



NATIONAL MASTERS NEWS

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



69th Issue

May, 1984

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561 COMPETE IN NATIONALS; ROBINSON, FOLTZ WIN IN BOSTON

Bowers Sets Age 45-49 Mark

BOSTON, April 16. Roger Robinson, the 45-year-old running sensation from Wellington, New Zealand; and Vicki Foltz, a Washingtonian who just turned 40 in February, captured top masters honors in the 88th running of the Boston Marathon today.

Disdaining the 40-degree temperatures, cold rain and a steady headwind which slowed everyone's time by about two minutes, Robinson rolled to an outstanding time of 2 hours, 20 minutes and 15 seconds, one of the top 15 veteran marathon performances of all time.

The visiting English professor, who lectures about Shakespeare and other subjects, defeated his nearest age-40-or-over rival, Tony Gerrity, 41, of Devon, Pennsylvania by nearly five minutes. Gerrity's time was 2:25:12. Robinson placed 31st in the field of 6800 runners. Gerrity was 89th.

Coming in third in the masters division was Jim Bowers, 45, of Santa Rosa, California. Bowers stormed to a clocking of 2:26:29, 19 seconds faster than the U.S. age 45-49 record of 2:26:45, set by Utah's Bill Johnston on October 2, 1982. It was Bowers' second M45-49 record set in less than a month. On March 18, he toppled Ray Hatton's M45 10K mark of 31:26 with a solid 31:14 in San Jose, California.

Don Coffman, of Frankfort, Kentucky, fresh from a 31:29 masters win in the Azalea Trail 10K March 10 in Mobile Alabama, finished fourth behind Bowers in 2:27:13.

Bill Hall, the 43-year-old Duke University professor of anatomy, who had won the Boston masters title three years in a row — an extraordinary achievement, considering the race always attracts the top masters runners — was finally dethroned, coming in a very creditable fifth in 2:27:48, four-and-a-half minutes slower than his winning 40+ time of 2:23:19 last year.

Rounding out the top 10 masters finishers were: sixth, Mike Heffernan of Portland, Oregon (2:28:42); seventh, Richard Wenham of Col-

Continued on Page 19



Don Coffman, 40, Frankfort, Ky., 31:28.9, and Cindy Dalrymple, 42, Washington, D.C., 36:04, masters winners. Azalea Trail Run 10K, Mobile, Ala., March 10, at the awards ceremony.

Coffman, Dalrymple First in Azalea Trail 10K

Don Coffman, 40, of Frankfort, Kentucky won the masters division of the Azalea Trail Run 10K in Mobile, Alabama, March 10, in the time of 31:28.9.

Just over one minute separated first and fifth places. George Keim, 41, of Waynesboro, Penn., finished some twelve seconds after Coffman with a 31:41. Morgan Looney, 42, of Birmingham, Ala., followed by about the same margin in 31:53.5.

Continued on Page 14

Eastern Masters Indoors Draws 345

by BOB FINE

Three hundred and forty-five entrants made the twelfth Annual TAC Eastern Masters Indoor Track and Field Championships at West Point Fieldhouse, NY, March 18, the largest in the history of the event.

More women participated and more records were set than in any other previous meet, which took over seven hours to complete even with the excellent 8-lane facility at the U.S. Military Academy. Twenty-two heats were held in the 60-yard dash, and

Continued on Page 15

41 States Represented

PRINCETON, New Jersey, March 25. The largest masters indoor track and field meet ever held was hosted this weekend by Princeton University's Jadwin Gymnasium.

The occasion was the annual TAC National Masters T & F Championships, which drew an astonishing 561 competitors from 41 states, Canada, Great Britain and Puerto Rico.

The two-day event, hosted by the Shore Athletic Club and co-sponsored by Adidas, Seven-Up and the Princeton Hyatt Regency, surpassed the previous indoor high of 420 athletes at last year's Indoor National Championships at Lehigh University.

The meet was generally regarded as one of the best-run, best organized masters meets ever held. Although the meet was 36 percent larger than any previous meet, the efforts of 75 volunteers and officials each day kept the meet on schedule without missing a beat.

"The New Jersey TAC officials, who were coordinated by sub-master race-walker Randy Krakower, put out a tremendous effort," said meet directors Ron Salvio and Matt Brown. "Our thanks for their professionalism and dedication cannot be expressed adequately."

Salvio said the over 40 Shore AC volunteers who handled all the odd jobs made the meet run smoothly. "To

Continued on Page 15

It's Cotton Time Again

The Cotton Row 10-Kilometer Run will once again draw an outstanding masters field for its 5th running on Memorial Day, Monday May 28, in Huntsville, Alabama.

Entered are Bill Stewart, Don Coffman, Stephen Lester, Morgan Looney, and Jack Bacheler in the 40-44 age division; Elfrieda Wyner, Julie Emmons and Mae Cleveland in the female 40-44; Dan Conway, Jim Ewing, and Adrian Craven in the 45-49 division; and Nancy Parker in the female 45-49.

This race is part of the 1984 NIKE MASTERS SERIES and entries will be accepted through May 15. (See entry form in this issue.) □

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NATIONAL MASTERS NEWS

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BLIND ATHLETES

The National Masters News is to be commended for discussing problem areas which have surfaced as a result of blind athletes competing in masters events.

It is right that we should expect more than slip shod rules at the level of World competition, with the hope that athletic honor and goodwill may prevail.

The key question is fairness.

I served with Payton Jordan, in a minor role, at the 1968 Olympic training site. He is knowledgeable and respected as a person and coach. If Payton says a race was unfair, it is not said with petty reckoning.

The United States Association for Blind Athletes recognizes international competition as an important goal for our blind athletes. We look to the day when blind athletes are permitted to compete in the Olympic trails. USABA rules permit the use of guide runners in track and road races. Common practice is to use a tether cord of non-elastic material. The cord is attached to the blind runner and the guide. During the race, the guide must remain parallel or slightly behind the blind runner. It is at this point that is the crux of the NMN article. The rule does not seem unfair and, thus, I disagree with Conley concerning the size and age of the guide. Size and age have little to do with the illegal guiding of a blind runner.

Our main chore is to educate all competitors, both blind and sighted, and to develop qualified officials, who will enforce the rules, and thus eliminate peer judgement. Masters track & field must set up the rules. If the meet cannot accommodate the disabled, then they should not compete.

Blind athletes do not want an edge. They are not as concerned with being "blind athletes" as they are "athletes who happen to be blind."

*Don Holst, U.S. Track Coach
for the 1984 Blind National
Championships and the 1984
International Games for the Disabled*

Your article (April, 1984) on blind sprinter Frtiz Assmy was in bad taste, to say the least. Conley's criticism is garbage and the whole thing seems like a copout.

Assmy, 68, gave away two years to Jordan, 66. He was running with a new guide, and he was running in total darkness. Try that sometime, especially around turns.

True, he's behind his guide as they

run the turn. If the guide ran next to him around the turn, there would be no tension and Assmy might run right off the track.

Rather than ask "Is it Guiding or Tugging?" I think you should do a complete story about him from the time he lost his sight, how he got into running, how he learned to run with a guide, etc. His is a story that could be an inspiration to those who have never run against him or seen this great little man run.

I have had the pleasure of running against both Jordan and Assmy. I find both are true gentlemen and true champions. What would Conley do? Eliminate all handicapped persons from the Masters program?

Jordan suggests that another guide, one in Assmy's age bracket, replace his son. That's simple: who the hell is fast enough to guide him, except perhaps Payton?

Remember, in 1985 in Rome, he will compete in the age 70-74 age bracket, so all we 65-69 year-olds can relax and just worry about Payton.

*Alfred Guidet
California City, California
(Your suggestion to do a story on Assmy is a good one, and we will try to do so in a future issue. We personally feel Assmy is inspiring to watch, and earnestly hope he continues to run in Veterans meets for years to come. But we also feel the article fairly aired legitimate questions by two men of impeccable reputation — questions which have been simmering below the surface at Veterans meets for five years. It is a purpose of NMN to publish all views — popular or not — on the subject of veterans athletics. If those views offend someone, as these did you, then the opposite opinion also gets aired. By this method, we hope to discover truth. — Ed.)*

CHEATING

What is happening to the morals of many of our road runners these days? I used to think that runners could do no wrong; they didn't smoke, drink to excess, lie, cheat, or steal. I guess I've been naive.

The number of unregistered runners, unfondly called turkeys, seems to be on the increase in our area. Runners think they can take a training run in the middle of a road race, and that if they don't use a sanikan or take a drink at an aid station, it's okay to be on the course.

It's an ongoing project to educate our runners that race organizers have paid for the use of that street and that

park, and that unregistered runners are not welcome on the course or anywhere near the finish line. It confuses timers and other competitors. What I don't understand is why registered runners don't put pressure on these cheaters.

Please, masters, don't let yourselves be grouped with those young turkeys. I want to continue holding runners in high esteem.

*Carole Langenbach
President, NW Assoc/TAC
Seattle, Washington*

SUBMASTERS

There are no records of times, jumps or throws kept on sub-vet athletes; on-Continued on Page 5

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Vasquez, Poppers Win National 20K

Sal Vasquez, 44, and Betty Poppers, 41, won the TAC National Masters 20K Championships in Sacramento, California on March 25. The race, the Capital City 20K, was also the TAC National Open championships.

Both winners were close to masters course records. Vasquez's time of 1:06:35 was ten seconds over Darryl Beardall's record set in 1982. Poppers 1:19:09 was eight seconds above Karen Scannell's 1982 winning time. The race was run under partly cloudy skies with unseasonably warm temperatures in the 60s.

Jim Bowers, 45, won the M45 division in 1:08:10 over 47-year-old Beardall's 1:10:55. But, M50 winner, Ray Hatton, 52, was second master in 1:08:03. The other 1984 20K champions are Pat Devine, 55, 1:16:13; Flory Rodd, 60, 1:25:21; John Holoubek, 67, 1:26:14; Mac Osborne, 70, 1:31:01; and the indomitable Paul Spangler, 85, 2:07:49.

The W40+ races featured some of the best runners on the West Coast. In the W40, Shirley Matson, 43, was second to Poppers in 1:20:15. Scannell was third W40+ with her W45 win over fourth Christa Romppanen, 45, 1:21:33. Ruth Andersen, 54, took her division in 1:31:42, and Margaret Miller, 58, running uncontested, logged, nevertheless, a strong 1:29:22 victory.

The West Valley Joggers and Striders teams won both men's and women's 40+ titles in course record times. The men of Fleet Feet-Yorba Linda took the M50-59 title, and the Nor Cal Seniors won the women's counterpart.

Both overall men and women winners set course records: Ivan Huff, 24, with 1:00:35, and Patty Gray, 21, with 1:10:49, which bettered Laurie Binder's '82 time of 1:13:02. □



The Fleet Feet team from Yorba Linda, Calif., won the M50-59 title in the TAC National Masters 20K Championships in Sacramento, March 25. From left: Jack Resh (1:19:44), Wally Ingram, Pat Devine (1:16:13), Jim Brownfield (1:14:00), and Curt Brownfield (1:21:33).

BOWERS SMASHES 10K MARK

SAN JOSE, California, March 18. Jim Bowers is still at it. The TWA pilot from Santa Rosa, California turned 45 last November, and, if he's lost any speed, he isn't letting on.

In today's San Jose Mercury News 10K, Bowers raced to a new U.S. age 45-49 10K record of 31:14, winning the masters (age 40-and-over) division by 17 seconds over another national-class masters star, Sal Vasquez.

Bowers' time was well below last year's M40+ winning time of 32:37 by Bill Rostege, who settled for third this year with a 33:10. Nick Winter nipped Bill Jenny by one second for fourth in 33:26.

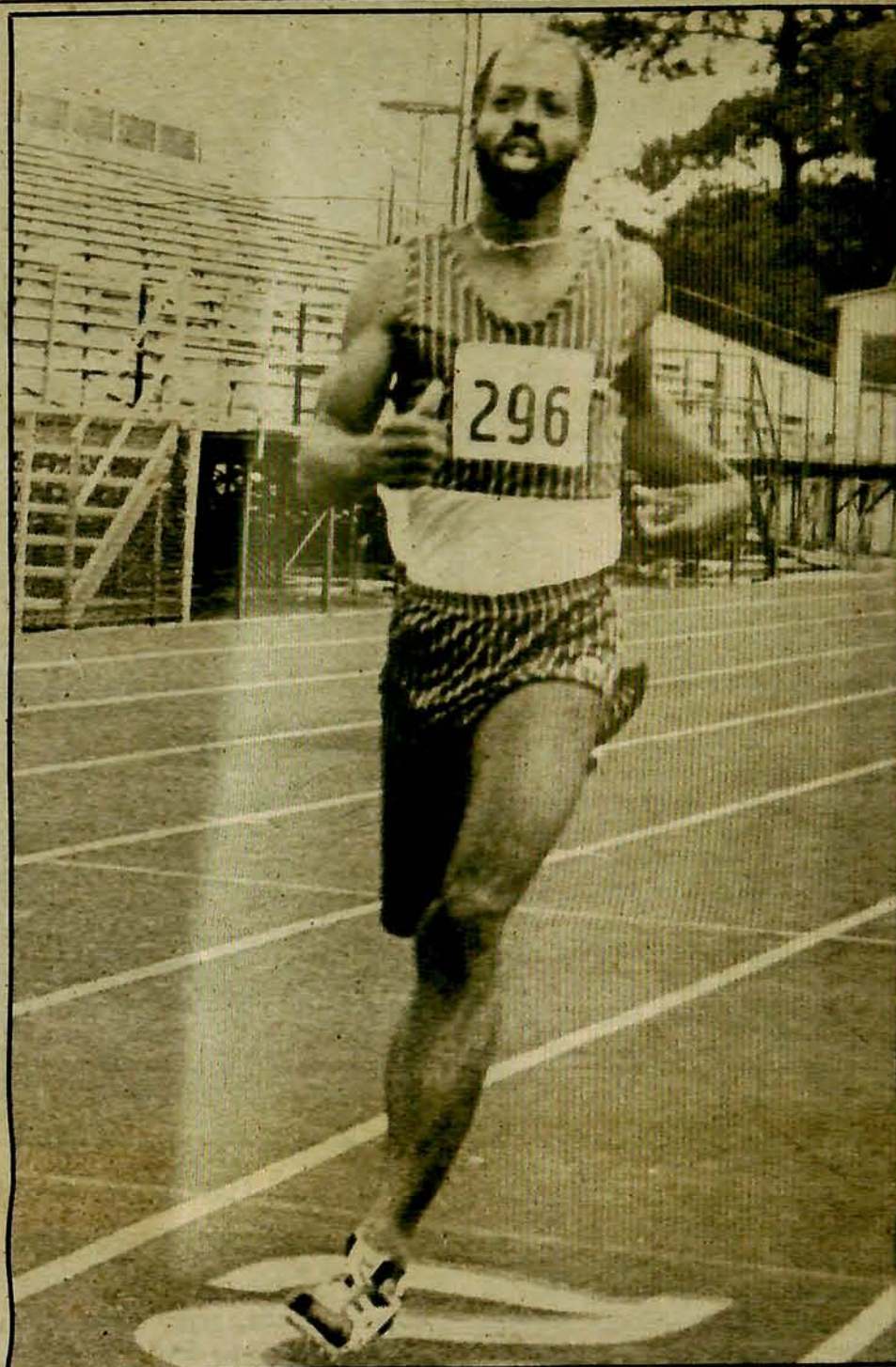
This year's M50+ top three repeated their places for 1983 with somewhat slower times. Ulrich Kaempf was again the winner, in 34:52 (33:41 in '83); Eugene Silver finished second in 35:58 (35:56 in '83); and Bob Farrington took third in 36:17 (36:10 in '83).

Carol Stroud captured the W40+ division in 40:28 in a close race with Gigi Luhtala, who recorded 40:37. Shirley Church reduced her '83 fourth place time of 44:33 to take third in 42:11.

Susan Brown was fourth in 42:46, and Jackie Rhoades shaved seven seconds from her '83 third place time but had to settle for fifth with 44:05.

Jaclyn Casselli duplicated her last year's W50+ win with a 48:14 (47:27 in '83). Darlene Dyer's 51:30 earned her a second, and Georgia Abrams' 53:04 notched her a third. Annette Totton, who was fifth the previous year in 54:46, moved to fourth this year with an improved 53:34.

The event drew 8000 runners. Duncan MacDonald repeated as open winner in 29:22. Charlene O'Brien dethroned Eileen Clausus, '83 female winner in 34:02, with a slower 35:22. □



Ron Beadle

Heffernan, Foltz Capture Emerald City Titles

Mike Heffernan, 43, of Portland, Oregon, and Vicki Foltz, 40, of Monroe, Washington, took the men's and women's masters titles at the Emerald City Marathon in Seattle March 18. It was the second straight Emerald masters win for Heffernan.

Heffernan's time of 2:34:33 was

about two and a half minutes faster than second Robert Hughes, 43, in the closest race of all 40+ divisions. Foltz won in 3:08:06 but her closest competition came from W45 winner, Nancy Hellyer, 48, who ran a strong 3:10:08 for second W40+.

Continued on Page 18

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Parmalee And Zimmerman in Close Chopperthon

by PAUL MURRAY

The 1984 Price Chopperthon 30K road race from Schenectady to Albany, New York on March 18 featured several outstanding performances by Masters competitors. The closest contest of the day was a start-to-finish battle between Charles Parmalee, newly turned 40, from Morris N.Y., and 42-year-old Ralph Zimmerman, from Buffalo, N.Y.

The two ran side by side for most of the race, neither knowing that the other youthful looking runner was a fellow Master. Parmalee edged Zimmerman for top honors by a mere eight seconds.

"If I had known he was in my age group," said Zimmerman after the race, "I might have run a little harder." Parmalee's 1:42:22 established a new age-40 record for 30 kilometers. Tom Durie of Rocky Hill, Conn., took third with a 1:43:55, while Peter Jeffer's 1:45:25 set a new national mark for 44-year-olds.

Among the Masters women, there was no contest as Elaine Kirchen, New York City, finished eighth overall in 1:57:49. Her time was just eight seconds shy of the national W40-44 age-group record set in last year's Price Chopperthon by her former Warren teammate, Cindy Dalrymple.

In the M45 age group, Don Wilken, Slingerlands, NY, took first place in 1:50:45 with Bryant Wood, Ballston Spa, NY, capturing second in 1:52:23. The Capital Track Club trio of Parmalee, Wilken and Wood retained the Masters team title in a tight race with Buffalo's Belle Watling Club. Ann Drapeau, Delmar, NY, led the W45 women with a sparkling 2:20:18.

Fifty-three-year-old Rayma Dixon, Peterborough, Ontario, was the second fastest Masters woman, easily winning her age group with a North American record time of 2:16:58. For the second consecutive year, Rudy Becker, 51,

Continued on Page 21



Thom Jones, M40

Buckley Wins Northwest 15K

from CAROLE LANGENBACH

Jerry Buckley, 41, a visitor from Juneau, Alaska, pulled away from local runner, Evan Shull, 40, at the 5-mile mark to win the 5th Annual Northwest Masters 15K in Seattle, Washington, March 24, in the time of 53:53.

Shull's time of 53:47 was about a minute better than that of third-place Will Bentz, 52, Kirkland, Wash., who narrowly edged Larry Webster, 50, Seattle, by eight seconds and Al Huff, 46, Seattle, by ten seconds.

Julie Stiles, 41, Seattle, was the first woman in 1:00:31. Dick Bartholomew, 64, Seattle, the oldest finisher, ran a

1:12:26.

This event, directed by the Snohomish TC, began as the TAC National Masters 15K Championships in March, 1980, when Dan Conway from Wisconsin snatched the title from local Snohomish TC'er Dave Hamby in a meet record 48:47.

The field has dwindled to around 50 competitors, but those who run the race come back year after year for a scenic certified course along Seattle's Lake Washington a no-frills, reasonably-priced, quality race. This year's entrants ran on a sunny day with temperatures in the low 50s. □

231 Compete In New Jersey

by RON SALVIO

HIGHTSTOWN, New Jersey, March 11. Margaret Lopez shattered an American age-72 record to highlight the New Jersey Masters Indoor Track & Field Championships today at the Peddie School.

Lopez clocked an excellent 8:07 for the mile run to demolish M. Probst's indoor 1982 mark of 11:49 as 231 entrants showed up for the 4th annual event.

Fifty-one meet records were broken; 16 by women and 35 by men. Robert Williams, 44, sped to the fastest 50-yard dash of the day in a 5.8 seconds, Bob Rudrow, 33, clocked the swiftest 50-yard hurdles in 6.7, and Scott Thornsley, 31, notched the speediest 300-yarder in 35.3, only 0.5 faster than Williams' meet-record-breaking-and-M40 win in 35.8.

Ken Baker broke Matt Brown's age 45-49 600-yard record of 1:28.3 by four full seconds in 1:24.2, while Edith Novak lowered the W35 mark to 1:58.0.

Harold Nolan, 37, turned in the best 1000-yard run of the day, breaking the M35 meet record by ten seconds in 2:25.1. Kelsey Brown's 2:50.1 lowered his own meet mark by two seconds.

Nolan doubled with a 4:28.7 mile. Frank Mari also won the 1000 (2:53.0) and mile (5:23.0) in the 45-49 bracket.

Brad Hall, 30, and Ron Shenk, 39, each vaulted 14 feet to win his age division.

Glen Stone, 33, high-jumped 6'4". In the mile walk, Olympic hopeful Ray Funkhouser, 34, clocked 6:24.3; and Marie Henry, 60, 10:49.6.

Shore AC won the M30-39 and M40-49 team titles. □



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Winner Jerry Buckley, 41 (r), in 53:33, with 2nd place Evan Shull, 40, 53:47, at five miles. Masters 15K, Seattle, Wash., March 24.

Photo by Carole Langenbach

WRITE ON!

Continued From Page 2

ly age 40 and over. We train hard and pay our way to the big meets, just like the over-40's. If the sub-vets got more coverage, more would participate.

Rob Jackson
New York

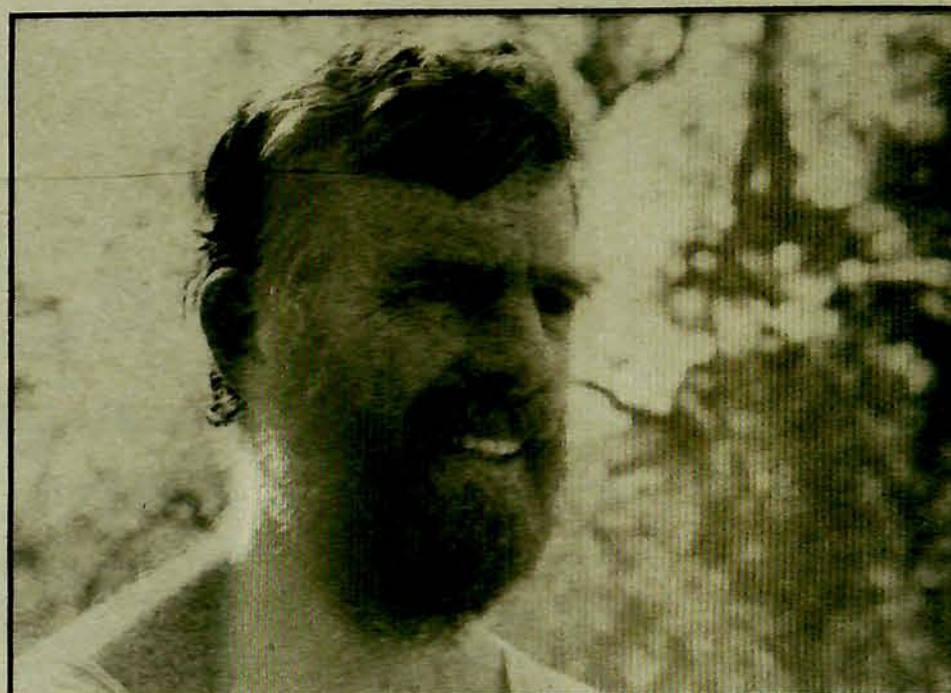
(All Masters T&F meets in the U.S. provide competition for any man or woman age 30 or over. The T&F age division records — to be published in June's NMN — start at age 35. The single-age T&F record book starts at age 35. The submasters are as much a part of the U.S. masters T&F program as any other group. Still, if we've been lax, NMN will try to provide even more coverage of sub-masters activities in upcoming issues. — Ed.)

ed its credibility. Its efficient operation sets a benchmark which I sincerely hope challenges other meets to reach.

Such an event requires huge personal inputs. There is no way I can mention all those involved. However, let me simply mention five who stand out in my memory.

Thank you Matt Brown, Ron Salvio, Ray Funkhouser, Bill Fitzpatrick and Joe Krans. It was a job well conceived and executed. Thanks also to your many faithful helpers.

Bob Boal
Wake Forest, North Carolina



Skip Shaeffer.

Photo by Richard Lee Slotkin

Continued to Page 24

TOO MANY AGE-RECORDS?

There is a proliferation of record keeping that makes no sense. If, say, the WR for some event in the 75-79 age division is better than the record in the 70-74 division, then why recognize the mark in the 70-74 division as a record? In such cases we ought to list the record as being for 70-79. Otherwise we might as well have records for EVERY age, including such things as 72 years, 6 months, 1 week, and 21 hours. On the other hand, such a method would give me my only hope.

Sid Gendin
East Lansing, Michigan

MALE CHAUVINIST

Usually I enjoy Mike Tymn's column, even though he is the consummate competitor and I think Masters track and field involves athletes at a variety of levels of ability.

His article in the March issue cannot go unchallenged. Its argument is absurd and very disturbing to those of us who have been interested in and involved with women's competition for some time.

Sex is not more of a handicap than age, Mike. It's thinking like yours that relegated women's sports to the gymnasium corner, the broken lockers, the part-time unpaid coaches, and the poor facilities for so long. Now that women are beginning to realize the opportunities that men have had for so long, give them a break, huh? Hal Higdon had his day. Give Joan Benoit a chance to have hers.

John Jacob
Oak Park, Illinois

INDOOR NATIONALS

The Indoor Nationals at Princeton University, March 24-25 were superbly organized and operated. It was a privilege to participate. This event greatly advances our sport. Our program of Masters Athletics has improv-

COTTON ROW RUN

Memorial Day

Keim, Conway, Stewart, Lester, Coffman and Ewing plan to be in Huntsville May 28. Why don't you join us, too!!

★ ENTRY FEE: \$8 for 10K. ★ REGISTRATION DEADLINE: May 15, 1984.

Part of 1984 Nike Masters Series

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Club or Affiliation Height - ft. in. Weight Shoe Size - Date of Birth - -

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I, individually, (and/or as parent, and/or guardian of the named minor) for and in consideration of acceptance of this entry in the aforementioned event, do hereby release, remise, waive, and forever discharge the HUNTSVILLE TRACK CLUB and the FIRST NATIONAL BANK and any and all other supporting groups of this said racing event, together with all of their officers, agents, officials and employees, from any and all liability, claims, demands, actions, or causes of action whatsoever arising out of, or related to any injury, illness, loss, or damage, including death, relating to participation in the aforesaid event. I further state I am in proper physical condition to participate in this event.

Signature Date

(RUNNER OR PARENT/GUARDIAN IF UNDER AGE 19)



THE GUN LAP

by MIKE TYMN

Tommy Kono Talks About Competition

Editor's Note: This month, Mike Tymn interviews Tommy Kono, two-time Olympic gold medal weightlifter. Although Kono does not participate in track & field or competitive running events, he has some views on athletic competition, including the effects of aging on strength, which should be of interest to NMN readers.

Don't look for the United States to do particularly well in weightlifting at the Olympic Games in Los Angeles this summer.

That comes from Tommy Kono, a man who should know. Kono was the Sugar Ray Robinson of weightlifting back in the 50's. Just as Robinson barely missed becoming world boxing champion in three different weight divisions, Kono just missed winning Olympic gold medals in three different divisions. At Helsinki in 1952, Kono took the gold in the lightweight division. He then beefed up to become a light-heavyweight and win another gold at Melbourne four years later. In the 1960 Games at Rome, he dropped a few pounds to become a middleweight and brought home the silver medal. There were many followers of the iron sport who felt that, pound-for-pound,

Kono was the strongest man in the world.

Now 53, Kono lives in Hawaii where he serves as physical fitness and sports program coordinator for the City of Honolulu. Among his duties is coordinating the use of city streets for the many road races held in Honolulu

"You've got to go behind the Iron Curtain to understand it."

throughout the year. After retiring from competition in 1965, Kono coached the Mexican national team for the '68 Olympics, the West German team for the '72 Olympics, and the U.S. team for the '78 Games. He was asked to serve as contest director for



Tommy Kono listens to a young competitor.

this year's Games, but because it required him to be in Los Angeles some six months in advance, he had to turn it down. Kono agreed, however, to be assistant contest director.

As Kono sees it, the United States ranks between 10th and 14th in the world in weightlifting. He expects the Soviet Union and Bulgaria to be battling it out for top honors in Los Angeles, with the East Germans right behind them. Other countries expected to make strong showings include Poland, Hungary, Cuba, and Japan.

So what's happened to the once powerful United States lifters?

"You've got to go behind the Iron Curtain to understand it," says Kono, who has been there as both competitor and coach. "When you see the way they live and what the athlete gets for accomplishment, it's no wonder they do as well as they do. An Olympic

champion gets a car, an apartment, a cottage of his own, and other material things the average worker can't get. You'll find several families living together in very crowded conditions in Moscow and other places behind the Iron Curtain. The athlete would rather spend time in the gym working out than stay at home under those conditions. And he knows that the only escape from it is to succeed. The motivation is much different for them. We have all those things, so there isn't quite the same incentive to achieve.

"Our lifters haven't really progressed very much in the last 20 years. Even a small country like Cuba can beat us. I think our boys have their sights too low. You know, it used to be that our lifters did well because they were Americans. Now, it seems that because they're Americans they do lousy. I think this steroid thing has given our boys an excuse to fall back on."

Kono says that steroids were unknown in his day. He's concerned that Iron Curtain countries are constantly experimenting with steroids and may have found a way of using them to the benefit of lifters without detection at the time of competition. And, he's not sure that they're as harmful as made out to be by the Olympic committee and projected by the press.

"The problem is we're not having our scientists study it like the other countries are," Kono says. "If you're an American, you're taking it on your own and you really don't know how much to take. The Soviets and East Germans monitor it for their athletes. I don't know if there is a safe level or one that can go undetected. Unless we get our scientists doing some research on it, we'll never know."

Kono also points out that lifters in the Iron Curtain countries are either students or in the military service with more than ample time to train. Most of our lifters must hold down jobs and are on their own, although the more promising ones do have the opportunity to train full time at the Olympic training

Continued on Next Page



Tom Sturak, 45, eases to victory ahead of Leonard Walts and John Harper in the M50-54 800 meter run in 2:16.4.

Continued From Previous Page

center in Colorado Springs. And while many of our runners are subsidized by shoe companies, lifters do not have the same advantage. "Barbells don't sell or wear out like shoes, so the barbell companies don't have the same promotional considerations," Kono says with a laugh.

Until 1972, Olympic weightlifting competition consisted of three lifts — the press, the clean & jerk, and the snatch. The winner was judged by his total in the three lifts. In winning the light-heavyweight title at Melbourne, Kono pressed 308½ pounds, snatched 292, and jerked 385¾ for an Olympic world record total of 986¼ pounds. His best total, though, came in 1961 at an international meet in Moscow when he put up 1,013 pounds, including 336 in the press.

The press has been eliminated from competition because of the difficulties of judging it. (The difference between the press and a jerk was not always clear.) Lifters are now judged on the total of the clean & jerk and the snatch. Just as track & field records have been extended significantly in the past few decades, so have lifting records. For example, Yurik Vandonyan of the Soviet Union won the 1980 Olympic light-heavyweight gold medal with a world-record 880 pounds for the two lifts.

Exactly what part steroids have played in the advancement of the records is not clear, but much of the improvement is undoubtedly due to the research and concentration applied to the sport by the Communist countries. Kono points out that while technique and lifting styles have remained the same, there is now more emphasis on speed work. Also, today's lifters incorporate such activities as running and

volleyball into their daily regimen for cardiovascular fitness.

At the same time, there is more specialization in the iron sports today. Besides being a champion weightlifter, Kono won numerous physique contests. He was Mr. World in 1954 and then captured three Mr. Universe titles between 1955 and 1961. Today, you are either a weightlifter, a powerlifter, or a bodybuilder. If you expect to be a world champion in one, you must specialize.

But Kono feels that the records are as high as they are today simply because athletes have set their sights higher and higher. "It's just like the

"I don't think I could adjust to thinking 300 pounds when I know I could once do 380-400."

four-minute mile," he says. "No one thought it could be done, but now it's way below four minutes. It's up to us what we want to do. We set our own goals. Our standards were too low, but they served as stepping stones to the records of today.

"I was talking to Pete George (Dr. Peter George, another Honolulu resident, was also a gold medalist in weightlifting in the 1952 Olympics) a few years ago and I said, 'Pete, what do you think we'd be doing if we were young and lifting today?' He said, 'Tommy, we'd be lifting just as much as they are today because we'd be thinking in today's standards.' I think that's true. Larry Barnhold, Pete George's coach, once said that we won't be at the ultimate until our arms

pull out of our sockets. If you can believe that, there's still a lot of room for improvement in the records."

Born and raised in Sacramento, Calif., Kono was a sickly asthmatic child who frequently missed school because of his condition. At the age of 14 he sent a penny postcard to Charles Atlas to find out about his program for building men, but the \$36 Atlas asked to find out about his program was more than young Tommy could afford. Then one day shortly after the end of World War II, Kono discovered some weights in the basement of the Sacramento YMCA. He found that intense training with weights helped him overcome the asthma.

The rest is sports history. Besides his Olympic success, Kono won six world championships and established 26 world records over four bodyweight classes. Two years ago, a European sports journal attempted to rank the top lifters of all time. Kono was listed as number one.

Kono hung up his lifting belt in 1965. "It was hard the first couple of years," he says. "Everytime I'd hear the barbells clanging, I was like an old firehorse. I'd get all worked up and had the urge to make a comeback. I got over it though."

Most top weightlifters, Kono says, leave the sport by the time they're 35 because they begin to lose the speed and reflex action required. He adds that in powerlifting, which requires primarily strength, some athletes continue to improve into their 40's.

Today, Kono is content to spend 45 minutes three times a week lifting for conditioning purposes only. He says that he has no interest in masters competition, which is for weightlifters over 35. "My knees are shot and wouldn't

take it any more," he explains. "But I wouldn't be interested in it anyway. I don't think I could adjust to thinking 300 pounds when I know I could once do 380-400. And you start thinking about the possibility of injury when you get up to certain weights. It's different when you're young. You're willing to take the risks. Not now. The enthusiasm isn't there and the self-preservation stuff comes out and affects your performance and concentration. You say, 'Hey, what am I doing this for? I don't need it. What am I trying to prove?'"

For sure, Tommy Kono has nothing to prove. □



Winner Jerry Buckley, 41, at Masters 15K, 53:33, Seattle, Wash., March 24, 1984.

Photo by Carole Langenbach



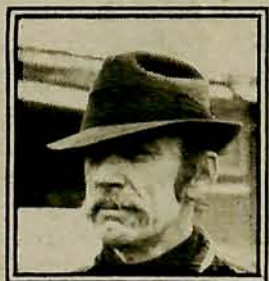
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On Approaching Every Problem With an Open Mouth

by W. MacDonald Miller

Sanity

I am not, by any stretch of the imagination, what you would call your unfriendly person. Neither would I go so far as to say people are petitioning to have me officially labeled a resident Saint.

The fact remains, my mother and one of our four children think I'm not exactly all bad either. I admit, I can be outlandish and inappropriate, I'm extremely sensitive and my emotional moods are like the path of an unsafe roller coaster. By and large, however, the consensus of opinion with most people, the majority of time, would not see me, I repeat, as an unfriendly person.

People on occasion have disagreed with my views and opinions. Over a period of time, humorless and superficial persons have attempted to pin a label on me. I've been called an elitist, a male chauvinist, anti-semitic, an all-around anti-minority, cynical, arrogant, heavy-handed tasteless jerk. There have been many well meaning requests over the years as to what I should do with my column.

But in spite of them, I continue this

labor of love. Remember, I never, for one moment, pretended that these ideas I have shared with you unappreciated would be anything but what they were intended to be—gospel. I never once approached delicate subjects under the oldest cover of them all: Self-Help.

You'll not catch me discussing events like Masturbation Workshops and out and out filth of this order, simply to get your attention. I never

tried to beg for your acceptance with cute oxymorons like "was it good for you too?" Cheap theatrics and borrowed lines are not my style, never had it, never will, so to speak.

I have learned from experience that certain people should be avoided. Not because of any imagined elitism or chauvinism on my part, but strictly from the standpoint of whether or not you are going to keep your sanity. For example:

Anyone who asks what your best 10K time is, should be avoided.

Anyone who uses the word *do*, as in dog do-do, instead of run, as in "Are you going to *do* Boston?" should be avoided.

Anyone who has seen "Chariots of Fire" or the "Sound of Music" ten times should be avoided.

Anyone who insists on chopped liver (or even desiccated liver) during a running tour in Peru should be avoided.

Anyone who refers to Shorter, Rogers, Salazar, Meyers by their first names, and the world's best intermediate hurdler as Moses Malone, should be avoided.

Anyone who, in the face of some obnoxious public display of what runners call "pigging out," offers to pick up the \$200 bill, should be avoided.

Any wife who claims she'd rather have her husband run and resemble a shriveled up prune than go to bars should be avoided, especially at sex workshops.

Any husband who claims "It's there, anytime I want it," better be talking about his Gatorade. He also should be avoided.

Anyone who claims they started running more than 10 years ago should not only be avoided but don't let him do your tax return—he can't count.

Avoid people who say "awesome" in reference to people like Barry Manilow.

Avoided good looking women who are friendly—there has to be a sting involved.

Avoid people who still read "Runner's World" and have run the Boston Marathon more than three times.

Avoid anyone under thirty who knows what HYP means. Better yet, avoid anybody who has ever had anything to with the Ivy League.

Avoid anyone who would chase a hat more than a mile, as well as anyone who rounds his time up instead of down. In other words he refers to his 2:59:59 marathon as "right around 3 hours" instead of "in the 2:50's" like the rest of us do.

Avoid people who try to be clever on a license plate or, worse yet, have a telephone in their car.

Avoid anyone over 16 who wears knee socks, more than 3 chains around their neck or has given someone a Goretex running suit as a gift.

Avoid people carrying pole vaulting poles in airports.

Avoid runners who wear painter caps and wristbands, and especially guys who wear legwarmers.

Avoid anyone who would pay more than 50 bucks for a pair of running shoes.

Avoid people who live in Fargo, North Dakota and say they run the year round. Also stay away from people who claim they prefer to run alone.

That then, is my message: avoid people who are abrasive to life—without totally shutting out those people who may be a little anti-something, cynical, arrogant, heavy handed and tasteless at times. □

—1984—

NORTHWEST REGIONAL MASTERS & SUB-MASTERS TRACK & FIELD CHAMPIONSHIPS

SPONSORED BY
PORTLAND MASTERS TRACK CLUB / MT. HOOD COLLEGE
Held at Mt. Hood College / Gresham, Oregon

PTC

7UP

SCHEDULE OF EVENTS

FRIDAY NIGHT JULY 13	SATURDAY NIGHT JULY 14
6-8 PM Long Jump (Men & Women)	6-8 PM Triple Jump (Men Only)
Shot Put (Men & Women)	Javelin (Men & Women)
Discus (Men & Women)	Pole Vault (Men Only)
High Jump (Men 30-49)	High Jump (Men 50 & Up & Women)
6:15 3000 St (Men Only)	Hammer (Men Only)
8:00 110 Hurdles (Men Only)	400 Hurdles (Men Only)
100 Meters (Men & Women)	200 (Men & Women)
1500 (Men & Women)	3000 (Women Only)
400 (Men & Women)	Race #1: 5000 (Men 40 & Over)
	Race #2: 5000 (Men 30-39 & Men Over 40 Who Want To Be In This Race)
	800 (Men & Women)

*Times Determine Winners in Each Age Group in 5000's

HELD AT NIGHT - BEST POSSIBLE CONDITIONS... ALL WEATHER TRACK SURFACE

PLEASE PRINT

NAME _____

ADDRESS _____

EVENT _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

For Athletes Age 30 & Over
AGE (As of 7-13-84) _____

MALE _____ FEMALE _____

PHONE _____

Best 83 or 84 Mark if any

Total Entry Fee - \$10.00
Make Checks Payable To: Portland Track Club (Not to anyone else)
Send Entry With Check To: Jim Puckett c/o Mt. Hood College Athletic Dept.
26000 S.E. Stark St., Gresham, OR 97030

All entries must be in by Monday July 9th, 1984 - \$6.00 advanced payment for breakfast per person.
No Host Breakfast - 9 a.m. Sat. Heidi's in Gresham

I will attend breakfast
I will not attend breakfast
(Include payment for breakfast with entry fee.)

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

SIGNED _____ DATED _____

FOR ANY ADDITIONAL INFORMATION PHONE JIM PUCKETT AT AREA CODE 503/667-7354



Ruby Taki at St. John's Hospital 10K. No, she's not wearing an antennae, that's a street light.

Photo by Richard Lee Slotkin

Mammography can detect breast cancers even smaller than the hand can feel.



Low-dose breast x-ray, mammography, is giving hope that the leading cause of cancer deaths in women will be greatly diminished.

We urge women without symptoms of breast cancer, ages 35 to 39, to have one mammo-gram for the record, women 40 to 49 to have a mammogram every 1 to 2 years, and women 50 and over, one a year. Breast self-examination is also an important health habit and should be practiced monthly. Ask your local Cancer Society for free leaflets on both subjects.

The American Cancer Society wants you to know.



This space contributed as a public service.



Graeme Shirley, 38

Photo by Richard Lee Slotkin

1984 TAC National Masters Decathlon & Heptathlon Championships

Indianapolis IUPUI
Track & Field Stadium

JULY 7-8, 1984



- SPONSORS:** Hoosier Track Club, NIKE, TAC and the Athletic Annex Running Centre
- DIVISIONS:** 5-yr. age divisions for men and women age 30 and over
- SITE:** IUPUI Track & Field Stadium. Best facilities in U.S.! Host of the 1982 National TAC Meet, 1982 National Sports Fest, USA-USSR Track Meet and 1985 National Masters Outdoor Championships. Walking distance from motels and downtown INDY. Address is 901 W. New York Street.
- ENTRY FEE:** \$15.00. All entries must be postmarked by June 25, 1984.
- AWARDS:** TAC Championship medals to top three in each age group. NIKE track shoes to each champion.
- EVENT ORDER:** Oldest to youngest contestants starting with women
SATURDAY, 9:00 AM: Men's Decathlon - 100m, LJ, SP, HJ, 400m
 Women's Heptathlon - Hurdles, SP, HJ, 200m
SUNDAY, 9:00 AM: Men's Decathlon - HH, DT, PV, JT, 1500m
 Women's Heptathlon - LJ, JT, 800m
- SCORING:** Men 30-59 - IAAF scoring table (same as 1983 meet)
 Men 60 & up - WAVA scoring table (same as 1983 meet)
 All Women - WAVA scoring table (same as 1983 meet)
NOTE: Meeting at end of Saturday's competition to discuss future scoring of this meet
- FACILITIES:** Mondo Surface track - very fast, 1/4" spikes.
 Dual jumping facilities; concrete SP & DT surface.
 Javelin approach is Mondo.
- LODGING:** Howard Johnson's - 501 W. Washington St. - (317) 635-4443
 Meet headquarters and within walking distance of track
 Check box on entry for additional housing information.
- INFORMATION CENTER:** Athletic Annex Running Centre (317) USA-0000
 Meet co-ordinator, Henry Hopkins (317) 839-7736

the athletic annex
running centre



DETACH AND MAIL
Please print

NAME _____ BIRTHDATE _____
 ADDRESS _____ AGE (as of 7/7/84) _____
 CITY _____ STATE _____ ZIP _____
 PHONE () _____ TAC # _____
 CLUB AFFILIATION _____ MALE ☐ FEMALE ☐

Please attach expected performances for seeding purposes.

I request additional lodging information.

MAKE CHECKS PAYABLE TO "HOOSIER TRACK CLUB"

THE FOLLOWING RELEASE MUST BE SIGNED FOR ENTRY TO BE ACCEPTED.

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

Signed _____ Date _____

SEND ENTRY WITH CHECK TO:

Henry Hopkins, 833 N. Center Road
 Plainfield, IN. 46168
 (317) 839-7736



SPEAKER'S CORNER

by BILL STOCK

CHEATING

Cheating at races is getting worse. The average runner is unaware of it, but those of us in the administrative end of racing are seeing more and more of it. It is almost an epidemic. The National Running Data Center's monthly bulletin devoted 2 full pages to the subject in the March issue. (Race directors and other professionals in our sport should subscribe to this epistle, and serious runners would also benefit. \$15/year from NRDC, PO Box 42888, Tucson, Ariz, 85733.) One quoted case illustrates the spreading disease: three award winners at the recent Long Beach marathon were disqualified for cheating! One L.A. race consultant is contemplating one set of "plastic awards" and then an hour later give out the real ones after all the protests are in and settled.

I've told you previously of bogus numbers and counterfeit finish tags. Would a person who does that hesitate to cut the course or only run the last short portion of a race? Their only hesitation would be to think about how to accomplish the foul deed. Race administrators are being forced into the position of being policemen and detectives, as well as judges. Very few races take place without hearing a protest ... "I was running in place in my division and suddenly I'm moved back a place. I never saw that person on the course!" Then we hear (gather) all the stories (evidence) we can and proceed to make a decision: throw 'em out or, if we're not sure, let it ride. From seeing, hearing, and handling many of these cases, I am absolutely certain we miss many cheaters because no one complains.

We do have one advantage on the cheaters. We see thousands of performances, locally and nationally. Names become familiar, as in who is going to question it when Shirley Matson breaks 35? Granted, I never see her after the first 100 meters of a race because she fades off into the distance. I sure do

watch her intently while she's still in sight, though! I see Dan McCaskill for an even shorter time, but who wants to watch Dan?

While we are working on results in a roped off area so we can concentrate on our work, (hint! hint!) periodically we see unfamiliar names. The first little red light blinks: "possible tilt", and we progress. We will mention it. . . "Anybody recognize__"? If none of the working professionals recognizes the name, the "2nd alert!" light blinks away and we standby for a protest after the awards. If the protest materializes, it's sort-out-city.

We followed a "ghost runner" for over two years on a national basis. The pro administrators' grapevine kept us posted on suspicious races and an "all points bulletin" went out. Evidence was gathered and finally when it was deemed sufficient, the hammer dropped and the "ghost" was nailed. It required cooperation from many race officials from San Diego to L.A., Arizona, Texas, and New York. It also included official safaris to races and camera set-ups by race directors thousands of miles away after being

alerted: "The Ghost is coming! The Ghost is coming!" When awards, course records, national records, and merchandise are being stolen on a national basis, it behooves us who care about the sport to expend some time and effort to keeping it clean. This case got so bad at one time that I had a call from a runner in the same age division wanting to know if the ghost was going to be at a certain race, that the caller was not going to go run if something was not being done to stop it. I think you can agree that becomes a sad situation, and one we cannot ignore.

It took the efforts of many local folks I will let remain anonymous, some of whom went well out on a limb, to catch "the ghost". I hereby acknowledge their expenditure of time, effort, and finances which certainly went well beyond normal conscience and call of duty. Hopefully, this particular case is closed. Prospective ghosts can be certain that this San Diego Masters LDR Chairman and all other San Diego officials, and a sizeable coterie of honest runners who want our sport to remain clean, will do all in our power to accomplish that goal. With a vengeance. Several steps are being taken which will catch and expose ghosts for the cheats they are.

What can Joe Average Runner do to help keep the thieves out of the awards? Be suspicious!!! If you see anything abnormal, report it to the

professional involved with the race. It just might be that your small bit of info was just what we needed to complete the puzzle and solve the case. After the ghost was nailed, I received information from two people who saw "it" pinning on "its" number while standing in a service station preparatory to entering the race! Had that gold-plated tidbit surfaced right after the race the ghost would have missed a few races.

What do you look for? You know what a bonafide runner looks like. He's sweating profusely after one mile. If it's raining, his shoes and specifically his socks are very dirty. As I've mentioned in previous columns, a real runner doesn't finish a fast race with a sweatshirt tied around his waist. He wouldn't suddenly appear ahead of you ... you've been running the whole race and have been watching those folks you've been trying to catch. FAST runners don't pop out of porta-johns or restrooms near the finish. Now tell me, is an award winner going to stop for ANYTHING 300 yards short of the finish? One cheating girl tried that little restroom trick!

I can assure you the administrators want to protect the honesty and integrity of their races and they want to protect you from cheaters. Give us the help we need to better serve you.

Stay alert and keep the eyeballs peeled, compadres. □

1984 TIME STANDARDS & ANALYSIS CHART

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• 50 DISTANCES FROM SPRINTS TO MARATHON

PERFORMANCE MEASURING SYSTEM

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Josephine Kolda

REPORT FROM AUSTRALIA

by JACK PENNINGTON

World Veterans Games medalist Tom Roberts just turned 50 and reeled off an 800 in 2:03.9, 1500 in 4:11.0 and 5000 in 16:47 in the Victorian Veterans Championships. His 800 time is less than three seconds off Bill Fitzgerald's world M50 mark of 2:01.0.

Dot Browne, W40, sizzled to a 4:41.7 1500 and 17:33 5K. She still represents Australia in the marathon with sub-2:50 times. Former international Judy Pollock, W40, clocked a 62.5 400 and 2:25.1 800.

Other good winners were:

Betti Woodburn, W60, 400 (77.5) and 800 (3:06); Jean Albury, W50, 5K (19:50) and 1500 (5:28); Stan Nicholls, M70, 400 (76.2), 1500 (5:53), 5K (18:20), 1500 (5:00) and 800 (2:25.5); Jack Stevens, M65, 800 (2:29) and 200 (29.9); Theo Orr, M60, 1500 (5:02);

Ted McDonald, M65, 5K (19:46); Fred Burgoyne, M70, 200 (31.2); Harry Gathercole, M75, 200 (31.3) and 400 (76.6); Hans Meiselbach, M55, 100H (19.6) and 400H (68.1).

In the Olympic Marathon trial April 8 in Canberra, Ron Robertson, 42, of New Zealand was the first veteran in 2:27:55. First Aussie vet was Bill Raimond, 47, in 2:30:30. Norm Gulbrandsen, 67, ran 3:13:15. Mora Main, W35, 2:41:25; Dot Browne, W40, 2:47:47; and Marie O'Donovan, W50, 3:26:52 were division winners. The qualifying time was 2:24; the winner clocked 2:15:50.

Over 700 are expected for the Oceania Masters T&F Championships here this month, including 100 from New Zealand and a contingent from the U.S.A. □

OGDEN WINS BRITISH CROSS-COUNTRY

by ALASTAIR AITKEN

In a head-to-head battle, Guy Ogden, 40, the Highgate Harrier masseur/osteopath, beat Taff Davies, first M45, by 11 seconds to win the British National Veterans Cross-country Championships over 10 kilometers in Wolverhampton March 11.

Ogden took the lead after half-a-mile and worked hard on the hills to hold off Davies, 1979 Hannover steeplechase and cross-country winner. Les Presland was third among the 194 finishers in the age 40-49 race. Ogden will be hard to stop in the 10K European Vets Championships in Brighton in August.

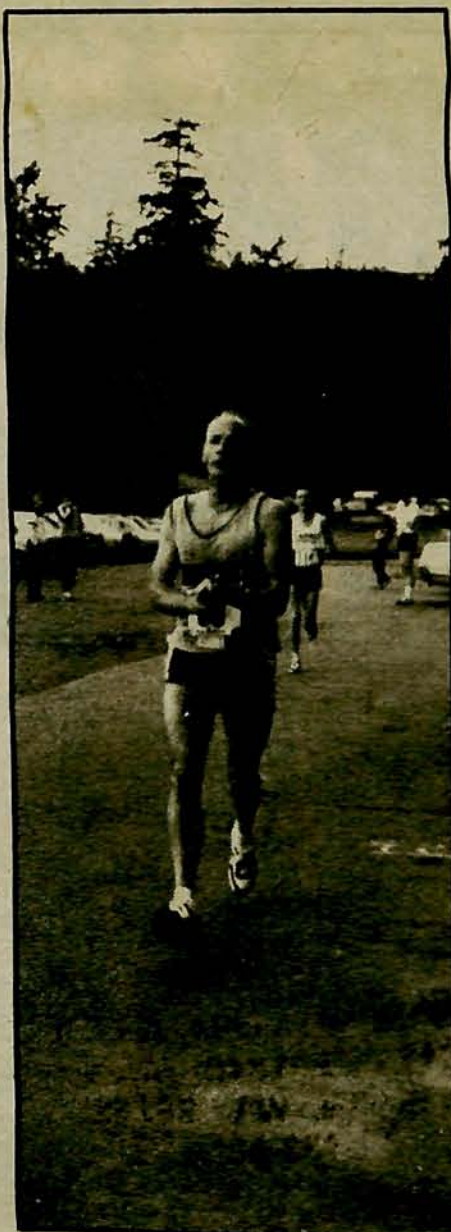
Aldershot won the 40-49 team title, with Blackheath second and Nottingham AC third. Nottingham's first runner was John Whetton, an Olympic 1500 finalist in 1964 and 1968.

Over 100 ran the age-50-and-over race over the same distance with world 50-54 steeplechase record-holder, Police Inspector Maurice Morrell, outsprinting ex-international 1500/road runner Dennis Crook in the last 300 meters.

Derek Wood, the 1981 IGAL world 50-54 champion, took a solid third, as the Blackheath Harriers won the team award.

Sheila Carey, ex-international Olympic middle-distance star, on only two training sessions a week, came back to running with a fine win in the Women's Vets National Championships, with Pat Gallagher second and Ealanor Adams third. Esmie Thompson, 47, was 8th of 52 finishers.

Veteran Margret Lockley ran 2:41 in the Barcelona Marathon, where Dave Clarke, 40, clocked 2:21:30. □



Lary Webster, 50, 4th, at 54:58, at Masters 15K, Seattle, Wash. March 24.

Photo by Carole Langenbach

LETC



LOUISIANA WORLD EXPOSITION



Masters Track & Field Championships
♦ MAY 26, 1984 ♦



NEW ORLEANS, MAY 12-NOV. 11, 1984

Date: Saturday May 26, 1984 Time: 2:00pm

Eligibility: Open to all men and women of 30 years of age and over, who are registered in the Athletics Congress. TAC applications will be available at the meet. All participants must have proof of age.

Age Divisions: 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 - OVER

Awards: Medals or Ribbons three deep depending on sponsorship.

Meet Facility: The Muss Bertolino Track in Kenner, La.

The track and runways are composed of synthetic rubber and the Javelin approach is grass. 1/8 inch spikes are permissible on track.

Housing: Call Abbott Tours at 800-535-8550 (out of state) or 504-525-2391 (in state calls).

Entry Fee: \$5.00 first event, \$3.00 subsequent events, \$12.00 per relay team. MAKE CHECKS PAYABLE TO: LOUISIANA LIGHTNING TRACK CLUB

Order of Events: Sections may be run seeded and age groups combined as needed. Schedule is subject to change as needed. Events will be run with women first, then oldest to youngest age groups. Events will begin at 2:00pm and remainder of schedule will follow in order as quickly as possible...running ahead of schedule if possible.

2:00pm	100m trials, Discus (Shot follows), High Jump
	Javelin, Long Jump (Triple follows)
2:30	200m trials
3:30	400m Relay, Pole Vault
3:45	1500m Run
4:15	110m Hurdles
4:30	400m Dash
4:55	100m Dash
5:10	800m Run
5:30	400m Hurdles
5:45	200m Dash
6:00	5000m Run
7:00	1600m Relay

ENTRIES MUST BE RECEIVED NO LATER THAN MAY 21, 1984. PLEASE ENTER EARLY!!!

PLEASE PRINT

NAME ADDRESS PHONE
AGE (as of day of meet) BIRTHDATE SEX CLUB
TAC #:

EVENTS: EVENT REST EVENT REST
RELAY TEAMMATES:

WAIVER:

I HEREBY WAIVE ANY CLAIM I OR MY HEIRS MAY HAVE AGAINST THE LOUISIANA LIGHTNING TRACK CLUB, KENNER RECREATION DEPARTMENT, TAC, THE LOUISIANA WORLD EXPOSITION, OR ANY OF THE SPONSORS FOR ANY INJURIES OR CLAIMS SUSTAINED BY ME IN PARTICIPATING IN THIS MEET. I ASSUME THE RISK IF ANY AND CERTIFY THAT I AM IN GOOD HEALTH AND HAVE BEEN EXAMINED BY A PRACTICING PHYSICIAN.

SIGNED

DATE



RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

Running and Diet

Scarcely a month passes but what another running magazine publishes an article on the role of diet and exercise. By and large these treatises are informative and well founded in both the science and the art of dietetics. In the following paragraphs I will inject some of my own preferences and bias into the subject.

A primary concern each day is providing enough calories for our energy demands. Because of the wide variation in my level of running activity, I plan for three levels of caloric requirements.

RESTING PHASE

During a base period or resting phase, the committed runner needs to be careful and not "pig it up". With rest and relaxation, there may come a voracious appetite and a substantial weight gain that will be our undoing in future competitions. With even modest intake as we rest before a race or a return to training, there may be a daily

gain of one pound or more for three to five days. This gain is the result of improved glycogen stores—a reason for resting—and each gram of glycogen will be accompanied by several grams of water. Though the reading on the scale may be discouraging, the gain of water and glycogen is a plus for future running.

TRAINING PHASE

For the active training phase, caloric requirements increase, and in somewhat direct proportion to intensity and duration of workouts. During this time, I am careful to have not only enough carbohydrate calories, but

enough fat and fatty acids as well. Fatty acids, in particular, are essential to maintain health and growth. (Some scientists speculate that some of the mysterious deaths while exercising are due to cardiac conduction defects or altered heart beat.)

A word about the vegetarian diet. An absence of important meat proteins may lead to an imbalance of amino acids, fatigue and muscle tissue breakdown. Eggs contain a nearly perfect balance of these same amino acids.

Fats make foods more palatable. Even a "fat free diet" rarely drops below 5% fat content...which is enough for normal daily requirements.

In addition to carbohydrates, fats and proteins, there are 14 minerals which are essential for normal body function. The quantity may be large as is the case with potassium, sodium, or calcium. Or, only trace amounts as with cobalt and manganese. A starvation or marginal diet may result in both acute and chronic depletion.

COMPETITION PHASE

The last level of caloric and nutritional requirement is the competition phase...when good training and

nutrition come together to provide an optimum performance. A good guide to adequate nutrition is daily "weighing in". When the weight pattern is compared to performance, it is possible to determine your narrow range of optimal body weight.

Normal weights for Americans is not useful for the distance runner, since these actuarial tables represent "average" weight for height, age and sex. For most of us, they do not represent ideal weight for best running performance. Slow progressive decrease in weight during active training is the safest and will effect performance the least.

Carbo-loading has become a fixed tradition among distance runners. The depletion phase of this controversial race preparation is no longer employed on a widescale basis, if for no other reason than the unattractive dishes that high protein-fat meals require. And, as Dr. David Costill pointed out some years ago, "the depletion phase makes the runner cranky, irritable, psychologically drained." Who needs any of this four days before a marathon attempt? Certainly not our enduring mates and friends. □



entries now being accepted for the 8th annual SOUTHERN CALIFORNIA STRIDERS RELAYS

Saturday, June 30, 1984
Santa Ana College, Santa Ana, California

- Relays (men & women) Individual Running & field events
- All weather track surfaces...Maximum 1/4" spikes
- Beautiful, unique, large 2 1/2" diam. Award Medals.

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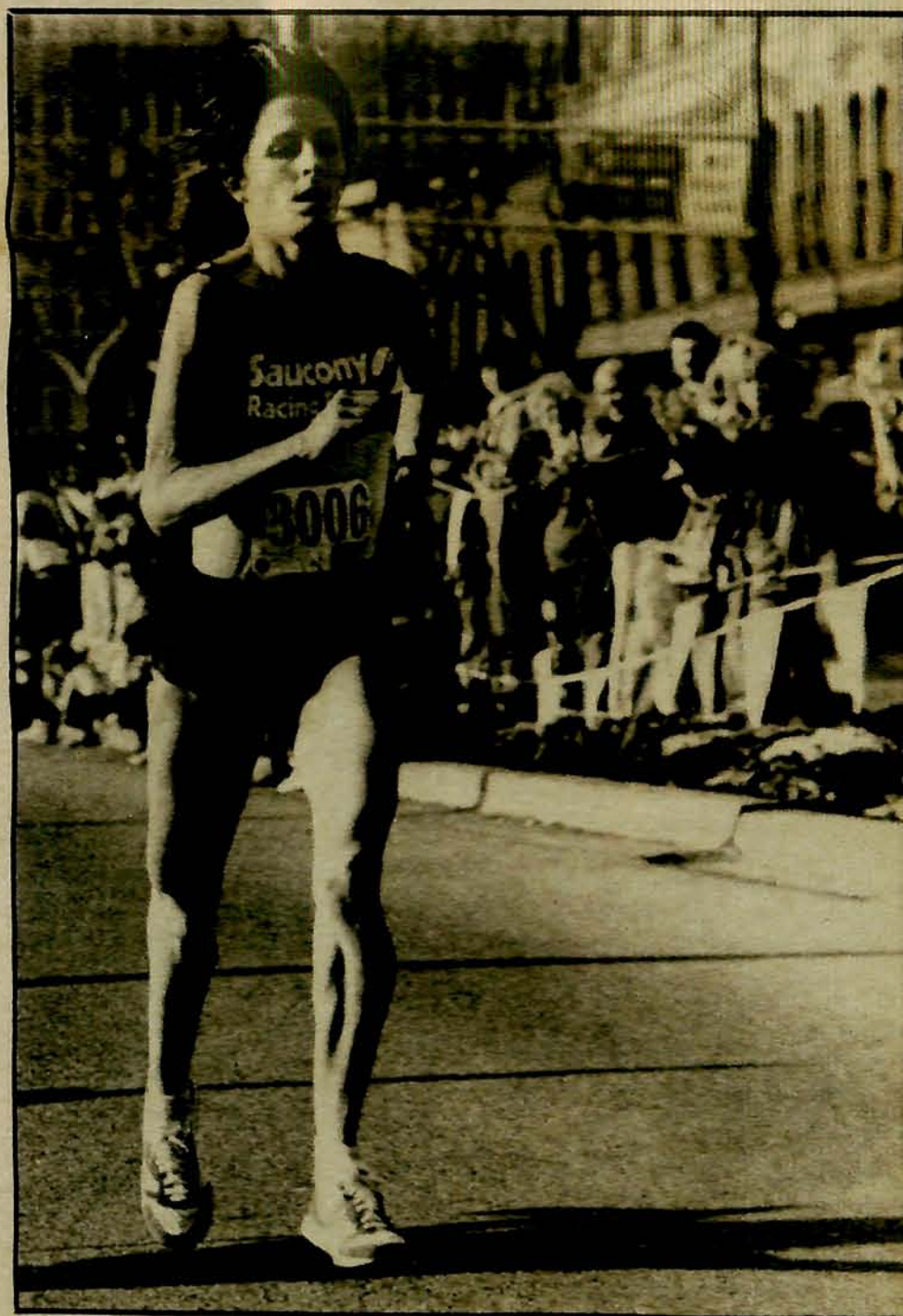
YOU DON'T WANT TO MISS THIS ONE
PREPARE NOW AND PLAN TO COMPETE

FOR ENTRY BLANKS AND INFORMATION

Call or Write:

Lloyd Higgins — meet director

Southern California Striders
8306 Wilshire Blvd. No. 316
Beverly Hills, CA 90211



Pat English age 30, 1st overall female 1:17:02 at Oakland Half Marathon, February 5, 1984.

Photo by Gene Cohn Productions

1984 WAVA AND USA SUB-MASTERS DECATHLON IN CONCERT WITH THE 23RD OLYMPIC GAMES

- DATE:** Saturday - July 28 and Sunday - July 29, 1984
- PLACE:** California State University at Long Beach, California, USA
- DIRECTIONS:** 3 miles south of San Diego (405) Freeway on Highway 22 just east of Bellflower Boulevard
- FACILITIES:** 8 lane synthetic track (1/4" spikes required) and synthetic surfaces for all jumps. Concrete throwing rings. 2 jumping pits each. Javelin - grass runway. No showers or lockers at the track field - restrooms only.
- DIVISIONS:** USA Sub-Masters: A (30-34) and B (35-39)
WAVA: 1A (40-44) and 1B (45-49)
2A (50-54) and 2B (55-59)
3A (60-64) and 3B (65-69)
4A (70-74) and 4B (75+)
- AWARDS:** Trophies for the first three finishers in each Division. Medals for every competitor and certificates of participation as mementos of the WAVA/Masters Track and Field Decathlon as an adjunct to the 23rd Olympic Games. Shirts, hats or jackets (as dollars permit) as mementos of the Decathlon and the 23rd Olympic Games
- SPECIAL EVENTS:** A free California-style barbecue hosted by the local Southern California Track Clubs, Saturday night. Gifts and prizes will be provided by local sponsors. Free packets of Olympic Games information; maps to events, schedule of events, ticket information, transportation into events, fees, etc. Information mailed back with your notice of entry receipt/acceptance and housing information.
- REGISTRATION:** \$25.00 registration fee must be received no later than July 1, 1984 to coordinate housing. Late entry due July 15, 1984 with no housing. No post entry.
- TRANSPORTATION:** Limited shuttle transportation pick-up at selected housing and delivery to track, barbecue, and return will be provided for those unable to obtain rental cars, public transportation, etc.
- HOUSING:** Housing is at a premium during the Olympic Games. The sponsors of this Decathlon have arranged for limited housing guaranteed on a first-come first-served basis. The housing options are:
Medium priced hotel/motel: \$35-\$50 per day
Low cost university dormitory: \$25-\$35 per day
USA Masters residence: \$20-\$25 per day
- PLEASE NOTE:** There is limited housing that can be guaranteed. Early entry will enhance your chances of obtaining your choice.
- HURDLE AND IMPLEMENT STANDARDS:** WAVA Implement Standards and the newly adopted WAVA/USA Masters Hurdle Heights/Spacing
- MEET DIRECTOR:** Ray Fitzhugh TELEPHONE: Work - (714) 651-3623
Home - (714) 857-2442
- MEET SUPPORT CLUB:** Corona Del Mar
- TENTATIVE SCHEDULE:** The first days competition (July 28) will be completed prior to the 23rd Olympic Games Opening Ceremony.
The age groups will be staggered at the start by one hour with the oldest group going first:
Group 3 & 4 at 8:00AM Group 2 at 9:00AM
Group 1 at 10:00AM Sub-Masters at 11:00AM
- OFFICIALS & JUDGING:** AAU officials and judges. This is a sanctioned WAVA and USA Masters Meet. Pit and hurdles assistance will be provided. Official scoring by the Coronado Del Mar Track Club.

Please make checks out to WAVA DECA - R. FITZHUGH and mail to:

Ray Fitzhugh
WAVA DECA
4991 Yearling
Irvine, California 92714
USA

Atkinson, Noble Take 55+ Race

Pre-race favorite, 57-year-old Walter Atkinson, La Verne, California easily won and set a record of 24:27 over a tough course in the First Annual Senior Masters 4-Mile Run in Yucaipa, CA, February 5. A rarity, the race was composed only of runners age 55 and older.

Tracy Brown, 55, Los Alamitos, CA, was second in 24:59, just five seconds ahead of Marvin Powers, 55, Lancaster.

Ann Noble, 57, Pasadena, won the women's division in 32:20.

Other highlights were the sixth overall and M65 victory by Bob Kroger, 68, Riverside in 26:46, and the second W55+ time of 38:47 by 76-year-old Mavis Lindgren, Orleans.

Run on a perfect winter day (75° and crystal clear), the race was staged by Stan Stafford and sponsored by the CSA District 64, Recreation Division, Yucaipa. Participants voiced approval of the idea of races for older masters and hoped that a series of them could be added throughout Southern California. □



Enver Mehmedbasich

OFFICIAL ENTRY FORM

PRINT FULL NAME: _____
Last First M.I.

ADDRESS: _____
Number Street City

State/Province Country PHONE - Home _____

Age on 7/28/84 Date of Birth TAC or other Number PHONE - Work _____

BEST RECENT MARKS FOR PLACEMENT: (IN METERS PLEASE)

100m	Hurdles
Long Jump	Discus
Shot Put	Pole Vault
High Jump	Javelin
400m	1500m

CHECK AS APPROPRIATE:

Housing: Medium \$ hotel ☐, Low \$ dorm ☐
Private housing ☐

Shirt/Jacket Size: EX LG ☐, LG ☐, MED ☐, SMALL ☐

Local Transportation Desired: YES ☐, NO ☐

Attendance at Barbecue: YES ☐, NO ☐

WAIVER: In consideration of my entry, I do hereby, for myself, my heirs and administrators, waive and release any and all claims I may have against the sponsors of this athletic event and the California State University system for any and all injuries suffered by me during this event. I further certify that I have no physical restrictions which would prevent me from competing in this event and understand that I compete at my own risk.

DATED: _____ SIGNATURE: _____

OLYMPIC WATCH

• Will the Soviets show up in Los Angeles or not? It's nail-biting time as everyone awaits the Soviet decision, due by June 2. A Russian absence could mean the loss of millions of dollars in revenues, a dilution of the competition, and plenty of extra tickets. LAOOC President Peter Ueberroth thinks they'll come. The Soviets have already put down substantial cash deposits for housing rentals during the Games.

• The Soviets charge the U.S. State Department with violating the Olympic charter by "demanding a list of all competitors, organizing anti-Soviet demonstrations and encouraging Soviet defections." The Prague (Czechoslovakia) press said "anti-Soviet hostility threatens to turn the Games into an event reminiscent of the 1936 Games in Nazi Germany."

• In Los Angeles, however, the mood seems just the opposite. Over 40,000 enthusiastic volunteers have signed up to help with the Games, welcome athletes from all nations, and make the 1984 Games one of the best ever. More volunteers are needed. If you'd like to become part of the experience, call 213/305-8300.

• Capitol Airlines seems to have the cheapest round-trip airfare from NYC to LAX during Olympic time — \$438. That's

29% higher than their current \$339 RT fare. World will charge \$518; Delta \$498; Amtrak \$462. It's \$338 RT from Chicago on Capitol; \$198 RT from Houston on Southwest.

• More than 100 of LA's top restaurants have voluntarily pledged to hold the line on prices for the Olympics. It's a genuine wish to show Los Angeles at its best and a recognition of the key role that restaurants play in the impression of a city. Participating restaurants will display a special emblem.

• IOC President Juan Samaranch agreed to a request by Ueberroth to make unused IOC Olympic tickets available. Athletes, their relatives, trainers and the press — but not the public — will use the excess ducats.

• The Greeks are still furious at the LAOOC for "commercializing the carrying of the torch." The LAOOC will let you carry the torch for a kilometer, but only if you fork over \$3000 for the privilege. The mayor of Olympia, Greece called that "sacrilegious" but finally agreed to "send the flame to the U.S. by an electronic signal." The torch will begin its 9,000-mile trek through the USA on May 8 in New York City, carried by the first of the \$3000 big spenders.

• Al Oerter continues his quest for a fifth Olympic gold medal — at age 48. "When I compete, I don't worry about how friends or the media perceive me," Oerter said, "because I'm whole. I know what I am, and I'm not concerned with that. I just cannot wait to get into the Olympic environment and find out how good I can become." Oerter has a favorite saying: "You can grow older, but you don't have to grow up." He says he doesn't continue to compete out of a lack of maturity. "It's not an ego trip to return to past glories and that kind of nonsense. I truly enjoy the throw, the training for the throw, trying to get to the level of Olympic competition, and being with those people who work very hard for very elusive goals." □

OLYMPIC TRADING-POST

• If you need a place to stay during the Olympic Games, or if you have available space to rent or donate, or if you want to buy or sell Olympic tickets, and NMN your name, address and phone number. We'll print it here, and you can make your own contacts. No charge.

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

• Tickets to Opening Ceremonies: \$550 to \$750; Final day T&F tickets: \$150 to \$250; next-to-final day: \$110 to \$170. Murray's Tickets, above. □

Azalea Trail 10K

Continued From Page 1

Arthur Williams, 41, Greenville, So. Carolina, hung on for fourth with a 32:30.5 win over another Southern runner, Alan Pilling, 41, Marietta, Ga., who was a stride back in 32:31.6.

The only non-Southern among the W40+ top six finishers, Cindy Dalrymple, 42, Washington, D.C., had an easier time than Coffman with a 36:04.6 victory over Patti Sudduth, 44, Crawfordville, Fla., who closed in 37:54.6.

Local runner Carol Lassiter, 41,

barely held off an older master, Mary Anne Wehrum, 46, Memphis, Tenn., for third when they finished a yard apart in 39:15.3 and 39:16.1.

Another Florida runner, Ellen Place, 43, Valparaiso, took the fifth spot, 40:19.9, and Linda Nesbit, 40, Brandon, Miss., was sixth, 40:50.9.

The race was directed by John O. Vetter with help of the very able cadre from the Port City Pacers Road Runners Club in Mobile.

Complete race results will be published in next month's issue. □

THE SIXTH ANNUAL

Cleveland Track Classic

sponsored by the OVER THE HILL TRACK CLUB, INC.

SATURDAY, JUNE 30, 1984

CLEVELAND HEIGHTS HIGH SCHOOL
CLEVELAND HEIGHTS, OHIO

DIVISION:

- OPEN MEN (any age)
- OPEN WOMEN (any age)
- MASTERS MEN (including 30-39, 40-49, and 50-over)

AWARD:

- TROPHIES - Top six places in each event.
- TEAM TROPHIES - To the top five teams in each division.
- MVP TROPHIES - To the top athlete in each of the five age groups.
- OUTSTANDING ATHLETE TROPHY - To the outstanding athlete of the meet.

FOR ENTRY BLANKS WRITE:

JEFF GERSON, MEET DIRECTOR

6509 MARSOL ROAD - #308
MAYFIELD HEIGHTS, OHIO 44124
(216) 449-4964 (before 8:00 p.m.)



Helen Dick.

Photo by Richard Lee Slotkin

Eastern Masters Indoors Draws 345

Continued From Page 1

there were 42 entrants in the 2-mile walk, probably more than in any other masters walking championship, indoor or out. Two sections were required.

There were fifty-four meet records set, headed by Philadelphia Masters' Grant Krow's M40 40'10" American indoor record in the triple jump. Rudy

41 States

Continued From page 1

our friends from the New York Masters and Philadelphia Masters who, without solicitation, came and worked so hard," Salvio said, "and to all 561 competitors, we owe you a sincere 'thank you and well done.'"

Salvio said his volunteers worked so hard that, after the meet, he gave them a week off, so the results were unavailable at press time (April 20). "We'll type up the results in time for next month's issue," he said.

Salvio said all competitors who won national honors will be receiving a national championship patch in the mail. "This, regretfully, will take time," he said.

The 1985 TAC National Indoor Masters Championships will be directed by Chuck Klehm in Chicago. The 1986 meet was awarded to New Orleans under Danny Thiel's direction. □



Will Benz, 52, 3rd, 54:50, at Masters 15K, Seattle, Wash., March 24.

Photo by Carole Langenbach

Valentine, M60, NY Pioneers, set two records in 60y (7.4) and the 300y (37.8). Joe Showers, M30, Pinnacle TC, set two records in the 600y (1:11.9) and the 1000y (2:15.7). The 47 women competitors set 21 records.

Other outstanding performances included NY Pioneer Ed Small's edging Cliff Pauling, Central Park, by 1/10 of a second with a 1:18.8 in the M45 600y. Small had the inside and held it. Herb Kania, M55, NY Masters, outkicked two national champions, winning the

1000y in 2:43.1 over Kelsey Brown, North Jersey Masters, who did 2:45.3 and then spurting over the last half lap in the mile to defeat national 5K road champion, Bill McCaffry Millrose AA, with a 5:08 to a 5:09.4.

Kirk Randall, M40, Saucony Racing Team, easily won the mile in 4:32.9 but then had to race to a meet record 9:42.6 over Ted Haiman, Witold's Runners, by 1.7 seconds.

The NY Masters Sports Club, which sponsored the meet, dominated the team scoring, winning all divisions, ex-

cept the 60+, which was won by the Syracuse Chargers by two points over New York. Thirty clubs were represented.

The trend to more women and club participation adds to the problem of holding the meet in one day. The problem is a serious one because the costs for a two-day meet might be prohibitive for future sponsors and competitors. Special thanks go to the Seven-Up Company, which donated money sufficient to cover the high rental fees of \$225 per hour. □

1984 TAC National Masters Track & Field Championships



SCHEDULE OF EVENTS

FRIDAY

2:40	5000m Racewalk
3:30	Opening Ceremony
4:00	High Hurdles—Trials (W&M)
5:00	High Hurdles—Finals (W&M)
6:30	400m—Trials (W&M)
8:00	400m Relay (W&M)
8:30	10,000m (W)
9:30	10,000m (50 + M)
10:30	10,000m (30-49M)
	Mile Relay (W&M)—follows immediately

FIELD EVENTS:

4:00	Javelin (M)
	Pole Vault (50 + M)
	High Jump (W) Area I
	(50 + M) Area II
	(30-49M) Areas I & II following above groups
5:00	Hammer (M)
6:00	Long Jump (W)

SATURDAY

4:00	100m—Trials
	(W, 50 + M) East side
	(30-49M) West side
	100m—Finals
	(W&M) West side
6:00	Steeplechase—(M) 2000m
	(M) 3000m
7:00	400m—Finals (W&M)
8:00	1500m—Finals (W&M)
10:30	2-mile Relay (W&M)

FIELD EVENTS:

2:00	Pole Vault (30-49M)
3:30	Javelin (W)
	Long Jump (M) Areas I & II
4:00	Shot Put (M) Areas I & II
5:30	Discus (W)

SUNDAY

8:00 a.m.	20k Racewalk (W&M)
8:30	400m Int. Hurdles—Finals (M)
9:30	5000m (W&M)
11:30	800m—Finals (W&M)
1:30 p.m.	200m—Trials & Finals

FIELD EVENTS:

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

Hayward Field—Eugene, Oregon

Friday, August 17 through Sunday, August 19

Hosted by Oregon Track Club Masters

- Divisions:** 5-yr. age divisions for men & women age 30 and over
- Entry fees:** \$7 for first event (includes special Athletic Clinic Friday a.m.), \$4 per additional event. \$16 per relay team.
- Entry deadline:** All entries must be postmarked by July 15, 1984. Late entries will be returned.
- TAC Registration required for all American entrants.
 - TAC championship medals to top three Americans in each event. Additional awards to foreign athletes with equal or better efforts when appropriate.



DETACH AND MAIL

★ Please Print ★

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

An elaborate
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Saturday, 8-11 a.m.
at a cost of \$7.00
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I am _____ I am not _____
interested in attending.

Number in party _____

Events

1. _____

2. _____

3. _____

4. _____

5. _____

Best 83 or
84 Mark

Entry Fee

Total
Entry Fee

T-Shirts

Brunch

TOTAL

T-SHIRT ORDER: \$6.00 each
SIZE (check one)
☐ small ☐ medium
☐ large ☐ x-large

For additional events include
on separate sheet.
Event changes will not be
permitted after registration deadline.

Make checks payable to: OREGON TRACK CLUB MASTERS

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

Signed _____ Date _____

Send entry with check to:
Oregon Track Club Masters, Travel Headquarters, P. O. Box 10085, Eugene, OR 97440.

Dalrymple at 42: Something Special

by JANE LEAVY

On a windy day in New York City 20 years ago, Cindy Dalrymple walked off the track for the last time. She had finished fifth in the Olympic trials for the 800 meters. She would not be going to the Olympics in Tokyo. There were tears for what should have been and there was disgust, too. "I threw my shoes in the garbage can," she said. "I didn't want to run another step and I didn't run another step for 10 years."

In that decade, she became a wife and a mother, and then a runner again. Now she is 42 and holds masters records for every major distance event except the marathon, which is the one she wants. "Two years ago, I went back to Randall's Island for the first time," she said. "I really got a strange feeling being in that stadium. I could remember where the race finished and where the garbage can was."

On May 12, she intends to run the marathon in the Olympic trials, the first time the women's event has been included in the Games. Although she has no chance of winning, no chance of making the U.S. team, she has no intention of ditching her running shoes. For Dalrymple, this time, the chance is simply to be there.

"Other people think I should do it more than I," said Dalrymple, who moved to Washington D.C. last summer. "If there's another race that weekend where I can make some money, I might go. But everybody thinks this is a fantastic thing to make the Olympic trials, especially because I'm 42, because they're 20 years apart. They say I should go just on principle

because I couldn't be there when I should have. I guess I do belong."

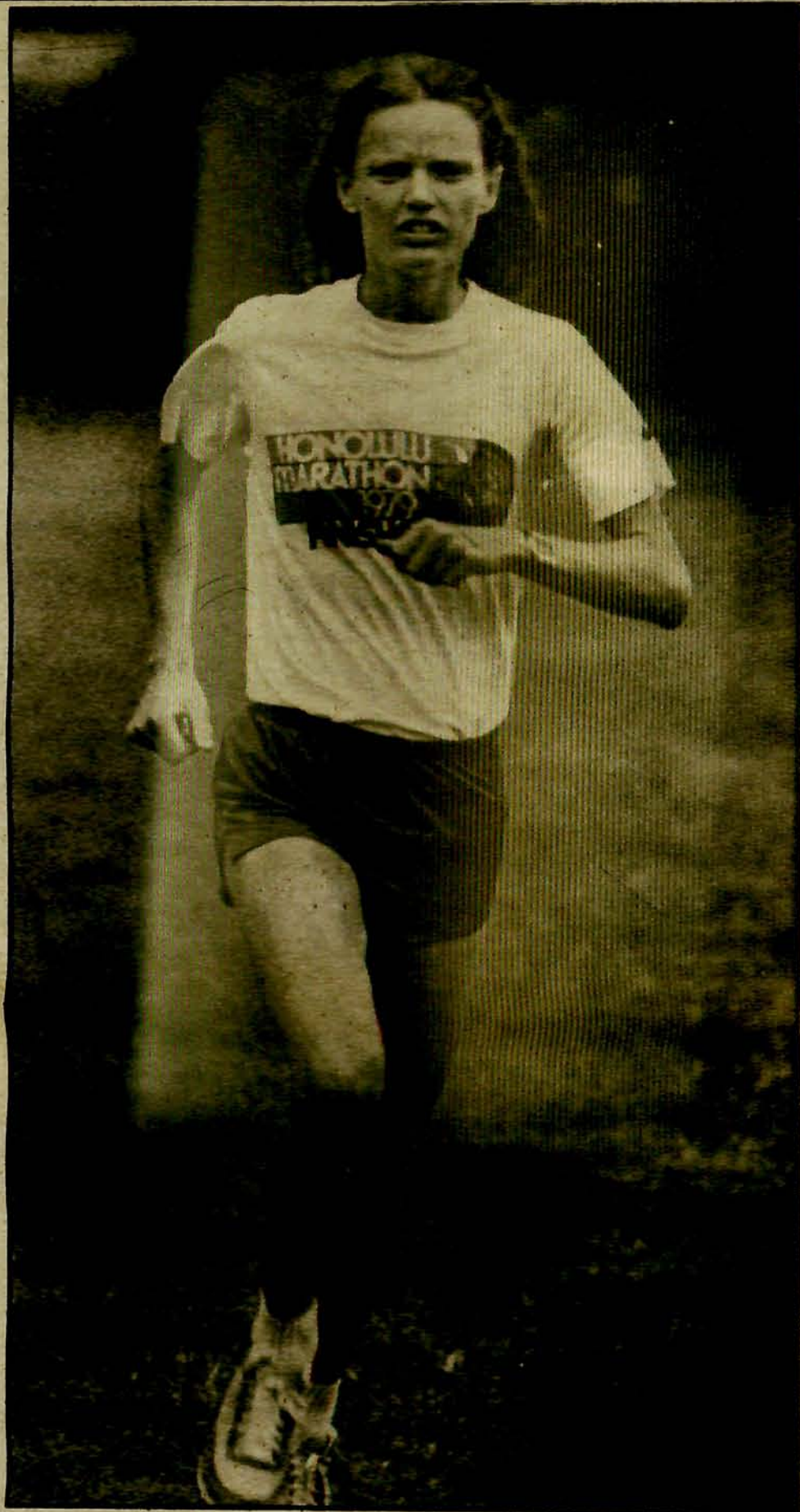
In her shy, understated way, Dalrymple tells a story that is not simply her own but the tale of a generation. She is a woman who says she has spent her life doing things she wasn't supposed to do. "I grew up thinking I can't do things and then I decide I can do things and then I went and did things," she said.

She left home to go to college in Hawaii on a track scholarship, which was unheard of at the time, and then left home again in her 30s in order to run. She has quit jobs because of running, and taken jobs (part-time, flexible jobs) because of running. She works part-time in a Senate office doing clerical work. "Sometimes," she says, "it gets a little embarrassing to think running is so much a part of me."

It isn't quite as much a priority as it once was. She even took off Christmas day. "Even now, sometimes I say, 'Why bother?'" she said. "When I was working full-time, supporting two kids, running 120 miles, I'd say, 'What am I doing all this for?' I never was sure. But I wasn't willing to give it up. I've gotten so much out of it in terms of self-esteem. I'm so shy. It's given me a better idea I am somebody."

During her freshman year in college, she realized in her heart she was a distance runner, a miler, she thought. But women weren't even allowed to run that far then.

She finished fourth in the half-mile at the Pan American Games in Brazil in 1963 and ran for the U.S. team in dual meets that summer (her best finish was third). By the time the 1964 Olym-



Cindy Dalrymple

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pic trials came around, she wasn't running well. Her body was breaking down from all the interval training she had done. No one knew about distance training then.

But when she arrived in New York she still thought she was going to get it together. The coaches were so sure, they only gave her a one-way ticket. When the race was over, she had to borrow money to get to the airport. Her parents paid her way home.

She got married and had two sons, Steve and Jon, now 15 and 13. "After I stopped running, I didn't do anything," she said. "I stayed home and played housekeeper."

In 1973, she began to think about

running again. She tried it for two months. She ran while the children were sleeping. "It wasn't working out," she said. "And my ex-husband wasn't at all cooperative."

She stopped running for eight months. When she started again, it was in earnest. She had no intention of becoming a jogger. She was a runner. Competition defined her. "I said, 'I'm going to go back and be in shape and be on top again,'" she said. "It was all to go out and run races and win again."

She did, losing her marriage along the way. Running "helped end it," she said. "It was a way of getting out of

Continued on Next Page

Continued From Previous Page

something that was already bad . . . It gave me a little bit of courage to do what I had to do."

Running also provided a means of support. She earned \$12,000 by winning the Jordache Pasadena marathon in 1980, one of the first open prize money events. She ran her best marathon (2:39:55) in Los Angeles in 1981 at another Jordache race and earned \$25,000 (she was later temporarily suspended by The Athletics Congress for accepting \$300 in prize money).

Last year, she earned \$8,000 in prize money and set personal records in every distance but the marathon. She is the masters record holder in the 10 kilometers (34:40), 15 kilometers (54:25), 30 kilometers (1:57) and 10 miles (58:31). Miki Gorman holds the masters marathon record (2:39:11) that Dalrymple covets.

The qualifying time for the Olympic trials is 2:51:16, less than three minutes faster than the time Dalrymple ran

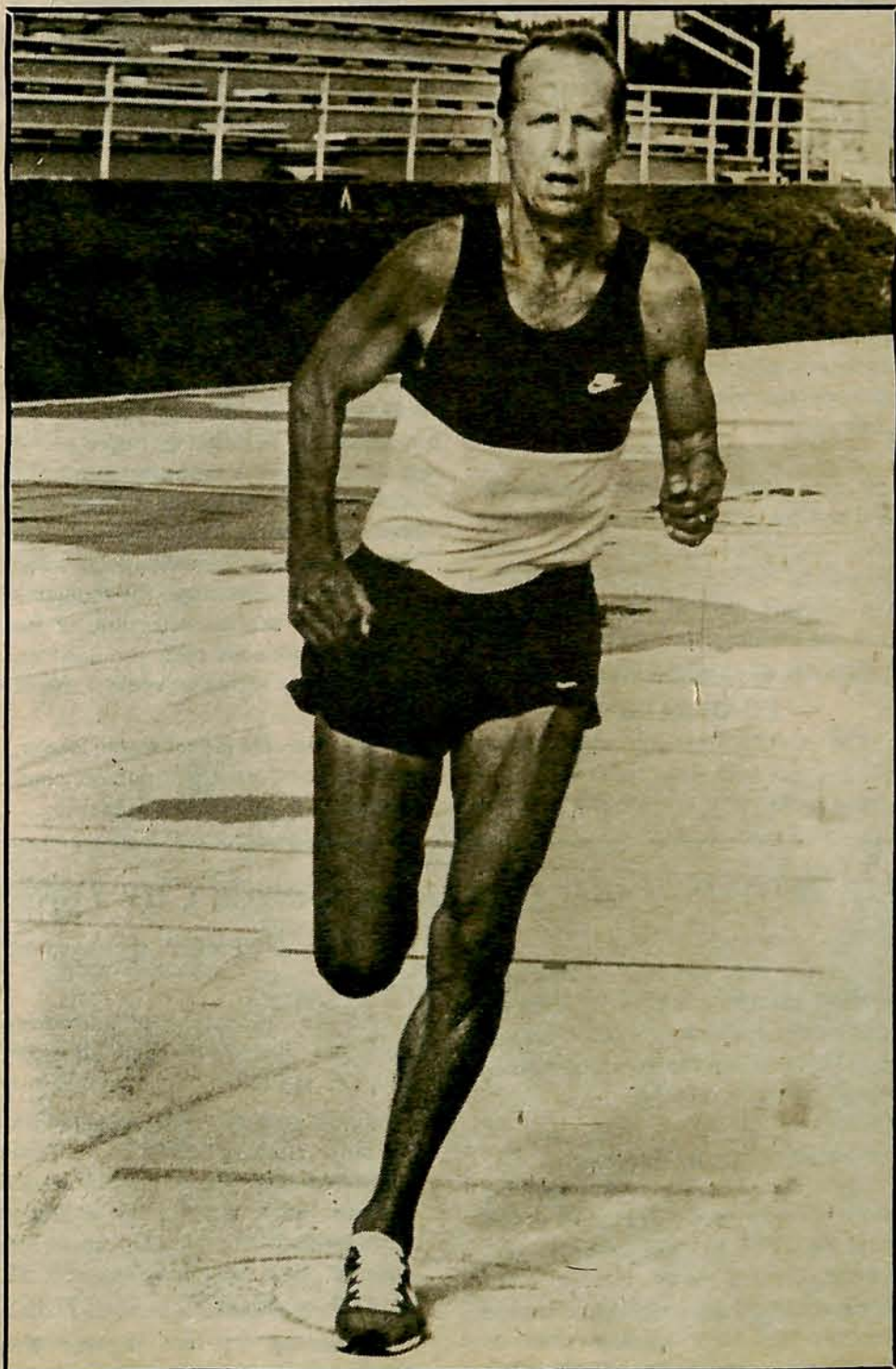
when she won the Honolulu marathon in 1975. At the time, she was the ninth-fastest woman marathoner in the world.

The world record is held by Joan Benoit at 2:22:42. All of which is an indication of how far women's running has come. "If I was 25 or 30, I could probably think in terms of making the Olympic team in the marathon," she said. "Now I'm too old. But I still think I can improve. Training is cumulative. Now, I'm improving with training. I would improve faster if I was a little younger. But I still think I can run a little faster."

She runs because it is what she does well, because she "wants to see how good I can get," because she always wanted to be special even when she wanted to be ordinary.

She does not dwell on what might have been. She checks the clock and thinks about what can be. □

Reprinted from the
Washington Post



Bill Foulk, 50, West Lebanon, NH.

CANADIAN & BRITISH COLUMBIA MASTERS TRACK & FIELD

CHAMPIONSHIPS

RICHMOND, B.C.
JULY 7-8, 1984



HOSTED BY THE RICHMOND KAJAKS TRACK & FIELD CLUB
(IN COOPERATION WITH THE MUNICIPALITY OF RICHMOND)
ON BEHALF OF THE CANADIAN MASTERS ATHLETIC ASSOCIATION (CMAA)
AND B.C. ATHLETICS/TRACK & FIELD ASSOCIATION

SPONSORED BY MOLSON AND ASICS TIGER

Facilities: Rubberized asphalt 400m track and runways (max. spike length 7mm (1/4"). Concrete throwing circles. Change rooms, showers on-site.
Eligibility: Age Groups (based on age July 7/84). **Masters:** 5-yr age groups for Men 40+ and Women 35+. **Sub-Masters:** 5-yr. age groups for Men and Women 30+. Competitors must have 1984 membership in CMAA, BCA, TAC or other foreign Masters Governing Body OR pay a special \$5.00 Meet Fee.
Entries: Fee: \$6.00 1st event (\$10.00 with T-shirt); \$4.00 each additional event. 4 x 200m Club Relay \$12. Entries must be received no later than July 2, 1984. Late entries may be accepted if space permits. Late Entry Fee: \$10.00 1st event (NO T-Shirt), \$6.00 each additional event.
NO SWITCHING OF EVENTS; NO REFUNDS FOR NO-SHOWS.
Awards: Masters - CMAA Championship Medals and BCA Championship Ribbons to 1st 3 finishers. Medals to last place finishers in events with less than 4 entrants subject to performance standards. **Sub-Masters** - CMAA Certificate of Performance and BCA Championship Ribbons to 1st 3 finishers (no performance standards). **RANDOM DRAWS FOR MERCHANDISE PRIZES.**

Schedule:

Saturday, July 7

Track (8:30 a.m. start)
10,000m (M/W) Final
100m (M/W) Heats
Lunch
100m (M/W) Final
1,500m (M/W) Final
5,000m Walk (M/W) Final
400m (M/W) Final
Field (9:00 a.m. start)
Hammer (M/W)
Long Jump (M/W)
35#/25# Weight (M)
Javelin (M/W)
High Jump (M/W)

Sunday, July 8

Track (8:30 a.m. start)
80m/100m/110m Hurdles (M/W) Final
5,000m (M/W) Final
200m (M/W) Final
800m (M/W) Final
Lunch
200m (M/W) Final
3,000m Steeplechase (M) Final
400m Hurdles (M/W) Final
4 x 200m Relay (Club Teams)
Field (9:30 a.m. start)
Discus (M/W)
Pole Vault (M/W)
Shot Put (M/W)
Triple Jump (M/W)



Where applicable, all hurdle heights and distances, implement weights, etc. will comply to WAVA standards.

Registration: Pick up packet at reception, Minoru Pavillion, Friday, July 6 (7:00 - 9:00 p.m.) or at track July 7 and 8 commencing at 7:30 a.m.

Meet Headquarters/Accommodation: Delta Airport Inn Resort, 10251 St.

Edwards Drive, Richmond, B.C. V6X 2M9. Phone (604) 278-9611. Facilities include indoor/outdoor pools, jacuzzi, sauna, gym, jogging paths, squash/tennis courts, etc. Shuttle bus service to and from meet site. **Accommodation** - A block of rooms has been reserved (\$47 + 6% tax), double/twin. For reservations or additional travel/accommodation information contact Ken Richardson, Alouette Travel, 11954 224 Street, Maple Ridge, B.C. V2X 6B3. Phone (604) 467-5535.

Supper Get-Together is planned for Saturday evening, July 7, at the Delta Airport Inn Resort following the completion of the day's competition. Cost \$16 per person.

Meet Director: DON TRETHEWEY, 8451 DORVAL ROAD, RICHMOND, B.C. V7C 3J1
Phone (604) 277-8847 evenings only. NO COLLECT CALLS WILL BE ACCEPTED.

ENTRY FORM - Mail this form and appropriate entry fee to Don Trethewey, 8451 Dorval Road, Richmond, B.C. V7C 3J1 to arrive before July 2, 1984

Name (Surname First) _____
Address _____

Phone No. _____

Age (July 7/84) _____ Date of Birth _____ Male _____ Female _____
Registration # (CMAA/BCA/TAC/Foreign Master Assn.) _____ Non-Member _____

Events Entered _____ **Best '83/84 Mark** _____ **Fees:** (Make cheque/money order payable to Canadian Masters Championships)

1. _____ 1st Event - With T-Shirt \$10 \$ _____
2. _____ (Circle size S M L XL)
3. _____ - Without Shirt \$6 \$ _____
4. _____

5. _____ Subsequent events _____ @ \$4 \$ _____
(Attach separate sheet if more space required.)

Waiver: In consideration of your acceptance of my entry, I hereby release the CMAA, BCA, the Meet Sponsors, Organizers and Officials and the Municipality of Richmond from any responsibility of claim for damage, lost article, or any possible injury sustained by me at the 1984 Canadian Masters Outdoor Track & Field Championships. I further state that I am physically able to participate in this competition.

Supper _____ @ \$16 each \$ _____

Additional T-Shirts _____ @ \$6 each (indicate # of each size shirt wanted) \$ _____

TOTAL \$ _____

Date _____ Signed: _____

THE ATHLETICS
CONGRESS

MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

COMMITTEE MEETS IN PRINCETON

The Masters Track & Field Committee of TAC/USA met at the National Masters Indoor Track & Field Meet in Princeton, New Jersey, on Friday, March 23, 1984. Present were: Jerry A. Donley, Charles Klehm, Ron Salvio, Bruce Springbett and Dan Thiel.

One purpose of the meeting was to consider a matter involving Philip H. Partridge. Robert Fine, North America's representative to the World Association of Veteran Athletes (WAVA), made a complaint to our Committee against Mr. Partridge, resulting from Mr. Partridge having promoted a weight pentathlon meet on October 2, 1983 and describing it as the "World Veterans Weight Pentathlon Championship."

No sanction was ever provided for

that meet by WAVA, the exclusive governing body for world veterans T&F championships.

Although Mr. Partridge had requested a sanction from WAVA on January 30, 1983 for that meet, he was advised by Mr. Fine that no sanction could be given until the September, 1983 meeting of the Executive Council of WAVA in San Juan, Puerto Rico. In correspondence between the two, Mr. Fine suggested to Mr. Partridge that it would be improper to describe the meet as a "world veterans championship," and requested that Mr. Partridge not so describe and promote the meet in that fashion. Mr. Partridge felt this position was not a responsible attitude, and in spite of the suggestion did, in fact, promote and describe the meet as a world veterans champion-

ship.

The meet was well run and attended by a number of weight throwers who represented a number of countries other than the United States of America.

After review of all the correspondence, and after an open meeting for comments from the membership, the committee decided that formal action expressing its concern would be appropriate.

There is a difference between having a national or world championship and a meet where there are competitors of national or world class.

Accordingly, Mr. Partridge is advised and directed, and until such time as a sanction is obtained from WAVA, neither he or anyone else shall imply or infer that a meet is a "world veterans championship" or make use of the name, "World Veterans Championship," to describe a Masters competition.

To advise other competitors and meet directors of our decision, this report is to be mailed directly to Mr. Partridge and to be made public by publication in the National Masters News.

RACE WALKING

Jack Boitano discussed the lack of representation being given to race walkers by Masters. He and others have formed a committee to promote Masters race walking. The consensus was that Masters could do better for the walkers, but needed a chairman and subcommittee to provide more leadership and communication. Boitano was appointed as Chairman of the new subcommittee, and will also serve on the Masters T&F Executive Committee.

BUDGET

It was agreed we should prepare an itemized budget for submission at the TAC meeting in December, 1984, something we've never done before. I will contact several individuals who may be willing to prepare such a budget on an ongoing basis.

FUND RAISING

The Committee has not actively solicited contributions from within our own membership despite the potential

for substantial revenues. We feel it would require a long-range program to be developed over a considerable period of time. If there are individuals who have expertise in, and who would be willing to devote themselves to this type of activity, we would like to explore it with them.

INDOOR CHAMPIONSHIPS

Ron Salvio, the Shore Athletic Club, Adidas, 7-up and Princeton University sponsored an outstanding two-day indoor track and field meet, with over 550 entrants from 43 states and several foreign countries. The facilities were outstanding, the officiating was excellent and those who helped implement the meet should be congratulated. They have set a standard that will be hard to maintain.

OUTDOOR SEASON

Outdoor Coordinator Bruce Springbett anticipates all regions will have T&F meets this year, and the National Meet in Eugene will be one of the best Masters meets ever held.

1985-86 INDOOR MEETS

Tentatively, the 1985 National Indoor Meet will be held in Sterling, Illinois, with Chuck Klehm, the meet director. In 1986, New Orleans, Danny Thiel, director.

EPILOGUE

This report seems to be, perhaps, too serious. However, at all of our meets, there are events that are not so serious, as long as we keep our sense of humor.

At the Princeton meet, I was standing near a small child and his father, near the pole vault runway. As each competitor sped past us, I heard the boy chanting, "Make it, make it." I was impressed with his enthusiasm and commented on it to the father, who answered, "Well, I wish that was what he was saying. Actually, at his first meet several years ago, he thought it was really exciting when one of the vaulters broke his pole, and what my son is really saying is 'break it, break it'."

With that, the indoor season is over, and we are on our way to outdoor competition. I'll see you in Eugene! □

Heffernan, Foltz Capture Emerald City Titles

Continued From Page 3

It was the second consecutive Emerald masters triumph for Heffernan. In last year's race, which served as the TAC National Masters Championships, he won in 2:28:34.

All other division leaders won by comfortable margins: Maurice Pratt, 47, 2:40:38; Lary Webster, 50, 2:44:23; Orlo Kinniston, 56, 2:57:59; and Frank Grey, 64, 2:55:36. Kenniston's M55 winning time was an almost unbelievable 20-minute improvement over his '83 M55 leading time of 3:18:49. Grey who ran a 2:46:45 at the Trials End, Feb. 28, was featured in

Mike Tymn's "Profile" column in last month's NMN.

Female winners were Joanne Hegedus, 52, 3:57:09, and Bill Murphy, 56, 3:25:27.

The race, in its second year, produced more runners (2,840) and a faster field than last year's. Awards ranged from a year's use of a BMW 318i to \$5,000 each for the top man and woman, who were John Moreno, 26, 2:14:20, and Jane Wipf, 25, 2:37:16.

According to race director Ken Foreman, the '85 race will be moved to May or June. □

NO POST ENTRIES - TAC SANCTIONED
NEW YORK MASTERS SPORTS CLUB 13th ANNUAL TRACK & FIELD MEET: WEIGHT
PENTATHLON & REGULAR PENTATHLON MEET. SUNDAY, MAY 20, 1984; 10:00 A.M.
KING'S POINT MERCHANT MARINE ACADEMY, KINGS POINT, NEW YORK



NEW YORK



MASTERS



OPEN TO MEN & WOMEN OVER THIRTY YEARS OF AGE. FIVE YEAR GROUPINGS TO AGE 79.
THREE PRIZES PER EVENT. T-SHIRTS TO ALL COMPETITORS.
ENTRY FEE \$5.00 PER EVENT. NO ENTRY FEE FOR THE RELAYS.

***** NO POST ENTRIES*****

LOCKER FACILITIES AVAILABLE. ***** SPIKES PERMITTED. DISTANCES IN METERS.

***** NO POST ENTRIES*****

DIRECTIONS: BY CAR: LONG ISLAND EXPRESSWAY TO EXIT 33. FOLLOW SIGNS TO
THE ACADEMY FOR ABOUT 3 MILES.
BY TRAIN: LONG ISLAND RAILROAD FROM PENN STATION TO GREAT NECK.
TAKE LOCAL BUS TO THE SCHOOL.

WEIGHT PENTATHLON: Competitors may compete in just the weight pentathlon for the \$5 entry fee or may compete in both the individual events & the pentathlon at \$5 for each individual event plus \$5 for the pentathlon. If an entrant is going to score in each individual weight event in addition to the pentathlon please list same on the entry form.

REGULAR PENTATHLON: The same system will apply for the pentathlon as in the weight pentathlon, except that a special 1500 meter run just for the pentathlon will be held in which no individual prizes will be given for the run. The run will just score for the pentathlon. The Pentathlon events are the long jump-javelin-200 meters-discus-1500 meters.

ORDER OF EVENTS: FIELD: SHOT-HAMMER-WEIGHT-JAVELIN-DISCUS-LONG JUMP-
HIGH JUMP-TRIPLE JUMP-POLE VAULT

TRACK: 10,000	110 HURDLES 800	1600 relay (10 yr. groups)
400 HURDLES 400 RUN	5000	3200 relay
100	5000 WALK	1500 (PENTATHLON)
1,500	200	

RELAY TEAMS TO BE DECLARED AT THE START OF THE EVENT.

ALL FIELD EVENTS & PENTATHLONS START AT 10:00 A.M. The competitors will be divided into flights based on age & will participate in each of the field events within their flight. The order of events for each flight will be given at check-in. Competitors will be given time to compete in running events.
NO POST ENTRIES - NO TELEPHONE ENTRIES - NO SWITCHING EVENTS - NO REFUNDS
ENTRIES MUST BE RECEIVED BY THURS. MAY 17th - NO MERCY WILL BE SHOWN.

NAME _____	ADDRESS _____
CITY _____	ZIP _____ BIRTHDAY _____ AGE _____ MALE _____ FEMALE _____
PHONE # _____	CLUB _____ SIZE: SM MED LRG X LRG

Please check off your event(s). If you are just entering the Weight or Regular Pentathlon and do not wish to score in any individual event just check off the pentathlon and do not check off any of the individual events. Every event that you check off necessitates a \$5.00 entry fee.

100	200	400	800	1500	5K	10K	110HH	400IH	5K WALK
SHOT	HAM	WT	JAV	DIS	LJ	HJ	TJ	PV	WT. PENT.

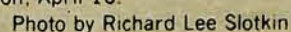
I certify that I am in good health and waive any claim against the New York Masters Sports Club, Seven-Up, and/or the Merchant Marine Academy for any injuries sustained in the 13th Annual N.Y. Masters Meet.

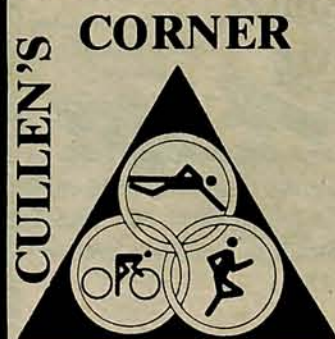
SIGNATURE _____ Make checks payable to: N. Y. MASTERS
TOTAL ENCLOSED \$ _____ Mail to: N.Y. MASTERS, 77 PROSPECT PLACE, BROOKLYN, NY 11217
(\$5 per event) NYM OUTDOORS

Faxon Repeats Colonial Half-Marathon Win

The race, directed by Roy Chernock, was run under cool (48°), windy, clear conditions, which resulted in the top seven runners finishing under the '83 winning time. □

Please find enclosed my check \$_____ Make check payable to: "Anteaters Masters"
and mail by 5/19/84
David A. Lewis, ph: (714) 673-2025





INTRODUCTION TO TRIATHLONING

by JIM CULLEN

MARATHON vs. TRIATHLON

I'm tired of people coming up to me and saying "you must be some sort of Kamikaze Masochist to do those triathlons". What is ironic is that some of these people are marathon runners.

The number one fallacy on triathloning is that everybody relates to the Hawaiian Ironman Triathlon where you swim 2.4 miles, bike 112, and close it by running a marathon. It makes sense that many crawl across the finish line because of what they have endured. That is suicide! There are very few Ultra's like Hawaii. The average triathlon has a one mile swim, 25 mile bike and a 10K run. Let's say that the average runner that reads this publication runs a marathon in a time between 3:10 and 3:20. In tri-athloning, if conditioned equally, that would be on a par with a one mile swim (40:00), 25 mile bike (80:00), and a 10 miles run (75:00). This is considered a midi-tri with a total time around 3:15.

In a marathon, especially if you're putting a real effort into it, it is practically guaranteed that your body will slowly consume itself in the last 10K and your whole work will diminish into a tunnel or wall. It is usually a death march task to finish a marathon. A triathlete, if trained equally with the same

base, will finish a 3:30 tri in much better shape than a marathoner. In other words, a triathlon is a "piece of cake" compared to a marathon. The reason being simply because you are using different muscles and endure a lot less pounding than in a marathon. Working different muscles and doing dif-



Start of 1983 Bellingham Triathlon.

Photo by Deborah Chesman

ferent events for three hours plus, is a lot easier than just banging yourself into the ground slowly but surely.

I'm sorry if it seems like I'm bad mouthing marathons. Marathons are a very popular and glorious event. Anybody who finishes a marathon is a hero. My point is, it's mostly myth when people believe tri's are suicidal. They won't tear your body down like a marathon does. In total frankness, I say triathloning will not tear your body down — but it can tear it up. One bad bike crash and you're tore up for good. Next month I'm going to talk about the bike training and its ups and downs.

I received some interesting questions on triathloning through the mail and would like to share them with you:

Q. In reading the April issue of NMN I noticed the workout schedule you listed in your article. Approximately how much time a day do you spend training on the average?

Ed McCracken
Alhambra, CA

A. During the triathlon season (March-Sept.) weekday workouts last from 1-1/2 to 2 hours. Weekends are the long sessions — 2 to 3 hours. Our tri-training weeks amount time, to the equivalent of the runner who puts in 65 to 75 miles a week.

Q. I am a middle distance runner (age 52, 400, 800 and 1500 meters) and was interested in your article on the indoor turbo trainer or racermate bike machine. The idea of doing interval training on a bike, especially in winter, appeals to me. It should help my speed, mainly because of the fast circular motion and keeping my legs straight while doing it. I also like the idea of having different gears so as to change leg speed. Being in a stationary position enables me to concentrate on leg speed and motion. Can you give me information on where I could purchase one of these turbo trainers and how much they cost?

Ralph Miller
Seattle

A. Turbo trainers run anywhere from \$100 to \$250. The best place to get information on them is at your local bike shop. The two nationally advertised

ones are:

Racermate
3016 N. E. Blakely St.
Seattle, WA 98105
Hooker-Performance
1024 W. Brook St.
Ontario, CA 91761

Q. I am an injured runner who has been forced to swimming for exercise because of a bad knee I developed in training for the Atlanta Marathon. I'm having a difficult time learning to swim and don't like it, mainly because I just don't enjoy it. I like to socialize (talk) while I train and I can't do this while swimming.

Barbara King
Atlanta, GA

A. Fish communicate to one another somehow. Maybe you could go and spend a day at sea with them and find the answer. Seriously, though, if I had to do swimming just to swim I would be bored to tears. You should join a swim program at a community or private pool and get set up in sessions whereby you get coaching. I highly recommend this because more than likely you are doing something wrong and coaching will really help you. There was a time when I would never have believed it, but swimming can be a lot of fun, once somebody shows you the way.

Good Day,
J.C.

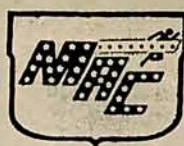
Got some questions or remarks on triathloning — happy to receive them. Send to:

Jim Cullen
3821 80th Street
Mercer Island, WA 98040

UNITED STATES TRIATHLON SERIES

S 1.5K, B 40K, R 10K, Jim Curl,
916/758-9868. Race directors and entry deadlines to be announced.

May 27, Atlanta, Georgia
June 3, Los Angeles, California
June 10, San Francisco, California
July 15, Portland, Oregon
July 22, Chicago
July 29, Denver, Colorado
August 4, Boston, Massachusetts
August 12, San Diego, California
August 19, Minneapolis, Minnesota
September 22, Bass Lake,
Championship



13th ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIP AGE (30+) plus CONCURRENT NON-CHAMPIONSHIP MEET FOR NON MET. AREA ATHLETES

Metropolitan Athletics Congress

ALL ENTRIES WILL BE POST ENTRIES: This meet is co-sponsored by the NEW YORK MASTERS SPORTS CLUB.

SUNDAY, JUNE 10, 1984 10:00 A.M. KINGS POINT MERCHANT MARINE ACADEMY

ELIGIBILITY: For the Championship meet you must be over thirty and registered in the Metropolitan Athletic Congress (MAC). If not registered in MAC write to: MAC P.O. Box 1512 Ansonia Station, NYC 10023. Registration fee is \$6.00

For the Non-Championship meet you do not have to belong to the Athletic Congress or live in the Metropolitan District.

PRIZES: Three Championship medals in each event. Five year groupings for men and women from age 30 to 79. Championship patches to the winners of each event, with a limit of one patch per person. In the Non-Championship division medals will be given.

TEAM PRIZES: There will be team trophies for 30-39; 40-49; 50-59; 60+ and overall scoring on the basis of 5-3-1 scoring for each five year division for men and women and then adding all the points in the ten year groupings.

ENTRY FEE: \$3.00 PER EVENT. \$12.00 PER RELAY

ORDER OF RUNNING EVENTS:

10,000 meters
100 meters (trial heats)
110 High Hurdles
100 meters-finals
400 meter dash
1,500 meter run
5,000 meter walk
200 meter dash
800 meter run
5,000 meter run
4 x 400 relay
4 x 800 relay

NOTE:

THERE WILL BE THE SAME EVENTS FOR THE CHAMPIONSHIP & NON-CHAMPIONSHIP MEETS. FOR SCHEDULING PURPOSES THERE MAY BE COMBINED SECTIONS FOR CHAMPIONSHIP & NON-CHAMPIONSHIP COMPETITORS, WITH SEPERATE PRIZES.

FIELD EVENTS: ALL FIELD EVENT COMPETITORS REPORT AT 10:00 A.M. YOU WILL BE DIVIDED INTO FLIGHTS BY AGE GROUPS. THE ORDER OF EVENTS FOR EACH FLIGHT WILL BE GIVEN AT THE 10:00 A.M. CHECK IN. THE FOLLOWING FIELD EVENTS WILL BE HELD: LONG JUMP: WEIGHT THROW: DISCUS: HAMMER: JAVELIN: POLE VAULT: SHOT PUT: TRIPLE JUMP.

DIRECTIONS: By car. Long Island Expressway to Exit 33. Follow signs for three miles.

By train: Penn Station Long Island R.R. to Great Neck. Take bus to the school.

Toilet and locker facilities for men and women. 4" spikes permitted.

ALL EVENTS ARE POST ENTRIES. SIGN IN STARTS AT 9:00 A.M.

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 information 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 Alamae Rd.
Washington, PA 15301

Shore Athletic Club
Ron Salvio
Squan 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

New York Pioneer Masters
c/o G. Shane
2400 Sedgwick Ave., Suite 2-5C
Bronx, NY 10468
212/733-8767

Atlanta Track Club
c/o Bob Glover
4 East 7th Street
New York, NY 10021
212/737-7480

Tri-State Masters T&F Club
c/o Wayne Vaughn
734 W. Franklin St.
Hagerstown, MD 21740
301/733-6076

Buffalo Belles and Brawn
266 Puritan Rd.
Tonawanda, NY 14150

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

Wisconsin United Athletic Club
Ron Dennis
6408 West Gate Rd.
Monona, WI 53716
608/221-8020

Cleveland Masters Track Club, Inc.
Clarence Johnson
14806 Judson Dr.
Cleveland, OH 44128
216/295-0826

Wolfpack Track Club
Jim Pearce
1882 N. Devon Rd.
Columbus, OH 43212

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 Box San Carlos,
CA 94070

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

Golden Gate Race Walkers
106 Sanchez St. #17
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

Complete Runner Track Club
24074 Willow Creek Rd.
Diamond Bar, CA 91765

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

Parmalee and Zimmerman

Continued From Page 4

Maplewood, New Jersey, defeated Schenectady's 53-year-old Ted Bick with a time of 1:54:04 versus 1:55:02.

Buffalo's Richard Sullivan was the fastest man in the M55 age group with a time of 2:07:37, while Regina Tumidajewicz of Amsterdam, NY, repeated as top woman in the division.

The M60-69 year old age group was a one man show for Dr. George Sheehan as he finished twelve minutes ahead of his nearest rival and five minutes faster than his own recently established age-65 record in 2:08:46. Bill McNeil, Middletown, NY, had the distinction of being the oldest finisher

at age 76. His time was 3:52:58.

A pair of 39-year-olds served notice that they may soon rewrite the Masters record books. Fordie Madeira bettered the old course record finishing third among all women with a 1:49:35, which destroyed Madeline Harmeling's national W35 record of 1:59:13. Even more remarkable than her national record setting time is the fact that she is the mother of six-year-old triplets! Barry Brown, Glens Falls, NY, finished in eleventh place overall with 1:39:26, well off his winning time in the 1983 Price Chopperthon, but still fast enough to add yet another 30 kilometer best in the National Running Data Center's list. □



STRETCHING

Proper and regular stretching is important to injury free running. Stretching for 5-10 minutes before and after each run is recommended to counteract the inflexibility and muscular imbalance caused by running. Special attention should be given to the hamstring muscles and the Achilles tendon, two of the most aggravated areas.

To stretch the hamstrings, put one foot up on a table or chair. Slowly bend the head toward the knee, stopping before there is pain. Hold for 10 seconds, then relax, and repeat for each leg 5 times.

For the Achilles, stand about an arm's length from the wall and lean in slowly, bending the knees to stretch the tendon. Hold for 10 seconds, relax, and repeat as with the hamstring.

-- from Dean Reinke's 1984 Running Calendar

TAC/PACIFIC TRACK & FIELD CHAMPIONSHIPS

for

OPEN MEN & WOMEN, MASTERS MEN & WOMEN

MAY 19, 20, 1984

Los Gatos High School & San Jose City College
Sanctioned by TAC/PACIFIC ASSOCIATION
Sponsored by LOS GATOS ATHLETIC ASSOCIATION

ENTRY DEADLINE WEDNESDAY, MAY 16, 1984

ELIGIBILITY:

All Men and women registered in Tac/Pacific Association. 1984 Tac registration required. Registration available at meet \$8.00

ENTRIES:

Pre-entry required before Wednesday May 16. No post entry will be accepted. Phone entry o.k. to May 16. Day 354-5660, Night 395-5825

FEES:

\$4.00 per event. \$12.00 for relays. Guest Competitors \$6.00 per event. Late entry if space available, \$6.00 relay post entry O.K.

NOTE:

Hammer, javelin, steeple chase, and 5,000 walk will be contested at San Jose City College on Sunday, May 20 (See Schedule).

HEATS:

Will be run if required in 100 and 200. Heats will be contested in all age divisions that they are needed and the finals run at the end of allotted time slot. 400 will be run in timed sections based on times submitted on entry form.

FACILITIES:

All weather track surface 1/4" spikes only. Concrete throwing rings, grass javelin runway.

AGE GROUPS:

Open 18-29, 30 and above in 5 year age groups. 30-39 competitors may compete in open events if they so desire, but must stay in that division except in relays. Age on May 19, 1984, determines age group.

AWARDS:

Tac/Pacific championship medals to first three places in all events.

TAC/PACIFIC TRACK & FIELD CHAMPIONSHIP

ENTRY DEADLINE MAY 16, 1984

WILLIE HARMATZ, BRUCE SPRINGBETT: Co-Meet Directors
P.O. Box 1328, Los Gatos, California 95030
408/354-5660 Days
408/395-5825 Evenings

Name (LAST) (FIRST)

Phone

Date of birth

Age as of May 19, 1984

Events entered and best time 1984

Club affiliation

Amount enclosed

(Make checks payable to Los Gatos Athletic Association, Inc.)

In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, and end all rights, claims or damages I may accrue against San Jose City College, Los Gatos Athletic Association, TAC Pacific Association, Los Gatos High School, and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the TAC/Pacific Track and Field Championship held May 19, 20, 1984, at Los Gatos High School, Los Gatos, California, and at San Jose City College.

Date Signature

Address (NUMBER & STREET)

CITY (STATE) ZIP

Circle one: MALE FEMALE

Your 1984 TAC \$

NO REFUNDS FOR DEFAULT

PROFILE

Bill McChesney — Beating a Mid-Life Crisis

Twelve years ago, Bill McChesney carried 187 pounds on his 5-6 frame. His blood pressure was high and he was unable to pass a life insurance physical. He was in the beginning stage of a mid-life crisis.

You wouldn't know it today, though. The 56-year-old dentist, who makes his home in Eugene, Oregon, weighs 120 and has a blood pressure reading of 118/70. On top of that, he's one of the leading masters competitors in the country. Last year, he recorded an American age-class record of 4:56.1 for the mile and a world-record 10:34.9 for two miles.

"I'm having more fun now than any point in my life," he says. "I was so out of shape when I started running in 1972 that I feel running saved my life. I think the masters movement is one of the greatest things that has ever happened to improve the health and well being of men and women over 40, or even over 30. I can still remember when you were considered over the hill athletically when you were old enough to graduate from college."

Born in Glendine, Montana, McChesney was a top half-miler and miler in high school and at Montana State University he captained the track team while winning many meets. His best college marks were 4:26 for the mile and 9:50 for the two miles, good times in those days. Like most other middle distance runners then, McChesney never developed the aerobic base necessary to fully realize potential.

"A long workout in those days was one lap over distance," he laughs, "If we were getting ready for a mile, we'd run five laps on Monday before the meet. And everything was on the track. I never did take a run around the campus. I had to double so much in meets and with a heavy study load to pre-med sciences, I simply didn't have the time or energy to think records at that time."

After finishing college and dental studies, McChesney concentrated on building his dental practice and raising a family as his body went to pot. "When I thought about exercise in those years, I lay down til the thought passed," he quips.

Now, McChesney spends about 1½ hours a day training, including stretching, sit ups, and running. A typical week in preparation for a big event looks something like this: Monday, a six-mile run; Tuesday, intervals, e.g., 8 x 400 at mile pace with 60 seconds rest; Wednesday, another six-mile run; Thursday, 6 x 110, sprint drills, easy five miles; Friday, an easy three miles,



Bill McChesney

Saturday, race.

"I love to run and I like to train," McChesney says. "I'm very competitive and really enjoy a good race, win or lose. It's the effort as much as the result."

McChesney's best mile since his comeback at age 44 is 4:51.5 at age 53. He has fond memories of that race. "There were about 8,000 people at Hayward Field that night and the crowd was roaring because my son, Bill, was running from one side of the track to the other urging me on. He later ran 3:56 that night. It was great knowing he cared that much for me."

In recording his world-record two-mile last year, the senior and junior McChesneys were in the same race. As junior lapped dad enroute to an 8:30's time, he patted the old man on the rear and said, "You're looking good, dad. Go for it."

If humans were judged like race horses in the area of stud performance, McChesney might be able to demand a high syndication price since all four of his sons have been outstanding run-

ners. Of course, Mrs. McChesney gets credit, too.

"I feel very fortunate to have the family I've had. They've set national high school records, Oregon records, made the Olympic team and yet they feel that my wife's and my feeble attempts on the track and roads are as important as what they do," McChesney remarks.

Besides his outstanding track performances, McChesney has clocked 36:12 for 10-K on the road (1983) and 2:46 in the 1981 Boston Marathon.

"I prefer the mile to 5,000 on the

track," he says. "I feel more challenged when I'm going faster."

McChesney wants to PR in everything from 1,500 meters to the marathon this year, but he's more interested in staying healthy and active for the rest of his life.

"One of the biggest joys in my life is being told by all kinds of people that my example encouraged them to start running. To me, there is no last in a race. Last are the people watching and wishing they could run but don't get off their butts to do it." □

— by MIKE TYMN



Dave Jackson

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1984

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
DOROTHY ANDERSON (EUGENE, OR)	5-7-29	55-59
SANDRA FOLZER (WYNCOTE, PA)	5-10-39	45-49
KATIE JOCOY (HONOLULU, HI)	5-4-29	55-59
FELICITAS SALAZAR (SAN DIEGO, CA)	5-7-09	75-79
MARY STOREY (RIVERSIDE, CA)	5-4-24	60-64
IMKE PARLEVLIET (HOL)	5-22-34	50-54
G. PLATER (GB)	5-26-39	45-49
MARY THOMAS (AUS)	5-30-44	40-44
CHARLES BACKUS (US)	5- -94	80 +
VIKTOR BOLSHOV (URS)	5-23-39	45-49
FRITZ BOSCHEN (WG)	5-7-24	60-64
FRANK BOZANICH (VISTA, CA)	5-20-44	40-44
AVERY BRYANT (PALOS VERDES, CALIF)	5-25-24	60-64
WILBUR BUCHANAN (PACOMA, CA)	5-18-24	60-64
LEO CLOUTIER (BRUNSWICK, ME)	5-16-09	75-79
DON FINLAY (GB)	5-27-09	75-79
DAVID FRITAG (SAN DIEGO, CALIF)	5-17-29	55-59
JOHN GILMOUR (AUS)	5-3-19	65-69
ALEXANDER GREEN (FORT LAUDERDALE, FLA)	5-31-09	75-79
LEON HACKER (S. AFR)	5-26-39	45-49
AGNAR HATTELAND (NOR)	5-28-19	65-69
STANLEY HERRMANN (SANTA BARBARA, CAL)	5-11-04	80 +
ENAR HJORTLING (SWE)	5-10-04	80 +
HARRY LINDELL (SWE)	5-8-34	50-54
HAVARD LUND (NORWAY)	5-20-24	60-64
JANTS L. SIS (URS)	5-19-39	45-49
EDWARD MCCOMAS (BALTIMORE, MD)	5-25-34	50-54
REG MCCRAE (AUSTRALIA)	5-17-24	60-64
GEORGE MURRAY (HONOLULU)	5-1-24	60-64
KARE OKSAVIK (NOR)	5-14-29	55-59
GENE ROCHAMBEAU (SAN DIEGO, CALIF)	5-23-19	65-69
VINCENT SCHIAVI (WILMINGTON, DE)	5-29-94	80 +
EDWARD STABLER (SYRACUSE, NY)	5-30-29	55-59
TOM WALNUT (DEWITT, NY)	5-22-24	60-64
RONALD WHITE (GB)	5- -04	80 +
KARL WILLMS (WG)	5-6-09	75-79

MASTERS GLOSSARY OF TERMS

T&F: Track and Field

LDR: Long distance running

RW: Race walking

Athletics: The sports of track & field, long distance running and race walking.

Masters: Men and women age 40 or over.

Sub-masters: Men and women age 30-39.

Veterans: The international term for "masters," with the exception that "veterans" also include women age 35-39. (The term "veterans" is also unofficially used in some LDR races to define runners age 50-59.)

Seniors: A word of many meanings: 1) A TAC competitor age 20 or over; 2) Unofficially used in some LDR events to define runners age 60 over; 3) Sometimes unofficially used by the media and others as a substitute for "masters."

AR: American record

WR: World record

PR: Personal record

The Athletics Congress (TAC): The "national governing body" (NGB) for athletics in the USA. TAC is the exclusive U.S. member of the IAAF. TAC's home office is in Indianapolis, with district (local) offices throughout the nation. TAC is composed of various committees, including the Masters T&F and Masters LDR committees. The committees meet each December at the TAC Convention.

International Amateur Athletic Federation (IAAF): The international governing body for athletics.

World Association of Veteran Athletes (WAVA): The official international veterans governing body for athletics. WAVA stages a World Veterans Games every odd-numbered year for men 40+ and women age 35+.

IGAL: An official international veterans LDR organization. IGAL holds an annual World Veterans Distance Running Championship (10K & 25K in odd-numbered years; 10K & Marathon in even-numbered years.)

National Masters Sports Association (NMSA): A coalition of 14 masters sports which held a Masters Sports Festival in 1982, and is planning future Festivals with national sponsorship.

Age-groups: Masters and sub-masters competition is divided into 5- or 10-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). Your date of birth (not year of birth) determines your age.

Masters competition: Every event from the 100-yard dash to the pole vault to the marathon is available. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

Local masters T&F: All Masters T&F meets feature competition for anyone age 30 or over. Masters meets are generally directed by a single individual or club. Some local meets are "sanctioned" by TAC; some are not.

Local masters LDR: Local LDR races are generally open to all ages, with masters awards for each 10-year age group.

TAC Regional and National Masters T&F Championships: The TAC Masters T&F Committee sponsors and supervises annual national and regional indoor and outdoor masters and sub-masters T&F Championships.

TAC National Masters LDR Championships: The TAC Masters LDR Committee sponsors and supervises several national LDR championships (10K, 15K, etc.) each year, as well as a few Regional LDR championships.

TAC Membership: It is not necessary for a participant to become a member of TAC (\$6 per year) to compete in non-sanctioned masters events or in international competition. It is officially necessary to become a TAC member to compete in TAC-sanctioned events (although this rule is not always followed by event direc-

tors). It is not necessary for a foreign competitor to become a TAC member to compete in TAC events. (A TAC member is automatically insured against injury while competing in, or traveling to, a TAC-sanctioned competition.)

Eligibility: There are no other requirements needed to enter masters athletics competition, except to be at least the minimum age. (One should also be reasonably fit.) An athlete may generally compete in a younger age group if he or she so chooses, but one may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from TAC masters competition for a period of two years.

Standards: There are no entry or award standards in TAC Masters competition.

World Veterans Games: There are no requirements needed to compete in the biennial World Veterans Games, except to be at least age 40 (men) or age 35 (women). "Travel permits" are not needed. No one is banned because of occupation, race, religion, national origin or any other reason.

Uniforms: Some masters athletes compete in their club uniform; some in simple T-shirt and shorts. In the World Games, each participant competes as an individual, not as a representative of any nation. Thus national uniforms are entirely optional. USA uniforms are available for \$50 (men) or \$45 (women) from Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010.

Sponsorship: Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

Senior Olympics: A program unrelated to the TAC Masters program. Open to age 25+ or 55+, depending on the area, and including athletics, swimming, softball, etc.

Masters Clubs: Most areas have local running clubs, some of which cater to the masters performer.

Age Records: An annual book of masters age records for each T&F event is available for \$4 from NMN, PO BOX 2372, Van Nuys CA 91404; and for each LDR event for \$9.95 from NRDC, PO Box 42888, Tucson AZ 85733.

Rankings: An annual book of masters rankings by event and age-group, is available for \$10 (T&F) from NMN, above; and for \$9.95 (LDR) from NRDC, above.

Implements: Lighter implement weights are used in the older age-groups.

Hurdles: The height of the hurdles is lowered for older age-groups.

Rule Books: The IAAF Rule Book (\$10), the IAAF Men's Scoring Tables (\$5), the IAAF Women's Scoring Tables (\$5), and the TAC Rule Book (\$6) are available from NMN, PO Box 2372, Van Nuys CA 91404.

WAVA Standards: WAVA multi-event scoring tables are available from Ian Hume, RR-1, Melbourne, Quebec, Canada (please enclose postage).

Weight Tables: Age-group factoring tables are available for \$1 from Phil Partridge, 337 S.W. 14th Ave., Boynton Beach FL 33435.

IA, IB, etc. Codes which refer to various age-groups, as follows: OA-30-34; OB-35-39; IA-40-44; IB-45-49; 2A-50-54; 2B-55-59; 3A-60-64; 3B-65-69; 4A-70-74; 4B-75-79; 5A-80-84.

Road Runners Club of America (RRCA): An organization of over 400 clubs throughout America which promotes long distance running.

National Masters News (NMN): The bible of the Masters athletics program. NMN is an official publication of TAC. Each month, it delivers 24 to 40 pages of results, schedules, entry blanks, age records, rankings, photos, articles, training tips and all the inside scoop and information that affect the world masters athletics competition. NMN welcomes contributions from its readers—results, schedule info, photos, letters and opinions. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters section. A one-year subscription (12 issues) is \$15 (2nd class), \$25 (1st class), or \$30 (overseas). Send to NMN, PO Box 5185, Pasadena CA 91107.



Doug Smith

Michigan Athletics Congress men's and women's outdoor

TRACK & FIELD
CHAMPIONSHIPS



Quality Food Since 1938

AT

Hillsdale College
Hillsdale Michigan 49242

DATE: SAT-SUN JUNE 9-10, 1984

HOSTED BY: Hillsdale College Elias Brothers' Restaurants
Ann Arbor Track Club Wolverine Pacers A. C.

WELCOME: Amateur Athletes from Michigan, Ohio, Indiana, Illinois, Ontario, Canada and North America

T.A.C.: T.A.C. registration required - available at meet from John Gault, State Registration Chairman.

AWARDS: T.A.C. State Championship Medals to men and women in age groups: 19-29; 30-39; 40-49, & 50 & over - to first three finishers.

DEADLINE: Entry deadline is FRIDAY, JUNE 2, 1984!! No post entries will be accepted.

ENTRIES: Fee is \$3.00 per athlete. Made payable to: "Joe Rogers - TAC Track Meet"

DECLARATIONS: Declarations must be made between 9 AM and 5 PM on Friday, June 8, 1984. All non-declared entries will be scratched.

TEAMS: A team award will be made for first, second and third place. 1-5 places in events count in scoring. Open and Masters team divisions.

FACILITIES: Eight lane "Pro Turf" polyurethane track. 4" spikes. Shotput, discus, hammer - concrete rings. Javelin - grass runway.

ENTRY FORM

ENTRY DEADLINE: FRIDAY, JUNE 2, 1984!!!

FILL OUT THIS FORM AND MAIL WITH CHECK FOR \$3.00 (U.S.) PAYABLE TO "JOE ROGERS - TAC TRACK MEET" TO: JOE ROGERS, TAC MEET, HILLSDALE COLLEGE, HILLSDALE, MICH. 49242

EVENT	ENTERING

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against, Elias Brothers' Restaurants, Hillsdale College, the Michigan Association of The Athletics Congress, and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the Michigan Athletics Congress Men's and Women's Outdoor Track and Field Championships held June 9 and 10, 1984, at Hillsdale College, Hillsdale, Michigan, U.S.A.

DATE: _____ SIGNATURE: _____

NAME: _____ AGE AS OF JUNE 9, 1984: _____ TAC# _____

SEX: _____ CLUB AFFILIATION: _____ CITY: _____

STREET ADDRESS: _____ STATE (PROV.): _____ ZIP: _____

National Running Data Center

The National Running Data Center is an independent, non-profit organization devoted to the collection, analysis, publication and dissemination of long-distance running information. The NRDC processes all applications for US road records. Records approved by the NRDC are then submitted to RRCA and TAC for official recognition. The NRDC is supported by donations from individuals, clubs, race organizers, companies and the national governing bodies.

In last month's issue of NMN, the 1983 interim masters marathon rankings, compiled by NRDC, were published. In the men's 50-54 age division, Norman Green was ranked first with a 1983 best of 2:31:35, David Salo was second with a best of 2:32:45, and Norman Eastman was third with 2:39:35.

Ken Young, publisher and statistician for NRDC, has now pulled Salo's time from the list, pending investigation. "We had some complaints," Young said, "so we're looking into it. NRDC's policy is: if there's any question on a mark, we don't include it. The burden of proof is on the runner and race director to prove a specific time was run."

"I can't prove anything," Salo said, "so it's a dead issue, as far as I'm concerned. I'll just wait till the next major marathon, probably when I return from a trip to China."

Eastman thus moves up to second in the interim rankings, and Al Lawrence, with a 1983 best of 2:39:59, takes over third. Green remains the leader. The complete annual rankings for 1983 will be available soon. □

WRITE ON!

Continued From Page 5

3-MINUTE MILE

There once was a runner named Swartz,
Ran a three-minute mile, said reports.
When asked to repeat the details of his feat,
He said: "It was due to a wasp in my shorts."






Thomas Fridley
Elizabethtown, Pennsylvania

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 & STEEPCHASE 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 ***

MASTERS SCENE

NATIONAL

• Vigorous exercise can lower the rate of heart attack by one-third, Dr. William Haskell of Stanford University Medical School reported from a study of 17,000 men. "A 30-minute run every other day alters both the quantity and type of cholesterol in the body."

• Top distance runner Jeff Galloway says a marathon can be run on three miles training a day, provided there is at least one very long run every two weeks that is gradually increased to 25 miles or longer. His theory is that a very long and very slow run — more than marathon distance and at a pace much slower than standard training pace — will give an athlete the endurance to run a marathon at a greater speed.

• An Australian pharmaceutical company has developed a new ointment which reportedly gives relief to sufferers of arthritis and to people who sustain sports' injuries. The product is Alcusol and the company is seeking agents. Alcusol is an anti-inflammatory compound which contains the active copper sali-cylate complex. It is marketed as a gel for ease of application, and is absorbed through the skin. The idea of a copper-based ointment stemmed from research into benefits derived by arthritic patients wearing copper bracelets for therapeutic reasons. Tests on rats proved successful. The product has also proved useful in reducing low back pain. For more info, write: Australian Trade Commissioner, 1990 Post Oak Blvd., 3 Post Oak Central, Suite 800, Houston, TX 77056.

• Foreign entries are already beginning to arrive for the 1984 TAC National Masters T&F Championships in Eugene, Oregon August 17-19, one week after the Los Angeles Olympics. Among them will be Matti Hannus, a 36-year-old sportswriter from Finland who runs the 800 in 2:04. "After reading NMN for two years," he writes, "I feel like I'll be arriving to meet a bunch of old friends."

• Want to put on a road race? The 1984 RRCA Handbook tells you everything you've always wanted to know about it — from A to Z. Finish line procedures, promotion, timing, fund raising, legal, the works. Send \$15.75 to RRCA, c/o Harold Tinsley, 8811 Edgehill Drive, Huntsville, AL 35802.

• In July, 1983, Senator William Cohen (R-Maine) introduced the "Preventive Health Care Incentive Act" (S-1618), which is now under discussion by the Senate Finance Committee. The bill would give companies with corporate fitness programs a 10% tax credit for costs directly incurred by their programs. Eligible fitness programs must be available to all employees and costs no more than \$50 per employee per year. Interested masters should

contact Senator Cohen or their state senators.

• A four-month study of healthy men between 40 and 60 found that those who had run 20 to 60 minutes three to six times a week for 3 to 10 years were less depressed and less socially introverted than those who did not exercise regularly (*Journal of Psychosomatic Research*, Jan. '83).

• Long distance running with inadequate fluid intake and an empty bladder may be the major cause of bloody urine in runners, according to Richard Jones, M.D., writing in the March/April '84 issue of *Running & Fitness*, official publication of the American Running and Fitness Assn. Exercise-induced hematuria may result from chafing of empty bladder walls during the motions of heavy exercise. Jones says that exercise-induced hematuria can be avoided by drinking plenty of fluids, especially during hot weather and recommends a minimum of 8 ounces of water every 2.5 miles for distances more than 10K, more on hot days.

• L'eggs' "Women's 10K Running Guide" booklet is available for 50 cents from L'eggs 10K Running Guide, PO Box 458, Winston-Salem, NC 27102.

EAST

• Perry Leary, 45, of England, won another masters crown in Brooklyn Half-marathon, March 11, with a 34th place (1900 runners) in 1:12:35. Charles Elkins, 40, was 2nd M40+ in 1:15:04. Mimi Lerner, 47, (1:25:13), and Helene Bedrock, 49, (1:27:06), placed 12th and 19th (386 runners) with W40+ one-two finishes in their division.

Continued on Next Page

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width Height	
52	Full page	250	10"	13"
39	¾ page	210	10"	9 ¾"
			7 ½"	13"
26	½ page	160	5"	13"
			10"	6 ½"
13	¼ page	100	5"	6 ½"
			10"	3 ¼"
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1		25	2 ¼"	1"

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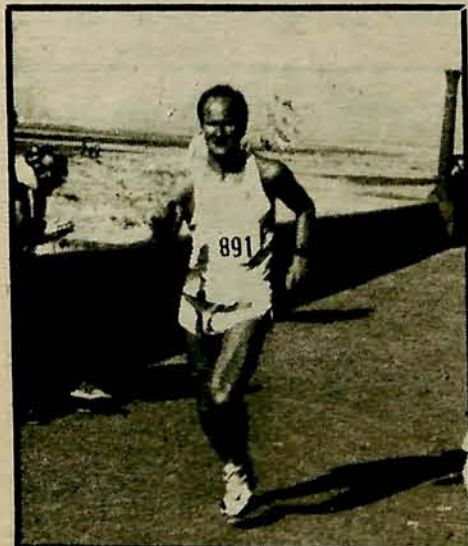
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Continued From Previous Page

- **Joe Sullivan**, 52, fought his way to a 4th place 4:09:46 in the NYRRC Knickerbocker 60K, NYC, March 18 (54 finishers).
- **Lou Coppens**, 42, churned out a 55:54 masters win at the Nike-New Jersey 10-Miler, Cherry Hill, March 18. Other victors were 48-year-old **Charles Clark** by one second in 59:48 over **Walt Pierson**, 48; **Jack Start**, 63, in the M60+ (62:26); and **Nancy Stokes**, 56, in the W55 (77:44).
- **Bob Thurston**, who gave himself a masters victory gift on his birthday, Feb. 19, when he won at the Washington's Birthday Marathon in 2:42:12, was 4th (107) in the DCRRC Half-marathon, Sandy Spring, MD, March 18, in 1:14:17. **Bernie Gallagher**, 43, was 2nd M40+ in 1:23:05, and **Elvio Levri**, 50, took 3rd in 1:25:36.
- **John Hosner**, 59, and **Bill Brobston**, 70, set single-age records at St. Patty's 10-mile Road Race, Oley, PA, March 18. Hosner's 1:01:04 erased John McIntyre's 1:03:57, and Brobston's 1:12:10 wiped out Joseph Gallaburri's 1:14:41. **George Keim**, 41 was 1st master in 52:43, and **Cindy Dalrymple**, 41, first W40+ in 1:01:53. Each age-group winner won a week-long vacation to the Dublin Marathon. Over \$150,000 in prizes was doled out.
- The 1984 Boston Marathon provided, for the first time, equal awards for men and women masters. In prior years, there was only one "masters" division, with the top over-age-40 females virtually ignored.

SOUTHEAST

- **Mike Kelly**, 40, finished 6th overall (58:38) to ice a masters win in the Frostbite 10.4 Mile, Atlanta, GA, Jan. 14. **George Sharp**, 42, was 2nd (1:02:32). **Charlie Teague**, 49, (1:03:19), and **Don Gorham**, 50, (1:04:35), grabbed division wins.
- **Charles Polhamus**, 40, Fitzgerald, GA, M40 TAC National pole vault champion was featured in a 2-page, multi-photo spread in the Macon Telegraph News, Jan. 29 on his quest to qualify for the '84 Olympic Trials.
- **Mel Williams**, 47, covered the Shamrock Marathon course, March 17, in 2:35:24, and followed that with an M45 national record 3:10:19 50K at Chesapeake, VA, on a 5 x 10K loop, April 1. His time bettered **Fred Kiddy's** recent (Dec. '83) M45 mark of 3:16:12.
- **Nancy Parker**, 47, Dunwoody, GA, outlegged the masters entrants in the largest field of women runners (1800+) ever assembled in the Southeast in the Avon-Atlanta 10K, April 9, to win over a hilly course in 40:45. **Ann Kahl**, 54, Apopka, FL, was W50-59 champion (43:15), and **Rita Tomassini**, 63, Atlanta, took W60+ laurels (50:06).
- Because of a multitude of masters T&F meets on the weekend of June 9-10, the TAC



George Oja, 40, 1st master at Trails End Marathon Seaside, OR, 2:34:01, Feb. 25.

Photo by Carol Langenbach

Southeast Regional Masters T&F Championships in Atlanta have been moved to June 16. After directing the meet since its inception eight years ago, **Ken Kirk** is turning over the reins to the Atlanta Track Club.

MIDWEST

- **Doug Braasch**, 44, Bartonville, IL, who rode motorcycles competitively for 20 years before joining the running boom six years ago, was the first master (17:51) in the March of Dimes 5K, Peoria, IL, Feb. 12, in this first race since a 2:53 at the Huntsville Marathon, Dec. 16. **Judy Tolliver**, 40, E. Peoria, IL, coming off an ultra-marathon win, won the women's masters title in 20:37.

MID-AMERICA

- **Jeff Fisher**, 40, Denver, CO, defeated, but not easily, in 54:04, two fine local runners, **Lowell Gaithers**, 46, (54:46), and **Ray Stevens**, 43, (54:54), in the Statehood Day Run 10 Mile, Feb. 25, Lincoln, NB, for the masters title. **Bob Bartling**, 57, won his division in 1:03:10, and **Karen Bestul**, 41, was 1st W40+ in 1:08:53. The masters team title went to the Lincoln TC (Gaither, Stevens, Bob Elwood), which staged the event, the 9th annual and the largest ever, 1169 finishers.

- **Hugo Hartenstein**, 49, continued to improve on his sprint times with a 34.44 300y and a 6.7 60y at the AFAC open meet, Colorado Springs, March 4. **Frank Bowles**, M60, had a hot 10.02 60yHH. **Boyles** and **Hayden Parks** tied in the 60y dash with a MR 8.1. Other MR setters included **Geoff Chance**, M40 mile (4:49); **Charles Wimberly**, M50 600y (1:25) and 1000y (2:42); and **Earl Brotton**, M40 600y (1:25).

- **James Culver**, 48, forged to a 4th place 1:41:13, twenty seconds ahead of 5th **Tom Bestul**, 41, in the Lincoln TC's 25K, March 17. But **Ray Stevens** did even better, winning the 50K in 3:23:51. **Janet Katz**, 40, was the 1st W40+ in 2:01:04 and 2nd overall in the 25K.

- Submaster **Clifton Jackson** recorded the fastest 60y dash in 6.5 but lost the 300y to **Fred Booker**, who logged a 33.6 at the Lincoln TC's Indoor Championships, Nebraska-Wesleyan U., March 4. **Bob Elwood** put together two solid M40 wins in the 880 (2:16.3) and the mile (4:56.5). **Earl Sumpter** won the M60 440, mile, and 2-mile. **Bob Warren**, M40, threw the shot 43'3/4".

SOUTHWEST

- **Russ Bennett**, 46, and **Bill Adams**, 43, forgot the 35 mph wind gusts and raced to a 3-second-difference finish with Bennett the victor in 1:39:40 in the Oklahoma state 25K championships, Tulsa, Feb. 18. **Sharon Cooper**, 45, who does 100 miles a week, was 2nd w/overall (1:55:07) for a W45 state record.

WEST

- The Lockheed team of **Rich Collins** (2:17), **Sam Vandenburg** (62:0), and **Jerry Lewis** (2:16) won the 1 1/4 mile masters relay at the Winter Corporate Relays, Feb. 25, Los Gatos, CA. General Electric was 2nd; IBM, 3rd. Sponsored by National Semiconductor, the event served as a warm-up for the **Runners' World Corporate Cup** in June.

- The West Coast masters T&F community was saddened by the death of **Red Doms**, 77, on March 18, from a brain tumor after a short illness and surgery. Red, a long-time member and officer of the So. Calif. Striders, recorded many M70 and M75 single-age and several age-group world and American marks in the throws with various weight implements. Red, always competitive, was an amiable gentleman, who had a kind word and a smile for everybody. He personified the best aspects of the masters movement.

- **Steve Close**, 40, Montecito, CA, made the top 10 (57:44) at the 8th Santa Barbara Winter 10 Mile, Feb. 11.
- **Mike Tynn**, putting aside the pen and taking

up the challenge, placed 2nd overall in the 400+ entrant Hawaii RRCA 10K Championships on flat, hot Kaheone Marine Corps Air Station course, March 18. Tynn's M45 winning time of 33:36 was 27 seconds behind open winner **Paco Martinez**. Another 45+ winner, **Christa Obara**, also placed high, taking the 5th w/overall slot with her age-group course record 42:00.

- **Ron Kovacs**, 45, Mountain View, CA, broke the U.S. age record in winning the Redwood Empire 24-Hour Run, Santa Rosa, CA, March 17-18, with 138 miles, 250 yards. **Richard Conn**, 57, Los Gatos, CA, also strode to an age record with 112m, 295y, as did **Shirley Segar**, 57, Sebastopol, CA, with 77m, 301y. **Doug Latimer**, 40, Redwood City, CA, Western States 100 Mile record holder, stopped at 40 miles with leg problems and vertigo. Put on by the Empire Runners, the event (22 runners) raised \$27,000 in pledges for the American Cancer Society.

- **Jim Coots**, Long Beach, CA, was 1st M40+ in the National TAC 35K RW Championships, Carmel Valley, CA, March 17, eight places behind U.S. 35K record-setting **Carl Schuler** (2:41:26).

- **Harold Chapson** plans on running at least one event in hopes of a world record to celebrate his 82nd birthday at Kaiser HS, Honolulu, on July 14.

- **Vicki Bigelow**, 48, erased **Dorothy Stock's** national age record of 11:15.2 for the 3000m when she sailed to a 10:41.7 in Hayward, CA, at a college dual meet March 22.

- The date and site of the TAC Western Regional Masters T&F Championships have been set for July 13-15 on the new Olympic training track at Occidental College in Los Angeles. To avoid LA's heat and smog, the meet will be held in the evening under the lights. A Pentathlon on Friday will kick off what promises

to be one of the year's top meets.

- World Veterans twin M55 gold medalist **Jim O'Neil** (5K and 10K) is hooked on skiing. A recent trip to the slopes of the French Alps was "the most fun I've ever had outdoors," O'Neil writes in **Running and Triathlon News**. "The most pleasant surprise was that skiing could actually benefit my running program." O'Neil skied hard for two weeks in France and didn't run a step. "When I returned to San Diego, I was pleased and surprised at the quality of my running workouts. The layoff didn't result in the expected setback. In fact, the opposite was true. And the nagging Achilles injury which had been bothering me seemed to have cleared up." O'Neil says skiing, like cycling, absolves an athlete of pounding. Therefore, cross-country skiers can do prodigious amounts of work before they begin to crack. "But I missed Calif."

Continued on Next Page



Bill Burke, M60, before discus throw, weight pentathlon, Northridge, Calif., Feb. 1.

NMN Photo

Birmingham Track Club Classic

DATE: May 12, 1984
 SITE: Vestavia Hills High School
 FACILITIES: Six Lane Chevron Track (1/2" spikes)
 AWARDS: First three places in each event.
 ENTRY FEE: \$6.00 for first event, \$3.00 for each additional event, with a \$15.00 maximum entry fee. \$8.00 per Relay team.
 EARLY ENTRY FEE: \$4.00 for first event, \$2.00 for each additional event, with a \$10.00 maximum entry fee. Early entries must be postmarked prior to May 6th.
 DIVISIONS: Five year age groups (starting at age 30) and an open category for both men and women.
 CO-DIRECTORS: Versal Spalding (205 933-1453) Gordon Seifert (205 879-8031)

ORDER OF EVENTS (women first, older to younger men)

7:30AM 5 K on the track (heats as necessary)
 9:00 4x40 Relay
 9:30 Mile run
 10:00 120 Hurdles
 10:30 100 yard dash
 11:00 4x40 yard dash
 11:30 220 yard dash
 12:00 880 yard run
 12:30 330 Hurdles
 1:00 Mile Relay

FIELD EVENTS

9:00AM HJ BJ Shot Discus
 11:00 PV TJ Javelin

ENTRY BLANK

NAME _____ SEX _____
 ADDRESS _____ street _____ city _____ State _____ zip _____
 Birth date _____ Age (as of 5/12/84) _____
 EVENTS ENTERED: 1. _____ 2. _____ 3. _____ 4. _____
 5. _____ 6. _____ 7. _____ 8. _____
 Total fee enclosed \$ _____ Mail to: Birmingham Track Club
 P.O. Box 1491
 Birmingham, Alabama 35201
 WAIVER OF COMPETITION: In consideration of accepting this entry, I declare that I am physically able to compete in these events and waive for myself, heirs and administrators all claims for damages which I may accrue against any and all persons or organizations in any way associated with these events.
 DATE _____ SIGNATURE _____
 PARENTS' SIGNATURE (if minor) _____

Continued From Previous Page

nia and couldn't wait to get a good race or two under my belt. It's good to be back."

- **Sister Marion Irvine**, 54, broke her own W50 15K record of 58:42 by 50 seconds in 57:52, a time which betters all age records down to age 43, in the Avon 15K in San Francisco, April 8.

- **Carol Urish-McLatchie**, 32, national W30 masters track champion, edged defending champion **Nancy Ditz** to win overall in 51:29.2.
- **Gretchen Snyder** of Berkeley turned 50 in February and, in her first competitive effort in her new W50 age group, bettered **Shirley Kinsey's** American W50 record for 200 meters in Fresno, April 14 by over two seconds in 29.4. In the 800, Snyder turned in a 2:39.84, just missing **Mila Kania's** U.S. W50 800 mark of 2:39.8. **Joe Packard**, 80, lowered **Herb Anderson's** world 80+ 100-meter mark from 16.5 to 15.9. Complete results next month.

- Which takes more stamina and endurance? Playing five sets of tennis, or running 400 meters? "I'm more tired after a competitive 400 than after five hard sets of singles tennis," said **Tony Nasralla**, top M50 sprinter and hurdler, as he headed for Jamaica to play in a 40-and-over tennis tournament.

NORTHWEST

- The **Bigfoot Masters TC**, Spokane, WA, has 19 members working out together on a regular basis and expects 50 by this spring. Not unusual perhaps, except that the club is sponsored by Spokane Community College as a course offering. Members pay a \$12 per quarter fee, which entitles them to coaching by the SCC men's track mentor, Duane Hartman, and use of all the college's phys. ed. facilities, including weightroom and indoor/outdoor tracks. The idea is an outgrowth of the Inland Empire TAC's masters T&F program. The club has its first meet scheduled for May 12. Contact person **Jim Lynch** (509/747-4463) says, however, that "entry rules are strict. You've got to like to drink beer and you should feel like you are 40."

INTERNATIONAL

- The VI World Veterans Championships in Rome will take place during a week from Saturday to Saturday within the period June 15 and July 6, 1985.
- Over 700 are expected to enter the Italian Masters T&F Championships next month. Foreigners are welcome. See schedule for details.
- The official results of the V World Veterans Games last year in Puerto Rico have been mailed to all competitors, **Rafael Serrati** reports. It's an attractive, 82-page booklet with photos and results of all events including preliminaries.



M55 winner (517) **Bob Bartling**, 1:03:10, Statehood Day 10 Mile, Lincoln, Nebr., Feb. 25. Photo by **Mary McLain**

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

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 46168. 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

May 20. New York Masters Championships, Kings Point. 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.

May 27. SUNY-Binghamton Weight Pentathlon, Binghamton, NY. Coach Gary Truce, Phys. Ed. Dept., SUNY-Binghamton, NY 13901.

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

June 9. New York Pioneer Masters Relay Carnival, Bronx Community College (Ohio Field), 11 a.m. G.Shane, Suite 2-5C, 2400 Sedgwick Ave., Bronx, NY 10468.

June 10. MAC Championships, Kings Point, New York. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

June 10, 17; July 1, 8, 22, 28; Aug. 12. Tri-State Masters T&F Club Meets, Hagerstown JC, Hagerstown, MD, 5:30 p.m. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

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

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

July 8. Quadrangular Meet (NY Masters,

Shore AC, Phila. Masters, Potomac Valley Seniors), Monmouth College, New Jersey. Ron Salvio, Squan Rd., Clarksburg NJ 08510.

July 15. New York Masters Relay Carnival, Kings Point, New York. NY Masters, 77 Prospect Place, Brooklyn NY 11217. Entry form in June issue.

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

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. Birmingham Track Club Classic, Birmingham, Ala. See entry form in this issue. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031.

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

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

June 16. TAC Southeast Regional Masters Championships, Atlanta, ATC, 3097 E.Shadowlawn Drive, Atlanta GA 30305. 404/231-9064. Entry form in June issue.

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

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 10. 5th Annual Wisconsin United AC



Edith Mendyka, 70+ preparing for a meet. Photo by **Sondra Schumacher**

Masters Meet, U. of Wisconsin-Madison Walnut St. track, 10 a.m. Ron Dennis, 6408 West Gate Rd., Monona, WI 53716. 608/221-8020.

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

August 4. Heights Summer Classic, Cleveland Hts., OH. Dorothy Davis, 2155 Miramar Rd., University Hts., OH 55118.

MID-AMERICA

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 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, 303/341-2980.

Continued on Next Page



Art Vesco, M70, leaving ring after discus toss, Weight Pentathlon, Northridge, Calif., Feb. 1. NMN Photo

ON TAP FOR MAY

TRACK & FIELD

The outdoor season rolls into high gear this month with action somewhere very weekend. On the first weekend are the Southeastern Masters Championships and the TAC National Masters Pentathlon, both in Raleigh; and a masters meet in Visalia, California.

On the 12th is the Redlands Masters meet in California and the Birmingham Classic in Alabama.

The Pacific Open & Masters Championships are in Los Gatos, Calif., on the 19th, while the New York Masters Championships at Kings Point and the West Penn Championships near Pittsburgh are on the 20th.

The Anteaters Masters Meet at U.C. Irvine in California, the TAC Southern Masters Championships in New Orleans, the Potomac Valley Seniors Championships in Washington, and the Ohio Masters Championships in Trotwood highlight the Memorial Day weekend.

LONG DISTANCE RUNNING

The Old Kent River Bank Run 25K takes place in Grand Rapids, Michigan on the 5th, followed by the Avenue of the Giants Marathon in California, the Lilac Bloomsday 12K in Spokane, the Nike-Vancouver International Marathon in British Columbia and the 1984 TAC National Masters Marathon Championships in Lincoln, Nebraska on the 6th.

The second weekend finds the Women's Olympic Marathon Trials in Olympia, Wash. on the 12th and the Dynamis 15K in Syracuse, N.Y. on the 13th.

Over 100,000 fun lovers are expected at the Bay-to-Breakers in San Francisco on the 20th. The Revco-Cleveland Marathon & 10K, and the RRCA National 15K Open and Masters Championships in Michigan City also go on the 20th.

Following the men's Olympic marathon trials in Buffalo and Elby's 20K in Wheeling on the 26th, the TAC National Masters 25K is set for the nation's capital on the 27th, as is the Brentwood 10K in Los Angeles. Rounding out the month are the Boulder to Boulder 10K in Colorado and the Cotton Row 10K in Alabama, both on Memorial Day, Monday, the 28th. A busy month. □

Continued From Previous Page

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

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. Trojan 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 30. 8th Annual Southern California Striders Relays, Santa Ana College, Santa Ana, California. Lloyd Higgins, c/o Striders, 8306 Wilshire Blvd., No. 316, Beverly Hills, CA 90211.

July 1. TAC Southern Pacific District Masters Championships, Occidental College, Los Angeles, Calif., 3 p.m. SASE to Woody Studenmund, 823 Milmda Dr., La Canada, CA 91011.

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.

July 13-15. TAC Western Regional Masters Championships, Occidental College (new U.S. Olympic Track), Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale CA 91201. Entry form in June issue.

August 25. Southern California Masters Meet, Southwestern College, San Diego. Joe Horn, 1147 Agate St., San Diego CA 92109. 619/488-8886.

September 8-9. 15th Annual Senior Olympics, Orange Coast College, Costa Mesa, Calif. Decomposed granite track. Deadline August 23. Senior Olympics, 5726 Wilshire Blvd., Los Angeles CA 90036.

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 9-10. Southern Oregon Decathlon, Heptathlon Championships, Jr. High thru Masters, Phoenix, Oregon. Don Gray, P.O. Box 119, Phoenix, Oregon. 97535.

June 23. Northwest Pentathlon, Wahatonna High School, The Dalles, Oregon. Open and masters. Robert R. Gent, 4825 Simonelli Rd. W., The Dalles, Oregon. 97058.

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

July 13-14. 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 Championship, Bozeman, MT. Mike Carignan, 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 Do. i., Richmond, B.C. V7C 3J1.

July 14. Ontario Masters Pentathlon Cham-

pionships, 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

June 22-24. 8th Italian Masters Championships, Salsomaggiore, Italy. Foreigners welcome. IMITT, 20147 Milano, Via Martinetti, 7, Italy. Tel. 02/4048306.

July 28-29. WAVA Decathlon Championships, Long Beach, California. Ray Fitzhugh, 4991 Yearling, Irvine, CA 92714. (w) 714/651-3623; (h) 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 6-7. 5th All-Japan Masters Championships, Okinawa, Japan. Masaharu Sugano, 453-9 Inbe, Wakayama, Japan.

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

LONG DISTANCE
RUNNING
NATIONAL

May 6. TAC National Masters Marathon Championships, Lincoln, Nebraska. Lincoln TC, 2900 John Ave., Lincoln NE 68502. 402/489-3469

May 27. TAC National Masters 25K Cham-



Lloyd Higgins, M40, heaves 35# weight, weight pentathlon, Northridge, Calif., Feb. 1.

NMN Photo

pionships, Hains Point, Washington, D.C. Charles Desjardins, 5428 Southport Lane, Fairfax VA 22032. 703/250-7955.

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.

Continued on Next Page

UNIV. OF CALIF.
Edwards Field
Berkeley, CA

Saturday, July 7, 1984

NORTHERN CALIFORNIA SENIORS CLASSIC
Track & Field Meet

TAC Sanctioned
TAC Officials



Tartan track and runways. One-fourth inch spikes.

5 year age groups men and women 30 and up. 10 year age groups for relays. Entry fees, \$5.00 per event, \$8.00 for relay teams. Entry deadline - entry must be received by June 29, 1984. No late entries accepted. Relay entries acceptable at meet.

Meet Headquarters - Durant Hotel (hospitality room) Friday, July 6 (2:00 to 10:00 PM). Packets (including final schedule of events) available; packets at the track July 7, after 8:30 AM. Reservations at No. Cal. Srs. Classic group rates at:

Durant Hotel, 2600 Durant Av, Berkeley, CA 94704, (415)845-8981, 3 blocks from track, \$48 sg, \$58 db, plus tx (incl. contin. breakfast) by June 6, 1984. Parking avail. S.F. Airport connection.

Shattuck Hotel, 2806 Allston Way, Berkeley, CA 94709 (415)845-7300 by June 13, 1984, one block from track and BART (Bay Area Rapid Transit), Oakland Airport connection, \$37 sg, \$42 db, plus tax.

Claremont Lux Resort Hotel, P.O. Bx 23363, Ashby & Domingo Aves., Oakland, CA 94623 (415)843-3000 (17 10 rooms, \$75 sg. (reg.\$110) \$85 db (reg. \$125)) including free S.F. airport connection, by June 6, 1984. 1 1/2 miles from track.

Flamingo Motel, 1761 University Av., Berkeley, CA 94703 (415)843-4242 (free parking) sg. \$34, 36; db \$40, \$44, \$48, plus tx. (6 p.m. to 11 p.m.)

TV coverage.

Events: Field, 1:00 PM - high jump; discus; pole vault.
2:00 PM - long jump; shot put. 3:00 PM triple jp; javelin.

Track, 9:00 AM - 5000; 10:00 AM, heats as required.
1:00 PM - 4X100M relay, 4X 800M relay, 100M hurdles (women and men over 70), 110M hurdles, 100M, 400M, 800M, 400 I.H., 200M, 1500M, 4 X 400 relay. Final schedule to be set after entry deadline.

For further information, phone or write to Meet Director, Mark Grubi, P.O. Bx 4512, San Francisco, CA 94101 (415) 285-3352 (8pm to 10pm). Mail entries with checks payable to Mark Grubi, Meet Dir.

Entry Form
(Please print)

Name	Club affiliation
Address	TAC #
Tel.	Male <input type="checkbox"/> Female <input type="checkbox"/>
Events	Birthdate
Best recent mark	Free
	T-Shirt S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>

I would not be interested in attending an awards dinner, July 7, Shattuck Hotel (minimal cost) for competitors and guests. Number in party _____.

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

Signed _____ Date _____



Submaster Mike Deller soars at Weight Pen-tathlon, Northridge, Calif., Feb. 1.

Continued From Previous Page

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.

NEW ENGLAND

July 28. John Kelley 11.6-Mile Run, New London, Conn. Jack Dempsey, Ocean Beach Park, New London CT 06230. 203/442-9423.

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

EAST

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

May 13. Dynamis 15K, Syracuse, N.Y. \$5000 to top 10 invited Masters runners. Michael McBane, 401 Cleveland Blvd., Fayetteville, NY 13066. 315/637-8778.

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 1. Pepsi Challenge 10K Championships, New York City. NYRRC, PO 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.

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.

201/531-4156.

October 7. TAC Eastern Masters 10K Cross-Country, Van Cortlandt Park, Bronx, N.Y. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

October 8. Bonne Bell 10K National Finals, Boston. Bonne Bell, 18519 Detroit Ave., Lakewood OH 44107.

October 27. NY Masters 5K and 10K Cross-Country, Van Cortlandt Park, Bronx, N.Y. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

October 28. New York City Marathon. NYRRC, PO Box 1388 GPO, New York NY 10016. 212/860-4455.

November 4. Marine Corps Marathon, Washington, D.C. Capt. Chris Moody, PO Box 188, Quantico VA 22134. 703/650-2225.

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

SOUTHEAST

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.

September 29. Virginia Ten Miler, Lynchburg, VA. Marilyn Straub, 3020 Cranchill Drive, Lynchburg VA 24503.

MIDWEST

May 5. Old Kent River Bank Run 25K, Grand Rapids Michigan. PO Box 2194, Grand Rapids MI 49501. 616/774-5272.

May 20. Revco-Cleveland Marathon & 10K, Cleveland, Ohio. Reno Starnoni, PO Box 46604, Bedford OH 44146. 216/425-9811.

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

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

July 8. 4th Annual March of Dimes Mini/Masters 5K Races, Peoria, Ill., 6 p.m. Joyce Dolzell, March of Dimes, 4700 N. Sterling Ave., Peoria, IL 61615. 309/682-3335.

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

August 25. Bobby Crim 10-Mile Road Race. John Harpst, 1101 S. Saginaw, Flint MI 48502. 313/766-7346.

September 23. River Ramble 5K/10K/30K/50K, Columbus, Ohio, 5K & 50K are Ohio TAC Open & Masters Championships. John White, 4865 Arthur Place, Columbus, OH 43220. 641/459-2547.

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

October 7. Columbus Bank One Marathon, Columbus, Ohio. Corporate Processing Dept., Columbus, OH 43271.

October 21. America's Marathon, Chicago. Bob Bright, 214 West Erie St., Chicago IL 60610. 312/951-0660.

November 10. Wendy's 10K Classic, Bowling Green, Kentucky. Dave Mason, 1502 Weston St., Bowling Green KY 42101. 502/781-2834.

December 30. RRCA National 50K Championships, Peoria, IL. Paul Appell, R.R., Alton, IL 61414.

MID-AMERICA

May 6. 5th Annual Minnesota TAC

Masters 15K Championships, Edina, Minn., 8 a.m. M40+ & W35+. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424.

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.

August 18-19. Pikes Peak Marathon & Half-marathon, Manitou Springs, Colorado. PO Box 1694, Colorado Springs CO 80901. 303/471-9790.

September 6. RRCA National 25K Championships, Minneapolis, MN. Jeff Winter, 3515 Holmes, Minneapolis, MN 55408.

September 29. Maupintour Fall Classic, 10K, Lawrence, KA. Tom Leigh, Maupintour, 913/843-1211.

September 30. Twin Cities Marathon, Minneapolis to St. Paul, Minn. \$150,000 purse. Jack Moran, PO Box 24193, Minneapolis MN 55424.

SOUTHWEST

October 13. International Run Against Crime 10K, El Paso, Texas. John Hinshaw. PO Box 15000, El Paso TX 79998. 915/772-RACE.

December 2. White Rock Marathon, Dallas. Phidippides, North Park East, 8822 N. Central Expressway, Dallas TX 75231. 214/361-6493.

WEST

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.

June 9. 8th Palos Verdes Marathon, Los Angeles, Calif. George Owens, PO Box 153, Palos Verdes Estates, CA 94614. 213/437-6774.

July 4. Coronado Half-Marathon. San Diego, Calif. George Green, 626 Fifth St., Coronado CA 92118. 714/437-4556.

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.

August 19. America's Finest City Half-marathon, San Diego, Calif. Neil Finn, American Lung Assn., 3861 Front St., San Diego, CA 92103. 619/297-3901.

NORTHWEST

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.

July 24. Deseret News Marathon, Salt Lake City. Keith West, PO Box 1257, Salt Lake City UT 84110. 801/237-2135.

CANADA

May 6. Nike Vancouver International

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 to NMN, PO Box 2372, Van Nuys, CA 91404.

RUNNING VACATION — Beach, Boardwalk and Casinos nearby. Bed and breakfast. Hosts run 10K to Ultra Distances. Atlantic City area. Double \$45 to \$60 nightly. Single \$10 less. J.L. Running Resources, Box 2217, Ventnor NJ 08406.

**FAST, EXCITING
BERLIN MARATHON**
September 30, 1984
West Germany's Finest
Experience the City (East & West)
Through a 7-day Tour By
STATTS-HEROLD TOURS, INC.
108-18 Queens Boulevard
Forest Hills, N.Y. 11375 Tel: 212/268-2340
or: G. K. Erich
39 West Parkway
Pequannock, N.J. 07440
Tel: 201/694-2097

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.

MAKE NEW RUNNING FRIENDS as you travel. USA/foreign. Send SASE to Jeff Whitmore, Rt. 1, Box 1023, Gerrardstown WV 25420.

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.

September 30. Berlin Marathon. 7-day tour. G.K. Erich, 39 West Parkway, Pequannock NJ 07440. 201/694-2097.

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. 619/286-7867.

December 11-17. Running tour of the Holyland, Barry Shaw, PO Box 2143, Netanya, Israel. □

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

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.

ALL-COMERS MEET: USAF ACADEMY, COLO- RADO SPRINGS 3/4/84

60 M (M)

30-34	
Kelley Greiman	6.6
Jeff Hines	6.7
Mike Simpson	6.7

35-39

Bill Knipmeyer	6.7
Ross Jensen	6.9
Rocco Petitto	7.3

45-49

Hugo Hartenstein	6.7
Ron Kirkpatrick	6.9

50-54

Jerry Donley	7.7
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55-59

Gordon Albury	7.6
H.J. Fischer	7.6
Norman Katzman	7.9

60-64

Frank Bowles	8.1
Hayden Parks	8.1

HIGH JUMP (M)

30-34

Keith Johnson	6' 5 1/2"
Greg Stinson	5' 6 3/4"
Mike Simpson	5' 4 1/2"

35-39

Bill Knipmeyer	5' 6 3/4"
George Eldinger	5' 3"

55-59

Gordon Alsbury	4' 2"
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60-64

Frank Bowles	4' 4"
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2 M (M)

30-34

Jim Weathers	10:33
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35-39

Larry Solanch	14:30
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40-44

Geoff Chance	11:15
--------------	-------

45-49

Russ Baker	12:47 *
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1000 (M)

30-34

Gregg Stinson	2:41
Dan Ayres	2:48

50-54

Charles Wimberley	2:42
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55-59

Gordon Albury	2:48 *
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300 (M)

35-39

Bill Knipmeyer	34:22
Russ Jensen	35:29
George Eldinger	40:06

40-44

Jim Joule	39:9
-----------	------

45-49

Hugo Hartenstein	34:44
Ron Kirkpatrick	34:68

55-59

H.J. Fischer	40.7
Norm Katzman	41.0

60-64

Hayde Parks	41.6
-------------	------

65-69

Clarence Cook	51.5
---------------	------

LONG JUMP (M)

30-34

Ray Beamer	17' 8 1/2"
Gregg Stinson	16' 6 1/4"

35-39

Bill Knipmeyer	19' 2 1/2"
Rocco Petitto	17' 8 3/4"

40-44

John Tate	15' 9 1/4"
-----------	------------

50-59

G. Albury	15' 9"
N. Katzman	11' 4 1/2"

60-64

F. Bowles	14' 9 1/2"
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TRIPLE JUMP

30-34

R. Beamer	36' 2 1/2"
-----------	------------

35-39

B. Knipmeyer	39' 8"
R. Pettito	34' 7 1/4"

40-44

J. Tate	33' 0"
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1 MILE (M)

30-34

Ted Neeves	4:39
Michael Schenk	5:16

35-39

Larry Solanch	6:18
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40-44

Geoff Chance	4:49 *
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45-49

Dick Sutton	5:39
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600 (M)

30-34

Dan Ayres	1:23
-----------	------

35-39

George Eldinger	1:32
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40-44

Earl Brotton	1:25
Jim Joule	1:32

45-49

Jim Weed	1:39
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50-54

Charles Wimberly	1:25
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55-59

Ernie McDonald	1.45
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Jim Hart, M40, hurls 35# weight, Gill Weight Pentathlon, Northridge, Calif., Feb. 1. NMN Photo

POLE VAULT

30-34

Jeff Hines	14' 0
Ray Beamer	10' 0

50-54

Jerry Donley	12' 6
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SHOT

30-34

Ray Beamer	34' 7 1/2"
Kelly Greman	32' 8 1/2"

35-39

Rocco Petitto	33' 9 1/4"
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45-49

Jim Weed	33' 1/2"
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50-54

Jack Eighmy	37' 9"
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60 HH

30-34

Mike Simpson	7:39
Ray Beamer	9:00

35-39

Bill Knipmeyer	8:70
Ross Jensen	8:95

40-44

John Tate	9:97
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55-59

Gordon Albury	10:28
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60-64

Frank Bowles	10:02
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LINCOLN TC INDOOR CHAMPIONSHIPS, LINCOLN, NB MARCH 4, 1984

60 YARD DASH

W - 30-39

1. Marg Sutter	8.4
----------------	-----

M - 30-39

1. Clifton Jackson	6.5
2. Tom Bassett	6.7
3. Jody Huddleston	6.8
4. Tim Quinn	7.2
5. Ron Schwab	7.3
6. Tim Grauer	7.5
7. Karl Krawitz	7.6

M - 40-49

1. Otis Perry	7.1
2. Gene Hoskovec	7.3

M - 60-69

1. Leonard Wray	8.6
-----------------	-----

300 YARD DASH

M - 30-39

1. Fred Booker	33.6
2. Clifton Jackson	35.9
3. Dan Zimmerman	38.3
4. Ron Schwab	38.8
5. Tim Quinn	38.9
6. Karl Krawitz	39.4

M - 40-49

1. Gene Hoskovec	38.0
2. Al Petroff	38.4
3. Ross Greathouse	40.9
4. Wally Hansen	42.1

M - 60-69

1. Leonard Wray	
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440 YARD DASH

M - 30-39

1. Mike Wallace	58.5
2. Dan Zimmerman	1:10.0

M - 40-49

1. Al Petroff	58.5
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M - 60-69

1. Earl Sumpter	1:22.6
2. Clarence Osborn	1:25.4

880 YARD RUN

M - 30-39

1. Arthur Peals	2:16.8
2. Mike Wallace	2:26.1
3. Dan Zimmerman	2:34.7

M - 40-49

1. Bob Elwood	2:16.3
2. Ken Katzer	2:17.6
3. Ross Greathouse	2:23.6

M - 50-59

1. Forrest Dilling	2:46.9
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M - 60-69

1. Earl Sumpter	3:24.0
2. Clarence Osborn	3:24.2

MILE RUN

M - 30-39

1. Don Showen	5:25.0
2. Dan Zimmerman	5:33.5

M - 40-49

1. Bob Elwood	4:56.5
2. Ken Katzer	5:05.5
3. George Lee	5:37.1

M - 60-69

1. Earl Sumpter	6:05.4
2. Clarence Osborn	6:09.3

TWO MILE RUN

M - 30-39

1. Don Showen	no time
2. Dan Zimmerman	no time

M - 40-49

1. George Lee	no time
---------------	---------

M - 60-69

1. Earl Sumpter	no time
2. Clarence Osborn	no time

60 HURDLES

M - 30-39 - 39"

1. Arthur Peals	7.8
2. Jody Huddleston	8.1
3. Rex Harvey	8.1
4. Mike Wallace	8.6
5. David Mayer	9.2
6. David Greathouse	9.3

M - 40-49 - 36"

1. Bob Warren	8.5
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M - 50-59 - 33"

1. Bill Butterworth	9.8
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M - 60-69 - 33"

1. Tom Thorne, Sr.	15.5
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PENTATHLON

M - 30-39

1. Rex Harvey	3,507
2. Jody Huddleston	3,130
3. David Greathouse	2,235

M - 40-49

1. Tom Thorne, Jr.	978
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M - 50-59

1. Bill Butterworth	2,068
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M - 60-69

1. Tom Thorne, Sr.	285
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600 YARD DASH (PENTATHLON ONLY)

M - 30-39

1. Rex Harvey	1:23.0
2. David Greathouse	1:27.0
3. Jody Huddleston	1:45.1

M - 50-59

1. Bill Butterworth	1:50.3
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M - 60-69

1. Tom Thorne, Sr.	2:25.2
--------------------	--------

HIGH JUMP

M - 30-39

1. Rex Harvey	5' 8"
2. David Venema	5' 6"
3. Jody Huddleston	5' 6"
4. Clifton Jackson	5' 4"

M - 50-59

4TH ANNUAL NJTAC MASTERS
INDOOR T&F CHAMPIONSHIPS
HIGHTOWN, N.J.
MARCH 11, 1984

CHAMPIONSHIP DIVISION:

50 YARD DASH

OA (30-34)

1.Scott Thornsley	31	Shore	5.8
2.Glen Evelyn	31	CJTC	5.9
3.Bob Rudrow	33	Shore	6.0
4.Dawud Saleem	34	Shore	6.0
5.Ray Harrison	33	NJM	6.1

OB (35-39)

1.Paul Zachman	35	Shore	6.2
2.Robert Overton	38	Shore	6.4
3.John Novak	38	--	6.5
4.Ed English	36	--	6.5
5.Robert Ryan	37	Shore	6.8
6.Sal Reyes	39	Shore	7.4

1A (40-44)

1.Robert Williams	44	Shore	5.8
2.Rab Hagin	40	Shore	6.0
3.Les Wright	42	Shore	6.0
4.Ross McDonald	43	Shore	6.3
5.John Saarman	41	Shore	6.5

1B (45-49)

1.Roosevelt Weaver	46	Shore	6.0*
(ties record Weaver & L.Riddick '83)			
2.Lee Trout	49	Shore	6.2
3.Charles Kratt	46	ORC	6.3

2A (50-54)

1.Matt Brown	50	Shore	6.3*
(old record N.Anderson NJM 6.4 '82)			
2.Syd Salt	54	--	6.4
3.Tony Patterson	50	Shore	6.8

2B (55-59)

1.Gene Kelly	56	Shore	7.0
2.Vince Sweeney	58	NJM	7.0
3.Bill Nichols	55	--	7.2

3A (60-64)

1.Jim Manno	63	NJM	6.8
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4A (70-74)

1.Warren Tashion	70	NJM	7.1*
(old record M.d'Elia 72 NJM 7.3 '81)			

4B (75-79)

1.Manfred d'Elia	75	NJM	7.3*
(establishes record)			

FOB (35-39)

1.Edith Novak	38	ORC	8.6
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F1B (45-49)

1.Marilyn Fitzgerald	48	--	7.0*
(ties record M.Fitzgerald '83)			

2.Margo Dixon

45	--	8.0	
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F2A (50-54)

1.Nancy Ammermuller	53	Shore	7.5*
(establishes record)			

50 YARD HIGH HURDLES

OA (30-34)

1.Bob Rudrow	33	Shore	6.7
2.Ray Harrison	33	NJM	7.3

OB (35-39)

1.John Novak	38	--	7.1*
(ties record J. Fassetto GSTC '81)			

1A (40-44)

1.Jerry Sullivan	44	NJM	9.5
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1B (45-49)

1.Jim O'Hara	45	Shore	6.9*
(old rec.L.Trout/W.Clark 7.3 '81/'83)			

2.Lee Trout

49	Shore	7.5	
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2B (55-59)

1.Gene Kelly	56	Shore	8.5
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300 YARD DASH

OA (30-34)

1.Scott Thornsley	31	Shore	35.3
2.Dawud Saleem	34	Shore	37.1
3.Ray Harrison	33	NJM	37.4
4.Rich James	30	Shore	39.3
5.Rich Handzo	34	ORC	N.T.

OB (35-39)

1.David Bell	38	AP	36.6*
(old record D.Bell AP 37.4 '83)			

2.Bob Overton

38	Shore	39.2	
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1A (40-44)

1.Robert Williams	44	Shore	35.8*
(old record E. McCombs -- 36.5 '81)			

2.Ross McDonald

43	Shore	37.0	
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3.Jeff Tindall

41	Shore	38.1	
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4.Rab Hagin

40	Shore	39.3	
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1B (45-49)

1.Ken Baker	47	NJM	36.2
2.Jim O'Hara	45	Shore	40.0
3.Charles Kratt	46	ORC	41.1

2A (50-54)

1.Charles Irace	53	NJM	43.2
2.Syd Salt	54	--	43.3

2B (55-59)

1.Stafford Thompson	56	Shore	40.8
2.Gene Kelly	56	Shore	42.8
3.Sandy Kalb	56	Shore	49.4

3A (60-64)

1.Jim Manno	63	NJM	41.8*
(old record J.Manno NJM 42.1 '83)			

4B (75-79)

1.Manfred d'Elia	75	NJM	49.6*
(establishes record)			

FOB (35-39)

1.Edith Novak	38	ORC	53.1*
(establishes record)			

F1A (40-44)

1.Carole McDonald	43	Shore	50.8
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F1B (45-49)

1.Marilyn Fitzgerald	48	--	45.2*
(old rec.M.Fitzgerald 46.1 '83)			

F2A (50-54)

1.Nancy Ammermuller	53	Shore	48.5*
(establishes record)			

600 YARD RUN

OA (30-34)

1.Scott Thornsley	31	Shore	1:22.0
2.Ron Bailey	34	--	1:28.7
3.Rich Handzo	34	ORC	1:40.7

OB (35-39)

1.Marc Anderson	35	Shore	1:19.4*
(old record R. Fusco Shore 1:23.8 '83)			

2.Joseph Goglas

36	CJRR	1:33.1	
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1A (40-44)

1.DeLeon Gibson	44	NJM	1:29.7
2.Joe Perrine	41	HRR	1:33.9

1B (45-49)

1.Ken Baker	47	NJM	1:24.2*
(old record M.Brown Shore 1:28.3 '83)			

2.Charles Kratt

46	ORC	1:35.9	
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3.Frank Mari

45	ORC	1:36.0	
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4.Cyril Elias

--	--	1:57.4	
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2A (50-54)

1.Charles Irace	53	NJM	1:47.6
2.Virgil Cilli	52	--	1:57.4

2B (55-59)

1.Kelsey Brown	56	NJM	1:29.3
2.Stafford Thompson	56	Shore	1:29.5
3.Vince Sweeney	58	NJM	1:37.7

3A (60-64)

1.Jim Manno	63	NJM	1:42.4
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4A (70-74)

1.Henry Zachman	74	NJM	2:18.7
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FOB (35-39)

1.Edith Novak	38	ORC	1:58.0*
(old record L. Rawlins C.E. 2:02.5 '83)			

F1A (40-44)

1.Carole McDonald	43	Shore	1:56.2*
(establishes record)			

1,000 YARD RUN

OA (30-34)

1.Alan Kirsch	31	ORC	2:40.0
2.John Wimmer	33	Shore	2:41.0
3.Ron Bailey	34	--	2:44.0
4.Ken Solakian	34	--	3:03.3

OB (35-39)

1.Harold Nolan	37	Shore	2:25.1*
(old record G.Mahle NJS 2:35.9 '83)			

2.Antonio Rogue

39	Eagles	2:29.8	
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3.Paul Jayson

37	NJM	2:42.0	
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1A (40-44)

1.Dave Gerridge	44	NJM	2:43.0
2.John Saarman	41	Shore	2:44.0
3.Les Wright	42	Shore	2:50.0
4.Jim Donnelly	42	ORC	2:52.0

1B (45-49)

1.Frank Mari	45	ORC	2:53.0*
(old record A.Kasten SF 2:58.2 '83)			

2.Mike Machuca

45	NJM	2:54.0	
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3.Ray Hetzel

45	ORC	2:56.8	
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4.Cyril Elias

--	--	3:28.0	
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2A (50-54)

1.Jack Haney	51	Shore	3:09.0
2.Al Hayden	51	ORC	3:23.8

2B (55-59)

1.Kelsey Brown	56	NJM	2:50.1*
(old record K. Brown 2:52.5 '83)			

2.Ray Cherniak

57	--	3:03.0	
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4A (70-74)

1.Henry Zachman	74	NJM	4:18.6
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FOA (30-34)

1.Maureen McLeod	31	Shore	3:02.0*
(old record M.McLeod Shore 3:05.3 '82)			

F4A (70-74)

1.Margaret Lopez	72	Shore	4:35.8*
(establishes record)			

ONE MILE RUN

OA (30-34)

1.Pat Alaggio	31	--	4:41.2
2.Frank Schiro	32	--	5:23.0
3.Ken Solakian	34	--	5:37.0

OB (35-39)

1.Harry Nolan	37	Shore	4:28.7*
(old record H. Nolan Shore 4:37.2 '83)			

2.Roger Price

35	--	4:58.0	
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3.Steve Jerolaman

37	--	5:03.0	
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4.Jack Castner

36	--	5:05.0	
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5.Sal Reyes

39	Shore	6:23.1	
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1A (40-44)

1.Bill Hagman	41	MSS	5:06.6
2.Dave Hyland	41	NJM	5:07.0
3.Joe Perrine	41	HRR	5:08.0
4.Steve Stovall	43	MBRC	5:09.0
5.Jim Donnelly	42	ORC	5:12.0
6.Eliot Jump	41	Shore	5:13.0
7.Pat Bivona	43	Shore	6:18.0

1B (45-49)

1.Frank Mari	45	ORC	5:23.0
2.Mike Machuca	45	NJM	5:47.0
3.Ray Hetzel	45	ORC	6:18.0

2A (50-54)

1.Jack Haney	51	Shore	5:40.0
2.Al Hayden	51	ORC	6:04.0
3.Jack DeVenney	53	Shore	6:16.0

2B (55-59)

1.Rich Snedecker	57	MBRC	5:30.0*
(old record A. Frezza 6:22.0 '81)			

2.George Martin

55

Continued From Previous Page

3B (65-69)
1. Don Johnson 67 Shore 9:03.9*
(old record D. Johnson Shore 9:17.3 '82)
2. George Langerfeld 66 Shore 10:38.9

4A (70-74)
1. Harry Drazin 70 Shore 10:34*
(old record Ted Cash-Shore-10:47.0 '81)

FOA (30-34)
1. Cynthia Costa 32 Shore 8:44.4*
(old rec. D. Funkhouser Shore 10:27.3 '83)
2. Donna Funkhouser 34 Shore 10:10.4

F2B (50-54)
1. Doris Golden 56 Shore 14:46

F3A (60-64)
1. Marie Henry 60 Shore 10:49.9*
(establishes record)

SHOT PUT

OA (30-34)
1. Paul Corrigan 33 Shore 42'6"
2. Rich Ruffalo 32 ABANJ 37'7 3/4"

OB (35-39)
1. Rich Dunphy 36 Shore 40'2 3/4"
2. Steve Arnoldi 35 NJS 33'6"
3. Robert Ryan 37 Shore 27'8"

1A (40-44)
1. Joe Roberson 42 Shore 41'10"

1B (45-49)
1. Tom Jackson 43 Shore 32'0"

2A (50-54)
1. Jack Haney 51 Shore 26'2"

2B (55-59)
1. Don Henry 56 Shore 32'0"*
(old record D. Henry Shore 30'11" '83)
2. Sandy Kalb 56 Shore 22'0"

3A (60-64)
1. John Vislocky 63 Shore 33'7"
2. Robert Vislocky 60 Shore 26'0"

F3B (65-69)
1. Penny Scully 66 Shore 16'9"*
(establishes record)

WEIGHT THROW

OA (30-34)
1. Paul Corrigan 33 Shore 36'8 1/2"
2. Ray Funkhouser 34 Shore 23'0"

OB (35-39)
1. Ron Salvio 35 Shore 27'8 1/2"

1B (45-49)
1. Tom Jackson 43 Shore 24'4"

2A (50-54)
1. Tom Henderson 52 Shore 37'7"*
(old record J. Haney Shore 17'10" '83)

2B (55-59)
1. Don Henry 56 Shore 26'11"*
(establishes record)
2. Sandy Kalb 56 Shore 19'0"

HIGH JUMP

OA (30-34)
1. Glen Stone 33 Shore 6'4"*
(old rec. Al Zacharka Shore 5'10" '81)
2. Bob Rudrow 33 Shore 5'10"
3. Ray Harrison 33 NJM 5'4"

OB (35-39)
1. Al Zacharka 36 Shore 5'10"*
(old rec. Ray Bury Shore 5'8 1/2" '82)
2. Ron Salvio 35 Shore 5'2"
3. Robert Ryan 37 Shore 4'6"

1A (40-44)
1. Jerry Sullivan 44 NJM 4'8"

1B (45-49)
1. Leon Trout 49 Shore 5'0"*
(ties record L. Trout Shore '83)

2A (50-54)
1. Jim Harrington 51 -- 4'8"*
(ties record J. Harrington -- '83)
2. Jack Haney 51 Shore 3'8"

2B (55-59)
1. Sandy Kalb 56 Shore 3'6"

3A (60-64)
1. John Vislocky 63 Shore 4'4"
2. Robert Vislocky 60 Shore 4'0"

POLE VAULT

OA (30-34)
1. Hugh Robison 31 -- 9'0"

1B (45-49)
1. Paul Richard 45 Shore 12'6"*
(old record G. Schroeder -- 12'0" '82)
2. Bill Schroeder 47 Shore 12'0"

2A (50-54)
1. Jim Harrington 51 -- 10'0"

TWO MILE RELAY

OA/B (30-39)
1. CJRR (Goglas, Price, Scheid, Sepkowski) 9:21.7*
(old record Shore 9:34.0 '81)
2. ORC (Pratt, Kirsch, Novak, Kirsch) 11:34.6

1A/B (40-49)
1. ORC (Dockery, Hetzel, Mari, Donnelly) 10:30*
(old record Shore 10:32.7 '81)

LEGEND

Shore Shore Athletic Club
NJM North Jersey Masters
ORC Ocean Running Club
MBRC Mercer Bucks Running Club
CJRR Central Jersey Road Runners
MSS Mercer Street Striders
NJS New Jersey Striders
HRR Hamilton Road Runners
HH Hunterdon Harriers
AF Amazing Feet
ABANJ Association of Blind Athletes
CJTC Central Jersey Track Club
Eagles Eagles
CRR Clifton Road Runners
-- Unattached

NEW JERSEY CHAMPIONSHIP DIVISION
MEET RESULTS
(6-4-3-2-1)

	SUBMASTERS		MASTERS		TOTAL
	Men	Women	Men	Women	
Shore	148	22	284	60	514
NJM	14		155		169
ORC	14	18	57		89
MBRC	--		25		25
CJRR	10		10		20
MSS	--		12		12
NJS	8		--		8
HRR	--		7		7
HH	3		4		7
AF	6		--		6
ABANJ	4		--		4
CJTC	4		--		4
Eagles	4		--		4
CRR	1		--		1
TOTALS	216	40	554	60	870

NON-CHAMPIONSHIP DIVISION

50 YARD DASH

OA (30-34)
1. Donni Hardy 32 -- 5.9

OB (35-39)
1. Art Wright 37 PM 5.8
2. Ron Shenk 39 -- 5.3

1A (40-44)
1. Russ Robinson 42 NYM 5.3

1B (45-49)
1. Ernest McCombs 46 PM 6.2
2. Melvin Barnwell 45 NYP 6.3
3. Cliff Pauling 49 CPTC 6.3
4. Tom Lingenfelter 45 PM 6.4
5. Haig Bohigian 47 NYM 6.4
6. Earl Mege 49 RTC 6.8

2A (50-54)
1. Larry Pratt 52 -- 6.3
2. Alan Cohen 54 NYM 6.4
3. Jack Nyhan 52 WTC 7.1

2B (55-59)
1. Maurice Lentzer 59 NYM 7.2

3A (60-64)
1. Rudy Valentine 60 NYP 6.5
2. J. Walker Pierson 61 PM 6.8

3B (65-69)
1. Gene Woods 67 PM 3.3

4A (70-74)
1. Claude Hills 71 PM 7.8
2. Don Ernest 74 -- 9.2

FOB (35-39)
1. Skipper Clark 36 PAL 6.7
2. Jenny Pinto 35 NYM 7.3

F1A (40-44)
1. Ynetta Robinson 41 NYM 7.9

F1B (45-49)
1. Anne Cirulnick 49 NYM 8.0

F2A (50-54)
1. Chris McKenzie 52 NYM 7.6

50 YARD HIGH HURDLES

1B (45-49)
1. Haig Bohigian 47 NYM 9.2

2A (50-54)
1. Larry Pratt Sr. -- 7.4
2. Len Olson 52 NYM 8.7
3. Bill Haney 52 -- 8.8
4. George Taylor 53 PM 10.6

3A (60-64)
1. J. Walker Pierson 61 PM 9.0

4A (70-74)
1. Claude Hills 71 PM 10.0

FOB (35-39)
1. Skipper Clark 36 PAL 8.8

300 YARD DASH
OA (30-34)
1. Dennis Brown 33 NYP 36.4
2. Donni Hardy 32 -- 36.6

3. Dave Larson 34 SH 37.1

OB (35-39)
1. Art Wright 37 PM 35.2

1A (40-44)
1. Robin Ficker PVS 35.7
2. Jim Hodge 44 PM 37.9

1B (45-49)
1. Ed Small 45 NYP 35.3
2. Mel Barnwell 45 NYP 36.4
3. Ernest McCombs 46 PM 38.5

2A (50-54)
1. Earl Summers 54 PM 40.0
2. Alan Cohen 54 NYM 40.6
3. Bill Haney 52 -- 41.2

2B (55-59)
1. Ed Tankins 56 LBRC 46.4

3A (60-64)
1. Rudy Valentine 60 NYP 38.7
2. J. Walker Pierson 61 PM 43.1

4A (70-74)
1. Claude Hills 71 PM 49.0

FOB (35-39)
1. Jenny Pinto 35 NYM 46.0

F2A (50-54)
1. Chris McKenzie 52 NYM 47.3
2. Beverly Cohen 54 NYM 43.1

600 YARD RUN

OA (30-34)
1. Dennis Brown NYP 1:25.3
2. Dave Larson 34 SH 1:26.8

OB (35-39)
1. Art Wright 37 PM 1:19.1

1A (40-44)
1. Robin Ficker PVS 1:22.2

1B (45-49)
1. Cliff Pauling 49 CPTC 1:21.9
2. Haig Bohigian 47 NYM 1:33.4

2A (50-54)
1. Earl Summers 54 PM 1:31.8
2. Alan Cohen 54 NYM 1:34.6
3. Bill Haney 52 -- 1:37.5
4. Jack Nyhan 52 WTC 1:44.2

2B (55-59)
1. Ed Tankins 56 LBRC 1:44.8

3A (60-64)
1. Rudy Valentine 60 NYP 1:42.8

FOB (35-39)
1. Skipper Clark 36 PAL 1:38.9

F2A (50-54)
1. Chris McKenzie 52 NYM 1:43.0
2. Beverly Cohen 54 NYM 3:14.0

1,000 YARD RUN
OA (30-34)
1. Bob Browne 33 NYM 2:34.9

OB (35-39)
1. Rich Wright 37 SIAC 2:49.0

1B (45-49)
1. Cliff Pauling 49 CPTC 2:35.2

2A (50-54)
1. Alan Cohen 54 NYM 3:11.0
2. Dan Ross 54 PM 3:33.7

2B (55-59)
1. Phil O'Connell 56 NYM 2:59.7
2. Des Margetson 57 NYM 3:14.2

FOB (35-39)
1. Skipper Clark 36 PAL 3:18.1

F1A (40-44)
1. Evelyn Hobbs 44 NYM 3:50.8

F2A (50-54)
1. Chris McKenzie 52 NYM 3:19.4

ONE MILE RUN

OA (30-34)
1. Virgil Bossom 34 SIAC 5:43

OB (35-39)
1. Bob Browne 38 NYM 4:56
2. Bernie Wright 37 -- 5:00
3. Dennis Wildfogel 37 -- 5:23
4. Fordy Searles 33 NYM 6:18

2A (50-54)
1. Alan Cohen 54 NYM 5:32
2. Bill Mullin 53 PM 5:33

2B (55-59)
1. Ed Tankins 56 LBRC 6:01
2. W. Siderwitz 57 NYM 6:14

3A (60-64)
1. Ed Cunningham 62 PM 6:42

F1A (40-44)
1. Bonnie McClue 43 SJAC 8:33

ONE MILE RACE WALK

1A (40-44)
1. Paul Robertson 44 PVS 9:15.8

1B (45-49)
1. Joe Stefanowicz 45 PM 7:51.0

2A (50-54)
1. Bob Fine 52 NYM 8:01.3

2B (55-59)
1. Maurice Lentzer 59 NYM 13:14.3

4A (70-74)
1. Don Ernest 74 -- 12:53.2

FOA (30-34)
1. Florence Wiggins 32 NYM 11:15.4

TWO MILE RUN
OA (30-34)
1. Virgil Bossom 34 SIAC 12:45

OB (35-39)
1. Bernie Wright 37 -- 10:44

1A (40-44)
1. Paul Robertson 44 PVS 15:27

1B (45-49)
1. Sam Young 45 PM 10:47

2A (50-54)
1. Alan Cohen 54 NYM 12:40

F1A (40-44)
1. Bonnie McClue 43 SJAC 14:13

SHOT PUT

OB (35-39)
1. Jim Keys 35 PM 47'0"
2. Nat Gray 38 -- 37'10"

1A (40-44)
1. Brian McKenna 43 NYM 37'11"
2. Paul Robertson 44 PVS 18'3 1/4"

1B (45-49)
1. Jack Goldstein 45 NYM 39'0"
2. Haig Bohigian 47 NYM 24'6 3/4"

2A (50-54)
1. Len Olson 52 NYM 46'5 1/4"
2. Pay Carstensen 52 NYM 41'0"
3. Bill Haney 52 -- 28'3 1/2"
4. George Taylor 53 PM 26'10 1/4"

2B (55-59)
1. Herb Cantor 58 NYM 40'7"

3A (60-64)
1. Greg Battick 63 -- 40'0"
2. J. Walker Pierson 61 PM 33'9 1/2"
3. Al Selig 61 RTC 33'2 1/2"
4. Mario Minafra 63 NYM 33'3"
5. Payton Flournoy 61 PM 27'5 1/2"

3B (65-69)
1. Gene Woods 67 PM 33'3 1/2"

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NON-CHAMPIONSHIP DIVISION
MEET RESULTS
(6-4-3-2-1)

	Men	Women	Total
NYM New York Masters	185	82	267
PM Philadelphia Masters	177		177
PAL Police Athletic League		36	36
PVS Potomac Valley Seniors Track Club	34		34
SIAC Staten Island Athletic Club	24		24
NYP New York Pioneers	22		22
LBRC Lower Bucks Running Club	18		18
RTC Reading Track Club	16		16
CPTC Central Park Track Club	15		15
SJAC South Jersey Athletic Club		12	12
RRTC Rail Road Track Club	10		10
SH Springfield Harriers	7		7
WTC Waltham Track Club	5		5
TOTALS	513	130	643

Continued From Previous Page

4A (70-74)			
1. Al Skonberg	70	NYM	30'9 1/2
2. Bob Detweiler		PM	27'7 1/2
4B (75-79)			
1. Ernst Tanimae	75	--	23'7"
FOA (30-34)			
1. Florence Wiggins	32	NYM	30'7 1/2
FLB (45-49)			
1. Anne Cirulnick	49	NYM	25'7 1/2
P2A (50-54)			
1. Joan Dash	50	PAL	29'5 1/2
(U.S. record; old record S. Kinsey 28'6 1/4" 4/19/80)			
2. Chris McKenzie	52	NYM	25'2 1/2
P4A (70-74)			
1. Linda Tanimae	70	--	17'8"
WEIGHT THROW			
1A (40-44)			
1. Brian McKenna	43	NYM	37'10 1/2"
2A (50-54)			
1. Len Olson	52	NYM	38'6 1/2"
2. Pay Carstensen	52	NYM	37'10"
3. George Taylor	53	PM	15'11"
2B (55-59)			
1. Herb Cantor	58	NYM	31'4 1/2"
3A (60-64)			
1. Greg Battick	63	--	37'8"
2. Al Selig	61	RTC	31'11"
3. Mario Minafra	63	NYM	25'11"
3B (65-69)			
1. Gene Woods	67	PM	24'10"
4A (70-74)			
1. Bob Detweiler		PM	23'8"
4B (75-79)			
1. Ernst Tanimae	75	--	16'8"
HIGH JUMP			
OA (30-34)			
1. Donni Hardy	32	--	5'0"
OB (35-39)			
1. Fordy Searles	39	NYM	5'6"
1A (40-44)			
1. Paul Robertson	44	PVS	3'2"
1B (45-49)			
1. Haig Bohigian	47	NYM	4'6"
2. Earl Mege	49	RTC	3'10"
2A (50-54)			
1. Walt Hutchins	52	PM	5'12"
2. Larry Pratt Jr.		--	4'10"
3. Len Olson	52	NYM	4'4"
4. Bill Haney	52	--	3'10"
5. John Burkart		RTC	3'6"
2B (55-59)			
1. Des Margetson	57	NYM	4'6"
4A (70-74)			
1. Claude Hills	71	PM	4'0"
2. Bob Detweiler		PM	3'6"
FOB (35-39)			
1. Skipper Clark	36	PAL	4'0"
POLE VAULT			
OA (30-34)			
1. Brad Hall	30	RRTC	14'0"
2. John Carey	32	RRTC	10'0"
OB (35-39)			
1. Ron Shenk	39	--	14'0"
2A (50-54)			
1. George Taylor	53	PM	7'6"
2. John Bankert	50	RTC	7'6"
4A (70-74)			
1. Claude Hills	71	PM	7'0"
TWO MILE RELAY			
OA/B (30-39)			
1. SIAC (Wright, Wright, Bossom, Br)			9:42

12th ANNUAL EASTERN MASTERS T&F CHAMPIONSHIPS
WEST POINT FIELD HOUSE
MARCH 12, 1984

60 YARD DASH			
30-34 MEN			
ALFONSO WATKINS	PV	6.4*	
DAVID ROBINSON	SY	6.4	
NEIL STEINBERG	UN	6.5	
JOHN PAUL JONES	PM	6.6	
ROBERT BEALE	PM	6.7	
JAMES GLESSNER	WP	6.8	
GLEN EVELYN	CJ		
DAVID PRUITT	UN		
RICK LAPP	NY		
35-39			
ARTHUR WRIGHT	PM	6.9	
FARAH SHABAZZ	PM	6.9	
STANLEY HAWKINS	PV	7.2	
LESLIE HOGG	NY	7.3	
MIKE MILOVE	NY	7.3	
IVAN BLACK	AC	7.4	
PAUL ZACHMAN	NJ		
ULYSSES WALLTOWER	PV		
LOUIS JOHNSON	VI		

40-44 TRIAL HEATS # 1			
ROBERT WILLIAMS	SH	6.7	
RUSSELL ROBINSON	NY	6.7	
JAMES BANTUM	PM	6.8	
CARL GRANT	UN	6.9	
BARRY KLINE	WP	7.0	
JIM HODGE	PM		
VITO DICESARE	JY		
TRIAL HEATS # 2			
NORM TATE	UN	6.8	
TOM TOSCANO	NY	6.8	
ROBERT STANFORD	PC	6.8	
RAY ALEXANDER	PC	6.9	
DHAMIRI ABAYOMI	PM	6.9	
ROSS McRONALD	SH	7.0	
FINALS			
ROBERT WILLIAMS	SH	6.6*	
TOM TOSCANO	NY	6.6	
NORM TATE	UN	6.8	
JAMES BANTUM	PM	6.8	
ROBERT STANFORD	PC	6.9	
RUSSELL ROBINSON	NY	6.9	
RAY ALEXANDER	PC	7.0	
CARL GRANT	UN	7.1	

45-49			
ROOSEVELT WEAVER	SH	6.7	
RICK DEERE	PC	6.9	
MEL BARNWELL	PC	7.0	
RICHARD RIZZO	PC	7.2	
HAIG BOHIGIAN	NY	7.5	

50-54			
MATT BROWN	SH	6.4*	
LARRY PRATT	PM	6.4	
EDWARD SUTTON	WP	6.7	
TOM BROOKS	PC	7.0	
ALAN COHEN	NY	7.1	
SYD SALT	NJ	7.2	
JAMES ROTHROCK		7.3	
TOM TALBOTT	NY	7.4	
*50-54 & 55-59 times incorrect;			
55-59			
LOUIS SMITH	BA	7.6	
HOWARD MAC MILLAN	SY	7.7	
VINCE SWEENEY	NJ	7.8	
LESTER SMITH	BA	8.2	
BILL TOWNSEND	SY	8.3	
JOHN ULM	WP		
MAURICE LENTZER	NY		
*at least .4 too fast			

60-64			
RUDY VALENTINE	PC	7.4*	
JIM MANNO	NJ	7.5	
OSCAR HARRIS	PM	7.9	
VERN MATTSON	UN	8.0	
DON HARRIS	PM	8.1	
J. WALKER PIERSON	PM	8.3	
WILLIAM CARMEN	BA	8.5	

65-69			
SPARKS SORLEIN	RI	8.1*	
MARCUS NEUHOF	NY	8.3	
LEO ROTHBART	NY	8.6	

70-74			
CLAUDE HILLS	PM	8.8*	
DON ERSKINE	UN	10.1	
DONALD ERNST	UN	17.2	

75-79			
MANFRED D'ELIA	NJ	8.9*	

300 YARD DASH (SECTIONS ON TIME BASIS)			
NEIL STEINBERG	UN	33.7	
DON HODGE	RI	33.8	
DAVID ROBINSON	SY	34.1	
DAVID LARSON	PM	34.6	
ROBERT BEALE	PM	34.8	
JAMES GLESSNER	WP	35.8	
DENNIS BROWN	PC	36.3	

35-39			
ARTHUR WRIGHT	PM	33.7	
FARAH SHABAZZ	PM	34.1	
ELLSWORTH ROBINSON	PC	34.6	
40-44			
ROBERT WILLIAMS	SH	34.0	
ABAYOMI DHAMIRE	PM	34.0	
ROBERT STANFORD	PC	34.1	
ROBIN FICKER	PV	34.4	
TOM TOSCANO	NY	35.6	
ROSS McRONALD	SH	36.1	
JIM HODGE	PM	37.5	
ERNAIN GIL	PC	38.1	
VITO DICESARE	JY	40.2	
GENE BALLARD	CP	35.9	

45-49			
ED SMALL	PC	34.3	
MEL BARNWELL	PC	35.4	
JOHN VERNACCHIO	VS	52.5	

50-54			
MATT BROWN	SH	36.3	
EDWARD SUTTON	WP	37.1	
AL COHEN	NY	39.7	
TOM TALBOTT	NY	42.8	
CHARLES IRACE	NJ	44.2	
JOHN NYHAN	WA	44.8	

55-59			
LOUIS SMITH	BA	38.4	
HOWARD MacMILLAN	SY	41.9	
GENE KELLY	SH	42.0	
LESTER SMITH	BA	43.3	
BILL TOWNSEND	SY	45.3	

60-64			
RUDY VALENTINE	PC	37.8*	
OSCAR HARRIS	PM	40.8	
WILLIAM CARMEN	BA	45.3	
LEO McAVOY	NY	49.6	

65-69			
NATE HACKER	SY	60.3	

70-74			
RICHARD LACEY	WF	47.3	
CLAUDE HILLS	PM	48.4	

75-79			
MANFRED D'ELIA	NJ	49.3	

600 YARD RUN			
30-34			
JOE SHOWERS	PN	1:13.9*	
CLIFFORD SMITH	NJ	1:16.7	
DON HODGE	BI	1:17.6	
JOHN WIMMER		1:21.4	
DAVID LARSON	SP	1:21.7	
RON McDONALD	PC	1:21.7	
RICK LAPP	NY	1:22.4	
JAMES GLESSNER	WP	1:22.5	
DENNIS BROWN	PC	1:21.0	

35-39			
DENNIS DYCE	PC	1:16.0	
MARC ANDERSON	SH	1:16.5	
ARTHUR WRIGHT	PM	1:17.1	
JOE KOPKA	PC	1:18.4	
MUSTAFA AHMED	PC	1:19.9	

40-44			
ROBIN FICKER	PV	1:16.9	
GLEN SHANE	PC	1:19.8	
JEROME McFADDEN	PM	1:26.2	
BOB BRIER	WR	1:32.4	

45-49			
ED SMALL	PC	1:18.8	
CLIFF PAULING	CP	1:18.9	
HAIG BOHIGIAN	NY	1:29.6	

50-54			
RUDY ENDERS	PV	1:23.0	
FRITZ SCHLERETH	SY	1:24.9	
EDWARD SUTTON	WP	1:26.7	
AL COHEN	NY	1:34.4	
TOM TALBOTT	NY	1:41.2	
CHARLES IRACE	NJ	1:44.0	
EDWARD QUIER	VR	1:59.2	

55-59			
KELSEY BROWN	NJ	1:25.2	
LOUIS SMITH	BA	1:27.7	
VINCE SWEENEY	NJ	1:34.1	
ARTHUR BRADLEY	NY	1:49.6	

60-64			
RUDY VALENTINE	PC	1:32.8	
WILLIAM CARMEN	BA	1:48.5	

70-74			
DICK LACEY	WF	2:00.6	
SAM MONESTERO	PM	2:01.3	

1,000 YARD RUN			
30-34			
JOE SHOWERS	PN	2:15.7*	
WALTER HAWKINS	PM	2:16.6	
RUSS EBBETS	OT	2:17.5	
ROB JACKSON	CP	2:19.7	
LARRY WASHINGTON	PV	2:36.0	

35-39			
MICHAEL VAN AUKEER	GR	2:27.6	
RICHARD WRIGHT	NY	2:46.5	

40-44			
JOHN DAVIS	FM	2:30.0	
KEN HEREL	WD	2:34.4	
DELEON GIBSON	NJ	2:35.4	
HECTOR APONTE	CP	2:39.7	

45-49			
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Continued From Previous Page

70-74	CLAUDE HILLS	PM 12.4	4	NY 7.5	4	HENRY ZACHMAN	UN 10.10	4	THOMAS MILLER	NY 37.6	4	ALIAN NEVILLE	UN 36.7	4	MARIE BERTY	NY 7.6	4	SKIPPER CLARK	NY 9.8	4	PL 9.8	4		
65-69	IAN HUME	CN 14.4	4	RI 14.2	4	SPARKS SORLEIN	RI 14.2	4	WRIGHT THOM	UN 50.10	4	PAUL CORRIGAN	UN 39.6	4	CLAUDE HILLS	PM 4.1	4	KATHRYN QUADERER	NY 14:05.0	4	40-44	4		
60-64	EDWARD LUKENS	SV 15.11	8	PM 15.8	8	OSCAR HARRIS	UN 14.3	8	JOE MCLOSKEY	AC 26.10	4	BOB DETWEILER	PM 28.1	4	IAN HUME	CN 4.6	4	MARCUS NEUHOFF	NY 4.4	4	ADRIENNE SALMINI	NY 8:42.8	4	
55-59	HAROLD COLEN	NY 13.6	6	SH 11.10	4	SANFORD KALB	NY 13.6	6	MURRAY OGUS	NY 38.6	4	ELMER SHAW	SV 37.1	3/4	BOO MORCUM	WL 4.8	4	EDWIN LUKENS	SV 4.6	4	MILA KANIA	NY 5:50.4	4	
50-54	RUDY ENDERS	PV 17.6	4	NY 13.7	4	SID SALT	NY 13.7	4	VERA WATSON	UN 28.10	4	BERNARD BROWN	SV 22.9	4	WARREN JACKSON	UN 4.4	4	DES MARGETSON	PC 4.6	4	DONNA DEARBORN	NN 5:52.8	4	
45-49	GERALD COUNIHAN	AC 17.10	4	NY 16.11	5	RICHARD RIZZO	PC 15.5	5	MAURICE LENTZER	NY 24.5	4	GREG BATTICK	UN 38.10	4	LARRY JUD	AC 5.8	4	EVELYN HOBBS	NY 3:38.2	4	BARBARA PIKE	LB 2:55.6	4	
40-44	NOB TAYLOR	PV 20.9	4	UN 20.8	4	ROSS MCPONALD	SH 19.3	4	ALBERT LARSEN	NY 38.8	4	JAMES ROTHROCK	UN 41.11	4	PAY CARSTENSEN	NY 42.0	4	LEN OLSON	NY 47.0	4	HERB CANTOR	NY 39.10	4	
35-39	IVAN BLACK	AC 18.2	3/4	BK 18.2	4	PETER SANTOS	NY 17.7	3/4	CARL KLEHM	UN 40.8	4	JACK GOLDSTEIN	NY 40.2	4	ED ZURAW	UN 13.1	4	GERALD COUNIHAN	AC 13.1	4	CHRIS MCKENZIE	NY 46.9	4	
30-34	LONG JUMP	PM 20.10	4	UN 20.10	4	DAVE PRUITT	SV 19.9	4	JOSEPH ROBERSON	SH 42.3	4	HARRY SCHWARZE	UN 40.10	4	IAN HUME	CN 8.1	4	HAM MORINGSTAR	AA 7.6	4	BARBARA PIKE	LB 1:36.3	4	
25-29	BRAD HALL	RR 16.11	4	NY 18.2	4	RICK LAPP	NY 19.83/4	4	ALIAN NEVILLE	UN 34.8	4	BRIAN MCKENNA	UN 38.1	4	65-69	UN 9.1	4	NORM CYPRIUS	AC 11.1	4	BEVERLY COHEN	NY 88.7	4	
20-24	DAVE ROBINSON	SV 19.9	4	NY 19.9	4	DAVE PRUITT	UN 20.10	4	STEPHEN ARNOLD	JS 40.2	4	ROBERT DORAN	SV 31.4	4	GEORGE TAYLOR	PM 6.6	4	BETTY CLAIR	NY 1:50.8	4	BETTY CLAIR	NY 1:50.8	4	
15-19	ROBERT BEALE	PM 20.10	4	UN 20.10	4	ROBERT BEALE	PM 20.10	4	RICHARD DUNPHY	JS 40.2	4	ROBERT DORAN	SV 31.4	4	GEORGE TAYLOR	PM 6.6	4	BETTY CLAIR	NY 1:50.8	4	BETTY CLAIR	NY 1:50.8	4	
10-14	WILLIAMS, VANA	8:39.5	4	30-39 PHILA. MASTERS	8:45.6	4	30-39 PHILA. MASTERS	8:45.6	4	30-39 PHILA. MASTERS	8:45.6	4	30-39 PHILA. MASTERS	8:45.6	4	30-39 PHILA. MASTERS	8:45.6	4	30-39 PHILA. MASTERS	8:45.6	4	30-39 PHILA. MASTERS	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4
5-9	WILLIAMS, VANA	8:39.5	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	4	30-39	8:45.6	

TEAM SCORING (5-4-3-2-1)
by 5 yr gps for m & f,
then added together for
each 10 yr grouping

30-39	
NY = NEW YORK MASTERS	98
PM = PHILADELPHIA MASTERS	56
SH = SHORE ATHLETIC CLUB	36
SY = SYRACUSE CHARGERS	32
AT = ATOMS TRACK CLUB	25
PL = POLICE ATHLETIC LEAGUE	22
NJ = NORTH JERSEY MASTERS	19
GR = GREATER ROCHESTER	17
PC = NEW YORK PIONEERS	16
AC = NEW YORK ATHLETIC CLUB	16
PV = POTOMAC VALLEY	11
PN = PINNACLE TRACK CLUB	10
SK = SHAWANGONK	10
RR = RAILROAD T.C.	9
JS = JERSEY STRIDERS	9
BI = BRONX INTERNATIONAL	7
CP = CENTRAL PARK T.C.	7
BA = BOSTON A.A.	7
NM = NORTH MEDFORD	5
LB = LIBERTY BELLE T.C.	5
WD = WITOLD'S RUNNERS	5

40-49	
NY = NEW YORK MASTERS	108
SH = SHORE A.C.	61
PC = NEW YORK PIONEERS	44
PM = PHILADELPHIA MASTERS	33
CP = CENTRAL PARK	28
AC = NEW YORK ATHLETIC CLUB	21
WD = WITOLD'S RUNNERS	12
PV = POTOMAC VALLEY	15
SA = SAUCONY RACING TEAM	10
WP = WEST PENN	10
SY = SYRACUSE CHARGERS	10
AT = ATOMS	10
LB = LIBERTY BELLE T.C.	10
NJ = NORTH JERSEY MASTERS	8
MW = METROPOLITAN WALKERS	8

50-59	
NY = NEW YORK MASTERS	137
SH = SHORE ATHLETIC CLUB	29
NJ = NORTH JERSEY MASTERS	25
SY = SYRACUSE	21
BA = BOSTON A.A.	18
PC = NEW YORK PIONEERS	16
PV = POTOMAC VALLEY	15
LO = LOUISIANA	9
PM = PHILADELPHIA MASTERS	9
MW = METROPOLITAN WALKERS	11
WP = WEST PENN	13
LB = LIBERTY BELLE	8

OVERALL TEAM SCORES	
NY = NEW YORK MASTERS	404
SH = SHORE ATHLETIC CLUB	163
PM = PHILADELPHIA MASTERS	162
SY = SYRACUSE	118
PC = NEW YORK PIONEERS	95
PV = POTOMAC VALLEY	41
BA = BOSTON A.A.	38
CP = CENTRAL PARK	35
AT = ATOMS	35
WD = WITOLD'S RUNNERS	22

60 +	
PM = PHILADELPHIA MASTERS	64
NY = NEW YORK MASTERS	61
SY = SYRACUSE	1st-66
SH = SHORE	36
NJ = NORTH JERSEY	34
WF = WEST FLORIDA Y	20
PC = NEW YORK PIONEERS	19
BA = BOSTON A.A.	13

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.

FROSTBITE 10.4 MILE ATLANTA, GA JANUARY 14, 1984

FROSTBITE 10.4 MILE ATLANTA, GA; 1/14/84	
M40-44	
Mike Kelly	40 58:38
George Sharp	42 1:02:32
Tommy Owens	44 1:02:43
M45-49	
Charlie Teague	49 1:03:19
Charlie Baker	45 1:04:26
Dan Cole	48 1:05:10
M50-54	
Don Gorham	50 1:04:35
Ben Gross	53 1:07:14
Casey Jones	53 1:09:23
M55-59	
Joe Petrolino	57 1:12:15
Kip Sengstock	55 1:14:15
Tommy Laird	55 1:21:10
M60+	
Peyton Cox	60 1:37:53
(no women's results)	

1ST ANNUAL SENIOR MASTERS "OLD FASHIONED" 4 MILE RUN YUCAIPA, CA February 5, 1984

Division	Place	Time
Men 55-59:		
1. Walter Atkinson, 57		24:27
2. Tracy Brown, 55		24:59
3. Marvin Powers, 55		25:04
4. Jack Goertzen, 59		26:05
5. Sam Nicholson, 55, STC		26:26
6. Willis Kleinsasser, 55, x		27:13
7. Jack Noble, 58, STC		27:15
8. Bob Kay, 59, STC		27:16
9. Jim Maynard, 55		27:50
10. Bob Anderson, 57		28:00
11. Ollie Harker, 56		29:04
12. Alfred Hull Jr., 56		30:05
13. Norman Hogue, 55		30:34
14. George Flower, 57		30:44
15. Scotty Donald, 59, STC		31:57
16. Bill Heath, 59		34:13
17. Bruce Robinson, 57		36:52

Men 60-64:	
1. John Goodyear, 63	27:14
2. Jim Gorrell, 62, xSTC	28:44
3. Joe Fleishman, 60	31:06
4. Richard Banks, 60	31:35
5. Sheldon Montgomery, 61	34:50

Men 65-69:	
1. Robert F. Roger, 68	26:46
2. Arthur Daleon, 68	31:30

Men 70 and up:	
1. Tony Perona, 75	32:20
2. John Montoya, 72, xSTC	32:44
3. Nat Pisciotto, 79	39:12
4. Walter Kalinski, 72	41:52

Women 55 plus:	
1. Ann Noble, 57, STC	32:20
2. Maureen Lindgren, 76	38:47
Bess James, 74	41:36

8th WINTER 6 & 10 MILE RUNS SANTA BARBARA, CA; 2/11/84

6 MILE	
1st Overall	
Scott Ingraham	23 30:20
Gay McClenathan	21 37:34
M40 Ron Wise	45 34:31
Emmett Smith	47 35:24
Jay Romais	40 35:59
M50 Dick Bartek	51 36:25
James Vanmanen	51 39:02
M60+John Schweitzer	65 53:00
W40 Jean Wise	45 44:14
Patricia Kelly	40 46:22
W50 Pat Frankus	57 55:13
V. Tompkins	55 59:15
W60+G. Schweitzer	66 62:21

10 MILE	
1st Overall	
Jim Triplett	26 51:58
Pamela Cox	25 60:05
M40 Steven Close	40 57:44
Larry Pontinen	42 59:18
Kemp Aaberg	44 59:58
M50 John Richards	52 60:29
F. Nagelschmidt	59 63:16
M60+John Holoubek	67 69:37
W40 Gaby McQuitty	46 72:43
Cherry Stockton	40 76:22
Janet Franzese	41 77:58
(no W50+ finishers)	

MARCH OF DIMES 5K NORTH- WOODS MALL NIGHTCAP; PEORIA, IL; FEB. 12, 1984

1st Overall	
Dave Hoover	15:05
Shirley Diener	19:40
M40-44	
Doug Braasch	17:51
Randy Ziffren	18:30
Eugene Smith	18:52
Larry Mayberry	19:39
Everett Lyons	19:51
P. Franciskovich	20:21
Mike Grove	22:10
Jim Konstock	22:57
Ronald Ziegler	23:01
Art Gross	23:11

M45-49	
Thomas Zaia	19:19
Ron Achterberg	20:43
Irving Rosenfeld	20:50
Art Harris	21:44
Bill Kilhoffer	21:49
Fred Ratter	22:26
V. Franciskovich	22:28
Joe Steps	23:55
Tom Simpson	24:19
Ed Ray	25:11
M50+	
Don Overhead	21:04
Norman Kelley	22:17
Ralph Green	22:46
John Standridge	25:21
Paul Zumwalt (71)	30:10
W40-50	
Judy Tolliver	20:37
Barbara Gartlet	24:21
Edith Albright	25:39
Dorothy Ventari	26:32
Sharon Billington	27:30
W50+	
Janetta Overend	29:51
Shirley Green	37:00

ARKANSAS 25K CHAMPIONSHIPS TULSA, OK; 2/18/84

M40 Russ Bennett	46 1:39:40
Bill Adams	43 1:39:43
Chris Riley	40 1:44:02
M50 Colin Bray	51 1:52:25
H. McDonald	56 1:59:05
Jack Speer	52 2:02:32
M60+G. Veloz	61 2:03:47
W40 S. Cooper	45 1:55:07
Lynne Taylor	44 2:11:36
M. Speer	46 2:14:13
W50+J. Chadwick	50 2:35:28



STATEHOOD DAY RUN 10 MILE LINCOLN, NEBRASKA FEBRUARY 25, 1984

1st Overall	
Philip Coppess	29 48:53
K. Erickson	18 58:58
M40-44	
Jeff Fischer	40 54:04
Ray Stevens	43 54:54
Joe Schrag	44 58:49
Don Dickmeyer	43 58:51
Kevin Collieran	42 59:40

M45-49	
Lowell Gaither	46 54:46
Bob Elwood	49 58:16
Jeff Cheuvront	45 1:01:15
James Culver	48 1:01:32
M50-54	
Bob Creighton	50 1:04:07
Robert Holmberg	51 1:04:18
George Rejda	52 1:04:40

M55-59	
Bob Bartling	57 1:03:10
Art Himan	55 1:06:21
Joseph Scallon	55 1:10:34

M60+	
James Reeds	62 1:19:31
Clarence Osborn	66 1:23:50
Don Smith	60 1:25:03

W40-44	
Karen Bestul	41 1:08:53
Susan Madsen	40 1:14:43
Janet Katz	40 1:16:05

W45-49	
Rita Weber	47 1:26:54
Marilyn Conner	47 1:32:31

L'EGGS YWCA 10K; SAN DIEGO, CA; FEB. 25, 1984

1 Karen Chorney	25 35:32
2 Shirley Matson	43 37:03
7 J. Staralone	38 38:00
18 Ursula Rains	42 40:43

W40-49	
Matson	
Rains	
Faye Heldorn	41:55

W50-59	
Dorothy Stock	41:59
Anne Johnson	43:45

W60+	
Gerry Davidson	50:15

TRAILS END MARATHON SEASIDE, OREGON FEBRUARY 28, 1984

1st Overall	
Terry Heath	29 2:23:00
Bridget Cooke	22 2:48:08
11 George Oja	40 2:34:01
17K. Forman	43 2:37:54
25 Maurice Pratt	47 2:42:53
31 Tom Meyer	44 2:44:55
37 Frank Grey*	64 2:46:45
56 L.D. Webster	50 2:49:38
57 C.T. Fields	41 2:50:10
67V. Gilliland	49 2:52:34
76T. Loffelmacher	41 2:54:10
112G. Crandell	51 2:58:50
155S. Baldry	60 3:06:33
180C. Swanson	41 3:10:23
248D. Messenger	41 3:18:48
468A. Turowski	55 3:44:43
(889 finishers)	

WILMINGTON 10K & MARATHON WILMINGTON, NC; 3/4/84

10K	
M40 Richard Brannan	36:34
David Miller	37:02
Jim Fitzgerald	39:25

M50+J. Pilkington	47:19
John Outurilo	48:12
John Reid	52:58

W40 Mary Stewart	53:29
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W50+Marie Betts	1:01:16
Mary Morris	1:08:00

Marathon	
M40 Chuck Mamay	3:03:08
W. Gordon	3:06:46
Mike Lowrie	3:07:19

M50+Joseph Shea	3:17:43
Bernard Shults	3:23:42

Fourth Annual Brooklyn Half Marathon Brooklyn, NY

Sponsored by
New York Road Runners Club
Date: March 11, 1984, 9:30 AM
Distance: 13.1 Miles
Check-in: Men-2351, Women-515,
Total-2866
Finishers: Men-1899 and no racewalkers,
Women-386 and no racewalkers,
Total-2285
Weather: Clear, windy, low 30's

Order of Finish--Men

Over- all	Pl.	Name	Age	Team or Res.	Time
1	1	Meyers, Ira	23	BES	1:06:35
2	2	Dowries, Tom	23	WS	1:06:39
3	1	Waller, Chris	31	SRS	1:06:58
4	3	Miers, Charles	25	NYAC	1:07:15
5	4	Ostokozza, Louis	25	WPE	1:07:43

Order of Finish--Women

1	1	Harvitz, Gillian	28	WPC	1:17:51
2	1	Horn, Angela	38	Atl	1:18:31

Vet A (40-44)	
1. Charles Elkins	40 1:15:04
2. Jonathan McNamee	40 1:15:32
3. Gary Muhndke	43 1:15:35
4. Jan Fletcher	41 1:17:16
5. Raibel Bordonaba	42 1:17:21

Vet B (45-49)	
1. Perry Leary	45 1:12:34
2. Robert Clark	46 1:15:47
3. Jim Messerschmitt	47 1:18:08
4. Jerry Sulek	46 1:18:24
5. Charles Kennedy	45 1:19:15

Masters A (50-54)	
1. Kenneth Jones	53 1:21:09
2. Ed Fitzgerald	50 1:21:26
3. Walter McCarthy	51 1:23:06

Masters B (55-59)	
1. Don Dixon	56 1:20:10
2. Walter Brown	59 1:25:26
3. George Thompson	58 1:26:08

Seniors (60-69)	
1. William Pock	60 1:25:13
2. John Fredette	63 1:27:08
3. George Sheehan	65 1:27:48

Golden Age (70 and over)	
Luis Martin	72 1:48:17

Subvet (30-39)	
1. Angela Hearn	38 1:18:31
2. Maddy Harmeling	38 1:18:55
3. Theresa Triso	31 1:19:57
4. Winnie Ng	31 1:21:28
5. Christine Hearn Grenning	38 1:21:38
6. Joanne Portaro	35 1:22:31
7. Sharon Given	33 1:22:49

Vet A (40-44)	
1. Mimi Meyers	41 1:31:25
2. Carol Johnston	40 1:33:17
3. Ninetti Texidor	40 1:36:12

Vet B (45-49)	
1. Mimi Lerner	47 1:25:13
2. Helene Bedrock	49 1:27:06
3. Joyce Marel-Fletcher	49 1:41:47

Masters (50-59)	
1. Margaret Decker	51 1:32:29
2. d'Elia, Toshiko	54 1:37:31
3. Bunny Franco	53 1:41:51

Seniors (60 and over)	
1. Mary Rodriguez	62 1:55:58
2. Evelyn Havens	67 2:24:31

FROSTBITE CLASSIC HALF- MARATHON; DELAVAN, IL; MARCH 11, 1984

1st Overall	
Greg White	1:12:37
Peggy Fisher	1:38:29

**ANHEUSER-BUSCH COLONIAL
HALF-MARATHON; WILLIAMS-
BURG, VA; MARCH 11, 1984**

1st Overall
David Romaine 25 1:06:59
Kathy Hibbert 28 1:23:38

M40-49
Lew Faxon *1:13:04
Ben Dyer 1:16:20
Dave Bloor 1:16:51

M50-59
Herb Chisholm *1:24:18
R. Hartenstein 1:27:28
D. Shenkenburg 1:27:43

M60+
Lou Preys (67) *1:35:28
Walt Washburn 1:38:34
Stan Sater 1:39:20

W40-49
Vivian Godin *1:37:47
J. Splittberger 1:44:40
Jerry Dowdy 1:45:45

W50-59
Fran Adams *1:43:12
Nancy Hess 1:59:51
Annette Dagg 2:03:16

W60+
Dorothy Smith 2:18:25
(*race record)

**REDWOOD EMPIRE 24 HR RUN
SANTA ROSA, CA; 3/17-18/84**

*U.S. age record m's-yds
1 Ron Kovacs *45 138-150
2 Richard Conn *57 112-295
7 Chris Storey 41 101-378
8 Mike Witwer 42 100-1320
10 Dick Collins 50 91-760
13 Shirley Segar *57 77-301
15 Bruce Meadows 40 72-1085
16 Marche Booth 52 69-1320
17 Bill Ridolfi 47 67-1180
18 Bob French 45 62-880
19 R. Bonney 44 60-880
20 Jim Clover 42 54-1320
22 Doug Latimer 46 40

**LINCOLN TC 25K/50K
LINCOLN, NB; 3/17/84**

25K
1st Overall
Dave Johnson 27 1:28:29
Mary Amen 19 1:45:54

M40-49
James Culver 48 1:41:23
Tom Bestul 41 1:41:42
Fred Chrastil 42 1:55:14
Ross Greathouse 45 1:59:39

M50-59
George Rejda 52 1:45:57
Gene Harding 53 1:46:21
Harry Crockett 56 2:12:07

W40-49
Janet Katz 40 2:01:04
Susan Hadsen 40 2:19:19
Arlene Craig 41 2:21:18
Melba Cope 40 2:39:57

50K
1 Ray Stevens 43 3:23:51
3 Clay Streich 39 3:54:23
9 Dave Hurd 54 4:20:13
15 L. Henning 1f 19 4:39:00
16 Maxey Albert 45 4:51:39
18 Jayne Snyder 39 5:43:29

**ST. PATTY'S 10 MILE
OLEY, PENN.; 3/18/84**

1st Overall
Greg Fredericks 48:32
Lisa Larsen 54:19
M35 Gordon Minty 49:32
M40 George Keim 52:43
M45 Fay Bradley 55:32
M50 Norman Green 55:00
M55 John Hosner 1:01:04
M60 Hubert Morgan 1:03:02
M70+ Bill Brobston 1:12:10
W35 Barbara Filutze 59:07
W40 Cindy Dalrymple 1:01:53
W50 Gloria Brown 1:08:34
W60+ Harriet Weaver 1:23:09

**EMERALD CITY MARATHON
SEATTLE, WASH.
MARCH 18, 1984**

1st Overall
John Moreno 26 2:14:20
Jane Wipf 25 2:37:16

M40-49
Mike Heffernan 43 2:34:33
Robert Hughes 43 2:36:59
Stan Loe 42 2:40:35

M45-49
M. Pratt 47 2:40:38
Bill Iffring 49 2:54:23
Allen Whitaker 45 2:56:47

M50-54
Lary Webster 50 2:44:23
Harry Adshear 51 2:50:45
Alex Marshall 50 2:52:46

M55-59
Orlo Kenniston 56 2:57:59
Jack Herring 56 3:11:19
S. Davidson Jr 55 3:12:46

M60+
Frank Grey 64 2:55:36
Stanley Baldry 60 3:06:52
Fred Jaffe 61 3:31:43

W40-44
Vicki Foltz 40 3:08:06
Deanna Barrett 40 3:19:31
Judy Broombridge 44 3:22:21

W45-49
Nancy Hellyer 48 3:10:08
S. Richardson 45 3:22:46
G. Richards 46 3:34:02

W50-54
Joanne Hegedus 52 3:57:09
Wilma Parker 50 4:06:27
Joyce Brown 50 4:35:43

W55-59
Billie Murphy 56 3:25:27
W60+ no finishers

**SAN JOSE MERCURY-NEWS 10K
SAN JOSE, CA; 3/18/84**

1st Overall
Duncan MacDonald 29:22
Charlene O'Brien 35:22

M40-49
Jim Bowers 31:14
Sal Vasquez 31:31
Tim Rostegge 33:10

M45-49
Nick Winter 33:26
Bill Jenny 33:27
Jack Leydig 33:36

M50-54
Ron Nelson 33:56
Charles Jackson 34:03
Bill Meinhardt 34:25

M55-59
Mike Hicks 34:39
Ulrich Kaempf 34:52
E.R. Silver 35:58

M60+
Bob Farrington 36:17
Buck Levy 36:56
Carter Squires 37:04

M65-69
Glenn Unsicker 37:08
Ephraim Romesberg 37:20
Hauk Fregosa 37:23

M70+
Joe Johnson 37:34
Bill Barclay 39:38
Carol Stroud 40:38

W40-49
Gigi Luhtala 40:37
S.I. Church 42:11
Susan Brown 42:46

W50-54
Jackie Rhoades 44:05
Dorothy Bang 44:12
Luise Muller 47:05

W55-59
Julia Yaffee 47:39
June Watson 47:55
Dorothy Cady 47:56

W60+
Jaclyn Casselli 48:14
Darlene Dyer 51:30
Georgia Abrams 53:04

W65-69
Annette Totton 53:34
Pat Hale 54:05

**HAWAII RRCA 10K CHAMPION-
SHIPS; KANOEHE MARINE CORPS
AIR STATION; 3/18/84**

1st Overall
Paco Martinez 33:08
Lettina Hielbron 37:57

M40 Ronald Peroff 35:02
John Monge 35:39
Ron Barozzi 35:42

M45 Mike Tymn 33:36
Jim Gallup 34:32
Jack Wilson 38:40

M50 Carl Ellsworth *36:37
Robert Hubbard 40:53
Bill Cunningham 41:50

M55 George Murray 42:48
Henry Kariel 45:16
Kimo Kennedy 46:05

M60 Naoto Inada *39:36
Martin Sherman 47:32
Bob Iwamoto 52:44

W40 Sandra Peterson 48:26
Sally McCully 54:25
Patty Wills 55:23

W45 Christa Obara *42:00
Susie Bartels 43:19
Kay Thompson 49:33

W50 Madonna Buder *45:31
Mollie Chang 47:34
Sara Dougherty 55:42

W55 Joan Ellsworth *49:36
Nancy Roberts 59:21
Tsuru Ellsworth 67:57

W60 Margaret Lee *55:58
Edith Leiby 61:56
Grayce Miji 62:37
(*age-group course record)

**PRICE CHOPPERTON 30K (RRCA
NATIONAL CHAMPIONSHIPS);
ALBANY, NY; MARCH 18, 1984**

1st Overall
Don Norman *1:32:10
Ann Hird *1:45:15

M40-44
Charles Parmelee 40:14:22
Ralph Zimmerman 42 1:42:30
Tom Durie 40 1:43:55

M45-49
Don Wilken 45 1:50:45
Bryant Wood 47 1:52:23
Jack Meegan 48 1:54:46

M50-54
Rudy Becker 51 1:54:04
Ted Bick 53 1:55:02
Thomas Barclay 52 2:00:24

M55-59
Rich Sullivan 55 2:07:37
Sam Gratch 59 2:12:25
Chas. Christian 58 2:13:43

M60-69
George Sheehan 65 *2:08:46
Robert Lopez 62 2:20:50
Albert Savicki 64 2:27:58

M70+
William McNeil 76 3:52:58
Elaine Kirchen 41 1:57:49
Setsu Rosen 42 2:20:20

W45-49
Marge Rajczewski 43 2:21:00
Ann Drapeau 46 2:20:18
Barbara McLeod 46 2:27:07

W50-54
Becky Morris 46 2:27:28
Rayna Dixon 53 *2:16:58
Anny Stockman 51 2:26:19

W55-59
Natalie Tickner 50 2:26:23
R. Tumidajewicz 57 3:04:18
(*age record, pt. to pt.)

**TOM SULLIVAN 10K
LOS ANGELES, CA; 3/18/84**

1st Overall
Greg Beardsley 22 30:01
Michele Hopper 28 35:59

M40-44
Tom Burns 41 33:10
Michael Mahler 41 33:16
Marshall Mkatye 40 33:30

M45-49
Andre Tocco 48 33:06
James Clifton 45 35:36
Roger Murray 47 36:03

M50-59
Jim Brownfield 52 34:37
Wally Evertz 54 36:10
Patrick Devine 55 36:15

M60+
Fred Lehr 50 36:52
Aurelio Camacho 53 37:12
Bennett Long 60 38:56

M65-69
Bob Page 62 40:27
Eddie Lewin 67 40:50
John Nino 62 44:46

W40-44
Paul Jernstrom 62 44:49
Harolene McLean 41 39:15
Caroline Doty 41 39:25

W45-49
Wendy Watson 40 40:59
Christa Romppanen 45 39:20
Dobi McDougall 49 40:53

W50-59
Mariana McMullen 46 42:45

W50-59
Margaret Miller 58 40:49
Helen Dick 59 41:01
Pinkie Fisher 53 45:30
Betty Flood 54 45:54

M60+
Norma Bernardi 64 49:08
Edith Carlisle 62 55:09
Elma Beck 60 55:12
Joan Koch 63 61:21

**NIKE-NEW JERSEY 10-MILER
CHERRY HILLS, NJ; 3/18/84**

1st Overall
Greg Meyer 28 47:21
Kate Wiley 22 54:50

M40-44
Lou Coppens 42 55:54
Bill Donini 41 56:19
Bill Dunn 42 57:37

M45-49
Charles Clark 48 59:48
Walt Pierson 48 59:49
Bruce Hurlburt 48 60:21

M50-54
George Studzinski 51 61:28
William Johnson 53 62:19
Henderson Cleaves 52 63:35

M55-59
John Kelley 55 64:13
Larry Delaney 58 66:45
Ralph Rhoden 55 69:30

M60+
Jack Start 63 62:26
Mike Bertolini 63 64:30
Hank Vandenberg 64 64:64

W40-44
Susan Weisbrod 40 69:50
Helen Moore 44 71:13
Bonnie McCloe 43 74:13

W45-49
Jill Martin 45 72:45
Nan Sharpless 47 80:59
Mary Radnik 47 82:28

W50-54
Kamryn Kalkhof 53 85:48
Lorraine Cephus 54 91:09
Christine McCue 50 102:25

W55-59
Nancy Stokes 56 77:44
Joyce Bauer 56 90:36
Ann Goff 55 93:02

W60+ no finishers
from George Hutchens

**TAC NATIONAL MASTERS 20K
CHAMPIONSHIPS; SACRAMENTO,
CA; MARCH 25, 1984**

1st Overall
Ivan Huff 24 1:00:35
Patti Gray 21 1:10:49

M40-44
Sal Vasquez 44 1:06:35
Bill Clark 40 1:08:23
Tim Rostegge 43 1:10:12

M45-49
Jim Bowers 45 1:08:10
Daryl Beardall 47 1:10:55
Bill Catanese 45 1:12:34

M50-54
Ray Hatton 52 1:08:03
Jim Brownfield 52 1:14:01
Bob Farrington 52 1:15:35

M55-59
Pat Devine 55 1:16:13
Ross Smith 56 1:17:54
Curt Brownfield 55 1:21:32

M60-64
Flory Rod 60 1:25:21
Dan Voorhees 61 1:48:19
Don Wilgus 62 1:48:42

M65-69
John Holoubek 70 1:31:01
Kenny King 73 2:00:22

M85-89
Paul Spangler 85 2:07:49

W40-44
Bette Poppers 41 1:19:09
Shirley Matson 43 1:20:15
Pat Whittingslow 44 1:26:21

W45-49
Karen Scannell 45 1:21:16
C. Romppanen 45 1:21:33
Marilyn Harbin 46 1:22:40

W50-54
Ruth Anderson 54 1:31:42
Marty Maricle 50 1:34:40
Ruth Waters 50 1:34:45

W55-59
Margaret Miller 58 1:29:22

Teams
M40-49
West Valley J&S 5:58:06
Capital City Flyers 6:06:29

M50-59
Fleet Feet-
Yorba Linda 6:30:17

W40-49
West Valley TC 4:26:30
Nor Cal Seniors 4:54:51

W50-59
Nor Cal Seniors 4:41:07

**DCRRC HALF-MARATHON; SANDY
SPRING, MD; MARCH 18, 1984**

1 Tim Gavin 27 1:10:38
4 Bob Thurston 40 1:14:17
19 B. Gallagher 43 1:23:05

26 Elvio Levri 50 1:25:26
28 Joe Wasserman 41 1:27:38
32 Ben Mathews 46 1:28:52

34 Larry Pifer 44 1:29:24
38 B. Russell Sr 45 1:30:53
39 Karl Kilburg 46 1:31:24

46 Laura Maher 23 1:34:03
48 W. Rigerick 51 1:34:32
60 W. Washburn 61 1:39:59

62 Francis Gignac 51 1:40:11
64 Dick Good 54 1:40:13
67 George Griffin 54 1:40:39

79 Frank Luff 61 1:47:44
87 Frank Raue 51 1:51:13
89 Clay Johnson 56 1:53:40
(107 finishers)

**NORTHWEST MASTERS 15 KM RESULTS
Seward Park, Seattle, 3/24/84**

1. Jerry Buckley 41 53:33
2. Evan Shull 40 53:47
3. Will Bentz 52 54:50

4. Lary Webster 50 54:58
5. Al Huff 46 55:00
6. Michael Palazzo 40 55:30

7. Robert Hunt 53 55:56
8. Tom Buchanan 42 56:00
9. Mike Donoghue 42 57:48

10. William Ferguson 50 58:00
11. Brian Fitzpatrick 42 59:05
12. Mason Hess 45 59:54

13. Roy Burt 47 1:00:15
14. Fred Stone 45 1:00:18
15. Julie Stiles F41 1:00:31

16. Ron Sandelius 46 1:00:41
17. Bill Thoren 42 1:01:55
18. Carol Flexer F41 1:01:58

19. George Emerson 43 1:02:00
20. Larry Doering 52 1:02:47
21. Clyde Sparks 48 1:03:39

22. Michael Schwartz 42 1:04:09
23. Dan Ballbach 42 1:04:13
24. John O'Neil 46 1:04:26

25. Jim Ruck 55 1:04:29
26. Robert Mortenson 46 1:05:19
27. Arni Fredrickson 43 1:05:25

28. Robert Wylde 40 1:06:27
29. Bill Sokolik 46 1:07:41
30. Marshall Scott 46 1:07:42

31. Sid Faulkner 40 1:08:33
32. Ted Hege 42 1:09:39
33. James Millet 45 1:10:09

34. Dean Erickson 47 1:10:58
35. Robert Fink 47 1:11:18
36. Elaine Fredricksor F40 1:11:50

37. Dick Bartholomew 64 1:12:26
38. R. Baker 42 1:13:28
39. Frank Grigas 50 1:14:27

40. Hal Hummel 57 1:16:21
41. Jack Hodgson 45 1:17:05
42. Chuck Green 54 1:18:50

43. Joanna Pyle F47 1:20:26
44. Jean Lagrou F46 1:20:49
45. Klaus Kerl 41 1:21:39

46. Ramona Hammerly F44 1:27:45
47. Linda Tollefson F41 1:29:34
48. Joanne Vandeurzen F43 1:33:23

**BOSTON MARATHON
APRIL 16, 1984**

1st overall
Geoff Smith Great Britain 2:10:34
Lorraine Moller New Zealand 2:29:28

M40+
Roger Robinson Wellington NZ 2:20:15
Tony Gerrity Devon PA 2:25:12

Jim Bowers Santa Rosa CA 2:26:29
Don Coffman Frankfort KY 2:27:13
Bill Hall Durham NC 2:27:48

Mike Heffernan Portland OR 2:28:42
Richard Wenham Colorado Springs CO 2:30:39
Fritz Mueller New York NY 2:31:24

John Weston Canada 2:31:57
Hector Vargas Macerville NJ 2:32:24

W40+
Vicki Foltz Monroe WA 2:46:14
Joan Ulyot San Francisco CA 2:54:17

Mimi Lerner New York NY 2:59:31
Carolyn Cappelletta Concord MA 3:03:41
Joann Britnell Canada 3:03:57

Over 6000 runners. 40 degrees and raining



1984 NIKE MASTERS SERIES.

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

<u>Date</u>	<u>Location</u>	<u>Race</u>	<u>Distance</u>
May 13, 1984	Syracuse, NY	Dynamis	15k
May 20, 1984	Michigan City, IN	RRCA Championship	15k
May 28, 1984	Huntsville, AL	Cotton Row Run	10k
June 24, 1984	Portland, OR	Cascade Run Off	15k
Sept. 30, 1984	Minneapolis, MN	Twin Cities Marathon	Marathon
Oct. 13, 1984	El Paso, TX	Run Against Crime	15k

In addition, some travel credits will be awarded by lottery. Therefore, any runner may be a winner.

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

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

