



National Masters Newsletter



34th Issue

June 1981

\$1.25

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

★ Highlights ★

- New List of World and U.S. Women's 5-Year Age Marks
- Seattle Teams Win Penn Mutual/Nike Title
- Butler, Clarke Set T&F Marks
- 17 New Road Marks Set
- Results of T&F Meets in:
 - Chicago
 - Florida
 - Puerto Rico
 - South Africa
 - Honolulu
 - Oregon
 - Nebraska
 - Los Angeles
- Results of 43 Road Races



George Ker, 58, directed the popular Grandfather Games last month in Van Nuys, Calif. Ker is the U.S. record-holder in the shot put in the 45-49, 50-54, and 55-59 age brackets.

FALCONS, SNOHOMISH WIN TRIP TO EUROPE

Lorenz Sets U.S. 15K Masters Mark in Nike Championships

from BOB FINE

PHILADELPHIA, April 11—Herb Lorenz, 41, of the Philadelphia Masters, established a new American masters (over age 40) record for 15 kilometers today in the Nike U.S. Road Racing Championship.

Lorenz blazed to an outstanding 47:18 to defeat his nearest masters rival, Dave Hambly of Seattle, by over a minute. His time broke Hal Higdon's official U.S. masters 15K mark of 47:59, set on September 21, 1975.

The amazing effort bettered by over a minute Lorenz' 48:22 runner-up performance to Roger Robinson in the Brooks 15K in Washington last year, and even topped Robinson's 47:23.

Nike Sportshoes and the Penn Mutual Life Insurance Company had assembled the finest masters field ever in the prestigious event. Men's and women's masters team winners from eight Nike/Penn Mutual Grand Prix races held earlier this year were flown in for the event.

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225 Compete in Grandfather Games

by AL SHEAHEN

VAN NUYS, Calif., May 9—Two-hundred-twenty-five over-age-30 men and women track and field competitors took part in the 11th Annual Grandfather Games at Los Angeles Valley College today.

The meet traditionally kicks off the Masters track & field season in Southern California.

Temperature was hot, as usual (95° in the shade and smog was rated "unhealthful for sensitive persons").

Meet director George Ker runs the meet in 10-year age divisions for men and one division for women. As a result, fairly decent fields of seven or eight were the norm in most of the running events.

Walt Butler, who turned 40 on March 17, began his assault on world and American masters records. His time of 14.6 in the 110 meter hurdles

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New List of World & U.S. 5-Year Marks

In this issue of *NMN* are the latest world and American women's age-division bests by 5-year categories.

Compiled by National Masters Records Chairman Pete Mundle, the list is complete through April 15, 1981. All of the world and U.S. marks set at the 4th World Veteran Games in New Zealand in January, 1981 are included.

It makes fascinating reading. It's the first 5-year up-date since the October,

continued on page 5

2ND FASTEST MASTERS MARATHONER OF ALL TIME

Robinson Runs Marathon in 2:18

from BILL McINTOSH and TOM STURAK

VANCOUVER, British Columbia, May 3—Roger Robinson, 41, of Wellington, New Zealand, became the 2nd fastest veteran marathoner of all time

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Write On!



Address letters to:

National Masters Newsletter, P.O. Box 2372, Van Nuys, CA 91404

NICK NEWTON

How about some newsprint on Nick Newton? It's a great story—inspirational. He was not a super star as a youngster—in fact, he was not even a runner. Now he is a super star with a story.

In New Zealand, he was an inspiration to me and, in fact, to a great many of the Americans. He acted as a coach—prodding and pushing. He was not running up to par, and yet no depression. All he wanted was for us to run better.

I've always run second to Nick in the past and probably will again in the future. I know Nick will be back on top again. He is a true champion. I'm proud to be his friend.

Matt Brown
Edison, New Jersey

(In this month's Gun Lap column, Mike Tymn delves into the remarkable Nick Newton story.—Ed.)

KUDOS

I tried Runner's World for a year and the Runner for a year. As a com-



petitive master runner, the National Masters Newsletter has them both beat by a long shot.

Seth Kaminsky
Cold Spring Harbor, NY

I enjoy your newsletter. I think it's fantastic. The only thing that disturbs me are your letters to the editor—the unending, sniveling, bitching and complaining. Yes, please keep your records to age-groups. I hate to imagine all the single-age records people could come up with.

Bob Daniel
Escondido, California

It is with pleasure that we enclose a renewal to NMN. We really enjoy your publication with its up-to-date results and reports. The coverage of the World Games was truly magnificent. Keep up the good work.

Mike & Bev Shingles
Wanganui, New Zealand

NMN is of great value to me, being the ONLY reliable source of international news in the Masters movement. Thank you for your outstanding contribution to the progress and development of the Masters program.

George MacKenzie
Salisbury, Zimbabwe

Need Back Issues?

Most back issues of the National Masters Newsletter are available for \$1.25 each, plus 50¢ postage and handling for each order.

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11TH ANNUAL DC RRC MEET OF MILES

Sunday, June 28, 1981
11 A.M. Fairfax, VA.

Open to all. A series of all one mile races. Birth certificates needed for national rankings and medals. Run in 2 yr. age groups 7—19, then 10 yr. groups—79 yrs. For info. and entry form, send long self-addressed stamped envelope to LARRY NOEL, 105 Northway Rd. Greenbelt, Md. 20770. Phone (301) 474-9362.

Received by June 22 \$2.50, up to 1 hour before races \$3.50. Medals to 1st three each age group, patches to others. George Mason University, new, fast track. Only ¼ inch spikes.

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34th Issue
June, 1981

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Al Sheahen

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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

1981 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS Age 30 and over

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

☆**August 15-16 (Sat-Sun):** Penn Mutual/TAC National Masters Track & Field Championships, Los Gatos High, Los Gatos, CA (near San Francisco). Bruce Springbett, P.O. Box 1328, Los Gatos CA 95030. (408) 354-7333.

EAST

Every Tuesday thru September 1. MSA, Metro AC and NYRRC open and masters development T&F meets and long distance runs, Randall's Island, Bronx, NY. 6:30 p.m.

June 13 (Sat): Dual meet: New York Masters vs. Philadelphia Pioneer Masters, Philadelphia. Closed; club members only.

June 20 (Sat): Open and master relay carnival, Philadelphia. Bert Lancaster, P.O. Box 29541, Philadelphia PA 19138

June 21 (Sun): Metropolitan Association TAC Masters T&F Championships, Staten Island, NY. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

☆**June 28 (Sun):** Penn Mutual/TAC Eastern Regional Masters Track & Field Championships, New York: Contact: Manfred d'Elia, 144 Spencer Place, Ridgewood NJ 07450.

☆**July 4-5 (Sat & Sun):** North American Master Track & Field Championships, Philadelphia. Fred Mannis, P.O. Box 29541, Philadelphia PA 19138.

July 18 (Sat): New York Masters Relay Carnival. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

SOUTHEAST

Each Tuesday from **June 9 thru July 28.** All-comers meets, Atlanta(404) 231-9065.

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

June 27 (Sat): Virginia TAC Masters T&F Championships, Lannigan Field, U. of Virginia. SASE to Beavers, 311 Westminster Rd., Charlottesville VA 22901.

MIDWEST

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

June 14 (Sun): 2nd Annual Masters T&F Meet, U. of Wisconsin, Madison. Ron Dennis, 6408 Westgate Rd., Madison WI 53716. (608) 221-8020.

June 27 (Sat): All-Comer T&F Championships, Dyche Stadium, Northwestern University, Evanston, IL. Bill Smith (312) 346-1797 days; (312) 256-2714 nights.

July 11 (Sat): TFA Midwest Regional Masters Track & Field Championships. U. of Illinois at Chicago Circle. Midwest Masters, 180 N. LaSalle St., Chicago IL 60044. (312) 236-1315.

☆**August 1 (Sat):** Penn Mutual/TAC Midwest Regional Masters Track & Field Championships, Milikan U., Decatur, Illinois. Dick Richardson, P.O. Box 667, Decatur, IL 62525. (217) 429-4301.

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

MID-AMERICA

June 6 & 20 (Sat):All-comers T&F meets, Aurora Central High School, Aurora, CO 10 a.m.

June 27-28 (Sat-Sun): Denver Track Club Open Decathlon. (303) 388-8180.

☆**July 4-5 (Sat-Sun):** Penn Mutual/TAC Mid-America Regional Masters Track & Field Championships, Lincoln, Nebraska.

July 11 (Sat): All-comers T&F meet, Aurora Central High School, Aurora, CO. 10 a.m.

July 25 (Sat): TAC Colorado Open and Masters T&F meet.

September 6 (Sun): Triangular Masters T&F Meet: Kansas, Nebraska and Colorado. Others welcome. (Masters 10K next day)

SOUTHWEST

June 27 (Sat): Hill Country Classic Master Track Meet, Mason High School, Mason, Texas. Box 390, Mason TX 76856. Don Abbott (915) 347-5846.

WEST

☆**June 20-21 (Sat-Sun):** 7th Annual Penn Mutual/TAC Western Regional Masters Track & Field Championships. Los Gatos High School, Los Gatos, CA. Bruce Springbett, P.O. Box 1328, Los Gatos, Ca 95030. (408) 354-7333.

On Tap for June Track & Field

The Penn Mutual/TAC National Masters Decathlon Championships on the 6th & 7th kick off the month of June in San Antonio as Masters track & field gets into high gear.

Four meets are set for the 13th: the Ontario Masters Championships in Toronto; the Senior Olympics in Indianapolis; a New York at Philadelphia Masters dual meet; and the TFA U.S. Masters Championships in Atlanta. On the 14th, the 2nd Wisconsin Masters meet takes place in Madison.

On the 20th, the Penn Mutual/TAC Western Regionals 2-day affair gets underway at the showcase Los Gatos, California track, the site of the National Masters Championships in August. Also on the 20th is a open and master relay carnival in Philadelphia, and the North American Masters Decathlon Championships in Quebec. The Metropolitan Masters Championships are set for the 21st on Staten Island.

The Los Angeles Senior Olympics take place the final weekend of the month at USC, as do the Virginia Masters Championships in Charlottesville. On the 28th, the Penn Mutual/TAC Eastern Regionals will be held in the Big Apple.

Long Distance Running

LDR takes a back seat to T&F as the summer approaches, but there are a few major road races, nevertheless. The Sri Chinmoy Marathon is set for the 7th in San Francisco. The Manitoba Marathon goes off in Winnipeg on the 14th.

For adventurers, the Anchorage, Alaska Midnight Sun Marathon welcomes the summer solstice on the 20th. The 5th Grandma's Marathon will be held in Duluth the same day.

The 21st sees what is being touted (by Higdon) as the major masters event of the year: namely, Hal Higdon's 50th Birthday Party 15K Run in Michigan City, Indiana. Will Higdon break Don Dixon's 50-54 mark of 53:55? Or will he overdose on birthday cake the night before? Come and see.

The International Veterans 25K Road Race in Brugge, Belgium, with some of the finest veteran runners in the world, takes place on the 27th. Nike is sending the winning U.S. masters men's and women's teams—both, oddly enough, from Seattle—to represent the U.S. in the Prestigious race.

The 28th sees the Eastern Regional Masters 10K in Wilbraham, Massachusetts, and the popular Cascade Run-Off in Portland, Oregon. □

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NORTHWEST

June 20 (Sat): Mayor's Midnight Sun Marathon, Anchorage, Alaska. Jim Mayo, Pouch 6-650, Anchorage AK 99502.

June 21 & 28: Masters 10k, Bellevue, Wash., SNW, 320 N.E. 72nd St., Seattle WA 98115.

June 28 (Sun): 4th Cascade Run Off 15K, Portland, Oregon (6000). 1000 Willamette-Center, Portland OR 97204. (503) 223-9016.

Sept. 13 (Sun): Nike/OTC Marathon, Eugene, Oregon. (1000) P.O.Box 10412, Eugene OR 97440. (503) 687-2477.

Sept. 19 (Sat): Prefontaine Memorial Classic 10K, Coos Bay, Oregon. Mike Hodges, Box 210, Coos Bay OR. (503) 267-7255.

CANADA

June 14 (Sun): Manitoba Marathon, Winnipeg. P.O. Box 53, Winnipeg,

MB, Canada R3C 2G1. (204) 453-0931.

Sept. 13 (Sun): Montreal International Marathon, Montreal. (3000) COMIM, Case Postale 1570, Succarsale B., Montreal, PQ H3B 3L2.

Sept. 20 (Sun): Canadian Masters 10K Road Race, Winnipeg, Manitoba.

Sept. 26 (Sat): Canadian Masters Women's 5K, Sunnybrook, Toronto.

INTERNATIONAL

June 27 (Sat): International Masters 25K Road Race, Brugge, Belgium.

August 23 (Sun): Avon International Women's Marathon Championships, Ottawa, Ontario, Canada, Avon, 9 W. 57th St., New York NY 10019. (212) 593-4257.

POSTAL

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

New List of World & U.S. 5-Year Marks

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1980 issue of NMN. Dozens of women's records were set in Christchurch. Only a handful of marks remain from the 1960's. The list of men's records will be published next month in NMN.

Mundle continues to develop greater sophistication with his computer programming of masters marks. For ex-

ample, in the field events, the list now shows both English and metric marks.

The 1981 Age-Record Book, which lists world and U.S. bests for each age, was delayed but will be available this month. If you've sent in your money, your copy will be air-mailed to you shortly. If you'd like a copy, it's \$4.00. Just fill out the form on page 3. □

28,000 View Masters in Penn Relays

by PETE TAYLOR

PHILADELPHIA, April 24-25—There were two masters events in the Penn Relays this year; a 4 X 100 meter relay on Friday and a 4 X 400 meter relay on Saturday, permitting three masters teams to run before a crowd of some 28,000—a rare treat.

On Friday, a very quick Philadelphia Masters team of Bob Stanford, Dhamiri Abayami, Bert Lancaster and Jim Burnett scored a victory in 45.5 seconds despite a great deal of difficulty in the final baton pass. They were followed by Trenton Masters (47.2), New York Pioneer Masters (47.5), and Hi-Point Pacers AC of Pottstown, Pa. (49.6).

On Saturday, the Potomac Valley Seniors team of Rudy Enders, John Sanders, Larry Colbert, and Alby Williams turned in a 3:32.7 to hold off Jim Burnett (50.2 anchor) and the Philadelphia Masters. Philadelphia dropped the baton on the 3rd lap but turned in a 3:34.2 despite the lapse. Trenton Masters finished 3rd in 3:35.2. □

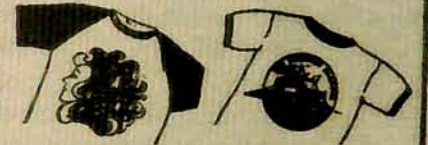


Joe Johnston (left), Apopka High School, set a PR with a toss of 132'. Ken Kirk, chairman TFA/USA Southeast Region, won the 35-39 javelin event with a heave of 154'6" at Southern Masters meet in Apopka, April 11.

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22713 Ventura Boulevard
Woodland Hills, California 91364
213/884-1349

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From the T&F Chairman

JIM WEED

WAVA Standards

1. I feel most masters T&F competitors get the greatest personal feeling of accomplishment from competing against their own PRs. At meets, the social aspect is as important as the actual competition. Winning itself will not do that. For a few, the collegiate-type drive to be the best and always win is a driving motivational force.

2. I do not feel most masters T&F competitors are satisfied with all the WAVA standards and multi-event scoring tables, but we can expect WAVA standards in Puerto Rico in '83. I would expect a very large turnout of Americans. We hope to have the '83 Nat'l T&F meet in the south or southeast about one month prior to the World meet. The Nat'l T&F Meet will be a natural stepping stone to the World, and we would have great justification to use WAVA standards at the '83 Nat'ls.

3. Now to address the current complete lack of standardization of meets throughout the U.S. Whether WAVA or other hurdle heights, weights-for-age groups, or scoring for multi-events are used at a meet is determined by the individual meet director. He tries to satisfy the competitors as he perceives their wants. This office can control national meets and, to a degree, regional meets. However, beyond that, the will of the majority of the masters competitors needs to be indicated to get standardization. There is no requirement that we accept all WAVA standards or scoring.

4. A motion will be proposed in Reno at the Nat'l TAC convention with what is hoped to be the desire of the majority of T&F masters. The weight pentathlon proposal will be prepared by Chuck Klehm's committee, the decathlon proposal by Ed Oleata's, and the T&F proposal by a group formed at Los Gatos. I would

expect the motion to include a request for WAVA standards to be used at the '83 Nat'ls if they differ from those adopted. Your input for the rough draft are solicited.

5. The "1981 Official Rules for Athletics" book is now available for \$6 from: TAC/USA Book Order Dept., P.O. Box 120, Indianapolis IN 46206. The rules in this book are the only official published masters rules and standards that I have. It is hard to ask a meet director to use WAVA standards when they are different from those published. Rule 250, 251, and 252 will be updated in December for the 1982 rule book. Your input through your Association representative, if he or she goes to Reno, is important.

6. The five committee members and their addresses are listed below. This is an appointed committee now, and will be made an official TAC Masters committee in Reno. I feel this committee should meet at the National T&F meet to select a slate to be officially approved in December. For now any concerns about weights, number of throws, etc., should be sent to a committee member.

Chuck Klehm
2 East Algonquin Rd.
Arlington Heights, IL 60005

Mike Hill
100 Gateway Point
Peachtree City, GA 30269

Len Olson
179 BQ Ross Lane
Jericho, VT 05465

Phil Partridge
2060 W. 32nd St.
Holland, MI 49423

George Ker
8220 Langdon #36
Van Nuys, CA 91406

225 Compete in Grandfather Games

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(39") would have been a new U.S. mark, but it was wind-aided.

Butler was undefeated in the hurdles as a sub-master. He only lost maybe one or two races in his other specialties, the 100 and 200, and the masters track and field world has been anxiously awaiting his arrival into the 40-and-over bracket. He set meet records today in the 100 in 10.93, not far off Thane Baker's world and American record of 10.7. He clocked 22.7 in the 200, short of Baker's U.S. standard of 22.3. And all this was done on a dirt track.

Other top performers:

•Gene Driver won the 200 (21.9) and 400 (49.5) to take outstanding track performer in the 30-39 group.

•George Cohen defeated Gary Miller in the 40-49 400, 52.0 to 52.7.

•Al Henry took outstanding field honors in the 40-49 division with a 19-3 long jump and 41-10 triple jump.

•Bob Watanabe doubled with wins in the 50-54 bracket in the 100 (12.3) and 200 (25.6).

•Tom Patsalis won both jumps in the 50-54 category in 18' and 36'6".

•Pete Fetter won the 100 in 13.2, for a new meet record in the 60-69 division. Fetter also took the 200 (28.4), Javelin (146-5), and won the special 100 age handicap in a close finish with Joe Caruso, 71, and John Damski, 66. Fetter started behind those two and two others in a staggered start based on age tables compiled by National Records Chairman Pete Mundle.

Regardless of age, everyone had an equal chance to win, based solely on ability. Fetter, who actually ran 86.5 meters, passed Caruso in the last strides to win in 11.22. Mundle's tables are based on a 30-year-old getting a scratch start, so an 11.22 by a 30-year-old would have equaled Fetter's performance.

•Castro won top 70+ track laurels with wins in the 100 (14.2, a new meet record), 200 (30.9), long jump (12-6½) and triple jump (24-3).

Thanks to Dave Jackson, the new WAVA hurdle spacings were used. Jackson spent over an hour before the meet with a long tape, marking the proper WAVA spacings, which are not marked on American tracks.

Since each group uses different spacings, the meet got a half-hour behind schedule while adjustments were made. Another problem arose when the called-for 33" heights for the 60+ group had to be set at 30" instead, since the college's hurdles cannot be set at the 33" level.

Clerk of the course Laszlo Taböri finally lost his patience and said; "It's messing up the meet. They should leave the spacings alone for each group."

Some hurdlers liked the new spacings. Some wished for a return to the standard 30-feet between. Butler smashed one hurdle clean in two en route to his record. Clearly, 1981 is an experimental year for the hurdles. □

Results in back pages.

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Meet Director: Fred Mannis
Meet Administrator: Bert Lancaster

FOR FURTHER INFORMATION, CALL (after May 15)

(215) 642-2478 (Days)
(215) 525-3173 (evenings)



THE Gun Lap

by MIKE TYMN

Nick Newton—Back In High Gear

They say that the speed goes first. Apparently, nobody told Nick Newton. Since taking up track and field seven years ago, the 47-year-old tool & dye maker from Los Angeles has been getting faster and faster.

Now back in full stride after a bout with cancer last year, Newton is looking to improve on his 22.8 sec. 200 meter and 51.0 sec. 400 meter performances turned in before his surgery. He'd also like to lower his 11.1 best at 100m and raise his 5'11½" high jump mark.



Although he never put on a pair of track shoes until he was 40, Newton was doing intervals during his youth in Tarboro, North Carolina. Basketball was his only sport then and he'd frequently stay at school and play until dark.

"I had to pass three cemeteries on the way home from school," he explained, "and I'd run full blast past all of them and then sort of jog between."

Part black, white, and Cherokee Indian, Newton attended a black high school in Tarboro. They had no track or track team there. After leaving high school, he spent a few years in the Army and then settled down in Los Angeles.

It was while attending an AAU track meet in which his daughter was competing that he became interested in track.

"I wasn't into anything then except workin' and smokin'," he said. "My father had just died of cancer and I was

going through two packs a day. I figured it was about time that I got into something that would benefit my health. I saw all those people having a good time at the track meet and so I thought I'd give it a try. I started out by just jogging with my daughter."

I didn't take long for Newton to recognize that he had some talent. His first real competitive effort in an all-comers track meet was 56 second quarter.

"It took me about four years to learn how to run," he said. He credits much of his progress and success to Fred Jones, coach of the L.A. Mercuries and of West L.A. College.

"I didn't know anything about training, pacing, stretching, or warming up, and I had terrible form," he continued. "I learned from Fred and by watching his world class girls and by running with them. I think girls train harder than men. When we trained together, they didn't want to let an old guy like me beat them, and at the same time I didn't like the idea of girls doing me in, so we sort of pushed each other along."

A typical intense workout under Jones was 20 x 220 in sets of five or 15 x 150 at a faster pace.

Soon after he began competing, Newton applied his craft to his own need and made himself a starting block. Today, Newton Products, Ltd., a one man operation, produces the "faster loading" and no replacement part blocks for some of the top universities and leading competitors in the country.

Newton continues to work an eight hour day for Norris Industries in their dish washer and garbage disposal division, then turns to his own business during the evenings. His blocks are all hand-made and it takes him about three hours to create one, averaging one a night.

His training is sandwiched in between jobs, although he works out only four days a week.

It was in late June of last year that Newton began to experience pain in the scrotum. He found that it didn't bother him too much to run, but he was unable to jump. He visited the doctor and was informed that he had a tumor on one testicle. Testing and successful surgery followed. Four weeks after being discharged from the hospital, he ran in a benefit 5,000 meter race.

"The doctor was shocked when I told him about it," Newton commented, "but he said that he anticipated a quick recovery on my part because my body is that of a 25-year-old."

Although he has returned to competition, Newton has not quite returned to his pre-surgery form. Competing recently in a Hawaii meet, he clocked 11.3 and 23.8 while clearing 5'8" in the high jump.

"I haven't been training with the same intensity that I was before the AAU/TAC Championship in Philadelphia last year," (where he set his 400 WR and won the 100 (11.53) and the 200 (23.55), and took second in the high jump at 5-10" he said. "But I'm gradually getting my endurance back and I hope to be back where I was before by August."

Newton doesn't know how fast he was or could have been 25 years ago, but many observers of the track scene feel that he would have been an Olympian then, perhaps even a candidate for the world's fastest human. We'll never know.

"I'm just happy I found the sport when I did," he concluded. "And with the cancer and all, I'm just counting my blessings this year. I'll take whatever comes." □

KANIA BREAKS 10-MILE MARK

1400 Couples in Trevira 10-Miler

NEW YORK, April 26— In the spring a person's fancy lightly turns to thoughts of . . . the Trevira Twosome Central Park in what has to qualify as the nation's most romantic race.

1415 couples toed the line for the 3rd annual event which has become one of the country's major races. 1040 couples finished, led by the awesome duo of Herb Lindsay and Patti Catalano in a combined time of 1:39:57.

Bob Fischer, 40, (52:32) and Anna Thornhill, 40, (63:45) two of the top masters runners in the East, won the combined age 80-99 division in 1:56:17.

Ralph Zimmerman, 39, (52:14) and Pat Bessell, 43, (64:36) placed 2nd, followed by Fritz Mueller, 44, and Hermine Bartee, 42.

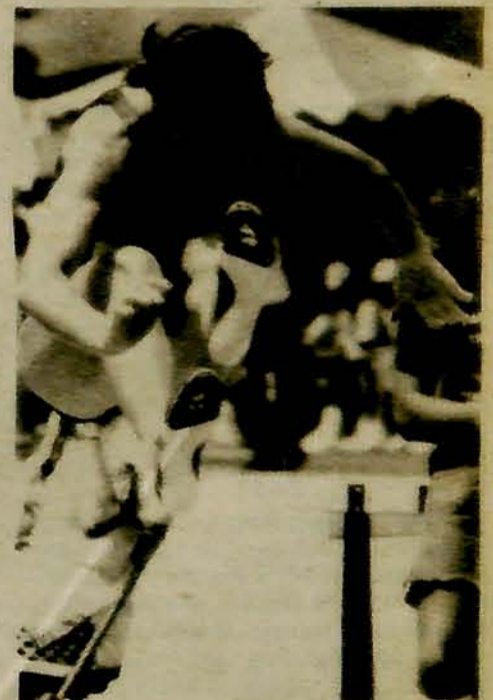
Herbert Kania, 52, (59:29) and Mila Kania, 49, (62:00) easily won the 100-119 age division by 10 minutes. Mila's time is a new 45-49 age mark, surpassing Linda Sippelle's pending

1:04:36 set 3 weeks ago.

Wilfredo Rios, 64, (68:35) and Mary Rodriguez, 59, (88:56) captured the age 120+ division by 22 minutes in 2:37:31.

A total of 2829 runners started and 2321 finished. □

Results in back pages.



Eileen Phillipa-Watson
Photo by Richard Lee Slotkin

Robinson Wins Marathon in 2:18

with a superb 2:18:44 triumph in the Canadian Masters Marathon Championships today.

In only his 2nd marathon (he was first master in the 1980 New York Marathon in 2:22:12), he topped all previous masters marathoners with the lone exception of the great Jack Foster, also of New Zealand, who strung together a series of sub-2:20 marathons from age 41 to 46, including the world veterans record of 2:11:19 in 1974.

Robinson defeated a top-flight field, including Robert Moore of Toronto (2:24:22), Lloyd Walker of New Zealand (2:25:58), John Robinson of New Zealand (2:29:37) and Bill Foulk of Bozeman, Montana (2:31:40).

Wendy Robertson was 1st over-35 female finisher. The Vancouver/Portland resident defeated San Francisco's Karen Scannell, 42, 2:51:55 to 2:56:49. Victoria Aldridge of Seattle was 3rd in 2:58:40, with Leith Drury-Piper of Toronto 4th in 2:59:42.

The two winners—Robinson and Robertson—won a free trip to Tokyo in 1982 to compete in the 15th World Veterans Distance Running Championship Marathon.

Robinson has returned to his English professor duties in Wellington, but will return to the U.S. in late 1981 or early 1982 for six weeks to compete in a series of road races. □

Results in back pages.

Brooks Master Runs in Jeopardy

The Brooks Master Runs, begun with such promise in 1980, may now be in jeopardy because of personnel changes in the Hanover, Pennsylvania shoe company as well as because of financial problems due partly to an apparent plateauing of the so-called running boom.

The race series for men over 40 and women over 35 was contested in three locations last fall: Chesterton, Indiana (near Chicago), Washington and San Francisco. Intense competition was evident in each of the three runs.

Numerous American records were set at the three distances contested: 20, 15 and 25 kilometers respectively.

But the Brooks Shoe Manufacturing Company, while seemingly still interested in continuing the successful series, has been noticeably slow in giving any details on its 1981 plans. And the two main architects of the series, Hal Higdon and Dean Reinke, no longer are working with Brooks.

Higdon, who had been working as a part-time consultant with Brooks for nearly 2½ years, severed that relationship after the last of the races last fall, citing in public a desire to devote his time to other areas, mainly writing and developing his travel business, Roadrunner Tours. In private, however, Higdon admitted that he was dissatisfied with the company's operations.

Reinke became director of promotions for Brooks after a successful career as a track competitor for Indiana University (where he ran a 4:02 mile and 13:30 three-mile). He recently lost his job along with a number of other employees during a general layoff at the company which, with a 15% share of the market, ranks third behind Nike and Adidas in sales of running shoes in the U.S.

The Wall Street Journal recently reported that Brooks in February laid off 10 clerical and administrative employees at its Hanover headquarters, and 200 workers in Puerto Rico where its shoes are made. The *Journal* quotes Bruce Tobin, franchise coordinator of Athlete's Foot Marketing Associates (370 stores) as saying: "The running-shoe market has definitely flattened out . . . In a market like this, only the strong will survive."

Victor F. Zonana, Staff Reporter for the *Journal* further comments: "Some observers think most of the smaller running-shoe makers that have sprung up in recent years will disappear, leaving the field to four or five manufacturers." Mr. Zonana suggests that Brooks may be one of the strong survivors, but the company's financial track record over recent months suggests some weaknesses.

When Brooks announced its series of Master Runs late last summer, it did so with ads in many regional running

publications, including the *National Masters Newsletter*. The two ads Brooks placed in NMN have yet to be paid for, despite monthly statements being mailed to their Hanover offices. *California Track and Running News*, another publication which accepted Brooks ads, was paid 7 months late, and only after several long distance phone calls to Brooks' accounting department in Pennsylvania.

Bills were slow to be paid for some races. Dave Theall, director of the Washington Brooks Master Run, received his \$700 about March 28, five months after the race, and only after repeated requests. A source said the course measurer didn't receive a promised \$100, and Mike Greehan (of Brooks) had to work out a deal with shoes.

Joe Henderson, who directed the San Francisco race, said he received his payments okay. "And Brooks paid for all the plane tickets up front," he said. "But they didn't pay me when I went to Chesterton." Henderson said he was supposed to go there and give a talk at the banquet for \$500. "I sent bills, repeatedly," he said, "but I never got a dime."



Henderson added: "I don't know why they didn't pay. Reinke said more than once that he'd take care of it. He finally said the race director was supposed to take care of it. I guess it's an indication of hard times."

Higdon, who had worked for Brooks on a monthly retainer basis, also admitted that the company owed him about \$700 for past services and expenses, but says he is not worried about eventually collecting it.

"You'd be surprised who else owes me money," Higdon told *National Masters Newsletter*. "A well-known race promoter from New Jersey traveled to the Avon Marathon with our tour group last summer and never paid \$600 for air fare. One of the women runners walked out on \$300 worth of telephone bills. And I have a \$25,000 claim against a West Coast publisher for incorrect royalty payments and copyright violations. Life goes on, and I suspect I will get repaid by Brooks a lot sooner than by any of them."

Theall said he credited Greehan for his payment. "Greehan blames Reinke for the delay," he added.

The *National Masters Newsletter* contacted Greehan. He admitted money has been "real tight" lately, but said he knew nothing of the outstanding NMN or CTRN bills.

"Reinke got any bills that had to do with the Masters Runs," Greehan said. "He was never in to approve a lot of the invoices, and didn't take care of them for a long time. Then he took all his files with him when he and Brooks parted company. A lot of people have told me they sent bills directly to Dean, and have not gotten the money yet."

Reinke, however, said: "Any bills that may have gone through me, were given to George Dietel, Marketing Director. Brooks historically has been late in paying its bills. But all of the masters related bills were turned in and all race-related materials were turned in as well. The accounting department would tell me the bills would be paid by the end of the week. But they weren't."

Greehan asked NMN to send the bill directly to him. "I apologize for the delay," he said, "As soon as I get your invoice, we'll send the check out within the day."

NMN sent the invoice the same day and again a month later. As of May 11, the bill remains unpaid.

Bill Cockerham, publisher of *California Track and Running News*, said: "If Brooks wants to run any more ads in our paper, it'll have to be cash in advance."

One of the problems is the cyclical nature of the running-shoe business, Higdon explains; the fact that because of weather conditions, few shoes are sold in the winter. Then when spring comes and the weather warms, everyone suddenly wants a new pair of running shoes. As a result, manufacturers need to spend a lot of money on materials and labor at a time when there is little income.

"Brooks has been through these cash-flow problems before," admits Higdon. "Last winter, most of the athletes who work with Brooks and wear their shoes went without paychecks from January into April. But eventually they paid, right before the Boston Marathon, and I'm sure they'll catch up on their past bills this spring again."

Higdon added; "What I do resent is their, in a sense, asking the athletes to provide their financing. They don't want to go into the money market and pay high interest rates, and I guess I can't blame them. So each month I send them a new bill and add an 18% finance charge, just like the gas and electric company does to me when I don't pay my bills."

Concerning the actual reason for Higdon's departure several months before that of Reinke, Hal claims only: "I could see that problems were beginning to develop." Although he was seen wearing Nike shoes at the World Veteran Games in New Zealand, Higdon claims he has no arrangement with the other company.

"Holding up money for small business is usual practice for some companies," says Archie Kaplan, head of a New York corporation. "These companies profit from the float between what they owe and what they have to pay. As a matter of course, they just don't pay on time to suppliers wherever they can get away with it, and it's small business that's most vulnerable."

Nancy Van Wyck, San Francisco caterer, owed \$3500 by a national corporation,, says: "It's not the money,

but it makes me mad. They know they can get away with it, and it's like a game to them"

The General Accounting Office even found that federal agencies had delayed paying 39% of their invoices beyond 30 days. Fully 90% were owed to small business.

One response drawing much support is the "Late Payments Act of 1981" proposed by Sen. Jim Sasser (D-Tenn), of the Senate Select Committee on Small Business, which would require certain firms to pay interest on late payments.

One of Brooks' largest creditors reportedly is John Walker, who has a royalty agreement for his endorsement of the RT-1 racing shoes bearing his name. According to one source, Walker is owed \$80,000 in past fees.

Greehan, however, said: "It has something to do with John's tax structure in New Zealand. Any money that we owe Walker is not our doing. We could pay John right now if that were the most beneficial for everybody. But it would not be."

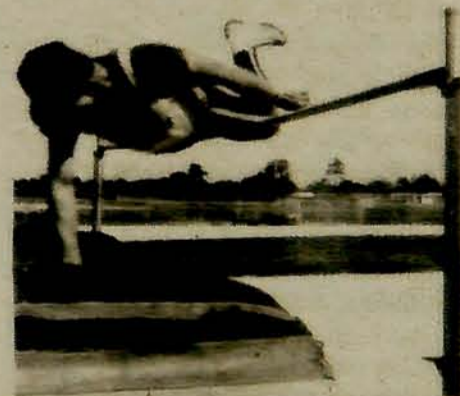
With demand still high for its shoes, however, Brooks undoubtedly will survive its current cash-flow problems and possibly the Brooks Masters Runs will also survive. Though separated from the shoe company, Reinke has been consulting with races, doing clinics, racing throughout the country, while continuing to write his two running columns.

"I'm not sure as to what Brooks' intentions are concerning the masters series," Reinke said, "but I would be more than happy to assist anyone who would like to continue it."

Dietel said "we have been more than thrilled with the Brooks Master Runs and intend to continue with them and even expand upon them in the up and coming year. We at Brooks also feel badly about Dean leaving. However, I think it was best for both of us."

Greehan added: "We're definitely interested in continuing the Master Runs."

The series was a good idea, and the three races held were done extremely well. Unfortunately, the good will that should have accrued to the company for its largesse has largely been frittered away in the financial aftermath. □



Rudy Vlaardingerbroek, 33, makes a one-arm landing and placed 2nd in the HJ at 5'2" at Southern Masters in Orlando, April 11.



Are You Old Enough to Remember?

by W. MacDonald Miller

On occasion, I enjoy trying to remember the early days of my invention, the different stages it's subsequently been through, and me along with them. For my money, it's not difficult to remember the best of those stages—it was when the women were running braless. Believe me, in those days, every woman was a somebody! Forget your prejudices or preferences, a somebody! Maybe a something on occasion but for the most part, a real somebody.

As in most things pleasant, it couldn't be left alone however. They had to go out and get themselves a special running bra. Now everyone looks very stiff and proper, like a nun. It took much of the uniqueness out of their stride, so to speak. Of course the European running shorts we must all wear do present everyone with their buns hanging out, so depending on your taste, it could be looked upon as a trade off.

I remember my first escape from a Midwest winter to do some California running. Don't get me wrong, I'm a converted Midwesterner all the way, it's just that snowmobiling is almost as overrated as San Francisco. I admit, the world has no finer running patch than Golden Gate Park, but the city just isn't that big a deal. Sorry Pal, it's all view. If you walked the world over, you couldn't find better rice pudding

than the Greeks' on west Harrison in Chicago, and furthermore, Ernie's doesn't even have hamburger steak on the menu. Who needs 'em?

I remember my first run to the nude beach in San Diego. Unless you're a mountain goat, you must run down the beach several miles to get a look. We kept passing these sailors who in the spirit of the occasion had taken off their shirts. Cool man, black pants, black shoes and "Casper the Ghost" from the waist up. They'd all ask, "How far to Black's Beach?" "Don't know Buddy, we're here to do interval training. Our scene is pain, you pervert"

What a disappointment! There were about a 100 people in the nude. Scuzzy looking guys with beards, fuzzy looking women with beards, scrawny little kids with beards, pages of the Reader and Vegetable News laying all over the place. Now the Navy guys are smoking what they think is dope and rolling around in the sand. Makes sense, everything's cool. Before the day's over they'll have tattoos. Little old men in long overcoats and a newspaper under their arm are standing around just looking. You get the feeling they'll go back under a rock at the end of the day or maybe even catch a bus back to Chula Vista. It is a weird fun-in-the-sun scene. Who cares? Everybody knows a Californian is a guy from

Moline who went west, dyed his hair yellow and started acting like either a fruit or a nut.

I remember my early activity in the Masters program. We hosted the National Track and Field Meet in Chicago and the star of our affair was an athlete who ran and jumped like a veritable 35 year old. Unfortunately, he was 35 years old and in that he claimed to be 40, it did present certain complications. No prob, my suggestion was to fake it. If he did, why couldn't we? No dice, our moral majority, spearheaded by east coast purists, hung the poor guy from the crossbar on the tackling dummy machine. We had to cut him down before he croaked however, to find out where the dirty rat had hidden the 50¢ medals we gave him earlier in the day. If only it could have happened at the World Games in some happy setting, like say Hanover. There was material there for WWII.

I remember Arnie Richards, a real librarian and also a wonderful and eccentric guy who lived alone with a Sheltie. He left the U of C and went to Kansas where he wrote me long and precise letters. Because of Arnie and a few others, I knew the AAU wasn't totally bad. A couple of years ago he died on a run with his dog and we're all a little less, without him.

I remember all the old windbags who feel honor-bound to offer blow-by-blow accounts of their last 20 leaps or bounds, or movements, or whatever. I love 'em! I can't wait until I'm 47 or older so I can gather an audience myself and explain once and for all: that not Fat Jack Scaff, not Hurryin Hal Higdon, not Jim-Bob Fixit, not Fred Big-Apple Elbow, not David Pain-in-the-whatever, not Harpo the Sturak, no New York (headband over the ears) lawyer slick, and certainly no west coast dandy named Gentleman Jim O'Neil but, one Hellava Guy, one Super Guy, one Dynamite Guy, WENDELL MILLER, invented run-

ning. Not to make people healthy, not to help them live longer, or lose weight, but because—it was there! That isn't exactly the right saying but you know what I mean.

I remember the first Pan American games at Home Federal, or was it Cal Worthington Dodge? Entirely befitting, Hillard Summer asked all of us to bow our heads and join Walt Butler in the Lord's prayer. Who will ever forget Walt's stirring interpretation: "Now I lay me down to sleep," etc.

I remember the first time I saw Frank Shorter. It was in that citadel of handicap running, Michigan City, Indiana. It must have been 1977 and if ever anyone seemed bigger than life, it was Shorter. Great mane of hair, aloof in an appealing way, Ivy League, Olympic gold and all the myth that surrounds the true superstar. No road runner, before or after, ever caused the awe that accompanied Shorter in the 70's.

I've always loved names, names like Rod Carew, Jarvis Redwine, Conway Twitty, MacDonald Carey. I don't know Ellison Goodall (pronounced Goo-Dahl) but I love her name. Sure as hell, she'll go and marry some guy named Peterson.

I remember people I've met; Scott Hamilton, wonder why he always wore his pants so short? Henry Kupszyk, and the way he almost inspires Sturak to get in shape one more time, to beat him. I remember Dr. Julius Axelbolt, who did some of the most consistent running Southern California has ever known. I remember Bill Gookin who, in the latter days of the original Mission Bay Marathon, perfected a spaghetti recipe that was so watery it both carbo-loaded and hydrated a runner at the same time.

By now you're wondering what any of this has to do with Masters activity, aren't you? I'll make it simple—nothing. But look at it this way: I don't want to see a psychiatrist anymore either.

Kiddy Sets 50-Mile Mark

by JIM SCANNELL

Sandra Kiddy, 44, of Palm Springs, was first woman in a Yakima, Wash. 50-miler in 6:24:19, well under the current masters standard of 7:04:53. Husband Fred was overall winner of a companion 50K on the same course May 3rd.

Sue Johnston, 39, was 1st 35-49 (2nd overall) in the Christian Bros. 10K in Moraga, Calif. April 12 in 36:47. On May 3 in Danville, Calif., Sue was 1st 30-39 (4th overall) in the Devil Mountain 10K in 36:59.

Karen Scannell, 42, was 1st woman in the PA/TAC 20K Championship in Clearlake, Calif. April 11. Her time for the hilly course, 1:18:46, was more than 2 minutes under the open women's course record. On May 3rd, Karen was 4th woman in the Vancouver Marathon in 2:56:49. □

Gonzalez-Julia Wins 8

SAN JUAN, Puerto Rico, March 22—Gilberto Gonzalez-Julia, one of the prime organizers in bringing the 1983 World Veterans Games to Puerto Rico, reaffirmed today he is an outstanding athlete as well as administrator by winning 8 events in the Puerto Rico Masters Association Track & Field Meet in Sixto Escobar Stadium.

Competing in the 65-69 age division, Gonzalez-Julia won in the sprints, hurdles and jumps to highlight the competitive meet.

Jose Luis Ubarri would have broken the age 55-59 world record in the 100 meters with his 11:22, but it was wind-aided. Ubarri won the 200 in an excellent 26.46 and the 400 in 60.92, and also found time to win the long jump and high jump. □

Results in back pages.



Dorothy Stock of San Diego contemplates remaining 20 laps in W45 10000 meters in Christchurch. She won the gold medal and set a new world W45-49 record of 38:49.2.

Fitness Games

by DAVE THORESON

National Participation in the Short Decathlon and Fitness for Life is offered monthly to all people. Spring is here. Support a program that will improve your fitness and participate. Remember, more important than winning is taking part.

SHORT DECATHLON

Hamden, CT Centurians national record is 451 points. We made a mistake in their point tally last month. This month they scored 433 points and still await a challenge from the fire department.

FITNESS FOR LIFE

The Miller's, a husband and wife team, established a new national record. Their marks and points are as follows:

Name	Age	50M	Jump/Reach	Agility	Crabwalk	1000M	Total
Christel	46	6.9	22'5"16.8	32.0	4:18		
Points	52	23	17	22	0	15	129
Gary	43	6.0	28'5"	15.3	16.2	2:42	
Points	26	28	21	25	8	27	135
							264

TRAINING TIPS

The forward crabwalk in the Fitness for Life program measures upper body strength. The faster you go, the stronger you are.

The crabwalk requires coordination and must be worked to perfect. The heavier person is at a disadvantage because of the strength to mass relationship such as in the pull-up. The forward crabwalk strengthens hands, arms, shoulders and stomach efficiently with minimal time and facility.

CRABWALK FORM:

Run off your feet, keep your hands forward and run over hands pushing off fingertips. Train the crabwalk by doing 3 sets of 25 meters, 3 times a week or forward crabwalk until your arms fatigue. Walk back and repeat 2 times, 3 times a week.

Send in questions about training or programs that have worked for you. We need input to motivate and encourage greater participation. Fitness Games is a tool that promotes consistent training. Any suggestions are welcome.

BEST MARKS AND RESULTS TO DATE:

Fitness Games top individual and team scores.

Short Decathlon

Top 5 Individual Scores		
1. Ed Oleata (43)	195	S.D.T.C.
2. Jim Minal (61)	193	S.B.F.C.
3. Dave Thoreson (39)	190	S.B.F.C.
4. Ray Spencer (51)	180	S.D.T.C.
5. Ron Collins (47)	170	S.B.F.C.

Top Team Scores

1. Santa Barbara Fitness Club	541
2. San Diego Track Club	527
3. Southern Oregon Sislers #1	468
4. Hamden, CT Centurians	451
5. Southern Oregon Sislers #2	384

Fitness for Life

Top 5 Individual Scores		
1. Ron Colline (48)	143	S.B.F.C.
2. Dave Thoreson (39)	137	S.B.F.C.
3. Jim Minah (61)	130	S.B.F.C.
4. Mark Zelezny (22)	114	G.F.C.
5. Wendel Hans (38)	94	G.F.C.

Top Team Scores

1. Santa Barbara Fitness Club	403
2. Goleta Fitness Club	290

Top Husband-Wife Scores

1. Christel and Gary Miller	264
2. Janie and Dave Thoreson	228

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

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

Send results by the 25th of each month plus \$1 handling charges. □

SIPPRELLE, BENHAM SET U.S. MARKS

Jenkins 1st Master in Cherry Blossom

WASHINGTON, D.C., April 5—Robert Jenkins of Salem, Virginia edged Mike Sabino of Baltimore, 53:27 to 53:38, to win the masters division of the 9th Perrier Cherry Blossom 10-mile run through flower-bedecked Washington today. Bill Hall was 3rd.

Linda Sipprelle, 46, broke a women's American record for the distance with a sparkling 1:04:36 to finish 2nd in the 40-49 division behind Trudy Rapp, 44, who posted 1:04:06. Sipprelle's time bettered the 45-49 standard of 1:06:18 set by San Diego's Dorothy Stock in May 1980.

Ed Benham broke his own U.S. age 70+ mark of 1:13:29 by posting a 1:12:05 to capture the 70-and-over title.

Herb Chisholm, 54, virtually unbeatable in his 50-59 age competition on the Eastern seaboard, defeated his nearest rival by over 3 minutes in a good 57:13, short of his own U.S. 50-54 standard of 56:07. □

Results in back pages.

Corporate Cup Relays Set

The 1981 Corporate Cup Relays, sponsored by Runner's World Magazine, will feature a network of subregional and regional events leading to the national championship at Stanford University in Palo Alto, Calif. July 18-19.

Masters competition is being added to the competition this year, in the

form of a 5K for women, 10K for men and Relay.

Penn Mutual Life Insurance Co. will sponsor a subregional in Albuquerque May 16-17. Other tentative subregional sites are Minneapolis, Everett, Wash., Tampa, Honolulu and Denver.

Seven regional championships are set for June 27 in San Francisco, Los Angeles, Kansas City, Dallas, Chicago, Atlanta and New York.

A postal relay for masters men and

women (8 male or female employees, all over age 40, from one company) is also scheduled.

For more info: Corporate Relays, 1400 Stierlin Rd., Mountain View, CA 94043. □



Dave Donaldson



Lining up for women's mile in Eastern Masters Indoor Regionals in Bethlehem, Pa. From left: A Morris, D Straw, Helene Bedrock, Linda Sipprelle, Anne Bing, Chirs McKenzie, Sandy Pashkin.

Table with 5 columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 age groups in the Two Hour Run category.

Table with 5 columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 age groups in the Marathon category.

Table with 5 columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for 35-39, 40-44, 45-49, 50-54, 55-59 age groups in the High Jump category.

Table with 5 columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for 35-39, 40-44, 45-49, 50-54, 55-59 age groups in the Long Jump category.

Table with 5 columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 age groups in the Shot Put category.

Table with 5 columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 age groups in the Discus Throw category.

Table with 5 columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Includes entries for 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 age groups in the Javelin Throw category.

Florida Report

by BILL GENTRY

Florida Masters enjoyed a mini-meet in Clearwater April 25 spearheaded by Dick Lacey and the West Florida Y Runners Club.

The next mini-meet put on by the same group will be June 20. Events include 100 meter, 440 yd, 880 yd, 1,500 meter, triple jump and shot put.

This is a good time to give a plug to the YMCA for its support of Masters T&F. The Central Florida YMCA in the person of Randy Bugos helped produce the recent Florida State Masters Championships at Seminole Community College.

Thanks to the Orlando Runners Club Newsletter (and I'm sure there are others) for printing news of masters meets in Florida. We need all the publicity we can get.

The Orlando Sentinel is starting to help us a bit more. It gave us a plug for the Florida State Meet and a couple of plugs for the Southern Masters plus a photo of Tampan Jack Rice winning the 220 in his age group.

Nice to see guys from around the state at these meets. Don Hall from Jax, Olin Graf and Don Hull from Daytona, the Downey brothers from Ft. Lauderdale and a good showing from the West Coast boys.

The West Palm Beach runners club had a good showing at the Florida State Meet but we missed them at the Apopka meet. Last year we had a good contingent of athletes from Alabama and Georgia at the Apopka meet but they didn't show up this year.

Ron Purdom, St. Petersburg high jumper, recently had a knee operation and will be out of action for awhile.



Abe Underwood, George Cohen and Al Ray pause during World Games competition.



NEW YORK MASTERS SPORTS CLUB

77 Prospect Place, Brooklyn, New York 11217

NEW YORK MASTERS SPORTS CLUB FIRST ANNUAL TEN KILOMETER HANDICAP WALK.

SUNDAY AUGUST 2, 1981. PROSPECT PARK, BROOKLYN, N.Y. 11:00 A.M.

-----NO POST ENTRIES-----

This race is being held with the cooperation of the Walkers Club of America and is sanctioned by the Metropolitan Athletic Congress.

ELIGIBILITY: OPEN TO ANYONE. COMPETITORS' AWARDS T-shirts to one and all.

ENTRIES CLOSE MONDAY, JULY 27th Entries must be received by July 27th, regardless when mailed

PRIZES: Awards to the first three fastest times and first three in the following age divisions: Under 20; 20 to 29; 30 to 39; 40 to 49; 50 to 59; 60+. Separate awards for both men and women.

ENTRY FEE: \$5.00 per person. TEAM AWARDS: Fast Team Prize based on lowest aggregate time of the three fastest walkers on a team. Club Champion Team Award.

HANDICAPS HANDICAPS WILL BE GIVEN BASED ON THE HONOR SYSTEM. Please cooperate.

CHECK IN: Check in at the LAST HURRAH, Coney Island Ave. & Caton Place starting at 9:30 A.M. There are public locker facilities at the Parade Ground lockers across the street.

Bring your own locker, towel and soap -----NO POST ENTRIES-----

NAME ADDRESS ZIP PHONE # AGE SEX: M F SIZE: SM MD LG

1. How long have you been a racewalker? 2. How often do you compete? 3. Is this your first walking race? 4. (If Yes) What is your best time for a distance 10K or longer? 5. What is your estimated time for this race? Please be honest.

6. If your answer to #3 was "No" list the last three races walked; distance; time; & place: date distance Time Place Date Distance Time Place

In consideration of accepting this entry I declare myself physically able to compete in this event and waive all claims for any injuries sustained against the N.Y. MASTERS SPORTS CLUB, NIKE, PENN MUTUAL, THE CITY OF NEW YORK; THE ATHLETIC CONGRESS.

DATE SIGNATURE (If a minor parent or guardian's signature)

Make check payable to: N.Y. MASTERS. Mail to Tom Costigan, 266 Maple Street, West Hempstead, N.Y. 11552. -----NO POST ENTRIES-----

Daytona Beach TC Wins Southern T&F Title

ORLANDO, Florida, April 11—The Daytona Beach Track Club narrowly edged the Blue Darter TC, 85-80, to capture team honors in the TFA Southern Masters Track and Field Championships at Apopka High School today.

Outstanding performances were turned in by:

Gilberto Gonzalez-Julia of Puerto Rico with 10 wins in the 65-69 age division.

Jack Rice in the 60-64 division with a quadruple win in the 220 (28.9), 440 (63.3), 880 (2:41.5), and mile (5:55.6)

Ed Schuler in the 50-54 bracket with wins in the 100 (11.3), 220 (25.8), long jump (15.1), and hurdles.

Sammy White in the 40-44 group with a 19-0 long jump and 114-2 discus.

Robert Bowman in the 50-54 category with a 5:10.2 mile.

Results in back pages.



Lorenz, Folzer Win Philadelphia 5-Mile

by PETE TAYLOR

PHILADELPHIA, April 26—The "Silver Fox," Herb Lorenz, turned in a fine 24:54 to capture men's masters (40 and over) honors in the Philadelphia Masters Spring 5-Miler today on the Memorial Hall course in Fairmount Park.

Ultra-distance runner Sandy Folzer, one of the most glamorous women masters anywhere, successfully dropped to this "short" distance and took women's honors in 32:12.

Results in back pages.



Penn Mutual TAC Western Regional Masters Track & Field Championships



Los Gatos, California
June 20, 21, 1981
Los Gatos High School Track

• ENTRY FEES •

\$4.00 first event, \$4.00 each additional event
\$16 for relays, \$10.00 for Pentathlon

All information supplied in National Information Sheet applies to Western. Same order and time of competition as listed on National Information Sheet.

ENTRY DEADLINE: JUNE 15, 1981

AWARDS: T-Shirts to all entrants, Medals to first three places.

BBQ — \$8 per person, Saturday, June 20, 1981
Oak Meadow Park — 6:30 P.M.

Drinks Provided

Saturday, June 20

Sunday, June 21

STEEPLE CHASE
HAMMER
5,000 WALK
10,000 METER
400 PRELIMS
400 RELAY
800 FINAL

POLE VAULT
SHOT PUT
LONG JUMP
100m PRELIM
110m HURDLES
110m ELITE HURDLES
400m FINALS
100m FINALS

5,000m RUN
200m PRELIM
DISCUS
HIGH JUMP
400m I.H.
200m FINALS
1500m FINAL

JAVELIN
TRIPLE JUMP
1600m RELAY
PENTATHALON
20 K WALK

WAVA By-Laws, Heights and Standards

Men	Shot	Discus	Hammer	Javelin
40	7.26	2.00	7.26	800
50	5.50	1.50	7.26	800
60	4.00	1.00	6.00	600
70+	4.00	1.00	4.00	600

Women	Shot	Discus	Hammer	Javelin
35	4.00	1.00		600
40	4.00	1.00		600
50	3.00	1.00		400
60	3.00	1.00		400
70+	3.00	1.00		400

Hurdles: a = distance to first hurdle
b = distance between hurdles
c = distance from last hurdle to the finish

Men	Height	a	b	c	
40	110 meters	99.6	13.72	8.7	17.98
50	110 meters	91.4	13.72	8.5	19.78
60	100 meters	84.0	13.00	8.5	10.50
70+	80 meters	76.2	12.00	8.0	12.00 (8 hurdles)

Women	Height	a	b	c	
35	100 meters	76.2	13.00	8.5	10.50
40+	80 meters	76.2	12.00	8.0	12.00 (8 hurdles)

Elite Hurdles, 110m — 10 yards spacing (same as submasters)
(30-39) 42", (40-49) 39", (50-59) 36", 5 year age groups.

STEEPLECHASE

The steeplechase shall be run at 3000 meters for all age groups except those over 70, for which the distance will be 2000 meters.

TEAR OFF ENTRY BLANK AND RETURN TO:

Penn Mutual TAC Western Regional Masters Track & Field Championships

BRUCE SPRINGBETT, Meet Director
P.O. Box 1328, Los Gatos, California 95030, 408/354-7333

Name _____
(Last) (First)

Phone _____ Address _____
(Number & Street)

Date of Birth _____ (City) (State) (Zip)

Age as of August 15, 1981 _____

Events Entered _____

Current Times _____

Club Affiliation _____

Amount Enclosed _____

Your TAC # _____

Circle one: MALE FEMALE
BBQ T-Shirts
S M L XL

(Make checks payable to Los Gatos Athletic Association, Inc.)
NO REFUNDS FOR DEFAULT

Please indicate any recent records or championships.
Submit photos if available.

WAIVER:

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Los Gatos Athletic Association, TAC, Pacific Association, Los Gatos High School, Penn Mutual Life and Nike and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the Penn Mutual, TAC Western Regional Masters Track & Field Championships held June 20 and 21, 1981, at Los Gatos High School, Los Gatos, California.

Date: _____ Signature _____

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TFA-USA 1981
PACIFIC MASTERS
TRACK AND FIELD CHAMPIONSHIPS



SATURDAY, JULY 18, 1981

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DRAKE STADIUM



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MICHAEL SIMS & ASSOCIATES □ 5419 Sunset □ Los Angeles, CA 90027



BERRY TRAVEL SERVICE

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Los Gatos, California 95030
Phone: 408-395-0395

Application for lodging, please circle dates required.

- 1. Western Regional Masters Arrive June 19th, out 21st.
- 2. National Masters Arrive August 14th, out 16th

Available hotels. Please note all hotels listed with the exception of the Hacienda are within easy walking distance of the track. The Hacienda is about 2 miles away.

- 1. Los Gatos Lodge. June rate \$40.47, August \$46.86
- 2. Los Gatos Motor Inn, \$40.47.
- 3. Los Gatos Garden Inn, \$42.60 to \$49.00.

- Addition hotels available for August events
- 4. Los Gatos Village Inn, \$38.00
 - 5. Hacienda Inn, from \$36.00 to \$50.00

All rates are per room per night.

Please indicate your choice of hotel 1.....
2.....3.....Other.....

Name.....Number in party.....

Address.....Zip.....

Home phone.....Work phone.....

Will you need a car.....(There is little or no public transportation between San Jose airport and Los Gatos.)

Would you like this agency to arrange air transportation?.....

If so please give name of your nearest major airport.....

In order to reserve a room we need full prepayment sent to

Berry Travel Service at the above address. If you have any questions please give us a call.

If you are making your own travel arrangements, please give flight arrival time.....

Peter Berry

NOTES FROM THE J. WASTE BASKET

First China-U.S. Distance Running Tour

by JIM WASTE

It is now official! Two fabulous tours have been finalized for U.S. masters and submasters to compete in China.

Distance runners will get the historic first experience in October, 1981; and the track and field athletes will follow one year later in October, 1982.

It started at the World Games in January in New Zealand, when the farsighted Helen Pain invited Chinese representatives to observe the masters in action. They were amazed and, subsequently, a pioneer group (the Gang of Four, but good guys) of Americans went to China to confer with China Sports Federation people in the capitol, Beijing, and to tour and inspect the road racing and track & field facilities in six major cities.

The Olympic Stadium in Beijing is equal to any in the world, and the others are rated good to excellent. They wanted us to showcase our program in age-group running. We wanted to share with them how far we have come in the past ten years. It soon became evident that it was not a matter of a tour being possible, but rather, when.

Our U.S. Gang of Four consisted of Helen Pain, who assisted her former husband David in organizing Masters Track & Field; Mae Lum, a third generation Californian who speaks Cantonese and is the wife of 76-year-old world record holder in the 100 meters, Sing Lum; Jim Puckett, ever-popular, red-headed track & field coach at Mt. Hood Community College, Oregon (14,000 students) and three-time organizer of U.S. Masters T&F championships (also a world class sprinter); and myself, ex-U.C. Berkeley football player, and victim of 512 rugby games, a masters T&F jack-of-all-trades and fitness buff, and organizer and coach of six international rugby tours, including Romania and Russia. I am not sure how Helen chose us, but it was soon clear we were all qualified for our various roles, and it turned out to be a close, hard-working, sincere group.

Mae has many friends and contacts along the way, and could keep tabs on our interpreters. Our manager Helen slaved about 20 hours each day, ironing out details. Puckett represented T&F and I the distance runners. We both ran in 3 10k's, while checking out race courses around the lovely, scenic lake sites in Wusi, Hangzhou, and Nanjing. We set national records for the distances (mainly because there weren't any established records for our respective ages: Puckett, 41, 44:45; Waste, 52, 38:35.

The courses were beautiful. In China, you have a built-in crowd wherever you go. It must have been a cultural mega-shock for them to see a blonde, blue-eyed Californian followed by a red-haired Oregonian chasing the motorcycle escort through the streets. Very few Westerners/Caucasians had visited parts of China since 1949 and there are generations who have no experience with such as us.

Puckett will be remembered forever by those whom he touched. What an ambassador he was. He drew a bigger crowd at the Panda section of the Shanghai zoo than the bears did. We have both been invited to return to conduct clinics and coach. Our many Chinese hosts spoke often of Jim's openness and sense of humor. We quickly recognized that China was open and friendly to us.

Our media had left us ill-prepared for the progress being made there. A land of 975 million people, most of whom are ready to smile. Everyone in blue Mao suits, but not a photo of Mao or the real Gang of Four in sight. Not one gun was seen. Soldiers and police acted more like delivery boys or tourists. Officials spoke of their need for our friendship. We were never hassled in even the slightest way, as I have often experienced in iron curtain countries.

Extreme courtesy and dignity were the mode. You really cannot understand China (one-quarter of the world's population) without seeing and feeling it. Imagine 5 Chinese for every 1 American—all dressed in blue and riding black bicycles. And you never have anyone bump into you.

Our food was excellent. American style breakfasts and optional Chinese feasts for lunch and dinner. I wasn't into Chinese cuisine before the trip, but I'm a fan now. We never repeated the same Chinese meal. Think of that. No fat people there. And the average life span is longer than ours. I frequently questioned my own life style as we rode, ran and flew through China.

Hotels were good (equivalent to 2-or-3 star rating in Europe) with no problems for the experienced traveler. Good, clean rooms, sheets, good service, and we always had a western style bathroom with showers. Hong Kong, of course, is like Honolulu from an accommodation standpoint. We traveled first class on good trains which was the best way to view the agrarian world of China. You really do see it this way.

Airplanes were U.S. made and standard, first-class equipment. Frankly, I found it no more difficult than traveling through most of Europe. We inspected all facilities, met with race officials and planned the events in detail.

Jogging is happening, but it hasn't exploded yet. And it is mostly by the office workers and so forth in the early mornings, before the streets are congested. Runners over 50 were not common, but we did see a lot of women runners. They think we can give their

national health and recreational movement a quantum push ahead. Wow. What an opportunity for us to do something of great importance for our "brothers." From our example, they can move ahead much more quickly than we did. Physical fitness at all levels is of renewed importance.

The Chinese people love sports, and all we have to do is show them the way. What a great gift for us to give. What an opportunity to share. What a moment in history for us to enjoy. If Nixon's ping pong team was a step in the right direction, then this is a leap.

We all agreed it was the most educational experience of our lives; not because we saw the temples, the Great Wall of China, and went to the theater

and sporting events, but, because we were there at a time of great movement and change in the world's oldest continuous civilization. There was a special energy, a mystic quality unlike I have experienced in my extensive previous travels.

One quarter of the world's people are breaking out of their time-warp. If their percentages approximate ours, ten years from now, there will be 400 million joggers or aerobic athletes in China. Our tours will change their national attitude towards old age. I believe this is the most important thing I have ever been involved in or could be involved in. These tours are on the very cutting edge of history. Don't miss out. □



Intensity at start of 5000 at World Games. From left, Wilfred Bigelow of the USA (033), Bob Boel of North Carolina (067), P. Ludwig of Germany (067), E. Gamble of Australia (011).



Pat White, Roberts Ray and Bob Holtel enjoy cameraderie in Christchurch at 4th World Games. Photo from Al Ray

Masters Women Runners Subject of Study

An independent study is being conducted at San Diego State College University in California this summer. The study will investigate the effects of long-distance training on the menstrual cycle of submasters (35+) and masters

(40+) runners. Of particular interest are those who are training for a marathon or half-marathon or those who have already participated in one, and those who train on at least 40 miles a week. The study involves filling out a questionnaire on health history and training. If interested in being a part of this study, please send your name and address to: Jo Anne Wichary, 5871 Adobe Falls Rd., San Diego, CA 92120. □

\$ 2,925.00 YOUR CHANCE TO MAKE HISTORY

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OCTOBER 14 TO NOVEMBER 1, 1981

BEIJING

DESTINATION CITIES

While Sports Travel International, Ltd. has no control over the itinerary within China which is determined solely by our Chinese hosts, the fact that meet dates have been set for specific times and sites means that every effort will be made to conform to the set itinerary. Therefore, we present to you the cities we expect to be included.

BEIJING (Peking) The capital of China, the second largest city with a population of 8.5 million people, has a history of one-half million years based on the discovery of "Peking Man" in 1929. The city has been in existence for 3,000 years and is filled with relics from the past as well as imposing accomplishments of the present. In addition to the world-class stadium, Tien An Men Square, the Great Hall of the People, the Gate of Heavenly Peace providing entrance to the Forbidden City (Imperial Palace), all of which are located within a short radius, exciting points of interest are the Summer Palace - a jewel of pagodas and pavilions in the setting of lovely lakes and gardens, the Ming Tombs, and the 3,600 mile Great Wall, whose construction first began as a military project in 770-476 B.C. Restoration has been on-going throughout the centuries. However, at the present time the section which is available for visitors' inspection is about 40 miles from Beijing and is less than one-half mile in length.

NANJING

NANJING (Nanking) Another ancient city, more than 2,400 years old, Nanjing served as the capital of eight dynasties from the 3rd to the 15th century. An attractive city with tree-lined streets, it is located on the Yangtze River near the Purple Mountains. One of the most impressive sights is the Mauseleum of Dr. Sun Yat-Sen. Although the revered doctor was born in the southern province of Guangdong and died in Beijing, he requested to be buried here. The Yangtze River Bridge is a Chinese engineering feat and is pointed out with great pride. The scenic beauty of Xuan Wu Lake, a center for recreational and cultural activities, will provide an inspirational setting for one of the Distance Runs.

WUXI

WUXI (Wuhsi) The resort city on the north bank of Tai Hu Lake, one of China's largest, has been known as the "land of fish and rice." Although it seems to consist primarily of parks, gardens, and lakes, this is an important silk producing area in addition to high production in agriculture and light weight industries.

SHANGHAI

SHANGHAI This formerly small fishing village which was founded about 1000 A.D. has grown to China's largest commercial and industrial center with a population approaching 11 million. Located midway on China's east coast, Shanghai has experienced a colorful history of foreign influence making it the country's most cosmopolitan city. The "paradise for adventurers" during the colonial period began its resistance to foreign domination in 1921 and in 1949 was liberated. Recognizing the importance of foreign trade, Shanghai maintains commercial relations with more than 115 countries throughout the world. Museums, parks, the zoo, fine sports facilities are all available for your enjoyment as are outstanding restaurants and shopping opportunities.

HANGZHOU

HANGZHOU (Hangchow) The world-famed silk and tea from Hangzhou pale in comparison with the dream-like beauty of this "heaven on earth." Glorious West Lake, surrounded by trees and flowers, provides the focal point of this "sightseer's paradise." Thick groves of bamboo, bubbling springs, carp pools and more sights of tranquil beauty are yours to enjoy in this harmonious balance of man and his surroundings.

HONGKONG

HONG KONG The Gateway to China during modern times, Hong Kong was born out of the Opium War and the 1842 Treaty of Nanking. The area consists of Hong Kong Island, Kowloon Peninsula, and the New Territories, and today bases its economy on the industries of textiles, electronics, and tourism. One of the world's most exciting cities, it provides a frenetic, luxurious, colorful flair to the center of Asian trade. Even more thrilling than the wonderful restaurants, shops, hotels, and places to explore is the joy of getting to know the people. This is a city of hope, opportunity, challenge...the Pearl of the Orient.

IF YOU WANT TO KNOW MORE about this history-making tour and how you may be a part of it, you may phone or write. SPORTS TRAVEL INTERNATIONAL, LTD.

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To be certain of visas: deposits must be received by June 30th. Acceptance of applications received after that date will depend on availability of additional visas from China.

What Makes Daddy Run?

by SUE SLAKEY

Did you ever wonder what happened to Bill, the skinny kid that graduated with you? You can probably remember the quarterback, but not the skinny kid. Well, he may be one of the growing group of contestants in the Master's Track and Field Events. These events are for those who have obtained the age of 40. Besides regular things like hurdles and dashes, there are pentathlons and decathlons. You know, Bruce Jenner stuff and advanced jogging.

I am an amateur photographer-writer, a professional counselor, and an under-developed jock. I have indulged in swimming, golf, tennis and jogging and over-indulged in smoking. With that in my background, I became curious as to why, or even how come, people could go out for track and field at that age. I went to the Northern California Senior's Pentathlon, held at Sacramento State University, an all male event boasting a small entry of 17 participants.

I went out with some pre-conceived notions about the nature of a participant. The person would most likely be a married man, who was into health food, did not smoke, and was a rather boring jock with a high need to keep proving himself. He would be in a very competitive field such as sales. He would have a beautiful body that did not show age. My background convinced me that the training required to participate in track was contrary to any life style that involved negative habits such as rich food, drinking, smoking and late hours like those kept by a traditional single man. He would be boring because his life funneled into a disciplined regime of practice, leaving little time to develop along horizontal lines. The competition in employment would be a natural outflow from his continuous self-challenge in track competition. Perhaps this man was even still wishing he'd never left school, the type of man many grown women find so contemptible, the over-age jock with the cutesy wife.

I spent three and half hours talking, photographing and getting to know a most inspiring group of people. I was right about some things and very wrong about other things.

I arrived in time to catch the finals of the long jump, no longer called broad jump for obvious reasons. There was not a lot of gray hair and certainly no cheer-leaders or school yells. I wandered around and finally sat down by two very attractive female competitors and eavesdropped. They knew much more about track than I did. They had come with their husbands from Oregon. These ladies spoke of their husbands' devotion to training all year round, even in the snow. They

were familiar with all track events, not only from their husbands' but their own former participation. They both said their husbands had stopped sports after leaving school and were recently getting back into competition. The men had various jobs. There was a contractor, dentist, doctor and xerox salesman.

I glanced around and watched a particularly graceful body throw a javelin. His long leg muscles moved in rhythmic diagonals as he walked over to where the instrument struck the ground. This 40 year old man with a 20 year old body was rather guarded so I was unable to ask him much about his motivation. He was a former Olympic Javelin thrower, Phil Conley of Woodside and he is worth watching, not only because of his level of skill but it is typical of him to give others some pointers and coaching.

I spent some time with an English teacher from a Sacramento high school. With his Latin last name, I was curious to know if his motivation was a "macho" thing. He said it was a matter of choice. He had started running a few years back and went the path of fun runs to marathons. He felt closed in with too many people trying to compete. He likes the one lane runs and small competitive field. He also let me know he was divorced, smoked, drank and kept late hours, leading an active social life. He placed third in the long jump and ran 200 meters in just over 27 seconds.

There was a 60 year old discus thrower, owner of a mortgage company. He returned to competition after many years to see if he could still compete. He liked to find he still could. Both his son and daughter-in-law compete. "When you lose, you lose



Vicky Foltz led Falcon Track Club to women's team title Nike/Penn Mutual Grand Prix in Seattle March 15 and in Philadelphia April 11.

alone," he said. "It's just you and your humiliation. That's why so few are willing to compete." Does he feel a need to keep proving he's a real he-man? He began to answer just as his grandchildren ran up shouting. He stooped to hug and kiss them, so my question was answered.

A dentist from Los Angeles described himself as a college man of the 50s whose idols were Mickey Mantle and crew haircuts. His wife had been his inspiration to begin training again after his hiatus from track. He attended Occidental College where track and field were a major emphasis. He recalled that about 1976 he realized that his body had only been in its best shape when he had run track and field. He has always been good in sports and loved competitive and contact sports. He felt he was the type to keep his feelings to himself and liked having the training as a way of dealing with pent up tensions.

Another beautiful body told me he has never stopped competing. He had been a track man in college and when he graduated, he joined a Southern California Track Club.

What did I learn? Just enough to add to my curiosity. One of the attractive features of these events is the few entrants. Men who were mid-level competitors in high school find they rank higher as Masters.

Most of the men I saw were married, careful about nutrition but not into a fruit-and-nuts diet. They did not smoke.

These people were generous with each other and toward me. They were willing to take time to share what they thought, and had, in fact, thought a great deal about why they were competing. I did not find an over-riding denial of death nor a strong need to re-confirm that they were big, tough men. Their employment was as varied as the general population. They were not all

college track men. Their bodies were baggy-kneed, but beautiful. They appeared mature, and probably better able to handle disappointment than the average non-competing person.

Most were disappointed with their first performances; yet they kept on and continued the disciplined training until they improved. There was a pride in taking good care of their bodies; in asking the questions: What can my body do? How far will it stretch? Or as Rocky said, "Can I go the distance?" □



Knerr, Miller Named Best in Seniors TC

Jim Knerr, 46, and Margaret Miller, 53, were named the top Senior Track Club runners of 1980. The Southern California club also voted Hal Wallace, 51, the best overall track & field performer, and Christa Rompanen, 40, the best woman T&F athlete. Other T&F awards: Dashes: Ozzie Dawkins, 54; Middle-distance: Bill Fitzgerald, 55; Jumps: Jim Vernon, 62; Throws: Emson Grimm, 53.

Road racing honors went to: Men: Jessie Cook (35-39); Joe Burgasser (40-44); Bob Holte! (45-49); Dick Durand (50-54); John McManus (55-59); Eddie Lewin (60-69); Jim Bole (70+5). Women: Judy Kewley (35-39); Linda Burke (40-44); Jessie Jo Smith (45-49); Virginia Terry (50+).

Lorenz Sets U.S. 15K Masters Mark in Nike Championships

continued from page 1

Emerging victorious in the coveted team championship were the two powerful Seattle clubs: the men's Snohomish Track Club and women's Falcon Track Club. They each handily defeated rivals from Honolulu, St. Louis, Atlanta, Houston, Boston, Salt Lake City, Philadelphia, San Francisco and New York.

All runners from each of the two winning teams will be awarded travel expenses to the June 27 International Masters 25k race in Brugge, Belgium.

Hambly's 48:22 led the triumphant Snohomish tandem. Bob Fischer of the Milrose AC of New York placed 3rd in 48:53, and was followed by E Dumas, J Clark, Dick Hipp, Ken Winn and R Reisenger. Reisenger (8th) and Dave Pitkethly (16th) combined with Hambly for the men's team crown, defeating the Philadelphia Masters for top honors.

The awesome Falcon TC swept the first 3 places to devour the runner-up Atlanta TC by 11 minutes in total team times.

Whereas masters competition among men was limited to the over-40 class, women over age 35 were eligible. And it was a trio of 35-39 women who did the job for Falcon—Vicky Foltz (56:54), Doris Brown Heritage (57:19) and T Hosmer (58:28).

Open men and women runners also contested the race, which saw 9 masters men under 50 minutes.

The inclusion of the masters in the Nike Team Championships was successful, it was agreed, and with the cooperation of Penn Mutual, it will become an annual event. The U.S. will now be represented by two top flight teams in the International Championships this month. □

Results in back pages.

Vasquez, Bigelow Win Nor-Cal Seniors

SAN FRANCISCO, Calif., April 5—Sal Vasquez and Vicki Bigelow were the leading men and women masters today in the Nor-Cal Seniors Lake Merced 4.95 miler.

Vasquez just missed Bob Welck's course record of 25:47 by two seconds. Bigelow set a new course record for women of 30:22.

Kay Atkinson, 63, was 1st in the 60-64 category in 37:53. This was a PR by over 2 minutes.

Ulrich Kaempf, 50, placed 3rd overall in 26:24, while Joan Ulyot captured women's 40-44 honors in 30:56. □

Results in back pages.

Hall First Master in Boston

BOSTON, April 20—While Seko, Virgin, Rodgers and Rowe got most of the headlines, Bill Hall, a forty-year-old anatomy professor at Duke University in Durham, North Carolina, stormed to an impressive 2:21:19 to capture Masters honors in the annual Patriot's Day spring classic Boston Marathon.

Raymond Swan of Bermuda maintained his 1980 runner-up status, finishing 2nd behind Hall in 2:26.

Sue Stricklin reportedly finished as first female master.

We hope to have the complete results next month. □

National Running Data Center

from BOB MARTIN, Executive Director

by BOB MARTIN, Executive Director

The 1981 edition of "U.S. Distance Rankings" has just come off the press. This year's book runs 132 pages of detailed rankings both for 1980 and all-time for 16 events from 10km to 100

miles. It ranks the top 100 men and 50 women, and up to 10 each of 28 age/sex groups. Available for \$6.95 from NRDC, Box 42888, Tucson AZ 85733. □

NEW U.S. AGE-DIVISION ROAD RECORDS OFFICIALLY APPROVED BY NRDC IN PAST MONTH

Dist	Age	Time	Name	Birth-date	Residence	St	Race Date	St
NONE								

PENDING U.S. AGE-DIVISION ROAD RECORDS REPORTED TO NMN IN PAST MONTH

Dist	Age	Time	Name	Residence	St	Race Date	Old Record	Held by
10K	M45	33:09	Larry Fuselier	Metairie	LA	3-7	33:10	Hal Higdon
"	M65	43:37	Earl Wert	Mobile	AL	3-7	43:37	Bob Boal
"	M35	29:17	Barry Brown	Gainesville	FL	3-7	29:59	Barry Brown
15K	M40	47:18	Herb Lorenz	Willingboro	NJ	4-11	47:59	Hal Higdon
"	M55	52:41	Jim O'Neil	San Diego	CA	3-22	53:38	Ed Almeida
10K	W45	36:23	Vicki Bigelow		CA	?	36:39	Mila Kania
"	W70	1:02:07	Bess James	San Jacinto	CA	4-4	1:08:20	Bess James
10mi	W45	1:04:36	Linda Sippelle	Bethlehem	PA	4-5	1:06:18	Dorothy Stock
"	M70	1:12:05	Ed Benham		PA	4-5	1:13:29	Ed Benham
25K	W45	1:43:20	Linda Sippelle	Bethlehem	PA	2-8	1:47:10	Ruth Anderson
20mi	W40	2:16:23	Anna Thornhill	New York	NY	?	2:21:41	Nina Kuscsik
"	M40	1:48:25	Gary Muhrcke	New York	NY	?	1:51:07	Kent Guthrie
"	M45	1:56:19	Cahit Yeter	New York	NY	?	1:56:39	Ross Smith
Mara	W70	4:33:15	Mavis Lindgren		CA	3-8	4:37:37	Mavis Lindgren
10mi	W45	1:02:00	Mila Kania		CA	4-26	1:06:18	Dorothy Stock
50mi	W40	6:24:19	Sandra Kiddy	Palm Springs	CA	?	7:04:53	Sue Medaglia
Mara	M40a	2:21:19a	Bill Hall	Durham	NC	4-20	2:24:41a	Herb Lorenz



Bagpipers parade as part of opening ceremonies at 14th World Veterans Distance Running Championships in Palmerston North, New Zealand. Photo from Al Ray.

If you can't fly Continental...

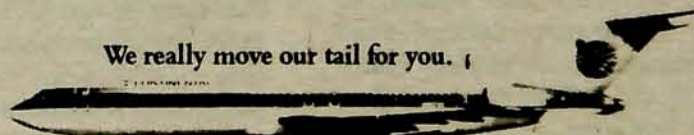
who'll route for you,

14th ANNUAL PENN MUTUAL/TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIP



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For Reservations and Ticketing Call (800) 525-1130

We really move our tail for you.



CONTINENTAL AIRLINES

The Proud Bird with the Golden Tail.

BILLUPS RUNS 4:05 1500

**Villanueva Clocks
14:04 in 5000**

from TOM STURAK

WALNUT, Calif., April 25—Antonio Villanueva, 40, of Xalapa, Mexico recorded one of the fastest 5000 meters ever run by a man over 40 tonight in the Mt. San Antonio College Relays.

Villanueva clocked 14:04.54 to finish 8th among the world-class runners in the Invitational 5000. (Doug Padilla won in 13:33 with Duncan MacDonald second in 13:35.)

The world over-40 record is 13:45.8, set by France's Lucien Rault at age 40 on May 23, 1976. The U.S. masters mark is 14:59.6, set by Hal Higdon at age 41 on August 25, 1972.

The world veterans 10K road champion was unofficially clocked at the 3000 meter mark in 8:17, better than Jack Foster's world 40+ mark of 8:17.4.

Villanueva, a high-school track coach and taxi driver, was due to run in the masters 5000 or 1500. But he opted, instead, to run with the invitational group. His time would have won the open-college division by 10 seconds.

In masters competition, Ernie Billups, now 44 but as fast as ever, easily won the 1500 over arch-rival George Cohen, the world veterans 800 champion. Billups, a Chicago high-school principal, clocked an outstanding 4:05.2, only 5 seconds off his American age 40-44 mark. Cohen trailed in 4:18. Bill Fitzgerald, 56, in good early-season form, logged a 4:36, only 7 seconds off his U.S. age 55-59 standard.

Billups also took the masters 800 in another classic battle with Cohen. Remembering his 1980 Pan-American Games loss to Cohen (1:54.9 to 1:55.5), Billups changed tactics. Instead of storming out at his usual pace of 27 (200) and 56 (400), Billups strolled to a leisurely (for him) 59-second first lap with Cohen in tow. As Cohen prepared to make his move, Billups accelerated and drew out with a sub-58-second final lap to win, 1:56.9 to 1:58.2. Mel Eliot tried to hang in with the terrible twosome but faded to a still-creditable 2:05.

Truman Clark, 45, captured the masters 5000 in 16:28. □

**1980 Masters
Rankings**

Beginning in the July issue of NMN, we will publish 1980 masters rankings for long distance running events from 10 kilometers up.

Compiled exclusively for NMN by the National Running Data Center, the rankings are 50 deep for both men and women in each 5-year age group from age 35.

We'll start with the 10k and and publish a different distance each month.

**Clarke Sets 3 World
Marks in Hawaii**

from STAN THOMPSON

HONOLULU, Hawaii, April 19—Polly Clarke, 70, of Loveland, Colorado, established three new world 5-year age-division records this weekend in the 6th Hawaii International Masters Track & Field Championships.

Her times of 87.6 in the 400, 3:38.7 in the 800, and 7:34.0 in the 1500, demolished the respective old marks of 2:18.4, 5:47.5 and 9:22.1, set by Marilla Salisbury, Hulda Crooks and Ruth Rothfarb.

Clarke would have owned two additional world marks in the 100 and 200, but for an aiding wind over the allowable limit. Her 16.2 and 35.3 were well under the current marks of 20.1 and 62.7.

Entries came from such far off places as Spain, Australia, New Zealand, England, Oregon, California, Japan and Colorado. Nineteen world, 3 U.S. and 50 Hawaii age records were set. Edith Leiby, 58, of Hawaii set 4 world age marks in the 200, 400, 800 and high jump, and 2 U.S. marks in the 100 and 1500. Dorothy Callan, 63, of Hawaii, set 2 world age records in the long jump and shot put and 3 Hawaii marks in the discus, javelin and long jump. Heidi Dunham, 38, set 2 world age records in the 100 hurdles and 400 hurdles, and a Hawaii record in the high jump.

Stan Thompson, 70, set 3 world records in the high jump, pole vault and international decathlon, and 3 Hawaii records in the 16# shot, 2kg discus and 800g javelin. Other records were set by Harold Chapson in the 5000, Bud Deacon in the 400 hurdles, John Clarke, 73, in the 2-mile walk, and Nick Newton, 47, of California who equalled a U.S. age record in the 100. □

Results in back pages.

**Masters Dominate
100K Racewalk**

by SAL CORRALLO

ARLINGTON, Virginia, April 11—Masters walkers dominated the 1981 TAC National 100km Racewalk Championship today at Yorktown High School.

The overall winner was Shaul Ladony, 45, a citizen of Israel and visiting professor at Georgia Tech in Atlanta. His time was 10 hours, 24 minutes, 14 seconds, almost an hour ahead of Alan Price, 34, in 11:17:11.

Price of Washington, was the official U.S. champion. Sal Corrallo, 50, also of Washington, finished third overall and was U.S. Masters champion in 11:41:54. Both Price and Corrallo are members of the Potomac Valley Seniors Track Club. Joined by Paul Robertson, 41, who placed 5th in 13:09:57, they won the team championship. □

EWING TOP MASTER IN 31:39

**Wert, Fuselier,
Brown Set 10K
Marks**

MOBILE, Alabama, March 7—Earl Wert, 67, of Mobile, Barry Brown, 36, of Gainesville, Florida, and Larry Fuselier, 45, of Metairie, Louisiana, established new U.S. age division records for 10 kilometers today in the 4th annual Azalea Run

Wert clocked 43:37 to better Bob Boal's 65-69 division mark of 43:39. Fuselier recorded 33:09 to break Hal Higdon's 4-month old 45-49 record of 33:10. Brown logged 29:16.5 to smash his own 35-39 standard of 29:59.

Jim Ewing, 41, of Jackson, Miss., led all masters finishers with 31:39.7, good for 28th place in the field of 4676 in one of the South's major road races. Bill Rodgers won the race in 29:00.2; Patti Catalano was 1st woman in 32:32.2.

Like many a record-breaker, Wert was actually disappointed with his

time. "It was kind of exciting," he told Mobile Press-Register reporter Chris Hall, "but I'm going to try to drop it a couple of minutes in the next year or so."

Wert only began running three years ago at age 64. "I think I can break 40," he said. "I need a little more zip to do it. I can lose another 10 pounds and make it a lot easier."

Wert's training routine is a daily 5-mile run, but no speed work. He plans on adding some interval training in his sub-40 quest. He says his real love is the marathon, because there's "less punishment," adding: "These 10Ks, you're out for blood. It's a sprint all the way."

Wert's first running effort was a 2-mile jog that took 2 minutes. "I thought I'd die," he recalls. He's surprised how far he's come. "I never knew how a body could respond to a training program."

Ken Winn, 43, a perennial masters standout from Stone Mountain, Georgia, notched 32:15.9 for 34th place. □



Valdemar Schultz, 40, representing Nike, at San Diego Grand Prix 15K. Schultz was 1st master in Catalina 10K March 21 in 37:38. Photo by George Cohen



Pat White of USA in cross-country at World Championships in New Zealand.

**Sippelle, James,
Lindgren Set New
Records**

Linda Sippelle, 46, of Bethlehem, Pa. bettered the U.S. women's age 45-49 record for 25 kilometers by running 1:43:20 in the New York Road Runners Club Postal race in New York February 8. Her time improves the listed mark of 1:47:10, set by Ruth Anderson of Oakland, Calif. in 1978.

Bess James, 71, lowered her own

American record for 10 kilometers for women over age 70 April 4 with a time of 1:02:07 in the San Diego Bonnie Bell run. Her effort trimmed a full 6 minutes off the 1:08:20 she achieved nearly a year ago. There was no 70+ competition in the race, so James settled for 4th place in the 60+ division.

Mavis Lindgren, 73, broke her own U.S. women's 70+ marathon record by 4 minutes with a time of 4:33:15 in the Napa Valley California Marathon March 8. □

Results in back pages.

TEAM RESULTS:		BONNIE BELL 10K, SAN DIEGO APRIL 4, 1981		M40 Joan Ulyot Marilyn Harbin Pat Wittingstow		M70H Ed H. Benham Ed Wiberg George Jacobs Victor Grossman Percy Perry	
MEN	15	M30 Kay Harpod	37:10	M45 Vicki Bigelow	30:22	M35 Les Christean	34:08
MTG-Pacific RR	22	Audrey Burns	37:30	Jeanie Jones	34:18	M40 Dan McCaskill	33:05
San Diego TC	19	Virginia Tredway	38:18	Ruth Waters	37:52	M45 Jim Blankenship	37:01
West Valley JBS	24	M40 Jennifer Wright	38:19	M50 Marlon Irvine	32:07	M50 Marshall Harnden	37:37
So. Calif. Striders	45	Christa Rompanen	39:40	Carroll O'Connor	38:56	M35 Eileen Waters	40:17
Balboa Park H. Treads	46	Diane Stocklin	40:04	M55 No runners		M40 Shirley Watson	44:47
		Patty Pastore	40:21	M60 Kay Atkinson	37:53	M45 Lisa Evans	45:48
		Faye Helldorn	41:43	Lorri Titcomb	63:03	M50 Merry Van Sant	46:26
WOMEN	7	M50 Anne Johnson	40:46	M65 No runners			
West Valley TC	16	Nicki Hobson	41:57				
San Diego TC	22	Ruth Pogue	45:55				
MTG-Pacific RR	22	Merry Van Sant	46:47				
		Peggy Naas	47:08				
		M60 Gerry Davidson	51:33				
		Judy Simon	55:33				
		Eunice Webster	61:43				
		Bess James (70)	62:07AR				
		Felicitas Salazar	74:08				
		M40 Sal Vasquez	25:49				
		Bill Meinhardt	25:56				
		Tim Rostage	26:50				
		Malt Schaefer	27:44				
		Richard Whitewater	27:49				
		M45 Bill Jensen	28:27				
		Myron Nevrumont	28:33				
		Bernie Hollander	29:16				
		James Jacobs	30:22				
		Gene Shite	30:51				
		M50 Ulrich Kaempf	26:24				
		Don Carpenter	29:48				
		Jim Nicholson	30:40				
		M55 K Bollinger	31:38				
		Floory Rodd	31:58				
		Luka Sekulich	35:26				
		M60 Alan Mateman	35:10				
		Harald Saunders	37:08				
		M65 Frank Guzzillo	34:48				
		Tertius Chandler	37:56				
		Milt Schiffman	56:20				
		M70 Wally Hanson	52:58				
		M80 Paul Spangler	41:18				
		Ivor Welch	59:36				
		M40 Joan Ulyot	30:56				
		Marilyn Harbin	31:33				
		Pat Wittingstow	33:14				
		M45 Vicki Bigelow	30:22				
		Jeanie Jones	34:18				
		Ruth Waters	37:52				
		M50 Marlon Irvine	32:07				
		Carroll O'Connor	38:56				
		M55 No runners					
		M60 Kay Atkinson	37:53				
		Lorri Titcomb	63:03				
		M65 No runners					
		M70H Ed H. Benham Ed Wiberg George Jacobs Victor Grossman Percy Perry	73 72:05AR 73 83:04 73 85:35 78 126:18 77 128:46				



Florida State Masters Championships March 15 at Lake Mary,

Lincoln Track Club

THE ATHLETIC CONGRESS PENN MUTUAL MID-AMERICA REGIONAL MASTERS TRACK AND FIELD CHAMPIONSHIP

WHEN: Sunday, July 5, 1981

WHERE: Ed Weir Stadium, University of Nebraska-Lincoln (Pro turf, polyurethane track -- 1/8 inch spikes only)

TIME: 11:00 a.m. Field Events 12:00 noon Running Events (5000 meters 7:30 p.m. Saturday, July 4)

AGE GROUPS: Men 1. 30-34 2. 35-39 3. 40-44 4. 45-49 5. 50-54 6. 55-59 7. 60+
Women 1. 30-34 2. 35-39 3. 40-44 4. 45-49 5. 50-54 6. 55-59 7. 60+
Note: If six or more persons enter, five year age-groups may be added.

AWARDS: Medals for first three places in each division.

ENTRY FEES: \$4.00 1st event, \$2.00 each additional event. Late: After June 30, \$5.00 1st event, \$3.00 each additional event.

EVENTS: 100 meter, 110 meter hurdles, 200 meter, 400 meter, (400 intermediate hurdles tentative), 800 meter, 1500 meter, 5000 meter, Long Jump, High Jump, Triple Jump, Discus, Shot Put, Pole Vault, Javelin
ORDER OF RUNNING EVENTS: 100 Prelims, 1500, 110 High Hurdles, 100 Finals, 800, 200 (against time if necessary), 400 Intermediate Hurdles (tentative), 400.

ENTRY FORM: TAC PENN MUTUAL MID-AMERICA REGIONAL MASTERS TRACK AND FIELD CHAMPIONSHIP MAIL FORM AND FEE TO: Harry Crockett, 3918 Orchard, Lincoln, NE 68503

NAME _____ AGE _____ MALE _____ FEMALE _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
CLUB AFFILIATION _____ BEST PERFORMANCE (previous 12 months) _____
EVENTS _____

1. _____
2. _____
3. _____
4. _____

In consideration of this entry being accepted, I hereby, for myself, my heirs, executor, administrators, waive and release all rights and claims for damages I may have against the Lincoln Track Club, the University of Nebraska, this event, and their agents, representatives, successors, and assigns for any and all injuries suffered by me in said event.
Date _____ Signature _____

MASTERS SPORTS ASSOCIATION'S THIRD ANNUAL RUNNING RELAY & FIELD EVENT RELAY CARNAVAL SUNDAY, JULY 19, 1981 TAC SANCTIONED.

RANMALL'S ISLAND, NEW YORK CITY. TAC SANCTIONED.

OPEN TO ALL MEN AND WOMEN REGISTERED IN TAC, OVER THIRTY YEARS OF AGE. ENTRY FEE: \$10.00 PER EVENT PER TEAM FOR RUNNING RELAYS \$ 5.00 PER EVENT PER TEAM FOR FIELD EVENT RELAYS.

DIVISIONS: SUB-MASTERS (30-39); MASTERS I (40-49); MASTERS II (50-59); MASTERS III (60+)

PRIZES: MEDALS TO THE FIRST THREE TEAMS IN EACH CATEGORY. TEAM TROPHIES: FOR RUNNING EVENTS: TO TEAM SCORING THE MOST POINTS ADDING ALL OF THE RUNNING RELAY RESULTS ON THE BASIS OF 5-4-3-2-1.

FOR FIELD EVENTS: SAME METHOD AS FOR RUNNING EVENTS. RUNNING EVENTS: (In yards) 440; 880; 1 mile; 2 mile; 4 mile; age medley (1 mile 40-50-60-60+) distance medley (3/4-440-880-1 mile) Sprint medley 9440-220-220-880)

FIELD EVENTS: Long Jump; Discus; Triple Jump; Shot Put. TEAM COMPOSITION: Running events, 4 member team. All must be registered in TAC. Age of youngest member determines division. All must be in same club.

NOTE: THE RESULT OF ALL OF THE 40+ TEAMS IN THE RUNNING EVENTS CAN BE USED IN THE NATIONAL ATHLETIC CONGRESS POSTAL RELAY CHAMPIONSHIPS. Field events: 2 member team. All must be registered in TAC. Age of youngest competitor determines division.

TO ASSIST IN THE ADMINISTRATION OF THE MEET PLEASE PRE-ENTER. THE SPECIFIC TEAM MAY BE DECLARED MAJOR TO THE EVENT.

SCHEDULE: WE ARE INTENTIONALLY LEAVING SUFFICIENT TIME BETWEEN EVENTS TO PERMIT DOUBLING.

4 mile relay 11:00 A.M. distance medley 2:00 P.M. Long Jump 11:00 A.M.
1 mile relay 12:00 noon sprint medley 3:00 P.M. Discus 12:00 noon
2 mile relay 1:00 P.M. age medley 3:30 P.M. Triple Jump 1:00 P.M.
880 yd relay 1:30 P.M. Shot put 2:00 P.M.

In the field events each competitor will have four jumps or throws. The two best performances of each competitor will be added together with that of the team mate for the total distance. The team with the longest distance wins.

PLEASE MAKE OUT A SEPARATE SHEET FOR EACH RELAY. NOTE: THE SPECIFIC TEAM MAY BE DECLARED AT THE MEET. PLEASE BE SURE TO HAVE THE TAC NUMBERS. ALL ATHLETES MUST BE REGISTERED IN TAC.

RUNNING RELAY EVENT _____ TEAM _____
TEAM MEMBERS: 1st LEG _____ TAC# _____ 2nd LEG _____ TAC# _____
3rd LEG _____ TAC# _____ 4th LEG _____ TAC# _____

MAILING ADDRESS FOR NATIONAL POSTAL RELAY PRIZE: NAME: _____
ADDRESS: _____ ZIP _____ PHONE _____
TIME: _____

FIELD EVENT RELAY _____ CLUB _____ AGE _____
RELAY EVENT _____ CLUB _____ AGE _____
TEAM MEMBERS: NAME _____ TAC# _____
NAME _____ TAC# _____
MAKE CHECK PAYABLE TO: MASTERS SPORTS ASSOC. (\$10 RUNNING RELAY; \$5 FIELD EVENT RELAY)
MAIL TO: WAIG BOHIGIAN, 225 HUNTER AVE. NORTH TARRYTOWN, N.Y. 10591

NIKE ROAD RACING CHAMPIONSHIPS, PHILADELPHIA, 15KM. APRIL 11.

Men's Masters

Table with 4 columns: Place, Name, Team, Time. Lists results for the Nike Road Racing Championships in Philadelphia on April 11, including winners Lorenz and Hambly.

Women's Masters

Table with 4 columns: Place, Name, Team, Time. Lists results for the women's masters race, with Foltz as the winner.

Women's Masters

Table with 2 columns: Team, Time. Lists finishing times for various women's masters teams.



AUSTRALIAN NIKE MARATHON APRIL 12, 1981.

Table with 4 columns: M40, M45, M50. Lists results for the Australian Nike Marathon in Beaverton, Oregon, with John Geraghty as the winner in the M40 category.

D.C. MARATHON, WASHINGTON, APRIL 12, 1981.

Table with 4 columns: M40, M50, M60, W40. Lists results for the D.C. Marathon in Washington, with Ed Geisendaffer as the winner in the M40 category.

15K NORMAN TAMANAHA RUN HONOLULU, APRIL 19, 1981.

Table with 4 columns: M40-44, M50-54, M60-64, M65-69, M70+. Lists results for the 15K Norman Tamaha Run in Honolulu, with Giovanni Bartolini as the winner in the M40-44 category.

WOMEN

Table with 4 columns: M35-39, M40-44, M45-49, M50-54, M55-59, M60+. Lists results for the women's masters race in Honolulu, with Carmen Frankhauser as the winner in the M35-39 category.

PHILADELPHIA MASTERS SPRING 5-MILER, PHILADELPHIA, APRIL 26, 1981.

Table with 4 columns: M40-44, M45-49, M50-54, M55-59, M60+, W40-44, W45-49. Lists results for the Philadelphia Masters Spring 5-Miler, with Herb Lorenz as the winner in the M40-44 category.

from Pete Taylor



MINI-MARATHON TUNE-UP CENTRAL PARK, NEW YORK MAY 2, 1981. 5 MILES.

Check-in: 195(women only)

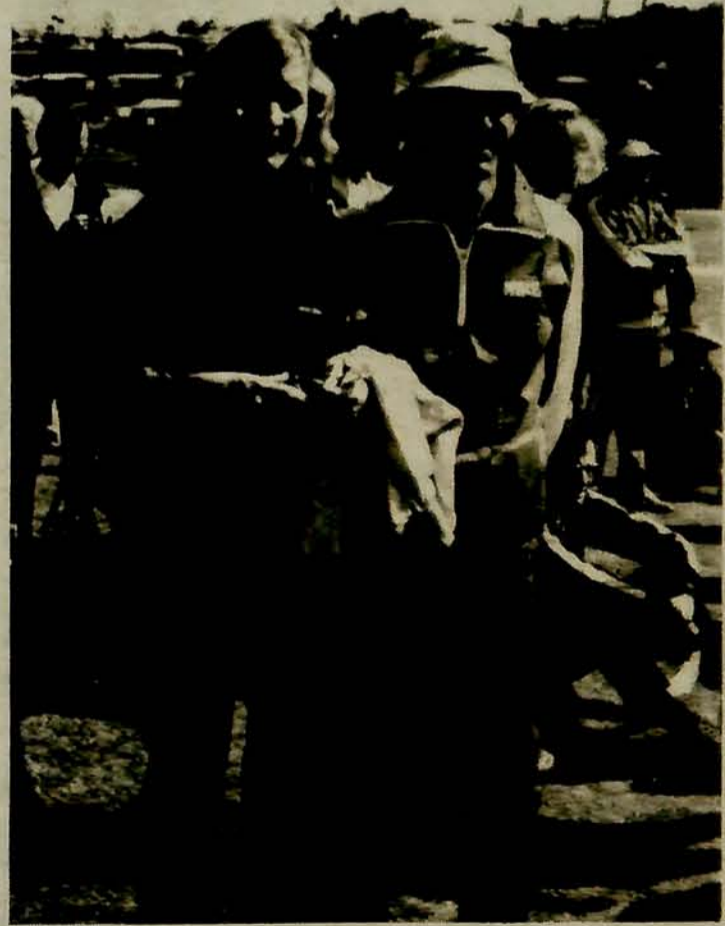
Table with 4 columns: Lists results for the Mini-Marathon Tune-Up in Central Park, New York, with Robin Ladas as the winner.

CANADIAN NATIONAL MASTERS MARATHON CHAMPIONSHIPS VANCOUVER, BRITISH COLUMBIA MAY 3, 1981

Table with 4 columns: M40-44, M50-54, M60-64, M65-69, M70+. Lists results for the Canadian National Masters Marathon Championships in Vancouver, with Roger Robinson as the winner in the M40-44 category.

Table with 4 columns: M40-44, M50-54, M60-64, M65-69, M70+. Lists results for the Canadian National Masters Marathon Championships in Vancouver, with Robert Moore as the winner in the M40-44 category.

from Bill McIntosh (M45 and M55 results in next issue)



Joan Ulyot and Jim O'Neil waiting for results at Nike/Penn Mutual San Diego Grand Prix.

THIRD ANNUAL TREVIRA TWOSOME TEN-MILE RACE CENTRAL PARK-NYC

Sponsored by Hoechst Fibers Industries.

Under the auspices of NYRR. Date: April 26, 1981 11 AM. Distance: 10 miles (both partners must complete the entire distance to score). Course Records (Men): Herb Lindsay, 45:59.8, 1980. Previous Course Record (Women): Margaret Groos, 54:29.4, 1980. New Record (Women): Patti Catalano, 53:41.3. Previous Couples Record: Herb Lindsay and Margaret Groos, 1:40:29.2, 1980. New Couples Record: Herb Lindsay and Patti Catalano, 1:39:57.3. Check-In: Men-1415, Women-1414, Total-2829. Finishers: Couples-1040, Men whose partners did not finish-165, Women whose partners did not finish-76, Total Men-1205, Total Women-1116, Total-2321. Weather: Mid-60's, sunny, clear.

Order of Finish-Couples

Table with 4 columns: Lists results for the Trevira Twosome Ten-Mile Race, with Herb Lindsay and Patti Catalano as the winners.

80-79 Couples-Top 15 out of 486

Table with 4 columns: Lists top 15 couples for the 80-79 age group in the Trevira Twosome Ten-Mile Race.

80-99 Couples-Top 10 out of 153

Table with 4 columns: Lists top 10 couples for the 80-99 age group in the Trevira Twosome Ten-Mile Race.

100-119 Couples-Top 5 out of 31

Table with 4 columns: Lists top 5 couples for the 100-119 age group in the Trevira Twosome Ten-Mile Race.

120-plus Couples-All Finishers

Table with 4 columns: Lists all finishing couples for the 120-plus age group in the Trevira Twosome Ten-Mile Race.



BEFORE INTRODUCING THE ZOOM, WE RAN A FEW TESTS.

They looked good on paper. And even better in the lab. These new spikes were definitely the lightest prototypes we'd ever put together — by about 90 grams.

What made that important was the old physiologist's rule-of-foot: for every 100 grams you knock off a pair of shoes, you also cut energy costs by about one percent.

It appeared, we'd come up with the fastest Nikes ever.

But that wasn't the only good news. For all the weight loss, these prototypes showed no loss in cushioning. None.

That really got us going. Because our own studies showed that comfort can also save runners energy.

So we went even further. Introduced the Variable Width Lacing

System™, for a nice, snug fit, especially through the arch. And redesigned the spike plate. So during the weight-bearing phase, the spikes would bite the dirt. Not the foot.

We developed models for sprints, distance and indoor. Then the heavy research began. We put them on

international tour. And from the Pan American Games, to the Olympic Trials, to Moscow itself, these spikes began rewriting the record books. Taking more than their share of victory laps.

That started a lot of people talking.

But nobody, nowhere used their proper name: Prototype #45711 TF.

All they could say was ZOOM.

Sounded good to us.

