



# National Masters Newsletter



17th Issue

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

## HIGHLIGHTS

- Masters Athletes of the Year
- AAU Convention Report
- 1980 Schedule
- 1979 LDR National Champs
- Fine, Miller, Bernard elected
- Gilmour sets world 60 + 3,000 and 1-hour marks
- Davies breaks world 60 + marathon record
- Miller smashes two women's 50+ road marks
- US Road Running Records
- Burgasser, Wright win National 25 Kilo
- Packard, Stock win National 10 Kilo
- Moore, Bessel win National 10 Kilo XC
- Porter, Stock win National 5 Kilo XC

With apologies to Hunter Thompson

## Fear and Loathing in Las Vegas

by AL SHEAHEN

LAS VEGAS, NEVADA, November 28. "What are we doing here?" asked new Master's AAU Track and Field Chairman Wendell Miller of new Masters AAU Athletics Chairman Bob Fine as the 92nd annual AAU convention wound to a close. What, indeed.

Al Sheahan, Editor  
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Avery Bryant in Masters National AAU Championships. photo by Bob Pates

What were the masters doing at an AAU convention?

Why were people who had never been to a national masters track and field championship

continued on page 6.....

## Track and Field

## Billups & Obera named Athletes of the Year

by PETE MUNDLE

LAS VEGAS, NEVADA, November 26. Ernie Billups and Irene Obera were voted outstanding Masters track and field athletes of the year in the Masters Track and Field Committee meeting at the annual AAU Convention.

Billups received the award as the outstanding male athlete. Obera is the outstanding female.

Ron Laird and Lori Maynard were voted outstanding Masters race walkers of the year.

Kathy Brieger and Al Sheahan were awarded top Masters administrators.

Obera, 45, of Moraga, California, was the National AAU Masters Track and Field Champion in the 100, 200 and 400. She was World Champion in the 100 and runner up in the 200 and 400. She set three American age 45-49 division records in the 100 (12.63), 200 (26.3) and 400 (61.69). Her 200 mark is also a world best.

Billups, 42, a Chicago high school principal, had an equally sensational year. He was the American Masters Indoor champion in the 600 yards (1:17.9) and 1000 yards (2:19.2). Both are American records. He also won the Indoor Mile Championship in

continued on page 2.....

## Top L.D.R. Athletes picked for '78 & '79

by AL SHEAHEN

LAS VEGAS, NEVADA, November 27. Outstanding long distance masters runners for both 1978 and 1979 were picked by the Masters Long Distance Running Committee at the 1979 AAU Convention.

For 1978, the outstanding athletes were: Oscar Moore (Male 40-49), Ed Almeida (Male 50-59), Clive Davies (Male 60-69), Ray Sears (Male 70+), and Pat Bessel (Female). Ed Barron, posthumously, won the Otto Essig Administrator Award.

Moore, a teacher at Glasgow State College in New Jersey, won the National Masters 15k in 1978 as well as many other races. (Fritz Mueller was ineligible since he won in 1977.)

Almeida of San Diego clocked a 2:35 marathon at age 56, and set an American age 55-59 record of 1:34:17 for 25 kilometers. (Alex Ratelle was ineligible.)

continued on page 5.....



12 MONTHS TO GO

## COUNTDOWN TO NEW ZEALAND

by CLEM GREEN, National Coordinator, New Zealand Association of Veteran Athletes.

**What:** The Fourth World Veterans (or Masters) Athletics Championships....a track and field sporting event for men over 40 and women over 35.

**When:** January 1981 when the northern hemisphere will be in the grip of winter but it will be high summer in New Zealand.

**Where:** At the Queen Elizabeth II Stadium in Christchurch, the main city in New Zealand's spectacular South Island.

On behalf of the N.Z. Association of Veteran Athletes I send to you our sincere and heartfelt greeting and a cordial invitation to attend the international championships for veteran athletes to be held in January 1981. You will recall that at both the 12th World Road Championships, I.G.A.L., and the 3rd World Athletic Championships for veterans, New Zealand was given the honour of staging both these events. The I.G.A.L. 10km and 25km events will be held on the 3rd and 4th of January at the City of Palmerston North with the usual management meetings and receptions. The 4th World Veterans Athletic Championships will be staged from January 8th to 14th at the City of Christchurch with management and general assembly meetings being held on the 5th, 6th, and 7th; with the probability of the official opening of the championships being on the late afternoon of the 7th.

To have these competitions in a Southern Hemisphere summer will be a new experience for all veterans. In New Zealand not only can you be assured of good sporting activities but we earnestly invite you to spend some time with us enjoying our hospitality and our most varied scenery. For distant overseas veterans the visit will be the trip of a life time and you must allow time to visit a thermal wonderland, our Maori

culture centers, swim at our endless sandy beaches, enjoy our many lakes, rivers and harbours, see and tramp in mid-summer snow, go hunting, experience our wide open spaces of our pastoral economy or the bush and mountain scenery which is really different from any other in the world.

New Zealand veterans have enjoyed hospitality in other parts of the world and we look forward this time to being your hosts. We are planning a list of New Zealand veteran athletes who would be prepared to have you visit or call upon them in various parts of our country in order that you can gain the most from your adventure here and make life-long friends. As we have only three points of entry by air and as long as we know when your planes are arriving, we also plan to meet your parties on arrival at Auckland, Wellington and Christchurch.

Details of both championships will be announced shortly. May I wish you a happy year in 1980.

## Millrose to have Masters Mile Relay

Howard Schmertz, director of the Millrose Games, has indicated that he will hold a Masters Mile Relay, at the Millrose Games on February 8th, early in the program. The Millrose had sponsored a Masters' Mile Run a few years ago but due to a very disappointing turnout (three competed) the event was cancelled. The plan calls for five teams. Six names can be submitted with the names of the four relay runners to be given at the time of the meet.

Ed Small, 531 Main Street, Roosevelt Island, New York City, NY 10044, (212) 688-6083, will coordinate the selection of the teams. Please send to Ed, estimated times, names, ages, and occupations of your team members. Ed will select the fastest five teams. It is important that you contact Ed immediately and that your team appear, if selected.

from Bob Fine

## Billups and Obera continued from page 1

4:30.6. He's the national outdoor track and field champion with American records of 1:56.0 in the 800 and 4:03.4 in the 1500. He won a gold medal at the 3rd World Veteran Championships in Germany in the 800 in 1:56.6 and was fourth in the 1500 (4:03.7). He ran a fine 2:28:12 marathon, placing as the 7th master in Boston.

Laird, 41, of New York City, is the national 5-kilometer walk champion with his American record of 22:27. He also won the 20-kilometer championship in 1:51:50. He was 2nd in the World Games in the 20k in 1:34:15, and 3rd in the 10k (45:49).

Lori Maynard, 43, of San Francisco has completely dominated the walking scene. She owns records in every walking event. She won silver medals in the World Championships in the American record times of 53:10.9 in the 10k walk, and 26:10.2 in the 5k walk. She's a national champion many times over. She also compiles the records for the women's walks and does an excellent job.

Brieger won the top female administrator award by her work in compiling all the age 40+ women's records. She diligently traced down needed birthdates and missing or inconsistent information. She is highly respected by all the female athletes, and has done much to move the women's masters program forward.

Sheahen has helped the masters program in many ways. He's been the official meet announcer at most major meets. He stays on top of each race, eliciting exciting and interesting facts to fans and athletes alike. He is the one that makes it a class meet. He is also the editor of the *National Masters Newsletter*. He has transformed the paper into a vibrant organ of communication, adding luster to it with his tell-it-like-it-is reporting.

[Editors note: National Masters Track and Field Chairman Bob Fine, who has done so much for the masters program in 1979, was ineligible to receive the award. When the award was established, the National Chairman was declared ineligible, since "he's expected to do a lot of administrating, anyway, and, therefore, shouldn't receive an award for it." Peter Mundle, who received the award in 1978, was also ineligible.]

## RESULTS OF POLL

### Administrator - male

Bob Fine	23
Pete Mundle	12
Al Sheahan	9
John Kelley	6
Ed Barron	6
Alan Wood	4
Phil Partridge	3
Wendell Miller	3
Tony Diamond	3
Tom Sturak	2
Harry Siitonen	1
Stan Thompson	1

### Track & Field - men

Ernie Billups	17
Jack Greenwood	12
Nick Newton	5
Alvin Henry	3
Dean Smith	3
Rudy Enders	3
Paul Fairbank	3
Paul Spangler	3
Al Oerter	3
Josiah Packard	3
Harold Chapson	2
Lou Gregory	2
Lloyd Riddick	2
Harry Koppel	1

### Racewalking - male

Ron Laird	22
Gordon Wallace	13
Bill Ranney	12
Bob Mimm	10
Sal Corallo	6
Tim Dyas	3
Don Johnson	2
Dale Sutton	2
John Allen	2

### Road & X-C - male

Alex Ratelle	11
Herb Lorenz	9
Herb Chisholm	6
Brian Harris	6
Lou Gregory	5
Clive Davies	4
Harold Chapson	3
Oscar Moore	3
Hal Higdon	3
Tony Diamond	2

### Administrator - female

Kathy Brieger	11
Irene Obera	5
Lori Maynard	3
Ann Smith	3
Vicki Jones	3
Mariene Miller	3
Cynthia Jackson	2
Shirley Kinsey	1

### Track & Field - female

Irene Obera	18
Miki Gorman	8
Cherrie Sherrard	4
Pat Bessel	4
Dorothy Stock	3
Chris Miller	2
Ruth Anderson	2
Shirley Kinsey	1

### Racewalking - female

Lori Maynard	27
Anne Vanerhoff	2

### Road & X-C - female

Miki Gorman	15
Ruth Anderson	11
Pat Bessel	7
Nicki Hobson	3
Dorothy Stock	2
Toshiko D'Elia	1

## FOR MORE INFORMATION.....

- Housing - university or hotel
- Transportation - Air New Zealand. Choice of 4 different departure dates and 4 different returns.
- stopovers, special tours, and parties.
- Entry forms, meet details.

CONTACT: The Masters' Original Travel Agent

SPORTS TRAVEL INTERNATIONAL LTD.  
4869 "B" Santa Monica Avenue  
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## MASTERS RACE WALKING

Bill Ranney, 43, again covered the most distance in the final AAU One-Hour Postal Walk competition of the year for Northern California. Bill's distance was 7 miles, 1469 yards. Elena Carola, 71 improved upon her age-group national best of last month by about 90 yards, with 4 miles, 632 yards. Otto Somerauer, 61, walked 5 miles, 1514 yards for 2nd master.

Two pamphlets on race walking techniques and conditioning are of value

to both novices and the experienced. They are: 1) *Race Walking*, by Julian Hopkins, British Amateur Athletic Board, 1976, \$4.00. 2) *Competitive Race Walking*, by Ron Laird, 1972, \$4.50. Both are available through *Track & Field News*, Box 296, Los Altos, CA 94072.

U.S. 50 kilo race walking 5-year age division marks:

40-44	Bill Ranney	4:48:53 (8-26-79)
45-49	S. Corrallo	4:53:11 (8-26-79)
50-54	John Allen	4:55:12 (9-10-78)
55-59	Larry O'Neil	5:38:59 (6-11-67)
60-64	Larry O'Neil	5:12:08 (9-12-68)
65-69	George Knox	6:24:18 (10-28-78)

from the Golden Gate Walker



# TRUE JOCK

by BOB FINE

Even though my sub-conscious makes all the decisions during a race, I still engage in a conscious debate with myself; the "true" athlete vs. the rational non-athlete.

In a recent 10k road race, I caught the competitor ahead of me at the 2 1/4 mile mark. I subsequently learned that he was a fifteen year old high school student named Ramon. I am forty-eight, making me old enough to be his grandfather, if I had been more precocious in my youth. Normally, when someone is passed after the first third of a distance race that person should stay passed. The only problem with this thesis is that Ramon, due no doubt to childhood ignorance, didn't behave as he should. He had the nerve to fight every step of the remaining three plus miles.

The following is the debate I had with myself, picking it up as I first passed him.

"Now just go by him smoothly. Look

real cool but pass him fast. Build up a five yard lead and that will be the end of him."

"Ha, ha wise guy. Why didn't you tell this kid that he is supposed to stay passed?"

"Don't worry. The kid can't last. He overstrides. He bounces too much. His arm motion is jerky."

"He also just passed you."

At the four mile mark the debate continued.

"What the hell are you knocking yourself out for? You have fifth place overall locked up and you've won your age group. Why bust your chops to beat a kid when no one gives a damn?"

"I must persevere on to victory."

"This is not a World War II film you're in, stupid!"

"Why be an athlete if one won't do one's best?"

"Look, masochist, make it easy on yourself. Just pour wintergreen in your running pants. In that way you'll have as much pain as you're having now, without all the effort."

"You have no concept of what racing is all about. One must extend oneself to his ultimate limit. The true athlete

overcomes adversity and pain to conquer himself and reach the pinnacle of athletic achievement."

"My god! You sound like the Howard Cosell of the geriatric set."

By five miles, I was offering silent prayers for the finish line.

"How long can this go on?"

"Don't be a quitter. This kid can't possibly run as long as you can. You're a mature, experienced athlete."

"I may be a mature, experienced athlete, but I'm also a damned tired one. This brat is too ignorant to know that once you get passed you stay passed, so he's probably too ignorant to know that when you get tired you slow down."

"Why don't you give him a 'Bill Rodgers mid-race spurt?'"

"Very funny. I can't even give him a Bob Fine wiggle."

With a half-mile to go, it was even getting tiring talking to myself.

"Why don't you ask the kid to come in together holding hands?"

"You idiot. The kid will probably think I'm making advances at him and would probably bop me one - he

certainly looks stronger than me."

"Maybe the kid has more brains than you do. Maybe he is just as tired of making a hero out of himself for no logical reason."

"I am pursuing personal excellence. Finishing ahead of the kid is totally unimportant. To come in holding hands is an admission that I can't, or won't run to my limits."

"That kind of attitude led to Custer's Last Stand."

At this point my sub-conscious took over resulting in a furious drive to the finish line. There were no more "debates." I finished one step away from exhaustion.

No, I won't relate whether I finished ahead of Ramon, since that is not really important.

It took me a week to recover from the race and another two weeks before I could race close to my potential.

The question is whether I should have listened to my rational self and just have run to win my age division or whether I should have run to my limit (as I did) even though it was a minor race. What do you think?

# schedule

## MAJOR EVENTS

Sat. Jan. 5: Muhammad Ali Invitational. Long Beach, California. Masters events.

Sun. Jan. 13: 16th Annual Mission Bay Marathon. 7 a.m. Contact: P.O. Box 1124, San Diego, CA 92112.

Sun. Jan. 20: College of the Desert Masters Track and Field Meet. Palm Desert, California, 11 a.m. Contact: Shirley Davisson, 14770 Rodeo Dr., Victorville, CA 92392.

Sun. Jan. 27: National AAU Masters Marathon Championships. Saratoga, California (Paul Masson Marathon). Contact: Dan O'Keefe, 20032 Rodrigues, Cupertino, CA 95014.

Fri. Feb. 8: Millrose Games. New York. Masters mile. Contact: Ed Small (21) MU8-6083.

Sat. Feb. 9: 3rd Annual City of Orange Masters Track and Field Meet. El Modena HS, Orange, California. Contact: Larry Sallinger, 203 E. Monroe, Orange, CA 92667. (714) 639-4463.

Sat. March 1: 5th Annual Philadelphia Masters Indoor AAU Track and Field Championships. 6 p.m. Age 30+. Widener College, Chester, PA - Schwartz Fieldhouse. No pre-entries.

Sun. March 9: Eastern Indoor AAU Masters Track and Field Championships Lehigh University, Bethlehem, PA. Entry form in February NMN.

Sun. March 16: Midwest Masters Indoor Track and Field Championships. 9 a.m. Age 30+. Highland Park HS, Highland Park, Ill.

Sun. March 23: National Masters AAU 30 Kilometer Run. Albany, New York.

Sun. March 23: National Masters AAU 30 Kilometer Walk. Houston, Texas.

Sat. March 29: National Indoor Masters AAU Track and Field Championships. Syracuse, New York. Entry form in this issue.

Sat. March 29: National AAU Masters 15 Kilometer Run. Seattle, Washington.

Sun. March 30: Cherry Blossom 10-Miler. Box 4771, Arlington, VA 22265.

## 1980 Midwest Masters Schedule

Fees: \$3.00. Prizes: First five in each age group. Age Groups: Men & Women 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+. Registration: No entry form needed, sign up at the meet. Information: Wendell Miller, 180 N. LaSalle, Chicago, IL 60601. (312) 236-1315 or Ron Fox, 3272 Western, Highland Park, IL 60035. (312) 432-3411 or 427-1200. Note: Unless otherwise noted, all races are open to all other runners, regardless of age. All events on an all weather basis.

Sun. Jan. 20: Indoor 5 Mile Run. 9 a.m. Highland Park HS, Highland Park, Illinois.

Sun. Feb. 17: Indoor T/F Meet. 9 a.m. Highland Park HS, Highland Park, Illinois.

Sun. March 16: MM Indoor T/F Championship (age 30 and over). 9 a.m. Highland Park HS, Highland Park, Illinois.

Sun. May 18: One Hour Run. To be announced.

Sat. May 31: Mini Open T/F Meet. 8 a.m. Dyche Stadium - Northwestern University, Evanston, Illinois.

Sat. June 28: MM Outdoor Regional T/F Championship (age 30 and over). Dyche Stadium - Northwestern University, Evanston, Illinois.

Sat. July 19: Mini Open T/F Meet. 8 a.m. Dyche Stadium - Northwestern University, Evanston, Illinois.

Sat. Aug. 2: Mini Open T/F Meet. 8 a.m. Dyche Stadium - Northwestern University, Evanston, Illinois.

Sat. Aug. 9: Open Track & Field Championship. 8 a.m. Dyche Stadium - Northwestern University, Evanston, Illinois.

Sun. Aug. 31: MM 25K Championship 9 a.m. Lake Bluff Jr. High School, Lake Bluff, Illinois.

Sun. Nov. 9: MM 5K Cross Country Championship. 10 a.m. Veterans Park, Crystal Lake, Illinois. Dick Kloepper (815) 459-5663.

Sun. Dec. 28: MM 30K Championship. 10 a.m. Lake Bluff Jr. High School, Lake Bluff, Illinois.

## Philadelphia M.T.A. Indoor Schedule

Philadelphia Masters Track Association Indoor Schedule. F=field events, R=running events. \*=developmental meets.

Thur. Jan. 10: Philadelphia Masters Track Association Indoor Championship. 6 p.m. Co-sponsored by Philadelphia Dept. of Recreation, Civic Center, Civic Center Blvd. and 34th Street, Phila. Competitors must be members of Phila. Masters and the AAU. Competition will be by five-year age groups. Meet directors: Fred Mannis & Walt Fisher. Field Events: Shot Put, Pole Vault. Fee - \$3.00 per event.

Sun. Jan 20: Relay Meet. 1:00 p.m. Haverford College, Haverford, Pa. From Phila. out City Line Ave. (Rt. 1) to Lancaster Ave. (Rt. 30). Right on Rt. 30 thru Ardmore to Haverford. After you pass the Girard Bank sign at

Wyoming Ave., turn left at the next street. This is the entrance to Haverford College. Proceed to dead end and take left. Field house is on right. Relays only. Competitors will be assigned to teams by meet director. Relays will be of various distances. Family relay must include members of same family of any age and at least one member of Phila. Masters. Meet directors: Walt Hutchins & Glen McCurdy.

Sun. Jan 27: Widener College\* 17th & Bullens Lane, Chester, Pa. From Phila. take Interstate Highway I-95 south to Stewart Ave. Exit. Turn left on Chester Pike to Bullens Lane (5th traffic light) and turn right. Stay on Bullens for about a mile. Turn left at sign for field house. Meet director: Greg Dunbar. Field events: shot put, high jump.

Sun. Feb. 10: Widener College\* (See above directions. F - 9:30 a.m., R - 10 a.m. Meet Directors: Phil Steel & Nick Breslin. Field events: shot put, high jump.

Sun. Feb. 24: Widener College. (See above directions). Phila. Masters Dual Meet. Meet director: Dave Van Dusen. Field events: shot put, high jump.

Sat. March 1: Philadelphia Masters Championships. 6 p.m. Widener College.

## Name To Watch

SANTA MONICA, CALIFORNIA, November 11. Vicky Cook won't be a master for 20 years, but she won over masters superstar Miki Gorman, 44, and Los Angeles Women's Open Marathon winner Beverly Shingles, 39, in the L'eggs 10,000 Meter Run.

The 15-year old high schooler, a steady, dependable sort who's been improving steadily for 5 years, ran 35:07 to Shingles' 35:24 and Gorman's 35:47. Cook gets a freebie to New York to run L'eggs mini-marathon next June.



# REPORT FROM AUSTRALIA

by JACK PENNINGTON

I would like to send New Year's greetings to all U.S. masters on behalf of the old boys down under.

Our track season has begun and already John Gilmour has set three new world over-age-60 records. He broke his own 1500 mark of 4:32.5 which he set in Hannover, with a 4:31.3 on November 9th in Perry Lakes Stadium in Perth. He also set a new world 60+ mark with a 9:43.3 in the 3,000, breaking the old standard of 10:12.4, set by Gunter Thiele of West Germany in 1976. Two days earlier, he established a world one-hour-run mark of 10.47 miles.

So you can expect the 5,000 and the 10,000 to go next?

Herb Elliot described Gilmour as the greatest runner of all time. He's so consistent. Prior to Hannover, he had overtrained, developing back trouble and pulled muscles. He didn't run for six weeks. Before the trouble, he was doing two runs a day, of 12 and 8 miles.

Re your gripes about the Germans, I made similar gripes when we competed in Cologne in 1972. However, I should point out that similar gripes could have been made about White Plains: the 5,000 was 3 hours late, and I missed dinner and transport to New York that night.

The Australian Masters Championships are to be held at Easter in Adelaide. Any tourist who wants to compete should write to Rowly Ferris, 44 Edwards St., Brighton, South Australia 5048.

Gordon Pirie has written to say he will compete. He's a track manager in New Zealand and coaches, among others, Dick Quax. Pirie is his usual

cocky self, and doesn't expect any opposition. He's about 47.

For those of short memory, he held world records at 3,000, 5,000 and 6 miles, defeating runners like Zatopek, Chataway, Ibbotson, Kuts and numerous Americans. Plus all three Hungarians -- Iharos, Tabori and Rosavolgi. He was eventually devastated by Kuts at the 1956 Olympics where he was 2nd in the 5,000.

I would expect to see Peter Snell, Murray Halberg, Bill Bailey, and perhaps even Elliot at Christchurch in 1981.

Regretfully, I expect a small contingent from Europe and the USA. Snell, etc. will outclass them. I very much doubt if the line-up will exceed 1500. I'm sure Europeans do not travel the world as readily as do yourselves and the Aussies. I estimate my three world trips (with wife) to compete have cost me \$15,000.

Some bad news: Wal Sheppard, 57, ran 2nd in the M55 800 at Hannover, fading badly in his heat of the 1500, where he ran out of steam. One month later, he had open heart surgery, in which he had 4 coronary by-passes inserted. He is now okay, walking 4 miles per day.

The story is, prior to Hannover he wasn't training well, went for a stress test, cycle-ergometer. His EKG was abnormal. His medic told him, "Normally I would not advise jogging, but as you are a well trained competitor, I must be in error, especially since you have no symptoms. However, after Hannover, come back for another check up."

This Wal did. The result was again abnormal. His cholesterol level was

looked at, and found very high. Next a catheter heart-X-ray was taken. They told him he had a blocked coronary. Life expectancy: ? to 5 years. Hence, surgery.

Shepard has a family history of heart disease, without symptoms. Also, Wal has had a very stressful life in recent years, especially on the job where he finally retired at age 56. Yet since 1963, he's been running many marathons, at least one per year. He's been in training since then, so I guess without it he would be dead....who knows?

There's also a report from New Zealand, where one of their ultra distance men died the day after a marathon at age 53. The cause of death is not reported but I would guess, heart failure, as no illness or accident was reported.

Certainly it seems heart disease is not cured by running, and that stress can overcome the beneficial effects of running. Certainly running is most likely to extend the life span, and to become less active would be very negative.

Anyway, I've suggested that Dr. Sheehan had better have a rethink on this subject. Only a few weeks ago, a close associate had a massive heart attack while running up a hill, a week before he was due to run a marathon. He is 59. He managed to stay upright during the attack, but was greatly scared. He is now back jogging. However in this case, he was written off with heart disease 10 years ago. I got him started jogging, so perhaps it was to be expected. There are many with heart disease who are now running marathons.

## AAU Records Set in 1979

Records set at National Masters Indoor Championship at Ann Arbor - March 17 and 18.

championship meet records:  
•600 yards 1:17.9 Ernie Billups(UCTC)  
•1000 yards 2:19.2 Ernie Billups  
•2 mile walk 14:13.8 Ron Kulik(NYAC)

American records:  
•300 yards 34.0 Milt Newton(SCS)  
Records set at Muhammad Ali Games [indoor] in Long Beach - January 6.

American records:  
•1500 4:13.8 John Brennand(SBAA)

Records set at National Masters Outdoor Championships at Gresham, Oregon - July 6 and 7.

championship meet records:  
•800 1:56.0 Ernie Billups(UCTC)  
•5000 walk 22:26.9 Ron Laird(NYAC)  
American records:  
•1500 4:03.4 Ernie Billups(UCTC)

## Miller smashes two US 50+ marks

On two successive weekends in November, Margaret Miller, 53, of Los Angeles smashed two American road running records for women over age 50.

Pending certification of the courses and the times by the National Running Data Center, Miller broke both the 10k and 20k marks.

On November 11, in Santa Monica, in the L'eggs 10 Kilometer Run, Miller won the 50+ women's division in 40:45, breaking the existing women's 50-59 road record of 42:31, set by Frances Sackerman on September 29, 1979. (Helen Dick has a pending 41:36 time).

A week later on November 18, in the Lasse Viren Finnish Invitational 20 Kilometer Run, Miller won the 50+ competition in 1:27:28, breaking her own 50-59 road mark of 1:31:19, set September 25, 1976.

For comparison, the women's over-age-50 world track record for 10,000 meters is 39:25.2, set by Carol Cartwright of Reseda, California in the Home Savings Pan American Championships last year.

Earlier in 1979, Miller set two other American women's age 50-54 road records. On March 3, she ran the 25k in 1:51:36, and on July 4, the 15k in 1:03:57, thus completing an amazing sweep of the 10, 15, 20 and 25 kilo records.

The complete list of American men's and women's age division road records is in this month's issue of NMN.

## Jordan Wins 100

PALO ALTO, CALIFORNIA, November 11. Former Stanford track coach and world age 60-64 100 and 200 record holder Payton Jordan sprinted to a 12.5 second win in the special masters 100-yard dash at halftime of the Stanford-California football game. Harry Koppel was 2nd.

## Packard wins AAU 10k Road Champ

LAS VEGAS, NEVADA, November 25. Only forty-two over-age-40 runners showed up on a brisk, beautifully clear Las Vegas morning for the National AAU 10 Kilometer Masters Road Racing Championships.

But, as the saying goes, "What talent there was, was 'cherce'."

The race is traditionally held at the start of the National AAU Convention, held this year at Caesar's Palace.

Arizona's Bob Packard, 43, led all finishers with a time of 32:13.3. Close behind was David Hambly, 40, in 32:22.6. National AAU 5,000 track champion Earl Ellis, 43, of Seattle was third in 32:38.9.

John Brennand, Skip Shaffer and Marv Rowley all turned in strong sub-34 minute runs to round out the top six.

Tom Sturak of Los Angeles took age 45-49 honors in 35:46.7. Just-turned-50 Bill Stock of San Diego won the 50-54 competition in 35:49.0.

Dick Walsh, Ed Shaffer, Bob Boal and Lou Gregory were other men's division winners.

Dorothy Stock topped the three women contestants, winning her age 15-49 division in 40:14.7. Mary Cullen, 40, and Ruth Anderson, 50, also won first place medals for their 41:37 and 43:08 respectively.

National AAU Masters Track and field Chairman Bob Fine and others criticized the National AAU Long Distance Running Committee for "doing nothing to publicize or help organize the race."

Fine said: "The same thing happened last year in San Antonio. Forty-two runners for a national championship is a disgrace."

### RESULTS

MEN	
40-44	
BOB Packard	43 32.13.3
David Hambly	40 32.22.6
Earl Ellis	43 32.38.9
John Brennand	44 33.14.2
Skip Shaffer	41 33.27.1
Marvin Rowley	40 33.48.1
John Butterfield	42 34.38.4
Andre Tocco	44 34.58.6
Buzz Bennetts	42 35.47.8
Richard Belliveau	43 36.34.6
Ray Schmidt	42 36.37.7
Neal Chappell	40 36.46.9

Leonard Bender	42 37.13.7
Carl Owczarzak	40 38.08.0
Everett Chase	42 38.38.4
Stan Ames	43 39.25.2
Phil Lawton	43 39.59.1
John Beamer	40 40.40.9
James Williams	41 41.04.3
Billy Smith	44 41.35.0
Ron Baize	42 37.59.9
45-49	
Tom Sturak	48 35.46.7
Dave Bernal	47 35.50.4
Dave Parker	49 37.22.8
Robert Fine	48 37.41.5
Bill Kinnel	47 38.29.0

50-54	
Bill Stock	50 35.49.0
Pete Mundle	51 36.18.2
Tony Diamond	50 37.09.5
Tommy Hodges	52 40.03.3
Richard Good	50 42.51.0
Ken Bernard	53 47.53.8

55-59	
Dick Walsh	56 42.41.2

60-64	
Ed Shaffer	60 41.48.7
Burt Simonson	62 44.24.5
Bill Shrader	63 53.59.4

65-69	
Bob Boal	67 43.48.5

75-79	
Lou Gregory	77 54.51.4

WOMEN	
40-44	
Mary Cullen	40 41.37.0
45-49	
Dorothy Stock	47 40.14.7

50-54	
Ruth Anderson	50 43.08.5



**Top L.D.R. Athletes 78 & 79**  
continued from page 1

Davies, 64, of Portland, Oregon set an American record of 54:23 in the 15-kilometer on June 25, 1978. He set a world age 60-64 track mark of 35:19.8 in the 10,000 on August 19, and ran a 2:47 marathon.

Sears of Shelbyville, Indiana, has been winning for years in his class at six miles and up.

Bessel, of Grand Island, New York, won 1978 national championships at 10 and 15 kilometers. (Ruth Anderson was ineligible.)

The posthumous winner of the coveted Otto Essig Outstanding Administrator Award was Ed Barron, who died on January 14, 1979 of ulcerative colitis and cancer of the colon. He had organized so many road races and shared his spacious enthusiasm for running with so many friends and strangers, that he had become known as the father of running in the Washington, D.C. area. Washington Post columnist and friend Colman McCarthy called Barron: "...unstinting, robust, a charger of hills and a battler of ill health. He lived as a joyful man. He had ground to be expansive, and as a gentle man and a

strong runner, he covered the ground well."

For 1979, the most outstanding athlete awards went to: Herb Lorenz (Male 40-49), Ed Stabler (Male 50-59), Bob Boal (Male 60-69), Monty Montgomery (Male 70+), Dorothy Stock (Female 40-49) and Marcie Trent (Female 50+). The Otto Essig administrator award went to Tony Diamond.

Lorenz, 40, of Willingboro, New Jersey, had an extraordinary year. He won two masters national championships in the 20-kilometers on May 28 and the marathon on October 13. He set an American 40+ mark with a 2:24:41 in the Boston Marathon. His 20k time of 1:05:54 is an over-40 American road record. He also clocked 1:07:54 for a U.S. mark in the half-marathon.

Stabler, 50, of Syracuse, New York, won three national championships in the 15-kilometer run in 54:46 on July 15, the marathon in 2:38:37 on October 13, and, as a 49-year old, the 45-49 30-kilometer title on March 18.

Boal, 67, of Wake Forest, North Carolina, captured the national masters 65-69 10-kilometer road run in Las Vegas, November 25, in 43:48.5. He also won the national 30-kilometer championship on March 18 in Albany, New York.

Montgomery, 73, rarely journeys far from his Sherman Oaks, California home, but holds every world marathon record from age 63 through 73, except age 67 and 70. In 1979, he clocked a 3:08 to break the old world age-73 mark by nearly one hour.

Dorothy Stock, 47, of La Mesa, California had a sensational year. She won three gold medals in the World Veterans Championships in Hannover, including a 19:35.9 in the 5,000, a 40:06.3 in the 10,000, and 44:39 in a rugged cross-country run.

She won three national masters AAU road championships in the 45-49 division, compared to two for Toshiko d'Elia. Stock's triumphs came in a 15-day span, starting with the 10k cross-country November 11 in Belmont, California, then the 5k cross country on November 24 in San Diego in 19:51.4, and the 10k road run the next day in Las Vegas in 40:14.7.

Competition was strong in this women's 40-49 division. d'Elia won the national women's 45-49 AAU marathon and 30-kilometer. Miki Gorman won 3 golds on the track in Hannover and had run extremely well in other major races. But she had won no national AAU LDR championships, compared to three for Stock. Two-race national

champ Bessel was ineligible, since she won for 1978.

Marcie Trent, 61, of Alaska, topped Carol Cartwright, Margaret Miller and Ruth Anderson in the new category for women over age 50. Trent is a current 60+ world marathon record holder at 3:26:16, set in '78. She also holds age records for the marathon from 54 through 60. Margaret Miller, 53, of Thousand Oaks, California also had strong credentials for this award. In 1979, she set no less than four women's American age 50-54 road running marks: November 11, 10k in 40:45; November 18, 20k in 1:27:28; July 4, 15k in 1:03:57; March 3, 25k in 1:51:36.

Ruth Anderson, 50, of Oakland, California, won 2 gold medals and 1 silver in the World Championships. She won both the 10k road and 10k x-c National Masters AAU Championships. She set US age 50-54 marks of 2:45.4 for 800 and 20:15.9 for 5,000.

Tony Diamond won the Otto Essig award for his outstanding contributions to the masters long distance running program. Diamond also won two national championships, the 20k in Washington on May 28 and the 15k cross country in New York on October 28.

Listed below are the national masters AAU long distance running champions for 1979.

**Winners of National AAU Masters Long Distance Running Championships in 1979**

Class	10KM Nov. 25 Las Vegas, NV	15KM July 15 Utica, NY	20KM May 28 Washington, DC	25KM Sept. 29 Tulsa, OK	30KM March 18 Albany, NY	Marathon Oct. 13 Niagara Falls, NY	50KM Sept. 16 Brattleboro, VT
M40	Bob Packard	Brian Harris	Herb Lorenz	Joe Burgasser	Fritz Mueller	Herb Lorenz	Fritz Mueller
M45	Tom Sturak	Chet Fortier	George Vernosky	Jim Knerr	Ed Stabler	Ulrich Kaempf	John Sullivan
M50	Bill Stock	Ed Stabler	Tony Diamond	Norcus McIntosh	Howard Rubin	Ed Stabler	Joe Burns
M55	Dick Walsh	Hubert Morgan	Glen Coleman	Tom Kempf	George Iocolano	Don McWilliams	Bob Mason
M60	Ed Shaffer	Rufus Schatzbuz	John Woods	Frank Miorandi	Fred Burke	Harold Greenberg	Fred Burke
M65	Bob Boal	Bill Brobston	Bill Andbert	Cleo Cassidy	Bob Boal	None	John Newdorp
M70	None	Paul Fairbank	None	Ray Sears	None	None	
M75	Lou Gregory	Lou Roberts	None	None	None	Lou Gregory	
M80							
W40	Mary Cullen	Barbara Backer	Trudy Rapp	Donna Wright	Nina Kuscik	Sue Medaglia	Sue Medaglia
W45	Dorothy Stock	Margarete Decker	Nicki Hobson		Toshiko d'Elia	Toshiko d'Elia	
W50	Ruth Anderson	Marcia Spaeth			Blanche Paine	Blanche Paine	
W55							
W60							

Class	5K-XC Nov. 24 San Diego, CA	10K-XC Nov. 11 Belmont, CA	15K-XC Oct. 28 New York, NY
M40	Bill Porter	Oscar Moore	Oscar Moore
M45	George Vernosky	Ulrich Kaempf	Ed DeMarras
M50	Bill Phillips	Jim O'Neil	Tony Diamond
M55	Avery Bryant	Richard Houston	Francis Kelly
M60	John Lafferty	John Lafferty	Harold Greenberg
M65	None	Joe Goodman	Walt Westerholm
M70	Lucian Salazar	John McGee	None
M75	Willard Benton	Lou Gregory	Lou Gregory
M80	Paul Spangler	Paul Spangler	
W40	Betty Wood	Pat Bessel	Pat Bessel
W45	Dorothy Stock	Dorothy Stock	Audrey Jacobson
W50		Ruth Anderson	
W55		Els Tuinzing	
W60		Kay Atkinson	

**Eastern  
AAU  
X-C Champs**

by BOB FINE

VAN CORTLANDT PARK, NEW YORK CITY, 10,000 meters. This was an absolutely perfect day for a cross country race. The Millrose AA dominated both the individual and team competition. John Garlepp and Walt Westerholm were the only two defending champions to repeat. Millrose took four out of the first five places overall. Joe Erskine, Millrose and Kelsey Brown, Jersey Seniors, won their first Eastern Masters AAU Titles in cross country.

**RESULTS**

**Men 40-44:** 1. John Garlepp (MIL/41) 37:20.6; 2. Art Guerra (MIL/40) 38:46; 3. James McGuinness (MIL/41) 39:02; 4. Joe Cordero (NYM/41) 39:03; 5. Bruce Lockerbie (AC/44) 42:28; 6. Ed Small (PC/41) 42:40; 7. Thomas Jones (NJ/43) 43:53.  
**Men 45-49:** 1. Joseph Erskine (MIL/49) 39:11; 2. Dick Whitman (PC/45) 39:29; 3. Lou Stern (PP/45) 40:18; 4.

Robert Fine (NYM/48) 41:56; 5. Don Denig (NYM/47) 44:41; 6. David Zinman (NYM/49) 46:29; 7. Joseph Fleming (NYM/48) 51:00; 8. Henry Griffendorf (NJ/49) 53:57.

**Men 50-54:** 1. Kelsey Brown (JS/52) 42:45; 2. Charles Hofmeister (NY/50) 45:53; 3. D. Margetson (UN/53) 48:18; 4. Arthur Bradley (NYM/53) 53:36.

**Men 60-64:** 1. Danforth Geer (SVRR/60) 47:07.

**Men 65-69:** 1. Walt Westerholm (MIL/65) 50:28.

**Women 30-34:** 1. Vilma Lee (NYM/33) 50:56; 2. Ann Sheehan (UN/31) 62:50.

**Women 35-39:** 1. Sandy Pashkin (MFK/37) 48:26.

**45-49:** 1. Chrissie Dickinson (MIL/45) 54:35.

**Women 50-54:** 1. Audrey Jacobson (UN/51) 64:07.

**Team Scores** (based on lowest # of seconds, by adding 1st five on each team): 1. Millrose 12469; 2. N.Y. Masters 14450. **Code:** AC=NY Athletic Club; JS=Jersey Senior TC; MIL=Millrose; NJ=North Jersey Senior; NYM=NY Masters; PC=Pioneer Club; PP=Prospect Park; SVRR=Southern Vermont; MFK=Manh. Flight Kings.

**AWARD WINNERS**

**TRACK & FIELD 1979**

Outstanding Male Athlete: Ernie Billups  
Outstanding Female Athlete: Irene Obera  
Administrator's Award: Al Sheahan (male), Kathy Brieger (female)  
Special Award: Ed Barron (posthumously)

**RACE WALKING 1979**

Outstanding Male Athlete: Ron Laird  
Outstanding Female Athlete: Lori Maynard

**LONG DISTANCE RUNNING 1978**

Outstanding Male 40-49: Oscar Moore

Outstanding Male 50-59: Ed Almeida  
Outstanding Male 60-69: Clive Davis  
Outstanding Male 70+: Ray Sears  
Outstanding Female: Pat Bessel  
Otto Essig Administrator's Award: Ed Barron (posthumously)

**LONG DISTANCE RUNNING 1979**

Outstanding Female 40-49: Dorothy Stock  
Outstanding Female 60+: Marcia Trent  
Outstanding Male 40-49: Herb Lorenz  
Outstanding Male 50-59: Ed Stabler  
Outstanding Male 60-69: Bob Boal  
Outstanding Male 70+: Monty Montgomery  
Otto Essig Administrator's Award: Tony Diamond



## Fear and Loathing

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voting on the site of the 1980 meet?

Why were people who had never been to a World Veterans Championship voting on who will represent the U.S. at the next World Games?

Why were so many people spending so much time arguing over so few issues?

Miller had phrased the key question. The bottom line. Do the masters really belong in the AAU?

To those who struggled valiantly for four days and nights, crossing every *T* and dotting every *I*, such a question must have seemed as heretical as Copernicus claiming the earth was round. As blasphemous as Martin Luther posting his 14 indulgences. As sneaky as Pearl Harbor.

Nevertheless, the question was being asked.

The debate over whether masters should stay in the AAU or form their own organization is an old one. We won't rehash the details here, except to say it's been the consensus that the masters stay in the AAU as long as it makes sense, and leave the minute it doesn't.

Bob Fine is dedicated to the development of a strong masters program. He has championed the masters affiliation with the AAU. But years ago, he formed the Masters Sports Association. One purpose of the MSA was to act as a sort of organizational escape-hatch in case the AAU gave the masters a bad time.

It worked. The AAU has been cooperative and helpful.

But some are beginning to question the value of the relationship. It's like going to the movies with your sister or brother. It's nice, but you don't want to spend your life at it.

Some are suggesting the masters take care of business at the National Championships, rather than at the AAU convention. That the athletes directly involved should make more of the decisions.

Indeed, under the new AAU structure, in which the "Athletics Congress" will assume control, some of the Athletics Congress policymakers would just as soon ease the masters out.

Aldo Scandurra, Treasurer of the Athletics Congress, has reportedly asked attorney Aldo Criss to prepare legislation for the A.C. to remove the masters track and field, masters long distance running, women's LDR and Open LDR (except marathon and cross-country) from the Congress. In other words, boot out everyone who's not involved with the Olympics.

Such a move would likely consolidate what's left, under the aegis of the United States Olympic Committee, headquartered in Colorado.

The issue that took the most time at Caesar's Palace was one which confuses many masters. Namely, should masters track and field be separate from masters long distance running, or should the two be combined under one overall "masters" program?

Generally, the track and field masters favored combining the two. The LDR masters favored separation. Many who

weren't at the convention, and some who were, said, "who cares?" Still others not familiar with the running scene put things in perspective by saying, "I thought track and field included all running events, even the marathon."

The point is, it's easy to get bogged down in details and to forget what the masters movement is all about.

Briefly, the AAU, in trying to restructure itself into the Athletics Congress, said there should be one masters group, not two as before.

Why?

Bob Fine expressed it best: "We're a community of masters. There's a natural crossover. Many masters run in track meets in the summer and LDR in the winter. Sixty percent in a poll said they wanted merger. Internationally, every country except the U.S. has one masters organization, not two. Every innovative program has been started by the track and field people. We realize that LDR has more people, but by binding together, we can use our energies better. We'll have a better chance of getting a national sponsor. We can use the newsletter to communicate to all masters athletes. We can provide effective leadership."

Fine said we were officially, "one committee till the Constitutional convention in July, so let's try to make it work for six months."

The masters LDR delegates disagreed. Chairman Ken Bernard said, "we have 12,000 members and thousands of runners at our races. You only have a few hundred at your meets. We have \$8,000 in our treasury. You have only \$700.

Stan Stafford said, "Now that you've lost your sponsor, you're bankrupt."

At the Sunday general meeting of the Athletics Congress, Tony Diamond, a masters LDR delegate, proposed there be two masters groups, or "committees," as they're officially called. His motion was ruled out of order, since it hadn't been submitted 30 days prior to the meeting, as required by the new A.C. by-laws.

The A.C. reaffirmed there was only one masters committee, with three sub-committees: Track and Field, Long Distance Running and Race Walking.

Still, the LDR Committee disagreed. "As far as we're concerned, we're still separate. We're not going to dissolve our authority since all the rules may be changed at the July convention."

At the Monday masters track and field meeting, sites were selected for the championships, Wendell Miller was elected Chairman with Tom Sturak Vice Chairman.

At the Tuesday LDR meeting, the fireworks came. Some people were saying, "If the LDR doesn't want to combine with track and field, why should we force them?"

But Bob Fine is a dedicated idealist, people learned. He genuinely believes all masters in the United States would be better served if there was one strong, national masters committee. He has fought for merger for years, and was not about to throw in the towel now.

In an emotional meeting, Fine was nominated for LDR chairman, opposing current chairman Bernard.

Fine said the attitude of the LDR

committee was, "childish and divisive. You don't publicize your national championships. You spend time on things which hurt, not help, the program."

Bernard said, "What do you mean by divisive?"

Fine cited examples:

"First, George Vernosky, director of the National AAU Masters 20 Kilo on May 28, wanted \$200 to help with expenses. He called me, the head of the track and field committee, instead of you. Why? I told him, okay, we'd give him the money, out of the Occidental fund. But you said no. You wouldn't okay it. So George never got the money.

"Second, you did nothing for the National AAU 10 Kilo Masters Championship here in Las Vegas (November 25th). The Las Vegas directors didn't know what to do. They called me for advice. I told them to call you, since you were head of the national LDR. They couldn't reach you. So I reluctantly got involved. Only 42 people showed up. If there weren't this kind of atmosphere, we would have had a lot more.

"Third, the National LDR Championship 10 Kilo race in San Antonio in 1978 wasn't successful. The same thing happened. I stayed out of it.

"The athlete is getting screwed. He gets no help from you. There's no communication. You've got a lot of members, not because of your efforts, but in spite of them. You're cashing in on a social phenomenon. Forty-two runners for a national championship is a disgrace.

"The track and field program communicates with its members. We have an open meeting each year at the track and field national championships. We vote on all issues. We started a newsletter. We got a national sponsor. We offered you some of the money. You turned us down. It's outrageous. The masters athlete in this country needs better leadership.

"The problem is that the LDR athlete isn't getting anything." Fine continued, "You lost \$8000. It was never spent. It never went back into the program. Ken never communicates. He never answers letters. In track and field, we take polls, ask people what they think.

"We contact potential sponsors for our national championships. We don't wait for them to come to us. I contacted Chicago, Atlanta, Ann Arbor, Syracuse, and now Charleston to try to spread the championships around the country. No American teams went to Bolton. It's a disgrace that we haven't hosted international LDR masters events.

"In track and field, things are done by majority vote. In LDR, the poor guy on the bottom gets nothing. Your site selection process was a disgrace. There are large pockets in America where we've never had LDR championships. If I'm elected LDR chairman, I'll do nothing to disturb the local programs. I want to communicate with all LDR runners."

Bernard countered: "I don't think that's divisive. I don't understand why you want to split the committees. We could have had 4 votes (out of 57) on the Athletics Congress council. With only one committee, we now only have two votes. I think it's important for

masters to be better represented than just two votes out of 57. We need more power."

John Brennan disagreed: "Why are we even in the Athletics Congress? We have no need for an Olympic okay. Two more votes on a 57-person committee isn't worth discussing."

Tony Diamond said: "It's suicide to combine the committees. We need these extra two votes. We don't want to leave the open LDR people. We're close to them. We feel camaraderie with them. We've grown to 12,000 runners in two years."

In one of the most moving speeches ever heard at any masters gathering, Tom Sturak said: "I find all this talk of power revealing and distasteful. Power for what? It's just a word. What do you do with it? Why did Vernosky ask Fine, not Bernard, for the \$200. You've got \$8,000 in your mouldering coffers. You could have spent it. For the athletes. You didn't. What were you saving it for? Now you've lost it. The track and field committee has only \$705. That's because we spent the money on our athletes. We're not bankrupt. We've always paid our own way and we always will.

"You scheduled the National 5 Kilo and 10 Kilo Championships back to back, one day after another. [November 25 - 5k in San Diego; November 25 - 10k in Las Vegas]. That's absurd.

"You don't communicate with your athletes. You don't protect them. Two weeks ago, at the National 10 Kilo Masters AAU Cross-Country Championships, a man died. One of the meet directors stood up and cried: 'I take the blame. We didn't have medical equipment standing by because we didn't have any money.' Didn't have any money? You had \$8,000 and a man died because the meet director thought you were broke. There's no excuse for that. He didn't even know there were supposed to be 5-year age groups, not ten. He had never seen the LDR rules.

"I was embarrassed at Bolton [at the International Veterans 10 Kilo and 25 Kilo Championships]. No one in the U.S. knew about the biggest world masters LDR event of the year. I wrote an open letter to you. You're so arrogant, you wouldn't even respond. I don't give a damn about your power."

Fine further explained the importance of combining the two committees into one: "Dave Pain was the George Washington of the masters program. Years ago, the AAU told him they loved the masters, and wanted us. But we were a sub-committee, with no site-selection powers. I told the AAU to stick it if they wouldn't make us a full committee. Since then, the AAU has okayed whatever we wanted. Ollan [Cassell] fought for us on professionalism. The Athletics Congress needs us more than we need them. I'm concerned about all athletes. Those extra two votes don't mean a damn. The majority of masters want one committee."

Bernard said: "I reject your version of history. I found little cooperation with track and field. We have a good friendship with the open LDR people."

Laurel James said: "I was the director of the USA-Canada cross country meet November 17th. I got no

Continued on next page



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help from this committee. I finally got some help from the Canadians.

"If the LDR committee won't promote their national championships," said one, "why don't we forget them and go with Brooks. [Brooks is planning to stage three big masters races in 1980 and more in 1981 if they're successful]. We could call the Brooks races national championships, and probably get several hundred entrants instead of 42."

Jim Puckett said: "I turn 40 in a few weeks, but after listening to all this, I'm not sure I even want to be a master. Maybe I'll just go fishing. It's just crazy. I can't believe this."

Wendell Miller spoke for Fine: "The masters LDR should provide services to runners. It needs good administration. It isn't getting it now. I've worked with Rob Fine in track and field. He has very strong abilities. He's a tireless worker. Yesterday was a good indication of his administrative talents. He ran a tight, well-run meeting."

Diamond spoke for Bernard: "Ken has done an excellent job. He shows up at all Athletics Congress meetings to make sure our identity is maintained. Our two-year-old committee has moved fast."

Bernard was re-elected, 16-10.

Fine offered the assistance of hurdler printer George Braceland to help print and mail LDR material.

A joint meeting of both masters track and field and masters LDR delegates was held Wednesday, the 28th.

Masters representatives to the various Athletics Congress committees (rules, records, TV, etc.) were voted. Delegates to the WAVA were chosen.

An overall chairman of the masters committee was to have been picked. However, due to the strong feelings of some to keep the track and field and LDR separate, it was decided to vote for a masters "representative" to the Athletics Congress.

In a close vote, Fine was selected over Ruth Anderson.

John Kelley, a Philadelphia national masters rowing champion, said the Penn Mutual Life Insurance Company is interested in sponsoring masters in several sports. They might appoint a national director.

In closing, Fine said: "I strongly urge we continue to work together as masters. We have an overriding common interest. We can provide leadership within the Athletics Congress. In five years, we've made substantial progress. It's been worth it."

We have since learned that Penn Mutual has:

1) Appointed former Olympic decathlon champion Bill Toomey as its "national spokesman." Toomey will pitch masters competition on television, in personal appearances at meets and races, in 8 major cities, on 60-second radio spots and in syndicated newspaper articles.

2) Given \$50,000 to the AAU for a national administrator -- yet to be determined -- and secretary and desk space.

3) Told their advertising agency, who originally came up with the idea, to plan an advertising campaign around the masters program.

4) Started to think about helping to fund the newsletter, paying travel expenses for top masters athletes, etc.

5) Held sales meeting with their local agents, who are reportedly "very excited" about the program.

(reprinted from the Seniors Track Club Newsletter)

## The Complete Runner

By BRIAN PRITCHARD

I am frequently asked the secret of my outstanding success as a distance runner. There really is no secret—I just read *Runner's World*. No, I am not referring to the numerous repetitious articles on training, dieting, stretching, etc., but to the many fine products advertised in this magazine.

Before I take a training run, I lie down, relax and listen to my Runner's Self-Hypnosis Cassette (\$19.95). Then I swallow a fistful of bee pollen tablets (\$35.95 for 600), plus a few bottles of Provims, Unicap T and Theragram M—all washed down with a copious draught of ERG, Body Punch, Body Ammo, or Runner's Aid. Now it's time to massage my feet with my Footsie Roller (\$9.95). Jumping onto my Jog

Board (\$14.95) I run on the spot for a few minutes. Since it is important to exercise all the muscles of the body, I then mount my Nordic Track which simulates cross-country skiing and cost me a mere \$499.95. I complete my warmup with my Boss Jump Rope (\$13.95). My doctor recently warned me against letting my heart rate rise above 150 so I strap my Exersentry (\$199.50) across my chest so that I can have a constant readout of my pulse. In case it breaks down, I carry in my hand my Instapulse (\$149.00) which serves the same purpose.

I reach for my Nike Tailwinds (\$50.00) but decide instead to wear my Adidas Marathon 80's (\$53.95). Of course, before I put them on I insert my Easy Runner Cushioned Insoles (\$9.95), my Scholl's Runner's Wedge (\$9.95), my Tulis Heel Shock Absorbers (\$9.00) and my \$250.00 Sportothics. Next I don my Bill Rodgers singlet (\$9.95) and GUTS shorts (\$10.95).

Now I am ready to go—well, almost. I put on my miniature gold running shoe necklace (\$125.00) without which no self-respecting runner would dream of venturing forth. Then I place my Shakti shoes (which are for runners to wear when they are *not* running and cost a mere \$29.95) by the door ready for when I return. Running can sometimes be

## Porter & Stock win AAU 5k X-C Champ

SAN DIEGO, November 24. Bill Porter topped the men and Dorothy Stock led the women in the National AAU Masters 5-Kilometer Cross Country Championships in Balboa Park, San Diego.

Porter's time of 16:45 edged Skip Shaffer in the men's 40-44 division by 7 seconds. Stock won the women's 45-49 crown in 19:51.4.

George Vernosky traveled from Washington, D.C. to win the men's 45-49 title in 17:01. Other division winners were Lolitia Bache, Betty Wood, Dan McCaskill, Avery Bryant, Bill Phillips, John Lafferty, Lucian Salazar, Willard Bentow and Paul Spangler.

The San Diego Track Club not only officiated and sponsored a well organized national championship, but also proved to be tough competitors. They won all three men's team titles, 40-49, 50-59 and 60+, narrowly defeating the Culver City Athletic Club by a point in the 40-49 competition.

### RESULTS

**Women 35-39:** 1. Lolitia Bache 20:44; 2. Gail Hanna 25:44; 3. Lilliana Maestas 29:06.

**Women 40-44:** 1. Betty Wood 20:50; 2. Linda Burke 22:44; 3. Paula Halverson NT.

**Women 45-49:** 1. Dorothy Stock 19:51; 2. Elsa Evans 23:11; 3. Nicki Hobson 24:04.

**Men 45-49:** 1. George Vernosky 17:01; 2. Hal Winton 17:27; 3. Marsh Harden 18:50; 4. Marshal Mariorty 19:40; 5. Russ Doolittle 19:47.

**Men 55-59:** 1. Avery Bryant 19:04; 2. Ray Gil 19:31; 3. Art Holzman 20:10; 4.

very tedious so I place my Astraltune Stereo Pack (\$195.00) on my head. In case it breaks down I also put on my Live. Happier Super Wrist Radio (\$11.95). To make sure I keep a constant pace, I strap my Pacemate (\$39.95) to my wrist and set it to beep 240 times a minute. Naturally, I want to time myself, so I put on my Realtime Chronograph (\$69.95). In case it breaks down, I also wear my Centurion Dual Time (\$89.95) which, in addition to displaying my elapsed running time, tells me at a glance what time it is in Sydney, Tokyo, or Budapest. Also it has an alarm so I can return home in time to see Mork and Mindy. So that I can have a readout of my split times, I strap my Chronomix (\$795.00) to my back.

A wise runner must always be prepared to protect himself against marauding dogs and muggers so I pick up my Runner's Lance (\$9.95). Then, in case darkness falls before I return, I put on my Glo Vest (\$7.95). As an additional precaution I carry my luminous Safe Jog Road Safety Flag (8.99). When this flag arrived in the mail (incidentally, I sent in the order for it on my Runner's Stationery (\$9.95 for 100 sheets with the profile of a runner on them) I wondered, as both of my hands would be occupied with my Instapulse and Runner's Lance, how I would carry it.

Harry Perry 20:57; 5. Augie Escamilla 21:02.

**Men 75-79:** 1. Willard Bentow 28:37; 2. Lou Gregory 34:57.

**Men 35-39:** 1. Dan McCaskill 16:59; 2. Will Conrad 17:34; 3. Bill Rasmussen 17:48.

**Men 40-44:** 1. Bill Porter 16:45; 2. Skip Shaffer 16:52; 3. Audre Tocco 17:04; 4. Walt Schafer 17:07; 5. Gary Anderson 17:13.

**Men 50-54:** 1. Bill Phillips 17:48; 2. Bill Stock 18:10; 3. Sam Nicholson 18:34; 4. Bill Fitzgerald 18:44; 5. Brian Freeman 19:01.

**Men 60-69:** 1. John Lafferty 20:14; 2. Wayne Zook 21:04; 3. Al Ellrick 21:43.

**Men 70-74:** 1. Lucian Salazar 34:59.

**Men 80 Plus:** 1. Paul Spangler NT.

### Team Scores:

**Men 40-49:** 1. San Diego Track Club 38; 2. Culver City Athletic Club 39; 3. Seniors Track Club 53. **Men 50-59:** 1. San Diego Track Club 25; 2. Seniors Track Club 30; 3. San Diego Track Club "B" 60.

## Winton captures San Diego 10k Title

ORANGE, CALIFORNIA, November 10. Fresh from his conquest of the 220-mile John Muir Trail in the Sierra Nevada, Hal Winton, 48, of Harbor City, California, won the Masters Southern Pacific AAU 10-kilometer Cross Country Championships in 37:52.

Premier American miler Steve Scott won the open competition in 30:26 over the tough Irvine Park course. Tracy Brown (40:08) edged Bill Fitzgerald (40:11) and Avery Bryant (42:12) for the 50-59 title.

I called several club members for advice, but to my consternation, they all gave me the same obscene and unprintable reply. Then I noticed that it came with an armband into which the handle could be inserted.

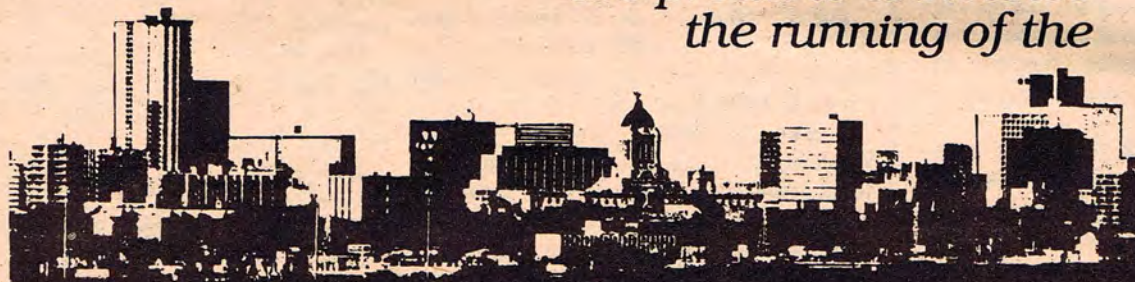
Raring to go, I head for the front door chomping on a large wad of Quench Gum. But wait a minute—I have forgotten something. A runner's greatest enemy is dehydration, so I strap on my Boda Belt (\$14.95) which holds one quart of liquid. As an extra precaution I attach to my shorts my Runner's Canteen (\$3.95) which holds an additional pint. Then, in case I should be caught in a blizzard, I rub some Frost Guard (\$2.95) on my lips and don my Frank Shorter All Weather Sweat Suit (\$49.95). All I have to do now is pin on my Runner's Pouch (\$9.95) and Runner's ID (\$7.00).

At this juncture, my wife will usually ask me for some grocery money and I have to deny her request even though she and my children are in an advanced state of malnutrition and have no shoes. Of course I am aware of my responsibilities as a breadwinner and just as soon as I have raised \$985.00 to pay for my DeLuxe trip to Stratford-on-Avon, England, where I will compete in the Anglo-American Marathon, I intend to take care of them.



The Hon. Bud Jobin, Lt. Governor, Province of Manitoba  
The Hon. Robert Banman, Minister of Sport  
His Worship Mayor Bill Norrie, City of Winnipeg

are proud to announce  
the running of the



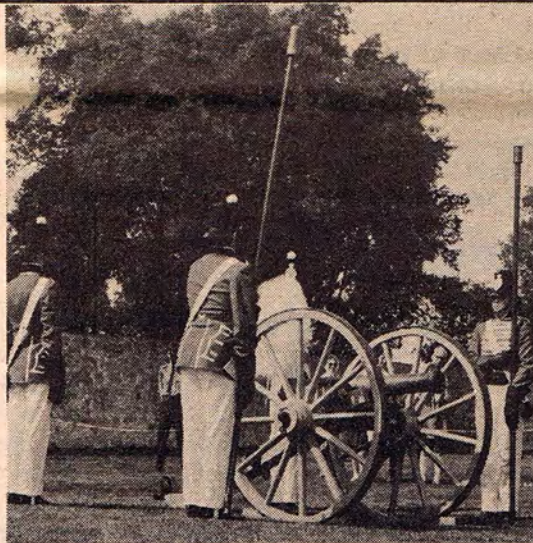
# 2nd ANNUAL MANITOBA MARATHON

in aid of the Mentally Retarded



**Sunday,  
June 15, 1980  
Winnipeg,  
Manitoba,  
Canada**

*Hosts for the North American  
Masters Marathon Championships  
and the Canadian Masters (closed)  
Marathon Championships.*



## Take an Historic Route

Retrace the steps of the men and women of history who established Upper Fort Garry and ran the fur trade. Enjoy a scenic 26 mile route steeped in history.

## Run one of the Fastest Courses

Your spirits will soar as you run along this aesthetically-pleasing course combining urban, suburban and rural roadways interspersed with miles of parklike surroundings. It may be one of the fastest courses you will ever run on; wide, flat [total elevation change 10' (el 770)] and 80% asphalt.

## A Beautiful City, a Beautiful Season

Winnipeg will be in her prime during this exhilarating run; average temperature for the day of the race is 59 degrees fahrenheit, average relative humidity, 54%.

## Set for a Second Success

Last year the Manitoba Marathon attracted 4,700 runners from 13 countries, 18 states and nine provinces. Chris Johansson set a new Swedish National Record and the five top male finisher runners all ran their personal bests.

## Race Information

**Date:** June 15th, 1980, 7:00 a.m.

**Splits:** Interval times (splits) will be provided at one and two miles then at 5 mile intervals. Large digital clocks will be used as well as amplified audio times. **LEADER BOARD** - At five mile intervals the name, place and times of the leaders will be posted on a large sign.

**Eligibility:** Special Divisions: cardiovascular, wheelchair, blind, etc. should request special entry form in advance.

**The event is open to everyone.** Youths under the age of 15 may run in a non-competitive capacity. Novices are advised to have complete medical check-ups.

**Canadian Masters Championship:** Any resident 40 years or older on June 15th (age 35 for females).

**North American Masters Championship:** Any North American Resident (including Central America, Mexico, Cuba, Puerto Rico and all other islands) 40 years or older on June 15, 1980 (35 for females).

**Accommodations:** All out-of-province runners will be assigned an official host who will contact the visitor directly upon request. Special rates and packages are available. Winnipeg has an international airport.

**Entry Fee:** \$7.00 (includes "Finisher" T-shirt)  
\$4.00 (without T-shirt)  
Fees are non-refundable. Make cheque or money order payable to: Manitoba Marathon.

**How to Enter:** Write Manitoba Marathon, P.O. Box 53, Winnipeg, Manitoba, Canada R3C 2G1. Phone (204) 453-0931.

9:00 a.m.-4:00 p.m. Central Time. Notification of acceptance will be sent within 10 days.

**DEADLINE: JUNE 1, 1980.**

**Come to Winnipeg in 1980  
and be a part of history in the making!**



NO POST ENTRIES  
Deadline March 22, 1980

NO POST ENTRIES  
Deadline March 22, 1980

# NATIONAL AAU MASTERS & SUBMASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS - 1980

Saturday, March 29, 1980 Noon

Syracuse University, Manley Field House

Sponsored by Syracuse Chargers, Syracuse Track Club and Syracuse University  
Sanctioned by the Niagara Association of the AAU and the Athletics Congress of the USA

**SCHEDULE:**

- 12:00 50 Yard Dash, Long Jump, Weight Throw
- 12:30 50 Yard Hurdles
- 12:45 Mile Run
- 1:30 50 Yard Dash Finals
- 1:45 600 Yard Run
- 2:15 2 Mile Walk, High Jump, Pole Vault
- 2:45 50 Yard Hurdle Finals
- 3:00 1000 Yard Run
- 3:30 300 Yard Dash, Triple Jump, Shot Put
- 4:00 2 Mile Run
- 5:00 300 Yard Dash Final
- 5:15 1600 Meter Relay
- 5:30 3200 Meter Relay
- 6:00 Buffet Party

**ELIGIBILITY:** Open to all men and women 30 years of age or older. Competitors must be members of U.S. AAU or Canadian AAU.

**AGE DIVISIONS:**

- SM-A 30-34      3B 65-69
- SM-B 35-39      4A 70-74
- 1A 40-44        4B 75-79
- 1B 45-49        5A 80-84
- 2A 50-54        5B 85 & Over
- 2B 55-59
- 3A 60-64

**PRIZES:** AAU championship medals to top 3 in each division. Patches to the winners. Meet certificates of performance to top 3 in each division.

**FEES:** \$4.00 per event. No refunds and no post entries. \$12.00 for relay teams.

**DEADLINE FOR ENTRIES:** March 22, 1980. All entries will be confirmed by mail.

**FACILITIES:** A 200 meter Tartan track with 6 lanes. No spikes are needed but pin spikes are permitted. Field events will use first rate collegiate facilities. Weight throwers must bring their own weights. (for outdoors)

**RELAYS:** Relay teams may be formed at the meet. Divisions will be in 10 year increments. Runners may move down from their age division.

**ENTRIES:** Send the entry blank below, or a facsimile, to the meet director. No entries will be accepted without fees. Make checks payable to National Masters Meet.

**CHANGE FACILITIES:** Dressing rooms and showers are available. There are a few lockers but bring your own lock.

**INFORMATION:**

Ed Stabler  
111 Link Hall, Syracuse University  
Syracuse, NY 13210  
(315) 423-4370

////// OFFICIAL ENTRY: 1980 NATIONAL SUBMASTERS & MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS //

Please enter me in the following events:

Event: \_\_\_\_\_ Best Mark: \_\_\_\_\_ Event: \_\_\_\_\_ Best Mark: \_\_\_\_\_  
 Event: \_\_\_\_\_ Best Mark: \_\_\_\_\_ Event: \_\_\_\_\_ Best Mark: \_\_\_\_\_

Name \_\_\_\_\_ Club \_\_\_\_\_ Age (day of meet): \_\_\_\_\_

Address: \_\_\_\_\_

A.A.U. Card Number \_\_\_\_\_ Age Division: \_\_\_\_\_ Male/Female \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

I hereby waive any claim I or my heirs may have against the AAU, Niagara Association, Syracuse Chargers, Syracuse Track Club, Syracuse University or any sponsor or official for any and all injuries incurred by my participation in the Submasters and Masters Championships, March 29, 1980.

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

Send entry to:  
Ed Stabler  
111 Link Hall  
Syracuse University  
Syracuse, NY 13210  
(315) 423-4370



The Holiday Inn will hold a block of rooms until March 15. They offer special rates so mention the meet when making your reservation. Single-\$23, Double-\$27, Triple-\$31, Quad-\$35. Holiday Inn, 701 E. Genesee St., Syracuse, NY 13210 [315] 474-7251.



## LETTERS TO THE EDITOR

### DECATHLON MARK

In the December issue of *NMN*, you published world 5-year age division records. In the Decathlon, Division 65-69, you list Russel Hargreaves with 2263 points. If you'll check the latest Masters Age Records, you'll see I have a mark of 2783 points (age 65) and 2634 for age 66. I hope you'll make this correction in your next listing.

Claude Hills  
Flourtown, Pa.

We'll pass it along to Records Chairman, Pete Mundle.

-- Ed.

### 800 RECORD

Several months ago, I wrote you that *NMN* had erred when it said that John Gilmour of Australia had broken my age 60-64 record for the 800m/880 yd. at the World Games in Germany. So I was shocked to see the December *NMN* listing John Gilmour as the record holder.

There just "ain't no way" his 2:19.3 800 meters is better than my 2:19.9 880 yards. The only objective way to compare these two efforts is on the basis of average speed. A little arithmetic will show that my average speed was greater (and over a longer distance). John ran 800 meters (2624.64 feet) in 139.3 seconds for an average speed of 18.84 ft./sec. I ran 880 yards (2640 feet) in 139.9 seconds for an average speed of 18.87 ft./sec.

Ordinarily, I don't indulge in this sort of nitpicking, but would simply go out and run a faster 800 meters than Gilmour. Unfortunately, I have not run well this past year because of illness, an operation and now an injury that has kept me from running at all the past month.

Ray Gordon  
Front Royal, Va.

You are very persuasive. But, National AAU Masters Track and Field Records Chairman Pete Mundle, who compiles the world and national marks, reports that he is now following the international rules regarding age-division marks. The World Veterans' Records Committee has determined they will adhere to the same standards the IAAF uses in computing records: namely, only metric distances will be recognized for record purposes, with the one exception of the mile. Therefore, internationally, there is no official 880-yard record, either for masters or open competitors. There is only 800 meters. Your 2:19.9 remains the U.S. record. Sorry, Ray.

-- Ed.

### MOVING INTO THE EIGHTIES

I wish to share with you a number of issues related to the masters program and to request information related to several subjects. I have been an officer of HMTC for the past six years and have competed in almost every HMTC meet during the past seven years. I am a professor and a CPA. I am therefore interested in seeing that the adminis-

trative and financial affairs of our clubs are managed properly.

1) I wish to compliment you on the outstanding contribution which the *Newsletter* is making to the masters movement. I view the establishment of this newsletter as representative of the beginnings of a second level of maturation of the movement. The last decade has been characterized by experimentation and disjointed efforts by individuals in various parts of the country. We are now ready to get organized on a national basis through information included in your newsletter. I like the balanced coverage of meets in all parts of the country. Your schedule of upcoming events is particularly useful. We appreciate the publicity you have provided for our meet on December 29 and 30, 1979. We have received inquiries from all parts of the U.S.

2) We would like to host a meet for people going to the next World Championships in New Zealand on January 8-14, 1981. We could host a series of practice sessions in Honolulu a week after the New Zealand meet, so everyone could enjoy a few days in Hawaii. As soon as we can pin down the dates preferred by tour directors such as Helen Pain and Hal Higdon, we would like to get started on organizing the meet.

3) Our club would appreciate feedback on whether other masters clubs have attempted to obtain IRS approval under section 501(c)(3) as an organization which promotes national and international sports competition. If such exemption is granted, a club is treated as a church or charity. Contributions are deductible by donors as itemized deductions. Our club is prepared to submit applications to the IRS at this time; however, we would prefer to apply as a part of a blanket request from all similar masters clubs. I understand that a blanket approval may have been applied for by the National Road Runners Organization. I believe that we need to establish such a parent organization for all masters clubs in the U.S. I thought for a while that such a parent organization was going to be created by Bob Fine. But as of this time I am not aware of such an active plan.

4) Our club needs to learn exactly what is our standing within the AAU. We have a difficult time understanding whether the Hawaiian AAU is supposed to organize masters track and field as a separate committee or whether we are represented only indirectly by masters road runner's or by open track and field. We have been frustrated in efforts to gather consistent information on the current status of AAU organization on the national and local level. Consequently, our needs for funds are not served by routing money to the AAU and then seeking funds for travel, etc., from the AAU. Masters track and field simply is too small in numbers of competitors to be adequately considered by combined AAU committees.

5) We need all the literature you can provide on physicians who support vigorous, anaerobic track and field competition. Our club has shrunk considerably due to the wave of medical literature which supports long distance running and condemns anything short of the distance run. I have watched the

## International Report

by BOB FINE

The Masters Athletics Committee of the Athletic Congress of the U.S. (successor to the AAU in athletics in the U.S.A.) has applied for affiliation, as the representative body for masters in the U.S.A. with the World Association of Veteran Athletes (WAVA).

A WAVA newsletter is being planned, probably as a quarterly starting at first giving performances and inserts from the WAVA Technical Committee, with the expectation of expansion to feature articles. Don Farquharson, Pres. WAVA, 269 Ridgewood Road, West Hill, Ontario, Canada M1C 2X3 requests that all those interested send him your name and address. Don will provide you with more details in the future.

Don will be setting up various committees in accordance with the Constitution and discussions held in Germany. There will be a track and field (including technical), LDR, statistical and discipline committee. Anyone interested from the U.S. contact Bob Fine, 77 Prospect Place, NYC 11217.

The dates for the next World Championships have been finalized:

January 3-4, 1981 (I.G.A.L. 10k and 25k roadrunning, Palmerston North, New Zealand.

January 7, 1981 WAVA General Assembly, Christchurch, N.Z.

January 8-14, 1981 World Championships, Christchurch, N.Z.

John MacDonald, 455 Greers Rd., Christchurch 5, New Zealand, has been appointed president of the Organizing Committee.

The 1980 European Veterans Championships will be held about one week after the Olympics in August in Helsinki, Finland. Pekka Kautto, Finnish Period-

majority of the members of our club in 1974 lose ten to fifty pounds, give up track competition and become completely addicted to marathons. Even former weight men have so weakened their bodies that they can not even pick up a shot put. People who used to hurdle and high jump are so stiffened up from their 60 to 100 mile weeks that they can not even consider competing in a track meet. People who complain quickly about the possible strains from sprinting, which go away in a few days, think nothing of foot, knee, and hip stress fractures which result from excess distance training. Potential new track and field competitors are literally afraid to try it because of the complete indoctrination which has been successfully done by physicians such as Dr. Jack Scaff, the "guru" of the Honolulu Marathon. What we need are physicians who will become the "gurus" in support of life long track and field competition. I have run the last five Honolulu Marathons and have been a member of the Mid Pacific Road Runners for seven years. I see nothing wrong with distance running. However, I see no reason for distance runners to be brainwashed by physicians from only one camp.

ical Publishers' Assoc., 00100 Helsinki 10 Finland will be the president of these championships.

Cesare Beccalli, IMITT, Via Bartolomeo d'Alviano 24, 20146 Milano, Italy, is working on having the first World Masters Indoor Track and Field Championships in the Sports Palace in Milan, to be held in December, 1981. A New Year's Eve party is also planned. Cesare requests that all those interested in attending such a meet contact him immediately. He will only put on the meet if there is sufficient response. Low cost housing and air transportation will be arranged.

The Puerto Rican Masters Association, in cooperation with the Puerto Rican Tourist Bureau and the government is going ahead with plans for the Pan-American Masters Championships to be held over Labor Day, 1980. One of the plans would enable competitors to obtain free air transportation to San Juan and then take a cruise of the Caribbean after the meet. (The cruise you'll have to pay for).

Mexico City will probably host the Third Annual North American Championships, May 31st to June 1st. Formal approval by the North American Council should be given in the next few weeks. Jose Tenreiro Rivero, Plaza De La Republica 7-602, Mexico 1, D.F. will be in charge. The Olympic Village will be available for housing plus free transportation to and from the airport and a free banquet. There will also be luxury housing available at reduced rates. Jose requests that all those interested in attending contact him at once.

Bob Fine, Allistair Lynn, and Ruth Anderson were elected as president, vice-president and treasurer of the North American Council. Voting is still taking place for the secretary's position.

It is important that the athletes communicate with the above parties, as noted, since your response will determine how the International program will develop.

6) We need all the information you can provide in your newsletter about the size of implements, heights of hurdles, and basis for point systems used in the various meets being reported. We are trying to buy the proper size implements and conduct our meets according to the proper standards. So many differences exist between the AAU rule book, the measures used at regional and national meets, and the measures adopted for the last World meet, that I am really not sure about what measures we should be using. Of course, one of our problems in Hawaii is that we are isolated from a lot of current feedback on these subjects.

We look forward to any feedback you can give us on these matters.

Jack Karbens, president  
Hawaii Masters Track Club

[Ed. Note: We reprinted Jack's letter virtually in its entirety because we feel it comes to the heart of important areas in the masters program. Some of his questions are discussed in this month's *NMN*. If you have any comments, write to the National Masters Newsletter, 6200 Hazeltine Ave., Van Nuys, CA 91401; or to Jack Karbens at 3140 Waiiale Ave., Honolulu HI 96816.]



# Joe Burgasser wins AAU 25 Kilo Title

by VERN WHITESIDE

TULSA, OKLAHOMA, November 17. Joe Burgasser, from Rancho Palos Verdes, California beat out a fast masters field to win the 25 Kilometer National Masters AAU Championship Race. The race was run on the three mile loop course in the Mohawk Park Picnic Area. Jim Kneer, from Simi Valley, California won the first place gold medal in the 45-49 age division, Nocus McIntosh took the 50-54 title, Tom Kempf won the gold in the 55-59 age division, Frank Miorandi won the gold in the 60-64 age division and Ray Sears took home the gold medal in the 70-74 age division.

The women's race was won by 44-year old Donna Wright of Oklahoma in 1:51:40, with fast-improving Linda

Burke of California finishing in second place.

This was Burgasser's first national masters title. He had finished second behind Herb Lorenz in the National Masters Marathon Championships in Niagara Falls in October.

The Seniors Track Club, from California, won the five gold team medals. The second place team medals were won by the Masters West, another California club. The Tulsa Road Runners Club took home the five third place bronze team medals. Getty Oil Company and The Tulsa Road Runners Club sponsored the race.

It was a little on the warm side with the temperature in the low 70's at the finish. Although it may have been a little tough running into the 12 mph wind it was a body cooler.

would operate with full authority within their own disciplines. Bob Fine, as Masters Athletics Chairman would represent the overall interests of the masters in the A.C. but would not seek or have authority over programs and policies in each discipline. In those areas of mutual concern Bob would have authority to coordinate the program keeping in close touch with the chairman of MLD and MTF. The administrative officers of recording secretary, corresponding secretary and treasurer are held by the same people to expedite cooperation in the overall program. Good faith and common sense should make this arrangement work to the betterment of all programs affecting the masters. Thus, any questions specific to LDR or TF will be referred to the respective chairman. General problems will be handled by Bob.

**Sponsorship:**

Occidental Life has not renewed their sponsorship. All of the \$35,000 given by OL has been disbursed. New sponsorship funds are being sought. Any potential sponsors or suggestions as to obtain them should be referred to Bob Fine.

The AAU has obtained a sponsor for all programs connected with masters; Penn Mutual Life Insurance Company. PM will give \$55,000 to be used for all of the masters sports. Jack Kelly has been appointed to coordinate these efforts. A general discussion was held amongst representatives of aquatics, athletics, gymnastics and rowing. Nothing definitive has been determined. Originally it was thought that a paid executive director be hired from the funds to be located in Indianapolis. This was discussed in the Masters committee with the recommendation that the money could be better used if awarded directly to the masters' committees.

Long distance running will be seeking sponsors for a travel fund for the world championships in New Zealand.

**Newsletter:**

It was agreed by all that the most important program in the masters movement is the *National Masters Newsletter*. Both MLDR and MTF will allocate \$200 per month for no more than ten months, (with offsets if the *Newsletter* receives sufficient income from subscriptions and advertising) with an agreement to be made with the *Newsletter*. It was understood that the Masters Sports Assoc. would continue with their present arrangements with the *Newsletter*. The *Newsletter* would then become the official publication of the masters.

**Age-Grading Tables:**

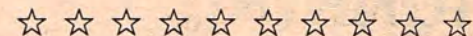
The National Running Data Center received a \$2,000 grant from Occidental Life last year. The NRDC expects to complete the Age-Grading tables for all men and women, in all race walking, long distance and track and field events, this summer. The details of publication will be worked out, with the possibility that *Running Times* would act as publisher and sales agent. Profits would be divided amongst all participants.

**Registration:**

It was unanimously passed that the AAU and/or the AC provide the Masters Athletics Committee with a list of all registered masters, divided by their respective disciplines in 1980.

**Finances:**

The proposed budget of the Athletic Congress allocated \$5,500 to MTF and \$5,500 to MLDR. In the future all athletic registration fees will go to the AC without allocation to the specific standing sports committees.



## Changes - additions Masters Sports Assoc Indoor Schedule

West Point will not be available at all on January 27th. West Point will be available for the field events only on January 6th.

The following additional races will be held in conjunction with the P.A.L. meets:

Saturday, January 12: 220 AG, 3/4 mile PYT, 369 Reg. Armory (145 St. & 5 Ave.) 9:00 A.M.

Saturday, January 19: 60 S, 2 mile S, 369th - same.

Saturday, January 26: 440 AG, 1 mile AG, 369th - same.

Saturday, February 9: 50 S, 3/4 S, Queens College Gym 9:00 A.M.

Monday, February 18: 220 AG, 2 mile AG, Queens College Gym 9:00 A.M. The race on February 18th may be video taped as it is the PAL Championship.

All races are post-entry at \$1.00 per event. S=scratch race, 3 medals by ten year grouping. AG=age grading, 3 trophies and 2 medals; women have 22 years added to the age for the use of the tables. Points awarded based on age and time using computer tables. PYT= Predict your time races, 3 trophies and 2 medals, awards given on accuracy of prediction. H=handicap race, 3 trophies and 2 medals.

On Sunday, January 6th, as part of the Senior Metropolitan AAU Indoor Championships at West Point, the masters will have, as non-championship scratch events the following field events: high jump, long jump, shot put, weight throw, pole vault and triple jump. There will not be any running events for the masters. The meet starts at 10:00 A.M.

We are planning a race on February 3rd, in Staten Island which will have all of the running events and some of the field events. The National Indoor Championships will be held at Syracuse, New York.

The Eastern Indoor AAU Masters Track and Field Championships will be held on March 9th, 1980, at Lehigh University in Bethlehem, Penn. The entry form and all details will appear in the next issue of the *National Masters Newsletter*.

The entry forms for the National Indoor AAU Masters Track and Field Championships at Syracuse, New York, on March 29th, appears in this issue.

**RESULTS**

Name	Age	City	Time
1. Joe Burgasser	41	Rancho Palos Verdes, CA	1:28:38
2. Ralph Bowles	43	Pleasant Hill, CA	1:31:26
3. Darryl Beardall	43	Santa Rosa, CA	1:31:43
4. Don Martin	40	Longview, TX	1:32:51
5. Jim Kneer	45	Simi Valley, CA	1:33:41
6. Merl Glavser	43	North Ridge, CA	1:35:17
7. Ron Menzie	45	Mill Valley, CA	1:36:34
8. Jack Lenhart	42	Tulsa, OK	1:37:07
9. Bill Catanese	41	Mill Valley, CA	1:38:42
10. Joseph Marino	40	Simi Valley, CA	1:38:49
11. Nocus McIntosh	54	Tulsa, OK	1:39:06
12. Philip Hager	42	Larkspur, CA	1:39:11
13. Conrad Eroen	50	Manhattan Beach, CA	1:40:09
14. Fred Donnelly	40	Tulsa, OK	1:41:48
15. Tom Kempf	55	Bartlesville, OK	1:45:10
16. Herbert Walther	48	Ponca City, OK	1:45:15
17. Stan Warren	41	Okla. City, OK	1:45:32
18. Leo Karlin	42	Borger, TX	1:47:43
19. Bob Harbinson	40	Tulsa, OK	1:48:04
20. A. J. Callahan	40	Bartlesville, OK	1:49:09
21. Dave Weaver	47	Tulsa, OK	1:49:29
22. Jim Smith	57	Okla. City, OK	1:49:42
23. Frank Miorandi	60	Coffeyville, KS	1:49:56
24. Niki Mugg	42	Tonkawa, OK	1:51:38
25. Joe McDaniel	42	Tulsa, OK	1:51:57
26. Bill Thompson	47	Tulsa, OK	1:52:15
27. Bill Ryan	49	Broken Arrow, OK	1:52:55
28. Glen Lafarlette	43	Broken Arrow, OK	1:54:08
29. Cleo Cassidy	66	Springfield, MO	1:54:15
30. Bob Baker	41	Broken Arrow, CA	1:54:30
31. Edward Lowell	63	Tarzana, CA	1:56:35
32. Ross Waltzer	57	Tulsa, OK	1:57:30
33. Jack Oak	41	Okla. City, OK	1:57:55
34. Don Antle	42	Bartlesville, OK	2:01:14
35. Ervin Postier	53	Tulsa, OK	2:01:44
36. Bob Poe	41	Broken Arrow, OK	2:02:14
37. Norman Sell	41	Tulsa, OK	2:10:29
38. Ray Sears	72	Shelbyville, IN	2:11:45
39. Jimmy Butler	60	Newalla, OK	2:13:57
40. Ray Harmon	52	Glenpool, OK	2:18:27
41. Lindsay Alexander	50	Tulsa, OK	2:22:25
42. Fred Ferguson	45	Broken Arrow, OK	2:23:31
43. Tom Mross	46	Owasso, OK	2:24:35
44. Glenn Ditton	69	Alva, OK	2:25:59
45. Don Pyles	44	Bartlesville, OK	2:28:30



# A.A.U. Convention Report

by BOB FINE

This will be the last AAU Convention as we know it. The new Athletics Congress now holds the International franchise for Athletics. Under the Constitution of the AC the only standing committee for masters is the "Masters Athletic" Committee. Masters Long Distance Running Committee (MLDR) has objected to this structure and will

place a proposed change at the A.C. Constitutional meeting to be held this summer to have MLDR and Masters Track and Field (MTF) become separate Standing Committees. MTF has no objection to one Masters Athletic Committee. Since there will be questions raised regarding the positions of MLDR and MTF it was agreed that on questions of site selection; technical rules and programs MLDR and MTF





# U.S. ALL-TIME MASTERS ROAD RUNNING RECORDS

from the National Running Data Center

The National Running Data Center has been designated by the Masters AAU Athletics Committee as the official source for long distance road running marks.

Here is the all-time list, through November 15, 1979, for American men and women.

The NRDC notes that, "Records must be set on courses certified by the RRCA/AAU committee headed by Ted Corbitt. Local certification is not enough. Sanctions should not be confused with certification. Races are sanctioned. Courses are certified. Records are kept without regard to the race sanction. All we are concerned with is that the race was run over an accurately measured distance, and that the results are accurate.

Two types of certified courses are recognized: 1) Those whose start and finish points are within 10% of the race distance and are within a 10ft/mile elevation difference; 2) Point-to-point courses are marked with an "a" to indicate that this mark may have been aided by wind or elevation change. (Just as wind-aided track marks are traditionally disallowed).

For marks made on certified courses known to the NRDC, a simple telephone call (602-626-3188) may allow a claim to a new record.

A 'p' indicates a mark is pending, usually because final course certification approval has not been provided or because birthdates have not been reported to verify age group marks. Information to make such marks official should be sent to the National Running Data Center, Box 4288, Tucson, AZ 85733.

## 10 KILOMETER

<b>Men:</b>		
35-39	29:59	Barry Brown (35, NJ) 29 Sep 79 - NY
40-44	32:28	Paul Noreen (43, MN) 23 Sep 78 - NY
	31:18p	Keith Pearce (42, ) 5 May 79 - CA
45-49	33:57	Bob Collins (48, CA) 17 Sep 78 - CA
50-54	33:26	Peter Mundle (50, CA) 17 Sep 78 - CA
55-59	35:26	Mauro Hernandez (56, CA) 17 Sept 78 - CA
60-69	38:00	Bob Horman (60, DC) 9 Dec 78 - DC
	37:15p	Don Longenecker (63, NM) 6 May 79-AZ
70 +	45:53	Paul Fairbank (71, MD) 16 Jul 78 - DC
	45:33p	Lou Gregory (75, FL) 3 Jun 78 - FL
<b>Women:</b>		
40-44	35:23	Miki Gorman (43, CA) 17 Sep 78 - CA
45-49	39:44	Dorothy Stock (46, CA) 19 Feb 79 - CA
50-59	42:31	Frances Sackerman (50, CA) 29 Sep 79 - NY
	41:36p	Helen Dick (54, CA) 17 Sep 78 - CA
60 +	53:18	Kay Atkinson (60, CA) 29 Jan 78 - CA

## 15 KILOMETERS

<b>Men:</b>		
35-39	47:08	Ken Moore (35, OR) 24 Jun 79 - OR
40-44	49:34	Fred Best (40, NJ) 4 Apr 76 - NY
45-49	49:16	Hal Higdon (46, IN) 5 Sep 77 - IN
50-54	53:55	Don Dixon (50, NY) 2 Apr 78 - NY
	52:43a	Alex Ratelle (53, MN) 16 Jul 78 - NY
55-59	53:38	Ed Almeida (55, CA) 15 Apr 78 - CA
60-69	54:23	Clive Davies (62, OR) 25 Jun 78 - OR
70 +	64:23	Ray Sears (70, IN) 2 Apr 77 - IN
<b>Women:</b>		
40-44	57:15	Miki Gorman (43, CA) 24 Jun 79 - OR
45-49	61:14	Ruth Anderson (48, CA) 25 Jun 78 - OR
50-59	69:43	Margaret Miller (52, CA) 4 Jul 78 - CA
	63:57p	Margaret Miller (53, CA) 4 Jul 79 - CA
60 +	87:00p	Alberta Ellerin (63, ) 3 Sep 78 - MD

## 20 KILOMETERS

<b>Men:</b>		
35-39	1:04:32	Ray Hughes (36, CA) 27 Sep 75 - CA
40-44	1:05:54	Herb Lorenz (40, NJ) 28 May 79 - DC
45-49	1:07:48	Hal Higdon (45, IN) 25 Sep 76 - IL
50-54	1:10:18	Alex Ratelle (52, MN) 27 Aug 77 - MN
55-59	1:17:11	Glenn Coleman (55, VA) 28 May 79 - DC
60-69	1:20:53	Norman Bright (66, WA) 22 May 76 - DC
70 +	1:36:45	Ray Sears (70, IN) 29 Oct 77 - OK
<b>Women:</b>		
40-44	1:16:57	Miki Gorman (41, CA) 25 Sep 76 - CA
45-49	1:25:49	Ruth Anderson (46, CA) 18 Jan 76 - CA
50-59	1:31:19	Margaret Miller (50, CA) 25 Sep 76 - CA
60 +	2:38:57	Marion Epstein (60, NY) 21 Jan 79 - NY
	1:41:23p	Althea Wetherbee (60, NY) 30 Sep 79-NY

## 25 KILOMETERS

<b>Men:</b>		
35-39	1:24:45	Jack Bannink (36, MI) 12 May 79 - MI
	1:22:54p	Randall Hoffmann (37, MI) 13 May 78-MI
40-44	1:23:18	Ken Mueller (40, MA) 5 Mar 77 - MA
45-49	1:27:58	Graham Parnell (45, CA) 14 Sep 75 - CA
	1:26:58p	Ulrich Kaempf (48, CA) 23 Sep 79 - CA
50-54	1:29:00	Jim O'Neil (53, CA) 17 Sep 78 - CA
55-59	1:34:17	Ed Almeida (55, CA) 12 Mar 78 - CA
60-69	1:46:03	Paul Reese (61, CA) 17 Sep 78 - CA
70 +	2:02:00	Ed Wiberg (71, MI) 12 May 79 - MI
<b>Women:</b>		
40-44	1:38:40	Miki Gorman (41, CA) 12 Mar 77 - CA
45-49	1:47:10	Ruth Anderson (48, CA) 12 Mar 78 - CA
50-59	1:53:57	Ruth Anderson (50, CA) 23 Sep 79 - CA
	1:51:36p	Margaret Miller (53, CA) 3 Mar 79 - CA
60 +	2:20:27	Kay Atkinson (61, CA) 17 Sep 78 - CA

## 30 KILOMETERS

<b>Men:</b>		
35-39	1:39:27a	Ken Mueller (38, MA) 23 Mar 75 - NY
	1:38:57ap	Ralph Zimmerman (36, NY) 19 Mar 78NY
40-44	1:40:52	Hal Higdon (42, IN) 23 Sep 73 - IL
45-49	1:48:23a	Joe Burns (47, NJ) 28 Mar 76 - NY
	1:43:56ap	Ed Stabler (49, NY) 18 Mar 79 - NY
50-54	1:51:43	Jim O'Neil (52, CA) 9 Apr 78 - CA
	1:47:33a	Alex Ratelle (53, MN) 19 Mar 78 - NY
55-59	2:04:22	Steve Richardson (58, CT) 23 Dec 78 - NY
60-69	2:10:50	Wayne Zook (61, CA) 11 Mar 78 - CA
	2:06:03a	John Wall (62, MD) 28 Mar 76 - NY
70 +	none	
<b>Women:</b>		
40-44	2:03:17	Miki Gorman (43, CA) 6 May 79 - OH
45-49	2:14:29	Ruth Anderson (48, CA) 9 Apr 78 - CA
	2:04:22a	Toshiko D'Elia (49, NJ) 18 Mar 79 - NY
50-59	2:59:10	Mary Rodriguez (57, NY) 23 Dec 78 - NY
60 +	4:08:08	Marion Epstein (60, NY) 23 Dec 78 - NY

## 50 KILOMETERS

<b>Men:</b>		
35-39	2:56:43	John Cederholm (36, MA) 16 Sep 79 - VT
40-44	3:14:51	John Garlepp (41, NY) 16 Sep 79 - VT
45-49	3:18:07	Howard Miller (47, WA) 31 Aug 74 - WA
50-54	3:21:02	Alex Ratelle (52, MN) 19 Mar 77 - MN
55-59	4:54:49	Bob Mason (59, NJ) 16 Sep 79 - VT
	4:11:15p	Bill Droscoil (56, MA) 17 Sept 78 - VT
60-69	5:19:03	Fred Burke (60, NY) 16 Sep 79 - VT
70 +	none	
<b>Women:</b>		
40-44	3:48:07	Sue Medaglia (44, NY) 16 Sep 79 - VT
45-49	none	
50-59	none	
60 +	none	

## 10 MILES

<b>Men:</b>		
35-39	50:59	Jack Mahurin (35, MA) 2 Apr 78 - DC
40-44	51:30	Hal Higdon (44, IN) 21 Sep 75 - IL
45-49	58:03	Don Dixon (49, NY) 13 Mar 77 - NY
	56:54p	Edward Stabler (47, NY) 12 Sep 76 - NY
50-54	58:16	Herb Chisholm (52, VA) 1 Apr 79 - DC
55-59	58:58	Hubert Morgan (56, PA) 2 Apr 78 - DC
60-69	63:42	John Wall (62, MD) 4 Apr 76 - DC
70 +	90:39	Victor Grossman (71, MD) 31 Mar 74 - DC
	87:55p	Percy Perry (70, NJ) 31 Mar 74 - DC
<b>Women:</b>		
40-44	1:08:29	Mary Czarapata (44, WI) 5 Aug 79 - WI
45-49	1:09:49p	Natalie Buzzell (46, MD) 1 Apr 79 - DC
50-59	1:28:48	Audrey Jacobson (50, NY) 14 Jan 79 - NY
	1:21:50p	Margaret Cochran (55, MD) 1 Apr 79 - DC
60 +	2:04:26	Marion Epstein (60, NY) 14 Jan 79 - NY

## 20 MILES

<b>Men:</b>		
35-39	1:51:14	Tom Laris (37, CA) 27 Nov 77 - CA
	1:49:53p	Gary Goetteimann (35, CA) 19 Nov 78-CA
40-44	1:51:07	Kent Guthrie (40, CA) 28 Nov 76 - CA
45-49	1:56:39	Ross Smith (49, NV) 27 Nov 77 - CA
50-54	1:57:25	Jim O'Neil (51, CA) 28 Nov 76 - CA
55-59	2:14:03	Steve Richardson (57, CT) 26 Feb 78 - NY
	2:10:22p	Richard Houston (57, CA) 19 Nov 78 - CA
60-69	2:19:05	George Sheehan (60, NJ) 25 Feb 79 - NY
70 +	2:49:14	Paul Spangler (77, CA) 28 Nov 76 - CA
<b>Women:</b>		
40-44	2:21:41	Nina Kuscsik (40, NY) 25 Feb 79 - NY
45-49	2:14:57	Toshiko D'Elia (48, NJ) 26 Feb 78 - NY
50-59	2:56:02	Ruth Detering (50, CA) 28 Nov 76 - CA
60 +	3:25:59	Mavis Lindgren (71, CA) 19 Nov 78 - CA

## 100 KILOMETERS

<b>Men:</b>		
35-39	7:47:50	Brian Jones (37, NY) 7 May 78 - CT
	7:17:14p	Roger Welch (36, MA) 6 May 79 - CT
40-44	9:29:10	Don Heimiller (44, MD) 14 Mar 76 - PA
	9:23:14p	Sam Paris (41, NY) 6 May 79 - CT
45-49	9:28:23	Don Heimiller (47, MD) 6 May 79 - CT
50-54	7:52:37	Ted Corbitt (54, NY) 11 May 74 - CT
55-59	11:23:54	Bob Mason (58, ) 27 Jan 79 - FL
60-69	none	
70 +	none	
<b>Women:</b>		
40-44	9:10:39	Lydi Pallares (40, FL) 27 Jan 79 - FL
45-49	none	
50-59	none	
60 +	none	

continued next page.....



Linda Sippelle winning the women's 40-44 title in the 10-k cross-country event (43:00.9) at the World Games in Germany. Linda also holds the American Record in the half marathon at 1:25:02, the 2 mile at 11:38.0, the 1-hour run at 9m1197y, and the 2-hour run at 15m1399y. photo by Bob Pates



continued from previous page

**50 MILES**

**Men:**

35-39	5:00:30	Alan Kirik (35, NY)	6 May 79 - CT
40-44	5:28:19	John Garlepp (40, NY)	4 Nov 78 - NY
45-49	5:50:44	Joe Erskine (49, NY)	3 Nov 79 - NY
	5:36:52p	Jim McDonagh (47, NY)	71
50-54	5:34:01p	Ted Corbitt (50, NY)	70
55-59	7:31:54	Ted Corbitt (55, NY)	1 Nov 75 - NY
60-69	6:24:18	Frans Pauwels (60, OR)	29 Oct 78 - OR
70+	none		

**Women:**

40-44	8:46:12	Lydi Pallares (40, FL)	13 Oct 79 - IL
45-49	none		
50-59	none		
60+	none		

**100 MILES**

**Men:**

35-39	14:14:09	Park Barner (35, PA)	15 Jun 79 - NY
40-44	16:56:14p	Michael Allen (44, )	15 Jun 79 - NY
45-49	18:19:42p	Erich Guenter (46, )	15 Jun 79 - NY
50-54	none		
55-59	none		
60-69	none		
70+	none		

**Women:**

none			
------	--	--	--

**HALF MARATHON**

**Men:**

35-39	1:08:35	Norbert Sander (37, NY)	26 Aug 79 - NY
40-44	1:07:54	Herb Lorenz (40, NJ)	16 Sep 79 - PA

45-49	1:13:42	Graham Parnell (45, CA)	4 Jul 75 - CA
50-54	1:16:53	Ed Almeida (54, CA)	5 Jul 76 - CA
	1:13:51a	Alex Ratelle (54, MN)	25 Aug 79 - CA
55-59	1:15:26	Ed Almeida (55, CA)	3 Jul 77 - CA
60-69	1:26:59	Wayne Zook (61, CA)	4 Jul 78 - CA
70+	1:49:00	Paul Fairbank (71, MD)	10 Sept 78 - MD

**Women:**

40-44	1:25:02	Linda Sipprelle (43, DC)	10 Sep 78 - MD
45-49	1:29:00	Nicki Hobson (45, CA)	5 Jul 76 - CA
50-59	1:55:59	Mary Rodriguez (57, NY)	8 Sep 79 - NY
	1:39:56p	Florence Holzman (53, PA)	16 Sep 79 - PA
60+	2:26:38	Kay Atkinson (60, CA)	14 Jan 78 - CA
	2:12:00ap	Winifred Gore (61, CA)	26 Aug 78 - CA

**MARATHON**

**Men:**

35-39	2:15:52	Norm Higgins (35, CT)	5 Dec 71 - CA
40-44	2:27:55	Ken Mueller (40, MA)	24 Oct 76 - RI
	2:27:30p	Jerry McNeal (, MN)	22 Oct 78 - MN
	2:24:41a	Herb Lorenz (40, NJ)	16 Apr 79 - MA
45-49	2:37:08	Ross Smith (48, NV)	8 Feb 76 - CA
	2:35:42p	Ulrich Kaempf (47, CA)	9 Jul 78 - CA
	2:28:49a	James McDonagh (46, NY)	20 Apr 70-MA
50-54	2:35:24	Alex Ratelle (54, MN)	9 Sep 79 - OR
	2:31:56a	Alex Ratelle (53, MN)	24 Jun 78 - MN
55-59	2:39:42	Ed Almeida (56, CA)	14 Jan 79 - CA
60-69	2:47:46	Clive Davies (60, OR)	12 Oct 75 - OR
70+	3:07:26	Monty Montgomery (71, CA)	16 Oct 77-NY

**Women:**

40-44	2:47:45	Miki Gorman (40, CA)	7 Dec 75 - CA
	2:39:11a	Miki Gorman (41, CA)	24 Oct 76 - NY
45-49	2:57:41	Nicki Hobson (45, CA)	21 Mar 76 - CA
50-59	3:04:26	Carol Cartwright (50, CA)	28 Jan 79 - CA
60+	3:26:16	Marcie Trent (60, AK)	7 May 78 - CA

**1980 Officers and Delegates**

List of the 1980 masters officers and delegates voted at the AAU Convention.

**Masters Track & Field Officers:**

Chairman: Wendy Miller  
 Vice-Chairman: Tom Sturak  
 Recording Secretary: Vince Chiappetta  
 Corresponding Secretary: Gorege Braceland  
 Treasurer: George Vernosky

**Long Distance Running Officers:**

Chairman: Ken Bernard  
 Vice-Chairperson: Ruth Anderson  
 Recording Secretary: Vince Chiappetta  
 Corresponding Secretary: George Braceland  
 Treasurer: George Vernosky

**Masters Athletic Committee:**

Chairman: Robert Fine (Representative to Athletic Council)  
 Recording Secretary: Vince Chiappetta  
 Corresponding Secretary: George Braceland

Treasurer: George Vernosky  
 Second Representative to Athletic Council: Ruth Anderson  
 World Association of Veteran Athletes Delegates: Ron Kulick, Peter Mundle, Wendy Miller, Ruth Anderson, Bob Boal  
 Alternate Delegates to WAVA: Lori Maynard, Irene Obera, Tom Sturak

**Delegates to Athletic Congress Committees:**

Law and Legislation: Bob Fine  
 Marketing and T.V.: Bert Lancaster  
 Sports Medicine: Al Morris  
 Officials: Lou Juhasz  
 Records: Pete Mundle & Kathy Breiger  
 Membership: D. Grovonor  
 Standing Operating Committee (Development): Bob Langenbach  
 Standing Operating Committee (General Program): Joe Lassiter, Tony Diamond, Rudy Clarence, Joe MacAlhany  
 Rules: George Kleeman  
 International Competition: Tom Sturak, Vince Chiappetta, Dick Kendall  
 Budget: George Vernosky



**1980 Sites for Nat'l Championships**

The following are the sites for the National Masters Championships as voted by masters delegates to the 1979 AAU Convention.

**TRACK & FIELD**

- Indoor Nationals, 1980, Syracuse New York, March 29, 1980.

- Outdoor Nationals, 1980, Charleston West Virginia, 4th of July weekend.
- Outdoor Nationals, 1981, Los Angeles, California.
- Outdoor Nationals, 1982, Wichita, Kansas.
- Decathlon, 1980, Denver, Colorado, last weekend in June.
- Pentathlon, 1980, Charleston, West Virginia, 4th of July weekend.
- Weight Pentathlon to be awarded.

**RACE WALKING**

- 2 Mile Indoor, Syracuse, New York, March 29, 1980.
- 5 Kilo, part of Outdoor Nationals, Charleston, West Virginia.

- 10 Kilo, Chicago, Ill., May 24.
- 15 Kilo, Niagara, New York, end of June or beginning of July.
- 20 Kilo, part of Outdoor Nationals, Charleston, West Virginia.
- Note: There will be an open 20 Kilo, April 19th & 20th in Seattle with a masters event but the Championship in the 20 Kilo will be part of the Outdoor National Track and Field Meet.
- 30 Kilo, Houston, Texas, March 23.
- 40 Kilo, New Jersey, November 1.
- 50 Kilo, Metropolitan New York, April 5th.
- 100 Kilo, Longmont, Colorado, October 4th.
- 100 Miles, San Diego, California, November 15 & 16.
- 1 Hour (postal), August 1st thru November 30th (Jim Beam, director).
- 25 Kilo, Miami Beach, Florida, November 31st (if there will be an AAU Convention).

**LONG DISTANCE RUNNING**

- 5 Kilo Cross Country, San Diego, November 29.
- 10 Kilo Cross Country, Seattle, Washington, November 9.
- 15 Kilo Cross Country, New York City, Fall.
- Note: There is a possibility that Brooks Shoes may sponsor one or all of the 10, 15, 20 and 25 kilo runs. If arrangements can not be worked out then the following sites will be used:
- 10 Kilo, If there will be a convention next November, then at convention site (Miami Beach, Florida). If there is no convention then Brooklyn, New York, October 18.
- 15 Kilo, Seattle, Washington, March 29.
- 20 Kilo, Washington, D.C., October 12 or 19.
- 25 Kilo, Washington, D.C., May 26.

- 30 Kilo, Albany, New York, March 23.
- 50 Kilo, New England, to be determined.
- Marathon, Saratoga, California, January 27 (awarded in 1978).
- Canada-USA Dual Meet, to be awarded if satisfactory sponsor can be found.

National Masters Track and Field Vice-Chairman Tom Sturak suggested, and many seemed to agree, that we should move the T & F schedule in 1981 further into the summer. "Most officials tell me," Sturak said, "that they're just too busy to work masters meets in the early summer because of all the open, women and junior meets. If our regional meets were in August, with the national championships around Labor Day, we'd have a much better shot at getting good officials. And the warmer weather would give most of us a longer time to get in shape."

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## THE KING IS DEAD?

by AL SHEAHEN

LAS VEGAS, NEVADA, November 25-30. The AAU is dead. Long live the Athletics Congress.

Such was the theme of the 92nd Annual Amateur Athletic Union Convention at Caesar's Palace Hotel.

Technically, the AAU is not "dead." It remains as a "service" organization to the sports it used to control.

In the sport of track, field, long distance running and race walking, the Athletics Congress will do much of what the AAU used to do.

The convention was largely an attempt by the AAU to restructure itself. This was mandated by a 1977 Act of Congress. This Act said, in effect, that the AAU could no longer control a multitude of sports as it had been doing. Like rowing, volleyball, swimming, gymnastics, track & field. (Till now, the AAU has been a kind of umbrella organization, with rules and regulations for each of these sports.)

Congress, for a variety of reasons, said the AAU could only control one sport. Take your pick.

The AAU decided to give up control of all sports. At least on paper. Significantly, the same people that run the AAU are now running the Athletics Congress.

According to Hal Higdon, "The result of this Convention may be to circumvent the Act of Congress."

The AAU will "assist" the various "independent sports bodies" in registering athletes, granting sanctions, mailing bulletins, providing insurance and so forth. It won't control, or administer anything, except "by direction" from the various independent bodies.

Does that mean it's business as usual?

If you don't understand any of the above, don't worry. In fact, worry if you do understand.

We attended the 1979 AAU Convention partially to try to explain to you what's going on, and how the masters program relates to the AAU.

Well, either we're getting feeble in the head, or the vagaries of the AAU are impossible for the average person to comprehend.

We prefer to think it's the latter.

For four days, we struggled hard to try to fathom the intricacies of the AAU and the new Athletics Congress. We attended meetings from 9 AM to Midnight. We talked with those who should know.

But, in the end, we failed.

It will always be the goal of this newsletter to make things as clear as possible. To explain what's going on so that we all can understand. If it's not clear to you, it's not your fault, it's ours.

Well, we can't do that with the AAU. It's tough to explain something you don't understand yourself.

Lewis Carroll would have loved AAU Conventions. They make Alice in Wonderland look like a documentary. Some delegates make the Red Queen look like a responsible citizen. The Spanish Inquisition was constitutional by comparison.

The first night's session of all delegates lasted eight hours. Only a handful knew what was going on. A few delegates used "point of order" as an excuse for a 5-minute speech. The chairperson let them get away with it. The chair was forced to call on the parliamentarian for a ruling on the simplest of disputes. A vote would be called. It would pass. Someone would object. There would be confusion and discussion. The vote would be called again. Chaos. As a result, those grilled in *Roberts' Rules of Order* held the upper hand over those who weren't.

Of course, that's nothing new. In American politics, three or four people have often passed unpopular legislation in bodies of a hundred or more by the simple expedient of out-parliamenting the opposition. And by hanging around till the wee hours when everyone else has gone home before voting on critical issues.

But it is never fair. And it is always depressing. Especially when you have to sit through it as a non-delegate. You had the feeling that all this energy could be better spent raising food for starving Cambodians.

As it turns out, according to SPA-AAU chairman Larry Houston, athletes will now be required to pay for registration to both the AAU and the Athletics Congress. Neat, huh?

The Athletics Congress has secured the exclusive franchise from the International Amateur Athletics Federation for the United States. That means an athlete must be in the good graces of the AC to compete overseas. Ollan Cassell, formerly AAU director, is now Acting Executive Director of the Athletic Congress. He says, "The local AC, not the AAU, will approve sanctions. But the application for the sanction must be made to the AAU office." Clear?

Houston says: "The Athletics Congress is composed of the ex-AAU athletes, NCAA, NAIA, AIAW and other amateur track, field, and long distance running organizations. Interestingly, only the NAIA was at the meeting."

"There are a lot of petty jealousies and personality conflicts between the NCAA and AAU," continued Houston. "It was the NCAA that got the Act passed. They wanted to break up the AAU. They wanted to run everything in the country. Walter Beyers and Don Hull have a personality conflict. Beyers is just obsessed. They had the money. They lobbied the Congress. They spent thousands. It's regretful."

The name "Athletics" Congress was chosen to streamline the terminology. Americans think of "athletics" as all sports. But in Europe and the rest of the world, "athletics" has a very specific meaning: track, field, long distance running and race walking. It combines eight of our words into one: Very sensible. The Athletics Congress will cover "athletics," period. Meaning T&F, LDR and RW.

Actually, everything seems to be up in the air. "1980 will be a transitional year," said many. "Let's try it for six months and see if it works," was a phrase heard constantly in the Caesar's Palace meeting rooms. In six months, a "Constitutional Convention" will be held in Dallas, July 1-3, to iron out problems and finalize decisions.

Money, not surprisingly, is the name of the game. Everyone was trying to protect his or her turf.

For example, there were six AAU "committees" which had accumulated a total of \$164,000 from race fees, dues, etc. Men's and Women's Track and Field Committee had \$98,000. Men's LDR Committee had \$53,000. Masters Track and Field had \$705. Masters LDR had \$8,100. For reasons which aren't clear, the Central AAU in Indianapolis had gotten hold of all these funds. Some committee chairmen said they wanted their money. By a confused vote in the middle of Sunday's chaotic meeting, all the \$164,000 was awarded to the Athletics Congress. Some chairmen weren't aware of this for four days. "Where's our money?" they demanded of Ollan Cassell on Wednesday. "You voted to give it to the Athletics Congress," said Cassell. "We did?"

And so it went. Some committees made out fine. Masters Track and Field for instance, gave up \$705, but the AC will give it back \$5,500 in 1980. Masters LDR will also get \$5,500 in 1980, but it gave up \$8,100.

Among the more interesting and encouraging issues, the delegates voted:

—To recommend to the IAAF the reinstatement of professional ITA athletes (John Carlos, Steve Smith, Brian Oldfield, John Smith, etc.). In a clever ploy, John Smith said the TV program, 60 Minutes, knew about all the under-the-table payments to amateur athletes and wanted the pro-athletes help in doing a story. "But we don't want to do that," Smith threatened. "We just want to compete in the Olympics."

—To recommend that the IAAF drop its anachronistic "Rule 53." This motion was proposed by Masters Chairman Bob Fine (which shows the value and impact that the masters can have upon the entire track and field world) and passed almost unanimously on voice vote.

Rule 53 is the rule on professionalism. If the IAAF were to abolish Rule 53, then professionals could compete with amateurs. It's tantamount to okaying open competition and handing out cash prizes, just like tennis or golf.

Bob Hersh, Eastern Editor of Track and Field News, waxed ecstatic about the vote and about the whole tenor of the Congress. "Had this been the AAU," he wrote, "this resolution would have gone nowhere. That august body would have turned down any such heresy....I was stunned. Totally unexpectedly, almost as an afterthought, a revolutionary proposal was made and accepted by the body that now has the U.S. franchise in track and field. After nearly 100 years, one of the leading proponents of international amateurism has switched sides. We will now seek to end the hypocrisy that pervades the sport throughout the world. As far as administering track and field, the AAU is dead. But, the Athletics Congress lives. It is a wonderful change for the

better. Rejoice."

Rejoicing in a more subdued manner was Dwight Stones. In a tightly-run meeting, the executive board of the AAU narrowly voted, 62-18, to reinstate Stones to the AAU's (read AC's) good graces. (Narrowly, because 54 votes were required.)

Stones said: "I was misguided by my former lawyer. I never clearly understood the AAU rules. I apologize for what I did." He promised to donate to the AAU the \$33,000 he'd won on the TV Superstars program.

While most were pleased to see Stones reinstated, the session was tinged with sadness. "If Stones can't beat the AAU," it's long been said, "nobody can." Clearly, Stones couldn't.

Indeed, it was ironic that Stones' probably indirectly paid some of the travel expenses of those who would now exercise their power to make or break his career. By packing arena after arena with cash-paying audiences eager to see the talented and personable athlete, Stones had generated perhaps millions of dollars in cash and publicity for the sport.

Yet 18 weren't concerned with that. "I just don't like the guy," one said, "he's arrogant."

As Stones shuffled nervously, before the vote, one was reminded of "Roots." Where they tied Kunta Kinte to a tree. Everyone stood around watching. "What's your name?" they demanded. "Kunta Kinte." They whipped him. "What's your name?" "Kunta Kinte." They whipped him again. And again. Finally, "What's your name?" "Toby." The whipping stopped.

One had the feeling that Dwight Stones had just said, "Toby."

## Davies sets World 60+ Marathon Mark

Clive Davies, 64, of Portland, Oregon smashed his own age 60-64 world record by running 2:42:44 in the Portland Marathon. The time broke his old mark of 2:47:46, set October 12, 1975 when Davies was only 60.

Davies said a heavy breakfast of pancakes was the difference in the amazing performance. "I felt great. I didn't hit the wall."

## Mueller Sets Course 50 Mile Mark

NEW YORK, NY, November 3. Fritz Mueller, 43, set a new course record of 5:15:54 for 50 miles to win the Metropolitan AAU Senior-Masters Championships.

Mueller's time is 14 minutes under the American 50-mile road record (established by the National Running Data Center) of 5:28:19, set by John Garlepp in this race in 1978. Since Mueller is not a U.S. citizen, however, the record stays with Garlepp, who finished 2nd in 5:46:22. Another Master, Joe Erskine placed 3rd in 5:50:44 against the younger competition.



# Moore & Bessel win 10k X-C

by KEN NAPIER

Belmont, California, November 11. Oscar Moore won the men's National AAU Masters 10-Kilometer Cross Country Championships today. Pat Bessel won the women's race. Both of our winners came from New York. Moore runs for the New York Pioneer Club and Bessel runs for the Grand Island Track Club. Pat had a nip and tuck battle with Dorothy Stock through approximately 5 1/2 miles before pulling away to a 65 second victory. I guess that last steep hill took everything out of Dorothy as she was right on Pat's shoulder at that point. Moore's opening 4:49 mile got rid of most of his competitors and by the 5k mark he had built up his largest lead. Earl Ellis moved into second place during the last 5k and made up a little ground on Oscar but not enough.

Moore broke the course record for masters, 34:36 by John Brennand in 1976, despite running a slightly long course. The women ran the correct course. However, between races somebody (a prankster?) moved the cones on a spot that the runners passed during the 2nd and 5th miles. This meant that the runners took the wrong path for 15 or 20 yards and then had to make a sharp right angle to get back onto the correct path.

Ruth Anderson edged the women's 50+ record from 1976 by 9:18.

The Snohomish Track Club's winning team time broke the former course record, which was set by the WVJ&S in 1976, by 5:39. The second place team, WVTC, also broke the record. The SDTC's 50+ team broke the 1976 NCSTC record by 17:35 as all 3 teams in this division broke the record. The SDTC broke its own women's team record by an even 10 minutes as second place Tamalpa also edged the record by 3 seconds.

There were 189 starters in the men's race and 57 in the women's race.

It should be noted that for PA AAU team championship awards each club is allowed only one team and the clubs do not have to declare their team members. The first 5 to finish for each club are the team. Thus, the Buffalo Chips men's team and the NCSTC women's team were able to improve their national team's times for the PA AAU championships.

Sadly, one of our fellow competitors died at the race. Larry Marshall, age 47, collapsed a few yards from the finish and was pronounced dead at the hospital at 1 PM. The apparent cause of death was a heart attack. An autopsy was performed but I do not know the results. As per newspaper accounts, Larry had been running for 15 years. He had been a pilot for Hughes Airwest for 20 years and had passed his flight physical exam in August 1979. He had run in 4 Boston Marathons. As per the

Nor Cal Running Review, he ran the 1978 Boston Marathon in 3:30:31. The newspaper quoted Larry's wife as saying that they had been on vacation for two weeks prior to the race and that he had entered the race because his team, the Woodside Striders of Redwood City, California, needed another man to complete their team. Mrs. Marshall said that Larry appeared to be running within himself and had given her his customary wave shortly before the finish.

[Ed. note: As reported in December NMN, the Coroner reported the cause of death was "acute myocardial insufficiency due to calcific aorta stenosis," which is calcium deposits on the inside of the arteries.]

## RESULTS

### Men:

1-Oscar Moore/41/NYPC *	34:02
2-Earl Ellis/43/SnoTC *	34:13
3-Dave Hambly/40/SnoTC *	34:21
4-John Brennand/44/SBAA *	34:31
5-Lew Faxon/40/TS *	34:50
6-Tom Cathcart/41/WVTC	34:55
7-Ray Hughes/40/SCS *	35:05
8-Skip Shafer/41/CCAC *	35:09
9-Marvin Rowley/40/CCAC *	35:20
10-Ulrich Kaemph/48/WVTC	35:31
11-Kent Guthrie/43/WVJS	35:34
12-Darryl Beardall/43/MW	35:42
13-Daniel Ralston/40/SWEAT	35:53
14-Dave Pitkethly/43/SnoTC *	35:57
15-Jerome Lewis/44/TRAC	36:03
16-Philip Walkden/40/SnoTC *	36:11
17-Maurice Pratt/42/SnoTC *	36:20
18-Richard Bartek/47/SBAA *	36:25
19-Roger Bryan/43/WVTC	36:26
20-Ron Wise/40/SBAA *	36:30
21-Jim Temples/42/SDTC *	36:40
22-Roger Daniels/43/Tam	36:41
23-Bill Porter/40/SDTC *	36:46
24-Don Ardel/41/Tam	36:55
25-Bill Bachrach/40/WVTC	37:01
26-Doug Latimer/41/WVTC	37:05
27-Andre Tocco/44/CCAC *	37:06
28-Jim O'neil/54/BC	37:07
29-Chuck Stagliano/40/Tam	37:11
30-Walt Schafer/40/Chico RC	37:20
31-Gary Anderson/41/CCAC *	37:22
32-Bob Wellich/42/WVTC	37:25
33-Myron Nevrbaum/45/WVJS	37:35
34-Frank Saia/41/SDTC *	37:41
35-Burt Botta/40/Tam	37:43
36-Russ Kiernan/41/Tam	37:51
37-James Murphy/40 *	37:53
38-Cal Hamren/41/SDTC *	37:56
39-Walter Howard/42/BC	37:59
40-William Phillips/51/SDTC *	38:02
41-Bill Stock/50/SDTC *	38:07
42-Paul Holmes/43/BC	38:09
43-John Brazinski/41/MPAC	38:17
44-Tom Sturak/48/SCS *	38:21
45-Bob Bourbeau/44/BC	38:22
46-Bill Catanese/41/MW	38:25
47-Bud Krogh/40/Tam	38:27
48-Mike Christiansen/43/SnoTC *	38:31
49-Joe Burgasser/40/SenTC *	38:33
50-Ray Menzie/45/MW	38:41
51-Wayne Hoffman/41/SBAA *	38:44
52-Theo Jones/41/Pam	38:45
53-Bob Malain/52/BC	38:46
54-Sigfried Mattern/53/Pam	38:52
55-Richard Belliveau/43/CCAC *	38:58
56-Hank Shastany/50/WVTC	39:00
57-Bob Fries/49/FresTC	39:01
58-Don Pickett/51/Tam	39:05
59-Robin Shilling/44/TRAC	39:08
60-Eugene Lynch/46/FresTC	39:14
61-Jerry Jordan/43/SDTC *	39:14
62-Rudy Escobedo/40/TRAC	39:19
63-Pete Savitz/40/SDTC *	39:20
64-Walter Williams/42/WVJS	39:22
65-Ray Schmidt/42/CCAC *	39:22
66-Keith Whittingslow/40	39:25
67-Waights Taylor/42/WVTC	39:27
68-James Mickle/46/MW	39:27
69-Walt VanZant/40/WVJS	39:30
70-Phil Hager/42/MW	39:32
71-Don Carpenter/51/WVTC	39:34
72-Jack Jamieson/46	39:38

73-Pete Mundle/51/SMTC *	39:43
74-Bill Gookin/47/SDTC *	39:44
75-Doug Basham/44	39:48
76-Robert Henley/41/SDTC *	39:49
77-Harold DeMoss/44/WVTC	39:51
78-Bruce Carradine/46/MW	39:53
79-Ken Paul/46/WVTC	39:56
80-Jim Nicholson/49/Pam	39:57
81-Walt Bettschart/52/BC	40:00
82-Pete Wood/50/NCSTC	40:11
83-James Robertson/42/SBAA *	40:19
84-Paul Arbesy/50/SDTC *	40:27
85-Ross Smith/51/WVJS	40:30
86-Dan Halvorson/46/BC	40:31
87-Buzz Bennetts/42/CCAC *	40:33
88-Robert Rolston/43/WVTC	40:34
89-James VanManen/46/SBAA *	40:36
90-Ron Kovacs/41/TRAC	40:39
91-Pete Richardson/44/WVTC	40:40
92-James Jacobs/46/Pam	40:41
93-Pat Cunneen/46/Pam	40:42
94-Don MacDonald/44/Pam	40:43
95-Tim Treacy/47/Pam	40:47
96-Bruce Johnson/42/BC	40:50
97-Paul Hohe/41/Tam	40:52
98-Brian Freeman/53/SDTC *	41:00
99-Rod Johnson/50/SDTC *	41:01
100-John Warren/41/TRAC	41:03
101-Ray Sablan/40/SDTC *	41:05
102-James Bausstar/43/WVTC	41:09
103-Paul Spangler/42/TRAC	41:13
104-Carl Martin/53/WVJS	41:17
105-Jon Baumgartner/44/TRAC	41:21
106-Fred Dunn/50/Pam	41:22
107-Bud Davis/43/SDTC *	41:23
108-Richard Houston/58/NCSTC	41:25
109-Leon Souza/40/WdStr	41:33
110-Bob Blonder/41/RCRC	41:38
111-Al Bosman/45/Tam	41:39
112-Redmond Gleeson/44/SCS *	41:41
113-Dee Baltzer/42	41:41
114-Ray Gill/55	41:48
115-John McComish/42/Tam	41:56
116-Don Thomas/47/FresTC	42:09
117-Ron Niedrauer/48/WVJS	42:12
118-Phil Larson/46	42:14
119-Dick Hayden/41/Tam	42:17
120-Gene White/45	42:21
121-Ernie Coublucq/41/WVTC	42:24
122-Hans Roenau/51/Tam	42:30
123-John Naylor/55/WVJS	42:35
124-Joseph Castillo/49	42:36
125-Matt Gleason/53/SDTC *	42:37
126-John Lafferty/61/SDTC *	42:39
127-Bill Young/40/WVJS	42:43
128-Glen Douglas/41/WVJS	42:44
129-James Krueger/41 *	42:48
130-Keith Campbell/52/WVJS	42:49
131-Bill Flodberg/46/WVJS	42:52
132-Bill Dickerson/51/Tam	42:54
133-Ed Preston/62	42:56
134-John Armstrong/51/WVJS	43:01
135-Arnold Knepper/48/Tam	43:05
136-R.J. Romano/45/TRAC	43:07
137-Gil Mashburn/51/BC	43:11
138-Jeff Broido/45/SDTC *	43:14
139-Al King/43/WVJS	43:27
140-Mike Rogers/40/SDTC *	43:32
141-Link Lindquist/52/WVJS	43:39
142-Daniel Soloman/40	43:41
143-Bill Bowers/51/TRAC	43:44
144-Gus Hannickel/55/OP	43:48
145-Dave Waco/47/BC	43:54
146-Bill VanHorn/46	43:55
147-Tom Marshall/48/OP	44:00
148-William Crawford/44/NCSTC	44:03
149-Paul Reese/62/BC	44:11
150-Earl Nargard/42/Tam	44:28
151-Jim Rogers/41/WdStr	44:32
152-Bruce Grant/51/NCSTC	45:06
153-Frank Hunt/40/NCSTC	45:09
154-George Billingsloy/57/BC	45:11
155-Roger Gordon/42/Tam	45:28
156-Paul Feldstein/47/Tam	45:33
157-Ed Lowell/63/SenTC *	45:44
158-Chan Griswald/43	45:47
159-Gail Wetzork/49/NCSTC	45:49
160-Dennis Moorhead/43	46:09
161-Jesse VanZant/56/WVJS	46:10
162-Letty Conover/40	46:21
163-Ray Nanion/47/SCS *	46:41
164-E.J. Daley/41	46:45
165-Robert White/45/OP	46:47

166-Mike O'Neil/55/BC	46:53
167-Ralph Sackerman/49/NCSTC	47:53
168-Charles Mercereau/55/BC	48:12
169-Robert O'Conner/50/Pam	48:20
170-Michael Spiegol/43	48:34
171-Rich Kuphaldt/49/OP	48:40
172-John Samudio/43/OP	49:07
173-John Hutchinson/52/NCSTC	49:16
174-Phil Conley/45	49:32
175-Willem Tuinzing/59/Tam	50:22
176-John McGee/70	50:43
177-Bill Commins/54/Pam	50:50
178-Dale Yee/59/WVTC	53:23
179-Donald Holsten/40/BC	54:08
180-Joseph Goodman/68	55:28
181-Harry Benoist/63	55:36
182-Robert Horne/55	56:05
183-Lou Gregory/77 *	56:08
184-George Anderson/50	57:38
185-Paul Spangler/80 *	58:08

### Women:

1-Pat Bessel/42/GITC *	41:50
2-Dorothy Stock/47/SDTC *	42:55
3-Vicki Bigelow/43/ARC	43:09
4-Joanne Wichary/43/SDTC *	43:35
5-Heidi Skaden/42/BC	43:52
6-Ruth Anderson/50/NCSTC	44:09
7-Susan Mitchell/42/Tam	44:23
8-Betty Wood/43/SDTC *	44:36
9-Martha Maricle/46/NCSTC	45:10
10-Anne Neeley/40/Tam	45:20
11-Betsy White/41/WVTC	45:29
12-Frances Sackerman/50/NCS	46:20
13-Joan Reiss/42/BC	46:22
14-Helene Laurent/45/SDTC *	46:39
15-Marlys Hayden/46/Tam	46:45
16-Nora Smiriga/43/NCSTC	46:55
17-Donna Gookin/43/SDTC *	47:11
18-Judy Vaughan/42/Tam	47:41
19-Katherine Brieger/47/NCS	47:56
20-Carolyn Wolsey/40/OP	48:05
21-Elsa Evans/45/SDTC *	48:39
22-Ruth Waters/46/NCSTC	49:06
23-Carroll O'Conner/49/NCS	49:18
24-Barbara Carlson/45/NCSTC	49:39
25-Lillian Woodward/43/NCS	49:51
26-Amber Henninger/46/NCSTC	50:15
27-Carmel Gordon/42/SSS	50:26
28-Mary Heinlein/45/Tam	50:34
29-Catherine Smith/46/SSS	50:35
30-Julia Wiley/42/NCSTC	50:41
31-Norine Dale/49/SSS	51:10
32-Eve McGinn/45/NCSTC	51:37
33-Judy Phillips/44/OP	51:55
34-Lucia Chaudron/40/Tam	53:19
35-Marlys Green/44/Tam	53:22
36-Els Tuinzing/58/Tam	53:38
37-Lola Houston/47/NCSTC	54:10
38-Nicki Hobson/48/SDTC *	54:16
39-Jacyln Caselli/58	54:18
40-Sharon Allen/43	55:12
41-Nancy Molitor/43/OP	55:34
42-Margaret Prior/40/OP	56:15
43-Marge Hansen/42/BC	56:22
44-Barbara Peach/47/BC	57:12
45-Kay Atkinson/62/NCSTC	57:25
46-Cam Hill/51/NCSTC	57:28
47-Ruth Dettering/53/NCSTC	58:48
48-Joyce Kovacs/40/TRAC	59:00
49-Marjarie Lawson/55/BC	59:39
50-Polly Parker/55	
51-JoAnn Kuphaldt/47/OP	60:13
52-Elaine Hocking/49/BC	61:50

\* = non PA-AAU runner

Team Scores on page 16

## Correction

Last month we omitted the winner of the age 60-64 National AAU Masters 50 Kilo Championship. Frederick Burke won the division in 5:19:03.



## Women's International Veterans Report

The minutes of the women's meeting at the 3rd World Championships show that, in addition to items reported in October's NMN:

- 1) All committees of the World Association of Veteran Athletes (WAVA) should include a woman representative, which could be the women's delegate (Jean O'Neill of Australia) or a woman nominated by her. This was subsequently agreed to at the General Meeting of the WAVA without dissent.
- 2) Hurdle distances will be 100 meters for age 35-39 and 80 meters for 40+.

- 3) A vote will be taken at the 1981 Championships as to whether to raise the starting age for women's veterans from the present 35 to age 40. Delegates are asked to poll their national membership for opinions.
- 4) A full program at the 1981 Games requested. Equal status with men's competition as to time, scheduling, etc. Outgoing chairman Hazel Rider is asking each country for recommen-

dations in the light of their experience in Hannover to be received well before the next World Games. She says, "Each national team should nominate a male and female team manager; and only complaints made after consultation with them should be regarded as relevant." Send your comments to the U.S.A. women's delegate, Irene Obera, at 203 Paseo Bernal, Moraga, California 94556.

### RESULTS OF MARINE MARATHON WASHINGTON, D.C., NOV. 4.

<p><b>Men Over 70</b></p> <p>1. Mack Schwab, 5:44:55, Columbia, MD</p> <p><b>Men 60-69</b></p> <p>1. Tom Newnam, 2:53:07, Raleigh, NC                  2. George Sheehan, 3:01:04, Red Bank, NJ                  3. Michael Mayfield, 3:06:09, Knoxville, TN                  4. Brian Whalen, 3:21:28, Silver Spring, MD                  5. William Brorston, 3:26:14, Saugerties, NY</p> <p><b>Men 50-59</b></p> <p>1. Herb Chisholm, 2:40:32, Alexandria, VA                  2. Glenn Coleman, 2:54:34, Alexandria, VA                  3. Earl Meehan, 2:54:49, Medford, MA                  4. Paul Lackey, 2:55:50, Arlington, VA                  5. Kenneth Stiers, 2:59:22, Staten Island, NY</p> <p><b>Men 40-49</b></p> <p>1. Charles Ross, 2:33:01, Waldorf, MD                  2. Jeremy Clark, 2:33:46, Alexandria, VA                  3. Charles Bolton, 2:34:49, West Liberty, OH                  4. James Griffin, 2:39:33, Toronto, Canada                  5. John Seabrook, 2:39:44, Westfield, NJ</p> <p><b>Men 30-39</b></p> <p>1. Phil Camp, 2:19:35, Milton, FL                  2. Bill Hall, 2:21:01, Durham, NC                  3. Barry Heath, 2:21:42, Pooleddorset, England                  4. G. Edgington, 2:23:12, Huntingdon, England                  5. Chris Mason, 2:23:46, Ardmore, PA</p> <p><b>Women 50-59</b></p> <p>1. Janet Grenda, 3:47:28, Stone Ridge, NY                  2. Violet Leonard, 4:16:26, Morgantown, WV                  3. Olga Barnet, 4:39:56, Fairfax Station, VA                  4. Dorothy Bright, 4:40:56, Mt. Airy, MD                  5. Isabel Sherdon, 5:24:45, Cary, NC</p> <p><b>Women 40-49</b></p> <p>1. Trudy Rapp, 2:58:53, Alexandria, VA                  2. Natalie Bezzell, 3:11:40, Mt. Airy, MD                  3. Sue Medaglia, 3:19:11, Bronx, NY                  4. Hannah Miller, 3:31:22, Old Greenwich, CT                  5. Christa Curtis, 3:33:20, Durham, NC</p> <p><b>Women 30-39</b></p> <p>1. Catherine Farrell, 3:00:47, Arlington, VA                  2. Frances Wilson, 3:10:05, Woodbridge, VA                  3. Carol Tetu, 3:11:58, West Point, NY                  4. Sandra Sprinkle, 3:16:05, Arlington, VA                  5. Carolyn Rice, 3:17:03, Burke, VA</p>
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Reprinted from TrackMaster

#### NATIONAL 10K X-C TEAM SCORES

- National Men's 40+ Teams:** 1. Snohomish Track Club 2:57:02; 2. West Valley Track Club-A 3:00:58; 3. Culver City AC 3:03:55; 4. Tamalpa-A 3:06:21; 5. Santa Barbara AA 3:06:29; 6. San Diego Track Club-Blue 3:08:47; 7. Masters West 3:11:47; 8. West Valley Joggers & Striders 3:14:44; 9. Buffalo Chips 3:15:51; 10. Tax Reducers AC 3:16:12; 11. Pamakid 3:17:07; 12. West Valley Track Club-B 3:17:48; 13. San Diego Track Club-Orange 3:23:00; 14. Tamalpa-B 3:30:29; 15. Northern California Seniors TC 3:41:32; 16. Ophir Prison 3:52:22.
- National Men's 50+ Teams:** 1. San Diego Track Club 3:18:37; 2. Buffalo Chips 3:23:15; 3. West Valley Joggers & Striders 3:30:12.
- National Women's 40+ Teams:** 1. San Diego Track Club 3:44:56; 2. Tamalpa 3:54:43; 3. Nor Cal Seniors-West Bay 4:03:40; 4. Nor Cal Seniors-East Bay 4:09:21; 5. Buffalo Chips 4:28:35; 6. Ophir Prison 4:32:02.
- National Women's 50+ Teams:** 1. Northern California Seniors TC 4:24:10.



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### HERE'S WHAT YOU'LL FIND IN THE NATIONAL MASTERS NEWSLETTER:

#### JUNE, 1979

- Results of National AAU Masters Indoor Track & Field Championships
- Results of National AAU Masters 10K Run
- How to Set Up a Masters Program
- New World and American Age Records
- Oerter Goes for 5th Olympic Gold
- Results of 6 Masters T & F Meets
- Fist-Fight Dampens US-Mexico Masters Meet
- Schedules and Entry Blanks

#### JULY, 1979

- Men's World and American 5-Year Age-Group Records
- Results of 8 Masters T & F Meets
- Results of New Zealand Veterans Championships
- Regional Reports
- Schedules and Entry Blanks

#### AUGUST, 1979

- Story of National AAU Masters T & F championships
- South Africans to be Banned from World Games
- Women Break 14 U.S. Masters Marks
- Results of 4 AAU Masters Regional Championships
- Results of National AAU Masters 20K Run
- Annual U.S. Masters T & F Meeting
- Results of National AAU Masters Weight Pentathlon
- Results of Australian National Veterans Championships
- Budget Report
- Schedules and Entry Blanks

#### SEPTEMBER, 1979

- Story of 3rd World Veterans Championships
- 28 New World Age-Division Records Set
- American Medal Winners at World Games
- Results of World Veterans 25K Road Run
- Results of National AAU Masters T & F Championships
- 1978 National 10,000-Meter Rankings by Age Group
- Results of North American Masters T & F Championship
- Open Letter to Masters LDR Committee
- Schedules and Entry Blanks

#### OCTOBER, 1979

- Results of 3rd World Veterans Championships
- Why South Africans Competed as Rhodesians
- Future of World Veterans Movement
- Report of World Veterans Meeting
- New Zealand to Host 1981 World Championships
- Women's Veterans Report
- Budget Report
- Schedules and Entry Blanks

#### NOVEMBER, 1979

- Each American's Performance in World Games
- AAU Convention Preview
- New Women's World 40+ Marathon Record
- 220-Mile Run thru Sierra Nevada
- A Hatchet Job on the President?
- Berkshire Masters 10K Results
- Masters vs. Father Time
- Schedules and Entry Blanks

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