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 11

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 12 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 morevisible contestants as he competed in seven events. He drew comments when the spectators (and about 60 athletes who were attending

Keystone Meet

Draws 125

by SCOTT THORNSLEY

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 Rostege 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 3:30:59 to win the M70+ division.

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 Randal, 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 13

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Continued on Page 15
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 gathering 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

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. Then they let us know in advance. Then everyone blamed someone else. No explanation was given by the hotel.

I suggest NMN check the notices for 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.

— Lonnie 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.)
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 (36'11 1/2") 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 26'4'/2", which is close to the world M70 indoor mark of 26'10".

In the shot, Phil Bresca took the M55 with 42'4", and Ham Morningstar won the M65 with 41'6'/2", 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 WOJCIC

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.

Cont...
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 degrees 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 422' 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 teammate Christel Miller erased the record.

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 Tony Baca (34:46) with a M40 7-second win over Dan Ashima. Merle Glauser won the M45 race with a fast 34:57. Six seconds separated the top three places in the M55 race: John McCann 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 race, 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...
*** Hotel accommodations have been made for a reduced rate 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, executors, administrators waive and release any and all rights and claims for damages I may have against the L. A.-Valley Athletic Club; best time 1983-84: $18.00 per person.

**April 28 & 29, 1984 - UCLA Drake Stadium**

Join former Olympic greats Barry O'Brien, Dean Smith, Thane Baker, Bob Richards, Barbara Farrell Edmondson, Josh Culbreth, Ron Whiten, Ivo Denis, 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+. Medalists will be awarded to the first three places in individual events and all members of winning relay teams.

Entry Fee: First event- $9.00, each additional event- $4.00 (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.

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

**OLYMPIC LEGENDS TRACK & FIELD MEET**

**APRIL 28, 1984 SATURDAY**

**Track and Field Meet**

**APRIL 28 & 29, 1984, LOS ANGELES, CALIFORNIA**

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

**Entry Fee:** $9.00 for first event 4.00 for each additional event (Max. 3 events) Entry Fee: $9.00 for first event + $4.00 for each additional event.

**Awards:** Medals for first three places in individual events for the members of 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.

**Competitors:** Men and women.

**Age Groups:**

- **30-34**
- **35-39**
- **40-44**
- **45-49**
- **50-54**
- **55-59**
- **60-64**
- **65-69**
- **70-74**
- **75-79**
- **80-84**

**Events:**

- **Sprints:** 100, 200, 400, 800, 1500, 5000, 10,000, 15,000
- **Hurdles:** 110, 400
- **Relays:** 4 x 100, 4 x 400
- **Field Events:** Long Jump, Triple Jump, Shot Put, Discus, Hammer Throw, Javelin, Pole Vault, High Jump, Long Jump, 4 x 100 Relay, 4 x 400 Relay, 110m Hurdles, 400m Hurdles

**RETURN THIS FORM WITH YOUR CHECK TO:**

L. A.-Valley Athletic Club 1801 Ave. of the Stars, Suite 415 Los Angeles, Ca. 90067

**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**

**ADDRESS**

**PHONE**

**CITY**

**STATE**

**AGE (As of April 28, 1984)**

**BIRTHPLACE**

**CLUB AFFILIATION**

**TAC #**

**EVENTS:**

- **BEST TIME/ DISTANCE**
  - **$9.00**
  - **$4.00**
  - **$4.00**

A Banquet at the beautiful MIRAMAR-SHERATON. Athletes only: $22.00. Hotel will be held Saturday evening, April 28th. 1984 from 6:15 p.m. to 10:00 p.m. Athlete & Guest: $18.00. 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.

**TOTAL MY CHECK:**

**RETURN THIS FORM WITH YOUR CHECK TO:**

L. A.-Valley Athletic Club 1801 Ave. of the Stars, Suite 415 Los Angeles, Ca. 90067

**March, 1984 National Masters News page 5**
Don’t Call Me A Chauvinist

W ill 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 received nasty phone calls and letters from some of them.

The ladies claim that I don’t give them equal space. I’ve even 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 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 open winner more space 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 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 it that 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 Ashford’s pending world record of 10.79 at 100 meters is just 1.0866 times the men’s world record, 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 (10:27.22 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.
Hosted By: THE SHORE ATHLETIC CLUB
Sanctioned by the New Jersey Association of The Athletic Congress

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 Ext. 8, to Rt. 531 West (Princeton-Hightstown Rd.) through Hightstown; take to Jadwin Gym. It is about 12 miles to Jadwin from Exit 8. Also U.S. Rte. 29, Princeton to Nassau St., to Washington, N.J. 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 Philadelphia airports are also usable. Then use limo service from airports via Salem Transportation. Hyatt Regency Princeton • Located on Rte. 1 at Alexander Road in Carnegie Center office complex • 1/4 miles east of Jadwin Gymnasium • Midway between Newark and Philadelphia airports • 5 minutes from airport via Salem Transportation.

Saturday, March 24 - Co-Executive Directors: Matt Brown & Ron Salviso
Co-Meet Directors: Bill Fitzpatrick & Joe Kranes

Schedule of Events:

Section 1: Lowest possible height
Section 11: Starting height; 11'6"

All finals will be run in the schedule's final time slot. The 5P, Lt, 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 at a lowest height requested by any competitor — the bar will not be lowered during the event. (Note sections, by ability, in pole vault.)

The SP, LJ, TJ, WT event competitors will each receive 3 jumps or throws in prelims with top 6 to finals.
All finals will be run in the schedule's final time slot.

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

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

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

Accommodations:
(Make your 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.

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:

4x400 30-39 M/A/W 40-49 M 50-59 M 60 + M
4x300 30-39 M/A/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 (440-220-2288)

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 women.

Sunday, March 25

Co-Executive Directors: Matt Brown & Ron Salviso
Co-Meet Directors: Bill Fitzpatrick & Joe Kranes

Field:

12A 60 H11 T
12B 60 H11 F
13 600 F
2 mile F
4 x 400 F

FIELD

17 Shot Put 2A, 2B, 3A, 3B, 4A, 4B, 5A, W
18 Weight Throw 2A, 2B, 3A, 3B, 4A, 4B, 5A, 6A, W
20 High Jump 2A, 2B, 3A, 3B, 4A, 4B, 5A, W
21 Pole Vault Section I: Starting height; 13'6"
22 Pole Vault Section II: Starting height; 13'6"

All fields will be run in the schedule's final time slot. The 5P, Lt, 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 at a lowest height requested by any competitor — the bar will not be lowered during the event. (Note sections, by ability, in pole vault.)

We will do everything we possibly 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 competitors. We will not damage the event and inconvenience other competitors.

Seeding to be at discretion of meet officials.

Official Entry

Name
Address
City State Zip Code
Phone

Team Affiliation

TAC #

Event Number Recent Best Mark Event Number Recent Best Mark

Athlete's Release

In consideration of your acceptance of my entry, I do hereby for myself, my heirs, executors, administrators, and assigns, waive, release and forever discharge and all claims for damages which I may have, or which may hereafter accrue against The Masters Athletic Committee, 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

M arathons, as an old saying goes, come and go. Lately I admit, it seems 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, I’m just trying to break five hours. I’m just trying to break five hours. I’m just trying to break five hours. I’m just trying to break five hours.

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 plan. The larger plan called for a trip 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.

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

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

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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 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 Halg Bohigian, 225 Hunter Ave., N. Tarrytown NY 10591, and to Fitzgerald at 6 Tyers House, Aldington Road, London SW 16, England.

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

100 METERS

M50 M Vitali ITA 10.76
M55 G Eresini ITA 11.07

400 METERS

M65 B Bortozolli ITA 4:32.9
M75 A Carta ITA 4:35.2

800 METERS

M45 E Hamer USA 1:52.3
M55 G Bortozolli ITA 1:52.8

1500 METERS

M45 B Bartolomeow USA 3:48.6
M45 B Martinow USA 3:50.8

3000 METERS

M40 R DePalmas ITA 8:48.9
M45 T Taylor GBR 9:00.4

3000 METER WALK

M40 F Shillabeer ITA 8:58.7
M45 S Chapman ITA 9:19.9

HIGH JUMP

M40 J Brown USA 1.96
M55 B Porcellini ITA 2.13

POLE VAULT

M55 C Askew USA 4.41
M60 G Brown USA 4.80

Super Bowl 10K

Continued from Page 3

In fact, Ashinaine’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 W40-49 in 37:34, and Helen Dick, Los Angeles, had no difficulty in a W50-59 division victory in 42:28.

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

WHAT A TEAM!

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 Marathoning 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

Lincoln Marathon

March, 1984
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 9'3" and 9'3" respectively; and Scott Thorley, M30 TAC national indoor champion in the triple jump, leaped 42'4"; and had wins in the long jump (20'11") 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 (13'9") 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 9'5¼".

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

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:

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Atlanta, Georgia 30305

Join us for the 1984 Peachtree Road Race Expo

Monday, July 2 • 12 Noon to 9 P.M.
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RUNNING WITH
MARCO POLO, M.D.

By ALEX RATTEL, 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 interrelated 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 pathophysiology 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 complication 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 Hearty Galye, 46, of Newark, Del., until he pulled away in the last 800 meters to win 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, 56, of Garden City, Mich., and Bill Brobston, 71, of 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 Carman, 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 Haisten, 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.
Mission Bay Masters

Continued from Page 1

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, (2:38:10) 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.

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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:

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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 8,000 entrants. An entry form will be published in the April issue of NMN.

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Cummins Takes Mile At Eugene Indoor Meet

Harry Cummins overtook Ray Hatton and George Conrey 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 Conrey's 4:48.3. Hatton won the M50-59 division with 4:50.6.

---
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 1952 and three from Melbourne in 1956. Now, some three 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.

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

At Elkhart High School in Elkhart, Kansas, where he grew up, Baker turned in a 10.1 for 100 years 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 my 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 Olympics, 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 Tokarsky.

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

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.

Thane Baker equalized 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 doctors had expected to see a significant decline and told me I blew his theory.” — by Mike Tymn
March, 1984 National Masters News page 15

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 qualifier, Sister Marion Irvine, 54, San Francisco was the M50-59 winner, nipping W40-49 winner Joan Reiss, Sacramento, in the closest finish of the race by two seconds with a time of 1:26:42.

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 Roed, San Francisco, the M60 (1:25:54); 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.

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 35:56, twenty seconds 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


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 1:26:42.

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 Roed, San Francisco, the M60 (1:25:54); and Mac Osborne, Danville, Calif., the M70+ (1:34:21).

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 3:04:12.

Steinmetz, of Findlay, Ohio, was ninth overall in taking the 60K masters title in 6:24:10.

Race director Paul Appell, Alton, III., 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.

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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

Z O O M D
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Z O O M S
For intermediate & advanced sprinters, the ZOOM 9 is the lightest shoe in the ZOOM series. Features a pyramid outsole, ultra light 7 hole spike plate. Weighs only 4.8 ounces in a size nine. 60.00

Z O O M X
Ideal for cross country, steeplechase & track work-outs or racing on loose surfaces. The unique graduated Wafer forefoot & 3 under the heel. 55.00

P V 1 9
Construed for intermediate & advanced pole-vaulters, the PV 19 utilizes an EVA rocker midsole for easy launch, and is reinforced at all stress points for protection and durability. 50.00

H J 8
The High Jump Shoe, suitable for hoppers & straddlers. The full-length spike plate has 6 spike holes under the forefoot & 2 under the heel. 55.00

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Cover stories continued from page 1
### 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 courses, 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 interesting demographic patterns.

We divided the county into seven regions:

- Northwest (NW): AK, CA, HI, OR, WA
- Southwest (SW): AZ, CO, NV, NM, TX, UT
- Northeast (NE): CT, ME, MA, NH, RI, VT
- New England (NE): CT, ME, MA, NH, RI, VT
- Midwest (MW): IL, IN, KY, MI, OH
- Southeast (SE): AL, AR, GA, LA, MS, SC, TN, VA, WV
- Mid-Atlantic (MA): DE, DC, MD, NJ, NC, SC, TN, VA, WV

### Regional Differences in Age Categories

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

The analysis was broken down by age groups, every two years for 19 and under and the 7 and under, and for 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 having 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.

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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 in which the only results published were for those runners which did not report exact ages. We tended to concentrate on larger races (note that the average size is 2,600, but that includes Bolder Boulder) and preferred results that were broken down by age group lists which greatly facilitated the analysis.

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**NRDC News** (Issued monthly). Contains updates to certified course and age record lists, detailed 10 kilometer percentile table for 1983, etc. 1982 edition and all-time lists for men and women.

**NRDC, PO Box 42888, Tucson AZ 85733**
Masters Track and Field Report

by JERRY ALAN DON LEY
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.

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.

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

British Columbia in 1974. After calling go, I wondered just how silly I was going to look, having not vaulted in 23 years.

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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 meets, 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.

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 NMN, PC 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 it.

- 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 Olympic 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 Olympic 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 the effects," said Alexander de Merode.

- 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 shekels in 1988. Barry Frank, the TV broker for both Calgary and Seoul, thinks pay TV will be a key part of the Olympics’ success.

- There is a growing sense in the travel industry that the Games may not be the bonanza first thought. TW 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 sold tickets to the public, rather than sell them to travel agents in big blocks.

- On the final day 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, cabaret, opera, animation, video, sculpture, 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.

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.

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.

Tim Wessel took the M26 shot with a 46’8” toss, while Tom Wessel won the M45 with a slightly longer 47’1”.

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."

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) Cox, 1:43.1; 6) Courtyard, 1:43.9; 7) Doubell, 1:44.1; 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. TW 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 sold tickets to the public, rather than sell them to travel agents in big blocks.

- BERLIN: The Linz Masters Track & Field Championships were held June 28-29 in Linz, Austria.

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- Tim Wessel took the M26 shot with a 46’8” toss, while Tom Wessel won the M45 with a slightly longer 47’1”. J.C. Brown took the M50 long jump (16’5/4”) and high jump (5’9”).

First live 50-54 finishers in the TAC National 5K Road Championships, Clearwater, Florida, February 5, L-1 to r: Bobby Acker, (7:32), John Johnston, (17:40) Jack Gough, (18:00), David Thawall, and George Martin.
the masters mile races in the NEAC Indoors T&F Championships at Boston U., Jan. 22. Randall recorded times of 4:29.2 and 5:12.7 in winning Christel Miller, (I) California, took the silver, mile in the Greater Boston TC Invitational at Upton in the NEAC meet the week before.

and Dr. Alex Ratelle on "running forever." The NRDC's Ken and Jennifer Young on LDR from March 17 to September 23.

of whom were compiling the stats of a separate event, five didn't come through on time," of the race, run in mild weather over a mostly flat course. Duarte also nabbed me SPA and M40+ title. Vincent Carnevale, 67, Newark, NJ, in his first marathon, the Atlantic City, Dec. 4, won the M60+ with 3:52:34 in hurricane-like winds. Roger Robinson, 44, New Zealand, banded to a 7th overall of 46:57/mile in the NYRRC 20K, Central Park, Jan. 29, while Mimi Lerner, 46, finished 4th of 119 in the women's race in 2:22:53 and Anna Thorhill, 43, was 3rd of 95.

Robert Parrodi, who taught P.E. in the Philadelphia schools for 47 years, passed away at 76 in January. Parrodi's contributions to T&F included serving on the AAU National T&F Committee, the presidency of the Track Office of Philadelphia, and working as an official at the IOD Nationals and First International Sports Festival in Philadelphia, the '83 Natinals at Lehigh, and the Penn Relays since the '40s. Last year, he was honored by the Philadelphia Special Olympics Committee as "volunteer of the year." The publicity Scott Thorlsey garnered for his TAC/Seniors TC 8K Championships, San Pedro, CA, Dec. 11. Carolyn Ishida, 41, Harbor City AC was the M40-49 team champs in CA, did 36:05 in taking the W40+ portion of the race, run in mild weather over a mostly flat course. DUANE 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 was the picture of a slow-moving race for several months. His father had died of a heart attack when he was in his early forties, and his brother had also suffered from heart disease.

About a year ago, Bob Martin had to make a decision either to continue to edit the National Running Data Center newsletter, a service he'd been providing for three years, or writing hiking books. "It was a hard choice," Martin told NRM, "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 in spring. He's currently hard at work on a volume that will cover all the 13,000-foot summits in Colorado. "I don't know about walking 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 greatly thankless, volunteer job. I wish them the very best.

SOUTHWEST


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

Sal Vasquez, 44, (51:59) and Sister Marlon Ghelfi, Argentina, tossed the M55 shot 10.52m. (34.9) on the fast 400m track. Lugeborg Pfuffer, 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 M55 shot and discus, won by Anesls Schmit (B.79m/26.46m).

No American attended either meet despite wide publicity. Both meets will be held again in late '84.

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

**INTERNATIONAL**

**What You Need to Know**

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**NORTHWEST**

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**CLUBS**

Below is a partial list of masters track and field or running clubs arranged by region. To have your club listed please send the necessary information to National Masters News, PO Box 2372, Van Nuys, CA 91404.

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


June 16-17. TAG Metropolitan Masters Championships, Randall's Island, New York City, NY. Masters, 7 Prospect Place, Brooklyn NY 11217.


July 1. New York Masters Relay Carnival, Randall's Island, NYC, NY. Masters, 7 Prospect Place, Brooklyn NY 11217.


August 23. TAC Mid-Atlantic Regional Meet, (9 am) and regular Pentathlon (2 pm), Delray Beach, FL. Randall Cooper, Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, FL 33435.


September 1-2. Rocky Mountain Masters Games, Denver, CO. Jim Weed, 11672 E. 22nd Ave., Aurora, CO 80010. 303/341-2980.

September 24. 14th Annual Southeastern Masters Championships, Charlotte, NC. 27602.

October 4-5. 15th Annual Southeastern Masters Championships, Delray Beach, FL. Phil Partridge, 337 S W 14th Ave., Boynton Beach, FL 33435.


October 24. All Comers Meet, W. Palm Beach, FL. L. Leonard High School, 1 p.m. Joe Valdez, 305/471-1891.

May 16-20. 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.


Mid-American Masters Indoor Meet April 2-3. TAC Colorado Indoor Open and Masters Meet, 10th Annual, Denver, CO. 303/371-3766.


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 20K in Schenectady, the Nike New Jersey 10 Miller, 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 65226.

September 1-2. Rocky Mountain Masters Games, Denver, CO. Jim Weed, 11672 E. 22nd Ave., Aurora, CO 80010. 303/341-2980.

West March 3. Foot Locker Track Festival, Cow Palace, San Francisco. All ages. P.O. Box 764, Los Alto, CA 94020.


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

MID-AMERICA


March 22. TAC Midwest Regional Masters Meet, Prospect Park, Columbus, OH. See May 5, John White.


June 14-17. Indy Senior Classic, Independence, Ind. Some masters events. See June 23.

June 30. Cleveland Track Classic, Cleveland, OH. Jeff Gerson, 6509 Marsol Rd., No. 306, Mayfield Heights, OH 44134. 216/324-2454.

July 10. TAC Midwest Regional Masters Championships, Chicago. W. Miller, 180 N. La Salle St., Chicago IL 60601. 312/234-2570.


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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.

DEADLINE

NMM 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 15th of the month before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
LONG DISTANCE RUNNING NATIONAL


April 1. TAC National Masters 10K Road Championships, Brooklyn, N.Y. N.Y. Masters, 77 Prospect Place, Brooklyn, N.Y. 11217. Entry form in March issue.


June 16. Grandma's Marathon, Duluth, MN. Las Vegas Special Events, 6528 White, 4865 Arthur Place, Columbus, OH 43202. 702/457-2600; 800-TTA-TRIP.

June 25. 24th American Masters Classic Championship, Kansas City, KS. Rich Ayers, 2413 North 57 Terrace, Kansas City, MO 64152.

July 2. Mid-America Masters Classic. 35-and-over. 1 p.m.

August 4. Nyack/Midwest Masters 5K Classic III, age 35-and-over. 1 p.m.


ATTENTION: TRACK COACHES AND FANS—Olympic Track and Field Trials June 25. Includes Airfare (from Mpls). Lodging tickets, L.A. tour, Transportation to and from coliseum. Price: $595.00, add $25.00 for Clinic. $524.00 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.
Larry Walker Qualifies for 20K Walk Trials

from JOHN KELLY


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 (56:27), 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 big moves 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 3:35.1 in the 1000y) were among the many other competitors who shined.
### PENN MASTERS INDOOR T&F CHAMPIONSHIPS; CARLISLE; JANUARY 8, 1984

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### LONG DISTANCE RESULTS

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

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| Apologies to any who missed because of advanced date.
**DID YOU HAVE DINNER AT ALL SOUTH MI. PUB & SHACK &**
### Marathon Trials

**JANUARY 15, 1984**

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<th>Age Group</th>
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<tr>
<td>M60-69</td>
<td>Linda Ann</td>
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**Subvet (30-39)**

- John Davis 4:48.3
- Ken Napier 60:14
- Ivan Huff 47:52
- Regina Joyce 2:57:08

**Seniors (60 and over)**

- John Gilkey 1:30:43
- Rudy Mondragon 1:11:37
- Joel Rosenbaum 2:57:00

**Mile**

-埴田克 3:50:59

**HALF-MARATHON**

**Masters (50-59)**

- Jerzy Sutek 46:24
- Joan Bondell 46:34

**Masters (60-69)**

- Evelyn Havens 67:00
- John Davis 71:02

**Women's Mile**

- Brenda Seidner 30:09
- Joanиг 35:29

**Mile Walk**

- Debra Worley 13:33
- Hazel Johnson 13:33
- Barbara Johnson 13:33

**Open Run 880 Trials**

- Bill Clark 20:30

**Results (10K and over)**

- Bob Farris 31:31
- Dave Neil 46:31
- John Davis 46:39
- Jack Ryan 53:39
- Joel Rosenbaum 2:57:50

**5 Mile Run**

- Derek May 1:04:08
- Alix Gravenstein 55:22

**10 Mile Run**

- M50-59: Thomas Dean 1:15:15
- M60-69: Mark Anderson 1:19:43
- W50-59: Sandra Copeland 1:12:33

**Open Run 10K**

- Bill Clark 32:27
- Tim Hughes 32:27
- Tom Whalen 32:27

**Open Run 15K**

- Bill Clark 32:27
- Tom Whalen 32:27
- Tim Hughes 32:27

**Open Run 20K**

- Bill Clark 32:27
- Tom Whalen 32:27
- Tim Hughes 32:27

**Open Run 30K**

- Bill Clark 32:27
- Tom Whalen 32:27
- Tim Hughes 32:27

**Open Run 50K**

- Bill Clark 32:27
- Tom Whalen 32:27
- Tim Hughes 32:27
No Caffeine
No Artificial Colors
No Artificial Flavors

No wonder 7UP has a clean, refreshing, unspoiled taste!

Don't You Feel Good About 7UP?