



## Minutes of General Assembly Meeting at 4th World Games

by ROLAND JERNERYD, Secretary, WAVA

CHRISTCHURCH, New Zealand, January 6—Present at the meeting in the Town Hall were 11 members of the WAVA executive council, 57 delegates, representing 27 national veteran bodies, and 41 observers.

President Don Farquharson expressed satisfaction at the development of the veteran movement. He stressed the continued need for a WAVA newsletter, currently 4 issues a year for \$7.

### Action taken:

1. A budget must be submitted by the Treasurer and approved by mail vote of the Executive Committee.
2. The Treasurer must submit an annual report.
3. All checks of WAVA must be signed by the Treasurer and countersigned by the President.
4. Expenditures over \$500 must receive approval of the Executive Committee.
5. All contracts must be approved by the Committee.
6. Term of officers. Changed from a maximum of two terms (4 years) to "a member of the Council may not occupy the same post longer than 10 years = five consecutive terms."
7. Two vice-presidents will be elected: 1) Track and field. 2) Long distance running and road walk.
8. A motion that the year of birth, rather than the present date of birth, determine age classification was defeated, 44-22.
9. Field events, weights and heights shall be detailed by the Technical Committee, and Records will be handled by the Records Committee.
10. The Executive Committee will look into merging WAVA with IGAL.
11. Sylvester Stein's proposal to nullify South Africa's WAVA affiliation was ruled out of order, since it would require a change in the Constitution. (All amendments to the Constitution must be submitted in writing 90 days before the general assembly meets.)
12. The Executive Committee was given the right to set performance standards in the future if necessary.

13. Relays were eliminated from the 1983 World Games by a vote of 36-22.

14. A proposal to eliminate team events in road running, walk and cross country was defeated, 36-22.

15. The chairman announced these regional delegates for the 1981-83 period: North America: Bob Fine; South America: Miguel de la Calle; Asia: Hideo Okada; Europe: Cesare Beccalli; Oceania: Clem Green; Africa: Danie Burger. Women's delegate: Jean O'Neill.

16. Don Farquharson was unanimously elected President of WAVA the next two years.

Hans Axmann defeated Danie Burger, 54-16, in the vote for Vice-President of Track and Field. Jacques Serruys was unanimously elected Vice-President for Long Distance Running, Road Walk and Cross Country. Owen Flaherty was unanimously elected Secretary. Harm Hendriks was unanimously elected Treasurer.

17. Puerto Rico was chosen to host the 1983 World Games in late September, receiving 41 votes to 31 for Athens and 4 for Zagreb, Yugoslavia.

18. In Puerto Rico, the General Assembly shall choose the host for both the 1985 and 1987 World Games.

19. The next meeting of the General Assembly will be held in Puerto Rico in 1983. □

### TREASURER'S REPORT

from Harm Hendriks, Treas.

From start of WAVA in 1978 through December 31, 1980

#### REVENUE:

Entry fees from Hannover World Games (3000 entries @ \$5.00)	\$15000.00
Interest	13.27
Membership fees from national bodies	470.74
<b>TOTAL REVENUE</b>	<b>\$15484.01</b>

#### EXPENSES:

Council 178 & '79	\$ 2147.56
Postage & phone	179.84
Technical Comm.	25.00
Statistics	36.75
Hannover Presents	256.00
Miscellaneous	22.10
Travel, phone, etc:	
Treasurer '79	394.15
President	1826.62
Secretary	922.26
Sec/Co-opted off.	3413.17
Women's delegate	360.12
Meeting of officers in Frankfurt	965.16
Judges - Rothwell	164.20
Travel to Helsinki and Glasgow by Secretary	1087.70
Travel to Greece by Treasurer	160.81
Newsletter #1	630.54
Newsletter #2	660.10
<b>TOTAL EXPENSES:</b>	<b>\$13252.08</b>

EXCESS OF REVENUE OVER EXPENSES .. \$ 2231.93

## 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.

## 18 New Marks in Lincoln

by HARRY CROCKETT

LINCOLN, Nebraska, March 8—Nine records were broken and 9 others were newly set at the Lincoln Track Club Indoor Championships today at Knight Fieldhouse, Nebraska Wesleyan University.

Rex Harvey, running the 42-inch hurdles and throwing the 16-pound shot, posted a national class 30-39 Pentathlon score of 3503 points, raising Ron Haubold's meet record by 401 points. Harvey's 1:20.5 in the 600-yard-run lowered Jerry Nott's meet record by over two seconds.

J.C. Brown high jumped 5'8" to come within 2 inches of his world 50-54 mark. The leap shattered Jerry Reichart's meet record by over a foot.

Brown also broke his own long jump standard with a leap of 17' 4 3/4".

Forrest Doling raised the 50+ Pentathlon mark 221 points to 1888. Frank Brown set a 40-49 Pentathlon record of 1966. Tim Stanosheck lowered his 30-39 two-mile mark to 10:09.6, while Bob Elwood cut his 40-49 standard to 10:28.9.

Marg Sutter set new W30-39 meet records in the 60 yard and 300-yard events.

The meet drew entrants from California, Colorado, Iowa, Kansas, Missouri and Nebraska. Athletes praised the smooth way the LTC meets are run, for which credit goes to our hard-working volunteers. □

Results in back pages.

## O'Neil Sets Half-Marathon Mark

SAN DIEGO, March 7—Jim O'Neil added another U.S. age 55-59 road mark to his impressive collection today, running a 1:15:04 in the Natural Light half-marathon on Fiesta Island.

The time broke Ed Almeida's record of 1:15:26 set in 1977.

Gary Sampson took 40-49 honors in 1:15:26. Patty Pastore was 1st 40+ woman in 1:30:59. Close-up was Anne Johnson, who took the 50+ title in 1:31:44, ahead of Mary Storey's 1:37:38.

Results in back pages. □

## Race Walking

by GORDON WALLACE

I just returned from the South Pacific and noticed the M70 20-kilometer road walk results were missing from NMN. They are: 1) Gordon Wallace (USA) 2:08:43; 2) G. Knott (AUS) 2:12:34; 3) C. Unruh (USA) 2:14:56; 4) J. Hanna (USA) 2:16:19; 5) F. Scully (AUS) 2:18:12; 6) T. Kelly (AUS) 2:33:49.

This means that G. Wallace and C. Unruh should be added to the list of medal winners in the February NMN box score.

As for the M70 5000 walk, G. Knott is from Australia, not the USA. Wallace's winning time was 30:05.65.

not 30:11:17.

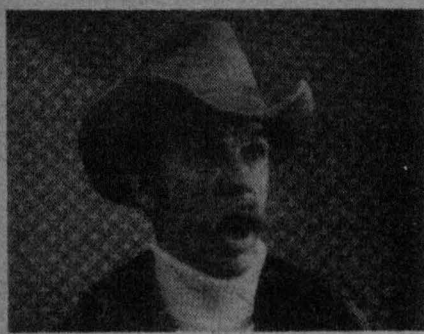
The team medals won by American race walkers in Christchurch is the best showing ever in world level competition. The M70 USA team of Wallace, Unruh and Hanna won gold medals in the 20K walk. This is particularly noteworthy, because not only was this the only division the Australians did not win as a team in the 20K walk, but because these are the first gold medals ever won by an American race walking team in world veterans competition.

The American team of D. Johnson, B. Granby, and P. Carey won silver medals in the M60 20K walk; and Ranney, Kelly and Mimm all won silver or bronze medals. □



Bill Knocke, left, clocks 11.65 in 100 meters for victory in Sacramento Relays 40-44 division. Others, from left, Don Toombs, 3rd in 11.99; Gil LaTorre, 2nd, 11.88; and Mike De Stefano, 4th, 12.22.

Photo by Bob Roemer



## On Approaching Every Problem With An Open Mouth

by W. MacDonald Miller

### A Birthday Boy

He was a bit ahead of his time but this is ridiculous! Yesterday, I received a puce colored invitation (mauve trim) to Higdon's 50th birthday party in June. Actually it sounds like a relevant encounter? And of course, what a year in store for Hal. Dead aim on all those 50 year old records and a classic confrontation: Dr. Ego, (as his fans in Minnesota call him) against Price Hal, who still got off the best running one-liner I ever heard, in Toronto a hundred years ago. The bony kid announced to his many admirers (maybe I should call them acquaintances for the sake of accuracy) "the only thing wrong with that race was I ran in it, and couldn't watch myself". Kinda gets you right there doesn't it?

Seriously, things are shaping up as yet another in-depth interface off. Famous west coast singer, Handsome Jim O'Neil, is booked at the International House of Pancakes, (off Interstate 94) where he'll be singing his hit song, "Jeremiah Was A Bull Frog." There'll be a clinic in the Methodist Church basement where

Pete Mundle will present "The Ribald Life in Venice, California and the 50 Year Old." Same old scum-smut-dope talk updated with info on roller skating, women with purple hair, leg warmers, whips & pulleys plus the long term effects on the anatomy of too much time in the sauna. Far out man!

West Coast activist Harpo Sturak, has been invited to light the candles on the cake. This might be his last chance. At one time Tom had long blond hair and while trying to light candles on a cake, the entire affair went up in flames only to be replaced by what you see now. Who knows what could happen the next time around? Tom will also talk about the 97 new Nike shoe styles being introduced that week. Sturak is so together now, he recently became a father, got a big promotion with Nike and moved to Oregon. For those of us who remember when he had both feet planted firmly in mid air, it does take some adjusting. He's now into corporate lingo, talking about "Bottom Line" and saying things like "Run this past legal, will you Brad?" Guess I'm bitter, what I remember

about my corporate days was not being able to do anything. I needed two people to "Sign off" before I could go to the bathroom.

Anyway, mark your calendars accordingly, it's the weekend of June 20-21. VERY, VERY Big Michigan City doings on Saturday and a 15K Handicap race on Sunday. Just in case you didn't know, Michigan City is probably the birthplace of Handicap Running. The winner of this year's "All Diseases Not Covered In Their Own Race" run, probably put it best, "You Can Have the Big Apple, We Don't Need Eugene Or Boulder Or Boston Or City of Industry for that matter, when it comes to running with a Handicap there's no place like Michigan City, Indiana.

From time to time I've related incidents involving The Man on the run from dogs, etc. I've received countless letters from readers sharing experiences and anecdotes with Hal. From Hayfield, Minnesota, "One thing about Hal, he's a black and white gut - you either hate him or you detest him." From Road Apples, Delaware, "Hal spent a weekend with our family last year and he's actually one of the most well rounded people we've ever met, he bored us to death on ten different subjects." From his home town of Michigan City, "Something that probably a lot of people don't know is Hal and Rose have had as beautiful an affair as our town has ever known, and fortunately, some of it has been with each other." The Runner-Author is truly on a roll for this one. Runor has it he's completely turned his life around

for the next 50. Instead of being overbearing and obnoxious he's going to be obnoxious and overbearing. People from all parts of Lake County, Indiana have almost committed. The windbagging speeches will be enough make Tallyrand shudder. Everyone telling the same old lies but no prob - nobody will be listening anyway. Tai and Randy (pulled groin) will be there for a birthday skate. Resident blabber mouths Dick King (who is handling the whole Greyhound Bus tour of the South Works) and Ron Daws, who to use the old S.I. Hayakawa line, "will speak his mind, he has nothing to lose," will be there. Ron (if there is a hell after death, a 20K Walk will be involved) Laird will spearhead that whole group of weirdos. Peter Funn (son of Ron) of Dogpatch, Michigan with a first in the travel business, an offer that combines going to Junior College and a weekend running trip to Pico Rivera, California has signed on. Menu and dress are shaping up as a fun thing. Everything will be very Jordache Jeans, very Sci-Fi, very upbeat, very trendy, very Wendell? There will be marvelous explorations in Quiche, Perrier, Fresca, A & W Sugar Free, etc. Take it from someone who probably won't be able to miss it, Be There!

There'll never be another Hig. If there was, I'd enjoy two twice as much. So have a good one my charming boy, and remember the words of famous Wheaton, Illinois Horse Breeder - Lay Leader, Bob Oury, "Do your thing, cause your thing isn't getting any younger either." And give us another 50, Kid, just for the hell of it. □

### NATIONAL ATHLETICS CONGRESS-PENN MUTUAL MASTERS DECATHLON CHAMPIONSHIPS

Northside Stadium  
7001 Culebra Rd. at Interstate 410  
San Antonio, Texas

June 6th & 7th, 1981

#### ENTRY BLANK AND RELEASE FORM

ENTRIES MUST BE IN OUR HANDS NOT LATER THAN JUNE 1st, 1981

(please Print)

Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Address \_\_\_\_\_ Phone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

In consideration of this entry being accepted I hereby for myself and administrators waive and release any and all claims I may have against Northside School Dist., the organizers of the meet, their representatives, and the Athletics Congress for any and all injuries suffered by me at the above mentioned meet. I also certify that I have no physical defects that would prevent me from competing in this Decathlon meet.

Signature in full of athlete \_\_\_\_\_

Entr. fee: \$10.00 Athletics Congress # \_\_\_\_\_

Make checks payable to: San Antonio Track Club

Mail checks to: Steve Smith AC 512-822-7964  
Meet Director  
126 Brightwood  
San Antonio, Texas 78209

Friday Night Banquet: Will attend \_\_\_\_\_  
won't attend \_\_\_\_\_

Dinner at Banquet: Yes \_\_\_\_\_ No \_\_\_\_\_

Sunday Evening Video: Will attend \_\_\_\_\_  
won't attend \_\_\_\_\_

## Kaempf Runs 2:35 Marathon

from WALT SCHAFER

CHICO, California, March 7—Ulrich Kaempf, just turned 50, unleashed one of the best-ever over-age-50 marathons with a stunning 2:34:59 in the 5th Annual Bidwell Classic, Pacific Association Marathon Championships today.

Doug Latimer produced a 2:35:12 to win the 40-44 bracket.

Paul Reese ran 3:11:32 as best 60 and over.

Martha Smith, a javelin thrower on the 1936 U.S. Olympic team, ran a good 3:28:06 to win the women's 60+ division in the half-marathon race.

Bill Jenny topped Kent Guthrie, 1:12:58 to 1:13:24 in the 40-44 half-marathon. Heidi Skaden-Poyser captured female 40-44 honors in 1:27:17. Ruth Anderson won the women's 50-59 marathon in 3:16:46, and Joan Ullyot led the 40-49 group in 2:58:53. 1925 toed the starting lines in the two races.

Results in back pages. □

## Laris, Kaempf Set 10K Marks

SAN JOSE, California, March 22—Former Olympian Tom Laris, 40, set a new U.S. masters record for 10-kilometers today, clocking 31:03 in the San Jose Mercury News 10K to break his own existing time of 31:31 set last October 19.

Ulrich Kaempf shattered the U.S. men's 50-54 10k mark in 33:21, bettering the 33:51 of New Jersey's Joe Burns in 1975.

(Both marks are pending, subject to official approval by the National Running Data Center.)

Laris finished 23rd in the field of 1008, as Duncan MacDonald won in 29:11. Sal Vasquez was 2nd master in a good 32:32. Tim Rostege was 4th master behind Kaempf in 33:33. Jerry Lewis was 5th in 34:02.

Gwen Whittier took female masters honors in 43:54. □



These By-Laws were composed based on the experience of four world championships plus a great deal of study and input from the athletes and officials. The Executive Committee tried to accommodate as many competitors as possible in composing these rules. It is hoped that these rules will be followed in national and local competition. These rules are required to be followed in all international meets.

The following is an explanation for the reason for some of the rules.

#3. At the present time, performance standards to compete or to receive an award have been rejected. However, there has been considerable sentiment for imposing standards to receive an award when there are three or less competitors in an event. The reason for this is that many competitors are competing in events where there is little or no competition just for an award. This is particularly true in the older divisions. For example, one 70+ competitor was upset because he would be unable, due to scheduling, to compete in both the marathon and the weight event. Performance standards in order to compete would only be imposed if the number of entrants becomes too large to handle. 2,400 competed in New Zealand. 5,000 are expected in Puerto Rico.

#4. The Executive Committee (EC) felt that all finals should be run on the main track. With the substantial number of entrants in divisions M40, M45 and M50, a large number of trial heats will be needed in the short distances. These may be held on secondary tracks. In the 5K & 10K runs a compromise was reached in which seeded runners in two sections (about 40 in all) would compete on the main track, with unseeded runners on secondary tracks. There has been difficulty in getting entrants to list their proper times and in many cases they don't list their times at all. Because of this, certification by the national bodies for the 5K and 10K seeded runners will be required.

As an experiment, there will be no relays in Puerto Rico. The reason being that the host countries usually dominate by sheer numbers and the smaller countries just don't have enough competitors to comprise a team.

#5. There has been some modification in the hurdles relative to the distances to be run between them. The distances selected were based on the opinions expressed by the majority of the athletes. There was concern regarding the 70+ athletes negotiating the hurdles. It was for that reason the distance was reduced to 80 meters. One of the 70+ athletes fell and was injured during a hurdle race. In determining the distance to be run between the hurdles the EC tried to keep a distance that would permit three steps between each hurdle.

It is strongly recommended that these rules be studied by the competitors. They will be in effect in Puerto Rico and for the North American Championships and the Pan-American Championships. They can be modified at the next EC meeting in Puerto Rico.



#### WAVA BY-LAWS

##### 1. AFFILIATION OF NATIONAL GROUPS

The Executive Committee shall determine the affiliation of national groups.

##### 2. DUES

Dues shall be established by the General Assembly. Until otherwise modified, the dues for each national body shall be \$10 (equivalent of ten dollars US currency) plus \$1.00 for each 100 members, with a maximum of \$35.00.

##### 3. EVENTS

All men and women of prescribed age shall be eligible for all events without restrictions or performance standards required in order to receive an award. Three awards, at the minimum, shall be given in each event when there are three or more starting.

##### 4. OPERATION OF THE MEET

a. All final events except the 20K walk, marathon, cross-country are to be held in the main stadium. Trial heats may be held in locations other than the main stadium.

b. In the 5K and 10K runs for M40, M45 and M50 two seeded sections based on a verified time performance, with the required time to be determined by the Executive Committee, will be run on the main track. Unseeded sections in these events may be run on secondary tracks. The Executive Committee shall determine the procedure for verification of the times. The Executive Committee shall advise the Meet Director at least one year prior to the start of the meet.

c. Seeded final sections based on best times recorded within two years prior to the meet shall be run in the steeplechase.

d. Seeded trial heats, based on best times recorded at a date determined by the Executive Committee prior to the meet, in which the top seeds shall be distributed as evenly as possible and in which competitors from the same country shall be distributed as evenly as possible, shall be used in the 100, 200, 400, 800, 1500, high hurdles and 400 meter hurdles.

e. Competitors of different age groups and both sexes may run in the same section, for scheduling purposes, at the discretion of the Meet Director, with separate scoring and prizes for each grouping.

f. Relay teams may be declared any time twenty four hours prior to the start of the event.

g. A competitor must compete throughout any particular meet for the

# World Assoc. of Veteran Athletes By-Laws

by Bob Fine  
North American  
Representative to WAVA

country of residence or the country of which he holds a passport.

h. Team scoring in distance races shall consist of the first three in each age group using absolute position in each age group without displacement. A country can only have one team in each division.

i. In both the relays and distance team events, an athlete may compete as a team member in a lower age division but score as an individual in his or her actual age division, except where individual age sections are run separately. In that instance the individual would have to score both for the team and as an individual in the age group race competed in. If an athlete will be scoring for a team in a younger age division said intention must be declared prior to the race. An athlete can only score in one age division.

j. The President shall appoint three representatives of WAVA, not from the host country or host committee, to sit on the Rules Committee of the sponsoring organization relative to any protests or interpretations of the rules. The Rules Committee shall consist of no more than six members, with the additional members, over three, appointed by the sponsoring organization. In the event of a tie vote the President of WAVA shall break the tie.

l. Any modifications in the Rules shall be submitted to WAVA prior to the meet for approval. In all instances WAVA shall be the party to determine what rules to apply.

m. No changes in the schedule are permitted after the program is printed.

n. Competitors must report no later than one hour before the scheduled time of the start. The Clerk of the Course may change the composition of the heats depending on the number of entrants.

o. Lane assignments for subsequent rounds in bend races shall be as follows: Fastest lane 4; 2nd fastest 5; 3rd fastest 3; 4th fastest 6; 5th fastest 2; 6th fastest 7; 7th fastest 1; 8th fastest 8.

##### 5. HEIGHTS & STANDARDS In Metric Units

See chart on page 25.

##### 6. SAFETY JUDGE

The Meet Director must appoint a Safety Judge with the authority to withdraw an athlete from the course of competition, if in the Judge's opinion the continuation of the competition would endanger the competitor's health.

##### 7. ENTRY FEE & RESULTS

The entry fee shall be the same for each event. The athletes are to be given an option to purchase the results on the entry form.

##### 8. DISCIPLINE

a. Any competitor lying about his or her age is to be banned two years from the date of discovery of the fraud or two years from the date that any illegal prizes are returned, whichever is longer. A competitor lying about his or her age for a second time will be permanently banned from competition.

b. The Executive Committee will appoint a discipline committee to recommend actions on specific cases for unsportsmanlike conduct.

##### 9. AWARDED CHAMPIONSHIP EVENTS

a. All championship events are to be conducted under the WAVA constitution and technical rules.

b. WAVA shall be the sole determining authority relative to all matters regarding the operation of the meet. The Meet Directors shall have the right to solicit local sponsors with appropriate recognition given to them.

c. The sponsors of the meet will provide for the expenses of at least one representative of WAVA, as designated by the President, to report on and to assist in the preparation of the meet approximately one year before the meet is scheduled to start.

##### 10. FINANCES

###### a. Budget

A proposed budget must be submitted by the Treasurer to the Executive Committee within sixty days after taking office. Said budget must be approved by mail vote of the Executive Committee within thirty days after receipt of same. If any Executive Committee member does not respond in writing to the proposed budget, said member will be considered as approving of same.

###### b. Reports

A yearly report must be submitted by the Treasurer.

###### c. Checks

All checks of WAVA must be signed by the Treasurer and countersigned by the President or any Vice-President so designated in writing by the President.

###### d. Expenditures

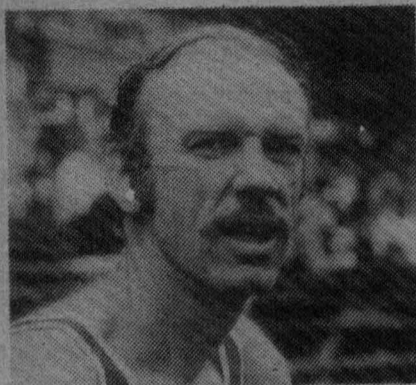
1. Postage, clerical and telephone expenses up to \$500 (United States currency) may be incurred by the Treasurer without prior approval of the Executive Committee.

2. Emergency expenditures of up to \$200 may be incurred by the Treasurer without prior approval of the Executive Committee.

3. All other expenditures must receive approval of the Executive Committee.

###### Contracts

All contracts must be approved by the Executive Committee and signed by the Treasurer and the President.



## On Approaching Every Problem With An Open Mouth

by Wendell Miller

I guess I must admit, life has been very good to me. I'm relaxing in front of a warm fire, wall-to-wall mortgage as far as the eye can see and I'm doing the little things a person does to start each new year; the enjoyment and pride that accompanies counting up last year's profits - 98, 99, a dollar. Repeating the little sales tips that a person must always be reminded of as each new year begins - "the large print giveth and the small print taketh away." You re-ignite those sales approaches that have proven successful in the past. "You'll notice Mr. Mundle, that at no time during my entire presentation will my fingers ever

leave my hands." And of course you re-read your fan mail.

The cards and letters pour in. They say I'm a pundit, a dilettante. I went immediately to the dictionary. I'm reminded of my first trip to the dictionary. I was a boy. I had a girl friend. My friends kidded me about her being ugly. My response was one person says ugly, another person says beautiful, what exactly do you mean? We went to the dictionary that day in my youth and looked up the word ugly. So help me god - there was her picture. Anyway, a pundit is a know-it-all. So you're telling me, Higdon hasn't done pretty well as one of those? A dilettante

is a person who fools around. You think then, that O'Neil isn't having one hell of a time as one of these? Come on folks, give me a break, I'm dealing with overall order in the universe.

Speaking of dealing with things, wasn't this year's Rose Bowl parade the most fantastic show you ever saw? "Seventy-Six trombones walked through horse manure, etc." It made me proud to have been born in California. If only Ty and Randy could have been there.

Take one, for a heart warming running story. The date is December 7, 1980, the place is Honolulu and the event, the Honolulu Marathon. December 7th, the anniversary of the day the Japs won their way into the hearts of so many John Wayne fans. Remember Art Buchwald's story about how lucky we are to have beaten the Japs in the war? Had they won, those tricky little devils would probably have forced us to drive their cars, buy their TV sets, radios, and computers. Isn't that reason enough to be thankful?

Anyway, back to the Honolulu Marathon and incidentally, if I was really the cynic my wife's mother thinks I am, I couldn't admit how I feel about their Marathon. Everything you ever heard, is true. You can do away with all the race directors meetings, seminars, and clinics. Just do a carbon copy of the Honolulu affair and you'll have it. We all toed the starting line: Father, Mother, two kids and a friend. Only

lacking the mortgage, weeds and dogs from presenting what Zorba the Greek called "a total catastrophe." Off we went, with never in our wildest dreams any thoughts of what would conclude. Friend Bob Oury (a Wheaton, Illinois lay preacher) and I were flying. Ears pinned back, shoe glue burning under our soles, we punished all runners who dared come near us. We encouraged and challenged one another. After all Hig was on the sidelines with lockjaw, having led a tour group from Dogwood, Michigan through the Pacific jungles for the prior week. We had a real shot at finishing near the top of the pack. Alas, my friend started our finish kick at the 26 mile mark and just as I had tried to tell him, it was too soon. We fell about 285 yards short and were forced to walk it in. As we walked those final few steps, holding hands, I thought back to the words of that legendary football coach: old shy, white haired - Coach Shywhitehair, "Fellas, everybody knows that a triple threat halfback and a slashing, reckless, pull-out guard, go hand-in-hand. But not down at the campus library. It gives the student body a feeling of insecurity. We couldn't hold eights and finished in 3:32. Mother and daughter spun a 5:40:12 for their first marathon finish. Both started bawling at the finish line, pretty soon I was bawling too and Ohmygosh, if it wasn't what running has to be all about - fun!

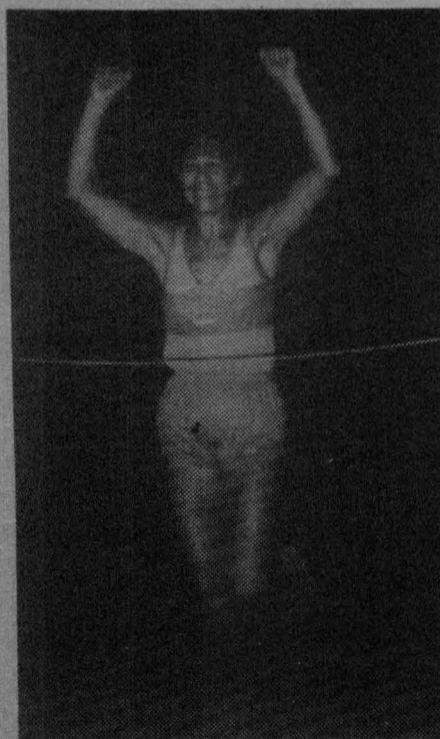
## Hoover Wins 50-Miler

by Richard Slotkin

SANTA MONICA, CA. December 21st. Despite the fact that this race is open, the Striders 50-mile track run usually turns out to be a masters event.

This year, just about all the entrants were over 30.

With the smallest field I've seen in



Melda Dean, 51, sets new record of 8:11:38 in 50-miler, December 20.

photo by Richard Slotkin

the four years I've observed the race--only 18 starters and 10 finishers--there were still some top quality.

Frank Bozanich and Jim Pearson, both former winners and both former national champions in ultra marathons, were the favorites. Bennett Lundkvist was another one to watch, having been under 6 hours on two occasions. And last year's over-50 women's record-holder, Melda Dean, was back to give it another try, still recovering from a fine effort in the Western States 100 miler.

Bozanich said he wasn't going to follow his usual routine of blowing out fast and hard from the opening gun and trying to hang on from there.

Mike Sayward opened up a big lead, lapping the field twice in the first hour. His strategy was obvious: build up a lead and hope to hang on to Bozanich if he started to surge. Following these two were Charles Hoover, last year's runner-up, Lundkvist, Pearson, and two 45-year-olds, Vogle and Andre Tocco.

Only two women entered, Dean and Bea Findlay, with Dean steadily building a lead over Findlay, who dropped out at 19 miles.

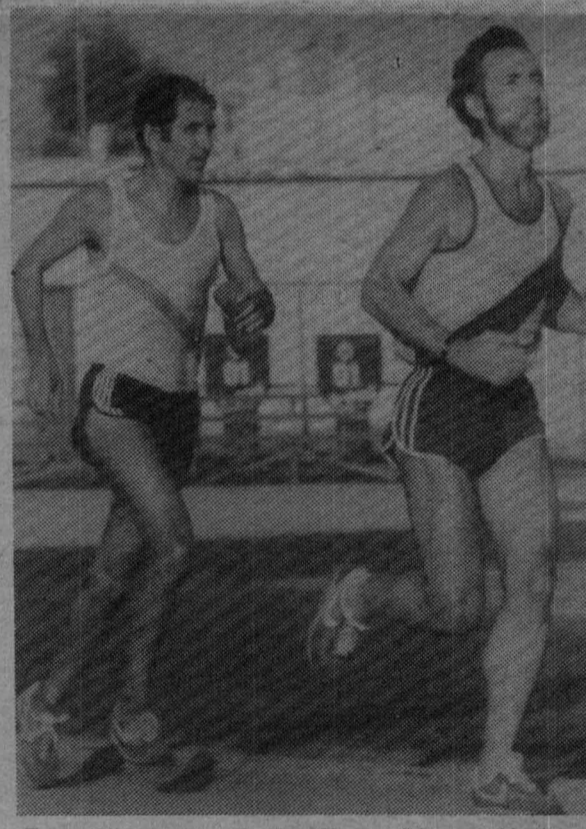
Sayward's early pace forced him out at about 20 miles. Bozanich took over until the 33 mile point when he, too, declined the issue. "I just got tired," was his explanation. Six hours sleep each night and full time at the police academy in Washington were too much for him, he said.

So now it was Hoover, Pearson, Lundkvist, Tocco and Vogle. Pearson dropped at 38 miles, saying "I can't take the pain." Can't take the pain? Why he was only national champion in 1975 and won this thing last year. It just wasn't

photos by Richard Slotkin



Top Los Angeles 50+ runner, Conrad Eroen, takes 5th in Striders 50-mile race in 6:20:49.



Two 45-year-olds, Andre Tocco (L) and Vogle, battle in 50-mile run. Tocco placed 3rd overall in 6:09:09. Vogle was 4th in 6:16:04.

his day, that's all. Good sport that he is, Pearson stayed till the end and held the tape for the finishers.

Hoover went on to win in 5:35:23, followed by Lundkvist, Tocco, Vogle, and Con Eroen and Dan Sheeran. Dean's time of 8:11:38 is a new U.S. mark for women over 45.

This may be the last time we'll see this race in Santa Monica. Race director, Tom Sturak, is moving to

Oregon with his new promotion at Nike.

Congratulations, Tom! And he'll probably take the race with him. I, for one, will be sorry to see it go. But without Sturak, there would probably not be a Striders 50. Tom has done a great job with very little help for the eight years that this race has been run, and we hope he continues it up in rainy Oregon.

Results on page 25.