

# National Masters Newsletter

Al Sheahen  
6200 Hazeltine Ave.  
Van Nuys, Calif. 91401

8th Issue

Spring 1979

\$3 per year

Published Quarterly

*'We can now run our own show'*

## Occidental Life sponsoring Masters program; barriers against 'professionals' come down

*Following is the report to the National AAU Masters Track & Field Committee and Masters on the AAU Convention held Dec., 1978, from Robert G. Fine, National Chairman.*

The big news is that we now have a national sponsor for our program. We are the only committee that solicited and negotiated an agreement with a sponsor within the A.A.U. All other sponsors were obtained via the National AAU office.

The sponsorship agreement calls for expenditures of up to \$35,000 per year. Money will not be spent just for the sake of spending it. The basic plan is that appropriations will be made through budgetary requests from the Regional Councils; from the meet directors of the various Regional and National Championships; and for specific programs such as the National Newsletter, Postal Relays and National Directory.

Occidental Life as part of their contribution will also provide commemorative awards for Regional and National Championships. OL does not object to other companies co-sponsoring races but has the right of approval. It is specified that no other insurance company will be a sponsor. It is thus important that all members of the National Committee submit requests to John Bevalacqua, 1001 Wade Ave., Raleigh, North Carolina, 27605. All National and Regional meet directors will now be required to submit a statement as to all income and expenses after the meet. The entry fees can be no more than \$3.00 per event since financial assistance will be given to guarantee no losses on the meets for the meet promoters. Expenses for rental costs and officials are the type of costs that we have in mind. Regional and National medals and National patches will be obtained on a contingent basis, payable after

the meet, from Bob Fine, with Bob taking back those awards not used. Money will also be available for clerical expenses and "seed" money to get local programs started. OL, through their affiliate, Financial Fitness, is offering reduced-priced life insurance for those in a fitness program. Please do not hesitate to contribute your ideas as to how to best utilize the funds.

### SUB-MASTERS

The Open Track and Field Committee was most cooperative regarding the sub-masters in that they approved an amendment to the Track and Field Rule 12.1 in adding under (b) "Sub-Masters Track and Field Championships 1. Age Groups 30-34 and 35-39 years."

This means that there can now be official championship status for sub-masters. They remain under the jurisdiction of the Open Committee. *Thus, for all Association, Regional and National Championships it will be necessary for the meet directors to obtain sanctions from the Association Open T & F Chairman in which the meet is being held.* This only applies to Track and Field. The Long Distance Running Committee did not have any request before it and since there is a separate Masters LDR Committee it was felt that this was a matter in their jurisdiction. Any sub-master who wants to obtain championship status should thus contact Ken Bernard, P.O. Box 80512, San Diego, Cal. 92138 (the Masters LDR Chairman) and/or Bob Campbell, 39 Linnet St., West Roxbury, Mass. 02132.

### I.A.A.F.

At the International Federation's meeting in Puerto Rico Rule 53 (regarding professionalism) was amended to read, "This does

not apply to any athletic meeting which is restricted to the Veteran age groups (40 years and over for men and 35 years and over for women)".

It was specifically noted in the discussion of this proposal that: "The Council makes this proposal for two reasons: 1) To allow athletes ineligible for Amateur Athletics to take part in Veteran meetings, 2) To ensure that any amateur athlete of the Veteran age group may compete with ineligible Veteran athletes and still retain the right to compete in open amateur athletics."

In effect, the IAAF is not claiming jurisdiction over the Masters (Veterans) and all men over 40 and women over 35 would be eligible to compete. The World Veterans Athletic Association will thus become the directing group for Veterans. The WVAA Constitution requires that all Veterans be permitted to compete. This is what we have been seeking for many years. We thus can now run our own show.

### TRAVEL PERMITS

A dispute has arisen between Masters LDR and Masters T&F regarding travel permits. LDR has jurisdiction over the marathon and cross-country events at the World Championships in Hannover. LDR is ruling that travel permits are still required. T&F has taken the position that such permits are not required in view of the IAAF ruling but that a competitor must be certified by the T&F Committee as to his citizenship in order to compete on an American relay team or to count in the team score in race walking. Such certification will be done at the time of the meet based on one's passport. T&F argues that one does not have to be a member of the AAU in order to compete in Hannover. Since a travel permit is only issued to AAU members such a require-

ment would be in violation of the WVAA Constitution. For those of you who may be competing in the marathon or cross-country races we suggest that you obtain a travel permit if you wish to be counted in the team scoring.

### MERGER

Although 60 per cent of those responding to the poll indicated that they wanted merger, plus the fact the LDR would be able to directly share in the sponsorship funds, the LDR Committee voted by 13 to 9 not to merge. T&F recognizes that there are more participants in LDR than T&F and thus, LDR would be in a position to dominate the overall program. T&F had no fears about this and voted to merge. Since we have done everything we could in the past two years to merge and since the leadership of Masters LDR has rejected merger we now feel that it is up to the individual competitor to let their feelings be known to the leadership of Masters LDR.

### NAME CHANGE TO VETERANS

The poll that was taken was 2/3 to keep the name Masters and 1/3 to change the name to Veterans. The committee voted to keep the name Masters.

### SITE SELECTION & NATIONAL RECORDS

The schedule of National Championships and national records set in 1978 appear in this issue of the newsletter.

### AWARDS

George Ker received the Masters Athlete of the Year Award in Track and Field; John Allen received it for Race Walking and Pete Mundle received the

*continued*



# Occidental Life sponsoring Masters program

*continued*

Masters Administrator's Award. A Special Masters Award was presented to Norman Bright. Jack Greenwood has accepted the position as chairman of the Awards Committee. We hope to expand the awards in 1979 to include the Woman Athlete of the Year. We are also planning to give All-American Masters Awards to the top five ranked in each five-year age group for each event.

## RANKINGS

Geza Feld, 33 Center Drive, Syosset, N.Y. 11791, is now in charge of compiling the National Rankings. All monies that had been sent for the 1977 rankings will be returned. Geza is composing rankings for 1978. This is one program we may seek to have under OL sponsorship. All meet directors are requested to send to Geza the results of all of their meets. All clubs are requested to send to Geza copies of their newsletters. Geza's rankings can be used for determining All-American status.

## POSTAL RELAYS

The results of the postal relays are included in this newsletter. Many teams that would have placed did not enter. John MacLachlan, Horseshoe Bay, Box 7770, Marble Falls, Texas 78654 is in charge of the compilations. This program may be placed under the sponsorship agreement and thus eliminate entry fees.

## NATIONAL MASTERS NEWSLETTER (NMN)

The most important program we have is the NMN. Our sponsor will guarantee 12 issues. The exact format has still to be worked out. The NMN can serve as the least expensive way of disseminating entry forms and meet information. Please send meet results and any articles to Ed Gildea, 102 West Water St., Lansford, Pa. 18232.

## NATIONAL UNIFORMS

There are official AAU Masters Training suits for \$25 (Red-White and Blue with USA Masters on the back) and running pants (red) and shirt (nylon mesh in white with blue lettering "U.S.A. Masters") for \$11.25 plus \$1.25 postage. They can be obtained from Carlsen Import Shoe Corp., 524 Broadway, New York, N.Y. 10012, 212-431-5940.

## ELECTION OF OFFICERS

Wendy Miller and Bob Fine were elected co-chairmen of the committee. Bob will handle dealings with the AAU and writing detailed rules. Wendy will be in charge of organizing and coordinating the work of the Regional Councils and the local associations. Wendy did not wish to take over the chairmanship entirely until he had obtained some more experience, which is

why we have co-chairmen. Any questions as to organizing the program should go to Wendy.

Irene Obera was elected as vice-chairperson.

John Bevalaqua was elected as treasurer. John had been the Southeastern chairman. He is presently working for Financial Fitness in charge of their marketing. John resigned as Southeastern chairman on becoming the treasurer. Ken Kirk, 3800 Stonewall Terrace, Atlanta,

Ga. 30339, was appointed as the Southeastern chairman. Ron Fox, 3252 Western Ave., Highland Park, Ill. 60035 has replaced Wendy Miller as the Midwestern chairman.

George Braceland remains as the secretary. A special thanks goes to George for all of his work in sending out our reports.

## INCORPORATION

The "Masters Track and Field Committee of the AAU, Inc." is now incorporated in the state of

*continued*

# 1978 AAU Masters Records

AM=American Record: AC=All-Comers Records: CH=AAU Championship Meet Record

## INDOORS

1500 Meters	4:15.8	Bob Emmerling	Southern California Striders	AM
50 Meters	5.6	Lloyd Riddick	New York Pioneers	AM
50 Meters	5.6	Arnold Budd	New York Pioneers	AM
60 Meters	7.15	Ken Dennis	Corona Del Mar	AM
2 Mile Walk	13:38.4	Ron Kulik	New York Athletic Club	AM
2 Mile Walk	14:45.8	Ron Kulik	New York Athletic Club	CH

## OUTDOORS

4 Mile Relay	18:47.2	West Valley Joggers and Striders		AM,AC,CH
		Ken Napier-Kent Guthrie-Ralph Bowles-Bob Welck		

## DISTANCE

35 Kilometers	2:22:22	Johnnie Faerber	Mid Pacific Road Runners	AM,AC
40 Kilometers	2:41:50	Johnnie Faerber	Mid Pacific Road Runners	AM,AC
25 Miles	2:44:32	Johnnie Faerber	Mid Pacific Road Runners	AM,AC
50 Kilometers	3:34:37	Ed Almeida	San Diego Track Club	AM,AC
50 Miles	6:13:17	Ed Almeida	San Diego Track Club	CH,AC,AM

## 1978 POSTAL RELAY CHAMPIONSHIP RESULTS

440 YARDS	43.5	Corona Del Mar	K. Dennis, G. Miller, D. Segal, P. Knox
	48.0	Potomac Valley Senior Track Club	
440 YARDS 50+	55.4	Potomac Valley	B. Tober, R. Johnson, P. Hoskins, J. Martin
880 YARDS	1:32.9	Corona Del Mar	K. Dennis, P. Knox, G. Miller, D. Segal
	1:39.2	Potomac Valley	
880 YARDS 50+	1:56.1	Potomac Valley	B. Tober, R. Johnson, P. Hoskins, J. Martin
1 MILE	3:34.2	Corona Del Mar	K. Dennis, A. Henry, P. Knox, G. Miller
	3:51.1	Potomac Valley	
2 MILE	8:33.7	Univ. of Chicago TC	J. Avery, D. Smith, R. Saddler, E. Billups
	9:07.5	Southern Calif. Striders	
	10:13.7	Potomac Valley	
4 MILE	18:47.2	West Valley	K. Napier, K. Guthrie, R. Bowles, B. Welck
	19:19.0	Arizona Road Runners	
	19:39.5	Potomac Valley	
DISTANCE MEDLEY	11:37.8	Southern Cal. Striders	D. Barrows, T. Clark, B. Emmerling, T. Sturak
	12:14.7	Potomac Valley	
SPRINT MEDLEY	3:42.0	Corona Del Mar	K. Dennis, D. Segal, P. Knox, G. Miller
220-220-440-880	3:51.0	Potomac Valley	
	3:52.0	Southern Cal. Striders	
AGE-GROUP MEDLEY	4:21.0	Potomac Valley	J. Hollman, F. Kelley, R. Enders, C. Jerome

## News Note

Occidental Life of North Carolina, a 71-year-old stock company with statutory assets of over \$140 million, is writing whole-life policies with premium discounts of up to 20% for applicants who have been non-smokers and have participated in a program of aerobic exercise for one year or more.

## THE NATIONAL MASTERS NEWSLETTER

is published quarterly from 102 W. Water St., Lansford, Pa. 18232. Address all correspondence to this address. Subscription price: \$3.00 per year. Advertising rate: \$1.50 per column inch.

Spring, 1979—8th issue

Second class postage paid at Lansford, Pa. 18232.



Ohio.

## ATHLETIC COUNCIL (AC)

A new Athletic Council has been formed composed of all of the Standing Sports Committees within the AAU in athletics. In such a framework the Masters will have complete control over our program and will be able to work with and coordinate activities with the other athletic committees. The Athletic Council will seek to obtain the international franchise in athletics for the United States. The AC will become the national governing body for the sport in accordance with legislation passed by the Congress. Both Masters T&F and LDR voted for the AC.

## FINANCES

Expenditures for mailings, awards, phone calls, postal relays and women's records were authorized which has reduced our treasury to slightly over \$200. Our principal source of income is the 50c our committee receives from AAU dues. It is important that you make sure that all of our athletes mark off both "Masters" and "Track and Field" when making out their AAU registration form. We will maintain our account using the AAU national headquarters. John Bevalaqua will open up two additional accounts for processing the sponsor's contributions.

## ORGANIZATION OF LOCAL AND REGIONAL PROGRAMS

Wendy will be in charge of these areas. Since we now have some funds available it is important that our association chairmen, some of whom we never hear from and are really just names, submit a report as to what is going on in their locales, what programs they would like to start and what funding would be necessary. For those of you who are association chairmen and have neither the time or inclination to work on local programs please resign to permit us to obtain chairmen who will work at the job. Our program is continuing to expand and with sponsor's money we are now in a position to offer more to the athletes. A "no-show" local chairman does more harm to the program than no chairman at all. We would like to see all associations having Masters T&F Championships. If there are not enough participants in any one association, then contiguous associations can hold joint championships. Please send Wendy your reports.

—BOB FINE

## An Olympian of '32 is among winners in 15-K championship

The National Masters 15-Kilometer Cross-Country Championships were held Oct. 29 on the Robert Morris College campus with athletes from Maine to California participating.

Of particular interest was 76-year-old Lou Gregory of Florida who took first in the 75-and-over class. He was a member of the USA team in the 1932 Olympics.

Potomac Valley Senior Track Club took the 40-49 and 50-59 team awards.

## WOMEN

40-45, Pat Bressel	1:09:49
45-49, Ann Ruth	1:36:16

## MEN

40-45	
S. Six	57:43
F. Bradley	58:03
R. Menzie	1:00:43
M. Fleming	1:02:03
C. Sommers	1:09:44

45-49	
E. DeMarrais	58:28
T. Diamond	1:01:35
S. Corrallo	1:05:42

50-54	
R. Packard	1:00:51
H. Chrisholm	1:02:12
R. Johnson	1:10:07
J. Earley	1:15:32
W. McKee	1:19:26
R. Wohleber	1:40:54

55-59	
R. McGiffert	1:14:19
E. Kaffa	1:23:52
J. Cameron	1:27:10

75-plus	
L. Gregory	1:51:17

## TEAM CHAMPIONS

50-59—Potomac Valley Sr. T.C.: R. Johnson, Capt.; J. McKee, J. Cameron, E. Kaffa and H. Chisholm.

40-49—Potomac Valley Sr. T.C.—S. Six, Capt.; F. Bradley, T. Diamond, M. Fleming and S. Corrallo.

## Johnny Kelley among age-group winners in Arizona three-miler

Green Valley, Ariz., did not look like a retirement community on Nov. 11—at least for two hours.

The reason was the second annual National Masters Cross-Country Championships, which drew 163 runners from 25 states. They ran in chilling wind of 40 miles per hour.

Spectators matched the courage of the runners. About 500 watched some of the nation's top senior distance runners.

While the weather and the size of the crowd may have been surprising, the results of the race were not.

Robert Packard, the mathematics professor from Northern Arizona University, successfully defended his title in the 40-44 age group with a time of 23:02 for four miles.

Packard simply blew away John Weldy of Scottsdale, a distant second at 23:33. In fact, no one in the four-mile competition (ages 40 to 59) saw much of Packard, who turned in one of his best races of the year.

In the National Masters, the normal cross-country scoring is reversed. First place is worth six points, second place five points and so on. Runners have to be in the top six in their age group to be counted.

Veallon Hixson of Sun City was the oldest runner at 72. She started distance running at the age of 70.

Mrs. Hixson helped Sun City win the special Arizona Bank award for the competition with

Green Valley. Sun City had 32 points to Green Valley's 24 in the battle between the two retirement communities.

There were 45 more entries this year and seven more states represented.

Average age of runners in the National Masters was 62, up from 58 in 1977.

Don Longenecker of Silver City, N.M., admitting he was worried about Johnny Kelley of Boston Marathon fame, scored a one-sided victory in the three-mile for runners 60 and older.

Longenecker, who has set national records for masters runners in the three and six-mile runs this year, covered the three miles in Green Valley in 19:04.

Kelley, who won the 70-74 age group without much difficulty, was competing in the 1,350th race of more than one mile in his 50-year career.

His time of 21:36 was more than two minutes behind Longenecker. However, Kelley's average of 7:12 per mile made him faster than 71 men who were at least 20 years younger.

Kelley said Packard warned him about Longenecker at the race committee dinner the night before the National Masters. "He (Longenecker) was about 250 yards ahead of me after the first mile and I thought he would come back to me," commented Kelley. "I forgot we were running three miles instead of 13. Heck, Don had showered and dressed and was ready for the awards luncheon by the time I finished.

He ran a beautiful race. Longenecker's one of the best senior short-distance runners in the country."

Arizona runners won 11 titles. Four of the winners were from Tucson: Molly Mulleneaux, 40-44 age group; Stella Tetar, 45-49; Pat Bowman, 50-54, and Bill Sellers, 50-54.

Southern Arizona Roadrunners won the team title with 49 points.

## Results:

Four miles: Men, 40-44: 1. Robert Packard, 23:02; 2. John Weldy, 23:33; 3. Don Branaman, 23:49; Men, 45-49: 1. Joe Cary, 23:52; 2. P.N. Slater, 26:03; 3. Bob Rogers, 26:07; Men 50-54: 1. Bill Sellers, 25:11; 2. Gerald Rudolph, 25:53; 3. Gene Troutner, 26:09; Men 55-59: 1. Fred Schoeffler, 29:26; 2. Walt Shamkin, 30:30; 3. Jim Wirick, 31:55.

Three miles: Men, 60-64: 1. Don Longenecker, 19:04; 2. J.W. Derrick, 26:29; 3. Donald Fordney, 28:52; Men, 65-69: 1. Don Logan, 22:11; 2. Herb Wright, 24:42; 3. Stoke Westcott, 29:53; Men 70-74: 1. Johnny Kelley, 21:36; 2. Wayne McLeod, 26:08; 3. George Steele, 29:10.

Three miles: Women, 40-44: 1. Molly Mulleneaux, 25:07; 2. Sandy Palais, 25:59; 3. Sally Tarango, 31:59; Women, 50-54: 1. Pat Bowman, 27:29; 2. Merle Anders, 33:51; Women, 55-59: 1. Dora Hedgpath, 36:49.

Two miles: Women, 60-64: 1. Edna Laflin, 18:48; 2. Betty Chernetz, 21:39; 3. Rosalia Westcott, 23:45; Women, 70-74: 1. Veallon Hixson, 21:13.



# The AAU National Masters Championships '79 schedule

Following is the schedule for the 1979 AAU National Masters Championships in Athletics.

## TRACK AND FIELD

**Indoor**—March 17 and 18, Ann Arbor, Mich. Contact Christy Summerfield, 2606 Traver Blvd., Ann Arbor, Mich. 48105.

**Outdoor**—July 6, 7 and 8, Gresham, Ore. Contact Jim Puckett, Mt. Hood C.C., Gresham, Ore. 97030.

**Pentathlon-Decathlon**—July 14 and 15, San Diego, Cal. Contact San Diego T.C., POB 1124, San Diego, Ca. 92112.

**Weight Pentathlon**—June 17, Burlington, Vt. Contact Len Olsen, 179-BQ Ross Lane, Jericho, Vt. 05465.

## LONG DISTANCE RUNNING

**5-K XC** — Nov. 24 — San Diego, Ca. Ken Bernard, c/o AAU, 1124 Garnet, San Diego, Ca. 92109

**10-K XC** — Nov. 11 — Belmont, Ca. Roger Bryan, 950 E. Hillsdale #210, Foster City, Ca. 94404.

**15-K XC** — Oct. 28 — New York City. Kurt Steiner, 1660 E. 21st St., NYC 11210.

**10-K Road** — AAU Convention, Las Vegas, Nev. Ruth Anderson, 1901 Gaspar Dr., Oakland, Ca. 94611.

**15-K Road** — July 15, Utica, N.Y. Bill Shrader, 280 State St., Albany, N.Y. 12210.

**20-K Road** — May 28 — Wash., D.C. George Vernosky, 5004 Glen Cove PKay, Wash., D.C. 20016.

**25-K Road** — Sept. 29 — Tulsa, Okla. Vern Whiteside, 6916 S. Knoxville Ave., Tulsa, Ok. 74136.

**30-K Road** — March 18 — Albany, NY. Bill Shrader, 280 State St. Albany, N.Y. 12210.

**50-K Road** — Sept. 16 —

Brattleboro, Vt. Kurt Steiner, 1660 E. 21st St., NYC 11210.

**Marathon (1979)** — Oct. 13 — Niagara Falls (Skylon Marathon). George Bailey, Skylon Tower, 5200 Robinson St., Niagara Falls, Ontario, Canada, L2 G2 A3.

**Marathon (1980)** — Jan 27. — Saratoga, Ca. (Paul Masson Marathon). Dan O'Keefe, 20032 Rodrigues, Cupertino, Ca. 95014.

**1-Hour Postal** — John Brennand, 4476 Meadowlark, Santa Barbara, Ca. 93105.

**2-Hour Postal** — Open.

**50-Mile Track** — Sept. 8 — Tom Sturak, Box 1602, Santa Monica, Ca. 90406.

Note: Ruth Anderson will act as coordinator for all championships. Any questions should be directed to Ruth.

## RACE WALKING

**5-K and 20-K** — July 6 and 7 —

These will be part of the Outdoor T & F Championships in Gresham, Ore.

**10-K** — May 26 — Chicago, Ill.  
**15-K** — May 6 — Kenosha, Wisc.

**25-K** — Nov. 25 — Las Vegas, Nev. (AAU Convention, Nov. 25)  
**30-K** — March 18 — Pasadena, Ca.

**35-K** — Dec. 16 — Houston, Texas.

**40-K** — Nov. 4 — West Long Branch, N.J.

**50-K** — Aug. 25 — San Francisco, Ca.

**100-K** — April 7 — Washington, D.C.

**1-Hour Postal**

All of the above walks, except the 5 and 20-K will be held in conjunction with the Open Championships. The addresses of who to contact are not presently known. Dr. Dean Ingram, 507 Cobb Bldg., Seattle, Wash. 98101 is the National Chairman and can be contacted for specific addresses.

## The AAU Masters 5000-Meter Cross-Country Championships

The AAU Masters 5000-Meter Cross-Country National Championships were held on the Balboa Park course Saturday, Nov. 25, 1978. The Pacific Southwest Association Championships were held concurrently for Masters and Sub-Masters.

Sporadic rain on Thursday and Friday added a little mud on the trail.

In the Sub-Masters men's race, Graham Garcia got next year's AAU registration out of the way, then proceeded to show his 30-34-year-old peers how to run the 5000-meter course, beating fellow track club runner Dennis Kasischke by 16 seconds. Between the two the 35-39 champion, George Luiken, led the silver medalist, Jim Cruikshank by 54 seconds.

The Sub-Masters women were paced by Laurie Binder, who led second placer Loutia Bache by almost 2½ minutes and Loutia is no slouch!

Masters women were shown the course by Nicki Hobson and Dorothy Stock, with Nicki in front by a comfortable 28 seconds and Betty Wood another 36 seconds back.

On Nov. 4, Jim Temples led the way in the SDTC team trials and

not only duplicated that race in the Nationals, but had *exactly* the same time! That's consistency and also shows that the trials are a meaningful race. Indeed, the first three finishers on Nov. 4 were the first three on Nov. 25. Bob Collins placed second two seconds faster and Tony Sucec was 10 seconds faster in third.

### 30-39 Men PSA-AAU 5000-M XC CHAMPIONSHIPS

1. Graham Garcia, 31, 16:42; 2. George Luiken, 35, 16:49; 3. Dennis Kasischke, 32, 16:58; 4. Hal Goforth, 34, 17:02; 5. H. Fountain, 30, 17:33; 6. Jim Cruickshank, 35, 17:43; 7. Ray Lafleur, 32, 17:45; 8. Dan McGaskill, 37, 17:48.

9. Mike Carpenter, 35, 17:54; 10. Ron Harpold, 31, 18:02; 11. Bob Mackel, 36, 18:08; 12. Rocky Warner, 34, 18:14; 13. Howard Moody, 37, 18:22; 14. Phil Balke, 31, 18:25; 15. T.J. Key, 34, 18:29; 16. Rick Ahlman, 33, 18:32; 17. Donald Nicholson, 35, 18:36; 18. Will Rasmussen, 38, 18:38.

19. Richard Daly, 37, 19:03; 20. John Collom, 38, 19:15; 21. Bob Daniel, 38, 19:18; 22. Robert Lacy, 30, 19:20; 23. Lucian Salazar, 36, 19:23; 24. Simeon

Baldwin, 34, 19:32; 25. Dan Baumgart, 33, 19:45; 26. Ken Boyd, 34, 19:57; 27. Dale Sutton, 39, 20:03; 28. Ray Sablan, 39, 20:07.

### MASTERS AND UP

1. Jim Temples, 41, 17:15.2; 2. Bob Collins, 48, 17:25; 3. Tony Sucec, 42, 17:26; 4. Hal Winton, 47, 17:33; 5. Cal Hamren, 40, 17:46; 6. Bill Blair, 41, 17:55; 7. Tom Hillary, 42, 18:01; 8. Bill Phillips, 50, 18:09; 9. Tom Sturak, 47, 18:19; 10. Bill Mayer, 41, 18:28.

11. Jerry Berkouf, 42, 18:32; 12. Bill Stock, 49, 18:42; 13. Jim Donahue, 42, 18:52; 14. Brian Freeman, 52, 18:56; 15. Marsh Haraden, 48, 18:59; 16. Ray Gil, 54, 19:00; 17. Don Foster, 43, 19:04; 18. T.R. Eddy, 45, 19:08; 19. Ed Oleata, 41, 19:11; 20. Frank Ferrone, 45, 19:12.

21. Scott Wotkyns, 43, 19:21; 22. Marvin Davis, 44, 19:31; 23. John Burton, 55, 19:35; 24. Chuck Logan, 41, 19:36; 25. Bob Holmes, 50, 19:37; 26. George Kezas, 43, 19:40; 27. Bill Ferral, 45, 19:43; 28. Walt Parry, 42, 19:53; 29. Bill Dean, 41, 19:56; 30. Russ Doolittle, 47, 20:07.

31. James Greene, 49, 20:17; 32. Jack Wilson, 42, 20:31; 33. Rudy Friberg, 50, 20:32; 34. Joe Bannon, 43, 20:40; 35. John Lafferty, 60, 20:46; 36. Bill Powell, 44, 20:48; 37. Art Holzman, 55, 20:49; 38. Dave Fraitag, 49, 20:55; 39. Bob Sieben, 52, 21:05; 40. Lloyd McGuire, 46, 21:06.

41. Wayne Zook, 61, 21:10; 42. Bob Johnson, 42, 21:11; 43. Bernie McCoy, 52, 21:12; 44. Hal Elrick, 60, 21:22; 45. Bill Armstrong, 43, 21:43; 46. Ray Spencer, 55, 22:17; 47. James Seeley, 47, 22:31; 48. Ken Bernard, 52, 22:33; 49. Dave Hayworth, 50, 23:07; 50. Bob Parkinson, 50, 24:06; 51. Jack Tex, 49, 24:18; 52. W. Dalzell, 51, 24:30; 53. Harry Hawke, 49, 24:43; 54. Fred Minter, 60, 25:03; 55. Willard Benton, 74, 28:11; 56. John Nichols, 54, 31:03; 57. Marvin Gale, 41, 31:16; 58. Ozzie Pafoufnik, 49, 31:55.

Winning team members were: 40-49—Jim Temples, Bob Collins, Tony Sucec, Cal Hamren and Bill Blair.

50-59—Bill Phillips, Brian Freeman, Bob Holmes, Rudy Friberg and Tom Rice.

60 plus—John Lafferty, Wayne Zook and Hal Elrick.

40-49 Women—Nicki Hobson, Dorothy Stock, B.A. Wood, Joanne Wichary and Helene Laurent.



# National Masters AAU 10-Km. Cross-Country Championships

Oscar Moore, 40, was the overall winner in 33:09 in the National Masters AAU 10-kilometer Cross-Country Championships at the Yahara Hills Golf Course in Madison, Wisc., on Nov. 11.

In the event sponsored by the Badgerland Striders and the Vilas Running Club, Allan Lawrence

was the winner in the 45-49 group at 35:53; Alex Ratelle was tops in the 50-54 group with 35:49.

Other age group winners were 55-59, Merle Knox, 41:16; 60-64, John Archer, 43:24; 65-69, William Andberg, 43:46; 70-74, Harry McArdle, 55:25, and 75 plus, Lou Gregory, 103:46.

Women's winners were: 40-44,

Pat Bessel, 41:08; 45-49, Gennie Bostian, 51:20; 50-54, Bette Mihalek, 48:20, and 60-64, Fran Bright, 106:33.

Top teams were the Vilas R.C. in the 40-plus group, the Minnesota Masters in the 50-plus group and the Badgerland Striders in the women's division.

The top 35 finishers overall:

1	Oscar Moore	M	40	33:09
2	Paul Noreen	M	43	33:46
3	Jerry McNeal	M	41	34:13
4	Ken Mueller	M	42	34:37
5	Roger Rouiller	M	40	34:39
6	Al Claremont	M	42	34:49
7	Bob Schrader	M	40	34:52
8	Lee Wilcox	M	40	34:57
9	Robert Langenbach	M	41	35:01
10	Dick Kloepper	M	42	35:07
11	Tad Pinkerton	M	40	35:14
12	John Butterfield	M	41	35:32
13	Myron Anderson	M	41	35:39
14	Ernest Billups	M	41	35:39
15	John Whitehouse	M	42	35:45
16	Ilhan Bilgutay	M	41	35:47
17	Alex Ratelle	M	54	35:49
18	Allan Lawrence	M	48	35:53
19	Cedric Michalak	M	42	36:12
20	Bill Marten	M	41	36:16
21	Peter Mundle	M	50	36:23
22	Ned Price	M	42	36:24
23	Earl Bradley	M	43	36:40
24	John Ryan	M	45	36:49
25	Otto Volkmann	M	43	36:54
26	Bob Huberty	M	40	37:00
27	Tom Haughey	M	41	37:06
28	Bob Kash	M	44	37:07
29	Steve Goldberg	M	46	37:14
30	Duane Peterson	M	48	37:20
31	Don Slocumb	M	44	37:27
32	Stanley Larrieu	M	42	37:28
33	Daniel McKinney	M	41	37:32
34	John Hurley	M	42	37:33
35	Roland Anspach	M	52	37:35

Glassboro N.J.  
Minn. Masters  
Minn. Masters  
Boston A.A.  
Lockport, Ill  
Vilas R.C.  
Larrieu Bros. A.C.  
Vilas R.C.  
Seattle, Wash.  
Vilas R.C.  
Vilas R.C.  
Boston A.A.  
Minn. Masters  
Larrieu Bros. A.C.  
Vilas R.C.  
Minn. Masters  
Minn. Masters (50+)  
Houston, Texas  
Vilas R.C.  
Vilas R.C.  
Venice, Calif.  
Boston A.A.  
Kettering St  
Mesquite, Texas  
Larrieu Bros. A.C.  
Badgerland St  
Boston A.A.  
Kettering St  
Larrieu Bros. A.C.  
Minn. Masters  
Houston, Texas  
Larrieu Bros. A.C.  
Vilas R.C.  
Boston A.A.  
Kettering St.

1500 METERS—30-39, Tom Childers, Albuquerque, N.M., 4:31.8; 40-49, Norm Pittenger, El Paso, Tex., 5:10.3; 50-59, Lou DeMenno, Albuquerque, N.M., 6:03.3; Women, 30-39, Weeks, 5:32.0.

5000 METERS—30-39, Childers, 16:03.2; 40-49, Hike Van der Val, Saskatch, Can., 17:30.8; 60-69, Charles Southard, Roswell, N.M., 25:43.0; Women, 30-39, Weeks, 20:48.0.

10,000 METERS—30-39, Childers, 32:48.0; 40-49, John Montano, Albuquerque, N.M., 38:35.3; 60-69, Don Longenecker, Silver City, N.M., 39:00.4.

5000-METER WALK—50-59, Howard Barnes, Roswell, N.M., 31:15.8; 60-69, Gordon Wallace, Prescott, Ariz., 32:06.5; 70-79, Chesley Unruh, Tecate, Calif. 34:53.6.

110-METER HURDLES—30-39 (39"), Walt Butler, Altadena, Calif. 14.2; 40-49 (36"), Hal Smith, Woodland Hills, Calif. 15.8; 70-79 (30"), Anderson, 27.5.

400-METER HURDLES—30-39, Jack Batson, Roswell, N.M., 67.7; 40-49, Miller, 63.3; 70-79, Anderson, 1:43.7.

POLE VAULT—40-49, Jerry Donley, Colo. Springs, Colo., 13-5½; 50-59, Dave Brown, Whittier, Calif., 10-5; 60-69, Jim Vernon, West Covina, Calif. 11-½; 70-79, Bob MacConaghy, Redondo Beach, Calif. 9-0.

HIGH JUMP—30-39, Ron Perdum, Seminole, Fla. 6-8; 40-49, Nick Newton, Inglewood, Calif., 5-8; 50-59, Novica Milicevic, Scottsdale, Ariz., 4-10½; 60-69, Jim Vernon, West Covina, Calif., 4-6½; 70-79,

*continued on page 8*

## Masters Track & Field Championships

### First annual Southwestern Open Sept. 3

The first annual Southwestern Open Masters Track and Field Championships were held at Albuquerque, New Mexico, on Sept. 3.

The winners are as follows:

100 METERS—30-34, Bill Knipmeyer, Englewood, Colo, 11.1; 35-39, Walter Butler, Altadena, Calif. 10.8; 40-44, Ken Dennis, Los Angeles, Calif. 11.0; 45-49, Marion Sanchez, San Lorenzo, Calif. 11.7; 50-59, Dick Stolpe, Los Alamos, N.M., 12.2; 60-69, Sam Keith, Albuquerque, N.M., 16.3; Women, 40-49, Christel Miller,

Glendale, Calif. 13.9; Men, 70-79, Herb Anderson, Bellevue, Colo. 15.4.

200 METERS—30-39, Walter Butler, Altadena, Calif. 22.4; 40-44, Gary Miller, Glendale, Calif., 22.7;

45-49, Sanchez, 24.2; 50-59, Stolpe, 26.1; 60-69, Keith, 40.0; 70-79, Anderson, 33.4.

400 METERS—30-39, Jim Gonzales, Pueblo, Colo., 60.8; 40-44, Miller, 52.8; 45-49, Tony Nasralla, Lakewood, Calif. 58.3; 50-59, DeLaine Wagner, Chino, Calif. 60.1; 60-69, Keith, 1:31.3; 70-79, Anderson, 76.8; Women, 30-39, Arlene Weeks, Los Alamos, N.M., 73.7.

800 METERS—30-39, Mark Mueller, San Antonio, Texas, 2:17.1; 40-49, Ray

Graham, 2:31.2; 60-69, Richard Taylor, Tucumcari, N.M., 5:35.7.



## 1979 Eastern TFA/USA Masters Indoor Track Championships

ALL EVENTS  
FOR WOMEN AND MEN  
IN FIVE-YEAR AGE-GROUPS  
STARTING AT 30-34

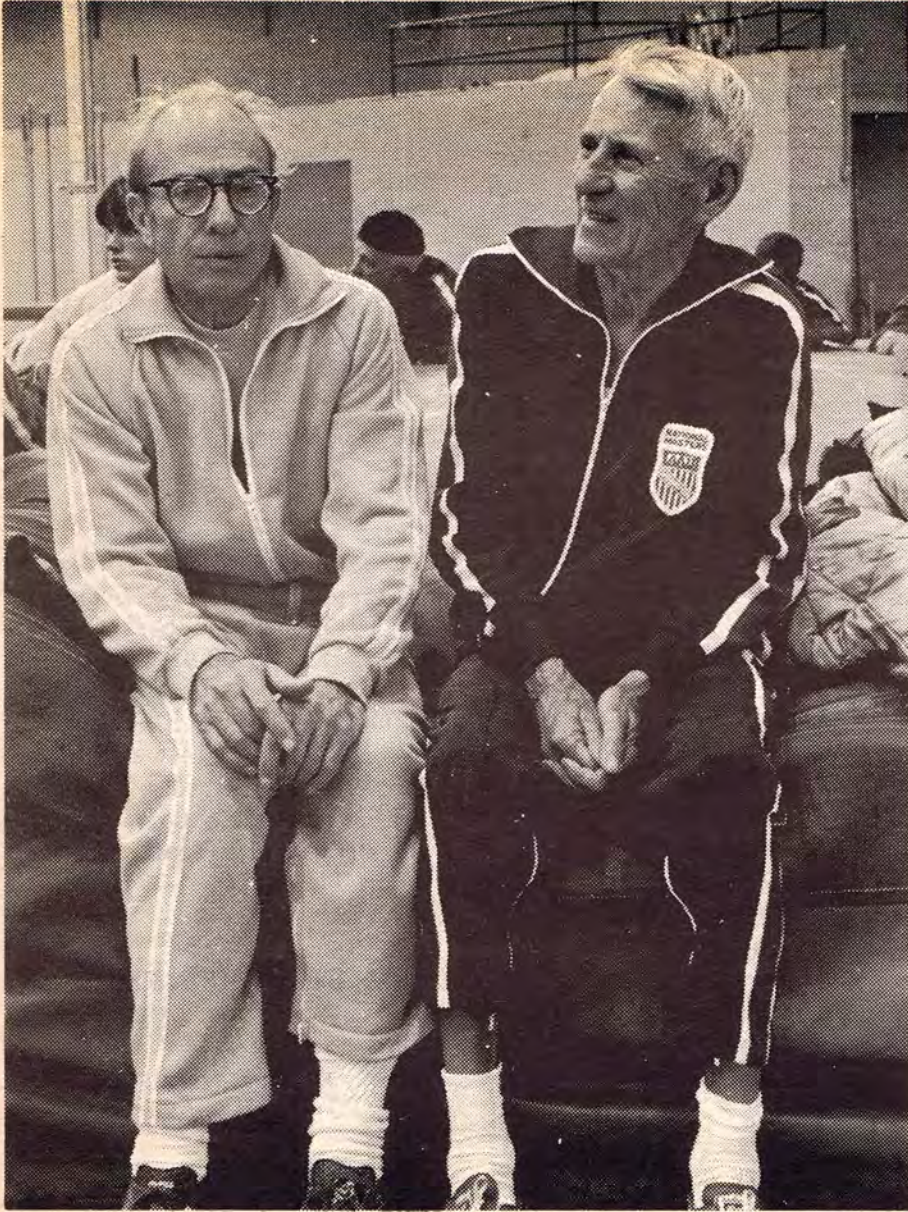
**February 4**  
AT SLIPPERY ROCK  
STATE COLLEGE,  
SLIPPERY ROCK, PA.

Information is available by sending a self-addressed, stamped envelope to:

John Harwick  
467 Beverly Road  
Pittsburgh, Pa. 15216  
412-561-0338



# A look back at the 1978 AAU Indoor Championships



The ageless veteran of the roads and tracks, Lou Gregory, right, flew up from Florida to take part in the Masters meet at East Stroudsburg last March. He took part in his first indoor meet on July 10, 1962. At 76, he's tops in

his class in the USA, winning everything he entered at the latter meet from the 50-yard dash to the mile run. Nobody in his age group can beat him in the marathon, either. Beside him is Frank Finger, 63, of Charlottesville, Va.

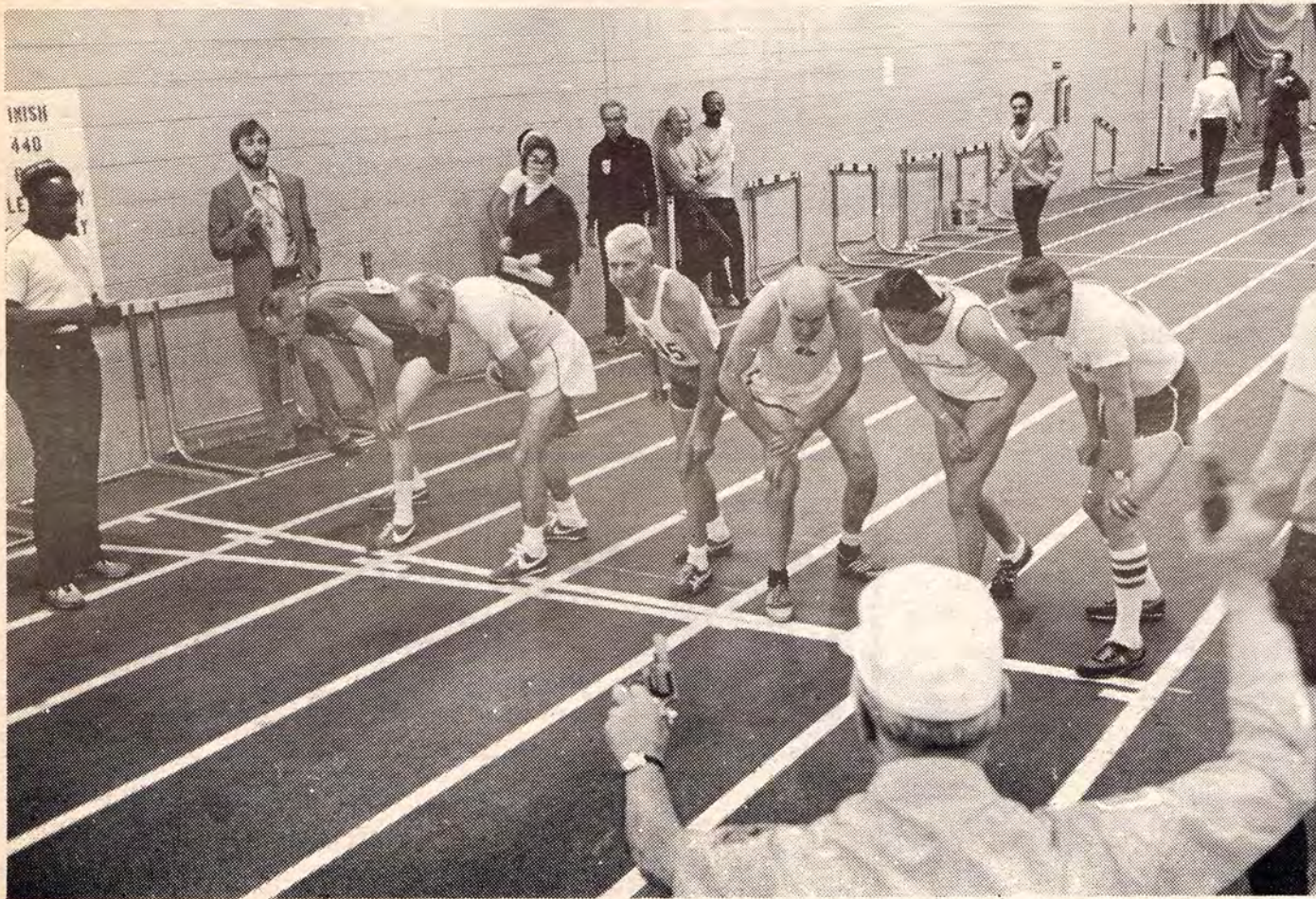


Members of the Potomac Valley Seniors who were among the competitors at the 4th annual AAU indoor meet at East Stroudsburg, Pa., last March 19, were, in front: George Vernosky, left, and Dixon Hemphill. Stand-

ing from left: Raynah Adams, Sal Corrallo and Jim Demma.



Rudy Enders, 46, of the Potomac Valley Seniors, won the long jump in the 45-49 group with a leap of 17'10" at the '78 AAU meet. A Department of the Army employee, he was second in the 50-yard high hurdles. He also competed in the 50-yard dash and the 300-yard run.



Starter Dinny Noonan has both guns poised for the start of the mile run with Suzie Buchanan, 40, taking on the over-60 men. She won it in 5:24.9. Lou Gregory, third from left, posted a 7:12 in

winning 75-79 age group honors and Joe McCloskey, former Fordham star (between Gregory and Buchanan) was the 65-69 winner in 6:33.2. John Popowich,

far right, was third in the 60-64 group in 6:01.4. A. Newman was tops in the 60-64 group in 5:27.2 and Frank Finger (2nd from left) was second in 5:57.5.



# 8 National Masters Championships at East Stroudsburg

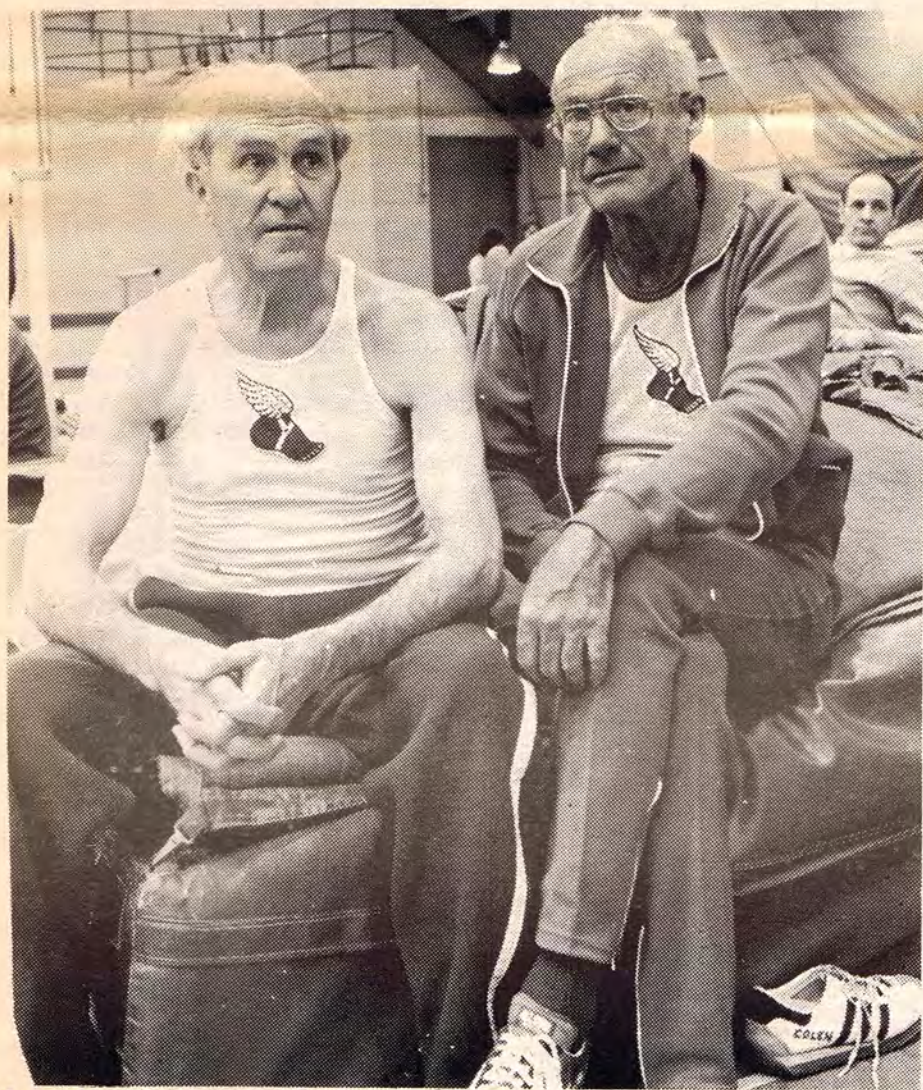


Nat Heard of the Corona Del Mar club, winner of the shot put at the

indoor meet at East Stroudsburg with a heave of 51'5" in the 60-64 age group, is congratulated by

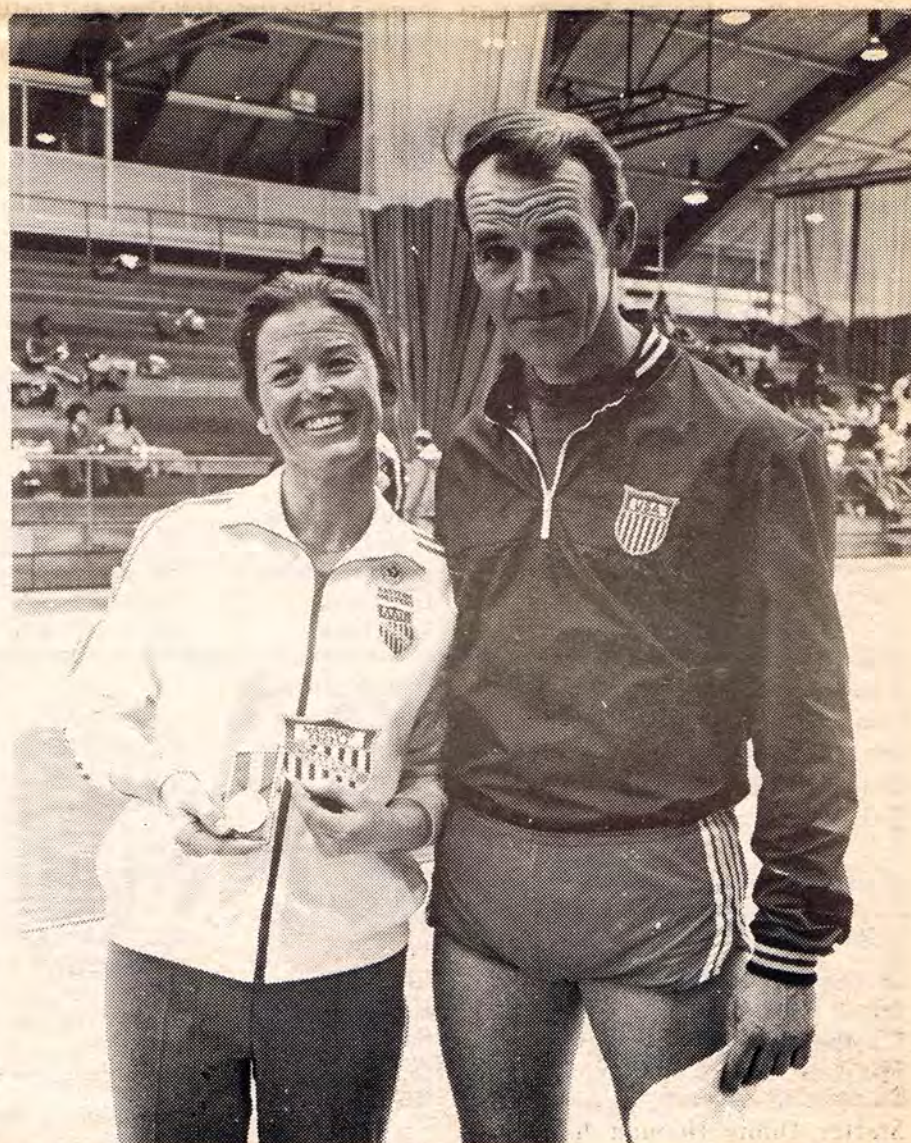
Tom McDermott of Madison, Conn., who placed second with a throw of 47'4".

*Photos by Ed Gildea*



Joe McCloskey, left, was a steeplechaser and two-miler for Fordham in 1929. "Lash Deckert always nipped me," he said. Joe was 66 when this photo was taken at the East Stroudsburg meet last March and still near the top of his age group, in which he placed first in the mile run, second in the weight throw and

third in the 1,000-yard run and 600-yard run. Beside him is Bill Eipel, 64, of the New York A.C., 1936 intercollegiate high jump champion. A 6'7" jumper in his youth and second in the Nationals in 1940, Eipel was second in his age group at the meet and 4th in the shot put.



Suzie Buchanan and her coach Ted A. Nash of the Klub Keystone Masters, Philadelphia. Suzie is a world record holder and ran a 4:46 in the 1500-meter run

at Toronto in 1975. At 40 at East Stroudsburg, she won the 600-yard run, the mile and two-mile in the 40-44 women's division.



# A look back at the 1978 National Masters AAU Indoor Championships at East Stroudsburg



Members of the Potomac Valley Seniors, who were among the competitors at the 4th annual AAU indoor meet at East Stroudsburg, Pa., last March 19, were, in front: George Vernosky, left, and Dixon Hemphill. Stand-

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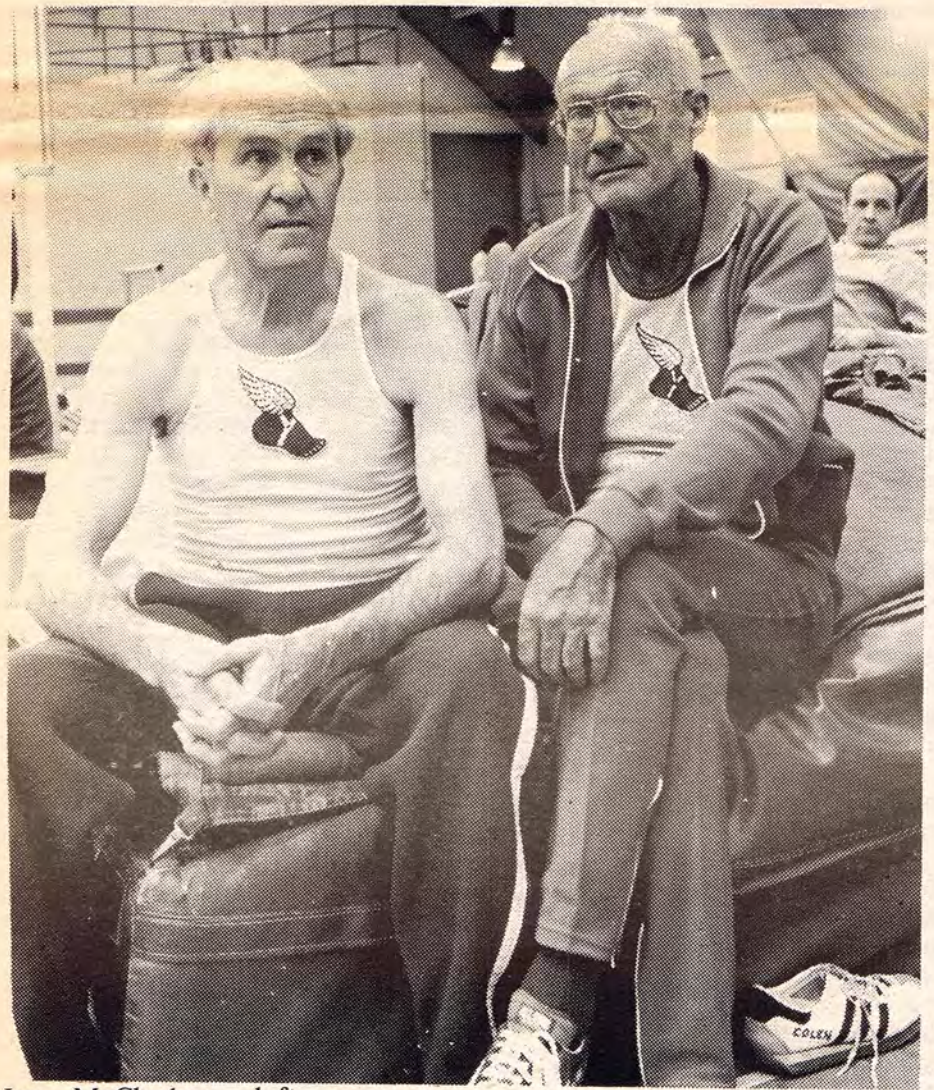
Nat Heard of the Corona Del Mar club, winner of the shot put at the



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Joe McCloskey, left, was a steeplechaser and two-miler for Fordham in 1929. "Lash Deckert always nipped me," he said. Joe was 66 when this photo was taken at the East Stroudsburg meet last March and still near the top of his age group, in which he placed first in the mile run, second in the weight throw and

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# Reports on Masters Sports Association 1978-79 Indoor Development Meets

## First annual Southwestern Open Sept. 3

continued from page 5

Anderson, 3-11½.

**LONG JUMP**—30-39, Bill Forsyth, Pecos, N.M., 20-11½; 40-49, Dave Jackson, Carson, Calif., 20-7; 50-59, Novica Milicevic, Scottsdale, Ariz., 18-9¼; 60-69, Art Vesco, San Marino, Calif., 11-9; 70-79, Anderson, 10-9; Women, 40-49, Christel Miller, Glendale, Calif., 14-2½.

**TRIPLE JUMP**—30-39, Bill Forsyth, Pecos, N.M., 40-1; 40-49, Dave Jackson, Carson, Calif., 39-11½; 50-59, Milicevic, 38-1½; 60-69, Vernon, 29-1½; 70-79, Anderson, 22-10.

**SHOT PUT**—30-39, Chuck Ploen, Albuquerque, N.M., 37-3; 40-49, Phil Brady, Littleton, Colo., 43-4; 50-59, Harry Siitonen, San Fran., Calif., 19-9¼; 60-69, Vesco, 32-3½; 70-79, Bob MacConaghy, Redondo Beach, Calif., 36-1½; Women, 40-49, Ursula Schreiber, Indio, Calif., 24-8¼.

(Note: 16-lb. shot used in first two classes; 12-lb. in 50-59 group and 8-lb. for last three groups.)

**HAMMER THROW**—30-39, Jon Munford, Albuquerque, N.M., 87-1; 40-49, Dave Douglass, Albuquerque, N.M., 99-9½; 50-59, Tom DeVaughn, Anaheim, Calif., 111-2; 60-69, Vesco, 91-3; 70-79, Anderson, 45-3. (Note: 16-lb. used in first two classes, 12 lb. in last three classes.)

**DISCUS**—30-39 (2 kg.), Bill Forsyth, Pecos, N.M., 107-3; 40-49 (2 kg.), Phil Brady, 145-7; 50-59 (1.6 kg.), Orv Gillett, Porterville, Calif., 84-10; 60-69 (1.0 kg.), Mickey Blakesley, La Jolla, Calif., 95-5; 70-79 (1.0 kg.), Bob MacConaghy, 93-11; Women, 40-49 (1.0 kg.), Ursula Schreiber, 73-3.

**JAVELIN**—30-39 (800 gms.), Bill Forsyth, 143-2; 40-49 (800 gms.), Jim Weed, Aurora, Colo., 146-6; 50-59 (800 gms.), DeVaughn, 88-0; 60-69 (600 gms.), Vesco, 80-5; 70-79 (600 gms.), MacConaghy, 120-11; Women, 40-49 (600 gms.), Miller, 102-0.

Note: Five-year age groups were contested if three or more entries per subgroup had been received by Friday, Sept. 1.

Dec. 15, 1977  
168th st. Armory  
60-yard dash—scratch  
30-39 6 in race

Stanford	37	6.9
Baker	33	7.0
Arnold Minkoff	32	7.2
40-49 9 in race		
Richard Deere	41	7.3
Richard Barnes	41	7.4
Robert Smith	42	7.4
Allan Roseting	43	7.6
50-59		
Rudy Valentine	55	7.5
Maurice Lentzer	53	7.8
Women		
Sandy Pashkin	36	7.9
Anna Mapps	31	8.2

440 yards - age-grading  
1st fifteen 27 in race

		points
Rudy Valentine	55	58.2 910
Jim Manno	58	64.7 790
Cliff Bertrand	42	64.7 790
Glen Shane	39	54.3 750
Mason O'Neal	40	55.8 720
Edward Small	40	56.2 710
Sandy Pashkin - F	36	67.8 690
Stanford	37	55.6 690
Cliff Pauling	44	59.0 680
Arthur Gatton	41	58.5 670
Pratt	42	59.0 660
Florence McArdle - F	40	72.4 660
Haig Bohigian	42	59.3 650
John Connor	43	60.5 630
Baker	33	55.9 630

Women—22 years added to age for computing purposes

2-mile run—age grading

Vince Chiappetta	45	10.29	795
Robert Fine	47	10.52	772
Charles Kennedy	40	10.30	725
James McGuinness	40	10.32	720
Alan Silver	40	10.39	705
Geza Feld	45	11.03	698
Malcolm Robinson	42	11.03	678
Tom Basick	51	12.15	665
Ben O'Reilly	34	10.31	655
Tom Talbott	46	11.59	623
Stan Aber	40	11.18	622
John Connor	43	11.40	619
Carl Struck	31	10.42	605
Mauro Capurso	52	13.11	585
John Harvey	38	11.28	580
DeLeon Gibson	39	11.41	566
Don Denig	46	12.44	548
Len Harper	41	13.77	435

Dec. 1, 1978  
168th St. Armory  
60-yard dash  
30-39

Johnson	6.7
Stanford	
Baker	
Minkoff	
40-44	
Weaver	7.0
Riddick	
Deere	
Smith	
45-49	
Brooks	7.4
Vrzumflov (?)	
McCormack	
Ryan	
Women	
Pashkin	8.3
Mapps	

Dec. 1, 1978  
600 yards - scratch  
(ages not given)  
1st section 30-39

?	1.20.4
Jayson	1.25.7
?	1.28.7
Wilson	1.29.0
Spector	1.30.7
Pearson	1.36.8
Grossman	NT

2nd section 40-49

Bertrand	1.21.2
O'Neill	1.22.5
Small	1.23.3
Bohigian	1.26.0
?	1.33.8

3rd section 50-plus

Valentine	1.29.2
Spitzer	1.30.5
Talbott	1.36.2
Bradley	1.40.3
Lacey	1.50.8
McArdle	NT

One-Mile Run - Scratch  
30-39

Ahmed	31	4.56.4
O'Reilly	34	5.01.0
Patterson	30	5.01.6

40-49

Willis	40	4.54.4
Kennedy	40	4.54.8
Aneshansky		5.01.6
Perden	41	5.14
Aber	41	5.15
Talbott	46	5.41
Denig	46	5.47
Bohigian	42	6.02

50-plus

Brown	51	5.00.3
Capurso	52	6.06

Dec. 29, 1978  
168th St. Armory  
50-yard dash scratch  
30-39

Robert Stanford	30	7.0
Arnold Minkoff	35	7.2
Ray Alexander	34	7.2
40-49 (9 in race)		
Cliff Bertrand	42	6.7
Roosevelt Weaver	41	7.1
Richard Deere	41	7.1
Robert Smith	42	7.2
50-59		
Rudy Valentine	55	7.3
Maurice Lentzer	53	7.6

Women  
Sandy Pashkin 36 8.2

300-yd. dash - scratch

Robert Stanford	38	34.8
Glen Shane	39	34.9
Elworth Robinson	32	35.3
Ernie Gil	38	38.1
John Smith	31	38.1
Don Pierson	31	38.7
James Wilson	32	38.9
Osie Griffin	35	39.9
40-49		
Cliff Bertrand	42	34.2
Mason O'Neal	40	35.0
Baker	42	36.4
William Clark	45	36.5
Ed Small	40	36.6
Haig Bohigian	42	36.7
Cliff Pauling	44	38.0
Thomas McCormack	46	39.1
James Louise	43	39.7

Dec. 29, 1978  
300-yd. dash  
50-59

Rudy Valentine	55	36.9
Jim Manno	58	41.3
Women		
Sandy Pashkin	36	41.8
Florence McArdle	40	44.3

3/4 mile run - scratch

Matt Cucchiara	36	3.24.4
Ernest Borges	30	3.32.0
DeLeon Gibson	39	3.38.0
40-49		
Charles Kennedy	40	3.31.3
Herman Willis	40	3.32.9
Vince Chiappetta	45	3.37.5
Jim Aneshansky	43	3.40.0
Cliff Pauling	44	3.43.0
Tom Jones	42	4.00.0
Don Spitzer	49	4.08.0
Don Denig	46	4.12.0
50-59		
Kelsey Brown	51	3.35.3
Arthur Bradley	52	4.15.0
Tom Basick	51	4.17.0
Teddy Foy	50	4.18.0
Peter Capurso	52	4.24.0
Women		
Sandy Pashkin	36	4.24
Florence McArdle	40	4.46.0

Jan. 3, 1979 - 168th St. Armory  
60-yd. dash - scratch

Ray Alexander	34	7.3
Mike DeJesus	34	7.4
Ernie Gil	37	7.5
40-49		
Roosevelt Weaver	41	7.1
Lloyd Riddick	44	7.2
Richard Deere	41	7.2
Allan Rosteing	43	7.3
Tom Talbott	46	8.4
50-59		
Rudy Valentine	55	7.3

880-yd. run age-grading

	Time	Points
Rudy Valentine	55	2.23.4 839
Ed Small	40	2.11.0 748
Louis Stern	44	2.17.3 732
Matt Cucchiara	36	2.09.5 726
Allan Pauling	44	2.18.5 724
Don Spitzer	50	2.26.9 723
Sandy Pashkin (W)	36	2.41.3 713
Flor. McArdle (W)	40	2.46.5 700
Jim Aneshansky	43	2.19.5 693
Arthur Bradley	52	2.36.1 666
Jim Perdew	41	2.22.4 636
Ted Foy	50	2.36.8 630
Haig Bohigian	42	2.24.3 630
John Smith	31	2.17.8 570
Peter Capurso	52	2.48.7 567
Don Denig	46	2.37.6 563
Ernest Borges	30	2.17.7 563
Tom Jones	42	2.35.2 530
Ernie Gil	37	2.30.7 509
John Montalvo	33	2.25.9 508

2-mile - age grading

Gary Muhrche	38	9.55.9 780
Charles Kennedy	40	10.27.6 730
Louis Stern	44	10.52.7 729
Matt Cucchiara	36	10.09.7 724
James Burns	30	10.01.7 690
Jim Perdew	41	11.01.7 670
Tom Talbott	46	11.35.1 668
Ben Gershman	36	10.37.1 661
Ernest Borges	30	10.33.9 619
Tom Jones	42	12.13.6 545



## He may be the most versatile over-40 runner of all time

Probably the most versatile runner of all time is Dr. Robert Thomas of Long Beach, N.Y. "Bobby" has run the 100-yard dash in 9.9, the 200 meters in 22.3, the 400 meters in 51.4 and the 1978 Boston Marathon in 2 hours and 52 minutes. What makes these times even more amazing is that they were all done after Thomas was 40 years of age!

Bob's best times as a youngster were 9.6 for the 100 and 21.1 for the 220. His 9.9 for the hundred was a Masters world record. In 1975, he won both the 200 and 400 meters at the 1975 AAU Outdoor Masters Championships. The demands of his medical practice then restricted his competitive efforts. He decided to do aerobic workouts, since he felt that "good health is endurance, not strength." Five weeks before the 1977 Long

Island Marathon, a friend casually asked Bob if he would be competing in it. Without any thought, Bobby said, "Yes." With only five weeks of training he stayed with the leaders for the first half of the race, then "hit the wall," finishing in 3:28. He recuperated from the race, took some time for sprint training to take part in the New York Pioneer Masters 400 and 800-meter World Record Relay efforts, and then started training for the New York Marathon. In New York, Bob did 3:02.

At Boston, he started in the back of the pack. It took him three minutes to get to the starting line after the gun went off. It was so crowded at the start that his first mile was done in ten minutes; two miles in 19 and three miles in 27. Thereafter he got some running room and just kept

passing people. It would be reasonable to take five minutes from his 2:52 because of the crowded start.

Bobby theorizes that an individual must be born with certain neuro-muscular ability to perform the rapid movements required in sprinting, but he feels a good sprinter can run a good marathon with sufficient training.

There is nothing unusual about his training methods. With a very restrictive time schedule he is unable to train twice a day as often as he would like. Most of his training runs are at a pace of six to seven minutes, with some long runs interspersed on his day off.

He runs mainly on the boardwalk near his home, or on cement roads in the area. About once a week he'll do some anaerobic workouts consisting of repeat 440's, 880's or miles on the boardwalk. Sometimes he'll run on the sand or do repeat runs up the ramps leading to the boardwalk. He has steadily increased his weekly mileage to over 100. Bobby needs only five or six hours of sleep. Sometimes he may just naturally awake at 4 a.m. and go off for a three-hour workout. He does no weightlifting, feeling that strength is necessary for sprinting but not distance running. He does believe in stretching.

Bob is 5'7 1/4" and weighed 159 pounds when he started distance training. His weight is now down to 148 and his pulse decreased from 60 to 48.

His present goals are 2:30 for the marathon, and to be the first man over 45 to go under 10 flat for the hundred.

Don't bet against him!

## Editor's notes

By ED GILDEA

Subscriber J.W. Doig of Princeton, N.J., reports that Princeton held its 4th annual college alumni masters meet recently with athletes in their 60's and younger taking part.

The winning mile time for the 50-54 category was 5:17.

"A few articles on this kind of event (Cornell holds an alumni track meet, too) might encourage other colleges to hold reunions of this non-drinking kind," Doig says. "At Princeton and Cornell, many of the competitors are mainly road runners who enjoy trying a variety of events they haven't competed in. Thus the 5:17 miler ran the 100-yard dash too (first time he ever tried that) and a few over-40 runners threw the discus and shot and then ran the 5,000-meter...In N.J. we also have an occasional 'aqua-terra biathlon' involving masters who run and swim various events with scoring tables used to decide winners in age groups of 25 through 70-plus."

\*\*\*

John Allen of Pomona, Calif., set a new record for 52-year-olds in the 5,000-meter race walk Aug. 19 in the Pan-American Masters Race Walking Meet at Santa Ana

College.

Allen's time of 24 minutes, 41 seconds was good for first place in the 50-54 age group. He was 4th overall.

The old record was 25:55.

The next day Allen set a new meet record for 52-year-olds in the 20,000-meter race walk, placing third overall in 1:43:28. This broke his old record of 1:47:41. Allen came within three seconds of breaking the record for the 50-54 age category set by Tony Madieros in Massachusetts in 1967.

Allen established a record for masters (40 and over) walkers in the 50-kilometer walk Sept. 10 in the AAU Senior Nationals at Bell Isle Park, Detroit, Mich.

In the 31-mile-plus walk Allen was clocked at 4:55:12. The old mark of 4:58:16 was set in 1973 by John Kelly of Santa Monica.

Allen was 10th overall.

Allen participated in the 1960 Olympics in Rome and hopes to make it to Moscow in 1980.

\*\*\*

Speaking of race walking, Alan Wood in his September newsletter reports that the September issue of Reader's Digest reports

*continued*



### 1979 TFA/USA National Masters Outdoor Track & Field Championships

June 9/10 at Slippery Rock  
State College,  
Slippery Rock, Pa.

*All events for Women  
and Men in 5-year  
age divisions starting with 30-34*

Entry blanks are available by sending a self-addressed, stamped envelope to:

John Harwick  
467 Beverly Road  
Pittsburgh, Pa. 15216  
412-561-0338



continued

that "Podiatrists give regular brisk walking higher marks than even running or jogging for maintaining foot fitness."

Wood's newsletter is probably the best source of data on race walking. Wood's address is Regency House, Room 255, Pompton Plains, N.J. 07444. A subscription to the newsletter is \$2.

In his October issue, Wood notes "Doc Sheehan's thought: 'Runners with lower back pain and intractable knee problems have found a pain-free haven in race walking.'" Wood quotes some readers on how back problems are relieved by walking, including one woman who wrote: "My lower back injury gives me fits when running, but not in walking."

Wood's October issue, incidentally, includes an article on John Allen, noting that he came back from the depths of alcoholism to record-breaking walking performances.

Excerpts from Wood's Dec. newsletter:

"West Coast pilot Rudy Haluza dropped down on New York to chop over two minutes off the Masters 10-mile record, hitting 1:19:45 in the Coney Island Handicap Nov. 26. Another Class 1B person, Howie Jacobsen, raced 1:21:56 (on 30 miles a week—he's doing a book on fitness). Dave Romansky worked out and guided 9-year-old daughter Diana to first place (1:49:14)."

\*\*\*

Carole Brockman of Kansas City, Mo., takes Al Sheehen to task in a letter for not mentioning the performances of Polly Clarke in his writeup of the National Masters AAU Championships in Atlanta in our previous issue.

"I believe one of her times was a record," Carole wrote. "I admire Mr. and Mrs. Clarke. I failed to see a mention of Toshiko D'Elia's 10,000-meter victory or Anna Mapps' first in the long jump (30-34) or her 2nd's in the 100 and the 100. I could add more.

"And the statement that the field events 'were a bit scrambled' was certainly an understatement. I waited in the hot Atlanta sun all afternoon and early evening to do the two jumps (which, by the way, I also took first in the 35-39 high jump with a 3'10" jump). Each time I inquired it seems that I was to understand that the women would be last. Why must this be? I am not a radical ERA enthusiast, but I do believe in the fairness practice."

\*\*\*

Phil Partridge went to a lot of trouble to get us the full results of



**"... and I'd like to see a pair of shin splints."**

From *The Incomplete Runner* by Bruce Lansky and Ted Martin

the Masters Sports Association AAU Weight Pentathlon at Randalls Island, New York City on Sept. 24, but lack of space prevents us from using them.

We can only summarize the results, giving the winners of the various age groups and the total score, eliminating the figures for the individual events—discus, shot, javelin, hammer and weight throw.

Phil notes that all scoring was by IAAF tables for ages under 40 and he notes that there were problems with the "new" scoring system.

The summary, listing total score only:

30, Vogler, 2416; 31, Grisko, 3465; 35, Kurnik, 3023; 36, Bury, 2447; 38, Decker, 2995; 39, Counihan, 2188.

42, Bohigian, 1593.5 and 1278; 44, Sweat, 1764 and 1421; 44, Jackson, 2114 and 1820.5; 44, Krastin, 2086.5 and 1751.5; 46, Carstensen, 2369 and 2410.5; 47, Olson, 2991.5 and 3287.5; 49, Hanley, 760 and 571.5; 50, Ryan, 1165 and 826; 50, Phillip, 2316.5 and 2373; 51, Stern, 1153.5 and 818.5; 52, Lentzer, 761.5 and 543; 53, Cantor, 2545 and 2711.

New scoring:

56, Harris, 1595 and 1346.5; 57, Minafra, 1772 and 1581.5; 45, Miller, 1096 and 1145.

\*\*\*

A late note from Berny Wagner advises that "The Track and Field Association/United States of America has been born recently from a merger of the United States Track Coaches Association and the United States Track and Field Federation."

Wagner, executive director of TFA/USA, says, "This new

organization hopes to have as constituent members all groups active in track and field through their national organizations. The TFA/USA is to be governed by people interested in track and field, people who are participating or working in and for the sport, and who are knowledgeable in it.

"Track and field, by TFA/USA definition, includes race walking, decathlon, pentathlon, cross-country, road running, marathoning and indoor and outdoor track and field for boys and girls, men and women in the age group, high school, junior college, college and university, open, submasters and masters categories. Programs of training, competition and education in the sport are to be carried out at area, state, regional and national levels.

"We are just getting started, with headquarters at 10920 Ambassador Drive, Suite 322, Kansas City, Missouri 64153; telephone (816) 891-1077.

"We will welcome ideas and suggestions as to how we can be of service to the track and field community of the United States."

Wagner was the U.S. Olympic team men's jumps coach in 1976 and coached at Oregon State University for 10 years. He coached three years at the junior college level and 13 years at the high school level. He is past president of the Northern California Track and Field Association and past chairman of the board of the Santa Clara Valley Youth Village Track Club.

Among the pro-tem officers of the TFA/USA is Richard DeSchraver, acting president. He is

## Londeree sets new record

Ben Londeree, a professor of exercise physiology at the University of Missouri, showed his heels to all other 40-and-over runners in the 19th annual Heart-of-America Marathon.

Londeree, 44, was clocked at an excellent 2:49:55 on the hilly course for a new record.

The previous mark of 2:53:12 was set by Rex Frazer, 42, in 1974.

Don Johnson, 50, of Centralia, Mo., was first in the 50-and-over group in 3:21:46.

Bill Fox, 36, of Tarkio, Mo., was first in the 30-39 in 2:41:14.

The overall winner was Denton Childs, 28, of Springfield, Mo., in 2:33:04.

Arne Richards, 45, of Manhattan, Kan., completed the race for the 13th time and brought his lifetime total to 74 completed marathons.

track and cross-country coach at East Stroudsburg State College (Pa.) and president of NCAA Division II, Track Coaches Association.

Acting directors are Sam Bell, track and cross-country coach at Indiana University; E. Wayne Cooley, executive secretary of the Iowa Girls High School Athletic Union; Dave Maggard, director of athletics at the University of California, and Mel Rosen, track coach at Auburn University and

continued on page 12



NO POST ENTRIES

Deadline: March 1, 1979

NO POST ENTRIES

Deadline: March 1, 1979

# National AAU Master's Indoor Track and Field Championships and National AAU Submaster's Indoor Track and Field Championships

## Saturday and Sunday, March 17 & 18, 1979

University of Michigan, Track and Tennis Building, Ann Arbor, Michigan  
Sponsored by the Ann Arbor Track Club, Gandy Dancer Restaurant and Financial Fitness, Inc.  
Sanctioned by the Michigan Association of the AAU and the National Masters AAU

**ELIGIBILITY:** The competitions open to all men and women 30 years and over who are registered with the AAU of the United States. (Canadians must register with Canadian AAU)

**DIVISIONS:**  
SM-A 30-34, SM-B 35-39, I-A 40-44, I-B 45-49, II-A 50-54, II-B 55-59, III-A 60-64, III-B 66-69, IV-A 70-74, IV-B 75-79, V-A 80-84, V-B 84 and over.

**PRIZES:** National Championship Medals will be presented to the first 3 place finishers in each individual event and 1st place relay in each division. One championship patch will be given to each individual winning an event. Only one patch per individual.

**FEES:** \$3 per event, no refunds, no post entries, no charge for relay teams.

**DEADLINE:** Thursday, March 1, 1979. A spectator charge of \$1 will go towards defraying the cost of the facilities. We need 400 athletes and as many spectators if we are going to come anywhere covering our costs.

**SPECIAL INVITATIONAL EVENTS:** Talented area runners will be invited to participate.

**FACILITIES:** 220 yd. tartan track with 8 lanes on the straightaway and 6 lanes on the turns. 1/2 inch spikes recommended. Locker and shower available at Intramural Building approx. 100 yards from the track. Change at home or hotel if possible.

**RELAYS:** Relays will be run in each division. (30-39, 40-49, etc.) Higher division runners may run in lower division relay but not vice-versa. Teams may be declared anytime before the start of the race.

**HOUSING:** 50 hotel rooms have been reserved at the Campus Inn, Huron and State Sts. For reservations you have call during business hours, 8-5, 769-2200 and mention you are with the National Master's Meet. to get the rates of \$31 for single, \$37 for double. Deadline is March 3.

thus important that all members of the National Committee submit requests to John Bevalacqua, 1001 Wade Ave., Raleigh, North Carolina, 27605. All National and Regional meet directors will now be required to submit a statement as to all income and expenses after the meet. The entry fees can be no more than \$3.00 per event since financial assistance will be given to guarantee no losses on the meets for the meet promoters. Expenses for rental costs and officials are the type of costs that we have in mind. Regional and National medals and National patches will be obtained on a contingent basis, payable after

request before it and since is a separate Masters LDR Committee it was felt that this was a matter in their jurisdiction. Any sub-master who wants to obtain championship status should thus contact Ken Bernard, P.O. Box 80512, San Diego, Cal. 92138 (the Masters LDR Chairman) and/or Bob Campbell, 39 Linnet St., West Roxbury, Mass. 02132.

I.A.A.F.

At the International Federation's meeting in Puerto Rico Rule 53 (regarding professionalism) was amended to read, "This does

### ORDER OF EVENTS SATURDAY, MARCH 17, 1979

- 4 p.m. 50 yard hurdle heats
- 5 p.m. 50 yard hurdle finals
- 5:45 p.m. 2 mile run finals
- 5:50 p.m. Long jump
- 7:45 p.m. Invitational mile run for Men
- 7:50 p.m. Invitational mile run for Women
- 7:55 p.m. High jump
- 8 p.m. 300 yard dash finals
- 8:45 p.m. 1,000 yard run finals
- 10 p.m. Cash bar and sandwiches--Campus Inn

### SUNDAY, MARCH 18, 1979

- 9 a.m. 2 mile walk finals
- 9:30 a.m. 600 yard finals
- 10 a.m. Pole vault
- 10:15 a.m. 50 yard dash trials
- 11:15 a.m. 50 yard dash finals
- noon - 1 p.m. Open fun run (all ages welcome)
- 1 p.m. 1 mile run finals
- 1:30 p.m. Shot put
- 2 p.m. 3 mile invitational
- 2:20 p.m. High School Invitational Mile Relay
- 2:25 p.m. 2 mile relay
- 3:55 p.m. 1 mile relay
- 5 p.m. Informal social gathering at GD

The above schedule will allow ample time for travel to and from the meet and plenty of rest for those who are doubling. The schedule may be altered when entries are received and heats drawn. The order of running events will be as follows: I, II, III, IV, V. In each case women will follow men. In some cases, divisions may be combined but scored separately.

Entries should be sent to registration chairman Larry Steeb, 2232 Dexter Rd., Ann Arbor 48103.

For other questions, contact the meet director, Elmo Morales, 2112 Arlene St., Ann Arbor 48103, phone: 313-761-3334 after 6 p.m.

**T-SHIRTS:** T-shirts with a distinctive race logo are available for a cost of \$4. Funds from the t-shirts will go to defray the cost of the meet. Please remit payment and size along with entry fees.

### MASTER'S INDOOR TRACK AND FIELD CHAMPIONSHIP

has previous performance for seeding) of \_\_\_\_\_

com the 3. Time \_\_\_\_\_ Event \_\_\_\_\_ B. Time \_\_\_\_\_ S M L XL T-shirt (\$4)

ch \_\_\_\_\_ AAU# \_\_\_\_\_ Club \_\_\_\_\_

w do \_\_\_\_\_

bas \_\_\_\_\_ Division \_\_\_\_\_ Sex \_\_\_\_\_ Entry fee \_\_\_\_\_ + t-shirt \_\_\_\_\_

argue have against the AAU of the U.S., the Club, the University of Michigan, Financial to operating sponsor for any and all claims of tral Master's and Submaster's Indoor Track signature: \_\_\_\_\_



## Editor's Notes

continued from page 10

president of the United States Track Coaches Association.

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The Western Pennsylvania Track Club has named Dave Batchelor as its Outstanding Athlete for 1978. Dave won the AAU Indoor Masters National Championship 55-59 division shot put (34-3) and weight throw (33-10) at East Stroudsburg, Pa., in March. In June he added two USTFF National Masters titles in the hammer and weight throw and later that month he won the National AAU Weight Pentathlon Championships in Vermont. He was a winner in Atlanta, too, in the 16-lb. hammer throw with a personal best of 106-6.

\*\*\*

Fred Keiser of Reading, Pa., was featured in a page of photos in the *Philadelphia Inquirer* on Sunday, Nov. 5. "He may be the world's oldest decathlon performer, a Bruce Jenner after his time," said the *Inquirer*... "He has been a physical education teacher for some 60 years and, he says, he has never really stopped being an athlete. He uses weights to strengthen his hands and when weights start to bore him, he uses

household appliances. He still throws the discus and will represent the United States next summer in the World Age Group Decathlon in Hanover, West Germany. After he finishes practicing his javelin throws, he says he takes half-hour walks. He says he looks so good at 78 because he also jogs a lot. Says Keiser: "I think I have a good chance in the world championships. There aren't too many people my age competing. Most of them are dead. Or at least they're supposed to be, according to the actuary tables. But me, I expect to keep improving."

\*\*\*

The 5th annual Philadelphia Masters Indoor Championships will be held Saturday, March 3, at the Schwartz Fieldhouse of Widener College, Chester, Pa. Short spikes will be allowed on the 176-yard tartan track. Starting time is 7 p.m.

Awards will be in the first three places in 5-year age groups starting at age 30. The event is open to all athletes 30 and older who are registered with the AAU.

The entry fee is \$4 per event. All entries will be post entries and participants are asked to allow sufficient check-in time. The only field events, high jump and shot put, will start an hour earlier—at 6 p.m.

The order of events is as follows: 60 HH, 60, mile run, 300, mile walk, two-mile run, 600, 1,000.

Development meets are scheduled by the association at Widener College on Feb. 11 at and Feb. 25, with field events starting at 9:30 a.m. and running events at 10 a.m.

Anyone over 30 is eligible to join the Phila. Masters Track Association. Claude H. Hills, 510

E. Valley Green Road, Flourtown, Pa. 19031, phone 215 AD 3-0132. Hills can be contacted for membership applications.

The association will hold its second annual dinner dance on Friday, March 30 at the Shannon Caterers Ballroom on Route 73, West Berlin, N.J., with cocktails from 8 to 9 p.m. and dinner and dancing from 9 p.m. to 1 a.m.

The Philadelphia Master of the Year Award will be presented at the dinner.

## Shot put and weight throw meet in Conn. on Feb. 4

The U.S. AAU Eastern Regional Masters Championship Meet for shot put and weight throw will be held Sunday, Feb. 4, 1979, at Trinity College Field House, Hartford, Conn., at 12 noon.

It is sanctioned by the AAU National Masters Committee and Connecticut District AAU and sponsored by Trinity College, Hartford, Conn.

The competition is open to all registered athletes over the age of 30. According to AAU regulations the competition will be divided into 5-year age groups.

Schedule: Field House opens at

11 a.m. for registration and warmup. Locker rooms are available but Trinity College and the Conn. District AAU assumes no responsibility for lost or stolen articles.

12 Noon: Weight Throw — Sub-Masters, Masters IA, Masters 1B; Shot Put — Masters IIA and B, Masters IIIA and B, Masters IV and over; Shot put — Women (All divisions).

Awards: Official Eastern Regional Medals will be awarded to the first three finishers in each 5-year age group.

Entry Fee: first event \$3; both events \$5.

Entries without entry fees will be rejected. Make checks payable to: New Britain Track & Field Association.

Entries close Jan. 30, 1979. Submit entries to: NBT&FA, P.O. Box 204, Kensington, Ct. 06037.

All entries must list current AAU registration numbers. AAU registrations will be available at the competition site. No one will be allowed to compete without an AAU registration card.

The Trinity College Field House is located on Broad Street in Hartford. From I-84 exit at State Capitol on Capital Ave. proceed west to Broad St. and turn left. From I-91 exit at Capitol area exit both north and south, proceed to capitol again turn left on Broad St. after traveling west.

## 1979 renewal notice to all Masters Sports Assoc. members

Our Association continues to be the largest Masters group in the world. We have continued to sponsor local, regional and national meets. This year, were

it not for the MSA there would have been no Eastern Regional Indoor or Outdoor Meets. Track and Field News was considering dropping the Age-

Record book until MSA guaranteed a minimum purchase. In 1979 we will continue to offer the National Masters Newsletter and the Age-Record book, both of which retail for \$5, as part of our \$6 dues. MSA was able to have two additional issues of the National Masters Newsletter published over the four issues guaranteed yearly. We again will guarantee four issues of the Newsletter and the Age-Record book (to be sent out in late spring).

SUBSCRIPTION: RUNNER'S WORLD (\$12.00) \_\_\_\_\_  
 TRACK & FIELD NEWS (\$11.00) \_\_\_\_\_  
 RUNNING TIMES (\$12.00) \_\_\_\_\_  
 MSA EMBLEM (\$3.50) \_\_\_\_\_  
 MSA T-SHIRT (\$3.50) \_\_\_\_\_ Size: small \_\_\_\_\_ medium \_\_\_\_\_  
 MEMBERSHIP: DUES (\$6.00) \_\_\_\_\_ large \_\_\_\_\_  
 SPONSOR (\$25) \_\_\_\_\_ DONATION: \$ \_\_\_\_\_

Make checks payable to:  
 MASTERS SPORTS ASSOCIATION  
 Mail to JOHN POPOWICH, 24-11 23rd  
 Ave., Astoria, N.Y. 11105

Potomac Valley K. Dennis, D. Segal, R. Knox, G. Miller  
 Southern Cal. Striders J. Hollman, F. Kelley, R. Enders, C. Jerome

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THE NATIONAL MASTERS NEWSLETTER  
 is published quarterly from 102 W. Water St., Lansford, Pa.  
 18232. Address all correspondence to this address.  
 Subscription price: \$3.00 per year. Advertising rate: \$1.50  
 per column inch.

Spring, 1979—8th issue

Second class postage paid at  
 Lansford, Pa. 18232.