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.

continued on page 4

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."

continued on page 7
WORLD VETERANS GAMES

We would like to say a word of praise to the organizers of the World Games in Australia. They set a standard which will serve as a very difficult goal for the 1998 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 Esomura, our diligent group mother in our travels after the meet, and Helen Pain and Al Sheehan for their expert planning of our Australian adventure.

Jim Vernon
West Covina, California

WENDY COME BACK

Aside from an occasional irreverent remark or chauvinistic admissme, 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 Pan-American Senior Athletic Championships, which will be held in Santiago, April 1-2; 1988.

This event has been sanctioned by WAVA, and we would like to have as many participants as possible.

Continued on page 12

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If you are interested in nominating a candidate for the National Board, please contact the Nominating Committee Chairman, who is currently John Woods.

NATIONAL MASTERS NEWS

February, 1988 — 114th Issue

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Associate Editors: Joe Samaan, Tom Sturak

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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 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 50's, 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 31:32, and Rothman at 32:00. All three looked smooth at that point.

At ten miles, Hutchison still led with a 63:10, followed by Walters at 63:45, and Rothman 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 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 ($225), and second master ($500) with a 2:31:57. Frechette was a victim of the wind around mile 22 legs getting tight around 12 miles on the race._OTW (SI000),_ 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 began to struggle with a 2:43:30; Gerald Koch, two-time defending Racers South Grand Prix Champion won the 50-59 title to 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."

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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.
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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. 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 zone during the event itself? Why clutter up the races? Why not stay home and jog 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 invaded the race, it became too large to administer 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 needing 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 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 mean, as Thompson puts it, succeeding, then I fully agree with you.
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 Schlaun (31:39), $250.

Bobbi Rothman, 41, van 39:11 to capture the women's masters first-prize of $1000 easily, more than two-minutes ahead of Anna Moore, 41, (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 submaster — 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. roadracing 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. □

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 Bloomday, the only other races for which Nike has provided continuing sponsorship for 10 or more years. □
Rain and Wind Up Times in Sacramento

by JERRY WOCJIK

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

Eugene Kitts

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


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

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 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 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/totter 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 it all those miles, Kitts averages four hours a day, doubling on weekends with a 12 mile 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 Experience Running Vacations

June 26 - July 4  July 30 - Aug. 5

WEEK LONG running vacations involving the area's best human and natural resources. Discover the beauty of Oregon, its mountains, rivers, forests and trails. Experience Eugene's running atmosphere and learn from Eugene's foremost athletes, coaches and experts in sports medicine. Free brochure: Box 5453, Eugene, OR 97405. (503) 343-2063.
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, Ryan 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.


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 those who qualified.

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, Double: $55.00 for each additional person.
Both located off of Rt 146, Rock Falls, IL. 3 miles from track.

ORDER OF EVENTS: RUNNING EVENTS—12:00 NOON

60 Yard Hurdles
100 Yard Run
60 Yard Dash
2 Mile Run
300 Yard Dash
2 Mile Race Walk
600 Yard Run
1 Mile Run
4 x 400 Yard Relay (10 Year Age Groups)

FIELD EVENTS—11:00 A.M.

Long Jump
Shot Put
Pole Vault
Triple Jump
High Jump
25# Weight
35# Weight
56# and 94# Weight Throw

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

Sex M F

Birthday

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
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/freeze
- 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/Freeze

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 tense 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 booping. It is this inner reserve 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.

February, 1988

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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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ROAD RUNNERS' CLUB
THE ATHLETICS
USA

TUCSON SUN RUN

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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Stahl, Filutze Winners in Columbus

by JERRY WOJCICK

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 3:00 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.

$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 $126,200. 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.
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. Hallidis Marco
Santiago, Chile

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

KUDOS

Just returned from Melbourne — it was great and your advance coverage was truly outstanding. I will certainly use the coverage NMN gives to the masters program. Looking forward to Eugene.

John Mc Cathy
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.

EXPERIENCE FREEDOM OF MOVEMENT

Run, jump and sprint with freedom! SPORTHILL of Eugene, Oregon introduces the first functional and comfortable running pants made in the U.S.A. SPORTHILL running pants are not "tights." Rather, they are a European-style tailored leg running pant. By combining three different fabrics in one lightweight fabric, SPORTHILL running pants have the look and feel of cotton, the durability of polyester and the two-way stretch of spandex. With warmth in cold weather and perspiration transfer in warm weather, SPORTHILL running pants can be used all year long. Experience unrestricted movement without the clinging feeling of "tights" in the weight and restriction of traditional sweatpants. SPORTHILL running pants have proven popular with many of Eugene’s World Class runners. Experience for yourself the freedom!

SEND THE FOLLOWING INFORMATION OR USE COUPON $3.00 POSTAGE PAID BY SPORTHILL NAME 
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FEMALE XS 4'9/5'2", S 5'1/5'5", M 5'5/5'8", L 5'7/6'0" (Slim), L 5'7/6'0", XL 6'1/6'3"

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John and Polly Clarke
Estes Park, Colorado

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Box 2372, Van Nuys, CA 91404.

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ZINMAN’S ENTERPRISES
Box 2372, Van Nuys, CA 91404.
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 adopted 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 need 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 Puckell 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 VP for LDR, suggested a 10k road event also, to 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 their/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 report 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. Bodied $10,000
- National championships 3,000
- National Masters News 1,500
- Administrative (phone, postage, etc.) 1,600
- Awards 400
- Total $16,500

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 IAC 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 championship 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.


Respectfully submitted,
Carole Langenbach
Secretary
1988 NATIONAL MASTERS INDOOR CHAMPIONSHIPS

Saturday, March 19 and 20

LSU FIELD HOUSE • LOUISIANA STATE UNIVERSITY

SATURDAY TRACK EVENTS

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>DIVISION</th>
<th>ROUND</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 PM</td>
<td>60 Yard Dash</td>
<td>30-80+</td>
<td>Semi-final</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Mile Run</td>
<td>30-80+</td>
<td>Final</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>60 Yard Dash</td>
<td>30-80+</td>
<td>Final</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>600 Yard Run</td>
<td>30-80+</td>
<td>Final</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>300 Yard Run</td>
<td>30-80+</td>
<td>Final</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>4 x 880 Yard Relay</td>
<td>30-80+</td>
<td>Final</td>
</tr>
<tr>
<td>5:45 PM</td>
<td>Two Mile Walk</td>
<td>30-80+</td>
<td>Final</td>
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SATURDAY FIELD EVENTS

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<tr>
<th>TIME</th>
<th>HIGH JUMP</th>
<th>LONG JUMP</th>
<th>POLE VAULT</th>
<th>SHOT PUT</th>
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<tr>
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<td>30-34M</td>
<td>35-39M</td>
<td>45-49M</td>
<td>50-59M</td>
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<tr>
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<td>30-49W</td>
<td>60-80+M</td>
<td>60-80+M</td>
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<tr>
<td>10:00 AM</td>
<td>50-59W</td>
<td>30-39W</td>
<td>40-44M</td>
<td>30-34M</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>45-49M</td>
<td>30-49W</td>
<td>40-44M</td>
<td>30-34M</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>30-39W</td>
<td>50-80+M</td>
<td>30-34M</td>
<td>40-44M</td>
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<tr>
<td>1:00 PM</td>
<td>30-34M</td>
<td>35-39M</td>
<td>40-44M</td>
<td>45-49M</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>55-59M</td>
<td>40-44M</td>
<td>60-80+M</td>
<td>45-49M</td>
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<tr>
<td>3:00 PM</td>
<td>45-49M</td>
<td>50-59M</td>
<td>30-34M</td>
<td>60-80+M</td>
</tr>
<tr>
<td>4:30 PM</td>
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<td>40-44M</td>
<td>30-34M</td>
<td>60-80+M</td>
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<tr>
<td>5:00 PM</td>
<td>45-49M</td>
<td>60-80+M</td>
<td>30-34M</td>
<td>60-80+M</td>
</tr>
</tbody>
</table>

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

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.

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+.

NOTE: All relay team members must be members of the same club.

MENTS 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

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.

AMERICAN AIRLINES
OFFICIAL CARRIER
1988 NATIONAL MASTERS INDOOR CHAMPIONSHIPS

* 40% Off Standard Coach Fares*
* 5% Off Super Saver Discount Fares*

CALL TOLL FREE 1-800-433-1790
ASK FOR STAR FILE #54512

* * * * * * * * * * * * *

**American Airlines**

**1988 NATIONAL MASTERS INDOOR CHAMPIONSHIPS**

**OFFICIAL CARRIER**

* 40% Off Standard Coach Fares*
* 5% Off Super Saver Discount Fares*

CALL TOLL FREE 1-800-433-1790
ASK FOR STAR FILE #54512
INDOOR CHAMPIONSHIPS
3rd Sunday, March 20
LOUE UNIVERSITY • BATON ROUGE, LA

FINALs will be run in sections against time starting with 
oldest women to youngest men. NOTE: Age groups may be combin­
ed 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 avail­
able in the LSU Field House for both men and women. You must 
upply 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

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>DIVISION</th>
<th>ROUND</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 PM</td>
<td>Two Mile Run</td>
<td>30-80+</td>
<td>Final</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>60 Yard Hurdles</td>
<td>30-80+</td>
<td>Final</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>60 Yard Hurdles</td>
<td>30-80+</td>
<td>Final</td>
</tr>
<tr>
<td>3:30 PM</td>
<td>1000 Yard Run</td>
<td>30-80+</td>
<td>Final</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>4 x 440 Yard Relay</td>
<td>30-80+</td>
<td>Final</td>
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SUNDAY FIELD EVENTS

<table>
<thead>
<tr>
<th>TIME</th>
<th>HIGH JUMP</th>
<th>TRIPLE JUMP</th>
<th>WEIGHT THROW</th>
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<tbody>
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<td>40-49M</td>
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<tr>
<td>10:30 AM</td>
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<td>2:00 PM</td>
<td>50-59M</td>
<td>60-80+M</td>
<td></td>
</tr>
<tr>
<td>2:30 PM</td>
<td>30-80+W</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

ATLHETE'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 
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 directe.

DATE ________________________________

ATHLETE'S SIGNATURE

ENTRY FORM

NAME ________________________________
ADDRESS ________________________________
PHONE ________________________________
BIRTHDATE ________________________________
AGE ON 3/19 ________________________________
M _ F ________________________________
CITY ________________________________
STATE ________________________________
ZIP ________________________________

EVENTS ENTERED ________________________________
BEST MARK 86-89 ________________________________

OTHER RELAY TEAM MEMBERS ________________________________

INDIVIDUAL FEES $ ________________________________
RELAY FEES $ ________________________________
CAJUN FEST $ ________________________________
TOTAL AMOUNT ENCLOSED $ ________________________________

MAKE CHECKS PAYABLE TO: NATIONAL MASTERS INDOOR CHAMPIONSHIPS
MAIL TO: NATIONAL MASTERS INDOOR CHAMPIONSHIPS

CELEBRATE
THE WEEKEND IN STYLE!
IN A CHRYSLER FIFTH AVENUE
JUST $34.99 A DAY

WHAT'S THE OCCASIOE? BIRTHDAY? ANNIVERSARY? SPECIAL DATE?
OR MAYBE YOU JUST WANT TO SPICE UP YOUR WEEKEND.
WHETHER THE OCCASION IS MAJOR OR MINOR, CHRYSLER'S
RELIABLE FIFTH AVENUE OFFERS YOU A FABULOUS WAY TO
PROMISE YOURSELF A WEEKEND OF RIVITALIZING FUN.

CHRYSLER'S FIFTH AVENUE IS THE CAR TO CELEBRATE
WHEN YOU WANT TO MAKE AN IMPRESSION IN STYLE.
504-356-2576
ESPLANADE MALL
AT CORPORATE SQUARE
ACROSS FROM BATON ROUGE AIRPORT
550 HILTON AVENUE, BATON ROUGE, LA 70808
SINGLE $49.00 DOUBLE $55.00
504-924-5000 OR 1-800-621-5116
ASK FOR RESERVATIONS AND IDENTIFY YOURSELF WITH NATIONAL MASTERS CHAMPIONSHIPS

FUTURES TRACK AND FIELD CHAMPIONSHIPS
(PEP, PED, PDU, Gas, Tax not included)

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.

BRENT ROUGE HILTON HOTEL

MEET HEADQUARTERS
550 Hilton Avenue, Baton Rouge, LA 70808
Single $49.00 Double $55.00
504-924-5000 or 1-800-621-5116
Ask for Reservations and identify yourself with National Masters Championships

BATON ROUGE HILTON HOTEL

MEET HEADQUARTERS
550 Hilton Avenue, Baton Rouge, LA 70808
Single $49.00 Double $55.00
504-924-5000 or 1-800-621-5116
Ask for Reservations and identify yourself with National Masters Championships

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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 91401.

**EAST**

Greater Boston Track Club
P.O. Box 236
West Newton Village
MA 02165
617-969-9008
Liberty AC
14 Rustland St.
Cambridge, MA 02138
Syracuse Chargers Track Club
c/o N.E. White
18 Foscoy Drive
Fayetteville, NY 13066
N.Y. Masters Sports Club
362 Edgecombe Ave.
New York, NY 10031
Atlanta TC
c/o Bob Glover
256 E. 70th St.
New York, NY 10021
Annapolis Striders
P.O. Box 187
Annapolis, MD 21404
Potomac Valley Seniors TC
Lynda Durfee
250 S. Whiting St.
Alexandria, VA 22314
703/370-5646
West Pennsylvania TC
1245 Alamo Rd.
Washington, PA 15331
Shore Athletic Club
549 Addison Road
Howell, NJ 07731
The Achilles Heel
9 East 9th St.
New York, NY 10012
212-398-0348
Greater Rochester TC
P.O. Box 258
 Brockport, NY 14420
Dick Witworek,
Pres. 716/637-8515
North Jersey Masters
P.O. Box 56
Ridgewood, NJ 07450
Cambridge Sports Union
Lisa Douzet
158 Hillside Rd.
Watertown, MA 02172
Boston Athletic Assoc.
15 Mt. Ash Rd.
Hyde Park, MA 02136
Merrill Lynch Athletic Club
517 Highway 33
Englewood, NJ 07636
New Jersey Striders
P.O. Box 742
Madison, NJ 07940
Central Park Track
945 Fifth Ave., 23A
New York, NY 10010
New York Pioneer Masters
c/o G. Shone
2400 Sedgewick Ave., Suite 25C
Bronx, NY 10468
212-733-8476

**SOUTHEAST**

Tri-State Masters T&F Club
c/o Wayne Vaughn
734 W. Franklin St.
Hagerstown, MD 21740
301/333-6076
Buffalo Belles and Brown
266 Puritan Rd.
Tonawanda, NY 14150

**SOUTHWEST**

Tulsa Running Club
P.O. Box 300
Tulsa, OK 74102
Space City Masters
John Hartfield
15106 Chasell Dr.
Mississippi City, TX 78077
713/721-9388
Houston Masters Track Club Inc.
Robert Jones
4867 Germantown Pike
Dayton, OH 45418
Over The Hill TC
4173 Wilkinson Rd.
East Euclid, OH 44112
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 & Peters Yates
12954 Ashby Pk.
Detroit, MI 48221
Cleveland Masters TC, Inc.
Clarence Johnson
14806 Judson Dr.
Cleveland, OH 44128
216/295-0826
Wolfpack Track Club
Jim Pearson
2449 Southwestern Dr.
Columbus, OH 43221
614/219-4606 (days)
Ann Arbor Track Club
P.O. Box 2751
Ann Arbor, MI 48107
Don Sherman
313/426-6430
Ohio River RRC
Jim Gerard
61K Winchester Pk.
Dayton, OH 45459
Indianapolis TC
c/o Mark Daily
901 W. New York St.
Indianapolis, IN 46223
317/274-6780

**MID AMERICA**

Mid-America Masters
P.O. Box 14668
Lenaue, KS 66215
Lawrence TC
P.O. Box 3743 Hayskway Station
Lawrence, KS 66044
Lincoln TC
2900 John Ave.
Lincoln, NE 68502
Prairie Striders
Box 267
24900 S. Meyler St.
Harbor City, CA 90710
L.A. Patriots
Marvin Thompson
P.O. Box 2981
Beverly Hills, CA 90210
213/388-9689
San Diego Track Club
P.O. Box 7853
San Diego, CA 92107
619/270-7270

**WEST**

Tahoe T&F Club
c/o Joan Stratton
P.O. Box 9089
South Lake Tahoe, CA 95721
Hawaii Masters Track Club
c/o Stan Thompson,
President 2164 Halekaua Drive
Honolulu, HI 96821
Los Gatos Athletic Association
P.O. Box 1328
Los Gatos, CA 95031
Seniors TC
2010 Ahegroat Ave.
San Jose, CA 95121
105/270-8747
Easy Striders Walking Club
P.O. Box 2714 Suite 721
Huntington Beach, CA 92647
714/342-4499
Galena Valley Runners
Daniel Ashimine
1345 W. 16th St.
Galena, KS 66739
213/212-6616
Losechorn's Running Club
C.E. Reynolds
10810 Warner Ave.
Fountain Valley, CA 92708
714/945-3677

**NORTHWEST**

Idaho Masters Distance Club
10271 Ayrdy St.
Boise, ID 83704
208-322-6048
Bigfoot Masters
c/o Duane Hartman
Spokane Community College
N. 1810 Greene St.
MS-2083
Spokane, WA 99207-5399
Snowshoe TC
4261 S. 184th
Seattle, WA 98188
Portland Masters Track Club
Art Aframov
4185 SW 33rd
Portland, OR 97225
Oregon Track Club Masters
P.O. Box 1136
Eugene, OR 97440
Philipides Running & Walking Club
c/o R.G. Andersen-Weykoff
P.O. Box 2315
Salem, OR 97308

**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
52671 Village Green
Los Angeles, CA 90016
213/295-9497
Pico Rivera Athletic Club
5902 Rechting Lane
Pico Rivera, CA 90606
213/942-8774
Point Fermin Flyers
Jeffrey Dobra
1544 W. 25th St.
San Pedro, CA 90732
213/548-6865
The Roadrunners TC
Simba J. Vaughan
13209 Bagallette St.
 Moreno Valley, CA 92388
714/656-6311
A Running Experience
Bob Brown
P.O. Box 3309
Long Beach, CA 90803
213-433-7722
San Fernando Valley TC
Laurie Kulchin
10631 Lindsey Ave. #220
Northridge, CA 91326
818/788-7719
So. Calif. Corporate Athletics Assoc.
Kevin Browning
20819 Marshall Way
Saugus, CA 91350
818/847-8076 (work)
805/251-7752 (res.)
Active S
William K. Sumner
P.O. Box 7132
Newport Beach, CA 92660
714/722-9465
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 some doubts 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 NNM), 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 we set out. He did a superb job, from organizing and providing clothing, sorting medals, tableuting young people, and setting the presentations in the timing 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.

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

Sponsorship

The VII World Veterans Games was 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.

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 Bube (M50, 4:09.4), and Derek Turnbull (M60, 4:34.5).

Photo by Gretchen Snyder

World Games Aftermath

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 Bube (M50, 4:09.4), and Derek Turnbull (M60, 4:34.5).

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)

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Mark</th>
<th>Age Group</th>
</tr>
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<tbody>
<tr>
<td>100M</td>
<td>11.4</td>
<td>16.0</td>
<td>M40</td>
</tr>
<tr>
<td>200M</td>
<td>22.4</td>
<td>24.0</td>
<td>M45</td>
</tr>
<tr>
<td>400M</td>
<td>91.7</td>
<td>98.2</td>
<td>M50</td>
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<tr>
<td>800M</td>
<td>14:07</td>
<td>15:04</td>
<td>M60</td>
</tr>
<tr>
<td>1500M</td>
<td>23:40</td>
<td>25:00</td>
<td>M70</td>
</tr>
</tbody>
</table>

Welcome Ceremonies, Australian Olympian Raeline Rosie, bearing the torch to open the VII World Veterans Games, Melbourne, November 29.

Photo by Gretchen Snyder
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 discuss, 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 inefficiency. 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 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 possesses 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 such a policy is to be publicized. 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 left 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.

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

900 Japanese Masters Compete in Hiroshima

by JERRY WOICIK

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, and 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.

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 10th of the month before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

Minoru Muramoto, W45 5000 winner (17:45.49), Japanese Masters Championships, Hiroshima, October 17-18.
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 from 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 from 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 our talks on cooperating with each other. I hope to 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 highest 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 program to integrate WA/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. Peggy 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 she and the Australian organizers did.

All the best to all veteran athletes and their families.

Danish Veterans 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 Danish Games were in Hobart, Tasmania taking a first-hand look at the organisation 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 40 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 Mercury. "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 Aarhus — 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.

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!
### Athletes Who Entered a New Division Jan., 1988

<table>
<thead>
<tr>
<th>Athlete (Residence)</th>
<th>Birthdate</th>
<th>Age Group</th>
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<tbody>
<tr>
<td>Dot Callan (HI)</td>
<td>1-4-18</td>
<td>70-74</td>
</tr>
<tr>
<td>Feya Crown (Beverly Hills, CA)</td>
<td>1-25-13</td>
<td>75-79</td>
</tr>
<tr>
<td>Florence Fanley (West Newfield, OH)</td>
<td>1-29-23</td>
<td>65-69</td>
</tr>
<tr>
<td>Susan Means (Lake Oswego, OR)</td>
<td>1-7-33</td>
<td>55-59</td>
</tr>
<tr>
<td>Marilyn Paul (Portland, OR)</td>
<td>1-20-38</td>
<td>50-54</td>
</tr>
<tr>
<td>Denise Rogers (ST. LOUIS, MO)</td>
<td>1-11-23</td>
<td>65-69</td>
</tr>
<tr>
<td>Anne Vanderhoff (Bothell, WA)</td>
<td>1-2-38</td>
<td>50-54</td>
</tr>
<tr>
<td>William Adler (Woodland Hills, CA)</td>
<td>1-2-33</td>
<td>55-59</td>
</tr>
<tr>
<td>Heirich Arians (NC)</td>
<td>1-26-28</td>
<td>60-64</td>
</tr>
<tr>
<td>Gary Bane (Anaheim, CA)</td>
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<tr>
<td>Bob Billings (El Centro, CA)</td>
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<td>John Bowles (Australia)</td>
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<td>Fay Bradley (Mash., DC)</td>
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<td>William Brobston (Saugerties, NY)</td>
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<td>Ken Carnan (Garden City, HI)</td>
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<td>Paul Carmichael (San Francisco, CA)</td>
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<td>80-84</td>
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<tr>
<td>Sydney Clarke (GB)</td>
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<td>55-59</td>
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<td>Don Clayton (GB)</td>
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<td>Ron Franklin (GB)</td>
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<td>George Gluppe (Can.)</td>
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<td>55-59</td>
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<td>George Kerr (Granada Hills, Calif)</td>
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<td>Clarence Kilmon (Dinuba, CA)</td>
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<td>Henry Kuczyn (Can., Nashville, Tenn.)</td>
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<td>John Laflin (San Diego, Calif)</td>
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<td>Phil Milkey (Atlanta, GA)</td>
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<td>Mason O'Neil (New York City, NY)</td>
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<td>Donald Pickett (Tiburon, Calif)</td>
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<td>Larry Gallinger (Orange, CA)</td>
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<td>Harold Smith (GB)</td>
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<td>Charley Speechly (GB)</td>
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<td>Bill Stewart (Ann Arbor, MI)</td>
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<td>Bob Warren (Ottumwa, IA)</td>
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<td>Fred White (Duncanville, Tex)</td>
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<td>William Wolf (Minnetonka, Minn)</td>
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<tr>
<td>Alastair Wood (GB)</td>
<td>1-13-33</td>
<td>55-59</td>
</tr>
</tbody>
</table>

### Masters Track & Field Classic

**Saturday, March 5, 1988**

For entry information send self-addressed envelope to:

Los Angeles Patriots T&F
Organizing Committee
P.O. Box 2981
Beverly Hills, CA 90213-2981

Entry Deadline: Saturday February 27, 1988

Telephone No. (213) 666-7341

### Athletes Who Entered a New Division This Month Feb, 1988

<table>
<thead>
<tr>
<th>Athlete (Residence)</th>
<th>Birthdate</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carmen Brown (US)</td>
<td>2-16-43</td>
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<tr>
<td>Margarette Decker (Lagrangeville, NY)</td>
<td>2-12-33</td>
<td>55-59</td>
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<tr>
<td>Rita Doherty (Anders, MA)</td>
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<td>40-44</td>
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<td>Pearl Hayman (Lafayette, CA)</td>
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<td>55-59</td>
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<td>Edna Heflin (Sun City, AZ)</td>
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<td>70-74</td>
</tr>
<tr>
<td>Jan Newman (Honolulu, HI)</td>
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<td>60-64</td>
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<tr>
<td>Helen Stephens (Florissant, MO)</td>
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<td>Bill Arnold (Johnstone, Cold)</td>
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<tr>
<td>Yvonne Brange (SWE)</td>
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<td>Joe Carey (Fresno, CA)</td>
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<td>Ken Carnan (Sacramento, Calif)</td>
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<td>Roy Cherrock (Oceanside, NJ)</td>
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<td>Sam Comitini (Honolulu)</td>
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<td>Skip Shaffer (Pullerton, CA)</td>
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<td>George Woods (CA)</td>
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### Way/g/Speed Hurdle and Implement Specifications

**Height and Distance Between Hurdles**

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<tr>
<th>Age</th>
<th>Race Dist.</th>
<th>Hurdle Height</th>
<th>To 1st Hurdle</th>
<th>Between Hurdles</th>
<th>To Finish</th>
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<td>12.00m</td>
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<tr>
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<td>21.00m</td>
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<tr>
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<td>.762m</td>
<td>10.50m</td>
<td>10.50m</td>
<td>21.00m</td>
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<tr>
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<td>.762m</td>
<td>50.00m</td>
<td>50.00m</td>
<td>50.00m</td>
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Steeples: for men 40-59 shall be 3000 metres. Steeplechase for men 60+ shall be 2000 metres.

### Weight of Throwing Equipment

<table>
<thead>
<tr>
<th>Age</th>
<th>Shot Put</th>
<th>Discus</th>
<th>Hammer</th>
<th>Javelin</th>
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<td>W35-49</td>
<td>4.00K</td>
<td>1.00K</td>
<td>4.00K</td>
<td>6000GMS</td>
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<td>W50+</td>
<td>3.00K</td>
<td>1.00K</td>
<td>3.00K</td>
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<td>M40-49</td>
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<tr>
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<td>4.00K</td>
<td>1.00K</td>
<td>4.00K</td>
<td>6000GMS</td>
</tr>
</tbody>
</table>

*New IAAF spec.*
**Masters Scene**

**National**
- The facility for the '88 TAC National Masters & 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, CT (Ashley, Hefterman, Repetto, Gullick, Mastrostino); M50-59, Millrose AA (Filis, Dooley, Schwartz, Niemand, Frankfurdt); M60-69, Millrose (McManus, McGinnis, Gibbons); M70+, Millrose (Carnevale, Feldman, Popper), and W40+, Millrose (Pickert, Thornhill, Kinsbre), 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 championships, which won the bronze medal, was incorrectly scored. He had qualified for the U.S. Olympic Marathon Trials, but the bronze medal, scoring 20 for a close win over Central Park TC (Marolla, Villa, Jackson), which totaled 22.
- His name as a chairperson of TAC's Women's LDR 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 Red helps measure Powell's U.S. age-72 record of 95.9 on DeLand, Fl., December 12.

**East**
- Masters winner (4:20.88) of the Meadows 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) trained Thornhill to wrap up the top three M40+.
- On Thanksgiving Day, Gabriel Bernal (48, 27:15) and Helene Bedrock (52, 33:10) ran like spring chickens to savor masters wins in the NYC 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 NYCRR Winter Series 10K, Central Park, NYC, while Christine Hearn Grenning placed fifth of 373 women in 38:02. Betty Lee Parrale (57, 24:07) and Yoshiko 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.

**South East**
- Ed Hill, Vestavia Hills, AL, claimed an age-45 WR for the 12.15 mile with a 61.33 time in a track meet in Birmingham, November 6.
- Frank Shorter, 40, came home a winner in the M40+ race but not by much in the Peeps 10K, Birmingham, November 21, with a three-second win in 30:54 over Robert Schlaud. Morgan Loyne won the M45 race in a fast 32:51. Bobbi Rothman had an easier time in the W40+ contest with a 39:08 first. Susie Kaltsis won the W50 race handily in 43:57. 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. That was this weekend.

**South West**
- 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 Visha Selvak, 39, won the masters 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.
- Molly Turner, 44, won the M55 race in 49:45. Mary Ann Cotton threaded her way through the 900 starters for a W55 win in 58:50.
- Robert Abbott, 50, won his third consecutive masters title with an 8-place 3:24:30, while Joyce Taylor, Gurdon, AR, was 3:51:00.

**International**
- The Nuapoon Masters Athletic Union is sponsoring its 2nd Annual All-Japan Masters Ekiden Race on November 27 in Osaka. In the Eiden (Japanese for road relay), teams of five, eight runners (two women and three men) run from prefecture to prefecture throughout Japan run the marathon distance, exchanging not a baton but a „tsukish“ or ribbon. Last year's event for M40+ and W50+ 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 Tama-bashi, Kitagawa, Osaka, Japan. Phone: 06-356-3407. Telex: 361355 YHOSO.
- Recent reports out of Europe include excellent open competition performances by Kiyon Kikusui, who claims to be 40 years old. In an IAAF international cross-country match he placed 5th 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. In New Year's Eve Madrid, Koski came sixth in a 7:27:03 run. If this is the same Kipusas Koski who covered 19:47.9K (12:06:94) for the third place in one-hour pack race at Monza in September — well, the International Athletics Annual published by the IAAF lists only one year of birth, 1951. So that's a very young man for a submaster: the currently listed age-of-best of 19:71.9K (12:13:27) was set by Czechoslovak Josef Jansky in 1977. Though France's great Lucien Rault made 20:30.5K (12:10:66) at age 37 back in 1973.
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 MNM, P.O. Box 2372, Van Nuys, CA 91404.

**TRACK & FIELD NATIONAL**


**EAST**

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


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


March 27. TAC Eastern Regional Masters Indoor Championships, Manley Field House, Syracuse, N.Y. Evelyn White, 18 Foxcroft Dr., Fayetteville, NY 13066. 315/667-6211.

June 23. Tri-State Track Club Classic, Hagerstown JC, Md. Wayne Vaughan, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-0076.

**SOUTHEAST**

April 15-17. Palm Beach Championships (Florida Masters Championships), Palm Beach County. Includes team championship. Frank Valdes, 6301 Dockside Circle, Greenacres, FL 33463. 505/968-7171.


**MIDWEST**


February 28. Illinois Masters Grand Prix Series, Westwood Sports Center, Sterling, III. Dick Green, P.O. Box 6147, Rockford, IL 61105. 815/397-5685.

March 6. Ohio TAC Indoor Championships, Federal Fieldhouse, Columbus. W. Curtis Stitt, P.O. Box 99474, Columbus, OH 43209. 614/237-6513.


March 13. TAC Midwest Regional Masters Indoor Championships, Westwood Sports Center, Sterling, III. Dick Green, P.O. Box 6147, Rockford, IL 61105. 615/571-5685.

April 30. North Coast Relays & Championships, Mayfield H.S., Mayfield, Ohio. Jim Barrett, 3801 Shannon Rd., Cleveland Heights, OH 44118. (0) 216/687-7113; (b) 932-0049.


**SOUTHWEST**

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

May 1. Runners Pentathlon, Mile Stadium, Albuquerque, N.M. Tom Bell, 2403 San Mateo N.E., Suite P-17, Albuquerque, NM 87110. 505/884-750(1d); 821/337-3778.


July 9. West Texas Masters Meet, Ozona, Texas. Pete Maldonado, P.O. Box 1584, Ozona, TX 79763. 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 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. Pentathlon, SASE Michael Holzang, 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. (c) 213/666-7341; (b) 388-9689.


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

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

April 30. Redlands Kiwanis Masters Meet, Redlands, Calif. D. Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2052.

May 28. Anteaters Masters Classic, UC-Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2052.


CONTINUED ON PAGE 23

**MID-AMERICA**

May 30-June 2. St. Louis Senior Olympics, St. Louis Country Club, St. Louis, Mo. Jerry Selin, No. 2 Millieusus 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. 816/646-4823.

Northwest


Southwest

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 27. Tapa Costa Run 8.4 miles, Martinez, Calif. Loba Sekuliak, 485 Darlene Dr., Concord, CA 94520.

South America

February 6. Red Lobster 10K Classic, Orlando, Fla. Masters money. TAC National Masters 5K, P.O. Box 2287, Beach Blvd., Tournament Lakes Beach, FL 32868. 714/349-4201.


Midwest

March 27. Cincinnati Heart Mini-Marathon 13K, Cincinnati, American Heart Assn., 2926 Vernon Place, Cincinnati, OH 45219. 513/281-4048.

April 17. Jack Mortland Invitational/Midwest TAC Racewalk Championships (m 20K, w 10K), Whitestone Park, Columbus, Ohio. John White, 465 North Avenue, Columbus, OH 43220. 614/459-2547, 424-7011.

May 15. Revo Cleveland Marathon/10K, Cleveland, Ohio. Rene Starnoner, P.O. Box 6604, Bedford, OH 44146.

Mid-America


SOUTHWEST

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

ON TAP FOR FEBRUARY

TRACK & FIELD

Serious indoor action starts on the 6th in Rock Island, Ill., and finishes on the 29th 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 March 6, 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 Columbus 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 Sears, Orge., 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.


March 28. TAC National Championships, Columbus, Ohio. TAC National Championships, Columbus, OH 43220. 614/459-2547, 424-7011.

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, 1227 Madison Ave., Long Beach, CA 90804. 213/494-2664.

International


February 27. Trail's End Marathon, Sears, Orge., 2nd Sea States Chamber of Commerce, P.O. Box 7, Sea States, OR 97338. 503/738-6391.


WOLFPACK 50 MILER

NATIONAL MASTERS CHAMPIONSHIPS

O HIO TAC OPEN CHAMPIONSHIPS

Columbus, Ohio

April 10, 1988
<table>
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<tr>
<th>U.S. MASTERS TRACK &amp; FIELD RANKINGS</th>
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<td>(Coordinated by Haig Bohigian, T&amp;F Rankings Chairman)</td>
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### 50 Meter Rankings

#### Men, 30-34

| 1 | C Beitzel 7.32 |
| 2 | D Farster 7.27 |
| 3 | E Bost 7.38 |
| 4 | F Chou 7.40 |
| 5 | G Powell 7.40 |

#### Men, 45-49

| 1 | N Anderson 9.94 |
| 2 | A Fischer 10.12 |

#### Men, 50-54

| 1 | H Anderson 9.94 |
| 2 | A Fischer 10.12 |

#### Men, 55-59

| 1 | P Rascher 6.83 |
| 2 | S Kinsey 8.41 |
| 3 | J Keever 9.25 |

### 50 Meter Rankings

#### Women, 20-24

| 1 | P Cottrell 7.85 |
| 2 | W White 7.86 |
| 3 | B Morrow 7.76 |

#### Women, 35-39

| 1 | P Rascher 6.83 |
| 2 | S Kinsey 8.41 |
| 3 | J Keever 9.25 |

#### Women, 40-44

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### Display Advertising Rates

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- **No extra charges for ad size changes.**

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Van Nuys, CA 91404

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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NAME:__________________________PHONE:________________________
ADDRESS:______________________AGE GROUP:______
SEX: _____ F _____
EVENT:________________________MARK:________________________
MEET:________________________WEIGHT OF IMPLEMENT:________
DATE OF MEET:________________HURDLE HEIGHT:________________
MEET SITE:_____________________

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FOR MEN

MEN 40-44

Name: MIKE MORRIS
Age: 39
Event: Pole Vault
Score: 13-8

MEN 45-49

Name: STEPHEN L. IRELAND
Age: 50
Event: Long Jump
Score: 11-87

MEN 50-54

Name: BILL HOUCK
Age: 55
Event: Javelin
Score: 174-11

MEN 55-59

Name: ROSS K. DUNTON
Age: 60
Event: 800 Meters
Score: 2:25.03

FOR WOMEN

WOMEN 50-54

Name: JAMES MORRIS
Age: 55
Event: Shot Put
Score: 43-0

WOMEN 55-59

Name: BERTHA GRAMAN
Age: 60
Event: 400 Hurdles
Score: 68.2

ALL-AMERICAN STANDARDS FOR RACE WALKERS

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NOTES:
1) All standards are for auto time, 0.03 sec. will be added.
2) All results are for 1988, with standard conversion for 1987.
3) Results to the nearest 0.03 sec. will be added.
4) All results are for 1988, with standard conversion for 1987.
SOUTHEAST

Holiday Weight Pentalhon
DeLand, FL, December 12

<table>
<thead>
<tr>
<th>Age</th>
<th>Lb.</th>
<th>Pound</th>
<th>Disc</th>
<th>Score</th>
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<td>21</td>
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<td>23</td>
<td>145</td>
<td>100</td>
<td>20</td>
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<td>24-25</td>
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NYRRD DCember Winter 10K
Central Park, NYC, December 5

<table>
<thead>
<tr>
<th>Overall</th>
<th>Nicky Morgan</th>
<th>32:01</th>
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<tbody>
<tr>
<td></td>
<td>Gordon Buchalski</td>
<td>35:14</td>
</tr>
<tr>
<td></td>
<td>David Jacobus</td>
<td>36:26</td>
</tr>
<tr>
<td></td>
<td>M5</td>
<td>35:14</td>
</tr>
<tr>
<td></td>
<td>M6</td>
<td>36:26</td>
</tr>
<tr>
<td></td>
<td>M7</td>
<td>37:45</td>
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NYRR December Series 10 Mile, Central Park, NYC, December 13

<table>
<thead>
<tr>
<th>Overall</th>
<th>Joseph Burns</th>
<th>1:25:56</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>W50</td>
<td>1:40:20</td>
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<td>W60</td>
<td>1:46:57</td>
</tr>
<tr>
<td></td>
<td>W70</td>
<td>1:50:33</td>
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</table>

Christmas 10K Run For The Animals, New York, December 13

<table>
<thead>
<tr>
<th>Overall</th>
<th>Bill Moraine</th>
<th>1:21:07</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Dick Hearn</td>
<td>1:23:00</td>
</tr>
<tr>
<td></td>
<td>Steve Rosen</td>
<td>1:25:36</td>
</tr>
<tr>
<td></td>
<td>Bruce Brown</td>
<td>1:30:03</td>
</tr>
</tbody>
</table>

WEST

The Second Annual Mercedes Mile
On Fifth Avenue, NYC, September 26

<table>
<thead>
<tr>
<th>Overall</th>
<th>Richard Schreiber</th>
<th>1:21:07</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>John Haude</td>
<td>1:22:34</td>
</tr>
<tr>
<td></td>
<td>Gary Osteen</td>
<td>1:23:00</td>
</tr>
<tr>
<td></td>
<td>David Linn</td>
<td>1:25:03</td>
</tr>
</tbody>
</table>

NYRR 30K MAC
Championships
Central Park, NYC, November 20

<table>
<thead>
<tr>
<th>Overall</th>
<th>Marjorie Smith</th>
<th>2:44:09</th>
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<tbody>
<tr>
<td></td>
<td>Linda Fromm</td>
<td>2:47:39</td>
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<tr>
<td></td>
<td>Susan Stack</td>
<td>2:51:49</td>
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<td></td>
<td>Mary Lou Roper</td>
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</table>

SKR & Track Meet
DeLand, FL, December 12

<table>
<thead>
<tr>
<th>Overall</th>
<th>Joy Marcat</th>
<th>28:01</th>
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<tr>
<td></td>
<td>Gordon Buchalski</td>
<td>30:39</td>
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<tr>
<td></td>
<td>David Jacobus</td>
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<td>36:43</td>
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<td>M6</td>
<td>38:45</td>
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<tr>
<td></td>
<td>M7</td>
<td>41:47</td>
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</tbody>
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Central Park, NYC, December 5

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</tr>
<tr>
<td></td>
<td>Bruce Brown</td>
<td>1:30:03</td>
</tr>
</tbody>
</table>

2nd Chance 4 Miller
DeLand, FL, December 27

<table>
<thead>
<tr>
<th>Overall</th>
<th>Bob Kees</th>
<th>1:21:29</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Ken Mc齐全</td>
<td>1:22:34</td>
</tr>
<tr>
<td></td>
<td>Dan Johnson</td>
<td>1:23:00</td>
</tr>
<tr>
<td></td>
<td>Charlie Mulligan</td>
<td>1:23:47</td>
</tr>
</tbody>
</table>

Continued on next page
MIDWEST

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

M45-49
R. Bierkopf 44:22:20
P. van Donkelaar 44:23:40
H. Stojkovic 44:24:00
T. Price 44:25:10
P. M. Johnson 44:25:20
M50-54
A. Mezera 50:45:00
J. Tangney 50:46:00
R. N. Baker 50:46:30
M55-59
E. Samuels 56:55:00
M. Wagner 56:56:00
R. Bierkopf 56:57:00
M60-64
J. Tangney 1:10:00
D. Coles 1:10:10
D. Cooper 1:10:20
M65+
E. Samuels 1:20:00

SOUTHWEST

Dallas Turkey Trot 8 Mile Dallas, TX, November 26

Overall
Robert Wallace 3:02:25
Abby McGeough 3:04:35
Missy Mathewson 3:05:05
M40
Steve Stempel 2:50:45
Brett Conrad 2:50:55
Virginia Mathewson 2:50:55
M45
Brian Love 2:42:25
Pamela McReynolds 2:42:35
Shawna Scott 2:42:45
M50
Tim Love 2:34:35
Tonya Flesher 2:34:45
Pamela Scovill 2:34:55
M55
Jody Hill 2:26:35
Rosalyn H. 2:26:45
Sharon Cray 2:26:55
M60
David A. 2:18:45
Kimberly Fox 2:18:55
Heather Thompson 2:19:05
M65+
Mary A. 2:09:55
Jeanne B. 2:10:05
Dorothy Thompson 2:10:15

California International Marathon Sacramento, December 6

Overall
Mike Holota 2:12:42
Carol S. 2:12:55
Terry York 2:12:55
M40
Robert Pratte 2:07:25
James Shaw 2:07:35
Ted C. 2:07:45
M45
Carol Giron 2:01:45
Ron Stroher 2:01:55
James Dubois 2:02:05
M50
Greg Brimmer 2:00:35
Thomas Brimmer 2:00:45
Wendy Brimmer 2:00:55
M55
Bill Smith 2:02:35
Mike A. 2:02:45
Steven Smith 2:02:55
M60
David Eaton 2:03:35
Barbara Eaton 2:03:45
Roger Eaton 2:03:55
M65+
Barry A. 2:04:55
Joan A. 2:05:05
Dana A. 2:05:15

Western Masters News
let's face it!
Masters throwers

But—THEY CAN TEACH YOU TO BE THE BEST THAT YOU CAN BE

These VIDEO TEACHING TAPES feature some of the most accomplished throwers in the great history of Track & Field. The teaching techniques have been hailed by peers as the best, and one has received international awards for its excellence.

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"I consider this video training program to be one of my finest achievements in 20 years with the discus." It is a unique instructional package that teaches the mechanical, physical and mental aspects of discus throwing for young and old alike. In addition to my demonstrations, you will learn from studying the techniques of such discus greats, past and present, as L.J. Silvester, Wolfgang Schmidt, Imrich Bugar and Luis Delis with my "voice over" instructional comments. The program contains nine sections: 1. The Throw Part I; 2. The Throw Part II; 3. Drills; 4. Rhythm; 5. Advanced Technique; 6. Visualization; 7. Troubleshooting; 8. Conditioning; 9. Motivation.

"I have found that Masters throwers can be as dedicated to their own pursuit of excellence as youngsters and established competitors alike. This is why I felt this training program would be of great help to you Masters competitors. Join me in your quest to be the best that you can be."

YURIY SYEDIKH'S SyberVision Hammer Video

East meets West. This one-of-a-kind video teaching tape combines hammer techniques of the East with the latest learning technologies of the West. Emphasis on the basics of the hammer throw takes the mystery out of the event. Instructions cover the 3 turn throw. Featured model, Yuriy Syedikh — USSR. Winning Hammer Ways was produced by SyberVision with Ed Burke (widely renowned U.S. Olympian), Stewart Tougher and Dr. L. Pataki as technical advisors and directors.

TOM PETRANOFF'S Javelin Video

A video encyclopedia of the javelin throw covers complete instructions on: Drills...Weight Training...Conditioning...Piometrics...Throwing Technique and Mental Preparation. Your Instructor is Tom Petranoff, one of the world's finest competitors and instructors of the javelin throw. In 1983, Tom threw to a World's Record of 207' in 1986 threw to a World Best, 209' (new javelin) and was ranked #1 in the world.

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With both teaching cassettes combined as one tape, you have over 40 years' competitive experience by Wilkins and Feuerbach in approximately one hour of instructional viewing and learning. If you follow the pattern of most throwers, you are probably learning and competing in both the discus and the shot. This is your opportunity to be taught both events by two of the best ever competitors andachers...and at a savings over the cost of two individual cassettes.

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"Shot Putting was never a part-time thing with me...it was an obsession." Through a competitive career spanning 22 years and including over 525 competitions in 24 countries, Al was able to experience this event as few athletes have. Every bit of his learning experience is packed into the video teaching cassette and provides some critical keys to progress for Masters shot putters like you.

You will be instructed by Al, Dave Laut (72' 3"), Olympic Bronze Medalist 1984, 4 time U.S. National Champion and Mac Wilkins (69' 11"), Dave demonstrates the rotational style throw and Mac instructs on its technique.

Basic 70 Foot Shot Putting presents the foundation for personal shot putting progress and is potentially as useful to the 40' thrower as it is to the 70' thrower. "I truly enjoyed my many years of experience with the shot. I'd like to share them with you."

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