

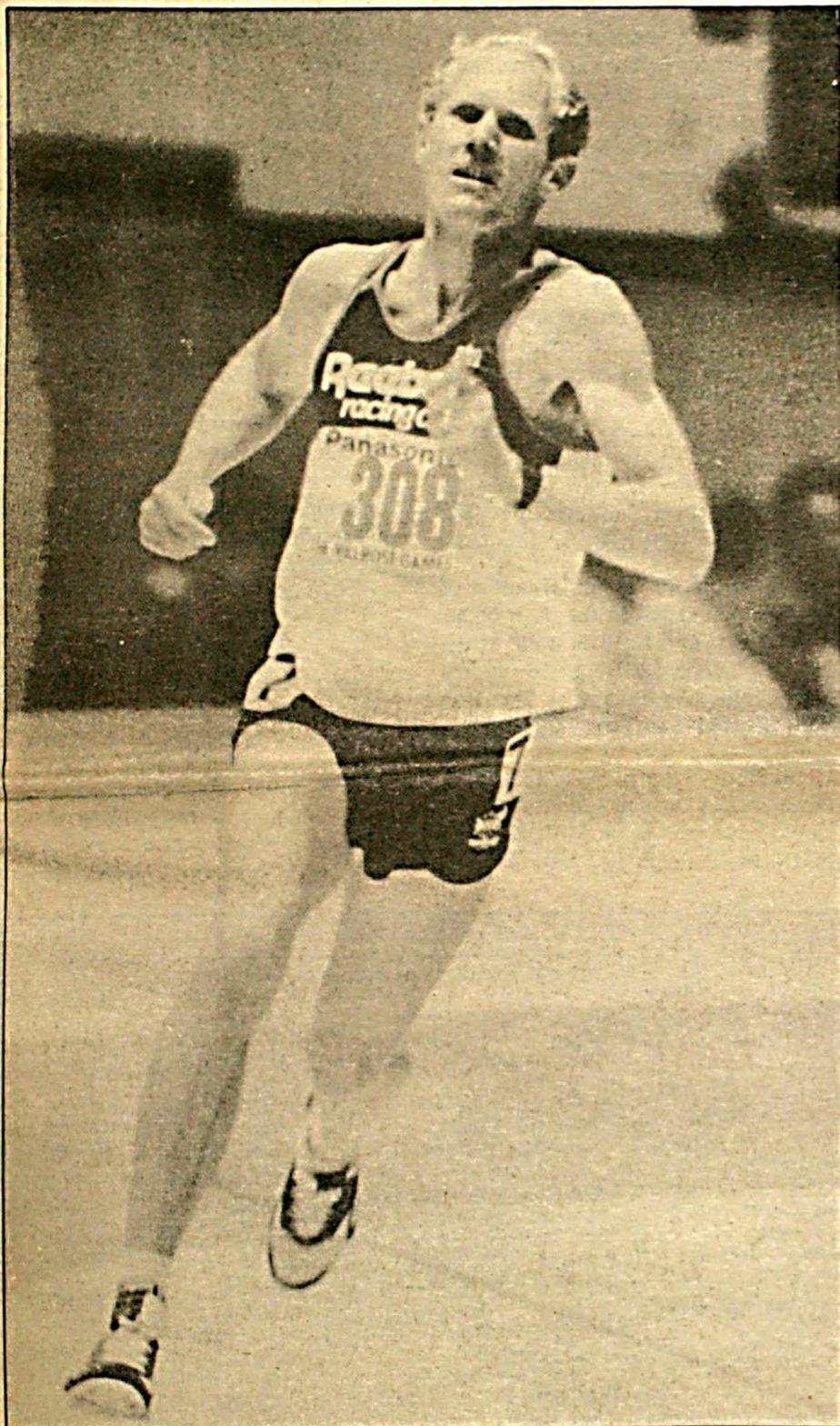
NATIONAL MASTERS NEWS

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

103rd Issue

March, 1987

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Tracy Smith, 41, drives toward finish of his record-setting mile at the Wanamaker Millrose Games in New York, January 30. Photo by Paul J. Sutton/duomo

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 13:07.2WIB. (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,

Tracy stomps on the daisies.

Organized and sponsored by *The Runner* magazine, the invitational mile brought together an interesting mix of contestants: established 40-plus roadies like Englishman Mick Hurd, 41, Barry Brown, 42, and Ethiopian-born Atlaw Belilgne, 42; new 40-year-olds Web Loudat and Sam Bair (the fastest miler in the field, with a 3:56.7 in 1969); Bob Schul, at 49 the oldest participant, an early sub-4 miler (3:58.9 in '64) and only American to ever win an Olympic Games 5000m; and 1968 Olympic team mates, Lou Scott, 41, and Tracy Smith. Most notable absentee was Bill Stewart, 43, who at age 40 ran a 4:11.0 mile indoors (on a 200m track) in mixed competition.

In the words of one reporter, the capacity crowd "went nuts" over the

Continued on page 12

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 an-

nounced to all at the pre-race banquet that it would not rain — period.

Race day was cold and overcast with a slight 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

Continued on page 29



Norm Green Jr., 54, leads the pack at the start of the U.S. TAC National Masters Marathon Championships, Pine Mountain, Ga., January 10. Green finished first overall in 2:34:39.

Photo by Theus W. Rogers, Jr.

Oropeza, Kozak Win in Paramount 10K

by TERI INGRAM

The Paramount 10K, with its "Special World Masters Division" had an amazing turn-out of some of the top

masters runners on January 31 in Paramount, Calif. True, it did offer prize money, a TAC-certified course and beautiful Southern California weather, but even those in charge of the race were surprised, and extremely pleased, when the likes of Kjell-Erik Stahl, John Loeschhorn, Ray Hatton, Andre Tocco, Paul Spangler, Gina Faust, Helen Dick, Bess James, and

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**Track & Field
Rankings
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AGE-GROUP AWARDS

In your last few editions there have been several anguished 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—made for Pam Calvert as the outstanding W40-44 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 performances 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 14.6 80m 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 Struppeck'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 Burl Gist 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
 Masters T&F Awards Coordinator*

I am a subscriber to your excellent newspaper for which I congratulate all 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 Velez
 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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TRACK & FIELD CHAMPIONSHIPS

APRIL 25-26, 1987
Palm Beach County
FLORIDA



FLORIDA'S PREMIER MASTERS TRACK AND FIELD EVENT

THE MEET
Sanctioned by The Athletics Congress/Florida Assoc. the meet will be held at the newly resurfaced John I. Leonard High School Stadium. Located in Lake Worth, the track is a 400 Meter all-weather surface, with all field events within the facility.

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

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

MEET PACKETS
Meet packets can be picked up at the meet Headquarters Hotel on Friday night April 24th in the hospitality suite, or at the meet on Saturday April 25th and 26th.

DON'T FORGET
The South Eastern Masters in Raleigh, North Carolina is May 1-3, 1987. One week after this meet. Why not make a vacation package out of these two first class Masters Track and Field Meets. Information will be available upon request.

SCHEDULE

Saturday April 25th:
8:00 AM - All Field events report to clerk (long jump, triple jump, pole vault, high jump, shot put, discus, hammer, javelin)
9:00 AM - 110 Hurdles - finals
10:00 AM - 100 Meters - Semi-finals
10:30 AM - 800 Meters - Finals
11:30 AM - 400 Hurdles - finals
12:30 PM - 5000 Racewalk (finals - all ages)
1:30 PM - 100 Meters - finals
2:30 PM - 1500 Meters - finals
3:30 PM - 400 Meters - finals
4:30 PM - 200 Meters - finals
8:00 PM - Luau and Party

Sunday April 26th:
8:00 AM - 5000 Meter Run (finals - all ages)

NOTE: On certain events some age groups may be combined for scheduling purposes. Some finals will be based on times. In all running events the order shall be oldest to youngest, men and then women. All TAC/USA rules will be followed. A final schedule of field events and running events will be posted at the meet headquarters Friday April 24th. No entries will be

taken for field events after 8:00 AM Sat., and for running events 10:00 AM Sat. excluding 5K run.

ENTRY FEES

In order to enter the meet Please use the attached entry form. The entry fee is \$8.00 for the first event (includes meet T-shirt) and \$3.00 per each additional event. Additional souvenir meet T-shirts can be ordered at the time of your entry at a cost of \$5.00. (\$7.00 at the meet site)

ENTRY DEADLINE
All entries must be postmarked by April 20th. All late entries will be charged \$2.00 per event late fee. (no exceptions) For further information, please call Palm Beach Track and Field Championships at 305-968-7171 evenings.

MAIL ALL ENTRIES TO
PALM BEACH TRACK AND FIELD CHAMPIONSHIPS
6301 DOCKSIDE CIRCLE
GREENACRES CITY, FLORIDA 33463
PLEASE MAIL ENTRIES AS EARLY AS POSSIBLE.
THANK YOU

IMPORTANT INFORMATION FOR PRESS RECOGNITION

IF YOU HAVE COMPETED IN ANY STATE, NATIONAL OR WORLD CHAMPIONSHIPS OR HOLD ANY RECORDS, OR HAVE ACHIEVED ANY MILESTONES: PLEASE ENCLOSE THAT INFORMATION FOR INCLUSION IN THE MEET PRESS KIT. THANK YOU.

FOR MORE MEET INFORMATION CALL OR WRITE
PALM BEACH TRACK AND FIELD CHAMPIONSHIPS
6301 DOCKSIDE CIRCLE
GREENACRES CITY, FLORIDA 33463
(305) 968-7171 EVENINGS

WAIVER OF LIABILITY

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

Signature _____

date _____



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TO MAKE YOUR TRAVEL ARRANGEMENTS REFER TO EASY ACCESS NUMBER:

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SOCIAL ACTIVITIES:

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ON SATURDAY NIGHT, AT THE MEET HEADQUARTERS HOTEL THERE WILL BE A LUAU AND PARTY FOR ALL PARTICIPANTS, FRIENDS AND RELATIVES VISITING WITH THEM. TICKETS MAY BE PURCHASED THROUGH THIS ENTRY FORM OR WHEN YOU ARRIVE AT THE MEET. (price \$15.00 Each) THIS WILL BE A GREAT OPPORTUNITY TO GET TOGETHER WITH FELLOW COMPETITORS AND FRIENDS AND ENJOY LIFE.

PHOTOGRAPHS:
PHOTOGRAPHS WILL BE TAKEN DURING THE MEET AND WILL BE AVAILABLE FOR SALE AT THE LUAU AND PARTY FOR \$5.00 EACH. THEY WILL BE 3x5 COLOR SHOTS WITH CUSTOM FRAME.

Don't miss it!

HOTEL ACCOMODATIONS

MEET HEADQUARTERS: AIRPORT HOLIDAY INN 1301 BELVEDERE ROAD/WEST PALM BEACH, FLORIDA IS THE OFFICIAL MEET HEADQUARTERS. THE HOTEL IS A FIRST CLASS QUALITY HOTEL AND IS OFFERING RATES OF \$50.00 PER NIGHT FOR UP TO FOUR (4) OCCUPANTS. TO RESERVE A ROOM CALL (305) 659-3880 AND TELL THEM YOU ARE WITH THE PALM BEACH TRACK AND FIELD CHAMPIONSHIPS. THERE IS 24HR PICK UP AND DELIVERY FROM THE AIRPORT. ONCE YOU ARRIVE IN WEST PALM BEACH YOU CAN CONTACT THE HOTEL FROM THE SPECIAL PHONES IN THE MAIN AIRPORT TERMINAL.

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NAME: last middle first

ADDRESS:

CITY: STATE: ZIP:

TELEPHONE: HOME OFFICE:

BIRTHDATE: AGE AS OF MEET:

SEX: MALE FEMALE TAC #

EVENT ENTRIES

PLEASE ENTER ME IN THE FOLLOWING EVENTS:

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

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

1st EVENT IS \$8.00 = \$8.00

ADDITIONAL # EVENTS \$3.00 @ # EVENTS: X3 = \$

LUAU AND PARTY TICKETS # TICKETS @ \$15.00 # TICKETS X15 = \$

EXTRA SOUVENIR T-SHIRTS \$5.00 # SHIRTS X5 = \$

TOTAL FEES ENCLOSED = \$



The Palm Beach Post

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 17-1/2.

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+, 880 (3:19.7) and mile (6:59.1), 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 Meisner, Easton, Ill., M35, high jump (6-0); John Bienfang, Rochelle, Ill., M55, two-mile (12:19.2); 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

Scobie, Palm First Masters in Houston

by JERRY WOJCIK

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 (3:18:58).

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 host city lashed by 30 m.p.h. winds, which produced a chill factor that lowered the temperature to 20° during the race. □



Kathy Loper of San Diego, first W40-49, with a 39:32, in the Runners Den 10K, Phoenix, February 1. Photo by Richard Lee Slotkin

Mid-America Regionals Held in Lincoln

The 1987 TAC Mid-America Indoor Regional Masters Track & Field Championships 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 Bassett 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. □

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Masters Athletics is booming!

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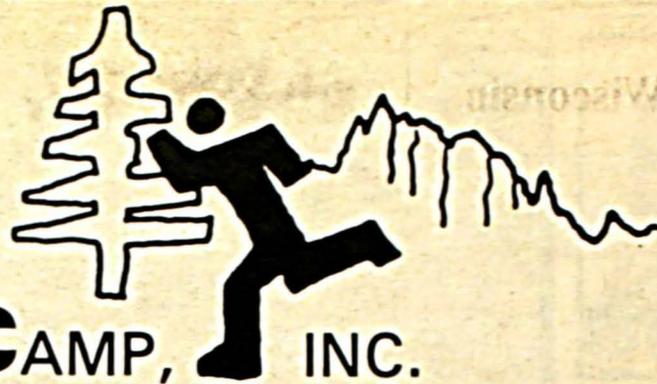
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818-577-7233

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. □



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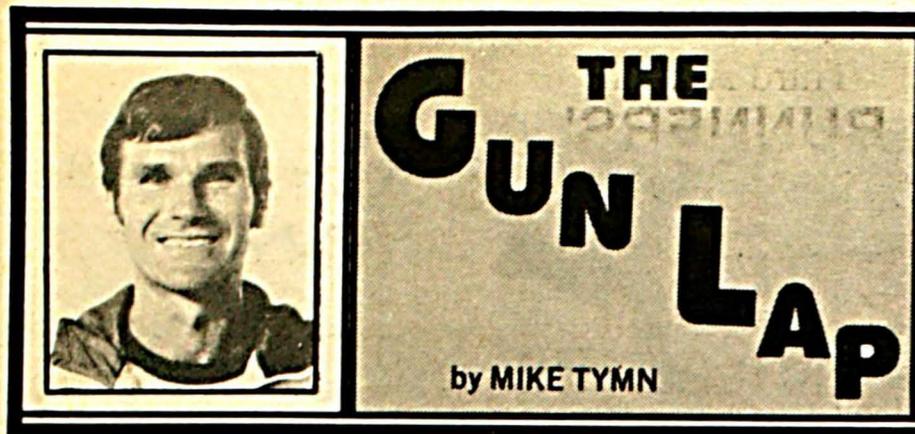
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Start Slow and Taper Off

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-on 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.

"Let me put the case as 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 healthy all the time, this is definitely not so. For many, the ultimate objective is competition fitness.

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 accustom 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 prancing around with a runner's "high" and feeling wonderful most of the time. This, he offers, causes a decrease in the sensations designed to trigger alarms.

MYTH #3. Physicians Are Automatically Qualified By Virtue Of

The M.D. After Their Names To Give Advice On Physical Fitness And Sports Fitness.

The majority of physicians don't know much more about physical fitness or coaching of athletes than your average auto mechanic. They take courses in how to apply Band-aids, not in how to run 4-minute miles. Until recently, most medical schools offered little, if anything, in the areas of physical education and exercise physiology. While some medical schools apparently now offer a course or two in these areas, they're still not certifying experts in physical education, exercise physiology, or coaching.

MYTH #4. Jogging Is An Easy Form Of Running.

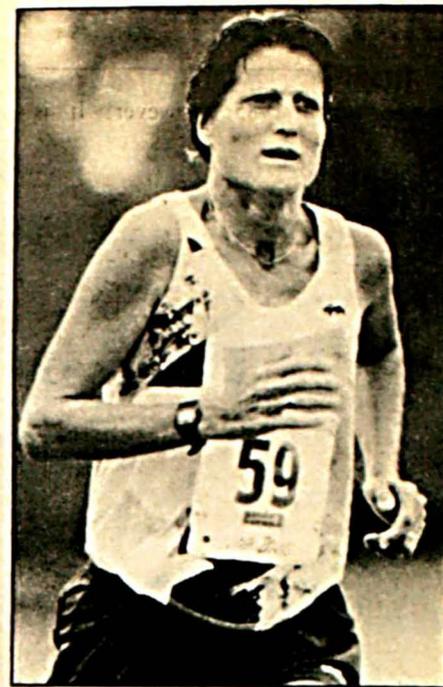
If "jogging" is defined as slow running, something slower than 7-minute per-mile pace, I think most competitive runners will agree with me that it is a harder form of running, at least orthopedically. Look it up in the dictionary: Jogging means "to jolt, to jar." That's what happens when you plod along.

My easiest running, as far as the muscles and joints are concerned, is done at something around 5-minute mile pace. It's only then that my four limbs are in perfect harmony and that I begin to glide over the pavement rather than pound on it. This leads to the final myth.

MYTH #5. Fast Running Produces Pain.

I'll admit that when I go out too fast in a race and start "hanging on" toward the end, there is a very uncomfortable feeling. Although not quite to the same degree, I also experience this discomfort in hard, fast workouts. The discomfort is not in the muscles and joints, where Cailliet focuses; it's in the diaphragm.

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



Nina Bovio, 40, Brighton, Mich., female masters winner, Ultimate Runner IV, Jackson, Mich.

Photo by Marcia Butterfield

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 intolerance. 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 ourselves to own, sources of strength never taxed at all because we never push through the obstruction."

Those who listen to Cailliet and others like him will never cross the threshold into that state of ease and power. □

Carter Breaks M70 Mile Record in Providence

by KEN CASTRO

Scotty Carter and Nathan Taylor were the bright lights of the 3rd Brown University Indoor Invitational in Providence, R.I., on January 11. Carter, using the newly-installed Cal-Products track surface to his advantage in the mile, came home in an M70-74 world indoor best of 5:35.7. The new surface, well-suited to the distance events, accounted for six meet records in the mile.

Taylor, M30, of Milton, Mass., took home a bounty of four gold medals, in the 55mH (8.2), shot (30-11¼), long jump (21-4½), and triple jump (43-2¼). Boo Morcom, 66, continued

his dominance of the M65 age group, setting three meet records in the process — pole vault (9-6), high jump (4-6), and long jump (15-1¼). "Sparks" Sorlien celebrated his entrance to the M70 division by nabbing the 55m (8.4), 300m (52.6), and triple jump (29¾).

Susan Redfield of Liberty AC was easily the top woman athlete winning the 55mH (10.8) and 55m (8.8) in the W50 division.

The Rhode Island Track and Field Foundation sponsored the event, which was directed by Neil Steinberg, who was a double victor in the M30 group, copping the 55m (6.8) and 300m (37.7). □

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
Willingboro, 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 lack, 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

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

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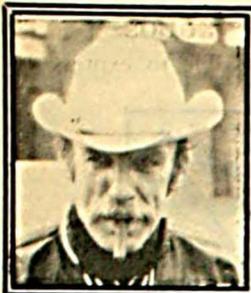
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WAIVER: I hereby waive & release all rights & claims for damages I may have against the organizers or sponsors of the RUNNERS' PENTATHLON, to be held May 3, 1987 of any & all injuries suffered by me in this event. I hereby authorize the organizers and support personnel to obtain a doctor/or nurse to administer any necessary medical aid I may require during this event.

Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and IAAF Rule 144. Athletes found positive for banned substances will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 800-233-0393.

signed: _____

Entry must be signed by athlete or guardian if under 18.



On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

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, Groucho? 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 did 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-fritz" pile. Actually, I glance 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 leagues. 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 had an excellent teacher and a very upbeat and artistic 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 missive. What a way to gain weight! □



TV's Bill Cosby accepts an honorary Stridership in the Southern California Striders, presented recently by Toby Medina in Las Vegas. Cosby, a masters T&F fan and sometime participant, has helped inform the public of the masters movement by competing in masters meets in several episodes of the "Bill Cosby Show". Photo from Fred Niedermeyer

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, Fla., 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 Lake Park, Fla.; 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 games 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." □

DEADLINE

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

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 that 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 even with Wendell's column, it's damned good. More than that, it's truly needed. Indeed, without its information and entertainment, the whole program would be substantially diminished.

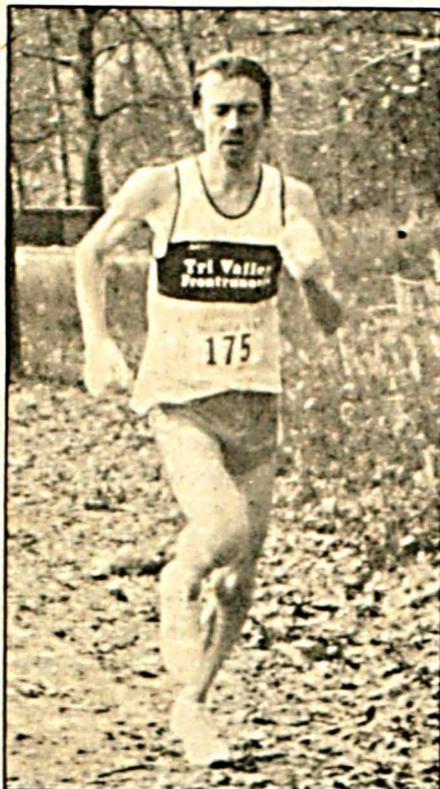
The paper (like most minor publications) is always short of operating capital. I would therefore respectfully submit we eliminate the problem, as follows:

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 fell 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



Lawrence Olson, winner of the National Masters 15K Cross-Country Championships, New York City, November 23 in 49:42, with a 40-second lead at the 1 1/2-mile mark.

Photo by Walt Westerholm

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 Ap-

plication-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.*

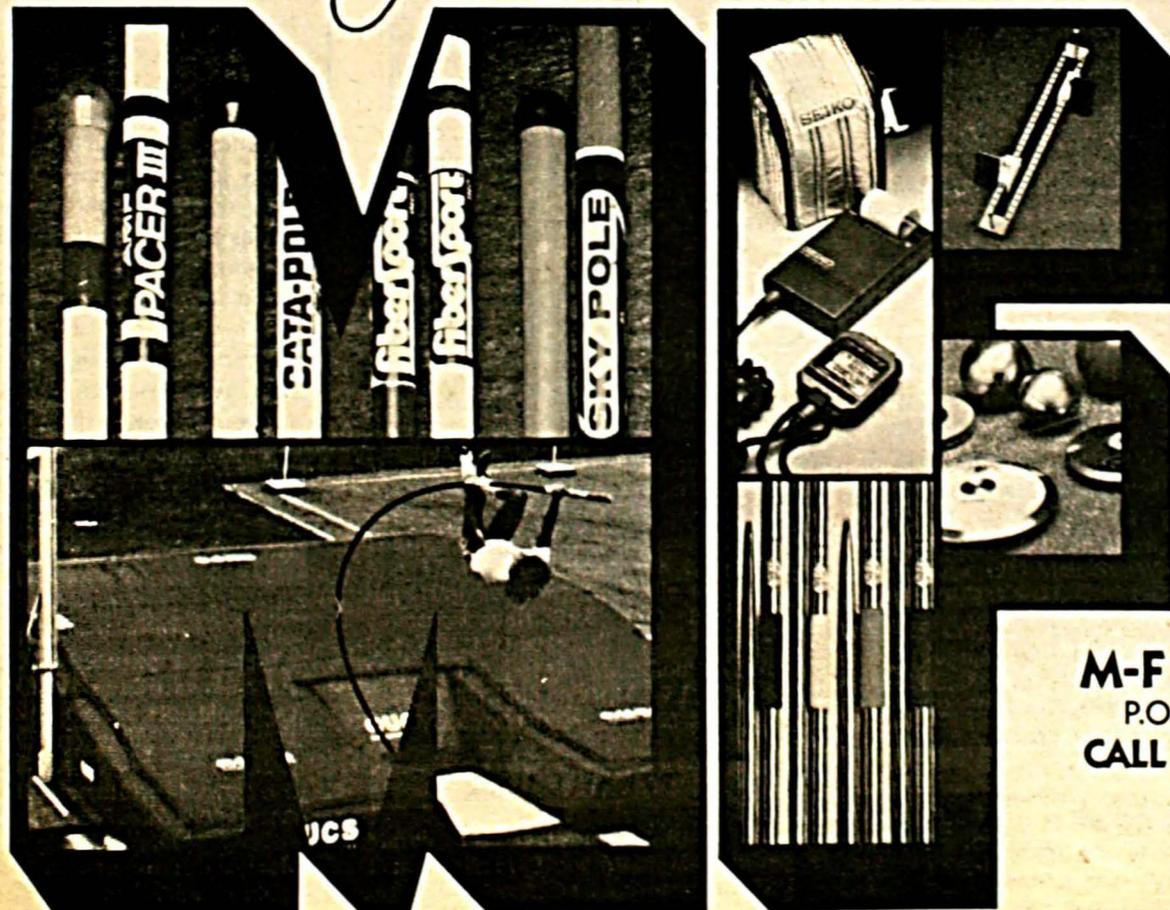
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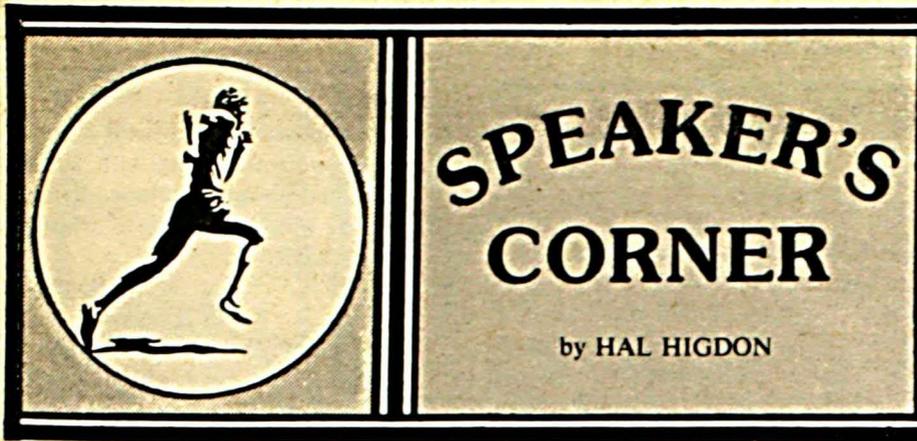
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The Strange Case of John Bell

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 Niemczek 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, heralded because of his running exploits at the New York and Boston Marathons.

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 gives? Could Lebow be mistaken, branding Bell an impostor?

Bell told Al Sheahen, 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 impostor. "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 Grete 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.



Atlaw Beligne on his way to 2nd place (52:04) in the National Masters 15K Cross-Country Championships, New York City, November 23. Photo by Walt Westerholm

Glover 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."

Sheahen 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 semi-finalist 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. □

Masters Health and Fitness

By GABE MIRKIN, M.D.

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. □



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.

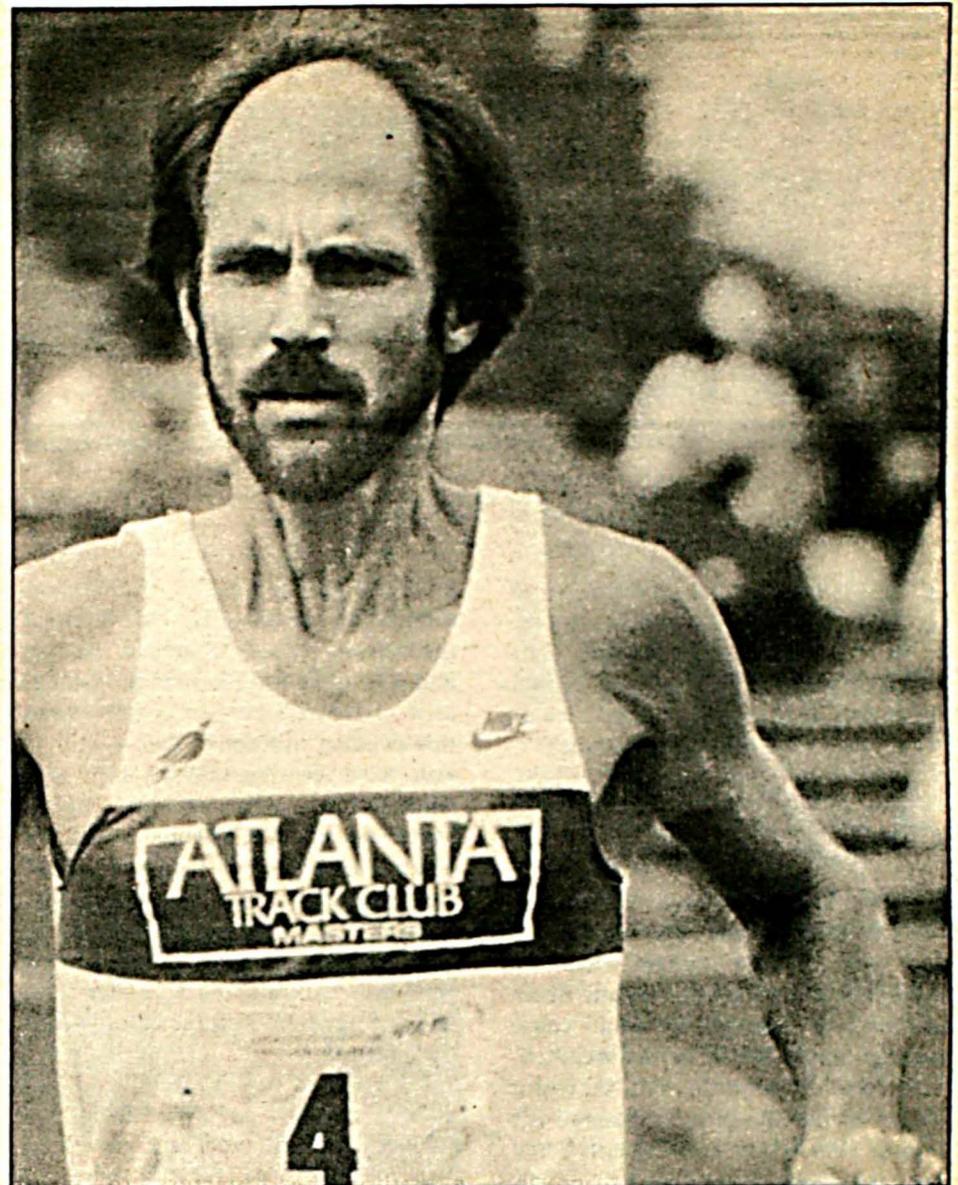
Special thanks, this month, goes to Charles McMahon, who graciously donated \$200 to specifically aid the Masters All-American Certificate program.

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

John Alexander
William Burkle
Courtland Gray
Orlo Keniston
Frederick Praeger
Jim Spitzer
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, Marieta, 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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To have Dr. Mirkin and/or Dr. Shangold speak to your organization, call: (301) 493-4074.



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

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 deformity 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 warm

ups is to simply walk for 1/2 mile, then gradually work up your speed. Near the end of the workout, gradually diminish your speed and walk another 1/2 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. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)

Ottawa Hosts Masters 1500

On January 31, the night following Tracy Smith's record-breaking mile in New York, the Ottawa Winternational Indoor Games staged a Masters 1500m for over-40 men.

Run on a tight 13-lap/mile track, the race was won by Toronto's Jim Wilson (40 plus) in 4:18.46, less than a second ahead of over-50 Ben Johns of Ottawa, who clocked an excellent 4:19.21. Third-place went to another over-40 local, John Park, in 4:29.35.

Two American masters duelled for the next two places, with John Babington, 41, of Cambridge, Mass., edging out Tom Jennings, 45, of Hanover, N.H., 4:37.36 to 4:38.12. □

Smith Wins Masters Mile at Millrose Games Continued from page 1

race. Surprisingly, road-specialist Belilgne led the first 1 1/2 laps; then Brown (3:58.8 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 off 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. He was about 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-quarters under 3:19 — and "then just 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 WIB 3-mile, which he finished with a 62.0 quarter). Loudat overtook Brown for second, 4:24.66 to 4:26.08. Larry Olson, 40, closed strongly for fourth (4:27.07), followed by Bair (4:29.11), Hurd (4:31.58), Scott (4:35.44), Belilgne (4:35.78), Noel Carroll, 45, (4:37.11) and Schul (4:59.13).

Following his triumph, Smith was kept captive on the infield by media people 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 Schertz, 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 Commendation from 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: "I 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 tartan."

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

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
LOLITIA BACHE (SAN DIEGO, CA)	3-19-42	45-49
ELVYN BLAIR (BERKELEY, CA)	3-18-37	50-54
BARBARA CARLSON (ORINDA, CA)	3-18-32	55-59
CINDY DALRYMPLE (HONOLULU, HI)	3-5-42	45-49
LATANYA GLASS (CA)	3-5-47	40-44
FAYE HELDOORN (SAN DIEGO, CA)	3-22-37	50-54
JEAN IRWIN (EUGENE, OR)	3-20-32	55-59
HAZEL KLINE (US)	3-13-22	65-69
ARLENE NOVIELLO (EUGENE, OR)	3-16-27	60-64
JEANNETTE POWELL (SACRAMENTO, CA)	3-5-32	55-59
TRUDY RAPP (ALEXANDRIA, VA)	3-4-37	50-54
JOANITA REED (SAN ANTONIO, TX)	3-23-27	60-64
HELGA BRAATZ (WG)	3-25-32	55-59
WALTRAUD KRETSCHMER (WG)	3-5-12	75-79
KARIN MATTES (WG)	3-16-47	40-44
K. ROPER (WG)	3-23-42	45-49
ANNELI VIRKKALA (FIN)	3-13-47	40-44
ERNEST BILLUPS (CHICAGO)	3-29-37	50-54
BOB BOAL (WAKE FOREST, NC)	3-24-12	75-79
ALBERT BROSZ (CANADA)	3-31-07	80 +
TED CAIN (NOVATO, CA)	3-24-42	45-49
EMERY CURTICE (CALISTOGA, CALIF)	3-21-07	80 +
DOUGLAS DITTMAR (SOLVANG, CA)	3-8-32	55-59
JIM DIXON (GB)	3-15-32	55-59
A. REDMOND DOMS (CULVER CITY, CAL)	3-9-07	80 +
RON DRUMMOND (CAPISTRANO BEACH, CA)	3-30-07	80 +
TED HAYDON (CHICAGO, ILL)	3-29-12	75-79
RALPH HIGGINS (PALOS VERDES, CA)	3-22-02	80 +
PAYTON JORDAN (LOS ALTOS, CALIF)	3-19-17	70-74
ADOLF KOCH (WG)	3-27-17	70-74
RUDOLF MIKELSONS (CAN)	3-6-22	65-69
HUBERT MORGAN (PA)	3-20-22	65-69
HAROLD NOLAN (NAVESINK, NJ)	3-31-47	40-44
ED PHILLIPS (LOS ALTOS, CA)	3-1-32	55-59
ED PRESTON (SAN FRANCISCO)	3-6-17	70-74
RAY SEARS (SHELBYVILLE, IND)	3-11-07	80 +
DAVE SEGAL (HERMOSA BEACH, CA)	3-20-37	50-54
GEORGE SIMPSON (AUSTRALIA)	3-25-07	80 +
MANFRED STOLLE (EG)	3-5-37	50-54
URS VON WARTBURG (SWI)	3-1-37	50-54
HANS WARWAS (CAN)	3-9-17	70-74
JIM WEED (AURORA, COLO)	3-27-37	50-54
RICHARD WIDENER (IRVING, TEX)	3-2-27	60-64

PROFILE

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 throughout."

It 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, concert and 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 the 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-county 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 260-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



John Keston
Photo Courtesy of Bemidji State University

against the wall by his 260 pounds, I gave it up and began looking for something else."

Keston was running 10-K's in around 41 minutes when he decided to give the marathon a try at Twin Cities 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.

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-swim-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



John Keston
Photo Courtesy of Bemidji State University

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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 others 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 appear to have no unified team, with each competitor seemingly going his or her own way. We really have no way to put together an "of-

ficial" 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 time after time. 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. □

Track & Field Rankings Compiled

This month's issue contains rankings for men and women from age-group 30-34 and up for the 1985 5000, compiled by Max Quackenbos; and the 1986 50m, compiled by William Nottingham. (See pages 31-32)

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

Nottingham concedes that the correlations may not be perfect, but were accurate enough to use with reliability. These ratios are 50y to 50m = 1.07; 60y to 50m = 0.94; 55m to 50m = 0.94; and 60m to 50m = 0.87.

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



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WOMEN'S SINGLET	RED/WHITE		\$16.00	ALL PURPOSE PANT (MEN'S AND WOMEN'S)			\$28.00
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MEN'S SINGLET	RED/WHITE		\$16.00				
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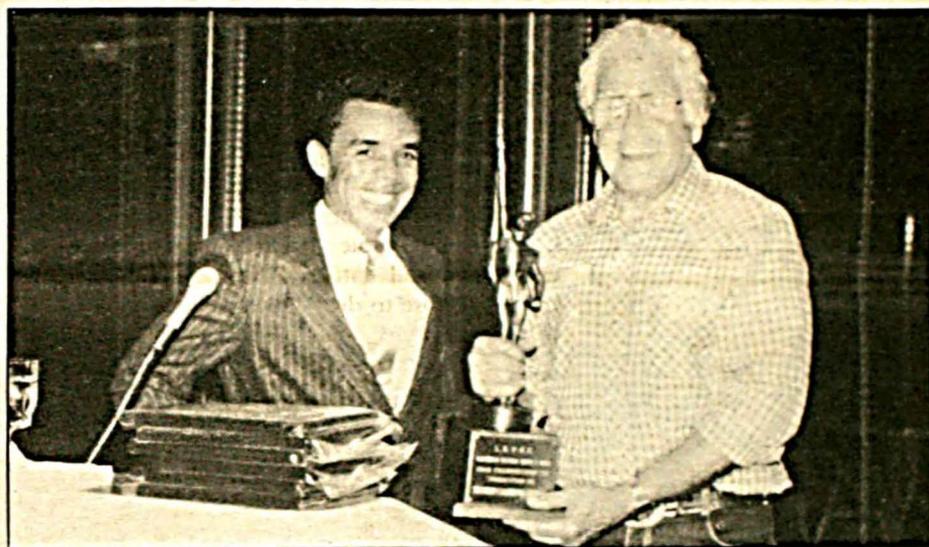
IN ADDITION TO THE ABOVE INFORMATION, PLEASE INDICATE BELOW THE FOLLOWING SIZES IN ORDER TO INSURE THAT THE CORRECT FIT IS MADE. I PERSONALLY WANT YOU TO LOOK GREAT AND BE COMPLETELY SATISFIED WITH YOUR TEAM SPIRIT UNIFORM.

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Marvin Thompson (l) of the L.A. Patriots Organizing Committee presents Mike Castaneda, president of the Southern California Striders, with the first-place team trophy from the 1st Annual California Masters Team T&F Championships held August 30. The presentation took place at the 1986 Striders' Annual Awards Banquet. Photo from Fred Niedermeyer

Oropeza, Kozak Win Paramount 10K Continued from page 1

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 win-

ner, 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, W50, 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). □

PROFILE

Ames is Stepping Out

By TERI INGRAM

Watch out, Paul Spangler! Women's lib 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-division! 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 it 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 my whole 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!"

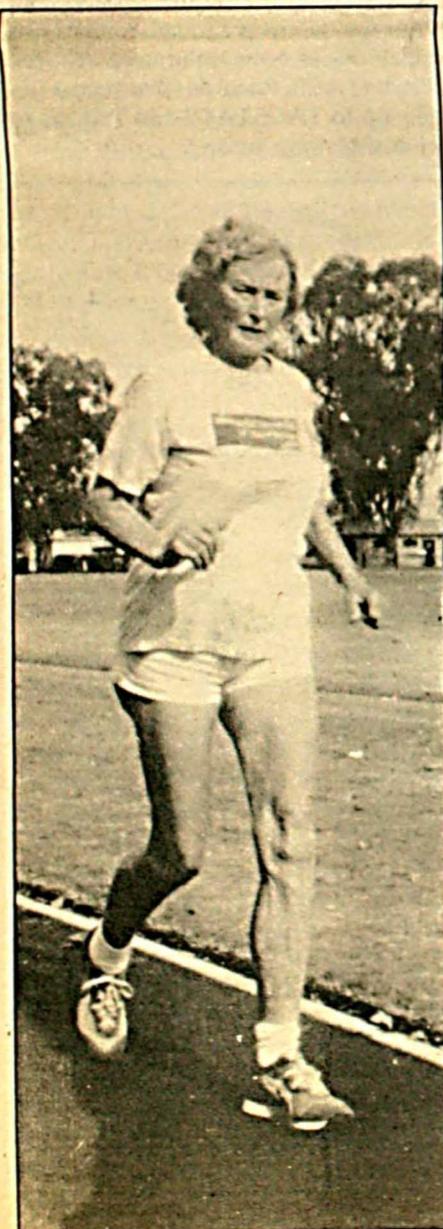
But enough of Mary's misadventures; what about her adventures? Why did Mary suddenly get serious about running? "It was after I met Jim Kelly, on Pike's Peak." Kelly, too, is a climber and runner. He became very interested in Mary and in helping her improve her running. It seems that he is as eager for 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-83 records? "Well, I want to break them all when I'm 84." What else? □



Larry Swanson, M35, triple winner in the Illinois Masters Indoor Grand Prix, Sterling, Ill., January 18, leads Darrel Johnson, M30, in the mile.



Mary Ames during an interval work-out.

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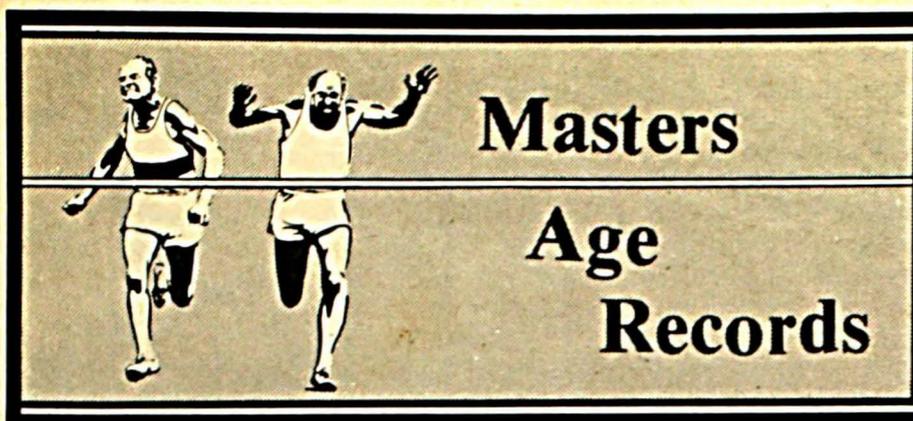
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TRACK AND FIELD NEWS

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State Record-Keepers

On January 1, 1987, the official responsibility for U.S. road records and rankings was switched from the independent National Running Data Center (NRDC) in Phoenix, to TACSTATS/USA, an arm of The Athletics Congress, in Miami.

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 NMN: "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, 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 33518; 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.

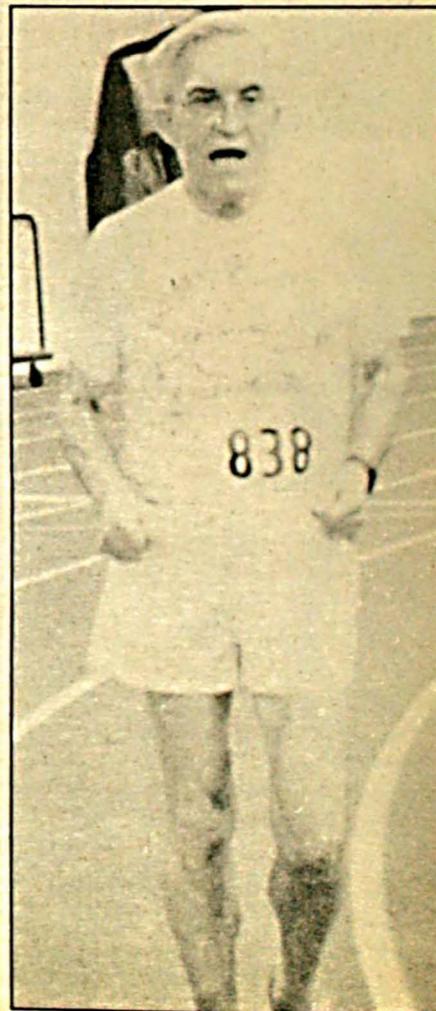
"We sent Jim Brown (New York) six boxes of nearly 200 pounds of race materials, not including New York City materials. Don Ocana of California received nine boxes of goodies and has already gone through them, written all the newsletter editors in the state, and is ready to go. Jack Moran produced a beautiful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

STATE RECORD KEEPERS

1/26/87

Frederick Wilson 2420 Glenwood Anchorage AK 99508	Buck Jones 7716 Oakridge Drive Huntsville AL 35802 205/876-9958(day) 205/882-2487(eve)	Ken Young PO Box 42888 Tucson AZ 85733	Don Ocana 5432 Snowwood Cir #A Anaheim CA 92807 714/996-1971(day) 714/779-5966(eve) 8-3;3-9
Dennis Kavanaugh 656 Altair Drive Littleton CO 80124 303/370-5382(day) 303/290-2634(eve) until 9pm Mtn. time	Peter Leeds PO Box 812 Willimantic CT 06226 203/872-0561(day) 203/456-3175(eve) after 7pm	Doug White 3503 Golfview Dr Newark DE 19702	Joe Burgasser 3311 38th St., South #B St. Petersburg FL 33711 813/864-4059(day) 813/864-4058(eve)
Wayne & Sally Nicoll 3535 Gleneagles Dr. Augusta GA 30907 404/860-0712(day) 404/864-0712(eve)	Rimani Bartolini 810 University Ave., #202 Honolulu HI 96826 808/946-1775(day) 808/946-1775(eve) answer machine	Mike Walleser 3406 Spring St. #1 Davenport IA 52807 319/359-4858(eve) after 6pm	Ray Vandersteen 111 W. Butterfield Rd. Elmhurst IL 60126
Mike Davis P.O. Box 186 Indianapolis IN 46206 317/633-9418(day) 317/283-4360(eve)	Robert Creighton P.O. Box 46 Atwood KS 67730	John McGrath 237 Main St. Waltham MA 02154	John Sissala 120 Evans St. Rockville MD 20850 301/564-2392(day) 301/248-5619(eve)
George Banker 1421 Potomac Heights Dr. Fort Washington MD 20744	Greg Nelson 138 Maine Ave. Gardiner ME 04345 207/289-3223(day) 207/582-5607(eve)	Karen Hubbard 921 Bath Rd. Ann Arbor MI 48103 313/764-5169(day) 313/662-9851(eve) call 8-1 pm	Jack Moran 5429 Wooddale Ave. Minneapolis MN 55424 612-929-8646(day) 612/920-0558(eve)
Ken Hipple 127 Plum Tree Rd. Brandon MS 39042 601/992-9965(eve) answer machine	Jim Moore P.O. Box 1198 Kalspell MT 59903	A.C. Linnerud 1309 DeBoy St. Raleigh NC 27606 919/737-2585(day) 919/851-5752(eve) 9-midnight	Carl Johnson 729 Berkeley Charlotte NC 28203
Jim Lewis 2900 John Ave. Lincoln NE 68502 402/472-3731(day) 402/489-4130(eve)	Bob Teschek 95 Summer St. Newport NH 03773 603/863-2537(day) 603/863-2537(eve)	Fred Torres 180 East Ninth St Clifton NJ 07011	Richard Harris 1719 Rita Dr. NE Albuquerque NM 87106 505/277-3544(day) 505/255-7630(eve)
Jim Brown PO Box 52 Grand Island NY 14722 716/773-6274(eve) 7-10pm	Don Gammie 65 Glencroft Pl Centerville OH 45459 513/226-8738(day) 513/433-4063(eve)	Joe McDaniel 1416 S. Marion Tulsa OK 74112 918/834-3259(day) 918/627-7766(eve)	Mike Cook 11335 SW 121st Tigard OR 97223 503/644-9000(day) 503/684-9282(eve)
Alisan Peters 3403 NE 19th Portland OR 97212 503/226-0717(day) 503/282-9689(eve)	S. Mark Courtney 1295 Butler Pike Mercer PA 16137 412/458-4435(day) before 9am/after 10pm	Merry Nelson 80 Lincoln St. North Kingston RI 02852 401/885-1382(eve) after 4pm/weekends	Bill Marble 3900 E. North St. #G-93 Greenville SC 29615 803/242-2710(day) 803/244-0224(eve)
Greg Mix P.O. Box 997 Mission SD 57555	Neil MacDonald 2120 Crestmoor Rd., #200 Nashville TN 37215	Kevin Lucas 9802 Forum Park #3333 Houston TX 77036	Joanne Schmidt 9514 Bristle Brook Dr. Houston TX 77083
Finn Hansen 7018 Ponderosa Dr. Salt Lake City UT 84121 801/943-4680(eve)	C. E. George 801 Yearling Ct. Virginia Beach VA 23464 804/467-1509(day) 804/467-1509(eve)	Bob Murphy RR 3 Box 6866 Barre VT 05641 802/828-2664(day) 802/476-4328(eve)	Joe Hilbe 20205 84th Ave. West Edmonds WA 98020
Bill Grass 339 E. Carlisle Ave. Whitefish Bay WI 53217	Carl Hatfield 712 S Chestnut St. Clarksburg WV 26301 304/624-9239(eve)		



Martin Bartels on his way to a 22:14.13 in the M75 2-mile walk, Illinois Masters Indoor Grand Prix, Sterling, Ill. January 18.



The International Scene

by DON FARQUHARSON, President, WAVA

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 fabled 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.

Ensnconed 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 Melbournians 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 '30's—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 disappointed 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 pentathlons 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

Continued on page 20



WAVA Executive Committee meeting in Melbourne. From left: Hans Axmann, Peg Smith, Ray Callaghan, Bridget Cushen, Don Farquharson,

Owen Flaherty, Alastair Lynn, Bob Fine, and Jacques Serruys.



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. □

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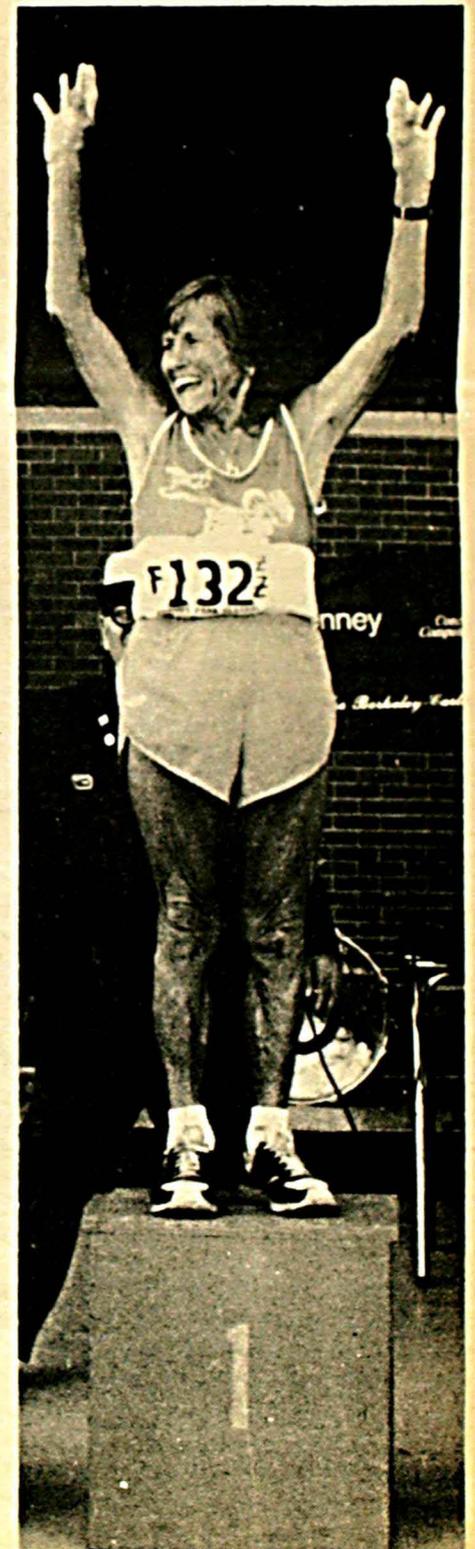
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Australia The Wonder Down Under.



Asbury Park 10K Classic W80+ winner, Ruth Rothfarb, on the victory stand.

Photo by Valentine

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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!

One of the world's prestige track and field events

And it promises to be a record-breaker! At the bi-annual event's 1985 meeting in Rome, 4,330 athletes from 47 nations took part—and more than 38 age-group world records were established!

The Games are a sports spectacular, the equivalent of a track and field Olympiad for older athletes. Even now, the world's finest age-group athletes, men 40 years and older and women 35 years and up, are honing their skills, preparing to put themselves to the test against competitors in their own age divisions.

A friendly competition in one of the world's friendliest cities

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



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THE VII WORLD VETERANS' GAMES

International Scene Continued from page 17

park, residential, dockside, and seafront 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 en-

trants 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 enclosures 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 Melbournians speak of "Four Seasons in one day" on occasion.

Good motels 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—high-

Continued on page 22



Craig Dean, second M35 in the mile (4:51.76), Illinois Masters Indoor Grand Prix, Sterling, Ill., January 18.

Report of WAVA Executive Meeting

by DON FARQUHARSON, President

In addition to the Executive Committee's inspections of the VII WAVA Championships 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 well-looked 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 IGAL, 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 Milkha 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 veterans 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 choice 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. □

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The International Scene Continued from page 20

fashion European and American—are costly. 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 northside 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 without concern for their human audience a few feet away, some 2000 small penguins (in groups of about 30), waddle in from the sea and walk as much as a half-mile to their burrows to feed their waiting youngsters. A worthwhile trip for a unique and charming experience.

Bus tours of the city are reasonable and include a first-class hotel dinner. Other tours go to the old gold town of Ballarat or eastward to the Dandenong Mountains animal sanctuaries, where one can view unique Australian animals in natural surroundings.

On Sunday, December 7th, the Organizing Committee had arranged a one-day track & field meet as a promotion for the 1987 WAVA Championships. In addition to publicizing the championships and its sponsors, this

event also served as a test of systems and officials.

The day started with a barbeque 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, and although the track drained well, the officials, many from out of town, had no other clothes. Ray Callaghan, with regret, decided to abandon all events except the 10,000m, to commence that evening. One lesson had been learned this December: the officials will have rain gear and changes no matter how good the weather might appear.

More than 5,000 expected

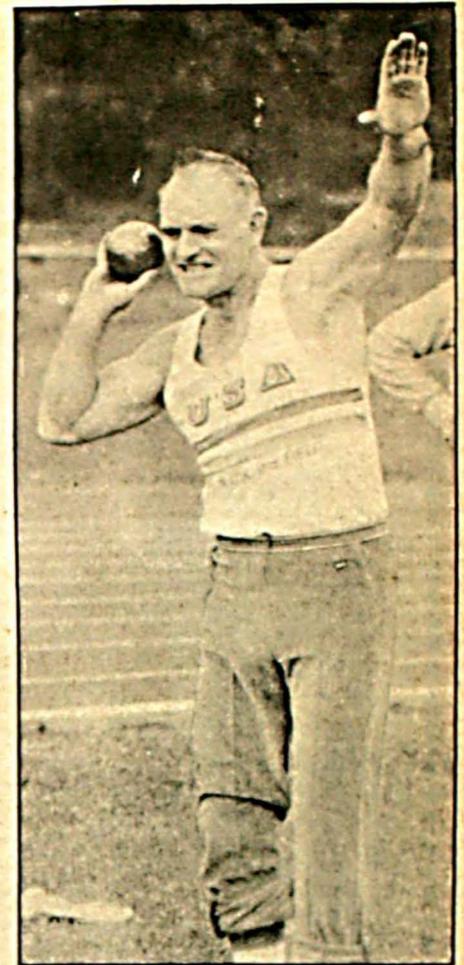
At a reception, we were pleased to meet with the Presidents of the Australian Veteran State Organizations, headed by National President, Harry Stanley from Sydney. Everyone of them was highly excited about prospects for the championship. Indications are that 1700 to 1800 Australians

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 WAVA 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



Bob Richards, M50, former Olympian, gets ready to put the shot as former Penn State coach Bob Detweiler, M70, checks out his form, War Eagle Throwers Classic, November, 1986, Auburn, Ala.

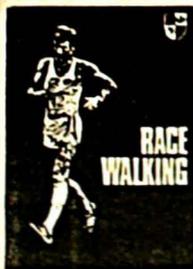
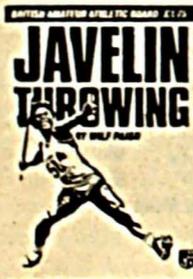
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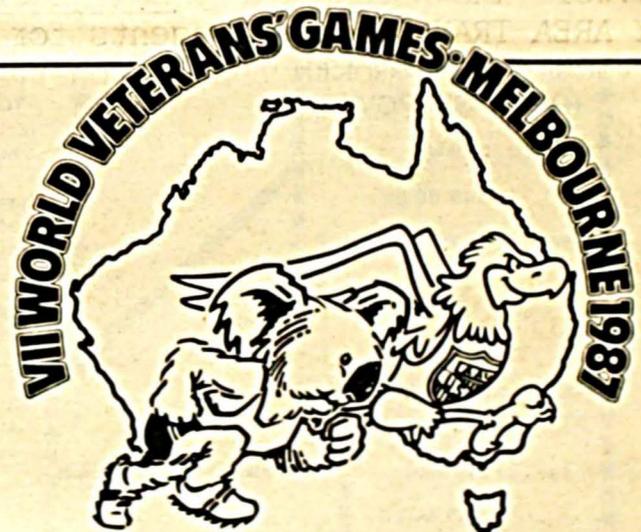


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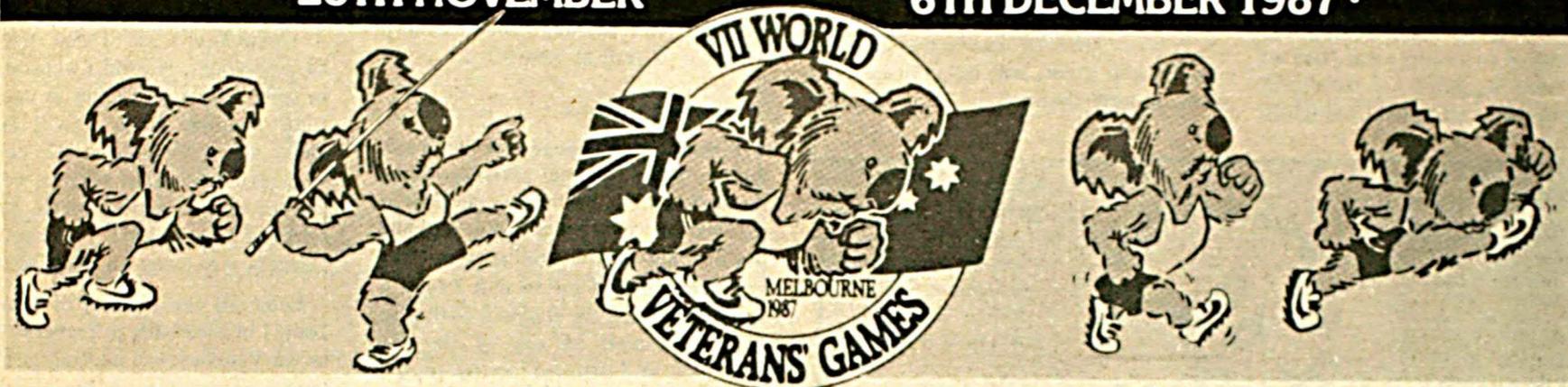


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Applications for All-American Certificates are beginning to come in. As reported last month, the following procedures have been set for applying through the National Masters News to receive an All-American certificate:

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 Champion-

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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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 out "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 subur-

ban 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 via Vancouver. One final gift that a long journey offers is the pleasure of coming home again. □



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event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100m	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.0	17.0	18.0
200m	22.4	23.3	24.2	25.1	26.0	27.3	28.5	29.8	32.4	35.0	38.9	42.8
400m	51.0	52.5	54.0	55.5	57.5	59.0	62.5	67.0	72.0	76.0	82.5	87.6
800m	2:01	2:04	2:06	2:12	2:19	2:29	2:37	2:45	2:54	3:03	3:13	3:24
1500m	4:11	4:12	4:15	4:31	4:40	5:00	5:24	5:49	6:12	6:39	7:03	7:30
5000m	15:30	15:40	16:12	16:42	17:24	18:12	19:36	21:06	22:36	24:16	25:50	27:30
10000m	33:00	34:00	35:00	36:00	37:00	38:30	40:30	44:30	48:30	54:30	60:30	66:30
50 3k	10:00	10:20	11:10	11:50	12:30	13:20	13:50	14:40	17:30	20:00		
50 2k							9:30	10:30	12:45	14:00		
110mH	15.0	16.4	17.75	18.75	19.14	20.25	20.57	21.65	22.60	26.0	29.8	33.7
100mH							18.0	20.0				
80mH									18.0	21.0		
300mH							57.0	62.0	66.0	71.0	75.0	81.0
400mH	57.6	59.6	62.0	64.4	66.2	72.0	76.0	82.0	88.0	94.0	100.0	106.0
100m	1.94	1.85	1.76	1.66	1.59	1.50	1.41	1.32	1.23	1.12	1.02	.92
6'4"	6'3 3/4"	5'9 1/2"	5'6"	5'2 1/2"	4'11"	4'7 1/2"	4'4"	4' 1/2"	3'8"	3'4"		
100m	6.50	6.10	5.70	5.30	4.90	4.50	4.12	3.72	3.35	2.90	2.55	2.15
2'1 1/4"	2'0 1/2"	1'8 1/2"	1'7 1/4"	1'6 3/4"	1'4 1/2"	1'3 1/2"	1'2 1/2"	1'1 1/2"	9'6"	8'4"	7' 1/2"	
P.V.	4.11	3.89	3.66	3.43	3.20	2.97	2.74	2.44	2.13	1.83		
13'6"	12'9"	12'0"	11'3"	10'6"	9'9"	9'0"	8'0"	7'0"	6'0"			
T.J.	12.90	12.30	11.60	10.90	10.20	9.55	8.90	8.20	7.50	6.80	6.10	5.50
42'4"	40'4"	38'3 1/4"	35'9 1/4"	33'5 1/4"	31'4"	29'2 1/2"	26'11"	24'7 1/2"	22'3 1/2"	20' 1/2"	18' 1/2"	
Discus	44.80	42.60	40.60	38.00	40.00	36.40	42.00	36.80	31.60	26.40	21.40	16.00
147'	139'9"	133'2"	124'8"	131'3"	119'5"	137'9"	120'9"	103'8"	86'7"	70'2 1/2"	52'6"	
Javelin	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
203'5"	187'0"	170'7"	157'6"	141'1"	126'4"	131'3"	114'10"	95'2"	78'9"	62'4"	49'2 1/2"	
Hammer	47.24	44.20	41.14	38.10	36.40	32.50	36.00	30.50	25.00	20.00	15.00	11.00
155'0"	145'0"	135'0"	125'0"	126'0"	106'8"	118'1"	100'1"	82'0"	65'7 1/2"	49'2 1/2"	39'4 1/2"	
S.P.	15.20	14.10	13.00	12.00	13.00	11.80	13.00	11.80	10.70	9.50	8.40	7.20
49'10 1/2"	46'3"	42'8"	39'4 1/2"	42'8"	38'8 1/2"	42'8"	38'8 1/2"	35'1 1/2"	31'2"	27'6 1/2"	23'7 1/2"	

notes: 1) 100m standards are for auto time, will use standard conversion for hand time
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100m	13.8	14.2	14.6	15.0	15.6	16.3	16.9	17.5	18.8	20.0	21.2
200m	28.0	29.2	30.3	31.4	32.5	34.2	35.7	37.3	40.5	43.8	48.7
400m	63.5	66.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	95.0	103.3
800m	2:32	2:35	2:40	2:45	2:54	3:07	3:17	3:27	3:34	3:49	4:02
1500m	5:13	5:15	5:19	5:39	5:50	6:15	6:45	7:16	7:45	8:19	8:49
5000m	20:40	20:56	21:36	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000m	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100/80mH	17.0	18.6	16.1	17.1	18.1	19.1	20.1	21.1	28.0	32.0	37.0
400/300mH											
HJ	1.42	1.35	1.27	1.19	1.10	1.07	1.02	0.97	0.92	0.89	0.84
4'8"	4'5 1/2"	4'2"	3'11"	3'7 1/2"	3'6 1/2"	3'4 1/2"	3'2 1/2"	3'0 1/2"	2'11"	2'9"	
LJ	5.0m	4.60	4.30	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.0
TJ	9.03	8.61	8.12	7.63	7.14	6.40	6.23	5.74	5.00	4.25	4.00
29'7 1/2"	28'3"	26'7 3/4"	25 1/2"	23'5 1/2"	22'7 3/4"	20'5 1/2"	18.10	16'5"	13'11 1/2"	13'1 1/2"	
SP	10.30	9.30	8.20	7.20	8.90	8.30	7.70	7.30	6.90	6.60	6.30
Javelin	39'50	33.50	27.50	21.50	25.0	19.0	18.0	16.0	15.0	14.0	13.50
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.50

All American Masters Track and Field

This is to certify that

has earned All American Status for the year _____ in the following month(s): _____



Al Hicken Secretary
Jerry Ann Donany Chairman

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

HURDLES

AGE	WOMEN					MEN				
	Race Distance	Hurdle Height	To 1st Hurdle	between Hurdles	To Finish	Race Distance	Hurdle Height	To 1st Hurdle	between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'6 1/2"	8.5m 27'10 1/2"	10.5m 34'5"					
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.991m 39"	13.72m 45'	9'14" 30"	14.02m 46'
50-59	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.914m 36"	13.72m 45'	9'14" 30"	14.02m 46'
60-69	-	-	-	-	-	100m	.840m 33"	13.70m 42'8 1/2"	8.50m 27'10 1/2"	10.50m 34'5"
70 plus	-	-	-	-	-	37m	.762m 33"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
35-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"					
40-49	400m					400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
60-69	-	-	-	-	-	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
70 plus	-	-	-	-	-	-	-	-	-	-

Steeplechase distance for age-groups 160 and 165 shall be 2000m; there is no steeplechase for age-groups 170 and above.

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
WOMEN				
35-49	4.00K	1.00K	-	600 gms.
50 plus	3.00K	1.00K	-	400 gms.
MEN				
40-49	7.26K (16lbs.)	2.00K	7.26K (16lbs.)	800 gms.
50-59	6.00K	1.50K	6.00K	600 gms.
60-69	5.00K	1.00K	5.00K	600 gms.
70 plus	4.00K	1.00K	4.00K	600 gms.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: _____ PHONE: _____
 ADDRESS: _____ AGE GROUP: _____
 SEX: M _____ F _____
 EVENT: _____ MARK: _____
 MEET: _____ WEIGHT OF IMPLEMENT _____
 DATE OF MEET: _____ HURDLE HEIGHT _____
 MEET SITE: _____

Send \$10.00 and this form to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA. 91404. (Enclose copy of results, or note in which issue they appeared.)

MASTERS SCENE

NATIONAL

• Jerry Lynch of Santa Cruz, CA, a competitive masters runner (2:27 marathon and 31:42 10K) and sports psychologist whose articles on training have appeared in *The Runner* and *Runner's World*, is the author of *The Total Runner*, "A Complete Mind-Body Guide to Optimal Performance," published by Prentice-Hall and available at most book stores.

• 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%. 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 wor-

thwhile projects. (This change in budgeting procedure was approved at last year's convention.)

• Alvin Chriss, 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 20% of its shoes are used for sports. Most people use them 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 men, 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 Gible, "any person or club interested in putting on a race should subscribe to *Road Race Management*." RRM is 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 miss a single issue." Send \$5 for a sample issue to: *Road Race Management*, 507 2nd St., NE, Washington, DC 20002.

• Mike Manley, '72 Olympian, and Harland Yriarte, community college x-c coach and director of the Steens Mountain Running Camp, rated as one of the top 10 in the U.S. by *Runners World*, are conducting the Eugene Experience-Oregon Running Camp, July 18-25, in Eugene, Oregon. The 17 listed guest expert speakers include Bill Dellinger, head coach of U. of Oregon's t&f team; Joe Henderson; and Jack Daniels, exercise physiologist. Activities, besides training sessions, include a dune run on the Oregon coast, videotaping and analysis of your running form, and sports massage 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 absolutely, but the fastest and most competitively successful in her age/sex category." Other Runners of the Year were Dan Conway and Shirley Matson, 45-49; Bill Olrich and Vicki Bigelow, 50-54; Gaylon Jorgensen and Toshiko d'Elia, 55-59; Jim O'Neil and Margaret Miller, 60-64; Tony Napoli and Jaclyn Caselli, 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 November. Miller beat eight men and one woman by running 170 miles in 48 hours.

EAST

• Atlaw Belilgne, 41, iced the masters victory in the NYRR's Frostbite 10 Miler, Central Park, NYC, January 18, with a 3rd-place 54:01. Joanne Propp, 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 Relays, Hanover, NH, January 9. Canadian Jutta Riegel polished off the W40+ 55m field in



Dustin Mann races a M40 2:05.2 800m relay leg at the Eastern Michigan University Indoor Track Meet, Jan. 16. Mann also ran a "respectable" 1:19.7 in the 600.

8.4. Carl Wallin, 45, was top M40+ in the shot (50-11½) and 35# weight (53-5).

• Angella Hearn, 40, undaunted by severe weather (14°, windy, icy course) was 1st woman overall (107 w/finishers) with a snappy 1:18:10 in the NYRR's 20K Run, Central Park, NYC, January 25. Ramon Ruiz, 47, was 1st master in 1:16:11. Thomas Gibbons, 65, won the M65 division with an excellent 1:29:06. Vince Carnevale, 70, made it 9 straight M70+ wins, after his defeat by Austin Newman in the TAC Masters 15K X-C Championships in N.Y. with a 1:39:46.

• Larry Olsen (4:27.9) and Linda Upton (5:28.8) were winners in their respective masters mile races in the New England TAC Indoor Championships at Harvard, Cambridge, MA, January 25.

• Richard Pankow, 42, with a 5th-place 58:41, and Rosemary Jellish, 42, in 1:29:32, won the masters 10-mile races in the DC RRC 10/20 Mile, Washington, DC, December 27. Veteran runner Wayne Vaughn, 41, took 3rd (2:03:05) in the 20 mile, and Margaret Noel was 1st W40+ (2:45:36).

SOUTHEAST

• Donna Hiatt, 46, Daytona, FL, broke her own W40+ course record by a minute with a 2:16 in the DeLeon Springs 15K in Florida, January 18. In the half-marathon segment of the event, Jim Blount of Orlando, FL, ran a 12th-overall 1:25:43 to win the M55 race.

• Fenner McConnell, 52, Pensacola, FL, showed his heels to a younger group of runners and won overall the 5K road-race portion of an all-comers meet in DeLand, FL, January 25. In the track meet, John Larson, 70, N. Smyrna Beach, FL, ran the 50y in 8:07 and the 100m in 16.9.

MIDWEST

• Bill Stewart, holder of the U.S. M40-44 15K record (45:48) and the indoor mile (4:11), was blessed with his first daughter—Lauren Jessica—on December 8. According to Stewart, Laruen decided immediately that she was a kiwi and stayed up at night and slept all day. 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."

WEST

• Pete Saccone, 43, El Cajon, CA, placed 2nd in the West Coast University Holiday 50 Mile/SCATAC District Championships, in Fountain Valley, CA, December 27, with a 6:22:29. Susan Gimbel, 40, Orange, CA, was 8th overall and 1st woman in 7:17:04. Fred Nagelschmidt, 62, Ventura, CA, finished 6th with a U.S. single-age record 6:56:06.

• Mary Ames, 83, set a U.S. single-age record of 36:31.19 in the San Gabriel River 5K, So. El Monte, CA, January 10.

• Judy Kewley, 42, Simi Valley, CA, with a 2:08:24, and Gina Faust, 49, Woodland Hills, CA, with a 2:08:28, set national single-age records in the SCATAC District 30K Championships, Ventura, CA, January 18.

• Ron Jensen, 40, with a 33:08, and Rita Gilmore, 46, in 42:37 led the 40+ runners to the finish of the Super Bowl Sunday 10K, Redondo Beach, CA, January 25. Gilmore took the W40+ contest over Judy Carney, 40, by a second. Larry Banuelos, 62, won the M60+ division with a smart 39:50. The race, the nation's largest pre-Super Bowl party, features an eclectic mix of serious competitors and outrageously costumed fun seekers. Prizes for the best get-ups went to "The Tin Man" for the men and "Super Streaker" for the women. The Decorated Group Category was won by, naturally, "The Football Team."

• Christel Miller, 52, Glendale, CA, had a personal best as a heptathlete with 4922 points at California State U-Los Angeles, January 24-25. She threw in two single-age WRs, in the 80mH (14.9) and HJ (4-4). Her other marks were SP 28-10½; 200m 30.4; LJ 12-2; JT 101-0; 800m 2:57.

• Joe Jacobsen of Westlake Village, CA, competing in the 40-55 age group, was 1st walker overall in the Walkers Club of Los Angeles Rose Bowl 10-Mile Handicap, January 18, in Pasadena, with a clock time of 1:55:19 and an actual time of 1:31:19. Caroline Butler of Irvine, CA, also in the 40-55 group, took 2nd with a clock time of 1:59:11 and actual time of 1:47:11.

• The Bonnie Bell Women's 10K in San Francisco's Golden Gate Park, March 29, will include an official RW division for the first time.

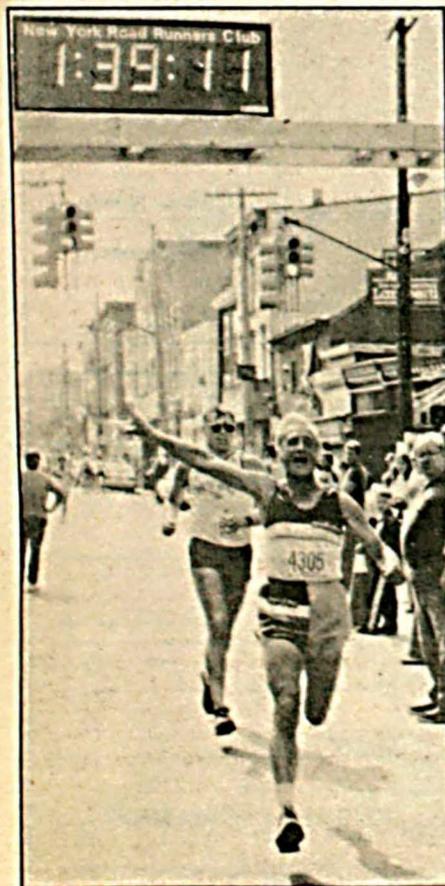
• The sports channel, ESPN, will be offering live coverage of the LA Marathon, and they claim they will pay "extra attention to the pack." Four hours of coverage and taping will be condensed into a one-hour national telecast. And "the travails of the weekend warrior will figure prominently." If you plan to run LA and hope to get a glimpse of yourself on TV, watch ESPN on March 1st at 5:30 p.m. E.S.T. If you're still awake.

NORTHWEST

• Herb Kirk, 91, logged 3.774 miles in the Andy Blank Hour Run on the 200m track of Montana State U's Brick Breeden Fieldhouse, Bozeman, January 11. Kirk, a Bozeman resident, was selected TAC's M90+ Outstanding Distance Runner for 1986. He still goes to work at MSU every day, teaching ceramic engineering to Indian students in an effort to help them gain a useful art. Kirk was a masters tennis champ until his eyes began to fail, and he took up running. In the hour run at MSU, Alfred Funk, 72, did 8.3 miles, and Edna Berg, 71, completed 5.103 miles.

INTERNATIONAL

• Penny Hall, 46, a member of the Victorian Amateur Walkers Club of Australia, who has been racewalking for four years, won the inaugural Jack Merfield Award for 1986 for open women racewalkers against opponents many years her junior. □



Vincent Carnevale, of New Jersey, first in the 70-and-over division with a PR of 1:39:11, at the Staten Island Half Marathon, September 20, 1986. Carnevale set a new over-70 American Record of 2:25:26 in the 30K MAC Run in New York, December 6, 1986.

schedule

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.



TRACK & FIELD NATIONAL

March 28-29. U.S. TAC National Masters Indoor Championships, Madison, Wisconsin. Ron Dennis, c/o WUAC, 6408 Westgate Rd., Monona, WI 53716. 608/221-8020.

June 20. U.S. TAC National Masters Pentathlon Championships, Occidental College, Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.

July 11-12. U.S. TAC National Masters Decathlon/Heptathlon Championships, Potts Field, U. of Colorado, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

August 14-16. 20th U.S. TAC National Masters Championships, Eugene, Oregon. Frank Anderson, 939 East 21st Ave., Eugene, OR 97405. 503/345-2820.

EAST

March 7. Philadelphia Masters Indoor Championships, Haverford College, Haverford, Pa. Fred Mannis, 102 Penns Lane, Malvern, PA 19355. 215/644-3264.

March 8. New Jersey TAC Masters Indoor Championships, Peddie School, Hightstown N.J., New Jersey Striders, P.O. Box 742, Madison, NJ 07940.

March 15. TAC Masters Eastern Regional Indoor Championships, Brown U., Providence, R.I. Neil D. Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eve). SASE.

May 31. New Jersey TAC Masters Outdoor Championships, Rutgers University. Matt Brown, 20 Southfield Road, Edison, N.J. 08820.

June 13. Waltham Masters Invitational, MIT, Cambridge, Mass. Joe Tranchita, 88 Russell St., Waltham, MA 02154. 617/893-3828.

August 9. Tri-State TC Classic, Hagerstown, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

September 6. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Lane, N. Arlington, Va. 22207.

SOUTHEAST

March 15. All-Comers T&F Meet & 5K RR, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721 - 1824. 904/736-0002.

April 12. All-Comers T&F Meet & 5K RR, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721-1824. 904/736-0002.

April 25-26. 22nd Annual Palm Beach Championships, Lake Worth, Fla. Palm Beach T&F Championships, 6301 Dockside Circle, Greenacres City, FL 33463. Joe Valdes, 305/968-7171.

May 1-3. 17th Annual Southeastern Masters International T&F and Long Distance Championships, North Carolina

St. U., Raleigh, N.C. Raleigh Parks & Recreation, P.O. Box 590, Raleigh, NC 27602.

May 9. Birmingham TC Classic (Age-handicap meet), Vestavia H.S., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031.

May 16. Florida Masters Championships, Gainesville, Fla. Jim Wharton, P.O. Box 2261, Gainesville, FL 32602. 904/374-2031.

June 6. TAC Southeast Regional Masters Championships, National Club Championship, Emory U., Atlanta, Ga. Lila Brasher, Atlanta TC, Inc., 3097 E. Shadowlawn Ave. N.E., Atlanta, GA 30305. 404/231-9065.

June 13-14. 12th Annual Northwest Classic, Miami-Dade C.C., Miami, Fla. Jesse Holt, 1310 N.W. 90 St., Miami, FL 33147. 305/836-2409.

September 5. Blue Cross/Blue Shield of Virginia 12th Annual Virginia State Masters Championships, Charlottesville, Va. Karen Beaver, 311 Westminster Rd., Charlottesville, VA 22901.

November 9-14. Golden Age Games, Sanford, Fla. Greater Sanford Chamber of Commerce, P.O. Drawer CC, Sanford, FL 32772-0868. 305/322-2212.

MIDWEST

March 15. TAC Midwest Regional Masters Indoor Championships, U. of Illinois Armory, Champaign, Ill. Dick Green, PO Box 6147, Rockford IL 61125. 815/397-5685.

March 15. Ohio AC Indoor Championships, French Field House, Ohio State U., Columbus, Ohio. Vince Peters, 541 Osborn Ave., Fairborn, OH 45324. 513/254-4188(w).

March 22. George Knox 50K Track Run, Worthington, Ohio. Otho Perkins, 1646 Arrowood Ln, N. Columbus, OH 43229. 614/885-0070.

April 25. North Coast Relays Championships, Mayfield H.S., Mayfield, Ohio. James A. Barrett, 3801 Shannon Rd., Cleveland Heights, OH 44118.

May 10. Wolfpack Throwing Meet, Worthington H.S., Worthington, Ohio. Jim Pearce, 2449 Southway Dr., Columbus, OH 43221. 614/294-4606(w).

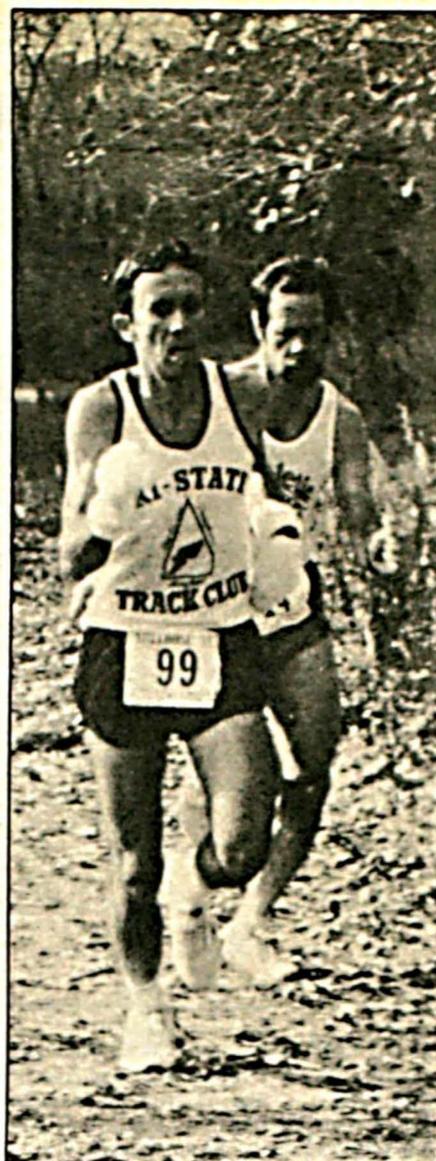
May 24. 9th Annual Wolfpack Regular & Weight Pentathlon and Triathlon, Upper Arlington H.S., Upper Arlington, Ohio. See May 10.

May 24. Ohio TAC One-Hour Track Run, Upper Arlington H.S., Upper Arlington, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547 (H).

June 6. 4th Annual Athlete's Foot Open & Masters Outdoor Championships, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029-16th Ave., E. Moline, IL 61244. 309/755-2655.

June 27. Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

Sept. 13. Wolfpack Throwing Classic. 13 National and World Records set here in 1986. Worthington HS., Worthington,



Wayne Vaughn leads William Robinson at this point in the National Masters 15K Cross-Country Championships, New York City, November 23, but Robinson finished 3rd (53:29) and Vaughn took 4th (53:48).

Photo by Walt Westerholm

Ohio. Jim Pearce, 2449 Southway Dr., Columbus, OH 43221. 614/294-4606(W).

September 13. Ohio TAC Two-Hour Track Run, Worthington HS, Worthington, Ohio. John White, 4865 Arthur Place, Columbus, OH. 614/459-2547 (H).

MID-AMERICA

April 22-24. Dallas Senior Games, Dallas, Texas. 55+. Mary Beth Thaman, 2750 Bachman Dr., Dallas, TX 75220. 214/351-0101.

May 3. Runners' Pentathlon, State TAC Championship, Albuquerque, New Mexico. Tom Bell, 2403 San Mateo P-17, Albuquerque, NM 87110. (505) 884-5701 (Days.)

May 25-28. St. Louis Senior Olympics, St. Louis, Mo. Suzy Seldin, Coordinator, No. 2 Millstone Campus, St. Louis, MO 63146.

June 27-July 2. U.S. National Senior Olympics, swimming, archery, etc. 55-and-up. Joy Rice, Administrative Director, 321 West Port Plaza, Suite 202, St. Louis MO 63146. 314/576-1987.

August 9. Chillicothe Masters Meet, Chillicothe, Mo. Joe J. Shy, Jr., P.O. Box 745, Chillicothe, MO 64601.

August 29-30. Rocky Mountain Masters Games, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

SOUTHWEST

April 22-24. Dallas Senior Games, Dallas, Texas 50. Mary Beth Thaman, 2750 Bachman Dr., Dallas, TX 75220. 214/351-0101.

May 3. Runners' Pentathlon, State TAC Championship, Albuquerque, New Mexico. Tom Bell, 2403 San Mateo P-17, Albuquerque, NM 89110. (505) 884-5701 (Days.)

May 20-23. Texas Senior Games, University of Texas-Arlington. 50-plus. Dorothy Franey 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. 505/265-8234.

July 11. West Texas Masters Meet, Ozona, Texas. Pete Maldonado, P.O. Box 1584, Ozona, TX 76943. 915/392-3802; 392-5501, X218.

WEST

1986-1987. Hawaii Masters TC All-Comers Meet, Punahou School, Hawaii. Each Saturday 3:00 p.m. Stan Thompson, 2164 Halekoa Dr., Honolulu, HI 96821. 808/734-8450.

March 13-15. Southern California Regional Senior Olympics, Palm Springs, Calif. M&W 55+. SASE to Senior Olympics, c/o Community Services Dept., P.O. Box 1786, Palm Springs, CA 92263.

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

April 25. The Ken Carnine Classic, California State U. — Sacramento. Michael Ackley, 4649 Oakbough Way, Carmichael, CA 95608. 916/966-8987.

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

May 23. Anteaters 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.

June 20. SCA/TAC Masters Championships, Occidental College, Los Angeles, Calif. SASE to Woody Studenmund, 1256 Clubhouse Dr., Pasadena, CA 91105.

June 27. Trojan Masters Invitational, USC, Los Angeles, Calif. Entry deadline June 17. Jim Vernon, 1147 W. Rowland Ave., West Covina, CA 91790. 818/338-1623.

July 5-12, July 12-18. Mammoth Athletics Camp, Mammoth, Calif. Camp director will be Dr. Ken Foreman, distance coach for the 1988 Olympic team. John Cosgrove, MAC Chairman, 7411 Earldom Ave., Playa del Rey, CA 90293. 213/823-9448.

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

July 25-26. TAC Masters Western Regional

Continued on page 28

CLASSIFIEDS

Classified ad rates are 50¢ a word. Count name and address as 5 words. Race notices are 25¢ per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

DATA NEEDED (and available) for all T&F Multi Events - all ages, M/W, indoor/out. Bill Forsyth, 6800 Prairie Rd. NE No. 1312, Albuquerque, NM 87109.

Continued from page 27

Championships, Fresno, Calif. Hugh Adams, 7904 S. McCall, Selma CA 93662. 209/896-2435.

October 3. Club West Masters, U. of California-Santa Barbara (Goleta). George H. Adams, 3736 B Amalfi Way, Santa Barbara, CA 93105. 405/687-6323.

NORTHWEST

July 3-4. TAC Northwest Regional Masters Championships. Mt. Hood CC, Gresham, Oregon. Jim Puckett, Gresham, OR 97030. 503/667-7354.

CANADA

March 7. Ontario Masters T&F Association Indoor Championships, Toronto. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ontario, M8W 2L9. 416/252-7047 (h).

INTERNATIONAL

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

April 17-20. 1987 Australian Airlines National Veterans Championships, Sydney. Fred O'Connor, 5 Roma St., Nth Epping, 2121. New South Wales, Australia.

November 19, 26. December 10, 17. Waratah T&F Series, Sydney, Australia, Deadline October 30. H. Stanley, (N.S.W.V.A.), 3 Graton St., Eastlakes, 2018, Sydney, Australia.

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

November 28-December 12. The First Australian Masters Games at various sites in Tasmania (t&f and road races on December 9-10 in Hobart). Kim Newstead, P.O. Box 587, Glenorchy Tasmania 7010. Phone: (002) 740-750.

LONG DISTANCE RUNNING NATIONAL

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.

January 1-October 31. U.S. TAC National Masters Two-Hour Postal Championships. Send results to Bruce Robinson, 6322 Eileen Ave., Los Angeles, CA 90043.

March 8. U.S. TAC National Masters 15K Championships, San Diego, Calif. Lolitia Bache, 4041 Southview Dr., San Diego, CA 92117.

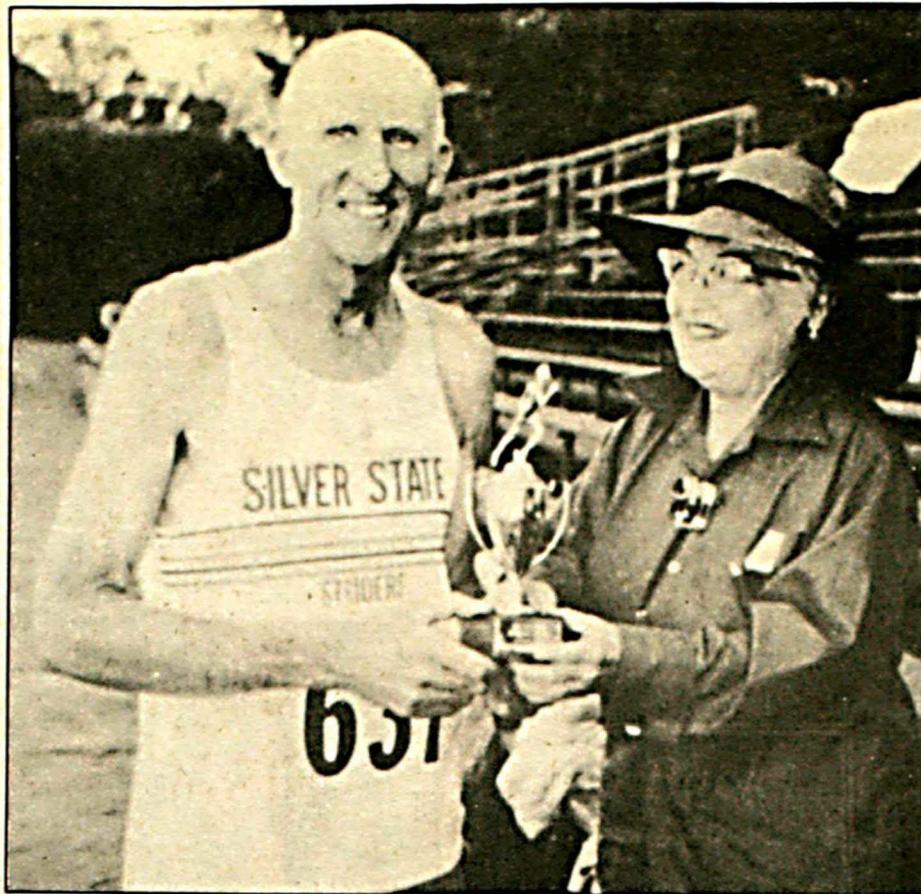
March 14. U.S. TAC National Masters 5K Championships. Piedmont Park, Atlanta, Georgia. Bill Eppright, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.

March 28. U.S. TAC National Masters 20K Championships, El Cajon, Calif. Lolitia Bache, 4041 Southview Dr., San Diego, CA 92117.

April 5. U.S. TAC National Masters 30K Championships, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554.

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

May 9. U.S. TAC National Masters 25K



B. Jacques, receiving the Ray Williams Perpetual Trophy from Mrs. Ray Williams, after winning the M60 Ray Williams Memorial 5,000 meters, at the Club West Masters Meet, Goleta, California, October 7, 1986, in 18:33.6.

Championships. Grand Rapids, Michigan. Jeanie Fichtel, Old Kent Bank and Trust, 1 Vandenberg Center, Grand Rapids, MI 49503. 616/774-5261.

June 5 or 12. U.S. TAC National Masters 100-Mile Championships, Shea Stadium, Queens, N.Y. Vince Chiappetta, 9 E. 89 St., New York, N.Y. 10128.

June 28. U.S. TAC National Masters 1 Mile (Road) Championships, Olympia, Wash. Walt Jorgensen, 823 North St., Tumwater, WA 98501.

September 19. U.S. TAC National Masters 10K Championships, Albany, N.Y. Bill Shrader, RD #1, Middleburgh, NY 12122.

November 8. U.S. TAC National Masters 10K Cross-Country Championships, Seattle, Wash. Bob Langenbach, 4261 S. 184th St., Seattle, WA 98188. 206/433-8868.

November 14. U.S. TAC National Masters Half-Marathon Championships, Oklahoma City, Okla. Jim Smith, 2408 N.W. 112th, Terrace, OK 73120.

November 22. U.S. TAC National Masters 15K Cross-Country Championships, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554.

November 28. U.S. TAC National Masters 5K Cross-Country Championships, Van Cortlandt Park, New York City. Teddy Foy, 54 W. 119th St., Apt. 2, New York, NY 10026. 212/369-1271.

December 12. U.S. TAC National Masters 8K Championships, Honolulu, Hawaii. David Lally, 1330 Wilder Ave., No. 321, Honolulu, HI 96822. 808/948-7064.

EAST

March 15. St. Patty's 10 Mile & 5K, Kutztown, Pa. St. Patty's Run, RD No. 2, Box 2756, Reading, PA 19605. 215/926-4303.

March 22. Nike New Jersey 10-Miler. Cherry Hill, N.J. George Hutchins, P.O. Box 3750, Cherry Hill, NJ. 08034. 609/667-9133.

March 28. Perrier 10K, New York. NYRRC, 9 East 89th St., New York, NY 10028. 212/860-2280.

April 5. Price Chopperthon Half-marathon, Schenectady-to-Albany, N.Y. HMRRRC, P.O. Box 12304, Albany, NY 12212.

April 5. Stamford Marathon, Stamford, Conn. Masters money. Dr. Robert Rinaldi, Stamford AA, 880 Canal St., Stamford, CT 06902. 203/359-4022.

April 5. Nike Cherry Blossom 10 Mile, Washington, D.C. Entrants selected by lottery. Deadline January 15. Nike Cherry Blossom, P.O. Box 4504, Silver Spring, MD 20904.

April 12. Boston Milk Run 10K, Boston. \$2000 masters prize money. Dave McGillivray, 430 C Salem St., Medford, MA 02155.

April 20 (Monday). 91st Boston Marathon, Boston Athletic Association, 17 Main St., Hopkinton, MA 01748. 617/435-6905. Qualifying times (M/F): under 40, 3:00:00/3:30:00; 40-49, 3:10:00/3:40:00; 50-59, 3:20:00/3:50:00; 60-plus, 3:30:00/4:00:00. Masters prize money (M&F): \$5000/\$1500/\$500.

April 25. Trevira Twosome 10-Miler, New York. NYRRC, P.O. Box 881, FDR Station, New York, NY 10150. 212/860-4455.

April 26. New Jersey Waterfront Marathon & 5 Mile Run, Jersey City, N.J. SASE to NJ Waterfront Marathon, The Harborside Financial Center, Plaza Two, 10th Fl., Jersey City, NJ 07302. 201/432-5530.

May 3. Pittsburgh Marathon, Pittsburgh, Pa. Pittsburgh Marathon, 600 Grant St., Room 638, Pittsburgh, PA 15219. 412/391-2800.

May 16. Freihofers 10K Run for Women, Albany, N.Y. \$5500 masters money. George Regan, 382 Broadway, Albany, NY 12207.

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

May 30. L'Eggs Mini Marathon 10K, New York. Ellen Finn. NYRRC, 9 E. 89th St. New York, NY 10028. 212/860-4455.

SOUTHEAST

March 14. Jacksonville River Run, Jacksonville FL. Doug Alred, 1545 University Blvd., West, Jacksonville, FL 32207 (904)739-1917. \$3300 (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 36660. (205)437-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 Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

May 23. Elby's Distance Race 20K, Wheeling, W.Va. Bill Bryson, Elby's Restaurants, 1233 Main St., Wheeling, WV 26003. 304/233-5000.

May 25. Cotton Row 10K, Huntsville, Ala. Mecca for masters runners. SASE to Huntsville TC, 8811 Edgemoor Dr., Huntsville, AL 35802. 205/881-9077.

MIDWEST

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

Continued on page 29

Continued from page 28

April 12. OAC 5 Mile Championships, Columbus, Ohio. Youth, open, masters. See LDR-Nationals, April 5.

May 17. Revco Cleveland Marathon & 10K, Cleveland, Ohio. Reno Starnoni, P.O. Box 46604, Bedford, OH 44146.

MID-AMERICA

May 3. 10th Lincoln Marathon, Lincoln, Nebraska. Half-marathon option. Marathon, 2809 Jackson Drive, Lincoln, NE 68502.

June 1. Bolder Boulder 10K, Boulder, Colo. Bolder Boulder 10K, Bank of Boulder, 3033 Irish Ave., Boulder, CO 80301. 800/525-2836.

June 7. Garden of the Gods 10-Mile, Manitou Springs, Colo. Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 303/473-2625.

June 20. Grandma's Marathon, Duluth, Minnesota. Scott Keenan, P.O. Box 6234, Duluth, MN 55806. 218/727-0947.

SOUTH WEST

March 29. Capitol 10K, Austin, Texas. 28,000 entrants expected. Donya Andrews, P.O. Box 2936, Austin, TX 78769.

April 4. Crescent City Classic 10K, New Orleans. Mac DeVaughn, 6744 Fleur de Lis, New Orleans, LA 70124. 504/488-3916.

WEST

March 1. Los Angeles Marathon, Los Angeles. No race-day registration. SASE to L.A., Marathon, P.O. Box 67750, Los Angeles, CA 90067. 213/879-1987. Masters prize money (TBA).

March 1. RRCA Western Regional 20K Championships (South Bay 20K), Los Osos, Calif. Tom Hampson, 347 Garden St., Los Osos, CA 93402.

March 7. Bess James 10K/5K/2-Mile Fun Run, Hemet, Calif. B. Fifield, Mt. San Jacinto College Athletic Dept., 1499 No. State St., San Jacinto, CA 92383. (714)654-8011.

March 7. 5K San Gabriel River Run, So. El Monte, Calif. 5 & under to 80+ 5 yr. age divisions. A Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/942-8774.

March 15. Tom Sullivan St. Patrick's 10K, Torrance, Calif. Linda Youngs, c/o Vistas, P.O. Box 7000-251, Redondo Beach, CA 40277.

March 21. 10 Mile San Gabriel River Run. 8:30 a.m. See March 7.

March 28. 10K San Gabriel River Run. 9:30 a.m. See March 7.

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 30.) □

March 29. Bonne Bell Women's 10K, San Francisco, Calif. Pamakid Running Kid, P.O. Box 27385, San Francisco, CA 94127. (415) 681-2323.

March 29. Jimmy Stewart Relay Marathon, Los Angeles, Calif. Jimmy Stewart Relay, St. John's Hospital, 1328 22nd St., Santa Monica, CA 90404. 213/829-8968.

April 18. Tropicana/Las Vegas Easter Run, Las Vegas. Thomas Sport Enterprises, 6765 Grandola Dr., Las Vegas, NV 89103. 702/638-2885.

May 3. Avenue of the Giants Marathon, Arcata, Calif. Six Rivers RC, P.O. Box 214, Arcata, CA 95521.

May 3. Long Beach Marathon, Long Beach, Calif. Long Beach Marathon, 1827 Redondo Ave., Long Beach, CA 90804. 213/494-2664.

May 3. Tenth Annual Devil Mountain Run. Certified 10K and 2.8-mi. Fun Run/Walk. Danville, Calif. Teams and Individual Championships. DMR, PO Box 727, Alamo, CA 94507. 415/820-0993.

May 17. Bay to Breakers 12K. San Francisco, CA. Terri Robbins, San Francisco Examiner, 110 5th St., San Francisco, CA 94103. 415/777-2424.

July 5-17, July 12-18. Mammoth Athletics Camp, Mammoth, Calif. Camp director will be Dr. Ken Foreman, distance coach for the 1988 Olympic team. John Cosgrove, MAC Chairman, 7411 Earldom Ave., Playa del Rey, CA 90293. 212/823-9448.

NORTHWEST

April 12. Emerald City Marathon, Seattle, Wash. ECM, 157 Yesler Way, Suite 208, Seattle, WA 98104. 206/682-4981.

May 3. Lilac Bloomsday 12K, Spokane, Wash. \$6000 masters prize money. Sylvia Quinn, P.O. Box 1511, Spokane, WA 99210. 509/838-1579.

CANADA

May 3. Vancouver International Marathon. Neil Burke, 6 Glenmore Dr., West Vancouver, British Columbia, Canada. V7S 1A4. 604/926-8239.

May 10. National Capital Marathon. Andrea Acheson, Box 426, Stn. A, Ottawa, Ontario, Canada K1N5V8. 613/564-1234.

INTERNATIONAL

March 1. Combined Southern Counties & South Western Counties Veterans AC Cross-Country Championships, Kings Park, Bournemouth, England.

March 15-17. 20th World Veterans (IGAL) Cross Country, 10K and 25K Championships, Israel. Men 40+, Women 35+. Barry Shaw, 6 Shmuel Hanatziv Street, Netanya, Israel 42281. Telephone: 053-31343. Telex: 341929.

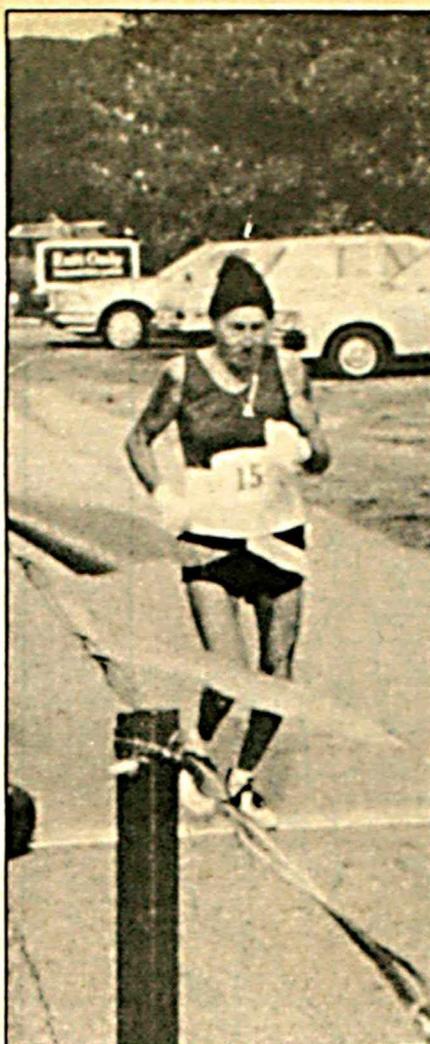
May 2. Festival de Primavera 5K, 10K, 10 Mile, Rosarito Beach, Baja California, Mexico. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 213/634-3027. SASE.

May 10. London Marathon, London, England. Limited field but guaranteed entry from Marathon Tours, Inc., 108 Main St., Charlestown District, Boston, MA 02129. 617/242-7845.

May 17. Olympia City Marathon, Munich, West Germany. Marathon Munchen, P.O. Box 33 06 65, D-8000, Munich 33, W. Germany. 089/595769.

May 30. Stockholm Marathon, Stockholm, Sweden. See London Marathon, Marathon Tours.

June 14. Potteries Marathon, includes International Veterans Race with teams from England, Wales, Scotland, Northern Ireland, Ireland, Belgium, Holland, and West Germany, at Trentham Gardens, Stoke-on Trent, England.



Ed Benham, 79, finishing in the U.S. TAC National Championships, Pine Mountain, Ga., January 10, in 3:49:22.

Photo from Theus W. Rogers, Jr.

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 Keston, 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. Keston 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 Columbus 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.

Event	1985		1986		Percentage Increase / Decrease
	Entrants	Finishers	Entrants	Finishers	
Houston	3,974	2,641	4,367	2,851	Entrants +10% Finishers +8%
Boston	5,595	3,931	4,904	3,750	Entrants -12% Finishers -5%
Grandma's (Duluth)	5,741	4,409	5,273	4,409	Entrants -8% Finishers NC
San Francisco	6,000	4,463	5,919	4,209	Entrants -1% Finishers -6%
Twin Cities (Minneapolis)	5,295	3,847	6,761	4,651	Entrants +28% Finishers +21%
Chicago	10,800	7,486	12,500	8,886	Entrants +16% Finishers +19%
New York City	19,230	15,881	23,898	19,689	Entrants +24% Finishers +24%
Marine Corps (Washington DC)	10,938	7,821	11,255	7,913	Entrants +3% Finishers +1%
Columbus	3,000	2,020	4,000	2,880	Entrants +33% Finishers +42%
Honolulu	9,324	7,646	10,354	8,563	Entrants +11% Finishers +12%
TOTALS:	79,897	60,145	89,231	67,801	Entrants +12% Finishers +13%
Los Angeles	-	-	10,798	7,851	
			100,029	75,652	

Marathons listed in chronological order.
Compiled by New York Road Runners Club.
:LL

Map of TAC/USA Associations

Effective on or before October 31, 1986

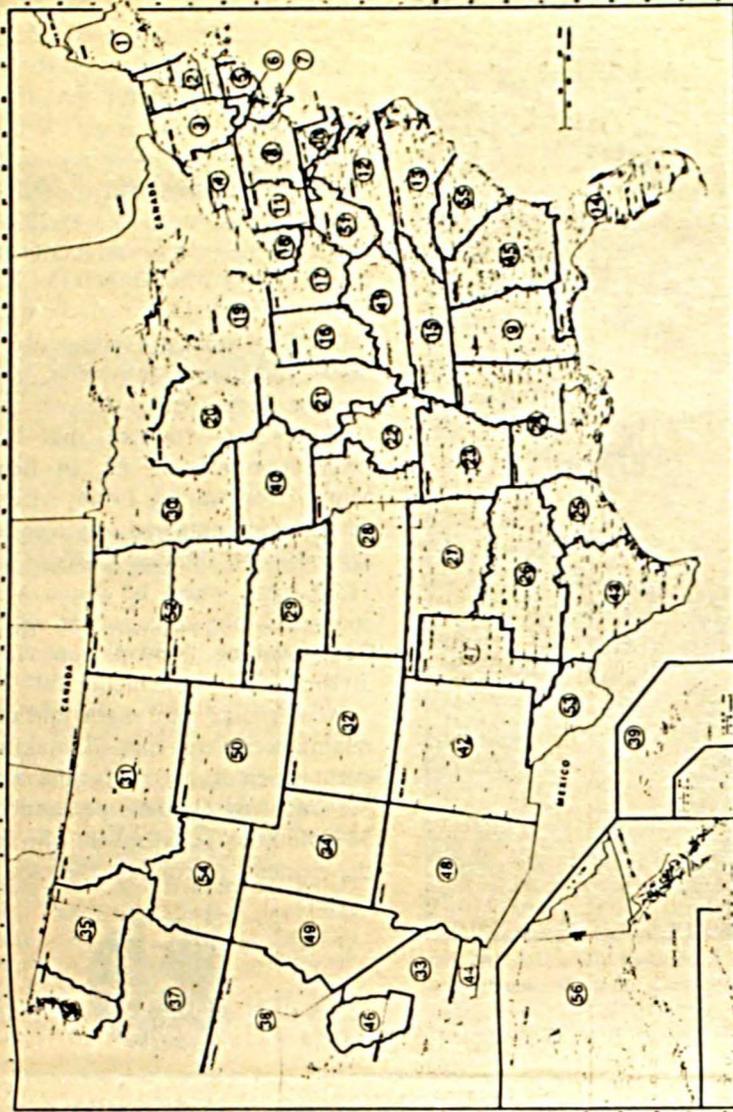


EXHIBIT A

- | | | |
|-------------------|------------------------|-----------------------|
| 1 Maine | 20 Wisconsin | 39 Hawaii |
| 2 New England | 21 Illinois | 40 Iowa |
| 3 Adirondack | 22 Ozark | 41 Kentucky |
| 4 Niagara | 23 Arkansas | 42 New Mexico |
| 5 Connecticut | 24 Southern | 43 South Texas |
| 6 Metropolitan | 25 Gulf | 44 San Diego-Imperial |
| 7 New Jersey | 26 Southwestern | 45 Georgia |
| 8 Mid-Atlantic | 27 Oklahoma | 46 Central California |
| 9 Alabama | 28 Missouri Valley | 47 West Texas |
| 10 Potomac Valley | 29 Nebraska | 48 Arizona |
| 11 Three Rivers | 30 Minnesota | 49 Nevada |
| 12 Virginia | 31 Montana | 50 Wyoming |
| 13 North Carolina | 32 Colorado | 51 West Virginia |
| 14 Florida | 33 Southern California | 52 Dakota |
| 15 Tennessee | 34 Utah | 53 Border |
| 16 Indiana | 35 Inland Empire | 54 Snake River |
| 17 Ohio | 36 Pacific Northwest | 55 South Carolina |
| 18 Lake Erie | 37 Oregon | 56 Alaska |
| 19 Michigan | 38 Pacific | |

- | Region | Associations |
|--------|--|
| 1. | Maine, New England, Connecticut, Adirondack, Niagara, Metropolitan, and New Jersey |
| 2. | Mid-Atlantic, Potomac Valley, Three Rivers, and Virginia |
| 3. | North Carolina, South Carolina, Georgia, Alabama, and Tennessee |
| 4. | Florida |
| 5. | Hawaii |
| 6. | Indiana, Kentucky, Ohio, Lake Erie, Michigan, Illinois, and West Virginia |
| 7. | Wisconsin, Minnesota, Iowa, and Nebraska |
| 8. | Missouri Valley, Ozark, Oklahoma, and Arkansas |
| 9. | Gulf, Southwestern, South Texas, West Texas, and Southern |
| 10. | New Mexico, Arizona, Border, Colorado, and Utah |
| 11. | Montana, Dakota, and Wyoming |
| 12. | Inland Empire, Pacific Northwest, Oregon, and Snake River |
| 13. | Southern California, Central California, San Diego-Imperial, Nevada, and Pacific |
| 14. | Alaska |

TAC/USA Associations

- | | | | |
|--|---|---|---|
| ADIRONDACK
Office
Adirondack Association
P.O. Box 1200
Troy, NY 12180
Phone (518) 273-3722 | ILLINOIS
Office
Illinois TAC
111 W. Butterfield Rd.
Elmhurst, IL 60126
Phone (312) 833-7303 | NEW ENGLAND
Office
New England Athletics Congress
P.O. Box 177
Boston, MA 02113-0002
Phone (617) 891-1844 | SOUTH CAROLINA
Registration Chairman
Mike Maudin
518 Lance Dr.
Columbia, SC 29210
Home (803) 772-6192 |
| ALABAMA
Registration Chairman
Rose M. Murphy
2301 Airport Blvd.
Mobile, AL 36606
Home (205) 471-4081
Office (205) 438-7472 | INDIANA
Registration Chairman
Mark Daly
901 W. New York St.
Indianapolis, IN 46223
Office (317) 264-8367 | NEW JERSEY
Registration Chairman
Mary V. Goodspeed
P.O. Box 597
Red Bank, NJ 07701
Home (201) 389-8901
Office (201) 542-2598 | SOUTH TEXAS
Office
South Texas TAC/USA
523 Cave Ln.
San Antonio, TX 78209
Phone (512) 822-3271 |
| ALASKA
Registration Chairman
Dianne Khoury
6654 McGill Way
Anchorage, AK 99502
Home (907) 243-2493
Office (907) 344-9424 | INLAND EMPIRE
Registration Chairman
Ruth Van Kuren
418 Coccolalla
Cheney, WA 99004-1753
Home (509) 235-4762 | NEW MEXICO
Office
New Mexico Association/TAC
3644 Thaxton, S.E.
Albuquerque, NM 87108
Phone (505) 265-3629 | SOUTHERN
Registration Chairman
Gertrude Thomasson
12298 Sherbrook
Baton Rouge, LA 70815
Home (504) 275-1855 |
| ARIZONA
Office
Arizona Athletics Congress
c/o Linda Metz
7126 N. 19th Ave., # 212
Phoenix, AZ 85021
Phone (602) 864-9640 | IOWA
Registration Chairman
Dale Grosvenor
2921 Woodland # 3
Ames, IA 50010
Home (515) 292-4687
Office (515) 294-3065 | NIAGARA
Registration Chairman
James Brown
870 Baseline Rd.
Grand Island, NY 14072
Home (716) 773-6274 | SOUTHERN CALIFORNIA
Office
Southern California Association
P.O. Box 4636
Downey, CA 90241
12458 Rives Ave., Room 204A
Downey, CA 90242
Phone (213) 869-4574 |
| ARKANSAS
Office
TAC/Arkansas
Lou Peyton
41 White Oak Ln.
Little Rock, AR 72207-3309
Phone (501) 225-6609 | KENTUCKY
Registration Chairman
W. G. Long
1515 Tyler Park Dr.
Louisville, KY 40204
Home (502) 458-4989
Office (502) 454-8305 | NORTH CAROLINA
Office
North Carolina Association
P.O. Box 10825
Raleigh, NC 27605
Phone (919) 737-2392 | SOUTHERN NEVADA
Registration Chairman
Frank Plazzo, Sr.
3013 King Midas Way
Las Vegas, NV 89102
Home (702) 873-2684 |
| BORDER
Registration Chairman
Julius Lowenberg
222 Hermosa
El Paso, TX 79922
Home (915) 581-5804 | LAKE ERIE
Registration Chairman
Jeffrey A. Gerson
4173 Wilmington Rd.
South Euclid, OH 44121
Home (216) 382-2656
Office (216) 371-7406 | OHIO
Office
Ohio Athletics Association
P.O. Box 44
Dayton, OH 45428
Phone (513) 268-6511, ext. 2 | SOUTHWESTERN
Office
Southwestern TAC
c/o SMU Track Office
Lorraine Brown, Secretary
Box 216-Moody Coliseum
Dallas, TX 75275
Phone (214) 692-3575 |
| CENTRAL CALIFORNIA
Registration Chairman
Brad Tomasin
1280 Poplar St.
Wasco, CA 93263
Home (805) 758-5719
Office (805) 758-3081 | MAINE
Registration Chairman
John Sinclair
155 Pine St.
Lewiston, ME 04240
Home (207) 784-8216
Office (207) 784-8216 | OKLAHOMA
Office
Loretta Hinkle
5312 N. Vermont
Oklahoma City, OK 73112
Phone (405) 942-6733 | TENNESSEE
Registration Chairman
Harold Cantfield
502 Alandale Rd.
Knoxville, TN 37920
Home (615) 577-1537 |
| COLORADO
Registration Chairman
Gordon Bishop
16842 E. Brown Pl.
Aurora, CO 80013
Home (303) 690-1756
Office (303) 693-4642 | METROPOLITAN
Office
Metropolitan Athletics Congress
Westside YMCA
5 W. 63rd St.
New York, NY 10023
Box 1512
Ansonia Station
New York, NY 10023
Phone (212) 596-9640 | OREGON
Office
Oregon Association TAC
18800 Portland Ave.
Gladstone, OR 97027
Phone (503) 655-2544 | THREE RIVERS
Office
Three Rivers Athletics Congress
73 Elmora Rd.
Pittsburgh, PA 15221
Phone (412) 243-2044 |
| CONNECTICUT
Office
Connecticut TAC
Bruce L. Douglass
36 Canterbury Dr.
Mystic, CT 06355
Phone (203) 536-1309 | MICHIGAN
Registration Chairman
John Gault
P.O. Box 233
Flushing, MI 48433
Home (313) 659-3525 | UTAH
Registration Chairman
Sherman Ross
875 Silver Shadow Dr.
Murray, UT 84107
Home (801) 268-0050
Office (801) 237-1003 | VIRGINIA
Office
Faye Alexander
Virginia Association TAC
3122 W. Clay St., # 6
Richmond, VA 23230
Phone (804) 353-8348 (9 a.m.-1 p.m., Monday, Tuesday, Thursday, Friday) |
| DAKOTA
Registration Chairman
Chuck Osgaard
1310 Loy Ave.
Wahpeton, ND 58075
Home (701) 642-1321
Office (701) 642-9236 | MID-ATLANTIC
Office
Mid-Atlantic TAC
816 Land Title Bldg.
Broad & Chestnut Sts.
Philadelphia, PA 19110
Phone (215) 583-8835 | PACIFIC
Office
Pacific Association
P.O. Box 1495
Fair Oaks, CA 95628 (mailing address)
10513 Fair Oaks Blvd., # J
Fair Oaks, CA 95628 (street address)
Phone (916) 966-6185 | |
| FLORIDA
Registration Chairman
Laura Hallam
1330 N.W. 6th St., Suite A
Gainesville, FL 32601
Office (904) 377-0134 | MINNESOTA
Office
George Sevancik
154 Juniper Ln.
Apple Valley, MN 55124
Phone (612) 432-4990 | PACIFIC NORTHWEST
Registration Chairman
Sande Sullivan
19219 51st Ave., N.E.
Seattle, WA 98155
Home (206) 365-5665 | |
| GEORGIA
Registration Chairman
Sally Lehr
2200 Spring Mill Cove
Dunwoody, GA 30338
Home (404) 457-1908 | MISSOURI VALLEY
Office
Richard E. Harkins
Missouri Valley Association
620 W. 26th St.
Kansas City, MO 64108
Phone (816) 842-3311 | POTOMAC VALLEY
Registration Chairman
Dixon Hemphill
Fairfax Running Center
11208 Lee Highway
Fairfax, VA 22030
Office (703) 691-8664 | |
| GULF
Office
Gulf Association
3201 Wheeler - TSU Box 382
Houston, TX 77004
Phone (713) 527-7087 | MONTANA
Office
TAC of Montana
P.O. Box 5132
Bozeman, MT 59717-5132
Phone (406) 944-5222 | SAN DIEGO-IMPERIAL
Office
San Diego-Imperial Athletic Congress
1135 Garnet
San Diego, CA 92109
Phone (619) 275-6542 | |
| HAWAII
Registration Chairman
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1986 U.S. MASTERS TRACK & FIELD RANKINGS

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

COMPILED BY WILLIAM BOHIGIAN
50 Meter Rankings
Men, 30-34
1986

1	H. Jackson	5.89
2	E. Abdullah	5.94
3	T. Jones	5.97
4	L. Madison	5.98
5	N. Robinson	5.99
6	A. Walton	6.01
7	T. Lester	6.07
8	W. Thompson	6.07
9	D. Gaines	6.11
10	E. Scott	6.11
11	C. Jackson	6.12
12	B. Archie	6.14
13	D. Thiel	6.20
14	K. Witherspoon	6.20
15	V. Conway	6.21
16	R. Mayfield	6.22
17	R. Zahn	6.22
18	P. VanLear	6.24
19	J. Bland	6.25
20	M. Blueford	6.25

21	W. Prevost	6.25
22	R. Knap	6.27
23	T. Evans	6.30
24	N. Allbritton	6.31
25	P. Dewith	6.34
26	G. Williams	6.35
27	M. Steinburg	6.36
28	R. Cardinal	6.39
29	G. Crummel	6.39
30	A. Harden	6.39
31	J. Duncan	6.44
32	M. Pannell	6.44
33	T. Thomason	6.44
34	K. Jackson	6.45
35	R. Finnie	6.46
36	P. Conzentino	6.47
37	L. Galloway	6.47
38	H. Hudson	6.47
39	S. Thornslly	6.47
40	T. Spann	6.49

41	R. Boven	6.50
42	B. Pettaneck	6.52
43	B. Kane	6.53
44	K. Royal	6.54
45	L. Vollmer	6.55
46	R. Hahn	6.57
47	J. Cooksey	6.58
48	B. Hummel	6.58
49	C. Farrel	6.63
50	M. Jackson	6.64

50 Meter Rankings
Men, 35-39
1986

1	C. Stallwort	5.78
2	M. Goins	6.02
3	W. Collins	6.03
4	C. Allie	6.04
5	J. Haggerty	6.04
6	B. Peters	6.05
7	B. Beale	6.07
8	H. Snyder	6.07
9	A. Wright	6.07
10	R. Steder	6.12

11	A. Walton	6.12
12	C. Jackson	6.16
13	R. Masinello	6.16
14	R. Mitchell	6.18
15	W. Roberts	6.20
16	C. Stalkwort	6.20
17	G. Schuler	6.28
18	D. Thiel	6.29
19	J. Hughes	6.30
20	G. Marshall	6.30

21	D. Roland	6.40
22	T. Smith	6.47
23	K. Westfall	6.50
24	F. Boancorso	6.55
25	W. Corsey	6.58
26	L. Johnson	6.58
27	B. Overby	6.58
28	G. Miller	6.59
29	G. Scott	6.59
30	J. Wilson	6.61

31	D. Loral	6.67
32	J. Royal	6.67
33	A. McNeil	6.79
34	M. Augeri	6.86
35	I. Black	6.86
36	W. Ewing	6.86
37	T. Henderson	6.86
38	J. Knaby	6.87
39	S. Kennedy	6.89
40	W. Moore	6.89

41	M. Gaudiose	6.94
42	B. Conrad	6.96
43	P. Zachman	6.96
44	A. Mevis	7.05
45	R. Blake	7.20
46	M. Oliver	7.33
47	N. Johnson	7.43
48	G. Smith	7.43
49	V. Connley	7.54
50	A. Stepak	7.70

50 Meter Rankings
Men, 40-44
1986

1	M. Marbut	5.92
2	R. Mattila	6.01
3	S. Whitley	6.01
4	L. Miller	6.02
5	S. Alexander	6.03
6	T. Miller	6.11
7	R. Johnson	6.20
8	D. Lewis	6.20
9	R. Pierce	6.20
10	D. Fitzsimmons	6.24
11	P. Edens	6.25
12	J. Hartfiels	6.25
13	T. Allen	6.30
14	E. Jones	6.36
15	R. Starnes	6.38
16	D. Sawyer	7.40
17	B. Holmes	6.41
18	M. Hopethompson	6.42
19	G. Smith	6.42
20	J. Dunn	6.47

21	T. Tsocano	6.47
22	T. Bell	6.48
23	R. Bagneski	6.49
24	D. Duffy	6.50
25	R. Assink	6.51
26	L. McKee	6.52
27	H. Gorden	6.54
28	W. Alexander	6.56
29	J. Vicks	6.58
30	R. Weaver	6.58
31	N. Prussman	6.64
32	P. Jensen	6.67
33	S. Abdul	6.69
34	C. Dockery	6.69
35	W. Hansen	6.69
36	R. Kirkpatrick	6.74
37	T. Ragland	6.74
38	J. Davies	6.77
39	J. Hess	6.77
40	E. Ropp	6.77

41	R. Scola	6.77
42	R. Shenk	6.77
43	P. Watson	6.77
44	B. Stanford	6.83
45	R. Angast	6.86
46	P. Finley	6.86
47	T. Sherman	6.86
48	J. Yip	6.86
49	S. Kent	6.88
50	T. Thorne	6.90

50 Meter Rankings
Men, 45-49
1986

1	B. Miller	6.11
2	G. Oliphant	6.17
3	L. Schwitters	6.30
4	J. Bantum	6.39
5	R. Williams	6.39
6	L. Ellison	6.40
7	E. Mitchell	6.41
8	R. Turner	6.43
9	P. Dorsey	6.47
10	R. Dennis	6.49

11	L. Gilbert	6.52
12	D. Lance	6.57
13	B. Stanford	6.58
14	H. Tolliver	6.59
15	J. Whelan	6.59
16	D. Dreifuerst	6.63
17	J. O'Hara	6.65
18	J. Hurd	6.66
19	E. McCombe	6.66
20	D. Buss	6.67

21	T. Shelton	6.67
22	D. Smith	6.67
23	R. Weaver	6.67
24	M. Barnwell	6.77
25	P. Rizzo	6.77
26	P. Stopoulos	6.77
27	B. Warren	6.78
28	B. Porter	6.80
29	J. Beckham	6.82
30	L. Colbert	6.82

31	D. Abayomi	6.86
32	E. Meneliola	6.89
33	G. Smith	6.96
34	J. Hickey	6.96
35	J. Hodge	7.05
36	D. Donald	7.07
37	G. Giragosian	7.14
38	L. McCain	7.14
39	G. Labelle	7.18
40	B. Hunter	7.29

41	R. Wilson	7.36
42	J. Turner	7.49
43	J. Buckley	7.62
44	J. DeLuca	8.81
45	A. James	8.83
46	H. Bloom	8.90
47	M. Sellers	9.01
48	B. Barnes	9.10
49	R. Green	9.25
50	J. Franks	9.31

50 Meter Rankings
Men, 50-54
1986

1	R. Miller	6.35
2	P. Williams	6.39
3	H. Hartenstein	6.40
4	J. Weaver	6.40
5	T. Baker	6.50
6	H. Nottingham	6.55
7	B. Springbett	6.57
8	R. Summerlin	6.57
9	W. Cochran	6.58
10	H. Hitt	6.58
11	O. Boyers	6.59
12	M. Rivas	6.60
13	T. Nasralla	6.67
14	B. Donelson	6.70
15	J. Tunstill	6.70
16	B. McGlashan	6.75
17	G. Stone	6.75
18	E. Cline	6.77
19	J. Snell	6.77
20	P. Kronberg	6.80

21	E. Roberts	6.80
22	A. Batiionsys	6.85
23	B. Porter	6.85
24	B. Clark	6.86
25	J. Peterson	6.90
26	M. Greenburg	6.96
27	B. Keegan	6.96
28	J. Ware	6.96
29	J. Chesnes	7.00
30	S. Giles	7.05
31	C. Newman	7.05
32	B. Newton	7.07
33	G. Albury	7.09
34	C. Walker	7.13
35	L. Pratt	7.14
36	R. Jones	7.24
37	E. Mege	7.27
38	R. Richardson	7.29
39	P. Brusca	7.30
40	P. Murphy	7.33

41	E. Neufeld	7.33
42	J. Stanners	7.36
43	R. Fitzhugh	7.37
44	I. Seigal	7.40
45	R. Croghan	7.41
46	C. Bruns	7.50
47	R. Hewitt	7.50
48	F. Welch	7.50
49	S. Derry	7.52
50	P. Fernero	7.52

50 Meter Rankings
Men, 55-59
1986

1	S. McWhirter	6.42
2	E. Schuler	6.44
3	J. Mathewson	6.61
4	T. Hinks	6.63
5	J. Fischer	6.67
6	B. Donelson	6.70
7	T. Banks	6.77
8	H. Brown	6.77
9	R. Jones	6.77
10	P. Kronberg	6.80

11	J. Erickson	6.81
12	W. Wareham	6.87
13	B. Gentry	6.89
14	D. Marlin	7.00
15	B. Bradberry	7.02
16	T. Brooks	7.05
17	G. Seifert	7.05
18	J. Reiserer	7.14
19	B. Hone	7.16
20	C. Mahler	7.23

21	H. Carlen	7.26
22	P. Bruce	7.30
23	J. Reichart	7.33
24	R. Turner	7.33
25	C. Tarver	7.38
26	J. Murphy	7.39
27	I. Seigal	7.40
28	C. Bruns	7.50
29	R. Hewitt	7.50
30	J. Greenwald	7.52

31	T. Norwood	7.52
32	B. Townsend	7.52
33	J. Dexter	7.64
34	W. Dupree	7.67
35	J. Kustes	7.71
36	W. Robinson	7.71
37	M. McDaniels	7.80
38	G. Kelly	7.83
39	E. Hammond	8.04
40	J. Nyham	8.08

41	A. Viveiros	8.08
42	J. Hill	8.10
43	R. Kenyon	8.10
44	G. Taylor	8.16
45	E. Curran	8.23
46	R. Heintzel,am	8.52
47	D. Grey	8.74
48	A. Harris	8.84
49	B. Kennedy	11.70
50	M. Jaeger	12.10

50 Meter Rankings
Men, 60-64
1986

1	R. Armstrong	6.85
2	J. Greenwood	6.93
3	T. Murphy	6.93
4	J. Davidson	7.03
5	S. Rider	7.08
6	T. Kennell	7.15
7	J. Pierson	7.17
8	R. Bower	7.19
9	H. Guth	7.20
10	C. Paul	7.24
11	R. Valentine	7.26
12	C. Clippard	7.29
13	M. Goldsmith	7.30
14	J. Jocoey	7.35
15	B. McFarlane	7.38
16	J. Haefele	7.43
17	E. Lukens	7.43
18	C. Studdard	7.43
19	D. Smith	7.49
20	W. Jordan	7.52

21	T. Lacey	7.52
22	T. Patsellis	7.57
23	D. Cavicchi	7.60
24	O. Harris	7.61
25	C. Harte	7.61
26	D. Smith	7.61
27	J. Johnson	7.64
28	C. Clark	7.70
29	P. Sanders	7.70
30	A. Oliver	7.71
31	T. Cassell	7.80
32	B. Wambach	7.80
33	G. Brad	7.81
34	P. Walker	7.81
35	J. Doorley	7.90
36	J. Emanuel	7.90
37	D. Hall	7.90
38	D. Knapp	7.90
39	F. Welland	7.92
40	E. Hafting	7.99

41	J. Martin	7.99
42	F. Foley	8.00
43	G. Splains	8.09
44	W. Ambrose	8.14
45	P. Wilson	8.18
46	W. Ragland	8.23
47	S. Johnson	8.30
48	M. Lentzer	8.37
49	J. Luttrell	8.37
50	C. Mays	8.40

50 Meter Rankings
Men, 65-69
1986

1	V. Mattsn	7.17
2	D. Lavyer	7.23
3	L. Wray	7.30
4	D. Hull	7.36
5	B. Gist	7.58
6	N. Heard	7.58
7	H. McWhorter	7.63
8	L. Giles	7.66
9	C. Christy	7.70
10	C. Oates	7.70

11	B. McDonald	7.76
12	S. Sorlien	7.80
13	M. Kagan	7.83
14	J. Sponseller	7.93
15	W. Carmen	7.97
16	T. Ille	8.03
17	J. Faucett	8.08
18	D. Hall	8.16
19	G. Splaine	8.18
20	H. Lee	8.20

21	L. Hayden	8.27
22	A. Oliver	8.27

1985 U.S. MASTERS TRACK & FIELD RANKINGS

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

COMPILED BY MAX QUAKENBUSH

MEN'S 5000 METERS 30-34

RANK	NAME	STATE	AGE	TIME
1.	KEVIN MCGARRY	MT	30	14.43.6
2.	B. HARPOOL	KY	30	15.02.2
3.	DOUG DARKO	MT	30	15.12.8
4.	T. ASPEL	AK	30	15.14.7
5.	STROUD	MD	30	15.20.0
6.	SCOTT CORMWELL	MD	30	15.23.0
7.	JOE KNAF	OH	30	15.23.5
8.	G. GUSTAFSON	IN	30	15.24.8
9.	BILL CAVAGHAN	IN	30	15.25.2
10.	J. NEEDLER	IM	30	15.27.6
11.	DENNIS DONAHUE	CA	30	15.38.1
12.	TIM WILLIAMS	CA	30	15.38.5
13.	F. THORNTON	CA	30	15.39.0
14.	B. FLORES	MX	30	15.40.7
15.	D. BURDICK	NY	30	15.44.5
16.	M. ROGERS	NY	30	15.49.6
17.	ROB NIELSEN	OR	30	15.49.8
18.	DAVE KNAB	OR	30	15.52.6
19.	T. DONNELLY	NY	30	15.53.6
20.	DAVID REIK	NY	30	15.53.9
21.	JOHN HABERKERN	CA	30	15.54.0
22.	CURTIS DUFF	CA	30	15.55.9
23.	GARY FOLTZ	CA	30	15.58.5
24.	GREGORY ECK	CA	30	15.59.4
25.	F. KOLTHAY	OR	30	16.00.4
26.	ROBERT STACEY	CA	30	16.17.9
27.	SKIP FRYE	CA	30	16.19.8
28.	M. SANDLIN	FL	30	16.24.4
29.	FRANK REGUERO	FL	30	16.25.5
30.	STEPHEN SARIKUS	FL	30	16.33.7
31.	ALLAN McLEAREN	VA	34	16.39.0
32.	PERRARA	VA	34	16.40.0
33.	J. CASH	VA	34	16.43.0
34.	GREG BEHRMANN	VA	34	16.46.6
35.	LILES	VA	34	16.49.0
36.	MIKE DAYTON	FL	34	17.01.0
37.	JIM HALSCH	FL	34	17.06.0
38.	ROBERT PETERSON	CA	34	17.08.6
39.	E. CARRILLO	MX	34	17.11.2
40.	CHARLES SHARPE	CA	34	17.19.0
41.	COLIN WESTMORE	CA	34	17.22.0
42.	IRWIN HEREIN	CA	34	17.25.0
43.	JOE SALWAN	CA	34	17.34.0
44.	J. HARMOLEJO	MX	34	17.34.5
45.	DAVE BREWER	OR	30	17.40.0
46.	BOB GERVAIS	OR	30	17.42.8
47.	DAVE FRENCH	MT	30	17.54.0
48.	JOE WARTINE	FL	30	18.00.0
49.	SANCHAS	FL	30	18.01.6
50.	ELLIS MARTIN	FL	30	18.11.5

MEN'S 5000 METERS 40-44

RANK	NAME	STATE	AGE	TIME
1.	CHRIS LOOSLEY	CA	44	15.16.9
2.	KIRK RANDALL	MA	44	15.25.2
3.	BILL CLARK	CA	41	15.38.2
4.	JOE BEDERRA	CA	42	15.39.5
5.	LEE SARGENT	MA	40	15.40.9
6.	M. HERRALA	MI	41	15.41.2
7.	JERRY JOBSKI	CA	41	15.49.1
8.	CHUCK TUCKER	GA	43	15.54.0
9.	JOE CARR	CA	41	15.56.5
10.	RALPH ZIMMERMAN	NY	44	16.01.1
11.	ALAN PILLING	GA	42	16.05.0
12.	A. WILLIAMS	FC	42	16.16.0
13.	FOX	OH	42	16.16.0
14.	HARVEY FRANKLIN	OR	42	16.18.2
15.	TOM KIRCHNER	CA	44	16.21.4
16.	M. PERSAK	MI	42	16.25.5
17.	BOB WOOLLEY	NY	42	16.28.5
18.	R. RUIZ	CA	42	16.29.0
19.	GENE GILLIGAN	CA	42	16.30.9
20.	JIM LOMBARDI	PA	42	16.32.0
21.	P. FETSCHER	CA	42	16.34.1
22.	M. FIGUEROA	CA	42	16.36.8
23.	MOSES MAYFIELD	PA	42	16.48.5
24.	P. MURRAY	NY	42	16.49.5
25.	JOE COTE	CA	41	16.50.0
26.	HARRY CUMMINS	OR	42	16.53.9
27.	J. PROSEDA	CA	42	16.53.9
28.	FRANK KREBS	CA	42	17.01.9
29.	F. BOZANICH	CA	42	17.07.0
30.	G. KAY	CA	42	17.07.0
31.	MCHATCHIE	CA	42	17.09.0
32.	JACK THORNHILL	CA	42	17.12.0
33.	MARK GALLO	CA	42	17.12.4
34.	B. EMMETT	CA	42	17.16.0
35.	A. LEGAULT	NY	42	17.22.7
36.	JIM WALDORF	PA	42	17.31.5
37.	BILL LEACH	CA	42	17.34.0
38.	JAY BIRMINGHAM	FL	42	17.34.8
39.	JOHN MORGAN	OR	41	17.35.3
40.	J. ALEMAN	MX	42	17.37.7
41.	J. AGUILAR	MX	42	17.40.0
42.	DERRICK HAMILTON	CA	42	17.46.6
43.	BRUCE HOWARD	FL	42	17.49.0
44.	FRANK DAVIS	IL	42	17.49.7
45.	BERTRAND MYERS	TX	42	17.56.0
46.	R. HERRING	CA	41	17.59.0
47.	CLINT CARLSON	MT	42	18.00.0
48.	D. GAMBLE	CA	42	18.02.6
49.	F. CABRERA	MX	42	18.05.0
50.	DUSTY MOLLER	MT	42	18.05.0

MEN'S 5000 METERS 50-54

RANK	NAME	STATE	AGE	TIME
1.	RAY HATTON	OR	53	15.57.3
2.	JOHN BRENNAND	CA	50	16.15.4
3.	DEREK MAHAPPEY	WA	51	16.39.0
4.	E. RUFFING	IN	51	16.53.0
5.	JOHN MELBY	OH	51	16.53.0
6.	D. GAMMIE	OH	51	17.13.2
7.	D. WILSON	IN	51	17.13.2
8.	B. BROCK	NY	51	17.13.8
9.	J. MEEGAN	NY	51	17.29.5
10.	ERNIE BLACK	CO	51	17.50.2
11.	G. WALKER	NY	51	17.54.1
12.	F. WEGGEMAN	NY	51	17.55.7
13.	R. JONES	GA	50	18.02.0
14.	KEN GASSELL	CA	50	18.02.4
15.	WETSITT	CA	50	18.07.0
16.	DOM SLOCUMB	TX	51	18.08.0
17.	P. HETTRICK	NY	51	18.08.2
18.	BILL FOULKE	MT	51	18.14.4
19.	B. ELMWOOD	NE	51	18.34.5
20.	JOHN JOHNSTON	CA	52	18.37.5
21.	TONY MANDUCA	FL	52	18.46.0
22.	ERICH GUENTER	NY	52	18.46.5
23.	TUM STURAK	CA	52	18.52.2
24.	R. MARTINEZ	MX	52	18.56.0
25.	JOHN GREGSON	CA	53	18.56.3
26.	JIM LACEY	PA	53	19.05.0
27.	WALLY INGRAM	CA	53	19.08.5
28.	FRANK NEWMAN	MT	54	19.10.0
29.	F. LOPEZ	MX	54	19.14.0
30.	FRED SIDES	CA	53	19.22.1
31.	R. HAWKINS	CA	53	19.30.4
32.	BOB BURD	MA	53	19.37.0
33.	JOHN CONNOR	CA	53	19.37.0
34.	ARMAND MASSE	OH	53	20.19.4
35.	D. LEIN	OH	51	20.23.7
36.	L. LIGHTNER	OH	52	20.47.5
37.	DAVID PIERCE	CA	52	20.48.7
38.	DICK GRANT	CA	50	21.00.4
39.	G. ORDONEZ	CA	51	21.10.0
40.	DANIEL DE LISLE	TX	53	21.51.0
41.	LARRY SHULL	FL	51	21.55.2
42.	DAVID CREEK	CA	51	21.59.6
43.	GIB LANDELL	CA	52	22.03.4
44.	SIDNEY CONGER	CA	52	22.15.5
45.	DICK NYSTROM	FL	52	22.40.0
46.	C. DE LA FUENTE	MX	52	22.45.0
47.	C. MORALES	CA	51	23.14.0
48.	JULIO REYES	PR	52	23.18.3
49.	TOM TALBOTT	NY	52	24.19.1

MEN'S 5000 METERS 55-59

RANK	NAME	STATE	AGE	TIME
1.	GEORGE VERMOSKY	MD	55	16.54.5
2.	D. COLTON	CA	55	16.57.1
3.	ANTHONY SAPIENZA	MA	56	17.12.8
4.	PATRICK DEVINE	CA	56	17.33.5
5.	DAVID STEVENSON	NY	56	17.36.4
6.	HOWARD RUBIN	CA	57	17.38.9
7.	J. KING	CA	59	17.46.4
8.	JACK GENTRY	MO	57	18.13.1
9.	JAC GRISWOLD	MO	57	19.03.0
10.	VERSAL SPALDING	AL	59	19.11.0
11.	RAY HAZEN	MT	55	19.14.7
12.	SETH WARNER	CA	55	19.22.7
13.	R. SCHMIDT	NY	55	19.27.1
14.	PETE MUNDLE	CA	57	19.33.5
15.	MARCEL DIRAISON	CA	58	19.45.0
16.	J. BELL	CA	58	20.01.0
17.	R. SULLIVAN	NY	57	20.03.8
18.	TED BEARDSLEY	FL	57	20.08.2
19.	LARRY MEDRANO	TX	55	20.19.0
20.	EARL SMITH	PA	56	20.20.1
21.	N. SOLIS	MX	56	20.32.0
22.	B. KOHRS	CA	56	20.46.0
23.	BOB ERICSON	MT	56	20.47.4
24.	A. SANCHEZ	MX	56	21.27.0
25.	DAVID KING	NY	56	21.30.6
26.	ALAN COHEN	NY	56	21.45.8
27.	DES MARGETSON	NY	59	21.46.7
28.	DAVID MACKENZIE	NC	57	21.55.0
29.	ED HAMILTON	CA	56	22.18.3
30.	G. NAVARRO	MX	56	22.23.0
31.	GAIL WETZORK	CA	55	22.49.4
32.	STU ADAMS	FL	55	23.00.0
33.	CHARLES KIMBERLY	FL	55	23.42.0
34.	WARD SPEAKER	CA	55	23.50.8
35.	E. THORP	CA	55	27.48.4
36.	E. FINNEGAN	CA	59	33.23.3

MEN'S 5000 METERS 60-64

RANK	NAME	STATE	AGE	TIME
1.	JAMES O'NEIL	CA	60	16.52.0
2.	JOHN HOSNER	VA	60	18.46.0
3.	A. NAPOLI	NY	60	18.58.3
4.	MERLE ENOX	CA	60	19.26.6
5.	GIL RAMOS	CA	60	19.42.3
6.	W. LUNSFORD	CA	61	19.43.2
7.	EDWARD BUCKLEY	NY	60	20.02.0
8.	NEWLIE HENSON	DC	62	20.16.0
9.	LARRY RUSH	FL	61	20.16.2
10.	G. BROWN	CA	60	20.17.0
11.	DENNIS EGGLEY	CA	61	20.22.1
12.	J. HARRANG	CA	61	20.22.7
13.	H. DAGGERS	CA	61	20.26.1
14.	CARL HAMMEN	RI	61	20.28.5
15.	ROBERT MINN	NJ	60	20.30.1
16.	T. WALNUT	NY	60	20.39.8
17.	D. OLIVERA	MX	60	20.43.0
18.	M. FLORES	MX	60	20.51.0
19.	BOB PAGE	CA	60	20.52.8
20.	FRAN ALBAUGH	PA	62	20.53.0
21.	JOSEPH MALLON	OR	64	20.56.6
22.	B. DAVENPORT	KY	64	21.10.4
23.	W. SHANK	CA	64	21.53.6
24.	PAUL SCHMITT	MO	62	21.56.0
25.	ALVIN SMITH	VA	63	22.05.0
26.	G. DUEPNER	CA	62	22.14.0
27.	C. DAVISON	CA	60	22.17.0
28.	REX DIETDERICH	CA	60	22.19.5
29.	BYRON EDWARDS	CA	62	22.20.1
30.	UNO LIMIT	CA	64	22.25.1

MEN'S 5000 METERS 65-69

RANK	NAME	STATE	AGE	TIME
1.	S. RICHARDSON	CT	65	19.21.2
2.	WILLIAM EFFRIGHT	GA	65	20.12.0
3.	JOHN BOOTS	LA	65	20.22.5
4.	H. STRASSENBERG	IL	65	20.25.4
5.	MAX QUACKENBOS	FL	68	20.39.0
6.	JOHN WOODS	VA	67	20.57.8
7.	P. CURRY	GA	67	21.15.0
8.	NATE WHITE	NY	67	21.23.0
9.	LARRY PATTERSON	MO	69	21.28.0
10.	DON JOHNSON	NJ	68	22.10.2
11.	OSCAR HARTMANN	MO	67	22.19.0
12.	HARRY HARDER	CA	67	22.25.4
13.	E. SOWER	CA	67	22.25.6
14.	G. CIERKAS	NY	67	22.26.7
15.	H. MARSHALL	GA	67	22.37.0
16.	TOM MCGEE	CA	66	22.51.0
17.	P. GANAHL	CA	69	22.54.0
18.	D. QUATROCHIO	NY	69	24.04.0
19.	DICK FORTNER	FL	69	24.07.9
20.	VINCENT CARNEVALE	NJ	69	24.20.0
21.	D. RAMIREZ	MX	69	24.22.8
22.	N. EMERSON	CA	69	24.27.0
23.	VAL ATENCIO	CA	68	24.47.0
24.	JOHN FANCETT	MA	68	25.03.0
25.	ALVIN GUTTAG	VA	66	25.07.4
26.	OTTO SOMMERHAUER	CA	67	25.57.2
27.	ORRIS SAUNDERS	CO	67	27.35.8
28.	TED ILLE	SC	67	27.58.0
29.	MARCELLUS MILLER	CA	67	29.45.3

TRACK & FIELD RESULTS

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



EAST

New England TAC Championships, Cambridge, Mass.; January 25

Men's Masters Mile	
L Olsen	4:27.9
K Randall	4:40.2
J Babington	4:52.8
H Hatch	4:53.9
Women's Master Mile	
L Upton	5:28.8
B Pike	5:44.6

Dartmouth Relays Hanover, N.H.; January 9

55m	
M30-39 B. Hahn	7.1
P. Tams	7.1
K. Casho	7.2
M50-59 N. Mosley	7.2
R. Mitchell	7.6
H. MacMillan	8.1
W40-49 J. Riegel	8.4
S. Redfield	8.6
J. Gean Hemming	8.9
55mH	
M30-39 B. Stearns	7.5
B. Hahn	8.1
G. Hermses	8.4
W40-49 S. Redfield	10.9
400m	
W40-49 D. Glen-Marie	62.7
W40-49 L. Upton	1:08.3
B. Pike	1:09.1
C. Parry	1:36.3
1500m	
W40-49 T. Derderian	4:10.1
G. Frost	4:10.1
J. Hudson	4:16.8
3000m	
W40-49 R. Picherino	9:21.8
O. Elminger	9:22.2
T. Simpson	9:31.6
M50-59 B. Milner	9:34.6
High Jump	
M30-39 C. Polakowski	5-10
D. St. Hilarie	5-8
R. Salvia	5-0
M40-49 C. Wallin	4-10
M50-59 N. Curran	3-4
M60-69 B. Morcom	4-6
W40-49 J. Gean Hemming	4-2
Pole Vault	
M30-39 R. Salvia	9-0
M60-69 B. Morcom	10-0
Long Jump	
M30-39 S. Hennigan	19-6
C. Polakowski	18-11
P. Tams	15-5 1/2
M50-59 N. Curran	12-6 1/2
M60-69 B. Morcom	14-9 1/2
W40-49 J. Gean Hemming	12-10 1/2
S. Redfield	12-10 1/2
Triple Jump	
M30-39 R. Salvia	31-11 1/2
Shot Put	
M30-39 L. Hutte	45-11
L. Daniels	38-9 3/4
A. Barry	33-8 1/2
M40-49 C. Wallin	50-11 1/2
B. McKenna	38-6
R. Foregger	37-9
M50-59 T. Jackson	37-7
N. Curran	35-2 1/2
N. Wakely	34-9
35# Weight Throw	
M30-39 M. Grisko	48-11
E. Daniels	36-9
M40-49 C. Wallin	53-5
B. McKenna	37-0
D. Jensen	36-7 1/2
M50-59 T. Jackson	44-4 1/2
(20#) B. Atwood	30-9 1/2

Wanamaker Millrose Games New York, NY - January 30	
Masters Mile	
Tracy Smith CA	4:26.00WZ
Yeb Loudat NY	4:24.66
Berry Brown FL	4:26.06
Larry Olsen MA	4:27.07
Sar Bair PA	4:27.11
Jack Hurd GSR	4:31.58
Lou Scott NJ	4:35.44
Atlan Bellone NY	4:35.78
Noel Carroll IRL	4:37.11
Bob Schul OH	4:59.13
Masters Mile Relay	
NY Pioneers (R. Johnson, E. Robinson, G. Shane, E. Small)	3:29.27
Americas Team (Potomac Valley Seniors Central Park CC)	3:42.46

Masters Mile	
Tracy Smith CA	4:26.00WZ
Yeb Loudat NY	4:24.66
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Lou Scott NJ	4:35.44
Atlan Bellone NY	4:35.78
Noel Carroll IRL	4:37.11
Bob Schul OH	4:59.13
Masters Mile Relay	
NY Pioneers (R. Johnson, E. Robinson, G. Shane, E. Small)	3:29.27
Americas Team (Potomac Valley Seniors Central Park CC)	3:42.46

Brown University Indoor Masters Invitational Providence, R.I., January 11

Shot Put	
30-34 — M. Taylor	30-11 1/4
35-39 — S. Mackett	26-10 1/4
40-44 — P. Bucacci	28-1/4
45-49 — T. R. Schinse	25-2 1/2
50-54 — T. Jackson	26-1/2
55-59 — B. Garrahan	40-1/2 (record)
60-64 — W. Lancelotti	31-10 1/2
65-69 — B. Marcom	38-3 1/2
70-74 — I. Hume	34-8 1/4
75-79 — J. McCluskey	25-6 1/2
Women — 70-74 — T. Bucacci	15-3 1/2
Weight Throw	
35-39 — M. Gzisko	46-6
40-44 — B. Gourley	34-1/2
45-49 — R. Schlanse	27-11 1/2
50-54 — T. Jackson	26-2 1/4
55-59 — G. Bellick	34-2 1/4
60-64 — I. Hume	29-11 1/2 (record)
65-69 — J. McCluskey	75-4
Long Jump	
30-34 — N. Taylor	21-4 1/2
35-39 — P. Hoagland	20-10
40-44 — R. Overton	17-7 1/2
45-49 — D. Hurley	16-4 (record)
50-54 — E. Cline	18-4 (record)
55-59 — T. Vivieros	12-10
60-64 — E. Polier	13-9 1/2
65-69 — B. Morcom	15-1 1/2 (record)
Triple Jump	
30-34 — N. Taylor	43-2 1/4 (record)
35-39 — R. Hahn	35-9 (equals record)
40-44 — E. Cline	34-4 (record)
45-49 — V. Mattson	28-2 1/4
50-54 — S. Sorlien	29-3 1/4
55-59 — H. Zachman	16-1 1/4 (record)
High Jump	
30-34 — C. Polakowski	4-10
35-39 — T. Smith	5-0
40-44 — J. Brady	4-10
45-49 — R. Smith	4-0
50-54 — M. Perry	4-6
55-59 — T. Vivieros	4-0
60-64 — B. Lancelotti	3-8
65-69 — B. Morcom	4-6 (record)
70-74 — I. Hume	4-6 (record)
Pole Vault	
30-34 — B. Hall	13-0 (equals own record)
35-39 — E. Moyer	12-6
40-44 — B. Morcom	9-6 (record)
45-49 — I. Hume	7-6
55 meter hurdles	
30-34 — M. Taylor	8.2
35-39 — P. Hoagland	7.9 (record)
40-44 — E. Cline	9.8 (record)
45-49 — B. Morcom	10.1
50-54 — J. McCluskey	13.8
55-59 — S. Redfield	10.8
55 meter dash	
30-34 — N. Sleinberg	6.8
35-39 — J. Royal	6.7 (record)
40-44 — R. Johnson	6.6 (record)
45-49 — P. Tams	7.3
50-54 — N. Mosley	7.2 (record)
55-59 — C. Ross Mitchell	7.7
60-64 — H. MacMillan	8.0
65-69 — V. Mattson	8.0
70-74 — S. Sorlien	8.4
75-79 — J. McCluskey	10.8
Women — 50-54 — S. Redfield	8.8 (record)
65-69 — C. Harris	10.4
300 meters	
30-34 — N. Steinberg	37.7 (record)
35-39 — D. Larson	39.9
40-44 — R. Johnson	36.9 (record)
45-49 — E. Small	39.3
50-54 — T. Deponte	45.6
55-59 — J. Penier	49.3
60-64 — H. MacMillan	50.0
65-69 — H. Morningslar	61.4
70-74 — S. Sorlien	52.6
500 meters	
35-39 — D. Boardman	1:16.8
40-44 — B. Chinchillo	1:23.1
45-49 — E. Small	1:13.7
50-54 — K. Baker	1:17.3
55-59 — A. Cohen	1:37.4
800 meters	
30-34 — R. Walker	2:00.5 (equals record)
35-39 — J. Royal	2:05.1 (equals record)
40-44 — Brad Johnson	2:11.0 (record)
45-49 — D. Farley	2:06.4 (record)
50-54 — K. Baker	2:17.5
55-59 — A. Neardon	2:26.3
60-64 — C. Hammen	2:40.1
65-69 — H. Zachman	3:27.9
Women — 35-39 — S. Hall	2:44.2
1 Mile	
30-34 — R. Weinstein	4:25.6 (record)
35-39 — A. Swenson	4:21.4 (record)
40-44 — L. Olsen	4:27.9 (record)
45-49 — P. Stringer	5:41.9
50-54 — B. Almond	5:02.4 (record)
55-59 — A. Cohen	6:11.1
60-64 — C. Hammen	5:53.8 (record)
70-74 — S. Carter	5:35.7 (meet and world record)
1 Mile Walk	
30-34 — G. Laitano	7:54.8
35-39 — B. Savinus	6:56.2 (record)
40-44 — J. Kay	8:56.7 (record)
45-49 — R. Ruquist	7:53.8
50-54 — J. Gray	8:37.7
55-59 — R. McPeak	11:03.3
60-64 — R. Mulliken	9:11.6 (record)
65-69 — T. Gorham	15:14.5 (record)
70-74 — M. Fink	11:38.1 (record)
75-79 — M. Fink	8:59.4
65-69 — L. Mulliken	17:52 (record)
70-74 — M. Gorham	14:01.0
3,000 meters	
35-39 — G. Thurston	10:35.9
40-44 — L. Olsen	8:52.6 (record)
45-49 — J. Keal	11:07.8
50-54 — O. Galateau	11:44.2
55-59 — A. Cohen	12:11.4

MIDWEST

Wisconsin Masters Indoor Championships Jan. 3

MEN

Age 30-34: 60 dash — Morris Blueford, Country Club Hills, Ill., :04.5; **70 low hurdles** — Bob Zahn, Waukesha, :08.42; **220** — Blueford, :24.0; **440** — Jim Rubach, Pardeeville, :55.43; **880** — Steve Lacy, Madison, 1:58.2; **Mile** — Tom Kelly, Madison, 4:41.7; **2-Mile** — Dave Allen, Madison, 9:05.15 (record); **Long jump** — Zahn, 20-2; **Shot put** — Pat Burns, Oak Creek, 44-8; **Pole vault** — John Anderson, Madison, 13-6. **35-39: 60 dash** — Stan Druckrey, South Milwaukee, :06.6 (record); **70 low hurdles** — Mike Davis, New Lenox, Ill., :09.26; **220** — Mike Lutz, Madison, :26.4; **440** — Druckrey, :52.73; **880** — Tim Anderson, Madison, 2:01.8; **Mile** — Bruce Fischer, McFarland, 4:30.2; **2-Mile** — Jim Samuelsen, Milwaukee, 10:42.05; **Long jump** — Davis, 18-2; **Shot put** — Davis, 33-7; **Pole vault** — Davis, 12-4 (record); **High jump** — Davis, 5-4. **40-44: 60 dash** — Roger Booneski, Madison, :07.0; **70 low hurdles** — John Meisner, Easton, Ill., :09.48; **220** — Gordon Reller, Ballwin, Mo., :25.3; **440** — Reller, :55.39; **880** — Helge Pharo, Madison, 2:07.6; **Mile** — Kenneth Potter, Madison, 5:03.9; **Two-mile** — Dennis Spars, Milwaukee, 10:08.61; **Long jump** — Rob TenEyck, Brodhead, 17-11 1/4; **Shot put** — Steve Olson, Oregon, 33-2; **High jump** — Meisner, 6-0 (record). **45-49: 60 dash** — Ron Dennis, Madison, :06.9 (fles record); **70 low hurdles** — George LaBelle, Ham Lake, Ill., :10.72; **220** — Dennis, :25.8 (record); **440** — Mike Brazier, Glen Ellyn, Ill., 1:01.0; **Mile** — Brazier, 5:21.9; **Two-mile** — Ron Goudreau, Neenah, 11:01.0; **Long jump** — Dennis, 17-11 1/2; **Shot put** — Carl Klehm, Woodstock, Ill., 38-0; **Pole vault** — Tom Allen, Western Springs, Ill., 10-6; **High jump** — LaBelle, 4-6. **50-54: 60 dash** — Pierre Dobrowolny, North Riverside, Ill., :07.4; **220** — Don Botransia, Luxemburg, :27.8; **Mile** — Bob Urdlatler, Windsor, 5:19.0; **Two-mile** — W. J. Perloff, Madison, 12:16.6; **Long jump** — Tom Langenfeld, Edina, Minn., 15-11; **High jump** — Langenfeld, 5-4; **Pole vault** — Gleichauf, 8-0. **55-59: 60 dash** — Harry Brown, Wauconda, Ill., :07.3; **70 low hurdles** — Tom Hinkes, Madison, :10.95; **440** — Brown, :62.57; **880** — Richard Lindsey, Rockford, Ill., 2:40.8 (record); **Mile** — John Blenfang, Rochelle, Ill., 5:54.8; **2-Mile** — Blenfang, 12:19.2; **High jump** — Eugene Hess, New Berlin, 4-4; **Pole vault** — Hinkes, 10-0. **60-and-over: 60 dash** — Charles Olson, Nevis, Minn., :08.0; **70 low hurdles** — Mel Buschman, East Lansing, Mich., :12.95; **440** — Winston Olson, Wesby, 1:26.7; **Mile** — Richard Green, Rockford, Ill., 5:53.3 (record); **Two-mile** — Dewey McMickle, Madison, 12:31.9; **Long jump** — C. Olson, 13-10 1/2; **Shot put** — C. Olson, 30-8 1/4; **High jump** — Buschman, 4-4.

Continued from previous page

MID-AMERICA

TAC Mid-America Regional Masters T&F Championships Lincoln, Nebraska-Jan. 10

Table of race results for Mid-America, including 60 Yd. Hurdles, 60 Yd. Dash, 300 Yd. Dash, 1 Mile, and 2 Mile events.

Table of race results for Mid-America, including Shot Put, Pole Vault, High Jump, Long Jump, Pentathlon, and 1500m events.

Table of race results for Mid-America, including 100m, 110H, 200m, 400m, 800m, 1500m, 5000m, 10000m, and 50+ events.

WEST

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

Table of race results for West, including 100m, 110H, 200m, 400m, 800m, 1500m, 5000m, 10000m, and 50+ events.

NORTHWEST

Pacific Northwest Bell/Oregon Developmental Meet Portland: January 24

Table of race results for Northwest, including Masters 500y Dash, Masters 60y Dash, and Heat 3 D Kane.

Table of race results for Northwest, including Masters 500y Dash, Masters Mile, and Masters 55yH.

SOUTHEAST

DeLand All-Comers Meet DeLand, Fla.: January 25

Table of race results for Southeast, including 50y, 100m, 220y, 440y, 880y, and Mile events.

Table of race results for Southeast, including Long Jump, Triple Jump, Discus, Shot Put, Javelin, and Overall.

LONG DISTANCE RESULTS. Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

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

Table of marathon race results for U.S. TAC National Masters Marathon, categorized by age groups from 1 to 99 male.

Continued on next page

Continued from previous page

AGE GROUP 1 TO 99 FEMALE
FIN. NO. TIME PACE NAME AGE
1(6) 3:06:44.5 7:07 CHARLOTTE SWANSON 41
2(11) 3:47:29.7 8:41 JOAN BAKER 51
3(15) 4:17:18.1 9:49 JOANNE POPE 50

AGE GROUP 40 TO 44 FEMALE
FIN. NO. TIME PACE NAME AGE
1(6) 3:06:44.5 7:07 CHARLOTTE SWANSON 41

AGE GROUP 50 TO 54 FEMALE
FIN. NO. TIME PACE NAME AGE
1(11) 3:47:29.7 8:41 JOAN BAKER 51
2(15) 4:17:18.1 9:49 JOANNE POPE 50

AGE GROUP 60 TO 64 MALE
FIN. NO. TIME PACE NAME AGE
1(7) 3:07:26.0 7:09 JOHN KESTON
2(8) 3:38:40.2 8:20 KENNETH ROBINSON
3(14) 4:16:38.5 9:47 FRANK LUFF

AGE GROUP 75 TO 79 MALE
FIN. NO. TIME PACE NAME AGE
1(12) 3:49:22.1 8:45 ED BENHAM 79

EAST

NYRRC North Wind 10K
Central Park NYC
January 10

Overall
A Smith 21 31:50
C Stone 24 36:27
M35 P Gambaccini 32:44
M40 F Borrero 35:10
M45 R Ruiz 35:18
M50 P Ranis 40:31
M55 J Butns 39:49
M60 J McManus 40:54
M65 J McHugh 41:00
M70+V Carnevale 45:56
W35 D Hawkins 41:38
W40 A Hearn 37:33
W45 A Thornhill 41:48
W50+G Philips 44:24
W60+B Foley 1:09:13
W70+M Bdera 1:09:15

Shore AC Winter 15K
Long Beach, N.J.; January 11

Overall
R McGinn 25 50:21
M Gilligan 26 1:11:02
M40+D Cesario 56:51
M50+G Chase 57:57
M60+J Kilpatrick nta
W40+S Schreck 1:16:11

NYRRC Frostbite 10 Mile
Central Park, NYC; January 18

Overall
F Sharkey 25 52:22
C Girard-Klein 25 57:09
M35 J Stouber 57:31
M40 A Belligne 54:01
M45 W Kaye 58:49
M50 F Mueller 58:02
M55 J Mahler 1:07:29
M60 G Thompson 1:09:11
M65 J McHugh 1:09:33
M70+V Carnevale 1:21:20

NYRRC 20K Run
Central Park, NYC; January 25

Overall
S Chebor 30 1:05:35
A Hearn 40 1:18:10
M40 C Held 1:16:44
M45 R Ruiz 1:16:11
M50 R Murphy 1:20:15
M55 W Schwartz 1:22:54
M60 J O'Neill 1:47:01
M65 T Gibbons 1:29:06
M70+V Carnevale 1:39:46

Shore AC Winter 10K
Long Branch, N.J.;
January 25

Overall
F Male 32:49
C Cruz 41:50
M40+Dr. E Barwick 40:18
M50+V Mole 44:02
M60+P Kilpatrick 59:12
W40+S Schreck 49:48
W45 C Bienkowski 1:31:02
W50+S Balfour 1:42:32
W70+E Havens 2:38:10

SOUTHEAST

De Leon Springs Half-
Marathon & 5K
DeLand, Fla.; January 18

Half-Marathon
Overall Masters
D Ardell 1:21:43
M Barilone 1:36:19
M35 F Marshall 1:23:27
M40 P Little 1:24:41
M45 G Larsen 1:27:13
M50 E Truex 1:34:22
M55 J Blount 1:25:43
M60 D Fletcher 2:02:42
M65 F Rother 2:34:30
W35 K Horton 1:28:49
W40 C Cimas 1:59:27

Gasparilla Distance Classic
15K-Tampa FL., February 7

Overall
Marcos Barreto MEX 43:17 \$100
Grete Waltz NOR 48:50 \$125
Masters Men
Nick Purd GSR \$1.0K
Allan Rushner GBR \$0.5K
George Walker FL \$250
Masters Women
Gabriele Andersen ID \$1.0K
Barbara Filutze PA \$0.5K
Bobbi Rothman FL \$250

Miami Orange Bowl 10K
January 31

Overall
K Gonzalez MEX 28:30 \$6K
G Waltz NOR 32:10 \$5K
Masters
Allan Rushner GBR 31:24 \$1K
Attila Belligne NY 32:53 \$700
Pat Chirel 33:49 \$400
G Andersen ID 35:53 \$1.4K
Bobbi Rothman FL 36:15 \$700

SOUTHWEST

Houston-Tenneco Marathon
Houston, Texas; January 18

Overall
D May 2:11:51
B Moe 2:32:36
M40 B Scobie 2:30:59
R Gray 2:32:14
F Bozanich 2:38:29
M45 A Boes 2:36:39
A McDaniel 2:42:20
R Cosme 2:45:45
M50 J Escobar 2:47:58
J Llaguno 2:56:37
R Fletcher 3:03:25
M55 A Becken 2:58:39
R Ellis 2:59:17
C Adcock 3:07:44
M60 R Harrison 3:28:27
J Pennington 3:38:29
R Fay 3:38:38
M65 P Ricaud 3:39:44
G Askew 3:42:36
D Granger 3:49:02
M70 E Wert 4:31:43
M75 C Villemez 4:52:30
W40 E Palm 2:38:39
L Buhl 3:21:57
M Ferrara 3:22:48
W45 S Cooper 3:18:58
M Cullen 3:29:58
J Egan 3:30:30
W50 M Collins 3:30:47
L Marks 3:36:44
K Duplichan 3:38:37
W55 J McConnell 4:08:33
W60 E Brown 4:45:01

WEST

West Coast University Holiday
50 Mile/SCATAC Championships
Fountain Valley, Calif.;
December 27

1 J O'Brien 33 5:56:17
2 P Saccone 43 6:22:29
4 L Caldera 35 6:44:57
5 R Lowy 43 6:53:54
6 F Nagelschmidt 62 6:56:06*
7 T Cory 40 7:16:01
8 S Gimbel 1st 40 7:17:04
9 J Crawford 46 7:23:37
12 L Prebble 52 7:53:56
14 B Sergeant 46 7:59:18
17 D Pycior 48 8:10:52
18 L Jackson 52 8:13:16
24 K Pycior 3rd 38 8:25:51
26 B Basta 4th 43 8:41:18
35 J Powers 56 9:38:28
*U.S. single-age record

San Gabriel River 5K
So. El Monte, Calif.;
January 10

Overall
J Araujo 28 15:53
R Cervantes 16 18:40
M40 C Gonzalez 16:28
M45 R Hughes 17:05
M50 C Stolba 19:13
M55 P Devine 18:31
M60 J Mooshagian 29:33
M65 B Page 21:42
M85 J Bishin 40:55
W40 G Nuttall 22:57
W80 M Ames 83 36:31*
*U.S. single-age record

San Gabriel 3 Mile
So. El Monte, Calif.;
January 17

J William 23 15:40
K Ojeda 19 18:08
M35 M Galan Sr 17:18
M40 K Slocum 18:26
M45 T Heaton 17:36
M50 C Stolba 18:28
M55 I Mariscal 19:47
M60 W Nelson 23:58
M65 L Wherley 22:17
M85 J Bishin 39:25
W35 M Rodriguez 23:49
W40 G Nuttall 21:56
W45 M Shields 21:22
W50 V Taneja 21:41

SCATAC 30K Championships
Ventura, Calif.; January 18

Overall
R McCandless 31 1:38:32
D Sharp 32 1:58:16
M35 B Wilson 1:42:02
M40 J Brower 2:00:32
M45 R Thurston 2:06:21
M50 T Alarcon 2:03:05
M55 none
M60+F Nagelschmidt 2:08:09
W35 P Howell 2:16:00
W40 J Kewley 42 2:08:24*
W45 G Faust 49 2:08:28*
*U.S. single-age record

Walkers Club of Los Angeles
26th Rose Bowl 10 Mile
Handicap, Pasadena;
January 18

Overall
Clock Actual
Time Time
1 Joe Jacobsen 40+ 1:55:19 1:31:19
2 Caroline Butler 40+ 1:59:11 1:47:11
3 Noel Castle 40+ 2:08:18 1:58:18
4 Robert O'Donnell 0 2:09:04 1:45:04
5 Veda Roubideaux 40+ 2:09:24 1:45:24
6 Rose Kash 56+ 2:09:30 2:04:30
7 Helen Palomo 40+ 2:09:41 1:53:41
8 Oscar Wickliff 40+ 2:11:19 2:07:19
9 Alic Gibson 40+ 2:11:23 2:08:23
10 Bert Keippela 40+ 2:11:44 1:36:44
14 Collie Greene 56+ 2:12:45 1:54:45
24 Hal McWilliams 56+ 2:18:21 1:50:21
26 Joe Weston 56+ 2:19:14 1:46:14
Best Times Overall
M40+ Carl Acosta 1:39:38
W40+ Jolene Steigerwald 1:37:15
M56+ Hal McWilliams 1:50:21
W56+ Collie Greene 1:54:45

Paramount 10K Run
January 31

M40
David Oropeza 31:31
John Loeschhorn 31:40
Kjell-Eric Stahl 32:13
Wayne Vaughn 32:39
Steve Myhro 32:56
M45
Michael Heffernan 32:30
Richard Green 33:26
James Murphy 34:34
Ray Maranda 34:55
Ray Hughes 35:18
M50
Ray Batton 33:19
Andre Tocco 34:20
Richard Rodrigues 35:33
Bill Crum 36:31
Chris Bourke 36:40
Gaylon Jorgensen 34:38
Patrick Devine 36:48
Orlo Keniston 36:59
Lester Trujillo 37:28
Paul Saucedo 38:14
M60
Emmett Parker 38:14
Larry Banuelos 39:23
Fred Nagelschmidt 39:28
Ray Gil 40:17
Jack Goertzen 42:11
M65
Bob Page 43:42
John Nino 45:46
M70
Eddie Lewin 42:12
Mac Osborn 43:12
Wayne Zook 43:16
Ed Stotsenberg 44:43
Don Bradley 44:45
M75
Mel Shine 50:41
Frank Demers 57:38
M80
Chet Crabb 56:48
Willard Benton 1:02:34
M85
Paul Spangler 1:07:57
F40
Erna Kozak 34:38
Barolene Walter 36:20
Joni Pendleton 37:55
Bette Poppers 38:00
Molly Thayer 38:39
F45
Gina Faust 38:27
Ursula Rains 40:59
F50
Vicki Bigelow 38:30
Wilma Maddock 43:40
F55
Barbara Meadows 43:20
F60
Helen Dick 44:52
Raye Johnson 47:16
F65
Pat Dixon 47:32
Gerry Davidson 48:59
Norma Bernardi 54:39
F70
Lucile Adney 1:12:53
F75
Bess James 1:09:44
F80
Mary Ames 1:15:46

Super Bowl Sunday 10K
Redondo Beach, Calif.;
January 25

Overall
J Solly 23 28:58
S Berenda 25 32:49
M40+R Jensen 40 33:08
P Ryan 42 33:36
C Gonzalez 44 33:52
M50+A Tocco 51 34:24
L Trillo 59 37:39
F Greene 51 37:57
M60+L Banuelos 62 39:50
J Stoltzfus 60 41:27
W40+R Gilmore 46 42:37
J Carney 40 42:38
S Reinhardt 40 42:38
W50+W Maddock 52 43:59
J Hoagland 50 45:01
S Blush 50 45:05

Las Vegas Marathon
February 7

Overall
Brad Hawthorne C. 2:14:04 \$4K
Sue Jarchiere WY 2:41:07 \$1K
Masters
Steve Lester UT 2:23:12 \$2K
Bruce Fortensen NM 2:24:32 \$1K
Gail Scott CO 2:49:45 \$1K

INTERNATIONAL

Bahamas Princess
Country Club 10K
Freeport - January 24

Overall
K Menow KY 28:32CR
G Waltz NOR 31:56CR
Masters
Barry Brown FL 31:09
Bobbi Rothman FL 36:12

Runner's Den/KOA 10K
Phoenix - February 1

Overall
Dietmar Millonig AUT 26:50
Nancy Ditz CA 33:45
Masters
Marc Steuer 30:43
Kathy Loper 39:22

San Blas Half-Marathon
Coamo, PR - February 8

1 Modajo Bulti ET 1:04:54
13 Victor Mora 42 CCL 1:07:56

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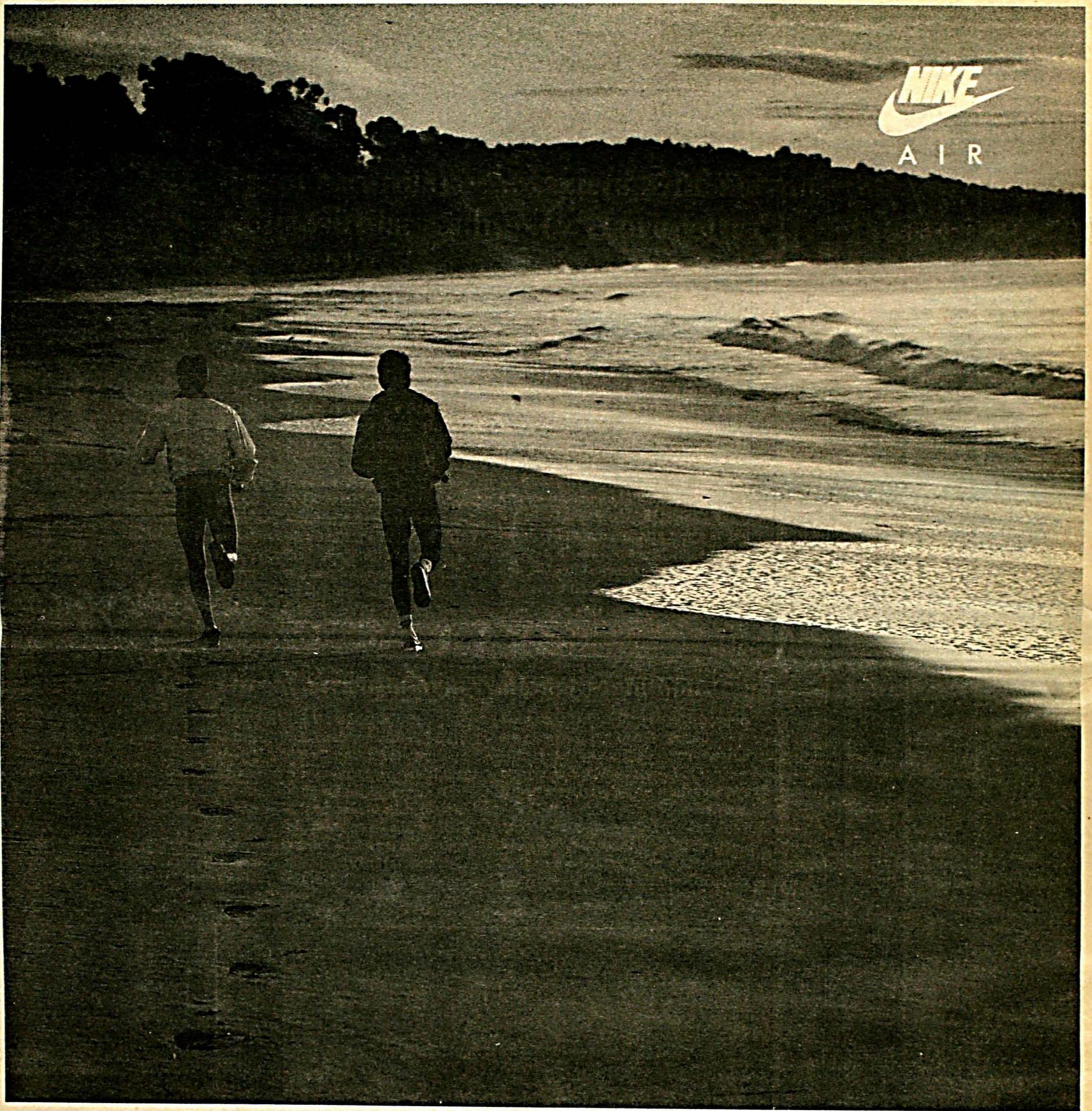
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