**Mortenson, Cooper Best Tenneco Masters**

Forty-two-year-old Bruce Mortenson's top masters time of 2:23:40 in the 14th Annual Houston-Tenneco Marathon in Houston, Texas, on January 19 would have earned him first overall honors by nine minutes in 1972, when the event originated. Forty-seven-year-old Sharon Cooper's first woman masters clocking of 3:10:57 this year would have taken the overall women's race by over two hours.

But times have changed and become a lot faster, probably because the Tenneco offers a whopping $150,000 in development funds, plus $150,000 in insurance policies to each overall winner.

Unfortunately, none of it for masters runners. However, they ran anyway and made up over 30% of the 3974 entrants, 2641 of whom finished the race. Robert Abbott, M45, was the second master (2:31:43), and John Dugdale, 51, won the M50 division with 2:48:02.

Rita Faltisek, 41, finished second to Cooper in 3:12:00. Donna Wright, 50, beat the W50 entrants with 3:22:25.

Clyde Villemez, 74, of Port Arthur, Texas, the only runner to compete in all 14 races, finished second in the M70+ division with 4:49:05. Bob Fletcher, 53, an instrument engineer from Houston, finished his 100th marathon, in the 220th spot.

Overall winners, Paul Cummings (2:11:31) of Utah

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**Lincoln Hosts 10th Annual Track Meet**

by DON SHOWEN

LINCOLN, Nebraska — Although the weather was suitable for an outdoor meet on January 11th, the George Knight Fieldhouse was the site of the Lincoln Track Club's 10th annual indoor masters meet. The competition ranged from world champion class to the first-time entrant, and everyone found some competition.

In the field events, Max Goldsmith, 62, set a new meet record of 14-9 1/4 in the long jump, while Jerry Donley, 55, went 12-5 for a new age-group record and also best overall pole vaulter. In the shot put, Earl Ventura, 55, and Tom Wesselowski, 51, captured meet records of 37-5 and 48-9 1/4.

The high jump saw John C. Brown, 56, of Gladstone, Mo, establish a pending World M55 indoor record of 5-7 1/4 (1.71m).

In the 60 HH, Robert Hahn, 34, of Tyler, Texas, outdistanced all the masters with a 7.9. In the 60y dash, Hahn won his age group in 6.7, but he was edged in a combined heat by first

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**Masters Meet in Philadelphia**

by PETE TAYLOR

HAVERFORD, PA, January 9. Philadelphia's Department of Recreation moved its annual Indoor Track Carnival from the Philadelphia Civic Center to the western suburb of Haverford (about 9.10 miles away) and masters athletes responded by turning in some fine performances tonight.

The meet was held at Haverford College's Alumni Fieldhouse, which features a 225-meter "Versaturn" track.

National indoor long jump champ Bill Clark tuned up for Baton Rouge by soaring 18'1" in M50. Bill also took the 55m hurdles in 8.56 and was second in the 55 meter dash. Jim Dickerson, M35, had the longest jump of the night (18'10 1/8"), while Bob Detweiler's 10'0" effort in M70 was notable. Anna Mapps, W35, soared 15'5".

Bob Stanford's 300-meter time of 38.6 in M40 tied Arthur Wright, M35, for the fastest mark in that event. Picture-perfect Jim Mann belted his years by recording a time of 46.6 in

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**Smith, Walters Win Paramount 10K**

Tracy Smith and Harolene Walters were the first male and female masters, respectively, in the Paramount 10K Special "World Masters" Division race in Paramount, Calif., on January 25.

Smith's time of 31:24 led the second M40 finisher, Tom Burris, by one minute, which was almost the same margin that separated Walters' 37:09 from W40 runner-up, Molly Thayer.

Entrants in the "World Masters" race had to meet qualifying standards for each division, which aroused enough interest to draw many of the best masters roadrunners in Southern California and beyond.

Nine runners in the age 40-44 bracket ran 34:00 or better. Gaylon Jorgensen turned in the best age-graded time of the day with a brilliant 34:07 to win the M55-59 division. His time is only 18 seconds off Alex Ratele's U.S. M55 record.


Besides Walters and Thayer, other national class masters women showed up, among them Gina Faust, TAC's W45 long distance runner of the year, who, as the only qualifier in her division, rolled to a solid 38:52 victory.

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**World Games Pledges Reach $96,655**

A total of $96,655 has been pledged to help support the 1989 World Veterans Games if they are awarded to the United States. "That's close to our goal of $100,000," said an enthusiastic David Pain, Chairman of TAC's Masters Site-Selection Committee.

The pledges have come from 206 people. Not counting the two major commitments of $50,000 by Otto Essig and $25,000 by John Poppell, the average pledge is $106.15.

Fifty-six people pledged their support during the past month, including $500 from Jerry Donley, Jim Hershberger, and the North Jersey Masters Track Club; and $1000 from A.J. Pugliese.

If the Games are held in the U.S., it would mean over $5000.
OLDER RUNNERS SLIGHTED

I sympathize with Eugene Keller's distress about older runners being ignored (January NMN). I, too, have experienced the age discrimination which is too evident in masters competition.

I agree the rule (mandating five-year age-groups to age 90+ in all TAC National and Regional Masters Championships) should be changed, but to make it more inclusive, not less. It should be extended to include all TAC-sanctioned masters events. This is the secret of success of masters competition. We have a duty to make continuation of their physical activity an attractive choice for older runners. We don't do that when we put them in a no-win position by cutting off age-group competition at 50+, 60+, 70+, or 80+.

To those of us who have been active in masters competition for nearly 20 years, we find it discouraging to now be denied the opportunity to be recognized in our age group as being the best in that event, in that race, on that day. This opportunity is denied in 90% of the masters events.

Until we require that race and meet directors must include all age groups if they wish TAC sanction, then we will fail to smoke these older runners out of the woods, and we will lose our present competitors as they reach this age of discrimination. I shall simply submit a suggested rule change which would correct this continued injustice.

I am amused that the 1986 TAC National Masters Indoor T&F Championships in Baton Rouge chose to ignore or were ignorant of the rules in that their entry form did not include the 85-89 or 90+ age groups. I also note they excluded the 70+ and 80+ runners from the relay events, despite the fact we had 80+ relay entries in the World Games in Rome and the outdoor nationals in Indianapolis.

I welcome open arms the advent of (95-year-old) Newton Barrett. There are more like him that can be drawn out of the woods if we can make it attractive for them.

Paul Spangler
San Luis Obispo, California

BUD LIGHT PENNSYLVANIA MEET

We wish to commend Scott Thornley and his capable staff for the excellent Bud Light Indoor Meet—held to benefit mentally retarded children/adults—at Carlisle, Pa. on January 5.

It was a pleasant experience and the hospitality shown to competitors was outstanding. The officials were professional and the facilities outstanding.

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

If you live on the East Coast and want to participate in an efficiently run meet, attend next year's Bud Light Masters Indoor meet.

This year, Scott Thornley and his crew of able workers put on a truly enjoyable meet. The events were run on time. The officials were knowledgeable and there were enough of them to handle all events.

Jeff Worsy
Woodbridge, Virginia

800-METER RELAY

In recent years, there has been a definite lack of interest by masters competitors in running a 1600-meter relay, which is usually scheduled as the last event of a meet. The reason is obvious: most athletes are just too tired.
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Brown U. Meet in Rhode Island Hosts 160


In addition to the records, the meet had some good races. Vern Mattson took the M65 55m in 8.0. Roger Pierce outkicked Johnson in the M45 300, 37.5 to 37.8. Jack Botiano, M50, posted a mile walk time of 7:37.9.

New Hampshire’s Boo Morcom, M60, and Canada’s Ian Hume, M70, were large-margin winners in the jumps and pole vault.

Susan Redfield, W45, contributed four of the meet records, in the 55 mh (11.8); 55m (8.9); 300 (51.5) and 500 (1:36.9). P. MacHewitt, W40, had two meet records, in the 500 (1:32.9) and 800 (2:42.4).

The event was sponsored by the Rhode Island T&F Foundation and directed by Neil Steinberg.

Midwest Masters Hold Indoor T&F Meet

Sprinters and distance runners provided spectator interest in the Midwest Masters Indoor T&F Championships at the Westwood Sports Center in Sterling, Ill., on January 18.

Harry Brown, M55, had two of the better division-winning times, in the 60y (7.23) and 300y (38.29). Another M55, Tom Hinkens, recorded the meet’s best time in the 60y with 9.56. The 60y dash featured a rarity at any meet, an M90+ division contestant, Newton Barrett, 95, who ran 17.90.

In the M50 high jump, Richard Richardson, who led the American M50 sweep in that event in the Rome World Games last June, was defeated by Floyd Smith, 5-9 to 5-2. Carl Klehm, M45, was the day’s best thrower in the shot (41-9) and the weight (39-10).

Ernie Hammond collected a chestful of medals in the M55 division.

In what may have been the most exciting race of the meet, Emma Scott, W35, edged Audrey Middletown, W30, in the 2-mile racewalk by a slim margin-28:38.82 to 28:39.24.

Charlotte Observer

Scheid and Collins


In the 10K side event, Jeff Galloway, 40, of Marietta, Ga., a veteran of U.S. road and oval racing, was the masters winner in 31:58, while Liz Ervin, 43, of Princeton, W.Va., defeated the women’s masters contingent with 41:38.


The Charlotte Observer, a Knight-Ridder newspaper, sponsored the event, which was directed by Gary Church.

Three Olympians at Gilligan Pentathlon

by PHIL PARTRIDGE

There was no scarcity of talent at the Bill Gilligan Memorial Weight Pentathlon at Atlantic High School, Delray Beach, Florida on February 9.

Al Oerter, 4-time Olympic Gold Medalist, with four throws over 200 feet topped the existing age record for 49 by 32 feet, then gave a coaching clinic to 30 eager students, ages 19 through 76.

Bob Richards of Waco, Texas, two time Olympic Pole Vault Champion, three time U.S. Decathlon Champion, took first in the Weight Pentathlon with 4067 points.

Bobby Morcom, Olympic Pole Vaulter and U.S. Masters Decathlon Champion, joined Bob Stone of California, Elmer Shaw and Bud Brown of Syracuse, Walter Jenkins of Victoria R.C., Ham Morningstar of Owosso, Michigan and Don Reid of Charlottesville, Virginia, who came long distances to honor the memory of Bill Gilligan.
Philadelphia Masters Meet

Continued from page 1

M65. In the 1500-meter walk, Bill Norton, M30, was the quickest of all, in 6:42.0, with Charles Cooper following in 7:26.4. Ex-Olympian Bob Mimm, M60, had the third fastest time, 7:36.8.

In the 500 meters, Marc Anderson, M35, ran a very quick 1:12.3, while age-group rival Greg Ogles’s 1:15.5 was a nice effort for someone returning to track after a 15-year hiatus. Tom O’Hora ran 1:15.8 in M40, Jim Hodge, 1:16.7 in M45, and Jim Manno, 1:30.8 in M65.

Jim Sutton, M50, ran 4:31.7 in the 1500 meters, while walker Don Johnson, who later took 9:14.2 to heel-and-toe the distance, began an unusual double by running a 5:33.2 in M65.

Smith, Walters Win Paramount 10K

Continued from page 1

Vicki Bigelow captured W50 laurels in 39:18, while Helen Dick, TAC’s W60 LDR-standout in ‘85, notched a fast 42:43. Bess James, a winner of five gold medals at last year’s World Veteran Games in Rome, took the W75 title in 64:33.

In the regular 10K race, Catarino Gonzalez, in 34:28, and Sheila Hasham, in 41:23, were the first 40-and-over finishers.

Since originating the race two years ago, Oscar Rosales has charged no entry fee for the “World Masters” event. However, he’s considering an entry fee in the future to help pay for money prizes and is interested in ideas in this vein. He can be reached at 15734 Paramount Blvd., Paramount, CA 90723.

Lincoln Hosts 10th Annual Meet

Continued from Page 1

place Clifton Jackson, 37, and second Fred Booker, 36, both at 6.6.

The 2-mile, M45-and-over race saw Wally Brawner, 46, Burch David, 48, and Jim Culver, 50, run a steady pace until about one lap to go. Then Jim broke out for a 10:58.3 win with Wally at 10:58.6, and Burch at 10:59.8.

Keim, McGrath Win Masters Titles

In Brian’s Run 10K

George Keim, 42, defeated the masters field in Brian’s Run 10K in West Chester, Pa., on December 8, with an M40-and-over course record 31:58, finishing twelfth of 1645 male finishers. Patty McGrath, 41, won the W40-and-over race with 41:03 among the 427 female finishers.

Masters divisions winners included Victor Zwolak, 47, 33:29; Hubert Morgan, 63, 39:37; and Susanne Patton, 50, 42:31.

The race, directed by Larry Brandon, was run in clear, 45° conditions.
Where Have You Gone, Jack Foster?

Old marathon champions never retire. They just run off into the sunset. More and more of them, it seems, are looking forward to joining the masters ranks.

Before the 1985 Honolulu Marathon on December 11, I decided to find out what routes the former winners had taken since their victories. Ten men

“I thought I could run faster than 2:30, but 40 miles a week just isn’t enough for that kind of time.”

—Jeff Galloway, 40

had won the past 12 races. Hawaii’s Duncan Macdonald had won it three times (1973-76-80). Seven of the ten have been Olympians. Ironically, two of the non-Olympians, Dave Gordon (1982) and Dean Matthews (1979) had had the two fastest times (Irbramin Hussein of Kenya ran 2:12:08 in 1985 to shatter Gordon’s race record of 2:15:30).

Gordon, Matthews, and 1984 winner Jorge Gonzales of Puerto Rico are still very prominent on the national and world scenes. The other seven have faded from it to varying degrees. Therefore, I contacted those seven to see what they were doing and how their attitudes about running and racing had changed.

Macdonald, a 1976 Olympian at 5,000 meters and a former American record holder (13:19.4) at that distance, returned to his native Hawaii two years ago after spending a number of years in the Palo Alto, Calif. area while attending medical school at Stanford University.

Now a family man with a career in medicine, Macdonald, 37, has been winning strictly local road races in Hawaii since returning. He has recent times of 30:12 for 10K and 46:16 for 15K on 30-40 miles a week of training. However, lacking the time and vitality necessary for world-class competition, Macdonald does not expect to return to anything close to his old form.

“But I can’t see myself all of a sudden deciding I’m not going to stay fit,” Macdonald said. “I’ll continue to run the local races as training exercises and enjoy my running. I’ll probably go back to training for the mile and eventually get into masters miling.”

Macdonald clocked 3:58.4 for the mile in 1971 while an undergraduate at Stanford. He feels he should be able to go under 4:10 as a masters.

Jeff Galloway, winner of the second Honolulu Marathon (1974), also has cut back in his training and racing.

“The year I won Honolulu, Rudy Dressendorfer (an exercise physiologist) asked what I expected to do in running the rest of my life,” Galloway said by phone from his Marietta, Ga. home. “I told him I don’t think I’ll ever drop below 100 miles a week. Well, I was wrong. Two factors have entered the picture, a family and a business. They have taken a lot of time and enjoyment out of my running and must come before running. As a result, I don’t have that single-mindedness of purpose any more.”

Galloway, who turned 40 last year, makes a living in running-related enterprises. He owns a running attire operation, writes articles and books about running, and gives lectures around the country on running. In the Twin Cities Marathon last October, he recorded a 2:31.

“I thought I could run faster than 2:30, but I should have realized that 40 miles a week just isn’t enough for that kind of time.”

Jack Foster won the 1975 Honolulu Marathon when he was 43 years old, clocking 2:17:24. The following year, he made his second Olympic appearance in the marathon. Foster, a New Zealand government clerk, is generally considered the best over-40 distance runner in the history of the sport. No masters marathon has yet threatened the 2:11:19 he turned in when he was 41.

Foster ran a 2:20:28 marathon shortly after his 50th birthday in 1982, but has not raced much since. He had been invited to run in the Twin Cities Marathon last year, but was unable to mount the charge.

“The old body just wasn’t responding to the extra training load I was doing,” Foster wrote in a letter. “Sure, I was running well enough, but anything much more than an hour and I went flat. I ran a 10K in 31:50 and thought...”

“...I still have the same desire, but as you get older you find you have to push harder and you end up with injuries.” — Kevin Ryan, 37
Kardong operates a running store in Spokane, Wash., writes articles for running magazines, acts as a racing consultant for Nike, and coordinates the professional running circuit.

"I can run pretty well at everything but the marathon on 80 miles a week, so I'll continue to run the shorter races," he said.

Like Macdonald, a former Stanford teammate and fellow Olympian, Kardong looks forward to getting back on the track when he enters the masters arena.

Jon Anderson, the 1981 Honolulu Marathon winner, seems to be the last of the former champions, except perhaps for Foster. At the time I talked to him, he was running three days a week, strictly for fitness.

"From 1978 through 1984, I had no break at all," said Anderson, the editor and publisher of a lumber trade journal, from his Eugene, Ore. home.

"I was healthy and running well. I variety of things have kept me from training and racing this year. I guess that was true back way and I feel comfortable with that. It's not that I don't want to compete again. I know I do." Anderson, 36, considers 1984 his best overall year even though he was an Olympian in 1972 and won the Boston Marathon the following year.

"I was forced to stay away after surgery in 1977," he said. "When I came back, there was fire there. I was hungry again. That's one of the reasons I feel comfortable now. You need to be somewhat hungry to go through that daily routine."

Kevin Ryan, the 1983 winner, finished the 1985 New York City Marathon in 71st place with a 2:28:10, but said from his home outside Boston that it was mostly a training run. He was just getting over injuries that afflicted him most of the year.

"I still have the same desire, but as you get older you find you have to push a little harder and you end up with injuries," said Ryan, a 37-year-old native of New Zealand and two-time Olympian. "The leg turner hasn't been what it used to be, but maybe it'll come around."

Ryan, too, is looking forward to masters competition.

Although most of the former Honolulu Marathon champions have seen better days, none of them plans to completely retire from the sport. All of them, it seems, expect to run until they have one foot in the grave. . . and maybe then some.
Not In This Life

I couldn't wait for the Super Bowl business to end because I've always hated the Bears — and the Rams, even worse. Remember, Super Fan, the Rams were the Cleveland Rams before they left Ohio.

Back then, I was a kid in Santa Monica. It was the Los Angeles Dons, man — with Crazy Legs and all that gang. Fate dealt me the Chicago Cardinals to root for. By the time I got to Chicago, they had gone to St. Louis. Speaking of towns, will someone please tell me where the hell Orlando, Woolridge is?

Recall, I had said it was a waste of time getting all knocked out over guys who make a million for being athletes and probably aren't very fit. Always talking about doing something in 4.5. Now what the hell kind of a race, you can run in 4.5? To the best of my knowledge, 4.5 is the distance between the 3A-4A high hurdles. Forget that, they all have pot guts, gigantic ween the 3A-4A high hurdles: Forget yo~r yo~r was the Los Angeles Dons, man — with Crazy Legs and all that gang. Fate dealt me the Chicago Cardinals to root for. By the time I got to Chicago, they had gone to St. Louis. Speaking of towns, will someone please tell me where the hell Orlando, Woolridge is?

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Continued from page 2

after competing in their individual events to run a 400-meter leg on a relay at the end of the day. And yet meet directors continue to schedule the event, with fewer and fewer clubs entering teams each year.

To encourage clubs and athletes to participate in relay team competition, I suggest that meet directors consider scheduling an 800-meter relay instead of a 1600-meter relay at the close of competition. Relays are a fun part of a meet and encourage competition between clubs, as well as building team spirit.

Bill Adler
Los Angeles

RULES FAVOR ELITISTS

After reading the summary of the TAC Convention (January NMN) it is becoming regretfully apparent that the masters movement is being influenced by a small group of people who are determined to have things their own way — regardless of the consequences or the wishes of the athletes involved. Those few have turned the TAC Masters into an organization concerned primarily with the elite athlete and for obtaining “their way” by changing the rules, etc. The masters movement for the participating athlete is terminally ill and it’s time to look elsewhere.

First, the throwers were hurt by changing the weights around. Then the hurdlers were hurt by increasing the hurdles. Now the sprinters have been devastated by drastically altering the sprinting rules.

I will never run under this unjust, unnecessary “no false start” rule; and I suggest that other athletes do likewise. Fortunately, there are other, non-TAC meets to compete in: all-comers, age-group, etc. TAC has little or no control over anything but a TAC sponsored/sanctioned meet and meet directors can use any rules they deem appropriate.

Recently, I read the article about the 95-year-old man running. Wonderful, but if he happens to “false start,” are they going to kick him out of the race? How stupid can we get?

To kick anyone, who has spent up to 3-5 days of their life and $500-$1000 of their own money, out of a race for such a minor violation is beyond my comprehension of fairness.

It is, regretfully, time to consider “leaving.” The masters movement (like the Road Runners) never really needed an outside organization, such as TAC, in the first place; and certainly doesn’t need what is happening to it now.

William Nottingham
Satellite Beach, Florida

WEIGHT EVENTS

I agree with Carl Walvin’s letter (December) that there should be flights and warm ups in the throwing events, especially at the Nationals. I, too, would like the 16# shot, 16# hammer and 2K discus thrown at least up to age 59. I work hard to keep up my strength and form and don’t want to “step down” to lighter implements.

Robert Mead
East Arlington, Vermont

ATHLETE-OF-THE-YEAR

I was disappointed that Jose Ubarri was not voted best TAC M60 track athlete-of-the-year. He won four gold medals in the World Games in Rome in the 100 (12.60), 200 (26.19), long jump (5.35m) and 4 x 100 relay.

Gilberto Gonzalez-Julia
San Juan, Puerto Rico

(Ubarri’s achievements are impressive. The Awards Committee chose Rudy Valentine because of his four M60 wins in the TAC National Masters Championships in the 100, 200, 400 and 400H, his American M60 400H record 66.01, and his near-400-record 59.40. — Ed.)

GERMAN VETS

The World Veterans Games in Rome showed there is a strong veterans athletics movement in Germany, but we still have a long way to go. It would help if we had a periodical written for veterans as is your excellent National Masters News. Your report on Rome told more about our German participants than all the sports papers in our own country.

Hans Bitter
Herzingenauchen, West Germany

KUDOS

The National Masters News is such a valuable and worthwhile publication for anyone interested in track, field or distance running. I find particular interest in the age-group rankings and the five-year age-group records. It is intriguing to compare one’s time with the others. The growing interest in the U.S. hosting the 1989 WAVA Games will gain momentum with your articles. Already, some of my friends who recently subscribed to NMN are getting excited about it. Keep up the splendid work.

Eugene Keller
Cincinnati, Ohio
Aging and Athletic Performance


Aging involves both gains and losses for the athlete. Through childhood and adolescence, there is steady gain. The prime years for athletics are from 18 to 35, although the peak years are generally 24-32. While physical decline may begin to set in at around 25, the slight loss over the next 5-10 years is usually more offset by adaptation to the sport, and by competitive experience. It’s not until about 35 that the physical loss becomes discernible.

For example, world-class swimmers are most often found in the 18-22 range. But, this does not necessarily mean that a swimmer cannot reach greater heights in the mid or late 20’s, or even in the early 30’s. In truly amateur sports, such as swimming, the opportunity is seldom present for an individual to continue competing beyond the college years. The many hours of training required to achieve world-class level interfere with career pursuits and personal relationships. Moreover, once the athlete has excelled and achieved certain goals, the incentive to continue is insufficient to overcome the obstacles.

Professional sports and quasi-professional sports, such as world-class distance running, provide a better yardstick by which to measure the effects of aging since the incentive is present. However, even here, many non-physical factors enter the picture to make the measurement difficult. The fact that the average major league baseball batting champion from 1950 to 1982 is 29 years old does not mean that ballplayers are stronger and quicker at 29 than at 18 or 22. Experience, including the sharpening of technical skills and the development of confidence, is unquestionably a factor which delays the peak years of ballplayers.

Ten Fastest Marathoners

The ten fastest marathon runners in the world during 1983 averaged 30 years of age, the range being from 26 to 36. The oldest, Carlos Lopes of Portugal, went in on in 1984 to become the oldest Olympic marathon winner. Yet, it would be improper to conclude that 30 year olds have greater basic aerobic (endurance) capacity than 20 year olds. Distance running is a sport which requires five to ten years of adaptation in order to achieve maximum performance. This means molding of the musculo-skeletal, the respiratory, and cardiovascular systems through training to the demands of the sport. Adaptation also explains why a person who takes up distance running or another sport of this nature at age 50 or 60 might continue to improve his or her times for several years before noticing a decline. For most middle-aged athletes who have not been active in their sport, the gains from learning and adaptation run well ahead of the losses to aging in the initial stages of development.

The nature of the sport is important in considering the effects of aging on the athlete. In some sports, notably gymnastics, athletes have peaked even before attaining full physical maturity. Who can forget the little 14-year-old Nadia Comaneci of Romania and her perfect scores at the 1976 Olympic Games? But we do not know if a 22-year-old Nadia Comaneci, given the proper motivation and opportunity, could have done as well or better at the Los Angeles Olympics.

The Zola Budd Phenomenon

There are such phenonmen in other sports. Zola Budd of South Africa was a top-ranked female middle-distance runner in 1983 at the age of 17, some eight to ten years younger than most other leading women middle-distance runners. And Naim Suleimanov of Bulgaria astounded weightlifting followers in 1983 and 1984 with world records at ages 15 and 16. Like distance running, weightlifting usually requires a lengthy adaptive period. Barring motivational problems, there is no reason to doubt that their performances could continue to improve. However, lack of motivation — “burnout,” as it is sometimes called — is as much a factor in athletic performance as is the physical aspect of aging. Once having achieved at the highest level for several years, many athletes begin to lose interest and desire.

At the other side of the age spectrum, there are many men and women who have excelled in their 40’s, 50’s, and even 60’s. Here again, though, the nature of the sport must be considered. The successful senior athlete or sports-person is more likely to be found in relatively sedentary sports, such as golf, bowling, archery, and yachting. While these sports are demanding in specific ways, they call for certain kinds of control or finesse than for the anaerobic (strength) ability or aerobic (endurance) capacity required for sports in which athletes generally retire at around age 35.

Research in Aging

Research in aging has been carried on for many years, but there is still much to be learned, especially with regard to its effect on athletic performance. The studies indicate that there are definite changes affecting the bones, heart, muscles, lungs, and other body functions which begin in the third decade of life and have a significant bearing on one’s vitality in sports and athletics.

Overall, work capacity declines by 30 percent between the ages of 30 and 70. This is paralleled by a decline in muscular strength and muscle mass by 25-30 percent between the ages of 30 and 70. The skeletal system loses bone at different rates depending upon sex and individual factors. What is not entirely clear from all these studies is how much of the decline is due to disuse. Some current research suggests that as much as 50 percent of the decline frequently attributed to physiological aging can be forestalled by a vigorous fitness program.

Until the early 1970’s, there were very few middle-aged and senior men or women engaged in vigorous sports or fitness programs. Consequently, there was little for researchers to study. The fitness boom, which began in the late 60’s and mushroomed in the mid-70’s, is providing researchers with a much greater field of study, but it will be a number of years before more conclusive findings are made.

Masters Competition

Much of the current research focus is on age-class or “masters” track & field competition. One athlete who provides some measure of the decline in running speed is Thane Baker, who captured the silver medal in the 200 meter dash at the 1952 Olympic Games and then won a gold (sprint relay), silver (100 meters) and bronze (200 meters) at the 1956 Olympic Games. His best times in those years were 10.2 seconds for 100 meters and 20.6 for 200 meters. Upon turning 40 in 1971, Baker took up masters track and recorded a world masters record of 10.7 for 100 meters the following year. The synthetic track on which he achieved the 10.7 probably gave him two-tenths of a second over the old cinder and clay tracks on which he competed in the 50’s. Thus he slowed seven percent between his mid-20’s and age 41. At the age of 50, Baker recorded world age records of 11.3 for 100 meters and 23.4 for 200 meters, representing a slowing of between eleven and fourteen percent over a 25 year period. Of course, there is the possibility that Baker’s decline was hastened by his period of relative inactivity during his 30’s. One cannot be sure that all other factors, i.e., motivation, nature and intensity of training, etc., remained the same.

In the marathon, New Zealand’s Jack Foster recorded a time of 2 hours, 11 minutes, 18 seconds at the age of 41. That has stood as the over-40 record since 1973 and compares well with the current world best of 2:07:12 by Carlos Lopes. That performance was Foster’s personal best. Peaking at this age might be explained by the fact that...
Shirley Matson loves to run. She discovered this at the age of 40, when she began to run at the encouragement of friends. “I always did well,” she says, “and was motivated to see what my ultimate potential might be.”

It turned out to be considerable. Since then, she’s set about 20 American age records, holds the W40 American record for the half-marathon (1:19:54), and has received many honors, including being named number one U.S. master for W40 in 1984 by The Athletics Congress and Running Times magazine. In 1984 she qualified for the women’s Olympic marathon trials with 2:50:03.

Her 45th birthday was on November 7, 1985, and she immediately set four new age-group records: the 10K (35:32) on a point-to-point course, 10K (36:11) on a loop course, 8K (28:47) and half-marathon (1:20:25).

Most of her training consists of long runs on level roads near her home in Solana Beach, California. Once a week she trains on hills. Her average weekly mileage is about 50-70 miles (including racing). Her shortest run is four miles; her longest is 12-14. Training pace varies between 6:30-8:00. Since beginning training, her workouts haven’t changed much; “I just run them at a quicker pace,” she says.

She does no track work at all. “I like to race frequently and consider that my speed work. Otherwise I experience knee problems.”

She races about twice a month, from the 5K to the half-marathon. Occasionally she’ll run a marathon, a 20K or 25K.

Other training includes swimming (three days a week for a half hour), walking (about 4 miles a day), and moderate calisthenics (four days a week). In the summer she sometimes does a little biking, but has to be careful of her knees.

Before and after a workout she does about five minutes of mild stretching. If she’s racing, she warms up by jogging about two miles easy, walks around a little, and does a few strides. Cool-down consists of walking 1-2 miles after training, or jogging 1-2 miles after racing.

Favorite training shoes are the Nike Vortex; for racing she uses Nike racing flats Terra TC.

Ordinarily her training routine before a race doesn’t change. For an important race, however, she does a hard workout about four days before the race, then tapers off and takes 1-2 days rest before the race day.

Prior to the race she doesn’t go on any special diet. She continues with her usual vegetarian diet — one high in complex carbohydrates and including whole grains, vegetables, fruits and nuts.

She’s been remarkably injury-free. Her only serious injury was a six-month bout with patella tendonitis in 1983. “I tried all kinds of therapy and then eventually did nothing but rest. That is always the best therapy, but it takes a long time and coming back is no fun.”

She runs first thing in the morning. “I’m lucky,” she says. “I’m able to adjust my schedule to my own desires, and I take advantage of it!”

Other activities include dancing, reading, taking leisurely strolls on the beach or in the mountains. She also acts in little theatre groups.

Shirley has no intention of resting on her laurels. Her goals are “to set as many age group 45-49 records as possible, to be competitive at every age group level, and to be the best I can.”

And last but not least, “to continue to enjoy running and traveling and meeting more wonderful runners.”
—Gretchen Snyder

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**What You Need to Know**

**TRACK & FIELD BOOKS**

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<td>HAMMER (revised) by Johnson</td>
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<td>DISCUS (revised) by Paish</td>
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<td>JAVELIN THROWING by Paish</td>
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Plus $1.00 per item for mailing and handling.

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**HOPPER HOUSE, P.O. BOX 33182, GRAND HILLS, CA 91364**
I am a 45-year-old male long distance runner and have been running competitively for about 10 years. A few months ago I developed pain on the outside of my right knee. My running friends tell me it is a ‘band syndrome’. It is getting pretty sore. Can you tell me a little bit about my injury?

The ‘iliotibial band syndrome’ is one of the more common running injuries among long distance runners and usually occurs in males between the ages of 30-39. It is more predominant in the right knee and occurs in those runners who have been running more than 5 years.

The iliotibial band is a thickened strip of fibrous tissue that extends from the hip joint to the outside of the knee. When the knee bends, the iliotibial band is pulled to the front, and a fluid-filled cavity (bursa) forms on the outside of the knee, due to friction. Pain can become quite severe with repeated exercise. The area does not swell appreciably, but there is a lack of motion and it becomes difficult for the athlete to bend the knee or straighten the leg during running. We found that pain could be elicited by palpating the outer portion of the knee.

The majority of those with iliotibial band syndrome ran at least 20-40 miles weekly. Most could run with the pain but the addition of more mileage, speed or hills increased the pain. It should be noted that most of these patients had made a significant change in their running schedule prior to the injury. They had increased mileage or speed, and a few had changed from a soft surface to concrete roads. No specific brand of shoes was predominant, but some had been wearing worn out shoes.

Our major emphasis in treatment was to reduce the distance run and reduce speed. In other words, rest is usually indicated. Conservative treatment such as icing the area after runs and the application of moist compresses proved successful. Anti-inflammatories and local steroid injections were also tried with some success.

No single treatment appeared better than another. The use of a neoprene knee sleeve helped many of the runners. There is a surgical technique in which the iliotibial band is split and excess tissue is removed. We did not use this treatment in any of the runners seen.

Further treatment can include the use of a biomechanical foot orthosis which has been used with some good response. The idea is to reduce shock to the knee area and to lessen the aggravating-effect of any misalignment that may be present in the foot and leg.

The long term prognosis for iliotibial band syndrome is good, although the healing time is rather long. The duration of a chronic condition can be as long as 9 months. Some patients did suffer recurrent symptoms.

For those who suspect iliotibial band syndrome, it is essential that a complete and accurate diagnosis be made as soon as possible. Rest and reduced mileage is a must. If the condition can be diagnosed and treated at an early stage, it can be eliminated in a rather short period of time.

(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' tendinitis question, write to Dr. John Pagliano, The Foot Beat, NNN, Box 2372, Van Nuys, CA 91404.)

Speaker’s Corner

Continued from page 10

Foster did not take up distance running until he was 32. Therefore, there was an adaptation period that followed over the next nine years. It is very possible that Foster would have run several minutes faster at age 30 had he taken up running at an earlier age. Foster represented New Zealand in the 1972 and 1976 Olympic Games, the latter at age 44. In 1982, he established the current over-50 marathon record of 2:20:28, showing a decline of about one minute a year in the 26.2 mile race.

Clive Davies

Clive Davies, a naturalized American from Wales, holds the current 65-69 marathon record at 2:42:49. Since Davies did not take up running until age 57, it is impossible to say how much he has declined. The 2:42:49 at age 66, however, is some 34 minutes slower than Lopes’ world best and represents a one-minute per year loss from age 32, thereby corresponding to Foster’s experience.

Another interesting study is Harold Chapson of Hawaii. In his college days, he was a 4:30 miler. After college, he was a 4:30 miler. After college, he continued to lead an active life but did not run. He took up the sport again in 1973 at age 71 and clocked 5:54.0 in the mile, becoming the first person 70 or over to officially break six minutes. He lowered his time to 5:51.7 at age 73, but then slowed to 6:15 at age 78. Shortly after his 80th birthday, Chapson ran 1500 meters in 5:54.5, roughly the equivalent of a 6:30 mile.

Al Oerter, four-time Olympic gold medal winner in the discus (1956-60-64-68), achieved his best official throw of 227 feet, 11 inches while attempting to make the 1980 Olympic team. He was then 43 years old. This was significantly longer than his best gold medal toss of 212-6 at Mexico City when he was 32. It would not be correct, though, to assume that Oerter was stronger and faster at 43 than he was at 32. He credited much of his improvement to changes in technique.

Athletes in other sports have performed at the top level well into their 40’s, notably Archie Moore in boxing. Gordie Howe in ice hockey, George Blanda in football, Satchell Paige, Carl Yastrzemski, Phil Niekro and others in baseball, but in all cases it was clear that they were well beyond their peak years. The professional athlete who survives into his forties is usually a former superstar who has become just average.

In summary, it is evident that the prime years of sports and athletics are between 18 and 35 and the peak years most often between 24 and 32. A physical decline begins about age 25, but usually does not become discernible until the mid-30’s. Initially, this decline is more than offset by gains in experience and adaptation. While the decline becomes more evident after 35, there is still much to be learned in this area. It seems clear that men and women are capable of much more vigorous participation in the middle of advanced years than has been recognized just ten or twenty years ago.
Polly Clarke

BORN: July 17, 1910, Omaha, Nebraska

SCHOOLS: North High, Omaha; Grinnell College, Iowa; (Phi Beta Kappa); Drake University

FAMILY: married to John Clarke, two children, two grandchildren

OCCUPATION: retired kindergarten teacher

HT./WT.: 5-2, 95 pounds

CURRENT RESIDENCE: Estes Park, Colorado


How Did You Get Started Running?
"After reading Dr. (Kenneth) Cooper's first book on Aerobics, I started to jump rope. That was the fall of 1968 when I was 58. The following spring, I tried to jog but could only go a short way without stopping. I kept trying, but it was a long time before I could get around the block in our neighborhood, about a quarter of a mile. I was then 59."

When Did You Begin Competing?
"My first race was in Stockholm at the Olympic Stadium in August 1972. John was a member of the first masters tour going to Europe. Nothing was planned for women, but they finally agreed to a 1500-meter race if we could get enough women to run. I agreed to run only so the others could have their chance. I was 62 then and the oldest of the six in the field. I came in fourth with an 8:10. The 40-year-old just proved my time to 7:49.3. I guess that has been a big factor in my not having any injuries of any consequence. I also do 100 pulls on a rowing machine at least once a week.

What Do You Consider Your Greatest Achievement In Sports?
"Becoming a world-class masters sprinter when I had no background in track and didn't even jog until I was 58. This has been the surprise of my life. I have won every race I have ever run competing with women in my five-year age bracket."

How About Outside Of Sports?
"My greatest achievement outside of sports is to have lived to age 75 feeling happy and content. The most important aspect of living is our relationship with others. I have achieved at least reasonable success as wife, mother, grandmother, friend and teacher. Our world would be a much better place if all followed Jesus' command to 'Love one another'."

How Do You Consider Your Best Event?
"Based on my times, the 100. The shorter, the better."

Please Describe Your Typical Training Routine.
"Track season is the only time I go to the track. Otherwise, I run in my neighborhood on gravel or blacktop, usually going up or downhill; there are a few level spots in Estes. A typical track workout will involve a one mile jog to the track, then stride 900 meters, walk a lap, run nearly 800 meters all out, walk a lap, practice starts, run 150 meters fairly hard, walk a lap, and then finish off with 300 meters fairly hard."

Is Running Your Only Sport Or Fitness Activity?
"I'm a great lover of the outdoors. Living where I could run relatively free from congestion and traffic has been a big factor in my continuing to run."

What Do You Feel Has Been The Key To Your Success As A Competitor?
"I must have had some natural ability. I'm competitive and willing to work hard. But the big factor was John. I knew nothing about training. He had run since he was in high school and had been very successful. He taught me, encouraged me, understood my problems and helped me overcome them. He has never been jealous of my success, but always proud of me. I owe everything to him."

Your Recent Times Show A Slight Decline In Speed. Do You Feel Any Different Than When You Ran That 16.04 100 Back in 1978?
"I'm still strong, have lots of energy and my general health is excellent. However, I'm experiencing a little arthritis and thickening of tendon webs.

"My memory is not what it used to be. Like many oldsters, I can recall the names from 50 years ago better than the names of someone I met last week.

How Else Have You Kept Occupied Since Retiring From Your Job As A School Teacher?
"My church and related activities have always been important to me. In 1984, I finished 50 hours of training to be ordained a Stephen Minister in the Community Church of the Rockies. "Learning to snorkel in the lagoon at Bora Bora last year was a terrific thrill."

What's Ahead In The Way Of Competition?
"Hopefully, I'll go to the Nationals. John and I have been to Melbourne, so I don't know if we'll go back there. It'll be a temptation when the time comes."

―Mike Tynn
1986

Masters athletics is off to a good start in 1986. After the flurry of the convention, things are settling down, and I feel we have most everything in place for 1986. We need to be planning ahead for the coming year, and trying to get things in good order for 1987.

We have ended up with a few conflicts, particularly with our indoor championship. These conflicts are not anyone's fault, as local meets were scheduled before we had to reschedule the National meet from March to February. I'm sure all meets will be hurt to some degree by the conflict, but, hopefully, all meets will be strong in attendance and competition.

The earlier that we can begin scheduling the National championships, the easier it will be for everybody to plan around them, and build the meets in proper sequence, leading to the National meet. If you are interested in hosting a National championship, contacts need to be made as soon as possible with Ron Salvio for the indoor scheduling and Bruce Springbett for the outdoor scheduling. They will coordinate the scheduling with Max Goldsmith, who is in charge of site selection. Their addresses and phone numbers are listed in the Masters News, so it is easy to get in touch with them.

Since this seems to be a slow time, let me pass on some thoughts about a personal experience.

On January 26, 1986, I completely embarrassed myself, and anybody watching, with my vaulting at a meet at the University of Colorado in Boulder. I took my opening vaults at my starting height, and one, two, three, I was out. Everything had been building towards that meet in fairly good order. I was in good condition, I had been vaulting quite regularly in practice, which is unusual, and I simply bombed. Whether it was too much adrenaline, too much energy, lack of concentration, lack of motivation, I don't know, but it was awful! It all happened so fast, I had little time to think about what the problems were, what was going wrong, or how I could correct whatever the problems were.

The result, and my inability to correct the problems, did get me to thinking about coaches—and, although I was glad I didn't have one there to whom I had to explain my efforts, it would have been nice to have had coaching help at that time.

I realized coaches must really have a tough time trying to help, encourage, teach, and evaluate those whom they coach, whether youth, open, or Masters competitors. Everyone has a different personality, and it has to be extremely frustrating to try to work with those who excel in practice, and who do poorly in a meet; those who do poorly in practice, but excel in competition; those who concentrate to the exclusion of everything; those who have an attention span of only an instant; those who are driven to overwork and perfection; and those who feel getting to the track or training room is the major part of the workout.

For 1986 the Lincoln Marathon has been singled out by "Running Times" magazine as one of a few events which "...are very good bets for some terrific running experiences in the coming year."

"Running Times" also picked the Lincoln Marathon as 1 of the 6 fastest marathon courses in the country which meets the National Running Data Center's strict standards for unqualified official records. Still fast. Still first-class. Join us for the 9th edition of the Lincoln Marathon & Half-Marathon, May 4, 1986.

Send CASS: Pete Riegel
3354 Kirkham Columbus, OH 43221
(614) 424-1009

I once thought I wanted to be a coach. After consideration, I didn't become one, probably to everyone's benefit. But to those of you who did, and who have stuck it out and provided help, motivation and direction for all of the rest of us, in all our frailties and personalities, insecurities, instabilities, and in our talents, I'd like to express my appreciation and thanks, and hope that you are strong enough and devoted enough that you will continue on with your efforts as the unsung heroes of athletics in helping all of us who really do need your help.
CLUBS

NEW ENGLAND
Greater Boston Track Club
PO Box 236
West Newton Village
MA 02165
617/969-9808

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

South Carolina Masters Track Club
c/o CPT John Roehr
3rd Region, USAIDC
Fort Jackson, SC 29207
(803) 751-5129/7644

MID-AMERICA
Mid-America Masters
P.O. Box 14668
Lemex KS 66215

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

WEST
California Road Runners Club
P.O. Box 891
Torrance, CA 90506
818-888-5266

USA West Track Club
Skip Stroyle
15425 Sherman Way No. 220
Van Nuys, CA 91406
818-787-4377

San Diego Track Club
P.O. Box 7855
San Diego, CA 92107
619-270-8262

Southern California Striders
Mike Castaneda
5975 E. Avenue L
Arlington, CA 90007
714/974-6199

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

South Coast Runners Assoc.
3857 Birch, Suite 442
Newport Beach, CA 92660

Santa Fe Striders
San Antonio, TX 78201

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

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

Charlotte TC
P.O. Box 1328
Charlotte, NC 28205

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

Los Gatos Athletic Assoc.
P.O. Box 3238
Los Gatos, CA 95031

SOUTHWEST
Tuba Running Club
P.O. Box 300
Tuba, OH 44062

San Fernando Valley Track Club
13722 Burbank Blvd.
Van Nuys, CA 91401
818-780-7191

Bigfoot Masters
c/o Duane Hartman
SporCoke Community College
31818 Green St.
MS-2050
Spokane, WA 99207-3599

Snobonish TC
2426 224th St. SW
Monetteke Terrace, WA 98043

Portland Masters Track Club
Art Alfremos
4085 SW 8th
Portland, OR 97225

Oregon Track Masters
P.O. Box 11364
Eugene, OR 97440
Proposed Schedule Announced

by RAY CALLAGHAN, Competition Director of the VII World Veterans Games

This report contains the proposed procedures to be used for the VII World Veterans Games, to be held in Melbourne from Saturday, November 28 through Sunday, December 6, 1987. Critical comment should be expressed prior to August, 1986.

Time Period

Seven days are allotted for competition, one day for the WAVA General Assembly meeting, and one day for rest.

Opening Ceremony

There will be no opening ceremony, but there will be a simple, 60-minute welcoming ceremony involving the march on of athletes by age group, a few speeches, and a march off.

Schedule

I was asked to draw the schedule to allow for variety for spectators and for prime time TV on Sunday afternoon, Nov. 29th, and Saturday afternoon, Dec. 5. I gave consideration to a suggestion for a 6-day program. This would be feasible by moving the marathon to the morning of day 6, and dropping the relays. I believe both moves would detract from the Games.

Programming Principles

From 1500M down, heat winners and the next two fastest will qualify for the next round. This means events requiring more than six heats (more than 48 entries on an 8-lane track) will have semifinals.

Events longer than 1500M requiring divisions will be seeded on the basis of submitted times, with the fastest runners in the last race. The 5K, 10K and 5K walk will have listed fields to a maximum of 45. With a normal dropout of 25% to 30%, this will mean actual fields of up to 35. The steeples will have a listed field of 30 competitors (about 21 starters).

In the field events, the competitors will be formed into five groups to enable us to have fairly equal numbers competing in each event, each day: 1) M40, W60, W55; 2) M45, W45, W65; 3) M50, W40, W35; 4) M55, M70, M75; 5) M60, W65, W50, W50.

The most suitable number to have in a division seems to be: long and triple jump—minimum 12, with 16-20 optional; throwing events—8 to 12. All field events will be held in daylight.

Closing Date

We expect to close entries 90 days prior to the Games—about August 28, 1987.

5000 Expected in Australia

“There is no doubt that our expectations of 5000 competitors is not unrealistic,” says Peg Smith, Executive Director of the VII World Veterans Games in Melbourne next year.

“We are working towards a high rate of awareness of the general public about the Games. By next year, we expect the whole community to be involved in as very hospitable and welcoming way,” Smith reports.

On these pages are a report by Ray Callaghan, Meet Director of the Games, and a proposed schedule of events. If you have any comments, send them to NMM, P.O. Box 2372, Van Nuys, CA 91404. We’ll publish some, and see that all letters are sent to the World Games organizers in Australia.
Countdown to Melbourne

Continued from page 16

Competition Areas
The intent is to hold all T & F competition at the Olympic Park Complex. There are two tracks, side by side. The marathon will start and finish at the complex. The cross-country has been moved to within walking distance of Melbourne U1.

The No. 2 track will have a retractable track for the marathon. The No. 1 track will have a warmup track built on it in time for the Games. Nearly $2 million has been allotted for this purpose by the Government.

The No. 1 track has a retractable track with an eight-lane track with an eight-lane track. A retractable track will be available.

Presentations
For most events, medallions will be awarded within five minutes after the event.

Announcing
All announcing will be in English.

Check-In
Competitors will be able to check in up to one hour before the event, or possibly 24 hours before, which would help the announcers, officials and results crew. People who are late checking in may still compete if they have a good reason and if there's an empty lane. We're still working on this.

Results
Results will be available within minutes. A daily result sheet will be printed. Results book will be available within a month after the Games.

Rehearsal
We will conduct a full scale, one day rehearsal at Olympic Park on Sunday.
The International Scene

by OWEN FLAHERTY, Secretary, World Association of Veteran Athletes

It is five years since I became Secretary, and they have been five satisfying years during which WAVAVA has continued to mature and grow in stature.

IAAF

In May, 1984, the International Amateur Athletic Federation proposed discussions with WAVAVA, which would lead to IAAF recognizing WAVAVA as the sole body responsible for administering and regulating international veterans athletics. At the same time, IAAF invited WAVAVA to provide two-thirds of the members of the new IAAF Veterans Committee. I felt this initiative by IAAF was a compliment to WAVAVA, and that WAVAVA should respond accordingly.

In Rome, the General Assembly gave the WAVAVA Executive authority to continue the discussions and to enter into an agreement with IAAF, subject to ratification by the General Assembly in Melbourne in December, 1987. Since then, the negotiations between IAAF and WAVAVA have continued and the drafting of the agreement is well underway.

IGAL

Another significant development took place in Rome. Agreement was reached between WAVAVA and IGAL whereby both bodies would jointly sanction the road-race events in 1987 (Israel) and 1988 (Korea) which originally had been sanctioned only by IGAL. Thereafter, IGAL will cease to function independently but will be incorporated into WAVAVA. Mention must be made of the helpful role of John Holt, General Secretary of IAAF, and Hans Skaske, President of the IAAF Veterans Committee, in the amicable discussions which led to this agreement.

By-Laws

A day later, another milestone in the history of WAVAVA was reached when the General Assembly approved the new Constitution and By-Laws.

Growth of Veterans Athletics

In Rome, over 4000 competitors took part — the largest World Veterans Championships to date. They were proof that veteran athletics is not only firmly established, but is still developing strongly.

Eastern-bloc

At the IAAF European Congress in Oslo last October, I met with delegations from countries with whom WAVAVA has no previous communication — LSSR, German Democratic Republic, Poland, Bulgaria, Czechoslovakia and Tanzania. To each of these delegations I gave an outline of WAVAVA’s history and an application form for WAVAVA membership. I shall soon follow up in the hope that a number of eastern bloc countries will apply for membership.

Africa

There have lately been significant developments in veterans athletics in Africa. First, WAVAVA received news that there was a move to organize veteran athletics in Ghana. Then there was an approach from Nigeria. Finally, I received a letter from Botswana expressing interest in WAVAVA. As with the eastern bloc countries, I shall be

New WAVAVA Specs Announced

The official new WAVAVA hurdles and implement specifications have just been received from Owen Flaherty, Secretary of the World Association of Veteran Athletes, and are printed on this page.

Note these changes from 1985:

1) The Hammer for men 70+ has been changed from 5K to 4K, to be consistent with the shot put.

2) Men 50+ and men 60+ will run 300-meter hurdles, rather than 400. Note, also, that the 300H event will begin at the 1500m starting line, and will use hurdles #4 thru #10 of the 400H event. That means only seven hurdles, instead of eight run by U.S. high schoolers, and it means the distance to the first hurdle will be 50 meters, not 45 as in the 400 event. (The advantage of this is the hurdles will not have to be moved five meters back to accommodate the 300-meter race, as they would be if the high school lines were used.)

3) The M50 high-hurdle spacings, while unchanged from 1985, are not the same as were run in Rome. (The Rome organizers did not follow the WAVAVA spacings in the M50 highs), WAVAVA has reaffirmed the 30-foot spacings for this event for the 1987 Games in Melbourne.

The U.S. TAC Masters Track & Field Committee has voted to use WAVAVA specs in all TAC National and Regional Masters T&F Championships.
Countdown to Melbourne

Continued from page 17

December 7, 1986, which coincides with the WAVA inspection visit.

Competition Numbers
Numbers will be light weight plastic paper type material. For age indentification, the age group number will be displayed in the top left or right corner. Age group color coding will be used, along with a numbering system. (1000-1999, etc.) Women's numbers will be preceded by an F.

Pentathlon
Australia made a motion to WAVA that the pentathlon events be changed for women. WAVA rejected the motion, but I hope they will reconsider before the Games.
North American Report
by BOB FINE, North American Representative of WAVA

I have not received any bids to hold the 1986 North American Track & Field Championships. I have made contact with a local running club, The Palm Beach Track and Field Club, located near my new home on the Florida Gold Coast between Fort Lauderdale and West Palm Beach. Unless I receive a bid within the next month, the Palm Beach Track and Field Club is prepared to sponsor the meet in September. I will serve on the Games Committee and may act as the Meet Director.

The club will be sponsoring a full scale track meet April 26th and 27th. They will be receiving financial support from the City of West Palm Beach. Since September is "off-season," we will work on obtaining reduced housing rates. Just about all of the tracks in Southern Florida are rubberized asphalt. You can run with 1/4 inch spikes but it is not necessary.

I have not had any response from the South Americans regarding the Pan-American Championships to be held in Colombia this August. If and when I hear anything, I will advise.

I'll be attending the I.A.A.F. Veterans' Committee meeting March 22nd in Switzerland. If there is any item that you wish me to bring up, please advise.

My home address is: 4223 Palm Forest Drive, Delray Beach, Florida 33445; phone number 305-499-3370.

Volunteers Needed for Study Group to Improve WAVA Revenue

Bob Fine, North American Delegate to the World Association of Veteran Athletes (WAVA) has appointed Shirley Frank of California and John Woods of Maine to a Committee which will study means of improving WAVA's sources of revenue. Following the World Games in New Zealand, WAVA's shortage of funds placed it in a difficult position during negotiations with the government of Puerto Rico. With the desire that this should never happen again, several steps were taken including the "WAVA fee" paid by all participants in Rome. However, more can, and logically should, be done. John and Shirley are considering a "Supporter of WAVA" seal for commercial enterprises that might desire it, a means of giving recognition (pins, patches, listing of names, etc). sale of pins & patches, and other ideas. Shirley and John are seeking volunteers to join the Committee and/or brainstorm with them. Please send your ideas to John Woods, Nell's Point Rd., Box 80, Harpswell, Maine 04079.

1989 WORLD VETERANS GAMES SPONSOR LIST

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Bold type indicates pledge of $500 or more.
to, a TAC-sanctioned competition.)

Eligibility: There are no other requirements needed to enter masters athletic competition, except to be at least the minimum age. (One should also be reasonably fit.) An athlete may generally compete in a younger age group if he or she so chooses, but may never compete in an older age group. The masters program operates on the honor system. Lying about one’s age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from TAC masters competition for a period of two years.

Standards: There are no entry or award standards in TAC Masters competition.

World Veterans Games: There are no requirements needed to compete in the biennial World Veterans Games, except to be at least age 40 (men) or age 35 (women). "Travel permits" are not needed. No one is banned because of occupation, race, religion, national origin or any other reason.

Uniforms: Some masters athletes compete in their club uniform; some in simple T-shirt and shorts. In the World Games, each participant competes as an individual, not as a representative of any nation. Thus national uniforms are entirely optional.

Sponsorship: Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

Senior Olympics: A program unrelated to the TAC Masters program. Open to age 25 and up or 55 depending on the area, and featuring athletics, swimming, softball, etc.

Masters Clubs: Most areas have local running clubs, some of which cater to the masters performer. See the club listings in this issue.

Age Records: An annual book of masters age records for each T&F event is available for $5 from NNM, PO Box 2172, Van Nuys, CA 91404; and for each LDR event for $9.95 from NRDC, PO Box 42888, Tucson, AZ 85733.

Rankings: An annual book of masters rankings by event and age-group is available for $9.95 (LDR) from NRDC, above.

Implement: Lighter implements are used in the older age-groups.

Hardies: The height of the hurdles is lowered for older age-groups.

Rule Books: The IAAF Rule Book ($10), the IAAF Men’s Scoring Tables ($5), the IAAF Women’s Scoring Tables ($5), and the TAC Rule Book ($6) are available from TAC, Box 120, Inglewood CA 90304.

WAVA Standards: WAVA multi-event scoring tables are available from Ian Humie, RR-1, Melbourne, Quebec, Canada (please enclose postage).

Weight Tables: Age-group factoring tables are available for $1 from Phil Partridge, 337 S.W. 14th Ave., Boynton Beach FL 33435.

Road Runners Club of America (RRCA): An organization of over 400 clubs throughout America which promotes long distance running.

National Masters News (NNM): The bible of the Masters athletics program. NNM is an official publication of TAC and WAVA. Each month, it delivers 24 to 40 pages of results, schedules, entry blanks, age records, rankings, photos, stories, training tips and all the inside scoops and information that affect the world of masters athletics competition. NNM welcomes contributions from its readers—results, schedule info, photos, letters and opinions. It is not mandatory to subscribe to NNM, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is $18.75 (2nd class), $26.75 (1st class), or $43.75 (overseas). Send to NNM, PO Box 5185, Pasadena, CA 91107.

World Games Pledges Reach $96,655

Continued from page 1

Dear David:

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

I pledge: $20 $50 $100 $500 $1000

Name: ____________
Address: ____________
City State Zip

Mail to: David Pain, Chairman Site-selection Committee for 1989 World Veterans Games 1951 Cable St. San Diego CA 92107
**ATTENTION!!**

Master and Sub Master Vaulters

Here’s your chance to be included in the most comprehensive Masters vaulting book ever published. This book will contain lifetime performances on Masters vaulters.

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**NATIONAL**

- The National Track and Field Hall of Fame in Indianapolis is now open to the public. Located in the Hoosier Dome, next to TAC’s headquarters, the Hall contains displays that cover the history of American track and field. It opened in 1974 in Charleston, W. Va., and relocated to Indianapolis in 1983. There are 114 members of the Hall of Fame. The oldest is the late William Curtis, a pioneer of the sport, who was born in 1837. The youngest is the late Steve Prefontaine, who was born in 1951 and died in a car accident in 1977. Among the 114 who have competed as masters are Willie Davenport, Parry O’Brien, Billy Tomney, Bob Richards, Harold Connolly, Lee Evans, Fortune Garden, Jim Hines, Payton Jordan and Al Oerter.

- Gregg Atzert is a writer/PR specialist who enjoys helping club newsletter editors improve their productions. For $1 and a sample copy of your publication, he’ll send a copy of his “helpful hints” plus individual suggestions. Send to 821 Elkins Ave., Elkins Park, PA 19027.

- Mike Castaneda, So. California Striders president, has received an invitation from Carlos Britos, president of the Mexican Masters, to an international meet in Mexico, March 4-5. Castaneda has extended the invitation to all masters who wish to travel there to compete. On previous trips in 76 and 79, the U.S. contingent was well-received, with single door Athletics Calendar are available at $3 each.

- S T eve Prefontaine, who has competed as masters are

- St eve P refontaine, who was born in 1951 and relocated to Indianapolis in 1977, is a master. He won the 1979 Olympic Trials in the 1500 meters.

- S t evie O’Brien, who has competed as masters are

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- SOUTHWEST


- Continued on page 23

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**NEW ENGLAND**

- Carl Wallin, 44, Lebanon, NH, broke his own indoor M40+ shot put record of 35 3/4 to 35 1/4 at Dartmouth College, January 4.

- Barbara Pike, Liberty AC, was a 3-second winner in 5:24.7 over Linda Upton, Boston AA, in the masters women’s mile. Greater Boston TC Invitational at Harvard, January 26, while Gus Foley prevailed over Dave Walsh, 4:38.7 to 4:42.0, in the masters men’s go-around.

- The 9th Annual Craftsbury Running Camps in Vermont is offering a masters session, September 7-13, for $270 to be led by Kirk Randall. Craftsbury Running Camps, P.O. Box 31, Craftsbury Common, VT 05827, 802/986-2114.

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**MIDWEST**

- Lou Wagner, 40, of Ohio, was hot in the Turkey Trot 10K, Detroit, MI, November 28, leading the men’s masters with 32:11.

- Action at the Olympic Stadium in Rome at last year’s World Veterans Championships.

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**SOUTHEAST**

- Lulu Mancini, W60 winner, had the lowest time (25:23) of all W40+ in the “Sandy Claws” Beach Run 5K, Sarasota, FL, December 21. Richard Quevillon, 70, took the Siesta Key course in 17:06 for 1st M40+. Paul Fitzgibbon won the M65+ race with 22:43.

- Vernon Mattson of Weston, MA, had the best time (25:23) of all W40+ in the “Sandy Claws” Beach Run 5K, Sarasota, FL, December 21. Richard Quevillon, 70, took the Siesta Key course in 17:06 for 1st M40+. Paul Fitzgibbon won the M65+ race with 22:43.

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Continued from page 22

ional Indoor Meet, Dallas Reunion Arena, February 2. In an amazingly close, one-lap masters handicap race, which saw the winner decided in the fast five yards, Joe Murphy, 55, with 19.60, sprinted to an exciting win over Mary Luker, 44, (20.06), and Dr. Fred White, 73, (20.15). All four have collected a wheelbarrow full of top place medals in recent national and world masters competitions.

Max Goldsmith, the race’s handicapper, deserves a medal of his own for charting a close race while dealing with male and female performance plus a 29-year age range.


Moira Robertson, 46, running for the UNM club, in his 1st time on a track in 25 years, won the 60y in 8.51.

WEST

• Jim O’Neill, 60, San Diego, CA, broke Virginian John Hosner’s national M60 age-group 10-mile time of 58:55, set in March ’85, with a hot 57:47 in The California 10, Stockton, January 19. Sal Vasquez of Alameda, CA, rambled to a 51:00 plus change, which should beat Pennsylvanian Herb Lorenz’s 53:07, of March ’85, for a new M45 age-group AR.

• Leon Coleman zoomed to a 6:68 “Legends Sprint” victory in the 60y in the Sunskit Indoor Meet, L.A. Sports Arena, January 17. Ken Dennis (6.71) and Tom Smith (6.84) were 2nd and 3rd. Starts were staggered for the older fellows, which included Tony Castro and California Senator Alan Cranston.

The race’s handicapper, deserves a medal of his own for charting a close race while dealing with male and female performance plus a 29-year age range.


Moira Robertson, 46, running for the UNM club, in his 1st time on a track in 25 years, won the 60y in 8.51.

Beginning her try at the shot is California’s Christel Miller, W50, about to unleash a 30 5/16 heave for a bronze medal at the TAC National Masters & T&F Championships in Indianapolis, August 23-25.

Photo by Bob Watanabe


DEADLINE

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

National Masters News page 23

March, 1986

Name

Mr.

Ms.

Address

City State Zip

Phone

Email

In a letter addressed to National Masters News, a South Carolina trackster asks if anyone has information about the 1983 AAAA National Cross Country Championships, which he believes was won by a team from South Carolina. He is particularly interested in the men’s and women’s team scores.

Masters athletes are encouraged to share their experiences and insights with other masters. Submit your stories, articles, or commentaries to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

March, 1986

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Masters athletes are encouraged to share their experiences and insights with other masters. Submit your stories, articles, or commentaries to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
Track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys CA 91404.

**TRACK & FIELD NATIONAL**

**SOUTHEAST**


March 9. Gold Coast Weight Pentathlon, Delray Beach, Fla. Phil Parrtridge, 337 S.W. 14th Ave., Boynton Beach FL 33435.


June 7. TAC Southeast Regional Masters Championships and National Club Championships, Atlanta, Lila Brasher, Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta GA 30305. 404-231-9061.


November 17. Deland Masters Meet, Deland, Fla. J. Boyle, P.O. Box 1824, Deland, FL 32721. 704-736-000 (h).

December 20. Holiday Weight & Regular Pentathlon, Delray Beach, Fla. Randy Cooper or Phil Parrtridge, 222 NE 22 Lane, Delray Beach FL 33440. 505-278-2241.

**MIDWEST**


May 25, 8th Annual Wolfpack Pentathlon, Ohio TAC Open & Masters Pentathlon Championships, Columbus, Ohio John White, 4865 Arthur Pl., Columbus OH 43220. 614-459-247 (h).


**MID-AMERICA**

May 27-29, Senior Olympics, St. Louis. (55+) Suzi Selens, 2 Millstone Campus, St. Louis MO 63146. 314-432-5700, x188.

August 10. Chillicothe Masters Meet, Chillicothe, Missouri. Joe Shy, P.O. Box 745, Chillicothe MO 64601. 816-646-3823; 646-1023.


**SOUTHWEST**

May 11. Runners’ Pentathlon, Albuquerque, N.M. (3000, 200, 200, 100, 1600) Tom Bell, 5905 Concordia Rd. NE. Albuquerque NM 87111. 505-884-5701 (d); 821-2454 (m).


June 28. TAC Southwest Regional Masters Championships, Rice University, Houston. Ray Craddock, Rice U. Dept. of Athletics, P.O. Box 1802, Houston TX 77021. 713-527-4077.

July 12. West Texas Masters Meet, Lonestar Stadium, Ozona, Texas. Pete Malandano, P.O. Box 1584, Ozona TX 76943. 915/392-3809 (res) 392-3805 (bus).


**NORTHWEST**


May 17. TAC Pacific Association Championships, Los Gatos, Calif. William Harman, P.O. Box 1328, Los Gatos CA 95031. 408/354-5600.


May 31-June 1. West Coast Decathlon, Cal State Northridge, Northridge, Calif. All Ages. Frank Aley, 3807 Joel Lane, Canoga Park CA 91304. 818/716-7280.


June 14. All-American Track Club Meet, Cal State Northridge, Northridge, Calif. 1 p.m. Frank Reilly, 8307 Joan Lane, Canoga Park CA 91304. 818/716-7280.


June 28. TAC Southern California Association Masters Championships, Occidental College, Los Angeles, Calif. Doug Smith, 20861 Queens Park Lane, Huntington Beach CA 92646.

July 5-6. TAC Western Regional Masters Championships, Edwards Field, Berkeley, Calif. Mark Grubii, P.O. Box 4512, San Francisco CA 94101.

August 23. 1st Annual National Masters News Meet, Binghamton, N.Y. 1 p.m. All National Masters News Meet, Binghamton High, Van Nuys, Calif., 4 p.m. NNM, P.O. Box 2372, Van Nuys CA 91404.


**NORTHEAST**


August 8-9. 8th Montana Masters Championships, Bozeman. Mike Carignan or Rob Stark, P.O. Box 5131, Bozeman, MT 59717-5311. 406/587-8756, 994-7761.

**INTERNATIONAL**


Continued on page 25
National Masters News

ON TAP FOR MARCH

TRACK & FIELD

Indoor meets in Philadelphia and Virginia kick off the month's activity on the 1st. New Jersey and Ohio TAC Masters Championships are set for the 8th and 9th, while the West Penn meet takes place on the 16th.

The Eastern Regionals will be held for the first time ever in Delaware on the 23rd. Outdoors, Los Angeles hosts a meet on the 29th, while the Australian Veterans Championships in Adelaide occupy four days of the Easter weekend.

LONG DISTANCE RUNNING

Major open races this month include the Continental Homes 10K in Phoenix on the 1st, the Azalea Trail 10K in Mobile on the 8th, the 1st annual Los Angeles Marathon on the 9th, the Price Chopper 30K from Schenectady to Albany on the 23rd, and the Tropicana Las Vegas Easter Run on Easter weekend. A four-mile masters only run will be held on the 16th in Deldan, Florida.

NORTHWEST

May 4. Lilac Bloomday 12K, Spokane, Wash. Sylvia Quinn, P.O. Box 1511, Spokane WA 99210. 520/348-579.


INTERNATIONAL

April 6. 1st International Open Veterans Marathon, from Marathon to Athens, Greece. John Psakid, 9 Praxisite, Paeone Polen, Athens, Greece. Tel. 835877 TLX 219894.


June 29. 13th International 25K for Veterans, Brugge, Belgium (M-40+, W-35+). Also UK & 10K for women on June 28. Fit Veterann, Postbus 7, B-8000 Brugge 1 Belgium.


## 1984 U.S. MASTERS TRACK & FIELD RANKINGS

### Field Rankings

#### 1984 Masters - Compiled by Larry Steinman

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National Masters News

March, 1986

Continued from previous page

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The International Scene

Continued from page 18

pursuing these contacts and making it clear to each that an application for membership in WAVA would be welcome.

Handbook

In early 1985, WAVA issued its first Handbook which included a history of WAVA by President Don Farquharson, the Constitution and By-Laws, etc. This publication owed much to the efforts of the Women’s Representative on the WAVA Executive, Bridget Cushion, who collated the material and arranged printing in several languages. The revised Handbook should be available about mid-1986.

May 1986 be a year of happiness and peace for you.

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of $25, $50 or $100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of this new Masters Age Record book and will be listed in the paper as a National Masters News supporter.

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### National Masters News

#### March, 1986

**National Masters News**

**North Florida Masters**

**Central Florida Masters**

**Masters Weight Pentathalon at Senior Olympics**

**Bill Gilligan Memorial Wt. Pent**

**Atlantic High School Delray Beach, Fl. Feb. 9, 1986**

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**10th Lincoln TC**

**Masters Indoor Championships**

**Lincoln, Neb., January 11**

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**MID-AMERICA**

**Midwest Masters Region**

**Midwest Masters Region**

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