Conway Wins Two National Titles

★ Highlights ★

- Results of Masters Track & Field Meets
  - San Juan
  - Rocky Mountain
  - Nor Cal Sr. Olympics
  - TFA Decathlon
  - National Wt. Pentathlon
  - Montana
  - Canadian Wt. Pentathlon
- Results of Long Distance Races
  - National Masters 10K
  - National Masters 15K
  - America’s Marathon
  - Nike Marathon
  - Midwest Masters 25K
  - Springbank
  - Philadelphia Fall Race
- 1980 Masters 20K Rankings
- The Case for Age-Graded Awards
- Masters results of over 50 road races

1000 View Puerto Rico Meet

from ANGEL RIVERA, Meet Director

SAN JUAN, P.R., Sept. 19-20. Amidst an enthusiastic crowd of about 1000, the 1st Annual San Juan Masters Track & Field Championships were celebrated at the Sixto Escobar Stadium, with athletes from the USA, Colombia, Taiwan and Canada among the 270 participants.

Highlights of the meet included a world age-53 record of 23.5 by Bert Lancaster in the 200 meters, and a sparkling 13.9 in the 110-hurdles by Nate Robinson, 30, Gilberto Gonzalez...

Groombridge, Rapp Take Women's Crowns

Dan Conway, 42, of Chetek, Wisconsin made a strong bid for masters long distance runner-of-the-year honors by winning two Penn Mutual/TAC national masters long distance running championships on two successive weekends on two different coasts.

On Sept. 26, in Seattle, he captured the 10K road championship in a sparkling 31:02.4, defeating a tough field of Ray Hatton, Dave Hambly, Mike Heffernan, Bill Meinhardt and 125 others by 24 seconds.

A week later in Washington, D.C., the high-school physical education teacher slowly pulled away from Bob Jenkins and Peter Nye to successfully defend his Penn Mutual/TAC national masters 15K road championship title in 48:29.9, finishing 1st overall in a race open to runners over age 30.

In the Seattle 10K race, Judy Groombridge, 41, captured the women's title in 39:36. Trudy Rapp, 44, won the 15K crown in the Capitol in a strong 58:08.

Bob Langenbach, along with the Snohomish Track Club, directed the 10K championship run on the flat, scenic loop course along the Green River in the Seattle suburb of Kent.

"Conway, Hambly, Hatton and Heffernan all went through 3K in 15:30," Langenbach said. "Then Conway started pulling away. Hatton hung on to Hambly till the last 100 meters, then sprinted away to take 2nd, 31:26 to 31:29, with Heffernan 33 seconds farther back."

Hatton, in finishing 2nd at age 49, laid his own claim to master-of-the-year laurels. He turns 50 on February 17 (see Mike Tymn's Gun Lap column). Age-for-age, Hatton's time may have been the best of the day.

Eight runners broke 33 minutes in the 10K event, including two over-45's, Hatton and Derek Mahaffey (32:56). Christine Curtis, 43, (40:42), and Mary Miller, 42, (40:48), were 2nd and 3rd females. With Groombridge, their Seattle Track Club won the women's meet in the 2A Class with an astounding total of 4,059.2, which earned him the Tovell Trophy for the second year in a row; and George Puce in the 1A Class with a remarkable 3,798.4.
ATHLETICS CONGRESS
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LONG DISTANCE CHAIRMAN:
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INDOOR RECORDS AND RANKINGS:
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Men: Ron Salvio
(201) 266-8202
Women: Joann Gtissom
(303) 341-2980
Women's Indoor:
Wometi: Jo Lacetera
(714) 488-3737 (home)
THANKS TO RETURN
It had been my hope, while active in the Masters program, to offer sponsorship such as Penn Mutual and to offer such events as are planned for Philadelphia. I am particularly interested in the mixture of athletic disciplines and, if I can stay healthy, intend to compete in several of the disciplines.
I am just back into athletics after a nine month hiatus occasioned by a pernicious bruised heel, doing some jogging, bike riding and swimming.
I wish to commend you and everyone associated with the Penn Mutual program for your expanding efforts and certainly hope to be an active participant in the events next August.
My best regards to my old running friends, and trust that I will be able to renew old acquaintances in Philadelphia.
David Pain
San Diego, CA

NIX TO 10-YEAR GROUPS
Changing to 10-year age-groups would be a damaging blow to the masters program. Some would receive medals for empty wins over those 8 or 9 years older. And how discouraging for those at the top of the age bracket. Summer or winter, I'm on the track early in the morning so I can still make office hours on time. It's worth the effort for two reasons. It keeps me healthy, and the thrill of competition against those my own age.
Clarence Killion
Dinube, Calif.

PAIN TO RETURN
It had been my hope, while active in the Masters program, to offer sponsorship such as Penn Mutual and to offer such events as are planned for Philadelphia. I am particularly interested in the mixture of athletic disciplines and, if I can stay healthy, intend to compete in several of the disciplines.
I am just back into athletics after a nine month hiatus occasioned by a pernicious bruised heel, doing some jogging, bike riding and swimming.
I wish to commend you and everyone associated with the Penn Mutual program for your expanding efforts and certainly hope to be an active participant in the events next August.
My best regards to my old running friends, and trust that I will be able to renew old acquaintances in Philadelphia.
David Pain
San Diego, CA

MARATHON RANKINGS
Marty Post omitted Karen Scannell's 2:50:13 in the 1980 Oakland Marathon. She was first woman across the finish line and was voted National Masters Woman of the Year. According to your list, Karen should be ranked #5.
Cherie Swenson
Oakland, CA

HAMMER WEIGHTS
National and WAVA hammer standards shall be: 40-49, 16#; 50-59, 12#; or 60# (132#): 60-69, 8# or 4 K. The same as the shot put. Lately, we've been using 3 different weights, depending on the meet. Age takes its toll, especially after 50. We 50+ guys should stop listening to the macho diehards and opt for the weights that suit our respective ages best.
Throwers should also know that metric weight hammers are available in the U.S. for less than you may think.
Gene Rochrambau
San Diego, CA

PUERTO RICAN MEET
The hospitality of the Puerto Ricans and the friendliness of all the athletes added to the trip to San Juan for the Annual Track & Field Championships. I think it would be helpful if they had some type of shuttle service from the hotels for the athletes, especially those who brought their own 10pments.
Marty Post
Seattle, WA

WOMEN'S PROGRAM
The women's program needs help. Why is it that meet directors often limit women to a few events?
For example, in the Puerto Rican Meet Sept. 19-20, only the 100, 200, 400, 1500 and 5000 were open to women.
I also like the high, long and triple jumps, as do others. It would have cost me $300 to fly to Puerto Rico, so I decided to stay home.
There are many age-group events within the men's program that have only one or two entrants. So what's the difference? The cost of medals? Why not give out medals if there are three or more in any given event? If there are less, and the athlete wants a medal, have one ready at cost.
I hope in the future all events are open to women. Otherwise, the women's program will stay small or even decline.
Phl (Philippo) Ruchserch
Atlantic, PA

WORLD ASSOCIATION OF VETERAN ATHLETES (WAVA)
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West Hill, 02690
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WOMEN'S DELEGATE:
Irene Obera
3272 Western Ave.
Philadelphia, PA 19138
(213) 638-7125

MARTY POST OMMITTED KAREN SCANNELL'S 2:50:13 IN THE 1980 OAKLAND MARATHON. SHE WAS FIRST WOMAN ACROSS THE FINISH LINE AND WAS VOTED NATIONAL MASTERS WOMAN OF THE YEAR. ACCORDING TO YOUR LIST, KAREN SHOULD BE RANKED #5.
CHERIE SWENSON
OAKLAND, CA

AAAARERRGGHH!
I blew it again on the women's marathon rankings. My sincere apologies to Karen Scannell who won the Oakland Marathon in 2:50:13.
Marty Post, Statistician
Mountain View, CA
(Mr Post, meet Ms. Swenson—Ed.)

Write On!
**SUBSCRIBE NOW!**

The National Masters Newsletter is mailed third-class bulk rate and is not being forwarded. When you move please let us know at least 3 weeks in advance.

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**TRACK & FIELD**

**SOUTHEAST**

December 27 (Sun): Holiday Weight & Regular Pentathlon, Delray Beach, Fla. Randy Cooper, Atlantic H.S., Delray Beach, FL.

**MIDWEST**

January 19 (Sat): 6th Annual Wisconsin Masters Indoor T&F Championship, Madison. Bruce Craig, 238 Alden Drive, Madison WI 53705.

**MID-AMERICA**

January 16 (Sat): Penn Mutual/TAC Mid-America Regional Masters Indoor T&F Championships, Lincoln, Nebraska. Forest Doling, 1030 S. 65th St., Lincoln, NE 68516. (402) 483-4842.

January 22-23 (Sat-Sun): TFA Indoor T&F Invitational; Junior, Masters, Open, Invitational sections. TFA, 10920 Ambassador Drive, Suite 302, Kansas City MO 64153.


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**INTERNATIONAL**

**1981 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS**

(AGE 40 AND OVER)


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**NEW ENGLAND**

November 1 (Sun): Ocean State Marathon, Newport RI. Limit 2500. SASE to OSM, 80 Lincoln St., N. Kingstown RI. 02852.


November 8 (Sun): 5th Annual Furry Supreme Hearbreak Hill 10K, Boston. 4000 runners. SASE to Conventures, 45 Newbury St., Boston MA 02116. (617) 267-0055.

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**MOVING?**

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**EAST**


November 14 (Sat): Amon Women's 4-mile Race, NYRRC, Box 881, FDR Station, New York NY 10150.


November 15 (Sun): Cornstalk Classic 15K, Delhi NY. Delaware County Runners 36½ Main St., Delhi NY 13753. (607) 746-6555.

November 15 (Sun): TAC U.S. 50 mile Road Championships, open men, M40-49, 50-59, 60+, open women, M40-49. Delaware Park, Buffalo, NY, 8 a.m. Athletics, Buffalo State College, 1300 Elmwood Ave., Buffalo NY 14222.

November 22 (Sun): 8th Annual Turkey Trot 3.5 miles. 2 p.m. Bob Berthold, Delaware Valley College, Doylestown PA 18901.

November 22 (Sun): 6th Annual Stockade-athon 15K. RRCA Eastern Regional Championships, Schenectady, NY. Chuck Haugh, Box 12304, Albany NY 12211. (518) 399-7996.

December 6 (Sun): 4th Annual Brian's Turkey Trot, West Chester, Pa., 1 p.m. Larry Brandon, 206 Brooke Dr., West Chester PA 19380. (215) 692-5643.

December 6 (Sun): 4th Annual Brian's Turkey Trot, West Chester, Pa., 1 p.m. Larry Brandon, 206 Brooke Dr., West Chester PA 19380. (215) 692-5643.

December 12-January 6: Masters tour of South Africa. Sports Travel, PO Box 7823, San Diego CA 92107. (714) 973-4844.

**LONG DISTANCE RUNNING**

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**WEST**

Every other Sunday from October 11 thru Dec 20: Masters track meets. Kaiser High School, Honolulu, 8 a.m. Edie Leiby (808) 946-5670.

December 4-8: Annual TAC Convention, Reno, Nevada. P.O. Box 120, In Edie Leiby (808) 946-5670.

January 19 (Sat): 6th Annual Wisconsin Masters Indoor T&F Championship, Madison. Bruce Craig, 238 Alden Drive, Madison WI 53705.

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**NEED BACK ISSUES?**

Most back issues of the National Masters Newsletter are available for $1.25 each, plus 50¢ postage and handling for each order.

Send to: National Master Newsletter P.O. Box 2372 Van Nuys, CA 91404

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**SUBSCRIBE NOW!**

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December 6 (Sun): Maryland Marathon, Baltimore. PO Box 11394, Baltimore MD 21239. (301) 882-5455.

December 12 (Sat): 5th Annual Joe Steele Rocket City Marathon. RRCA Regional Championship, Huntsville, Alabama. “One of America’s top 25 Road Races.” Fast course. SASE to Huntsville TC, 8811 Edgewood Dr., Huntsville AL 35802.

December 13 (Sun): Avon Running Women’s 10K, Deerfield Beach, Fla. 2801 Deer Creek Country Club Blvd., Deerfield Beach FL 33441.

**SOUTHEAST**

November 15 (Sun): Lasse Viren Finnish Invitational 20K, Malibu, Calif. Eino, 32926 Mulholland Hwy, Malibu CA 90265. (213) 889-0803.


November 6 (Sun): Oakland Marathon. Cherie Swenson, PO Box 2501, Oakland, CA 94621. (415) 568-8884.

December 13 (Sun): 9th Honolulu Marathon, Box 27244 Chinatown Station, Honolulu, HI 96827. (808) 734-7720.

**SOUTHWEST**

November 15 (Sun): Macy’s Marathon, Dallas. 6434 E. Mockingbird #213, Dallas TX 75214. (214) 826-8260.


**NORTHWEST**

November 29 (Sun): Seattle Marathon, Club Northwest, 320 N.E. 72nd St., Seattle WA 98115. (206) 522-7777

**SOUTH**

December 5 (Sat): White Rock Marathon, Dallas. 6434 E. Mockingbird #213, Dallas TX 75214. (214) 826-8260.

**POSTAL**

**MIDWEST**

November 1 (Sun): Bank One Marathon, Columbus, Ohio. (350) PO Box 333, Columbus OH 43216. (614) 228-4626.

November 7 (Sat): International Peace Race, Youngstown, Ohio. Box 1320, Youngstown OH 44501. (216) 747-3238.

**MID-AMERICA**

November 1 (Sat): Macy’s Marathon, Kansas City, Missouri. Macy’s, 1034 Main St., Kansas City MO 64105. (816) 881-5383.


Puerto Rico Meet continued from page 1

Julia, was the top medalist of the meet with 9 gold and 2 silvers. He broke the age-68 110 hurdles record with a 19.4, and won the 100 (11.4), 200 (28.6), pole vault (8’), long jump (14’3”), and discus and javelin in an outstanding performance.

David Lawer made a comeback in the M60 100 and 200. Linda Sippel electrified the crowd in the distance races; Harold Parsons won the M60 discus, hammer and shot put, but was no match for U.S. national champ Gordon Hordgren in the javelin.

Luis Luna, one of 22 Colombians, won the M40 800 (2:05), 5000 and Steeple.

The athletes enjoyed the happy atmosphere and fraternization, which peaked at the Sunday night banquet with charcoal broiled “churrasco” and Puerto Rican “tostones” to the singing of Gonzalez-Julia on his guitar.

The 1982 meet will be held on the Labor Day weekend, just one year before the 5th World Veterans Games.

Results in back pages.
On the Run With...

...HAL WINTON

(ThIs year's Pike's Peak Marathon was actually TWO races: a 14.3 mile "ascent" race on Saturday, August 8th; then the traditional 28-mile "marathon" on Sunday, Hal Winton pulled off the miracle feat of winning BOTH races in the 50-59 division. Here is his on-the-run account).

This is my first Pike's Peak Run. Odd circumstances found me entered in both races. I turned 50 on Friday, and decided to enter the 14-mile ascent race the next day. Then, if I felt OK, I might jog thru the marathon. I'd been doing 6 months of ultra-distance training, with hard mountain runs like Mt. Whitney.

At the marathon clinic, they recommended walking the steeper slopes and conserving energy in the 1st 4 miles up Manitou Peak. I felt strong and finished well in 2:49:27 to win my division. I was 19th overall out of 800, with only one 40-49 runner ahead of me.

With much urging from friends, I ran the marathon Sunday. It's the same trail, then back down. I ran up conservatively, in 3:20, a half-hour slower than Saturday, and walked the last 3 miles above the timberline to conserve energy for running downhill.

I ran the return trip hard, in 1:40, passing the other 50-year-olds to finish in 5:01:28, again winning my age group. I had no leg soreness and didn't run OK again, but full recovery is unpredictable.

The weather was ideal with occasional snow flurries at the top but no heavy rain. It was the greatest weekend running experience I've had.

...LARRY MEANS

(Larry Means won the world 40-44 masters 800 meter title in the first competition held in Toronto in 1975. He raced as a half miler for many years in national and international events while a member of the U.S. Air Force.)

A few of my friends and scanners of box scores know I earned the silver medal at the recent TAC Masters Championships at Los Gatos in the Pentathlon.

However a series of circumstances made my presence in the victory circle a bit more of a test than usual. The day prior to the competition I came down with an intestinal parasite which I picked up while camping near a high mountain stream in Colorado. The consequences of this malady include severe diarrhea, headaches and flu-like misery of the joints accompanied by nausea.

Upon flying to San Francisco on Saturday I abandoned all plans of viewing the day's events and remained with my brother-in-law (and former Notre Dame distance man) Jack Wholey in Walnut Creek and nursed the undiagnosed bugs in my belly with quarts of Coke and Pepto Bismol.

The months of training at 8,000 feet in Colorado, the many sub-zero runs in hopes of racing in the nationals all vanished in terminal self-pity as I lay there bleeding, soiled and sick from the gut numbing parasite. Why me? Lord?

After weighing the alternatives of heading for the next plane or remaining as a spectator I decided to compete regardless of the afflictions. However the bleeding toe greatly reduced my efforts in the javelin and the discus.

I knew I had to turn in a creditable 1500 meters in order to place. So with tremulous belly, I put my bloody toe to the line and kept constant reference on the man's room should four-plus minutes of racing generate total systems failure.

I managed a 4:37, won the race and although I've won other events in other climes I'll never take home a medal or an experience to match the satisfaction of hauling my deteriorating self through this year's masters marathon.
Ray Hatton Heads for Another Mark—"50"

Don't look now Hal, Herb, Jim, Alex, Al, and all you hot-shot 50-year-old distance men, but that guy coming up to join you on the starting line is going to make things pretty tough in your division.

Heck, there aren't many 40-year-olds around who can give Ray Hatton a race. In the National Masters Track & Field Championships at Los Gatos, Calif. in August, he turned in a 15:17.6 for 5,000 meters, winning the 45-49 division by more than a minute-and-a-half and finishing 12 seconds ahead of the 40-44 winner.

For you non-distance men out there, that figures out to around 4:55 per mile for a little over three miles. Not bad for a guy who will reach the half-century mark on February 4, 1982.

If that performance isn't convincing enough, then consider his 4:30.7 mile in May, his 9:02.9 3,000 meters in June, and his 32:35 10K during the same period.

You'll seldom find Hatton in races over 10K, but he has competed in the Cascade Runoff in Portland in each of its four years. This year, he clocked 49:41, his best on the hilly course.

A resident of Bend, Oregon, Hatton is a professor of geography at Central Oregon Community College. Born in Lichfield, England, he came to the United States in 1956 on an athletic scholarship to the University of Idaho. In 1957, he helped that school capture the Pacific Coast Conference cross-country championship.

Except for a brief period in 1965-66 while he was studying for his masters degree at the University of Oregon, Hatton has been running steadily since 1943. That is nearly 40 years of running.

As a member of the Birchfield Harriers in England, Hatton posted many of his lifetime bests, including a 4:11.2 mile, 8:57.4 two-mile, 14:04.4 three-mile, and 29:22 six-mile. Those performances led to his university scholarship.

For the first half of the '70's, Hatton was considered by many to be the number one masters distance runner in the country. It's not that he slowed up very much in the second half of the decade, but as the emphasis in distance running changed to the marathon, other masters gained greater recognition.

"I seldom race longer than a half-marathon, in part because my low mileage is not conducive to doing so," Hatton said when asked about his preference for the "short" distances. "I do not have the time or desire for high mileage. I tried a marathon in 1976, but I was forced to stop at 18 miles due to a knee injury."

Over the years, the 5-foot-10, 140 pound Hatton has averaged 35 miles a week of training. However, he stresses quality in his workouts, doing intervals or hard, steady running every other day. During the winter, he occasionally substitutes cross-country skiing for running. Most of his training is done at elevations from 4,000 to 6,000 feet.

"I have found that on rare occasions when I put in over 40 miles a week, I have less energy for races and perform worse that if I stay with what I usually do," he said.

Hatton's name can be found in the masters age record book at all distances from a mile to the one-hour run. Some of his more impressive performances include a 4:24 mile at age 42, a 9:17 two-mile at 40, a 30:56 10K at 43, and 11 miles, 740 yards for one-hour at 44. His age 49 times indicate he hasn't slowed down much over the past decade.

"Any loss of speed has come gradually rather than a noticeable drop off in any one year," he said when asked how aging has affected him. "If there is one aspect where age has affected my training and racing, it is in the recovery from hard workouts and tough races. After both, I take it easy for at least two days, longer after a hard 15K race."

In addition to being a family man (he and wife Sylvie have two children, Peter, 20, and Janice, 16), a teacher, and a competitor, Hatton is an author. To date, he has published four books on the history and geography of the area in which he now lives. And, he's presently working on two more.

He says that he's not sure if he's looking forward to turning 50, but he has set some goals for himself once he does. They include breaking 50 minutes again in the Casade 15K, breaking 4:30 for a mile and 9 minutes for 3,000 meters, a sub-32 minute for 10K, and completing a marathon.

Living in the boondocks of central Oregon, Hatton hasn't found it convenient to compete in many of the road races which have drawn top masters fields, but he says that he'll gladly go anywhere if some organization or race director wants to help with the expenses.

Don't look now Hal, Herb, Jim, Alex, Al, and all you hot-shot 50-year-old distance men, but that guy coming up to join you on the starting line is going to make things pretty tough in your division.
10 KILOMETER NATIONAL CROSS COUNTRY CHAMPIONSHIP
SATURDAY, NOVEMBER 21, 1981 9:00 A.M.
HOUSTON, TEXAS SOUTH BUFFALO BAYOU COURSE
SPONSORED BY FIRST CITY BANKS

Eligibility: Open to male and female athletes 40 years of age and older on day of race. This race is a national championship of the Athletics Congress of the U.S.A. and all entrants must be registered for the current year, 1981.

Distance: 10,000 Meters

Course: Two 5,000 meter loops on the grassy southern slopes of Buffalo Bayou immediately west of the Civic Center and Downtown Houston. Course slants on cross slopes and has frequent sharp descents and steep inclines.

Entry Fee: $4.00

Sanction: The Athletics Congress of the U.S.A. and the Gulf Athletics Congress.

Race Headquarters: The Allen Park Inn 2121 Allen Parkway (Walking distance from race start/finish)

Awards: Ceremony and awards party at The Allen Park Inn at 10:30 A.M., immediately following race.

- The Athletics Congress of the U.S.A. regulation gold, silver and bronze championship medals awarded to the first, second and third place winners, respectively, in each age group and to the first, second and third place team winners in the 40+ and 50+ divisions. Championship patches awarded to first place winners in each age group and to winning teams.
- Gulf Athletics Congress medal championship awards to the first, second and third place winners, respectively in each age group and to the first, second and third place team winners, overall. Championship patches awarded to first place winner in each age group and to the winning team member, overall. (Awards open only to athletes holding 1981 GAC registration cards.)
- Nike running shoes will be awarded to the first, second and third place winners in each age group.
- Trophies to first place male and female. Equal awards to males and females.

Age Divisions: 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89

Tee Shirts: To first 450 registrants.

Post-race party at The Houstonian. Sponsored by First City Banks.
Open to all participants. Special awards given.

Check-in: At Race Headquarters, Friday, November 20 from 2 - 7 P.M. and at race start from 7:30 - 8:30 A.M. for out of town entrants.

Housing: Allen Park Inn, The Houstonian and other hotels in the area.

Medical: Doctor and ambulance at finish line, monitors on course for emergency.
Course is hilly and slants on cross slopes and all entrants must have trained sufficiently for the event.

Information: Ed Lang Race Director 14 Sandalwood Houston, Texas 77024 713-781-2810

ENTRY FORM

Name __________________________________________ Age __________________________
Address ____________________________________ Phone _________________________
City ________________________________________ State _________________________
Zip _________________________________________

Enclose $4.00. Make checks payable to "Houston Masters Sports Association"
Mail to Marjorie B. Rowman 4066 Merrick Houston, Texas 77025

Athlete's Release
In consideration of the acceptance of my entry, I do hereby for myself, heirs and administrators, waive and release any and all claims I may have against the AC and any other officials conducting the meet for any and all injuries suffered by me while traveling to and from and while participating.

Signature ____________________________________________

Phone _________________________ AC# __________________________
On Approaching Every Problem With an Open Mouth

by W. MacDonald Miller

It's A Fact Jack

Now he's President and all the world knows that the kid from Dixon, Illinois was called Dutch from the very beginning. His sidekick? You got it—it's Pinky. The President seems quite proud of all this, although I don't think he's actually gone out of his way to remind people of his role in Bonzo Goes to College or as an almost pot-bellied host of "Death Valley Days."

He's especially proud of his part in what he likes to call the first instant replay to be used in the broadcast of a sporting event. That event was the Drake Relays when Dutch was a cub sportscaster for WHO in Des Moines. It seems just as our President-To-Be was to deliver his step-by-step coverage of the top race of the day—the 440 yard dash—some, some-o, some-o hack stumbled into the radio booth with the President of Drake University in tow.

If there's one thing a President-To-Be knows, it's how to handle a President-That-Is. As the gun fires and the 440 starts and finishes, Dutch is heavily and patiently into earth-rattling hand slapping routines still pretty much confined to square dancing. No prob—not anyway for a man from that citadel of Midwestern learning, Eureka College. He just improvised an account of the entire race. "A little guy with a yellow shirt is leading but a big guy is gaining on him and here comes another little guy trying to pass the other little guy and the big guy," etc. Just think, if he hadn't shown that early tendency for orange hair, maybe there wouldn't be a Howard Cosell today.

I realize that cynics among you are wondering how the President was able to recreate the race, let alone the finish, of such an exciting event, without detailed knowledge of the participants and their finish times and places.

How could he have this information if he was interviewing the University President while the race was being conducted you ask? That's easy, pal, two reliable and trusted anal compulsive T&F buffs; Pete Mundle and Al Sheahan were on hand and ready.

Al, of course was in a bit of a tramp because President-To-Be had grabbed the microphone out of his hands just as Al was about to provide more background information on Miki Hervey.

Pete, as you can well imagine, at the moment, was fumbling through this whole crapload of age group records trying to find Eric Ostbye's best effort in the 15 Kilometer.

The point is, they were there when needed and the whole thing came off. Incidentally, a promising underclassman, Paul Spangler, representing the Moler Barber College of Cedar Rapids, won the race. He was the big guy.

Also, the President gives no details of the gigantic rubarb that followed the race. Hal Higdon, far out of the money, complained bitterly he was not only given an incorrect split, but was tripped at the start of the race and if these farmers had any smarts they would have taken his advice and used a dual start.

For you trivia buffs, Marilla Salisbury was a cheerleader at a nearby high school and competed in the baton twirling competition held in conjunction with the meet.

There was a limited Masters' schedule included in the meet. Bob Boal won the 65-69 (3B) steeplechase but went away all browned off because he was forced to run in the same heat as the women and Ruth Anderson beat him.

I almost forgot, the little guy in the 440 was a guy named Chapson. Hal Higdon of course, was also mad about the water in the steeple pit. He claimed too much chlorine and dropped out after three laps.

Speaking of chlorine, remember the story going around about the southern Senator? Some newspaper man asked how he felt about fluoridation. "This is not the time or the place to address such a delicate issue," replied the Senator, "but I will say this: if I ever catch my boy doing it—I'll kill him!"

Jack Greenwood couldn't attend the meet because there was no hurdle activity, but he still sent a letter about the 15 Kilometer. He claimed too much chlorine and dropped out after three laps.

Speaking of chlorine, remember the story going around about the southern Senator? Some newspaper man asked how he felt about fluoridation. "This is not the time or the place to address such a delicate issue," replied the Senator, "but I will say this: if I ever catch my boy doing it—I'll kill him!"

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NUTS and BOLTS

Remember Jimmy Canon? He was a favorite of mine because he said things like "Five will get you ten, if you see a man drinking beer before 10 in the morning, he needs a shave." "The bigger the cuff links, the bigger the phony." Why is the gal with the shiny face at the party always in a political argument? I'm reminded of one of those "Through History with J. Wesley Smith" cartoons in the old Saturday Review—it's the same shiny face type at a cocktail party exclaiming to the guy she's just met, "Not THE Roger Bacon?" "My tastes are very simple—nothing but the best," Churchill said that. Yogi Berra put it all in perfect perspective, "I may be dumb but I'm no dummy." I remember the day our oldest daughter, who was then in junior high school, asked her mother a question about the social studies lesson. "Ask you dad, Sweetie, he's up on that kind of stuff." Forget it, mom, I don't want to know that much about it."
AVON Running

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NEW LOCATION
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Deer Creek Country Club
2801 Deer Creek Country Club Blvd.
Deerfield Beach, Fl 33441
December 12, 1981
10 Kilometer (6.2 Miles)

Avon Running—Houston
7639 Clarwood
Houston, Texas 77033
January 9, 1982
Half Marathon (13.1 Miles)

Avon Running—Washington
Runners
P.O. Box 7024
Alexandria, Va 22307
March 6, 1982
20 Kilometers (12.4 Miles)

Avon Running—Atlanta
7657 Bob Bryant
Atlanta, Ga 30324
April 3, 1982
10 Kilometers (6.2 Miles)

Avon Running—Kansas City
P.O. Box 4013
Overland Park, KS 66204
April 25, 1982
10 Kilometers (6.2 Miles)

NEW LOCATION
Avon Running—1982 World's Fair Site
Avon Running—Knoxville
Box 19818
Knoxville, Tenn 37919
May 8, 1982
10 Kilometers (6.2 Miles)

For International Schedule, write: Avon International Running Circuit
9 West 57 Street
New York, N.Y. 10019
Meet the Angell Field Ancients

Track and running clubs can serve a multitude of purposes. They can provide coaching techniques. They can create opportunities for inner-city youth. They can serve to channel big bucks to top athletes. They can serve as community rallying points for funding of travel expenses for local athletes in search of their impossible dreams. Clubs can offer free labor for the staging of meets and races. Almost all Clubs in the USA depend on the dedication of one activist as prime mover. Finally, they come in all sizes and shapes.

The Angell Field Ancient “Track Club” is unlike most other track clubs, and does not serve any of the aforementioned purposes. However, it does share two common characteristics with almost every other running club: 1. each incoming participant feels as though the group will share its collective “secrets” of improving one’s running skills, and 2. the group notices and appreciates each member’s improvement. I’ll call this the “WE CARE” factor. I believe it to be the key motivational aspect in dedication and improvement. If it is not dispensed by those closest to you—your spouse, your family, or non-运行者的人——for any future columns. The club has 50-100 members, both men and women, and anyone is welcome. We range in age from 18 to 65, and probably about average 35. We have 4:20 milers and 6:30 milers. We have no coaches, no membership roster, no membership dues, no attendance rolls. We elect no officers, but do have an identifying T-shirt. We don’t raise funds, sponsor races, or even field an official TAC club team. We average an unusually high number of years of college per member, perhaps 7 or 8.

We have two revolving awards; one for outstanding relative performance or service, and the other for the most enthusiastic recovery-from-injury. We generally have two picnic-type social affairs a year featuring an amateur movie or slide show to recall some of the memorable AFA activities and runs. However, on the negative side, it should be noted that the group consists of a curious mixture—young and old, fine arts prof and engineer, athlete and scholar, intellectual and cowboy, men and women, fast-cat and struggling grad student—that singularly identifies our program.

Certainly all of this could be, and probably is being done already elsewhere, but the university setting, the good California weather, the noon-time schedule, and the varied cast of interesting characters all add up to a very positive experience.

On a National submasters and masters basis, our most famous members included sporadically in 1980/81, Peter Wood, Tom Laris, Judy Fox, Dave Himmelberger, Dick Schupbach, Dave Stevenson, Alan Waterman, the Fairbank Brothers (Bill and Harry), and Phyllis Orliz. Finally, it also should be noted that Wendy Miller is not an Angell Field Ancient! (We do have some standards!)

To get the ball rolling on individual motivators and satisfiers, I have asked a few of the Ancients who serve as interesting prototypes in our sports to share their inner thoughts with this column. In the upcoming issues, we shall meet them. (But, more importantly, what the whole running movement represents) on an "up-front and personal" basis.

Please share your own thoughts regarding motivations, turn-ons and turn-offs with me for future columns. As follows: Phil Conley, P.O. Box 61, The Sea Ranch, CA 95497.
The legislative team crown. Baltimore Evening Sun staffers won the overall title.

-- In August, we reported that Hal Higdon, who turned 56 June 17, had broken Don Dixon's 50-54 15K record of 53:55 with a 51:22 in Indiana. The mark that Higdon actually broke was a pending 52:10 run by Herb Chisholm at age 54 on May 17, 1981 in the DC Hometown Run.


Herb, who's retiring shortly, turned 56 in June and will be going after the formidable 59:56-60:46 marks of Jim O'Neill and Alex Ratcliffe.

SOUTHEAST

The Georgia Court of Appeals has upheld the validity of the waiver which athletes sign on entry forms ("I waive any and all claims, etc."). Anyone wishing a copy of the entire Opinion of the Court may send an SASE to the Atlantic TC, 3097 E. Shadowlawn Ave. N.E., Atlanta GA 30305.

Bob Jenkins is becoming a household word among masters. The Salem, Virginia resident was 1st master in the Cherry Blossom 10-miler in Washington in April over a good field. At the Portland Oregon Cascade Run Off, Bob finished 4th and 2nd American, beating Dave Hemby and Ray Hatton in the process. And prior to his 2nd place finish in the National Masters 10K in Oct. 3, he was 1st master in the Lynchburg, Va. 10-miler over the likes of Bill Hall, Boston Marathon masters winner.

Ken Robinson (30-34) of Fort Lauderdale won the 110-400 meter hurdles in a sparkling 13.92 at the San Juan Masters T&F in Puerto Rico.

Miami's Wayne Weissenberg points was best in the Throw-a-thon.

MID-AMERICA

Ray Stevens, 40, sped to a 4:19.11 1500 in an all-comers meet in Lincoln Sept. 6.

The St. Louis Senior Olympics is a program of 40 athletic events for men and women over age 55. Senior Olympics III will be held May 21-30, 1982.

WEST

Harold Daugherty, 60, set a PR in the San Francisco Wooden Shoe in 3:02.21. He plans to run Honolulu in December and Boston in April.

Gary Miller was voted the prestigious Salt-of-the-Earth Award by the Corona Del Mar Track Club, and was inducted into the Striders' Allen Cranston Award.

Doug Smith was elected President of CDM, with Al Henry, VP; Bo Smith, Sec; Tom Jennings, Treasurer.

Jim Murphy, 41, a police officer from Burbank, Calif. won 9 out of 11 10K races in the 40-44 division in 1981, including a 32:55 in the GNRC 10K, finishing 55th overall out of 6000 runners. He won the open 10K in the California Police Olympics, and placed 3rd.

In the open 10K at the International Police Olympics in New York.

Other CDM Awards: Presidents Award to Dave Jackson, Most Improved.

MASTER'S SCENE

Ron Daniel, 40, National SK (22:13) and 20K (1:40:59) walking champ in 40-44 age group.

New Zealanders Rod Dixon and Anne Aslan each won the $6000 first prize in the 1981 Omni Freedom Trail Road Run in Boston, the 3rd race (Cascade Run Off, Nike Marathon) of the 1981 ARRA Championship Circuit. It was the first race in which amateurs and professionals were allowed to compete together without jeopardy to the amateur's eligibility, due to a recent change in IRAF rules, which allow amateurs and pros to compete in U.S. competition together. Cindy Dalrymple, 39, picked up $1000 as 4th woman.

EAST

Charles Buchta's winning 4'02.39 in the 35:39 North American 1500 is a new age-35 U.S. mark. Buchta earlier won the New Jersey Masters 800 in 2:00.5 in his first competitive race in a long while. He turns 40 next month and looms a threat to break masters records for the mile, 1500 and 800.

Pai Lian, 44, of Grand Island, NY won the AAW National Masters 15K Road Championship in the Utica, NY Boilermaker with a time of 60:45. On Sept. 20, she won the Puma Masters 10K Classic in Oakville, Canada in 39:26. On Sept. 26, Pat won the 40+ division of the Canadian National 5K Women's Road Championship in Toronto. Her time of 18:22 set a new course record for masters women. The previous record was set by Pat last year at 18:52.

Weekly marathon training runs con- tinue at 7 p.m. Thursdays in the park at 90th Street and Fifth Avenue in New York. Anyone can join.

The New York Road Running Club now has over 20,000 members.

We never received the complete Avon Marathon results (held in Ottawa Aug. 23), but Linda Thurston, 39 and waiting to

Leonard Osmond Jericho, Vermont. Photo by Bill Cuckettman

November 1981 National Masters Newsletter page 11
The Northern California Senior Olympics is now history.

Nearly 160 participants representing 50 cities took part in the three day event that spanned over two weekends, concluding September 27, at Laney College in Oakland.

Although designed for amateur and accomplished athletes 50 years of age and over, this year saw a surprising increase in the number of Masters’ competitors and record holders.

There were some exciting moments as three records were broken, including a new world age-63 record of 16.0 for the women’s 100 meter by Josephine Kolda of San Francisco.

James York, 68, of Modesto, established a new record in the shot put with a toss of 43’ 1½”. A newcomer to the Olympics, Els Tuinzing, 59, Mill Valley, also set a new record in the women’s 1482 points in the pentathlon.

Nor-Cal Senior Olympics

by RHONDA WHITE-WARNER

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James York, 68, of Modesto, established a new record in the shot put with a toss of 43’ 1½”. A newcomer to the Olympics, Els Tuinzing, 59, Mill Valley, also set a new record in the women’s 1482 points in the pentathlon.

Other areas of competition included swimming, tennis, pool-in-one golf, basketball free throw and bowling.

Research is underway to explore what other sports might be included in future Olympics to increase participation, such as volleyball and football.

The Northern California Senior Olympics is open to men and women 50 years of age and up. Persons interested in participating as an athlete or on the planning committee are encouraged to contact Binda Rector, NCSO, c/o the Oakland Office of Parks and Recreation, 1220 Lakeside Drive, Oakland, 94612, (415) 273-3791.

Results in back pages.
Blind Masters Compete in National Championships

by CHARLES BUELL

The second national championships for blind master athletes was held recently at Southeastern Missouri State University.

At 43 years of age, Harry Cordellos, San Francisco, chose to compete in the open division for sightless athletes. Amazingly, he won two events against much younger men. In the 3000m event he ran with a partner, who had normal vision, in a time of 11:51.21. He finished the 10k in 42:08 to set a national record for all ages of sightless runners.

Ed Benham, the 74-year-old veteran of the Marine Corps, swept the 70-74 division title to his long list of laurels in a fast 67:48.

Ron Hill became the first former winner of the open 12 mile event to compete in the masters race. He finished 5th in 30:38.

Brian Harris of Royal Oak, Michigan, who dominated the race for three consecutive years from 1977-79, could do no better than 7th today at age 30-32. However his club, The Motor City Striders, captured the team award.

Results in back pages.

Manners Routes World Class Field

by JAMES GERARD

LONDON, Ontario, Sept. 27, 1981—Terry Manners, former New Zealand Olympian, blazed to a new course record in winning the masters “six mile” (5.744 miles) at the 14th annual prestigious Springbank International Road Races. His winning time of 28:35 shaved 37 seconds off the previous best time set by Derek Fernee last year. Fernee was a distant second in 29:59.

Canadian Masters Throwing Pentathlon

continued from page 4

George was the recipient of the Purgalis Trophy, an original Soap Stone Sculpture, donated by Ed. Purgalis.

The Snohomish team won another national title with a 5-man total time of 2:45:21. almost 7 minutes ahead of runner-up West Hills Striders of Portland. Snohomish also defeated Club Northwest for the 50-59 crown.

T-shirts were given to entrants, compliments of Nike and Penn Mutual, and red delicious apples from Washington state were in plentiful supply for all runners.

In consideration of accepting this entry I declare that I am physically able to compete to

Canadian Masters Throwing Pentathlon

continued from page 4

George was the recipient of the Purgalis Trophy, an original Soap Stone Sculpture, donated by Ed. Purgalis.

Although the weather was threatening, it held off and no spoires were ever dampened, as a matter of fact good performances were enjoyed by all and there were five new records set. Besides Puce and Olson, there were records set in the 3A Class by Harold Parsons who won the Tsimcns Trophy with 3,710.0 points; in the 4A Class by Bill Koski with 2,688.9; and in the 4B Class by Arnold’s Tsimcns with an amazing 3,107.4 which is also a World Record.

It has become a matter of reputation that this is one of the best of its kind anywhere. The excellent organization, facilities and social atmosphere are the result of the hard work of Arvids Zaks, Valdis Teters and the members and wives of the Latvian Club.

Results in back pages.
Write On! continued from page 2

This meet was a highlight in my Masters career.

Floyd Smith Clinton, Iowa

The Puerto Rican meet looked like a practice session for the 1983 World Games, with infraction red & white flags at each event, many timers, officials in smart uniforms, complete medical examination. The crowds are enthusiastic and love track. The acoustics of the stands give the runners the impression that the crowd is really close and they are spurred on in their efforts.

Don Harris Abington, Pa.

OOPS...

Marathoners may be aging, but please, not by 7 years! I am 43, not 50; the Avon Marathon in which I finished 2nd in the 40-49 age division was held in Ottawa, not Montreal; and Diane Palmason, who was third in that same division had a time of 3:05:53, not 3:05:33.

You probably have me confused with Christa Curtis, from Durham, N.H., who won the 50-59 age division with a time of 3:20.

Christine Curtis Seattle, Wash.

(Picky, picky. Seriously, our apologies. Our accuracy editor was on vacation last month—Ed.)

RACE WALK JUDGING

I protest the action of one of the judges at the National Masters Championships in Los Gatos who disqualified more than a dozen athletes, many of whom had been competing for years.

Masters competition is designed to encourage, not discourage, older men and women to remain active. Disqualifying them on the basis of a technique that some can't even master—will discourage participation.

Those of us over 70 have difficulty locking the knees. Paul Spangler, 82, says he couldn't lock his knees if he had to. Ernest Werbel, 73, just started race walking but is discouraged because he was DQ'd in Los Gatos. I've set age-records but couldn't have done so if the leg-locking rule had been enforced.

In masters meets, strict rules for race walking should be relaxed. The only rule needed is the one which makes a clear distinction between running and walking: that one foot must be touching the ground at all times.

Robert Bothe San Luis Obispo, CA

1981 Masters-of-the-Year

The National Masters Newsletter will announce details next month of its 1st Annual Outstanding Masters-of-the-Year Awards. Awards will be presented to the top male and female athlete in each 5 or 10-year age division from age 35 thru 80+ in track & field, long distance running and race walking.

The winners will be announced in the February, 1982 issue. Send your recommendations to Awards, Box 2372, Van Nuys, CA 91404.

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By VAL SCHULTZ

Let's Have Age-Graded Awards

As Masters Athletic Running Promotions Manager for NIKE I have the honor of dealing with most of the top masters athletes throughout the country. NIKE assists many (perhaps most) of the Masters national championships, sometimes in one way, sometimes in another. One popular way of assisting is to provide merchandise certificates for age group winners and top finishers.

Since most masters races, even national championships, draw fewer than 200 competitors, it happens that perhaps 30% of the entrants will be prize winners. That's fine, except that it dilutes the extrinsic value of the prize to have so many, and, often because of limited budgets, it dilutes the intrinsic value also.

One means of getting around this obstacle is to ignore the whole issue of 5-year or 10-year groups (which is fairer, which is more meaningful ad nauseum) and award larger prizes to fewer performers by making comparisons across age divisions. By means of charts produced by the NRDC, it is possible to compare the Performance of, for example, a 40-year-old man with that of a 60-year-old woman. These age-graded charts are still at a somewhat crude stage, and only exist for certain track and field events and some standard road distances. But they do permit this comparison and will generally allow awards to be given to the best performers regardless of age.

Let's examine the National 10K as a test case. Although I got some negative feedback because of the time involved in making the age-graded determination (exact ages and exact times are needed for all participants) and my inability to communicate to all exactly what was being attempted, there was little disagreement that those prizewinners so selected were indeed outstanding.

Among the men, Ray Hatton, 49, shiny forth. He garnered 990 points. Nearly 50, Ray nevertheless was second in a race with many very capable runners up to nine years his junior. The rest of the male winners happened to be drawn from the 40-49 folk. Dan Conway, 42, and the winner, was second, with 900 points. Derek Mahaffey, 47, followed with 880 points, the same amount as David Hambly, 42.

The women, however, were dominated by some of the older ladies. Pat Dixon, 62, raked up 870 points with her World Record 45:39; to Jo Hess of Selah, 63, got 820 points. Mrs. Hess' performance might well have been underplayed as merely a second place in the 60-64 category, but it was for the age-graded scoring. Nola Bruhn, 52, was third with 780 points. The race winner, Judy Goodbridge, had an excellent performance with 740 points, but it is apparent that the relative performance of the others were better.

This type of scoring offers a change from the usual routine. It can give recognition to the upper ranges of the age group, and to those runners who are in an extremely competitive group. Obviously, performers such as Hatton and Dixon would win rather monotonously using age-graded scoring, so it needs to be used sparingly.

If any readers of MMN have feedback to offer on age-graded awards, I'd like to see it. Write to: Masters Athletics, 3900 S.W.Murray Blvd., Beaverton, OR 97005, (503) 641-6453, x508.
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**1980 MASTERS 20 KILOMETER RANKINGS**

Top 50 in each 5-year age group from age 35 up. Compiled by the National Running Data Center exclusively for the National Masters Newsletter.
118144 RUDY NIMONS 60 SEVENNA SC (23 SEP 80,GA-D)
118152 DON LONGENECKER 64 SILVER CITY NM (7 NOV 80,NM-D)
118159 HUGH CHATZERIS 66 ROCKFORD IL (26 OCT 80,IL-D)
112638 HAROLD GREENBERG 59 WESTPORT CT (26 OCT 80,CT-D)
112709 JOHN HULUWAKI 63 Lompoc CA (27 APR 80,CA-D)
112730 MAY GREGORY 60 FRONT ROYAL VA (31 OCT 80,VA-D)
112436 KENNELL PASSEY 50 ANDERSON SC (1 OCT 80,SC-D)
112706 JOHN COCHRAN 64 SEVERNA PK MD (28 SEP 80,MD-D)
113120 WILFREDO ROS 63 RIVER FALLS WI (27 JAN 80,NY-D)
113149 ANTHony MALAMUT 50 ROCHESTER MN (27 JAN 80,NY-D)
113043 TINA STOUT 62 ROCKVILLE MD (29 SEP 80,MD-D)
113330 ALFRED GOLDSTEIN 76 BETHESDA MD (24 OCT 80,MD-D)
113333 PETER ANDREWS 60 BETHESDA MD (24 OCT 80,MD-D)
113536 ALVIN UGARTE 61 BETHESDA MD (24 OCT 80,MD-D)
113422 DAVE BARETTI 60 SHELTON CT (24 OCT 80,CT-D)
114199 RICHARD LUKES 61 KENSINGTON MD (24 OCT 80,MD-D)
114191 CHARLES FELDMAN 61 BETHESDA MD (24 OCT 80,MD-D)
114216 FRANK DISCHL 61 WASHINGTON DC (28 SEP 80,DC-D)
114218 ROBERT HULL 63 BASKING RIDGE NJ (28 SEP 80,SC-D)
114521 EDWARD GREENBLATT 60 ASHTON MD (27 JAN 80,MD-D)
114601 ROBERT MOFFIT 61 ASPEN CO (27 JAN 80,CO-D)
114665 HENRY HELMANN 66 ASHTON MD (27 JAN 80,MD-D)
115220 BILL HAGERTY 66 DUNMORE PA (20 JUL 80,PA-D)
125183 FREDDIE BLANCHARD 65 FT WORTH TX (1 OCT 80,SC-D)
125185 GEORGE KORDA 64 BLOOMSBURG PA (1 OCT 80,PA-D)
125020 JOHN F WHITE 62 FT WORTH TX (1 OCT 80,SC-D)
125187 WILLIAM KRAJCIK 64 LANSFORD PA (20 JUL 80,PA-D)
210596 JOHN BARTER 61 FT WORTH TX (1 OCT 80,SC-D)
213610 IRVING ESPINO 61 BETHESDA MD (27 JAN 80,MD-D)
Challenge of the Ages Invitational Indoor Classic

by H. Lewis Smith

On January 15, 1982 at the Long Beach Arena in Long Beach, California, a select group of Masters and Sub-masters will be invited to take part in what may well be the most intriguing track meet of all times; the First Annual Challenge Of The Ages, Invitational Indoor Classic.

An All-Star team of Masters and Sub-masters will compete against high school track-stars: Sub-masters vs. Seniors, Masters 40-44 vs. Juniors, 45-54 vs. Sophomores. This will be a scoring dual meet.

In addition to the special relay races between the Playboy Bunnies vs. Rams Cheerleaders is planned along with a special celebrity 60 meter dash. There will be a special ex-Olympian race, including events for Masters only (age group 55-65). A variety of races are planned for this unique track meet, 23 events over-all. Awards will be presented to the first three places.

H. Lewis Smith will be the Meet Chairman and Rod Ferguson the Meet Director. Due to the unique nature of this meet an Advisory Committee consisting of Hal Smith, Ann Smith, Gary Miller, George Cohen and Dave Jackson was assembled assuring what we all hope to be a resounding success.

The selection process of team members will be accomplished based on performances throughout the year. Any contributions would be appreciated.

Challenge of the Ages Invitational Indoor Classic

NRDC RANKINGS

In this issue are the 50-deep 1980 rankings for the 20 kilometer run for all men's and women's 5-year age groups from 35 and up.

Herb Lorentz' 1:04:42 in the TAC National Masters Championships in Washington, DC Sept. 28, 1980 heads the 40+ list. It took a 1:16:17 by Val Lewton to crack the top 50 in the 40-44 category.

Hal Higdon's 1:06:05 led the 45-49 women with Sandra Ball's 1:58:48 leading the 50-59, 60-69. The rankings include athletes from 46 states, Puerto Rico, Canada, and Mexico gathered from more than 100 meets.

We hope to publish the 25K rankings next month, and begin the 50-deep 1981 rankings early in 1982.
1981 National Masters Marathon Championships

The race was the 2nd in the ARRA Professional series, with $20,000 up for grabs to men and female finishers. Villanueva led the overseas field for the first 17 miles, holding a quick 2:10 pace. Eventual winner Benji Durden (2:12:12) said: "It seemed unrealistic to hold that pace." But Villanueva, the holder of the Mexican steepleschase record (8:36) didn't think so. Speaking through an interpreter, Villanueva said: "I was shooting for 2:12 and I was thinking through the first 30 kilometers, 'no problem.' But I hurt my leg, training for two weeks in Boulder doing altitude work, and I wasn't able to work out again until four days ago."

Villanueva's right calf cramped and the first pack of runners engulfed him quickly, but the world veterans 10,000 distance running champion still finished in 16th place to pick up $350 for his efforts.

Piet Van Alphen, the sensation Dutchman who set the world over-50 age-marathon record of 2:22:22 in this race last year, nearly duplicated that time with a 2:22:50 and almost certainly finished in 2nd with 2:22:50 ever 2:22:18, winning his home 50-59 division by 24 minutes.


Results in back pages.
### Penn Mutual Rocky Mountain Masters Games

**ZAP West held September 6, 1981, Aurora Central N.S. Aurora, COLO.** 3500' Elevation

#### Male

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<td>KS</td>
<td>5752.5</td>
</tr>
<tr>
<td>50-59</td>
<td>Nancy Arzolla</td>
<td>CO</td>
<td>5403.2</td>
</tr>
<tr>
<td>50-59</td>
<td>Vem Spencer</td>
<td>CO</td>
<td>5755.3</td>
</tr>
<tr>
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<td>John Tate</td>
<td>NE</td>
<td>5599.4</td>
</tr>
<tr>
<td>50-59</td>
<td>Herb Anderson</td>
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<td>6493.4</td>
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#### Long Jump

<table>
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<th>Score</th>
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<tr>
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<td>Vem Spencer</td>
<td>CO</td>
<td>6496.6</td>
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#### Shot Put

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<td>Dave Shrader</td>
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#### Discus

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<tr>
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<td>Jack Russell</td>
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</tr>
</tbody>
</table>

#### Sprint Medley Relay 50-60-60-50

<table>
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<td>Herb Anderson</td>
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**November 1981 National Masters Newsletter page 19**

### Pentathlon Results

<table>
<thead>
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<th>Age</th>
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<th>Hammer</th>
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<tr>
<td>50-54</td>
<td>Kinnear</td>
<td>43.82</td>
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<tr>
<td>55-59</td>
<td>Byers</td>
<td>45.04</td>
<td>39.30</td>
<td>29.55</td>
<td>11.15</td>
<td>29.90</td>
<td>138.9</td>
</tr>
<tr>
<td>60-64</td>
<td>Webster</td>
<td>46.20</td>
<td>39.80</td>
<td>27.00</td>
<td>11.90</td>
<td>30.85</td>
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<tr>
<td>65-69</td>
<td>Wegrzyn</td>
<td>47.10</td>
<td>39.20</td>
<td>26.50</td>
<td>12.40</td>
<td>32.00</td>
<td>144.2</td>
</tr>
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</table>

### Masters Scoring Tables

1. Colorado scored first two only if another State in that age group.
2. Other States scored first two each age group.
3. Will have preregistration required.

### Canadian Masters and Synchronized Pentathlon 1981

<table>
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<th>Hammer</th>
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<th>Total</th>
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<td>12.50</td>
<td>42.00</td>
<td>129.8</td>
</tr>
</tbody>
</table>

### Other States

- Colorado: 70 points
- New Mexico: 61 points
- Wisconsin: 58 points
- Oregon: 55 points

### National Masters Newsletter November 1981

- Masters Scoring Tables
- Other States scored first two each age group.
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### U.S. National Weightmen Pentathlon and Throw-a-Thon

- Location: Woodstock, Illinois
- Dates: September 12-13, 1981

### Pentathlon Results

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Discus</th>
<th>Javelin</th>
<th>Shot</th>
<th>Hammer</th>
<th>Weight</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-34</td>
<td>K⇤patrick</td>
<td>39.90</td>
<td>40.90</td>
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<tr>
<td>55-59</td>
<td>Byers</td>
<td>45.04</td>
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<td>27.00</td>
<td>11.90</td>
<td>30.85</td>
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<td>32.00</td>
<td>144.2</td>
</tr>
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<td>39.20</td>
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</tr>
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<td>32.00</td>
<td>144.2</td>
</tr>
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### National Masters Newsletter November 1981

- Masters Scoring Tables
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# LONG DISTANCE RESULTS

Please send masters race results to National Masters, P.O. Box 2372, Van Nuys, CA 91401. Include distance and city.

### WESTERN STATES ENDURANCE

100-MILER, CALIF., JUNE 27.

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Janet Howard</td>
<td>10:02.08</td>
</tr>
<tr>
<td>2</td>
<td>Bill McDermott</td>
<td>10:29.76</td>
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<tr>
<td>3</td>
<td>Bob Whitley</td>
<td>10:18.46</td>
</tr>
</tbody>
</table>

30 MILES, Jerry Beliveau 32.20
31 MILES, Barry Bynum 44.57
32 MILES, Jack Carey 59.30
33 MILES, Mary Louie 55.02
34 MILES, Jeffrey Heath 64.24
35 MILES, Mark Tignall 68.57

### EASTERN STATES ENDURANCE

100-MILER, N.Y., JUNE 27, 1981.

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>John Reynolds</td>
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<tr>
<td>2</td>
<td>Bill McDermott</td>
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<tr>
<td>3</td>
<td>Bob Whitley</td>
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30 MILES, Jerry Beliveau 32.20
31 MILES, Barry Bynum 44.57
32 MILES, Jack Carey 59.30
33 MILES, Mary Louie 55.02
34 MILES, Jeffrey Heath 64.24
35 MILES, Mark Tignall 68.57

### NATIONAL AUSTRALIAN VETERANS CHAMPIONSHIPS, JUNE 27.

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<th>Time</th>
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<tr>
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<td>John Reynolds</td>
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<tr>
<td>2</td>
<td>Alan Ramsey</td>
<td>2:35.19</td>
</tr>
<tr>
<td>3</td>
<td>Wayne Hoffman</td>
<td>2:35.19</td>
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</table>

30 MILES, Jerry Beliveau 32.20
31 MILES, Barry Bynum 44.57
32 MILES, Jack Carey 59.30
33 MILES, Mary Louie 55.02
34 MILES, Jeffrey Heath 64.24
35 MILES, Mark Tignall 68.57

### VICTORIAN 10K CROSS-COUNTRY, JULY 2.

<table>
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<tr>
<td>1</td>
<td>Manette Gage</td>
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</tr>
<tr>
<td>2</td>
<td>Peter Peppi</td>
<td>46:46</td>
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<tr>
<td>3</td>
<td>Joe Griffiths</td>
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30 MILES, Jerry Beliveau 32.20
31 MILES, Barry Bynum 44.57
32 MILES, Jack Carey 59.30
33 MILES, Mary Louie 55.02
34 MILES, Jeffrey Heath 64.24
35 MILES, Mark Tignall 68.57

### MELBOURNE 10K MARCH 17.

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<td>1</td>
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<td>2</td>
<td>Nick Delaney</td>
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<td>3</td>
<td>Stan Nicholls</td>
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30 MILES, Jerry Beliveau 32.20
31 MILES, Barry Bynum 44.57
32 MILES, Jack Carey 59.30
33 MILES, Mary Louie 55.02
34 MILES, Jeffrey Heath 64.24
35 MILES, Mark Tignall 68.57

### SANTA MONICA HALF-MARATHON, AUG. 30.

<table>
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<td>2</td>
<td>Peter Johnson</td>
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<td>Robert Backlund</td>
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30 MILES, Jerry Beliveau 32.20
31 MILES, Barry Bynum 44.57
32 MILES, Jack Carey 59.30
33 MILES, Mary Louie 55.02
34 MILES, Jeffrey Heath 64.24
35 MILES, Mark Tignall 68.57

### VISITORS TO THE USA.

- **Plitvice Lakes National Park**, Croatia
- **Galapagos Islands**, Ecuador
- **El Yunque Rainforest**, Puerto Rico
- **Everglades National Park**, Florida
- **Yellowstone National Park**, Wyoming
- **Grand Canyon National Park**, Arizona
- **Great Smoky Mountains National Park**, North Carolina
- **Acadia National Park**, Maine
- **Glacier National Park**, Montana
- **Rocky Mountain National Park**, Colorado

### AWARDS TO WOMEN.

1. **Cindy Gage**, 44:46
2. **Pamela Emery**, 44:46
3. **Mary Louie**, 44:46
### U.S.A. Masters 10 K Road Championships

**SOUTHERN PACIFIC TAC TAC CHAMPIONSHIPS, SEPT. 13, NEWHALL, CALIF.**

<table>
<thead>
<tr>
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<th>Age</th>
<th>Name</th>
<th>Time</th>
<th>Place</th>
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<td>M75</td>
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<td>John Maxwell</td>
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<td>Jim Gerard</td>
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<td>M65</td>
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<td>Bill Rock</td>
<td>39:18</td>
<td>62</td>
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<td>M60</td>
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<td>Mike Forrest</td>
<td>40:07</td>
<td>63</td>
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<td>Hal Sanderson</td>
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<td>Bill Holman</td>
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<td>M45</td>
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<td>Clarence Harker</td>
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<td>Joe Mclntyre</td>
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**AMERICA'S MARATHON INDIAN POLICE CITY NATIONAL**

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<tr>
<td>M75</td>
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<td>John Good</td>
<td>4:29:39</td>
<td>2</td>
</tr>
<tr>
<td>M70</td>
<td></td>
<td>Bill Malinski</td>
<td>4:28:55</td>
<td>3</td>
</tr>
<tr>
<td>M65</td>
<td></td>
<td>Joe Vega</td>
<td>4:20:16</td>
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<tr>
<td>M60</td>
<td></td>
<td>Hal Sanderson</td>
<td>4:14:42</td>
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<td>M55</td>
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<td>Joe Forrest</td>
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</tr>
<tr>
<td>M50</td>
<td></td>
<td>Joe Mclntyre</td>
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<tr>
<td>M45</td>
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<td>Rick DeAngelis</td>
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<tr>
<td>M40</td>
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<td>Joe Mclntyre</td>
<td>4:06:10</td>
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<td>M35</td>
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<td>Rick DeAngelis</td>
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<tr>
<td>M30</td>
<td></td>
<td>Rick DeAngelis</td>
<td>4:00:30</td>
<td>11</td>
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<tr>
<td>M25</td>
<td></td>
<td>Joe Mclntyre</td>
<td>3:58:00</td>
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</table>

**11TH ANNUAL SOUTHERN CALIFORNIA 10 MILE ROAD RACE**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age</th>
<th>Name</th>
<th>Time</th>
<th>Place</th>
</tr>
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<tbody>
<tr>
<td>M80</td>
<td></td>
<td>John G. Smith</td>
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</tr>
<tr>
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<td>4:29:39</td>
<td>2</td>
</tr>
<tr>
<td>M70</td>
<td></td>
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<td>4:28:55</td>
<td>3</td>
</tr>
<tr>
<td>M65</td>
<td></td>
<td>Joe Vega</td>
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<td>M60</td>
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<td>Hal Sanderson</td>
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<td>M40</td>
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<td>Joe Mclntyre</td>
<td>4:06:10</td>
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<tr>
<td>M35</td>
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<td>Rick DeAngelis</td>
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<tr>
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<td></td>
<td>Joe Mclntyre</td>
<td>3:58:00</td>
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**PHILADELPHIA MASTERS FALL 10K RACE, PHILADELPHIA, OCT. 4, 1981**

<table>
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<tr>
<th>Gender</th>
<th>Age</th>
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<th>Time</th>
<th>Place</th>
</tr>
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<tbody>
<tr>
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<td>John G. Smith</td>
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</tr>
<tr>
<td>M75</td>
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<td>John Good</td>
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</tr>
<tr>
<td>M70</td>
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<td>Bill Malinski</td>
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<td>3</td>
</tr>
<tr>
<td>M65</td>
<td></td>
<td>Joe Vega</td>
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<tr>
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<td>Hal Sanderson</td>
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<tr>
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<td>Joe Forrest</td>
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**16TH ANNUAL SOUTHERN CALIFORNIA 10 MILE ROAD RACE**

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<td>Bill Malinski</td>
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<td>M55</td>
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**11TH ANNUAL SOUTHERN CALIFORNIA 10 MILE ROAD RACE**

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<th>Age</th>
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<th>Place</th>
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</table>
TO FIND A FASTER SHOE, WE WASTED A LOT OF ENERGY.

It would have been simpler had we never heard those famous words: 3.79 ml O2/kg/km.

Up until then, we knew what everyone else did. The surest way to make a shoe faster was to make it lighter. Carve 100 grams from a pair of racing flats and you give the athlete a one percent energy rebate.

That's what the Nike Eagle is all about. At about 150 grams, it remains the lightest flat on the market. And the minute we introduced it, the shoe posted a 2:10 marathon.

Obviously, we didn't cut weight haphazardly. And since different runners need different amounts of comfort to race effectively, what we didn't put in the Eagle, is there in the Magnum, the Boston and the Elite.

Everything made sense. Until we started fooling around with air.

CONVENTIONAL MIDSOLE.
FOREFOOT ENERGY LOSS: 94°

AIR-SOLE™ MIDSOLE.
FOREFOOT ENERGY LOSS: 50°

The Air-Sole™ returns 20% more energy on pushoff than conventional EVA midsole.

Suddenly, conventional wisdom flew right out the laboratory window.

The Tailwind, developed for cushion, refused to act like a typical 290 gram shoe. And more like 170 gram model. The Air-Sole™ proved to be about two percent more energy efficient than it had any right to be.

In plain language, a 3.79 ml O2/kg/km discrepancy. And nothing to take lightly.

So we began work on an even faster model. We carefully reduced the weight. Tuned the air for high speeds. Put world-class athletes through grueling workouts on treadmills. Ran impact tests to check shock attenuation.

In the end, we called the shoe Mariah.

<table>
<thead>
<tr>
<th>平均速度（英里每小时）</th>
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</thead>
<tbody>
<tr>
<td>3:30</td>
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<tr>
<td>CONVENTIONAL SHOE</td>
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Average pace for nine subjects (5’10”; 149 lbs.) expending same effort in Mariah vs. conventional shoe of same profile and weight. Based on 108 trials of each shoe.

A runner capable of a 2:10 marathon in a shoe of similar weight, now has the potential of running 2:07:32. Put another way, the same amount of energy that would take athletes 50 miles, will now take them about 51 miles.

There were other surprises. Our lab tests showed that, contrary to all logic, the Air-Sole actually increased the Mariah's stability.

It appeared we not only had a great racing flat, but the makings of a revolutionary training shoe.

So we made it. The Columbia.

We were immediately handed another little shock. While most midsoles exhibit substantial cushioning loss after 300 miles, the Columbia, after more than 800, had practically the same resiliency as the day it came off the production line.

There are, however, some things we are not going to tell you about air shoes. We are not going to tell you they reduce injury. Or speed recovery between races or heavy training runs. Many athletes, even researchers, think so. But we don't have enough hard data. Not quite yet.

We will tell you this. You really don't need one of the most sophisticated research labs in the world to come up with a fast shoe. It's a lot less exhausting if you make sure—one way or the other—your shoe gets on a fast runner.

That's fine. But around here, we have to know that once it's there, it does the job better than any other shoe possibly could.

And that's what all the sweat's about.