



National Masters Newsletter



31st Issue

March 1981

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

☆ Highlights ☆

- Nike/Penn Mutual Grand Prix Results
- Higdon Reflects on World Games
- New U.S. Road Records
- Results of:
 - Philadelphia T&F meet
 - Orange T&F meet
 - 1st 50+ Run
 - 38 other events
- Regional Reports
- Nationals moved to San Francisco



Alan Bradford of Australia (266) outkicks Michael Connolly of Ireland (behind Bradford), S. Griffiths of Australia (040), and George Cohen of Los Angeles (behind Griffiths) in a tight 4-man photo finish in men's age 40-44 1500-meters in 4:02.33 in 4th World Games in Christchurch, New Zealand. photo from Al Ray

St. Louis TC Wins Nike/Penn Mutual Grand Prix

By TOM ECKELMAN

ST. LOUIS, MISSOURI, February 1. The host St. Louis Track Club Masters Team withstood a strong challenge from the Gateway Athletics and the Oklahoma City Running Club to win the Men's Division of the 1981 NIKE/Penn Mutual Masters Grand Prix 15 Kilometer Regional Road Race and qualify for the NIKE/U.S. Roadracing Championship in Philadelphia on April 11, 1981.

In a classic "team effort," John Bohny, Ray Schlotterbeck and Bill Stewart finished 4th, 5th and 6th respectively in the Team Competition, within 14 seconds of each other, to win the event despite being beaten by two members of the Oklahoma City Team, Jim McFadden and Stan Warren, and one member of Gateway, Norm Colter. Eleven Men's Teams competed.

The St. Louis Track Club Women's Team completed the sweep of the Team Competition led by Mary Kay Jaudes, the first woman finisher overall, with Rosalind Neuman, third woman overall and first 40+ finisher, and Sue Haden, the fourth woman finisher. They will join the SLTC Men's Team for the Championship in Philadelphia in April.

Scot Hickman (36), was the first finisher overall in the Event which attracted 192 men and women over 35 years of age from four states despite a major snowstorm warning of 7-10 inches. Hickman surged to the front at the
continued on page 15....

Braceland Wins 9

Morcom Vaults 13-2¹/₂ in Philadelphia

From PETE TAYLOR

PHILADELPHIA, PA. January 10. Richmond "Boo" Morcom pole vaulted 13 feet, 2¹/₂ inches today for a new world single-age-59 record to highlight the Philadelphia Masters Association Track and Field Meet in Exhibition Hall.

The vault was 3-inches higher than Morcom's 6th place finish of 12-11¹/₂ at age 26 -- 33 years ago -- in the 1948 London Olympics.

George Braceland won 9 events in his 65-69 age division. Vic Zwolek, former Villanova great in the 2-mile and steeplechase,

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National Masters T&F Championships Moved to San Francisco

By AL SHEAHEN

The site for the 1981 Penn Mutual/TAC National Masters Track and Field Championships has been moved from Los Angeles to the San Francisco area.

The meet is officially set for the weekend of August 15-16 in Los Gatos, California, about 30 miles south of the San Francisco airport.

On the prior weekend, August 8-9, the 5th Annual Home Savings and Loan Pan-American Masters Track & Field

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NEWSLETTER

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Write On!



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PENTATHLON

I attempted to calculate the pentathlon points assigned at the Sacramento meet for 40 year olds, using the WAVA point system. I was unable to reach the reported figures without making some adjustments to minimum criteria. I would appreciate an article in the future which discusses the future of the pentathlon in masters/veterans meets. Will it be contested in the future at the European Championships? Is this event recognized in all countries? Can persons reporting results please specify which point systems were utilized? What do pentathletes think of the new point system? Personally, I think the WAVA point system has created too great a weighting on running events and lessened the value of points earned in the discus and javelin to the point where the "winner" can easily be a person who made no effort to train for weight events. The WAVA point system should be modified again in the future in the direction of balancing the pentathlon points so that the "winner" is most likely to be well rounded in all events. Of course, such an ideal is easy to state but very difficult to implement.

Jack Karbens
Honolulu, HI

(We will clarify the scoring in the April issue. Anyone who cares to comment, please let us hear from you. -- Ed.)

COMPLAINT

Seems the paper is getting to be 95% marathons and distance running, which is extremely tedious to those of us who go more for the varied and mixed events of pure track and field.

Nat Heard

(We try to cover both. It's seasonal. You get more T&F in the summer, more LDR in the winter. -- Ed.)

NO MEDALS

I'm short 3 gold and 1 silver medals from the National Masters Championships in Philadelphia July 4, 1980. They ran out of medals but surely have had time to get them to us by this time. It is a blot on the National Masters. Can you help us get the medals?

Herb Anderson
Bellevue, Colorado

(Hope this does it. -- Ed.)

1980 TAC MASTERS AWARDS

One of the many nice things about the NMN is the honest way matters of mutual interest are discussed. I'm

referring, in particular, to the article on the TAC 1980 Best Masters List.

With so many superb athletes, many with equal abilities, one can only sympathize with the committee responsible for choosing the "best." I, for one, appreciate their frankness when they state perhaps errors were made.

I do have a suggestion for next year. As we all know, the National Running Data Center does an excellent and meticulously careful job in compiling age group records on certified courses. Next year, why not wait until the end of January to choose the outstanding athletes? By this time the NRDC will have pretty much completed its work and can easily identify leading candidates. Also, by waiting, records made in December can also be considered.

In years past, Peter Mundle and Katherine Brieger have done a marvelous job in compiling track records. Let's put these knowledgeable experts in charge of the job of choosing winners for the track and field awards.

I also believe special consideration should be given to people who compete in National Championships. As we all know, it's much easier to compete in your own back yard.

We have unusually competent resource people at our disposal. Let us ask them to check their statistics, so that, in the future, choices are made objectively rather than subjectively.

Linda Sippelle
Bethlehem, PA

The TAC outstanding athlete awards certainly seem to have been done -- to put it most politely -- hastily. Dave Hambly is an excellent runner, but hardly seems to have had the most outstanding season among male masters. He was ranked only 22nd in *The Runner's* rankings and merely traded wins with Conway who had additional better performances in two of the Brooks Master Runs. And Herb Lorenz certainly ranked ahead of Conway.

Perhaps a greater disservice was in the 50s rankings where Al Lawrence ran well, but certainly not as well as Alex Ratelle, who, though in the older bracket (55-59), beat him in the Brooks 20 kilo in a time faster than Al's 50-54 record and also set an age class record of 1:29:43 for 25 kilos which is less than a minute off Jim O'Neil's 50 standard. Ratelle also ran approximately ten marathons in 1980, most of them in the mid-2:30's, showing remarkable consistency. His pending American record of 2:34:59 at Manitoba on the basis of the age-graded tables was the best relative time recorded in that high quality event and earned him a trip to New Zealand where (though in 1981) he won a gold medal in the marathon. In fact, if I were asked to pick the single best

continued on page 5...

EAST

schedule

March 1 (Sunday): Nike/Penn Mutual Masters Grand Prix 15K, Needham, Mass. Men and women age 35 and over. Contact: John Pistone, 186 Commonwealth, Boston, MA 02116.

March 22 (Sunday): National Open and Masters TAC 30K Road Championships. Schenectady to Albany, NY. Contact: Bill Shrader, PO Box 1204, Albany, NY 12201. (518) 463-5120. All ages.

March 28 (Saturday): Nike/Penn Mutual Masters Grand Prix 10K, Brooklyn, N.Y. Men and women age 35 and over. Contact: Bob Fine, 77 Prospect Place, Brooklyn, NY 11217.

April 11 (Saturday): 15K NIKE/U.S. Roadracing Championship, with winning teams from eight Nike/Penn Mutual Masters Grand Prix races, Philadelphia, PA. Contact: NIKE/U.S. Club Road Racing Championship, 3900 S.W. Murray Blvd., Beaverton, OR 97005.

April 20 (Monday): Boston Marathon. P.O. Box 223, Boston, MA 02199.

The purpose of this schedule is to identify masters-only competition. Most of the events listed here focus primarily on masters participation. Track and field events offer competition for men and women over age 30 unless otherwise noted. Masters long distance events generally feature competition for men and women over age 35. 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.

May 23 (Saturday): 1st Annual Heart Senior Olympics, Hudson, N.Y. 10-year age groups. Contact: American Heart Association, 75 Lucas Ave., Kingston, NY 12401.

May 31 (Sunday): Eastern Regional Open and Masters Marathon Championships. Holyoke, Mass. \$250 Savings Bond 1st prize. Contact: Walter Childs, PO Box 1484, Springfield, MA 01101. (413) 566-3145.

July 4-5 (Saturday & Sunday): North American Masters Track & Field Championships, Philadelphia.

August 9 (Sunday): National Masters TAC 20K Road Championships, Lake George, N.Y. Contact: Bill Shrader, P.O. Box 588, Albany, NY 12201. (518) 463-5120.

Mid-September National open and masters TAC 50-mile Championships. Buffalo, NY. Contact: Dick Kendall. All ages.

October 4 (Sunday): National Masters TAC 15K Road Championships, Washington, D.C. SASE to Larry Noel, 105 Northway Rd., Greenbelt, MD 20770. (301) 474-9362. Men & women over age 40.

Mid-October. National Masters TAC 15K Cross-Country Championships, New York City. (Pending)

October 25 (Sunday): New York Marathon.

SOUTHEAST

March 7 (Saturday): 5th Annual Virginia TAC Masters Track & Field Championships, VMI Field House, Lexington, Virginia. Contact: Joe Martin, 618 Stonewall St., Lexington, VA 24450. (703) 463-2023.

March 14 (Saturday): Nike/Penn Mutual Masters Grand Prix 10K, Atlanta. Men and women age 35 and over. Contact: Ken Kirk, 3800 Stonewall Terrace, Atlanta, GA 30339.

March 15 (Sunday): State of Florida Masters Track & Field Festival. Seminole Community College, Lake Mary, FL. 9 am. Contact: Randy Bugos, YMCA 433 N. Mills Ave., Orlando, FL 32803. (305) 896-9220.

April 11 (Saturday): TFA Southern Masters Track & Field Championships, Orlando, FL. SASE to: Masters Championships, 3800 Stonewall Terrace, Atlanta, GA 30339.

May 8-10 (Friday-Sunday): 11th Annual Southeastern Masters T&F Meet, Raleigh, N.C. Contact: Stu Northup, P.O. Box 590, Raleigh NC 27602. (919) 755-6640.

May 10 (Sunday): National Open and Masters TAC Marathon Championships, Raleigh, North Carolina. Contact: Jerry Perry, (919) 737-2392. All ages.

June 13 (Saturday): TFA U.S. Masters Track & Field Championships, Atlanta, GA. SASE to: Masters Championships, 3800 Stonewall Terrace, Atlanta, GA 30339.

MIDWEST

February 28 & March 1 (Saturday & Sunday): National Masters TAC Indoor Track & Field Championships, Ann Arbor, Michigan.

March 14-15 (Saturday & Sunday): North American Masters Indoor Track & Field Championships, Forest View High School, Arlington Heights, Illinois. Contact: Midwest Masters, 180 N. LaSalle, Chicago IL 60601. Wendell Miller: (312) 236-1315. Bill Smith (312) 346-1797.

May 30 (Saturday): Mini All-Comer T&F Meet, Dyche Stadium, Northwestern University, Evanston, IL. Contact: Bill Smith (312) 346-1797 days; (312) 256-2714 nights.

June 13 (Saturday): Indiana Masters T&F Championships, Indianapolis. Contact: Bob Coughlin, 305 S. Barton, Indianapolis, IN 46241. (317) 241-5446.

June 27 (Saturday): All-Comer T&F Championships, Dyche Stadium, Northwestern University, Evanston, IL. Contact: Bill Smith (312) 346-1797 or (312) 256-2714.

July 11 (Saturday): Mini All-Comers T&F Meet, Dyche Stadium, North-

western University, Evanston, IL. Contact: Bill Smith (312) 346-1797.

August 1 (Saturday): Midwest Masters Regional TAC Track & Field Championships, Dayton, Ohio. Contact: Charles Dudley, 313 Walton, Dayton, OH 45417.

August 8 (Saturday): All-Comer T&F Meet, Dyche Stadium, Northwestern University, Evanston, IL. Contact: Bill Smith (312) 346-1797.

August 30 (Sunday): Midwest Masters 25K Road Championships, Lake Bluff Jr. High School (Rt. 176 & Sheridan Rd), Lake Bluff, IL 8AM.

November 1 (Sunday): Midwest Masters 5K Cross-Country Championships, Veterans Park, Crystal Lake, Illinois. 10 AM. Contact: Dick Kloepfer (815) 459-5663.

December 27 (Sunday): Midwest Masters 30K Road Championships, Lake Bluff Jr. High School, Lake Bluff, Illinois. Contact: Midwest Masters, 180 N. La Salle, Chicago, IL 60601. Wendell Miller: (312) 236-1315 or Ron Fox (312) 432-3411.

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On Tap For March

Masters action in March gets underway with the culmination of the Penn Mutual/TAC National Masters Indoor Track & Field Championships in Ann Arbor, Michigan February 28-March 1.

Six Nike/Penn Mutual Masters Grand Prix races will be staged in March, starting with a 15 K in Boston on Sunday, the 1st.

On the 8th in Lincoln, Nebraska, there's masters indoor competition.

Three Nike/Penn Mutual Masters Grand Prix races take place in mid-month with 10K's in Salt Lake City and Atlanta on Saturday, the 14th, and a 15K in Seattle on Sunday, the 15th. Members of winning men's and women's teams will receive an all-expense paid trip to the Nike/Club Championships in Philadelphia April 11.

The North American Masters Indoor Track & Field Championships will also be conducted the 14th & 15th, in Chicago. For those who can't make it to this major meet, there are outdoor masters track & field meets in Kentfield, California on the 14th and in Lake Mary, Florida on the 15th. The Florida meet is being called a festival as there'll be several clinics held in conjunction with it.

On Sunday, the 22nd, the National Open and Penn Mutual/TAC National Masters 30K championships will be run from Schenectady to Albany, New York. On the same day, another in the Nike/Penn Mutual Grand Prix series is on tap -- a 15K in San Diego.

The month closes out on Saturday, the 28th with the last of the eight Nike/Penn Mutual Masters Grand Prix events, a 10K in Brooklyn.



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Send to: National Masters Newsletter
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MID AMERICA

March 8 (Sunday): Lincoln Track Club Indoor Championships, Nebraska Wesleyan U., Lincoln, NE. Open and 10-year masters divisions for men; open women only. Contact: Harry Crockett, 3918 Orchard, Lincoln, NE 68503.

May 30 (Saturday): New Orleans Masters Track & Field Meet. Contact: Danny Thiel, 2609 Canal St., New Orleans, LA 70119. Entry form in next issue.

MOUNTAIN

March 14 (Saturday): Nike/Penn Mutual Masters Grand Prix 10K, Salt Lake City. Men and women age 35 and over. Contact: Doug Beck, 769 Kinsington Ave., Salt Lake City, UT 84105.

SOUTHWEST

June 6-7 (Sat. & Sun.) Penn Mutual/TAC National Masters Decathlon Championships, San Antonio, TX. Contact: Steve Smith, 126 Brightwood, San Antonio, TX 78209. (512) 822-7964.

November 21 (Saturday): National Masters TAC 10K Cross-Country Championships, Houston. Contact: Don Slocumb, 29 Waugh Drive, Houston, TX 77007. (713) 869-5605.

NORTHWEST

March 15 (Sunday): Nike/Penn Mutual Masters Grand Prix 15K, Seattle. Men and women age 35 and over. Contact: Mike Thould, 15929 N.E. 141st Place, Woodinville, WA 98072.

July 24-25 (Friday & Saturday): Northwest Seniors Track Classic. Gresham, OR. 6-11 pm. Jim Puckett, Mt. Hood College, 26000 SE Stark, Gresham, OR 97030.

September 26 (Saturday): National Masters TAC 10K Road Championships, Kent, Washington.

WEST

Each Sunday thru April 11: Masters Track & Field Meet, Kaiser High School, Honolulu, HI, 8 A.M. Contact: Stan Thompson, 1549 Ipukula St., Honolulu, HI 96821. (808) 373-4181.

March 14 (Saturday): College of Marin Masters Meet. (Men 30+, Women 25+). Kentfield, CA. Contact: Don Rose, 43 McAlister; Kentfield, CA 94904. (415) 456-7454.

March 22 (Sunday): Nike/Penn Mutual Masters Grand Prix 15K, San Diego. Men and women age 35 and over. Contact: Bill Stock, 7160 Baldrich, LaMesa, Ca 92041.

April 4 (Saturday): 22nd Sacramento Relays, Cal State Univ., Sacramento. Full slate of individual and relay events for masters and submasters. Send SASE to: Roy Wigginton, 3012 Scenic Hts. Way, Carmichael, CA 95608.

April 11 (Saturday): 3rd Annual Northeast Masters Track & Field Relays, Cal State Los Angeles, Calif. Contact: Skip Loera, 3111 W. Ramon Blvd., Alhambra, CA 91803.

April 17-19 (Friday-Sunday): 6th Hawaii International Masters Track & Field Meet, Kaiser High School, Honolulu. Contact: Stan Thompson, 1549 Ipukula St., Honolulu, HI 96821. (808) 373-4181. Decathlon included.

April 25-26 (Saturday-Sunday): Mt. San Antonio College Relays, Walnut, Calif. Some masters events (40 and over). Contact: Hal Smith, 18750 Oxnard St., Suite 704, Tarzana, CA 91356. (213) 342-1174.

May 9 (Saturday): 11th Annual Grandfather Games, Los Angeles Valley College, Van Nuys, Calif. Contact: George Ker, 8220 Langdon Ave. #36, Van Nuys, CA 91406. (213) 785-3770.

May 16 (Saturday): 6th Annual Striders Relays, Cal State Northridge, Calif. Contact: Ann Smith, 18750 Oxnard St., Suite 704, Tarzana, CA 91356. (213) 348-6352.

May 17 (Sunday): Herbert Hoover Relays, Stanford University, Palo Alto, Calif. Contact: Van Parish, 148 Hedge Rd., Menlo Park, CA 94025. (415) 325-7275.

May 23 (Saturday): Redlands Masters T&F Meet, Redlands U., Redlands, Calif. Contact: Buzz Wagner, 1522 Margarita Dr., Redlands, CA 92373. (714) 793-2638.

May 30 (Saturday): Pacific Association TAC Masters T&F Championships. Los Gatos High School, Los Gatos, Calif. Contact: Bruce Springbett, PO Box 1328, Los Gatos, CA 95031.

June 20-21 (Saturday & Sunday): Western Regional TAC Masters Track & Field Championships, Los Gatos High School, Los Gatos, Calif. Contact: Bruce Springbett, PO Box 1328, Los Gatos, CA 95031.

June 27-28 (Saturday-Sunday): 12th Annual Senior Olympics, University of Southern California, Los Angeles, Calif. Contact: Worth Blaney, 5225 Wilshire Blvd., Los Angeles, CA 90036. (213) 938-5548.

July 18 (Saturday): TFA Western Masters Track & Field Championships, UCLA, Los Angeles, CA.

August 1 (Saturday): 9th Annual Corona Del Mar Track Club "Don Palmer Memorial" Relays, Santa Ana

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College, Santa Ana, CA. Seven relays plus individual field events. Contact: Dave Jackson, 19103 S. Andmark Ave., Carson, CA 90746. (213) 638-7125.

August 8-9 (Saturday & Sunday): 5th Annual Home Savings & Loan Pan-American Masters Track & Field Championships, Los Angeles, CA. Contact: Hilliard Sumner, 22713 Ventura Blvd., Woodland Hills, CA 91367. (213) 884-1349.

August 15-16 (Saturday & Sunday): 14th Annual Penn Mutual/TAC National Masters Track & Field Championships, Los Gatos High School, Los Gatos, CA (near San Francisco). Contact: Bruce Springbett, P.O. Box 1328, Los Gatos, CA 95031.

October 3 (Saturday): 8th Annual Santa Barbara Masters Track & Field Meet, Univ. of California at Santa Barbara, Goleta, Calif. Contact: George Adams, P.O. Box K, Goleta, CA 93017. (805) 687-6323.

November 28 (Saturday): National Masters TAC 5K Cross-Country Championships, Balboa Park, San Diego, Calif. Contact: Bill Stock, 7160 Baldrich, LaMesa, Ca 92041.

Early December Annual TAC Convention, Reno, Nevada.

CANADA

May 3 (Sunday): Canadian Masters Marathon Championships, Vancouver, B.C.

Race Directors

Please submit all results promptly to the National Masters Newsletter, P.O. Box 2372, Van Nuys, CA 91404 and to the National Running Data Center, Box 42886, Tucson, AZ 85723. Please be sure to show the date, location and distance, and whether or not it was run on a certified course, as approved by the National Standards committee.

NMN desires the top five men and women of each age group over age 35. The NRDC requires a listing of ALL finishers, with name, age, sex, hometown, and finish time of each. It's important that the NRDC get such complete results in order to give all your runners credit in national records and rankings.

June 13-14 (Saturday-Sunday): Ontario Masters Outdoor T&F Championships 1981, Ottawa, Ontario.

July: Ontario Pentathlon Championship.

August 8 (Saturday): Prairie Masters T&F Meet, Winnipeg, Manitoba.

August 15 (Saturday): Inter-Club T&F Championships, Northview, Toronto and other provinces.

August 22-23 (Saturday-Sunday): Canadian Masters Track & Field Championships, Richmond, British Columbia.

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

September 26 (Saturday): Canadian Masters Women's 5K, Sunnybrook, Toronto.

October 3 (Saturday): Ontario Masters Cross-Country Championships, Woodbridge, Ontario.

October 10 (Saturday): Canada vs. USA Masters Cross-Country Match, Vancouver, British Columbia.

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

October 24 (Saturday): Inter-Club Cross-Country Relay, Sunnybrook, Toronto.

POSTAL

January 1 to August 31: One-hour run. Contact: Al Huff, 18127 1st Ave. N.W., Seattle, WA 98177. (206) 542-2930.

FOREIGN

July: International Masters 25K Road Race, Brugge, Belgium.

December 12 to January 6: Masters tour to South Africa.

MOVING?

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

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising for the April issue of NMN is March 10. Send to National Masters Newsletter, P.O. Box 2372, Van Nuys, CA 91404.

MASTERS TRACK & FIELD CHAMPIONSHIPS

For women & men 30 years and over

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April 11 - Orlando, FL

National TFA/USA Championships
June 13 - Atlanta, GA

For info., send stamped return envelope to:

Masters Championships
3800 Stonewall Terrace
Atlanta, GA 30339

Write On, continued from page 2:

master in 1980, it would probably be Alex Ratelle.

Ken Bernard's comments indicate that the voting for outstanding athlete was given precious little of anybody's attention at the TAC meeting in Atlanta. Presenting additional official awards would simply compound the problem and underline the fact that the initial nominations were poorly conceived. My feeling is that TAC should either get its awards right or not do any; the fact that you are to head the 1981 nominating committee may help this problem for the coming year. But as I look at TAC's list of national championships it is obvious that it is pretty much a hit-and-miss list with too many "pendings" and too many New York races. The real action in 1981 will be through either Nike and/or Brooks. TAC has some money coming in from the insurance company for its LDR program, so we'll just have to sit and wait to see if this money is spent wisely or wasted.

Hal Higdon
Michigan City, IN

I was pleased that Karen Scanell won the TAC 1980 outstanding athlete award. Her talent and achievements are worthy of the honor. I admit my disappointment over the fact that those present at the TAC meeting did not think to nominate me for this award. Although my times are slower in various distances, I had hoped that my participation and my winning 3 out of 4 national championships would have been worthy of nomination. It is also possible that those people at the meeting do not receive the *National Masters Newsletter* and, thus, were not aware of the winners of each TAC championship. NMN should be required reading for the selection committee.

Sandra Kiddy
Palm Springs, CA

In regard to your offer in the January 1981 issue soliciting comments concerning the possible offering of additional awards for TAC LDR Athletes of the Year, I am submitting my principal accomplishments during 1980 (Age 53/54 - DOB 6/7/26):

(1) I established two national 50-54 age group records -- 10 mile and 15km.

(2) I won the National Masters Brooks/TFA 15 km Championship and the National Masters Athletics Congress 20 km LDR Championships.

(3) I established national age 53 records for the following distances:

10 km	35:35
20 Km	72:37
30 km	1:47:25

(4) My Boston Marathon Time of 2:39:36 was only surpassed by previous TAC LDR Athletes of the Year Alex Ratelle and Ed Stabler. I was also 24th Master (Age 40+) in a total masters field of more than 1300 (and 339th overall in a total international seeded field of almost 7000).

(5) I was 1st Master (Age 40+) and 10th open in a field of 700+ at the Texon 5 College Marathon in Amherst, Massachusetts.

(6) I established Course Records for the Age 50-59 Division at the following Major Marathons:

•Marine Corps 2:39:54 (6th Master and 158th open in field of about 7000)

•Maryland Marathon (with infamous "Satan" hill) 2:43:00.

•George Washington Birthday, Beltsville, Maryland 2:44:50 (2nd Master and 16th overall in total field of about 400).

My principal interest in the TAC Award is that I "hear time's winged Chariot drawing near" - I am presently 54 and the 50-59 division is being

this year at the following distances:

•10 km San Diego, Ca. 41:54

•15 km Seattle, Wa. 66:13.

•25 km Ventura, Ca. 1:52:46.

•10 mile Breakers Run, San Diego, Ca. 73:02.

•Half-marathon Coronado, Ca. 1:31:39.

Mary entered her first marathon, the Las Vegas Sun Championships, on 12/06/80. She finished in 3:24:04, 8th woman overall.

Thank you for considering the possibility of additional awards.

Theodore Storey
Riverside, CA



Stan Nichols (033) of Australia, en route to victory in M65 Steeplechase at 4th World Games, with Bob Boal (076) of Raleigh, North Carolina (2nd) and E. Gamble of Australia (011). To the right rear is T. Bartlett (019) of New Zealand, the bronze medalist.

photo from Al Ray

rapidly inundated with red hot youngsters (Ed Stabler, Geroge Vernosky and Al Lawrence being recent additions and Hal Higdon turns 50 in June!).

Herb Chisholm

I would like to submit the following comments concerning the awards given to TAC LDR Athletes of the Year.

It seems that there could be awards given in five year age groups in keeping with the awards given in the National Masters TAC Championships or additional awards given to deserving athletes.

I would like to tell you about the outstanding accomplishments of a "new" runner on the scene who was nominated in her age category but passed over. She is Mary Storey, age 56, of Riverside, Ca. Mary started jogging just 17 months ago entering her first race in November, 1979. Since that time she has accomplished the following:

Mary won first place for women 55-59 in four national masters TAC championships this year.

•5 km. X-C San Diego, Ca. 21:25
•10 km. XC Seattle, Wa. 48:06
•15 km. Seattle, Wa. 1:06:13.
•25 km. Ventura, Ca. 1:52:46.

In addition to the above Mary broke American age records for women 55-59

jump, shot, 100 hurdles and 400 hurdles.

In the Hoosier track meet June 15 I won the 100, high jump, long jump, shot put.

At the Midwest Regional in June, I won the 100, high jump, shot put and long jump (16-2).

At the Indianapolis Peace Games trials in July, I put the 4K shot 39-5.

In the meet against Canada in August, I won the shot, and set a new masters American record of 16-10 in the long jump, tying the age 42 world record. I cleared 4-6 3/4 for a new U.S. high jump mark.

I have the best shot put of any American woman over 40, including a 39-7 for the 4K, which is heavier.

I won medals in open competition in the Indiana U. Indoor meet, in Evanston, at the U. of Illinois, plus many more.

I feel, with these times and distances, I deserve an award, but the way that you wrote it, it seems that -- well, she had no right to it. Please check your record sheets.

JoAnn Terry Grissom
Indianapolis, IN

We all enjoy seeing our names in print, so I got a special kick out of appearing twice in your January issue. I can understand the controversy over the TAC LDR selection of the 7 outstanding athletes, and I make no claim to really belong in this group. However, my 1980 record was not as local as you indicate.

At age 67, I won my division in ten races in 1980, from the mile to the marathon, including the Perrier Mardi Gras Marathon in New Orleans in 3:16:45, the national AAU Indoor mile and 2-mile in Syracuse, the Berkshire 10K in Massachusetts, the Metropolitan 25K Championship in New York, and races in Pennsylvania, Vermont and Maryland.

Anyway, I look forward to and enjoy each issue of your newsletter. You're surely on the right track and "lookin' good."

Bill Brobston

The TAC rules say once an athlete has won the award in an age group (like Dorothy Stock, Herb Lorenz, etc.) they wait until the next 5-year group to be eligible again.

Ruth Anderson
Oakland, CA

Apparently lost in the shuffle of athletes of the year are the master walkers - male and female. In case they still haven't been selected, the following records and views might at least give the top contenders recognition.

Lori Maynard has swept all before her in the masters ranks and frequently places well up in open competition. She has no peer amongst the ladies.

Top men age record setters in 1980 were Bill Ranney (1B) and Don Johnson (3A), each with six over seven distances. Gordon Wallace (4A) and Sal Corrallo (1B) had five and Bob Mimm (2B) hit four. But the nod from this corner goes to Wallace, as he was first in 4A in every available National except the

continued on bottom of next page...



*Championships Moved,
continued from page 1:*

Championships will be held in Los Angeles.

One week earlier, on August 1, the popular Corona Del Mar Don Palmer Memorial Relays will be held.

And the week following the nationals, the Canadian National Masters Championships will be staged in Vancouver, British Columbia, on the 22nd and 23rd.

So masters athletes have four opportunities for top-flight competition in a 23-day period on the West Coast this summer. Low-cost running tours may be arranged by one or more of the masters travel agents.

The site was moved by National Masters Track & Field Chairman Jim Weed and his committee. They had been charged by TAC delegates in Atlanta with approving the Los Angeles site or finding a new one.

Los Angeles had been the first choice of athletes at the 1980 TAC National Masters Championships in Philadelphia.

However, the problem was money.

Hilliard Sumner, director of the Home Savings Pan-Am Games, had been appointed meet director. Sumner, however, after polling fellow members of the Southern California Striders, one of two major masters clubs in the area, told Weed and the committee that the Southern California athletes couldn't put the meet on without a grant of at least \$10,000 from the masters sponsor, the Penn Mutual Life Insurance Company.

"It costs a fortune here in Los Angeles," Sumner said, "to put on a quality meet. The only tracks suitable for a meet of this stature are UCLA or USC. UCLA wants \$2500 a day, and USC wants \$1200 a day."

Sumner said there were good university dormitory facilities at both locations and each was in a central area. "By contrast," he said, "the tracks in

Northridge, Pomona, Santa Ana and other places are either too smoggy, out of the way, poorly shaded, or of inferior quality to host a meet of this magnitude. Our club voted 11-1 not to do it. If someone else wants to do it for less, I'll be glad to help."

Strider Tom Sturak agreed that "we've gone past the stage where we can hold a national championships like an all-comers meet."

Chairman Weed, however, said Penn Mutual was not prepared to spend that much on the meet. He got on the phone and found Bruce Springbett in Los Gatos, who agreed to take on the job for \$5,000. (The total allocation for the entire year from Penn Mutual to the TAC Masters T&F Committee is \$15,000. The committee may also receive \$4,000 from TAC.)

Springbett has hosted several quality meets at the Los Gatos High School track over the past few years, including the 1978 Western Regional Championships and the annual Pacific Association District Masters T&F Championships. The response has been favorable. The 1981 Western Regionals are scheduled there on June 20-21, along with the Pacific meet on May 30.

The Los Gatos track has been used as an experimental, showcase track by Chevron. The company flies potential buyers in to check it out. As a result, the rental cost is less than comparable facilities.

There are no cheap university dormitories at the track, but there is a quality hotel and restaurant on the same grounds. You can literally roll out of bed and be on the track in a couple of minutes.

Springbett has cancelled an April 11 Masters meet scheduled at the track to "concentrate on the national championships."

Sumner and Dave Jackson, meet directors of the two Southern California meets the preceding weekends, invite everyone to the West Coast for two or three weeks of masters activity and sight-seeing.

Jackson's meet on August 1 is always one of the best of the year, especially in terms of having fun. Seven different relays are scheduled, for each 10-year

age group. It's low-key. You form a team--in advance or on the spot--and run as many races as your body can handle. In addition, there are six individual field event competitions for all age groups over 30.

Sumner invites everyone to the 5th Annual Pan-Am meet on August 8-9. The 1980 meet was the highest quality masters meet in U.S. history with over 400 competitors. It gets better each year, and, combined with the Corona Del Mar meet, and the National Championships, provides three outstanding

masters meets in a 15-day period. A competitor could take a 2-week vacation and make all three meets.

Then, if time permits, the Canadian Masters T&F Championships are the week after Los Gatos in Vancouver.

Weed said, "We wanted to keep the nationals on the West Coast, since they'll be in Wichita in 1982. By scheduling them on the 15th, it'll give all masters athletes a chance to participate in four quality meets on the coast in four successive weekends."

Race Walking

By ALAN WOOD

In the heat of New Zealand's summer, U.S. Masters distinguished themselves with more than a dozen walk medals in the World Vet Championships. Bob Mimm (2B) and Gordon Wallace (4A) were our only titlists, taking both the 5 and 20 Kms. As well, they were the only age record-setters. Canadian Max Gould (3A) also won two championships. It was over 90 degrees for the 5 Km., but in the 20, times were swift, giving Wallace a lot of material for his world A.R. charts. Mimm's 20 was a 2B record, and probably an all-time world best. The U.S. was second overall teamwise in the 20 (no teams in the 5) with Bill Ranney, John Kelly and Mimm. This is a remarkable achievement in that the three average a hair over age 50.

DMSO is oozing out of the closet in all sports, including race-walking. Some teams use it regularly for bruises and sprains. Runner's World did a big article on it a couple of months ago.

Now comes an article in the anti-government publication "Health World News" which states, "a bladder condition is the only human ailment the FDA has authorized for treatment with DMSO." The Arthritis Foundation, in a surprising reversal of its previous position, announced it is endorsing limited use of DMSO as a pain reliever, but disputed contentions it is a "wonder drug" for arthritis sufferers. The cur-



photo from Al Ray

Bob Mimm, 56, of New Jersey winning 5000 walk in 26:11 in World Games.

rent approach of the FDA is not to conduct an enforcement program which would be too costly and time consuming, but to launch a media program designed to frighten the public away from using DMSO through horror stories of alleged eye damage."

Write On, continued from previous page

ultra-distances. As well, he represented the U.S. with two firsts (unofficial though they were) in the Europe Vet championships.

By the way, kudos for a good job and for keeping our little race walking column despite some protestations in your readers survey. Each discipline has to tolerate the other. The weight pentathlon, for example, appeals to just a few men in the country, but has more coverage than us. Walking is the most practical exercise for the majority of older citizens, and is the doorway to all T&F events when beginning conditioning. We should do everything possible to promote walking.

Alan Wood
Editor, "The Master Walker"
Pompton Plains, NJ

(We opened a can of worms with our January comments. In a search for justice and in an effort to acknowledge the achievements of those who were overlooked in the voting, we alienated those who were chosen. That's a moral B, but a political F. We had no quarrel with the T&F selections of Oerter & Grissom. It was a couple of the LDR choices which raised eyebrows.

The above comments speak for themselves. It's a credit to all who took the time to write, stating their case. Masters LDR chairman Ken Bernard is reviewing the comments.

For 1981 Sippelle's suggestions make sense: Wait till the end of the year, then let the nominating committees recommend or choose the awards. Expand the awards to 5-year age divisions, and publish the results in the February newsletter. We'll aim for that.
-Ed.)



Sandra Knott of Cleveland, Ohio leads **A. Pearce** of Australia and eventual winner **Beverly Shingles** of New Zealand in women's 40-44 5000 in World Games. Shingles clocked 17:38.2. Knott finished 2nd in 17:54.2. Pearce fell back to 6th.

photo from Al Ray

MASTERS SCENE

•The Weekly World News Magazine in Lantana, Florida of February 10, 1981 featured a story of **Dave Shrader**, who broke 19 single-age world records from 1968 to 1976 in the shot, discus and various weights. Among Shrader's throws was a 2kg Discus throw of 92-1 in 1976 at age 62, and 89-7½ at age 63.

•**Mavis Lindgren**, 74, just completed her 20th marathon since she was 70 years of age. She gets her expenses paid to quite a number of runs. Her next is May 31 to June 7 in San Juan, Puerto Rico for Health Emphasis Week. She'll run the marathon on June 7.

•The Blueberry Stomp 15K is set for Labor Day, September 7, 1981 as part of the weekend Blueberry Festival in Plymouth, Indiana. Send SASE to Box 34, Plymouth, IN 46563 for more info.

•**Bob Packard** of Flagstaff, Arizona, clocked a 31:59 10k at the Runner's Den-KOY Classic in Paradise Valley, Arizona February 1 on a reportedly certified course. It's the 5th fastest known time for a U.S. over-40 runner.



Ruth Rothfarb, 79, of Miami Beach, setting one of her four new world 75-79 records in World Games.

photo from Al Ray

(Lorenz 31:18; Laris 31:31; Hambly 31:34; Bowers 31:44). Packard is a 44-year old Northern Arizona University math professor and 1979 Masters national 10k road champion. "I felt I had a chance at the record at 3 miles," he said. "I liked the course -- fast as a billiard table and a hard surface." It was a personal record for Packard. En route, he set another PR of 9:58 for two miles. **Thom Hunt** sped to a 28:11 clocking, which, if approved by the NRDC, would break the U.S. open 10k best of 28:24 by **Greg Meyer**.

•"Not how much power you are running, but what is your running power," is **John Trent's** international Morse code on his 5-watt KL7DG broadcasting station in Anchorage, Alaska. Trent has completed 29 marathons, with a PR of 4:19:35 at Mission Bay in

1971. John is 6-3½, 240 lbs., and the top yodeler on the running circuit.

•**Dave Pain**, founder of the masters program in 1967, who dropped out of the movement in 1977 to pursue personal goals, is planning on attending the 5th World Veteran Games in Puerto Rico in 1983. Dave remarried in 1978 and continues his active law practice in San Diego.

•**Gary Muhrke**, 40, of New Brunswick, New Jersey, the 1980 National masters 10K champion, ran 30 kilometers on November 22, 1980 in 1:40:08. The existing U.S. masters 30k record is 1:40:52 by **Hal Higdon** in 1973. As always, the NRDC is the last word on okaying new age marks.

•The Southern California Striders elected new officers for 1981: President, **Red Ferguson**; Veep, **Ann Jankowski**; Sec'y, **Skip Witt**; Treasurer, **Red Doms**; Editor, **Ann Smith**.

•Susse Chalet Motor Lodges sponsored the 8th Annual Mt. Greylock Mini-Mountain Marathon on September 13, 1980. **Larry Jowett** of North Adams, Mass. placed 1st in the over-40 division with a time of 58:32. **Larry Locke** of Belchertown, Mass. won 50+ honors in 1:01:38.

•It was bound to happen. A 21-year-old middle distance runner, **Hilario Revilla**, was running on the track in Manila, Philippines when a javelin thrown by a teammate was caught by a sudden gust of wind and speared Revilla near his heart. Revilla died shortly after.

•The Masters tour of South Africa is shaping up. Set to run from December 12 to January 6, with optional starting or stopping dates for those who can't get away that long.

•**Larry Hirsch**, 42, of Westerly, R.I., won masters honors in the 3rd Cape Cod Marathon November 23 with a time of 2:46:15, good for 17th in the field of 459. **Thomas Hovey**, 51, of Utica, N.Y., ran an impressive race with a time of 2:46:38 to capture the 50+ division and place 20th overall.

•The New York Marathon will be limited to 16,000 runners again this year because of construction at two points on the course. The New York Road Runners Club had hoped to increase the field to 17,000 for the Oct. 25 race.

•**Laszlo Tabori**, now 49, the third man in history to run a 4-minute mile, has been coaching the San Fernando Valley Track Club for 8 years. He was named women's coach of the year by Runner's World in 1978 for training such champions as **Miki Gorman**, **Jacqueline Hansen** and **Leal-Ann Reinhart**. He is the author of a new book, "Women's Running," available for \$6.00 (plus 36 cents for Calif. residents) from Runners Mailing Service, Box 891, Tarzana, CA 91356. Tabori has opened a sports store in Van Nuys, California at 13722 Burbank Blvd. He offers 10% discount on all Nike shoes to NMN readers through March 31.

•**Bob Trudgeon's** winning masters time in the Detroit Free Press International Marathon was erroneously listed as 2:42:34 in January NMN. It should have read 2:37:34. Trudgeon is 46, making his time one of only a handful of sub-2:40 times by a U.S. 45-49 runner in 1980.

•**Kelsey Brown**, fresh from his bronze medal in Christchurch at the 4th World Games, ran a 4:51 mile January 24 at an indoor masters meet at Cornell University in Ithaca, New York. It breaks the single-age-53 mark of 5:00.7 set by **Avery Bryant**.

•**Clairence Killion**, 63, had another year in 1980. The Dinuba, California ran the 100 meters in 12.9 and the 200 in 26.8 on what Killion calls "Los Gatos High School's lovely track," (the site of the 1981 National Masters T&F Championships). He ran up against super-star **Payton Jordan** in both events. Killion also clocked a good 64.9 400 in October.

•**Joe Henderson** reports he and his International Runners Committee have probably been successful in persuading the IOC to schedule a women's marathon in the 1984 Olympics. It's a significant achievement. The early betting was heavily against it.

•If you want to run the Boston Marathon on April 20, you must have met the following standards: Men, 2:50; M40-49, 3:10; M50-59, 3:20; M60+, 3:30; Women, 3:20; W40+, 3:30. To get an entry blank, send a self-addressed, stamped envelope (SASE) to Will Cloney, Box 223, Boston, MA 02199. Deadline is March 9.

•On February 1, **Marcie Trent**, 63, broke 2 bones in her left wrist when she fell on the ice while walking to start a run in Anchorage, Alaska. She won the 1980 Pulsators "Ice Foot Trophy" by her 3191 miles of Alaska running in 1980.

•The age-67 weight pentathlon record has been corrected. **Phil Partridge**, with 2436 points, set the mark on Sept. 24, 1978. The Palm Beach Post Times gave full page coverage to the Holiday Weight Pentathlon Dec. 27 in Delray Beach, Florida. The paper did feature on **Konrad Boas**, 77, and **Gilberto Gonzalez-Julia**, 68.

•The Western States 100-mile endurance run will be held under a full moon on Saturday, June 27 through the mountains and deserts of Northern California.

•The Avon International Women's Marathon Championships are set for August 23 in Ottawa, Ontario, Canada.

•**Pete Foret** was 1st master and 7th overall among 271 finishers in 33:45 in the Flatlanders 10K January 24.

•\$25,000 is yours if you can finish as first man or first woman in the 1st annual \$100,000 Jordache Pro Am Marathon March 29 in Los Angeles. Cash prizes to 10th place in the race starting at Hollywood Bowl and going through Beverly Hills to the Pacific Ocean. Sponsors promise a top event, with plenty of split times, aid stations, etc. This is the first-ever \$100,000 road race.

•In that vein, **Hal Higdon** reflects that the "best way for Penn Mutual to get publicity would be to put up \$5000 as a cash prize for a Masters road race." Penn Mutual, however, does not think a race with cash prizes is a good idea at this time, reports spokeswoman **Darlie Bowman**.

•**Wendell Miller** has found the secret to putting on low-cost masters track & field meets. The biggest expense is often medals. Yet some athletes enter 10 events and, because of lack of competition walk off with 10 medals. It's expensive, and the medals often wind up at the bottom of a dresser drawer, anyway. So in Miller's meets, if a competitor takes 1st, 2nd or 3rd in an event, he or she receives a medal, as usual. But, if the athlete takes 1st, 2nd or 3rd in ANOTHER event, he/she is still eligible for a medal, but must PAY for it. Some athletes pay. Many don't, feeling that one medal is plenty. It discourages medal-crazed competitors from shopping around for soft spots. The result is that entry fees can be lowered, or the quality of the meet can be improved because the fees can go for things other than medals.

•**Jim Montgomery** reports the Daytona Beach Track Club held the 2nd annual Billy Gordon, Jr. Memorial Marathon January 31. Top master men's finisher was **Bob Brockinay**, 43, in 2:57:51 and 23rd overall. **Jim Blount**, 51, was 1st 50-59 runner in 3:03:04. **Reg Rollason**, 64, collared 60+ honors in 3:17:26. **Sue Subin**, 42, topped the 40+ women in 3:50:46.

•**Dave Lewis** spotted "dreaded miler" (4:28 at age 35) **Tom Richards** in a 5K in Mission Viejo, California. Came in second. Tom turned 40 just after the World Games and "could be a terror this year."

continued on page 9....

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THE Gun Lap

by MIKE TYMN

NOT ON HEART ALONE, DOCTOR

It wasn't long after I began writing a weekly column on running for the *Honolulu Advertiser* three years ago that a little feud developed between Dr. Jack Scaff, the guru of jogging in Hawaii, and myself.

My column was aimed at covering the sporting aspect of running. To me, sport involves strength, speed, endurance, grace, rhythm, harmony, control, drive, fortitude, and spirit. As I watched the running boom develop in Hawaii, it seemed that many of these qualities were missing. The emphasis was on basic health, certainly a worthy goal in itself, but far from being the sum total of the running experience or the sport of running.

By writing about such things as maximizing potential, taking risks, fighting off the pain, and pushing oneself to the limit, I felt that I might be able to contribute in some small way to preserving the integrity of the sport.

Even though Scaff took over the reins of the Honolulu Marathon in its second year, he discourages racing and teaches safe, riskless, recreational running. While he preached from his high pulpit on the virtues of running *with heart*, I

wrote from my little soapbox on the virtues of running *on guts*.

On several occasions, Scaff attacked me in the "Letters to the Editor" section of the paper, calling me an elitist and a purist while condemning some of the things I had written. And I even received a couple of anonymous hate phone calls from people who apparently were disciples of Scaff.

I began feeling a little bad about the whole thing and I considered discontinuing the column. But a conversation at a holiday season party and a dream that followed renewed my spirit.

One of the guests at the party, a woman of about 40, told me that I was taking in much more air than the others in the room. I immediately checked my breathing and could detect nothing abnormal. I was puzzled by the comment.

"Maybe I have a larger lung capacity because I run quite a bit," I responded almost apologetically.

"It's not your lungs," she said. "It's your soul."

It was then that I remembered that this woman had a reputation of being a soothsayer of some kind and supposedly had psychic abilities. I asked her what it meant.

"It's not coming through too clearly," she answered, "but I see a position of leadership for you. However, I don't think it is in your present life. I see you as the leader of a large group of people living under somewhat primitive conditions."

The woman then commented that what she saw for me seemed to tie in with what she knew about the running boom. She explained that the fitness crusade we are now witnessing is not designed to help people in their present lives. In the great scheme of things, she said, there is a much bigger purpose to it. We are being prepared for future lives when we will again have to hunt for our food and travel solely by foot. She didn't say, but I assumed that some holocaust would be the cause of all of this.

I had trouble sleeping that night as my future responsibilities weighed heavily on my mind. One question kept pounding away at me: Would I be able to get my favorite Nike racing shoes into my next life?

When I finally dozed off I had a dream about my future life. I saw myself sitting at the head of a large outdoor feast in what looked something like southern Montana. I am called Tyranium the Great. Translated into the language of the day, my name means "swiftest of all those who pursue the beast."

The sun beats down hard and I make my way through the dust at what seems to be about a three-minute mile pace. I pass the others one by one until only the beast remains in front of me.

The pursuit seems to go on endlessly, the beast moves with powerful strides and is snorting blood as I edge toward him. My muscles begin to tighten, beads of sweat are blurring my vision, and my lungs feel as if they are about to burst. It is no longer sport; it is now a matter of survival.

Something tells me that I am now being sustained by the nutriment from the golden platter. I dig down deep, accelerate, and leap to the back of the beast. I grab his long pointed silvery horns and pull back with all of my remaining strength. He is brought to a sliding halt. Before he can turn on me, I deliver a fast karate chop to his temple.

The next day we are feasting on the beast when a cadaverous looking individual, who looks much like Dr. Scaff, wanders into our camp. He identifies himself as Big Chief Scuffum (translated "he who drags his feet eternally"), head of a tribe several moons away. He has come to ask for my help, explaining that

"In my dream I am called Tyranium the Great...which means 'swiftest of all those who pursue the beast.'"

Members of my council sit on the ground around me as a golden platter is passed among us. I cannot quite penetrate the dream enough to make out what it is on the platter. It appears rather untasty, but we seem to savor it as we eat.

Suddenly, the calm is interrupted by a large black beast which thunders past our camp. A charge is sounded and my tribesmen take off in pursuit of the beast. I am the last to leave as I want to give them a sporting chance. I finish the last morsel on the golden platter before joining the chase.

his people are subsisting on roots and rodents because they are unable to catch the beast.

"Here is the secret of catching the beast," I tell Scuffum as I hold the golden platter before him. I finally penetrate my dream enough to recognize what is on the platter--the innards of the beast.

"But how me gettum the *guts* if me can no catchum the beast?" Scuffum asks.

To which I respond, "I think you should have thought about that in your last life."

Regional Reports

Ohio

By JIM GERARD

Masters activity in Southern Ohio is growing.

Bob Schul, the 1964 Olympic 5000 gold medalist in Tokyo, operates an indoor tennis/racquetball facility in Troy and coaches the Wright State U. cross-country team. At 44, he's also running a bit himself, up to 25 miles a week. On Thanksgiving Day, he ran 6 miles in 34 minutes and change.

Don Gammie, 50, of Centerville, a

native of South Africa has become a steady 2:50 marathoner. Don Williams, 51, also of Centerville, is up to 100 miles a week.

The best masters marathoner in Ohio is Charles Bolton, 43, of West Liberty, with a 2:43 clocking.

Dale Baker, 40, of Dayton is a partner in the local Phidippides store, and recently qualified for Boston.

Jack Hause, 44, ran a 2:58 in his 1st marathon after running for 2 years.

Mid-America

R. Stevens, Lowell Gaither and Bob Elwood all went under 5 minutes in the Lincoln, Nebraska Indoor Mile January 10 in 4:41, 4:48 and 4:54, respectively.

H. Hartenstein clocked a fast 36.0 in the M45 300. Elwood won the 2-mile in 10:30.9 for M45 honors with Stevens close behind in 10:34.6 as M40 best.

Bob Warren long jumped 19-3 and threw the shot 45-2½ in the M40

division. Wesselowski's 46-8 copped the M45 shot. A 44-8½ heave by Henderson won the M60 category.

Austin Allen sped to a 62.5 to win the M45 400 title. Jim Upham notched a 64.9 in the M55 group.

Results on page 19.

Northern California

from JIM SCANELL
Coach, Impala Racing Team

Kay Atkinson, 63, was first in the 60+ category in the San Francisco Bonne Bell 10K (certified course) on February 1 in 47:20, a new W60-64 U.S. road record (pending approval of the NRDC). The existing mark is also held by Atkinson, a 49:46 in 1979.

In the Sri Chinmoy 10-miler (certified) in Foster City, California, on February 8, Karen Scannell was 2nd woman and 1st master in 61:47.6. This breaks her pending 10 mile U.S. masters mark of

61:51, set in the Stockton 10-miler on January 4. (Wrongly reported as 61:56 in January's NMN).

Impala President Sue Johnston, 39 (turns 40 in October), was 3rd woman -- 1st 30-39 -- in 62:26.

New Impala member Sandra Kiddy will join Karen, Sue and Sandy Vernon in Seattle on March 15 for the Nike/Penn Mutual 15K. They should be one of the stronger master women's teams around.

Results of the Hayward Half Marathon (Oct. 26) finally arrived, and it appears that at least three U.S. records were set on the nationally certified course. Scanell's 1:21:41 is a new women's masters mark, breaking Sandra Kiddy's 1:24:01 record. Sister Marion Irvine's 1:26:36 lowers the W50 1:29:19 of Toshiko d'Elia set Sept. 6, 1980. And Atkinson's 1:45:51 betters the pending W60 1:48:37 by Althea Wetherbee of New York, also Sept. 6.



On Approaching Every Problem With An Open Mouth

by WENDELL MILLER

The world will call it our finest hour. I suppose all of us had become a trifle jaded-I mean, we've been through Presidential elections, Super Bowls, and the courtship of gentlemen Jim O'Neil--but the return of the hostages added new dimensions to media hype.

Don't get me wrong, I'm as mad as the Iranians as the next guy. Don't think for a moment I'm one of them Golden Gate Park Liberals with a bleeding heart. I mean, just the thought of Al Haig sitting there in a cabinet meeting with his custom-made steel-tipped helmet, using words like *prioritize* and *indelibilize* makes me burst with pride.

On the other hand, I have to admit, I'm intrigued by a religion that allows you to beat one another with chains. Even Bob and Gloria Fine were reluctant to ask their rabbi about whips and pulleys -- and they sound mild compared to chains. Such freedom of choice shouldn't be overlooked.

Back to media hypes. When I heard the secretaries in our office arguing over who was their favorite hostage, I drew the line. No more TV during working hours. I mean the blow-by-blow of what they ate on the hour was getting a bit too much and all the time with me on a diet.

I think I know who is picking up the tab, too, and it isn't Jerry Brown and Linda Ronstadt.

It all started to reach new levels of tackiness when the Super Bowl contestants showed up with little yellow strips on their helmets. Will you give me a break! I fully expect John Jenrette's wife to make her debut as a country singer with the sequel. John will just cry on stage for an upcoming special he's doing for *People Magazine*.

I actually thought this year's Rose Bowl parade would tide me over for another year when along comes the Hostage Parade. If only Ty and Randy (pulled groin muscle) could have been there for a hostage skate.

I'm totally sympathetic. I'm filled with happiness for the hostages and their families. I don't think, however, the world needs a Hostage candy bar. Enough! An old guy who looks like Monty Wooley had us by the you-know-whats; it hurt--oh, how it hurt. To be humiliated by a bunch of fruitcakes was unreal. Punished by a moral minority, so to speak. Finally, they're released, and forward comes this overpowering of guilt and insecurity rolled on us in the most disgusting hype the communication boys have ever come up with. Remember a family who lost a kid in Viet Nam? They got a letter--I hope.

Masters Scene, continued from page 7:

•**Eddie Halpin** officiated at the Palm Desert, California masters meet. Looks great and feeling OK but doesn't see himself doing much running in the near future.

•**Dave Mack** turned 50 in February and appeared after a 2-year layoff, running a good 1:41.4 in the 600 at Palm Desert.

•**Mike Tymn**, 43, set a new personal record (PR) of 1:04:56 in the Road Runner Club of America 20 kilometer championships to win the event overall by over two minutes. The time is a new state record and only 14 seconds off the American masters record of 1:04:42, set last September 28 by **Herb Lorenz** in Washington.

•Over 2000 women competed in the Hawaii women's 10k with **Noel Murchie**, 45, winning the masters and finishing 10th overall in 40:20. **Susie Bartels** was 2nd masters in 42:14 and **Joan LaPierre** 3rd in 42:36. Murchie finished 1st woman in a 20k in 1:22:38.

•National masters record-holder **Sue Medaglia**, 45, was first woman in the JFK 50-mile run in 7:53:40.

•**George Vernosky**, 50, topped all masters with a swift 47:21 in a Wheaton, Maryland 7.8 mile run. **Otis Williamson**, 44, clocked 48:27 for top M40-49.

•**Bob Horman**, 62, visiting from Australia, clocked 39:45 as 4th master in a Washington 10K December 6. In a simultaneous 5K, track sprinter **Larry Colbert** was 1st master in 19:44.

•**Maurice McDonald** and **Karen Holappa** led masters in a Raleigh, North Carolina 5K in 17:34 and 20:58, respectively.

•**Bob Hipps** recorded a 39:52 to win 50+ laurels in an Alabama 10K. **Ruth Kuykendall's** 43:45 took 1st female master honors.

•**Cliff Mansfield** notched a 34:22 in Charlotte, North Carolina, and **Gary Cooper** clocked a 1:40:44 in a Jacksonville, Florida 25k.

•**Christine Curtis**, 42, led all women to a 38:53 win in the Saucony 10k in Seattle. **John Griffith** led the 40+ men with 34:40.

•**Ken Mueller**, 44, led all masters and placed 28th out of 3100 in 33:18 in the Heartbreak Hill 10K in Newton, Mass. **Ed DeMarrals**, 49 then but 50 now, was 2nd master in 34:32. **Tony Sapienza**, 51, won the 50+ division in 36:09, 8 seconds in front of **Mike Sullivan**.

•**Roland Cormier**, 40, won the New England TAC Masters 20K Championship in 1:10:02. **Roland Johnson** took the 50-54 crown in a good 1:18:54, and **Carl Hammen** notched 1:22:04 for best 55-59.

•**Cormier** won a Massachusetts cross-country 10k in 33:12, with **DeMarrals** getting a 34:20.

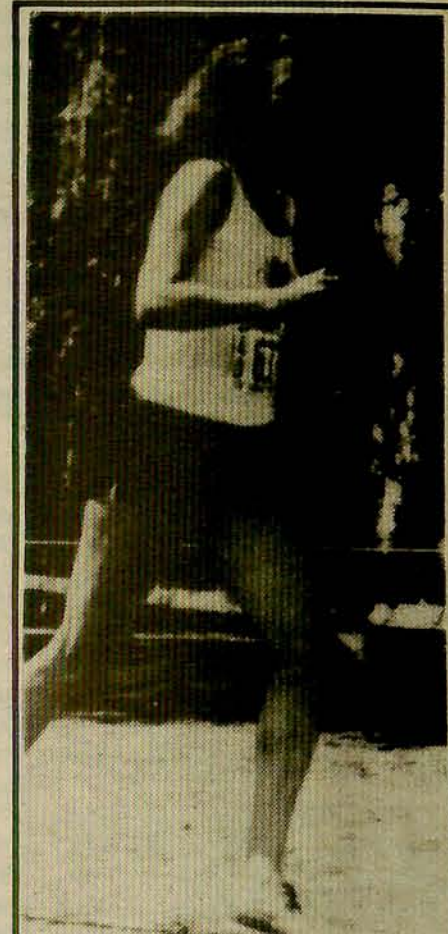
•In New York, **Gary Murchke** (53:29) led **Fritz Mueller** (54:14) in a Central Park 10-miler.

•**Charles Goetz** sped to a 15:42 to win overall in a Charlottesville, Va. 5K.

•**Jim O'Neil** recorded another U.S. 55-59 best with a 1:59:40 in the Clarksburg 20-mile run in Sacramento November 23. It betters the existing mark of 2:10:22, set by **Richard Houston** in 1978. O'Neil ran a 34:09 10K in San Diego, only 3 seconds off his U.S. mark.

•**Alley McDaniel** and **Mary Cullen** were the top male and female masters in the Gulf TAC 30K Championships December 20 in Houston in 1:51:54 and 2:11:38, respectively. **Bob Ellis**, 50, clocked 1:57:31 for 50+ laurels.

•**Faye Heldorn** was top woman master in a San Diego 10k in 39:58, and in the



Joan Ulliot, 40, of San Francisco, en route to gold medal in cross-country in World Games. Ulliot also won 25K World Distance title in Palmerston North. photo from Al Ray

Mission Bay Marathon January 11 in 3:15:20.

•**Mary Storey** bettered her own U.S. women's 55-59 10K mark of 41:54 with a super 41:10 in San Diego.

•**Bernie Gallagher**, 40, was 1st master in the DC RRC 20-miler December 27 in 2:15:29. **Sean O'Connor**, 41, won the 10-mile masters crown in 55:46. **Sandy Welsenthal**, 48, notched a fine 1:09:10 as 1st woman master.

•**Jim Knerr**, 46, sped the 20-mile distance in 2:01:44 in Westlake, Calif. the next day, with **Charles McClung**, 40, 2:04:33; and **Joe Bird**, 40, 2:05:21; close behind. **Molly Thayer**, 37, recorded a good 2:17:34.

•**Sal Vasquez** finished 1st master in 53:39 in the California 10-mile run January 4th. **Bob Malain** posted a 58:55 for best over-50.

•**Skip Shaffer**, improving by the month, ran a swift 2:35:23 to win masters honors in the prestigious 17th Mission Bay Marathon in San Diego January 11. 1600 went to the line under cool but wet conditions on the new Mission Bay Park course. **Joe Gassman** and **Howard Moody** also went under 2:40. **Chuck Anderson** won the 50-59 division in 2:45:16, with **Wayne Zook's** 3:04:48 the only 60+ finisher.

•**Bill Bugler's** 2:42:34 led all masters in the 9th "World Masters" Marathon of Irvine January 25. Bugler won the M45 division, while **Jesse Cook** topped the M40's in 2:44:36, and **Tracy Brown** the M50's in 2:49:51. **Monty Montgomery** made one of his infrequent appearances with a 3:34:51 to edge **Chick Dahisten** (3:35:53) in the 70+ division. Montgomery's is a new single-age 74 U.S. mark. **Reina Hart** led female masters in 3:09:49.

•World veterans hurdler and field champ **Bud Deacon** won the 60+ division of a 20k in Honolulu in 1:45:57.

Fitness Games

By DAVE THORESON

National Records

National participations in two programs, the Short Decathlon and Fitness for Life, will be held monthly. Your support is needed in participation and in encouraging others to participate.

This monthly article will include monthly results, training tips and will answer any questions you might have concerning Fitness Games.

Fitness Games is a tool to motivate consistent training now and throughout life.

Short Decathlon

A new Short Decathlon national record was set this month by **Ed Oleata**, 43, of San Diego. His marks are as follows (points in parenthesis): **Age** 43 (39); **60M** 7.2 (38); **H.J.** 5-5 (31); **PV**

11-6 (32); **SP** 42-1 (30); **Disc** 111-7 (25); **Total** 195.

Fitness for Life

Ron Collins, 47, of Santa Barbara, set a new American record in Fitness for Life. His score of 139 points and marks are as follows (points in parenthesis): **Age** 47 (34); **50M** 6.4 (26); **S.L.J.** 8-0 (18); **Agility** 16.4 (23); **Strength** 12.5 (16); **1000M** 3.22 (22); **Points** 139.

Next month we will have a husband and wife competition.

If you are interested in participating in Fitness Games monthly competition designate your program preference, Short Decathlon or Fitness for Life. Then write or phone for scoring tables and Fitness Games information to:

Dave Thoreson
744D Cieneguitas Rd.
Santa Barbara, CA 93110
(805) 964-4514

Send results by the 25th of each month plus \$1.00 handling charges.



REFLECTIONS ON THE WORLD GAMES

By HAL HIGDON

While waiting in the Auckland airport prior to departing home after the Fourth World Veterans Games, I encountered several members of the Canadian delegation. One of them commented in jest: "You must be escaping the country to avoid prosecution."

He referred to the incident on the final day when a member of the HART group protesting South African participation in the Games invaded the track, tipped over a hurdle, and knocked one of the New Zealand competitors to the ground. The protestor was badly beaten by angry veteran athletes before police arrested him. A loudmouth interviewed by reporters at the banquet that night had identified Hal Higdon as having planted a kick on the seat of the pants of the protestor as he was being led away. It was more a symbolic than damaging act, but it branded me as being violent. Guilty, as charged. The loudmouth was me, by the way. I was angry--as were most veterans--that the so-called non-violent protestors had invaded our arena, particularly since they interrupted an event I occasionally run (3000 meter steeplechase). Had the world championships been contested in the summer, as usual, by which time I would have turned 50, I might have even been running in that particular M50 heat.

"A loudmouth told reporters that Hal Higdon planted a kick on the seat of the pants of the protestor as he was being led away. The loudmouth was me."

Ah well, I regret that the protests of the HART supporters gave the impression that those veterans competing at the Games were pro-apartheid (decidedly not!). We are merely pro-sports and anti-government-interference. But the protest was not enough to ruin my general impression of what happened in New Zealand, which was mostly positive, that of another joyous sporting event, a chance to renew acquaintances with friends from many countries, an opportunity to compete against the best in the world in my event.

In fact, I had to catch myself when I stopped between planes in Los Angeles en route home and spent several hours with Al Sheahan and Peter Mundle at

Pete's Marina del Ray apartment. As I described what had happened in New Zealand during the previous few weeks, I mentioned the HART protest, the fact that the loudspeaker system in the stadium was hard to hear, the confusion caused by scattering events on different days, the delays in the schedule and actual rescheduling of some races, and other negative factors sometimes unavoidable in an undertaking so large. Mistakes, sometimes difficult to avoid, often loom overly large when it comes to reporting events. The ordinary business of doing a normally good job unfortunately is not news. Yet 99 per cent of what happened in New Zealand was good and I have nothing but praise for John MacDonald and the others responsible for organizing the Fourth World Veterans Games.

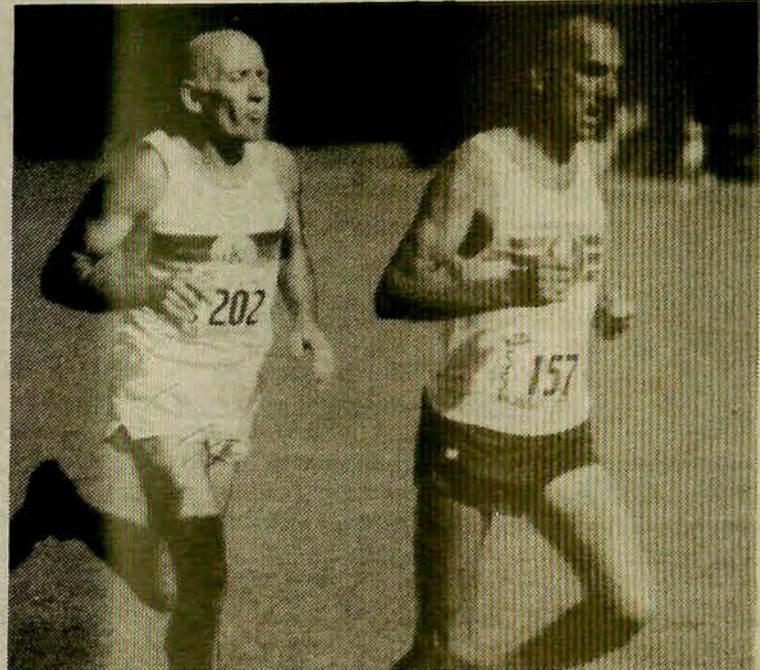
Certainly the group I traveled with had a good time. We stayed in the Diplomat Motel only a few kilometers from Cathedral Square, the downtown district. Every morning a newspaper and a fresh bottle of milk were delivered to our door. Because we had kitchens, we often fixed breakfast and lunch at our rooms and in the evenings visited one of many excellent restaurants within walking distance. One, three blocks down the street, was managed by a mountain climber who had just returned from a six-week trek in the Himalayas. He had little difficulty identifying with a bunch of middle-aged Yank distance runners and as I turned

toward the track in the last hundred meters of the marathon, I saw him standing in the crowd cheering me on.

Buses passed our motel frequently--five or ten minutes and we were downtown; another 15 minutes or so and we were out at Queen Elizabeth II Stadium. Or we could hitch a ride with those in our group who had rented cars. The facilities at QE II (with the possible exception of the loudspeaker system) were superb, and if they didn't match those two years before in Hannover it is only because I have seen no other athletic facilities anywhere in the world that could match Hannover.

What do I remember best from New Zealand? Well, obviously running well

What else? An interesting course for cross-country. The New Zealanders made the best of a flat golf course by running the competitors over bunkers and through a mud hole. Each lap in the three-lap 10k race had a steeplechase barrier and hay bale fence. In one of the women's races I noticed some of the women going under the barrier rather than over it. Aha, they're cheating, I thought, but later Roger Robinson of New Zealand won the M40 cross-country employing the same tactic. (The rules apparently say you need to "negotiate" the barrier, but don't specify how.)



Gunther Hesselman of West Germany (202) shrewdly drafts on Jim O'Neil in windy cross-country in Christchurch in M55 division. Hesselman won 3 out of 3 battles with O'Neil (5000 and 10000) and also won the 1500 -- all in outstanding time -- to emerge as one of the true stars of the 4th World Games. photo by Al Ray

in the marathon, to have pointed for one race for nearly a year and a half and then do what I planned to do. But also taking a jet boat ride up one of the rivers outside Christchurch with Phil and Fran Conley, sitting in the back with her (we were the two light ones), and watching the look of horror on Fran's face as our driver aimed us at the river bank at 40 mph and jumped logs. And hanging around with Alex and Patti Ratelle and Norman and Mae Horns and going to vegetarian, Chinese, and Italian restaurants with Bernie and Judy Finch, and rooming with Dereck Fernee and Ed Rydequist. Our small group won 15 medals total, most of those by Alex who was walking with a pronounced stoop toward the end of the week because he refused to take them off once they were put around his neck. And after the Games, back in Auckland taking a trip with New Zealand marathoner John Robinson to the resort community of Pauwanui for an overnight stay at the Matamaki Education Center then the next day a run with him and his wife, Val, through the suburb of Pukekohe where they lived. (New Zealand names have a certain resonance to them, the Maori heritage.)

And perhaps the quote of the Games, from Vicki Foltz running late from the stands to mount the awards stand to accept the gold medal for the W35 marathon, then turning frantically to ask: "Does anybody have a comb?" One of the officials handed her one.

One of the most talented performers was Gunther Hesselman of West Germany, sixth in the 1952 Olympic steeplechase, who had three stirring M55 races at 10,000, cross-country, and 5,000 with Jim O'Neil and Alex Ratelle, each finishing in that order in all three. On the final day Hesselman ran and won the 1500--his fourth gold--while Alex won his section of the marathon. Jim had to settle for three silver.

A sociological phenomenon: women distance runners running in a group seem to go single file, usually five or more yards apart; men are more inclined to huddle together in a tight pack, elbow to elbow. Perhaps it is because men are more competitive, or because of previous track backgrounds, they are more used to running tactically against each other instead of individually against the clock. But, in general, competition in the women's events seemed to be at a higher pitch, perhaps deeper, than at previous world championships. Just an impression; I haven't analyzed it statistically.

Alas, I saw little of the field events. I noticed Herm Wyatt go over a high jump bar once, Nick Newton another time. I hardly saw the shot and discus throwers. I showed up at the stadium too late to watch Phil Conley miss by one foot a gold medal in the javelin. But it is not easy to be both competitor and spectator, particularly when your main event is on the last day of the Games.

continued on next page...

My ultimate reaction toward New Zealand? Positive. Am I looking forward to Puerto Rico? Definitely.

While awaiting the Fifth World Veteran Games in San Juan, Puerto Rico in the fall of 1983, I have a few general suggestions.

South Africa. We have to admit that the South Africans are like albatrosses around our necks. I suppose there are a few blatant racists in our midsts, some who applaud *apartheid* as a means of keeping "them" in their place, but most veterans are non-political. We would prefer to accept people as individuals rather than as members of some category. I have visited South Africa and I have nothing but contempt for the nationalist government. Soweto, the black ghetto outside Johannesburg, is one of the most depressing places I ever have visited. Yet Americans were hardly good guys in Vietnam and the Vietnamese murder Cambodians and the Russians invade Afghanistan and the Protestant majority in Northern Ireland discriminates against the Catholic minority and the Iranians are barbarians and the Olympic boycott solved nothing. Why pick on the athletes? Ironically, athletics is one of the few integrated areas in South Africa with the athletes on the cutting edge of change in that country. Yet when they go overseas they are the ones reviled. I see no easy solution to this problem and we will undoubtedly take more heat, but I feel we must make our competitions open to everybody.

Nationalism. One way to defuse the South African issue would be to eliminate, as much as possible, nationalism at future Games. We have done a pretty good job already. Having everybody

by the host country and often meaningless, in that competitors of many teams often don't know each other. By the way, D. M. Roberts, whoever you are, I have your bronze medal for third-place team in M45 marathon. Since you didn't appear at the award ceremony, they gave it to me. Norm Horns already has his; you know Norm don't you? Come to think of it, I still have a couple of gold medals in my basement for the American M45 cross-country team victory in Sweden in 1977. One of them belongs to

best event, had been moved up several hours when, by chance, he showed up at the stadium that morning to watch another event. Actually, the event was run off an hour and a half behind schedule anyway. This is a minor complaint--unless you are the one to miss a race because of a schedule quirk.

Secondary Track. None of the distance runners like being shunted to a secondary track while others compete in the better main stadium track with its potential at least for faster times. The

finals in the 10,000 and 5,000 (plus steeplechase if needed) will provide ample rest for qualifiers. This will mean that a few athletes will have to settle for one or two medals instead of three or four, but that is a plus too.

Heat. I don't want to scare any distance runners away from Puerto Rico--particularly since I may organize another tour group to the Games--but it is going to be hot, and it is going to be humid, very unpleasant for races more than 3,000 meters. The schedule for the Pan American Veterans Games held last Labor Day had the 10,000 and 5,000 scheduled for 4:00 p.m., the worst time of the day for distance running. (The schedule at the TAC meet in Philadelphia did nearly the same, a violation of common sense.) Someone has got to convince the organizers in Puerto Rico that running distance events during the heat of the day is a violation of human rights. All distance races must be contested in the evening, which will not be easy. If it means running after midnight, so be it. The marathon will present a particular problem. One possibility, which I almost hate to suggest, would be to schedule it elsewhere at a different time of the year.

Women. Can anybody offer me a logical reason, anymore, why women become veterans at 35 and men at 40? Do women age more rapidly than men? The original reason was probably to provide more numbers initially, but this need has passed. The age difference is not only discriminatory, but we journalist types have to use too many words explaining that there are two ages. Legislation should be introduced at the WAVA meeting in Puerto Rico to eliminate this age category by the Fifth Games in 1985. Most of those eligible to compete in New Zealand at the lowest age will still be eligible by Puerto Rico. As for the rest of you girls, you'll just have to wait five more years to grow older.

"I have visited South Africa and I have nothing but contempt for the nationalist government. But why pick on the athletes?"

a South African who had to enter under USA to get into the Games.

The Schedule. It didn't work, John. One of the bright ideas of John Macdonald and the organizing committee was to scatter events throughout the week rather than have, say, all the 1500 finals in the space of a few hours. The idea was that it would be more interesting to the spectators to have a variety of events each day. Instead, it simply confused the spectators who often saw a 200 meter heat in one category followed by a 100 meter heat in another without knowing what was happening. The poor loudspeaker system and the fact that the scoreboard rarely kept up with what was going on contributed to the confusion, but a simple, chronological order for events seems to work better. Some events were shifted without adequate notice. Jim Macdonald, John's brother, discovered the finals (trials having been eliminated) of the M45 steeplechase, his

organizers saw to it that each age group got a chance to run inside once, in either the 10,000 or 5,000. But this is only a partial solution to the problem. With 2,000 competitors in New Zealand compared to with the 5,000 (including all those Germans with Deutschmarks to spend seeking the sun) who are going to show up in Puerto Rico, the problem will be magnified in 1983. The WAVA board voted to seed two heats in more populated age categories which will be run in the stadium, but this, again, offers only a partial solution. Despite apparent attempts to seed the heats properly in Christchurch, Dave Hambly ran a time in the second heat that placed him sixth overall and DePalmas of Italy ran the second fastest time in the third heat. The obvious solution is that we should do what they do in the Olympics and have qualifying heats in the distance as well as shorter events; then run all the finals in the main stadium. One day between heats and



Vicky Foltz of USA negotiates cross country barrier in route to one of her 4 gold medals (also 5000, 10000 and marathon) at World Games in 35-39 bracket. photo from Al Ray

march into the stadium in age groups rather than as nationalities at Christchurch was a nice touch. Most of the competitors wear club rather than national uniforms anyway. Relay events by country have been eliminated for Puerto Rico. Also not worth saving are team awards in the marathon and cross-country. They're too easily won



Start of 14th World Veterans Distance Running Championships in Palmerston North, New Zealand.

photo from Tom Sturak



Vignettes from The World Games

Percy Knox: The U.S. Masters age 45-49 relay team won both gold medals in the 400 and 1600 meter relays in Christchurch.

In both events, the order was Bruce Springbett, 48, of the Northern California Seniors; Percy Knox, 47, of the Corona Del Mar Track Club; Nick Newton, 47, of the Southern California Striders; and Matt Brown, 47, of Edison, New Jersey.

Pete Mundle doesn't keep 5-year records on relays, but I believe our 45.46 and 3:37.11 are the best ever for a legitimate 45-49 group.

Our team won with good baton exchanges (we practice), speed and perseverance.

We weren't positive we'd win the 1600, but we were determined to make the Australians pay the ultimate price in order to beat us. Fortunately, Bruce gave us a lead which inspired the rest of us to increase it to over 40 meters at the finish. You couldn't have found four happier guys on this planet.

Both races were splendid efforts and I'm awfully proud to have been a part of them.

It's really too bad the relays have been cancelled for future games. I think it's a mistake, and will do more harm than good, because they are a very vibrant part of a meet.

☆☆☆

Kelsey Brown: (The 53-year-old New Jersey chemical engineer won a bronze medal in the 800 in 2:07.47 and took 4th in the 1500 in 4:28.78.) I didn't feel I was in top shape, so I'm very pleased with the results. I'm never in shape this time of the year. It's summer in New Zealand but it's winter here. I don't have the proper facilities for winter training. But I got down there 10 days ahead of time and I guess I got in shape while I was there. I'm still trying to figure out how I ran those times this time of year. The 800 was a great race. I set the pace until Billy Grady and Derek Turnbull went by at the end.

We vacationed in Fiji en route and on the way back we visited friends in Arizona. The traveling is as important as the competition. Winning is not everything. It's a matter of getting out and about and meeting people.

☆☆☆

Tom Sturak: The New Zealanders treated the meet as if it were the Olympic Games. They were terrific. The newspaper coverage was outstanding, but the radio was poor, despite long radio interviews with the athletes.

One of the weakest parts of the meet was the poor announcing. Also results were very hard to get, and they never used the scoreboard. As for the pro-



Winning USA 45-49 400 and 1600 meter relay squad: From left, Bruce Springbett, Nick Newton, Matt Brown, Percy Knox. photo from Al Ray

tests, the athletes shouldn't have attacked the demonstrator closing day. I understand the emotion, but two wrongs don't make a right.

We stayed with Jack Foster in Rotorua after the games. He's 48 and in shape but didn't run in Christchurch or Palmerston North. He's just not interested. He plans to run the Catalina marathon this year, and would like to run in England, where he's never been. He may get more involved in veterans running when he turns 50.

Bill Baille enjoyed the games immensely. (The Former Olympian won both the M45 800 and 1500). He's a real pro, both in his attitude and style of running. He's busy, though. But he says he'll get active when he's 50.

☆☆☆

Ruth Anderson: (During the games). This meet isn't as well organized in some areas as previous WAVA championships. They schedule events too close to keep on time. My 1500 was an hour late, for example. The results and award ceremonies need better announcing or scheduling, as many miss their chance on the stand. The weather is warm with a nice cooling breeze, and I love it.

☆☆☆

Ruth Anderson: (2 weeks after the games). The wonderful, hospitable New Zealanders more than compensated for the unfortunate demonstrations of HART. These games were the most enjoyable for me of all the World Veterans Championships. Peg & John Smith are a marvelous couple who hosted Rachel and me in Australia after the games. We have wonderful memories from our week there.

☆☆☆

Ed Lowell: I had a terrible time. I developed a bad achilles at the 6K point at Palmerston North. I finished 9th, hurting, and was out of all other events the rest of the week. So I was a spectator in Christchurch. The city had

an outstanding museum, and the people were very nice. But there was intense competition just to get a meal both in Palmerston North and Christchurch.

Macdonald (President of the Games) deceived me on the South Africans. I thought they'd be able to run without any problems.

The \$15 for the final buffet was a ripoff. It was a small room and they ran out of food.

We hiked the Milford Trail after the games. It didn't live up to its advance billing. It wasn't worth \$200 plus the time it took to get there.

We had a great trip on the North Island, though — geysers, a hydro plant, trout fishing.

My wife enjoyed the trip, but I regret that I went.

☆☆☆

Gary Miller: (The 43-year-old Glendale, California dentist set a new U.S. masters record of 57.67 in the 400 hurdles for a bronze medal and placed 5th in the pentathlon): I was thrilled to break the record, even though I couldn't catch Mathe (world record-holder) and Birkholter. Both the heat and the final were the same day. I almost caught Reg Austin on our anchor leg in the 1600 relay. He nipped me at the tape, but I was pleased with my 50.3 time. I think I can improve over the next 3 years. Our 1600 splits were: Eric Owers-53.1, George Cohen-51.0, Doug Smith-52.5, Miller 50.3 for a time of 3:26.94. Australia clocked 3:26.88.

I timed our 45-49 winning relay team: Springbett-54.6, Knox-55.0, Newton-54.9 and Brown-53.1.

Christel and I had a very nice time. She was frustrated because she had

been in top shape in December when she pulled a muscle and was still hurting. The transportation from the dorms to the track was good, and the people bent over backwards for us. It was very easy going, kind of like Sweden.

☆☆☆

Don Harris: Those who attended the 4th World Games witnessed many exciting races. Among the relay races (which may be the last in World Games, by the way, for World delegates voted them out of the Puerto Rican Games in 1983) one finish was so close, it had to be determined by the photo-timer. The German team nosed out the USA 4x400 team by 1/100 of a second in the 60-64 category.

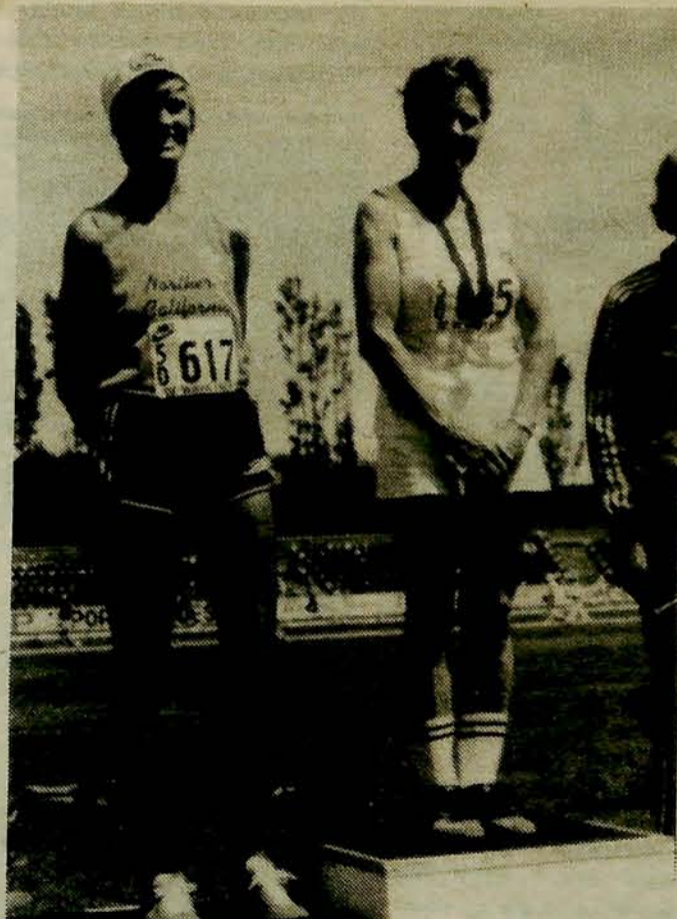
The USA anchorman, like Cassius of Julius Caesar's era, had "a lean and hungry look." He was John Alexander from Odessa, Texas. Unlike Cassius, John's ambition dealt, not with political power, but with gold -- not so much for himself, but for his relay team members.

Alexander had already won a gold medal by destroying the opposition in the pentathlon. This was done in spite of an aggravated groin injury.

This unselfish man scratched from individual events he could have won easily — even with his injury — to save himself for the relay races (4x100 & 4x400) which were held on the final day.

In the 4x400, he received the baton several yards behind the 400 meter champion Bernie Hogan and gained on him but not enough yardage was left. In the 4x100 the USA team left Australia and anchorman Hogan in the dust, but the precision trained German team had the inside lane and a lead on the final

continued on next page...



Ruth Anderson of Oakland (617), on victory stand in Christchurch with gold medalist M. Suominen of Finland, who won four other firsts in World Games. photo from Al Ray



Vignettes, continued from previous page:

exchange and again he was nipped at the tape.

John felt badly that he could not bring in the gold for his team but he deserves a gold medal for his unselfishness and quiet determination.

It's too bad he can't have another chance in 1983.

☆☆☆

Gene Harte: (The 55-year-old graphic designer from Van Nuys, Calif. broke his left leg in the finals of the 55-59 400): I'd been in pretty good shape all year; my times have been coming down steadily the past few years. I'd done a 56 in the quarter and felt I could do a 55 in Christchurch. (The winner ran 56.70.) I started getting a little pain in my left leg in November. But I had done all my heavy work, and so I backed off and just nursed it through December.

I thought the leg was okay until I started running all the heats in the 200. I finished 5th in the finals but skipped the 100. It was hurting. I won the semifinal of the 400 on Tuesday morning, but knew I was in trouble. I could hardly walk after the race. The doctors in at the stadium said it didn't look like a stress fracture -- more like sore tendons or shin splints. So I iced it and used ultra sound. I was really excited and keyed up after the semi, and knew I could win the final if the leg held up.

The final event off at noon the same day. I knew I was in trouble all down the backstraight. It hurt. I wasn't running fast and was worried. As we came out of the turn, I said, "Well, it's now or never." I pushed off, and it exploded, breaking clean in two.

It was a curving break, like skiers get. It must have been a severe stress fracture.

The New Zealand doctors put it in a cast, and told me to go home, since they couldn't touch it for 3 to 5 days anyway, and they didn't have the superb equipment that Los Angeles does. Once you break a bone, there's no emergency. You have to wait till the swelling goes down to set it.

Dr. Bob Watanabe (orthopedic surgeon and masters 50-54 sprint champ) put me back together, and he says it looks perfect now.

He says I'm in great shape and am recuperating fast. I started back to work on February 9th.

It'll be in a large cast for a while, then a smaller cast will be applied till it heals. I'll be doing a lot of swimming starting in April, and some stationery bicycling and walking. I might start easy jogging in the fall.

It was pretty dumb, I suppose. My body was telling me to stop, and I didn't listen. Even if I had taped it, I might have gotten that last 100 meters, but, in the heat of battle, you don't do the things you should.

☆☆☆

The February issue of NMN missed a few outstanding achievements:

- Stan Thompson of Honolulu won the M70 pole vault on closing day for a total of 2 golds, 4 silvers and 1 bronze.

- Also missing were the M65 pole vault which we'll print when the official results arrive from Christchurch.

- Paul Spangler won the M80 1500 in 6:56.4 and the 10K cross-country in 1:03:25. So instead of 4 golds, make that 6 for the doctor. Spangler also won both the 10K and 25K distance runs in Palmerston North.

- Ed Stotsenberg picked up a silver medal in the M65 800, in addition to his 1500 gold and 5000 silver.

- Jo Kolda won a silver medal in the W60 cross-country.

Farewell, Duncan

Duncan MacLean is dead.

The most inspirational athlete of the veterans movement died at his home in Scotland in December at the age of 96, British correspondent Alistair Aitken reports.



MacLean was a true legend in veterans athletics. He will be sorely missed by all those who had a chance to meet him or see him in action.

At age 90, he competed in the 1st World Masters Track and Field Championships in Toronto in 1975, running in the 100 and 200 meter sprints.

He performed again at age 92 at the 2nd World Championships in Gothenburg, Sweden in 1977.

In those meets, his duels with "spring chicken" Charlie Speechly of England, 6 years MacLean's junior, were inspiring. MacLean received standing ovations from athletes and spectators each time he stepped on the track. Newspapers and the media sought him out at world competitions. His picture on the front page became almost a symbol of world games competition.

Not only was MacLean an inspiration because of his ability to run competitively on the track in his 90's, he was an engaging personality and charming man. A former understudy to the late Sir Harry Lauder, MacLean would compose a song or two for each world championship, and would entertain the throng with his singing and clowning. You can still hear him singing "Push and Run" at the Toronto barbecue.

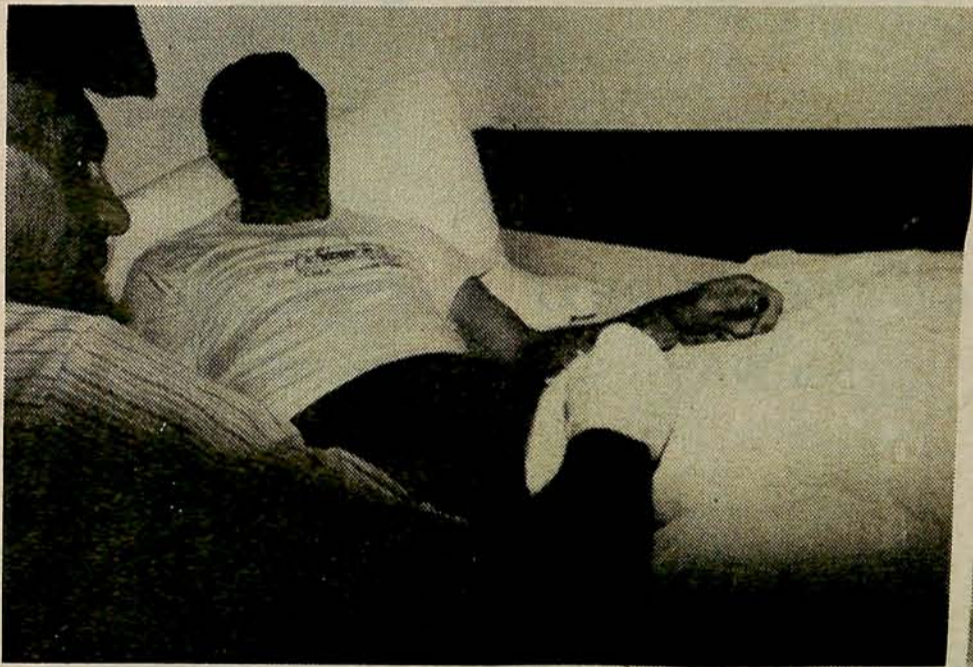
Born December 22, 1884, MacLean set single-age records in the 100 from age 87 through age 93. He ran 16.3 at age 88 at the U.S. National Masters Championships in San Diego in 1973. At age 93, he ran 21.7 at the World Games in Sweden.

In the 200, he set records from age 88 through age 91, recording a 41.1 at age 87 in London in 1972, and a 51.5 at age 91 in 1976.

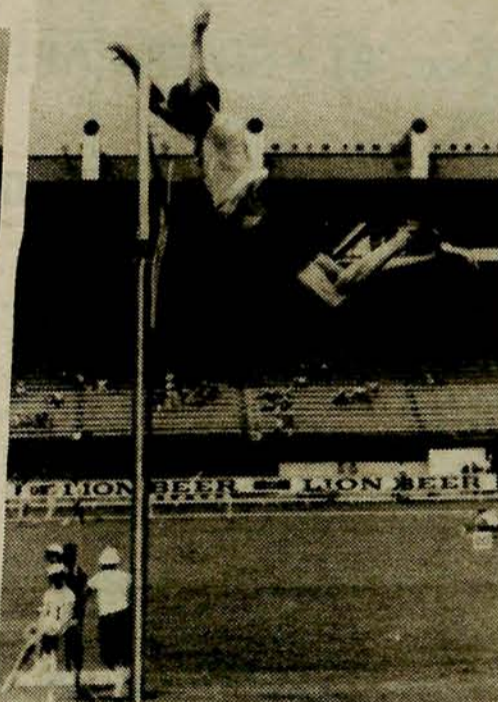
At age 92, MacLean retired from sprinting to just "jog." "I got dizzy spells when I sprinted," he told Aitken, "so the doctor told me to cut it out."

MacLean often said that he "loved going out and meeting people at the veterans meetings." He said people "should not sit at home and be lonely."

The veterans movement is the poorer today for the loss of Duncan MacLean. He will be missed by veteran athletes throughout the world.



Gene Harte grimaces at broken left leg, which broke in two, 100 meters from finish line in M55 400 in World Games. photo from Al Ray



Wladzimirz Sokolowski of New York wins M40 pole vault in New Zealand at 15-1. photo from Al Ray



TOP: John Gilmour, 800 meter M60 champion, just after setting new world record of 2:16.98, with bronze medalist Milton Bass, Richmond, Virginia, who set a single-age-61 American record of 2:20.41. photo by Spotswood Hall



BOTTOM: Renewing a friendship from Hannover are Spotty Hall, M55 High Jump gold medalist, and Willfred Morgan, captain of the British team and NMN correspondent.

Sports Travel International Ltd. Goes to China

Helen L. Pain, former wife of David H.R. Pain, originator and founder of the U.S. Masters Track and Field program, is going to Peking at the end of March to firm plans for at least two Masters competitive tours to China.

Pain and Air New Zealand jointly hosted two observers from the Peoples Republic of China at the 4th WAVA Championships in Christchurch. She set the stage for development of a new Chinese masters program. "They came to New Zealand thinking they would find a different twist to tourism and discovered 'a new way of life,'" Pain said.

Long aware of the need and focus on national fitness, China had prepared an in-depth plan for masters sports. "Table tennis was on the agenda but no one dreamed of including such active sports as track and field for the mature adult," she said.

Pain's major track and field competitive tour for masters is being pro-

grammed for fall of '82 to give the Chinese time to organize and train. However, in order to help stimulate interest and enthusiasm throughout the country, there will be a runners tour this year. Details will be announced in the May Newsletter after her return from the fact-finding tour. Both tours will probably be in October, with the shorter, two-week tour in '81 costing less than \$3,000 and the '82 tour - a historical first, more than \$3,000. "Participants should be aware that for this year's tour, there will be a very short period to apply," she warns. "A \$500 deposit is required, plus a follow-up balance, as the Chinese require definite numbers and names several weeks before departure."

The itineraries of the two tours will not be the same except for Peking and possibly Canton. While past trips organized by Sports Travel International have been open to non-competitors, the athletes and their immediate families will take precedence on these China tours.



Report From England

By ALISTAIR AITKEN

Mel Beatty, 1964-65 national cross-country champion, won his first Veterans title in the Essex Veterans Championships in November. Jim Alder, who won the Commonwealth marathon in 1966, finished six seconds behind 1979

World Veterans Games Gold Medalist Tecwyn Davies in the Schweppes cross-country meet November 22. Two weeks later, Alder finished 6th overall in the North Eastern Open Cross-country championships, only 42 seconds behind the winner. Many good current runners finished in his wake.

Otto Fieldmanis, a field events coach and U.K. 50-54 shot put record holder (14.10), died at age 55 of a rare cancer of the lung. Despite being a non-smoker.

The outstanding and inspirational sprinter Duncan MacLean died in December at age 96. (See separate story)

Ninety Enter First 50+ 10K Run

From IBROHIM CLARK

PALO ALTO, CALIF., January 1. About 90 over-age-50 runners showed up for the 1st National 50+ running event, sponsored by the 50+ Runners Association of Menlo Park, California. Held in conjunction with the Saucony

10K Run for all ages, Eugene Silver, 50, was the male 50+ winner in 36:13 over the flat 10K course around the campus of Stanford University.

Silver finished 93 seconds ahead of his nearest challenger, Don Pickett, 52, who was 12 seconds up on Trich Mueller, 55, who clocked 37:58 for 1st M55 honors.

Ary Elderkamp, 60, led the 60+ group in 41:32 ahead of Ed Preston's 42:29. Kay Atkinson, 63, was the female winner in 47:26.

Results on page 18.

OUT-OF-THIS-WORLD

with Sports Travel International, Ltd.

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Dec. '81 - SOUTH AFRICA, T & F

Fall '82 - CHINA, T & F

Fall '83 - PUERTO RICO

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Good Marks in Orange Masters Meet

From LARRY SALLINGER

ORANGE, CALIFORNIA, February 7. Good Southern California weather provided the backdrop for some outstanding early-season marks today in the annual City of Orange Masters Track & Field Meet.

Competition was held in 10-year age divisions.

World 40-44 800 gold medalist George Cohen of Los Angeles worked on his speed with an easy 400 victory in 54.4.

Improving Nick Newton won the 40-49 high jump at 5-6, and the 200 in 24.3 as he continues his comeback.

Charlie Rader leaped 6-8 to win the 30-39 high jump.

Carl Klehm, the "have discus, will travel" man from Chicago, lofted the platter 111-2 and the shot 39-9 for a twin victory in the 40-49 group.

In the 50-59 bracket, Ted Vick doubled in the 200 (25.8) and 400 (60.5), as did Tom Patsalis in the long jump (18-4) and 60-meter hurdles (8.68), and Bill Bangert in the shot (49-9) and discus (119-8).

Other double winners included Bob Hunt in the 200 (29.3) and 400 (65.6) and Burl Gist in the high jump (5-0) and 60-hurdles (8.68) in the 60+ group.

Top efforts came from Mel Elliot (2:07.8 in the 40-49 800), Vic Cook (13-0



George Cohen of Los Angeles winning the men's 40-44 800 world title in Christchurch in 1:55.50.

photo by Al Ray

in the 40-49 pole vault), Dan Aldrich (163-4 in the 60-69 discus), Chris Miller (102-7 in the women's 40-49 javelin), and Shirley Kinsey (wins in the 100 and discus in the W50+ bracket).

Results on page 21.

Morcom, continued from page 1:

resurfaced as a standout as he won the 40-44 2-mile in 10:23.8.

Other top performances included:

•Rudy Enders' three wins in the 45-49 300 (37.5), 600 (1:26.7), and long jump (18-2½).

•National champ Bert Lancaster's triple triumph in the 50-54 long and high jumps, and 300 (38.3).

•Alby Williams' trio of victories in the 40-44 60 (6.7), 300 (36.7), and 600 (1:24.1).

•Robin Ficker's Double win in the 35-39 300 (36.5) and 600 (1:21.0).

•Jim Demma's defeating Fred Mannis in the 40-44 1000, 2:28.2 to 2:34.7.

•Joe Stefanowicz' 7:40.6 in the one mile walk.

•George Harris' 15-9¾ in the 55-59 long jump.

Results on page 19.

St. Louis TC, continued from page 1:

one-mile mark opening up a 150 meter lead in the next two miles and was unchallenged through the hills of the final 10K to finish in 51 minutes and 27 seconds.

The winners in each of eleven age groups were awarded NIKE shoes, travel bags, and shirts. The winning teams, having their expenses paid by Penn Mutual to the U.S. Championships, also received NIKE windbreakers and silver commemorative cups from Penn Mutual.

Results on page 22.



Race and Meet Directors

Lately, we've been getting inquiries on how to advertise in the National Masters Newsletter.

It seems many race and meet directors have found it profitable to have their entry form or race notice printed in the newsletter. They save the printing and postage expense of a mass mailing. Or, it acts as a good supplement to the normal mailing.

Readers of the newsletter are mainly active masters athletes who are always looking around for a good race or meet to compete in. So it's a way to attract additional entries.

Such ads often pay for themselves several times over. Bob Coughlin of Indianapolis says: "I want to tell you

how much the National Masters Newsletter ad helped our Senior Olympic track & field meet (in June, 1980). We will definitely use that means again for our next affair.

Race and meet notices/entry forms get a 50% discount off the normal rate. For example, if you type your notice or form on a single sheet of paper (normal 8½ x 11 size), it reduces down to a ¼ page ad in the newsletter. So your cost is only \$40.

If you want to go a little heavier, a half-page is \$65. For big spenders, \$100 gets you a full page.

If you have a product to sell, just double those figures to \$200 for a full page, \$130 for a half-page, etc.

If you want more info, or want to place an ad, write or call (after 12 Noon PST) to:

National Masters Newsletter
P.O. Box 2372
Van Nuys, CA 91404
(213) 785-1895

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width Height	
54	Back page	\$400	10"	13"
54	Full page	200	10"	13"
40	¼ page	170	10"	9¾"
			7½"	13"
27	½ page	130	5"	13"
			10"	6½"
14	¼ page	80	5"	6½"
			10"	3¾"
7	1/8 page	50	5"	3¾"
			2¼"	6½"
3½	1/16 page	40	2¼"	3¾"
1		20	2¼"	1"

2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions	10%
6 to 12 insertions	15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES

50% discount for race and meet notices. No frequency discounts or agency commissions.

5. TERMS

Net 10 days from billing date.

6. CLASSIFIED RATES

50 cents per word. Count name and address as 5 words. Race notices are 25 cents per word. Prepayment required with copy.

7. MECHANICAL REQUIREMENTS

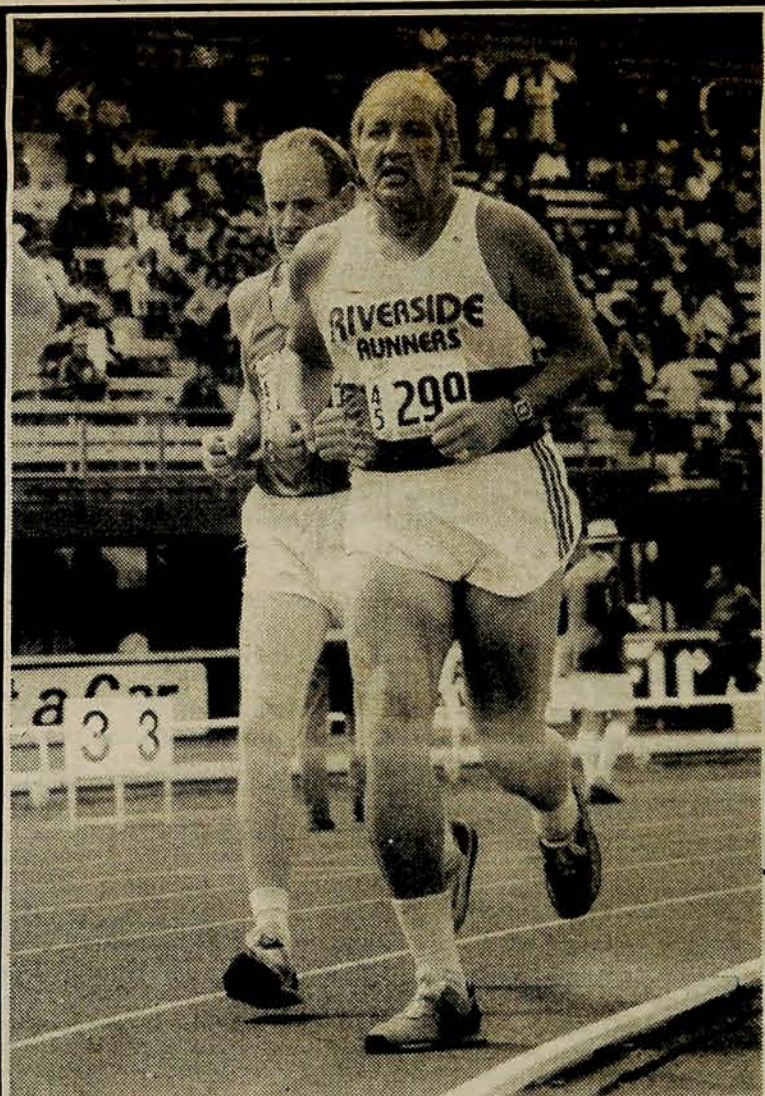
- See display rates for ad sizes.
- Photo offset printing.
- Negative ok. No mats, cuts or plates.
- No color ads.

8. CLOSING DATES

The 10th of month before date of issue.

9. CIRCULATION (Feb. 1981)

Paid: 1750 Distribution: 4000
Published monthly. Subscriptions \$12/year.



Al Ray of Riverside, Calif., mid-way through his 70-pound weight drop from 250 to 180, in 10000 meters in World Games.

National Running Data Center

By BOB MARTIN
Executive Director

Setting US Road Running Records and Appearing in National Rankings

Official US road running records, as recognized by the Road Runners Club of America and the Athletics Congress, are compiled and maintained by the National Running Data Center. To substantiate marks that would qualify for records and inclusion in rankings, the following information must be supplied to the NRDC:

1. A copy of the letter from the National Standards Committee (Ted Corbitt, chairman) approving the course as certified.
2. A signed statement attesting that the race was run on the course as it was certified.
3. Complete race results listing official times to the accuracy that times were recorded (not rounded to nearest second if tenths were recorded). Complete race results consist of complete names, ages, sex, hometown, home state, and time for every official finisher for which such information was gathered and recorded.
4. A description of the finish procedures used to match runners and times and to verify that the assigned times are properly matched to each runner.
5. A description of the procedures used to verify performances, i.e., to insure against cheating. This would include such things as course monitors, pull tags at start, recording numbers at check-points and turnaround points, videotaping, and careful control of entry information.

These requirements, beginning with 1981 races, are a part of the continuing effort to upgrade the quality of road running records. This information should be supplied for all races at standard distances on certified courses so that results of such races may be entered into records and rankings lists promptly. These requirements apply to national open and age-group records as well as to single-age records and to listings in the books "U.S. Distance Rankings" and "U.S. Marathoners."

NRDC Policy on Cheating - Any Runner disqualified by race officials for cheating in any race will be removed from all past, present, and future record and rankings, unless absolute proof of a performance is provided. The NRDC will appreciate any information that will be helpful in this regard.

Race Results - The NRDC often gets letters saying, "I'm sure you got the results of such and such race, so why haven't the marks been included in the records?" Don't ever assume the results got to the NRDC. For example, last week we received one of the finest race results booklets we've seen, from the Syttende Mai 20-mile race, held in Wisconsin on 17 May 80. Perhaps the runners got one sooner. That's why we continually urge runners to submit a copy of the complete results when writing about their marks.

NEW U.S. AGE-DIVISION RECORDS OFFICIALLY APPROVED BY THE NATIONAL RUNNING DATA CENTER SINCE THE DECEMBER 1, 1980 LIST PUBLISHED IN JANUARY'S NMN

Dis- tance	Age Div.	Time	Name	Birth- date	Residence	Race Date	State
10k	M40	31:31	Tom Laris	6-26-40		CA 10-19-80	CA
	M45	33:10	Hal Higdon	6-17-31	Michigan City	IN 11- 2-80	IL
	M55	34:06	Jim O'Neil	5-14-25	San Diego	CA 10-19-80	CA
	M80	58:47	Noel Johnson	7- 7-99	San Diego	CA 12-16-79	CA
	W45	36:29	Mila Kania	5-26-31	Warwick	NY 19- 5-80	NJ
20k	M40	1:04:42	Herb Lorenz	4- 7-39	Willingboro	NJ 9-28-80	DC
	M60	1:18:52	Don Longenecker	3-25-16	Silver City	NM 11- 9-80	AZ
	M70	1:32:22	Edward Benham	7-12-07	Ocean City	MD 9-28-80	DC
	W40	1:18:02	Trudy Rapp	3- 4-37	Alexandria	VA 9-28-80	DC
	W45	1:20:10	Linda Sipprelle	3- 3-34	Bethlehem	PA 9-28-80	DC
25k	M40	1:22:39	Jim Bowers	11- 6-38	Santa Rosa	CA 11-30-80	CA
	M85	3:31:37	Ivor Welch	1-19-95	Pacifica	CA 11-30-80	CA
	W35	1:38:24	Ford Madiera	12-10-44	Sherborn	MA 6-15-80	MA
	W40	1:35:25	Judy Fox	10-22-40	Stanford	CA 11-30-80	CA
	W60	2:03:14	Marcie Trent	12-22-17	Anchorage	AK 11-30-80	CA
30k	M60	2:08:00	Steve Richardson	6-24-20	Hastings	NY 12-20-80	NY
	W50	2:21:56	Toshiko d'Elia	1- 2-30	Ridgewood	NJ 12-20-80	NY
	W60	3:49:06	Marion Epstein	8-31-18	Brooklyn	NY 12-20-80	NY
Half Mara	M50	1:15:41	Ross Smith	12-11-27	Reno	NV 9-28-80	CA
	M65	1:21:52	Clive Davies	8- 7-15	Portland	OR 9-28-80	OR

New U.S. Road Marks

Laris Sets New 10K Masters Mark

The National Running Data Center has officially approved a new U.S. masters 10 kilometer record. On October 19, 1980, former Olympian Tom Laris, who turned 40 last June 26, ran the popular distance in 31:31, to break the existing mark of 31:44, set by Jim Bowers on September 2, 1979.

The time also snapped an unofficial mark of 31:34 by Dave Hambly. Herb Lorenz, 41, has a pending 31:18, from a recent Philadelphia 10k.

In the adjacent box are the road running records officially approved by the NRDC since December 1st, 1980. That list was published in the January newsletter.

In that issue, we noted several times which bettered the old marks, but which had not yet been okayed by NRDC. Most of those have now been approved and are listed in the adjacent box.

Some, however, have not been approved: 1) Dave Hambly's 10k mark --

he's not a U.S. citizen; 2) Helen Dick's 10k -- no data received by NRDC; 3) all the 15k marks from Oct. 19 -- still pending; 4) all the 20k marks from Oct. 4 -- still pending; 5) Rudy Nimmons' 20k -- need birthdate; 6) Helen Dick's 1/2 marathon -- not certified; 7) Toshiko d'Elia's sub-3-hour marathon -- not certified; 8) Dick's marathon -- pending.

Please send missing data to NRDC, Box 42888, Tucson, AZ 85733.

NEED BACK ISSUES?

Most back issues of the *National Masters Newsletter* are available for \$1.00 each, plus 50 cents postage & handling for each order.



Send to:
National Masters Newsletter
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Van Nuys, CA 91404

NATIONAL RUNNING DATA CENTER - PUBLICATIONS LIST

1. Certified Road Running Courses, 1981 Edition - Lists and describes all courses certified by the National Standards Committee to Jan, 1981. Explains how to certify a course and how to qualify for national rankings and records. \$2.95
2. Running Records by Age, 1981 Edition - Lists single-age records as of 1 Jan 81 for 28 track and road-running events, 100 meters to 100 miles, plus official national open and age-group records. (available Mar 81) \$4.95
3. U.S. Distance Rankings, 1981 Edition - Ranks top 100 men, 50 women, up to 10 in age/sex groups, for each standard distance event, for 1980 and all-time. (available Apr 81) \$6.95
4. U.S. Marathoners, 1981 Edition - Ranks by age group each reported certified-course marathon finish in 1980. Includes numerous summary tables. (available May 81).
Vol. 1, Explanation and summary tables \$2.45
Vol. 2, Age 29 and under \$4.95
Vol. 3, Age 30-39 \$4.95
Vol. 4, Age 40+ \$3.95
All four volumes \$13.95
5. Running Records by Age, 1980 Edition - Contains single-age records as of 1 Jan 80 for track and road-running events, 100 meters to 100 miles. \$3.95
6. U.S. Distance Rankings, 1980 Edition - Ranks top 100 men, 50 women, up to 10 in each age group for standard distance events, for 1979 and all-time. \$5.95
7. U.S. Marathoners, 1980 Edition - Ranks by age group each reported certified-course marathon finish in 1979. Numerous summary tables. \$9.95
8. Running Records by Age, 1979 Edition - Single-age records as of 1 Jan 79 for 100 meters to 100 miles. \$3.95
9. National Rankings of Runners, 1979 Edition - Ranks 100 top men and 50 top women, plus up to 10 in each age group for 1978. \$3.95
10. U.S. Marathoners, 1979 - Lists and ranks each reported marathon finish by a US runner on a certified course in 1978. Numerous summary tables. \$5.95
11. Age Records as of 1 Jan 78 - First road-running single-age records. \$2.00
12. U.S. Distance Rankings, 1976 - Rankings of all reported finishers, 15 kilo and up, both on certified and uncertified courses.
Vol. I - Summaries and distances except half-marathon & marathon. \$4.00
Vol. II - Half-marathon and marathon. \$3.50
13. Runners and Races, 1980 Edition - Detailed race participation statistics for five years, 1975-79. Analyses by age, state, distance, race size. \$4.75
14. Ultramarathon Rankings, 1980 Edition - Shows up to 100 open and up to 15 age-group ultramarathon leaders for 1979. \$1.00
15. Ultramarathon Rankings, 1979 Edition - Rankings for 1978, all-time. \$1.00
16. U.S. Distance Rankings, Summary for 1977 - Shows top 25 open men and top 10 open women, plus up to 5 in each age group for eight standard distances. \$1.00
17. NRDC News - issued monthly. Contains statistical information, news, and lists all newly-certified courses and new single-age records. Sent to individuals who make an annual tax-deductible donation to the NRDC of at least ... \$15.00
18. NRDC News, back issues.....\$1.00 ea. 1980 complete, 11 issues \$10.00

All publications are priced postpaid and are available from:
NRDC Box 42888 Tucson, AZ 85733

RESULTS

RESULTS - 6th HAWAII SENIOR OLYMPICS - December 31, 1980*

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

HAYWARD HALF-MARATHON HAYWARD, CALIFORNIA OCTOBER 26, 1980

Open	AGE	TIME
Brian Maxwell		1:05:46
M40-49		
Tim Rostege		1:12:01
Tom Cathcart		1:13:01
Jerome Lewis		1:15:05
M50+		
Robert Gehl		1:21:35
G.C. Reinhardt		1:25:29
Joe Wakabayashi		1:26:03
W40-49		
Karen Scannell		1:21:41AR
Ruth Waters		1:34:11
Betsy Fraser-Smith		1:35:59
W50+		
Marion Irvine		1:26:36AR
Ruth Anderson		1:31:05
Kay Atkinson	63	1:45:51AR

FREEDOM 10K FOR RUSSIAN JEWRY TUCSON, ARIZONA DECEMBER 14, 1980

Open	TIME
Thom Hunt	30:51
Ed Arriola	30:51
M40-49	
Don Branaman	37:25
Allan Gibson	37:28
M50-59	
Sidney Hersh	44:02
Larry Wolken	45:36
M60+	
Bob Martin	42:13
Dan Sherman	47:24
W40+	
Grace Rome	47:54
Nancy Fahringer	51:48
362 finishers	

CAPE COD MARATHON NORTH FALMOUTH, MASS. NOVEMBER 23, 1980

Open	TIME
James Murphy	2:27:00
M40-49	
Larry Hirsch	RI 2:46:16
Joe Connolly	MA 2:56:17
Ron Pokraka	MA 2:56:21
M50+	
Thomas Hovey	NY 2:46:38
Charles Ratti	MA 2:57:47
W40+	
Carrie Parsi	MA 3:33:37

CLARKSBURG CLASSIC 20 MILE SACRAMENTO, CALIFORNIA NOVEMBER 23, 1980

Open	TIME
Michael Van Horn	1:44:50
M35-39	
Gary Goettelmann	1:48:34
Gordy Vredenburg	1:57:59
Douglas Rennie	1:58:11
M40-49	
Roger Bryan	1:56:34
Douglas Latimer	1:59:38
Steve Parker	2:02:57
M50-59	
Jim O'Neil	1:59:40AR
James Nicholson	2:07:52
Karl Bollinger	2:18:37
M60-69	
Paul Reese	2:27:14
Bob Manly	2:41:46
Frank Cuzzillo	2:56:37
W35-39	
Skip Swannack	2:16:42
Hilary Naylor	2:21:40
Sharon Miller	2:23:57
W40-49	
Heidi Skaden-Poyser	2:25:54
Marge Gerrity	2:39:48
Virginia Toy	2:43:38
W50-59	
Marion McKone	2:43:07
Barbara Durham	3:07:00
Norine Dale	3:23:27
W60+	
None	

OPTIMIST 10K RUN DECEMBER 6, 1980

Open John Stintzi	32:57.6
M30 Sid Auerback	32:38.7
M40 Bob Soderbloom	36:35.3
M50 Glenn Weeks	37:15.8
W30 Nancy Florence	42:24.0
W40 Kathy Soderbloom	42:24.1
W50 Donna McLeod	52:21.4

GULF ATHLETICS CONGRESS 30K CHAMPIONSHIPS DECEMBER 20, 1980 HOUSTON, TEXAS

Open	AGE	TIME
Tinker Murray	29	1:41:57
M40-49		
Alley McDaniel	41	1:51:54
Herb Cottle	40	1:53:07
Don Slocumb	46	1:53:24
M50+		
Bob Ellis	50	1:57:31
Bob Ramage	50	2:04:42
Bill Rousseau	53	2:05:09
M60+		
Gene Askew	60	2:29:20
W40-49		
Mary Cullen	41	2:11:38
Kay Duplichan	44	2:29:27
Muriel Crossman	45	2:50:24
W50+		
Lida Askew	54	2:52:26

RUN FOR AMERICAN ATHLETES SAN DIEGO, CALIFORNIA - 10K DECEMBER 21, 1980

Open	TIME
Thom Hunt	29:18
M35-39	
Bob Day	31:01
Dan McCaskill	32:10
Gary Novack	33:22
M40-44	
Bill Porter	34:00
Ray Sablan	35:28
Gerhardt Japp	35:33
M45-49	
Jerry Berkouf	35:31
Ian MacInnes	36:08
Bob Wiermap	36:18
M50+	
Jim O'Neil	34:09
Churk Anderson	35:55
Bill Stock	36:04
W35-39	
Kathy Fogarty	40:20
Pamela Henline	44:15
Laurette Miller	46:25
W40-44	
Faye Helldoorn	39:58
Judy Splitgerber	41:20
Pat Pastore	41:20
W45-49	
Helene Laurant	41:08
Elsa Evans	43:12
Alice Licht	45:53

W50+	
Mary Storey	41:10AR
Ruth Pogue	46:26
Merry Vanfant	46:49

AGE	NAME	TIME	AGE	NAME	TIME			
40-44	1	Liv Ostreng (NOR)	14.4	35-39	2	Edith Leiby (HI)	38.5	H57
					1	Miki Hervey (TX)	29.7	
				Open	1	Donny Kawayz (HI)	27.8	
65-69	1	Toini Raunisto (FIN)	21.5		2	Stephanie Digulio (HI)	30.3	
60-64	1	Josephine Kolda (CA)	16.9		3	Ghit Nordquist (HI)	33.0	
	2	Britta Tibbling (SWE)	17.3	200 Meters-Men				
55-59	1	Kirsten Hveem (NOR)	14.7	75-79	1	Harold Chapson (HI)	32.9	W78
	2	Edith Leiby (HI)	17.8	W57				
40-44	1	Marianne Stenholm (SWE)	13.8	65-69	1	Yngve Brange (SWE)	28.4	W67
35-39	1	Miki Hervey (TX)	14.3	60-64	1	Pekka Nummi (FIN)	28.2	
	2	Heidi Dunham (HI)	16.6		2	Erik Muren (SWE)	29.7	
					3	Max Pickl (CAN)	30.7	
65-69	1	Yngve Brange (SWE)	13.5	55-59	1	Gote Lindblad (SWE)	26.4	
60-64	1	Pekka Nummi (FIN)	13.4		2	Conny Akerblom (SWE)	27.3	
	2	Erik Muren (SWE)	14.3		3	Magnar Moystad (NOR)	27.7	
	3	Max Pickl (CAN)	14.4	50-54	1	R.G. Wolf (MN)	27.3	
	4	Raino Rainio (FIN)	14.4		2	Jim Waste (CA)	33.9	
	5	Tapani Aura (FIN)	15.0	45-49	1	Borge Andersen (DEN)	29.0	
	6	Gunnar Endal Aase (NOR)	15.0		2	Jim Gallup (HI)	30.4	
	7	Roland Anderson (SWE)	15.2	12/28	(1)	Tony Nasralla (CA)	25.8	
55-59	1	Gote Lindblad (SWE)	12.4	40-44	1	Ove Edlund (SWE)	24.9	
	2	Gullbrand Bergstrom (SWE)	18.2	12/28	(1)	Nathan Aiwohi (HI)	29.1	
50-54	1	R.G. Wolf (MN)	13.2	35-39	1	Bob Larsen (HI)	25.3	
45-49	1	Ole Neilsen (DEN)	13.0		2	Jack Karbens (HI)	25.7	
	2	Borge Andersen (DEN)	14.0	Open	1	Al Chun (HI)	29.5	
40-44	1	Hans Lagerquist (SWE)	11.6		2	Kimo Toyama (HI)	26.1	
	2	Ove Edlund (SWE)	11.8		3	Dan Bear (HI)	26.6	
	3	Gunnar Soold (SWE)	11.8					
35-39	1	Bob Larson (HI)	12.5					
Open	1	Ricky Hester (HI)	10.7	60-64	1	Josephine Kolda (CA)	92.2	US62
	2	Rick Nakishima (HI)	11.9	55-59	1	Edith Leiby (HI)	88.4	W57
	3	Kimo Togama (HI)	12.5	45-49	1	Jytte Jensen (DEN)	77.9	
				35-39	1	Heidi Dunham (HI)	84.7	H37
				Open	1	Patricia Duboux (HI)	60.0	
Open	1	Stephanie Digulio (HI)	18.1		2	Michelle Gimblett (HI)	63.3	
					3	Judy Prien (HI)	63.6	
70-74	1	Stan Thompson (HI)	22.3	400 Meters-Men				
60-64	1	Raino Rainio (FIN)	21.3	75-79	1	Harold Chapson (HI)	74.0	W78
	2	Max Pickl (CAN)	21.3					
(-12/28)	(1)	Jim Craine (HI)	21.1	65-69	1	Henry Strannhage (SWE)	69.3	
50-54	1	R.G. Wolf (MN)	19.7	60-64	1	Max Pickl (CAN)	75.0	
	2	Jim Waste (CA)	26.1	55-59	1	Gote Lindblad (SWE)	60.2	
45-49	1	Lars Starhavg (NOR)	17.1		2	Toivo Wikman (FIN)	60.6	
40-44	1	Nathan Aiwohi (HI)	20.0	50-54	1	R.G. Wolf (MN)	64.9	
35-39	1	Bob Larson (HI)	20.4		2	Jim Waste (CA)	74.8	
Open	1	Herb Lloyd (HI)	16.6	45-49	1	Ilmani Seppalanien (FIN)	62.8	
					2	Jim Gallup (HI)	64.3	
60-64	1	Josephine Kolda (CA)	36.1	12/28	(1)	Tony Nasralla (CA)	58.8	
55-59	1	Kristen Hveem (NOR)	31.2	40-44	1	Gunnar Soold (SWE)	55.7	
				35-39	1	Sam Jones (HI)	54.1	

GREAT 1981 INDOOR MEET

Forest View High School (ALL NEW FACILITY)
Arlington Heights, Illinois

MAR. 14 & 15
SAT. & SUN.

Masters North American (Indoor Championship)

AGE GROUP

30-34, 35-39, 40-44, 45-49, 50-54
55-59, 60-64, 65-69, 70-74, 75-79

AWARDS
ENTRY FEES
REGISTRATION
SPONSORED
INFORMATION

First Five Places in each age group

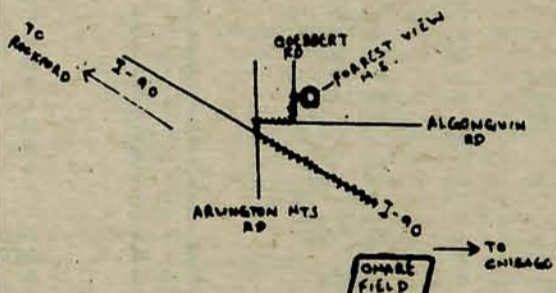
\$5 first \$3 each add'l
Anytime to day of meet
Midwest Masters 180 N. LaSalle Chicago, IL 60601
Wendell Miller 312/236-1315 Bill Smith 312/346-1797

SATURDAY - MARCH 14
North American Championship

SUNDAY - MARCH 15
North American Championship

10:00	10,000-Meter Run
10:30	High Jump
11:00	
11:30	Shot Put
12:00	60 Meter Dash
12:30	35# weight
1:00	1500 Meter Run
1:30	50# weight
2:00	70 Meter Low Hurdles
2:30	
3:00	3,000 Meter Run

10:00	5,000 Meter Run
10:30	Long Jump
11:00	400 Meter Run
11:30	Pole Vault
12:00	60 Meter High Hurdles
12:30	
1:00	3,000 Meter Run
1:30	Triple Jump
2:00	1500 Meter Run



ENTRY BLANK

Name: _____ Age: _____

Address: _____ City: _____ State: _____

Circle Events: 3K, 5K, 10K
60, 400, 800, 1500, 3KW, Low, High, SP, PV, LJ, HJ, TJ

DC RRC 10-MILE GREENBELT, MARYLAND DECEMBER 27, 1980

Open		
Jfm Uivestad	25	53:38
M40-49		
Sean O'Connor	41	55:46
James Hanscomb	40	1:03:43
Charles Davies	43	1:04:36
M50-59		
Jack McMahon	50	1:08:50
Dixon Hemphill	55	1:17:13
Harold Jaeger	55	1:23:35
M40+		
Sandy Wiesenthal	148	1:09:10

CALIFORNIA 10-MILE RUN JANUARY 4, 1981

Open		49:04
Dennis Rinde		
M40-44		
Sal Vasquez		53:39
Don Spickelmier		55:47
Ralph Bowles		55:55
M45-49		
Bill Butler		57:11
Myron Nevraumont		58:40
James Mickle		58:41
M50-59		
Robert Malain		58:55
James Nicholson		59:33
Walt Betschart		1:03:21
M40-49		
Karen Scaneli		1:01:51AR
Heidi Skaden-Poyser		1:05:16
Liz Ray		1:09:51
M60+		
Don Lundberg		1:10:24
Bob Manly		1:13:40
Frank Saylor		1:34:27
M50+		
Adela Girvin		1:23:27

2ND NEW YEARS DAY RESOLUTION 10K SANTA BARBARA, CALIFORNIA JANUARY 1, 1981

Open		31:45
Robert Hollister	22	
M40+		
Ray Gil	56	37:56
Bob Carman	49	38:26
Owen Patmor	49	40:14
M40+		
Shirley Saunders	40	42:09
Lyn Carman	44	51:35
Joyce DeClene	41	57:47

CHARLOTTE OBSERVER 10K AND MARATHON NORTH CAROLINA JANUARY 3, 1981

10000		
Open		
Jeff Moody	23	31:32.7
M40-49		
Edwin Harris	46	36:20.4
Max Toney	40	36:29.2
Philip Calkins	42	37:08.5
Bob Montgomery	41	37:18.8
Bill Herring	41	37:52.7
M50-59		
John Credico	54	40:07.7
Avery Goode	50	40:10.0
Charles Moore	50	40:19.5
George Rasch	57	41:40.0
Bruce Ballenger	50	42:31.8
M60+		
Jim Trent	60	47:14.6
Hubert Hill	62	38:16.6
Norman Crabtree	65	48:34.2
Bill Davis	62	50:35.4
Ralph Schwarzkopf		53:07.2
M40-49		
Barbara Daye	43	43:14.0
Catherine Wilfret-Katz	43	46:03.0
Becky Lakey	42	46:22.0
M50-59		
Anne Close	55	48:35.6
Betty Richardson	54	54:14.0
Lynn Fowler	53	56:00.0

17TH ANNUAL MISSION BAY MARATHON SAN DIEGO, CALIFORNIA JANUARY 11, 1981

1600 entrants		
Open		
Dennis Rinde		2:17:01
M40-49		
Skip Shaffer		2:35:23
Joseph Gassman		2:38:28
Howard Moody		2:38:37
Norm McAbee		2:40:14
Jack Tuttle		2:41:43
Joe Byrd		2:41:46
Bill Blair		2:44:29
Karl Ryden		2:45:47
Pete Holmes		2:46:57
Terrel Eddy		2:49:10
M50-59		
Chuck Anderson		2:45:16
Brian Freeman		2:57:33
Dick Robinson		3:04:50
Art Holzman		3:07:10
Rod Johnson		3:08:50
M60+		
Wayne Zook		3:04:48
M40+		
Faye Heidoorn		3:15:20
Sue Hutchison		3:16:12
Anne Johnson		3:23:30
Elsa Evans		3:25:40
Una Marie Pierce		3:27:40



5TH ANNUAL LINCOLN INDOOR TRACK MEET LINCOLN, NEBRASKA JANUARY 10, 1981

60 HURDLES			
M30 R Harvey	8.1		10:34.9
M35 Holmberg	8.55		11:00.0
M40 B Warren	8.2		10:34.6
M50 J Reichart	9.8		10:30.9
M55 R Marr	10.1		11:49.7
M55 R Wilde			13:35.5
60-YARD			
M30 C Jackson	6.6		
M35 T Bassett	6.8		
M40 G Olliphant	6.9		
M45 H Hartenstein	6.9		
M50 D Roy	7.5		
M55 J Upham	7.6		
MOM M Sutter	8.2		
600			
M30 R Harvey	1:23.0		
M40 V Hasty	1:28.7		
M50 J Reichart	NT		
M55 F Marr	1:55.6		
MILE			
M30 T Stanoshek	4:49.5		
M35 K Katzer	5:13.5		
M40 R Stevens	4:41.5		
M45 L Gaither	4:48.4		
M50 B Elwood	4:54.3		
M55 C Peters	5:22.8		
M55 C Peters	5:56.9		
POLE VAULT			
M30 McVey	10-6		
M35 Barrick	9-0		
M40 Ardrey	8-0		
M55 J Shy	5-6		
300			
M30 D Jackson	35.5		
M35 T Bassett	36.0		
M40 J Moxen	40.6		
M45 H Hartenstein	36.0		
M50 D Roy	40.2		
M55 J Upham	40.7		
880			
M30 J Barker	2:09.9	IA	3501
M35 D Hebert	2:29.7	NE	3149
M40 L Gaither	2:16.0		
M45 W Rhoad	2:23.8		
M50 G Witten	2:25.1		
M55 C Peters	2:40.8		

CITY OF PHILADELPHIA DEPARTMENT OF RECREATION

PHILADELPHIA MASTERS ASSOCIATION TRACK AND FIELD MEET

Saturday, January 10, 1981, 8:30 AM, Civic Center, Exhibition Hall

300 Yard Run			
Men (30-34)			
Art Wright	35.8	Men (35-39)	
Ken Smith	36.8	Robin Ficker	36.5
Ernie Hadrick	39.2	Bob Stamford	37.1
Carl Grossman	39.9	Farah Shabazz	38.7
		Michael Dark	39.9
Men (45-49)		Ernie McCombe	39.4
Rudy Zanders	37.5	Men (55-59)	
Josh Culbreath	38.8	Bert Lancaster	38.3
Frank Green	40.7	Earl Summers	41.8
John Barrie	43.6	Men (60-64)	
		George BraceLand	49.6
Women (45-49)		Bob Detweiler	62.1
Marie Barrie	54.2		
One Mile Run			
Men (30-34)			
Jim Waters	4:29.1	Men (35-39)	
John Grube	4:47.2	Jack Frame	4:53.7
Ed Myers	4:53.5	Ben Zwin	5:04.0
George Sanders	5:03.8	Dan Mcacker	5:11.8
Lee Downing	7:21.9	Robert Jennings	6:11.7
		Ed Purdy	6:16.4
Men (50-54)			
Bill Mullin	5:33.0	Men (55-59)	
Daniel Ross	5:51.2	Everitt Newell	5:54.2
Gus Constant	6:23.1	H.D. Sanderson	6:18.9
Men (70-74)			
Pat Speer	14:43.6		
600 Yard Run			
Men (30-34)			
Ellis G. Martin	1:39.7	Men (35-39)	
		Robin Ficker	1:21.0
		Dave Van Dusen	1:25.3
		Ed King	1:26.1
Men (45-49)			
Rudy Enders	1:26.7	Men (50-54)	
John Snell	1:32.4	Earl E. Summers	1:33.1
		Earl E. Summers	1:33.1
Men (60-64)			
Jay Sponneller	1:56.1	George BraceLand	1:55.7

continued on page 20...

NIKE/PENN MUTUAL MASTERS GRAND PRIX ROADRACING SERIES

OPEN TO BOTH INDIVIDUALS AND CLUBS - MEN & WOMEN 35+

10 KILOMETERS - SATURDAY, MARCH 28, 1981 - 11:00 A.M. - PROSPECT PARK, BROOKLYN, N.Y.



SANCTIONED BY THE METROPOLITAN ATHLETIC CONGRESS. CERTIFIED COURSE. CONDUCTED WITH THE COOPERATION OF THE MASTERS SPORTS ASSOCIATION

Competing clubs must be registered with the Athletic Congress or the RRCA. Male competitors 35-39 are not eligible for the team competition.

NIKE merchandise awards to the first three individuals in each five year age category. Also, NATIONAL RUNNING DATE CENTER BOOK awards.

FREE T-SHIRTS TO ALL STARTERS ENTRY FEE \$4.00

The winning three person team (women 35+ and men 40+) based on cumulative time, will receive travel expenses from PENN MUTUAL to the NIKE/U.S. ROADRACING CHAMPIONSHIPS on April 11, 1981 in Philadelphia. The distance in Philadelphia will be 15K. All legitimate club teams are eligible (no All-Star team). The winning men and women's teams in Philadelphia will receive travel expenses from NIKE to the INTERNATIONAL VETERAN 25K CHAMPIONSHIPS in Brugge, Belgium, June 28, 1981.

Locker facilities: There are public locker facilities at the Parade Ground lockers on Coney Island Ave. Bring your own lock, towel and soap.

In the event of a large number of entries two sections consisting respectively of women and men 50+, & men 35 to 49, may be run. This will be announced at the meet.

NIKE/PENN MUTUAL GRAND PRIX RACE, MARCH 28, 1981, BROOKLYN, N.Y.

NAME _____ ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____ SEX: Male _____ Female _____

BIRTHDAY _____ AGE AT TIME OF RACE _____

TEAM _____ T-SHIRT SIZE: SM MED LRG EXTRA LRG _____

In consideration of accepting this entry I declare that I am physically able to compete in this event and waive for myself, heirs and administrators all claims for damages which I may accrue against any and all persons in any way associated with the event, including, but not limited to: BRS, INC (NIKE); PENN MUTUAL LIFE INSURANCE COMPANY, MASTERS SPORTS ASSOCIATION, ATHLETIC CONGRESS. I also authorize the use of my name and photograph in any of the media.

SIGNATURE _____ DATE _____

Make \$4.00 check payable to MASTERS SPORTS ASSOC. & mail to MASTERS SPORTS ASSOC. 77 PROSPECT PLACE, BROOKLYN, N.Y. 11217

Philadelphia Masters, continued from page 18.

<u>1000 Yard Run</u>			<u>Men (30-34)</u>			<u>Men (40-44)</u>			<u>Men (45-49)</u>		
John Grube 2.29.3			Jim Demm 2.28.2			Cliff Fauling 2.39.9			2.39.9		
Ken Smith 2.34.0			Fred Mannis 2.34.7			Frank Green 2.40.3			2.40.3		
<u>Men (65-69)</u>			George Braceland 3.55.0								
<u>Two Mile Run</u>			<u>Men (30-34)</u>			<u>Men (35-39)</u>			<u>Men (40-44)</u>		
John Winn 10.34.9			Jack Frame 11.07.1			Vic Zwolak 10.23.8			10.23.8		
George Sanders 11.15.7			Bob Jennings 13.14.7			Sean O'Connor 10.26.5			10.26.5		
<u>Men (45-49)</u>			<u>Men (50-54)</u>			<u>Men (70-74)</u>					
George Studzinski 11.36.3			Dan Ross 13.17.4			Pat Speer 29.27.2			29.27.2		
Joe Ferreira 11.53.0			Gus Constant			NT					
<u>One Mile Walk</u>			<u>Men (30-34)</u>			<u>Men (40-44)</u>			<u>Men (45-49)</u>		
Ron Salvo 8.59.0			C. Joe Stefanowicz 7.40.6			John Lash 10.05.8			10.05.8		
Kerry Beely 10.31.4			Martin Deoney 9.03.8			Paul Walkovic 10.29.1			10.29.1		
<u>Men (65-69)</u>			George Braceland 9.25.9			Claude Hills 10.49.4					
<u>Four Lap Relay</u>			Potomac Valley Seniors 1.12.9			Phila. Masters - Red 1.22.5			Phila. Masters - Blue 1.27.5		
<u>Shot Put</u>			<u>Men (30-34)</u>			<u>Men (35-39)</u>			<u>Men (40-44)</u>		
Joseph Muscara 30'6 1/2"			John Anderson 33'7"			Ken MacKenzie 32'1"			32'1"		
Ron Salvo 26'9 1/2"			Jacob Katz 24'1"			Dennis Brennan 31'0"			31'0"		
Kerry Beely 20'9 1/2"											
<u>Men (45-49)</u>			<u>Men (50-54)</u>			<u>Men (55-59)</u>					
Stan Derry 34'2"			George Taylor 35'6 1/2"			J.W. Pierson 36'9"			36'9"		
John Snell 30'1/2"						Payton Flournoy 32'3"			32'3"		
<u>Men (60-64)</u>			<u>Men (65-69)</u>			<u>Women (30-34)</u>					
Gene Wood 37'8 1/2"			George Braceland 34'9 1/2"			Anna Mapps 25'7"			25'7"		
Herm Hand 33'8"			Bob Detweiler 32'10 1/2"			Marianne Winter 21'5 1/2"			21'5 1/2"		
			Claude Hills 33'1"								
<u>Long Jump</u>			<u>Men (30-34)</u>			<u>Men (35-39)</u>			<u>Men (40-44)</u>		
Ken Smith 18'8"			Grant Krow 19'4 1/4"			Luther Abney 17'5 1/2"			17'5 1/2"		
Joe Muscara 17'4"			Bob Ayton 19'1 1/4"			Nate Byrd 16'0"			16'0"		
<u>Men (45-49)</u>			<u>Men (50-54)</u>			<u>Men (55-59)</u>					
Rury Enders 18'2 1/2"			Bert Lancaster 14'2"			George Harris 15'9 1/4"			15'9 1/4"		
John Snell 17'10 1/2"			George Taylor 13'2 1/2"			J.W. Pierson 12'7 1/4"			12'7 1/4"		
John Barre 14'3 1/4"											
<u>Men (65 & Over)</u>			<u>Women (30-34)</u>								
Claude Hills 11'7 1/2"			Anna Mapps 13'1 1/4"								
George Braceland 10'6 1/2"											
Bob Detweiler ?											
<u>60 Yard Hurdles</u>			<u>Men (30-34)</u>			<u>Men (35-39)</u>			<u>Men (40-44)</u>		
Ron Salvo 10.6			Thomas Gomillion 7.8			Nate Byrd 8.9			8.9		
<u>Men (45-49)</u>			<u>Men (50-54)</u>			<u>Men (65-69)</u>					
William Clark 8.6			George Taylor 10.1			George Braceland 10.5			10.5		
<u>60 Yard Dash</u>			<u>Men (30-34)</u>			<u>Men (35-39)</u>			<u>Men (40-44)</u>		
Art Wright 6.7			Bob Stanford 7.1			Alby Williams 6.7			6.7		
Ellis Martin 6.7			Ed King 7.2			Ernie McCombs 6.9			6.9		
John Borden 6.8			Robin Ficker 7.4			James Bantum 6.9			6.9		
Jim Lafferty 6.8			Jacob Katz 7.4			Larry Wilson 7.0			7.0		
Ernie Hadrick 6.8			Mike Dark 7.7			Larry Colbert 7.0			7.0		
Ken Smith 7.4						Dhamiri Abayami 7.1			7.1		
Carl Grossman 7.5						Ruben Diaz 7.1			7.1		
<u>Men (45-49)</u>			<u>Men (50-54)</u>			<u>Men (55-59)</u>					
Stan Derry 7.2			Bert Lancaster 7.1			George Braceland 8.6			8.6		
John Snell 7.2			George Taylor 8.2			Bob Detweiler 11.0			11.0		
Rudy Enders 7.3											
Josh Culbreath 7.4											
Cliff Pauling 7.8											
John Barrie 9.3											
<u>High Jump</u>			<u>Men (30-34)</u>			<u>Men (35-39)</u>			<u>Men (40-44)</u>		
Joseph Muscara 5'6"			Mike O'Meara 6'0"			Luther Abney 5'6"			5'6"		
Ron Salvo 5'2"			Grant Krow 5'8"								
<u>Men (45-49)</u>			<u>Men (50-54)</u>			<u>Men (55-59)</u>					
Walt Hutchins 5'6"			Bert Lancaster 4'4"			Bob Morcom 5'2"			5'2"		
<u>Men (65-69)</u>						J.W. Pierson 3'10"			3'10"		
George Braceland 4'2"											
Claude Hills 3'10"											
Bob Detweiler 3'8"											

Pole Vault

<u>Men (35-39)</u>	Bob Ayton 11'6"	<u>Men (50-54)</u>	George Taylor 7'2"	<u>Men (55-59)</u>	Bob Morcom 13'1 1/2"
Bill Willis 10'0"		<u>Men (65-69)</u>	George Braceland 8'2"		(World Record)

OLD SPANISH TRAIL 15K
TUCSON, ARIZONA
JANUARY 11, 1981
COLLEGE OF THE DESERT
RECORDS MEET
PALM DESERT, CALIFORNIA

January 25, 1981
Open
Ed Arriola 47:48

M40-49
Don Branaman 54:15
Allan Gibson 56:32

M50-59
Wayne Corder 1:01:43
Bill Beltran 1:06:29

M60+
Bob Martin 1:04:00
Andy Castele 1:14:46

W40-49
Grace Rom 1:14:04
Camille Gannon 1:26:00

W50+
Pat Martin 1:20:06

60 Meter Dash

Heat #1	AGE	TIME
1. Percy Knox	47	7.0*
2. Steve Sutherland	19	7.3
3. Nick Newton	47	7.4
4. Jason Adams	39	7.8
5. Ron Astorga	36	8.2

Heat #2

1. David Mack	49	8.0
2. Pete Fetter	59	8.0
3. Ursula Schreiber	42	9.1
4. Joe Caruso	71	9.1

60 Meter High Hurdles

1. Steve Sutherland	19	8.6
2. Gary Bane	43	9.4
3. Ron Rogers	19	9.8

300 Meter Dash

Heat #1	AGE	TIME
1. Nick Newton	47	38.5
2. Percy Knox	47	39.6
3. L. Absemiler	22	40.3
4. Greg Cabral	19	42.1

Heat #2

1. Ted Vick	51	42.2
2. Juan Pedevilla	48	47.4
3. Pete Fetter	59	47.8
4. Dave Lewis	59	51.0

600 Meter Run

Heat #1

1. David Mack	49	1:41.4
2. Avery Bryant	56	1:48.0
3. Jack Noble	54	1:49.0
4. Dave Lewis	59	1:51.7
5. Miles Wood	-	1:56.2

600 Meter Run

Heat #2

1. Bill Knocke	41	1:29.1
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1,000 Meter Run

1. D. Morkin	16	3:14.0
2. L. Kidwell	45	3:27.3
3. Jack Noble	54	3:28.1

3,000 Meter Run

1. Avery Bryant	56	10:41.8
2. Jack Noble	54	10:53.9
3. Gary Skeen	18	11:35.2

Joggers' Mile

	EST.	ACTUAL
Dave Lewis	59	7:59 7:46
Tony Butrica	15	7:30 5:49
Pam Adler	40	8:30 8:36
Bill Adler	48	7:30 8:21
Avery Bryant	56	7:00 7:02
Jack Noble	54	7:50 7:28
Ann Noble	54	7:50 7:29
Joe Gonzales	16	7:30 5:47
Angie Gonzales	16	7:30 5:47
Jesse Contreras	16	7:30 5:47
Curt Costales	15	7:30 5:47

9TH ANNUAL "WORLD MASTERS"
MARATHON OF IRVINE
IRVINE, CALIFORNIA
JANUARY 25, 1981

Open
Vic Simonian 2:18:56

M35-39
Jim Minami 2:37:41
Eugene Blankenship 2:39:28
Tom Burns 2:40:21

M40-44
Jesse Cook 2:44:36
Stanley Wegner 2:49:06
Buzz Bennetts 2:49:30
Ed Jerome 2:49:58
Jerry Lloyd 2:51:15

M45-49
Bill Bugler 2:42:34
Len Efron 2:44:42
George Dugard 2:47:37

M50-54
Tracy Brown 2:49:51
Dave Parker 2:52:54
Patrick Devine 2:56:35

M55-59
Paul Jernstrom 3:07:44
Keiji Taki 3:13:47
John McManus 3:14:59

M60-64
William Russell 3:28:30
Bob Simpson 3:36:45
Steve Chiplis 3:42:01

M65-69
Robert Kroger 3:27:58
Bert Williams 3:57:49

M70+
Monty Montgomery 3:34:51
Chick Dahlsten 3:35:53

W40+
Reina Hart 3:09:49
Viola Phillips 3:22:32
Mariana McMullen 3:24:38

HAWAII RRC 20K CHAMPIONSHIP
HONOLULU, HAWAII
FEBRUARY 8, 1981

Open
Mike Tymn 1:04:56

M40-49
Mike Tymn 1:04:56
Jim Gallup 1:07:57
Johnny Faerber 1:09:34

M50-59
Scott Hamilton 1:17:57
Gilbert Lum 1:22:28
George Ishiki 1:23:27

M60+
Bud Deacon 1:45:57
Mike Rickey 1:53:40
Pete Trapp 1:54:20

Open Women
Noel Murchie 1:22:38

W40+
Noel Murchie 1:22:38
Jerry Richmond 1:44:02
Millie Yasui 1:57:49

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“Over forty isn't over the hill.”

“Twelve years ago, I was Bill Toomey, Olympic decathlon champ. About ten years ago, I became Bill Toomey, ex-competitor. And I didn't like it one bit.

“I had to stop competing because I could no longer find serious competition at a highly skilled level once I reached a certain age. That didn't stop me from keeping fit and physically active. But physical activity has more meaning when you're competing. No matter what your age.

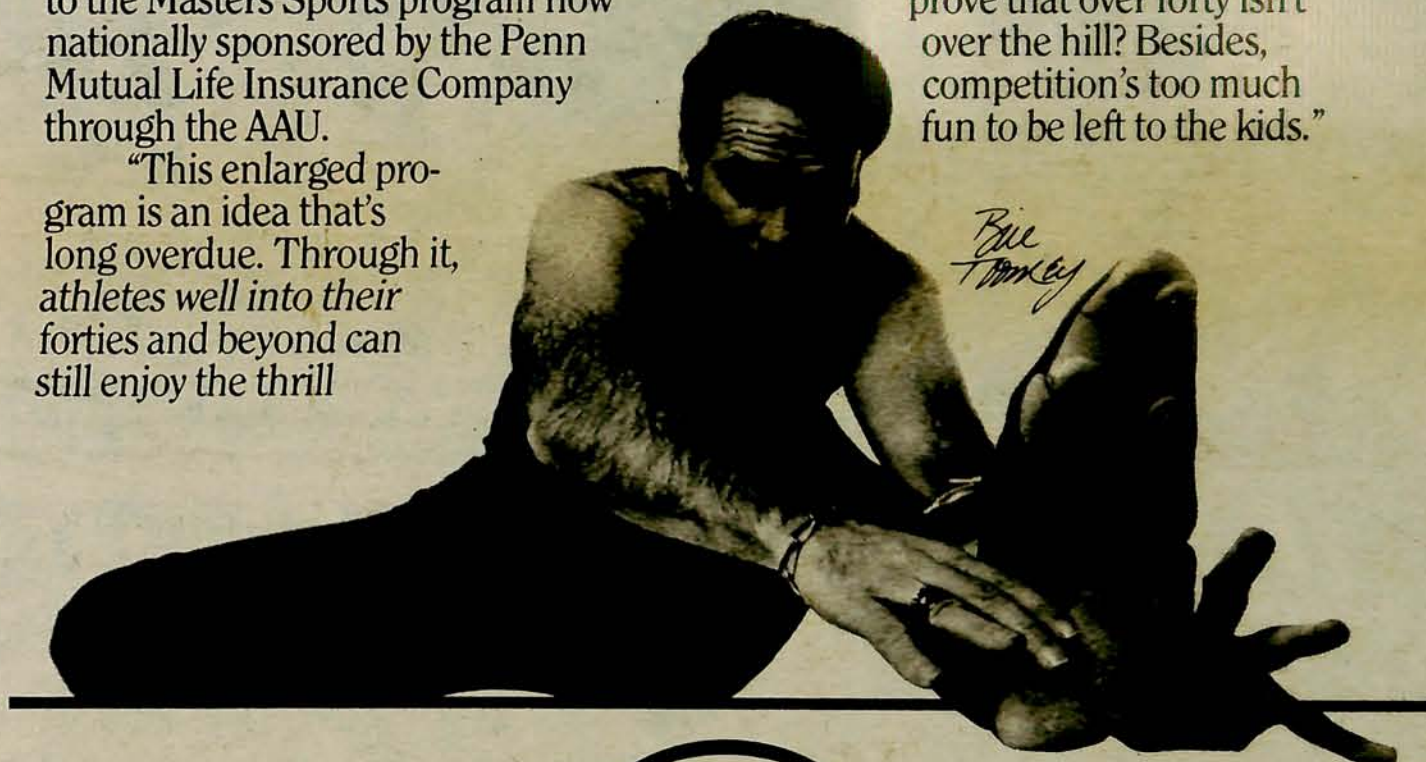
“Now that's all changed. I may be Bill Toomey, forty-one year-old, but I'm a competitor once more. Thanks to the Masters Sports program now nationally sponsored by the Penn Mutual Life Insurance Company through the AAU.

“This enlarged program is an idea that's long overdue. Through it, athletes well into their forties and beyond can still enjoy the thrill

of competing. For those 25 and over, there are programs in swimming, diving, water polo, and synchronized swimming. For the over 30, there's track and field. For 40 and beyond, long-distance running. And these programs are just the beginning.

“If you're an athlete who misses the joy of competition, or even if you've never competed formally before, the AAU-Penn Mutual Masters Sports Program has a place for you. It's as easy as getting in touch with your nearest Penn Mutual General Agency office. They'll give you all the facts you want and sign you up.

“Why not join me in helping prove that over forty isn't over the hill? Besides, competition's too much fun to be left to the kids.”



Why some people feel more secure than others.

Penn Mutual Life Insurance Company, 530 Walnut Street, Philadelphia, PA 19106



THE LESS WE SEE OF THEM, THE BETTER.

These are not the kind of people you want hanging around the office.

And we've done our best to keep them brushing their teeth in airport washrooms. For one simple reason. In their own bizarre way, they have the ability to work with athletes.

Take Nelson Farris, on the right. One minute, he's leading three world class runners through the Ramada Inn in Fresno, singing breakfast cereal commercials at the top of their lungs. The next, he's getting their feedback on a prototype racing flat. So it can be right when it hits the market.

From day one, he's been on the road. Holding clinics anywhere there was a high school. Attending meets so small even the parents wouldn't show.

And if there's a race for women in this country, odds are Pam Magee will be there. From the outset, she wanted women to have

more races, longer races, the same chance to travel and compete as men. So she set up the first promotional program in the business to see that they did.

Geoff Hollister is the same kind of raving idealist. He not only works with athletes, he helped give them the first corporate-sponsored marathon — the Nike/OTC. Now he's working with the Long Distance Race Directors Association to see that prize money is sensibly introduced into the sport.

Farris, Magee and Hollister are loose cannons. Keep them behind a desk too long and they'll short circuit.

As our representatives to the running community, they never once pretended to care about the athlete.

They never had to.



Beaverton, Oregon