

★ HIGHLIGHTS ★



• Results of Distance Runs

- Houston-Tenneco Marathon
- Orange Bowl 10K/ Marathon
- Mission Bay Marathon
- Super Bowl Sunday 10K
- Charlotte Observer 10K/ Marathon
- Brian's Run - And 26 more

• Results of Track & Field Meets

- Lake Erie
- College of the Desert
- Lincoln
- Wisconsin
- Michigan Relays
- Philadelphia

• Entry Form For National Indoor

• World Games Schedule & Entry Form

• Nike Grand Prix Schedule



National Masters News



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

55th Issue

March, 1983

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HILL WINS ORANGE BOWL 10K AND MARATHON

England's Ron Hill, 44, pulled off an impressive double triumph by winning the masters division of both the Orange Bowl 10K and Orange Bowl Marathon on two successive weekends in Miami.

Taking on some of America's finest masters long distance runners in each event, Hill, the 1970 Boston Marathon winner, eked out a 3-second win in the 10K on January 15, and then stormed to a 6-minute victory in the Marathon on the 22nd.

In the 10K, he hooked up with New Jersey's Bob Fischer, 43, clocking 31:27.9 to Fischer's 31:30.7. Not far behind was Tallahassee's Jim Ewing in 32:00.

In the marathon, Hill, who has a lifetime best of 2:09:30, pulled away from Roger Roullier, 44, to a 2:27:14 win. Roullier logged 2:33:22 and was followed by Bill Springer, 43, (2:37:59) and Alberto Echeverria, 40, (2:38:57). Springer and Echeverria had finished 5th (33:42) and 6th (33:56), respectively, in the 10K the week before.

Although competition was not divided into ten-year age groups, the top over-age-50 finisher in both races was Henrik Kupczyk of Miami with 2:48:29 in the marathon and 34:33 in the 10K.

(Continued on page 22)

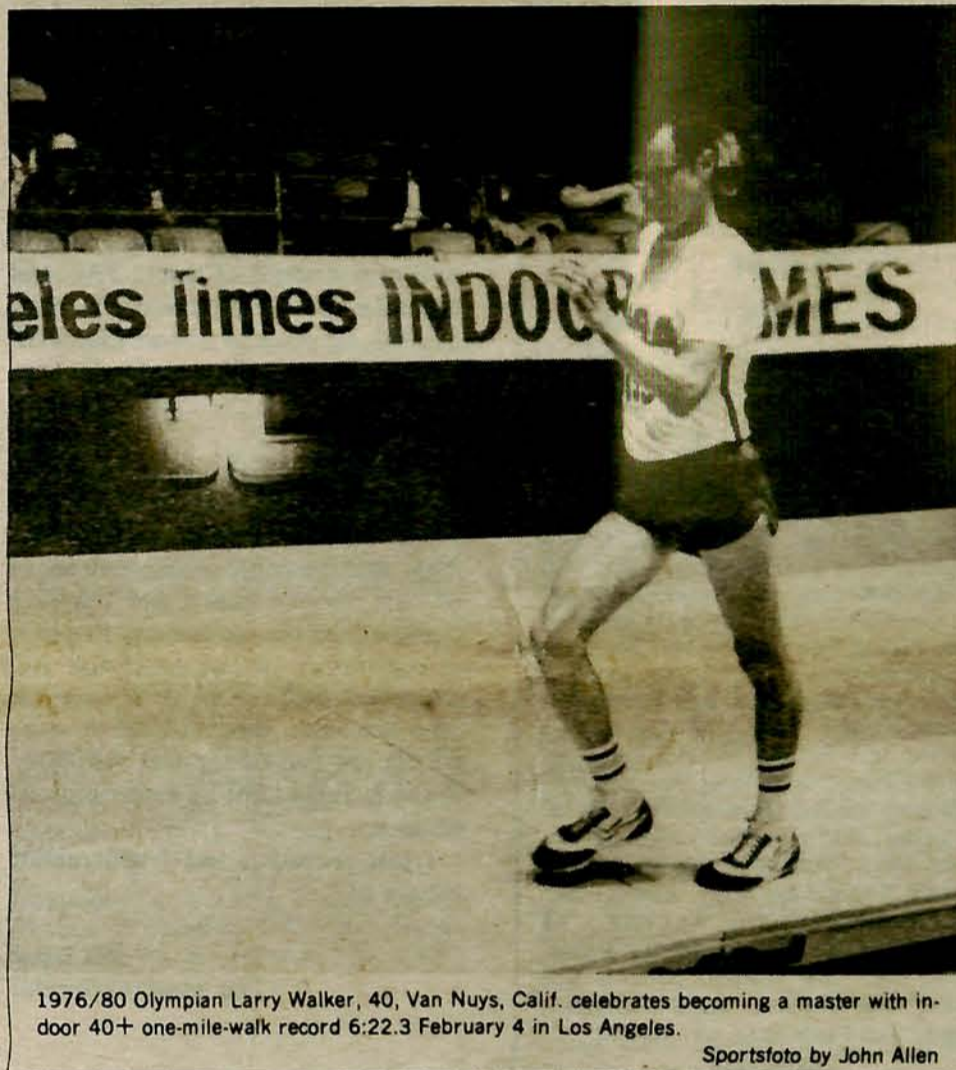
Manley Sets Marathon Mark

Oregon's Mike Manley added another U.S. road-running record to his impressive list of achievements since turning 40 last year by racing to an American masters record 2:17:10 in the Houston-Tenneco Marathon January 16.

Manley's time broke both Bill Hall's point-to-point 40+ record of 2:21:20, and Jim Bowers official certified masters mark of 2:22:23.

David Salo, 50, turned in a swift 2:33:12 to capture the 50-59 division by six minutes over Houston's Al Lawrence. Sylvia Quinn, 46, led all female 40+ runners in 3:14:18. □

(Continued on page 22)



1976/80 Olympian Larry Walker, 40, Van Nuys, Calif. celebrates becoming a master with indoor 40+ one-mile-walk record 6:22.3 February 4 in Los Angeles.

Sportsfoto by John Allen

WINZENRIED SETS MARKS IN WISCONSIN

MADISON, Wisconsin, January 8. Twenty-three records were set and two more were tied tonight at the seventh annual Wisconsin Masters Indoor Track and Field Championships at the UW Memorial Sports Center.

Former UW all-American Mark Winzenried shattered the only two records in 30-34 age group competition when he ran 50.9 seconds in the 440-yard dash and followed up with a 1:54.5 in the 880. Another ex-Badger, Rich Rinehart, tied a 70 low hurdles mark in :08.9.

A new men's age category of 55-59 led to eight records with Bill Wambach of Madison earning three in the jumps and sprints. The only other double record-breakers were George Haasl and John Dick in 60 and over. Tom

(Continued on page 22)

Lake Erie Meet Rings In New Year

by MARY M. CHADBOURNE

Masters athletes opened the 1983 track and field season in Cleveland, Ohio on January 9 with a number of sparkling individual and team performances.

The occasion was the Lake Erie Indoor Track & Field Championships sponsored by Cleveland's Over the Hill Track Club. Spotlighting the masters level competition were 5 former Olympians — Jim Burnett, Josh Culbreath, Ira Davis, and Cleveland's Bernice Holland and Al Schoterman — who were greeted the evening before at a reception with former Olympian Harrison Dillard.

Bill Cosby, in his second outing as a masters level athlete, competed in the high jump for the Philadelphia Masters team. The Championships drew over 250 open and masters competitors from 9 states and Canada, and over

(Continued on page 22)

STEWART BETTERS WORLD MILE MARK

ANN ARBOR, Michigan, January 22. Ann Arbor's Bill Stewart today staked a claim as potentially one of the top veteran middle-distance runners in history.

In one of the most impressive performances by a masters runner in recent years, Stewart became the fastest over-age-40 miler in the world by recording a sizzling 4:11.0 in the Michigan Relays.

The time betters by seven seconds the listed world over-40 mile record of 4:18.5, set by New Zealand's Jim McDonald in 1977. It betters Ray Hutton's 7-year old U.S. mark of 4:24.0 by an astonishing 13 seconds.

Stewart, who turned 40 on January 6, was pleased, but said, "I ran a tentative race," he said. "I feel I can do a 4:05."

The health education teacher was unofficially timed in 3:53 at the 1500 meter point. The world 1500 mark is 3:52.0, held by France's Michel Bernard since 1972. Ernie Billups hold the U.S. mark of 3:59.8.

Stewart's secret? "I've been doing some hiking in Peru," he said. "Then for the past 22 weeks, I put in about

(Continued on page 22)

National Masters News
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Write On!



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BLITHERING IDIOTS

Upon reading the LDR report of the AC convention, I could hardly believe my eyes! If a group of blithering idiots had set out to purposely do all they could to insure low participation and "regional" national championships, they'd have done almost exactly that which was accomplished. Given the

NATIONAL MASTERS NEWS

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fact the Fifth World Veterans Championships in Puerto Rico ends up on September 30, 1983, the 15 KM road championships in El Paso on October 1 should wind up as a neighborhood party, with zero top masters competitors. Evidently the powers that be figure it is no problem running a marathon one day then zip a couple thousand miles and run a 15K the next day. Then it gets better! Road championships at 5K, 10K, 15K, 20K, 25K, the five most popularly contested distances fall within a span of 15 days! Four of them in 9 days and 2 on the same day! Geez!!!

I realize it is easy to sit back at home and criticize, but I'd like to think if I'd been able to attend the convention I'd have been able to see a problem and spoken to it. What the hell are those folks thinking about when they are supposed to be serving the athletes?

Now hear this: on page 11, "Benham is on target toward his 1982 goal of winning 8 of the 13 TAC National Masters Championships in 1982. In 1983, he plans to win all 13." Well Ed, the other runners could not have stopped you, out the LDR committee sure did!

And now to make some friends in my inimitable manner. I believe this has to rank as one of the most stupid, inept, and incompetent demonstrations of non compos mentis and complete disregard for the competitors I've seen in the history of the AAU and AC combined. Ed Benham, or anyone else who can do so, should be able to compete in any and all national championships! It should not be made impossible to do.

I just re-read it and I still cannot believe it!

Bill Stock

La Mesa, California

NATIONAL UNIFORMS

What's happened to pride in one's country? Why all the talk against national uniforms?

There's a lack of pride among some master athletes who feel they should not compete in the World Veterans Championships in any uniform that might indicate they are from the U.S.A. Well, that's their choice, but I'm sorry to hear it and I think it's wrong.

I gave over 22 years of my life in the service of my country. All during that time, I was proud to wear and display its uniform. I still feel that way.

At the 5th World Veterans Games in Puerto Rico this year, I will wear a uniform with a large U.S.A. on the shirt, U.S. Masters on my warm-ups, and red, white and blue running socks. I'm proud to say to the world: "Hey, I am an American."

Al Guidet

California City, Calif.

CHRISTMAS IN HAWAII

What a delightful holiday and experience my husband Earl and I had in the Senior Olympics Christmas Track meet December 26th in Honolulu. If you want to meet nice people, get acquainted with the members of the Hawaii Masters Track Club — people like Jack Karbens, Stan Thompson, Alice Unawai, Harold Chapson and Adeline Crocks. It was a great Christmas holiday.

Marilla Salisbury

San Diego, California

SPEEDWAY MARATHON

I read in the August 82 Newsletter where a Masters Meet was held in Indianapolis and that bike races were held on the speedway. That is encouraging as several years ago I wrote to the Speedway suggesting a marathon be held there. The reply was a curt "no thank you." Now that others are using the normally idle facility, I suggest that someone in that region sponsor a marathon at the Speedway. It would be so simple to count laps, put up aid stations, show whose leading on their famous position pole, running time, no traffic for the runners, seats for spectators, etc. And a very flat course. It has all the potential for the classic race.

Keep up the good work in the Newsletter. It gets better all the time. I particularly like the long range schedule so one can plan things well in advance.

Dick Glasgow

London

KUDOS

You really do a super job.

Bo and Diana Smith

Claremont, California

NMN is most interesting. Keep it up.

Dorothy & Ed Stotsenberg

Malibu, California

When NMN arrives, I read it first even before saying hi to my wife.

Rick Christoph

Cincinnati, Ohio

You're doing a terrific job with the National Masters News. In fact, here in the New York metropolitan area, we think it's the second best publication around covering track & field and long distance running for the master athlete.

Seth Kaminsky, Editor

New York Masters Newsletter

Cold Spring Harbor, New York

I very much enjoy the National Masters News. I hardly see how the Masters Track program could endure without it. You are doing a great job! I am enclosing a small check as a gift to the News.

Harold Chapson

Honolulu, Hawaii

schedule

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



TRACK & FIELD NATIONAL

March 26-27. TAC National Masters Indoor Championships, Lehigh Univ., Bethlehem, PA. Bert Lancaster, 609-347-5800; 609-347-5400. Entry Form in this issue.

June 11-12. TAC National Masters Club Championships, and TAC Southeast Regional Masters Championships, Atlanta. Ken Kirk, 3800 Stonewall Terrace, Atlanta GA 30339.

July 2-3. TAC National Masters Decathlon (men) and Heptathlon (women), Merced, Calif. A.J. Puglizevich, 720 E. 21 St., Merced CA 95340. 209-722-6078.

September 16-18. 16th Annual TAC National Masters Championships, Rice University, Houston. Jim McLatchie, P.O. Box 740728, Houston, TX. 77274.

August 17-19, 1984. 17th Annual TAC National Masters Championships, Eugene, Oregon.

EAST

March 5. Philadelphia Masters Indoor Club Championships, Widener College, 6 p.m. Open to all. Fred Mannis, 215-985-1780.

March 13. New Jersey TAC Masters Indoor Championships (open to all). Peddie School, Hightstown NJ, 1 p.m. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 609-259-9268.

March 20. 11th TAC Eastern Masters Indoor Championships, West Point, N.Y. 11 a.m. Gloria Fine, 77 Prospect Place, Brooklyn NY 11217.

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May 15. Masters Sports Association Meet, Randall's Island, New York City, Bob Fine, 77 Prospect Place, Brooklyn NY. 11217. (212) 789-6622 from 7:30 to 9:30 p.m.

May 28. Potomac Valley AC meet, Univ. of Maryland. Charles DesJardins, 703-250-7955. Open to all.

May 22 or 29. West Penn Championships. Sue Kline, 412/228-1872.

June 19. Metropolitan Masters Championships, Randall's Island, New York City, Bob Fine, 77 Prospect Place, Brooklyn, NY 11217.

June 25-26. TAC Eastern Regional Masters Championships, East Stroudsburg, PA.

July 10. Eastern Club Quadrangular. (Shore AC, NY Masters, Phila Masters, Potomac Valley) Washington, D.C. Sal Corrallo, 5351 N. 37th St. Arlington, VA 22207. 703-241-1854.

July 21-24. 2nd Annual National Masters Sports Festival, Philadelphia, Fred Mannis, 215-985-1780.

July 31. Masters Sports Association Relays, New York City.

August 11-14. Empire State Games, Albany, N.Y. Open and masters. Residents of New York State only. Entry standards. Deadline July 15, Michael Abernethy. 518/474-8889.

September 4. Potomac Valley Masters Games, Washington, D.C. Sal Corrallo, 5351 N. 37th St. Arlington, VA 22207. 703-241-1854.

SOUTHEAST

March 19. Mini meet, 9 a.m., Manatee JC, Bradenton FL. Nick Ryan, 813-758-7675.

March 26. 2nd Gold Coast Masters Weight Pentathlon, 5 p.m., Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, Florida 33444. Randy Cooper.

April 9-10. 9th Annual Florida State Masters Championships, Clearwater High, Clearwater Florida. Dick Lacey, 1207 S. Duncan Ave., Clearwater FL 33516. 813-447-7161.

April 16. Tampa Bay T&F Championship/Weight Pentathlon, Tampa FL, Carlos Fraundorfer, Hillsborough High, 5000 Central Ave. Tampa FL 33603.

April 23. Mini-meet, 9 a.m., Manatee JC, Bradenton FL. Nick Ryan 813-758-7675.

May 6-8. TAC Southeast Masters Classic Raleigh, N.C. PO Box 590, Raleigh NC 27602.

May 14. Mini-meet, 9 a.m., Manatee JC, Bradenton FL. Nick Ryan 813-758-7675.

June 4. 4th Annual Old Timers Meet, 3 p.m., Twin Lakes HS. John Butler, 995 44th St., West Palm Beach FL 33407. 305/844-7794.

June 11-12. 8th Annual Northwest Classic, Miami Dade CC, Miami. Jesse Holt, 1310

N.W. 90 St., Miami FL 33147. 305-836-2409 (h); 305-579-4437 (o).

October 2. 1st World Veterans Weight Pentathlon Championships. Delray Beach, Florida Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, Florida 33444.

MIDWEST

March 13. Michigan AC Indoor Championships; Siena Heights College, Adrian, Michigan. Three divisions: open, sub-masters, masters. John Goodridge, 8347 Island Lake Rd., Dexter MI 48130.

March 13. Indoor meet, Forest View High, Arlington Hts. IL. Open to all ages. Wendell Miller, 312-236-1315.

April 24. North Coast Relay Championships. Cleveland, Ohio. James Barrett, 3801 Shannon Rd., Cleveland Hts. OH 44118.

May 21. Chicago Corporate Classic Spring Relays for men, women and masters. CCC, 1423 W. Fullerton Ave., Chicago IL 60614. 312-348-1724.

June 8-12. Indy Senior Classic (Senior Olympics), Indiana U., Indianapolis, Bob Coughlin, 305 S. Barton, Indianapolis IN 46241, 317-241-5446.

June 18. 5th Cleveland Track Classic, Parma, Ohio. Open to all. Jeff Gerson, 6509 Marsol Rd. #308, Mayfield Heights OH 44124.

June 25. Open Meet, York High, Elmhurst IL., 7 a.m.

July 2-4. Indiana Masters Championships/White River Park State Games.

July 23. TAC Midwest Regional Masters Championships, York High, Elmhurst IL, 7 a.m. Race day sign up. Wendell Miller, 180 N. LaSalle, Chicago, IL 60601. 312-236-1315. (o); 312-234-2154 (h).

August 13-14. North Coast Decathlon, Cleveland, Ohio. James Barrett, 3801 Shannon Rd., Cleveland Hts, OH 44118.

MID-AMERICA

June 24-25. TAC Minnesota Open & Masters Championships, U. of Minnesota, Doug Taylor, 4393 Arden View Court, Arden Hills MN 55112. 612-636-8909.

August 13-14. Missouri Senior Olympics.

ON TAP FOR MARCH TRACK & FIELD

This month's major event is the TAC National Indoor Masters T&F Championships in Bethlehem, Pa. on the 26th & 27th. Complete info and an entry form are on page 9.

Leading up to it are indoor masters meets in Philadelphia on the 5th; Hightstown, New Jersey on the 13th; and the TAC Eastern Regional Masters Championships at West Point on the 20th.

LONG DISTANCE RUNNING

Highlighting the March agenda is the TAC National Men's Masters Marathon Championship in Seattle on the 27th as part of the Emerald City Marathon. The event includes a two-day Sports Medicine seminar and a trip to London for the masters winner.

The TAC Eastern Masters Marathon Championships will be held in Clarksburg, New Jersey on the 6th.

Major open races include the Avon 15K in Washington, D.C. on the 5th; the Bethesda, Chase 20K on the 6th; the Jacksonville River Run 15K on the 12th; and the Colonial half-marathon in Williamsburg, Virginia on the 13th.

The Azalea Trail 10K in Mobile on the 19th and the Crescent City 10K in New Orleans on the 27th are two of the South's major running events of the year.

The popular Price-Chopperthon 30K from Schenectady-to-Albany, N.Y. goes on the 20th, as does the San Jose Mercury-News 10K in California.

The month closes out with the Perrier Cherry Blossom 10-miler in the nation's capital and the Los Angeles Marathon on the coast. □

Joe Shy, Box 745, Chillicothe, MO 64601.
(Continued on page 4)

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(Continued from page 3)

September 3-4. Rocky Mountain Games, Denver. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303-341-2980.

September 18. Missouri Valley Masters Championships. Lawrence, Kansas. Clint Leon, 913-842-6240.

SOUTHWEST

May 28. TAC Southwest Regional Masters Championships, New Orleans. Danny Thiel, 2609 Canal St., New Orleans LA 70119. 504-822-9057.

August 20. Texas Masters Championships. Dallas, Joe Murphy, 4308 N. Central Expressway, Suite 206. Dallas, TX 75206. 214-826-9650.

WEST

March 5. Long Beach, Calif. Relays. Some masters events. John Tansley, CSU, 1250 Bellflower Blvd., Long Beach CA 90840. 213-498-4666.

April 2. TAC Central Calif. Assoc. Masters Championships, Fresno State College, All-Weather Track, Hugh Adams, 7904 S. McCall, Selma, CA 93662.

April 23. Sacramento Masters Relays, Cal State Univ., Sacramento CA. Chevron 400 track. Bob Roemer, 3808 Yellowstone Ct., El Dorado Hills CA 95630. 916-933-1438.

May 1. Mt. Sac Relays, Walnut, Calif. Some masters events. Hal Smith, 18750 Oxnard St. #404, Tarzana CA 91356. 213-342-1174.

May 7. West Coast Masters Classic, Visalia, CA Marty Higginbotham, 1026 W. Princeton, Visalia CA 93277.

May 14. 4th Annual U. of Redlands Masters Meet. Buz Wagner, 1522 Margarita Dr., Redlands CA 92373. (714) 793-2638.

May 21. TAC Pacific Assoc. Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos CA 95030.

May 21. Anteater Masters Games (formerly Grandfather Games), UC Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona Del Mar CA 92685. 714-673-2025.

May 28. 6th Annual Golden State Masters Meet, Porterville, Calif. Allen Nelson, 181 N. Carmezita, Porterville CA 93257.

June 11. Compton, Cal. Invitational. Some masters events. Wally Williams, 5242 Pendleton #26, South Gate CA. 213-631-3416.

June 18. Challenge of the Ages (Masters vs. High School) Invitational. Lewis Smith, 8306 Wilshire Blvd., Beverly Hills CA 90211.

July 2. 10th Annual CDM "Don Palmer Memorial" Relays, Los Angeles. Cynthia Jackson, 19103 S. Andmark Ave., Carson, CA 90746. 213-638-7125.

July 9. TAC/SPA District Masters Championships, CSU, Long Beach, Calif. Woody Studemund, 213-790-9480, or Doug Smith, 20861 Queens Park Lane, Huntington Beach CA 92546. 714-968-2812.

July 16. 8th Annual Striders Relays, Los Angeles. Ann Smith, 22736 Mulholland Dr., Woodland Hills CA 91364. 213-348-6352; 213-342-1174.

July 23-24. West Valley Masters Meet, Los Gatos, CA, Bruce Springbett, PO Box 1328, Los Gatos, CA 95030. (Includes 18-29 division).

August 6. CDM, Striders & San Diego TC Tri-Masters Meet, Southwestern College, Chula Vista, Calif. Joe Horn, 1147 Agate St., San Diego CA 92109.

August 21-22. TAC Western Regional Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030.

August 27. Southern California Masters Championships. Southwestern College, Chula Vista, Calif. Joe Horn, 1147 Agate St., San Diego CA 92109.

September 10-11. New Senior Olympics, UCLA, Los Angeles. Bob Watanabe, 11645 Wilshire Blvd., Los Angeles, CA 90025. 213-478-0805.

October 1. Club West Masters Meet, Goleta, CA. George Adams, PO Box Drawer K, Goleta, CA 93017. 805-687-6323.

June 16-24, 1984. U.S. Olympic Trials, Los Angeles.

NORTHWEST

June 18. 4th Annual Senior Sports Festival, Seattle, King County Rec. Dept., 425 S.W. 144th St., Seattle WA 98166.

June 25-26. Hayward Masters Classic, Eugene, OR. Lew Thorn, 503-484-9087; Bill McChesney, 1755 Coburg Rd., Eugene, OR 97401.

July 10-15. Masters track & field training camp, Seeley Lake, Montana. Northwest Sports Medicine Foundation, 1551 Northwest 54th; Suite 200; Seattle, WA 98107. 206-782-3383.

July 29-30. TAC Northwest Regional Masters Championships, Gresham, Oregon. Held at night. Jim Puckett, Mt. Hood College, 26000 SE Stark, Gresham, OR 97030. Entry form in July issue.

August 26-27. 5th Annual Montana Masters Championships. Bozeman, Mike Carignan, Box 1766, Bozeman MT 59715.

HAWAII

Each Wednesday thru April 27. All-comers meets at U. of Hawaii, Honolulu, 6 p.m.

March 6, 20. Development meet, 8 a.m., Kaiser HS, Honolulu.

April 10, 24. Development meet, 8 a.m., Kaiser HS, Honolulu.

May 21-22. Hawaii Masters Championships and Decathlon, Honolulu. Stan Thompson, 1549 Ipukula, Honolulu HI 96821.

CANADA

June 11-12. Ontario Masters Championships, Sudbury, Canada.

July 16. Ontario Masters Pentathlon Championships. Near Toronto.



Nate Robinson 30-34, wins 100H at Nationals.

Photo by Bill Gentry

INTERNATIONAL

April 1-4. Australian Veterans Championships, Melbourne. Ray Callaghan, 6 Yvonne Ave., South Croydon, Victoria 3136. Men 40+, Women 35+.

September 23 - October 1. V World Veterans Games, San Juan, Puerto Rico. Men 40+. Women 35+. GPO Box 336, San Juan, PR 00936; or Sports Travel International, PO Box 7823, San Diego, GA 92107. 619-225-9555.

July 28-August 12, 1984. Olympic Games, Los Angeles.

LONG DISTANCE RUNNING

NATIONAL

Thru August 31. TAC National Masters Postal One-Hour Run Championships. Al Huff, 18127 First Five. N.W. Seattle WA 98177. 206/542-2930.

March 27. TAC National Men's Masters Marathon Championships, Seattle. King County Convention Bureau, 1815 7th Ave. Seattle, WA 98101. 206-447-7290.

May 29. TAC National Masters 20K Championships, Washington, D.C. Chuck DesJardins, 5428 Southport Lane, Fairfax VA 22032. 703-250-7955.

June 5. 1983 Avon International Marathon and TAC National Women's Masters Marathon Championships, Los Angeles. Avon Running, 9 West 57th St., New York NY 10019.

June 18. TAC National Masters and Open 100-mile Championships. Shea Stadium, Queens, N.Y. Vince Chiapetta, 3400 Corlear Ave., Bronx NY 10463. 212/796-5189.

NEW ENGLAND

March 19. St. Patrick's 7.5-mile, Holyoke MA Mike Tierney, 252 Maple St., Holyoke MA 01041.

April 18 (Monday). Boston Marathon. 8000 runners. Box 223, Boston MA 02199.

May 23. 23rd Annual Race of Champions Marathon, Holyoke, Mass. Walter Childs, PO Box 1484, Springfield MA 01101. 413-566-3145.

EAST

March 5. Avon 15K, Washington, D.C. Henley Roughton, 8208 E. Boulevard Dr., Alexandria VA 22308.

March 6. Bethesda Chase 20K, Bethesda MD, Limit 2000. Montgomery County Rec, 1401 Dennis Ave., Silver Spring MD 20902.

March 6. TAC Eastern Masters Marathon Championships and Monmouth Marathon, Brookdale Community College, Lencroft NJ. Ron Salvio, Squan Rd., Clarkburg NJ 08510. 609-259-9268.

March 20. 10th Annual Price Chopperthon 30K, Schenectady to Albany, N.Y. RRCA National Championship. Peter Benoit, 30 Woodlake Rd., Albany NY 12203.

March 27. Perrier Cherry Blossom 10 mile (plus 2-mile), Washington, D.C. 3000 runners. Box 4711, Arlington VA 22204.

April 10. Run for the Arts 10K and 1 mile, Cheltenham PA. Phil Steel, 215-635-4611.

May 1. Trevira Twosome 10 mile, New York, N.Y. Central Park. 3300 runners. Box 881, FDR Station, New York NY 10150. 212-860-4455.

May 28. L'eggs Mini-Marathon 10K, New York City. NYRR, Box 881, NYC 10150. 212/860-4455.

June 5. 3rd International Oxford Triathlon, Oxford, Md. 2.4-mile swim, 20-mile run, 50-mile bike. Fletcher Hanks, Box 268, Ox-

ford, MD 21654. 301-226-5494.

March 12. River Run 15K, Jacksonville, Florida. Box 51, Jacksonville FL 32201.

March 13. Annheuser-Busch Colonial Half-Marathon, Williamsburg VA. PO Box 399, Williamsburg VA 23187.

March 19. Azalea Trail 10K, Mobile, Alabama. Box 16907, Mobile AL 36616.

March 20. North Carolina TAC 10K Championships and Cary Road Race. Cary Park & Rec. Dept., 919-469-4064.

March 27. Crescent City 10K, New Orleans. 12000 runners. Mac DeVaughn, 5242 Magazine St., New Orleans LA 70115. 504-895-4705.

April 2. Avon 10K, Atlanta. Bob Brennan, PO Box 88657, Atlanta GA 30338.

May 28. Elby's 20K, Wheeling, WV. Hugh Stobbs, 933 Main St., Wheeling WV 26003. 304-232-6120.

MIDWEST

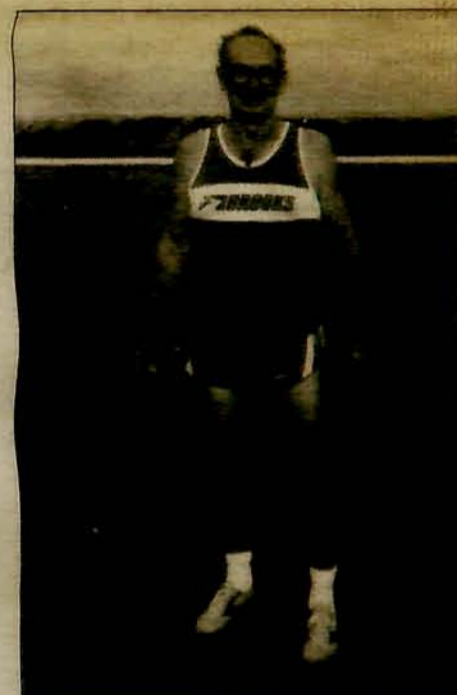
May 7. Old Kent River Bank 25K, Grand Rapids, MI. David Teater, 1 Vanden Berg Center, Grand Rapids MI 49503. 616-774-5272.

May 15. Revco-Cleveland Marathon & 10K, Cleveland, Ohio. Reno Staronni, PO Box 46604, Bedford OH 44146. 216-292-2675.

June 11. Grandma's Marathon, Duluth, Minn. Scott Keenan, Box 6234, Duluth MN 55806. 218/727-0947.

July 31-August 6. Telemark Running Camp, Cable, Wisconsin. 10,000 meter cross country race, August 6. Roadrunner Tours, 301 W. Highway 20, Michigan City, IN 46360, 219-872-7217.

(Continued on page 20)



Don Hull, 64, pigged out at the decathlon, weight and regular penthlon held in Apopka, Fl. Dec. 11 — he entered all three events. Photo by Bill Gentry

DEADLINE

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

SEVEN-UP AIDS MASTERS

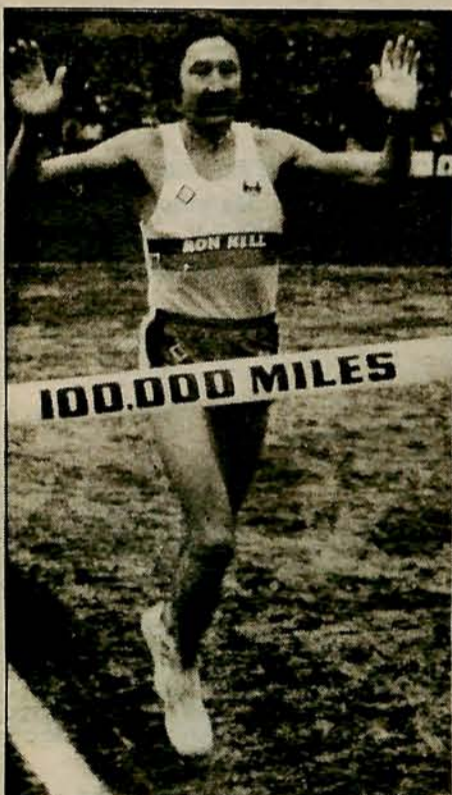
The Seven-Up Company has announced that it will assist in the sponsorship of a select number of indoor and outdoor Masters Track and Field Meets.

In making the announcement, Guy L. Smith, vice president of corporate affairs for The Seven-Up Company stated:

"Our interest in the recreational activities of people of all ages is a serious concern. We feel the benefits of healthy and competitive sports is a plus for the vitality of the people of this country."

Smith also announced that Warren G. Jackson, president of Circulation Experti, Ltd., and minority affairs consultant to the Seven-Up Company, will coordinate all Masters Track information and details. Jackson, a former standout high jumper at Manhattan College, selected five indoor meets for Seven-Up Assistance, including the Eastern Regionals at West Point on March 20 and the National Masters Championships in Bethlehem, Pa. on March 26-27.

According to Jackson, no outdoor meets have been selected thus far, but a few are under serious consideration. Meet directors wishing to contact Jackson can do so by writing: Mr. Warren Jackson, Minority Affairs Consultant to Seven-Up, Circulation Experti, 280 North Central Avenue, Hartsdale, NY 10503. □



One of Britain's finest-ever distance runners, Ron Hill, 43, completed his 100,000th-mile of recorded training and racing January 8 in Manchester, England. Hill's career spans 25 years and includes marathon wins in Athens, Boston (1970) and a PR 2:09:28 in Edinburgh. Hill has competed in 32 different countries and hopes to notch a few more in the near future. Incidentally, Ron's training "streak" dating back to December, 1964 is still intact. "I hope it will continue to my 200,000th mile," Hill said. "Around the year 2010."

NORTH AMERICAN REPORT

by BOB FINE,
North American Representative
to the World Association
of Veteran Athletes

The following were elected as officers to the North American Council: President: Bob Fine; Vice-Pres: Alastair Lynn; Secretary: Miguel Rivera Veve; Treasurer: Fred Mannis.

The Council voted to hold the Pan American Masters T&F Championships every four years, and to continue the North American Masters T&F Championships, with medals a require-

ment.

Some feel the North American Championships have become local-regional meets and do not properly attract a large field from throughout the continent.

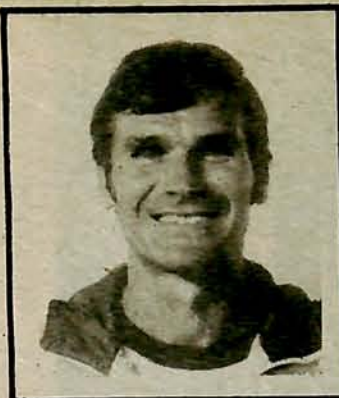
I am working on New York City as the site of the 1983 Championships — Sept. 10-11.

Ottawa, Canada has bid on the 1984 Pan American Championships.

We will have a North American Council meeting in Puerto Rico at the World Games. □

**Among the disabled
are talented actors,
physicians, sculptors
and business people.
The talent is there.
Use it.**

President's Committee on
Employment of the Handicapped,
Washington, D.C. 20210.



THE GUN LAP

by MIKE TYMN

DOWN WITH THE MARATHON!

"I don't want to add to the myth of the marathon. It's just a distance not a shrine." — Alberto Salazar

You probably think that someone who writes a column on running and has been competing in the sport for over 30 years is some kind of marathon nut. To tell you the truth, I abhor the marathon. I detest it. I resent it.

The thing that has turned me against the marathon is the fact that it has been built up, promoted, and glorified to the detriment of shorter, but equally challenging races.

Not too long ago, I was banging out a story in the sports department of *The Honolulu Advertiser* when someone mentioned that the results of the Scottsdale (Ariz.) 10 kilometer race were coming over the wire service. There were a few chuckles and one of the reporters said, "A 10K, that's ridiculous." I interpreted his comment to mean that had it been the Scottsdale Marathon, it might have had some merit.

Here in Hawaii, it seems as if most everyone views races shorter than a marathon as nothing more than warm-ups for the Honolulu Marathon in December. Until a few years ago, one of the biggest events in town as far as the competitors were concerned was the King Kamehameha Day Kuikini, a 4-mile race through Waikiki. It was well organized and administered when there were only several hundred people in the race, but then our marathon clinic doctors told the hundreds of novice runners in the clinic to enter the Kuikini and see if they could finish it. Then they should go on to a 10K, and work on up to the marathon distance. As a result, the Kuikini became so large that it was un-manageable. They changed it to a fun run for two years and then last year it was discontinued.

Last August, I stopped over in California to visit my parents while enroute to the Nike Masters Grand Prix 10K in Philadelphia. My father, a non-runner, couldn't understand why I was going all that way to run "just a 10K." He wondered why, if I was going that far, that I didn't run a marathon. It was as if there must be some correlation between distance traveled and the distance of the event. I pointed out to my father that some of

the University of Hawaii's top female sprinters travel all the way to Madison Square Garden in New York to compete in the 60-yard dash.

Before I left on that trip, one of my local business associates asked why I bother with "those easy races." In other words, a 10K is easy; a marathon is tough. I run into this kind of thinking all the time and it gets my blood boiling.

How times have changed! Back in the 50's and 60's, what few distance runners there were looked down upon the marathon. It was something you tried only when you "lost" your speed or if you were too slow in the first place to run the short ones with the real runners. The marathon was viewed in the much the same way that ultramarathons are today.

I recall the time back in the mid-50's when I joined the Santa Clara Valley Youth Village, a running club in the San Francisco Bay Area. The coach and organizer was a man named Mike Ryan. I asked a teammate about Ryan's background and he told me that Ryan had once won the Boston Marathon (1912). That didn't impress me at all. I remember thinking that he must not have had much speed if he had to run a marathon.

Now, of course, all former Boston winners have been beatified and many are in line for sainthood.

In the late 40's and early 50's the feature event at any track meet was the 100-yard dash. As the distance went up, the race diminished in importance. With the assault on the 4-minute mile in the mid-50's, that event became more popular, but the 2-mile, the longest event in most track meets, was considered the "plodder's" race. Speed was the important thing then.

The pendulum has swung to the other side. Now, the marathon is the glamour event of running, while sprinters are second-class citizens. What seems to have happened is that the running boom has fostered a new breed of runner. He or she is not really a racer or competitor. Rather, this person is a survivor. The challenge for the survivor is not so much running fast, placing well, or turning in a good time as it is simply finishing. Hence, the longer the distance, the greater the challenge.

The marathon mania that has resulted from the survivor's approach to running has greatly distorted the ideas and outlooks of many people, including some race organizers and those in the media.

A few years ago, an event was put on in Honolulu which had three races — a 5K, a 10K, and a 20K. The entry form said that the 5K was for beginners, the 10K for intermediate level runners, and the 20K for advanced runners. I suggested to the race director that it should have been the other way around, but he did not understand.

When Alberto Salazar won his first marathon in New York three years ago, the television announcer expressed amazement that Salazar had put all of his past efforts into 5K and 10K events and had never attempted a marathon before. He made it sound as if Salazar had been a bush leaguer and was now competing in the big-leagues.

To say that the marathon is a more challenging or more demanding event than a 10K, a mile, or a 100 meter dash is to say that Bill Rodgers is a better runner or greater athlete than Sebastian Coe or Herschel Walker. Who would dare suggest that?

The fact is that each distance has its own specific demands and requirements. The sprints call for much anaerobic (strength) ability and little aerobic (endurance) capacity. The marathon's demands are just the opposite. The mile is said to be the most balanced test of a runner as its requirements are roughly half strength and half endurance. The demands of the 5K, 10K, 15K, etc. fall somewhere between the mile and the marathon.

"Marathoners are almost all plodders," said Percy Cerutti, the legendary Australian distance coach. "They think the only thing that matters is **how much** they run, rather than **how** they run."

If you're a "survivor" and don't agree with my views, then call me what



Doug Lattimer, 44, open winner of Western States 100-mile Endurance Run at age 42 and one of top ultra-long-distance runners in nation.

Photo by Gene Cohn

you will. There are just two things I can't stand being called — one is a **jogger**; the other is a **marathoner**. □

EDITORS NOTE: Mike Tymn won the 1979 Maui Marathon in 2:28:43, but says that he hasn't run a marathon in 3½ years as he prefers the "tough races."



Long jump contestants at Nationals were (l-r) Shirley Smith 45-49; Mary Parsons 65-69; Chris Miller 45-49; Philippa Raschkeer 35-39; and Jo Ann Grissom 40-44.

Photo by Bill Gentry

FIRST NATIONAL BANK OF ALABAMA

COTTON ROW RUN



10,000 METER RACE
MEMORIAL DAY MAY 30, 1983

RACING SOUTH GRAND PRIX

NIKE MASTERS GRAND PRIX

"considered the top annual Master's road race in the country"

Runner's World
Nov. 1982

Certified Course: Aid Stations: Excellent Traffic Control: Results mailed. Entry Deadline May 14, 1983.

Name	Age	Sex
Address	City	State Zip

WAIVER & RELEASE

I, individually, (and/or as parent, and/or guardian of the named minor) for and in consideration of acceptance of this entry in the aforementioned racing event, do hereby release, remise, waive, and forever discharge the HUNTSVILLE TRACK CLUB and the FIRST NATIONAL BANK and any and all other supporting groups of this said racing event, together with all of their officers, agents, officials and employees, from any and all liability, claims, demands, actions, or causes of action whatsoever arising out of, or related to any injury, illness, loss, or damage, including death, relating to participation in the aforesaid event. I further state I am in proper physical condition to participate in this event.

SIGNATURE _____ DATE _____

(Runner) (Parent/Guardian if under age 19)

FOR OFFICIAL USE ONLY

I.D. NO.

ENTRY FEE of \$5.00 MUST ACCOMPANY THIS FORM
MAIL ENTRY AND MAKE CHECKS PAYABLE TO:
HUNTSVILLE TRACK CLUB, P.O. Box 292
Huntsville, Alabama 35804



On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

BIG BIZ

An interesting aspect of the current running boom, or crest, or whatever you choose to call your involvement has to do with the ongoing mystery and saga of race results. I remember road racing in its infancy when nobody knew anything about anything. It was fun and wonderfully trendy. You were the only one in the office who knew how long a 10K was. Actually the races themselves were never too close to 10,000 meters in distance, but who knew and better yet, who cared? Alas, in three or four months everyone became an expert and shortly thereafter, a complainer.

Race results were an early target for complaining. "I don't believe it, they left my name out!" "They had Julius Axelbolt ahead of me!" "They didn't break it down by age groups, I was second in people born in July, 1930."

Another nice touch on results were several variations of austerity; the traditional slip of paper containing such in-depth information such as, "You finished 745th." or the always popular, "107th." The somewhat more up to date computerized offerings would say "492 out of 1132." Hard hitting and to the point, but for the guy who likes to study race results in the bathroom, wholly inadequate.

Early computers were also very big on initials. Remember the endless lists that read; 307. K.Small 42.34, 308. B. Peters 42.39, 309. W. Wells 43.17. Someone could have been your wife and you'd probably never have known. This computer with initials was also one of the first to feature the size reduction technique. It reduced 19 pages of 8 1/2 x 11 results to a single column. Unfortunately, it also called for strong light and a powerful set of eyes. From time to time a marathon finish line procedure that marked down every 100 or so runners caused minor discrepancies. Like your trusty Casio had you at 3:47.12 and the official race results showed you at 5:07.04. "We had your place right, Pal, what do you want us to do for five bucks, run the race for you too?" How about the old race telephone result hotline? A number you could call the day after the race and get complete race information. "Hello, this is Harry Cush and I think my time was somewhere between 4 and 5 hours." "Just a minute while I look it up; O sorry, Harry we only kept results on those runners under 2:28."

Of course the granddaddy of all race result complaints have to do with their availability. "Honey, the results of the 1979 Yuba City 10K came today in the

mail."

"Due to the increased costs connected with staging a major race we are forced to pass along a small fee for race results. If you would like mimeographed results of the race mail us \$9 and a self addressed, stamped envelope. We'll get back to you."

Much easier to come by are the business results of any of the top races. I don't know if the race results of the New York Marathon are out yet, if they are I bet its rather recent. On the other foot, the business results of the event were available two days after the race. There were 399,272,000 impressions of the New York Marathon on television. There were 4,271 advertising sandwich boards promoting the event in Brooklyn alone for preparation A. Spider Dan scaled Mario's Pizza celebrating the race; 7,814 roller skaters were out promoting heart attacks among pedestrians as they car-

ried the word for a West German lubricating jelly. Wheelchair riders stopped traffic in the name of Sta-Fresh Maxi Pads all over the eastern seaboard. The Marathon itself sold hats, gloves, wrist bands, T-shirts, socks, shoes, head bands, jackets, scarfs, tie pins, mugs, glasses, warm ups, a small locket with a picture of Fred LeGlow and the Pope. Marathon-ing has made strange running pals. Someone did say the Pope has increased his intervals to twice a week. Why not? Everyone knows, you can't do it on base alone.

Back to the business part of running. In case you just started planning a benefit 10K for the local hospital — forget it. Running has become show biz, big biz, and the ratings biz. Who knows where the next biggy might be. Let's be there. Come to think of it though, I wonder just how tough it would be to learn the shot put? □



Margaret Miller, 55, Los Angeles; Clive Davies, 66, Tillamook, Oregon; and Mila Kania, 51, Warwick, N.J. at World Veterans Distance Running Championships in Japan last fall.



Start of Cal-10 PA/TAC Championships in Stockton, Calif. January 9.

Photo by Gene Cohn

1983 TAC National Indoor Masters Track & Field Championships

Rauch Fieldhouse Lehigh University Bethlehem, Pennsylvania

March 26-27, 1983

Sponsored By:
7 UP Nike

Hosted by:
The Philadelphia Masters Track & Field Association

Sanctioned by the Masters Athletic Committee of The Athletic Congress

Eligibility & Age Group Divisions:

The competition is open to all men and women over the age of thirty who are registered with The Athletic Congress.

Divisions:

Men & Women: 0A (30-34); 0B (35-39); 1A (40-44); 1B (45-49); 2A (50-54); 2B (55-59); 3A (60-64); 3B (65-69); 4A (70-74); 4B (75-79); 5A (80+)

Entry Fees:

\$8.50 first event (includes T-Shirt and souvenir program)
 \$5.00 each additional event
 \$16.00 per relay team

Entries:

Entries must be postmarked no later than March 18, 1983. No post entries will be accepted. There will be no refunds or switching of events after you have entered. Please do no request exceptions.

Registration:

Holiday Inn — Friday, March 25, 1983 6:00 p.m. to 10:00 p.m.; Rauch Fieldhouse — Saturday and Sunday after 9:30 a.m.

Facilities:

Rauch Fieldhouse

220 yard, 6 lane astra track surface for all running events; astra surface runways, wood throwing circle (maximum 1/4 inch spikes). Weight Throw will be conducted outside approximately 1/2 mile away—concrete throwing circle. Complete medical, training room, locker and shower facilities.

Directions:

From New York and New Jersey take route 22 (78) west to the third Bethlehem exit, route 378 south. Continue on 378 south to Mountain Drive West (traffic light on top of hill). Turn left at the traffic light. Follow Mountain Drive (bear right at all Ys) past stop sign at bottom of hill. Turn left at first driveway onto Saucon Valley fields.

From Philadelphia and Southerly points take the Pennsylvania Turnpike to the Northeast Extension of the Penn. Turnpike, travel north to exit 32, heading north towards Quakertown on route 663. Turn left onto route 309 north. Turn right onto route 378 north. At 2nd traffic light turn right. At Y bear left. At first stop sign turn right. Turn left at first driveway onto Saucon Valley Fields.

From Western Pennsylvania, take route 22 east, exiting at route 378, which is the first Bethlehem exit. Continue south as described above. (From NY & NJ)

Transportation:

Bus service between the Holiday Inn and Rauch Fieldhouse is available.

Awards

National championship medals to top three in each division in each individual event.

National championship patch to each master winner (40+) with a limit of one patch per individual.

National championship medals to each member of top three relay teams in each division in each relay.

Accommodations:

A block of rooms at special rates have been reserved at the following motel:

Holiday Inn
 Routes 22 & 512
 Bethlehem, Pennsylvania 18015
 (215) 866-0941

OUR OFFICE MUST HANDLE

Single Room \$40.00 Double Room \$45.00 Each additional person in a room \$5.00

Standards for Hurdles & Weights — Men:

	Div. 0	Div. 1	Div. 2	Div. 3, 4, 5
Hurdles	39"	36"	33"	30"
Shot Put	16 lb.	16 lb.	12 lb.	8 lb.
Weight Throw	35 lb.	35 lb.	35 lb.	25 lb.

Standards for Hurdles & Weights — Women:

	Div. 0	Div. 1	Div. 2	Div. 3, 4, 5
Hurdles	30"	30"	30"	30"
Shot Put	4 kilo	4 kilo	3 kilo	3 kilo

Relays:

All relay team members must be members of the same club. Runners may move down from their age division. The following relay events will be held:

4x440	30-39 MEW	40+W	40-49 M	50-59 M	60+ M
4x880	30-39 MEW	40+W	40-49 M	50-59 M	60+ M

Schedule of Events:

Order of Events:

- A. Submasters, then women, then older to younger men — no mixed age group.
- B. Submasters, then women, then older to younger men — mixed age groups if necessary.
- C. Submasters, then women, then older to younger men — mixed age groups and/older age group sections if necessary.

Saturday, March 26

Co-Meet Directors: Bert Lancaster, Bill Bellaville

Meet Coordinator: Fred Mannis

Event Number	Event	TRACK	Order	Time
1A	60	T	A	11:00 AM
2	1 mile	F	B	Noon
1B	60	F	A	1:00 PM
3	1000	F	B	2:00 PM
4	300	F	C	2:45 PM
5	4x800	F	A	3:45 PM
FIELD				
6	Shot Put	0A, 0B, 1A, 1B		10:30 AM
7	Shot Put	2A, 2B, 3A, 3B, 4A, 4B, 5A, W		1:00 PM
8	Long Jump	0A, 0B, 1A, 1B		10:30 AM
9	Long Jump	2A, 2B, 3A, 3B, 4A, 4B, 5A, W		1:00 PM
10	High Jump	2A, 2B, 3A, 3B, 4A, 4B, 5A, W		10:30 AM
11	High Jump	0A, 0B, 1A, 1B		1:00 PM

Sunday, March 27

Event Number	Event	TRACK	Order	Time
12A	60 HH	T	A	11:00 AM
13	2 mile	F	B	11:30 AM
12B	60 HH	F	A	1:00 PM
14	600	F	C	1:45 PM
15	2 mile W	F	B	2:30 PM
16	4x400	F	B	3:15 PM
FIELD				
17	Weight Throw	0A, 0B, 1A, 1B		10:30 AM
18	Weight Throw	2A, 2B, 3A, 3B, 4A, 4B, 5A, W		1:00 PM
19	Triple Jump	0A, 0B, 1A, 1B		10:30 AM
20	Triple Jump	2A, 2B, 3A, 3B, 4A, 4B, 5A, W		1:00 PM
21	Pole Vault	2A, 2B, 3A, 3B, 4A, 4B, 5A, W		10:30 AM
22	Pole Vault	0A, 0B, 1A, 1B		1:00 PM

All finals will be run in the scheduled final time slot.

The SP, LJ, TJ, WT event competitors will each receive six jumps or throws.

The HJ, PV bar will be set at lowest height requested by any competitor — the bar will not be lowered during the event.

We will do everything we possibly can to ensure that the meet is run on schedule. If you enter both track & field events where the schedule may conflict, you do so at your own risk. The event official will have final word regarding any time allowance to competitors. We will not disrupt the event and inconvenience other competitors.

Official Entry

LAST NAME _____ M.I. _____ FIRST NAME _____

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Team Affiliation _____
Complete & Accurate Team Name

Event Number	Event	Recent Best Mark	Event Number	Event	Recent Best Mark

Sex M F

Birthdate ____/____/____

Division _____

Individual Event Fees \$ _____

Relay Fees \$ _____

Total Amount Enclosed \$ _____

Payable To: **US MASTERS CHAMPIONSHIP**

Mail To: **US MASTERS CHAMPIONSHIP**
 816 Land Title Bldg.
 Philadelphia, Pa. 19110

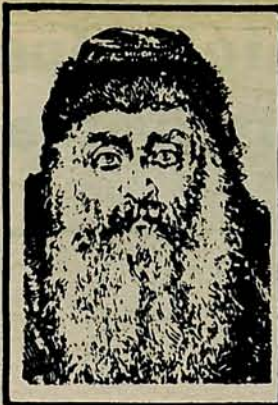
Phone: **Bert Lancaster - Till 15 Feb. - 609-347-5800**
15 Feb. Till Meet 215-438-1024
Fred Mannis W. 215-985-1780 H. 215-688-5248

Athlete's Release

In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against The Masters Athletic Committee, The Athletics Congress, The Philadelphia Masters Track & Field Association, all other meet sponsors and sports facilities or their officers or agents, for any and all damages

which may be suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of the Meet Director to require supplementary training and/or medical evidence before allowing me to compete, and further recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

Date: _____ Athlete's Signature: _____



Phil ^{THE} Philosopher

by PHIL CONLEY

I have chosen to focus on three thought-provoking letters written to me in response to various columns.

Paul Dungan, the record-setting sprinter from Portland, Oregon, writes: "Running gives me a breath of fresh air, in an otherwise much too polluted world."

"Why do I compete? I compete in the sub-masters track programs as a side benefit of running. I am 38 years old and have been active in the programs since I was 31. I am basically a sprinter (100 to 400). But I also occasionally run middle distance events (800 or 1500) and in 5K fun runs in the off track seasons. In the past eight years in these activities I have met with some success, some disappointment and a lot of in-between. Competing brings the opportunity for self-improvement, self-fulfillment and an added sense of self-worth. It is rewarding to be the best that one can be after putting in the effort. Competition can also lead to excessive self-pride, so it must be held in the proper perspective to be beneficial."

"Why do I run? When I was sixteen years old I became an insulin-dependent diabetic. Now, twenty two years later I continue to struggle to postpone the severe debilitating medical complications that affect juvenile-onset insulin-dependent diabetics."

"Even though I take daily insulin injections and must adhere to a highly restrictive diet, the key to my stabilized diabetic condition lies in daily vigorous exercise, and nothing is better than running. It can be done inexpensively and independently of anyone else; It is the base of my continued life. The challenge of darkness and bad weather can be met, and must for me."

"What the healthy man takes for granted, I and others like me must struggle to achieve even a semblance of energy and strength, while attempting to preserve a nearly normal life. As I ride my daily roller coaster of rising and falling blood glucose levels, I maintain a difficult balance of stability with insulin, diet and exercise. The insulin and diet keep me alive; the running forestalls the retinopathy, neuropathy and the multitude of other vascular disorders that lie in wait down the road. Though I and other diabetics may appear quite healthy on the surface, within lies a constant battlefield

for survival.

"Since diabetes is an abnormal metabolic condition, one that robs the body of its ability to utilize energy sources properly, I shall never be able to compete to full potential. But I hope that I will always be able to run — for it provides me with that precious opportunity for experiencing life and the hope of a new tomorrow. There you have one man's motivational drive."

I met Nancy Greenwood, wife of the legendary Jack Greenwood from Medicine Lodge, Kansas, in 1975 at the AAU Masters Nationals in White Plains, NY. Anyone who knows the Greenwoods would say that Nancy is as hospitable, as capable and as enthusiastic a person as Jack is a competitor on the track and off. They would also say that Nancy does not refrain from speaking her mind. Nancy wrote me last summer in response to my article, done tongue-in-cheek, about competition, money and the decline of sexual prowess and interest for athletes over 50. Her letter also indirectly provides some exposure to Jack's training habitss.

She writes: "COMPETITION: I compete every day when I enter my office. I compete harder than most - first - because I am a woman, and - second - because I am under six feet tall. I do not run in competition or out - and think those who do have some form of dementia. I feel there are only two reasons in life to run - 1. AWAY from something, or 2. AFTER something - Both of these can be very interesting. I will continue to compete as long as I live in a society where the male ego is so fragile."

"MONEY: I make some. I spend some."

"SEX: Pray tell at what rest home did you interview these 50 and 50+ year olds? Possibly at 50 the memory is not as sharp as it once was, so I am quite certain if one spaced "tumbles in the hay" once every 2 or 3 weeks, one might forget how. Coaches used to tell fine young men that sex with sorority girls would hurt their performance on the track. This is another theory that has gone down the drain. You would be surprised how many studies have been conducted on this very subject (here in Medicice Lodge alone).

"You make those of us in our 50s sound as though we all need powdered

rhino horn - not so! And in conclusion, if my husband and I can look forward to "renewed vigor" in our 60s - I hope that Jack trains someone to take over the office **right away** - as we will never get into work there."

Floyd (The Chunk) Simmons of Charlotte, North Carolina, joined Bob Mathias on the Olympic victory stand in 1948 and 1952. Everyone who knows The Chunk realizes that he is the little boy who never grew up in each of us.

But he has a serious side to him also, and it was in this vein that he wrote me regarding the subject of "the fear of aging."

He writes: "I can tell you about the last great war, World War II, the last of the "fun wars." During the latter part of 1945, I was with the 10th Mountain Division, trying my best to do my duty - fighting for a good cause. It was at that time that I became most concerned about AGING, or rather NOT AGING at all."

"It was there in Northern Italy that I saw the lives of young friend's being terminated everyday. They were to have no future; it all ended there."

There were people out there who were making no bones about seeing that you didn't become "old bones." Somehow I made it through.

"I guess what I'm saying is that I really don't have any "fear of aging." I love where I am and what I have done, because there was some question about ever making it to my 22nd birthday back in 1945."

"I'm really hopeful for the future. I'm looking forward still to growing older. The only fear that I have about becoming older would be getting a bug or losing my health. I don't know just what has prompted me to get into all this commentary. Perhaps, I too, have this fear of aging - perhaps!"

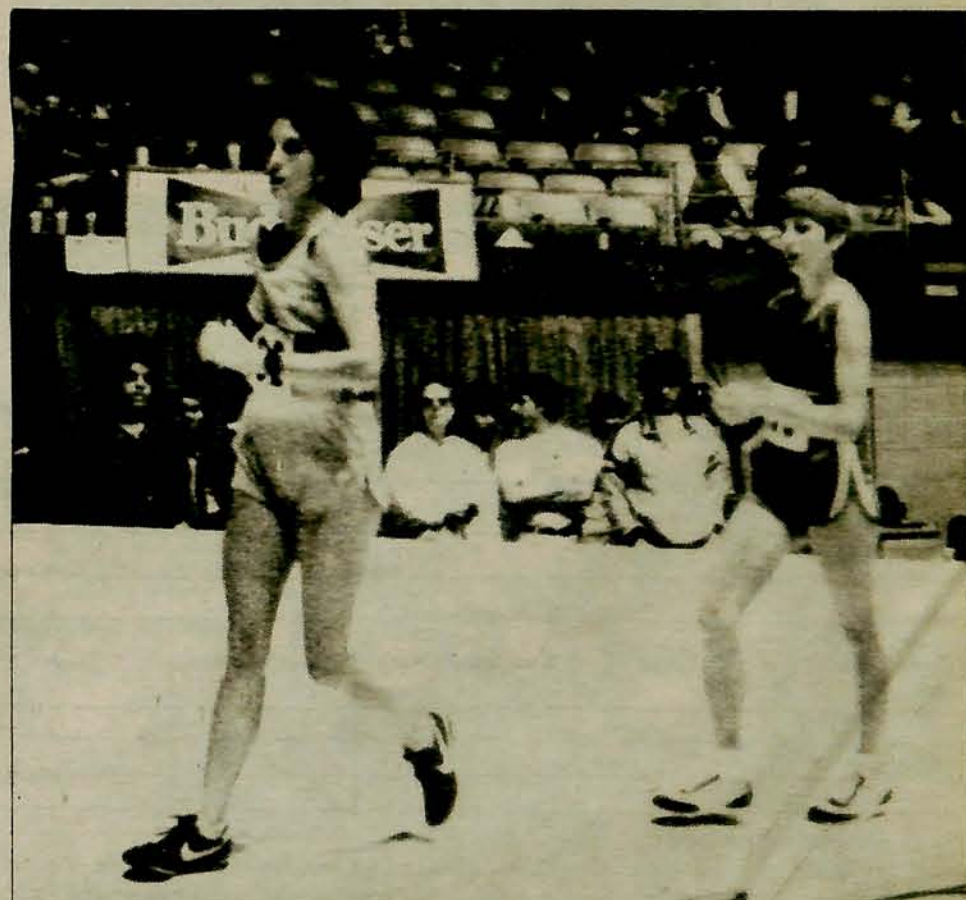
There you have it - a potpourri from the postman - strong statements from vital strong people. Is there a common theme? Of course there is! we are hearing testimony from players in this card game called "life" that each of us is playing. These three bear eloquent witness to the fact that people can win with the cards which are dealt them, and can even revel in doing so.

© Copyright 1983 Phil Conley. □



Part of the "over 55 gang" who competed at the Golden Age Olympics in Sanford, Fl. Nov. 15. (L-R) Robert Schmidt, Oren Graf, Don Hall, John Davidson and Don Hull. T&F contestants numbered 111 out of the 1,500 who took part in the week long festivities.

Photo by Bill Gentry



Vicki Jones, 37, Topanga, Calif. (left) and Jolene Steigerwalt, 39, San Diego, battle wire-to-wire in Indoor one-mile walk February 4 in Los Angeles. Both notched PR's: Jones 7:35.1 and Steigerwalt 7:42.8.

Sportsfoto by John Allen

Masters Journey to Bermuda

The Bermuda race weekend January 29 and 30 attracted 1,026 entries for Saturday's 10K and 357 entries for the marathon on Sunday. The international flavor was evident as top masters finishers in the two races were from the US, Canada, and England as well as Bermuda.

Hampered by 25 knot winds on the hilly course, 10K times were generally 1½ to 2 minutes slow. Finishing the 10K in 20th place overall, only 3 seconds behind Grete Weitz, Bob Fischer (33:05) was top masters male, while Barbara Pike (40:38) was first female master. First in the female senior division was repeat winner, 62-year old Jean Price finishing in 55:00. Myron Meyer ran an impressive double, winning the 50+ male division in the marathon in 3:05:50.

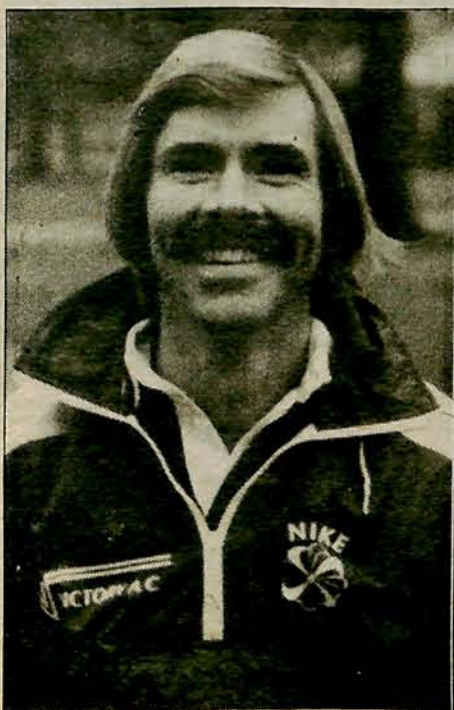
Geoff Payne, 2nd master in 33:41, was also the first Bermuda resident to cross the finish line. Payne came back the next day to run the marathon in 3:06:55.

The marathon, though notoriously hilly, was run under more favorable weather conditions. Bob Jenkins (2:32:56) and Ray Swan (2:34:11) were 1st and 2nd master finishers, placing 9th and 10th overall. Swan was also the first Bermuda resident finisher. Margaret Deckert, running 3:34:06, was the first female master.

Charlie Baxley was 6th master and first senior master in the marathon with a time of 2:58:28. First senior female Evelyn Havens, age 66, finished in 5:12:48.

The Harris' collected an array of awards as Eunice was second senior female in the 10K while Colin was 3rd master male in the marathon.

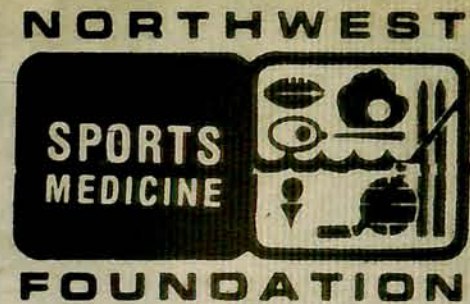
Among those doubling in both races was 71-year old Leon Hayward, who ran the 10K in 56:24 and the marathon in 4:54:51. Said Leon, "I did it to prove a point." □ — from Barbara Pike



Ken Watkins

NORTHWEST SPORTS CAMP TRACK AND FIELD

A training camp for the
MASTERS PERFORMER



Seeley Lake, Montana
July 10 - 15, 1983

PROGRAM

The Northwest Sports Camp, now in its 19th year of continuous operation, offers the first track and field camp in the United States which is committed primarily to the training of the masters performer.

Using technically sound and individually challenging teaching/coaching procedures, the camp program has been designed to meet the needs of individuals at all levels of ability. Each participant is evaluated in terms of skill potential and given several hours of specialized instruction on a daily basis.

Recreational opportunities include water sports, horseback riding, hiking, fishing, "cowboy" dancing, and individual and team sports. The camp concludes with the Seeley Lake Olympics, with awards being given to the top performers in each age classification.

Sunday

Registration is from 1:00 - 3:00 p.m. on Sunday, July 10, 1983 at Camp Paxson. Skill appraisal will be conducted at the Seeley-Swan High School track from 3:00 - 5:00 p.m. Orientation and the evening program will be at Camp Paxson at 8:30 p.m.

CAMP FEES

<u>Option A</u>	Board, room, instruction and camp shirt (Housing at the Double Arrow Ranch Lakeside cabins with meals at the lodge) Double occupancy	\$275.00
<u>Option B</u>	Board, room, instruction and camp shirt (Meals and housing at "rustic" Camp Paxson)	\$180.00
<u>Option C</u>	"Commuters" Instruction Only (Camp sites, trailer and mobile home sites are readily available in nearby forest camps)	\$80.00
	Two units of upper division college credit are available at	\$40.00/credit
	Pick up/deliver at Missoula	\$15.00

STAFF

DR. KEN FOREMAN - Camp Director. Head Coach 1983 United States Team, The World Championships, Helsinki.

KIM HAINES - Head Coach Seeley-Swan High School and the Western Montana Track Club.

DORIS HERITAGE - Head Coach Seattle Pacific University. Distance coach 1984 United States Olympic Team.

DALE KENNEDY - Assistant Camp Director. Head Coach Montana State University/Women.

KEN SHANNON - Head Coach The University of Washington. Coach 1984 United States Olympic Team.

DR. PAUL WARD - Field Event coach 1982 Junior Pan American Team. USOC Coordinator, Shot Put and Discus.

Guest Coaches and selected national and international athletes also will assist with the instructional program.

REGISTRATION FORM AND MEDICAL WAIVER (Pre-registration is essential)

Dr. Ken Foreman, Camp Director
Northwest Sports Medicine Foundation
1551 Northwest 54th Suite 200
Seattle, Washington 98107

Option A _____
Option B _____
Option C _____
Transportation _____

Name _____ Age _____ Sex _____

Address _____ City _____ State _____ Zip _____ Phone _____

I hereby certify that I am fit to participate in all camp activities. I accept full responsibility for any medical problems that may develop as a result of camp activities. (All camp participants are covered by insurance during the conduct of the camp)

Signature _____ Date signed _____

Please list any special medical problems, precautions, medications and the like _____

A pre-registration fee of \$80.00 must accompany this form. No fees will be refunded after June 17, 1983. **PRE-REGISTRATION FEE MUST BE RECEIVED BY JUNE 17, 1983 ALSO.** Please make all checks payable to and send to:

NORTHWEST SPORTS MEDICINE FOUNDATION
1551 Northwest 54th Suite 200
Seattle, Washington 98107 206-782-3383

For further information contact Dr. Ken Foreman or Beverly Richdale, Administrative Assistant at the above number.



RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

The Masters Runner and "Peaking"

Getting ready for the "big one" is a fascinating aspect of masters competitive running. There are a number of useful things that all runners do prior to an event. But, among masters and veteran runners, some of these preparations have special usefulness and perhaps bear discussion in this column.

This is the first half of "getting ready" and will be physiological in nature. We will deal with some psychological and emotional modes of preparation at a later date.

For a week or even two before the "big event" — which, for purposes of discussion, we will use the marathon — I begin to modify my mileage. Having run a month of one hundred mile weeks, I now run seventy mile weeks. In addition, I become very careful with the proportion of speed vs. LSD, with no track work or intervals of less than one half mile. More and more time is spent in warmups. Even the stretching becomes slower and more deliberate. With the rising excitement and anticipation, I have a tendency to "push" too hard as the race day nears. In days of yore, this all too often resulted in injuries. Just when there was no time to heal.

With one week to go I have narrowed my section of race shoe to two pair. If the course is to be cobbled or hilly or cambered or even wet, the choice of shoes will consider these factors. During this last week I will alternate these two pairs with a pair of my older, "high mileage" comfortable training shoes. This practice allows not only my feet, but knees and hips to adjust to the small differences in foot strike and weight, as well as traction and camber. Needless to say I never wear a brand new pair of shoes in a competition . . . It took ninety marathons and countless shorter races and numerous blisters and gobs of pain to remember this fundamental lesson.

If the upcoming event is more likely to be hot than cold, I accentuate training conditions that will enhance heat tolerance. This means heavier than necessary clothing. And cautious withdrawal of fluids during the shorter workouts. This is also a good time to be more meticulous than ever to avoid chilling.

Immediately on finishing a run or a session on the bike, I shower and get into dry clothes. A special "trick" here. Since I will frequently be sitting about and inactive for some hours after a training effort, I put on "longjohns" over my skinny legs. This is done all year 'round . . . except for the period between the fourth and sixth of July. Notwithstanding that Minnesota runners do see a good deal of cold weather, this is a little unusual. But, for me it works well in avoiding post-run tightness and injury. I fear for that day in August, when on the way to an emergency at the hospital I am "rammed" at an intersection, taken to the hospital emergency room and, through the bruises and brasions, am discovered to be wearing a full suit of heavy-duty Duofold.

As the physical activity declines for this last week, it is wise to keep very careful track of dietary intake. Muscle and liver glycogen quickly return to maximal storage capacity. So, excess food has only two alternative resting places once your "glycogen tank" is topped up. The first, it may be stored as fat which can be unfortunate. Worse yet, it may accumulate as volume in the large and small bowels. This latter is not only unfortunate for you and your marathon time, but will definitely be a sorry situation for the parking lots and adjacent areas during the competition. The local citizen who will pay no attention whatever to your increased fat will be aware and upset by your "colon indiscretion."

A good deal has been written about vitamins. You have read as much as I. My normal intake is one multivitamin per day and 500 mgm of Vitamin C. There doesn't seem to be any valid reason for increasing this as race time approaches.

A common complaint of all runners during this last week is the onset of vague aches and pains, symptoms pointing at various organ systems, and in some instances accompanied by a low grade fever. I choose to ignore these. I do as my doctor suggests, take a little aspirin, get plenty of rest. And Pray.

As the final day approaches and the "mild" case of the flu has not improved in my favor — a decision is re-

quired. If the fever has abated, and there is no pulmonary congestion, and there are no gastrointestinal symptoms of substance, I continue the countdown. Unless, of course, the marathon is to be run many thousands of miles and much dollars away, or there will be substantial inconvenience to people waiting on my presence. This is a time to keep all options open and to continue planning and trying to be at the start line. Because, more often than not, with the pressures of any and all competitions, I am never WELL. I am somehow always a little off my feed during these short days before a talk and a run. And bizarre medical symptoms will appear, uninvited. It is astonishing how many runners manage a PR on the day they thought they should seek hospital admission.

Because the reduced mileage now requires less time, I use the additional hours to indulge in my favorite kind of workout. The code name I employ is revealing. The "Desultory Run" is apt for the one-to-three-hour training periods as the countdown progresses. I precede the actual running with a low key warmup on the bike, followed by an equally low key and extended period of stretching. The stretching is not exaggerated in tension or range of motion. Merely approached more slowly.

The run itself would otherwise be an embarrassment in the light of day and in my neighborhood. Instead of warming up at seven minute pace, I warm at eight minute pace. Water or tea is left at the two mile marker where I stop and sip and stretch, and given just half a chance will visit and gossip with fellow runners. With small effort, I find I can cover less than eight miles in

an hour. It is important not to succumb to enthusiasm and all that added energy and do speed work or otherwise show off to yourself or whatever spectators are handy. Sharpening is dangerous now and can be approached with an exquisite sense of good sense and caution. In the middle of an eight-mile workout, I will accelerate to 5:15 pace and hold that speed for a half mile or even one or two miles. But, I am listening very carefully to the "bod" . . . and these brief episodes of insanity are never done within seventy-two hours of the race. Following this I walk rapidly or jog for a minimum of four miles. And make every effort to stay well covered and warm. This is no time to vasoconstrict and chill.

In the next issue I will cover the last twenty-four hours before a specific race. Since I'll be running in the Florida Festival Marathon in Orlando, Florida in several weeks, I'll detail the actual events, the problems, the solutions. Because this will be an abrupt change from a cold climate to a warm or even hot one some interesting problems will have to be solved. Between now and then I intend to overdress and expand my base, running 100-plus mile weeks and trying for ten-hour weeks on the exercise ergometer. Hopefully my work capacity will absorb the insult of the relatively warm day with its mandatory fluid and electrolyte loss. When you read this column the Florida Festival Marathon will be history. So wish me well. I would do the same for you . . . if you don't run in age group 55-59. In which case I would merely wish you pretty well.

Happy running. And pass on the left! □



Bill Cosby, in his second outing of masters-level competition, clears high jump at 4'6" at the Lake Erie Indoor Track & Field Championships sponsored by Over the Hill Track Club on January 9 in Cleveland. Cosby joined Philadelphia Masters colleagues Jim Burnett, Josh Culbreath, Ira Davis, J.W. Pierson, and Warren Davis at the Championships. Photo by Mike Eberts, PEAK MOMENTS PHOTOGRAPHY.

REVCO



CLEVELAND MARATHON & 10K • 1983

Sunday, May 15, 1983,
8:00 a.m. & 8:30 a.m.

SPONSORED BY: REVCO D.S., INC.

HOSTED BY: Cleveland State University in cooperation with the City of Cleveland.

SANCTIONED BY: Lake Erie Association/TAC, The Athletic Congress and Roadrunners Club of America.

ENTRY FEE: \$7 (sorry, no refunds)

AWARDS: (Winners must be present to receive awards.)

MARATHON: To first 5 men and first 5 women overall; merchandise & plaques in each age division. First place team trophy.

10K: To first 3 men and first 3 women overall; merchandise & plaques in each age division. (Teams cannot be entered in the 10K race.)

DIVISIONS (Both Races)

MEN: 14 and under/ 15 to 21/ 22 to 29/ 30 to 39/ 40 to 49/ 50 to 59/ 60 and over.

WOMEN: 14 and under/ 15 to 21/ 22 to 29/ 30 to 39/ 40 to 49/ 50 to 59/ 60 and over.

T-Shirts to All Participating Entrants.

PICK-UP RUNNING NUMBER AND RUNNER'S KIT AND/OR LATE REGISTER: Fri., Noon to 7 p.m., Stouffer's Inn on the Square. Sat., 10 a.m.-7 p.m., Stouffer's Inn on the Square. Sun., 6:30-8 a.m., CSU University Center.

All runners must pick up a runner's packet prior to 8 a.m., Sunday, May 15.

SEMINAR: 1 p.m. Sat., Stouffer's Inn on the Square.

POST RACE MEAL: 10:30 a.m.-2 p.m., CSU University Center.

AWARDS CEREMONY: 2 p.m., Physical Education Building, CSU.

HOTEL ACCOMMODATIONS: Stouffer's Inn on the Square 24 Public Square Cleveland, Ohio 44113 216/696-5600 \$46.00 plus tax

NO CONFIRMATION WILL BE MAILED. PLEASE RETAIN THE INFORMATION ABOVE.

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Signature _____

Signature of parent, if under 18 years of age (This signature authorizes race doctors to administer medical aid to a minor in case of an emergency)

(Before mailing, please be sure 1 through 10 are answered correctly and legibly for single runner; 1 through 11 for team entrants.) All 5 entries must be received together.

1. NAME _____ (Last) (First) (Middle initial) (leave blank)
2. ADDRESS _____
3. CITY _____ 4. STATE (abbr.) _____ 5. ZIP _____
6. PHONE (Daytime Number) (area) _____
7. _____ MALE _____ FEMALE 8. AGE, DAY OF RACE _____
9. RACE: MARATHON _____ 10 K _____
10. MY PREDICTED TIME FOR THIS RACE IS: _____
11. TEAM ENTRY (MARATHON ONLY) (5-Person Teams, for men or women) _____

RETURN ENTRY BLANK WITH \$7 FEE (Made payable to REVCO-CLEVELAND MARATHON) TO: RENO STARNONI, RACE DIRECTOR, P.O. BOX 46604, BEDFORD, OHIO 44146. THIS WILL SERVE AS YOUR OFFICIAL CONFIRMATION.

Entry blank must be postmarked no later than May 1, 1983. Runners who register before May 1st will be listed in The Plain Dealer tabloid issued one week prior to race date.

TAC number

PROFILE

ERINE BILLUPS

By Jim Oaks

If one were to judge Ernie Billups by some of his finish pictures published in NMN (June, 1982 and Aug., 1982), the conclusion might be that he has an almost fierce personality. Although any runner who has competed with Ernie would probably categorize him as one of the fiercest competitors they have raced, they would also probably be quick to tell you that off the track or road, Billups is one of the nicest individuals they have ever met.

It was my pleasure to have Ernie as our house guest for three days in early December, 1982, when the Huntsville Track Club conducted the Humana Rocket City Marathon. I had wanted to learn more about this man who Val Schultz had described as "perhaps the best master runner in the U.S., considering his ability to run so well at both ends of the distance spectrum," when Schultz was in Huntsville for the Cotton Row run last May.

Since learning of Ernie Billups through national publications (primarily NMN) in the past two years, I too had been impressed with his fantastic ability to run fast at the middle distances and to also be so tough on the roads at distances from 10 KM up through 26.2 miles. (Although Ernie would make no big deal of the fact, as a Black, he is a bit of an anomaly for the marathon distance.) As concrete evidence of Billups' excellent versatility, consider his American Record performance of 3:59.8 in winning the 1500 M at the 1981 TAC Nationals in Los Gatos, followed by a 2:27:39 (age 44 AR) in the New York Marathon two months later. How does this Chicago native accomplish such a wide range of top performances? The answer seems to be with a "ton" of natural ability and consistent training.

Ernie ran high school track and cross country his junior and senior years at Tilden Tech in Chicago. He was the City Cross Country Champion his senior year, and had a mile PR of "around 4:40". Favorable impressions by, and good relations with some of his teachers influenced Ernie's decision to major in education in college. His high school counselor advised him against his initial decision to major in Physical Education, saying that the football players were more likely to get the P.E. jobs, so Ernie enrolled at Wilson Junior College in Chicago to major in Elementary Education, and didn't give too much thought to running.

However, it wasn't long before the track coach at Wilson learned that there was an outstanding city runner in school, and he was able to convince Ernie to join the track team. The coach helped Ernie arrange a job change

from the city to the library at the college which gave him enough time to train for track. His performance at Wilson in 1955 and 1956 earned a track scholarship to Loyola University in Chicago for his last two years of college, where his best distance was the 880. His college PR for the half-mile was 1:51.

"After graduating from Loyola in June, 1959, (he was sick with acute mono one year, and missed a year of school) I ran in every track or road event I could find that summer," recalls Billups. "Finally a friend talked me into running a two-man 10 mile relay on Labor Day, and that pretty much took the last bit of competitive desire from my system." The next day he began teaching in Chicago's Willard Elementary School, and after seven years there, moved into school administration by taking an assistant principal position at Leif Ericsson High. Three years ago Ernie became principal of Jacob Beidler Elementary. He has enjoyed his 23 years in the Chicago Public Schools, and finds the summer vacation ideal for his middle distance training. Ernie's wife, Vanice, is also an educator, working as an art teacher in the Chicago Public Schools. They have four children, two of their own, and two whom they have adopted. Ernie also has four sisters who are teachers, so the Billups family has the education of Chicago well in hand.

From 1959, until June, 1977, when Ernie decided to run a little to lose some weight, a wealth of running talent lay dormant. After a few weeks of "conditioning" running, the competitive juices began to flow, and Billups decided to try the Chicago Marathon that September. He ran a 5 miler and a 20 KM road race in preparation, but began to have serious doubts about the 26.2 miler. "That 20 K was the longest race I had ever run," laughed Billups. "I remember thinking at the 10 mile mark of that race that there was no way I would ever make 26 miles as much as I was hurting then." However, he finished the 1977 Chicago Marathon in 3:09 and continued to train and race that winter, then got back into track competition the next summer.

The speed at the middle distances came back almost immediately, for in July, 1978, at the TAC Nationals in Atlanta, Billups won the 800 M in an American master record time of 1:57.5, and also took the 1500 M title in 4:09.8. By the end of the next summer he established three U.S. master age 42 records: 800 M (1:56.0), 1500 M (4:02.5), and mile (4:25.7). Since the



Ernie Billups, Chicago, and Jim Oaks, Huntsville, Alabama.

summer of 1978, Ernie has been the dominant master middle distance runner in the U.S., winning the TAC National (40-44) 1500 M title four straight years, and the 800 M title in '78, '79, and '80. Now that Ernie is 45, he is in a class all by himself, as he easily took the 45-49 National Championships in Wichita last August with a 2:01.55 in the 800 M and a U.S. age 45-49 record 4:07.15 in the 1500 M.

Since he began running again in 1977, Ernie's only major injury has been an Achilles tendon problem during 1981. It began to bother him in the spring, and by early summer had become severe, making training difficult and at times impossible. He received treatment at the Sports Medicine Clinic in Chicago, and was able to continue to race. In August the foot was taped in a "comfortable" position in Chicago and he left the tape on for ten days while he competed in the Pan-Am Games in Los Angeles, and a week later in the TAC Nationals in Los Gatos. "I was real careful not to get the tape wet when I took a shower," Billups recalls. "It was a bit of an awkward way to spend ten days in California, but it worked." The injury gradually got better that fall, and has not bothered him since. Billups is not a strong advocate of stretching, preferring to start and end runs slowly.

For marathon training, Billups is primarily a LSD trainer. Since he races almost every weekend, (He ran 52 races or meets in 1982) he usually does not run any other speed workouts during the week, except maybe a fartlek run about mid-week. He finds that his best weekly distance is in the 80-85 mile range, and most of his training is at a 6:30 to 7:00 minute-per-mile pace. Usually his runs are completed before he goes to school in the morning, which can mean some pretty tough training in Chicago during the winter.

Ernie's summer track work is much more intense. For speed he runs ten to eighteen 220's at 30 seconds with a 220 walk-jog recovery between. For endurance he likes to do eight to ten 440's in the 63-66 range with a 220 walk-jog recovery. He does most of his training

for both track and road races alone.

When asked about the type of racing he enjoys more, Billups finds it hard to make a choice. "One of the big reasons I like running is the association with quality people through the competition. I have made some very good friends through road racing as well as running track." He rates the 1981 TAC Nationals in Los Gatos among his most memorable races, but says, "Perhaps my fondest racing memory is the 800 M Championship at the World Games in Hanover, Germany, in 1979, where I ran 1:56.6 to win the 40-44 division." He is also very proud of the fact that for each of the past four years he has completed a sub-2:30 marathon.

This year Ernie broke his usual pattern of running about two marathons per year, since his trip to Huntsville for the Humana was his 5th marathon in 1982. "I don't think I will run that many marathons in one year again," Billups commented. "But after Chicago in September, (2:34) I wanted to see if I could come back with a sub-2:30 like I had done in New York in 1981. So I went to Buffalo for Skylon but the wind was too rough for an all-out effort." (He still ran 2:35). "I had heard some good things about the Rocket City Marathon in Huntsville, and decided to try one more long one in 1982." Unfortunately the rain wind in Huntsville on December 11, were not ideal for P.R.'s, but Billups' 2:33:18 gave him an easy win in the 45-49 division and he was 5th master in the sixth running of the Humana Rocket City.

Ernie seemed to enjoy his first trip to Alabama, and those of us associated with the Humana Marathon were glad to have a runner with such outstanding credentials participate. One gets the feeling that Ernie will still be a familiar face around running events for many years, even if he slows down. He seems to like the people in running just as much as the competition.

But a final word of caution. Don't bet the farm that he will slow down soon, at least not until Wendy Miller does a profile on him. That may take some time. □



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FOR SO LITTLE.**

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But then they started looking around for other innovations from some of our more specialized models.

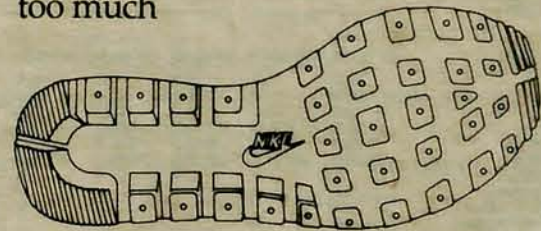
Next thing we knew, the Pegasus was sporting the Waffle[™] Center-of-Pressure[™] outsole. For even more cushion. And greater stability. It also made the Pegasus great for running over any number of different surfaces. From grass to asphalt, to gravel and mud.

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COMPETITION PROGRAMME
REVISED JAN. 31-1983

CITY OF SAN JUAN

Dear Masters Athletes:

On behalf of the people of San Juan, I extend to you a warm welcome to the V World Masters Games here in the Capital City of Puerto Rico in 1983.

We are deeply honored to host this important international competition. The City of San Juan is making extensive preparations for the visit of more than 5,000 athletes and their families.

We hope your visit to San Juan will enable you an opportunity to become better acquainted with our city and its people. San Juan is the oldest city under the flag of the United States, combining a rich cultural heritage with the most modern of accommodations and facilities.

Most important, however, we hope your presence in San Juan will help to bring together athletes from nations around the world in a spirit of friendship and athletic competition.

We look forward to seeing you in San Juan during the V World Masters Games.

HON. HERNAN PADILLA
Mayor of San Juan
Patron of Games

Sincerely,

JOSE F. MENDEZ
President
Executive Committee

Hernán Padilla, M.D.
Mayor

ENG. MIGUEL RIVERA VEVE
Director of Operations

Suggested and desirable (no stipulations) performance standards for the V World Veteran Championships.

MEN	M 40-44	M 45-49	M 50-54	M 55-59	M 60-64	M 65-69	M 70-74
100 m	12.8	13.4	14.0	14.5	15.0	16.0	18.0
200 m	28.5	27.5	29.0	30.5	32.0	34.0	36.0
400 m	58.0	60.0	62.0	65.0	70.0	75.0	80.0
800 m	2:20.0	2:25.0	2:30.0	2:35.0	2:45.0	2:55.0	3:10.0
1500 m	4:55.0	5:10.0	5:25.0	5:40.0	5:55.0	6:10.0	6:40.0
5000 m	18:00.0	19:00.0	20:00.0	21:00.0	23:00.0	25:00.0	27:00.0
10000 m	40:00.0	42:00.0	44:00.0	46:00.0	49:00.0	52:00.0	55:00.0
Marathon
110 m Hurdles	19.0	20.0	22.0	23.0	25.0	28.0	30.0
400 m Hurdles	70.0	75.0	80.0	85.0	90.0	95.0	100.0
3000 m Steeple	12:15.0	12:40.0	13:20.0	14:10.0	15:30.0	17:00.0	18:30.0
10 km Road
Walking
20 km Road
Walking
approx 10 km
Cross country
High jump	1.50	1.45	1.40	1.35	1.30	1.20	1.10
Pole Vault	3.25	2.80	2.80	2.40	2.20	2.00	1.80
Long Jump	5.25	4.90	4.75	4.50	4.10	3.80	3.50
Triple Jump	10.50	10.00	9.50	9.00	8.00	7.50	6.50
Shot Put	10.00	9.50	8.50	8.00	8.50	8.00	7.00
Discus	27.00	25.00	27.00	25.00	27.00	25.00	23.00
Hammer	38.00	35.00	32.00	28.00	30.00	28.00	25.00
Javelin	40.00	37.00	34.00	31.00	29.00	27.00	24.00
Pentathlon
4 x 100 m
4 x 400 m

WOMEN	W 35-39	W 40-44	W 45-49	W 50-54	W 55-59	W 60-64	W 65-69
100 m	14.0	15.0	16.0	17.0	18.0	19.0	20.0
200 m	29.0	31.0	33.0	35.0	37.0	39.0	41.0
400 m	72.0	80.0	90.0	100.0	110.0	120.0	135.0
800 m	2:32.0	2:40.0	2:50.0	3:00.0	3:15.0	3:30.0	3:45.0
1500 m	5:20.0	5:40.0	6:10.0	6:30.0	7:00.0	7:30.0	8:00.0
5000 m	20:20.0	21:35.0	23:25.0	24:50.0	27:50.0	29:00.0	31:00.0
10000 m
Marathon
80 m Hurdles
100 m Hurdles
5 km Road
Walking
10 km Road
Walking
approx 10 km
Cross country
High Jump	1.30	1.25	1.20	1.15	1.10	1.05	1.00
Long Jump	4.75	4.40	4.00	3.75	3.50	3.25	3.00
Shot Put	9.00	8.00	8.00	7.50	7.00	6.50	6.00
Discus	28.00	26.00	24.00	22.00	20.00	18.00	16.00
Javelin	29.00	27.00	26.00	27.00	25.00	23.00	21.00
Pentathlon
4 x 100 m

— combined participation of age groups/eine Klasse
 • no recommendation/keine Mindestleistung
 • not contested/wird nicht durchgeführt

EVENTS	CAT	SITE (see legend)	ROUND	STARTING TIME
FIRST DAY-SEPT. 23, 1983				
100 MTS.	M ALL	A	TRIALS	15:00 = 3:00 PM
	W ALL	A	TRIALS	20:00 = 8:00 PM
5,000 MTS	M ALL	B	FINALS	17:00 = 5:00 PM
	W ALL	A	FINALS	22:00 = 10:00 PM
LONG JUMP	M 65+	A-1	TRIALS & FINALS	08:00 = 8:00 AM
	M 60	A-2	TRIALS & FINALS	08:00 = 8:00 AM
	M 55	B-1	TRIALS & FINALS	08:00 = 8:00 AM
	M 50	A-2	TRIALS & FINALS	15:00 = 3:00 PM
	M 45	A-1	TRIALS & FINALS	15:00 = 3:00 PM
	M 40	A-1	TRIALS & FINALS	19:00 = 7:00 PM
	W 45+	F-1	TRIALS & FINALS	16:00 = 4:00 PM
	W 40	A-2	TRIALS & FINALS	19:00 = 7:00 PM
	W 35	A-1	TRIALS & FINALS	21:00 = 9:00 PM
SHOT PUT	M 40	B-1	TRIALS & FINALS	08:00 = 8:00 AM
	M 45	B-2	TRIALS & FINALS	08:00 = 8:00 AM
	M 50	A-1	TRIALS & FINALS	08:00 = 8:00 AM
	M 55	A-2	TRIALS & FINALS	08:00 = 8:00 AM
	M 60	B-1	TRIALS & FINALS	15:00 = 3:00 PM
	M 65	B-2	TRIALS & FINALS	15:00 = 3:00 PM
	M 70	A-1	TRIALS & FINALS	15:00 = 3:00 PM
	M 75+	A-2	TRIALS & FINALS	15:00 = 3:00 PM
	W 50+	A-1	TRIALS & FINALS	19:00 = 7:00 PM
	W 45	A-2	TRIALS & FINALS	19:00 = 7:00 PM
	W 40	A-1	TRIALS & FINALS	21:00 = 9:00 PM
	W 35	A-2	TRIALS & FINALS	21:00 = 9:00 PM

EVENTS	CAT	SITE (see legend)	ROUND	STARTING TIME
SECOND DAY-SEPT. 24, 1983				
OPENING CEREMONIES	ALL PARTICIPANTS	MUNICIPAL STADIUM	-	10:00 = 10:00 AM
100 MTS.	M ALL	A	S.F.	15:00 = 3:00 PM
	W ALL	A	" "	17:00 = 5:00 PM
	M ALL	A	F	19:00 = 7:00 PM
	W ALL	A	" "	19:30 = 7:30 PM
HAMMER	M-40	A	TRIALS & F	15:00 = 3:00 PM
	M-45	B	" " "	15:00 = 3:00 PM
	M-50	D	" " "	15:00 = 3:00 PM
	M-55	A	" " "	18:00 = 6:00 PM
	M-60	B	" " "	18:00 = 6:00 PM
	M-65	A	" " "	20:00 = 8:00 PM
	M-70+	A	" " "	22:00 = 10:00 PM
HIGH JUMP	M 65+	F	TRIALS & F.	15:00 = 3:00 PM
	W 45+	A	" " "	15:00 = 3:00 PM
	M 40	B	" " "	15:00 = 3:00 PM
	M 45	A	" " "	17:00 = 5:00 PM
	W 40	F	" " "	17:00 = 5:00 PM
	M 60	B	" " "	18:00 = 6:00 PM
	W 35	F	" " "	20:00 = 8:00 PM
	M 50	A	" " "	20:00 = 8:00 PM
	M 55	A	" " "	22:00 = 10:00 PM
800 MTS	M ALL	A	S.F.	20:00 = 8:00 PM
	W ALL	A	" "	22:00 = 10:00 PM
3,000 S.C.	M ALL	B	F	17:00 = 5:00 PM
2,000 S.C.	M ALL	B	F	17:00 = 5:00 PM

EVENTS	CAT	SITE (see legend)	ROUND	STARTING TIME
THIRD DAY-SEPT. 25, 1983				
10,000 MTS	M 70+	A	F	06:00 = 6:00 AM
	M 60+	B	F	06:00 = 6:00 AM
	M 65	A	F	07:00 = 7:00 AM
	W 50 & 55	B	F	07:00 = 7:00 AM
	M 40	C	F	06:00 = 6:00 AM
	M 45	B	F	08:00 = 8:00 AM
	M 50	B	F	17:00 = 5:00 PM
	M 60	C	F	16:00 = 4:00 PM
	M 55	A	F	20:00 = 8:00 PM
	W 35	A	F	21:00 = 9:00 PM
	W 40	A	F	22:00 = 10:00 PM
	W 45	A	F	23:00 = 11:00 PM
200 MTS	M ALL	A	TRIALS	15:00 = 3:00 PM
	W ALL	A	"	18:30 = 6:30 PM
DISCUS	M 40	A	TRIALS & F	08:00 = 8:00 AM
	M 45	A	" " "	15:00 = 3:00 PM
	M 50	D	" " "	08:00 = 8:00 AM
	M 55	D	" " "	15:00 = 3:00 PM
	M 60	B	" " "	08:00 = 8:00 AM
	M 65	E	" " "	08:00 = 8:00 AM
	M 70+	A	" " "	19:00 = 7:00 PM
	W 50+	A	" " "	21:00 = 9:00 PM
	W 40 & 45	E	" " "	21:00 = 9:00 PM
	W 35	A	" " "	22:30 = 10:30 PM
TRIPLE JUMP	M 70+	F	TRIALS & F	15:00 = 3:00 PM
	M 65	F	" " "	17:00 = 5:00 PM
	M 60	A	" " "	15:00 = 3:00 PM
	M 55	A	" " "	16:30 = 4:30 PM
	M 50	A	" " "	18:00 = 6:00 PM
	M 45	A	" " "	20:00 = 8:00 PM
	M 40	A	" " "	21:30 = 9:30 PM

FOURTH DAY-SEPT. 26, 1983

JAVELIN	M 40	A	TRIALS & F	08:00 = 8:00 AM
	M 60	B	" " " "	08:00 = 8:00 AM
	M 65	B	" " " "	09:30 = 9:30 AM
	W 45+	C	" " " "	08:00 = 8:00 AM
	M 45	A	" " " "	15:00 = 3:00 PM
	M 70+	B	" " " "	15:00 = 3:00 PM
	M 50	A	" " " "	18:00 = 6:00 PM
	M 55	A	" " " "	21:00 = 9:00 PM
	W 35	B	" " " "	18:00 = 6:00 PM
	W 40	B	" " " "	21:30 = 9:30 PM

200 MTS.	M ALL	A	S.F.	15:00 = 3:00 PM
	W ALL	A	" "	17:00 = 5:00 PM
	M ALL	A	F	22:00 = 10:00 PM
	W ALL	A	" "	22:30 = 10:30 PM

800 MTS	M ALL	A	F	19:00 = 7:00 PM
	W ALL	A	F	21:00 = 9:00 PM

400 MTS H.	M ALL	B	TRIALS	15:00 = 3:00 PM
	M ALL	B	S.F.	21:00 = 9:00 PM

POLE VAULT	M 55+	A	F	16:00 = 4:00 PM
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FIFTH DAY-SEPT. 27, 1983

POLE VAULT	M 40, M45, M50	A	F	16:00 = 4:00 PM
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CROSS COUNTRY	M & W ALL	SPECIAL COURSE	F	07:00 = 7:00 AM
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400 MTS.	W ALL	A	TRIALS	15:00 = 3:00 PM
	M ALL	A	TRIALS	17:00 = 5:00 PM

400 MTS. H	M ALL	A	F	22:30 = 10:30 PM
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1,500 MTS	M ALL	B	S.F.	15:00 = 3:00 PM
	W ALL	B	S.F.	18:00 = 6:00 PM

EVENTS	CAT	SITE (see legend)	ROUND	STARTING TIME
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SIXTH DAY- SEPT. 28, 1983

5 K WALK	M ALL	A	F	07:00 = 7:00 AM
	W ALL	B	F	07:00 = 7:00 AM

400 MTS.	M ALL	A	S.F.	15:00 = 3:00 PM
	W ALL	A	" "	17:00 = 5:00 PM

1,500 MTS.	M ALL	A	F	18:00 = 6:00 PM
	W ALL	A	" "	19:30 = 7:30 PM

400 MTS.	M ALL	A	F	21:00 = 9:00 PM
	W ALL	A	" "	21:45 = 9:45 PM

110 MTS H	M ALL	B	TRIALS	15:00 = 3:00 PM
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100 MTS H	W ALL	B	TRIALS	16:00 = 4:00 PM
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80 MTS H	M 70+ & W 70+	B	TRIALS	17:00 = 5:00 PM
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PENTHALON	M 75+	B	F	18:00 = 6:00 PM
	W ALL	C	F	08:00 = 8:00 AM

SEVENTH DAY-SEPT. 29, 1983

110 MTS H	M ALL	A	S.F.	15:00 = 3:00 PM
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100 MTS H	W ALL	A	S.F.	17:00 = 5:00 PM
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80 MTS H	M 70+ W70+	A	S.F.	17:45 = 5:45 PM
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110 MTS H	M ALL	A	F	20:00 = 8:00 PM
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100 MTS H	W ALL	A	F	21:00 = 9:00 PM
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80 MTS H	M 70+ W 70+	A	F	22:00 = 10:00 PM
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20 K WALK	M ALL	MARATHON COURSE	F	05:00 = 5:00 AM
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10 K WALK	W ALL	MARATHON COURSE	F	05:00 = 5:00 AM
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PENTHALON	M 70	A	F	08:00 = 8:00 AM
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PENTHALON	M 65	A	F	18:00 = 6:00 PM
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PENTHALON	M 55	B	F	08:00 = 8:00 AM
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PENTHALON	M 50	B	F	16:00 = 4:00 PM
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EIGHT DAY-SEPT. 30, 1983

MARATHON	M ALL	MARATHON COURSE	F	05:00 = 5:00 AM
	W ALL	" "	" "	" "

PENTHALON	M 60	A	F	16:00 = 4:00 PM
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PENTHALON	M 40	B	F	08:00 = 8:00 AM
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PENTHALON	M 45	A	F	08:00 = 8:00 AM
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NINTH DAY-OCTOBER 1st, 1983

* TEAM RELAYS ALL A 08:00 = 8:00 AM

* UNOFFICIAL EVENTS SPONSORED BY VARIOUS MASTERS CLUBS IN U.S.A. ENTRIES ACCEPTED UP TO THE DAY BEFORE THE COMPETITION.

MORE INFORMATION AND ENTRY FORMS WILL BE AVAILABLE DURING THE WEEK OF THE GAMES.

SITE LEGEND:

- A- MAIN STADIUM SIXTO ESCOBAR
- B- PARQUE CENTRAL
- C- POLIDEPORTIVO
- D- CANODROMO
- E- SOFTBALL FIELD PARQUE CENTRAL
- F- WARM UP TRACK SIXTO ESCOBAR STADIUM

NOTES:

1. OPENING CEREMONIES HAVE BEEN SCHEDULED FOR SATURDAY SEPT. 24th, 1983 AT 10:00 TO ALLOW ALL COMPETITORS TO PARTICIPATE IN SAME.
2. THE STARTING TIMES AND SITES OF THE EVENTS, ARE SUBJECT TO CHANGE DEPENDING ON THE NUMBER OF PARTICIPANTS ACTUALLY REGISTERED. HOWEVER, OFFICIAL AND FINAL SITES AND STARTING TIMES WILL BE PUBLISHED AND DISTRIBUTED TO ALL PARTICIPANTS UPON ARRIVAL AT SAN JUAN.

V WORLD MASTERS GAMES

SAN JUAN - 1983

OFFICIAL ENTRY FORM

LAST NAME _____ MIDDLE INITIAL _____ GIVEN NAME _____

ADDRESS: _____
STREET _____ TOWN SHIP _____ CITY _____

COUNTRY _____ TELEPHONE # _____

DATE OF BIRTH _____ AGE GROUP _____ PART. # _____ (LEAVE BLANK)

I WISH TO BE REGISTERED IN THE FOLLOWING EVENTS:

<input type="checkbox"/> M MEN	Best Performance 1982	<input type="checkbox"/> W WOMEN	Best Performance 1982
<input type="checkbox"/>	100 m	<input type="checkbox"/>	100 m
<input type="checkbox"/>	200 m	<input type="checkbox"/>	200 m
<input type="checkbox"/>	400 m	<input type="checkbox"/>	400 m
<input type="checkbox"/>	800 m	<input type="checkbox"/>	800 m
<input type="checkbox"/>	1500 m	<input type="checkbox"/>	1500 m
<input type="checkbox"/>	5000 m	<input type="checkbox"/>	5000 m
<input type="checkbox"/>	10000 m	<input type="checkbox"/>	10000 m
<input type="checkbox"/>	Marathon	<input type="checkbox"/>	Marathon
<input type="checkbox"/>	80 m Hurdles	<input type="checkbox"/>	80 m Hurdles
<input type="checkbox"/>	100 m Hurdles	<input type="checkbox"/>	100 m Hurdles
<input type="checkbox"/>	110 m Hurdles	<input type="checkbox"/>	5 km Track Walk
<input type="checkbox"/>	400 m Hurdles (40-69)	<input type="checkbox"/>	10 km Road Walk
<input type="checkbox"/>	3000 m Steeple (40-69)	<input type="checkbox"/>	Cross Country
<input type="checkbox"/>	5 km Track Walk	<input type="checkbox"/>	High Jump
<input type="checkbox"/>	20 km Road Walk	<input type="checkbox"/>	Long Jump
<input type="checkbox"/>	Cross Country	<input type="checkbox"/>	Shot Put
<input type="checkbox"/>	High Jump	<input type="checkbox"/>	Discus
<input type="checkbox"/>	Pole Vault	<input type="checkbox"/>	Javelin
<input type="checkbox"/>	Long Jump	<input type="checkbox"/>	Pentathlon
<input type="checkbox"/>	Triple Jump		
<input type="checkbox"/>	Shot Put		
<input type="checkbox"/>	Discus		
<input type="checkbox"/>	Hammer		
<input type="checkbox"/>	Javelin		
<input type="checkbox"/>	Pentathlon		

CLUB (IF ANY) _____

TRAVEL AND LODGING ARRANGEMENTS: (IF KNOWN)

AIRLINE & FLIGHT # _____ DATE _____ EXPECTED TIME OF ARRIVAL _____

HOTEL OR OTHER LODGING RESERVATIONS: _____

ENTRY AND OTHER FEES:

FIRST EVENT \$15 \$ _____

ADDITIONAL EVENTS - \$5 EACH (\$5 x _____) = _____

SUB TOTAL _____

WAVA SPECIAL FEE \$10 _____

OPTIONAL:

TRANSPORTATION FEE \$10 _____

FAREWELL PARTY \$10 PER PERSON (\$10 x _____) = _____

TOTAL \$ _____ * (IN US DOLLARS)

* PLEASE MAKE YOUR CHECK OR DRAFT PAYABLE TO:

V WORLD MASTERS GAMES
GPO BOX 336
SAN JUAN, PUERTO RICO 00936

YOUR CHECK SHOULD BE MAILED TO ABOVE ADDRESS WITH THE FOLLOWING REQUIRED DOCUMENTS

ATTACHED TO THIS ENTRY FORM; NO LATER THAN JULY 1, 1983 *

- REQUIRED DOCUMENTS:
1. COPY OF BIRTH CERTIFICATE OR EQUIVALENT
 2. TWO 2 x 2 RECENT PHOTOGRAPHS

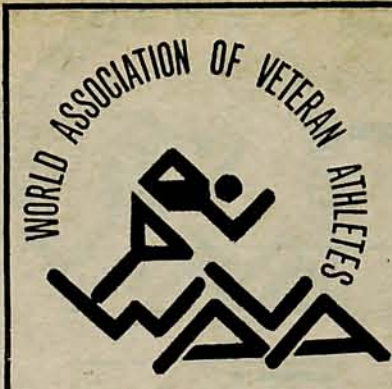
* ENTRIES POSTMARKED AFTER JULY 1, 1983 OR RECEIVED AFTER JULY 15, 1983 WILL NOT BE ACCEPTED.

WAIVER

In consideration of the right to participate in the V World Masters Games, I do hereby for myself, my heirs and executors, release and forever discharge any and all claims for injuries, damages and losses suffered by me as a result of my participation against the Organizing Committee, the City of San Juan, the Government of Puerto Rico, and any of the Associations or Organizations related with the Games. I further certify that I have been recently examined by a certified doctor, and found to be in good physical condition.

DATE _____

SIGNATURE _____



6 Months to go
COUNTDOWN
 TO
PUERTO RICO

World Veterans Games, September 23

by HELEN PAIN

Yes, you can afford to go to Puerto Rico for V World Veterans Games, September 23 to October 1, 1982. In fact, you can't afford not to go!

Puerto Rico is a foreign flavor with domestic conveniences. It's a "have your cake and eat it too" destination for US'ns. This Spanish setting "Speaks English," does not require a U.S. passport nor visa, and accepts your U.S. dollar . . . willingly. Air-conditioning, entertainment, fine restaurants, casinos, beaches, shopping, historical sites, museums and art galleries all exist for your pleasure.

But, you say, what about the competition? What will V WAVA be like? The Organizing Committee in San Juan is working with a 1 million dollar budget. Men and computers are lined up to give the 4-5,000 competitors "the best yet." Europe is way out in front with initial reservations. Germany, so far, is number one, with Sweden running a close second. More than 45 countries are expected to be represented at the Puerto Rico Encounter.

In order to accommodate the thousands of visitors located in dozens of hotels sprinkled throughout the city, the Organizing Committee is planning to run continuous shuttle bus service

between the hotels and the competition sites. This has to be the "buy of the year" for only \$10.00 per person for the week! Just a word of warning though, the traffic at certain times of the day will double the time enroute.

Yes, deluxe resort facilities are available even on a "single" basis, but also comfortable bargains can be created by "tripling" up in the large rooms of first-class hotels. Yes, you can pay "an arm and a leg" for meals in elegant dining rooms, or as little as you would pay at home at "Burger King." And there are even some rooms with kitchenettes where you may prepare some of your own meals.

The Masters' World Games have not been held in North America since 1975 — eight years ago, when they were initiated in Toronto, and they probably won't be coming this way again for many years. The cost of travel to the South Pacific, Europe, the Orient, all other potential sites is 2, 3, 4 or more times as expensive as to our friendly neighbor, Puerto Rico.

Therefore, if you have ever had the urge to pit your athletic talents against your past records and your world-wide peers, September '83 is the TIME and San Juan, Puerto Rico is the PLACE. □

**SUMMER RUNNING CAMP
 PLANNED**

Telemark Lodge in Cable, Wisconsin, site of the Birkebeiner, America's number one nordic ski race, will also be site of a running camp this summer.

Hal Higdon, three-time world masters champion, will coach at the camp along with Southwestern Michigan College's Ron Gunn, whose cross country teams have won six national junior college titles.

Executive Director will be Chuck Moeser, who for the last three summers has directed the successful G.N.R.C. Running Camps in New Hampshire. Moeser recently moved to Telemark as nordic ski director; during the summer he is a 2:28 marathoner.

"Chuck's coming to Telemark Lodge was like a gift," claims Higdon. "I've had my eyes on Telemark for several years as the ideal site for a sum-

mer camp. Their ski trails also make great running trails. They have miles of dirt, back-country roads plus a golf course. But we needed someone at Telemark to make it happen. Chuck's that person."

Other activities besides running at the Northern Wisconsin lodge include: fishing, swimming, tennis, horseback riding, and canoeing.

The camp will begin July 31, "right after the World Lumberjack Championships at Telemark," says Higdon, and conclude with a 10,000 meter cross country race August 6. The Paavo Nurmi Marathon is scheduled for nearby Hurley on August 13 for those wanting to stay two weeks.

For further information, contact: Roadrunner Tours, 301 W. Highway 20, Michigan City, IN 46360. □

compete in the
Fifth World Veterans Games
 in San Juan

23 September - 02 October 1983

FLY American Airlines from New York

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Miller breaks Pentathlon Record

Gary Miller, competing against ten open athletes at Cox Stadium, San Francisco State University, January 8, broke Rudy Enders' American Record for age 45-49 in the pentathlon. The conditions were not the best. The entire Bay area was foggy and the temperature was a mere 6°C.

Miller finished fourth overall in the competition with 2758 IAF points,

breaking the record of 2464 set in 1979. Many of the open athletes gained considerable respect for the master athlete and our masters program. Miller's marks were 200 points below his total at the Nationals, but very good for an early season performance under difficult conditions. L. J. - 5.93m; J.T. - 46.32m; 200m - 24.1; D.T. - 30.15m; and 1500m - 4:48.0. The WAVA points were 3695. □

**ARE YOU GOING TO PUERTO
 IN '83? NOW IS
 ACTION TIME!**

Even though the original deadline of June 1, 1983, to receive entries for V WAVA has been extended by the Organizing Committee to July 1, more than 2,200 reservations have already been received. Less than 100 competitors from the U.S. have sent in deposits for the World Games, yet several hundred have expressed interest.

SPORTS TRAVEL INTERNATIONAL, LTD. has booked space — both air and hotels — for the U.S. Masters, but with the pressures from the rest of the world we cannot hold them until meet time. If you want to be sure of the best to suit your needs, whether the most convenient or the least expensive, you must ACT NOW. Write for the revised entry forms and your Option Sheet ... hotel, air, car, cruise, yacht.

SPORTS TRAVEL INTERNATIONAL, LTD

P.O. Box 7823

San Diego, CA 92107

Phone: (619) 225-9555 Note: new area code in San Diego.



Essie Kea, 45, puts the shot at the Lake Erie Indoor Track & Field Championship sponsored by Over the Hill Track Club, Cleveland, Ohio, January 9. Over 250 masters and open division athletes opened the 1983 track and field season at Maple Heights High School. Photo by Mike Eberts, PEAK MOMENTS PHOTOGRAPHY.

1. DISPLAY ADVERTISING RATES

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

2. FREQUENCY DISCOUNTS (1-year period)

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

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES

50% discount for race and meet notices. No frequency discounts or agency commissions.

5. TERMS

Net 10 days from billing date.

6. CLASSIFIED RATES

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

7. MECHANICAL REQUIREMENTS

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

8. CLOSING DATES

The 10th of month before date of issue.

9. CIRCULATION (Dec. 1981)

Paid: 2425. Distribution: 4000
Published monthly. Subscriptions \$12/year.

Mail order to: National Masters News
P.O. Box 2372
Van Nuys, Calif. 91404
(213) 785-1895

CLASSIFIEDS

AS A PUBLIC SERVICE to the masters community, National Master News will publish all announcements free of charge.

If you are promoting a race meet, or offer a service or product, the rate is 25¢ a word. Payable with copy.

Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

Earn \$206.30 to \$411.60 (plus) working part time and full time. Positions available nationwide. For details and an application, send stamped, self-addressed, business size envelope to MCL and Associates, P.O. Box 579, Ithaca, N.Y. 14850.

MASTERS AGE-RECORDS 1982 (thru January 1, 1982) \$4.00. NMN, P.O. Box 2372, Van Nuys, CA 91404.



Mel Shine, 73, wins 70+ division of Tennessee Valley 10K in Mill Valley, Calif. November 20 in 48:05.

Photo by Gene Cohn

Tampa Bay Track and Field Championship

Hillsborough High School, Tampa, Florida

Saturday, April 16, 1983

TAMPA BAY RUNNERS

KEN-KAP, INC.
"THE" Athletic Shoe Resolers

TAMPA RECREATION DEPARTMENT



**Ch 8
WXFL**

The Tampa Bay Track and Field Championship committee sincerely hopes that you will include this meet in your plans. Traditionally, the weather is excellent and the competition keen. The meet will include both MASTERS (over 35) and SUB-MASTERS (18-34). Also, please note that a 5-K (3.1 mile) "Love Run" will again be held as part of this years events.

CONTACT : David Whitaker, (813) 872-5645 Monday-Friday 9:00-5:00.

AGE GROUPS : Thirteen age categories for both men and women.

ENTRY FEE : First event-\$3; Additional events-\$2; Love Run-\$5.

AWARDS : Medals for first, second and third; Ribbons for fourth and fifth; Love Run Trophies for first place male, female, 19 years and under male and female; Medals for second and third places, and t-shirts for first 200 entrants in the Love Run.

LATE ENTRY : \$1.00 each event after April 9, 1983.

MEN
FIELD EVENTS: Shot, discus, hammer, javelin, high jump, long jump, pole vault, triple jump, wt. throw, 56 lb. wt throw and weight pentathlon.

TRACK EVENTS: 120 yd. high hurdles, 60 yd. dash, 100 yd. dash, Mile run, 440 yd. dash, 220 yd. dash, 880 yd. dash, 330 I.H.

WOMEN
FIELD EVENTS: Shot, discus, javelin, high jump, long jump, triple jump.

TRACK EVENTS: 120 yd. low hurdles, 60 yd. dash, 100 yd. dash, Mile run, 440 yd. dash, 220 yd. dash, 880 yd. dash.

1983 TIME STANDARDS & ANALYSIS CHART

TIME STANDARDS

-MEN AND WOMEN -BY AGE 9 TO 70

-50 DISTANCES FROM SPRINTS TO MARATHON

PERFORMANCE MEASURING SYSTEM

-BEST DISTANCE -RANGE OF ABILITY

-IMPROVEMENT PROFILE -PERFORMANCE CATEGORY

To order 24 page booklet of 1983 Time Standards, send \$3.00 to Dr. Track, 8130 Nebraska Ave NW, Washington, DC 20008

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

ENTRY BLANK

NAME _____ (Last) _____ (First) _____ MALE _____ FEMALE _____

ADDRESS _____ (Street) _____ (City) _____ (State) _____ (Zip) _____

BIRTHDATE _____ (Month) _____ (Day) _____ (Year) AGE ON APRIL 16, 1983 _____

Events Entered: 1. _____ 2. _____ 3. _____
4. _____ 5. _____ 6. _____
7. _____ 8. _____ 9. _____

Total Fee Enclosed - \$ _____ (Love Run-\$5; 1st Event-\$3, \$2 each add. event.) Make checks payable to MDA, Inc. Mail to: Muscular Dystrophy Association, Inc., 3725 West Grace Street, Suite 215, Tampa, FL 33607.

WAIVER OF COMPETITION: In consideration of accepting this entry, I declare that I am physically able to compete in these events and waive for myself, heirs and administrators all claims for damages which I may accrue against any and all persons or organizations in any way associated with these events.

Date _____ Signature _____

(Continued from page 4)

MID-AMERICA

March 26-27. Oklahoma Grand Prix 5-mile. Harry Deupree, PO Box 75250, Oklahoma City OK 73147. 405/943-5711.

April 10. TAC National Postal One-Hour Run and Two-Hour 10-mile option, Brookings, S.D. SDSU Track Office, SDSU, Brookings SD 57007.

April 23. Kansas Relays Marathon & 10K, Lawrence, Kansas. (913-864-3486.

April 30-May 1. Oklahoma Grand Prix 10K, Harry Deupree, PO Box 75250, Oklahoma City OK 73147. 405/943-5711.

May 1. 14th Longest Day Marathon, Brookings, S.D., SDSU, Brookings SD 57007. 605-688-5526.

May 1. Avon 10K Kansas City. Jo Doherty, PO Box 4034, Overland Park KS 66204.

May 30. Boulder 10K Classic, Boulder, Colorado. 13,000 runners. Bruce McDowell, 3033 Iris Ave. Boulder CO 80301.

June 4. 21st Jackrabbit 15, Brookings, S.D. SDSU, Brookings SD 57007.

WEST

March 13. Tom Sullivan St. Patrick's Day 10K, Torrance, Calif., Cheryl LaBrucherie, 213-375-2813.

March 13. Dick Durand 8K Trail Run, Los Angeles. Brian Pritchard.

March 20. San Jose Mercury News 10K, San Jose, CA. Karen Storey, Mercury News, 750 Ridder Park Dr., San Jose CA 95190. 408-920-5533.

March 27. Los Angeles /Lite Marathon. Jim Gilbert, 200 N. Main St., City Hall East, 13th Floor, Los Angeles CA 90012.

April 10. Avon 15K, San Francisco. Len Wallach, 80 Stonestown Mall, San Francisco CA 94132.

May 1. Avenue of the Giants Marathon, Arcata CA. 1750 runners. Deadline, Jan. 31. Don Hughes, Box 214, Arcata CA 95521.

May 15. Bay to Breakers 7.63 mile run, San Francisco. 70,000 runners. Special Events Dept., San Francisco Examiner, San Francisco CA 94103. 415-777-7777.

May 29. Brentwood 10K, Los Angeles. 3500 runners. Valerie Johnson, Box 49913, Los Angeles CA 90049.

June 25. Western States 100-mile Endurance Run; Squaw Valley to Auburn, Calif. Curtis Sproul, 1000 G St., Sacramento CA 95814. 916/446-8028.

NORTHWEST

March 25-26. 16th Annual Sports Medicine and Conditioning Seminar, Seattle. Ken Foreman, Ph.D., 1551 N.W. 54th, Suite 200, Seattle, WA 98107. (206) 782-0172.

May 1. Lilac Bloomsday 7.5 mile run, Spokane WA. 22,000 runners. Box 1511, Spokane WA 99210.

June 26. Cascade Run Off 15K, Portland, Oregon. Chuck Galford, 1000 Willamette Center, 121 S.W. Salmon, Portland OR 97204.

HAWAII

April 10. Norman K. Tamanaha Memorial 15K, Honolulu.

CANADA

May 1. Nike International Marathon, Vancouver, B.C. Don Basham, 1200 Hornby St., Vancouver BC Canada V6Z 2E2.

May 15. Ontario Masters 10K Road Championships, Sunnybrook Park, Toronto.

May 29. Manitoba Marathon, Winnipeg. Debbie Prince, 1700 Ellice Ave., Winnipeg, Manitoba, Canada, R3H 0B1.

INTERNATIONAL

April 17. London Marathon. Box 82, County Hall, Longdon SE1 7PE, England.

April 24. Seoul International Marathon, Seoul, Korea. 10-day tour package: \$1,399 from Honolulu; \$1,599 from Los Angeles; \$1,999 from Chicago or New York. Aspengren World Travel, 733 Bishop St., Honolulu HI 96813. 808-524-1880.

October 15-16. XVI World Veterans (IGAL) 10K and 25K Championships, Perpignan, France. Tom Sturak, 3900 S.W. Murray Blvd., Beaverton, OR 97005.



Three of oldest sprinters in world get set for 200-meter run in South African Masters Championships. L-to-r: J Van Rensburg, 84; D.A. duPlessis, 76, and Dr. Fred Reid, 72. Reid is the world age 70-74 record holder in the 100 (12.9) and 200 (27.5).

Photo by Leo Benning



USA MASTERS UNIFORMS

Uniform Package Includes: Sweat suit, singlet, trunks, stuffer bag. Men's & womens are royal blue. Womens do not have white ribs on sleeve. Women singlet all blue no white mesh. To Order: Send check or money order made out to "Jim Weed" and send to Masters Uniforms, Jim Weed, 11672 E 2nd Ave., Aurora, Co. 80010.

**Mens \$50 Womens \$45 including shipping in U.S.
Circle appropriate information.**

**Mens Womens
S M L XL
Trunks Red Blue**

1983 Nike Masters Grand Prix Series

By Valdemar Schultz

The NIKE Masters Grand Prix Series is ever-evolving. Last year, more than 40 distance runners won trips to the National Masters Sports Festival in Philadelphia, August 15th, to run in the Grand Prix Final 10K. Six runners won trips to the International Veteran Distance Running Championships held at Lake Kawaguchi, near Mt. Fuji, in Japan, September 14-15.

The stated purpose of the 1982 series was to allow older masters runners an opportunity to win trips and to produce medal winners in Japan. A large portion — nearly half — of the domestic trip winners were over 50 years of age, while all Grand Prize trip winners won gold medals in Japan in every race they entered. The purpose was accomplished — in spades!

In 1983, the purpose is again two-fold: (1) to integrate T&F athletes into the Grand Prix and (2) to produce our best masters team (three members) for men and women. This means fewer trips available exclusively to distance runners (the same number or more overall however), and a greater emphasis on the younger age groups than last year. The races selected thus far are all in May: May 8th is the Minnesota Masters 15K in Minneapolis. Race director Jack Moran, who has received numerous plaudits for his Twin Cities Marathon in October, is at the helm of this one. May 22nd is the third Viking Classic in Portland, Oregon. Since its inception, Bob Williams, the race director, has been friendly to masters runners. The National Masters 20K Championship bid was won by the Potomac Valley Seniors of Washington, D.C. They will use the fast Hains Point course, site of numerous masters championships; Chuck Des Jardins will direct on May 29th. May 30th the Cotton Row in Huntsville, Alabama under the able direction of Ron Morris will have one or more formidable masters fields in the country.

To complete the preliminary series, we are seeking a race with the following characteristics (preferably):

- longer than 10K, but a certified standard distance.
- not too close to the GP Final in Southern California (or to other regionals).
- in June or July.

- 700-1500 runners overall, not necessarily all masters, or even sub-masters.
- friendly to masters (prize structure emphasis, etc.).

We are also seeking a site for the Grand Prix final with the following characteristics:

- located in Southern California.
- in August or September.
- between 10K and 25K.
- certified existing race OK (or



NIKE MASTERS GRAND PRIX SERIES

1983 NIKE Masters Grand Prix regionals are now being held in conjunction with already existing (and usually not exclusively Masters) races. Individual runners, both men and women, are being selected from these regional races, on the basis of age-graded performances, to compete at the NIKE Masters Grand Prix Finals in California in August. A mens and womens team will be selected from the results of the Final, to compete at the International Veterans Distance Running (I.V.A.L.) Championships in Perpignan, France, October 15-16, 1983.

SERIES RACES

May 8	• Minneapolis, MN • Minnesota Masters 15K	• Jack Moran 5429 Wooddale Ave., Edina, MN 55424	3M/2W
May 22	• Portland, OR • Viking Classic 10K	• PSU Athletic Development Office P.O. Box 668, Portland, OR 97207	3M/2W
May 29	• Washington, DC • TAC Masters 20K	• Chuck Des Jardins 5428 Southport Lane, Fairfax, VA 22032	4M/2W
May 30	• Huntsville, AL • Cotton Row Run 10K	• Cotton Row Run P.O. Box 292, Huntsville, AL 35804	4M/2W
June	• (to be determined) Grand Prix Regional		3M/2W
July/ August	• California • Grand Prix Final	• (race directors please apply)	3M/3W

To be eligible for the trips, runners must be Masters in the international sense (i.e., men 40+, women 35+). When inquiring about races, please enclose a self-addressed stamped envelope. General information: call (503) 641-6453, NIKE Masters Program, or write Valdemar Schultz, 3900 SW Murray Blvd., Beaverton, OR 97005.

willingness to establish one).

- not too large (maximum - 3000).
- friendly to masters.

Please direct information on such races to Valdemar Schultz, NIKE Masters Athletics, 3900 SW Murray Blvd., Beaverton, Oregon, 97005.

Indoor

March 20 Eastern Regional T&F Championships, West Point, NY. Gloria Fine, 77 Prospect Place,

Brooklyn, NY 11217.

March 26-27 National TAC T&F Championships, Lehigh University, Bethlehem, PA. Bert Lancaster, (609) 347-5800/347-5400.

Outdoor

April 9-10 Florida Masters Championships, Clearwater High, Clearwater, FL. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33516. (813) 447-7161.

May 6-8 Southeastern International Meet, Raleigh, NC. PO Box 590, Raleigh, NC 27602.

May 28 Southwest Regional Championships, New Orleans. Danny Thiel, 2609 Canal Street, New Orleans, LA 70119. (504) 822-9057.

Indoors or out, NIKE supports Masters, their championships and their other major meets. We hope you can sample one or two of the above.

National Running Data Center News

The National Running Data Center is an independent, non-profit organization devoted to the collection, analysis, publication and dissemination of long-distance running information. The NRDC processes all applications for US road records. Records approved by the NRDC are then submitted to the RRCA and TAC for official recognition. The NRDC is supported by donations from individuals, clubs, race organizers, companies and the national governing bodies.

"Certified Road Running Courses" will contain all courses on the active list as of 1 January 1983. Our past practice of listing all courses, whether active or not has led to some confusion. Inactive or decertified courses will not be listed. Price \$2.95 postpaid. Available by 15 Feb. 1983.

HILL WINS ORANGE BOWL

(Continued from page 1)

In the women's masters competition, Alicia Kelly, 40, finished 1-2, winning the 10K in 40:57 and placing a close second in the marathon to Laura Tingle, 46, 3:19:32 to 3:18:55.

Over 2200 over-age-40 runners participated in the twin events: 1750 (1415 men and 335 women) finishing the 10K; and 495 (454 men and 41 women) completing the marathon. □

STEWART

(Continued from page 1)

115 miles per week, working out mostly with the University of Michigan people."

Stewart says he feels Mike Manley is the No. 1 masters runner in the country right now. "I hope to run against him in the Gasparilla 15K in Florida," Stewart said. "It should be interesting." □

WINZENRIED

(Continued from page 1)

Hinkes became a triple winner in 50-54 and set a pole vault mark of 10-2.

and set a pole vault mark of 10-2.

Just two women's records were set, by Valerie McAuliffe and Annette Murray. □

"Running Records by Age" will add 50 km and 100 km track marks. The road lists have been extensively revised. We note some 514 listings for 1982 in just the road section to date. Price \$4.95 postpaid. Available by 15 Mar. 1983.

"US Distance Rankings" will be published in two volumes. "In-Depth Masters Road Rankings" will be incorporated into Vol. II (ages 35 and older). Vol I will contain the open and junior lists. Each volume will list the races included and the all-time lists. By grouping lists in this manner, runners interested only in masters' lists need only purchase Vol II (cost \$9.95) compared to last year's two volumes (cost \$12.90). Prices \$6.95 for Vol. I and \$9.95 for Vol. II. Available by 15 May 1983 from P.O. Box 42888, Tucson, AZ. 85733. □



Consistent road racer Darryl Beardall, 46, captures age 45-49 division title in PA/TAC 10-mile championship January 9 in Stockton, Calif. with a time of 53:46.

Photo by Gene Cohn



Long distance runners and volksmarchers discuss plans for the first state of Oklahoma Grand Prix. From left to right Jack Angel, retired U.S. Army Col. with his wife Sue; Dick Bass, chairman of the Governor's Council on Physical Fitness and Sports; Harry Deupree Jr., president of Allied Oklahoma Bank, Oklahoma City; Gonzalo Ferrer, assistant director of the Division of Planning and Development of the Oklahoma Tourism and Recreation Department and Pete Reed assistant to Governor Nigh. Ferrer, 2nd from the right, points to Roman Nose State Park where one of the eight running and walking events will take place. (Oklahoma Tourism and Recreation Department Photo)

Lake Erie Meet Rings In New Year

(Continued from page 1)

200 spectators.

Team trophies were handily carried off by Over the Hill Track Club as it took first in the Men's 30-39, 40-49, and 50-59 divisions as well as the Masters Women division. Second-place trophies went to the Ann Arbor Track Club in the Men's 30-39; to the Philadelphia Masters for both the Men's 40-49 and 50-59 divisions; and Ann Arbor took second place in the Masters Women division.

Two world records were set in the sprint medley relay, an 880-220-220-440 run. The men's 70-79 team from Over the Hill — Jack Siring, Herman Mlotek, Everett Hosack, and Byron Fike — posted a 6:41.40, and Over the Hill's 30-39 Women's team — Rosie Ogletree, Datha Cotten, Essie Kea, and Layne Nichols — ran 6:07.66.

Former Olympian Bernice Holland

had a record-setting day. Her shot put of 29' 2 1/4" is a new America Age 55-59 Record. Her high jump performance of 3'8" is also a 55-59 mark.

Cosby, who was still recovering from a groin injury, had to scratch his running events but gamely competed in the high jump anyway, taking first in his age group at 4'6", just barely missing 5'. "I came here for the fun of it and I'm enjoying it," Cosby said. "This is one of the few indoor meets that has a master's schedule, and I still like to jump."

Over the Hill held its Championships at the newly built indoor facility at Maple Heights High School with its elevated, third-story 213-yard track.

Masters competition is flourishing in Cleveland, and Over the Hill Track Club looks forward to competing with NMN readers later in the year, especially at the Cleveland Classic, June 18th, where some 1,200-1,500 athletes are expected. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAR 1983

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
VLASTA CHLUMSKA (CZE)	3-30-23	60-64
ANTJE GLEICHFELD (WG)	3-31-38	45-49
SHIRLEY KENNEDY (AUS)	3-17-28	55-59
DIANE PALMASON (CAN)	3-15-38	45-49
BRITTA TIBBLING (SWE)	3-19-18	65-69
GINGER BALDWIN (LA JOLLA, CA)	3-14-33	50-54
BURNIS HICKS (ALPINE, TEX)	3-9-13	70-74
JOSEPHINE KOLDA (SAN FRANCISCO, CA)	3-24-18	65-69
JANET LEDDER (IRVINE, CA)	3-25-43	40-44
EDITH LEIBY (HONOLULU, HI)	3-23-23	60-64
PATRICIA NESLEY (WASHINGTON, DC)	3-29-28	55-59
MARCHE UNNASCHI (SUNNYVALE, CA)	3- -38	45-49
KATHERINE YORK (MODESTO, CA)	3-2-13	70-74
DON BADINELLI (PHOENIX, AZ)	3-21-28	55-59
JIM BEVINS (SUSANVILLE, CA)	3-8-38	45-49
TOM BUCKINGHAM (GB)	3-11-18	65-69
JIRI CECHAK (CZE)	3-25-38	45-49
HAROLD COLEN (HUNTINGTON, NY)	3-28-28	55-59
NORM CYPRUS (YONKERS, NY)	3-17-38	45-49
JOHN DAVIS (US)	3-4-38	45-49
OLLE ELVLAND (SWE)	3-9-18	65-69
FRANK GALATA (CANADA)	3-13-28	55-59
JOHN GARCIA (GARDEN GROVE, CALIF)	3-9-18	65-69
ALFRED GUIDET (CALIFORNIA CITY, CA)	3-16-18	65-69
ED HALPIN (RIVERSIDE, CALIF)	3-9-18	65-69
BERT LANCASTER (PHILADELPHIA, PA)	3-19-28	55-59
THOMAS MCDERMOTT (MADISON, CONN)	3-15-18	65-69
ROBERT MESSERSMITH (VIEJO, CA)	3-21-33	50-54
AARNE MIETTINEN (FIN)	3-27-13	70-74
NOVICA MILICEVIK (CAN-SCOTTSDALE, AZ)	3-23-28	55-59
AARNE MIETTINEN (FIN)	3-27-13	70-74
OSCAR MOORE (GLASSBORO, NJ)	3-31-18	45-49
PHILIP MUNN (GB)	3-16-20	60-64
HANS POTTSCH (AUT)	3-2-33	50-54
RAYMOND SPENCER (CHULA VISTA, CA)	3-5-23	60-64
WALTER STUBBINGS (AUSTRALIA)	3-10-13	70-74
HYLKE VANDERWAL (CANADA)	3-21-38	45-49
MATTI YRJOILA (FIN)	3-26-38	45-49

WEIGHT AGE RECORDS PENTATHLON

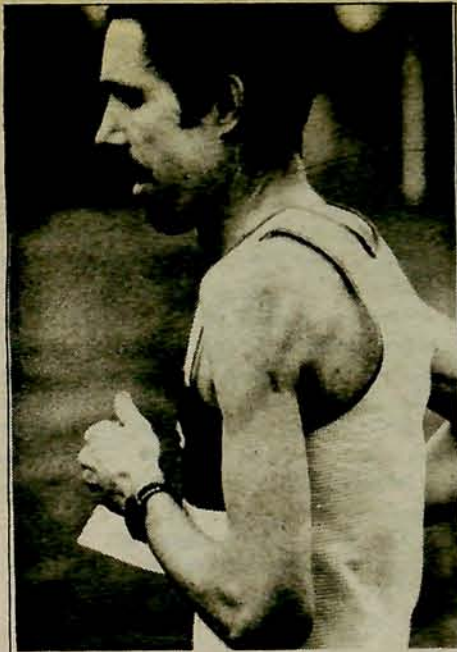
by PHIL PARTRIDGE

A few top near misses made the list. A few holdover Age Records moved up a little where lighter than 16 lb. hammers were thrown because of consensus revision of hammer formulas effective Aug. 15, 1982.

Fifteen Weight Pentathlons were held in the U.S. and Canada during 1982. Florida had the most: five. Ohio added two new ones, New York one. There were reports of one in Israel, no results received. Hawaii is planning one, still no action in Texas or vicinity.

Four different sets of implement weight standards were used in various meets in the U.S. and Canada. Eleven meets used Age Factor Scoring, others leaning. Nobody claims it is perfect. But it is the only existing scoring by which Weight Pentathlon Age Records are possible.

A complete set (almost) of Weight Pentathlon results is on file. Anyone wanting a print send self-addressed envelope and 25c per sheet desired to P.H. Partridge, 337 SW 14th Ave., Boynton Beach, Fla. 33435. □



Bob Fischer, 42, Newark, N.J. wins 20-mile race overall December 26 in Greenbelt, Md., in 1:51:38, a new U.S. age-42 record.

Photo by Bill Cornett

LATE FLASH

Bill Stewart, 40, of Ann Arbor, Michigan, smashed the U.S. masters 15-kilometer record of 47:18 — held by New Jersey's Herb Lorenz since April 4, 1981 — by over a minute with a time of 45:56 in the Gasparilla Classic February 5 in Tampa, Florida.

1983 WEIGHT PENTATHLON AGE RECORDS

30	Mike Daller	3371	Glendale, Cal.	12/10/78
31	Mike Griako	3465	New York, N. Y.	9/24/78
32	Bob Mead	3645	New York, N. Y.	8/29/76
	Frank Reilly	3738	Northridge, Cal.	2/14/82
33	Frank Reilly	3956	Long Beach, Cal.	12/12/82
34	Carl Wallin	3992	New York, N. Y.	9/7/75
35	Bob Mead	3908	Chestnut Hill, Mass.	9/30/79
36	Pete Hoyt	2956	Raleigh, N. C.	4/3/77
37	Carl Wallin	3852	Chestnut Hill, Mass.	9/30/79
38	Ed Hill	3756	Tampa, Fla.	4/4/81
39	Ed Hill	3828	Raleigh, N. C.	5/8/81
40	Ed Hill	3899	Apopka, Fla.	12/11/82
	Carl Wallin	4110	Hanover, N. H.	10/4/81a
	Ed Hill	4010	Delray Beach, Fla.	12/29/82p
	George Puce	3834	Stouffville, Canada	8/18/81
41	Lloyd Higgins	3577	Long Beach, Cal.	12/12/82
42	Chuck Kleha	3025	Woodstock, Ill.	9/26/81
43	Stew Thompson	3147	Glendale, Cal.	12/12/76
44	Stew Thompson	3465	Glendale, Cal.	12/11/77
45	Stew Thompson	3708	Glendale, Cal.	12/10/78
46	Stew Thompson	3532	Glendale, Cal.	12/9/79
47	Len Olson	3489	West Point, N. Y.	7/15/79
48	Stew Thompson	3721	Long Beach, Cal.	12/13/81
	Len Olson	3501	Tampa, Fla.	4/19/80
49	Stew Thompson	3843	Long Beach, Cal.	12/12/82
	Bob Backus	3662	New York, N. Y.	9/7/75
50	Bob Backus	3905	Burlington, Vt.	5/22/77
51	Len Olson	3685	Stouffville, Canada	9/5/82
52	Bob Backus	3984	Burlington, Vt.	6/11/79
53	Harry Hawke	3082	Long Beach, Cal.	12/12/82
54	Mario Minafra	2118	New York, N. Y.	9/7/75
55	Bill Walbroth	3579	Ipsilanti, Mich.	8/19/79
56	Bill Walbroth	3570	Chicago, Ill.	9/14/80
57	Bill Bangert	3390	Long Beach, Cal.	12/13/81
58	Dan Aldrich	3521	Glendale, Cal.	12/12/76
59	Dan Aldrich	3417	Glendale, Cal.	12/11/77
60	Dan Aldrich	3840	Glendale, Cal.	12/10/78
61	Bob Stone	3564	Long Beach, Cal.	12/13/81
	Bill Gilligan	3411	West Point, N. Y.	9/15/79
62	Dan Aldrich	3515	Glendale, Cal.	12/14/80
	Bob Stone	3461	Long Beach, Cal.	12/12/82
	Dan Aldrich	3704	Long Beach, Cal.	12/13/81
63	Dan Aldrich	3529	Long Beach, Cal.	12/12/82
64	Phil Partridge	3633	New York, N. Y.	6/13/76
65	Phil Partridge	3552	New York, N. Y.	6/19/77
66	Phil Partridge	3235	New York, N. Y.	9/24/78
67	Phil Partridge	3312	New York, N. Y.	4/22/79
68	Phil Partridge	3134	Delray Beach, Fla.	12/27/80
69	Phil Partridge	3597	Woodstock, Ill.	9/12/81
70	Don Pierotti	3472	Northridge, Cal.	2/14/82
71	Phil Partridge	3592	Woodstock, Ill.	9/18/82
	Don Pierotti	3473	Long Beach, Cal.	12/12/82
	Randy Hubbell	3237	Northridge, Cal.	2/14/81*
72	A. Redmond Doms	3055	Glendale, Cal.	12/9/79
73	Ray Connolly	2722	Burlington, Vt.	5/22/77
74	Stan Herrmann	2915	Glendale, Cal.	12/10/78
75	A. Redmond Doms	3739	Long Beach, Cal.	12/12/82
76	Stan Herrmann	3865	Glendale, Cal.	12/11/80
77	Arnolds Ticsanis	3332	Delray Beach, Fla.	12/28/82
78	Konrad Boas	1581	Delray Beach, Fla.	12/27/81
79	John Whittemore	2847	Glendale, Cal.	12/10/78
80	John Whittemore	3386	Glendale, Cal.	12/9/79

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11 AM Men ages 30 through 49
12 Noon Men ages 29 and under

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MASTERS SCENE

NATIONAL

- The winner of this month's TAC National Men's Masters Marathon Championship in Seattle will receive 2 round-trip tickets to London. Runner-up gets a free trip to San Francisco. The open men's and women's winners will each win \$5000 and a trip to Stockholm.
- At the TAC Convention in December, Atlanta was sanctioned to host the "National TAC Masters T&F Club Championships." It will be a trial to see if the idea should be incorporated into the TAC National T&F Championships in the future. "Club competitions can add another level of excitement to our sport," says meet director **Ken Kirk**.
- National USA Masters Uniforms are now available. Photos and order form on page 20.
- No new word on a national sponsor for the masters program. **George Hatzfield**, **Pat Meehan** and **Sarah Bruhner** have made presentations to several companies on the east coast, proposing an annual budget of several hundred thousand dollars to sponsor 13 masters sports. Negotiations continue.
- **Bob Fine** notes that the Masters Sports Association will no longer be charging dues and that members of MSA should directly subscribe to the NMN.

NEW ENGLAND

- **Sam Ouellet**, 78, who runs with a plastic hip joint, pumped out a 58:05 10K in Bangor, Maine, last Halloween. Sam, who has run 40 Boston Marathons, placed 572nd, 121 places behind his son, Aurelle, 58.
- **Jim Gray**, 40, overcame a hilly 10K in Woonsocket, RI, to place 3rd overall in 32:33.



Sally Edwards, 36, top ultra-marathoner running in Golden Gate Park, San Francisco. Photo by Gene Cohn

In Shrewsbury, Mass., **Ernie Dumas** recorded a 32:40.

- **Mary Bart**, 40, of Bow, NH, registered a 30:01 in the One-For-the-Books, 5-miler on October 30, at Hampton, NH; a 37:25 in the Champion 10K; and a 38:04 in the Great Pumpkin 10K in Saco, ME. In the Champion 10K, **Helen Hamilton**, 51, of Concord, strode to a 44:29. In the One-For-the-Books 5M, **Arnie Green**, 50, of Westport, CT, breezed to a new national 8K age group time in 27:44.5. Remarkably, in that same race, **Tony Sapienza**, 53, Bradford, MA; **Alton Bradley**, 66, Dover; **Sandy MacLean**, 70, Durham; and **Helen Hamilton** set national 8K age records. But, even more remarkably, all four broke their own three-week-old marks in the Fitness Resources 5M on November 21, 1982, in Concord, NH: Sapienza with 28:10.3; MacLean in 34:08.5; Bradley with 34:48.7; and Hamilton on a 34:17.3. **Elizabeth Densmore**, 61, of Concord, also set a new 8K age standard with her 57:50.7 performance.
- **Barbara Pike** was 1st 40+ woman (and 13th woman overall) in the National RRCA Cross-Country Championships November 7 in New York in 19:48.
- The Liberty AC dominated the masters women's mile at the NEAC Indoor T&F Championships January 23 at Boston U. **Barbara Pike**, first in 5:13.3 (a new meet record), was followed by teammates **Susie Hunter** (5:22.8), **Carrie Parsi** (5:38.2) and **Carolyn Cappetta** (5:39.8). In the masters men's race, **Kirk Randall** clocked 4:29.7, followed by **Joe Albelon** (4:37.4) and **George Conefry** (4:39.1).

EAST

- **Fritz Mueller**, 46, was the 1st master in the Central Park, N.Y. 25K January 30 in 1:25:01. **Anna Thornhill**, 42, topped the 40+ women in 1:46:20.
- **Russ Bassett**, 42, rolled to a 1:11:47 as 1st master in the Central Park, N.Y. 20K January 22. **Patty Lee Parmalee**, 42, logged 1:20:21 as 1st over-40 woman. **Don Dixon's** 1:18:00 was best 50+.
- **Alicia Moore**, a 52-year-old editor at Fortune, blazed to a 2:18:30 30K December 18 in Central Park to erase **Toshiko D'Elia's** 50-54 women's mark of 2:21:56. Moore is one of the most improved runners in the New York area.
- The Warren Street Social & Athletic Club of New York fielded perhaps the fastest-ever women's masters marathon team in last year's New York Marathon. **Sue Stricklin** (3:02), **Linda Thurston** (2:56) and **Cindy Dalrymple** (2:43) combined for a time of 8:41.
- Not often, but once in awhile, a 50+ runner wins an open race. **Herb Chisolm**, 56, did just that in outclassing the field in the Cranberry Crawl 5K with a 17:43 in Washington, DC, on November 20. In another race run along the same course, racewalkers **Sal Corrallo**, 51, and **Dot Michaels**, 55, broke national records for their respective age groups in the 10K. Sal stepped out to a 50:06.2, and Dot registered a 1:08.1.
- **Len Olsen**, 50-54, national shot champion, has returned to the New York area from Pennsylvania. He will coach, as a sideline, the weight events for the SUNY Binghamton men's and women's track teams.
- **Norm Green**, 50, led all over-40 runners in 32:52 in Brian's Run 10K December 5 in West Chester, Pa. **Hubert Morgan**, 60, posted a fast 37:52. 6300 runners from 20 states participated in the charity run for **Brian Bratcher**, a young athlete crippled by a football injury.
- The New York Masters tallied 114 points to win the overall team title in the 5th Annual Metropolitan AC Indoor Masters T&F Championships February 6 in New York. The NY

Pioneers were 2nd with 97 points. **Rudy Valentine** blazed a 37.6 in the 55-59 330-yard dash. **Sid Howard** logged a nice 4:43 mile in M40 (1A). **Glen Shane** won the 330 in 35.6 and 600 in 1:18.9 in 1A.

SOUTHEAST

- **Low Faxon**, 42, sped to a 31:54 10K in Hampton, VA, a week after running a 32:24 in the same locale.
- **Jim Ewing** ticked off a 32:00 to capture masters honors in the Charlotte Observer 10K January 8. **Beverly Rush** turned in a fast 37:32 as 1st over-40 woman. **Ken Helms** led the masters in the concurrent marathon in 2:43:20 while winning the 50-59 division.
- **Jack Rice**, 60, ran a swift 18:52 in a Florida 5K in January.
- **Ken Winn**, 43, of Stone Mt., Georgia, averaged 5:08 per mile to better the listed (26:77) national age group mark with a 25:32 8K in Columbus, Georgia.

MIDWEST

- **Brian Harris** clipped to a 31:56 to win the M45-49 division at the Sportsmed 10K in South Bend, followed by **Ernie Billups** in 32:41.
- **Phyllis Schwandt**, 60, posted a 4:06:22, one of the better times in her age group for 1982, to capture the W50+ victory in the Freedom Marathon at Monticello, Illinois. In that race, **James Powell**, 49, ran a 2:49:22 to surpass all 40+ entrants and take a 20th overall.
- The Ann Arbor, Michigan Masters team of **Carl Liedholm**, **Kent Bernard**, **Dick Lampman** and **Don Sleeman** raced to an 11:01.3 in the distance medley relay January 22 at the Michigan Relays. It's the fastest known indoor masters time. Splits were Liedholm 2:08.6; Bernard 54.0; Lampman 3:23.1; Sleeman 4:35.6.
- Submasters **Gary Carr**, 38, of Mascoutah, Ill., **Gordon Reiter**, 36, and **Jim Irwin**, 36, of Ballwin, Mo. have been impressive this winter at open indoor meets at Sterling, Ill., and Lawrence, Kansas. **Gary** and **Gordon** ran in the low 52.0's in the 440 yd. dash and **Jim** has been consistently under 4:40 in the mile. **Carr** was last year's 600 yd. and 1000 yd. champion at Boston and the outdoor 1500M champion. **Irwin** is one of the area's better road runners and has placed well in National outdoor 1500 and 3K track meets. **Reiter** was the National Pentathlon Champ in Los Gatos, 1981, and is an accomplished decathlete in the Midwest. They make up the main St. Louis contingent for the indoor Regionals at Cincinnati and Nationals in March.

MID AMERICA

- The Oklahoma Tourism and Recreation Department is organizing a Grand Prix series of eight road races. The Oklahoma Grand Prix will consist of running, volkmarch, bicycling and wheelchair events. All of these events will be held over a variety of hilly and scenic terrain at eight state parks.
- **Bob Warren** captured six events (long jump, shot, triple jump, 60-yard dash and hurdles, and relay) in the 45-49 group to highlight the 7th Lincoln, Nebraska Indoor Track Meet January 8. **Rex Harvey** notched the 35-39 pentathlon, 600 and long jump. **Bert Smith** turned a fast 2:18.1 in the 50-54 bracket. **Bob Elwood** won the 2-mile (10:28.4) and mile (4:51.2) in 45-49 action.
- **Jim Parker**, 60, of Monterey, MA, erased the Oklahoma state 60+ record with 3:04:55 at the WROC Marathon in Tulsa on Dec. 11. **Jim Smith**, 60, of Oklahoma City, also broke the old mark with his 3:18:47. Both runners braved harsh conditions—temps in the 30's, wind at 20 mph.

SOUTHWEST

- **Brian Bolton**, 44, sizzled to a 4:29.55 in the masters mile at the Dallas Times Herald Track Meet February 5.
- **Web Loudat**, 36, placed 4th in the open

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Track & Field Championships

Eugene, Oregon

MARYLAND MARATHON



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"Devil Take the Hindmost" Mile in the Albuquerque Jaycees indoor meet, Jan. 22. **Web** had hoped to just survive 5 laps, but skirting an early pileup on a turn helped him to reach the half in 2:05, and he held them off for 4 more laps before being eliminated (3:55 for .9 mile). Many in the stands remembered **Loudat** as the spindly 16-year old who was awarded M.O.P. in the inaugural 1963 Albuquerque meet for his surprising 2-mile duel with Olympian **George Young**.

WEST

- **Harry Koppel**, 69, was named Outstanding Athlete of 1982 by the Northern California Seniors Track Club. **Koppel** holds a bundle of world track marks and turns 70 on May 30.
- Runners from over 30 countries are expected for the Avon International Marathon in Los Angeles June 5, which serves as the TAC National Women's Masters 1983 Marathon Championship.
- **Burl Gist** nearly tied his world 60-64 high jump mark (5'2½") with a 5'2 1/8" leap January 23 at the College of the Desert Meet in Palm Desert, California. **Chris Miller** set a new 45-49 women's javelin mark of 94'10". **Shirley Kinsey** shot-putted 31'1½" (3-Kilo), and threw the spear 84'9" for new 50-54 marks.
- **Edith Mendyka** threw the shot 28'8½" for a new age-72 record at a Glendale All-Comers meet January 28.
- **Jim Knerr**, 48, rolled to a 2:33:16 as first over-40 finisher in the Mission Bay Marathon in San Diego January 23. **Joe Gassman's** 2:36:28 claimed the runner-up 40-49 award, with **Patrick Devine's** 2:50:52 notching the 50-59 trophy. **Mary Ann Zounes** topped the 40+ women in 3:06:13.
- **Sal Vasquez**, 43, defeated **Tim Rostege**, 42, by over a minute in 51:26 to cop the PA/TAC 10-mile masters championship in

(Continued on page 25)

(Continued from page 24)

Stockton, Calif. January 8. Sue Johnson, 41, edged newly-turned-40 Bjorg Austrheim-Smith by 12 seconds in 66:30 for the women's masters title. West Valley J&S edged Tamalpa for the masters team title. 162 masters men and 34 masters women finished the event which drew 820 overall.

- **Bob Packard**, 46, is back running competitively again. The Northern Arizona U. math prof suffered severe frostbite of the toes during a sudden snowstorm while hiking in the Grand Canyon over a year ago. He didn't lose any toes or need a skin graft. "My right big toe will never have a nail and three other nails are deformed," Packard said, "but, other than that, I seem to function normally and can do everything I used to do." Since last June, Packard climbed 35 mountains in 6 states, and is again winning the 40+ division in road races, posting a 26:35 8K and 32:56 10K, close to age records. He held the 45-49 1500 mark of 4:07.9 until Ernie Billups broke it last August with a 4:07.2. "I dream of running against that great runner," Packard said. "Maybe in Houston or Puerto Rico."

- **John Weldy** registered an age-48 record 33:02 at the Fiesta Bowl 10K December 31, and a 26:57 8K January 23 at Ahwatukee, Arizona. He and Packard will shoot for age marks in the Phoenix Continental Homes 10K March 5, a race which features Salazar, Decker Tabb, Rogers, Rose, Musyoki and Hunt.

- **Neal Chappell** writes of the 1st Annual 8 Mile Beerathon held in Las Vegas, Oct. 24: "The race had 6 mandatory beer stops enroute where one had to guzzle 5 oz. per stop. The entry field was quite large by our standards with a lot of non-finishers."

- **George Ker**, American shot and disc holder and recently 60, is 100% recovered from arthroscopic knee surgery and is anxious to start attacking the 8 lb./4K shot and 1K disc records.

- **Sal Vasquez**, produced another quality race at the San Francisco Bridge-to-Bridge 8 Mile, logging a 40:28 to take a 7th overall and the 1st Masters.

- **Paul Spangler's** 4:10:00 at the Clarksville, CA, 20M Run, broke the old age M80+ group mark of 4:18:00 set by Ivor Welch on the same course several years before.

- It was thought that **Bob Johnson**, a 62-year-old veteran of five Honolulu Marathons, had died running last year's race; however, **Joe Henderson's** explanation in *RUNING COMMENTARY* indicates that Bob, also a tri-athlete, had run only the first 5 miles of the marathon, stopped for breakfast, and was stricken after running to the finish area.

- **Mike Tymn**, 45, author of *NMN's Gun Lap* (page 6), won the Hawaii Open State RRCA 20K Championship January 30 in 1:07:41. His time was slower than his winning 1:04:52 in 1981, but Hawaii had record cold that year (high 50's) and it was 10-15 degrees warmer this year. "And I'm a little older," Tymn said. The win kept Tymn's string going of having won at least one road race each year since 1973.

The Southern California Striders Track Club have elected new officers for 1983. They are **H. Lewis Smith**, President; **George Cohen**, Vice-President; **Ann Smith**, Acting Secretary; **Red Doms**, Treasurer. Team Captains are **Ken Stuart** 30-39, **Dave Douglas** 50-59, **Bob Hunt** 60-69, **Red Doms** 70+ and **Byron Potts**, Long Distance.

Forty-year-old **Mike Manley**, set another U.S. masters record, finishing 5 seconds behind winner Kevin Ryan with a 24:45 5-mile at Eugene, OR, on January 2.

- First master race walker to finish the Annual Rose Bowl Ten Mile Walk was **John Allen**, 57, in a come-back 1:34:54. **Annette Drey**, 36, was first female in 1:47:45. Olympian **Dan O'Connor** set a new American road record of 1:11:48, January 23.

- **Darrell Newman**, 40, took top honors in the LEGENDS 50 Meter Dash at the SUNKIST INVATATION INDOOR GAMES January 21 at the L.A. Sports Arena. Newman's swift 6.77 beat out **Dean Smith's** 7.09. **George Rhoden**, **Mike Larabee**, and **Tony Castro** also ran. "It was my



Shown wearing Seven Up warm up suits at the recent Philadelphia Masters Track and Field Carnival held in Philadelphia are former Track and Field standouts of the fifties currently active participants in the masters track program. From left to right are: Josh Culbreath former world record holder in the 400 meter hurdles and 1956 bronze medalist, Warren G. Jackson nationally ranked high jumper at Manhattan College, Richard "Boo" Morcum member of the 1948 Olympic team, and Bert Lancaster former sprint champion at Penn State. Culbreath competing in the 50-54 age classification placed second in the hurdles and fourth in the dash; Jackson also in the same age group finished second in the high jump and Shot Put. Morcum, 62, won the long jump and the pole vault. Lancaster after a years layoff won the sixty yard dash and placed second in the 300 yard dash in the 50-54 class. Sponsors of the meet were the Seven Up Company, the Philadelphia Recreation Commission, and Atlantic Richfield Company.

first competitive race in 17 years," Newman said.

- **Andre Tocco**, 47, (33:31) and **Christa Romppanen**, 43, (38:45) were the first male and female masters in the Super Bowl Sunday 10K in Redondo Beach, Calif. January 30. **Hal Winton**, 51, (37:26) and **Sister Madonna Buder**, 52, (45:14) took 50+ honors.

- **Marilyn Harbin** set a new U.S. women's age 45-49 record of 5:28.9 in the mile run January 29 in Berkeley, breaking **Dorothy Stock's** mark by five seconds. **Vicki Bigelow**, 46, also broke the old mark in 5:30.9. **Mike Holbrook** took the men's masters mile in 4:42.6.

- **Joan Reiss**, 45, Sacramento, continued her record-breaking streak. Reiss was the 6th female master in the New York Marathon with a 2:56:49 (PR). In November, she was the first woman master in the 20-mile Clarksburg Classic and her 2:14:28 set a national age record for that distance. On January 9th, she ran a 63:26 in the 10-mile Cal-10 in Stockton to be first woman master. Reiss runs with the Buffalo Chips Running Club.

- **Larry Walker** of Van Nuys had been a master just one month when he lowered Jack Boitano's indoor One Mile Walk record by 58 seconds with a swift 6:22.3 at the L.A. Times Indoor Games, February 4 at the Forum. **Vicki Jones**, 37, of Topanga, was third in the Woman's Mile Walk in 7:35.1, and **Jolene Steigerwalt**, 39, of San Diego, placed fourth with 7:42.8, both establishing age records.

NORTHWEST

- **Warren Finke**, 40, sped to a 2:31:37 in the Seattle Marathon November 27, four minutes ahead of masters runner-up **Maurice Pratt**, 45, **Rose Gardner**, 43, topped the 40+ women in 3:04:13.

CANADA

- Toronto's **Arthur Gutner** ran 60 kilometers — 37½ miles — to celebrate his 60th birthday — just for the fun of it — in 7:09. "There's nothing I can't do now, at least physically, that I couldn't do 20 years ago," he said.

INTERNATIONAL

- A California group hopes to attract over half-a-million people to a peaceful, non-violent rally in Los Angeles July 27, 1984, the day before the Olympics begin, to demonstrate for "jobs or income, peace and equality." **Harry Edwards**, a University of California sociology professor and author of five sports books, said "the Olympics have always been political. This is an opportunity to make a statement for peace and justice."

- **Helen Pain** of Sports Travel International reports she has secured low-cost accommodations for the V World Veterans Games in Puerto Rico — triple occupancy, with kitchenette, for \$265 per person for 10 nights. It's at the airport, about an hour by shuttle bus from the stadium. More info from PO Box 7823, San Diego, CA 92107. 619/225-9555.

- **Aileen Hogan** of Brisbane, Australia turned 60 and promptly set two new world 60-64 women's records: 32.2 in the 200 and 73.26 in the 400.

TRACK & FIELD RESULTS

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

Lake Erie Indoor Track & Field Championships - January 9, 1983

MEN: 30 - 34

SHOT PUT

1. John Rutledge- Over the Hill TC, 43' 9 3/4"
2. Pinky Johnson- Over the Hill TC, 42' 5 3/4"
3. Steve Kaye- Wolfpack TC, 41' 7"

WEIGHT THROW - 35#

1. Al Schoterman- Un., 63'
2. Norm Bower- Over the Hill TC, 45' 9 1/2"
3. Steve Kaye- Wolfpack TC, 38' 7"

HIGH JUMP

1. Dave Morgan- Over the Hill TC, 5' 2"
2. Norm Bower- Over the Hill TC, 4' 9"

45 DASH

1. Owen Henderson- Kent State, 5.20
2. Henry Johnson- Un., 5.28
3. Tommy Bell- Renaissance TC, 5.51

220 DASH

1. Walter Henderson- Kent State, 23.43
2. Tommy Bell- Renaissance TC, 24.19
3. Owen Henderson- Runner's Supply, 24.29

880 DASH

1. Fimo Morales- Ann Arbor, 2:11.00
2. Norm Thomas- Over the Hill TC, 2:14.04
3. Ken Javor- Northeast Running C, 2:18.50

MILE RUN

1. Bill Stross- Cleveland West RRC, 4:50.28
2. Joe Knap- Cleveland West RRC, 4:57.38
3. Frank Carlson- Un., 5:23.4

2-MILE RUN

1. Dwight Chirdon- Un., 10:21
2. Bill Stross, Cleveland West RRC, 10:39

45 HURDLES

1. Dolan Street- Ann Arbor, 6.24
2. Dave Morgan- Over the Hill TC, 7.02

220 DASH

1. Dolan Street- Ann Arbor, 27.84
2. Dave Morgan- Over the Hill TC, 30.78

SPRINT MEDLEY RELAY (MEN 30 - 39)

1. Ann Arbor- Street, Westfield, Miller, Morales, 3:56.41
2. Kent State, 4:11.20
3. Over the Hill TC- Manganella, Morgan, Carson, Thomas, 4:12.10

2-MILE RELAY (MEN 30 - 39)

1. Over the Hill TC- Gerson, Manganella, Hill, Coats, 9:57.76
2. Rovers TC- Venable, Lee, Jones, Phillips, 11:04

MEN: 35 - 39

SHOT PUT

1. Mike Cavotta- Over the Hill TC, 46' 8 1/2"
2. Jim Pearce- Wolfpack TC, 33' 8 3/4"
3. Bob Minor- Un., 32' 2 1/2"

WEIGHT THROW - 35#

1. Mike Cavotta- Over the Hill TC, 38' 10 3/4"
2. Jim Pearce- Wolfpack TC, 37' 11"

HIGH JUMP

1. Stan Allen- Un., 5' 8"

45 DASH

1. LaMar Miller- Ann Arbor, 5.49
2. George Campbell- Un., 5.63
3. Roger Lowry- Un., 5.99

220 DASH

1. Roger Lowry- Un., 27.90

440 DASH

1. Curtis Smith- Parma Flamingo TC, 58.59
2. Don Hardy- Un., 1:00.30
3. Roger Lowry- Un., 1:00.48

880 DASH

1. Mike Collopy- Buffalo State, 2:10.82

MILE RUN

1. Ken Webber- Lorain Cty RRC, 5:12.85
2. Bob Bloom- Cleveland West RRC, 5:27.39
3. Mike Duvall- Lorain Cty RRC, 5:31.01

2-MILE RUN

1. Bob Bloom- Cleveland West RRC, 12:13

45 HURDLES

1. LaMar Miller- Ann Arbor, 6.80
2. Paul Hill- Un., 7.04

220 HURDLES

1. LaMar Miller- Ann Arbor, 27.34
2. Paul Hill- Un., 31.25

MEN: 40 - 44

SHOT PUT

1. George Mirka- Over the Hill TC, 41' 9 1/2"
2. Chuck Klehm- Un., 40' 3"
3. LeRoy McClain- Over the Hill TC, 27' 4"

WEIGHT THROW - 35#

1. Chuck Klehm- Un., 42' 4"
2. George Mirka- Over the Hill TC, 27' 2"

HIGH JUMP

1. Alonzo Littlejohn- Ann Arbor, 5' 10"
2. LeRoy McClain- Over the Hill TC, 4' 9"

45 DASH

1. James Burnett- Philadelphia Mstrs, 5.02
2. Grover Coats- Over the Hill TC, 5.62
3. LeRoy McClain- Over the Hill TC, 6.02

220 DASH

1. Grover Coats- Over the Hill TC, 25.87
2. Bryan Westfield- Ann Arbor, 26.40
3. LeRoy McClain- Over the Hill TC, 28.75

440 DASH

1. Grover Coats- Over the Hill TC, 59.73
2. Bill Gibson- Un., 1:05.93

880 DASH

1. Jim Burnett- Philadelphia Mstrs, 2:15.56
2. John Shaw- Un., 2:30.52
3. Bill Gibson- Un., 2:48.53

MILE RUN

1. Larry Fox- Firelands TC, 4:59.94
2. Chuck Barracato- Southeast RC, 5:08.57
3. Reed Hinman- Un., 5:17.34

2-MILE RUN

1. Larry Fox- Firelands TC, 10:21
2. William Lee- Un., 12:13
3. Bill Evely- Geauga Joggers, 12:27

45 HURDLES

1. Bryan Westfield- Ann Arbor, 6.69
2. Grover Coats- Over the Hill TC, 7.09

220 HURDLES

1. Bryan Westfield- Ann Arbor, 28.60
2. Alonzo Littlejohn- Ann Arbor, 34.36

SPRINT MEDLEY RELAY (MEN 40 - 49)

1. Over the Hill TC- Bixler, Coats, McClain, Addison, 4:32.32

MEN: 45 - 49

SHOT PUT

1. Rick Deere- NY Pioneers, 38' 10"
2. Tom Ragland- Over the Hill TC, 32' 4 1/2"

WEIGHT THROW - 35#

1. Rick Deere- NY Pioneers, 30' 10"

HIGH JUMP

1. Bill Cosby- Philadelphia Mstrs, 4' 6"

45 DASH

1. Ira Davis- Philadelphia Mstrs, 5.34
2. Rick Deere- NY Pioneers, 5.6
3. Leonard Reeves- Grace Eastland, 5.70

220 DASH

1. Rick Deere- NY Pioneers, 26.95
2. Leonard Reeves- Grace Eastland, 28.82
3. Don Anderson- Geauga Joggers, 32.03

440 DASH

1. George Horton- Canadian Mstrs, 59.91
2. Don Henderson, Geauga Joggers, 1:07.67
3. Charlie Hall- Over the Hill TC, 1:09.28

880 DASH

1. John Mallen- Northeast RC, 2:35.01
2. Don Anderson- Geauga Joggers, 2:39.17

MILE

1. John Mallen- Northeast RC, 5:16.71
2. Don Anderson- Geauga Joggers, 5:48.47

2-MILE RUN

1. Don Anderson- Geauga Joggers, 11:34

MEN: 50 - 54

SHOT PUT

1. Jack Scott- Un., 40' 7 1/4"
2. Dick Mann- Over the Hill TC, 39' 11 3/4"
3. Joe Williams- Youngstown Strdrs, 38' 1"

WEIGHT THROW - 35#

1. Joe Chadbourne- Over the Hill TC, 39' 4 1/2"
2. Dick Mann- Over the Hill TC, 34' 3 1/2"
3. Jack Scott- Un., 33' 1/4"

HIGH JUMP

1. Jack Scott- Un., 4' 8"
2. Warren Jackson- Un., 4' 6"
3. Clarence Johnson- Over the Hill TC, 4' 6"

45 DASH

1. Josh Culbreath- Philadelphia Mstrs, 5.71
2. Jim Barrett- Over the Hill TC, 5.91
3. Dick Turner- Over the Hill TC, 6.29

220 DASH

1. Josh Culbreath- Philadelphia Mstrs, 27.07
2. Herb Kelsey- Un., 28.61
3. Roger Hocker- Un., 28.85

MILE RUN

1. Matt Norris- Cleveland West RRC, 6:09.31

2-MILE RUN

1. Matt Norris- Cleveland West RRC, 12:42

45 HURDLES

1. Josh Culbreath- Philadelphia Mstrs, 6.60

220 HURDLES

1. Josh Culbreath- Philadelphia Mstrs, 29.86

SPRINT MEDLEY RELAY (MEN 50 - 59)

1. Over the Hill TC- Jordan, Turner, Barrett, Jackson, 5:09.86

MEN: 55 - 59

SHOT PUT

1. Al Jackson- Over the Hill TC, 34' 3 1/2"
2. Fred Hirsimaki- Un., 33' 11"
3. J. W. Pierson- Philadelphia Mstrs, 30' 4"

HIGH JUMP

1. Fred Hirsimaki- Un., 4' 6"
2. Scrap Zalba- Geauga Joggers, 3' 4"

45 DASH

1. Bill Jordan- Over the Hill TC, 5.86
2. Hal Robinson- UN., 5.94
3. Rush Jacobs- Motor City Strdrs, 5.96

220 DASH

1. Hal Robinson- Findlay, 28.97
2. Tom Lacey- Findlay, 29.23
3. Bill Jordan- Over the Hill TC, 29.50

440 DASH

1. Rush Jacobs- Motor City Strdrs, 68
2. Al Jackson- Over the Hill TC, 69.0
3. Stanley Tolliver- Over the Hill TC, 75

880 DASH

1. Al Jackson- Over the Hill TC, 2:53.37
2. Scrap Zalba- Geauga Joggers, 2:54.44

MILE RUN

1. Scrap Zalba- Geauga Joggers, 6:18.8

MEN: 60 - 64

45 DASH

1. Dick Cavicchi- Over the Hill TC, 6.26
2. Bill Carmen- Boston Athletic Assn, 6.3

220 DASH

1. Dick Cavicchi- Over the Hill TC, 33.3

440 DASH

1. Bill Carmen- Boston Athletic Assn, 72.6
2. Dick Cavicchi- Over the Hill TC, 76.2

45 HURDLES

1. Dick Cavicchi- Over the Hill TC, 7.56
2. Bill Carmen- Boston Athletic Assn, 7.88

220 HURDLES

1. Dick Cavicchi- Over the Hill TC, 35.60
2. Bill Carmen- Boston Athletic Assn, 36.94

MEN: 70 - 74

SHOT PUT

1. Jack Siringer- Over the Hill TC, 28' 9 1/4"
2. Don Erskine- Un., 26' 3 1/4"

WEIGHT THROW - 25#

1. Jack Siringer- Over the Hill TC, 25'

HIGH JUMP

1. Jack Siringer- Over the Hill TC, 3' 6"

45 DASH

1. Herman Mlotek- Over the Hill TC, 6.99
2. Don Erskine- Un., 7.60

SPRINT MEDLEY RELAY (Men 70 - 79)

1. Over the Hill TC- Siringer, Mlotek, Hosack, Fike, 6:41.40

MEN: 75 - 79

45 DASH

1. Byron Fike- Over the Hill TC, 6.98

440 DASH

1. Byron Fike- Over the Hill TC, 1:61.5

880 DASH

1. Byron Fike- Over the Hill TC, 3:23.52

MILE RUN

1. Byron Fike- Over the Hill TC, 7:22

MEN: 80 - 84

SHOT PUT

1. Everett Hosack- Over the Hill TC, 22' 4"
2. Arling Pitcher- Hoosier TC, 16' 11"

WEIGHT THROW

1. Everett Hosack- Over the Hill TC, 14' 7"

HIGH JUMP

1. Arling Pitcher- Hoosier TC, 3' 8"

45 DASH

1. Arling Pitcher- Hoosier TC, 7.0
2. Everett Hosack- Over the Hill TC, 8.44

220 DASH

1. Everett Hosack- Over the Hill TC, 46.89

WOMEN: 30 - 34

45 DASH

1. Janice Fowler- Ann Arbor TC,

220 DASH

1. Janice Fowler, Ann Arbor- 29.0

MILE RUN

1. Nancy Noonan- Cleveland West RRC, 5:34.22

SPRINT MEDLEY RELAY (Women 30 - 39)

1. Over the Hill TC- Ogletree, Cotton, Kaa, Nichols, 6:07.66*

WOMEN: 35 - 39

SHOT PUT

1. Mary Chadbourne- Over the Hill TC, 19' 9 1/4"

WEIGHT THROW - 25#

1. Mary Chadbourne- Over the Hill TC, 19' 3 1/2"

880 DASH

1. Layne Nichols- Over the Hill TC, 3:26.24

MILE RUN

1. Nancy Wieter- Cleveland West RRC, 6:31.66
 2. Layne Nichols- Over the Hill TC, 7:29.47
- </

MILE RUN

1. Joan Gibson- Over the Hill TC, 8:35.43

2-MILE RUN

1. Joan Gibson- Over the Hill TC, 18:37

WOMEN: 45 - 49

SHOT PUT

1. Essie Kea- Over the Hill TC, 24' 8"
2. Datha Cotten- Over the Hill TC, 22' 5 1/2"

WEIGHT THROW - 25#

1. Datha Cotten- Over the Hill TC, 19' 1 1/2"
2. Datha Radigan- Over the Hill TC, 17' 1 1/4"

45 DASH

1. Essie Kea- Over the Hill TC, 7.1

220 DASH

1. Essie Kea- Over the Hill TC, 32.11

440 DASH

1. Grace Butcher- Un., 1:16

880 DASH

1. Grace Butcher- Un., 2:59.52

WOMEN: 50 - 54

SHOT PUT

1. Bernice Holland- Over the Hill TC, ** 29' 2 1/4"

HIGH JUMP

1. Bernice Holland- Over the Hill TC, ** 3' 8"

45 DASH

1. Bernice Holland- Over the Hill TC, 7.2

** American Age-group Record

*** Single Age World Record

WOMEN: 65 - 69

SHOT PUT

1. Beryl Siringer- Over the Hill TC, 12' 73/4"

WEIGHT THROW - 25#

1. Beryl Siringer- Over the Hill TC, 10' 8"

TEAM SCORES

MEN 30 - 39

1. Over the Hill Track Club - 51 points
2. Ann Arbor Track Club - 31 points

MEN 40 - 49

1. Over the Hill Track Club - 41 points
2. Philadelphia Masters - 20 points

MEN 50 - 59

1. Over the Hill Track Club - 116 points
2. Philadelphia Masters - 26 points

OPEN WOMEN

1. Ann Arbor Track Club - 32 points
2. Rebels Track Club - 16 points

MASTERS WOMEN

1. Over the Hill Track Club - 120 points
2. Ann Arbor Track Club - 15 points

**3RD SNAKE RIVER TAC INDOORS
POCATELLO, IDAHO
JANUARY 21-22, 1983**

55M HURDLES 39"
M50 Bob Graham 9.35

3000
M50 Ken Carman 11:08

LONG JUMP
M50 Bob Graham 4.47M

55 METERS
M50 Bob Graham 7.9

800
M50 Jim Hershberger 2:15.8
Jon Robertson 2:32.1

M30 Scott Hobday 2:15.3

1500
M30 Dan Cooper 5:05.0

M35 Carl Seelhoff 4:22.3
John Leith 5:45.0
Victor Joe 5:46.0

M40 Terry Jensen 4:56.3

M50 Tom Brenton 4:55.9
Ken Carmen 4:57.2
John Robertson 5:22.0

**7th ANNUAL WISCONSIN
MASTERS INDOOR CHAMP-
IONSHIPS; UW MADISON
JANUARY 8, 1983**

MEN

20-34: 60 dash - Robert Hansbro, Madison, :07.0;
70 low hurdles - Rich Rinehart, Maryland Heights, Mo., :08.9 (record); :120 - Rinehart, :24.8; 440 - Mark Winzenried, Middleton, :50.9 (record); 880 - Winzenried, :1:54.5 (record); Mile - Ed Grancholek, Green Bay, 4:27.8; 2-Mile - Grancholek, 9:32.8; Long jump - John Anderson, Racine, 18-0; High jump - Richard Vincent, Madison, 5-0; Pole vault - Anderson, 13-0; Shot put - Charles Stevens, Madison, 40-7/4.

35-39: 60 dash - Robert TenEyck, Brodhead, :07.2; 120 - William Meinert, Madison, :25.7; 440 - James Burke, Lexington, Ky., :59.4; 880 - Stan Mathes, Fond du Lac, 2:06.4; Mile - Stu Richter, Madison, 4:35.2; High jump - Tom Thies, Stoughton, 5-10 (record); Long jump - Thies, 19-5/4; Shot put - John Hess, Byron, Ill., 30-4/4.

40-44: 60 dash - Ron Dennis, Monona, :07.0 (record); :120 - Dennis, :26.0; 440 - Dennis, :57.8; 880 - Mike Brazier, Glen Elsen, Ill., 2:18.9; Mile - Don Conway, Chetek, 4:44.6; 2-Mile - Conway, 9:40.2 (record); Long jump - Peter Tegen, Madison, 20-0; Shot put - Carl Klehm, Woodstock, Ill., 40-1/4.

45-49: 60 dash - Jim Lipsky, Highland Park, Ill., :07.2 (record); 70 low hurdles - Don Shillinglaw, Madison, :10.9; 220 - Bill Marten, Madison, :26.6; 440 - Marten, :58.6 (record); 880 - John Whitehouse, Rockford, 2:35.8; High jump - Shillinglaw, 4-10; Pole vault - Shillinglaw, 10-2; Long jump - Ron Serenian, Madison, 12-11/4; Shot put - Bob Lynch, Madison, 24-9.

50-54: 60 dash - Tom Hinkes, Madison, :08.0; 70 low hurdles - Hinkes, :11.3; 220 - Neil Shiver, Madison, :33.6; 440 - Orrin Hermundstad, Stoughton, 1:14.3; 880 - Francis Gleichauf, Monona, 2:53.8; Mile - Tom Reynolds, West Bend, 4:33.5; 2-Mile - Lloyd Bastian, Madison, 11:29.6; High jump - Harvey Peters, Sun Prairie, 4-2; Shot put - Peters, 50-8 (8 lb.), Pole vault - Hinkes, 10-2 (record); Long jump - Gleichauf, 14-3/4.

55-59: 60 dash - Bill Wambach, Sun Prairie, :08.2 (record); 70 low hurdles - Joe Hansen, Stoughton, :13.6 (record); 220 - Don Walsh, Franklin Park, Ill., :29.4 (record); 440 - Walsh, 1:04.9 (record); Mile - Richard Green, Rockford, 5:24.5 (record); 2-Mile - Jerry Derus, Middleton, 11:29.7 (record); High jump - Wambach, 4-10 (record); Long jump - Wambach, 13-0 (record).

60 and over: 60 dash - A. E. Heller, Fort Atkinson, :08.4 (record); 70 low hurdles - George Haasi, McHenry, Ill., :13.7 (record); 220 - Heller, :32.3 (record); 440 - Haasi, 1:19.3; 880 - John Dick, Oosman, 4:27.7 (record); Mile - Dick, 11:10.0; 2-Mile - Haasi, 14:33.3; High jump (tie) - Haasi, Dick, 3-8 (record); Long jump - Dick, 9-9 (record); Shot put - Dick (26-7 (record).

WOMEN

20-34: 60 dash - Debbie Stevens, Madison, :08.1; 220 - Marianne Whalley, Middleton, :32.9; 440 - Marvlee Lyon, Souk City, 1:20.5; 880 - Annette Murray, Middleton, 2:52.4 (record); 2-Mile - Lyon, 14:16.8; Shot put - Whalley, 28-5/4.

35-39: 60 dash - Valeria McAuliffe, Prairie du Sac, :09.2 (record); 110 - McAuliffe, :42.4; Mile - Sue Peters, Madison, :59.1; 2-Mile - Peters, 12:31.2.

40-49: Mile - Darlene Johnston, Middleton, 7:33.7; 2-Mile - Johnston, 15:09.4.

Golden 880: 1. Sybil Tornutzer, Prairie du Sac, 6:35.2; **2.** Viola Ladd, Prairie du Sac, 7:25.9.

**7TH ANNUAL INDOOR TRACK MEET
LINCOLN, NEBRASKA
JANUARY 8, 1983**

60 High Hurdles
M30-34 1 Simpson, Mike 7.8
2 Mayer, David 9.4
3 Beamer, Ray 9.8

M35-39 1 Harvey, Rex 8.1
2 Thorne, Tom Jr. 8.9
3 McDonald, Harry 9.7
4 Shoemaker, Jim 10.5

M40-45 1 Maxey, Albert 9.9
2 Robinson, Don 11.5

M45-49 1 Warren, Bob 8.3
2 Brown, Frank 9.9
3 Alexander, Ed 12.0

M50-54 1 Reiserer, Jerry 9.2
2 Doling, Forrest 9.5
3 Ventura, Earl 9.6

M60+ 1 Shy, Joe 10.3
2 Thorne, Tom Sr. 12.4

60 Yards
M30-34 1 Jackson, Clifton 6.4
2 Booker, Fred 6.4
3 Simpson, Mike 6.7
4 Walstrom, Cleve 6.9
5 DeBord, Ben 7.4

M35-39 1 Bassett, Tom 6.7
2 Thorne, Tom Jr. 7.1
3 Jensen, Ross 7.3
4 Grauer, Ron 7.4
5 Osborne, Dennis 7.7

M40-44 1 Shelton, Thornton 7.0
2 Perry, Otis 7.1
3 Hargrove, Scotty 7.2
4 Rate, Lyman 7.2
5 Butler, Don 7.8
6 Jeffery, Dale 8.0
7 Moskowitz, Milt 8.7

M45-49 1 Warren, Bob 7.1
2 Muxen, Jim 7.4
3 Alexander, Edwin 8.5

M50-54 1 Ventura, Earl 7.2
2 Sales, Chuck 7.6
3 Reiserer, Jerry 7.7

M60+ 1 Shy, Joe 8.0
2 Thorne, Tom Sr. 8.9

60 Yards
W30-34 1 Sutter, Marg 7.9

W40-44 1 Sealey, Priscilla 8.7

2 Mile
W30-34 1 Brehm, Debby 14.46.2

M30-34 1 McVay, Jack 9.51.9
2 Genuchi, Bill 10.34.9
3 Reed, Fred 12.06.2

M35-39 1 Leichtenberger, Rod 9.56.2
2 Grauer, Rod 11.16.3

M40-44 1 Brawner, Wally 11.17.2
2 Bossert, Helmut 11.27.4

M45-49 1 Elwood, Bob 10.28.4
2 Young, Dale 12.24.8

M50-54 1 Luce, George 15.25.3

M55-59 1 Schlender, John 13.56.6

M60+ 1 Sumpster, Earl 15.46.5

440
M30-34 1 DeBord, Ben 61.8

M35-39 1 Jensen, Ross 61.2
2 Osborne, Dennis 62.3

M-40-44 1 Petroff, Al 59.0
2 Shelton, Thornton 60.4
3 Brawner, Wally 62.5
4 Greathouse, Ross 62.6

M45-49 1 Graham, Gerald 63.2
2 Alexander, Edwin 68.8
3 Bell, Bob 69.4
4 Muxen, Jim 73.6

880
M30-34 1 McVay, Jack 2.13.1

M35-39 1 James, Jeff 2.04.6

M40-44 1 Katzer, Ken 2.22.4
2 Rate, Lyman 2.32.7
3 Petroff, Al 2.33.2
4 Brawner, Wally 2.34.4
5 Bossert, Helmut 2.45.0

M45-49 1 Young, Dale 2.30.0
2 Alexander, Ed 3.09.6

M50-54 1 Smith, Bert 2.18.1

M55-59 1 Schlender, John 2.56.6

M60+ 1 Peters, Chet 2.56.4
2 Sumpster, Earl 3.15.7

300
M30-34 1 Booker, Fred 33.9
2 Simpson, Mike 35.7
3 Jackson, Clifton 38.3

M35-39 1 Bassett, Tom 35.2
2 Jensen, Ross 37.4
3 Rate, Robert 37.8

M40-44 1 Shelton, Thornton 36.6
2 Rate, Lyman 36.9
3 Hargrove, Scotty 40.1
4 Greathouse, Ross 40.4
5 Moskowitz, Milt 55.2

M45-49 1 Muxen, Jim 38.3
2 Graham, Gerald 39.7
3 Alexander, Edwin 47.0

M50-54 1 Smith, Bert 38.4

600
M30-34 1 Simpson, Mike 1.24.7
2 Beamer, Ray 1.43.0

M35-39 1 Harvey, Rex 1.24.4
2 Shoemaker, Jim 1.30.8
3 Thorne, Tom Jr. 1.35.9
4 McDonald, Harry 1.40.9

M40-44 1 Maxey, Al 1.30.4
2 Robinson, Don 1.59.5

M45-49 1 Brown, Frank 1.33.4
2 Alexander, Ed 1.57.3

M50-54 1 Reiserer, Jerry 1.46.2

Relay
1st Place Warren, Bob 1.26.1
Greathouse, Ross
Shoemaker, Jim
Shelton, Thornton

2nd Place Reed, Fred 1.26.3
James, Jeff
Petroff, Al
Smith, Bert

3rd Place Walstrom, Cleve 1.28.4
Simpson, Mike
Bell, Bob
Maxey, Albert

Mile
M30-34 1 Genuchi, Bill 5.14.8

2 Loftis, Steve 5.22.4

3 Reed, Fred 5.52.2

M35-59 1 James, Jeff 4.37.6
2 Leichtenberger, Rod 4.45.2
3 King, Ron 5.12.0
4 Streich, Clayton 5.15.1
5 Grauer, Ron 5.37.0
6 Marks, Gary 7.19.9

M-40-44 1 Bossert, Helmut 5.43.3
2 Robinson, Don 6.39.0

M-45-49 1 Elwood, Bob 4.51.2
2 Young, Dale 5.28.2
3 Bell, Bob 5.28.2
4 Alexander, Ed 6.14.4

M-50-54 1 Reece, Bob 6.16.3

M-55-59 1 Schlender, John 6.30.1

M60+ 1 Peters, Chester 6.24.5
2 Sumpster, Earl 7.00.1

Shot Put

M30-34 1 Thelen, Tom 45'11"
2 Beamer, Ray 43'5"
3 Simpson, Mike 41'4"

M35-39 1 Harvey, Rex (161b) 42'1"
2 Thorne, Tom Jr. 37'11"
3 Shoemaker, Jim 37'2"
4 McDonald, Harry 36'6"

M40-44 1 Wesselowski, Tim 47'5"
2 Butler, Don 40'6"
3 Maxey, Albert 38'3"
4 Robinson, Don 34'6"
5 Hargrove, Scotty 33'10"
6 Moskowitz, Milt 29'5"

M45-49 1 Warren, Bob
2 Alexander, Ed 29'9"

M50-54 1 Ventura, Earl 38'7"
2 Reiserer, Jerry 32'5"
3 Doling, Forrest 31'10"
4 Reece, Bob 28'6"

M60+ 1 Wray, Leonard 34'4"
2 Henn, Phil 30'3"
3 Shy, Joe 28'

Long Jump

M30-34 1 Jackson, Clifton 6.25
2 Simpson, Mike 5.30
3 Beamer, Ray 5.21
4 Walstrom, Cleve 4.89

M-35-39 1 Harvey, Rex 6.1
2 Thorne, Tom Jr. 5.22
3 Grauer, Ron 5.02
4 McDonald, Harry 4.76
5 Shoemaker, Jim 4.47

M40-44 1 Butler, Don 5.46
2 Hargrove, Scotty 5.05
3 Petroff, Al 4.74
4 Maxey, Albert 4.22
5 Robinson, Don 3.65

M45-49 1 Warren, Bob 5.24
2 Graham, Gerald 4.38
3 Brown, Frank 4.26
4 Alexander, Ed 3.65

M50-54 1 Brown, J.C. 5.03
2 Ventura, Earl 4.97
3 Doling, Forrest 4.62
4 Reiserer, Jerry 4.55
5 Butterworth, Bill 4.30

M60+ 1 Shy, Joe 3.81
2 Thorne, Tom, Sr. 3.35

W30-34 1 Sutter, Marg 4.37

W40-44 1 Sealey, Priscilla 3.57

High Jump

M30-34 1 Thelen, Tom 5'8"
2 Simpson, Mike 5'2"
3 Jackson, Clifton 5'2"
4 DeBord, Ben 5'0"
5 Beamer, Ray 4'10"

M35-39 1 Harvey, Rex 5'8"
2 Thorne, Tom 5'6"

M40-44 1 Maxey, Albert 4'10"
2 Brawner, Wally 4'10"
3 Robinson, Don 4'2"

M45-49 1 Brown, Frank 4'6"
2 Alexander, Ed 4'2"

M50-54 1 Brown, J.C. 5'8"
2 Reiserer, Jerry 4'8"
3 Doling, Forrest 4'8"
4 Ventura, Earl 4'4"
5 Butterworth, Bill 3'8"

M60+ 1 Shy, Joe 4'2"
2 Thorne, Tom Sr. 3'8"

January 8, 1983
PENTATHLON RESULTS

PLACE	60 YD RH	SHOT PUT	LONG JUMP	HIGH JUMP	600 YD	TOTAL	
(30-34)							
1.	SIMPSON	7.80/874	41'4"/639	17'5"/444	5'2"/463	1:24.7/717	3137
2.	BEAMER	9.34/616	43'5 1/2"/680	17'1"/423	4'10"/364	1:43.0/498	2581
(35-39)							
1.	HARVEY	8.10/820	42'11 1/2"/670	20'0 1/2"/626	5'8"/607	1:24.4/722	3445
2.	THORNE	8.86/691	37'11"/569	17'1"/425	5'6"/560	1:35.9/571	2816
3.	SHOEMAKER	10.44/467	37'2"/554	14'8"/238	4'8"/314	1:30.8/632	2205
4.	MC DONALD	9.67/573	36'6 1/2"/541	15'7 1/2"/311	-0-	1:40.9/519	1944
(40-44)							
1.	MAXEY	9.90/545	38'3"/576	13'10 1/2"/172	4'10"/364	1:30.4/638	2295
2.	ROBINSON	11.49/321	34'6"/497	11'113/4"/14	4'2"/156	1:59.5/58	1046
(45-49)							
1.	BROWN, Frank	9.90/545	28'8 1/2"/365	13'113/4"/183	4'6"/263	1:33.4/601	1957
2.	ALEXANDER	12.00/243	29'9"/391	11'113/4"/14	4'2"/156	1:57.3/156	960
(50-54)							
1.	REISERER	9.20/646	32'5 1/2"/452	14'11 1/2"/259	4'8"/314	1:46.2/461	2132
2.	DOLING	9.49/601	31'10"/438	15'2"/276	4'8"/314	NT	1629
(60 +)							
1.	SHY	10.30/493	28'0"/348	12'6"/60	4'2"/156	NT	1057
2.	THORNE	12.38/174	27'5"/334	11'0"/0	3'8"/45	2:17.7/0	553
Triple Jump							
M30-34	1 Beamer, Ray	10.54	Pole Vault				
M35-39	1 McDonald, Harry	9.69	M30-34	1 Beamer, Ray	7'6"		
M45-49	1 Warren, Bob	10.37	M35-39	1 Thorne, Tom	9'6"		
M50-54	1 Brown, J.C.	10.99	M40-44	1 Butler, Don	10'		
	2 Reiserer, Jerry	9.24	M45-49	1 Reiserer, Jerry	7'6"		
	3 Butterworth, Bill	8.96	M60+	1 Shy, Joe			
M60+	1 Shy, Joe	7.81					

Record Meet - January 23, 1983 - College of the Desert

60 meter dash		
Women:		
Marjorie Hunt	60-64	12.1
Shirley Kinsey	50-54	9.72
Chris Miller	45-49	8.96
Jeanne Carter	40-44	8.99
Men:		
J. Caruso	70-74	9.22
Bert Morrow	70-74	9.23
Bill Wilson	65-69	9.06
Bob Hunt	60-64	8.41
Pete Fetter	60-64	8.42
Burl Gist	60-64	8.44
Chuck Mercurio	60-64	8.80
Wayne Ambrose	55-59	8.4
Hugh Cobb	50-54	7.92
Bill Adler	50-54	8.5
Tom Quan	50-54	9.61
Nick Newton	45-49	7.83
Bob Messersmith	45-49	7.88
Fred Niedermeyer	40-44	7.60
Robert Jones		7.97
Baba		8.66
300m dash		
Women:		
Jeanne Carter	40-44	47.89
Men:		
Pete Ganahl	65-69	51.85
Bob Hunt	60-64	46.06
Dave Lewis	60-64	50.47
W. Ambrose	55-59	45.03
R. Spencer	55-59	46.64
Wilbur Buchanan	45-49	49.59
N. Newton		39.55
Bob Messersmith	45-49	41.37
Bill Knocke	40-44	36.83
Robert Jones	40-44	41.77
Fred Niedermeyer	40-44	41.86
600m run		
Men:		
Dave Lewis	60-64	1:53.61
Ray Spencer	55-59	1:43.97
W. Buchanan	45-49	1:56.48
Bill Knocke	40-44	1:28.13
3000m run		
Women:		
Sally Bane	40-44	14.00
Men:		
Avery Bryant	55-59	10:47
Gary Klein	30-34	11:47
60m HH		
Men:		
Bert Morrow	70-74	12.5
Pete Ganahl	65-69	12.3
Bob Hunt	60-64	10.01
Burl Gist	60-64	10.36
Bill Adler	50-54	10.81

High Jump		
Woman:		
Shiela Newton	45-49	4'2"
Men:		
Ted Wilson	65-69	4'4"
Pete Ganahl	65-69	4'0"
Burl Gist	60-64	5'2 1/8"
Orv Gillett	60-64	4'4"
Don McClelland	50-54	4'8"
N. Newton	45-49	5'6"
G. Bane	45-49	5'0"
Tom Richards	40-44	4'9"
8x200m Relay		
1. Corson	3:21.5	
2. Hanapa	3:32.3	
3. CDM	3.40	
Long Jump		
Men:		
Joe Caruso	70-74	12'8"
Chuck Mercurio	60-64	14'3"
Don McClelland	50-54	16'1"
Robert Jones	40-44	16'8"
Tom Richards	40-44	13'5 1/2"
Triple Jump		
Men:		
Joe Caruso	70-74	24'3 1/2"
Chuck Mercurio	60-64	29'11 1/2"
Pole Vault		
Men:		
Jim Vernon	65-69	10'0"
Ralph Biesemeyer	60-64	10'0"
Vern Wolfe	60-64	9'6"
Orv Gillett	60-64	8'6"
Vic Cook	50-54	13'0"
Don McClelland	50-54	9'0"
Gary Bane	45-49	11'0"
Tom Richards	40-44	9'0"
Javelin		
Women:		
Shirley Kinsey	50-54	84'9 1/2"
Christel Miller	45-49	94'10" AR
Kay Gutaphost	25-29	98'7"
Men:		
Don Pierotti	70-74	79'4"
Bill Morales	65-69	138'0"
George Cremer	65-69	89'5"
Dan Aldrich	60-64	137'7"
Pete Fetter (800gm)	60-64	137'4" AR
Bill Bangert	55-59	78'5"
Gary Miller	45-49	178'2"
Hal Smith	45-49	134'10"
Gary Bane	45-49	130'10"
Tom Richards	40-44	107'2"

Shot Put		
Women:		
Shirley Kinsey	50-54	31'1 1/2" AR
Kay Gudaphost	25-29	32'0"
Men:		
Don Pierotti	70-74	34'2"
Ross Carter	65-69	44'0"
Dan Aldrich	60-64	44'8 1/2"
Bill Banger	55-59	41'11"
Hal Smith	45-49	41'6"
Ray Martin	45-49	37'7"
Frahm	45-49	34'2"
Mickey Black	45-49	32'0"
Gary Bane	45-49	28'7"
Tom Richards	40-44	35'9"
Hammer Throw		
Don Pierotti #8	70-74	123'3"
D. Aldrich #12	60-64	114'4"
B. Bangert #12	55-59	111'9"
Discus Throw		
Women:		
S. Kinsey	50-54	81'8 1/2"
C. Miller	45-49	81'11"
K. Gudopharst	25-29	107'4"
Men:		
D. Pierotti	70-74	94'11"
Ross Carter	65-69	126'11"
D. Aldrich	60-64	160'1"
B. Hunt	60-64	110'1"
B. Bangert	55-59	111'9"
Hal Smith	45-49	116'11"
G. Miller	45-49	107'6"
M. Black	45-49	104'0"
Baba	40-44	79'7"
from Gary Miller		

SUNKIST INVITATIONAL T&F	
L.A. SPORTS ARENA	
21 January 1983	
LEGENDS 60 Meter Dash	
1. Darrell Newman	6.77
2. Dean Smith	7.09
3. George Rhoden	7.28
4. Mike Larabee	7.47
5. Tony Castro	n/t
MASTERS MILE	
NEAC INDOOR T&F MEET	
BOSTON; JANUARY 23, 1983	
Men	
Kirk Randall	4:29.7
Joe Albelon	4:37.4
George Conefry	4:39.1
Harold Hatch	4:48.6
John Davis	5:01.9
James Austin	5:02.3
Women	
Barbara Pike	5:13.3
Susie Hunter	5:22.8
Carrie Parsi	5:38.3
Carolyn Cappetta	5:39.8
Sally Goodhue	6:12.9
Dede Herlihy	6:21.8
Patty Mac Hewitt	6:22.0
Mary Nada	6:22.0
Cinnie Fulenwider	6:35.0
Carolyn O'Donnell	6:52.0
from Barbara Pike	

DALLAS TIMES HERALD INVITATIONAL TRACK MEET	
DALLAS, FEBRUARY 5, 1983	
MASTERS MILE	
Brian Bolton	44 4:29.55
Rich Donaldson	39 4:34.10
Mike Stephens	40 4:52.78
Rto King	40 4:52.83
Jerry Lancaster	44 4:58.33
David Denison	39 4:59.09
Dick Heitzenrater	43 4:59.89
Dan Avera	39 5:00.19
Dale Hager	39 5:00.47
Carlos Giron	42 5:03.05
INDOOR MASTERS MILE	
BERKELEY, CALIF. JAN. 29.	
Mike Holbrook	4:42.6
Tom Cathcart	4:45.9
Harold Knutson	4:49.1
Jack Knebel	4:49.2
Walt Lange	4:49.3
Dave Donaldson	4:52.9
Pete Richardson	4:56.5
Frank Hunt	4:57.6
Women's Mile	
Marilynn Harbin	5:28.9AR
Vicki Bigelow	5:30.9
Agatha Sue-Lee	5:53.2
Sue Johnston	6:01.5
Miriam St. Clair	6:11.9
Ruth Anderson	6:16.9
Ariani Cammaro	6:19.6
Maureen Wittman	6:20.4
AR=American 45-49 Record	
50 METERS	
Payton Jordan	65 7.1
Jim Johnson	60 7.5
Chris Powers	55 7.5
John Satti	69 7.8
Sam Hoover	62 7.8
Harry Huseny	63 8.0
Bill Fairbanks	65 8.1
Bill Garretto	60 nt
from Howard Willman	



(Continued on page 29)

5th ANNUAL METROPOLITAN ATHLETIC CONGRESS INDOOR T & F CHAMPIONSHIPS, FEB. 6, 1983

WOMEN'S RESULTS

60 yd. DASH		300 yd. DASH		TWO MILE RUN	
SA SHARON JONES UN 9.0	SA J. ARTHUR HT 45.6	SA LYN SELTZER WS 14:28			
LA ZING CHERKUS NG 9.6	SB SKIPPER CLARK AT 40.3				
1,000 yd. RUN		ONE MILE RUN		HIGH JUMP	
SB LYN SELTZER WS 2:30.9	LA LINDA THURSTON WS 5:38.7	SB SKIPPER CLARK AT 5'0"			
LA LINDA THURSTON WS 3:07.0					

RESULTS FOR NON-METROPOLITAN MASTERS

60 yd. DASH		600 yd. RUN		TWO MILE RUN	
1A DHAMIRI ABAYEMI 7.1	SA GEORGE BERY 1:25.7	SB BILL INDEK 11:23.3			
1B ROOSEVELT WEAVER 7.0	LA SAM HUCKEL 1:25.0	LB CURTIS 11:19.7			
ERNEST MCCOMBS 7.2	1B KEN BAKER 1:20.4				
2A LARRY PRATT 7.6	3A JIM MANNO 1:39.4				
60 yd. HIGH HURDLES		1,000 yd. RUN		ONE MILE WALK (NON CHAMPIONSHIP)	
SA ROBERT RUDROW 8.4	SA MATTILER 2:32.9	1B DOROTHY KELLY 8:04			
1A SULLIVAN 11.3	JAYSON 2:37.4	2B MARIE HENRY 10:20			
300 yd. DASH		ONE MILE RUN		TWO MILE WALK	
SA BERRY JONES 36.7	SA DEBBY SALFAS (F) 5:47.2	3A GEORGE HELLER 18:48.5			
LA DHAMIRI ABAYEMI 35.0	CAROL MALIKOW(F) 6:51.9				
2A LARRY PRATT 38.0	LA GEORGE CONFRED 4:47.9				
SHOT PUT		4 x 220 yd. RELAY		PHILADELPHIA MASTERS 40-49 1:44.8	
SA RON SALVIO 27'7"	2B FREEZE 6:22.9				
2B DON HENRY 32'6"	SA ROBERT RUDROW 5'10"				
	SB SCHMERBALK 4'6"				

TEAM SCORES (5-3-1 for men and women by each five year grouping; added together each decade)	
30-39	40-49
NEW YORK MASTERS (NY) 29	NEW YORK PIONEER 33
TACONIC RUNNERS (TC) 27	CENTRAL PARK T.C. (CP) 20
NEW YORK PIONEERS(PC) 26	NEW YORK MASTERS 17
ATOMS (AT) 15	METROPOLITAN WALKERS 5
MILLROSE A.A. (ML) 15	WARREN STREET (WS) 5
NEW YORK ATHLETIC CLUB 16	TACONIC RUNNERS 3
WARREN STREET (WS) 10	
50-59	
NEW YORK MASTERS 68	
NEW YORK PIONEERS 38	
N.Y.ATHLETIC CLUB (AC) 10	
CENTRAL PARK T.C. 5	

OVERALL TEAM WINNER (COMBINING ALL POINTS SCORED IN ALL DIVISION)

NEW YORK MASTERS 114
NEW YORK PIONEERS 97
CENTRAL PARK TRACK CLUB 33
NEW YORK ATHLETIC CLUB 26
TACONIC RUNNERS 30
MILLROSE ATHLETIC ASS'N 15
ATOMS TRACK CLUB 15

1983 Atlantic Richfield Indoor Track and Field Carnival
Philadelphia Dept. of Recreation Masters Meet
January 4, 1983. Civic Center-Convention Hall.

60 yd hurdles	
M30 Robert Rudrow 8.0	
Gene Hoffman 8.3	
James Overton 9.5	
M35 Dan Weller 9.1	
Bob Ayton 9.1	
Bill Willis 9.1	
M40 J.V. Fassette 7.8	
Jim O'Hara 7.8	
Tom Gomillon 8.4	
M45 Charlie Pratt 7.9	
Bill Clark 8.5	
M50 Lawrence Pratt 8.3	
Josh Culbreath 8.6	
M65 Dave Hall 10.9	
M70 Claude Hills 10.9	

60 yd dash	
M30 Alfonso Walton 6.5	
Bob Beale 6.8	
Jesse Langley 7.1	
M35 Arnold Morris 6.9	
John Heins 7.1	
Dan Weller 7.4	
M40 James Bantum 6.8	
Bob Stanford 6.9	
D. Abayomi 7.1	
M45 Ira Davis 6.8	
Charlie Pratt 7.0	
Larry Wilson 7.1	
M50 Bert Lancaster 7.0	
Lawrence Pratt 7.2	
Rudy Enders 7.3	
M55 Oscar Harris 7.8	
Walker Pierson 8.0	
Chas Ghazarian 9.1	
M60 Don Harris 8.2	
M65 Dave Hall 8.2	
Bob Detweiler 10.8	
M70 Claude Hills 8.6	
W35 Anna Mapps 8.6	
Georgie Ladd 9.7	
W45 Marie Barrie 10.4	

300 yard dash	
M30 Alfonso Walton 36.5	
Kenny Smith 36.7	
Ernie Hadrick 38.1	
M35 Robin Ficker 36.5	
Arnold Morris 38.2	
George Majors 39.7	

600 yard run	
M30 Kenny Smith 1:22.1	
Alfonzo Walton 1:26.4	
Rob Favorite 1:28.3	
M35 Robin Ficker 1:22.7	
M40 Dhamiri Abayomi 1:25.4	
Jim Demma 1:26.1	
Sam Huckel 1:28.6	
M45 Cliff Pauling 1:24.5	
Larry Colbert 1:26.0	
Walt Palmer 1:37.7	
M50 Rudy Enders 1:31.0	
Earl Summers 1:33.3	
Phil McCloskey 1:47.7	
M55 Bob Parsons 1:49.3	
M60 Jim Manno 1:38.8	
John McCarthy 1:42.5	
W45 Marie Barrie 1:58.8	

1000 yard run	
M30 Rob Favorite 2:31.1	
M35 John-Ullo Kuhl 2:31.2	
Charlie Jackson n.t.	
M40 Sam Huckel 2:31.2	
Jim Demma n.t.	
Larry Harvey n.t.	
M45 Cliff Pauling 2:43.7	
Hal Kaufman 3:16.0	
M50 John Blood 2:57.0	
Dan Ross 3:30.2	

1 Mile Walk	
M30 Bill Norton 7:15.3	
M35 Dave Michael 8:33.5	
M40 Joe Stefanowicz 8:20.6	
Bob Jennings 10:44.8	
M45 Bill Preston 7:35.6	
M50 Dan Ross 11:18.1	
M55 Bob Mimm 8:02.0	
Sanford Kalb 11:11.7	

4 x 160 yd relay	
1st Potomac Valley Srs 73.4	
2nd Phila Masters Gold 74.2	
3rd Phila Masters Blue 76.2	

Shot Put	
M30 James Overton 34-2 1/2	
M35 Tom Clifford 40-7 1/2	
M40 Larry Pratt 45-5 1/2	
Ken MacKenzie 40-0	
M45 John Rider 36-2 1/2	
Stan Derry 34-6 1/2	
M50 Pay Carstensen 40-7 1/2	
Warren Jackson 32-2 1/2	
M55 Walker Pierson 29-4 1/2	
M65 Gene Wood 33-1 1/2	
Bob Detweiler 32-8	
W35 Anna Mapps 23-9 1/2	

Long Jump	
M30 Alfonso Walton 20-8 1/2	
Bob Beale 20-3	
John Miller 18-9	
M35 Bill Willis 18-9	
John Heins 18-4	
Robin Ficker 17-10	

High Jump	
M40 Ken MacKenzie 14-8 1/2	
Bob Kelly 13-11	
M45 Bill Clark 18-7	
John Snell 17-8	
John Bankert 12-3	
M50 Rudy Enders 18-3	
Pay Carstensen 14-9 1/2	
Jerry Lewis 10-4	
M55 Oscar Harris 15-4 1/2	
Sanford Kalb 12-1	
M60 Boo Morcom 16-10	
Don Harris 13-9	
Ed Cunningham 11-9	
M65 Dave Hall 13-9	
Bill Stradley 10-6 1/2	
Bob Detweiler 9-2	
M70 Claude Hills 13-2	
W35 Anna Mapps 13-1	

Mile run	
M35 Ben Erwin 5:24.5	
Carl Grossman 5:29.8	
Bob Ryan 5:31.8	
M40 Bob Bennett 4:54.2	
Bob Jennings 6:03.0	
W35 Georgie Ladd 7:01.7	
M45 Cliff Pauling 5:04.3	
Dave Cottrell 5:32.8	
Phil Steel 5:38.0	
M50 Jim Sutton 4:53.7	
John Blood 5:26.2	
M55 Bob Parsons 6:18.0	
M60 Ev Newell 5:54.8	

2 Mile Run	
M30 Larry Scheid 10:04	
Gary Tompkins 10:09	
Robt Kiessling 10:13	
M35 Bob Koontz 12:00	
Bob Ryan 12:03	
M40 Phil Jennings 14:04	
Bill Steel 12:20	
M50 Bill Butler 11:06.4	
Bill Belleville 13:16	
Dan Ross 14:31	

Pole Vault	
M30 James Overton 12-0	
John Miller 11-0	
M35 Bob Ayton 11-0	
Bill Willis 10-6	
Al Zacharka 9-0	
M45 John Bankert 7-0	
M60 Boo Morcom 10-6	
M70 Claude Hills unk.	

400 yd. RUN	
SA GEORGE BERY 1:25.7	
LA SAM HUCKEL 1:25.0	
1B KEN BAKER 1:20.4	
3A JIM MANNO 1:39.4	

ONE MILE WALK (NON CHAMPIONSHIP)	
1B DOROTHY KELLY 8:04	
2B MARIE HENRY 10:20	

LONG DISTANCE RESULTS

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

ILLINOIS TRACK CLUB 14th FREEDOM MARATHON MONTICELLO, ILLINOIS OCTOBER 10, 1982	
1st-MEN	Greg White 2:28:21
1st-WOMEN	Sue Pearce 2:56:07
M40-44	Larry Avery 41 2:51:53 Al Morris 40 2:54:16 G. Shackelford 40 2:54:57
M45-49	James Powell 49 2:49:22 P. Quinlan 48 3:05:52 Andre Lascari 48 3:07:06
M50-54	J. Bertsche 52 2:58:14 Tom Griffith 51 3:19:43 John Evansco 51 3:26:59
M55-59	P. Gallagher 57 3:12:42 W. Schwandt 59 3:36:56 C. Lucas 55 3:39:00
M60+	R. Kullberg 60 3:36:21 V. Wojnar 61 3:46:47 C. Town 66 3:53:18

LAS VEGAS TRACK CLUB MINI-MARATHON NOVEMBER 14, 1982	
OPEN	John Schulze 1:08:11 Marj Kaput 1:18:11
M40-44	Neal Chappell 1:15:56 Al Boka 1:20:45 Stan Wiggins 1:23:14
M45-49	Dr. V. McDonald 1:18:26 L. Nietling 1:20:53 Ron Baize 1:22:55
M50+	Ruben Vail 1:20:18 Duke Redburn 1:23:00 Tommy Hodges 1:26:38
M40-49	Kay Moore 1:32:40 BJ Empey 1:39:24 Karen Wall 1:48:48
M50+	Pearl McKee 1:48:50 Maxine Brown 1:52:26 M. Russell 2:02:01

SF LAWYER'S CLUB TURKEY TROT II 10K SAN FRANCISCO, CALIFORNIA NOVEMBER 21, 1982	
OPEN	Phil Hornung 30:42.6 Carolyn Conti 41:28.8
M40-49	Bill Posedel 35:51.3 Bill Jensen 36:37.4 Leon Souza 37:20.5
M50+	Joseph Castillo 40:33.5 Frank Crabbe 42:03.5 Bob Cantwell 43:35.7
M40-49	Sally Savitz 42:07.7 Elinor Sherman 48:32.6 Marg Johnson 48:33.9
M50+	Joyce Lader 1:02:35.0 Lois Rabbitt 1:06:07.5

TENNESSEE VALLEY 5 & 10K MILL VALLEY, CALIFORNIA NOVEMBER 20, 1982	
5K OVERALL	1 Art Banos 40 18:18 5 Roger Gordon 45 20:09 6 Susan Trot 45 20:15 9 Nadine O'Conner 40 21:00 12 Susie Jestadt 40 23:39 15 Don Martin 45 23:55 18 Sera Lane 44 24:08 19 Bill Castelli 66 24:10
10K OVERALL	1 Chris Thomas 34 34:43 3 Phil Hagar 45 36:32 6 Russ Kiernan 44 37:07 8 Doug Osmont 40 38:40 10 Stan Weitzman 40 38:59 17 John Skaglund 41 42:01 19 Jack Bartlett 52 42:16 28 N. Donovan 50 43:54 30 Barbara Levy 36 44:03 38 Richard DeBolt 55 45:58 42 Katie Martin 43 46:45 45 Bill Tuinzing 62 47:29 49 Mel Shine 73 48:05
TAC NATIONAL AVON 15K CHAMPIONSHIP PHOENIX, ARIZONA NOVEMBER 21, 1982	OPEN Beth Sheridan 22 53:27
40-49	S. Stricklin 44 1:02:43
50-59	Barb Dibble 52 1:16:02
60-69	Marj Zimmerman 65 1:29:57
70+	Veallon Hixson 74 1:39:27

POTOMAC VALLEY SENIORS TC CRANBERRY CRAWL 5K/10K, 5K/10K RACEWALKS; HAINS POINT; NOVEMBER 20, 1982	
10K	M40 Limonciello 41 37:36 M. Schwartz 40 40:02 Tom Berry 42 40:08 James Carlson 40 42:17 F. Cavender 44 42:34 Owen Jones 48 42:38
M40-49	Dave Thea II 51 41:02 J. McMahon 51 42:02 Sy Glanzer 57 43:06 John Walker 56 47:04 Jim Beyer 53 47:12 Roger Ernst 58 51:35
M60+	Mil Wood 67 52:52
W40	Lolitia Bache 40 39:35
5K	M40 Herb Alban 40 19:35
M50	Bob Bostrom 51 18:42
M60+	George Major 68 23:48
W50+	H. Witt 58 34:49
10K RACEWALK	M40+ Sal Corrallo 51 50:06 Al Branigan 50 52:38
W40+	Dot Michaels 55 68:01
5K RACEWALK	M40+ Wm. Hillman 53 32:12 Stan Laski 65 36:27

THANKSGIVING FIVE MILE RUN COLUMBUS, OHIO NOVEMBER 21, 1982	
Open	John Glidewell 23:40 Betsy Bechtel 28:55
M40-45	Dale Hartney 26:40 Paul Rowley 28:45 Thomas Roehrenbeck 29:02
M46-52	Ray Thompson 29:12 Robert Coldren 29:23 Jack Cagot 29:28
M53-60	Huey Long 29:30 Michael Gorcoff 29:51 Ray Chappellear 30:21
M61+	Campell Neal 35:59 Harry Smith 37:35 C.J. Franke 39:01
W37-45	Suzanne Fisher 32:10 Gail Becher 36:05 Carol Mills 36:24
W46-54	M.L. Paulian 35:31 Peggy Drauglis 36:24 Margie Hoffman 39:36
W55+	Bernadette Poole 44:43 Ann Budea 45:07 Florence Fawley 47:51

SEATTLE MARATHON NOVEMBER 27, 1982	
1673 finishers 443 masters	
M40-49	Warren Finke 40 2:31:37 M. Pratt 45 2:35:31 Tom Overton 47 2:37:45 N. Flanagan 42 2:39:03 B. Hoitzman 47 2:39:35 T. Waterman 47 2:39:56 Gil Schaller 40 2:40:45 Phil Weiser 41 2:41:47 David Lygre 40 2:43:38 Sidney Strong 40 2:44:03
M50-59	Harry Adthead 50 2:45:45 Will Bentz 51 2:55:19 S. Robertson 53 2:58:55 W. Breuninger 52 3:04:16 H.A. Towe 50 3:04:18 Stan Baldry 59 3:04:45 G. Lundin 53 3:06:01 J. Torrence 50 3:07:46 B. Johnson 50 3:11:32 T. Carpenter 54 3:11:58
M60+	S. Hietanen 62 3:10:33 Vic Harkoff 63 3:23:13 R. Bartholomew 63 3:24:02 W. Gordon 61 3:30:20 H. Copeland 62 3:38:47
W40-49	Rose Gardner 43 3:04:13 C. Swanson 40 3:10:58 I. Heggerness 42 3:12:41 N. Hellyer 46 3:13:28 S. Richardson 43 3:14:01 J. Groombridge 43 3:17:06 Judy Swell 42 3:24:21 I. Opperman 40 3:31:19 B. Beighle 40 3:31:50 L. Wilson 49 3:34:13
W50-59	Billie Murphy 55 3:33:39 Sylv Nevillie 52 5:17:56

RUN FOR WETA 10K WASHINGTON, DC NOVEMBER 21, 1982	
Open	Charlie Cvrk 28 30:37 Andrea Volpe 17 35:46
M40-49	Fay Bradley 44 32:46 Tom Sheahan 41 34:08 Vincent Fuller 41 34:22
M50-59	Herb Chisholm 56 36:19 Glenn Coleman 59 37:38 D. Shenkenberg 53 37:42
M60+	Frank Luff 60 44:36 Bill Hamm 63 44:43 John J. Micky 64 47:17
W40-49	Jeanne Mallett 48 42:18 Phyllis Penley 41 44:21
W50-59	Dianne Weller 51:10 Marietta Doran 52:12
No W60+	

NEVADA SPECIAL OLYMPICS TURKEY TROT 10K; LAS VEGAS NOVEMBER 28, 1982	
OPEN	Melvin Thompson 30:34 Jean Lassee 35:35
M40-49	Neal Chapp

YMCA/ROAD RUNNERS 2 & 10 MI
SPRINGFIELD, ILLINOIS
DECEMBER 4, 1982

MEN 2 MILE		
40-44 E. Kufskie	11:33	
45-49 H. Simpson	13:41	
50-59 D. Kansteiner	12:45	
60+ Gerry Cassens	17:06	
WOMEN 2 MILE		
40-44 B. Simpson	15:27	
45-49 Betty Moser	16:57	
50-59 Jo Goudy	29:26	
MEN 10 MILE		
40-44 Tom Meiron	63:53	
45-49 R. O'Connell	64:53	
50-59 T. Griffith	71:26	
60+ B. Schwandt	71:51	
WOMEN 10 MILE		
40-49 R. Kious	76:18	
50-59 N. Griffith	N/T	
60+ P. Schwandt	87:02	

BRIAN'S RUN '82 10K
WEST CHESTER, PA
DECEMBER 5, 1982

Open		
A. Treffinger	24	29:56
Kimberly Mitchell	19	36:15
M40-44		
Terry Engleman	41	33:19
Doug White	40	35:17
Grif Balthis	40	35:39
M45-49		
Ben Hyser	47	34:21
Don Larson	48	36:15
Neal Noble	48	37:55
M50-54		
Norman Green	50	32:52
Frank Pflieger	50	35:09
Bill Butler	50	36:03
M55-59		
B. Holm	57	38:16
Chuck Mackey	55	40:10
John Clark	55	40:19

M60+

Hubert Morgan	60	37:52
M. Bertolini	62	39:23
Oscar Fox	60	42:06
W40-44		
Harriet Oster	40	42:14
Rita Carey	40	44:58
Anna Mae Stanolis	40	46:45
W45-49		
Gloria Jenkins	45	40:39
Suzanne Patton	47	41:09
Helen Senisch	45	47:47
W50-54		
Pat Minnick	51	46:54
Marylou MacIver	51	52:06
Lorraine Cephus	53	52:21
W55-59		
Margaret Pavlin	57	54:41
Joyce Haver	55	57:09
Gloria McCarthy	58	59:28
W60+		
Becky Wencharis	60	65:32

FREEDOM RUN FOR SOVIET
JEWRY 10K; TUCSON, ARIZONA
DECEMBER 5, 1982

Open		
Dave Barney		30:04
M40-49		
Dave Mellady		34:57
F. Giammona		36:46
J. Martinez		39:27
M50-59		
G. Ridez		43:15
E. Hellman		44:23
B. Cobbledick		45:54
M60+		
Bob Martin		44:11
Dan Sherman		48:17
C. Davidson		52:40
W40-49		
S. Yoha		44:27
A. Lewis		52:09
S. Smith		52:19
W50-59		
B. Dibble		48:51
E. Clair		53:26
J. Moreno		56:43
W60+		
R. Livermore		63:51

WROC MARATHON & 5K
TULSA, DECEMBER 11, 1982

Open		
Kevin Helton		16:15
Jill Tollison		20:11
M40-44		
Hewlett Nash	42	17:43
B. Harbison	43	18:57
Terry Pope	40	19:14
M45-49		
J. MacDaniel	45	18:25
Don Antle	45	18:40
Charles Gray	49	20:29
M50-54		
S. Blanchard	51	17:57
A. Melendez	51	19:34
Calvin Ellis	52	21:30
M55-59		
Nocus McIntosh	57	18:45

No W40+ in results.

Marathon

Open		
Barry Lucas		2:26:39
Luann Vandyne		3:39:45
M40-44		
Dan Vasicek	40	2:55:57
Jerry Frazier	40	2:56:24
Joe Schrag	43	3:01:24
M45-49		
A. Cavanah	47	2:59:37
R. Bennett	45	3:02:13
P. Knight	48	3:04:55
M50-54		
Colin Bray	50	3:13:53
R. Fletcher	50	3:17:50
Ed Gedosh	51	3:43:43
M55-59		
H. MacDonald	55	3:22:27
C.S. Roberts	58	3:43:08
R.A. Catbahl	59	3:54:01
M60-64		
Jim Parker	60	3:04:53
Jim Smith	60	3:18:47
Bob Poppe	60	4:20:08

No W40+ in results.

LAKE STANLEY DRAPER RUNS
OKLAHOMA CITY
DECEMBER 18, 1982

3-MILE		
Open		
Mark Vasquez		15:36
Sarah Behrens		20:40
M40		
Don Ware	43	20:34
Larry Kesler	46	20:41
Terry Owens	46	21:52
M50		
Roger Goeller	50	19:27
G.K. Beauford	56	21:53
Bob Thomas	57	22:24
M60		
Fisher Lewis	61	24:02
Jim Smith	60	24:05
W40		
Karen Poston	40	22:51
Susan Behrens	41	25:54
6-MILE		
Open		
Ronnie Parks		30:18
Laura Blackburn		39:17
M40		
Kent Metcalf	44	34:58
Don Noaks	42	37:37
Ray Glenn	42	37:42
M50		
John Mills	50	42:33
R. McHaffey	50	44:07
Tony Thomas	50	44:32
M60		
Jim Butler	63	54:16
W40		
Kathy Moffitt	45	46:20
W60		
Betty Windso	62	61:40

SPA/TAC 20K CHAMPIONSHIPS
LOS ANGELES; JANUARY 9.

8K		
M40 Jim Thompson		28:39
M50 Gunnar Linde		30:25
W40 Bobbi Binder		37:29
20K		
M40 Jim Murphy		1:15:42
M50 Wally Ingram		1:15:28
M60 Ed Johnson		1:37:24

JANUARY WINTER SERIES
10 MILER; NEW YORK CITY
JANUARY 15, 1983

Open		
L. Ostolozaga	24	50:27
Marilyn Hulak	24	61:35
M40-44		
Guy Stretton	42	57:29
C. Kennedy	44	59:37
B. Morrissey	41	60:52

PA/TAC 10-MILE CHAMPIONSHIP
STOCKTON, CALIF. JANUARY 8

M40-54		
Sal Vasquez	43	51:26
Tim Rostege	42	52:53
Jeff Wall	40	53:20
Daryl Beardall	46	53:46
Dave Weaver	40	53:52
Joe Becerra	40	54:05
Bert Johnson	40	54:34
Jake White	41	59:50
Doug Rennie	42	54:52
Don Ardell	44	54:58
Bill Cantanese	44	55:08
Doug Latimer	45	56:35
Hilton Howe	40	56:34
Don Spickelmier	42	56:56
Dan Alarid	40	56:58
M55-59		
Don Carpenter	55	61:03
Karl Bollinger	57	64:55
John Rouse	55	65:48
M60-64		
John Gilkey	61	69:43
Pete Backovich	60	74:19
Monnie Clinick	60	77:53
M65-69		
Ray Mahannah	67	77:40
Harry Benoist	66	90:39
Jim Tomnaga	67	92:20
M70+		
Kenny King	72	1:40:59
W40-44		
Sue Johnson	41	66:30
Bjorg Austrheim-Smith	40	66:42
Carol Stroud	40	67:18
W45-49		
Joan Reiss	45	63:28
Heidi Skaden-Poyser	64	55:55
Ruth Waters	49	69:32
W50-59		
Marion Irvine	53	63:45
Frances Sackerman	53	71:29
Jo Sullivan	50	72:36
Peggy Ewing	55	88:48

Masters Men's Teams

West Valley Joggers & Striders	4:38:27
Tamalpa	4:39:36
Excelsior TC	4:41:05

JANUARY WINTER SERIES
6 MILER; NEW YORK CITY
JANUARY 9, 1983

Open		
Rudy Robinson	26	29:16
Ellie McEvily	28	36:57
M40-44		
M. Cucchiara	40	33:22
B. Morrissey	41	34:25
Iain Fletcher	40	34:49
M45-49		
Jerzy Sulek	45	33:52
Bill Cavanagh	45	35:13
George Hirsch	48	35:20
M50-59		
Kenneth Jones	52	34:47
Don Dixon	55	35:38
Joe Burns	53	35:53
Charles Baxley	52	36:55
M60-69		
Tom Gibbons	61	37:26
George Sheehan	63	39:21
Al Goldstein	63	40:05
M70+		
Max Popper	79	52:24
Robert Wallach	79	63:03
W40-44		
Edith Jones	43	43:38
Alice Murphy	40	44:34
Margaret Skaggs	40	47:14
W45-49		
Esther Marcus	47	45:47
Elia Cohen	46	45:57
Samara Balfour	46	46:55
W50-59		
Nancy Tighe	51	47:05
Florence Rose	53	49:24
W60+		
Mary Rodriguez	61	53:06
Evelyn Havens	66	55:51
Racewalkers		
Dorothy Kelley	47	55:04
Lo-An Fletrich	38	61:11
Marj Graham	41	62:30

JANUARY WINTER SERIES
10 MILER; NEW YORK CITY
JANUARY 15, 1983

Open		
L. Ostolozaga	24	50:27
Marilyn Hulak	24	61:35
M40-44		
Guy Stretton	42	57:29
C. Kennedy	44	59:37
B. Morrissey	41	60:52

1/8/83 CHARLOTTE OBSERVER
MARATHON
Overall winners

Marathon - Rich Bogaly (Pittsburgh, Pa.), 2:20:27.0; Karin Wagner (Arbutus, Md.), 3:00:51.0.
10,000-Meter - David Branch (Travelers Rest, S.C.), 29:26.0; Kelly Spatz (Charlotte), 35:33.0.
40-49 men - Bernie Davis (Lynchburg, Va.), 2:48:34.0; Sam Going (Stoneville), 2:49:17.0; Gil Rolih (Statesville), 2:55:19.0; Andrew Adams (Concord), 2:56:07.0; Robert Maydole (Faville), 2:56:58.0; Bill Heath (Charlotte), 2:57:02.0; Gordon Whitman (Southern Pines), 2:58:47.0; Eddie Bass (Julian), 2:59:10.0; Thomas Vargo (Hopewell, Va.), 2:59:26.0; Bob Conlon (Charlotte), 3:01:53.0.
50-59 men - Kenneth Helms (Charlotte), 2:43:02.0; John Forrest (Maple Heights, Ohio), 2:58:43.0; Bob Wiles (Danville, Va.), 3:16:56.0; Lester Ridings (Cedar Grove, N.J.), 3:17:41.0; George Turner Jr. (Reisterstown, Md.), 3:18:21.0; Paul Smeal (Blacksburg, Va.), 3:28:33.0; Ray Jacques (Victor, Va.), 3:40:27.0; John Carver (Hickory), 3:42:57.0; Lionel Fridjohn (St. Thomas, V.I.), 3:53:53.0; Harry Fisher (Marlinsville, Va.), 3:55:02.5.
60-and-over men - Carl Agriesti (Johnson City, Tenn.), 3:47:19.6; Stan Sater (Marlinsville, Va.), 3:53:45.0; George E. Cunningham (Lexington, Va.), 3:58:35.0; Arnold Hecht (Greensboro), 4:03:54.0; Herb Keller (Lenoir), 4:04:46.0; Bob Mason (Summit, N.J.), 4:09:31.0; Alvin H. Smith (Roanoke, Va.), 4:14:00.0; Harold Driscoll Sr. (Roanoke, Va.), 4:29:46.0; Raymond Martin (Winston-Salem), 4:37:57.5.
40-49 women - Claire Mamola (Boone), 3:35:42.0; Joy White (Norcross, Ga.), 3:39:02.0; Thelma McLean (Banner Elk), 3:47:16.0; Dee Rankin (Weicome), 4:05:14.0; Virginia Gibson (Charlotte), 4:06:11.0.
50-59 women - Martha Hunter (Atlanta, Ga.), 5:10:33.0.
60-and-over women - Marion Epstein (New York, N.Y.), 6:16:40.0.

10,000 Meter

40-49 men - Jim Ewing (Clinton, Mich.), 32:00.0; Joe Thomas (Uniontown, Pa.), 32:51.2; Jerry Smith (Syracuse, N.Y.), 33:15.0; Alan Pilling (Marietta, Ga.), 33:53.0; John Toole (Roswell, Ga.), 34:26.6; Fred Hurd (Waxhaw), 35:15.0; Ronald Barbin (Pittsburgh, Pa.), 35:20.0; Bill Voight (Charlotte), 36:08.3; Leonard Jones (Charlotte), 36:25.5; Jerry Bumgarner (Wilkesboro), 36:48.0.
50-59 men - John Harwick (Sumter, S.C.), 37:49.8; Ernest Morton (Albemarle), 40:49.7; Luther Thompson (Elkin), 40:50.3; Zeon Jamison (Charlotte), 41:15.0; Charles Moore (Chester, S.C.), 41:22.0; Sam Fowler (Knoxville, Tenn.), 41:25.0; Edward Blanchard (Winston-Salem), 41:46.2; Edward M. Hamilton (Greensboro), 42:15.2; Bruce Ballenger (Monroe), 42:16.1; Neal Blake (Thomasville), 42:41.2.
60-and-over men - Tom Ausherman (Chambersburg, Pa.), 46:26.2; Rex Willard (Charlotte), 47:17.4; Jim Trent (Durham), 47:49.5; David Sinclair (Waxhaw), 51:08.8; Turner Walker (Taylorsville), 52:28.2; Samuel Wright (Charlotte), 54:50.8; Charles W. Armstrong (Salisbury), 54:56.1; Caldwell Nixon (Denver), 55:05.0; Wilhelm Schmitt (Greensboro), 56:36.4; Lloyd Thompson (Whiteville), 57:20.7.
40-49 women - Beverly Bush (Charlotte), 37:31.9; Mary Anne Wehrum (Memphis, Tenn.), 41:13.5; Peggy Ledford (Charleston, S.C.), 42:26.6; Sheila Correll (York, S.C.), 43:44.2; Joan Garrett (Kingsport, Tenn.), 44:23.6; Nancy Lowden (Charlotte), 44:43.1; Judith Witte (Banner Elk), 46:18.3; Catherine Wiltner-Katz (Chapel Hill), 47:15.2; Becky Lakey (North Wilkesboro), 48:49.0; Sylvia Baker (Rock Hill, S.C.), 48:50.9.
50-59 women - Anne Close (Fort Mill, S.C.), 49:44.9; Nancy Ballenger (Monroe), 52:17.0; Beverly Paulin (Charlotte), 52:53.0; Diana Durden (Clemmons), 53:45.2; Ingeborg M. Carlsen (Fayetteville), 54:16.8; Nancy Cory (Asheville), 54:24.8; Betsy Briscoe (Chapel Hill), 55:20.5; Mary Wilmer (Charlotte), 58:02.8; Betty Richardson (Rock Hill, S.C.), 58:10.3; Amelia G. Ham (Fort Mill, S.C.), 59:55.0.

40-49 women - Beverly Bush (Charlotte), 37:31.9; Mary Anne Wehrum (Memphis, Tenn.), 41:13.5; Peggy Ledford (Charleston, S.C.), 42:26.6; Sheila Correll (York, S.C.), 43:44.2; Joan Garrett (Kingsport, Tenn.), 44:23.6; Nancy Lowden (Charlotte), 44:43.1; Judith Witte (Banner Elk), 46:18.3; Catherine Wiltner-Katz (Chapel Hill), 47:15.2; Becky Lakey (North Wilkesboro), 48:49.0; Sylvia Baker (Rock Hill, S.C.), 48:50.9.

M45-49		
Rudy Becker	49	60:21
O. McCrudden	46	62:54
James Dooley	45	64:10
M50-59		
George Stillman	51	61:55
Colin Harris	54	63:03
Charles Baxley	52	64:45
Francis Cryan	53	

1983 ORANGE BOWL RACE OF THE AMERICAS 10K FINISHERS -

PLACE	TIME	NAME, HOMETOWN	FEMALE MASTERS
37	40:56.9	ALICIA KELLEY MIAMI SHORES, FL	
43	42:07.4	PHYLLIS Q HEATON DORSET, VT	
54	44:05.2	LINDA SPARROW MIAMI, FL	
60	44:34.2	ALMA J KUNES LEVITTOWN, PA	
71	46:06.7	PHYLLIS EBBERT MIAMI, FL	
73	46:12.3	MARYANN REEVES NORTH PALM BEACH, FL	
79	46:39.6	MAY HILL ENGLAND	
98	47:37.8	SYLVIA WEINER CANADA	
101	48:10.0	TERRY FOX MIAMI, FL	
107	49:02.3	FERN STARR MIAMI BEACH, FL	
111	49:07.6	JANET S VAN KLEECK BOCA RATON, FL	
114	49:23.9	ANITA J JENKINS MIAMI, FL	
124	50:05.8	CASEY LUSTGARTEN MIAMI LAKES, FL	
143	51:45.7	SUSAN PARKHURST HIALEAH, FL	
146	52:01.0	JUDITH J WHELOCK MIAMI, FL	
164	53:18.0	LEA M DUMMIRE MIAMI, FL	
167	53:34.9	FINISHER	
168	53:35.0	MARY ANN WAGNER MIAMI, FL	
170	53:38.1	BARBARA ROSS DAVIE, FL	
173	53:48.0	BETTY K BRAY MIAMI SPRINGS, FL	
177	54:10.8	SANDY VANDEN MIAMI, FL	
191	54:48.9	SALLY B MICHALOVER MIAMI, FL	
192	54:49.6	JESSICA N BRESSLER MIAMI, FL	
221	56:26.4	NANCY K PEREZ S MIAMI, FL	
223	56:31.3	GLENYS REDMAN MIAMI LAKES, FL	
224	56:32.7	MIRIAM H GAUTIER MIAMI, FL	
234	57:05.2	KATHERINE E MC KINNEY MIAMI, FL	
235	57:07.5	JOSEPHINE A CHUVALA BRIDGEWATER, NJ	
236	57:08.5	FINISHER M034	
266	59:45.3	NANCY K ISENHOUR SEMINOLE, FL	
278	1:00:17.7	MINWA KAHN N MIAMI, FL	
293	1:01:40.0	KNOL SALHANICK MIAMI, FL	
305	1:03:23.9	SHELBY J BERARDINO MIAMI, FL	
306	1:03:29.9	JO ANN D WILLMEROTH NORTH MIAMI, FL	
307	1:03:30.6	FINISHER	
308	1:03:37.9	LUCILE S PINCUS MIAMI, FL	
326	1:08:29.6	PHYLLIS T MITCHELL MIAMI, FL	
328	1:09:04.4	PAIGE ARTZT MIAMI, FL	
329	1:09:19.3	RUTH ROTHFARB MIAMI BCH, FL	
330	1:09:42.9	CAROL DICKMAN MIAMI, FL	
332	1:11:53.8	HELEN EDWARDS PLANTATION, FL	
335	1:13:29.3	ROSLYN J SZEGO DAVIE, FL	

1983 ORANGE BOWL MARATHON FINISHERS - FEMALE MASTERS

PLCE	PLCE (AGE)	TIME	AGE	NAME, HOMETOWN
1	18	3:18:55.0	46	LAURA J TINGLE BRADENTON, FL
2	20	3:19:32.4	40	ALICIA KELLEY M SHORES, FL
3	31	3:31:17.6	41	LINDA SPARROW MIAMI, FL
4	44	3:35:57.7	52	SYLVIA WEINER CANADA
5	64	3:47:06.7	40	EILEEN ELIOT FT LAUDERDALE, FL
6	76	3:52:49.4	42	DIANA D KILPATRICK NORTH PALM BEACH, FL
7	82	3:54:14.0	42	BONNIE FOSTER MIAMI SPRINGS, FL
8	96	3:59:07.9	50	LORRAINE F DAWSON WYCKOFF, NJ
9	108	4:04:18.0	46	BARSHA C SHEPHERD AURORA, CO
10	117	4:08:11.2	40	SUSAN PARKHURST HIALEAH, FL
11	120	4:10:07.1	40	JUDITH P BRADLEY DELRAY BEACH, FL
12	121	4:11:19.7	40	SANDRA A CHADWICK JUPITER, FL
13	133	4:13:38.0	40	FERN STARR MIAMI BEACH, FL
14	145	4:17:49.1	40	MARTHA G OESTREICH JENSEN BEACH, FL
15	152	4:21:39.9	44	WENDY L MULLIKIN PEMBROKE PINES, FL
16	162	4:25:45.3	43	DOROTHY C FRIEDLAND NO MIAMI, FL
17	170	4:26:33.4	40	MARY ANN WOLFE MIAMI LAKES, FL
18	176	4:29:19.2	43	JILL S KNAPP MIAMI, FL
19	178	4:30:16.9	41	MIMI BARBER KEENE, NH
20	184	4:32:06.9	40	HELEN MACKIEWICZ CORAL SPRINGS, FL
21	185	4:32:26.9	44	YVONNE ZONANA TAVERNIER, FL
22	188	4:34:43.3	60	HYLEEN KLEIN HOPKINSVILLE, KY
23	189	4:35:06.6	43	SUE W BERNIER FT MYERS, FL
24	194	4:37:00.8	41	SANDRA K NIERTH MIAMI, FL
25	198	4:37:40.6	40	NANCY K PEREZ S MIAMI, FL
26	199	4:37:58.4	47	JEANNEE STAGE MIAMI, FL
27	206	4:41:39.3	44	SHEILA L LABODA FT MYERS, FL
28	210	4:42:21.1	45	SHIRLEY A CAPRA MIAMI, FL
29	214	4:43:41.3	42	ANITA J JENKINS MIAMI, FL
30	224	4:50:49.9	41	MARTHA S WINN MIAMI SPRINGS, FL
31	227	4:53:47.8	46	GIGI M BARRIEU FT LAUDERDALE, FL
32	233	4:59:04.0	42	MARILYN A SALERNO PLANTATION, FL
33	234	5:00:51.1	46	PEGGY A IVEY MIAMI, FL
34	240	5:06:03.9	40	JUDITH GORDON MIAMI, FL
35	244	5:12:05.4	41	JUDITH L HALL PEMBROKE PINES, FL
36	244	5:13:49.8	41	DIANE G RUSZAT DELRAY BEACH, FL
37	247	5:19:46.9	49	GRI E STERN DELRAY BCH, FL
38	247	5:19:46.9	49	SONDRA LIGHT BAY HARBOR, FL
39	254	5:33:09.8	45	MARY J BOYD MIRAMAR, FL
40	257	5:47:31.2	44	JOANN H MC CRANELS RIVIERA BEACH, FL
41	263	FINISHED	47	RONA M CORRY MIAMI, FL

WELLS, FARGO 10K; JAN. 30.

NAME	TIME
M40	
John Rodriguez	40:34:50
Fred Mascorro	41:36:23
Jess Ginder	47:40:28
Bill Scott	40:41:17
Charles Aguilar	40:41:22
M50	
Aurelio Camacho	52:37:53
Eric Burton	51:41:59
Bob Donovan	51:44:48
Bob Selfridge	58:45:26
Michael Samaniego	50:50:45
M60	
Ed Johnstone	61:43:32
Dean Scofield	70:47:29
Charles Weis	62:51:16
M40	
Atsuko Fujimoto	47:48:28
Jean Short	42:52:25
Eloisa Alaniz	44:55:37
M50	
Erika Fleischer	50:64:28

HAWAII STATE RRCA 20K CHAMPIONSHIPS; JANUARY 30.

NAME	TIME
Open	
Mike Tymn	1:07:41
Sheryl Raffery	1:21:58
M40	
Mike Tymn	45:1:07:41
Dick Trickett	42:1:10:31
Jim Gallup	47:1:11:22
M40	
Christa Obara	43:1:33:46
Natie Knight	46:1:46:36
Barbara Souza	41:2:00:29

SUPER BOWL SUNDAY 10K REDONDO BEACH, CALIFORNIA JANUARY 30, 1983

NAME	TIME
Open	
Martti Kilho	29:33
Michelle Bush	34:17
M40	
Andre Tocco	47:33:31
Norm Cohen	45:34:37
Joe Gassman	43:34:47
Glenn Ward	40:35:16
Luis Gorordo	43:35:33
M40	
Christa Rompanen	43:38:45
Jeanette Wells	45:41:21
Roberta Lamping	42:44:59
Sharon Hettig	40:45:10
M50	
Hal Winton	51:37:26
Dick Venne	52:38:35
Roger Broderick	50:38:46
Ryoji Akujama	51 nt
Hal Sullivan	53 nt
M50	
Sister Madonna Buder	52:45:14
Nelly Williams	51:48:33
Virginia Baldwin	53:49:57
Diane Fritz	56:50:08
Helen Palmer	55 nt

25 Kilometer Run Central Park, NYC

Sponsored by NYRRC
Date: January 30, 1983, 10 AM
Distance: 15.5 Miles
Check-in: Men-515, Women-112, Total-627
Finishers: Men-451 and 5 racewalkers, Women-95 and 1 racewalker, Total-572
Weather: Cold, overcast, hi 30's-lo 40's

Order of Finish - Men

NAME	TIME
1. Vega, Est. 25, NYAC	1:18:59
Vol A (40-49)	
1. Moore, Thomas, 40	1:33:00
2. Fletcher, Iain, 40	1:35:05
3. Morrissey, Brian, 41	1:35:25
Vol B (45-49)	
1. Mueller, Fritz, 46	1:25:01
2. Becker, Rudy, 49	1:34:54
3. Sulek, Jerzy, 45	1:35:48
Masters (50-59)	
1. Dixon, Don, 55	1:36:10
2. Cuming, David, 50	1:38:53
3. Terry, Jack, 52	1:40:41
4. Cleaves, Henderson, 51	1:42:54
Seniors (60-69)	
1. Gibbons, Tom, 61	1:42:55
2. Rios, Wilfredo, 60	1:53:56
3. Latino, Joseph, 61	1:55:30
Golden Age (70+)	
Pepper, Max, 79	2:25:35
Vol A (40-49)	
1. Theriot, Anzo, 42	1:46:20
2. Martin, Bill, 44	1:51:12
3. Monte, Lora, 41	1:51:57
Vol B (45-49)	
1. Pinzino, Rita, 45	2:02:44
2. Marel-Fletcher, Joyce, 48	2:05:58
3. DeRosa, Joan, 46	2:09:18
Masters (50-59)	
1. Moore, Alicia, 52	1:53:06
2. Shivack, Gisele, 50	2:29:36
Seniors (60 and over)	
Rodriguez, Mary, 61	2:26:56

1983 ORANGE BOWL MARATHON FINISHERS - MALE MASTERS

January 22, 1983

PLCE	PLCE (AGE)	TIME	AGE	NAME, HOMETOWN
1	15	2:27:14.1	44	RON HILL ENGLAND
2	24	2:33:22.2	44	ROGER D ROUILLER ATLANTA, GA
3	35	2:37:59.9	43	WILLIAM SPRINGER FT LAUDERDALE, FL
4	40	2:38:56.7	40	ALBERTO ECHEVERRIA MIAMI, FL
5	46	2:46:26.6	40	PAUL CORNOU FRANCE
6	49	2:48:29.9	50	HENRIK KUPCZYK MIAMI, FL
7	50	2:49:08.8	46	BILL WAGNER CORAL SPRINGS, FL
8	50	2:50:07.4	44	DAVID FEREDAY ENGLAND
9	50	2:52:30.0	44	ROBERT K BOHANAN TAMPA, FL
10	108	2:53:32.4	40	EDWARD M IMBURGIA WARREN, OH
11	119	2:54:41.1	43	ARTHUR SCHEINHOLZ CORAL GABLES, FL
12	120	2:54:42.2	46	JOHN M HURLEY STOUGHTON, MA
13	132	2:56:17.7	41	HAL A GABRIEL NEWTON, MA
14	156	2:58:22.2	44	DWEN BARBER KEENE, NH
15	163	2:59:49.9	42	VICTOR C WITHEE MIAMI, FL
16	163	2:59:57.7	41	CHARLES N BROOKE HONG KONG
17	164	2:59:57.7	41	BRADLEY A PETERSON SPRINGFIELD, UT
18	167	2:59:57.7	45	JOHN M CRUPI PORT SALERNO, FL
19	171	2:59:57.7	45	RICHARD J LOVE HIALEAH, FL
20	179	2:59:57.7	45	GARRY GRIBBLE LENEXA, KS
21	179	2:59:57.7	41	ROBERT ROBINSON MIAMI, FL
22	181	2:59:57.7	46	ROBERT COLE PALM BEACH, FL
23	185	2:59:57.7	41	STEWART E GUTHRIE MIAMI, FL
24	189	2:59:57.7	41	BILL BOWER NORTH MIAMI, FL
25	191	2:59:57.7	40	CHARLES F CARBONE LAKE PARK, FL
26	192	2:59:57.7	40	JULIAN S BARRERA SAN SALVADOR, FL
27	197	2:59:57.7	41	JAMES D REGAN FT LAUDERDALE, FL
28	198	2:59:57.7	49	BRENDON J SPRATT BOCA RATON, FL
29	204	2:59:57.7	41	MIGUEL A ESTREMADYRO HIALEAH, FL
30	206	2:59:57.7	41	PAUL D REBACK NORTH PALM BEACH, FL
31	213	2:59:57.7	40	BURKE CANNON MIAMI, FL
32	218	2:59:57.7	48	RONALD V GAFF FOREST PARK, GA
33	224	2:59:57.7	41	LEE M SMALL HALLANDALE, FL
34	232	2:59:57.7	46	RICHARD A PEEK B.W.I.
35	234	2:59:57.7	49	ARTHUR L BIGELOW FT LAUDERDALE, FL
36	237	2:59:57.7	41	TED PARKHURST HIALEAH, FL
37	239	2:59:57.7	53	JIM BLOUNT WINTER PARK, FL
38	240	2:59:57.7	44	CARL GROSS SAN ANTONIO, TX
39	242	2:59:57.7	51	TED S YOUNG MIAMI, FL
40	244	2:59:57.7	51	HENDERSON CLEAVES PRINCETON, NJ
41	246	2:59:57.7	41	PAUL H MYHRE MIAMI, FL
42	251	2:59:57.7	47	WILLIAM E BRIANT NAPLES, FL
43	252	2:59:57.7	46	JOHN F TINGLE BRADENTON, FL
44	253	2:59:57.7	53	MIKE DUTKO MIAMI BEACH, FL
45	257	2:59:57.7	40	GORDON STAMLER YOUNGSTOWN, OH
46	260	2:59:57.7	46	LEE R DUFFNER GOLDEN STATE, CO
47	263	2:59:57.7	49	REB WICKERSHAM COLORADO SPRINGS, CO
48	264	2:59:57.7	44	EDWARD C BROWN MIAMI, FL
49	266	2:59:57.7	41	KEITH E HAYNES DELRAY BCH, FL
50	268	2:59:57.7	46	ESMILDO I PASCUAL MIAMI, FL
51	269	2:59:57.7	41	ROBERT H WARREN MIAMI, FL
52	277	2:59:57.7	44	PAUL R FITZGERALD FT LAUDERDALE, FL
53	280	2:59:57.7	45	GIOVANNI B ROSSI WEST PALM BEACH, FL
54	292	2:59:57.7	48	ROBERT E PRICE STERLING HEIGHTS, MI
55	294	2:59:57.7	42	JOHN A STANLEY NAPLES, FL
56	295	2:59:57.7	40	STEVEN H HERMAN MIAMI, FL
57	303	2:59:57.7	44	RICHARD F BARNARD MIRAMAR, FL
58	304	2:59:57.7	41	MARTIN EICHINGER LONG BCH, NY
59	305	2:59:57.7	53	JAMES I BROWN HT HOLLY, NJ
60	307	2:59:57.7	53	PIERRE COURSAUGE FRANCE
61	309	2:59:57.7	50	DAVID R BRANCH BOCA RATON, FL
62	311	2:59:57.7	43	SIEGERT X BAHR FT LAUDERDALE, FL
63	312	2:59:57.7	54	JERALD D RATCOFF HOLLYWOOD, FL
64	315	2:59:57.7	54	JULIAN SIEGEL LEXINGTON, MA
65	320	2:59:57.7	40	EDUARDO DOMINGUEZ MIAMI, FL
66	323	2:59:57.7	40	ROBERT G MAC MILLAN JUPITER, FL
67	324	2:59:57.7	49	ARNOLD J SUMMERS SUNRISE, FL
68	331	2:59:57.7	47	JOSEPH A HAZERA MIAMI, FL
69	333	2:59:57.7	44	NORMAN E KLEIN HOPKINSVILLE, KY
70	337	2:59:57.7	44	HECTOR R OSOY CUATEMALA
71	338	2:59:57.7	44	AL D'HANLON FT LAUDERDALE, FL
72	339	2:59:57.7	50	TOM JORDAN FT LAUDERDALE, FL
73	341	2:59:57.7	42	EMERSON B ROBINSON JACKSON, MS
74	343	2:59:57.7	55	ANTHONY J CERIALA POMPANO BCH, FL
75	344	2:59:57.7	41	PETER A KARPATY DOVER, MA
76	346	2:59:57.7	41	PHILIP R ANDREA MIAMI, FL
77	348	2:59:57.7	41	PHILIP R ANDREA MIAMI, FL
78	374	2:59:57.7	45	JOHN PAHE MIAMI, FL
79	375	2:59:57.7	42	GEORGE W PRINGLE HIALEAH, FL
80	378	2:59:57.7	43	TOM W DE PRETOR FT LAUDERDALE, FL
81	405	2:59:57.7	45	MARCEL R PICHE CANADA
82	407	2:59:57.7	42	WILLIAM ARCHER ENGLAND
83	408	2:		

IN THE BEGINNING ...

Back in 1948, Bert Nelson and his brother Cordner were frustrated by the lack of coverage of their favorite sport, track & field. Raised on backyard decathlon competitions and the thrilling exploits of Cunningham, Owens and Warmerdam briefly glimpsed in newspaper articles, the adult Nelson brothers began *Track & Field News* as a hobby in the back of a print shop in San Bruno, California.

Early on, the founders knew what they and other track fans liked: news, all they could find to report; statistics, to while away hours studying and compiling; and features, to get to know the people behind the numbers.

A generation later, these elements are still the mainstays of *T&FN*: all the news of the world's elite athletes, men and women, from the high school level to the Olympic Games; deep *World and U.S. lists* to put performances in perspective; and features, interviews and quotes from the athletes making the news.

In 1983, as in 1948, *Track & Field News* is the "Bible of the Sport"; and Bert and Cordner are still at the helm.

We invite you to join us for each entertaining issue.



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