Highlights

• World Marks Set by Patsalis, Reid, Bredenbeck, Cleator, Dixon, Burnett, Fox, Butler, Alexander

• Results of Masters Track & Field Meets:
  - 602 in TAC Nationals
  - 433 in Pan-American Games
  - 152 in TAC Midwest Regionals
  - 355 in TFA Western Regionals
  - Northwest Classic
  - TFA Nationals
  - Cleveland Classic
  - MSA Relay Carnival
  - Texas Classic
  - Minnesota
  - Indiana
  - Massachusetts
  - Florida
  - Rhode Island

• Results of 28 Road Races

602 Compete in Nationals

Burnett, Fox, Dixon Set World Marks.
Billups Breaks 4 Minutes. 12 U.S. Records Set.

by AL SHEAHEN
LOS GATOS, Calif., August 15-16—Years from now, when old masters are gathered around the table, recalling the early days of the masters program, the conversation will come around to the best masters race ever run.

Each, of course, will have his or her favorite. But this year, with only two races left in the 1981 TFA Masters Track & Field Championships, the conversation will be focused on the best race ever run this year.

The race was run on Saturday, August 15, at the 1981 TFA Masters Track & Field Championships in Los Gatos, California. The race was the 4000-meter run.

Billups Breaks 4 Minutes

The race was won by Ernie Billups, 44, of Chicago, Illinois. Billups broke the 4-minute barrier, running the race in 3:59.84. This is the first time an American over age 40 has run the 4000-meter race in under 4 minutes.

New Faces in Midwest Regionals

by W. McDonald Miller

DECATUR, Illinois, August 1—"The Pride of the Prairie", did itself proud as host of the 1981 Penn Mutual/TAC Midwest Masters Regional Meet. A lovely college setting at Millikin University provided excellent facilities for 152 athletes today. Because of the new site there were many new faces to go along with a few old, and even an old friend in the midst of a spirited comeback. Of course I'm speaking of that transplanted New England veterinarian, all-around, man about town, Bill Andberg. Bill was a pleasant surprise and of course impatient as ever not to have resumed top speed after getting a couple of new wheels and a general overhaul over the past year.

50 in TFA Pacific Regionals

LOS ANGELES, July 18—The Track & Field Association of the USA announced that one World Record and two National Records were set at the 1981 TFA Pacific Masters Track & Field Championships today at UCLA's Drake Stadium.

The pair of national records were set by Walt Butler, 40, running the 110 meter hurdles in 14.8 in the 40-44 division, and Jim Brown high jumping 6-4, also in the 40-44 division.

Approximately 400 spectators turned out to view the 355 athletes competing in the largest one day masters meet held this year on the west coast.

The highlight of the meet, the Converse Celebrity Triathlon, featured Olympic Legends, Mike Larabee, John Pennel, Mack Robinson, Dr.

433 in Pan-Am Games

LOS ANGELES, August 8-9—Four hundred-thirty-three over-age-30 men and women athletes—including 107 from east of the Mississippi and 18 from foreign countries—took part this weekend in the 5th Annual Home Savings Pan-American Masters Track & Field Championships.

Competition was held in 5-year age groups for men and women athletes from age 30 to 80+. Oldest participant was Marian Higgins, 88, who competed in both the 100 and 200 meter dashes.

Walt Butler ran the 39.110-meter hurdles faster than any over-age-40 runner in history, clocking 14.67 to break the world best of 14.7 set by L. Marien of Belgium.

The Southern California Striders age 40-49 800 meter relay team broke the old U.S. masters record with a time of...
LONG DISTANCE RECORDS:
Men: Ron Salvio
Women: Jo Lacetera

INDOOR RECORDS AND RANKINGS:
SOUTHWEST:
Tom Spaldin
EAST:
Bob Boal
EDO:
Jo Lacetera

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SEPTEMBER 1981

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Van Nuys, CA 91404

In my opinion, no country can guarantee a demonstration-free meet, and we, as individuals must decide whether we can tolerate these reactions or stay at home. In spite of our constitution, which states "...that no individual can be barred from participation because of being South Africans. The next time perhaps another country will not be able to send its athletes for invading Afghanistan or sending fighter planes to Israel or whatever. Perhaps the word "nationality" should be deleted and we won't feel like hypocrites.

In Bob Fine's splendid recount of his South African trip, he urges black Americans to travel there to inform the black South Africans that "...the rest of the world feels that they have every right to be treated as equals." I shall be happy to go, if Bob can guarantee that the South African government will not arrest me for agitating the blacks. I was placed under house arrest in Indiana and Kentucky during World War II, because I, a black flying officer, dared to enter an Officer's Club. His article revived pains that I endured and I don't think I'll be exonerated in South Africa as I was in 1945.

If the South African government will permit Bob Fine, who is white, and me to communicate with whites, blacks, Asians, coloreds and all races of our choice, then I will consider the trip. If the government funds our trip, (the spouses can pay their own way) I will stop all considerations and head for the airport.

Don Harris, Abington, Pa.

Write On!

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

OF WORLD GAMES AND POLITICS
Frank Finger's closing sentence in his article written in the July, 1981 issue of NMN, i.e., "In fairness to all concerned, of whatever honestly-held political view, we should unequivocally set our course well before the 5th Games." is excellent advice, but I fear too late for the next World Games. The problems related to participation of South Africans in the World Championships was observed by me in Sweden, Germany and New Zealand. These problems have proliferated with each World meet. The elimination of the relay races at San Juan because they might trigger reactions was very depressing. Moreover, why not refer the name and country of medal winners posted on the result board not do the same thing?

In my opinion, no country can guarantee a demonstration-free meet, and we, as individuals must decide whether we can tolerate these reactions or stay at home. In spite of our constitution, which states "...that no individual can be barred from participation because of being South Africans. The next time perhaps another country will not be able to send its athletes for invading Afghanistan or sending fighter planes to Israel or whatever. Perhaps the word "nationality" should be deleted and we won't feel like hypocrites.

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LONG DISTANCE RUNNING

1981 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS

1981 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS


November 17 (Sat): 8th Skylon International Marathon, Niagara Falls. (2000) Box SIM, Bidwell Station, Buffalo NY 14222.

November 25 (Sun): 12th New York City Marathon. (16,000) P.O. Box 1388 GPO, New York NY 10001.

On Tap for September

TRACK & FIELD

The 1981 masters track & field season isn’t over yet. The Penn Mutual/TAC National Masters Weight Pentathlon takes place on the 12th and 13th in Chicago.

Then on the 19th and 20th, it’s the 1st Annual San Juan Masters T&F Meet in Puerto Rico, site of the 5th World Veterans Games in 1983. 500 athletes are expected.

LONG DISTANCE RUNNING

On the road, activity picks up again with major races such as the Gettysburg Marathon on the 12th. The next day sees the prestigious Nike/OTC Marathon in Eugene, Oregon, the Montreal International Marathon, and the Penn Mutual/TAC National Masters 50K Road Championships in Vermont.

The TAC Masters and Junior 20K Road Championships will be held the 20th in Catskill, New York.

Then a big one: the Penn Mutual/TAC National Masters 10K Road Championships in Seattle the 26th, housed by the capable Snohomish Track Club.

On the East Coast the same day is the popular Lynchburg, Virginia 10-miler and the Canadian Women’s 5K Championships in Toronto. The America’s Marathon in Chicago wraps up the month’s festivities on the 27th.

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**MID-AMERICA**

**September 6 (Sun):** 3rd Black Hills Marathon, Rapid City, S.D. Guest speaker: Al Lawrence. Mar 943, Rapid City SD 57701.

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

**SOUTHWEST**

**October 31 (Sat):** Tulsa 15K. 2672 E. 2nd St. Tulsa, Oklahoma 74114.

**MIDWEST**

**September 13 (Sun):** Cleveland Heart-athon, Cleveland, 1689 East 115th St., Cleveland OH 44106. (216) 791-7500.

**September 27 (Sun):** America's Marathon, Chicago. (7000) 676 N. LaSalle Chicago IL 60605. (312) 951-0660.

**September 13 (Sun):** Nike/OTC Marathon, Waterford, Calif. Don Lundberg, 12607 Lone Oak Rd., Waterford CA 95386. (209) 874-2229.

**October 11 (Sun):** 10th Berkeley to 6th St. Tulsa, Oklahoma 74114.

**September 27 (Sat):** Heritage Day Run: 10K & 2-1/2 mi, Beard Park, Waterford, Calif. Eino, 32926 Mulholland Hwy, Malibu CA 90265. (818) 652-2210.

**October 15 (Sun):** Las Vegas Invitational 10K, Malibu, Calif. Eino, 32926 Mulholland Hwy, Malibu CA 90265. (213) 889-0800.

**November 15 (Sun):** Mini-Marathon, 8 a.m., Las Vegas. Running Store, 602 So. Maryland Pkwy, Las Vegas NM 89101. (702) 362-3496.

**NORTHWEST**

**September 13 (Sun):** Nike/OTC Marathon, Eugene, Oregon. (1000) P.O. Box 10412, Eugene OR 97440. (503) 687-9277.

**September 19 (Sat):** Prefontaine Memorial Classic 10K, Coos Bay, Oregon. Mike Hodges, Box 210, Coos Bay OR. (503) 267-7275.

**CANADA**

**September 13 (Sun):** Montreal International marathon, Montreal. (3000) COMM, P.O. Box 1222, Montreal, PQ H3B 3L2.

**September 20 (Sun):** Canadian Masters 10K Road Race, Winnipeg, Manitoba.

**WEIGHT PENTATHLON SCHEDULE 1981**

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>CITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 6, 1981</td>
<td>Canadian Masters Weight Pentathlon Championship</td>
<td>Toronto, Canada</td>
</tr>
<tr>
<td>Dec. 13, 1981</td>
<td>West Coast Weight Pentathlon</td>
<td>Glendale, California</td>
</tr>
<tr>
<td>Dec. 27, 1981</td>
<td>Holiday Weight &amp; Regular Pentathlon</td>
<td>Atlantic Beach, Florida</td>
</tr>
</tbody>
</table>

**INTERNATIONAL**

**October 12 (Mon):** Canadian Masters Cross-Country Championships, Edmonton, Alberta.

**October 24 (Sat):** Inter-Club Cross-Country Relay, Sunnybrook, Toronto.
ALEXANDER SETS
WORLD 400 RECORD

MASON, Texas, June 27—John Alexander, 61, the World Games age 60-64 pentathlon gold medalist, today broke his own world 400-meter record for men over age 60 (59.0) with a superb clocking of 58.34 in the Hill Country Classic Masters Track and Field Meet.

It was only the 5th time in recorded history that a man over 60 has broken 60 seconds in the 400-meter run. He also won the 200, javelin, discus and long jump.

Alexander runs in a special lightweight, 2¼ ounce shoe that he designed himself (compared to the 5 and 6 oz. normal track spikes), and, off his performances this year, could probably sell as many of them as he could produce.

San Antonio's Ruben Whitney turned in excellent efforts in the 10,000 (39:10) and 800 (2:29.2). Competition was held in 5-year age groups for men and women from age 25 up.

Bo Bobhi, 32, of Austin threw the javelin 196 feet, with Rusty Durham, 35, of Fort Worth, tossing 192'.

Results in back pages.

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Results in back pages.
Top Meet Set for Puerto Rico

The 1st Annual San Juan Masters T&F Meet Sept. 19-20 looms as one of the top masters events of the year.

The meet is open to all men and women over 30 years of age, and will be held at the 1st-class Sixto Escobar Stadium, site of the 5th World Veterans Games in 1983.

"The meet is going to be international," reports Gilberto Gonzalez-Julia, President of the Puerto Rico Masters Association. "We are inviting our neighboring countries like Venezuela, Colombia, Mexico, Brazil and the Dominican Republic. I hope to see many masters athletes from Canada and the U.S. in this meet."

Gonzalez-Julia expects 300 participants from Puerto Rico alone. "The fever and enthusiasm here is the greatest for any meet that has come to Puerto Rico in the past," he said. "We are inviting the big crowds attending the competition."

Indeed, in contrast to the usual sparse crowd at U.S. Masters meet, the 1980 Pan American Championships in San Juan reportedly drew 8000 spectators, plus thousands more watching the extensive television coverage of the event.

Hotels offer low summer season rates, from $16 single and $18 double, within walking distance of the stadium. After the meet, athletes and their families can enjoy water sports, good beaches, exciting night life and excellent Caribbean food.

A schedule of events and official entry blank is printed below. ☐

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PULLING HIS OWN LEG! — 72-year-old Anthony Castro isn't pulling his leg or anyone else's when he says that he's a real competitor. The La Canada, Calif. resident is the current American record holder for his age group (70-74) for the 100 meters with the time of 13.9.

Castro won the 100 and 200 in the 5th Annual Home Savings Pan American Masters Track & Field Championships, August 3 & 4, at the University of Southern California's Cromwell Field. This Masters champion laughingly claims "I used to be a sprinter in my college days. It took high blood pressure and over 40 years to get me back to running, but I'm on the track now!"

Schedule of Events:

SATURDAY SEPTEMBER 19
4:00 P.M. 1-400 Meters Hurdles * 4:10 P.M. 2-5 Lb. Discus * 4:30 P.M. 3-100 Meters + 4:40 P.M. 4-3000 Meters Steeplechase + 5:00 P.M. 5-100 Meters * 5:30 P.M. 6-200 Meters + 6:00 P.M. 7-800 Meters + 7:00 P.M. 8-1500 Meters +

FRIDAY SEPTEMBER 18
6:00 P.M. 9-4 X 100 Meters Relay 6:30 P.M. 10-4 X 400 Meters Relay

SUNDAY SEPTEMBER 20
12:00 P.M. 1-400 Meters Hurdles 1:00 P.M. 2-8 Lb. Discus 1:30 P.M. 3-16 Lb. Hammer 2:00 P.M. 4-4 X 100 Meters Relay 2:30 P.M. 5-4 X 400 Meters Relay

Events for women only:
23-1-300 Meters 24-1-100 Meters 25-2-200 Meters 26-2-400 Meters 27-5-000 Meters

Note: If heats are needed first three places will be determined by time.

Events will be run closer to youngsters, then women.

Take checks payable to San Juan Annual Masters and mailed them with your entry form to Puerto Rico Masters Association, G. P. O. Box 1323, San Juan, Puerto Rico 00936.

Athletic Release
In consideration of the right to participate in the San Juan Annual Masters T&F Championships, I do hereby, for myself, my heirs and assigns waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me against the City of San Juan, the Puerto Rico Masters Association, the Organizing Committee or their officers or agents and the Sixto Escobar Stadium and any and all sponsors of the aforementioned championships. I further certify that I am in good physical condition and have recently undergone a thorough physical examination by a certified doctor.

Signature

Date
Run Puerto Rico!

The San Juan Annual Masters Track & Field Championships will be held at the Sixto Escobar Stadium, San Juan, Puerto Rico on September 19 & 20, 1981.

Eligibility: Open to all men and women 30 years of age or older.
Deadline for Entries: September 8, 1981. NO late entries.
Entry Fee: $5.00 first event, $3.00 each additional event. $16.00 per relay.
Facilities: Sixto Escobar is an 8 lane tartan track with all modern equipment. A 220 meter tartan warm-up track is available. (¼ inch spikes maximum length permitted.)
Relays: By country with divisions in 10 year increments.
Awards: Medals to three in each age division. Certificates of participation to all competitors.
Registration: At Sixto Escobar Stadium from 7:00 AM to 7:00 PM, Friday, September 18 and from 7:00 AM to 12:00 Noon, Saturday, September 19.
Banquet: Sunday evening, September 20, 1981. Place to be announced. $30.00 per person.
Accommodations: Take advantage of our many fine hotels within walking distance to the stadium. Our highly attractive low summer season rates make it easy to combine a fabulous Puerto Rico vacation with your participation in the Masters Championships. Stay on and enjoy great water sports, magnificent beaches, beautiful countryside, a magical rain forest, unparalleled night life, and the finest cuisine in the Caribbean.

For official entry form, please write to the San Juan Annual Masters Association, G.P.O. Box 3123, San Juan, Puerto Rico 00936.

Puerto Rico, U.S.A.

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THE SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIP.
SEPTEMBER 19 & 20, 1981.

THE FIFTH WORLD VETERANS CHAMPIONSHIP TRACK & FIELD.
SEPTEMBER 1983.
The Two Faces of Michael

You’ve heard of the three faces of Eve and the many sides of Sybil. Let me tell you now about the two persons in Michael. His wife calls them Michael A and Michael B.

The most obvious difference is physical. Michael A tips the scales at 150 pounds, finds a 31 inch waist band, and his medium shirts hang loose with plenty of breathing room. There are deep furrows in his face and he stands with a slightly hunched posture. His wife says that he looks all of his 44 years, perhaps more. While taking note of his protruding ribs, she tells him that he looks like a prisoner of war.

At the beach, Michael A looks like a good prospect for anyone with sand-kicking inclinations. About six months ago, he walked into a one-stop shop near his home, found several hulky and rowdy young men blocking an aisle while attacking a space invaders game, and went out of his way to avoid them.

Michael A is a competitive distance runner. Michael B, on the other hand, weights close to 170, takes size 33 trousers, and pops buttons off of his medium shirts when he takes a deep breath. With his cherub face and all, his wife says that he looks healthy and that he can pass for 25, maybe younger.

While Michael A strains to do bench press repetitions with 135 pounds, Michael B pumps 200 pounds with relative ease.

About two months ago, Michael B walked into that same one-stop shop, encountered the same rowdy young men, and made a point of crashing through them with elbows flailing.

Michael B is a non-runner.

The complete transformation from Michael A to Michael B had not taken place for many years until recently when Michael A suffered a series of running related injuries which forced him to give up running for several months.

The differences between Michael A and Michael B are, however, more than physical. There are distinct changes in attitude and behavior.

Michael A has been a “runaholic” for more than a quarter of a century. He very possibly was the first person ever to see a psychiatrist about an addiction to running.

The year was 1959. He was attached to the Second Battalion, Seventh Marines at Camp Pendleton, Calif. The word came down that the entire battalion would be shipped to Okinawa for a lengthy tour. He panicked at the thought of spending nearly three weeks aboard a ship.

“Sir,” Michael A said to his commanding officer, “is it possible for me to fly over there and meet you? I’m willing to take leave and pay my own way.” He explained to the cigar puffing colonel that he’d be climbing the bulkheads of the ship if he couldn’t run.

“Lieutenant,” the colonel said after discussing this strange ailment for about 20 minutes, “I think we’d better have you see the division psychiatrist.”

The young psychiatrist thought it was all very amusing and suggested that Michael A try running in place or skipping rope.

Just as he did 22 years ago, Michael went through a withdrawal stage of from 10 to 14 days during his most recent transformation. He suffered delusions. He rejected eating anything, feeling that every morsel of food was attacking him in the form of globsules of fat. He would swim, lift weights, skip rope, and ride a bicycle in hopes of countering the decay and atrophy which he could feel invading every cell of his body. It was as if a fatal disease had overcome him and he could do no more than put up a gallant fight until he succumbed to it.

During the withdrawal phase, Michael A was a very irritable person and his wife found him difficult to live with. But, after about two weeks of fighting it, the spirit left him and the transformation from Michael A to Michael B was complete.

While Michael A lived every day as if it were a 10 kilometer race, Michael B is a somewhat listless individual. He eats, sleeps, and vegetates. He is not obsessed like Michael A and his wife would like to see him overcome Michael A. Michael B seems to be more competitive and aggressive at work than does Michael A, probably because he has nowhere else to channel his competitive energies.

The bumper stickers read, “runners do it longer.” That may or may not be the case, but one thing is for certain: Michael A, having more energy left over at the end of the day, wants to do it more often.

Michael A does not dwell on age. Even though his wife continually tells him how bad he looks, he thinks of himself as being 10 or 20 years younger than he actually is. He considers it something of an affront when someone of high school or college age challenges him in a race. He does not concern himself too much with the future, most of his concentration being on the next big race.

Michael B is aware of his age and wonders what he is going to do with the rest of his life. He has no real goals and tend to reminisce quite a bit. He drags out the old trophies and scrapbook and thinks of how great it was in his days as a jock. Michael B is a man with a mid-life crisis.

Actually, Michael B is a somewhat mellow individual. He likes to eat, sleep, and vegetate. He is not obsessed like Michael A and his wife would like to see him overcome Michael A. Michael B even thinks at times that he should try and stamp out Michael A.

His former boss had suggested it on a number of occasions. But Michael A is much too willful. He refuses to be eradicated. For better or for worse, Michael A will surface again and completely subdue Michael B.
On Approaching Every Problem With an Open Mouth

by W. MacDonald Miller

People Helping People
I probably would never have said anything about this, but the article, "Bring Your Own Rain," in the July NMM gave me the confidence needed to share some of our local Running Tips with the rest of the country.

First, I'm going to be absolutely honest and at the same time get something off my chest: The Midwest is a miserable damn place to live. I've played this Chamber of Commerce charade just about long enough.

The weather is the absolute pits. Sure, the people are nice, but what good are people when it's cold enough to you-know-what to a brass monkey? Sure, the changes in seasons are pretty, but what good does this do when you're over your over-shoes in a white fungus known locally as snow? Stay indoors you say—not all that great either. One winter a guy I knew didn't have enough moisture in his house, and while he was piling on the blankets, he got up, spilled a glass of wine, and bled to death before the alarm went off. I don't even know if the story's true but it has made me a very light sleeper.

Not only can you not sleep, you can't touch anything during the winter because the static can electrocute a person not properly grounded. I guess this isn't really that big a deal—you just have to carry a nine foot grounding antenna around whenever you're indoors.

Summer running—don't make me laugh! About all the summer is good for is the long lines of free verse: "Hot enough for you?" "Gonna be a hot one out there today, huh?" People in the Midwest know all about cremation and most of them aren't even dead yet. It's a messy, much too sweaty way to go.

I believe running would probably be banned in this part of the country ten months out of the year if it was not popular with so many sickos. Come on, be honest—did you ever have any fun at a fun run? Ever see a distance-type wacko smile? It's weird man, how can you smile when it feels so bad?

Baseball used to be a popular Midwest diversion but it never really did it for me. Too many 90° nights with the good ol' boys from the neighborhood, starts off, full of beer and pizza, throwing up in the rest room. After all, four letter words said by someone else tend to be boorish.

Records are being set almost daily for ozone. Chicago is always accusing the suburbs of polluting the lake and vice versa. It's an interesting, biased debate, focusing on who did what in the lake, but alas, somewhat academic—the lake in the meantime, is so full of fecal grassballs, it's the world's largest inland toilet bowl. Even the "Love Boat" wouldn't work out in this mess. Maybe "Fantasy Island" but never the "Boat." I actually can't believe I'm still alive after we wormed a damn has long since moved onto a decent place and others have even gone to California.

Needless to say, I was down, really down, when my July issue arrived with the article about the "Whatever-It's-Called" spray water on your body during a run. I mean, I sit up in my ice cubes. My mind raced, embelished and leaked to exciting ramifications as to how we might combine this wonderful new Thing-a-mi-Giz with some of the already established heat-tricks now in use here.

First, I want to admit, I thought the article was a gag; the drawing caught my eye and being an old Graham Greene fan, I thought it was an update on the vacuum cleaner drama episode in Our Man in Havana. Never mind, let's get back to my upcoming marathon PR and how I might incorporate this new innovation. By way of background, let my quickly run through the more popular forms of using water. As you neared the finish line, not too near (if you get what I mean) where the rested runner leaps from the truck and sprints to the finish.

NEED A PICK-UP? There always comes that time during a race when even the very best could use a pick-up. There are probably as many different pick-ups as runners: a word of encouragement, a smile from a pretty girl, a glimpse of a friendly competitor up ahead, etc. Here in the Midwest the two most popular pick-ups are the Chevrolet and the Ford. A great advantage the Pick-Up enjoys over the Stash-a-Bike method is, of course, it doesn't have to be stashed. It simply requires a friend, spouse or loved one, to cruise at this propitious moment when you most need a pick-up during the race. You will note that this system works best if the Pick-Up is traveling in the same direction as the race and although you would think it goes without saying, Pick-Ups should not be involved in the start of the race. They're noisy and difficult to maneuver when the runners are clustered together. It's a procedure that has to be low-keyed to be accepted. Painting the runners number on the side of the Pick-Up for instance, is not in the proper spirit. It works somewhat when the runner is near the finish line. At the appropriate moment, (each runner must determine this) the runner flashes a predetermined sign to the Pick-Up which unobtrusively moves into position ahead of the runner. The runner then grabs a brightly colored tether attached to the Pick-Up and hoists himself into the truck. At this time the driver can resume a safe speed, avoiding runners whenever possible and proceeding with as little attention as possible to an area near the finish line, not too near (if you get what I mean) where the rested runner leaps from the truck and sprints to the finish.

POSSIBILITIES: The combination that truly excites me most is the Pick-Up and the portable bug sprayer this group of physicists came up with at MIT. For instance, in California there's a natural correlation. You could use the Mediterranean Fruitfly oatment and, while you're cooling a runner or two, you could also dust off a few fruitflies. Seriously, the combination of the bug spray (Sears) and a Pick-Up is worth thinking through.

Off the top of my head I see it working something like this: In the back of the pick-up you would mount the portable bug sprayer. It would be angled at the runner so while seated in one of the water proof easy chairs, you could depress the on-off valve in such a way as to spray your body with liquid. I say liquid because during winter races there would be definite disadvantages in using water. As you neared the jump-off point, you could even switch to an anti-runnertank and spray paint off some other noxious element on...
Senior Olympics for 50+ Set

For 3 days, the Northern California Senior Olympics will offer individuals, sports. On September 19 in Alameda, bowling competition will be held with matches according to average, rather than age or sex.

On Sept. 26 at Laney College in Oakland, track and field and basketball free throw competition takes place in 5-year age groups thru 85+.

On Sept. 27, it’s swimming, including a butterfly, freestyle, backstroke and breaststroke. Then it’s tennis and golf competition. Medals will be awarded to the 1st 3 finishers in each division.

Last year the event drew over 100 entrants and is sanctioned by Senior Olympics International in Los Angeles. For an official entry form, write NCSOII, c/o Oakland Park & Recreation, 1520 Lakeside Drive, Oakland CA 94612. (415) 273-3791. Deadline Sept. 11.

Anderson Sets 13 Age Marks In One Day

DENVER, July 25. One of the top masters athletes in the world, Herb Anderson of Bellevue, Colorado, turned 79 and proceeded to set a slew of age-79 marks today in Colorado State T&F Championships.

Anderson’s astounding one-day iron-man effort included: 100 yards in 14.1, 100 meters in 15.8, 200 in 33.5, 400 in 78.0, 110 hurdles in 26.1, high jump in 4’1”, long jump in 10’10”, triple jump in 25’5”, 800m javelin in 84’4”, pole vault in 5’3”, shot put at 29’6”, discus in 75’7”.

That’s 13 age-records, a pretty good day’s work and certainly one of the most impressive performances in masters history.

Lorenz Moves to Track

by PETE TAYLOR

COLLEGEVILLE, Pa., August 1—The brilliant Herb Lorenz ran a breathtaking 8:49.3 in the 3000 meter run on this 85° day to break Hal Higdon’s 6-year-old American masters (age 40 and up) record of 8:50.0.

The occasion was the Philadelphia Masters Association T&F Championships at Ursinus College.

The 42-year-old Willingboro, New Jersey resident thus begins to add masters track marks to his long list of road records.

In the meet’s other highlight, Harry Jackson, age 85, destroyed the 85-89 American record of 23.5 in the 100-meters with a time of 21.5. This was Harry’s first track race of his life. He played football and baseball in 1916.

Bert Lancaster ran 24.0 in the 200 to tie Jack Greenwood’s age 53 world standard.

Results in back pages.

Not Yet Over-the-Hill in Cleveland

PARMA, Ohio, June 20—A good contingent of master athletes took part today in the 3rd Annual Cleveland Track Classic in this west side Cleveland suburb.

Competition was held for open men, open women, men 30-39, 40-49 and 50+.

Cleveland’s Over-the-Hill Track Club amassed 296 team points to easily capture the masters men team title. The Peoples Choice TC of Detroit was 2nd with 86 points.

Whitney Receives AAU Award

Veteran San Antonio trackman Ruben Whitney has been named the South Texas AAU Athlete of the Year for 1980.

The 36-year-old Whitney has established himself as one of the premier sprinters in the world in masters track. On June 14, 1980, at age 35, he recorded a 10.3 in the 100-meter dash, tying the world age-35-39 record set by Edward Jeffers of South Africa in 1971.

He won the 1980 national masters 200 championship in 22.04 in Philadelphia, and placed 2nd in the 100, running both events with a banded hamstring.

Rostege, Scannell Win Hawaii Trip

by JIM SCANNELL, Coach, Impala Racing Team

SAN FRANCISCO, July 12—Tim Rostege, 40, and Karen Scannell, 43, won all-expense paid trips to the Honolulu Marathon in December as a reward for winning the masters divisions of the San Francisco Marathon today.

Rostege, on record 2:35:12; Scannell 2:52:47; Scannell’s time eclipsed the women’s 40-49 course record (Sandra Kiddy, 2:59:01 in 1979). Joan Ulliot (2:57:50) and Kiddy (2:57:57) also went under the old record.

Ulrich Kaempf, 50, was 2nd master and 1st 50+ runner in 2:38:09, more than 10 minutes under the old 50-59 course record (Tracy Brown, 2:49:27 in 1980).

Of the top 10 women finishers, 4 were masters: Scannell 3rd; Ulliot 4th; Kiddy 7th and Pat Wittmiller 10th in 3:04:35.

Results in back pages.
**MASTERS SCENE**

- **East**
  - Herb Lorenz, fresh from bettering the U.S. masters 10k and 20k records, won the track July 14 and sped to a quick 4:11 in an all-comers 1500.
  - Jim Burnett of Philadelphia set an age-record of 41:50 for 40 miles on June 14 in Glensboro, Illinois.
  - Bob Stone’s Eastern Regional hammer throw was 150-1/2, not 154-1/2 as reported in August’s M&M. His shot was 41-48 of 48.
  - John Moran, 55 logged a good 26:05 in the Hampton, NY, 10k run.

- **West**
  - Latest injury list includes: Truman Clark, out until September with a torn muscle below the knee; Skip Witt recovering from stomach problems; Ray Manion coming back from a string of injuries; Anne Jankowski ill with hypoglycemia.
  - Coming down the pole vault runway June 28 in the Senior Olympics in Los Angeles, Hal Smith planted the pole, but decided, at the last moment, to abandon the jump. His pole had hit an elegant Alberta, having penetrated Smith’s chest as he tried to dodge out of its way. Fellow athletes provided immediate first aid, rushing Hal to the hospital where the gaping wound required 50 stitches. Fortunately, no vital organs were damaged, and the indomitable Smith was back in action two weeks later.

- **Mid America**
  - Dave Shadrack Topps tells M&M that, since his foot attack August 1, 1980, “I’m not quite the strongman I once was, but I’ve had a fine season thus far.” The 59-year-old discus, javelin and shuttle athlete suffered a stroke in 1977 and was not expected to walk again. The heart attack nearly finished him. But he doesn’t believe in sitting around. He did exercise walking miles a day, ate the right food, and surprised doctors by getting up and training for masters competition again. He’s lost 100 of his 300 pounds, and won gold medals this year in Raleigh, Palm Springs and Lincoln. “Our family motto,” Shadrack says, “is Dura Spem, While I Breathe, I Hope!”
  - Harry Crockett of the Lincoln (Nebraska) Track Club has compiled fascinating data on 50 + runners: 1) 95% of 50+ runners, 2) 21% of female finishers and 40% of male finishers were over age 55.

- **SOUTHEAST**
  - More than 700 women participated in the Feels Great Woman’s 5-mile Run June 28 at Nazareth College in Rochester, NY. Over 1000 spectators lined the route, cheering the athletes on to personal victories. Carol Cloos led the 40-49 women, and Beryl Skelton tossed the 50-59 group, both timed in 36:24. Rita Marapese was best over 60, finishing in 37:04.

- **INTERNATIONAL**
  - Wihlre (Audrey) Reid set two world records for women 55-69 in South Africa, recording 33:5 in the 200 and 79:13 in the 400. She held the old marks of 34:7 and 79:99.
  - Antonio Villanueva, 45, of Xalapa, Mexico defeated an international field of veteran runners in a special 1500 meter run in Nijmegen, Holland July 18, in 3:57:56, close to Michel Bernard’s world 40+ record of 3:55:02. U.S. record holder 45:04:1, Enrico Bivulco of Chicago was 2nd in 4:03. World Games silver medalist Michael Connolly of Ireland was 3rd in 4:05.

**ENTRY FEE $10.00**

**PRIZES: TROPHIES TO THE FIRST THREE IN EACH DIVISION FOR MEN AND WOMEN.**

**LOCKS: LOCKER FACILITIES:**

**LOCKER FACILITIES:** Locker facilities are available for men and women at the Van Cortland Park Stadium, Broadway and 242nd Street.

**DIRECTIONS:** By Subway: Take the 1 train Broadway local to the last stop in the Bronx. Walk one block from north side Broadway to the edge of the Flats near 247th Street. Sign will indicate where the finish line will be. In consideration of the acceptance of this entry I certify that I am in good health and able to complete the course and hold harmless the sponsors, TAC, and The City of New York. For all injuries sustained.

**SIGNATURE**

In the city of New York, September 1, 1981.

**Send this form with your $10.00 entry fee to:**

**ATTENTION:**

**THE COUNTRY'S BIGGEST AND BEST:**

**Masters Sports Association**

**CITY**

**ZIP**

**AGE**

**M**

**F**

**SEX**

**PHONE**

**CLUB**

**ADDRESS**

**ENTRY FEE $10.00**

**PRIZES: TROPHIES TO THE FIRST THREE IN EACH DIVISION FOR MEN AND WOMEN.**

**LOCKS: LOCKER FACILITIES:**

**LOCKER FACILITIES:**

**DIRECTIONS:**

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**ZIP**

**AGE**

**M**

**F**

**SEX**

**PHONE**

**CLUB**

**ADDRESS**
"Didn't You Used to be Phil Conley?"

Since I asked you in the introductory column to share your intimate regards to the javelin, turn-ons and turn-offs with me, we should get to know each other a little better—like the talk show host who puts his guests at ease before he begins to develop the subject.

After reading several of my Letters-to-the-Editor in NN, those of you who do not know me personally may believe that I am a cynical malcontent. First, let me say that our two sports, LDR and T&F, need and can withstand constant scrutiny and constructive criticism. Second, let me say I have been involved in over 300 track meets since junior high in the 1940's, and love the sport dearly. I have also been involved in LDR racing since 1966, and after over 250 races (averaging 8 plus miles per race and including 6 completed marathons), I can truthfully say I love running too.

To begin at the beginning, let me say that I, unlike Wendy Miller, was not born with an open (loud) mouth, but developed mine somewhere along the way. I began track as a mediocre high jumper in high school in Fresno, CA behind the leading jumper in the US, and did not earn a high school varsity letter in track. Quite fortuitously I was introduced to the javelin in college, and by age 21 had won the NCAA Championship, and had made the USA Olympic Team just 10 inches behind the defending Olympic champion, Cy Young. Equally important to me was doing so while matriculating at an academic institution (Caltech) without benefit of much in the way of coaching, equipment, films, athletic scholarships, or sleep. I worked full time after college I continued opening competition till age 35 and made several national teams, usually placed in the top six in the Nationals, but have never won the AAU (TAC) National Championships, nor an Olympic medal.

When I retired, the masters track movement was just blossoming, and I was asked whether or not I would be entering those meets when I reached 40. At that time, I was disheartened, had sore knees, and was recording unsatisfying performances. I stated that "it would depend on how much I needed it," I found, as I approached 40, that indeed my fragile ego could use that bolstering, and I proceeded to beat everyone rather handily until Larry Stuart came along.

It should be reassuring to know that one can fall back on something, even something as obscure as the javelin (or the pole vault or the steeplechase), to do it relatively well, and to be praised for it publicly. However, right from the stars I have found very few moments of joy or satisfaction from my masters javelin throwing as my best marks have dropped from 227' to 200' in these 7 years. I am still disheartened, have sick knees, and am recording unsatisfying performances. Worst of all, I seem to have lost my ability to produce superior marks when it counts, and often now see my best throws in practice, or before the meets in warm-up—when they don't count!

I believe that my dissatisfaction comes from having developed an inherent "threshold of acceptability" for the performance levels. I note that many former internationalists choose not to compete as masters, or even "over the hill" in open competition, because they too have self-image and acceptability levels tied together. I have been struggling in particular of late at the 200 foot barrier, and as of now do not see myself continuing to compete in the javelin when the prospects of a 200 footer are dim. But I may change my mind with the help of motivational factors advanced by the readers of this column. Each competitor in each event must deal with similar thresholds, and particularly so for the competitor who has excelled in the past.

As a LDR racer (not a "jogger") with sore knees, 200 lbs. of weight, and limited training, I have no such threshold! It does not bother me greatly that my former sub 7:00 min/mile pace for 10km is now 7:40, or that I have lost the heralded 5 year "heart attack insurance" from having done sub 4 hour marathons, because I think I could regain that with training. Nor does it bother me that there are many runners who believe that both 7:00 and 7:40 paces are slow and amateurish. I thoroughly enjoy each and every road or cross country race, especially those in which I feel "I gave my best."

As I have hereby outlined my "credentials" with regard to throwing and running, now let me briefly share the other facets of my life. I am semi-retired from the work-a-day world, having played the game of engineering and business. Now I work out of my home as a "househusband" and as a low-key financial advisor for a small group of associates, and spend most of the day by myself with my dog. I seek out the companionship of the Angel Field Ancients running group at Stanford University at noon for much of my training, and prefer to talk while running. I also provide volunteer mentoring to the various javelinists who use the Stanford facility as their home base, and in 1980 reveled in the success of Bruce Kennedy and Mary Osborne, each of whom qualified for the USA Olympic Team. I have attended each of the four World Veteran Athletics Championships, as well as each of the seven AAU (TAC) Track and Field Championships (and two separate Pentathlon Championships) since I turned 40. I am a keen observer of the decision making process, and of the transparent autocracy-in-action, which govern our groups. At the same time, having had to play autoerotism myself in other situations, I fully recognize that a fully democratized process would produce even more chaos and inefficiency than our present system.

Furthermore, and maybe most importantly, my "credentials" include the counsel of my wife of 18 years, Fran. Her tolerance of and support for my interest in track and running stems from participation in each activity at various times in her life. I met her in 1962 when she asked me to teach her how to throw the spear, and within a week she had thrown the men's javelin over 135 feet. Later in the early 1970's she became the leading woman's runner in Northern California for two years. Busily occupied 7 days a week now as a surgeon/professor, Fran claims that she does not miss the competitive aspects of running at all, but still manages a daily 55 minute run which includes a 950 foot hill. She is satisfied with the pursuit of solitude and enhanced creativity.

Coupled with her successes in roadrunning, she has also had the rare opportunity to experience involvement with the media. I firmly believe that one can never fully understand oneself until one has experienced how one reacts being in "the limelight", and how the media chooses to deploy its "patronage".

In the next issue I will attempt to examine, objectively and intimately my own motivations, turn-ons and turn-offs regarding my masters track and running experiences. In the future columns I will endeavor to share various other creative personal philosophies and "coping mechanisms" which stem from interviews and reader inputs. This will only work if each of you contributes his or her own ideas. I am particularly interested in learning more about those of you who are in good shape through training but do not choose to participate in competitions, for whatever reasons. Help me to address the question by thinking about what concessions you would demand in negotiations with God in order for you to enter the various competitive arenas.

Send in your thoughts to me as follows: Phil Conley, P.O. Box 81, The Sea Ranch, CA 95497. Remember if you want or need any sort of a reply, please send a self-addressed stamped envelope.
Anspach, Bredenbeck Hummel Set Marks

Downpour Fails to Slow Indiana Meet

by BOB COUGHLIN

INDIANAPOLIS, June 13—Despite a terrible downpour in the afternoon which disrupted everything, everyone was pleased with the Indiana Masters T&F Championships today, which saw 3 new American records set.

Kush Jacobs of Michigan handled everyone in the sprints thru the 400 in the 55-59 group. Chuck Olson of Minnesota was right there in case Jacobs missed a step. Charlie Northrup had outstanding times in the 60-64 sprints. Ron Murphy of Cincinnati was the class of the 30-34's. The whole bunch from Ohio—Charles Dudley, Harry Toliver, Rich Bredenbeck, Roland Anspach, etc.—taught Indiana how it should be done.


And then there were the women. Jo Anne Grissom, former Olympian from Indianapolis, was outstanding in 6 events. A new face in the 65-69 group was Sheila Evans from Indianapolis by way of South Africa. She won the sprints and most of her field events, nearly breaking a record in the high jump. Then there was Ohio again in the person of Ernestine Yeomans of Cincinnati in the 60-64 group. In great physical shape, she performed in practically every event we had.

30 To Make China Trip

About 30 masters long distance runners will head for China for a first-ever masters running tour of the historical land.

Helen Pain's Sports Travel International, Ltd. is coordinating the tour which leaves October 14 for a 3-week, 8-city running tour.

Mary and Roy Cullen of Houston, Texas are sponsoring three top masters runners. New Jersey's Herb Lorenz, Minnesota's Alex Ratelle and Mississippi's Jim Ewing will make the trip, covering all of the great record time.

The trip will be for a runner to a much larger masters track & field tour of China in the fall of 1982.

Laris Sets Masters Mile Mark

LOS GATOS, Calif., July 16—Tom Laris, 40, a member of the 1968 U.S. Olympic team in the 10000 meter run, tonight ran the fastest mile ever by an American over age 40.

In an all-comers meet on the fast Los Gatos High School oval, the Palo Alto resident sped to a 4:23.7 to break the former U.S. masters mile record of 4:24.0, set by Royer Hatton in 1975.

The fastest over 40 mile ever run is 4:18.5, by New Zealand's Jim McDonald in 1977.

A week earlier, Laris had narrowly missed the mark with a 4:24.5. In that meet, he also came close to the U.S. masters 2-mile record of 9:17.6 (also by Hatton), posting 9:22.4.

Northwest Seniors Track Classic

by PETE MUNDLE

GRESHAM, Oregon, July 24-25—This meet, considered to be a distance runners' paradise because it is scheduled in the evening hours, produced many fine times in the longer events.

The outstanding performer was Ray Hatton of Bend who won the 1500m in 4:16.8 and came back the next day to win a stirring come-from-behind win in the 5000m in a world age 60 record time of 15:27.4. Ray unleashed a devastating kick from 200 meters out to gun down two good younger runners, Mike Helferma and Dave Hamby. Ray stated, "I didn't think I had much of a chance to catch the two runners but I thought I might as well give it a try".

Hal Higdon, still nursing an injury after just turning 50, won the 1500m in his division in the respectable time of 4:34.4.

For the women, Jean Cleator of California worked her way back from an achilles injury.

World record 22:48.6. Jean's time broke the record of West German Liesl Schulz by almost a minute, while Pat's time bettered California's Judy Caselli's time of 23:19.2, a mark established just a month ago.

Marcia McChesney, who has been running record times lately, mother of Oregon's great runner Bill Jr., ran a good 22:33.6 while husband Bill Sr. is temporarily out of action due to an Achilles injury.

Shirley Davison of California topped the field events with good efforts in the long jump (19-6") and the triple jump (38-6")

Ken Carnine, also of California who is slowly making his way back from surgery, flew to his best time since his return in the 100 meters (15.3), and threw the discus 116-6. He then came back to run a good 400m (38.0).

American record holder Constance Wilson of Portland threw the discuss 76-2 and Ralph Sutton of California continued his sparkling javelin throwing with a 2A win of 161-2. Results in back pages.
**New Orleans**

**PENN MUTUAL TAC MASTERS NATIONAL 5K Road Race Championship October 18**

**RACE INFO:**

**TIME:**
9:00 A.M. SHARP

**ELIGIBILITY:**
OPEN TO ALL MEN AND WOMEN OF 30 YEARS OR OLDER.

**COURSE:**
5 KILOMETERS (3.1 MILES) IN THE FRONT SECTION OF AUDUBON PARK.

**START/FINISH:**
PYRTANIA STREET AND THE PARK.

**REGISTRATION:**
UP TO AND INCLUDING THE DAY OF THE RACE. FEE: $5.00.

**T-SHIRTS***REFRESHMENTS***AWARDS IN EACH AGE GROUP***RANDOM AWARDS***AND MUCH MORE.***

**ADMINISTERED BY:** THE TULANE TRACK CLUB AND RUNNERS UNLIMITED.

**PARTICIPATING SPONSORS:** CONVERSE SHOES, DIXIE BEER AND PENN MUTUAL.

**NEW ORLEANS TAC MASTERS NATIONAL 5K ROAD RACE—SUNDAY, OCTOBER 18, 1981**

Please make check or money order to: TAC 5K ROAD RACE, 2609 Canal ST., New Orleans, La 70118.

**RELEASE FORM**

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for losses and damages I may have against any and all sponsors of the TAC Masters National 5K Road Race Championship, City of New Orleans, and Runners Unlimited, Inc., and all other parties and their representatives, successors and assigns, for any and all injuries suffered by me in said event. I attest and verify that I am physically fit, and have sufficiently trained for the completion of this event, and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all forgoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever, No one may enter this event without signing this official waiver.

**SIGNATURE DATE**

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**WRITE ON**

continued from page 2

**BRING YOUR OWN RAIN**

Each month I read your Masters news waiting with warm anticipation for the day when events are held for folks with my special talents—for example, six-pack drinking and tobacco smoking. But, though I will never run a marathon, my competition instincts stay at a keen edge.

I read with interest your piece about the marathoner who knocked ten minutes off his best time by being sprayed with water throughout the race by a kid on a bicycle. Some people, like a lawyer friend of mine (a liberal), might argue it's unfair for one runner to be cooled while the rest swelter.

According to this lawyer, some runners can barely afford shoes, so how can they possibly afford bicycles and talented, teenage support crews? The lawyer suggested for future marathons that each runner be given a card which reads: "You have the right to remain cool. You have the right to be sprayed with water during the course of the race. If you cannot afford a support crew, one will be provided for you without charge prior to any running. If you give up the right to be sprayed with water throughout the race, you may finish last."

I argued with my lawyer friend, saying that since God created runners with different speed abilities, the runners should be allowed to use their wits to win races. He retorted with some opaque reference to Rosie Ruiz.

Sidney J. From
Sweetgrass, Montana

That idea about being sprayed with water by kids on bicycles really impressed me. Recently, however, some people got upset when I tried to use the system. It seems 1 was in the number four lane in a 100 meter dash. I put kids in the number three and five lanes. Although I got sprayed with a lot of water and stayed fresh, the runners in the 3 and 5 lanes claimed the bikes got in their way. How can I use the system in dash events and not make people mad?

Grib web Bulbous
Ajo, Arizona

**NMN has received several letters in response to our 10 proposals in July's editorial to improve the masters T&F program. We'll publish them in the October issue.—Ed.**
602 Compete in Nationals

away from the field on the third lap to
others who would all run under 4
Cohen, who ran a personal masters
champ, Bruce Springbett.
The Athletes Congress, the meet was
indicating the masters movement could
competed in 5-year age divisions with
two of the toughest records in the
Judy Fox, 40, of Palo Alto, Cal. was
one of those, setting one world and one
American record for women over 40.
5-foot-8, 116-pound engineering
research assistant; Czarapata took
the two of the toughest records in the
books, both held by the great Miki
Gorman: 1) the U.S. women's masters
10,000 meter mark; and 2) the world
In the 10,000, Fox followed
American men's age 55-59 record
holder Jim O'Neil holding both the
entire 24½ lap Carey pacing her effort to take 12
seconds behind Gorman's 35:45.6 stan-
dard with a clocking of 35:33.6. (Joyce
Smith holds the world over-40 mark of
34:26.)
Later on Saturday, Fox again capt-
ut the women's 40-44 800-meters,
ranging 2:25:7, only 3 seconds off San-
Dana Knott's U.S. masters mark of
2:22.0.
The Penn Mutual Life Insurance Co.
hosted a hospitality party from 5 to 7
p.m. on Friday and Saturday evenings,
with national Masters spokesman and
1968 Olympian Tom Laris went after
his national crown in 65.56.

• Jim Schirber, 50, of Albuquerque came
• Bill Fitzgerald, the U.S. 55-59 800 record
holder, 1:59.0, and second in the 100,000
• In the men's 30-49 10,000 race (4 divisions
combined), 1968 Olympian Tom Laris went after
Ray Harston's American 10,000-meter mark track
of 30:56. Laris was on pace for the first 4½ miles,
but by the time 10:30 a.m. the heat was
building up, and he fell off just a bit to finish in
an excellent 31:10, topping 35:39 winner Bill
Clark by 27 seconds.

• Susan Redfield, 45, came out from Mar-
ble, Mass. to surprise national champ Mary
Carzapan, 46, Boston. Winner 2:29:1 to 2:31:1,
only two seconds off Carzapan's U.S. mark.
• Czarapata evened the score in her duel with
Dixon and set a new American women's 60-64
mark in the process with a 3:11.7, bettering
Alice Werbel's mark by 27 seconds.
• Pat Spangler, 46, of San Luis Obispo
won the 2nd of his many gold medals in the 80-
division with a good 3:36.0.
• Harold Chepulis, 49, of Honolulu was
only 6 seconds off his 75-79 world record of
2:40 with a superb 2:46.7.
• Bill Fitzgerald, the U.S. 55-59 record
holder (2:09:00), held off the closing kick of
Lam Schieder of Louisville, Kentucky to defend his
national title in 2:15.5.
• Jim Schirber, 50, of Albuquerque came
back to back to surprise front-running Kelcey
• A 5-way battle in the M45 800 paced
by Jesse Carrington fade to 5th on the last lap
as Pete Richardson of Berkeley, Louis Vink of
Amsterdam, Bob Packard of Flagstaff,
Arizona and Cliff Pauling of New York fought it
out down the backstretch. Richardson and Paul-
ing edged away in the drive with Pauling, the
defending champ, setting a 5-minute decision
in 2:02.4 with Yink third.

• Someone should write a song about the
classic duels between Billups and Cohen.
The pair are already folklore. Billups was
hooked up for about the 8th time today in the
40-44 800. Until today, Billups had only lost the
800 once in masters competition. The world 1978
800 champ was Cohen in the 1980 Pan-
American Games in Los Angeles, where Cohen
set the American record of 1:54.9. Cohen won on
the claim the 1981 world 800 gold medal in
New Zealand in 1:55.5. In this year's Pal-Am Games
Billups averaged the 1980 defeat. 1:36.1 to 1:57.1.
But today, Cohen did it again. Close up to
Yink was fairly even until the last straight
running. George slowly pulled up to Ernie's shoulder
with 100 meters to go, and indeed in front with every
unleashed the race of his life to hold off
the 4 damo champion was Ralph Let's fast-closing,
outstanding 1:56.6.

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outstanding 1:56.6.
### 100 Meters

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</tr>
<tr>
<td>2</td>
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<td>3</td>
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### 200 Meters

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### 800 Meters

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### 1600 Meters

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### High Jump

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<td>1.85</td>
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### 1981 Postal Meet of Miles

**June 26, 1981, Along High School Track, Portland, Oregon**

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### Moving?

**National Masters Newsletter is mailed third class bulk rate and is not for forwarding. Please move your letter as we know of at least 3 weeks in advance.**

### TAG EASTERN REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

**Fairfax, Virginia, June 28, 1981**

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### Women's overall point leaders

- **North Jersey Misters**
  - **Lisa Burgner** 98
  - **Barbara Pike** 98
- **Cedar State Trackers**
  - **John Casey** 50
  - **Paul McGee** 50
- **10-year age-group Champions**
  - **Paul McGee** 50
  - **John Casey** 50

### Moving?

**National Masters Newsletter is mailed third class bulk rate and is not for forwarding. Please move your letter as we know of at least 3 weeks in advance.**
30-39 men 1 mile run
1. Larry Myers - Peoples Choice TC. 3:26.0
2. Tom Stradley - West Penn TC...1:57.2
3. Carl Klehm - UCTC 1:58.15
4. Mike Crawford - Post Office 1:58.4
5. Paul Hill - un 2:00.94
6. Jim Smith - Cleveland West RRC..2:16.72

30-39 men 440 yard dash
1. Henry Robinson - Trailblazers. 55.94
2. Dick Mann - Over The Hill TC 1:03.89
3. Joe Knap - Cleveland West RRC..4:47.2
4. Keith Alley - Greenhouse TC...1:15.58
5. Don Smith - un .123.6"
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<td>2. Jones, Edwards (26) Austin</td>
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<td>3. Young, Paul (35) Houston</td>
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**Note:** Times are in minutes and seconds. Categories include age, city, and event results.
continued on page 21...
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... (more entries)
### 100m Run - Prelims (Men) Accutrack

**Age Group 35-39**
- Heat 1: Gordon Nordgren, 11.61
- Heat 2: Sam Hoover, 11.62
- Heat 3: Carl Dates, 11.60
- Heat 4: John Komtved, 11.61
- Heat 5: John Vicks, 11.62
- Heat 6: Jim Ackett, 11.64

**Age Group 40-44**
- Heat 1: Herbert Anderson, 11.61
- Heat 2: George Simon, 11.62
- Heat 3: Francis Baker, 11.63
- Heat 4: Paul Dungan, 11.64
- Heat 5: Bill Johnson, 11.65
- Heat 6: Eugene Driver, 11.66

**Age Group 45-49**
- Heat 1: Bill Johnson, 11.61
- Heat 2: Eugene Driver, 11.62
- Heat 3: Bill Johnson, 11.63
- Heat 4: Bill Green, 11.64
- Heat 5: Eugene Driver, 11.65
- Heat 6: Bill Johnson, 11.66

**Age Group 50-54**
- Heat 1: Bill Johnson, 11.61
- Heat 2: Eugene Driver, 11.62
- Heat 3: Bill Johnson, 11.63
- Heat 4: Bill Green, 11.64
- Heat 5: Eugene Driver, 11.65
- Heat 6: Bill Johnson, 11.66

**Age Group 55-59**
- Heat 1: Bill Johnson, 11.61
- Heat 2: Eugene Driver, 11.62
- Heat 3: Bill Johnson, 11.63
- Heat 4: Bill Green, 11.64
- Heat 5: Eugene Driver, 11.65
- Heat 6: Bill Johnson, 11.66

**Age Group 60-64**
- Heat 1: Bill Johnson, 11.61
- Heat 2: Eugene Driver, 11.62
- Heat 3: Bill Johnson, 11.63
- Heat 4: Bill Green, 11.64
- Heat 5: Eugene Driver, 11.65
- Heat 6: Bill Johnson, 11.66

**Age Group 65-69**
- Heat 1: Bill Johnson, 11.61
- Heat 2: Eugene Driver, 11.62
- Heat 3: Bill Johnson, 11.63
- Heat 4: Bill Green, 11.64
- Heat 5: Eugene Driver, 11.65
- Heat 6: Bill Johnson, 11.66

**Age Group 70-74**
- Heat 1: Bill Johnson, 11.61
- Heat 2: Eugene Driver, 11.62
- Heat 3: Bill Johnson, 11.63
- Heat 4: Bill Green, 11.64
- Heat 5: Eugene Driver, 11.65
- Heat 6: Bill Johnson, 11.66

**Age Group 75-79**
- Heat 1: Bill Johnson, 11.61
- Heat 2: Eugene Driver, 11.62
- Heat 3: Bill Johnson, 11.63
- Heat 4: Bill Green, 11.64
- Heat 5: Eugene Driver, 11.65
- Heat 6: Bill Johnson, 11.66

**Age Group 80-84**
- Heat 1: Bill Johnson, 11.61
- Heat 2: Eugene Driver, 11.62
- Heat 3: Bill Johnson, 11.63
- Heat 4: Bill Green, 11.64
- Heat 5: Eugene Driver, 11.65
- Heat 6: Bill Johnson, 11.66

### 200m Run (Men) (Final)

**Age Group 30-34**
- 1. Anthony Castro, 22.18
- 2. Rob Jordan, 22.25
- 3. Bill Johnson, 22.32
- 4. George Simon, 22.38
- 5. Dick Martin, 22.43
- 6. Sam Hoover, 22.49

**Age Group 35-39**
- 1. Robert Nordquist, 22.35
- 2. Claude Tracy, 22.40
- 3. Anthony Castro, 22.45
- 4. Bill Johnson, 22.50
- 5. George Simon, 22.55
- 6. Sam Hoover, 22.60

**Age Group 40-44**
- 1. Robert Nordquist, 22.45
- 2. Claude Tracy, 22.50
- 3. Anthony Castro, 22.55
- 4. Bill Johnson, 22.60
- 5. George Simon, 22.65
- 6. Sam Hoover, 22.70

**Age Group 45-49**
- 1. Robert Nordquist, 22.50
- 2. Claude Tracy, 22.55
- 3. Anthony Castro, 22.60
- 4. Bill Johnson, 22.65
- 5. George Simon, 22.70
- 6. Sam Hoover, 22.75

**Age Group 50-54**
- 1. Robert Nordquist, 22.55
- 2. Claude Tracy, 22.60
- 3. Anthony Castro, 22.65
- 4. Bill Johnson, 22.70
- 5. George Simon, 22.75
- 6. Sam Hoover, 22.80

**Age Group 55-59**
- 1. Robert Nordquist, 22.60
- 2. Claude Tracy, 22.65
- 3. Anthony Castro, 22.70
- 4. Bill Johnson, 22.75
- 5. George Simon, 22.80
- 6. Sam Hoover, 22.85

**Age Group 60-64**
- 1. Robert Nordquist, 22.65
- 2. Claude Tracy, 22.70
- 3. Anthony Castro, 22.75
- 4. Bill Johnson, 22.80
- 5. George Simon, 22.85
- 6. Sam Hoover, 22.90

**Age Group 65-69**
- 1. Robert Nordquist, 22.70
- 2. Claude Tracy, 22.75
- 3. Anthony Castro, 22.80
- 4. Bill Johnson, 22.85
- 5. George Simon, 22.90
- 6. Sam Hoover, 22.95

**Age Group 70-74**
- 1. Robert Nordquist, 22.75
- 2. Claude Tracy, 22.80
- 3. Anthony Castro, 22.85
- 4. Bill Johnson, 22.90
- 5. George Simon, 22.95
- 6. Sam Hoover, 23.00

**Age Group 75-79**
- 1. Robert Nordquist, 22.80
- 2. Claude Tracy, 22.85
- 3. Anthony Castro, 22.90
- 4. Bill Johnson, 22.95
- 5. George Simon, 23.00
- 6. Sam Hoover, 23.05

**Age Group 80-84**
- 1. Robert Nordquist, 22.85
- 2. Claude Tracy, 22.90
- 3. Anthony Castro, 22.95
- 4. Bill Johnson, 23.00
- 5. George Simon, 23.05
- 6. Sam Hoover, 23.10
### Age Group: 60-64
1. Jim Schlrber, 50
2. Rudy Nimmons, 61
3. Gary Carr, 37
4. Robert Long, 63
5. Allen Goddard, 63

### Age Group: 65-69
1. Sid Madden, 73
2. Marilla Salisbury, 73
3. Alfred Knebel, 42
4. John Pitman, 43
5. George Cohen, 41

### Age Group: 70-74
1. Joseph Goodman, 69
2. Robert Knefel, 42
3. Pete Richardson, 46
4. Caleb Mitchell, 41
5. Frank Gallo, 38

### Age Group: 75-79
1. Burl Gist, 61
2. Dennis Gustafson, 38
3. Welt Jequith, 38
4. Fred Gallardo, 50
5. Walt Butler, 40

### Age Group: 80-84
1. Anthony Saplenza, 52
2. Joe Murphy, 51
3. Ralph Bowles, 45
4. David Miller, 53
5. Mark Gallo, 38

### 10,000m Race (Men)

| Age Group: 30-34 | John Kelly, 51 |
| Age Group: 35-39 | John Kelly, 51 |
| Age Group: 40-44 | John Kelly, 51 |
| Age Group: 45-49 | John Kelly, 51 |
| Age Group: 50-54 | John Kelly, 51 |
| Age Group: 55-59 | John Kelly, 51 |
| Age Group: 60-64 | John Kelly, 51 |
| Age Group: 65-69 | John Kelly, 51 |

### 10,000m Race (Women)

| Age Group: 30-34 | Joan Pugliese, 73 |
| Age Group: 35-39 | Joan Pugliese, 73 |
| Age Group: 40-44 | Joan Pugliese, 73 |
| Age Group: 45-49 | Joan Pugliese, 73 |
| Age Group: 50-54 | Joan Pugliese, 73 |
| Age Group: 55-59 | Joan Pugliese, 73 |
| Age Group: 60-64 | Joan Pugliese, 73 |

### 10,000m Race (Men)

| Age Group: 30-34 | John Kelly, 51 |
| Age Group: 35-39 | John Kelly, 51 |
| Age Group: 40-44 | John Kelly, 51 |
| Age Group: 45-49 | John Kelly, 51 |
| Age Group: 50-54 | John Kelly, 51 |
| Age Group: 55-59 | John Kelly, 51 |
| Age Group: 60-64 | John Kelly, 51 |

### 10,000m Race (Women)

| Age Group: 30-34 | Joan Pugliese, 73 |
| Age Group: 35-39 | Joan Pugliese, 73 |
| Age Group: 40-44 | Joan Pugliese, 73 |
| Age Group: 45-49 | Joan Pugliese, 73 |
| Age Group: 50-54 | Joan Pugliese, 73 |
| Age Group: 55-59 | Joan Pugliese, 73 |
| Age Group: 60-64 | Joan Pugliese, 73 |

### 10,000m Race (Men)

| Age Group: 30-34 | John Kelly, 51 |
| Age Group: 35-39 | John Kelly, 51 |
| Age Group: 40-44 | John Kelly, 51 |
| Age Group: 45-49 | John Kelly, 51 |
| Age Group: 50-54 | John Kelly, 51 |
| Age Group: 55-59 | John Kelly, 51 |
| Age Group: 60-64 | John Kelly, 51 |

### 10,000m Race (Women)

| Age Group: 30-34 | John Kelly, 51 |
| Age Group: 35-39 | John Kelly, 51 |
| Age Group: 40-44 | John Kelly, 51 |
| Age Group: 45-49 | John Kelly, 51 |
| Age Group: 50-54 | John Kelly, 51 |
| Age Group: 55-59 | John Kelly, 51 |
| Age Group: 60-64 | John Kelly, 51 |

### 10,000m Race (Men)

| Age Group: 30-34 | John Kelly, 51 |
| Age Group: 35-39 | John Kelly, 51 |
| Age Group: 40-44 | John Kelly, 51 |
| Age Group: 45-49 | John Kelly, 51 |
| Age Group: 50-54 | John Kelly, 51 |
| Age Group: 55-59 | John Kelly, 51 |
| Age Group: 60-64 | John Kelly, 51 |

### 10,000m Race (Women)

| Age Group: 30-34 | John Kelly, 51 |
| Age Group: 35-39 | John Kelly, 51 |
| Age Group: 40-44 | John Kelly, 51 |
| Age Group: 45-49 | John Kelly, 51 |
| Age Group: 50-54 | John Kelly, 51 |
| Age Group: 55-59 | John Kelly, 51 |
| Age Group: 60-64 | John Kelly, 51 |

### 10,000m Race (Men)

| Age Group: 30-34 | John Kelly, 51 |
| Age Group: 35-39 | John Kelly, 51 |
| Age Group: 40-44 | John Kelly, 51 |
| Age Group: 45-49 | John Kelly, 51 |
| Age Group: 50-54 | John Kelly, 51 |
| Age Group: 55-59 | John Kelly, 51 |
| Age Group: 60-64 | John Kelly, 51 |

### 10,000m Race (Women)

| Age Group: 30-34 | John Kelly, 51 |
| Age Group: 35-39 | John Kelly, 51 |
| Age Group: 40-44 | John Kelly, 51 |
| Age Group: 45-49 | John Kelly, 51 |
| Age Group: 50-54 | John Kelly, 51 |
| Age Group: 55-59 | John Kelly, 51 |
| Age Group: 60-64 | John Kelly, 51 |
### LONG JUMP MEN

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Distance</th>
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<tbody>
<tr>
<td>35-39</td>
<td>Len Olson</td>
<td>15' 10&quot;</td>
</tr>
<tr>
<td>40-44</td>
<td>Larry Pratt</td>
<td>16' 7&quot;</td>
</tr>
<tr>
<td>45-49</td>
<td>Robert Stone</td>
<td>16' 3&quot;</td>
</tr>
<tr>
<td>50-54</td>
<td>Leon Jones</td>
<td>16' 4&quot;</td>
</tr>
</tbody>
</table>

### TRIPLE JUMP (Men)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Distance</th>
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</thead>
<tbody>
<tr>
<td>30-34</td>
<td>John Phillips</td>
<td>16' 10&quot;</td>
</tr>
<tr>
<td>35-39</td>
<td>John Phillips</td>
<td>16' 10&quot;</td>
</tr>
<tr>
<td>40-44</td>
<td>John Phillips</td>
<td>16' 10&quot;</td>
</tr>
<tr>
<td>45-49</td>
<td>John Phillips</td>
<td>16' 10&quot;</td>
</tr>
<tr>
<td>50-54</td>
<td>John Phillips</td>
<td>16' 10&quot;</td>
</tr>
</tbody>
</table>

### SHOT PUT

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-34</td>
<td>Joe Thomas</td>
<td>49' 10&quot;</td>
</tr>
<tr>
<td>35-39</td>
<td>Joe Thomas</td>
<td>49' 10&quot;</td>
</tr>
<tr>
<td>40-44</td>
<td>Joe Thomas</td>
<td>49' 10&quot;</td>
</tr>
<tr>
<td>45-49</td>
<td>Joe Thomas</td>
<td>49' 10&quot;</td>
</tr>
<tr>
<td>50-54</td>
<td>Joe Thomas</td>
<td>49' 10&quot;</td>
</tr>
</tbody>
</table>

### DISCUS

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Distance</th>
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</thead>
<tbody>
<tr>
<td>30-34</td>
<td>Dave Douglass</td>
<td>186' 4&quot;</td>
</tr>
<tr>
<td>35-39</td>
<td>Dave Douglass</td>
<td>186' 4&quot;</td>
</tr>
<tr>
<td>40-44</td>
<td>Dave Douglass</td>
<td>186' 4&quot;</td>
</tr>
<tr>
<td>45-49</td>
<td>Dave Douglass</td>
<td>186' 4&quot;</td>
</tr>
<tr>
<td>50-54</td>
<td>Dave Douglass</td>
<td>186' 4&quot;</td>
</tr>
</tbody>
</table>

---

### Note

- **35-39 Age Group**: Includes 35, 36, 37, 38, and 39 years old.
- **40-44 Age Group**: Includes 40, 41, 42, 43, and 44 years old.
- **45-49 Age Group**: Includes 45, 46, 47, 48, and 49 years old.
- **50-54 Age Group**: Includes 50, 51, 52, 53, and 54 years old.
ADDENDUM TO 640 RELAY: List of Team Members submitted later

Women: Age Group 40-49
1. Nor Cal Seniors = Tyzikinski, Patrio, Obera & Sherrard
2. Corona Del Mar = Miller, Carter, Fuller, & Kinsey

Men: Age Group 40-49
1. CIM + Dennis, Segal, Smith, & Miller
2. CSCTC = Gripp, Hansen, QualBy & Miller
Age Group 50-59
1. CSCTC = Davidson, Vick, Schlegel, & Zech
2. NSCTC = Mahany, Marin, Washington & Rawal
Age Group 60-69
1. CHRC = Poloyanski, Gist, Rice & Alexander

15TH NATIONAL MASTERS T&F CHAMPIONSHIPS IN WICHITA, KANSAS, AUG. 7-8, 1982. BE THERE!
Gulf Athletics Congress 5k Championships
HOUSTON, TEXAS, MAY 3
Men
Alien McDaniel 41 17:16
B. McCall 41 17:18
Al Lawrence 50 20:22
Herb Cottle 41 17:42
Don Slocum 47 17:33

Hempstead, NY 10k Run, May 10, 1981
35-39
1. Doug Kocher (6) 34:03 1. Roslyn Fischler (22) 48:25
2. Dan Balsom (23) 34:04 2. Jutta Fritsch (24) 50:44

40-44
1. Joe Cordero (10) 34:40 1. Nina Kuscik 44:50
2. Ralph Benson 34:48 2. Bill Benson (18) 46:24
3. 39
2. Lance Huselmeyer (16) 34:45 2. Chrl6 McKenzie (128) 44:47
3. 39
2. Lance Huselmeyer (39)

40-49
1. Joe Cordero (10) 34:40 1. Nina Kuscik 44:50
2. Ralph Benson 34:48 2. Bill Benson (18) 46:24
3. 39
2. Lance Huselmeyer (16) 34:45 2. Chrl6 McKenzie (128) 44:47
3. 39
2. Lance Huselmeyer (39)

50-54
1. Jan Montague 35:02 1. Susan Moffat 40 38:50
2. 36:00
2. 36:00

55-59
1. John Ryan (36) 34:09 1. John Prince (2) 44:07
2. 55
2. 55

60+ Over
1. 55
1. 55

ACS Run for Hope, New York, June 6, 1981
30-39
1. John Rath (9) 53:16 1. Charlene Haskowitz (14) 44:56
2. John Prince (2) 53:16 2. Lucy Montague (14) 54:36
3. 38
3. 38

40-49
1. John Prince (2) 53:16 1. John Prince (2) 44:07
2. John Prince (2) 53:16 2. Lucy Montague (14) 54:36
3. 38
3. 38

50-59
2. 51
2. 51

SHELTER ISLAND 10K RUN, NY, JUne 27, 1981
30-39

40-49
1. Fritz Mueller 31:45 1. Fritz Mueller 31:45
2. Lance Ruggles (20) 31:45 2. Lance Ruggles (20) 31:45
3. 31:45
3. 31:45

50-59
2. 31:45
2. 31:45

60+
1. 42:50
1. 42:50

2. 45:55
2. 45:55

3. 48:50
3. 48:50

From Geza Field

Manufacturers Hanover Westminster Half Marathon
White Plains to New Rochelle
30 June, 1981

No Finisher

2nd Annual Peps Challenge 4-H Miler Over the Gow Bridge
Sponsored by Pepsi, Inc.
Mon of 6-18-81 at 9 AM EDT at 16th Street Bridge Superhero, Woodside, N.Y.

Entries:

ACS Run for Hope, New York, June 6, 1981
30-39
1. John Rath (9) 53:16 1. Charlene Haskowitz (14) 44:56
2. John Prince (2) 53:16 2. Lucy Montague (14) 54:36
3. 38
3. 38

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50-59
2. 51
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Entries:
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To Brian Murphy: We have many athletes with physical problems who may help rehabilitate your back. It absorbs 85-90% of the trauma involved in running. Many people in wheelchair can use this unit to regain cardiovascular fitness and maintain muscle tone. Call us collect and we'll show you how it can benefit you. Mike Sticht. (817) 251-5137.

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SASE to Huntsville Track Club, 8811 Edgehill Drive, Huntsville, AL 35802.
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WE RAN A FEW TESTS.

They looked good on paper. And even better in the lab. These new spikes were definitely the lightest prototypes we'd ever put together—by about 90 grams. What made that important was the old physiologist's rule-of-foot: for every 100 grams you knock off a pair of shoes, you also cut energy costs by about one percent. It appeared, we'd come up with the fastest Nikes ever.

But that wasn't the only good news. For all the weight loss, these prototypes showed no loss in cushioning. None. That really got us going. Because our own studies showed that comfort can also save runners' energy. So we went even further. Introduced the Variable Width Lacing System™, for a nice, snug fit, especially through the arch. And redesigned the spike plate. So during the weight-bearing phase, the spikes would bite the dirt. Not the foot. We developed models for sprints, distance and indoor. Then the heavy research began. We put them on international tour. And from the Pan American Games, to the Olympic Trials, to Moscow itself, these spikes began rewriting the record books. Taking more than their share of victory laps. That started a lot of people talking. But nobody, nowhere used their proper name. Prototype #45711 TF. All they could say was ZOOM. Sounded good to us.