Tracy Smith Wins Masters Mile at Millrose Games in New York City

by TOM STURAK

In winning the Masters Mile at the 80th annual Wanamaker Millrose Games, January 30, in New York's Madison Square Garden, Tracy Smith, 41, turned back the clock in more ways than one:

- His time of 4:20.00 trimmed 4.4 seconds from Frank Pflaging's previous world indoor best for a Masters-only race set on January 12, 1973.
- On February 23, 1973 — in his last previous appearance at the Garden — he had won the AAU 3-mile championship with a 13:07.2W (And that race, too, had climaxed a comeback for Smith, who had won the same title on the same track in 1967.)

A few of the other nine veterans who toed the line at Millrose might have remembered that, in this Garden.

Green, Swanson Win National Marathon

By THEUS W. ROGERS, Jr.

It had been raining for days before the U.S. TAC National Masters Marathon Championships, scheduled for January 10 in Pine Mountain, Ga. It was cold, and Friday night before the race, all manner of invocations were offered to stay the 80-percent chance of rain forecasted for race day. Columbus Track Club president, Saunders Denham, just plain out announced to all at the pre-race banquet that it would not rain — period.

Race day was cold and overcast with a light breeze, but it was not raining. It was a perfect day for a marathon. So, Pennsylvania's Norm Green, Jr., 54, and Washington's Charlotte Swanson, 44, decided to show their stuff to the field of open marathoners by finishing first overall, Green in
AGE-GROUP AWARDS

In your last few editions there have been several unappreciated letters from athletes who performed their hearts out but received no award for their endeavors.

I can sympathize with them because I too have occasionally experienced the crushing despair of leaving a meet empty-handed, and the agonizing drive home wondering how I can break the news of my humiliation to my family and friends.

Here is an area in which you can be of great service to us at such crucial times. I suggest that you set up a 24-hour Crisis Hotline so that when we are racked with insomnia at times such as these, we can call you for advice and comfort.

Brian Pritchard
Westlake Village, California

1986 T&F AWARDS

Dear Charles Wimberley and Richard McPherson:

Thank you for your interest in the Awards selection procedure. Richard McPherson is right: a strong CASE CAN be—and was—for Pam Calvert as the outstanding WA-40-44 athlete of 1986.

Pam belongs to a small group of versatile athletes who have very creditable skills in both track and field, but whose individual performance may be overshadowed by a stronger showing by someone specializing in track or field events. Pam indeed was considered a strong candidate for the track award, with her 14.60m hurdles, and for the field award with her 31-1 triple jump. However, the Committee made the difficult decision that Barbara Pike's age-44, 5:59 1500m was a superior track performance, and Lurline Stupppeck's age-40 122-8 javelin was a superior field performance. Perhaps the system doesn't do justice to athletes like Pam. However, her skill is indeed acknowledged and admired.

John Boots was on an initial list of M65-69 candidates on the basis of his 5:44.02 mile and 12:19.34 2-mi. at the NTAC Indoor, as reported in the NMN. However, even if Gus and Bob Hunt were felt to have had superior track performances in 1986. Had the Committee known about John's November 1500m and 2-mile marks, he would have been acknowledged in the NMN as a candidate, but the nod would still have been given to Hunt and Gist.

Beverly LaVeck

Master's T&F Awards Coordinator

I am a subscriber to your excellent newspaper for which I congratulate you; your staff for the great job they are doing for the Masters. While reading your January 1987 issue, I was surprised to see that Gary Miller was selected the best multi-event athlete of 1986. Please explain to me what is the selection criteria when I see that our Gilberto Gonzalez scored 8330 points compared to 4983 points of Mr. Miller. Gonzalez was the overall scorer and set a new world age decathlon record in this meet.

Luis Velazquez
Puerto Rico

Your December issue lists me as having been selected as Master Walker of the Year 1982. Not so... or, if true, it certainly was kept a secret from me. I never received so much as a postcard designating me as the recipient of such an award. I did receive a plaque for Continued on page 7
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Mid-America Regionals Held in Lincoln

The 1987 TAC Mid-America Indoor Regionals were held in Lincoln, Nebraska, January 10, on the 176-yard track at the Knight Fieldhouse on the campus of Nebraska Wesleyan University.

Billy Gaedke of Albuquerque set a new meet record of 1:02.8 in the M55 440-yard dash. Gary Oliphant of Kansas tied the M45 meet record of 6.8 in the 60-yard dash. Earl Ventura tied the M55 meet 8-lb. shot put standard with a 37-6 heave.

Meet director Tom Basset found time to win the M40 60y (6.8) and 300y (35.6), and TAC's Masters Track & Field Chairman Jerry Donley won the M55 pole vault with a 12-0 effort.

Correction

In last month's article, p.4, on the Phoenix City Marathon, January 10, in which Harolene Walters was the overall women's winner (2:47:33), Marie Boyd, second woman, was attributed a national W45-49 record based on her time (2:51:28). However, Gail Scott, one of our readers, informs us that Boyd is, in fact, in her late 20s.

Scobie, Palm First Masters in Houston

by JERRY WOJCIEK

Britain’s Brian Scobie, 42, led the 40-and-over runners with a 46th-place 2:30:59 in the 15th Annual Houston-Tenneco Marathon on January 18 in Houston, Texas. Sweden’s Evy Palm, 44, ran another fine race in 2:38:39 for fourth among all women. Palm was also fourth woman (2:32:47) in last year’s Boston Marathon.

The first American masters runners were Houston’s Robert Gray, second to Scobie in the M40 race (2:32:14), and Sharon Cooper of Claremore, Okla., winner of the W45 division (3:18:38).

Other M40-and-over division winners were Ardel Boes, M45 (2:36:39); Jesus Escobar, M50 (2:47:58); Al Becken, M55 (2:58:39); Ron Harrison, M60 (3:28:27); Paul Ricaud, M65 (3:39:44); Earl Wert, M70 (4:31:43); and Clyde Villemez, M75 (4:52:30).

The other masters women’s races went to Maggie Collins, W50 (3:30:47); Joyce McConnell, W55 (4:08:33); and Eva Brown, W60 (4:45:01).

Overall winners were South Africa’s Derrick May (2:11:51) and Norway’s Bente Moe (2:32:36). Both collected cash prizes of $22,000.

A record 4,369 official registrants woke up to find the hot city lashed by 30 m.p.h. winds, which produced a chill factor that lowered the temperature to 20° during the race.

120 Set 14 Meet
Records in Wisconsin Indoor Championship

Fourteen meet records were set and one was tied as more than 120 athletes competed in seven men’s and five women’s age divisions in the 11th annual Wisconsin Masters Indoor T&F Championships, held at the Camp Randall Sports Center on the University of Wisconsin-Madison campus, January 3.

Dave Allen of Madison set the only mark in the M30 division, with a 9:09.15 in the two-mile, Former Olympian Steve Lacy, M35, of Madison won the 880 in 1:58.2.

Ron Dennis of Monona, Wisc., who won three events in the M45 age-group, tied his 60y dash mark of 6.9, broke the 220 record with a 25.8, and won the long jump at 17-1.5.

The most prolific record breaker was Rachel Lyga of Fridley, Minn., who won six events in the women’s 50-and-over group, setting records in three — 9.2 in the 60y; 1:21.7 in the 440; and 3-8 in the high jump. Other records by women were Bev Lampe of Monona, W50 in 880 (3:19.7) and mile (6:39.1), and Pat Ponty of Madison, W35, 880 (2:50.4).

Other men’s records went to Mike Davis, New Lenox, Ill., M35, pole vault (12-6); Stan Druckrey, South Milwaukee, M35, 60y (6.6); John Meiner, Easton, Ill., M35, high jump (6-0); John Bienfang, Rochelle, Ill., M55, mile (3:19.7); Richard Lindsey, Rockford, Wisc., M55, 880 (2:40.8); and Richard Green, Rockford, Wisc., M60, mile (5:53.3).

Rep. Mel Levine (D-CA), second among his peers in 19:28 for 3 miles at the NIKE Capital Challenge in Washington, DC.

Photo by Kathy Ruses
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Start Slow and Taper Off

It wasn't too long ago that the "no pain, no gain" dictum was accepted as universal truth in the athletic world. As with just about everything else, though, a new school arose to challenge it.

"Train. Don't strain," said those who feel that pain is not the path to progress. But that softer approach didn't satisfy some people — mostly physicians — who like to speak out on such things. "Walk. Don't run," has become their cry.

This new philosophy was expounded upon in U.S. News World Report a few months back. A cover of the magazine showed an exhausted woman runner reclining in a hammock with the caption, "Life in the slow lane can be good for your health."

Now comes Rene Cailliet, M.D., a clinical professor at the University of Southern California School of Medicine, to further sell the slow lane philosophy. In The Rejuvenation Strategy, co-authored by Leonard Gross and just recently released by Doubleday, Cailliet says that he has made a point of observing joggers and has concluded that the majority, at least from an orthopedic point of view, should not be jogging at all.

"I'm going to use the advice conservatively as I can, given the experience of the last decade," he writes. "Sixty to seventy-five percent of joggers are going to wind up with foot, ankle, hip, or back problems, or a combination of two or more problems."

Cailliet, who is 69 or 70, says that his day begins with a rapid one-hour walk.

I don't doubt that there is a lot of truth in what Cailliet claims. As a competitive runner for some 35 years, I can even lend support to his cause. I've had my share of injuries and breakdowns and I have never doubted that my daily training regimen is much more than is necessary for basic health. I certainly won't argue with Cailliet's contention that the "no pain, no gain" maxim is a myth. But there are five myths not mentioned by Cailliet which I'd like to touch upon:

MYTH #1. Health, Physical Fitness And Fitness For A Specific Sport All Mean The Same Thing.

The dictionary tells us that "health" means freedom from disease — nothing more. Physical fitness, as our physical educators have come to define it, means something else. It involves meeting certain standards of strength, agility, and endurance. Thus, you can have a healthy person who is not physically fit and a physically fit person who is not healthy.

Sports fitness can mean much more or much less than general physical fitness. In developing certain parts of the body to meet the demands of his or her particular sport, an athlete can overdevelop in one area of physical fitness while neglecting another area. Or, he can create detrimental imbalances in his/her body.

MYTH #2. Everyone Who Is Engaged In Some Form Of Exercise Is Doing It Chiefly For Physical Well-Being.

While Cailliet and other medical practitioners seem to think that everyone is exercising just to feel good for your health. In developing certain parts of the body to meet the demands of his or her particular sport, an athlete can overdevelop in one area of physical fitness while neglecting another area. Or, he can create detrimental imbalances in his/her body.

Sports are a type of self-actualization that give us a reason for wanting to be fit and healthy. Most sports involve risks of injury and illness, but people are willing to assume those risks in order to lead a more challenging and fulfilling life.

Cailliet partially recognizes this as he states that "no pain, no gain" may be a truism for "competitive bodybuilders and athletes who need to accentuate themselves to the extreme exertion required in their sports." But he goes on to say that it is almost never true for "recreational athletes" and that it is "absolutely never true for anyone past thirty-five."

Exactly where competitive athletics leaves off and recreational athletics begins, Cailliet does not say. It becomes clear as you read that Cailliet has very little understanding of running as a sport. He seems to believe that most "joggers" are "hanging on" to back off.

And I don't really consider the discomfort as pain. As former Olympic marathon champion Frank Shorter once put it, pain is when the dentist gives me a shot of novocain. Or, pain is when I broke my arm and a doctor on the scene tried to temporarily set it for me.

I think doctors, especially those who have never been competitive endurance athletes, get hung up on the word "pain" and assume that "no pain, no gain" is something more harsh than it really is.

Cailliet's book has much to offer to those interested in just basic health, but such claims, I believe, foster insensitivity. People who are inclined to do little or nothing at all use the slow-lane philosophy as an excuse to continue their ways. They feel the least little discomfort and they take it as a signal to back off.

Philosopher William James once wrote: "Beyond the very extremity of fatigue and distress, we may find amounts of ease and power we never dreamed to have in us."

Those who listen to Cailliet and others like him will never cross the threshold into that state of ease and power.
Write On  Continued from page 2

this honor in 1985, however. It is beautiful and it is one of my most cherished awards. Bob Mimm Willingtono, New Jersey

ANYONE WHO LOVES DOGS... As one of the first to criticize Wendell Miller's column, I have to admit that his article on his dogs in the February issue was a pleasant surprise. It was the best thing he has ever done: sincere, warm, human.

It certainly changes my opinion of Miller. Anyone who so obviously loves, understands and appreciates dogs can't be all that bad!

Dick Lacey Clearwater, Florida

A NOTE OF THANKS TO... I'd like to express my thanks for the Masters Track & Field program.

Thank God for Bob Richards. How many other Olympic gold medalists have shown themselves willing to put that image they worked so hard and long for on the line at such important get-togethers as the South Dakota Sectional Championships (Eastern Division)? The good Reverend understands what it's really all about.

Thank God for Charley Polhamus who has enough enthusiasm in his beloved pole vault event to take care of the luck, thereof, in most of us.

Thank God for Boo Morcom, 65, who, while embarrassing most of us along the way, nonetheless shines as a beacon of the excellence that I fear few of us can ever realistically hope to attain; and probably shouldn't even try.

Thank God for the omniscient wisdom of the WAVA Rules Committee upon their ultimate decision of compromise regarding the height/spacing debate in the hurdles three years ago. The Europeans wanted higher heights and shorter spacings. The Americans wanted lower heights and longer spacings. You guessed it. We got higher heights and longer spacings. In one run of the ballot, the hurdle event has turned from fun and frolic into a concerted study in self-destruct. It's not a pretty sight.

Speaking of pretty sights, with today's open vaulters easily topping 19 feet, watching a masters performer is nearly indescribable, as in, how do you spell ugly? Perhaps the event should be scored by points for nerve, foolhardiness, or the ability to ignore cackling laughter or abject sympathy, depending on who is watching and the condition of the weather at the time.

Thank God for Wendell Miller and the column he pens in an effort to keep in perspective what the game is really all about. A lot of people must read Wendy — the negative mail alone represents a gigantic readership. And

Continued on page 9

Third Annual
RUNNERS' PENTATHLON
Sunday, May 3, 1987
Milne Stadium
(East of I-25 & South of Coal)
Albuquerque, New Mexico

State TAC Championship Event

EVENTS: (in order run) 3200 meters, 800 meters, 200 meters, 400 meters, 1600 meters

1st EVENT STARTS: 8:00 A.M.

AGE GROUPS: (men & women) 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-99

PRIZES: Special 100% embroidered Pentathlon patch to all who finish all 5 events. Pentathlon medals to 1st, 2nd, 3rd places in each age group. NMTAC Championship Patch to hi-score TAC member in each age group. You must run all five races to be eligible for an award.

ENTRY FEE: Before April 30 NO fee for NMTAC members, $6 for all others. Register at any Gardenswartz Sportz store or by mail. After April 30 NO registration until race day. Race day add $3 to early registration fees. Make checks payable to "RUNNERS' PENTATHLON".

SCORING: By Age Group. Total points scored by your performance in each race. Performance Tables by Gerry Purdy PhD.

RESULTS: Results will be mailed to all registered entrants.

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signed: ______________________________

Entry must be signed by athlete or guardian if under 18.
Interesting People I've Never Met

As I may have mentioned before, I’ve never gone in much for the “profile” approach to writing. I always felt I had plenty to say myself, and about myself. Furthermore, if that kind of stuff turns you on, there’s plenty to be found. The running magazines are full of articles about this great guy and that great guy and once in a blue moon, someone will sneak in a, “Meet May Beth Adkins-Sloan, Upright Animal.”

I’ll be honest, I always read those. For the most part however, it involves some broken down wind-bag who thinks people are interested in the results of what his doctor said to him during his last check-up. Just as an aside, the doctor said, “Harry, you look terrific, getting much?” I’m reminded of Rachel Welch’s response when Graucho Marx asked her if she was getting much. “And, you, Graucho? Getting any?”

Even further, furthermore, Tiny Tynn or whatever, right here in this August publication, chronicles the heights, weights, heartbeats, likes and dislikes of everyone he’s ever met. I get crazy when he probes for information with that slashing investigative style that other reporters have never dared go near; “Bill, tell me the truth now, what’s your favorite color?”

Anyway, back to profiles I never read and why I’ve decided to do one now. I get fan mail all the time. Some of it’s good and some bad. Mostly it’s people who wish to share the drama of their many and varied talents: “My aunt claimed I would have been better than Mozart had I continued the piano.”

Around the holidays, one such action report arrived and I respectfully placed it in my “to-read-when-the-TV-set-goes-on-the-frizz” pile. Actually, I glanced at this pile from time to time, and I couldn’t help but notice this particular author appeared to be in his seventies, as was his wife, and they were doing it three times a day and the wife was taking a course in Moroccan belly dancing. We’re not talking Greek or Turkish belly dancing, Pal. We’re talking Casablanca, Hump, Ingrid and all that gang. The real stuff.

So, I’ll share some profiling. Fletcher Hanks seems to be truly quite a guy, but oh, that Jane, now there’s a sweetheart.

It has been a busy year for both of us senior citizens. We find there are more challenges to meet than we can handle but it is enjoyable to be active and stimulated by some of them.

Jane was the first to travel in 1986. She went with a group to France to ski in the Alps for 10 days. It was so exciting that she is making it an annual outing.

Jane still takes tennis lessons once a week so she can stay competitive in the three over. Kung Fu gets her attention two days a week. She achieved the coveted Green Belt rank this summer.

Her greatest effort in ’86 has been Moroccan Style belly dancing. She has an excellent teacher and a good group. They are good enough to get paid for performing at parties. On December 4th, they performed at the Oxford Community Center to a packed house. Everyone had a good time, especially the men. Then we went out for Chinese food. Jane’s red wig is a great disguise. She’s made all of her costumes on the sewing machine. For her, sewing started at 70.

My athletic goal for the year was to break the record for my age group at the Ironman Triathlon in Hawaii, October 18th. The swim is 2.4 miles, the bicycle course 112 miles and the run is 26.2 miles.

My training stayed on track with two races a month starting in February. Among the contests were: the Half-Marathon at Williamsburg, Va., Chesapeake Bay Bridge 10K, the Gulf Coast Triathlon, Panama City, Fl., the Baltimore U.S. Triathlon Series Race, Stratford Harbour Triathlon, Reston, Va., The New York City Triathlon, Brooklyn, NY and the Greater Milwaukee Triathlon, Milwaukee, WI.

Everything was on schedule; I had run 13.1 miles at Milwaukee at an 8-minute pace after a swim and 56 miles on the bike; I swam 1.1 miles in 39-48 minutes at Stratford Harbour; I could bike 75 miles in 5 hours.

I had an accident on my bike August 21 that I contribute to my LOOK Pedals. While I was making a tight 12-foot diameter 180-degree turn, I realized I was going down. I tried to disengage the shoe from the pedal so I could catch myself with my foot. I rotated the heel outward. The shoe was stuck. I made an added effort that threw the front wheel off the road and my hip slammed down on the asphalt. The femur did not break but the socket it fits in was broken in four or more pieces. The shoe was still engaged with the pedal.

I’m only a part-time doctor, but I think I counted 15 screws in the X-ray of Fletcher’s hip that he sent with this remarkable missile. What a way to gain weight! 😍

Senior Sports Summit Held in Florida

NORTH PALM BEACH, FL — The problems of attracting the senior market into sports was the topic addressed at a recent Senior Sports Summit, hosted by the United States Senior Athletic Games and the Athletic Institute.

The goal of the summit was: Howard J. Bruns, the President/CEO of the Sporting Goods Manufacturers Association (SGMA) and Athletic Institute (AI), asked the conference attendees what it was that the AI could do to help them promote athletics for older people. A collection of state games officials, medical doctors, health and physical-fitness experts, and representatives of 12 different sports spent two days at Singer Island, Fl., trying to answer that question.

The Athletic Institute, the educational arm of the SGMA, has launched countless youth programs in its 50-year history. But this summit was a first attempt at launching a program geared toward the senior athlete.

“I think we accomplished what we set out to do,” said Jim Hotchkiss, Executive Director of the AI. “We wanted to get feedback from the people who are out there organizing these types of programs and what it was that we could do to help them.”

After two days of presentations from the various sports representatives, a steering committee was formed to set an agenda for 1987.

The steering committee consists of Susan Austill, Senior Classic Coordinator for the Indianapolis Department of Parks and Recreation; David Webb, North County Senior Center La Jolla, Fl.; Ralph Dougan, of the New Jersey Governor’s Council on Physical Fitness and Sports; Maxwell Garrett from the United States Fencing Association; Paul Pearson from the Sooner State Games in Oklahoma, and Manya Joyce, the President and founder of International Senior Athletics. The purpose of the committee will be to increase participation by seniors in all sports, culminating with more regional and state games in place by 1990, and eventually, an International Senior Olympics.

“Remember, we are interested in stimulating the growth of senior athletics and games, not governing them,” said Bruns.

Bruns added that one proposal was to put in place a commissioner of the ‘Gray Games’, or whatever the eventual name of the organization becomes, to directly orchestrate the activities.

Other goals of the steering committee will include the production of videos for state groups to help increase awareness and interest, inspire new gangs in states that do not already have them, prepare materials for various activities and show how easy it is for older persons to participate in certain sports, and to help organizations with fund-raising and in finding sponsorship.

The committee will provide periodic updates on progress made, hopefully resulting in the International Senior Olympics in a few years.

Bruns said he was delighted in the amount of interest shown by those in attendance.

“This was an idea that was sorely needed,” he said. “We found out just how little was being done to promote athletics among the seniors with this summit.

“This is the first step toward getting millions more participants involved in sports,” Bruns said. “With less than 10 percent of the country’s seniors now involved actively in some sort of athletics, we intend to double that in 1987.”
Write On! Continued from page 7

while Wendy is proving that “there’s little something out there for everybody,” it seems that those who don’t want to read him, usually do.

And finally, I pause, suggesting in profound seriousness, we give thanks to somebody for Al Sheahan. The magnitude of work going into the National Masters News is of monumental proportions, and, in spite of the fact it represents itself as being more than passingly adequate, the subscription volume represents but a small portion of the national total of masters athletes. That’s a shame, because with Wendell’s column, it’s damned good. More than that, it’s truly ed.

Indeed, without its information and entertainment, the whole program would be substantially diminished.

The paper (like most minor publications) is always short of operating capital. I would therefore respectfully submit we eliminate the problem, as follows:

1) That everyone subscribing to the paper solicit just one more subscriber before the indoor nationals. We can effortlessly double our paying readership in that single fall swoop.

2) That a single dollar bill be attached to the entry sheet of every major meet, thereby creating a “Save the Paper” fund. Hell’s bells, we pay that much for a cup of coffee at the meet headquarters hotel.

A closing admonishment would pray that I haven’t offended anyone’s esthetic sense of values. Just like Howard Cossell, I’m only trying to “tell it like it is.” Of course, I’m reminded that Howard doesn’t have any friends, either.

Good night, Wendell, wherever you are.

Phil Mulkey
Atlanta, Georgia

ALL-AMERICAN CERTIFICATE

I applaud the All-American Certificate program announced in the February issue, and wish to thank NMN for its involvement. However, I would also like to refer you to page 9 of last year’s February issue, in which you stated: “Any... athlete who better the performance standard... will be mentioned in the National Masters News.” And then later on, “Names of competitors achieving or bettering these standards at outdoor TAC sanctioned T&F meets thru Oct. 1986, will be published in the NMN...” Am I correct in assuming that you are now pulling back from this commitment?

John Keats
Los Angeles

(Yes and no. Next month, we’ll publish a list of 1986 All-Americans who submitted applications for certificates. Those who don’t apply will not be listed because the All-American Subcommittee was unable to scan the results of each 1986 meet to determine who achieved the standards. The Committee opted, instead, for the Application-for-Certificate procedure. —Ed.)

KUDOS

It is impossible to express what a great job you are doing with NMN. Congratulations and continued success in putting out the “bible of Masters T&F and LDR.”

Haig Bohigian
North Tarrytown, N.Y.

You’re doing a great job and I enjoy the magazine.

Frank Vellardito
Nanuet, N.Y.

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

Al Morris
Norfolk, Virginia

I love your paper. It’s inspiring, funny, and informative.

Gerald Couzens
New York, N.Y.

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The Strange Case of John Bell

The case of John Bell, 44, a Marion, Indiana businessman, is a strange one. Bell "won" the masters division of the 1986 New York City Marathon in 2:25:15, beating such top over-40 runners as Britain's David Clark and Sweden's Kjell-Erik Stahl. Later, officials checked video tapes and found Bell missing at two checkpoints.

Race director Fred Lebow disqualified Bell, asking him to return the trophy presented at the award ceremony. (Lebow announced the disqualification of 23 others, including second-place finisher Antoni Niemczew for failing a drug test.) Bell also forfeited $3000 in prize money.

Bell hardly needed the money. He is chief executive officer of Bell Fibre Products Corporation in Marion. The packaging company, founded by his father, has eight plants between Michigan and Mexico City with 1500 employees and $240 million in annual sales, according to Bell. A member of the Young Presidents' Organization, Bell is well respected within Marion, a member of the Methodist church, and one of Indiana road races.

But he trains alone, and many of Bell's neighbors admit they never have seen him run. They certainly never saw him race, because he never competes in Indiana road races. "I'm too busy," Bell claims. "There aren't any road races in Marion. The closest would be Indianapolis, 75 miles away."

What if? Could Lebow be mistaken, branding Bell an impostor?

Bell told Al Sheehan, editor of National Masters News, that he had removed his shirt during the race, so checkers may have failed to spot his number. It was a chilly 49 degrees, but the excuse seemed plausible. Nonetheless, officials who studied the videotapes didn't spot Bell, or anybody shirtless.

Bell's coach, New Yorker Bob Glover, author of The Runner's Handbook, says he's had his suspicions all along. Glover coached Bell by mail for seven years, watching his progress at New York go from 4:15 in 1980 to 2:35 in 1985. Glover was somewhat surprised at Bell's improvement ("he didn't seem that talented") but not enough to suspect he was cheating.

Two days before the 1986 race, Glover encountered Bell who claimed to have finished the Ironman Triathlon two weeks earlier. "He said he was in top shape," says Glover. "He expected to break 2:30." Glover thought it unlikely that anyone, much less Bell, could do Ironman and recover soon enough to run well at New York.

Race-day, Glover stood near the finish line. "When Bell came across, I was happy he had run well," says Glover. "Then I looked at the clock and thought, wait a minute!"

On Monday, Glover visited marathon headquarters to view videotapes from the checkpoints. "I had my fingers crossed," says Glover. "I was hoping his performance was legitimate." Bell appeared at neither checkpoint, so Glover informed Lebow that the runner he had coached for seven years was an imposter. "Then I went home and cried."

According to Ken Young, director of the National Running Data Center, it's not all that difficult to jump into a large marathon. "Rosie Ruiz was stupid. She had no idea about training, or pace, or splits. But somebody who establishes a pattern of progressively better times, and knows where to jump from the bushes, can seem much more convincing."

Young says it's difficult to check numbers in big races. He claims many organizers are delinquent in checking numbers, particularly among age-group competitors who finish back in the pack. After Ruiz, the Boston Marathon improved officiating by recording numbers of front-runners each five miles. But Boston's Moira Wright admits she has no means of verifying whether Bell ran 2:39:18 to finish 239th in 1986, as listed. "We'll use video cameras in 1987," promises Wright.

When I called Bell to ask about the disqualification, he replied: "That's news to me." Yet Lebow said he'd already notified Bell by phone and mail.

Bell was also fuzzy about his splits. He did mention running the first mile in 5:32, several seconds faster, he estimated, than female winner Greet Waitz. "I glanced over at the three-quarter-mile point," said Bell. "I could see the lead women."

What Bell failed to realize was that, because they came off the bridge on a different ramp, the women on the left started 100 yards or more in front of the men on the right.

According to Lebow, "There was no way Bell could have seen the lead women unless he ran the first mile under 3:30."

Lebow is still waiting for Bell to return the trophy for first master, which now will go to Clark, Bell will not receive the $3000 prize money. Conceivably, if somebody wanted to press charges, Bell might be jailed for fraud. Lebow has contacted members of the Association of International Marathons, seeking to deny Bell future entry into other top marathons, including London, Boston, Chicago, and Honolulu.

Bell claims, however, that he's through running road races and wants to switch to trail racing, such as the Western States 100, broadcast each year on TV. "I've already sent my application in for next June," he says. Bell remains so angry at Bell that he refuses to return the messages Bell left on Glover's answering machine. "If he walked into my office, I'd punch him out," says Glover. "He raped our sport."

Sheehan worries that Bell's action will cause major races to deemphasize age-group competition.

Ken Young says organizers must improve their policing of all finishers. "If you know what you're doing, and aren't too greedy," says Young, "you can cheat and get away with it."

More than 40,000 applied to enter the 1986 New York City Marathon. Only half that number were accepted, a lottery being necessary. Bell gained entry to New York every year since 1980. Of course, when you belong to the Young Presidents' Organization, you do carry some clout.

When I pressed Bell as to how he was able to always gain entry to New York, he replied: "I'm not supposed to tell. Let's just say, I got lucky in the lottery."

Unfortunately for John Bell, his luck has just run out.

(Hal Higdon, a resident of Michigan City, Indiana, is a three-time World Veterans gold medalist and also a semifinalist in the Journalist-in-Space program.)

Bell Denies Cheating

John Bell denies all. In a 16-page letter to the Marion Chronicle, Bell maintains he ran the complete New York Marathon course.

Chronicle reporter Glenn Brownstein, who has written several profiles on Bell, said "we get no feeling either way" whether he's telling the truth. He's a very private person. The community seems to believe him, but, frankly, no one in Marion is much interested in anything but the high school basketball team." (Editor's note: Marion, with a 15-0 record, is ranked 4th in the nation by USA Today.)

Another Chronicle reporter, Bret Hess, who, as a runner, himself, has followed Bell's exploits; said: "The town probably buys his story, but the runners around here don't."

Bell told Hess that he's run his last competitive marathon.□
Exercise Does Prolong Life

It is no longer acceptable to say that regular exercise doesn’t help you to live longer.

According to a recent study in The New England Journal of Medicine, a regular exercise program prolongs life. Several previous studies show that regular exercisers live longer than people who do not exercise. However, they did not show that exercise prolongs life.

Since people who exercise are usually healthier than non-exercisers, you would expect people who are likely to exercise to live longer whether they exercised or not. The group of non-exercisers contains many people who are too sick to exercise and therefore can be expected to die earlier than healthy people. To make the groups more homogeneous, Dr. Ralph Paffenbarger, the author, did not count people who smoke, have high blood pressure, or family histories of premature death. All of these conditions are associated with a shortened lifespan.

Think of what this new information means to you. People who exercise for three hours a week live two years longer than those who do not exercise. It is the exercise that you do in later life that counts, not what you did in your youth. Say that you exercise three hours a week for 52 weeks a year for ten years. Three times 52 times 10 equals 1,560 hours of exercise or the time in 65 days. For this effort, you get back an extra two years or 730 days of life. That means that you will get back more than ten times as much time in extra life as you have given to exercising.

Exercise prolongs life.

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 the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.

21 More Become Masters Sustainers

Another 21 readers have become National Masters News “Sustainers” — those who contribute funds to provide additional support to the National Masters News and the Masters Athletics Program.

Special thanks, this month, goes to Charles McMahon, who graciously donated $200 to specifically aid the Masters All-American Certificate program.

Here are the names of the latest 21 sustainers. We thank you very much for your kind support. (Donations can be sent to MNM, PO Box 2372, Van Nuys CA 91404.)

John Alexander
William Barkle
Courtland Gray
Orlo Keniston
Frederick Prager
Jim Spitzen
Mavis Lindgren
Frank Bowles
William Eppright
Ruth Heidrick
LeRoy McClain
R. Richardson
John Weldy
Pat Willis
R.E. Bruce
Bill Forsythe
Paul Hiser
Charles A. McMahon
John Shaw
William Weinacht
Eugene Parsinen

Jeff Galloway, 40, Marietta, Ga., finished second in the masters mile (4:37.9) in the Ultimate Runner IV, Jackson, Mich. Photo by Marcia Butterfield

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Achilles Stretching

Q My friends say I should do more stretching of my achilles to prevent achilles injuries. Yet, whenever I do that, I seem to attract the injury. Is stretching a good idea or a bad idea for a middle-age runner?

A Your question is a very good one but one without a definitive answer.

As you know, as we age our tendons become more brittle and less elastic than when we were younger. Excessive stretching to a relatively inelastic structure such as the achilles could cause damage and irritation to the area.

A second fact that you may not realize is that the blood supply to the achilles area diminishes with age. Some say it is reduced by some 40% by the age of 40. This means that there is a reduced supply of blood and nutrients to the area and the capability for repair is diminished significantly. This is one of the reasons we see prolonged swelling and scar tissue formation in the achilles area of masters runners. Many times this swelling will not go away.

A third fact we may have to deal with is those who are toe runners. More specifically, people with an equinus foot deformity or a pes cavus foot type (high arches) are very susceptible to achilles injuries. They have a mechanical deformation in which the achilles is naturally placed under great stress. Stretching in these cases is contraindicated.

In general, I would recommend that master runners not overstretch the achilles. A very moderate stretching program such as recommended in Stretching by Bob Anderson would be permitted. Another approach to warmups is to simply walk for ½ mile, then gradually work up your speed. Near the end of the workout, gradually diminish your speed and walk another ½ mile after the workout. This will warm up the achilles and provide the proper stretching without undue stress to the area.

In the evenings, I would recommend a good warm water soak of jacuzzi for 20 minutes. This enhances the blood flow to the area. One cannot argue the fact that a good training shoe with adequate rearfoot support is essential.

As Emil Zatopek once said: “I don’t touch my toes when I run so I see no need to touch them during warm ups.”

(Dr. Pagniano 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 Pagniano, The Foot Beat, NNN, Box 2372, Van Nuys, CA 91404.)

Smith Wins Masters Mile at Millrose Games

race. Surprisingly, road-specialist Belligne led the first ½ laps; then Brown (3:58.7 in 73) took over, passing the quarter in 65 seconds, followed closely by Hurd and Bair. With seven laps to go, Smith easily moved up from seventh into fourth, with Loudat a close fifth. Still leading, Brown accelerated over the sluggish 2:12.7 half-mile split, opening a gap on Hurd. Loudat reacted strongly, bolting by Smith and Bair and, soon after, Hurd. By the end of the next 160-yard lap, Smith had slipped by Bair into third. Hurd was to enter a time warp...

I wanted to go hard with about four laps to go. — Tracy Smith, Track & Field News (March 1973), recounting his world-best 3-mile in Madison Square Garden, February 23.

Deja-vu, January 30, 1987: Four laps to go. Smith’s gone. Like that. Loudat and Brown “hang tough” a few yards back as Smith cleared three. Hurd’s pulled out and away, covering the last quarter in 61.2 "enroute to victory.” (The quoted phraseology is borrowed from the 1973 TFN report of Smith’s WBI 3-mile, which he finished with a 62.0 quarter). Loudat overtook Brown for second, 4:24.66 to 4:24.26. Following Larry Olson, 40, closed strongly for fourth (4:27.07), followed by Bair (4:29.11), Hurd (4:31.58), Scott (4:35.44), Belligne (4:35.78), Noel Carroll, 45, (4:37.11) and Schull (4:59.13).

Following his triumph, Smith was kept captive on the infield by media frenzies for nearly an hour. An interview and the race itself were featured on network television the next day during half-time of a basketball game. Millrose meet director, Howard Schmertz, wrote Smith a congratulatory letter, calling the Masters Mile one of the program’s highlights and promising to schedule it again next year. “I haven’t enjoyed a race this much in years,” said Loudat. “Masters are pushing forward. We’re on the threshold of a great new era,” said Carroll.

Two weeks later, Smith was still receiving telephoned and written congratulations and requests for interviews at his Bishop, Calif. home. He has been honored with an official California State resolution and Inyo County. Meet directors have called with proposals for masters races during the upcoming outdoor season.

Pleased and somewhat bemused, he expresses guarded amazement at the attention he’s received for “probably the easiest big race he’s ever won.” “It was actually uncomfortable, because of the slow tempo, until I took the lead.” He was also bothered by the steeply banked board track. “I liked the old garden track better. It was flatter and covered with tarmac.”

In addition to being among Smith’s easiest major victories, he has no doubts about it being the most rewarding materially. Besides a watch and trophy, he received a Panasonic "OmniMovie Camcorder" ("World-record" bonus) and $1000.00 first-place prize money. “I actually felt a little guilty, getting all that.” (Times do change: see "Pay-Offs to Amateurs," an expose of the U.S. indoor circuit, TFN, 11 Feb. 1973.)

"If there’s money at a race, that’s nice," Smith says; but his main motivation is to see what he can accomplish as a master, how fast he can run. Based on current workouts, he believes he can run “close to 4:10” for the mile.

Now competing for the Reebok Racing Club, he’s taken a sabbatical from his church work as a youth minister. He’s serious about his running. Stay tuned...Tracy Smith, soon to turn 42, has just begun racing back to the future.

Athletes who enter a new division this month Mar. 1987

<table>
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<tr>
<th>Athlete (Residence)</th>
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<td>LOTTIE RACE (LAHAS, SD, CA)</td>
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<td>EVELYN BLAIR (BERKELEY, CA)</td>
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<td>LATANYA BARKS (CALIFORNIA, CA)</td>
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<td>FAYE HELDORNOW (SAN DIEGO, CA)</td>
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<td>JENNY TUNION (EUGENE, OR)</td>
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<td>ARLENE NOVIELLO (EUGENE, OR)</td>
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<td>JOHN REID (SAN ANTONIO, TX)</td>
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<td>WALTER KRETSCHMER (WI)</td>
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<td>KARIN MATSUKI (JK)</td>
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<td>BOB BOLOG (WATER FOREST, NC)</td>
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<td>JIM WEED (LAURAN, CLOD)</td>
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John Keston Has His Act Together

John Keston is a living paradox these days. On the stage, he acts 20 years older than his actual age. On the roads, he performs 20 years younger.

Keston, a 62-year-old university professor and actor from England, has suddenly emerged as one of the best age-class distance runners in the United States. A 2:53:42 performance under adverse weather conditions in the recent St. Louis Marathon attests to that. Besides winning the 60-64 division and placing 66th overall among some 1,300 runners, Keston finished ahead of all over-50 competitors.

"I was happy with my performance and know that I have a 2:49 in me," he says. "I might even have done it that day had conditions been better. It was a much more difficult course and conditions than Twin Cities. I had trained very well for this race and felt strong."

The St. Louis Marathon is the most recent of Keston's successes. "I was only Keston's fourth marathon. His first was a 3:23 effort in the 1985 Twin Cities event. He then recorded 2:58:53 in Grandma's Marathon last June, followed by a 2:55:53 in the 1986 Twin Cities Marathon.

Keston is looking ahead to the Los Angeles Marathon and then Grandma's again. After that, he has a different kind of event in mind. He calls it a run-cycle/theatrical performance. His plan is to run and cycle from San Diego to Boston, covering 20 miles a day on foot and 80 by bike four or five days a week. On his rest days, Keston plans to perform his one-man show, "Expressions of Aging" in different towns or cities along the way.

Married and with six children and five grandchildren, Keston, a professor of music and voice at Bemidji State University in Minnesota, has been performing professionally as an actor and singer for 36 years. Prior to accepting a position as artist-in-residence at Bemidji in 1975, Keston worked in the British theatre. He played the male lead opposite Juliet Prowse in the 1967-68 London production of "Sweet Charity" and appeared on Broadway during the 1974-75 season in the Royal Shakespeare Company's production of "Sherlock Holmes." His poetry readings have been acclaimed internationally and he has had leading tenor roles in grand opera, musical comedy, chamber music, oratorio, classical and modern theatre, films, television, radio, and nightclubs.

Keston's one-man show on aging was commissioned by the Minnesota Humanities Commission in 1977. Since then, he has presented the show in many small communities around Minnesota and at university campuses around the country.

During the first half of "Expressions of Aging," Keston dramatizes various selections in prose, poetry, and song, all having to do with growing old and being old. The second half, before which Keston applies makeup in front of the audience to age himself, is a dramatization of scenes from 17th Century English poet John Aubrey's "Lives," adapted by Patrick Garland and edited by Keston for the program. It is a light-hearted look at several different characters of the 17th century as seen through the eyes of John Aubrey. "Lives," is recognized as Aubrey's masterpiece, although it was not published until long after his death, Keston remarks.

Keston began running six years ago. "I entered races sponsored by the University with some of my students for the fun of it," he explains. "Before becoming a U.S. resident, I played English game of squash three or four times weekly to keep fit for theatre and film work. When I settled in Bemidji, there were no squash courts, so my passion for the game was thwarted."

In Minnesota, Keston tried cross-country skiing, walking, swimming, weight training, fencing, badminton, and racketball before discovering running. It was his racketball experience that helped him find running. "My regular opponent was a 200-pound pretty skillful player who didn't like to lose too much," Keston, who carries 154 pounds on a 6-foot frame, continues. "We were pretty evenly matched, but I usually won and subsequent games would become a little fierce. He had a fearsome forehand, especially if I got in the way, and after being hit with his racket and the ball in the head, eye, behind, back, and legs several times, as well as being crushed against the wall by his 260 pounds, I gave it up and began looking for something else."

Keston was running 10-K's in 1985. "I was just looking to get under four hours," he recalls. "When I got to around 21 or 22 miles I became very emotional and cried momentarily two or three times in those last miles with the knowledge that I was going to finish in what I thought would be a pretty decent time. The last four miles, in fact, were very easy, and after crossing the finish line I felt I could have run another 10 miles."

After that, Keston got serious and upped his training to around 60 miles a week, some 20-30 more than he had been doing. He ran his first sub-40 minute 10-K in January last year and improved his PR to 38:51 in July. He also recorded a 57:57 for 15-K last year.

"I feel like I can still improve," he says. "I have a high level of energy and an unyielding desire to prove myself to no-one but myself. I believe that mankind should extend himself physically — running, jumping, and leaping — to get the fullest enjoyment of himself and the world about him."

Keston goes on to say that he believes only partially in natural talent. A natural talent, he believes, would have been recognized as Aubrey's masterpiece, although it was not published until long after his death, Keston remarks.

John Keston tentatively plans to begin his run-bike-act-trans-America triathlon in either late May or toward the end of Summer. He is soliciting sponsors, support, and bookings for his one-man show, "Expressions of Aging."

Keston's tentative route will be San Diego, Phoenix, Albuquerque, Amarillo, Oklahoma City, Tulsa, Springfield, St. Louis, Indianapolis, Cleveland, Pittsburgh, Buffalo, Syracuse, Albany, and Boston. He is prepared to deviate from that route for any group interested in having him perform.

For more information, write Keston at Rt. 4, Box 141K, Bemidji, MN 56601 or phone him at 218-751-2701.

"It's perseverance, hard work and repetition that create the climate for success in any discipline. I try to instill this work ethic in my voice students and have seen on numerous occasions the most meager talents become great through dogged, dedicated practice and training."

Keston isn't sure when he'll begin his run-sim-act-trans-America triathlon. It depends on the amount of support he can get and the number of bookings he can arrange. If he doesn't do it this year, he wants to do it for sure in 1988. He hopes his performances along the way will generate interest in the universal aging process. "My one-man show comprises other people's expressions of aging, interpreted by me," he comments, "but this trip will be my own personal expression of aging. I have awakened to the belief that old age can have tremendous potential for physical and other achievements." — Mike Tymn

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#### 2. FREQUENCY DISCOUNTS (1-year period)

- 3 to 5 insertions: 15%
- 6 to 12 insertions: 25%

#### CLASSIFIED ADS

- 50 cents per word. Count name and address as 5 words. Race notices are 25 cents per word. Prepayment required with copy.

#### SPECIAL RATES

- 25% discount for race and meet notices. No frequency discounts or agency commissions.

### Closing Dates

The 10th of month before date of issue.

### Circulation

- Paid 6186 distribution: 3000
- Published monthly. Subscriptions $18.75 per year.

### Mail Order

- National Masters News
- P.O. Box 2372
- Van Nuys, Calif. 91404
- 218-751-2701
Masters Track & Field Report
by Jerry Alan Donley
Chairman, TAC Masters Track & Field Committee

National Uniforms

I suspect that when other nations look at the United States of America it appears to be an enigma to them. Our freedom of speech may give them an impression that we have disorder and a lack of unity.

Our Masters program is sure to create a number of similar thoughts and comments when competitors from other nations look askance at us because we have no unified team, with each competitor seemingly going his own way. We really have no way to put together an "official" USA team for international meets. There is no way to coordinate for all of our competitors one trip, one plane, one agenda. Even if a hundred U.S. athletes go on one chartered flight to a foreign country, the travel agent who organizes that flight will have one-hundred travel plans, ideas, and needs.

Certainly, during our trip to Australia for the 1987 World Games, it will be difficult, if not impossible, to get all of the U.S. athletes together in one place at one time while we are there. Trying to create real team spirit and unity will be quite difficult.

One way that might help unify U.S. entrants at Melbourne would be for each athlete to purchase a uniform to wear during the WAVA Championships.

Mike Castaneda has volunteered to design, promote, and distribute the uniforms. The price is excellent. The design looks great, and will be available only at this time. I wish it were possible to come up with a uniform that we could use year after year, and year after year. But when a manufacturer provides a maximum of only 100 to 200 uniforms, there is no way to keep that material on hand or uniforms in stock for more than a one-shot effort.

<table>
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<tr>
<th>Uniforms</th>
<th>Manufacturing by SUB-4</th>
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<tr>
<td>OFFICIAL VII WORLD GAMES 1987 UNIFORM</td>
<td>The Masters Track &amp; Field Committee has approved this colorful and impressive USA TEAM SPIRIT uniform package</td>
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**IMPORTANT**
ALL UNIFORM ORDERS MUST BE MADE PRIOR TO JULY 31, 1987

NO EXCEPTIONS

Allow two months after deadline for UPS delivery

You can purchase additional items by indicating quantity under size and enclose it in your total payment.

**TOTAL:**

1. Camp Shirt
2. Valley Shirt
3. Shirts

**NOT NECESSARILY FOR WORLD GAMES ONLY!!**

Mary Ames turned out.

The masters race and $250 prize money went to David Oropeza with an excellent 31:31. He was followed closely by Loeschhorn (31:40) and Stahl (32:13). The women’s race was won by Erna Kozak (34:38), who also took home $250. She won easily over Harolene Walters (36:20) and Joni Pendleton (37:55).

Entrants in the “World Masters” race had to meet qualifying standards in five-year divisions. Prize money was awarded according to the number of entrants in each division.

Five men ran under 33 minutes and three women under 38. Hatton won the M50 division in 33:19, nearly five minutes below the 38-minute qualifying standard. Gaylon Jorgensen, M55, (34:38) and Emmett Parker, M60, (38:14) each won his division in the same fashion. Eddie Lewin, M70 winner, was easily 10 minutes below his qualifying standard in 42:12, and Mel Shine, M75, nearly 15 minutes below his, in 50:41. Chet Crabb, M80, and Paul Spangler, M85, demolished their qualifying standards, winning their divisions in 56:48 and 1:07:57.

In the women’s race, the story was pretty much the same, despite the fact (as with the men) that relatively few runners can meet the performance standards. Gina Faust, W45, ran a 38:27, barely beating out W50 victor Vicki Bigelow (38:30). Southern California’s own Helen Dick, W30, easily won her division in 44:52, as was the case with Pat Dixon, W65, 47:32.

Along with the Special World Masters Division, an open race was also held, which had an equally good turn-out. Open winners were Alfredo Rosas (30:01) and Sylvia Mosqueda (33:01).
Ames is Stepping Out
By TERI INGRAM

Watch out, Paul Spangler! Women's bib is on the move again. This time in the form of one Mary Ames, of Encino, California. Mary plans to set as many, or more, records than Spangler, 87. And in almost the same age-divison! Mary is 83.

Mary may be "old," but running is a whole new experience for her. At least serious running. Despite the fact that Mary has run off- and -on for five years, it has only been in the last six months that Mary has discovered racing.

She and her coach, Jim Kelly, have discovered something else: that only one woman, aged 83, holds any record of any kind. And that is Hulda Crooks in the 1500 with a time of 12:05. Mary has run in the 11-minute range. So Mary and coach have a plan... to set as many records as is humanly possible between now and Mary's 84th birthday in April. "I want to get as much credit as I can," she says.

"And look," she continues, "this woman, Hulda Crooks, who holds all these records for age 84, I'm already a lot faster than her." Hulda's best time for the 5000 is 41:38 and Mary has already run a 5K in the 37-minute range...

Mary was born in Winnipeg, Canada, but early in life moved to Vancouver, B.C. Her father was a portrait painter and her charming Encino home is heavily decorated in portraits, with a healthy dose of trophies thrown in.

Mary is presently working on a book, which she plans to title, "The Misadventures of an Octogenarian." She has two other books, unpublished, and one book, published, in a small room off the bedroom. "I'm calling the new one "Misadventures" because most of my life has been a series of misadventures." She says she has come close to death several times.

Once, climbing with her grandson, she slipped and smashed her foot badly enough that she, to this day, has "pins and screws" in it, she had to be lifted by helicopter and taken to the hospital.

But Mary is actually a climber, not a runner. Climbing has been her love for decades, with running but a new adventure for her. Among others, she has climbed Mt. Kilimanjaro to 12,000 feet, Mt. Whitney to 14,000, and Pike's Peak so many times that she was awarded a trophy and a "Pike's Peak Marathon" sweatshirt. Yet she has never worn it. "It's a beautiful shirt, but I don't like to wear it since I really didn't do the marathon." She and Coach Kelly plan to climb Whitney again this summer.

Mt. Kilimanjaro was not a happy trip for her, as most of her climbing expeditions are. It was here that she suffered her first case of the dreaded "mountain sickness." On the way up Kilimanjaro, she and her porter stopped at "Horombo Hut" for the night. The hut was in poor condition, with no heat and all of the windows broken. But her porter provided her with plenty of blankets and she fell asleep, feeling warm enough. Her porter went off to his own "porter's cabin."

During the night, she woke up with a bad case of mountain sickness. "I was all alone in the cabin, freezing, and I couldn't get my breath. I felt like I was dying; I couldn't breathe." She summoned the strength, however, to go to find the porter, knowing she might lie there and die if she didn't.

Ames made it to the porter's cabin and there sat the porter in front of a fire, toasty-warm and well-fed. "I was all right," Ames says. "I was sick for a couple of days and I had to go home, but the point is that there I was, the guest, in the cabin with no windows or heat... freezing and suffering mountain sickness!"

But enough of Mary's misadventures; what about her adventures? Why did Mary suddenly get serious about running? "It was after I met Jim Kelly, on Pike's Peak." Kelly, too, is a climber and runner. He became very interested in Mary and in helping her improve her running. It seems that he is as eager for her to "win" as he would be for himself. "Oh, he has just helped me so much," Mary says.

Mary figures that she has had enough "hillwork" from all the climbing, so now her strategy is to do all the flat running and all the speedwork that she is capable of. To this end, she and Kelly go out to the track and he works with her on speed. Kelly is teaching Mary about intervals, lengthening her stride, stretching (which she has never done before), and even has her doing weights!

And so she progresses, and has improved dramatically in six months. But what's to come after setting all these age-84 records? "Well, I want to break them all when I'm 84." What else?  

---

Mary Ames during an interval work-out.
All race results should be sent to the state record-keepers, who will then forward the information to TACSTATS. Linda Honikman, Managing Trustee of TACSTATS, told MNM: "In November, we requested that results from 'National Sanction' races be sent directly to us. This policy was to facilitate communication with race directors so that there would be less confusion. Now that there are more states 'covered' by record-keepers and most have begun to develop contacts with their state running communities, we want all race results and applications for road-race performances to be sent to the state record-keeper. The state record keepers will then forward this information to us. For states that currently do not have a record-keeper (Arkansas, Idaho, Kentucky, Louisiana, Missouri, Nevada, North Dakota, and Wyoming) results should come to us."

On this page is a current list of state record-keepers. Volunteers for the missing eight states should contact: TACSTATS/USA, 7745 Southwest 138th Terrace, Miami, FL 33185; 305/253-8448.

Jennifer Hesketh Young of NRDC says all NRDC files, newsletters, participation statistics, and anything else relevant to each state have been sent to each state record-keeper.

"We sent Jim Brown (New York) six boxes of nearly 200 pounds of race materials, not including New York City materials. Don Ocana of California received nine boxes of goodies and has already gone through them, written all the newsletter editors in the state, and is ready to go. Jack Moran produced a beautiful booklet for the state of Minnesota, listing all sorts of record and ranking information. Many others are right there ready to go and very enthusiastic."

Young thinks the whole group will "do a better job than we did, since we never could reach everyone." However, she says NRDC has not heard from TAC since the December convention regarding the national age-records lists, ranking, date-of-birth files, etc. "So TACSTATS is essentially starting from scratch," she said, "but for the open and age-records lists which have been submitted to Bob Hersh (TAC's Records Chairman) it's now up to TACSTATS and TAC as to what they want to do."
Journey to Down Under

This past winter, members of the WAVA Executive Committee visited the site of the VII World Association of Veteran Athletes Championships, exactly one year ahead of the event, in order to gain the truest possible impression of the way Melbourne will be when we gather for the big event, November 28 - December 6, 1987.

Leaving Toronto on the evening of the season's first snowstorm, together with Treasurer Alastair Lynn, I took off at 5:30 p.m. by Canadian Pacific Airways into what proved to be a 20-hour night.

The 9½-hour flight direct to Honolulu was comfortable and uneventful, and the five-hour time difference made it 9:45 p.m. as we beheld the twinkling lights of the city and environs spread up into the Oahu mountains. We saw little more, however, as we spent a couple of hours in a room awaiting departure on the next 9-hour hop to Australia's east coast city of Sydney. As we approached, the dawn of Nov. 30th broke (We had lost Nov. 29th), revealing this city of 3 million with its fabulously harbor flanked by ocean beaches and adorned by its magnificent bridge and world-famous opera house. Although on this occasion we spent only 2½ hours awaiting our 1-hour flight onward, we were to see more of Sydney later.

Arrival in Melbourne

On arrival in Melbourne, we were met promptly by our Aussie hosts. Resetting our watches, we realized that a 25-hour journey had advanced time "on the clock" by 42 hours. We also met up with Secretary Owen Flaherty and Oceania Delegate Clem Green. Owen had flown Eastward from London, with stops at Bahrain and Jakarta enroute, experiencing the opposite phenomenon of short days and nights, while the clock advanced only 12 hours.

Enembled in our motel, located close to Melbourne University, we met with other WAVA members and were soon greeted by Peg Smith, the dynamic Secretary of the Federation of Australian Veteran Associations, and President of the Organizing Committee for the Championships. Peg had arranged a brief tour of the city. The streets are wide and the Melburnians have made a great effort to rescue and restore their historic buildings—not as museums of the past, but as useful buildings housing endeavors of the present. At first sight, and upon later acquaintance, Melbourne appears less dramatic, more open and relaxed than does Sydney. There are many parks and the sight of the famous Melbourne Cricket ground brought reality to my dusty memories of radio broadcasts of the '30s—the "Ashes," Bradman, Fingleton, Fleetwood-Smith, and the other seemingly invincible "Aussies" of years gone by.

About a mile from the city center, on the banks of the Yarra River, is situated Olympic Park, in which are located the prime and secondary stadiums for the championships. Neither, however, is the Olympic stadium of 1956; but both are much more suitable to our needs than that 80,000-seat monster. The prime facility, with its new synthetic 9-lane track and first-class field-event areas will feature many finals as well as a number of preliminary rounds. Adjacent to it, within 150 metres, is a dog-racing stadium where construction is proceeding on a new 8-lane synthetic track and field facilities. The track will be a 325-metre oval with a full-length straight that will accommodate most of the sprint heats.

Olympic Park Complex

Within the Olympic Park complex are restaurants and quick-food cafeterias, which serve meals at moderate prices. Registration and announcement areas, as well as meeting rooms and covered viewing areas are located here, while beneath the main stand of the "dog-track" is the venue for the farewell "Australian Bush Bash." I must admit that the first sight of this unadorned and rather stark area disappiointed me when I remembered the sites of such formal and elite farewell dinners/dances as those of Christchurch, Hannover, and Toronto. But I was soon made to understand that this was to be something different. The "Bush Bash" would feature an Australian 'outback' scenario, with wandering musicians and entertainers passing amongst the tables seating an expected gathering far too great for a formal event.

The third track is located about 3km away at the university, where 2000 of the competitors and guests will stay. It has a 6-lane rubberized asphalt surface and is fairly wide-open but sheltered on the side of the prevailing winds. Some 5000m and 10,000m events and the pentathons will be held here. It is a fast, well-drained track, with partially covered bleachers.

On succeeding days, we inspected the competition areas of the off-track events. Cross-country races will be held in a large park about 500 meters north of the university. Since the parkland is open and only dotted with trees, viewers will be able to see an entire race from one point. At first glance, the undulating, three-lap course appears rather easy. However, Alastair, on several mornings, reported that when you have navigated the long hill for the third time, you will know you have been running hard. The course will be enhanced by the addition of hay bales as barriers. Spikes are recommended, although not necessary.

Marathon Course

The marathon follows a flat, out-and-back course that starts on a road across the river from the main stadium. The first 10km will be closed to all traffic, with a closed runner's lane thereon. The race route passes through...
8 Months To Go

Countdown to Melbourne

Big Demand for University Rooms

Reservations are coming in from all over the globe for the VII World Veterans Games in Melbourne, Australia from November 28 - December 6, 1987.

More than 5000 masters athletes from over 50 nations are expected to participate. There are no qualifications needed to compete, except to be at least age 40 (men) or age 35 (women).

The final entry form is still not complete, but will be printed in NMN as soon as it's received. The probable schedule for the Games was published last month.

As many as one-third of the events may be scheduled on the track at the University of Melbourne. Peg Smith, Executive Director of the Games, says: "With some of the competition taking place there, plus social activities, it will have a great village atmosphere." Rooms at the University are completely sold out, except for those already booked by tour operators. If you wish to stay at the University, please contact one of the tour groups immediately.

IN TRAINING

FOR THE VII WORLD VETERANS' GAMES

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WHAT'S GOING ON.

Australia The Wonder Down Under.

Asbury Park 10K Classic WBO+ winner, Ruth Rothfarb, on the victory stand.

Photo by Valentine
THE WORLD IS RUNNING TO MELBOURNE!

NOVEMBER 28—DECEMBER 6, 1987

Catch all the thrills and excitement of one of the world's greatest international sports festivals: the VII World Veterans' Games, coming to Melbourne November 28 through December 6, 1987!

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Melbourne knows a thing or two about hosting an international athletic festival. In fact, the Veterans' Games' track and field events will be held in Olympic Park, the world-class facility used when Melbourne greeted the world for the 1956 Olympic Games! Melbourne again welcomes the world and offers:

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- The inviting, warm weather of the late Australian spring.

On your mark... set... go!

Getting there is easy. All airlines serving Australia fly to Melbourne. You might even want to come early or stay late and enjoy a pre- or post-games tour! Plan today to make tracks... to Melbourne! The VII World Veterans' Games, November 28 through December 6, 1987: a first-class event in a first-class city.

For more information, return this coupon to:
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Los Angeles, CA 90010
Or call: (213) 387-3111

Name
Address
City State Zip

THE VII WORLD VETERANS' GAMES
International Scene  Continued from page 17

park, residential, dockside, and seashore beach areas (including a topless stretch) to Elwood, whence it returns, (on the opposite side of the road), to finish with 300m on the stadium track. Water and sponge stations are located at 5km intervals, where split times will be called. Toilets are located at each 10km, and there will be feed stations. Number checks will be taken at the turn-around and other points. A police escort and time clock will precede the lead runner. The road is smooth-surfaced all the way and features tree-lined sections.

The road walks (M-20km, W-10km) follow the marathon course for a short stretch, except that the start is from a different point on the river road. Very soon, however, competitors will swing back by another route to complete a 4.4km circuit, which (in the 20km) will be covered four times, the final circuit adding an entry into the stadium for a 300m finish on the track. The course is shaded virtually throughout. Competitors should note that Australia boasts large numbers of walkers and high technical standards. The judges are likely to be strict. Any visiting qualified judges wishing to work should write to Meet Director, Ray Callaghan. The off-track events will feature no-limit national teams. All entrants automatically represent their country (generally, 5 to score in age-classes M40, M45, M50, M55, M60-69, M70+; W35-39, W40-49, W50+). The entry books, which should arrive shortly, will specify fully.

It is urged that everyone pay careful attention to the necessary enclosure of accompanying the entry form, especially the stipulated method of sending entry fees. Otherwise, problems may arise.

Transportation from the university and hotels to downtown is plentiful via public systems for which week-long passes may be arranged (see entry book). In addition, there will be shuttle-bus arrangements to and between competition sites.

University Rooms

The Australian dollar currently equals approximately U.S. 65 cents. Accommodations at the university feature single, small, clean rooms, (and some larger twins). The AUS $40/person/day charge includes all-you-can-eat breakfast and dinner, as well as full use of the college facilities (swimming pools, common rooms, dining rooms, etc.). Although they are not air-conditioned, most dormitories are great solid-stone buildings, that stay cool. During our stay, the early morning temperatures were about 15°C, warming to about 27°C by mid-afternoon, then cooling to about 20°C in the late evening. Most days were sunny and the direct sun shining through a clear atmosphere can be hot (though without humidity). We were warned, however, that spring weather can vary drastically and Melburnians speak of "Four Seasons in one day." On occasion.

Good meals can be found from AUS $48/single/AUS $60 - double (no meals); and hotels, in the same range on up to luxury prices of AUS $150 or more. The Organizing Committee, however, have arranged some worthwhile reductions — one benefit of a remarkable effort they are making to present us with an enjoyable first-class Australian experience.

Shopping in Melbourne is a pleasure. There are many fine, modern stores, as well as smaller places of old-fashioned interest. Precious and semi-precious gems are a good buy. (Australia produces 98 percent of the world's opals.) Take your passport and airline ticket and get the tax-free allowance. Leather goods, sheep skins, woolens, aboriginal artifacts, are also reasonable. Imported goods —

Continued on page 22

Report of WAVA Executive Meeting

by DON FARQUHARSON, President

In addition to the Executive Committee's inspections of the VII WAVA Championship venues and discussions with Roy Callaghan (an expatriate "Liverpudlian"), Peg and John Smith, and the rest of the Organizing Committee, we spent many hours in meetings pondering other WAVA problems.

Alastair Lynn produced an interim financial statement, which shows that although we have many commitments, our finances are welllooked after. A number of hours were spent considering the redrafting of the WAVA/IAAF Agreement. This document will be finalized by the IAAF Veterans Committee in London (May '87), for representation to the IAAF Congress in Rome (August), and to the WAVA'Assembly at Melbourne in December. The finalized version will be sent to all WAVA affiliates in May.

A new WAVA handbook, which will include the updated Constitution and technical rules and more, should be available before long. All affiliates will receive free copies, as will all national track & field bodies. Additional copies may be purchased at cost.

Future plans involving the union of WAVA and IGAH, and the resulting expanded athletic programs, international and continental, were discussed; as well as an amount of valuable work by Owen Flaherty involving contracts and other documents embodying future plans for veteran athletics.

A problem involving the Asian Veterans Association has been solved by the recognition of a new President, Mr. Hariomataram (Medan Medaka Selantan 10, Jakarta, Indonesia). Secretary is the well-known Hari Chandra (Block 44 Marine Crescent, #25-12 Singapore 1544, Tel. 422967). Women's Representative for Asia is that great athlete, Miss Chi Cheng, of Taipei, Taiwan. We would like to thank retiring President Mlikha Singh for the years of work he has done for Asian Veterans and hope that we continue to see a lot of him in the future.

Clem Green reported on the great progress he and others have made among veteran athletes in the far-reaching South Pacific Island groups. Some financial assistance was made toward continuing this process.

Other reports were made by Bob Fine, on the U.S. bid to stage the 1989 Championships in Eugene, Oregon; Hans Axmann, on Technical Committee contacts with IAAF opposite numbers; and Jacques Serruys, on the formation of the Road and Country Committee, and progress toward unity with IGAL, of which he is President. Bridget Cushen reported on the women's veterans movement, having previously filled us in on the production of the handbook.

One most important item remained. As most of you know, the Constitution of WAVA provides that no elected officer may hold the same executive position continuously for more than five-two-year terms. Since I was elected the first President of WAVA at Gothenburg, Sweden, in August 1977, and have had the honour of being re-elected on each occasion since, my Presidency will end in Melbourne this December.

Although originally as many as four of the present Executive Committee considered "running," it was decided that we would show some positive leadership by recommending a specific "slate" of officers to the General Assembly. With so many fine candidates, it took much soul-searching to come up with the best decision. It is a pleasure to announce that the Executive Committee's choices for WAVA President 1987-1989 is Jacques Serruys, of Belgium.

Jacques is well-known and admired as a long-time competitor and organizer in veteran athletics. He has served both WAVA (as Vice-President, Road and Cross Country), and IGAL (in various capacities; currently, President) since the formation of these bodies. Jacques speaks French, German, English, and Flemish, and, I am sure, will have the full support of a strong Executive Committee.

The remaining Executive slate is Owen Flaherty (Spain, Executive Vice-President), Bob Fine (USA, Vice-President, Track & Field), Clem Green (New Zealand, Vice-President, Road and Cross Country), Alastair Lynn (Canada, Secretary), and Hans Axmann (West Germany, Treasurer). The Women's Representative will, of course, be elected by the Women's Assembly; and each Continental Delegate by his/her respective area assembly. Notwithstanding this slate, any member of a WAVA Affiliate may be nominated for election at Melbourne. I will continue to serve, enthusiastically, on the Executive Committee as Past-President, lending my full support to the new President, whoever he/she may be.
"I'm waiting for you!"

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The International Scene

Continued from page 20

fashion European and American—at least. Meals (except out-of-town, where they are cheaper) are comparable with North American prices (allow for dollar differences).

Sandy Beaches

Melbourne is not situated on the coast proper but occupies the northern tip of the almost closed-in Port Phillip Bay, on a nearly round, deep salt-water inlet of about 40km diameter, with many fine sandy beaches and boating facilities. A little to the southeast is another smaller bay from which a road connects to Phillip Island (about 90km from Melbourne), which fronts onto the ocean and boasts the world-famous “Parade of Penguins.” At dusk, and while trip for a unique and charming experience, they are fed their waiting youngsters. A waddle in from the sea and walk as small penguins (in groups of about 30), following which the track walk got underway. This featured a field of 50 competitors. After a scant lap or two, the heavens opened and the deluge came; but the large number of immaculately clad officials stood/sat their ground for the next hour. By this time, they were soaked to the skin and the track was under inches of water.

The meet was put on hold; but the rain settled in to a steady down-pour, the officials, many from out of town, had no other clothes. Ray Callaghan, President of the Organizing Committee had arranged a one-day track & field meet as a promotion for the 1987 WAVAs. In addition to publicizing the event also served as a test of systems and officials.

The day started with a barbecue breakfast for everyone. The weather was pleasant, despite the fact that, for the first time during our stay, the clear sunny skies had given way to grey overcast. The meet commenced with a lengthy series of exciting 100m heats for all age classes, men and women, following which the track walk got underway. This featured a field of 50 competitors. After a scant lap or two, the heavens opened and the deluge came; but the large number of immaculately clad officials stood/sat their ground for the next hour. By this time, they were soaked to the skin and the track was under inches of water.

The meet was put on hold; but the rain settled in to a steady down-pour, the officials, many from out of town, had no other clothes. Ray Callaghan, President of the Organizing Committee had arranged a one-day track & field meet as a promotion for the 1987 WAVAs. In addition to publicizing the event also served as a test of systems and officials.

The day started with a barbecue breakfast for everyone. The weather was pleasant, despite the fact that, for the first time during our stay, the clear sunny skies had given way to grey overcast. The meet commenced with a lengthy series of exciting 100m heats for all age classes, men and women, following which the track walk got underway. This featured a field of 50 competitors. After a scant lap or two, the heavens opened and the deluge came; but the large number of immaculately clad officials stood/sat their ground for the next hour. By this time, they were soaked to the skin and the track was under inches of water.

The time had come to leave Melbourne. Some Executive Committee members were homeward bound immediately. Bridget Cushen started a month-long ramble up the East Coast to the Great Barrier Reef and other fabled spots. I had arranged to spend a

More than 5,000 expected

At a reception, we were pleased to meet with the Presidents of the Australian Veteran State Organizations, headed by National President, Harry Stanley from Sydney. Everyone of them was highly excited about prospects for the championship. Indications are that 1700 to 1800 Australians will participate, some bearing famous names of athletics past, others enthusiastic first-time competitors. Advance accommodation bookings suggest more than 5,000 competitors — so don’t delay too long before making your arrangements.

We made many new friends and had the pleasure of renewing old acquaintances, but we missed one very sorely. It would have been proud moments for Wal Sheppard to have shown us his city; but as most of you know, Wal passed away last April after having given many years to Veteran Athletics in Australia and around the world. Alastair and I visited Bonnie Sheppard and reminisced over a pleasant lunch about much that Wal had done. She has an inner strength, which has enabled her to accept Wal’s death; and she proudly showed us a display of his many WAVAs Championship medals.

The time had come to leave Melbourne. Some Executive Committee members were homeward bound immediately. Bridget Cushen started a month-long ramble up the East Coast to the Great Barrier Reef and other fabled spots. I had arranged to spend a

Continued on page 24
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. Round Trip Air Fare on AIR NEW ZEALAND
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   Arriving Melbourne Wednesday, 25 November

   *** WORLD VETERANS GAMES Saturday, 28 November - Sunday, 6 December ***
   Returning Tuesday, 8 December -- Arriving LA/SFO Tuesday, 8 December

. 13 nights of single room, dormitory housing at Melbourne University
. Breakfast & Dinner daily
. World Veterans Games Travel Bag & T-Shirt
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PLEASE NOTE! Only 30 of these special Economy Tours are available on a first-come basis at this incredible $1289 price!!

HOW TO MAKE YOUR RESERVATION:

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   Make your check payable to "Bay Area Travel WVG Economy Tour".
. Balance of payment will be due 90 days upon our confirmation of your reservation
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. Your $250 Deposit is fully-refundable until July 1, 1987. No refunds can be
   made after July 1.

!!! GO WITH US, MATES !!!

Many other Tour Packages available. Call or write for details.
All-American Certificate Program Underway

Applications for All-American Certificates are beginning to come in. As reported last month, the following procedures have been set for applying through the National Masters News to receive an All-American certificate:

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

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

The certificates are attractive, three-color (red, blue and black), 8½” X 11”, suitable for framing. They will be mailed within a week after receiving your application.

A list of 1986 All-Americans, by age group and event, will be published in next month’s issue.

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Order Form

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<td>U.S. COMMEMORATIVE VII WORLD GAMES PIN, CLUTCH CATCH, <strong>FREE COUPON ON TRADE AT THE WORLD GAMES IN MELBOURNE, AUSTRALIA</strong></td>
<td>$3.50 ea. or $30.00 for ten or more</td>
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**THE U.S.A. 1987 WORLD GAMES SOUVENIR PINS**

New! The U.S.A. 1987 World Games Souvenir Pins

Pin collecting fever crossed the seas to Rome, Italy during the 1965 World Masters Games. Crowds of athletes from all over the world traded their country’s pins.

The Pin Trading Phenomenon will continue to attract many more master enthusiasts at the 1987 World Games in Melbourne, Australia. Since this has become and exciting festive sport, we are pleased to bring pins with world athletes.

Can assay #1,2,or 3 for quantity

---

The International Scene

Continued from page 22

few days in Sydney and timed it just right, as the New South Wales Veterans staged a Christmas party to which I was invited. It was a particular pleasure to see George and Marie McGrath. Many masters will remember this happy couple and recall George’s exciting world-class performances over the years. I also enjoyed one of the weekly Handicap Meets and applauded the great Reg Austin, the Australian sprinter who has won gold medals in every WAVA Championships to date. When Reg meets Britain’s Ron Taylor in Melbourne, it will be a “Clash of Titans”.

Sydney’s Tower

I was also privileged to be Reg’s guest at lunch, high up in the revolving restaurant in Sydney’s Tower. Views of the harbor and the ocean beaches beyond are not to be missed. The beaches intrigued me so that I took a ferry ride across the splendid harbor to Manly, situated on one of the outer heads, and strolled across to the ocean front. Sitting on the beach, I watched the daring surfers riding in on the great rollers. Later that evening, I returned on the faster hydrofoil.

Another charming memory of Sydney was the hospitality of Harry Stanley and his family at their suburban home. I look forward to seeing them and many others this December.

On the afternoon of December 12th, I flew to Hawaii — this time taking a three-day stopover. After a night’s sleep, I awoke to find that it was the morning of the 12th! I had recaptured my lost day. There are many interesting things to do and see in Hawaii, quite apart from commercialized Waikiki: Pearl Harbor, 45-years later; a testing climb up Diamond Head; the Halona blowhole; the Polynesian Panorama at Waimea Falls — to mention a few. I also telephoned 84-year-young Harold Chapson, who, in spite of a 6:10 1500m at age 80, is “not running much now.” After I spoke about Melbourne ‘87, he pondered sufficiently that perhaps we might yet see him in action again. Another talented “veteran” Veteran, Bud Deacon, was away on the Mainland.

Later on the evening of December 14th, I headed back to reality — Toronto to Vancouver. One final gift that a long journey offers is the pleasure of coming home again.

---

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U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

event 25-34 35-39 40-44 45-49 50-54 55-59 60+ 65+ 70+ 75+ 80+ 85+ 90+
200m 23.4 23.4 23.4 23.4 23.4 23.4 23.4 23.4 23.4 23.4 23.4 23.4 23.4
400m 51.5 51.5 51.5 51.5 51.5 51.5 51.5 51.5 51.5 51.5 51.5 51.5 51.5
800m 2:00 2:00 2:00 2:00 2:00 2:00 2:00 2:00 2:00 2:00 2:00 2:00 2:00
20000 40:00 40:00 40:00 40:00 40:00 40:00 40:00 40:00 40:00 40:00 40:00 40:00 40:00

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

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**IMPLEMENT**

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**APPLICATION FOR AN ALL-AMERICAN CERTIFICATE**

NAME: ____________________________
ADDRESS: _________________________
AGE GROUP: _______________________
SEX: M ______ F ______
EVENT: __________________________
MARK: __________________________
MEET: __________________________
DATE OF MEET: _________________
WEIGHT OF IMPLEMENT: __________
HURDLE HEIGHT: ________________
MEET SITE: ______________________

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


- Priscilla Welch of Colorado and Great Britain was the only masters woman to rank in the top 25 money-making runners in 1986 (through December 22) with a 4th-place—counting hard cash only—$47,450, according to Ken Young of Sports Rankings Systems. Ingrid Kristiansen of Norway topped the women with $88,000, and Australia's Rob deCastella headed the men's list with $88,400. No male masters made the top 25.

- The 1988 U.S. TAC National Masters T&F Championships will be held July 29-31 in Orlando, Florida. The dates were selected so as not to conflict with the Olympic Trials, July 16-24, in Indianapolis.

- Running statistics compiled in the last few years seemed to indicate that more runners were opting for the 10K rather than the marathon. However, a comparison, compiled by the New York Road Runners Club, of the number of entrants in the top ten marathons from 1985 to 1986 shows that, in 1986, seven showed an increase of entrants over 1985, two had fewer entrants, and one was relatively unchanged, with the Columbus Marathon leading the gainers on a 33 % increase, and the Boston Marathon leading the losers with a -12 % loss. So, the marathon hasn't joined the "knock-knock" joke and the hula hoop as passing national fads, yet. (See chart on page 29.)

- Local TAC Associations may now request funding from TAC's national office for worthwhile projects. (This change in budgeting procedure was approved at last year's convention.)

- Alvin Chris, TAC's attorney, advises that "there is no such thing as a national sanction." There are only "local" (association) sanctions.

- Reebok International Ltd. of Canton, MA, posted a 239 % increase in profit and a 199 % increase in sales for 1986: $132 million and $919 million, respectively. First-quarter 1987 bookings of orders are significantly above those for the same period last year, a company spokesman said. Reebok estimates that less than 10% of its shoes are sold in sports. Most people use them only for regular street wear.

- According to TAC's latest figures, there are 22,234 athletes registered as masters in the U.S. T&F, 7004 (5949 men, 1055 women); LDR: 19.351 (16,380, 2971 women); Race-walking: 1604 (1216 men, 388 women). (Totals don't balance because many athletes check off more than one sport).

- According to Henley Gibble, "any person or club interested in putting on a race should subscribe to Road Race Management," a magazine that claims to "have all the answers" for organizing races. "With today's standards for road races higher than ever," it says, "you can't afford to ignore this issue." Send $5 for a sample issue to: Road Race Management, 507 2nd St. NE, Washington, DC 20002.

- Mike Manley, '72 Olympic, and Harland Yarlott, community college x-c coach and director of the Stieens Mountain Running Camp, rate the best age-groupers in the World, are conducting the Eugene Experience-Oregon Running Camp, July 18-25, in Eugene, Oregon. 17 of the Fastest and most expert speakers include Bill Delling, head coach of U of Oregon's f/t team; Joe Henderson; and Jack Daniels, exercise physiologist. Besides training sessions, include a dune run on the Oregon coast, videotaping and analysis of your running form, and racing in Oregon and Idaho and injury prevention sessions. Write to Eugene etc., P.O. Box 5453, Eugene, OR 97405.

- The February, 1987, issue of the Running Times presented, with a summary of each runner's accomplishments, the top three men and women masters in 1986 racing in the U.S. by age-groups. Britishers Mike Hurd and Priscilla Welch were selected as the top 40-44 runners, and Welch was chosen the Best of the Best, getting the publication's "... nomination as 'the best' of all runners of all ages in 1986 — not the fastest, but the best at least and most competitively successful in her age/sex category."

- Other Runners of the Year were Dan Conway and Shirley Matsu, 45-49; Bill Ohrke and Dick Bigelow, 50-54; Gaylon Jorgensen and Toshiko d'Elia, 55-59; Jim O'Neil and Margaret Miller, 60-64; Tony Napoli and Jaclyn Cassel, 65-69; Clive Davies and Judy Simon, 70-74; Ed Benham and Adele Tooley, 75-79; Paul Spangler and Ruth Rothfarb, 80+.

- Mary Ann Miller, age 50, has done something to be much admired and even startled about. Not only was she first female overall, she was first overall in the 48-hour run in Dallas in 1986 on five men with the best woman running 170 miles in 48 hours.

- Allat Beligne, 41, iced the masters victory in the 1986 U.S. Olympic Tryouts. With the U.S. Olympic team, Central Park, NYC, January 18, with a 3rd-place 5K, Joanne Propo, 40, breezed to the W40+ win in 1:08:02.

- Both Tom Derderian and George Frost were clocked in 4:10.0 in the M40-49 1500, but Derderian won with a lean in the Dartmouth Mile, N.H., January 19, as Canadian Justin Riegel polished off the W40+ 55m field in 1:08:02.

- Bill Stewart, holder of the U.S. M40-44 15K record (45:48) and the indoor mile (4:41), was blessed with his first daughter—Lauren Jessica—on December 8. According to Stewart, Lauren decided immediately that she was a ski and stayed up until 2 a.m. and slept like a baby. Stewart, scheduled to run in the Masters Mile in New York's Millrose Games last month, withdrew a week before the race after a 4:26 on the previous weekend, feeling that he was not competitive unless he could run 4:15. Tracy Smith of Bishop, CA, won the race with a 4:20, on which Stewart commented, "Observers told me that Smith looked very easy running 4:20. Perhaps he will run 4:05 or better in open competition."
Track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys CA 91404.

**CLASSIFIEDS**

Classified ad rates are $5.00 a word. Count name and address as 5 words. Race notices are 25 cents per word. Prepayment required with copy. Deadline is one week before the first of the month prior to issue date. Send to NMN, P.O. Box 2372, Van Nuys, CA 91404.

DATA NEEDED (and available) for all T&F Multi Events - all ages, M/W, indoor/outdoor.

**SOUTHWEST**


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

June 6-7, Duke City Masters Games, Albuquerque, N.M. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8322.

July 11, West Texas Meet, Odessa, Texas. Peter Maldonado, P.O. Box 1584, Odessa, TX 79763. 915/392-3802; 932-5501, X218.

**WEST**

1986-1987. Hawaii Masters TC All-Comers Meet, Punahou School, Hawaii. Each Saturday at 7:30 a.m. Thomas Thompson, 2164 Halekoa Dr., Honolulu, HI 96821. 808/734-8450.

March 13-15, Southern California Regional Senior Olympic Games, Palm Springs, Calif. May 25-28. SASE Senior Games, P.O. Box 757, SASE Community Services Dept., P.O. Box 1786, Palm Springs, CA 92263.

March 14, Sport-Arcade II, Mt. Sac CC, Los Angeles, Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. 213/388-9689.


May 23, Pacific Association/TAC Open & Masters Championships, Los Gatos H.S., Los Gatos, Calif. Wilie Harmatz, P.O. Box 1328, Los Gatos, CA 95031. 408/354-5660.

May 23, Ancesters Masters Classic, U. of California, Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

May 30, Southern California Striders Meet of Champions. Site to be determined. Hugh Cobb, 2963 Galena, Simi Valley, CA 93065.


July 5-12, July 12-18, Mammoth Athletics Club, Mammoth, Calif. Dave Cavnir will be Dr. Ken Foreman, distance coach for the 1987 Olympic team. John Cosgrove, MAC Chairman, 7411 Earlham Ave., Playa del Rey, CA 90293. 213/821-9446.

July 11, 3rd Annual Patriots Summer Relays and 2nd Annual California Masters Team Championships, Southwest College, Los Angeles, Marvin Thompson, P.O. Box 2981, Beverly Hills CA 90213-2981. 213/388-9689.

July 25-26, TAC Masters Western Regional Continued on page 28
Continued from page 27

Championships, Fresno, Calif. Hugh Adams, 7904 S. McCall, Selma CA 93662.
209/836-2435.

NORTHWEST


CANADA


INTERNATIONAL


LONG DISTANCE RUNNING

January 1-October 31. U.S. TAC National Masters One-Hour Postal Championships. Send results to Cliff Sharp, Harding College, P.O. Box 765, Searcy, AR 72143.
February 1-December 12. The First Australian Masters Games at various sites in Tasmania (1f&1 road races on December 9-10 in Hobart). Kim Newstead, P.O. Box 587, Glincochy Tasmania 7010. Phone: (02) 740-750.

B. Jacques, receiving the Ray Williams Perpetual Trophy from Mrs. Ray Williams, after winning the M60 Ray Williams Memorial 9,000 meters, at the Club West Masters Meet, Goleta, California, October 7, 1986. In 8:33.6.

June 5. Nike Cherry Blossom 10 Mile. Washington, D.C. Entrants selected by lotteries. Deadline: Jan 15. Nike Cherry Blossom, P.O. Box 4504, Silver Spring, MD 20904.
April 5. TAC National Masters 10K Championships, East Meadow, N.Y. Jack Dowling, 24-47 Beach St., East Meadow, NY 11554.
April 28. TAC National Masters 50 Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220-3102. 614/424-7101 (w); 459-2547 (h).
June 5 or 12. U.S. TAC National Masters 100-Mile Championships, She Stadium, Queen, N.Y. Vince Chiappetta, 9 E. 89 St., New York, NY 10128.

May 17. RRCA National 10K Championships (Fitzbe’s 10K), Rockville, Md. Montgomery County RRC, P.O. Box 1703, Rockville, MD 20850.

SOUTHEAST

March 14. Jacksonville River Run, Jacksonville Regional Leisure Center, 1545 University Blvd., West, Jacksonville, FL 32207 (904)739-1917. $300 (tentative) prize purse for Masters.

ON TAP FOR MARCH

TRACK & FIELD

The U.S. TAC National Masters Indoor Championships are slated for the Camp Randall Memorial Sports Center at the University of Wisconsin in Madison on the 28th-29th. More than 500 entrants from throughout the nation are expected to participate on the 220-yard, mondo-surface track. The competition is open to anyone age 30-or-over.

Leading up to the nationals are indoor meets in Philadelphia on the 7th and Hightstown, New Jersey on the 8th. Two Indoor Regional Championships are set for the 15th: the Midwest in Champaign, Ill. and the Eastern in Providence, R.I. Outdoors, the SportArcade meet in Los Angeles is set for the 14th, and the Japan/Hawaii Goodwill Masters Games take place in Honolulu on the 28th.

LONG DISTANCE RUNNING

The 20th World Veterans (IGAL) Cross-Country, 10K and 25K Championships take place in Israel on the 15th-17th. Runners from more than 30 nations are expected.

Three U.S. national masters championships are on tap for March: the 15K in San Diego on the 8th, the 5K in Atlanta on the 14th, and the 20K in San Diego on the 28th. Sandwiched between those are the Los Angeles Marathon on the 1st, the St. Pat­ty’s 10-miler in Reading, Pa., and the Tom Sullivan 10K in Los Angeles—both on the 15th, the Perrier 10K in the Big Apple and the Azalea Trail 10K in Mobile, Ala. on the 28th.

March 28. Azalea Trail Run 10K, Mobile, Ala. Skip Jones, P.O. Box 6427, Mobile, AL 36606. 205/347-RACE.
April 4. Cooper River Bridge 10K, Charleston, S.C. Cooper River Bridge Run, P.O. Box 543, Mt. Pleasant, SC 29464.
April 25. 7th Annual DeLand Spring 10K, DeLand, Fla. John Boyd, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

MIDWEST

April 5. Festival of Miles 5/20/50 Roadrace/Racewalk, Columbus, Ohio. (U.S. TAC Masters National Championships). See LDR-National, April 5.
March, 1987

National Masters News

How to Apply for a TAC Card

TAC, an acronym for The Athletics Congress, is the national governing body for athletics (track & field, long distance running, race walking) in the U.S.A.

Some masters events request an entrant to possess a TAC card. The annual cards are available from each of 56 local TAC Associations. They vary in price from $6 to $11. To obtain one, call or write the office in your area. See list and map on page 303.

Green, Swanson Win

Continued from page 1

2:34:39, and Swanson with a 3:06:44. Green had the course all to himself and was most grateful that the lead biker was with him. It gets lonely out there in front.

Seventy-nine-year-old Ed Benham covered the distance in 3:49:22, which had many mouths opening in disbelief; but for those who know him, his run was more predictable than the weather. The field of masters competitors was below the number expected, perhaps because of the time of the year and the cold weather. However, that did not deter John Keaton, 62, of Bemidji, Minn., from calling Friday afternoon with a last-minute decision to enter. He arrived at Callaway Gardens about 11:00 p.m., where he found a warm room and long conversation with Bob Boal awaiting. Keaton won the M60 division with a convincing 3:07:26.

New friends were made and old acquaintances were renewed, making this event a memorable one for the runners, the Callaway Gardens personnel, and 53 Columbia TC members who braved the elements to conduct the race.

1985/1986 COMPARISON OF ENTRANTS AND FINISHERS

TOP TEN MARATHONS IN THE U.S.A.

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<td>T O T A L S</td>
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<td>-</td>
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Marathons listed in chronological order.

Compiled by New York Road Runners Club.
### 1986 U.S. MASTERS TRACK & FIELD RANKINGS

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

<table>
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### 1985 U.S. Masters Track & Field Rankings
(Contributed by Haig Bohigian, T&F Rankings)

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### COMING NEXT MONTH:
RANKINGS FOR 1985 HIGH JUMP and 1984 400-METERS
MIC-AMERICA

TAC Mid-America Regional Masters & Track Seminars (1986) Nebraska - Lincoln, Jan. 18

**MID-AMERICA**

---

**WES**

All American Track & Field Seminars (1986) California State-Northridge 3 Meets

---

**NORTHWEST**

Pacific Northwest Belt/Oregon Developmental Meet Portland: January 24

---

**SOUTHEAST**

DeLand All Comers Meet Deland, Fla.: January 25

---

**LONG DISTANCE RESULTS**

Please send masters race results to: National Masters News, P.O. Box 2172, Van Nuys, CA 91401. Please include date, distance and city.

---

U.S. TAC National Masters Marathon
Pine Mountain, Ga.: January 10

---

**PUBLICIZED RACES**

**AGENCY** **TIME** **PACE** **NAME** **AGE**

---

**AGENCY** **TIME** **PACE** **NAME** **AGE**

---

**AGENCY** **TIME** **PACE** **NAME** **AGE**

---

**AGENCY** **TIME** **PACE** **NAME** **AGE**

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Continued on next page
**SOUTHWEST**

Houston-Tempo Marathon

7000 Westpark Drive, Houston, Texas 18:45

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<tr>
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<td>Carol Ann Duff</td>
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<td>Bonnie Fisher</td>
<td>San Antonio</td>
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