



# National Masters News



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

44th Issue

April 1982

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## 170 Compete in TFA Indoor Championships

by VALDEMAR SCHULTZ

LIBERTY, Mo., Feb. 14—The quantity—170 entrants—and quality was up considerably from last year for the TFA National Masters Indoor T&F Championships at William Jewell College today.

The college is 20 miles from either the Kansas City airport or downtown KC. Many competitors were housed at the airport and shuttled to the college. This worked, though there were some desperate pleas for rides when athletes had to meet planes between the shuttle service.

Liberty is a pretty town. The track is pro-turf, 10 laps to the mile, with no bank. TFA, Nike and the Mid-America Masters sponsored the event, with assistance from Jim Hershberger.

Of the 170 entries, 63 were in their 30's, and 68 in their 40's. Seventy were from outside Kansas-Missouri, indicating the appeal of this meet as a major draw for the entire midwest.

Phil Mulkey (50-54), and Philip Raschker (30-34), both of Atlanta, received silver cups from Penn Mutual as

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## Irvine, Vasquez Set 10-Mile Marks

from JIM SCANNELL

STOCKTON, Calif., Jan. 10—Sister Marion Irvine added yet another long distance record to her collection today as she demolished the American 10-mile mark for women over age 50 with a time of 1:03:23.

Her clocking was a full 7 minutes faster than the old 50-54 standard of 1:10:44, set by Wisconsin's Bette Mihalek in October, 1980.

Not to be upstaged, Sal Vasquez posted the fastest 10-miles ever run by an American over age 40 as he sizzled to a 50:34, breaking Hal Higdon's 6-year-old U.S. 40-44 record of 51:30, set in Sept. 1975.

As always, the records are pending, subject to approval by the National Running Data Center in Tucson. The entry blanks stated that the course was certified, which is the main prerequisite for official approval.

Irvine finished as the first over-40 woman, followed by Jeanne Shuler (1:04:35) and Joan Reiss (1:04:51). Jake White logged 53:20 for 2nd master behind Vasquez. □

Results in back pages.



Mike Sabino, 42, of Baltimore was 1st over-age-40 runner (6th overall) with a time of 2:33:03 in the 21st D.C. Road Runners Washington's Birthday Marathon Feb. 14 in Lanham, Maryland.

photo by Bill Cornett

## Baker, Pauling Sizzle in New York

by BOB FINE

NEW YORK, Feb. 7—Ken Baker and Cliff Pauling turned in National class performances today in the 1982 New York Master Indoor T&F Championships at Manhattan College.

Baker, 45, just missed the national record in the 500 yard run with a 64.4. This was after turning in a 35.5 for 300 yards and edging Pauling by 0.8 of a second. Cliff won the 600 in 82.7 and the 1000 in 3:33.2.

Other National class runners turned in winning performances: Rudy Valentine, 58, won the 300 in 38.4 and the 500 in 73.3, while Archie Messenger, 58, won the 1000 in 2:50.6 and the mile in 5:22.3.

An age-58 record was set by Marie Henry in the 2-mile-walk in 21:04. □

Results in back pages.

## Bigelow Tops Bonnie Bell Masters

from JIM SCANNELL

SAN FRANCISCO, Feb. 28—Vicki Bigelow, 45, raced to a convincing victory over a strong masters field in the Bonnie Bell 10K in San Francisco today.

Her winning time, outstanding for the difficult course, was 37:15. Six other masters women dipped under 40 minutes, including: Marion Irvine, 52, who captured 50-59 honors in 39:12. Jaclyn Caselli edged Kay Atkinson for the 60-69 title, 49:03 to 49:10. □

Results in back pages.

## Snowstorm Fails to Halt Virginia Meet

by JOE MARTIN

Despite a winter storm which dumped eleven inches of snow on Lexington and more on many of the surrounding areas, over half of those entered in the Virginia Association TAC State Masters Indoor Track and Field Championships managed to get to the VMI Field House on Saturday, February 27, and also managed to break 16 records and tie another.

Outstanding performer trophies were awarded in four age categories: Jeffrey Hughes, 32, of the Peninsula Spikes took the honors in the submasters division as he tied his own 55-meter dash record with a 6.5; won the long jump with 6.43 (21'1 1/2"); the triple jump with 12.51m (41' 1/2"); and ran on the winning 4 x 400 relay team.

Lew Faxon, 42, was the class of the Masters I division, taking the 800 in 2:13.1, the 1500 in 4:32.8, and the 5000 with 16:23.7. Roy Chernock, 54, of the Tidewater Striders had the top Masters II performance as he demolished his own long jump record with a leap of 5.35m (17'5' 1/4") and won the 55 meter dash in 7.4 and the 55-meter hurdles in 9.1.

Christopher Tompkins, 72, Richmond Track and Field Club, took the trophy in the Masters III & IV division. Chris set records in the shot—3.69m (32'2"), high jump—1.30m (4'3"), 55-meter dash—9.5, and 55-meter hurdles—12.9 and also won the long jump with 3.69m (12'1 1/4"). Kathy Thomas was again the class of the women as she broke three records (all hers) and set a new one. Those broken were in the 800-meter run—2:39.5, 1500-meter run—5:09.2,

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National Masters News  
P.O. Box 2372  
Van Nuys, CA 91404







# FROM THE Editor

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NMN normally contents itself with issues that relate directly to masters athletes. But since there is so much general interest in the movie *Chariots of Fire*, I felt compelled to mention a few facts that the mass media hasn't bothered, to my knowledge, to report.

By the time you read this, the film may have won an Oscar or two. While most everyone, myself included, agrees it's a worthwhile movie, it will have won those Oscars under false pretenses.

Its opening credits claim it's a "true story." But critical parts of it aren't.

Its two heroes are two real-life figures: Harold Abrahams and Eric Liddell, both of Great Britain, both of whom won gold medals in the 1924 Olympics—Abrahams in the 100 and Liddell in the 400.

### NATIONAL MASTERS NEWS

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#### Editor

Al Sheahan

#### Production

West Coast Graphics

#### CONTRIBUTORS

Alistair Aitken, Ruth Anderson, Leo Benning, Haig Bohigian, Rodney Charnock, Alvin Clark, Phil Conley, Bob Fine, Nolan Fowler, Bill Gentry, Jim Gerard, Spotswood Hall, Hal Higdon, Dave Jackson, Mike Jackson, Bob Martin, Wendell Miller, Wilf Morgan,

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But one of its main themes is Liddell's refusal to run in the 100 meters because running on Sunday would conflict with his religious beliefs. Despite a plea from the future King of England to "run for your country," Liddell declines—nobly sacrificing his only chance to run in the Olympics to a higher belief.

Then a chap named Lindsay appears, apparently having won the 400-meter hurdles, and cheerfully proclaims: "Since I already have a medal, Eric can take my spot in the 400 meters and run on Thursday." The day is saved. Liddell runs and wins.

Trouble is, there is no "Lindsay" listed anywhere in the 1924 medal winners.

Worse, there was no reason for "Lindsay" or anyone else to give up his spot so Liddell could compete in the Games, because Liddell was also entered in the 200 meters. Indeed, he ran the 200 and finished 3rd behind Americans Jackson Scholz and Charlie Paddock. This is never mentioned in the film.

So the movie's major emotional premise is falsely based. It's a great story, but hardly "true," as the film claims.

The second major theme of the movie was Abrahams' driving ambition to beat Liddell and win a gold medal. The film never tells us (or alludes to it vaguely) that, following the 100, Abrahams also ran in the 200, finishing a well-beaten 6th behind Scholz, Liddell and others.

The film omits that Liddell reportedly knew about the Sunday schedule a year before the Olympics, and trained with the 400 in mind. It also fails to mention that Abrahams' coach reportedly had 8 other athletes in the games.

The film's stunning photography, inspirational music score and romantic portrayal of England in the 20's makes it worth the admission price. But the omissions, and apparently deliberate distortions, seem a clear deception—unnecessary, at that—in an otherwise fine film. □

## Tolliver Wins in Cincinnati

CINCINNATI, Feb. 13—Harry Tolliver was in mid-season form in the Cincinnati Indoor Masters T&F meet tonight, clocking a 53.89 to win the 40-49 440 yard dash.

Pat Haines edged Jason Lindsey, 4:34.10 to 4:36.75 in the 30-39 mile. Running in tough luck, Lindsay also lost a photo to Chuck Gullo, 10:13.83 to 10:14.11 in the 2-mile.

Ken Carmen posted a good 11:19.0 to win 50+ honors in the 2-mile, and a 2:29.32 in the 800. Bill Black copped the 60 (6.9), 440 (56.5) and long jump (18'10") in the 30-39 bracket. Paul Dorsey leaped 5'8" and 19'0" in the M40 high and long jumps, respectively. □

Results in back pages.

## Snowstorm Fails to Halt Meet

continued from page 1

and 5000-meter run—19:31.2. The new one was in the 400-meter dash—74.5.

The Peninsula Spikes took the submasters team competition with 29 points, followed by Charlottesville Track Club 19, Little Bears Track Club 17 and Richmond Track and Field Club 6. In the Masters I & II team competition, RTFC won decisively with 68 points, followed by the Tidewater Striders 29, CTC 18, Langley Runners Club 11, LBTC 5. CTC and RTFC tied with 25 points each in the Masters III & IV division.

The best race of the day was a see-saw, down-to-the-wire submasters 40-meter dash by two Non Virginia Association runners, Arthur Wright, 35, Potomac Valley Track Club and Mike Riddle, 33, Potomac Valley Seniors. Arthur finally won with a 52.7 with Mike only a step back in 52.8.



## Write On!



#### Address letters to:

National Masters Newsletter, P.O. Box 2372, Van Nuys, CA 91404

### END TO GRANDFATHER GAMES

Because of a drastic change in the L.A. Community College Community Recreation program and also an administrative change, this year's Grandfather Games will be the last one held at Los Angeles Valley College and the last one put on by me.

Despite a lot of hard work and time spent in putting on the Games, I have enjoyed each of the eleven previous meets very much. Thanks to all who have helped and all who have participated in the past 11 years.

George Ker  
Chatsworth, Calif.

### DEJA VU

Congratulations on your magazine. I have witnessed and enjoyed your growth. It is exciting to read of my former compatriots running well again. The picture of Dave Romain, George Mason and

Gary Carr is a trip to the middle '60's and early '70's for me. I ran regularly against George & Dave, although not too successfully. I turn 40 next year and look forward to running against the Europeans and the tough runners from Oceania in the World Veterans games in Puerto Rico.

Bill Stewart  
Ann Arbor, Mich.

### MORE WEIGHT PENTATHLONS

The Masters program could use more weight pentathlons. They're easy. You don't need a lot of officials. Use numbered markers and measure all throws at the end of each flight. We should have one or two weight pentathlons in Texas, one in the plains states, Kansas area, one in the Pacific Northwest, two on the East Coast, and overseas.

Phil Partridge  
Boynton Beach, Florida



# 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.



**August 12-15.** 1st National Masters Sports Festival. Philadelphia. 3000 athletes over age 25 compete in 11 sports. Jon Buzzard, c/o Penn Mutual, 530 Walnut St. Philadelphia, PA 19172

## TRACK & FIELD

**1982 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS**  
(Age 30 and over)

**August 6-8.** 15th Annual Penn Mutual/TAC National Masters Track & Field Championships, Wichita, Kansas. Bob Lida, 221 N. Main St., Wichita KS 67202. (316) 263-1029.

### EAST

**May 3.** MSA Championships, New York City.

**Each Wed. during summer.** Masters Development T&F meets, Site TBA.

**June 6.** Dutch Masters T&F Meet, Reading, Pa.

**June 11.** MSA Relays, New York City.

**June 13.** Metropolitan TAC Masters T&F Championships.

**June 27.** Penn Mutual/TAC Eastern Regional Masters T&F Championships, Rochester, N.Y.

**July 25.** Triangular T&F meet: New York, Philadelphia, Washington.

### SOUTHEAST

**April 3.** Tampa Bay T&F Meet. Open and Masters. Hillsborough HS, Tampa. MDA, 3725 West Grace St., #215, Tampa FL.

**April 24.** Mini T&F Meet, Manatee JC, Bradenton, FL. 9 a.m. Kent Wiley (813) 922-3561.

**April 24.** Florida TFA T&F Championships, Apopka, Florida. Joe Johnston, 611 Martin St., Apopka FL 32703. (305) 886-4164.

**May 7-9.** 12th Annual Southeastern Masters International Track & Field Championships. North Carolina State U., Raleigh, N.C. P.O. Box 5684, Raleigh NC 27680.

**May 15.** Mini T&F Meet, Manatee JC, Bradenton, Fla. 9 a.m. Kent Wiley (813) 922-3561.

**May 15.** Masters Southeastern Track Classic. Furman University, Greenville SC. Tom Malik, 104 Pinewood Dr., Greenville, SC 29651 (803) 879-4549.

**June 12.** Southeastern TAC Masters T&F Championships, Atlanta. SASE to: Ken Kirk, 3800 Stonewall Terrace, Atlanta GA 30339.

### MIDWEST

**May 15.** Chicago Corporate Classic relay races. Stephanie Messick, 1423 West Fullerton Ave., Chicago IL 60614. (312) 348-1724.

**June 19.** 3rd Annual Cleveland Track Classic, Cuyahoga CC West, Parma, Ohio. Jeff Gerson, 6509 Marsol Rd. #308, Mayfield Heights OH 44124. (216) 449-4964.

**June 27.** T&F Open Meet, York High, Elmhurst, Ill. 7 a.m. Race day sign-up. Wendell Miller, 180 N. LaSalle, Chicago IL 60601. (312) 236-1315.

**August 1.** Penn Mutual/TAC Midwest Regional Masters T&F Championships, York High, Elmhurst, Ill. 7 a.m. Race day sign-up only. Wendell Miller, 180 N. LaSalle, Chicago IL 60601. (312) 236-1315.

### MOUNTAIN

**June 5, 19, July 10, 24.** T&F Meets, Aurora Central HS, Aurora, Colorado. Steve Kaeuper (303) 388-8180.

**June 26-27.** Decathlon. Aurora Central HS, Aurora, Colorado. Jim Weed (303) 341-2980.

**September 5.** Rocky Mountain Games, Aurora, Colo. Jim Weed, 11672 E. 2nd Ave. Aurora CO 80010.

### SOUTHWEST

**June 1-5.** U.S. Assoc. of Blind Athletes Games. Austin, Texas. USABA, 55 W. California Ave., Beach Haven Park NJ 08008. (609) 492-1017.

**June 12.** Penn Mutual/TAC Southwest Regional Masters T&F Championships, Rice U., Houston. Jim McClatchie, 8618 Birdwood Rd., Houston TX 77074. (713) 777-43454.

### WEST

**April 10.** Sacramento Masters Relays, Cal. State Univ. Sacramento, New Chevron 400 track, Ken Carmine, 704 Elmhurst Circle, Sacramento 95825.

**May 1.** West Coast Masters T&F Classic, Visalia, Calif. Bob Higgenbotham, 1026 W. Princeton, Visalia CA 93277. (209) 732-8030.

**May 2.** 24th Mt. Stan Antonio Relays. Walnut, Calif. 14 Masters events. Hal Smith, 18750 Oxnard St., #404, Tarzana CA 91356.

**May 8.** 12th Annual Grandfather Games, Los Angeles. George Ker, 11401 Topanga Canyon Blvd. #17, Chatsworth CA 91311. (213) 882-8269.

**May 15.** 7th Annual Strider Relays, Los Angeles. Ann Smith, 22736 Mulholland Drive, Woodland Hills, CA 91364. (213) 348-6352.

**May 22.** 3rd Annual Redlands Masters T&F Meet, Redlands, Calif. Buzz Wagner, 1522 Margarita Dr., Redlands CA 92373. (714) 793-2638.

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

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**May 29.** Golden State Masters T&F Meet, Porterville, Calif. Allen Nelson, Porterville College, 900 So. Main St., Porterville, CA 93257.

**May 30.** Herbert Hoover Relays, Palo Alto, Calif. Van Parish, 148 Hedge Rd., Menlo Park CA 94025. (415) 325-7275.

**June 5.** 10th Annual CDM "Don Palmer Memorial" Relays, Los Angeles. Dave Jackson, 19103 S. Andmark Ave., Carson CA 90746. (213) 638-7125.

**June 12.** TAC Pacific Assoc. Masters T&F Championships, Los Gatos, Calif. Bruce Springbett, PO Box 1328, Los Gatos, CA 95031. (408) 354-2005.

**June 19-20.** Penn Mutual/TAC Western Regional Masters T&F Championships. Los Angeles.

**July 10.** TAC Southern Pacific Assoc. Masters T&F Championships. Cal-State LA. New tartan track.

**July 24-25.** 13th Senior Olympics, Cal State Los Angeles. Sr. Olympics, 5726 Wilshire Blvd., Los Angeles CA 90036.

**July 24.** West Valley Masters T&F Meet, Los Gatos, Calif. Bruce Springbett, PO Box 1328, Los Gatos CA 95030. (408) 354-7333.

**August 28-29.** 1st World Veterans Decathlon Championships. San Diego, Calif.

**October 2.** 9th Annual Santa Barbara Masters T&F Meet, Goleta, Calif. Club West., PO Box K, Goleta CA 93107. (805) 687-6323.

### NORTHWEST

**June 19.** Senior Sports Festival Masters Track & Field Meet (40+), Husky Stadium, Seattle. Brenda Weatherford, 425 S.W. 144th, Seattle WA 98166.

**June 26-27.** Hayward Field Masters Classic, Eugene, Oregon. Bill McChesney, OTC Masters, 4965 W. Hillside Dr., Eugene OR 97405.

**July 30-31.** Penn Mutual/TAC Northwest Regional Masters Track & Field Championships, Gresham, Oregon. Entry forms in June and July issues.

### CANADA

**June 12-13.** Ontario Masters Track & Field Championships, Centennial Stadium, Kitchener, Ontario. Don MacFarlane, 814 Birchwood Ave., Cambridge, Ontario N3H 2V5.

**July 18.** Ontario Masters Pentathlon Championship, Metro Toronto Track Centre, Toronto. Gord Garshowitz, 3300 Don Mills Rd. #908, Willowdale, Ontario M2J 4X7.

**July 18.** Ontario Masters 10,000 Meter Track Championship. Metro Toronto Track Centre, Toronto. Art Rappich, 86 Gloucester St. #1105, Toronto, Ontario M4Y 2S2.

## On Tap for April

### TRACK & FIELD

Two Florida meets highlight masters springtime activity as the 1982 outdoor T&F season gets underway: the Tampa Bay meet on the 3rd and the Florida TFA Championship in Apopka on the 24th. Sandwiched between, on the 10th, are the Sacramento, Calif. Masters Relays.

### LONG DISTANCE RUNNING

Several major races featuring masters competition are on tap this month. The prestigious Perrier Cherry Blossom 10-mile run takes place in Washington on the 4th. The first race in the NIKE Masters Grand Prix series will be held in Honolulu on the 11th.

Three good races are set for the 18th: the 13th Longest Day Marathon in Brookings, S.D.; the RRCA 15K Championship in St. Louis; and the Ontario Masters Marathon Championships in Hamilton.

The month's biggie, of course, is on Monday, the 19th in Boston. The Patriots' Day Marathon Classic traditionally draws a strong field of masters runners.

The 2nd race of the NIKE Masters Grand Prix is also the Penn Mutual/TAC National Masters 10K Road Championships, making it one of the major masters races of the year. It's set for Brooklyn on the 25th. It's for masters only and promises to be a super event.

Also on the 25th, but on the other side of the country, is the National TAC 50-mile open and masters championship in Yakima, Wash.

Don't forget to move your clock an hour forward on the night of the 24th for Daylight Savings Time, or you'll be late for the next day's race. □

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The National Masters Newsletter 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 \$12. Get aboard the publication, that's covering the Masters scene more thoroughly than ever. Subscribe now.

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1982 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS LONG DISTANCE RUNNING CHAMPIONSHIPS (Age 40 and over)

EVENT	ASSOCIATION AWARDED TO	DATE	SITE	CONTACT	ADDRESS	TELEPHONE
5K ROAD	COLORADO	SEP 5	DENVER	Joe Arrizola	12336 E. Kentucky Ave. Aurora CO 80012	(303)343-8504
5K X-C	NORTH CAROLINA	NOV 26	RALEIGH, NC	Bob Baxter	800 Perdue St. Raleigh NC27609	
10K ROAD	METROPOLITAN	APR 25	BROOKLYN	Bob Fine	77 Prospect Place, Brooklyn NY 11217	(212)789-6622
10K X-C	MIDDLE-ATLANTIC	NOV 14	PENN STATE	Harry Groves	Penn State Sports, Univ. Park PA 16802	(814)863-3147
15K ROAD	POTOMAC VALLEY	OCT 3	WASHINGTON DC	Larry Noel	105 Northway Dr., Greenbelt MD 20770	(301)474-9362
15K X-C	SAN DIEGO-IMPERIAL	NOV 27	SAN DIEGO	Ken Bernard	PO Box 80512, San Diego CA 92138	(714)488-3960
20K ROAD	PACIFIC NORTHWEST	MAR 14	KENT, WASH.	Bob Langenbach	4261 S. 184 St., Seattle WA 98188	(206)433-8868
25K ROAD	JERSEY	TBA	TBA	Harold Greenberg	PO Box 368, Westfield NJ 07091	(301)233-3106
30K ROAD	ADIRONDACK	SEP 19	ALBANY, NY	George Regan	PO Box 894, Troy, NY 12184	
50K ROAD	POTOMAC VALLEY	MAR 7	WASHINGTON DC	Sal Corrallo	5351 N. 37 St., Arlington VA 22207	(703)241-1854
50 MILE#	INLAND EMPIRE	APR 25	YAKIMA, WASH	Dick Goodman	PO Box 75, Selah, WA 98942	(509)687-7163
MARATHON#	OREGON	JUN 6	FOREST GROVE, OR	Jill Merriman	1229 N.W. 23 St. Portland OR 97210	(506)648-4212
HOUR POSTAL	PACIFIC NORTHWEST	AUG 31	POSTAL(National)	Al Huff	18127 1st Ave. N.W., Seattle WA 98177	(206)542-2930
5 MILE ROAD	MID-ATLANTIC	@DEC 1	PHILADELPHIA	TBA		
10K FESTIVAL&	"	AUG 15	PHILADELPHIA	Jon Buzzard	National Masters Sports Festival, c/o Penn Mutual, 530 Walnut St., Phila PA19172	

#Open to all ages. Others for masters (40+) only.      &Not a national championship, but part of Sports Festival.  
 @About Dec. 1, at time of TAC Convention.      †From Sept. 1, 1981 to Aug. 31, 1982.

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**INTERNATIONAL**

**April 8-11.** 1st South American Veterans T&F Championships, Santiago, Chile. Gilberto Gonzalez-Julia, G.P.O. Box 3123, San Juan PR 00936.  
**April 9-12.** Australian Veteran Games, Perth Australia. Mrs. Val Prescott, 4 Melville St., Claremont 6010 Australia.  
**May 14-18.** 1st Oceania Veteran Games. Suva, Fiji. Clem Green, 46 Hargreaves St., Wellington, New Zealand.  
**July 14-18.** European Veterans T&F Championships, Strasbourg, France. Fit-Veteran, Postbus 7, 8000 Brugge 1 Belgium.  
**September 3-5.** 2nd Annual Pan American Masters T&F Championships, Barquisimeto, Venezuela (220 miles west of Caracas). Rogelio Lopez, Presidente, Organizacion Masters D.F., Apartado Correos 30484, Catia, Caracas, Venezuela, S.A.  
**September 24-26.** 2nd Annual San Juan Masters International T&F Meet, San Juan Puerto Rico. Gilberto Gonzalez-Julia. PO Box 11074, Caparra Heights Station, San Juan PR 00922. (809) 765-5702.  
**October 1-10.** 1st U.S./ China Masters Track and Field Championships. Nanjing. Hangzhou, Hong Kong. Sports Travel International, PO Box 7823, San Diego, CA 92107. (714) 225-9555,  
**December 11.** Puerto Rico Masters T&F Championships, San Juan, Gilberto Gonzalez-Julia, above.  
**September 23-30, 1983.** 5th World Veterans Games, San Juan, Puerto Rico.

**LONG DISTANCE RUNNING**

1982 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS (Age 40 and over) (See Chart)

**NEW ENGLAND**

**April 19.** Boston Marathon, for qualified runners only. Entry information from: Will Cloney, Box 223, Boston, MA 02199. Travel and hotel information from: Roadrunner Tours, 301 W. Highway 20, Michigan City IN 46360. (219) 872-7217.  
**June 27.** Masters 10K, Providence RI. G. Silva, 82 Fowler St., No. Kingstown RI 02852.  
**August 14.** Falmouth 7.1 mile, Woods Hole, Mass. Falmouth Recreation Dept., Main St. Falmouth MA 02540. (617) 540-4417.

**EAST**

**April 4.** Perrier Cherry Blossom 10-mile, Washington. PO Box 4711, Arlington VA 22204. (703) 979-0358.  
**April 18.** Plum Country 10K, Pittsburgh. Bob Douds (412) 795-3276.  
**April 25.** Penn Mutual/TAC National Masters 10K Road Championship, Brooklyn. Bob Fine, 77 Prospect Place, Brooklyn NY 11217. (212) 789-6622.

**May 2.** Trevira 10-Mile Twosome, New York. PO Box 881, NYC 10022.  
**May 8.** Mount Vernon Classic, 10 miles, Washington, DC. ARRA Championship series (prize money). Don Kardong (509) 838-8784.  
**May 16.** 46th Yonkers Marathon, Yonkers, NY 10 a.m. PO Box 881, NYC 10022.  
**May 22.** Meadowlands 10K, New York, NY. ARRA Championship Series (prize money). Don Kardong (509) 838-8784.  
**May 22.** Elby's Wheeling Distance Race 20K, Hugh Stobbs, 933 Main St., Wheeling WV 26003. (304) 232-6120.  
**May 23.** Race #5 of Manufacturers Hanover 5-Borough 5-mile-run Challenge, Staten Island, NY. NYRRC, Box 881, FDR Station, NYC 10150.  
**May 29.** L'eggs Mini-Marathon, New York City. Box 881, NYC 10022.  
**May 30.** Tri-State Track Club Memorial Day 10K & 5K Road Race '82, 5:30 p.m., Mercersburg Academy, Mercersburg, Pa. Wayne Vaughn, 734 W. Franklin St., Hagerstown MD 21740.  
**June 6.** Manufacturers Hanover 5-Borough Championship. Queens. Box 881, FDR Station, NYC 10022.  
**June 12.** Long Day's Journey Into Night 24-hr relay, Delhi, NY. 36 1/2 Main St., Delhi NY 13753.  
**June 12.** Finleyville, Pa. 10K. Bob Vanvorhis (412) 348-7470.  
**July 3.** Pepsi 10K National Championships, New York City. Box 881, NYC 10022.  
**July 7.** Manufacturers Hanover Corporate Challenge #1, Central Park, 7 p.m. (Wed.)  
**October 24.** New York Marathon. Box 881, NYC 10022.

**SOUTHEAST**

**April 3.** Avon 10K, Atlanta. Bob Brennan, P.O. Box 13091, Atlanta, GA 30324.  
**April 4.** Crescent City Classic 10K, New Orleans. Mac DeVaughn, 5242 Magazine St. New Orleans LA 70115. (504) 895-4705.  
**May 8.** Avon 10K, Knoxville. Box 19818, Knoxville TN 37919.  
**May 9.** Southeastern Masters International Marathon, 1/2 marathon, 10K and 20K Walk, Raleigh N.C. P.O. Box 5684, Raleigh NC 27650.  
**May 31.** NIKE Masters Grand Prix Series. Cotton Row 10K Run, Huntsville, Alabama. Ron Morris, 13008 Camelot Dr. Huntsville AL 35803. (205) 881-4462.  
**July 4.** Peachtree 10K, Atlanta. Royce Hodge, 3224 Peachtree St. N.E. Atlanta GA 30305. Limited to 25,000.

**MIDWEST**

**April 4.** South Dakota National Postal TAC one-hour run with 2 hour option and 10-mile option, Sexauer Track, 9 a.m., Brookings, SD. (605) 688-5526.  
**April 18.** RRCA 15K Northern Regional Championship, St. Louis. (Kiener Plaza, 10 a.m.). Free health screenings before and after race. Tom Eckelman, St. Louis Track Club, P.O. Box 2956, St. Louis MO 63130.  
**April 18.** 13th Annual Longest Day Marathon, Certified. Brookings, SD. (605) 688-5526.

**April 18.** Run for Life 5-mile run, Columbus, Ohio. PO Box 739, Columbus OH 43216.  
**April 25.** Avon 10K, Kansas City. JoDoherty, P.O. Box 4034, Overland Park KS 66204.  
**April 25.** Run for the Hearts 10K, Crystal Lake, Ill. McHenry County Heart Assoc., 88 Lincoln Pkwy, Crystal Lake IL 60014.  
**June 5.** 20th Annual Jackrabbit 15, Brookings, S.D. SDSU Track Office, Brookings SD 57007. (605) 688-5526.  
**June 13.** NIKE Masters Grand Prix Series; News-Dispatch 15K, Michigan City, Indiana. Dunes Running Club, PO Box 42, Michigan City IN 46360.  
**June 19.** Grandma's Marathon, Duluth. P.O. Box 6234, Duluth MN 55806. (218) 727-0947.  
**August 14.** Chicago Corporate Classic 5K & 10K. Stephanie Messick, 1423 W. Fullerton Ave, Chicago IL 60614. (312) 348-1724.  
**August 28.** Bobby Crim 10-mile, Flint, Michigan. 126 Rowe Hall, Central Michigan U., Mount Pleasant MI 48859. (517) 774-3102.  
**August 29.** Midwest Masters 25K Open Road Championships Lake Bluff Jr. High, Rt. 176 & Sheridan Road, Lake Bluff, Ill. 7 a.m. Sign up race day. Wendell Miller, 180 N. LaSalle St., Chicago IL 60601. (312) 236-1315.

**SOUTHWEST**

**April 3.** Pepsi Challenge 10K, Tulsa. (918) 743-8586.  
**May 8.** River Run 10K, Tulsa, 56th & Riverside, 8 a.m.

**MOUNTAIN**

**July 24.** 13th Deseret News Marathon, Salt Lake City. Keith West. PO Box 1257, Salt Lake City UT 84110. (801) 237-2135.

**WEST**

**April 11.** NIKE Masters Grand Prix, Norman Tamenaha 15K, Honolulu. Valdemar Schultz, 3900 S.W. Murray Blvd., Beaverton OR 97005. (503) 641-6453; 504.  
**April 17.** 5th Annual YMCA/Orange County Marathon, point-to-point from Featherly Park to Huntington Beach, 7:30 a.m. Dave Harding, PO Box 2567, Newport Beach CA 92663. (714) 642-9990.  
**May 1.** 4th Annual Laguna Niguel 10K Fun Run, Laguna Niguel, Calif. Julie Sweany (714) 831-9622.  
**May 30.** Grass Valley Memorial 10K Run, Grass Valley, Calif. Gary Loucks, 116 High St., Grass Valley CA 95945.  
**June 6.** Avon Women's International Marathon, San Francisco. Len Wallach, 1060 Continentals Way #104, Belmont CA 94022. (415) 593-2788.  
**July 4.** NIKE Masters Grand Prix Series, Semana Nautica 15K, Santa Barbara, Calif. Semana Nautica PO Box 6616, Santa Barbara CA 93111.

**NORTHWEST**

**April 25.** TAC 50-mile National Open and Masters Championship, Yakima, Wash. Dick Goodman, PO Box 575, Selah WA 98942. (509) 687-7163.

**April 25.** TAC Regional 12K Championship and 4th Annual Runner's Run, Or. City. Alvin Clark, 8234 N.E. Webster, Portland OR 97220. (503) 256-4357.  
**May 2.** Lilac Bloomsday 7.5 Mile Run, Spokane. ARRA Championship Series (prize money). Don Kardong (509) 838-8784.  
**May 23.** NIKE Masters Grand Prix Series, Viking Classic 10K, Portland, Oregon. Val Schultz, 3900 S.W. Murray Blvd, Beaverton OR 97005. (503) 641-6453.  
**June 6.** TAC National Masters Marathon Championship, Forest Grove, Oregon. Forest Grove Kiwanis Club, PO Box 223, Forest Grove Or 97116.  
**June 27.** Cascade Run Off 15K, ARRA Championship Series (prize money), Portland. Don Kardong (509) 838-8784.  
**August 21.** 2nd Annual Earthquake Ultra Marathon. Anchorage, Alaska. Tim Middleton, 3445 Seppala Dr., Anchorage AK 99503.  
**September 12.** NIKE Marathon, Eugene, Oregon. ARRA Championship Series (prize money). PO Box 10412, Eugene OR 97440. (503) 687-2477.

**CANADA**

**April 18.** Ontario Master Marathon Championship (certified course), Hamilton, Ontario. Peter Rhodes, 24 Rutherford Ave., Hamilton, Ontario.  
**September 25.** Canadian Masters Women's 5K Road Race. Sunnybrook Park, Toronto. Christine Walker, 34 Rodda Blvd. West Hill, Ontario M1E 2Z6, Canada.  
**November 7.** Ontario Masters Cross-Country Championships (10K), Toronto. Bob Moore, 519 Sutherland Drive, Toronto Ont. M4G 1K9.

**INTERNATIONAL**

**April 24.** Rotorua Marathon, New Zealand.  
**May 9.** London Marathon.  
**May 16.** Paris Marathon.  
**June 27.** 9th International Veterans 25K, Brugge, Belgium. Men 40+. Women 35+. Fit Veteraan, Postbus 7, 8000 Brugge 1 Belgium.  
**July 10.** South African Masters Marathon Championships, Port Elizabeth.  
**September 14-15.** 15th World Veterans Distance Running Championships (IGAL). Lake Kawaguchi, Japan (Foot of Mt. Fuji, 100km north of Tokyo. 10K on 14th; Marathon on 15th.) Men 40 and over. Women 35 and over. Nippon Turtles Assoc., Central P.O. Box 1137, Tokyo, Japan.  
**September 19-October 8.** Runners Workshop Tour to Europe. England, Holland, Germany, Switzerland, France. Bon Voyage Travel, 360 Post St., San Francisco CA 94108. (415) 397-5131.  
**October 12-November 5.** Classical Marathon Tour to Greece. Alouette Travel, 11954 224th St., Maple Ridge, B.C. V2X 6B3, Canada. (604) 467-5535.



Skip Shaffer (117) wins masters division of Lasse Viren Invitational 20K Dec. 17 2nd year in row in 1:09:41. Shatter blazed to 2:27:53 masters triumph in Mission Bay Marathon in San Diego Jan. 17.





# NIKE MASTERS GRAND PRIX SERIES

In 1982, NIKE Masters Grand Prix regionals will be held in conjunction with already existing (and usually not exclusively Masters) races. Individual runners, both men and women, will be selected from these regional races, on the basis of age-graded performances, to compete at the NIKE Masters Grand Prix Championship (site to be determined). Individual runners, also on an age-graded basis, will be selected from the results of the championship race, to compete at the International Veterans Distance Running (I.G.A.L.) Championships in Japan, September 14-15, 1982.

Selecting trip winners on an age-graded performance basis will provide an opportunity for all age groups and our strongest medal hopefuls to be represented at the Grand Prix Final and in Japan.

April 11 • Honolulu, HI • Norman K. Tamanaha 15 K • Edith Leiby, 1777 Ala Moana Bl., #1308 • Trips: 3M/2W Honolulu, HI 96815	
April 25 • Brooklyn, NY • TAC National Masters 10K • Masters Sports Association • 4M/2W 77 Prospect Place, Brooklyn, NY 11217	
May 23 • Portland, OR • Viking Classic 10K • PSU Athletic Development Office • 4M/2W P.O. Box 668, Portland, OR 97207	
May 31 • Huntsville, AL • Cotton Row Run 10 K • Cotton Row Run • 4M/2W P.O. Box 292, Huntsville, AL 35804	
June 13 • Michigan City, IN • News-Dispatch 15 K • Dunes Running Club • 4M/2W P.O. Box 42, Michigan City, IN 46360	
July 4 • Santa Barbara, CA • Semana Nautica 15K • Semana Nautica • 4M/2W P.O. Box 6616, Santa Barbara, CA 93111	
May ? • One or two races in Mid-America	
June/July • A race in the San Francisco Bay area	

To be eligible for the trips, runners must be Masters in the international sense (i.e., men 40+, women 35+). When inquiring about races, please enclose a self-addressed stamped envelope. General information: call (503) 641-6453, NIKE Masters Program, or write Valdemar Schultz, 3900 SW Murray Blvd., Beaverton, OR 97005.



## Going Out in Full Stride

"You've got a year, maybe two. With a little luck and if you take it easy from now on, you could have as many as five years."

The doctor pulled no punches and

old knees. *Chronomalacia*, "runner's knee" as it is sometimes called, was the diagnosis. This condition involves a wearing away of the back of the patella, the kneecap, and leads to a general disuse of the knee and possible arthritis.

As the good doctor spoke, I had visions



# THE GUN LAP

by MIKE TYMN

gave it to me straight. It was coincidental that just a few days before I had watched a rerun of Lou Gehrig's life story. When he was told that his days were numbered, I wondered how I would react in the same situation. Suddenly, I knew.

It was not my life that the doctor was referring to, but it might just as well have been. He was talking about my knees and how much longer they might last if I continued to subject them to the punishment they have undergone over the years.

The doctor did not recommend that I give up running, but the message was clear. There isn't much running left in the

of myself inching along with the aid of one of those aluminum walkers. "See what running does to you," some blob blowing a ring of smoke gloats as I struggle ahead at 40 minutes a mile.

It seemed ironical that my knees were responsible for getting me into distance running some 30 years ago and now they threatened to end my running career. It was during my sophomore year in high school while playing basketball that something cracked in my left knee. The injury forced me to give hurdling and broad jumping and try something less traumatic to the knees, like running the mile.

My recent visit to the doctor was prompted by a foreign body floating around in a sea of fluid in the left knee. It caused a locking condition and I was unable to run at all.

The doctor gave me three alternatives: 1) Do nothing and continue not to run; 2) have minor surgery to remove the foreign body and resume running for however long the knee holds out; 3) have major surgery, involving smoothing of the surfaces in the knee, and perhaps buy more time. The last alternative called for a much longer period of convalescence than the second.

Of course, I could always cut back from my competitive training of 70 to 90 miles a week to a modest 15-20, enough for health and fitness purposes. That would undoubtedly prolong the life of my knees. But to run and not be able to run intensely and with some goals in mind is nearly as bad as not running at all.

In a recent issue of *Inside Sports*, Willie Lanier, former linebacker for the Kansas City Chiefs, talks about the problems he had in adjusting to life after football. "The main problem was that nothing appeared as challenging as football," he said. "Perhaps the transition is easier if you play the game less intensely, or don't go all out to win. But what else in life offers the same psychological involvement as athletics? You think, 'what's the point of going on?'"

Those are my sentiments.

Is there life after running? That was my primary concern immediately after receiving the bleak prognosis from the doctor. I considered swimming and cycling, but from past experience with those sports I knew that they could never come close to substituting for running.

My wife bought me a pool table, apparently hoping I would channel my energies into that game. She has always complained that I am too thin, but a Minnesota Fats I care not to be.

The doctor heretofore mentioned is not my regular physician. He is one of three I had seen for "second" opinions.

My regular doctor was off climbing mountains in Peru or some such place.

I went ahead with alternative no. 2—removing the foreign body only. The surgeon and my regular doctor, upon his return, were not so pessimistic in the prognosis as was the consultant. They pointed out that there are few documented cases on the long range effects of continuing to run with my affliction. Since running was introduced to most people within the last decade, it will take another 10 or 20 years before the medical profession can really get a handle on "runner's knee."

As a senior in high school, I was kicked off of the track team because of a slow heart rate and a slight functional murmur. Now, such conditions are recognized as normal among distance runners, even beneficial. Is it possible that some day *Chronomalacia* will be so recognized? Maybe they'll just remove the patellas at birth to avoid all the hassle. Then again, maybe some day I'll be listed in one of those medical journals. They'll have a picture of me standing inside an aluminum walker and underneath it will say, "the results of 35 years of running."

In the meantime, I'll continue to run and to run intensely. I am reminded of a passage from George Leonard's *The Ultimate Athlete*, one which I have asked my wife to place on my tombstone as an epitaph: "The runner summons strength and will, pushes past all reasonable fears. But now the voice becomes unreasonable, the scream of a tortured child."

"At this point, the dialogue may take on a new quality. For the runner who knows how to go beyond normal limits, the pain and fear are still there, but somehow no longer important. Something new has entered the dialogue, something very large; the space in which the dialogue is taking place has become enormous, strange. Everything is new and yet familiar. Words are no longer possible or needed, yet the interaction is intense. The runner is not going to die, but death is present."



Gilberto Gonzalez-Julia of Puerto Rico, champion age 65-69 athlete and one of the main organizers of the 5th World Veteran's Games to be held in San Juan next year.

## Report From Britain

by STAN ALLEN and ALISTAIR AITKEN

The Southern Counties Cross Country Veterans Championships was held Feb. 6 in Bedfords Park in Romford just to the East of London. It turned out to be the wettest and muddiest for many, many years. The 10km lap included several stretches of 2 foot deep clay-mud which whipped the shoes off many tiring runners.

The conditions did not affect Taffy Davies of Aldershot, the National Champion 1981, who ran away from the field early on. Peter Standen, ex-4:06-miler, took second place while his teammate Peter Lawrence (of London-Brighton road fame) was fourth to virtually seal the team race for Hastings AC. Steve Warzee finished third.

The Over 50 race was a close run throughout with Charlie Burton of Portsmouth just getting away from a pack of four. Bill Anderson held a good early lead in this race but missed a vital marker and went off course for about 100 yards.

Davies is presently training 50 miles a week, while Burton is up to 100.

For the 2nd year, Eileen Bartlett won the women's Southern Veterans cross-country at Footscray, New Eltham on Jan. 17. Yvonne Smith won the 40-44 category and went on to run second in an International cross-country near St. Malo in France recently.

Alan Hughes was the first over-50 in the Lancashire and the Eastern Veterans cross countries. □



# National Running Data Center

from BOB MARTIN  
Executive Director

This year the NRDC introduces a new book *In-Depth Masters Road Rankings*. This book will rank masters runners in the seven most popular road events 50-deep in each age group and 100-deep in the marathon. Age groupings will be the same as masters runners are ranked in *U.S. Distance Rankings*, extending by five-year groups from 35-39 to 70-79 and 80+ for men and to 60-69 and 70+ for women. This new book reflects the great increase in running by older runners and their interest in rankings and records.

The new book will enable many more master runners to be ranked than are shown in *U.S. Distance Rankings*, which shows the top ten men and top five women in each event. Based on past data, it appears that all men 60+ and women 45+ with certified course marks will be listed. In other age groups, some relatively slow marks will make the top fifty. The events covered are the 10km, 15km, 20km, 10 mile, half marathon, and marathon.

The NRDC will not publish the book *U.S. Marathoners* in 1982. This decision reflects the large amount of time and

high cost of producing a book listing all marathon finishers relative to the interest in such a book.

## Record Update

The National Running Data Center has approved 19 new age-group records since the list published in last month's *NMN*.

It has also okayed over 100 age records which are published in this issue.

Notable among the new age-division marks, all run in 1981, include:

- Ray Hatton's 45-49 10k mark of 31:26 on Sept. 26.
- Dan Conway's 40-44 10k time of 31:03 also on Sept. 26. Herb Lorenz holds the U.S. 40-44 10k mark of 30:42 on a point-to-point course (Peachtree in Atlanta). Conway's was run on an official certified looped course.
- Alex Ratelle's 55-59 10k of 33:22, run April 25.
- Patricia Dixon's 60-64 10k of 45:40, set Sept. 26.
- Jim O'Neil's 55-59 10-mile record of 57:11, run May 9.



Dr. Hernan Padilla, Mayor of San Juan, Puerto Rico, showing design of medal to be given at the 5th World Veterans Games in 1983.

- 3 women's 65-69 marks by Evelyn Havens in the 30k (3:19:45), 10 miles (1:40:20) and half-marathon (1:49:47).
- Sal Vasquez' 40-44 half-marathon mark of 1:07:50 run Dec. 6 in Oakland.
- Clive Davies 65-69 half-marathon time of 1:21:41, set Sept. 27.
- Sue Johnston's 40-44 half-marathon in 1:23:12, also on Dec. 6.
- Anne Johnson's 50-54 half-marathon of 1:29:18 on July 4, which broke Toshiko d'Elia's mark by one second.
- Kay Atkinson's 60-64 half-marathon of 1:47:30.
- Brian Harris' 45-49 half-marathon in 1:11:23 on Nov. 15, breaking Hal Higdon's mark by 17 seconds.
- Charles Chambers' 60-64 half-marathon of 1:27:42 on Dec. 12, lowering Wayne Zook's mark by almost a minute.
- 20-mile marks by Daryl Beardall (45-49) in 1:55:22 and Ed Benhan (70-74) in 2:48:47.
- Wilfredo Rios' 65-69 30k mark of 2:15:21, set. Dec. 19. □

## SPORTS TRAVEL INTERNATIONAL, LTD. Presents to the U.S. MASTERS

# CHINA 1982

### '82 MEETS

**Nanjing - October 1, 1982**

First Track and Field China - U.S. Masters Championships

**Hangzhou - October 5**

Second Poet Road Race - 10k

**Hong Kong - October 10**

First Track and Field Hong Kong - U.S. Masters Championships

### Will you be there ?

Information on various-length (and priced) tours to China - including all above- listed '82 meets plus I.G.A.L./ Japan pre-tour and Southeast Asia post-tour options can only be obtained by writing or phoning

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JIM WASTE  
Director '81/Assistant'82

JIM PUCKETT  
Assistant '81/Director '82





# On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

## Just Driving Around

I seemed to have created a certain amount of confusion with a recent article. Let me be as perfectly clear as I can on the matter so no one misunderstands what I had in mind. What I had in mind was simply this: there isn't anything I wouldn't do for a Mercedes. I mean anything. It's that important a part of my future.

What's important at this stage of my life is a clear understanding of where I've been, where I am now and where I'm going in the future. Where I've been is no big deal, just another account of an over-privileged background. Military school, Ivy League, business career, marriage and you can fill in the rest. The problem has totally do with where I am now. My personal growth has carried me beyond that stage where black topping the drive-

way once a year really does it for me. With apologies to my former suburban competitors, having the best snow blower on the block no longer interests me. I will admit, had I stayed any longer, I probably never would have left. I was just about to go with a total aluminum siding job, you know, the one that has a grain finish, sharp man, and practical as hell. I have two cars: a Pinto get-around, completely paid for, and a Caprice Rally Pack (loaded) with seven payments left. Neither burns a drop of oil and the Pinto has three new tires.

Before this turns into a garage sale in print, let me get back to the point. The point is, call it growth if you want, maybe it's merely part of the maturing process, whichever, I do know how I feel and what's important to me at this particular time in my life calls for a severe departure from where I think I am now. I must

be free to drive and run. I need space, my own imperative territorial.

I hope I haven't given the impression I am not a man of means. I am. It's just that I'm mired in the the trauma of middle class anxiety. Modest suburban home, with weeds, dog dump and wall-to-wall mortgage. I remember when we bought it. I knew it was my kind of town when the real estate salesman showed up in an Oberlin College letter sweater. He actually convinced me an 85 mile commute was the invigorating way to start and end each day.

Now I've simply outgrown this part of my life, I think. What's ahead of me is travel and running. I'll wear designer jeans, I'll eat vegetable quiche, imported cheese fondue and liver pate. I'll make telephone calls all over the country on one of my two satellite phones in the Mercedes. It will be a 450 SL convertible, with the back seat space devoted to storage, not kids. That old saying about, "Show me a man with kids and a station wagon and I'll show you a man with french fries under his seats," is no longer funny to me. I'm going to follow the sun.

I'll do double workouts, I'll race, I'll stop at running stores and talk shoes, R & D and the indoor track and field season. How about Jim Spivey at the indoor TAC's? Are you doing Boston?, etc. I can't wait to get going and as soon as I can get my passport I'm taking off for Florida and the Palm Beach Half Marathon. Where else can you rub shoulders with eighty year old guys with freckles in seersucker sport coats and white bucks. I'll flash out of Florida with the top down, listening to Pete Franklin on WWWE Cleveland and counting billboards selling IRA accounts. Oh well, what's a little overkill when a buck is involved. I don't care. I'm free, easy and heading for Big D and some intervals at White Rock Lake. When I hit Houston I call an old lawyer friend with the standard, "How's it going, Reaganomics got your down yet?" "No way, you liberal loud-mouth, my practice is booming. I've got two divorces, a potential whip-lash, a positive dogbite and a lot of little stuff to do whenever I get time."

This is living, I've got a Mercedes, I go to bed when I like and I get up at whatever time I please. I do like to be out on

the road by ten though, that way I beat the deadline at McDonald's for ordering Egg McRubbers. Two of those babies will put more bounce in your stride than all the desiccated liver at the local health food store.

I pull into a small town in West Texas and immediately get on the car phone for effect. I check out the grocery store for some guava and papaya juice. Just for curiosity's sake I look in the gourmet section and I'll be darned if the old joke isn't true—the Velveeta cheese is there.

As I step out of the store I meet a raw-bone looking guy in a cowboy hat and boots. As we pass he nods and I can't contain a "Howdy Tex." He wheels on me in a flash and hits me dead center with a perceptive question, "How'd you know my name?"

I'm back on the road and man can I taste that California coast. Running, racing and maybe even a little wind surfing. Everything they said about a Mercedes is true, it's bigger than life. I'm glad I didn't open my wife's letter about her inheriting all that money for two days—it was fun.

I'm going to take a late afternoon run, eat some bean sprouts for dinner, catch CHIPS on the tube and then get a good night's sleep. Being a man of conviction and principle—I'll be heading home first thing in the morning.



Louis Vink and Cliff Pauling in photo finish at Pan-Am Games. photo by Richard Lee Slotkin

### INDIANAPOLIS MASTERS TRACK AND FIELD MEET AND FUN RUN

Indianapolis, Indiana  
June 11-12, 1982

SPONSORED BY PENN MUTUAL LIFE INSURANCE CO. AND THE HOOSIER TRACK CLUB

June 11 (Friday): 6 P.M. - 10K Cross-Country (fast course) All ages under 16 - 75 up

June 12 (Saturday): Sub Masters & Masters Track & Field Meet. Age 30 up in 5-year age groups thru age 75 up. Those age 55 up will perform from 8am thru 12 noon. Age 30-54 will perform from 1 P.M. thru 5 P.M. There will be a one mile walk race at 12 Noon for all age groups from age 30. Excellent all-weather track. Top officials.

SITE: Ben Davis High School, 1300 N. Girl School Rd., Indianapolis, Indiana

ENTRY FEES: 10K - \$4 Track & Field \$4, plus \$2 per event

MEDALS: 1st three places

HEATS: Events with 8 or fewer contestants will be run as finals at time set for trials

ADDED ATTRACTIONS: Those 55 up spend your vacation here starting June 9 with bike races, tennis, basketball, swimming, bowling, etc.

#### SCHEDULE OF EVENTS IN ORDER:

age 55 up	age 30-54
8:00 a.m. 3000 meter run	1 p.m. 3000 meter run
400 meter finals	400 meter finals
50 meter trials	100 meter trials
100 meter trials	800 meter finals
50 meter finals	100 meter finals
800 meter finals	100 meter hurdle finals
100 meter finals	200 meter trials
80 meter hurdle finals	1500 meter finals
200 meter trials	200 meter finals
1500 meter finals	400 meter hurdles
200 meter finals	(10 yr groups, 30-39, 40-49, 50-+)
12 noon 1 mile walk - all ages 30 up	

Field events include softball throw, football throw, standing long jump for those 55 up. All contestants have available shot, long jump, pole vault, discus, javelin and triple jump. They also are 55 up from 8-12 noon and 30 up starting at 1 p.m.

ENTRY FORM  10K  TRACK & FIELD

Events entering: \_\_\_\_\_

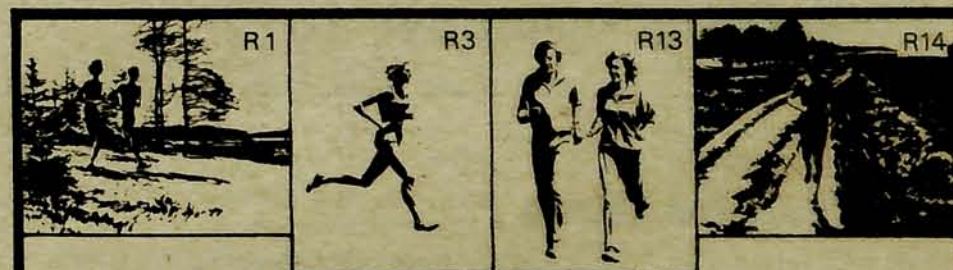
Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I will not hold the Hoosier Track Club or any of their departments, agents or representatives, for my health, safety or any injury resulting from my participation in these events.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Send to: Bob Coughlin, 305 S. Barton, Indianapolis IN 46241. (317) 241-5446



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# Dixon, Miguez, Tanner Star in Mardi Gras Marathon

by DANNY THIEL

NEW ORLEANS, Feb. 7—"Here come 'de judge; here come 'de judge," someone shouted as the Mardi Gras Marathon runners neared the finish line.

Louisiana Supreme Court Chief Justice John A. Dixon, Jr., 61, bettered his 1981 MGM time by 49 minutes and his best marathon time by 38 minutes to capture the 60-and-over category by over 10 minutes with a time of 3:18:40.

"I guess I got caught up in all the excitement," Dixon said. "I planned on an 8-minute pace, but at 10 miles they called out '70 minutes.' After that, I slowed up."

Dixon's running has been injury free, which he attributes to easy running with his wife. "We run at about a 10-minute pace," he said.

The first masters finisher was Alton Miguez, 41, of Pensacola, Florida in 2:28:32, nearly 10 minutes ahead of Bobby Cunningham of Abernathy, Texas and Dale Mercer of Metairie, Louisiana.

continued on page 11



An unusual mile-marker provides a pleasant distraction for runners in a Los Angeles distance run.

photo by Richard Lee Slotkin

## NY Masters Set Relay Mark

by HAIG BOHIGIAN

NEW YORK, Feb. 28—This evening the New York Masters shattered their own 4x800 meter relay mark by 11.7 seconds. Running on Manhattan College's 200 meter Tartan flat track (no spikes permitted) the New York Masters set a new American indoor record of 8:49.1 to eclipse the old mark of 9:00.8 established by Robert Fine, Haig Bohigian, Bill Krebs, and Herb Zipper at Syracuse on 3/29/80 during the National Championships. The new record was set by Bohigian (2:15.3), Krebs (2:12.8), Ken Baker (2:10.2), and Cliff Pauling (2:10.8). It is relatively early in the season and the team believes that it can run quite a bit faster before the end of the indoor season. □



Fred Gallardo

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH APR 1982

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JAROSLAVA KRITKOVA (CZE)	4-23-27	55-59
LIA RAICA (ROM)	4-25-32	50-54
SUE HUTCHISON (PALOS VERDES, CA)	4-13-37	45-49
ANNETTE JOHNSON (CLEVELAND, OH)	4-12-37	45-49
MAVIS LINDGREN (ORLEANS, CA)	4- 2-07	75-79
BARRY ADAMS (CAN)	4-16-42	40-44
MICKEY BLAKESLEY (LA JOLLA, CALIF)	4-28-12	70-74
JAMES CARNEY (NORFOLK, VA)	4- 2-07	75-79
IQM CHILTON (KNOXVILLE, TENN)	4-20-37	45-49
NOEL CLOUGH (AUSTRALIA)	4-25-37	45-49
ANTHONY COVIELLO (NY)	4-19-22	60-64
ANTHONY ELGIE (GB)	4-17-37	45-49
DAVE ELLIS (CANADA)	4-25-37	45-49
HELMUTH GEHM (WG)	4-21-12	70-74
CLEM GREEN (NZ)	4- 4-17	65-69
CHARLES GUSTAFSON (US)	4-13-37	45-49
HARRY HARDER (REEDLEY, CALIF)	4-13-17	65-69
BEN HIRSH (SAN FRANCISCO)	4- 7-02	80 +
KEN NAPIER (RENO, NV)	4-17-32	50-54
CARLOS NIETRO (PERU)	4-27-27	55-59
BILLY OGAN (HONOLULU, HI)	4-26-27	55-59
MENDELL PALMER (STEPHENVILLE, TX)	4-22-32	50-54
RED RABURN (US)	4-16-32	50-54
PAUL REESE (SACRAMENTO, CALIF)	4-17-17	65-69
BILL ROBERTS (GB)	4- 5-12	70-74
LEWIS ROBERTS (SAN BERNARDINO, CALIF)	4-27-27	55-59
JACK RYAN (AUSTRALIA)	4-30-22	60-64
GOSTA STEEBERG (SWE)	4-20-22	60-64
VIRGIL STURGILL (ASHEVILLE, NC)	4- 1-97	80 +
NORMAN TAMANAH (KANEONE, HI)	4-11-07	75-79
MICHAEL TYM (HONOLULU, HI)	4- 2-37	45-49
RONALD WILSON (GB)	4-21-07	75-79



### New Age Records

10 kilometer road record update					
34	29:52	Dick Buarkle	3 Sep 47	GA	28 Nov 81, AL-A
42*	31:03	Dan Conway	28 Jan 39	WI	26 Sep 81, WA-A
44	31:42	Jerry McNeal	7 Dec 36	MN	25 Apr 81, MN-A
46	33:50	Larry Fuselier	25 Jun 35	LA	28 Nov 81, AL-A
49*	31:26	Ray Hatton	4 Feb 32	OR	26 Sep 81, WA-A
55	34:00	Jim O'Neil	14 May 25	CA	31 Jan 81, CA-A
56*	33:22	Alex Ratelle	12 Sep 24	MD	25 Apr 81, MN-A
58	36:54	Ed Almeida	16 May 22	CA	31 Aug 80, CA-A
65*	41:30	Reg Rollason	20 Mar 16	FL	21 Feb 81, FL-A
68	46:22	Stan Venoski	3 Aug 13	IL	21 Nov 81, IL-A
71	43:57	Norman Bright	29 Jan 10	WA	26 Sep 81, WA-A
74	47:53	Ray Sears	11 Mar 07	IN	19 Sep 81, IN-A
83	1:15:00a	Rudy Fahl	17 May 98	CO	25 May 81, CO-A
12F	36:57p	Kristen Seabury		MA	12 Oct 81, MA-A
16F	33:29	Karlene Erickson	6 Jul 65	NE	12 Oct 81, MA-A
22F	33:13p	Linda McLennan		AL	28 Nov 81, AL-A
25F	32:04	Jan Merrill	18 Jun 56	CT	12 Oct 81, MA-A
30F	34:00	Kiki Swiegart	27 Jun 51	CT	12 Oct 81, MA-A
44F	38:14	Trudy Rapp	4 Mar 37	VA	10 May 81, DC-A
46F	38:58	Linda Sipprelle	3 Nov 34	PA	10 May 81, DC-A
47F	37:39	Dorothy Stock	12 Sep 32	CA	31 Aug 80, CA-A
53F	40:42p	Ruth Weber		MA	12 Oct 81, MA-A
57F	42:29	Raino Syvari	10 Mar 24	MA	12 Oct 81, MA-A
62F*	45:40	Patricia Dixon	15 Feb 19	OR	26 Sep 81, MA-A
65F	55:33p	Judy Simon		CA	4 Apr 81, CA-A
68F	1:00:21p	Betty Robinson		CA	26 Apr 81, MO-A
80F	1:03:33	Ruth Rothfarb	18 Jun 01	MA	12 Oct 81, MA-A

### 30 kilometers- AGE RECORD UPDATE

18	1:45:07	Henry Dies	31 Jan 63	New York	NY	19 Dec 81, NY-A
29	1:39:57	Dave Reinhardt	12 Apr 52	Kingwood	TX	19 Dec 81, TX-A
31	1:39:39	Michael Cleary	18 Oct 50	New York	NY	19 Dec 81, NY-A
32	1:39:51	Lawrence Torella	9 Aug 49	New York	NY	19 Dec 81, NY-A
35	1:42:46	Tom Gardner	29 May 46	Houston	TX	19 Dec 81, TX-A
36	1:44:40	Rick Myers	27 Sep 45	Medford Lakes	NJ	19 Dec 81, NY-A
40	1:43:56	James Sammon	20 Oct 41	Malverne	NY	19 Dec 81, NY-A
41	1:44:04	Bob Fischer	3 Jun 40	Newark	NJ	19 Dec 81, NY-A
46	1:55:30	William R Smith	11 Jan 35	San Antonio	TX	19 Dec 81, TX-A
47	1:56:14	Ben Londeree	29 Jun 34	Columbia	MO	5 Dec 81, MO-A
54	1:55:11	Don Dixon	12 Jun 27	Hastings/Hudon	NY	19 Dec 81, NY-A
56	2:12:29	Bob Muller	9 Feb 25	Brooklyn	NY	19 Dec 81, NY-A
57	2:08:23	Walter Brown	15 Dec 24	Howard Beach	NY	19 Dec 81, NY-A
65*	2:15:21	Wilfredo Rios	27 Oct 16	Little Neck	NY	19 Dec 81, NY-A
35F	1:56:33	Angella Hearn	15 Feb 46	New York	NY	19 Dec 81, NY-A
36F	1:59:13	Madeline Harmeling	6 May 45	Merrick	NY	19 Dec 81, NY-A
42F	2:16:22	Mary Cullen	6 Jan 39	Houston	TX	19 Dec 81, TX-A
45F	2:27:34	Kay Duplichan	3 Jul 36	Houston	TX	19 Dec 81, TX-A
46F	2:34:41	Libby Marks	29 Aug 35	Houston	TX	19 Dec 81, TX-A
47F	2:29:00	Joyce Fletcher	28 Oct 34	New York	NY	19 Dec 81, NY-A
* 65F	3:19:45	Evelyn Havens	11 Jun 16	New York	NY	19 Dec 81, NY-A

### 10 Miles- Age Record Update

15	54:31p	Phil Schoensee		Center Line	MI	29 Aug 81, MI-A
46	55:29	Brian Harris	24 May 35	Royal Oak	MI	29 Aug 81, MI-A
* 55	57:11	Jim O'Neil	14 May 25	San Diego	CA	9 May 81, CA-A
56	58:51	Jim Forshee	31 Mar 25	Ann Arbor	MI	29 Aug 81, MI-A
64	1:04:50a	Don Longenecker	25 Mar 16	Silver City	NM	25 Jan 81, AZ-A
13F	1:02:01	Stormi-Ann Guntach	2 Oct 67	Montrose	NE	29 Aug 81, MI-A
16F	56:29	Karlene Erickson	6 Jul 65	Ericson	MI	29 Aug 81, MI-A
25F	59:38	Cindy Dixon	18 May 56	Lincoln	NE	29 Aug 81, MI-A
34F	57:35	Laurie Binder	10 Aug 47	Oakland	CA	29 Aug 81, MI-A
36F	1:01:40	Bobbi Rothman	19 Sep 45	Miller Place	NY	12 Dec 81, NY-A
41F	1:05:38	Patty Parmalee	18 Mar 40	New York	NY	12 Dec 81, NY-A
45F	1:06:26p	Karen Bolappa		Plymouth	MI	29 Aug 81, MI-A
53F	1:22:35	Pamalee Avery	6 Apr 28	Almont	MI	29 Aug 81, MI-A
59F	1:26:30	Harriet Weaver	15 Nov 21	Okemos	MI	29 Aug 81, MI-A
60F	1:28:03	Gerry Davidson	12 Mar 21	Fallbrook	CA	9 May 81, CA-A
* 65F	1:40:20	Evelyn Havens	11 Jun 16	New York	NY	12 Dec 81, NY-A
65F	1:37:57p	Judy Simon		La Mesa	CA	9 May 81, CA-A

### 20 mile- Age Record Update

32	1:47:30	Ron Nabers	5 Feb 49	San Francisco	CA	22 Nov 81, CA-A
38	1:52:22	Gary Goettelmann	26 Sep 43	San Jose	CA	22 Nov 81, CA-A
* 45	1:55:22	Darryl Beardall	22 Oct 36	Santa Rosa	CA	22 Nov 81, CA-A
59	2:35:29	Walt Washburn	12 Oct 22	Vienna	VA	26 Dec 81, MD-A
64	2:16:47	Paul Reese	17 Apr 17	Sacramento	CA	22 Nov 81, CA-A
66	2:58:41	Frank Cuzzillo	17 Nov 15	Oakland	CA	22 Nov 81, CA-A
* 74	2:48:47	Edward Benham	12 Jul 07	Ocean City	MD	26 Dec 81, MD-A
16F	2:20:56	Terrie Martin	28 Dec 64	Kentfield	CA	22 Nov 81, CA-A
24F	2:02:20	Laura Dewald	27 Jul 57	Arlington	VA	26 Dec 81, MD-A
26F	2:05:39	Eileen Claugus	18 Apr 55	Sacramento	CA	22 Nov 81, CA-A
52F	2:26:39	Ruth Anderson	27 Jul 29	Oakland	CA	22 Nov 81, CA-A
64F	3:13:06	Kay Atkinson	23 May 17	San Francisco	CA	22 Nov 81, CA-A

### Half-Marathon- Age Record Update

13	1:25:42	Mike Mertens	31 Mar 68	Concord	CA	6 Dec 81, CA-A
16	1:09:10p	Macey Toussaint		Las Vegas	NV	4 Jul 81, CA-A
20	1:05:20	Tim Varley	22 Oct 60	San Diego	CA	4 Jul 81, CA-A
21	1:03:29	Herb Willis	29 Apr 60	Tallahassee	FL	12 Dec 81, FL-A
39	1:11:54p	Joe Becerra		Burlingame	CA	6 Dec 81, CA-A
* 41	1:07:50	Sal Vasquez	15 Dec 39	Alameda	CA	6 Dec 81, CA-A
* 46	1:11:23	Brian Harris	21 May 35	Royal Oak	MI	15 Nov 81, MI-A
* 60	1:27:42	Charles Chambers	13 Jan 21	Ellenville	GA	12 Dec 81, FL-A
62	1:28:44	Dan Biele	5 Jun 19	Pt Lauderdale	FL	12 Dec 81, FL-A
* 66	1:21:41	Clive Davies	7 Aug 15	Portland	OR	27 Sep 81, OR-A
8F	1:48:21	Angela Hernandez	30 Dec 72	Watsonville	CA	6 Dec 81, CA-A
11F	1:26:17	Stacey Dolly	23 Dec 69	New Smyrna Bch	FL	29 Nov 81, FL-A
19F	1:15:25p	Anne Zampardo		Chula Vista	CA	4 Jul 81, CA-A
25F	1:18:27	Renee Hicks	28 Jun 56	San Francisco	CA	6 Dec 81, CA-A
29F	1:17:55	Marilyn Taylor-Allen	4 Nov 52	San Francisco	CA	6 Dec 81, CA-A
39F	1:22:51	Carol Stroud	13 Nov 42	Saratoga	CA	6 Dec 81, CA-A
* 40F	1:23:12	Sue Johnston	21 Oct 41	Oakland	CA	6 Dec 81, CA-A
* 52F	1:29:18	Anne Johnson	21 Oct 28	Olivenhain	CA	4 Jul 81, CA-A
54F	1:38:59	Janet Grenda	7 Mar 26	Stone Ridge	NY	16 Nov 80, NY-A
57F	1:37:55	Mary Storey	4 May 24	Riverside	CA	4 Jul 81, CA-A
60F	1:56:42	Harriet Weaver	15 Nov 21	Okemos	MI	15 Nov 81, MI-A
* 64F	1:47:30	Kay Atkinson	23 May 17	San Francisco	CA	6 Dec 81, CA-A
* 65F	1:49:47	Evelyn Havens	11 Jun 16	New York	NY	15 Nov 81, NY-A
71F	2:30:13	Bess James	5 Sep 09	San Jacinto	CA	4 Jul 81, CA-A

These single-age records, along with those reported in NRDC News #16, #20, #21, and #22, represent new records since publication of the 1981 edition of "Running Records by Age".

\*Indicates 5-year age-division record

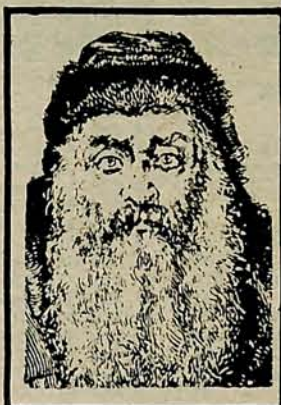


### Arcadia Arnie and Challenges

You remember Arcadia Arnie! His was the very clever Letter-to-the-Editor in *NMN* several months ago that stated "Phooey" to all of us middle-aged competitors, and chided us for our "Phoolish Physical Phitness Phantasies".

and of hyperbole, that far exceed the talent from typical "home-grown Americans".

I got to know Arcadia Arnie during my undergraduate days in college when he was the editor of the sports page in the campus newspaper. Since then we have roomed together, attended the same grad-



# Phil THE Philosopher

by PHIL CONLEY

This month's column will focus on Arcadia Arnie and what he says and stands for—in both a serious and a lighter vein, and about life's challenges.

First of all, you'll have to know "where he's at" a little better. He was born in Europe but was brought here by his grandfather before WWII to escape the Nazis and/or Russians, and has lived here since childhood. Like many other foreign-born Americans, he has developed a mastery of the English language,

and of hyperbole, that far exceed the talent from typical "home-grown Americans". I got to know Arcadia Arnie during my undergraduate days in college when he was the editor of the sports page in the campus newspaper. Since then we have roomed together, attended the same graduate school, served in each other's wedding ceremonies, ran and played volleyball together, entertained each other and our families on numerous occasions, and generated a copious file of correspondence back and forth exchanging news and views. (I should feel pleased to note that AA has saved each of my letters to him over these 25 years. But then I also must admit that he saves EACH AND EVERY letter ANYBODY writes to him!) Despite, or maybe because of, all of this commonality, we remain very close



Henri Salvarada, Belgium

photo by Wilf Morgan

friends, but at the same time, "rather different critters".

Presently Arcadia Arnie is the chief executive officer of a company that he has pieced together with other people's money. His interest lies in mergers and acquisitions—in making deals—fitting the pieces together. He must constantly assess what the other party's motivation really is, and respond with a plan which makes sense to all concerned. He is very good at this job.

All of the above would seem to imply that Arcadia Arnie is a reasonably well-adjusted person. Well of course he is not! The very fact that he would write into *NMN*, a publication serving competitive masters athletics, and advocate that exercise is "phoolish" says something right there.

Besides Arnie is a hypochondriac! Arnie says (and enjoys) that he has every possible disease and malady known to mankind—a bad heart, a brain tumor, you name it and he has it. He wishes that he were Jewish in order to be able to have Tay-Sachs disease. He wishes he had been born Black so he could sustain a serious case of sickle cell anemia. He yearns to be young again so that he could get measles and chickenpox which he missed earlier. Similarly he would like to be older so his arthritis would become acute. Get the picture?!

Arnie really only married his wife out of gratitude when she was able to get him to the UCLA Medical Center in time to save his life when he suffered one of his "attacks." This pattern of alleged health problems justifies, at least in Arnie's mind, that his body can not POSSIBLY tolerate the stress of getting in shape.

Of course, Arcadia Arnie has had his variety of specialist physicians say, "Get off your butt and exercise!" He even went so far as to sign up for a YMCA sponsored exercise program for heart-transplant recoverees. (It should be noted that in order to gain admittance to this slower-paced routine under careful monitoring, Arnie took a crash course from the *Reader's Digest* on heart transplants, and had painful and expensive scars created on his chest and ribcage.) The first session with a 13 minute mile left him pale and breathless. His best performance was recorded later that day running to his attorney in order to update his will.

It is not as though Arnie COULDN'T be an athlete. He was a better-than-average soccer goalie, a mediocre broad jumper (as it was called in the 1950's) blessed with good spring, but only mod-

est speed and technique, and lettered in both sports at our small college. He played volleyball in Southern California—again good spring, but lesser "hands". While in the business world, he learned the more socially oriented sports of golf and tennis, but he never really enjoyed the aerobic events. You know, all of those malformed inadequately sized valves and passages bringing oxygen from the heart got in the way of success!

So with all this, why is there any rationale for bringing my buddy Arcadia Arnie into this publication at all? First of all, I believe that our masters movement tends to be inbred, and we must seek out alternate contrasting viewpoints advanced in good faith in order to see whether or not we are sound, or indeed "phoolish" in the depth of our devotion to our endeavors. Secondly, AA has always been one smart cookie academically. (I did not know that either of our prestigious schools even conferred "with highest distinction" upon their graduates, until I saw that Arnie's diplomas carried that inscription in a space which was unencumbered with ink on mine.)

In a serious vein Arcadia Arnie says, "The first, and obvious, truth is that I never approached anything near stardom in any sport that I attempted during my prime; therefore, I have no heights to rescale, no pinnacles to revisit. A case can be made, I think, that I and many other older athletes of moderate skills achieve a synthetic pleasure from the somewhat vicarious superimposition of spectator and competitive sport. Lo, the vivid imaginings of youth (a la Rocky) dreaming of conquest—never achieving for self, but reveling in the victories of others and gaining satisfaction thereby!"

"Which is the greater pleasure—a splendid catch of a high pass and a sharp cut away for a TD in a meaningless intramural football game, or the observing of All-Pro performance by a recognized star in front of 80,000 live plus millions on TV or—maybe—some overlap, or synthesis???"

"It follows, at least for me, that competitive athletics in later life is, at best, a manifestation of some immaturity in trying to recapture THE INGREDIENTS, if not the results, of an earlier career. The maturation process, at least in my mind, involves the acceptance of NEW CHALLENGES in either new fields or (sadly) in reincarnations of athletes, such as seen in coaching, scouting, reporting, or philosophizing."

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## NY Masters Dominate Metro

NEW YORK, Feb. 13—The New York Masters won team titles in the 40-49 and 50-59 age divisions, and tied for first in the 30-39 bracket to highlight the 4th Annual Metropolitan Athletics Congress Indoor Masters Track & Field Championships today at Cromwell Center on Staten Island.

The powerful NY Masters squad amassed 70 points in the 40-49 group,

128 points in the 50+ bracket, and tied with the New York Athletic Club with 23 points in the 30-39 division.

Haig Bohigian and Cliff Pauling exchanged wins in the 45-49 competition. Bohigian edged Pauling in the 300, 38.29 to 39.40, while Cliff turned the tables in the 600 1:27.0 to 1:28.4.

Al Martin, 30, turned in a 2:37.7 in the 1000 yard run and 4:57.9 in the mile. □

Results in back pages.



## Athlete's Age Questioned

Masters athletes don't get much publicity in the mass media, so any coverage is generally welcomed. But the story in the Milwaukee Sentinel of the 6th Annual Masters Indoor Track & Field championships January 9 in Madison, Wisconsin was not what you might have expected.

Reporter Neil Shively, who participated in the meet, decided to highlight the outstanding performance of Atlanta's Phil Mulkey, who won 7 gold medals in the age 50-54 division, setting or tying records in six of them.

His routine checks on Mulkey's prior Olympic efforts, however, led him to conclude: "A cloud hangs over his achievements... Mulkey is 47, according to the records of the U.S. Olympic Committee, of Memphis State University, his alma mater and the Athletics Congress."

Mulkey told Shively and Meet Director Bruce Craig that he turned 50 on January 7.

"I don't know why there are so many diverse birthdates," he told the Sentinel. "I wasn't in there (the 50-59 group) by mistake. I've got my birth certificate and driver's license right here."

Mulkey won the 60-yard dash, 70-yard low-hurdles, 220, high jump, long jump, pole vault and shot put. His performances would have won five events and tied for first in a sixth had he competed in the 45-49 age bracket.

"The Olympic Committee," Shively reported, "says he was born Jan. 5, 1935. Memphis State has June 7, 1934, and the TAC has Jan. 7, 1935. Mulkey said his records show Jan. 7, 1932."

Because of the conflicting dates, Craig asked Mulkey to provide independent verification of his age by writing to the Missouri Bureau of Vital Records authorizing release of a copy of his birth certificate.

"I sincerely hope this procedure will resolve any doubt with respect to your outstanding athletic achievement," Craig wrote Mulkey. "However, if you are not 50 years old, a considerable injustice has been done to the other competitors in this meet and to masters track in general... If this procedure is not followed, we will have to... remove your performances from our record books and ask for the return of the medals awarded."

Mulkey declined, calling the character of the letter "insidiously vicious and fraught with innuendo of threat and ultimatum." He said he graduated from high school in 1950. "The Olympic committee's date has been that way for some time. But be assured it is wrong."

Mulkey said he felt Craig's request "offers no dignity to the defensive stature your proceedings have placed me in. I hereby, forthwith, return the medals to you. You should... send back the entry fee paid. In any future track meet, I will enter with birth certificate in possession."

Craig told *NMN*: "As a race director, perhaps speaking for other race directors, I must state my concern over what

has happened. Age-category masters events depend on a straightforward relationship between contestants and with meet officials. Contestants make considerable efforts to prepare for and travel to meets such as ours. They should not have to participate under a cloud as to the age qualifications of other competitors."

Craig said the integrity of master track & field depends on a high degree of trust. "The sport should not be relegated to checking driver's licenses at the door. National and local records and performances should not be under the cloud of public uncertainty.

"It would seem," Craig continued, "that a competitor, particularly one with a national standing such as Mr. Mulkey, would make every effort to remove any possible uncertainty created by a situation such as this. A simple letter on his part would have cleared his ethical status and done a service to the repute of Masters track and field in general."

*NMN* unsuccessfully tried several times to reach Mulkey for comment. National TAC Masters Track & Field Chairman Jim Weed said he would contact Mulkey and attempt to resolve the matter.

Craig said the results of the meet (in back pages) should be amended by replacing Mulkey's performances with the following: 60-yd dash, Rush Jacobs, 7.5; 70-yard hurdles, Leo Shillinglaw, 10.3; 220-yd dash, Jacobs, 27.7; high jump, Shillinglaw, 5'2"; long jump, Shillinglaw, 16'11 3/4"; pole vault, Tom Hinkes, 10'0 1/2"; Shot Put, Jack Scott, 37'10".

Top performances in the meet included meet records by Mary Czarapata, 46, in the 60, 220 and mile. Bev Lampe set a record for the women's 50+ 2-mile in 13:42.8. Phillipa Raschker of Atlanta won 5 of 6 events in the 30-34 division, missing only the shot put. Mike Davis, 32, of Illinois won 4 events and cleared 14 feet in the vault. □

Results in back pages.



Kris Kristofferson and daughter Casey at Lasse Viren 20K in Malibu, Calif.

photo from Eino



George Ker

## Mardi Gras Marathon

continued from page 9

The 45-49 group was led by Mr. Mardi Gras Marathon, himself, Larry Fuselier of Metairie. Larry has completed every MGM ever held—17, to be exact. He's Mardi Gras' answer to Boston's Johnny Kelley. Larry finished in 2:46:39, three minutes ahead of Tom Griffin of Meridian, Miss.

The first masters lady was local runner Margaret Turner, who finished in a personal best 3:19:48, 10 minutes ahead of Barbara Moeller of Pensacola and Charlotte Fox of Daleville, Alabama.

The 50-year-olds were led by Pensacola's David Seiler, 51, in 2:50:55. Adelle Jurgelsky ran to a 3:51:44 to take women's 50-54 honors. In the ladies' 55-59 group, Charlotte Tanner, 56, of

Marietta, Georgia, finished in 5:23:14, more than 90 minutes slower than her personal best of 3:51:12. Not much of an accomplishment, until you hear the rest of the story:

In 1981, while training for the New York Marathon, Charlotte was struck by a car. She was not expected to live, let alone be able to run again. She laid in a coma for 6 weeks before gradually beginning to rehabilitate.

Last fall, after deciding to run again, Charlotte wrote to MGM race director Mike Cambre, explaining her condition, and expressing her wish to run in his race. She said if she'd be a hindrance to the race, due to her slow pace, she would withdraw her request. Mike welcomed her spirit with open arms.

After the race, an exhausted Tanner said in tears: "...few thought I'd ever run again, much less finish a marathon...I did it."

The 26-mile straight-away race was executed in perfect runner's weather, without a flaw. Cambre and his court of New Orleans Track Club workers deserve much credit for a great race. An estimated 1500 runners competed, cheered on by 10,000 spectators. □

Results in back pages.

### NATIONAL RUNNING DATA CENTER— PUBLICATIONS LIST

1. Certified Road Running Courses, 1982 edition. Lists and describes all courses certified by the National Standards Committee through 1 January 1982. Explains how to certify a course and how to qualify for national rankings and records. \$2.95
2. Running Records by Age, 1982 edition. Lists US single-age records based on races through 1 January 1982 for 29 standard track and road-running events, from 100 meters through 100 miles, plus official US open and age-group records. \$4.95
3. U.S. Distance Rankings, 1982 edition. Ranks top 100 men, top 50 women and up to 10 deep in 28 different age/sex groups, for each of 14 standard road-running distances plus the one, two and 24 hour track runs, for 1981 races plus all-time lists. \$6.95
4. In-Depth Masters Road Rankings, 1982 edition. Ranks top 50 runners for each five year age division, from 35-39 and up, men and women separately, for 10, 15, 20, 25 kilometers, 10 miles and half marathon and 100 top runners for the same age divisions for the marathon. \$5.95
5. Running Records by Age, 1981 edition. As for 1982 edition except through 1 Jan 1981. \$4.95
6. Running Records by Age, 1980 edition. As for 1982 edition except through 1 Jan 1980. \*\*\*DISCOUNTED\*\*\* \$2.35
7. Running Records by Age, 1979 edition. As for 1982 edition except through 1 Jan 1979. \*\*\*DISCOUNTED\*\*\* \$2.35
8. United States Age Group Records for Standard English and Metric Road Distances. Lists single-age road records through 1 January 1978. \*\*\*DISCOUNTED\*\*\* \$1.50
9. U.S. Distance Rankings, 1980 edition. As for 1982 edition except based on 1979 performances. \*\*\*DISCOUNTED\*\*\* \$3.35
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# MASTERS SCENE

● National Masters T&F Records Chairman **Pete Mundle** says the 1982 Age-Record Books—listing age records for every event at every age over 35—will be available within 30 days. NMN will automatically mail your copy if you've already pre-paid \$4. If you haven't and would like a copy, send \$4 (which includes postage & handling) to NMN, PO Box 2372, Van Nuys, CA 91404.

## EAST

● **Margaret Betz**, 45, posted a 5:59.5 to win the 2nd annual Masters Mile for Women at Cornell U. Jan. 24. Terry Merritt, 43, topped the 40+ men in 4:40.0.

● Baltimore's **Mike Sabino** was 1st over-40 runner in the 21st D.C. Road Runners Washington's Birthday Marathon Feb. 14 in Lanham, Md. with a time of 2:33:03. **Herb Chisholm**, 55, of Alexandria, Va. finished 49th out of 222 in 2:54:19.

● **Tom Talbott**, Masters Sports Association President, reports the sites of NYC summer masters T&F meets are still up in the air. "We may be able to use Randall's Island again," he said, "but they may decide to resurface it. Then we'll have to go somewhere else."

● **Bobbi Rothman**, 36, set a new U.S. 10-mile record of 1:01:40 for women 35-39 in Central Park Dec. 12. It bettered the old mark of 1:02:35, set by **Erma Tranter** in Illinois in Oct. 1978.

## SOUTHEAST

● **Phil Partridge** was the top scorer with 3556 points in the 70+ division in the 1st Gold Coast Weight Pentathlon Feb. 20 at Atlantic High School in Delray Beach, Florida. **Randy Cooper**, 52, (2515 pts.) and **Dennis Dees**, 41,

(2452 pts.) followed in the age-factor-scoring event. **Bill Bangert** is the age-51 weight pentathlon record holder with 2838 points, not Cooper as reporter earlier.

● **Jack Gough**, 51, of St. Petersburg, Florida sped to a 54:29 in the Gasparilla 15K Classic in Tampa Feb. 6. He logged a 1:17:29 in the Lake Parker 20K in Lakeland Jan. 17. In '81, he clocked a 36:01 10K, 1:18:30 half-marathon and 2:54:57 in the Savannah Marathon, as one of the top over-50 runners in the Southeast.

● The Atlanta Track Club signed a 3-year contract with Cable TV to televise the Atlanta Marathon Thanksgiving Day. It will be live from start to finish and beamed across the 50 states. The Peachtree Road Race July 4 will also be telecast.

## MIDWEST

● **Paul Zumwalt**, 70, has been elected the first inductee into the Illinois Valley Striders Hall of Fame. Zumwalt, who is recuperating from surgery, has run 10 marathons, including one of the fastest in the country in his age group, 4:03, in 1980.

The club also named **Gordon Adams**, 50, of Chillicothe, Ill., and **Martha Reese**, 42, of Peoria, Veteran Runners of the Year. Both have won numerous trophies in their age groups over the past several years.

● **Dan Shea**, 51, of Peoria was honored as the IVS Worker of the Year.

● **Hal Higdon** last year raised nearly \$1500 in pledges for the Muscular Dystrophy Association as part of an "America's Love Run" promotion. Scouts report the 50-year-old record

holder is averaging only a mile a week of running lately, but plenty of time skiing. He'll participate in the 55K American Birkebeiner in Telemark, Wisconsin.

● Five masters, including **Joy Stoner** of Peoria, were among the 44 competitors who finished the first 10K Run/Ski Biathlon Jan. 31 at Pine Lakes Country Club in Morton, Ill.

● **Art Lassila**, 46, of Peoria finished 14th overall in 60:14, in the 5K run and 5K skiing over ice-covered country roads and a snow covered golf course. **Rolla Colson**, 50, of Steator, Ill., was 19th overall in 62:57. He was followed by **Mike Grove**, 42, of Peoria in 63:06; **Dennis O'Neil**, 46, of Pekin, Ill., 67:08; **Brooks Carver**, 46, Peoria, 68:03, and **Mrs. Stoner**, 46, in 68:19, good for 30th place. Participants ran the first leg of the race, then put on skis and finished the last loops on snow.

● **Bill Stewart** of Ann Arbor, Mich. bettered 4 American age-39 records while running against open competition in indoor meets this year. On three occasions, he bested **Glynn Wood's** age-39 U.S. mile record of 4:17.4, the fastest being a 4:13.30 on Jan. 28. On the same day, he posted a 1:57:80 for 800 meters, compared to **Cliff Cordy's** U.S. standard of 1:58.5. On Feb. 13, he sped to a 9:09.52 2-mile; the U.S. mark is 9:22.0, also held by Wood. On Feb. 25, he legged a 3:54.09 1500 meters; the current U.S. mark is **Bill Gookin's** 4:07.0, the world record is **Michel Bernard's** 3:52.7. Stewart plans on running open meets this year, aiming for a 4:03 mile.

## SOUTHWEST

● **Ken Young**, director of the National Running Data Center in Tucson, recently turned 40. He was first master in a 17-miler, which climbs 4000 feet, in 2:19:22, and in a 16.8-miler, which climbs 300 feet, in 2:04:51.

● **Hewlett Nash**, 41, was 1st master in 17:52 in the Tulsa 5K Jan. 17. **Steve Blanchard** (19:09) led the 50-59 bracket, with **Vern Whiteside** best 60+ in 24:26.

● It had to happen. A policy against jogging on the streets of Highland Park, Texas has left 13 people with the choice of paying a \$15 fine or spending a night in jail. The joggers were ticketed under a rule which prohibits jogging on the streets when sidewalks are available. "I refuse to pay the fine," **Mark Kendrick** said. Police Chief **Henry Gardiner** said: "We're getting a lot more joggers on the street and it's getting dangerous. One woman recently drove her car into a tree to avoid hitting a jogger."

● **Karen Onufrock**, 43, of Kearney, Arizona, who completed her first marathon last year, recently underwent two operations for cancer. She's taking chemotherapy and tells NMN "it could go either way." She continues to run, and to teach at the local high school, although she says "they might not renew my contract this fall."

## MOUNTAIN

● Masters walker/photographer **John Allen** has moved to Colorado Springs to assist **Ron Laird** in training potential U.S. 1984 Olympic walkers.

## WEST

● **Ron Navarette** edged **Joe Gassman** by 9 seconds in 2:40:29 for 1st master in the 10th

Annual World "Masters" Marathon (open to all) Jan. 31 in Orange, Calif. **Tracy Brown** out-sprinted **Patrick Devine**, 2:54:10 to 2:54:16 for 50-54 honors, with **Fred Nagelschmidt** close up in 2:54:37 for 1st 55-59. **Reina Hart** led the over-40 women in 3:12:10.

● **Vicki Biegelow** was the 2nd master overall in the Golden State 4-miler Feb. 7 in Oakland. Her 24:01 was within shouting distance of top master **Mike Pence's** 23:17.

● **Daryl Beardall**, 45, led the Tamalpa Masters to the men's team title in the PA-TAC 20K Championships Feb. 6 in Sacramento with a time of 1:06:25, only 20-seconds off **Hal Higdon's** American 45-49 record. **Karen Scannell** was 1st woman master in 1:19:01, less than a minute off **Trudy Rapp's** U.S. 40-44 mark. **Lillian Woodward** led the Nor Cal Seniors to the women's team crown.

● **Shirley Matson** set an age-41 mark of 57:58 in the Mission Bay 15K March 7 in San Diego. She was 1st master and 2nd woman overall, again topping **Dorothy Stock**, 49, (59:33). Matson is unbeaten in 1982. On Feb. 7 she ran a 1:26:15 on a tough hilly course at the San Dieguito half-marathon, 3 minutes ahead of Stock. "She's very fit and ready to break 37 minutes for 10K," her coach **Dan McCaskill** told NMN.

● Another fine College-of-the-Desert meet was run by **Shirley Davison** and **Ed Halpin** Jan. 31 in Palm Desert, Calif. **Al Guidet** is getting over his 1981 injuries. Halpin ran a 220-yd leg on the Corona Del Mar TC 60+ relay team. It was his 1st competition in a meet since 1977. Halpin, who competed for the Riverside College team at age 55, had a lung removed about 4 years ago.

● Two age records were set in the Desert meet: **Vic Cook** vaulted 13'11 1/2" for a new world age-49 mark; **Sheila Newton** cleared the high jump bar at 3'10" for a U.S. women's age-44 record.

● **Hugh Adams** is now coaching the track team at Fresno State. **Diana Smith** fractured an ankle playing tennis.

● The Western Gerontological Society held a 10K in conjunction with their San Diego convention, and featured a 70+ division. "It's a rare thing," **Willard Benton** told NMN. "Usually races are 50+ and the older runners just run for training."

● **Richard Whitewater** (47:35) and **Karen Scannell** (51:39) led men and women masters in the Excelsior East End 8.4 mile run Feb. 21 in San Francisco.

● **Sandra Kiddy**, 44, was 2nd woman overall in 2:57:12 in the Palm Springs Marathon Feb. 14.

● The TFA National Masters T&F Championships, originally scheduled for Los Angeles July 17-18 at UCLA, is in jeopardy, according to last year's TFA Pacific Regional Director **Mike Sims**. "Last year's sponsor, Converse," Sims told NMN, "has withdrawn from other promotions to concentrate on the Olympics. (Converse is the "official" Olympic shoe.) TFA is looking for another sponsor. Right now it looks doubtful."

May 15, 1982 Greenville, S.C. May 15, 1982

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TIME SCHEDULE:

9:00 LJ, Shot & Polevault	2:00 110 M Hurdles Finals
9:30 Trials 110 M Hurdles	2:00 Javalin
10:00 Trials 100 M	2:30 400 M (Heats on time)
10:30 Trials 200 M	3:00 100 M Finals
LUNCH BREAK	3:30 800 M
12:30 TJ, Discus & HJ	4:00 400 M Hurdles (Heats on time)
1:00 4x100 M Relay	4:30 200 M Finals
1:30 1500 M	5:00 5,000 M
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ENTRY FORM

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CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_ PHONE: \_\_\_\_\_

AGE: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_ SEX: MALE: \_\_\_\_\_ FEMALE: \_\_\_\_\_ TAC NO. \_\_\_\_\_

TEAM AFFILIATION: \_\_\_\_\_

EVENT: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_  
 5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_

Entry fee payable to: Southeastern Track Classic. T-Shirt size: S M L XL

In consideration of accepting this entry I declare that I am physically able to compete in this event & waive myself, heirs & administrators of all claims for damages which I may incur against any & all persons in any way associated with this event, including, but not limited to Furman University, Stone Manufacturing Athletic Attic, Meet Officials & the Athletic Congress. I also authorize the use of my name and photograph in any media.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

RELAY ENTRY: 4x100: \_\_\_\_\_ Mile: \_\_\_\_\_ Division: \_\_\_\_\_ Club: \_\_\_\_\_  
 Name: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_  
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● **Mavis Lindgren**, 74, lowered her own world marathon record for women over age 70 with a time of 4:33:05 last month in the Calistoga-to-Napa Marathon near her home in Orleans, Calif. Her new mark is 4 minutes faster than the 4:37:37 standard, set Sept. 9, 1979 in Oregon.

● The recession may be reaching the Masters program. In addition to the probable loss of the TFA Nationals, George Ker's popular Grandfather Games is the victim of tight money. The college has always provided the track to masters free of charge. "But starting in 1983," Ker told *NMN*, "they're going to go strictly by the book; no more favors. They'll want \$1000 for the facility, plus other costs. That's too much for me to handle, so the 1982 meet will be the last Grandfather Games."

**NORTHWEST**

● **Mike Heffernan**, 41, logged a 33:21 in a Portland, Oregon 10K Feb. 13.

● **Buell Crane**, 81, of Twin Falls, Idaho was shortchanged in the point totals (Feb. *NMN*) for the 1981 national T&F championships. He actually scored 25 points, not 15, with 5 wins in the 100, triple jump, high jump, shot and pentathlon in the 80+ division.

● **Pat Thomas**, 41, sped to a 57:32 in a certified Seattle 15K Jan. 24, just missing **Miki Gorman's** U.S. women's 40-44 mark of 57:15. Thomas has consistently improved since beginning running 3 years ago. She set a world age-41 record of 9 miles, 1044 yards in a one-hour run August 22. She posted a 37:23 10K Oct. 25, and a 2:54:04 marathon in Oakland Dec. 6. "I hope to break 2:50 next time around," Thomas told *NMN*.

● The newly formed Oregon Track Club Masters now has about 80 members with distinctive uniforms, President **Bill McChesney** reports. "We have a real advantage," he says, "in using historic Hayward field in Eugene, the home of the past 3 Olympic Trials. It's undoubtedly the fastest track in America." The club will host a 2-day masters T&F Classic on June 26-27 on the track for all over age 30. The mile run will be substituted for the 1500 in the tradition of the 20 Oregon milers who've broken 4 minutes. The club is coordinating with the Portland TC and a new Seattle masters club to help "make the Northwest seniors meet the rival of any meet in the U.S."

Walt Butler

photo by Ross Gentry



Don Hummel and wife after winning age 70-74 pole vault in San Juan.



# National Masters News

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

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- Pan-American Masters T&F Championships
- British & Australian Veterans Championships
- Schedule and Entry Form for 4th World Veterans Games

**OCTOBER 1980**

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- World and U.S. Men's and Women's 5-year T&F Age Marks

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- National TAC and RRCA Masters Marathons
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Bob Coughlin, Indianapolis, Indiana

*You are head and shoulders above every source of information available on the national masters scene. I wholeheartedly encourage anyone interested in masters running to subscribe to your publication.*

George Cohen, Los Angeles, Calif.



**INTERNATIONAL**

● **Desiree Letherby** set a new women's world age 35-39 record for the 10,000 meters, clocking 34:34.4 on October 7, 1981 in Kensington, Australia, **Wal Shepard** reports. **Cindy Dalrymple** held the previous mark of 35:37.8.

● **David Griffiths** edged **Gerry Daintry**, 2:34:23 to 2:35:52 for masters honors in the Hong Kong Marathon Jan. 30, **Jim O'Neill**, former race director of the event now living in New York reports. Griffiths is 41 and a former international class British middle distance runner. Daintry, 43, also from Britain, only began running about 3 years ago, making exceptional progress.

● **Robin Hames**, 45, of New Zealand—1st over-40 woman in the 1981 New York Marathon—set a new world women's age 45-49 marathon record of 2:46:22 (16th place) in the Osaka, Japan Ladies Marathon Jan. 24, **Marty Post** reports. **Joyce Smith**, 44, clocked 2:35:44 for 5th place, setting a world age-44 best.

● **Gunther Mielke**, 39, of West Germany sped to a fast 2:16:05 marathon in Tokyo Jan. 31.

● **Derek Turnbull**, 55, of Invercargill, New Zealand, continues his record-breaking rampage. On Feb. 13, on his new home town track, he demolished his own two-week-old age 55-59 10,000 meter record of 33:35.6 with an astounding time of 33:08.2. A week later, he broke Jack Ryan's 4-year-old 1500 record of 4:20.7 with a blazing 4:17.4.

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## From the Track & Field Chairman

by JIM WEED

In the next few issues, I'll try to inform you on past happenings and express some ideas on where Masters T&F is going.

At the TAC convention in Reno, an Executive Committee was selected and empowered to make decisions for the masters T&F committee of TAC. Members are Jim Weed, Ron Salvio, Bruce Springbett, Irene Obera, JoAnn Grissom, and Jerry Donley.

In an effort to distribute the work load, I have asked Ron Salvio to coordinate all indoor regional and national championships. Ron will also coordinate the selection of outstanding men's and women's race walker of the year for 1982. Bruce Springbett will coordinate the outdoor meets. Irene Obera will coordinate the drawing up of guidelines for selection of outstanding athlete awards. I will continue to distribute the workload as the year progresses.

Each of the last three conventions has seen great improvement in what has been accomplished. This year was the special effort made by Bruce Springbett, A.J. Puglizevich, and Chuck Klehm to come to Reno and head up the special work committees, as well as the great number of masters associations' reps, allowed us to get a number of projects done and issues decided.

Meetings at National Championships are a good place to get the sense of the masters on a few specific issues. However, no real work can be done on projects, as we are there mainly to compete. At the National Convention we are there to make decisions and work out the details before the fun and games. This was particularly true in Reno.

A number items need fine tuning and I will address them in later issues.

There is a tremendous growth of numbers at the local meet levels. Many won-

der which Regional Championship is theirs. We presently have seven T&F Regionals and I feel we need more. The cost of getting to regional and National Championships is a prime cause of numbers attending. I will list the present Regions by Associations. If your Association would like to be in a different Region, please have your Masters T&F Representative inform me.



**EASTERN** Maine, New England, Adirondack, Niagara, Conn., Metropolitan, New Jersey, Middle Atlantic, South Atlantic, Potomac Valley, Three Rivers.

**SOUTHEASTERN** Virginia, North Carolina, Florida, Southeastern, West Virginia, Florida Gold Coast, Georgia, South Carolina.

**MID-WESTERN** Lake Erie, Ohio, Indiana, Michigan, Wisconsin, Central, Kentucky.

**MID-AMERICA** Arkansas, Ozark, Oklahoma, Missouri Valley, Mid-Western, Minn., Color., North Dakota, South Dakota, Iowa, Wyoming.

**SOUTHWESTERN** Southern, Gulf, Southwestern, New Mexico, South Texas, West Texas, Border.

**NORTHWESTERN** Montana, Inland Empire, Pacific Northwest, Oregon, Alaska, Snake River, Utah.

**WESTERN** Pacific, Central Calif., Southern Nevada, Southern Pacific, Hawaii, Far East, Arizona, San Diego-Imperial.



## 1981 Masters Walkers-of-Year

(Below) Lori Maynard, 46, and (right) Gordon Wallace, 72.



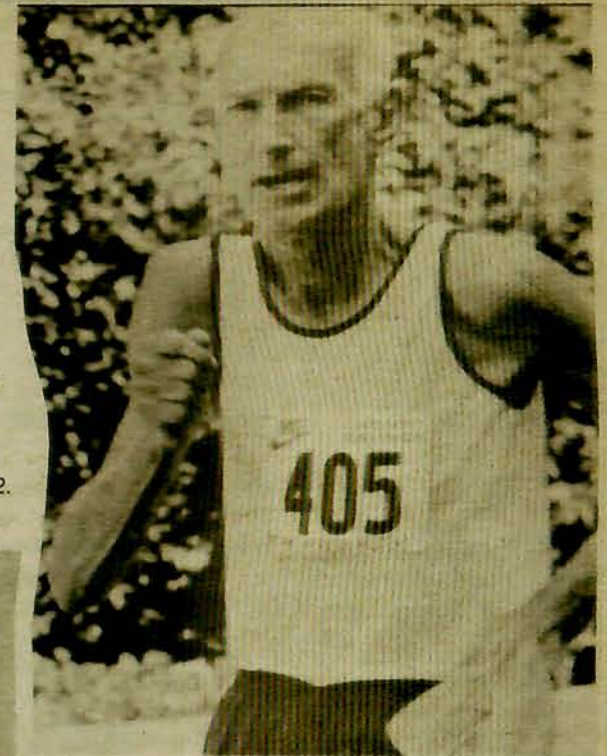
photo by John Allen

## Baker Sets New 500 and 600 Yard Marks

by HAIG BOHIGIAN

Ken Baker, 45, of the New York Masters, set two American indoor marks within successive weekends. On Sunday, January 31, 1982 he set a new standard for 600 yards in Division 1B (45-49) at the MAC Senior Met Championships held at Princeton's Jardwin Gym. Baker ran 1:18.9 to eclipse the old mark of 1:19.2. One week later, on February 7, 1982 at Manhattan College's Draddy Gym Ken Baker ran 64.4 for 500 yards to set another American indoor record for Division 1B.

Ed Small of the New York Pioneer Club (NYP), set the pace again this season, as he did last year, in the 40-49 division with victories ranging from 200 meters to 800 meters. Small's best times were: 200m (25.1), 300y (36.9), 300m (39.1), 400m (54.4), 600m (1:33.6), and 800m (2:10.3). Cliff Pauling of the



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New York Masters had the best times in the 500m (1:12.4), 1000m (2:48.7), and 1500m (4:46.0). Mason O'Neal of the NYP also ran very well with times of 25.2 for 200m, and 55.0 for 400m. Sid Howard of the Central Park Track Club turned in an outstanding performance in 3000 meters with a clocking of 9:26.5.

In the 30-39 division, there was little doubt that Rob Jackson of the NYP turned in the best performances. Jackson's top results were 300y (34.4), and 800m (2:01.0). The sprints were dominated by Willie Overby of the NYP who ran 6.6 for 60y, Ron Johnson of the NYP who ran 24.1 for 200m, and Dennis Brown of the NYP who ran 54.6 for 400m. Ivan Black of the New York Athletic Club controlled the 60y High Hurdles with a best time of 9.3.

In the 50-59 division, Alan Cohen of the New York Masters dominated virtually all races above 1000m. Alan Cohen's best times were: 1000m (3:45.8), 1500m (5:23.0), 3000m (10:16.0), Two Miles (12:13.9), and 5000m (19:06.0). Cohen lost only two races, both to Herb Schoen of the Central Park TC, who ran the mile in 5:30.0, and 3000m in 10:49.0.

In relay racing the Central Park TC's 40-49 year old team ran the Four Mile relay in 20:18.4, while its 50-59 team ran 23:44.9. The New York Pioneer's 30-39 year old 1600m relay team ran 3:29.4, with Chipper Robinson running a 51.5 third leg, and Ron Johnson turning in a 51.1 anchor leg. Rob Jackson turned in a blistering 2:02.5 anchor leg on the flat wooden Armory floor to lead the New York Pioneer 30-39 team to victory in the two mile relay.

I am very indebted to Beverly Cohen whose careful recording of meet results supplied the data for this article. □

Results in back pages.



-1982-

## NORTHWEST REGIONAL MASTERS/SUB-MASTERS TRACK + FIELD CHAMPIONSHIPS

SPONSORED BY PENN MUTUAL AND THE PORTLAND TRACK CLUB

JULY 30 & 31 1982  
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MEET DIRECTOR JIM FUCKETT 503-667-7354

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AMERICA'S FINEST MASTERS TRACK & FIELD MEET  
HELD IN THE SCENIC NW VACATION AREA

ENTRY FORMS TO BE IN THE JUNE AND JULY ISSUES



## Team-Scoring by Time is Unfair

by BILL STOCK

Since the total time team scoring system was pushed through the AAU convention about 4 or 5 years ago, I have been attempting to show anyone interested in team competition the unfairness of the system. It was originally presented as a means of comparing this team with that team, even unto years and miles apart. That concept is completely lacking in validity. Teams or individuals cannot be compared over the years time-wise for several reasons. Training methods are constantly improving and performances subsequently improve also. Size and strength have increased over the years. Was Pavo Nurmi less great a runner than Peter Snell or Seb Coe or Steve Ovett because he ran slower? I think not.

Times are not the measure of excellence nearly so much as margin of victory among top competitors. They make interesting comparisons for conversation sake, but that is about all. A perfect example is me; of all people! My 2 best times would have won 6 olympic marathons and a flock of Boston marathons. Does that mean that had I been on the starting line for those races I'd have beaten the champions who did win? That is an absolutely ridiculous assumption.

Even if comparing cross country performances in recent years, times are completely invalid unless the course and weather is *exactly* the same: rain, mud, snow, sunlight, fog, clouds, temperature, wind speed and direction, etc.

There are those who contend that team scoring is easier by total time, than by team points. I submit that there are many factors involved, most of which negate that theory. Bob Fine told me once that scoring the teams in the N.Y. marathon would be much harder and slower if points were used. I agree, but I also contend that a marathon is a case of individual survival and by no means a legitimate team race. A marathon, more than any other race, is an individual competition. Test: who won the team race in the 1981 N.Y. marathon? Who won the team race at any marathon?

When we talk about cross country we speak of valid and very interesting team competition. Masters cross country championships began in Detroit in 1971 at 10KM and subsequently expanded to include

15KM and 5KM. I'd wager I've run in more of those championship races than anyone in the U.S., a total of 13. Besides running races, I have been in charge of finish lines with up to 4,000 runners in a 10K, and have been race director (I've lost count of how many) races with just a few, up to 3,500 finishers. I've paid my dues. These statistics are quoted absolutely not in a horn-blowing sense, but to establish my experience and credibility. Whenever you read, speak of, or run cross country, the team competition is *at least* as important as the individual races. Time and again I've seen team comrades exhibited before and after races. I'll never forget the winning team jumping up and down in the snow in Detroit in 1971 when they were notified they had won!

So what are the problems with total time team scoring? There are several, but the most important is that it is unfair in a close race as the runners do not control who wins. Obviously, the score should be settled on the field of battle by the participants, not by an official holding a watch. I speak not of a virtual deadheat finish. I accept the officials' decisions in those cases, as they can see who nosed out whom. I refer to those common instances when runners finish close together especially in groups of 3 or 4 where the chronomix operator physically cannot possibly record accurate times. One factor here *must* be remembered. The rules of timing cross country and road races state that times in tenths *must* be rounded up to the next second. If you read times printed in tenths, or scored in tenths, they have not been done according to the rules. This alone would indicate that the race director either did not know, or failed to do his job properly. An example which is not all unusual would be four runners finishing in: "A" 37:36.3, "B" 37:36.5, "C" 37:36.8, "D" 37:37.0. All four runners *must* be given the time of 37:37 and would be scored equally in a "total time" team race. Runner "A" would get ZERO advantage from having beaten the other 3. UNFAIR! Actually, the above situation could not occur timewise with one chronomix as a timer's thumb will not operate that fast. Tests have shown that you can get about 3½ finishers per second. Race finishing pace is roughly 3 seconds per 10 yards,

or close to 3 yards per second. Having 3 runners in a span of 1 or 2 yards means the second and third runners cannot have accurate times unless there are separate watches or a photo timer. It is just not physically possible.

Have you ever run in a race where your "official" time varied from that on your electronic digital chronograph? It is not at all unusual or infrequent, particularly if you've got "crashers" (unregistered runners) crossing the finish line. Hey, I've been to two national championships where *one* time was "lost," moving everyone behind that time up one notch. In case "A" it was discovered and corrected after the awards ceremony when so many people had radically wrong times. Two finish cards had stuck together in the rain and became one finisher and one time. In case "B" at time was somehow lost and everybody moved up one place timewise. It was pointed out to the race director that one runner *sprinted* in 5 yards behind a guy and got a time 16 seconds slower than him, and about 10 seconds faster than the time on his watch. Instead of

finding the error, the race director stated later he checked with several runners and they had thought their times were OK! Now that really builds your confidence in race officials. In both "A" and "B" the team scores were on a total time basis.

A recent national championship team result I just read in the NMN: Team X, 277 min. 174 sec., Team Y, 283 min. 139 sec., Team Z, 297 min. 223 sec. Doesn't that tell you a lot about the race? Not really, other than the scorer didn't know there are 60 seconds in a minute. The points in that race computed to 21/40/51. That tells me Team X was not only greatly superior to Team Y, but to the entire field of 6 or 7 teams.

Have you ever seen an unregistered runner cross the finish line, duck out of the finish chute and subsequently change the ensuing finish times? Upon crossing the line he's on the chronomix, but then is not logged in at the end of the chute thereby creating problems for even competent officials. The possibility of fouled up times is real, not at all unusual, and a problem for thoroughly expert finish line technicians with a

proven system.

Adding minutes and seconds creates more possibilities for error than straight place numbers. The person who will be adding up your team's times is probably the same cat who can't compute his pace when he hears his splits, even the first one! Unless he stops and takes off his shoes. And your medal rides in his hands/head!

Even if total time were infinitely easier to administer, given the unfairness to the competitors it has no business being considered, let alone adopted. There is one basic fact which must be remembered: races are put on for the runners, not the administrators and decisions/rules must be made under that criterion *only*.

Finally, the team points scoring system has stood the test of time, and the tie-breaking rules are fair. A tie for first in one team road race scored by total time was settled by a coin flip! The winning team won a trip to Europe. How would you have liked that had you been on one of the teams?

From this point in time, that's it, compadres.

Reprinted from San Diego Track Club News



Bert Lancaster storms home first for Philadelphia Masters in 880 relay (age 50-59) in 1:49.3.

## TFA Championships continued from page 1

best male and female performer.

Ernie Billups of Chicago edged Houston's Jim McLatchie in the 40-44 two-mile, 9:54 to 9:57. Billups came back to edge Chuck Downey of Boulder in the mile, 4:33 to 4:34, with George Cohen of Los Angeles 3rd in 4:41.

National 45-49 100-meter sprint champ Bruce Springbett of Los Gatos, Calif. edged Tony Deatherage of Dallas in the 45-49 60-yard event. Melvin Miller held off Ken Sells in an exciting 2-mile matchup.

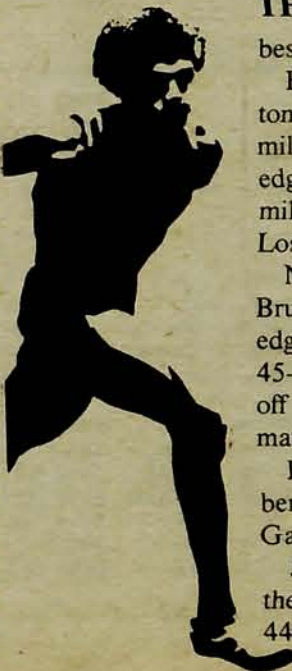
In the 50-54 division, Wichita's Hershberger won the 800 in 2:18, topping Bill Gaedke of Clovis, New Mexico.

Jack Greenwood was a clear winner in the 60, 60-yard-hurdles, 300-yard and 440 yard events in the 55-59 bracket.

In the 60+ division, Tom Thorne, Sr., David Lawyer of New York, and Jim Upham of Junction City, Kansas, had some great battles in the sprints, splitting the wins between them.

Gilberto Gonzalez-Julia was the lone competitor in the 65-69 division. As usual, his performances were those you'd expect of a much younger man. His infectious enthusiasm for the sport always adds to the meets he attends. The Puerto Rican retired major is the active ambassador for Puerto Rico Masters T&F Association, which will host the 5th World Veteran Games in 1983.

The Mid-America Masters made the athletes feel at home; there were few distractions, and the meet may be even bigger and better in 1983. □





# TRACK & FIELD RESULTS

## LAWRENCE INDOOR MASTERS TRACK & FIELD CHAMPIONSHIPS

Allen Field House, University of Kansas, Lawrence, Ks., January 23, 1982

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.

January 9, 1982

### WISCONSIN MASTERS INDOOR At Camp Randall Memorial Sports Center Men

30-34: 60 dash — Don Hardy, Cincinnati, :07.0; 70 low hurdles — Mike Davis, New Lenox, Ill., :09.0; 220 — Don Hardy, :25.1; 440 — Don Hardy, :55.4; Mile — Tom Aniczak, La Crosse, 4:24.5 (record); 2-Mile — Ed Grachalek, Green Bay, 9:42.0; Long jump — Mike Davis, 19.5; High jump — Davis, 5-8; Pole vault — Davis, 14-0 (record).

35-39: 60 dash — D. Shedlitz, Highland Park, Ill., :07.1; 70 low hurdles — G. Goudreau, Lake Mills, :10.0; 220 — James Burke, Lexington, Ky., :26.4; 440 — Goudreau, :51.8; 880 — S. Mathes, Fond du Lac, 2:07.7; Mile — Dennis Spors, Waukesha, 4:40.4; 2-Mile — Dale Beam, Madison, 10:13.3 (record); High jump — Goudreau, 4-10; Long jump — Goudreau, 15-8 1/2; Shot put — James Hess, Byron, Ill., 32-11 1/2.

40-44: 60 dash — Peter Tegen, Madison, :07.0 (ties record); 70 low hurdles — Dan McClimon, Madison, :09.3; 220 — Ron Dennis, Madison, :25.6; 440 — Dennis, :58.1; 880 — J. McDermid, Minneapolis, 2:16.5; Mile — Dan Conway, Chelek, 4:45.8; 2-Mile — Conway, 9:47.0; High jump — K. Setz, Lake Mills, 4-7; Long jump — Tegen, 19-2 1/4; Shot put — Carl Klehm, Arlington Heights, Ill., 42-1/4 (record).

45-49: 60 dash — Joe Lipsky, Highland Park, Ill., :07.3 (ties record); 70 low hurdles — Dan Shillinglaw, Madison, :10.7; 220 — Lipsky, :26.6; 440 — Bob Kunke, Madison, :50.9; 880 — M. Miles, Madison, 2:41.3; Mile — P. Veenhuis, Brookfield, 6:17.3; 2-Mile — Roger Hullk, Monona, 12:10.4; High jump — D. Shillinglaw, 5-0; Long jump — F. Gleichauf, Monona, 15-1 1/4; Pole vault — Shillinglaw, 10-5; Shot put — Gleichauf, 26-3 1/2.

50-59: 60 dash — Phil Mulkey, Forest Park, Ga., :07.3 (record); 70 low hurdles — Mulkey, :09.4 (record); 220 — Mulkey, :27.5; 440 — Rush Jacobs, Davison, Mich., :54.4; 880 — Rich Czarpata, New Berlin, 2:54.2; Mile — Joe Parls, Middleton, 6:47.1; 2-Mile — Bill Soupe, Madison, 14:41.4; High jump — Mulkey, 5-2 (ties record); Long jump — Mulkey, 17:10 1/4 (record); Pole vault — Mulkey, 11-0 (record); Shot put — Mulkey, 46-10 1/4 (record).

60 and over: 880 — M. Grimm, New Glarus (72 oel), 4:59.8 (record).

### Women

30-34: 60 dash — Phil Roschker, Atlanta, Ga., :07.3 (record); 70 low hurdles — Roschker, :10.3 (record); 220 — Roschker, :28.1 (record); 440 — Charmain Klyve-Wood, Madison, :67.7 (record); 880 — Mary Lee Lyon, Sauk City, 3:21.4; Mile — Ruth Ann Nelson, Middleton, 6:42.1; 2-Mile — C. Cummings, McFarland, 13:13.0; High jump — Roschker, 5-0 (record); Long jump — Roschker, 17-2 (record); Shot put — Marianne Whalley, Madison, 28-6 3/4 (record).

35-39: 220 — Valerie McAuliffe, Prairie du Sac, :38.7 (record); 880 — McAuliffe, 3:30.7 (record); Mile — Sue Peters, Madison, 5:49.6; 2-Mile — Peters, 12:05.0 (record).

40-49: 60 dash — Mary Czarpata, New Berlin, :08.9 (record); 220 — Czarpata, :33.6 (record); 880 — J. Elmer, New Glarus, 4:06.1; Mile — Sue Boyd, Madison, 5:46.1; 2-Mile — Czarpata, 12:43.9 (record).

50 and over: 2-Mile — Bev Lampe, Madison, 12:42.8 (record).

Golden 880 (Ages 70-99): 1. Sybill Tarnutzer, Prairie du Sac, 6:13.2 (record); 2. Doris Koenig, Prairie du Sac, 6:22.5; 3. Viola Ladd, Prairie du Sac, 7:01.8.

### 2ND ANNUAL MASTERS MILE FOR WOMEN, CORNELL UNIVERSITY ITHACA, NY, JAN. 24, 1982.

Margret Betz	45	5:59.5
Nanette Blakely	41	6:01.8
Barbara Booker	46	6:03.7
Sally Rusby	45	6:15.0
Lenis Tucker	43	6:20.8
Marie Moore	40	7:03.9
Ann Bartlett	40	7:12.0

### MEN:

Terry Merritt	43	4:40.0*
Don Farley	48	4:49.5
Cal Loomis	42	4:49.9
Jack Blakely	45	4:50.7
Peter Jeffers	42	4:54.3
Bob Brock	48	4:57.0
Pete Keyes	46	5:00.7

from Barbara Booker

\*New meet record



### COLLEGE OF THE DESERT MEET PALM DESERT, CALIF. JAN. 31

Highlights:  
3000M  
Miles Ward 42 11:42  
Sally Bane 41 15:30

60M  
Nick Newton 48 7.45  
Percy Knox 48 7.80  
Bill Adler 49 8.34

60M HURDLES (36")  
Bill Adler 49 9.83

1000M  
Gary Miller 44 2:54.4

300  
Nick Newton 48 39.42

LONG JUMP  
Gary Miller 44 19'8"

HIGH JUMP  
Nick Newton 48 5'2 1/2"  
Gary Bane 44 5'0"  
Christel Miller 45 4'0"  
Sheila Newton 44 3'10"

POLE VAULT  
Vic Cook 49 13'11 1/2"  
Gary Bane 44 11'0"

JAVELIN  
Gary Miller 158'5"

### ALL-COMERS T&F MEET LOS GATOS, CALIF. FEBRUARY 6, 1982

100yd G Marshall 34 10.3  
G LaTorre 44 10.5  
B Springbett 49 10.6  
P Jordan 63 10.8

220y D Fitzsimmons 38 23.3  
B Alston 35 23.8  
G LaTorre 44 24.2  
B Springbett 49 24.3  
P Jordan 63 25.7

LJ B Mitchell 17'1  
Mile W Meyer 5:00  
2-Mile W Meyer 11:03.8

from Bruce Springbett

### 1982 MASTERS INDOOR MEET UNIV. OF CINCINNATI FEBRUARY 13, 1982

POLE VAULT  
M30 Rick Christoph 14'6"

HIGH JUMP  
M30 Rick Christoph 6'0"  
M40 Paul Dorsey 5'8"

LONG JUMP  
M30 Bill Black 18'10"  
M40 Paul Dorsey 19'0"

SHOT PUT  
W30 Mackie Price 22'7 1/2"  
W60 Ernestine Yeomans 20'11"  
M30 Rick Christoph 32'0"  
M60 Hugh Yeomans 32'1"

60-YARD HURDLES  
M30 Bill Black 8.3

60-YARD DASH  
W60 Ernestine Yeomans 11.3  
M30 Bill Black 6.9  
M40 Paul Dorsey 7.1

440-YARD DASH  
W60 Ernestine Yeomans 99.53  
M30 Bill Black 56.50  
M40 Harry Tolliver 53.89  
M60 H Lindower 82.19  
M70 Mehmet Zekitaer 71.70

880-YARD RUN  
M30 Judd Johnston 2:07.66  
M40 Barry Brinkley 2:24.80  
M50 Ken Carmen 2:29.32  
M70 Mehmet Zekitaer 3:14.47  
M60 E Yeomans 3:56.29

MILE  
W30 Mackie Price 5:44.5  
M30 Pat Haines 4:34.10  
Jason Lindsey 4:36.75  
Chuck Gullo 4:46.25  
M40 Richard Jackson 5:13.00  
M50 Ken Carmen 5:22.09

2-MILE  
M30 Chuck Gullo 10:13.83  
Jason Lindsey 10:14.11  
Lee Hildebrandt 10:27.45  
M50 Ken Carmen 11:19.00

### MASTERS MEN 30-34

60 Yard Dash  
Jackson, Clifton 6.3  
Rate, Bob 7.4

300 Yard Dash  
Jackson, Clifton 36.6  
Rate, Bob 37.6

440 Yard Dash  
Stewart, Dennis 53.0  
Wheeler, Mike 60.5  
Buss, John 63.2

880 Yard Run  
Stewart, Dennis 1:57.5  
Timberlake, Gene 2:04.0  
Wilson, Harry 2:14.0  
Rate, Bob 2:17.5

1 Mile Run  
Wheeler, Mike 4:56.7  
Hartman, Greg 5:04.2  
Stiles, Herschel 5:14.3

2 Mile Run  
Spray, Larry 10:28.3  
Hartman, Greg 10:43.4  
Burke, John 11:40.2  
Kiapas, John 12:16.0

Long Jump  
Jackson, Clifton 20'8 3/4"  
Knapp, Donald 19'4"

Triple Jump  
Jackson, Clifton 39'5"  
Knapp, Donald 37'8"

High Jump  
Knapp, Donald 5'6"

Pole Vault  
Knapp, Donald 14'2 1/2"

Shot Put 12 Pounds  
Rohr, John 55'5 1/2"  
Rosacker, John 45'9 1/2"

### MASTERS MEN 35-39

60 Yard Dash  
Thorne, Tom 7.15  
Jensen, Ross 7.3  
Wackson, Nat 7.4  
Wecker, Darryl 7.5

300 Yard Dash  
Burke, Bob 36.9  
Jensen, Ross 37.3  
Wecker, Darryl 38.0  
Robinson, Jerry 41.0

440 Yard Dash  
Wecker, Darryl 61.2

B80 Yard Run  
Robinson, Jerry 2:46.3

1 Mile Run  
Harns, Terry 5:06.0

2 Mile Run  
Rose, Van 10:50.0  
Kramer, Tony 11:14.0  
Chapman, James 12:20.17  
Lamb, Ivan 12:31.75

Long Jump  
Thorne, Tom 18'11 3/4"  
Barriok, Beau 16'11 3/4"  
Wecker, Darryl 16'7 3/4"  
Baxendale, James 13'8 3/4"  
Thorne, Tom 34'8 1/2"  
Barriok, Beau 32'2 1/2"

High Jump  
Thorne, Tom 5'2"

Pole Vault  
Jeffries, Jim 11'0"  
Barriok, Beau 10'6"  
Thorne, Tom 10'6"

Shot Put 12 Pounds  
Pitoh, Jim 42' 1/2"  
Thorne, Tom 38'11"

### MASTERS MEN 40-44

60 Yard Dash  
Shelton, Thornton 6.9  
Beckham, Joe 7.0  
Rate, Lyman 7.3  
Glopine, Nelson 8.5

300 Yard Dash  
Shelton, Thornton 37.1  
Beckham, Joe 38.2  
Smith, Floyd 39.4  
Glopine, Nelson 46.9

440 Yard Dash  
Thornton, Shelton 59.2  
Stevenson, Lee 60.3  
Rate, Lyman 63.1  
Smith, Floyd 63.2

B80 Yard Run  
Stevenson, Lee 2:17.95  
Davidson, Clyde 2:18.0  
Rate, Lyman NTA  
Jones, Henry NTA

1 Mile Run  
Brockenbender, Cliff 6:40  
Cragg, James 6:53  
Jones, Henry 7:08.1

2 Mile Run  
Davidson, Clyde 10:04.1  
Cragg, James 13:56  
Jones, Henry 14:20.2  
Ardrey, Bob 14:39

Long Jump  
Beckman, Joe 15'10 3/4"

Triple Jump  
Ardrey, Bob 30'8 3/4"

High Jump  
Beckman, Joe 4'10"  
Ardrey, Bob 4'8"

Pole Vault  
Beckman, Joe 7'2"

Shot Put 12 Pounds  
Vesselowski, Tim 49'11 1/2"  
Beckman, Joe 37'9 3/4"

### MASTERS MEN 45-49

60 Yard Dash  
Schwada, Duane 7.2  
Alexander, Edwin 8.1  
Miller, Mervin 8.14

300 Yard Dash  
Lida, Bob 35.4  
Allen, Austin 37.2  
Alexander, Edwin 41.35

440 Yard Dash  
Lida, Bob 57.1  
Alexander, Edwin 64.2  
Miller, Melvin 72.0  
Doggett, Mal 74.0

B80 Yard Run  
Lida, Bob 2:21.8  
Alexander, Edwin 2:28.3  
Leon, Clint 2:30.6  
Rhoad, Bill NTA  
1 Mile Run  
Miller, Melvin 5:27.8  
Martin, Richard 5:28.5  
Nail, Don 5:28.6  
Rhoad, William 5:28.8

2 Mile Run  
Miller, Melvin 11:36.3  
Rhoad, William 11:45.4  
Martin, Richard 11:46.0  
Nail, Don 11:54.0

Long Jump  
Newman, Charles 16'9 3/4"  
Schwada, Duane 16'7 1/2"  
Nail, Don 12'7 1/2"

Triple Jump  
Newman, Charles 32'3"  
Nail, Don 32' 1/2"  
Dee, Roy 31'11 1/2"

High Jump  
Newman, Charles 5'6"  
Allen, Austin 5'0"  
Schwada, Duane 5'0"

Pole Vault  
Schwada, Duane 9'2"

Shot Put 12 Pounds  
Vesselowski, Tom 48'  
Young, Jim 42'10"  
Schwada, Duane 38'8 3/4"

### MASTERS MEN 50 & OVER

60 Yard Dash  
Greenwood, Jack 7.29  
Reichart, Jerry 7.7  
Holloway, Fred 7.8  
Byers, William 8.3

300 Yard Dash  
Greenwood, Jack 38.2  
Holloway, Fred 42.35  
Byers, Bill 43.8

440 Yard Dash  
Greenwood, Jack 60.0  
Witten, Gerald 71.0

B80 Yard Run  
Smith, Bert 2:16.7  
Witten, Gerald 2:30.6

1 Mile Run  
Hachmeister, Marvin 5:34.1  
Witten, Gerald 5:39.0  
Baungartel, Howard 5:49.0

2 Mile Run  
Hachmeister, Marvin 11:42.0  
Witten, Gerald 11:45.6  
Baungartel, Howard 14:30.38  
Jones, Russell 14:39.0

Long Jump  
Brown, J. 17' 1/2"  
Greenwood, Jack 16'1 1/2"  
Dee, Roy 14'9 3/4"  
Holloway, Fred 14'6 1/2"  
Triple Jump  
Brown, J. 33'11"  
Butterworth, Bill 30'9 1/2"

High Jump  
Brown, J. 5'4"  
Greenwood, Jack 4'8"  
Butterworth, Bill 4'4"

Shot Put 12 Pounds  
Reichart, Jerry 42'4 1/2"  
Jones, Russell 33'5 1/2"  
Jones, William 27'4 3/4"

### MASTERS WOMEN 30 & OVER

60 Yard Dash  
McGoy, Sondra 9.3

300 Yard Dash  
McGoy, Sondra 53.4

1 Mile Run  
Jones, Lora 6:54.0  
McGoy, Sondra 8:27.0  
Cornelius, Helen 9:39.0

2 Mile Run  
Jones, Lora 14:30.1

MASTERS MEN 60 & OVER  
Shot Put 12 Pounds  
Shrader, David 1 34'7 3/4"  
Thorne, Tom, Sr. 2 27'4"

High Jump  
Byers, William 1 4'8"  
Thorne, Tom, Sr. 2 3'10"



1982 WESTERN PENNSYLVANIA TPA/USA INDOOR TRACK CHAMPIONSHIPS February 7, 1982 Slippery Rock. Sponsored by West Penn Meet director -Barry Kline

1982 NEW YORK MASTERS INDOOR CHAMPIONSHIPS, MANHATTAN COLLEGE, FEB. 7, 1982

4th ANNUAL METROPOLITAN ATHLETIC CONGRESS INDOOR MASTERS TRACK & FIELD CHAMPIONSHIPS FEB. 13, 1982, CROWWELL CENTER, STATEN ISLAND, N.Y. NON-CHAMPIONSHIP EVENTS FOR ATHLETES NOT IN THE METROPOLITAN ASSOCIATION.

**50**  
1. Helms, WPTC 6.0  
2. Roger Finotta, WPTC 6.3  
3. Andy McNeil, WPTC 6.4

**600**  
1. Al Ferney, WPTC 11:29.4  
2. Jeff Gerson, OTH 1:58.1

**1000**  
1. Bill Rose, Perpetual Motion 2:27.4

**Mile**  
1. Bob Dagenhardt, Marlinton 4:34.1  
2. Glenn Andrew, Un. 4:44.8  
3. Bill Rose, P.M. 4:57.2  
4. Jim Waldorf, Un. 5:03.5  
5. Tom Keasum, WPTC 5:15.0

**Mile**  
1. Waldorf, Un. 16:49.0

**Mile Relay**  
1. Un. (Kline, Waldorf, Seay, Rose) 4:05.9

**H.J.**  
1. Norm Bower, OTH 5'0  
2. John Rutledge, OTH 5'6"

**S.P.**  
1. John Rutledge, OTH 44'9"  
2. Bower, OTH 41'2"  
3. Gerson, OTH 25'  
1. Bower, OTH 44'1/4  
2. Rutledge, OTH 40'9 3/4

**TEAM SCORES**  
1. Over the Hill 78  
2. West Penn T.C. 36  
3. Perpetual Motion 16  
4. Marlinton 10

**65 yd. High Hurdles**  
30-34 Ivan Black 32 AC 10.25  
35-39 Jim Ackroyd 36 SH 9.43  
50-54 Joseph Kelly 52 NY 10.77  
Harold Colen 53 NY 11.04  
55-59 Arthur Bradley 55 NY 12.19

**60 yard dash**  
30-34 Willie Overby 34 PC 6.8  
Ivan Black 33 AC 7.0  
Paul Zachman 34 SH 7.0  
35-39 Joseph Suriano 35 SH 6.9  
40-44 Robert Williams 42 SH 6.6  
Roosevelt Weaver 44 SH 6.6  
Rick Deere 44 PC 6.89  
Mason O'Neil 44 PC 6.90  
Ernie Gill 41 PC 6.97  
Richard Barnes 44 PC 7.0  
45-49 Lloyd Riddick 47 SH 6.7  
Matt Brown 47 SH 7.06  
50-54 Alan Cohen tie 52 NY 7.65  
Joseph Kelly tie 52 NY 7.65  
Ed Terranova 52 NY 7.8  
Harold Colen 53 NY 8.2  
55-59 Maurice Lentzer 56 NY 7.79  
60-64 David Lawyer 62 PC 7.4  
65-69 Leo Rothbart 67 NY 8.42  
70-74 Manfred D'Elia 73 NJ 8.99

**WOMEN**  
45-49 Ann Cirulnick 47 NY 8.89  
50-54 Chris McKenzie 50 NY 8.73

**600 yd. run**  
30-34 Joe Dovicjan 33 WR 78.3  
Robert Jackson 31 PC 78.4  
35-39 Helmut Cameron 39 UN 89.9  
40-44 Jim Morton 40 CP 92.9  
Kermit Birchfield 42 CP 97.6  
35-39 Paul Jayson 35 JS 84.9  
45-49 Cliff Pauling 47 NY 82.7  
50-54 Alan Cohen 52 NY 95.7  
Fred Yonkman 51 CP 99.5  
Joe Simonte 53 CP 1:44.6

**WOMEN**  
50-54 Chris McKenzie 51 NY 1:46.4

**1000 yd. run**  
30-34 Bob Saudstrom 34 WR ?  
35-39 John Kuhl 37 SH ?  
Jim Ackroyd 36 SH 2:42.7  
R. Elliot Jump 39 SH 2:46.0  
40-44 Doug Feltman 40 CP 2:49.1  
Edward Coplou 42 CP 2:49.3  
45-49 Cliff Pauling 47 NY 2:33.2  
Herb Zipper 47 NY 2:35.1  
50-54 Herb Schon 50 CP 2:54.6  
Joe Kernan 52 NY 3:02.3  
55-59 Archie Messenger 58 NY 2:50.6  
Arthur Bradley 55 NY 3:23.6  
70-74 Henry Zachman 72 NJ 3:59.6

**WOMEN**  
30-34 Cassandra Clark 34 PL 3:19.9

**300 yd. dash**  
30-34 Willie Overby 33 PC 34.1  
Dennis Brown 31 PC 34.6  
35-39 Nat Watson 37 PC 36.1  
40-44 Mason O'Neal 44 PC 35.8  
Russell Robinson 40 FK 36.5  
Richard Rizzo-tie 44 PC 36.9  
Mel Barnwell-tie 43 PC 36.9  
Ernie Gill 41 PC 38.3  
Robert Williams 42 PC 38.7  
Richard Barnes 44 PC 39.3  
45-49 Ken Baker 45 NY 35.5  
Cliff Pauling tie 47 NY 36.3  
Haig Bohigian tie 45 NY 36.3  
Matt Brown 47 SH 37.0  
Rudy Clarence 49 PC 43.5  
50-54 Alan Cohen 52 NY 40.3  
Gene Kelly 54 SH 41.3  
Joe Kelly 52 NY 41.9  
55-59 Rudy Valentine 58 PC 38.4  
Roscoe Brown 59 PC 43.3  
Maurice Lentzer 56 NY 46.4  
60-64 Jim Manno 61 NJ 40.63  
David Lawyer 62 PC 41.8  
70-74 Manfred D'Elia 73 NJ 51.2

**WOMEN**  
30-34 Cassandra Clark 34 PL 41.5

**One Mile Run**  
30-34 Victor Diaz 34 UN 4:48.1  
Bernard Wright 34 SI 5:28.1  
35-39 Joseph Blanck 36 NY 5:45.4  
40-44 Sid Howard 42 CP 4:43.2  
Seth Kaminsky 41 NY 4:53.8  
Norman Goluskin 43 CP 5:12.8  
Peter Bausbacher 40 NY 5:15.3  
Steph Klein 43 CP 5:40.7  
John Mulvey 40 LR 6:18.1  
50-54 Charles Johnson 50 CP 5:27.1  
Robert Fine 50 NY 5:29.9  
55-59 Archie Messenger 58 NY 5:22.3  
70-74 Henry Zachman 72 NJ 7:30.1

**WOMEN**  
30-34 Kathy Kendall 34 UN 8:27.2

**Two Mile Run**  
30-34 Vasilis Kondylis 30 ML 10:09.5  
Tom Enright 31 CP 10:11.4  
Alfonso Martin 30 FK 10:13.9  
Robert Frail 33 NY 10:22.9  
Bernard Wright 34 SI 12:49.8  
35-39 Joseph Blanck 36 NY 13:29.0  
40-44 Charles Kennedy 43 NY 10:37.7  
Peter Bausbacher 40 NY 11:40.9  
Patrick O'Shea 41 UN 12:13.4  
45-49 Geza Feld 48 NY 11:13.6  
Bob Howard 46 NY 12:53.8  
55-59 Des Margetson 55 UN 13:49.8  
60-64 George Langerfeld 64 SH 20:43.4  
65-69 George Jaffe 66 NY 15:07.5

**WOMEN**  
30-34 Nancy Sheehy 34 ML 13:48.8

**500 yd. dash**  
35-39 Jim Ackroyd 36 SH 68.2  
40-44 Ed Small 43 PC 64.3  
45-49 Ken Baker 45 NY 64.4  
Haig Bohigian 45 NY 67.1  
Billy Kneba 47 NY 67.9  
50-54 Alan Cohen 52 SH 75.2  
Gene Kelly 54 SH 77.3  
55-59 Rudy Valentine 58 PC 73.3  
Arthur Bradley 55 NY 84.5

**Two Mile Relay**  
Central Park T.C. "A" 9:52.  
Birchfield-Coplou-Saffian-Howard  
Central Park T.C. "B" 9:54.5  
N.Y. Masters 10:12.3  
Fine-Cohan-Kernan-Messenger  
Central Park 10:22.4  
Schon-Johnson-Simonte-Yonkman

**SHOT PUT**  
Jim Ackroyd 36 SH 37'4  
Joseph Blanck 36 NY 28'8  
Carl Klehm 43 UC 40'6  
Rick Deere 44 PC 38'6  
Brian McKenna 41 NY 36'11  
Tom Jackson 47 SH 33'10  
Haig Bohigian 45 NY 31'2  
Pay Carstensen 50 NY 42'1  
Ed Terranova 52 NY 36'1  
D.T. Henry 54 SH 28'3  
Herb Cantor 56 NY 38.5  
Maurice Lentzer 56 NY 25.5  
Paul Sereghy 66 NY 35'3  
Joe McClusky 70 AC 27'5

**WOMEN**  
Ann Cirulnick 47 NY 25'4

**2 Mile Walk**  
Randy Krakomer 30 JS 17:21  
Ron Salvo (1st) 33 SH 16:44  
Ron Kulick 44 AC 15:30  
John Mulvey 40 LR 22:05  
Bernard Kaufman 47 IS 21:13  
Robert Fine 50 NY 17:10  
Maurice Lentzer 56 NY 24:18  
George Heller-1-59 NJ 19:37  
Dave Lakritz 72 NY 19:47

**WOMEN**  
Pauling Kaufman 40 UN 26:21  
Marie Henry 58 SH 21:04

**One Mile Relay**  
N.Y. Pioneers "A" 3:41.6  
Small-Watson-O'Neal-Jackson  
N.Y. Pioneers "B" 3:39.3  
Valentine-Rizzo-Brown-Robinson

**TRIPLE JUMP**  
Ivan Black 32 AC 35'8  
Paul Zachman 34 SH 29'10  
Ray Bury 39 SH 38'1  
Jim Ackroyd 36 SH 34'8  
John Mulvey 40 LR 17'10  
Harold Colen 53 NY 27'6  
Des Margetson 55 UN 24'0

**50**  
1. Tom Reehn, WPTC 6.6 record  
2. Bill Jordan, OTH 6.5  
3. Tom Reehn, WPTC 7.1

**600**  
1. Ray Lister, WPTC 1:41.2  
2. Bill Jordan, OTH 1:43.5

**Mile**  
1. Ray Lister, 5:36.2 record

**H.J.**  
1. Clarence Johnson, OTH record 4'2"

**S.P.**  
1. Johnson, OTH 31'9 3/4  
2. Jordan, OTH 22'4 1/2

**35#**  
1. Johnson, OTH 27'9"

**High Jump**  
Ivan Black 32 AC 5'4  
Ron DeSalvo 33 SH 5'2  
Gerry Counihan 42 AC 5'11  
Stephen Klein 43 CP 4'0  
John Mulvey 40 LR 3'6  
Rudy Clarence 49 PC 4'6  
Warren Jackson 52 UN 4'2  
Joe Kelly 52 NY 4'2  
Arthur Bradley 55 NY 4'2  
Theodore Ille 62 NJ 4'2

**WOMEN**  
Cassandra Clark 34 PL 4'10

**POLE VAULT**  
Ron Salvo 33 SH 9'6  
Gerald Counihan AC 13'  
Biff Campbell 42 UN 9'0

**LONG JUMP**  
Paul Zachman 34 SH 18'4  
Ivan Black 32 UN 18'9  
Jim Ackroyd-2nd- 36 SH 15'10  
Ray Bury -1st- 39 SH 18'3  
Haig Bohigian 45 NY 16'1  
Ed Terranova 52 NY 15'6  
Harold Colen 53 NY 14'10  
Theodore Ille 62 NJ 13'4

**TEAM SCORES**  
1. WEST PENN 124  
2. Over the Hill 96

**TEAM CODE**  
AC - NEW YORK ATHLETIC CLUB  
FK - MANHATTAN FLIGHT KINGS  
IR - ISLAND ROAD RUNNERS  
SH - SHORE ATHLETIC CLUB  
WR - WESTCHESTER ROAD RUNNERS

**TEAM SCORES** 5-4-3-2-1 POINTS  
30-39  
NEW YORK MASTERS 23  
NEW YORK ATHLETIC CLUB 23  
STATEN ISLAND A.C. 13  
MANHATTAN FLIGHT KINGS 10  
GREENERY RACING TEAM 5

**50 yd. HIGH HURDLES**  
Ivan Black 32 AC 7.73  
Haig Bohigian 45 NY 9.18  
Kurt Krastin 47 NY 9.23

**50 yd. DASH**  
Ivan Black 32 AC 6.15  
Rick Deere 44 PC 6.12  
Russell Robinson 40 PC 6.22  
John Maloney 43 NY 6.59  
Brian McKenna 41 NY NT  
Haig Bohigian 45 NY 6.29  
Tom Brooks 50 PC 6.40  
Alan Cohen 52 NY 6.59  
Ed Terranova tie 52 NY 6.61  
Jim Dowling tie 54 NY 6.61  
Harold Colen 53 NY 7.11  
Maurice Lentzer 56 NY 7.06  
Leo Rothbart 67 NY 7.45  
Joe McClusky 60 AC 8.36

**300 yd. DASH**  
William Overby 33 PC 42.48  
Mike Kelly 31 ST 44.09  
Mel Barnwell 43 PC 38.20  
Haig Bohigian 45 NY 38.29  
Cliff Pauling 47 NY 39.40  
Tom Brooks 52 PC 42.36  
Maurice Lentzer 56 NY 54.99  
Joe McClusky 70 AC 57.42

**600 yd. DASH**  
Cliff Pauling 47 NY 1:27.0  
Haig Bohigian 45 NY 1:28.4  
Jim Dowling 54 NY 1:40.7  
W. Siderowitz 52 SI 1:47.2  
Arthur Bradley 55 NY 1:49.1

**ONE MILE RELAY** 50-59  
NEW YORK MASTERS 4:55.88  
DOWLING 71:34-BRADLEY 75:68  
KIERNAN 75:84-COHEN 69:98

**SHOT PUT**  
Rick Deere 44 PC 37'1.5  
John Maloney 43 NY 27'6.25  
Brian McKenna 41 NY 24'4

**WEIGHT THROW**  
Andy Magna 43 AC 24'1  
Kurt Krastin 47 NY 31'  
Pay Carstensen 50 NY 36'  
Joe McClusky 70 AC 28'10

**HIGH JUMP**  
Ivan Black 32 AC 5'2  
John Maloney 43 NY 4'10  
Haig Bohigian 45 NY 4'8  
Arthur Bradley 55 NY 4'0  
Des Margetson 56 UN 4'0

**WOMEN MAC CHAMPIONSHIPS**  
30 yd. DASH  
Marie Berety 32 NY 6.80  
Stephanie Sheppard UN 7.69

**300 yd. DASH**  
Cassandra Clark 34 PL 42:79

**1000 yd MEN**  
Stephanie Sheppard UN 4:01.3

**ONE MILE RUN**  
Stephanie Sheppard UN 7:21.3

**TWO MILE WALK**  
Pauling Kaufman 40 UN 26:47.1

**HIGH JUMP**  
Cassandra Clark 34 PL 5'0  
Marie Berety 32 NY 4'6

**ONE MILE RUN**  
Katherine Kendall UN 8:09.4

**WEIGHT THROW**  
Al Larsen 49 UN 37'11

**SHOT PUT**  
Don Henry 54 SH 28'1

**TWO MILE RELAY**  
30-39  
STATEN ISLAND ATHLETIC CLUB 10:44.0  
R. Wright (2:32.5) B. Wright-2:44.3  
W. Siderowitz-2:51.9 J. Martucci 2:35

**IN 5 YEAR GROUPING THEN ADDED TOGETHER MEN & WOMEN IN 10 YR. GROUP**

40-49	50+
NEW YORK MASTERS 70	NEW YORK MASTERS 128
NEW YORK PIONEERS 15	NEW YORK ATHLETIC CLUB 20
MANHATTAN FLIGHT KINGS 9	NEW YORK PIONEERS 13
GREENERY RACING TEAM 5	STATEN ISLAND A.C. 4
ISLAND TRACK CLUB 5	
NEW YORK ATHLETIC CLUB 5	





the first GOLD COAST WEIGHT PENTATHLON

Atlantic High School Delray Beach, Florida February 20, 1982

Age	Name	Disc.	Shot	Jav.	Hamm.	wt.Th.	Score
18	Lenny Collins	21.92m 71.92ft.	8.58 28.15	26.43 86.72	19.86 65.16	6.62 21.72	
35	Len Cox	275.5 21.05 69.07	352 7.04 23.10	262 25.85 84.81	287.5 14.15 46.43	187 6.75 22.15	1364
38	Granville Green	252.5 34.36 112.74	225 10.31 33.83	255 36.21 118.81	150.5 28.22 92.59	199 10.69 35.07	1082
41	Dennis Dees	570 25.91 85.01	483.5 9.16 30.05	432.5 25.62 84.06	456 22.60 74.15	519.5 8.62 28.28	2452.5
41	Jake Cooper	377.5 24.58 80.65	418.5 9.81 32.19	280.5 31.19 102.33	354.5 22.34 73.30	355 8.59 28.18	1786
58	Randall Cooper	344.5 20.99 88.55 31.79	408.5 10.60 34.77 12.60	383 39.64 130.05 50.70	349 18.40 60.37 22.32	353 7.51 24.64 8.88	1898
70	Phil Partridge	514 25.44 83.47 46.58 811	643 6.75 22.15 11.78 584.5	642.5 26.34 86.42 56.63 719.5	340 22.45 73.66 44.09 718	376 7.50 24.61 13.93 723.5	2515 3556.5

By Age Factor Scoring All Olympic Implements All Florida entries



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RESULTS OF THE METROPOLITAN ATHLETICS CONGRESS MEETS

Developmental Meet 168th Street Armory December 4, 1981

Event	Age	Place	Name	Club	Time
60y Dash	30-39	1	Ivan Black	NYAC	7.3
	40-49	1	Roosevelt Weaver	SAC	7.1
	40-49	2	Arthur Gatton	NYP	7.5
	50-59	1	Gene Kelly	SAC	8.6
	30-39	1	Ivan Black	NYAC	9.3
300y Dash	30-39	1	Rob Jackson	NYP	34.4
	30-39	2	Dennis Brown	NYP	36.1
	30-39	3	Willie Overby	NYP	36.2
	40-49	1	Ed Small	NYP	36.9
	40-49	2	Mason O'Neal	NYP	37.2
	40-49	3	Cliff Pauling	NYM	37.3
	40-49	4	Arthur Gatton	NYP	37.4
	40-49	5	Haig Bohigian	NYM	38.8
	50-59	1	Rudy Valentine	NYP	37.4
	50-59	2	Gene Kelly	SAC	41.9
One Mile	50-59	1	Alan Cohen	NYM	6:04.0
	50-59	2	Leo Schonhaut	UN	6:11.0
	40-49	1	Tom Talbott	NYM	12:39.0
2 Miles	50-59	1	Leo Schonhaut	UN	11:58.4
	50-59	2	Alan Cohen	NYM	12:13.9
	30-39	1	Mason O'Neal (2:15.4), Ed Small (2:16.6), Glen Shane (2:14.0), Rob Jackson (2:02.5)	NYP	8:48.5

MAC Grand Prix #1 Pratt Institute December 20, 1981

Event	Age	Place	Name	Club	Time
200m	30-39	1	Ron Johnson	NYP	24.1
	30-39	2	Nat Watson	NYP	25.5
	40-49	1	Ed Small	NYP	25.1
	40-49	2	Mason O'Neal	NYP	25.7
	40-49	3	Rick Deere	NYP	26.8
400m	30-39	1	Dennis Brown	NYP	54.6
	40-49	1	Ed Small	NYP	54.4
	60-69	1	Roscoe Brown	NYP	65.2
1500m	50-59	1	Alan Cohen	NYM	5:29.0
	50-59	2	Thomas Basick	WS	5:54.0
	40-49	1	Sid Howard	CPTC	9:26.5
	50-59	1	Alan Cohen	NYM	10:16.0
	50-59	2	Thomas Basick	WS	10:51.1
	50-59	3	Des Margetson	UN	11:15.0
3000m	60-69	1	George Jaffee	NYM	14:17.0
	60-69	2	Al Vesel	NYM	14:31.0

MAC Grand Prix #2 Pratt Institute December 27, 1981

Event	Age	Place	Name	Club	Time
300m	40-49	1	Ed Small	NYP	39.1
	40-49	2	Mason O'Neal	NYP	39.3
	40-49	3	Leslie Hagg	UN	40.8
800m	40-49	1	Ed Small	NYP	2:10.3
	40-49	2	Mason O'Neal	NYP	2:15.0
One Mile	30-39	1	Russell Robinson	MFK	5:24.0
	50-59	1	Alan Cohen	NYM	6:15.0
	50-59	2	Thomas Basick	NYM	6:28.0
5000m	40-49	1	Lou Stern	PPTC	no time
	50-59	1	Alan Cohen	NYM	19:06.0
1 Mile Walk	40-49W	1	Dorothy Kelly	NYM	8:04.0

MAC Grand Prix #3 West Point January 3, 1982

Event	Age	Place	Name	Club	Time
60y	40-49	1	Richard Barnes	NYP	7.0
	40-49	1	Mason O'Neal	NYP	7.0
	40-49	1	Ed Small	NYP	7.0
	40-49	4	Arthur Gatton	NYP	7.3
	50-59	1	Rudy Valentine	NYP	7.3
	50-59	2	Thomas Brooks	NYP	7.4
200m	30-39	1	Dennis Brown	NYP	25.0
	40-49	1	Mason O'Neal	NYP	25.2
	40-49	1	Russell Robinson	MFK	25.2
	40-49	3	Arthur Gatton	NYP	25.3
	40-49	4	Richard Barnes	NYP	26.7
500m	40-49	5	Ernain Gil	NYP	26.8
	50-59	1	Rudy Valentine	NYP	25.8
	50-59	2	Thomas Brooks	NYP	27.6
	40-49	1	Cliff Pauling	NYM	1:12.4
	40-49	2	Haig Bohigian	NYM	1:19.2
800m	30-39	1	Rob Jackson	NYP	2:01.0
	40-49	1	Haig Bohigian	NYM	2:21.0
500m	30-39W	1	Sandy Pashkin	MFK	1:22.7
	40-49	1	Cliff Pauling	NYM	4:46.0
1500m	40-49	2	Russell Robinson	MFK	4:51.0
	50-59	1	Alan Cohen	NYM	5:23.0

MAC Relay Championships 168th Street Armory January 20, 1982

Relay	Age	Place	Names in Order	Club	Time
Half-Mile 4 x 220	40-49	1	Arthur Gatton, Mason O'Neal, Rudy Valentine, Mel Barnwell	NYP	1:35.9
	40-49	2	Haig Bohigian, Cliff Pauling, Ken Baker, Joseph Kernan	NYM	1:48.0
One Mile 4 x 440	40-49	1	Arthur Gatton, Richard Rizzo, Mason O'Neal, Ed Small	NYP	3:39.6
	40-49	1	Sid Howard, Fritz Mueller, Bob Laufer, Jim Morton	CPTC	20:18.4
Four Mile 4 x 1 Mile	50-59	1	Charlie Johnson, Walter Cliff, Arnold Fraiman, Herb Schoen	CPTC	23:44.9

MAC Men's Junior METS Manhattan College January 31, 1982

Event	Age	Place	Name	Club	Time	
60y Dash	30-39	1	Willie Overby	NYP	6.6	
	30-39	2	Dennis Brown	NYP	6.8	
	30-39	3	Ivan Black	NYAC	7.3	
	40-49	1	Ernain Gil	NYP	7.0	
	40-49	2	Mason O'Neal	NYP	7.1	
	40-49	2	Richard Rizzo	NYP	7.1	
	40-49	4	Haig Bohigian	NYM	7.2	
	60y HH	30-39	1	Ivan Black	NYAC	9.8
	40-49	1	Haig Bohigian	NYM	11.8	
	400m	40-49	1	Mason O'Neal	NYP	55.0
40-49		2	Cliff Pauling	NYM	55.1	
40-49		3	Charlie Buchta	SAC	55.2	
40-49		4	Ed Small	NYP	55.5	
40-49		5	Ken Baker	NYM	55.8	
40-49		6	Richard Rizzo	NYP	56.6	
40-49		7	Haig Bohigian	NYP	57.1	
40-49		8	Herb Zipper	NYM	58.4	
40-49		9	Ernain Gil	NYP	59.7	
40-49		10	Robert Dolphin	UN	1:02.1	
600m	40-49	1	Ed Small	NYP	1:33.6	
	40-49	2	Richard Rizzo	NYP	1:37.3	
	40-49	3	Haig Bohigian	NYM	1:38.2	
1000m	40-49	1	Cliff Pauling	NYM	2:48.7	
	40-49	2	Herb Zipper	NYM	2:51.3	
	40-49	3	Russell Robinson	MFK	2:52.9	
	40-49	4	Robert Dolphin	UN	3:10.4	
	50-59	1	Alan Cohen	NYM	3:45.8	
One Mile	50-59	1	Herb Schoen	CPTC	5:30.0	
	50-59	2	Alan Cohen	NYM	5:52.0	
3000m	30-39	1	James Garvey	SA	11:47.0	
	40-49	1	Jack Slater	PPTC	12:31.0	
	50-59	1	Herb Schoen	CPTC	10:49.0	
	50-59	2	Des Margetson	UN	12:33.0	

MAC Men's & Women's Senior METS Princeton Univ. Feb. 21, 1982

Event	Age	Place	Name	Club	Time	
600y	40-49	1	Ken Baker	NYM	1:18.9*	
1600m Relay	30-39	1	Dennis Brown (54.5), Willie Overby (52.3), Chipper Robinson (51.5), Ron Johnson (51.1)		NYM	3:29.4

\* New American Indoor Record for Ages 45-49

CLUB CODES: NYP = New York Pioneer Club, NYM = New York Masters, CPTC = Central Park Track Club, SAC = Shore AC, PPTC = Prospect Park Track Club, SA = Scarsdale Antiques, MFK = Manhattan Flight Kings, UN = Unattached, NYAC = New York Athletic Club, WS = Warren Street



# LONG DISTANCE RESULTS

Please send masters race results to: *National Masters Newsletter*, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

## TURKEY DAY 10K ROSEMONT, ILLINOIS NOVEMBER 26, 1981

M35 John Lashbrook 36 33:40  
John Garceau 35 36:01  
Paul Basbagill 39 36:06

M40 Ernie Billups 44 32:31  
Roger Rouiller 43 33:23  
Jack Kloepper 40 34:55

M45 Dick Kloepper 45 33:56  
Richard Bean 46 38:51  
Richard Padrta 48 39:04

M50 Clyde Baker 51 34:48  
Laurin Blasier 53 40:32  
Sam Sorrentino 54 41:03

M55 Gerry Hopkins 55 40:29  
Bruce Hinde 55 41:25  
Chuck Marschak 59 41:53

M65 Lee Jack 65 55:00

W35 Diane Horan 38 39:29  
Laurie Rossi 36 41:54  
Susan Reed 36 41:55

W40 Mary Lund 41 40:09  
Nancy DeLap 42 45:56  
Carol Chaconas 43 48:04

W45 Faith Walkwitz 47 41:43  
Patricia Hatz 45 50:24  
Ann McBride 45 57:43

W50 Matilee Christman 50 43:36  
Michiko Fisher 53 56:10  
Patricia Lavery 53 66:33  
from Dick Kloepper

## SUGAR BOWL 10K NEW ORLEANS, DEC. 27, 1981.

Open Mike Tomisato 30:38

M40 Jim Ewing 32:11  
Larry Fuselier 34:04  
Dale Merceron 34:18

M50 Joe Fuselier 40:10  
Willie Huet 41:42  
Albert Briede 43:07

W40 Martha Willoughby 45:03  
Shirley DuFaur 45:37  
Jean Knight 50:50

## BEAR CANYON LOOP TUCSON, JAN. 10. 16.8 MILES, 3000 FT. CLIMB

Open Mark Martin 1:59:14

M40 Ken Young 2:04:51  
M35 John Emery 2:24:42  
M45 Jim Shea 2:33:45  
M60 Bob Martin 2:57:00

W35 Jennifer Hesketh 3:02:42  
W40 Margaret Mare 3:11:29  
M50 Don McKenna 3:42:41

from Bob Martin

## CALIFORNIA 10-MILER STOCKTON, CALIF. JANUARY 10, 1982

Open Dan Buntman 49:26  
Frank Richardson 49:26

Women Suzanne Richter 55:12

M40 Sal Vasquez 50:34AR  
Jake White 53:20  
Doug Rennie 53:44  
Bill Catanese 54:36  
Tim Jordan 55:27

W40 Marion Irvine 1:03:23AR  
Jeanne Shuler 1:04:35  
Joan Reiss 1:04:51  
Birthe Kirsch 1:05:42  
Sue Johnston 1:07:00

Irvine's time is a new U.S. age 50-54 record.  
from Jim Scannell

## 10TH ANNUAL WORLD MASTERS MARATHON. ORANGE, CALIF. JANUARY 31, 1982.

Open Steve Durand 2:26:56

M35 Mike Eck 2:34:43  
Ed Wehan 2:37:33  
Allan Johnson 2:38:51

M40 Ron Navarette 2:40:29  
Joe Gassman 2:40:38  
Dennis Parrish 2:43:54

M45 Rober Montanus 2:49:02  
John Starr 2:49:26  
Alan Dugard 2:49:54

M50 Tracy Brown 2:54:10  
Patrick Devine 2:54:16  
John Resh 3:05:10

M55 Fred Nagelschmidt 2:54:37  
William Power 2:59:34

M60 Matthew Allen 3:25:21  
W40 Reina Hart 3:12:10  
Wilma Maddock 3:15:29

## NYRR 25 Kilometer Run CENTRAL PARK—NYC

Sponsored by New York Road Runners  
Date: January 30, 1982 10:00 AM  
Distance: 25 Km (15.5 miles)  
Check-in: Men-274, Women-56, Total-330  
Finishers: Men-218 and 2 racewalkers, Women-42 and 0 racewalkers, Total-262.  
Weather: Cold, about 30 degrees and windy

Vet A(40-44)  
1. Denny, Jeremy, 42-England 1:33:55  
2. Bordonaba, Rafael, 40-Bkin 1:40:26  
3. Lisenbee, Thomas, 43-PPTC 1:41:05

Vet B(45-49)  
1. Mueller, Fritz, 45-CPTC 1:25:15  
2. Hirsch, George, 47-NYC 1:41:12  
3. Greenwall, Kent, 45-NYC 1:42:33

Masters(50-59)  
1. Dixon, Don, 54-WYSY 1:33:20  
2. Terry, Jack, 51-Millrose 1:41:59  
3. Cleaves, Henderson, 50-MerB 1:43:27  
4. Olsen, Arne, 53-North Jersey 1:45:21

Vet A(40-44)  
1. Kuscsik, Nina, 42-GNYAA 1:48:47  
2. Schonfeld, Polly, 42-Millrose 1:57:39  
3. Monte, Lona, 40-NYC 1:58:07

Vet B(45-49)  
1. Balfour, Samara, 46-NYC 2:05:30  
2. Knight, Katie, 46-Millrose, 2:05:31

Masters(50-59)  
1. D'Elia, Toshiro, 52-Atalanta 1:50:55  
2. Bordonaba, Guillermina 51-Bki 2:10:52

Seniors(60+)  
1. Rodriguez, Mary, 60-GNYAA 2:34:13

## MHT 5-Borough Challenge Prospect Park—Brooklyn

Sponsored by New York Road Runners  
Date: February 7, 1982 11:00 AM  
Distance: 5-Miles  
Check-in: Men-1121, Women-319, Total-1440  
Finishers: Men-928 and 7 racewalkers, Women-247 and 6 racewalkers, Total-1188  
Weather: Sunny and cold, about 30 degrees, windy.

Vet A (40-44)  
1. Thornhill, Anna, 41-Millrose 32:31  
2. Martin, Jill, 43-Bkin 33:24  
3. Monte, Lona, 40-NYC 34:44

Vet B (45-49)  
1. Knight, Kate, 46-Millrose 36:57  
2. Phillips, Guerin, 45-Hsln 38:17  
3. Brenner, Judy, 45-NY 38:52

Masters (50-59)  
1. Moore, Alicia, 51-Atalanta 36:10  
2. Tighe, Nancy, 50-Atalanta 37:40  
3. Nicora, Regina, 50-PPTC 40:34  
4. Jacobson, Audrey, 53-NYMst 41:42

Seniors (60 and over)  
1. Rodriguez, Mary, 60-GNYAA 42:47  
2. Havens, Evelyn, 65-NYC 47:51

1st Female Brooklyn Finisher  
McEwly, Ellie, 28-WRR-Bkin 30:15

Award Winners—Men  
Vet A (40-44)  
1. Fischer, Bob, 41-Millrose 26:04  
2. Morrissey, Brian, 40-Bkin 28:52  
3. Valentin, Justino, 40-PBTC 29:17

Vet B (45-49)  
1. Stern, Lou, 47-PPTC 29:41  
2. Frankfurt, Michael, 46-Millrose 30:35  
3. Fiori, Joseph, 49-NY 32:03

Masters (50-59)  
1. Burns, Joe, 52-Millrose 30:02  
2. Muller, Bob, 56-PPTC 30:27  
3. Puma, Albert, 52-PPTC 31:49  
4. Ryan, Jack, 52-NYC 31:53

Seniors (60-69)  
1. Sheehan, George, 63-ShrAc 31:51  
2. Rios, Wilfredo, 65-LNTC 32:41  
3. Goldstein, Albert, 62-PPTC 33:24

Oldest Finisher  
1. McNeil, William, 74-NY 61:35

## PACIFIC ASSOCIATION - TAC 20K CHAMPIONSHIPS SACRAMENTO, CALIF. FEBRUARY 6, 1982

Open Tony Ramirez 1:01:12

M40 Daryl Beardall 45 1:06:25  
Doug Rennie 41 1:08:39  
Tom Kirchner 41 1:08:50  
Bill Catanese 43 1:09:35

Nik Epanchin 42 1:10:06  
Doug Latimer 44 1:10:10  
Don Spickelmier 41 1:12:42  
Bob Bourbeau 46 1:13:22  
Everett Riggle 49 1:13:49  
Russ Kiernan 43 1:14:36

M50 Robert Malain 54 1:15:31  
Don Pickett 54 1:19:45  
Richard Bawcom 52 1:22:34  
Gordon Hall 50 1:24:54  
Peter Woodward 52 1:28:42  
Paul Moore 51 1:34:41  
Michael O'Neil 57 1:42:18

M60 Harry Boulter 67 NT

W40 Karen Scannell 43 1:19:01  
Marilynn Harbin 44 1:19:48  
Joan Reiss 44 1:23:53  
Lillian Woodward 45 1:31:02  
Ruth Waters 48 1:31:44  
Joan Schiveley 40 1:38:29  
Kathy Brieger 49 1:38:45  
Ginni Nordstrom 40 1:41:15  
Mary Brumfield 48 1:49:23  
Karen Frincke 41 1:49:45

W50 Ruth Anderson 52 1:31:11  
Marjorie Lawson 57 NT

Team Results:  
Master Men: 1st-Tamalpa  
1. Beardall 1:06:25  
2. Kirchner 1:08:50  
3. Catanese 1:09:35  
4. Epanchin 1:10:06  
5. Kiernan 1:14:36

Master Women:  
1st - Nor Cal Seniors  
1. Woodward 1:31:02  
2. Anderson 1:31:11  
3. Waters 1:31:44  
4. Schiveley 1:36:29  
5. Brieger 1:38:29

from Don Pickett

## GOLDEN STATE WARRIORS 4-MILE ROAD RUN CLASSIC OAKLAND, CALIF. FEB. 7.

M30 Tom Robinson 21:20  
Noah Rollins 21:59  
Drew Hides 22:56

M40 Mike Pence 23:17  
Jerry Walter 24:43  
Ed Jarolsan 25:30

M50 Gail Wetzork 25:26  
Richard Clark 28:43  
James Forsythe 31:14

M60 Ray Mahannah 29:59

W30 Leslie McMullin 24:14  
Sally Savitz 28:08  
Jean Coleman 31:00

W40 Vicki Bigelow 24:01

W50 Joan Lapololo 34:25  
from Gail Wetzork

## WARM-UP 10K PORTLAND, OREGON FEBRUARY 13, 1982

Open Bob Ray 29 31:12

M35 Toby Skinner 37 34:38  
Bill Donnelly 35 36:01  
Dirk Pauwels 36 36:20

M40 Mike Heffernan 41 33:21  
Lewis Johnston 40 36:43  
Mike Barnett 40 39:01

M45 John Carpenter 45 40:17  
Dick Stevens 48 40:50  
Ron Pheister 48 44:13

M50 Sandor Szabo 50 42:52  
Don Stark 51 43:45  
Ray Howie 51 45:16

M60 Maury Cummings 65 46:51  
Harry Turtledove 60 52:19

W35 Barbara Frank 35 48:56  
Jane Hubbard 35 49:17  
Sue Hedquist 39 52:37

W40 Judy Posey 41 47:17  
Ann Whiting 43 47:18  
M J Wallace 42 47:47

W50 Jane Brown 58 56:42  
Maxine Hale 53 64:19  
from Alvin Clark

## COW-HEAD SADDLE TUCSON, FEB. 7. 16.8 MILES; 4000 FT. CLIMB

Open David Franklin 2:14:06

M40 Ken Young 2:19:22  
M45 Jim Shea 3:00:46  
W35 Jennifer Hesketh 3:17:30  
W40 Margaret Mare 3:20:21  
W45 Stella Tetar 3:36:31

from Bob Martin

## SNOWFLAKE 4 MILER

Sponsored by New York Road Runners  
Date: February 14, 1982 10 AM  
Distance: 4 Miles  
Location: Central Park—NYC  
Check-in: Men-1064, Women-586, Total-1650  
Finishers: Men-875 and 7 racewalkers, Women-452 and 10 racewalkers, Total-1344  
Weather: Cloudy, low 30's, snow flurries

Sub Vet(30-39)  
1. McIntyre, Kathy, 32-NYC 23:18  
2. Harmeling, Maddy, 36-Atalanta 23:28  
3. Jackson, Irene, 34-CPTC 24:41  
4. Hearn Grenning, C., 35-Atlanta 24:51  
5. Corless, Yvonne, 34-VanY 26:05  
6. Chang, Vivian, 31-Atlanta 26:09  
7. Kirchin, Elaine, 39-NYC 26:23

Vet A(40-44)  
1. Kuscsik, Nina, 42-GNYAA 25:10  
2. Thornhill, Anna, 41-Millrose 25:18  
3. Parmelee, Pity, 41-Atalanta 25:33

Vet B(45-49)  
1. Balfour, Samara, 46-NYC 28:53  
2. Nelson, Janet, 46-CPTC 29:14  
3. Marcus, Esther 46-NYC 30:49

Masters(50-59)  
1. Tighe, Nancy, 50-Atalanta 29:28  
2. Franco, Bunny, 50-CPTC 29:56

Seniors(60+)  
1. Rodriguez, Mary, 60-GNYAA 34:32  
2. Havens, Evelyn, 65-ITC 35:41

Racewalkers  
1. Kelley, Dorothy, 46-NYMst 36:04  
2. McKeown, Judy, 25-NJStr 39:30  
3. Null, Betsy, 37-NYC 41:02  
4. Flettrich, Lo-An, 37-ESTC 41:28

Teams  
1. Atalanta—4,8,13 25  
2. Millrose—20,24,25 69  
3. GNYAA—14,16,42 72

Awards Winners—Men  
Sub Vet(30-39)  
1. Torella, Lawrence, 32-WshSq 20:04  
2. Gambaccini, Peter, 31-CPTC 20:10  
3. Kivian, Brian, 33-WSSAC 20:10  
4. Schaeffer, Harry, 30-CPTC 20:17  
5. Diaz, Clodomiro, 30-WSY 20:35  
6. Handelman, Frank, 36-CPTC 20:38  
7. Rothman, Hal, 38-RngAhead 20:48

Vet A(40-44)  
1. Bassett, Russell, 41-NoShrTC 21:23  
2. Howard, Sid, 42-CPTC 21:48  
3. Morrissey, Brian, 40-Bkin 22:35

Vet B(45-49)  
1. Stern, Lou, 47-PPTC 22:49  
2. Keyes, George, 46-Bnghtmptn 23:05  
3. Greenwall, Kent, 45-NYC 23:48

Masters(50-59)  
1. Chodnicki, Stan, 51-WSSAC 23:25  
2. Burns, Joe, 52-Millrose 23:39  
3. Olsen, Arne, 52-NoJsyMst 24:33  
4. Puma, Albert, 52-PPTC 24:39

Seniors(60+)  
1. Rios, Wilfredo, 65-LINKTC 26:16  
2. Goldstein, Albert, 62-PPTC 26:37  
3. Popowich, John, 63-MastISC 30:36

Racewalkers  
1. Fiorani, Ray, 30-ShrAC 32:01  
2. Blake, Barry, 27-TFlem 34:38  
3. Alfonso, John, 31-NJStr 36:56

## EXCELSIOR EAST END RUN 8.4 MILES, SAN FRANCISCO FEBRUARY 21, 1982

Open Brock Hinzmann 42:09

M40 Richard Whitewater 47:35  
Richard Scott 50:03  
Bernie Garnett 50:19

M50 Jerry Faulkner 52:14  
Jimmy Nicholson 52:49  
Don Lucero 54:50

W40 Karen Scannell 51:39  
Joan Ulyot 54:18  
Betsy White 1:01:33

W50 Helen Holmgren 1:11:34  
Joy Notmeyer 1:22:27  
from Jim Scannell

## SUPER BOWL SUNDAY 10K REDONDO BEACH, CALIF. JANUARY 24, 1982

Open Ron Cornell 30:10

M40 Joe Gassmann 34:52  
George Cohen 35:20  
Frank Green NT

M50 Brian Hardwick 35:49  
W40 Mariana McMullen 44:40  
W50 Helen Palmer 49:00

## BONNIE BELL 10K SAN FRANCISCO, FEB. 28.

Open Michelle Bush 34:18

W40 Karen Scannell 38:06  
Sue Johnston 38:52  
Jean Schuler 39:45  
Marilynn Harbin 39:48  
Joan Ulyot 39:50

W45 Vicki Bigelow 37:15  
Kathy Armstrong NT  
Sally Wolfer 43:40  
Jeanie Jones 44:25  
Lillian Woodward 45:03

W50 Marion Irvine 39:12  
Ruth Anderson 43:42  
Eileen Caskey 47:15  
Ima Baker 47:55  
Carroll O'Conner 49:10

W60 Jaclyn Caselli 49:03  
Kay Atkinson 49:10

from Jim Scannell

Tom Sheahan, 40, posted a 2:39:16 marathon in Washington.



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As a public service to the masters community, *National Masters News* will publish all announcements free of charge.

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## COTTON ROW RUN

Super 10,000 Meter Race  
Memorial Day, May 31, 1982  
Certified course, excellent traffic control, four aid stations, split times every mile, tee shirts, commemorative patches, bands. Final race of Racing South Grand Prix IV. Top Masters competition. Registration closes May 15. Send SASE to Huntsville Track Club, PO Box 292, Huntsville, AL 35804 for Entry Form.

PEN PAL WANTED—I would like to correspond with runners in New York, Las Vegas and Los Angeles where I'll be visiting in 1984 for the Olympics. We can exchange t-shirts, badges, etc. I'm 45, with 3 children. I've run 28 marathons and 11 ultras. If anyone wants to visit South Africa, write and I'll give you accommodation. Tommy Ellis, Box 32869, Glenstatia, Pretoria 0010, South Africa.





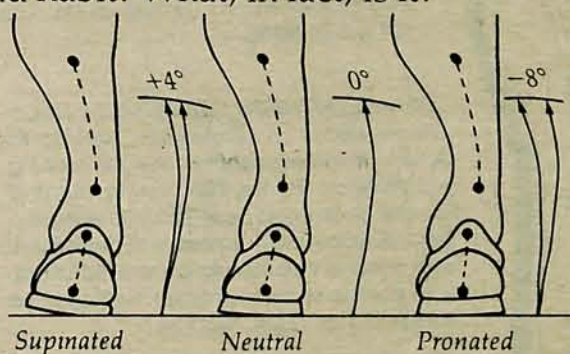
## HELPING PRONATORS GET BACK ON THEIR FEET.

It's beginning to sound like the only reason runners get hurt nowadays is because they have one unspeakable fault. They pronate.

Depending on whom you talk to, the wages of pronation include everything from stress fractures and Achilles tendinitis to crippling knee injuries.

Not much fun. And not surprising that a lot of people are out there trying to put a stop to it.

But is pronation really such a bad habit? What, in fact, is it?



Computer digitized film data show that most runners' feet first contact the ground in a supinated position then roll through a neutral into a pronated position.

Well, unseen by the naked eye, as your feet are running forward, they are also rolling from one side to the other. Landing first on the outer edge, moving to the neutral plane, then continuing inward to what is called a pronated position.

Frankly, they have good reason to behave this way. If they didn't pronate, the shock of hitting the ground would be considerably worse.

So contrary to anything else you may have heard, pronation is not an unnatural act. Everybody does it. Some more than others.

From our own survey and those of others, it appears that about 12 percent of the population are likely to suffer because they pronate too much. About 8 percent, because they pronate too little.

All very interesting. But if high-speed cameras are required to see what's really going on, how can you tell if you even have a problem? Much less what it is?

You can't for sure. But you can get a good idea the next time you take a shower. Make two sets of footprints. One while standing, one sitting. A certain change in shape is normal, but too little change means your feet are rigid. Worry less about pronation and more about adequate cushioning. The kind you'll find in our Columbia, Aurora and Terra T/C.

If, on the other hand, the second set is much fatter than the first, your feet are flexible. And likely to find pronation irresistible.

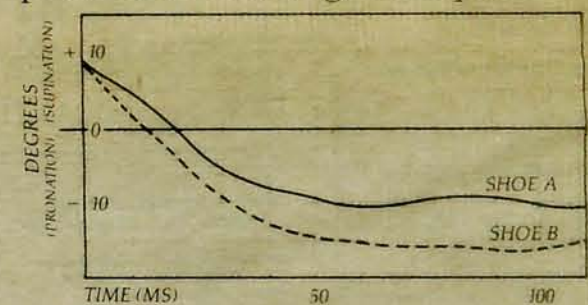
If that's the case, there are things to look for in a shoe. Like a stiff heel counter. Make sure it fits snug, otherwise it won't be effective. Normally, you're also better off with a firm midsole. And good arch support.

Those are just a few of the properties we designed into the Nike Centurion and Internationalist.

But when it came to the Equator, we went even further. Recognizing that the base of the heel bone is like a small billiard ball that loves to roll, we decided to

approach the problem from the ground up. Right under the Spenco® sockliner we put a soft orthotic to cradle the heel and bring rock and roll under control.

After a few more innovative touches, we wound up with a shoe that proved effective in reducing pronation an average of 22 percent.



Two different shoe models tested by nine runners. After 54 trials, shoe A exhibits an average of 4.9° less maximum pronation than shoe B.

If you need it, we've got it. But make sure. Because as bad as pronation can be, we suspect it's getting a bum rap. Many of the problems laid at its feet may actually be the result of overtraining. Especially when the difficulty doesn't recur in the same part of the body every time.

We're not the only ones with an opinion, however. There are several excellent works on the subject, including Harry F. Hlavac's *The Foot Book*.

So listen to the experts. Listen to your doctor. But more important, listen to your body. It has a vested interest in your well being. And if something isn't working, your body is sure to let you know.

But please. Don't make it cry to be heard.

