



National Masters Newsletter



33rd Issue

May 1981

\$1.00

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

☆ Highlights ☆

- Reports of 7 Nike/Penn Mutual Grand Prix Races
- NY 1981 Indoor T&F Season Results
- 6 New Road Records Set
- Debate on WAVA Standards
- National 30K Winners
- North American Indoor Championships
- Results of T&F Meets in:
 - New Jersey
 - Virginia
 - Florida
 - California
 - Nebraska
 - New York
- Results of 66 Road Races



San Francisco's John Satti, 67, winning World Veterans Games long jump. He holds world age 65-69 record of 16' 2 1/2".

Photo courtesy of Auckland Star

NIKE/PENN MUTUAL SERIES

Falcons, Snohomish Win in Seattle Grand Prix

by VALDEMAR ACHULTZ

Race #6 of the NIKE/Penn Mutual Grand Prix series of eight races was held in Seattle, March 15. Nearly 200 competitors, 35 and over, toed the line under typical Northwest drippy, gray skies. The 15Km TAC-certified course beginning and ending in Seward Park is completely flat and very fast. Only a bit of blustery wind marred the near perfect running conditions.

Although it was a foregone conclusion that the host Snohomish Track Club, holder of several national TAC championship titles in the past 18 months, would prevail on the men's side, it appeared the women's race would be a very close competition. But at the last moment, the Impala Racing Team withdrew, leaving the strong Falcon Track Club of Seattle in a commanding position; the Falcons finished 1-2-3 to firmly decide the issue.

After several years of near-oblivion, the Falcons had reconstituted

continued on page 5

North American Indoor Championships

By Marlene Miller
as told to W. MacDonald Miller

ARLINGTON HEIGHTS, ILL. March 15—How could you possibly not have fun at a Meet where participants from other countries like Ian Hune, Arnold Tic'Manis, Ivy Granstrom of Canada, Ray Almada, Fernando (Refried) Fine of Mexico, Charlie Polhemus, Phil Mulkey of Georgia and well over one hundred participants from the Host United States, attended.

Speaking of foreign countries, the Californians were conspicuous in their absence. We made a fast telephone call to Bill Toomey's nerve center in Laguna to discover the problem - price of dope went up on the coast. I mean, when you've got a question, you go to the source.

Anyway, back to our international field of people who refuse to grow up. At a time in life when everything hurts, and what doesn't hurt, doesn't work; when you sink your teeth into a steak and they stay there; when people everyday are getting winded playing chess and dialing long distance

continued on page 19

Bowers, Palmason Win National 30K

from BILL SHRADER

SCHENECTADY, N.Y., March 22—Jim Bowers, 42, of Santa Rosa, California was the first over-40 finisher today in the TAC National Open and Masters 30-kilometer championships, run from Schenectady to Albany.

Bowers' time of 1:39:29 will go into the books as a new point-to-point masters record for the distance. The official American record is still held by Hal Higdon, who ran 1:40:52 in 1973.

Canada's Diane Palmason led all women masters in 2:01:12. Since she is a Canadian runner, the U.S. championship award goes to M. Deckart, who clocked 2:06:20, ahead of J. Arnold, Linda Sippelle, Mary Cullen and Toshiko d'Elia. Deckart won the 45-49 division, Arnold the 40-44 and d'Elia the 50+.

Ken Mueller finished 2nd master in 1:44:14. John Pistone took the 45-49 crown, Ed Stabler won the 50-54 in 1:47:17; D. McWilliams was best 55-59; H. Greenberg won the 60-64 division; and Bob Boal notched 65-69 honors.

Partial results in back pages. □

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Write On!



Address letters to:

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

AWARDS

I enjoyed, as part of NMN's attempt at mid-winter comic relief, the March 1981 Write On!—letters from our fellow competitors who felt deprived by the lack of winning "Most Outstanding" awards from TAC for 1980.

I understand, both conceptually and personally, how and why middle-aged people truly need confirmation in their minds for achievement and notoriety hitherto neither evident nor perceived. I have always thought that the training and participation in the masters track program aided each one of us in our own little individual struggles through mid-life. But for many of the letter writers, or those deprived and brooding at home, I have serious doubts that their mental health is being helped.

I call for the termination of such designations as the TAC's annual "Most Outstanding" awards. The depth of investigation, and as I understand it, the entire "MO" selection process is poorly orchestrated, and serves only to disturb the perceived losers/winners. The attendant enmity and poor sportsmanship as witnessed in the feelings of the letter writers, *whether justified by fact or not*, does not serve our sport well!

It should be noted that *Track and Field News* rankings in its annual selections are tabulated through a very sophisticated process, and by a panel whose knowledge is legion among track and field buffs, and STILL the TFN's selections are controversial (and perhaps just a ploy to sell magazines anyway).

If Ruth Anderson's statement is correct, and that one cannot repeat as the "MO" within a 5 year age group, then the awards are even more ludicrous. A "Most Outstanding" *should be* most outstanding, and not subject to small print, and to asterisks.

Phil Conley
Woodside, CA

WORLD GAMES

Your reporter's observations on the World Games were difficult to follow: e.g., we had 127 people acting as interpreters with announcements often made in 3 languages. The amount given to demonstrations probably was out of proportion to their effect on the meeting. We have been swamped by many fine compliments from competitors, especially those from Europe. The upsurge of interest in our own country has been grand with many new faces on the scene.

Arthur Grayburn
Christchurch, New Zealand

The World Games were a disaster for me. The P.A. system was very poor. I have a deafness as a result of war service, and didn't hear any announcements. An official told me our 60-64 200 was an hour behind schedule. I went to the start well before the hour was up, but the race had been run.

Jack Cook, President of the Australian Vets, protested. President Macdonald assured us the results would be held till the appeal could be heard. But we were double-crossed.

They called the placegetters for the victory ceremony. Cook and I were dumbfounded. I looked for Macdonald, but he was missing. Don Chadderton, director, apologized, saying it was a computer foul up and nothing could be done.

I still cannot understand how the other finalists walked away from the warm-up track and left me there. Stein may have the medal, but he knows he is not the champion.

Bernie Hogan
Brisbane, Australia

(Ed. note: Hogan went on to win the 100 and 400 in the M60 age group. He is undefeated in World Vets competition, having won the 100 and 200 in both Gothenburg and Hannover.)

We enjoy your publication and were especially pleased to see the excellent photographic coverage by Al Ray in your March issue. Nice work.

Competitors in Christchurch did not receive their certificates for events of

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schedule

A purpose of this schedule is to identify masters-only competition. Track and field events offer competition for men and women over age 30 unless otherwise noted. Masters long distance events generally feature competition for men and women over age 40. Most LDR races are open to all ages. Entry blanks for national and regional masters championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.

TRACK & FIELD

1981 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS

Age 30 and over

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

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

EAST

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

May 23 (Sat): Masters Sports Association T&F Championships, Weight Pentathlon Championships and Pentathlon Championships, Randall's Island, Bronx, NY. Jim Barber, 5 Pine Dr., Stonypoint NY 10980.

May 23-24 (Sat-Sun): Eastern TFA Masters T&F Championships, Pittsburgh. Sue Kline, 226 Idlewood Rd., Pittsburgh, PA 15235.

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

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

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

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

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

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

SOUTHEAST

☆**May 8-10** (Fri-Sun): 11th Annual Penn Mutual/TAC Southeast Regional Masters Track & Field Championships, Raleigh NC. Stu Northup, P.O. Box 590, Raleigh NC 27602. (919) 755-6640.

May 16 (Sat): TAC Southern Masters Meet. Greenville SC. Merchandise awards for 1st place. Tom Malik, 104 Pinewood Dr., Greenville, SC 29651. (803) 879-4549.

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

MIDWEST

May 30 (Sat): Mini All-Comer T&F Meet, Dyche Stadium, Northwestern University, Evanston, IL. Bill Smith (312) 346-1797 days; (312) 256-2714 nights.

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

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

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

July 11 (Sat): Mini All-Comes T&F Meet, Dyche Stadium, Northwestern University, Evanston IL. Contact Bill Smith (312) 346-1797.

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

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

MID-AMERICA

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

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

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

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

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

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

SOUTHWEST

May 2 (Sat): 7th Annual Masters Track Meet, Laredo, Texas. Elias Mendiola, 2712 Lane, Laredo TX 78040. (512) 723-5252.

May 30 (Sat): New Orleans Masters Track & Field Meet. Danny Thiel, 2609 Canal St., New Orleans, LA 70119.

MOUNTAIN

June 20 (Sat): 3rd Monatana Masters Track & Field Championship, Bozeman, Montana. 10-yr groups for men and women 30+. Track Office, Fieldhouse MSU, Bozeman MT 59717. (406) 994-4221.

WEST

May 9 (Sat): 11th Annual Grandfather Games, Los Angeles Valley College, Van Nuys, CA. George Ker, 8220 Langdon Ave., #36. Van Nuys, CA 91406. (213) 785-3770.

May 16 (Sat): 6th Annual Striders Relays, Los Angeles CA. Ann Smith, 22736 Mulholland Dr., Woodland Hills, CA 91364. (213) 348-6352.

May 23 (Sat): Redlands Masters T&F meet, Redlands U., Redlands, CA. Buzz Wagner, 1522 Margarita Dr., Redlands, CA 92373. (714) 793-2638.

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On Tap for May

TRACK & FIELD

The outdoor masters season gets underway in earnest this month. Laredo, Texas hosts a meet on the 2nd. Two popular, traditional meets are set for the 9th on each coast: the 11th annual Southeast Masters Regionals in Raleigh and the 11th annual Grandfather Games in Los Angeles.

On the 16th, there's a Greenville, South Carolina meet and the annual Striders Relays in LA.

The Masters Sports Association Championships take place on the 23rd in New York, along with a Redlands, Calif. meet in the west.

The final weekend sees a New Orleans Masters T&F meet and the Pacific Championships in Los Gatos, Calif., near San Francisco on the 30th. The next day, Stanford's Herbert Hoover Relays provides several masters-only events.

LONG DISTANCE RUNNING

A busy month. 13,000 are expected for the Lilac Bloomsday Run in Spokane, Washington on the 3rd. 2000

is the limit for the Avenue of the Giants Marathon in the beautiful redwood country the same day. Also on the 3rd are three major marathons: The Canadian Masters in Vancouver, the 4000-runner Newsday/Long Island, and the Denver Mile-High.

The Old Kent River Bank 25K goes in Grand Rapids, Michigan on the 9th, followed on the 10th by the 4th Lincoln, Nebraska Marathon, and by the TAC National Open and Masters Marathon Championships in Raleigh.

The classic Bay-to-Breakers Run, an annual fight-for-survival with 25,000 runners/merrymakers is slated for the 17th in San Francisco.

Memorial Day weekend sees the RRCA U.S. Masters Marathon Championships in Cleveland, and the prestigious Cotton Row 10K in Huntsville, Alabama.

The month closes with the L'eggs 10K Mini-Marathon in New York on the 30th and the Eastern Regional Open and Masters Marathon Championships in Holyoke, Mass. on the 31st.

Enjoy. □

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

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Name

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schedule

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May 30 (Sat): Pacific Association TAC Master T&F Championships. Los Gatos High School, Los Gatos, CA. Bruce Springbett, P.O. Box 1328, Los Gatos, CA 95030.

May 31 (Sun): Herbert Hoover Relays, Stanford University, Palo Alto, CA. Van Parish, 148 Hedge Rd., Menlo Park, CA 94025. (415) 325-7275.

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

June 27-28 (Sat-Sun): 12th Annual Senior Olympics, University of Southern California, Los Angeles. Elmer Douglas, 5670 Wilshire Blvd., #360, Los Angeles CA 90036. (213) 292-5536.

July 11 (Sat): CDM vs. Striders Duel Meet, Los Angeles.

July 18 (Sat): TFA Western Masters Track & Field Championships, UCLA, Los Angeles. Michael Sims & Assoc., 5419 Sunset Blvd., Los Angeles CA 90029. (213) 462-7360.

August 1 (Sat): 9th Annual Corona Del Mar Track Club "Don Palmer Memorial" Relays, Santa Ana College, Santa Ana, Ca. Seven relays plus individual fields events. Dave Jackson, 19103 S. Andmark Ave., Carson CA 90746. (213) 638-7125.

☆**August 8-9 (Sat-Sun):** 5th Annual Home Savings & Loan Pan-American Masters Track & Field Championships, USC, Los Angeles. Hilliard Sumner, 22713 Ventura Blvd., Woodland Hills, CA 91367. (213) 884-1349.

October 3 (Sat): 8th Annual Santa Barbara Masters Track & Field Meet, Univ. of California at Santa Barbara, Goleta, CA. George Adams, P.O. Box K, Goleta, CA 93017. (805) 687-6323.

December 4-8: Annual TAC Convention, Reno, Nevada. P.O. Box 120, Indianapolis IN 46206. (317) 638-9155.

NORTHWEST

☆**July 24-25 (Fri-Sat):** Northwest Seniors Track Classic. Gresham, OR. 6-11 p.m. Ideal conditions. Jim Puckett, Mt. Hood College, 26000 SE Stark, Gresham, OR 97030.

CANADA

June 13-14 (Sat-Sun): Ontario Masters T&F Championships, Oshawa, Ontario. Chris Stones, 570 Hillcroft St., Oshawa, Ontario L1G 7G5. (416) 579-4039.

June 20-21 (Sat-Sun): North American Masters Decathlon Championship, Sherbrooke, Quebec. Ian Hume, RR #1, Melbourne, Quebec. (819) 826-5418.

July 18 (Sat): Canadian Pentathlon Championships, Toronto. Aaron Kazdan, 58 Stonedene Blvd., Willowdale, Ontario M2R 3C9. Fee \$5.

August 8 (Sat): Prairie Masters T&F Meet, Winnipeg, Manitoba.

August 15 (Sat): Inter-Club T&F Championships, Northview, Toronto and other provinces.

☆**August 22-23 (Sat-Sun):** Canadian Masters Track & Fields Championships, Richmond, British Columbia. (604) 936-9045.

FOREIGN

December 12 to January 6: Masters tour to South Africa.

LONG DISTANCE RUNNING

1981 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS (Age 40 and over)

May 10 (Sun): TAC National Open Men and Masters Marathon Championships, Raleigh, NC. North Carolina TAC, P.O. Box 10825, Raleigh NC 27608. (919) 851-5752.

June or July: Penn Mutual/TAC National Masters 25K Road Championships, Denver, CO. Joe Arrizola, 12336 E. Kentucky Ave., Aurora CO 80012. (303) 343-0887.

Sept: TAC National Open and Masters 50 Mile Track Championships, Buffalo, NY. Niagara TAC, 3925 Harlem Rd., Buffalo NY 12246. (716) 839-3936.

Sept. 13 (Sun): Penn Mutual/TAC National Masters 50K Road Championships, Brattleboro, Vermont. Ann Parry, Famolare AA, 4 E. 54th St., New York, NY 10022.

Sept: TAC National Junior and Masters 20K Road Championships, Catskill, NY. Dick Vincent, Jet. 9W & 23A, Catskill NY 12414. (518) 943-4767.

Sept. 26 (Sat): Penn Mutual/TAC National Masters 10K Road Championships, Kent, WA. Bob Langenbach, 4261 So. 184th St. Seattle, WA 98188. (206) 433-8868.

October 4 (Sun): Penn Mutual/TAC National Masters 15K Road Championships, Washington DC (Hains Point). SASE to Larry Noel, 105 Northway Rd., Greenbelt MD 20770. (301) 474-9362.

October: Penn Mutual/TAC National Masters 15K Cross-Country Championships, New York, NY. New York RRC, Box 881, FDR Station, New York NY 10150. (212) 580-6880.

November 21 (Sat): Penn Mutual/TAC National Masters 10K Cross-Country Championships, Houston. Pete League, 2043 Round Spring, Kingwood, TX 77339. (713) 358-2515.

November 28 (Sat): Penn Mutual/TAC National Masters 5K Cross-Country Championships, San Diego (Balboa Park). Bill Stock, 7160 Baldrich Rd., La Mesa CA 92041. (714) 466-8700.

EAST

May 3 (Sun): Newsday-Long Island Marathon, New York. (4000) Sports Unit, Eisenhower Park, East Meadow, Long Island NY 11554. (516) 292-4284.

May 3 (Sat): L'eggs 10th Mini Marathon (10K), Central Park, NYC. P.O. Box 1388 GPO, NYC 10001.

May 31 (Sun): Eastern Regional Open and Masters Marathon Championships. Holyoke, Mass. Walter Childs, P.O. Box 1484, Springfield, MA 01101. (413) 566-3145.

June 7 (Sun): Oxford, Maryland Triathlon. Swim, Run, Bike. 72 miles. Box 268, Oxford MD 21654. (301) 226-5494.

June 28 (Sat): Eastern Regional Men's, Women's & Masters 10K, Wilbraham, Mass. Walter Childs, P.O. Box 1484, Springfield MA 01101.

July 4 (Sat): 15-mile "Country Special," East Meridith, N.Y. Delaware County Runners, 36½ Main St., Delhi NY 13753. (607) 746-9983.

August 15 (Sat): 9th Falmouth Road Race, 7.1 mile, Woods Hole, Mass. (4000) Falmouth Recreation Dept., Main St. Falmouth MA 02540. (617) 540-4417.

Sept. 13 (Sun): 5-mile Masters Run, Westfield, Mass. 12 Noon. Walter Childs, P.O. Box 1484, Springfield MA 01101.

Sept. 20 (Sun): Maple Leaf Half-Marathon, Manchester, Vermont. Guy Thomas, Way's Lane, Manchester Center VT 05255. (802) 362-3401.

Sept. 20 (Sun): Philadelphia Distance Half-Marathon Run, YMCA, 1421 Arch St., Philadelphia PA 19102. (215) 241-1223.

Sept 27 (Sun): The Great Race 10K, Pittsburgh. 400 City County Bldg., Pittsburgh PA 15219. (412) 255-2350.

SOUTHEAST

May 25 (Mon): Cotton Row 10K, Huntsville AL. 3000 limit. Ray Roberts, 10100 Shades Rd., Huntsville, AL 35803.

July 4 (Sat): Peachtree Road Race, 10K, Atlanta (25,000). Royce Hodge, 3224 Peachtree St. NE. Atlanta GA 30305.

August 30 (Sun): Charleston Distance Run, 15-mile, Charleston, West Virginia. P.O. Box 2749, Charleston WV 25330. (304) 348-6801.

Sept. 26 (Sat): Virginia 10-miler. Lynchburg VA. (4000) Racing Ltd., 2484 Rivermont Ave., Lynchburg VA 24503. (804) 528-2857.

MIDWEST

May 9 (Sat): Old Kent River Bank 25K Run, Grand Rapids, Mich. P.O. Box 2194, Grand Rapids MI 49501.

May 24 (Sun): 4th Revco-Cleveland Marathon and RRCA U.S. Masters Marathon Championships, Cleveland (5000). Reno Starnoni, 878 Wellman Rd., Bedford OH 44146. (216) 292-2675.

June 20 (Sat): 5th Grandma's Marathon, Two Harbors to Duluth, Minn. Scott Keenan, 1533 W. Arrowhead Rd., Duluth MN 55811. (218) 724-8616.

June 21 (Sun): Hal Higdon's 50th Birthday Party 15K Run, Michigan City, Indiana. Also Saturday night banquet. Dunes Running Club, Box 42, Michigan City IN 46360.

July 5 (Sun): Chicago 20K Distance Classic. Lung Assoc., 1440 W. Washington, Chicago IL 60607. (312) 243-2000.

August 22 (Sat): Bobby Crim 10-miler, Flint, Mich. Box 16179, Lansing MI 48901. (517) 485-5209.

August 30 (Sun): Midwest Masters 25K Road Championships, Lake Bluff Jr. High School (Rt. 176 & Sheridan Rd.), Lake Bluff IL. 8 a.m.

August 31 (Mon): Blueberry Stomp 15K, Plymouth, Indiana. Box 34, Plymouth IN 46563.

Sept. 6 (Sun): Cleveland Heart-athon, Cleveland. 1689 East 115th St., Cleveland OH 44106. (216) 791-7500.

Sept. 27 (Sun): America's Marathon, Chicago. (7000) 676 N. LaSalle Chicago IL 60610. (312) 951-0660.

MID-AMERICA

May 10 (Sun): 4th Lincoln Marathon, Lincoln, Nebraska. Lincoln TC, 2900 John Ave., Lincoln NE 68502.

May 3 (Sun): Mile-High Marathon, Denver. P.O. Box 17382, Denver CO 80217. (303) 861-6113.

Sept. 7 (Mon): Penn Mutual/TAC Masters Triangular 10K: Kansas, Nebraska, Colorado. Others welcome.

MOUNTAIN

July 24 (Fri): 12th Annual Deseret News Marathon, Salt Lake City. P.O. Box 1257, Salt Lake City UT 84110.

August 1 (Sat): Heritage Days 5K, Columbia Falls, Montana. (406) 755-5300.

continued on page 5

August 2 (Sun): Pikes Peak Marathon, Colorado. Rudolph Fahl, 15 El Paso Blvd., Manitou Springs CO 80829. (303) 685-1034.

SOUTHWEST

May 9 (Sat): River Run 10K, Tulsa. (918) 834-3259.

June 27 (Sat): Challenger 8, Tulsa. (918) 834-3259.

WEST

May 3 (Sun): 10th Avenue of the Giants Marathon, Humboldt Redwoods State Park, Weott, CA (2000). P.O. Box 214, Arcata CA 95521.

May 17 (Sun): 60th Bay-To-Breakers 7.6 mile, San Francisco. Len Wallach, San Francisco Examiner, 110 Fifth St., San Francisco CA. (415) 593-2788.

June 7 (Sun): Sri Chinmoy Marathon, Foster City, CA. Sundari Michaelian, 2438 16th Ave., San Francisco Ca 94116.

July 4 (Sat): Coronado Half-Marathon, San Diego. George Green, 626 5th St., Coronado CA 92118. (714) 435-3633.

July 12 (Sun): San Francisco Marathon. P.O. Box 27385, San Francisco CA 94127. (415) 564-4771.

August 9 (Sun): 4th Annual North Orange County 10K, Fullerton, Ca. Patsy Wendler, (714) 879-9622.

August 22 (Sat): American's Finest City Half-Marathon, San Diego. Neil Finn, 3861 Front St., San Diego CA 92103. (714) 297-3901.

NORTHWEST

May 3 (Sun): 5th Lilac Bloomsday 7.8 mile run, Spokane, Wash. Box 645, Spokane, CA 99210. (509) 838-6264. 13,000.

June 20 (Sat): Mayor's Midnight Sun Marathon, Anchorage, Alaska. Jim

Mayo, Pouch 6-650, Anchorage AK 99502.

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

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

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

CANADA

May 3 (Sun): Canadian Masters Marathon Championships, Vancouver, B.C. (604) 687-6333.

June 14 (Sun): Manitoba Marathon, Winnipeg. P.O. Box 53, Winnipeg, MB, Canada R3C 2G1. (204) 453-0931.

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

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

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

INTERNATIONAL

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

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

POSTAL

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

Seattle Grand Prix

continued from page 1

themselves. Except for a brief flirtation with a commercially-based sports club, Doris Brown Heritage, coach at Seattle Pacific University, had retained her club loyalty. Doris was the winner of the first five women's international cross country titles (1967-71). Vicki Foltz has long been a fine international performer and recently won four gold medals in her division (35-39) at the International Veterans' Games in New Zealand this January. Trina Hosmer, another Falcon of many years standing, was the third member of the team. Trina had been living in the East for some time and was a member of the Sugarbush A.C. while there.

For most of her long running career, Vicki had run in Doris' shadow, but she was able to turn the tables on the former U.S. Olympian by winning this race in the fine time of 57:17. Doris was only 19 seconds behind and Trina another 18 seconds. Finishing fourth overall and first in the 40-44 division was Karen Scannell of San Francisco.

Sandra Kiddy of Palm Springs, second in that division, while Sue Johnston was sixth overall. Kiddy and Johnston made it a total of six women under sixty minutes. Then followed the Seattle Track Club's Judy Groombridge, Vickie Aldrich and Christine Curtis bunched together just over an hour. In the 50-54 age group, Nola Bruhn of Seattle TC ran a creditable 66:14, ahead of Marcia McChesney of Eugene.

Less than fifteen minutes into the race, Dave Hambly of STC dropped out with a muscle pull. Fearing further injury and with the race well in hand for his club, Dave left Karl Weiser and Frank Bozanich go on without him; they finished first and second in the 35-39 division in 49:04 and 49:24.

First master was Roy Reisinger of Snohomish in 50:34, followed by three

STC members in the 45-49 group: Earl Ellis, Derek Mahaffey, and Dave Pitkethly, all under 51 minutes. Thus Reisinger, Ellis and Mahaffey were the winning team, creating a problem for the club.

Their best runner at this distance, Hambly, didn't finish the race. Pitkethly was fourth finisher for the club, only three seconds behind Mahaffey, and both Daves want to go to Philadelphia, April 11th, for the U.S. Club Road Racing Championships, sponsored by NIKE, where only four may run on a team. They've decided to send two teams in an effort to win the first-place prize of a trip to Belgium for the Bruges 25km.

Reed Miller broke up STC's machine, finishing second in the 40-44. Maurice Pratt, 51:53, was third in that division. Bill McChesney Sr. of Eugene, ran an excellent 55:13 to cop honors in the 50-54 age group. Stormin' Norman Bright (courageous, blind, indomitable, etc.) was led in about half an hour after the first finishers; Bright is 71.

One of the features of the race was the participation by local Penn Mutual General Agent Max McKee, whose associate Dave Peterson, ran the race. McKee and Peterson helped to provide special trophies for the first three men and women overall in the race. They are also helping to publicize the race locally. □

Results in back pages.

LATE NEW YORK SCHEDULE INFO

MAY 10 (Sun):
9:30 Age-group; 12N Open
St. John's University
(212) 969-8000

MAY 17 (Sun):
9:30 Age-group. Boys &
girls. 12N Open
South Shore H.S.

Write On!

continued from page 3

the last two days of the Games. We were told they'd be sent to a "national official" for later distribution. Do you have any idea if and when we may be receiving them or to whom we should write?

Along with 100 others, I participated in a detailed exercise physiology study at the University of Canterbury. We were supposed to receive a copy of the test results, but, so far, I've heard nothing. The New Zealand trip was the experience of a lifetime. I'm enclosing a gift subscription to your fine newsletter.

Gail Hanna
San Diego, CA

(NMN is still waiting for the official results from Christchurch. We have certificates for Daws, Don, Dunham, Falkenstein, Fuller, Granby, and Greeter, but no others. Contact the

World Games, P.O. Box 31-102, Christchurch, N.Z. or North American WAVA Rep Bob Fine (address on page 2)—Ed.)

DELAY

1) Your March 1981 issue appeared in our mail box March 19, not too good for early March events. 2) It's irritating when the national T&F Meet is held on either coast. Central USA should be the norm, unless TAC hopes to restrict competition to the more affluent.

John Hubbard
Naugatuck, CT

(1) We apologize for the delay. The March issue was mailed Feb. 25. We're working with the post office to speed delivery. 2) With current air fares, it's as cheap to fly coast-to-coast as to fly from either coast to Kansas City. The championships have been moving around: Chicago, Atlanta, Portland, Philadelphia, San Francisco Next year, Wichita.—Ed.)

Report From Florida

by BILL GENTRY

Masters T&F in Florida gets bigger each year. The Florida State Championships were held in Lake Mary March 15 and the Southern Masters Championships were held April 11 in Orlando.

On April 25, an all-comers mini-meet was held in Clearwater, spearheaded by the West Florida Y Runners Club with Dick Lacey as contact. The "Y" is sponsoring two more mini-meets, the next one May 16. Events will be 60-yd., 220, 660, mile, long jump and discus.

The 3rd meet will be held June 20 and include the 100 yd., 440, 880, 1500 meters, triple jump and shot put.

Meets begin at 9:30 a.m. at Clearwater High School on SR 60. No entry fees or advance registration. Ribbons to 1st 3 places.

On May 23, Masters can compete in the Golden South Classic held yearly at Showalter Field in Winter Park, adjacent to Orlando. Events are 100, 440, shot, long jump, 5000 and mile. Same for women except no shot or 440. Limit 3 events per contestant.

I hope to make this Florida report monthly, and would like to hear from T&F people about items to be concluded—especially from north and south Florida—even those sponsored by local recreation departments.

Write Bill Gentry, 4924 Old Winter Garden Road, Orlando FL. 32811. (305) 299-3441. □

From the T&F Chairman

by JIM WEED,
TAC National Masters Track & Field
Chairman

National Outdoor T&F Championships

At the 1980 meeting held in conjunction with the championships in Philadelphia, the athletes voted in favor of a two day meet for 1981. Saving a night's lodging was a consideration. We have a two day meet for 81 with the pentathlon Sunday afternoon. The Pentathletes will probably want to stay over Sunday night after a late finish. I have recommended for 1982 to have the steeple chase and the pentathlon on Friday afternoon with the meet ending by noon on Sunday. The 1982 Nationals will be in Wichita Aug. 6, 7, 8, 1982.

Masters Sports Festival

Penn Mutual is sponsoring a multi-event festival August 12-15, 1982 in Philadelphia as part of the 300th year celebration. Sports to be included are T&F, LDR, Swimming, Long Distance Swimming, Synchronize Swimming, Cycling, Wrestling, Archery, Rowing, Power Lifting, Weight Lifting. The administrative Co-Chairmen are Jack

Kelly and Jon Buzzard. T&F will be headed by Jim Weed with the Philadelphia Masters directing the T&F part of the Festival. A proposal for both a two day and one day meet will be sent in to Jon. We expect each sport to operate under its own Masters rules.

A sports festival should draw media coverage which will help the visibility of all masters sports. This being a festival we plan to have some multisport events. One being proposed is an Iron Man competition to include; a long distance swim of 45 minutes, second day a 10K, third day a 45 minute bike race. Another possibility is a weight pentathlon and weight lifting. Any ideas you have let me know.

Medals

Penn Mutual's decision on medals is still being discussed as to whether to use one all purpose medal or a number of different sport medals. If we develop one for T&F the National committee would need to come up with half the die cost.

TAC has a medal available for championship meets: State, Regional or National. If you need information contact me. □

Dick Sets 10K Record

INGLEWOOD, Calif., February 15—Helen Dick, 56, of Los Angeles set a pending new U.S. women's age 55-59 mark for 10-kilometers today in 41:26, breaking Mary Storey's listed mark of 41:54.

Ray Gil, 56, legged a swift 36:25, while Eddie Lewin, 64, ran 39:07, and Steve Chiplis, 62, went 41:24.

The first mile was run around the Hollywood Park Turf Course, then out into the streets. □

Miller Breaks 10K Mark

ZUMA BEACH, CALIF., February 2—Margaret Miller set a pending U.S. 10k mark for women 55-59 with a sizzling 40:44 in the Malibu 10k today, breaking the old mark of 41:26, set by Mary Storey in August, 1980. Miller only recently turned 55 and is rewriting the 55-59 women's record book. □



Sacramento Relays officials from left, Ken Carnine, Bob Roemer, Roy Wigginton and Mike Ackley.

Gist Sets Hurdle Mark

130 in Sacramento Relays

by BOB ROEMER

SACRAMENTO, April 4—More than 130 masters and submasters turned out on a beautiful day here to inaugurate the 1981 track and field season, and one world record fell in the process.

Burl Gist of the Corona Del Mar Track Club whizzed over the 30-inch hurdles, covering the 110 meters in 17.2 to nudge past Bob Hunt's 17.3 record for age 60-64.

It was a particularly good day for Gist, the San Diego area athlete, who emerged from this 22nd renewal of the Sacramento Relays with three gold medals as well as a silver in the 100 meters, won by Clarence Killion, 63, in 13.21.

It was Killion, a preacher from Dinuba, who was credited with having the right contacts to produce the sunny, mid-70's, windless day. Last year,

the reverend stayed home and it rained like...the dickens.

The West Valley Track Club of San Mateo dominated the relays, winning everything the submasters class had to offer as well as the 1,600 race in the 40-49 competition.

Bruce Springbett, who will be directing the National Masters Championships in August, was impressive in winning the 45-49 100 meters in 11.83 and leading two relay teams to victory.

High on the list of multiple winners was meet director Roy Wigginton (50-54) with victories in the javelin, 100 meters and 110 meter hurdles.

He had a lot of help in conducting the meet from the walking wounded corps of the Northern California Seniors Track Club—Ken Carnine (chest surgery), 73, as referee, and Bob Roemer (back problem), 55, as clerk of course.

One of the co-hosts, the Penn Mutual Insurance Company, provided a dozen judges and timers from among its local agents as well as help for Kay Wigginton on the registration and awards desk. □ Results in back pages.

National Masters Newsletter

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width Height
54	Back page	\$400	10" 13"
54	Full page	200	10" 13"
40	3/4 page	170	10" 9 3/4"
27	1/2 page	130	7 1/2" 13"
14	1/4 page	80	5" 13"
7	1/8 page	50	10" 6 1/2"
3 1/2	1/16 page	40	5" 6 1/2"
1		20	2 1/4" 3 1/4"

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

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

8. CLOSING DATES

The 14th of month before date of issue.

9. CIRCULATION (Feb. 1981)

Paid: 1750 Distribution: 4000
Published monthly. Subscriptions \$12/year.

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MASTERS SCENE

•The 1981 Masters Track & Field Age-Record Book will be available shortly. National Records Chairman, **Pete Mundie** has completed the data computerization, and the book is now at the printer.

•We missed a 4th World Games medal for **Vicky Foltz** in February's NMN, a cross-country triumph over 3 steeplechase barriers, 3 hay bale barriers and 3 water sloughs.

•Do you pole vault? Carry your pole on planes around the world? **Richard Stepp** wants to know what arrangements you have to make. Write NMN with any suggestions.

EAST

•**Mila Kania**, 49, of Warwick, NY clocked 37:33 as first woman finisher in the Veterans Day 10K in New York City. Running long distance for just two years, Kania is originally from Brno, Czechoslovakia, where she held regional records and competed for the Czechoslovakian International Team in the 80-meter hurdles. A physical education teacher there, she came to the U.S. in 1969. She currently holds the U.S. women's age 45-49 10k mark of 36:29.

•984 completed the St. Patrick's Day 7.5 mile run March 22 in Holyoke, Mass. **John Woods** of Holyoke captured the men's masters title by finishing 87th overall in 43:10. **Merry Cushing** of Amherst was 1st woman master, in 53:06. Other category winners were **Roland Johnson** (50-59, 46:52); **Ruth Webber** (W50-59, 54:12); **James Lee** (60+, 56:52).

•**Patrick Nutt** (36:17) and **Steve Thomas** (36:20) logged good 50+ times in Westchester, Pa.

•**Herb Chisholm**, 54, clocked 36:34 in Washington, D.C. **Don Dixon** won a 50-59 15K in New York in 55:41, and a 6-mile in 35:26.

•**George Sheehan** (60-64) sped 1:00:28 in a New York City 15K.

•Good times in the 40-49 bracket were **Sean O'Connor's** 55:46 in a Greenbelt, Md. 10-mile; and **Sid Howard's** 1:51:01 in a New York City 30K.

•Bored with the usual 10K's? Marathons too easy for you? Want a true challenge? Need to punish yourself for your sins? Try the 72-mile Oxford, Maryland Triathlon June 7. Swim 2.6 miles, run 20.6 miles, bike 50 miles. If it was a movie, it would be R rated: not for the squeamish. Write Box 268, Oxford MD 21654.

•**Robert Jenkins** surprised **Mike Sabino** to capture the Masters division of the Perrier Cherry Blossom 10-mile run April 5 in Washington. Jenkins finished 69th overall in 53:27. Sabino recored 53:38. **Bill Hall** was 3rd. **Trudy Rapp** was first 40+ woman in 1:04:06. **Bill Rodgers** pulled away from **Greg Fredericks** to win his 4th consecutive Cherry Blossom in 47:17. San Diego's **Laurie Binder**, 33, won the women's crown in 56:44.

SOUTHEAST

•**Ron Hill**, 42, who "semi-retired" from marathons last year, came back this year to win the masters title in the Miami Orange Bowl Marathon in a sizzling 2:22:55. Transplanted Californian **Joe Burgasser**, now living in St. Petersburg, unleashed a 2:29:34 for 2nd, ahead of Chicago's **Roger Roullier**, 3rd in 2:36:59.

•**Gene Berry**, 44, led masters in a 4-miler in Atlanta in 23:29. **H.T. Marshall**, 63, notched a good 26:21.

•**Kenn Winn** and **Tommy Barnes** travelled from Atlanta to Gainesville, Florida to run the Perfect 10-miler. Winn's 54:36 placed him 15th overall and 1st master. Barnes logged a respectable 1:00:13.

•**Julia Emmons** won 1st place in the 35-39 group of the Phidippides Marathon in Athens, Georgia in 3:36:43. **Pat Stone** took first in the men's 60+ division in 3:38:02.

Ben Gross led the 50-59 group in 3:08:06. **Fox Ferrel** won the Half-marathon in 1:27.

•**Richard Langway** logged a 48:36 as top master in an Atlanta 8-miler. **Bill Neace** was best 50+ in 53:07.

•New Jersey's **Herb Lorenz**, 42, turned up in Orlando, Florida to win, overall, the 1st St. Valentines Day 5K Run in 15:40.5 over 97 other runners.

•**Joe Burgasser** noted a good 1:13:05 half-marathon in Ft. DeSoto Park, Florida, and logged a 50:45 15K in Tampa.

•**Joe McGinnis** sped a fst 26:48 4-miler in Chattanooga.

•The Saucony 10k in Miami produced 3 top 40-49 marks: **Richard Van Scotter** (32:50); **Ken Winn** (33:03); and **Geoff Pietsch** (33:11).

•Good marks in the 40-49 division included: **Pete Foret's** 15:43 in a Bartow, Fla. 5k; **Lew Faxon's** 26:26 in a Virginia Beach, Va. 5-miler; and **Bryan Hawley's** 1:10:33 20k in Chesapeake, Va.

MIDWEST

•**Roger Roullier** blazed a 52:06 in the 4th annual Cincinnati Heart 15K March 22 as top master in the 4100-runner field. He was followed by **Sol Epstein**, **Bill Olrich** and **Hal Higdon** all under 52:30. **Frankie Denning** took female masters laurels in 1:05:06.

+ **William Greene**, 43, a Shaker Heights, Ohio lawyer training for the Boston Marathon was halfway into an 11-mile run when he came across a one-car accident and apparently saved the life of the driver. Using life-saving resuscitation methods, he helped the 60-year old motorist resume breathing. "People were standing around, saying 'don't touch him,'" Greene said, "but he was turning purple. I know he only had 4 minutes, so I gave him mouth-to-mouth. Maybe runners will get a good name from this." After his deed, Greene finished the final 5 miles of his run.

•**Hal Higdon** will turn 50 on June 17, but will not officially celebrate his birthday until four days later at "Hal Higdon's 50th Birthday Party," a 15 kilometer run in Hal's home town of Michigan City, Indiana. Past celebrities for that annual race along the shores of Lake Michigan have included Frank Shorter, Bill Rodgers, Barry Bjorklund, and Gayle Barron, but this year the sponsoring Dunes Running Club decided to name Hal as their guest celebrity. (Maybe they wanted to save money.) Originally Higdon suggested they give all runners over 50 a ten-minute head-start, which is what the women got last year when Gayle Barron ran, but decided later that that might be considered tacky and also an example of overkill. So as a compromise, all runners 40 and over will get five minutes along with women competitors. There will be a banquet the night before with Higdon speaking, telling some of his nefarious jokes, most of them stolen from Wendell Miller. The race will be held in Washington Park in conjunction with the Ron Buffington Folk Festival in case you like music better than humor. Dannon will provide yogurt at the picnic afterwards and runners over 21 will be invited to sample from Higdon's "Fountain of Youth," meaning free beer. Merchandise prizes will be given away including a free trip to Ottawa, Canada, for the Avon Women's International Marathon to the person able to most closely guess Hal's finishing time. Lest you assume that Hal automatically will break Alex Ratelle's 50-54 American standard of 52:43a, consider the fact that Hal tells us he took a month off from training after returning home from New Zealand and gained ten pounds. (See Schedule for race details.)

MOUNTAIN

•**Vic Cook**, 49, journeyed from California to visit relatives and decided to enter an all-comers meet at the United States Air Force Academy on March 28th. He proceeded to pole vault 13'6 1/2" for a new age-49 mark.

•**Jerry Donley**, 51, of Colorado Springs vaulted 13' in the same meet. Both efforts would have won gold medals at the World Games in New Zealand.

SOUTHWEST

•**Paul Needham**, 30, one of the 52 hostages held in Iran for 444 days, came out of his involuntary retirement to run a New Orleans Mardi Gras 10K in 39:20. The Bellevue, Nebraska resident was one of 23 former hostages who accepted invitations to visit Mardi Gras. Of his 15-month ordeal, the former sub-5-miler said: "At first I was so bored I thought I was going to go nuts. Then I started to exercise in place. By the time we were set free I was doing 350 pushups, 1000 situps and running in place for 2 hours each day." He said he was pleased with his time. "I'm not in the shape I was in before I was taken prisoner, but it sure feels great to run again. I want to run the Boston Marathon." **Thad Persons** was 1st over-40 runner in 38:56.

•**Larry Fusilier**, 43, tied for 1st overall in a New Orleans 4-miler in 22:21. He won the Leprechaun 5K on March 14 in 16:18, and took 2nd in a 10-miler March 21 in 58:04. **Margaret Turner** logged a good 1:12:36 in the 10-miler as 1st woman master.

•**Hewlett Nash** recorded 17:28 as 1st master in a Tulsa 5K March 7. **Nocus McIntosh**, 55, was best 50+ in 17:56. **Vreni Kemp**, 38, produced a 22:03 for 1st 30-39 female.

•**Jim McFadden**, 41, PR'd in 1:12:34 in a Tulsa 20K March 7. **Stan Warren**, 43, notched 1:15:13. **Rich Thompson**, 51, led the over-50's in 1:29:55.

•**Fusilier** won the Natural Light half-marathon masters bracket in 1:14:04 in New Orleans, topping **Fenner McConnell** (1:16:38) and **Bill Boettcher** (1:18:08). **Charles Lehrmann** (1:24:47) led the 50+ contingent. **Jeanie Blair** was best over 40 woman in 1:39:00.

•**Al Lawrence**, 50, recorded a 1:32:27 in a Houston 25k.

WEST

•**Jim Jerace** led all masters in 2:53:40 in the 1st Phoenix Marathon March 16 in a field of more than 800 runners ranging in age from 8 to 73. **Wilfred Potter**, 51, clocked 3:04:05 and **Frans Pauwles**, 62, of Portland, Oregon unleashed a sparkling 3:06:53. **Janet Valder's** 3:29:06 topped female masters.

•**Chuck Marut**, 42, was top masters walker in the Pacific TAC 15k walk championships in 1:15:45. **Fred Dunn** was top 50+ in 1:19:00. **Harry Siitonen**, 54, notched 1:33:50.

•**Doug Latimer** was 1st master and 1st overall in the Pacific Association TAC 50 mile Championships in a good 5:35:55, only 10 minutes off **Roger Roullier's** U.S. masters record.

•**Cindy Dalrymple**, 39, of Honolulu, is \$37,500 richer after her two Jordache marathon wins. She won \$25,000 in the \$100,000 Los Angeles Jordache Marathon March 29 in 2:39:55 as first female finisher over a tough, hilly course on Sunset Blvd. from Hollywood to the ocean. **Tom Fleming** won \$25,000 as the open men's winner in 2:13.

•**Dave Parker**, 50, recorded 35:58 in a Hidden Valley, Calif. 6-miler. **Larry Hatch**, 44, logged 1:31:46 in the half-marathon. **Jesse Cook**, 40, posted a 2:50:38 marathon, followed by **Bob Nations**, 40, in 2:56:23. **Gary Goettelman**, 37, blazed a 2:31:08. **Molly Thayer**, 37, was 1st

woman in 3:10:13.

•The Honolulu Marathon is known as "The People's Race," since, despite world class performers and times, the essence of the race is the joy of finishing. This sense of accomplishment has been captured on video tape, along with Hawaii's unique beauty and lush tropical scenery. For the first time, a major international marathon has been put on tape for home viewing. A 30-minute excerpt of KGMB's 90-minute Emmy-nominated program is available in both PAL and NTSC systems. It's called "an exciting sports documentary and an excellent travelogue; one of the most professional productions to come out of Hawaii." It's available for \$39.95 from Marathon Video, P.O. Box 300, Honolulu HI 96809.

•**Jim O'Neil**, 55, unleashed two sizzling 10k's in San Diego, a 34:09 at the America Council of Athletics race and a 34:41 at the Festival of Lights. (His U.S. 55-59 mark is 34:06.) **Chuck Anderson** placed 2nd in the Council race in 35:55 and **Bill Stock** 3rd in 36:04.

•Good 50-59 times were **Bob Malain's** 58:55 in a Stockton, Calif. 10-mile; **Anne Johnson's** 39:45 in a San Diego 10k, and **Sister Marion Irvine's** 1:26:36 in a Hayard, Calif. half-marathon.

•Top 60-69 marks included **Wayne Zook's** 3:04:49 in a San Diego marathon, and **Don Lumber's** 1:10:24 10-mile in Stockton, Calif.

•**Judy Groombridge**, 40, charged to a 4:06:40 in a Seattle 50K.

•**Judy Fox**, 40, blazed a 36:23 10k in California.

•**Wayne Douglas**, 32, was 1st submaster in a TAC all-comers 800 in Las Vegas in 2:02.6.

•**Bob Packard** ran one of the fastest 15K's ever by a master—49:00 in the 5th Annual Tucson Sun Run March 8. Bob took 3:09 off his PR set on the same course. "My goal was to break Hal Higdon's course record of 51:17," Packard said. "But I got a lot more."

•**Packard** unleashed a fast 1:12:32 half-marathon in Phoenix a week later, close to **Larry Fusilier's** age-44 mark of 1:11:25, set in January, 1980. In the past 6 weeks, Packard also clocked a swift 31:59 10K, one of the two or three fastest masters 10K times this year. "I wish I knew what was causing my recent success," the Flagstaff resident said. "I'd bottle and sell it." Packard has been consistently in the 33+ range for 10K since his early forties. He turns 45 on July 20. "I'm going to shoot for every 45-49 record on the books from the 1500 on up," he promises.

•**Edith Leiby**, 57 of Honolulu has set 4 U.S. age 55-59 records this year: 400 (85.69), 800 (3:25.4), 3000 (14:44.8), and High Jump (1.0 meter). She also ran a good 17.42 100 and 6:32.89 1500.

•5000 showed up for the Marina Freeway Tree People 10K in Los Angeles March 8. The Tree People are an environmental group who specialize in getting trees planted. Somehow, they managed to get the Marina Freeway closed down for a 10K run. Each entrant gets an evergreen pine tree which will grow in your yard. Top efforts included **Dick Durand**, 52, 38:18; **Eddie Lewin**, 64, 39:45; **Avery Bryant**, 56, 40:02.

•**Andre Tocco**, 41, logged a good 2:37:37 in the Bakersfield Calif. marathon. **Dave Holland**, 40, ran 2:38:31. **Fred Lauriente**, 40, went 1:20:50 in the half-marathon.

•The British Veteran's Athletic Club in London is going after the San Diego Track Club's 100 X 1 mile masters relay world mark of 9 hours, 15 minutes, 44.3 seconds. San Diego's **Ed Oleata** said "if they beat our mark, we'll try to take it back."

•The **Mike Tymn**-led Mid-Pacific RRC team won the team championship in the Nike/Penn Mutual Grand Prix in San Diego March 22, but Mike didn't go to Philadelphia for the final shoot-out with other team winners. Seems his wife won an all-expense paid trip for two to the Caribbean for the

continued on page 8



THE Gun Lap

by MIKE TYMN

Try Cough Syrup for Better Performance

Over the years, I have experimented with some of the miracle and wonder products offered to runners and other athletes.

My first such experiment was in 1956 while in college. I came across a promotional pamphlet put out by a manufacturer of wheat germ oil. It told of some amazing laboratory results at the University of Illinois, both on humans and guinea pigs. The test subjects who feasted on wheat germ oil showed remarkable gains in endurance and their performances were far greater than the test subjects who underwent the same regimen on a placebo.

The test that impressed me the most was one involving 30 guinea pigs. Ten of them were put on a diet of rabbit pellets only. The second group of ten was given rabbit pellets and cottonseed oil. Group C was fed rabbit pellets and wheat germ oil. After a month on this

diet, they were tossed into a tank of water. All those in the first two groups drowned within three minutes. Those in Group C swam around for something like 36 minutes on the average and four or five of them were still splashing after an hour.

I invested five dollars in a bottle of wheat germ oil and anxiously awaited similar dramatic results. I assumed that it would be only a matter of weeks before I was breaking four minutes for the mile.

The results were not dramatic, although over a long period of time I showed some progress. Of course, I had no way of knowing how much of my improvement was from the nutrient and how much was from training and other factors that affect performance.

Sometime in the 60's I switched from wheat germ oil to straight Vitamin E, the ingredient that supposedly gives wheat germ oil its punch. To this day I have no way of knowing whether the vitamin E has in any way helped me. How do you isolate all of the variables that go into performance and determine what is helping and what isn't?

I am like the agnostic who attends church every Sunday. I continue to take vitamin E while thinking it may help, but recognizing that it may not. If it doesn't, my loss is only a couple of dollars a month (unless an excess of vitamin E, like everything else causes cancer).

I had heard of the wonderful effects of bee pollen on athletic performance a number of years ago, but the cost deterred me from trying it until three years ago when I decided to go all out for a particular race.

My performance in that race was very satisfying to me. But again, I had no way of knowing if the bee pollen had anything to do with it. Many other factors were at work. I was highly motivated, training extra hard, and attempting to peak for the event. The race conditions were good and there was plenty of competition. How do you separate and evaluate each factor?

At \$15 for a ten day supply of bee pollen, I discontinued using it and I have improved on my time in that race in which I used bee pollen. But how do I know that I wouldn't have gone even faster had I stayed with it?

Coffee is not exactly in the "miracle food" category, but an article in *Runner's World* a couple of years ago told of the miraculous effects that it can have if taken just before a race.

A one cup a day drinker for many years, I had never noticed that coffee made a difference in my performance. However, I had never really monitored this. So just prior to the 1978 National Masters Marathon in Southern California I downed three cups of coffee, hoping that it would get me under

2:30 for the first time.

I succeeded by eight seconds, but I also spent 30 seconds or so in a deep squat behind an orange tree about half-way into the race.

My latest experiment has been with the highly touted dimethyl sulfoxide, better known in athletic circles as DMSO. If you believe reports about this chemical, it can turn a life-long cripple into a circus acrobat overnight. Its healing powers are such that innkeepers in Lourdes are on the verge of panic.

A 20 kilometer race recently brought on a recurrence of a knee tendon problem, one that hobbled me for the better part of last year. With some big races coming up, I was desperate and ready to try anything, even DMSO, which is not medically approved because of some possible harmful side effects.

A friend gave me a partially used bottle of liquid DMSO. I brought the 4 oz. brown bottle home and placed it in the medicine cabinet and applied the liquid to my knee. I did not return the bottle to the cabinet, but left it on my dresser.

After just four applications my knee seemed to be completely healed. To me, this was a miracle when considering that the same problem took months to subside before.

I was preparing to return the bottle to my friend and proclaim that DMSO is indeed a wonder medicine. It was then that I noticed the label. I read "P.E. #3: Take 1 teaspoon every 4 hours if needed for cough." I had removed the wrong brown bottle from the medicine cabinet at the time of the first application.

So much for miracle products. □

continued from page 7

same week. Mike's occasionally had his expenses paid to a race before. "But this was the first time I have actually won a trip," he said. "My wife had never won a trip before. And then we win them on the same week. The odds against that must be a million-to-one." He says it's academic, anyhow, as he came up with a low-back injury and "wouldn't have been able to run in Philly anyway."

•John Dobroth, a 6-foot, 7-inch high jumper in his late 30's turns 40 this month. Ralph Lee is 40 in August. Turning 50 are John Cull in March, Dave Douglass in September and Tom Sturak in June.

•Stan Herrmann may be the top 75-59 weight man in the world. The Santa Barbara, Ca. world gold medalist has the age 75 and 76 marks in both the shot and hammer. He broke the U.S. age 76 mark in the Discus. And he has all the age records in the heavier shot, discus, hammer and 35-lb. weight.

•Dorothy Herrmann is about recovered from a strange muscular attack and has started working out again.

•The Porterville, Calif. Masters T&F meet, scheduled for May 2, has been cancelled.

•Eino, 40, the Malibu sculptor, notched a good 34:07 in the Malibu 10K. Truman Clark, 45, went 34:33.

NORTHWEST

•Al Clark reports it's still early for track & field in the Northwest. Cold and wet. In Portland LDR action, Michael Heffernan, 40, is a name to watch. He won the AAU 30K

championship in 1:44:40, four minutes off Hal Higdon's U.S. masters record. On March 28, he posted 37:02 in a 7-miler.

•Warren Finke, 33, legged a 40:29 for 12K, 37:17 for seven miles, and a rapid 2:32:30 in the Trails End Marathon.

•Clive Davies smashed the 65-69 10k mark by 7 minutes in 36:34, destroying Bob Boal's 1979 mark of 43:49.

•Clark, 42, sped a 25:42 5-miler at 9 a.m. March 7. Then at 11 a.m., he blazed a 53:06 in the ORRC 15k. In an April 4 mini track meet at Mt. Hood, he legged an 800 in 2:13.8 and 1500 in 4:27.1

•The woman in the middle of the photo on page 6 of the March issue isn't A. Pearce, but Vicki Foltz of Monroe, Washington.

CANADA

•Bob Moore of Toronto romped to a 49:59 15K for 2nd overall and 1st master.

•Top efforts in the Ontario Masters Indoor T&F Championships Feb. 14 included: Karl Virkavs' 58.5 400 (M55); Percy Duncan's 29.4 200 (M65); Bob Daniell's 4:14.6 1500 (M40); a fast 3-way battle in the M40 5000: Bob Moore (15:29.2), Colin Rogers (15:51.3), Victor Matthews (15:55.1).

•Others were Pat Bessel's 3000 in 11:30.7, 800 in 2:35.4 and 1500 in 5:12.5 (W40).

•Marcel Tobin, 39, of Canada, set two British Commonwealth records when he easily won the National 30 kilometer race walking championship at Garden Grove, Calif., March 29. His time of 2:12:16 was the best ever. Tobin defeated the top American walker by 2 miles. His 25K time was 1:48:25. John Kelly won the masters title with Ron Laird a distant 2nd.

NORTHWEST SENIORS CLASSIC

JULY 24 & 25, 1981 (Friday & Saturday)

MT. HOOD COMMUNITY COLLEGE...GRESHAM, OREGON

FILED EVENTS...6-8 PM
RUNNING EVENTS...8-11 PM

- Held at night...Ideal atmospheric conditions to record personal best performances. Warm, mild temperature-no wind-low relative humidity
- All weather track surfaces.....Maximum 1/4" spikes
- Beautiful, unique, large 2 1/2 diam. AWARD MEDALS with ribbons.
- Held in the scenic Northwest United States. Perfect family vacation area with many activities.

AMERICA'S FINEST MASTERS-SUB MASTERS MEET FOR QUALITY ATHLETIC PERFORMANCES

PREPARE NOW AND PLAN TO COMPETE
YOU'LL BE VERY GLAD YOU CAME TO THIS ONE

CONTACT

Jim Puckett, Track Coach
Mt. Wood Community College
26000 SE Stark St., Gresham Oregon, 97030
PHONE: 503-667-7354



Minutes of General Assembly Meeting at 4th World Games

by ROLAND JERNERYD, Secretary, WAVA

CHRISTCHURCH, New Zealand, January 6—Present at the meeting in the Town Hall were 11 members of the WAVA executive council, 57 delegates, representing 27 national veteran bodies, and 41 observers.

President Don Farquharson expressed satisfaction at the development of the veteran movement. He stressed the continued need for a WAVA newsletter, currently 4 issues a year for \$7.

Action taken:

1. A budget must be submitted by the Treasurer and approved by mail vote of the Executive Committee.
2. The Treasurer must submit an annual report.
3. All checks of WAVA must be signed by the Treasurer and countersigned by the President.
4. Expenditures over \$500 must receive approval of the Executive Committee.
5. All contracts must be approved by the Committee.
6. Term of officers. Changed from a maximum of two terms (4 years) to "a member of the Council may not occupy the same post longer than 10 years = five consecutive terms."
7. Two vice-presidents will be elected: 1) Track and field. 2) Long distance running and road walk.
8. A motion that the year of birth, rather than the present date of birth, determine age classification was defeated, 44-22.
9. Field events, weights and heights shall be detailed by the Technical Committee, and Records will be handled by the Records Committee.
10. The Executive Committee will look into merging WAVA with IGAL.
11. Sylvester Stein's proposal to nullify South Africa's WAVA affiliation was ruled out of order, since it would require a change in the Constitution. (All amendments to the Constitution must be submitted in writing 90 days before the general assembly meets.)
12. The Executive Committee was given the right to set performance standards in the future if necessary.

13. Relays were eliminated from the 1983 World Games by a vote of 36-22.

14. A proposal to eliminate team events in road running, walk and cross country was defeated, 36-22.

15. The chairman announced these regional delegates for the 1981-83 period: North America: Bob Fine; South America: Miguel de la Calle; Asia: Hideo Okada; Europe: Cesare Beccalli; Oceania: Clem Green; Africa: Danie Burger. Women's delegate: Jean O'Neill.

16. Don Farquharson was unanimously elected President of WAVA the next two years.

Hans Axmann defeated Danie Burger, 54-16, in the vote for Vice-President of Track and Field. Jacques Serruys was unanimously elected Vice-President for Long Distance Running, Road Walk and Cross Country. Owen Flaherty was unanimously elected Secretary. Harm Hendriks was unanimously elected Treasurer.

17. Puerto Rico was chosen to host the 1983 World Games in late September, receiving 41 votes to 31 for Athens and 4 for Zagreb, Yugoslavia.

18. In Puerto Rico, the General Assembly shall choose the host for both the 1985 and 1987 World Games.

19. The next meeting of the General Assembly will be held in Puerto Rico in 1983. □

TREASURER'S REPORT

from Harm Hendriks, Treas.

From start of WAVA in 1978 through December 31, 1980

REVENUE:

Entry fees from Hannover World Games (3000 entries @ \$5.00) \$15000.00
Interest 13.27
Membership fees from national bodies 470.74
TOTAL REVENUE\$15484.01

EXPENSES:

Council '78 & '79 \$ 2147.56
Postage & phone .. 179.84
Technical Comm. 25.00
Statistics 36.75
Hannover Presents. 256.00
Miscellaneous 22.10
Travel, phone, etc:
Treasurer '79 .. 394.15
President 1826.62
Secretary 922.26
Sec/Co-opted off. 3413.17
Women's delegate 360.12
Meeting of officers in Frankfurt 965.16
Judges - Rothwell 164.20
Travel to Helsinki and Glasgow by Secretary 1087.70
Travel to Greece by Treasurer 160.81
Newsletter #1 630.54
Newsletter #2 660.10
TOTAL EXPENSES: \$13252.08

EXCESS OF REVENUE OVER EXPENSES .. \$ 2231.93

MOVING?

National Masters Newsletter is mailed third class bulk rate and is not forwardable. When you move please let us know at least 3 weeks in advance.

18 New Marks in Lincoln

by HARRY CROCKETT

LINCOLN, Nebraska, March 8—Nine records were broken and 9 others were newly set at the Lincoln Track Club Indoor Championships today at Knight Fieldhouse, Nebraska Wesleyan University.

Rex Harvey, running the 42-inch hurdles and throwing the 16-pound shot, posted a national class 30-39 Pentathlon score of 3503 points, raising Ron Haubold's meet record by 401 points. Harvey's 1:20.5 in the 600-yard-run lowered Jerry Nott's meet record by over two seconds.

J.C. Brown high jumped 5'8" to come within 2 inches of his world 50-54 mark. The leap shattered Jerry Reichart's meet record by over a foot.

Brown also broke his own long jump standard with a leap of 17' 4 3/4".

Forrest Doling raised the 50+ Pentathlon mark 221 points to 1888. Frank Brown set a 40-49 Pentathlon record of 1966. Tim Stanosheck lowered his 30-39 two-mile mark to 10:09.6, while Bob Elwood cut his 40-49 standard to 10:28.9.

Marg Sutter set new W30-39 meet records in the 60 yard and 300-yard events.

The meet drew entrants from California, Colorado, Iowa, Kansas, Missouri and Nebraska. Athletes praised the smooth way the LTC meets are run, for which credit goes to our hard-working volunteers. □

Results in back pages.

O'Neil Sets Half-Marathon Mark

SAN DIEGO, March 7—Jim O'Neil added another U.S. age 55-59 road mark to his impressive collection today, running a 1:15:04 in the Natural Light half-marathon on Fiesta Island.

The time broke Ed Almeida's record of 1:15:26 set in 1977.

Gary Sampson took 40-49 honors in 1:15:26. Patty Pastore was 1st 40+ woman in 1:30:59. Close-up was Anne Johnson, who took the 50+ title in 1:31:44, ahead of Mary Storey's 1:37:38.

Results in back pages. □

Race Walking

by GORDON WALLACE

I just returned from the South Pacific and noticed the M70 20-kilometer road walk results were missing from NMN. They are: 1) Gordon Wallace (USA) 2:08:43; 2) G. Knott (AUS) 2:12:34; 3) C. Unruh (USA) 2:14:56; 4) J. Hanna (USA) 2:16:19; 5) F. Scully (AUS) 2:18:12; 6) T. Kelly (AUS) 2:33:49.

This means that G. Wallace and C. Unruh should be added to the list of medal winners in the February NMN box score.

As for the M70 5000 walk, G. Knott is from Australia, not the USA. Wallace's winning time was 30:05.65.

not 30:11:17.

The team medals won by American race walkers in Christchurch is the best showing ever in world level competition. The M70 USA team of Wallace, Unruh and Hanna won gold medals in the 20K walk. This is particularly noteworthy, because not only was this the only division the Australians did not win as a team in the 20K walk, but because these are the first gold medals ever won by an American race walking team in world veterans competition.

The American team of D. Johnson, B. Granby, and P. Carey won silver medals in the M60 20K walk; and Ranney, Kelly and Mimm all won silver or bronze medals. □



Bill Knocke, left, clocks 11.65 in 100 meters for victory in Sacramento Relays 40-44 division. Others, from left, Don Toombs, 3rd in 11.99; Gil LaTorre, 2nd, 11.88; and Mike De Stefano, 4th, 12.22.

Photo by Bob Roemer



On Approaching Every Problem With An Open Mouth

by W. MacDonald Miller

A Birthday Boy

He was a bit ahead of his time but this is ridiculous! Yesterday, I received a puce colored invitation (mauve trim) to Higdon's 50th birthday party in June. Actually it sounds like a relevant encounter? And of course, what a year in store for Hal. Dead aim on all those 50 year old records and a classic confrontation: Dr. Ego, (as his fans in Minnesota call him) against Price Hal, who still got off the best running one-liner I ever heard, in Toronto a hundred years ago. The bony kid announced to his many admirers (maybe I should call them acquaintances for the sake of accuracy) "the only thing wrong with that race was I ran in it, and couldn't watch myself". Kinda gets you right there doesn't it?

Seriously, things are shaping up as yet another in-depth interface off. Famous west coast singer, Handsome Jim O'Neil, is booked at the International House of Pancakes, (off Interstate 94) where he'll be singing his hit song, "Jeremiah Was A Bull Frog." There'll be a clinic in the Methodist Church basement where

Pete Mundle will present "The Ribald Life in Venice, California and the 50 Year Old." Same old scum-smut-dope talk updated with info on roller skating, women with purple hair, leg warmers, whips & pulleys plus the long term effects on the anatomy of too much time in the sauna. Far out man!

West Coast activist Harpo Sturak, has been invited to light the candles on the cake. This might be his last chance. At one time Tom had long blond hair and while trying to light candles on a cake, the entire affair went up in flames only to be replaced by what you see now. Who knows what could happen the next time around? Tom will also talk about the 97 new Nike shoe styles being introduced that week. Sturak is so together now, he recently became a father, got a big promotion with Nike and moved to Oregon. For those of us who remember when he had both feet planted firmly in mid air, it does take some adjusting. He's now into corporate lingo, talking about "Bottom Line" and saying things like "Run this past legal, will you Brad?" Guess I'm bitter, what I remember

about my corporate days was not being able to do anything. I needed two people to "Sign off" before I could go to the bathroom.

Anyway, mark your calendars accordingly, it's the weekend of June 20-21. VERY, VERY Big Michigan City doings on Saturday and a 15K Handicap race on Sunday. Just in case you didn't know, Michigan City is probably the birthplace of Handicap Running. The winner of this year's "All Diseases Not Covered In Their Own Race" run, probably put it best, "You Can Have the Big Apple, We Don't Need Eugene Or Boulder Or Boston Or City of Industry for that matter, when it comes to running with a Handicap there's no place like Michigan City, Indiana.

From time to time I've related incidents involving The Man on the run from dogs, etc. I've received countless letters from readers sharing experiences and anecdotes with Hal. From Hayfield, Minnesota, "One thing about Hal, he's a black and white gut - you either hate him or you detest him." From Road Apples, Delaware, "Hal spent a weekend with our family last year and he's actually one of the most well rounded people we've ever met, he bored us to death on ten different subjects." From his home town of Michigan City, "Something that probably a lot of people don't know is Hal and Rose have had as beautiful an affair as our town has ever known, and fortunately, some of it has been with each other." The Runner-Author is truly on a roll for this one. Runor has it he's completely turned his life around

for the next 50. Instead of being overbearing and obnoxious he's going to be obnoxious and overbearing. People from all parts of Lake County, Indiana have almost committed. The windbagging speeches will be enough make Tallyrand shudder. Everyone telling the same old lies but no prob - nobody will be listening anyway. Tai and Randy (pulled groin) will be there for a birthday skate. Resident blabber mouths Dick King (who is handling the whole Greyhound Bus tour of the South Works) and Ron Daws, who to use the old S.I. Hayakawa line, "will speak his mind, he has nothing to lose," will be there. Ron (if there is a hell after death, a 20K Walk will be involved) Laird will spearhead that whole group of weirdos. Peter Funn (son of Ron) of Dogpatch, Michigan with a first in the travel business, an offer that combines going to Junior College and a weekend running trip to Pico Rivera, California has signed on. Menu and dress are shaping up as a fun thing. Everything will be very Jordache Jeans, very Sci-Fi, very upbeat, very trendy, very Wendell? There will be marvelous explorations in Quiche, Perrier, Fresca, A & W Sugar Free, etc. Take it from someone who probably won't be able to miss it, Be There!

There'll never be another Hig. If there was, I'd enjoy two twice as much. So have a good one my charming boy, and remember the words of famous Wheaton, Illinois Horse Breeder - Lay Leader, Bob Oury, "Do your thing, cause your thing isn't getting any younger either." And give us another 50, Kid, just for the hell of it. □

NATIONAL ATHLETICS CONGRESS-PENN MUTUAL MASTERS DECATHLON CHAMPIONSHIPS

Northside Stadium
7001 Culebra Rd. at Interstate 410
San Antonio, Texas

June 6th & 7th, 1981

ENTRY BLANK AND RELEASE FORM

ENTRIES MUST BE IN OUR HANDS NOT LATER THAN JUNE 1st, 1981

(please Print)

Name _____ Age _____ Date of Birth _____

Address _____ Phone _____

City _____ State _____ Zip _____

In consideration of this entry being accepted I hereby for myself and administrators waive and release any and all claims I may have against Northside School Dist., the organizers of the meet, their representatives, and the Athletics Congress for any and all injuries suffered by me at the above mentioned meet. I also certify that I have no physical defects that would prevent me from competing in this Decathlon Meet.

Signature in full of athlete _____

Entry fee: \$10.00 Athletics Congress # _____

Make checks payable to: San Antonio Track Club

Mail checks to: Steve Smith
Meet Director
126 Brightwood
San Antonio, Texas 78209
AO 512-822-7964

Friday Night Banquet: Will attend _____
won't attend _____

Dinner at Banquet: Yes _____ No _____

Sunday Evening Video: Will attend _____
won't attend _____

Kaempf Runs 2:35 Marathon

from WALT SCHAFER

CHICO, California, March 7—Ulrich Kaempf, just turned 50, unleashed one of the best-ever over-age-50 marathons with a stunning 2:34:59 in the 5th Annual Bidwell Classic, Pacific Association Marathon Championships today.

Doug Latimer produced a 2:35:12 to win the 40-44 bracket.

Paul Reese ran 3:11:32 as best 60 and over.

Martha Smith, a javelin thrower on the 1936 U.S. Olympic team, ran a good 3:28:06 to win the women's 60+ division in the half-marathon race.

Bill Jenny topped Kent Guthrie, 1:12:58 to 1:13:24 in the 40-44 half-marathon. Heidi Skaden-Poyser captured female 40-44 honors in 1:27:17. Ruth Anderson won the women's 50-59 marathon in 3:16:46, and Joan Ulliot led the 40-49 group in 2:58:53. 1925 toed the starting lines in the two races.

Results in back pages. □

Laris, Kaempf Set 10K Marks

SAN JOSE, California, March 22—Former Olympian Tom Laris, 40, set a new U.S. masters record for 10-kilometers today, clocking 31:03 in the San Jose Mercury News 10K to break his own existing time of 31:31 set last October 19.

Ulrich Kaempf shattered the U.S. men's 50-54 10k mark in 33:21, bettering the 33:51 of New Jersey's Joe Burns in 1975.

(Both marks are pending, subject to official approval by the National Running Data Center.)

Laris finished 23rd in the field of 1008, as Duncan MacDonald won in 29:11. Sal Vasquez was 2nd master in a good 32:32. Tim Rostegge was 4th master behind Kaempf in 33:33. Jerry Lewis was 5th in 34:02.

Gwen Whittier took female masters honors in 43:54. □



Sweeney Wins Brooklyn Grand Prix

by BOB FINE

BROOKLYN, March 28—It was just a perfect day for a road race. The temperature was in the high fifties and there was no wind.

The men's race was quite close. At the 5K mark seven competitors were in a bunch. It was only after the five mile mark that Hugh Sweeney, 37, of Warren Street and Frank Handelman, 35, Central Park, pulled away from the pack. Hugh just outkicked Frank in the last 200 meters to win by a margin of 1.4 seconds.

Each age group champion came from a different club: Hugh Sweeney from Warren Street; Bob Fisher, 40, from Millrose (32:26.7), John Dugdale, 46, Wolfpit Running Club (34:05.7), Howard Rubin, 52, Utica Track Club (35:24.0), Bob Muller, 56, Prospect Park (37:19.7), Steve Richardson, 60, New York Masters (38:08.2) and Wilfredo Rios, 64, unattached (41:44.2).

Three women broke 40 minutes, led by Maddy Harmeling, 35, Olympic Village Track Club (37:23.6), Bobbi Rothman, 35, unattached (38:30.4) with Anna Thornhill, 40, Millrose (38:42.4) leading division 1A. Other division winners were Chris McKenzie, 49, 43:28.6; Audry Jacobson, 52, 55:23.5 and Aretha Juredini, 62, 71:27.9 all of the New York Masters. Adrienne Salmini, 65, North Jersey, was the oldest woman competitor. Adrienne finished in 60:11.1.

Millrose averaged about 20 seconds per man faster than the Central Park Track Club in winning the men's team race, with Central Park turning the tables in the women's race, averaging 40 seconds per woman faster. The New York Masters Sports Club took third in both team races.

Results in back pages. □



W. MacDonald Miller, photographed recently at a Perverts Without Partners gathering in Chicago, told reporters he was "merely waiting for the starter's gun in the Midas Muffler 4 X 100 Relays."

TRACK AND FIELD RANKINGS

by HAIG BOHIGIAN

Despite all sorts of dire warnings, I have volunteered to take on the 1980 track & field rankings. These rankings will be handled in a completely different way than in past years—and with your cooperation in a faster way. The previous snafu was no fault of Geza Feld's, but rather was due to the delay in getting funding for the huge cost of the computer runs involved.

This time the results will be compiled manually, and issued in a printed booklet listing all rankings in 5-year age groups from SA to 5B, male and female, for all track (up to 3 miles) and field events—about 96 pages. Athletes wishing to be listed in the 1980 rankings must use the printed form below (or any identically reproduced version of the same size). There will be no charge per event that you submit, so send in as many results as you wish provided that they are on the printed form. Those athletes who do submit results will receive the printed book for a flat fee of \$4. If you do not send in your results on these forms or not at all, then the fee is \$6 and you run the risk of not being listed in one or more events.

Using the printed forms will greatly speed up the process of getting the results to you—I will not be able to work as fast from meet results and besides I do not have all meet results for 1980. The deadline for your getting results to me will be August 1, 1981, and the expected publication date will be October 1, 1981. If this method proves successful, the respective dates for the 1981 rankings would be January 31, 1982, and March 31, 1982. Cooperate with the deadline and format, and I will get the results to you on schedule.

The rankings will list the best 100 marks in each event in each 5 year age division, male and female.

Atkinson Breaks 10K Mark

from RUTH ANDERSON

SAN FRANCISCO, February 1—Kay Atkinson, 63, set a pending U.S. 10k mark of 47:26 for women 60 and over in the Bonnie Bell 10K today, breaking her own listed standard of 49:26.

Vicki Bigelow, 45, captured the 40-49 division in a good 37:53 to edge Joan Ulyot by 22 seconds. Heidi Skaden-Poyser, 43, was 3rd in 39:53.

Marion Irvine, 51, won the 50-59 title by 3 minutes over Frances Sackerman in 40:03. Ruth Anderson was 3rd in 44:22.

Florianne Harp edged Skip Swan-

nack by 4 seconds in 38:46 in the 35-39 category.

Results in back pages. □

Winn Takes Atlanta Grand Prix

ATLANTA, March 14—Ken Winn led the way in the Nike/Penn Mutual Masters Grand Prix 10K today as the Atlanta Track Club captured both men's and women's team championships.

Winn clocked 33:31.2 to cop age 40-44 division honors.

Mike Hartman was 1st 35-39 and 2nd overall in 34:38.0. Nancy Parker led all women in 39:28.0 to win 40-44 laurels.

Results in back pages. □

SENIOR OLYMPICS

Indianapolis, Indiana
June 12-13, 1981

SPONSORED BY: HOOSIER TRACK CLUB AND PENN MUTUAL LIFE INSURANCE COMPANY

June 12 (Friday): 10K Cross Country Run - 5:30 P.M. - All age groups, under-16 to 80

June 13 (Saturday): Sub-masters & masters track & field meet. Age 30-and-up in 5-year age groups thru age 80. 8:00 A.M. Excellent all-weather track.

SITE: Ben Davis High School, 1300 N. Girls School Rd., Indianapolis, Indiana.

ENTRY FEES: 10K -- \$4.00 per person. Track & Field -- \$3.00 one event; \$1.00 each additional event.

MEDALS: First 3 places.

HEATS: Events with 8 or fewer contestants will be run as finals at time set for trials.

Added attractions for those 55 and up starting June 10: Bike racing, tennis, basketball, swimming, etc.

SCHEDULE

** Age 55 up only

8:00 a.m.	3000 meter run	Softball throw**
9:00 a.m.	100 meter trials	Fastball throw**
9:30 a.m.	50 meter trials**	Shot put
10:00 a.m.	80 & 100 meter hurdle trials	Standing long jump**
10:30 a.m.	50 meter finals**	
11:00 a.m.	100 meter finals	Running long jump
12:00 noon	200 meter trials	Pole vault
1:00 p.m.	800 meter run	Discus
1:30 p.m.	80 & 100 meter hurdle final	Javelin
2:30 p.m.	400 meter finals	
3:00 p.m.	1500 meter walk	Triple jump
4:00 p.m.	200 meter finals	
4:30 p.m.	1500 meter run	

ENTRY FORM

10K ☐ Track & field ☐

Events entering: _____

Name _____ Age _____

Address _____ City _____ State _____ Zip _____

I will not hold the Hoosier Track Club or any of their departments, agents or representatives for my health, safety or any injury resulting from my participation in these events.

Signature _____ Date _____

Send to: Bob Coughlin, 305 S. Barton, Indianapolis IN 46241. (317) 241-5446.

FILL OUT THIS FORM

198 RANKING FORM

DIVISION ☐ M ☐ F EVENT _____ MARK _____ AGE _____

LAST NAME _____ FIRST _____ DATE OF BIRTH _____

ADDRESS _____ COUNTRY _____

ZIP _____ PHONE _____ CLUB _____

MEET OR WHERE SET _____ DATE SET _____

SEND FORM AND CHECK FOR \$4 TO:

Haig Bohigian
225 Hunter Avenue
North Terrytown, New York 10591

Division and Age are as of the date the mark was set.

Make checks payable to:
Haig Bohigian

USE A 3" x 7" FORMAT

Indoor Developmental Season In N.Y.C.

by HAIG BOHIGIAN

Thanks primarily to the efforts of Tracy Sundlun and other members of the Metropolitan Athletic Congress, the indoor developmental season in New York City for 1980-1981 was the most varied, most complete, and most successful one that anyone can recall. Unlike other seasons when certain Masters events were designated, this season Masters Athletes were allowed to enter any event that was contested by open athletes in all meets. The results show just how many chances there were to compete—and the athletes loved it!

The outstanding athletes were Ed Small of the New York Pioneer Club who dominated the 220, 300, 440, 500, and 600 yard races in Division 1. In the same division, Sid Howard of the Cen-

tral Park Track Club won virtually everything from 880 up to 5K. Other good performances in these events were recorded by L. Stern, C. Pauling, G. Shane, and K. Baker. The sprints in Division 1 were a see-saw battle between R. Deere, L. Riddick, and R. Weaver, all of the New York Masters. Rick Deere and Brian McKenna of the New York Masters had the best shot puts.

In division 2, Vincent Chiappetta of the Millrose AC set the pace in distant races, as did Rudy Valentine of the New York Pioneer Club in the middle distances. Tom Brooks (NYP), Maurice Lentzer (NYM), Gene Kelly (SAC), and Rudy Valentine shared sprint honors. Ed Terranova of the New York Masters was tops in the shot put.

Rob Jackson and Willie Overby of the New York Pioneer Club were the class of the field in the sprints in the submasters division. Nat Watson, also of the NYP shared middle distance honors with R. Jackson. The distance

events were clearly controlled by Brian Kivlan of the Warren Street AC, but Pete Bausbacher of the New York Masters was right up there also. Ivan Black of the New York Athletic Club was dominant in the high jump and also did well in the hurdles.

In all cases, the facilities were flat 220 or 200 meter tracks, and spikes were not permitted. The Armory meet of 1/21/81 was a relay carnival. There

were two meets scheduled at Queens College, one at the 369th Armory and one at the 169th Armory for which I have no results. I apologize in advance for any errors or omissions. To get these results I had to pour over reams of meet results that were unedited, not sorted, out of order, and almost illegible. □

Results in back pages.

1981 National One Hour Run

The Snohomish Track Club of the Pacific Northwest Association of the Athletics Congress will host the 1981 National TAC One Hour Run Junior, Senior and Masters Championships for both men and women.

This event is held on a postal basis. Any TAC-sanctioned race held between September 1, 1980 and August 31, 1981 qualifies for inclusion in the combined national meet.

The individual results and team en-

tries must be received by September 22, 1981 to be included in the national results.

Individual masters awards will be made in 5-year divisions for men from 40 thru 70+, and in 40+ for women.

Team awards will be made in M40-49, M50+ and W40+ divisions.

The entry fee is \$2 per runner and must accompany your entry. Mail to: Al Huff, Snohomish Track Club, 18127 1st Ave. N.W., Seattle WA 98177. (206) 542-2930. □

13th Annual Eastern Regional TAC/Penn-Mutual Masters Track and Field Championships

Sunday, June 28, 1981
Bergen Community College, Paramus, N.J.



Hosted by
North Jersey Masters Track and Field Club



Sanctioned by
The Athletics Congress of the USA
New Jersey Division

Sponsored by
Penn-Mutual Insurance Co., Rasmussen Associates, Financial Services Corp., & Converse

Eligibility: The competition is open to all men and women over the age of 30 who are registered with The Athletic Congress/USA.

Divisions Men & Women: SA (30-34); SB (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); 80 and over.

Awards: Regional TAC championship medals to first three in each division in each individual event. Regional Champion patch to each master winner (40+) with a limit of one patch per individual. Regional championship medals to each member of 1st and 2nd place relay teams in each division.

The Rasmussen Associates Awards to the Club with the highest overall point total, one award for men and one award for women. Drawing for Converse Shoes - retain your number.

Team Awards: Trophy for top men's team in the following age groups: 30-39, 40-49, 50-59, 60+.
Trophy for top women's team, all age groups combined, must have three women to qualify as a team.

Scoring the first finishers in each event on a 6-4-3-2-1 basis. Team members must be members of the same club.

Facilities: 400 meter track, 9 lanes on straightaway, 8 lanes on turn. 1/4" spikes recommended. Lockers and showers available at the Gym Building.

Fees: \$4.00 per event. No post entries. \$10.00 per relay team. Teams may declared at any time before the start of race. Higher division runners may run in lower division, but not vice-versa.

Lodgings: Special rates for participants and families. Hotel accommodations may be reserved at the Ramada Inn, Rochelle Park, located 2 miles south of Bergen Community College (same road but becomes Passaic St.). The Inn is at Exit 160, from the south, or 165, from the north on Garden State Parkway. See travel directions. Use number 1742 BA when making reservation. Single or double room \$35.00.

Questions: Meet Coordinator: Manfred d'Elia, North Jersey Masters, Box 56, Ridgewood, N.J. 07451. Telephone: (201) 445-6029.

Official Entry: Eastern Regional TAC/Penn Mutual Championships

Print

Last Name

First Name

M ☐
F ☐

Age - 6/28/81

Street Address

Town

State

Zip

TAC No.

Club

Phone

Event	Best Recent Mark	Event	Best Recent Mark	Event	Best Recent Mark
1		2		3	
4		5		6	

Total entry fee: \$

Mail entry form and check payable to: North Jersey Masters, Box 56, Ridgewood, N.J. 07451

*Separate relay entry form available at meet.

Please sign Waiver on reverse side

Standards for Weights & Hurdles

	Div. S	Div. 1	Div. 2	Div. 3
Hurdles	39"	36"	33"	30"
Shot Put	16 lb.	16 lb.	12 lb.	8 lb.
Hammer	16 lb.	16 lb.	12 lb.	8 lb.
Javelin	800 gram	800 gram	800 gram	600 gram
Discus	2 kilo	2 kilo	1.5 kilo	1 kilo

Standards for Women in hurdles, all classes: 30"; Shot Put, 8 lb.

Tentative Time Schedule

Track		Field	
Event	Time	Event	Time
10km	10:30	Long Jump	10:30
110H	11:30	Javelin	10:30
100	Noon	High Jump	11:30
1500	12:30	Discus	11:30
400	1:00	Pole Vault	Noon
5000 Walk	1:30	Shot Put	1:00
200	2:15	Hammer	2:00
5000	2:45		
800	3:15		
1600 Relay	3:45		
3200 Relay	4:15		

Concrete throwing circle. Contestants: please bring your own instruments.

Bergen Community College
Paramus, N.J. 07652

(201) 447-1500

Travel Directions

FROM THE NORTH (Using Garden State Parkway) - Use Exit 165, turning right (West) on Ridgewood Road (crossing over Route 17) and continue to Paramus Road. Turn left onto Paramus Road and continue for approximately 2 miles to College which is on the left side of Paramus Road.

(Using Route 17) - Turn right off Route 17 onto Ridgewood Avenue (West) to Paramus Road. Turn left onto Paramus Road and continue as above.

FROM THE EAST (OR WEST) (Use George Washington Bridge from New York City) to Paramus Rd. (From the East, Paramus Road is approximately 1/4 mile past Route 17 intersection). Turn right on Paramus Road and proceed North for approximately 2 miles to College entrance on right side of Paramus Road.

FROM THE SOUTH (Using Garden State Parkway) - Use Exit 160 (Passaic St.). Turn left onto Passaic Street. Continue over Route 4 overpass onto Paramus Road (Passaic St. becomes Paramus Rd. north of Route 4 overpass). Continue North on Paramus Road to College entrance on right.

(Using Route 17) - Use Century Road, first major exit to the right after the Route 4 overpass, proceed around cloverleaf over Route 17 going West on Century Road. Continue to Paramus Road and turn right on Paramus Road to College entrance on right.

Please fill out entry form on reverse side, read waiver statement and sign below.

RACE WAIVER In consideration of the acceptance of this entry, I do hereby, for myself, my heirs, executors, administrators and assigns, waive, release and forever discharge North Jersey Masters Track and Field Club, Inc., the Penn-Mutual Life Insurance Co., Converse, Rasmussen Associates, the promoters and operators of the Eastern Regional Masters Outdoor Track and Field Championships 1981, and their agents, servants, employees and those having an interest in facilities used to or from the said event to be held on June 28, 1981 for any injuries that may be suffered by me therein. I specifically release and discharge the said promoters and sponsors and the Bergen Community College, whose facilities are being used for this event, from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I also give permission for the free use of my name and picture in any broadcast, telecast or other written account of the event.

Signature

Date

1981 CONVERSE ROAD RACES

CONVERSE RACES

DATE	RACE	CONTACT
April 4	East Whittier YMCA 10K	213-943-7241
April 5	Fantasia 10K/San Fernando-Siml Freeway	213-366-5056
April 11	Inglewood Forum 10K and 5K	213-649-7370
April 12	Santa Monica 10K	213-393-0452
April 18	Griffith Park/Calabasas High School 10K	213-888-0012
April 25	Mt. Sac. 1/2 Marathon	714-874-5480
April 26	Encino Optimist 10K	213-992-1188
April 26	SPA-TAC-LDRC Dist. 50K and 100K/Santa Clarita	213-888-5526
May 3	CHIPS-Riverside 10K	714-874-5480
May 10	Train Don't Strain 10K Grand Terrace	714-874-5480
May 17	Santa Anita Spring Classic 10K	213-445-8364
May 17	Big Brothers 5 & 10K/ Queen Mary Dock at Long Beach	213-258-3333
June 14	Irvine COCO'S (M.D.A.) 5 & 10K	714-957-6777
June 21	Century City 10K	213-553-4062
June 28	SPA/TAC/LDRC District 30K Westlake Village	213-888-5526
July 4	SPA/TAC/LDRC/ District 15K Santa Barbara	213-888-5526
July 4	Lake Gregory 10K	714-874-5480
July 12	H.O.P.E. Foundation 10K Pierce College	213-888-5526
July 18	TFA Masters Open 5 & 10K Western Regional Track & Field Championships	213-462-7360
August 23	SPA-TAC-LDRC District 10K X.C. TAC Outstand- ing Athlete of the Year & Converse S.C. Series Run Off 1 CSUN	213-908-0485
Late Entry:		
June 7	Griffith Park 1/2 Marathon	213-888-5526

For more specific information, call any of the Race Directors at the numbers listed above, race coordinator Chuck Lichter at 213-888-5526, or consult the pages of this booklet.



Converse is co-sponsoring a series of 20 road races in Southern California. From 5K's to 1/2 marathons. To track and field events. For men and women in all age groups. And with prizes that will knock your athletic socks off.

PRIZES

FOUR TRIPS TO THE HAWAIIAN MARATHON



Four lucky winners will receive an 8 day trip to Hawaii, courtesy of Pleasant Hawaiian Holidays.

They'll go to the top male and female finishers of the Race Series Run-off at CSUN, August 23. Drawings for two additional trips will be held at the event and every race participant throughout the 20 race series is eligible to win.

MERCHANDISE AWARDS



First, second or third prize winners in each of the seven age groups will receive Converse shoes, jackets and athletic bags. Each entrant has a chance to win Converse shoes at each race in the series.



China Opens Door to U.S. Masters

by HELEN PAIN

At the conclusion of our 2-week fact-finding mission to China and Hong Kong, with the aid of two sports coordinators, James Waste and James

Puckett, and cultural advisor, Mae Lum, I am pleased to report that a limited number of spaces have been reserved for the historical "First China-U.S. Masters Distance Running Tour" departing from Los Angeles for Beijing on Wednesday, October 14, 1981, and returning from Hong Kong on Sunday, November 1.

This 19-day, 17 night competition tour will include 14 days (13 nights) in China and 5 days (4 nights) Hong Kong. The itinerary (which is always subject to change by the Chinese) is planned to include Beijing, Nanjing, Wuxi, Shanghai, and Hangzhou, plus Hong Kong. Races, sightseeing and transfers, all meals in China, hotel accommodations, air and train transportation, visas, plus people-to-people social encounters are all covered in the full price of \$2925.00, based on double occupancy and current airfares (guaranteed at rate when full payment is received and ticket issued.)

We four have toured the above-mentioned cities, met the leaders of the sports organizations, witnessed the centuries-old sightseeing opportunities, and appreciated the warmth and open friendship of the Chinese people.

To those U.S. Masters Distance Runners who are willing to forego

American-style living for two weeks and are prepared to experience a different culture (ancient Asian-acquiring Western accents) we invite you to apply for membership in this long-awaited event.

See the Great Wall, Forbidden City, silk factory, the mighty Yangtze River, and much more on the Autumn '81 Tour of China.

P.S. Yes, we have also initiated plans for our U.S. Masters Track & Field Competition for fall of '82. This is another historical "first!" □

Report From Britain

by ALISTAIR AITKEN

LONDON, March 29—In constant drizzle but little wind off the Thames River, Joyce Smith, 43, the IAAF world cross-country champ in 1972 and bronze medalist in the European 1500 in Rome in 1964, chipped 31 seconds off her 1980 world veteran best with a blistering 2:29:56, fastest ever by an over-40 woman.

The flat, but sharp-cornered course, produced fast times among the 6700 starters and 5300 finishers, including my own PR of 2:52:35. Race director Chris Brasher got tremendous media coverage and crowd support.

Bill Venus, 41, 3rd place finisher in the World Vets 10K in Glasgow in 1980, ran an impressive 2:22:59 for 41st overall position. Vets Eric Austin (2:23:29), Jim Alder (2:26:10) and Jim Avis (2:26:38) were next.

The course ran from Greenwich, round the Isle of Dogs, through London, along the Embankment, and finished in Constitution Hill just adjacent to Buckingham Palace Gardens. □

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 for NMN is the 10th of the prior month. Send to *National Masters Newsletter*, P.O. Box 2372, Van Nuys, CA 91404.

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Great VALUE

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Come & Compete this December '81 with Sports Travel Intl.

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"DISCOVER THE
DIFFERENCE"
VACATION WEEK

Haiti, May 31—June 7

RESERVE TODAY AND ENJOY
A FREE CASE OF PERRIER!

Break the mold. Kick up your heels. Try a vacation with a new twist. Discover the all-natural vacation this spring, at a specially designed week full of sports, exercise and beauty events, featuring:

- Dr. Bob Arnot, Sports medicine doctor for the Winter Olympics
- Carol Gutierrez, of Jane Fonda's Workout
- Howard Jacobson, champion racewalker
- Gail Becker, nutrition consultant, formerly with Weight Watchers International
- Michael Holland, beauty consultant
- Sports tournaments and competitions, with prizes, plus the usual, all-inclusive Club Med package.

\$430. plus Airfare

with Sports Travel Intl

FIRST CHINA-UNITED STATES MASTERS DISTANCE RUNNING TOUR

October 14 to November 1, 1981

\$2,925.00

Beijing, Nanjing, Wuxi, Shanghai, Hangzhou, and Hong Kong

Meet, Eat, and Compete with the Chinese
Be a Pioneer on this Challenging Frontier

Palaces, Great Wall, Temples, and Tombs
Artifacts, chopsticks, history-filled rooms
Are all a great caper
But don't hold a taper
To running in this beautiful land
To be able to hold the Chinese' hand
And learning to love the people grand!

Coordinator of Distance Running Events: JAMES WASTE (415) 986-5060
478 Jackson Street, San Francisco, CA 94111

Assistant Coordinator: JIM PUCKETT (503) 667-7354
Mt Hood Community College, 26000 S.E. Stark, Gresham, OR 97030

Cultural Adviser: MAE LUM (805) 831-6472
2510 Wilson Road, Bakersfield, CA 93304

To apply for this Competition Tour arranged and sponsored by Sports Travel International, Ltd., fill out the enclosed form and forward with \$500. per person deposit (fully refundable until June 30th, when a \$100. penalty is imposed on approved applicants until September 15, after which the cancellation penalty is \$500. plus any airfare penalties. Therefore, travel insurance is strongly recommended.)

Our limited number of reservations in China will be held until June 30th; deposits received after that time will be accepted only if additional space can be acquired. All applications are subject to approval by the Chinese government.

Final payment is due no later than August 15. Prices are subject to change; however, trans-Pacific airfare will be guaranteed at the date full payment is received and passenger ticketed.

The price includes races, sightseeing and transfers, all meals in China, hotel accommodations, air and train transportation, visas, plus people-to-people social encounters plus some meals in Hong Kong and is based on double occupancy and current airfares.

To: SPORTS TRAVEL INTERNATIONAL, LTD., P.O. BOX 7823, SAN DIEGO, CA 92107

Enclosed please find \$ (500. per person) deposit for application for persons to participate in the First China-U.S. Distance Running Tour, October 14 to November 1, 1981.

The following information is necessary for each applicant:

Name	Address	Home phone
		Business phone
Birthdate and place	Passport number, Expiration date, Where issued	

McCaskill Surprises in San Diego Grand Prix

by VALDEMAR SCHULTZ

SAN DIEGO, March 22—Dan McCaskill, a master just 11 days, outkicked Mike Tymn to win the San Diego Nike/Penn Mutual Grand Prix Series 10K today.

Tymn, who edged Dave Hambly of Snohomish TC in last year's 10km at San Diego, found himself towing McCaskill through the race until, with about a kilometer to go, Dan picked up the pace and won by six seconds in the fine time of 49:12, a 45-second PR.

Tymn, of the Mid-Pacific Road Runners (Hawaii), was unaware of McCaskill's recent surge to prominence in the masters' ranks. Only two weeks previous, Dan had broken 50 minutes in a local 15-kilometer road race, but Bill Stock, race director of the host San Diego Track Club, knew Dan was not only getting stronger, but also that he would give the race his all; he knows no other way.

For the first part of the race, Bill Meinhardt, West Valley J&S, made it a threesome at the front, but let go and hung on for a solid third place in 49:50. Sub-masters (35-39), running in the race for individual honors only, were not a factor as their division winner finished 11th overall.

In the women's race, Bonnie Storm of the West Valley TC, was the overall winner in 59:50, followed by Joan Ullyot, also WVTC, in 60:28 and Jennifer Wright, SDTC, in 60:43. Each won her respective division; Storm the 35-39, Ullyot the 40-44 and Write the 45-49. Marilyn Harbin of WVTC took the early lead, but faded to fifth woman and fourth on the strong West Valley team. However, since Dr. Ullyot cannot make the trip to the NIKE/U.S Club Road Racing Championships in Philadelphia, Harbin is taking her place.

Tymn got some measure of revenge on his conqueror, by leading his Mid-Pac club to the team title over the

Culver City Athletic Club. Third place went to the San Diego TC. West Valley Joggers & Striders finished fourth, in the very exciting team competition. Tymn and fourth-place Jeremy Clark cheered teammate Jim Gallup to ninth place, and though CCAC's team had already come in, Mid-Pac RR had lower total places, and will be one of the favorites for the Philadelphia race.

The women's team race was no contest as WVTC took 1st, 2nd, 4th and 5th. The SDTC had a strong showing for the second place and Mid-PacRR were a distant third. WVTC's scoring team was Storm, Ullyot and Karen Lanterman.

Andre Tocco, CCAC, ran a fine race to finish fifth overall and cop the 45-49 title. The 50-54 awards were both won by SDTC members. Race director Bill Stock won the men's award and Nicki Hobson, SDTC, the women's. Jim O'Neil's 52:41 appears to be a new age group (55-59) record, according to the NRDC records through 1980. Jim, running for SDTC, finished 12th in the race of the nearly 150 finishers.

The popular San Diego running area in Mission Bay Park provided a fast, flat course. There was a bit of grousing about heat (60-65 F) from the San Francisco Bay area competitors, for though the race started at 7:30 in the morning, there was plenty of SD's traditional sunshine. Another difficulty encountered by the runners in the last two miles of pathway was the number of strollers racers were obliged to dodge.

World veterans 800 champion George Cohen extended his distance and looked very strong and comfortable finishing near the first twenty or so.

Penn Mutual General Agent Rocky Lucia was in attendance, as was public relations man Bill O'Brien. Rocky and a few of his PM associates helped with the split timing and aid stations, according to Stock, above and beyond the call of duty. Penn Mutual's contributions to the master's movement is exemplified by this selfless "hands-on" attitude. □

Results in back pages.

Virginia Indoor Championships

by JOE MARTIN

LEXINGTON, Virginia, March 7—Twenty meet records were broken, 2 were tied, and, in the women's division, 7 new ones were set in the 5th Annual Virginia Association State Masters Indoor Track and Field Championships in the VMI Field House today.

The Tidewater Striders gained the Submasters title; the combined Masters I and II crown was taken by the Charlottesville Track Club.

The Richmond Track and Field Club scored every point in the III and IV

division as Milton Bass, C.E. Kline and Sherm Burho shone.

Kathy Thomas was named top woman performer. Lew Faxon won top honors in the Masters I Division as he broke records in the 1500 (4:25.8) and the 5000 (15:54.9). William Meadows was outstanding submaster with four wins and a third.

Rudy Enders, 49, won 5 events. Ireland Sloan, 38, posted a 15:18 5000. John Hosner, 56, ran a 17:53.5. Harold Green tied his own 55 dash record of 7.0, while John Tucker bettered the submasters 400 mark in 53.3.

Results in back pages. □



PENN MUTUAL, TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS INFORMATION SHEET



Entry Fees

\$5 first event \$16 relays
\$3 additional events \$10 pentathlon

AGE AS OF AUGUST 15 DETERMINES AGE GROUP

Entry Deadline

Postmarked August 1, 1981

Transportation

From San Jose Airport to Motel and return — Call 354-5660. This number will be in operation on Thursday, Friday, Saturday and Sunday only.
To San Jose City College for Steeple & Hammer — The transport will leave Los Gatos Lodge

Late Entries

Will be returned

Facilities

Chevron 400 Track & Runways
¼ inch Spikes or Flats only
Concrete Throwing Rings

Grass Javelin Runway
Lockers & Showers — Bring lock & towel
Physiotherapy & First Aid Tent — 8-4 daily

Awards

TAC Championship Medals — First three places
Certificates first six places

Schedule of Events

Published schedule will be closely adhered to — prelims scheduled and not needed will be announced on meet day. This info will also be available by phone after August 7, 1981, according to info available at that time. Elite hurdles entrants may not enter WAVA spacing hurdle events.

Registration

NO REGISTRATION NEEDED ON RACE DAY

1. Pick up packet
2. Report to start when event called
3. No refunds for no-show
4. TAC registration will be available and required to obtain your packet.

Banquet or BBQ

400 only — Steak dinner — Saturday Night, 7:30, St. Mary's Hall — \$16 per person

TAC Masters Meeting

Saturday, August 15, Mountain Charlie's Banquet Room — 8:30

Results

Results will be published in the September National Masters News Letter. No results will be mailed. Subscription to NMN for \$12/year — write: National Masters News Letter, P.O. Box 2372, Van Nuys, California 91404.

10,000 METERS — will be run in 2 sections — 50 & over and Women and 30-49
1st section the clock will be stopped after 1 hour, 10 minutes 2nd section — 55 minutes
800m OR ABOVE — If there are too many entrants, sections will be run and entrants selected — seeded according to submitted times.
ORDER OF COMPETITION FIELD — Women first, oldest to youngest
STEEPLECHASE & HAMMER THROW — will be contested at San Jose City College
*Please note W.A.V.A. hurdle spacing, heights and weight implements will be used.
70+ steeplechase will be at 2,000 meters.

Los Gatos, California August 15, 16, 1981 Los Gatos High School Track

• ENTRY FEES •

\$5.00 first event, \$3.00 each additional event
\$16 for relays, \$10.00 for Pentathlon

ENTRY DEADLINE: August 1, 1981

AWARDS FOR 6 PLACES WHEN EVENTS FULL.

Banquet — \$16 per person, Saturday, August 15

Saturday, August 15

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

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

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

JAVELIN
TRIPLE JUMP
1600m RELAY
PENTATHALON

TEAR OFF ENTRY BLANK AND RETURN TO:

PENN MUTUAL TAC NATIONAL
MASTERS TRACK & FIELD CHAMPIONSHIPS

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

SEE REVERSE SIDE FOR REQUIRED SIGNATURE.

Name (Last) (First)

Phone

Address (Number & Street)

Date of Birth

(City) (State) (Zip)

Age as of August 15, 1981

Events Entered

Current Times

Club Affiliation

Amount Enclosed

(Make checks payable to Los Gatos Athletic Association, Inc.)

NO REFUNDS FOR DEFAULT

Circle one: MALE FEMALE

Banquet ☐

T-Shirts ☐ ☐ ☐ ☐

S M L XL

Your TAC #

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



PENN MUTUAL - TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS AUGUST 15, 16

LOS GATOS, CALIFORNIA
LOS GATOS HIGH SCHOOL TRACK



Sponsored by
Penn Mutual Life Insurance Company
Nike
Track-Athletics Congress
Los Gatos Athletic Association

SATURDAY, AUGUST 15, 1981

8:00	2,000m steeple chase	over 70
8:00	3,000m steeple chase	San Jose City College
8:00	5,000m walk	
8:45	10,000m run	50 & over & women
10:00	10,000m run	30-49
10:55	400m prelims	30-34
11:00	400m prelims	35-39
11:05	400m prelims	40-44
11:10	400m prelims	45-49
11:15	400m prelims	50-54
11:20	400m relay	women
11:25	400m relay	30-34, 35-39
11:30	400m relay	40-44, 45-49
11:35	400m relay	50-54, 55-59
11:40	400m relay	60-64, 65-69, etc.
12:00	800m final	women, 70-74, 75-79, 80+
12:05	800m final	65-69
12:10	800m final	60-64
12:15	800m final	55-59
12:20	800m final	50-54
12:25	800m final	45-49
12:30	800m final	40-44
12:35	800m final	35-39
12:40	800m final	30-34

LUNCH FOR OFFICIALS

1:10	100m prelim	women
1:15	100m prelim	60-64, 65-69
1:20	100m prelim	55-59
1:25	100m prelim	50-54
1:30	100m prelim	45-49
1:35	100m prelim	40-44
1:40	100m prelim	35-39
1:45	100m prelim	30-34
1:55	100m hurdles	women 30-40
1:55	80m hurdles	women 40+
2:00	80m hurdles	70+
2:05	100m hurdles	65-69
2:10	100m hurdles	60-64
2:15	110m hurdles	55-59
2:20	110m hurdles	50-54
2:25	110m hurdles	45-49
2:30	110m hurdles	40-44
2:35	110m hurdles	35-39
2:40	110m hurdles	30-34
2:40	110m hurdles	Elite*
2:45	400m final	women
2:50	400m final	70+
2:55	400m final	65-69
3:00	400m final	60-64
3:05	400m final	55-59
3:10	400m final	50-54
3:15	400m final	45-49
3:20	400m final	40-44
3:25	400m final	35-39
3:30	400m final	30-34
3:40	100m final	women
3:45	100m final	70+
3:50	100m final	65-69
3:55	100m final	60-64
4:00	100m final	55-59
4:05	100m final	50-54
4:10	100m final	45-49
4:15	100m final	40-44

*Elite hurdle event 10 yard spacing
(30-39) 42", (40-49) 39", (50-59) 36".

FIELD EVENTS: SATURDAY, AUGUST 15

8:00	hammer	San Jose City College
9:00	pole vault	
1:00	45-up	
1:4	shot put	
1:4	long jump	

SUNDAY, AUGUST 16

8:00	5,000m run	50+ women
8:30	5,000m run	30-49
9:00	200m prelim	55-59
9:05	200m prelim	50-54
9:10	200m prelim	45-49
9:15	200m prelim	40-44
9:20	200m prelim	35-39
9:25	200m prelim	30-34
9:45	400m I.H.	70+
9:50	400m I.H.	65-69, 60-64
9:55	400m I.H.	55-59
10:00	400m I.H.	50-54
10:05	400m I.H.	45-49
10:10	400m I.H.	40-44
10:15	400m I.H.	35-39
10:20	400m I.H.	30-34
10:35	200m final	women
10:40	200m final	70+
10:45	200m final	65-69
10:50	200m final	60-64
10:55	200m final	55-59
11:00	200m final	50-54
11:05	200m final	45-49
11:10	200m final	40-44
11:15	200m final	35-39
11:20	200m final	30-34
11:30	1500m final	women
11:40	1500m final	70+
11:50	1500m final	65-69
12:00	1500m final	60-64
12:10	1500m final	55-59
12:20	1500m final	50-54
12:30	1500m final	45-49
12:40	1500m final	40-44
12:50	1500m final	35-39
1:00	1500m final	30-34

LUNCH FOR OFFICIALS

1:30	1600m relays
2:00	pentathlon

FIELD EVENTS: SUNDAY, AUGUST 16

9:00	Discus
9:00	High Jump — North pit — Women and 60+ Men
	High Jump — South pit — Men 30-59
11:00-2:00	Javelin
11:00-2:00	Triple Jump

WAVA By-Laws, Heights and Standards

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

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

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

Men	Height	a	b	c
40	110 meters	99.6	13.72	8.7
50	110 meters	91.4	13.72	8.5
60	100 meters	84.0	13.00	8.5
70+	80 meters	76.2	12.00	8.0
				(8 hurdles)
Women	Height	a	b	c
35	100 meters	76.2	13.00	8.5
40+	80 meters	76.2	12.00	8.0
				(8 hurdles)

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

STEEPLECHASE

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

WAIVER:

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Los Gatos Athletic Association, TAC-Pacific Association, Los Gatos High School, Penn Mutual Life and Nike and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the Penn Mutual, TAC National Masters Track & Field Championships held August 15 and 16, 1981, at Los Gatos High School, Los Gatos, California.

Date: _____ Signature: _____

National Running Data Center

from BOB MARTIN
Executive Director

Of 154 age marks for 15K listed in the 1981 edition of "Running Records By Age," more than half were set in 1980. Marks were set by residents by runners of 30 states, led by California, Oregon and New York. The Cascade-Run-Off produced 25 of the 85 new 15K marks in 1980. The Gasparilla Distance Classic and National Masters 15K Championships in Washington each produced eight new age marks.

"Running Records by Age, 1981" is available for \$4.95 from NRDC, Box 42888, Tucson AZ. 85733. It shows age records for 15 track events from 100

meters to 100 miles, and for 13 road running events from 10K to 100 miles. □



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

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

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

<u>Dist</u>	<u>Age</u>	<u>ance</u>	<u>Div.</u>	<u>Time</u>	<u>Name</u>	<u>Residence</u>	<u>St</u>	<u>Race</u>	<u>Old</u>	<u>Date</u>	<u>Record</u>	<u>Held by</u>
10K	M40			31:03	Tom Laris		CA	3-22	31:31			Tom Laris
10K	M50			33:21	Ulrich Kaempf		CA	3-22	33:51			Joe Burns
10K	W60			47:26	Kay Atkinson		CA	2-1	49:26			Kay Atkinson
10K	W55			41:26	Helen Dick	Los Angeles	CA	2-15	41:54			Mary Storey
1/2 Ma.	M55			1:15:04	Jim O'Neil	San Diego	CA	3-7	1:15:26			Ed Almeida
10K	W55			40:44	Margaret Miller	Los Angeles	CA	2-2	49:26			Mary Storey



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Application for lodging, please circle dates required.

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

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

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

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

All rates are per room per night.

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

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

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

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

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

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

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

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

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

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

Peter Berry

AVON Running

We did it!
A Women's
Olympic
Marathon
in 1984!

Join Us and Celebrate
at the Avon International
in Ottawa, August 23rd.



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The Olympic Committee's decision to add the women's marathon to the 1984 Games in Los Angeles was based on widespread interest and participation in the sport—as well as elite performances. Women all over the world—of all levels and abilities—who participated in the Avon International Marathons in London, Waldnieel and Atlanta helped convince the IAAF and the IOC that women are ready and willing to go the distance. So even if you cannot run as fast as Lorraine Moller, Joyce Smith, Marty Cooksey and Joan Benoit, you can come out to run and celebrate the victory that women everywhere have earned.

Join us this August 23rd in Ottawa for the fourth annual Avon International Marathon, and meet the Olympic hopefuls for 1984. Women athletes from more than 30 countries are expected in Ottawa—one of the world's most beautiful cities and also a runner's paradise.

The official Avon marathon travel agency, Hal Higdon & Roadrunner Tours, has designed programs for all runners from budget weekend packages to one and two week holidays which will permit you to combine participation in this great international event with a Canadian summer vacation. In the last three years, the Avon Marathon has established itself as the single most important race for women as well as an exciting event for those men who support their efforts.

Join us. And vote. Kathrine Switzer

Director, Avon International Running Circuit
For schedule of Avon races, write:
Avon Running, 9 W. 57th St., N.Y., N.Y. 10019

Roadrunner Tours, 301 W. Hwy 20
Michigan City, IN 46360
219-872-7217

Debate On WAVA Standards

WEIGHTS

by GERALD WOJCIK, Granada Hills, Calif.

That the *National Masters Newsletter* has been criticized for not devoting more attention to field events, particularly the throws, should come as no surprise since the NMN reflects the general attitude of the masters track and field movement leadership toward field events. This is shown in the recent adoption by WAVA of the 7.26 k. hammer for ages 50-59 and the 6 k. hammer for ages 60-69. To make a 59 year-old throw a 16 lb. hammer borders on brutality, and a 69 year-old throw a 13+ lb. hammer is criminal. The behemoths, of course, will be happy, but why reduce the effectiveness of all 160-pound competitors in favor of two or three people who are more concerned with age-group records than in common sense? Why did our representatives acquiesce so readily to the European weights without a fight? What else? Ignorance or a lack of information because they are more concerned with politics and track, not field. Why didn't they increase the weights for the shot and discus for the same age groups? And increase the hurdle heights while they were at it? Or does that come in 1983? Why make concessions for the ravages of age for 70+ steeplechasers? Let's make it tough for everybody.

How many 6 k. hammers are available in the U.S. as compared to 12 lb. hammers? We'll have to import them or have our 12 lb. hammers re-bored and made heavier. An unnecessary expense and a pain in the neck. However, despite those things, I could have accepted the 6 k. for 50-59, but I'll never understand the 16 lb. for that age-group. The representatives must have been drunk with victory or power or from something else to be unaware of this.

Any veteran athlete who thinks that what the masters movement is all about is anything but playing games is sadly deluded. So, why take the fun out of it? The WAVA Executive Committee can "play all the games" it wants, but it should not prevent us from playing ours.

Therefore, I am urging all U.S. meet directors and organizers with any sense to disregard the WAVA hammer standards and to retain these standards: the 16 lb. up to 50; the 12 lb. to 60; and the 8 lb. to whatever. Throwers concerned with world age-group records with the WAVA weights can try for them before, during, or after the competition, a practice common to masters track and field meets.

A glance at the meet schedule for the West exacerbates the hammer situation. Competitors in any meet held at U.S.C. do use a fine facility. Everyone,

that is, except hammer throwers, who, because U.S.C. does not have a hammer area on or near its track, must travel to Long Beach State, at least 40 miles away, to compete, then return to S.C. for other events. Can anyone even imagine sprinters driving 40 miles to Long Beach for the 100, then driving back for other events without a fuss? And I'm glad that Los Gatos has been chosen as the site for the nationals because, although L.A. would have been convenient, this gives me an excuse to visit Northern California. And, you're right, the facility at Los Gatos is a showpiece, with one exception. You guessed it! There's no hammer area at Los Gatos High. Well, actually that's not completely true. There was one for the 1978 Western Regionals, a makeshift site on a practice field of some sort, until Stew Thomson threw a hammer into a condo tennis court adjoining the field. Since then, the hammer has not been contested at Los Gatos meets, I believe; the 35 lb. weight is substituted instead. In addition, the throwing ring in 1978 was on a portable, raised wooden platform with a no-skid surface. Something will have to be done about that; otherwise, I would advise eastern throwers to practice on a sandpaper covered, wooden pallet before they come out West. Or, perhaps we can fly to Long Beach State. All of this so that I can throw a 16 lb. bowling ball for nine more years. I don't mean to carp and snivel, but it should be quite clear that throwers have to put up with conditions that many master athletes would rebel at because meet directors don't give a damn, or perhaps more accurately, just don't know any better.

PENTATHLON SCORING

by EDWARD MARTIN, Orange, Calif.

I enjoyed Jack Karbens' letter in the March issue. My confusion is increased each time results are published for the pentathlon in NMN. The scoring is even more mysterious when I try to convert performances into the IAAF scoring system.

The value and utility of the WAVA system has to be questionable at best, since the Masters Age records for both the Pentathlon and Decathlon are maintained under the IAAF scoring system, and since the WAVA distorts the value of the running and jumping events.

The WAVA distortion is even greater due to the fact that Masters performances in the weight events do NOT decline as rapidly with age as do speed efforts. We should stay with the IAAF system, and thus retain an absolute standard of comparison which is accepted in the international track and field community.

As to the future of the Pentathlon, I do not understand why masters meet directors do not consider including a pentathlon competition as a normal event on the schedule. In the last two

years, NO pentathlon competition has been conducted on the West Coast and I assume that none is planned for the future. Meet directors such as Hilliard Sumner and Bruce Springbett: please note this omission and consider some corrective action in the future.

WEIGHT PENTATHLON SCORING

by PHIL PARTRIDGE, Boynton Beach, Fla.

The World Veterans (WAVA) Scoring is not satisfactory for Weight Pentathlons.

Typical is the 1979 North American Weight Pentathlon:

-It had no scoring system for submasters.

-In the 40-44 age group, every contestant lost points under WAVA scoring compared to Olympiad IAAF.

-In the 45-49 group, the lowest scorer lost 81 points. The winner collected 623 additional points above what IAAF scoring would have given him.

-In the 50-54 division, the low man lost 280 points, the high man gained 104.

It's this Robin Hood-in-reverse aspect that is the worst feature of the WAVA scoring system. It steals from the poor who need encouragement and gives to the rich who have enough. It is badly out of balance and time consuming to apply.

Fortunately, we have a new scoring system that overcomes the above problems, including different weight implements thrown in different meets. It

is quickly and easily applied. It can be worked out for scoring running and jumping events as well. It has been checked out by two engineers in Masters Track who pronounce it O.K.

There is still confusion and some disagreement over what weight implements should be thrown by men over 50 in weight pentathlons. The official weights have been changed a number of times. And different areas use different weights.

A committee of top throwing men is proposed to study the problem and make recommendations to the Athletics Congress.

MULTI EVENTS

by RODNEY CHARNOCK, Norfolk, England

The letter from Jack Karbens of Hawaii raises a number of points made by multi-event athletes in other countries. Therefore, I feel it may be of interest to NMN readers to describe a project to encourage the development of masters multi-events worldwide.

The objective of the project is to develop competitions and incentives; to standardize events and scoring tables; and to compile world all-time rankings for each age group in the pentathlon and decathlon. The USA coordinator of the project is Ed Oleata.

1. Masters multi-events competitions:

The Pentathlon is well established and is staged at the World Games, European Championships, and at many national and regional meets. But the Decathlon needs further develop-

WAVA INTERNATIONAL WEIGHTS AND STANDARDS

(in metric and English measurement)

MEN	Shot	Discus	Hammer	Javelin	MEN	SHOT	DISCUS	HAMMER
40	7.26	2.00	7.26	800	40	16#	4.4#	16#
50	5.50	1.50	7.26	800	50	12#	3.3#	16#
60	4.00	1.00	6.00	600	60	8.8#	2.2#	13.2#
70+	4.00	1.00	4.00	600	70+	8.8#	2.2#	8.8#
WOMEN								
35	4.00	1.00		600				
40	4.00	1.00		600				
50	3.00	1.00		400				
60	3.00	1.00		400				
70+	3.00	1.00		400				

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

MEN		height	a	b	c	
40	110 meters	99.6	13.72	8.7	17.98	
50	110 meters	91.4	13.72	8.5	19.78	
60	100 meters	84.0	13.00	8.5	10.50	
70+	80 meters	76.2	12.00	8.0	12.00	(8 hurdles)
WOMEN						
35	100 meters	76.2	13.00	8.5	10.50	
40+	80 meters	76.2	12.00	8.0	12.00	(8 hurdles)

STEEPLECHASE

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

<u>MEN HURDLES:</u>		<u>Height</u>	(a)	(b)	(c)
40	110M	39"	45'	28' - 6"	58' - 11½"
50	110M	36"	45'	27' - 10½"	64' - 10½"
60	100M	33"	42' - 7"	27' - 10½"	34' - 5½"
70+	80 M	30"	39' - 4"	26' - 2¾"	39' - 5½"
<u>WOMEN'S HURDLES:</u>					
35	100M	30"	42' - 7"	27' - 10½"	34' - 5½"
40	80 M	30"	39' - 4"	26' - 2¾"	39' - 4½"

ment. There has been a lack of standardization, particularly with the hurdles, and relatively few competitions have been staged.

The objective is for Masters multi-event athletes to enjoy a range of events in the same manner as the distance and road runners, e.g. 1) Pentathlon; 2) Decathlon; 3) Weight Pentathlon; 4) Short Decathlon; 5) Fitness for Life Competitions. (The latter two events were recently introduced by Dave Thoreson.)

2. Point Scoring Systems

The WAVA scoring tables for masters are excellent and are more effective than the IAAF tables. However, a problem does exist as mentioned by Karbens, in that performances in the throwing events receive significantly lower points than equivalent performances in other events.

This makes comparisons between individual event scores misleading, but does NOT significantly influence the overall result. Still, it is not an ideal situation, and we are waiting for Ian Hume's comments. We are also looking into hundreds of scores to arrive at a balanced conclusion before making a recommendation to WAVA. We will send

details of any recommendation to NMN.

Please use the latest (1980) WAVA scoring tables for your meetings. Some confusion has arisen by the use of outdated tables.

Please send full results, including ALL INDIVIDUAL event performances, to the National Masters Newsletter and to the address below.

3. World all-time rankings.

In order to provide additional incentives for multi-event athletes, I am compiling world all-time ranking lists for each age group in the Pentathlon and Decathlon. These lists will be compiled using BOTH the IAAF and WAVA (1980) point systems. Thus, we need details of each performance in individual events.

Please send details of your scores and any comments regarding masters multi-events to: Rodney Charnock, September Cottage, Stanhoe Road, Docking, King's Lynn, Norfolk, England. □

HURDLES

by BOB HUNT, Anaheim, Calif.

Now that WAVA has completely loused up the distance to the first hurdle and messed

up the distance between hurdles for the 60-year-olds, I predict some bad spills and serious injuries will occur this season if directors use the WAVA rules.

When they shortened the spacing between hurdles in Hannover, I smacked the sixth hurdle but good and lost a gold medal. In New Zealand, we were surprised to find the hurdles height at 33" instead of 30" as stated by NMN on two separate occasions.

What started out as a close and thrilling race almost turned into disaster when Burl Gist smashed into the 7th hurdle and almost went down. It was even a worse mistake to change the distance to the first hurdle.

The only positive move coming out of this mess is the advance publication of the hurdle measurements to be used at the next World Games in 1983.

In trying to conform to the shortened distance to the 1st hurdle, I've already taken two bad spills causing a severe injury to my left ankle and putting me out of commission indefinitely.

Do WAVA hurdle heights and distances also apply to the

decathlon? and, if so, won't this effect scores, especially if a world record should occur? What about the new distance of 100-meters, instead of 110?

I vote for restoring the standard men's hurdle distances of 15 yards to the first hurdle and 10 yards between. The men should adjust to the distances, not adjust the distances to the men. It's been successful for umpteen years. Why mess up a good thing?

(Clearly, the above comments reflect problems that are not quickly going to go away. WAVA rep Bob Fine and WAVA Technical Chairman Ian Hume have been invited to reply. We hope to have their comments next month.

NMN correctly printed on at least 3 occasions in September and October that the 110-meter hurdle height for the 60-69 group would be 33" in Christchurch.

Two 1981 West Coast pentathlons are scheduled: at the Western Regionals and at the Nationals, both hosted by Bruce Springbett.

National Masters T&F Chairman Jim Weed urges the use of all WAVA standards this year, but has added an "elite" hurdle race (with the 10-yard spacings) at the Western Regionals and Nationals. The Eastern Regionals, however, will use the old 1980 U.S. standards (e.g. 30" for the 60-69's, 12 lb. shot for 50-59's, etc. See entry blanks for those meets in this issue.) So we still have a way to go before uniform standards are adopted. —Ed.) □



North American Indoor Championships

continued from page 1

wears them out—these people ran and jumped like maniacs for two solid days. Ron Fox, ubiquitous clerk of course, announced early it was going to be a good one. Upon arriving at the sparkling new Forest View complex, he asked if anyone had seen Wendy Miller. Fox claims there was no response and finally someone said, "I don't even know her."

The Canadians clearly dominated the meet with an awesome array of talent and pulchritude.

Ian Hume: Age 69

Serving as both a warmup and simply for laughs, this lanky ex-everything jumped on a greyhound bus and dead headed 22 hours from up somewhere to Chicago for the meet. Fortunately, Hume arrived in Chicago at 6:00 a.m. Friday morning with nothing to do. The meet organizers quickly put him in charge of the running, throwing and jumping events. There was a minor riff later in the meet but meet director Wendell Miller made light of the incident, "I don't mind saying," said Miller, "I was plenty browned off when I caught the guy trying to enter events himself. I'd put him in charge of the meet and expected a total commitment." It all seemed to work out in the end and Ian provided quality as both a volunteer and a contestant.

Ivy Granstrom: Age 69

Ivy stole the show, no doubt about it. Blind since birth but competing thru her close friend Paul Hoeberger in several events, this gal overwhelmed us all. Running well and charming everyone who came near her, Ivy also got off the best line of the meet when she was overheard saying to Paul Hoeberger, "Tell me before they take anymore pictures so I can get my warmup pants off—my legs are the best part of my figure." Ivy, take it from an old lecher, John Dick, (4A) you have a great figure, period.

Charlie Polhamus: Age 37

All the way from Fitzgerald, Georgia to the big town with more bounce to the ounce than Dolly Parton. Charlie went 15-6 ½ and over 15 by a foot. One good try at 15-10 but Charlie assured everyone, "Don't worry, I'll git it." At 15-6 ½ Charlie said, "Wendy boy, why don't you all git on that PA and let the folks know what 'Ol Charlie Polhamus is up to". You'll hear more from this rocket soon—good going Charlie!

continued on page 21

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TRACK & FIELD RESULTS

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

RESULTS OF THE 1980-1981 INDOOR DEVELOPMENTAL MEETS IN NEW YORK CITY

168th St. Armory 12/5/80

Age	Name	Club	Mark
60 Yards			
30+	R. Jackson	NYP	7.0
30+	N. Watson	NYP	7.0
30+	T. Bryant	NYP	7.1
30+	I. Black	AC	7.1
40+	R. Deere	NYM	6.9
40+	R. Weaver	NYM	7.2
40+	C. Pauling	NYM	7.4
40+	T. Talbott	NYM	8.1

300 Yards			
30+	N. Watson	NYP	35.5
40+	E. Small	NYP	35.6
30+	T. Bryant	NYP	36.3
40+	M. O'Neal	NYP	36.7
30+	D. Schmeltzer	NYP	37.0
40+	D. Pratt	PM	38.1
50+	G. Kelly	SAC	41.2
50+	J. Kelly	SAC	46.3

1000 Yards			
30+	R. Jackson	NYP	2:30
30+	L. Seltzer	WS	2:33
40+	C. Pauling	NYM	2:34
40+	M. O'Neal	NYP	2:40
30+	P. Jayson	WS	2:41
40+	T. Talbott	NYM	2:45
40+	J. Slater	PP	2:45

1 Mile Run			
30+	B. Kivlan	WS	4:30
40+	S. Howard	CP	4:50
30+	E. O'Reilly	PP	4:52
30+	K. Lowe	CP	4:53
50+	K. Brown	NJ	5:00
30+	P. Bausbacher	NYM	5:23
40+	Wolk	IT	5:30
40+	H. Bohigian	NYM	5:36

3 Mile Run			
40+	S. Howard	CP	16:27
40+	R. Clerk	NYM	16:47
30+	B. Firis	NJ	16:36
60+	G. Jaffee	UN	21:35

168th St. Armory 12/21/80

60 Yards			
30+	R. Pendelton	NYP	6.9
30+	I. Black	AC	7.1
50+	T. Brooks	NYP	7.3
50+	J. Kelly	SAC	8.2

220 Yards			
30+	W. Overby	NYP	24.9
30+	R. Jackson	NYP	25.0
40+	E. Small	NYP	25.3
40+	R. Deere	NYM	25.4
40+	M. O'Neal	NYP	25.6
30+	I. Black	AC	26.3
50+	G. Kelly	SAC	28.9
50+	J. Kelly	SAC	29.7

168th St. Armory 12/12/80

Age	Name	Club	Mark
70 Yard HH			
30+	I. Black	AC	9.5
30+	D. Schmeltzer	NYP	9.6
60 Yards			
40+	L. Riddick	NYM	7.1
40+	R. Weaver	NYM	7.1
40+	R. Deere	NYM	7.3
30+	R. Pendelton	NYP	7.3
40+	E. Gil	NYP	7.6
40+	T. Talbott	NYM	8.0
50+	G. Kelly	SAC	8.1

220 Yards			
30+	D. Schmeltzer	NYP	25.9
30+	I. Black	AC	26.2
50+	R. Valentine	NYP	26.5
50+	N. Giaquinto	NYM	26.6
40+	R. Barnes	NYP	27.0
40+	A. Gaton	NYP	27.0
40+	C. Pauling	NYM	27.8
60+	J. Manno	NJM	28.5
50+	G. Kelly	SAC	29.3
40+	T. Talbott	NYM	29.6
50+	D. Marketson	UN	32.5
300 Yards			
50+	R. Valentine	NYP	37.5
40+	C. Pauling	NYM	37.7
60+	J. Manno	NJM	41.9

500 Yards			
40+	E. Small	NYP	1:05.6
40+	C. Pauling	NYM	1:07.1
40+	M. O'Neal	NYP	1:07.6
30+	B. Jahn	UN	1:07.8
50+	R. Valentine	P	1:09.1
40+	H. Bohigian	YM	1:09.4
600 Yards			
40+	C. Pauling	NYM	1:24.6
30+	T. Bryant	NYP	1:25.2
30+	L. Seltzer	WS	1:25.7
30+	I. Black	AC	1:29.2
40+	T. Talbott	NYM	1:35.3
60+	J. Manno	NJM	1:35.8

880 Yards			
40+	C. Pauling	NYM	2:13.7
40+	H. Bohigian	NYM	2:24.0
40+	T. Talbott	NYM	2:36.7
1 Mile Run			
40+	S. Howard	CP	4:45.0
40+	L. Stern	PP	5:00.8
50+	K. Brown	NJM	5:08.4
30+	P. Bausbacher	Y	5:24.0
30+	W. S. Pashkin	MFK	6:02.0
30+	W. P. Margolin	WS	6:09.0

2 Mile Run			
30+	B. O'Reilly	PP	10:11
40+	S. Howard	CP	10:31
40+	J. Slater	PP	12:09
60+	G. Jaffee	UN	13:41

Pratt Institute 12/27/80

Age	Name	Club	Mark
60 Yards			
40+	R. Weaver	NYM	7.1
40+	H. Bohigian	NYM	7.3
300 Meters			
40+	E. Small	NYP	40.2
40+	M. O'Neal	NYP	42.0
50+	R. Valentine	NYP	42.2
40+	C. Pauling	NYM	42.2
40+	H. Bohigian	NYM	42.4
50+	J. Kelly	SAC	46.0

600 Meters			
40+	E. Small	NYP	1:33.8
40+	M. O'Neal	NYP	1:36.9
40+	H. Bohigian	NYM	1:40.0
1500 Meters			
30+	B. Kivlan	WS	4:04.0
40+	S. Howard	CP	4:33.2
40+	H. Willis	NYP	4:44.2
40+	J. Aneshansley	UN	4:48.6
1 Mile Run			
40+	L. Stern	PP	4:57.4
40+	R. Rizzo	NYM	4:58.0

5000 Meters			
30+	B. O'Reilly	PP	16:14
40+	R. Rizzo	NYM	18:03
40+	J. Slater	PP	21:00
60+	G. Jaffee	UN	22:41

16 lb. Shot Put			
30+	R. Dunphy	SAC	38'11"
40+	H. Bohigian	NYM	31'2"
12 lb. Shot Put			
50+	E. Terranova	NYM	38'4"
50+	T. Brooks	NYP	34'4"
High Jump-Women			
30+	M. Beretey	NYM	4'6"

Manhattan College 12/28/80

3000 Meters			
30+	P. Margolin	WS	12:17
40+	J. Slater	PP	12:28
60+	G. Jaffee	UN	13:24
2 Mile Walk			
30+	R. Salvio	SAC	17:30
40+	B. Kaufman	IT	19:46
40+	K. Beely	SAC	21:11

High Jump			
30+	A. Grant	CNY	5'7"
30+	R. Salvio	SAC	5'3"
16 lb. Shot Put			
40+	B. McKenna	NYM	37'9"
30+	M. Massone	UN	36'5"
1500 Meters-Women			
30+	S. Pashkin	MFK	5:25
30+	P. Margolin	WS	5:37

168th St. Armory 12/21/80

Age	Name	Club	Mark
1 Mile Run			
30+	P. Bausbacher	NYM	5:29
30+	J. Blanch	UN	5:50
40+	M. O'Neal	NYP	6:03

Shot Put 16 lbs.			
30+	R. Dunphy	SAC	38'8"
30+	D. Schmeltzer	AC	38'0"
40+	R. Deere	NYM	40'3"
50+	T. Brooks	NYP	30'4"

3000 Meters			
40+	J. Slater	PP	12:24
50+	G. Jaffee	UN	?

Manhattan College 1/3/81

Age	Name	Club	Mark
60 Yards			
30+	N. Watson	NYP	6.9
40+	R. Deere	NYM	6.96
30+	R. Pendelton	NYP	7.1
40+	H. Bohigian	NYM	7.1
50+	R. Valentine	NYP	7.2
40+	C. Pauling	NYM	7.5

300 Meters			
30+	N. Watson	NYP	39.6
40+	H. Bohigian	NYM	41.3
800 Meters			
40+	S. Howard	CP	2:11
40+	C. Pauling	NYM	2:13
40+	H. Bohigian	NYM	2:22
30+	W. S. Pashkin	MFK	2:31

1500 Meters			
30+	B. Kivlan	WS	4:05.8
40+	L. Stern	PP	4:43
50+	V. Chiappetta	MA	4:52
3000 Meters			
40+	L. Stern	PP	9:47
50+	V. Chiappetta	MA	9:54
40+	J. Fillis	MA	11:09
40+	J. Slater	PP	12:50

50 Yards Ages 30-39			
30+	W. Overby	NYP	5.9
40+	D. Brown	NYP	6.0
40+	N. Watson	NYP	6.0
40+	R. Jackson	NYP	6.1
40+	R. Alexander	NYM	6.2
40+	I. Black	AC	6.3
40+	M. DeJesus	NYM	6.6

50 Yards Ages 40+			
40+	R. Deere	NYP	6.1
40+	R. Weaver	NYM	6.2
40+	R. Barnes	NYP	6.2
40+	M. Barnwell	NYP	6.3
40+	E. Small	NYP	6.4
50+	M. Lentzer	NYM	6.7
40+	T. Talbott	NYM	6.8

168th St. Armory 1/9/81

Age	Name	Club	Mark
50 Yards Ages 30-39			
30+	W. Overby	NYP	5.9
40+	D. Brown	NYP	6.0
40+	N. Watson	NYP	6.0
40+	R. Jackson	NYP	6.1
40+	R. Alexander	NYM	6.2
40+	I. Black	AC	6.3
40+	M. DeJesus	NYM	6.6

50 Yards Ages 40+			
40+	R. Deere	NYP	6.1
40+	R. Weaver	NYM	6.2
40+	R. Barnes	NYP	6.2
40+	M. Barnwell	NYP	6.3
40+	E. Small	NYP	6.4
50+	M. Lentzer	NYM	6.7
40+	T. Talbott	NYM	6.8

50 Yards Ages 40+			
40+	R. Deere	NYP	6.1
40+	R. Weaver	NYM	6.2
40+	R. Barnes	NYP	6.2
40+	M. Barnwell	NYP	6.3
40+	E. Small	NYP	6.4
50+	M. Lentzer	NYM	6.7
40+	T. Talbott	NYM	6.8

50 Yards Ages 40+			
40+	R. Deere	NYP	6.1
40+	R. Weaver	NYM	6.2
40+	R. Barnes	NYP	6.2
40+	M. Barnwell	NYP	6.3
40+	E. Small	NYP	6.4
50+	M. Lentzer	NYM	6.7
40+	T. Talbott	NYM	6.8

50 Yards Ages 40+			
40+	R. Deere	NYP	6.1
40+	R. Weaver	NYM	6.2
40+	R. Barnes	NYP	6.2
40+	M. Barnwell	NYP	6.3
40+	E. Small	NYP	6.4
50+	M. Lentzer	NYM	6.7
40+	T. Talbott	NYM	6.8

50 Yards Ages 40+			
40+	R. Deere	NYP	6.1
40+	R. Weaver	NYM	6.2
40+	R. Barnes	NYP	6.2
40+	M. Barnwell	NYP	6.3
40+	E. Small	NYP	6.4
50+	M. Lentzer	NYM	6.7
40+	T. Talbott	NYM	6.8

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1981 NEW JERSEY TAC INDOOR MASTERS T&F CHAMPIONSHIPS HIGHTSTOWN, NEW JERSEY FEBRUARY 15, 1981

50 YARDS

M30 J McCaskill	32	5.8
M35 R Crawford	37	6.0
M40 R Weaver	42	5.7
M45 N Clark	48	6.2
M50 N Anderson	50	6.7
M55 A Frezza	55	7.5
M60 J Manno	60	6.9
M65 M d'Elia	72	7.3
W30 P Taylor	36	6.9
W40 K Riss	40	7.4

300 YARDS

M30 J McCaskill	32	38.0
M35 E King	38	37.6
M40 E McCombs	43	36.5
M45 W Clark	48	40.3
M50 G Kelly	53	41.6
M60 J Manno	60	44.1
M65 C Witkowski	68	46.5
W40 K Riss	40	46.7

600 YARDS

M30 R Anderson	32	1:22.8
M35 E King	38	1:30.8
M40 K Baker	44	1:21.8
M45 J Harkrader	45	1:34.0
M50 K Brown	53	1:32.0
M60 J Manno	60	1:45.0
M65 C Witkowski	68	1:51.1

1000 YARDS

M30 H Nolan	33	2:26.0
M35 J Saarmann	38	2:41.0
M40 D Gerridge	41	2:40.0
M50 K Brown	53	2:51.2
M60 J McGilvray	61	3:33.6
M65 A Newman	65	3:10.2
W40 A Bing	41	3:16.0

MILE

M30 H Nolan	33	4:27
M35 S Huckie	39	4:44
M40 D Gerridge	41	5:17
M45 F Best	45	5:05
M50 K Brown	53	5:14
M55 A Frezza	55	6:22
M60 J McGilvray	61	6:29
M65 A Newman	65	5:51
W30 Anderson	32	5:12
W40 A Bing	41	5:54

2-MILE

M30 Pelletier	36	10:08
M35 Stran	37	11:23
M40 S Stovall	40	10:47
M45 F Best	45	10:41
M50 J Fredrick	50	12:43
M55 A Frezza	55	13:47
M60 M Quackenbush	63	12:44
M65 A Newhan	65	12:45
W30 D Straw	37	14:15
W40 A Bing	41	12:30

50 YARD HURDLES

M30 J McCaskill	32	6.8
M35 J Fassette	38	7.1
M45 W Clark	48	7.3
M50 G Kelly	53	8.7

MILE WALK

M30 J Fredericks	33	6:55
M35 G Garland	38	9:57
M40 R Kulik	43	7:03
M45 C Rooney	49	8:31
M50 N Cairns	54	11:41
M55 R Mimm	56	7:59
M60 T Dyas	60	8:35
M65 T Cash	73	10:47
W30 L Galate	35	11:50

HIGH JUMP

M30 A Zacharka	33	5-10
M35 R Bury	38	5-8
M40 F Illuzzi	44	4-8
M50 E Stern	53	4-1½
M55 J Vislocky	59	4-5
W30 D Vogler	32	2-8½
W40 Freemann	43	3-11
W50 G Cairns	50	2-8½

POLE VAULT

M30 A Zacharka	33	9-0
M35 J Tindall	38	11-6
M40 P Richards	42	13-6

SHOT PUT

M30 P Corrigan	32	42-3
M35 J Roberson	39	42-10
M40 W King	41	34-4
M45 T Jackson	46	33-7
M50 E Stern	53	31-2
M55 J Pierson	57	30-6
M60 G Langerfeld	62	30-1
M65 M d'Elia	72	28-9½
W30 D Vogler	32	19-8
W50 G Cairns	50	18-0

35 LB. WEIGHT THROW

M30 J Vogler	32	37-5
M35 J Roberson	39	31-8½
M45 T Jackson	46	29-2
M50 S Kalb	53	17-½
M60 G Langerfeld	62	19-8

MILE RELAY

M30 Shore AC	4:03
M40 Shore AC	4:11
M60 No. Jersey Masters	5:11

2-MILE RELAY

M30 Shore AC	9:34
M40 Shore AC	10:33

TEAM RESULTS:

SUBMASTERS

1 Garden State TC	131
2 Shore AC	109
3 Amazing Feet TC	16
4 Mercer-Bucks RC	9
5 North Jersey Masters	8
6 Twin Rivers TC	6
7 South Jersey AC	6

MASTERS

1 North Jersey Masters	166
2 Shore AC	147
3 Garden State TC	127
4 Mercer-Bucks RC	16
5 Sneaker Factory TC	12

From Ron Salvio

5TH ANNUAL VIRGINIA ASSOC- IATION STATE MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS. VMI FIELDHOUSE, MARCH 7.

SHOT

SUB Nick Nichols	12.24
Phil Clayton	10.97
MI William Wade	11.97
Louis Bartek	11.22
Ed Zini	9.57

MII Charles Ergle	11.03
Norb Weckstein	9.51
Spotswood Hall	9.23

MIV Frank Walters	7.58
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LONG JUMP

SUB William Meadows	6.21
Jeffrey Hughes	6.15
Jim Sherrard	5.75
MI Ed Zini	4.74
Dil Cook	3.83

MII Bill Cole	4.65
Jay Wallace	4.18
Joe Martin	4.18

MIV Sherm Burho	3.81
Frank Walters	2.28

TRIPLE JUMP

SUB William Meadows	12.97
Jeffrey Hughes	11.48
Jim Sherrard	10.93
MI Dil Cook	7.70
MII Bill Cole	9.71
MIV Sherm Burho	7.04

HIGH JUMP

SUB William Meadows	1.728
Michael Wondree	1.676
MI Ed Zini	1.422
MII Charles Engle	2.591
MIV Sherm Burho	2.438

55-METERS

SUB Jeffrey Hughes	6.5
William Mebane	6.7
William Meadows	6.9
MI Ed Zini	7.4
Dil Cook	7.6

MII Harold Green	7.0
Bill Cole	7.6
Jay Wallace	7.9

MIII Milton Bass	8.3
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55-METER HURDLES

SUB William Meadows	8.4
Bill Willis	9.8
MI Ed Zini	8.8
Dil Cook	11.1
MII Jay Wallace(36")	9.0
Joe Martin (33")	9.6

400 METERS

SUB John Tucker	53.3
Phil Clayton	53.6
William Mebane	54.9

MI James Hodson	64.1
Dil Cook	67.8

MII Harold Green	60.2
Bill Cole	61.9
Joe Martin	66.0

MIII Milton Bass	69-9
MIV C.E. Kline	72.4

800 METERS

MIII Milton Bass	2:28.5
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1500 METERS

SUB Richard Workman	4:50.9
Galon Ryan	4:54.4

MI Lew Faxon	4:25.8
Fred Schwab	4:36.6
James Hodson	5:19.3

MII John Hosner	5:43.7
Tom Bain	5:53.0

MIV C.E. Kline	6:14.6
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5000 METERS

SUB Ireland Sloan	15:18.0
Richard Workman	17:43.6
Gaylon Ryan	19:30.9

MI Lew Faxon	15:54.9
Bob Jenkins	16:05.1
Alan Toms	18:54.0

MII John Hosner	17:53.6
Tom Bain	22:37.0

4X400 RELAY

SUB Tucker, Mebane,	
Hughes, Clayton	3:39.4

WOMEN

55 Beverley McCoid	10.3
400 Beverley McCoid	87.5

800 Kathy Thomas	2:38.1
Beverley McCoid	3:24.8
Kathy Thomas	5:12.5
Beverley McCoid	7:06.4
Peggy Vogt	7:29.7

5000 Kathy Thomas	19:38.4
Beverley McCoid	27:24.5
Melba Moore	27:27.1
Peggy Vogt	27:29.8

NON-VIRGINIA ASSOCIATION

SHOT

SUB Al Neville	12.84
MI Carl Klehm	11.96
Michael Valle	11.53
WSUB Susan Klehm	6.19

LONG JUMP

SUB Mike Riddle	6.01
MI Rudy Enders	5.58
Michael Valle	4.28
WSUB Susan Klehm	2.00

TRIPLE JUMP

SUB Robin Ficker	11.28
MI Rudy Enders	11.55

HIGH JUMP

MI Michael Valle	1.372
WSUB Susan Klehm	1.000

POLE VAULT

SUB Joe Micheline	3.810
MI Henry Davenport	3.658

55 METERS

SUB Mike Riddle	6.9
MI Rudy Enders	7.1

55 METER HURDLES

MI Rudy Enders	9.5
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400 METERS

SUB Mike Riddle	52.9
Robin Ficker	54.5
MI Rudy Enders	56.3

800 METERS

MI Jim Demma	2:08.7
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5000 METERS

SUB Harry Cross	18:33.0
W-MI Evelyn Waltz	23:11.7

from Joe Martin

LINCOLN TRACK CLUB INDOOR CHAMPIONSHIPS. NEBRASKA WESLEYAN UNIVERSITY. MARCH 8, 1981.

60 YARD

M30 Cliff Jackson	6.4
Rex Harvey	6.5
Tom Bassett	6.7

M40 Bob Warren	7.0
Jim Muxen	7.6
Erwin Pohlmann	8.3

M50 Jerry Reichart	8.0
Wayne Aimquist	9.7

W30 Marg Sutter	8.2*
Jessie-Allen Muxen	9.2
Debbie Brehm	9.4

60 HURDLES

M30 Rex Harvey (42")	8.2
Regy Green (39")	15.5

M40 Bob Warren (36")	8.1
Frank Brown "	10.3
Erwin Pohlmann	10.9

M50 Forrest Doling (33)	10.4
Jerry Reichart	10.4

300 YARD

M30 Tom Bassett	34.6
Larry Harvey	37.2

M40 Jim Muxen	38.9
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W30 Marg Sutter	46.9*
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600 YARD

M30 Rex Harvey	1:20.5*
Jim Barker	1:21.0
Ray Barrow	1:24.4

M40 Frank Brown	1:34.8*
Jim Muxen	1:37.8
Erwin Pohlmann	1:47.1

M50 Forrest Doling	1:50.7
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MILE

M30 Tim Stanosheck	4:41.9
Ray Barrow	4:55.7
Jim Lewis	5:15.1

M40 Bob Elwood	4:44.7
Lowell Gaither	4:51.2
Ross Greathouse	5:24.8

M50 Bob Wilde	6:21.5
W30 Debby Brehm	7:06.0*
Jessie-Allen Muxen	8:06.9

W40 Jean Brennfoerder	7:16.7*
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2-MILE

M30 Tim Stanosheck	10:09.6*
Roger Wiegand	11:14.6
Mark Fuerniss	11:54.5

M40 Bob Elwood	10:10.5*
Tom Brown	10:53.9

M50 Bob Wilde	13:40.0
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W30 Debby Brehm	15:13.2
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W40 Jean Brennfoerder	15:19.5*
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SHOT PUT

M30 Philip Scholl	49-0
(12 Lynn Senkbell	47-4½
1b) Rex Harvey	42-3½

SECOND ANNUAL NEW YORK MASTERS SPORTS CLUB INDOOR MEET, MARCH 14, 1981, SUPPREN, NEW YORK

DABH (Measured 55 yds. 1'2")

sorry about that

30-34	W. Overby	PC 6.30
J. McCaskill	UN 6.11	
1. Black tie	AC 6.60	
K. Smith tie	PP 6.60	
P. Zachman	UN 6.54	
35-39	F. Shabazz	PM 6.22
K. Alexander	NY 6.61	
R. Tesi	SH 6.69	
40-44	M. Barnwell	PC 6.56
R. Barnes	PC 6.64	
E. Gil	PC 6.83	
B. Cunningham	UN 7.12	
45-49	J. Snell	PM 6.46
50-54	E. Terranova	NY 7.10
G. Kelly	BH 7.34	
J. Kelly	NY 7.29	
H. Colen	NY 7.28	
55-59	R. Valentine	PC 7.07
M. Lentzer	NY 7.41	
O. Harris	PM 7.44	
60-64	T. Ille	NJ 8.42
65-69	G. Gonzalez	PR 7.39
L. Rothbart	NY 7.97	
S. Adams	NJ 8.80	

300 yds.

30-34	W. Overby	PC 33.8
K. Smith	PP 34.6	
D. Brown	PC 35.3	
H. Bhiru	UN 43.5	
35-39	F. Shabazz	PM 34.1
N. Watson	PC 35.4	
L. Greller	NY 40.2	
40-44 (sections on time)	G. Shane	PC 35.2
M. Barnwell	PC 35.4	
M. O'Neal	PC 35.4	
A. Gatton	PC 36.3	
H. Bohigian	NY 36.6	
R. Barnes	PC 37.5	
45-49	R. Clarence	PC 41.5
50-54	G. Kelly	SH 42.1
55-59	R. Valentine	PC 37.9
D. Harris	PM 42.3	
O. Harris	PM 42.7	
M. Lentzer	NY 42.7	

300 yds. Continued

65-69	C. Gonzalez	PR 44.2
600 yds.		
30-34	K. Smith	PP 81.1
P. Jaysun	UN 84.3	
35-39	J. Ackroyd	GS 83.0
K. Tesi	BH 95.1	
40-44	G. Shane	PC 81.1
M. O'Neal	PC 82.9	
45-49	R. Valentine	PC 97.0
D. Harris	PM 104.7	
50-54	J. Sponseller	PM 108.4
1000 yards		
30-34	J. Quaderer	NY 2:20.3
J. Barber	NY 2:54.6	
K. Cienamer	GS 2:55.3	
35-39	J. Ackroyd	GS 2:46.2
K. Fine	NY 2:48.2	
40-44	A. Cohen	NY 3:11.5
45-49	J. Hubbard	HI 3:28.1
50-54	H. Zachman	NJ 4:05.1

1 Mile Run

30-34		
J. Quaderer	NY	4:35.0
J. Folker	ME	4:38.4
M. Cinton	PC	4:59.2
35-39		
K. Fine	NY	5:13.7
A. Iebofsky	NY	5:15.2
L. Greller	NY	5:18.5
40-44		
J. Smith	UN	5:17.9
L. Michelmar	UN	5:16.0
45-49		
G. Feld	NY	5:08.5
R. Fine	NY	5:15.8
J. Traugott	UN	5:24.8
N. Wortmann	NY	5:42.0
50-54		
H. Rubin	UP	5:07.9
A. Cohen	NY	5:42.0
60-64		
J. Sponseller	PM	6:22.9
70-74		
H. Zachman	NJ	7:34.9

2 mile run

30-34		
P. King	PC	10.08.3
J. Folber	ML	10.21.8
P. Jason	UN	11.37.1
35-39		
P. Eusbacher	NY	10.56.0
40-44		
J. Smith	UN	11.07.5
L. Michelman	UN	11.26.5
45-49		
J. Traugott	UN	11.19.6
N. Wortmann	NY	12.20.5
50-54		
H. Rubin	UP	10.53.9
55-59		
L. Dreher	PM	13.10.5
60-64		
M. Quackenbos	SH	13.01.0
High Hurdles	55yd	2'2"
30-34	39"	
J. McGaskill	UN	7.61
K. Silvio	SH	7.62
E. L'Hotta	SH	8.01
I. Black	AC	8.32
35-39	39"	
J. Ackroyd	GS	7.82
M. DeJesus	NY	8.82
J. Lebel	UN	8.86
40-44	39"	
G. Taylor	PM	9.11
J. Kelly	NY	9.12
G. Kelly	HI	9.20
H. Colen	NY	9.28
65-69		
G. Gonzalez	PR	10.27

2 mile walk

30-34		
N. Douglass	MR	17.34.1
K. Keeley	SH	21.48.3
45-49		
J. Boitano	FC	14.35.7
AGE GROUP RECORD		
50-54		
I. Costigan	NY	21.45.1
55-59		
M. Lentzer	NY	21.44.4
60-64		
J. Choy	NY	20.58.5
500 yards 40-44		
E. Small	PC	64.0
R. Rizzo	NY	65.0
H. Bohigian	NY	66.5
B. Cunningham	UN	77.4

2 mile relay

30-39 N.Y. Pioneers	8.48.1
McCoy-L'Official-Cinton-King	

SECOND ANNUAL NEW YORK MASTERS SPORTS CLUB INDOOR MEET, MARCH 14, 1981

2 mile relay

N.Y. Pioneers	9:29.5
Small-Gatton	
O'Neal-Shane	

High Jump

30-34	A. Zacharka	SH 5'4
I. Black	AC 5'2	
J. Vogler	GS 5'0	
H. Bhiru	UN 4'7	
35-39	R. Hurv	GS 5'6
M. DeJesus	NY 5'2	
J. Ackroyd	GS 4'9	
45-49	J. Harrington	UN 4'10
L. Olsen	GM 4'0	
55-59	B. Morcom	PM 4'10
J. Vislocky	GS 4'7	
65-69	G. Gonzalez	PR 4'3

Long Jump

30-34	B. Sikorsky	SG 18'1
I. Black	AC 18'6.5	
J. Vogler	GS 16'8	
35-39	J. Ackroyd	GS 16'7
R. Alexander	NY 16'4	
R. Tesi	SH 15'9.5	
40-44	E. Cunningham	UN 17'9
E. Gil	PC 17'4	
45-49	J. Snell	PM 18'6
P. Carstensen	NY 16'4.5	
L. Olsen	GM 13'6.5	
50-54	E. Terranova	NY 16'8
H. Colen	NY 14'1	
G. Taylor	PM 13'6	
55-59	O. Harris	PM 15'7.5
B. Morcom	PM 14'8.5	
60-64	T. Ille	NJ 13'
65-69	G. Gonzalez	PR 14'

Triple Jump

30-34	J. Vogler	GS 37'3
J. Barber	NY 30'11	
35-39	K. Hurv	GS 39'10
J. Ackroyd	GS 35'11.5	
40-44	H. Bohigian	NY 30'5.3
45-49	P. Carstensen	NY 33'2
50-54	H. Colen	NY 28'2
G. Taylor	PM 24'6	
E. Hamley	GS 24'4	
65-69	G. Gonzalez	PR 27'4

Shot Put

30-34	P. Costigan	SH 41'7
B. L'Hotta	SH 38'1	
R. Dunphy	SH 37'2	
35-39	J. Vogler	GS 37'1
B. Hugan	UN 33'10	
B. Skorsky	SG 31'7	
D. Schmelzer	PC 36'10	
40-44	R. Kurnick	PP 45'9
J. Robinson	SH 42'10	
J. Ackroyd	GS 35'10	
45-49	J. Goldstein	NY 39'3.5
R. Deere	UN 37'7.5	
R. McKenna	NY 36'11	
50-54	L. Olsen	GM 41'3
P. Carstensen	NY 34'9	
55-59	E. Terranova	NY 39'6
H. Colen	NY 29'5	
60-64	J. Vislocky	GS 29'2
M. Lentzer	NY 27'5	
65-69	G. Battick	UV 30'5
70-74	P. Screehy	NY 35'2.5
G. Gonzalez	PR 34'0	

400 yd Throw

30-34	J. Vogler	GS 35'8
J. Barber	NY 31'8	
R. Silvio	SH 26'7	
35-39	J. Ackroyd	GS 32'7
R. Kurnick	NB 31'11	
J. Robinson	SH 26'3	
45-49	L. Olsen	GM 41'0
P. Carstensen	NY 34'2	
50-54	G. Battick	UV 35'8
65-69	P. Screehy	NY 31'7
J. Bruce	AC 23'5	

WOMEN

Chris McKenzie	NY 49
dash 8.30	
300 47.0	
Ann Cirulnick	NY 46
dash 8.50	
shot 27'4.5	
Ginevieve Vislocky	GS 56
shot 17'7	

CLUB CODES

GS - Garden State
GM - Green Mountain
PC - N.Y. Pioneers
PM - Philadelphia Masters
PP - Philadelphia Pioneers
PR - Puerto Rican Masters
NB - New Britain Track Club
NY - New York Masters
NJ - North Jersey Masters
AC - New York Athletic Club
SG - Sleeping Giant
FC - Fairfield County Striders
SH - Shore Athletic Club
UN - Unattached

from Bob Fine

Penn Mutual TAC Western Regional Masters
Track & Field ChampionshipsLos Gatos, California
June 20, 21, 1981
Los Gatos High School Track

ENTRY FEES

\$4.00 first event, \$4.00 each additional event
\$16 for relays, \$10.00 for PentathlonAll information supplied in National Information Sheet applies to Western.
Same order and time of competition as listed on National Information Sheet.

ENTRY DEADLINE: JUNE 15, 1981

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

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

Saturday, June 20

STEEPLE CHASE
HAMMER
5,000 WALK
10,000 METER
400 PRELIMS
400 RELAY
800 FINALPOLE VAULT
SHOT PUT
LONG JUMP
100m PRELIM
110m HURDLES
110m ELITE HURDLES
400m FINALS
100m FINALS

Sunday, June 21

5,000m RUN
200m PRELIM
DISCUS
HIGH JUMP
400m I.H.
200m FINALS
1500m FINAL
JAVELIN
TRIPLE JUMP
1600m RELAY
PENTATHLON
20 K WALK

WAVA By-Laws, Heights and Standards

Men	Shot	Discus	Hammer	Javelin
40	7.26	2.00	7.26	800
50	5.50	1.50	7.26	800
60	4.00	1.00	6.00	600
70+	4.00	1.00	4.00	600
Women	Shot	Discus	Hammer	Javelin
35	4.00	1.00		600
40	4.00	1.00		600
50	3.00	1.00		400
60	3.00	1.00		400
70+	3.00	1.00		400

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

Men	Height	a	b	c
40	110 meters	99.6	13.72	8.7
50	110 meters	91.4	13.72	8.5
60	100 meters	84.0	13.00	8.5
70+	80 meters	76.2	12.00	8.0
				(8 hurdles)
Women	Height	a	b	c
35	100 meters	76.2	13.00	8.5
40+	80 meters	76.2	12.00	8.0
				(8 hurdles)

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

STEEPLECHASE

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

TEAR OFF ENTRY BLANK AND RETURN TO:

Penn Mutual TAC Western Regional Masters
Track & Field ChampionshipsBRUCE SPRINGBETT, Meet Director
P.O. Box 1328, Los Gatos, California 95030, 408/354-7333

SEE REVERSE SIDE FOR REQUIRED SIGNATURE.

Name _____ (Last) (First)	Address _____ (Number & Street)
Phone _____	(City) (State) (Zip)
Date of Birth _____	
Age as of August 15, 1981 _____	
Events Entered _____	
Current Times _____	Circle one: MALE FEMALE
Club Affiliation _____	BBQ <input type="checkbox"/> T-Shirts <input type="checkbox"/> S M L XL
Amount Enclosed _____	Your TAC # _____
(Make checks payable to Los Gatos Athletic Association, Inc.) NO REFUNDS FOR DEFAULT	
Please indicate any recent records or championships. Submit photos if available.	

WAIVER:

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

Date: _____ Signature: _____

MASTERS SPORTS ASSOC. 1981 INDOOR TRACK & FIELD CHAMPIONSHIPS, MARCH 29, 1981, WEST POINT, N.Y.

50 yd. dash	30-34
Trial heat 1	
W. OVERBY	33 PC 5.48
K. JOHNSON	33 CD 5.48
K. SMITH	30 PC 5.76
I. BLACK	32 AC 5.8
R. BYRD	34 UN 6.5
Trial heat 2	
B. PURYEAR	31 SH 5.70
A. WRIGHT	34 PM 5.70
R. BEALE	31 PM 5.85
M. VON AUKEK	33 GR 5.9
H. BROWN	UN 7.1
F. ZACHMAN	33 UN 6.0
FINALS	
A. WRIGHT	34 PM 5.46
W. OVERBY	33 PC 5.55
B. PURYEAR	31 SH 5.61
K. JOHNSON	33 CD 5.70
R. BEALE	31 PM 5.81
K. SMITH	30 PC 6.7

35-39	
F. SHABAZZ	35 PM 5.46
R. ALEXANDER tie	37 NY 5.81
N. WATSON tie	36 PC 5.81
R. RAMIREZ	35 NY 6.00

40-44	
R. WEAVER	43 NY 5.62
R. WILLIAMS	41 SH 5.8
J. O'HARA	42 GS 5.85
R. DEERE	43 UN 5.9
R. BARNES	43 PC 6.3
E. GIL	40 PC 6.4

45-49	
L. RIDDICK	46 NY 5.58
S. PERRY	45 PM 5.9
J. SNELL	45 PM 6.0
J. BARRIE	48 PM 6.7

50-54	
T. BROOKS	51 PC 6.20
M. BOYLE	50 UN 6.23
E. TERRANOVA	51 NY 6.29
N. ANDERSON	50 NJ 6.40
G. KELLY	53 SH 6.94
H. COLEN	53 NY 7.1

55-59	
R. VALENTINE	57 PC 6.17
J. ULAM	56 WP 6.34
M. LENTZER	55 NY 6.50

60-64	
T. ILLE	61 NJ 7.3

65-69	
G. GONZALEZ	69 PR 6.59
L. ROTHBART	66 NY 7.15
B. DEWEILER	67 PM 9.1

300 yd. dash	
30-34 1st section	
Improper stagger-too short	
separate awards given	
W. OVERBY	34 PC 30.5
A. WRIGHT	34 PM 32.5
R. BYRD	34 UN 33.9
M. VON AUKEK	33 GR 34.0
T. RAUSCHER	34 GR 35.6
30-34 - 2nd section	
proper stagger & distance	
separate awards	
C. ROBINSON	34 PC 33.4
D. BROWN	31 PC 33.6
R. BEALE	31 PM 35.1
R. FAVORITE	30 PM 36.8

35-39	
R. ALEXANDER	37 NY 34.5
N. WATSON	36 PC 34.7
F. SHABAZZ	35 PM 35.0
E. KING	38 GS 35.8
T. DYCE	35 UN 35.9

40-44	
R. WILLIAMS	41 SH 34.7
E. GIL	40 PC 35.9
A. GATON	44 PC 36.0
R. BARNES	43 PC 36.3

45-49	
L. RIDDICK	46 NY 34.3
R. ENDERS	49 PV 35.3
A. BUDD	45 NY 36.2
J. SNELL	45 PM 36.6
J. BARRIE	48 PM 41.1

50-54	
J. HOLMAN	50 PV 38.5
M. BOYLE	50 UN 39.3
J. CASEY	51 IL 40.2
N. ANDERSON	50 NJ 40.2
G. KELLY	53 SH 40.5

55-59	
R. VALENTINE	57 PC 39.5
D. HARRIS	58 PM 40.1
M. LENTZER	55 NY 42.0

65-69	
G. GONZALEZ	67 PR 43.5
C. WITKOWSKI	68 NJ 44.8

600 yd. run	
30-34	
K. SMITH	30 PP 76.2
M. VON AUKEK	33 GR 77.0
M. AHMED	33 PC 77.3
P. JAYSON	34 UN 83.7
R. BYRD	34 UN 93.7
35-39	
E. KING	38 GS 81.6
J. ACKROYD	35 GS 82.0
40-44	
G. SHANE	41 PC 77.2
K. BAKER	44 NY 79.0
H. BOHIGIAN	44 NY 81.6
M. O'NEAL	43 PC 84.6

45-49	
R. ENDERS	49 PV 80.3

50-54	
E. SUMNERS	51 PM 91.8

55-59	
R. VALENTINE	57 PC 88.8
D. HARRIS	58 PM 96.1

60-64	
J. SPONSELLER	63 PM 104.0

65-69	
C. WITKOWSKI	68 NJ 104.3

1000 yd. run	
T. HORTON	32 WT 2.22.8
R. FAVORITE	30 PM 2.30.6
M. VAN AUKEK	33 GR 2.35.9
R. CLEMMER	33 GS 2.47.5
J. BARBER	33 NY 2.56.9

35-39	
J. ACKROYD	35 GS 2.36.9
E. JUMP	38 BL 2.39.2

40-44	
J. DEMMA	41 PV 2.23.6
H. BOHIGIAN	44 NY 2.47.1

50-54	
K. BROWN	53 NJ 2.44.7
A. COHEN	51 NY 3.05.8

70-74	
H. ZACHMAN	71 NJ 3.57.3

ONE MILE RUN	
30-34	
J. WATERS	31 PM 4.23.6
T. HORTON	32 WT 4.31.1
J. FOLBER	33 NY 4.31.5
C. MITCHELL	30 BR 4.35.1

35-39	
S. HUCKEL	39 PM 4.33.3
J. PATTEN	35 TR 4.35.1
E. JUMP	38 BL 5.02.0
P. BAUSBACHER	39 NY 5.08.7
L. GRELLER	38 NY 5.21.1

40-44	
S. KAMINSKY	40 NY 4.50.7
K. FINE	40 NY 5.09.6
T. JONES	44 NJ 5.46.6

45-49	
R. FINE	49 NY 5.18.4

50-54	
K. BROWN	53 NJ 5.02.8
W. SZMIDT	50 SJ 5.08.2
A. COHEN	51 NY 5.57.2

55-59	
E. CUNNINGHAM	59 PM 6.25.6

60-64	
J. SPONSELLER	63 PM 6.17.2

70-74	
H. ZACHMAN	71 NJ 7.23.5

TWO MILE RUN	
30-34	
D. KING	30 PC 10.04.0
H. HASTINGS	34 NA 11.38.4
P. JAYSON	34 UN 12.00.5

40-44	
F. MANNIS	40 PM 10.59.3
B. KING	41 GS 11.24.5

45-49	
R. FINE	49 NY 12.17.8

50-54	
A. COHEN	51 NY 12.19.0
N. CIRULNICK	50 NY 13.32.7

55-59	
L. DREHER	59 PM 13.22.7

60-64	
M. QUACKENBOS	64 SH 12.37.5
J. HUBBARD	61 HA 12.50.9
T. ILLE	61 NJ 14.28.4

TWO MILE WALK	
30-34	
K. BEELY	34 SH 21.08
45-49	
R. FINE	49 NY 16.50
C. ROONEY	49 SH ?

50-54	
J. HOLMAN	50 PV ?
S. KALB	53 SH ?
T. COSTIGAN	51 NY ?

55-59	
M. LENTZER	55 NY ?

60-64	
J. CHOY	61 NY 20.50
G. LANGERFELD	63 SH 21.08

50 yd. HURDLES	
30-34	
B. LHOITA	31 SH 8.00
D. SCHMELTZER	30 PC 8.04
I. BLACK	32 AC 8.16

35-39	
J. ACKROYD	35 GS 8.5
M. DEJESUS	36 NY 9.00

40-44	
J. O'HARA	42 SJ 8.1
J. WEED	44 DV 8.7

45-49	
W. CLARK	48 PM 8.8
R. ENDERS	49 PV 9.4

50-54	
J. KELLY	51 NY 10.0
G. KELLY	53 SH 10.1
H. COLEN	53 NY 10.2
G. TAYLOR	50 PM 10.2

65-69	
G. GONZALEZ	69 PR 10.5

500 yd. SPECIAL RACE	
E. SMALL	43 PC 62.2
M. O'NEAL	42 PC 63.7
R. RIZZO	43 NY 63.4
H. BOHIGIAN	44 NY 65.6

POLE VAULT	
30-34	
T. RAUSCHER	34 GR 12'3
R. SALVIO	32 SH 7'10

POLE VAULT	
35-39	
R. FUSCO	36 UN 11'9

40-44	
N. CYPRUS	42 12'
J. WEED	44 DV 9'

45-49	
J. HARRINGTON	48 UN 11'6

50-54	
C. STEVENSON	50 9'3
G. TAYLOR	50 PM 7'6

65-69	
G. GONZALEZ	69 PR 7'6

LONG JUMP	
30-34	
R. BEALE	31 PM 21'1
I. BLACK	32 AC 19'9.1
P. SANTOS	33 UN 18'2.1
P. ZACHMAN	33 UN 17'7.1
B. PURYEAR	31 SH 17'6
D. PIERSON	34 NY 16'8

35-39	
R. BURY	38 GS 18'6
M. DEJESUS	36 NY 17'9
J. ACKROYD	35 GS 16'2

40-44	
J. COUNIHAN	42 AC 18'11.5
E. GIL	40 PC 16'9.25
R. DEERE	43 UN 16'3
K. MACKENZIE	41 PM 15'7

45-49	
R. ENDERS	49 PV 19'1 3/4
B. CLARK	48 PM 18'3
J. SNELL	45 PM 17'4
P. CARSTENSEN	49 NY 16'6

50-54	
E. TERRANOVA	51 NY 15'
G. TAYLOR	50 PM 14'7
H. COLEN	53 NY 14'5
S. KALB	53 SH 12'3 1/4
E. HANLEY	52 GS 11'1

55-59	
E. CUNNINGHAM	59 PM 11'0

60-64	
T. ILLE	61 NJ 12'9

65-69	
G. GONZALEZ	67 PR 13'1
W. EIPEL	67 AC 12'1

TRIPLE JUMP	
30-34	
R. BEALE	31 PM 43' 1/4
I. BLACK	32 AV 32'11
J. MUSCARA	30 PM 35'8 1/2
P. ZACHMAN	33 UN 32'11

35-39	
R. BURY	38 GS 38'0
J. ACKROYD	35 GS 32'1

45-49	
B. CLARK	48 PM 37'3 3/4
P. CARSTENSEN	49 NY 33'8

50-54	
H. COLEN	53 NY 28'6
G. TAYLOR	50 PM 25'11 1/2
E. HANLEY	52 GS 23'3

65-69	
G. GONZALEZ	69 PR 24'6 1/2

HIGH JUMP	
K. JOHNSON	33 CD 5'10
J. MUSCARA	30 PM 5'8
A. ZACHARKA tie	33 SH 5'8
I. BLACK	32 AC 5'4
R. SALVIO	32 SH 5'2
B. HOGAN	32 SR 5'0

35-39	
R. BURY	38 GS 5'8
R. RAMIREZ	35 NY 5'6
J. ACKROYD	35 GS 5'4

40-44	
J. COUNIHAN	42 AC 5'10
R. WILLIAMS	41 SH 4'10

45-49	
W. HUTCHINS	49 PM 5'4
B. CLARK	48 PM 5'2
J. HARRINGTON	48 UN 4'8

55-59	
J. VISLOCKY	59 GS 4'8

65-69	
W. EIPEL	67 AC 4'6
G. GILBERTO	67 PR 4'3

SHOT PUT	
30-34	
P. CORRIGAN	30 SH 42'5
B. LHOITA	31 SH 37'1
J. VOGLER	32 GS 36'11
B. HOGAN	32 SR 34'11
J. MUSCARA	30 PM 29'8
A. KONOPIATY	31 SR 25'7

35-39	
R. KURNIK	37 NB 46'6
J. ROBERSON	39 SH 42'10
J. ACKROUD	35 GS 35'6

40-44	
K. MCKENZIE	41 PM 41'6
C. KLEHM	42 UC 41'2
J. GOLDSTEIN	42 NY 39'8
B. MCKENNA	40 NY 37
B. KING	41 GS 35'7
R. DEERE	43 UN 33'4

45-49	
J. REIDER	46 RA 39'1
P. CARSTENSEN	49 NY 36'1
T. JACKSON	46 GS 34'9
K. JRASIN	46 NY 31'6

50-54	
R. WALKUP	50 PM 37'8.5
E. TERRANOVA	51 NY 36'1.5
R. THOMSEN	54 PM 35'9
T. BROOKS	5

MINI TRACK MEET, MT. HOOD COMMUNITY COLLEGE, PORTLAND OREGON, APRIL 4, 1981

200

Ernie Smith	33	23.10
Don Martin	35	25.13
Emil Torquato	38	25.96
Bob Bannister	46	26.42
Art Afremow	49	26.97
Albert Johnson	58	27.51
George Fort	40	28.16
Alvin Clark	42	28.44

800

Gordon Garlock	32	2:10.5
Alvin Clark	42	2:13.8

1500

Alvin Clark	42	4:27.1
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Sacramento Relays Cal State U., Sacramento April 4, 1981

100 meters

M30 Joel Eckels	11.46
Don Holzschu	11.57
M35 Bob Simpson	11.31
Sam Robinson	11.44
Pete Willover	12.9
Mike Forde	13.0
M40 Bill Knocke	11.65
Bill La Torre	11.88
Don Toombs	11.99
Mike De Stefano	12.22
M45 Bruce Sprinbett	11.83
Richard Hanson	12.32
Dick Van Der Beets	13.5
M50 Dick Marlin	12.22
Vern Redier	12.28
Ed Mahany	12.74
Dick Zumwalt	13.03
Bob Hixenbotham	13.5
Alan Maxwell	13.7
M55 Roy Widdinton	12.75
Jim Johnson	13.18
Bill Ballantine	13.92
Emson Grimm	16.65
M60 Clarence Kilian	13.21
Burl Gist	13.7
Sam Hoover	14.6
M40 Paddy Prior	19.0

800 meters

M35 George Mason	2:00.49
Harvey Franklin	2:02.36
M40 Dave Donaldson	2:03.24
Fernie Montanez	2:07.29
Mike De Stefano	2:12.63
Don Spickelmier	2:22.97
M45 Pete Richardson	2:09.61
M50 Pete Woodward	2:25.3
M55 Phil Arnot	2:16.93
M40 Paddy Prior	2:50

Steeplechase

M40 Kent Guthrie	10:29.6
M45 Dan Halverson	11:38.1

120 meter hurdles

M30 Ed Baskauskas	16.2
M40 Mike De Stefano	17.04
M45 Dick Van Der Beets	19.9
Don Gray	20.3
M50 Bob Hixenbotham	17.95
Al Brenda	18.36
M55 Roy Widdinton	18.1
Dick Nordquist	18.35
Jim Johnson	19.8
M60 Burl Gist	17.2 (WR)

5,000 meters

M30 Ray Corona	14:58.36
Adam Ferreira	14:59.49
Joel Eckels	17:08.62
Ismael Hernandez	22:47.3
M40 Dick Spickelmier	15:20.43
Kent Guthrie	15:34.83
M65 Arnold Scott	23:10.9
M40 Lilian Woodward	22:11.0

10,000 Meters

M30 Adam Ferreira	33:03.35
Ross Rowley	34:43.12
M35 Richard Soto	39:29.69
M40 Jim Erbes	36:51.44
M50 Arnie Schoorl	47:09.9

High Jump

M30 Ed Baskauskas	6-1/2
Joel Eckels	5-7 1/4
M35 Mike Forde	4-11 1/2
M40 Ron Toombs	5-1 1/2
Jack Sanchez	4-7 1/4

455 Don Rose

Don Halverson	5-1 1/2
Don Gray	4-5 1/2
M55 Dick Nordquist	4-5 1/2
M60 Burl Gist	4-11 1/2
Mark Henderson	4-8 1/4
Jim Minah	4-5 1/2
M65 Jim McCarthy	4-5 1/2
M70 Lou Peresenyi	3-10 3/4
Bob Uish	3-6
M75 Homer Van Gelder	4-1/2
M35 Susan Kiehm	3-6

Javelin (results in meters)

M30 Bill Henderson	38.26
M35 Cornelius McCormick	46.55
Dick Stepp	42.10
M40 Barton Sale	49.65
Carl Kiehm	27.856
Jack Sanchez	27.10
M45 Phil Conley	57.91
Ralph Sutton	51.10
Don Rose	44.20
Don Gray	35.83
M50 Al Brenda	32.63
M55 Roy Widdinton	33.20
Emson Grimm	14.35
M60 Bob Stone	38.81
M65 Jim McCarthy	21.83
M70 Emory Curtice	34.04
Lou Peresenyi	18.39
M30 Emily Stone	28.94
M35 Susan Kiehm	20.11

Long Jump

M30 Joel Eckels	19-0
M35 Mike Uovich	17-1 1/2
Mike Forde	16-10
M40 Jack Sanchez	14-11 3/4
M45 Dick Van Der Beets	16-6
M50 Al Brenda	17-1
Ed Mahany	16-8
Alan Maxwell	15-4

Bob Hixenbotham

M55 Jim Johnson	16-1 1/4
M60 Burl Gist	14-0
M70 Lou Peresenyi	9-1 1/2
M75 Homer Van Gelder	9-6
M30 Donna Uovich	11-2 1/2
M35 Susan Kiehm	9-9 1/2

Triple Jump

M30 Joel Eckels	36-1 1/2
-----------------	----------

M35 Mike Uovich

Dick Stepp	34-9
M40 Jack Sanchez	31-10
M50 Al Brenda	35-1 1/4
Ed Mahany	32-1 1/4
M55 Jim Johnson	32-7 1/2
M70 Lou Peresenyi	17-2
M75 Homer Van Gelder	22-1 1/4
M30 Donna Uovich	26-7 3/4

Pole vault

M35 Dick Stepp	12-0
M45 Don Gray	10-0
M50 Al Brenda	10-0
M55 Jim Johnson	9-6
Dick Nordquist	8-0
M70 Lou Peresenyi	5-0

Discus

M30 Tom Foley	147-11 1/2
Bill Henderson	100-4
M35 Cornelius McCormick	143-5
M40 Jim Hart	128-8
Carl Kiehm	115-1
Henry Toilette	89-1
M45 Don Gray	85-3
M50 Al Brenda	106-1
M55 Ralph Hassman	114-1/2
Roy Widdinton	100-11
Dick Nordquist	94-10 1/2
M60 Bob Stone	138-4
Jim Minah	123-6 1/2
Mark Henderson	120-2
M65 Jim McCarthy	105-6
Jim York	102-5 1/2

M70 Lou Peresenyi

Les Williams	92-6
Bob Uish	86-1 1/2
Bob Uish	69-9
M30 Sandra Stepp	104-6
Emily Stone	88-8
M35 Susan Kiehm	61-10

Hammer

M30 Bill Ryan	137-7 1/2
Dick Stepp	97-7
M40 Carl Kiehm	129-10
Jim Hart	113-0
M55 Ralph Hassman	83-3 1/2
Emson Grimm	58-4
M60 Jim Minah	120-0
Bob Stone	114-8
M65 Jim York	113-2
M70 Lou Peresenyi	114-0
M30 Sandra Stepp	108-1/2

Shot put

M30 Bill Henderson	34-10 1/2
M35 Cornelius McCormick	39-5 3/4
M40 Jim Hart	43-0
Carl Kiehm	39-0
M45 Don Gray	28-1/4
M55 Jim Budde	36-7 1/2
Dick Nordquist	35-1 1/4
Roy Widdinton	34-9
Emson Grimm	21-4 3/4

M60 Jim Minah

Mark Henderson	43-3
Bob Stone	42-6 1/2
M65 Jim York	42-6 3/4
M70 Lou Peresenyi	35-2 1/2
Emory Curtice	32-6 1/2
Les Williams	31-11 1/2
M75 Homer Van Gelder	30-8 1/2
M30 Emily Stone	32-9 3/4
Sandra Stepp	31-7 1/4
M35 Susan Kiehm	20-11

Mixed age, mixed sex, handicap medley relay

(220-880-220-440)

Medford (Nordquist, Gray, Toombs, Mason)

Scratch times 4:01.7 Net times 4:23.7

NorCal (Widdinton, Ballantine, Lilian Woodward, Scott), 4:30.6 (4:33.6)

Fair Oaks (M. Henderson, B. Henderson, Ackley, Burgo), 4:43.2 (5:18.2)

Wild Cards (Brooke, Somers, Braden, Cate, 11, Doe), 4:39.1 (6:23.1)

400-meter relay

M30 West Valley (Marshall, Simpson, Weller, Robinson) 45.9

M40 NorCal (Grippe, Hanson, La Torre, De Stefano) 47.95

Medford (Gray, Toombs, Nordquist, Willover) 52.84

M50 NorCal (Redier, Zumwalt, Marlin, Mahany) 48.94

SoCal (Gist, Maxwell, Ballantine, Kilian) 54.95

880 relay

M30 West Valley (Pruitt, Marshall, Simpson, Robinson) 1:33.7

Davis (Holzschu, Silva, Johnson, Undzik) 1:42.84

Nevada City (Darlington, Heidelberg, Forde, De Silva) 1:44

M40 Nor Cal Gold (Sprinbett, Knocke, Linsie, Bruhner) 1:38.42

Nor Cal Silver (Grippe, La Torre, Hanson, De Stefano) 1:42.01

Sprint medley relay

M30 West Valley (Marshall, Pruitt, Mason, Weller) 3:39.26

Nevada City (Heidelberg, Darlington, Forde, King) 4:15.13

Davis (Undzik, Silva, Holzschu, Johnson) 4:39.39

M40 NorCal (Sprinbett, E Marlin, Linsie, Donaldson) 3:57.6

Fresno (Montanez, Toombs, Kilian, Knocke) 4:13.38

Rancho Cordova (Drummond, Zumwalt, Maxwell, Widdinton) 4:41.5

1,600 relay

M30 West Valley (Simpson, Pruitt, Mason, Weller) 3:50.67

M40 West Valley (Richardson, Montanez, Knocke, Donaldson) 3:52.2

Grippe's Group (Grippe, De Stefano, Paladino, Ballantine) 4:42.

SO. CALIFORNIA CONVERSE SERIES

TFA-USA 1981 PACIFIC MASTERS TRACK AND FIELD CHAMPIONSHIPS



SATURDAY, JULY 18, 1981

UCLA
DRAKE STADIUM



Sponsored By:

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THE CONVERSE CELEBRITY TRIATHLON

On-site computers, results by Accutrack,
certified officials, medals and certificates awarded,
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For entry form and information, send self-addressed stamped envelope to:
MICHAEL SIMS & ASSOCIATES ☐ 5419 Sunset ☐ Los Angeles, CA 90027

1ST ANNUAL SOUTHERN ASSOCIATION OF THE ATHLETIC CONGRESS MASTERS TRACK AND FIELD CHAMPIONSHIPS

DATE: Saturday, May 30, 1981, 9:00AM prelims and 3:00PM Finals

Eligibility: Open to all men and women over 30 years of age who are registered in the Athletic Congress. If you are not registered, you can apply by writing for information to this same address. Applications will also be available at the meet.

Age Divisions: Men: OA - 30-34; OB - 35-39; 1A - 40-44; 1B - 45-49; 2A - 50-54; 2B - 55-59; 3A - 60-65; 3B - 65-69; 4A - 70-74; 4B - 75-over
Women: A - 30-39; B - 40-49; C - 50-59; D - 60-over

AWARDS: Three deep in ea age category.

MEET FACILITIES: The Rumel High School track located at 1901 Severn AVE, Metairie, La. 70002. The track and runways are red clay, the javelin approach is grass.

DIRECTIONS: From the West: take I-10 to New Orleans- exit at the Causeway Blvd South exit. Take a right at West Metairie Rd. and right again at Severn Ave. Proceed to the 1901 Severn Ave address. Follow same directions from the East.

HOUSING: Call Danny Thiel at 800-535-8550 - out of state OR 504 817-5920

ENTRY FEES: \$3.00 per event; \$12.00 per relay

ORDER OF EVENTS: Sections may be seeded and age groups combined at the discretion of the Meet Director. Schedule is subject to change as need.

9:00AM	50 yd dash- Prelims	3:30PM	440 yd relay
9:30	50 yd dash- Finals	3:45	1 mile run
10:00	880 yd run- Finals	4:45	100 yd dash - Finals
10:45	60 yd low hurdles- Prelims + Finals	5:00	440 yd dash (against time)
11:15	100 yd dash - Prelims	5:30	330 Int. hurdles
11:35	120 yd high hurdles- Finals	6:00	220 yd dash - Finals
12:00	220 yd dash - Prelims	6:30	3 mile run
		7:00	1 mile relay

Field Events: 9:30- Long Jump, High Jump, Shot Put, Javelin
2:30- Discus Throw
3:30- Triple jump, Pole Vault

PLEASE PRINT
NAME _____ ADDRESS _____
ZIP _____ PHONE _____ AGE _____ SEX _____ CLUB _____

EVENTS: EVENT _____ BEST _____; EVENT _____ BEST _____
EVENT _____ BEST _____; EVENT _____ BEST _____

RFIAYS (ONE FORM PER TEAM WITH ATTACHED LIST OF MEMBERS)

I HEREBY WAIVE ANY CLAIM I OR MY HEIRS MAY HAVE AGAINST THE SOUTHERN ASSOCIATION OF THE ATHLETIC CONGRESS, THE SPONSORS, RUMEL HIGH SCHOOL FOR ANY INJURIES OR CLAIMS SUSTAINED BY ME IN PARTICIPATING IN THE SAAC MASTERS CHAMPIONSHIPS. I CERTIFY THAT I AM IN GOOD HEALTH.

SIGNATURE _____

MAKE CHECKS PAYABLE TO: SAAC MASTERS CHAMPIONSHIPS
MAIL TO DANNY THIEL, 2609 CANAL ST., NEW ORLEANS, LA 70119

LONG DISTANCE RESULTS

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

1980 PUMA/TFA POSTAL RUNS

3-MILE

M40 David Hambly	15:19.5
Dave Pitkethly	15:44.1
Derek Mahaffey	15:45.4
Jim Volk	17:42.4

W40 Ailyn Schwindendorf	17:04.7
Judy Groombridge	18:12.9
Nancy Peterson	22:47.1

M50 Jim McGown	18:02.8
Edd McSoley	19:56.6
Bob Baty	20:11.7

W50 Nola Bruhn	20:24.1
Jean Spierling	22:01.7
Phyllis Pearson	26:28.4

M60 Ray Mahannah	20:38.7
Bob Sterling	22:19.9
Fred Allardt	29:40.1

W60 No entries	
M70 Paul Spangler	24:25.6

8TH ANNUAL MARYLAND MARATHON, BALTIMORE, DEC. 7.

M40-49		
Ron Hill	42	2:27:56
Mike Sabino	41	2:30:53
Dick Hipp	41	2:38:29
Ben Hyser	45	2:39:37
Melvin William	42	2:40:20
Ed Geisendaffer	40	2:40:31
David Worthen	55	2:43:09
Harry Piotrowski	41	2:44:04
Warren Ohlrich	41	2:44:31
Clinton Brooks	42	2:44:56

M50-59

Herb Chisholm	54	2:43:00
William McCaffrey		2:50:37
Clyde Sweigart	51	3:01:21
Don Englar	55	3:09:23
John Clark	53	3:10:38

M60+

Harold Greenberg	61	3:21:27
William Koopman		3:26:00
Ed Benham	73	3:46:44
Norm Locksley	66	3:57:43
John Calvarese	60	4:03:56

3RD ANNUAL SUSAN B. ANTHONY FREEDOM RUN 10K, JANUARY 18 TUCSON, ARIZONA

Overall winner and 1st W30:

Leal-Ann Reinhart	41	57.5
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W30 Sue Yoha	45	11.2
Lupe Camberos		35:23.2

W40 Grace Rome	47	07.8
Margaret Mare	47	08.0
Joan Devechio	47	11.4

W50 Patricia Bowman	51	41.3
Pat Martin	52	04.8
Kit MacInnes	53	56.7

W50-59

Marion Irvine	51	40:03
Frances Sackerman	51	43:03
Ruth Anderson	51	44:22
Dory Hastings	52	46:04
Marlys Green	50	47:58

W60+

Kay Atkinson	63	47:26
Norelma Walker	63	57:47
Alice Werbel	65	59:24
Helen Kuziana	60	62:32

BONNIE BELL 10K SAN FRANCISCO, FEBRUARY 1

W30-39

Florianne Harp	32	38:46
Skip Swannack	35	38:50
Joyce Rankin	33	38:52

W40-49

Vicki Bigelow	45	37:53
Joan Ulyot	40	38:15
Heidi Skaden-Poyser	43	39:53
Joan Reiss	43	40:25
Pat Whittingslow	40	40:27

8TH ANNUAL SMOKY MOUNTAIN MARATHON, FEBRUARY 14

Norman Roof	44	2:51:40
Ed Dibble	50	2:55:28
Ned Smith	48	2:59:52
Verne Berry	43	3:03:47
Scott Davidson	42	3:04:49
Ed Hopper	41	3:06:21
Erwin Schless	44	3:06:45
Thomas White	48	3:07:07
Ernest LaBonte	50	3:07:23

5TH ANNUAL BIDWELL CLASSIC AND PACIFIC ASSOCIATION MARATHON AND HALF-MARATHON CHAMPIONSHIPS. CHICO, CALIFORNIA, MARCH 7, 1981.

MARATHON

30-39

Male	Gary Goettelman	2:23:25
	Michael Montano	2:31:13
	David Minieau	2:34:14
	Kathleen Kaiser	2:55:51
	Patty Dahlstrom	3:11:33
	Skip Swannack	3:16:12

40-49

Male	Douglas Lotimer	2:35:12
	Jim Bering	2:41:54
	Bill Supler	2:42:26
	Joan Ulyot	2:58:53
	Joan Reiss	2:59:38
	Virginia Toy	3:35:22

50-59

Male	Ulrich Kaemph	2:34:59
	Gus Hanchick	3:05:45
	George Billingsdale	3:07:42
	Ruth Anderson	3:16:46
	Barbara Durham	4:04:46
	Dale Marne	

60 & Over

Male	Paul Reese	3:11:32
	Angelo Toietti	3:45:38
	Steve Cole	3:51:30
Female	No Finishers	

HALF-MARATHON

30-39

Male	Mark Hines	1:10:50
	Allen Stanbridge	1:11:26
	Tony Baccelli	1:21:50
	Pam Chappelle	1:28:53
	Susan Condon	1:35:02
	Shelly Gieg	1:36:37

40-49

Male	Bill Jenny	1:12:56
	Kent Guthrie	1:13:24
	Jon Shelgren	1:16:29
	Theo Skaden	1:21:17
	Catherine Grow	1:34:26
	Cinda Low	1:41:12

50-59

Male	Joe King	1:22:58
	Rich Mueller	1:23:20
	Harry Daniel	1:25:52
	Luz Demarrie	1:41:17
	Elizabeth Ross	1:53:16
	Roberta Cole	1:53:33

60 & Over

Male	Dudley Zappatini	1:40:42
	George Bischof	2:05:37
	Martha Smith	3:28:06
Female	No Finishers	

STATEHOOD DAY 10-MILE RUN LINCOLN, NEBRASKA FEBRUARY 28, 1981

M35-39

Al Petroff	39	1:00:33
Jim Lewis	36	1:01:01
Roger Wiegand	37	1:01:32

M40-49

Ray Stevens	40	55:39
Jim Streeby	41	56:20
Jeff Cheuvront	42	58:24
Bob Elwood	46	59:19
Don Hockenbury	43	59:29

M50+

Jerry Morrison	57	59:49
Bob Bartling	54	1:02:21
Jerry Crockett	52	1:02:51

W35-39

Kathy Loper	38	1:06:22
Barbara Ross	35	1:14:10
Audrey Weston	38	1:18:46

W40-49

Nancy McCormick	46	1:09:29
Nancy Hamaker	45	1:15:57
Betty Olson	48	1:22:05

W50+

Ann Brown	50	1:28:14
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TEAMS (Men):

Lincoln Track Club	2:53:22
Kansas City TC	3:03:19
Lincoln TC #2	3:13:05

TEAMS (Women):

Lincoln Track Club	2:56:35
Kansas City TC	3:15:52
Plains TC	3:19:59

3RD OLYMPIAD MEMORIAL MARATHON, ST. LOUIS, MARCH 1, 1981

M30 Dusty Morris	2:33:47
M40 Al Becken	2:50:13
M50 Cleo Casady	3:29:53
W40 Sue Fay King	3:50:05
W30 June Keller	3:04:13

BETHESDA CHASE 20K BETHESDA, MARYLAND MARCH 1, 1981

M40+ Mike Sabino	1:07:37
Dick Hipp	1:09:57
Warren Ohlrich	1:11:24
W40+ Polly Peacock	1:25:31
Marie Baumann	1:27:18
Carole Herrick	1:27:49

NATURAL LIGHT HALF-MARATHON SAN DIEGO, MARCH 7.

M40 Gary Sampson	1:15:26
Howard Moody	1:15:50
Dale Larabee	1:17:54

M50 Jim O'Neil	1:15:04
Marsh Haraden	1:20:38
Rod Johnson	1:22:17

W40 Patty Pastore	1:30:59
Faye Heldoorn	1:34:15
Judy Splitgerber	1:35:24

W50 Anne Johnson	1:31:44
Mary Storey	1:37:38
Virginia McLaughlin	1:57:08

NEW JERSEY 10-MILER, CHERRY HILL, N.J., MARCH 15, 1981.

Open:

Mike Roche	26	47:57
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M35-39

Jeff Galloway	51:36
Rich Myers	53:27
Terry Smith	53:45
Tony Gerrity	54:47
David Wilson	56:02

M40-44

Al Venanzi	56:48
Richard Fuller	59:22
Richard Morwalk	59:27
Walter Phillips	59:41
Richard DeVictor	60:04

M45-49

Charles Roy	58:41
George Studzinski	58:44
Walt Pierson	59:43
Don Larson	60:33
Lew Morgan	63:17

M50-54

Maurice Schepers	58:16
Steve Thomas	59:04
John Chapman	60:50

M55-59

Augustus Prince	63:39
Don Riordan	66:20
Bob Mimm	66:38

M60+

Mike Bertolini	65:17
John McCarthy	71:33
Fred Cox	72:02

W35-39

Nancy Olszewski	71:51
Betty Williams	71:55
Sally Gavin	75:19

W40-44

Sandra Folzer	66:57
Pat DeLatto	68:46
Sue Walton	77:52

W45-49

Alma Kunes	76:10
Ann Ledesma	85:15
Selwyn Grames	85:28

W50+

Joyce Haner	84:00
Ann Goff	89:38
Loraine Cephus	89:46

1ST PHOENIX MARATHON MARCH 16, 1981

M35 David Oropeza	2:24:44
M40 Jim Jerace	2:53:40
M45 Fritz Goreham	3:05:54
M50 Wilfred Potter	3:04:05
M55 Bill Minturn	3:16:30
M60 Frans Pawles	3:06:53
W35 Kathy Schubert	3:20:29
W40 Janet Valder	3:29:06
W45 Matilie Christma	3:22:23
W50 Edell Milicevic	3:46:17
W55 Helen Klein	4:55:11
W60 Edna Laflin	4:19:05
W70 Veallon Hixson	5:29:20

CINCINNATI HEART MINI-MARATHON 15K, MARCH 22

M40-49		
Roger Roullier	52:06	
Soi Epstein	52:13	
Bill Olrich	52:18	
Hal Higdon	52:25	
Charles Bolton	52:7	
Joe Moore	53:08	
David Walters	53:21	
Richard Jackson	54:13	
Richard Welling	54:15	
Joe Uhlig	54:36	

W40-49		
Frankie Denning	1:05:06	
Kelly Ferrel	1:04:53	
Marlene Burgin	1:08:50	
Odessa Barnett	1:09:22	
Elaine Clapp	1:11:10	
Alice Roesener	1:11:39	
Nancy Gilligan	1:12:52	
Odette Scott	1:13:00	
Frances Gilbert	1:13:33	
Luella Bogenschutz	1:13:45	

RUN FOR THE ARTS 10K CHELTENHAM, PA. MARCH 22, 1981

Open

Sam Pelletier	23	30:38
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M40-44

Doug LaRue	42	35:53
John Fischer	40	39:44
Dick Rapson	41	40:28

M45-49

Dick Pimerantz	45	38:59
Dick Donahue	46	39:16
Louis Foster	49	40:32

M50-54

Bernie Rubinsky	50	34:50
Steve Thomas	52	36:51
Bill Belleville	41	40:43

M55



NIKE/PENN MUTUAL MASTERS GRAND PRIX SERIES. 10K. HOUSTON. MCCULLOUGH HIGH SCHOOL, WOODLANDS. JANUARY 24, 1981.

1	INO CANTU	M45	33:47.6
2	J McLATCHIE	M35	34:22.9
3	William Hoss	M45	34:32.5
4	BOB MOHLER	M40	35:03.8
5	Don Slocumb	M45	35:57.8
6	Davis Moberly	M40	36:13.6
7	Bredo Johnson	M40	37:35.4
8	Billy Vick		37:36.5
9	Jim Yarbrough	M35	37:53.9
10	Gerald Hoffman	M35	40:30.8

11	BARBARA		
	MCWHORTER	W35	41:01.1
12	Boris Balic		41:01.6
13	J.B. OUTLAW	M60	41:17.9
14	J LIPPINCOTT	M55	43:00.6
15	Annette Farid	W35	44:39.3
16	R. W. Picar		45:54.4
17	Louis Irigaray		46:01.8
18	Clark Swartz		46:06.1
19	Sue Johnson	W35	47:58.2
20	Ray Johnson		47:58.7

21	MURREL		
	CROSSON	W45	48:55.0
24	Hope Holcomb	W45	51:59.7
25	Alvin Mabry	M55	52:47.8
26	Jo Morpheu	W45	75:25.6
29	CINDY GREEN	W40	77:03.3
30	NANCY GREEN	W50	77:03.4

30 finishers. From Val
Schultz.

TEAM RESULTS:

MEN

Houston Harriers	13
Bill Hoss	3
Bob Mohler	4
Davis Moberly	6

WOMEN

FM 1960 Road Runners	45
Annette Farid	15
Susan Johnson	19
Barbara McWhorter	11

NIKE/PENN MUTUAL GRAND PRIX SERIES. ---15K---NEEDHAM, MASS. MARCH 1, 1981

Place	Name	Club	Age	Time
1	Ernie Dumas	CMS	40	50:33
2	Ken Mueller	BAA	44	51:32
3	Chuck Keating	UN	39	51:56
4	Lee Wilcox	CTC	42	52:18
5	Dan Ellison	NMC	42	52:34
6	John Pistone	BAA	47	52:35
7	Manfred Kandschur	HTC	50	52:36
8	Russ Pickering	BAA	41	52:58
9	Andy Uguhart	CTC	41	53:03
10	Ken Wilson	CMS	45	53:05

11	Connie Doherty	IATC	40	53:21
12	Ned Toland	LCS	37	53:22
13	Bob Regan	CSU	42	53:25
14	Ed DeMarrais	NMC	50	53:55
15	Bob Coughlin	MTC	42	54:33
16	Daniel Cate	UN	36	54:54
17	John L. Sullivan	NMC	44	54:55
18	John White	UN	42	55:15
19	Robert A Clarke	GBS	35	55:26
20	Dirk Armstrong	CSU	35	55:37
21	Anthony Jackson	UN	35	55:40
22	Bruce Greer	RCA	44	55:48
23	S. Thurston	CMS	44	55:49
24	Joe Milligan	GBS	46	55:51
25	Dan Yanchurak	UN	40	55:53
26	James Kunkemiller	BAA	38	56:05
27	Howard Waryel	BAA	36	56:07
28	D. Tomlinson	BUH	41	56:13
29	Efrem Mallach	NTC	38	56:21
30	G. Butterworth	CSU	42	56:27

31	Russ Connors	MTC	48	56:45
32	Rony Sapienza	BAA	41	56:50
33	Douglas Allen	Cape	47	56:55
34	Martin Flynn	GNBT	57	57:28
35	Owen Barber	NA	57	57:38
36	Ron Goldner	CSU	57	57:53
37	Tom Knatt	NMC	58	58:14
38	Joe Fernandez	Brat	58	58:18
39	Bill Lesehay	UN	58	58:35
40	Perry Constat	UN	51	58:42

41	John Connors	UN	42	59:00
42	Gus Saulnier	UN	45	59:14
43	John Hurley	NMC	43	59:17
44	Bill Murray	CMS	43	59:28
45	Ray Pickell	BAA	50	59:35
46	Barbara Pike	Lib	39	59:42
47	Roger Camire	GNBT	36	59:33
48	Robert Lyons	UN	37	59:58
49	Vernon Grant	UN	46	60:07
50	Raymond Acheson	UN	45	60:14

51	Paul Daley	HBHRR	36	60:20
52	Alvin Stallman	BAA	52	60:23
53	Ned Price	BAA	44	60:24
54	R. Max Vigel	UN	42	60:27
55	Connie Murphy	NMN	55	60:36
56	Dave Weeks	UN	42	60:39
57	Dick Howe	BAA	42	60:41
58	Stan Vanclette	CMS	44	61:00
59	Harry Fardy	UN	51	61:10
60	Hubert Strom	Maine	51	61:27

61	Joe Murray	UN	38	61:34
62	Carlton Mendell	Maine	59	61:46
63	Dennis Brown	UN	48	62:08
64	John Fitzgerald	UN	42	62:33
65	Donald Smith	CSU	42	62:46
66	Jack Curtin	NME	49	62:50
67	Watt White	CSU	41	63:01
68	Austin Connors	UN	40	63:03
69	Don Dreniak	CMS	37	63:37
70	Lawrence Rose	UN	50	63:30

71	Ed Colbourn	UN	48	63:32
72	Robert Antonitis	UN	40	63:36
73	Armando Quartulli	UN	56	63:55
74	Aainor	UN	43	64:04
75	Leo Fahey	AMJA	47	64:21
76	John Wallace	BAA	54	64:22
77	Cindy McElwain	BAA	41	64:37
78	Andrea Hatch	Lib	37	64:54
79	Joseph Braccio	GBS	38	65:01
80	Royce Sawyer	NMC	55	65:25

81	Bruce Ambutor	CCRR	35	65:30
82	Don McCulloch	CCRR	51	65:44
83	Robert Brown	Wal	43	65:45
84	Villy Dragsback	UN	44	65:50
85	Oliver Edwards	NTC	47	65:54
86	Herbert Waters	GBHCT	50	66:03
87	Danforth, P.D.	Con	48	66:06
88	Carrie Parsi	Lib	42	66:09
89	Jeff Lind	CMS	42	66:11
90	Harry Skear			66:18

106	James Lee	NMC	63	69:16
120	Louie Young	NMC	69	73:40
116	Bernie Hanley	GBTC	62	72:38
126	Phil Cade	UN	64	74:59
136	Fran Goodnow	Chec	67	77:56
137	Bob Phinney	NMC	65	78:40

154 finishers. From John Pistone

WINNING TEAMS:

MEN'S OVER 40

Boston Athletic Association:
Ken Mueller, John Pistone, Russ
Pickering

WOMEN'S OVER 35

Liberty AC
Barbara Pike, Carrie Parsi,
Andrea Hatch



**** FINAL RESULTS OF THE NIKE/PENN MUTUAL MASTERS GRAND PRIX **** MARCH 14, 1981 ATLANTA, GEORGIA

PLACE	NAME	TEAM	TIME	OVERALL	PLACE	NAME	TEAM	TIME	OVERALL
1	Lila Brasher	ATC	40:56.8	37	1	Nancy Parker	ATC	39:28.0	27
2	Penny Kaiser	ATC	41:04.5	38	2	Kelly Ferrel	ATC	45:00.7	56
3	Julia Emmons	ATC	41:30.8	40					

PLACE	NAME	TEAM	TIME	OVERALL	PLACE	NAME	TEAM	TIME	OVERALL
1	Mike Hartman	ATC	34:10.7	2	1	Ken Winn	ATC	32:31.2	1
2	Bert Broadfoot	ATC	34:38.0	3	2	Dick Langway	ATC	34:57.5	4
3	Emory Parr	ATC	34:58.3	5	3	George Sharp	ATC	35:22.4	6
4	Darold Smith	UNA	35:52.4	7	4	H. Leeuwenburg	DD	36:17.6	8
5	Morris Johnson	UNA	37:26.7	14	5	Tommy Owens	ATC	36:42.7	9
6	James Watkins	UNA	37:30.2	15	6	Gene Berry	ATC	36:51.2	10
7	Chuck Speight	UNA	38:16.4	20	7	Dave Morgan	ATC	37:18.4	12
8	Len Rothman	UNA	41:43.0	42	8	James Haddie	ATC	37:35.5	16
9	Cliff Sapp	DD	43:02.0	46	9	Tommy Barnes	ATC	37:40.4	17
10	Larry Baugh	UNA	43:04.4	47	10	John Perkins	ATC	37:41.3	18
11	Edward Smith	DD	43:54.5	51	11	Fox Ferrel	DD	38:01.9	19
12	Charles Benson	DD	45:00.1	55	12	Jack Kelly	DD	38:20.6	21
13	Duval Bryan	UNA	47:06.1	59	13	Dick Bell	DD	38:44.4	23
14	David Abbott	DD	47:17.5	60	14	Jay Cullen	DD	40:13.0	30
15	Charles Boleman	DD	48:02.2	61	15	Larry Wagner	UNA	40:24.1	31
16	Lloyd Smith	DD	48:40.0	63	16	Dave Conley	DD	40:44.0	34
17	Chuck Flynt	UNA	51:39.9	64	17	Ray Loftin	DD	40:46.7	35
18	Ashby Cook	UNA	51:41.6	65	18	Tom Cullen	UNA	41:19.0	39
19	Merle Taylor	UNA	52:57.3	66	19	Charles Benson	DD	41:32.7	41
	(Atlanta's Penn Mutual Agent)				20	John Chernowski	DD	41:57.9	44
20	Bill Markert	UNA	53:21.3	67	21	Robert Greene	UNA	42:04.8	45

PLACE	NAME	TEAM	TIME	OVERALL	PLACE	NAME	TEAM	TIME	OVERALL
1	Bob Jones	ATC	36:52.0	11	1	W. Culpepper	UNA	39:27.2	26
2	John Barton	UNA	37:23.1	13	2	Joe Petrolino	ATC	39:28.0	27
3	Ed Gassaway	BTC	38:37.7	22	3	W. Sengstock	ATC	40:31.1	32
4	Gerry Williams	BTC	38:59.9	24					
5	John Fowler	BTC	39:26.3	25					
6	Jack Branch	BTC	39:51.3	28					
7	Don Gorham	DD	40:47.9	36					
8	Marcel LeClair	UNA	43:37.4	49					
9	Alan Thompson	DD	44:51.2	54					

PLACE	NAME	TEAM	TIME	OVERALL	PLACE	NAME	TEAM	TIME	OVERALL
1	Raymond Dubner	UNA	46:31.5	58	1	H. T. Marshall	ATC	41:49.6	43
2	Adrian Randall	UNA	53:55.6	68	2	Pat Stone	ATC	43:43.5	50
					3	E. Galloway	ATC	46:04.2	57

PLACE	NAME	TEAM	TIME	OVERALL	PLACE	NAME	TEAM	TIME	OVERALL
1	Bob Jones	ATC	36:52.0	11	1	W. Culpepper	UNA	39:27.2	26
2	John Barton	UNA	37:23.1	13	2	Joe Petrolino	ATC	39:28.0	27
3	Ed Gassaway	BTC	38:37.7	22	3	W. Sengstock	ATC	40:31.1	32

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2	John Barton	UNA	37:23.1	13	2	Pat Stone	ATC	43:43.5	50
3	Ed Gassaway	BTC	38:37.7	22	3	E. Galloway	ATC	46:04.2	57

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3	Ed Gassaway	BTC	38:37.7	22	3	E. Galloway	ATC	46:04.2	57

NIKE/PENN MUTUAL MASTERS GRAND PRIX SERIES. 10K. SALT LAKE CITY. MARCH 14.

WOMEN 35-39

Enid Rust	41:32.5
Marit Glenne	42:55.7
Susan Auer	43:35.0
Carol Watkins	43:39.9
Mary Jane Cannon	43:43.8
Sandra Lindstrom	45:01.2
Gloria Hammond	47:00.0
Susan Ozer	48:43.0
Joy Waldron	48:57.8
Teri Adams	49:00.1

WOMEN 40-44

Nancy Gregory	40:43.6
Kaye Domgaard	43:28.4
Judith Hagerman	47:18.6
Sharon Raggenback	52:45.5
Barbara Murdock	56:20.7
Nancy Butler	57:34.6
Mary Lou Gray	60:34.3
Thelma Daisy	66:00.3

WOMEN 45-49

Elfriede Schmitt	44:41.0
Carol Simmonds	44:56.9
Betty Wright	55:14.2
Zelda Robertson	58:21.4
Joan Coles	58:58.2
Mary Rasmussen	59:45.3
Betty Allen	61:17.7



BEFORE INTRODUCING THE ZOOM, WE RAN A FEW TESTS.

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

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

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

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

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

So we went even further. Introduced the Variable Width Lacing

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

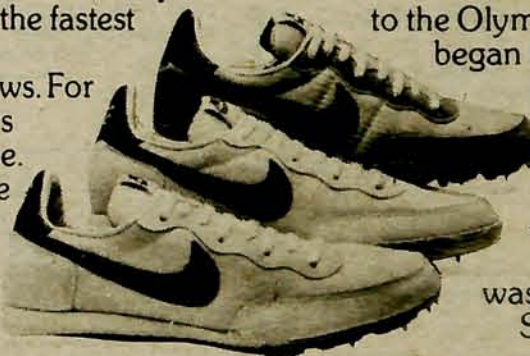
We developed models for sprints, distance and indoor. Then the heavy research began. We put them on international tour. And from the Pan American Games,

to the Olympic Trials, to Moscow itself, these spikes began rewriting the record books. Taking more than their share of victory laps.

That started a lot of people talking. But nobody, nowhere used their proper name: Prototype #45711 TF.

All they could say was ZOOM.

Sounded good to us.



Beaverton, Oregon