



NATIONAL MASTERS NEWS



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

65th Issue

January, 1984

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AT 54, SISTER MARION MAKES OLYMPIC TRIALS; GREENWOOD, CLARKE NAMED TOP T&F ATHLETES

Weed, LaVeck Knifton Also Win 1983 Awards

INDIANAPOLIS, December 1. Jack Greenwood, 57, of Medicine Lodge, Kansas, was named the outstanding age-40-and-over male track and field athlete of 1983 today by the Masters Track and Field Committee of the Athletics Congress, the national governing body for athletics in the United States.

Polly Clarke, 73, of Loveland, Colorado, was voted the top female masters performer by the group at the annual TAC convention.

TAC National Masters T&F Chairman Jim Weed was named outstanding masters administrator of the year, while the top 1983 masters walkers were John Knifton, male, and Bev LaVeck, female.

Greenwood, the savings & loan executive, who just missed the 1948 London Olympics with an injury, had one of the finest years in over a decade of outstanding masters performances.

Competing in the age 55-59 bracket, he won all five of his events (100, 200, 400, 110 hurdles and 400 hurdles) at the TAC National Masters Championships in Houston in September. A week later, he won four world championships out of four (100, 200, 110H, 400H) at the World Veterans Games in Puerto Rico.

In the process, he set two world age 55-59 records: a 17.03 in the 110-meter barriers, and a 59.85 in the intermediates. His 59.85 is considered, by some, as the finest single individual masters performance of all time—a record which is likely to stand for many years, as has his world record 55.7 in the 400-hurdles at age 46 in 1972. (No one in the 45-49 division has come close to that in eleven years.)

His sprint times of 12.08 (100), 24.4 (200) and 55.7 (400), while not world records, were the fastest in the world in the M55 age group in 1983.

Greenwood has become something of an inspiration for many masters performers by demonstrating, time and again, that the body has the capability of retaining speed and technical form even as the aging process takes place. In his record 400-meter hurdle race (the

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Fifty-four-year-old Sister Marion Irvine, a Dominican nun from San Rafael, California, becomes the oldest person to ever qualify for an Olympic-Trials running event with a U.S. women's 50-and-over marathon record of 2:51:01 in Sacramento, California, December 4.

Photo by Gene Cohn

Irvine Runs Marathon In Record 2:51:01

from JOAN REISS

SACRAMENTO, Calif., December 4. More than 3,000 spectators cheered wildly this crisp autumn morning as Sister Marion Irvine, the 54-year-old "Flying Nun," became the oldest person to ever qualify for an Olympic-Trials running event.

In one of the finest athletic performances of the year, Irvine crossed the finish line of the first California International Marathon in a time of 2:51:01, a bare fifteen seconds under the time of 2:51:16 required to qualify for the U.S. women's Olympic Marathon Trials in Olympia, Washington, in May.

The remarkable effort took nearly nine minutes off Irvine's own women's age-50-and-over point-to-point U.S. marathon record of 2:59:55.

As she crossed the finish line, Irvine shouted: "I did it! I did it!" Then she let go with a piercing scream that must have been heard high above the clouds. Even though Sister Marion is well-connected to heavenly powers, many felt that even she was cutting things close with the narrow 15-second margin.

"The first 26 miles were fine," she said after the race, "but in the last 385 yards, I thought I'd die."

Irvine went by the 20-mile mark in 2:09 (a 6:27-per-mile pace) and followed with a 41-minute 10K (6:36 pace) for a 6:31 pace for the entire marathon.

The certified course began in Folsom, Calif., and finished at the steps of the State Capitol building. The inaugural event was praised by participants and spectators alike, but nowhere was the joy greater than when Sister Marion crossed the line. The wire services picked up the story, and a post-race photo of Irvine appeared in newspapers all over the country.

"We've been planning for this race all year," said Irvine's training companion, Gene Cohn, who also took the exclusive National Masters News photo of Irvine crossing the finish line.

While no official world marathon age-records are currently kept, the time is the fastest known marathon ever run by a woman over 50.

Continued on page 4

Mohler and Poppers 5K Road Champions

Bob Mohler, 42, came up from Houston, Texas, to take the TAC National Masters 5K Road Championship at Little Rock, Ark., on October 22. Mohler's time of 16:14.1 stood up against Georgian Ken Winn's second place and first M45 time of 16:21.3, and fellow Texan Tom Mayfield's very

Continued on page 15

Faxon Wins National 5K X-C

Lou Faxon, Hampton, Virginia, running in stiff winds and 40° temperatures on a muddy course, was still able to come up with a 16:55 victory in the TAC National Masters 5K Cross-Country Championships. Conditions added at least one minute to performances and caused one com-

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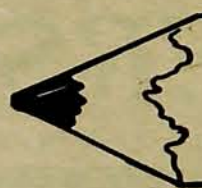
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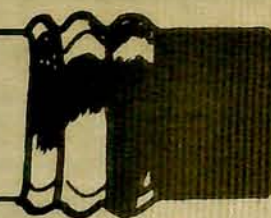
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Write On!



Address letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

WORLD GAMES

I missed the World Games because of a snafu. Your superb issue all but put me there. Although Miguel Rivera-Veve certainly did a good job considering the horrific circumstances, I think you would have been wrong not to have enlightened everyone with the complete details of what went wrong.

I am reminded of an incident that happened two days after the '48 Olympic in London. While riding on a train to Uxbridge, I found a typewritten copy of the Olympic Report. It amazed me that it was done so quickly and I was pleased how complete it was in listing the things that had gone wrong. Everything you would want to know about foul-ups was in that report; the lack of transportation, the inadequate meals for heavy weight wrestlers, the lack of judgment in putting three burly shot putters in the same bedroom, etc.

As I put down the report, I glanced at the cover and was astonished to realize that it was a 1936 report. Here it was 12 years later and the same mistakes were being made. Nobody reads reports; everybody reads NMN. Next time we'll do better. Thanks.

*Boo Morcom
Wilmot Flat, N.H.*

ON THE RUN

Yesterday, during a training run, I made a mental list of some of the funny remarks aimed at me while running. Omitting the unprintable, here is my list. Probably every woman runner has heard some of them but could also add some of her own.

"You're an ugly, old witch."
"You're beautiful." "You must be tired you're running so slowly." "Are you training for the Olympics?" "You're going to die of a heart attack."

"You have beautiful legs." "You have legs like a boy." "I hear you won the New York marathon." "Here comes the amazon." "I'm thinking of taking up running, when can we train together?" "You're crazy."

"I hear you run 20 miles a day." "If you can't think of anything better to do, I can put you to work." "You don't look fat to me, so why are you running?" "You look like a 14 year old, from the back."

All these remarks have come from men, but three cars have tried to run me down, all driven by women.

*Let's all keep smiling;
Linda Sippelle*

Santa Domingo, Dominican Republic

WORLD RECORDS

When listing the "New World and American Records" set at the World Veterans Games, NMN failed to list those individuals who won the 100 and 80-meter hurdles. These were new distances and, therefore new world and American records for all runners over age 60. Don't these gentlemen deserve recognition for their efforts?

*Al Guidet
California City, Calif.*

*(The World and U.S. Masters
Records Committee do not generally*

BOOK REVIEW

by B. PALMER

TARGET 26: A PRACTICAL, STEP-BY-STEP PREPARATORY GUIDE TO RUNNING THE MARATHON, by Skip Brown and John Graham. Macmillan, revised 1983, paper \$7.95, 300 pp.

TARGET 26 is a fine book written by two experienced marathoners who know what kind of information marathoners want and need.

It is a one-stop guide on how to prepare for and run the marathon and includes not only basic information but also new discoveries about physiology, strategies, and the achievements of female runners.

The writing is interesting and per-

sonal, yet always informative and easy to understand. All the essentials are covered for both the beginner and the experienced runner. Among the subjects covered are mental attitude, training, equipment, eating for endurance, race physiology, personal programs, specific considerations for female competitors, running the marathon, performance records, ultra-marathons, and a schedule of marathons and ultra-marathons.

A helpful appendix lists and describes the contents of magazines and books which can add to a continuous knowledge of marathoning.

TARGET 26 is a well bound paperback and should be available at all major bookstores. □

list records until an event has been contested for a few years. Moreover, WAVA has recently changed many of its standards. Until the Records Committees are certain of an event's stability, they will hold all such records in abeyance — Ed.)

KUDOS

The National Masters News is, I think, one of the best things that has happened to our track and field program. I look forward to getting it each month and when I do, I drop whatever I'm doing and sit right down and start reading it. Keep up the great work.

*Dave Brown
Whittier, California*

As usual, I admire your time, devotion, and splendid job and contribution to keeping the Masters program alive.

*Allan Bangs
Los Angeles, CA*

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Masters Meetings Held In Indy

INDIANAPOLIS, December 1-4. The TAC Masters Track & Field Committee and Masters Long Distance Running Committee each met here this week at the 5th Annual Athletics Congress (TAC) Convention at the Hyatt Regency Hotel.

The minutes are in this issue. Briefly, both Committees are part of the structure of the Athletics Congress, the national governing body for all of athletics (track & field, long distance running, and race walking) in the United States. Other "standing" committees include: Men's Track & Field, Men's Long Distance Running, Youth, Women's T&F, Women's LDR, Race Walking, Special Programs and Athlete Advisory. They all meet the first weekend in December at the Convention. (Last year: Philadelphia. Next year: San Diego.)

Also meeting were various Administrative Committees; such as: "Law and Legislation," "Marketing and Media," "Budget and Audit," "Rules," and so on.

All of the above meet for three or four days to settle their own business and to make recommendations to the entire body on matters which the entire Congress must approve. All delegates,

Continued on page 5

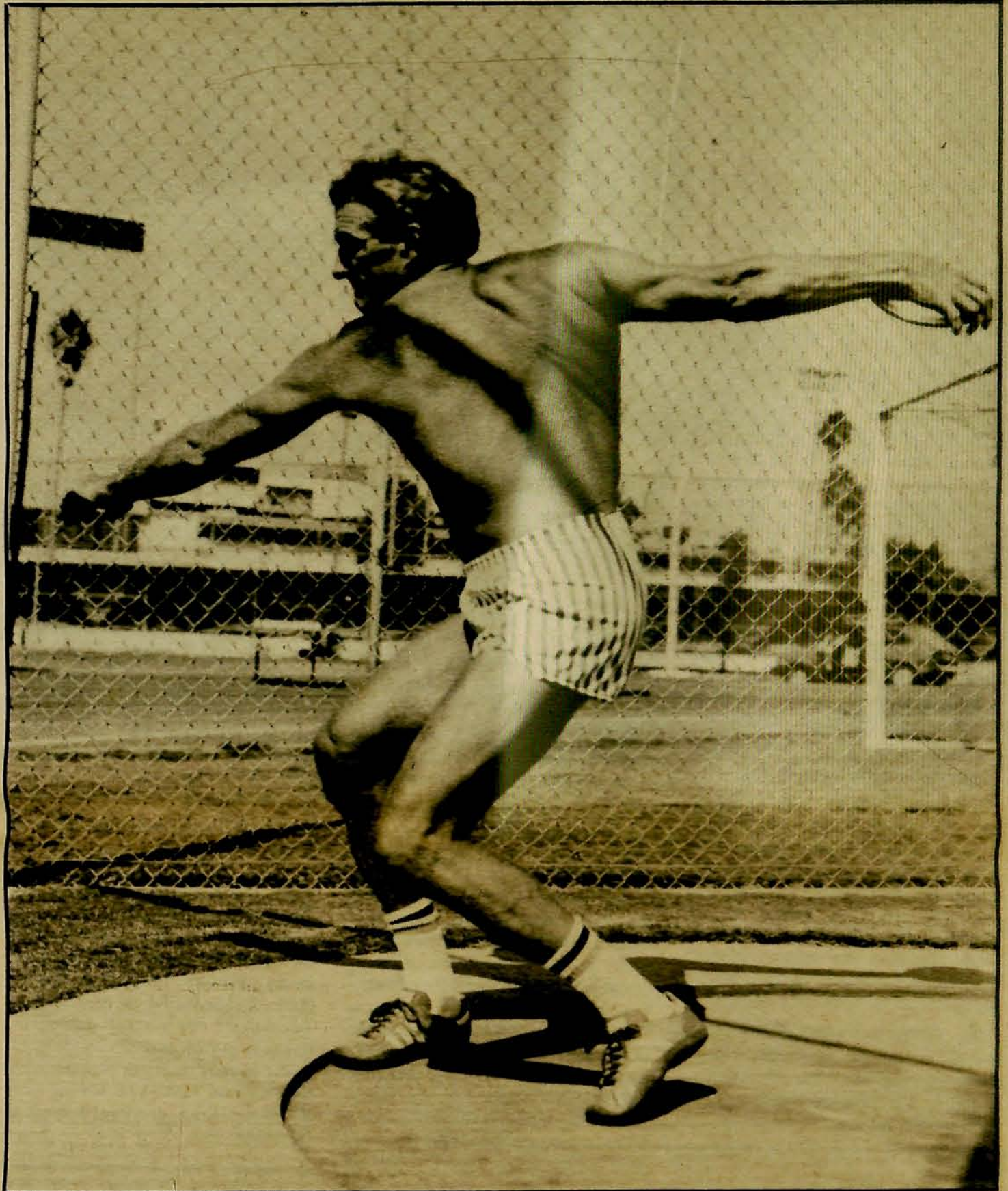
Pflugfelder First In America's Marathon

Roger Pflugfelder defeated 564 finishers in the M40 division of the America's Marathon, Chicago, Ill., on October 16 to win the masters title in 2:32:05. Second to Pflugfelder was George Anagnostopoulos, who won the M45 race over 323 runners in 2:37:05.

David Schertz (2:49:00) led 163 opponents in the M50 contest, and locals Forrest Miller, M55, Chicago Hts., Ill., (3:07:44) and Warren Utes, M60, Park Forest, Ill., (3:02:03) won their divisions with relative ease.

Some top Chicago area female runners (Ann Diaz, Andrea Morris) stayed home in preparation for the RRCA Women's Championship in Huntsville, Ala. Consequently, women's times were not as good as in previous America's Marathons, and most races were decided by large margins. Laura Tingle, W45, was the first woman 40 and over in a twenty-five minute victory time of 3:07:15. Sue Nebel took the 82 entrant W40 division by almost eight minutes in 3:15:51. Mattilee Christman, Park Ridge, Ill., won her W50 race by over an hour and five minutes with a 3:30:18 finish.

The race was sponsored by Beatrice Foods and Flair Foundation. □



Otis Chandler, Senior Olympics, Los Angeles, '83

Robertson, Racewalkers Hit Records At Beverly Hills 10K

Ron Robertson, 42, of Gisborne, New Zealand, sliced two minutes off of the M40+ course record held by Joe Razzo (32:52 in 1978) when he posted an eye-catching 30:54 in the Beverly Hills-Perrier 10K, Dec. 4. Helen Dick, Los Angeles, in the W50-59 group, was the first W40+ in 41:33.

Noted for its competitive field (Bill Rodgers won this year's race in 28:59), the race also met the liking of racewalkers Larry Walker, Canoga Park, CA, and Jolene Steigerwalt, San Diego, who both set national 10K masters records, according to John Kelley, So. California TAC racewalking chairman. Walker finished in 43:23, and Steigerwalt in 55:28. □

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The National Masters News is the bible of the Masters (Veterans) movement, the fastest growing segment of the running community. It's a bargain at 12 issues a year for only \$15. Get aboard the publication that's covering the Masters scene more thoroughly than ever. Subscribe now.

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Sister Irvine...

Continued from page 1

When the Dominican nun from San Rafael, Calif. took her first running steps five and a half years ago, she could barely jog 15 consecutive feet. At the time, she was smoking over two packs a day, which didn't help her athletic prowess. When she was able to jog more than a mile, she threw her cigarettes away.

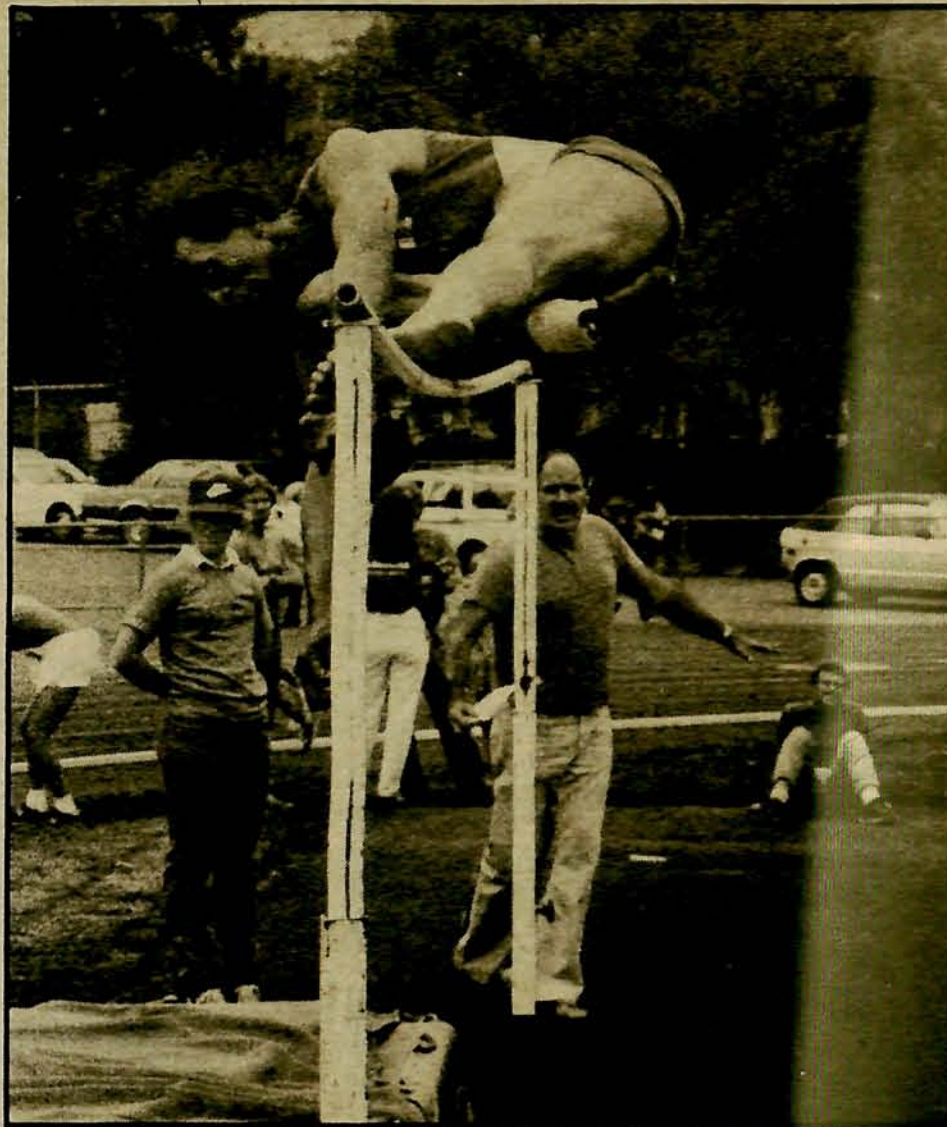
Since those early steps, Sister Marion has rewritten the women's age-50-and-over record book. Her 1982 10K of 37:43 is a U.S. 50+ record, as is her 15K of 58:42, 10-mile of 63.46 and half-marathon of 1:23:16. In November, she ran a pending fifth American record of 2:12 in the 20-mile Clarksburg Classic in cold, wind and rain. Her words at the end of that race will be not be quoted for fear of angering her friends in high places.

Not to be overlooked amidst the sensational Irvine performance was the fact that the first female finisher overall was 38-year-old, Gabrielle Andersen of Switzerland-cum-Sun Valley, Idaho, who clocked a season-best 2:33:25.

Overall race winner was Martti Kilholma of Finland in 2:13:35.

Topping all 40-and-over finishers was Jeff Wall, Daly City, Calif. 2:29:19. Cindy Dalrymple, 41, Washington, D.C. led the 40+ women in 2:47:16. Bette Poppers, Littleton, Colorado, was 2nd master in an Olympic-Trial qualifying 2:49:23. Joan Ullyot, San Francisco, was 4th Master behind Irvine, just missing the qualifying time with an excellent 2:52:54.

The California International will become an annual December event. However, long after the winners are forgotten, the "Flying Nun" will be remembered. Amen! □



The camera of Don Rose captures Herm Wyatt, 51, at the apex of his world age 50-54 record high jump of 6'2" at the TAC Western Regional Masters T&F Championships in Los Gatos, Calif. August 20.

Somers Strides to Win TAC 40K Racewalk

Ray Somers, NYAC, won the TAC National Masters 40K Racewalk Championship held in conjunction with the TAC open nationals on a course at Fort Monmouth, New Jersey, Oct. 9.

Somers, M40, finished the 8-loop 5K course in 3:52:23, only twenty seconds (a small margin in long race walks) in front of Sal Corallo, Potomac Valley Seniors TC, who was first M50. Gerry

Bocci, Motor City Striders, finished as first M45 in 4:05:53.

Bob Mimm, Shore AC, won the M55 race (4:15:24), and Tom Dyas, New Jersey Masters, was first M60+ (4:32:05). Mayme Bdera, 68, East Side TC, was the race's oldest competitor, finishing in a creditable 5:28:18.

The masters team title was taken by the Potomac Valley STC trio of Corallo, Peter Ulrich, and Paul Robertson (12:58:40). □

Hall Wins Marine Corps Marathon

Bill Hall, 43, Durham, North Carolina, added the Marine Corps Marathon masters title to his '83 Boston win when he finished the Washington, DC, race in 2:25:49 on November 6. Don Davis, 41, was behind Hall in 2:29:39 but took second place from Joseph Dowling, 44, (29:29:45).

Phil Gross, 56, ran an outstanding 2:42:31 to eclipse everybody else in the M55 division. Canadian Diane Palmason, 45, was the first woman over 35 in a fast Olympic Trials qualifying 2:50:51. Ed Benham, 76, finished ninth in the M60+ race with a 3:34:42.

Marine Sergeant Farley Simon was the pride of the Marines with his 2:17:46 victory, and Suzanne Carden's 2:45:55 won the women's race. □



Nearing the 24-mile point of the Marine Corps Marathon with the Washington monument providing a majestic autumn backdrop, Tom Sheahan, 42 (5748) of Derwood, Maryland — wearing his race-favorite San Fernando Valley Track Club T-shirt — seems to be enjoying an easy romp to a PR 2:37:08.

TAYLOR TAKES 10K IN FLORIDA

Chuck Taylor, 42, (33:30) and Pete Foret, 43, (33:41) staged the closest age-group race among the 623 masters runners in the Times Turkey Trot 10K, Thanksgiving Day, in Clearwater, Fla. All of the other 40+ division races were won by relatively large margins.

Joe Burgasser, 45, (34:59), and Jack Gough, 52, (36:58), ran strong times in winning their respective races.

In the M65+ group, Johnny Kelley, 76, E. Dennis, MA, ran 47:02, which places him fourth in the all-time M75-79 standings. Max Bayne, 82, St. Petersburg, Fla., hurried to a third all-time M80+ 1:04:21.

Yvonne Rogers, 41, won the W40-49 race with an enviable 40:17. Linda Burgasser, 45, (43:42), and Ann Trigg, 59, (46:20) turned in victories in their divisions.

Men and women over-40 made up 24% of the 2603 finishers. □

CORRECTIONS

• The information that NMN received from the race administrators of the Columbus Bank One Marathon, Columbus, Ohio, October 16, mistakenly listed the age 40-and-over winners as "overall winners." With great doubt, NMN placed a telephone call to the source of the information and, again, through a misunderstanding, the same names were given as "overall winners." On that basis, in the December, 1983, issue, Henry Salavarda and Patricia Mulrone were identified as "overall winners", when, in fact, they were the first forty-and-over finishers. The men's overall winner was Armand Parmentier, Belgium, 29, with a 2:13:37. The women's overall winner was Jane Buch, 35, Smithville, Ohio, in 2:37:16.

• The results of the National Masters T&F Championships in Houston (November NMN) incorrectly listed Julian Nunes, 45, as winner of the M75 Shot Put. The actual winner was Burt DeGroot, 76, with a throw of 28'1". Since DeGroot also won the M75 Discus and javelin, he should have been listed with three others, who each won three gold medals, in the "Top Performances" column.

• Also omitted from the results was a gold medal 25'8" performance by Herb Anderson, 81, in the M80 shot put.

• The list of U.S. medal winners in the V World Veterans Games, which appeared in the November NMN, was incomplete. Clyde Johnson of Springfield, Missouri, was not listed, yet he took a bronze medal in the M60 cross-country in 46:11:10. Clyde has competed in World Games in Canada and Sweden, and this was his first medal. □

Masters Meeting...

Continued from page 3
 composed of representatives from each local "Association," meet on the final day, Sunday, to approve or reject the motions from the various committees. Much of the business is routine. Some is controversial. What comes out of these meetings determines the structure, rules and policies of athletics for the coming year (trust funds, technical rules, drug testing, pacing, championship sites, allocation of funds, etc.)

For instance, TAC's proposed budget for 1984 is \$3.3 million. \$315,000 of that comes from memberships. Over half comes from sponsorships (Mobil Oil Co. etc.). \$800,000 comes from grants from the U.S. Olympic Committee.

Since each athlete pays \$6 per year to belong to TAC—of which \$3 goes to national HQ and \$3 to his or her local association—that means TAC has about 105,000 members. Probably about one-third of those are age 30-or-over.

Of the \$3.3 million, \$889,000 is spent on U.S. international teams and \$825,000 on domestic events. \$782,000 goes for administration. \$109,000 goes to the "standing committees," of

which Masters T&F and Masters LDR are two.

Of the \$109,000, TAC, in 1984, is giving \$10,000 to each masters committee. (In 1983, each got only \$5000, and would likely have gotten the same in '84 if not for the efforts of Masters LDR Treasurer George Vernosky, who successfully articulated the need—and fairness—for more.) Most of the other standing committees also receive \$10,000, except Athlete Advisory, which will get \$43,000.

For a complete copy of the budget, write to NMN, Box 2372, Van Nuys CA 91404; or directly to TAC, Box 120, Indianapolis IN 46204. □

DEADLINE

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



Irene Obera, 49, boards one of the special Masters buses at the World Veterans Games in Puerto Rico.

Photo by Gretchen Snyder

12th ANNUAL ATHLETIC CONGRESS EASTERN MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

SUNDAY, MARCH 18, 1984 11:00 A.M. WEST POINT FIELD HOUSE, U.S. MILITARY ACADEMY
 -NO POST ENTRIES-
 OPEN TO MEN AND WOMEN OVER THIRTY YEARS OF AGE - REGISTERED IN THE ATHLETIC CONGRESS. FIVE YEAR DIVISIONS FROM 30 TO 89 YEARS OF AGE.

SPONSORED BY SEVEN UP, NIKE, THE NEW YORK MASTERS SPORTS CLUB, THE METROPOLITAN ATHLETIC CONGRESS.

PRIZES CHAMPIONSHIP MEDALS TO THE FIRST THREE IN EACH DIVISION. CHAMPIONSHIP PATCHES TO THE WINNERS OF EACH DIVISION.

TEAM PRIZES TROPHIES TO THE WINNING 30, 40, 50 & 60+ TEAMS.
 TEAM SCORING SCORING FOR THE FIRST FIVE IN EACH EVENT (5-4-3-2-1) EACH FIVE YEAR GROUP WITHIN EACH DIVISION WILL BE SCORED SEPARATELY AND THE SCORES WILL THEN BE ADDED TOGETHER FOR THE DIVISION PRIZE.

RELAYS ONLY MEMBERS OF THE SAME CLUB MAY COMPETE IN THE RELAYS. TEAMS MAY BE DECLARED AT ANY TIME BEFORE THE START OF THE RACE. YOUNGEST MEMBER OF A RELAY TEAM DETERMINES THE DIVISION THE TEAM COMPETES IN.
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ENTRY FEES \$5.00 FOR EACH INDIVIDUAL EVENT. \$12.00 PER RELAY.
 NOTE: THIS FACILITY IS BEING RENTED BY THE HOUR SO THAT WE WILL DO ALL IN OUR POWER TO RUN THE EVENTS AS QUICKLY AS POSSIBLE.
 NO POST ENTRIES ENTRIES MUST BE RECEIVED BY MARCH 15th.
 ALL COMPETITORS MUST BE REGISTERED IN THE ATHLETIC CONGRESS. IF YOU HAVE APPLIED FOR A TAC NUMBER AND HAVE NOT YET RECEIVED IT THEN JUST INDICATE "APPLICATION PENDING".

---NO POST ENTRIES---
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EVENTS & THEIR ORDER (ALL FIELD EVENTS REPORT AT 11:00 A.M.)
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 60 yd. DASH 300 yd. DASH WEIGHT 30-39 TRIPLE JUMP YOUNGER TO OLDER
 1 MILE RUN 2 MILE RUN SHOT PUT 30-39 POLE VAULT BAR NOT LOWERED
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RELAYS: 1 MILE _____ 2 MILE _____ AGE GROUP: 30 40 50 60+
 I hereby waive any claim I or my heirs may have against TAC, West Point, 7-Up & The New York Masters Sports Club for any injuries or claims sustained by me in participating in the 12th Annual TAC Eastern Masters Indoor Championships. I certify that I am in good health.

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'84 EASTERN IND.

1984 NATIONAL TAC MASTERS 5,000 METER ROAD CHAMPIONSHIP

For the First time in a TAC Championship
 Separate Races for Men & Women



SUNDAY, FEBRUARY 5, 1984
 CLEARWATER, FLORIDA



PLACE: Start & finish at Jack White Stadium, Clearwater H.S., Route 60 between Hercules & Arcturus, Clearwater, Florida.

TIME: Women 9:00 A.M.; Men 9:30 A.M. Sunday, Feb. 5, 1983.

AGE GROUPS: Five year, both men & women, 40-70 plus.

ENTRY FEE: Ten dollars (\$10) — payable to WFYRC.

ENTRIES CLOSE: By mail — postmarked Mon., Jan. 30, 1984; in person — by 5:00 P.M., Wed. Feb. 1, 1984 at the Jogging Center, 2448 East Bay Drive, Largo, FL 33540 (813-536-8585) Positively no post entries.

AWARDS: TAC championship medals to 1st, 2nd, 3rd in each age group; ribbons to 4th, 5th, 6th. Championship patches to all winners.

T-SHIRTS: To all registrants who pick up packets. No packets mailed.

COURSE: Certified; fast; gently rolling through residential area. Course will be open for inspection and training beginning 12 noon, Fri., Feb. 3 — with complete course markings. Shuttle transportation to and from race site.

RACE HEADQUARTERS: Howard Johnson's Motor Lodge, Route 60 & U.S. 19 S in Clearwater — 1/4 miles from race site. Race packets can be picked up beginning 12 noon, Fri., Feb. 3, or at race site race morning.

ACCOMMODATIONS: Howard Johnson's — special rate of \$35 per room per night; write to Guy B. Welles, Manager, Howard Johnson's Motor Lodge, 410 U.S. 19 South, Clearwater, FL 33515 (813-797-5021). All race registrants will receive, with packets, special ten per cent discount ticket for all purchases at Howard Johnson's restaurant. For other hotels, motels, write Chamber of Commerce, 128 N. Osceola Av., Clearwater, FL 33515.

POST-RACE PARTY & AWARDS PRESENTATIONS: At Howard Johnson's at approximately 11:00 A.M. day of race. Beer & refreshments.

SPARKLING CLEARWATER: Just 20 minutes from Tampa International Airport, and 1 1/2 hours or less from Disney World, EPCOT, Sea World, Cypress Gardens, Busch Gardens, Sunken Gardens. Clearwater is the spring training home of the baseball Phillies. It has some of the finest beaches in Florida, many fine restaurants, excellent fishing, perfect weather.

WEATHER: 9:00 A.M. Feb. 5 — average temperature 65; average humidity 74%.

NON-MASTERS: Starting at 8:00 A.M. there will be "open" 10K & 3K races. These & the National Masters 5K are all part of "Fitness Day", sponsored by the Clearwater YMCA at the same site. For entry forms, further information, contact: Clearwater Family YMCA, 1005 S. Highland Ave., Clearwater, FL 33516 (813-461-9622).

Stay over for a week and run the Gasparilla Classic 15,000 meters (or 5,000 meters) in Tampa, right next door to Clearwater, Feb. 11, 1984. Contact Gasparilla Distance Classic, P.O. Box 1881, Tampa, FL 33601.

Detach and mail to: Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33516
 (Phone 813-447-7161)

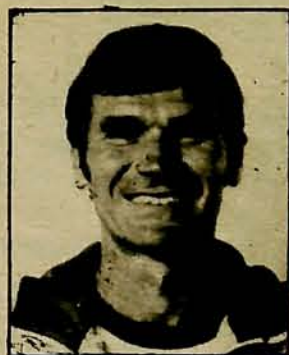
NAME: _____ AGE: _____ BIRTH DATE: _____ SEX: _____
 ADDRESS: _____ HOME PHONE: _____
 CLUB: _____ BEST 5K TIME in the last year _____
 TAC Number: _____ (Florida residents write for TAC membership application to Florida TAC, 433 N. Mills Av., Orlando, FL 32803)

I consider myself adequately trained for this competition. I absolve the West Florida 'Y' Runners Club and anyone involved in this event from any liability for any injury or illness suffered by me in connection with this meet. If I should suffer injury or illness, I authorize the officials of this meet to use their discretion to have me transported to a medical facility and I take full responsibility for this action.

(signed)

(date)

Enclose \$10, payable to WFYRC.



THE GUN LAP

by MIKE TYMN

No Real Men In The Marathon

Real men don't run the marathon. If they do, you certainly won't find them among the leaders.

All you have to do is look at the guys who win all those marathons to see what I mean. They're all toothpicks, real prisoner of war stuff. Kick sand on them at the beach and you bury them. Congratulate them on winning and you get a wet fish.

The real men — guys like Arnold Schwarzenegger, Clint Eastwood, Herschel Walker, The Incredible Hulk, and Mr. T — don't have a chance when it comes to the marathon. They're the sand kickers. They don't have to run.

The physiologists tell us that a good marathoner should weigh no more than double his height in inches. Heck, a real man has that much weight in one leg.

It stands to reason that blimps, blobs, and beer bellies don't make good distance runners, but what about the real beef eaters, the guys with 48 inch chests and 30 inch waists? If the weight is all muscle and is distributed symmetrically, it seems as if this type of person should be able to pick 'em up and lay 'em down as well, if not better,

than those skinny guys and runts. But it doesn't work that way.

"Big people face several problems," Dr. Jack Daniels, an exercise physiologist with the Nike research team in Eugene, Ore., says. "Granted, a well-built big person has more muscle to move the greater weight, but regardless of what the weight is made of, it must be carried, and carrying more weight demands greater energy expenditure."

Daniels, a 1956 and 1960 Olympian in the Modern Pentathlon, went on to explain that the more energy expended, the more fuel required and the more heat generated.

"Heat, of course, is a major problem for distance runners," he continues. "Bigger people are usually denser, so heat is not dissipated as well and overheating is more likely. Water loss then becomes more of a problem, so water replacement is also more crucial.

"On top of that, landing shock is greater. Often, bigger and more muscular people are just thicker, and not really bigger, in terms of foot or shoe size, so more weight is landing per

area of landing surface. This subjects the body to more shock. If shoe cushioning is not provided for them, leg muscles must absorb more shock and that costs energy that is taken from the energy available for running."

Daniels points out that how the weight is distributed is also important. The runner with especially muscular legs is at even more of a disadvantage because the forward stride movement extracts more energy from him or her.

"We've found that just adding 100 grams to each shoe increases the cost of running by about one percent. This may slow a marathoner by over a minute," Daniels says.

Besides being at a competitive disadvantage, the heavy runner may be more susceptible to certain types of running injuries, according to an article in the January 1982 issue of *Runner's World*. The article indicated that plantar fasciitis, a disorder of the foot which manifests itself as a very sore arch, is more common among large runners. It also stated that certain types of knee injuries and back problems are more likely to be found among the heavyweights.

"I have never seen any scientific

studies or statistics to confirm what was asserted in that article," says Dr. Kent Davenport, a Honolulu orthopedic surgeon specializing in sports medicine, "but when you consider the fact that the force of impact during running is three to six times a person's body weight — as much as 12 times when running downhill — it seems logical to assume that there is some truth to it. I'm more concerned, however, about the 110 pound runner who tries to do too much than I am about the 200 pounder who trains within reasonable limits."

Davenport also mentions the problems with handling heat and says that the heavyweight runner is more likely to have difficulties with the heart because of the extra effort required to pump the blood through more tissue.

"Just from general observation, you can conclude that smaller runners have an advantage in distance running," Davenport remarks, "but look at (Robert) de Castella (winner of the World Championship marathon, de Castella is a thick-legged 155 pounder at 5-foot-10 — heavy by elite standards). It's hard to say how much of a disadvantage the extra muscle is." □

COWMAN — POUND-FOR-POUND, THE GREATEST?

They used to say that pound-for-pound Sugar Ray Robinson was the greatest fighter around. Robinson was a middleweight, but it was reasoned that without the weight disadvantage he could beat the best heavyweights around. Using this same type of reasoning in reverse, the best marathon runner in the world may be a 39-year-old sometimes construction worker who is listed in the phone book as Cowman Cowman (they told him he needed two names). Carrying 198 pounds on a 6-foot-3 frame, he has recorded a 2 hour, 48 minute marathon.

Once known as Ken Shirk of Prunedale, Calif., just outside of Salinas, Cowman is a three time winner of the heavyweight division

of the Silver-State Marathon in Nevada. While there are only two or three marathons which have heavyweight divisions and facts and figures on heavyweight runners are hard to come by, indications are that Cowman is in a class all by himself.

Cowman's speciality is the Levi's Ride & Tie in Oregon (calling for running and horseback riding), but he spends most of his time these days training for triathlons. He says that he'd like to see more heavyweight divisions in road races and he'd prefer to substitute a horse for the bike in the triathlon, but as long as he can keep "mmmmooooooooooving" along in full stride he'll be content. □

Masters Age - Records 1983

Compiled by National TAC Masters T&F Records Chairman Pete Mundle with Lori Maynard and Alan Wood

•Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1983.

•U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1983.

•Men's U.S. Masters Indoor & Outdoor Championship Records.

•48 pages. Thousands of entries. Lists name, age, state and date of record.

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Heated debate at World Veterans Games in San Juan.

Photo by Gretchen Snyder

5TH ANNUAL ATHLETICS CONGRESS (TAC) CONVENTION

INDIANAPOLIS, DECEMBER 1-4, 1983

Minutes of Masters Track & Field Committee Meetings

by JERRY DONLEY, Secretary and AL SHEAHEN
Presiding: Masters T&F Chairman Jim Weed

1984 Masters T&F Budget

In 1984, Masters T&F expects an allocation of \$10,000 from the TAC general fund, (compared to \$5,000 in 1983) to be distributed as follows: Records \$500, National Masters News \$500, Chairman \$1,750, Outdoor Championships \$2,500, Indoor Championships \$1,750, Committee expenses \$1,000, Multi-event championships \$500, Regional Championships \$1,500.

Awards

Awards for the outstanding 1983 performers went to: Male: Jack Greenwood; Female: Polly Clarke; Administration: Jim Weed; Walkers: Bev LaVeck and John Knifton.

In the future, awards to be considered are: Best performance, best performer, best submaster, most outstanding athlete, best multi-event performer, masters athlete of the year (man and woman).

The Awards sub-committee (Al Sheahen and Pete Mundie) submitted a list of competitors who had outstanding performances in 1983. The Committee accepted the list (published in this issue), and asked the sub-committee to set standards for 1984 awards, and to report back to the Committee, as soon as possible, as to the standards, the nature of the awards, and the manner of presentation.

Age-Graded Tables

The Committee voted that the Chairman is to spend funds to establish and publish grading tables for all events and ages.

1984 Nationals

Al Tarpenning, meet director for the 1984 TAC National Masters T&F Championships in Eugene, Oregon August 17-19, presented a proposed schedule. A week-long series of events is planned prior to the meet, including:

- 1) A post-Olympic, international meet;
- 2) An 8K Fun Run, 3) Social evening and dance for masters and their guests;
- 4) Travel offerings, events and tours;
- 5) Low air fares; 6) Housing at reduced rates; 7) A gala reception with special entertainment.

1985 Nationals

Indianapolis was the sole and successful bidder for the 1985 National Masters Championships August 23-25. Brian Kimball, Tom Ristine, Sam Bell and Meet Director Marshall Goss showed a video tape of the extensive commitment which Indianapolis has made to sports. The stadium is first-rate, and is located downtown, within easy walking distance of Howard Johnson's, which has offered a \$38 single/\$42 double special masters rate, and the Hyatt Regency, \$45/\$55 special.

Entry fees will be \$8 for the first and \$2 for additional events. Free transportation will be provided from the airport. There should be no need to rent a car. Howard Johnson's will provide four meeting rooms at no charge. All field events will be in the infield. The track is 9-lane, 48", with a wide 104-degree radius.

Site Selection

Site-Selection Sub-Committee Chairman Nick Winowich presented a site-selection bid form. The Committee agreed it is to be filled out by anyone wishing to host a national championship.

Championship Medals

The rule, adopted in 1982, to award separate "non-championship" medals to foreign competitors in the National Championships, was dropped, 16-9. Gold, silver and bronze medals will henceforth be awarded to the winners at the Nationals, regardless of residence or citizenship. By unanimous vote, the highest placing American will receive a national championship patch.

National Pentathlon Championships

The National Masters Pentathlon Championship was withdrawn from

Continued on page 11

Minutes of Masters Long Distance Running Committee Meetings

by J.J. PERRY, Secretary
Presiding: Masters LDR Chairman Bob Boal

Awards

The Awards Committee consisted of Tony Diamond, Ruth Anderson and Charles DesJardins. Selected as outstanding performers in 1983 were:

AGE	MAN	WOMAN
40-44	Bill Stewart	Cindy Dalrymple
45-49	Ken Winn	Sandra Kiddy
50-54	Norm Green	Marion Irvine
55-59	Alex Ratelle	Margaret Miller
60-64	Jim McCown	Jaelyn Casselli
65-69	Don Longenecker	Edna Laflin
70-74	Bill Brobston	Bess James
75-79	Ed Benham	Leona Lugers
80-84	Max Popper	Ruth Rothfarb
85+	Rudy Fahl	

The Otto Essig Award for meritorious service to Masters Long Distance Running went to Tony Diamond.

The Levi's Running ranking system should be of considerable benefit in selecting outstanding athletes in the future.

TAC Committee Reports

WAVA: Anderson reported on the World Games in Puerto Rico and said the South African issue would be aired in Rome in 1985. DesJardins said the site selection will be done four years in advance. Meet management will be

reviewed so that the problems of Puerto Rico will not be repeated. The Committee voted to pay \$250 for WAVA delegate fees. Bob Boal and George Vernosky were elected delegates, with Ruth Anderson and Charles DesJardins alternates.

IGAL: The 17th Annual IGAL World Veterans Distance Running Championships (10K and Marathon) will be held in San Diego on December 3-4, 1984. Tony Diamond was elected delegate with Bob Boal, alternate. Boal can appoint more if required.

Budget & Audit: George Vernosky said Masters LDR can expect a budget of \$11,000 in 1984, up from the \$5,000 in 1983. The estimated 1983 expenses were: Travel: \$1,300; Race-support: \$2,800; Awards: \$500; Postage, etc. \$160. (Ed. Note: Allocation of the \$11,000 will be determined at a later date.)

Law & Legislation: The Committee voted to object to a rule against pacing.

Sports Medicine: Don Maron recommended that a list of "safe drugs" be formulated. Many older athletes are on medication and this should not interfere with their right to compete. The Committee agreed.

Rules: Cliff Sharp reported a discussion of sub-masters championships for women. The Committee voted to recommend a change to bring 35-39

Continued on page 13

WAVA Hurdle and Implement Standards, adopted by the U.S. TAC Masters Track & Field Committee for use in all TAC Masters T&F meets, beginning January 1, 1984.

Hurdles						Implements				
Age group	Distance of race	Height of hurdle	Distance to first hurdle	Distance between hurdles	Distance from last hurdle to finish		Shot	Discus	Hammer	Javelin
M40-49	110m	.991m	13.72m	*9.14m	*14.02m	M40-49	7.26k	2.00k	7.26k	800gm
M50-59	110m	.914m	13.72m	*9.14m	*14.02m	M50-59	*6.00k	1.50k	*6.00k	800gm
M60-69	100m	.840m	13.00m	8.50m	10.50m	M60-69	*5.00k	1.00k	*5.00k	600gm
M70+	80m	.762m	12.00m	8.00m	12.00m	M70+	4.00k	1.00k	*5.00k	600gm
W35-39	100m	*.840m	13.00m	8.50m	10.50m	W35-49	4.00k	1.00k	--	600gm
W40+	80m	.762m	12.00m	8.00m	12.00m	W50+	3.00k	1.00k	--	400gm
M40-49	400m	.914m	45.00m	35.00m	40.00m	*Changes				
M50-59	400m	.840m	45.00m	35.00m	40.00m	.991m=39"	9.14m=30'	7.26k=16 lb.		
M60+	400m	.762m	45.00m	35.00m	40.00m	.914m=36"	8.50m=27'10 1/2"	6.00k=13 lb. 4 oz.		
W35+	400m	.762m	45.00m	35.00m	40.00m	.840m=33"	8.00m=26'3"	5.00k=11 lb. 1/2 oz.		
						.762m=30"	1.00m=3.2808'	4.00k= 8 lb. 13 oz.		



Bette Poppers, 41, Littleton, Colorado, female winner in 18:25.8, TAC National Masters 5K Road Championships, Little Rock, Arkansas, October 22.

Photo by Ben Red Studio



ON APPROACHING EVERY PROBLEM WITH AN OPEN MOUTH

BY W. MACDONALD MILLER

HERE AND THERE

Running has afforded me so many good times and pleasant memories that in spite of the many requests I've received, I'm going to keep writing about it. The past two weekends have been exceptional. On Thanksgiving weekend I was invited to share some of my running misadventures with high school and college coaches attending the Kinney Cross Country Regional Championships in Chicago. What a gathering of superstars: Wendell Miller, the inventor of running, was hilarious; Joe "the original Juice" Newton was in defiance of gravity for two solid days with his feet planted firmly in mid-air. Two weeks before, Joe's York High School Cross Country team had won its fifth consecutive Illinois High School Championship. In

an age of move outs, drop outs and horrendous distractions, his formula for success, alas, wasn't exactly what I'd hoped for — just hard work. Also appearing were Sebastian and Peter Coe, no doubt the world's most famous father-son 800-1500 meter racing team.

Sebastian Coe was a delight. He must wear a size 4 shoe. He was amiable, of good humor and totally patient with hundreds of people who wanted his autograph. What the hell, so did I. Our fourteen-year-old son asked Coe if he knew Richie Harris. Harris has run under 3:55 and grew up down the street from our home. Coe was terrific. He sent our son away convinced that Richie Harris was the famous runner and Seb Coe had been

fortunate enough to run against him several times.

Coe Senior was different. He talked about things like mind over mind and not mind over body. He described good British cross country that by tradition always included a mile or so of land under furrow, (that's a plowed field, you city slickers), and take it from an adopted Mid-westerner, I don't know how you could possibly run in it. Anyway, just listening to them talk caused my chest to tighten and the upper legs to start to go dead. I was dehydrated, nauseous, and on a one way ticket to a DNF, and I was just standing there listening to the guy.

Coaches have that effect on me because they always get around to rather sobering conclusions. You know, the old "get out what you put in," syndrome. Not interested, Pal; they don't call me the Downhill Racer for nothing. This Regional Meet had over 400 boys and 250 girls. If there's something better than girls' high school cross country, grab it and sell it, you'll make a million. Determined and tough but all in such an appealing way, they scream and giggle and cry and I hope they never change. Soon I suppose, they'll get sullen and serious and be no better off than the rest of us.

One week later I was invited to the Fiesta Bowl Marathon in Phoenix. A very good event. Great weather, excellent course and superior organization. I really don't know how you could do it any better. Interestingly enough, it didn't impress me as any big budget affair. I kept comparing and wondering how in the hell our expenses hit \$1.2 million in the Chicago Marathon. I was reminded of Paul Getty's line, "a million dollars isn't

what it used to be."

The people couldn't have been better. They call themselves Phoenicians and, of course, are very proud of their changing, growing city. One line in the local paper kinda made a former Angelino wince; it said "we must stop the Los Angelization of our city."

I've never seen a better running area than Phoenix, quiet foothill roads and mountain paths shoot out from Scottsdale in every direction north. A dozen people pointed out the condo Bill Rogers purchased in the area and, of course, they showed me where the famous golf Skins Game of television fame was held. The terrain grows on you; at first, it looked like piles of rusty rocks, by the end of the week, I wanted to get out in it.

I would have done much better in the marathon had I explored these foothills before the race. Instead I spent Friday night and Saturday morning at the Wrangler. It was straight Urban Cowboy, guys dancing with their hats on and thumbs hooked in their belts. Never mind the guys, let me tell you about Western Chicks, or as I came to believe — No one looks bad in Levis. Baggy pants out there refers to the kind that if she bent over you wouldn't dare look. Tight pants are referred to as Earl Scheibs — they were spray painted on.

I loved everything about the area except their need to name mountains. It took me a full week to be able to recognize some parts of the camel in Camelback, and then someone showed me Mummy Mountain. It reminded me of my days as a Cub Scout: I would fake it when they pointed out the Big Dipper. I never did quite see that damn thing either. □

NEW YORK MASTERS SPORTS CLUB FIFTH ANNUAL INDOOR MASTERS MEET
 SPONSORED BY NIKE, SEVEN UP, METROPOLITAN ATHLETIC CONGRESS & NEW YORK MASTERS
 OPEN TO ALL MEN & WOMEN OVER THIRTY YEARS OF AGE.
 FEBRUARY 19, 1984 9:00 A.M. to NOON FORDHAM UNIVERSITY INDOOR TRACK-SUNDAY



NEW YORK



MASTERS



DIRECTIONS: FORDHAM UNIVERSITY IS LOCATED AT FORDHAM ROAD & SOUTHERN BLVD. IN THE BRONX, N.Y. BY SUBWAY TAKE THE IND "D" TRAIN TO FORDHAM ROAD OR THE IRT "JEROME AVE. LINE" TO FORDHAM ROAD. TAKE THE FORDHAM ROAD BUS GOING EAST. BY CAR CROSS BRONX EXPRESSWAY-EXIT AT BRONX RIVER PARKWAY NORTH THEN EXIT AT FORDHAM ROAD. TURN RIGHT AT SOUTHERN BLVD. TURN LEFT AT FIRST LIGHT INTO THE UNIVERSITY OR MAJOR DEAGEN EXPRESSWAY TO FORDHAM ROAD EXIT, RIGHT TO SOUTHERN BLVD TO UNIVERSITY.

DIVISIONS: FIVE YEAR DIVISIONS FOR MEN & WOMEN FROM 30 to 79
 PRIZES: SEVEN UP COMPANY WILL PROVIDE MEDALS T-SHIRTS TO FIRST 200 ENTRANTS
 ENTRY FEES: \$5.00 PER PRE ENTRY \$10. PER POST ENTRY - YES, \$10.00 FOR EACH EVENT POST ENTRY. WE DO THIS TO DISCOURAGE POST ENTRIES. WE HOPE THAT YOU WILL AGREE THAT THE \$10 IS OUTRAGIOUS, EXORBITANT & A GOOD WAY TO GET ATHLETES TO STOP POST ENTERING. WE ONLY HAVE THIS FACILITY FOR THREE HOURS OF COMPETITION. PRE-ENTRIES MUST BE RECEIVED BY THURS. FEB. 16, 1984.
 FACILITIES: TOILET FACILITIES ARE AVAILABLE. NO SHOWER OR DRESSING FACILITIES. NO SPIKE PERMITTED. 200 METER TRACK. THERE ARE NO FACILITIES FOR THE POLE VAULT OR HIGH JUMP. THE LIMITED TIME PREVENTS HOLDING THE HURDLES. THE WEIGHT THROW WILL BE HELD OUTDOORS.
 CAUTION: DON'T COMPLAIN ABOUT ANY OF THE ABOVE. THERE ARE SIMPLY NO OTHER FACILITIES AVAILABLE.

EVENTS & THEIR ORDER THE LOMBARDI CENTER IS SUPPOSED TO BE OPEN AT 8:00 A.M.
 55 meter dash 1000 meter run Field events -ALL ATHLETES REPORT AT 9:00 A.M.
 1500 meter run 250 meter run SHOT PUT WEIGHT THROW (OUTSIDE)
 3000 meter walk 3000 meter run LONG JUMP TRIPLE JUMP

In the shot put and weight throw there will be six throws. Once your name is called you will have 2 minutes to compete or forfeit the attempt. The competitors will be called from younger to older (each age group competes as one flight).
 Because of the limited time that we have the facility we will do all that we can to speed up the meet.

NAME _____ AGE _____ SEX: MALE _____ FEMALE _____ PHONE _____
 ADDRESS _____ ZIP _____
 RELEASE I hereby waive any claim I may have against Fordham University, the New York Masters Sports Club, NIKE, Seven-Up, caused by my participation in the New York Masters Sports Club 5th Annual Indoor Track & Field Meet. I certify that I am in good health.
 EVENT(S) _____
 SIGNATURE _____ (\$5.00 PER PRE ENTRY - \$10.00 PER POST ENTRY)
 MAKE CHECKS PAYABLE TO: N.Y.MASTERS MAIL TO: NYM, 77 PROSPECT PL. BKLYN. 11217
 NYM '84 INDOORS



Don Cheek (400) edges Tony Nassalla (356) in age 50-54 400-meter dash in Western Regionals. Both broke 57 seconds.

T&F Athletes...

Continued from page 1

50-59 group runs over 33" barriers compared to 36" in the Olympics and open meets), Greenwood took 15 steps between each of the ten hurdles, the same as Mike Shine did in winning the 1976 Olympic silver medal. "I felt stronger over the last three than in the middle of the race," Greenwood said.

Clarke had her second straight superlative racing year. She won four gold medals in both the National Championships and the World Games, in the 100, 200, 400 and 800.

Her 16.2 in the 100 and 84.23 in the 400 were world 70-and-over records. Coupled with her 1982 world bests of 34.2 in the 200 and 3:30.0 in the 800, she is the current world 70+ record holder in all four events.

Departing from the usual custom of picking outstanding performers in each five-year age-group, the Committee opted, instead, to choose "Outstanding 1983 Performances," which are listed on this page. □

OUTSTANDING PERFORMANCES IN 1983 BY MASTERS TRACK AND FIELD ATHLETES (selected by TAC Masters T&F Committee)

M30-34	EVENT	MARK
Marion McCoy	100	10.63
Billy Hicks	200	21.6
M35-39		
Lee Evans	400	48.51AR
John Hartfield	HJ	6'9" AR
M40-44		
Bill Stewart	1500	3:56.2 AR
Jim Burnett	400	49.9
George Cohen	800	1:56.9
John Dobroth	HJ	6'6½"
M45-49		
Ken Dennis	100	11.03
Ernie Billups	1500	4:04.4 AR
Larry Stuart	JAV	211'4" AR
Phil Conley	JAV	206'9"
Gary Miller	PEN	2999 WR
M50-54		
Thane Baker	100	11.40
" "	200	23.46
Bruce Springbett	100	11.50
" "	200	23.60
Ray Hatton	10000	32:10.4 AR
Herm Wyatt	HJ	6'2" WR
M55-59		
Jack Greenwood	200	24.37
" "	400	55.7
" "	110H	16.58WR
" "	400H	59.85WR
Jim O'Neil	5000	16:58
" "	10000	35:19
Bob Backus	HT	154'4"
Bert Lancaster	200	24.52
" "	400	56.07
Kelsey Brown	800	2:12.6
M60-64		
Rudy Valentine	400	58.5 AR
" "	400H	66.3 WR
Tom Patsalis	110H	16.38
George Ker	SP	55'4" WR
Burl Gist	HJ	5'1 3/4"
M65-69		
Payton Jordan	100	12.6
" "	200	26.3
Dan Aldrich	DT	160'2"
M70-74		
Gilberto Gonzalez	400H	77.50WR
" "	100	13.69
" "	LJ	15'9½" WR
Harry Koppel	100	13.6
" "	200	27.7 AR
M75-79		
Ed Benham	5000	20:59 WR

"	10000	43:55	WR
Red Doms	DT	114'9"	
M80+			
Herb Anderson	JAV	78'8"	
Konrad Boas	100	16.40WR	
"	200	33.75WR	
Harold Chapson	400	75.4 WR	
"	1500	5:54.5 WR	
W35-39			
Phil Raschker	200	24.63AR	
"	400	56.8 AR	
Fordie Madeira	10000	36:53	
Susan Houlton	800	2:22.5	
W40-44			
Doris Heritage	Mile	4:54.33AR	
Barbara Pike	1500	4:54.00	
W45-49			
Vicki Bigelow	5000	18:39.2	
"	10000	38:19.8 WR	

Irene Obera	200	27.27	
"	400	63.74	
Christel Miller	JAV	102'8"AR	
Joanne Grissom	SP	35'5½"AR	
W50-54			
Mila Kania	5000	19:02	
Chris McKenzie	800	2:41.6 AR	
W55-59			
MeIba Hatch	800	3:00.30AR	
Margaret Miller	5000	20:58.2 AR	
Bernice Holland	DT	85'2½" AR	
"	SP	30'1" AR	
W60-64			
Jacki Caselli	5000	22:19 AR	
W65-69			
Helen Stephens	SP	36'2½" AR	
Jo Kolda	200	34.7 AR	
"	400	82.7 AR	

W70+			
Polly Clarke	100	16.2	WR
"	200	35.2	
"	400	84.23WR	
"	800	3:34.69	

Best Man-over-40: Jack Greenwood
Best Woman-over-40: Polly Clarke

Most Outstanding Performance: Man:
Jack Greenwood, M55, 400H, 59.85

Most Outstanding Performance: Woman
Phil Raschker, W35, 200, 24.6
Doris Heritage, W40, Mile,
4:54.33

WR = World 5-year record
AR = American 5-year record

Budweiser LIGHT

invites you to run the

Special WORLD MASTERS Division of the Paramount 10K Run

The City of Paramount and the Paramount Rotary Club, in addition to the Fifth Annual Paramount 10K Run, will have a very special WORLD MASTERS DIVISION sponsored by Bud LIGHT Beer. This division will be for those Master runners than can meet the qualifying standards for their respective age divisions. The ability to meet these time standards will truly make this division a very special one. This race will be run with the Paramount 10K. Yes, you have to be good to enter, but if you place within the time standards we'll reward you with fine merchandise. If you can meet these standards then come to Paramount and RUN WITH THE MASTERS.

Master Standards: 40-44, 34:00; 45-49, 36:00; 50-54, 40:00; 55+, 43:00

All times are "or faster".

Race Date: January 28, 1984

Race Time: 8:00 am Sharp

Course: Flat, fast, certified and sanctioned by TAC.

Accommodations: Tahitian Village 20% off. 800-437-7969 Mention the Race.

Two rooms awarded FREE per division

Pancake Breakfast: NO CHARGE

Location: 15500 Downey Ave.

Paramount, CA 213-531-3503

Seeded Start: You will be on the front line. I.D. Ribbons

Awards: 10 deep each division, plus excellent merchandise.

Shirt: Long sleeve, NO CHARGE

Race Fee: NO CHARGE, "BUD" pays

BUD LIGHT will pick up the tab and welcomes you to compete for excellent awards and merchandise. This will be a yearly event and in time will be "THE RACE" of the Master Division. JUST REMEMBER, if you don't finish within the qualifying standards, you WILL NOT be recognized at the awards ceremonies. Frank Duarte, 1983 winner.

Race Director
Oscar Rosales

(Master Division Standards subject to yearly change)

Information: Oscar Rosales (714) 848-5779 home # between 7-10 p.m.

5TH ROTARY AND ANNUAL CITY OF PARAMOUNT 10K BENEFIT RUN

SPECIAL WORLD MASTERS DIVISION

NAME _____ AGE _____ PHONE _____
ADDRESS _____ CITY _____ ZIP _____


T-SHIRT SIZE: SMALL MED. LARGE EX. LARGE

men only.

DIVISIONS: ■ 40-44 ■ 45-49 ■ 50-54 ■ 55+ — MALE AV10K TIME _____

SEND YOUR REGISTRATION FORM TO:

CITY OF PARAMOUNT 10K RUN, 16400 COLORADO ST., PARAMOUNT, CA. 90723



SPEAKER'S CORNER

by Jim Cullen

INTRODUCTION TO TRIATHLONING

This is a Guinea Pig article on the sport of Triathloning to see what response we get, so we can monitor as to whether to do a monthly column, or file it in #13.

Most of us know that a Triathlon is a triple event sport whereby you Swim, Bike and Run in succession. Most runners are stopped dead in their tracks because of the swimming. "I can't swim!"

Last year when I first got interested, I was a Dog Paddler. My first swim coach said the reason most runners have trouble swimming is because they are shaped like anchors (Skinny and Sink Fast). I really didn't need some half-assed swim coach to tell me that — I can look in the mirror and see what I'm shaped like. Then I met a Triathlon coach named Dennis

Donovan who understood the aquatic problems of many runners. He told me he would teach me how to swim.

Dennis Donovan is the swim coach at the Bellevue Athletic Club where the First Triathlon club in the U.S. was started by Steve Forsythe. The facilities in this Suburban Seattle Burg are superb. Included are a 50 meter pool, Nautilus Room, cycles of every type — the complete outfit for First Class Triathloning.

My first problem with the pool was: I was allergic to chlorinated water. GREAT! What do do? Coach Donovan solved the problem by plugging up all my holes with ear plugs, nose plugs, bathing cap, goggles. I felt I was practically leak proof like a cork. My allergy problem immediately cleared up, but I encountered a new problem. On my first 200 meter time trial, old

"Corky" Cullen went to lead at 150 meters and sank just like an anchor — Klunk. I then told coach Donovan, "I'm no Fish — I would do better if I had a long snorkle and ran on the bottom of the pool!" The coach was very patient and understanding. He told me I had to work at it and learn how to swim correctly. I went home mad. After awhile, when I had cooled down — I vowed, "I will swim!"

So, three days a week for the past three months I got myself all plugged up and went to the pool and slowly, but surely, I'm becoming a fish — well, maybe not a fish — a water turtle. Coach Donovan has taught me proper stroke, good kicking, breathing, the whole science of how to unbecome an anchor. I have brought my one mile Swim Trial Time from 45:00 to 32:00 in 90 days. It's fun because I'm consistently setting PR's — something I no longer do at age 45 in running. My upper body feels much stronger. Swimming keeps my running and biking muscles loose. I believe that has been a key element in running injury free this year. After a hard bike or running session, I go to the pool and swim for 30 minutes to an hour. It works out the kinks and you can get in a good workout swimming if you wish.

The key to running injury-free is to maintain high efficiency training and eliminate the pounding. Swimming does this for you unless you bang your



"Saint" Peter Mundle, 55, after Dr. Scholl's Pro-Comfort 10K, Los Angeles.

Photo by Richard Lee Slotkin

head into the side of the pool because you were not watching where you were going — I've done that too. It is said by many medical experts that swimming is the best overall exercise for you. The hardest part of it all for me was getting started and maintaining a swim schedule, just as I do running.

Next month, if this series is to continue, we will discuss Bicycling. Triathloning is a lot of fun. I've never had so much fun in my life as I did when I did my First Triathlon. You haven't LIVED until you try one. □





What You Need to Know

TRACK & FIELD BOOKS



BRITISH AMATEUR ATHLETIC BOARD OFFICIAL PUBLICATIONS

LOTS OF INFO, PHOTOS & ILLUSTRATIONS ON TRAINING & TECHNIQUE

	DECATHLON & PENTATHLON (Women's) by McNab	\$6.50
	HIGH JUMP by Dick	\$7.00
	HURDLING by Le Masurier	\$4.00
	JAVELIN by Paish	\$4.50
	LONG JUMP by Kay	\$5.00
	MIDDLE DISTANCE, LONG DISTANCE, MARATHON & STEEPLECHASE by Watts and Wilson	\$5.50
	POLE VAULT by Dr. Neuff	\$4.00
	RACE WALKING by Hopkins	\$5.00
	SHOT PUTTING by Johnson	\$4.00
	SPRINTING & RELAY RACING by Marlow	\$4.00
	STRENGTH TRAINING FOR ATHLETICS by Dick, Johnson and Paish	\$6.00
	TRIPLE JUMP by McNab	\$6.00
	DISCUS by Paish	\$4.00
	+ Plus .75¢ per item for mailing. Make checks payable to WIMSEY HOUSE.	
	NAME _____	
	ADDRESS _____	
	CITY, STATE _____	ZIP _____

** WIMSEY HOUSE, PO BOX 33182, GRANADA HILLS, CA **



Jerry Haugen, 30-34.

Track & Field Minutes...

Continued from page 7

the schedule of the National T&F meet, and set up as an independent event at various locations throughout the U.S. It will still be incorporated into other major meets. In 1984, the Southeastern Classic in Raleigh, N.C. will host the event on May 4.

Technical Rules

By unanimous vote, the Committee approved the technical rules adopted by the World Association of Veteran Athletes (WAVA) in September at the World Veterans Games in Puerto Rico (see chart in December and January issues).

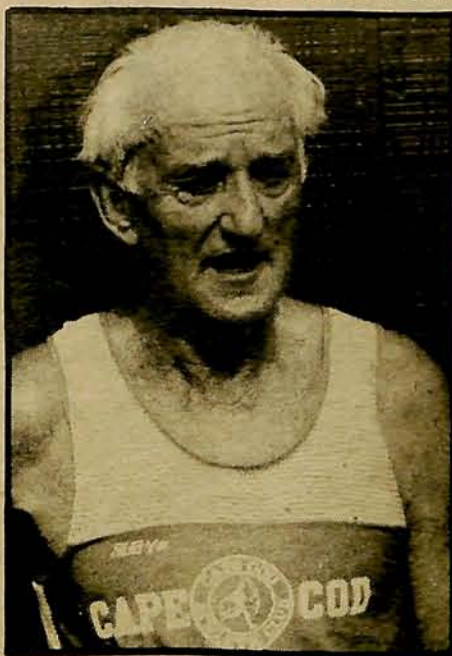
Since many of the WAVA implements are hard to buy in the U.S. (1.5K Discus, 5K Hammer, etc.), the Committee will purchase WAVA implements for use at all National Masters T&F Championships. For other meets, the implements will be available from Sports America, 101 Glover St., Barton, Vermont. (1-800-633-7777.) Owner Charles Hanson says he will purchase a quantity from his European supplier for masters athletes. Allow a few months lead time.

World Veterans Games

A consensus was reached that Americans going to Rome in June, 1985 for the VI World Veterans Games should have the opportunity to: 1) wear attractive USA uniforms; 2) fly and stay together in one hotel at reduced rates; 3) have a team manager and perhaps a team coach/trainer; 4) receive daily support, advice and information from each other. Weed appointed Danny Thiel to head a committee of Al Sheahen, Jim Puckett and Joe Murphy to report its recommendations March 24-25 at the Indoor Championships in Princeton, New Jersey.

South Africa In '87

Chairman Weed reported that South Africa wants to host the 1987 World Veterans Games, and asked for the Committee's opinion. The consensus was that South Africa's hosting the Games could create substantial reper-



John Kelley
Photo by Richard Lee Slotkin

cussions. Even though many Americans could and would compete, the risks probably outweigh the advantages. The whole veterans program might self-destruct.

WAVA Decathlon

The 1984 WAVA Decathlon (men) and Heptathlon (women) will be held in Long Beach, Calif. on August 11-12, a week prior to the National Masters T&F Championships. Gary Bane and Ray Fitzhugh will act as meet coordinators, and will raise funds for the event. A sub-masters division will be run separately. Official permission for the meet to be a WAVA-approved "World Championship" is expected from the WAVA Executive Committee.

National Masters News

Publisher Al Sheahen reported the magazine now has 3229 subscribers, up 33% from a year ago. TAC contributed no funds in 1983. Nike donated \$2,200, plus a monthly ad, but will cut its ad budget by 50% in 1984 for all regional/club publications, including NMN. The paper is getting close to the break-even point, but went another \$3,500 into the red in 1983. WAVA has named NMN its official publication, and an international section is planned quarterly beginning with the February or March issue. Sheahen encouraged everyone to pass out NMN flyers at meets and races, and to print an NMN subscription notice in their local club newsletter. Both are available from NMN, PO Box 2372, Van Nuys, CA 91404.

MSA

The Committee recommended that the 25¢ per subscriber, which the National Masters News has been giving to the Masters Sports Association, be terminated.

TAC Committee Reports

Marketing and Media. Laurel James reported Frank Shorter is the new Chairman of the TAC M&M Committee.

Membership. Jim Brown reported the TAC Membership Committee plans to enforce its membership rules more strictly.

Records. The Masters T&F Committee is to approve all Masters T&F records, which will be submitted for approval by Records Chairman Pete Mundle.

Sponsorship

Weed reported George Hatzfeld, founder of the National Masters Sports Association, has abandoned his full-time quest for a national masters sponsor, and has taken a job as a business executive. There are still several companies thinking about sponsoring masters sports, but none on the near-million-dollar-a-year scale that Hatzfeld envisioned.

Registration

Weed proposed establishing the National Masters News as a central source of TAC registration. Instead of sen-

ding their annual \$6 dues to their local TAC association, masters would have the option of sending the \$6 directly to NMN, along with their annual subscription dues of \$15. NMN would then forward \$3 to TAC national HQ, send \$1 to the local association, \$1 to the Masters Sports Committees, and keep \$1 for administration. Weed said he'd investigate this with the TAC Registration chairman.

Women's Multi-Events

Christel Miller, Philippa Raschker, Shirley Kinsey and Joanne Grissom were elected to form a women's multi-event committee.

Race Walking

The Committee approved an amendment which would require the TAC national race-walking championships to include team awards for the age 50-and-over division.

Officers

Elected for 1984 were: Chairman: Jerry Donley; Vice-Chairman: Ron Salvio; Outdoor Meet Coordinator: Bruce Springbett; Indoor Meet Coordinator: Ron Salvio; Secretary-Treasurer: Al Sheahen; Records: Pete Mundle; Communications: Al Sheahen; Weight events: Chuck Klehm; Awards: Al Sheahen & Pete Mundle; Multi-events: Jim Weed; At-large: Joanne Grissom, Danny Thiel, Miller.

TAC Committee Reps

Appointed by Weed to the TAC Standing Committees were: Law &

Legislation: Bob Fine; Marketing & Media: Joe Murphy; Budget & Audit: Al Sheahen; Sports Medicine: Jack Russell; Records: Pete Mundle; Membership: Jim Brown; Rules: Ron Salvio; Board of Directors: Ron Salvio (Jim Weed, alternate).

Regional Coordinators

Weed announced the regional coordinators are: East: Haig Bohigian; Southeast: Stuart Daniel; Midwest: Wendell Miller; Southwest: Danny Thiel; Mid-America: Jack Greenwood; West: Gary Miller; Northwest: Jim Puckett. □



Patti Hurl after Leukemia Society-Coronado Bridge 10K female overall 1st place (her second race of the weekend).

Photo by Richard Lee Slotkin

New Implement Weights are now in effect

6K, 5K, Shots and Hammers, 1.5K Discus will be available this Spring through

Sports America

In order to have sufficient quantities on hand, it is requested that athletes and meet directors

Place Orders As Soon As Possible

Initial Stock Available March—April.
Later orders 4-5 months

Shots	Iron	Competition	Brass
6K	\$15.90	\$34.50	\$65.60
5K	13.30	30.90	61.00
Hammers	Iron	Olympic	Brass
6K	\$29.50	\$105.00	\$128.60
5K	25.90	90.60	119.90
Discus	Competition	Super	World Class
1.5K	26.40	43.50	69.00

Equipment descriptions may be found in our 1984 catalog. To place your order, call 1-800-633-7777 toll free or write: SportsAmerica, Inc. 101 Glover St., Barton VT 05822.



RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

Special Reasons For Running After Fifty

As we age, there are some things we treasure. First and paramount is plain, old-fashioned good health. But good health can and has been defined in various ways. For many people over fifty, good health consists of being

able to rise from bed every morning unaided, eat three or more meals without substantial assistance, and put oneself to bed without an attendant. This view of health represents basic existence and nothing more.

As we have come to appreciate adequate exercise for the middle-aged, we have also come to appreciate what



Gary Novak, 40, 4:39.7 mile in masters 100x1 mile relay, San Diego.

Photo by Jim Williams

Nothing so limits choices as we age as loss of mobility.

more it does than add to the years of our lives. It adds immeasurably to the quality of our existence. It requires mobility and numerous options for interesting activities.

Nothing so limits choices as we age as loss of mobility. This loss can come from a variety of unavoidable illnesses, injuries, or just plain bad luck. But more frequently than not, the physical horizon of the over-fifty is prematurely

narrowed by an individual failure to keep the machinery in tune.

Running on a regular basis provides frequent opportunities to test our body equipment and associated resources. It provides an insight into capacity and limitations that even the physician cannot offer. Running makes credible, on a daily basis, judgements about ourselves. It provides confidence and even reassurance as to what we might safely do and not do.

And to this end, a special word must be offered about safety. When we analyze activity injuries as they occur in my age group, we find that they almost invariably are associated with a totally unrealistic insight into capacity.

Whether capacity fails us in skill activities, or stamina activities, it comes down to the same thing — Stamina failure. We all can maintain learned skills almost indefinitely until such time as our strength fails.

Therefore, running has the two essential components for survival after fifty: frequent reassessment of strength and stamina, and a natural maintenance of that stamina.

How much improvement can the fifty runner expect? We really don't know. And this is an essential part of this modern day adventure. Current best times by masters category runners would have placed over-forty runners in the top five places of all marathons in the United States less than ten years ago. It is not unusual during regional marathons to have not one but several

masters finishing in the top ten places over-all. This, despite the shortage in runners in this group.

The over-seventeen age group is well represented by both the able high school runners and college runners. Beyond them, we find the college stars with up to ten years of distance running, confident, vigorous and still youthful. These aspiring youngsters

It is not unusual during regional marathons to have not one but several masters finishing in the top ten places over-all.

have encouragement, coaching, and I might add, subsidized running to aid them in the long run.

This, perhaps, is where the real excitement is. Placed in a similar atmosphere of training, competition and experience, the older and aging runner has demonstrated a remarkable ability to "go with the best."

It would be in error at this point not to declare that there are indeed penalties for the passing years. But, in the same vein, our present and past concepts of what age demands are in evident mis-focus. If as pointed out, we can run with the twenty-year olds and can feel like a twenty-year old, how old are we, in truth? □

MASTERS BOOK STORE

You may now obtain any of the following publications/items directly from NMN. Indicate the number of copies you want of each item, and please add \$1 per item for postage and handling.

QTY.		PRICE	AMOUNT
—	TAC Directory	\$ 6.00	_____
	(operating rules and by-laws)		
—	TAC Rulebook	6.00	_____
	(competition rules for T&F, LDR, RW; open, masters, youth, women)		
—	IAAF Handbook (T&F)	10.00	_____
—	IAAF Men's T&F Scoring Tables	5.00	_____
—	IAAF Women's T&F Scoring Tables ...	5.00	_____
—	Metric Conversion Tables	10.00	_____
—	TAC Lapel Pin	2.50	_____
—	TAC Patch	2.50	_____
—	Subtotal		_____
	Add \$1 per item for postage and handling .		_____
	TOTAL		_____

Name _____
 Address _____
 City _____ State _____ Zip _____

To order: Clip this order form and mail with check or money order to: MASTERS BOOK STORE, PO BOX 2372, VAN NUYS CA 91404.



Bruce Springbett (313), National age 50-54 100 and 200 meter champion. From left, Tony Nasralla (356), Jim Lingel (303), Dick Marlin.



Bob Mohler, 42, Houston, Texas, winner in 16:14.1, TAC National Masters 5K Road Championships, Little Rock, Arkansas, October 22.

Photo by Ben Red

MASTERS GLOSSARY OF TERMS

T&F: Track and Field

LDR: Long distance running

RW: Race walking

Athletics: The sports of track & field, long distance running and race walking.

Masters: Men and women age 40 or over.

Sub-masters: Men and women age 30-39.

Veterans: The international term for "masters," with the exception that "veterans" also include women age 35-39. (The term "veterans" is also unofficially used in some LDR races to define runners age 50-59.)

Seniors: A word of many meanings: 1) A TAC competitor age 20 or over; 2) Unofficially used in some LDR events to define runners age 60 over; 3) Sometimes unofficially used by the media and others as a substitute for "masters."

AR: American record

WR: World record

PR: Personal record

The Athletics Congress (TAC): The "national governing body" (NGB) for athletics in the USA. TAC is the exclusive U.S. member of the IAAF. TAC's home office is in Indianapolis, with district (local) offices throughout the nation. TAC is composed of various committees, including the Masters T&F and Masters LDR committees. The committees meet each December at the TAC Convention.

International Amateur Athletic Federation (IAAF): The international governing body for athletics.

World Association of Veteran Athletes (WAVA): The official international veterans governing body for athletics. WAVA stages a World Veterans Games every odd-numbered year for men 40+ and women age 35+.

IGAL: An official international veterans LDR organization. IGAL holds an annual World Veterans Distance Running Championship (10K & 25K in odd-numbered years; 10K & Marathon in even-numbered years.)

National Masters Sports Association (NMSA): A coalition of 14 masters sports which held a Masters Sports Festival in 1982, and is planning future Festivals with national sponsorship.

Age-groups: Masters and sub-masters competition is divided into 5- or 10-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). Your date of birth (not year of birth) determines your age.

Masters competition: Every event from the 100-yard dash to the pole vault to the marathon is available. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

Local masters T&F: All Masters T&F meets feature competition for anyone age 30 or over. Masters meets are generally directed by a single individual or club. Some local meets are "sanctioned" by TAC; some are not.

Local masters LDR: Local LDR races are generally open to all ages, with masters awards for each 10-year age group.

TAC Regional and National Masters T&F Championships: The TAC Masters T&F Committee sponsors and supervises annual national and regional indoor and outdoor masters and sub-masters T&F Championships.

TAC National Masters LDR Championships: The TAC Masters LDR Committee sponsors and supervises several national LDR championships (10K, 15K, etc.) each year, as well as a few Regional LDR championships.

TAC Membership: It is not necessary for a participant to become a member of TAC (\$6 per year) to compete in non-sanctioned masters events or in international competition. It is officially necessary to become a TAC member to compete in TAC-sanctioned events (although this rule is not always followed by event direc-

tors). It is not necessary for a foreign competitor to become a TAC member to compete in TAC events. (A TAC member is automatically insured against injury while competing in, or traveling to, a TAC-sanctioned competition.)

Eligibility: There are no other requirements needed to enter masters athletics competition, except to be at least the minimum age. (One should also be reasonably fit.) An athlete may generally compete in a younger age group if he or she so chooses, but one may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from TAC masters competition for a period of two years.

Standards: There are no entry or award standards in TAC Masters competition.

World Veterans Games: There are no requirements needed to compete in the biennial World Veterans Games, except to be at least age 40 (men) or age 35 (women). "Travel permits" are not needed. No one is banned because of occupation, race, religion, national origin or any other reason.

Uniforms: Some masters athletes compete in their club uniform; some in simple T-shirt and shorts. In the World Games, each participant competes as an individual, not as a representative of any nation. Thus national uniforms are entirely optional. USA uniforms are available for \$50 (men) or \$45 (women) from Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010.

Sponsorship: Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

Senior Olympics: A program unrelated to the TAC Masters program. Open to age 25+ or 55+, depending on the area, and including athletics, swimming, softball, etc.

Masters Clubs: Most areas have local running clubs, some of which cater to the masters performer.

Age Records: An annual book of masters age records for each T&F event is available for \$4 from NMN, PO Box 2372, Van Nuys CA 91404; and for each LDR event for \$9.95 from NRDC, PO Box 42888, Tucson AZ 85733.

Rankings: An annual book of masters rankings by event and age-group, is available for \$10 (T&F) from NMN, above; and for \$9.95 (LDR) from NRDC, above.

Implements: Lighter implement weights are used in the older age-groups.

Hurdles: The height of the hurdles is lowered for older age-groups.

Rule Books: The IAAF Rule Book (\$10), the IAAF Men's Scoring Tables (\$5), the IAAF Women's Scoring Tables (\$5), and the TAC Rule Book (\$6) are available from NMN, PO Box 2372, Van Nuys CA 91404.

WAVA Standards: WAVA multi-event scoring tables are available from Ian Hume, RR-1, Melbourne, Quebec, Canada (please enclose postage).

Weight Tables: Age-group factoring tables are available for \$1 from Phil Partridge, 337 S.W. 14th Ave., Boynton Beach FL 33435.

IA, IB, etc. Codes which refer to various age-groups, as follows: OA-30-34; OB-35-39; IA-40-44; IB-45-49; 2A-50-54; 2B-55-59; 3A-60-64; 3B-65-69; 4A-70-74; 4B-75-79; 5A-80-84.

Road Runners Club of America (RRCA): An organization of over 400 clubs throughout America which promotes long distance running.

National Masters News (NMN): The bible of the Masters athletics program. NMN is an official publication of TAC. Each month, it delivers 24 to 40 pages of results, schedules, entry blanks, age records, rankings, photos, articles, training tips and all the inside scoops and information that affect the world masters athletics competition. NMN welcomes contributions from its readers—results, schedule info, photos, letters and opinions. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters section. A one-year subscription (12 issues) is \$15 (2nd class), \$25 (1st class), or \$30 (overseas). Send to NMN, PO Box 5185, Pasadena CA 91107.

Long Distance Minutes...

Continued from page 7

year-old women into the masters program to conform to international standards.

Officials: J.J. Perry discussed the newly formed National Athletics Officials Committee with new by-laws going into effect in 1984.

Technical Committee: The proposed Technical Committee on course certification was discussed. The SCORR program and the need for improvements in certification were brought out. Since many masters athletes will be affected by the new scoring system, the Committee unanimously agreed we should have representation on this committee.

Officers

Elected for 1984 were: Chairman, Bob Boal; Vice-Chairman, Women: Carole Langenback; Vice-Chairman, Men: Bob Fine; Secretary; Jerome Perry; Treasurer: George Vernosky.

National Championships

Bids were presented for 1984 National Masters LDR Championships. Selected were the following:

5K Road, Feb. 5, Clearwater, Florida.

10K Road, Apr. 17, Brooklyn, N.Y.

15K Road, July 17, Utica, N.Y.

20K Road, Mar. 25, Sacramento, Calif.

30K Road, TBA, Little Rock, Ark.

50K Road, Mar. 17, Washington, D.C.

5K X-C, Nov. 24, Seattle, Wash.

10K X-C, Nov. 17, Holmdel, N.J.

15K X-C, Nov. 3, Houston, Texas.

½ mara., Nov. 30, Dayton, Ohio.

Marathon, May 6, Lincoln, Nebraska.

50 Mile, Nov. 18, Buffalo N.Y.

100 Mile, TBA, Shea Stadium, N.Y.

1 hr run, TBA, TBA.

Canada v. USA X-C, TBA, Buffalo, N.Y.

1985 Championships approved were:

10K Road, Jan. 10, Clearwater, Fla.

15K Road, May 5, Edina, Minn.

30K Road, Dec. 7, Houston, Texas.

Marathon, Nov. 3, Washington D.C. □



Ken Dennis (378) National and World Masters age 45-49 100-meter champion. Al Henry (287) and Nick Newton (behind Dennis).

PROFILE

MILA KANIA —50+ PACESETTER

Mila Kania found out a number of years ago that a woman's place is behind her husband. Back when the running boom was in its infancy, Mila was setting the pace during a workout around her neighborhood. Herb, her husband, was in close pursuit when a policeman stopped them, apparently thinking that Mila was in need of rescue.

Now, Mila is content to let Herb run in the lead. When it comes to racing other masters women, however, you'll usually find her in front.

Kania, a 52-year-old native of Czechoslovakia who lives in Warwick, N.Y., is one of the leading masters runners in the world. She has seven 50+ American records on the track, either in the books or pending, and owns three American records on the road.

Although Kania was an 80-meter hurdler on the Czech national team in the early 50's and continued to run for exercise after that, she didn't get started in masters competition until just a few years ago.

"Herb and I never stopped running. He was on the Czech national team for 800-meters and we met on the track," she explains. "We have a running path on our property and our friends would come over and run with us. I was distinctly better than any of the men, even the younger ones with background in sports. So they persuaded me to enter a 10-K race. I had no

idea what time I could run. I was hoping to make it under one hour, but I did about 40:30."

That was when she was 47. On her 49th birthday, Kania recorded a 36:57 for 10-K. Five months later, she clocked 36:29, which is the American 45-49 road record. Just before her 50th birthday in 1981, she put her name to the 10-mile road record with a 1:02:00.

Kania's 50-54 American track records include: 2:39.8 (800m); 5:09.5 (1500m); 5:40.1 (mile, indoor); 11:57.4 (2-mile); 11:29.2 (3,000m); 18:44.6 (5,000m); and 38:53.5 (10,000m). The latter is also a world record. On the road she holds the 50-54 record for 10 miles at 1:04:16.

Most of the current 50-54 road records are held by Sister Marion Irvine of San Francisco, but Kania defeated the "flying nun" in the Nike Grand Prix 10-K last year. With Irvine and Kania living at opposite ends of the country, the two top 50-year olds seldom get a chance to match strides. Moreover, Irvine puts most of her efforts into the 10-K to marathon range on the road, while Kania prefers the shorter distances and the track.

"I still have not found out what my best distance is," says Kania. "However, I prefer shorter distances on the track in the summer and 10-K road races in the spring and fall."

As with so many other top masters runners, Kania seems to have had the



Mila and Herb Kania

strength base established early in life while growing up in Czechoslovakia.

"There were no girls on our block and, till I was about 8, I ran, jumped, and threw stones with little boys, which probably was good preparation. Also, my mother started taking me to exercise classes when I was about 2 1/2. I believe that helped the coordination and flexibility and got me used to regular physical activity," she offers.

In addition to the 80-meter hurdles, an event in which she took second in the Czech national championships, she competed in the long jump, high jump, and the relays. She also participated on school teams in swimming, volleyball,

and basketball.

Herb Kania, a pediatrician, came to the United States in 1968. Mila and their two children followed a year later. They lived on Long Island before moving to Warwick.

While living in Czechoslovakia, Mila taught physical education. Today, she is content to be a housewife, although she does help out with the paper work in her husband's office.

Kania trains on about 40 miles a week, including two or three intervals sessions, a fartlek day, and a long run of 1-1 1/2 hours.

"Compared to what I'm doing now, the training in my young days was laughable," she says. "When I was on the Czech team, a hard day was maybe 5 times 200 meters at three-fourth effort with a 200 meter jog in between, two or three laps warm-up, some calisthenics, and a one lap warm-down."

Kania says that her most memorable competitive experience was the trip last year to Japan to compete in the world veterans LDR championship. She had won that trip by defeating Irvine in the Nike Grand Prix race. Her time in Japan, under adverse conditions, was a relatively slow 40:30, but it was fast enough to get her first overall among the women.

After five years of masters competition, Kania finds that she is running a little slower and taking longer to recover after hard runs. "But I'm in much better shape than most of my contemporaries and I feel better," she adds. "My main goal is to keep on running and enjoying it."

— Mike Tymn □



First ten runners of Auckland, New Zealand team that set masters world 100-mile relay record of 8:37:03.6 on April 17, 1983.

National Running Data Center

The fastest official half-marathon turned in by an age 40-or-over American runner so far in 1983 is a 1:09:30 by Bob Fischer, 42, of Newark, New Jersey.

Ken Winn has the best 45-49 clocking, a U.S. M45 record of 1:11:00. Norm Green's 1:12:10 is a new 50-54 standard. Bill Brobston's 1:36:03 is an M70-74 mark. Ed Benham's

1:37:51 broke the old M75 record by 21 minutes, while Max Popper's 1:59:21 lopped 26 minutes off the old 80-and-over mark.

Cindy Dalrymple clocked the fastest masters woman's time of 1:19:33, a new W40 mark.

All the half-marathon rankings, ten deep, from age 35-up, as of September 11, are in this issue. □

1983 NYC MARATHON DEMOGRAPHIC REPORT

All eight of the W60-69 starters finished. There were no female entries from Alaska, Hawaii, Idaho, Mississippi, Nebraska, and North Dakota.

All eleven women entrants from Louisiana finished.

All three women actuaries finished. Do they know something we don't?

Among the female entrants: all six dentists finished, as did the two drivers (truck, cab, etc.), the twelve engineers, the three fire fighters, the six newsper-

sons, the three pharmacists, the four printers, the ten recreation workers, and twenty-three of the twenty-five waitresses.

Female stockbrokers were bullish, nine of ten finishing. The one female politician finished. One hundred and seventy-nine of two hundred female house-keepers completed the event, but all three male house-keepers got the chore done. The only entry from the Isle of Man was a woman, who finished.

Fourteen females from Denmark entered, only two finished.

N. Ireland had two women and thirty-eight men entrants; all but one male finished. □

Mohler & Poppers...

Continued from page 1
close 16:21.7.

The M55 was the best race of the day when Ken Carman, 55, Garden City, Mich., held off Californian Pat Devine to win, 17:54.0 to 17:54.8. Sam Turnbull, 50, Jackson, Miss., ran well for a seventh place overall and M50 victory in 16:48.

The rest of the races were largely uncontested. Bette Poppers, 41, Littleton, Col., was the first woman across the finish line in 18:25.8. Donna Wright, 48, from Bartlesville, Okla., responded to the competition for a fine



Tom Burns, 40.

third place and W45 win in 20:30.9.

Carol Cartwright, 55, Reseda, Cal., combined a hometown visit and a return to competition to win the W55 division in 23:02.8.

The race was directed by Dr. Robert McGowan with help from Bob Plunkett and sponsorship by Nike, Coca-Cola of Arkansas, Sportstop, and local Coors distributors. □

Faxon...

Continued from page 1
petitor to slam into a tree.

The event, held at Meredith College near Raleigh, No. Carolina, on November 25, offered Southeast region runners an opportunity to run in a national championship and also drew entrants from as far away as California and Oregon.

Faxon's M40 time would have placed him seventh in the open race, won in 15:45, the primary event in the series of races included in the East Coast Cross-Country Classic. George Vernosky of the Potomac Valley Seniors TC had one of the best times of the day with a 17:47 win in the M50 division.

Martha Klopfer, 48, Durham, No. Carolina, was first woman forty-plus in 21:41 over the scanty field of seven women for all age groups.

North Carolina Road Runners won the M40 team crown. The Carolina Godiva team won the M45 championship, while the Tidewater Striders were the M50 winners, and the Potomac Valley STC took the M60 category. □

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width Height	
52	Full page	250	10"	13"
39	3/4 page	210	10"	9 1/4"
			7 1/2"	13"
26	1/2 page	160	5"	13"
			10"	6 1/2"
13	1/4 page	100	5"	6 1/2"
			10"	3 1/4"
7	1/8 page	60	5"	3 1/4"
			2 1/4"	6 1/2"
3 1/2	1/16 page	50	2 1/4"	3 1/4"
1		25	2 1/4"	1"

2. FREQUENCY DISCOUNTS [1-year period]

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

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40% discount for race and meet notices. No frequency discounts or agency commissions.

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

7. MECHANICAL REQUIREMENTS

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

8. CLOSING DATES

The 10th of month before date of issue.

9. CIRCULATION December 1983

Paid: 3229 Distribution: 5000
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Mail order to: National Masters News
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Van Nuys, Calif. 91404
(213) 785-1895

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JAN 1984

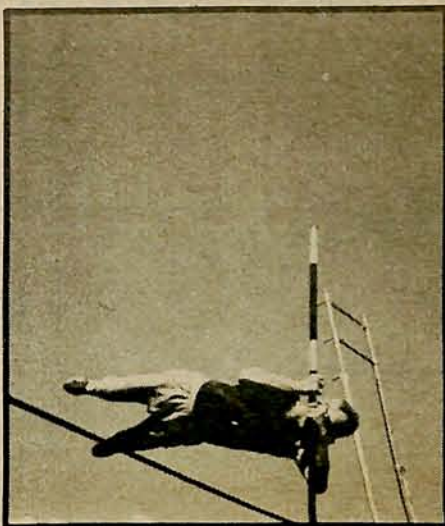
ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
GRACE BUTCHER (IL)	1-18-34	50-54
MARY CULLEN (HOUSTON, TX)	1- 6-39	45-49
NINA KUSCSIK (US)	1- 2-39	45-49
CONNIE HANLEY (EUGENE, OR)	1-26-44	40-44
MAE MAYHEW (HONOLULU, HI)	1- 1-04	80 +
JENNIE MORRIS (NAPLES, FL)	1-15-34	50-54
ANN NEFLEY (US)	1-21-39	45-49
KAY PORTER (EUGENE, OR)	1-29-39	45-49
MARY SCHANZLE (PALATKA, FL)	1- 7-24	60-64
MARCIA SPAETH (CORTLAND, NY)	1-18-29	55-59
WENDY WATSON (US)	1-16-44	40-44
EULA WEAVER (SANTA MONICA, CA)	1-16-89	80 +
WILLYE WHITE (US)	1- 1-39	45-49
VIVIAN BEISTY (AUS)	1-11-39	45-49
J. BYRNES (AUS)	1- 5-44	40-44
INGEBORG HELLO DE PREISS (ARG)	1- 4-19	65-69
BRIGITTE SCHMITT (WG)	1- 5-39	45-49
ADA TURCI (ITA)	1-17-24	60-64
MARIANNE WERNER (WG)	1- 4-24	60-64
BILL RANGERT (HAZELWOOD, MO)	1-14-24	60-64
PAUL BRIDGES (WICHITA, KS)	1-22-14	70-74
ALBERT CLARK (ORANGE, CALIF)	1-22-14	70-74
GERALD COUNIHAN (US)	1-20-39	45-49
BOB CREIGHTON (ATWOOD, KANS)	1-30-34	50-54
RAY HUGHES (MT. BALDY, CA)	1-26-39	45-49
J.A. JAMIESON (NZ)	1-31-09	75-79
MERV JENKINSON (AUSTRALIA)	1-18-09	75-79
IVAN KEBANOV (URS)	1- 1-39	45-49
JACK KNEBEL (ORINDA, CA)	1-28-39	45-49
SAM NICHOLSON (LA CRESCENTA, CA)	1-30-29	55-59
JAMES O'HARA (HADDON FIELD, NJ)	1-20-39	45-49
WILLI RUMIG (WG)	1-29-14	70-74
JOHN SATTI (SAN FRANCISCO)	1-29-14	70-74
DAVID VEE (NORTHFIELD, MN)	1-20-39	45-49

MASTERS SCENE

NATIONAL

• Women who try to shed pounds by daily exercise, such as running, aerobic dancing, swimming, etc., may need more vitamin B2 (riboflavin), which enables cells to burn calories efficiently, according to research conducted by **Daphne Roe, MD**, at Cornell, who suggests that the RDA of B2 for women, 1.2 mg, may be too low, especially for active women, who may need twice as much. An 8 oz. glass of milk provides about 1/3 of the adult RDA. Other foods containing riboflavin are liver, green, leafy vegetables, and fortified breakfast cereals.

• **John Bevilacqua**, director of the National Masters sports program while at Occidental Insurance Co. in 1979, is the new public relations director for the Los Angeles Olympic Organizing Committee. He is the fifth director in five years.



Elmer Siegel (68) winning the age 65-69 Pole Vault with a jump of 8 ft. 6 in. at the Club West Masters at Goleta, California, October 1, 1983.

• Olympic organizers have agreed to test athletes during the 1984 Olympics for excessive amounts of testosterone and caffeine. But an athlete could drink more than 100 cups of coffee a day and still not test positively for caffeine. As for testosterone, it may be out-of-date by summer, as steroid-taking athletes reportedly are switching to a human growth hormone called somatotropin. The substance is obtained from the pituitary gland of cadavers. It is in short supply, and is mainly used by children whose own pituitaries don't generate enough somatotropin, known also as HGH. The Los Angeles Times reports somatotropin affects nearly every growth-related function in the body, including muscle size and strength, bone length and strength, and also assists in the metabolism of fats, proteins and minerals. Although it has been used for years in Eastern Europe, its use here is fairly new. Somatotropin is not on the list of banned drugs for the Olympics. It passes quickly through the system and is attractive to athletes because they retain its muscle-building effects with much less risk of detection. Possible side effects, however, include diabetes, cardiac disease, and overgrowth of bone. And even, according to reporter Greg Peterson, "a serious life-threatening condition called acromegaly in which the hands, the feet and the head grossly enlarge."

• **Dr. Ken Foreman**, internationally known for coaching women's track and cross-country, was recently named as race director for the 1984 Women's Olympic Marathon Trials to be held in Olympia, Washington, next May.

• TAC's commercial discountable rate with the Avis Rent-A-Car System has been increased to 15%. Any member of TAC who would like to receive an Avis discount card should write to Avis/TAC, P.O. Box 120, Indianapolis, IN 46206; enclose stamped self-addressed envelope.

NEW ENGLAND

• Liberty AC's **Barbara Pike** (20:23) and **Andrea Hatch** (21:58) were 1-2 masters at the NEAC Women's X-C Championships, Northampton, MA, Nov. 14. **Sally Goodline**, Waltham TC, was 3rd (23:16). A week earlier, Hatch was the 1st vet woman (21:41) in the National RRCA Age Group X-C Championships, NYC; **Al Devereaux**, 40, was 1st master (16:51), and **Harold Hatch**, 44, was 2nd (17:11).

• **William Foulk**, W. Lebanon, NH, finished 1st M40+ and 16th over 300 runners in a fast 26:48, an age-50 record, in the Fitness Resources 5 Mile, Nov. 20, Concord, NH. As it did last year, the race produced other age-record breakers: **Mary Bart**, 41, 30:26; **Tony Sapienza**, 54, 28:12; and **Sandy MacLean**, 71, 34:39. **Daniel Ellison**, 44, Concord, NH, placed 2nd M40+ (27:18) on the flat, certified course.

• The Ocean State Marathon's masters winner was **Bill Boardman**, 42, Westport, MA, in 2:38:44. **Nancy Peterson**, 41, Cumberland, RI, outran her closest W40 opponent by 22 minutes with a 3:02:58. **James Murphy**, 73, Henniker, NH, (4:50:51), was the oldest of the 1297 finishers in the race, held in Providence, RI, on Nov. 6.

EAST

• **Mel Williams**, 45, Virginia Beach, VA, won one of the three Nike-donated trips to Scotland's Two Bridges 36-Mile RR when he finished 3rd overall and 1st master in the National Capital 36 Mile, Wash., DC, Nov. 9, in 3:58:15. **Tom Sheahan**, 42, Derwood, MD, was 40+ runner-up in 4:14:53. **Mary Ellen Williams**, 37, Darneston, MD, the race's female defending champ, returns to Tartanland via a Nike-paid trip on the basis of her 4:34:15 victory. **Charlie Trayer**, 29, took 1st place and the 3rd trip prize in 3:36:59.

• **Lina Connors**, 41, picked her way through the 9 West/Bloomington's Women's 4 Mile, NYC, Nov. 12, in 25:15 for a smart-looking 1st 40+ and 35th overall finish out of 1316. **Betsey O'Neil**, 45, (25:32) and **Mimi Lerner**, 46, (26:00) tagged along for an Atlanta TC 1-2-3 sweep. **Toshiko d'Elia**, 53, (26:40) got to wear the 50+ crown.

• TAC's New York new office address is 5 West 63rd St., NY, NY 10023. New mailing address is TAC, PO Box 1504, Ansonia Station, NY, NY 10023. New phone no. is 212/595-9647 or 9648.

• **David Obelkevich**, 40, was the fastest survivor (31 starters; 15 finishers) with an 8:07:57 100K put on by the NYRR in Brooklyn, Nov. 19. **Beth Chadwick**, 35, was the lone female finisher (9:48:12).

• The Marine Corps Marathon results print-out gives much fascinating data for stats buffs, such as: the average age of male runners was 35.5, females averaged 32.2; the highest percentage of finishers for first-time marathoners was in the 45-49 age group (73.7%); the oldest group of U.S. military runners was the male Air Force contingent, which averaged 38.5; 132 entrants paid cash, 401 paid by money order, and 11,168 paid by check; and 1587 entrants received XL tee-shirts.

• **Gillian Horovitz**, 38, bested the entire female field of 331 in an NYRR 6 miler, Dec. 3, posting a 35:17. **Elaine Kirchen**, 41, registered a 3rd place 36:17, and **James Gaul**, 41, negotiated the Central Park course for 1st master in 33:04.

SOUTHEAST

• **Bob Maydole**, a professor from nearby Davidson College, finished 7th overall in the 14th James K. Polk 7 Mile RR, Nov. 12, to easily capture the masters crown in Charlotte, NC, 40:33.2. **Ken Helms** won the M50-59 race with a 21st overall 44:28.1. **Nancy Lowden** of Charlotte was the top W40+ (49:32).

• **Roger Roullier**, 45, and **Dennis Scott**, 40, ran well enough to break into the top ten of the Atlanta Marathon, Thanksgiving Day. Roullier finished 6th in 2:37:56, and Scott was 8th in 2:41:44. **Jim Yamanaka** took the M50 contest in 2:59:10. **Julia Emmons**, 42, out-classed the W35+ field with a 4th overall 3:24:10.

MIDWEST

• The Badger Walkers have formed a walking club. They'll hold a walking clinic, for beginning fitness and competitive race walking, Sunday, January 15, at the University of Wisconsin, Parkside, Kenosha, Wisconsin. From 1 to 4:30 p.m. It's under the direction of **Mike DeWitt**. \$5 each. **Mary Byers**, 414/352-2258.

• **Donald House** (34:55) and **Judy Smith** (48:23) were top masters at the Pepsi Challenge 10K, Terre Haute, IN, Nov. 6.

MID-AMERICA

• **Lowell Gaither**, 45, galloped to a 1:08:01 4th overall in a 20K, Lincoln, NE, Oct. 8. **Ray Stevens**, 43, was up there for the 6th spot, 1:09:27. **Barbara Ross**, 38, outstrode all W35+ runners in 1:29:22.

• The Lincoln Track Club's 7th Annual Lincoln Marathon, May 6, will serve as the 1984 TAC National Masters Marathon Championships. Leading masters runners, especially from the Midwest, from all age groups will be invited for a competitive field. A May 5 seminar will feature masters running. Lincoln TC, 2900 John Ave., Lincoln, NE 68502.

• **Ray Stevens** loomed large on the Lincoln, NE, masters LDR autumn scene, winning a 5 mile in 26:36, Sept. 11; the Governor's Cup 15K in 49:58, Oct. 23; and a 10K with a 34:22, Nov. 19.

SOUTHWEST

• **Dale Lance**, 45, Fairfax, OK, blazed to a 10.8 100y at a Tulsa open meet, Aug. 13. **Rich Hardy**, 41, clocked 11.1, and **Jim McFadden**, 44, pumped out a 4:50 mile. On Oct. 15, McFadden, who had measured the course for certification, directed a 12K race in Vinci, OK, then, promptly proceeded to take 1st overall by 4 minutes in 44:22.

• **Curtis James**, 40, Lafayette, LA, and **Francis Ard**, 45, were at the finish line in 38:11 and 47:17 for 40+ victories in the Pepsi Challenge 10K, Lafayette, Nov. 16.

• **Hector Cisneros**, 49, used a 57.8/504 pt. 400m and a 10'2"/558 pt. PV to total 3939 pts. (standard weights; 36" 110mHH) at the Texas Age-Group Decathlon, Oct. 29-30, in Austin.

WEST

• **Jerry Withers**, 54, outlegged the M50 field at the Run LA 5K, Oct. 16, in 18:09.

• On his 50th birthday, **Wally Ingram**, 51, Hemet, CA, set a goal to win 100 consecutive 1st places in the 50+ division. Fourteen months later, November 6, 1983, he accomplished

his goal in a race in Loma Linda, CA. Ingram, who started running at 43, has age 50+ best times of 16:56 in the 5K, 34:55 for the 10K, and 1:18:12 for the half-marathon. Working on his 2nd 100 wins, Ingram ran 34:56 in the KNBC Peacock 10K, Nov. 26, LA.

• **Dan Ashimine** (17:12) had plenty of space in winning the M40-49 division from **Syl Gonzales** (17:37) in the TRW Wishbone 5K, Redondo Beach, CA, Nov. 20. Middle-distance standout **Bill Fitzgerald** (18:24) lost the 50-59 race to **Pat Devine** (18:06) but led the 3-man TRW "A" team to a masters victory (54:30).

• **Andre Tocco**, 47, San Pedro, CA, and **Judy Kewley**, 39, Simi Valley, CA, were overall winners of the hilly West End 25K, a trail run on Catalina Island off the coast of L.A., October 29. Tocco won by 45 seconds; Kewley by over 8 minutes. The 253 runners ended the all day outing with the traditional buffalo stew and the introduction of the "Pioneer Division" — an alternate route for sado-masochists and mountain goats.

• A torrential downpour two hours before the start turned the 6th Annual Lasse Viren Finnish Invitational 20K course (15K on unpaved road) into a mudfield, making the race a "running happening." But the elements did not prevent **James Murphy**, 44, from finishing 30th, and beating half of the finishers in the elite division in 1:15:49. **Neil Doherty**, 42, finished exactly a minute later. **Safari Aho**, Tanzania, beat out **Gary Tuttle**, Ventura, CA, for the open crown by 2 seconds, 1:02:59. **Jesse Cook**, 45, was 1st master in the earlier 20K race in 1:19:26, and **Margaret Miller**, 57, was 1st W40+ and 4th w/overall, 1:33:25.

• **Shirley Matson**, 43, ran the second fastest known masters women's 10K of 1983, December 10, with a blistering PR 35:56 in San Diego. She and **Cindy Dalrymple** (34:44) were the only women masters to break 36 minutes for 10K in 1983, as of press time.

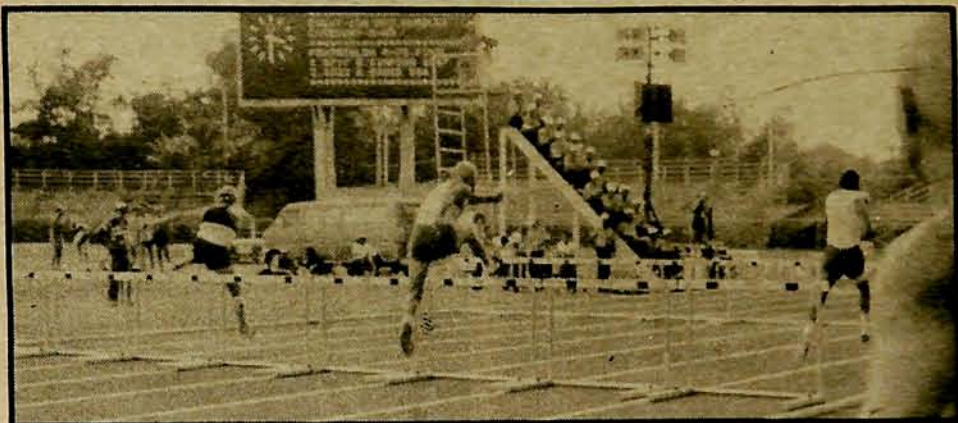
• NMN Columnist and World Class distance runner **Mike Tymn**, 46, reports he seems to be fully recovered from his mystery ailment. "I've come to the conclusion that I had the same thing as **Sebastian Coe**," Tymn said. "My symptoms were the same, including enlarged liver and spleen."

• "Coe's disease," **Dr. George Sheehan** says in **Joe Henderson's Running Commentary**, "is called 'glandular toxoplasmosis' and closely resembles infectious mononucleosis in its signs, symptoms and clinical course. As in mono, patients develop enlargement of the glands, especially the posterior neck glands," Sheehan continues, "in almost 90 percent of cases. Enlargement of the liver and spleen occurs in about one-third of cases. Fatigue and general malaise are common." As with mono, the Coe (and perhaps Tymn and others) ailment is likely to recur anytime he is racing or training hard. Coe will require weekly blood tests the rest of his career and says: "My doctor warns me that if I start feeling tired, or break out in cold sweats or don't eat properly, I must stop all strenuous exercise immediately."

• Despite a thin field (most events had only



"JICO," the popular World Veterans Games Mascot, draws a crowd in San Juan.



A rear-view of hurdle action at the World Veterans Games in San Juan.

Photo by Gretchen Snyder

one entry), participants accounted for 1 world, 5 US, and 9 state age records in the Hawaii International Meet #1, Honolulu, Dec. 4. Stan Thompson soared 1.38m for a W73 HJ record; Josephine Kolda garnered US65 marks in the 100m (17.1) and 200 (35.9); Thelma Greig chugged to a new US69 5000m RW time (38:44); Shirley Dietderich's 600g JT of 21.68m soared passed the old US57 distance; Fred Johnston's 2328 pts. in the pentathlon is a new US37 total.

NORTHWEST

• Bev LaVeck, 47, '83 100K w/open RW champ (Nov. 5) got in the big-win groove when she beat everybody (55:21) in a 10K RW in Seattle, Sept. 24.

CANADA

• Kanchan Stott, 37, an Ottawa music teacher, completed a cross-country run of Canada at Halifax, Nova Scotia. The race began May 6 at Victoria, British Columbia.

INTERNATIONAL

• Siegfried Bauer, 41, of New Zealand set a

1000 mile world record in the Cliff Young 1000 mile race with a time of 12 days, 12 hours, 13 minutes and 20 seconds. He took nine hours off his own previous mark. There were five starters, including Young, 62, who, last year, won the Sydney to Melbourne 547 miler in 5½ days. However, Young, was getting medical attention for arthritis in both ankles and hips, and ran against medical advice, but with the support of his 23-year-old fiancée. He lasted 700 miles and 10 days, after which Bauer was alone. The race was held on a floodlit football oval at Colac, near Melbourne, Australia on November 28, 1983. There was extensive TV coverage. Bauer had a support group of 15 New Zealanders.

• Mike O'Neil, the Australian veteran who did so much to turn the V World Veterans Games in Puerto Rico into a success, was a world class 1500 meter veteran until about 1976. "Soon after, he needed a new heart valve," Jack Pennington reports. "The original was like Ron Clarke's — leaking like a sieve, due to childhood rheumatic fever."

OPEN WOMEN EDGE MASTERS IN MYTHICAL "DUAL MEET"

If the winning marks in the 1983 TAC National Masters Track and Field Championships are compared to the winning marks in the 1983 TAC National Women's T&F Championships, it comes out a tie, 6-6, in the 12 events where conditions are virtually the same.

However, if the events are scored like a dual meet (1st-5 pts, 2nd-3 pts, 3rd-1 pt), the women narrowly win, 56-52.

The caliber of competition between

masters men and open women is very close. Some experts say a 42-year-old man is the athletic equivalent of a woman in her prime.

The women scored a 9-0 point sweep in both common field events, while the masters swept the 100 and 5000. The other eight events were split.

The five-year totals are now: Events: open women 27, masters men 26. Points: open women 260½, masters men 216½. □

MYTHICAL DUAL MEET			
MASTERS MEN VS. OPEN WOMEN			
(Actual performances from the 1983 TAC National Masters T&F Championships in Houston, combined with the actual performances from the TAC National Women's Open T&F Championships in Indianapolis, and scored as if it were a dual meet: 5 pts. for first; 3 pts. for second; 1 pt. for third.)			
100			
1	Ken Dennis	M	11.05
2	Brendon Wilson	M	11.21
3	Reg Austin	M	11.23
4	Evelyn Ashford	W	11.24
200			
1	Evelyn Ashford	W	21.88
2	Chandra Cheeseborough	W	21.99
3	Brendon Wilson	M	22.2
400			
1	Jim Burnett	M	49.9
2	Brendon Wilson	M	50.5
3	Denean Howard	W	50.99
800			
1	George Cohen	M	1:57.5
2	Robin Campbell	W	1:59.00
3	David Romain	M	1:59.2
1500			
1	Mary Decker	W	4:03.5
2	Ernie Billups	M	4:06.0
3	George Cohen	M	4:07.3
5000			
1	John Robinson	M	15:29
2	John Macdonald	M	15:41
3	Lou Faxon	M	15:56
4	Judi St. Hilaire	W	16:02.16
10000			
1	John Robinson	M	32:47
2	Katie Ishael	W	33:24.71
3	Beth Farmer	W	37:30.44
HIGH JUMP			
1	Louise Ritter	W	6- 4
2	Pam Spencer	W	6- 4
3	Joni Huntley	W	6-2 3/4
13	Nick Newton	M	5-10
LONG JUMP			
1	Carol Lewis	W	22- 8
2	Jennifer Inniss	W	22-5 3/4
3	Gwen Loud	W	21-10
11	Hans Gordon	M	20-0
4 X 100 RELAY			
1	Puma Energizer	W	43.61
2	Corona Del Mar TC	M	44.1
3	Dallas Masters	M	44.2
4 X 400 RELAY			
1	Puma Energizer	W	3:34.18
2	New-York PAL	W	3:35.22
3	Dallas Masters	M	3:37.3
4 X 800 RELAY			
1	Dalls Masters	M	8:32.0
2	Ms. International	W	8:38.04
3	Minnesota	W	8:46.30
Score: Open Women 56, Masters Men 52.			

CLUBS

Below is a partial list of masters, track and field, or running clubs arranged by regions. To have your club listed please send the necessary information to National Masters News, PO Box 2372, Van Nuys, CA 91404.

EAST

Master Walker
Regency House, Rm 225
Pompton Plains, NJ 07444

N.Y. Masters Sports Club
77 Prospect Place
New York, NY 11217

Annapolis Striders
P.O. Box 187
Annapolis, MD 21404

Potomac Valley Seniors TC
P.O. Box 1065
College Park, MD 20740

Elkins Park Road Runners
7900 Old York Rd.
Elkins Park, PA 19117

West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301

SOUTHEAST

Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802

Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305

Charlotte TC
P.O. Box 11364
Charlotte, NC 28220

Memphis Runners TC
P.O. Box 17981
Memphis, TN 38187-0981

Charlottesville TC
311 Westminster Rd.
Charlottesville, VA 22901

MIDWEST

Northwest Masters TC
Robert Jones
4867 Germantown Pike
Dayton, OH 45418

Over The Hill TC
6509 Marsol Rd. #308
Mayfield Heights, OH 44124

MID-AMERICA

Lawrence TC
P.O. Box 3743 Jayhawk Station
Lawrence, KA 66044

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Plains TC
P.O. Box 14102
W. Omaha Station
Omaha, NE 68124

SOUTHWEST

Tulsa Running Club
P.O. Box 300
Tulsa, OK 74102

WEST

Seniors TC
c/o Hal Winton
24409 S. Meyler St.
Harbor City, CA 90710

LA Valley Athletic Club
1801 Avenue of the Stars
Suite 415
Los Angeles, CA 90067

Southern California Striders TC
H. Lewis Smith
8306 Wilshire Blvd., #316
Beverly Hills, CA 90211

Trojan Masters TC
1147 W. Rowland Ave.
West Covina, CA 91790

South Coast Runners Assoc.
3857 Birch, Suite 442
Newport Beach, CA 92660

Corona Del Mar
19103 S. Andmark Ave.
Carson, CA 90746

Los Gatos Athletic Assoc.
P.O. Box 1328
Los Gatos, CA 95031

West Valley TC
720 W. Capistrano Way
San Mateo, CA 94402

Golden Gate TC
106 Sanchez St.
San Francisco, CA 94114

California TC
P.O. Box 459
San Carlos, CA 94070

Empire Runners
4700 Foulger Dr.
Santa Rosa, CA 95405

Northern California Seniors TC
2766 Summit Dr.
Hillsborough, CA 94010

NORTHWEST

Snohomish TC
4206 242nd St. SW
Mountlake Terrace, WA 98043

NYC MARATHON

The mass of human flesh,
15,200 lean bodies
in Nike, Brooks, Adidas,
Tigers, Pumas and New
Balance,
became very still —
waiting for the gun.

Ready to run.

Anxious now, in the cool rain
to move their legs,
to thrust their spirit
into the run,
to become alive
with the pounding rhythm.

They jarred as the gun went off
and only a few up front
could run.

The others seemed to sway
and take baby steps
one at a time.

But from the sky
you would have thought
a great colorful tapestry
had come alive
and was sliding through
Staten Island.

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CLASSIFIEDS

If you are promoting a race meet, or offer a service or product or wish to place a personal ad, the rate is 25¢ a word. Payable with copy. Deadline is the 10th of the month prior to issue date. Send NMN, PO Box 2372, Van Nuys, CA 91404.

All-time lists: Pentathlon, Decathlon, 200m, 400, HJ, TJ, D, J. All ages, W/US, m/w, open, etc. Write: Bill Forsyth, P.O. Drawer 65, Pecos, N.M. 87552.

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11954 224th Street
Maple Ridge, B.C.
V2X 6B3

schedule

Track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys CA 91404.

TRACK & FIELD NATIONAL

January 15. North American Indoor Masters Championships, Sterling, Illinois. Ray Vandersteen, Box 457, Sterling, IL 61081.

March 24-25. TAC National Indoor Masters Championships, Princeton, New Jersey. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 609/259-9268.

May 4. TAC National Masters Pentathlon Championships, Raleigh, NC. Raleigh Park & Recreation Dept., PO Box 590, Raleigh, NC 27602.

July 7-8. TAC National Masters Decathlon & Pentathlon Championship, Indiana U. T&F Stadium, Indianapolis, IN. Henry Hopkins, 833 N. Center Rd., Indianapolis, IN. 29651. 317/839-7736.

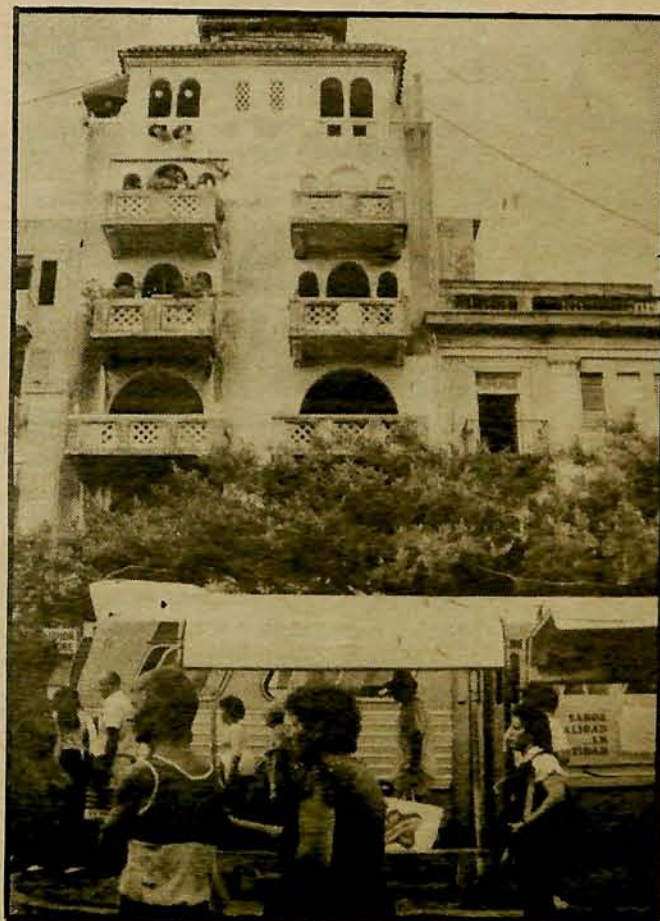
August 17-19. 17th Annual TAC National Masters Championships, Eugene, Oregon. Oregon Track Club Masters, PO Box 10085, Eugene OR 97440. 503/687-0122.

NEW ENGLAND

June 27. Senior Olympics, Brown Stadium, A.I. George Silva, 82 Fowler St., N. Kingston, RI 02852.

EAST

January 8, 1984 Pennsylvania Masters Indoor State Championships, Dickinson College, Carlisle, PA. Scott Thornsley, 519 Cooleidge St., New Cumberland, PA 17070, SASE. 717/774-3569.



Masters athletes and their families tour Old San Juan while at World Veterans Games in Puerto Rico.

Photo by
Gretchen Snyder

January 27. 77th Annual Millrose Games, Madison Square Garden, NYC. 40+ Men's Relay.

January 15 and 29. Development Meets Haverford College, Philadelphia, 11 a.m. (15th), 10 a.m. (29th).

January 29. West Penn TC Masters Indoor Championships, Slippery Rock State College, 30 miles north of Pittsburgh Sue Kline, 1245 Alamae Lakes Rd., Washington PA 15301. 412/228-1872, before 9 p.m.

February 5. TAC Metropolitan Masters Championships, 168th St. Armory, New York City. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

February 5. West Penn TC Open and Masters Indoor Meet. Slippery Rock State College. Dev Lenster, 40 Elmhurst, Pittsburgh PA 15220.

February 12 and 26. Development Meets, St. Joseph's College, Philadelphia, 10 a.m.

February 19. New York Masters Sports Club Fifth Annual Indoor Masters Meet, 9 a.m., Fordham University, Sunday. Entry form in January issue. N.Y. Masters, 77 Prospect Place, Brooklyn NY 11217.

March 11. New Jersey Masters Championships, Peddie School, Hightstown, N.J. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 609/259-9268.

March 18. 12th Annual TAC Eastern Masters Indoor Championships, 11 a.m., West Point Field House, Sunday. Entry form in January and February issues. N.Y. Masters, 77 Prospect Place, Brooklyn NY 11217.

April 28-29. Penn Relays. Masters relays. Fred Mannis, 104 W. Montgomery Ave., Thomas Court No. D, Ardmore PA 19003. 215/642-5989.

May 20. New York Masters Champion-

ships, Randall's Island, New York City. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

May 20. West Penn TC Masters Championships, Washington, PA. Barry Kline, 1245 Alamae Lakes, Washington, PA 15301.

May 26. Potomac Valley Seniors Championships, 9 a.m., College Park, MD. Sal Corrallo, 5351 N. 37 St., Arlington, VA 22207.

May 26. Masters Running Pentathlon, Philadelphia. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.

June 2. Chariots of Fire Masters Meet, Atlantic City, N.J.

June 9. Western Penn. Championships (HS, Open, Masters), Washington, PA. Barry Kline, 1245 Alamae Lakes, Washington, PA 15301.

June 16. TAC New Jersey Masters Championships, Rutgers U., Piscataway, NJ. Ron Salvio, Squan Rd., Clarksburg, NJ 08510. 609/259-9268.

June 17. TAC Metropolitan Masters Championships, Randall's Island, New York City. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

June 23-24. TAC Eastern Regional Masters Championships, Washington, DC. Sal Corrallo, 5351 N. 37th St., Arlington, VA 22207.

July 7. New York Masters Relay Carnival, Randall's Island, NYC. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

July 14. Quadrangular Meet (NY Masters, Shore AC, Phila. Masters, Potomac Valley Seniors), New Jersey. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 209/259-9268.

July 21. Masters pentathlon, Philadelphia. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.

August 4. Philadelphia Masters Championships. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.

August TBA. Empire State Games, Albany, NY.

September 2. Potomac Valley Masters Games, Washington, DC. Sal Corrallo, 5351 N. 37 St., Arlington, VA 22207.

SOUTHEAST

January 28, March 17, May 19. Mini Meets, Bradenton, FL. Nick Ryan, Manatee JC, Bradenton, FL. 813/758-7675.

March 3. Virginia TAC State Indoor Open & Masters Championships, Lexington, VA. Joseph Martin, 618 Stonewall St., Lexington, VA 24450.

March 17. Gold Coast Weight Pentathlon (tentative). P.H. Partridge, 337 SW 14th Ave., Boynton Beach, FL 33435.

May 4-6. 14th Annual Southeastern Masters International Championships, North Carolina State Univ., Raleigh, N.C. Southeastern Masters, c/o Raleigh Parks & Recreation, P.O. Box 590, Raleigh NC 27602.

May 12. South Carolina TAC State Open & Masters Championship, Clemson, SC. Tom Malik, 104 Pinewood Dr., Greenville, SC 29651.

June 9. TAC Southeast Regional Masters Championships, Atlanta, GA. Ken Kirk, 3800 Stonewall Terrace, Atlanta, GA 30339.

June 9-10. Northwest Classic, Miami, Jesse Holt, 1310 N.W. 90th St., Miami, FL. 33147.

July 7 (or 14). Southeastern Track Classic, Greenville, SC. Tom Malik, 104 Pinewood Dr., Greenville, SC. 29651.

July 14. Virginia TAC State Outdoor Open & Masters Championships, Charlottesville, VA. Virginia Masters, PO Box 5696, Charlottesville, VA.

July 21-22. Virginia TAC State Open & Masters Decathlon Championships, Charlottesville, VA.

December 30. Holiday Weight Pentathlon (9 am) and Regular Pentathlon (2 pm), Delray Beach, FL. Randall Cooper, Atlan-

ON TAP FOR JANUARY

TRACK & FIELD

The indoor season begins on the 7th with the Wisconsin Masters Championships in Madison and the Mid-American Regionals in Lincoln, Nebraska.

On the 8th are the Pennsylvania Masters Championships in Carlisle and the Lake Erie meet in Cleveland. The North American Masters Championships take place in Sterling, Illinois on the 15th, with the Ontario Masters Championships on the 28th. The West Penn Meet near Pittsburgh climaxes the month's indoor action, while, outdoors, Californians can enjoy the College of the Desert meet on the 22nd in Palm Desert.

LONG DISTANCE RUNNING

Wear your gloves and long johns if you tackle the Midwest Masters 30K along the shores of Lake Michigan on New Year's Day. The popular Orange Bowl Marathon takes place the following week in the warmer climate of Miami, while on the 15th is the Mission Bay Marathon in San Diego. The Paramount 10K — with a special masters division — is set for the 28th.

tic Community School, 2501 Seacrest Blvd., Delray Beach, FL 33435.

MIDWEST

January 7. Wisconsin Masters Indoor Championship, U. of Wisc.-Madison, WI. Bruce Craig, 238 Alden Dr., Madison, WI 53705.

January 8, 1984. Lake Erie Indoor T&F Championships, Maple Heights (Cleveland), Ohio. Joe/Mary Chadbourne, 18554 Haskins Rd., Chagrin Falls, OH 44022. 216/543-1932.

February 5. Indoor Open & Masters Meet, Chicago, IL. Wendell Miller, 180 N. La Salle St., Chicago, IL 60601. 312/236-1315.

February 26. TAC Midwest Regional Masters Indoor Championships, Cincinnati U., 9:00 a.m. Rich Ceronie, Track Office ML 21, U. of Cincinnati, Cincinnati, OH 45221. 513/475-5708 (office); 513/821-9490 (after 7 p.m.).

March 3. Indoor Open & Masters Meet, Chicago, W. Miller, 180 N. La Salle St., Chicago, IL 60601. 312/236-1315.

June 16-17. Indy Senior Classic, Indianapolis, IN. Bob Coughlin, 305 S. Barton, Indianapolis, IN. 46241.

June 30. Open & Masters Meet, Chicago. W. Miller, 180 N. La Salle St., Chicago, IL 60601. 312/236-1315.

June 30. Cleveland Track Classic, Cleveland, OH. Jeff Gerson, 6509 Marsol Rd., No. 308, Mayfield Hts., OH 44124.

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Van Nuys, CA 91404

July 28. TAC Midwest Regional Masters Championships, Chicago. W. Miller, 180 N. La Salle St., Chicago, IL 60601. 312/236-1315.
August 8. Heights Summer Classic, Cleveland Hts., OH. Dorothy Davis, 2155 Miramar Rd., University Hts., OH 55118.

MID-AMERICA

January 7. TAC Mid-America Regional Indoor Masters Championships, Nebraska Wesleyan U., Lincoln, Noon. Forrest Dolving, 5030 S. 65 St., Lincoln NE 68516.
January 7, 14, 28. Indoor Meets, U. of Colorado-Boulder Fieldhouse, 1:00 p.m., 20-39, 40+. David Troy/Gordon Fox, 303/492-7931.
February 11, 26. Indoor Open & Masters Meet, U.S.A.F. Academy Fieldhouse, Colorado Springs, Colorado. 9:00 a.m. Steve Kaeuper, 303/388-8180; Jerry Donley, 303/635-1264.
March 4. TAC Colorado Indoor Open and Masters Championship Meet, U.S.A.F. Academy, Colorado Springs, Colorado. Steve Kaeuper 303/388-8180; Jerry Donley 303/635-1264.
May 28-31. Senior Olympics, St. Louis, Senior Olympics, Jewish Community Centers, 2 Millstone Campus Drive, St. Louis MO 63146. 314/432-5700.
August 12. Chillicothe Masters and Senior Olympics, Chillicothe, MO. Joe Shy, Box 745, Chillicothe, MO 64601.
September 1-2. Rocky Mountain Masters Games, Denver, CO. Jim Weed, 11672 E. 2nd Ave., Aurora, CO. 80010. 303/341-2980.

SOUTH WEST

May 26. TAC Southern Assn. Masters Championships, New Orleans, LA. Danny Thiel, 1459 Verna Ct., New Orleans, LA 70119.
June 23. TAC Southwest Regional Masters Championships, U. of Texas-Arlington (Dallas area). Joe Murphy, 4308 N. Central Expwy, S-206, Dallas, TX 75206.
July 21. Texas Masters Championships, U. of Texas-Arlington (Dallas area). Joe Murphy, 4308 N. Central Expwy, S-206, Dallas TX. 75206

WEST

January 7, 14, 21, 28. Cal State Dominquez Hills All Comers Meets. 213/516-3513.
January 14, 21. February 4. Cal State Los Angeles All Comers Meets, Los Angeles, CA. 10:00 am (field); 11:00 (track). Calvin Brown, 213/428-3141.
January 27. February 3, 10. Cal State Long Beach All Comers Meets. John Tansley. 213/498-4666.
January 22. College of the Desert Meet, All-comers. Grass track. Palm Desert, Calif. 11:30 a.m. Shirley Davisson, 14700 Rodeo Rd., Victorville CA 92492.
February 11. Masters Relays, Bakersfield, Calif. (400, 800, 1600, 3200, Sprint & Distance Medley plus M40 & M50 100-meters.) Bill Knocke, 4845 E. Madison, Fresno CA 93727. 209/252-5349.
February 25. 7th Annual City of Orange Spring Masters Games, Santa Ana College, Santa Ana, CA. Larry Sallinger, 203 E. Monroe Orange, CA 92667.
April 14. Central California TAC Assn. Masters Championships, Fresno, CA. Hugh Adams, 7904 S. McCall, Selma, CA 93662.
April 15. Mt. SAC Relays, Mt. SAC College, Walnut, CA. Some masters events. Hal Smith, 18720 Oxnard St., No. 404, Tazana, CA 91356. 213/342-1174.
April 21-22. Masters T&F Meet, Las Vegas,

NV. Tentative. See Bill Adler, April 28-29 meet below.
April 28. Sacramento Relays. Open and Masters. Calif. St. U. Sacramento, CA. Bob Cooper, 24 College Park, Davis, CA 95616. 916/756-4088.
April 28-29. Olympic Legends Masters T&F Meet, Los Angeles, CA. Bill Adler, LA-VAC, 1801 Ave. of the Stars, Suite 415, Los Angeles, CA 90067. 213/557-2422.
May 5. West Coast Masters Classic Championships Visalia, CA. Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.
May 12. Redlands Evening Kiwanis Masters, Redlands, CA. Howard "Buzz" Wagner, 1522 Margarita Dr., Redlands, CA 92373.
May 19-20. TAC Pacific Open & Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030. 408/354-7333.
May 26. Anteaters Masters Meet, U.C. Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar CA 92625. 714/673-2025.

June 9. USC Masters Meet, Cromwell Field, USC, Los Angeles. Jim Vernon, 1147 W. Rowland Ave., West Covina CA 91790.
June 16-24. U.S. Olympic Trials, Los Angeles.
June 23-24. TAC Western Regional Masters Championships, Occidental College, Los Angeles, CA. Gary Miller, 1740 Grandview Av., Glendale, CA 91201. 213/843-2139.
July 7. Northern California Seniors TC Masters Track Classic, Berkeley, CA. Mark Grubi, PO Box 4512, San Francisco, CA 94101.
July 13-15. Taco Bell Open and Masters Meet, Fresno State U., Fresno, CA. Red Estes, CSUF Athletic Dept., Fresno, CA 93740. 209/294-4097.
October 6. Club West Masters, Goleta, CA. George Adams, PO Box K, Goleta, CA 93116.

NORTHWEST

June 16. Fifth Annual Senior Sports Festival, Seattle, WA. Brenda Weatherford, 425 S. W. 144th, Seattle, WA 98166.
June 30-July 1. Hayward Classic, Eugene, OR. Lew Thorne, 3745 Potter, Eugene, OR 97405.
July 20-21. TAC Northwest Regional Masters Championships, Gresham, Oregon. Jim Puckett, Mt. Hood College, 26000 S.E. Stark, Gresham, OR 97030.
August 10-11 (tentative). Sixth Montana Masters T&F Championships, Bozeman, MT. Mike Carignan, Box 1766, Bozeman, MT 59771.

CANADA

January 28. Ontario Masters Indoor Championships, York U., Toronto, Ont. Art Rappich, 86 Gloucester St., No. 1105, Toronto, Ont. M4Y 2S2.
June 9-10. Ontario Masters Championships, Oshawa Civic Fields. Mendal Smith, 26 Lake Driveway East, Ajax, Ont. L1S 3N6.
July 7-8. Canadian Masters Championships, Richmond, British Columbia. Don Trethewey, 8451 Dorval Rd., Richmond, B.C. V7C 3J1.
July 14. Ontario Masters Pentathlon Championships, Toronto. Art Rappich, 86 Gloucester St., No. 1105, Toronto, Ont. M4Y 2S2.
August 17-19. Pan-American Masters Championships, Ottawa, Ontario. Danny Daniels, R.R. No. 3, Carp, Ont. KDA 1L0.

INTERNATIONAL

July 28-August 12. Olympic Games, Los Angeles.
July 29-30. British National Championships, Edinburgh, Scotland.
August 11-12. WAVA Decathlon Championships, Long Beach, CA. Gary Bane,

PO Box 6089, Orange, CA 92667. 714/998-4370h, 772-2811w.
August 20-25. IV European Veterans Track & Field Championships; Brighton, Worthing & Hove, England. Europeans only. Closed to Americans. Barbara Dunsford. 71 Hillside Crescent, South Harrow HA2 OQU, England. Sylvester Stein, 01-637-4383.
October 20-21. International Masters T&F Meet, Hong Kong. Margaret Brooke, GPO Box 10368, Central Hong Kong.

LONG DISTANCE RUNNING NATIONAL

February 5. TAC National Masters 5K Road Championships, Clearwater, FL. Separate races for men and women. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33516. 813/447-7161.
March 17. TAC National Masters 50K Championships, Hains Point, Washington, D.C.
March 25. TAC National Masters 20K Championships, Sacramento, Calif.
April 17. TAC National Masters 10K Road Championships, Brooklyn, N.Y. N.Y. Masters, 77 Prospect Place, Brooklyn N.Y. 11217.
May 6. TAC National Masters Marathon Championships, Lincoln, Nebraska. Lincoln TC, 2900 John Ave., Lincoln NE 68502.
May 27. TAC National Masters 25K Championships, Hains Point, Washington, D.C. Charles Desjardins, 5428 Southport Lane, Fairfax VA 22032. 703/250-7955.
July 17. TAC National Masters 15K Road Championships, Utica, N.Y.
November 3. TAC National Masters 15K Cross-country Championships, Houston.
November 17. TAC National Masters 10K Cross-Country Championships, Holmdel, N.J.
November 18. TAC National Masters 50-Mile Championships, Buffalo, N.Y.
November 24. TAC National Masters 5K Cross-country Chamionships, Seattle.
November 30. TAC National Masters Half-marathon Championships and Dayton River Corrido Classic, Dayton, Ohio.

EAST

March 10. N.Y. Masters 5-Mile Run, Flushing Meadow park, New York. NY Masters, 77 Prospect Place, Brooklyn.
March 18. St. Patty's 10 Miler & 3.1 Mile Runs, Oley, PA. Over \$150,000 in prizes, including 31 trips to Ireland. David F. Kennedy, RD No. 2, Box 473B, Reading, PA 19605. 215/926-4531.
April 1. Nike Cherry Blossom 10 Mile, Washington, DC. Limited to 4500 entries by lottery to Jan. 15. 703/979/0358.
April 8. 6th Annual Freihofer's 10K Run for Women (TAC National Open 10K Championship), Albany, NY. George Regan, 382 Broadway, Albany, NY 12207. 518/465-4573.
April 16. (Monday). Boston Marathon. BAA, 150 Causeway St., Boston MA 02114. (Qualifying standards: M40-49: 3:10; M50-59: 3:20; M60+: 3:30; Women 40+: 3:30).
April 21. N.Y. Masters 10K, Prospect Park, Brooklyn. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

SOUTHEAST

January 7. Orange Bowl Marathon, Miami. Runners International, 10585 S.W. 109 Court, Miami FL.
February 4. Orange Bowl 10K, Miami. Runners International, 10585 S.W. 109 Court, Miami FL. 33176.
March 10. Azalea Trail and RRCA Na-

tional Masters 10K Championships, Mobile, Alabama. 10K Run, PO Box 160927, Mobile AL 36616.
March 11. Anheuser-Busch Colonial Half-Marathon, Williamsburg, VA. Roy Chernock, PO Box 399, Williamsburg, VA 23187. 804/253-0633.

MIDWEST

January 1. Midwest Masters TAC 30K Road Championship, Lake Bluff, IL. W. Miller, 180 N. La Salle, Chicago, IL 60601. 312/236-1315.

MID-AMERICA

February 25. 9th Annual Statehood Day 10 Mile, Lincoln, NE. Roger Wiegand, 2400 Sheridan, Lincoln, NE 68502. 402/476-7260.

SOUTHWEST

February 12. Masters Fairgrounds Run Around (2.5 & 5 miles), Albuquerque, NM. Tom Bell, 5905 Concordia Rd. N.E., Albuquerque, NM 87111. 505/884-5701.

WEST

January 15. Mission Bay Marathon, San Diego, CA. SASE to Jeff Broido, 8811 Robinhood Land, La Jolla, CA 92037.
January 22. Super Bowl Sunday 10K, Redondo Beach, CA. Super Bowl Sun. 10K, PO Box 637, Redondo Beach, CA 90277.
January 28. Paramount 10K Run with Special Masters Division, Paramount, Calif. Details on page 9. 10K Run, 16400 Colorado St., Paramount CA 90723. 213/634-2123.
February 19. Los Angeles International Marathon, Santa Monica, CA. Qualifying times to enter. LA Marathon, 15115 1/2 Sunset Blvd., Pacific Palisades CA 90272. 213/459-5796 or 213/459-6666.

NORTHWEST

March 16-17. Emerald City Sports Medicine and Conditioning Seminar, Seattle, WA. Beverly Richdale, 1551 Northwest 54th, Suite 200, Seattle, WA 98107. 206/782-3383.
March 18. Emerald City Marathon, Seattle, WA. Kim Brown, 1815 7th Ave., Seattle, WA 98101. 206/447-7729.



World age 65-69 record holder and 100-meter gold medalist Payton Jordan strolling at the World Games in San Juan.

Photo by Gretchen Snyder

1983 HALF MARATHON RANKINGS AS OF SEPTEMBER 11, 1983

Compiled by the NATIONAL RUNNING DATA CENTER

half marathon		Men- 35 thru 39	
1:06:55a	Peter Hallop	36	Ann Arbor MI 28 May,MI-A
1:08:59a	Jerry Jobski	39	S Lake Tahoe CA 21 Aug,CA-A
1:10:02	Ben Wilson	35	Claremont CA 4 Jul,CA-A
1:10:30	Ricardo Martinez	36	Las Vegas NV 4 Jul,CA-A
1:10:32a	Arthur Hall	36	Staten Island NY 13 Mar,NY-A
1:10:42	Robert Vanier	35	Lebanon NH 17 Sep,VT-A
1:11:03	Greg Jewett	36	Berkeley CA 6 Feb,CA-A
1:11:05	William Dunn	35	Campbell CA 6 Feb,CA-A
1:11:12	Robert Day	38	Del Mar CA 4 Jul,CA-A
1:11:35	Abby Ebrahimi	36	San Jose CA 6 Feb,CA-A
	resident foreigner		
1:09:01a	Tim Hassall	36	Jersey City NJ 13 Mar,NY-A/GBR

half marathon		Men- 40 thru 44	
1:09:30	Bob Fischer	42	Newark NJ 8 Jan,GA-A
1:10:06	Sal Vasquez	43	Alameda CA 6 Feb,CA-A
1:10:24a	Jim Bowers	44	Santa Rosa CA 21 Aug,CA-A
1:10:26	Peter Van Garderen	42	Glens Falls NY 17 Sep,VT-A
1:10:53	Jerry Lynch	40	Santa Cruz CA 6 Feb,CA-A
1:11:34	Jerry Smith	40	Syracuse NY 17 Sep,VT-A
1:11:48	Joe Becerra	40	Burlingame CA 5 Mar,CA-A
1:11:49a	Stephen Lester	40	Magna UT 21 Aug,CA-A
1:12:05a	Mike Mahler	40	Santa Monica CA 21 Aug,CA-A
1:12:06a	Don Sleeman	44	Ann Arbor MI 28 May,MI-A
	resident foreigner		
1:11:18	David Hambly	43	Seattle WA 6 Feb,CA-A/GBR

half marathon		Men- 45 thru 49	
1:11:00	Ken Winn	45	Stone Mtn GA 8 Jan,GA-A
1:12:05	Jim Gallup	47	Honolulu HI 15 May,HI-A
1:13:09a	William Johnston	45	Salt Lake City UT 21 Aug,CA-A
1:14:25	Clyde Davidson	45	Emporia KS 5 Jun,MO-A
1:14:36	John Dugdale	48	Ridgefield CT 17 Sep,VT-A
1:15:13a	Rex Perrine	46	Garden City MI 28 May,MI-A
1:15:37	Gerald Koch	48	8 Jan,GA-A
1:15:52	Doug Latimer	45	Redwood City CA 27 Mar,CA-A
1:17:02	Jerzy Sulek	46	Brooklyn NY 28 Aug,NY-A
1:17:33	Wolf Mashon	47	5 Sep,WA-A
	resident foreigner		
1:12:35a	Fritz Mueller	46	New York NY 13 Mar,NY-A/FRG

half marathon		Men- 50 thru 54	
1:12:10a	Norman Green	51	Wayne PA 21 Aug,CA-A
1:14:17	Bill Foulk	50	West Lebanon NH 17 Sep,VT-A
1:15:48a	Norman Eastman	52	Lansing MI 28 May,MI-A
1:15:55	Ulrich Kaempf	52	Los Altos CA 27 Mar,CA-A
1:16:30a	Gaylon Jorgenson	54	Highland UT 21 Aug,CA-A
1:17:23	Everett Riggle	50	Chico CA 5 Mar,CA-A
1:18:37	Norman McAbee	51	San Francisco CA 4 Jul,CA-A
1:18:44	Jim Brownsfield	50+	4 Jul,CA-A
1:19:01	Eugene Silver	52	San Jose CA 6 Feb,CA-A
1:19:05	Bob Brock	50	Marcellus NY 17 Sep,VT-A

half marathon		Men- 55 thru 59	
1:18:09	Jim O'Neil	58	San Diego CA 4 Jul,CA-A
1:20:21a	Don Dixon	55	Hastings/Hudsn NY 13 Mar,NY-A
1:21:29	Orlo Keniston	56	5 Sep,WA-A
1:23:09a	Fred Holappa	55	Plymouth MI 28 May,MI-A
1:23:44	Jerry Morrison	59	Parkville MO 5 Jun,MO-A
1:24:35	Scott Hamilton	55	Honolulu HI 15 May,HI-A
1:25:19	Bart Holm	57	Wilmington DE 17 Sep,VT-A
1:25:31	Don Carpenter	55	27 Mar,CA-A
1:25:41a	Harry Berner	59	Lyndhurst NJ 19 Jun,NY-A
1:26:17	Herman Grotheer	57	8 Jan,GA-A

half marathon		Men- 60 thru 64	
1:24:48a	Jim McCown	61	San Diego CA 10 Apr,CA-A
1:25:25	Harold Daughters	62	Upland CA 4 Jul,CA-A
1:28:12	Art Holzman	60+	4 Jul,CA-A
1:29:04	Hugh Short	61	Chittenden VT 17 Sep,VT-A
1:29:12	Michael Bertolini	62	Bridgeton NJ 27 Mar,DE-A
1:31:49	Thomas Gibbons	62	Bellerose NY 28 Aug,NY-A
1:33:52	George Sheehan	64	Red Bank NJ 28 Aug,NY-A
1:33:53a	Bob Rogan	61	Shrub Oak NY 19 Jun,NY-A
1:33:55a	Peter Mahta	61	New York NY 13 Mar,NY-A
1:34:02	John Gilkey	61	Los Altos CA 27 Mar,CA-A

half marathon		Men- 65 thru 69	
1:27:49	Paul Reese	65	Sacramento CA 5 Mar,CA-A
1:28:27a	Wayne Zook	66	San Diego CA 10 Apr,CA-A
1:29:57	John Holoubek	66	Lompoc CA 17 Apr,CA-A
1:32:28	Fleetwood Fesmire	65	White House TN 8 Jan,GA-A
1:35:09a	John Woods	65	Washington DC 8 May,NC-A
1:36:30a	Wilfredo Rios	66	Bellerose NY 13 Mar,NY-A
1:39:50	Wilson Vible	65	Wilmington DE 27 Mar,DE-A
1:41:36	Mac Osborn	69	Danville CA 5 Mar,CA-A
1:44:42	Morris Kadish	65	San Francisco CA 6 Feb,CA-A
1:47:27a	George Jaffe	67	Brooklyn NY 13 Mar,NY-A

half marathon		Men- 70 thru 74	
1:36:03	William Brobston	70	Saugerties NY 17 Sep,VT-A
1:47:00	Vernon Geary	70	Williamsburg VA 13 Apr,VA-A
1:53:11	Mel Shine	73	Lafayette CA 6 Feb,CA-A
1:55:57	Norman Bright	73	Seattle WA 5 Sep,WA-A
1:57:49a	Leon Ivin-Rybak	71	Bronx NY 19 Jun,NY-A
1:59:20	John Stout	72	5 Sep,WA-A
1:59:21a	Luis Martin	71	Upr Montclair NJ 19 Jun,NY-A
2:05:17	Howard Calkin	72	Oregon MO 5 Jun,MO-A
2:05:44a	Nixon Caldwell	70+	8 May,NC-A
2:09:24	Frederic Webster	71	South Pomfret VT 17 Sep,VT-A

half marathon		Men- 75 thru 79	
1:37:51	Ed Benham	75	Ocean City MD 13 Apr,VA-A
1:56:37a	Max Popper	79	Flushing NY 13 Mar,NY-A
2:15:21a	William Brown	79	Brooklyn NY 13 Mar,NY-A

half marathon		Men- 80 thru 84	
1:59:21	Max Popper	80	Flushing NY 28 Aug,NY-A
2:25:40	Paul Spangler	84	San Luis Obspo CA 17 Apr,CA-A

half marathon		Women- 35 and 39	
1:16:08a	Gabriele Anderson	38	Sun Valley ID 21 Aug,CA-A
1:16:19	Laurie Binder	36	Oakland CA 24 Sep,NY-A
1:19:04	Madeline Harmeling	38	Merrick NY 24 Sep,NY-A
1:21:06	Kathleen Kaiser	36	Chico CA 5 Mar,CA-A
1:22:44	Judy Dodge	36	San Diego CA 4 Jul,CA-A
1:23:29	Karen Lanterman	38	Hillsborough CA 6 Feb,CA-A
1:23:38a	Bobbi Rothman	37	Miller Place NY 19 Jun,NY-A
1:24:39	Joanne Portaro	35	NY 24 Sep,NY-A
1:24:41	Judy Kewley	38	Simi Valley CA 4 Jul,CA-A
1:25:28	Margaret Dessau	36	New York NY 24 Sep,NY-A
	resident foreigners		
1:16:46a	Heather Thomson	37	Boulder CO 21 Aug,CA-A/NZL
1:19:38	Angella Hearn	37	New York NY 24 Sep,NY-A/GBR
1:23:18a	Chris Hearn-Grenning	37	New York NY 13 Mar,NY-A/GBR

half marathon		Women- 40 and 44	
1:19:33a	Cindy Dalrymple	41	New York NY 19 Jun,NY-A
1:26:18	Patty Lee Parmalee	43	New York NY 24 Sep,NY-A
1:26:34	Joyce Gibbs	41	Cupertino CA 6 Feb,CA-A
1:27:55	Lina Connors	41	New York NY 24 Sep,NY-A
1:28:02a	Anna Thornhill	42	New York NY 13 Mar,NY-A
1:28:37a	Elizabeth Burt	41	Ann Arbor MI 28 May,MI-A
1:28:49	Jean Shuler	41	Livermore CA 6 Feb,CA-A
1:29:12	Birthe Kirsch	43	Kensington CA 6 Feb,CA-A
1:30:09a	Nancy Courter	40	Bonita CA 10 Apr,CA-A
1:30:40	Erlene Michener	40	Oxford PA 27 Mar,DE-A

half marathon		Women- 45 and 49	
1:26:23	Mimi Lerner	46	St James NY 24 Sep,NY-A
1:26:47	Helene Bedrock	47	Cliffside Park NJ 24 Sep,NY-A
1:28:06	Heidi Skaden	45	Sacramento CA 5 Mar,CA-A
1:28:35	Nancy Hellyer	47	Steilacoom WA 5 Sep,WA-A
1:31:01a	Faye Heldoorn	46	San Diego CA 10 Apr,CA-A
1:31:16a	Karen Holappa	46	Plymouth MI 28 May,MI-A
1:32:43	Gudrun Philips	47	New York NY 24 Sep,NY-A
1:33:17	Susie Bartels	46	Kailua HI 15 May,HI-A
1:34:39a	Mary Van Camp	46	Ann Arbor MI 28 May,MI-A
1:34:50	Joyce Maret-Fletcher	48	New York NY 24 Sep,NY-A

half marathon		Women- 50 and 54	
1:31:44	Margarete Deckert	50	Lagrangeville NY 24 Sep,NY-A
1:32:01a	Toshiko D'Elia	53	Ridgewood NJ 13 Mar,NY-A
1:33:46	Anne Johnson	54	Olivenhain CA 4 Jul,CA-A
1:34:23a	Alicia Moore	52	New York NY 13 Mar,NY-A
1:35:16a	Dorothy Stock	50	La Mesa CA 10 Apr,CA-A
1:36:32	Ruth Anderson	53	Oakland CA 6 Feb,CA-A
1:38:18	Nicki Hobson	52	Del Mar CA 4 Jul,CA-A
1:38:57	Alma Kunes	50	Levittown PA 24 Sep,NY-A
1:39:31	Christa Curtis	52	Durham NH 17 Sep,VT-A
1:40:29	Elizabeth Ross	52	Los Gatos CA 5 Mar,CA-A

half marathon		Women- 55 and 59	
1:38:48	Mary Storey	59	Riverside CA 4 Jul,CA-A
1:39:46	Billie Murphy	56	Tacoma WA 5 Sep,WA-A
1:43:01	Anne Trigg	58	St Petersburg FL 8 Jan,GA-A
1:51:03	Ruth Painter	56	Williston VT 17 Sep,VT-A
1:57:17a	Shirley Tobin	56	10 Apr,CA-A
2:00:31	Sue Kuschner	55	Baldwin NY 24 Sep,NY-A
2:01:40a	Phyllis Solberg	55	Dearborn MI 28 May,MI-A
2:02:22	Eva Brown	57	29 Jan,TX-A
2:02:29	Jane Nightingale	57	Dallas TX 17 Sep,VT-A
2:04:28	Luisa Hansen	55	Walnut Creek CA 6 Feb,CA-A

LONG DISTANCE RESULTS

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

BUFFALO RUN 5 MILE LINCOLN, NEBRASKA SEPTEMBER 11, 1983

1st Overall

Kregg Einspahr	23	25:00.7
Sara Stricker	21	28:50.1

35-39 Men

Jack McVay	35	27:10.9
Dave Wishart	37	27:45.0
Steve Soberski	36	27:56.0

35-39 Women

Sylvia Wiegand	38	35:51.5
Rebecca Hargrove	39	37:24.8
P.J. Peters	36	38:05.1

40-44 Men

Ray Stevens	42	26:36.2
Don Dickmeyer	43	28:08.9
Jeff Chevront	44	29:17.3

40-44 Women

Kathy Loper	41	31:07.4
Karen Bestul	41	36:58.4
Sue Darlington	42	39:13.0

45-49 Men

Richard Endacott	45	29:34.9
Don Jarmin	46	29:48.3
James Culver	48	30:28.2

45-49 Women

Clay Capek	48	40:58.7
Beth Sinner	49	53:46.3
Dani Weinberg	47	53:56.7

50-54 Men

Eugene Hart	51	31:15.6
George Hejda	52	32:33.3
Bob Brown	52	34:17.1

50-54 Women

Ann Brown	52	40:10.5
Bonnie Maschka	50	47:35.5

55-59 Men

Albert Showen	58	32:47.8
Harry Crockett	56	35:18.1
Dale Tracy	57	36:30.6

60+ Men

Poger Cutshall	60	33:23.8
Earl Barnawell	60	38:08.8
Clarence Osborn	65	41:54.9

INTERAGENCY 3/6K WASHINGTON, DC SEPTEMBER 21, 1983

3K

1 James Anderson	23	10:08
2 Tom Kurihara	48	10:13
4 Herb Chisholm	57	10:40
7 Tony Diamond	54	11:10
9 T. Kirkpatrick	49	11:16
11 Garry DeLoss	40	11:30
15 Ned Sloan	45	11:34
17 Mike Rose	43	11:43
21 Dave Schlechty	41	12:54
24 Frank Raue	51	13:30
25 Stinson Miller	48	13:38
28 Jack Boldt	60	13:54
29 John Dooley	46	14:15
31 Jeanné Ulrich	43	14:35

6K

1 Don Costello	35	20:13
7 Tom Sheahan	42	21:59
12 Bill Sanford	42	23:25
14 C. DesJardins	46	23:41
15 George Cushman	45	23:43
16 Matthew Jaffe	42	24:01
20 Dan Gardner	48	25:32
28 Francis Bourme	40	30:17
31 Steve Swift	40	32:10

10K RACEWALK; SEATTLE, WA; 9/24/83

M40 Ed Sobczynski	65:18
Dean Ingram	65:56
M45 N. Vanderstaay	68:06
M50 Paul Kaald	56:10
M55 Bob Wilson	68:09
W45 Bev LaVeck	55:21
W50 Anne Rogers	78:52
W55 Loretta Shaver	89:50

CAPITAL CITY 8&20K LINCOLN, NEBRASKA OCTOBER 8, 1983

8K

M40-49	
Bob Elwood	49 28:23
Jon Kunitake	40 28:54
Albert Maxey	45 29:33

M50+

George Hejda	52 31:33
Albert Showen	58 32:09
Duane Epp	51 34:32

W35-39

Rebecca Hargrove	39 36:37
Lori Fleek	39 38:27
Kathleen Lamm	36 38:44

W40-49

Karen Bestul	41 35:40
Jeanne Glenn	47 35:57
Susan Madsen	40 36:05

W50+

Bonnie Maschka	50 44:21
Bette Belland	54 47:32

20K

M40-49	
Lowell Gaither	45 1:08:01
Ray Stevens	43 1:09:27
Jeff Chevront	45 1:14:14

M50+

Bob Stear	57 1:26:40
Donald Day	50 1:28:07
Bob Brown	52 1:30:13

W35-39

Barbara Ross	38 1:29:22
Wanda Angell	37 1:35:40
Darlene Tussing	36 1:39:27

W40-49

Bobbi McGinn	40 1:39:14
Carol Deman	42 1:42:23

W50+

Ann Brown	52 1:47:51
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AMERICA'S MARATHON CHICAGO, ILLINOIS OCTOBER 16, 1983

M40-44

Roger Pflugfelder	2:32:05
John Nair	2:39:12
Richard Cochran	2:41:50
Armando Huezo	2:44:55
Robert Ramsay	2:45:25
Maurice Hallihan	2:45:45
Tom McKernan	2:45:46
John Lydon	2:46:00
Maurice Weitlauf	2:48:38
Martin Kraimer	2:49:23

M45-49

G. Anagnostopoulos	2:37:05
Fred Hammond	2:41:35
Bob Roberts	2:48:26
Tom Soper	2:52:33
Fred Yeager	2:54:17
Fred Buffett	2:56:25
Ken Sells	2:56:38
Robert Malleswski	2:58:06

M50-54

David Schertz	2:49:00
Hilary Lenze	2:54:00
James Ochman	2:55:19
James Heim	3:01:41
Walter Jenkins	3:04:50

M55-59

Forrest Miller	3:07:44
Joe Powers	3:08:37
Joe Petrolino	3:11:15

M60-64

Warren Utes	3:02:03
Bernard O'Keefe	3:12:44
Harry Roberts	3:15:41

M65-69

Charles Ogilvie	3:16:52
Floyd Smithberg	3:40:45
Clarence Towns	4:07:11

M70+

Ben Chick Mostow	5:27:30
Mike Riban	5:35:43

W40-44

Sue Nebel	3:15:51
Judy Tolliver	3:23:23
Cynthia Schaulis	3:26:53
Rosie Anderson	3:28:47
Moon Kim	3:30:09

W45-49

Laura Tingle	3:07:15
Jeanette Wells	3:33:39
Arlene Mayer	3:43:01

W50-54

Matilee Christman	3:30:18
Jo Gonse	4:24:04
Mary Cosentino	4:39:49

W55-59

Dorothy Russell	3:58:43
Emily Eilers	4:08:20
Michiko Fisher	4:19:46

W60-64

Lynn Edwards	4:09:44
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W65-69

Algene Williams	4:17:44
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W70+

Anne Clarke	4:59:28
Ida Mintz	5:00:37



Cindy Dalrymple crosses line in Moving Comfort 10KM - Washington, DC (34:47). Photo by Ellen Verden

ARCO RUN LA 5K UCLA; OCT. 16, 1983

1st Overall

Farron Fields	22 14:48
A. Villanueva	20 17:58

M40-44

James Murphy	44 17:06
Roy Gardner	40 17:49
Chas. McTaggart	41 18:36

M45-49

Tom Fletcher	45 18:39
Jerry Meter	45 18:40
Jerry Shourds	47 19:19

M50-54

Jerry Withers	54 18:09
Leonard Walts	54 19:46
John VanEdmond	50 20:02

M55-59

Pat Devine	55 18:16
Jerry Soto	55 18:30
William Toomen	57 19:15

M60+

David Cohen	64 21:11
Stanley Neufeld	60 21:52
Ed Stotsenberg	69 22:30

W35-39

M. Mitchell	36 20:09
Linda Monroe	35 23:02
Morena Fortie	35 23:18

W40-44

Jan Archibald	40 21:30
Wanda Norman	43 24:06
Patricia Roland	40 24:36

W45-49

A. Fujimoto	48 22:24
Jane Dods	47 23:09
M. Harrison	45 24:46

W50-54

Sheila Murray	50 26:53
Sharon Marcus	53 27:18
B. Thrutchley	52 33:47

W55-59 no finishers

W60+

D. Stotsenberg	69 31:20
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TAC NATIONAL MASTERS 5K ROAD CHAMPIONSHIPS; LITTLE ROCK, AR; 10/22/83

PLACE	NAME	AGE	TOWN	OVERALL FINISH	TIME
1	Bob Mohler	42	Houston, Tx.	001	16:14.1
2	Tom Mayfield	44	San Angelo, Tx.	003	16:21.7
3	Ken Gould	40	Little Rock, Ar.	004	16:37.3
4	Don Cave	44	Little Rock, Ar.	009	17:19.0
5	Rick Dailey	42	Monroe, La.	010	17:40.4
6	Bob Cochran	40	Fayetteville, Ar.	011	17:44.1
7	David Edwards	43	Fayetteville, Ar.	014	17:52.0
8	Tom Layton	42	North Little Rock, Ar.	018	17:58.3
9	Neal Picken	42	Bentonville, Ar.	020	18:10.9
10	Wayne Elliot	44	Little Rock, Ar.	021	18:11.6
11	Robert Meech	42	North Little Rock, Ar.	024	18:35.5
12	Nick Williams	40	Little Rock, Ar.	025	18:36.8
13	David Samuel	40	Glenwood, Ar.	027	18:42.4
14	David Drennan	41	Benton, Ar.	028	18:46.3
15	Wayne Bennett	40	Sherwood, Ar.	029	19:00.7
16	William Dauge	42	Benton, Ar.	030	19:09.8
17	David Guerra	41	Little Rock, Ar.	034	19:18.0
18	Charley Peyton	41	Little Rock, Ar.	038	19:19.5
19	Cliff Sharp	44	Searcy, Ar.	038	19:37.8
20	Ron Pyle	43	Little Rock, Ar.	040	19:43.0
21	Dave Repella	41	North Little Rock, Ar.	041	19:48.2
22	Mike Rlythe	42	Hot Springs, Ar.	042	19:50.4
23	Mark Spradley	41	Little Rock, Ar.	043	20:00.0
24	Tom Jiskra	42	Conway, Ar.	044	20:00.5
25	Dawson Mase	40	Little Rock, Ar.	045	20:07.9
26	Robert Rainwater	42	North Little Rock, Ar.	047	20:10.9
27	Taylor Williams	41	North Little Rock, Ar.	048	20:11.7
28	Steve Eubanks	40	Little Rock, Ar.	051	20:15.2
29	David Barnes	44	Crossett, Ar.	053	20:25.4
30	Dale Wintroath	44	Little Rock, Ar.	054	20:28.2
31	Dennis Berry	41	Benton, Ar.	055	20:38.3
32	Jack Jumper	41	Conway, Ar.	056	20:39.2
33	Rudy Reid	41	Jacksonville, Ar.	060	20:44.8
34	Steve Boling	42	Hot Springs, Ar.	061	20:47.5
35	Bruce Wesson	40	Little Rock, Ar.	067	21:07.4
36	Richard Thompson	41	Harrison, Ar.	068	21:08.2
37	Larry Ellis	44	Benton, Ar.	070	21:10.3
38	Gerald Savell	42	Benton, Ar.	073	21:24.9
39	Dan Clinton	44	Hot Springs, Ar.	074	21:25.7
40	Ralph McKenna	43	Conway, Ar.	077	21:35.3
41	Wayne Thompson	40	Moro, Ar.	079	21:42.9
42	Charles Frith	44	Little Rock, Ar.	081	21:45.9
43	John Woodruff	42	Little Rock, Ar.	082	21:46.1
44	Gary Tidwell	40	Little Rock, Ar.	083	21:46.4
45	Dennis Moring	41	Little Rock, Ar.	084	21:46.6
46	Dennis Lynch	41	Little Rock, Ar.	085	21:49.8
47	Charles Johnson	40	Little Rock, Ar.	094	22:09.5
48	John Binz	41	Little Rock, Ar.	096	22:19.9
49	Man Glamele	40	Little Rock, Ar.	097	22:20.8
50	Jason Reynolds	40	Maumelle, Ar.	099	22:24.1
51	Mika Wilson	42	Jonesboro, Ar.	100	22:28.6
52	Lee Muncy	43	North Little Rock, Ar.	104	22:37.0
53	Jim Bleckley	42	Little Rock, Ar.	109	22:46.0
54	Jim Doshier	40	Little Rock, Ar.	111	22:55.1
55	Jerry Tipton	44	Little Rock, Ar.	113	23:02.2
56	Joe Matthews	43	Little Rock, Ar.	114	23:02.7
57	John Matsek	40	Little Rock, Ar.	118	23:15.6
58	Larry Franklin	41	Little Rock, Ar.	121	23:36.9
59	Les Huddleston	43	Little Rock, Ar.	123	23:39.9
60	Markham Howe	43	Little Rock, Ar.	125	23:46.2
61	Charles Eudy	40	Sherwood, Ar.	126	23:47.1
62	Bill May	44	Little Rock, Ar.	128	23:53.2
63	George Benkert	40	North Little Rock, Ar.	129	23:58.8
64	Ken Nix	44			

35	Samuel Trotter	45	Little Rock, Ar.	137	24:33.6
36	Richard Stephens	47	Little Rock, Ar.	141	24:52.0
37	James Reinhardt	49	Dallas, Tx.	143	25:03.8
38	Frank Hudson	48	Conway, Ar.	144	25:05.0
39	Bill Carter	45	Pine Bluff, Ar.	147	25:34.0
40	Wayne Jarvis	48	Fort Smith, Ar.	149	25:40.9
41	Glynn Braswell	47	Little Rock, Ar.	150	25:41.7
42	Terrel Gipson	46	North Little Rock, Ar.	152	25:53.1
43	Michael Margulies	48	Dallas, Tx.	155	26:19.5
44	Sonny Fisher	48	Little Rock, Ar.	160	27:44.5
45	Bill Rutherford	49	Little Rock, Ar.	162	28:43.5

50-54 MALE

1	Sam Turnbull	50	Jackson, Miss.	007	16:48.0
2	Hayes McKinnie	50	Little Rock, Ar.	023	18:22.5
3	Alvin Gunnell	51	Stuttgart, Ar.	026	18:41.0
4	Patrick Carithers	52	North Little Rock, Ar.	032	19:14.4
5	Jim Hickman	50	Bryant, Ar.	037	19:37.6
6	Ken Karty	54	Idabel, Ok.	039	19:38.0
7	Jim Flack	50	Little Rock, Ar.	057	20:39.5
8	Bob Noble	52	North Little Rock, Ar.	058	20:40.0
9	Billy McKelvey	51	North Little Rock, Ar.	059	20:40.4
10	Waymon Harrell	54	Beebe, Ar.	063	20:49.2
11	Barry Lawrence	51	Little Rock, Ar.	072	21:23.6
12	Parker Johnston	53	Benton, Ar.	075	21:33.4
13	Ben Ewing	53	Benton, Ar.	089	21:56.7
14	J. W. Rodgers	51	Pine Bluff, Ar.	091	22:03.2
15	Jim Meadors	54	Wynne, Ar.	093	22:04.5
16	Bill Russell	50	Little Rock, Ar.	105	22:38.1
17	Bob Bata	50	Dardanelle, Ar.	107	22:41.2
18	Louis Mulkey	52	Mabelvale, Ar.	116	23:07.3
19	Carl Northcutt	50	Stuttgart, Ar.	124	23:42.4
20	Emmett Pipkins	52	Stuttgart, Ar.	139	24:40.5
21	Raymond Ramsey	51	Little Rock, Ar.	145	25:24.7
22	Henry Rector	52	Little Rock, Ar.	148	25:39.3
23	John Honey	50	Little Rock, Ar.	156	26:37.7
24	John Land	53	Maumelle, Ar.	165	29:14.3

55-59 MALE

PLACE	NAME	AGE	TOWN	OVERALL FINISH	TIME
1	Ken Carman	55	Garden City, Mich.	015	17:54.0
2	Pat Devine	55	San Pedro, Ca.	016	17:54.8
3	Bill Hoffman	55	Little Rock, Ar.	033	19:17.2
4	Deloy Lawson	56	Corning, Ar.	050	20:14.6
5	Jim Mullins	59	Fort Smith, Ar.	052	20:23.4
6	Robert Abernathy	59	Little Rock, Ar.	071	21:15.3
7	Douglas James	58	Fayetteville, Ar.	088	21:56.0
8	Boyd Mill	55	Fort Collins, Colo.	119	23:20.8
9	Clint Cusick	58	Benton, Ar.	131	24:04.9
10	David Miller	55	Little Rock, Ar.	140	24:42.9
11	Harry Broening	57	Little Rock, Ar.	157	27:02.5
12	Joseph Jones	59	North Little Rock, Ar.	166	29:15.1
13	Neal Blair	59	Little Rock, Ar.	167	30:10.8

60-OVER MALE

1	Dorse Dubois	70	San Antonio, Tx.	061	20:47.5
2	Everett Bolton	66	Brookland, Ar.	090	22:00.3
3	Nash Abrams	60	Little Rock, Ar.	092	22:03.6
4	Bob Boal	71	Wake Forest, N. C.	102	22:30.0
5	Jim Brewer	65	North Little Rock, Ar.	108	22:42.3
6	Herb Parker	72	Texarkana, Ar.	112	22:55.8
7	Bill Pumphrey	61	Little Rock, Ar.	122	23:39.3
8	David Powell	60	Benton, Ar.	135	24:26.1
9	Aubrey Wilson	61	Jonasboro, Ar.	136	24:31.1
10	A. W. Woodard	63	Little Rock, Ar.	142	24:55.3
11	Bob Fisher	64	Clarksville, Ar.	146	25:32.1
12	James Guthrie	63	Camden, Ar.	151	25:52.9
13	Bob Burks	66	Vilonia, Ar.	163	28:51.4

40-44 FEMALE

1	Bette Poppers	41	Littleton, Colo.	001	18:25.8
2	Mary Jo Gillaspay	42	Houston, Tx.	002	19:36.9
3	Maribeth Frazer	42	Warren, Ar.	004	20:42.6
4	Judy Funderburk	42	Longview, Tx.	007	22:23.3
5	Joan Scarlata	42	Cabot, Ar.	010	23:26.3
6	Candy Ware	41	Greenwood, Ar.	011	23:41.7
7	Ann Moore	42	Jacksonville, Ar.	015	24:56.1
8	Betty Robinson	42	London, Ar.	018	26:10.7
9	Shala Shult	40	Little Rock, Ar.	019	26:14.4
10	Faye Wilkerson	40	North Little Rock, Ar.	022	27:05.1
11	Libby Smith	42	Little Rock, Ar.	028	29:20.5
12	Marilyn Bonds	41	Crossett, Ar.	029	30:53.9
13	Donnie Boyd	43	Little Rock, Ar.	032	32:41.3
14	Judy Johnson	43	Little Rock, Ar.	034	33:56.6

45-49 FEMALE

1	Donna K. Wright	48	Bartlesville, Ok.	003	20:30.9
2	Shirley Acchione	48	Little Rock, Ar.	005	22:04.5
3	Pat Watkins	48	Stuttgart, Ar.	006	22:08.0
4	JoAnn Layton	46	North Little Rock, Ar.	012	23:53.4
5	Betty Ray	48	Little Rock, Ar.	013	24:12.0
6	Pat A. Gordon	47	London, Ar.	024	27:43.2
7	June Taylor	45	Little Rock, Ar.	027	29:12.5
8	Janie Chwalinski	46	North Little Rock, Ar.	031	32:08.5
9	Helen Colley	49	North Little Rock, Ar.	037	35:09.2

50-54 FEMALE

1	Betty Carithers	52	North Little Rock, Ar.	009	23:12.0
2	Sally Johnson	52	Little Rock, Ar.	014	24:51.1
3	Martha Rodgers	50	Pine Bluff, Ar.	016	25:52.3
4	Audrey Ferrari	50	Stuttgart, Ar.	020	26:38.3
5	Dolores Manson	50	Mabelvale, Ar.	021	26:47.3
6	Donna Moore	51	Little Rock, Ar.	025	27:53.7
7	Eleanor Connelly	53	Little Rock, Ar.	030	31:24.5

PLACE	NAME	AGE	TOWN	OVERALL FINISH	TIME
1	Carol Cartwright	55	Rosedale, Ca.	008	23:02.8
2	Shirley Pence	57	Little Rock, Ar.	017	26:06.9
3	Rosalind Abernathy	58	Little Rock, Ar.	023	27:07.7
4	Loretta Longinotti	55	Little Rock, Ar.	035	33:59.4
5	Christene Fisher	57	Clarksville, Ar.	036	34:00.9

60-OVER FEMALE

1	Elizabeth Gann	61	Mabelvale, Ar.	026	28:19.6
2	Grace Hinson	60	Little Rock, Ar.	033	33:08.7
3	Dorothy Gillow	64	Little Rock, Ar.	038	42:36.0

Governor's Cup 15K
Lincoln, Nebraska
October 23, 1983

35-39 Men

Rod Yost	37	51:33.4
Jay Dirksen	38	52:21.6
Raymond Uher	35	55:50.2

35-39 Women

Sylvia Wiegand	38	1:03:58.9
Darlene Tussing	36	1:12:26.1
Sharon Sass	36	1:16:00.6

40-44 Men

Ray Stevens	43	49:57.9
Don Dickmeyer	43	54:27.1
Kevin Colleran	42	54:39.0

40-44 Women

Susan Madsen	40	1:09:22.6
Sue Darlington	42	1:10:04.0
Arlene Craig	41	1:17:22.6

45-49 Men

Jeff Chevront	45	55:05.0
Richard Endacott	45	56:16.2
James Culver	48	56:46.9

45-49 Women

Rita Weber	46	1:20:33.8
Clay Capek	48	1:25:16.6

50-54 Men

George Rejda	52	1:00:41.3
Irving Weston	52	1:06:59.2
James Rodenberg	53	1:13:38.3

55-59 Men

Albert Showen	58	1:00:30.9
Leonard Jennings	56	1:05:56.0
Harry Crockett	56	1:07:47.0

65-69 Men

Clarence Osborn	65	1:23:49.0
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WEST END 25K
CATALINA ISLAND, CALIF.
OCTOBER 29, 1983

MEN 40-44

John Puerto	1:41.40
Edward Gorsuch	1:43.28
Joe "Big Foot" Wells	1:46.10

MEN 45-49

Andre Tocco	1:31.16
John Brown	1:58.35
Charles McCandless	2:03.18

MEN 50-54

Jim Brownfield	1:36.23
Wally Evertz	1:40.54
Dick O'Keefe	1:52.16

MEN 55+

Stanley Neufeld	2:02.56
Jim Heyes	2:08.43
Mel Vague	2:15.54

WOMEN 35-39

Judy Kewley	1:42.41
Sara Leseigneur	1:54.17
Gail Holden	2:17.55

WOMEN 40-44

Janet Franzese	2:19.50
Seana Lang	2:22.53
Barbara Scott	2:28.41

WOMEN 45-49

Judith Fernandez	2:54.44
Cheri Clewis	3:04.37

WOMEN 50-54

Betty Flood	2:02.36
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WOMEN 55+

Diane Fritz	2:25.25
Priscilla Libby	2:58.42

8th ANNUAL MARINE CORPS
MARATHON; WASHINGTON,
DC; NOVEMBER 6, 1983

1st Overall

Farley Simon	2:17:46
Suzanne Carden	2:45:55

M40-44

Bill Hall	43	2:25:49
Don Davis	41	2:29:39
Joseph Dowling	44	2:29:45
Richard Harris	43	2:35:25
Saul Depofi	40	2:35:29
William Tobin	44	2:35:35
Dennis Scott	40	2:36:04
James Gaul	41	2:36:41
Gordon Wilson	41	2:37:02
Tom Sheahan	42	2:37:08

M45-49

Melvin Williams	45	2:35:30
Jack Tuttle	46	2:42:19
Josef Rodor	45	2:43:47
David Worthen	46	2:44:51
Thomas Kurihara	48	2:47:43
Robert Carter	49	2:49:17

M50-54

Ralph Koenig	50	2:48:12
Theodore Becker	50	2:48:22
John Graham	50	2:49:00
Frank Dudley	50	2:53:30

M55-59

Phil Gross	56	2:42:31
Naum Bers	58	2:54:07
Henry Sullivan	55	2:56:46

M60+

Francis Dimarco	61	2:58:47
Carlton Mendell	62	3:09:42
John McIntyre	62	3:15:02
Ed Benham (9)	76	3:34:42

W35-39

Patricia Sher	36	2:51:06
Deborah Heaton	35	2:52:11
Kathy Brown	36	3:04:46

W40-44

Joan Ullyot	43	2:58:41
Erlene Michener	41	3:05:24
Fay Di Zerega	40	3:11:25

W45-49

Diane Palmason	45	2:50:51
Carolyn Cappetta	47	3:06:26
Gloria Jenkins	48	3:12:42

W50-54

Stephanie Shipp	50	3:14:11
Fran Adams	50	3:31:18
Alma Kunes	50	3:35:30

W55-59

Sheila Barnett	57	3:55:56
Lois Burgess	55	4:21:06
Anne Nauman	56	4:28:06

W60+

Becky Yencharis	62	5:19:24
Edith House	60	n/t
Mary Marshall	60	n/t

TRUDGER'S 10K; PLAYA
DEL REY, CA; 11/6/83

1st Overall

Nick Carr	22	30:38
Rita Denniston	26	36:56

M40-49

George Cohen	43	35:32
Ralf Latham	42	35:50
Girts Ozolins	46	36:20

M50-59

Richard Leslie	51	38:54
Hal Sullivan	53	41:39
Robert Pate	50	43:05

M60+

Jack Kettler	60	44:02
unk		44:04
Clyde Alling	66	45:16

W40-49

Ruth Hemming	44	44:42
Amy Galbraith	40	47:05
Penelope Coy	44	47:20

W50-59

Iona Scapple	51	57:20
Sylvia Dade	56	57:39
Chris Hodowski	59	58:00

National RRCA Age Group
Cross Country Championships
Van Cortlandt Park, NYC

Sponsored by the
New York Road Runners Club
Date: November 7, 1983
Checked In: Men: 1150, Women: 781
Total: 1931
Finishers: Men: 871, Women: 619
Total: 1490
Weather: Overcast, chilly, mid 50's

Order of Finish--Veteran Men

1	Deveraux, Al, 40, NEPC	16:51
2	Hatch, Harold, 44, MA	17:11
3	Tucker, Stuart, 41, OPTC	17:26
4	Balokur, Wlodek, 48, WWR	17:44
5	Genovesa, Carl, 51, MA	17:50
6	Clay, Brian, 43, NY	17:

OCEAN CITY MARATHON PROVIDENCE, RI NOVEMBER 6, 1983. 1st Overall: Roland Davide 31 2:15:42, T. Martland 30 2:48:14. M40-44: Bill Boardman 42 2:38:44, Arthur Doyle 44 2:39:27, Dick Ashley 42 2:40:37, R. Fayerweather 43 2:41:32, R. McKenzie 44 2:42:41. M45-49: Steve Boutet 45 2:43:42, C. Schoenebeck 46 2:46:20, Hans VanWilligen 45 2:48:58, Alvin Sproul III 45 2:49:46. M50-54: Philip Watson 52 2:43:53, George Crerar 50 2:50:58, Willard Eastman 51 2:54:48. M55-59: Michael Memi 56 3:03:37, Mario Corso 55 3:11:13, Harold Hale 55 3:17:39. M60+: Howard Jaffe 64 3:26:25, Glenn Stacy 60 3:26:59, Roger Ellsbury 62 3:29:32. W40-44: Nancy Peterson 41 3:02:58, Carlene Sproul 44 3:25:52, C. Sunderman 43 3:28:30. W45-49: Marylee Adamson 45 3:36:59, Elsie Ruggiero 48 3:37:16, Fran Currier 46 3:38:24. W50-54: Doris Aronson 51 3:50:07, Dorothy Bergman 52 4:08:39, Roz Januario 50 4:27:07. W55-59: Margaret Lamitie 57 4:29:12, Emily Burke 55 4:34:24. W60+: none.

PEPSI CHALLENGE 10000M LAFAYETTE, LOUISIANA NOVEMBER 12, 1983. M40-49: Curtis James 40 38:11, Spencer Trumps 40 38:49, Russell Wayne 47 41:38. M50+: Norris McDivitt 51 39:48, Ernest Fuselier 57 42:55, Charles Atwood 51 45:41. W40-49: Francis Ard 45 47:17, Judy Fazio 47 58:58, Maeteal Jordon 40 65:52. W50+: Marjorie Jenkins 54 63:33.

PACIFIC RACERS 1 HOUR RW SEATTLE, WA; 11/12/83. Jay Haavik 40 7m 380y, Ed Kraemer 52 6m 6y, Con Gardner 50 5m 1299y, Marina Waugh 40 5m 761y, Dale Gregory 54 5m 659y, Paul Kavadas 56 5m 176y, Liz Picini 53 4m 937y.

9 West/Bloomindale's Women's 4 Mile Run Central Park, NYC. Sponsored by 9 West and Bloomindale's Under the auspices of the New York Road Runners Club. Date: November 12, 1983, Noon. Distance: 4 Miles. Check-in: 1611. Finishers: 1308 and 8 racewalkers. Total-1316. Weather: Overcast, chilly, low 40's. Order of Finish: 1. Hales, Sally Ann, 22, MTC 21:57. Subvet (30-39): 1. Isabelle Carmichael, 33 22:34, 2. Katie McDonald, 32 23:54, 3. Maddy Harmeling, 38 23:55, 4. Angella Hearn, 37 23:59, 5. Vivian Chang, 33 24:24, 6. Wendy Scher, 31 24:42, 7. Lindsey Folsom, 30 24:54, 8. Irene Jackson, 36 25:02, 9. Roslyn Schloss, 35 25:05, 10. Margaret Dessau, 36 25:17. Veteran (40-49): 1. Lina Connors, 41 25:15, 2. Betsy O'Neill, 45 25:32, 3. Miri Lerner, 46 26:00, 4. Julianne Grace, 46 26:16, 5. Robin Villa, 40 26:30. Masters (50-59): 1. Toshiko d'Elia, 53 26:40, 2. Alicia Moore, 53 28:18, 3. Bunny Franco, 52 29:28. Seniors (60 and over): 1. Mary Rodriguez, 62 32:15, 2. Althea Wetherbee, 64 32:29. Golden Age (70 and over): Schieffelin, Lois, 72 46:27.

Gateway Getaway 10K Lincoln, Nebraska November 19, 1983. 35-39 Men: Jack McVay 35 34:38.4, Gary Julin 36 35:21.7, Ronald Olsen 36 36:28.4. 35-39 Women: Sylvia Wiegand 38 45:05.6, Lori Fleek 39 48:25.5, Joyce Schwartze 36 48:28.6. 40-44 Men: Ray Stevens 43 34:22.6, Gordon Woodward 40 37:09.4, Tom Bestul 41 37:45.1. 40-44 Women: Karen Bestul 41 43:33.1, Susan Madsen 40 45:22.2, Sue Darlington 42 48:29.1. 45-49 Men: Lowell Faither 45 33:25.9, William Marten 46 36:44.7, Richard Endacott 45 37:18.8. 45-49 Women: Nancy McCormick 48 41:10.6, Kathy Van Pelt 48 1:00:54.7, Beth Sinner 49 1:05:08.5. 50-54 Men: Irving Weston 52 43:59.9, John Heiman 52 45:20.3, James Rodenberg 52 48:14.4. 50-54 Women: Bonnie Maschka 50 55:42.9. 55-59 Men: Keith Brennan 57 44:28.5, Richard Orr 59 45:59.0, Leonard Vavra 55 46:26.9. 60-64 Men: Earl Barnawell 60 49:55.5. 65-69 Men: Clarence Osborn 65 51:37.9.

TRW WISHBONE 5K REDONDO BEACH, CALIF. NOVEMBER 20, 1983. MEN'S 5K WINNERS: 40-49: 1. Dan Ashimine 17:12, 2. Sylvador Gonzales 17:37, 3. John Cosgrove 17:37, 4. Martin Austrien 17:39, 5. Mark Levine 18:27. 50-59: 1. Pat Devine 18:06, 2. Bill Fitzgerald 18:24, 3. Carl Evans 20:30, 4. Robert Pate 20:33, 5. Dick Windishar 21:19. WOMEN'S 5K WINNERS: 40-49: 1. Lynn Zamon 24:51, 2. Jeanne Adams 25:33, 3. Ellen Evans 27:31, 4. Toni Rogers 27:43, 5. Stephanie Scott 34:54. 50-59: 1. Jean Windishar 28:07, 2. Phyllis Kowii 28:34.

5K CORPORATE TEAM MASTERS DIVISION. 1st Place - TRW "A": B. Fitzgerald, M. Lavine, M. Auston, Time: 54:30. 2nd Place - Hughes "A": P. Devine, J. Cosgrove, W. Krick, Time: 55:14. 3rd Place - TRW "B": J. Elwell, F. Kishi, K. Bohney, Time: 66:56. 4th Place - TRW "C": J. Dickert, S. Zafran, D. Morrison.

50-59: 1. Jack Gough 52 36:58, 2. Pierce Ferriter 50 39:13, 3. Ron Bastien 50 40:13, 4. Jim Hively 52 42:12, 5. Keith Lindley 53 42:15, 6. Joe Spoto 50 42:40, 7. James Brown 53 42:56, 8. Jim Morgan 51 43:51, 9. Marvin Moore 58 44:20, 10. Jack Avera 50 44:38.

Men 60-64: 1. Millard Shumat 62 41:46, 2. Larry Rush 60 43:39, 3. Arthur Luchs 61 44:37, 4. Jack Rice 63 45:05, 5. Bernard Ryan 64 46:22, 6. Harold Schurig 62 48:20, 7. Tom Francomb 63 49:07, 8. Harry Dunn 61 50:19, 9. Ray Furbush 60 50:21, 10. Charles Mitche 63 51:59.

Men 65 & Over: 1. Jim Ward 66 45:45, 2. Johnny Kelley 76 47:02, 3. Lou Nadreau 66 54:56, 4. Orin Smith 67 58:50, 5. Max Bayne 82 1:04:21, 6. Ray Riedel 65 1:04:23, 7. Dennis Weiss 70 1:04:58, 8. Erv Luchs 66 1:05:21, 9. James Hey 65 1:06:03.

Men 40-44: 1. Chuck Taylor 42 33:30, 2. Pete Foret 43 33:41, 3. Ron Bliss 43 37:07, 4. Jim Gesicki 40 37:11, 5. Tarry Myers 40 37:56, 6. Jim Ferrigina 40 38:37, 7. Don Scholl 41 39:11, 8. C. J. McGeehan 42 40:37, 9. Ed Swanick 41 40:49, 10. Mitch Almon 40 40:49.

LASSE VIREN FINNISH INVITATIONAL 20K; PT. MUGU STATE PARK, CA; NOVEMBER 20, 1983. 1 Safari Amo 22 1:02:59, 2 Gary Tuttle 36 1:03:01, 30 James Murphy 44 1:15:49, 36 Neil Doherty 42 1:16:49, 39 C. Greenhall 44 1:17:38, 40 Jerry Lloyd 43 1:18:03, 60 Jack Thomas 53 1:27:11. 8:00 A.M. RACE M40-49: Jesse Cook 45 1:19:26, Dan Olivier 42 1:20:06, Roger Patrick 40 1:21:18. M50-59: F. Nagelschmidt 59 1:27:34, Roy Loub 50 1:35:12, Carl Barnes 52 1:36:15. W40-49: Sheila Hasham 41 1:33:58, Gaby McQuitty 46 1:39:33, Liz Cushman 41 1:41:06. W50+: Margaret Miller 57 1:33:25.

TIMES TURKEY TROT 10K CLEARWATER, FLORIDA NOVEMBER 24, 1983. Men 40-44: 1. Ann Trigg 59 46:20, 2. Anna Rush 55 53:56, 3. Christine DeTroy 55 55:15, 4. Maria Oehler 54 56:47, 5. Mary Bowers 57 57:48, 6. Terri Wiley 58 59:30, 7. Phyllis Johnson 53 1:01:23, 8. Ruth Hoskinson 54 1:02:02, 9. Martha Pembroke 64 1:02:33, 10. Betty Ferris 53 1:04:06.

Men 45-49: 1. Joe Burgasser 45 34:59, 2. Jim Larson 47 36:50, 3. Rob Smith 48 37:43, 4. Rene Armengol 48 38:49, 5. Ted Kluz 45 39:12, 6. Sam Kinlaw 48 39:28, 7. Gordon Kafer 49 39:55, 8. Don Lotz 47 40:15, 9. Russell Buysse 46 40:17, 10. Allen Vess 48 40:56.

Men 55-59: 1. Dave Allison 55 40:47, 2. Howard McKnight 55 43:24, 3. Art Gregory 56 44:37, 4. John Keegan 56 45:19, 5. William Kohre 58 45:32, 6. Robert McDowell 57 46:07, 7. Bruce Russell 57 46:28, 8. Richard Whitsit 56 47:01, 9. Richard Oehler 57 47:55, 10. James Nelson 55 48:12.

Women 40-44: 1. Yvonne Rodgers 41 40:17, 2. Glanda Tyroff 42 45:08, 3. Libby Burke 40 49:17, 4. Pat DeBolt 44 51:06, 5. Dorothy Wright 41 52:02, 6. Diana Hunter 42 52:07, 7. Rene Verel 44 52:31, 8. Sue Boyden 42 52:42, 9. Pat Geer 41 54:54, 10. Marilyn Winn 43 54:57.

Women 45-49: 1. Linda Burgasser 45 43:42, 2. Judith Peterson 45 47:56, 3. Barbara Moeller 46 47:59, 4. Lois Bastien 47 49:30, 5. Carol Snipes 45 50:31, 6. Joanne Brown 46 50:39, 7. Ruth Houghteling 47 51:50, 8. Joan Joesting 46 55:25, 9. Christine Runkle 46 55:30, 10. Pat Palomino 49 56:14.

Women 50 & Over: 1. Ann Trigg 59 46:20, 2. Anna Rush 55 53:56, 3. Christine DeTroy 55 55:15, 4. Maria Oehler 54 56:47, 5. Mary Bowers 57 57:48, 6. Terri Wiley 58 59:30, 7. Phyllis Johnson 53 1:01:23, 8. Ruth Hoskinson 54 1:02:02, 9. Martha Pembroke 64 1:02:33, 10. Betty Ferris 53 1:04:06.

Women 40-44: 1. Julia Emmons 3:24:10, 2. Priscilla Stephen 3:39:28, 3. Sue Bennett 3:45:00, 4. Olivia Virtuoso 5:22:00. W45-49: 1. Agnes Alt 4:04:31, 2. Agatha Hebebrand 4:19:18, 3. Charlotte Tanner 4:17:09. W50-54: 1. Rita Tomassini 3:54:00. W60+: none.

TAC NATIONAL MASTERS 5K CROSS-COUNTRY CHAMPIONSHIPS; RALEIGH, NC NOVEMBER 25, 1983. M40-44: Lew Faxon 16:55, Joseph Thomas 17:18, Thomas Hare 17:40, Ken Winn 17:48, Harry Cummins 17:50, Richard McKechnie 18:14, Ed Brinkley 18:23, David Vandebroek 18:33, Troy Regen 18:38, Charles Campbell 18:42. M45-49: Guy Spear 18:29, Gerald Hudgens 18:57, William Ryals 19:05, John Hughes 19:21, Lawrence I'Anson Jr. 19:27, Walter Esser 19:30, Mike Ward 19:46, Jack Jarrett 19:47, Alex Coffin 19:52, Roland Moy 19:56. M50-54: George Vernosky 17:47, Al Lawrence 18:26, Gary Beretich 18:41, Edward McKendry 19:36, Peter Klopfer 19:57, Ole Holsti 20:10. M55-59: Henry Bent 20:07, Richard Packard 20:39, Madison Spach 21:44, Seth Warner 22:11, Lee Swanson 23:18. M60-64: Newlie Hewson 21:46, Joseph Martin 22:36, Frank Luff 24:28, Jim Trent 25:00, Edridge Lloyd 25:57. M65-69: Marcellus Miller 30:43. M70-74: Robert Boal 24:20. M75-79: Ed Benham 23:19. W40+: Martha Klopfer 48 21:41*, C. Wilfert-Katz 47 23:45, Dellaine Risley 40 25:31*, Dolores Grubaugh 51 28:41*, MaryAnne Woodring 52 29:30, Barbara Moy 49 33:47, Mary Betts 55 dnf. *age division winner.

Thanksgiving Turkey Trot Prospect Park, Brooklyn. Sponsored by New York Road Runners Club. Date: November 24, 1983, 10AM. Distance: 5 Miles. Check-in: Men-1914, Women-740. Total-2654. Finishers: Men-1564 and 7 racewalkers, Women-562 and 6 racewalkers, Total-2139. Weather: Overcast, followed by drizzle, low 50's. Vet A (40-44): 1. Ed Kantrrot, 41 27:33, 2. Brian Morrissey, 42 28:16, 3. Dave Obelkevich, 40 28:48. Vet B (45-49): 1. Walter Vinson, 45 28:10, 2. Robert Dolphin, 46 29:06, 3. Clifford Pauling, 49 29:55. Masters (50-59): 1. Harry McAlpine, 53 29:56, 2. Joe Burns, 54 30:04, 3. George Thompson, 58 30:41, 4. Walter Brown, 58 31:10. Seniors (60-69): 1. George Sheehan, 63 32:32, 2. Albert Goldstein, 65 33:38, 3. Gerard Ferrone, 65 36:15. Vet A (40-44): 1. Mimi Meyers, 41 33:23, 2. Eileen Perruccio, 40 36:15, 3. Carson Foard, 41 37:34. Vet B (45-49): 1. Jill Martin, 45 33:17, 2. Esther Marcus, 48 37:45, 3. Norma Signore, 45 39:18. Masters (50-59): Regina Nicora, 51 40:35. Seniors (60 and over): Mary Rodriguez, 62 40:53.

ATLANTA MARATHON ATLANTA, GEORGIA NOVEMBER 24, 1983. M40-44: 1. Dennis Scott 2:41:44, 2. Mike Kelley 2:48:24, 3. James Wynn 2:54:08, 4. Terry Anderson 2:55:32. M45-49: 1. Roger Roullier 2:37:56, 2. Fred Dyer 2:57:30, 3. Robert Alt 2:59:04, 4. Robert Pates 3:07:24. M50-54: 1. Jim Yamanaka 2:59:10, 2. Ben Gross 3:00:52, 3. Jim Thomas 3:07:00, 4. Don Shoup 3:09:22. M55-59: 1. Richard Benson 3:31:00, 2. H.D. Rowe 3:43:45, 3. Robert Darden 3:44:30, 4. Joseph Womersley 3:55:11. M60+: 1. Elliot Galloway 3:39:02, 2. Patrick Stone 3:41:15, 3. Paul Decoux 4:15:31, 4. Campbell Neel 4:20:33.

12th Annual December Winter Series Central Park, NYC. Sponsored by New York Road Runners Club. Date: December 3, 1983, 11 AM. Distance: 6 Miles. Check-in: Men-726, Women-331. Total-1057. Finishers: Men-633 and 3 racewalkers, Women-268 and no racewalkers, Total-904. Weather: Clear, mild, mid 40's. Order of Finish - Men: Vet A (40-44): 1. James Gaul, 41 33:04, 2. Justino Valentin, 41 35:15, 3. Bill Hill, 40 35:30. Vet B (45-49): 1. Bob Gooden, 45 34:41, 2. Walter Vinson, 45 35:08, 3. Thomas Lisenbee, 45 35:54. Masters (50-59): 1. George Thompson, 58 36:56, 2. Max Schindler, 51 37:10, 3. Eric Seiff, 50 37:26, 4. William Schwartz, 52 39:53, 5. Marvin Stein, 53 39:55. Seniors (60-69): 1. Andrew Neidig, 64 40:45, 2. Albert Goldstein, 63 40:48, 3. William Coyne, 62 41:14.

Subvet (30-39): Gillian Horowitz, 38 (1st Overall) 35:17, 1. Vivian Chang, 33 36:46, 2. Katie McDonald, 32 37:33, 3. Margaret Dessau, 36 38:21, 4. Diane Hawkins, 32 38:15, 5. Sara Cavaliaro, 34 39:47, 6. Suzanne Rohr, 33 39:54, 7. Troiano, Linda, 36 42:24. Vet A (40-44): 1. Elaine Kirchen, 41 36:17, 2. Lina Connors, 41 39:02, 3. Carol Johnston, 40 43:46. Vet B (45-49): 1. Doreen Griffin, 45 44:31, 2. Joan Bondell, 45 44:52, 3. Billie Moten, 46 46:19. Masters (50-59): 1. Toshiko d'Elia, 53 41:29, 2. Alicia Moore, 53 42:48. Seniors (60 and over): 1. Mary Rodriguez, 62 49:42, 2. Evelyn Havens, 67 1:00:44.

KNBC PEACOCK 10K LOS ANGELES, CALIF. NOVEMBER 26, 1983. 1st Overall: Brian Russell 25 29:29, Kim Ojeda 16 37:34. M40-44: James Murphy 44 33:28, Lee Baca 41 35:55, Roy Gardner 40 37:00. M45-49: Kenneth Fletcher 47 37:34, C. Steffensen 49 38:36, Jerry Shourds 47 38:52. M50-54: Wally Ingram 51 34:56, Jim Brownfield 52 35:11, Aurelio Camacho 52 37:38. M55-59: Larry Banuelos 59 39:17, William Toomey 57 39:37, Gunnar Brickner 57 40:20. M60+: Eddie Lewin 67 40:04, Jim Talley 62 41:14, Robert Vannoy 61 42:05. W35-39: Betsy Sauer 35 44:10, Sue Neally 35 45:47, Anita Bugge 36 46:39. W40-44: Kathy Kusner 43 43:04, Jan Archibald 40 43:48, Cecily Parke 44 43:51. W45-49: Gina Faust 46 41:35, Joyce Monita 46 42:54, Atsuko Fujimoto 48 44:40. W50-54: Yukie Mochida 54 47:39, Nelly Williams 52 51:36, Patricia Pruitt 54 53:51. W55-59: Barbara Campbell 56 53:59, Vila Hancock 59 57:44, Virginia Nakao 56 61:30. W60+: Lois Eds 63 49:18, Judy Simon 68 56:16, Esther Tapelband 61 59:36.

BEVERLY HILLS-PERRIER 10K; BEVERLY HILLS, CA; DECEMBER 4, 1983. 1st Overall: Bill Rodgers 28:59, Darsie Bowden 35:45. M40-49: Ron Robertson 30:54, Steve Close 33:35, Jim Murphy 33:52, Piat Sanchez 34:56, George Cohen 35:06. M50-59: Jim Brownfield 35:20, Jim O'Neil 35:27, Jerry Withers 37:46. M60+: Eddie Levin 39:59, Dick Bates 44:10. W40-49: Cecily Parke 44:34, Kathryn Owen 45:12, Sharon Hettig 45:26. W50-59: Helen Dick 41:33, Betty Flood 44:18, Carol Cartwright 46:31. W60+: Fenyia Crown 66:20, Dorothy Rask 67:05. Men Racewalkers: Larry Walker 43:23, Vinc O'Sullivan 46:36. Women Racewalkers: J. Steigerwalt 55:28, Elaine Ward 66:50.

TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

HAWAII MEET #1 HONOLULU; Dec. 4, 1983	
100M	
W65 Josephine Kolda	17.1
M50 Ted Vich	12.8
M35 Ted West	12.0
Bob Larson	12.3
110mH	
M35 Fred Johnston	16.9
Bob Larson	18.5
200m	
W65 J. Kolda	35.9
W55 S. Dietderich	37.0
M60 Jim Craine	32.0
M50 Ted Vich	26.3
M40 Jack Karbens	26.7
M35 Bob Larson	25.8
F. Johnston	26.3
400m	
M35 Sam Jones	56.4
400IH	
M40 Jack Karbens	79.0
M35 Bob Larson	38 #64.9
1500m	
M60 J. Craine	6:48.8
M40 J. Carbens	5:12.0
M35 Bob Larson	5:08.6
F. Johnston	6:04.9
5000m	
M60 Ken Wheeler 63	#23:49.0
M50 C. Ellsworth 52	#17:28.5
M35 Jim Moore	18:13.6
5000m WALK	
W65 Thelma Greig	38:44
HIGH JUMP	
M70 Stan Thompson	1.38
POLE VAULT	
M70 Stan Thompson	2.10
M55 Don Grosh	2.80
LONG JUMP	
M60 J. Craine	3.78
M50 S. Davisson	5.40
M40 J. Karbens	4.94
M35 F. Johnston	5.60
B. Larson	5.12
TRIPLE JUMP	
M40 J. Karbens	10.00
M35 B. Larson	11.01
SHOT PUT	
M60 Ken Wheeler 8#	9.93
J. Craine	9.40
M40 J. Karbens 16#	9.84
M35 F. Johnston	10.98
DISCUS	
M60 K. Wheeler 1k	31.40
J. Craine	29.09
M40 J. Carbens 2k	31.12
M35 F. Johnston	35.19
B. Larson	22.33
W55 S. Dietderich 1k	11.43

JAVELIN	
M60 J. Craine 600g	21.64
M40 J. Karbens 42	#41.30
M35 F. Johnston	51.71
B. Larson	28.54
W55 S. Dietderich 600h	21.68
HAMMER	
M60 J. Craine 63 12#	#23.16
K. Wheeler	20.53
M40 J. Karbens 16#	28.02
35# WEIGHT	
M60 J. Craine 63	#6.90
K. Wheeler	6.23
M40 J. Karbens 42	#9.14
PENTATHLON	
M60 J. Craine 63	#1239
M40 J. Karbens 42	#2473
M35 F. Johnston	2328
B. Larson	1844
WT. PENTATHLON-age factor pts	
M60 J. Craine	20170
M40 J. Karbens	23755
#Hawaii state age record	

SOUTHWEST REGIONAL MASTERS T&F CHAMPIONSHIPS; NEW ORLEANS; LA; 5/28/1983	
M50-55 4X100m RELAY	
Richie Boudreaux, Stephen Voelker, Doug Joyce, Ward McCurtain	54.97
1ST CALIFORNIA INTERNATIONAL MARATHON; FOLSOM TO SACRAMENTO, CALIF. DECEMBER 4.	
Open	
Martti Killholma	2:13:35
Gabrielle Andersen	2:33:25
M35	
Ryszard Marczak	2:14:15
Athol Barton	2:18:00
Gordy Vredenburg	2:39:54
Dean King	2:43:03
Skip Seebeck	2:43:22

Rankings . . . Continued from Page 20

half marathon		Women- 60 and 64	
1:46:26	Jaclyn Caselli	61	San Jose CA 6 Feb, CA-A
1:51:00a	Harriet Wever	61	Okemos MI 28 May, MI-A
1:55:31	Margaret Wright	61	Folly Beach SC 8 Jan, GA-A
1:55:59	Althea Wetherbee	64	Huntington Stn NY 24 Sep, NY-A
1:57:46a	Mary Rodriguez	61	Rego Park NY 13 Mar, NY-A
2:00:31	Virginia Reinhardt	60	Honolulu HI 8 Jan, GA-A
2:03:48	Margaret Lee	63	Honolulu HI 15 May, HI-A
2:04:31	Victoria Small	61	Honolulu HI 27 Mar, CA-A
2:06:00	Florence McTaggart	60	Honolulu HI 29 Jan, TX-A
2:11:45	Imy Ernst	61	Independence MO 5 Jun, MO-A
half marathon		Women- 65 and 69	
2:23:28a	Evelyn Havens	66	New York NY 13 Mar, NY-A
2:37:52	Mayme Bdera	68	Honolulu HI 24 Sep, NY-A
2:46:17	Althea Jureidini	65	Brooklyn NY 24 Sep, NY-A
3:02:22	Ruth Hasenstab	66	Honolulu HI 15 May, HI-A
half marathon		Women- 70 thru 74	
2:20:15	Bess James	73	San Jacinto CA 4 Jul, CA-A
2:20:20	Felicitas Salazar	74	San Diego CA 4 Jul, CA-A

M40	Jeffrey Wall	2:29:19	W35	Gabrielle Andersen	2:33:25	Joan Ulyot	2:52:54	
	Jerry Lynch	2:31:32		Laurie Binder	2:37:13	Gail Rodd	3:07:42	
	Tim Rostege	2:33:11		Juana Stavolone	2:47:31	Agatha Sue Lee	3:09:40	
	Martin Jones	2:33:52		Nelly Wright	2:48:32			
	Bobus Smithton	2:35:26		Loretta Polsdorfer	2:50:50			
M45	Bill Catanese	2:37:44	W40	Cindy Dalrymple	2:47:16	W50	Marion Irvine	2:51:01
	Phil Hager	2:44:12		Bette Poppers	2:49:23			

100 Kilometer Run
Prospect Park, Brooklyn

Sponsored by New York Road Runners Club
Date: November 19, 1983, 6:30 AM
Distance: 62 Miles
Check-In: Men-29, Women-2, Total-31
Finishers: Men-14, Women-1, Total-15.
Weather: Variable-sunny with some clouds, low to high 50's.

Order of Finish

1. David Obelkevich, 40, Millrose	8:07:57
2. Jose Soto Rojas, 36, Spain	8:18:43
3. Luis Rios, 35, Prospect Park TC	8:30:46
4. Nathan Whiting, 37, Prospect Park TC	8:30:46
5. Angelo Marfisi, 36, New York City	8:57:42
6. Bert Meyer, 38, Bethel Bananas	9:01:37
7. Paul Soskind, 39, Prospect Park TC	9:04:36
8. Paul Blackman, 39, Arlington, VA	9:08:21
9. Al Prawda, 36, Prospect Park TC	9:28:11
10. Beth Chadwick, 35, Millrose	9:48:12
11. John Kenul, 40, Prospect Park TC	10:18:30
12. James Menger, 37, West Caldwell, NJ	10:43:00
13. Gabriel Nagi, 44, New York City	10:53:59
14. Philip Halpern, 30, New York City	10:57:48
15. Seetreeon Robinson, 29, Millrose	11:01:54

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