Greenwood, Miller Named Top T&F Athletes

Mundle, de Petra, La Veck, Miller Also Win 1986 Awards

Jack Greenwood, a 60-year-old banker from Denver, was named the outstanding male age-40-and-over male track and field athlete of 1986 by The Athletics Congress at its convention in Tampa. Since turning 50, Miller set six American records for women aged 50-54 in the high jump, long jump, triple jump, shot put, javelin and, above, in the 80-meter hurdles.

TAC Picks 1986 LDR Award Winners

Web Loudat, 40, and Barbara Filutze, 40, were named the outstanding age 40-44 long distance runners of 1986 by the Masters Long Distance Running Committee of The Athletics Congress at its 8th annual convention in Tampa on December 5th.

The LDR Committee's awards are based on five-year age categories, rather than on an overall "best masters runner."

Loudat, of Albuquerque, New Mexico, replaced two-time winner Barry Brown as TAC's top M40 runner, with a sparkling 30:59.9 in the World Veterans 10K Championships in Vancouver, B.C. on October 5.

Filutze, of Erie, Pa., won in a close vote over Gabriele Andersen, based on her American W40 record 1:16:00 in TAC's National half-marathon championships in Philadelphia in September, and her first-American/Continued on page 29

Olson Defeats Belilign in National 15K X-C

by JERRY WOJCIC

Laurence Olson, 40, of the Tri-Valley Front Runners, was the first finisher in the U.S. TAC National Masters 15K Cross-Country Championships at Van Cortlandt Park in the Bronx, N.Y., on November 23.

Olson's time of 49:43 left Atlaw Beliligne, 41, of the Millrose AA and winner of the Masters 10K Cross-Country Championships on November 16, far back at 52:06. Will Robinson, 40, of the Albany Athletic Track Club took third in 53:29.

Men's division winners were Roger Robinson, New Zealand/New York, M45; Ken Mueller, Tri-Valley Front Runners, M50; Howard Rubin, Syracuse Chargers, M55; Terrence McGinnis, Millrose AA, M60; Ed Buckley, Syracuse Chargers, who won over Millrose's John McHugh by three seconds with 69:36 in the M65 race; Austin Newman, New Jersey, who duplicated his M70 victory in the 10K.

Dekkers, Bigelow Win National 8K Titles

by DICK LACEY

Deon Dekkers of Houston, who turned 40 in April 1986, served notice that he is a coming force in masters road racing by destroying a strong field from 23 states in the TAC National Masters 8K Championships in Clearwater/Safety Harbor, Florida, on December 6. Vicki Bigelow, 51, of San Lorenzo, Calif., a veteran of masters racing, showed no respect whatever for youth by trouncing all 40-plus competitors in winning the women's championship.

Dekkers opened up a lead of a hundred meters in the first mile and simply kept pouring it on, finishing in 25:37, a whoping 1:27 ahead of Kirk Randall, Wellesley, Mass., who holds the American masters 8K record of 25:12. Bigelow was content to lay off the pace
W. MACDONALD MILLER

Wendell Miller’s column has gotten totally out-of-hand and as a result put your newsletter at an all-time low.

Those of us in the Midwest have to be indebted to Wendell Miller for his starting and promoting the masters movement. However, those of us who know him know that his efforts are fragmented and disorganized. His handling of the Indoor Nationals at Sterling, Illinois is a prime example. I was not as disturbed as many people who went that meet because I have come to expect that from him. It was a typical Wendell Miller meet.

Recognizing that he has made some contributions to the masters movement, the question now at hand is: What does his column contribute to the masters newsletter? Some people feel he is refreshing, while others feel the opposite. The main thing to look at is where does it fit with the other columns, and is it in line — theme-wise — with the rest of the newsletter? The answer, in my opinion, is a definite NO.

I think you opened a can of worms when you threw this out for debate. Now the controversy is degrading our newsletter. At this point, I don’t feel you have any other choice but to remove his column. Certainly the space can be filled with more meaningful material. Terry H. Pliner

Green Bay, Wisconsin

just flipping another Presto-log into the fiery pit of the W. MacDonald Miller debate. He always generates a chortle in this old jock. I still remember with pleasure some delightful times spent with the Miller family during a Masters junket to England in 1976.

It doesn’t hurt to brighten-up the agate-sized landscape of stats in the NMN with Miller’s satire and reverting jiving, lest we get too grimly serious about ourselves. One of Miller’s virtues is his willingness to clown at his own expense. He reads like a mix of the great Dean Swift, Joe Bob Briggs (the syndicated drive-in movie critic from Texas), and the late stand-up comic Lenny Bruce. More power to him. Let’s ‘lighten-up’ and enjoy.

Henry Stichten San Francisco

I vote a resounding NO to keeping W. MacDonald Miller’s column. We should be above a thousand Cosell types. He has nothing to offer, but likes to hear (or see) himself talk. Replace him with something constructive.

Dick Glasgow

New York

Up the W. Mac D. Miller and down the fulminating naysayers. Fit upon them for criticizing their betters and bad cess [sic] to them for their bad judgement. Wasn’t the letter from Kirk Randall, in the 100th issue, interesting? Having labeled Mr. Miller “a real jerk” and his writing “trash,” “crude” and “the drivel of a two-year old”; he went on to further excoriate him for a total lack of understanding of human nature and total disregard for personal feeling.

For shame, W. Mac D., did you do all that?

Jeremiah Lehane

Almagordo, New Mexico

I like Miller, the Mouth.

C.S. Hammen

Connecticut

I hope that you won’t rely on a letters-to-the-editor write-in poll Continued on page 32
Palm Beach County
FLORIDA

Florida’s premier masters track and field event

THE MEET

EASTERN track 

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Social Activities: Palm Beach County is One of the fastest growing counties in the United States. It has many tourist attractions. The meet is scheduled so that most of Sunday is free for sightseeing and enjoying our lovely weather. More information will be available at the meet or by request.

On Saturday night, at the meet headquarters hotel there will be a lawn and party for all participants, friends and relatives visiting with them. Tickets will be purchased through the hotel in the order of when you arrive at the meet. (price $5.00). Each this will be a great opportunity to get together with fellow competitors and friends and enjoy the life. Photos:

Photographs will be taken during the meet and will be available for sale at the end of the meet. Each will be 50 cent color shots with custom frame.

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EZ API 10

The Palm Beach Post
Coffman, Spalding Triumph in Wendy’s 10K

Don Coffman, 43, of Frankfort, Ky., won the masters race for the third time in a row in the 7th Annual Wendy’s 10K Classic in Bowling Green, Ky., on October 25 with a time of 32:19.

Morgan Looney, 44, of Birmingham, Ala., finished second in 32:58. Tom Dooley, 42, of Toccoa, Ga., was 16th woman and first in 33:56 at the 7th Annual Wendy’s 10K Classic in Bowling Green, Ky.

Natalie Spalding, 41, of Atlanta, Ga., was 16th woman and first 40-49-and-over in 39:32. Georgia Allen, 47, of Elwood, Ind., was second in 41:13.

Phyllis Rubenbury, 66, won the 65 race in 59:16. Nick Rose, 34, of Great Britain, and Sabrina Dornhoeffer, 22, were overall winners in 28:29 and 33:17. The first six finishers were under 28:40, despite a steady drizzle that dampened the field. Long distance running and race walking.

This year’s race was authored by The Athletic Congress and the United States Olympic Committee to be the first U.S. road race to officially drug test the first three male and female finishers, and other randomly selected top finishers. David L. Mason was race director.

Belligne, Harshbarger Win National 10K X-C

by JERRY WOJCIK

Atlaw Belligne, 41, a mathematics instructor from Ethiopia who teaches at St. John’s University in New York, beat Sumner Brown, 42, of Massachusetts by 16 seconds to take first in 33:56 at the U.S. TAC National Masters 10K Cross-Country Championships at Holmdel State Park, N.J. on November 16.

John Jordeth, 42, of Washington state and winner of the U.S. TAC Masters Marathon (2:32:42) last July, finished third in 34:31. Herb Lorenz, 47, M45 winner, was fourth in 34:25. Betsy Harshbarger, 43, of New Jersey, had an easy time in topping the W40-plus field of eight in 41:08, with Charlotte Swanson, 44, second in 42:00.

Two West Coast teams finished first and second in tight M40-49 competition, the San Diego TC prevailing by less than a minute (177:35 to 178:29) with a nicely grouped team finish of 8-9-10-12-13 over the strong Snohomish TC from Seattle.

The Syracuse, N.Y. Chargers M50-59 quintet also eked out a close win over their Snohomish TC opponents, 193:49 to 194:29.

The Merrill Lynch Realty AC, which sponsored the championships, furnished the winning 60-69 trio, topping the Syracuse Chargers, 14:21 to 14:11.

No women teams entered. The 1987 Championships are scheduled for November 8 in Seattle.

Andersen Misses Gorman’s Marathon Mark

Swiss-born Gabriele Andersen, 41, who resides in Idaho, was once again thwarted from breaking Miki Gorman’s decade-old 2:39:11A R at the California International Marathon in Sacramento, December 7. Chilly temperatures (36° at the start) and buffetting winds of 10 mph throughout probably slowed times on the normally fast point-to-point course with its overall drop in elevation.

Andersen, 41, a former world-record holder Chrisa Vahlensieck, 37, of West Germany, was the overall winner in 2:39:31.


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The three leaders at the half way point in the TAC National Masters 10K Cross Country Championships at Holmdel, N.J. Nov. 16, 1986. Left to right: Earl Ellis, 50, Snohomish Track Club (Seattle, Wash.), Bob Milner, 51, Syracuse Chargers Track Club; Derek Mahaffey, 52, Snohomish TC. Milner won the race (age group 50-54) on October 26 and was 3rd in the 15K Championship (50-54) on Nov. 23 — both held at Van Cortlandt Park, NYC.

The Syracuse Chargers Track Club, age 60-69 Cross Country Team. Left to right: Nate White 67 , Bill Schweizer 64 , Tom Walnut 62 , Ed Buckley 65 . This Chargers team competed in all three National Cross Country Championships this past fall, finishing second in the 10K and 15K, and first in the 5K. Buckley led the team with 65-69 age group wins in the 5K and 15K races. In the 10K race he was second. Walnut (60-64) scored two thirds and a second; and White (65-69) a second, third and fourth.

White has run in every TAC National Masters X-C race for the past two years.

ATHLETES PLEASE RESPOND!

On this page is a proposed Time and Event Schedule for the National Championship Meet. It is a schedule designed for mid-summer meets (late July/early August). It has been developed for the competing athlete so that he/she may have the opportunity to compete under the most advantageous conditions possible, in order to achieve maximum performances and compete within the healthiest of conditions. This schedule uses the best times of the day to compete, while allowing sufficient time for complete recovery between trials and finals and all similar events for athletes to compete in. By eliminating events between 2 PM and 6 PM, harmful hot temperatures and adverse wind velocity are greatly diminished and usually eliminated completely. Morning, early afternoon, and evening competition are tremendous advantages for the athlete.

PLEASE TAKE NOTE: The USA Masters Swimming Programs have been using a FOUR-DAY championship meet and they are extremely successful; with the last day of competition determining the age group in which the athlete competes. WE SHOULD BE AS INTELLIGENT AS THEY and as caring about our athletes.

Please take time to study this schedule using "Intelligent Reflection" upon all the factors that are necessary for an athlete to compete within the best possible conditions for maximum performance and safety. Adverse wind velocity and hot temperatures can be eliminated and must be if the athlete is to achieve optimum success and safety. This proposed schedule allows for YOU/Best INTERESTS. Pleasant mildly warm temperatures are necessary. Intense heat is bad.

It has been designed completely for YOU, the athlete. Please respond by sending this entire page to the individual and address below and it will be received by the 1987 National Meet Director immediately.

Your valuable support is absolutely necessary if this is ever to become a reality for YOU. We need all replies by February 1, 1987. Please respond immediately. It only takes one stamp. Thank you. Even if you are not planning to attend the 1987 Meet, please respond anyway; all athletes will be the beneficiaries. We need all your responses to succeed.

Thursday
7:30 AM - 10,000 Final
8:15 AM - 10,000 Final (All Women and Men 50 +)
9:45 AM - 10,000 Final (using 3 races as best combined)
10:45 - 11:30 = 3200 Relay Finals All Groups
6:30 PM - 1600 Relay Finals All Groups
7:15 PM - 10,000 Final (Men 30-49)
8:10 PM - 10,000 Final (using 4 races as best combined)
10-11 PM - 10,000 Final

Friday
7:30 AM - 5000 Walk All Women & Men 60 +
8:25 AM - 5000 Walk Men 30-59
9:15 AM - 800 Trials - These are Necessary
11:15 AM to 1:30 PM - 100 Trials All Groups
6:15 PM - 400 Relays Finals
7:00 PM - 100 Finals
8:15-10:15 PM - 800 Finals

Saturday
7:30 AM - 20K Walk
7:45 AM - 2000 Steeplechase Men 60 +
8:15 AM - 3000 Steeplechase Men 45-59
8:45 AM - 3000 Steeplechase Men 30-49

-FIGHT-
for your opportunity to excel.

I support this schedule so that we the athletes can compete under the safest and most advantageous conditions possible for maximum success. Please use this schedule for the 1987 National Meet and all National Meets in the future.

Name:
Address:
(City & State)
(Please respond and send to:
Mr. Frank Anderson
Meet Director
939 East 21st Ave
Eugene, OR 97405

Signature:
Date: Only

This advertisement was paid by Paul A. Dunigan, 4016 N.E. Hazelfern Place, Portland, OR 97232.
A Sub-4 Masters Mile in 1987?
Will Jack Foster’s Marathon Record Fall This Year?

If runners were like race horses and celebrated their birthdays on January 1, Carlos Lopes, Jim Ryun, Frank Shorter, and Bill Rodgers would all turn 40 this New Year’s Day.

Since they’re not horses, Lopes, the 1984 Olympic marathon winner and current marathon world-record holder, must wait until February 18. Ryun, the former world-record holder in the mile, qualifies on April 29. Shorter, the 1972 Olympic marathon king, makes it on October 31. Rodgers, another marathon great, takes the step on December 23.

With such celebrated names soon to be amongst us, it’s an opportune time to address two questions: 1) How much longer will Jack Foster’s 2:11:19 over-40 marathon record stand? 2) Will we see a sub-4-minute mile by a masters runner in the near future?

Foster’s record has stood since 1974. In the 13 years since, only four men — Kjell Erik Stahl (2:12:33, 1986), Antonio Villanueva (2:13:41, 1982), Gerald Dravitzki (2:14:50, 1984), and Barry Brown (2:15:15, 1984) — have come within four minutes of Foster’s time.

The oldest person to run a sub-4 mile is believed to be Mike Boit of Kenya, at age 36 in 1985 (Boit, who apparently doesn’t know exactly how old he is, gives a birth date of January 1, 1949). According to the 1986 Masters age-record book, Bill Stewart of Michigan is the fastest over-40 miler of all time, with a 4:11:01 in 1983 at age 40. Since that performance was indoors, it is not shown as the official 40-44 mile record.

That goes to Jim McDonald of New Zealand with a 4:18.5 nearly ten years ago.

When I did an interview with Ryun a year ago, he said that he had done a 4:27 mile with a 62-second final quarter in a time trial the week before. He felt capable of improving on that “somewhat,” but wasn’t really motivated to do so. Nevertheless, his training had been averaging 85 miles a week, including an interval session of 20 quarters in 66-67 seconds.

“Until recently, I thought I had lost a significant amount of speed,” he told me. “But I think my greatest loss has been in flexibility. If I worked at getting that flexibility back, I think I’d regain much of my speed.”

I recently conducted a survey of 20 elite masters runners. Among the questions I put to them were those on Foster’s marathon record and the sub-4 mile.

About to turn 44, Stewart believes that someone “like Mike Boit or John Walker” will eventually crack four minutes — someone who has been well under four-minutes at a younger age.

“Actually, I thought I might get close,” Stewart says, “but several factors have worked against it — greed, few racing opportunities over the mile outdoors, and (lack of) raw talent.”

Stewart ran his best mile of 4:04.9 at age 32. “Had I had a coach like Ron Wahurst during my 20’s and had I the motivation, I probably could have run faster,” he opines. “I believe one needs a focus on certain goals. I lost my focus soon after turning 40 and began mixing marathons and miling.”

Stewart sees Ryun as having the talent and motivation to break Foster’s world record but questions whether he has the focus or motivation to attempt it.

Oregon’s Ray Hatton, who recorded a 4:24 in 1975 at age 42 after a lifetime best of 4:11.2 some 20 years before, agrees with Stewart. “There are several world-class athletes close to 40. Mike Boit for example, who seemingly have the potential. But are they motivated to do it?”

“A sub-4 minute mile will be more difficult than an equal record at a longer distance because the aging process is harder on speed than it is on endurance,” comments Herb Lorenz of New Jersey, who clocked 4:06 at age 28 and 4:33 last year at 47.

Kirk Randall of Massachusetts, with a 4:23.0 at age 41 to his credit, doesn’t see a sub-4 in the near future — especially, if it must be run in masters competition. That would be the only legitimate way for it to be done. John Walker might get close if he continues and gets into the right competitive situation. A sub-4:10 will be a major accomplishment.”

Ernie Billups, the oldest person to break four-minutes for 1500 meters (3:59.8 in 1981 at age 44) doesn’t believe there will be a sub-4 mile by a master runner before 1990. “But by the year 2000, yes, if it’s made worthwhile for the present elite-level runners to continue to run when they become masters,” he adds, “I think that most of the present elite level have been receiving some support from clubs, shoe companies, or meets, and that does not exist at the masters level to the same extent.”

Incidentally, Billups’ 3:59.8 is equal to 4:18.9 mile. It will take a 1500-meter time of 3:42.2 to equal a 3:59.9 mile. The fastest masters 1500 is 3:52.0 by Michel Bernard of France in 1972 at age 40.

Some other opinions on an over-40, sub-4-minute mile by leading masters competitors:

• George Cohen, California: “Yes, certainly before 2000. The talent is at the door now. If somebody convinces Al Franken to include a master’s mile at one of his meets, watch the boom.”

• Ken Mueller, Massachusetts: “John Walker may be the first unless some new old African finds a birth certificate.”

• Bob Packard, Arizona: “It’s possible, but we would need a much higher percentage of masters people staying with it over the years and emphasizing it in training. Watch John Walker.”

So much for the mile. What about Foster’s 2:11:19 marathon?

Lopes hasn’t done much for the mile. What about Foster’s 2:11:19 marathon?

“Carlos Lopes is the only candidate, and he won’t do it unless he really has the desire,” says Jim O’Neil of Oregon. “But probably not. Brennand goes on to conjecture that if anyone does better Foster’s record, it will be ‘an African who begins running at age 35-plus when masters awards get into big bucks.’

“Of course it will be broken,”
Continued on page 9

Foster’s 2:11:19 is Better Than a 3:59.9 Mile

Based upon the tables of comparative performance scientifically determined by physiologists Jack Daniels and Jimmy Gilbert and set forth in Oxygen Power, Jack Foster’s 2:11:19 marathon is equal in effort to a 3:57.8 mile.

Conversely, Bill Stewart’s 4:11.01 over-40 mile best is the equivalent of a 2:18:35 marathon. A 3:59.9 mile matches up with a 2:12:29 marathon.

Looking at these standards another way, Foster’s 2:11:19 is 1.032 greater than the world mark of 2:07:12 by Carlos Lopes. If we apply that percentage factor to Steve Cran’s world mile mark of 3:46.31, we get a potential over-40 mile mark of 3:53.5.

On the other hand, Cran’s mile, according to the Daniels and Gilbert tables, is equal to a 2:04:52 marathon. The difference between Foster’s 2:11:19 and the theoretical marathon of 2:04:52 is 1.052. Applying that factor to Cran’s record, we get a potential masters mile of 3:58.1 — only 0.3-second above that figured from the Daniels/Gilbert tables.

From the above, one might come to any one or more of the following conclusions:

• A sub-4 masters mile is within the realm of possibility;

• Miling-type speed/strength declines more rapidly with age than the components of marathoning endurance;

• Lopes’ marathon record is soft and Foster’s very hard;

• Foster’s 2:11:19 was on a slightly short course;

• Mile and marathon times cannot be correlated.
Lincoln . . . . a runners' marathon

The Lincoln Marathon has a longstanding reputation for being a runners' marathon. The City, its business community and the Lincoln Track Club will come together again on the weekend of May 2nd and 3rd to extend this tradition of excellence.

- Half-Marathon option . . . Both courses certified . . .
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- Olympic track-style finish at UNL's Ed Weir Stadium . . .
- Extensive medical care at finish . . . Free massage therapy . . .
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- Awards in 10 age divisions for men and women . . .
- Distinguished Achievement Awards . . . Veterans Awards . . .
- Post-race awards party

NEW COURSE!

In celebration of our 10th Lincoln Marathon we have designed a new course. The new circuit is a mostly residential and sheltered double-loop. Still flat. Still fast.
On Approaching Every Problem With an Open Mouth

by W. MacDonald Miller

Beautiful People Revisited

Late last month the National Masters News arrived at our home. It contained the latest count in the for-or-against-MacDonald-Miller-Column: 9 for, 3 against. My wife looked through the issue and, after reading my column, she called the office and announced, "It's now 9-6."

I'll be honest, I was momentarily disappointed. Then I was reminded that I receive all kinds of mail besides the for-or-against stuff. For instance, many people have asked me to run want ads in my column. I devoted my entire space a few years back to accommodate these readers. I feel it only proper that I reprint that article to remind people of all the wonderful service provided by my column. And another thing, remember please, it is the Holiday Season.

I must admit — my first reaction to turning the NMN into an open want ad for sex, drugs, religion, politics and out-and-out fouling around on the run, was shock. However, now that I've had time to think over all the interest ramifications, I love it. Like "Flashdance," this new direction of our hollowed mouthpiece is the "legitimate child of various new GENRES." Me? I feel I'm totally capable of staying neutral through it all. I pretty much gave up sex several years ago. I do my Jane Fonda exercise every day, in the meantime. Here's a sample of what's come in so far plus my reaction and recommendations.

Personal
NMN 7161
For a good time call 201/765-0836. Ask for Tanyablue.

Comment: Your classic rifle shot approach. I don't, however, think it's a good idea for people to use their real names.

NMN 0172
Are you into leather? Bondage? Send pictures, couples only. Bill and Mary, Leisure Village Nursing Home, Council Bluffs, Iowa, 61265.

Comment: A good ad. It asks questions and provides valuable information on who, what and where. Nice job, Bill and Mary.

NMN 1141

Comment: The no-nonsense military approach. Suitable only in a narrow range of interests.

NMN 1143
Lonely? Why not call Vicky? Tell her all about your latest run or jump. She will listen to anything you have in mind. Call 503/454-2944.

Comment: Obtuse and smutty, I think.


Comment: Somewhat restrictive but acceptable. Emil is obviously happening.

Meetings & Organizations
NMN 0161
Touch Seminar. Sensitivity encounter involving touching and fondling. No food or drink or weirdos. Ray's Sunoco Station, Weaverville, AZ 85632.

Comment: Good and bad. Good in that it does have a certain curiosity appeal and bad in that it's vague — like what exactly is weird, man?

NMN 1174
Latest from California! Dress Up and Exposure. Costumes from all over the world dating back to Middle Ages. Mace and chain, armor, Robin Hood, loin cloths, etc. No animals! Inquiries: Box 2617, Winona MN 52147.

Comment: Not enough detail, are the mace balls smooth or the ones with prickers? Is there a variety of size in the amour?

NMN 4261
Perverts without Partners, Race Walking and Ludes. Also body pain-

ting. Sadism and hill running. Sub Masters and Masters only. Not available to 4A, 4B, 5A, and 5B. Box 219, Ames Iowa, 64710.

Comment: A pot pourri of happenings, pleasant mix.

NMN 1727
Bi-Sexual married men sprinters for reviews and dance routines. 1/4 inch spikes only, Julius Axelbort, MD, C301 4017 Via Marina, Venice CA 90219.

Comment: Not enough information. More detail needed, what kind of surface?

NMN 4167
Master Square Dancing and Exotic Dance. Every Saturday night 6-9 p.m. Instruction, partners available, coffee and cake served, clean rest rooms, limited voyeur facilities, reservations only, no cameras. Central YMCA, Columbus, Ind.

Comment: A stuff is a stuff, regardless of what his wife may say.

NMN 62251
Need a qualifying time for Boston? Want to get into the New York Marathon? Need a TAC card? How about an MD degree? Also BANKRUPTCY, the fresh start process. No money down, free consultation, call for a free brochure, 24 hour service. Sonny 312/263-7910, 263-1315, 234-5936, 279-1512.

Comment: Great ad, we're talking very heavy deals.

NMN 14271
Sell exotic running gear, see-through excitement. Work, have fun and share it with others. Write for brochure to do your own house parties. Puckerware, Box 22, Miami, OH 76142.

Comment: Maybe a tad commercial but acceptable as a hard sell.

For Sale
NMN 4121
Banana colored leisure suit, 42L, Naugahyde belt, worn once, excellent. Central YMCA, Columbus, Ind.

Comment: Strictly a "one buyer needed" situation.

Summary: A fine array of organizations and opportunities for Masters. I'm particularly proud of our readers for their serious approach to this new and exciting forum. Where it could have turned quickly into an endless list of pooh pooh nasties, it stayed tasteful and informative. This is a beautiful sport and a beautiful time of life.

Denver Smith, of Ohio, winning M60-64 high jump with 4'11". U.S. TAC National Masters Track and Field Championships, Uniondale, New York.

Photo by Wm. R. Townsend
replies pioneering masters runner Peter Mundie. “Carlos Lopes could easily better it if he maintains his training and incentive to run well.”

Mundie sees the open marathon record going down to 2:05, the over-40 to 2:09 and the women’s open to 2:15.

Joe Burgasser of Florida, another leading masters competitor in recent years, raises an interesting point. “I’ve never seen any report that the course length (of the Commonwealth Games in which Foster did his 2:11:19) was accurate to today’s standards,” he comments. “We just weren’t as particular then.”

For that matter, it’s not clear that Stahl’s 2:12:33 in Stockholm last June was on an accurately measured course. Certification of courses seems to be pretty much limited to the United States.

Veteran competitor Hal Higdon of Indiana, with a 2:29 marathon at age 49, thinks Bill Rodgers has a shot at Foster’s record. “There’s no reason it can’t be sub-2:10 or sub-2:08, maybe by a former Ethiopian soccer player, ” he offers.

Oregon’s Clive Davies, who holds most over-60 marathon records, doesn’t see anyone breaking Foster’s record for around 20 years.

Dan Conway of Wisconsin, with a 2:24:31 at age 47 in the recent Twin Cities Marathon, feels certain someone will break Foster’s record. After mentioning Stahl, Lopes, Shorter, Rodgers, and Don Kardong as possibilities, he guesses that it will probably be someone we’ve never heard of.

Here are other opinions by leading masters on the possibility of someone breaking Foster’s record:

Robert Packard, Arizona: “Man, I don’t see it. But Lopes is probably capable of it. Rodgers is probably not.”

Fritz Mueller, New York: “Maybe Lopes, but even that I doubt. Most likely one of the Africans will do it by the year 2000.”

Merle Knox, Wisconsin: “Records were made to be broken, and so will the 2:11 marathon as more people become interested and training becomes more efficient.”

Roger Rouliier, Georgia: “Yes, it’ll be broken. I don’t know by whom, but these foreign masters seem to have it mentally to run faster than us Americans.”

Bill Fraser, Sr., Minnesota: “Not in the near future, but I can see a 2:10 by the year 2000.”

TAC National Masters Marathon 40-44 winners, Charlotte Swanson, #841 (3:02:04) and John Jordeith, #807 (3:32:42); and M50 winner Norm Green, #751 (2:32:53).

Photo by Carole Langenbach

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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 Eighth 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 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 cash awards, 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 31, 1987

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 1/26/87.

Information: Oscar Rosales, 15734 Paramount Blvd., Paramount, CA 90723 • (213) 634-3027/714 841-5417. NOTE: Each division must have 5 qualifiers, or a 50% reduction per cash award will be taken. All applicants must submit times last 3 races, certified courses.

Race Director

The Finish Line International

8TH ANNUAL CITY OF PARAMOUNT 10K RUN SPECIAL WORLD MASTERS DIVISION

NAME: __________________________

SEX: _______ MALE [ ] FEMALE [ ]

AGE: _______ PHONE: _______

ADDRESS: __________________________

CITY: _______ ZIP: _______

Official Entry Form Will Be Sent Upon Receipt Of This Form. Send SASE.

Send To: PARAMOUNT 10K RUN, 15734 Paramount Blvd., Paramount, CA 90723

Runner Suspended for Cheating

The following article first appeared in the December 1986 San Diego Track Club News, and is copyright 1986 by the San Diego Track Club; all rights reserved. Reproduction in any manner, in whole or in part, requires written permission of the publisher.

On November 18, a special meeting of the Long Distance Running Committee of the San Diego-Imperial Athletics Congress (SDIAC) found that Peter Kanfer, a 37-year-old from Pasadena, did not run the complete course of the 1986 America's Finest City Half-Marathon. Kanfer was the 23rd entrant to cross the finish line, and the first in his age division, claiming an unofficial time of 2:14:46.

As a result of this finding, SDIAC suspended Kanfer's eligibility to compete within SDIAC's jurisdiction, which is San Diego and Imperial counties. The committee further authorized Ken Bernard, SDIAC President, to present the assembled evidence for possible national action by The Athletics Congress Long-Distance Running Committee and/or the TAC Executive Director at the TAC conventions in early December.

The November 18 actions climax three months of local involvement in a case which began elsewhere before the August 24 AFC race, and which will continue outside this jurisdiction.

Kanfer's case is unusual in involving a person claiming such impressive credentials. A 2:16:52 finish at Chicago ranked him 39th fastest American in any marathon during the year of 1985, and second in his age group behind 2:14:46 by Bill Rodgers. Other marathons results list 2:22 and 2:25 at Boston, as well as 2:22 at the 1984 Los Angeles International Marathon. His finishing time for the 1985 AFC Half was 68:57, also for 23rd overall and a division win.

The case is unique in that Kanfer's disqualification is, according to Ken Young of The National Running Data Center, the first due to a concerted effort to monitor the activities of one individual. All other disqualifications, Rosie Ruiz's being the most famous, have been the result of investigating protests after races, using whatever security the race had provided.

Jim O'Brien, a coach at Caltech, and a top runner himself, raised the first suspicions about Kanfer. He met Kanfer in Pasadena and hoped to improve by training with someone faster. Although O'Brien was recovering from a stress fracture, he found that during workouts Kanfer wasn't staying with him, "he couldn't maintain a seven-minute pace." For every workout they ran together, approximately eight runs during a six-month period, Kanfer "would abort the workout for one reason or another." O'Brien reported his suspicions heightened when he looked for Kanfer in the front section of the start at the 1986 Boston Marathon, but could not locate him. Kanfer's finishing time was 2:22:42.

Kanfer was one of two runners and several other monitors whose sole responsibility was to find the runner Number 14. This job was handled by the fact that in this race, all seeded runners, those with numbers less than 100, wore turquoise bibs, while the other 6000+ wore white ones. Further, these runners have the privilege of starting at the front of the pack, and are the only ones who may warm up in front of the start line.

The first member of the team was Graeme Shirley, who went to the start of the race and performed two jobs. The first was looking through the seeded runners and checking off those with low numbers. Twenty-eight of the lowest 30 were found. Number 14 was not one of them. When the gun went off, he went to the front of the pack, then near one-mile started drifting back through the pack, checking runners' numbers as they passed. He covered almost three miles in about 17 minutes, and never found Number 14.

Meanwhile, Jeff Rigdon jumped in at three-miles with the leaders, and spent the next three miles drifting back through the pack. No Number 14.

Then it was Kevin Heaton at about six-miles; and Dennis Kasiskie at eight miles. Still no Number 14.

Finally, Randy Kilpatrick joined the leaders at ten-miles, and worked his way back through the pack until he reached the finish-line in about 75 minutes. Number 14 never passed him.

Videotapes and stationary observers at 3-miles, 5-miles, and 10-miles failed to find Kanfer. Chuck Boyer stood at the turn onto Sixth Avenue (near 11 miles into the race) and called the numbers of hundreds of runners into a tape recorder, stating that he missed none. But no Number 14.

Further up Sixth, Keith Jeffers and Graeme Shirley checked the first several hundred runners. But no Number 14 yet.

Near 20 kilometers, less than a mile from the finish, two video recordings show the 14th runner coming up the hill, his number clearly visible. Finally, Number 14.

Videorecordings, a still photograph, and eyewitnesses all recorded Kanfer finishing the race in 23rd place, having lost nine positions in just over a kilometer.

Three runners who knew Kanfer confronted him at the finish-line. Bob Clifford of Boston and Jim Sterling, both of whom roomed with Kanfer before the race, and Jim O'Brien (who notes Kanfer was 'in shock to see me'), told Kanfer that none of them had been able to find him at the start.

When they returned to their rooms, Bob Clifford found the following note:

"Dear Bob,

I was and am quite (very) upset to think that "I was not" at the start. Did it occur to anyone I may have spent the time out there with my friend Deb? It was her first half and I had promised to ride out there and be around before the start. I really think this needs to be sorted out. Please call me when you get back to Boston as I really did not want to remain here and create any uncomfortable feelings for anybody.

(signed) Peter"

Based on information collected the day of the race, race director Neil Finn removed Kanfer's name from the results. SDIAC established hearing dates of September 24 and October 15, then a final one of November 18 for reviewing and reviewing Finn's protests. Kanfer failed to attend any of those hearings, requesting postponements for the first two, but giving no reason for not attending the hearing on the final date.

Repeated attempts to contact Kanfer for this article have been unsuccessful. Ken Young summarizes the status of the records of disqualified runners: "For any runner who is officially disqualified from any race, as long as that disqualification stands, any performances prior to or after that time are considered invalid until provided with documentation that that person did not cheat."

As a result, Ken Young has removed all of Peter Kanfer's marks from NRDC records.
New York City Marathon Revisited

by JERRY WOJCIK

Our story, and interview, in last month's issue, of John Bell, 44, who was disqualified as masters winner in the New York Marathon, November 2, may become an even bigger story in the major media.

More than one publication is reportedly planning a feature on race-cheating in general and New York Marathon cheaters in particular.

Bell, owner of his own business in Marion, Ind. was the first master to cross the finish line in 2:25:15, but was DQ'd because he didn't show up at several video checkpoints.

Official winners of the 40-49 divisions were David Clark, 43, (2:25:35) and Anne Roden, 40, (2:48:10), both of Great Britain.

Michael Wojcik, 50, of Poland, and Helena Bedrock, 51, of New Jersey, were 50-59 division winners, in 2:36:14 and 3:07:54, respectively.

Gerhard Reidermeister, 60, of West Germany, (2:54:21) and Alene Park of Alabama (3:54:19) were 60-69 winners.


France's Marcel Ichac, 80, the oldest male runner, won the M80-89 race with 6:20:20.

Statistics for age 40-and-over finishers show that 4,693 men and 739 women in the 40-49 age-group finished the race, to account for 28% of the 19,689 runners who completed the course. The older masters age groups accounted for 2,016 finishers (10.2%); 50-59 had 1,521 men and 150 women; 60-69 had 272 men and 24 women; and 70-and-over finishers numbered 45 men and 4 women. In total, over 38% of the finishers in the largest marathon in the United States were masters.

France had the highest number of foreign-country finishers of all ages, 1,048 men and 160 women, followed by England with 613 men and 74 women.

The highest number of finishers listed by occupation was in the "Teacher/Educator" category, 686 men and 304 women, with the vaguely titled "Administrator/Manager" group of 808 men and 155 women a close second.

American sexist attitudes may be reflected in the "Chairman/President of Company" group, 155 men and 3 women, and the "Homemaker" totals, 3 men and 220 women; but seem to be offset somewhat by the "Flight Attendant" numbers, 48 men and 23 women, and the "Beautyician/Hairdresser" contingent of 34 men and 22 women.

The lowest total of finishers belonging to a single group was that of the "Chemist" with 3 men and 3 women.

Four 30K Records Fall in Clarksburg

Four national age-group records for the 30K fell in the Clarksburg Pepsi 20M in Clarksburg, Calif., on November 16.


Vasquez went on to take eighth overall (first master) in the 20M race with 1:50:15. Nelly Wright, 40, was sixth overall and first master in the women's race. Both collected masters prize money, as did the second and third places and the winning M40-49 team, Pacific Flyers, and W40-49 club, West Valley TC.

A large number of national, below-40 age-group and masters single-age records were set in the race, the 21st annual, which raffled trips to the Boston Marathon (won by Mary Storey) and Hawaii, awarded $4,200 prize money, and offered "Clarksburg Country Stew."}

Andres Tocco, 50; 1st 50-59 in 34:06 in Love Your Heart 10K in Redondo Beach, Calif. (13th out of 1800). Photo by Richard Lee Shotkin

Anderson, Gustafson, Top Marine Corps Marathon Masters

Lucious Anderson, 40, of Silver Springs, Md., and Georgia Gustafson, 40, of Anchorage, Alaska, were the masters winners in the 11th Annual Marine Corps Marathon in Washington, D.C., on November 2 with times of 2:29:14 and 3:07:47 respectively. Keith Cowley, 41, was runner-up (2:31:22) to Anderson, and Shirley Schmitt, 40, took the second W40-and-over place (3:15:40).

The closest masters age-group race came in the M45 division with Mel Williams, 48, beating out Bill Demby, 46, by just eight seconds (2:38:34).

Sixty-six-year-old Anthony Napoli ran 3:05:55 to defeat some younger runners in the M60+ division.

Wahyong Semer, 58, won the W55 race in 3:29:04, good for sixth place among the masters women.

As the Marine Corps 105mm howitzer went off simultaneously with the conventional starter's pistol, 9,000 runners took off from the starting line one-quarter mile from the Marine Corps War Memorial, on a course which passed the capital's historical sites, including the Pentagon, the Washington Monument, and the Jefferson Memorial. They were led by overall winner Brad Ingram (2:23:14).

San Diego Track Club presents
Sue Krenn Memorial 15KM
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NATIONAL TAC MASTERS 15KM CHAMPIONSHIPS
Sunday, March 8, 1987
San Diego, California

- Flat, fast course at beautiful Mission Bay
- Individual and team awards

For entry form, send SASE to:
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4041 Southview Drive
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Olson Defeats Belleigne in U.S. 15K Cross-Country

Continued from page 1
Championships the week before, and Ed Benham, Potomac Valley Seniors TC, M75.

Robin Villa, 43, of the Central Park TC, was the women's leader in 68:45, followed by Laurie Baker, 43, of Millrose AA in 70:11, and W50 winner, Sue Medaglia, 51, also of Millrose, in 71:00.

Edith Jones, Millrose AA, won the W45 race, and Evelyn Havens, Millrose, the W70 contest. There were no W55, W60, or W65 finishers.

The team victories went to the Hartford TC in the M40-49 division and the Syracuse Chargers in the M50-59 contest. The Millrose AA "A" teams took both the W40-49 and W50-59 first-place trophies.

Of the 161 starters, nine did not finish, including Judy Pickert, 43, women's winner of the Masters 5K Cross-Country Championship held also at Van Cortlandt Park on October 26.
Q I am a 50-year-old who has been jogging for the past 20 years. I have noticed that the balls of my feet have become hardened and calloused and are very sensitive at times. They usually feel better when I get off of them and have my wife massage them. Is this anything to worry about and can I keep up my jogging routine?

A number of painful lesions can occur on the ball of the foot, ranging from warts, callouses and corns to various dermatological conditions. In most cases, the causative lesion is a callous or thickening of the skin in the forefoot. This can be due to a number of things, including some type of biomechanical foot problem that places excessive weight on the forefoot, inadequately cushioned shoes, and (the dreaded condition) age. We must differentiate between corn/callous and wart (verrucae) tissue.

In most cases, an orthotic can reduce metatarsal depression and thus remove excessive forces from the forefoot, which will eliminate friction caused by abnormal foot mechanics and pressure from ill-fitting shoes. I do not recommend paring your corns with a razor, or the use of medicated "corn plasters." If you need to shave down the excessive callous, I recommend the use of a pumice stone or a "Credo Callous Plane." I would also recommend you seek out a foot specialist to help diagnose and initiate treatment. Your podiatrist may wish to accommodate the lesion with a felt pad or wedge the shoes to remove pressure on the callous area. If all else fails, an x-ray may reveal other problems beyond a simple callous. Many times, bone spurs accompany a depressed metatarsal arch. These can be treated accordingly.

I would advise you use warm water soaks at night to improve the blood-flow to your feet. And having your spouse massage your feet is always helpful to improved circulation...as well as providing social intercourse.

(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, NMN, Box 2572, Van Nuys, CA 91404.)

Brown Leads Masters at Stockade-Athon

by PAUL MURRAY

Barry Brown entered the Schenectady Gazette Stockade-Athon on November 9 with hopes of repeating his 1980 victory and setting a U.S. Masters record for 15K in the process. He had to settle for fourth place overall and a 47:35 clocking — well off Bill Stewart's 45:58 standard — but he was satisfied with his performance. "I felt real strong," he said at the conclusion of the race. "It's my best race in a year and a half." A sprained left ankle has slowed Brown over the past 18 months and forced him from his spot as America's top-ranked Masters runner.

Brown attributed his relatively "slow" 47:35 time to a lack of speed work. "My calves just aren't in shape yet," he said. "Both my calves started to cramp up and I had a real hard time getting up on my toes in the last four miles."

Two minutes behind Brown, a fierce battle was being waged for the M40 second place. Bill Robinson and Pat Glover have been fighting for dominance in the local masters scene since both turned 40 this summer. Glover had beaten Robinson in two of their three previous meetings, but this time Robinson evened the score. He held off Glover's furious finishing drive to claim tenth place overall (49:46). Glover finished second seconds back in 11th place. Charlie Parmalee had to settle for fourth place in the masters competition (50:43).

Fifty-four-year-old Anny Stockman continued her reign as the fastest upstate-New York masters woman with a 62:39 clocking. But this year she was pressed by 43-year-old Jayne Grout, who took three minutes off her previous best to finish in 62:51. Liz Williams was the third masters woman (65:00), claiming second place in the W40 competition. Edith Farias remained unbeaten in the W60 division with a 77:42 clocking.

A field of more than 900 runners competed for the Adirondack TAC 15K Championships on a cool, overcast day. The event was organized by the Hudson Mohawk Road Runners Club. Tom Miller served as race director.
Peacock Wins Handicap Race in St. Louis

by JERRY WOJCik

Polly Peacock, 42, of the St. Louis TC, proved again that she was the best for her age in the 8th Annual Bud Light Stadium 10K, in St. Louis, Mo., on September 14, when she won the popular event for the fourth time in its eight-year history, which makes her four-for-five because she did not run in three of the races.

Using a handicapping system based on national age-group records, the Stadium Run featured 34 different starts at 30-second intervals. For instance, men 73-and-over were given a 17-minute headstart on the final starting group, men 24-and-25-years old.

Peacock’s actual running time was 38:01, but with a nine-minute headstart, her handicap time was 29:01, good enough to enter Busch Stadium over a minute ahead of Bill Ames, 44, of Godfrey, III., who placed second with a 35:00 actual time and a 5:00 headstart for a 30:10 handicap time.

In the years that Peacock didn’t compete, the winners were Craig Virgin, the top 10,000m runner in the world at the time; (1979); 11-year-old Wesley Paul, holder of numerous age-group records, 1980; 59-year-old John Hosner, who claimed the M60-64 10K national record a short time later, in 1984; and Marty Cooksey in 1985. 

70 Join Sustainers

Each month NMN publishes a list of “sustainers,” those who contribute funds which help keep us in operation. Since it is January and 1986 is now over, we would like to publish a list of all those who “sustained” us throughout the year. Special thanks go to Harry Koppel, Charles Mercurio and Bob Watanabe, who each contributed $100. Also to E. L. Bost, Jack Moran, Bob Roemer, Peter Tams and the Virginia Track Club, all of whom contributed $30 or more. Thanks to one and all.

Shorter, Rodgers Plan Masters Grand Prix

A proposed Masters Grand Prix roadracing series headed by Bill Rodgers and Frank Shorter, who both turn 40 this year, is seeking sponsors. The program would comprise 10K races in five to ten locations around the country starting in 1988.

Each event on the circuit would feature an elite runners division as well as five-year age categories for regional masters participants. A culminating championship race in New York City will bring together the top male and female runners, both elite and age-group, from the earlier races. The series would commence in late-February and conclude in October.

Bill Michaels, who is marketing the event, anticipates that the growing addition of elite road-runners to masters ranks will support a circuit like that now enjoyed by senior golfers. “The names in our sport are in that category,” Michaels asserts. Olympic Marathon Champion Shorter and Rodgers, winner of four Boston and New York marathons, are among the best-known athletes of their generation.

Title and supporting sponsorships are available. Contact: Bill Michaels & Co., 1666 Race Street, Denver, CO 80206 (303/399-9006).
TAC Convention is Productive

At the eighth annual TAC/USA Convention, held in Tampa, Florida, 2-7 December 1986, the Masters Track and Field Committee reviewed its work and accomplishments during the past year and addressed the administration of projects and problems for 1987.

The most significant project on the New Year's agenda will be securing the bid for the 1989 World Veterans Games in Eugene-Springfield, Oregon. To that end, the organizing committee met with many people in Tampa, including the Executive Director and officers of TAC/USA to review our plans and needs. TAC/USA is anxious to bring the WAVA Championships to the United States, and will work closely with the Eugene-Springfield committee to that end.

Over the years, Masters T&F has assumed the hands-on responsibility for providing competition for submasters athletes. Action was taken at Tampa to transfer administrative authority as well over these athletes from the Men's and Women's T&F Committees to the Masters T&F Committee. This move should stimulate greater participation by submasters — not only in competition, but also in administrative affairs.

Conventions are where things happen; for example, rule changes that will affect every competitor for the next two years. Five years ago, perhaps a dozen people attended our Committee meetings. In Tampa, over fifty were involved. Most of these delegates came at their own expense in money and time away from jobs and families. Since most competitors cannot attend these meetings, it is of utmost importance that they be informed and offer suggestions to their local delegations, who serve as representatives at regional meetings and national conventions. In addition to your athletic participation, we TAC/USA officers and delegates welcome your ideas and constructive criticisms.

Millrose Games to Stage Masters Mile

As reported in November's NMN, an elite men's invitational Masters Mile, organized and sponsored by The Runner, will be held at the 1987 Wanamaker Millrose Games, January 30, in New York's Madison Square Garden. An estimated 5000 meters. Schul currently trains with New York's Villanova, who holds the world masters 800M record of 1:53.

Mike Hurd, 40, Great Britain, the '86 Boston and America's Marathon masters champion.

Bob Schell, 49, U.S., the 1986 Olympic gold medalist in the 5000 meters. Schell currently trains with half his age, whom he coaches, and would be the oldest runner in the field.

Kjell-Erik Stahl, 40, Sweden, the leading masters marathoner in the world and one of the most prolific ever. He is also the '86 European masters champion for 10,000-meters on the track.

Bill Stewart, 43, U.S., the world record holder for the masters mile. Stewart ran 4:11 at an indoor meet in 1983, 7.5-seconds faster than any other master has run the mile.

Stewart's 4:11 will be one of many records within reach of the field. A number of the runners believe that the world record will be broken. The favorite? Considering the varied backgrounds of the runners and that for many it is their first track race in years, this may prove to be the hardest major indoor race to predict all season.

Anyone who feels the he has the credentials for this race should watch: Masters Mile, The Runner, One Park Avenue, New York, NY 10016. A qualifying race to determine the leading New York-area candidate will be held early in January.
The Cornerstones of WAVA

The structure of the World Association of Veteran Athletics (WAVA) is patterned after the International Amateur Athletic Federation (IAAF), with Regional Associations forming vital cornerstones. These Regional Associations are established by WAVA’s Constitution, which confirms their status as semiautonomous administrative bodies.

Each Regional Association (RA) has the right to appoint a Regional Delegate to the WAVA Council. Thus, each RA is able not only to protect its regional interests, but also to influence and contribute to the development of veteran athletics throughout the world; and to be involved in decisions affecting WAVA’s affairs, finances, and By-Laws.

Recognizing the importance of regional representation to its Council, WAVA ensures that the Organizing Committee of each biennial World Championships provides accommodation for each attending Regional Delegate. In addition, WAVA meets part of each delegate’s travel costs.

In considering the role of the Regional Associations, I would emphasize the following:

i) Each Regional Association, through its delegate on the Council, is involved in the administration of WAVA’s affairs;

ii) Each Regional Association therefore has a voice in the control of WAVA’s finances;

iii) Each Regional Association, through its delegate, can propose amendments to WAVA’s By-Laws and vote on proposed amendments;

iv) A meeting of Council where Regional Delegates outnumbered members of the Executive would still be a valid meeting;

v) Regional Delegates may initiate action to remove from office an elected officer of WAVA.

All of these rights are consistent with the Regional Associations being an integral part of WAVA.

The role of the Regional Associations of WAVA, therefore, is analogous to that of the Continental Associations of the IAAF. Rule 6 of the IAAF Constitution confirms that the Continental Associations are part of IAAF although, like the Regional Associations of WAVA, they function independently. Again, like the Regional Associations of WAVA, the Continental Associations of the IAAF may not include in their Constitutions any provision which conflicts in any sense with the Constitution of the parent body.

The importance of the role which WAVA’s Regional Associations have played so far in the remarkable development of veteran athletics is beyond doubt. As strong links are forged in the future between WAVA’s Regional Associations and the IAAF’s Continental Associations, that role will become crucial.

Scott, Findlay Win Canadian Masters X-C

Mike Scott, M40, of Willowdale, Ontario finished first in 35:27 in the Canadian Masters Cross-Country Championships in Toronto on October 25. Scott left Tim Payne, M35 winner, over a minute behind on the challenging course. Another M40 runner, Barry Ault, Huntsville, Ontario took third place.

The M50 division was strong, with the first five racers finishing within 1:30 of each other, led by Dave Wallace (40:30).

In perhaps the best performance of the day, Cliff Hall won the M60 race by over 4½ minutes with an outstanding 10th-place (40:20).

Linda Findlay, W35, was the first female to finish, with a 9th-place 40:19, a full five minutes faster than the next female runner, W40-first Shirley Pommier.

Molly Turner ran 49:07 to win the W50 race.

Austin Sets M45 200 Mark in Australia

Two weeks before turning 50 this past October, Australian Reginald Austin, who still holds the M40 200-meter world record (21.9), ran 22.14 in the Waratah Winter Sprint Series to break George Rhoden’s 14-year-old M45 world mark of 22.3. Austin now has his sights set on Britisher Ron Taylor’s M50, 22.9WR, set in the European Veterans Championships last August.

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Mike Scott, M40, of Willowdale, Ontario finished first in 35:27 in the Canadian Masters Cross-Country Championships in Toronto on October 25. Scott left Tim Payne, M35 winner, over a minute behind on the challenging course. Another M40 runner, Barry Ault, Huntsville, Ontario took third place.

The M50 division was strong, with the first five racers finishing within 1:30 of each other, led by Dave Wallace (40:30).

In perhaps the best performance of the day, Cliff Hall won the M60 race by over 4½ minutes with an outstanding 10th-place (40:20).

Linda Findlay, W35, was the first female to finish, with a 9th-place 40:19, a full five minutes faster than the next female runner, W40-first Shirley Pommier.

Molly Turner ran 49:07 to win the W50 race.

Austin Sets M45 200 Mark in Australia

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The entry form for the VII World Veterans Games, to be held in Melbourne, Australia from November 28 through December 6, is being revised. We hope to publish it next month.

WAVA Officers visited Melbourne last month to confer with Games organizers. President Don Farquharson will submit the group’s official report next month.

Meanwhile, at least five U.S. tours are planned for the Games. Details are listed in this International Section.

Following the Games next December, participants may want to kangaroo-hop down to Tasmania for the First Australian Masters Games to

**Fox Betters**

**Triple-Jump Record in Puerto Rico**

by JERRY WOJCiK

Benjamin Fox broke the M80-84 world record for the triple jump with a 23-8¼ (7.32) effort in the IV Annual Pan American Masters Championships in San Juan, Puerto Rico, held October 10-12. The previous record was 22-8¼ (6.91), set by Herbert Anderson of Colorado in July, 1982.

Other action at Sixto Escobar Stadium included:

—Three W50 sprint wins by Josefin Garcia in the 100m (13.93), 200 (29.40), and 400 (1:05.99).

—A meet’s best of 28:05.58 by Bob Fine, M55, in the 5000 walk, and a day’s best of 2:00.01 in the 20000 walk by M45 winner Richard Oliver.

—Two solid M50 wins by Dagoberto Gonzalez in the shot (42-1¼) and discus (162-1), and two good marks in the shot (36-5¼) and discus (108-7) by W40 winner Joyce Smith.

Multiple wins were recorded by Gilberto Gonzalez, M70; Nate Robinson, M30; Victor Clairmont, M60; Bill Carmen, M65; Phil Raschker, W35; Marilla Salisbury, W75; and other athletes.

As reported last month, Pete Gulgin, 71, a weightman from Punta Gorda, Fla., suffered a heart attack during the meet, showed signs of recovery several days later, but had a relapse, and died in Puerto Rico. Winner of three silver medals in the U.S. Nationals in 1986, Gulgin had recently set several age-71 discus records.

Competitors in the 5000m walk at the National Championships of Chile, held Nov. 1-2, from left to right: J. Alzamora, M. Aguayo, P. Gomez, L. Lagos.
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/// WORLD VETERANS GAMES Sat., 28 November - Sun., 6 December ///

- 12 Nights at the Melbourne Regent or Hilton Internationale delux hotels
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**OPTIONAL ADD-ON TOURS:**

**TOUR #1 - Basic Tour + 4 Nights in Fiji: UNDER $2200.00**
- Depart Melbourne Tues., 8 December
- 4 Nights at the Fijian delux hotel 8-11 December
- Return Sat., 12 December -- Arrive LA/SFO Sat., 12 December (17 Nights Total)

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- Depart Melbourne Mon., 7 December -- Arrive Queenstown via Christchurch
- 3 Nights on South Island 7-9 December at Travelodge delux hotel
- Depart Queenstown 10 December -- Arrive Rotorua via Auckland
- 3 Nights on North Island 10-12 December at Okawa Bay Resort
- Return Sun., 13 December -- Arrive LA/SFO 13 December (18 Nights Total)

**TOUR #3 - Basic Tour + 3 Nights in Sydney & 3 Nights in Surfers Paradise: UNDER $2300.00**
- Depart Melbourne Mon., 7 December
- 3 Nights in Sydney 7-9 December at Hyatt Kingsgate delux hotel
- Depart Sydney Wed. 10 December -- Arrive Surfers Paradise via Brisbane
- 3 Nights 10-12 December at Ramada Beach delux hotel
- Return Sun., 13 December -- Arrive LA/SFO 13 December (18 Nights Total)

**TOUR #4 - Basic Tour + 4 Nights in New Zealand... 3 Nights in Sydney... 4 Nights in Hong Kong: UNDER $4000.00**
- Depart Melbourne Mon., 7 December -- Arrive Rotorua via Auckland
- 4 Nights at Rotorua Okawa Bay Resort, 7-10 December
- Depart Auckland Fri., 11 December
- 3 Nights in Sydney 11-13 December at Hyatt Kingsgate delux hotel
- Depart Sydney Mon., 14 December
- 4 Nights in Hong Kong 14-17 December at Kowloon Shangri-la delux hotel
- Depart Hong Kong Fri., 18 December -- Arrive LA/SFO 18 December (23 Nights Total)

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PLEASE NOTE: TLC is provided for all participants – staff coverage on all tours plus processing of all entry forms and fees.
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Please send me information on Tour III – Independent Travel. My special wishes are ________________________________

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+ breakfast & supper daily on campus
+ Thanksgiving Day Reception (STI's traditional WELCOME party)
+ TLC
**Special restrictions apply. See specific flyer.**

II. FIJI & MELBOURNE: "HOUSING/BASIC" NOV 22–DEC 7
Air transportation, Los Angeles/Nadi/Melbourne/Los Angeles
+ Nadi & Melbourne transfers airport/hotel/airport
+ 2 nights accommodations at ShangriLa's THE FIJIAN + breakfast daily + Nadi (Fijian feast)
+ 11 nights housing in Melbourne + Thanksgiving Day Reception
A. First class hotel (per person, twin occupancy) with breakfast daily. Near Olympic Stadium $1,990.
B. Medium class hotel (per person, twin occupancy) with breakfast daily. $1,750.
C. Apartments – Fully-equipped, no meals provided Studios: per person, dbl. occupancy $1,525.
D. University dormitory housing (single rooms only) breakfast & supper daily on campus $1,550.

III. INDEPENDENT TRAVEL:
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IV. OPTIONAL EXTENSIONS: Not available in conjunction with Tour II
Possible with Tour II or III. Prices to be determined.
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B. Australia – Great Barrier Reef 7-10 days
C. New Zealand
D. Tahiti

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Dear David:

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

I enclose:
- $20
- $50
- $100
- $500
- $1000
- $250,000

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

$42,000 Already Raised From 142 Contributors for 1989 World Veterans Games in Eugene

U.S. masters athletes have already donated $42,430 to the Masters Sports Association Trust Fund to help support the 1989 World Veterans Games if they are awarded to Eugene, Oregon. Of the 252 people who pledged a total of $103,355 in the fund-raising drive that began a year ago, 142 (56%) have responded to the request by Site-Selection Chairman David Pain to fulfill their pledges now, rather than wait until next year.

The enthusiastic response will enable the Eugene organizers to: 1) prepare a videotape to present to the WAVA delegates in Melbourne on 2 December 1987; 2) show the world that masters athletes in the United States are solidly behind the Eugene bid, and are ready to contribute a substantial sum of money to help make the Games a huge success.

A serious bid is also expected to be made by the city of Split, Yugoslavia. WAVA delegates will be in the enviable position of being able to choose from two (and perhaps more) potential sites for the 8th World Veterans Championships.

John Poppell, whose $25,000 commitment kicked off the pledge drive a year ago, has sent his check for the full amount. Otto Essig, who pledged $25,000 ($50,000 if the South Africans compete) states his money will be forthcoming when the United States is awarded the 1989 Games at Melbourne.

"I want to thank those who have contributed," Pain said; "and I urge others who have pledged their support to send these checks now, so we can show the WAVA delegates that we have the funds in the bank."

If Eugene is successful in winning the bid, it will be the first time that a World Veterans Games will have been financed without government support. "That is certainly the American way of doing things," Pain said, remembering the 1984 Olympics. "WAVA will be able to run the Games according to its own rules, without the interference that government financial aid always brings."

Pain urged anyone who has not yet sent in a pledge or donation to fill out the form on this page. "Our new goal is to raise $200,000 by the time of the Games," he said.

---

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Total pledges: $103,555
Number of pledges: 242
Total pledges paid: $4,430
Number of pledges paid: 152

Bold type indicates pledge of $500 or more.
Volunteers Needed For Exercise Research

by DR. ROBERT WISWELL

Today, people are living longer and, for the most part, are healthier. Research has demonstrated a relationship between diet, exercise habits and quality of life in old age. As yet, however, there is no information on the effects of strenuous training on functional maintenance. Questions arise concerning the amount of exercise needed to bring about improvements. In other words, if mild physical activity is beneficial, is training for masters sports competition even more beneficial?

To this end, we plan to examine the functional loss rates in individuals that are chronically active in strenuous endurance activities. We are attempting to recruit volunteers to participate in a 10–20 year longitudinal study of older athletes that continue to compete in relatively high-intensity exercise.

The testing procedure will measure:
1. VO2 max (treadmill)
2. Percentage of body fat (underwater weighing)

WAVA BY-LAWS - Appendix A: Hurdles and Implements Specifications

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<thead>
<tr>
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<td>45</td>
<td>1.80 m</td>
<td>50 g</td>
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Hurdles: Each hurdle shall be 75 cm high and 1.05 m wide. Implements: Each implement shall be 1.05 m in width and 20 g in weight.

Fourteen Vets Break 2:30 in Berlin Marathon

Results of the thirteenth annual Berlin Marathon, 28 September 1986, would indicate that European long-distance runners may be a force to be reckoned with this coming December at the WAVA Championships in Melbourne.

In the M40 class, for example, eight runners from seven different nations finished between 2:24:51 and 2:29:42; and the top six M45 placers, all West Germans, broke 2:30:00. Similarly, the first ten M50s ran between 2:33:58 and 2:45:51; and the M55 division went at 2:41:18, with eight following under three-hours.

Among the women, West Germany's Charlotte Teske (b. 1949) was the race's overall winner in a course-record 2:22:10, only 1:43 ahead of Belgian Magda Illands (b. 1950). In the W40 class, Hungarian Ilona Zsikla-Danovszkyne (b. 1942) clacked 2:40:29 and led an Austrian, Dane, and two West Germans under three-hours.

Interesting performances were recorded in older age groups as well, including a 4:06:24 by New Yorker Edith Farias to win the W60 field that included two East German participants. Weather conditions were good (sunny, 14°C); and 11,481 of 13,862 official starters finished.

New York Marathon

Continued from page 11

ed to the “Gamekeeper/Forest Service” listing, 13 men and 1 woman. The 47 finishers, 37 men and 10 women, who listed themselves as “Unemployed” made up 0.238% of those completing the race. Almost 4,800 (3,646 men and 1,137 women) ran their first marathon, and 544 of the finishers (324 men and 20 women) claimed to have been running for more than 20 years.

The percent of entrants (23,898) who started (20,502) was 86% and 96% of the starters were finishers (19,689).
Trevor Wright: New Guy on the Block

While nearly everyone seemed to assume that Kjell-Erik Stahl was a certain winner at the recent Twin Cities Marathon, Trevor Wright, an Englishman who now calls Tauranga, New Zealand his home, wasn't about to concede anything.

After all, Wright had finished ahead of Stahl in the 1985 London Marathon, finishing 12th overall in 2:14:41. Stahl was over two minutes behind in 2:16:46.

"I don't know if I can beat him, but I think I can give him a race," Wright told a Minneapolis Star and Tribune reporter after finishing, "but I was getting colder and colder. "I'm just a little skinny guy. But, no excuses."

Born in Sheffield, England, Wright, who carries 126 pounds on a 5-7 frame, has been running since the age of 14. He won the English cross-country championship in 1970 and finished third that year in the international cross-country championship in France. In 1971, he took second in the international competition.

Wright's best track times of 13:39 at 5,000 meters and 28:31 at 10,000 were turned in during 1971 at the British AAA championships. That event also included selection race for the European marathon championship title at Helsinki. The account of that race, which appears in The Marathon Footrace by David E. Martin and Roger Gunn reads:

"...By 15-K (46:47), (Ron) Hill, (Bernard) Plain, and (Trevor) Wright were together, and they remained in front through 20-K (1:02:02). At 25-K (1:17:30), Wright and Hill were in command, and neither would give in. It was a gallant challenge by Wright to match strides with such a brilliant runner as Hill. But through 30-K (1:33:04) and 35-K (1:48:30) it was a dead heat. Only by 40-K had Hill demonstrated at least some superiority, and he finished in a superb 2:12:39. Wright's 2:13:27 was the fastest debut time on record."

In the European championship at Helsinki three months later, under much warmer conditions, Wright ran stride for stride with eventual winner Karel Lismont of Belgium for 35-K and finished second in 2:13:59.6, 50 seconds behind Lismont. Hill took third in 2:14:34, and fellow Englishman Colin Kirkham fourth in 2:16:22, thereby giving Great Britain a 2-3-4 finish and the team title.

Beating Hill in that race is Wright's most memorable running experience. "He was pretty much unbeatable back then," Wright says.

Also in 1971, Wright recorded a 46:51 for 10 miles on the track, missing Hill's world record by just seven seconds.

It was at the European championship of 1971 that Wright met his wife, the former Rosemary Stirling, who represented New Zealand at 800 meters (the following year she finished seventh in that event at the Munich Olympics).

An Achilles' heel forced Wright to give up training for the Munich Games. In 1973, he had surgery to correct it and also married Rosemary.

Employed as a water treatment operator and living in a country house provided by the city of Tauranga, his employer, Mr. Wright does most of his training on a nearby golf course and grass track. He tries to put in 100 miles a week for ten weeks prior to a marathon, including a long run of 20 miles at 6-minute pace and a track session of 16 times 400 in 70 seconds (200 jog between) or 6 times 800 in 2:20 (full lap recovery).

"The older I've got, I've lost the leg speed, and so I now do a bit more track work than in the past," he adds.

Trevor Wright: New Guy on the Block

And Wright frankly admits that prize money now being offered to masters is a big incentive. "I'd like to give it (the prize money circuit) a whirl and see which I can achieve."
decide on the future of columnist W. Mac Donald Miller. It isn’t a satisfactory way to decide what he writes is OK for the magazine or not. I don’t need to tell you there are a number of ways to determine whether to publish somebody or not. What I can do is suggest you consult those ways and not drag this love/hate stuff out any longer.

You’ve started something; you should finish it in a timely, professional manner. The stuff Mr. Miller writes each month isn’t worth all this commotion. Stick with him, or yank him. But be prepared to defend your decision either way.

Congrats on your 100th issue. It’s a marvelous publication.

Scott Hubbard
Ann Arbor, MI

(We agree that it’s time to end the debate. We thought a bit of controversy would liven up the winter months, but we didn’t intend for it to get out of hand. We thank everyone who responded. The final poll is 12 yea and 8 nay. The “nays” were quite emphatic and some have threatened to drop their subscription if Miller stays on. Many of the “yeas” found Miller a refreshing voice of humor and might also drop their subscription if he were to leave.

It is a testament to Miller’s writing — whether one is a fan or not — that he is able to generate such intense feeling, both pro and con. That’s a rare talent.

NMN is sensitive to its readers’ comments and does not wish to offend anyone, but we tend to agree with the majority in the poll. We feel Miller has a gift of humor and style, and writes with tongue firmly in cheek. He intends, in our opinion, to offend no one, but to prick pomposity and point out, whenever he can, that the emperor has no clothes. Cartoonists like Trudeau, Conrad and Herblock, and comedians like Don Rickles have been doing the same thing for years. What is humorous to some is offensive to others, and that’s unfortunate, but perhaps that’s what humor is all about.

In a way, we can all feel fortunate that Miller cares enough about running to consider it worthy of spoofing. Certainly no one else does. Perhaps we should relish the attention. Sometimes, I feel slighted when he doesn’t poke fun at the Irish, Californians, ex–Clevelanders or aging hurlers.

All this is to say that we will not drop W. MacDonald Miller. Indeed, we feel fortunate to have him, and only hope he doesn’t drop US for some greener pasture. — Ed.)

LATE ENTRIES

In response to Jim Vernon’s comments about closing the entries to his meet early and allowing no late entries, let me clue ole Jim in. I think he forgets that we old geezers never know for sure two weeks in advance whether we’ll be fit enough to race or not. Also, many of us have work schedules which preclude that kind of planning. I would gladly pay a late-entry fee for the opportunity to run. It must be nice to not need the extra bucks for a financially successful meet. I leave Jim with a question: Why do you have trouble organizing a meet when others who have late entries run a well-run meet?

Dick Glasgow
New York

AGE-GROUPS

In October, Paul Spangler wrote in favor of age groupings for all competitors. Mr. Wilf Morgan responded, in December, by saying that to be running at Paul’s age (87) should be enough for Mr. Spangler. I agree with Mr. Spangler. All who enter a race should compete within their five-year age bracket.

Amos Childers
Sun City, Arizona

DAVID PAIN

I’m happy to see that Darrell Pain, the “father of the masters T&F movement,” has finally been picked to become a member of the masters hierarchy. His appointment is long overdue. If anyone deserves to be president of WAVA, the position which is now open, Pain is the one person who is most deserving and should fill this spot, for, without him, there probably would not be a masters T&F program.

Al Guidet
California City, California

CORRECTION

It’s always good to see one’s name in print right after subscribing to a paper, but you’ve given me too much credit. On p. 30 of the August issue, you have me listed in the June 7th San Diego meet as 2nd in the women’s 55 javelin with a throw of 61’8”. That was actually K. Jocoy’s throw and mine was for 3rd, and I was told it was 51’8”, not 56’3”.

This was my first meet since the Senior Olympics in 1976 and Mrs. Jocoy was kind enough to loan me her lighter implement, so I surely don’t want to receive any credit due her.

Pat Osmon
San Diego

SOUTH AFRICA

I was in Capetown, South Africa in 1976 and in 1986. During that decade, the work done by the South African Masters Association has been positive in terms of participation and integration. If those veterans (of all colors) are allowed to travel and compete, we all might better understand their quandary. Let us open doors and keep an open mind.

John Hutchinson
Torrington, Connecticut

HARD WORK PAYS OFF

Boy, do I look forward to the National Masters News. May I share my first-year experience as a reader?

A year ago, my son prodded me to compete in the National Masters T&F Championships in Indianapolis. Although I had competed in the 880 as a high school senior in 1949, I felt my best event would be the racewalk. My son and I scoured the Ohio libraries until we found three books on racewalking.

In seven weeks, working out twice a day, I got in shape and finished third in the M50 division in 31:07.

In 1986, I competed wherever I could — nine times in all. The year of hard effort paid off at the nationals in Long Island, where I placed third in both the 5K (28:07) and 20K (2:06:53), my best times to date.

I’m looking forward to 1987 when I move into the 55-59 age group. My entire family and I read every article in the News to keep abreast of what’s going on. Keep up the good work.

James Spitzer
Baltimore, Ohio

KUDOS

You do a great job. Keep up the good work.

Ron Althoff
Columbus, Ohio

Otto Essig, 80, of Westfield, Mass., finishing first M80+ in a field of 6 in the Berkshire Masters 10K in Westfield, September 14, with a meet record 61:42. Essig is the founder and director of the race. Photo by Walt Westerholm

EDISON PAGEANT OF LIGHT 5K CLASSIC

Saturday, February 21, 1987
Fort Myers, Florida
1987 Florida State TAC
5K Masters Championship
1987 Florida State RRCA
5K Championship

RUN WITH THE LIGHT

Our twilight 5K race begins at 6:15 p.m., just prior to the festive Pageant of Light Parade. The course is flat and fast, following the route of the parade. Run your personal best as more than 200,000 spectators line the streets and cheer you on.

Sponsored by Lee Memorial Hospital, the race is conducted under the guidance of the Fort Myers Track Club. There will be excellent traffic control and police attendance. The average temperature is 55 degrees.

Early hotel reservations are recommended. For registration forms or more information, please write or call: Race Director, Lee Memorial Hospital, P.O. Drawer 2218, Fort Myers, Florida 33902, (813) 334-5606.
8TH ANNUAL CONVENTION OF
TAMPA, FLORIDA —

MINUTES OF TAC MASTERS TRACK & FIELD

by AL SHEAHER, Secretary
Presiding: Chairman Jerry Donley
Minutes
The minutes of the 1985 meeting were approved.

Awards
Awards Coordinator Beverly La Veck announced that Jack Greenwood and Christel Miller were named Masters T&F athletes-of-the-year by the Awards Sub-Committee. Giulio de Petra and Bev La Veck were chosen best race walkers. Pete Mundle was named administrator-of-the-year.

Gary Miller was selected as best multi-event performer. Greenwood’s 14.98 in the 100-meter hurdles, at age 60, was voted outstanding-single-performance-of-the-year by an athlete age 40-or-over. Best male and female performers were chosen in each five-year age-group. (See separate story and lists.)

All-American Awards
Chairman Jim Weed and his sub-committee finalized women’s All-American standards, and proposed that athletes who meet the standards be individually responsible for getting their certificates, by sending proof of performance and $10 to the National Masters News, which would then mail their certificate. Meet directors were encouraged to note in their results those performers who better the standards. (Complete details next month.)

Uniforms
New USA uniforms will be available for $80. (See ad in this issue.) National uniforms are not mandatory, but are endorsed by the Committee as a way to give U.S. athletes a national identity at the 1987 World Veterans Games in Melbourne.

Insurance
Meet directors are urged to keep up to date on insurance rules. Obtaining a “TAC” sanction generally protects a meet director against liability claims and athlete injuries.

Medical Care at Meets
Medical care should be available at all meets. A checklist was suggested for meet directors, including: the presence of a doctor (or a doctor on call); and an ambulance or paramedic unit (average estimated cost, $160) on call, preferably with an “advanced life-support system.” The Sports Medicine Committee will supply the guidelines to NMN for publication.

Chiropractic/Massage Aid
Dr. Louis Leonardi, a chiropractor representing the International Chiropractors Association, said chiropractors are available at no charge at meets to educate athletes as to the benefits of sports chiropractic and massage therapy. Meet directors can contact Dr. Leonardi at (404) 433-2841.

COMMITTEE REPORTS:
Budget & Audit - Al Sheahen
The Committee spent its allocated $14,600 in 1986. For fiscal 1987 (Oct. 1, 1986 through Sept. 30, 1987), the Masters T&F budget will be increased 20 percent to $17,500. (See budget chart.)

Law & Legislation - Bob Fine
No report this year, since TAC only deals with L&L in odd-numbered years.

Marketing & Media - Joe Murphy
No sponsors are on the horizon, so we have to make our own contacts.

Medical Services - Sandy Pashkin
No report.

Membership - Jim Brown
No report.

General Programs - Dan Thiell
No report.

Officials - Sandy Kalb
No report.

Rules - Ron Salvio
Outgoing Rules Chairman Salvio asked for approval or rejection of several proposed TAC rule changes which would effect masters competition. The no-false-start rule was approved, 14-2. Incoming Rules Chairman Graeme Shirley issued a post-convention report (see sidebar).

Records - Pete Mundle
Meet directors are strongly encouraged to include implement weights and hurdle heights in meet results. Otherwise, processing records becomes impossible.

Mundle, who is also the WAFA Records Chairman, has proposed that WAFA convert to imperial weights (pounds rather than kilograms) for the shot put and hammer throw. At present, TAC follows WAFA metric weights (see list in this issue) which often confuse the record-keeping process.

Metric-weight implements can be obtained from SportsAmerica, (800) 633-7777.

Election of Officers
As in the past, only one candidate stood for most positions. Chairman Donley was unanimously re-elected to

Continued on page 25

TAC MASTERS TRACK & FIELD COMMITTEE

1987 Officers
Chairman: Jerry Donley
Coordinators:
Outdoor: Bruce Springbett
Indoor: Ron Salvio
Women’s: Christel Miller
Multi-events: Rex Harvey
Weight events: Bev La Veck
Race walking: Haig Bohigian
Outdoor records: Pete Mundle
Awards: Al Sheahen
Site selection: Max Goldsmith
Sec./Treas.: Al Sheahen

Regional Representatives:
East: Haig Bohigian
South: Stewart Daniel
Midwest: Dick Green
Mid-America: Jim Weed
Southwest: Dan Thiel
West: Gary Miller
Northwest: Jim Puckett

1987 Committee Appointments
Board of Directors: Jerry Donley
Assoc. Officials: Jean Peters
Budget & Audit: Al Sheahen
Law/Legislation: Bob Fine
Marketing/Media: Joe Murphy
Membership: Hank

Officials:
Sandy Pashkin
Pete Mundle
Rules: Graeme Shirley
Medical Services: Sandy Pashkin
Sport Sciences: Sandy Pashkin
At-Large: Rex Harvey

TAC MASTERS TRACK & FIELD COMMITTEE BUDGET

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<td><strong>Total</strong></td>
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Committee Meetings

Continued from page 24

a two-year term, and he filled the other offices by appointment to one-year terms. Next year, elections will be held for any office for which two or more candidates come forth.

The only contested positions were the three delegates to the WAVA General Assembly in 1987. Nominated were Donley, Rex Harvey, Tom Jordan, Ron Salvio, Al Sheehan and Joe Valdes. Donley, Jordan and Sheehan were selected, with Harvey, Salvio and Valdes alternates.

A proposal to elect all officers by mailing a ballot to every registered master T&F athlete in the nation was rejected as being in opposition to TAC's By-Laws.

1989 World Games

Eugene was confirmed as the U.S. candidate to bid to host the 1989 World Veterans Games. Over $42,000 in pledge money has come in to-date (see separate story), of which Eugene may need $25,000 to prepare a new videotape for its presentation in Melbourne on December 2, 1987. Split, Yugoslavia is also expected to make a serious bid for the Games.

Site-Selection

Orlando, Florida, represented by Jimmy Carnes and Nick Gailey, was the sole bidder and was awarded the 1988 National Indoor Championships. It will be held either August 5-7 or August 12-14. Gailey will direct. Dormitory housing may be available at Rollins College, three miles from the trach. Meet headquarters will be the Sheraton Hotel, about four miles from the track, with a special $65 room rate, and shuttle-bus service to and from the track. Because of Orlando's hot, humid summer weather, most competition will be held in the evening under the lights.

San Diego, represented by David Pain, suggested the 1988 Indoor Nationals be held in San Diego on February 20, the day before the annual invitational open meet, using the fast, 160-yard, four-lane Sports Arena track. Since a one-day meet might not be possible, Pain will check into the track's availability the next morning (Feb. 21) and report to the Committee on March 28-29 at the 1987 Indoor Meet in Madison, Wisconsin.

The dates of the 1987 Outdoor Nationals in Eugene, Oregon were changed from August 7-9 to August 14-16. A new, 400-meter track — scheduled for construction beginning June 8 — is expected to be ready by August.

Dates and sites were confirmed for the Indoor Pentathlon: January 4 in Carlisle, Pa.; the Outdoor Pentathlon: June 20 in Los Angeles; and the Decathlon/Heptathlon: July 11-12 in Boulder, Colorado.

Any area interested in hosting a national championship event in 1988 or 1989 should contact Site-Selection Chairman Max Goldsmith, 481 Marcus, Lewisville, TX 75067.

Team Manager For World Games

Support was expressed for the concept of a "team manager" at the 1987 World Veterans Games in Australia. The team manager would provide a service long needed in World Games, namely: solving competition problems and providing up-to-date information on transportation, protest procedures, banquet tickets, schedule for meetings, advancement to semifinals and finals, medical facilities, relay teams, where to go, how to get there, what to do, etc.

The team manager would conduct a daily meeting of all U.S. competitors to review the previous day's activities, congratulate medal winners, and try to resolve any problem. While we each compete as individuals, and not as a member of any official national team, it is still helpful, when in a strange land, to get together with like-minded companions to exchange pertinent information.

The Committee allocated $400 to $500 to help defray the expenses of the team manager. The job should go to someone who: 1) can spend several hours a day in Melbourne; 2) has been to a prior World Games; 3) can work well with people; 4) is well-disciplined.

If that's you, contact Chairman Donley or Secretary Sheehan (addresses on page 2). We hope to choose the best person for the job.

Rules Report

Masters T&F Rules Chairman

The Convention approved several changes to the rules of competition affecting masters T&F athletes:

1) The authorization to conduct submasters championships now lies, officially, with the Masters T&F Committee, rather than the Men's and Women's T&F Committees.

2) In general competition, TAC approved an "honest effort" rule for championships that would bar a competitor from further competition in a meet after failing to honestly participate in each round of any track event that is not contested only as a final.

3) In team events and relays, a competitor may compete in a younger age group without impacting that competitor's age group for individual competition. (Also applies to LDR.)

4) Regional indoor meets shall include the same events as the indoor nationals. Outdoor regional meets shall include the same events, except that the steeplechase, 10,000, 20K walk, heptathlon, and decathlon are optional.

5) The national postal relay was dropped.

6) A provision added to the section authorizing American records in masters track and field allows for recognizing masters records made in mixed age-group competition.

7) The no-false-start rule was adopted for masters national and regional championships, as follows: "At all national and regional championships, indoor and outdoor, exclusive of multi-event competition, any competitor making a false start in any event starting in lanes shall be disqualified from further participation in that event."

8) In the javelin, masters may use pre-1986 implements.

9) A proposal from Paul Spangler to mandate five-year age-group awards in all TAC sanctioned meets was rejected. A compromise amendment to require five-year awards in all TAC Association Championships was approved by the Masters T&F Committee, but withdrawn by TAC's Rules Committee. (The five-year awards are currently mandated in all TAC national and regional championships.)
Greenwood, Miller Named Top T&F Athletes

Continued from page 1

hurdles at the national championships in New York. Greenwood, long one of the top performers in masters track and field, won four national championship gold medals in his age 60-64 division, setting world 60-64 records in the 400 (57.65), 100H (14.98) and 300H (46.31).

Christel Miller, who was born near Leipzig, Germany, and, as an eight-year-old girl, fled to Poland with her mother during the bombing in 1943 and escaped again to Hamburg in 1945, won four gold medals in the 1986 nationals. In the past two years, she established American W50 records in the high jump (4-4-4), long jump (13-3), triple jump (4-4-4), long jump (13-3), triple jump (26-11), shut put (31-9-4), javelin (108-7), and 800m (14.6). She is one of the top women multi-event masters athletes in the world, and won the award in a close decision over Irene Obara, 51, and Phil Rascher, 39.

Mundie was recognized by the Committee for his "conscientious recordkeeping and masters T&F record publications, benefiting, inspiring, and uniting masters athletes everywhere." Other strong candidates for the top administrator award were David Paice and Al Sheahan.

De Petra set three age 75-79 American records in the 3000, 5000, and 20K walks. He won two racewalk events in the 1986 European Veterans T&F Championships in Malmo, Sweden. He won in an "extremely close vote" over Max Green, who had a mile 50-54 best, and age-54 bests in the 5K, 10K, 15K, and 20K walks.

Le Vaek set pending age 50 AR's in the mile, 2-mile, 5K, 10K, 15K, and 20K walks. Another worthy nominee was Adeline Crocker, with five pending age-74 AR's.

Gary Miller won the U.S. TAC National Masters Decathlon and Pentathlon in the 45-49 age division, with best marks in the 100 (11.8), 200 (23.9), 400 (54.8), 1500 (5:07.7), 110H (17.4), LJ (19-11), HJ (5-5), PV (10-6), JT (160-3), DT (113-5), and SP (34-0).

Two women - Christel Miller and Shirley Kinsey - were also considered for this multi-event award. Both were winners in their age division in the National Masters Heptathlon.

Greenwood won the best-single-mark award for lowering the old M60 100H world mark by 1.2 seconds - from 16.2 to 14.98 - an unheard-of 7.5-percent improvement. Close behind was Al Oerter's 204-4 discus at age 49, and Shirley Matson's 17.52 5000 at age 45.

The seven award winners were announced at TAC's Awards Luncheon in Tampa. The trophies will be presented at TAC's 20th annual National Masters T&F Championships in Eugene, Oregon on August 15.

The award recipients were selected by an Awards Sub-Committee, headed by La Veck. "We used a procedure which relied heavily on marks compiled by Mundie," she said; "Nominations and suggestions were solicited and/or volunteered from meet directors, masters T&F administrators, and athletes." Members of the sub-committee, in addition to La Veck and Mundie, were Rex Harvey, Christel Miller, and Jim Weed. La Veck said nominations and procedural suggestions for 1987's awards are welcome, and should be sent to Bev La Veck, Awards Coordinator, 6633 N.E. Windermere Rd., Seattle, WA 98115.

The Committee also selected outstanding athletes in each five-year age group for both men and women in both track and field categories, as follows:

Masters Track & Field Administrator of the Year

<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 Obara</td>
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<tr>
<td>1979</td>
<td>Ernie Billups</td>
<td>Joan Grissom</td>
</tr>
<tr>
<td>1980</td>
<td>Al Oerter</td>
<td>Judy Fox</td>
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<td>1981</td>
<td>Jim Burnett</td>
<td>Phillipa Rascher</td>
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<td>1982</td>
<td>Al Oerter</td>
<td>Polly Clarke</td>
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<td>1983</td>
<td>Jack Greenwood</td>
<td>Irene Obara</td>
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<tr>
<td>1984</td>
<td>Ed Burke</td>
<td>Polly Clarke</td>
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<tr>
<td>1985</td>
<td>Parry O'Brien</td>
<td>Christel Miller</td>
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<tr>
<td>1986</td>
<td>Jack Greenwood</td>
<td>Christel Miller</td>
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OUTSTANDING SINGULAR PERFORMANCE DURING THE YEAR

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<td>Ross Carter</td>
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<tr>
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<td>Jack Greenwood</td>
<td>Emery Curtice</td>
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OUTSTANDING MULTI-EVNETS ATHLETE

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<td>Boo Morcom</td>
<td>Gary Miller</td>
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1986 AGE-GROUP AWARDS

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<td>Hugo Hartenstein</td>
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<td>Paul Spangler</td>
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<td>Barbara Pike</td>
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<td>Jaclyn Castell</td>
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<td>Pearl Mehl</td>
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<tr>
<td>W75</td>
<td>Polly Clarke</td>
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Gary Miller, 49, of Glendale, Calif., outstanding multi-event masters athlete-of-the-year.
Greenwood, Miller Named

Continued from page 26

considered: Don Gammie, Ortho Perkins.
Field: John C. Brown, 56, hj (5'8½). Also considered: Herring Wyatt, Jerry Donley.
60-64 Track: Jack Greenwood, 60, 400m (57.6), 100mH (14.98), 300mH (46.3).
Field: Bob Richards, 60, dt (1560'), ht (149'), Also considered: Ed Lukens.
65-69 Track: Burt Glat, 66, hj (6'0), and Bob Han, 66, 300mH (50.6).
Also considered: Vernon Mattson.
Field: Bruce More, 65, pv (12'), lj (16'10), tj (13'11).
70-74 Track: Gilberto Gonzalez, 72, 200m (29.1), 110mH (19.9), lj (14'1'), age 73.
Also considered: Austin Newman, Jeff Bloomfield, Field: Ross Carter, 72, sp (45'), dt (139'),
Also considered: Carol Johnston.
75-79 Track: Ed Benham, 79, 300m (12.42), 500m (21.20), 10,000m (44:05) — all Ws. Also considered: Byron Fike, Tony Castro. Field: Emery Carter, 79, jf (99').
80-84 Track: Arline Pitcher, 84, 200m (37.5), 100m (17.4). Also considered: Konrad Boas. Field: Benjamin Fox, 80, dt (88'46').
85-89 Track: Paul Spangler, 87, 400m (1:51), 800m (4:09), 1500m (8:31), 5000m (18:07),
Field: Buell Crane, 86, hj (3'9'), tj (180'), sp (24'), dt (677'), jf (53'11').
Women:
35-39 Track: Muriet McCord, 39, 400m (60.0). Also considered: Susan Houton.
Field: Phil Rascher, 39, hj (4'10), lj (17'5), tj (34'), 100m (12.7), 200m (26.3).

40-44 Track: Barbara Pike, 44, 1500m (4:59). Also considered: Pam Calvert, Linda Upton. Field: Lutie Sprouse, 43, jf (122'9).
45-49 Track: Shirley Watson, 45, 5000m (17:52), 1500m (4:56.3). Also considered: Nancy Parker. Field: Fran Conley, 45, jf (874').
50-54 Track: Jane O'Shea, 52, 100m (12.2), 200m (27.4), 400m (63.1) — all Ws. Also considered: Martha Klopfer, Susan Redfield. Field: Charlotte Miller, 51, hj (5'4'), tj (12'10'), sp (25'11'), jf (31'), tj (106'), Also considered: Ann Cruikshank.
55-59 Track: Toshiko D'Ellia, 56, 10,000m (42:22). Also considered: Shirley Kinsey. Field: Bernice Holland, 58, lj (10'8'), sp (32'4'), sp (92'11'), jf (92'4'). Also considered: Shirley Kinsey.
60-64 Track: Margaret Miller, 60, 1500m (5:45), 3000m (12:26). Also considered: Barbara Hummel, R. Manger. Field: Harriet Boyd, 62, hj (3'2'), lj (7'8').
65-69 Track: Jaclyne Caselli, 65, 1500m (6:26), 3000m (13:16), 5000m (22:42),
10,000m (49:22). Field: Tie between Mary Bowramier, 68, hj (3'8'), and Helen Stephens, 68, sp (32'9') (72'10').
70-74 Track: Paul White, 72, 1500m (7:19), 5000m (26:36). Also considered: Luillle Monroe, Mayme B'dera, Fran Patten.

Editor's Note: The minutes of the TAC Masters Long Distance Running Committee Meeting were not available at NNW press time. We hope to have them next month.

TAC MASTERS LDR COMMITTEE BUDGET

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OUTSTANDING LONG DISTANCE RUNNERS — 1986

Selected by the Masters Long Distance Running Committee of TAC

**MEN**

40-44
45-49
50-54
55-59
60-64
65-69
70-74
75-79
80-84
85-89
90+

**WOMEN**

Barbara Flutez
Sandra Kiddly
Vick Bigelow
Barbara Meadows
Margaret Miller
Jaclyne Caselli
Alene Williams
Anne Clarke
Ruth Rothfarb

**NATIONAL TAC MASTERS 20KM CHAMPIONSHIPS**

Saturday, March 28, 1987
El Cajon, California

- Fast and scenic course
- Individual/team awards
- Average March temp: 66°/50°

For entry form, send SASE to:
San Diego Track Club
4041 Southview Drive
San Diego, CA 92117
Los Angeles, of the 113 cities he rated, to be Numero Uno with 1768 points, followed by New York (1343) and Chicago (1293). Augusta, GA, ranks last (126). Don't move yet if your city didn't make the top three; there are lesser but just as meaningful honors. For instance, Miami is top-ranked on the number of jai-alai frontons; Seattle is tops in the sports environment (open water, national parks, rivers, terrain) rankings; Detroit (where else?) leads the "recreational sports—bowling" standings, based on the number of bowling lanes, not bowling establishments, in its area; and Dallas, with more public swimming pools within its limits than any other city, is number one in the "recreational sports—swimming" rating. The book is filled with enough interesting sports information, trivia, tables, sidebars, and charts to satisfy even the most rabid sports nut, active or sedentary.

According to the National Running Data Center News, the percent of change in the number of marathon finishers in the U.S. between 1980 and 1985 was minus-9 percent, while the percent of change in the number of 10K finishers for the same period was a plus-189 percent.

At the TAC Convention, Tampa, Fla., December 3-7, TAC passed a resolution to petition the IAAF to grant full eligibility to Brian Oldfield to compete in the 1988 Olympic Games. Oldfield, banned for many years because of his involvement in pro track in 1973 and 1974, during which he threw the longest-ever but unofficial distance of 75-0, is eligible for all other IAAF competitions but the Olympics. TAC's request is based on the IOC's recent rule change allowing professional ice-hockey, soccer, and tennis athletes to compete in the Olympics in their respective sports.

Runners can't be in the Olympic Marathon Trials until one of two officials gives the okay: Julie McKinney for women and Don Kardong for men. Masters marathons with questions about qualifying procedures should contact McKinney at 207 N. Ellery Dr., San Pedro, CA 90732, or Kardong at 1081 Paulson Blvd., Spokane, WA 99201.

According to Race Management (December 1986), of the 390 new long-distance running records submitted to TAC/USA last year, 316 were set by runners age 40 and over.

NEW ENGLAND

The Boston AA has announced that $14,000 of the $347,000 in prize money and automobiles in the Boston Marathon, April 20, will go to the top three masters men and women, with $5000 for 1st, $1500 for 2nd, and $500 for 3rd. The John Hancock Insurance Co. is providing the cash ($40,000 to each winner, plus bonus money for course and world records) and Mercedes-Benz of North America, the wheels (valued at $31,000 each) to the overall male and female winners.

EAST

• Antonio Roque, 42, of the Newark-based Eagles Running Team is considered by some as one of the most underrated masters on the East Coast. In the month of September, Roque was 2nd in the Mercedes Masters Mile (4:24.6) and 2nd overall in both the Nutley 5-mile (25:53) and the Kean College Alumni 5K (15:38) of 189 finishers.

• Barry Kline, 545 hurts from the Pittsburgh area and holder of several single-age AAA, writes that his running career may be concluded. After recovering from an injury incurred in Cleveland in June 85, he fell and twisted his right ankle in March and later suffered a hamstring injury, which may never heal properly, according to his doctor. But all is not dark.

Barry adds, "I guess I will get my hurdling out of little Barry. He lettered in high school last year." The New York-based Atlanta TC wrapped up the unofficial women's masters team Triple Crown with the W40+ title won by club members Angela Hearn (2:46.01), Linda Connors (2:59.17), and Toshi d'Elia (3:21:19) in the Twin Cities Marathon, Minneapolis-St. Paul, October 12, to go with earlier club wins in the TAC National 10K in Asbury Park and Half-Marathon in Philadelphia.

• Nathan Whitling, 40 (7:05.20) and Iger Jo Berger, 42 (8:06.42) completed the NYRRC 50-mile Central Park, NYC, as top masters among the 14 finishers (12 men and 2 women).

• Angola Hearn, 40, outlegged the masters field in the NYRRC Women's 4-mile, Central Park, NYC, with a 6th-overall (23:14 (835 finishers), Atlanta TC-mate Maddy Haming, 41, was 9 seconds back for 8th overall.

SOUTHEAST

• Roger Robinson, 47, beat Ted Haiman, 43, by 5-seconds in 17:03 at the RRCA 5K, Southern Championships, Van Cortlandt Park, Bronx, NY, to top a masters field of 108 runners. Patricia Bessel, 49, was the best of 20 masters women in 22:12, with Marilyn Mitchell, 43, 2nd (22:36), Fastest 50+ were Wiltold Blakouar, 51, (17:47) and Gudrun Phillips, 50, (23:59).

• Samuel Skinner, 44, and Elaine Kirchen, 43, passed up watching the Macy's Parade to take masters honors in the NYRRC Turkey Trot 5-mile, Prospect Park, Brooklyn, November 27, in 27:17 and 32:37.

Need Back Issues?

Most back issues of the National Masters News are available for $1.95 each, plus 50% postage and handling for each order.

Send to:
National Masters News
P.O. Box 2372
Van Nuys, CA 91404
Continued from page 28

• John Danforth, 38, a middle-distance runner and h.s. track coach in the Winston-Salem, NC, area, is looking for a 1:15 mile to break the East Coast to learn more about field events, for his own performance as well as for teaching techniques. NNW readers aware of a good camp, especially one that includes training for masters, can contact Danforth of Forsyth Country Day School, 5501 Shallowford Rd., Lewisville, NC 27023. Let us know also, so that we can pass the info to others.
• Helen Reed, 50, Murfreesboro, TN, outdug all W40+ runners with a 4:33:30 to win the masters division of the Nashville Striders Women's 10K, Nashville, November 9. Dorothy Roberts of Nashville, the oldest runner at 73, was the W50+ winner (1:09:52).
• Triathletes Don Ardel and Risie Thiel took the masters m\&w titles in the Thanksgiving 14-mile, Deland, FL, November 27. Ardel bested the next M40+ by a minute with 59:18, and Thiel broke the W40+ course record by 4 minutes with 72:19. Millard Shumate, M65, ran 69:54.
• The Tidewater Striders defeated the North Carolina Roadrunners' M39-39, W39-39, and M40-49 teams in the East Coast 5K X-C Classic, Raleigh, NC, November 28. The Tidewater masters were led by first M40+ Lew Faxon (17:03) of Hampton, VA.
• Fifty-one-year-old Tom Kurihara, Vienna, VA, splashed through drizzle and 90 percent humidity to a masters victory with 38:38 in the Potomac Valley Seniors Cranberry Crawl 10K, East Potomac Park, DC, November 8.
• The Potomac Valley Seniors Newsletter, December 1986, reports that the club has placed in a one-year CD and another $15,000 in a two-year CD.
• Fifty-three-year-old Malcolm Gillis, on a 6:34 pace, placed 4th (147 finishers) and 1st master with 2:51:59 in the Pepsi Marathon, Clinton, MS, November 15, the RRR National Marathon Championships. Rayford Mayberry, 46, was 2nd M40+ (2:59:16). Fletcher Mills, 49, won the W40+ race (3:27:15).

MIDWEST

• Ben "Chick" Mostow, 83, one of Chicago's oldest runners, completed the 50K and 50-mile (15:17:25) in the American Medical Athletic Assn./American Medical Joggers Assn. 50K/50-mile/100K Ultramarathons, Chicago, Oct. 12. Former Chicago Mayor Mike Bilandic ran the 50K in 5:52:02.
• Wally Herrala, 42, was named Ann Arbor TC Runner of the Year at the club's annual fall potluck dinner, for his three-year stint as editor of the 500-member AACC's newsletter and his wide range of running exploits in '86, including a 4:11 1500 in the Masters Outdoor Championships in Indianapolis (1985) and a 2:33:25 (8th M40+) marathon in Chicago.
• Larry Fox, 43, won the Ohio Athletics Congress Masters 8K X-C Championship with a 40+ record 28:23 in Lancaster, November 8. Marie Burleson, 37, won the women's open 5K race in a record 19:29.
• Two newcomers to masters running captured the RRCA National 15K Masters Championships, in Milwaukee, November 1, in the Milwaukee Lakefront Discovery Run, which also served as the RRCA open championships. Phil Mahoney, 40, Lola, WI, won the M40+ race in 51:55; and Juliet Gorsuch, 40, Milwaukee was W40+ leader in 1:03:22. Some 730 entrants toured the challenging course, laid out by the sponsoring Badgerland Striders, on an overcast, misty, 48° morning.

SOUTH WEST

• Deon Dekkers, 40, Houston, TX, winner (4:24:39) of the Mercedes Masters Mile in NYC in September, was 1st (27:06) in the Gulf Association TAC Masters 8K X-C Championship, Houston, November 1. Joan Egan, 45, of the Greater Houston TC, won the W50-54 race (22:51).
• Web Loudat of Albuquerque, NM, who was 2nd to Britain's Allan Rushmer in the World vets 10K Championships in Vancouver, October 4, was on cloud 9 after finishing 2nd overall with 29:38 in the New Times 10K Citizens Race (a race for runners who had not broken 30:00 for 10K), November 2, until he learned that the lead vehicle had taken a wrong turn and cut 210-4 of a mile off the course.

WEST

• Harolene Walters, 43, El Toro, CA, who took up running just five years ago, finished 2nd woman in the Goblin Gallop 5K, Culver City, CA, October 26, with 17:45. Not bad, considering she was wearing a tiger costume complete with a tail, which she had to carry all the way. But, Walters has a more serious side. She teamed up with husband, Ron, to win the age-90-and-over division. Footlocker Partners, 8K in L.A. in October, running 29:01 to better her own month-old, age-43 AR by 27 seconds. Competing for Orange Coast College in the California Junior College X-C Finals in Fresno, November 15, she fell at the start and went from last place to finish 4th at the 5K course with 18:04.
• The Paramount 10K/Special World Masters Division Race, Paramount, CA, January 31, will also include race dividends from juniors through masters.
• Mel Grantham, 61, Bloomington, CA, the only racewalker in the Palm Springs Aerial Tram 6K, Palm Springs, CA, November 23, finished 238 among 330 runners for an M60+ 1st (49:50) over a course that started at 650-ft. above sea level, climbed an average 532-ft. mile, and ended at 2620-ft. above sea level.
• Mike Hurd (29:40) of England, Damien Koch (31:14) of Colorado, and Saul Vasquez (31:19) of California collected masters prizes.

NACIONS

Burt Gist, right, and Bob Hunt, left, both of California, battle it out in the M65 Masters High Hurdles, U.S. National Masters Championships, Long Island, New York, July 18-20. Photo by Gretchen Snyder

TAC Picks Award Winners

Continued from Page 1

woman-masters finish in the National 10K in Asbury Park, N.J. in August. Dan Doyle, age 54, was given the M45 award for his Cotton Row 10K and World Vets 10K M45 wins. Norm Green repeated as M50 winner off his wins in the National Masters Marathon, Half-marathon, and 25K Championships.

Other repeaters from 1985 included Howard Rubin, M55; Jim O'Neill, M60; Ed Benham, M75; Max Poppers, M80; Paul Spangler, M85; and Anne Clarke, W75.

New winners included Jack Start, M65; Herb Kirk, M90; Sandra Kiddly, W45; Vicki Bigelow, W50, Barbara Meadows, W55; Margaret Miller, W60; Jacklyn Caselli, W65; Algene Williams, W70; and Ruth Rothfarb, W80.

"Many of the votes were very close," said Ruth Anderson, Awards Coordinator. "In some cases, it was a virtual tie and we gave the award to the person who hadn't won it before."

NORTHWEST

• Mike Manley entered the masters ranks in 1982 with a sub-3:00 10K and 2:17 marathon. However, injuries and coaching kept him from competing much in recent years. Manley's health and speed are returning as he nears his 45th birthday in February. His latest result was a 3:01 10K in Oregon, November 22.

INTERNATIONAL

• The first two men and women in the 4th International Athens Peace Marathon in November were 40-and-over runners: Joseph Van De Water of Belgium (2:27:22) and Trevor Hawes of Britain (2:27:45) in the men's race, and Sineg Worps of Norway (3:06:56) and Taina Lohnsen of Sweden (3:10:42) in the women's contest.
• Peter Shone, M40, won the Victorian Veterans Marathon at Carlton, Victoria, Australia, on September 14, with 2:33:46.

Grist nips Hunt at the wire for the gold, 17.77 to 17.79. 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 NMN, P.O. Box 2372, Van Nuys CA 91404.

SOUTHEAST


May 1-3. 17th Annual Southeastern Masters International T&F and Long Distance Championships, North Carolina St. U., Raleigh, N.C. Raleigh Parks & Recreation, P.O. Box 590, Raleigh, NC 27602.


MIDWEST

January 3. Lake Erie Open & Masters Indoor Championships, Maple Heights High, Maple Heights, Ohio. 9 a.m. Charlie Hall, 18616 Rentor Ave., Cleveland OH 44122. 216/561-5092.

January 18. Illinois Masters Indoor Grand Prix. Location tba. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

February 1. Illinois Masters Indoor Classic, Westwood Sports Center, Sterling, Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.


February 15. TAC Midwest Regional Masters Indoor Championships, Westwood Sports Center, Sterling, Ill. See March 1.


MID-AMERICA


May 25-28. St. Louis Senior Olympics, St. Louis, Mo. Suzy Seldin, Coordinator, No. 2 Millstone Campus, St. Louis, MO 63146.


August 9. Chillicothe Masters Meet, Chillicothe, Mo. Joe J. Shy, Jr., P.O. Box 745, Chillicothe, MO 64601.


SOUTHWEST

April 22-24. Dallas Senior Games, Dallas, Texas. Mary Beth Thaman, 2750 Bachman Dr., Dallas, TX 75220. 214/351-0101.

May 3. Runners' Pentathlon, State TAC Championship, Albuquerque, New Mexico. Tom Bell, 2403 San Mateo P-17, Albuquerque, NM 87110. (505) 884-5701 (Days).

May 20-23. Texas Senior Games, University of Texas-Arlington. 50-plus. Dorothy Franey Langkop, P.O. Box 676, Richardson, TX 75080. 214/351-3125.

July 11. West Texas Masters Meet, Ozona, Texas. Pete Maldonado, P.O. Box 1584, Ozona, TX 79643. 915/392-3802; 392-5501, X218.

WEST

1986-1987. Hawaii Masters TC All-Comers Meet, Punahou School, Hawaii. Each Saturday 3:00 p.m. Stan Thompson, 2164 Halekoa Dr., Honolulu, HI 96821. 808/734-8450.


Continued on page 31
January, 1987

National Masters News

ON TAP FOR JANUARY

TRACK & FIELD

The 1987 indoor season kicks off on the year’s first weekend with meets in Clevelad, Ohio and Carlisle, Pa., which includes the 1987 Indoor National Masters Pentathlon Championships.

Ambitious types can compete in two New England meets the following weekend: the Dartmouth Relays on the 9th and the Brown U. meet on the 11th. The Illinois Grand Prix takes place on the 18th, but the traditional January College of the Desert Meet in California has been cancelled.

Several development and all-comers meets are slated around the nation.

LONG DISTANCE RUNNING

The 1987 U.S. TAC Masters National Championships got underway early this year, with one of the big ones — the marathon — scheduled for Pine Mountain, Ga., on the 10th. Although pushing 55, the amazing Norm Green will be favored to win the masters title, overall.

MiaM’s Orange Bowl Marathon is also set for the 10th, as are 26-milers in Charlotte and Jacksonville. Houston and San Diego host major marathons on the 18th, and the Super Bowl Sunday 10K is a Southern California fixture on the 25th. The increasingly-popular special-masters 10K in Paramount, Calif., and the Orange Bowl 10K in Miami, with $4200 in masters purse money, close out LDR action on the 31st.

MARCH 15. Tom Sullivan St. Patrick’s 10K, Torrance, Calif. Linda Youngs, c/o Vistas, P.O. Box 7000-251, Redondo Beach, CA 90277.


INTERNATIONAL


February 21. Edison Pageant of Light 5K Classic and Florida TAC 5K Masters Championships, Fort Myers, Florida. Race Director, Lee Memmo, Hospital, P.O. Drawer 2218, Fort Myers, FL 33902. 813/334-5606.

February 12. Jacksonville River Run, Jacksonville, Fl. Dave Airey, 1545 University Blvd., West, Jacksonville, FL 32207 (904)739-1917. $3300 (tentative) prize purse (TBA).


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SOUTHEAST

Thomaston Fall Decathlon
November 1-2, 1986

1987 Tables used for scoring. Age factored in scoring using age categories (1-7).

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<td>Mike Vallie 43</td>
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Central Florida Masters
Meet; Deland; November 23

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International

IV Pan American Masters Championships
San Juan, Puerto Rico
October 10-12

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National Masters News
January, 1987

Athletic Veterans of Hong Kong International Meet
Hong Kong; October 18-19

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<td>Mike Robinson</td>
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<tr>
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Tennis

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<td>John McEnroe</td>
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<tr>
<td>Jimmy Connors</td>
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# LONG DISTANCE RESULTS

**National 5K Cross-Country Championships, 10/26, Van Cortlandt Park, N.Y.**

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<td>November 18, 1986</td>
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### NATIONAL 5K Cross-Country Championships

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**National Masters 5K Championships, Tampa, December 6**

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**U.S. TAC National Masters 10K Cross-Country Championships**

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New York City Marathon
November 2

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<tr>
<td>Edward Ferron</td>
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<tr>
<td>Antonio Posto</td>
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<tr>
<td>Walter Koch</td>
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<tr>
<td>John Gullan</td>
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<tr>
<td>Brian D'Olive</td>
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<td>Bill Marshall</td>
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<tr>
<td>Ivan Maras</td>
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<tr>
<td>Vladimir Raspo</td>
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<tr>
<td>Al Tafatla</td>
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Howard Schellact, N.Y.: November 11

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<tr>
<td>Mike Rafferty</td>
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<tr>
<td>Frank Mccarthy</td>
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<td>John Morgan</td>
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<tr>
<td>Dick Gifford</td>
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<tr>
<td>Bob Rafferty</td>
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</tr>
<tr>
<td>Mike Clancy</td>
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<td>Mike Clancy</td>
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11th Annual Marine Corps Marathon
Washington, D.C., November 2

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>M. L. Frederick</td>
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</tr>
<tr>
<td>Richard Litten</td>
<td>2:13:41</td>
</tr>
<tr>
<td>Ronald Cook</td>
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<tr>
<td>John McLaugh</td>
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<tr>
<td>John Morgan</td>
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<tr>
<td>Mike Rafferty</td>
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</tr>
<tr>
<td>Mike Clancy</td>
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<tr>
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<tr>
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Southfield Striders Women's 10K
Detroit, Mich., November 9

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>X. K. Kikuchi</td>
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</tr>
<tr>
<td>J. A. Gilliss</td>
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<tr>
<td>B. Green</td>
<td>3:15:32</td>
</tr>
<tr>
<td>J. Delaney</td>
<td>3:15:32</td>
</tr>
<tr>
<td>W. A. Wallace</td>
<td>3:15:32</td>
</tr>
<tr>
<td>R. Bell</td>
<td>3:15:32</td>
</tr>
<tr>
<td>W. A. Wood</td>
<td>3:15:32</td>
</tr>
<tr>
<td>J. H. Reed</td>
<td>3:15:32</td>
</tr>
<tr>
<td>J. J. Verburg</td>
<td>3:15:32</td>
</tr>
<tr>
<td>S. H. Clifton</td>
<td>3:15:32</td>
</tr>
<tr>
<td>E. T. Bell</td>
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<tr>
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James K. Polk 7 Mile
Charlotte, N.C., November 16

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<tr>
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<tbody>
<tr>
<td>T. L. Carter</td>
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</tr>
<tr>
<td>A. Smith</td>
<td>2:04:59</td>
</tr>
<tr>
<td>M. D. Ellis</td>
<td>2:04:59</td>
</tr>
<tr>
<td>M. D. Ellis</td>
<td>2:04:59</td>
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<td>W. A. Wallace</td>
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</tr>
<tr>
<td>J. D. Bell</td>
<td>2:04:59</td>
</tr>
<tr>
<td>J. M. Clifton</td>
<td>2:04:59</td>
</tr>
<tr>
<td>J. J. Verburg</td>
<td>2:04:59</td>
</tr>
<tr>
<td>E. T. Bell</td>
<td>2:04:59</td>
</tr>
<tr>
<td>M. Durbin</td>
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</table>

Pepsi Marathon/RJRAA National Championships
Clinton Mas., November 15

<table>
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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>S. H. Clifton</td>
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<tr>
<td>A. Smith</td>
<td>2:04:59</td>
</tr>
<tr>
<td>M. D. Ellis</td>
<td>2:04:59</td>
</tr>
<tr>
<td>W. A. Wallace</td>
<td>2:04:59</td>
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<tr>
<td>J. D. Bell</td>
<td>2:04:59</td>
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<tr>
<td>J. M. Clifton</td>
<td>2:04:59</td>
</tr>
<tr>
<td>J. J. Verburg</td>
<td>2:04:59</td>
</tr>
<tr>
<td>E. T. Bell</td>
<td>2:04:59</td>
</tr>
<tr>
<td>M. Durbin</td>
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American Medical Athletic Assn./American Medical Joggers
Assn., 90K, SOM, 100K
Chicago, Ill., October 12

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<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>D. Armstrong</td>
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<tr>
<td>M. D. Ellis</td>
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<tr>
<td>W. A. Wallace</td>
<td>3:20:30</td>
</tr>
<tr>
<td>J. D. Bell</td>
<td>3:20:30</td>
</tr>
<tr>
<td>J. M. Clifton</td>
<td>3:20:30</td>
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<tr>
<td>J. J. Verburg</td>
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<td>E. T. Bell</td>
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<td>M. Durbin</td>
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Wendy's 10K Classic
Bowing Green, Ky., October 25

<table>
<thead>
<tr>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>S. D. Donohue</td>
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</tr>
<tr>
<td>B. J. Frazier</td>
<td>3:15:32</td>
</tr>
<tr>
<td>W. A. Wallace</td>
<td>3:15:32</td>
</tr>
<tr>
<td>J. D. Bell</td>
<td>3:15:32</td>
</tr>
<tr>
<td>J. M. Clifton</td>
<td>3:15:32</td>
</tr>
<tr>
<td>J. J. Verburg</td>
<td>3:15:32</td>
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<td>E. T. Bell</td>
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Gulf Association/TAC Championships
Houston, Tex., November 26

<table>
<thead>
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<tr>
<td>M. J. Allen</td>
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<tr>
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<tr>
<td>J. J. Verburg</td>
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<tr>
<td>E. T. Bell</td>
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<tr>
<td>M. Durbin</td>
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Challenger 8-CFA 8K
Tula, Okla., October 18

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>M. J. Allen</td>
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<tr>
<td>J. M. Clifton</td>
<td>3:15:32</td>
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<tr>
<td>J. J. Verburg</td>
<td>3:15:32</td>
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<tr>
<td>E. T. Bell</td>
<td>3:15:32</td>
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<tr>
<td>M. Durbin</td>
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</tbody>
</table>
**Age-Group Winners of Major Masters Races in 1986 (continued)**

<table>
<thead>
<tr>
<th>Event</th>
<th>Age Group</th>
<th>Winner</th>
<th>Time</th>
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<tbody>
<tr>
<td>NEW YORK MARATHON</td>
<td>M 50-54</td>
<td>Robert Pearson</td>
<td>2:39:17</td>
</tr>
<tr>
<td></td>
<td>M 55-59</td>
<td>Michael Libbey</td>
<td>2:40:23</td>
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<tr>
<td></td>
<td>M 60-64</td>
<td>Walter Kermode</td>
<td>2:41:29</td>
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<tr>
<td></td>
<td>M 65+</td>
<td>William Hildreth</td>
<td>2:42:34</td>
</tr>
<tr>
<td></td>
<td>W 40-44</td>
<td>Janet Kelly</td>
<td>3:04:38</td>
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<tr>
<td></td>
<td>W 45-49</td>
<td>Jane Arnold</td>
<td>3:05:45</td>
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<tr>
<td></td>
<td>W 50-54</td>
<td>Bobbi Hildreth</td>
<td>3:06:52</td>
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<tr>
<td></td>
<td>W 55-59</td>
<td>Mary Jane</td>
<td>3:07:59</td>
</tr>
<tr>
<td></td>
<td>W 60+</td>
<td>Joan Cushing</td>
<td>3:09:06</td>
</tr>
</tbody>
</table>

**Racing News**

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

- **National Masters News** is the official world and U.S. publication for Masters track & field, long distance running and race walking.

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The National Masters News gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of world, national, regional and local Masters information.

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  - January 31
  - February 28
  - March 31
  - April 30
  - May 31
  - June 30
  - July 31
  - August 31
  - September 30
  - October 31
  - November 30
  - December 31

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**City**

**State**

**Zip**

**Send to:** National Masters News, Subscription Dept., P.O. Box 5185, Pasadena, Calif., 91107.

(Canadian checks accepted; add $0.30 to cover exchange. Please notify of address changes four weeks in advance.)
1987 TAC National Indoor Masters Track & Field Championships
Saturday & Sunday, March 28-29
Camp Randall Memorial Sports Center
University of Wisconsin, Madison

MEET SITE: Camp Randall Memorial Sports Center, adjoining stadium at 1430 Monroe St. The track is a 220-yard, 6-lane (8 for 60), mono surface with mono runways. High jump area is smooth unthatch and the throwing ring is wood. 1/4" pin spikes recommended for monos.—up to 1/2" for HJ. Lockers and showers available.

ELIGIBILITY: The competition is open to all men and women (no qualifying or standards) age 30 and over. Competition will be in five-year age groups from 30-34 to 80+ . All competitors must be registered with The Athletics Congress (TAC) for 1987.

RELAYS: All relay team members must be members of the same club. Runners may move down from their age division. The following events will be held:
4x440: M&W30-39, M40-49, M50-59, M60+; 4x880: M&W30-39, M40-49, M50-59, M60+

ENTRIES: All entries must be postmarked by March 10. No late or race day entries will be accepted. There will be no refunds or changing of events.

ENTRY FEE: $7 per event—$16 per relay. Make checks payable to Wisconsin United Athletic Club. Send with entry to 1987 Indoor National, 6408 West Gate Rd., Monona, WI 53716.

AWARDS: National championship medals to top three in each division in each event including all relay team members.

RULES AND STANDARDS: As set forth by WAVA and adopted by TAC Masters. Electronic timing will be used. Officials are qualified through the University and State high school track programs.

TRIALS:Trials will be run in age groups starting with older women to younger men. Age groups in the 60-yard dash and 60-yard hurdles having eight or less reporting will run at scheduled final times.

FINALS: Will be timed finals run in sections (300 and longer) starting with oldest women to youngest men. Some age groups may be combined in one race. Eight will go to finals in 60, hurdles and field events.

LIMITATION OF EVENTS: Athletes must limit events entered to three per division. Event progress will not be held up awaiting athletes.

TRAINING AREA: Trainers will be available at the track. The track will be available for warming up Friday from 5 to 11 p.m.

IMPLEMENT WEIGH IN: Shot puts and weights will be inspected at the track beginning at 8 a.m. on Saturday.

ATHLETE CHECK IN: Running event athletes must check in one event prior to their own with the Clerk of Course. Field event athletes must check in prior to the start of their event with the Head Judge at the event site.

REGISTRATION: The Intowinner (meet headquarters), Friday 4 to 10 p.m. Saturday and Sunday at track after 8 a.m.

ACCOMMODATIONS: Three hotels with a total of 260 rooms, reserved until February 27. Indicate you are with the National Masters meet. Additional information from the Greater Madison Convention Bureau, 425 W. Washington Ave., Madison, WI 53703. Phone 1 608 252-5701.

The Intowinner—80 rooms—$385; $440—1.1 miles from track (meet headquarters). 2424 University Ave., Madison, WI 53705. Phone 1 608 233-6778.

Howard Johnson—100 rooms—$455, $520—1 mile from track. 525 W. Johnson St., Madison, WI 53703. Phone 1 608 251-5511.

Sheraton Inn—100 rooms—$465, $580—3 miles from track. 706 Nolen Dr., Madison, WI 53713. Phone 1 608 251-5300.

Check out our facility on January 3 at the Wisconsin Masters Meet Entries on race day or from Sue Boyd, 5837 Woods Edge Rd., Madison, WI 53711.

SATURDAY FIELD EVENTS

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>DIVISION</th>
<th>ROUND</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 a.m.</td>
<td>Weight Throw</td>
<td>50-80+</td>
<td>Trials &amp; Final</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Long Jump</td>
<td>30-34</td>
<td>Trials &amp; Final</td>
</tr>
<tr>
<td>12:00 Noon</td>
<td>Shot Put</td>
<td>30-34</td>
<td>Trials &amp; Final</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>Long Jump</td>
<td>45-49</td>
<td>Trials &amp; Final</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Shot Put</td>
<td>45-49</td>
<td>Trials &amp; Final</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>Shot Put</td>
<td>45-49</td>
<td>Trials &amp; Final</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>Shot Put</td>
<td>45-49</td>
<td>Trials &amp; Final</td>
</tr>
<tr>
<td>5:00 p.m.</td>
<td>Shot Put</td>
<td>45-49</td>
<td>Trials &amp; Final</td>
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SATURDAY TRACK EVENTS

<table>
<thead>
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<th>TIME</th>
<th>EVENT</th>
<th>DISTANCE</th>
<th>ROUND</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 Noon</td>
<td>60-Yard Dash</td>
<td>50-80+</td>
<td>Semifinal</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>1-Mile Run</td>
<td>50-80+</td>
<td>Final</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>60-Yard Dash</td>
<td>50-80+</td>
<td>Final</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>1,000-Yard Run</td>
<td>50-80+</td>
<td>Final</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>300-Yard Run</td>
<td>50-80+</td>
<td>Final</td>
</tr>
<tr>
<td>5:00 p.m.</td>
<td>4x880-Yard Relay</td>
<td>50-80+</td>
<td>Final</td>
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SUNDAY FIELD EVENTS

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<tr>
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<th>DISTANCE</th>
<th>ROUND</th>
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<tbody>
<tr>
<td>10:00 a.m.</td>
<td>Triple Jump</td>
<td>M30, M35, M40</td>
<td>Trials &amp; Final</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>High Jump</td>
<td>50-59</td>
<td>Trials &amp; Final</td>
</tr>
<tr>
<td>12:00 Noon</td>
<td>High Jump</td>
<td>50-59</td>
<td>Trials &amp; Final</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Triple Jump</td>
<td>40-49</td>
<td>Trials &amp; Final</td>
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<td>2:00 p.m.</td>
<td>High Jump</td>
<td>40-49</td>
<td>Trials &amp; Final</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>Triple Jump</td>
<td>30-39</td>
<td>Trials &amp; Final</td>
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SUNDAY TRACK EVENTS

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<tr>
<th>TIME</th>
<th>EVENT</th>
<th>DISTANCE</th>
<th>ROUND</th>
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<tbody>
<tr>
<td>12:00 Noon</td>
<td>100 Yards Hurdles</td>
<td>50-80+</td>
<td>Semifinal</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>2-Mile Run</td>
<td>50-80+</td>
<td>Final</td>
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<tr>
<td>2:00 p.m.</td>
<td>60-Yard Hurdles</td>
<td>50-80+</td>
<td>Final</td>
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<tr>
<td>2:30 p.m.</td>
<td>600-Yard Run</td>
<td>50-80+</td>
<td>Final</td>
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<tr>
<td>3:30 p.m.</td>
<td>4-Mile Walk</td>
<td>50-80+</td>
<td>Final</td>
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<tr>
<td>4:00 p.m.</td>
<td>4x440-Yard Relay</td>
<td>50-80+</td>
<td>Final</td>
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ENTRY FORM 1987 INDOOR MASTERS, MARCH 28-29

<table>
<thead>
<tr>
<th>NAME (Mr. or Mrs.)</th>
<th>ADDRESS</th>
<th>CITY</th>
<th>STATE</th>
<th>ZIP</th>
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<tbody>
<tr>
<td>PHONE (home)</td>
<td>1987 TAC # (optional)</td>
<td>YOUR CLUB</td>
<td></td>
<td></td>
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<tr>
<td>EVENTS ENTERED</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>BEST MARK 85-87</td>
<td></td>
<td></td>
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</table>

OTHER RELAY TEAM MEMBERS
(Send one entry only per team.)

T-SHIRTS ---------- MENS SIZES: S, M, L, XL, 2XL

INDIVIDUAL FEES $ RELAY FEES $ T-SHIRT $ TOTAL AMOUNT ENCLOSURE

ATHLETES RELEASE: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and assigns, waives, releases, and forever discharges any and all claims for damages which I may have or which may hereafter accrue against the Athletics Congress, Wisconsin United Athletic Club, The University of Wisconsin, Wisconsin Physicians Service, all other meet sponsors, officials, or their officers or agents for any damages or injury suffered by me. I certify that my entry 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.

ATHLETES SIGNATURE

15837-221-8611

January, 1987

National Masters News