



## BROWN (2:15:14) AND GREEN (2:26:05) SET RECORDS IN TWIN CITIES MARATHON

### Kinsey Sets Two Records At Club West Meet

Shirley Kinsey, 55, of La Crescenta, California, was the story of the Club West Masters Meet held at the University of California at Santa Barbara all-weather track in Goleta, ninety miles north of Los Angeles, on October 6, where she broke two of her own recent W55 American records.

Kinsey long jumped 12-5, erasing her 12-0 mark established July 1 on the Olympic training track at Occidental College and hurled the javelin 88-10, which removed her 82-1 record throw at the TAC National Masters Championships in Eugene, Oregon, August 17-19.

Other field eventers were in good form. John Dobroth won the M40 high jump with 6-7. John Damski had an M65 triple jump and tied with Jim Ver-

*Continued on Page 9*

### 6th TAC CONVENTION SET

The 6th Annual Athletics Congress (TAC) Convention will be held in San Diego from November 28th through December 2nd.

Rules for 1985 Masters track and field and long distance running competition will be adopted. Everyone is invited to attend the general Masters meetings, as well as the TAC general meetings. Only official delegates, however, may vote.

Here is the schedule of events:

#### WEDNESDAY, NOVEMBER 28:

- 1 p.m. TAC Board of Directors
- 8 p.m. Masters T&F Executive Committee (agenda, long range planning, 1985 meet schedule, reports)
- 8 p.m. Masters LDR (additions to agenda, budget and finance, confirmation of announced 1985 championships)

#### THURSDAY, NOVEMBER 29:

- 8 a.m. TAC General Meeting
- 10 a.m. Masters T&F Site-selection sub-committee
- 10 a.m. Masters LDR (certification of courses, sanctions, selection of 1984 Award winners)
- 11 a.m. Masters T&F (1985-86

*Continued on Page 17*



All smiles after winning \$3000 and setting a new North American marathon record for women age 45-49 is Diane Palmason of Ottawa, Ontario. She raced to a 2:46:21 at the Twin Cities Marathon in Minneapolis September 30. Her time was judged best age-graded performance of all age-40-and-over runners. Palmason earned a tidy \$18.04 per minute for her efforts.

photo by Patricia A. Young

### First-time ever in U.S.A.

## SAN DIEGO TO HOST WORLD VETERANS DISTANCE CHAMPIONSHIPS

For the first time ever in the Americas, the World IGAL Championships will be held 1-2 December 1984 in San Diego, California. IGAL is the German acronym for the Association of Veteran Long Distance Runners, which since 1968, has staged previous roadracing championships in various European countries, New Zealand, and Japan.

The seventeenth annual championships in San Diego comprise a 10K and Marathon. Conducted under IAAF rules, these races are open to women age-35-and-over, and men-over-40, and are contested in 5-year age groups through 80-and-over. There are no

qualifying standards, and all finishers in each race receive commemorative medallions. In addition, the first finishers from each nation in each of four 10-year categories (men and women) score for team awards.

*Continued on Page 16*

### Palmason Wins \$3000

MINNEAPOLIS, September 30 — Fast times were the order of the day in the Third Annual Twin Cities Marathon, run under crystal clear skies with temperatures in the 40's and 50's. Runners broke three national age-group records and an additional two single-age records.

Barry Brown, Glens Falls, NY, who just turned 40 this summer, took nearly two minutes off the American record for men 40-44, finishing in 2:15:14. Mike Manley, 42, of Eugene, Oregon, the only other masters marathoner with a sub-2:20, now stands second at 2:17:10.

Norman Green, 52, Wayne, PA, improved his own record for American men 50-54 by more than three minutes, running 2:26:05. Green had run a 2:29:11 in winning the National Masters Marathon in Lincoln earlier this year.

Diane Palmason, 46, Ottawa, Canada, broke the North American record for women 45-49 for the third time this year, lowering the mark by two minutes to 2:46:21. No U.S. masters woman has broken 2:50 in this age division, however Karen Scannell of San Francisco set a new American record for age 46 with her 2:54:33. Scannell now stands behind only Sandra Kiddy in the division (45-49).

Clive Davies, Portland, OR, established a world record for men 69 years old with 2:53:41. Davies now holds every single age record from 60 through 69 in addition, of course, to the 60-64 and 65-69 age groups. Dr. Alex Ratelle, however, who broke Davies' age 59 record in last year's Twin Cities Marathon, came within 1:04 of breaking the age 60 record and can be expected to pursue all of Davies' formidable times, even as Davies is busy removing Monty Montgomery's age records in the early 70's.

These sterling masters marathoners and other world-class masters runners were attracted to the Twin Cities

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**NATIONAL MASTERS NEWS**

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**WHO'S THE LARGEST?**

I was surprised to see published on the front page of your October 1984 issue the statement that the 1979 World Veterans Games and the 1984 European Veterans Championships are the largest track & field meets in history, when measured by number of athletes.

While they may be larger than the Olympic Games, they fall far short of the Penn Relays, in which 6,000 to 8,000 athletes annually compete in events from the grammar school level through the masters level.

Otherwise, let me compliment you on your fine publication.

*Edward R. Koch  
 Maywood, New Jersey*

*(Our face is red. Of, course, you're right. Not only the Penn Relays, but we just learned the annual Mt. Sac Relays in California draw about 7000 each year. That compares to the World Veterans 1979 high of 3126 competitors. We got caught in the trap of repeating a myth that went unquestioned by anyone for eight years.*

*Thanks for clearing it up. — Ed)*

**NATIONAL T&F MEET**

I have been in the Masters program since 1971 and have made all but two National Championships. This year, at Eugene, was the best I have seen. Congratulations to Meet Director Dale Grace & Field Manager Al Tarpenning and the rest of the crew, for a job well done.

A close 2nd would go to Jim Puckett of Gresham, Oregon. He has had several National Championships that were outstanding. Oregon must have something, when it comes to having big track meets. The boys from the East don't know what they missed. I'm sure there wasn't the competition at the Pan-Am Masters in Canada where I understand a number of Easterners went.

With our scheduling a year in advance there was no excuses for Canada to have their meet on the same weekend.

*Burl Gist  
 San Marcos, California*

The Nationals at Eugene, Oregon were great! I thoroughly enjoyed participating.

For the future. Why not schedule the meets just one month later? The reason for this is, that by mid-September, the high humidity present in many parts of the country in mid-August, will have, for the most part, dissipated.

Medical authorities are in agreement that strenuous physical activity during warm weather when combined with high humidity, can be very hazardous, even for well-conditioned athletes. There may be a number of other competitors, like myself, who would like to enter National Masters Championships that are held in all parts of the country, but who have limited their participation to those areas in the Western part of the country where high humidity during August is not a factor. Adoption of this suggestion could substantially increase participation in, and attendance at, National Masters Track & Field Championships.

*Dave Strauss  
 Honolulu, Hawaii*

**WOMEN'S HAMMER THROW**

Earlier this year I petitioned WAVA to offer a women's exhibition hammer throw at the World Veteran Games in Rome next June. Thanks to many within WAVA — Don Farquharson, Bob Fine, Bridget Cushen, Cesare Beccalli — we masters women will be able to compete in the hammer throw then. I feel confident that WAVA will make this a full fledged event if women turn out in sufficient numbers to throw there and if they throw seriously. So, I want to encourage all women throwers who plan to go to the Games to sign up for the competition.

More than that, though, I personally would like to communicate with all women hammer throwers about sharing training techniques, weight-lifting routines, and about the possibility of holding a hammer clinic soon for women (men, too, for that matter) so that we can learn from each other, develop some outstanding women hammer throwers. Would you masters women write to me if you're a hammer thrower? Share your interests and needs? I'd like to coordinate some regional efforts at least to help us all improve individually in our event. Let's see what all of us can do together!

I am not particularly interested in medals, trophies, titles — national, world, or otherwise. So, my interest in the hammer for women as an official event in WAVA meets, TAC meets, the Olympics is in sharing the fun of competition with others who love the event and who are committed to improving their own skills.

If you're like minded, please get in touch: 18554 Haskins Rd., Chagrin

Falls, OH 44022 (216/543-1932; 216/464-1775).

*Mary M. Chadbourne  
 Chagrin Falls, Ohio*

This letter is in response to a letter from Marilyn Osgood-Knight appearing in your Oct. 1984 issue.

She is dead wrong in stating that "under current TAC Rules, men may  
*Continued on Page 23*

**National Masters  
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 Moraga CA 94556  
 415/376-8967





World Association of Veteran Long Distance Runners

# XVII WORLD VETERANS CHAMPIONSHIP



SAN DIEGO, U.S.A. 1984

10 KM • 1 December 1984

MARATHON • 2 December 1984



Travel, Accomodations, Tours: For details, please contact directly:

**Sports Travel International**  
P.O. Box 7823  
San Diego, CA 92107, U.S.A.

Telephone: (619) 225-9555

Telex: 295443

**Race Headquarters** will be the **Hilton Hotel**, 1775 East Mission Bay Drive, San Diego, CA 92109. Competitors may pick up registration packets beginning Wednesday, 28 November 1984.

**Entry Fees and Deadlines:** One race, U.S. \$15.00; both races, U.S. \$25.00. No team fees. Fees include World IGAL Membership Subscription of U.S. \$6.00. Entries must be postmarked no later than 10 November 1984. Entries mailed after November 10, add U.S. \$10.00 late fee. Entries received after 20 November 1984 will not be accepted. ALL FUNDS MUST BE SUBMITTED IN U.S. DOLLARS. Make checks or money orders payable to BILL STOCK, RACE DIRECTOR and mail to: 1984 WIGAL Championships, 7160 Baldrich St., San Diego, CA 92041, U.S.A.

All entrants and their guests are invited, at a charge of U.S. \$10.00, to a **Carbo-Loading Dinner**, Saturday evening, December 1st. This dinner will feature the **10km Awards Ceremonies**. Limited tickets are available at U.S. \$10.00.

The **Marathon Awards Ceremony and Farewell Party** will be held Sunday evening, December 2nd, at **Sea World Park**. Tickets are U.S. \$26.00. This special price includes park admission (value U.S. \$12.00) to the Sea World Shows, buffet dinner, drinks, and dancing.

Ticket charges for the Carbo-Loading Dinner and Farewell Party should be submitted with your entry fees to guarantee reservations. (N.B.--All individual and team award winners will be reimbursed the cost of their tickets.)

**Commemorative T-shirt** will be available for U.S. \$5.00.

You will receive notification of entry acceptance and any further important information by return mail.

## XVII WORLD VETERANS CHAMPIONSHIPS

San Diego, California, U.S.A.

1-2 December 1984

10 km - Saturday, December 1st, 10 a.m.

Marathon - Sunday, December 2nd, 7 a.m.

The Organizing Committee of the XVII World IGAL Championships invites you to participate in an outstanding running and entertainment experience staged in the beautiful Mission Bay Park. Come run and visit with us in San Diego with its world-famous zoo, Wild Animal Park, Sea World, Balboa Park, and proximity to Mexico.

Tom Sturak  
Executive Director

Bill Stock  
Race Director

Both races are sanctioned by the Athletics Congress/USA and will be contested under IAAF rules on flat, certified courses meeting the requirements of the National Running Data Center.

Entries are open to all women over 35 years and all men over 40 years of age on day of race in the following age categories:

**Women**

- W35 - 35-39 years
- W40 - 40-44 years
- W45 - 45-49 years
- W50 - 50-54 years
- W55 - 55-59 years
- W60 - 60-64 years
- W65 - 65-69 years
- W70 - 70-74 years
- W75 - 75 yr and older

**Men**

- M40 - 40-44 years
- M45 - 45-49 years
- M50 - 50-54 years
- M55 - 55-59 years
- M60 - 60-64 years
- M65 - 65-69 years
- M70 - 70-74 years
- M75 - 75-79 years
- M80 - 80 yr and older

**Team Competition** will be held in both races for 3 person national teams in the following divisions: M40-49, M50-59, M60-69, M70 and over; W35-39, W40-49, W50-59, W60 and over.

All competitors must show passports or proper I.D. (e.g., driver's license) at registration.

**Awards:** Individual awards in both races will be given to at least the first three finishers in each 5-year age group. A commemorative award and diploma will be given all finishers of both races. Team awards will be made in both races to the first 3 national teams in the 10-year divisions listed above.

NIKE merchandise and other awards will be distributed at the discretion of the Organizing Committee.

### 10km

### ENTRY FORM

### MARATHON

XVII IGAL Championships  
1 December 1984, 10 A.M.

XVII IGAL Championships  
2 December, 7 A.M.

PLEASE WRITE IN CAPITAL LETTERS

Last Name, First Name/Nom, Prénom/Name, Vorname

\_\_\_\_\_

Address/Adresse/Anschrift

\_\_\_\_\_

City, State(zip)/Cité, Province/Stadt, Land

\_\_\_\_\_

Nationality/Nationalité/Nationalität

\_\_\_\_\_

Carbo-Loading Dinner (12/1/84) @ U.S. \$10.00

Farewell Party (12/2/84) @ U.S. \$26.00

Race Fees: 10km - U.S. \$15.00.. Marathon - U.S. \$15.00

or/ou/oder 10km + Marathon - U.S. \$25.00

Entries close / Inscriptions jus qu'au / Meldeschluss - 11/10/84

Late Fee (after / apres / nach 10/1/84) - U.S. \$10.00

Check one or both:

10K

Mara.

TOTAL = U.S. \$ \_\_\_\_\_

Make Check / Payable à / Gebühren zu: **BILL STOCK, RACE DIRECTOR (4151-379937)**.  
Mail to / A envoyer à / Adressieren Sie: 1984 WIGAL Championships, 7160 Baldrich Street, San Diego, CA 92041

I HEREBY AGREE THAT THE ORGANIZERS SHALL NOT BE LIABLE FOR ANY ACCIDENT INJURY LOSS OR DAMAGE AS A CONSEQUENCE OF MY PARTICIPATION IN THE XVII VETERANS WORLD CHAMPIONSHIPS

Date of Birth  
Date de naissance  
Geburts Datum

MO DAY YR

Age (12/1/84)

SEX

(619) 286-7867



## CARTER SMASHES SHOT MARK IN DENVER

Shotputter Ross Carter, 70, a resident of Eugene, Oregon, smashed the M70-74 world record, which he set at the TAC Masters Nationals in his hometown in August, at the Rocky Mountain Games in Denver, September 1 and 2. Carter's mark of 43¼ was lengthened by over three feet with his 46-3 toss with the 8 pound shot at Cherry Creek High School.

Masters athletes from as far as Texas, Alabama, and California added their numbers to a large Colorado contingent. Texan Willard Thompson, 31, was the fastest Submaster in the 100m, 11.04, but Nebraskan Fred Booker, 35, was almost as quick in his M35 win, 11.07, and did post a better 200m, 22:28, than Thompson, 22.96. Gary Oliphant, 43, Kansas, also had two wins, in the 100m, 11.51, and 200m, 24.79, as did Gordon Albury, 55, New Mexico, in the 100m, 12.73, and 200m, 27.26.

But Polly Clarke, 74, Colorado, may have had the most impressive sprint times of the day with 16.55 in the 100m and 35.98 in the 200m.

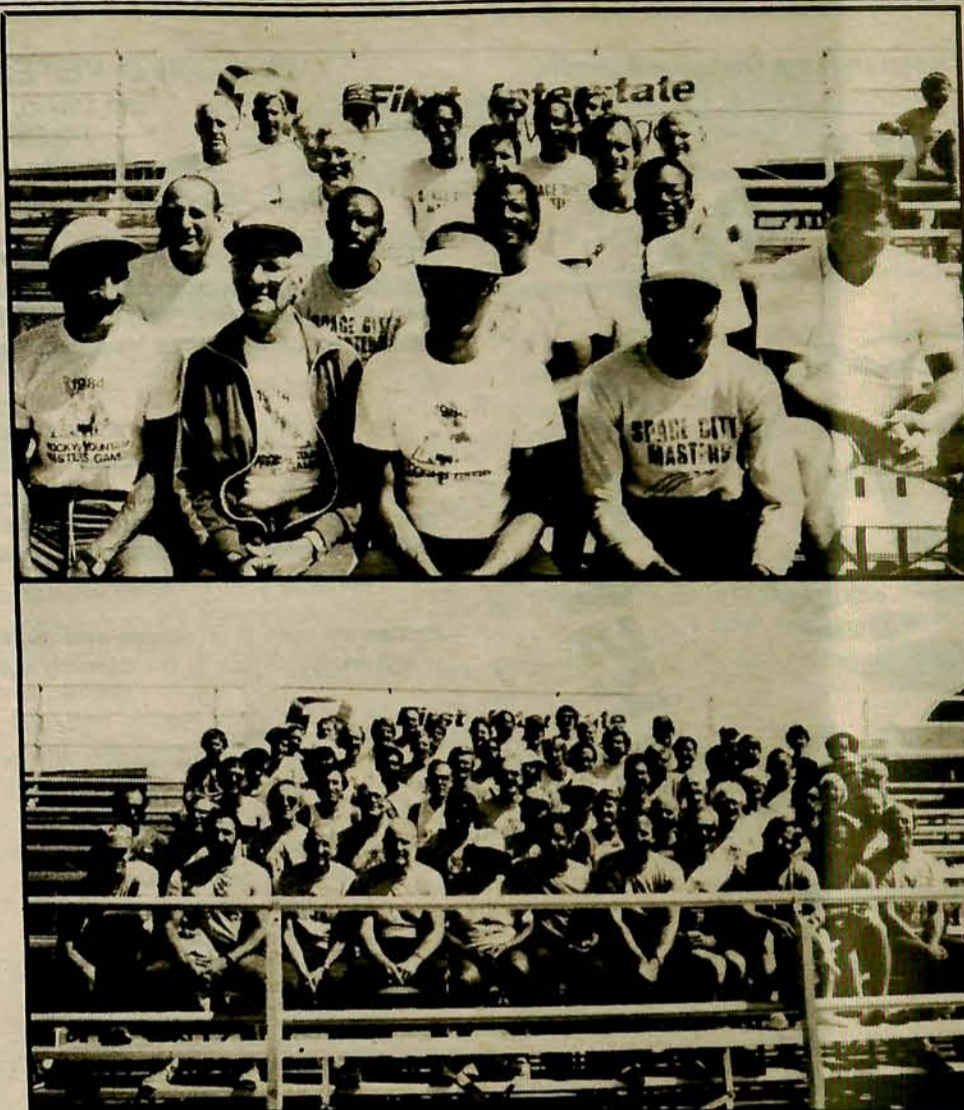
Roger Whitacre, 46, Colorado, put together a 2:18.04 in the 800m and a 4:53.02 in the 1500m for gold medals.

John Hartfield, 39, Texas, stole the show in the jumps with a 6-8½ high jump, a quarter inch below John Dobroth's American M35-39 record set in May 1979. Hartfield also won the triple jump with a 13.47m leap. Jerry Donley, 54, Colorado, was the highest Master in the pole vault with 13-0.

John Green, 33, Colorado, went the farthest with the 16# shot, 13.79, but Tom Wesselowski, 49, Kansas, didn't give too much to Green with the 16# despite the 16-year age difference, with a strong M45 13.47 win.

Meet director and decathlete, Jim Weed, 47, won the M45 discus from Illinois weightman, Carl Klehm, 45, 34.53 to 34.00. Klehm won the hammer with 40.02, and the weight pentathlon

*Continued on Page 12*



The East team (top) and the Rocky Mountain team (bottom) at the Rocky Mountain games, in Denver, Sept. 2.

photos by Dorothy Donley

## Robinson Wins Eastern Cross-Country

by BOB FINE

Tom Robinson was first overall in the Eastern Masters Cross County Championship at Van Cortlandt Park, Bronx, New York, October 7, which was open to runners age-30-and-over.

Leo Murillo, 30, from Millrose was second in 39:58.6 (5K 19:21). Charlie Kennedy, 46, New York Masters, was third in 40:12.5 (5K 19:40), leading team mates Peter Bauschberger, 43, 40:33.8 (5K 19:38) and Herb Kania, 55, 40:36.9 (5K 19:39).

Mila Kania, 53, New York Masters, led all the women in 44:41.5 (5K 21:45). Mila dominated the women in finishing over 12 minutes in front of the second place finisher.

The New York Masters won the 40-year-old team championship with Kennedy, Bauschberger, Herb Kania, Pete Kania, and Gunther Dauth.

The Syracuse Chargers won the 60-year-old title with Ed Buckley, the M60-64 individual winner; Nathan White, the M65-69 winner and Bill Schwizer. □

## WILLIAMS, MOORE WIN TAC 50K

Mel Williams, 46, of Virginia Beach, Virginia, was the first finisher in the TAC 50K Championships over a new, certified, ten-loop, flat course around Hains Point, D.C., on September 23 with the time of 3:14:58. His time was over four minutes slower than his national M45-49 record of 3:10:19, which he set just last April. A small field of forty-three starters and twenty-five finishers, plus unseasonable heat, may have prevented Williams from posting a better time. Second place, Cliff Frost, 28, was fourteen minutes back.

Kay Moore, 42, of Denver, Colorado, ended up as the first woman to finish. As a matter of fact, she was the

*Continued on Page 7*

## THROWERS ACTIVE IN OHIO

Submaster and Master throwers were in full force at the Wolfpack Throwing Classic at Columbus, Ohio, on September 9, filling the air with conventional discus, shot, javelin, and hammer missiles, plus the 25, 35, and 56 pound weights.

In the discus, Jim Reardon, 33, threw 186-11, while Charles Hircock, 42, had the best 40-or-over toss with 127-2.

Larry Foster, 33, topped the M30 shot put with 42-1¼, and Steve Kaye, 35, led the M35's with 41-10¼.

R. Sabbatine, 37, was a double winner: in the hammer, 147-8, and the 35# weight, 44-2. Joe Chadbourne, 53, was the best hammer thrower, 164-0, with the 12# hammer, and also had a strong 35# weight win, 43-7. Mary Chad-

bourne, 37, was close to the 100' mark with 95-8 with the 4K hammer.

Carl Klehm, 45, was top 56# weight man with 26-4½.

The meet included a weight pentathlon. Larry Foster outpointed all M30-or-over contestants with 3225 points. Norm Bower, 37, won his division with 3182.

Klehm's 2702 won the M45 division. Joe Chadbourne's 2903 bested Dick Mann's 2518 in the M50, while Mary Chadbourne totalled 2001. □

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

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The West team (all three) at the Rocky Mountain Games, Denver, Sept. 2.

photo by Dorothy Donley



# TAC Convention

Continued from Page 1

- Schedule Coordination and Submasters Championships)
- 2 p.m. TAC Budget and Audit Committee
- 2 p.m. Masters LDR (Results and Certification of Championship races)
- 6 p.m. TAC Reception
- 8 p.m. TAC Budget and Audit Committee

## FRIDAY, NOVEMBER 30:

- 7 a.m. TAC Delegates 5K Race
- 9 a.m. Masters LDR (Rules, Committee reports, WAVA, IGAL, North American, Pan American)
- 12 noon TAC Awards luncheon
- 2 p.m. Masters T&F (1985-86 Championships, Women's weight events, Nominating Committee, Budget, World Veterans Games, Travel, Uniforms)
- 2 p.m. Masters LDR (Election of Officers)
- 8 p.m. Masters T&F (continuation of afternoon session, if necessary)

## SATURDAY, DECEMBER 1

- 10 a.m. XVII World Veterans 10K\*

Championships, Mission Bay Park

- 2 p.m. Masters T&F (Reports of Executive Committee and TAC Committees, Travel Agents for Rome, Election of Officers, 1985 Committee Appointments, Budget Review)
- 2 p.m. Masters LDR (Award of National Championships for 1985 and 1986)
- 7 p.m. TAC Banquet
- 7 p.m. World Veterans Carbo-loading Dinner and 10K Awards Ceremonies

## SUNDAY, DECEMBER 2

- 7 a.m. XVII World Veterans Marathon Championships, Mission Bay Park
- 9 a.m. TAC General Meeting
- A joint meeting of the Masters T&F Committee and Masters LDR Committee will be scheduled sometime during the convention.)

To register, contact TAC, 200 S. Capitol #140, Indianapolis, IN 46225. 317/638-9155. The Holiday Inn Embarcadero, the Convention headquarters where all meetings will be held, is offering special rates of \$59 single/\$68 double.

## CALL FOR 1985-86 NATIONAL LONG DISTANCE CHAMPIONSHIP BIDS

by BOB BOAL, TAC National Masters Long Distance Running Chairman

Now is the time to place bids for TAC National Masters Road and Cross-country Championships in 1985 and 1986. Selection will be made at the TAC Convention in San Diego on December 1st at 2 p.m.

Championships still open in 1985 are: 5K, 5K-X/C, 8K, 10K-X/C, 15K-X/C, 20K, 25K, 30K, 50K, 50-mile, 100-mile and Canadian/American X/C.

Those already awarded for 1985 are: 10K (Clearwater, FL, Feb. 3), 15K (Edina, MN, May 5), Marathon (Washington, D.C., Nov. 3), 30K (Houston, Dec. 7).

Bids for the first six months of 1986 will also be acted upon at the Convention.



Thane Baker setting a new world 100 meter record for men over age 50 of 11.25 in Dallas, June 23.

# Over the Hill Track Club

Sponsoring the LAKE ERIE INDOOR TRACK & FIELD CHAMPIONSHIPS  
Sanctioned by the Lake Erie Athletic Congress

WHEN: Saturday, January 5, 1985

WHERE: Maple Heights High School, 5500 Clement Drive, Maple Hts., OH (suburb of Cleveland, OH)  
AGE GROUPS (Men & Women): Open-29;30-34;35-39;40-44;45-49;50-54;55-59;60-64;65-69;70-etc.  
AWARDS: Championship medals to the top 3 places in each event by age-group and sex. Team trophies to the top 2 winning teams in each of the following divisions: Open Women; Masters Women; Open Men; 30-39 Men; 40-49 Men; 50-59 Men; 60-69 Men; 80+ Men.

### EVENTS, ORDER, & TENTATIVE SCHEDULE:

Track		Field	
10:00 AM	1-mile racewalk	11:00 AM	High jump (oldest to youngest)
10:30 AM	2-mile relay	11:00 AM	Shot put (40 & over 1st; then Open through 39)
10:45 AM	440 dash	11:00 AM	Pole vault (lowest to greatest height)
11:45 AM	Mile run	11:00 AM	25 lb wt (Open through 39 women)
12:30 PM	Sprint medley relay (440, 220, 220, 880)	11:30 AM	35 lb wt (Open through 39 women)
1:00 PM	45 hurdles	12:00 PM	35 lb wt (Open through 39 men)
1:00 PM	45 dash	1:00 PM	56 lb wt (Open through 39 men)
2:00 PM	880 dash	2:00 PM	25 lb wt (40 & over women)
2:45 PM	220 dash	2:30 PM	35 lb wt (40 & over women)
3:45 PM	2-mile run	3:00 PM	35 lb wt (40 & over men)
4:45 PM	Mile relay	4:00 PM	56 lb wt (40 & over men)
			(The 25 lb wt and the 35 lb wt for women are two events; the 35 lb wt and the 56 lb wt are two event for men.)

1. Entries must be postmarked no later than December 21, 1984.
2. Entry fees: High school students, \$3/event & \$10/relay team; all others pay \$5 for 1st event, \$3 each additional event, & \$10/relay team. Limit of five events per individual, including relays. Checks: Over The Hill TC.
3. Standards: Open - TAC; Men and women Masters - WAVA; Except shot and weights - US standards. (Open men's hurdles 42", open women's hurdles 33".)
4. Preliminaries may be run in the 45 dash & 45 hurdles. All other events will be finals against time. The 45 dash and 45 hurdles will be run in 4 lanes only; all other events, 5 lanes. The 45 dash and 45 hurdles run simultaneously on opposite sides of the track.
5. The track is a 5-lane, 213 yard rubberized surface. NO SPIKES.
6. Your age is as of the day of the meet, Jan. 5, 1985. Bring proof of birth for record application purposes.
7. Questions: call Joe or Mary Chadbourne, 216-543-1932, 7-9:00 pm until December 20, 1984.

### AREA MOTELS:

- Budgetel Inn, I-77 & Rockside (216-447-1133)
- Red Roof Inn - I-77 at Rockside, Exit 155 (216-447-0030)
- Skylight Inns, I-271 at Chagrin Blvd (216-292-1088)
- Harley Hotel, I-77 at Rockside (216-524-0700)
- Holiday Inn, North Randall (216-663-4100)

# Over the Hill Track Club

January 5, 1985 Lake Erie Indoor Track & Field Championships - Entry Form. Fill out form below, enclose your check (made payable to Over The Hill Track Club), postmark no later than December 21, 1984, and mail to:

Charlie Hall  
18616 Restor Ave.  
Cleveland, Ohio 44122

Name \_\_\_\_\_ Club \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Telephone ( ) \_\_\_\_\_

Date of birth \_\_\_\_\_ Sex \_\_\_\_\_

Events \_\_\_\_\_ Age-division \_\_\_\_\_ Best Recent Performance \_\_\_\_\_

### Relay Entry Form

Club \_\_\_\_\_ Age-division \_\_\_\_\_ Event \_\_\_\_\_

Names of all relay members \_\_\_\_\_

Club \_\_\_\_\_ Age-division \_\_\_\_\_ Event \_\_\_\_\_

Names of all relay members \_\_\_\_\_

Club \_\_\_\_\_ Age-division \_\_\_\_\_ Event \_\_\_\_\_

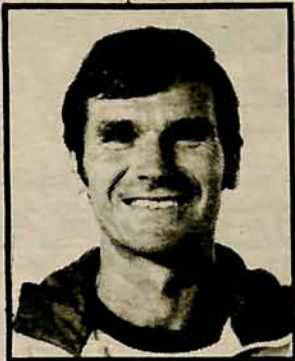
Names of all relay members \_\_\_\_\_

In consideration of your accepting this entry, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Over The Hill Track Club, Maple Heights High School, and their representatives any and all injuries suffered by me in said event. fo

I further attest and certify that I am physically fit and have sufficiently trained for competition in the event(s) I am entering.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or coach's signature if under 18)





# THE GUN LAP

by MIKE TYMN

## The Decline of Running

Is the sport of road racing going the way of the hula hoop? Was it just a craze, after all? Can the non-runners of the world rejoice?

These questions are being asked by race organizers and other leaders in the Honolulu running community after noting a significant reduction in participation at some of Hawaii's major road races this year. Adding to this is the nationwide decline in sales reported by several major shoe companies.

While Hawaii often lags behind the mainland U.S. in various trends and developments, it has seemed to me that the 50th state is usually a little ahead of the rest of the country in the area of

running. I think this is because Honolulu's isolation makes it much more of a "community" than other large metropolitan areas. The gospel on running, as preached by Dr. Jack Scaff and his associates, spread much more rapidly here than in other cities. As a result, the Honolulu Marathon and other races here grew ahead of other large events around the U.S.

Running began to grow in popularity following the 1968 publication of Dr. Kenneth Cooper's "Aerobics." At first it was essentially a fitness activity. But following the televising of the 1972 Olympic marathon at Munich, many joggers became runners and the sport took off. It continued to grow through the 70's and then seemed to level off three or four years ago. It was not until this year, though, that any real decline was noticed. If Honolulu actually ran ahead of the rest of the country in running growth, then it may very well be that it will lead the decline.

The Honolulu Marathon grew from less than 100 finishers in 1973, its first year, to a little over 10,000 in 1982. The 1983 Honolulu Marathon had about 1,500 fewer runners than the 1982 event, but race officials felt this was due to the extra promotion given the '82 event because of the 10th anniversary celebration. However, a number of other local races which originated in the 70's and experienced growth relative to the Honolulu Marathon also have gone down in numbers this year. The biggest non-marathon event, the Diet-Pepsi 10K,

Why force myself through that tough weekly interval session only to run slower than last year?

running. I think this is because Honolulu's isolation makes it much more of a "community" than other large metropolitan areas. The gospel on running, as preached by Dr. Jack Scaff and his associates, spread much more rapidly here than in other cities. As a result, the Honolulu Marathon and other races here grew ahead of other large events around the U.S.

Running began to grow in popularity following the 1968 publication of Dr. Kenneth Cooper's "Aerobics." At



Ted Cain, 42, Novato, Calif., at the TAC/National Championships, Eugene Oregon, August 18-20. A women's track and basketball coach at College of Marin, Cain took a 400 mH first, 56.7, and seconds in the 400m and the 110mH.

photo by Gene Cohn

went from roughly 5,000 entrants last year to 4,800 this year. The Hawaii Festival of Running, which grew to more than 5,000 participants two years ago, was down to about 3,500 this year.

There are several obvious explanations to the decline in participation. For one, the number of races in the community is greater than ever. There are quite a few new benefit and organizational events which have drawn some of the runners away from the more established races. There are now about two races every weekend on the island of Oahu (on which Honolulu is located) compared to maybe one a week five years ago. Added to this are

I foresee the day when races now drawing 2,000 to 3,000 runners will have 300 to 500 participants.

quite a few triathlons, which have attracted many runners.

Still, the new races are drawing maybe 100 or 150 participants and clearly do not offset the loss in the older races. Overall, it appears that participation is down between 15 and 20 percent.

Another possible reason for the decline is the increase in entry fees, seemingly well ahead of the general inflation rate. Two or three years ago, a runner could buy his way into a race for \$5 to \$7. But now it costs anywhere from \$10 to \$15 to enter most races.

As I see it, the real reason for the decline in participation has to do with understanding what took place during the running and fitness "boom" of the 70's. Hundreds of thousands of people who would have been running earlier, had they been informed or motivated, distorted the picture. Had they begun in the 40's, 50's, and 60's, these latent runners would have first matured and then burned out on racing and would not have contributed so much to the racing population of the 70's.

The new runner tends to participate in most everything. Just finishing is considered an achievement and the T-shirt given him is an appropriate reward. After a time, the runner "matures" and improvement in performance becomes the primary goal. He or she begins to race less often while picking and choosing races.

After six or seven years of hard racing and upon seeing a leveling off or slowing in times, the runner enters the "burnout" stage. Besides, psychologists tell us that many people begin to lose their enthusiasm or passion for a particular person or thing after six or seven years. You've no doubt heard of the "seventh year itch."

A large percentage of those who took up running during the 70's were over 35. Initially, adaptation to the sport, which usually lasts five to seven years, allows improvements that run well ahead of the physical loss to aging. Once the aging curve overtakes the adaptation curve and the runner sees himself slowing rather than improving, interest begins to wane even more.

Continued on Next Page

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TAMPA, NEXT DOOR TO CLEARWATER, FEB. 9,  
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1881, Tampa, FL 33601.**



*Continued from Previous Page*

I think my attitude is representative of many of the over-35 runners of the 70's. Although I had run track and some short road races during the 50's and early 60's and had continued to run several miles a day for fitness between 1963 and 1971, I had not experienced racing much beyond five miles. Nor had I trained with the revolutionary long, slow distance method, which did not catch on in the U.S. until the late 60's. So I approached the sport with much the same enthusiasm as the new converts.

Once I no longer saw improvement and in fact realized I was slowing, I

### The running "boom" is over.

began losing the desire to push myself in training. Why run 80-90 miles a week and force myself through that tough weekly interval session only to run slower than last year? Why crawl out of bed at some ungodly hour on a Sunday morning and pay a \$12 entry fee to win a \$2 prize and \$3 T-shirt? Before, the PR's made it worthwhile. They were the reward. Now that they've stopped and I'm beginning to set PS's (personal slows), I'm racing much less.

But, like me, I think most of the converts of the early and mid 70's who suffer from "burnout" continue to run for fitness and to race occasionally. I know quite a few who have stopped racing, but who continue to run. I know very few people who have stopped running altogether. Once having experienced the feeling of fitness that comes with sensible running, few people will give it up. I see just as many people, maybe more, running, jogging, or plodding around Honolulu's streets during weekday evenings as I did several years ago when racing was most popular.

I look for a continuing decline in race participation as the latent runners of the 70's and early 80's continue to mature and burnout. Sure, new runners are joining the ranks all the time, but because of the surge of the 70's they are not balancing out those who are dropping out. The decline should continue for another four or five years and then level off.

I foresee the day when races now drawing 2,000 to 3,000 runners will have 300 to 500 participants. I predict that by 1990 the Honolulu Marathon will have leveled off at about 1,500 runners. It will seem as if the sport has died, but, in fact, it will be a significant gain from 1972. At the same time, there will be just as many people running around the streets in pursuit of health and fitness.

It wasn't a craze or a fad. Maybe the marathon was. What we experienced was a "boom" and it is over. □

## DARCI, CURTIS WIN NORTHWEST HALF-MARATHON

from CAROLE LANGENBACH  
 REDMOND, Washington, September 3. Steve Darci, 41, captured the TAC Northwest Regional Masters Half-marathon Championships today in 1:15:43, nearly a minute ahead of runner-up Maurice Pratt, 47, 1:16:36.

Christine Curtis, 46, was the first woman finisher in the age-40-and-over-only race in 1:29:17. Larry Webster, 51, was 5th overall and 1st 50+ in 1:20:28.

Sixty-one masters runners finished the race, with Arne Johnson, 72, placing 52nd with a 70+ best of 1:56:41. Billie Jean Murphy, 57, led the 50+ females in 1:40:05, with Dick Bartholemew, 64, best 60-69 in 1:34:17.

The Sunrise Striders won the M40-49 team title. Its first five runners totaled 7:39:37. The Snohomish TC took the M50-59 crown in 8:20:01. Snohomish also won the W40-49 title (three runners) in 4:45:10. □

### Williams & Moore Win

*Continued from page 4*

only female finisher, in 4:16:00, good for fourteenth place.

Fifty-year-old Robert Becker of Springfield, Illinois, the M50 winner, took third overall with 3:30:08. Ed Benham, 77, Ocean City, Maryland, finished in 5:03:37, which set a new national standard for his M75 division because no 50K record is listed for that group.

The Potomac Valley Seniors TC trio of Alvin Marcy, 48, Peter Hawkins, 42, and Thomas Kurihara, 49, took the M40 team title. The club's M50 team of Peter Monahan, 50, John McIntyre, 63, and Benham also won.

The race was directed by Sharon Good. □



Shirley Dietderich on the victory stand for winning the W55 javelin at the 1984 Nor Cal Seniors Track Club meet in Berkeley.

photo by Gretchen Snyder

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When you order a gift subscription, YOU receive a copy of the *Masters Track & Field Age-Record Book* FREE! Compiled by National Masters T&F Records Chairman Pete Mundle, the book contains the world and American age bests for all T&F events, age 35 and up, as of Jan. 1, 1984.

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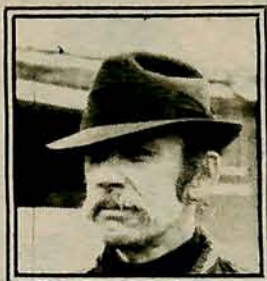
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## On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

### Bottom Lines

I am happy to announce that Smut Productions, a company I personally founded and for which I also serve as both CEO and COO, opened production this past week.

Of course, the company has been set up in trust for my children in both an extraordinarily complicated and devious manner by Bernie, my outrageously shifty and totally unethical lawyer, and by Murray, Bernie's friend, my CPA and who is — trust me on this one — equally shifty

and unethical.

I won't go into the makeup of the deal any further. It would obviously be too involved for a person who wakes up every morning thinking only about running, jumping and throwing, anyway.

Smut Productions, Ltd. is a com-

pany you'll be hearing about in the future. I have gathered together a team of employees that, although they represent a wide range of divergent backgrounds, all have two things in common. They are basically very weak and worthless people.

What better credentials to serve a potential clientele of men and women who spend a serious portion of everyday in brightly stripped knee socks and \$100 shoes in a disgusting array of adolescent colors, painter caps and shorts, that when a person bends over, regardless of their appearance, age or sex, your first inclination is to look away?

I'm actually thinking of making a recommendation to Race Management Magazine that, if runners come to a race dressed in the latest side-panel, bikini-style shorts, and if they must sit or lie down on the grass after a race, that it be mandatory that they be covered with a blanket.

Don't laugh. Many decent people agree with me on this issue.

Back to Smut Productions, Ltd. One of the best things about being both CEO and COO is, of course, I'm in charge of everything. And I will make these kinds of tough editorial decisions.

To foster the kind of spirit I feel absolutely necessary to a healthy bottom line (corporate lingo), I have encouraged fitness among our employees from the very beginning.

For instance, I love to shower with the rank and file, especially at the end of a hot/humid day or after one of the Tuesday and Thursday all-company hot tub sessions. I mingle continuously with the employees and offer words of encouragement when needed.

One of my favorite management ploys to get the most out of an employee is to sneak into the rest rooms, unannounced, and, if I catch someone lingering, I shout at the top of my lungs, "drop down and give me twenty, pal — now!"

You wouldn't believe how much fun it is for all of us. Of course, don't get me wrong, in the spirit of modern management, it's more fun for some than others.

Recently another organization I'm connected with, the Midwest Masters, managed a race for a major corporation. The Chicago edition was a big affair, part of an even bigger deal, costing a total of over a million dollars for the entire series. After a couple of months of watching corporate types engage in an assortment of back stabbing, back biting and buck passing, I don't feel too badly about our young people anymore.

If the choice came down to the corporate life or studying rock formations for our own gratification, I think we might all be wandering around in the hills somewhere. Any old ex-Navy guys would be proud, though, that the time-proven favorite, "It didn't happen on my watch" attitude, is also the cornerstone of the American corporation.

Back to Smut Productions, here's the bottom line (more corporate lingo). I see our first product as a blockbuster. Pornographic tapes for those millions of air brains wearing headsets while they run. I know this guy I saw the other night wearing his headset at the ballet will be a cinch sale. It will awaken a spark in even the "three gold chains around the neck" gang.

I'm not confident about our appeal with these yo-yos who have taken to wearing surgical blouses, but who needs them? They've probably never even had a hard nipple.

There are enough other weirdos out there to keep us going for years. How does this grab you for sheer out-of-sight sexual fantasy? "Keep driving, big guy — you're a stud!" "Hang tough, baby, if you want it bad enough, you can get it."

Let me be quite clear about something that has come up several times already: we will not, repeat, not use sensual and erotic material like the stuff you see on bumper stickers about runners keeping it up longer, etc. There's no room in Smut Productions for that type of trash. Our material will be for people like myself, humble but assertive. People who realize that running, jumping and throwing is life. It's like travel. Always remember that once you get somewhere, you're there. It's the stuff great effort is made of. You plan your sex and then you sex your plan. Or something like that.

Never forget that we are special people. Because we are healthy, we, of course, can be more energetic and imaginative in our hate. Carp, complain, moan, whine, put down and brag. It's all more fun when you're healthy. Smut Productions, Ltd. will keep you abreast with tidbits, suggestions and stories on how you can find your role, however kinky it might be.

I'm reminded, for some reason, of an incident that happened on one of my own honeymoons. I was awakened by a rhythmic noise about five o'clock in the morning. I opened my eyes warily and then relaxed. It was just my wife (second) standing beside the bed — applauding softly. [ ]

# HOLIDAY PENTATHLONS

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Club (if any)

TAC No.

Signature



Joyce Momita, first W40-49 in the Cable Stars 5K, 20:18.

photo by Richard Lee Slotkin





## MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

It does not seem like a year has gone by since the 1983 TAC/USA convention, and we are now preparing for the 1984 convention.

But, like they say: "Time really flies when you're having fun."

The year has been a busy one for Masters athletes. Living in the middle of the country in Colorado Springs, Colorado, it is really hard for me to evaluate what everyone else is doing in the four corners of the country. In Colorado I know we had three indoor meets at the United States Air Force Academy, and three more at the University of Colorado. All these meets, other than the Masters Games, had competition for the open group through age 29, and five year age groups for everyone else. I know more women competed than ever before. I know that 10 years ago there was no such program in Colorado. This activity is being duplicated in almost every state, which is a significant growth in participation in Track & Field everywhere.

Each club and association is faced with the responsibility to continue to recognize this growing interest in track and field, and to provide opportunities to compete for everyone who has an inclination to do so.

Based on the financial commitment which the National Masters Committee has been able to commit to support events — \$10,000.00 for 1984, this growth is phenomenal.

The National Committee should be of more significant help in Regional and National meets. The primary limiting factor is financial. Paying expenses of a meet coordinator to all Regional and National meets is expensive, and based on our current budget, prohibitive. I am convinced that it is unlikely we will ever find a "National



Martyn Adamson, 45, (54.0) and Bill Simons, 45, (55.8) in 400 at 1984 Nor Cal Seniors Meet in Berkeley.

photo by Mike Tymn

sponsor" to provide more resources, and local sponsors can provide limited financial help.

However, I believe that the Masters can themselves provide the greatest resource to take place of a National Sponsor. Masters athletes come from all walks of life, and every economic level. I believe many could make financial contributions to promote the activity. I am going to recommend to the Masters Track & Field executive committee this month that it establish a non profit tax exempt foundation, whose purpose would be to receive donations and to then make the income from the investment of those donations available for the promotion of Masters competition throughout the United States.

These donations can be in any form and in any amount. They might be simple five or 10 dollar gifts, they might be in the form of pledges, and hopefully a number of people would remember the foundation in his or her Will and estate planning. As an example of the possibility of the good a foundation could do if only every competitor in a National Indoor and Outdoor championship meet were to donate \$10.00 to the foundation, it would mean \$10,000.00 to \$15,000.00 being contributed in a one year period of time. In 10 years the foundation could provide a significant contribution to the Masters Track and Field program. A number of decisions will have to be made — the form of the foundation — who would be the directors of the foundation — rules — guidelines and a number of other purely mechanical details. Hopefully, this foundation concept can be put into effect by January 1, 1985. It certainly is not an immediate resolution of the Master's program's financial problems, but would have many beneficial long range effects. I would appreciate any input, comments and suggestions, in regard to this proposal.

I don't know of any year that has moved as fast as this one — perhaps the speed is just a true sign of my age. It has been most enjoyable. I have spent some time as your chairman, perhaps not as much time as I ought to have, but it is a pleasure and I'll look forward to next year and what it will bring.

I look to see some of you at the convention and certainly in 1985 at the meets.



Hurdler Shirley Kinsey, 55, of La Crescenta, Calif. broke two U.S. women's age 55-59 records in the Club West Masters Meet near Santa Barbara October 7. She hurled the javelin 88-10 and long-jumped 12-5.

### Kinsey Sets Two Records

Continued from Page 1

non in the high jump at 4-2.

Stew Thomson took the M50 hammer throw over Dave Douglass, but Douglass had one of his best throws in recent competition with a 135-10. Frank Reilly, M35, led all entrants in the hammer, 163-7, discus, 175-3, and shot, 51-8½, but Lloyd Higgins, M40, had the best javelin throw of the day, 173-1.

Among the runners, W50 world and American record holder Irene Obera did the 100m in 13.4, the 200m in 28.4,

and the 400m in 66.9. Josephine Kolda clocked 16.5 in the W65 100m.

Harvey Franklin, M40, had the lowest times of the day in both the 800m, 2:00.6, and 1500m, 4:10.0. E. Bishop, M60, did the 5000m in 18:24.4.

Meet director George Adams and his able crew of volunteers put on another smooth, professional, low-key enjoyable meet on a typical beautiful October day. Next year's meet is again scheduled for the first Saturday in October. □

#### EASTERN STATES TRACK & FIELD COACHES CLINIC GEORGE MASON UNIVERSITY, FAIRFAX, VIRGINIA DECEMBER 14-15, 1984

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# SPEAKER'S CORNER

by KEN YOUNG  
Statistician, National Running Data Center

## Is The Running Boom Over?

(Editor's note: In his Gun Lap column this month, Mike Tymn offers impressive logic that the "running boom is over." Is it? Ken Young of the National Running Data Center presents the hard computer data showing how running is undergoing a substantive change.)

Is the "running boom" over? This question ranks as the most asked NRDC receives. The days of painting a white line across a road and having 1,000 runners show up are gone. No longer can race directors count on increased fields each year.

Our analysis suggests that 1984 will show more decreases in race sizes than increases. But does less quantity mean less quality? No, the level of competition seems to be improving. The figures suggest major changes in road running in this country.

This is not to say that the "boom" is over in the sense that we are returning to the pre-1975 race fields. But the signs say the growth trend is reversing.

What are the facts? Chart 1 lists 93 races for which we have the number of finishers for 1984 and for preceding years.

First, we looked at the numbers of races showing increases, decreases, and no change from one year to the next, (chart 2). We defined "no change" as a

change less than 5%. We further partitioned the races into "short" (8 or 10K), "middle-distance" (15K to half-marathon), and "long" (marathon).

Chart 2 shows that prior to 1984, races other than marathons could generally expect increases. Less than 30% would show declines. In 1984, increases are the exception, and only the shortest races "broke even." Note that this has been the case for marathons since 1981, i.e., there has been a shift in numbers away from the longer races and toward shorter races.

Forty-four races meet our "established" race criteria. Chart 3 shows the average sizes for these races, from 1980 to 1984. Again, races of all lengths show declines from 1983 to 1984. The declines are hardly cause for panic since the 1984 averages are still above those for 1982, except for the marathon, and substantially above those in 1980. In fact, 79% of the short races and 73% of the moderate races were larger in 1984 than in 1980. Only 41% of the marathons were larger in 1984 than in 1980.

The shift from longer to shorter races is well demonstrated by the shifts occurring in "paired races," i.e., two races in one. For example, the Bidwell Classic consists of a half-marathon and a full marathon. The ratio of finishers in the half-marathon to those in the



Bob Hunt of Anaheim, Calif. en route to a Canadian Open Record of 18.06 in the M60 100m hurdles at the 1984 Canadian Masters T&F Championships in Richmond, B.C.

photo by Sharon Davies, Marathon Photos

marathon has shifted from 1.8 to 1 in 1979 to 6.9 to 1 in 1984. The Revco 10K/marathon went from 1.1 to 2.8 in the same period. Some "paired races" have dropped the longer section. Clearly, the numbers are in the shorter races.

The small (under 500) races fail to show the boom-bust pattern. It's the large (2,000 and more) races showing the biggest dropoff.

Yet the quality of times is increasing. It is apparent that there are serious, competitive runners and recreational runners. Prior to 1975, there were no

"recreational" runners. I remember a four mile race in the early 1970's at which a "jogger" showed up. The next-to-last finisher ran in the low 28's with the jogger trailing by five minutes. Now, that jogger represents the middle of the pack.

With the onset of the "running boom," the numbers of recreational runners increased dramatically. Race sizes doubled each year and median (average) times were slower. Median times for 10K races went from 38-39

Continued on Next Page



Action in the steeplechase at the National Masters T&F Championships in Eugene, Oregon August 18. (4006 is Tom Blacom of Oregon).

photo by Mike Noviello

CHART 1

Race Size for Selected Races by Year

	1979	1980	1981	1982	1983	1984		
<b>8 kilometers</b>								
Rainbow Couples Clssc	x	x	x	740	1000	930	Wichita KS	Jul
Catch the Sun	x	x	x	467	1501	945	Westfield NJ	Jul
Season Opener	x	x	729	x	1616	2495	New York NY	Jan
Riverside Run	x	x	x	x	367	321	Tulsa OK	Apr
The Race	x	x	x	x	2441	3021	Eugene OR	Jun
<b>10 kilometers</b>								
Cotton Row	x	1446	2146	2186	2272	2622	Huntsville AL	May
Alaska Women's	x	x	1139	1329	1598	2106	Anchorage AK	Jun
Clinkerdagger	x	x	787	838	949	837	Anchorage AK	Aug
Runner's Den	x	1400e	1983	1920	1890	1915	Phoenix AZ	Jan
Continental Homes	x	x	x	x	3249	2653	Phoenix AZ	Mar
Heart of Palm Sprgs	641	663	708	601	424	451	Palm Springs CA	Jan
Pacific Sun	x	x	1110	1072	900	1038	Kentfield CA	May
Rancho Bernardo	1577	1371	x	1171	1087	808	Rncho Bernardo CA	Jun
Run for the Parks	x	x	x	1696	1672	1634	Alameda CA	Aug
Bolder Boulder	x	x	7319	11142	14379	16049	Boulder CO	May
Orange Bowl	x	x	x	1120	1754	1840	Miami FL	Jan
Sage City	x	x	684	1138	1159	638	Monticello IL	May

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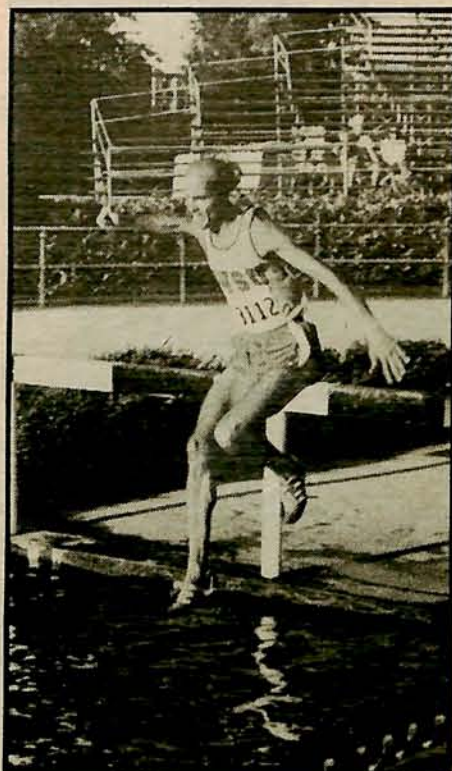
minute range to 48-50 minutes. The number of women and masters runners increased dramatically; the number of junior runners declined. Some of the "traditional" runners quit racing because of the "jogger" influx.

A small fraction of these recreational runners got hooked on times and records and joined the serious, competitive group. Many of the recreational runners, having run their "mandatory marathon," dropped back to the shorter races and looked for novelty. By now, most of them have their "Bay-to-Breakers," "Peachtree," or whatever the "in" race is for their locale. Their motivation for entering races is declining and the influx of "new" runners to replace them is too small to maintain the sizes of the large races.

Many of the "small" races are disproportionately represented in the national rankings, primarily because they attract the more competitive runners. If a runner wants to run a good time, he/she avoids races where the start is so crowded that precious seconds are lost getting running room. Masters races typically have small but very tough fields.

The solution is to recognize that there are two different types of running events on the roads — races and fun-runs. The Australians have made this distinction for years. The fun-runs are the big, media-attracting events but the serious runners know they don't really count except for publicity. The road races are small, highly competitive races.

Races such as Peachtree that try to be both competitive and fun should have two separate starts. The competitive section would start first, followed perhaps 10 minutes by the fun-run section. □



Oregon's Dean Clark won the steeplechase (9:29.9) and 5000 (15:29) at the National Masters T&F Championships in Eugene August 17-19.

photo by Mike Noviello

Continued from Previous Page

	1979	1980	1981	1982	1983	1984		
Clear Lake	x	245	208	290	343	391	Fremont IN	Aug
Fritzbe's Runfest	x	x	x	x	1356	1938	Rockville MD	Apr
Milk Run	x	x	x	1147	2428	2671	Boston MA	Apr
Dexter-Ann Arbor	x	x	x	x	2053	1744	Ann Arbor MI	May
Bonne Bell	x	x	x	x	2977	2664	Minneapolis MN	Jun
Pepsi Challenge	x	419	605	516	424	417	Columbia MO	Apr
Governor's Cup	x	426	x	602	646	669	Helena MT	Jun
Havelock Bank	x	x	x	961	1066	1083	Lincoln NE	May
Diet-Pepsi	567	533	826	843	714	688	Lincoln NE	Jun
Diet-Pepsi	x	x	x	x	883	938	Nashua NH	May
Bagel Run	736	870	1221	980	1044	987	New York NY	Feb
Perrier	3913	3444	4275	3859	4502	4213	New York NY	Apr
Freihofer's (W)	x	x	x	235	409	472	Albany NY	Apr
L'Eggs Womens	4118	4021	4137	4497	4681	4565	New York NY	Jun
Shelter Island	x	x	x	x	1377	1530	Shelter Island NY	Jun
Pepsi Nationals	x	2271	2678	3005	3346	2424	New York NY	Jul
Heights-Inwood	1006	1168	1183	904	822	613	New York NY	Jul
RevCo	1636	2800e	3874	4367	5650	5477	Cleveland OH	May
Heart Run	x	x	x	1919	1888	2244	Tacoma WA	May
Seafair/Pepsi	x	x	x	x	6848	5991	Seattle WA	Aug
Bellin	1297	1545	1561	1971	2261	2047	Green Bay WI	Jun
<b>15 kilometers</b>								
Phoenix	x	x	x	x	537	488	Phoenix AZ	Feb
Sun Run	1134	1000	1244	x	1084	927	Tucson AZ	Mar
Avon Womens	x	x	x	x	603	618	Washington DC	Mar
Gasparilla	x	2671	2823	4116	4745	4967	Tampa FL	Feb
Boilermaker	945	1108	1286	1595	2134	2510	Utica NY	Jul
St Clair Classic	x	x	x	210	214	242	St Clairsville OH	Jun
Cascade Run-Off	3495	4144	5358	5663	6502	6536	Portland OR	Jun
<b>10 miles</b>								
Bee Power	x	x	x	166	452	173	Scottsdale AZ	Apr
Atwood	206	161	157	204	167	171	Atwood KS	Jul
Bobby Crim	1992	2915	3688	4036	4470	4105	Flint MI	Aug
Statehood Day	x	361	639	679	821	856	Lincoln NE	Feb
New Jersey	x	x	1297	1449	1530	1214	Cherry Hill NJ	Mar
Trevira Twosome	x	2204	2321	2430	2830	2532	New York NY	Apr
July 4th	x	x	x	695	566	405	Cazenovia NY	Jul
Broad Street Run	x	x	2200e	x	1995	2229	Philadelphia PA	May
<b>20 kilometers</b>								
South Bay	x	53	77	62	60	68	Los Osos CA	Mar
Meis Mini-	100+	120	80	x	123	285	Terre Haute IN	Jun
Tulip Time	709	1182	1261	1145	1054	885	Holland MI	May
Vestal XX	284	242	233	234	214	179	Vestal NY	Jun
Pear Blossom	x	x	994	1142	1329	1341	Medford OR	Apr
<b>Half Marathon</b>								
Bidwell Classic	581	734	949	973	1162	1514	Chico CA	Mar
Caesar Rodney	x	x	1080+	1186	1061	962	Wilmington DE	Mar
Savannah	x	x	536	635	850	767	Savannah GA	Jan
500 Festival	x	x	x	x	4103	3963	Indianapolis IN	May
Dexter-Ann Arbor	x	x	x	1553	1490	1198	Ann Arbor MI	May
Hospital Hill	x	1542	1459+	1624	1924	1700	Kansas City MO	Jun
Brooklyn	x	x	x	x	2905	2285	Brooklyn NY	Mar
Hispanic	1107	912	975	1118	949	747	New York NY	Aug
Colonial	x	x	635	548	769	843	Williamsburg VA	Mar
<b>Marathon</b>								
Tucson	370	387	593	529	425	323	Tucson AZ	Jan
Phoenix	x	x	546	485	584	439	Phoenix AZ	Feb
Mission Bay	1401	1530	1045	816	674	574	San Diego CA	Jan
Long Beach	x	x	x	x	1974	2050	Long Beach CA	Feb
Bidwell Classic	320	254	363	289	244	219	Chico CA	Mar
Los Alamitos	564	534	434	310	222	340	Los Alamitos CA	Mar
Valley o/t Flowers	159	194	186	165	151	152	Lompoc CA	Jun
San Francisco	1844	1940	2270	6093	7231	6287	San Francisco CA	Aug
Mayor's Cup	1577	1356	1771	1804	1608	1422	Denver CO	May
DC	x	x	x	x	520	565	Washington DC	Apr
Orange Bowl	1325	1176	1217+	1938	1877	1605	Miami FL	Jan
Savannah	479	255	636	517	531	338	Savannah GA	Jan
Windward	x	x	488	278	247	175	Kailua HI	May
Lake County Heart	x	x	772	817	970	890	Highland Pk IL	Apr
TV-33/Hooks	526	622	650	578	470	522	Ft Wayne IN	May
Drake Relays	503	580	369	419	589	545	Des Moines IA	Apr
Greater New Orleans	x	x	x	x	1306	1336	New Orleans LA	Jan
Washington's Brthdy	210	242	197	222	172	163	Beltsville MD	Feb
Lincoln	797	547	963	829	726	845	Lincoln NE	May
Yonkers	469	464	447	x	348	293	Yonkers NY	May
Observer	826	x	758	743	736	679	Charlotte NC	Jan
RevCo	1485	1274	1868	1754	2143	1950	Cleveland OH	May
Trail's End	1365	1643	1413	1500+	1402	889	Seaside OR	Feb
Houston	1467	1197	1900e	1861	2060	2096	Houston TX	Jan
Shamrock	1382	1163	1370	1106	1099	1133	Virginia Bch VA	Mar
Emerald City	x	x	x	x	2285	2234	Seattle WA	Mar

CHART 2

	1979-80	1980-81	1981-82	1982-83	1983-84
short	4 50%	9 69%	9 50%	16 57%	14 37%
dwn	3 38%	1 8%	5 28%	6 21%	14 37%
nc	2	3	4	6	10
middle	6 60%	11 73%	11 61%	13 59%	7 24%
distance	4 40%	2 13%	3 17%	6 27%	15 52%
nc	0	2	4	3	7
long	7 39%	10 56%	6 29%	6 29%	4 15%
dwn	9 50%	5 28%	13 62%	12 57%	16 62%
nc	2	3	2	3	6

CHART 3

	1980	1981	1982	1983	1984
short	1585	1815	1853	2027	1915
middle distance	1403	1633	1837	2079	2060
long	876	1014	1220	1272	1142







Pagliano's Podiatric Pointers

# THE FOOT BEAT

by JOHN W. PAGLIANO, D.P.M.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys CA 91404.

**Q**: My friends say I should do more stretching of my achilles to prevent achilles injuries. Yet, whenever I do that, I seem to attract the injury. Is stretching a good idea or a bad idea for a middle age runner?

**A**: Your question is a very good one but one without a definitive answer.

As you know, as we age our tendons become more brittle and less elastic than when we were younger. Excessive

stretching to a relatively inelastic structure such as the achilles could cause damage and irritation to the area.

A second fact that you may not realize is that the blood supply to the achilles area diminishes with age. Some say it is reduced by some 40% by the age of 40. This means that there is a reduced supply of blood and nutrients to the area and the capability for repair is diminished significantly. This is one of the reasons we see prolonged swelling and scar tissue formation in the

achilles area of masters runners. Many times this swelling will not go away.

A third fact we may have to deal with is those who are toe runners. More specifically, people with an equinus foot deformity or a pes cavus foot type (high arches) are very susceptible to achilles injuries. They have a mechanical deformity in which the achilles is naturally placed under great stress. Stretching in these cases is contraindicated.

In general, I would recommend that master runners not overstretch the achilles. A very moderate stretching program such as recommended in Stretching by Bob Anderson would be permitted. Another approach to warm

ups is to simply walk for 1/2 mile then gradually work up your speed. Near the end of the work out gradually diminish your speed and walk another 1/2 mile after the workout. This will warm up the achilles and provide the proper stretching without undue stress to the area.

In the evenings, I would recommend a good warm water soak of jacuzzi for 20 minutes. This enhances the blood flow to the area. One cannot argue the fact that a good training shoe with adequate rearfoot support is essential.

As Emil Zatopek once said: "I don't touch my toes when I run so I see no need to touch them during warm ups." □

## Carter Smashes Shot Mark

Continued from Page 4

with 2704 I.A.A.F. points. Ray Manzi, 37, Colorado, also took the hammer, 48.88 and weight pentathlon with 3290.

Texas thrower Wendell Palmer, 52, was a multiple winner in his division.

In the "Herb Anderson" pentathlon, Nate Robinson, 32, Florida, amassed 3264 points on the U.S. Masters Age Factor Scoring tables,

aided by a 61.24 (810 points) javelin throw. Frank Bowles, 63, Colorado, also used javelin points 843 for a 42.35 toss, to score 3463.

The pentathlon's honoree, Herb Anderson, totaled 3209 with the help of a 37.1 (1018 points) 200m run. The eighty-two-year-old Coloradan also

garnered eight more firsts for his two-day effort. □

WOMEN'S AMERICAN FIVE-YEAR AGE-DIVISION RACE WALKING RECORDS as of December 31, 1983 -- compiled by Lori Maynard

Event	Div.	Age	Mark	Name	Home State	Site	Date
1 Mile	1A	44	8:06	Lori Maynard	CA	Hayward	5-26-80
	1B	46	8:02	Dorothy Kelley	NY	New York	2-26-82
	2A	51	9:04	Gloria Brown	NY	Houston, TX	8-04-83
	2B	55	9:50	D'thy Michaels	VA	Arlington	10-24-82
	3A	62	10:14	Ernstn Yeomans	OH	Springfield	9-27-81
	3B	65	11:59	Bonnie Kolsom	HI	Honolulu	8-01-82
	4A	70	11:43	Ad'ln Crocker	HI	Honolulu	12-27-81
	4B	75	12:58	M'la Salisbury	CA		8-07-83
2 Mile	1A	44	16:38	Lori Maynard	CA	Hayward	5-26-80
	1B	46	16:32	Dorothy Kelley	NY	New York	10-10-82
	2A	51	21:57	Ruth Jacokes	NC	Chapel Hill	8-03-79
	2B	59	19:54	Marie Henry	NJ	New York, NY	11-28-82
	3A	60	21:04	Marie Henry	NJ	Cakhurst	10-30-83
	3B	66	23:05	Katherine York	CA	Ceres	6-03-79
	4A	71	24:31	Ad'ln Crocker	HI	Honolulu	8-28-83
	4B	75	25:48	Lori Maynard	CA	Los Angeles	8-16-80
3 Km.	1A	44	25:51	Lori Maynard	CA	Los Gatos	5-30-81
	1B	45	27:34	Gloria Brown	NY	Liverpool	8-11-83
	2A	51	31:29	Marie Henry	NJ	Hand. Island	NY6-19-83
	2B	59	32:57	Marie Henry	NJ	Cakhurst	10-30-83
	3A	60	36:41	Mayme Edera	NY	Ft. Monm'th, NJ	10-09-83
	3B	68	37:48	Ad'ln Crocker	HI	Honolulu	11-22-81
	4A	70	40:49	Ruth Rothfarb	FL	Chr'church, NZ	1-11-81
	4B	75	52:00	Lori Maynard	CA	San Francisco	6-29-80
10 Km.	1A	44	52:00	Lori Maynard	CA	Foster City	7-19-81
	1B	45	55:50	Gloria Brown	NY	Liverpool	8-13-83
	2A	51	1:07:01	Marie Henry	NJ	Long Branch	12-05-82
	2B	59	1:06:50	Marie Henry	NJ	Cakhurst	10-30-83
	3A	60	1:13:45	Mayme Edera	NY	Ft. Monm'th, NJ	10-09-83
	3B	68	1:22:34	Ad'ln Crocker	HI	Honolulu	2-14-82
	4A	70	1:38:38	Hulda Crooks	CA	Irvine	6-26-77
	4B	75	1:26:14	Lori Maynard	CA	San Francisco	12-14-80
15 Km.	1A	44	1:26:14	Lori Maynard	CA	San Francisco	12-14-80
	1B	45	1:26:42	Lori Maynard	CA	Westlake Vill.	5-02-81
	2A	50	1:36:37	Gloria Brown	NY	Niagara Falls	7-17-82
	2B	58	1:46:46	Marie Henry	NJ	Long Branch	1-10-82
	3A	64	1:47:21	Ernstn Yeomans	OH	Springfield	5-15-83
	3B	68	1:52:18	Mayme Edera	NY	Ft. Monm'th, NJ	10-09-83
	4A	70	2:03:30	Ad'ln Crocker	HI	Honolulu	4-11-82
	4B	75	1:54:31	Lori Maynard	CA	Los Angeles	8-17-80
20 Km.	1A	44	1:54:31	Lori Maynard	CA	Los Angeles	8-17-80
	1B	46	1:54:42	Lori Maynard	CA	Redmond, WA	5-09-82
	2A	54	2:11:17	Anna Hush	KY	Haleigh, NC	5-07-83
	2B	58	2:21:06	Marie Henry	NJ	Wichita, KS	8-08-82
	3A	64	2:29:00	Ernstn Yeomans	OH	Springfield	5-15-83
	3B	68	2:31:46	Mayme Edera	NY	Ft. Monm'th, NJ	10-09-83
	4A	70	2:31:02	Lori Maynard	CA	Las Vegas, NV	11-25-79
	4B	75	2:34:11	Beverly LaVeck	WA	Carmel Vly, CA	3-28-82
25 Km.	1A	43	2:31:02	Lori Maynard	CA	Las Vegas, NV	11-25-79
	1B	45	2:34:11	Beverly LaVeck	WA	Carmel Vly, CA	3-28-82
	2A	52	2:51:36	Lida Askew	TX	Houston	3-11-79
	2B	56	3:27:15	D'thy Michaels	VA	Arlington	11-05-83
	3A	60	3:13:56	Ruth Sorensen	CA	Carmel Vly	3-28-82
	3B	68	3:14:39	Mayme Edera	NY	Ft. Monm'th, NJ	10-09-83
	4A	72	5:29:03	Anne V'derhoff	WA	Seattle	3--80
	4B	75	5:26:30	Beverly LaVeck	WA	Bellevue	6-07-81
30 Km.	1A	42	5:29:03	Anne V'derhoff	WA	Seattle	3--80
	1B	45	5:26:30	Beverly LaVeck	WA	Bellevue	6-07-81
	2A	51	6:22:04	Lida Askew	TX	Houston	11-20-77
	2B	56	6:51:58	D'thy Michaels	VA	Arlington	11-05-83
	3A	60	7:85	Lori Maynard	CA	San Francisco	6-29-80
	3B	66	7:45	Bev LaVeck	WA	Seattle	7-20-82
	4A	71	4-9:37	Liz Picini	WA	Seattle	11-12-83
	4B	75	5-10:66	Marie Henry	NJ	Long Branch	11-21-82
One Hr.	1A	44	7:85	Lori Maynard	CA	San Francisco	6-29-80
	1B	46	6:74:5	Bev LaVeck	WA	Seattle	7-20-82
	2A	53	4-9:37	Liz Picini	WA	Seattle	11-12-83
	2B	59	5-10:66	Marie Henry	NJ	Long Branch	11-21-82
	3A	60	5-7:86	Marie Henry	NJ	Montclair	11-20-83
	3B	66	5-29:1	Bonnie Kolsom	HI	Honolulu	7-16-83
	4A	71	4-13:92	Ad'ln Crocker	HI	Honolulu	7-16-83
	4B	75	4-5:09	M'la Salisbury	CA		8-07-83



Ross Carter threw the shot a U.S. M70 record 46-3 at the Rocky Mountain Games in Denver September 1-2.

photo by Dorothy Donley



## Records Fall in Twin Cities

Continued from Page 1

Marathon by its unique system of age-graded awards, in which men and women over the age of 35 competed for nearly \$20,000 in prize money, their times being handicapped according to their five-year age group and sex.

Winning the top masters prize of \$3000 was Palmason, 46, of Ottawa, Ontario. Based on the age-graded tables, her 2:46:21 finishing time gave her a handicap time of (-10:14). Second-prize money of \$2750 went to Brown, with Green picking of \$2500 for third.

The richest race on the Championship circuit of the Association of Road Racing Athletes (ARRA), the Twin Cities Marathon distributed \$125,000 to the leading finishers in the men's and women's open divisions. Again the competition was outstanding, with 18 runners finishing under 2:20 and seven women under 2:40.

Winning in the time of 2:11:34 was Fred Torneden, from Manhattan, Kansas, who broke away from Don Janicki of Tucson at 19 miles. Torneden's time was not only a course record, 15 seconds under the mark set by Allan Zachariasen in 1982, but is the fastest marathon by an American so far in 1984. His 20-mile time, taken officially at 1:39:41, broke the open U.S. record of Peter Pfitzinger by 33 seconds.

Debbie Mueller, from Brookline, MA, won the women's division in the course record time of 2:34:49, nearly two minutes under the mark set by Gabriele Andersen in 1983. Mueller also set an open U.S. women's record in the 20-mile, held by Laura Deward (now Albers), with a time of 1:57:49.

The 20-mile mark, 6.2 miles from the finish line, was officially certified, and five American 20-mile age-group records were broken. Brown was timed in 1:42:08, over six minutes faster than the old U.S. age 40+ mark of 1:48:25, set by Gary Muhrcke in 1981. Green was clocked in 1:51:44, demolishing Jim O'Neil's 8-year-old, age 50-54 standard of 1:57:25.

Wisconsin's Dan Conway and California's Jim Bowers came by the 20-mile post in tandem in 1:49:10, each breaking Hal Higdon's age 45-49 mark of 1:54:27. Californian Karen Scannell lowered the American women's 45-49 mark to 2:11:26, well under Toshiko d'Elia's 1978 record of 2:14:57.

The Conway-Bowers duel was one of the highlights of the west-to-east race. Both turned 45 this year. Bowers had lowered the U.S. 45-49 marathon record to 2:21:31 at Grandma's in Duluth in June. They ran together virtually the entire trip until Conway opened up a 100-yard gap. Despite losing his form near the finish, Dan staggered to a decisive 17-second M45 victory in 2:23:06, the 2nd fastest U.S. age 45+ marathon ever. Conway took



Barry Brown, 40, one stride away from a new American Masters record of 2:15:14 in the Twin Cities Marathon from Minneapolis to St. Paul September 30. Brown's time was judged 2nd best on an age-graded basis of all 40-and-over runners, and he picked up \$2750 for his efforts in the Pillsbury-sponsored event. His time was the fifth best over-40 mark of all time.

photo by Laurie Boutang

home \$2250 as the 4th-best age-graded performance. Bowers won \$2000 for 5th prize.

Antonio Villanueva, now 44 and at the upper end of the 40-44 age division, turned in an outstanding 2:18:28 while suffering one of his rare Masters defeats. That was good for only 6th on the prize-scale, netting the Mexican resident a not-too-shabby \$1750.

Scannell finished in 2:54:33, to win the \$1500 7th-place money; Fay Bradley, 46, of Washington, D.C. ran 2:29:01 for 3rd M45 and \$1250; Sandra Kiddy, 47, of Palm Springs logged 2:56:50 for 3rd W45 (also 3rd W40+) and \$1000; Alex Ratelle, 60, of Edina, MN picked up \$750 for his 2:48:50; San Diego's Athol Barton, 36, garnered \$500 for his 2:18:48; and New York City's Fritz Mueller, 48, pocketed the final prize of \$250 with a fast 2:30:45.

There were 6980 entries (down 6% from last year's 7416) and 4400 finishers (down 8% from 4784), for a rather high no-show, drop-out rate of 37%.

Masters runner/author Hal Higdon conducted two seminars on "Wellness, Vitality and Aging." Ken and Jennifer Young of the National Running Data

Center held a clinic on race directing and NRDC activities. National Masters News columnist Ratelle spoke at a marathon training session.

Some 200,000 people lined the 26-mile course, which began at the Pillsbury Center in Minneapolis and finished at the State Capitol in St. Paul. There were digital clocks at miles 1, 2, 5, 10, 13.1, 15, 20, 25 and finish. Each finisher received a special medal. Computer results were posted promptly. Medical aid was available at each mile marker. WCCO Radio broadcast the race in its entirety. Mayors Don Fraser (Minneapolis) and George Latimer (St. Paul) crowned the victors with laurel wreaths.

The annual event is turning into one of the premier marathons in the nation, especially for Masters runners. It is often called "the most beautiful urban marathon in the country." The race was superbly directed by Jack Moran, who, in his spare time, is an Aerospace Engineering professor at the University of Minnesota.

Both Moran and the Pillsbury Company, the prime sponsor of the race, deserve much credit for providing an outstanding event and the biggest single payday in Masters history. □

## ADDITIONAL NOTES ON THE TWIN CITIES MARATHON

by VALDEMAR SCHULTZ

The richest. The best-organized. Now perhaps the fastest. These are but a few of the superlatives accorded the Twin Cities Marathon by those who have dealt with it, run on its course, and/or known its race director, Jack Moran.

To be more precise, it is the richest race on the prestigious ARRA circuit. It is likely that the Chicago and New York marathons actually pay out more to the leading runners. Best-organized is surely in the eye of the beholder; one of the best, however, would receive scant argument. Fastest is a tough one, but excluding ludicrously down hill courses like the St. George Marathon in Utah, and the Fiesta Bowl Marathon in Arizona, it is surely one of the faster point-to-point courses in the U.S. Winner Fred Torneden ran the fastest U.S. time in 1984, including the Olympic Trials and Games! Two formidable U.S. age-group records and one North American record were broken by minutes, not seconds.

This is not to say, however, that the Twin Cities Marathon is without controversy, and in many cases, confusion. And much of this controversy (and most of the confusion) stems from the distribution of development funds (\$20,000) of those athletes over 35 years of age. It is surely the largest masters running purse in the country and though, against the \$125,000 accorded the open athletes (\$20,000 to each individual winner!), it may not seem so large, other major marathons either ignore or provide relatively small amounts to masters winners. And then, prize money is restricted to a few masters over 40, ignoring the tremendous accomplishments of the older age groups.

The system that Moran uses to distribute the masters prize money, is to compare the finish time of an individual to the average of the five single-age records for that individual's age group, after throwing out the fastest and slowest. To illustrate, the U.S. single age records for ages 50, 51, 52, 53, and 54 were (prior to the TCM!): 2:29:54, 2:33:02, 2:36:37, 2:31:56 and 2:32:25. Throwing out the fastest and slowest times and averaging the other three, the result is the "target" time of 2:32:31. Norm Green ran 2:26:05, 6:26 under his target, which placed him third on the "age-graded" scheme and earned him \$2500, competing against all other finishers over the age of 35.

It is an interesting system and relatively simple to use, but it is not precisely an age-graded system. It is

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# PROFILE

## Sue Johnston Fits Running into a Full Schedule

**"I**t would be much easier to quit, but something inside makes me work and try hard, instead. There always seems to be a new challenge."

Sue Johnston was expressing her frustrations at not being able to run as fast as she had just a few years ago. The interview was taking place following the Diet Pepsi 10-K in San Mateo, Calif. on July 22. Johnston, 42, had easily won the masters title in the race, but she was disappointed with her time and refused to reveal it.

Despite numerous injuries which have plagued her over the past three years, Johnston has been able to run well enough to rank as one of California's leading masters women. Her performances include a 38:20 masters victory in the 1983 Seattle Seafair Regional Pepsi 10-K, a 1:00:04 victory in the Avon 15-K at San Francisco last year, a 1:05:10 in the 1983 RRCA 10-mile championship over a hilly San Francisco course, and a 1:23:12 national age record in the 1982 Oakland half-marathon.

Sue, a resident of Oakland, started running in 1977 as support to a friend. They ran two miles daily for about a year.

"The second year I ran the same course but with another friend," she relates. "We would run one mile comfortably and then on the return we'd begin to challenge one another right down to the finish. I think this strengthened me without my knowledge, so that when I finally did compete one year later I had a strong base.

By 1980, Johnston was regularly winning races in the open division. She turned in her best times at age 39, in-

cluding a 36:47 for 10-K, a 1:01:40 for 10 miles, and a 2:58:24 marathon. The injuries began hitting her, however, shortly after her 40th birthday.

"Frustration is something I work hard at keeping at bay," she says. "I've learned to exercise patience in my running goals and I'm trying to more carefully monitor my body. I'm finding Nautilus workouts on the lower body to be a great help for sciatica and a good hamstring stretcher. Right now, I feel I'm on my way back to being a hundred percent, but I'm not going to rush it."

Married and the mother of three children, ages 11 to 18, Sue works as a teacher of children with learning disabilities. She refers to her daily routine as "one big juggling act." A normal day works something like this: up at 5:30, make lunches; 6:15, run 5 miles; 7:00, make breakfast, do dishes, bed, wash, etc.; 8:00, drop off kids and go to Nautilus; 9:00 to 3:20, work; 4 to 5:30, run again; 6:30, dinner. . . .

"I'm leaving out soccer, La Crosse, gymnastics, scouts, and other regular activities of the boys, which require parental participation which my hus-



Sue Johnston

band and I share," Johnston says, all the while smiling. "And we have a normal social life, and other hobbies and interests. Needless to say, the days just aren't long enough. I'm not complaining, though. I thoroughly enjoy being involved in all these various activities and find it is a continual challenge."

Johnston's training and racing mileage adds up to around 75-80 a week, including a long run of 18 miles and a day of speed work. She and Karen Scannell, another top masters runner, founded the Impala racing team five years ago. This group of about 150 women train together once a week and take their racing seriously.

Sue considers her first marathon, a 3:19:01 effort, her most memorable experience. She did it on 20 miles a week

training and her time qualified her for Boston. Next to that, her fondest recollections are finishing second to Cindy Dalrymple at the Diet Pepsi national championship in 1979 and also winning a trip to Seattle in 1983 to compete in the Pepsi regionals.

Her most unusual running experience came on a training run not far from home in the Oakland hills when a totally nude man ran up beside her and started talking about the warm weather. That's when Sue learned how to surge.

In addition to running, Sue enjoys making quilts, photography, gardening, writing children's stories, cooking, canning, skiing, swimming, cycling and backpacking. □

— Mike Tymn



Sue Johnston crosses finish line as first age-40-or-over woman at the Diet Pepsi 10K in San Mateo, Calif. July 22.

photo by Egon Tymn

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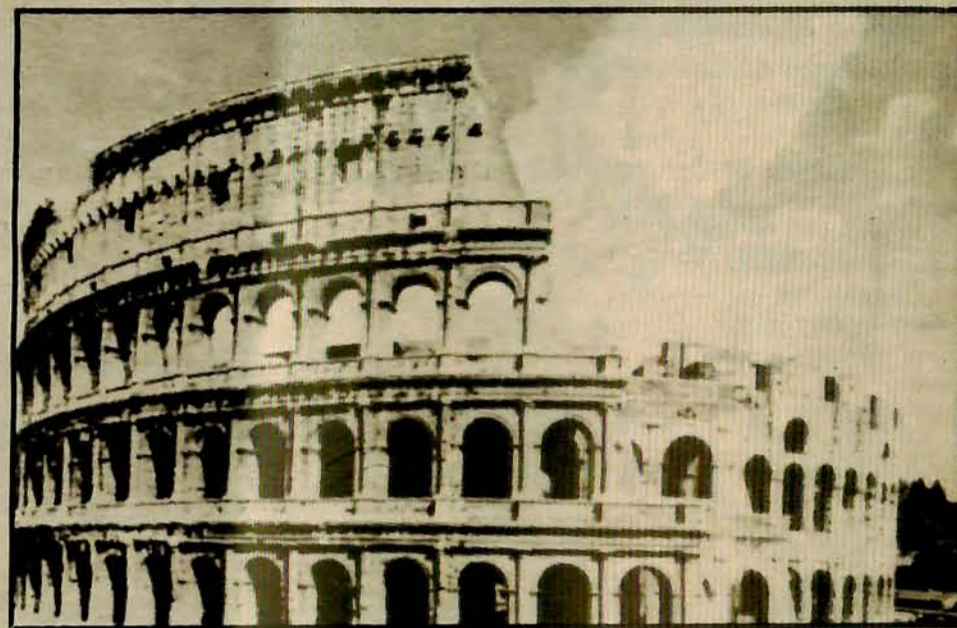
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7 months to go

## COUNTDOWN TO ROME

by DIANA SCHNEIDER



The Coliseum in Rome

*Editor's note: The VI World Veterans Games will be held in Rome from June 22-30, 1985. The Games are open to men age-40-and-over and to women age-35-and-over. The program was printed in our September issue. The updated schedule will be published in our December and/or January issues, along with complete entry information. Diana Schneider is a Certified Travel Counselor (CTC) in New York City, who has been coordinating travel arrangements for the Masters for the past six years. She recently visited Rome for the purpose of checking out the facilities, locations, transportation, etc. Here is her exclusive report for NMN readers).*

**F**our years ago, in the middle of a sleet storm, I fell in love with Rome.

It was March and the weather was dismal. I thought: if I can love this city in **bad** weather, how much more beautiful it must be in **good** weather.

This August, I returned to reacquaint myself with the city, its hotels and facilities, and to determine what sites to recommend to Masters planning to go to the World Veterans Games next June.

Most of the stadiums are in Northwest Rome, across the Tiber River, about a 20 minute ride from downtown. They can be reached mainly by local transportation, but may require changing buses, etc. Private bus transportation from your hotel would be more desirable and a lot easier.

After checking out the stadiums and the surrounding area, I determined I would rather be downtown in a good location, accessible to the heart of Rome, than out by the stadiums. There

are no hotels right next to the stadiums, anyway, and no other facilities to speak of in the way of entertainment, dining, etc.

A good area is the Via Veneto, one of the most desirable areas in Rome, near the Villa Borghese Gardens or the Roman Forum.

I was to learn that, in Rome, even though several hotels may be categorized as 1st class, etc., that does not mean that the facilities among all the first class hotels are on a par. The Italians grade their hotels on the number of rooms, the number of restaurants on the premises, bars, etc., and not



St. Peter's Basilica in the Vatican

necessarily on quality.

The Italians begin the day with a "Continental breakfast." That's a roll with jelly and tea or coffee. Lunch is from 12 noon to 2:30 or 3 p.m. Most Americans would be astounded at the amount of food Italians consume, and the length of time they spend at lunch.

The afternoon in Rome is siesta time. Most stores close for about three hours, then reopen for a couple of hours before closing for the evening. Good values can be found in leather goods, especially jackets, handbags and belts; fabrics and linen; designer clothing and gloves.

Most of the museums and monuments in Rome can be reached by local transportation depending, of course, on where you're staying. The metro, which was just in its beginning stages four years ago, now covers a good deal of the city. It's very easy for a visitor to use. A subway ride is about 22 cents.

Sights to visit during your free time might include: 1) Vatican City with St. Peter's Basilica and the Sistine Chapel;

2) The Coliseum and the Roman Forum; 3) The Fontana di Trevi (be sure to turn around and throw a coin into the fountain back over your left shoulder to ensure your return to Rome; 4) the beautiful Villa Borghese, one of Rome's loveliest parks; 5) the Castel St. Angelo; 6) No visit would be complete without a stroll down the Via Veneto, perhaps stopping in an outside cafe for an aperitif.

If you wish to take an excursion outside Rome, Pompeii is a fascinating site. So is Tivoli Gardens. I enjoyed my full day visit to Naples, Capri and the Blue Grotto, returning via Sorrento.

Good food is a bargain. A three-course dinner of a pasta, meat or fish, dessert and coffee is about \$8.00 at today's rate of exchange.

Some cautions: I would advise Americans not to rent a car in Italy. The drivers are like kamikaze pilots. If you ride the bus, hang on. The metro is calm by comparison.

Italy does have its share of crime. I recommend that ladies, especially, not

*Continued on Next Page*

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In a revealing photo of the M40 200m final in the Fourth European Veterans Championships, Brighton, England, August 20-24, Klaus Duerkop, #145, W. Germany, is running out of his lane. The man with the clipboard and black tie directly behind Duerkop looks like an official. However, Duerkop was not disqualified and won by a whisker over J. Hen-

son, #213. Both were given the same time of 23.01. Henson won the 400m in 49.91, only the second British Veteran to go under 50.00. The British 400m record is a long standing one, 49.7 in 1973.

photo by Wilfred Morgan

### Top Masters In World Event

As of October 15, entries have been received from the following outstanding roadracers for the XVII World IGAL 10km and Marathon Championships in San Diego, 1-2 December 1984:

Gabriele Andersen-Schiess (W35, Switzerland), Fordie Maderia (W35, U.S.), Shirley Matson (W40, U.S.), Patty Lee Parmalee (W40, U.S.), Vicki Bigelow (W45, U.S.), Margaret Miller (W55, U.S.), Ruth Anderson (W55, U.S.), Bess James (W75, U.S.).

Barry Brown (M40, U.S.), Antonio Villaneuva (M40, Mexico), Tim Johnston (M40, G.B.), Bill Stewart (M40, U.S.), Jerry Jobski (M40, U.S.), Kirk Randall (M40, U.S.), Ken Inglis (M40, Canada), Dan Conway (M45, U.S.), Jim Murphy (M45, U.S.), Pierre Voets (M45, Belgium), Earl Ellis (M45, U.S.), Ken Winn (M45, U.S.), Ray Hatton (M50, U.S.), Norm Green (M50, U.S.), Ino Cantu (M50, U.S.), John Weldy (M50, U.S.), Ross Smith (M55, U.S.), Ron Franklin (M55, G.B.), Jim O'Neil (M55, U.S.), Pat Devine (M55, U.S.), Jim McCown (M60, Canada), Fred Nagelschmidt (M60, U.S.), Ed Benham (M75, U.S.), Paul Spangler (M80, U.S.), Ramsey Thomas, (M40, U.S.), Henri Salavarda (M45, Belgium), John Derek Wood (M50, Britain), Gretchen Snyder (W50, U.S.), Nicki Hobson (W50, U.S.), Diane Palmason (W45, Canada). □

Continued from Previous Page

wander about alone at night. Two's are better. Four's better yet. Use the hotel safe, and try not to carry your passport, airline ticket or cash in your handbag. Traveler's checks are a good idea. Be especially wary in the area near the Stazione Termini (railroad station). This area has a poor reputation, even for the locals.

Don't let these cautions deter you, though, you can still have a great time in Italy. But, as in any big city, as we New Yorkers are aware, it is wise to be cautious.

In sum, Rome offers quite enough attractions and good dining at reasonable prices to keep you very busy during the times when you're not competing. The excellent food and shopping are reasons enough for the trip, but you have the added bonus of the camaraderie of fellow Masters having a good time together, and, perhaps, meeting many of your European counterparts for the first time. And added to all this is the excitement of competing in some of the finest and largest stadiums ever built.

See you in Rome. □

## San Diego to Host World Veterans Distance Championships

Continued from Page 1

By mid-October, according to Race Director Bill Stock, entries had been received from more than 450 men and women representing 15 nations, including sizeable contingents from Great Britain, West Germany, Canada, Taiwan, and Belgium. Typically, in recent years, between 1000 and 2500 competitors from 20 to 30 nations have participated.

Executive Director Tom Sturak, IGAL's North American Representative, believes that San Diego entries have been slack primarily because 1) the dollar has been strong against foreign currencies ("which makes travel to the United States prohibitive for many") and 2) "we're competing against so many other attractive events throughout the country." Also, Sturak senses a common misapprehension among American Masters, most of whom are unfamiliar with IGAL, about the nature of these championships.

"Relatively few Americans," Sturak points out, "have ever attended the World Championships and most are perhaps intimidated by the title. They think they aren't 'good enough' to enter, that it's strictly an elite affair. But having participated, myself, in five

IGAL Championships since 1971, I can say that's simply not true."

Sturak says many of the best runners in the world always show up—as they will in San Diego—and the competition at the top is fierce and performances often remarkable. In last year's race at Perpignan, France, for example, Dan Conway of the U.S. won the 10km in 30:26, just seconds ahead of Belgium's Pierre Voets; and Bill Stoddart from Scotland was the first 50-year-old in 32:45. But of 516 finishers, only 181 broke 40 minutes, 389 were under 50 minutes, and at least three 40-44 runners were among 44 who took over an hour. The woman showed the same pattern.

"And that's just fine," Sturak says. "As the IGAL Charter emphasizes, the primary object of the championships are to develop the spirit of universal fellowship and friendship through the common interest and the pleasure of participation. What I remember most about IGAL championships are the farewell parties and the many different friends I've made."

To encourage greater participation at the XVII World Championships, race organizers have extended the late-entry and closing deadlines, respectively, to November 10 and November 20.

#### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH NOV 1984

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
MIYOKO AKUBU (MONTEREY, CA)	11-13-29	55-59
JEANNE CARTER (SANTA ANA, CA)	11-23-39	45-49
JUDY GROOMBRIDGE (SEATTLE, WA)	11-6-39	45-49
ELIZABETH HAMILTON (CORONADO, CA)	11-28-24	60-64
BARBARA HUMMEL (CANTON, OH)	11-24-24	60-64
MARJORIE LAWSON (SACRAMENTO)	11-6-24	60-64
MARGARET LEE ((HONOLULU, HI)	11-22-19	65-69
LINDA SIPPRELLE (BETHLEHEM, PA)	11-3-34	50-54
CONSTANCE WILSON (PORTLAND, OR)	11-2-34	50-54
MAVIS HUTCHISON (RSA)	11-25-24	60-64
MARIA DE ORLANDO (ITA)	11-2-34	50-54
G. RICKARD (GB)	11-13-44	40-44
S. SCHUMACHER (WG)	11-28-44	40-44
SYLVIA WHITE (AUS)	11-5-29	55-59
JOHN FRASER (AUSTRALIA)	11-25-14	70-74
EDWIN FRY (INDIANA, PA)	11-18-39	45-49
JOHN HARTFIELD (HOUSTON, TX)	11-1-44	40-44
RUDOLF LEINEN (WG)	11-7-09	75-79
FREEMAN MARR (MEMPHIS, TENN)	11-15-24	60-64
FRANK MCCAFFREY (AUSTRALIA)	11-4-19	65-69
LOTHAR MILDE (EG)	11-8-34	50-54
LES MILLS (NZ)	11-1-34	50-54
WILHELM OLIVIER (S. AFR)	11-13-34	50-54
GEORGE SHAFTO (GB)	11-21-34	50-54
MIKE DE STEFANO (US)	11-20-39	45-49
JAMES VANTATENHOVE (LA HABRA, CALIF)	11-12-29	55-59
JOHN WHITTEMORE (SANTA BARBARA, CALIF)	11-20-99	80+



## WORLD VETS SCENE

by WILFRED MORGAN

Since 1981, the W.A.V.A. has levied a fine on all competitors in the World Veterans Games. For Puerto Rico it was 10 dollars. I.G.A.L. does the same and so do the European Vets. The money goes for the administration of these associations and nobody can quibble about that. But I wonder if we get value for money.

A big percentage of the W.A.V.A. purse is spent on flying the council members to the venue of the World Games, beforehand, to check on the arrangements and make sure the organizers have everything in hand. All very well, but this did not prevent the Puerto Rico Games from being a disaster, and I would venture to suggest that there is little W.A.V.A. can do in this matter once a venue has been decided.

The organizers can show the council members the stadiums, the computer system, the program, the sponsors, the accommodation, the tee-shirts, etc. and generally make everything look rosy. All these things can be first class but the thing that will make the Games a success will be the running of the meet on the day. This will depend on the expertise of the officials. All you want to know is whether or not they have the experience to handle a big meet. That is why the choice of venue is all important.

Something W.A.V.A. could do is issue an occasional new report, nothing elaborate. Perhaps we could

know well in advance of the countries interested in holding the Games after next. Then this could be discussed at the A.G.M's of national bodies and the delegates be given directives to vote in favor of one venue or other at the W.A.V.A. general meeting. I was one of the five British delegates at Puerto Rico when, out of the blue, the South

Africans put in a bid to stage a Game. It threw us completely. After a huddle, we came up with one against and four abstentions.

Now the business of the 4x100 and 4x400 relays. It seems that to offset nationalism we are to have regional relays; America, Africa, Europe, Asia etc. — Sounds a touch racial to me. I wonder who will pick the teams. And by the way, does that mean that the team scoring in the marathon will be by region and not country? We have gone off half-cocked on this one.

It was at the General Meeting in Christchurch that the national relays were voted out. It was rail-roaded through. Everybody was edgy and sensitive. In New Zealand, anti-apartheid

demo's caused some soul searching. The vote to cancel the relays was an emotional one, as if those present were anxious to make some sort of gesture to convince people that are in the business of promoting veteran athletics and care little for nationalism when we are in the stadium. But I bet if you took a vote for the veteran sprinters, world-wide, they would be in favor. They are really just like the club relays that usually add a bit of spice at the end of track meets.

The Christchurch proposal was made by Jan Parlevilet on behalf of the Dutch vets. One of the points it made was that relays are unfair to small countries who have no chance to compete.  
*Continued on Page 19*

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Californian Bernie Stevens, who is also a British citizen, placed 2nd in the 55-59 400 in 57.48 at the European Veterans T&F Championships in Brighton, England August 20-25.

photo by Gretchen Snyder





# THE POSSIBLE DREAM

by  
Marilyn Osgood-Knight

## MIND OVER MARATHON

**N**ot all marathon winners finish first. Something pretty terrific happened to me at the Nike-Oregon Track Club Marathon held in Eugene, Oregon, on Sept. 9.

One: I was allowed to enter, even with a predicted time for my very first marathon of 5:54:08.

Two: I managed to finish—sprinting in to a standing tearstained ovation by my 307 fellow marathoners, officials and volunteers at legendary Hayward Field—nearly seven hours after my semi-darkness start.

Along the 26.2-mile course I witnessed some rare and moving moments. I touched hands with other disabled people lining the streets (I have a mild form of multiple sclerosis). An elderly man leaning on a cane raised his hand in salute as I ran past him, both of us in tears. A little boy clutching a red helium-filled balloon emblazoned with the NIKE swoosh squealed, "It's her!" A dear woman in a housedress and slippers dashed into the street beside me and took my picture, whispering "You're my inspiration," as I jogged on.

I am not an elite athlete. I am just an ordinary person living out extraordinary dreams. And on a soggy Sunday morning in early September—with the

help of hundreds of volunteers—I experienced that once-in-a-lifetime thrill of making the front sports page of my local newspaper (the Eugene Register-Guard).

The four-column color photograph shows the toil and terror of the marathon distance. The tears of victory are surely sweeter than those of defeat. I am proud to have been beaten by 77-years-young Mavis Lindgren of Orleans, Calif., finishing her 40th marathon in seven years. Mavis has been a role model for me since I first saw her run a previous marathon here in the late '70s. I remember cheering for her like any crazed Michael Jackson 'groupie,' never dreaming that we would share the spotlight in 1984. Though I started one hour earlier than Mavis, she breezed by me at about the 16-mile mark slowly enough for me to shout, "Wow, it's Mavis Lindgren!" before she disappeared. Her 4:27 time was a lot faster than my 6:49, even with

a slowdown in her training because of an ailing husband.

How I got into such elite company with world-class runners like Benji Durden is still somewhat of a small miracle. The saga of an 'armchair athlete' like me going toe-to-toe with some great runners from most of our 50 states and a dozen-odd foreign countries has soap opera overtones.

Some real heroics took part during this marathon. Overall winner Laverne Achenbach, 41, is a full-time racer and coach from Birmingham, Alabama. He successfully defended his title in his division, smashing the course record in the time of 2:06:47. Achenbach's extra-special to me because this elite masters athlete happens to race in a wheelchair. Having tried doing that myself in past short races (2-mile through 8K in 1983), I have immense admiration for the superb upper-body conditioning of the athletes-in-chairs.

And it seemed fitting, in a way, for athletes with disabilities, Laverne and myself, coming in first and last, I jokingly told him after my finish, "We're sort of like an Oreo cookie, with 300-plus able-bodied runners in between."

At the carbo-load pasta party the night before the marathon, Durden spoke of training schedules, sports nutrition, personal mantras ("I'm OK, I'm feeling great") and his former efforts in LSD (long slow distance). Then I spoke about the great thrill of taking part in my own 'marathon of hope' for the disenfranchised, discouraged and disabled persons whose banner I planned to carry every step of my journey.

I asked each athlete to adopt my special mantra and to "take home the

message of hope that a young cancer patient named Terry Fox spread around the world." Terry Fox's brave 3,339-mile Marathon of Hope across the face of Canada in 1980, so moved me emotionally that I pledged when Terry succumbed to bone and lung cancer in June, 1981, that the world would not forget him.

My marathon on Sept. 9 was my tribute to Terry Fox. And my mantra—which carried me successfully through the long, grueling miles while my patient husband fed me bananas, water and loving encouragement from his volunteer's bike—was and still is, "Terry Fox, Terry Fox, Terry Fox."

That's what I meant when I said at the top of this column, "Not all marathon winners finish first." Terry never got the chance to complete his 5,000-mile marathon. But his run on an artificial leg—averaging a marathon a DAY for 100 days—so inspired people all over the world, that over \$25,000,000 has been raised for the Canadian Cancer Society in his name.

Shortly before he died, Terry said, "If I do die from cancer, I just hope people don't forget what I tried to do. I don't want them to just say, 'He did a neat thing,' and then forget about me. I think I accomplished something special..."

Oh, Terry. We won't forget. I think you would have been proud of us, so many of us running with your name on our lips. You were—and are—the heart and soul of what endurance sports like the marathon are all about.

I'm just proud I got to share a bit of your memory with other athletes who, like you, are accomplishing their Possible Dreams. □

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In this photograph of Kirsten Hveem winning the W55 200m in 30.58, in the IV European Veterans championships in Brighton, England, August 20-25, American Masters should note two enviable features: first, a rather large group of interested spectators, and second, the pub in the background. A very thoughtful place to locate a track.

photo by Wilfred Morgan



## World Vets Scene

Continued from Page 17

pete equally, and strangely it goes on to say that, 'A top athlete from a large country has a good chance to win in a relay where the same athlete would have no chance to win in a small country'. Sounds as if he is concerned about where the medals go. But the point about equality is fatuous. There are a number of people who run faster than me, on occasion, but it never deters me from competing with them.

No, the point I would like to make is that contentious issues should be well

aired in advanced of the W.A.V.A. meeting so the athlete's voice can be heard. The general meeting takes place in the middle of the Championships and all manner of rubbish can be rushed through while people are itching to wind things up and get on with the business that brought them there — track and field athletics.

It's nice to see an international section in the News. Perhaps you could arrange to get a correspondent in Germany, there is a lot of vet activity there that goes unreported. And you could also maybe get Mr. Wendell Miller's column translated into English.

## Notes on Marathon

Continued from Page 13

theoretically possible to demand a lower absolute time standard for an individual in a higher age group, and, indeed, this would actually have happened a few years back. Those with the advantage are outstanding athletes just entering a new age group which has relatively weak age records.

A good example of the above was Barry Brown's second-place finish (\$2750) by finishing 6:53 under his "target". Only Mike Manley, at age 40, had broken 2:20, and that time was one of those thrown out in the averaging. The remaining three average 2:22:07, which was good, but not great on a world scale. Dan Conway and Jim Bowers, who finished fourth and fifth (\$2250 and \$2000), recently turned 45 and ran substantially faster than the rather weak "target". Norm Green's third-place finish might have been even better, but he had a difficult "target". Green had to compete against an average of single age records, which included his own and those of Alex Ratelle. But by running a three-minute PR, he overcame that handicap.

Conversely, some superlative times just weren't good enough for the system. Ratelle, at age 60, had just entered a new age group, and is the one of the best masters runners of all time. But since he had to compete against a solid phalanx of Clive Davies' age records, he wasn't able to beat the "target" time. Nevertheless, he finished 10th (\$750) with a time of 2:48:08, the second-best U.S. performer of all time in this age class!

Meanwhile, Davies himself, at age 69, also competed against his own records, and the age record he succeeded in breaking was the high one that had been thrown out in the averaging! He didn't even place in the money, with a 2:53:41, at nearly 70 years of age! Had Davies been 70 and run the same time, he would have won the \$3000 first prize with minutes to spare. Needless to say, next year Davies should seriously considering returning to the TCM.

On the women's side, Mae Horns' time of 3:16:10 and Ruth Anderson's

time of 3:20:50, are good to excellent on a world scale, but they were competing against "target" times produced largely from averaging the times of Olympic Trials Qualifier Sister Marion Irvine and the redoubtable Helen Dick. (Dick, by the way, is now 60 and has an excellent chance of breaking age records by many, many minutes.)

I'm not sure if the above discussion discloses a "flaw" in the system, but it certainly means that the money awards do not go to the best age-graded performances in proper sequence. For that, computerized age-graded tables, produced by the National Running Data Center (NRDC), are required at least as a starting point for such a system.

The overall winner (\$3000) of the "age-graded" TCM prize scheme, Canadian Diane Palmason, since she is not a U.S. citizen, cannot affect U.S. age records. Her great 2:46:21 performance will not lower the "target" for 1985, as a record-breaking performance of an American would have done. Thus, if no U.S. Age records for women 45-49 are broken in the interim, and all other things are the same, Palmason could run the same time next year (or a few minutes slower) and still pick up \$3000. Watch for a match race between Clive Davies, Helen Dick and Diane Palmason for top money next year.

Another special feature of this year's Twin Cities Marathon was the establishment of a certified 20-mile course within the marathon. Times were compiled for this rarely-run but nevertheless standard distance and a large number of U.S. records were broken. Many of these age records are "soft" not only because it is an unusual race distance, but also because, even when it is run, the bulk of the competitors do not treat it with as much respect as a major shorter race or a marathon.

Here are just some of the masters records broken, in addition to the open men's and women's records:

40-44 Barry Brown .....	1:42:08
45-49 Dan Conway .....	1:49:10
45-49 Jim Bowers .....	1:49:10
50-54 Norm Green .....	1:51:44
45-49 Karen Scannell .....	2:11:26



Norm Green, 52, is \$2500 richer as a result of his U.S. age 50-54 marathon record of 2:26:05 in the Twin Cities Minneapolis-to-St. Paul race September 30.

photo by Laurie Boutang

The above represents the only confirmed age group records which have reached NMN. It seems likely that Athos Barton (Men 35-39) Alex Ratelle (Men 60-64), Clive Davies (Men 65-69) and Ruth Anderson (Women 55-59) also broke their respective age group records for 20 miles, in addition to numerous other single age records. NMN will publish these when notified.

Regardless of the rather lengthy discussion of the idiosyncrasies of Jack

Moran's "age-graded" system, which has caused some competitors consternation (though they might have done the analysis themselves), there is much to be said for it. On balance, there is little question, in my opinion, that the system, and indeed the race as a whole, has proven to be an enormous success. It is hoped that Director Moran and Pillsbury, major sponsor of the race, remain a class act for years to come at Twin Cities. □

## NOW AVAILABLE Masters Age-Records 1984

Compiled by National TAC Masters T&F Records Chairman Pete Mundle with Lori Maynard and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1984.
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# MASTERS SCENE

## NATIONAL

• From the Los Angeles Times, September 26: "Former mile world record-holder Glenn Cunningham said recently that he, not England's Roger Bannister, ran the first sub-four-minute mile. Cunningham said he ran 3:58.9 in 1930 as a 21-year-old at a meet in Chicago. The record was not official, he said, because the track was not official and there was only one stopwatch. Bannister is officially credited with running a 3:59.4 (with the help of two pacers) in 1954. Cunningham, 75, said he kept his time a secret because he feared his coach would be criticized for pushing him too hard."

## NEW ENGLAND

• **Gary Cochran**, 42, was the best Master in the Good Sports Ten-Miler, Brunswick, ME, in 57:18. **Arnie Green**, 52, took 2nd with 58:52 and had the pleasure of winning the Two Generation trophy with his son, **Arnie II**, 33, (1:09:18). **Jo Comeau**, 40, won the W40-or-over with 1:08:28. **Lester Rhoads**, 69, won the Oldest Runner award.

• **Summer Brown**, 40, Belmont, MA, led an impressive Masters field to a 25:42 victory in the Lite Beer Challenge Series 8K, Newburyport, MA, August 15. **Gus Foley**, 41, Winthrop, MA, took second, 26:14, and **John Boyle**, 40, of the host town, was third, 26:65. **Tony Sapienza**, 55, finished in 28:21. Forty-five-year-old Lexingtonian **Carrie Parsi's** 33:18 took first among the women Masters. In the final event of the five-month Lite Beer 8K Series, Newburyport, September 5, **Kirk Randall**, 43, with 25:32, led another stellar Masters field with the first three men dipping below 26:00. This time Boyle edged Foley by three seconds (25:56-25:59) for the runner-up slot. **Bill Foulk**, West Lebanon, NH, lowered his pending 8K mark to 26:45, well below the U.S. age-51 record. Parsi again won the women's Masters race with a much better 31:39. The next three spots were won by women 50-or-over. **Barbara Robinson** of Nahant, MA, bettered the existing age-50 American record by an amazing 54 seconds. Yet, she barely defeated **Helen Hamilton**, 53, of Bow, NH, 33:20 to 33:26. **Sally Goodhue**, 50, Weston, MA, was 92nd and the last official finisher. The Championship required that all participants qualify with fast times (by age group) in a previous Series race. That's how Sally could be last with a 35:34, running at 7:09 pace!



From left: Fred Johnston, 38, (15.8); Marvin Thompson, 37, (15.3, 1st); and Derek Robinson, 30, (15.3); in 110 meter hurdles at 1984 Nor Cal Seniors Meet in Berkeley.

photo by Mike Tymn

• **Barry Brown**, 40, of Glens Falls, New York raced to a new American Masters half-marathon record of 1:06:24 in the Maple Leaf race in Manchester, Vermont September 15th. That placed him 5th overall behind Michael Musyoki's winning 1:02:27. Brown broke **Mike Manley's** 40-44 record by seven seconds. The effort followed his U.S. 40+ 10K mark of 29:57 set at Asbury Park, N.J. August 18, and preceded his 20-mile and marathon records in the Twin Cities race in Minnesota September 30. (See separate story.)

## EAST

• **Thomas Crane**, 44, Addison, NY, finished this August's Troy 10K Classic, Troy, PA, in 15th place (704 finishers) with 36:56. **Richard Bauman**, 52, Sterling OH, won the M50-54 in 35:59, and **Hubert Morgan**, 62, Sayre, PA, won the M60+ with an enviable 37:51

• **Norm Green**, 52, sped to a 25:42 for a 3rd overall in the Big Brother/Big Sister ARA 5 Mile in Philadelphia, June 27, and a new American age 50-54 8K record.

• **Warren Olrich**, 45, led the Howard County Striders 10-man Masters team to a 4th place of the 31 teams entered in the D.C. Road Runners 14th Annual 24 Hour Relay, Fort Meade, MD, August 4-5. Running a mile per man, Olrich and his teammates totalled 241 miles and 1615 yards, with Olrich averaging 5:34.4 for his best 25 miles to top all Masters. **Gary Berg-Cross**, 40, of the open Montgomery County RR "A" team, averaged 5:35.1 for his best 25 of 26 miles for 2nd M40-49. **Elvio Levri**, 51, of the open Howard County Striders "Gold" squad, averaged 5:45.8 for 22 miles to lead all M50-or-over relayers. The two-day get-together included a 50 mile run, 50 mile race walk, 100 mile run, and a 100 mile race walk. **Bill Bates**, 41, did the 50 miler in 9:06:49, and Toledo's Sy Mah finished it in 9:54:57.

• **Ted Haiman**, 41, slipped through the field (1549 finishers) in 33:03 for a 10th overall in the Mazola Corn Oil-YMCA 10K, Central Park, NYC, September 16. **Mila Kania**, 53, was even slicker, with a 3rd place 39:31 (653 finishers).

• Forty-five-year-old **Anne Bing** of Old Lyme, CT, finished 28th (301 finishers) with a 40:02 and was crowned the Women's Region I Masters champion in Freihofer's Run For Women 10K, Syracuse, NY, September 23. Bing said her time was slowed by the heat and high humidity (78%), but a prevailing tail wind



Ed Stotsenberg, 70; Alan Waterman, 65; Troy Grove, 65; Don Wilgus, 62; and Ray Mahannah, 68; in 1984 Nor Cal Seniors Track Club Meet.

photo by Mike Tymn

pushed the race leaders to a 5:05 first mile time, which race director David Oja called "suicidal." Bing, along with the two top finishers, won an all-expense-paid trip to next year's Freihofer 10K in Albany, NY, May 18, which has been designated the TAC Women's National Championships.

• Update on **Shirley Matson**, 43, Solana Beach, CA—she broke her own American age-group record for the half-marathon of 1:20:47 with 1:19:53 in the Avon Half-marathon over a hilly, loop course in Central Park, NYC, September 29.

## SOUTHEAST

• **David Bloor**, M45, used 5:46s to take the Masters title in 35:43 in the Salem Dept. of Parks & Rec. 10K, Salem, VA, August 25. **Glen-na Fink**, W45, bettered her time in last year's race by over a minute to take the Masters women's race in 42:30.

• **Ellis Whitt**, 43, Huntsville, AL, outlasted **Jack Ward**, 42, Huntsville, 17:33 to 17:48, to capture the Masters race in the 3-mile segment of the Monte Sano 3/6 Mile RR, in Huntsville, September 1. **Jim Oaks**, 46, Huntsville, was off his '83 course record 33:26, but won the Masters 6 Mile in 35:00. Older Masters women defeated younger ones four laurels in both races: **Alice Clements**, 45, Huntsville, got the 3 Mile win in 21:59, and 58-year-old **Alene Park**, Huntsville, won the 6 Mile in 46:51.

• Masters winners **Everett Crum** and **Janet Gunning** set Masters course records of 28:08 and 34:43 in the Florida TAC 8K RR Championships (River City Cancer Classic), Jacksonville, on Labor Day, despite the fact that a late Amtrak train held up the 500 runners on the course, which crossed the tracks twice, for 12 minutes. **Tom Graham** lost his battle to retain the '83 Masters title and the course record when Crum beat him by 12 seconds in a sprint finish. **James Parks**, M55, ran a sizzling 30:18, and **Alix Gravenstein**, W55, was up with the leaders in 37:23.

• NMN race news contributor **Alex Coffin**, 47, of Charlotte, NC, finished 1st among the Masters in the **Billy Mills 5K**, Charlotte, September 22. Mills, 46, who won the 10K in Tokyo in 1964, in what is considered one of the most dramatic Olympic races, was in attendance at Charlotte, but a pulled hamstring limited him to jogging through the fun run and only a portion of the 5K. A week later, Coffin returned to his hometown, Asheboro, NC, to win his third straight Masters title in the Randolph County Fall Festival 10K, in 38:27.

• **Jim Mathis** reportedly clocked a fast 55.22 in the 50-54 division of a 440 yard run in Memphis August 28.

• Defending champ **Bill Stewart**, Ann Arbor, MI, fell victim to a stomach virus and a swift bunch of younger runners, and finished 8th but got the Masters win in 21:05 in the 4th Annual Poppa Jay's 4 Mile, Orlando, FL, September 15, in which 51 of the 281 men ran under 24:00. Dave Walters won the race, breaking Stewart's course record 19:30 with 19:13. **Donna Hiatt**, Daytona Beach, FL, took the women's Masters race in 26:57.

## MIDWEST

• **Dan Conway**, 45, breezed through the scenic City of Lakes 25K, which was the RRCA National Championships, in Minneapolis, September 9, in 1:22:48 to take the M40-49 crown over **Bruce Mortensen**, 40, by 13 seconds. The M50-59 was a close contest when **Arlen Sunn**, 50, won by 3 seconds over **John Burns**, 51, in 1:34:43. **Bill Andberg** knocked off 3 minutes from the national age-73 record previously held by Ed Wiberg. Unseasonably cool temps (mid-50s) and lead gray skies greeted the 1059 finishers who ran around two picturesque Minneapolis lakes. Jeff Winter directed.

• **Jim Forshee**, 58, Ann Arbor, MI, had a 28:17 for 5 miles in Lansing, MI, August 18, and a 58:53 for 10 miles in Flint, MI, August 25.

• **Carl Klehm**, 45, threw fourteen different implements, including the 56# weight, for a 9749 sum at the U.S. National Masters Throwathon, Woodstock, IL, August 25. **Gilberto Gonzalez** of Puerto Rico defeated **Detweiler** by a scant 64 points, 5015 to 4951, after the fourteen implement orgy ended, for the M70-74 Throwathon title, but Detweiler had 14 more points, 2251 to 2237, in the weight pentathlon competition.

## MID AMERICA

• **Bob Bartling**, 58, Brookings, SD, registered a 1:45:03 2nd place in the Jay Dirksen 25K, Brookings, September 15.

• **Richard Johnson**, 42, Colorado Springs, went up and down the Pike's Peak Marathon course in 4:23:49 to finish 15th (439 finishers) and lead all Masters in the 29th annual assault on the historic height in Manitou, CO, on August 19. **Earl Wert**, 71, Mobile, AL, did the whole thing in 6:58:17. **Judith Jacoby**, 40, Denver, led the Masters women to the finish in 5:54:45. Fifty-one-year-old **Eldise Caldwell**, Davenport, IA, after running for 6 hours, 14 minutes, and 12 seconds, lost the third Masters spot by 2 seconds to a younger **Judy Orban**, 43, of Colorado Springs. **Dick Wenham**, 40, Colorado Springs, did the Pike's Ascent in 2:24:02 to place 5th of 1115 finishers. **Dianne Walthers**, 42, Los Alamos, NM, ascended in 3:15:58 to

Continued on Next Page

## 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.*



Continued from Previous Page

take the W40-or-over title and the 11th sport (225 finishers). **Loren Adkins**, 74, Ketchum, ID, sprang up the trail in a lively 4:31:43.

• **Rod Lechtenberger**, 41, traveled over the rolling terrain of the Apple Jack 10K, Nebraska City, NB, in 33:11 for a second place (254 finishers), and **Lowell Gaither**, 46; followed for third in 33:21 in this late summer event.

**SOUTH WEST**

• **Jim McFadden**, 45, Vici, OK, did the Jerry Crockett Ten Mile at Lake Hefner in Oklahoma City, September 15, in a winning Masters 59:02. **Jim Smith**, 62, Oklahoma City Running Club race director, took the M60+ race in 1:12:38. **Maureen Bixby**, 42, Norman, OK, led at W40-or-over with 1:07:56.

• On Sat. Nov. 10, **Jennifer Hesketh Young** will again hold a woman's-only 2-hour run at 8 a.m. at the U. of Arizona track in Tucson. No pre-entry. Water provided. Runners should bring their own lap-counters (timers).

• On Sun. Nov. 11, at the same track, she will conduct a 2-hour, 50K, 50-mile, 100K event (run concurrently), starting at 7 a.m. No pre-entry. Bring your own lap timers. For more info, call Young at 602/326-6416 before 9 p.m. MST.

**WEST**

• Masters runners **Pattison Ronald**, 47, 37:40; **Dave Arntson**, 46, 38:12; and **Jon Quinn**, 42, 38:59; placed 3rd, 4th, and 5th of the 123 finishers in the Methodist Hospital 10K, Los Angeles, September 16. **Eugene Black**, 50, was up there with 39:52. **Esther Millien**, 52, was the fastest W40-or-over with 25:09 in the 5K.

• **Jim O'Neil**, 59, La Jolla, CA, clocked 39:21 to top all Masters in the Super Run '84 10K, San Diego, September 1.

• The 1984-85 Tucson track series at the U. of Arizona got off to a rousing start on September 15 as **Barbara Dibble** set a new U.S. age-54 3000m mark of 11:58.2, erasing Margaret Miller's 1980 time of 12:13.0. NRDC honchos **Jennifer Young**, 39, and **Ken Young**, 42, did 12:43.9 and 10:16.4. In the 800m, ex-So. Californian **Truman Clark**, 48, was timed in 2:22.2. The next two track events, 400/5000, were scheduled for October 20, and a two-hour run series is scheduled for November 10 (women) and November 11 (mixed). The Sunday event will include distances of 50K, 50

miles, and 100K. Last year, the two-day fete produced at least 25 age and age-group records.

• **Helen Dick**, who recently turned 60, hied to a 39:28 to outclass the W40-or-over contingent in the Hollywood Presbyterian Medical Center 10K, Los Angeles, October 7. Dick's time lowers her own national age-group record of 43:10 set in August by a large chunk. Some runners expressed the belief that the course was short; however, race officials said it was not. **Joe Razo**, 46, nipped **George Kingsley**, 44, by one second with a 33:47, for the Masters win. **Patrick Devine**, 55, had a 34:41 to take the M50-59. In the half-marathon, which was the SPA/TAC championships, **Steve Close**, 41, of the Culver AC, won the M40-44 and Masters honors by 7 minutes in 1:15:12. **Dr. Dean Scofield**, 63, Seniors TC, finished in 1:53:43. **Gina Faust**, 47, was first W40-or-over to hit the tape, 1:33:47.

• **Gerald Horton**, 61, of Maui, broke the national M60-64 loop-course 30K record of 2:03:57 held by Thomas Gibbons with a 14th overall (357 finishers) 2:03:01 in the Athlete's Foot 30K, Honolulu, August 8, which started and finished at Kapiolani Park. Meanwhile, wife **Miki**, 57, was winning her division with 2:49:39. **Bill Bulmer**, 47, Ewa Beach, HI, led all Masters with a 5th place 1:56:15, and **Aro Taae-Cook**, 42, Honolulu, was the quickest W40-or-over in 2:27:28.

• **Mike Tynn**, MNM columnist, practicing what he preaches, took the M40 division and Masters race with 33:52.0 in the Diet-Pepsi 10K, at Ala Moana Beach Park, Honolulu, September 23. **Gerald Horton** continued to race well with a 37:37.4 state record for the M60-or-over division. **Susan Woltag** took W40-49 race and women's Masters honors in 41:59.

• The 1st annual L.A. Valley Athletic Club Awards Banquet was held in Sherman Oaks, Calif. Sept. 15. President **Bill Adler** presented age-group awards to **Stan Whitley** (30-39), **Walt Butler** (40-49), **Parry O'Brien** (50-59 field), **Nick Newton** (50-59 track) and **George Simon** (60-69).

• Post-script to **Mike Tynn's** October Gun Lap column, which featured Spokane's **Sister Madonna Buder**, 53. Since leaving Hawaii in June, she's had two auto-bike accidents. She was riding her bike when she collided with a car, breaking her arm and some ribs. She had recovered from that and was training for the Ironman Triathlon in Hawaii in October when she was again hit, this time suffering a fractured leg.

• More on **Nick Newton**. The 51-year-old speedster, fully recovered from his 7-hour cancer operation in 1980, won the 100 (12.05), and 200 (23.69), and took second in the high jump (5-8) in the 50-54 division at the Nationals in Eugene, Oregon in August. He owed an assist to the magic of **Dr. Bob Watanabe**, M55 sprinter and orthopedic surgeon to the Masters. Watanabe performed arthroscopic knee surgery on Newton just 10 days before the Nationals — an amazing achievement by both men.

• Runners come and runners go, but **Laszlo Tabori**, founder and coach of the San Fernando Valley Track Club, has been at the same station for over 13 years. The 1978 *Runner's World* Women's Coach-of-the-Year trains both joggers and top-class athletes on Monday thru Thursday at 5 p.m. at Los Angeles Valley College. Tabori was the third man to ever break 4-minutes in the mile, and was a 1956 Olympian in the 1500 and 5000 for Hungary, before moving to the U.S. His Van Nuys sports shop has moved into larger quarters, and he's teaching a Saturday morning running workshop at Beverly Hills High.

• **Monty Montgomery** died this summer at age 78. The Southern Californian held every marathon record from age 69 through age 73, with a 3:00:57 in 1975 at age 69. "Monty had complained of nausea and gastrointestinal problems in the week before his death," **Al Hromjak** reports.

• The Oakland Marathon & Half Marathon Organizing Committee announced that operations will be suspended for the 1985 season.

Lack of major sponsorship and a lower than expected runner registration in 1984 were cited as the deciding factors.

The race has been a totally volunteer effort since its founding in 1979.

"Without a paid staff, efficiency is diminished, development impaired and continuity nearly impossible," director **Cherie Swenson** said. "The Committee feels that without major sponsorship, race quality is destined to decline. Limited cash funding (corporate contributions to the 1984 budget amounted to less than \$10,000) made it impossible for the Committee to produce 1984 printed race results or to fund the athlete exchange program which has given the Oakland Marathon its international reputation. Hopefully the situation can be turned around for 1986."

• A special "WorldMasters Division" will again be featured at the Paramount, Calif. 10K on January 26. Merchandise prizes to top 10 in each 5-year age group through 80+. No race fee. Masters may run separately. Special recognition for Masters at award ceremonies. Send SASE to Oscar Rosales, PO Box 696, Paramount CA 90723.

**NORTHWEST**

• Olympic aftermath: **Gabriele Andersen**, 38, of Sun Valley, Idaho told **John Meyer** of the Rocky Mountain News (reported in **Joe Henderson's Running Commentary**): "For me, it's over. What I did was not courageous... I have to be more careful in hot, humid climates. ... I think the press overreacted, but I can't blame them. I do feel exploited, though." An example of that exploitation is Andersen's pix gracing the cover of *Discover* magazine last month, illustrating an article titled: "Exercise: How Much Is Too Much?" As **Henderson** says: "Olympic marathoners aren't running for exercise any more than NFL football players are knocking heads for their health."

• **Channing Berthiaume** (2:33:02) and **Nancy Hellyer** (3:00:10) were the top masters in the Portland Marathon September 23rd.

**CANADA**

• The Estonian TC won this year's Canadian Masters Club Trophy Championships by scoring 12,492 points, September 9, at Toronto's Centennial Stadium, the site of the First Masters World Championships in 1975. Eight events were contested: 100m, 400, 1500, 5000, long jump, high jump, javelin, and discus. To equalize the chances of smaller clubs with fewer members only the top two performances of each club per event were counted toward the totals, for which the 1984 revised W.A.V.A. tables were used. Several good sprint performances gathered up to 1000 points, but the most outstanding point producer was Quebec's **Ian Hume**, 69, who set an age world record with a high jump of 1.47, which gave him 1456 points. Hume with five events totaled 4388 as the one-man St. Francis TC. Latvian TC took the second spot with 10397, and Sportclub '64 was third with 9622.

**INTERNATIONAL**

• **Ruben Diaz Velez**, M45, recorded the fastest times of the meet in the 100m (11.2) and 200 (23.9) at Sixto Escobar Stadium, San Juan, Puerto Rico, July 7-8. **Dagoberto Gonzalez**, M50, had a 161+ discus throw, and **Pedro Candelaria** scored 2325 to win the M50 pentathlon.

• **Joyce Smith**, 46, G. Britain, collected \$2750 for her 8th place 2:37:16 in the Avon International Marathon, Paris, France, September 23. The winner, **Lorraine Moller**, New Zealand, 5th in the 1984 Olympic Marathon, won \$15000 with her 2:32:44 victory. In the 1984 Olympic Marathon, Smith had an 11th place time of 2:32:48.

• In the first ever Western Province Masters X-Country Championships, 37 men and 11 women competed at Newlands Forest in Cape Town, South Africa, September 22. The event organized by **Leo Benning**, was run over a rolling, difficult course in warm weather, and saw



Rex Harvey, pole vaulting in his 100th Decathlon and winning the M35 national title in Indianapolis July 7-8.

photo by Don Frye

**J. Roffey**, M40, finish the 8K race first with 29:49. **G. Buhrmann**, W40, did the women's 4K race in the winning time of 18:34.

• **Vic Smith**, who won the European Veteran M40 1500-meter crown in Brighton, England in August in 4:01.1, set a British Vets M40 Mile record of 4:21.5 at Hornchurch.

• **Sonia Laxton**, 37, ran 2:36:44 in a Bellville, Capetown marathon in July.

• **Harry Tempan**, a winner in the M55 800/1500 in Brighton (2:14.0 and 4:29.9), should challenge Finland's **Toivo Vikman's** pending M60 WR of 2:14.6 next year in Rome when Tempan turns 60.

• Two Americans did well in European meets: Virginia's **Frank Finger** set a world age-69 mark of 75.96 in the 400-meter hurdles at the British Vets Championships in Edinburgh, Scotland in July, and California's **Bernie Stevens**, a U.K. citizen, took 2nd in the M55 400 in 57.48 and 6th in the 200 in 26.50 in the European Vets Championships in Brighton, England in August.

• Oldest competitor in the British Vets T&F Championships in Edinburgh was **Ed Searle**, 76, who won his 100 meters race in 17.40.

• **Barry Parnaby**, 52, is a former miner who suffered from a crippling lung disease. He was given a disability pension, but has fought his way back to fitness. He was 2nd in the British Vets Champs in the 400 in 57.89, and is the reigning Scottish and Veterans champion in the 400 and 800. He runs 35 miles a week near his home near Newcastle-on-Tyne. "I couldn't climb the stairs or get dressed without a rest," Parnaby said. "It was dreadful. Then I started improving slowly, but I'm still nowhere near 100 per cent."

• The IOC gave the OK for a woman's 10,000 as an Olympic event in Seoul in 1988.

• The IAAF voted to establish world road racing records from 20K and above. It also decreed men and women may not compete together in races held within a stadium, but they can still mix freely on the roads. That peculiar distinction is something for WAVA members to think about when they vote whether to merge with the IAAF or not.

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# schedule

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

**November 28-December 2.** 6th Annual TAC Convention, San Diego. TAC, 200 S. Capitol No. 140, Indianapolis IN 46225. 317/638-9155.

## TRACK & FIELD NATIONAL

**January 13.** TAC National Masters Indoor Pentathlon Championships (LJ, 55HH, HJ, SP, 1000m), Carlisle, Pa. Scott Thorn-sley, 519 Coolidge St., New Cumberland PA 17070. 717/774-3569.

**March 30-31.** TAC National Masters In-door Championships, Sterling, Illinois (near Chicago). Chuck Klehm, 1218 North Route 47, Woodstock IL 60098. 312/437-2880 (bus.); 815/338-9484 (home).

**July 6-7.** TAC National Masters Decathlon Championships, Denver, Jim Weed, 11672 East 2nd Ave., Aurora, CO 80010. 303/341-2980.

**August 23-25.** 18th Annual TAC National Masters Championships, Indianapolis.

## NEW ENGLAND

**June 23.** Senior Olympics, Brown Stadium, Providence, R.I. Dept. of Elderly Affairs, Washington St., Providence, RI 02903. 401/277-6880.

## EAST

**January 13.** TAC National Masters Indoor Pentathlon Championships, Carlisle, Pa. See "National."

**January 13.** 2nd Annual Pennsylvania Masters Indoor State Championships, Dickinson College, Carlisle, Pa. Scott Thorn-sley, above.

**March 16.** TAC Eastern Regional Indoor Masters Championships, West Point, N.Y. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

**June 16.** TAC Eastern Regional Masters Championships, Washington, PA (Pittsburgh). Barry Kline, 1245 Alameda Lakes, Washington PA 15301.

## SOUTHEAST

**November 5-10.** Golden Age Games, San-ford, Florida, 55 +, P.O. Drawer CC, San-ford, FL 32772-0868.

**November 11.** 3rd Annual Running Pen-

tathlon, Clearwater, Fla. Masters & Open. Dick Lacey, 1207 S. Duncan Ave., Clear-water, FL 33516. 813/447-7161.

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

## MIDWEST

**May 3-5.** 15th Southeastern U.S. Masters Meet, N. Carolina St. U., Raleigh, N.C. Stu Northup, Raleigh Parks & Rec. Dept., P.O. Box 590, Raleigh, NC 27602. 919/755-6641 (w); 847-5893. (h).

**January 5.** Lake Erie Indoor Champion-ships, Cleveland. Open & Masters. Charlie Hall, 18616 Restor Ave., Cleveland OH 44122. Questions: Joe or Mary Chad-bourne, 216/543-1932 (7-9 p.m.) Entry form in November.

**March 30-31.** TAC National Masters In-door Championships, Sterling, Illinois (near Chicago). See "National."

**April 21.** North Coast Relay Champion-ships, Cleveland Heights, Ohio. Jim Bar-rett, 3801 Shannon Rd., Cleveland Hts., OH 44118. 216/687-7133 (w); 932-0049 (h).

**June 15-16.** Senior Classic, Indianapolis, Ind. IUPUI Track Stadium, site of 1985 TAC/National Masters Championships. Bob Coughlin, 305 S. Barton, Indianapolis, IN 46241. 317/241-5446.

**August 23-25.** TAC National Masters Championships, Indianapolis. See "National."

## MID-AMERICA

**June 3-5.** Senior Olympics, St. Louis, Mo. Suzy Seldin, Senior Olympics, #2 Milstone Campus, St. Louis, MO 63141.

**August 11.** Chillicothe Masters Meet, Chillicothe, Missouri. Joe J. Shy, Jr., P.O. Box 745, Chillicothe, MO 64601. 816/646-3823; 646-1023.

**August 31-September 1.** Rocky Mountain Games, Denver, Colo. Jim Weed, 11672 East 2nd Ave., Aurora, CO 80010. 303/341-2980.

## SOUTHWEST

**November 10.** Women's-only 2-hour run on U. of Arizona track, 8 a.m. No pre-entry. Bring your own lap timer. Jennifer Young, 602/326-6416, before 9 p.m. MST.

**November 11.** 2-hour, 50K, 50-mile and 100K (run concurrently) on U. of Arizona track. 7 a.m. No pre-entry. Bring your own lap counter. Jennifer Young, above.

**June 8.** Hill Country Classic, Mason, Texas. Mason H.S. track. Lee Graham, Rucker Rt., Box 31C, Mason, TX 76856. 915/347-5921 (w); 347-5620 (h).

## WEST

**December 16.** Run Pentathlon (100, 200, 400, 800, 1500), Honolulu, Hawaii. Jack Karbens, 3138 Wai'alee Ave., No. 1003, Honolulu, HI 96816.

**December 22.** Weight pentathlon, Honolulu, Hawaii. See December 16 above.

**December 29.** Regular pentathlon, Honolulu, Hawaii. See December 16 above.

**January 27.** College of the Desert all-comers meet, Palm Desert, California.

**April 13.** Central California TAC Masters Championships, Warmerdam Field, Fresno St. U., Fresno. Hugh Adams, 7904 S. Mc-Call, Selma, CA 93662. 209/896-2435.

**April 27.** 10th Annual Sacramento Masters Relays, Sacramento, Calif. In conjunction with college dual co-ed meet between CSU-Sacramento and UC-Davis. Roy Wigginton, P.O. Box 255268, Sacramento, CA 95865. 916/927-6237 (w); 488-0345 (h).

**May 4.** West Coast Masters Classic, College of the Sequoias, Visalia, Calif. Marty Hig-ginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

**May 25.** Anteaters Masters Classic, U.C. Ir-vine, California. David Lewis, 505 Begonia Ave., Corona Del Mar, CA 92625. 714/673-2025.

**June 1.** SPA/TAC Championships, Oc-cidental College, Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale CA 91201.

**June 8-9.** TAC Western Regional Masters Championships, San Diego. Joe Horn, 1147 Agate St., San Diego CA 92109. 619/488-8886.

**August 10.** Trojan Masters Invitational, U.S.C., Los Angeles. Jim Vernon, 1147 W. Rowland Ave., W. Covina, CA 91790. 818/338-1623.

**October 5.** Club West Masters, U.C. Santa Barbara, Goleta, California. Geo. H. Adams, P.O. Drawer K, Goleta, CA 93117. 805/687-6323.

## NORTHWEST

**July 26-27.** TAC Northwest Regional Masters Championships, Gresham, Oregon. Jim Puckett, Mt. Hood College, 26000 S.E. Stark, Gresham OR 97030. 503/667-7534.

## INTERNATIONAL

**November 23-25.** 1st Triangular Interna-tional Track & Field Championship Match: Colombia, Puerto Rico and Venezuela, Caracas, Venezuela. Edwin Rivera, Santa Ana 13-5, Alturas de Torrimar, Guaynabo PR 00657. 809/789-7319 (h).

**November 30-December 1.** International Masters Championships, Buenos Aires, Argentina. \$30 for 7 nights lodging. Circulo Argentino De Atletas Veteranos (Cadav), Hipolito Irigoyen 3549, Capital Federal 1208, Buenos Aires, Republica Argentina. Phone: Hugo Kulzer, 795-0559 after 10 p.m. Deadline: November 16. Men 35+. Women 30+.

**December 7-8.** International Masters T&F Meet, Montevideo, Uruguay. Jose Figueras, President CAVU, Canelones 1136, Montevideo, Uruguay. Phone: 911432.

**April 5-8.** Australian Veterans Champion-ships, Hobart, Australia.

**June 22-30.** VI World Veterans Games, Rome, Italy. (Men 40+, Women 35+). Comex/Roma '85, Via Martinetti 7, 20147 Milano, Italy.

## ON TAP FOR NOVEMBER

The 6th Annual Athletics Con-gress (TAC) Convention takes place in San Diego from November 28 to December 1st. Masters track & field and long distance running committees will meet continuous-ly. Everyone is welcome.

### TRACK & FIELD

The 3rd Annual Running Pen-tathlon will be held in Clearwater, Florida on the 11th. Just the thing to release your post-election frustrations. An International Meet is slated for Buenos Aires on the 30th.

### LONG DISTANCE RUNNING

This is cross-country month. All three TAC National Masters cross-country championships will be held: the 15K in Houston on the 3rd; the 10K in New Jersey on the 18th and the 5K in Seattle on the 24th.

The RRCA Eastern Regional Masters 10K is set for Guilderland, N.Y. on the 3rd, as is the In-dianapolis Marathon. They're followed by the popular Marine Corps Marathon in the nation's capital on the 4th.

Wendy's 10K Classic in Ken-tucky highlights the 10th, with the TAC Metropolitan Masters cross-country in New York and the Wolfpack Distance Classic in Col-umbus, Ohio on the 11th.

The St. Louis Marathon on the 18th is a midwestern fall highlight. The Detroit Turkey Trot and Atlanta Marathon offer pre-Thanksgiving-dinner oppor-tunities, with the Seattle Marathon on top for the 25th. □

## LONG DISTANCE RUNNING NATIONAL

**November 3.** TAC/National Masters 100K Race Walk Championships, Arlington, Virg. Sal Corrallo, 5351 N. 37th St., Ar-lington, VA 22207. 703/241-1854.

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

**November 18.** TAC National Masters 10K Cross-country Championships, Holmdel, New Jersey. 11 a.m. Ron Salvio, Squan Road, Clarksburg NJ 08510. 609/259-9268. (NJ open championships at 10 a.m.)

**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.

**February 3.** TAC National Masters 10K Road Championships, Clearwater, Fla. Dick Lacey, 1207 S. Duncan Ave., Clear-water, FL 33516. 813/447-7161.

**May 5.** TAC National Masters 15K Road Championships, Edina, Minnesota. Jack

Continued on Next Page



Ruben Diaz Velez, M45, 11.2 in 100m, at Sixto Escobar Stadium, San Juan, P.R., July 7-8.



Continued from Previous Page

Moran, 5429 Wooddale Ave., Edina MN 55424. 612/373-2165; 612/920-0558.

**EAST**

**November 3.** Masters RRCA Eastern Regional 10K Championships, Guilderland, N.Y. Don or Susan Cohen, 18 Pine Knob Drive, Albany, NY 12203. 518/456-2499.

**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.

**November 18.** TAC National Masters 10K X-C Championships, Holmdel, N.J. See "National."

**December 2.** 7th Annual Brian's 10K Run. 1 p.m. West Chester U., Pennsylvania. Lawrence Brandon, 206 Brooke Drive, West Chester PA 19380.

**December 2.** Maryland Marathon, Baltimore. \$500 to top 40+ man and woman. SASE to Marathon, PO Box 11394N, Baltimore MD 21239. 301/882-5455.

**SOUTHEAST**

**November 3.** Salem Times Register 5/10K Open and 10K Masters Championships, Salem, Virginia. Mark Sweet, Salem Parks and Rec., P.O. Box 869, Salem VA 24153. 375-3057.

**November 22.** 2nd Annual Turkey Trot 10K, Detroit, Mich. Jeanne Bocci, 1915 W. Fort St., Detroit, MI 48216. 313/963-8300.

**November 22.** Atlanta Marathon, Atlanta, Georgia. Roy Benson, 3097, Avenue N.E., Atlanta, GA 30305. 404/231-9064.

**December 15.** RRCA National 100K Championships, Tallahassee, Fla. Felton Wright, 929 Blackwood Ave., Tallahassee, FL 32303.

**December 15.** Humana Rocket City Marathon, Huntsville, Ala. Huntsville TC., 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

**February 9.** 8th Annual Gasparilla Distance Classic 15K, Tampa, Florida. Jeanette Park, Race Director, PO Box 1881, Tampa FL 33601. Jack West, Invited Runners, 307 Caspian St., Tampa FL 33606. 813/254-4943 after 6 p.m. \$3500 prize money to Masters runners.

**February 24.** 7th Annual Anheuser-Busch Colonial Half Marathon, Williamsburg, Virginia. Feb. 13 deadline. Roy Chernock, Half Marathon, P.O. Box 399, Williamsburg, VA 23187. 804/253-0633; 229-9740.

**MIDWEST**

**November 3.** Indianapolis Marathon, Indianapolis, Ind. Duane Heidecker, 314 E. Cragmont Dr., Indianapolis, IN 46227. 317/787-6114.

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

**November 11.** Wolfpack Fall Classic 5/15/50K, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/451-2547.

**November 11.** International Peace Race 10K/25K, Youngstown, Ohio. Second Sole, 545 Poland-Canfield Rd., Youngstown OH 44512.

**December 30.** RRCA National 90K Championships, Peoria, IL. Paul Appell, R.R., Altona, IL 61414.

**MID-AMERICA**

**November 4.** Macy's Marathon/10K, Kansas City, Mo. Macy's Special Events Dept., 1034 Main St., Kansas City, MO 64105.

816/881-5383.

**November 18.** 13th Annual St. Louis Marathon, St. Louis, Mo. SASE to St. Louis TC, 6611 Clayton Rd., St. Louis, MO 63117. 314/862-SLTC.

**May 5.** TAC National Masters 15K Championships, Edina, Minnesota. See "National."

**SOUTH WEST**

**November 3.** TAC National Masters 15K X-C Championships, Houston. See "National."

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

**December 2.** 14th Annual Fiesta Bowl Marathon, Scottsdale, Ariz. P.O. Box 1032, Scottsdale AZ 85252.

**WEST**

**November 4.** Santa Barbara Marathon & Half-Marathon, Santa Barbara, Calif. SPA/TAC marathon championships. Santa Barbara Marathon, Box 6616, Santa Barbara, CA 93160. 805/964-2591 until 10 p.m.

**November 6.** Phoenix 10K, Phoenix, Ariz. Harvey Beller, 4602 N. 16th St., Phoenix, AZ 85287. 602/241-0995.

**November 18.** Long Beach Half-marathon & 3 Mile Fun Run, Long Beach, Calif. C.R.I., 1500 E. Anaheim St., Long Beach, CA 90813.

**November 25.** Westlake Village 20K Run, Westlake Village, Calif. Brian Pritchard, 1626 Wellington Place, Westlake Village CA 91361. 805/496-0088.

**December 1-2.** XVII IGAL World Veterans 10K and Marathon Championships, San Diego. See "International."

**December 2.** Western Hemisphere Marathon, Culver City, Calif. Jack Nakanishi, 213/202-5684.

**December 2.** California International Marathon, Sacramento. PO Box 161149, Sacramento CA 95816.

**December 2.** Beverly Hills - Perrier 10K, Beverly Hills, Calif. Richard Putnam, Beverly Hills Rec. & Parks, 450 N. Crescent Dr., Beverly Hills, CA 90210. 213/550-4816.

**December 9.** Honolulu Marathon, Honolulu, Hawaii. David Benson, PO Box 27244, Chinatown Stn., Honolulu, HI 96827. 808/734-7200.

**January 13.** Mission Bay Marathon, San Diego. 619/277-RUN2.

**January 20.** Super Bowl Sunday 10K Run VII, Redondo Beach, Calif. 10K Run, PO Box 637, Redondo Beach CA 90277.

**January 26.** Paramount 10K with special 5-year Masters divisions from age 40-84. Oscar Rosales, PO Box 696, Paramount CA 90723.

**March 10.** Maui Marathon, Kahului, Maui, Hawaii. Valley Isle Road Runners, P.O. Box 888, Kihei, HI 96753. 808/242-6042.

**NORTHWEST**

**November 24.** TAC National Masters 5K X-C Championships, Seattle. See "National."

**November 25.** Seattle Marathon, Seattle, Wash. Mary Reardon, 1711 Thorndyke Ave W, Seattle, WA 98199. 206/282-8596.

**CANADA**

**November 4.** OMTEA Cross-Country Championships, 10K, Toronto, Ont. Bob Moore, 519 Sutherland Drive, Toronto, Ontario M4G 1K9.

**INTERNATIONAL**

**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.

**March 18-April 2.** Running and Sport-smedicine Tour to Hawaii, New Zealand and Australia with Dr. Peter Snell. Study Tours International, 4307 Glen Vista St., Carmichael CA 95608. 916/449-9549.

**April 21.** London Marathon. Marathon Tours, 1430 Mass. Ave., Harvard Square,

Cambridge MA 02138. 617/492-3088. Lottery for 21,000 starting spots.

**June 8-9.** XVIII World Veterans Distance Running Championships (IGAL) 10K and 25K, (Men 40+, Women 35+), Blackpool, England. Bryan Doughty, Seaview Cottage, Port St., Mary, Isle of Man, Great Britain.

**June 16.** Brugge Veterans 25K (Men 40+, Women 35+), Brugges, Belgium. Jacques Serruys, PO Box 7, 8000 Brugge I, Belgium. □

**WRITE ON!**

Continued from Page 2

throw the hammer, but women may only watch or throw in exhibitions."

In the United States, women over forty can compete in every event listed under Masters competition. There is absolutely no discrimination due to sex. Since I was the one who wrote the rules, I guess that I should know. On the World level the same applies for women over thirty five.

I received a letter from Mary Chadbourne about having the hammer as a women's exhibition at the WAVA Championships. I advised her of the above but she was content to have the event as an exhibition. Communications were had with the WAVA Woman's Chairwoman. I hope to bring this up at the next meeting of WAVA so that women over thirty five

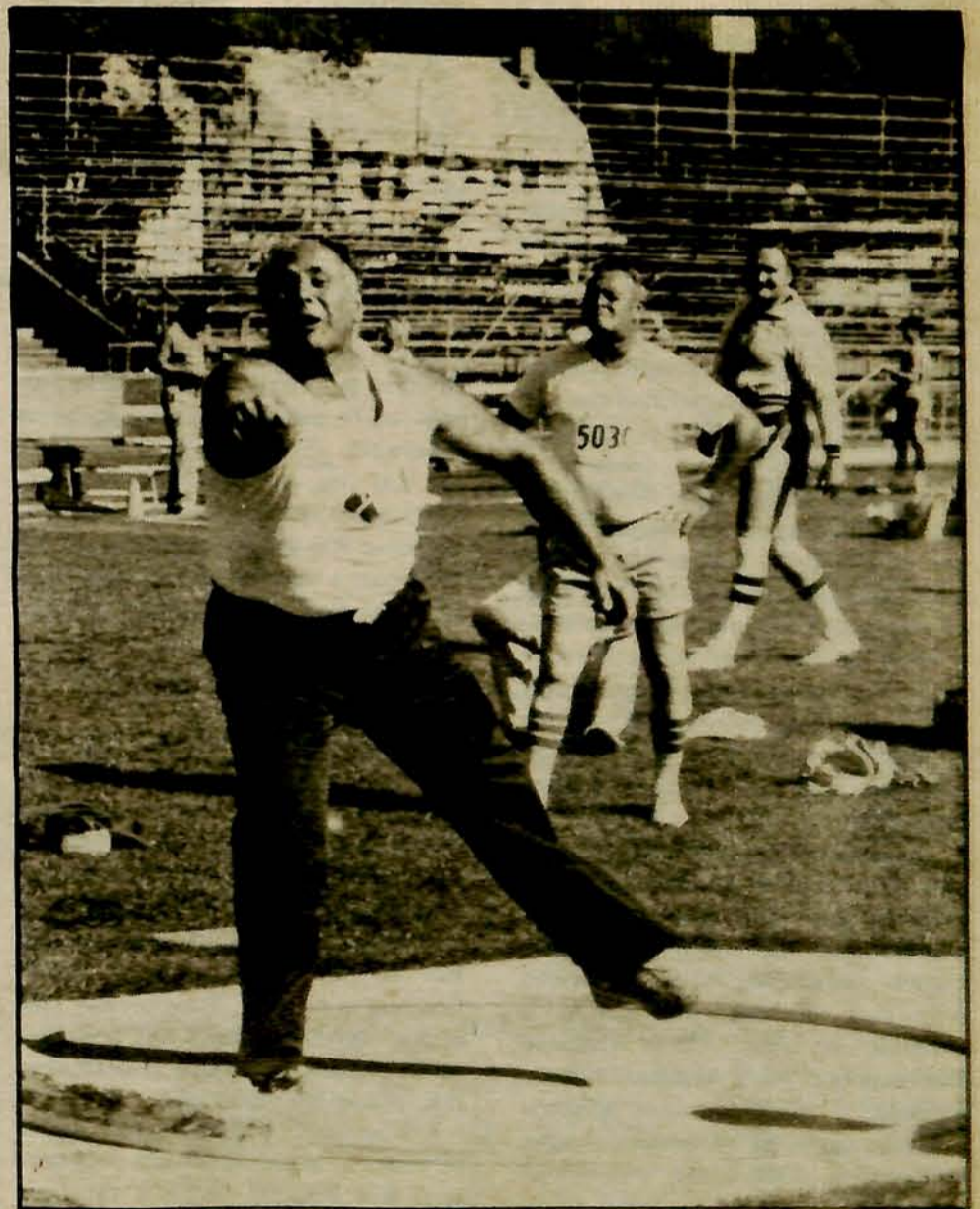
will not be limited to any "exhibitions" at any WAVA meet.

For those women under forty, in the United States they would have to deal with the Women's Open Track and Field Committee.

Robert G. Fine  
Brooklyn, New York

(Osgood-Knight may be "dead wrong," but the fact is that she was excluded from competing for a hammer throw medal at the 1984 TAC National Masters T&F Championships in Eugene. The meet director interpreted the rule differently than Fine wrote it. It's a matter that needs clarification, and is on the agenda at the TAC Convention this month in San Diego. — Ed.)

Continued on Page 24



Stewart Thompson second in the M50 shot to Parry O'Brien in the '84 Nationals at Eugene with a 40-3/4, and second again to O'Brien in the discus with 161-7, but winner of the hammer with 158-10.

photo by Mike Novello.





# National Running Data Center, Inc.

by JENNIFER HESKETH YOUNG

## MASTERS 15K MARKS REJECTED

NRDC has rejected the results of the 1984 TAC National Masters 15K as being unreliable. The race was run as part of the Boilermaker 15K in Utica, New York July 8. Several discrepancies suggest the new finish system may have had major, unresolvable problems. NRDC is awaiting a reply regarding remeasurement, in the hopes that some times may be salvaged.

Among the pending masters records set in Utica was Norm Green's M50-54 mark of 49:44.

## CERTIFIED COURSES

The 1982 TAC National Masters 5-mile Championship course in Philadelphia has finally been certified, clearing two age-group records.

It would be nice if every road course were certified and every race director knew the proper timing and recording procedures and reported the results of every race to NRDC. Many runners seem to believe this is true. We estimate there are 12,000 non-track races of 5 km and longer in the United States each year. Of these, roughly 6% met the standards for national rankings/records in 1983. There are roughly 1200 certified courses in use at present. Experience shows that uncertified courses are virtually always SHORT and hence, your times can't be relied on as a true measure of your condition.

What can you do? One simple thing you can do is to educate yourself in this end of the sport, just as you learned what shoes to wear, how to train, what to eat, and so forth. You judge your training on the times you achieve in races. You spend money to enter races and in traveling to races. If you are typical, you spend more than \$100 on entry fees and travel expenses, often much more.

The easiest way to choose races that will count is to run one that was acceptable last year. This means the course was certified the finish/timing procedures acceptable, AND the results were sent in. This information is available in either "U.S. Distance Rankings" or "U.S. Masters Distance Rankings." All 766 events accepted last year are listed by distance, giving the location, date, name, and size of race.

Another way is to get "Certified Road Running Courses" and subscribe to NRDC News to keep the list of cer-

tified courses up-to-date. When looking for a race, check the list to make sure it is certified. Race directors often claim certification or "pending" certification and the only way to be sure, is to check the list. The list will also tell you if the course is point-to-point and often gives elevation information (high, low, start, and finish elevations). Then all you have to do is make sure the race director sends us the results.

If you are after a record, you should be aware of the current record. Each year, NRDC publishes a complete list of the U.S. single-age records for each of 30 track and road events, from 100 meters thru the 24 hour run. There is also a full list of open and age group records, indicating which have been ratified by TAC. The 1984 edition covers marks thru the end of 1983. Updates are published almost every month in NRDC News. Some age group records are broken two or three times in a single year!

Road marks MUST be set on TAC/RRTC-certified courses. The TAC/Road Running Technical Committee was established last December at the TAC Convention as a special administrative committee in December of 1985. Meanwhile, several important changes have occurred that affect you.

There are now fourteen individuals around the country who are empowered to "certify" road courses, as opposed to measuring and sending in paperwork. Previously, only Ted Corbitt had this authority and Ted had pretty much reached his limit, approving some 800-900 courses annually (4 to 5 hours a day volunteer!) Now each TAC association has a contact for certification and most regions now obtain approval of certification in a matter of days rather than weeks or months.

## INTERIM 1984 15K RANKINGS

In this issue are the first set of 15 kilometer road rankings for 1984 for each men's and women's five-year age division from 35 to 89. The total of 17,399 finishers from 23 races is nearly half of last year's total of 39,827 finishers in 45 races. The Gateway 15K in Kirkwood, Missouri has been excluded, along with the Boilermaker 15K. (Gateway was short.)

Bill Stewart's 47:30 at Gasparilla on February 11 leads the 40-and-over runners. Bill Rodgers' 44:39 is the best 35-39 time. Cindy Dalrymple's 56:06 tops the 40+ women.

Ray Hatton's 49:52 in Portland on

June 24 thus becomes the official M50 record. Marion Irvine's 57:52 in San Francisco April 8 is a new W50 mark, while Algene Williams' 1:21:38 is a W65 record.

## 1983 HALF-MARATHON RANKINGS

Also published in this issue are the half-marathon road rankings for 1983.

## Write On!

Continued from Page 23

### SOUTHEAST REGIONALS

Flabbergasted! (meaning to be overwhelmed with shock, surprise or wonder).

Yes, "Flabbergasted" best describes my reaction to the article title "Atlanta Hosts Southeast Regionals" that appeared in the September 1984 issue of National Masters News. Was this the same meet that I participated in at Lovett field in Atlanta on June 16, 1984?

While I have no quarrel about what was written in this article, I'm completely baffled by what was ignored, viz: Gilberto Gonzales of Puerto Rico, M70, broke the American 100y dash record by a full second, Gordon Seifert of Birmingham TC M55 high jumped 5'6" (highest M55 in America this year), and Virginia McRoy, Birmingham TC, W60, had a long jump of 6'0 1/2" (3 1/2" longer than the record of 5'9" listed in TAC's record book dated 1983). Additionally, Carolyn Melton of Birmingham TC, W35, won the 220 in :31, the 440 in 67.3, the 880 in 2:34.8, and the mile in 5:15. Patsy Henson, also of the Birmingham TC, W35 swept the weight events with discus 74'9 1/2", shot 26'6", and javelin 80'3".

Probably the most glaring omission in this article was "the Birmingham TC's domination of this meet and its continued domination of masters track and field competition. In 1981, the Birmingham TC won the TFA-USA National Masters Championship (hosted by Atlanta TC). In 1982, it won the Southeast Team Championship (hosted by Atlanta TC). In 1983, it won the first TAC National Masters Club Championship (hosted by Atlanta). And in June 1984, the Birmingham TC won the TAC Southeast Regional Masters Championship (again hosted by Atlanta TC).

Birmingham's success in the latest (1984) meet consisted of 84 first places, 93 second place winners, 63 third place winners, and 35 fourth place finishers for a total of 858 points — more than the combined opposition — and the name "Birmingham" wasn't even mentioned in the September account of this event.

Whatever become of accountability?  
Wallace McRoy  
Birmingham, Alabama

Don Coffman's 1:08:19 and Dalrymple's U.S. women's 40+ record 1:19:33 topped the Masters rankings.

The top ten in each age group are published in the same format as they appear here (to a depth of 50) in U.S. Masters Distance Rankings, 1984, available for \$9.95 from NRDC, PO Box 42888, Tucson AZ 85733. □

*(We depend on meet/race directors to send us results, preferably typed single-space. We received the Southeast results hand-written, with no first names and no story. Gonzalez mark wasn't included. There were no team-scoring totals. We wrote the story using first names of people we knew. We missed McRoy's LJ mark. Thanks for pointing out the omissions and the impressive depth of the BTC. — Ed.)*

### CALIFORNIA SENIOR OLYMPICS

Hats off to Gordon Fitzel of Orange Coast College and the city of Costa Mesa, Calif. for hosting and running an outstanding meet for the 15th Annual Senior Olympics. In the past a number of us have boycotted this meet because it was so poorly run, but this year was truly an exception and was one of the finest administered meets on the schedule.

It is my understanding that Orange Coast College and Costa Mesa will handle this meet again and I would encourage all of us to participate in 1985.

J.K. Stanners

Bakersfield, California



Margaret Miller, 58, on her way to a national age group 55-59 record 1:06:44 in the Breakers YMCA 10 Mile Run, San Diego, June 3. The old record of 1:13:02 was held by Mary Storey.



# INTERIM 1984 MASTERS 15 KILOMETER RANKINGS

15 Kilometers		Open Men	
43:02	Mark Curp	25	Kansas City MO 11 Feb,FL-A
43:20	Mark Stickley	21	Blacksburg VA 17 Mar,FL-A
44:14	Paul Cummings	30	Orem UT 24 Jun,OR-A
44:21	Herb Lindsay	29	Boulder CO 17 Mar,FL-A
44:32	Tom Wysocki	27	El Toro CA 11 Feb,FL-A
44:39	Don Janicki	23	Tucson AZ 19 Feb,AZ-A
44:40	Kirk Pfeffer	27	Fallbrook CA 11 Feb,FL-A
44:44	Mark Finucane	27	Johnson City TN 17 Mar,FL-A
44:49	Daniel Grimes	25	Arcata CA 11 Feb,FL-A
44:49	Bill Rodgers	36	Sherborn MA 19 Feb,AZ-A

15 kilometers		Open Women	
50:23	Margaret Groos	24	Charlottesville VA 11 Feb,FL-A
50:31	Lisa Larsen	22	Ann Arbor MI 11 Feb,FL-A
50:33	Kellie Cathy	22	Ft Collins CO 24 Jun,OR-A
50:35	Debbie Eide	28	Salem OR 11 Feb,FL-A
50:39	Maureen Custy	28	Ft Collins CO 24 Jun,OR-A
50:57	Betty Jo Springs	22	Bradenton FL 11 Feb,FL-A
51:01	Beth Farmer	20	Clearwater FL 11 Feb,FL-A
51:15	Jeanne Lasee-Johnson	26	Las Vegas NV 19 Feb,AZ-A
51:30	Carol Urish	32	Houston TX 8 Apr,CA-A
51:30	Julie Isphording	22	Orlando FL 24 Jun,OR-A

15 kilometers		Men- 35 thru 39	
44:49	Bill Rodgers	36	Sherborn MA 19 Feb,AZ-A
46:58	Duncan Macdonald	35	Kailua HI 8 Apr,HI-A
48:30	Damien Koch	39	Denver CO 24 Jun,OR-A
48:43	Philip Welch	35	Seattle WA 28 Apr,WA-A
48:44	Lee Fidler	35	Stone Mtn GA 24 Jun,OR-A
48:54	Wes Wessely	36	Stone Mtn GA 24 Jun,OR-A
49:05	Tom O'Connor	35	Smyrna GA 24 Jun,OR-A
49:38	Kim Hartman	35	Snowmass Vlg CO 19 Feb,AZ-A
49:41	Doug Edmondson	35	Maple Grove MN 11 Feb,FL-A
49:49i	Hal Jackson	36	Portland OR 24 Jun,OR-A

15 kilometers		Men- 40 thru 44	
47:30	Bill Stewart	41	Ann Arbor MI 11 Feb,FL-A
48:33	Kirk Randall	42	Wellesley MA 11 Feb,FL-A
48:37	George Keim	41	Waynesboro PA 11 Feb,FL-A
48:49	Jack Bacheler	40	Raleigh NC 11 Feb,FL-A
50:02	Morgan Looney	42	Birmingham AL 24 Jun,OR-A
50:03	Chuck Tucker	42	Norcross GA 11 Feb,FL-A
50:07i	David Hayes	41	Grangeville ID 24 Jun,OR-A
50:21	David Storey	40	Orlando FL 11 Feb,FL-A
50:54	Erik Sten	40	Portland OR 24 Jun,OR-A
50:55	Gary Novak	40	3 Mar,CA-A
foreign			
45:44	Antonio Villaneuva	43	Jalapa MEX 24 Jun,OR-A/MEX
48:34	David Surman	40	West Vancouver BC 19 Feb,AZ-A/CAN
49:58	Alan Pilling	44	Marietta GA 11 Feb,FL-A/GBR

15 kilometers		Men- 45 thru 49	
50:55	Joe Burgasser	45	St Petersburg FL 11 Feb,FL-A
51:28	Ernest Billups	47	Chicago IL 20 May,IN-A
51:34	Earl Ellis	48	Seattle WA 28 Apr,WA-A
52:10	Herb Parsons	46	Anacortes WA 28 Apr,WA-A
52:33	George Buckner	45	Castle Rock WA 24 Jun,OR-A
52:42	Mike Tymn	47	Kailua HI 8 Apr,HI-A
52:55	John Weldy	49	Scottsdale AZ 19 Feb,AZ-A
53:09	David Mellady	45	Tucson AZ 11 Mar,AZ-A
53:25	Bill Catanese	45	Mill Valley CA 11 Feb,FL-A
53:54	Al Huff	46	Seattle WA 28 Apr,WA-A
53:54	Fred Hammond	46	Hammond IN 20 May,IN-A
foreign			
47:35	Roger Robinson	45	Wellington NZL 24 Jun,OR-A/NZL
49:38	Ron Hill	45	GBR 11 Feb,FL-A/GBR

15 kilometers		Men- 50 thru 54	
49:52i	Ray Hatton	52	Bend OR 24 Jun,OR-A
50:19	Norman Green	51	Wayne PA 11 Feb,FL-A
54:00	Ed Stabler	54	Syracuse NY 1 Apr,NY-A
54:36	Will Bentz	53	Kirkland WA 28 Apr,WA-A
54:49	Don Gammie	53	Centerville OH 25 Mar,OH-A
54:59	Lary Webster	50	Seattle WA 24 Mar,WA-A
55:24	Clyde Baker	53	Evanston IL 11 Feb,FL-A
55:53	Fred Lehr	50	3 Mar,CA-A
55:57	Robert Hunt	53	Maple Valley WA 24 Mar,WA-A
56:01	Jim Blount	54	Orlando FL 11 Feb,FL-A

15 kilometers		Men- 55 thru 59	
54:49	Orlo Keniston	57	Seattle WA 28 Apr,WA-A
55:36	Al Treichel	55	Milwaukee WI 20 May,IN-A
57:56	Bob Bartling	57	Brookings SD 12 May,SD-A
58:40i	Buz Masters	55	Troutdale OR 24 Jun,OR-A
59:04	Forrest Miller	56	Chicago IL 20 May,IN-A
59:33	Bud Rawn	55	Scottsdale AZ 19 Feb,AZ-A
59:44	Peter Donahue	55	Kettering OH 25 Mar,OH-A
59:56	Herman Grotheer	58	Savannah GA 11 Feb,FL-A
1:00:14i	Robert Kuepper	55	Portland OR 24 Jun,OR-A
1:00:23	Wayne Collier	57	Lexington KY 25 Mar,OH-A

15 kilometers		Men- 60 thru 64	
59:45	Gerald Horton	61	Kula HI 8 Apr,HI-A
1:00:51	Naoto Inada	62	Honolulu HI 8 Apr,HI-A
1:01:42	Bart Ross	61	Casselberry FL 11 Feb,FL-A
1:03:34	John Bates	60	Endicott NY 1 Apr,NY-A
1:03:50	Don Carter	60	Vestal NY 1 Apr,NY-A
1:04:09	Millard Shumate	62	Tampa FL 11 Feb,FL-A
1:04:13	Edward Buckley	62	Clinton NY 20 May,IN-A
1:05:09	George Rasch	60	Munster IN 20 May,IN-A
1:06:02	Bill Kowalisyn	63	Hammond IN 20 May,IN-A
1:06:28	Dave McCarthy	61	Cincinnati OH 25 Mar,OH-A

15 kilometers		Men- 65 thru 69	
59:24	Don Longenecker	67	Silver City NM 11 Mar,AZ-A
1:00:17	Clive Davies	68	Tillamook OR 24 Jun,OR-A
1:02:57	Wayne Zook	67	San Diego CA 3 Mar,CA-A
1:04:00	Louis Preysz	67	Madison WI 19 Feb,AZ-A
1:04:11	Ed Vuolo	67	New Haven CT 11 Feb,FL-A
1:06:00i	Grant Valentine	66	Olympia WA 24 Jun,OR-A
1:07:35	Eugene Keller	69	Cincinnati OH 25 Mar,OH-A
1:08:19	Paul Larger	65	Piqua OH 25 Mar,OH-A
1:10:32	Gordon Johnson	65	Sheboygan WI 20 May,IN-A
1:11:17	Don Bradley	68	Encinitas CA 3 Mar,CA-A

15 kilometers		Men- 70 thru 74	
1:14:45	Arne Johnson	71	Mesa AZ 19 Feb,AZ-A
1:18:10	Norman Bright	74	Seattle WA 28 Apr,WA-A
1:18:24	Vernon Geary	71	Williamsburg VA 11 Feb,FL-A
1:19:37	Masato Shibasaki	71	Honolulu HI 8 Apr,HI-A
1:20:13	John Hambley	70	Cincinnati OH 25 Mar,OH-A
1:21:35	Max Fogleman	70	11 Mar,AZ-A
1:23:36	Richard Inglis	71	11 Mar,AZ-A
1:23:39	John Stout	72	Seattle WA 28 Apr,WA-A
1:25:11	Bud Deacon	72	Honolulu HI 8 Apr,HI-A
1:26:34i	Eugene Hess	72	Selah WA 24 Jun,OR-A

15 kilometers		Men- 75 thru 79	
1:26:17i	Gordon Sherbeck	77	Vancouver WA 24 Jun,OR-A

15 kilometers		Women- 35 thru 39	
53:11	Patricia Story	35	Beverly Hills CA 8 Apr,CA-A
53:36	Nancy Mieszczak	35	Buffalo NY 3 Mar,DC-A
53:59	Laurie Binder	36	Oakland CA 8 Apr,CA-A
54:44	Jan Bustad	36	Puyallup WA 28 Apr,WA-A
55:46	Susan Henderson	37	Boulder CO 19 Feb,AZ-A
55:49i	Dawn Welch	36	Grants Pass OR 24 Jun,OR-A
55:50	Jacqueline Hansen	35	Santa Monica CA 20 May,IN-A
56:25	Melinda Carter	36	Austin TX 8 Apr,CA-A
56:30	Adrienne Johnson	37	Honolulu HI 8 Apr,HI-A
56:39	Ann Danzer	36	Helena MT 24 Jun,OR-A
foreign			
50:33	Priscilla Welch	39	Kingston GBR 24 Jun,OR-A/GBR
51:48	Gabriele Anderson	38	Sun Valley ID 19 Feb,AZ-A/SUI

15 kilometers		Women- 40 thru 44	
56:06	Cindy Dalrymple	41	Washington DC 11 Feb,FL-A
56:08	Bette Poppers	41	Littleton CO 19 Feb,AZ-A
56:13	Shirley Matson	43	Solana Beach CA 24 Jun,OR-A
58:51	Elfrieda Wyner	41	Jacksonville FL 24 Jun,OR-A
58:52	Judy Pickert	40	Brewster NY 20 May,IN-A
59:10	Iris Black	40	Spring Valley OH 25 Mar,OH-A
59:36	Maureen Bixby	42	York PA 3 Mar,DC-A
1:00:21i	Carol Flexer	41	Bellevue WA 24 Jun,OR-A
1:00:32	Julie Stiles	41	Seattle WA 24 Mar,WA-A
1:01:01	Judy Tolliver	40	East Peoria IL 20 May,IN-A

15 kilometers		Women- 45 thru 49	
1:00:23	Karen Scannell	45	San Francisco CA 8 Apr,CA-A
1:00:40	Birthe Kirsch	45	Kensington CA 8 Apr,CA-A
1:00:48i	Mary Anne Wehrum	46	Memphis TN 24 Jun,OR-A
1:01:26	Laura Tingle	47	Bradenton FL 11 Feb,FL-A
1:01:58	Carrie Parsi	45	Lexington MA 3 Mar,DC-A
1:02:07	Christine Curtis	46	Seattle WA 28 Apr,WA-A
1:02:48i	Nancy Hellyer	48	Steilacoom WA 24 Jun,OR-A
1:04:47	Susan Trott	46	8 Apr,CA-A
1:04:49	Christa Obara	45	Honolulu HI 8 Apr,HI-A
1:04:54	Faye Heldoorn	46	San Diego CA 3 Mar,CA-A

15 kilometers		Women- 50 thru 54	
57:52	Marion Irvine	54	San Francisco CA 8 Apr,CA-A
1:05:52	Dorothy Stock	51	La Mesa CA 3 Mar,CA-A
1:06:46	Alicia Moore	53	New York NY 3 Mar,DC-A
1:06:48	Barbara Dibble	54	Tucson AZ 11 Mar,AZ-A
1:07:35	Joyce Hals	51	Lexington MA 3 Mar,DC-A
1:07:43	Ruth Waters	50	San Carlos CA 8 Apr,CA-A
1:07:45	Rachel Bourn	54	Fairfax VA 3 Mar,DC-A
1:07:48	Eloise Caldwell	51	Davenport IA 20 May,IN-A
1:08:05	Madonna Buder	53	Honolulu HI 8 Apr,HI-A
1:08:21	Joanne Mallet	50	Rockville MD 3 Mar,DC-A



# FINAL 1983 MASTERS HALF-MARATHON RANKINGS

Compiled by the National Running Data Center

half marathon				Men- 35 thru 39				half marathon				Men- 75 thru 79			
1:06:55a	Peter Hallop	36	Ann Arbor MI	28 May, MI-A	1:37:51	Ed Benham	75	Ocean City MD	13 Apr, VA-A	1:47:31	Louis Cox	75	Dayton OH	25 Sep, OH-A	
1:07:43	Jerry Jobski	39	S Lake Tahoe CA	6 Nov, CA-B	1:56:37a	Max Popper	79	Flushing NY	13 Mar, NY-A	2:15:21a	William Brown	79	Brooklyn NY	13 Mar, NY-A	
1:08:30	Gordon Minty	35	Laurel MD	18 Sep, PA-A	2:17:05	Nat Pisciotta	79	Whittier CA	6 Nov, CA-A	half marathon Men- 80 thru 84					
1:10:02	Ben Wilson	35	Claremont CA	4 Jul, CA-A	1:59:21	Max Popper	80	Flushing NY	28 Aug, NY-A	2:25:40	Paul Spangler	84	San Luis Obspo CA	17 Apr, CA-A	
1:10:26	Ray Currier	39	Manchester NH	25 Sep, NH-A	half marathon				Women- 35 thru 39						
1:10:32a	Arthur Hall	36	Staten Island NY	13 Mar, NY-A	1:15:59a	Gabriele Anderson	38	San Valley ID	21 Aug, CA-A	1:16:17	Jane Buch	35	Smithville OH	25 Sep, OH-A	
1:10:34	Ricardo Martinez	36	Las Vegas NV	4 Jul, CA-A	1:16:19	Laurie Binder	36	Oakland CA	24 Sep, NY-A	1:19:04	Madeline Harmeling	38	Merrick NY	24 Sep, NY-A	
1:10:42	Robert Vanier	35	Lebanon NH	17 Sep, VT-A	1:21:06	Kathleen Kaiser	36	Chico CA	5 Mar, CA-A	1:21:43	Karen Lanterman	39	Hillsborough CA	23 Oct, CA-A	
1:10:56	Carl Hatfield	36	Clarksburg WV	18 Sep, PA-A	1:21:46	Eileen Portz	36	Mertztown PA	18 Sep, PA-A	1:22:28a	Vicki Foltz	39	Monroe WA	25 Sep, WA-A	
1:11:03	Greg Jewett	36	Berkeley CA	6 Feb, CA-A	1:22:44	Judy Dodge	36	San Diego CA	4 Jul, CA-A	1:23:38a	Bobbi Rothman	37	Miller Place NY	19 Jun, NY-A	
resident foreigners				Men- 40 thru 44				resident foreigners				Men- 45 thru 49			
1:08:51a	Athol Barton	35	San Diego CA	21 Aug, CA-A/NZL	1:08:19	Don Coffman	40	Frankfort KY	25 Sep, OH-A	1:09:15	Oscar Moore	45	Glassboro NJ	18 Sep, PA-A	
1:09:01a	Tim Hassall	36	Jersey City NJ	13 Mar, NY-A/GBR	1:08:52	Bill Stewart	40	Ann Arbor MI	6 Nov, MI-A	1:11:00	Ken Winn	45	Stone Mountain GA	8 Jan, GA-A	
half marathon				Men- 50 thru 54				half marathon				Women- 40 thru 44			
1:08:19	Don Coffman	40	Frankfort KY	25 Sep, OH-A	1:10:33	Norman Green	51	Wayne PA	18 Sep, PA-A	1:19:33a	Cindy Dalrymple	41	New York NY	19 Jun, NY-A	
1:08:52	Bill Stewart	40	Ann Arbor MI	6 Nov, MI-A	1:14:11	Gaylon Jorgenson	54	Highland UT	18 Sep, PA-A	1:24:25	Iris Black	40	Spring Valley OH	25 Sep, OH-A	
1:08:57	George Keim	41	Waynesboro PA	18 Sep, PA-A	1:14:17	Bill Fouk	50	West Lebanon NH	17 Sep, VT-A	1:24:26	Elfrieda Wyner	41	Jacksonville FL	10 Dec, FL-A	
1:09:30	Bob Fischer	42	Newark NJ	8 Jan, GA-A	1:15:48a	Norman Eastman	52	Lansing MI	28 May, MI-A	1:25:20	Christa Rompanen	43	Malibu CA	5 Feb, CA-A	
1:09:45	Herb Lorenz	44	Willingboro NJ	18 Sep, PA-A	1:15:55	Ulrich Kaempf	52	Los Altos CA	27 Mar, CA-A	1:25:31	Erlene Michener	41	Oxford PA	18 Sep, PA-A	
1:09:58	Sal Vasquez	43	Alameda CA	6 Nov, CA-B	1:16:29	Don Gammie	52	Centerville OH	25 Sep, OH-A	1:26:12	Harriet Oster	41	Philadelphia PA	18 Sep, PA-A	
1:10:14	Marshall Matye	40	Sylmar CA	28 Aug, CA-A	1:16:37	D Long	50+		10 Dec, FL-A	1:26:18	Patty Lee Parmalee	43	New York NY	24 Sep, NY-A	
1:10:22a	Jim Bowers	44	Santa Rosa CA	21 Aug, CA-A	1:16:55i	Albert Wick	50	New Britain PA	18 Sep, PA-A	1:26:34	Joyce Gibbs	41	Cupertino CA	6 Feb, CA-A	
1:10:26	Peter Van Garderen	42	Glens Falls NY	17 Sep, VT-A	1:17:23	Everett Riggle	50	Chico CA	5 Mar, CA-A	1:27:47a	Shiela Ramsay-Hasham	40	Alhambra CA	21 Aug, CA-A	
1:10:46	Tony Gerrity	40	Devon PA	18 Sep, PA-A	1:17:48i	Frank Wick	50	Narbeth PA	18 Sep, PA-A	1:27:55	Lina Connors	41	New York NY	24 Sep, NY-A	
half marathon				Men- 55 thru 59				half marathon				Women- 45 thru 49			
1:09:15	Oscar Moore	45	Glassboro NJ	18 Sep, PA-A	1:16:59a	Jim O'Neil	58	San Diego CA	21 Aug, CA-A	1:25:16	Sandra Kiddy	47	Palm Springs CA	4 Dec, CA-A	
1:11:00	Ken Winn	45	Stone Mountain GA	8 Jan, GA-A	1:20:21a	Don Dixon	55	Hastings/Hudsn NY	13 Mar, NY-A	1:26:23	Mimi Lerner	46	St James NY	24 Sep, NY-A	
1:12:00	Bill Olrich	48	Lexington KY	25 Sep, OH-A	1:21:11	Jim Forshee	58	Ann Arbor MI	6 Nov, MI-A	1:26:47	Helene Bedrock	47	Cliffside Park NJ	24 Sep, NY-A	
1:12:05	Jim Gallup	47	Honolulu HI	15 May, HI-A	1:21:29	Orlo Keniston	56	Seattle WA	5 Sep, WA-A	1:28:06	Heidi Skaden	45	Sacramento CA	5 Mar, CA-A	
1:13:08a	William Johnston	45	Salt Lake City UT	21 Aug, CA-A	1:23:02	Vere Bellian	56	Hudson OH	25 Sep, OH-A	1:28:12	Gloria Jenkins	45	Mount Holly NJ	18 Sep, PA-A	
1:14:25	Clyde Davidson	45	Emporia KS	5 Jun, MO-A	1:23:09a	Fred Holappa	55	Plymouth MI	28 May, MI-A	1:28:35	Nancy Hellyer	47	Steilacoom WA	5 Sep, WA-A	
1:14:36	John Dugdale	48	Ridgefield CT	17 Sep, VT-A	1:23:40	Robert Gehl	55	San Mateo CA	23 Oct, CA-A	1:31:01a	Faye Heldoorn	46	San Diego CA	10 Apr, CA-A	
1:14:59	Herb Townsend	45	Pleasanton CA	22 Oct, NJ-A	1:23:44	Jerry Morrison	59	Parkville MO	5 Jun, MO-A	1:31:12a	Jeanette Wells	45	Quartz Hill CA	21 Aug, CA-A	
1:15:06	Thomas Cathcart	45	Garden City MI	28 May, MI-A	1:23:57i	Tim Klings	55	Wilkes-Barre PA	18 Sep, PA-A	1:31:16a	Karen Holappa	46	Plymouth MI	28 May, MI-A	
1:15:13a	Rex Perrine	46	New York NY	13 Mar, NY-A/FRG	1:24:27	Peter Donahue	55		25 Sep, OH-A	1:32:43	Gudrun Philips	47	New York NY	24 Sep, NY-A	
half marathon				Men- 60 thru 64				half marathon				Women- 50 thru 54			
1:10:33	Norman Green	51	Wayne PA	18 Sep, PA-A	1:22:27i	Jack Start	62	Trenton NJ	18 Sep, PA-A	1:23:27	Marion Irvine	54	San Rafael CA	6 Nov, CA-B	
1:14:11	Gaylon Jorgenson	54	Highland UT	18 Sep, PA-A	1:23:00	Harold Daughters	62	Upland CA	6 Nov, CA-A	1:31:44	Margarete Deckert	50	Lagrangeville NY	24 Sep, NY-A	
1:14:17	Bill Fouk	50	West Lebanon NH	17 Sep, VT-A	1:24:43i	Michael Bertolini	63	Bridgeton NJ	18 Sep, PA-A	1:31:59	Ann Kahl	54	Apopka FL	10 Dec, FL-A	
1:15:48a	Norman Eastman	52	Lansing MI	28 May, MI-A	1:24:48a	Jim McCown	61	San Diego CA	10 Apr, CA-A	1:32:01a	Toshiko D'Elia	53	Ridgewood NJ	13 Mar, NY-A	
1:15:55	Ulrich Kaempf	52	Los Altos CA	27 Mar, CA-A	1:26:56	Raymond Chappellear	61	Milford Center OH	25 Sep, OH-A	1:32:35	Janet Glassman	54	Allentown PA	18 Sep, PA-A	
1:16:29	Don Gammie	52	Centerville OH	25 Sep, OH-A	1:27:22i	John Fredette	63	Bloomfield NJ	18 Sep, PA-A	1:33:46	Anne Johnson	54	Olivenhain CA	4 Jul, CA-A	
1:16:37	D Long	50+		10 Dec, FL-A	1:28:10	Art Holzman	60	San Diego CA	4 Jul, CA-A	1:34:23a	Alicia Moore	52	New York NY	13 Mar, NY-A	
1:16:55i	Albert Wick	50	New Britain PA	18 Sep, PA-A	1:29:03	Bill Winslow	62	Chittenden VT	17 Sep, VT-A	1:35:16a	Dorothy Stock	50	La Mesa CA	10 Apr, CA-A	
1:17:23	Everett Riggle	50	Chico CA	5 Mar, CA-A	1:29:04	Hugh Short	61	Bellerose NY	28 Aug, NY-A	1:36:32	Ruth Anderson	53	Oakland CA	6 Feb, CA-A	
1:17:48i	Frank Wick	50	Narbeth PA	18 Sep, PA-A	1:31:49	Thomas Gibbons	62	Bellerose NY	28 Aug, NY-A	1:38:18	Nicki Hobson	52	Del Mar CA	4 Jul, CA-A	
half marathon				Men- 65 thru 69				half marathon				Women- 55 thru 59			
1:27:26	John Holoubek	66	Lompoc CA	19 Jun, CA-A	1:35:48	Helen Dick	59	Los Angeles CA	28 Aug, CA-A	1:38:14	Melba Hatch	55	Canton MI	6 Nov, MI-A	
1:27:49	Paul Reese	65	Sacramento CA	5 Mar, CA-A	1:38:48	Mary Storey	59	Riverside CA	4 Jul, CA-A	1:39:46	Billie Murphy	56	Tacoma WA	5 Sep, WA-A	
1:28:27a	Wayne Zook	66	San Diego CA	10 Apr, CA-A	1:42:37	Angela Saldana	55+		10 Dec, FL-A	1:43:01	Anne Trigg	58	St Petersburg FL	8 Jan, GA-A	
1:30:55	Eddie Lewin	67	Brentwood CA	28 Aug, CA-A	1:43:01	Anne Trigg	58	St Petersburg FL	8 Jan, GA-A	1:51:03	Ruth Painter	56	Williston VT	17 Sep, VT-A	
1:32:28	Fleetwood Fesmire	65	White House TN	8 Jan, GA-A	1:51:17	Peggy Ewing	55	Sacramento CA	2 Oct, CA-A	1:53:17	Peggy Ewing	55	Sacramento CA	2 Oct, CA-A	
1:34:24i	Fred Ely	68	Trenton NJ	18 Sep, PA-A	1:56:39	Anna Rush	56	Rumson NJ	10 Dec, FL-A	1:57:17a	Shirley Tobin	56	Santa Ysabel CA	10 Apr, CA-A	
1:35:09a	John Woods	65	Washington DC	8 May, NC-A	half marathon				Women- 60 thru 64						
1:36:30a	wilfredo Rios	66	Bellerose NY	13 Mar, NY-A	1:46:26	Jaclyn Caselli	61	San Jose CA	6 Feb, CA-A	1:51:00a	Harriet Wever	61	Okemos MI	28 May, MI-A	
1:39:44	Mac Osborn	69	Danville CA	23 Oct, CA-A	1:54:26	Gerry Davidson	62	Fallbrook CA	4 Jul, CA-A	1:55:31	Margaret Wright	61	Folly Beach SC	8 Jan, GA-A	
1:39:50	Wilson Vible	65	Wilmington DE	27 Mar, DE-A	1:55:59	Althea Wetherbee	64	Huntington Stn NY	24 Sep, NY-A	1:55:59	Althea Wetherbee	64	Huntington Stn NY	24 Sep, NY-A	
half marathon				Men- 70 thru 74				half marathon				Women- 65 thru 69			
1:36:03	William Brobston	70	Saugerties NY	17 Sep, VT-A	2:10:40a	Pearl Mehl	69	Boulder CO	16 Oct, CO-A	1:57:03	Lynn Edwards	60	Sylvania OH	30 Oct, OH-A	
1:44:29	Vernon Geary	71	Williamsburg VA	18 Sep, PA-A	2:22:11	Grace Schweitzer	65	Santa Barbara CA	28 Aug, CA-A	1:57:46a	Mary Rodriguez	61	Rego Park NY	13 Mar, NY-A	
1:52:38	Dean Scofield	71	Los Angeles CA	28 Aug, CA-A	2:23:28a	Evelyn Havens	66	New York NY	13 Mar, NY-A	2:00:31	Virginia Reinhardt	60		8 Jan, GA-A	
1:53:11	Mel Shine	73	Lafayette CA	6 Feb, CA-A	2:37:52	Mayme Bdera	68	East Elmhurst NY	24 Sep, NY-A	2:03:48	Margaret Lee	63	Honolulu HI	15 May, HI-A	
1:55:57	Norman Bright	73	Seattle WA	5 Sep, WA-A	3:02:22	Ruth Hasenstaub	66	Honolulu HI	15 May, HI-A	2:04:31	Victoria Small	61	Arnold CA	27 Mar, CA-A	
1:57:34a	Dick Whitemore	72	La Jolla CA	21 Aug, CA-A	half marathon				Women- 70 thru 74						
1:57:43	Alberto Sevillano	72	Philadelphia PA	18 Sep, PA-A	2:20:15	Bess James	73	San Jacinto CA	4 Jul, CA-A	2:20:26	Felicitas Salazar	74	San Diego CA	4 Jul, CA-A	
1:57:49a	Leon Ivin-Rybak	71	Bronx NY	19 Jun, NY-A	3:40:45	Helene Stanfield	72		6 Nov, CA-A						
1:59:20	Jonn Stout	71	Seattle WA	5 Sep, WA-A											
1:59:21a	Luis Martin	71	Upr Montclair NJ	19 Jun, NY-A											



# 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.

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

Mt. Hood CC, Gresham, OR  
July 13-14, 1984

### 100 M - Men

30-34	1-VonRay Johnson	11.34
	2-Stephen Heilman	11.69
	3-John North	11.81
	4-Stan Cass	12.63
35-39	1-David Dunn	12.36
	2-Mark Johnson	12.70
	3-James Trujillo	12.71
	4-Billy Ray Wellington	12.74
40-44	1-James Pucket	11.64
	2-Emil Torquato	12.17
	3-Lynn Eves	12.33
	4-Max Rutzer	12.35
	5-John E. Hanan	13.17
45-49	1-Bob Miller	11.62
	2-Richard Bothmer	12.43
	3-Donald Gray	13.91
	4-Ken Ogden	13.92
50-54	1-Harold Hitt	12.35
	2-Art Afremow	12.98
55-59	1-Henrik Lundh	13.17
	2-Frank Anderson	13.40
	3-Richard Nordquist	13.62
	4-Tom Norwood	14.32
60-64	1-Albert Johnson	13.66
	2-Robert Hunt	14.72
	3-Stan Whipple	15.93
65-69	1-Carl Dates	14.47
	2-Victor Harkoff	15.86
70-74	1-John Satti	14.64
80+	1-Buell Crane	19.16

### 100 M - Women

40-44	1-Linda Ticknor	15.17
	2-Judy Foster	15.73
	3-Wendy Smith	15.78
55-59	1-Dorothy Anderson	17.31
65-69	1-Marjorie Hunt	23.25

### 200 M - Men

30-34	1-Steve Heilman	24.51
	2-John North	26.66
	3-John Casey	24.19
35-39	1-John Casey	24.19
	2-David Dunn	25.04
	3-Billy Ray Wellington	25.37
	4-Grant Koch	29.22
	5-Rod Tharaldson	30.19
40-44	1-Lynn Eves	24.16
	2-Max Rutzer	25.47
	3-Emil Torquato	25.70
	4-Evan Shull	25.99
45-49	1-Bob Miller	24.31
	2-Gerald Schwarz	26.60
	3-Sam Taylor	27.51
	4-Donald Gray	28.87
50-54	1-Harold Hitt	25.36
	2-Art Afremow	27.03
	3-Edward Allen	28.46
55-59	1-Henrik Lundh	27.19
	2-Tom Brinton	28.52
	3-Tom Norwood	29.41
	4-Bill McChesney	29.56
60-64	1-Robert Hunt	29.65
	2-Stan Whipple	34.96
65-69	1-Carl Dates	31.09
	2-Victor Harkoff	33.02
70-74	1-John Satti	31.41

### 200 M - Women

35-39	1-Pat Wright	34.69
40-44	1-Wendy Smith	33.77
	2-Betty Bonham	37.31
	3-Sharon Sheffield	41.88
65-69	1-Marjorie Hunt	56.73

### 400 M - Men

30-34	1-Thurman Anderson	53.34
35-39	1-Ronald Eber	54.28
	2-David Dunn	55.49
	3-Billy Ray Wellington	56.54
	4-Eugene Bonkan	56.95
40-44	1-Lynn Eves	55.46
	2-Max Rutzer	55.76
	3-Evan Shull	56.23
	4-Larry Kading	57.34
	5-James Ludwig	57.51
	6-John Hanan	64.53
45-49	1-Bob Miller	54.45
	2-Joe Hoffman	55.89
50-54	1-Harold Hitt	56.47
55-59	1-Tom Norwood	1:09.02
60-64	1-Robert Hunt	1:07.45
	2-Stan Whipple	1:20.35
65-69	1-Victor Harkoff	1:14.02
70-74	1-Robert McTarnahan	NT

### 400 M - Women

35-39	1-Pat Wright	1:17.81
40-44	1-Lori Schutt	1:09.17
	2-Betty Bonham	1:19.46
	3-Kay McCann	1:20.49
50-54	1-Susan Means	1:26.36
55-59	1-Dorothy Anderson	1:26.16

### 800 M - Men

30-34	1-Jim Hiebert	2:00.90
	2-Stephen Barker	2:10.60
35-39	1-John Jordeth	2:00.34
	2-Michael Daly	2:03.86
	3-Jose Pfister	2:07.00
	4-David Budlong	2:08.27
	5-Ronald Eber	2:10.10
	6-Billy Ray Wellington	2:11.70
40-44	1-Evan Shull	2:04.24
	2-James Ludwig	2:06.30
	3-Roger Johnson	2:12.89
	4-Max Rutzer	2:16.03
45-49	1-Paul Hall	2:10.61
	2-Buck MacGillivray	2:26.32
	3-Sam Taylor	2:27.10
	4-Gerald Schwarz	2:28.90
50-54	1-Harold Hitt	2:21.28
55-59	1-Tom Brinton	2:28.14
70-74	Ariel Edmiston	3:20.26

### 800 M - Women

35-39	1-Pat Wright	3:10.55
40-44	1-Lori Schutt	2:44.08
	2-Wendy Smith	3:09.89
	3-Betty Bonham	3:10.35
50-54	1-Susan Means	3:18.07
	2-Marcia McChesney	3:21.12

### 1500 M - Men

30-34	1-Jim Hennessy	4:05.38
	2-Jim Hiebert	4:06.06
	3-Richard Holmboe	4:29.25
	4-Steven Barker	4:30.20
35-39	1-Michael Daly	4:14.08
	2-John Jordeth	4:10.74
40-44	1-James Ludwig	4:24.70
45-49	1-Paul Hall	4:20.59
	2-Mike de la Cruz	4:51.48
	3-Ken Ogden	4:55.64
50-54	1-Bill Cupp	4:59.01
60-64	1-Joe Mallon	5:34.84
65-69	1-Victor Harkoff	5:40.99
70-74	1-Ariel Edmiston	7:02.06

### 1500 M - Women

35-39	1-Pat Wright	6:19.89
40-44	1-Lori Schutt	5:41.45
	2-Wendy Smith	6:01.67
	3-Kay McCann	6:03.03
50-54	1-Susan Means	6:15.95

### 5000 M - Men

30-34	1-Jim Hennessy	15:18.08
35-39	1-Douglas Sturm	17:00.00
	2-Rod Tharaldson	18:47.30
40-44	1-Norm Oylar	15:57.20
	2-Va'l Schultz	18:16.70
45-49	1-Paul Hall	16:06.10
	2-Earl Ellis	16:42.60
	3-Mike de la Cruz	17:42.40
	4-Ken Ogden	18:44.50
50-54	1-Ray Hatton	15:46.85
	2-Bill Cupp	18:00.70
	3-Edward Allen	19:54.10
	4-Rolf Rosander	21:45.00
60-64	1-Joe Mallon	20:34.90

### Walking 2000 M - Men

65-69	1-Don Jacobs	14:08.30
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### 3000 M - Women

40-44	1-Lori Schutt	12:26.75
	2-Wendy Smith	13:13.47
	3-Sharon Sheffield	14:13.73
50-54	1-Susan Means	13:25.57
	2-Marcia McChesney	13:32.75

### 3000 Steeple - Men

30-34	1-Dean Clark	9:42.90
35-39	1-Barry John	9:35.36
45-49	1-Paul Hall	10:31.52
50-54	1-Rolf Rosander	12:54.87

### 100 Hh - Men

50-54	1-Alan Maxwell	20.17
55-59	1-Frank Anderson	18.81
	2-Richard Nordquist	20.73

### 400 IH - Men

35-39	1-Eldon Gaines	1:07.48
55-59	1-Richard Nordquist	1:13.21
60-64	1-Robert Hunt	1:15.02

### 60-64 1-Robert Hunt 18.53

70-74	1-John Satti	21.50
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### Long Jump - Men

30-34	1-Stephen Heilman	21' 5 3/4"
	2-Stan Cass	16' 4 3/4"
35-39	1-Mark Johnson	18' 10"
	2-James Trujillo	18' 0 1/2"
40-44	1-Max Rutzer	17' 5"
45-49	1-Richard Bothmer	16' 7"
	2-Rick Hartley	16' 6 1/2"
65-69	1-Don Stitt	12' 11 1/2"
70-74	1-John Satti	14' 6 1/2"
80+	1-Buell Crane	9'10 3/4"

### Long Jump - Women

40-44	1-Linda Ticknor	11' 10"
50-54	1-Marilyn Gray	8' 3 1/2"

### Triple Jump - Men

30-34	1-Stephen Heilman	40' 9"
40-44	1-Wayne Sandvold	34' 3"
	2-Gary Isham	28' 9"
55-59	1-Hal Buck	28' 2 3/4"
	2-Phil Walden	25' 1"
80+	1-Buell Crane	18' 3"

### Shot Put - Men

30-34	1-John Slavinec	34' 1"
35-39	1-James Trujillo	36' 7"
40-44	1-Jimmy Willis	40' 11 1/2"
	2-Ernest Ulitt	33' 5"
	3-Jack Kondrasuk	31' 0"
45-49	1-Doug Smart	44' 3"
	2-Lee Clark	35' 11 1/2"
	3-Pete Bergreen	35' 1"
	4-Robert Roy	32' 8"
50-54	1-Sherrell Sears	34' 5"
55-59	1-Richard Nordquist	32' 1"
	2-Phil Walden	30' 10 1/2"
60-64	1-James Holland	44' 6"
70-74	1-Ross Carter	42' 7"
80+	1-Buell Crane	30' 1 1/2"

### Shot Put - Women

35-39	1-Pat Wright	25' 2"
45-49	1-Connie Wilson	24' 6 1/2"

### Hammer - Men

50-54	1-Frank Miller	141' 9"
55-59	1-Phil Walden	55' 2 1/2"
60-64	1-Jim Holland	77' 5"
80+	1-Buell Crane	46' 8 1/2"

### Discus - Men

30-34	1-John Slavinec	109' 1"
35-39	1-James Trujillo	118' 5"
40-44	1-Jimmy Willis	112' 4 1/2"
	2-Ernest Ulitt	105' 8 1/2"
	3-Jack Kondrasuk	99' 10 1/2"
45-49	1-Robert Roy	131' 5"
	2-Lee Clark	102' 0"
	3-Donald Gray	85' 7 3/4"
50-54	1-Sherrell Sears	125' 0"
55-59	1-Richard Nordquist	99' 6"
	2-Hal Buck	92' 7 3/4"
60-64	1-James Holland	96' 5 1/2"
70-74	1-Ross Carter	129' 5 1/2"
80+	1-Buell Crane	71' 11"

### Discus - Women

45-49	1-Connie Wilson	69' 3 1/2"
50-54	1-Marilyn Gray	50' 0"

### Javelin - Men

30-34	1-Doug Casey	116' 11"
	2-Stan Cass	90' 5 1/2"
35-39	1-James Trujillo	125' 9"
	2-Grant Koch	112' 1 1/2"
	3-Rod Tharaldson	89' 5 1/2"
40-44	1-Gary Reddaway	166' 4 1/2"
	2-George Fort	135' 3 1/2"
45-49	1-Kirk Nieland	145' 9 1/2"
	2-Donald Gray	122' 1"
	3-David Buff	99' 7 1/2"
	4-Sam Taylor	97' 9"
50-54	1-James Holmes	94' 7"
55-59	1-Phil Walden	80' 11 1/2"
60-64	1-James Holland	91' 3"
80+	1-Buell Crane	61' 8"

### Javelin - Women

30-34	1-Lilly Andres	66' 6 1/2"
35-39	1-Paddy Reddaway	83' 3"
	2-Pat Wright	68' 9 1/2"
	3-Charlene Fort	65' 11"
	4-Kehaulani Buff	47' 6"
50-54	1-Marilyn Gray	42' 4"

### Men's High Jump

30-34	1-Steve Heilman	6' 0"
40-44	1-Mike Akerman	5' 6 1/2"
	2-Don McCrea	5' 0"
45-49	1-Rick Hartley	4' 10"
	2-Kirk Nieland	4' 8"
	3-Donald Gray	4' 8"
50-54	1-Herm Wyatt	5' 10"
	2-James Holmes	4' 3"
55-59	1-Hal Buck	4' 6"
	2-Phil Walden	4' 4"
60-64	1-L.W. Hintz	3' 10"
65-69	1-Don Stitt	4' 6"
80+	1-Buell Crane	3' 8"

### High Jump - Women

35-39	1-Pat Wright	3' 7"
	2-Paddy Reddaway	3' 6"
	3-Charlene Fort	2' 10"
45-49	1-Connie Wilson	3' 9"
50-54	1-Marilyn Gray	3' 4"

### Pole Vault - Men

35-39	1-Joseph Pfister	13'
40-44	1-Don McCrea	10'
	2-Gary Isham	10'
45-49	1-Donald Gray	10'
50-54	1-James Holmes	10'
	2-Allen Morris	9' 6"
55-59	1-Donald Grosh	10'
	2-Richard Nordquist	9' 6"

## ROCKY MOUNTAIN MASTERS GAMES

SEPTEMBER 1st & 2nd 1984  
Cherry Creek High School  
Chevron Track, 80' no wind  
Acetrack timing

### ACE STATE NAME

100 meter	31 TX Willard Thompson	11.04
	30 TX T.J. Lester	11.21
	31 CO Ricky Newton	11.39
	33 TX Russell Austin	11.61
	30 CO Ron Hall	11.70
	30 CO Robert Parry	11.99
	35 NE Fred Booker	11.07
	35 MO Clifton Jackson	11.42
	38 CO Earlie Thomas	11.67
	38 CO Dave Simons	11.70
	37 TX Sheridan Groves	12.04
	37 CO Eric Hunter	12.74
	43 KS Gary Oliphant	11.







SHOT PUT 12 POUNDS			
1. DICK MANN	51	OTH	37' 1"
2. JOE CHADBOURNE	53	OTH	36' 8 1/2"
1. HAL ROBINSON 57 OTH 32'			
SHOT PUT 4K			
1. FRED HIRSIMAKI	60	UN	38' 7"
WOMEN'S SHOT PUT 4K			
1. BETH BUNGE	19	OSU	43' 6 1/2"
1. MARY CHADBOURNE	37	OTH	20' 3 1/2"
JAVELIN THROW MEN 800 G			
1. TODD JOHNSON	20	STC	171' 4"
2. MIKE POLAND	20	STC	140' 8"
1. CHAS. YOUNGREN	27	VAC	214' 3"
2. MIKE NATALE	25	WPK	145' 2"
3. JEFF WODECKI	26	OTH	130' 9"
4. CHRIS MITKO	27	WPK	121' 9"
1. LARRY FOSTER	33	BGTC	152' 2"
1. STEVE KAYE	35	WPK	133' 3"
2. NORM BOWER	37	OTH	125' 2"
3. JIM PEARCE	39	WPK	115' 6"
4. JEFF GERSON	37	OTH	73' 11"
1. JAMES FRANKS	41	OTH	164' 4"
1. CARL KLEHM	45	UCTC	85' 1"
1. DICK MANN	51	OTH	107' 8"
2. JOE CHADBOURNE	53	OTH	90' 11"
1. HAL ROBINSON	57	OTH	88' 1"
JAVELIN 600 G			
1. FRED HIRSIMAKI	60	UN	97'
JAVELIN WOMEN 600 G			
1. MARY CHADBOURNE	37	OTH	50' 8"
HAMMER THROW MEN 16 POUNDS			
1. J. O'CONNOR	20	UN	108' 2"
1. JEFF WODECKI	26	OTH	115' 9"
2. MIKE NATALE	25	WPK	110' 10"
3. CHRIS MITKO	27	WPK	74' 1"
1. LARRY FOSTER	33	BGTC	116' 6"
1. R. SABBATINE	37	UN	147' 8"
2. NORM BOWER	37	OTH	133' 8"
3. JIM PEARCE	39	WPK	130' 6"
4. STEVE KAYE	35	WPK	103'
5. JEFF GERSON	37	OTH	56' 2"
1. CARL KLEHM	45	UCTC	123' 1"
HAMMER THROW 12 POUNDS			
1. JOE CHADBOURNE	53	OTH	164'
2. DICK MANN	51	OTH	119' 1"
1. HAL ROBINSON	57	OTH	60'
HAMMER THROW 4K			
1. FRED HIRSIMAKI	60	UN	65' 5"
WOMEN'S HAMMER 4K			
1. MARY CHADBOURNE	37	OTH	95' 8"
35 POUND WEIGHT			
1. MIKE NATALE	25	WPK	41' 8 1/2"
2. JEFF WODECKI	26	OTH	39' 1/4"
3. CHRIS MITKO	27	WPK	27' 11 1/2"
1. LARRY FOSTER	33	BGTC	41' 10"
1. R. SABBATINE	37	UN	44' 2"
2. NORM BOWER	37	OTH	43' 11 1/2"
3. JIM PEARCE	39	WPK	38' 4"
4. STEVE KAYE	35	WPK	37' 3 1/2"
5. JEFF GERSON	37	OTH	22' 3/4"
1. CARL KLEHM	45	UCTC	41' 4 1/2"
1. JOE CHADBOURNE	53	OTH	43' 7"
2. DICK MANN	51	OTH	32' 9 1/2"
1. HAL ROBINSON	57	OTH	17' 5"
25 POUND WEIGHT THROW			
1. FRED HIRSIMAKI	60	UN	28 8 1/2"
WOMEN'S 25 POUND WEIGHT THROW			
1. MARY CHADBOURNE	37	OTH	24' 11 1/2"

CLUB WEST MASTERS; SANTA BARBARA; OCTOBER 6, 1984	
100m Women	
35-39 Barbara Smith	16.3
50-54 Irene Obera	13.4
55-59 S. Dietderich	18.0
60-64 Diana Smith	19.6
65-69 Josephine Kolda	16.5
100m Men	
30-34 M. Black	11.3
35-39 M. Sullivan	13.0
M. McKenzie	12.0
D. Norris	12.4
40-44 W. Butler	11.5
D. Romain	11.6
A.J. Craddock	12.4
45-49 D. Smith	12.0
E. OLeata	12.1
R. Tsuda	12.5
50-54 W. Grover	12.3
T. Nassarala	12.6
P. Schlegel	12.7
55-59 E. Manougain	13.0
B. Stevens	13.1
60-64 R. Spencer	14.0
S. Peck	14.2
T. Miller	14.4
70-74 A. Vesco	18.1
80-84 Sing Lum	17.2
H. VanGelder	19.1
200m Women	
35-39 B. Smith	33.7
50-54 I. Obera	28.4
S. Dietderich	34.9
60-64 D. Smith	41.9
200m Men	
30-34 A. Hacker	23.2
35-39 M. Sullivan	24.3
B. McKenzie	25.2
D. Norris	25.5
40-44 W. Butler	23.5
D. Romain	24.2
A.J. Craddock	25.9
45-49 D. Smith	24.9
D. Leiberman	25.2
R. Tsuda	26.2
50-54 W. Robinson	26.0
T. Nassarala	26.1
R. Collins	26.6
55-59 G. Harte	26.5
E. Manougain	26.6
J. Jocoy	27.7
60-64 S. Peck	29.3
T. Miller	30.1
J. Warren	34.4
400m Women	
35-39 B. Smith	1:18.2
50-54 I. Obera	1:06.9
400m Men	
40-44 D. Romain	54.3
C. Collins	58.7
45-49 D. Leiberman	58.2
50-54 W. Robinson	58.9
T. Nassarala	59.7
A. Sheahan	61.2
55-59 B. Stevens	61.0
G. Harte	61.9
65-69 G. Poloynis	1:22.4
80-84 S. Lum	1:45.2
800m Men	
35-39 R. Hall	2:10.8
M. Green	2:17.5
40-44 H. Franklin	2:00.6
T. Marshall	2:10.0
T. Horn	2:18.0
55-59 R. Stevens	2:38.9
J. Jocoy	2:43.1
D. Murray	2:44.3
60-64 G. Poloynis	3:36.4
1500m Women	
30-34 Saralee Jigiman	5:48.7
1500m Men	
35-39 R. Hall	4:20.2
M. Green	4:35.1
Ron Rook	4:42.4
40-44 H. Franklin	4:10.0
T. Marshall	4:24.7
5000m Women	
50-54 Gretchen Snyder	22:15.3
5000m Men	
30-34 G. Carlin	16:39.7
F. Kimble	16:58.7
50-54 A. Sheahan	22:57.3
60-64 E. Bishop	18:24.4
R. Dietderich	20:54.4
65-69 J. Holubek	20:21.1
High Jump Men	
70-74 C. Johnston	4-0
A. Vesco	3-6
65-69 J. Vernon	4-2
J. Damski	4-2
60-64 B. Gist	5-1
50-54 W. Grover	4-10
D. Douglass	4-8

45-49 B. Poehler	5-2
J. Stanners	4-10
E. OLeata	4-0
40-44 J. Dobroth	6-7
C. Collins	5-4
D. Dvorak	5-3
Pole Vault	
70-74 C. Johnston	9-0
A. Vesco	6-0
65-69 J. Vernon	10-0
E. Seigel	8-0
60-64 D. Brown	9-0
D. Norris	8-0
50-54 D. Douglass	9-6
45-49 T. Woodring	11-0
B. Poehler	10-6
J. Stanners	10-0
40-44 M. Connelly	13-0
R. Tsuda	9-6
35-39 R. Ying	9-6
30-34 J. Kleiger	15-0
Long Jump Women	
45-49 Christel Miller	12-7
55-59 Shirley Kinsey	12-5
Long Jump Men	
80-84 H. VanGelder	10-2
70-74 A. Vesco	10-2
65-69 W. Morales	14-9
A. Guidet	13-10
60-64 T. Damski	12-9
J. Miller	12-2
J. Warren	12-0
55-59 J. Jocoy	13-8
50-54 W. Grover	16-4
P. Schlegel	15-11 1/2
E. Martin	15-2
45-49 R. Tsuda	15-2
Triple Jump Men	
80-84 H. VanGelder	15-0
70-74 C. Johnston	20-11 1/2
A. Vesco	22-2 1/2
65-69 J. Damski	28-4 1/2
E. Seigel	24-10
60-64 R. Spencer	31-11 1/2
50-54 T. Nassarala	29-3
45-49 D. Horn	39-10
J. Stanners	32-11
40-44 D. Romain	37-7 1/2
C. Collins	37-2
35-39 J.J. Hollister	39-1
Ron Hook	32-4
Shot Women	
55-59 K. Jocoy	26-8
30-34 J. Flewell	31-1
Shot Men	
80-84 H. VanGelder	26-5
J. Whittemore	22-11
75-79 A. Puglizevic	33-1
70-74 R. Carter	44-3 1/2
J. York	36-7 1/2
D. Pierotti	33-7
65-69 E. Castaneda	45-9 1/2
D. Aldrich	45-1
J. Minah	37-9 1/2
60-64 B. Bangert	45-0
B. Stone	40-6 1/2
50-54 F.S. Thomson	40-2 1/2
J. Durenberger	36-4
D. Douglass	34-3 1/2
45-49 J. Hart	43-6 1/2
40-44 B. Taylor	40-10
M. Murray	35-5 1/2
35-39 F. Reilly	51-8 1/2
30-34 G. Kelmenson	36-7 1/2
Discus Women	
55-59 S. Dietderich	55-0
30-34 Janet Flewell	145-9
Discus Men	
80-84 J. Whittemore	65-0
75-79 R. Boothe	71-9
70-74 R. Carter	130-1
D. Pierotti	95-10
65-69 D. Aldrich	151-8
E. Castaneda	131-3
W. Morales	120-6
60-64 B. Stone	128-7
B. Bangert	128-5
50-54 E. Van Pelt	145-8
F.S. Thomson	133-3
E. Martin	115-8
45-49 J. Hart	132-5
40-44 L. Higgins	161-0
M. Woodward	125-11
M. Murray	114-3
35-39 F. Reilly	175-3
J. Eibert	118-4
30-34 G. Kelmenson	107-7
HAMMER	
80-84 J. Whittemore	49-0
70-74 J. York	117-7
D. Pierotti	108-3
A. Vesco	84-3
65-69 D. Aldrich	114-11
J. Minah	112-4
60-64 R. Stone	109-4
50-54 F.S. Thomson	158-1
D. Douglass	135-10
45-49 J. Harte	119-0
B. Humphries	118-1
40-44 L. Higgins	155-10
35-39 F. Reilly	163-7
P. Gadbois	95-9
30-34 G. Kelmenson	134-4

Javelin Women	
55-59 S. Kinsey	#88-10
S. Dietderich	74-4
K. Jocoy	51-5
45-49 C. Miller	93-8
Javelin Men	
80-84 J. Whittemore	51-9
75-79 B. MacConnaghy	91-5
R. Boothe	50-8
70-74 D. Pierotti	85-4
A. Vesco	75-3
J. York	68-1
65-69 W. Morales	141-8
55-59 J. Jocoy	93-5
50-54 R. Hudson	152-7
E. Martin	127-8
D. Douglass	94-3
40-44 L. Higgins	173-1
M. Murray	148-4
C. Collins	131-0
35-39 F. Reilly	172-2
F. Gadbois	158-7
J.J. Hollister	151-11
30-34 G. Kelmenson	124-6

TAC MASTERS		
REGIONAL HALF MARATHON CHAMPIONSHIP		
* Red Brick Road Half Marathon		
9/3/84		
1. Steve Darci	age 41	1:15:43
2. Maurice Pratt	47	1:16:36
3. Chris Steer	41	1:18:11
4. Robert Giantonio	40	1:19:04
5. Lary Webster	51	1:20:28
6. Perry Anderson	49	1:23:02
7. Ron Williamson	47	1:25:41
8. Bruce Carroll	42	1:26:09
9. George Hansen	40	1:26:27
10. Ron Nicholl	41	1:27:31
11. Monty Grau	42	1:28:47
12. Andre Rollolazo	44	1:29:09
13. Michael Schwartz	42	1:29:35
14. Christine Curtis	F46	1:29:37
15. Allyn Schwinkendorf	50	1:29:24
16. James Zeller	42	1:29:34
17. Joe Vance	54	1:29:54
18. Al Werran	55	1:30:33
19. George Emerson	44	1:30:46
20. Thomas Olson	41	1:30:48
21. Chuck Johnson	47	1:32:37
22. Ed Curtis	51	1:33:22
23. Ward Livingston	45	1:33:32
24. Leo Cruise	42	1:33:35
25. Bill Williams	59	1:33:46
26. Dick Bartholomew	64	1:34:17
27. Mal Griffith	47	1:35:35
28. Patricia Thomas	F44	1:35:48
29. Bob Thomas	49	1:36:15
30. Ron Sandelius	47	1:36:21
31. Willis Olson	44	1:39:34
32. George Richards	48	1:39:55
33. Billie Jean Murphy	F57	1:40:05
34. Neal Stoddard	41	1:40:50
35. Jack Alhadeff	44	1:41:15
36. Gordon Mendenhall	45	1:42:09
37. David Drolet	43	1:43:01
38. Joe Naab	46	1:43:12
39. Hal Dixon	61	1:43:13
40. John McAdam	52	1:43:25
41. Robert Crawford	40	1:43:45
42. Leon Holman	57	1:43:46
43. Dan Anderson	55	1:44:01
44. Debby Johnston	F41	1:44:07
45. Judy Groombridge	F44	1:47:35
46. Beryl Wilson	F50	1:47:46
47. Mike Kube	54	1:48:51
48. John Carlin	41	1:49:33
49. Michael Magie	45	1:51:26
50. Dave Goodridge	50	1:55:52
51. Christa Friedrich	F44	1:56:09
52. Arne Johnson	72	1:56:41
53. Jack Lynch	49	1:58:42
54. Dick Holt	53	1:59:28
55. Harold Moormeir	43	1:59:28
56. John Stout	age 72	1:59:43
57. Herbert Cox	44	2:00:32
58. Bob Byington	42	2:02:02
59. Guy Ott (race walk)	42	2:04:56
60. Bob Manion	46	2:06:03
61. John Angelini	62	2:11:01
40-49 men: team winners - Sunrise Striders		
Lary Webster	1:20:28	
Andre Rollolazo	1:29:09	
Al Werran	1:30:33	
Bob Thomas	1:36:15	
Joe Naab	1:43:12	
	7:39:37	
50-59 men: team winners - Snohomish TC		
Al Schwinkendorf	1:29:24	
Ed Curtis	1:33:22	
Bill Williams	1:33:46	
Leon Holman	1:43:46	
John Stout	1:59:43	
	8:20:01	
40-49 women: team winners - Snohomish TC		
Christine Curtis	1:29:17	
Pat Thomas	1:35:48	
Billie Murphy	1:40:05	
	4:45:10	
Individual medal winners		
40-44: Steve Darci	Pat Thomas	
Chris Steer	Debby Johnston	
Robt. Giantonio	Judy Groombridge	
45-49: Maurice Pratt	Christine Curtis	
Perry Anderson	Ron Williamson	
50-54: Lary Webster	Beryl Wilson	
Al Schwinkendorf	Joe Vance	
55-59: Al Werran	Billie Jean Murphy	
Bill Williams	Leon Holman	
60-64: Dick Bartholomew	Hal Dixon	
John Angelini		
70+: Arne Johnson	John Stout	

**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.

WOMEN'S DISTANCE FESTIVAL 5K	
HALES CORNERS, WISCONSIN	
JULY 21, 1984	
Open Laura Wodyn	19:20
W35 Angie Rimari	23:22
W40 Judy Rom	22:18
W45 Mary Czarapata	21:14
W50 Else Anka	27:05
W60 Ruth Ann Huc	27:19

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LITE BEER CHALLENGE SERIES BK; NEWBURYPORT, MA; 8/15/84

Overall Bruce Bickford 27 23:06 Darlene Beckford 22 27:24 M40-49 Sumner Brown 40 25:42 J. Gus Foley 41 26:13 John Boyle 40 26:54 M50-59 Tony Sapienza 55 28:20 Jim Hines 51 28:51 John Pistone 51 29:44 M60+ John Kane 61 41:22 Walter Roberts 66 46:59 W40-49 Carrie Parsi 45 33:17 Judy Case 43 41:21 W50+ Barbara Robinson 50 34:55

PIKES PEAK MARATHON MANITOU, CO; 8/19/84

Overall Wesley Smith 24 3:39:00 Gail LadageScott 38 4:48:26 M40-44 Richard Johnson 42 4:23:49 Robert Reedy 42 4:40:47 Bradford Smith 40 4:44:14 Mike Foster 42 4:48:29 M45-49 Franz May 47 4:47:35 Billy Lee Hicks 45 5:09:29 Charles Walthers 47 5:26:29 M50-54 Edwin Michell 54 5:29:35 Dale Schutte 50 5:32:48 John Chappel 52 5:34:50 M55-59 Jim Dixon 56 5:09:23 Wally Strauss 57 5:51:15 Bill Bennett 58 6:27:06 M60-64 Dom Taddonio 60 6:00:00 Lionell Ortega 62 6:08:02 John Hale 61 6:38:06 M65-69 Birger Larsen 67 7:34:36 John Hampton 69 8:34:54 M70+ Earl Wert 71 6:58:17 W40-44 Judith Jacoby 40 5:54:45 Judy Orban 43 6:14:10 Audrey Weston 41 6:25:54 W45-49 Grace Rome 47 6:39:27 Phyllis Slinker 49 8:44:36 W50-54 Eldise Caldwell 51 6:14:12 Patricia Wilkes 50 7:27:09 W55-59 Melba Dean 55 7:17:20

PIKES PEAK ASCENT; MANITOU, CO; 8/19/84

Overall Chester Carl 30 2:13:25 Judith McCreery 26 2:49:31 M40-44 Dick Wenham 40 2:24:02 James Sullivan 41 2:55:44 Harold Strong 40 2:57:24 M45-49 Peter Richards 49 2:51:58 Tom Haggard 49 3:03:54 William Dyer 47 3:05:52 M50-54 Duke Redburn 52 3:09:52 W. Kenworthy 51 3:15:57 Tom Griffith 53 3:20:12 M55-59 Eckart Lemberg 56 3:35:07 Art Waggoner 58 3:41:53 Rober Wilcox 56 3:47:06 M60-64 Don Greenwood 60 3:34:56 Larry Fox 61 3:40:15 Rodge Rodgers 62 4:01:23 M65-69 Carl Mapps 67 4:29:37 Bright Wallace 65 4:35:24 Orval Lohman 65 4:46:15 M70+ Loren Adkins 74 4:31:43 Walt Stack 76 5:29:46 W40-44 Dianne Walthers 42 3:15:58 T. Arasim-Hall 40 3:47:46 Julia Tanner 40 3:54:10 W45-49 Mary Schwenk 46 3:50:02 Elke Abitbol 49 3:54:35 Sandy Mundy 45 4:07:16 W50-54 Gwen Beaudin 52 4:08:22 Eleanor Smith 52 4:35:29 Nelma Kelley 54 4:48:27 W55-59 Melba Dean 55 4:27:49 Bernice Carter 57 5:06:34

GOOD SPORTS 10-MILER BRUNSWICK, ME; 8/19/84

Overall Rock Green 30 51:4 L. LaRue-Kenniston 30 63:1 M40-44 Gary Cochran 52 57:1 Jim Paterson 43 58:3 Frank Brume 43 58:4 M45-49 Robert Coughlin 45 59:0 Peter Bastow 47 60:4 Robert Jollicoeur 47 60:5 M50-59 Arnie Green 52 58:52 Donald Mosher 50 66:26 Fred Beck 51 68:32 M60+ Carlton Mendell 62 68:20 William Fox 63 75:24 Russell Bradley 60 76:46 W40-44 Jo Comeau 40 68:28 Barb Coughlin 41 71:10 Meg May 43 74:41 W45-49 Marcy McGuire 45 80:19 Jean Thomas 48 80:34 Beverly McCoid 49 83:52 W50-59 Betty Hahn 51 82:40 Barbara Bull 57 97:48

HARRIS YMCA LAST FLING 5K CHARLOTTE, NC; 8/25/84

Overall B. Meighan 15:43 Debbie Gawrych 21:00 M40 Chris Pappas 17:36 Charlie Harris 18:18 M50 Toby Transau 19:50 Bill Williamson 19:51 M60+ Spero Calos nt W40 Kaye McGarry 23:52 Becky Workman 25:11

SALEM 10K; SALEM, VIRGINIA AUGUST 25, 1984

M40 Stan Clower 37:12 Roger Fore 37:31 Mike Taglio 38:30 M45 David Bloor 35:43 Robert Pankey 38:53 Byron Yost 39:53 M50+Paul Smeal 42:15 Dennis Benicke 47:42 Milton Danner 49:07 W40 Carol Clower 61:22 W45 Glenna Fink 42:30 W50+Betty Field 46:21 W60+Louise Martin 66:01

MONTE SAND 3 & 6 MILE ROAD RACES; HUNTSVILLE, ALABAMA SEPTEMBER 1, 1984

--3 Mile-- M40-49 Ellis Whitt 43 17:33 Jack Ward 42 17:48 Charlie Cooper 47 18:11 Jim Upton 40 18:23 Bob Mahlke 42 18:25 M50+ Jim Oberhausen 50 18:32 Rick Richter 50 18:43 W. Campbell 53 19:03 Kelly Stinson 50 19:23 Grady Edwards 55 20:30 W40+ Alice Clements 45 21:59 Genie Street 42 25:32 Mary Summerlin 46 25:35 P.J. Picard 41 26:14 Darwin Perkins 50 26:20 Hazel Robertson 63 27:27 --6 Mile-- M40-44 Ellis Whitt 43 37:50 G. Gallemore 41 44:03 Craig Aiken 42 44:36 M45-49 Jim Oaks 46 35:00 D. Washington 47 38:00 Earl Jacoby 47 38:47 M50+ James Foreman 50 37:42 Kelly Stinson 50 40:50 W. Campbell 53 40:50 Patrick Forton 52 42:47 H.W. 'Bud' Brew 57 43:43 W40+ Alene Park 58 46:51 Alice Clements 45 47:44 Mary Ann Damian 42 48:21 June Young 40 50:37

SUPER RUN '84 10K; SAN DIEGO SEPTEMBER 1, 1984

Overall Ron Gee 33 30:54 Connie Hester 24 39:21 M40-49 Jim Wadley 47 43:16 Bruce Rusk 40 43:39 Ed Chernoff 43 48:03 M50-59 Jim O'Neil 59 36:55 Carl Barnes 53 45:08 August Castille 58 45:45 M60+ Jacob Bishin 83 74:00 W40-49 Lillian Mahoney 41 52:38 Kathy Latini 43 52:52

FLORIDA TAC BK RR CHAMPIONSHIPS (RIVER CITY CANCER CLASSIC); JACKSONVILLE; SEPTEMBER 3, 1984

Overall Greg Doss 24:46 Carla Borovicka 27:42 Masters Men Everett Crum 28:08 Tom Graham 28:20 Masters Women Janet Gunning 34:43 Ann Wright 36:33 M40 Charlie Lankin 29:22 Tom Smith 29:52 Roger 30:34 M45 John O'Connor 30:09 Terry Trexler 30:12 David Gross 30:47 M50 Joe Shea 35:27 M55 James Parks 30:18 W40 Patricia Bell 39:09 W45 Lee Selby 42:38 W55 Alix Gravenstein 37:23

LITE BEER CHALLENGE SERIES BK; NEWBURYPORT, MA; 9/5/84

Overall Bruce Bickford 27 22:52 Darlene Beckford 22 26:24 M40-49 Kirk Randall 43 25:32 John Boyle 40 25:56 J. Gus Foley 41 25:59 Sumner Brown 40 26:16 M50-59 Bill Fouk 51 26:45 Jim Hines 51 28:43 W40-49 Carrie Parsi 45 31:39 W50+ Barbara Robinson 50 33:20 Helen Hamilton 53 33:26 Sally Goodhue 50 35:34

CITY OF LAKES 25K; RRCA NATIONAL CHAMPIONSHIPS MINNEAPOLIS; 9/9/84

Overall Jerrold Wynia 1:18:33 Suzanne Wurl 1:35:25 M40-49 Dan Conway 1:22:48 Bruce Mortensen 1:23:01 Jered Mondry 1:28:20 Paul Noreen 1:28:43 M50-59 Arlen Sunn 1:34:43 John Burns 1:34:46 Greg Prom 1:37:46 M60-69 Lloyd Young 1:53:01 M70+ Bill Andberg 2:06:44 W40-49 Mary Dybvig 1:49:41 Ginger Wilson 1:54:07 Virginia Ketola 1:54:23 W50-59 Mickey Armstrong 2:00:53 Gretchen Kreuter 2:04:28 Mary Lou Carlson 2:05:08 W60+ Betty Haleen 2:20:45

BILLY MILLS 5K; CHARLOTTE, NC; SEPTEMBER 9, 1984

Overall Victor Elk 17:02 Monica Gathings 21:22 M40 Alex Coffin 18:35 Ron Gestwicki 20:00 Scott Lowden 20:01 M50+ Joseph Kerin 24:25 Tom Curry 25:33 Bill Lundy 28:02 W40 Carol Gestwicki 26:55 W50+ Pat Lundy 28:03

JERRY CROCKETT 10 MILE OKLAHOMA CITY; 9/15/84

Overall Greg Lemieu 25 52:30 Suzy Flagler 28 1:03:49 M40-49 Jim McFadden 45 59:02 Charles Bertalot 43 1:02:32 Jerry Witherby 42 1:02:42 Warren Ford 42 1:02:59 Marion Bixby 43 1:03:47 M50-59 Robert McHefey 54 1:09:04 Ken Hart 55 1:10:24 Chick Gancer 51 1:10:44 M60+ Jim Smith 62 1:12:38 Ralph Ratcliff 61 1:16:03 W40+ Maureen Bixby 42 1:07:56 Karen Poston 42 1:16:50 Lynne Taylor 45 1:17:56

POPPA JAY'S 4 MILE; ORLANDO, FL; SEPTEMBER 15, 1984

Overall Dave Walters 19:13 A. Politowitz 24:51 Masters Bill Stewart 21:05 Donna Hiatt 26:57 M40 Jim Wharton 22:37 Mark Stansbury 22:42 Mike Sheffy 23:36 M45 Robert Bohanen 22:31 Terry Trexible 23:13 Kent Morgan 23:25 M50 Chuck Corivett 24:25 Bud Crow 25:47 Bill Kelly 28:12 M55 Jim Blount 23:15 Van Massen 28:14 Wally Dalsanto 28:57 M60+ Bart Ross 26:22 Larry Rush 27:43 Aldo Branchin 28:46 W40 D. Hiatt 26:57 Anne White 28:16 Pam Bohanan 30:24 W45 Vic Carter 30:11 Maggie Dobson 30:34 Lee Shelby 33:12 W50+Pepper David 32:00 Anna Rush 34:16 Mary Hatfield 36:00

The 7th Annual MAZOLA Corn Oil-YMCA 10,000 Meter Shape-Up Run Central Park, New York City

Sponsored by MAZOLA Corn Oil Conducted by the YMCA of Greater New York Under the auspices of the New York Road Runners Club In cooperation with the NYC Dept of Parks and Recreation Date: September 16, 1984, 10 AM Distance: 6.2 Miles Check-In: Men-1951, Women-945, Total-2896 Finishers: Men-1549 and 29 racewalkers, Women-653 and 36 racewalkers, Total-2267. Weather: Clear, mod. humidity, mid 60's

Order of Finish—Men

Over- Age all Pl Name, Age, Boro or State Time 1 Sanders, Ods. 25 Ons 30:49 Vel A (40-44) 1 Ted Haman 41 33:04 2 Bob Fischer 41 37:58 3 Frederick Lusted 41 39:31 Vel B (45-49) 1 Manfred Konrad 45 31:57 2 Jerzy Sulek 47 35:09 3 Charles McChermott 45 36:36 Masters (50-59) 1 George Hirsch 50 37:27 2 Herbert Kania 55 37:51 3 Alexander Smith 50 38:59 Seniors (60-69) 1 Harry Berner 60 41:20 2 Lester Ridings 60 42:27 3 Stanley Neufeld 61 41:48 Golden Age (70 and over) 1 Sam Klein 70 57:47 2 Max Popper 81 58:49

Order of Finish—Women

1 Tartaro, Margaret, 24, Ons 37:51 Vel A (40-44) 1 Mimi Meyers 42 41:33 2 Laurie Baker 41 42:57 3 Carol Johnston 41 44:11 Vel B (45-49) 1 Eliu Cohen 48 47:37 2 Margit Brodin 45 48:33 3 Joan De Rosa 48 49:21 Masters (50-59) 1 Mita Kania 53 39:31 2 Ellen Rosenblum 50 1:00:09 3 Marie Jeanne Castaldi 50 1:00:22 Seniors (60 and over) Adrienne Salami 68 1:07:10

METHODIST HOSPITAL 5/10K; LOS ANGELES; 9/16/84

M40-49 M. Lankarami 42 18:35 Mike Wardle 42 19:58 William Ayres 49 21:26 Dennis Inouye 40 21:36 Bruce Rusk 41 21:48 M50-59 R. Culling 52 19:38 Sam Waltmire 55 20:18 Fred Goldman 57 20:49 Bill Stowell 57 20:53 R. Granados 50 22:11 M60+ Leonard Kulbacki 60 21:39 Ed Stotsenberg 70 22:50 Bernie Hodowski 61 25:19 W40-49 Marky Molina 44 26:17 Mary Brittan 43 27:19 Judy Fernandez 46 27:33 Pamela Cobb 41 27:41 W50-59 Esther Millien 52 25:09 Doris Gordor 58 26:36 Janet Floyd 50 27:45 --10-- M40-49 Pattison Ronald 47 37:40 Dave Arntson 46 38:12 Jon Quinn 42 38:54 Charles Nall 41 41:47 M50-59 Eugene Black 50 39:52 Ted Ortiz 51 44:00 Art Soderblom 52 44:09 M60+ Ray Thorne 60 47:49 Ted Meyer 65 56:59 W40-49 Ann Kiernan 46 50:24 Gretchen Augustyn 44 55:02 Julia Hart 42 55:26 W50-59 Elizabeth McClellan 50 59:25 Erika Fleischer 52 75:28

BILLY MILLS 5K; CHARLOTTE, NC; SEPTEMBER 22, 1984

M40-49 Alex Coffin 18:35 Ron Gestwicki 20:00 Scott Lowden 20:01 M50+ Joseph Kerin 24:25 Tommy Curry 25:33 Bill Lundy 28:02 W40-49 Carol Gestwicki 26:55 W50+ Pat Lundy 28:03

WESTERN PROVINCE MASTERS X-COUNTRY CHAMPIONSHIPS; CAPE TOWN, SO. AFRICA; 9/22/84

M-BK/W-4K M35-39 A. Bell 31:05 A. van Rooyen 32:02 G. Woodhouse 32:27 M40-44 J. Roffey 29:49 G. Patrick 33:29 J. Mayhill nt M45-49 L. Praamsma 30:32 S. Mostert 31:13 A. Murray 31:40 M50-54 P. O'Brien 32:13 L. Benning 33:38 M55-59 B. Robinson nt M60-64 B. Robinson nt W35-39 L. Spence 18:44 W40-44 G. Buhmann 18:24 W50-55 J. Geldenhuys 22:33

FREIHOFER'S SYRACUSE RUN FOR WOMEN 10K/TAC REGION I RR CHAMPIONSHIPS; SYRACUSE, NY SEPTEMBER 23, 1984

Overall Janice Eittle 34:22 W40 Carol Rider 42:54 Linda Whitney 44:53 Lois Hotchkiss 47:02 W45 Anne Bing 40:02 Patricia Bessel 41:36 Lenis Tucker 43:11 W50 Mita Kania 40:55 Anny Stockman 41:49 Lillian Fischer 52:11 W55 Beryl Skelton 44:35 Dolores Quinn 51:03 Nancy Auster 52:37

4th ANNUAL NEW RIVER VALLEY FALL 5/10K; RADFORD, VIRG. 9/23/84

--5K-- M30-49 Joe Philpott 17:35 Glen Bugh 19:03 David Bevan 20:03 W30-49 Tenna Hosner 20:59 Faye McCoy 28:34 Lorraine Holub 26:23 M50+ Paul Smeal 20:01 Mason Cole 22:19 Norman Eiss 22:38 W50+ Louise Akers 26:21 --10K-- M30-49 Tom Morris 33:05 Steve Schmidt 35:30 Phil Peterson 36:26 W30-49 Donna Akers 46:22 Jean Marchlands 47:08 Kathy Pinkerton 47:59 M50+ Bill Jester 43:25 Ed Bunie 43:40 Bud Sutphin 58:44

DIET-PEPSI 10K; HONOLULU, HAWAII; 9/23/84

Overall Duncan MacDonald 30:31 Adrienne Johnson 36:23 M40 Mike Lynn 33:52 Brian Clarke 34:08 James Haugh 34:47 M50 Jose Virgil 36:22 Bill Barton 38:51 Don Boardman 39:10 M60+ Gerald Horton 37:37 Naoto Inada 39:37 Norman Thomas 44:44 W40 Susan Woltag 41:59 Judy McMullen 44:10 Patti Buhalm 44:37 W50 Diane Stowell 46:30 Mollie Chang 48:58 Miki Horton 50:23 W60+ Margaret Lee 55:32 Grayce Miji 1:02:12 Doris Pugh 1:07:19

TAC 50K CHAMPIONSHIPS HAINS POINT, D.C. SEPTEMBER 23, 1984

1 Mel Williams 46 3:14:58 3 Robert Becker 50 3:30:08 5 Ben Mathews 46 3:45:05 6 Alvin Marcy 48 3:50:55 8 Peter Hawkins 42 3:56:15 10 Pete Monahan 50 4:02:49 11 Tom Kurihara 49 4:06:02 12 Richard Good 54 4:07:40 14 Kay Moore 1f 42 4:16:00 16 A. Christou 40 4:19:15 21 John McIntyre 63 4:57:05 22 Ed Benham 77 5:03:37 23 Bill Bates 41 5:09:31 24 Mike Morrin 48 5:28:59 25 P. Robertson 45 6:03:35

KINGS ROAD RACE

NEW HAMPSHIRE, 1984

1st overall Debbie Mueller 25 34:59 Dean Kimball 26 30:44

Women Masters

Bernadette Nay 45 42:47 Helen Hamilton 53 44:29 Pauline Duhamel 41 52:22 Sue Goff 43 62:20

Men Masters

Roland Commier 44 34:16 Tom Wallace 40 35:07 David Walsh 40 35:48 Leo Duhamel 41 38:07 Dean Riley 43 38:47 Roger Godin 46 39:08 Ken Nicholls 47 39:24 Norris Bardis 46 40:21 Robert Paul 57 42:02 Bill Halm 56 44:33 Paul Landry 53 44:37 Bob Safford 60 47:29 James Barrett 61 60:00