Burnett, Clarke Named Top 1985 T&F Athletes

Morcom, Oldfield, Miller Also Win 1985 Awards

HOUSTON, December 6, Jim Burnett, 45, of Chicago was named the outstanding age-40-and-over male track and field athlete of 1985 today by the Masters Track and Field Committee of The Athletics Congress, the national governing body for athletics in the United States.

Polly Clarke, 75, of Estes Park, Colorado, was voted the top female masters performer by the group at the 7th TAC convention.

TAC Western Regional Masters T&F Chairman Gary Miller of Los Angeles was named outstanding masters administrator of the year, while the top 1985 masters walker awards went to Bob Mimm, male, and Ruth Leff, female.

Two new awards were given. Brian Oldfield's 70'3" shot put at age 40 was voted the outstanding single-performance-of-the-year by an athlete age-40-and-over. Boo Morcom, 64, of Wilmot, New Hampshire, was selected as best multi-event performer.

Burnett won two gold medals in the age 45-49 division at the VI World Veterans Games in Rome in June, setting a pending world M45 record of 50.46 in the 400-meter run, and winning the 200 in 23.37, defeating the world's finest M45 runners in each. He won both events at the U.S. TAC National Masters T&F Championships in Indianapolis in August.

Cormier, Pickert Win U.S. 15K X-C

by EDDIE COYLE

The U.S. TAC National Masters 15K Cross-Country Championships at Van Cortlandt Park in the Bronx, N.Y. on November 17 was a class event. Sponsored by Guiness and Millrose, it attracted runners from as far away as Washington, California, Texas, and Toronto, Canada.

In addition, the race served as a memorial to former Olympian Pete McCardle, one of the most popular runners to ever lace a pair of running shoes. McCardle died at Van Cortlandt earlier this year, at age 56, from a massive heart attack following a training run. He was running the Van Cortlandt hills in spirit during this Masters race.

Testimonials to McCardle, who was a caring human as well as a great runner, were given before and after the race, which was won overall by Roland Judy Pickert, 42, of Brewster, N.Y. won four women's masters cross-country titles in November. Photo by Walt Westerholm

TAC Picks LDR Award Winners

HOUSTON, December 6. Barry Brown, 41, of Glen Falls, N.Y. and Gabriele Andersen, 40, of Sun Valley, Idaho, were named the outstanding age 40-44 long distance runners of 1985 today by the Masters Long Distance Running Committee of The Athletics Congress at its 7th annual convention.

The LDR Committee's awards are based on five-year age categories, rather than on an overall "best masters athlete." It was a repeat honor for Brown, the 1984 top vote-getter. He lowered his American masters 10-mile record to 49:46, led the M40 rankings in the 10K and 15K, and won the U.S. Masters 10K Championships.

Andersen led the year's 10K rankings with 34:49, and logged a 2:41 marathon, less than two minutes off the U.S. W40+ record. Her 8K time of 28:14 was also a U.S. best for women-over-40.

Other division winners included Sal Continued on page 12

Green Cops Another U.S. Marathon Title

by CHARLES DESJARDINS

With the same precision of the nine previous Marine Corps Marathons, the 10th Annual started at exactly 9:00 A.M., November 3, with the firing of a howitzer. Over 300 men and women Masters, competing for TAC national age-group championships, were among the approximately 11,000 competitors, over half of whom were running their first marathon.

This race is an excellent choice for a marathoning first, as this writer can attest when he ran his first in 1976, the initial Marine Corps Marathon. But this year's weather was cool, wet and windy, not good conditions for a debut

Continued on page 17
OLDER RUNNERS IGNORED

Your December story on the U.S. TAC Masters Half-Marathon Championships in Dayton on September 29 omitted any mention of the 70-and-over winners. Since that race was an official TAC Masters Championship, I thought runners in the higher age brackets should be mentioned.

Eugene Keller
Cincinnati, Ohio

And so they should have been. But the results received by the NMN only showed five-year age-group winners through 55-59. After that, all runners were lumped, improperly, into a "60+" category. The rules of TAC Masters Long Distance Running Committee emphatically state: "In all National and Regional Masters Championships, there must be competition by five-year age divisions, for both men and women, with a minimum of three entrants per division." (Rule 270 and 250). The Dayton race director may have been unaware of the rule. All directors of TAC national and regional championships — track & field, long distance running and race walking — must provide competition and awards in each five-year age group through 90+. If they are not prepared to do this, then perhaps they shouldn't bid for the event, in the first place. Or, if the rule is too strict, perhaps it should be changed. — Ed.

NATIONALS TOO EARLY

I am very upset that the 1986 National T&F Championships have been switched from the August date they've had for several years, back to July 18-20. The fact that I turn 60 on July 24 has just about everything to do with my attitude.

Louis Schneider
Louisville, Kentucky

INDOOR NATIONALS

The first ever World Indoor Track & Field Championships will be held at the Hoosier Dome in Indianapolis on March 6-8, 1987. The Dome will be sporting a new 200-meter banked track for the occasion.

My question: why can't the 1987 Indoor National Masters T&F Championships be held either immediately before or after the above meet? Set-up costs for the track could be saved. We could see the first World Indoor Championships by spending a couple of extra days. And the banked 200-meter track will be out of this world. I say Indianapolis in 1987.

Robin Ficker
Bethesda, Maryland

THROWING RULES

I agree with much of Carl Wallin's letter (Dec. NMN) about limiting the number of throwers in a flight. I agree we need minimum qualifying distances for a national championship.

But sometimes sense there's little feeling for participants who are not at the top of their event. Everyone wants to do well and improve, but we're not equal for a lot of reasons. The top competitors will continue to be at the top regardless of the weight of the implement or the height of the hurdle.

Heavier weights seem to be more of a disadvantage to all but the top competitors. The better throwers should have less trouble adapting to the lighter weights than the lesser throwers would have adjusting to the heavier ones.

Masters track and field is for everyone who loves the sport and wants to keep in shape. Consideration should be given to all.

S.E. Sears
Jacksonville, Oregon

Continued on page 10

WRITE ON!

Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
**1986 TAC NATIONAL INDOOR MASTERS TRACK & FIELD CHAMPIONSHIPS**

**LSU FIELD HOUSE - LOUISIANA STATE UNIVERSITY - BATON ROUGE, LOUISIANA SATURDAY, FEBRUARY 22 AND SUNDAY, FEBRUARY 23, 1986**

**SPONSORED AND HOSTED BY LSU AND TRACK AND FIELD OFFICIALS ASSOCIATION**

**MEET SITE** The LSU Field House is a 3,018 seat facility with wall to wall basketball floors; the 220 yard track has 42 inch wide lanes with six (6) lanes around the turn and eight (8) lanes down the straight-away. All runways and take-off areas are tanned. The throwing circle is plywood. The LSU Field House is located just off Nicholson Drive on the LSU Campus.

**ELIGIBILITY** The competition is open to all men and women over the age of thirty (30) who are registered with The Athletics Congress (TAC).

**DIVISIONS**

<table>
<thead>
<tr>
<th>MEN</th>
<th>30-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
<th>50-54</th>
<th>55-59</th>
<th>60-64</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
<th>80+</th>
</tr>
</thead>
</table>

**WOMEN**

| 30-34 | 35-39 | 40-44 | 45-49 | 50-55 | 56-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+ |

**EVENTS**

**SATURDAY FIELD EVENTS**

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>DIVISION</th>
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</thead>
<tbody>
<tr>
<td>10:00 AM</td>
<td>Weight Throw</td>
<td>50-80+</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Long Jump</td>
<td>30-34</td>
</tr>
<tr>
<td>12:00 NOON</td>
<td>Shot Put</td>
<td>30-34</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Pole Vault</td>
<td>60-80+</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Shot Put</td>
<td>40-44</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Long Jump</td>
<td>45-49</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>Shot Put</td>
<td>40-44</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>Pole Vault</td>
<td>50-59</td>
</tr>
</tbody>
</table>

**SUNDAY TRACK EVENTS**

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>DIVISION</th>
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<tbody>
<tr>
<td>12:00 NOON</td>
<td>60 Yard Dash</td>
<td>30-80+</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Mile Run</td>
<td>30-80+</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>400 Yard Dash</td>
<td>30-80+</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>1000 Yard Run</td>
<td>30-80+</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>300 Yard Dash</td>
<td>30-80+</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>4X880 Yard Relay</td>
<td>30-80+</td>
</tr>
</tbody>
</table>

**REGISTRATION**

Embassy Suites - Friday, February 21, 3:00 PM to 10:00 PM; LSU Field House (Southeast Portal) - Saturday, February 22 and Sunday, February 23, after 9:00 AM.

**ACCOMMODATIONS**

Embassy Suites will serve as meet headquarters. They will be offering a special meet rate of $60.00 for either a single or double room. All suites offer a private bedroom with remote controlled television, a separate living room, queen size sleeper sofa, telephone, color television and galley kitchen with complete wet bar, refrigerator and microwave. Each evening they host a two hour complimentary cocktail party in the courtyard, and in the mornings they offer a full breakfast, cooked to order, also served complimentary. Reservations must be made no later than Friday, February 7, 1986. To make reservations contact Embassy Suites, 4914 Constitution Ave., Baton Rouge 70808, or telephone (504) 924-6566. Make sure to identify yourself with the National Masters Indoor Championships.

**TRANSPORTATION**

Airport to Hotel - Embassy Suites provides a free shuttle service; Hotel to LSU Field House - Shuttle service will run on a scheduled basis on Saturday and Sunday.

**RULES AND STANDARDS**

As set forth by VAVA and adopted by TAC Masters will govern the competition.

**INIDENT WEIGH-IN**

Shot puts and weights will be inspected in room 103 of the LSU Field House beginning at 8:00 AM Saturday.

**ATLETIC CHECK-IN**

RUNNING EVENT athletes must check-in one event prior to their own event at the check-in area (clerk of courses) located in the southwest corner of the LSU Field House. FIELD EVENT athletes must check-in prior to the start of their event with the head judge of that event at the event site.

**AWARDS**

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

**DRESSING FACILITIES**

Locker room and shower facilities are available in the LSU Field House for both men and women. You must furnish your own towels.

**TRAINING AREA**

Trainers will be set up in room 103 of the LSU Field House for any emergency.

**FURTHER INFORMATION**

For further information contact the LSU Track and Field Office at (504) 388-8628.

---

**ATHLETE’S RELEASE**

In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against The Masters Athletic Committee, The LSU Track and Field Officials Association, all other meet sponsors and sports facilities or their officers or agents, for any damages which may be suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

**DATE:**

**ATHLETE’S SIGNATURE**
Coffman, Wehrum Top Masters in Wendy's 10K Run

by JERRY WOCJIK

It took 99 minutes for the last of the 5000 participants to cross the finish line of Wendy's 10K on the Western Kentucky University campus in Bowling Green on November 9. Don Coffman, 41, took only 31:47 to end the Masters contest over Bill Olrich, 50, who ran a steady 32:57. Tom Dooley, 41, was third Master in 33:08. Eugene Keller, 71, won the M70+ race with a strong 42:13.

Mary Anne Wehrum, 47, outdistanced younger W40-and-over runners to take the women's Masters title with an excellent 38:20, leaving second and third place to Natalie Spalding, 40, (41:14), and Janet Bilbrey, 42, (42:56). Arline Park, 60 ran 46:18 to win the W60 event.

The 99-minute, final finisher was Bill Seymour, 54, Jeffersonville, Indiana, who had undergone major surgery twice in the last two years. A former smoker who quit 2½ years ago, he has been running for five years to maintain his health. Although not as impressive as that of the other Masters on the results sheet, Seymour's time is perhaps even more remarkable because he considers himself lucky just to have completed the race.

Wendy's 10K, rated as one of the top 25 road races in the U.S., was directed by David Mason.

Pickert, Randall Win U.S. 5K X-C

Judy Pickert, 42, of Brewster, N.Y., took only two weeks to win a second TAC U.S. Masters Cross-Country Championship when she finished first in the women's Masters 5K in 20:01.0 at Meredith College in Raleigh, N.C., on November 29, duplicating her women's Masters win in the 15K Championships in the Bronx, N.Y., on November 17.

Pickert pulled away from the field after one mile, opened up a 15-second lead by the 3K mark, and was never challenged. Second-place Mardi Reed, W40, in 20:29.3, also ran with a strong lead.

Pickert, a 5-3½, 105 pound, P.E. teacher, who overcame a shoulder injury that almost stopped her from participating in sports of any kind, said, after the race, "This is my seventh healthy year. I'm having a great time. I'm finished for the year now. I'm going back to base and try to get through the winter in New York. Cross-country is my favorite.'"

Another Easterner, Kirk Randall, 44, of Wellesley, Mass., was the Masters overall winner with an eight-second 16:44.4 victory over North Carolinian Edward Oaw in the M40 division.

Nakata, Kasper 1st Masters in Honolulu

Katsutoshi Nakata, with 2:35:06, and Arlene Kasper, in 3:02:16, 40-49 division winners, were the first Masters in the 13th Annual Honolulu Marathon in Honolulu, Hawaii, on December 8, which was run in the best weather conditions in the history of the event.

Jim Gallup, second Master in 2:35:51, and Patty Buhlom, with 3:24:20, were 50-59 division winners. Frank Grey won the M60-69 race in 2:52:16, with Gerry Horton second in 2:56:54. After the race, Grey, 66, said, "Horton was pushing me. Two years ago, I beat him by forty seconds, and last year by ten minutes. I was watching out for him today. I may retire from marathons and do some 10K's which I enjoy a little better, 'cause it doesn't take as much preparation." But, he added later, "I'll never quit. I'll do as many 10K's as possible and do a few more marathons."

Margaret Lee won the W60-69 contest in 3:43:23. Don Lunberg and Kikue Morikami were 70-79 division winners with 3:39:12 and 4:32:28, respectively. About her performance, Morikami, 71, said, through her interpreter, "I'm very excited. I'll keep running and try to break 4:10."

Ibrahim Hussein of Kenya won overall in a course record 2:12:08.

Boston Offers $9000 to Masters

The 90th Boston Marathon, Monday, April 21, 1986, will present $2,500 each for the first Master man and woman, $1,500 for the second places, and $500 for the third spots.

In addition to offering equal prize money of $30,000 to both the top male and female finishers, the Boston Athletic Association will pay out $50,000 for a world record and $25,000 for a course record.

The John Hancock Mutual Life Insurance Company, headquartered in Boston, is the corporate sponsor of the Boston Marathon.

Boston qualifying times for Masters are M40-49, 3:10; W40-49, 3:30; M50-59, 3:20; W50-59, 3:40; M60-and-over, 3:30; and W60-and-over, 3:50.

The event will be covered live by ESPN, the nation's largest cable network.

Send a stamped, self-addressed envelope to BAA Marathon, 17 Main St., Hopkinton, MA 01748. The BAA contact person is Guy Morse, 617/338-5709.

Travel expenses may be available for top-ranked Masters marathoners. Direct inquiries to John McGrath, Athlete Liaison; Boston Athletic Association - Suite 1028; 20 Park Plaza; Boston, MA 02116. 617/527-8243.
FLORIDA MASTERS (1986)
TRACK & FIELD CHAMPIONSHIPS
HOSTED BY: PALM BEACH TRACK & FIELD ASSOCIATION

APRIL
26 - 27
1986

SUNDAY, APRIL 26, 1986
EVENTS

SHOT PUT  X  X
JAVELIN  X
DISCUS  X
LONG JUMP  X  X
TRIPLE JUMP  X
110 METER HURDLES  X  X
100 METER DASH  X  X
4 X 100 METER RELAY  X  X
1500 METER RUN  X  X
400 METER RUN  X
3000 METER RUN  X

SUNDAY, APRIL 27, 1986
EVENTS

HAMMER THROW  X
HIGH JUMP  X  X
POLE VAULT  X
200 METER DASH  X
400 METER HURDLES  X
800 METER RUN  X  X
4 X 400 METER RELAY  X  X
10,000 METER RACE WALK  X  X

ALL ENTRIES WILL BE CONFIRMED BY MAIL

PLEASE REGISTER EARLY. THANK YOU.

1986 FLORIDA MASTERS TRACK AND FIELD CHAMPIONSHIPS
OFFICIAL ENTRY BLANK
MEET DIRECTOR: JOE VALDES

NAME ___________________________ AGE ________

ADDRESS ___________________________ CITY ________ CITY ________ STATE ________ ZIP ________

PHONE ( ) _________________________ CLUB: _________________________

SHIRT SIZE: SMALL ______ MEDIUM ______ LARGE ______ X-LARGE ______

LIST EVENTS ENTERED AND BEST PERFORMANCE

ENTRY FEE: $7.00 per 1st Event, $3.00 each additional event, $15.00 per relay (4 members)

MAKE CHECKS PAYABLE TO: Palm Beach Track & Field Association

MAIL ALL ENTRIES TO: Palm Beach Track & Field
5300 Cannon Way
West Palm Beach, Fl.
33415 (305) 471-1891

ENTRY DEADLINE: Entry Fee must accompany entry blank. Entry Blanks received without entry fee will not be processed. All entries must be received on or before April 16, 1986. All Late entries Double Fee.

IMPORTANT
If you have won any National, World Championships or hold any records, please include with entry for press recognition. Thank you.

FOR MORE INFORMATION: Call or Write
Palm Beach Track & Field
5300 Cannon Way
West Palm Beach, Fl. 33415
(305) 471-1891

SANCTIONED BY:

ENDORSED BY:

FLORIDA MASTERS TRACK AND FIELD CHAMPIONSHIPS
WEST PALM BEACH
APRIL
26 - 27
1986

Age Divisions (Men)
OPEN SUB-MASTERS MASTERS MASTERS
19 - 29 30 - 34 40 - 44 55 - 59
35 - 39 45 - 49 60 - 64 65 - 69
50 - 54 70 - 74
*Age Divisions (Women) 75- OVER
OPEN SUB-MASTERS MASTERS MASTERS
19 - 29 30 - 34 40 - 44 50 - 54
35 - 39 45 - 49 55 - 59
60 - over

* Age groups may be combined to one team, but all medals will be awarded in the five year age divisions listed.

SCORING: INDIVIDUAL EVENTS 7, 5, 4, 3, 2, 1
RELAYS 10, 7, 5, 3, 2, 1

Only entries registered with designated team will be eligible to score points for that team. All others compete unattached.

SITE: John I. Leonard High School
4701 16th Avenue North
Lake Worth, Florida

FACILITIES: All Weather Surface
1 1/4" spikes permitted but not required

RELAYS: All relay teams register at meet.

AWARDS: Custom medals to the first three finishers in each age division. Team trophies to first three overall teams. Also first place team trophies in following divisions: Open, Sub-Masters, Masters, Overall Woman.

FLORIDA MASTERS
FLORIDA MASTERS
TRACK & FIELD CHAMPIONSHIPS
TRACK & FIELD CHAMPIONSHIPS
WINTER PARK FLORIDA WINTER PARK FLORIDA
1986 1986

FOR THE
FOR THE
ENTRY FEE...Eastern will guarantee a Group Discount of 30% off the full day coach fare for individuals traveling round trip on Easterns from major cities within the continental United States. To qualify, reservations must be booked through Easterns special CONVENTION DESK. In certain instances, even greater discounts may be available with restricted availability. Residents outside the continental United States should call their nearest Eastern office for the best available fare.

Ticketing...After you have reserved your flight, you may purchase your tickets from your local Travel Agent, any Eastern Ticket Office or we will mail them directly to you along with an invoice for payment. Regardless of where you choose to pay for your tickets, call Easterns CONVENTION DESK now to reserve your flight.

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For Florida 800-282-0240

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REFER TO EAST ACCESS NUMBER:

MEET HEADQUARTERS
The Palm Beach Airport Hilton
150 Australian Avenue
West Palm Beach, Florida 33406

Florida Masters Track and Field Rate
April 24, 1986 - April 28, 1986
$55.00 (Up to 4 in Room)

Call
305-684-9400
For Reservations
Run With a Goal for '86

Dr. Thomas Tutko, co-founder of the Institute of Athletic Motivation and author of Sports Psyching, has observed that highly successful distance runners are unwavering in attaining their goals.

"... (They) also have an unwillingness to veer from particular goals and are undaunted by setbacks," the San Jose State University psychology professor says. "There's no tenderness. They don't seem to succumb to social pressures."

As you set your goals for 1986 you might keep Tutko's observations in mind. At the same time, you might contemplate what some successful athletes and coaches have had to say about goals, commitment and attitudes. From my collection of quotes:

* "I was honest with myself in estimating my potential. I made a written plan for reaching my goals and then I fit that plan between a 40-hour work week and my family duties. My feelings about my marathon goals were probably the same as anyone else's. I had to reach my goals because I wanted to." — DEREK CLAYTON

* "I wanted to be the greatest hitter who ever lived. A man has to have goals — for a day, for a lifetime — and that was mine. To have people say, 'There goes Ted Williams, the greatest hitter who ever lived.'" — TED WILLIAMS

* "I think it's clear that people fail because they shoot at nothing. Even if your goal is to get up at 6 in the morning, it gives you direction and a sense of self-esteem if you accomplish it. Lots of people get muddled and are aimless, don't know what they want to achieve." — JIM NYON

* "Life is a combination of success and failure — in your greatest success you may yet be suffering a certain failure. But only if you set your goals high enough." — ARNOLD PALMER

* "You must act as if the goal were infinitely far off. For master archers it is a fact of common experience that a good archer can shoot further with a medium-strong bow than an unspiritual archer with the strongest. It does not depend on the bow, but on the presence of mind, on the vitality and awareness with which you shoot." — D.T. SUZUKI, Zen master

* "I think that people who are unwilling to live on the fringe of their soul and their heart and their compassion and their passions really miss a lot of life." — DR. ALEX RATELL

* "I will demand a commitment to excellence and to victory, and that is what life is all about." — VINCE LOMBARDI

* "I've had one basic philosophy all my life, even as a kid. What I believe is that the day you take complete responsibility for yourself, the day you stop making excuses, that's the day you start to the top." — O.J. SIMPSON

* "Hard things take time to do. Impossible things take a little longer. Patience and persistence are the key words to success in athletics. There is never any hurry on the creative plane!" — PERCY CERUTTY

* "A commitment to serious training means that no matter what else you are in this world — doctor, lawyer, Indian chief — first of all you are a runner. If you are unable to live up to that standard, your running is not truly serious, and you can expect your race results to show it." — MARTY LIQUORI

* "I've disciplined myself to know what I can do with the bat. I know who I am and I know who I'm not. It's not a shame to go to the opposite field. It's not a shame to lay down a bunt." — ROD CAREW

* "In terms of execution, I feel the nearest I've ever got to the goals I've set for myself is 75 percent. One aspect of my personality that has at times helped in my career, and at other times brought me a lot of heartache, is my desire for perfection. I hate to do anything less well than I believe it can be done. And most of all, I hate to play golf less well than I think it can be played." — JACK NICKLAUS

* "You need to hold clearly in mind that your success is not total. Based on your own athletic prowess or your own intellectuality, it's based on your team's scheme of things. It's based on who you play with. And it's based on God. Not necessarily in that order." — MEAN" JOE GREENE

Best wishes to all of you for the new year!

Dick Richardson, Decatur, Illinois, receiving Gold medal for M50 High Jump of 1.70, at VI World Veterans Games in Rome in June.

Wooley Paces Masters in MAC 10K X-C

by BARRY HORN

NEW YORK, November 3. In the New York Metropolitan area the best way to convene a meeting of Masters runners is to schedule a cross-country race. As usual, a talented, deep field was on hand at Van Cortlandt Park for the Metropolitan Athletics Congress' Senior Merts 10K. For those unfamiliar with the Park's 10K, it consists of two loops of the back hills, sandwiched around a jaunt up Cemetery Hill.

Bob Wooley, M40, topped all Masters runners with 36:46. Matt Cuccia, M40, 37:29; and George Desharnais, M40, 38:47, were the only other Masters to break 40 minutes.

In the M45 group, Charles Kennedy ran 40:33 to win over Nevio Dobry's 41:35, while M50 winner, Lou Stern, was timed in 43:26, with William Schwartz second in 45:30. In the M55 race, John Smith took first in 45:24, with Jack Haar second in 47:35.

Bob Muller, in the M60 race, was given the most competition, as he won in 56:18; eleven seconds in front of John McKenna, Charles Feldman's 56:08 topped the M65 bracket.

The women ran the 5K course, with Judy Pickert, 42, of the Millrose AA, placing third with 19:45.
"TWO DAYS OF PURE MASTERS ATHLETIC COMPETITION"
SPONSORED AND HOSTED BY THE LOS ANGELES PATRIOTS ORGANIZING COMMITTEE

SPARC

SANCTIONED BY
THE ATHLETIC CONGRESS OF THE U.S.A., SOUTHERN PACIFIC ASSOCIATION
ALSO
SOUTHERN PACIFIC MASTERS ASSOCIATION OF THE U.S.A., SWIMMING, INC.

In Support of the Masters Movement

THE LOS ANGELES PATRIOTS ORGANIZING COMMITTEE

SPORT ARCADE

TRACK AND FIELD - SWIMMING INVITATIONAL

DATES AND LOCATIONS WILL BE ANNOUNCED
IN FEBRUARY ISSUE OF THE NATIONAL MASTERS NEWS

March of 1986

SEND SELF ADDRESS ENVELOPE TO:

LOS ANGELES PATRIOTS ORGANIZING COMMITTEE
P.O. BOX 2981
BEVERLY HILLS, CA 90213-2981

MONDAY THRU FRIDAY FROM 8:00 A.M. TO 5:00 P.M. ONLY
TELEPHONE NO. (213) 388-9689
Contributing

Most likely, the reason I've always had a great deal of patience with race snafus has to do with my background: a lovable, but stern mother, who basically lived from one spring house cleaning to the next.

Her father, dear old Grandad, always lived with us and was always a great influence on my life. His life consisted primarily of: flashlights (he usually had about six at the ready) that were polished and on alert to go at any time: documentation, having to do with the up-to-the-minute price of regular gasoline at all the filling stations (now called service stations) in town plus exhaustive support material (long division) to determine his personal gas mileage; and, finally, automobile trunk packing.

Oh, sure, he also liked cigar boxes and always kept a supply of cardboard boxes of various sizes on hand. All the same, as I look back, packing the trunk of his '49 Plymouth was his all-time favorite.

He could pack and repack by the hour. He'd stand back when the job was finished and give very much like a young surgeon might admire his first gall bladder. Bear in mind now, no actual trip or transfer of goods had actually been involved. He would simply pack and repack his gear with devoted attention to time, space and fit. He was always tinkering. Refining a refinement, so to speak.

He had regular stops at the local grocery stores at which he would pick up new cardboard boxes that would replace out-dated or damaged ones. Some boxes he liked more than others.

I once actually heard him whisper to himself that he loved this one blue-and-white Ivory Flakes soap box. Another time, I abominably tossed a set of golf clubs in the trunk of his car and inflicted what we called "mortal damage" upon three boxes.

He always carried a snow shovel and chains in his trunk, even though he had lived in Southern California for years. He had flares, signs, rope and flags. If pressed, he could have re-routed the Pacific Highway through St. George, Utah.

He had thermos bags and bottles and enough water to hold out in the desert for about a year. He never forgot for that business of hanging a water bag over the front of the car radiator. He claimed somebody must have thought that one up in Minnesota or somewhere else like that.

At least once a week, it seemed, he would clean out the entire trunk and strive once more for total perfection, the ultimate fit, so to speak. Sounds good. He'd examine the contents of all the boxes and get things pretty much spread out all over the driveway and lawn. One of us would always say, "Was all that in the trunk?" He'd clear his throat, shake his head and frown.

I remember standing there in my hated short pants and wondering: how can a man as wonderful as this, a man I love so much, a man who has made so much money, be such a total dope? Grandad, however, could not read minds, so he never answered my question. He just went on packing and re-packing the trunk and keeping track of gas. I'm afraid I turned somewhat rebellious as soon as I got rid of those short pants, only to get back into them (short pants, that is) when I turned forty and became a runner.

Back to rebellious for a moment. From the very beginning I never went much for fine print, i.e., THE DIRECTIONS. As an athlete, I loved the game. As a student I was very good with numbers but never quite got the hang of arithmetic. As an adult I have been pretty much a great lover. Wives, children, mortgages, weeds, spring cleaning, gas mileage and the like, never really turned me on.

In the working world, I was an early advocate and always a firm supporter of, "The Large Print Giveith and the Small Print Taketh Away," approach to business. As a salesman, I always preferred the, "You'll notice, ladies and gentlemen, that at no time during my entire presentation will my fingers ever leave my hands," approach.

Facets, on the whole, were boring and cumbersome. On my first sales job, I won the coveted, "No Man Ever Sold More and Knew Less" trophy three straight years. I'll admit that, later in life as a latent accountant, these predilections did cause me to fall somewhat short of my superior goals for myself.

Grandad had truly been a great, if somewhat distorted influence on my life. Whenever I came within ten feet of an anal compulsive, the hair on my arms stood up like I'd seen a ghost. My heart would pound and I would usually resort to an immediate cold shower, with or without clothes.

Memories of a loved one and their habits die very hard. I always knew that no matter how upright, whacked-out and hyper the person I was dealing with had become, they couldn't compare with dear 'Ol Grandad.' That basic philosophy of life held totally true until I started running and, worse yet, going to races. I'd never met this serious a group of people in my life. I'm sure the years have dulled my memory, but just the same, Grandad seems more and more just like a regular guy.

What the hell is a cigar box or two, or three or four flashlights, compared to some moron who jumps up and down flapping his arms and calling people vile, intemperate names because "I don't have respect for your race." Give me a break! I'll admit I was in a bit of a blind. As strictly a "Once over lightly guy," I abhorred the scene; these idiots with their wrist bands, knee socks, head phones and accusplit digital watches. Just the same, I liked running and better yet — the races. A modern day dilemma. I loved the sport, but couldn't stand the sports.

Fortunately, my good friend Hal Higdon came up with a suggestion that seemed to make sense; in the service of my fellow man, I would become a race director. Looking back, I feel wonderful about my accomplishments. I've made thousands of people mad as hell because I didn't take such a half-assed job, but in their best interests, I always did it in a very relaxed manner. My contribution, I like to call it.
Bill Boyd and Wen-Shi Yu Win in Detroit Free Press Marathon

by JERRY WOJCICK

Bill Boyd, 43, and Wen-Shi Yu, 50, were the first Masters in the 1985 Detroit Free Press International Marathon, which started in Windsor, Ontario, Canada, went underwater to the U.S. via the Detroit Windsor Tunnel, and ended on Belle Isle, a public park in the middle of the Detroit River, in Detroit, Michigan on October 13.

Boyd’s time, 2:36:31, left his closest competitor, Ellis Boal, 41, over a minute back at the finish. Yu’s W40-and-over win, in 3:21:48, was closer, with an eight-second lead over W40 winner, Sonija Buchanan, 40.

Sixty-year-old Chuck Davey, three-time NCAA welterweight boxing champion and NBA challenger in the 1950’s, the “Friday Night Fight” days of early television, won the M60 division in 3:10:50. Mary Varani, 67, ran 4:29:05 to take the W65 race.

Yu and Peter Kershaw, 50, winner of the M50 race (2:46:13), were honored with the Howmet-Jim Boyle Memorial Award, presented by the Howmet Turbine Components Corporation. Boyle ran the 1982 Free Press Marathon, and in his memory, Howmet awards the top 50-and-over male and female with airline tickets to the Boston Marathon and an inscribed permanent trophy.

The Detroit-Windsor Tunnel, which began operating in 1930, celebrated its 55th anniversary with an award to the first 55-year-old to finish, Jack Hoskins (3:24:55). Next year, the award will go to the first 55-year-old. The meet was directed by Pam Weinstein.

Photos Available

If you’d like to have the original print of any of the photos printed in the National Masters News, most are available. Please send $5.00 for postage and handling to NMN, PO Box 2372, Van Nuys, CA 91404. Identify the photo by name, issue and page number. We’ll mail it to you first class.

BUD LIGHT AND LA BEER

invites you to run the Special WORLD MASTERS Division of the Paramount 10K Run

The City of Paramount and the Paramount Rotary Club, in addition to the Seventh Annual Paramount 10K Run, will have a very special WORLD MASTERS DIVISION sponsored by Bud Light and L.A. Beers. This division will be for those Master men and women runners that can meet the qualifying standards for their respective age divisions. The ability to meet these time standards will truly make this division a very special one. The race will be run with the Paramount 10K. Yes, you have to be good to enter, but if you place within the time standards you will be eligible for awards and merchandise. If you can meet these standards, then come to Paramount and Run With THE MASTERS.

MASTER STANDARDS: Men 40-44, 34:00; 45-49, 36:00; 50-54, 38:00; 55-59, 40:00; 60-64, 43:00; 65-69, 47:00; 70-74, 52:00; 75-79, 65:00; 80-84, 90:00

MASTER STANDARDS: Women 40-44, 40:00; 45-49, 42:00; 50-54, 44:00; 55-59, 47:00; 60-64, 52:00; 65-69, 60:00; 70-74, 75:00; 75-79, 90:00; 80-84, 100:00

Race Date: January 25, 1986
Race Time: 8:00 am Sharp
Course: Flat, fast, certified and sanctioned by TAC.
Accommodations: Downey Travel Lodge, 13535 Lakewood Blvd., Downey, Ca. 1-800-255-3050, or 213-634-4444. 20% off. Ask reservationist to specify, “10K race participant”.
Transportation: To and from race site by Downey Travel Lodge, 6:30 am shuttle time.
Preregistration Only: Return Entry by 1/20/86.
Information: Oscar Rosales, P.O. Box 696, Paramount, CA 90723 • (213) 634-3027. BUD LIGHT and L.A. BEERS welcome you to compete for excellent awards and merchandise. This is our fourth year with the Masters. It is becoming a CLASSIC.

”Tear & return

7Th ANNUAL CITY OF PARAMOUNT 10K RUN SPECIAL WORLD MASTERS DIVISION

NAME _______ MALE ☐ FEMALE ☐ PHONE ☐
ADDRESS _______ CITY _______ ZIP _______

Official Entry Form Will Be Sent Upon Receipt Of This Form. Send SASE.
SEND TO: CITY OF PARAMOUNT 10K RUN, P.O. BOX 696, PARAMOUNT, CA 90723

Photos Available

If you’d like to have the original print of any of the photos printed in the National Masters News, most are available. Please send $5.00 for postage and handling to NMN, PO Box 2372, Van Nuys, CA 91404. Identify the photo by name, issue and page number. We’ll mail it to you first class.
72 Years Later, Newton Barrett Remembers

Meet Newton Barrett, age 95, of Moline, Illinois. Born August 15, 1890, Barrett just heard about Masters running two years ago. He started training and entered meets in Illinois, Texas and Missouri. Needless to say, he found no opposition in his age group, running the 100 meters in 30.5 seconds — a new world age-95 record.

"I wasn’t aware of the national and world meets,” Barrett told NMN. "If I had known, I would have been in Rome and Indianapolis."

A highlight of the 1985 World Veterans Games in Rome was a match race between two 90-year-olds, Azad Singh of India and Francesco Tocco of Italy. Singh won in 29.95. Barrett would have been right there, and, with the competition, might have won.

"I plan to go to Melbourne in 1987," Barrett said. "And I hope to meet up with those fellows then."

Barrett had a chance to win his collegiate conference championship in the two-mile run while at Whitman College in 1913 in Walla Walla, Washington, but he lost by a nose in the last strides.

"It was that experience that made me keep running," he said. "I hoped someday I could win a title."

It's taken a while, but Barrett is the heavy favorite, to say the least, to win the age-90-and-over 100-meter dash gold medal at next year's U.S. TAC National Masters Championships in New York.

"I was a long-distance runner at Whitman," Barrett said. "I led in the 2-mile until right at the end when a long-legged rascal beat me out in the last few yards. I'll never forget that. It has kept me running my whole life."

A retired Methodist minister and great-grandfather, Barrett works out every night.

"It’s exactly 100 meters between 17th and 18th street," he said. "It makes a nice workout track. I usually run at night because there’s less traffic."

One of the stars of the first two World Veterans Games was Duncan MacLean of Great Britain, who competed in Toronto at age 90 and in Sweden at age 92, running the 100 in 21.7. MacLean stopped running at 92 and died at 96.

Perhaps Barrett can inherit his legacy. He will be a welcome addition to the Masters running scene.

Write On!

Continued from page 2

Wallin complains that lighter masters implements "take away the advantage from true weightmen." He confuses track and field with weight lifting, disregards the aging process and brushes aside the concept of fair play.

It would be a sad day if a 260-pound muscle man — often loaded with illegal anabolic steroids — is allowed to smash all opposition with brute strength only. He may be a "true weightman," but, lacking technique, coordination and speed, not a "true thrower." If he developed these other qualities, he would not fear facing opposition using lighter implements. We should return to lighter, pre-1984 WAVA shot and hammer implements.

A. Zakis
Stouffville, Ontario

I am writing for two reasons:

First, the scores reported for me in the Rocky Mountain Masters Games were not correct. The weight pentathlon were incorrectly calculated. Using the women's tables, my score improves 700 points to 3039. With approximately a 300 point loss due to having to use the 358 wt., and the joke, the jocker in which the javelin was marked, the performance was better than even the correct score indicates. I can"t blame the javelin workers — it was so dark, I couldn't see the scratch line until I stepped on it. There was no way the javelin could be marked with either accuracy or safety. Also, I was told that while the weight pentathlon was the U.S. National Championships for men "of course that was for men only, not women." — Shades of the hammer controversy at the 1984 Eugene Nationals.

Second, I support Carl Wallin's effort to bring more dignity and seriousness to the throwing events. I especially support the idea of some sort of qualifier for National Championships. I love to throw, and want others to enjoy it too!

At a national meet, I would not dream of running or jumping, and yet in many age groups of both sexes, non-weight athletes regularly enter the throws. This is fine at local meets but not at the national level. In Indianapolis, during one of the hammer sessions in which 20-30 men were going to throw, an individual in one of the first few flights had obviously never seen a hammer before. While laughing and throwing (some less than 15 feet), other well-trained and warm competitors were needlessly delayed. If some sort of performance standard isn't applied, then perhaps the head judge should have the option of asking the poorly prepared entrant to withdraw or allow them to throw at the end of the competition.

I have spent many hours and hundreds of dollars on training and traveling to meets. I want to meet people and have a good time. But I am primarily there to compete and, hopefully, to do well. I would like to ask future directors of national level meets to work with the athletes to make this possible.

Joan Stratton
South Lake Tahoe, California

KUDOS

I can't think of any other publication that I'm so anxious to get the National Masters News. I hope you continue with the good job you are doing.

Bob Coughlin
Indianapolis, Indiana

NMN is great.

Jeannie Carter
Santa Ana, California

You are doing a first-class job with NMN. Your columnistn are always interesting and your patience with unthinking critics is commendable.

Owen Flaherty
Secretary, WAVA
Javea, Spain

I want you to know how much I enjoy the National Masters News. I think it is the best of all the running publications. I read every page of every issue and look forward to my issue every month.

Wally Ingram
Hemet, California
**Dawkins Suffers Heart Attack at Meet**

Ozzie Dawkins, 57, one of the most popular athletes on the Masters track & field circuit, is recovering at his home in Los Angeles after suffering a near fatal heart attack at the San Juan Masters Championships in Puerto Rico November 9.

Dawkins, an anesthesiologist at Martin Luther King hospital in Watts, noticed something was wrong after he ran the 100-meters at about 11 a.m. in the age 55-59 division.

"I didn't feel so good after the race," he said. "My chest felt heavy. I knew something was wrong, but I didn't know it was serious. They asked me if I wanted to go to the hospital, and I said 'no, I'll be okay.' I didn't want to spoil their fun. They figured I was a doctor and knew best. But I had no idea what was wrong."

Dawkins was driven around town with friends in a warm stuffy car for much of the afternoon, and went to Gilberto Gonzalez' home around 5 p.m. He was still suffering painful cramps and shortness of breath.

"I called Agnes (his wife, a registered nurse) in Los Angeles, and she immediately told Gilberto to get me to the nearest hospital."

An electrocardiogram gave positive proof that he was having a heart attack — a myocardial infarction. Agnes flew to San Juan on the first plane and stayed with him in the hospital for eight days, after which he was strong enough to fly home to Los Angeles.

"All my friends in Puerto Rico were wonderful to me," Dawkins said. "They visited me regularly, and I appreciated their concern."

Dawkins has competed in nearly every World Games, winning medals in the 100, 200 and 400. If anyone is in shape, it's Ozzie. How could HE have had a heart attack? Does this mean none of us is safe?

"I had six things against me which I ignored," he said. First is his family history. "My grandfather died of a heart attack at age 57, and my brother just died of a heart attack at age 51."

Second, his job is rated 2D, right behind neurosurgeons, as the most stress-related job in the medical profession. He does three or four difficult operations a day. He can't let up for a minute. If he did, he could be sued. Stressful peer reviews are held monthly.

Third, Dawkins had noted chest pains during workouts in September. "I didn't think it was anything, but I should have checked it out," he said.

Fourth, he flew into San Juan with virtually no sleep, and the race, scheduled to be run at 9:30 a.m., was delayed. "I was all warmed up at 9:30, but cooled off by 11," he said.

Fifth, it was a hard race. "I didn't know the guy on my left, and I was trying as hard as I could to catch him."

Sixth, he was 5,000 miles from home, in a Spanish-speaking nation. Dawkins, a native of Jamaica, speaks little Spanish. "If you ever have a heart attack," he advised, "have it at home, not 5,000 miles away. The dramatics of this thing have been too much for me."

Dawkins will provide an exclusive personal report to National Masters News readers in a future issue. He's resting at home until February 1st, and has started to do a little walking.

Although several masters road runners have suffered heart attacks (Jim Fixx, Jim Shetler, etc.), Dawkins is one of the first — if not the first — masters track & field athletes to have the experience.

He says other masters performers shouldn't be alarmed, but says they shouldn't ignore obvious warning signs or try to do so much at one time.

Will he be able to compete again?

"I hope so," he said. "I want to see all my friends again soon. I'll just see what the doctors tell me to do."
Arthritis — Part 2

Last month we discussed a study by Dr. Robert Sohn comparing swimmers and cross-country runners and the resultant lower levels of pain in former runners. Before we pat ourselves on the back for our insight into pain reduction and lack of arthritic changes, let us discuss types of arthritis and those joint problems that could occur.

The first type is traumatic arthritis. This is usually due to a direct pounding or blow to a joint. It is common in masters jumpers, throwers and long distance runners. Swelling usually occurs within a few hours of the trauma and there may be stiffness and pain around the joint areas.

In these cases, there is usually no disruption of the articular cartilage and no damage to the supporting structures. Most of these cases heal rapidly and the athlete can resume running in a few days.

An example of this kind of injury is the sprained ankle, bone bruise, synovitis and the like. One may wish to x-ray the area to rule out fracture or ligamentous tears.

The second type of traumatic arthritis is a disruptive type with damage to the articular cartilage and/or rupture of the major supporting structures. These include fracture, meniscal tears and severe sprains. These may develop post-traumatic arthritis.

Permanent joint damage may occur and osteoarthritis of the joint is common.

Another form of traumatic arthritis is termed repetitive traumatic arthritis. This is usually due to long distance running, occupation (standing for long periods of time) and so on. These conditions can lead to chronic arthritis and can become very symptomatic. This can be seen as stiffness in the feet of long distance runners and the hands and wrists of boxers. X-rays reveal narrowing joint space and honey spurs around the joint areas.

Other general arthritis conditions include rheumatoid arthritis, which is rare in athletes, Charcot joints and acute gouty arthritis.

It is obvious, as discussed in the last issue, that the best treatment for arthritis is prevention. Proper training regimes, cushioned shoes, and stretching all aid in reducing the chances of developing arthritis.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NNN, Box 2772, Van Nuys, CA 91404.)

1986 U.S. TAC NATIONAL MASTERS LDR CHAMPIONSHIPS

<table>
<thead>
<tr>
<th>Distance</th>
<th>Date</th>
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<tbody>
<tr>
<td>5K Road</td>
<td>October</td>
<td>Little Rock, Arkansas</td>
<td>Cliff Sharp</td>
</tr>
<tr>
<td>5K X-C</td>
<td>October</td>
<td>New York, New York</td>
<td>Ted Foy</td>
</tr>
<tr>
<td>8K Road</td>
<td>December</td>
<td>Tampa, Florida</td>
<td>Dick Lacey</td>
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<tr>
<td>10K Road</td>
<td>August</td>
<td>Asbury Park, N.J.</td>
<td>Phil Benson</td>
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<tr>
<td>10K X-C</td>
<td>November</td>
<td>Homestead, N.Y.</td>
<td>Ron Salvio</td>
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<tr>
<td>15K Road</td>
<td>June</td>
<td>St. Claire, Ohio</td>
<td>John White</td>
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<td>20K Road</td>
<td>October</td>
<td>New York, New York</td>
<td>Ted Foy</td>
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<td>25K Road</td>
<td>September</td>
<td>Long Island, N.Y.</td>
<td>Jack Dowling</td>
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<td>TBA</td>
<td>Joliet, Illinois</td>
<td>Henrietta Agney</td>
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<td>April</td>
<td>Columbus, Ohio</td>
<td>Jack Dowling</td>
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<td>100 Mile</td>
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<td>New York, N.Y.</td>
<td>John White</td>
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<td>1-hour</td>
<td>Jan 1-Oct. 31</td>
<td>Nationwide</td>
<td>Vince Chiapetta</td>
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<td>Cliff Sharp</td>
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<td>1/2 Marathon</td>
<td>September 14</td>
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<td>Carl Glatze</td>
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<td>Marathon</td>
<td>July 27</td>
<td>Olympia, Washington</td>
<td>Carl Glatze</td>
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Honorored in Houston: Gabrielle Andersen, 40, (left) of Sun Valley, Idaho was named top female track and long distance running athlete of the year in the 40-44 age group at TAC’s Annual convention. Ruth Anderson, 55, (right) of Oakland, Calif. received TAC’s President’s Award for her outstanding contributions to masters running.

TAC Picks LDR Award Winners

Continued from page 1

Vasquez, who set M45 10K (31:06) and 15K (47:28) records; Norm Green, who won three national M50 championship titles; and Jim O’Neill, who captured the world veterans 10K crown and set a new M60 U.S. 10K mark of 34:27.

Helen Dick, with three W60 age-group marks in the 10K (40:37), 15K (1:07:33) and 8K (34:58), took W60 honors. Wen-Shi Yu (W50), Toshiko d'Elia (W55) and Gina Faust (W45) led their divisions. A special award went to Helen Klein, 62, the oldest woman finisher in the Western States 100-mile run in 29 hours, 51 minutes.

The complete list of winners is published on this page.

OUTSTANDING MASTERS LONG DISTANCE RUNNERS — 1985

Selected by the TAC Masters Long Distance Running Committee

<table>
<thead>
<tr>
<th>AGE</th>
<th>MEN</th>
<th>WOMEN</th>
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<tbody>
<tr>
<td>40-44</td>
<td>Barry Brown</td>
<td>Gabrielle Andersen</td>
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<tr>
<td>45-49</td>
<td>Sal Vasquez</td>
<td>Gina Faust</td>
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<tr>
<td>50-54</td>
<td>Norman Green</td>
<td>Wen-Shi Yu</td>
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<td>55-59</td>
<td>Howard Rubin</td>
<td>Toshiko d'Elia</td>
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<td>60-64</td>
<td>Jim O'Neil</td>
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<td>Clive Davies</td>
<td>Althea Wetherbee</td>
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<td>Bill Brobston</td>
<td>Pearl Mehl</td>
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<td>75-79</td>
<td>Ed Benham</td>
<td>Anne Clarke</td>
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<td>80-84</td>
<td>Max Poppers</td>
<td>Ida Mintz</td>
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<td>85+</td>
<td>Paul Spangler</td>
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Special Award: Helen Klein, 62, oldest woman finisher in the Western States 100-mile run in 29 hours, 51 minutes.

Matson Achieves Two More Records

Shirley Matson, who turned 45 on November 7, added two more American women’s age 45-49 records to go with the 35:32 10K she ran on November 10th.

1) In an 8K in Irvine, California on November 24, Matson churned to a 28:47, bettering the existing mark of 30:47, set by Kathryn Gifford in 1982.
2) In the Nike/San Francisco half-marathon on December 8, she scampered to a 1:20:25 to lower Dorothy Stock’s five-year-old standard of 1:24:07 by over three minutes.

All pending age-group records are subject to verification by the National Running Data Center.

Barry Brown
Burnett, Clarke Named Top T&F Athletes

Continued from page 1

Clarke didn't go to Rome, but, after turning 75 on July 17, she set four world records for women 75-and-over in the Nationals, in the 100 (17.08), 200 (36.5), 400 (89.7) and 800 (3:49.8). She never raced until 1977, at age 67.

Miller, 48, again staged a successful SPA/TAC Masters Championships in Los Angeles and worked to improve multi-event scoring. On March 23, she scored 5734 points (IAAF) for a new world age 45-49 decathlon record.

Mimm, 61, narrowly won male Masters walker-of-the-year honors over his New Jersey Shore A.C. teammate Don Johnson, last year's winner Larry Walker, world M75 champ Gordon Wallace, and Guilo DePietra. In April, Mimm set a U.S. M60 mark in winning the TAC M60 25K championship. In June, he set American M60 records in the 3K and 20K in Rome, winning medals in both events. In August, he bettered his U.S. M60 20K standard, setting a 15K mark enroute, in winning the national title in Indianapolis.

The women's race for top master walker was tight with Jolene Steigerwal, Jeanne Bocci, Ruth Eberle, Marie Henry, Ernestine Yeomans and Leff winning an impressive number of national titles and age-group records. But Leff, competing in the age 55-59 bracket, was best. The Milwaukee resident set W55 marks in the mile, 10,000 and one-hour walks.

Oldfield turned 40 on June 1. At an open meet in Europe he threw the shot 70-3 for a new world 40 mark.

Morcom is a familiar name to track fans. He finished sixth in the 1948 Olympics in London with a 12-6 pole vault. Five years ago, at age 59, he bettered that effort with a 13-0½ vault. In 1985, he won the U.S. TAC National Masters Decathlon Championship over all other competitors, by age-group scoring. He also won the U.S. Masters Pentathlon title overall.

The seven awards will be presented to the winners at TAC's 19th annual National Masters T&F Championships in Hemstead, Long Island, New York on July 19.

The Committee also selected outstanding athletes in each 5-year age group for both men and women in both track and field categories. Those names are published on this page.

For 1986, the Committee will continue the seven major awards, and will add "All-American" awards. Under Jim Weed's supervision, the award will be based on scoring about 800 points on the IAAF scale, factored for age. Each recipient who better a performance level in 1986 will be mentioned in the National Masters News, and will perhaps receive a certificate in following years. Weed, Miller and T&F Records Chairman Pete Mundle have formed a committee to finalize the performance levels.

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OUTSTANDING MASTERS TRACK AND FIELD ATHLETES
Selected by the TAC Masters Track & Field Committee

GWILYM BROWN AWARD
Presented to the outstanding male and female track & field athletes in the Masters program.

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
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<tbody>
<tr>
<td>1978</td>
<td>George Ker</td>
<td>Irene Obera</td>
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<td>1979</td>
<td>Ernie Billups</td>
<td>Irene Obera</td>
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<td>1980</td>
<td>Al Oerter</td>
<td>Joanna Grissom</td>
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<td>1981</td>
<td>Jim Burnett</td>
<td>Judy Fox</td>
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<td>1982</td>
<td>Al Oerter</td>
<td>Philippa Raschker</td>
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<td>1983</td>
<td>Jack Greenwood</td>
<td>Polly Clarke</td>
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<td>1984</td>
<td>Ed Burke/</td>
<td>Parry O'Brien</td>
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<tr>
<td>1985</td>
<td>Jim Burnett</td>
<td>Polly Clarke</td>
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OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

1985 Brian Oldfield

OUTSTANDING MULTI-EVENTS ATHLETE (New Award)
1985 Boo Morcom

1985 AGE-GROUP AWARDS

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<thead>
<tr>
<th>TRACK</th>
<th>FIELD</th>
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<tr>
<td>M35</td>
<td>James King</td>
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<td>M40</td>
<td>Bill Stewart</td>
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<td>M45</td>
<td>JIM BURNETT</td>
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<td>M50</td>
<td>Ray Hatton</td>
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<td>M55</td>
<td>Tony Sapienza</td>
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<td>M60</td>
<td>Rudy Valentine</td>
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<td>M65</td>
<td>Bob Hunt</td>
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<td>M70</td>
<td>GILBERTO GONZALEZ</td>
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<td>M75</td>
<td>Ed Benham</td>
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<td>M80</td>
<td>ARLING PITCHER</td>
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<td>M85</td>
<td>Paul Spangler</td>
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<td>M90</td>
<td>Newton Barrett</td>
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<td>W35</td>
<td>PHILIPPA RASCHKER</td>
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<td>W40</td>
<td>GABRIELE ANDERSEN</td>
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<td>SANDRA KNOTT</td>
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<td>W50</td>
<td>IRENE OBERA</td>
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<td>MARION IRVINE</td>
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<td>W60</td>
<td>JACLYN CASELLI</td>
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<td>W65</td>
<td>Josephine Kolda</td>
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<tr>
<td>W70</td>
<td>Pearl Mehl</td>
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<tr>
<td>W75</td>
<td>POLLY CLARKE</td>
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</tbody>
</table>

(Capitals indicate overall winner of division)
Minutes of TAC Masters Track & Field Committee Meetings

by AL SHEAHER, Secretary

Presiding: Chairman Jerry Donley

Awards

Awards Chairman Jim Weed announced that Jim Burnett and Polly Clarke were named T&F athletes-of-the-year by the Awards Sub-Committee. Bob Mimm and Ruth Leff were chosen best race walkers. Gary Miller was named administrator-of-the-year. Bob Morcom was selected as best multi-event performer. Brian Oldfield's 797.7 shot put at age 40 was voted outstanding single-performance-of-the-year by an athlete age-40-over. Best male and female performers were chosen in each five-year-age-group. (See separate story and lists.) When no one else stepped forward, the vacant position was declared filled.

TAC Masters convention will follow rules and standards set by the World Association of Veteran Athletes (WAVA), unless otherwise noted (such as the above false start rule, which differs from WAVA).

300 Meter Hurdles

To conform to the WAVA rules, men 60+ and women will run 300 meter, rather than 400 meter, hurdles in U.S. 1986-87-88 Masters competition. (Note: WAVA has not yet issued the official notice of its Technical Rule Changes made in Rome last June, and it is not certain whether the 300-meter rule applies to all women, or only women 50+.)

Javelin

The IAAF (the world governing body for Athletics) has passed a new rule, mandating that a heavier javelin be used in open competition. Reason: Today's athletes are throwing it so far that it often lands on the track during a race, jeopardizing runners' safety. Gary Miller moved that Masters do not follow the IAAF change, but retain old rules for the javelin. Approved.

New Age Category

An M90+ category was added to TAC national and regional competition. (Sandy Kahl introduced Abel Kivist, 93, the oldest living Olympian, who won a silver medal in the 1912 Olympics in Stockholm. Kivist, a quick-witted, personable man, said he might try to compete in 1986.)

Multi-events rules

In 1986, the National Masters Pentathlon and Decathlon/Heptathlon Championships will use the 1986 IAAF scoring tables for men 30 thru 59 (using the 1962 IAAF tables for events not covered by the '86 tables, e.g., 100 meters); the 1981 WAVA tables for men 60+, and women, and the age-factor tables for special groups (e.g., 80+). They will use the WAVA/TAC hurdle heights (a change from the 1985-86 rule). However, men 60+ will continue to run 110 meter hurdles, and women will run 100 meter hurdles (different from WAVA rules).

Site Selection

Eugene, Oregon was the sole bidder and was awarded the 1987 National Outdoor Championships. Strong sentiment was expressed by a petition, signed by over 40 East Coast athletes, to hold the nationals each year in July, rather than August. It was agreed to hold the annual event in late July or early August, and the 1987 meet is set for Aug. 2-4.

The 1986 National Decathlon/Heptathlon was awarded to Des Moines, Iowa on July 26. The 1986 National Weight Pentathlon went to Boulder, Colorado on August 31. The 1987 Pentathlon was awarded to Los Angeles on June 27. There were no other bidders for those events. There were no bidders for the 1987 National Indoor T&F Championships. Anyone interested should contact Indoor Coordinator Salvo.

1986 National Championships

Meet director Sandy Pashkin reported good progress for the 1986 Nationals on July 18-20 at Mitchell Field, in Hempstead, Long Island, 25 minutes from Manhattan. It's a 9-lane, poly-flex 942 track, similar to Rekoman, the 1984 Olympic surface. The field has lights. Hofstra University dormitories will be available for $18/day.

 COMMITTEE REPORTS:

Budget & Audit — Al Sheahan

The Masters T&F Committee spent its allocated $10,000 in 1985 (see detailed chart). The additional $1,450 which TAC approved at the '84 Convention was not granted because "TAC general funds were not available."

For fiscal 1986 (Oct. 1, 1985 thru Sept. 30, 1986), the Masters T&F budget will be increased 46% to $14,600. $12,500 of that was recommended by TAC's Board (the same as for all other Sports Committees). An additional $2100 was granted by the members of the Budget & Audit Committee. (TAC's policy is for the funds to be used for administrative expenses incurred by a volunteer: telephone, postage, travel, etc.) None of the money allocated to the open T&F or LDR Committees, for example, is used for meet or race support. Those organizers rely on sponsorship to put on their events. However, because we have been able to obtain some of the budget has traditionally gone to help support national and regional championships.)

Marketing & Media — Joe Murphy

TAC's marketing study showed that the acronym "TAC/USA" is "not marketable." (i.e., there is no public interest or awareness). The term "U.S. track & field team" is marketable, as is the "Masters Program", according to the study commissioned by TAC. TAC has hired a marketing firm at $3000 a month to explore specific kinds of programs TAC could raise money from— including Masters events. A main problem with finding Masters sponsors is that there are few spectators at Masters events. "That shouldn't be a problem," Jim Johnson told Murphy. "Just go to any high school principal, tell him he can shake hands with Bob Richards, Parry O'Brihan, etc., at a Masters meet, and he'll bring a bus load of Creative potential"

Law & Order

Medical

TAC staff

Sports

No recommendation

Official

Write on

It's unknown big meet

Outdoor

Recreation

More spots

Chapel

Accurate

Recognizer

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1986 U.S. TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

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<tr>
<th>Event</th>
<th>Date</th>
<th>Site</th>
<th>Director</th>
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<tbody>
<tr>
<td>Indoors</td>
<td>February 22-23</td>
<td>Baton Rouge, Louisiana</td>
<td>Danny Thiel</td>
</tr>
<tr>
<td>Outdoors</td>
<td>July 18-20</td>
<td>Long Island, New York</td>
<td>Sandy Pashkin</td>
</tr>
<tr>
<td>Pentathlon: Indoors</td>
<td>February 2</td>
<td>Catonsville, Maryland</td>
<td>Larry Williams</td>
</tr>
<tr>
<td>Pentathlon: Outdoors</td>
<td>July 13</td>
<td>Shippensburg, Pa.</td>
<td>Scott Thornley</td>
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<tr>
<td>Decathlon: July 26</td>
<td>Des Moines, Iowa</td>
<td>Rex Harvey</td>
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<tr>
<td>TBA</td>
<td>TBA</td>
<td>Eugene, Oregon</td>
<td>TBA</td>
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<tr>
<td>TBA</td>
<td>August 2-4</td>
<td>Los Angeles</td>
<td>TBA</td>
</tr>
<tr>
<td>Outdoor Pentathlon</td>
<td>June 27</td>
<td>Houston, Texas</td>
<td>Gary Miller</td>
</tr>
</tbody>
</table>
load of kids to watch the meet."

Creativity must be used, along with
romancing and personally involving
potential sponsors.

Law & Legislative — Bob Fine
No report.

Medical — Bruce Springbett
TAC is preparing a list of medical
staff for athletes use.

Sports Science — Sandy Pashkin
No report.

Officials — Sandy Kalb
Write Charley Rudr (address
unknown) if you want to officiate at
big meets.

Indoor Records — Haig Bohigian
No report.

Outdoor Records — Pete Mundle
Record certification is becoming
more stringent each year. Mundle
rejected Springbett's suggestion that only
accutrack performances be considered
for records. "It's premature; not
enough meets use accutrack," he said.
Springbett also suggested converting
current accutrack times to hand times
for record purposes, e.g. a 10.3 hand
time currently gets the record over a
10.41 accutrack time, even though
most experts would consider the 10.41
a superior effort.) Mundle said no,
saying only that accutrack would take
preference if a meet used both timing
methods.

Many officials are not sending the
certified, signed record forms to
Mundle, thus delaying approval of world
and U.S. marks. One suggestion was
for each meet director to assign one
individual to be in charge of this.

Everyone was reminded that, if timing
by hand, times should be recorded in
tenths, not hundredths. Hundredths
should only be used for accurace
times. A hand-timed 48.46, for
example, should be rounded up to 48.5,
not down to 48.4.

Mundle requested help in forming
technical rules which apply to Masters
only. (Address on page 2.)

Should Puerto Ricans be considered
for American records? They are U.S.
citizens, yet they have their own
separate Masters association and are
recognized by WAVA as separate from the
U.S. TAC Masters Organization.

Puerto Rico has its own Olympic team,
but the Puerto Rican Masters are not
affiliated with the PROC. No action
was taken.

Mundle will begin including M85
and W75 marks in the official world
and U.S. age-group record statistics.

Athletes Advisory
TAC is looking at its definition of
"Athlete." Does the term include
Masters performers, or does it just
mean elite, younger athletes? It could
be important for Masters, since TAC
by-laws state each Sports Committee
(Masters T&F is one) MUST be
composed of at least 20% athletes.

Registration — Jim Brown
No report. A brief discussion was
held on how each association allocates
the $3 income from each Masters
registrant. Some associations (Metro
and NJ) put it all into their association's
general fund. Some have a special
Masters T&F fund, with some local
committees getting $1 of the $3, and
some getting $1.50 or $2.

Women — Christel Miller
Miller is helping Mundle compile
women's records, particularly for
"new" events like the 80m hurdles, triple
jump, hammer, etc.

Insurance
TAC's athletes' medical insurance
policy continues, but the liability
policy will undergo major changes,
which could result in a $1 per partici-
 pant charge added to each sanction fee
in 1986. Details will be announced by
TAC before January 1, 1986.

1986 Committee Assignments
Budget & Audit — Al Sheahan
Law & Legislation — Bob Fine
Marketing & Media — Joe Murphy
Records — Pete Mundle
Officials — Sanford Kalb
Membership — Jim Brown
General Programs — Danny Thiel
Rules — Ron Salvo
Board of Directors — Ron Salvo, Jerry
Donley

Medical Services — Jack Russell
Subcommittee — Sandy Pashkin

At-Large: — Max Goldsmith, Ron Puckett, Rex
Harvey, Christel Miller, Gary Miller

Athletes Advisory — Joann Grissom,
Ron Laird, Cherie Sherrard, Dick
Lacey

*Recommendations

1989 World Veterans Games
Games' Site Selection Committee
Chairman David Pain said any city
wanting to bid for the 1989 Games
must submit a written proposal by
March 15, 1986. A three-person team
will inspect site finalists. A decision
will be made by the Site-selection Com-
mittee on July 17 in New York, and
ratified at the 1986 Convention in
Tampa in December. The official U.S. bid
would be made at the 1987 World
Veterans Games in Australia.

Pain said he's already received 52
pledges (from the kickoff story in Dec.
NMN) of $5200, an average of $100
per pledge. He estimates we can raise
$100,000 in this manner.

Ring in the
New Year!

Here's wishing you the
happiest, the grooviest
and most fun-filled
year ever!
We have just completed the 7th Annual National Convention of TAC/USA in Houston, Texas, where over 750 delegates attended. Approximately 250 attended the first convention of TAC/USA. I arrived Tuesday, December 3rd, and left Monday, December 9th. I got outside the Hotel twice during that period for thirty minute work outs, and I was no exception to the rule set by other delegates. Those attending worked hard, and the end result was an excellent convention with a lot of work being accomplished.

Minutes of the Masters meeting and budget will be published in this issue, so I won't repeat or re-hash those details.

One of our goals for 1986 will be to encourage and support regional meets. We were able to increase our financial support for these meets significantly, percentage wise, although it is still not a great deal of money. But with some support and encouragement, these meets may be able to develop a stronger degree of self sufficiency.

Regional meets are to be approved by the regional chairman, with the dates to then be coordinated by the indoor or outdoor meet coordinator.

Budget monies for all meets, regional and national, will be paid only on request to the regional chairman by the meet director, and then to our treasurer, Al Sheehan. Al will then request a check be issued directly to the meet director by the headquarters of TAC/USA. No more than 50% of the monies will be paid prior to the receipt, by the treasurer, of the meet results and an accounting of income and expenses. These procedures may seem a little burdensome, but the information provided is of extreme assistance to our organization.

The President of TAC/USA, Dr. Leroy Walker, recognized Al Sheehan's efforts during the year 1985 on behalf of the Masters Program by giving him the President's Award for distinguished service during the year 1985. We all know how valuable he is, and now his talents have been recognized throughout the entire sports discipline. When you have an opportunity, send your congratulations to Al, he is most deserving.

Progress is continuing in a very encouraging manner in regard to the World Games for 1989, and I was sincerely touched by the response from Masters throughout the country to Dave Pain's letter and request for support from the membership for these games. I think this will truly be a meet put on by the membership for, and on behalf of, the entire World competitors. I'm excited about it, and it appears that competitors throughout the country are also that excited.

We're looking forward to an extremely active year. Sites have been selected for the meets for 1986. The meet directors appear to be outstanding, and locations look to be excellent, and I wish you all the best for the coming year.

I hope that you have had a very happy Holiday Season, and wish you a most happy and prosperous New Year.

Will Insurance Problems End Running Boom?

"This insurance problem will kill road running," was an oft-heard comment at the 7th annual convention of The Athletics Congress, held December 3-8 in Houston.

"It's the most important issue of this Congress," said Ken Bernard, TAC's San Diego chief, who led a fight to mandate that TAC provide liability insurance with each sanction.

Background: TAC deals with two types of insurance coverage:

1) Participant accident medical insurance. Anyone who pays the annual $6 TAC registration fee is covered for up to $15,000 if he or she is injured while traveling to, or competing in, a TAC-sanctioned event. This policy remains virtually unchanged for 1986. (It only applies if the participant is not covered by his or her employer).

2) Liability insurance. Liability insurance is meant to provide protection for meet and race directors, schools, cities, etc. from participants or spectators who file claims arising from an event.

Prior to 1985, a TAC sanction provided good liability coverage. During 1985, spectator claims continued to be covered, but participant claims were not covered unless an additional $100 was paid to TAC with the sanction fee. Starting in 1986, the spectator claims continue to be covered, but participant claims may not be.

Every insurance company, save one, has refused to issue any "participant-liability" insurance at any price. Even Lloyd's of London (which used to do 12% of its business, but had over 50% of its claims, in the U.S.) reportedly turned TAC down.

The problem is not unique to running. Insurance companies are raising premiums and/or cancelling policies on gymnasts, swimmers, bicyclists, skiers and other sports, due to "a recent rash of high judgements in jury liability cases."

TAC's current insurance company — Cigna — said it would provide TAC coverage at $1 per participant per event, which would mean a hefty increase in each TAC sanction fee.

Some race/meet directors said they'd "go bare" without liability coverage and wouldn't pay the extra sanction fee, thus cutting into TAC's revenues. Others said they'd go along and add the $1 to their entry fees, thus cutting into race revenues when runners protest. Others said they'd cancel their races entirely, thus cutting into the running boom, itself.

"The problem isn't running, it's our judicial system," said one.

"That's not true," said New England's Peter Staas. "The insurance business is a mismanaged cartel and it's gouging us because of its own inefficiency and greed. We don't need those thieves. If we knock under, all we'd be doing is collecting $20 million for the insurance company, and we wouldn't even get a commission."

What about the waiver that entrants sign on their entry forms? Does it mean anything? Yes and no. A Georgia court upheld the waiver in a trial a few years ago, but legal and insurance experts say a plaintiff can always claim negligence on the part of the director, city, school, etc. In that case, the waiver might not mean much.

TAC is expected to shortly announce details of a new plan. Stay tuned.

Jeanne Carter (left), W45, and Tina Stough, W30, at Los Angeles masters meet.

Photo by Gretchen Snyder
Cormier, Pickert Win U.S. 15K X-C

Continued from page 1

Cormier, 45, of West Springfield, Mass., in 53:35. Barbara McCarr, McCarr’s widow, presented Cormier with a beautiful “Pete McCarr Memorial Trophy.”

Ted Haiman, 42, of Queens, N.Y., was runnerup in 54:15. Willie Kaye, 46, who had run with McCarr many times, including the final training run, was fifth overall and second M45.

Judy Pickert, 42, of Millrose AA was first woman in 63:01 with Patty Lee Parmalee, 45, runnerup in 69:03. Sue Medaglia, 50, Masters world-record holder at 100 miles, 24 hours, and 200K, stepped down in distance to take third in 69:52. Each won her age-group race.

Derek Mahaffey, 51, Snohomish TC, took the M50 race in 57:28, while Howard Rubin, 57, Syracuse Chargers, won the M55 with 58:45. Walter Brown, 60, Prospect Park TC, garnered M60 honors in 64:55, and Steve Richardson, NY Masters, won the M65 contest with 68:09. EX-jockey Ed Benham, 78, Ocean City, MD., ran 74:31. Clinton Smith, 70, took M70 honors, while ageless Max Poppers, 82, won the M80 event.

In the team competition, Hartford TC won the M40 division, followed by Central Park TC and Westchester Puma; the M50 was won by Syracuse Chargers, with Millrose “A” and “B” trailing. All places in the W40 and W50 divisions were won by Millrose.

One highlight of the race was a colorful kilt-clad bagpiper, who led the runners to the starting line and piped them by each of the three hilly, Van Cortlandt laps.

After the race, Guinness and Millrose hosted a complimentary buffet with ample solid and liquid refreshments at the nearby Terminal Bar, the site of the awards ceremony. This gave runners a chance to renew acquaintances, make new friends, reminisce, enjoy the camaraderie of the day, and replenish their supply of carbs. Maybe we’ll have a re-run next year.

绿衣军团再夺冠军

Green Cops Another Title

Continued from page 1

or a strong performance.

However, for an amazing fifth time since turning 50, Norman Green, Jr., 53, won, outright, a U.S. masters championship, clocking 2:19:09 on November 3 in the Marine Corps Marathon. In the background is the Iwo Jima Memorial.

The women’s Masters was won by Beverly Shooshan, 40, of Bethesda, Maryland, in a first-time effort of 3:19:06. The women’s Masters team title went to the Potomac Valley Seniors TC with three runners from the W45 age group. Team members were Ulrich, Kerch, and Lovelace.

The best individual race was between Wen-Shi Yu of New Garden, N.Y., and Ruth Anderson from Oakland, Calif. Anderson, in her 75th marathon, won the W55 age group in 3:26:59, and Yu won the W50 in 3:25:35.

The oldest competitor was Dr. Theodore Hyde, 81, from The Dalles, Oregon.

Dr. Green was especially motivated because he was running in memory of Harry Feleener of Norwich, N.Y., Mr. Feleener, killed in an industrial accident in February, 1985, at age 59, had run the Marine Corps Marathon several times with pledges of members of the American Baptist group to fight world hunger. Green was asked to carry on the tradition for Feleener and gladly accepted.

In attendance at the 1985 marathon, rooting for Green, was the widow of Mr. Feleener, a daughter, a grandson, and several close friends.
World Games Sponsors Pledge $34,345

The U.S. 1989 World Games Site-Selection Committee met on December 7, 1988, at the TAC Convention held in Houston. Present at the meeting were TAC T&F Chairman Jerry Donley, Site-Selection Chairman David H.R. Pain, and Committee members Al Sheahan, Jim Puckett and Bob Fine. Absent were Bob Boal, Ollan Cassell, Hal Higdon, and Mary Cullen.

1. Fund Raising:

Pain announced the funding campaign launched in the December issue of the National masters News ("NMN") had produced excellent early results in that, including; John Poppell's pledge of $25,000 to kick off the campaign, he had received 88 pledges totaling some $34,345 with more coming in daily. In addition to the Poppell gift, the Committee had received $1,000 pledges from Archie Messenger of Campton, New Hampshire, and Bob Fine of Independence, Ohio. Pain also received a number of $500 pledges. The average was $105.

2. Entry Fee Income:

To further assist the O.C.'s, Pain pointed out what entry fee income could be generated, assuming an average entry fee of $55 per entrant ($25 first event, $15 each additional event). Using these figures, the entry fee income generated out as follows:

- 2,500 entrants x $55 = $137,500
- 3,000 entrants x $55 = $165,000
- 3,500 entrants x $55 = $192,500
- 4,000 entrants x $55 = $220,000

3. Bus Transport Income:

Pain further suggested a blanket fee of $20 per entrant be charged for bus transport to fund an internal system. This, he said, would generate between $50,000 and $80,000 in additional funds.

4. Prospective Bidders:

Although too early to state who final bidders would be, it does appear that Eugene, Oregon, and San Jose, California, will definitely submit bids. Those cities expressing interest appear to be San Diego, Atlanta, Los Angeles, Indianapolis, Philadelphia and Chicago. Those apparently pulling out of the running are Miami, Raleigh, Boston, and New York City.

There may be other potential bidders, of which the Committee is presently unaware, who may step forward at a later date.

5. Committee Membership:

TAC T&F Chairman Jerry Donley appointed, as additional members of the Site-Selection Committee, Joe Valdes of West Palm Beach, Florida, and Dan Thiel of New Orleans.

6. Commercial Sponsorship:

Joe Murphy of the Media & Marketing Committee reported the TAC was actively seeking commercial sponsors and that the Masters may well

Athletes from 9 Nations Compete in San Juan

by GILBERTO GONZALEZ

Results of the IV San Juan International Masters Championships in Puerto Rico on November 9-10 included a 200 of 23.0 by Ovidio de Jesus, M50; a 100m of 12.4 by Jose Ubarri, M60; sparkling performances by Garcia Barga, 33, of Argentina, with a 39.36 10,000 and a 24:27 four-mile; and a fine discus throw of 51.08 (167-7) by Dagoberto Gonzalez, 52.

Masters came from Australia, Canada, Colombia, Venezuela, the Dominican Republic, the Virgin Islands, the U.S., and, naturally, Puerto Rico. However, the event was saddened with the heart attack suffered by the U.S.'s Ozzie Hawkins, 57, after he ran the 100m. (see separate story).
Report from Britain

by ALASTAIR AITKEN

On August 31, Les Roberts of Blackheath Harriers, a civil servant from Croydon Surrey, continued to show he may be the best 5000/10000 Vet over-40 in the U.K. with a 30:56.10K for Blackheath in the (non-vet) Clubs Cup Final — GRE Cup. He led for most of the race, eventually coming fourth. He also won the Southern Vets 10-mile road race at Crawley.

Vic Smith won the Veterans, Tooting Bec opening of the track Vets 1500m in 4:13.9, then the next day won the Veterans mile road race in 4:23 in Cardiff. World 10K road champion Taff Davies was easily first Vet in the Tour of Umbria 5 stages road race in Italy in 24th position out of 200. Taff was 4th of 680 in the Epsom Half-Marathon. Tipton’s Allan Rushmer, 1966 Commonwealth 5000 the bronze medallist, was 2nd Vet in Berlin Marathon (2:21:46) behind first Vet Victor Mora (2:18:12).

Results from the National Veterans Decathlon Championships, Sheffield, September 14-15: Brian Loten, N40, 5710 (13.5-3.22.10.03-1.35-58.1
17.7-29.70.31.64-46.5-11.7); Dave Burton, M50, 6769 (12.3-5.68-8.81.1-4.57.8-18.4-23.20-2.40-26.64-5.23.9); Alf Woods, M55, 6601; George-Leete, M60, 6527; and Sid McSweeney, M70, 5536.

January, 1986

National Masters News
page 19

Sponsors Pledge $34,345

Continued from page 18
receive leads for both major and minor sponsors for the World Games. The Site-Selection Committee will actively be turned over to the success of O.C. 7. Charitable Deductibility of Donations:

Committee member Bob Fine advised those assembled of the status of the IRS tax exempt Masters Sports Association ("MSA"), a New York charitable foundation he had formed a number of years ago which is to be restructured to meet the requirements of this fundraising campaign. All subscribers to the NMN will automatically be members of the MSA. Its officers will be elected annually at the TAC Convention and a five-member board of trustees consisting of the TAC Masters T&F Chairman, the LDR Chairman, the 1989 World Games Site-Selection Chairman, the Chairman of the successful O.C., and a representative of the MSA will administer the funds.

B. Supplemental Events:

Pain announced that he had received a favorable expression of interest from the Triathlon Federation of the USA indicating that it was interested in pursuing the presentation of a Masters triathlon for men and women in conjunction with the 1989 World Games. Although no formal action was taken, the Committee indicated its ongoing interest in contacting other sports federations willing to present a Masters event either immediately before or after the WAVA World Games at the venue of said Games. It was emphasized, however, that any such supplemental events would be the responsibility of the O.C. or the TAC&T&F Committee. Additionally, any such supplemental events would have to be approved by WAVA.

The long term aspects of possible endowments, gifts, bequests and grants to the MSA is a broader subject which will be addressed by Bob Fine in another article to be published in the NMN at a later date.

At the conclusion of the meetings, Donley stated we can now inform the WAVA Executive Board of our firm resolve to bid for, and present, the 1989 WAVA World Games.

Please keep in mind the deadline for submitting bids is March 15, 1986, which are to be addressed to the Site-Selection Committee Chairman, David H.R. Pain, 1951 Cable Street, San Diego, California, 92107.

Dear David:

Yes, you can count on my support if the U.S. is awarded the 1989 World Veterans Games.

I pledge:

☐ $20 ☐ $50 ☐ $100 ☐ $500 ☐ $1000 ☐ $5

Name__________________________

Address__________________________

City____________ State____ Zip____

Mail to:
David Pain, Chairman
Site-Selection Committee for 1989 World Veterans Games
1951 Cable St.
San Diego CA 92107
MASTERS SCENE

NATIONAL

- TAC continues to recognize the contributions of masters to our sport. Ruth Anderson, Sal Corrallo and Al Sheehan were among 13 recipients of the President's Award at the 7th annual convention of The Athletics Congress on December 7 in Houston. The awards were presented by TAC President LeRoy T. Walker "in recognition of outstanding effort and achievement to those whose dedication and support have been an inspiration to the members of this Congress, and whose leadership has played so vital a role in the fruition of our purposes and programs."

- Data on the NYC Marathon shows that Johann Bosman, 49, (5:14:44) and Bea James, 76, (6:53:56) were the oldest male and female finishers. A remarkable 95% (15,881) of the 16,705 starters finished. Of the finishers, 36% were masters; 519 were M40 and over; 631 were W40 and over. Add 5420 M30-39's and 1100 W30-39's and the number of 30- and over starters was 12,260. Women comprised 16% (2478) of all finishers and 11% (631) masters finishers. Foreigners accounted for 28% (4450) of the total, with France, alone, sending 738 runners.

- Herb Townsend, M45, won the Masters only Indian Summer Festival 5K, Ocean City, NJ, October 6, with a PR 16:19. Don Smith, M40, was second in 16:38. Ange Pilieg, W40, took the first W40+ spot with 25:11 and Joyce Haver, W45, the second in 25:56.

- Ted Haiman, 42, Queens, NY, became the Masters champion in the 1985 National RRCA Age Group X-C Championships, held at Van Cortlandt Park, in the Bronx, NY, November 16, with a seven-second 17:08 win over Thomas Robinson, 41, on the 5K course. Matt Cucchiara, 42, was third (17:36). Judy Pickert, 42, Brewster, NY, won the national W40+ crown with 19:57. First W50+ was Janet Nelson, 50, with 23:36.

- Pickert, on a X-Country rampage, bested the women's field with a first overall 19:29 in the Tacoma RRCA Age Group 5K X-C Championship, Puyallup, WA, November 13.

- Ken Allan, 51, M50+ male in 1:31:33 (13.1 miles), Lake Chabot Trail Run, Castro Valley, California.

- TAC Masters National Marathon winner (3:27:04) in Washington, DC, November 3, writes, "I thought the race itself excellently done. Thanks only to the efforts of Chuck DesPlanques, there was some attention given to the Masters at the awards ceremony but not a real presentation. This was that definitely an anointing of the Masters championships in conjunction with a big event being completely overshadowed. When will we ever learn?"

- Partial results from the Tampa Bay All-Comers, Tampa, FL, November 9:16:18 Runners: Brian Johnston, 41, with a 12:01 P & 5:8 HJ; Bill Gentry, 55, with an 18.66 110H and a 63.0 400H; Ed Schuler, 50, with a very fast 11.98 1000M and a speedy 25.72 200; and touring Boo Morcom, 64, with a 16:10 LJ and a 11/4 PV among his other strong marks.

- Submaster Nate Robinson, 33, in Florida has become producer, writer, and performer with a 12-inch disco record put together by Robinson's younger brother, Kenney. He, Nate, and musician Sam Brown, make up a trio called "Kendu." The record, "China Boy Rock," is already on local Palm Beach stations, and Nate is giving it its final mixes.

- Running consistent Dean Reineke has moved to Fort Lauderdale, where he publishes a monthly running newsletter. Subscriptions are $25 a year and are available from Dean Reineke on Running, 1901 N. Atlantic Blvd., Suite 3E, Fort Lauderdale, FL 33305. 305/564-3230.

- Terry Lee Webb, 44, of Kettering, OH, will submit his string of unbroken daily runs of fourteen years, eight months, and one week as a world record to the Guinness Book of World Records. If accepted, the string will reportedly break the present listed record by one day, even though Ron Hill and Ken Young both have longer streaks. Webb starting running March 10, 1971, to lose weight (which has dropped from 203 to 152) and averages 5.7 miles a day. He runs through a torn Achilles tendon and a separated shoulder, and ran on the days his mother and father died. On his wedding day, he, his wife, and the whole wedding party ran after the ceremony. Webb is not a competitive runner. Hill is near a 20-year daily run string but reportedly has chosen not to submit his claim to Guinness. Young is nearing 18 years. NMA subscriber James Gerod of Ohio thinks it would be interesting to find out about other long streaks. Bono-fide streakers can write him at 61K Winchester Pl, Centerville, OH 45458.


- Runners of the 4th Lilac City 5K held on the 400M track at the University or Rochester in Rochester, NY, November 4, From left, Don McNelly, 64, Race Director; Carl Pegels, 52, Hertlbig, 29; Greg Brooks, 38; Bob Titus, 39; Neda Osborne, 38; Norm Frank, 54; Walt Young, 54; Walter Connolly, 55. Brooks, Pegels, Osborne and McNelly established new U.S. Single-Age Records for 50K on the track.

- Ernie Bellups, 48, Chicago, won the M40-49 division race in the Gatordale Circuit 10K Chicago, November 16, in 34:10, for first M40+ Algena Williams, 69, Park Forest, IL, set a national single-age record of 52:49.

- In the U.S. TAC Masters Half-marathon Championships in Dayton on September 29 (results last month), we forgot to mention Eugene Keller set a new M70 record of 1:34:13, breaking the mark of 1:34:22, set by Mac Osborn on Feb. 5, 1984.

- Missed by NNN in the stack of results from three meets at the same site on the same day (TAC U.S. National Masters Pentathlon and Weight Pentathlon Championships in the Rocky Mountain Masters Games) in Boulder, CO, August 31-September 1, was Texan John Hartfield's outstanding M40 high jump of 6-9 1/8 for a new world age-group record. The slider, 40-year-old Hartfield thrilled the crowd of athletes and spectators by clearing the bar cleanly on his third attempt after two close misses. Egon Nilsson of Sweden held the previous world mark of 6-8% set almost 20 years ago in 1966. Hartfield's record may last just as long.

- Peter Ybarra, M45, mastered the Governor's Cup 10K, Denver, CO, October 6, in 32:46 to defeat all M40+ runners. Patricia Schofield, W40, ran 38:17 to outdistance all W40+. Tom Bailey won the M55 division with 36:14 in the 5,235-finisher race.

- Robert Stubensky, 41, Newark, OK, garnered first M40+, fifteenth overall (454 m/finishers), and $100 with his 27:06 in the Pepsi/XTL Challenger 8K, Tulsa, OK, October 5. Other master runners who shared $12,675 TAC-trust money were Bill Adams, 45, Bartlesville, OK, $100, 28:30; Bob Nale, 50, Sapulpa, OK, $75, 30:25; Noc Mcintosh, 60, Spavinaw, OK, $75, 34:58; Barbara Manning, 40, Owasso, OK, $75, 33:11 (ninth overall, 115 w/finishers); and Sharon Cooper, 46, Centerville, OH, $75, 34:22.


Continued on page 21
British Les Roberts of Bromley, London, defeated some of the top-ranked Masters in the West with 30:50.7 in the Modesto 10K, Modesto, CA, October 27. Dan Murray, a Modesto native, who ran the Chicago Marathon the previous week, posted his best 10K for 1985 with 31:03 for second. Masters course record-holder Sal Vasquez (30:45) was third at 31:14. Sandy Coyle, Yuba City, CA, broke the W40+ course record by two minutes with a PR 38:46. Heidi Skaden-Poyer, Sacramento, CA, settled for the second W40+ (41:22), and Gail Gotteltman for third (42:53).

At the Club West meet in Santa Barbara, CA, October 5, Chris Miller established a W50 age-group WR in the triple jump at 26:11, and Shirley Kinsey also triple jumped to a W55 age-group WR of 21:1, and set a new age 56 long jump national mark of 11-2.

Barbara Meadows moved down three W55 age-group track AR's of the U. of Arizona's Rincon Vista oval, Tucson, December 1, with a 1:07:13 15K; a 1:12:15.3 10 mile; and a 13,488m (8 miles/638 yards) one hour. Race director Jennifer Young of the NRDC, Inc., set two W40 age-group track AR's for the 15000m with 1:10:15.4, and the 10 mile with 1:15:52.3.

When Jim Kleiger, 33, saw 44-year-old Ed Burke carrying the American flag in the opening ceremonies of the 1984 Olympic Games, he was inspired to return to pole vault competition after a ten-year hiatus. By clearing 15-7, he became the U.S. national M30 champion at Indianapolis last summer, and soared 15-6 at the Rocky Mountain Games in Boulder, topping all competitors. Kleiger is a clinical psychologist who has developed "visions of the Vault," a vaulting relaxation and visualization tape, as well as a general T&F tape.

Late, late results of the TAC U.S. Masters Sok X-C Championships, Richmond, CA, August 4, list Frank Bozanich, M40, as first Master in 3:46:41 and Sheila Hasham, W40, first woman Master with 4:56:14. Top three Masters men and women received prize money. One participant said, "... the race went very well!" and explained the results delay, "the entire race management fell apart afterwards, including the folding of the organizing club."

Results scanners will do a triple-take when they see that the top three females in the McDonald's 10K McClassic, San Diego, CA, November 17, were Gabriele Andersen, 40, (34:52); Patti Hult, 39, (35:23); and Shirley Matson, 45, (35:57). But why not? Andersen, the Swiss Olympic marathoner, is competitive in the open ranks, shown in her women's overall win in the Holiday Bowl/Heart of San Diego Marathon, December 1, in 2:42:27. Hult is an excellent competitor from the San Diego area, which teems with good runners. Matson, recently 45, broke the 10K 10K record (36:29) early in November with 35:32. Peter Stern, 40, was first Master in 33:21. Bess James, 76, gave up six years and six minutes to Judy Simon, 70, in a race loss in the W70+ division, 57:10 to 1:03:21.

The 80-and-over division is expanding: Stan Herrmann, who suffered a stroke two years ago, is coming back. "I feel I've recovered enough to try it again," he told NAM. Welcome back, Stan.

Latest update on Toronto Masters Games: The Toronto Globe and Mail reports Games organizers Maureen and Ken O'Bryan and their companies received $150,000 from the World Masters Games Foundation in the two years before the federal and Ontario Governments moved to place the organization in receivership. A report by interim receiver Peat Marwick Ltd., filed in the Supreme Court of Ontario, described the foundation as "hopelessly insolvent" with liabilities of up to $1.7 million and assets worth no more than $11,000. "Peat Marwick says its task was complicated by missing and empty files, an accounting controls and lack of cooperation by foundation staff," the Globe stated. "Proclaimed as no-frills competition not dependent on government financial support, the Games needed more than $1.2 million from federal, provincial and municipal governments, including a last-minute bailout of $300,000 to stave off their collapse," the paper said. The Globe learned Ken O'Bryan was recently in Bermuda shopping for office space and property. Bermudan laws require that a foreign buyer of property must have a substantial net worth.

Concentrating before the vault is M30 winner Jim Kleiger, CA, with 15-7, at the National T&F Championships, Indianapolis, in August. Photo by Gretchen Snyder
Track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to MNM, P.O. Box 2312, Van Nuys CA 91404.

**TRACK & FIELD NATIONAL**

**February**

**March**
- 8-9. Senior Masters Cross-Country Championships, Saskatoon, Saskatchewan.
- 15-17. U.S. Masters Indoor Championships, New York City. (Note: Entry forms are due by February 15.

**April**
- 1-2. U.S. Masters Indoor Cross-Country Championships, Richmond, VA. (Note: Entry forms are due by February 15.
- 3-4. U.S. Masters Indoor Masters Championships, Bloomington, IN. (Note: Entry forms are due by February 15.

**May**

**SOUTH EAST**

- February 8. Bill Gilligan Memorial Weight Pentathlon, Atlantic High School, Del Rey Beach, Florida. Entry fee $10 to Phil Partridge, 337 S.W. 14th Ave., Boynton Beach FL 33435.

**JUNE**

**SOUTHWEST**

**May 11. Runners' Pentathlon, Albuquerque, N.M. (2300, 800, 200, 400, 1600) In Fremont, CA.
- May 22. Texas Senior Games, Arlington, Texas. Bob Cooper, P.O. Box 55, Richardson TX 75080. 214/211-6689.
- June 21. Hill Country Classic, Mason, Texas. Lee G. Atkinson, P.O. Box 102, Mason TX 76856. 915/347-5620 (h); 347-5921 (w).
- July 12. West Texas Masters Meet, Llano County, Texas. Christel Miller, 1147 W. Rowland Ave., Waco, TX 76706. 915/347-5620 (h); 347-5921 (w).

**WEST**

- January 22. College of the Desert Meet, Palm Desert, California 11 a.m. Christel Miller, 818/843-2139.
- January 25. February 15. All-Comers Meet, Long Beach State Univ. 213/498-4666.
- February 22. All-Comers meet, San Diego State. 619/265-6569.

**MIDWEST**

- June 28. Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilming­

**NORTHEAST**

**February 8. CSU/Bakersfield California Meet, Charles Craig, 9001 State Hwy., Bakersfield CA 93311. 805/333-2347.
- May 17. TAC Pacific Association Championships, Los Gatos, Calif. Willy Harmat, P.O. Box 1328, Los Gatos CA 95030. 408/354-5600.
- June 28. TAC Southern California Association Masters Championships, Occidental College, Los Angeles. Calif. Doug Smith, 2086 Queen Park Lane, Huntington Beach CA 92646.
- July 5-6. TAC Western Regional Masters Championships, Edwards Field, Berkeley, Calif. Mark Grubb, P.O. Box 4512, San Francisco CA 94101.
- August 4. 1st Annual Age-Handicap Meet, Birmingham HS, Los Angeles. (details to come.
- August 30. Patriots Summer Relays, Los Angeles Southwest College. L.A. Patriots, P.O. Box 2981, Beverly Hills CA 90213-2981. 213/388-9969.

**NORTHWEST**

- August 8-9. 8th Montana Masters Championships, Bozeman. Mike Carigan or Rob Stark, P.O. Box 5131, Bozeman, MT 59717-3131. 406/587-8724. 406/587-9761.

Continued on page 23
LONG DISTANCE RUNNING NATIONAL


September 6-14. 3rd Oceania Championship, Western Samoa, Clem Green, 46 Hargraves St., Wellington 2, New Zealand.

Division winners of the Twin Cities Marathon in Minneapolis-St. Paul, October 6 (left to right): Wen-Shu Yu, W50, 3:22:40; Diane Palmason, W45, 2:56:45; Toshiko D. Elia, W55, 3:19:23. Yu and D. Elia were named the outstanding TAC long distance runners of the year in their respective age divisions.

February 1, Miami Orange Bowl 10K Runners International, 12300 S.W., 157th St., Miami FL 33146. 305/232-1816.

February 8. Gasparilla Distance Classic 15K & 5K, Tampa, Fla. SASE to Gasparilla 86, P.O. Box 1881, Tampa, FL 33601. 813/229-7866.


January 19. Houston-Tennecco Marathon, PO Box 2511, Houston TX 77001.


January 25. Paramount 10K, Special “World Masters” Division Race, Paramount, Calif. Qualifying standards. Pre-registration only. No entry fee. SASE to Oscar J. Rosales, P.O. Box 696, Paramount CA 90723. 213/634-3027.

January 26. Redondo Beach Super Bowl Sunday 10K, Redondo Beach, Calif. Super Bowl Sunday 10K Committee, P.O. Box 637, Redondo Beach CA 90277. 213/548-4288.


February 23. Oakland Marathon and Half Marathon, Darryl Jobe, PO Box 32103, Oakland CA 94641. 415/323-5154.


NORTHWEST

February 12. Seattle Half Marathon, PO Box 301, Seattle WA 98110. 206/443-8686.

INTERNATIONAL


April 4-5. XIX World Veterans (IGAL) 10K and Marathon Championships, Richmond, B.C., Canada. Men 40+ and Women 35+.

Vancouver Masters Road Running Society, 4640 Fairlawn Drive, Burnaby BC V5C 3R6. Telex 75231. $25 one race, $40 both races. Travel details from Alouette Travel, 11955 224th St., Maple Ridge B.C. V2X 6B3 Canada. 604/467-5535; Telex 451251.
### SOUTHEAST

The Citadel Masters Weight Pentathlon
Charleston, SC Nov. 10, 1985

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### NATIONAL MASTERS NEWS

Central Florida Masters T & F Championships, Deland, Florida, November 17

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TAC Convention Highlights

Among the highlights of the 7th annual convention of The Athletics Congress (TAC) — held in Houston from December 8–10 — were:

- Cuba’s Alberto Juantorena, 400- and 800-meter winner in the 1976 Olympics, received a special plaque from TAC in recognition of his unique achievement. Now 35 and retired from active competition, Juantorena attended the meet as an observer.

- Stan Huntman and Terry Crawford will coach the U.S. Olympic track and field teams at the 1988 Games in Seoul, South Korea, make the coach of men's and women's programs, respectively, at the University of Texas.

- San Jose, California defeated Los Angeles in a close ballot to host the 1987 U.S. Olympic Trials, chance to American-based Bakersfield, and Tampa also submitted bids. The 1986 event is set for Eugene, Oregon.

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- The convention was marred by the death, at age 76, of Bud Winter, one of track & field’s greatest coaches, of a heart attack. Winter, whose San Jose State U. team won the NCAA team title in 1969, was introduced at the Awards luncheon on Friday, and died Friday at 6:30 p.m.

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TAC Convention Highlights

Among the highlights of the 7th annual convention of The Athletics Congress (TAC) — held in Houston from December 8–10 — were:

- Cuba’s Alberto Juantorena, 400- and 800-meter winner in the 1976 Olympics, received a special plaque from TAC in recognition of his unique achievement. Now 35 and retired from active competition, Juantorena attended the meet as an observer.

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