Earl Ventura

Charles Sales

Joe Murphy

Dee Roy

880y

M30-34

Mark Sevier

D. Zimmerman

M40-44

Kenneth Katzer

Wally Brawner

Al Petroff

Ron Gramer

M45-49

Ross Greathouse

George Lee

M60-64

Chet Peters

Mile

M30-34

Kirk Bradford

D. Zimmerman

M40-44

Ken Katzer

W. Brawner

Ron Graver

D. Robinson

M45-49

Bob Elwood

D. Burch

M60-64

C. Peters

Two Mile

M30-34

K. Bradford

M40-44

K. Katzer

W. Brawner

R. Graver

Paul Durbin

M45-49

D. Burch

B. Elwood

Jim Culver

George Lee

4x1 Lap Relay

Lincoln TC

(Booker, Bassett,

Fuerst, Doling)

Kansas

(Sevier, Jackson,

Shelton, Roy)

M55-59

Mel Albright

M60-64

Max Goldsmith

Leonard Wray

300y

M30-34

Fred Booker

M35-39

Tom Bassett

M40-44

David Denison

Thornton Shelton

Gene Hoskovec

M45-49

Bob Lida

Jim Muxen

Larry Fuerst

M50-54

Joe Murphy

M60-64

Jim Upham

M. Goldsmith

L. Wray

440y

M30-34

D. Zimmerman

Kirk Bradford

M40-44

D. Denison

Al Petroff

M45-49

Bob Lida

David Burch

M60-64

J. Upham

M. Goldsmith

L. Wray

440y

M30-34

D. Zimmerman

Kirk Bradford

M40-44

D. Denison

Al Petroff

M45-49

Bob Lida

David Burch

M60-64

J. Upham

M. Goldsmith

L. Wray

440y

M30-34

D. Zimmerman

Kirk Bradford

M40-44

D. Denison

Al Petroff

M45-49

Bob Lida

David Burch

M60-64

J. Upham

M. Goldsmith

L. Wray

440y

M30-34

D. Zimmerman

Kirk Bradford

WEIGHT PENTATHLON; OCCIDENTAL COLLEGE, LOS ANGELES; JANUARY 8, 1984

MASTERS	HAMMER	SHOT PUT	DISCUS	JAVELIN	35 # WT	TOTAL
Dan Aldrich 65	30.28 493/493	920 400/893	3159 510/1403	30.01 330/1733	934 411/2144	2144
Bill Bangert 59	30.06 490/490	988 451/941	2886 448/1389	21.13 162/1551	906 390/1941	1941
Don Pierotti 72	21.52 323/323	702 224/547	2333 312/859	23.84 217/1076	652 178/1254	1254
Gary Miller 46		1134 555/555	3257 531/1086			
Dave Douglass 52	23.80 370/370	862 355/720	2851 440/1160	29.56 322/1482	838 336/1818	1818
Lloyd Higgins 42	39.39 646/646	1180 586/1232	4779 832/2064	54.92 697/2761	13.70 709/3470	3470
WOMEN						
Women threw 16# weight, not 35#.						
Shirley Kinsey 54	17.60 236/236	888 6# 376/612	25.18 359/971	24.12 400g 222/1193	820 322/1515	1515
Sondra Schumacher 36	17.48 233/233	664 189/422	19.58 211/633	19.55 129/762	854 349/1111	1111
Christel Miller 48	16.28 204/204	784 292/496	21.52 265/761	26.88 274/1035	848 344/1379	1379
SUB MASTERS						
Mike Deller Sub	44.04 717/717	1350 696/1413	43.45 752/2165	49.26 623/2788	12.24 615/3403	3403
Paul Gadbois Sub	28.48 461/461	1008 466/927	29.85 471/1398	37.59 454/1852	10.00 460/2312	2312

PENN MASTERS INDOOR T&F CHAMPIONSHIPS; CARLISLE; JANUARY 8, 1984

60 Yard HH

30-34

1. Leroy Galloway 7.67
2. Bob Rudrow 7.96
3. Ivan Black 9.42
4. John Knaby 10.09

35-39

1. Dan Weller 9.06
2. Bill Willis 9.78

40-44

1. James O'Hara 8.38

50-54

1. Lawrence Pratt 8.35
2. Gregg Bowen 10.33

55-59

1. Gene Kelley 10.05

60-64

1. Wm. Carmen 11.10

70-74

1. Claude Hills 11.54

60 Yards

30-34

1. Leroy Galloway 6.71
2. Scott Thornsley 6.71
3. John Knaby 7.08
4. Thomas Palmer 7.13
5. Ivan Black 7.27
6. Al Salaam 7.30

35-39

1. Dan Weller 7.29
2. Barry Conrad 7.32
3. Frank Petre 7.39
4. Bill Willis 7.53
5. Virgil Chambers 7.74

40-44

1. Eugene Gillis 7.51
2. James Hodge 7.52
3. P. Kirkegaard 7.75
4. Richard Lake 7.92
5. Jeffrey Osman 7.98

45-49

1. Tom Lingenfelter 7.47
2. John Long 7.57
3. Ray Straining 7.78
4. Ed Alexander 8.31

50-54

1. Hal Kaufman 7.42
2. Lawrence Pratt 7.62
3. Glenn Flegel 9.13

55-59

1. Vladimir Maranko 8.18

60-64

1. J.W. Pierson 7.83
2. Don Harris 8.52
3. Wm. Carmen 8.53

70-74

1. Claude Hills 8.84
2. Donald Ernst 11.55

F50-54

1. Jean Kann 9.81

F65-69

1. Alyce McCormick 11.95

F70-74

1. Vivian Nelson 11.13

200M

30-34

1. Scott Thornsley 24.29
2. Ivan Black 26.27
3. James Pfister 26.42
4. Al Salaam 26.86
5. John Knaby 27.43
6. Thomas Palmer 27.62
7. Doug Weirich 29.70

35-39

1. Dan Weller 26.30
2. Frank Petre 27.84
3. Barry Conrad 28.14

40-44

1. James Hodge 27.63
Richard Lake 29.46

45-49

1. Richard Ocker 26.87
2. T. Lingenfelter 27.19
3. Ray Straining 28.93
4. Ed Alexander 30.41

50-54

1. Hal Kaufman 27.95

55-59

1. Gene Kelley 29.81

60-64

1. J.W. Pierson 29.63
2. Wm. Carmen 32.37

70-74

1. Claude Hills 33.68

F50-54

1. Jean Hills 40.14

F65-69

1. A. McCormick 47.07

F70-74

1. Vivian Nelson 46.39

400M

30-34

1. Al Salaam 58.6
2. John Goode 58.71
3. John Knaby 58.73
4. James Pfister 58.84
5. Gary Grobman 61.40
6. Doug Weirich 69.90

35-39

1. Chuck Prebush 63.41
2. Barry Conrad 66.39

40-44

1. James Hodge 60.66
2. Doug Allen 61.06

45-49

1. L. Harvey 57.19
2. Richard Ocker 58.22
3. Ed Alexander 63.64
4. Ray Straining 65.20

50-54

1. Hal Kaufman 66.32

55-59

1. John Kennedy 78.68

60-64

1. John McCarthy 67.84
2. Don Harris 74.12
3. Wm. Carmen 75.12
4. Arthur Boyd 77.51

70-74

1. Sam Monastero 82.99

F45-49

1. Rita Warner 62.49

F50-54

1. Jean Kann 93.45

F65-69

1. A. McCormick 73.86

800M

30-34

1. Phil McClain 2:13.7
2. G. Prosseda 2:15
3. James Pfister 2:20.7
4. L. Anderson 2:23
5. John Knaby 2:28.9
6. Doug Weirich 2:59

35-39

1. Bob Ulmer 2:12.2
2. Donald Price 2:24.5
3. Chuck Prebush 2:29.0

40-44

1. Doug Allen 2:20

45-49

1. L. Harvey 2:17
2. Ed Alexander 2:27
3. Dick Clelan 2:28
4. Tom Fridley 2:30

50-54

1. Jim Sutton 2:17
2. Jim Keat 2:28.4
3. Harry Groves 2:31
4. Hal Kaufman 2:43

55-59

1. J. Tobey 2:28.4
2. John Kennedy 2:30.3
3. T. Hershberger 3:12

60-64

1. John McCarthy 2:42
2. Ed Cunningham 2:47
3. Arthur Boyd 2:58
4. Sal Benelli 3:08

70-74

1. Sam Monastero 3:07

1500M

30-34

1. Tim Cook 4:03.7
2. Doug Mayers 4:27
3. Mike Slade 4:34
4. Stan Share 4:39
5. Gregg Warner 4:42
6. Tim Shea 4:46
7. Gary Grobman 5:02

35-39

1. Tom Cook 4:25.9
2. Jim Cain 4:26.1
3. J. Cantalupi 4:45.8
4. Bob Bartel 4:48.2
5. Dave Bayne 5:37

40-44

1. Leroy Minnich 5:04.3
2. Steve Duffie 5:22

45-49

1. Ed Alexander 5:10

50-54

1. Jim Sutton 4:33.4
2. Dave Colton 4:39
3. Jim Keat 4:55
4. Ray Gavlick 5:17.8
5. Glenn Flegel 7:07

55-59

1. Wm. Brunner 5:51
2. John Kennedy 6:10

60-64

1. Norm Ulmer 5:40.2
2. Arthur Boyd 6:04
3. Sal Benelli 6:05
4. Ed Cunningham 6:10.9

70-74

1. Sam Monastero 6:23

F35-39

1. Carol Fridley 5:05.9
2. Lucy Cain 7:27

F30-34

1. Trudy Johnston 5:43.6
2. Janet Bidley 5:44

F45-49

1. Rita Warner 7:47

F50-54

1. Jean Kann 7:46

3000M

30-34

1. Tim Cook 9:23
2. Doug Mayers 10:11
3. Mike Slade 10:22
4. Stan Share 10:40
5. Gregg Warner 10:47.5
6. Jim Brandt 10:48

35-39

1. Tom Cook 9:32.9
2. Jim Cain 9:33.9
3. David Solie 9:38
4. Bob Bartel 10:27
5. Pat Carroll 12:44

40-44

1. Hap Miller

45-49

1. Ed Alexander

50-54

1. Bill Butler 10:23
2. Jim Keat 10:35
3. Ray Gavlick 11:02

55-59

1. John Kennedy 12:58

60-64

1. Norm Ulmer 11:43

F30-34

1. Trudy Johnston 11:23

F35-39

1. Carol Fridley 10:41.5
2. Lucy Cain 16:06

F45-49

1. Rita Warner 16:37

Long Jump

30-34

1. Scott Thornsley 20'1"
2. Ivan Black 18'5"
3. John Knaby 16'9"

35-39

1. Ron Shenk 20'4"
2. Bill Willis 18'6"
3. Barry Conrad 17'6"
4. Dan Weller 17'

40-44

1. Jeffrey Osman 16'10"
2. Paul Kirkegaard 16'8"
3. Richard Lake 15'8"

45-49

1. Tom Lingenfelter 14'2"

55-59

1. T.V. Hershberger 12'7"

60-64

1. Don Harris 12'8"
2. Wm. Carmen 12'5"

65-69

1. Gene Wood 11'2"

70-74

1. Claude Hills 12'9"

F70-74

1. Vivian Nelson 9'3"

High Jump

30-34

1. Bob Rudrow 5'10"
2. Al Zacharka 5'10"
3. John Knaby 5'
4. Ivan Black 5'

35-39

1. Bruce Dallas 6'
2. Barry Conrad 4'6"

40-44

1. Jeffrey Osman 5'
2. Ed Zuraw 5'
3. Dick Lake 4'6"

45-49

1. Ed Alexander 4'8"
2. Frank Illuzzi 4'

50-54

1. Gregg Bowen 4'4"

70-74

1. Claude Hills 4'

F70-74

1. Vivian Nelson 3'2"

Pole Vault

35-39

1. Ron Shenk 13'0"
2. Bill Willis 10'0"
3. Al Zacharka 7'6"

40-44

1. Ed Zuraw 12'
2. Dick Lake 7'6"

45-49

1. Henry Davenport 12'

50-54

1. Bill Nickey 9'
2. Gregg Bowen 8'6"

70-74

1. Claude Hills 7'

Shot Put

30-34

1. Ivan Black 23'7"

35-39

1. Jim Keys 45'3"
2. Jere Harbold 34'6"

40-44

1. Richard Lake 27'6"

45-49

1. Ed Alexander 25'11"

50-54

1. Gregg Bowen 30'4"

60-64

1. J.W. Pierson 35'11"

65-69

1. Gene Woods 36'

70-74

1. Claude Hills 27'7"

Triple Jump

30-34

1. Scott Thornsley 42'4"
2. Ivan Black 37'3"

40-44

1. Jeffrey Osman 31'6"
2. Richard Lake 31'5"

60-64

1. Wm. Carmen 26'8"

70-74</

50-54	
1. Harry Brown	37:93
55-59	
1. Mel Albright	41:72
2. Glenn Brad	43:95
3. Carl Mays	45:60
70-74	
1. Gilberto Gonzales	44:48
75-79	
1. Russell Meyers	52:56
440 Yard Dash	
Women	
30-34	
1. Annett Murray	1:17:63
Men	
35-39	
1. Gary Carr	54:64
40-44	
1. Jerry Robinson	1:02:29
2. Ronald Portney	1:12:34
3. Bill Rumph	1:14:50
50-54	
1. Dr. Lee Blount	59:18
55-59	
1. Glenn Brad	1:09:77
2. Donald Walsh	1:10:88
3. Carl Mays	1:19:42
75-79	
1. Russell Meyers	1:37:88
800 yard Run	
30-34 (women)	
1. Annett Murray	
Men	
30-34	
1. Bob Haring	2:12:68
2. Terry O'Connell	2:18:15
3. Richard Madison	2:20:21
4. Alenzandro Pena	2:25:52
35-39	
1. Gary Carr	2:04:72
2. James Irwin	2:10:45
40-44	
1. Jerry Robinson	2:21:50
50-54	
1. Dr. Lee Blount	2:15:18
55-59	
1. Glenn Brad	2:42:52
2. Richard Green	2:47:06
3. Carl Mays	3:10:70
1 Miles	
Women	
51--	
1. Eleanor Wallace	7:24:93
Men	
30-34	
1. John Corrigan	4:47:95
2. Gary Moss	4:51:87
3. Terry O'Connell	4:54:77
4. William Riggs	4:56:26
5. Richard Madsen	5:03:35
35-39	
1. James Irwin	4:42:33
2. Frank Davis	5:01:36
40-44	
1. Jerry Robinson	5:10:45
2. John Goodwin	5:31:79
50 and Over	
1. P. S. Wallace	7:47:20
3 Mile Run	
35-39	
1. Larry Voss	16:44
40-44	
1. Ronald Portney	17:55:03
45-49	
1. John Whitehouse	16:30:83
50-55 (Women)	
1. Eleanor Wallace	25:31:85
High Jump	
30-34	
1. Mike Davis	5'6"
35-39	
1. Johnie Meisner	6'4"
50-54	
2. Paul Lehmkuhl	4'6"
3. Warren Jackson	4'4"
4. Francis Gluchaef	4'2"
1. Richard Richardson	6'0"

Triple Jump	
Men	
35-39	
1. Johnie Meisner	39 8 1/2
40-44	
1. Ron Aueust	34 4
50-54	
1. Paul Lehmkuhl	29 6
55-59	
1. Ernie Hammon	22 6 1/2
70-74	
1. Gilberto Gonzalez	26 4 1/2
75-79	
1. Russell Meyer	18 6 1/2
80 and Over	
1. A. E. Pitcher	18'5"
Shot	
35-39	
1. John Hess	32'11"
40-44	
1. Robert Harvey	37'9 3/4"
45-49	
1. Carl Klemrud	38'10"
50-54	
1. Richard Richardson	38 1/4
2. Francis Gluchaef	31
3. Warren Jackson	30 8 1/2
55-59	
1. Phil Breesca	42 4
2. Ernie Hammond	22 4
65-69	
1. H. J. Morningstar	41 6 1/2
2. Cyril Reardon	25 9 1/2
High Jump	
55-59	
1. Mel Albright	4'6"
2. Ernie Hammond	4'
3. Carl Mays	3' 10"
65-69	
1. H. J. Morningstar	4'6"
70-74	
1. Gilberto Gonzalez	4'2"
80 and Over	
1. A. E. Pitcher	3'6"
65-69	
1. H. J. Morningstar	8'
55-59	
1. Mel Albright	8'6"
2. Ernie Hammond	5'
EUGENE MASTERS INDOOR MEET	
EUGENE, OREGON	
JANUARY 22, 1984	
50yHH	
M30-39	
Steve Heilman	6.8
M40-49	
Jim McAbee	7.0
50yHH	
M30	Steve Heilman 6.8
M40	Jim McAbee 7.0
Don Gray	8.4
M50	R. Nordquist 8.1
50y	
M30	Leon Lincoln 5.6
S. Heilman	5.9
Herman Brame	5.9
Roderic Madison	6.2
M40	Paul Edens 5.9
J. McAbee	6.2
John Forsyth	6.6
Don Gray	nt
M50	R. Nordquist 6.8
Robert Rensler	6.9
440y	
M30	Jim Hiebert 57.5
M40	P. Edens 58.0
Dennis Glasgow	58.6
John Teising	59.6
M50	Tom Brinton 1:07.1
Bob Rentchler	1:14.7
M60	Maury Cummings 1:28.8
Mile	
M30	Dennis Murray 4:19.1
Jim Hiebert	4:42.6
Mike Off	4:48.5
Barry Jahn	4:55.3
Scott Wood	4:56.4
Les Castle	5:16.3
M40	Harry Cummins 4:46.4
George Conefrey	4:48.3
M50	Ray Hutton 4:50.6
John Morgan	5:09.4
Ed Kousky	5:12.4
Ken Osher	5:12.4
Steve Ness	5:34.8
Ken Ogden	5:35.1
M60	Maury Cummings 7:22.2

W30 Jenna Knight	5:31.7
Janet Heinonen	5:32.3
Suzy Sinnas	6:03.7
Diane Gregoire	9:15.2
W50 Marcia McChesney	6:35.1
2 Mile	
M30 Tom Heinonen	9:48.6
Barry Jahn	9:52.4
Andrew Howe	9:59.2
Tom Hayes	10:37.3
Richard Makohon	10:57.0
M40 Norm Oyler	10:24.2
Ken Osher	10:52.0
D. Schmedding	11:49.0
Ken Ogden	12:39.4
M60 Maury Cummings	14:37.8
Mile Relay M30+	
Portland TC	3:59.8
(Heilman, Jahn, Off, Herbert)	
Oregon TC "A"	4:03.3
(Teising, Balcom, Kousky, Glasgow)	
Oregon TC "B"	4:15.6
(Ogden, Hayes, Castle, Conefrey)	
Mile Relay W30+	
Oregon TC	5:34.1
(LaGrander, McChesney, Hessi, Fund)	
High Jump	
M30 S. Heilman	5'6"
Josef Pfister	5'4"
M40 Mike Akerman	5'4"
Bob Darling	5'0"
J. Forsyth	4'8"
D. Gray	4'4"
M50 R. Nordquist	4'4"
Long Jump	
M30 S. Heilman	19'11"
M40 Ed Kousky	14'6"
M50 R. Nordquist	14'5"
Pole Vault	
M30 Ed Lipscomb	16'0"
Mike Mikos	13'0"
J. Pfister	12'6"
M40 J. Forsyth	9'0"
D. Gray	8'0"
Shot Put	
M40 Pete Bergreen	33'9 1/2"
Ed Kousky	29'3 1/2"
J. Forsyth	28'10 1/2"
D. Gray	28'6"
Jack Anderson	27' 1/2"
M50 R. Nordquist	32'5 1/2"

NEAC INDOOR T&F CHAMPIONSHIPS; BOSTON, MASS. JANUARY 22, 1984

M40+ Mile	
Kirk Randall	m/r 4:29.2
John Linnell	4:43.3
Paul McCarthy	4:46.8
John Davis	4:47.8
James Verdier	4:50.7
W40+ Mile	
Linda Upton	m/r 5:12.7
Barbara Pike	5:15.4
Betsey Harshbarger	5:31.0
Andrea Hatch	5:53.9
Sally Davis	5:58.8

WEST PENN TC INDOOR MASTERS CHAMPIONSHIPS SLIPPERY ROCK UNIV., PA. JANUARY 29, 1984

60 yd Hurdles	Men
30-39 (39")	
1 Dev Lemster	37 WP 9.33
40-49 (39")	
1 Barry Kline	43 WP 8.82
2 Grover Coates	45 OTH 9.60*
50yd Dash Men	
30-39	
1 Jim Glessner	30 WP 6.11
2 Andy McNeil	37 WP 6.20
3 Lemster	37 WP 6.30
4 Joe Silverio	34 UN 6.40
Tom Morgan	31 WP 6.40
40-49	
1 Grover Coates	45 OTH 5.9*
2 Bob Holmes	40 WP 6.0
3 Kline	43 WP 6.1
4 Chuck Bartholomew	UN 6.4
50-59	
1 Ed Sutton	51 WP 6.1*
2 Jim Barrett	51 OTH 6.1
3 John Ulan	59 WP 7.1
60-69	
1 Fred Weiland	64 WP 7.3*
2 Frank Mallick	62 WP 7.5
70-79	
1 Don Ernst	74 UN 9.8
Women 30-39	
1 Rosie Ogletree	34 CM 6.8*
2 Cheryl Silverio	32 UN 7.3
40-49	
1 Essie Key	46 CM 7.5*

220 Dash Women

30-39	
1 Rosie Ogletree	34 CM 32.19 *
2 Carol Crouthamel	39 WP 33.90*
40-49	
1 Essie Key	46 CM 32.40
300 dash Men	
30-39	
1 Jim Glessner	30 WP 37.43
2 Morgan	31 WP 39.40
3 Jeff Gerson	36 OTH 41.40
40-49	
1 Grover Coates	45 OTH 36.40
2 Kline	43 WP 38.40
3 Bartholomew	44 UN 41.20
50-59	
1 Sutton	51 WP 37.50*
2 Barrett	51 OTH 39.50
60-69	
1 Weiland	64 WP 50.66
600yd Men	
30-39	
1 Glessner	30 WP 1:25.83
2 Lemster	37 WP 1:26.40
3 Morgan	31 WP 1:28.70
4 Gerson	36 OTH 1:30.3
40-49	
1 Coates	45 OTH 1:35.0
50-59	
1 Sutton	51 WP 1:27.99*
60-69	
1 Weiland	64 WP 2:03.00
1000yd Run Men	
50-59	
1 Bussy Hood	59 OTH 3:51.15
MILE RUN MEN	
30-39	
1 Glenn Andrews	34 OTH 4:33.90
2 John Gidel	37 WP 4:59.10
3 Guy Pizzoferrato	30 WP 5:08.60
4 Tom Kossum	32 UN 5:15.70
5 Dick Glessner	32 UN 5:42.50
40-49	
1 Bill Wise	41 WP 4:48.00*
2 Jim Lombardi	41 UN 4:49.5
3 Tom Mettrick	42 UN 5:52.35
50-59	
1 Bussy Hood	59 OTH 6:20.0
2 Jim Brown	59 UN 6:46.23
60-69	
1 Frank Mallick	62 WP 6:25.8
2 Fran Albaugh	61 WP 6:29.4
WOMEN 50-59	
1 Gloria Brown	52 NR 6:13.20
MILE RACE WALK MEN	
50-59	
1 Jim Brown	59 UN 10:23.63
70-79	
1 Ernst	74 UN 13:00.0
WOMEN	
1 Gloria Brown	52 NR 8:59.21
2 MILE WOMEN	
30-39	
1 Carol Crouthamel	39 WP 13:42.49 *
50-59	
1 Gloria Brown	52 NR 13:16.86
3 MILE MEN	
30-39	
1 John Gidel	37 WP 16:30.28
2 Pizzoferrato	30 WP 16:54.56
3 Alan Anderson	36 UN 19:02.69
4 D Glessner	32 UN 19:37.60
40-49	
1 Bill Wise	41 WP 16:02.0
2 Walldorf (Jim)	41 AN 16:05.80
3 Lombardi	41 UN 16:37.68
50-59	
1 Hood	59 OTH 21:24.01
60-69	
1 Albaugh	61 WP 20:14.56*
2 Mallick	62 WP 22:09.74
MILE RELAY MEN	
30-39	
1 West Penn (Sutton, Glessner, Kline, Gidel)	4:05.3
2 Over the Hill	4:32.2
HIGH JUMP MEN	
30-39	
1 Richard Kelly	31 UN 5'2"
2 Lemster	37 WP 5"
3 Gerson	36 OTH 3'9
40-49	
1 Kline	43 WP 5'4
2 Coates	45 OTH 4'8
60-69	
Ham Morningstar	66 AA 4'3 1/2 *
WOMEN	
40-49	
1 Tie Essie Key CM 46 *	
Dartha Cotton CM 3'9 1/2	
50-59	
Bernice Holland CM 56 3'5	
SHOT PUT MEN	
30-39	
1 Norm Bower	35 OTH 38'4 1/2
40-49	
1 Jim Pauli	40 WP 38'53/4
Pete Hoyt	43 WP 36'10 1/2
50-59	
1 Dick Mann	51 OTH 37'4 1/2
2 Joe Chadbourne	52 OTH 36'2
3 John Ulan	59 WP 31'53/4
60-69	
1 Morningstar	66 AA 39'11 1/2
2 Bob Peters	60 UN 39'3
3 Weiland	64 WP 28' 1/2

WOMEN

30-39	
1 Rosie Ogletree	34 CM 24'6
2 Mary Chadbourne	36 OTH 19'
40-49	
1 Key	46 CM 23'
2 Cotton	46 CM 22'11
50-59	
1 Holland	56 CM 29'2 1/2

35lb WEIGHT MEN

30-39	
1 Bower	35 OTH 40'8
40-49	
1 Pauli	40 WP 43' 1/2
2 Hoyt	43 WP 37'8
3 Coates	45 OTH 19'103/4
50-59	
1 Chadbourne	52 OTH 41'8 1/2 *
2 Mann	51 OTH 33'7

25lb weight MEN

60-69	
1 Peters	60 UN 36'53/4
2 Morningstar	66 AA 27'6 *
WOMEN 30-39	
1 Chadbourne	36 OTH 24'7 *

POLE VAULT 60-69

1 Morningstar	66 AA
WP - West Penn	
OTH - Over the Hill	
CM - Cleveland Masters	
AA - Ann Arbor	

Team Scores

Men 30-39	West Penn	51
	Over the Hill	20
Men 40-49	West Penn	45
	Over the Hill	20
	Allegheny Mike	3
Men 50-59	Over the Hill	37
	West Penn	17
Men 60+	West Penn	35
	Ann Arbor TC	18
Women	Cleveland Masters	51
	Niagara Racewalkers	10
	Over the Hill	8
	West Penn	8

COLLEGE OF THE DESERT MASTERS ALL-COMER MEET PALM DESERT, CALIF. JANUARY 29, 1984

60m Dash

Women:	
Edith Mendyke	73 12.42
Shirley Kinsey	54 9.69
Magdalena Kuehne	53 10.33
Karen Pinkerton	32 9.77

Men:

Al Guidet	65 8.60
Bob Hunt	63 8.35
George Simon	60 8.77
Charles Mercurio	64 8.95
Bill Bangert	60 10.35
Gene Harte	58 7.75
Nick Newton	50 7.42
Ted Vick	54 7.70
Hugh Cobb	51 8.17
Bill Adler	51 8.20
Jim Buskirk	53 8.75
Walt Butler	42 6.95
Hugh Adams	43 7.31
Bill Knocke	44 7.45
Fred Niedermeyer	43 7.77
Chuck Hunt	41 7.81
John Lawson	42 8.00
Ali Babba	42 8.36
Ron Beadle	35 7.18
Glenn Johnson	34 6.89

300m Dash - continued

Elliott Mason	38	35.64
Leon Coleman	39	41.80
Ron Beadle	35	42.60
Glenn Johnson	34	36.91
Steve Pinkerton	33	43.09

600m Run

Men:		
Dave Lewis	62	1:55
Dave Pain	61	2:05
Lewis Beadle	57	1:48
Tom Cladyton	59	2:00
Jim Buskirk	53	1:53
Tom ?		1:56
Frank Little	40	1:40
Ron Beadle	35	1:34

1000m Run

Men:		
Dave Pain	61	3:53
Steve Schumacher	42	3:18.8
Lee Evans	36	2:49.7

3000m

Women:		
Shiela Smith	47	13:46
Men:		
Jack Noble	57	11:26
Mike Fenton	49	11:36
Fred Belli	46	13:50
Tom Richards	43	10:07

Joggers Mile

Ron Tucker	49	
predicted 8:30 - Ran	8:30	

Long Jump

Women:		
Shirley Kinsey	54	10'9"
Magdalena Kuehne	53	9'10 1/2"
Men:		
Bill Burke	65	13'6"
Charles Mercurio	64	12'8"
Al Henry	46	18'9 1/2"
Mike Fenton	49	12'11"
John Lawson	42	15'11"
Gene Welch	42	14'11 1/2"
Carl Flowers	37	21'3"
Roger Trujillo	33	20'9 1/2"

60m HH

30 inches:		
Al Guidet	65	9.82
Bill Burke	65	11.76
Bob Hunt	63	9.81
Burl Gist	63	10.20
Bob Adler	51	9.81

39 inches:

Al Henry		
Hugh Adams	46	8.56
Bill Knocke	43	8.62
Leon Coleman	44	9.17
Steve Pinkerton	33	9.55

42 inches:

Walt Butler	42	8.15
-------------	----	------

High Jump

Women:		
Shiela Newton	46	4'1 1/2"
Men:		
Pete Ganahl	67	4'4"
Jim Vernon	67	4'2"
Bill Burke	65	4'2"
Burl Gist	63	4'8"
Ralph Biesemeyer	63	4'0"
Tom De Vaughn	61	3'9"
Nick Newton	50	5'6"
Dave Douglass	52	4'8"
Bill Adler	51	4'6"
Gene Welch	42	4'6"
Roger Trujillo	33	5'8"

Discus

Women:		
Edith Mendyke	73	57'
Shirley Kinsey	54	83'5"
Magdalena Kuehne	53	47'3"
Sondra Schumacher	36	58'4"

Men:

Don Pierotti	72	103'5"
Dan Aldrich	65	155'5"
Bill Burke	65	117'6"
Bill Bangert	60	124'2"
Bob Hunt	63	111'7"
Tony Lombardi	62	89'6"
Ray Straessle	47	91'9"

Hammer

Women:		
Sondra Schumacher	36	#8 63'10"

Men:

Don Pierotti	72	#8 103'10"
Dan Aldrich	65	#12 125'6"
Bill Bangert	60	#12 112'10"
Tom De Vaughn	61	#12 105'10"
Tony Lombardi	62	#12 64'9"
Dave Douglass	52	#12 127'2"

Shot Put

Women:		
Edith Mendyke	72	#6 26'1"
Magdalena Kuehne	53	#6 21'9"
Chris Miller	49	4kg 24'11"
Sondra Schumacher	36	23'1 1/2"

Men:

Don Pierotti	72	34'11 1/2"
Dan Aldrich	65	44'9"
Bill Bangert	60	46'
Tony Lombardi	62	35'
Dave Douglass	52	161b 36'6 1/2"
Ray Martin	48	121b 39'1 1/2"
Harry Harper	44	161b 33'8 1/2"

Pole Vault

Bob MacConaghy	75	7'10"
Carol Johnston	72	9'6 1/2" WR
Jim Vernon	67	9'6 1/2"
Stan Pelland	65	7'4"
Bill Burke	65	7'4"
Ralph Biesemeyer	63	9'0"
David Douglas	52	10'0"
Steve Hardison	33	17'0"

Javelin

Women:		
Edith Mendyke	73	63'5"
Shirley Kinsey	54	89'2" AR
Magdalena Kuehne	53	65'2"
Chris Miller	49	91'6" AR
Sondra Schumacher	36	73'5"

Men:

Bob MacConaghy	75	94'6"
Dan Pierotti	72	90'4 1/2"
Dan Aldrich	65	119'9 1/2"
Bill Burke	65	113'9"
Tony Lombardi	62	113'2 1/2"
Bill Bangert	60	77'8"
Dave Douglass	52	116'6"
Ali Baba	42	112'1"

Triple Jump

Women:		
Edith Mendyke	73	16'9 3/4"
Magdalena Kuehne	51	22'10 1/2"
Men:		
Charles Mercurio	64	29'10 1/2"
Roger Trujillo	34	44'5"

LONG DISTANCE RESULTS

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

SANTA BARBARA HALF-MARATHON & MARATHON; SANTA BARBARA, CALIF. NOVEMBER 6, 1983

Half-marathon

1st Overall		
Bill Donakowski	33	1:04:23
Pamela Morris	25	1:20:34

M40-44 (46 finishers)		
Michael Mahler	40	1:12:26
Larry Pontinen	42	1:19:03
Gary Schwager	41	1:20:17

M45-49 (29 finishers)		
Curtis Ridling	47	1:20:06
James Brusstar	47	1:23:40
Morrie Kaz	46	1:24:18

M50-54 (14 finishers)		
Eddie Swan	52	1:34:41
Joe Hadden	50	1:35:58

M55-59 (6 finishers)		
H. Goldstein	55	1:37:19

M60+ (6 finishers)		
John Holoubek	67	1:29:49

W40-49 (24 finishers)		
Barbara Terhune	40	1:32:34
Floreida Lanes	49	1:38:28
Elizabeth Cushman	41	1:42:35

W50-59 (4 finishers)		
Amy Goldstein	50	1:53:33

W60+ (2 finishers)		
Alice Aspin wall	60	2:19:19

Marathon

1st Overall		
Matt Wittbrode	18	2:40:13
Dana Kahn	27	3:02:46

M40-44 (17 finishers)		
Michael Termine	42	2:57:57
Robert McPherson	42	3:05:35

M45-49 (12 finishers)		
Bill Wagner	47	3:01:08
Joe Valdez	48	3:16:50

M50-54 (8 finishers)		
Delbert Pearce	50	3:05:30

M55-59 (3 finishers)		
Vinc DeCuttis	59	4:48:01

M60+ (2 finishers)		
Al Horanzy	65	4:44:38

W40-49 (5 finishers)		
Gaby McQuitty	46	3:28:01

W50-59 (1 finisher)		
Melda Dean	54	4:07:29

TAC NATIONAL MASTERS 10K X-C CHAMPIONSHIPS BRONX, NY; NOV. 13, 1983

M40-44		
William Reilly	34	14
Don Coffman	34	27
Steve Lester	34	36
Al Devereaux	34	38
Herb Lorenz	34	42
Jerry Smith	34	56

M45-49		
Earl Ellis	35	41
Bill Olrich	36	13
John Dugdale	36	39
Derek Mahaffy	37	06
Herb Parsons	37	19

M50-54		
Ed Stabler	37	37
Don Gammie	37	56
Ed Di Marris	38	02
Al Wick	38	25

M55-59		
Howard Rubin	37	39
Bill McCaffrey	40	06
Jim Glidewell	40	39
Patrick Devine	41	02

M60-64		
Francis Kelly	42	05
Steve Richardson	43	28
Archie Messenger	43	37

M65-69		
Robert Hull	52	45
Howard Ward	60	56
Nate Hacker	62	37

M70-79		
Ed Benham	49	49
C. Hackenheimer	53	11
Sam Monastero	58	55

M80+		
Max Popper	63	03
W40-49		
Shirley Matson	39	20
Judy Pickert	41	06
Irma Lorenz	45	17
Barbara Meisel	49	27
Edith Jones	51	50
W50+		
Audrey Jacobson	62	10
Christianne Dickinson	65	30
Adrienne Salmini	70	10

MEMPHIS EXPRESS MARATHON MEMPHIS, TENN. DECEMBER 4, 1983

1st Overall		
Martin Fulk	2	22:31
Laura Brewer	3	04:38

M40-49		
Bill Bullard	2	39:47
Mike Moffatt	2	52:33
Bill Butler	2	53:06

M50-59		
Buster Tankersley	2	55:48
Ethan Busby	3	10:42
Herman Boyd	3	33:30

M60+		
Everett Bolton	4	26:13
Preston McDaniel	4	41:25

W40-49		
Claudia Douglass	3	51:00
Mimi Steepleton	4	04:28
Nancy Michael	4	29:49

W50+		
Sara Camp	4	29:29

W60+		
Sara Camp	4	29:29

W70+		
Sara Camp	4	29:29

W80+		
Sara Camp	4	29:29

SAN DIEGO MASTERS 10K SAN DIEGO, CALIF. DECEMBER 10, 1984

M40-44		
Joe Anaya	33	18
Dan McCaskill	33	23
Jim Williams	33	52

M45-49		
unidentified	35	15
Bob Holland	35	40
D. Augustino	36	30

M50-54		
Norm McAbee	36	00
Fred Lehr	36	50
Marsh Haraden	37	00

M55-59		
Jim O'Neil	35	41
Joe Curry	39	21
Rudy Iglesias	40	50

M60-64		
Ray Spencer	39	30
James McCown	40	00
Luis Ojeda Jr.	40	30

M65-69		
Wayne Zook	41	15
John Rafferty	41	20
Robert Kroger	43	40

M70+		
Carl Stroud	48	05
Walt Kuetzing	52	50
Ernest Lyons	53	50

W40-44		
Shirley Matson	35	56
Ursula Rains	40	20
Sharon Greiner	42	05

W45-49		
Faye Heldoom	40	36
Jo Wichary	42	10
Una Marie Pierce	43	05

W50-54		
Dorothy Stock	42	53
Sheila Charlton	45	52
Bea Lovell	47	18

W55-59		
Anne Johnson	43	30
Roberta Hennings	52	30
Shirley Tobin	52	35

W60-64		
Gerry Davidson	50	09
Hazel Klein	55	10

W65-69		
Judy Simon	55	30

W70+		
Felicitas Salazar	66	53
Clementina Thomson	69	55
Dorothy Fouquette	74	05

RRCA 50K & 60K NATIONAL CHAMPIONSHIPS; EAST PEORIA, IL; 12/18/1983

<u>50K</u>	
<u>M40-49</u>	
G.E. Jensen	3:57.09
George Kreiger	4:28.28

PA/TAC 10 MILE CHAMPIONSHIPS; STOCKTON, CALIF. JANUARY 8, 1984

1st Overall	
Ivan Huff	24 47:52
Regina Joyce	26 54:14
M40-44	
Sal Vasquez	44 51:59
Bruce Degan	40 52:41
Bill Clark	40 53:28
M45-49	
Bill Catanese	45 56:46
Doug Latimer	46 57:26
Todd Peter	49 59:18
M50-54	
Ulrich Kaempf	52 56:06
Ken Napier	51 60:14
Ken Allen	50 60:48
M55-59	
John Rouse	56 63:41
Bill Ferrell	57 69:51
Tom Fong	55 70:47
M60-69	
Flory Rodd	60 65:35
John Gilkey	62 69:05
Alan Kreuzberger	65 78:06
M70-79	
Mac Osborn	70 69:10
Norman Bright	73 78:29
Mel Shine	74 78:51
W40-44	
Carol Stroud	41 66:07
Jean Shuler	42 67:00
Susan Johnston	42 67:33
Gail Rodd	41 69:32
Valerie Doyle	41 70:31
W45-49	
Karen Scannell	45 63:18
Joan Reiss	46 65:41
Elvyn Blair	46 69:02
Barbara Carlson	49 76:14
Joni Smith	47 80:25
W50+	
Marion Irvine	54 62:58
Martha Maricle	50 74:07
Johanne Sullivan	51 75:32
Ann Kewville	51 81:02

BAYSHORE RC GASPARILLA WARMUP 8 MILE; TAMPA, FL; JANUARY 8, 1984

1st Overall	
Bill Jenkins	42:26
Bonnie Ramsdell	49:09
M40-44	
Pete Crellin	48:07
W.P. Webber	48:18
Bob Moorehead	51:05
M45-49	
Joe Burgasser	45:13
Russ Shaw	54:26
Phil Janus	55:36
M50-59	
Len Rittenberg	54:52
Jim Hively	55:52
Jim Brown	56:42
M60+	
Bernard Ryan	59:03
Jim Ware	60:08
Charlie Futrell	62:12
W35-39	
Carol Jean Clarke	55:56
Rosa Gillum	58:35
Sandra Copeland	60:13
W40-44	
Maria Wade	51:46
Yvonne Rodgers	51:51
Judy Case	63:55
W45-49	
Linda Burgasser	57:12
Carol Aumack	73:28
W50-59	
Dorothy Laker	66:40
Esther Wardaw	71:00

MISSION BAY MARATHON SAN DIEGO, CALIFORNIA JANUARY 15, 1984

1st overall	
Joe League	29 2:19:48
Judy Vivian	32 2:47:38
M40-49	
Rick Whiting	46 2:31:53
Gary Novak	40 2:38:18
Joe Gassman	43 2:38:47
Tony Clews	46 2:44:55
John Beach	43 2:46:43
M50-59	
Will Bentz	52 3:04:00
T R Eddy	50 3:04:24
George Thompson	57 3:12:56
M60+	
Tom Leedham	60 3:22:59
Steve Chiplis	65 3:32:58
Carl Shuler	60 3:41:50
W40+	
Shirley Matson	43 2:50:03*
Una Marie Pierce	45 3:25:43
Bev Harju	41 3:29:50

*Qualifies for Olympic Marathon Trials

12th Annual January Winter Series 6 Miles Central Park, NYC

Sponsored by New York Road Runners Club	
Date: January 15, 1984, 10:30 AM	
Distance: 6 Miles	
Check-In: Men-585, Women-212, Total-797	
Finishers: Men-488 and 7 racewalkers, Women-160 and 2 racewalkers, Total-657.	
Weather: Sunny, high 20's	
Vet A (40-44)	
1. Ed Holiday, 40	34:35
2. Brian Morrissey, 42	35:02
3. Ken Martin, 40	35:42
Vet B (45-49)	
1. Jerzy Sulek, 46	34:25
2. Charles Kennedy, 45	35:22
3. Walter Vinson, 45	35:49
Masters (50-59)	
1. Geoff Bardsley, 55	36:59
2. Eric Seiff, 50	37:07
3. George Thompson, 58	37:46
4. Max Schindler, 51	38:17
Seniors (60-69)	
1. John Fredette, 63	39:34
2. Albert Goldstein, 64	40:49
3. John McManus, 60	41:38
Golden Age (70 and over)	
Bill Brobston, 71	45:53
Subvet (30-39)	
1. Christiane Avin, 35	40:46
2. Nancy Rogers, 36	41:25
3. Nancy Adler, 31	43:00
4. Barbara Yardy, 34	44:00
5. Brenda Seidner, 30	45:00
6. Lynn Lehmkuhl, 32	45:45
7. Cathy Williams, 32	47:19
Vet A (40-44)	
1. Mimi Meyers, 41	42:17
2. Carson Foard, 41	45:39
3. Floyd Tompkins, 41	47:56
Vet B (45-49)	
1. Joan Bondell, 45	45:23
2. Esther Marcus, 48	46:53
3. Ruth Ross, 48	48:02
Masters (50-59)	
1. Alicia Moore, 53	43:01
2. Bunny Franco, 53	45:40
Seniors (60 and over)	
1. Mary Rodriguez, 62	52:50
2. Evelyn Havens, 67	1:01:57

12th Annual January Winter Series 10 Miles Central Park, NYC

Sponsored by New York Road Runners Club	
Date: January 21, 1984, 10:30 AM	
Distance: 10 Miles	
Check-In: Men-363, Women-116, Total-479	
Finishers: Men-305 and 5 racewalkers, Women-83 and 1 racewalker, Total-394.	
Weather: Clear, crisp, 10°-12° F, no wind, but icy road conditions*	
Order of Finish—Men	
Vet A (40-44)	
1. Rafael Bordonaba, 42	1:01:04
2. Byung Kim, 41	1:02:11
3. Lester Smerka, 40	1:02:19
Vet B (45-49)	
1. Walter Vinson, 45	1:01:10
2. Peter Kellner, 45	1:02:42
3. Lou Stern, 49	1:03:14
Masters (50-59)	
1. George Thompson, 58	1:06:23
2. Lester Ridings, 59	1:09:03
3. Jack Ryan, 53	1:11:40
4. Richard Shaffer, 51	1:13:14
Seniors (60-69)	
1. George Sheehan, 65	1:06:33
2. John Fredette, 63	1:07:13
3. Albert Goldstein, 64	1:10:39
Golden Age (70 and over)	
Bill Brobston, 71	1:18:58
Subvet (30-39)	
1. Ellie McEvily, 30	1:02:14
2. Katie McDonald, 32	1:04:34
3. Suzanne Rohr, 33	1:07:53
4. Beth Chadwick, 35	1:09:37
5. Tina Colon, 38	1:16:23
Vet A (40-44)	
1. Lina Connors, 41	1:08:42
2. Mimi Fahnestock, 40	1:16:07
3. Elaine Mosur, 43	1:23:05
Vet B (45-49)	
1. Joan Bondell, 45	1:19:22
2. Esther Marcus, 48	1:21:56
3. Lynn Sherman, 47	1:26:47
Masters (50-59)	
1. Margaret Decker, 50	1:11:22
2. Audrey Jacobson, 55	1:33:48
Seniors (60 and over)	
1. Mary Rodriguez, 62	1:30:33
2. Evelyn Havens, 67	1:51:19

SUPER BOWL 10K REDONDO BEACH, CA JANUARY 22, 1984

1st Overall	
Tom Wysocki	27 29:00
Monica Joyce	33:24
M40-49	
Dan Ashimine	35:07
George Cohen	35:10
David Dieter	nt
M50-59	
Jim Brownfield	35:31
Pat Devine	36:55
Hal Winton	nt
W40-49	
Molley Hayer	37:54
Linda King	41:50
Roberta Lamping	nt
W50-59	
Helen Dick	42:28
Trudi Wadman	48:00
Doris Castanada	50:27
W60+	
Norma Bernardi	50:56
Mem Howe	53:06
Modena MacFarlane	nt

PARAMOUNT 10K & SPECIAL MASTERS 10K; PARAMOUNT, CA JANUARY 28, 1984

SPECIAL MASTERS DIVISION	
Frank Duarte	31:55
James Murphy	33:25
Dan McCaskill	33:48
George Cohen	35:22
Patrick Devine	35:47
REGULAR 10K	
1st Overall	
Steve Brown	30:01
Kathy Kanes	36:16
M40-44	
Lee Baca	34:46
Dan Ashimine	34:53
Kenneth Price	35:35
Catarino Gonzalez	35:40
George Wright	35:46
M45-49	
Merle Glauser	34:57
Richard Flores	36:24
Warren Moorman	37:44
Oscar Rosales	37:56
Douglas Shepherd	39:17
M50-54	
Aurelio Camacho	37:46
Hugh McHugh	38:55
Andy Mosich	41:03
Norman Dickinson	41:35
Ted Ortiz	42:09
M55+	
John McManus	43:45
Ralph Montoya	43:49
Glen Stout	43:51
Jim Heyes	44:12
Frank Torode	44:22
W40-44	
Shirley Matson	36:38
Joe Ann Goltra	43:32
Cheryl Hughes	47:03
Ruth Ellis	48:02
W45-49	
Gina Faust	41:34
Marcia Martyn	43:07
Carole Davis	46:48
Maureen Benice	46:55
W50-54	
Elizabeth McLennan	54:58
Rosemary Ormellas	56:11
Dolores Holton	1:02:40
W55+	
Helen Dick	41:41
Daisy Wong	52:05

GREATER BOSTON TC INVITATIONAL; HARVARD U., MASS. JANUARY 29, 1984

Open 880 Trials	
Barbara Pike	2:25.7
Linda Upton	2:28.0
M40+ Mile	
Kirk Randall	4:31.6
Dave Walsh	4:46.1
John Davis	4:48.3
James Verdier	4:49.9
Phil Ryan	4:56.6
Harold Hatch	4:57.1
W40+ Mile	
Barbara Pike	5:22.2
Linda Upton	5:25.9
Betsey Harshbarger	5:30.8
Sally Davis	6:05.1

20 Kilometer Run Central Park, NYC

Sponsored by New York Road Runners Club	
Date: January 29, 1984, 10 AM	
Distance: 12.4 Miles	
Check-In: Men-552, Women-145, Total-697	
Finishers: Men-487 and 6 racewalkers, Women-119 and 1 racewalker, Total-613.	
Weather: Overcast, humid, high 20's	
Vet A (40-44)	
1. Roger Robinson, 44	1:05:10
2. Charles Elkins, 40	1:11:07
3. Aaron Rosenzweig, 40	1:15:15
Vet B (45-49)	
1. Jerzy Sulek, 46	1:14:17
2. Charles Kennedy, 45	1:15:58
3. Lou Stern, 49	1:16:42
Masters (50-59)	
1. Rudy Becker, 50	1:16:38
2. Walter McCarthy, 51	1:21:47
3. Max Schindler, 51	1:22:10
4. George Thompson, 58	1:23:15
Seniors (60-69)	
1. Albert Goldstein, 64	1:28:51
2. Tom Gibbons, 62	1:29:36
3. Wilfredo Rios, 67	1:31:57
Golden Age (70 and over)	
Luis Martin, 72	1:56:33
Vet A (40-44)	
1. Anna Thornhill, 43	1:27:15
2. Mimi Meyers, 41	1:29:59
3. Melanie Mulvihill, 40	1:30:07
Vet B (45-49)	
1. Mimi Lerner, 46	1:22:57
2. Jill Martin, 45	1:29:07
3. Esther Marcus, 48	1:40:51
Masters (50-59)	
1. Toshiko d'Elia, 54	1:31:16
2. Alicia Moore, 53	1:32:59
Seniors (60 and over)	
1. Mary Rodriguez, 62	1:50:30
2. Ellen McGowan, 60	2:19:52

7 Mile Reversible Run Central Park, NYC

Sponsored by New York Road Runners Club	
Date: February 4, 1984, 10 AM	
Distance: 7 Miles	
Check-In: Men-411, Women-140, Total-551	
Finishers: Men-363 and 4 racewalkers, Women-121 and 1 racewalker, Total-489.	
Weather: Overcast, humid, low 50's	
Vet A (40-44)	
1. Ralph Walde, 40	39:36
2. Brian Morrissey, 42	40:57
3. Dave Obekovich, 40	41:24
Vet B (45-49)	
1. Walter Vinson, 45	40:38
2. Jim Messerschmitt, 47	41:11
3. Lou Stern, 49	41:28
Masters (50-59)	
1. Don Dixon, 56	42:14
2. Eric Seiff, 50	43:53
3. George Thompson, 58	44:45
4. Jerry Mahler, 54	46:35
Seniors (60-69)	
1. Tom Gibbons, 62	47:34
2. Albert Goldstein, 64	47:43
3. William Coyne, 62	48:17
Vet A (40-44)	
1. Elaine Kirchen, 41	42:31
2. Patty Lee Parmelee, 43	44:44
3. Anne Thornhill, 43	45:56
Vet B (45-49)	
1. Joan Bondell, 45	50:52
2. Esther Marcus, 48	53:55
3. Louise Klaber, 48	1:01:54
Masters (50-59)	
1. Bunny Franco, 53	52:51
2. Nancy Tighe, 52	53:25
Seniors (60 and over)	
Mary Rodriguez, 62	58:46

OAKLAND MARATHON AND HALF-MARATHON; OAKLAND, CALIF. FEBRUARY 5, 1984

1st Overall	
Fraser Clyne	2:15:21
Leslie McMullin	2:42:19
M40-49	
Jeffrey Wall	2:29:44
Tim Rostegge	2:33:26
Ted Anderson	2:41:41
Ronald Nelson	2:42:32
Dan Ashimine	2:49:5



No Caffeine
No Artificial Colors
No Artificial Flavors

No wonder 7UP has a clean,
refreshing, unspoiled taste!

Don't You Feel Good About 7UP?