Morcom Wins Third Straight National Indoor Pentathlon Title in Pennsylvania

by SCOTT THORNSLEY

The 1987 U.S.TAC National Masters Indoor Pentathlon Championships returned to Carlisle, Pa., the site of the 1985 national championships, and for the third consecutive year, Boo Morcom, 66, of New Hampshire, walked away as the meet's top point-scorer.

U.S. Coast Guard Lt. Jeff Watry, 31, of Virginia, was successful in defending his 1986 national indoor pentathlon title for the M30 division.

Watry had the meet's best results in three of the five events, as he long jumped 6.03m, high jumped 2.00m, and ran a 2:49 1000m. For those readers who may have recalled his March 1986 offer to computerize the scoring, Watry kept his promise, and was even able to include the new, but not-yet-widely-distributed 1985 IAAF 1000m run table. The program enabled the competitors to check their standings after each event, and probably... Continued on page 4

Oerter Turns 50 and Sets World Discus Mark

Four-time Olympic discus gold-medalist Al Oerter, who turned 50 September 19, demolished the world discus record for men over age 50 with an amazing heave of 65.30 meters (214-4½) in the Holiday Weight Pentathlon in Delray Beach, Florida, on December 28.

The prodigious effort bettered the former M50 mark for the 1.5k discus—a 185-9 set by two-time Olympic, shot-put gold-medalist Parry O'Brien in 1984—by an incredible 36 feet.

It was the first time Oerter had thrown the lighter discus weight, since a 2-kg weight is used in open and masters competition through age 49. He holds world records in the M40 (227-11) and M45 (216-11) divisions. The 214-4½ throw could well turn-out to be the outstanding performance by a masters athlete in 1987.

Aside from Oerter's success, drenching rain put a damper on the event, causing the loss of 12 competitors by the time the rain ceased. Continued on page 11

Coffman, Dalrymple Win in Huntsville

by JIM OAKS

Masters results at the WZYP Rocket City Marathon were as simple as "A-C-D" and "A-D-C." A Cindy Dalrymple and a Don Coffman won the championships for this annual year-end event in Huntsville, Alabama on December 3.

Dalrymple's time of 2:52:53 was faster than the listed U.S. age-44 record, and Coffman's 2:30:36 gave him four consecutive masters wins at this race.

For the 10th anniversary, the WZYP Rocket City Marathon added masters prize money. The top three masters finishers, both male and female, received $1000, $500, and $250.

Other money winners were Tom Dooley, M40, of Toccoa, Ga., who ran a PR-time of 2:32:41, and Ken Prior, M45, of Vandalia, Ohio, with a 2:38:00.

Yvonne Rodgers from Seminole, Fla., was second W40-and-over in... Continued on page 11

Cindy Dalrymple wins $1000 as top female masters and betters U.S. age-44 female marathon record at the 1986 Rocket City Marathon, Huntsville, Ala., Dec. 3. Photos by Jim Oaks
1986 AGE-GROUP AWARDS

The selection committee for outstanding athletes in 1985 did not recognize John Boeing, 65, of Slidell, Louisiana, as one of the dominating athletes in his age bracket. At Indianapolis, John won the 800, 1500, and 5000 in addition to winning the Bronze medal in the 1500 at the Rome World Games.

In 1986, John set World age-group Indoor records in both the mile and 2-mile at the National Indoor Meet in Baton Rouge. Although injured, and only able to compete in one event at the National Meet on Long Island, John won the 1500 for the fourth consecutive year. Later, in 1986, he set single-age American records in both the 1500 and 2-mile runs outdoors.

Not to have recognized John for these type performances by the Selection Committee is most unfortunate for an outstanding athlete and individual.

Charles Wimberley
Maitre, Louisiana

A strong case can be made for Pam Calvert, 40, as “the outstanding athlete” for 1986 in the women’s 40-44 age group in both the track and field categories. She had the best marks, nationally — and that should certainly be All-American status in her age group in the 100m, 200m, 400m and 800m (a pending age 40-44 AR); the HJ, LJ (a pending age-40 AR) and TJ (a pending age-40-44 WR). This, in spite of the fact she was unable to compete until late in the season because of a broken foot suffered in early June, and was only in her second year ever of T&F competition.

She also set the age 40-44 indoor TJ WR in 1986, and won three other gold medals in the indoor championships.

Richard McPherson
St. Louis, Missouri

(Beverly LaVeck, TAC’s Masters Track & Field Awards Coordinator, could use help next fall in selecting the top 1987 athletes. Anyone interested should contact LaVeck. See address on page 2. — Ed)

FIELD EVENT COVERAGE HIT

Over the years, NMN has concentrated on distance events, which is fine. But you have totally been remiss in your coverage of field events, and the competitor who contributes to that phase of the sport.

I am so disgusted with the current format that I see no reason to subscribe any longer.

Larry Stuart
El Toro, California

(Usually the criticism is the opposite — that we devote more space to track & field than to long-distance running. Let’s face it: it’s a seasonal sport: T&F in summer, LDR in winter. Hang in there with us. And check out the pentathlon results in this issue. — Ed)

L.A. TIMES STORY

My congratulations to Gene Harte, 61, and Bob Watanabe, 60, for the great write-up in the Jan. 1st L.A. Times. This is a “big plus” for the masters, I expect to see new faces at the starting blocks as a result of this inspiring piece. Not too far in the future, I expect we’ll see masters events in the invitational such as Sukkist and the Forum. Thanks again to Gene and Bob, two champions.

Jock Jocoy
San Diego, California

Continued on page 9
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 . . .
- T-shirt to each entrant . . . Sports medicine clinics . . .
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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.
Bud Light Meet Gets Winter Backlash

Sutton, Zachman Set Marks in Carlisle, Pa.

by SCOTT THORNSLEY

Threats of a continued winter snowstorm kept the Bud Light/PA Masters Track & Field Meet in Carlisle, Pa., on January 4, to only 96 competitors, its lowest attendance in four years. (TAC's National Masters Indoor Pentathlon Championships were run concurrently.)

The weather didn't hinder the efforts of several athletes, once they got onto the 200-meter Chemtuff surface. The most notable performance came from Jim Sutton, 55, of Pennsylvania, as he raced to his third consecutive world age-group indoor record for the 1500m run — a 4:29.8, his best time in the four years he's attended the meet.

Sutton ran with the faster M30 runners, while spectators and athletes alike stopped and cheered him on, as the announcer informed the audience of the race's significance. Sutton ran the last 200 amid a roar from the spectator gallery and the gym floor.

Paul Zachman of New Jersey raced to a pending world M75 record of 3:20.7 in the 800.

Vivian Nelson, 74, of nearby Harrisburg, tied her American W55 high-jump record with a 3-2 leap.

The meet was sponsored for the fourth consecutive year by two local companies, the G.C. Bloesser Beer Company, on behalf of Bud Light beer, and by the Masland Carpet Company, one of the nation's largest manufacturers of car carpets. For the second consecutive year, the meet was held to benefit the Pennsylvania Special Olympics program, and turned over $500 to that charity.

Jerry Donley and Mike Castenada display singlet for proposed new U.S.A. uniform.

Walters Runs 2:47 to Qualify For Trials; Boyd Sets Record in Phoenix Marathon

Harolene Walters, 44, of El Toro, Calif., ran 2:47:33 to finish first woman overall at the inaugural Phoenix City Marathon on January 10. Her time qualifies her for next year's women's Olympic Marathon Trials in Pittsburgh, and is the fastest marathon ever run by an American woman age-44-or-older.

Reportedly only out for a 22-mile training run (in preparation for the upcoming Las Vegas marathon), Walters went on for the win after passing fellow master Marie Boyd, 45, who had led the women's race until hobbled by cramps in the final ten miles.


Birmingham to Hold Age-Handicap Meet

by GORDON SEIFERT

The Birmingham Track Club will change the format of its annual masters track meet to one of age-handicapping. In an "age-handicap" meet, there is no age-group competition; instead, all ages and sexes compete in the same division, with runners getting a head start in each event, and field-event performers getting extra inches added to their efforts—all based on age and sex.

This type meet will be held on the West Coast this past August and was quite popular with all those in attendance. An entry form will be published in the April issue of the National Masters News. Until then, contact Gordon Seifert, 1514 Ridge Road, Birmingham, AL 35209; (205) 879-8031.

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Morcom Wins Third Straight National Pentathlon Title

Continued from Page 1

confirmed the necessity of running a swift 1000m for Watry and Jack Gilmore, 52, of South Carolina. Both men relied on the last event to win their national titles.

Steve Suto, 35, of New York, moved up to a new age bracket and won his second national indoor pentathlon title in three years. In 1986 Suto lost to Watry in Maryland for the M30 title.

Chuck Miller, 49, of Texas, and Denver Smith, 61, of Ohio, only had the tables to contend with as no one else showed up in their age group to challenge them.

Rudy Enders, 55, of Virginia, took the M55 division by winning three of the five events, to beat out second place Dave Douglass, of California, by over 300 points.

Only 20 entries were received, compared to 37 in 1985, so perhaps it was too early in the year to hold a national championship. Other clubs must volunteer to hold these events or there is a chance they won't be held at all. Interested clubs should contact TAC's National Indoor Coordinator Ron Salvio (address on page 2) for the 1988 event.
Don’t miss it!

The Palm Beach Post
After 45 Years of Running, Joe King is Getting Serious

In his high-school psychology class, Joe King asks his students to write down all the things they want to do during their lifetimes. He takes the opportunity to list the things he still wants to do.

"If you want to stay young, you need purpose," says King, a 60-year-old resident of Alameda, California. "The things I put down last time were to run under 5-minutes in the mile, get the weight down to the low 140's, and make him into the only thing keeping King in a race."

Perhaps the only thing keeping King from realizing those first two goals is his love of good food.

"Take away 10-15 of those 155 pounds on his 5-8 frame, add maybe 30 miles a week to his training regimen, and King will be lean and mean. He might even be up there with Jim O'Neil, Alex Ratelle, and the other top competitors in his age group."

Getting rid of the excess pounds and adding to his training load is one of King's major goals for 1987. He estimates he'll be down to his fighting weight by April or May, although he doesn't expect to really tear up the roads until summer vacation.

"I don't know if I can beat him, but I think I can give him a race," King says, referring to O'Neil. King's focus is on O'Neil because it was in Alameda, an island city just off Oakland and across the bay from San Francisco, that O'Neil recorded his 60-64 10-K record of 34:27 in 1985.

That performance impressed King and made him begin to think about getting serious again.

Actually, in some 45 years of running, King has never really been all that serious—serious enough that is to put in 70-90 miles a week of training and get the weight down to the low 140's.

I met Joe during the 1950's on the high school track where he now teaches and began running the roads with him several times a month. After finishing college and serving several years in the military, I returned to Alameda and joined him on the Santa Clara Youth Village team, which was founded and coached by Mike Ryan, winner of the 1912 Boston Marathon. It was then 1961, and at 35, King was, except for an old racewalker, always the oldest competitor in Bay Area races. In those days, very few runners continued to compete for more than two or three years out of college.

In fact, I remember feeling a bit sorry for the "old man" and thinking that it was a little undignified for a person of his years, a school teacher no less, to be running around the streets.

I also remember thinking that King had surely lost his speed when one day he told me he was going to try a marathon. "Poor guy," I thought, "stooping to run a marathon."

And yet I was so in awe of a man his age, with a wife and six children, still competing that I wrote about him in the November 2, 1962 edition of the Alameda Times-Star.

"In this era of comfort and convenience, the average man in his mid-thirties seems content to spend his leisure time relaxing in an easy chair watching TV," the article began. "At most, his activity is confined to a round of golf now and then. In contrast to our increasingly sedate way of life, Alamedan Joe King, 36, of 1428 Morton St. stands out as an example of fitness and drive.

"Recently, King blazed his way over the crest of Mt. Tamalpais from Mill Valley to Stinson Beach, a distance of 7.9 miles, to a sixth place finish among some 75 runners. The lean school teacher covered the course, considered one of the roughest in the U.S., as fast as he did 15 years ago when he came home with the third place trophy."

Of course, that was the now famous Dipsea course—the same one which Bruce Dern took on in the movie, On the Edge.

"To condition himself for these races," the Times-Star article continues, "the father of six logs-in around seven miles a day, six days a week, and his workouts vary from 100 yard wind sprints on the high school track to an eight mile course which starts from his house on Morton St. and takes him to Oakland via the Tube and back home by way of the Park St. bridge, a distance which he churns in 45 minutes."

Joe and I talked about those "old days" over dinner recently, as his wife Janet and Sal Vasquez, now Alameda's most famous runner, listened.

"There were only about four or five road races per year in the area then," King says, smiling. "Cross-City (Bay to Breakers), the Statuto race in North Beach, Walnut Festival in Walnut Creek, and the Dipsea race, maybe one or two others."

King was a miler and captain of his Oakland Tech High School championship team in 1944. He remembers winning a mile in 4:33 while in the Army Air Corps during 1945 and then going on to run for the College of Marin and winning the conference 2-mile championship in 1947. He also recalls finishing fifth at Bay to Breakers in 1950.

"In those early days, I used to run through the streets often and no one else ran, at least on the streets," he recalls. "I didn't strip down to track togs then, but ran in street clothes or a sweatshirt and cut-offs. I had the cops stop me twice and check me out."

King laughs when he recalls the summer that he worked at Moore Dry Dock shipyard in Oakland during World War II, while he was still in high school. "I ran the two miles from where I lived by Lake Merritt in Oakland. I'd run dressed for work, and one day I decided to really kick over the last 200 yards to the gate. I heard a commotion behind me, and, turning, saw a horde of overweight, gear encumbered Rosie the Riveters running and just shouting behind me. They all figured we were nearly late for work. Why else would some nut be running in those days?"

Busy with raising a family, teaching, and coaching track and cross-country, King didn't compete much during the late 60's and throughout the 70's. However, he continued to run three or four times a week for fitness. It wasn't until a few years ago that he started competing again.

"I'm not sure I would have started racing again were it not for age grouping," he says. "Call it ego if you will, but I'm kind of a competitor and am not content to go out and be 200th or 250th in a race. There's no incentive to do that."

King got up to 50 miles a week of training and dropped his weight to 148 for the World Veteran Games in Rome during 1985. There, he ran some very respectable times—4:44 for 1500 meters and 17:46 for 5000. He also clocked 37:12 for 10-K in the Pacific Sun road event that same year.

After turning 60 last May, King won twelve straight races in his age division, including a single year American track record of 10:53.2 for 3000 meters, on somewhat limited training and with most of those excess pounds. It was the mentor teaching program started cutting into his free time, he stopped racing.

"My problem is that when I get real busy and under stress, I start eating a lot," King explains. "If I can just control that and maybe get in a little more mileage, I'm fairly certain I can improve on all those recent times."

It sounds weird to some people, but I actually enjoy running myself ragged on occasion. This willingness to pay the price of discomfort and stick to it has carried over into other facets of my life. Through my running experiences, I feel I've gained tremendous staying power—in Boys' Club work, teaching, negotiations for teachers, playing chess, backpacking, other things.

Back to that sub-5 minute mile, I mentioned to Joe that the oldest age at which any one has accomplished that is 75. That was by John Gilmour of Australia in 1980.

"Well, I still think I can do it," Joe responds. "When I was 16, I felt I could do almost anything. I promised myself that I'd stay 16 as long as I could. And, I'm still working on it."
TAC National Masters Marathon to Offer $25,000 Next Year

by TOM STURAK
SACRAMENTO, Jan. 16 — John Mansoor, director of the California International Marathon, has informed NMN that the December 1988 race—which has been awarded the TAC National Masters Championships—will offer "a minimum of $25,000" in prize money for over-40 contestants.

In this past December's race, only overall masters winners Gabriele Andersen and Bruce Mortenson were rewarded with prize money of $250 each. Mansoor also noted that although Andersen missed breaking Miki Gorman's American mark of 2:39:11 (see NMN, January), her 2:41:09 was the only new age-group course record set in last year's event (battering Cindy Darymple's).

Masters winners in the December 7, 1986, California International Marathon:
- M40 — Bruce Mortenson, 42 (Minn.), 2:27:56; Jussi Hamalainen, 40 (FIN), 2:32:47; Warren Finke, 44 ( Ore.), 2:35:02.
- M60 — Harrison Smith, 60 (Calif.), 3:17:55.
- M70 — Clive Davies, 71 ( Ore.), 3:18:37 (oldest finisher).

W40 — Gabriele Andersen, 41 (Ida.), 2:41:09; Mary Parker, 41 ( Calif.); 2:46:59; Nelly Wright, 40 (Calif.), 2:50:41.


W60 — Peggy Ewing, 59 (Calif.), 3:18:34; W60 — Helen Klein, 64 (Calif.), 4:27:32.

W65 — Jacqueline Caselli, 65 (Calif.), 4:18:36 (oldest finisher).
Friends

I don't know what it is, but there's something about running with a couple of hounds that just makes my day. I mean, do they get excited when they see me pulling on the old orthotics?

We have scratches on the ceiling as proof of some of their better efforts. They each do about a half-dozen, 360-slam-dunks over tables, chairs and above my wife's pleading with me to be a little more quiet. "Has it ever occurred to you that people might be trying to sleep?"

When we finally bust out the front door, it's pretty much five minutes of mayhem. They leap straight into the air several times, one uses a scissor move and the other a combination Tom Langenfeld-Dick Richardson Western roll. They seem to get all charged-up over seeing their breath and, about once a week, one of them will manage to bring me down before we've cleared my own yard.

I try to stay on the lawns in the early going to cushion this start-up possibility. There are several almost unbelievable things that can happen during these magnificent leaps into the air. They have nipped me on the nose, they have taken my hat off my head and they've landed on my feet. Maybe this all sounds fairly harmless but until you've had a medium-size dog in 20-degree weather finish off a forty-foot triple-jump by placing what feels like a farm spike in the middle of a $5.99 K-Mart jogging shoe, you've really never been jerked awake in the morning.

My screaming and cursing their names is the signal to leave me alone and start on one another. They each have a lock on the others neck and they're running wide open with no apparent notice that they're heading straight for a tree or telephone pole. Disaster? Forget it. They release one another, pass on either side of the obstacle and relock without so much as breaking stride.

By now we've hit our first dangerous crossing. We regroup, they watch me as if their life depended upon it (maybe they know it does) and, upon my signal that the coast is clear, they hightail to the other side, where a new and different ritual unfolds. It's a whole sniffing, yellow-snow, bowl movement along with finding the occasional chicken bone someone has thrown out their car window. All dog people understand the process; my dog goes on your lawn and your dog goes on mine. Unfortunately this does leave the non-dog owner in a bit of a mess but life, as you know, has never been that fair. Need I remind you of the whole hurdle-height crisis we've struggled with for all these years. I personally like some of the things this new voice in the Masters movement is saying, "Always have one hurdle race each meet with no hurdles. How could anyone complain about the height, let alone the spacing?" Oh, I suppose we'll find a way, but as those of us who earn a living as negotiators like to say — it's a beginning.

Anyway, back to pooper-scoopers. I have known. My two hounds are both female, both black, both very good friends of mine and one another. I haven't the foggiest notion of their breeding. I got Tubby about eight years ago from the Anti-Cruelty Society in Chicago. She whined and wept so much that two months later I got Nicky from the Evanston Animal Rescue Center. Total investment: five bucks to those thieves in Evanston. I gave up explaining what breed of dogs they are long ago. Because of their checkered background I suppose, they're small and stunned, people will ask, "Lab pups, huh?" I say, "Yes," or simply, "They're your basic black dog."

For the past eight years I've run several thousand miles and 90 percent of those miles have involved Nicky and Tubby. They have taken runners to the ground from coast to coast. Their most lethal move is a squirrel chase that takes them through the pack of runners. The best effort I ever saw them make was on our Saturday morning club run when the squirrel maneuver brought three members to the ground. We've run on the beach in California, in the Everglades in Florida, in the mountains in Colorado and on and on.

They've been fox hunting, attacked by a herd of deer, and ridden a 3,000-mile stretch on the floor boards of a car. I remember staying with some friends in Crested Butte who were runners and owned a dog. When we left they said, "Hope you'll come back next year but probably better leave the hounds at home."

I'd be less than honest if I didn't admit there have been some severe critics. A common question put to anyone setting up a workout is, "Will Miller be there?" This head-on reaction I can handle. The innuendo and dirty looks are what I find difficult.

Recently there was a situation where, as we approached three women running toward us on the running path, they didn't say a word but simply ran off the path and climbed about ten feet up the nearest tree. Fine, whatever turns you on. It's the look people give us as we pass. I'm always tempted to yell, "Get 'em, Killer, lick 'em to death!"

A friend of mine who runs in Lincoln Park told me about recently running with a guy who had his dog out with him. They met a woman with her dog who was properly attached to a leash. She lashed them both with an indignant, "How inconsiderate!" I mean, I could accept a, "Get your damn dog out of my face, Buster," or, "I bet you make obscene phone calls," but, "How inconsiderate!" I bet she's got a BMW and a Yuppie jerk for a husband, too.

I've often wondered how my hounds felt about these critics but, to my knowledge, they've never uttered one word of complaint. Knowing them as I do, I bet they talked it over with one another and decided that it's no big thing, life is still pretty much what it appears to be, a gift worth living.

What more could a person want? Tomorrow morning I'll take a run with maybe Ron and maybe Bob and certainly Nicky and Tubby. Not much pedigree but I like them very much and they tolerate me.
SCHEDULING

It’s hard to believe, but in several masters meets in ’86, the 400-meter run was planned for just 20 or 30 minutes before the 200 or 100 run!

I appreciate those who plan and provide for our track meets. What would we do without them? But please fellows, could you space it out a little better?

Clarence Killion
Sanger, California

I think Paul Dungan’s proposed time schedule is headed in the right direction, but I would like to suggest that all indoor championship meets be run on Friday and Saturday and all outdoor championship meets be run on Thursday, Friday and Saturday.

I have been running in both the indoor and outdoor meets for eight years and I haven’t been to one that wasn’t one, two or three hours behind on the last day of the meet, Sunday.

I think people are willing to give up Thursday and Friday of work instead of Monday. If the meet is behind, many people will have to make the choice of missing their flight or their event. Some people can not stay for four days, and travel time must be considered.

If the meet ended on Saturday this would give people time to rest, sightsee and shop, which is one of the reasons that I like to run in the masters and travel to different cities.

Dolan Street
Ann Arbor, Michigan

Is the proposed schedule for national championships on page 5 of the January NMN a piece of committee work or the project of an “interested individual”?

I find at least two major problems: 1) why schedule every relay before the respective individual races? 2) On what basis can seven separate 5K & 10K finals be justified? There’s the whole extra fourth day right there.

Ramsey Thomas
Lafayette, California

(As we noted in the proposed schedule, albeit in small type, the entire page was written and paid for by an “interested individual,” Paul Dungan, a former masters competitor who cares deeply about the masters program, and proposed the timetable as an optimum way to run a national masters championship.—Ed.)

EARLY MORNING RACES

It would be wonderful if some race directors would favor the owls among us, and schedule 5K and 10K runs for later starts.

Some of us who are not larks find it difficult to get up early, plan an hour or more of travel time, and then, start to “race” at 8 a.m.

Physicians favor later-in-the-day sports when one’s body has had a chance to warm up. Why can’t race times be 10 a.m. or 11 a.m. or even noon?

Diana Smith
Claremont, California

NATIONAL 15K X-C

The National Masters 15K Cross-Country Championships held at Van Cortlandt Park, N.Y., November 23, was a very well-organized race, and the Millrose AA did a superb job of assisting in the conduct of the race.

The weather was clear and between 50 and 55 degrees. The course was a good one — hilly but real cross-country. It consisted of three 5K loops. Water stations were adequate; splits were given and there was a digital clock at the start, which you passed two additional times and where you finished. Massages were available for runners who needed them.

The refreshments after were first-class, consisting of a buffet dinner and beer. All in all, it was one of the best races I have attended. Kurt Steiner did a swell job.

Larry Olson, the winner in 49:43, should turn out to be one of the bright stars in masters running.

William Shrader
Middleburg, N.Y.

NATIONAL 8K

On December 6, during the TAC Convention in Tampa, I had the opportunity to participate in the 1986 TAC National Masters 8K Road Championships sponsored by the West Florida Runners Club, Dick Lacey, Chairman. The weather was excellent for a road race and the course was laid-out in a residential area in the community of Clearwater, adjacent to Tampa Bay. The race was extremely well-run and well-organized. Everyone seemed to enjoy the competition and particularly the fellowship following the event.

The race offered $300 in prize money and all competitors, men and women, were age graded. As a result all competitors had an equal shot at the prize money. Congratulations should go to Dick Lacey and his committee for an extremely well-run event, which has been presented by the WFRC for the past three years.

David H.R. Pain
San Diego, California

Continued on page 11
How Many Attempts Allowed in Field Events?

There appears to be confusion at some Masters track and field meets concerning the number of attempts allowed in the throwing and horizontal jumping events. Perhaps some of the confusion arises from the varying sets of rules governing track and field in this country (high school, college, TAC), with which meet organizers and officials may or may not be familiar.

The 1987 National Federation of State High School Association Rules, for example, state that competitors are allowed three preliminary trials, and each qualifier for the finals is allowed three additional trials. In meets with a limited number of competitors, the games committee may allow competitors only four attempts each (Rule 6, Sec. 2, Art. 1). The 1986 NCAA rules, on the other hand, allow each competitor three attempts in the preliminaries and implies that each competitor is allowed three additional attempts in the finals (Rule 6, Sec. 2, Art. 4).

The 1985-86 TAC Rulebook contains sets of track and field rules for three different age groups: Youth Athletics (18 and under); Senior or open track and field (no age limit); Masters track and field (40 and over). The Youth Athletics rules are the same as the Senior track and field rules — except for Rule 242,1.(i), which states that at non-championship meets, the games committee may use a four-attempt rule in lieu of three preliminary and three final attempts for finalists in throwing events and horizontal jumps only. The Senior rules (Rule 90,3.(a)(c)) allow each competitor three preliminary trials and finalists three additional trials in the finals. If there are six competitors or fewer, each competitor shall be allowed six trials (i.e., no preliminaries). The Masters rules for the number of attempts in these events are the same as the Senior rules (Rule 251,3.). The rules for Sub-Masters (30-39) track and field are also the same as the Senior rules (implied in Rule 8.1.).

To summarize, four attempts in the throwing events and horizontal jumps are allowed in High School and TAC Youth Athletic competitions. Masters, Sub-Masters, and Senior athletes are allowed three attempts in the preliminaries and three additional attempts in the finals, or six trials if there are six competitors or less. In Master’s and Sub-Masters competitions, that means six competitors or less per age group.

What do you do if you arrive at a meet and you are told you get only four attempts?

1. Inform the event official of the rules and see if he/she will allow the correct number of attempts. Such requests often fail, because the official defers to the meet director, who stipulated “only four attempts.”

2. Hunt down the meet director. Be cordial and explain the rules; and that under the terms of the TAC sanction, the meet must be conducted in accordance with TAC rules. Tell the meet director that you appreciate his/her hard work and you want to avoid filing an official protest.

3. Number 2 above will almost always work. However, if it doesn’t, file an official protest with the meet’s games committee or referee as allowed under TAC Rule 73. Your protest should easily be upheld in time to allow the correct number of attempts in your event.

4. If there is no referee or games committee, or the meet director is both, or the meet director exerts dictatorial power over either, you get only four attempts. Following the meet, however, you can file a protest with the local TAC Association that sanctioned the meet. The person or committee that sanctioned the meet should take your protest into account before sanctioning another meet organized by the same offending party.

As a TAC-certified official, I know that officials and meet directors are overworked and under-appreciated. Officiating is much harder work and more tiring than competing. But as an athlete who trains hard, I feel I deserve the number of attempts that I am entitled to under the rules of competition. Meets conducted by the rules provide a higher quality experience for all involved and encourage more athletes to participate in Masters track and field. (Dennis Umshler is an athlete and TAC official in Albuquerque, N.M.)

20 Masters Compete in Long Beach Decathlon

Twenty masters and submasters athletes signed up for the 17th annual Winter Decathlon/Heptathlon held at California State University Long Beach, on December 13-14. The meet attracted several outstanding national stars, including multiple world-record holder Boo Morcom from New Hampshire, Ham Morningstar from Michigan, Virginia Donald Grey, and William Busby of North Carolina.

Scoring of decathletes 30-to-59-years old was in accordance with the 1985 IAAF tables, with WAVA tables used for heptathletes and 60-plus decathletes. Competition was staged in ten-year increments, along with university/open, community college, and high school divisions.

Excellent weather, with mid-day temperatures in the 70s, contributed to many outstanding performances. In winning the 50-59 division, Jerry Stanners obliterated the international age-51 decathlon mark of 1881 points held by Hal Brossman, with a 3051 total. Stanners’ 20.5-sec. performance over 110m hurdles also set a new single-age record for the 42-in. hurdles, breaking the 22.3 mark of Norway’s Havard Lund.

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NATIONAL PENTATHLON

Once again we wish to commend Scott Thornsley and his capable staff on the professionalism they showed while running the National Indoor Pentathlon Meet at Dickinson College, Carlisle, Pennsylvania on January 4th. We are very glad that they have been asked to host the event next year.

Mr. and Mrs. D.L. Smith
Louisville, Ohio

KEN CARMAN

It was with regret that I read of death of Dr. Ken Carman of Garden City, Michigan. In addition to holding age-group and single-age records for the 3000m Steeplechase, Ken was also an excellent middle-distance runner.

Two years ago, when I became interested in the Steeplechase as an event I might be able to compete in successfully, I introduced myself to Ken who was to run the mile. He took time from his pre-race preparation to give me some pointers about beginning training and encouraged me to pursue the Steeplechase.

A year later, at the National Champions in Indianapolis, I saw him again as we warmed up in the rain just before the start of the Steeplechase. He spoke to me and asked me how my training was going. While we were standing around waiting for the start of the 50-59 heat, I noticed that all the other competitors were looking at my feet. I drew Ken aside and asked him what was going on. He told me it was because I was the only one wearing socks and I would understand why after the first water jump. With the passing of Ken, the Masters have lost a great competitor and a true friend. I, for one, will miss him.

Stewart Daniel
College Park, Georgia

UPPER AGE-GROUP CATEGORIES

Ten or 15 70+ runners entered and ran the 5K and 10K races at South Pasadena High School recently because on the entry form "Class 12" was listed as 70+. All of us ran our races, panting and sweating them out the same as everyone else.

Then we were all unceremoniously called to the awards area and each of us was given a little medal. And that was ALL. No times for any of us.

My husband Ed ran the 5K in 21:30+ to beat all but two of the 65+ and because he is 70+ received no recognition. My time was 32 or 33 and I was far from the last finisher in the 5K. Nowhere could I find a mention of my time, or of anyone else in the 70+

Continued on page 12
The Meniscoid Ankle

The meniscoid ankle is a rather obscure degenerative condition which causes pain and stiffness on the outer side of the ankle. It usually occurs after a traumatic incident, such as repeated ankle sprains or strains.

After several sprains, tissue may be torn loose from the ankle joint. It eventually forms a tough, gristy type of tissue called the meniscoid lesion (so-called because it resembles the meniscus cartilage of the knee joint).

This tissue may get caught in the ankle joint, especially during running or activity. It is aggravated by running up and down hills, by aerobics, weight lifting, etc. In many cases, just walking will aggravate the area.

A puncture hole is made in the ankle and a tube with a magnifying lens is inserted. Fluid is injected and the inside of the ankle joint is inspected. If a meniscoid lesion or some other type of bony tissue is seen, it can be cut out and removed through the small incision.

Although this is a relatively new procedure, the instruments used have become quite sophisticated. The recovery rate is far faster than with conventional surgery and results are predictable.

(A 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 2172, Van Nuns, CA 91404.)

The Meniscoid Ankle

It is a difficult injury to diagnose. It usually does not show up on x-ray. The cause may sometimes be determined by noting the presence of accompanying bone spurs or arthritis, and by making a careful inquiry of the development of the problem.

We suspect this problem in the veteran runner with complaints of ankle pain, yet nothing observable on x-ray and very little swelling. The athlete has pain, but no one can find the problem.

Treatment includes physical therapy, or injection therapy in more advanced cases. If all else fails, an arthroscopic examination may be performed. It is similar to a knee arthroscopy but the surgical microscope is much smaller.

Write On Continued from page 11

group, in either the 5K or the 10K. One of our friends, who ran the 10K, said, "They just kissed us off with a medal."

Don't race directors realize that just because we happen to be 70 or 80 or 90, a "pat on the head" or a "bless your heart" are insults! True, most of us don't need another trophy. But most of us are Competitors and as such do need to know our times. We train as hard as the other ages. We pay the same entry fees they do. We run the same courses they do, and in many cases faster than they do! There is no reason why we shouldn't have the same treatment as they do.

Dorothy Stotenberg Malibu, California

It seems ironic to be disagreeing with a fellow U.K. Veteran athlete through the medium of the American Masters News in the argument raised by the letters from Paul Spangler and Wilf Morgan.

Medals are awarded as a token of appreciation for the effort involved in participation. They are a reward for achievement relating to the actual number of competitors taking part, or a compromise by giving them to the first three in each age-group with/without setting a qualifying standard. Having argued this case as Women's World Veterans Representative at Gothenburg and elsewhere on behalf of the minority groups of women and the older age groups, I believe it to be a philosophical point of view.

My opinion is that not only do athletes like Paul Spangler, Polly Clarke, Johanna Luther, et al. deserve a medal for taking part, they should have them by right of being there. They need every encouragement and deserve any recognition which will help in keeping them in sport.

With all due regard to the younger "whiz kids" of Veteran Athletics, particularly now that cash incentives have been added as a bonus, it is these older age-groups who have my heartfelt admiration. How many of your current readership will even live to their age, let alone have the desire to remain as active and have as positive a point-of-view?

Incidentally, in the same issue as Wilf Morgan's letter I note that Paul Spangler was "handed a rare loss" in the M80 Division in the World Veterans Marathon Championships, while setting an age-87 World Record. Does that serve to illustrate his point?

While writing to you I would like to also take this opportunity of expressing my thanks to Ruth Anderson for enabling me to read your excellent publication. I look forward to reading of her when she is W80! I hope the new B.V.A.F. Veteran Athletics News will provide a similar service for British Veterans.

Hazel Rider Kent, England
Vandenbroek, Ervin
Notch Charlotte
Marathon Victories

David Vandenbroek, M45 division winner from Durham, N.C., with a 2:40:37 was the first age-40-or-over runner in the Charlotte Observer Marathon in Charlotte, N.C., on January 3. Don Rich, M40 winner from Mechanicsville, Va., was second in 2:47:00. Third went to the M55 winner, Thomas Barclay of Yorktown Heights, N.Y. who ran 2:51:44.

Women's masters winner was Liz Ervin, W40, of Princeton, W.Va., who finished in 3:24:40.

In the adjacent 10K race, which started 20 minutes before the marathon, Wayne Vaughn, M40, of Hagerstown, Md., in 32:32, and Tom Dooley, M40, of Toccoa, Ga., with a 33:18, took the first and second masters places. Roger Robinson of New York, N.Y., took the fifth spot with a good 33:43 win in the M45 race.

The first three masters women in the 10K were the W40-44 placers: June Hutchison (37:37) of Webb City, Mo.; Iris Black (39:14) of Spring Valley, Ohio; and Carol Lasseter (40:00) of Montclair, Va. Nancy Cory of Asheville, N.C., won the W60+ contest in 54:13.

The top three men and women masters runners in both races received cash awards of $250, $100, and $50.

Both races drew 5,000 runners, who started with the temperatures in the low 30s. Gerard Donakowski, 29, Ann Arbor, Mich., planned to run the 10K, arrived late, opted for the marathon (his first) instead, and won it in 2:20:16. Nancy Mieszczak, a 37-year-old from Buffalo, N.Y., took the women's race in 2:50:13.

John Doherty, 25, West Warwick, R.I., and Lynn Jennings, 26, Durham, N.H. were the 10K victors in 28:57 and 33:16.

Liz Ervin, 44, masters winner (3:24:40) in the Jan. 3 Charlotte Observer marathon.
Photo courtesy of The Charlotte Observer

Photo courtesy of The Charlotte Observer

Write On

we could not host any of these competitions, and for a change, instead of the meet directors taking all the credit, I am giving it to the athlete. Thank you! My hat is off to you, and I am grateful for your making me successful.

Joe Valdes
Meet Director
Florida Masters Track and Field Championships

It is great to see many older athletes receiving the recognition they deserve.

Lonnie Tucker
Alpine, Texas
I really think NMN is great. I read it from front to back every month (several times usually) and am always impatiently waiting for the next issue.

Dennis O'Connor
Louisville, Kentucky

LATE FLASH:
Evy Palm, 44, of Sweden, finished fourth woman overall in 2:38:39 to win $4,000 in the Houston-Tenneco Marathon on January 18. Brian Scobie, of England, was the masters men's winner in 2:30:59. Complete results next month.

Liz Ervin
Wayne Vaughn

Midwest Masters Regional Indoor Track & Field Championship

SPONSORED BY UNIVERSITY OF ILLINOIS ATHLETIC DEPT.

DATE: Sunday, March 15, 1987
SITE: University of Illinois Armory, 6th & Armory, Champaign, Ill.
FACILITY: Track - Tartan surface 262 yards. 6 3/4 lane to the mile. Very fast (4 in. spikes recommended) Lockers & showers available.
AWARDS: First three places in all divisions in all events.
DIVISIONS: Five year age groups - male and female.
ENTRY FEE: Pre-entries, received by Wed., 3-11-87: $5.00 per event. Additional: $0.50 per add.
ORDER OF EVENTS: OLDEST TO YOUNGEST - FINALE THEN MALE
12 p.m. 2 mile walk 11 a.m.
2 mile run
60 yd. dash
2 mile run
60 yd. hurdles
1 mile run
60 yd. hurdles
Long jump
60 yd. hurdles
Shut put
1 mile run
100 yd. run
1 mile run
300 yd. run
1 mile relay
10 yr. age groups $10.00 entry fee

For additional information contact DICK GREEN
P.O. Box 6147
Rockford, Ill. 61125

PLEASE PRINT

Name ____________________________________________ Phone # __________________________
Address ____________________________________________
City State Zip
Age (of 1/1/87) Male Female
Club__________________________________________
Events Entered 1. ____________________________ 2. ____________ 3. ____________ 4. ____________ 5. ____________

Total fee enclosed: $ ____________
Mail entry form and check, payable to TAC Midwest Master Regional T&F Championship to DICK GREEN, P.O. Box 6147, Rockford, Ill. 61125.
Waiver: In consideration of your accepting this entry for the 1987 TAC Midwest Master Indoor Track and Field Meet, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against TAC, their Agents, Representatives, Aillegates or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

Date__________________________
Signature __________________________

(Please indicate any previous masters awards and championships on the back.)
Post-Christmas Message

One of the most pleasant times of the Christmas Season is opening Christmas cards from our acquaintances from all around the country. It is with pleasure that we hear from our friends and learn of the activities of the past year. This year Christmas Eve had been no exception. My office had closed-up at noon and my Christmas shopping was done. My wife and I were relaxing around the kitchen table before heading-off to the Christmas evening church service. The fact that two of our sons were there made it a particularly pleasant time.

We were opening the Christmas cards that had arrived that day, when we ran across one from a long-time friend, from whom we had not heard for some time. She and her husband had been our close friends when we first came to Colorado Springs in the late 1950's. They had three children, as did we; and for a number of years we shared our poverty together. Later, he and his wife and family had gone on to put our friends' tragedy into perspective, which she had done. Receiving this news before church put us into a somber mood, but the Pastor's Christmas Eve message, "Let the Spirit of God Live in Your Heart," helped us put our friends' tragedy into perspective.

Two days later I had the opportunity to work-out at the United States Air Force Academy, to run as hard as I possibly could, to grab hold of a pole and to see if I could get my vaulting back into gear. The only gripe and complaint I have is my inability to vault as high as I did 35 years ago! Sometimes it is hard for me to keep my neck down. He requires 24 hour care and is in a nursing home . . . ” The rest of the letter brought us up-to-date on our friend and her efforts to keep herself together and to be able to move on, which she had done. Receiving this news before church put us into a somber mood, but the Pastor's Christmas Eve message, "Let the Spirit of God Live in Your Heart," helped us put our friends' tragedy into perspective.

During the year 1987, let all of us resolve to keep the Masters Track and Field program in its right perspective: our lot as competitors is unique—we can still run, jump, or throw; we travel and meet with friends; our life is a good one. All of us should thank our creator for allowing us the privilege of competing as a Masters Track and Field competitor. In 1987 please enjoy each day, savor it, and appreciate the gift of life that has been given to each one of you individually.

God bless you all in 1987.

What You Need to Know

Maryanne Wehrum takes $250 prize for third female master at the 1986 Rocket City Marathon, Huntsville, Ala. Photo by Jim Oaks

WOLFPACK 50 MILER
NATIONAL MASTERS CHAMPIONSHIPS
OHIO TAC OPEN CHAMPIONSHIPS
Columbus, Ohio
April 5, 1987

Send entry to: Pete Riegel
3354 Kirksham
Columbus, OH 43221
(614) 424-6009
Report on a Visit to the Republic of South Africa

1. Introduction
   President Don Farquharson and I visited South Africa from 2 April to 23 April 1986 at the invitation of the South African Masters Athletic Association which is affiliated to WAVA. The purpose of the invitation was to enable us to observe, at first hand, the conditions under which veteran athletics is conducted and administered in South Africa.

   At the time of the invitation, SAMAA gave assurances to Don and myself that we would be able to speak privately with any competitor, official or administrator at the veteran athletics meetings which we attended. SAMAA also made it clear that, in the interests of objectivity, no attempt would be made to encourage us to speak to particular competitors, officials or administrators. All contacts would be entirely on our own initiative.

   Those assurances were fully implemented.

2. Programme
   The first veteran athletics competition we attended was the South African Masters Track and Field Championships. We were guests at the Annual General Meeting of SAMAA which was held immediately after the Championships. We later attended the Natal Masters Track and Field Championships.

   SAMAA made arrangements for us to visit two gold mines in order to inspect the athletics facilities.

3. Survey
   At the South African Masters Track and Field Championships and the Natal Masters Track and Field Championships, I interviewed a total of thirty non-white male competitors. Twenty-seven were black, the remaining three being Coloured (mixed race). I did not see any competitor of Indian or Asian origin at either meeting. It was my intention to speak to all of the non-white competitors and these thirty were either all or almost all of the non-white competitors at those two meetings.

   There were no female non-white competitors at either meeting. Conversations with male non-white competitors revealed that non-white females had shown little or no inclination so far to compete in veteran athletics in South Africa.

   I explained to all thirty interviewees the purpose of our visit, and that Don Farquharson and I were, respectively, the President and Secretary of WAVA. Each was assured that any comments he wished to make would be treated in confidence and not attributed to him personally. Several replied immediately that there was no need for confidentiality and that they were in a position to make comments freely.

   In a number of cases there were language difficulties and, in these cases, I enlisted the aid of one interviewee to act as interpreter for two or three others. All interviewees were asked the same questions and I am satisfied that, with the aid of an interpreter where necessary, each interviewee understood all the questions.

   No white competitor, official or administrator was present or within earshot during any of the interviews.

   The questions and replies are summarized in the Appendix to this Report.

4. Impressions
   Both the South African Masters Track and Field Championships and the Natal Masters Track and Field Championships were conducted correctly and efficiently and, in particular, I saw no evidence of racial discrimination. I made a point of observing, from a distance, conversations and other contacts between white and non-whites and they appeared to be characterized by the same warmth, enthusiasm and friendship which one finds in veteran athletics everywhere.

   The Annual General Meeting of SAMAA was conducted properly in accordance with procedures normally followed at such meetings.

   At the Natal Masters Track and Field Championships, I spoke for some forty-five minutes with a black official who spoke fluent English. He confirmed that my assurance of confidentiality was unnecessary and we discussed a number of matters including the results of the survey which I had conducted among non-white competitors. It was his opinion that the near-unanimity of the replies was an accurate reflection of veteran athletics in South Africa.

The public track facilities were of a high standard but surprisingly good tracks were seen at two gold mines. Each was an eight-lane synthetic track of good quality. One had a nine-lane straight; the other had ten lanes. Non-white competitors confirmed that the gold mines actively encourage inter-mines competition and establish good athletics facilities for their predominantly black workforce, many of whom are veterans.

5. Conclusion
   The performance levels and the enthusiasm of competitors indicated that veteran athletics in South Africa is healthy and thriving.

   The elected officers of SAMAA appeared to be capable, enthusiastic and progressive and it was clear that they are administering the sport in South Africa competently—and on a non-racial basis as required by WAVA's Constitution.

   I also met a number of officers of bodies affiliated to SAMAA. Without exception, they appeared to be able and enlightened activists who strongly supported the non-racial basis of veteran athletics in South Africa.

   The results of the survey do not require analysis or comment.

Survey of 30 Non-White South African Veteran Athletes

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<tr>
<th>Question</th>
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<th>No</th>
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<tr>
<td>1. Are you able to compete against white athletes whenever you wish?</td>
<td>30</td>
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<tr>
<td>2. Are you able to train with white athletes whenever you wish?</td>
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<td>3. Are you allowed to use the facilities available to white athletes?</td>
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<td>4. Do you consider veteran athletics in South Africa to be completely racially integrated?</td>
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<td>5. Do you consider that anything remains to be done in veteran athletics in South Africa to avoid racial discrimination?</td>
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<td>6. Do you feel that white athletes accept you freely and willingly as a fellow competitor and friend?</td>
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<td>7. Do you feel that white officials accept you freely and willingly?</td>
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<td>8. Do you feel that, in competition, white officials treat you fairly and exactly as they treat white athletes?</td>
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<td>9. Have you any complaints about veteran athletics in South Africa?</td>
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Lopes, Shorter Invited to VII World Games

The entry form for the VII World Veterans Games, to be held in Melbourne, Australia from November 28 through December 6, is in its final stages of preparation. It should be ready in time for publication in next month's issue.

Meanwhile, we're printing what will likely be the final competition schedule, which has gone through several revisions.

Lopes, Shorter Invited

The big news, this month, is that Carlos Lopes, Frank Shorter and several other top runners will be invited to compete in the Games. The marathon, to be held on December 6, will have $50,000 sponsorship from the Independent Order of Odd Fellows of Victoria, and the race will be designated the "26th World Veterans Games Marathon."

Lopes, the winner of the 1984 Olympic marathon at age 37, turns 40 on February 18. Shorter, who won the 1972 Olympic marathon and helped start America's running and fitness boom, hits the magic age on October 31. America's other big name marathoner, Bill Rodgers, doesn't reach 40 until December 27, a month after the Games. The Games are open to any man age 40 or over, or any woman at least 35 — on November 28, 1987.

The marathon is bring called the major marathon in Australia this year. More than 5000 competitors from more than 50 countries will be on hand for the Games.

Among them will be Alain Mimoun, winner of the 1956 Olympic marathon in Melbourne. Mimoun, a native of Algiers, ran for France in the Olympics, and still holds four world veterans age-group records: M45, 10,000 and one-hour run; M50: 5000 and one-hour run;

Athlete Invitations

The Executive Director of the Games, Peg Smith, says NIKE will send Barry Brown for the 10,000. Smith also says Melbourne is able to assist at least 10 other "name" athletes to come to Australia. "If any athletes with an impressive record are interested in a trip to Australia for the WAVA Games," Smith says, "we will consider every application which is made to us, by them." Interested athletes should write Smith at VII World Veterans Games, PO Box 282, Essendon, 3040, Victoria, Australia.
THE NATIONAL MASTERS NEWS TOUR to the

Fiji
New Zealand
Australia
Tahiti

- Host-a-vet (hospitality in private homes).
- Free entertainment in the parks.
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UNDER RULES OF IAAF AND WAVA
OPEN TO ATHLETES OF ALL STANDARDS
WOMEN 35 YEARS AND OVER.
MEN 40 YEARS AND OVER

Your hosts will be:
Al Sheahen Editor of the National Masters News
David Pain Founder of the U.S. Masters program who organized the first international masters tours from 1971-75
Helen Pain President of Sports Travel International and organizer of dozens of masters tours — including tours to all six previous World Veterans Games

PLEASE NOTE: TLC is provided for all participants with staff coverage on all tours plus processing of all entry forms and fees.

** Among the special restrictions applying to Tour I is that it may NOT be combined with an optional extension except on a waitlist basis, the possibility to be determined by July 1. All tour prices quoted are subject to airline fare, or currency exchange fluctuation decrease or increase.

This is not an official tour of TAC or WAVA, but an independent tour sponsored by The National Masters News and Sports Travel International, Ltd.

THE NATIONAL MASTERS NEWS TOUR to the

- 28TH NOVEMBER – 6TH DECEMBER 1987 -

* YOUR POSSIBILITIES *

I. MELBOURNE ONLY: " Bare Bones" NOV 23-DEC 8
   * Air transportation, Los Angeles/Melbourne/Los Angeles
   * Melbourne transfers airport/university/airport
   * 13 nights university dormitory housing
   * breakfast & supper daily on campus
   * Thanksgiving Day Reception (STI's traditional WELCOME party)
   * TLC

** Special restrictions apply. See specific flyer.

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NAME

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PHONE (work) (home)
Report from Britain
by ALASTAIR AITKEN

Peter Cheele, an Essex County runner for many years, turned 40 two weeks before winning the Essex Veteran Cross Country Championships in November at Chelmsford. Peter, a computer programmer from Grange Hill, Essex, pulled away from the strong, 100-entrant field with ease in the last half mile.

Peter Lindell, who won the Surrey County Veterans Championships at Petersham in October, was seventh overall in the IBA 10K Road Race in September with a 3:23:31.

Allan Balderson of the Northern Veterans won the National Veterans Decathlon Championships in August in Loughborough with a score of 5,185 (100 in 12.1 and 400 in 53.4). In the M70 division, Tony Rawlinson scored a new U.K. record 3:915. In the M60, retired Humberside policeman George Leete won with 6,854, which included an M60 national-record high jump 1.50 (4-11). Cheerful, balding Scotsman John Ross won the M45 event with 6,176 on solid performances.

Alan Roper, the Swansea policeman who will be a contender for the National Veterans Cross-Country next year, was third overall in the Capital Windows 10K at Cardiff, October 26, in 31:23, less than a minute behind current international Dennis Fowles.

Remarkable Joyce Smith of Barnett, the ex-London Marathon champion and once bronze medalist in the European 3000 outdoors, is still going strong, as she was first woman in the Amersham 5 Mile in 28:39, September 21. No woman vet came within four minutes of her in that event.

Two Highgate Harriers veterans have been running well on the road. Robin Dow won the Althallows 10-Mile in August in a fast 49:12. Guy Ogden was second to ex-junior international cross-country runner Karl Palmer in 31:11 in the Regents Park 10K in December.

Eleanor Adams was second woman in the Notts 10-Mile in October with a 63:04

Doherty, Dainty Break World Records in Melbourne World Games Promotion Meet

Australians Heather Doherty and Tom Dainty broke age-group world records in the Promote Meet in Melbourne, Australia, on December 7. The event, designed to promote the VII World Veterans Games in Melbourne, November 28-December 6, 1987, was held at Olympic Park, one of the main track and field venues of the VII Games.


Dainty broke the world's best M75-79 time for the 5K walk with a 29:49.

Australian veteran records were set by Ian Henry, W50, 5K walk (33:03), and Bernadette McGrath, W45, javelin (24.62/80-9).

Submasters Hans Lotz, M35, threw the hammer 63.74 (209-1), which will probably stand as an Australian open record.

The meet was soured by rains, which caused the cancellation of several events.

Essig Fulfills $25,000 Pledge for 1989 World Games

Otto Essig, 80, of Westfield, Mass., has sent a check for $25,000 to the Masters Sports Association, to be held in trust to help stage the 1989 World Veterans Games, if they are awarded to Eugene, Oregon.

His contribution brings the total pledges received to $68,767, including a paid $25,000 donation from John Poppell, national M55 100- and 200-meter champion from Richmond, Virginia.

In a letter of thanks to Essig, David H.R. Pain, Secretary of the Masters Sports Association, wrote: "You clearly have indicated the masters program is one which you feel merits your support and one which has provided you with much personal gratification. We are extremely grateful for your generosity."

Athletes who enter a new division this month Feb. 1987

<table>
<thead>
<tr>
<th>ATHLETE (Residence)</th>
<th>Birthdate</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEV HARUJI (CA)</td>
<td>2-23-42</td>
<td>45-49</td>
</tr>
<tr>
<td>BERNICE HOLLAND (CLEVELAND, OH)</td>
<td>2-28-67</td>
<td>60-64</td>
</tr>
<tr>
<td>BUNNY HUNTER (NEW ORLEANS, LA)</td>
<td>2-27-67</td>
<td>60-64</td>
</tr>
<tr>
<td>CAROL JACKSON (EUGENE, OR)</td>
<td>2-29-47</td>
<td>44-48</td>
</tr>
<tr>
<td>HANNY KLEIN (NEW ROCHELLE, NY)</td>
<td>2-12-67</td>
<td>60-64</td>
</tr>
<tr>
<td>MINI LERNER (ST. JAMES, NY)</td>
<td>2-3-71</td>
<td>50-54</td>
</tr>
<tr>
<td>PHIL RASCHER (ATLANTA, GA)</td>
<td>2-21-47</td>
<td>44-48</td>
</tr>
<tr>
<td>JOHN TAYLOR (BURLINGTON, CT)</td>
<td>2-28-32</td>
<td>55-59</td>
</tr>
<tr>
<td>MARGARET AYERBACH (NOR)</td>
<td>2-8-47</td>
<td>44-48</td>
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<tr>
<td>EVE ERICKSON (HIGHLAND HTS, IL)</td>
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<td>70-74</td>
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<td>GUNNEL LUNDKIST (SWE)</td>
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<td>60-64</td>
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<td>NINA NIKONOROVA (URS)</td>
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<td>RITVA OLLSON (SWE)</td>
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<td>50-54</td>
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<td>UTA REINHARD (W)</td>
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<td>50-54</td>
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<tr>
<td>GERTRUDE SCHONAUER (AUT)</td>
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<td>55-59</td>
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<tr>
<td>HILDA SWEDER (SWEDEN, NO)</td>
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<td>75-79</td>
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<td>RAY CRISTENSEN (BABYLON, NJ)</td>
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<td>55-59</td>
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<tr>
<td>LARRY COLBERT (LANHAM, MD)</td>
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<td>50-54</td>
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<td>VIC SMITH (WOODLAND HILLS, CA)</td>
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<td>RICHARD CORN (ORANGE, CA)</td>
<td>2-17-22</td>
<td>65-69</td>
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<td>LEE EVANS (LOS ANGELES, CA)</td>
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<td>WILLIAM FAIRBANK (HENDON PARK, CA)</td>
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<td>ARNIE GREEN (NEW YORK, NY)</td>
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<td>RAY HATTON (BEND, OR)</td>
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<tr>
<td>HAROLD HOLTON (CHARLOTTE, NC)</td>
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<td>70-74</td>
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<td>EVEREET HOSACK (HIGHLAND HTS, IL)</td>
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<td>80+</td>
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<td>DONALD JOHNSON (LITTLE SILVER, NJ)</td>
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<tr>
<td>DARL LOCKE (ALBUQUERQUE, NM)</td>
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<td>44-48</td>
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<tr>
<td>CARLOS LOPES (POR)</td>
<td>2-8-47</td>
<td>48-48</td>
</tr>
<tr>
<td>MIKE MOONEY (EUGENE, OR)</td>
<td>2-14-42</td>
<td>48-48</td>
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<tr>
<td>MICHAEL MORNINGSTAR (SALINE, MI)</td>
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<td>ED OLEARY (LINDA, CA)</td>
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<tr>
<td>PERCY FITZGERALD (W)</td>
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<tr>
<td>LUIS RIVERA (MEX)</td>
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<tr>
<td>BERT DORBEUR (B)</td>
<td>2-8-37</td>
<td>50-54</td>
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<tr>
<td>HARC BLOOM (W)</td>
<td>2-8-47</td>
<td>48-48</td>
</tr>
</tbody>
</table>
Vice president of WAVA Jacques Serruys and Hannelore invite all veteran athletes to participate in the semi-official world championships 25KM at Bruges (Belgium).

1. The organizers
The race is organized and sponsored by the Town Council of Bruges, Sigma Coatings, Taxe, Lotus, A.S.L.K., Semlake n.v. and Loopmagazine.

2. Correspondence
All correspondence, entries etc., to be sent to:
FIT VETERAN, POSTBUS 7, 8000 BRUGGE 1

3. Entry modalities
Open to veterans (men and women), who will be placed separately. Men must be 40 years old or more, women 35 years or older on the day of the race.

AGE GROUPS /                YEAR /                AGE
Men :                        Women :
1A 40-44 years             W0 35-39 years
1B 45-49 years             W1 40-44 years
2A 50-54 years             W2 45-49 years
2B 55-59 years             W3 50-54 years
3A 60-64 years             W4 55-59 years
3B 65-69 years             W5 60 years and older
4A 70-74 years             4B 75-79 years
5 80 years and older

All ages on the day of the race (21th June 1987).

4. Team race
All competitors will be entered per nationality and per Club. The times of the first 3 runners of each team, not considering age or sex, will be added up to have the team result.

There are no extra entry fees for the team races, but all team members must enter individually and pay their entry fees. Competitors must be able to prove their membership of the team they represent.

5. Prizes
a) individual prizes:
   - the first three of each age category, women categories included;
   - a special prize for the first women athlete.
b) team prizes:
   - for the first 3 clubs and country teams of the total result.
c) commemoration prize:
   - all competitors, finishing their race, receive a commemoration medal and a diploma, on which are indicated their names, times, place per category and total result.

6. Enrolment (Collecting of numbers and race rules)
- Competitors can enter at the Secretariat of the Olympic - Stadium, Olympiabaan, 8200 Brugge - St-Andries:
  - on Saturday 20th June 1987 from 2 a.m. till 6 p.m.;
  - on Sunday 21th June 1987 from 7.30 a.m. till 9.15 a.m.

7. Time-table
DRESSING ROOM:
- at Olympic-Stadium:
  - athletes from 8 a.m. on Sunday 21th June 1987
START:
- on Sunday 21th June 1987 at 10.15 a.m. (Belgian time) near the Olympic Stadium
Competitors refusing to start beyond the starting-line will be disqualified.

8. Provision
Provisioning and refreshments will be organized.
The drinks will be easily identifiable and will be placed on tables in such a way that the competitors will be easily provi

Entries will close inevitably on 15th May 1987.

```
BEST LIST

1975
P. Van Alphen (N)
1976
Eric Austin (GB)
1977
John Robinson (NZ)
1978
Edmond Van Ranst (B)
1979-1980
Tim Johnston (GB)
1981
Ant. Vilanueva (Mex)
1982-1983
Guenther Mielke (Brd)
1984
1 Guenter Mielke (Brd)
2. Barry Brown (USA)
3. Les Roberts (G.B.)
```

OFFICIEEL INSCRIJVINGSFORMULIER: BRUGGE 25 KM VETERANEN - 21 JUNI 1987

FORMULAIRE D'INSCRIPTION: BRUGGE 25 KM VETERANEN - 21 JUNI 1987


Indien U wenst een land te vertegenwoordigen schrijf hieronder de naam van het land. Si vous désirez représenter un pays, marquez le nom de celui-ci.

OFFICIAL ENTRY-COUNTRY: BRUGGE 25 KM VETERANEN - 21 JUNI 1987

Land-Pays-Country

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ENTRY FEE:

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

<table>
<thead>
<tr>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>Women</td>
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<tr>
<td>35-39</td>
<td>100m</td>
</tr>
<tr>
<td>40-49</td>
<td>80m</td>
</tr>
<tr>
<td>50-59</td>
<td>76.2m</td>
</tr>
<tr>
<td>60-69</td>
<td>400m</td>
</tr>
<tr>
<td>70 plus</td>
<td>-</td>
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</table>

Hurdles distance for age-groups 35-39 and 40-49 shall be 2000m; there is no steel stance for age-groups 70+ and above.

IMPLEMENTS

<table>
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<tr>
<th>AGE</th>
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<th>DISCUS</th>
<th>HAMMER</th>
<th>JAVELIN</th>
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<td>YOUNG</td>
<td>4.00K</td>
<td>1.20K</td>
<td>-</td>
<td>400 gns.</td>
</tr>
<tr>
<td>18 plus</td>
<td>2.00K</td>
<td>1.00K</td>
<td>-</td>
<td>400 gns.</td>
</tr>
<tr>
<td>MASTERS</td>
<td>7.24K (16lb.)</td>
<td>2.00K</td>
<td>7.20K (16lb.)</td>
<td>800 gns.</td>
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<tr>
<td>18 plus</td>
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<td>1.50K</td>
<td>4.00K</td>
<td>800 gns.</td>
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<td>35-39</td>
<td>5.00K</td>
<td>1.90K</td>
<td>5.00K</td>
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<td>3.00K</td>
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<td>1.35K</td>
<td>2.00K</td>
<td>800 gns.</td>
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<tr>
<td>70 plus</td>
<td>-</td>
<td>-</td>
<td>-</td>
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</tbody>
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February, 1987
Stahl, Muramoto Top Masters

Japanese Invade Hawaii

by MIKE TYMN

Forty-five years — to the day after the attack on Pearl Harbor, the Japanese invaded the streets of Honolulu.

There were 3,553 of them. Among them were some of Japan’s best masters road warriors.

The occasion was the 14th annual Honolulu Marathon on December 7. The Japanese runners accounted for more than a third of the 10,354 entries.

Minoru Muramoto, 44, whose 2:48:00 in 1982 stands as the women’s over-40 record, was almost as fast this year. Her 2:50:33 placed her seventh among all women and nearly 24 minutes ahead of the next masters woman.

Keizo Yamada was an impressive winner of the 65-69 division in 2:58:21. Yamada, 59, was a 1962 Olympian and winner of the 1953 Boston Marathon.

Yoshiaki Unetani, 42, the 1969 Boston Marathon winner and a 1972 Olympian, recorded 2:33:45 for second place in the 40-44 division behind Kjell-Erik Stahl of Sweden (2:21:18).

For the first 10 miles, Stahl, 40, was on pace that would have broken Jack Foster’s over-40 Honolulu Marathon record of 2:17:24, set in 1975 when he won the race. However, blisters slowed Stahl over the second half.

I didn’t tape my toes properly,” Stahl explained, holding a blood-stained shoe.

It was Stahl’s eighth marathon of the year. Not counting a dnf in New York, it was his slowest and the only one not under 2:20.

Japan’s Takao Aida, winner of the 45-49 division in 2:23:26, was second master overall. Other Japanese runners were Tsuneaki Takahasi (50-54, 2:39:04), Sadao Nakajima (75-79, 5:26:49), and Takako Iijiri (women’s 60-64, 4:15:18).

Also in the field was Toru Terasawa, whose 2:15:16 in 1963 was a world record. Terasawa, 52, ran back in the pack with a friend.

The Honolulu Marathon went to five-year age groups for the first time this year.


The overall race was won by Ibrahim Hussein of Kenya in a race record 2:11:43. Hussein, 28, was on world record pace through the first half of the race (1:03:24) as the temperature was an unusually cool 59 degrees for the first hour, climbing only to 62 at two hours into the event.

Carla Beurskens of The Netherlands topped the women in a race record 2:31:01.


Grey Certified in Honolulu

Frank Grey, winner of the 65-69 division in the Honolulu Marathon with a 3:02:42, was “legal” according to race official Jim Moberly.

Grey, a resident of Poulsbo, Wash., was the subject of controversy in his home state after the Emerald City Marathon in April this year. Race officials claimed that he had been seen entering the race between 16 and 17 miles, and that his truck was seen near there.

The Seattle Times nominated him for the Rosie Ruiz Award. Ruiz gained infamy from the 1977 New York Marathon, where she had entered the course a few miles from the finish and finished 14th.

“Gray claimed that he had entered the race between 16 and 17 miles, and that his truck was seen near there.

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The Observer of the running scene the next day, Moberly admitted that they could not verify Grey at that point.

It involved, of course, some 15 miles across the Puget Sound. My son and his wife will attest to that,”

Moberly said that Grey showed up on camera at the 15-mile mark, the farthest point from the finishing line, as he has in his previous Honolulu Marathon races, and at 25 miles. While there are spotters at five miles, Moberly admitted that they concern themselves chiefly with the front runners and are unable to pick up the masses due to congestion and early morning darkness. Therefore, he cannot verify Grey at that point.

“Gray looks good on camera,” said Moberly, “good form and everything, not at all like somebody you’d expect to cheat. He has to be pretty good just to do the last 11 miles between 6½ and 7 minute mile pace. If he’s got that kind of ability, it’s hard to believe he wouldn’t run the entire race.”

Grey was disappointed with his performance.

“I’ve had some leg problems recently and it was bothering me the whole way,” he said. “But I was determined to finish. Everytime I saw some­one who looked like a spotter, I’d yell, ‘Hey, I’m Frank Grey, check my number.”

Grey is considering retirement from running. “It’s not worth it to my family and my friends to put up with this kind of thing. I find it very difficult to believe this has happened to me.”

A different kind of potential “cheating” incident arose after the recent Honolulu Marathon. It involved, of all people, Yoshiaki Unetani, the 1969 Boston Marathon winner.

Unetani, 42, was declared the winner of the 40-44 division and accepted the trophy. When Unetani’s true age was pointed out by a close observer of the running scene the next day, Moberly immediately contacted Unetani’s tour leader.

Moberly learned that a typo in transferring application data to the computer caused the problem and that Unetani, who does not speak English, did not understand at the time what the award was for. When Moberly caught up with him, he found out that Unetani had already given the award to Tsuneaki Takahasi, the actual division winner.

“Just tell him we’re going to tell us,” said Moberly who was faced with playing musical chairs with a number of other awards in both the 40-44 and 50-54 divisions.

— Mike Tymn
Portrait of a Champion
by JOE VALDES

Richard (Boo) Morcom, born May 1, 1921, would grow up to be one of the world’s greatest masters track and field athletes ever.

His illustrious career started at the University of New Hampshire, where he averaged over 14 points per meet in 32 college competitions. He scored 59 points in the IC4A championships and, in 1947, tied for the NCAA pole vault title.

In 1948, Boo won the U.S. Olympic pole vault trials over Bob Richards and others with a 14-8 1/2 jump and went to London for the Olympic Games. There, disaster struck in cold, rainy weather, and Boo had to settle for sixth place at 12-11 1/2 (Richards placed third in 13-9).

In 1956, he was selected as the women's Olympic field events coach, and led his athletes to 1st, 2nd, 3rd, 4th, 5th, and 6th-place finishes, probably the best Olympic field-events performance ever by the U.S. women's team.

Boo started in the masters track & field program in 1970 at age 51, with a 5:01 mile to his credit. He set a then-U.S.-age-56 record of 2:16.2 in the 800 in the 2nd World Veterans Games in Sweden.

He went on to set age records in the 110-meter hurdles, 400 hurdles, long jump, high jump, triple jump, 400, pentathlon, decathlon and pole vault. In 1985, he won the M60 pole vault at the 6th World Veterans Games in Rome, and was named TAC's multi-event masters athlete-of-the-year in 1985.

In 1986, he successfully defended his national M60 Indoor Pentathlon crown. Turning 65 last spring, he immediately set a new world M65 record with a 12-4 1/2 pole vault. He won three gold medals—in the M65-69 pole vault, long and triple jumps—at the National Masters Championships in New York.

He then scored 3770 points on the 1985 IAAF scoring tables to break the world 65-69 decathlon record, and topped the M65 U.S. triple jump mark to 33-0.

Boo finished off a brilliant year as the top scorer (8320 WAVA points) among 20 masters decathletes in a California decathlon.

Morcom’s training is basically intense, but short in duration. He runs five days a week—seldom more than a mile — and throws the weights every other day. He jumps whenever he gets access to a pit.

He credits his success to a clean life, no alcohol, drugs, coffee, tea or aspirin. He has three children and seven grandchildren, and, in 1983, retired from 35 years of service at the U. of Pennsylvania. He owns a home and cottage in New Hampshire and recently auctioned off antiques which took 30 years to collect.

At age 65, Boo Morcom is at the top of his sport. He holds 27 world and American age records, and, for a young track enthusiast like myself, it is an honor to call Boo Morcom my friend. Try not to miss him when he comes to your town.

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MORCOM'S
AGE RECORDS

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DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, Ca 91404.
Minutes of TAC Masters Long Distance Running Committee Meetings
8th Annual Convention of TAC – Tampa, Florida – December 3-7, 1986
by CAROLE LANGENBACH, Secretary

Presiding: Chairman Bob Boal

Records
Basil Honikman, head of TAC_STATS, the new record-keeping arm of TAC, said single-age records would continue to be processed, as they were by the National Running Data Center. He said all runners must encourage race directors to comply with record-keeping procedures, and results of events through state record keepers. He plans to produce ranking lists, as NRDC has done, since it stimulates interest in the sport.

Marketing & Media - Jack McDonald
Local associations can often raise funds easier than the national committees.

Championship Evaluation – Bill Shradar
Many 1986 national championships were evaluated; the main improvement suggested was that entry forms be given wider distribution and be available two to three months prior to the event.

Newsletter
Boal reported that there may be money for our committee to have its own newsletter.

Special Award
Boal presented Otto Essig with an award for distinguished service to our sport.

Championship Bids
Phil Benson, new championship bids screening chairman, asked our input regarding a new bid form. Send suggestions to Phil at Box 2287, Ocean Township NJ 07712.

Cheaters
Charles DesJardins brought up the topic of “jump-in” runners, a serious problem as prize monies are increased for masters runners. The general recommendation is that race directors be ready by providing spot-check stations with video backup.

National Masters News
Editor Al Sheehan asked for suggestions on how to get race directors to send in results. Should NMN cover the big LDR events that aren’t masters championships? NMN received no money from our committee in 1986, while T&F donated $1850. A motion was passed that the $1200 allotted to Publications include a donation to NMN.

Budget, Awards, 1987 Championships
(Topic these were reported in last month’s NMN.)

New Business
Motions passed:
1) “Only American citizens shall be allowed to win TAC medals in national masters championships.”
2) “In a national championship, the race director shall require a copy of the TAC club certificate with each entry form. An Association Officer vouching that the team is TAC-registered.”
3) “In a national championship, the race director may require, at his discretion, any athlete’s proof of birth date.”
4) “In a masters championship within a larger event, TAC athletes who win championships awards shall be allowed to win awards in the regular race.”

VII World Games
For the 1987 Championships in Melbourne, Nov. 28-Dec. 6, we need to form teams before we go. Let Ruth Anderson (address on p. 2) know if you are planning on running across country and/or marathon.

Anonymous Letter
A motion passed: “The Masters LDR Committee requests TAC’s Board of Directors to conduct an investigation into who wrote the anonymous ‘Committee for TAC Reform’ letter regarding TAC’s Executive Director, Ollan Cassell.”

Pacing
Ruth Anderson presented a resolution drawn up by the Women’s LDR Committee that would name a task force to investigate pacing in road events.

15TH ANNUAL TAC EASTERN MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS
Hosted by The Rhode Island Track and Field Foundation

DATE: Sunday, March 15, 1987, 10:00 a.m.
TIME: Brown University Athletic Center, Hope St. and Lloyd Ave., Providence, RI (Adjacent to the Brown Hockey Rink and Smith Bible Center)
INSTRUCTIONS: From North: 1-95 to Branch Avenue (Exit 24). Turn left on Branch to light. Cross intersection, go up Cypress Street hill to Hope Street, turn right and follow to Athletic Center. From South: 1-95 to Branch Avenue (Exit 24). Turn right on Branch to light. Cross intersection and follow same as above.
SHEDULE: 9:30 a.m. - Warm-up. 10:00 a.m. - Preliminary events. 11:00 a.m. - Medal presentation (field events), Field events (1-2pm).
MEDALS: By mail. Cheques and money orders to TAC. (Masters must also list non-masters events with video backup.)
ENTRY FEE: Pre-entry $10.00 per event, $5.00 each additional received by Thurs., March 5.

1. DESPLOY ADVERTISING RATES

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1. FREQUENCY DISCOUNTS (1-year period)
1 to 5 insertions…………………………….10% to 9 to 12 insertions…………………………….15% CLASSIFIED RATES
50 cents per word. Count name and address as 3 words. Rate is $25 per word. Prepayment required with copy.

SPECIAL RATES
25% discount for race and meet notices. No frequency discount for agency notices.

CLOSING DATES
The 15th of month before date of issue.

9. Circulation September 1986
Paid 4138, Non-Paid 5200
Published monthly. Subscriptions: $18.75/year.

Mail order to: National Masters News
P.O. Box 1371
Vain Vents, Calif. 91404
(818) 783-1995

Mail entry form and check, payable to The Rhode Island Track and Field Foundation to: Neil Staehling, 4 Roberts Avenue, Providence, RI 02906.

Entries: If you are accepting the entry for the 1987 Masters Indoor Track and Field Meet, I hereby for myself, my heirs, executors, administrators, assigns and assigns and me any and all rights and claims for any and all income, monies and/or claims to the 1987 TAC Masters Indoor Meet entries making out of said event. I accept and verify that I am physically fit and sufficiently trained for this competition.

Date: 1987

Eddie Lewin, 70, finishing Run Across L.A. 10 Miler in 71:55. Photo by Richard Lee Slokkin
Ray Hatton

Ray Hatton must be doing something right. The 55-year-old from Bend, Oregon, competing in events from 1500 to the half-marathon, has collected more than 30 age records, eight American age-group records, and a world record in the 3000 since he turned 40.

The 5-9, 138 lb. University of Idaho graduate, college professor, researcher and author of five books promises this isn’t the end of the roll call. He plans to set a few more PRs and records this spring and summer: Times? “The 10K under 33 minutes, 5K under 16:00, the mile in 4:40, 3000 in 9:15, 15K in 51:00, and the 20K under 1:10.”

His achievements are all the more remarkable because running, although a high priority, is not the only important thing in his life. He’s married and has raised two children with his wife, Sylvia. He began his college education at the age of 24, has earned three degrees, and is not finished yet. Currently he’s working on a Ph.D. dissertation on the climatology of Oregon.

Hatton was born February 4, 1932 in Lichfield, England, and began competing in the early 1940s in high school. In 1952 he was on the English cross-country team and competing in international meets. He still considers cross-country one of his best events, along with the 3000, 5K, and 10000 (both track and road).

After moving to this country he continued competing. In 1959 he was fourth in the AAU cross-country championships. Since entering masters competition at age 40, he has captured and still holds the American records for M40-44, M45-49 and M50-54 in both the 6 mile and 10000. In the process, he has had to beat such runners as Jim O’Neill, Pete Mundle and Hal Higdon.

A runner of international stature, he set the world record for M50-54 in the 3000 at age 50. He held the M50-54 world record for the 1500 of 4:05.8 (set in 1982) until it was broken in 1984 by Tom Roberts of Australia with a 4:05.2.

Hatton trains in what sounds like a runner’s paradise, “Bend,” he says, “is located at near 4000-feet elevation, has only 12 inches of rain a year, and is adjacent to hundreds of square miles of U.S. Forest Service land, with miles and miles of dirt trails in nearby forests, mountains and deserts. I rarely train on roads.”

He has no rigid training schedule, but mixes distance runs (generally at a 6:30 to 7:00 minute/mile pace), with Fartlek, hills, and occasional speed workouts during the off-season. In the spring he adds some quarters on the track (average 69-72 seconds with one-minute rest between quarters). Nearly all of his running is in flats, except for very occasional use of spikes in early summer.

Hatton has no coach. He says he’s learned training methods from “experience, trial and error, reading articles in running magazines — but mainly from 40 years of running — and listening to my body.” His weekly mileage has basically stayed the same over the last 30 years — about 30-40 miles per week. He runs fewer races than he did when younger, does more Fartlek and only occasional track workouts.

In addition to running, he does cross-country skiing in winter, and hikes in both winter and summer. He also swims laps occasionally (which he finds boring), lifts weights, and splits firewood in winter for his wood stove.

Moderation and flexibility in training — and life — are Hatton’s bywords. He doesn’t believe in making running an exclusive lifestyle — or in over-training and over-competing. “It can be (too) fatiguing,” he says, “especially for masters athletes.” He recommends that an athlete figure out what’s optimum for him/her and then stick to it.

He used to run in the past to think about his teaching, research, and writing. Now, he says, he uses it as a way to create energy — and uses that energy on other endeavors. Some of that energy is sure to be expended in setting new records as he enters the M55 age group this year.

Ray Hatton is definitely doing something right.

—Gretchen Snyder

Ray Hatton

AMERICAN AGE GROUP RECORDS

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WORLD RECORD

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All-American Certificate Program Finalized

by JIM WEED and GARY MILLER,
All-American Awards Coordinators

The Masters Track & Field All-American Certificate Program has been finalized by TAC's Masters & & Committee, and is ready to go.

At TAC's 1986 convention, women's standards of excellence were established. The 10,000 and steeplechase were added to the men's standards, published in NMN last year. Both "standards of excellence" charts appear on this page.

The following procedures have been established for applying through the National Masters News to receive an All-American certificate:

If you equal or better the standard of excellence in any event in your age group, please fill out the form printed below and send it to National Masters News with $10.00 to receive one certificate for one or more events. You may apply for multiple certificates, but each application must be accompanied by a $10.00 fee.

(Example: An individual better the AA standard in two events in a June meet. He or she sends $10.00 for a single certificate covering these two events. Then, in July, the athlete qualifies in additional events or improves on previous events, and desires a second certificate. A $10.00 fee would be required for the second application.)

Verification of results must have an official-event signature — except for TAC National and Regional Championships, or if the meet results have already been published in the National Masters News. However, the weight of the implement, hurdle height, distance, etc. must be written on the application form and be verifiable through the meet results or by an official's signature. Any performance made in 1986 or 1987 can qualify.

The certificates will be 8½ x 11½ and two-color, suitable for framing. (See reduced sample on this page.) They will be mailed as soon as possible.

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U.S. MASTERS STANDARDS OF EXCELLENCE

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APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: ____________________________
PHONE: __________________________
ADDRESS: _________________________
AGE GROUP: _______________________
SEX: M/F _________________________
EVENT: __________________________
MARK: ___________________________
WEIGHT OF IMPLEMENT _________________________
DATE OF MEET: _________________________
HURDLE HEIGHT _________________________

EVENT OFFICIAL: _________________________

Send $10.00 and this form to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
MASTERS SCENE

NATIONAL

• In his bi-weekly Running Commentary, Joe Henderson forecasts (or wishes that) 1987 will be the year of the master, as great athletes and big events reach maturity together; 2) Jim Ryun turns 40 and is talked back to the track; 3) the masters mile returns to prominence at major invitational meets after years of neglect; 4) Jack Foster's 13-year-old veterans marathon record of 2:11:19 (finally) falls; 5) Carlos Lopes, who turns 40 this month, celebrates world-class revival of racing; 6) Frank Shorter, turning 40 in October, gears up for his best year in almost a decade; 7) The World Veterans Championships in Australia lures top talent and big money to its marathon; 8) prize money for masters increases generally as race directors realize the source of their greatest support; 9) magazines recognize masters as their biggest audience and write more about them; 10) Bill Rodgers becomes first man to run in over 40 runnings of the Boston Marathon, turning 40 in December; 11) Rodgers and Shorter will rally support for a masters-only race circuit; 12) Joyce Smith will run in the 2:40 range at age 50 in the marathon; 13) Miki Gorman's marathon record of 2:39:11 for women masters will pass after 12 years to Gabriele Andersen, Barbara Flutez or Faride Mador. 14) At age 58, Sister Marion Irvine will make another try for the Olympic Trials.

Masters competitor Ted Esau, 57, had a problem not uncommon to masters runners—he had trouble reading the elapsed time on his digital wristwatch because the numbers are so small. His solution: the "Wild Watch," which has triple the size of the normal chronometer, which enable a runner to adequately see the actual time of day or the elapsed time in a race or workout. Esau is now a distributor of the watch, which can be had by sending $12.45 to ESUAI, 7300 France Ave., S., Minneapolis MN 55435.

• The 30th Annual Road Runners Club of America National Convention, May 14-17, and RRCA 10K National Championships, May 17, will be held in Rockville, Maryland near Washington, D.C., and is hosted by the Montgomery RRC, Inc., P.O. Box 1703, Rockville, MD 20850.

• According to Joe Henderson's Running Commentary, the rumor is out that George Sheehan has cancer. In March he was diagnosed as having cancer of the prostate, Clinal (the most widely used drug is Proscar). Apparently, however, George isn't letting it slow him down. As of December, George was still racing and training, writing and acting as often as always.

• Because of all the recent pacing controversy, TAC has been forced to take a stand. At their recent convention, TAC passed a new resolution stating that "strongly opposes pacing and other forms of assistance which result in advantage of one competitor over another competitors." A police rule has been named to further study the problem. According to LDR committee leader Julie McKinney, guidelines will be written by next spring and the focus will be on elite athletes at the meet.

• The 1987 U.S. Athletics Calendar is now available. The calendar includes, among other things: contact information for "all big events," qualifying standards for the TAC junior and senior championships, and separate schedules for national championships, IAAF Peerle 10k and IAAF Grand Prix meets. The calendars are $8 a copy and available from: Book Order Dept., TAC/USA, P.O. Box 120, Indianapolis, IN 46206.

• In the final newsletter of the National Running Data Center, Jennifer Young has some nice words for masters athlete and NMM assistant editor Tom Staruk: "This man made all the difference. I met him when he was with Nike. It was Tom, really, who began the process which ultimately saw the success of the NRC. Tom recognized the value of the Keen Program to achieve and it was Tom who initiated the paper work at Nike which led to the major grand which the NRC has received each year which led to other funding by other groups. I thank Tom very much and we thank Nike for believing in us and our work."

• Mike Bolt surely will be the first sub-4:00 masters miler, says Joe Henderson in Running Commentary, if he can convince WAVA's Record's Chairman, Pete Mundine, of the true state. He's supposedly at least 38. Returning from an 18-month layoff, Bolt ran a road mile in 3:59:9 in Fort Worth on November 2nd. The downhill course is reportedly five seconds fast.

• Rebook's stock is up, but NIKE's is down. The Beaverston, Oregon company, which has contributed greatly to masters athletics, has laid off more than 10 percent of its American labor force.

• Meanwhile, Henderson reports, Saucony is advertising for new masters athletes, who "meet time standards at a variety of distances" and "in all age categories."

• The Runner magazine will publish its last issue in April. Its owner, CBS, wants out of the running magazine business, and is selling it to Rodale Press, which purchased Runner's World magazine in 1985. The Runner currently has 214,000 subscribers to RWR's 292,000— they are the two leading running magazines. (Running Times and Track & Field News are both below 100,000 in circulation.) The Runner's publisher, George Hirsch, will perform the same function at RW, operating out of New York City. The Runner's staff will somehow keep the top running writers in America—Hal Higdon, Don Kardong, George Sheehan and Mark Bloom.

EAST

• The ten runners invited by The Runner to compete in the Millrose Games' Masters Mile on Jan. 31 were: Barry Brown, Sam Bair, Mike Hurdi, Bob Schult, Noel Carrol, Tracy Smith, Web Loudat, Demen Koch, Bill Stewart, plus a New Yorker named after a trial run. Results next month.

• John Ball wasn't the only one who didn't run the whole course at New York. Twenty-three other alleged course-cutters were tossed out of the final New York City Marathon results along with the original masters "winner" from Marion, Indiana.

• The 10th Annual Empire State Building Run Up is slated for Thursday, Feb. 12. This year's field will be expanding to a total of 100 runners, in three heats. If you feel you can climb to the top, send your athletic resume to ESBRU, 1/6 NYREB P.O. Box 1982, New York, NY 10150-0881, along with reasons why you should be accepted to compete in this unusual invitational event.

• Vince Carnevalle, 70, Newark, NJ, broke Vernon Geyer's M70-74 national 30K record of 2:25:58 with a 2:25:26 in the MAC Championships. December 6, Central Park, NYC.

• Ken Skelly, 40, flew through the Christmas Run for Animals in 32:32 and Ramon Skelly, 42, unleashed a 46:11 to capture masters firsts in near-freezing conditions in New York, RI. December 14. Carl Hamilton, 63, won the M60+ race in 43:07.

• Mark Goetz went home to The Harlester, 40-49 division leaders, were winners of the masters-only Pearl Harbor Run 5.2 Mile, Waterford, CT, December 7, in 28:53 and 37:34. Alice Campo, 50W50 in 55:50, and Susan Shorter, turning 60 and won the M60+ race (57:12).

• The Liberty Masters Women's team wrapped up the NEAC Grand Prix Series (five races)

SOUTHEAST

• Joe Burger, St. Petersburg, FL, in 1:49:28, and Marie Barklane, Leesburg, FL, with a 2:13:50, recorded masters wins in the Bud Light-Paul De Bruyn 50K, Ormond Beach, FL, November 22. David Long, M55 winner was 12th with a fast 1:56:43. The national M55-59 record is held by Bob Bartling, and Howard Rubin has a 1:52:42 pending.

• Masters winners Alex Coffin (19:06) and Nancy Lowden (21:04) frolicked in the streets of Charlotte, NC, December 7, with over 1400 runners, most wearing belts and many dressed as elves, reindeer, and Santa's helpers in the Jingle Bell Jaunt 5K.

• Harold Williams, 71, a popular runner in the Charlotte, NC, area, battled a pre-race injury and near-freezing temperatures but with help from family members, friends, and spectators finished the Charlotte Observer Marathon, January 3, in just under seven hours, the last to cross the finish line but first in courage and tenacity in the eyes of his fellow Charlotte TC runners.

SOUTHWEST

• Shirley Matson, 45, Solstar Beach, CA, bagged another W45-49 record with an overall win in 28:35. In the Moving Comfort Women's 5K, San Diego, October 19. Gina Faust has a personal best of 21:22 run in December '85. Matson alone is 41 seconds faster than her age 44 record set last year. She attributed her excellent race to the strong wind and ran her last mile at 5:31, her fastest split.

• The first Southern California Regional Senior (55+) Olympics will be held March 19-21 in Palm Springs and will coincide with the Desert Conference on Aging. Several hundred participants, hoping to qualify for the first National Senior Games in St. Louis, July 26 to July 2, are expected. Besides 15, more than 15 other events are scheduled, including swimming, badminton, golf, and bowling. Deadline is May 1. For information, contact Senior Olympics, PO Box 1786, Palm Springs, CA 92262. 323-8274.

• Mike Hogan was chosen the San Diego AA1500 meter man of the year for his M30 3rd place 15-2 pole vault in the TAC National Masters Championships last summer. The SDA's officers for 1987 are Jack Jocobson, president; Howard Hunt, vice-president; Bob Morgan, secretary; Ed Oleta, treasurer; and John Horn, coordinator.

• Web Loudat, 40, of Albuquerque, named TAC's top age 40-44 long distance runner of 1986, was 1st master (6th overall) in 30K, New Year's Resolution 10K in Phoenix on Jan. 1. David Dodson, 42, in Phoenix—masters winner of the 1986 Ultimate Runner—was 2nd in 32:08.

• Former Olympic decathlete Tom Waddell (6th in 1968) is dying of AIDS, according to the Seniors Track Club Newsletter. The 49-year-old San Francisco M.D. is the founder of the Gay Games, wrote 3,500 from all over the world last year.

• Irene Obera, 53, of Fremont, Calif., was named the front cover of the December issue of the magazine "50 Plus," by a woman's article by Hal Higdon entitled "The 6th Annual Team, All-America." Obera was TAC's female athlete-of-the-year in 1978 and 1979.

• John Cosgrove will be the chairman of the Mammoth Athletics Camp, running in Mammoth, California in two sessions, July 5-12 and July 12-18. The camp director will be Dr. Kar Foreman, distance coach for the 1988 Olympic Games.
**NORTHWEST**

- Erna Kozak, Burnaby, B.C., ran a pending Canadian and World Record (age F41) mile of 5:03.6 January 11 at the University of Washington Indoor Invitational Track Meet, Seattle.
- Two 44-year-olds, Warren Finke of Portland, OR, and Charlotte Swanson of Morton, WA, took top masters in the Portland M11 meet. September 9, Finke ran his 13th overall (27:50-4 finishers) in 2:31:26. Swanson was 8th woman in 2:44:45, 4th Portland Marathon, the largest in the Northwest, has grown from 1350 entrants in ’82 to 3175 in ’86, bucking the national trend of runners opting for shorter races, particularly the 10K. The 86 edition with an increase in out-of-town, overnight entrants seemed to help the city with over $1 million.
- Stephen Lester with a 2:22.52, and Bette Poppers, 2nd woman in 2:44:45, took masters firsts in the St. George Marathon, St. George, UT, October 4, which is noted for its 3000-foot elevation drop and records-busting times by clock-racer Max Rulak. Rulak, 73, took advantage of the drop and roared to a 2:00:25 finish.

**EAST**

- Versatile John Heppner, 54, Springfield, OR, included a marathon (2:54:56), the 400H (70.3), a decathlon (3743), and a 1st in the senior division in a powerlifting contest in Eugene, OR, plus 1st sprints in 10Ks, 8Ks, and 10Ks, in a very active 1986.

**INTERNATIONAL**

- Two South African age-group records were broken in the 3000m veterans race at the Collison Cup Masters Meeting held November 11, Sybrandt Moster, M45, ran a time of 9:22.6, breaking Pat O’Brien’s record of 9:25.6. O’Brien had compensation in that he broke the 55-59 record by 8:24 sec. with a time of 10:02.4. Other places included: M45 3000, 2J Blom 9:39.1, 3) G Patrick 9:43.9, 500, 1) Leo Benning 9:30.7.
- In November, Warren Finke was the Free State Masters Athletics Meeting, held in Bloemfontein, South Africa. Leo Benning, M50, of Cape Town, won three golds with wins in the 200m (26.8), 400H (69.7) and the high jump (1.55m). Six South African age-group records were established at the meet, including a hammer throw record of 27.86m by Claude Sterley, M70.
- Mick Hurds’ 29:39 tops the list of the 12 best 10K times posted by British M40 and under in Britain in 1986. Adrian Westmore, 30:07 and Alan Roper’s 30:15 took the 2nd and 3rd spots. Nine others were below 31:00. Jeff Norman heads the marathon list with a 2:15:55. Other British masters competing were: John Meen, Kirkham (2:21:35). Dave Clark took the 12th slot with 2:26:44.

**SOUTHEAST**

- April 24-26, 22nd Annual Palm Beach Championships, Lake Worth, FL. Palm Beach Championships, P.O. Box 9032, West Palm Beach, FL 33402. 404/445-2547.
- April 24-26, Sun Circle, Greenacres FL, 33463. Joe Valdes, 305/968-7117.
- May 1-3, 17th Annual Southeast Masters Relays, T&A Long Distance Championships, North Carolina St. U., Raleigh, N.C. Raleigh Parks & Recreation, P.O. Box 590, Raleigh, NC 27602.
- May 9, Birmingham TC Classic (Age-handicap meet), Vestavia Hills, Birm., Moline, IL 61244.
- May 16, Florida Masters Championships, Greater Ft. Lauderdale, P.O. Box 2261, Gainesville, FL 32602. 904/374-2031.
- June 6, TAC Southeast Regional Masters Championships, National Club Championships, East, Atlanta, GA. Liz Brasher, Atlanta TC, Inc., 3097 E. Shadowlawn Ave. N.E., Atlanta, GA 30305.

**MIDWEST**

- February 1, Illinois Masters Indoor Classic, Westwood Sports Center, Sterling, Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5658.
- March 1, Illinois Masters Indoor Grand Prix. Location tba. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5658.
- March 15, TAC Midwest Regional Masters Indoor Championships, Johnstown, Pa. John Schnier, Main Floor, P.O. Box 676, Johnstown, PA 15927. 814/263-8709.
- March 25, 9th Annual Washington State Masters Track Meet, Port Townsend, WA. Ed Higley, 1764 Harbor Ave., Port Townsend, WA 98368.
- April 25, 10th Annual Oregon State Meet, Portland, OR. Jack Schmitz, 4322 SW B Avenue, Portland, OR 97219.
- May 15, 10th Annual Pennsylvania Track Meet, Upper Arlington, OH. See May 10.
- May 17, Ohio AC Indoor Championships, French Field House, Ohio State U., Columbus, Ohio. Vince Peters, 541 Osborn Ave., Fairborn, OH 45334.
- April 22-24, Dallas Senior Games, Dallas, Texas. 55+. Marie Beth Thaman, 2150 Bachman Dr., Dallas, TX 75220, 214/351-0101.
- May 3, Runners Pentathlon, State TAC Championship, Albuquerque, NM, Mexico City, 5300/279-2072, Albuquerque, NM 87110. (505) 884-7051 (Days).
- May 25-28, St. Louis Senior Olympics, St. Louis, MO. Suzy Seldin, Coordinator, St. Louis Senior Olympics, P.O. Box 61146, St. Louis, MO 63116.
- August 9, Chillicothe Masters Meet, Chillicothe, OH, P.O. Box 745, Chillicothe, MO 64601.
- August 27-September 7, 1987 World Championships, Rome, Italy, Track & Field News Tonight. P.O. Box 296, Lenexa, KS 66215.

**SOUTHWEST**

- April 22-24, Dallas Senior Games, Dallas, Texas. May Beth Thaman, 2750 Bachman Dr., Dallas, TX 75220, 214/351-0101.
- May 3, Runners Pentathlon, State TAC Championship, Albuquerque, NM, Mexico City, 5300/279-2072, Albuquerque, NM 87110. (505) 884-7051 (Days).
- May 25-28, St. Louis Senior Olympics, St. Louis, MO. Suzy Seldin, Coordinator, St. Louis Senior Olympics, P.O. Box 61146, St. Louis, MO 63116.
- August 9, Chillicothe Masters Meet, Chillicothe, OH, P.O. Box 745, Chillicothe, MO 64601.
- August 27-September 7, 1987 World Championships, Rome, Italy, Track & Field News Tonight. P.O. Box 296, Lenexa, KS 66215.
Continued from page 27

Calif. SASE to Woody Studenmund, 1256 Clubhouse Dr., Pasadena, CA 91105.
Jim Trennow, 1147 W. Rowland Ave., West Covina, CA 91790. 818/338-1623.
July 11. 3rd Annual Patriots Summer Relays and 2nd Annual California Masters
Team Championships, Southwestern College, Los Angeles. Marvin Thompson, PO Box 2981, Beverly Hills CA 90213-2981. 213/938-9699.

**NORTHWEST**


**INTERNATIONAL**

March 28. Japan-Hawaii Goodwill Games. Honolulu. Sponsored by the Nippon Masters Athletic Union. Approximately 100 athletes from Japan will be attending. Men 35+, Women 30+, 5-year age groups. Contact: Thompson, 2164 Haleka Dr., Honolulu, HI 96821.

November 28-December 6. VII World Veterans Games, Melbourne, Australia. Men 40+, Women 35+, No qualifying standards. World Veterans Games, P.O. Box 282, Essendon, 3040, Victoria, Australia. (See ads in this issue)

November 26-December 1. The First Australian Masters Games at various sites in Tasmania (5k and road races on December 10-11 In Hobart). Kim Newstead, P.O. Box 587, Glenorchy Tasmania 7010, Phone: (007) 740-750.

**LONG DISTANCE RUNNING NATIONAL**


April 5. U.S. TAC National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220-3102. 614/424-7011(w); 459-2547(f).


June 5 or 6. U.S. TAC National Masters 100 Mile Championships, Sheed Stadium, Queens, NY. Vincent Chiappetta, 9 E. 89 St., New York, NY 10128.


March 22. Perrier 10K, New York. NYRRC, P.O. Box 12304, Albany, NY 12221.


**SOUTHEAST**

February 7. San Gabriel River 2K Run. TAC certified. 5 year age divisions to 80+. Pico Rivera, Calif. Arthur Martinez, 9502 Rechiling Lane, Pico Rivera, CA 90660.

February 7. 21st Las Vegas Marathon, Las Vegas, Nev. Over $10,000 masters prize money. Las Vegas Marathon, Al Boka, Director, P.O. Box 81262. Las Vegas, NV 89109.


March 1. Los Angeles Marathon, Los Angeles, Calif. Masters Prize money — 40-49, 50-59, 60+. Monterey Peninsula WWCC, P.O. Box 221172, Carmel, CA 93922. (408) 624-7211.


**CANADA**


**INTERNATIONAL**


May 17. Oaxaca City Marathon, Munich, West Germany. Marathon Munich, P.O. Box 33 06 65, D-8000, Munich 33, W. Germany. 49595. 0811/787-344.


June 1. Pottery Marathon, includes In­ternational Veteran Race with teams from England, Wales, Scotland, Northern Ireland, Ireland, Belgium, Holland, and West Germany, at Tremtham Gardens, Stoke-on-Trent, England.
CLUBS

EAST

Greater Boston Track Club
P.O. Box 236
West Newton Village
MA 02165
617-969-9808

Liberty AC
14 Randel St.
Cambridge, MA 02138

Syracuse Chargers Track Club
c/o E. E. White
18 Foxcroft Drive
Fayetteville, NY 13066

N.Y. Masters Sports Club
363 Edgecombe Ave. #54
New York, NY 10031

Sugarloaf Mountain Athletic Club
Box 459
Amherst, MA 01004

Annapolis Striders
P.O. Box 187
Annapolis, MD 21404

Potomac Valley Seniors Club
Lynda Darley
258 S. Whiting St.-315
Alexandria, VA 22304
703-370-5466

Eklis Park Road Runners
7905 High School Rd.
Eklis, PA 15117

West Pennsylvania TC
1245 Alamar Rd.
Washington, PA 15301

Shore Athletic Club
Sanford Kabl
64 Addison Road
Howell, NJ 07731

The Achilles Feel (for disabled)
9 East 89th St.
New York, NY 10128
212-399-8404

Greater Rochester TC
P.O. Box 258
Brockport NY 14420

Dick Wilkun, Pres.
716-637-8251

New Jersey Masters
P.O. Box 14
Ridgewood, NJ 07450

New Jersey Striders
P.O. Box 885
Maywood, NJ 07607

Central Park TC
945 Fifth Ave., #31A
New York, NY 10021

New York Pioneer Masters
c/o C. Shaw
249 Sedgwick Ave., Suite 2-SC
 Bronx, NY 10468
212-733-8767

Atlanta Track Club
c/o Bob Glover
4 East 75th Street
New York, NY 10021

Tri-State Masters T & F Club
c/o Wayne Vaughan
734 W. Franklin St.
Hagerstown, MD 21740
301-733-6707

Buffalo Belles and Brawn
264 Parvin Rd.
Tonawanda, NY 14150

Philadelphia Masters
c/o Fred Mannis
104 D.W. Montgomery Ave.
Ardmore, PA 19003
215-642-5908

Master Key Track Club
c/o Larry Williams
18 Minick Ct.
Baltimore, MD 21236

Star City Striders
P.O. Box 8331
Roanoke, VA 24014

Spartanburg Striders
266 South Pine Street
Spartanburg, S.C. 29302

Attie: Jack Todd

South Carolina Masters Track Club
c/o CPT John Roehr
3rd Region, USAACIDC
Fort Jackson, SC 29070
(803) 751-5109-6764

Greenville Track Club
P.O. Box 16262
Greenville SC 29607

Jack Gilmore: 803-242-6600

MID-AMERICA

Mid-America Masters
P.O. Box 1466
Lenexa KS 66215

Lawrence TC
P.O. Box 3743 Jayhawk Station
Lawrence, KS 66044

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Plains TC
P.O. Box 14102
W. Omaha Station
Omaha, NE 68124

Prairie Striders
Box 267
Brookings, SD 57006

Over The Hill TC
4500 Amsel Rd.
Dayton, OH 45418

Second Wind Running Club
Al Morris
1207 S. Oak
Champaign, IL 61820

Wisconsin United Athletic Club
Jerry Robinson
1025 Mankansett Pl.
Madison, WI 53711

Memphis Runners TC
P.O. Box 1790
Memphis, TN 38109

Charlotte TC
P.O. Box 11364
Charlotte, NC 28212

Memphis Runners TC
P.O. Box 1790
Memphis, TN 38109

Charlotte TC
P.O. Box 11364
Charlotte, NC 28220

Charlotte TC
P.O. Box 11364
Charlotte, NC 28220

Palm Beach & T & F Assoc.
5300 Cannon Way
West Palm Beach, FL 33415
305-471-1981

Port City Pacers
P.O. Box 16907
Mobile, AL 36616

Virgin Islands Pace Runners
Box 2720
Christiansted, St. Croix
U.S. Virgin Islands 00820
809-773-1711

PORTLAND TRACK CLUB
c/o Oregon Masters
11426 NE Alberta St.
Portland, OR 97229

PORTLAND TRACK CLUB
c/o Oregon Masters
11426 NE Alberta St.
Portland, OR 97229

Dakota Masters Track & Field Club
Joe Murphy
4380 N. E. Expressway S. #206
Dallas, TX 75206
214-824-3800

West Texas Masters
P.O. Box 15184
Ozona, TX 79743
915-372-3237

Houston Masters Sports Assoc.
14 Sandalwood
Houston, TX 77024
713-781-2810

San Antonio TC
Steve Smith
12614 Whitegrove
San Antonio TC 78209

St. Louis Masters
P.O. Box 1818
St. Louis, MO 63144

Oklahoma City Running Club
2408 N.W. 112th Terrace
Oklahoma City, OK 40216-9077

WEST

Tahoe T & F Club
c/o Joan Stratton
P.O. Box 909
South Lake Tahoe, CA 96731

California Road Runners Club
P.O. Box 991
Tarzana, CA 91356
918-808-5526

Bill Bab's High Country Runners
647 W. 3rd St.
Reno, Nevada, 89503
702-233-2112

Hawaii Masters Track Club
c/o Stan Thompson, President
216-306 Kuhio Drive
Honolulu, HI 96821

Corona del Mar TC
1740 Grandview Ave.
Glendale, CA 91201
818-640-2139

Walkers Club of Los Angeles
358 W. California Blvd. 101
Pasadena, CA 91105
818-577-2123

Los Gatos Athletic Assoc.
P.O. Box 1332
Los Gatos, CA 95031

Seniors TC
c/o Hal Whiston
2240 N. Wycliff Ave.
Harbor City, CA 90710

LA Valley Athletic Club
1801 Avenue of the Stars
Suite 415
Los Angeles, CA 90048

Pegasus USA Masters Track Club
c/o Wayne Douglas
52675 Village Green
Los Angeles, CA 90216

San Fernando Valley
Train Club
13722 Burbank Blvd.
Van Nuys, CA 91401
818-780-7779

La Pension
2602 El Camino Real
Beverly Hills, CA 90213-2981
213-388-9689

San Diego Track Club
P.O. Box 753
San Diego, CA 92107
619-270-SDTC

Southern California Striders
John White
200 Coast Court
Fullerton, CA 92631
714-871-6532

Tujon Masters TC
1147 W. Rowland Ave.
West Covina, CA 91790

South East Runners Assoc.
3657 Birch, Suite 42
Newport Beach, CA 92660

San Diego Athletic Assoc.
P.O. Box 829
Del Mar, CA 92014
619-755-3658

West Valley TC
P.O. Box 459
San Carlos, CA 94070

West Valley Joggers & Striders
1124 Kensington Ave.
San Jose, CA 95117

Golden Gate Racing Walkers
110 Sanchez #17
San Francisco, CA 94114

Empire Runners
4700 Foulger Dr.
Santa Rosa, CA 95405

Northern California Striders TC
2700 Summit Drive
Hillsborough, CA 94010

Complete Runner Track Club
21047 Willow Creek Rd.
Diamond Bar, CA 91765

Maccabi USA
2000 Centra Park East
Suite 401
Los Angeles, CA 90067

NORTHWEST

Idaho Masters Distance Club
10274 Avery St.
Boise, ID 83704
208-332-6048

Bigfoot Masters
c/o Dave Hartman
Spokane Community College
N. 1810 Gevene St.
Spokane, WA 99205

Sunshiner TC
4206 242nd St. NW
Mountlake Terrace, WA 98043

Portland Masters Track Club
Art Alston
4185 NW Rd.
Portland, OR 97212

Oregon Track Club Masters
P.O. Box 11364
Eugene, OR 97404

Below is a partial list of masters track & field and long distance running clubs arranged by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
**National Masters News**

**February, 1987**

**War Eagle Throwing Classic, Nov. 16, 1986**

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**Awards**

- **Men's**
  - First Place: Tom Taylor (50-59)
  - Second Place: Ted Ile (50-59)
  - Third Place: Jack Johnson (50-59)

- **Women's**
  - First Place: Nancy Miller (50-59)
  - Second Place: Don Harris (50-59)
  - Third Place: Carol Enders (50-59)

**Special Awards**

- **Masters Division**
  - First Place: Steve Morris (60-69)
  - Second Place: John Smith (60-69)
  - Third Place: Jack Johnson (50-59)

**Additional Information**

- **Weights and Distances**
  - Discus: 220 pounds
  - Shot Put: 220 pounds
  - Javelin: 220 pounds
  - Hammer: 220 pounds

- **Record Holder**
  - Tom Taylor: 1986 National Masters Indoor Pentathlon Champions

- **Meet Information**
  - Location: Delray Beach, Florida
  - Date: December 13, 1986
  - Participants: 120 men, 50 women

- **Organizers**
  - Working Committee: Howard Kress, Art Kress, Dan Cook, Tom Cook, Ted Ile, Art Kress

- **Sponsors**
  - War Eagle Throwing Classic
  - National Masters News

**Additional Coverage**

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

- **National Masters**
  - 1987 U.S. TAC National Masters Indoor Pentathlon Championships
  - Carlisle, PA, January 4, 1987

- **Masters**
  - 1986-87 Masters Indoor Pentathlon Championships
  - Carlisle, PA, January 4, 1987

- **EAST**
  - Bud Light/PA Masters Meet, Carlisle, PA January 4

- **SOUTHEAST**
  - National Masters Indoor Pentathlon Championships
  - Delray Beach, Florida, December 13, 1986

**Additional Notes**

- **War Eagle Throwing Classic**
  - November 16, 1986
  - Location: Delray Beach, Florida
  - Participants: 120 men, 50 women

- **National Masters News**
  - February, 1987
  - Pages: 30

- **Special Events**
  - Masters Indoor Pentathlon Championships
  - Carlisle, PA, January 4, 1987

- **Record Holders**
  - Tom Taylor, 50-59
  - Nancy Miller, 50-59

- **Awards Ceremony**
  - First Place: Steve Morris (60-69)
  - Second Place: John Smith (60-69)
  - Third Place: Jack Johnson (50-59)

**Additional Contact Information**

- **National Masters News**
  - PO BOX 2372 VAN NUYS CA 91404
  - Phone: (818) 785-6556

**Masters Indoor Pentathlon Championships**

- **Sub-Masters (40-49) Division**
  - 1. Tom Taylor, 50-59
  - 2. Ted Ile, 50-59
  - 3. Jack Johnson, 50-59

- **Masters (50-59) Division**
  - 1. Steve Morris, 60-69
  - 2. John Smith, 60-69
  - 3. Jack Johnson, 50-59

- **Masters indoors (used adjusted tables for 60-69 age group)**
  - 1. Steve Morris, 60-69
  - 2. John Smith, 60-69
  - 3. Jack Johnson, 50-59

**SOUTHEAST**

- **Atlantic Community School, Delray Beach, Florida**

- **War Eagle Throwing Classic**
  - November 16, 1986
  - Participants: 120 men, 50 women

- **Awards**
  - First Place: Tom Taylor (50-59)
  - Second Place: Ted Ile (50-59)
  - Third Place: Jack Johnson (50-59)

- **Weights and Distances**
  - Discus: 220 pounds
  - Shot Put: 220 pounds
  - Javelin: 220 pounds
  - Hammer: 220 pounds
Please read the following text carefully.
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), mondo surface with mondo runways. High jump area is smooth
urethane and the throwing ring is wood. 1½ pin spikes recommended
for mondo—up to 1½" 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 follow-
ing events will be held:
4x440: M/W30-39, W40+, M40-49, M50-59, M60 +
4x880: M/W30-39, W40+, M40-49, M50-59, M60 +

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

ENTRY FEE: $7 first event—$5 each additional 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: Will be run in age groups starting with older
women to youngest 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 80, hurdles
and field events.

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

TRAINING AREA: Trainers will be available at the track. The track
will be available for running warm up on 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 athletics must check in prior to the
start of their event with the Head Judge at the event site.

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

ACCOMMODATIONS: Three hotels with a total of 280 rooms.
reserved until February 27. Indicate you with the National
Masters meet. Additional information from the Greater Madison
Convention Bureau, 425 W. Washington Ave., Madison, WI 53703.
Phone 1 608 255 0701.

The Inntowner—80 rooms—$385, $440—1.1 miles from track
(meet headquarters). 424 University Ave., Madison, WI 53705.
Phone 1 608 233 8778.

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 Noln Dr., Madison, WI 53713. Phone 1 608 251 2300.

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

TIME
10:00 a.m. Weight Throw 50-80+
11:00 a.m. Weight Throw 30-49
12:00 Noon Shot Put 30-49
1:00 p.m. Shot Put 35-39
2:00 p.m. Shot Put 40-44
3:00 p.m. Shot Put 49-59
4:00 p.m. Shot Put 59-69
5:00 p.m. Shot Put 60-80+

SATURDAY TRACK EVENTS
12:00 Noon 60-Yard Dash 30-80+
1:00 p.m. 1-Mile Run 30-80+
2:00 p.m. 60-Yard Dash 30-80+
3:00 p.m. 1,000-Yard Run 30-80+
4:00 p.m. 300-Yard Run 30-80+
5:00 p.m. 4x80-Yard Relay 30-80+

SUNDAY FIELD EVENTS
10:00 a.m. Triple Jump M30-45
11:30 a.m. Triple Jump M30-45
12:00 Noon High Jump M45-59
1:30 p.m. Triple Jump M40-49
2:30 p.m. High Jump M60-69 and FM Final
3:30 p.m. Triple Jump M30-39

SUNDAY TRACK EVENTS
12:00 Noon 60-Yard Hurdles 30-80+
1:00 p.m. 1-Mile Run 30-80+
2:00 p.m. 60-Yard Hurdles 30-80+
3:00 p.m. 600-Yard Run 30-80+
3:30 p.m. 2-Mile Walk 30-80+
4:00 p.m. 4x440-Yard Relay 30-80+

ENTRY FORM 1987 INDOOR MASTERS, MARCH 28-29

NAME
First
Last
ADDRESS
CITY
STATE
ZIP
PHONE
EVENENTS ENTERED
BEST MARK 85-87
OTHER RELAY TEAM MEMBERS
(TODAY ONLY)
T-SHIRTS @ $5
MEN’S SIZE S.C. M. 1. XL
INDIVIDUAL FEES $______
TOTAL AMOUNT ENCLODED

ATHELETE’S RELEASE: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, releases, and forever discharge 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 meet sponsors, officials, or their
officers or agents for any damage or injury suffered by me. I certify that my level of training is such that I am prepared to compete
and recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so as
if directed.

ATHLETE’S SIGNATURE
DATE

WISCONSIN PHYSICIANS SERVICE

15837-021-8611