

NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking.

114th Issue

February, 1988

\$1.95



Male masters winners in the WZYP Rocket City Marathon, December 13, in Huntsville, Alabama: Front: Pat Murphy, Gerald Koch, Malcolm Gills, Sammy Morris, Back: Tom Dooley, Philip Parker,

Morgan Looney, Dick Benson, Jay Grove, James Woodring, Larry Fox.

Photo by Jim Oaks

Murphy, Rothman First Masters in Rocket City

by JIM OAKS

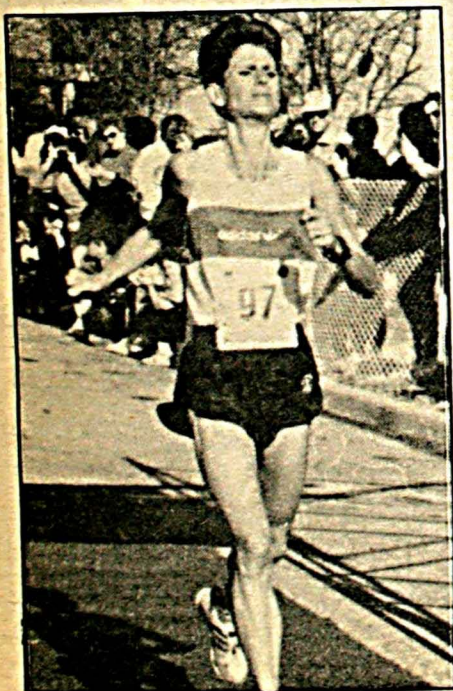
HUNTSVILLE, ALA. For two weeks prior to the December 13 running of the 11th WZYP Rocket City Marathon, race director Harold Tinsley had been raving about the quality and depth of the female masters field.

It had three Olympic Trial qualifiers, (and another with a previous best of 2:50:37), headed by Bobbi Rothman, top seed off her 2:43:36 in Boston in 1986.

It had Harolene Walters, Cotton Row 10K champion here in May (when she defeated Rothman by nine seconds to win in 38:31), who would be running her fourth marathon in 1987. She had set a PR in her overall win at Phoenix in 2:47:33 in January.

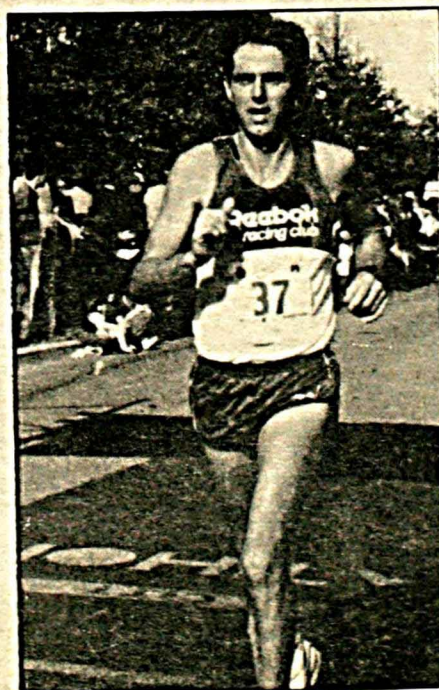
It had Jane Hutchison, first American female master at Boston in April and a qualifier at Twin Cities

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Bobbi Rothman, W40 winner in 2:49:34.

Photo by Jim Oaks



Larry Fox, M45 winner in 2:43:32.

Photo by Jim Oaks

Rodgers Tops Shorter in Charlotte

by TOM STURAK

On the second day of this new year, Bill Rodgers and Frank Shorter — the world's most famous new masters — raced each other for the first time since turning forty. Organizers of the annual Charlotte (N.C.) Observer 10K spotlighted the much-anticipated match with a separately run masters event that offered a \$4150 men's prize purse equal to the open race.

Rodgers, who turned 40 on December 23, handily turned back his old (October 31) rival — 30:49 to 31:10 — though, for awhile, Shorter made it interesting. Going out aggressively with early leaders Barry Brown, 43, and Larry Olson, 41, Shorter made a tactical move at two miles. "He got a lead on me going around a corner," Rodgers told the *Charlotte Observer*. "I realized then it was do or die time."

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February, 1988 — 114th Issue

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WORLD VETERANS GAMES

We appreciate using the *National Masters News* as the medium to publicly express our heartfelt thanks to Peg Smith and Ray Callaghan, Executive Director and Director of Competition for the 1987 World Veterans Games.

Together with their terrific staff, Organizing Committee, and the hundreds of volunteers, they put on a tremendous event and are to be commended by veterans everywhere.

The knowledge we gained by working with Peg and Ray and their committee has already been of enormous assistance to us as we organize the 1989 Games. They opened their homes and hearts to us and willingly shared their knowledge and experience (sometimes even in the middle of a "slight hiccup"). The generosity of our Australian hosts will be long remembered.

"Eugene will have to go some to match what they did here." Congratulations, Peg and Ray. You deserve a gold medal!

Tom Jordan

Executive Director

Barbara Kousky

Executive Secretary

VIII World Veterans Games

I would like to say a word of praise for the organizers of the World Games in Australia. They set a standard which will serve as a very difficult goal for the 1989 games. It would be good to be able to identify the people most responsible for the success of the games. There was a large committee and many volunteers and officials who all deserve credit, but there is not room in this letter to list all of them with their contributions.

Ray Callaghan, Competition Director, should be credited for the smoothness of the meet itself, and Peg Smith, Executive Director, and Graeme Salt-house, President of the games, for the overall attention to the myriad details inherent in such a large enterprise.

Also, the Australian people were so helpful and friendly — not just the volunteers associated with the meet, but the people on the street — and not just in Melbourne, but wherever Mary and I traveled in Australia.

We would like to add a word of thanks to Arol Escamilla, our diligent group mother in our travels after the meet, and Helen Pain and Al Sheahen

for their expert planning of our Australian adventure.

Jim Vernon

West Covina, California

WENDY COME BACK

Aside from an occasional irreverent remark or chauvinistic admittance, and an almost constant preoccupation with sex (all of which are highly commendable), Wendell Miller's articles were fun-loving, satirical, honest, and entertaining. Bring him back, NMN. I know that Wendy, more than anybody, can keep our beloved sport in perspective and enhance our enjoyment in participation.

Gordon Reiter

St. Louis, Missouri

COME COMPETE IN CHILE

I am writing to you on behalf of the Board of Directors of the Chilean National Senior Athletic Association to let you know that we are organizing the V Pan-American Senior Athletic Championships, which will be held in Santiago, April 1 and 2, 1988.

This event has been sanctioned by WAVA, and we would like to have as

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NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC)

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1715 Alamo Ave.
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Indoor Records and

Indoor & Outdoor Rankings:

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Awards Coordinator:

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(201) 531-4156

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Harpwell, ME 04079
(207) 725-8006

Championship Stats:

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405 Curtis Cr.
Wayne, PA 19087
wk (215) 768-2480

Awards:

Kirk Randall - Men
71 Bromfield St.
Newburyport, MA 01950
(617) 465-9677
Ruth Anderson - Women
(address above)

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IF YOU HAVE COMPETED IN ANY STATE, NATIONAL, OR WORLD CHAMPIONSHIPS OR HOLD ANY RECORDS, OR HAVE ACHIEVED AND MILESTONES, PLEASE ENCLOSE THAT INFORMATION (WITH A PICTURE IF POSSIBLE) FOR INCLUSION IN THE MEET PRESS KIT AND PROGRAM. PRESS DEADLINE IS APRIL 1st

OFFICIAL ENTRY FORM

PERSONAL INFORMATION:

NAME: _____ last _____ middle _____ first _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
TELEPHONE: HOME _____ OFFICE: _____
BIRTHDATE: _____ AGE AS OF MEET: _____
SEX: MALE ☐ FEMALE ☐ TAC # _____

SHIRT SIZE SM MED LG XLG XXL

EVENT ENTRIES

PLEASE ENTER ME IN THE FOLLOWING EVENTS:

1. _____ event _____ best recent mark _____	4. _____ event _____ best recent mark _____
2. _____ event _____ best recent mark _____	5. _____ event _____ best recent mark _____
3. _____ event _____ best recent mark _____	6. _____ event _____ best recent mark _____

FEES: (MAKE ALL CHECKS PAYABLE TO PALM BEACH TRACK AND FIELD CHAMPIONSHIPS)

1st EVENT IS \$10.00 _____ \$10.00
ADDITIONAL # EVENTS \$2.00 _____ # EVENTS _____ \$ _____

EXTRA SOUVENIR T-SHIRTS \$5.00 _____ # SHIRTS \$5 _____
TOTAL FEES ENCLOSED = \$ _____

FOR MORE MEET INFORMATION
CALL OR WRITE

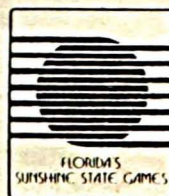
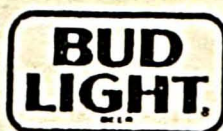
PALM BEACH TRACK AND FIELD CHAMPIONSHIPS
6301 DOCKSIDE CIRCLE
GREENACRES CITY, FLORIDA 33463
(305) 968-7171 EVENINGS

WAIVER OF LIABILITY

In consideration of your accepting my entry into the competition known as The Palm Beach Track and Field Championships, I, intending to be legally bound, do hereby for myself, executors and administrators waive, release, and forever discharge any and all rights and claims for loss, damages, or injury to my person or property arising out of my participation or failure of performance from Palm Beach Track and Field Association, their agents, representatives, successors and assigns.

Signature _____

Date _____



Palm Beach Airport Hilton
Conference Center



EASTERN



CONTINENTAL



SCHEDULE (TENTATIVE)

Saturday, April 16th
8:00am- All field events report to clerk (LJ, TJ, PV, HJ, SHOT, DISCUS, JAVELIN, HAMMER, AND WEIGHT)
9:00am- 5000m run on track
9:00am- 110 hurdles
10:00am- 100m semi-finals
10:30am- 800m
11:30am- 4x100m Relay
12:30pm- 400m hurdles
300m hurdles
1:30pm- 1500m
2:30pm- 100m Finals
3:30pm- 400m
4:30pm- 200m
5:30pm- 4x400m Relay
6:15pm- Awards Ceremony

Sunday, April 17th
7:30am- 10,000m Racewalk on road
8:00am- 10,000m Road Race
all races are finals except the 100m

THE MEET:

Sanctioned by The Athletics Congress/Florida Assoc. the meet will be held at John I. Leonard H.S. stadium located in Lake Worth, Florida, the track is a all weather 400 meter surface, with all field events within the facility.

AGE GROUPS:

19-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-over, for both men and women. Age group is determined by the age of athlete on the date of the meet.

AWARDS:

Custom medallions will be presented to the first (3) three athletes in each of the listed categories.

TEAM AWARDS

Team trophies to the top three (3) overall teams and plaques to the top team in each of the following categories: Open Men, Sub-Masters Men, Masters Men, and Overall Women

ENTRY FEES:

In order to enter the meet Please use the attached entry form. The entry fee is \$10.00 for the first event (includes meet t-shirt) and \$3.00 for each additional event. Additional souvenir T-shirts can be ordered at the time of your entry for \$5.00 (\$7.00 at the meet site)

ENTRY DEADLINE:

All entries must be postmarked by April 10th. All late entries will be charged \$2.00 per event late fee. (no exceptions) For further information, call Palm Beach Track and Field Championships at 305/968-7171.

MAIL ALL ENTRIES TO:

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GREENACRES CITY, FLORIDA 33463
MAIL ENTRIES AS EARLY AS POSSIBLE

MEET PACKETS:

Meet packets can be picked up at the meet headquarters hotel on Friday April 15th in the hospitality suite, or at the track on the day of the meet.

NOTE:

On certain events some age groups may be combined for scheduling purposes. Some finals will be based on times. In all running events the order shall be oldest to youngest, men and then women. All TAC/USA rules will be followed. A final schedule of field events and running events will be posted at the meet headquarters and at the track. No entries will be taken for field events after 8:30am April 16th and for running events 9:00am, excluding the 10K run and 10K Racewalk.

TRANSPORTATION: As the official airlines Eastern/Continental will be handling your air travel arrangements... even if you do not live in a city served by Eastern/Continental... just call our toll free number and we'll book you on Eastern or Continental or the airline of your choice.

FARES: Eastern will guarantee a group discount rate of 60% off the normal coach fare and Continental will offer 30% off the normal coach fare for individuals traveling roundtrip from many cities within the continental United States. For athletes living outside the continental United States call their nearest travel agent for the best applicable rate.

TICKETING: After you have reserved your flights you may purchase your tickets from your local travel agent, any Eastern/Continental Ticket Office or we will mail them to you along with an invoice for payment. Regardless of where you choose to pay for your tickets, call Eastern/Continental CONVENTION DESK now to reserve your flights.

REMEMBER CALL

1-800/468-7022

*Convention desk sales hours: 8:00am - 9:00pm Mon-Fri EST
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MEET HEADQUARTERS HOTEL-PALM BEACH AIRPORT HILTON
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The Hotel is a first class quality hotel and is offering rates of \$49.00 per night for up to four (4) occupants. To reserve a room call 305/684-9100 and tell them that you are with the PALM BEACH TRACK AND FIELD CHAMPIONSHIPS. There is 24hr. pick up and delivery from the airport. Once you arrive in WEST PALM BEACH you can contact the hotel from the special phones in the main airport terminal.

Murphy, Rothman Top Masters in Rocket City Marathon

Continued from page 1

with a 2:49:09, who would be running for the first time in Huntsville.

And it had Mary Ellen Williams from Darnstown, Md., whose previous best was 2:50:37, which she ran in the first women's Olympic Trial race in 1984.

The male field looked like a "two-horse" race. Irishman Patrick Murphy was top seed, but Robert Schlau, just



Jane Hutchison, second masters female at the Rocket City Marathon, Huntsville, Ala., Dec. 13. Photo by Jim Oaks

off a 2:20:46 at Twin Cities, looked to be in better shape. Other top seeds included Derck Frechette and home-stater Morgan Looney. Four-time master winner Don Coffman was not an entry this year, due to some high blood pressure problems that had forced him to cut back his racing efforts.

On race day morning the temperature was in the low 50s, quite a contrast to the two previous years when the race was run in sub-freezing conditions. However, a bright sun and a fairly brisk wind caused the times of most runners to be slower than expected.

In the female competition, Hutchison, coming into the race off a couple of 100-mile weeks in November, went out hard to take the lead in the first mile. "I was really pumped up," the Joplin, Mo., elementary teacher said. "I think I was slightly under 6 minutes that first mile."

At five miles, Hutchison was third female overall in 31:00, followed by Walters in 31:52, and Rothman at 32:00. All three looked smooth at that point.

At ten miles, Hutchison still led with a 63:10, followed by Rothman at 63:45, and Walters at 63:58. By then, Walters was beginning to show signs of fatigue from the heat and wind.

At 15, Hutchison was at 1:35:26 and still enjoyed a 34-second margin over Rothman. Williams had moved into third (1:36:46), followed by Walters at 1:38:04.

In the next three miles, Hutchison began to slow, and Rothman's more cautious early pace paid off as she continued to grind out 6:25 miles.

"I caught Jane around mile 18," Rothman said, "and was feeling good enough to push the pace a little for about a mile after I passed her. I guess



WZYP Rocket City Marathon 1987: Female masters winners: Helen Reed, Jane Hutchison, Nancy Parker, Bobbi Rothman, Mary Anne Woodring, Ann Smith. Photo by Jim Oaks

I paid for that surge later on, because my last two miles of the race were as hard as any marathon I have ever run."

By 20 miles, Rothman not only led the tight masters competition but had moved into second place overall. She held that position to finish in a female masters course record of 2:49:33, breaking the 2:52:53 that Cindy Dalrymple had set in 1986.

Rothman took first masters money (\$1000), second female money (\$750) and was presented a bonus of \$500 for the new female masters course record for a total of \$2250. "Not too bad for a little less than three hours work," she told a local reporter after the race.

Hutchison held on to third place overall (\$500) and second master (\$500) with 2:50:06 to take home \$1000. Third place masters money went to Williams (2:54:57). Walters (3:02:54) showed strong determination in finishing a race that caused many of the men to drop out.

Atlanta's Nancy Parker, running for the first time in the W50 class, set a course age record in winning that division in 3:13:38.

In the men's competition, Schlau went out with a pack of open runners

trying to qualify for the Trials and by five miles was more than a minute ahead of Murphy, 26:00 to 27:10. Frechette was third at 28:17.

At 10 miles, Schlau was still well ahead of qualifying pace in 52:05; Murphy was second at 55:22; and Frechette third at 56:47.

By 15, which Murphy passed at 1:23, Schlau had decided to wait for another day to try again to be the oldest qualifier for the Trials.

"I have been having trouble with my legs getting tight around 12 miles on every long run I have tried to do since Twin Cities," Schlau said. "It was the same way today."

At 20 miles, Murphy was at 1:53:40 and went on to take top masters money of \$1000 with a 2:31:57. Frechette was a victim of the wind around mile 22 and did not finish. Second went to Greg Brandon of Douglasville, Ga., a recent 40-year-old, who ran a four-minute PR to take the \$500 masters money in 2:40:54. Robert Goodrich of Belleville, Ill., ran 2:41:57 for third.

Larry Fox of Castalia, Ohio won the M45 title (2:43:30); Gerald Koch, two-time defending Racing South Grand Prix Champion won the 50-59 title

Continued on page 7

NATIONAL MASTERS NEWS Subscription Form

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Wendy Jurutka, 37, poses in front of Hilton Lake in California. Jurutka was on a 10-mile run with the group from the 1987 Mammoth Athletics Camp. Three one-week sessions are planned this year.

Photo by Teri Ingram

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Address _____ City _____ Zip _____

Phone () _____ Session Dates: _____

ACCOMODATION PLAN: #1 #2 #3 #4 (circle) ADD..... BALANCE DUE \$ _____

MEAL PLAN: yes no (circle) ADD..... \$ _____

TOTAL BALANCE DUE JUNE 1, 1988..... \$ _____

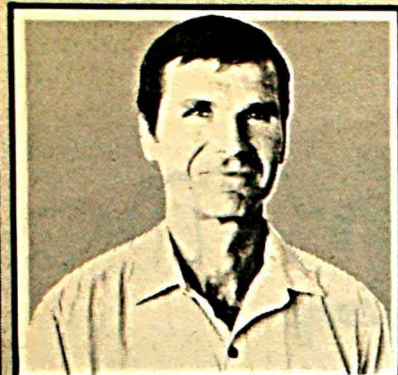
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EXP Date _____

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Third Wind

by Mike Tymn

To Compete or to Frolic?

"You can't go to a meet and compete and have fun. If you want to have fun, you go to a meet as a spectator." — BEN PLUCKNETT, former world-record holder in the discus.

In his November column, Jerry Alan Donley, TAC masters track and field chairman, wrote that "our competition still has its highest priority — FUN and enjoyment." The emphasis on the word "fun" is his.

Sorry, Jerry, but I've got to take issue with you on that one. It's not my highest priority, and I know many others who don't consider it so. It might be just a matter of semantics, but that word — *fun* — hits a nerve. Maybe it's my Catholic upbringing or my association of the word with the Playboy-type philosophy. Whatever it is, I've got to put my two cents in here.

I'm not saying there isn't room for two schools of thought in track and field or road racing. The ancient Greeks had their Stoics and Epicureans. I guess we can have serious competitors and fun runners (or frolickers). Clearly, there is a division of thought in the masters arena, as well as among the open competitors, and it is sometimes the source of conflict, although not always clearly recognized.

When the fitness and running boom hit us in the early 1970s, people started running for fun, and we began having "fun runs." Many hard-core runners found the fun-run philosophy difficult to accept, as they had come to believe that running was a sport and involved pushing oneself to his or her limit — gutting it out, if you will. They could not understand people just frolicking along in a competitive event while smiling, laughing and waving, obviously

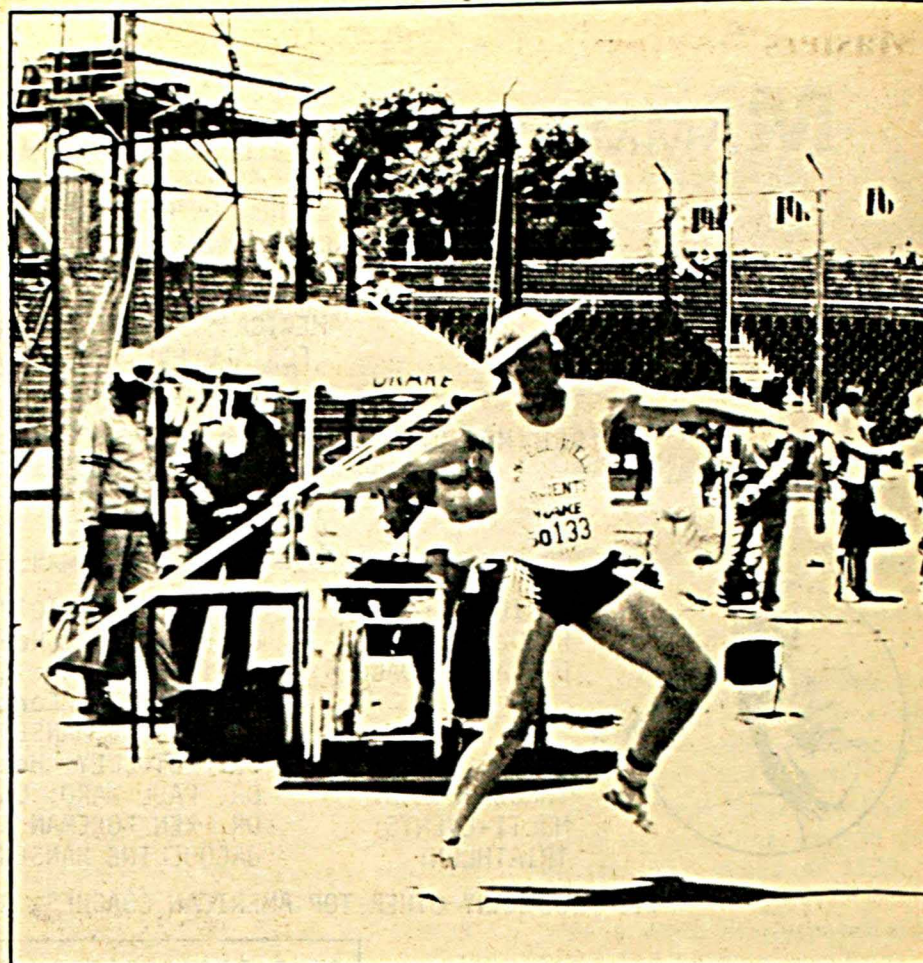
not giving anything close to full effort. It seemed that the very integrity of the sport was being threatened.

As someone who has always believed in going all-out in any pursuit, I was one of those who found the frolicker mentality difficult to understand or accept. Why would anyone pay good money to participate in a race after giving only half-ass effort in training and then staying well within the comfort

Many hard-core runners found the fun-run philosophy difficult to accept. It seemed the integrity of the sport was being threatened.

zone during the event itself? Why clutter up the races? Why not stay home and plod around the block for nothing?

The conflict between the two schools became very clear to me when, during the late '70s, an end came to Hawaii's most competitive road race. The King Kamehameha Day Kuikini, a 4-mile dash through Waikiki, had become the favorite event of serious runners. But when the frolickers began invading the race, it became too large to administer



Phil Conley, M50, California, earning a 7th place at the World Veterans Games in Melbourne, with a throw of 165-4.
Photo by Gretchen Snyder

and race organizers decided to change it from a race to a giant fun run. In my column in the *Honolulu Advertiser*, I suggested that frolickers stay home and run around the block so that the Kuikini could be preserved as an athletic contest. I got some poison-pen letters in reply and very few of the frolickers took my advice. The race died and became a dance, a parade.

As more and more frolickers became competitors, the two schools to some degree coalesced and in many ways complemented each other. Still, the schools remain. They are not polarized schools, any more than those of Stoicism and Epicureanism were. Those who have studied the Hellenistic Age inform us that the popular idea of masochism being the technique of the Stoic is as much a travesty as the "eat, drink, and be merry for tomorrow you may die" philosophy identified with the Epicurean.

I have to confess that while struggling with my running in recent years I've tried to convert to frolicking. Tired of grinding out 70-90 miles a week, I decided to back off to a more modest 30-40 and see if I could have "fun." But I found that running at less than my full potential is not fun, at all. Maybe I should say it was fun but not fulfilling.

I think the serious runner or field athlete feels about running, jumping, or throwing much the same as baseball great Tom Seaver felt about pitching. In a 1981 interview for *Sports Illustrated*, Seaver said: "People ask me after a shutout, 'Was that fun?' And the answer is *no*. No, it was not fun.

Because fun is such a minuscule word for the satisfaction of what I'm doing. Fun is needling a teammate, laughing in the clubhouse. Pitching is far beyond that. I have a sense of satisfaction after a good game, not one of joy."

As I see it, you can be one of three things: a fitness runner who does not participate in races; a fitness runner who does enter races, i.e., a frolicker; or a competitor. The latter is not

I've tried to convert to frolicking, but found that running at less than my full potential is not fun, at all.

necessarily an elite runner; rather he or she is someone who gives 100 percent in pursuit of a certain success. Running is to that person as basketball is to Georgetown.

"Georgetown basketball is not always fun, but success is," said their coach, John Thompson, a few years ago. "We're trying to accomplish something here, and that takes a certain amount of concentration, work, dedication and determination. When we're riding the bus to a game, we laugh and joke, but when I want people concentrating, I don't want them laughing and giggling."

As I said in the beginning, Jerry, I think it's just a matter of semantics. I don't think you expect all of us to be a bunch of frolickers. I gather you're not. If by having fun, you meant, as Thompson puts it, succeeding, then I fully agree with you. □



SYRACUSE
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TAC EASTERN MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

Sunday, March 27, 1988
Manley Field House - Syracuse University

Hosted By: Syracuse Chargers Track Club

Pre-Registration Only!

For Complete Information And Entry Forms, Send a SASE To:
Evelyn White, 18 Foxcroft Dr., Fayetteville, N.Y. 13066

Masters "Skins" Match Set

In a modest version of a masters "skins" match, it will be winner-take-all at the annual Runner's Den/KOY 10K (Phoenix, February 7) between newly-minted masters Bill Rodgers and Frank Shorter. The prize: \$5000.

"We were looking for something special and interesting to celebrate the race's tenth anniversary," explains Director Rob Wallack. "It seemed a natural." Noting the unusual attention given the Rodgers-Shorter Charlotte race (see story) by the Phoenix press, Wallack points out that Rodgers now "lives here most of the year." (On January 9, Rodgers pulled out of the Phoenix Marathon after 15 miles to favor "a slight achilles problem.")

"Also, both Bill and Frank are after the masters record," Wallack adds. "Both have run our race and know that it's a flat, fast course and that the weather's likely to be good." Over the years, despite limited travel budgets and small prize purses, this Phoenix 10K has fielded top-ranked foreign and domestic runners (many wintering in Arizona) and produced fast times. □

— Tom Sturak

Rodgers Tops Shorter in Charlotte

Continued from page 1

Taking off, Boston Billy quickly opened a gap of 30 to 40 yards.

Olson, who finished third (31:19), was close witness to the dual: "I could see once he hit the hills, Shorter was not going to make a move on Rodgers, and he even looked back at me a couple times." Shorter concurred: "There's nothing you can do about it when someone pulls away like that."

For his 21-second victory, Rodgers earned a much-needed \$2000 (business debts have forced him to sell off his Boston house), with Shorter taking \$1000 home to Boulder. The remainder of the purse went to Olsen, \$500; Brown (31:34), \$400; and Bob Schlau

(31:39), \$250.

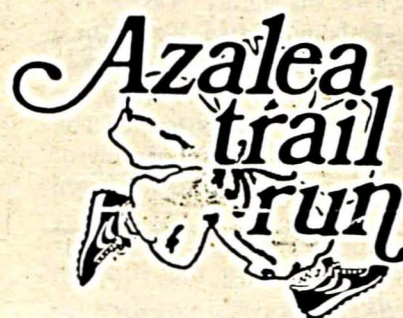
Bobbi Rothman, 41, ran 39:11 to capture the women's masters first-prize of \$1000 easily, more than two-minutes ahead of Anna Moore, 43, (41:41/\$500). The next three women finishers also won money.

By all accounts, the men's masters event overshadowed the other races staged in Charlotte, January 2. Major newspapers throughout the country (e.g., *Los Angeles Times*) picked up the wire-service story that focused exclusively on the outcome between Rodgers and Shorter.

The relative closeness of their race perhaps enhanced interest. It certainly stimulated Shorter, who exhaled,

"That was about as close as it could get." Last October at the Heartland Hustle 10K (Davenport, Iowa), he had been beaten badly by Rodgers as a sub-master — 29:40 (age-39 AR) to 31:59.

Scheduled to meet again in Phoenix, February 7 (see sidebar), the two great protagonists of the U.S. road racing boom of the 70s could now provide the hot nucleus of a viable masters circuit drawing together the likes of Olson, Brown, Schlau, Web Loudat, Tracy Smith; and such foreign veterans as Mike Hurd, Antonio Villanueva, Guenter Mielke, et al. □



**PROHEALTH
FITNESS CENTER**

10,000 METER & 2-MILE FUN RUN

Mobile, Alabama • March 12, 1988 • 8:00am

This is the 11th Anniversary of the Azalea Trail Run. Come to our pre-race party and dinner Friday, March 11th, and the nationally recognized Azalea Trail Run Saturday, March 12. Call or write for details including special Challenge '88 programs for Mobile and Baldwin County schools.

Azalea Trail Run

Post Office Box 6427 • Mobile, Alabama 36660 • (205) 473-RACE

REGISTRATION FEE SCHEDULE

	EARLY REGISTRATION Thru January 31, 1988	PRE- REGISTRATION Thru February 19, 1988	LATE REGISTRATION Thru March 11, 1988
10K	\$10.00	\$12.00	\$15.00
2 MILE	\$ 7.00	\$ 8.00	\$10.00

Students may enter at a special rate for Challenge '88.

Announcements to be made through schools

Check one only ☐ 10,000 meter 8:00 a.m. ☐ 2-mile 9:30 a.m. ☐ Male ☐ Female ☐ Age on 3/12/88

☐ Wheel Chair entry ☐ T-Shirt ☐ S ☐ M ☐ L ☐ XL ☐ Best 10-K Time ☐ MIN. ☐ SEC

LAST NAME (Please Print) FIRST NAME M.I.

STREET ADDRESS (Street and Number) HOME PHONE

CITY STATE ZIP CODE BUSINESS PHONE

RELEASE FORM: In consideration of the Port City Pacers Runners Club, Inc. (PCPI), its sponsors, agents, servants, representatives, licensees, contractors, successors, and assigns organizing and conducting the Azalea Trail Run (Road Race), held on March 12, 1988 and allowing me to participate and run in said race, I hereby waive, release and discharge forever said PCPI and its said sponsors, agents, servants, representatives, licensees, contractors, successors and assigns, from any and all claims, demands, rights and causes of action of whatsoever kind and nature arising, directly or indirectly, from any and all known or unknown, foreseen and unforeseen, bodily and personal injury, damage to property, and the consequences thereof resulting from my running and/or participating in said Road Race, said Release Not To Sue for any said injuries and/or damages. I give permission for the use of my name and/or picture in any broadcast, literary or other account of this event.

ALL ATHLETES ENTERED IN ANY TAC SANCTIONED COMPETITION ARE SUBJECT TO DRUG TESTING FOR BANNED DRUGS LISTED IN IAAF RULE 14.

Date _____ Signature _____

Signature of parent or guardian if under 18 _____

Make checks payable to: AZALEA TRAIL RUN Mail to: AZALEA TRAIL RUN, P. O. Box 6427, Mobile, AL 36660



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205-473-RACE

Murphy, Rothman

Continued from page 4

(2:48:02), and Dick Benson of Douglas, Ga., set an M60+ course record (3:09:45).

The number of runners who have completed all eleven Rocket City Marathons decreased from seven to six after this year's race. Five of those six are masters: Dean Godwin, 48, of Aiken, S.C.; James Foreman, 53, of Huntsville; Garry Elkins, 45, of Gadsden, Ala.; Charlie Cooper, 50, of Madison, Ala.; and Larry Boots, 46, of Birmingham, Ala.

Robin Hines from Tullahoma, Tenn., who has run a marathon in each of the 50 states, completed his 88th marathon at Huntsville. He still rates the Rocket City as one of the best.

There were 1120 registered runners for the race, down about 75 from last year, but still large enough to keep it as one of the top marathons in the South. The entrants came from 36 states and four other countries, and 66 percent were from outside Alabama.

This year marked a 10-year anniversary for Nike as a major sponsor of this race, placing it in a special category with the Cascade Runoff and Bloomsday, the only other races for which Nike has provided continuing sponsorship for 10 or more years. □

PROFILE

Eugene Kitts

Now and then you hear about a distance runner putting in 130 miles a week of training. That sounds prodigious enough. But a racewalker doing that much? We're talking around 25 hours a week of training, not including supplemental activities such as biking, swimming, and weight training.

Eugene Kitts, a 40-year-old Aiea, Hawaii chiropractor, does just that. He estimates that he spends up to 30 hours a week in preparing for competition.

And it seems to have paid off. Kitts ranks among the top ten racewalkers in the country at 50 kilometers and is a member of the national team. A recent 4:23:19 in Houston, Texas was an over-40 American road record



(although a little short of the 4:22:20 on the track by John Knifton in 1980).

Three weeks before the Houston race, Kitts heel-and-toed a 4:28:37 to finish second in a Los Angeles race and thereby became one of just 12 Americans to better the Olympic Trials qualifying time of 4:30.

"Three years ago I didn't know what racewalking was," Kitts says from his home high on a mountain above Pearl

Harbor. "I was training four to five hours a day for triathlons, and I was having a lot of back pain. It reached the point that I couldn't run anymore. But I found that I could walk out the problem."

A native of the Sacramento, Calif., area, where his father was a rice farmer, Kitts graduated from Chico State College and Western States Chiropractic College before moving to Hawaii in 1979 "mostly to surf and take advantage of the warm weather." He took up running a year later, ran

Kitts ranks among the top ten racewalkers in the country at 50K and is a member of the national team.

two marathons, and then got into triathlons. He finished second in the 1984 Escape from Alcatraz triathlon in San Francisco and also placed high in several Hawaii events before a friend introduced him to racewalking.

With just a little over a year of racewalking experience, Kitts placed third in the 1986 National TAC 50K Championship in Seattle. In the America Cup speed walking championship near Montreal that October, he finished

Rain and Wind Up Times in Sacramento

by JERRY WOJCIK

Jussi Hamalainen, 41, and Rebecca Baum, 40, survived heavy rains and a driving wind, which literally blew the shirt off of the open men's winner, to win masters honors in the California International Marathon in Sacramento on December 6.

Hamalainen finished in 2:34:18, nine seconds ahead of second master Robert Nelson, 47. Bill Sevald, 41, was third in 2:34:53.

The W40-and-over race followed much the same pattern. Baum ran 2:58:43, leaving second to older runner Patti Donley, 47, with another W40, Susan Henderson, 41, closing in 3:00:23 for third.

Other division winners included Ray

Piva (M60, 3:07:11) and Kit Pickles (W60, 4:26:06).

The open winner, who recovered his wind-blown singlet, was Peter Maher (2:16:49). Patti Gray won the women's race (2:40:29). Both collected \$10,000 of the \$56,000 total prize money. □

Quote of the Month

"You don't lose that much with age, and I never considered age important. Performance is limited more by training and injuries than anything else."

— Dr. George Sheehan

ninth and helped the American team to a second-place finish behind Mexico and ahead of nine other North American countries.

For most of 1987, Kitts struggled through hamstring problems. "I was up to 150 miles a week," he explains. "Whenever I get over 130, I seem to teeter on injury. That's why I'm peaking at 130 now. I've substituted some biking and that seems to have really helped."

To put in all those miles, Kitts averages four hours a day, doubling on weekdays with a 12 miler in the morning and a shorter workout during the evening. He gets in his long walk on Sundays, frequently flying over to the big island of Hawaii to walk the 28 miles from Hilo up to the volcano or to the island of Maui to walk the 31 miles up Mt. Haleakala.

"I need that hill training," he says,

adding that the climb up to his home from his office is a mere 4.4 miles. "I take along tapes, listen to rock 'n roll. It's fun walking up hill."

Kitts also trains on weight machines, doing mostly leg work. "I do pull-ups and dips for upper body strength." He swims when he is injured, feels an injury coming on, or is tapering for a big race.

Do all top racewalkers follow such a grueling regimen? "The other guys don't seem to be doing as much, but they've been walking five, ten years already," he responds, suggesting that perhaps the others have built up a better base. "Besides, I'm older and I have to train harder to keep up."

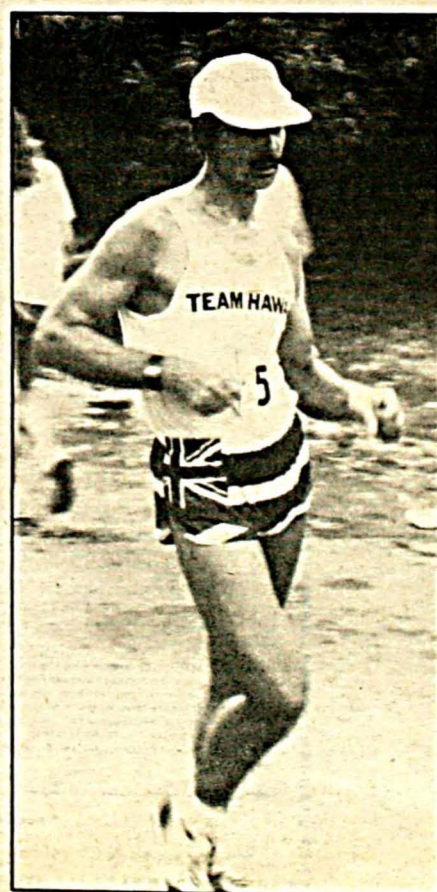
Kitts practices chiropractics from 9-12 in the morning and then from 3-6. He frequently takes a nap during the three-hour break.

In order to qualify for the Olympic team, Kitts figures he'll have to chop a good 12-15 minutes from his best time and get down to between 4:05 and 4:10 for the 50K distance. He recently purchased a treadmill, hoping that it will help him accomplish that. "I've got to get a lot faster," he explains. "I can hold an 8-minute mile for 15-20 miles right now, but I've got to be able to hold it for 31 miles. The treadmill might force me to go faster."

Kitts also hopes the treadmill will help his form. "Technique has a lot to do with it. I have a tendency to lean back too much and have to work on my forward lean. I can take films of myself on the treadmill and study them."

At 5-11 and 165-170 pounds, Kitts is big compared to most top racewalkers. Last year he tried to drop his weight, but ran into problems. "It weakened me too much for the long distances," he says. He also found that he became deficient in iron and he now closely monitors that.

"You do something wrong and you learn," he concludes. "I'm still learning." □ —Mike Tymn



Eugene Kitts

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Masters Mile Set for Millrose Games

For the second straight year, a masters mile will occupy a featured spot on February 5 in the annual Millrose Games, the most prestigious indoor track meet in the U.S.A.

Marc Bloom, who organized the successful event last year, said that invitations have gone out to Frank Shorter, Bill Rodgers, Jim Ryun, Harold Nolan, Al Swenson, Barry Brown and Web Loudat. The race is scheduled for prime time: 8:45 p.m.

"Shorter is definite, Ryun is maybe, and Rodgers is doubtful," Bloom said. Last year's winner, Tracy Smith, is sidelined with an arrhythmia and a touch of plantar fasciitis. Loudat is coming off a good 4:08 1500 at the World Veterans Games in Melbourne.

Shorter ran a 10K in 31:10 in Charlotte on January 2. Swenson ran a 4:18 mile and 4:03 1500 last year.

David Zinman will cover the race for NMN. His exclusive story and photos will appear next month. □

Rankings for 1987 50m Compiled

On page 24 are rankings for the 1987 50m for men and women from age-group 30-34 and up, compiled by William (Hank) Nottingham of Florida.

Nottingham's rankings include indoor performances as well as outdoor times. Associated times for the 50y, 60y, 55m, and 60m were converted using factors derived by taking the open world records for those distances, computing the ratios vis-a-vis 50m and checking these ratios against available

masters data.

The ratios are approximately identical to last year's, changing only in the second decimal place for three of them. These ratios are 50y to 50m = 1.06 (1.07 last year); 60y to 50m = 0.93 (0.94 last year); 55m to 50m = 0.93 (0.94 last year); and 60m to 50m = 0.87.

Readers interested in more information can contact Nottingham at 290 Marco Way North, Satellite Beach, FL 32937. □

Midwest Masters Regional Indoor Track & Field Championship



Date: Sunday, March 13, 1988
Place: Westwood Sports Center
West LeFevre Rd., Sterling, IL

FACILITY: 200 meter Tartan Track and Runways, 1/4" spikes max. allowed. Showers and dressing facilities available. Bring your own towel.

ELIGIBILITY: Competition open to all men and women 30 and over. All competitors must be registered with the Athletic Congress for 1988. Registration forms available at meet site.

AGE GROUPS: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-89, 90+.

ENTRY FEE: Entries post marked by 3-7-88: \$5.00 1st Event, \$10.00 2 or more events, and \$10.00 Relay. After 3-7-88: \$7.00 1st Event, \$14.00 2 or more events, and \$10.00 Relay. Registration and number pick-up open 10 a.m. the day of the meet at the meet site.

RULES & STANDARDS: As set forth by WAVA and adopted by Tac Masters.

EQUIPMENT: Starting blocks and implements for weight throw shall be furnished. Bring your own shot.

ATHLETES CHECK-IN: As announced at 1st call.

TRIALS: Will be run in age groups in the 60 yard hurdles and 60 yard dash, starting with oldest women to youngest men that have more than 6 entries.

FINALS: Following heats in the 60 yard hurdles and 60 yard dash, all others will be in sections against time if needed.

AWARD: Medals to the 1st three in each division in each event. Limit of three. Over three may be purchased for \$3.00 each.

RECORDS: Verification of records and forms by contacting meet director, Dick Green. World and National records and all American standards.

HOTELS: Ramada Inn, 1-800-228-2828 Single: \$35.00, \$5.00 for each additional person.
Super 8, 1-800-843-1991 Single: \$27.88, Double: \$36.88.

Both located off of Rt. 1-88, Rock Falls, IL, 3 miles from track.
Inn of Sterling, 1-815-626-5500 Single: \$26.95, 2 or more \$30.95.
Located at 2610 E. Lincolnway, Sterling, IL, 3 miles from track.

ORDER OF EVENTS:	RUNNING EVENTS—12:00 NOON	FIELD EVENTS—11:00 A.M.
	60 Yard Hurdles	Long Jump
	1000 Yard Run	Shot Put
	60 Yard Dash	Pole Vault
	2 Mile Run	Triple Jump
	300 Yard Dash	High Jump
	2 Mile Race Walk	25# Weight
	600 Yard Run	35# Weight
	1 Mile Run	56# and 98# Weight Throw
	4 x 4400 Yard Relay (10 Year Age Groups)	

Send completed and signed entry and check payable to Dick Green, P.O. Box 6147, Rockford, IL 61125.

Last Name _____		M.I. _____	First Name _____
Name _____			
Address _____			
City _____	State _____	Zip Code _____	
Tac# _____		Phone # _____	
Sex M _____ F _____	Birthdate _____/_____/_____	Division _____	
Events _____		Amount Enclosed _____	

Athletes Release: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against the Masters Athletic Committee, the Westwood Sports Complex, any and all meet officials, volunteers or anyone associated with conducting the Midwest Masters Track & Field Meet.

Date _____ Athlete's Signature _____



Joan Hooper, W50, of Australia, winning the 5K road walk in 26:35 in the VII World Veterans Games, Melbourne. Photo by Gretchen Snyder

Five Years Ago This Month — February, 1983

• Comedian Bill Cosby began his competitive track and field comeback on January 4 in Philadelphia's ARCO/7-up Masters indoor meet at Convention Hall with a 7.5 in the 60-yard-dash and 5-2 high jump.

• Jack Foster, 50, was the first masters finisher in 2:28:15 in the 10th annual Honolulu Marathon on December 12.

• Jack Kelly, masters T&F 1982 administrator-of-the-year was recovering from surgery in Philadelphia after he was shot resisting an armed robber December 27 in Fort Lauderdale, Florida.

• Alton Miguez, 42, and Ann Diaz, 42, won masters male and female titles in the Rocket City Marathon in 2:30:07 and 2:53:38, respectively. □



Winning the Mental Game

by KAY PORTER and JUDY FOSTER

*In the following excerpt from **The Mental Athlete: Inner Training for Peak Performance** (Wm. C. Brown Publishers, Dubuque, Iowa, \$10.95), Kay Porter and Judy Foster give some sound advice you may find useful in preparing for competition. This selection is from the chapter entitled "Dealing with Problems and Blocks in Competition."*

There is a law in psychology, the Yerkes-Dodson Law, that states that if a little bit is good, a whole lot is not necessarily better. In other words, *some* anxiety, excitement, arousal or anticipation is good for motivation, but too much decreases optimum performance. As a masters athlete, you must learn how to govern your emotions so they work for you, not against you.

Three of the more common problems or blocks in competition are:

- negative self-talk
- choking/panic/freezing
- fear of failure, losing face, or looking bad or stupid.

Negative Self-Talk

Most of the blocks we experience as athletes come from our negative self-

talk and our belief systems about ourselves. Thoughts such as "I don't have enough talent," "I'm not good enough," or "I am not disciplined enough" stand in the way of our improvement. "I'm too young, I'm too old, I'm too tall, I'm too short . . ." are all limiting beliefs that keep us from achieving and help to create fear in competitive situations.

Affirmations, when done consistently, help "reframe" or reprogram negative thinking patterns. When you become conscious of what you are telling yourself in competition, you begin to get a handle on how to get beyond the limitations of your mind. Every time you notice yourself saying negative things, acknowledge that you are doing it, be patient with yourself and say something such as "Oh, there I go again; okay, let's get back to the positive." Then begin to go over some of your affirmations with yourself, saying, "I am as good as anyone here," "I enjoy competing," "I am strong and confident," "I am relaxed, alert and ready to do my best." With practice, such statements will become reassuring and calming influences for your mental state during competition.

Choking/Panic/Freezing

When an athlete chokes, it is usually because she or he is fearful or angry. A tennis player, for example, may begin to choke, missing every shot and becoming more and more frustrated. The player has lost the focus of the moment and continues to think of blown shots and mistakes made in the past. This process, combined with negative thinking, interferes with concentration and confidence. To counter it, the athlete must calm her/himself and shift concentration to the present, focusing all attention on the upcoming shot.

Letting go of the past and forgiving oneself for making errors is crucial to improvement. This may take an act of considerable will. It may be difficult at first, but it can become a habit over time.

If the choking comes from fear, acknowledge the fear: "Oh yes, here I am again and I know I feel scared," and so on. Then imagine it as a ball shrinking until it is a small, manageable size. If you acknowledge the fear and let it go, you decrease your resistance to it and it will not get in your way: You control the fear instead of it controlling you.

Wallowing in fear accomplishes nothing. After acknowledging fear, take positive actions to begin thinking differently. You may want to think about the next move or shot you will be making. Affirmations such as "I am alert and ready" or "I am centered, calm, relaxed and ready" may help you return to a more controlled and peaceful state of mind.

Precompetition fear may be dealt with in a variety of ways. In addition to the positive and present focusing and centering/relaxation techniques, you may want to remember a successful and pleasant experience in either practice or competition, in which you were in complete control and performing confidently and well. It may help to imagine a very successful practice you had so that you can see, hear and feel all the bodily sensations you had when performing well. When you remember

and recall the confidence and well-being you felt in practice, the feelings and sensations of competency and control will bring to your body a different physical state and will replace the fear with confidence and calmness.

As the tensions of our day increase, our breathing becomes more shallow. One of the cornerstones of relaxation is good, deep breathing. Notice that when you are tense, uptight, fearful or nervous, you begin to hold your breath. This is a natural response. We often tease the athletes we work with by asking if they are breathing: many times they are not breathing regularly. Begin noticing when you're in any tense situation — at work, in athletics, in your personal life — whether you are holding your breath or breathing shallowly. If you find you are, make an effort to breathe deeply and fully in order to create a more relaxed state of mind and physical well-being.

Physical movement changes mental states, so activity such as stretching, jogging briefly or in place, or simply walking while being aware of your breathing should assist in controlling a feeling of panic. Doing a short centering and focusing sequence while sitting, standing or lying down is also helpful in controlling pregame panic. Close your eyes for a moment and bring your attention inward. Noting your breathing is most important. Again, call for the feelings of confidence and control from previous practices or events; it will help you to attain a more relaxed state. Your attention should be directed at maintaining relaxed, full breaths.

Fear of Failure, Losing Face, Looking Bad

Fear of failure, losing face or looking bad manifests itself in an outward rather than inward focus. Refocusing on our techniques, our bodies and our events, rather than on the crowd watching us, brings us back to the present moment and makes us internally focused. The successful athlete learns to ignore the crowd or uses its sounds as motivation to do better. "They are for me; they want me to do well."

A quiet sense of confidence can sustain an athlete even when the crowd may be booing. It is this inner reserve and confidence that brings forth peak performances. This state can be accomplished by the centering and breathing technique, saying affirmations and feeling the relaxed and alert state of readiness for competition. Successful athletes know not to take the crowd's emotional displays personally but to remain centered within themselves and their performance. □



1988 TAC NATIONAL MASTERS 15K ROAD CHAMPIONSHIP

MARCH 13, 1988
9:00 A.M.

For entry, send self-addressed stamped envelope to:

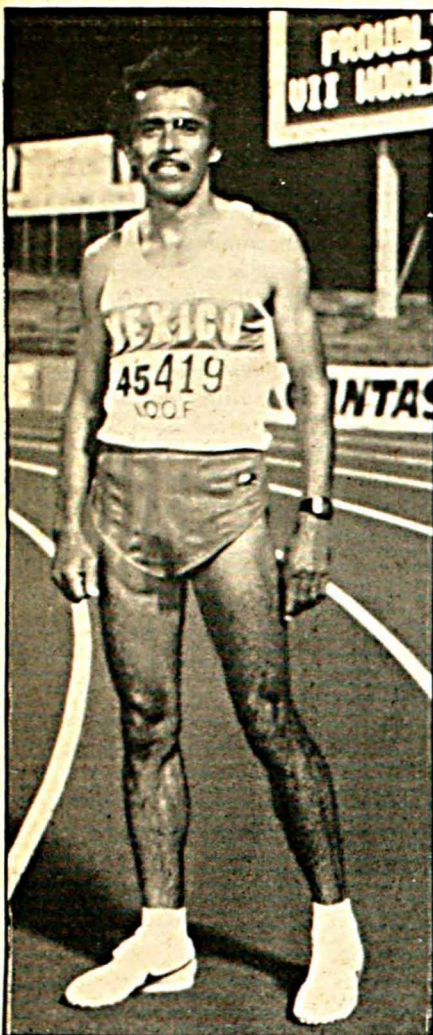
TAC 15K Championship • P.O. Box 40728 • TUCSON, AZ 85717-0728

PHONE: (602) 744-6256

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Antonio Villanueva, M45, Mexico, winner of the M45 5000 (14:44), and 10,000 (WR 30:02), World Veterans Games, Melbourne.

Photo by Gretchen Snyder

Stahl, Filutze Winners in Columbus

by JERRY WOJCIK

Kjell-Erik Stahl, 41, of Sweden, failed to add another sub-2:20 marathon to his total of 60 in the Columbus Marathon in Ohio on November 8, but he was somewhat consoled by a \$1900 check for his 11th-place finish, plus another \$1000 for his masters course record of 2:20:23.

Stahl, whose 2:12:33 is second on the all-time masters list, had a pre-race plan of running 32:00 for the first 10K, but a stiff, race-day wind changed that. "I felt dead, right from the beginning. Even the women were ahead of me," he said. "After ten miles, I had to run alone. I struggled with 6-minute miles from the 23 to 25 miles. I just am not good in the wind."

Defending champion David Oropeza, 41, who ran with the women's winner, Maria Trujillo (28, 2:32:09), for much of the race, finished second in 2:32:30. Ralph Zimmerman, 46, was third master with an M45-division-winning 2:34:28.

Barbara Filutze, 41, of Erie, Pa., defended her masters women's title with a 2:51:39, which was two minutes and fifty seconds short of her course record, but still worth \$1500. Joan Zirkebach, 41, followed Filutze in 3:11:33.

Winner Ernest Tjela, 33, of Lesotho, was 20 seconds over the course record with a 2:11:39 in his first race in the U.S.



Americans won both middle-distance races in the W35 division in Melbourne: California's Jacqueline Hansen (left, 1500 in 4:42), and Indiana's Debbie Anderson (800 in 2:19.70).

Photo by Gretchen Snyder

\$100,000 Offered for Masters Marathon Record

One hundred thousand dollars will be awarded to any age-40-or-over runner who can break the masters world marathon record in the U.S. TAC National Masters Marathon Championships on December 4 in Sacramento, Calif.

John Mansoor, director of the annual California International Marathon, which is hosting this year's TAC Championships, promises \$100,000 to any masters runner who better the world 40+ record of 2:11:19, set by New Zealand's Jack Foster in 1974.

Moreover, the top three men and women masters will receive \$3000, \$2000, and \$1000; and the top three men and women in each five-year age group from 40 to 80+ will receive \$500, \$300, and \$100.

So the total possible payout to masters is \$128,200. In addition, masters who finish in the top five overall may also win open prize money.

It is the first time in the history of masters running that cash awards will be given in each five-year age group; and not just the winner, but the first three in each group will go home with their pockets bulging. The race shapes up as one of the top masters events of 1988. □

1988 TAC National Masters FIVE KILOMETER — Road Championship —

At DeLand Florida

904/736-0002

MARCH 27, 1988
DELAND, FLORIDA



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START & FINISH: Wal-Mart Shopping Center — Intersection routes 17 & 29 - north DeLand
RACE HEADQUARTERS: DeLand Hilton (1/4 mile from start)
TIME: 8 AM MASTERS ONLY 9 AM OPEN (39 & under) 5K race & fitness walk
COURSE: Loop from shopping center into rural, shaded area with 2 slightly rolling hills — a P.R. helper
ELIGIBILITY: All Masters competitors must be TAC (The Athletics Congress) members and citizens of the United States
— TAC membership cards will be available for purchase at race registration.
ENTRY FEES: Before March 20, 1988 - \$10.00 Payable to Central Florida Masters - Alta Vista
\$12.00 after and day of race.

AMENITIES:
— Special runners rate at DeLand Hilton.
— Post race refreshments — fruits and drinks, etc.
— Special designed National Championship Tee Shirt
— Florida Springtime — check it out.
— Pasta Buffet on Saturday night (not included in entry fee)
— Post race Brunch at Hilton (special rate)
— Certified Course

AGE DIVISION AWARDS: TAC Championship Medals to 1st, 2nd, 3rd, 4th, 5th in each age division. Separate divisions for men and women 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89. Championship patches to Division Winners.

TEAM AWARDS: 1st, 2nd, 3rd place team awards. team composition — maximum of 8 declared entries for all teams. Teams will consist of runners in the same 10 year age division 40-49, 50-59, 60-69, 70 and up. An older age division runner may compete for a younger age division team. Runners of each team must be members of the running club they represent. The running club must be a TAC sanctioned club.

TEAM SCORING: Men Age Division Teams 40-49, 50-59 — five (5) runners will be scored. Age divisions 60-69, 70 and over — three (3) runners will be scored.

AWARDS PRESENTATIONS: DeLand Hilton at approximately 10 A.M., day of race.

T-SHIRTS: To all registrants who pick up packets. No packets mailed.

NON MASTERS: At 9 AM there will be an open (39 and under) 5K (Lake Gertie Shuffle) Road Race and Fitness Walk starting from the same location.

DETACH AND MAIL TO: JOHN BOYLE, National 5K, P.O. Box 1824, DeLand, FL 32721

NOTE: *Team competitors should request special team entry from race director before 9 PM 3 26 88 (No Post Team Entries).

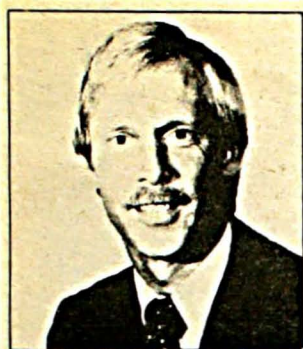
*FEES: (Before 3:20 88) \$10 Individual, \$10 Team (Separate from Ind. Entry)
(After 3:26 88 and day of race) \$12 individual, \$20 team (Separate from Ind. Entry)

Name _____ TAC # _____
Address _____ Age _____ Sex _____
City _____ Date of Birth _____
Phone _____ Best 5K _____ (Ever) _____ (Last 2 Mo.) _____
Occupation _____ Two best race _____
Other Athletic Accomplishments: _____ Performances _____

Tee Shirt Size: S _____ M _____ L _____ XL _____

RELEASE FORM: I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the 1988 TAC National Masters 5000 Meter Road Championship Race, including but not limited to: falls, contacts with other participants, the effects of weather, including high heat and/or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release The Athletics Congress (TAC), Central Florida Masters and Alta Vista and all sponsors, their representative and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Date _____ Signature _____



Pagliano's Podiatric Pointers

THE FOOT BEAT

by JOHN W. PAGLIANO, D.P.M.

Jones' Fracture

Another foot fracture that has an occasional occurrence in the masters athlete is the Jones' fracture or fracture of the base of the 5th metatarsal.

These are more common among cross country runners who frequently trip or stumble on the uneven terrain. Also, they occur in those who have serious ankle sprains or fractures. It is often overlooked.

There is some controversy if this should be called a 'Jones' fracture or called by its medical entity, fracture of the diaphysis of the 5th metatarsal. Usually a Jones' fracture refers to a

fracture of a shaft of the bone.

With an inversion sprain, avulsion fracture of the tuberosity of the bone occurs. A fracture of the shaft of the bone usually occurs from repetitive running on hard surfaces. It is more of an 'overuse' fracture.

The pain is usually quite severe, and the athlete is unable to run. There is swelling, and in some cases, a black-blue discoloration.

X-rays are needed to determine the severity of the fracture. I have seen cases in which the bone is fractured into three separate segments.

In most cases, the fracture is an incomplete one and the bone is just 'cracked.' However, if the athlete continues activity, the fracture can widen and spread medially.

In most cases, the fracture can be

treated with a below-the-knee cast and non-weight bearing for 6-8 weeks followed by physical therapy and rehabilitation. In more severe cases, surgical intervention is needed. □

(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 2372, Van Nuys, CA 91404.)

Write On! Continued from page 2

our guests as many North American, Canadian and Pan-American athletes as possible. I am sure many of your subscribers would like to come and take the opportunity to visit our lovely country. We have masters branches all over Chile, so they will have friends everywhere they wish to go.

Mrs. Halldis Marco
Santiago, Chile

KUDOS

Just returned from Melbourne — it was great and your advance coverage was truly outstanding. Joining your sustainer members is the least I can do for the coverage NMN gives to the masters program. Looking forward to Eugene.

John Mc Carthy
Waymart, Pennsylvania

You are doing a great job! Keep up the good work. The improvement in the paper is obvious.

John and Polly Clarke
Estes Park, Colorado

Thanks a million; you are doing a great job. I really appreciate the National Masters News.

Marilla Salisbury
San Diego, California

■ The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.

MELBOURNE RELAYS

Thanks to the "yanks" who won all three M70 relays at the World Games in Melbourne.

The 4X100 team, composed of myself, Tony Castro, Bill Weinacht and Payton Jordan, broke the world M70 record in 55.07.

The 4X400 squad, composed of Bill Fairbanks, Dan Bulkley, Jordan and Weinacht, also broke the world M70 mark in 4:38.39.

The 4X200 team of Bill Morales, John Satti, Nat Heard and Weinacht, set a third M70 world record of 2:05.21.

None of these fellows had run together on teams before, and they deserve a bit of recognition for their efforts.

Herb Miller
Westminster, California

WHY ARE W35s "MASTERS"?

Why do the ladies enter veteran competitions and races at the age of 35 while the men start at 40?

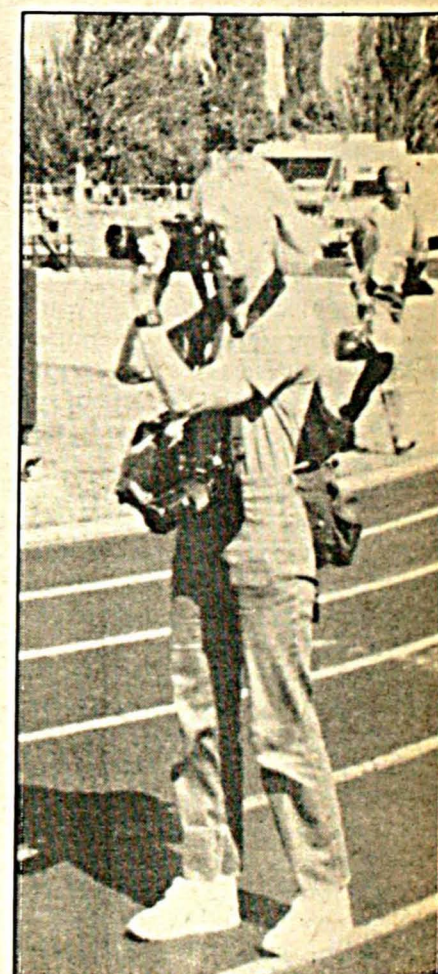
Some years ago, I asked this question. The only answer I received was that *women stop competing earlier than men.*

That's a ludicrous excuse.

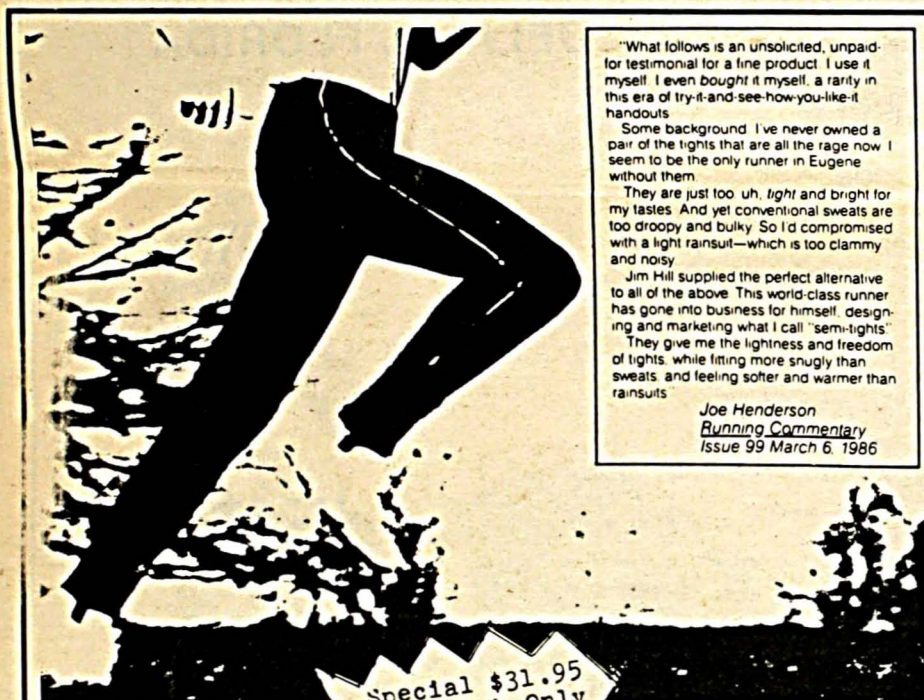
I believe the original reason has been lost in time: to encourage more women to enter into veteran athletics at a time when the participation of women in our sport was minimal.

If this is the reason, is it not time to correct the inequality in the ages and raise the minimum veteran age for women to 40? Women are proving that they can sustain and even improve their performance levels for much longer than men. This would seem to make an earlier admission into veteran ranks redundant. Veteran athletics are going through a period of adjustment and a healthy dialogue on this subject may lead to necessary change in the future.

Barry Shaw
Hasharon, Israel



Gretchen Snyder, NMN photographer, caught in the act at the 1987 Nationals in Eugene-Springfield.
Photo by Jerry Wojcik



"What follows is an unsolicited, unpaid-for testimonial for a fine product. I use it myself. I even bought it myself. A rarity in this era of try-it-and-see-how-you-like-it handouts.

Some background. I've never owned a pair of the tights that are all the rage now. I seem to be the only runner in Eugene without them.

They are just too uh, light and bright for my tastes. And yet conventional sweats are too droopy and bulky. So I'd compromised with a light rainsuit—which is too clammy and noisy.

Jim Hill supplied the perfect alternative to all of the above. This world-class runner has gone into business for himself, designing and marketing what I call "semi-tights".

They give me the lightness and freedom of tights, while fitting more snugly than sweats, and feeling softer and warmer than rainsuits.

Joe Henderson
Running Commentary
Issue 99 March 6, 1986

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ADDRESS _____	HEIGHT _____	WEIGHT _____
CITY _____	SIZE _____	
STATE _____	ZIP CODE _____	SIZING: _____

MALE XS 5'5"3", S 5'4"5"6", M 5'7"5"10", ML 5'10"6"1", L 5'11"6"1", XL 6'2"6"4"
FEMALE XS 4'9"5"2", S 5'3"5"5", M 5'5"5"7", ML 5'7"6"0", L 5'7"6"0", XL 6'1"6"3"

ZINMAN'S ENTERPRISES

Box Z, Point Lookout, New York 11569

Minutes of Masters Long Distance Running Committee Meetings

9th Annual Convention of TAC — Honolulu — December 9-12, 1987

Chairman, Bob Boal

Bob stressed new goals for our committee, specifically that we need to sell our championships, in response to directive from TAC to think of "athletes as an industry."

The ad hoc committee assigned to investigate the charges in an anonymous letter circulated last year concluded that there was no foundation for any of the charges against Ollan Cassell.

Rep to Board of Directors, Kirk Randall

At the Board meeting in March, a Strategic Four Year Plan was launched to promote our sport. TAC's Executive Committee will take a more active part in the workings of TAC.

Records, Basil Honikman

Basil reported that the new procedure of state record-keeping is slow to get started. Only about 20% of known road races (about 10,000) send results to Tacstats. Send results of all races with Summary Sheets, not just those on certified courses.

After a review of the pending masters marks, a motion was passed to accept all marks recommended by Tacstats.

Rules, George Kleeman

Even though this is not a year for Rules Committee work, George reported on some items that needed to be ruled on because the IAAF had made some changes in the international rules.

IGAL, Norm Green

After 1988, IGAL will merge with WAVA and use only that name. The 1990 IGAL races scheduled for New Zealand have been cancelled because of the time proximity to the World Games in Eugene in July, 1989.

Championship Bids

In response to questions about voting procedure in our committee, a motion was passed that bonafide voters would include the officers, one person from each association, and the five at-large members.

A motion was passed that we only consider bids sent in on time and that we only accept bids from the floor for distances that had no other bids sent in.

Phil Benson, championship coordinator, led the bidding procedure. See separate listing for '88 and '89 championships. Distances still available for '89 include: 5k road, half marathon, 25k and 30k road, and any ultras above 50 miles. Bids may be sent to Phil until June '88.

Terrell Brown made a presentation on behalf of Twin Cities Marathon requesting to be designated our championship through 1993. Bob Boal will look into the legalities of this plus any TAC restrictions.

Joint Meeting With Masters T&F

The World Games are scheduled to begin on Sat. July 29, 1989 in Eugene, Oregon. Meet director Jim Puckett welcomes any input regarding events. Let him know prior to May 6, when WAVA officials will view the site and meet with the Games Committee. Distance events will include 10,000 meters on the track, a 10k cross country race, and a marathon. Clem Green, WAVA V-P for LDR, suggested a 10k road event also, to

LDR Wants '89 Bids

The Masters LDR Committee will accept bids for '89 championships not yet awarded. Distances available are the 5K road, half marathon, 25K and 30K road, and any ultras above 50 miles. Deadline is June 30, 1988. Send to Phil Benson, Box 2287, Ocean, NJ 07712.

compensate for the cancellation of IGAL events in early 1990. Our committee is not in favor of this, since it will dilute the interest in other distance events. Ruth Anderson was appointed from our committee to act as liaison to the World Games Committee.

New Business

Discussion was held at length on Paul Spangler's request that our committee mandate that all sanctioned events recognize all masters runners and treat them equally with younger age groups. The consensus of the group was that we should encourage this practice rather than require it. Kirk Randall suggested we have a rep at the annual Race Directors Meeting of the RRCA. A motion was passed that our committee issue a statement to be given to local race directors that we encourage and request five-year age divisions for all masters athletes. The understanding was that the local masters rep would present these letters to race directors in his/her local area. A motion was passed that we appoint a rep to the Race Directors Meeting to speak on this issue. Norm Green was appointed.

Carole Langenbach later presented a letter to be used by local masters reps to give to race directors. The letter was accepted and will be sent to all masters LDR reps with a cover sheet explaining the intent.

Since some of our championship distances were not bid for, a motion was passed that we announce in *National Masters News* that bids for distances still open for '89 may be submitted until June '88 and that the Executive Committee make award decisions and announce results in Sept. '88 including any distances not awarded.

Treasurer's Report: George Vernosky handed out copies of the budget request presented to Budget & Audit who had denied the additional funds we requested for a new program entitled "sponsor search." The total requested was \$20,665 (adjusting to the new calendar year), but we were granted only \$16,500. Other areas to be cut were travel to national/international meetings and support to national championships. Our 1988 budget (Sept. 1, 1987 through Dec. 31, 1988) is as follows:

National/international Gov. Bodies	\$10,000
National championships	3,000
National Masters News	1,500
Administrative (phone, postage, etc.)	1,600
Awards	400
	<u>\$16,500</u>

George also handed out copies of a financial analysis he and Bob had prepared to

satisfy TAC's Sept. requirement. Amount spent by our committee from Oct. 1, 1986 to Sept. 1, 1987 was \$12,572.45. In reaction to the denial for funds for sponsor search, it was suggested that we request money for "development" since there is grant money for such projects. Another idea was to ask Marketing and Media to help us procure sponsor funds.

Championships: Since the Executive Committee met in August in Eugene, we have been trying to come up with ideas to improve our championships, both in attendance and competition. George K. suggested we gather some statistics on previous events in order to "sell" any new ideas to sponsors. Norm Green offered to do research on championships back to 1979 (when TAC broke away from AAU) since he has a computer. Our committee will cover his phone and postage costs.

Alternate distances every other year: this concept was not deemed appropriate by some members because it would eliminate events when we should provide opportunities for competition. Norm suggested that we only award championships to bids that meet certain criteria. A motion was passed that a committee write criteria for bids to help us decide whether to hold all championship distances every year. Committee members are Kirk Randall, Norm Green, Phil Benson, and Bob Langenbach. They will also discuss ways to make Masters LDR more marketable.

A motion was passed that our committee issue a report evaluation form to be filled out by the race director after a champion-

ship event. This would be done by Phil Benson, our championship "coordinator," with a reminder form sent a week after the event. Send input on this to Phil or Bruce Robinson.

Ultras: Discussion on whether to route ultra bids through Dan Brannen's ultra committee: a motion was passed that our committee appoint reps to the ultra committee to evaluate bids and report to us for our final acceptance (no funding included).

Sports Medicine: Dr. John Robertson made a presentation from the Sports Med Committee regarding medical safety (points of concern) and fun run guidelines. The goal is to standardize minimal care at road races.

Committee appointments:

AOC — Olivia Moreton
Marketing & Media — Charles DesJardins
Officials — George Kleeman
At-large (to replace Walt Jorgensen) — Finn Hansen

All other appointments were the same as last year.

A motion was passed that appointees should let the chairman know before the convention if they would like to continue in the job.

IGAL — Norm Green was chosen as our primary delegate. Charles is our alternate.

Meeting adjourned 12:10 p.m. Dec. 12, 1987.

Respectfully submitted,
Carole Langenbach
Secretary

OUTSTANDING MASTERS RACE WALKERS — 1987

Selected by the Masters Race Walk Subcommittee

Age	Men		Women	
40-49	Larry Walker	CA	Jeanne Bocci	MI
50-59	Max Green	MI	Ruth Eberle	MO
60-69	Bob Mimm	NJ	Marie Henry	NJ
70 +	Don Johnson	NJ	Adaline Crocker	HI



Opening ceremonies, VII World Veterans Games, Melbourne.

Photo by Gretchen Snyder

BUDLIGHT**BUDLI**

1988 NATIONAL MASTERS

Saturday, March 19 and

LSU FIELD HOUSE • LOUISIANA STATE

SATURDAY TRACK EVENTS

TIME	EVENT	DIVISION	ROUND
12:00 PM	60 Yard Dash	30-80+	Semifinal
1:00 PM	Mile Run	30-80+	Final
2:30 PM	60 Yard Dash	30-80+	Final
3:00 PM	600 Yard Run	30-80+	Final
4:00 PM	300 Yard Run	30-80+	Final
5:00 PM	4 x 880 Yard Relay	30-80+	Final
5:45 PM	Two Mile Walk	30-80+	Final

SATURDAY FIELD EVENTS

TIME	HIGH JUMP	LONG JUMP	POLE VAULT	SHOT PUT
9:00 AM	30-34M 30-49W	35-39M 60-80+W	45-49M 60-80+M	50-59M 50-80+W
10:00 AM		50-59W		35-39M 30-49W
11:00 AM	35-39M 50-80+W	45-49M 40-49W	40-44M 50-59M	30-34M
12:00 PM		30-39W		40-44M
1:00 PM	40-44M	30-34M	35-39M	
1:30 PM		55-59M		
3:00 PM	45-49M	40-44M 60-80+M	30-34M	
4:30 PM	50-54M			
5:00 PM				45-49M 60-80+M

* * * * *

CAJUN FOOD FEST

Saturday, March 19, 7:00 PM
Across street from Hilton Hotel

Masters competitors and their guest are invited to
"COME PASS A GOOD TIME"
Cajun Band * Cochon-de-lait * Festive Drink
\$7.00 per person -- See entry blank

* * * * *

MEET SITE LSU Field House is a 3,018-seat facility with wall-to-wall tartan floors; the 220-yard track has 42-inch-wide lanes with seven (7) lanes around the turn and ten (10) lanes down the straightaway. All runways and take-off areas are tartan. Throw circles are plywood. Quarter inch (1/4") spikes or smaller. LSU Field House is located just off Nicholson Drive on the LSU Campus.

ELIGIBILITY Competition is open to all men and women (no qualifying standards) age thirty (30) and over. All competitors must be registered with The Athletics Congress (TAC) for 1988.

DIVISIONS Individual Events (same for Men & Women): 30-34 35-39 40-44 45-49 50-54 55-59 60-64 70-74 75-79 80+.

Relays: Men-30-39 40-49 50-59 60+. Women-30-39 40+. NOTE: All relay team members must be members of the same club.

ENTRIES All entries must be postmarked by March 8, 1988. There will be no refunds or changing of events after your entry is received. NOTE: Late entries will be taken until 10:00 PM on Friday, March 18 at double the regular entry on a space available basis.

ENTRY LIMITATIONS Athletes must limit events entered to fit time schedule. Event progress will not be held up awaiting athletes.

ENTRY FEE	Before Entry Deadline	After Entry Deadline
First Event	\$7.00	\$14.00
Next Events	\$5.00 per event	\$10.00 per event
Relay Events	\$16.00 per team	\$32.00 per team

REGISTRATION & PACKET PICK-UP Friday, March 18--Orleans Room (Second Floor), Hilton Hotel, 5500 Hilton Avenue, 1:00 PM to 11:00 PM. Saturday, March 19 and Sunday March 20--Northeast Portal, LSU Field House, 8:00 AM to 4:00 PM.

RULES AND STANDARDS As set forth by WAVA and adopted by TAC Masters.

IMPLEMENT WEIGH-IN Shot puts and weights will be inspected in room 103 (Northwest Portal) of the LSU Field House beginning at 7:30 AM Saturday.

ATHLETE CHECK-IN Running event athletes must check in one event prior to their own event at the check-in area (Clerk of Course) located in the Southwest corner of the LSU Field House. Field event athletes must check in fifteen (15) minutes prior to the start of their event with the head judge of that event at the event site.

TRIALS Will be run in age groups in the 60 yard dash and 60 yard hurdles starting with oldest women to youngest men that have more than ten (10) entries. Age groups having less than ten (10) entries reporting will be run at scheduled final times.

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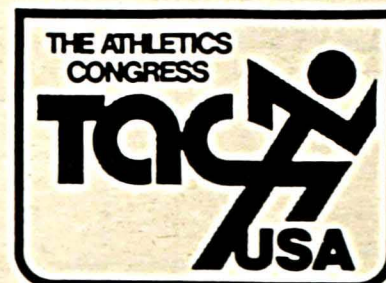
LIGHT

BUDLIGHT

INDOOR CHAMPIONSHIPS

Saturday and Sunday, March 20

LSU TRACK AND FIELD UNIVERSITY • BATON ROUGE, LA



FINALS Will be run in sections against time starting with oldest women to youngest men. NOTE: Age groups may be combined into one race.

AWARDS National Championship medals to top three (3) in each division in each event including all relay team members.

RECORDS Anyone wishing to check their performance against an existing record or needing proper verification and signatures for submittal of performance for record purposes should proceed to records table located at the Southeast corner of the LSU Field House.

RESULTS Will be posted after the conclusion (as soon as they can be processed) of each event at the Southeast corner of the LSU Field House.

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

FURTHER INFORMATION Until Friday, March 12 contact LSU Track and Field Office at 504-388-8627. Beginning Tuesday, March 15 contact Masters Track and Field Championships at Hilton Hotel, 504-924-5000.

SUNDAY TRACK EVENTS

TIME	EVENT	DIVISION	ROUND
12:00 PM	Two Mile Run	30-80+	Final
2:00 PM	60 Yard Hurdles	30-80+	Semifinal
3:00 PM	60 Yard Hurdles	30-80+	Final
3:30 PM	1000 Yard Run	30-80+	Final
4:00 PM	4 x 440 Yard Relay	30-80+	Final

SUNDAY FIELD EVENTS

TIME	HIGH JUMP	TRIPLE JUMP	WEIGHT THROW
9:00 AM	50-59M	40-49M 30-49W	30-39M 40-49M
10:30 AM		50-80+W	50-59M 60-80+M
12:00 PM	60-80+M	30-39M	
2:00 PM		50-59M 60-80+M	
2:30 PM			30-80+W

BATON ROUGE HILTON HOTEL

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PHONE _____ 1988 TAC# _____ YOUR CLUB _____

EVENTS ENTERED _____

BEST MARK 86-82 _____

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

INDIVIDUAL FEES \$ _____ RELAY FEES \$ _____ CAJUN FEST \$ _____ TOTAL AMOUNT ENCLOSED \$ _____

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

DATE _____ ATHLETE'S SIGNATURE _____

CLUBS

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.

EAST

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

Liberty AC
14 Rutland St.
Cambridge, MA 02138

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

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

Atlanta TC
c/o Bob Glover
236 E. 78th, Box 6
New York, NY 10021

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

Potomac Valley Seniors TC
Lynda Durfee
250 S. Whiting St.-315
Alexandria, VA 22304
703/370-5646

West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301

Shore Athletic Club
Sanford Kalb
438 Addison Road
Howell, NJ 07731

The Achilles Heel
(for disabled)
9 East 89th St.
New York, NY 10128
212/398-0348

Greater Rochester TC
P.O. Box 258
Brockport, NY 14420
Dick Withrow, Pres.
716/637-8151

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 17450

Cambridge Sports Union
Lisa Doucet
158 Hillside Rd.
Watertown, MA 02172

Boston Athletic Assoc. RC
15 Mt. Ash Rd.
Hyde Park, MA 02136

Merrill Lynch Athletic Club
517 Highway 33
Englishtown, NJ 07726

New Jersey Striders
P.O. Box 742
Madison, NY 07940

Central Park TC
945 Fifth Ave., #3A
New York, NY 10021

New York Pioneer Masters
c/o G. Shane
2400 Sedgwick Ave., Suite 25C
Bronx, NY 10468
212/733-8767

Tri-State Masters T&F Club
c/o Wayne Vaughn
734 W. Franklin St.
Hagerstown, MD 21740
301/733-6076

Buffalo Belles and Brawn
266 Puritan Rd.
Tonawanda, NY 14150



SOUTHEAST

Central Florida Masters
P.O. Box 1824
Deland, FL 32721
904/736-0002

Richmond T&F Club
P.O. Box 6701
Richmond, VA 23230
Attn: Bill Cole

Virginia Track Club
P.O. Box 5696
Charlottesville, VA 22905

Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802

Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305

Memphis Runners TC
P.O. Box 17981
Memphis, TN 38187-0981

Palm Beach T&F Assoc.
5300 Cannon Way
West Palm Beach, FL 33415
305/471-1891

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

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

Spartanburg StrYders
266 South Pine Street
Spartanburg, SC 29302
Attn: Jack Todd

South Carolina Masters TC
c/o CPT John Roehr
3rd Region, USACIDC
Fort Jackson, SC 29207
803/751-5129/7664

Greenville Track Club
P.O. Box 16262
Greenville, SC 29607
Jack Gillmore: 803/242-6600

MIDWEST

Midwest Masters
Wendell Miller
351 Birkdale Ave.
Lake Bluff, IL 60044

Miami U TC
Rich Ceronie
Millet Hall Athletic Dept.
Oxford, OH 45056

Legend Harriers
Roger Toothman
6543 Beecher Rd.
Granville, OH 43023

Hoosier Track Club
305 South Barton
Indianapolis, IN 46241
317/241-5446

Dayton Masters Track Club Inc.
Robert Jones
4867 Germantown Pike
Dayton, OH 45418

Over The Hill TC
4173 Wilmington Rd.
South Euclid, OH 44121

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

Wisconsin United AC
Jerry Robinson
1205 Manhasset Pl.
Madison, WI 53711
608/271-6725

Fitness Track Club
c/o Stan Allen & Presley Yates
12954 Asbury Pk.
Detroit, MI 48221

Cleveland Masters TC, Inc.
Clarence Johnson
14806 Judson Dr.
Cleveland, OH 44128
216/295-0826

Wolfpack Track Club
Jim Pearce
2449 Southway Dr.
Columbus, OH 43221
614/294-4606 (days)

Ann Arbor Track Club
P.O. Box 7551
Ann Arbor, MI 48107
Don Sleeman
313/426-5430

Ohio River RRC
Jim Gerard
61K Winchester Pl.
Dayton, OH 45459

Indianapolis TC
c/o Mark Daly
901 W. New York St.
Indianapolis, IN 46223
317/274-6780

MID AMERICA

Mid-America Masters
P.O. Box 14668
Lenexa, KS 66215

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

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Prairie Striders
Box 267
Brookings, SD 57006

St. Louis TC
6611 Clayton Rd., No 200
St. Louis, MO 63117
314/862-SLTC

St. Louis Metro Masters
T&F Assoc.
Jim Irwin
536 Windsor Mill Dr.
Ballwin, MO 63011
314/394-4166

SOUTH WEST

Tulsa Running Club
P.O. Box 300
Tulsa, OK 74102

Space City Masters
John Hartfield
15106 Chasehill Dr.
Missouri City, TX 77087
713/721-9388

Houston Masters Sports Assoc.
Tom McBrayer
7733 Moline
Houston, TX 77087

Dallas Masters T&F Club
Joe Murphy
4308 N.C. Expressway, S-206
Dallas, TX 75206
214/824-3800

West Texas Masters
P.O. Box 1584
Ozona, TX 76943
915/392-3773

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

Palm City Masters
P.O. Box 220
McAllen, TX 78501

San Antonio TC
Steve Smith
126 Brightwood
San Antonio, TX 78209

Sante Fe Striders
P.O. Box 1818
Sante Fe, NM 87501

Oklahoma City Running Club
2408 N.W. 112th Terrace
Oklahoma City, OK
405/752-9097

Louisiana Lightning TC
Dan Thiel
1459 Verna St.
New Orleans, LA 70119
504/486-8066

New Orleans TC, Inc.
P.O. Box 52003
New Orleans, LA 70152-2003
504/362-0090

WEST

Tahoe T&F Club
c/o Joan Stratton
P.O. Box 9089
South Lake Tahoe, CA 95731

Hawaii Masters Track Club
c/o Stan Thompson, President
2164 Halekoa Drive
Honolulu, HI 96821

Los Gatos Athletic Assoc.
P.O. Box 1328
Los Gatos, CA 95031

Seniors TC
c/o Hal Winton
24409 S. Meyler St.
Harbor City, CA 90710

L.A. Patriots
Marvin Thompson
P.O. Box 2981
Beverly Hills, CA 90213-2981
213/388-9689

San Diego Track Club
P.O. Box 7853
San Diego, CA 92107
619/270-SDTC

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

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.
Sunnyvale, CA 94087

Golden Gate Race Walkers
106 Sanchez St. #17
San Francisco, CA 94114

Empire Runners
4700 Fougler Dr.
Santa Rosa, CA 95405

Northern California Seniors TC
2766 Summit Dr.
Hillsborough, CA 94010

Runners For Christ
28681 Rochelle Ave.
Hayward, CA 94544
415/537-2706

Fresno Joggers
846 N. Harrison
Fresno, CA 93728
209/237-4718

River City TC
P.O. Box 255131
Sacramento, CA 95865
916/482-7881

Trojan Masters TC
1404 Wilson Ave.
San Marino, CA 91108

Walkers Club of L.A.
Membership Chairman
610 Woodward Blvd.
Pasadena, CA 91107
818/792-4573

Angel City Stars TC
Santuzza Logra
11536 Mines Blvd.
Whittier, CA 90606
213/699-3707

Club West
George H. Adams
P.O. Box K
Goleta, CA 93116
805/687-6323

Corona Del Mar TC
David F. Brown
10208 Hamage Ave.
Whittier, CA 90604
213/941-9968

Coast Athletics
Dave Rodda
3315 Ladoga Ave.
Long Beach, CA 90808
213/421-8334

Easy Striders Walking Club
P.O. Box 2714 Suite 721
Huntington Beach, CA 92647
714/342-4499

Gardena Valley Runners
Daniel Ashimine
1345 W. 168th St.
Gardena, CA 90247
213/327-6960

Loeschhorn's Running Club
Dave Reynolds
10810 Warner Ave.
Fountain Valley, CA 92708
714/964-4567

L.A. Valley Athletic Club
George Simon
15355 Mulholland Drive
Los Angeles, CA 90077
818/784-0496

Olympic City Sprinters
Willie Martin
2710 Oregon Ave.
Long Beach, CA 90806
213/427-8633

Pegasus USA Masters TC
Wayne H. Douglas
5267 1/2 Village Green
Los Angeles, CA 90016
213/295-9497

Pico Rivera Athletic Club
9502 Reichling Lane
Pico Rivera, CA 90660
213/942-8774

Point Fermin Flyers
Jeffrey Dobra
1454 W. 25th St.
San Pedro, CA 90732
213/548-6865

The Roadwarriors TC
Simba J. Vaughn
13209 Bagatelle St.
Moreno Valley, CA 92388
714/656-6311

A Running Experience
Bob Brown
P.O. Box 3209
Long Beach, CA 90803
213/433-7722

San Fernando Valley TC
Laurie Kulchin
10631 Lindley Ave. #220
Northridge, CA 91326
818/780-7719

So. Calif. Corporate
Athletics Assoc.
Kevin Browning
20839 Marshall Way
Saugus, CA 91350
818/847-8076 (work)
805/251-7572 (eve.)

Active 5
William K. Sumner
P.O. Box 7132
Newport Beach, CA 92660
714/722-9465

NORTHWEST

Idaho Masters Distance Club
10271 Ardyce St.
Boise, ID 83704
208/322-6048

Bigfoot Masters
c/o Duane Hartman
Spokane Community College
N. 1810 Greene St.
MS-2050
Spokane, WA 99207-5399

Snohomish TC
4261 S. 184th
Seattle, WA 98188

Portland Masters Track Club
Art Afremow
4185 SW 83rd
Portland, OR 97225

Oregon Track Club Masters
P.O. Box 11364
Eugene, OR 97440

Phidippides Running &
Walking Club
c/o R.G. Andersen-Wyckoff
P.O. Box 2315
Salem, OR 97308



International Scene

by PEG SMITH,
Executive Director, VII World Veterans Games

World Games Aftermath

First, I would like to thank the *National Masters News* for the wonderful support it has given us before and after the Games. It has been a powerful weapon to use when I have wanted to push home to some doubting Thomases that there was worldwide interest and enthusiasm for the Games in Melbourne. The more an organizer can show this interest, the less difficult the task in mustering enthusiasm from all areas of the community.

Our philosophy of the Games was that the competitors' needs must take precedence over everything else. Any decisions were made on that basis. For example, if we had to cut costs or if manpower was limited, what area would cause the least upheaval if it was cut out or downgraded? In our opinion, it was the opening and closing ceremonies. The greatest opening ceremony in the world will not make up for badly organized competition. As it was, we had some limited funding, and the athletes' response was overwhelmingly favorable.

Communications

Communications were only given a 'fair,' but the announcing was only one small area of communications. Bob Tait, who organized this area, did a magnificent job. He set up a network throughout the three areas of competition, outside events such as road walks, cross country and marathon, photo-finish area, and information and distribution center. It was because of this network that very few of the problems ever surfaced to be seen by competitors. It was what kept events running like clockwork.

Announcements

Observations in the past showed that a meet where there are multi-lingual competitors, announcements should be kept to an absolute minimum. Use of the public address system was only to be for purposes of competition and communicating special messages. In this area, it worked superbly, but, as was pointed out (January NMN), spectators and the media had to take a back seat to the athletes.

Presentations

Another area where we had to compromise between the ideal and the smooth running of competition was in the award presentations. Besides organizing communications, Bob Tait also co-ordinated presentations, and, in the opinion of the organizing body, followed exactly the guidelines which were set out. He did a superb job, from organizing and providing clothing,

sorting medals, timetabling young people, and setting the presentations in the timeslots allowed for.

It had been calculated that presentations would take approximately 17 to 20 hours; and only if all athletes were there, ready for the presentations. The alternative of holding presentations at a later date had too many pitfalls, such as requiring already overworked support people to work longer hours, athletes returning at an inconvenient time, etc.

Without the work done by Bob in the communications and presentations area, the athletes and their competition would have been a lot poorer for it.

It is interesting that the other two areas which we left outside people to deal with did not come together in quite the perfect way we had planned, i.e. the weather, and the public transport on Sundays.

When we look back and wonder how so many people worked so hard, it is not hard to find the answer. It was in the words of Irene Obera on The Rain Day: "We came here to compete, not



Winners in their divisions of the 1500 in Melbourne are, from left: John Dixon (M40, 3:55.9), David Sirl (M45, 4:01.5), Ian Babe (M50, 4:09.4), and Derek Turnbull (M60, 4:34.5).

Photo by Gretchen Snyder

to complain." This attitude warmed the hearts of all that multitude of people who worked so hard and so willingly, day after day after day.

Sponsorship

The VII World Veterans Games was also very successful raising sponsorship, which allowed the organizers to work professionally and smoothly for the benefit of the participants. It was appreciated that all but a few took note that the sponsor's name must be displayed on the competition number at all times. When a photo appears in a major newspaper with the sponsor's name turned under, it reflects badly on the organization and the athlete who does not appreciate the subsidy provided by the sponsor on his or her behalf. It is one of those incidents which make it difficult for those who have to organize future events and are out in the marketplace against thousands of other deserving events.

The gate crowd showed we had 5,000 paying customers; we distributed 15,000 tickets to athletes and volunteers; and another 1000 came in on

complimentary tickets.

We'll have a financial report on the Games soon, and will mail results to each competitor this month.

Best wishes and have a happy and prosperous New Year. □



Welcoming Ceremonies, Australian Olympian Raelene Boyle, bearing the torch to open the VII World Veterans Games, Melbourne, November 29.

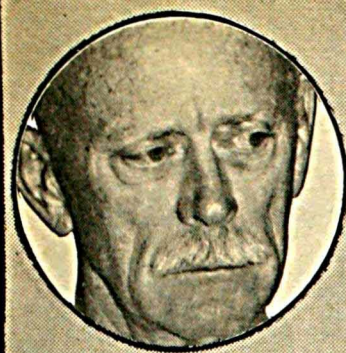
Photo by Gretchen Snyder

Last Place Marks in VII World Veterans Games — Melbourne — Nov. 28-Dec. 6, 1987

(If you can better the mark in your event in your age group, you wouldn't have finished last in Melbourne)

	100	200	400	800	1500	5000	10000	3000SC	110H	400H	HJ	PV	LJ	TJ	SP	DT	HAM	JAV	MAR
M40	16.1	33.3	1:13	3:07	6:05	21:23	55:21	13:41	22.6	1:14	1.54	2.60	3.91	8.82	8.37	23.40	NA	19.70	5:08
M45	14.8	29.6	1:07	2:47	5:37	23:10	52:30	12:35	22.7	1:16	1.42	2.40	4.05	9.86	8.60	22.40	32.42	24.50	5:22
M50	14.3	35.0	1:23	2:34	6:06	22:30	52:58	13:20	22.8	1:19	1.25	1.95	NA	8.49	7.49	19.86	21.30	25.94	6:30
M55	19.6	44.4	1:18	3:03	6:46	25:56	52:22	15:33	27.2	1:24	1.39	2.40	3.04	8.80	7.94	16.28	24.46	NA	5:56
M60	16.3	43.1	1:24	3:04	6:11	25:10	56:08	2000SC	100H	300H									
M65	22.4	37.6	1:25	3:20	6:47	29:21	55:43	10:54	23.5	1:07	1.16	1.70	3.15	6.75	8.03	21.44	16.92	18.64	5:36
M70	18.5	40.1	1:37	4:06	8:28	25:58	58:19	11:09	22.9	1:11	1.05	2.30	3.40	6.14	6.07	14.54	25.06	NA	5:55
M75	22.9	40.2	1:33	4:53	8:35	29:04	61:20	11:24	18.8	1:05	1.02	2.10	2.92	4.88	6.38	14.96	21.24	NA	5:57
M80	21.8	46.8	1:52	5:03	9:59	27:24	58:43	--	33.2	--	1.05	1.45	2.42	5.08	4.16	8.70	--	NA	6:04
M85	22.0	46.5	1:51	4:27	8:37	32:03	70:29	--	--	--	.96	1.50	2.44	3.85	5.98	13.78	--	NA	--
M90	33.4	54.8	2:26	--	--	--	--	--	--	--	--	--	--	--	4.02	7.18	--	--	--
W35	16.2	33.6	1:28	2:54	5:41	31:00	55:57	--	16.2	1:12	1.33	--	3.58	7.63	6.30	16.82	18.54	15.98	5:35
W40	22.5	36.6	1:19	3:24	7:20	27:48	54:41	--	16.7	1:32	1.21	--	2.43	7.95	6.32	13.96	15.48	14.36	5:00
W45	19.0	45.8	1:50	3:17	7:14	--	53:06	--	19.4	1:20	1.16	--	2.45	5.00	5.71	17.26	11.66	13.56	5:53
W50	18.8	40.7	1:32	3:32	7:15	26:58	55:56	--	20.0	.57*	1.05	--	3.24	6.67	5.23	12.82	13.20	14.85	5:40
W55	17.8	36.2	1:20	3:11	7:21	--	71:05	--	17.4	1:13*	1.16	--	2.82	6.45	6.39	14.06	NA	10.58	5:15
W60	20.2	38.3	1:55	3:43	9:07	36:03	71:05	--	15.7	--	1.01	--	2.14	4.93	6.15	10.04	NA	7.48	5:09
W65	19.9	60.1	1:50	6:01	7:43	31:18	61:09	--	--	--	1.04	--	3.12	6.48	4.92	9.72	12.98	11.40	4:48
W70	20.3	45.2	2:09	4:20	9:18	32:18	55:34	--	16.2	--	1.07	--	2.07	--	4.98	7.14	--	8.38	5:31
W75	20.6	45.2	2:16	4:21	10:08	37:17	81:17	--	--	--	.95	--	2.21	--	3.50	6.12	--	5.24	--
W80	--	--	--	6:47	12:43	46:29	107:59	--	--	--	--	--	--	--	6.67	16.60	17.22	15.06	--

*300H NA=Not available



SPEAKER'S CORNER

by DAVID PAIN

Standards of Performance for WAVA World Games

While observing the WAVA World Championships conducted in Melbourne, Australia, in December, it was apparent that a number of entrants, both male and female, had entered events for which they were unqualified either due to physical handicap, advanced age, lack of strength, or absence of specific event skills. Observed were those who walked rather than ran events from 200 up to 10K. Others stepped over or vaulted the hurdles or failed to clear even a low, minimum opening height in the jumping events. Some clearly could not handle the shot, hammer, or discus, yet had entered these skill-strength events.

With nearly 5000 entrants at Melbourne and an expected 6000 (about 15,000 event entries) expected in the Eugene 1989 Championships, it is apparent WAVA must re-evaluate its open-door policy permitting any participant to enter as many events as he or she may wish, regardless of ability or training.

To ignore this problem creates a vexatious situation for the organizers of future games since we expect them to run an efficient meeting and on schedule. A handful of unqualified entrants can throw an entire meeting off schedule, inconveniencing those who have prepared properly to compete and subject the organizers to charges of in-

900 Japanese Masters Compete in Hiroshima

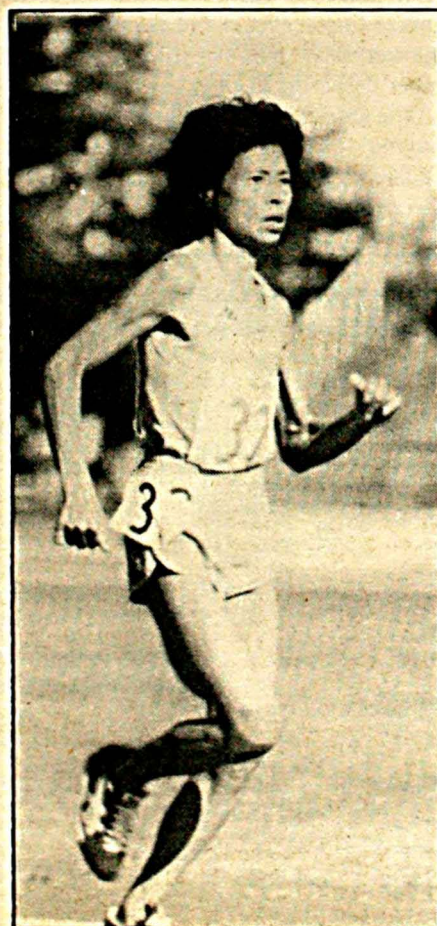
by JERRY WOJCIK

The 8th Annual All Nippon Track & Field Championships, which were held in Hiroshima, the Peace City, on October 17 and 18, drew 900 men (35+) and women (30+), and included entrants from Taiwan, the U.S., and Brazil.

The athlete selected as the outstanding woman performer was Minoru Muramoto, who won the W45 5000 in 17:45.49, below Shirley Matson's world record of 17:52.18, but above two pending marks of 17:33.4 and 17:41.24. The outstanding male athlete was Taro Matsumoto, chosen for his win in the M75 triple jump.

Competition in the two-day event resulted in 33 national records and 28 new meet records, with 4 tied.

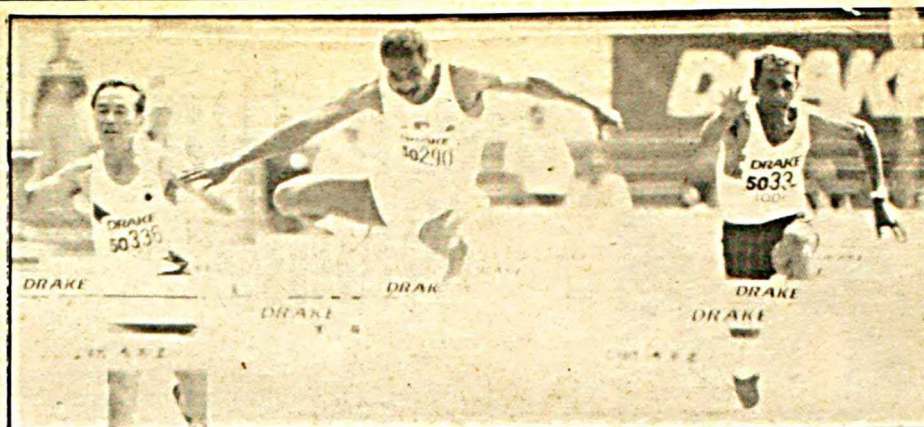
One of the highlights of the meet was a sprint to the finish in the 100 by two 86-year-olds. □



Minoru Muramoto, W45 5000 winner (17:45.49), Japanese Masters Championships, Hiroshima, October 17-18.

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.*



New Jersey's Bill Clark, 54, finishes 6th in the M50 110-hurdles in Melbourne, followed by Singapore's Migale Gunasena (right), and Japan's Kiyoshi Konoike. Photo by Gretchen Snyder

efficiency. The officials who are supposed to enforce the rules are compelled to turn a blind eye to infractions by incompetents or are faced with the unsavory task of disqualifying a participant and being accused of age or sex discrimination.

WAVA has a public image problem created by the media's understandable interest in the meeting's oldest participants who, when they step on the track, immediately attract media coverage even though their athletic efforts may be inadequate by any standard.

QUERY: Should a person be permitted to enter the 200 who can only walk the distance just because he is 97 years old?

WAVA holds itself out as the sole arbiter of veteran-masters athletics and the exclusive agency to sanction the World Athletics Championships for these athletes. As such it has the obligation to assure that all entrants possess the necessary skills to perform meaningfully. WAVA has the responsibility of assuring the meet organizers and the participants that the event is truly of World Championship caliber.

WAVA is committed to a policy of encouraging both male and female participation. As a result, female involvement increased from a small percent to 22 percent in Melbourne. Female activists have argued concessions must be made in order to encourage more women to enter. Such an argument has merit at local and even regional levels. But when conducting national and world championships, such arguments fail persuasiveness. Any participant, regardless of sex, who, because of advanced age, has garnered multiple gold medals with sub-par performances, is not only deluding himself or herself but has demeaned the event as a championship.

This is not to suggest that WAVA adopt the mantle of elitism. The top athletes will invariably win. It is not suggested that WAVA set qualifying standards so high as to eliminate the average athlete who is willing to pay the entry fee and take the chance of elimination. Such a person may set a P.R. in a non-qualifying effort and justify, in his or her eyes, the months or years of training and the expense of travel.

It is therefore suggested WAVA con-

sider adopting the following policies:

1. Publish minimum qualifying standards for all events, making liberal allowance for age and sex. Require each entrant to certify on the entry application that he or she has met or exceeded the published standard within 12 months of date of entry.

2. Require each entrant to not only certify as to age and fitness but also that he or she possesses the necessary skills to perform the event(s) entered in the manner prescribed in the rules.

3. Inform the meet officials they are to disqualify any entrant who fails to perform the event in accordance with the rules, i.e. attempts to walk a running event for example, and that WAVA, through the jury of appeals, will support all appropriate disqualifications.

4. Inform the organizing committee it may reject entries of those individuals known to be unqualified and/or submit questionable entries to the WAVA Technical Committee for a ruling.

This is not to suggest such a policy will be easy to enforce. For example, the blind entrant has historically been permitted to participate while tethered to a guide. Clearly an exception has been made for these blind athletes. This, however, has laid open charges of "towing". This was observed at Puerto Rico in the M65 200 where the runner was physically towed the last 40-50 meters by his guide. He won. Was this a fair victory?

WAVA is not conducting an event for the handicapped. There are specific events for them such as the Special Olympics. WAVA can only compromise its standards as well as prejudice the rights of the other competitors when it accepts such entrants.

As WAVA approaches its VIII championships, it must now re-evaluate policies set during the infancy of masters-veterans athletics if it wishes to continue in the pre-eminent position it has assumed during the past 13 years. □

David Pain acknowledges the views expressed above may prove controversial. This issue will be considered by WAVA at its council meeting in May, 1988. Interested readers wishing to augment or express differing views are requested to submit them to the NMN prior to the meeting date.



International Scene

by CESARE BECCALLI,
President of WAVA

IAAF Proposes Informal Meetings

First, let me thank all the participants in the WAVA General Assembly held December in Melbourne, where I was elected President of WAVA.

To those who voted for me, I'll do my best to convince you that you made the best choice. To those who did not, I'll try to persuade you that the new position I represent will be beneficial to veterans all over the world, so that I merit your support in Eugene if I decide to run for re-election.

I recently received excellent reports of the first two meetings of the new Council from Secretary Alastair Lynn. He also sent a list of affiliated countries, addresses and phone numbers of

the officers, and reorganization proposals — a fine job which should encourage all of us in our activities.

The WAVA Council will have its third meeting when it surveys the site of the next World Games in Eugene from 28 April to 3 May, 1988.

I recently received a letter from the IAAF, proposing meetings (just informal, at present, but important in principle) to restart out talks on cooperating with each other. I hope to

Denmark to Host "2nd Masters Games"

The "Second International Masters Games" will be held in Denmark from July 22 to August 6, 1989.

Two of the chief organizers of the Denmark Games were in Hobart, Tasmania taking a first-hand look at the operation of the first Australian Masters Games, which were held in December, the week following the VII World Veterans Games in Melbourne.

The president of the Danish Sports Confederation, Kai Holm, and the secretary-general, Bent Agerskov, said Denmark had bought the rights to host the International Games, which features masters competition in over 14 sports.

Holm said he would try to avoid the financial disasters which plagued the first Games in Toronto in 1985.

"Some people wanted to make a living out of it, and they didn't count on expenses," Holm told the *Hobart Mer-*

cury. "It should not be a commercial thing; revenues should come from tourism. The Games in Toronto were just badly organized."

Holm said the Denmark Games had the backing of three major cities — Herning, Aalborg and Arhus — guaranteeing their financial stability.

"We expect about 15,000 people from all over the world, particularly from Europe and Denmark," Holm said.

The Denmark Games have no connection with either the World Association of Veteran Athletes (WAVA) or the International Amateur Athletic Federation (IAAF). The dates of the Games are in direct conflict with the VIII World Veterans Games, which will be held in the U.S.A. for the first time — in Eugene, Oregon from July 29 to August 6, 1989. □

meet with them in early March, and then attend the first meeting of the IAAF Veterans Committee in April. I hope to have a program to present to the WAVA Council in Eugene for discussion and decision.

I'm confident that, step by step, we'll find fundamental agreement with IAAF to benefit our athletes and affiliated countries. The decisions made by our General Assembly in Melbourne put WAVA in a good position to reach this goal. Nevertheless, if our IAAF expectations are not realized, despite our honest efforts, I'm ready to change our position.

I recently talked on the telephone with the IGAL President Jacques Serruys. I'm pleased to say we had a friendly conversation and that the pro-

gram to integrate WAVA/IGAL goes on. I promised him that in the next discussion with the IAAF, the interests of long distance runners will be at the forefront. Of course, it's in our interest to present ourselves as united and well organized.

Finally, thanks and compliments to the organizers of the VII World Veterans Games in Melbourne. Peg Smith has published an article in the National Masters News on this event. The fact that she was elected WAVA's Executive Vice-President shows the appreciation of the Council and the General Assembly for the outstanding job which she and the Australian organizers did.

All the best to all veteran athletes and their families. □



Report from Britain

by ALASTAIR AITKEN

The biggest story in Great Britain in veterans athletics has been the domination of veteran women in distances over 10K on the road. The outstanding runner has been Paula Fudge, born March 30, 1952, who is the twin sister of new international veteran, Anne Ford. Paula's husband, Bernie, is a well-known, all-surfaces international. Paula ran into eighth place and first U.K. runner in the World Championship 25K at Monte Carlo, November 21, at 49:43, where the winner was Ingrid Kristiansen in 47:17.

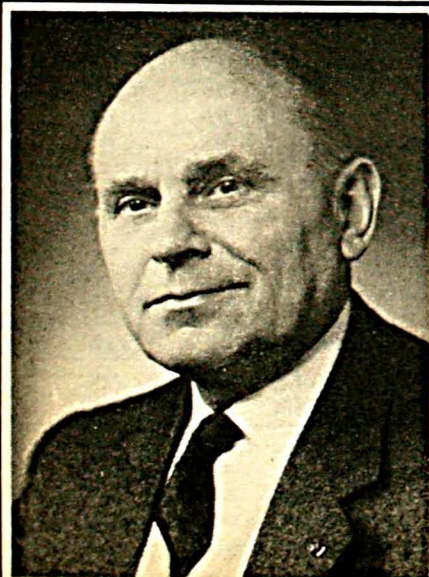
Two of the top three women in the *Athletics Weekly* in Great Britain are veterans in the marathon — Priscilla Welch (2:26:51) and Paula, third (2:32:28). Other outstanding veteran women in the marathon include 9th-ranked Glynnis Penny (2:38:06) and 10th-ranked Lorna Irving (2:38:36).

Anne Ford was second in the Southern Women's League cross-

country, Alexandra Palace, November 21, in 19:24, ten seconds behind international road runner Sarah Powell.

On November 14, the usually competitive Essex Veterans Cross-Country took place at Abbey Fields, Colchester, and men in their early 40s dominated the event, which attracted 120 starters. Essex Veterans 1500 champion Pete Cheate, of Essex County, won in 29:56, from three new veterans: Pete Richardson (30:01), Paul Bryan (30:43), and Barry Diss (30:50). Tom Everitt was first M50 (33:00), and Nat Booth, a previous M60 national 10,000 track champion, won the M60 first prize in 39:12.

On November 21, Harry Matthews ran 53:09 in the Brampton to Carlisle 10-Mile, won by European 1500 champion Steve Cram in 49:51. The next day, Brian Standen was first veteran in the Harrow Town Centre road race in 16:48. □



THANK YOU!

Jacques Serruys would like to thank the 60 delegates who gave him their votes at the election for president of WAVA. The two missing votes to become WAVA president will not prevent me from continuing to work hard for everyone who is concerned with veterans athletics — especially in keeping alive and defending the ideas we agreed upon in Toronto. Friendship and health!

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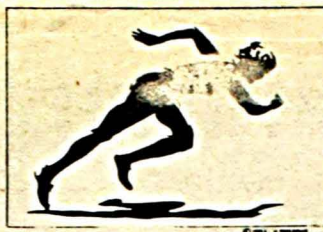
Jim Blair
New Zealand

AFRICA:

Contact President

ATHLETES WHO ENTERED A NEW DIVISION JAN., 1988

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
DOT CALLAN (HI)	1-4-18	70-74
FENYA CROWN (BEVERLY HILLS, CA)	1-25-13	75-79
FLORENCE FAWLEY (WESTERVILLE, OH)	1-29-23	65-69
SUSAN MEANS (LAKE OSWEGO, ORE)	1-7-33	55-59
MARYLIN PAUL (PORTLAND, OR)	1-20-38	50-54
DENISE ROGERS (ST. LOUIS, MO)	1-11-23	65-69
ANNE VANDERHOFF (BOTHELL, WA)	1-2-38	50-54
WILLIAM ADLER (WOODLAND HILLS, CA)	1-2-33	55-59
HEINRICH ARIANS (WG)	1-26-28	60-64
GARY BANE (ANAHEIM, CA)	1-15-38	50-54
BOB BILLINGS (EL CENTRO, CA)	1-21-33	55-59
JOHN BOWLES (AUSTRALIA)	1-13-13	75-79
FAY BRADLEY (WASH., DC)	1-13-38	50-54
WILLIAM BROBSTON (SAUGERTIES, NY)	1-13-13	75-79
KEN CARMAN (GARDEN CITY, MI)	1-29-28	60-64
PAUL CARMICHAEL (SAN FRANCISCO, CA)	1-22-08	80-84
SYDNEY CLARKE (GB)	1-5-33	55-59
DON CLAXTON (GB)	1-19-38	50-54
RON FRANKLIN (GB)	1-7-28	60-64
GEORGE GLUPPE (CAN)	1-19-33	55-59
GEORGE KER (GRANADA HILLS, CALIF)	1-15-23	65-69
CLARENCE KILLION (DINUBA, CA)	1-26-18	70-74
HENRY KUPCZYK (CAN, NASHVILLE, TENN)	1-2-33	55-59
JOHN LAFFERTY (SAN DIEGO, CALIF)	1-14-18	70-74
PHIL MULKEY (ATLANTA, GA)	1-7-33	55-59
MASON O'NEIL (NEW YORK CITY, NY)	1-2-38	50-54
LOUIS PERESNYI (MONTEREY, CA)	1-16-08	80-84
WILLIAM PHILLIPS (SAN DIEGO)	1-22-28	60-64
DONALD PICKETT (TIBURON, CALIF)	1-11-28	60-64
LARRY SALLINGER (ORNAGE, CA)	1-17-43	45-49
HAROLD SMITH (GB)	1-5-18	70-74
CHARLEY SPEECHLY (GB)	1-3-88	100+
BILL STEWART (ANN ARBOR, MI)	1-6-43	45-49
BOB WARREN (OTTUMWA, IA)	1-6-38	50-54
FRED WHITE (DUNCANVILLE, TEX)	1-3-13	75-79
WILLIAM WOLF (MINNETONKA, MN)	1-1-28	60-64
ALASTAIR WOOD (GB)	1-13-33	55-59

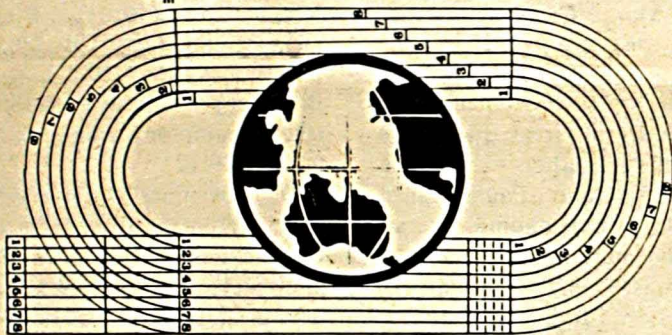


ATHLETES WHO ENTER A NEW DIVISION THIS MONTH FEB 1988

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
CARMEN BROWN (US)	2-16-43	45-49
MARGARETTE DECKERT (LAGRANGEVILLE, NY)	2-19-33	55-59
RITA DOHERTY (AMHERST, MA)	2-26-48	40-44
PEARL HAYMAN (LAFAYETTE, CA)	2-24-33	55-59
EDNA LAFLIN (SUN CITY, AZ)	2-2-18	70-74
JAN NEWHART (HONOLULU, HI)	2-25-28	60-64
HELEN STEPHENS (FLORISSANT, MO)	2-3-18	70-74
BILL ARNOLD (JOHNSTONE, COLO)	2-11-33	55-59
YNGVE BRANGE (SWE)	2-7-13	75-79
JOE CAREY (FRESNO, CA)	2-5-18	70-74
KEN CARNINE (SACRAMENTO, CALIF)	2-21-08	80-84
ROY CHERNOCK (OCEANSIDE, NJ)	2-18-28	60-64
SAM COMITINI (HONOLULU)	2-6-28	60-64
JACK COOK (CA)	2-1-18	70-74
ALF EIDSATHER (NOR)	2-1-28	60-64
OTTO EISENMANN (WG)	2-26-13	75-79
AUGIE ESCAMILLA (SAN DIEGO, CALIF)	2-12-23	65-69
JOSEF GALIA (WG)	2-20-98	90-94
KEN HARLAND (GB)	2-17-33	55-59
ROBERT HORMAN (AUS-WASH, DC)	2-16-18	70-74
KJELL ISAKSSON (SWE)	2-28-48	40-44
ANDY MAJOR (US)	2-1-13	75-79
FRANCIS MCCABE (CO)	2-2-18	70-74
JOSE MOLINS (SPAIN)	2-7-33	55-59
MAURICE MORRELL (GB)	2-18-33	55-59
ORVILLE NICHOLS (BISHOP, CA)	2-28-13	75-79
ED VAN PELT (VENTURA, CA)	2-6-33	55-59
A. J. PUGLIZEVICH (MERCED, CALIF)	2-11-08	80-84
SKIP SHAFFER (FULLERTON, CA)	2-14-38	50-54
YULCHI TATEISHI (JPN)	2-27-13	75-79
LEE THOMAS (HONOLULU, HI)	2-15-33	55-59
BOB WISEMAN (GB)	2-10-03	85-89
GEORGE WOODS (CA)	2-11-43	45-49

LOS ANGELES PATRIOTS ORGANIZING COMMITTEE

Sport-Arcade IIII

Masters Track & Field
Classic

Saturday, March 5, 1988

FOR ENTRY INFORMATION
SEND SELF-ADDRESSED
ENVELOPE TO:Los Angeles Patriots
T&F
Organizing CommitteeP.O. Box 2981
Beverly Hills, CA 90213-2981

Entry Deadline: Saturday February 27, 1988

Telephone No. (213) 666-7341

WAVA/TAC HURDLE AND IMPLEMENT SPECIFICATIONS

HEIGHT AND DISTANCE BETWEEN HURDLES

AGE	RACE DIST.	HURDLE HEIGHT	TO 1ST HURDLE	BETWEEN HURDLES	TO FINISH
W35-39	100m	.840m	13.00m	8.5m	10.50m
W40-49	80m	.762m	12.00m	8.0m	12.00m
W50-59	80m	.762m	12.00m	7.0m	19.00m
W60-69	"	"	"	"	"
W70+	"	"	"	"	"
W35-39	400m	.762m	45.00m	35.00m	40.00m
W40-49	400m	.762m	50.00m	35.00m	40.00m
W50-59	300m	.762m	"	"	"
W60-69	"	"	"	"	"
W70+	"	"	"	"	"

AGE	RACE DIST.	HURDLE HEIGHT	TO 1ST HURDLE	BETWEEN HURDLES	TO FINISH
M40-49	110m	.991m	13.72m	9.14m	14.02m
M50-59	100m	.914m	13.00m	8.50m	10.50m
M60-69	100m	.840m	13.00m	8.50m	10.50m
M70+	80m	.762m	12.00m	8.00m	12.00m
M40-49	400m	.914m	45.00m	35.00m	40.00m
M50-59	300m	.840m	50.00m	35.00m	40.00m
M60-69	300m	.762m	50.00m	35.00m	40.00m
M70+	300m	.762m	50.00m	35.00m	40.00m

Steeplechase for men 40-59 shall be 3000 metres.
Steeplechase for men 60+ shall be 2000 metres.

WEIGHT OF THROWING EQUIPMENT

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
W35-49	4.00K	1.00K	4.00K	600GMS
W50+	3.00K	1.00K	3.00K	400GMS
M40-49	7.26K	2.00K	7.26K	800GMS*
M50-59	6.00K	1.50K	6.00K	800GMS*
M60-69	5.00K	1.00K	5.00K	600GMS
M70+	4.00K	1.00K	4.00K	600GMS

* NEW IAAF SPEC.

MASTERS SCENE

NATIONAL

• The facility for the '88 TAC National Masters T&F Championships, August 4-7, will be Bob Mosher Track — Showalter Field — in Winter Park, FL. Located a few miles northeast of Orlando, it has a new polyurethane running surface with 8 lanes (48") and was the site of the '86 Pan American Junior Athletic Championships.

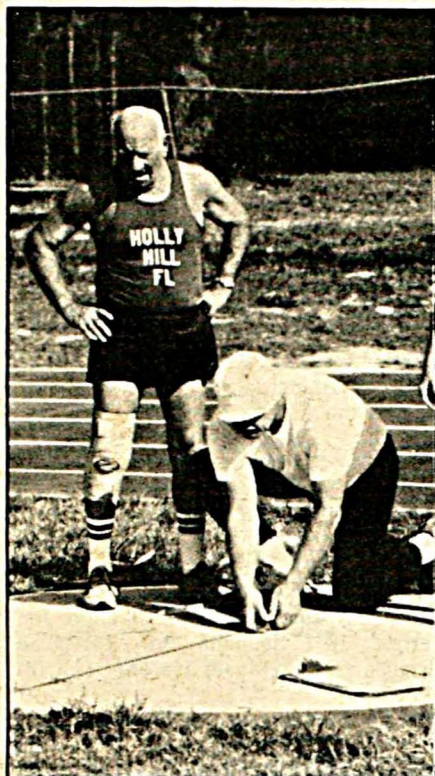
• Winning teams in the TAC National Masters 5K X-C Championships in NYC, November 28, were M40-49, Hartford, TC (Ashley, Heffernan, Repetto, Gulick, Masterson); M50-59, Millrose AA (Fillis, Dooley, Schwartz, Niemand, Frankfurt); M60-69, Millrose (McManus, McGinnis, Gibbons); M70+, Millrose (Carnevale, Feldman, Popper); and W40+, Millrose (Pickert, Thornhill, Kimche), which scored 20 for a close win over Central Park TC (Marolla, Villa, Jackson), which totaled 22.

• Richard Oliver of Studio City, CA, was misidentified in the official results of the VII Veteran Games in Melbourne. His name as a member of the U.S. M50 20K Racewalk team, which won the bronze medal, was incorrectly given in the team results as Rick Olson. Oliver was the first finisher for the U.S. squad in 1:52:32.

• It's a slim chance, but women masters who have qualified for the Olympic Marathon Trials may run into the money even if they don't make the Seoul-bound U.S. team. Julie McKinney, chairperson of TAC's Women's LDR Committee, announced on December 30 that funds totaling \$160,000 will go to the top 30 finishers in the Trials in Pittsburgh, May 1. The first three will receive \$25,000 each. Tenth place is worth \$5000; the 20th spot is valued at \$1000; the 25th through 30th finishers will receive \$500 each. The funds have been pledged by the marathon's organizers.

• Charles DesJardins, Men's Vice-Chairman of TAC's Masters Long Distance Running Committee, was awarded the prestigious President's Award at the Annual Convention of TAC in

Honolulu in December, for meritorious service to the sport of athletics. DesJardins was one of only seven people to receive the award.



Gordon Powell waits while Donald Reid helps measure Powell's U.S. age-72 record of 95-9 3/4 in DeLand, Fla., December 12.

Photo by Karen Russi

EAST

• Angella Hearn, 41, winner (5:09.1) of the master women's Mercedes Mile on Fifth Avenue in September, placed second woman (160 finishers) with a 1:18:51 in the Staten Island Half-Marathon, Staten Island, NY, October 11. Christine Hearn Grenning, 41, followed for third (1:22:32). Ted Haiman, 44, finished 16th (856 finishers) to lead M40+ runners in 1:12:06. In the New York Woman 4 Miler, Central Park, NYC, November 14, Angella ran 22:52 to take third of 1128 finishers and Christine did 23:59 for seventh to lead their Atalanta-New York club to an overall team first place.

• Masters winner (4:20.88) of the Mercedes Mile, Albin Swenson (40, 16:17), and Anna Thornhill (47, 20:32) were 40+ winners in the National RRCA Age-Group X-C Championships, Van Cortlandt Park, Bronx, NY, sponsored by the NYRRC, November 15. Tom Robinson (43, 17:16) and Radames Acosta (41, 17:30) were second and third on the 5K course. Gudrun Phillips (51, 21:49) and Naomi Marcus (41, 23:22) trailed Thornhill to wrap up the top three W40+.

• On Thanksgiving Day, Gabriel Bernal (48, 27:15) and Helene Bedrock (52, 33:10) ran like spring chickens to savor masters wins in the NYRRC Turkey Trot 5 Mile in Brooklyn. The race drew 2275 entrants, with 1871 finishing. Bernal came back on December 5 to trounce younger M40+ runners again with a 34:52 in the NYRRC Winter Series 10K, Central Park, NYC, while Christine Hearn Grenning placed fifth of 373 women in 38:02. Patty Lee Parmalee (47, 42:07) and Toshiko d'Elia (57, 44:06) were among the top 40 women.

• Vince Carnevale, Newark, NJ, wrapped up a great year with an M70+ win (2:33:37) in the NYRRC 30K MAC Championships, Central Park, NYC, December 20. Within a seven-day period in late November, Carnevale won M70 titles in the TAC 15K X-C (1:16:23) and 5K X-C

Championships, and snuck in another M70+ first (36:42) in the Turkey Trot 5 Mile on Thanksgiving Day.

SOUTHEAST

• Ed Hill, Vestavia Hills, AL, claimed an age-45 WR for the 12-lb. shot with a 61-3 3/4 heave in a track meet in Birmingham, November 8.

• Frank Shorter, 40, came home a winner in the M40+ race but not by much in the Pepsi Vulcan 10K, Birmingham, November 21, with a three-second win in 30:54 over Robert Schlauf. Morgan Looney won the M45 race in a fast 32:51. Bobbi Rothman had an easier time in the W40+ contest with a 38:09 first. Susie Kluttz took the W50 race handily in 43:37. Gordon English, 62, Birmingham, won the M60 10K (42:07) and returned on the next day for an M60+ first (3:40:34) in the marathon. Try that this weekend.

• Gordon Powell, Holly Hills, FL, with only a few days remaining as a 78-year-old, bettered the U.S. single-age record for the 1k discus with a 95-9 3/4 toss in an all-comers meet in DeLand, FL, December 12. A long-time masters sprinter, Powell has been sidelined from the sprints with a knee injury.

MIDWEST

• John Lashbrook and Sandi Brachman won the RRCA National 15K National Masters Championships, November 7, in the Milwaukee Lakefront Discovery Run, which also served as the RRCA Open Championships. Lashbrook, of Chicago, finished in 52:19 and was 12th overall. Brachman, of Fontana, WI, ran 1:08:27.

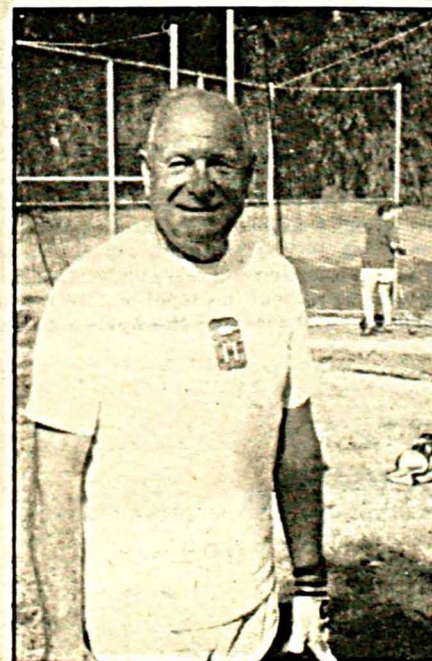
MID AMERICA

• Colorado's Viisha Sedlak, 39, world veterans champion in the W35 5K and 10K walks in Melbourne, will be named Woman of the Year by Better Health and Living Magazine in its April, 1988 issue.

SOUTH WEST

• Junior Lee (M40, 43:17) and Ruth Teran (W40, 55:47) featherfooted to masters victories in the Thanksgiving Day Turkey Trot 8 Mile, Dallas, TX. Lee finished in the top 25. Ed Jackson won the M55 race in 49:45. Mary Ann Cotton threaded her way through the 9000 starters for a W55 victory in 58:50.

• Robert Abbott, Plano, TX, won his third consecutive masters title with an 8th-place 2:34:20, while Joyce Taylor, Gurdon, AR, was



A rare California species — Jim Minah — born in, and lifetime resident of, Santa Barbara, at the Club West Meet in October, where he won the M65 hammer (120-9).

Photo by Jerry Wojcik

W40+ champion with a 3:17:38 in the Dallas White Rock Marathon, December 6. Almost 3000 runners made up the starting field.

WEST

• Frank Grey is in the news again. He won his M65 division (3:04:01) of the Honolulu Marathon, Dec. 13, as he has for the past five or six years. You may recall Grey was DQ'd in his home state of Washington for not running the full course. At the time, Grey denied all charges, saying he left the course only to make a pit stop and was 'caught' reentering. In the 1987 Honolulu Marathon, Jack Waitz, Grete's husband, passed by the half-way mark in 1:21. Near the 14-mile mark, he saw a runner enter the course from a shopping center. He took down the number and reported it upon finishing. It belonged to Grey. He has not yet been officially DQ'd; Honolulu Marathon officials are waiting for him to make a statement explaining what happened. Grey's son and a doctor friend both say they were at the starting line with Frank, but admit they started in different places and didn't see him when the gun went off.

• Ed Oleata of the San Diego TC set a meet record of 5061 for the 50-59 division in the Long Beach Winter Decathlon at Long Beach State U., December 5-6, breaking the previous record of 4506, held by Harry Hawke, also of the SDTC, set in 1979. Dennis Stempel, Chico, CA, won the 40-49 division (4403). Jock Jocoy, San Diego, topped the 60-69 group (2688). Submaster Brian DeRoo placed sixth (5850) of 32 entrants, who were led by high-schooler Tom Richards (6706), son of Olympic vaultier and masters record-holder Bob Richards. The elder Richards, using international implements in the event, surpassed the WR for age-61, but started only seven events, which he did in one day.

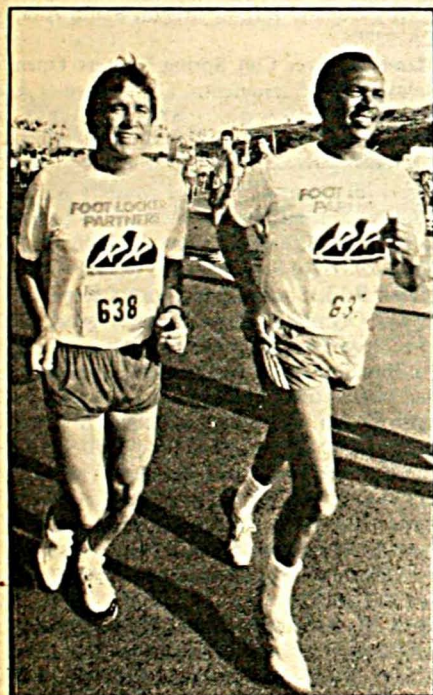
CANADA

• Bob Moore, M45, won the Ontario Masters 10K X-C Championships, Toronto, November 1, with a 35:12. Linda Findley, W35, defeated all women runners in 39:02. Cliff Hall won the M60 race with a hot 38:30, while Molly Turner took the W50 contest easily in 45:34.

INTERNATIONAL

• The Nippon Masters Athletic Union is sponsoring its 2nd Annual All-Japan Masters Ekiden Race on November 27 in Osaka. In the Ekiden (Japanese for road relay), teams of eight runners (two women and six men) from prefectures throughout Japan run the marathon distance, exchanging not a baton but a "tasuki" or ribbon. Last year's event for M40+ and W35+ was televised live in its entirety and was won by Hyogo Prefecture (2:27:09). For this year's event (M35+ and W30+), invitations have been extended to teams throughout the world. Contact: Yomiuri Telecasting Corporation, Secretariat of '88 All-Japan Masters Ekiden 1-8-11, Higashi Tenma-bashi, Kitaku, Osaka, Japan. Phone: 06-356-3407. Telex: J63155YT-VHOSO.

• Recent reports out of Europe include excellent open competition performances by Kenyan Kip Koskei, who claims to be 40 years old. In an 8K international cross-country match held in Cardiff, Wales (December 19), he finished eighth in 25:22 — only 38 seconds behind the winner, countryman (and World 10,000 Champion) Paul Kipkoech. On New Year's Eve in Madrid, Koskei came sixth in a 7.7K road race. If this is the same Kipsabai Koskei who covered 19.947K (12mi694yd) for the third-place in one-hour track race at Monaco this past September — well, the International Athletics Annual (published by the IAAF) lists only his year of birth, 1951. Still that's very fine running for a submaster: the currently listed age-35 hour best of 19:715K (12mi441yd) was set by Czechoslovak Josef Jansky in 1977; though France's great Lucien Rault made 20.305K (12mi1066yd) at age 37 back in 1973.



November 1 — Pictured running at the Fifth Annual Foot Locker Partners 8K race held in Playa Del Rey, Calif., are Billy Mills (left), gold medal winner in the 10,000 meters at the 1964 Olympics, and Kip Keino, two time Olympic gold medalist in the 1,500 meters in '68 and the steeplechase in '72. The pair finished second in the male-male 90-and-over, combined age category.

schedule

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



TRACK & FIELD NATIONAL

March 19-20. TAC National Masters Indoor Championships, L.S.U., Baton Rouge, La. Track Office, LSU, Baton Rouge, LA 70893.

July 8-9. U.S. TAC National Masters Decathlon/Heptathlon Championships, Cal-State, Los Angeles. Mike Strong, Cal-State L.A., 5151 State University Dr., Los Angeles, CA 90021. 213/224-3692.

July 15-23. U.S. Olympic Trials, Indianapolis. U.S. T&F Trials/88, P.O. Box 6060, Indianapolis, IN 46206. 317/636-1988.

August 4-7. 21st U.S. TAC National Masters Championships, Orlando, Florida. Nick Gaily, 341 N. Maitland Ave., Maitland, FL 32751. 305/628-8850.

EAST

January 30. MAC Indoor Championships, Manhattan College, NYC. Sandy Pashkin, 212-666-3671.

February 7 & 28. Philadelphia Masters Development Meets, 7th-St. Joseph's U., 9:00 a.m.; 28th-Haverford College; 9:30 a.m. Peter Taylor, 215/842-3807.

February 28. New Jersey TAC Masters & Submasters Indoor Championships, Fairleigh Dickinson U., Hackensack.

Separate medals for non-residents. Edward Koch, P.O. Box 742, Madison, NJ 07940.

March 5. Philadelphia Masters Indoor Championships, Haverford, Penn. Peter Taylor, 3120 Schoolhouse Lane (J-A9), Philadelphia, PA 19144. 215/842-3807.

March 27. TAC Eastern Regional Masters Indoor Championships, Manley Field House, Syracuse, N.Y. Evelyn White, 18 Foxcroft Dr., Fayetteville, NY 13066. 315/637-6211.

July 31. Tri-State Track Club Classic, Hagerstown JC, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

SOUTHEAST

April 15-17. Palm Beach Championships (Florida Masters Championships), Palm Beach County. Includes team championship. Frank Valdes, 6301 Dockside Circle, Greenacres, FL 33463. 305/968-7171.

April 29-30, May 1. 18th Annual Southeastern Masters Invitational, North Carolina State U., Raleigh. Plus long distance races. Stu Northrup, c/o Raleigh Parks & Rec., P.O. Box 590, Raleigh, NC 27602.

June 11-12. 13th Annual Northwest Classic, Miami-Dade Community College, North Campus. Jesse Holt, 1310 N.W. 90 St., Miami, FL 33147. 305/836-2409.

June 17-19. Tennessee TAC Masters Championships, U. of Tennessee, Knoxville. Oak Ridge TC, P.O. Box 3394, Oak Ridge, TN 37830. Dean Waters, 615/483-7743; Alan Morgan, 615/522-5881.

September 3. 13th Annual Blue Cross/Blue Shield Virginia Masters Championships, U. of Virginia, Charlottesville. Karen Beaver, 311 Westminster Rd., Charlottesville, VA 22901.

September 4. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3446 Roberts Ln. N. Arlington, VA 22207. 703/243-1290.

MIDWEST

February 6. 4th Annual Athlete's Foot Open & Masters Indoor Meet, Augustana College, Rock Island, Ill. Masters Meet, 1029 16th Ave., E. Moline, IL 61244. 309/755-2655.

February 28. Illinois Masters Grand Prix Series, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

March 6. Ohio TAC Indoor Championships, French Fieldhouse, Columbus. W. Curtis Stitt, P.O. Box 09147, Columbus, OH. 43209. 614/237-6513.

March 13. George Knox Track run (up to 50K), Worthington, H.S., Worthington, Ohio. Otho Perkins, Wolfpack TC, 1646 Arrowood Loop, N. Columbus, OH 43229. 614/885-0070.

March 13. TAC Midwest Regional Masters Indoor Championships, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

April 30. North Coast Relays & Championships, Mayfield H.S., Mayfield, Ohio. Jim Barrett, 3801 Shannon Rd., Cleveland Heights, OH 44118. (O) 216/687-7133; (H) 932-0049.

May 15. Wolfpack Spring Throwing Meet, Washington H.S., Columbus, Ohio. Jim Pearce, 2244 Neil Ave., Columbus, OH 43201. 614/294-4606.

May 29. Wolfpack Pentathlon/Ohio TAC Pentathlon Championships, Upper Arlington H.S., Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547; 424-7011.

June 25. Cleveland Track Classic, Wickliffe H.S., Cleveland, Ohio. Jeff Gerson, 4173 Wilmington Rd., So. Euclid, OH 44121. 216/382-2656.

July 2. Early Morning "R" Track Masters '88, Hamline U., St. Paul, Minn. Pre-registration. Rachel Lyga, 122-63 1/2 Way NE Fridley, MN 55432.

MID-AMERICA

May 30-June 2. St. Louis Senior Olympics, St. Louis Country Day H.S., St. Louis, Mo. Suzy Seldin, No. 2 Millstone Campus, St. Louis, MO 63146. 314/432-5700, X188.

August 7. Chillicothe Masters, Litton Stadium, Chillicothe, Mo. Joe Shy, P.O. Box 745, Chillicothe, MO 64601. 816/646-3823.

September 3-4. Rocky Mountain Games, U. of Colorado, Boulder. Jim Weed, 11672 E. 2nd Av., Aurora, CO 80010. 303/341-2980.

SOUTHWEST

April 22. Dallas Parks Senior Games, P.C. Cobb Complex, Dallas, Texas. M & W 50+. Ed Toliver, Bachman Recreation Center, 2750 Bachman Dr., Dallas, TX 75220. 214/670-6258.

May 1. Runners' Pentathlon, Milne Stadium, Albuquerque, N.M. Tom Bell, 2403 San Mateo N.E., Suite P-17, Albuquerque, NM 87110. 505/884-5701(d); 821-2454(e).

May 28. TAC Southwest Regional Masters Championships, Tulane U., New Orleans. Daniel Thiel, 1459 Verna St., New Orleans, LA 70119.

July 9. West Texas Masters Meet, Ozona, Texas. Pete Maldonado, P.O. Box 1584, Ozona, TX 76943. 915/392-3802.

WEST

February 6, 13, 20. University of California All-Comers Meets, Edwards Field, Berkeley. 10:00 a.m.

February 6, 20, 27. University of Southern California All-Comers Meets, Los Angeles.

February 13. Cal-State Bakersfield/Bakersfield Californian Invitational, Bakersfield, Calif. Charles Craig, Cal State Bakersfield Track Office, 9001 Stockdale Hwy, Bakersfield, CA 93311. 805/833-2347; 833-2189.

February 13. Pre-Season All-Comers, Long Beach St. U., Long Beach, Calif. Ralph Lindeman, Track Coach, Cal-State Long Beach, 1250 Bellflower Blvd., Long Beach, CA 90840. 213/498-4666.

February 21. City of Orange Games, Rancho Santiago College, Santa Ana, Calif. Spring Games, 17th at Bristol, Santa Ana, CA 92706.

March 5. River City Spring Masters/Open Relays, CSU-Sacramento, Calif.; regular & weight Pentathlons. SASE Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/482-7881.

March 5. Sport-Arcade III Masters Meet, CSU-Northridge, Calif. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (O) 213/666-7341; (H) 388-9689.

March 9-13. Southern California Regional Senior Olympics, Palm Springs. M & W 55+. Legal SASE to Senior Olympics, 401 So. Pavilion Dr., Palm Springs, CA 92262. Ben Green, 619/323-8274.

April 17. Mt. SAC Masters Relays, Mt. San Antonio College, Walnut, Calif. Hal Smith, 18750 Oxnard St. No. 404, Tarzana, CA 91356. 818/342-1174.

April 30. Ken Carnine Classic, CSU-Sacramento, Calif. SASE Mike Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/482-7881.

April 30. Redlands Kiwanis Masters Meet, Redlands, Calif. J.R. Hedrick, 139 Carmody St., Redlands, CA 92373. 714/792-2453.

May 28. Anteaters Masters Classic, UC-Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

June 4. Southern California Striders Meet of Champions, U.C. Irvine, Calif. Hugh Cobb, 2963 Galena Ave., Simi Valley, CA 93065. 805/527-5471.

Continued on page 23

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ABOUT THE AUTHOR:

Scott Sanders has been actively involved in Track & Field for the past 12 years both as a successful collegiate and international sprinter and as a Division I coach at the University of Colorado. He has had great success applying his programs to aid in the development of masters sprinters including Hugo Martenstein, multi time national and international sprint champion of 100 and 200 meters and most recently John S. Puppell the 55.59 National 100-200 champion in 1986 and 1987. Scott hopes that this video will provide the serious master's sprinter with the information needed to turn his desires into success. Good luck!

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Continued from page 22

June 11. Pacific Association/TAC Championships, Los Gatos H.S., Los Gatos, Calif. Willie Harmatz, P.O. Box 1328, Los Gatos, CA 95031. 408/354-5660.

June 18. SCA/TAC Masters Championships, Occidental College, Eagle Rock, Calif. Gary or Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.

July 2. River City Invitational, CSU-Sacramento, Calif; plus weight pentathlon. SASE Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/482-7881.

July 16-17. TAC Western Regional Masters Championships, CSU-Northridge, Calif. Marvin Thomson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (o) 213/666-7341; (h) 213/388-9689.

July 30. Northern California Seniors Meet, UC-Berkeley. Mark Grubi, P.O. Box 4512, San Francisco, CA 94101.

August 20. 3rd Annual California Masters Team Championship, Northern California site TBA. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (o) 213/666-7341; (h) 213/388-9689.

September 3. 4th Annual Patriots Summer Relays '88, L.A. Southwest CC, Los Angeles. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (o) 213/666-7341; (h) 213/388-9689.

NORTHWEST

June 25-26. 7th Hayward Classic, Eugene, Oregon. Jerry Jackson, 933 Northridge, Springfield, OR 97477. 503/746-0605.

INTERNATIONAL

April 1-2. 5th Pan-American Championships for Veteran Athletes, Santiago, Chile. South American Association of Veteran Athletes, P.O. Box 685, Santiago, Chile.

April 1-4. Australian Veterans Athletic Championships, Brisbane. Pauline Burns, 141 Sirius St., Coorparoo, Queensland 415. 07/397-1356.

September 17 - October 2. XXIV Olympic Games, Seoul, Korea. T&F News, Box 296, Los Altos, CA 94023. 415/948-8188.

October 15-25. Central Australian Masters Games, Alice Springs, Northern Territory. P.O. Box 1095, Alice Springs, NT 5750. Tel (089) 528222.

LONG DISTANCE RUNNING NATIONAL

March 13. U.S. TAC National Masters 15K Championships, Tucson, Ariz. Bruce Stevenson, 2628 N. Tyndall, Tucson, AZ 85719 602/882-4382.

March 27. U.S. TAC National Masters 5K Championships, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

April 10. U.S. TAC National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

July 23. U.S. TAC National Masters 1 Mile Championships, Hibbing, Minn. Tim Zbinkowski, 11270 E. French Lake Rd., Osseo, MN 55369. 218/941-3300.

August 13. U.S. TAC National Masters 10K Championships, Asbury Park, N.J. Phil Benson, Box 2287, Ocean Township, NJ 07712. 201/531-4156.

September 4. U.S. TAC National Masters 20K Championships, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NJ 11554. 516/579-7466.

September 11. U.S. TAC National Masters 25K Championships, Eugene, Oregon. Marcia McChesney, 4965 W. Hillside Dr., Eugene, OR 97404. 503/344-8106.

September 24-25. U.S. TAC National Masters 24-Hour Run Championships, Atlanta, GA. Larry Robbins, 4654 Latimer Ct., Kennesaw, GA 30144. 404/529-7196.

October 22. U.S. TAC National Masters 100K Championships, Duluth, Minn. William Wenmark, 1829 Portland Ave. So., Minneapolis, MN 55402. 612/593-9041.

November 13. U.S. TAC National Masters 30K Championships, Clarksburg, Calif. Skip Sebeck, P.O. Box 20, Clarksburg, CA 95612. 916/665-1712.

November 20. U.S. TAC National Masters 10K Cross-Country Championships, Holmdel, N.J. Ron Salvio, Box 116A, Hwy. 33, Englishtown, NJ 07726. 201/446-4959.

November 25. U.S. TAC National Masters 5K Cross-Country Championships, Raleigh, N.C. Bob Baxter, 800 Purdue, Raleigh, NC 27609. 919/876-5674.

November 27. U.S. TAC National Masters 15K Cross-Country Championships, Agoura (L.A. suburb), Calif. Bruce Robinson, 6322 Eileen Ave., Los Angeles, CA 90043. 213/291-4045.

December 3. U.S. TAC National Masters 8K Championships, Phoenix, Ariz. Mike Copeland, 115 W. Echo Lane, Phoenix, AZ 85021.

December 4. U.S. TAC National Masters Marathon Championships, Sacramento, Calif. \$28,200 masters prize money. John Mansoor, 10513 Fair Oaks Blvd., No. J, Fair Oaks, CA 95628. 916/966-6185.

December 10. U.S. TAC National Masters Half-Marathon Championships, Orlando, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

EAST

March 13. St. Patty's 10 Miler, Allentown, Pa. St. Patty's Run, P.O. Box 252, Leesport, PA 19533.

March 20. Lady Equitable Twelve 10K, Baltimore, Md. Lady Equitable 12, Equitable Bank, 6th Fl., 100 S. Charles St., Baltimore, MD 21201.

March 27. Nike Cherry Blossom 10 Mile, Washington, D.C. Entry by lottery closed Jan. 15. Some additional places for invited runners. Nike Cherry Blossom, P.O. Box 4594, Silver Spring, MD 20904.

April 10. 1988 MDA-Boston Milk Run 10K, Boston. DMSE, Inc., 430C Salem St., Medford, MA 02155. 617/396-3001.

April 18 (Monday). 92nd Annual B.A.A. Boston Marathon, Hopkinton to Boston. Qualifying times. Deadline March 21. SASE to BAA Boston Marathon, 17 Main St., Hopkinton, MA 01748. 617/435-6905.

April 24. New Jersey Waterfront Marathon, Jersey City. 1988 Men's Olympic Marathon Trials. Harborside Financial Center, Plaza Two, 10th Fl., Jersey City, NJ 07302. 201/432-5530.

May 1. Newsday Long Island Marathon/Half-Marathon, Long Island, N.Y. Sports Unit, Eisenhower Park, East Meadow, NY 11554.

May 1. Pittsburgh Marathon, Pittsburgh, Pa. Pittsburgh Marathon, Inc. 638 USX Building, Pittsburgh, PA 15230. 412-391-2800.

SOUTHEAST

February 6. Red Lobster 10K Classic, Orlando, Fla. Masters money. Track Shack, 1322 N. Mills Ave., Orlando, FL 32803. 305/898-1313.

February 13. Gasparilla Distance Classic 15K, Tampa, Fla. Masters m & w, 1st-3rd: \$1000-500-250. Gasparilla 15K, P.O. Box 1881, Tampa, FL 33601. 813/229-7866.

February 19-21. 11th Orange Bowl Running Series (20th, marathon; 21st, 10K), Miami, Fla. Runners International Inc., 7364 SW 48th St., Miami, FL 33155. 305/661-3223.

February 20. Carolina Marathon, Columbia, S.C. SASE to: Carolina Marathon, P.O. Box 5092, Columbia, SC 29250. 803/777-2456.

February 28. Anheuser-Busch Colonial Half-Marathon, Williamsburg, Va. Half-Marathon, P.O. Box 399, Williamsburg, VA 23187. Richard Platt, 804/229-7375.

March 5. River Run 15K, Jacksonville, Fla. River Run 15K, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

March 12. Azalea Trail Run 10K, Mobile, Ala. Azalea Trail Run, P.O. Box 6427, Mobile, AL 36660. 205/473-RACE. Entry form in Feb. issue.

MIDWEST

March 27. Cincinnati Heart Mini-Marathon 15K, Cincinnati. American Heart Assn., 2936 Vernon Place, Cincinnati, OH 45219. 513/281-4048.

April 17. Jack Mortland Invitational/Mideast TAC Racewalk Championships (m 20K; w 10K), Whetstone Park, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547; 424-7011.

May 15. Revco Cleveland Marathon/10K, Cleveland, Ohio. Reno Staronni, P.O. Box 46604, Bedford, OH 44146.

MID-AMERICA

May 1. Lincoln Marathon/Half-Marathon, Lincoln, Nebr. Thomas Kay, 2809 Jackson Dr., Lincoln, NE 68502. 402/473-1164.

SOUTH WEST

March 27. Capitol 10,000, Austin, Texas. Capitol 10K, P.O. Box 2936, Austin, TX 78769. 30,000 entry limit. Deadline Feb. 24.

WEST

February 7, 14, 21. Legg Lake Runs, S. El Monte, Calif. 9:30 a.m. A. Martinez, 9502 Reichling Lane, Pico Rivera, CA 90660. 213/949-0394.

February 20. Great American Adventure 2.8 & 4.8 Mile X-C Runs, Huntington Beach, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417; 213/634-3027.

February 27. Bess James 10K/5K, Hemet, Calif. Entry fee tax deductible. Mt. San Jacinto College, 1499 N. State St., San Jacinto, CA 92383. Bob Stangel, 714/654-8011, X253.

February 27. Porta Costa Run 8.4 Miles, Martinez, Calif. Luka Sekulich, 1485 Darlene Dr., Concord, CA 94520.

March 6. Los Angeles Marathon, Los Angeles. L.A. Marathon, P.O. Box 67750, Los Angeles, CA 90067. 213/879-1988.

April 2-3. Tropicana/KLAS-TV Las Vegas 10K/Half-Marathon, Las Vegas, Nev.

ON TAP FOR FEBRUARY

TRACK & FIELD

Serious indoor action starts on the 6th in Rock Island, Ill., and finishes on the 28th in the New Jersey TAC Championships in Hackensack and the Illinois Grand Prix in Sterling. California offers the Bakersfield Californian Invitational on the 13th, the City of Orange Games on the 21st, and a sprinkling of all-comers meets.

LONG DISTANCE RUNNING

Florida takes the spotlight for major open races with the Red Lobster 10K in Orlando on the 6th; the Gasparilla 15K in Tampa on the 13th; and the Orange Bowl Marathon on the 20th and 10K on the 21st in Miami. The Southeast also hosts the Carolina Marathon in Columbia on the 20th and the Colonial Half-Marathon in Virginia on the 28th. On the 27th, Westerners can head for either the Trail's End Marathon in Seaside, Oreg., or the Bess James 10K/5K in Hemet, Calif. Frank Shorter and Bill Rodgers will compete in a \$5000 winner-take-all match race in the Runner's Den 10K in Phoenix on the 7th. □

Thomas Sports Enterprises, S. Tioga Way, Las Vegas, NV 89117. 702/368-2885.

April 17. Big Sur Marathon, Big Sur, Calif. Big Sur Marathon, Box 222620, Carmel, CA 93922.

May 1. Long Beach Marathon, Long Beach, Calif. LB Marathon, 1827 Redondo Ave., Long Beach, CA 90804. 213/494-2664.

NORTHWEST

February 27. Trail's End Marathon, Seaside, Oreg. Seaside Chamber of Commerce, P.O. Box 7, Seaside, OR 97138. 503/738-6391.

April 10. Emerald City Marathon, Seattle, Wash. PNB/ECM, 101 Elliott Ave. WA, No. 430, Seattle, WA 98119.

INTERNATIONAL

March 13. China Coast Half-Marathon/Marathon, Hong Kong, AVOHK, GPO Box 10368, Hong Kong.

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Columbus, Ohio
April 10, 1988

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o 614-424-7011



U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Haig Bohigian, T&F Rankings Chairman)

Compiled by
Hank
Nottingham

50 Meter Rankings Men, 30-34 1987

1	N Allbritton	5.59
2	M Blueford	5.60
3	? Dohard	5.71
4	R Zahn	5.75
5	B James	5.84
6	L Stanley	5.86
6	D Gaines	5.86
8	W Weldon	6.00
8	J Green	6.00
8	J McCorkle	6.00
11	W Thompson	6.04
11	T Revolinski	6.04
11	D McNeil	6.04
14	T Jones	6.05
14	S Manto	6.05
16	T Gladstone	6.10
17	G Morton	6.14
17	G Smith	6.14
19	K Scott	6.15
19	T DePasquale	6.15
21	J Geiseman	6.23
21	? Petranek	6.23
23	M Smith	6.30
23	J Kellerman	6.30
25	R Post	6.32
25	P Conzentino	6.32
25	N Steinberg	6.32
25	L Galloway	6.32
25	? Hillard	6.32
25	? LaBeau	6.32
25	L Blue	6.32
32	R Kruse	6.34
33	G Howard	6.35
34	L Troup	6.36
35	L Hathcock	6.37

50 Meter Rankings Men, 35-39 1987

1	N Robinson	5.74
2	B Peters	5.91
3	G Scott	5.91
4	A Walton	5.94
4	W Overby	5.94
6	C Stalworth	6.04
7	T Ziska	6.12
8	S Druckrey	6.14
8	R Murphy	6.14
8	W Roberts	6.14
11	D Thiel	6.15
12	D Hill	6.16
13	S Slavens	6.21
14	J Harris	6.23
14	J Royal	6.23
16	R Bowen	6.30
17	W Richards	6.32
17	C Jackson	6.32
17	J Galbreath	6.32
17	M Azuoga	6.32
21	J Bland	6.35
22	D Saleem	6.36
22	L Bryant	6.36
24	G Woolfolk	6.39
25	S Narevski	6.40
25	D Martin	6.40
27	D Radiff	6.41
28	K Carpenter	6.42
28	R Marinello	6.42
28	D Lee	6.42
31	B Verti	6.45
32	P Felton	6.47
33	R Wallace	6.49
34	R Hahn	6.50
35	A Ross	6.55

50 Meter Rankings Men, 40-44 1987

1	T Basset	5.80
2	S Whitely	5.90
3	L Miller	6.04
4	G Johnson	6.10
5	J Hess	6.11
6	R Johnson	6.14
6	C Ray	6.14
8	M Marbut	6.19
9	T Bell	6.20
10	S Tyler	6.25
11	J Hatfield	6.29
12	G Smith	6.30
13	S Groves	6.31
13	M Norberg	6.31
15	G Reiter	6.32
16	B Holmes	6.36

16	G Smith	6.36
18	R Pierce	6.37
19	P Pinkerton	6.38
20	G Coats	6.39
21	? Bashkeski	6.42
21	L Hathcock	6.42
23	L McKee	6.44
24	A McNeil	6.47
25	J Davis	6.49
26	T Toscano	6.50
26	O Delgado	6.50
28	G Miller	6.51
28	? Gunn	6.51
28	R Bogneski	6.51
28	C Brown	6.51
32	T Brewer	6.52
33	N Watson	6.57
33	? Galloway	6.57
35	E Ropp	6.60

50 Meter Rankings Men, 45-49 1987

1	G Oliphant	5.80
2	H Groden	6.10
3	S Tyler	6.14
4	A Singh	6.30
5	P Dorsey	6.32
6	G Riggs	6.35
7	R Turner	6.39
8	G LaBelle	6.40
8	E Mitchell	6.40
10	R Dennis	6.42
11	J O'Hara	6.47
11	E McComb	6.47
13	G Latorre	6.49
14	N Carter	6.50
15	S Hargrove	6.51
15	J Bantum	6.51
17	D Buss	6.52
18	M Kulzer	6.57
19	B Tozer	6.60
19	D Driefust	6.60
21	H Tolliver	6.61
22	A Kegl	6.70
23	B Wheelcock	6.78
24	C Grant	6.79
24	B Warren	6.79
24	P Tams	6.79
27	L Washington	6.80
27	J Bustamante	6.80
29	J Whelan	6.84
30	? Allen	6.88
31	B Jeffrey	6.90
32	G Wardlow	6.92
33	? Haycroft	6.98
34	T Nuccio	6.99
35	D Tancredi	7.00

50 Meter Rankings Men, 50-54 1987

1	L Colbert	6.23
2	J Weaver	6.31
3	P Williams	6.42
3	B Springbett	6.42
5	B Keegan	6.47
6	? Mathis	6.51
7	J Beckham	6.60
7	C Dudley	6.60
9	R Miller	6.64
10	P Stopoulos	6.70
10	W Cochrane	6.70
10	N Mosley	6.70
10	J Tunstall	6.70
14	B Porter	6.75
15	H Bohigian	6.78
16	? Humke	6.79
17	R Tsuda	6.80
18	P Dolrovolny	6.88
19	D Pratt	6.98
19	? Ware	6.98
19	J Lipskey	6.98
19	B McGlasman	6.98
23	J Haugo	7.00
23	R Rizzo	7.00
23	R Anderson	7.00
23	J Peterson	7.00
23	W Wright	7.00
28	S Williams	7.02
29	J Muxen	7.04
30	R Mitchell	7.07
31	M Greenburg	7.10
32	? Suter	7.16
32	E Kent	7.16
34	G Brazee	7.25
35	R Jones	7.26

50 Meter Rankings Men, 55-59 1987

1	R Saidel	6.40
2	H Brown	6.60
3	L Pratt	6.68
4	E Ventura	6.74
5	T Grimes	6.79
6	J Reiserer	6.85
7	B Gentry	6.89
8	J Popell	6.90
9	A Batiansila	6.92
10	H Washington	6.94
11	R Marlin	7.02
12	H Robinson	7.07
13	T Brooks	7.10
13	W Robinson	7.10
15	B Honaker	7.13
16	C Mitchell	7.16
16	R Turner	7.16
18	A Fischer Jr	7.18
19	B Wright	7.21
20	J Murphy	7.25
21	W Bretts	7.31
22	I Stewart	7.35
23	J Silva	7.40
24	C Irace	7.42
25	F Barous	7.50
26	G Kelly	7.53
26	? Orr	7.53
26	A Cohen	7.53
26	P Brusca	7.53
30	E Osgood	7.56
31	P Ferraro	7.61
32	B Townsend	7.63
32	J Nyhan	7.63
34	D Keller	7.72
35	J Penler	7.75

50 Meter Rankings Men, 60-64 1987

1	H Robinson	6.81
2	J Lav	7.00
3	G Bradd	7.04
4	R Bower	7.10
5	G Harte	7.17
6	P Brusca	7.20
7	H MacMillan	7.21
7	J Gresham	7.21
7	D Smith	7.21
10	A Wilson	7.24
11	M Nickell	7.25
12	C Olsen	7.30
13	T Lacey	7.32
14	C Orris	7.36
14	J Jocooy	7.36
16	J Davison	7.40
17	D Cavicchi	7.42
18	? Goldsmith	7.44
19	R Armstrong	7.46
20	E Goddin	7.50
21	O Harris	7.53
21	J Tuttle	7.53
23	W Townsend	7.57
24	G Kovar	7.63
25	W Ambrose	7.83
26	B Ruozzi	7.95
27	M Herscher	7.99
28	L Wright	8.06
29	F Mailck	8.69
30	R Favilla	8.90
31	S Kelley	8.92
32	D Harris	9.11

50 Meter Rankings Men, 65-69 1987

1	T Murphy	6.90
2	B McDonald	7.07
3	T Patsalis	7.07
4	J Davidson	7.37
5	D Lukins	7.39
6	V Matsen	7.44
7	T Kennell	7.47
8	D Hull	7.75
9	C Oates	7.91
9	M Pickl	7.91
9	D Hall	7.91
12	R White	7.97
13	A Oliver	8.02
14	B Warwick	8.09
15	C Whitney	8.10
16	D Knapp	8.19
17	J Goodall	8.84
18	E Cole	9.21
18	C Osbern	9.21
20	R McPeck	9.58

50 Meter Rankings Men, 70-74 1987

1	M Blake	7.56
2	C Christy	7.72
2	C Hills	7.72
4	J Larson	7.76
4	J Bloomfield	7.78
5	E Cottrell	7.85
7	F White	7.86
8	B Morrow	7.90
9	W Ragland	7.96
10	H Morningstar	8.00
11	E Edgar	8.10
12	J Breslin	8.28
13	M Lightfoot	8.30
14	W Tashian	8.37
15	B Fike	8.40
16	S Sorlien	8.46
17	F Praeger	8.47
18	C Hirshey	9.13

50 Meter Rankings Men, 75-79 1987

1	J Gaines	8.28
2	E Bost	8.38
3	B Fike	8.46
4	J Mays	8.54
5	R Lacey	8.69
6	G Powell	8.76
7	M D'Elia	8.84
8	J McCluskey	9.95
9	D Ernst	9.95
10	G Knox	10.09

50 Meter Rankings Men, 80-84 1987

1	K Boas	9.21
2	B Fox	9.32
3	F Furniss	9.90
4	E Hosak	10.39
5	A Pitcher	11.39

50 Meter Rankings Men, 85-89 1987

1	H Anderson	9.94
2	A Pitcher	10.22



50 Meter Rankings Women, 30-34 1987

1	P Green	6.70
2	I Thompson	6.81
3	J Angotti	6.88
4	S Tallard	7.06
5	T Dalton	7.30
6	C Beitzel	7.32
7	N Legrand	7.34
8	T Dudley	7.72
9	S Greenburg	7.84
10	C Obermeyer	8.07
11	D Harris	8.93
12	N Dinitto	9.86
13	C Minton	10.04

50 Meter Rankings Women, 35-39 1987

1	P Farster	7.27
2	D Stiles	7.31
3	D Stevens	7.35
4	K Pierce	7.42
5	A Mapps	7.91
6	S Thompson	8.05
7	S Schott	8.31
8	E Dobel	9.22
9	J Dunham	9.25
10	N DiNitto	10.11

50 Meter Rankings Women, 40-44 1987

1	P Raschker	6.83
2	P Calvert	7.00
3	M Simmons-McCord	7.30
4	M Mitchell	7.51
5	B Stewart	7.53
6	P Danielson	7.70
7	J Reigel	7.81
8	E Kea	7.93
9	S Redfield	8.00
10	L Cohen	8.06
11	C Hemming	8.28
12	C Primmer	8.47
13	S Helleslen	8.57
14	P Thomas	8.64
15	J Ross	9.12

50 Meter Rankings Women, 45-49 1987

1	B Stewart	7.72
2	E Kea	7.80
3	T Klassen	8.69
4	C Parry	8.90
5	J Gustafson	9.39

50 Meter Rankings Women, 50-54 1987

1	M Fitzgerald	7.63
2	C Miller	7.70
3	R Lyga	8.10
4	S Reifeld	8.18
5	S Stiegelmeier	8.40
5	J Boverman	8.40
7	P Farley	8.60
7	F Chou	8.60
9	M Moore	8.88
10	B Holland	9.22
11	B Dameron	9.33
12	J Keaton	10.50

50 Meter Rankings Women, 55-59 1987

1	S Kinsey	8.91
2	J Weaver	9.25

50 Meter Rankings Women, 60-64 1987

1	B Holland	8.89
2	J Sullivan	9.00
3	C Utecht	10.35
4	J Reid	10.44
5	B Nebenzahl	11.00

50 Meter Rankings Women, 65-69 1987

1	C Habris	9.67
2	C Peebles	10.78
3	G Meadows	11.07

50 Meter Rankings Women, 70-74 1987

1	S Evans	9.40
2	G Bergman	10.07

RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

ALL-AMERICAN ACHIEVERS FOR JANUARY, 1988

MEN 35-39	EVEN	MARK
ROBERT B. HAHN	100 Meters	11.0
ROBERT B. HAHN	110 Hurdles	15.73

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MEN 40-44		
MIKE MORRIS	Pole Vault	13-8
HENRY A. MORRONI	Hammer Throw	50 Meters
AL NEVILLE	Shot Put	43-0'
NEIL SILVER	Triple Jump	40-2 3/4

MEN 45-49		
STEPHEN L. IRELAND	100 Meters	11.87
STEPHEN L. IRELAND	200 Meters	24.89
STEPHEN L. IRELAND	400 Meters	53.84
FRED LENTJES	Long Jump	18-1 1/4
JAMES K. MURPHY	10,000 Meters	35:03
JOSEPH E. THIELMAN	200 Meters	24.3
JOSEPH E. THIELMAN	400 Meters	55.0

MEN 50-54		
BILL HOUCK	Javelin	174-11
JERRY STANNERS	110 Hurdles	18.18
JERRY STANNERS	Long Jump	16-1 3/4
JERRY STANNERS	Pole Vault	10-9
PETER J. STOPOULOS	Long Jump	18-7
PETER J. STOPOULOS	Triple Jump	34-6 1/2

MEN 55-59		
ROSS K. DUNTON	800 Meters	2:25.03
BILL GAEDKE	800 Meters	2:20.59
RAY GIBSON	5000 Meters	17:58
BOB GRAHAM	110 Hurdles	19.2
BOB GRAHAM	400 Hurdles	68.2
BOB GRAHAM	Long Jump	15-2
CHARLES RICE	200 Meters	27.23

MEN 60-64		
DEL PICKARTS	Javelin	191-10WR
DEL PICKARTS	Discus	144-6

MEN 65-69		
TIM MURPHY	100 Meters	13.1
TIM MURPHY	200 Meters	28.3
HAROLD WRIGHT	20K Racewalk	2:08.16

MEN 70-74		
BILL MC DONOUGH	10,000 Meters	45:47
RICHARD STARK	5K Walk	32:57.6

WOMEN 45-49		
MEREDITH S. THIELMAN	100 Meters	15.0

WOMEN 50-54		
JEAN BUCHANAN	10,000 Meters	48:42

ALL AMERICAN STANDARDS FOR MASTERS RACE WALKERS

MEN	5km	10km	20km	WOMEN	5km	10km	20km
M40	24:30	51:00	1:45	W40	29:00	1:00	2:04
M45	26:00	54:00	1:52	W45	31:00	1:04	2:12
M50	27:30	57:00	1:58	W50	33:00	1:08	2:20
M55	29:00	1:00	2:04	W55	35:00	1:12	2:28
M60	30:30	1:03	2:10	W60	38:00	1:18	2:40
M65	32:00	1:06	2:16	W65	41:00	1:24	2:52
M70	34:00	1:10	2:24	W70	44:00	1:30	3:04
M75	36:00	1:14	2:32	W75	47:00	1:36	3:16
M80	38:00	1:18	2:40	W80	50:00	1:42	3:28
M85+	40:00	1:22	2:48	W85+	53:00	1:48	3:40



U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100m	13.8	14.2	14.6	15.0	15.6	16.3	16.9	17.5	18.8	20.0	21.2
200m	28.0	29.2	30.3	31.4	32.5	34.2	35.7	37.3	40.5	43.8	48.7
400m	63.5	66.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	95.0	103.3
800m	2:32	2:35	2:40	2:45	2:54	3:07	3:17	3:27	3:34	3:49	4:02
1500	5:13	5:15	5:19	5:39	5:50	6:15	6:45	7:16	7:45	8:19	8:49
5000	20:40	20:56	21:36	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100/80mH	17.0	18.6	16.1	17.1	18.1	19.1	20.1	21.1	28.0	32.0	37.0
400/300mH											
HJ	1.42	1.35	1.27	1.19	1.10	1.07	1.02	0.97	0.92	0.89	0.84
	4'8"	4'5 1/4"	4'2"	3'11"	3'7 1/4"	3'6 1/4"	3'4 1/4"	3'2 1/4"	3'0 1/4"	2'11"	2'9"
LJ	5.0m	4.60	4.30	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.0
TJ	9.03	8.61	8.12	7.63	7.14	6.40	6.23	5.74	5.00	4.25	4.00
	29'7 1/2"	28'3"	26'73/4"	25 1/2"	23'5 1/2"	22'73/4"	20'5 1/2"	18'10"	16'5"	13'11 1/4"	13'1 1/4"
SP	10.30	9.30	8.20	7.20	8.90	8.30	7.70	7.30	6.90	6.60	6.30
Javelin	39'50	33.50	27.50	21.50	25.0	19.0	18.0	16.0	15.0	14.0	13.50
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.50

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100m	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.0	17.0	18.0
200m	22.4	23.3	24.2	25.1	26.0	27.3	28.5	29.8	32.4	35.0	38.9	42.6
400m	51.0	52.5	54.0	55.5	57.5	59.0	62.5	67.0	72.0	76.0	82.5	87.6
800m	2:01	2:04	2:08	2:12	2:19	2:29	2:37	2:45	2:54	3:03	3:13	3:24
1500m	4:11	4:12	4:15	4:31	4:40	5:00	5:24	5:49	6:12	6:39	7:03	7:30
5000m	15:30	15:42	16:12	16:42	17:24	18:12	19:36	21:06	22:36	24:16	25:50	27:30
10000	33:00	34:00	35:00	36:00	37:00	38:30	40:30	44:30	48:30	54:30	60:30	68:30
5K	10:00	10:20	11:10	11:50	12:30	13:20	13:50	14:40	17:30	20:00		
10K							9:30	10:30	12:45	14:00		
110mH	15.0	16.4	17.75	18.75	19.14	20.25	20.57	21.65	22.60	26.0	29.8	33.7
100mH							18.0	20.0				
80mH									18.0	21.0		
300mH							57.0	62.0	66.0	71.0	75.0	81.0
400mH	57.6	59.6	62.0	64.4	68.2	72.0	76.0	82.0	88.0	94.0	100.0	106.0
HJ	1.94	1.85	1.76	1.66	1.59	1.50	1.41	1.32	1.23	1.12	1.02	.92
	6'4 1/4"	6'3 3/4"	5'9 1/2"	5'6"	5'2 1/2"	4'11"	4'7 1/2"	4'4"	4' 1/2"	3'8"	3'4"	
LJ	6.50	6.10	5.70	5.30	4.90	4.50	4.12	3.72	3.35	2.90	2.55	2.15
	21'4"	20' 1/2"	18'8 1/4"	17'4 1/2"	16'3 1/4"	14'9"	13'6 1/2"	12'2 1/2"	10'11"	9'6 1/2"	8'4 1/2"	7' 1/2"
P.V.	4.11	3.89	3.66	3.43	3.20	2.97	2.74	2.44	2.13	1.83		
	13'6"	12'5"	12'0"	11'3"	10'6"	9'9"	9'0"	8'0"	7'0"	6'0"		
T.J.	12.90	12.30	11.60	10.90	10.20	9.55	8.90	8.20	7.50	6.80	6.10	5.50
	42'4"	40'4 1/4"	38'3/4"	35'9 1/4"	33'5 1/2"	31'4"	29'2 1/2"	26'11"	24'7 1/4"	22'3 1/4"	20' 1/4"	18' 1/2"
Discus	44.80	42.60	40.60	38.00	40.00	36.40	42.00	36.80	31.60	26.40	21.40	16.00
	147'	139'9"	133'2"	124'8"	131'3"	119'5"	137'9"	120'9"	103'8"	86'7"	70'2 1/2"	52'6"
Javelin	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203'5"	187'0"	170'7"	157'6"	141'1"	126'4"	131'3"	114'10"	95'2"	78'9"	62'4"	49'2 1/2"
Hammer	47.24	44.20	41.14	38.10	36.40	32.50	36.00	30.50	25.00	20.00	15.00	11.00
	155'0"	145'0"	135'0"	125'0"	126'0"	106'8"	118'1"	100'1"	82'0"	65'7 1/4"	49'2 1/4"	35'4 1/4"
S.P.	15.20	14.10	13.00	12.00	13.00	11.80	13.00	11.80	10.70	9.50	8.40	7.20
	49'10 1/2"	46'3"	42'8"	39'4 1/2"	42'8"	38'8 1/2"	42'8"	38'8 1/2"	35'1 1/4"	31'2"	27'6 1/4"	23'7 1/2"

notes: 1) 100m standards are for auto time, will use standard conversion for hand time

2) All High Hurdles are for 110m, 39" 30-49, 36" 50-59, 33" 60-69, 30" 70+

3) Weights S.P. 16# 30-49 12# 50-59 8# 60+

Dis 2kg 30-49 1.6 50-59 1.0 60+

Jav 800gm 30-59 600gm 60+

Hammer 16# 30-49 12# 50-59 8# 60+

4) Metric heights and distances are the standard, feet and inches for convenience

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: _____ PHONE: _____

ADDRESS: _____ AGE GROUP: _____

SEX: M _____ F _____

EVENT: _____ MARK: _____

MEET: _____ WEIGHT OF IMPLEMENT _____

DATE OF MEET: _____ HURDLE HEIGHT _____

MEET SITE: _____

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Continued on next page

Continued on next page

MIDWEST**Columbus Marathon**
Columbus, OH; November 8

Overall		
Ernest Tjela	33	2:11:39
Maria Trujillo	28	2:32:09
M40 Kjell-Erik Stahl	12:20:23	
David Oropeza	2:32:30	
Rich Davis	2:37:46	
Gregg Evans	2:40:20	
M45 Ralph Zimmerman	2:34:28	
E Rectenwald Jr	2:39:28	
Jon Patton	2:50:21	
M50 Fred Hagerman	2:41:39	
Jack Cagot	2:55:26	
Ellis Cope	2:57:41	
M55 Francis Cooper	3:13:58	
Walter Perry	3:14:55	
M60 Don McWilliams	3:08:44	
John Biega	3:23:29	
M70+Jule Jacobson	3:45:52	
M40 Barbara Filutze	2:51:40	
Joan Zirkelbach	3:11:33	
Nino Bovio	3:14:35	
M45 Evelyn Leiter	3:24:38	
M50 Prudy Hilger	3:30:42	
M55 Whayong Sener	3:35:32	

Metro-Macomb Runners 6 Mile
Mt. Clemens, MI; December 12

M40-49	
K Makowski	48 35:38
D Campbell	40 36:48
D Pretzer	44 37:25
M50-59	
H Seegert	52 38:50
M Sterling	52 40:38
B Taylor	51 46:23
M60+	
Z Vogt	61 52:07
P Bolos	71 53:45
M50-59	
S Studebaker	51 48:54

Metro-Macomb Runners 4 Mile
Mt. Clemens, MI; December 20

M40-49	
D Pretzer	44 24:20
P Dugan	46 25:03
R Brunt	41 26:49
M50-59	
H Seegert	52 25:29
H Hensley	55 26:16
M60+	
F Gurol	66 31:20
P Bolos	7- 35:31
M40-49	
R Thaxton	43 31:12
N Brunt	41 37:42

Metro-Macomb RC 4 Mile
Mt. Clemens, MI; January 1

M40 Don Pretzer	25:52
Don Brunt	27:32
M50 Herb Seegert	26:09
John Kolmetz	58 26:39
M60+Pete Bolos	74 36:00
M40 Rose Kaczor	31:24
Robert Thaxton	31:50

Metro-Macomb RC 5K
Mt. Clemens, MI; January 3

M40 Don Pretzer	19:00
Lloyd Simms	49 20:45
M50 Herb Seegert	19:30
Mike Sterling	20:40
M60 Fred Gurol	67 23:12
Zeke Vogt	24:40
M70+Pete Bolos	27:57
M40 Roberta Thaxton	23:40

MID AMERICA**Heartland Hustle 10K**
Davenport, Iowa
October 10

Overall:		
Arturo Barrios	27:59	
Liz Lynch-McCogan	31:13	
M40 Don Zile	32:40	
M45 Vic Heckler	33:21	
M50 Bill Dugan	36:26	
M55 Leonard Hoffman	39:03	
M60+T. Kessinger	42:50	
M40 Nancy Kaplan	42:16	
M45 Diane Humphrey	40:34	
M50 J. Kirchoffer	45:47	
M55 E. Wallace	47:25	
M60+Mavel Velje	51:52	

St. Louis Marathon
St. Louis, MO; November 22

Overall		
B Franke	26	2:26:09
J Tezzoni	28	2:55:49
M40 Toby Skinner	2:42:37	
Bill Jackson	2:44:05	
Mike Huseby	2:45:17	
M45 Bill Ames	2:50:49	
Larry Avery	2:52:44	
Derek Redmore	2:55:26	
M50 J Wes Talley	3:04:23	
Fran Riley	3:07:06	
Harold Dix	3:07:34	
M55 Louis Joline	3:11:07	
Robert Kent	3:15:32	
John Brown	3:19:54	
M60 Bill Albrecht	3:24:13	
Jim Boland	3:31:01	
M65 Warren Johnson	3:22:19	
M70+Larry Patterson	4:33:46	
M40 Carole Keil	3:26:46	
Mary Sliwa	3:35:36	
Sandy Dunafon	3:37:19	
M45 Diane Humphrey	3:22:07	
Barb Currinder	3:26:22	
Sister Ann Sellmeyer	4:01:07	
M50 Juanita Bowman	3:53:41	
Margaret Amundson	4:02:36	
M55 Veryl Albrecht	4:26:50	
M60+Polly Bailey	6:42:05	

**SOUTHWEST****Dallas Turkey Trot 8 Mile**
Dallas, TX; November 26

Overall		
Robert Wallace	38:25	
Nicky McCracken	44:42	
M40 Junior Lee	43:17	
Steve Shropoff	44:44	
Larry Brown	45:05	
M45 Larry Worth	45:12	
Mike Matheny	45:24	
Wayne Jones	45:34	
M50 Jesse Leutwyler	48:11	
Robin Friedel	49:40	
Art Wagner	52:08	
M55 Ed Jackson	49:45	
Billy Martin	51:11	
Charlie McKnight	52:00	
M60 Richard Widener	54:33	
Robert Hesse	56:53	
Fonce Wofford	1:03:10	
M65+Charlie Ogilvie	1:01:33	
Jerry Pooler	1:02:08	
Dick Granger	1:05:11	
M40 Ruth Teran	55:47	
Lorin Hall	56:16	
Mary Chaffin	57:33	
M45 Emily McAdams	57:25	
Sandy Heckman	57:36	
Cory Binder	58:06	
M50 Maria Johnston	57:30	
Dianne Gregg	58:18	
M Marquadt	1:08:40	
M55 Mary Ann Cotton	58:50	
Nancy Raitz	1:12:10	
Bernice Hellman	1:14:22	
M60+Jan Richards	1:01:35	
Francis Powers	1:12:10	
Joyce Rhines	1:12:48	

Dallas White Rock Marathon
Dallas, TX; December 6

Overall		
Mike Moloto	2:22:42	
Charlene Soby	2:55:45	
Masters Overall		
Robert Abbott	2:34:20	
Joyce Taylor	3:17:38	
M40 Robert Pratte	2:37:28	
Jim Morton	2:44:52	
Telesforo Ramirez	2:44:59	
M45 Carlos Giron	2:39:46	
Larry Worth	2:54:43	
Ron Stokes	2:55:29	
M50 Ralph Accard	3:07:17	
Thomas Briggs	3:08:31	
James Trowbridge	3:08:53	
M55 not available		
M60+Bill Hoffman	3:06:55	
Morris Adkins	3:26:06	
Joe Brandstetter	3:41:29	
M40 Jan Cosgrove	3:35:16	
Phyllis Dean	3:35:32	
Margaret Ferrari	3:39:02	
M45 Sandy Heckman	3:32:6-	
Erika Hull	3:28:19	
Emily Mc Adams	3:39:10	
M50 Mary Miller	3:45:58	
Maria Johnston	3:59:37	
Barbara Moore	4:21:59	
M55 Marge Trenckmann	4:09:59	
Helen Beckham	4:53:01	
M60+Jan Richards	4:33:28	
Lynn Edwards	4:35:40	

WEST**Santa Barbara Half-Marathon**
Santa Barbara, CA;
November 1

Overall		
Gus Hermes	24	1:09:57
Mary Ryzner	33	1:24:42
M40 Morris Scoggin	1:19:34	
K Kirkpatrick	1:19:53	
Rick Snekvik	1:23:21	
M45 Larry Brooks	1:26:45	
John Patterson	1:28:55	
James Brown	1:29:19	
M50 Curtis Riddling	1:25:05	
Ben Sawyer	1:27:29	
George Holland	1:28:22	
M55 Neil Ziegler	1:37:01	
M60+ F Nagelschmidt	1:27:11	
M40 Stephanie Welch	1:42:03	
Joyce Parkel	1:42:21	
M45 Ruth Hemming	1:38:46	
C Coffey-Holland	1:44:43	

Foundation 5K
Clarksburg, CA
November 15

Overall:		
Erick Studenicka	15:24	
Robyn Root	17:18	
M40 Greg Jewett	17:03	
Ron Barker	17:35	
Jim Mudd	18:09	
M45 Don Spickelmier	17:22	
Dan Alarid	17:51	
Larry Lusk	18:37	
M50 Carl Jackson	20:02	
Richard Peterson	20:44	
Steve Murphy	21:17	
M55 Jack Sohl	20:56	
Gilman Jung	21:21	
Norman Thomas	25:50	
M35 Ruth Grimes	21:26	
Cathy Rohm	22:55	
Melissa Notebloom	23:50	
M40 Lynn Kyme	20:38	
Susan Condon	22:40	
Alice Hill	23:23	
M45 Greta Carriger	22:12	
Chiyo Shingu	23:33	
Susan Pegram	24:26	
M50 Shirley Ogilvie	26:24	
Judy Phillips	27:19	
Doris Morabito	28:51	
M55 Janis Karlberg	25:46	
Jean Lafever	28:32	
Dorothy Locher	34:34	

California International Marathon
Sacramento; December 6

Overall		
Peter Maher	27	2:16:49
Patti Gray	24	2:40:29
M40 Jussi Hamalainen	2:34:18	
Bill Sevald	2:34:53	
David Oropeza	2:36:18	
Ian Hamilton	2:39:11	
Steve Dornish	2:39:35	
M45 Robert Nelson	2:34:37	
Sterling Foreman	2:47:12	
Denis Trafecanty	2:55:23	
David Rivera	2:58:55	
ULF Werner	2:59:43	
M50 Roger Daniels	2:57:00	
Bernie Hollander	2:58:18	
Peter Todd	3:00:12	
Mike McGee	3:02:37	
M55 Robert Gehl	3:14:24	
Joe Segarra	3:29:12	
Bill Winstanley	3:29:40	
M60 Ray Piva	3:07:11	
Warren Pait	3:36:00	
Morris Fraser	3:42:16	
M65 George Billingsley	3:27:58	
Stephen Woishnis	4:06:38	
Frank Barsalou	4:26:31	
M40 Rebecca Baum	2:58:43	
Susan Henderson	3:00:23	
Missy Kahn	3:12:32	
Joan Coleman	3:16:49	
M45 Patti Donley	2:59:45	
Charlotte Swanson	3:13:38	
Margie Timberlake	3:15:34	
Madelyn Vassigh	3:44:17	
M50 Heidi Skaden	3:22:02	
Wen-Shi Yu	3:23:22	
Joan Reiss	3:25:07	
M55 Lois Cook	4:45:30	
M60 Kit Pickles	4:26:06	

Legg Lake Morning 5K
S. El Monte, CA; December 21

Overall		
Charlie Yu	16:17	
Elizabeth Blair	22:22	
M35 Gustavo Bedoy	18:02	
M40 Mike Mendez	18:05	
M45 John Skelton	18:11	
M50 Fred Kerr	24:28	
M55 Wally Ingram	19:02	
M65 David Cohen	23:34	
M70 Fraser MacMinn	25:32	
M45 Pat Ingles	31:20	
M50 Pat Herr	26:52	

Legg Lake Morning 5K
S. El Monte, CA; December 26

M35 J Englebrecht	18:11
M40 S Gonzalez	16:44
M45 C Gonzalez	16:42
M50 H Inglove	24:40
M55 R Pate	21:07
M60 B Odou	20:54
M65 D Cohen	22:44
M70 D Benedette	22:40
M80+J Bishin	40:47
W35 E Blair	23:15
W40 B Reukema	22:35
W45 B Camp	25:05
W60+A Coury	42:23

Legg Lake Resolution 5K
S. El Monte, CA; January 1

M35 Jim Flanigan	17:18
M40 Jarrett Williams	17:48
M45 Jim Crawford	18:30
M50 J Thomas	23:57
M55 Wally Ingram	18:34
M60 Bruce Odou	21:02
M65 D Cohen	24:12
M70 Dutch Benedetti	22:59
M80+Jack Bishin	40:32
W35 Elizabeth Blair	21:39
W40 Anne Burke	23:28
W55 S Onodera	26:06

Legg Lake Morning 5K
S. El Monte, CA; January 3

M35 Nolan Smith	16:12
M40 Jarrett Williams	17:45
M45 Bob McGeough	17:14
M50 Cliff Stolba	20:51
M55 Wally Ingram	18:45
M60 Bruce Odou	20:34
W35 Elizabeth Blair	21:49
W40 Grace Thomas	37:36
W45 P Ingles	30:44

New Times Phoenix 10K
Phoenix, AZ

Overall:		
Mark Roberts	29:07	
Lynn Nelson	33:14	
Masters:		
Bill Salazar	34:46	
Betty Ratley	42:30	

CANADA**Ontario Masters 10K X-C**
Championships
Toronto, Can.; November 1

M40 Art Meaney	35:42
Al McEachren	36:58
Harvey Artsob	37:13
M45 Bob Moore	35:12
Brian Drewett	35:47
Fernando Alonzo	37:23

M50 Paul De Biasi	39:47
Kurt Haderlein	42:11
Earl Crangle	42:27
M55 John Johnston	42:46
J Lowe-Wylde	44:25
Vaino Kukkola	45:09
M60 Cliff Hall	38:20
Bill Cameron	41:38
Kurt Gelbhaar	42:54
M65 none	
M70 none	
M75 Wesley Miller	nta
W35 Linda Findley	39:02
Charlotte Neff	45:36
W40 Letitia Phillips	43:06
Shirley Pommier	44:19
Eileen Appleton	49:10
W45 Ilse Hardinge	46:54
Christine Walker	51:18
Audrey Hienstra	52:08
W50 Molly Turner	45:34
A VanderVleuten	51:38
W55 Ruth Carrier	47:43
L Lowe-Wylde	52:30

INTERNATIONAL**Berlin Marathon**
Oct. 4

Overall:		
Suleiman Nyambui	2:11.11	
Kerstin Pressler	2:31.32	
M40 Leslie Davis	2:27.22	
John Buckley	2:29.12	
Tom Halvorsen	2:29.20	
M45 Hubert Carnel	2:25.42	
Tor Aanesen	2:28.05	
Edward Motyl	2:30.14	

M50 Joachim Thiemann	2:32:42
Michal Wojcik	2:32:51
Per Slungard	2:39:56
M55 Guenther Brass	2:44:53
Ivar Moline	2:46:43
Andre Alexandre	2:47:07
M60 Heinz Lannartz	2:50:12
Johannes Kamperdik	2:59:

let's face it!
MASTERS throwers



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