Sevald, Pendleton Win
National Masters 15K
by LOLITIA BACHE

One age-group and seven single age records were set in the TAC National Masters 15K Championships held in San Diego on March 8. Two California runners, Bill Sevald of San Francisco and Joni Pendleton of San Diego, captured the top spots on the flat, scenic course at Mission Bay Park. The race was combined with San Diego Track Club’s annual Sue Krenn 15K, named for the late SDTC member and world class marathoner.

Sevald, 40, was the overall winner of the combined races with a masters course record of 48:13. A financial consultant who played football, basketball and baseball in college and professional basketball in Europe for two years, Sevald, at 6'3", towered over his competition. The competition included last year’s champion George Keim, 44, recently moved to the San Diego area from Pennsylvania; Sal Vasquez, 47, of Alameda, California; and Wayne Vaughn, 41, of Hagerstown, Maryland. Sevald and Vasquez led the race from the beginning, with Sevald breaking away at approximately 4 miles. Vasquez finished 2nd with the excellent time of 48:50.

Continued on page 7

Faxon Repeats in Colonial Half-Marathon


Overall winners were Gordon Christie, 25, in 1:05:05, and Inge Schuurmans, 24, with a 1:21:01.

World Games Entry Form in This Issue
by AL SHEAHEN

After months of work and revisions, the official entry form for the VII World Veterans Games is finished, and is published in the four middle pages of this issue for easy access or pull-out.

The Games will be held in Melbourne, Australia from November 28 to December 6, 1987, and are open to any man or woman over age 40, or woman over 35, as of November 28. More than 5000 athletes from over 50 nations are expected to participate. I was the guest of the VII World Games organizers last month in Australia, and had a chance to see how plans for the Games were coming along. I’m pleased to report that I feel these will be the best World Games ever.

Continued on page 17

Andersen, Olson Each Pocket $1500 as Top Masters in Orlando’s Red Lobster 10K Classic
by TOM STURAK

Gabriele Andersen, 41, of Sun Valley, Idaho, and Larry Olson, 40, of Millis, Mass., topped exceptionally competitive masters fields in the Red Lobster 10K Classic at Orlando, Fla., February 21. The event was the championships of a five-race series staged last fall in Washington, D.C., Chicago, Cincinnati, and Dallas. Overall and masters male and female winners from those events won expense-paid trips to the Orlando finale.

Despite adverse weather conditions — rain and gusty breezes — Andersen covered the mostly flat, closed-loop course in 35:22, 53-seconds ahead of masters runner-up Jane Hutchinson of Joplin, Missouri. In a fast, tight men’s race, three masters broke 31 minutes, headed by Olson’s good 30:25. Pre-race favorite, Mike Hurd, 41, of Great Britain, finished second in 30:42, only a few strides ahead of Mexico’s Antonio Villanueva, M45, at 30:45.

Both Andersen and Olson (18th and 39th overall, respectively) won $1500 for their wins. Prize money also went to second ($1000) and third ($500) masters placers. The event featured the largest total prize purse of any U.S. masters race scheduled for 1987, and drew a field of nearly 2000 runners from 14 countries.

Overall female winner, Liz Lynch of Scotland, ran 31:07, smashing the previous world-best by 24 seconds, to add a $25,000 "world-record" bonus to her $7000 first-place money. Open men’s champion, Marcos Barreto, of Mexico, fell short of the world mark by nearly 30 seconds with a 28:14 clocking.

Continued on page 17
JACK FOSTER REPLIES

I have received copies of the National Masters News for the past five or six months. During this period, I also received a questionnaire from Mr. M. Tymn, requesting my opinions on "athletic performance and aging." Since I refused to answer the questionnaire, it appears that Mr. Tymn's column in the newspaper has had a somewhat anti-Jack Foster tinge.

His implication that the marathon for the 1974 British Commonwealth Games in Christchurch was "short," reflects on some highly-credible runners — Ian Thompson, Ron Hill, Derek Clayton, to name but three (poor Derek, first the Brussels course controversy, now Christchurch!).

Unless, of course, Mr. Tymn meant the course was short only for my 2 hours, 11 minutes.

This course in Christchurch is still there; being used and to my knowledge no one has since broken 2 hours, 14 minutes on it. Mssrs. Tymn and Burgess are most welcome to come and put their legs where their mouths have and are a run in the June 1987 edition of the run on the same course.

The figures quoted by Mr. Tymn for a 1982 New York run are most complimentary, but I regret to say, quite inaccurate. The 2 hours, 20 minutes, 28 seconds I was credited with was in fact 2 hours, 23 minutes 54 seconds run in 1981 while on a business trip there.

Strangely enough, although I was 49 at the time, there were no masters of any age in front of me.

It would appear that Mr. Tymn makes a lot of assumptions, gathers few facts and should confine his journalistic efforts to essays on bladders and urinating up toilet stalls, which, although in rather poor taste, perhaps be factual.

If there was any merit in my past athletic performances, it was surely not in the modest times I achieved; rather than in that I competed in my races in the Open age competition, disregarding any concession to masters or veterans status to try to enhance my results.

Thank you most kindly for sending me the newspaper. I enjoy reading it despite the "Gun Lap" or any other aspersions cast on what I may or may not have achieved. Hail to the 41 3/4 year-old who runs a sub-2:11:17 (and Continued on page 15)
THE FORECAST:

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Reiter, Rajcevich Voted Top Masters in Indoor Meet in Rock Island, Illinois

by DOUG SAND

ROCK ISLAND, Illinois. As in its two previous editions, the 1987 Indoor Masters Track and Field Meet, held at Augustana College, Rock Island, Ill., February 14, was a great success.

With participants exceeding 140, each event and age-group was well-represented at this Valentine’s Day display of athletic prowess.

Pete Stopoulos, owner and operator of The Athletes Foot, a co-sponsor of the meet, was very pleased with the afternoon’s turnout. “This was by far the best meet we’ve had in the three-year history,” he said. “Not only did we have a great participant turnout, but the spectator attendance was also very notable.”

The meet featured a staggering 108 broken records throughout the 13 various open, sub-masters, and masters age classifications.

Gordon Reiter and George Rajcevich were voted the meet’s most outstanding masters athletes for their respective classifications. Reiter grabbed the 30-59 honor after putting in a full day with first in the 60-yard dash, long jump, 4 x 1 lap relay, 440y, 300y, and a second in the high jump.

Rajcevich punched a long clock himself with first in the pole vault, shot put, 4 x 1 lap relay, mile, 300y, and 880y. Rajcevich also finished second in the triple jump to take 60+ honors.

Moline native Mike McDowell in his first sub-masters competition coasted to a new 300y record of 34.1 despite a near-fall around the first curve. At the other end of the time-table, Indianapolis’s Arling Pitcher, 85, despite a muscle pull in his right leg, won the long jump, triple jump, high jump, and shot put.

Sprinters Hot in Cincinnati T&F Meet

by JERRY WOJCIK

The Midwest Masters T&F Championships, held at the University of Cincinnati Armory Fieldhouse in Cincinnati, Ohio, on February 22, drew a full force of 42 men and women sprinters in the 60y dash (10 in the M40).

Dallas Gaines, M30, was the fastest man in the 60y with a 6.3. Clarence Ray finished first in the popular M40 race with a 6.6. Scott Tyler and Paul Dorsey were clocked in 6.8 in the M45 race with Tyler getting the win. Arling Pitcher ran 12.3 in the M80+ division.

Ray beat another strong field in the 300y with a 34.9. Harry Tollever won the M45 300y in 36.6 and the 1000y with a solid 2:31.3.

Ham Morningstar, second to Chris Christy, 8.5 to 8.6, in the M70 60y race, ended up a multiple winner with six wins, including the 60y hurdles (12.9) and shot put (35.9%).

In the mile, Bill Fanning won in a well-matched M40 six-man field with 4:47.6, and Floyd Romack edged Bob Schul in the M45 race, 4:53.0 to 4:53.8. In the two mile, Romack had an easier time, winning in 10:51.9.

The best time for the 2-mile walk in the meet came from Jack Blackburn with a 17:11.1 in the M50 race.

Sprter Dorsey, M45, was the class of the masters high jumpers with 5-6, and Ed Hoyle, M50, had an excellent 12-6 pole vault. Denver Smith, M60, won the pole vault (10-0), high jump (4-6), and triple jump (33-11½).

In the shot put, George Mirka, M45, won with a 41-4½ throw; Phil Brusca, M55, hit the 45-½ mark; and Andy Jones, M65, had an impressive shot put series, throwing the 35# 38-6¼; the 56# 34-3½; and the 12# 29-½.

Weight throwers heaved the 35# and 56#, with submaster Norman Bower, M35, fielding the farthest 35# toss (46-11¼) and the best 56# throw (30-2½).

Nolan Fowler, M70, had three convincing weight marks with the 25# (41-1); the 35# (31-10½); and the 56# (19-9).

In the women’s events, Donna Pope-Green, W30, posted the best 60y time (7.2). Debbie Anderson, W35, was a one-person track team with wins in the 300y (40.5); 600y (1:31.3); 1000y (3:01.4); and mile (5:21.8).

Ernestine Yeomans’ 20:12.6 in the W65 2-mile walk topped all women’s times in that event.

Essie Kea, W45, won several events, including the high jump (3-9) and long jump (12-3).

American shot put record-holder Bernie Holland, W55, long jumped 10-9 and threw the shot 30-3.
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Social Activities: Palm Beach County is one of the fastest growing counties in the United States, and has many tourist attractions. The Meet is Scheduled so that most of Sunday is free for sightseeing and enjoying our lovely weather. Information will be available at the Meet or on request.

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.

Photographees: 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.

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To Reserve a room call 954-800-0610 and tell them you are with the Palm Beach Track and Field Championships. There is 24 HR 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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Country Square Inn: 7055 LAKE NORTH ROAD/LAKE NORTH Brevard, Florida. This Hotel is closest to the Track. They offer rates of $54 for up to 4 in a room. Make Reservations by calling (305) 968-5000 in Florida and 1-800 323-8130 out of State. Mention you are with the Palm Beach Track and Field Championships.

Don't miss it!

The Palm Beach Post
The Ladies Have it Too Easy

I'm all for equality. That's why I find it necessary to speak out and say that we've gone too far. Things are being made too easy for the ladies.

More and more races seem to be offering equal prize money or awards for women, even though the men participants outnumber women three or four to one. As I see it, the prizes should be distributed in relation to the ratio of men to women. If there are three times as many male participants, there should be three times as much prize money or as many awards for them.

I've also noticed quite a few race results where the winning woman takes home as much as the winning man and though the quality of her performance is significantly below many of the top male performances. Let me explain this with a theoretical situation:

Assume that the first five men in a marathon all finish under 2:12—with five minutes of the world-record and the first woman records 2:31—one ten minutes off the world-record for women. The way I see it, the fifth-place man performed better than the first-place woman. Yet, she takes home much more money than he does. Is that fair? Is that equality?

I think Jack Moran, the former director of the Twin Cities Marathon, did a great service for masters runners in introducing a handicap system for his race, and I don't want this to sound like I'm criticizing him. But the fact remains that Jack's handicap standards favored the woman. Consider that Kjell-Erik Stahl was the first over-40 finisher in 2:18:28 and that Gabriele Andersen was the first distaff masters in 2:40:08. Now consider that Stahl's time was 11 minutes, 16 seconds slower than Carlos Lopes' world record for men (or 8.8 percent higher) and that Andersen's time was 19 minutes, 2 seconds slower than Ingrid Kristiansen's world-record (or 13.5 percent higher). Stahl's performance was clearly much better than Andersen's. But Andersen finished ahead of Stahl in the handicap scoring.

The latest thing bringing this kind of inequity to mind is the TAC All-American Certificate Program for masters track & field competitors (see page 25 of Feb. NM). The men's standards, at least from 1500-meters up, are soft; those for women are ridiculously soft. It is demeaning to the term "All-American."

I'm all in favor of the concept. I like the idea of having achievement standards. I formulated something similar for road runners in Hawaii a few years ago. That plan had gold, silver, and bronze medal time standards at all distances from 5-K to the marathon.

Here too, I do not intend to criticize those who formulated the TAC standards. I'm sure they put much thought and effort into them. But there is no way around the fact that they're especially soft for women.

Consider, for example, that the men's 10,000-meter standard in the 40-44 age division is 35:00 while that for women is 44:40. That's a difference of 9 minutes, 40 seconds. Looking at it another way, the women's standard is 27.7 percent higher than the men's. Yet, the difference between the world records at 10,000 for men and women is almost an even 3 minutes (27:13.81 and 30:30.74), or just 11 percent.

Because many of the top masters distance runners, especially the women, do not compete on the track, we can't really use track records as a base to establish standards of excellence. That's apparently what was done to arrive at the TAC All-American standards.

If, however, we go to certified road courses, we can observe that the difference between the best man and woman in the 40-44 group is consistent with the difference between the overall world records. Michael Hurd of Great Britain, holds the men's 40-44 world record of 29:39. I can't put my finger on Priscilla Welch's women's best at this writing, but it's somewhere around 33 minutes flat—a difference of about 11 percent.

Sure, Welch is heads above anyone else, although Joyce Smith ran comparable times in her early 40's. But the number of men in Hurd's class is not much greater and can be explained by the fact that male runners outnumber female about three to one.

How then can a 9 minute, 40 seconds difference between men's and women's standards possibly be justified and called fair?

Even worse, the 10,000 standard for men 60-64 is 40:30, while that for women in the same age group is 56:00. Here the difference is 15 1/2 minutes or 38.2 percent. If it's true that women age faster than men, maybe there's some partial justification for the gap widening as the ages go up. But certainly not that much.

As for the men's standards, I've been brought up with the idea that to achieve All-American status in any sport you've got to be one of a very select few. I would bet there are at least 500 American men in the 40-44 age division capable of meeting the 35:00 standard. Of course, nowhere near that many will qualify, because they'll stick to the roads.

Were I setting the standards, I would make the 40-44 men's standard about 32:00, a time attained by only ten competitors on the roads in 1985. The women's standard would not be much over 35:30, and I would stick to a male-female difference of no more than 11-13 percent on up through the age groups.

Also, since there are fewer men in the upper age groups than there are in the 40-44 category, I would not look for ten competitors to meet the standards in every age group. Probably only a half-dozen men in the 50-54 division and three or four in the 60-64 division would qualify.

All that is not to say that we shouldn't have more accessible standards of excellence, standards which more average competitors can strive for. Just don't call those who attain them "All-American." All-State, All-County, All-City, gold, silver, bronze, whatever, but not All-Americans. A 44:40 10-K for a woman is a very respectable time, but it is not an All-American time.
Rushmer, Andersen Win $1000 in Miami

by JERRY WOJCIK

Allan Rushmer, 42, or Great Britain, winner of the World Veterans 10K Championships in Vancouver, B.C., last October, ran 31:16 to win the first-place $1,000 award of the road race held Saturday in Miami, Fla., on January 31.


The closest masters race came in the M55 division, won by Bill Fraser, 57, over Clyde Baker, 56, by three seconds with a 36:58.

In the M60 race, Californian Jim O'Neil, 61, defeated Minnesota’s Alex Ratelle, 62, with a 35:57.

In the masters women's race, the much-traveled Gabriele Andersen, 41, a Swiss citizen who lives in Sun Valley, Idaho, was first in 35:53 for the $1,600 top prize. Bobbi Rothman, 41, of Coconut Creek, Fla., ran 38:15 for $700, and Sharon Beal, 40, of Ft. Lauderdale, Fla., won the third-place award of $400 with a 40:16.

None of the women's division races were close, but Algeme Williams, 70, of Park Forest, Ill., provided some excitement with a 54:22:76 in winning the W70+ race to lower a pending W70+ U.S. record of 57:08 by Anne Clarke. Ironically, Clarke, now 77, of Glen Ellyn, Ill., placed second to Williams with a 59:45. In 1986, Williams posted two pending road records, in the 8K (42:42y) and the 10 mile (1:28:46).

In close team races, the West Valley Joggers and Striders team of Sal Vasquez, David Riviera, Frank Rouna, Tim Rostege, and Jake White beat San Diego Track Club in the M40-49 division, while the West Valley Track Club team of Karen Lanterman, Laury Fisher, and Agatha-Sue Lee won the 40-49 championship. SDTC teams captured the M50-59, M60-69, M70+, W50-59 and W60-69 titles.

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**Sevald, Pendleton Win**

Continued from page 1

Joni Pendleton, 40, running for the host San Diego Track Club, ran away from the masters women’s field with a 58:32. Gina Faust, 50, of Woodland Hills, was second, breaking San Diego Dorothy Stock’s age-50 record with the time of 60:45. SDTC’s Gerry Davidson, 65, of Fallbrook, broke the W65 age-group record with the time of 77:31.

Other age division national championship titles were won by Richard Rodriguez, 50, 57:38; Gaylon Jorgensen, 57, 53:02; Jim O’Neil, 61, 55:14; Jim McCown, 65, 65:17; Wayne Zook, 70, 67:18; Willard Benton, 83, 98:16; Agatha-Sue Lee, 47, 65:13; Virginia Hastings, 62, 83:15; and Bess James, 77, 1:45:30.

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April Fool

I'll be honest with you, April has always been my favorite month. Think of all the great things happening during April. First, you can start off the month by having a million laughs on April Fool's Day. You can say things like, "Did you hear the church burned down? Well, holy smoke," or "Did you know the Jim O'Neils are having twins?" Jokes like that really cause a lot of fun, and they're actually not that difficult to do. I am always glad to help.

April showers bring a special kind of fun. "Singing In the Rain" and all that kind of frolicking: Along about the middle of the month comes tax time and a real opportunity to laugh your socks off. Frankly, I've always considered myself pretty damn lucky to be an American and, along with it, proud and privileged to pay my taxes. I'm not talking peanuts either, folks: I've consistently been in the 14 to 15 percent bracket now for several years. As I've always said about this country, the top of its lungs? My last intake was around 8 miles a day, and I'm hanging in there. Today's run took me a little more than three hours, but as you well know - it's the mileage that counts at this time of year. No complaints - it is my goal and my time. No one forced me to do any of this. I just happen to know that although I've weighed around 170 pounds all my life, I do my best running between 111 to 112.

If I end up not making my final goal it won't be any big deal. All I have to do is make it down to about 140, and I can get into most of my wife's clothes. That's always fun. There's just nothing that complements a leg better than a three inch pump. Frankly, I like the Oral and Rectal Roberts approach; send money or I might not make it. April Fool!

Higdon Challenges Bell to a Duel

Hal Higdon, senior writer for the Runner and occasional NMN columnist, has challenged John Bell to a duel - running style.

Bell is the 44-year-old millionaire businessman from Marion, Indiana, who was disqualified after "winning" the masters division of the 1986 New York Marathon in 2:25:15. Review of videotapes showed Bell failed to appear at key check points. Race director Fred Lebow refused to give Bell the $3000 first-place masters prize, and asked Bell to return the first-place trophy he received immediately after the race.

In a detailed, 16-page letter to the Marion Chronicle, Bell denied he cut the course and cited his passing of two lie-detector tests. He questioned Lebow's action, writing: "I lack confidence in a body which suspects, accuses, indicts, tries, convicts and sentences a person without notice and then appoints its own review board." He said he would not return the trophy.

Lebow said he would gladly appoint an independent appeals committee, and also has invited Bell to study tapes in the New York Road Runners Club offices. Bell said he's not likely to accept either offer.

Bell says his statement is his "last word" on the subject and that he will run no more marathons. He did apply to run in this year's Western States Endurance 100-mile in California, but race director Norm Klein told writer Joe Henderson that "his name was not drawn in the lottery to fill the limited field."

Enter Higdon, who discussed the case in last month's "Speaker's Corner." Higdon, a fellow Indiana who describes himself as "an aging runner of 55 with sore legs" has offered Bell a way to clear his name. In an open letter to the Marion Chronicle, Higdon wrote:

"Lie detector tests are not always accurate - one reason why they are inadmissible in court. I propose a more direct test."

The wager: "I'll bet $1000 against $1 by Mr. Bell that I can beat him in a match race at any distance from 1500 meters to a marathon." While Higdon once ran a 2:21 marathon, he has no recent times to worry a true 2:25 marathoner.

"I'll invite runners who believe Mr. Bell is an impostor to pay $10 or more to enter," said Higdon. "He can recruit runners who believe he's honest. If I lose, the pot goes to a Marion charity that Mr. Bell can name. If he loses, his pot goes to a charity of my choice. We'll call the race the 'John Bell Challenge.' We should be able to recruit Fred Lebow as the starter."
**Walker, Steigerwalt**
**Top Masters Postal Racewalkers**

By JERRY WOJCIK

Former Olympian Larry Walker led the M40-44 division and all masters walkers in the 1986 U.S. TAC National Postal One-Hour Racewalk Championships with a 12,952m (8 miles, 84 yards) total in Santa Monica, Calif., on November 15. Ray McKinnis, M45 leader, had the second-highest total with 12,065m (7 miles, 873 yards) at Raleigh, N.C., on October 25.

Jolene Steigerwalt was the open winner as well as the W40-44 best with 10,131m (6 miles, 519 yards) in Santa Monica on November 15. Marsha Hartz, W45 leader, did 9,298m (5 miles, 1369 yards) for second W40-and-up in Arlington, Va., on November 16.

The 1986 event was co-ordinated by the Shore AC of New Jersey and Don Henry, who is also in charge of 1987 postal one-hour racewalk results, which is not, however, a U.S. TAC National championship as it was in previous years.

Interested walkers can contact Mr. Henry for the entry forms and information at 24 Fairview Ave., Bricktown, NJ 08724.

The National Two-Hour Racewalk is being co-ordinated by Bruce Robinson, 6322 Eileen Ave., Los Angeles, CA 90043.

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**Lester, Scott**
**Winners in Las Vegas**

By JERRY WOJCIK

Stephen Lester and Gail Scott, 40-and-over winners, hit the masters jackpot for $2,000 and $1,000, respectively, in the 21st Las Vegas Marathon in Las Vegas, Nev., on February 7.

Lester finished in 2:23:12, about 1½ minutes ahead of Bruce Mortenson, who collected $1,000 for second M40-44. Scott won with a 2:49:48, ten minutes ahead of second W40-44, Sue Petersen, who pocketed $500.

Other men's masters division winners: M45, Joe Fodor (2:35:52), $500; M50, Bill Purcell (2:53:08), $350; M55, Gaylon Jorgensen, who won $1,000 with a 2:37:48, eight seconds over Alex Ratelle's M55-59 U.S. record on a turn-around course; and M60 plus, John Keston (2:54:33), $100.

Winners of the women's masters races: W45, Gina Faus (3:06:33), $150; W50, Judith Tucker (3:49:19), $100; and W60 plus, Helen Dick (3:32:06), $500.

In all, masters leaders shared $10,700 prize money.

Open winners were Brad Hawthorne (2:14:04), $4,000, and Sue Marchiano (2:41:06), who received $3,000, which included a course-record bonus.

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- $30,000 in TAC Prize Funds
- Expo, Friday Night Pasta Dinner, Runners' Forum, Saturday Night "All You Can Eat Poolside Barbecue," Gala Runners' Dance and Post Race Results Program
- Ranked as one the top 20 races in the US for 1987 by The Runner and Runners World Magazines.

**ENTRIES MUST BE RECEIVED BY AUGUST 1**

Send request to AP 10K, Box 2287, Ocean, NJ 07712

For Information: 201-531-4156
Masters Health and Fitness

By Gabe Mirkin, M.D.

Why You Lose Strength and Endurance With Aging

When you are young, your muscles are strong and durable and you can exercise for a long time. As you age, you can’t exercise as hard or as much as you are more likely to injure yourself.

To cause a muscle to contract, your brain sends a message along nerves to that muscle. Each muscle is made up of thousands of stringy fibers in the same way that a rope is made up of thousands of smaller threads. Every muscle fiber has its own nerve that causes it to contract. If the nerve that supplies a muscle fiber is damaged, that muscle fiber cannot contract and degenerates and dies. So, with aging, thousands of smaller fibers in the same muscle become smaller and weaker. This phenomenon is a major problem in people who have had polio.

The polio virus destroys nerves so that each muscle fiber supplied by a dead nerve dies. After a person has had polio, the remaining muscle fibers enlarge so that many polio victims can function quite well. However, twenty or more years after having polio, a victim becomes weaker. The polio has destroyed some fibers and, with aging, they lose even more fibers.

So, as you age, your muscles become weaker, no matter how much you exercise. To protect yourself from injury, you should exercise less frequently and with less intensity.

Mammoth Athletics Camp to be Held in July

Two sessions of the Mammoth Athletics Camp will be held July 5-12 and July 12-18 in Mammoth Lakes, Calif., in the Eastern Sierra Nevada mountains.

The camp director is Dr. Ken Foreman, USA head coach for the 1980 Olympic and 1983 World Championships track & field teams, and 1988 Olympic team distance and throws coach.

He will be assisted by a staff of some of the finest coaches in America in the sprints, hurdles, long and cross country running, most field events and sports medicine.

Mammoth Lakes provides an ideal training environment with a resort atmosphere to encourage athletes with families to participate while enjoying a normal vacation. Camp headquarters will be at the Mammoth Mountain Inn, which offers either rooms or condo-type units with kitchen facilities. The inn has a restaurant, lounges, meeting rooms, spas and many resort amenities.

The camp format offers a series of training and instructional periods each day in a relaxed format.

Other coaches committed to the camp include:

- Doris Brown Heritage (middle and long distance), national team and Olympic coach and current holder of the world mile record for women over-40.
- Dr. George Dintiman (speed and explosion), founder of the National Association for Speed and Explosion.
- Dale Kennedy (distance), head coach, Montana State U.
- John Smith (sprints and jumps), UCLA sprint track coach.
- Tracy Smith (distance), coach, recently set world indoor masters mile record.
- Vicky Vodon, DC, (biomechanics and sports medicine), noted chiropractor and sports physician to top athletes.
- Dr. Paul Ward (weight training and throws), coach to many Olympians.

The camp program alone costs $199 per week with special rates for families and groups, which includes transportation, video analysis, etc. Special reduced room and meal rates are available for camp participants and their families.

For further information, contact John Cosgrove at (213) 823-9448, or write to MAC Inc., 7411 Earldon, Playa del Rey, CA 90293.

The Tennessee TAC Masters Track & Field Championships
June 19-21, 1987

To be held at the Tom Black Track on the Knoxville campus of the University of Tennessee, minutes away from the Great Smoky Mountains. TAC sanctioned.

Open to all men and women age 38 and over. Competition, except for corporate relays, will be in 5 age groups. Awards 3 deep in each division. Timing by Accu-Trac. Saturday night social. Hosted by the Oak Ridge Track Club and the Knoxville Track Club.

Friday - Track - Saturday - Field - Sunday

Triple Jump - 110m, 400m Hurdles - javelin - Open SK run on
Pentathlon - 100m, 200m Dashes - High Jump, track. Open divisions - 400m, 800m, 1500m Run - Long Jump to ages 15 and
5K Run - 5K Race Walk - Pole Vault - to be run
3K Steeplechase - Shot Put - in age group
4x200 Corp. Relay - Discuss heats

Please send me . . . . . . sets of entry forms/meet information on the 1987 Tennessee TAC Masters Track & Field Championship.

Name
Address
City State Zip

Mail to: TACF
P.O. Box 3394
Oak Ridge, TN 37831-3394
MAMMOTH ATHLETICS CAMP, INC.

1987 SUMMER SESSIONS: JULY 5-12
In The California High Sierra
JULY 12-19

MAC IS: Performance Enhancement
MAC IS: Speed: Explosion Training
MAC IS: Middle & Long Distance, Cross Country, Sprints & Jumps, Tri-Athlete Training, Javelin, Discus, Shot Put, Weight Training, Video Analysis. Finest Training Available!
MAC IS: Available to all ages — All abilities
MAC IS: KEN FOREMAN, Ph.D., Camp Director, several times Olympic and National Team Head Coach; GEORGE DINTIMAN, E.D., NFL speed consultant and founder of Speed and Explosion Assoc.; DORIS BROWN HERITAGE, Olympian and Olympic coach, current world record holder for the mile in the 40+ category; DALE KENNEDY, Head Coach, Montana State U., Associate camp director; JOHN SMITH, UCLA sprint track coach and current world record holder for the quarter mile; TRACY SMITH, 1968 Olympian, current indoor world record holder in the 40+ mile; VICKY VODON, D.C., world renowned chiropractor, named as a member of 1988 Olympic team medical staff; PAUL WARD, P.E.D., world class masters power lifter and Olympic coach for throws and T&F weight training.

MAC IS: a TAC development camp and offers university credit in coaching and sportsmedicine.

*CAMP FEE: $199 per person per session + accommodations
1st-class accommodations available at Mammoth Mountain Inn. Full room and board at reduced rates
*Discounts available for families, groups and teams.

Call (213) 281-1993 for more information

or write: Mammoth Athletic Camp, Inc.
7411 EARLDOM AVE., PLAYA DEL REY, CA. 90293

APPLY NOW - GUARANTEE YOUR PLACE: $75 DEPOSIT OR PAYMENT IN FULL, LESS 10% = $180.
Knee Problems

Probably the most common knee problem among masters runners is chondromalacia patellae or "runners knee." It's the type of injury that usually gets worse with age and mileage.

The pain is usually described as an aching pain or pain in and around the knee cap. It is not necessarily point tender but rather a general aching which subsides when activity ceases. The pain usually occurs while walking up stairs, squatting or after sitting for a period of time. Most runners try to "run through" the pain but this usually ends up aggravating the condition.

Treatment begins with a clinical examination. A seasoned sports medicine physician can usually palpate the knee cap and elicit pain. Tangential view x-rays may show the patellae in its malaligned position.

The most popular treatment of runners knee is rest. Avoiding running, squatting and stairs. Athletic activity may be resumed when the symptoms are gone.

Aspirin, ice and anti-inflammatory medications have helped alleviate the symptoms. Moist heat may be applied after 72 hours — 20 minutes several times a day as required.

Examination of the foot and leg are essential. If a biomechanical problem is evident, the use of foot orthesis is necessary to re-align the foot and leg and to avoid reoccurrence of the problem. The use of a neoprene knee sleeve while running has been of some use in mild cases.

Resistance exercises to strengthen the quadriceps may be used once the pain is gone. Straight leg lifts "run through" the pain but this usually ends up aggravating the condition.

A graduated running program is then initiated on an asymptomatic basis. The knee is iced for 10 minutes directly after the run and moist heat is applied as explained.

Good supportive running shoes with a proper orthotic shoe insert is then used to prevent re-occurrence. Surgery is rarely performed for this condition but in severe conditions, your sports orthopedic surgeon may opt for this method rather than discontinuing your running program.

(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.)

1986 Top World Weight Pentathlon Scores

by PHIL PARTRIDGE and BOB STONE

Results from 27 weight pentathlons conducted worldwide in 1986 have been calculated by the latest age-factor scoring method, together with the IAAF scoring tables, 1962 edition. The accompanying table lists all scores over 3200. An age-factor score of 3500 is approximately equivalent to the U.S. Masters Standards of Excellence for individual events published in the National Masters News as part of the All-American Certificate Program.

There were more than 150 individual participants in weight pentathlons held in 1986 in the US, Canada, and Australia. A total of 16 age records were set in 1986 including a score of 4504 by Ed Hill, age 43, at the Wolfpack Fall Classic, Columbus, Ohio. This outstanding age-factor score is the highest ever made in Masters competition.

Meet directors of weight pentathlons are urged to exercise more care in recording exact age of each competitor and weight of implement used. Weight of implement thrown is particularly important for the shot and hammer due to the many different implements continuing in use around the country.

An updated listing of all Masters weight pentathlon age records will be published late this year to allow for inclusion of any marks set in 1987.

<table>
<thead>
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<th>Age</th>
<th>Name</th>
<th>Score</th>
<th>Date</th>
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1986 Top World Weight Pentathlon Age Record

Scored by Age-Factors with 1962 IAAF Scoring Tables

Participants and directors of the First Annual California Masters Track and Field Team Championships at Los Angeles Southwest College. From left to right: Frank Little (LA. Valley TC), second place; Juan Bustamante (Southern California Striders), first place; Marvin Thompson, meet director, Akemi Hanamoto and Glenn Johnson.
**Krueger First Master in National 50K Race Walk Championships in Carmel, California**

Karl Krueger, M50-59 winner, of Pacific Grove, Calif., and a member of the sponsoring Monterey Peninsula Walk Walk Club, was the first master in the U.S. TAC National 50K Racewalk Championships for both senior and masters walkers, in Carmel, Calif., on February 22.

Krueger's time of 5:20:40 left second master, Regis Dandar, M40-49 first from Elizabeth, N.J., some seven minutes back. Jack Gray, M50-59, of San Francisco, was third in 5:45:24.

**Max Green Sets M55 15K Race Walk Record**

by BEV LAVECK

Max Green, 55, of Taylor, Mich., was first master in the TAC/USA Senior and Masters Men's and Women's 15K Race Walk Championships in Wellington, Fla., February 7. His time of 1:20:10 is a new world M55-59 best (old mark by Karl Krueger, 56, 1:21:34 in 1986).


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**TAC/PACIFIC TRACK & FIELD CHAMPIONSHIPS**

**AND**

**OPEN MEN & WOMEN MASTERS MEN & WOMEN**

**MAY 23, 1987**

Los Gatos High School & Olympic Training Center
Sanctioned by TAC/PACIFIC ASSOCIATION
Sponsored by LOS GATOS ATHLETIC ASSOCIATION

**ENTRY DEADLINE WEDNESDAY, MAY 20, 1987**

**ELIGIBILITY:**

**ENTRIES:**
Pre-entry required before Wednesday, May 20. Phone entry D.K. tp May 20 — 354-5660.

**FEES:**
$7 per event, $15 for relays. $10 late entry if space available.

**NOTE:**
Hammer will be contested at Olympic Training Center (See Map On Back).

**HEATS:**
Will be run if required in 100 and 200. Heats will be contested in all age divisions that they are needed and the finals run at the end of allotted time slot. 400 will be run in timed sections based on times submitted on entry form.

**TIMING:**
Fully automatic timing by Accutrack.

**FACILITIES:**
All weather track surface 1/2 spikes only. Concrete throwing rings, grass javelin runway.

**AGE GROUPS:**
Open 18-29, 30 and above in 5 year age groups. 30-39 competitors may compete in open events if they so desire, but must stay in that division except in relay. Age on May 23, 1987 determines age group.

**AWARDS:**
TAC/Pacific championship medals to first three places in all events.

**TAC/PACIFIC CHAMPIONSHIP SCHEDULE**
May 22, 1987 at Los Gatos Track

**Statement of Ownership, Management and Circulation**


Actual No. Copies of Single Issue Published Nearest to Filing Date: A. Total copies: 4800; B. Paid Circulation: 1) Through dealers: 0; 2) Mail Subscription: 4239; C. Total Paid Circulation, 4239; D. Free Distribution, Complimentary, Promotion, 576; E. Total Distribution, 4800; F. Copies Not Distributed: 1) Office use, left over, spoiled: 0; 2) Return from News Agents: 0; G. Total: 4800.

I certify that the statements made by me above are correct and complete: Al Sheahan, Publisher.

---

**WAIVER:**

In consideration of your accepting my entry, I am giving to be legally bound, do hereby for myself, my heirs, executors, and administrators, and my executors and administrators of my body, their executors, administrators and personal representatives, and each and every of them, for kill or of injuries suffered by me and to my estate, successors, assigns, for any and every cause or commotion against Los Gatos Masters Association, TAC/PACIFIC Association, Los Gatos High School, Explorer Post 8412, Fire Department of this race, their successors, representatives and assigns, for any and all injuries suffered or not suffering, and for all other causes or commotions against TAC/PACIFIC Masters and Open Track and Field Championships held May 23, 1987 at Los Gatos High School, Los Gatos, California, and Olympic Training Center, Los Gatos, California.
Masters Track & Field Report
by JERRY ALAN DONLEY
Chairman, TAC Masters Track & Field Committee

The organization committee is also giving the committee a real financial boost if some help can be obtained. A multi-language newsletter will be sent to WAVA delegates on a periodic basis to keep them informed and to educate them about Eugene, Oregon, and the reasons why it should be selected for 1989.

Howard

The excitement generated by the Millrose Games masters mile is a great boost for masters competitors in the United States. The reports indicated that the crowd was excited about the race and that a new world record was set. We appreciate the meet organizer's efforts to include masters competitors and hope that this trend will continue. Some of the sprinters and field event competitors could also put on quite a show.

The Committee has initiated an All-American Award. Tables have been set up for every event and every age group that sets a standard. Every competitor who, during a sanctioned meet, equals or exceeds those standards, on application will receive a certificate indicating the individual is an "All-American." Many competitors who will never win a major event, but who are competing regularly and are in good physical condition and meet these standards, will now receive some recognition for their efforts. The response from the competitors has been quite favorable, and we hope it will encourage more competitors to participate in more meets.

Efforts are being made to rank the top competitors in each age group in each event. Recent top 5000-meter rankings include:

**MEN**

- 60-64: Jaclyn Caselli 22:44.8
- 65-69: Doris Tenning 28:12.0
- 70-74: Edna Berg 31:17.0
- 75-79: Bess James 29:19.8

1986 was a good year, and 1987 should be even a more significant year for the Masters Track & Field Committee.

---

**BIRMINGHAM TRACK CLUB CLASSIC**

**AGE-HANDICAPPING TRACK AND FIELD MEET**

**SITE:**
Vestavia Hills High School, Six Lane Chevron Track(1/4"spikes)

**ELIGIBILITY:**
All men and women age 30 and up.

**AGE-HANDICAPPING:**
"age-group" competition. Instead, all ages and sexes will compete in the same "division," with the oldest runner getting a head start in each event. In the field events, an age-graded formula will determine the winners. A distance handicap will be given to each competitor in the 100, 220, 440 and 300H. A time handicap will be given in the 120H, 880, mile and 5K. Handicaps are based on tables compiled by TAC Records Chairman and Dr. Track's Runners Time Standards. For a list of your handicaps send a SASE with age and events you would like to enter.

**HEATS:**
Heats will be run in the 100. The other running events will be run as seeded-actioned finals.

**TIMING:**
Hand timing.

**AWARDS:**
Medals will be awarded to the first three places in each event.

**FEES:**
Early entry is $5.00 for first event, additional events $2.00. Early entries must be postmarked prior to May 5. Entry fees after May 5 will be $8.00 for the first event, and $4.00 for additional events. All relays $10.00 per event.

**DIRECTOR:**
Gordon Seifert (205/879-8031)

**ACCOMMODATIONS:**
Special rates - Howard Johnson Motel (Hi-way 31 South, tel. 205/823-4300) including free transportation to/from airport.

**EVENTS:**
- 7:30AM 5K
- 10:00 120 Hurdles 12:00 220
- 8:30 100 Mile Relay
- 10:10 100 Trials
- 10:30 880 of handicaps for
- 11:00 100 Finalists
- 10:45 330 Hurdles
- 11:00 330 Hurdles
- 11:10 *440 Relay
- 11:30 **Mile Relay
- 11:40 Mile

**ENTRY BLANK**

NAME: SEX AGE (as of 5-9-87) Birthdate

ADDRESS: Street City State ZIP

EVENTS ENTERED: (list best performance during the last 12 months)

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<th>Event</th>
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<tr>
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<td>15:57.3</td>
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<td>Mile</td>
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</tbody>
</table>

**SIGNATURE:**

Mail to: Birmingham Track Club
1314 Ridge Road
Birmingham, Ala. 35209

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**8TH ANNUAL**

Kiwanis Club of Redlands = Evening

OUR MOTTO "WE BUILD"

Redlands = California

MASTER'S TRACK & FIELD MEET

MAY 16, 1987

UNIVERSITY OF REDLANDS STADIUM

Address all inquiries together with a stamped, self-addressed envelope to:

J.R. Hedrick
139 Carmody St.
Redlands, CA 92373
Tel. 714-792-2453 (H)
or 714-798-1510 (O)
someone surely will); he will know he has had a good run!  

Jack Foster  
Rotorua, New Zealand

ALL-AMERICAN CERTIFICATES

The All-American certificate program has been a much-anticipated and waited-for opportunity since it was first announced last year. Thank you to everyone who has been involved in developing this program.

Bob Miller  
Seattle, Wash.

The standards of excellence for All-Americans is a great idea. The certificates are fine. Maybe you could make a little extra money for the masters if you also made and sold patches to go with the certificates.

Tim Murphy  
Irving, Texas

What are the All-American standards of excellence for race-walking?

James Spitzer  
Baltimore, Ohio

(See Bob Fine’s letter below — Ed.)

Masters Race Walking is under the jurisdiction of the Masters Track and Field Committee. In communicating with Jim Weed and Gary Miller, the co-chairmen of the Masters All-American Awards Committee, it was agreed that All-American Masters Awards for Race Walking should be given. Jim and Gary are not familiar with performance levels in race walking and have requested that the masters race walking community present them with standards for men and women in the 5K, 10K, and 20K race-walking events.

Accordingly, please forward to me your recommended standards for men and women in five-year groupings from age 40 to 89 in the 5, 10, and 20 K walks.

Please include your name, address and phone number. I would like to receive your recommendations within thirty days.

Robert Fine  
4223 Palm Forest Drive North  
Delray Beach, Florida 33445  
305/499-3370

I just got my first issue of National Masters News and saw the table for U.S. Masters Standards of Excellence. I was saddened to see that my events, Decathlon and Pentathlon, were not included.

Is there any chance these events will be included at a future date? I’m sure there are others like me who feel they have a good chance to achieve a standard of excellence in one of the combined events even though our chances for the same in an individual event are slim.

Dan Weyand  
Crescent City, Calif.

(The All-American Committee, headed by Jim Weed and Gary Miller, is working on decathlon and pentathlon standards. Please send suggestions to Weed or Miller — addresses on page two.—Ed.)

Some comments on the All-American program: 1) I am not very interested in the certificate, and if that is a large part of the expense of doing this, perhaps you could offer a “without certificate” option next year. 2) I am very interested in having these compilations become a published best marks list in each age group, each year (something that would be a major incentive to me). That is part of the reason that I’m concerned about the cost … some people qualifying may not wish to pay for the certificate, and their absence would devalue the list. Also, it is utterly crucial, in my opinion, that any published list include not just the name of the person, but also the mark achieved. Otherwise, why would the really top people want to be on the table for the same in an individual event are slim.

3) Thanks for doing the considerable work that you must be doing. It has the potential to be a real incentive. If the $10 is mostly for compiling and verifying, then let people know that, and I think they will be more willing to pay.

Richard Stepp  
Arcadia, Calif.

The U.S. Standards of Excellence publicized in the February 1986 National Masters News were a good idea. These might be motivational force for athletes to see where they stand with relation to others. But where are the results? We are now asked to pay $10 for a piece of paper that certifies that we are “excellent.”

Who gets the profit from this enterprise? Does it go into the TAC Masters general fund? If so, readers are entitled to an accounting.

Or is it a scheme of riverboat gamblers to make a fast buck? If so, it doesn’t sit well with those of us who have spent hundreds of hours and dollars a year out of our own pockets to promote and stage masters events for a decade-and-a-half or longer.

Phil Partridge  
Boynton Beach, Florida

(Responding to both Stepp and Partridge, the All-American Certificate Program was conceived by the Masters Track & Field Committee of The Athletics Congress. The administrative details were designed by the Committee’s All-American Subcommittee, headed by Jim Weed and Gary Miller. It proposed a $10 fee to go to the National Masters News for printing, Continued on page 26)
Keizo Yamada: From Hero to Obscure Finisher

When Keizo Yamada crossed the finish line in the Honolulu Marathon last December, there was no special recognition, no extra applause, no fanfare. He was just another finisher in a crowd of nearly 10,000. At 5-foot-1 and 104 pounds, he was a rather obscure finisher at that.

Few, if any, of the bystanders realized that Yamada was once something of a national hero in Japan. That was a result of his victory in the 1953 Boston Marathon.

"It was at a time when Japan needed a hero," says Carl Ellsworth, who lived in Japan at the time. "They were really down after the war and patriotism had still not been restored. To have someone go to the United States and come back a winner was really something."

Yamada had finished 26th in the Helsinki Olympics with a 2:38:11 the year before and then recorded a 2:29:05 victory at Beppu before traveling to Boston and scoring a 28-second win over Finland's Veikko Karvonen. Yamada's time was a record 2:18:51, although several years later it was discovered that the course was only 25 miles, 938 yards long.

"I did not expect to win at Boston," Yamada says in his native tongue, Ellsworth interpreting. "I really thought I was going to win in Helsinki, but everyone went out so fast there. I felt like a complete failure and lost confidence in my ability."

Yamada credits his victory at Boston to being much more relaxed as a result of not expecting to win.

There was a big reception for him in Tokyo upon his return. Yamada took up running in 1948 and has never stopped. He says he ran about 400 kilometers (240 miles) a month in preparation for Helsinki and Boston. Conditions in Japan then were not conducive to heavy training. "We had to work long hours and there was not enough food," he explains. "And training was not very scientific then."

Although he didn't make the team that went to the Melbourne Olympics, Yamada captured the Japanese national marathon title in 1956 with a 2:33:12 and went on to win the 1956 Asahi Marathon with a fine 2:25:15, the fastest time by a Japanese runner that year. He also won the Japanese championships at 5,000 (15:11) and 10,000 (31:09) on the track.

After finishing sixth at Boston in 1957 (2:33:22), Yamada decided to give up international competition. After all, he was nearly 50 years old, an age then considered a bit old for peak performances.

Yamada now puts in about 450 kilometers (270 miles) a month, more than in his heyday. "But it is much slower," he says. He gets up at 4 a.m. to do his training and then is off to work at a travel agency by 7 a.m. His

Continued on page 26

Masters Athletic Group Tour
To Melbourne, Australia
For the 7th World Veteran Games
Nov. 28, - Dec. 6, 1987

Sponsored by: L.A. Valley Athletic Club

We have obtained three (3) excellent air & hotel travel packages from Qantas Airways & Destination Pacific, land operators, for our group. For those athletes and their families and friends who will be going to Melbourne for the 7th World Games in 1987, we invite you to come along with us and we offer the following tour options:

1. 14 DAYS AND 12 NIGHTS. Roundtrip air transportation from L.A. or S.F. to Melbourne, Australia. Includes 12 nights hotel accommodations, Nov. 26th to December 8, 1987. Transfers between airport and hotel, taxes and portage of two bags each person.
   A. Townhouse Hotel or similar economy class hotel: $1,299.00
   B. Chateau Hotel or similar 1st class hotel: $1,499.00
   C. Hilton Hotel or similar Deluxe hotel: $1,750.00
   D. Airfare only: (for those staying at the University facility or with Australian nationals) $922.00

2. 19 DAYS AND 17 NIGHTS. Includes plan #1 plus 3 days in Sydney and 2 days in Cairns, Australia.
   A. Ramada Gazebo Hotel & Colony Club Hotel: $1,569.00
   B. Hyatt Kingkage Hotel & Ramada Reef Hotel (1st Class): $2,325.00
   C. Hyatt Kingkage Hotel & Ramada Reef Hotel (Deluxe): $2,500.00

3. 25 DAYS AND 23 NIGHTS. Includes plan #1 plus Sydney, Australia; Auckland & Rotorua, New Zealand and Tahiti & Moorea(hotels in Tahiti & Moorea are all 1st class)
   A. Quality Inn, The Rotorua, Beachcomber, Bali Hai: $2,325.00
   B. Sheraton Auckland, Sheraton Rotorua, Beachcomber, Bali Hai (1st Class): $2,700.00
   C. Sheraton Auckland, Sheraton Rotorua, Beachcomber, Bali Hai (Deluxe): $2,700.00

4. 19 DAYS AND 17 NIGHTS. Includes plan #1 plus 5 days in New Zealand (Auckland and Rotorua).
   A. Economy Class Hotel and Roundtrip Airfare: $1,750.00
   B. First Class Hotel & Roundtrip Airfare: $1,895.00
   C. Deluxe Class Hotel and Roundtrip Airfare: $2,065.00

L.A.-VALLEY GROUP TOUR
1801 Ave. of the Stars, Suite #1136
Los Angeles, CA. 90067

ATTN: BILL ADLER

I/We are going to Melbourne to attend the 7th World Games. Enclosed please find $ (150 per person deposit plus $25 per person non-refundable registration fee) for persons to hold reservation until September 1, 1987 when the full balance is due and payable. Please make checks payable to: L.A.-VALLEY GROUP TOUR.

PLEASE MAKE THE FOLLOWING RESERVATIONS:

GROUP PACKAGE NO. 1. A. B. C. D.
GROUP PACKAGE NO. 2. A. B. C. D.
GROUP PACKAGE NO. 3. A. B. C. D.
GROUP PACKAGE NO. 4. A. B. C. D.

Keizo Yamada with interpreter and fellow competitor Carl Ellsworth.

April 1987
Many Advantages
The Games have several things going for them:
1) The main track in Olympic Park is reportedly the best and fastest track in Australia.
2) The track is located less than a mile from the center of the city.
3) A secondary track (for sprint heats, field events and warm-up) is located right next to the main track in Olympic Park.
4) The third track is at Melbourne University, where as many as 2000 athletes will be housed, and is only a 5-minute tram ride from the center of town.
5) The organizers of the Games, led by Executive Director Peg Smith and Competition Director Ray Callaghan, are knowledgeable and experienced veteran meet directors and participants, and are dedicated to making the Games a success.
6) The attitude of the Australian people is caring, helpful, good-natured and positive. Volunteers and townspeople, alike, will go out of their way to try to solve any problem. They'll use common sense, rather than rigidity, and are prepared to work long hours and do whatever is necessary to put on as-perfect-an-event as possible.
7) The transportation will be the smoothest of any World Games. Trams (trolleys, streetcars) and trains run everywhere. Athletes can buy a two-week, hassle-free pass for A$22 (US$15) — a bargain.
8) The city of Melbourne is a delightful experience. The people are friendly and there is much to see and do.
9) The rest of Australia — Sydney, Tasmania, the Great Barrier Reef, Ayers Rock — plus many optional South Pacific islands, offers the traveler a wide variety of post-Games sight-seeing activity.
10) The governments of the city of Melbourne and the state of Victoria are providing a substantial amount of funding and services to the Games.
11) The temperature should be mild. The average high in December is 75°F (24°C), while the average low is a cool 55°F (13°C).
12) Registration, meeting rooms, message boards and results postings will be underneath the grandstand at the secondary track. Overlooking that track is a restaurant, which will be available exclusively for World Games participants and their families.
13) The native language is English, which will make it easy on U.S. participants, for the first time in a World Games since 1981.

Two disadvantages
There are two possible downsides:
1) Rain. It rained three out of the four days I was in Melbourne, and three out of four in Sydney and Cairns. A deluge wiped out a scheduled open/veterans track meet, and, as you may remember, another downpour obliterated half of the World Games Promo

WHERE IN THE WORLD IS —
1. The largest international track & field championship to be held in '87?
2. It safe to travel?
3. The U.S. dollar strong and the exchange rate good?
4. Friendliness paramount?
5. Food as good as at home, in fact, tastes to suit all palates?
6. The largest exporter of fine wool, wheat, and opals?
7. The home of kangaroos, koalas, dingoes, wombats, the emu and the platypus?
8. The native habitat of the gum (Eucalyptus) and the wattle (Acacia)?
9. It summertime in December?
10. The largest monolith (Ayers Rock)?
11. The largest coral reef system?
12. It possible to be ACTIVE day and night... or daydream your adventures in lazy comfort?

ONE WORD SAYS IT ALL... Australia... ONE CALL DOES IT ALL
NATIONAL MASTERS NEWS TOUR
SPORTS TRAVEL INTERNATIONAL, LTD.
(619) 225-9555
P.O. Box 7823, San Diego, CA 92107
This is not an official tour of TAC or WAVA, but an independent tour sponsored by The National Masters News and Sports Travel International, Ltd.
World Games Entry Form in This Issue

Continued from page 17

Meet last December. Rain is seasonal, we're told, and the dates of the Games were picked to coincide with the dry season, when the average rainfall is two inches per month. I was told there was a chance of no rain during the nine days of competition — or rain on all nine days. My bet is that we'll get rain at least two of the nine days — purely a guess. In any case, events can be postponed to the following day, if need be. The threat of rain shouldn't deter anyone from going. Just bring your rain gear.

2) Flies. The joke is that the "Australian Salute" is a fast motion of one's hand in front of one's face — to shoo away the flies which proliferate in Melbourne (but not in Sydney or Cairns). The pests are smaller than the U.S. breed, but fly much closer to your face. Locals seem to get used to them, but, for the visitor, they're not much fun.

Heats and Finals
Ray Callaghan, the capable director of competition, says heats and finals of the 100, 200 and short hurdles will all be held at one of the two Olympic Park stadiums. (The second track is a 4-lane, 385-meter track with a 6-lane straight-away, so it is not suitable for any running event, except the hurdles and the 100.)

The finals of the 100, 200, 400, 800, 1500 and both hurdles will all be held at the Olympic Park main track.

The heats of the 400, 400H, 800 and 1500 will be held on the main track, if from all sections determining the winners. Sections will be seeded with the fastest runners in the last section. Most 5000 and 10,000 races will be held on the University's rubberized asphalt track.

The more entries in the Games, the more races on the University track. The final site for each track event will not be determined until October.

Field Events
All field events will be held on the Olympic Park grounds. The World Games Committee has gone to considerable expense to install three new throwing areas within the Olympic Park complex for the shot, discus, hammer and javelin.

The pentathlon will probably be held at the Olympic Park tracks.

Long Distance Events
The cross-country course is a 3-loop, 10K grass course, ideal for spectators, within a half-mile of the University. It's an undulating course with an uphill finish. Artificial barriers will be installed at points on the course.

Entry Forms
Americans may send their entry forms directly to Melbourne, but you can save the international bank draft fee, and make life much simpler for the Australians, by sending your entry form to your tour organizer, who will purchase one Australian bank draft for you.

Continued on page 27
Journey with us to "The Land Downunder" for the VII World Veterans Games in Melbourne, Australia. Your hosts will be legendary Aussie Ultra-Distance Runner, BILL EMMERTON well-known USA Coach, SKIP STOLLEY...and the Sports Tour professionals of BAY AREA TRAVEL, travel agents for many major sports teams and leaders in travel service to the Southern Hemisphere since 1969.

$1289 TOUR INCLUDES:

- Round Trip Air Fare on AIR NEW ZEALAND
  Departing Los Angeles/San Francisco Monday, 23 November, 1987
  Arriving Melbourne Wednesday, 25 November

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

- 13 nights of single room, dormitory housing at Melbourne University

- Breakfast & Dinner daily

- World Veterans Games Travel Bag & T-Shirt

- Processing of your Australian Visa Application & WAVA Entry Form

PLEASE NOTE! Only 30 of these special Economy Tours are available on a first-come basis at this incredible $1289 price!!

HOW TO MAKE YOUR RESERVATION:

- Send a Deposit of $250, plus a non-refundable $25 Reservation Fee ($275 total). Make your check payable to "Bay Area Travel WVG Economy Tour".

- Balance of payment will be due 90 days upon our confirmation of your reservation (no later than September 1, 1987).

- Your $250 Deposit is fully-refundable until July 1, 1987. No refunds can be made after July 1.

!!! GO WITH US, MATES !!!

Many other Tour Packages available. Call or write for details.
WAVA NOMINATIONS

JACQUES SERRUYS

A VETERAN FOR THE VETERANS!

At the WAVA's committee meeting in Melbourne, December 1986, Jacques Serruys (Belgium), at present WAVA's vice-president, has been appointed as candidate for the presidency in view of the elections which will take place at the General Assembly in Melbourne, December 1987. If elected, and this is a wish and hope of everybody familiar with the veterans movement, Jacques will succeed his friend Don Farquharson, who, according to the rules had to resign as president — and this after a successful period of 10 years.

Jacques Serruys started his athletic career in 1944 as a 800-1500 meter runner, fell in love with long distance running, participated and finished several marathons and 100 km races all over the world.

As an athlete and/or as a delegate, Jacques attended quite a number of meetings and organizations such as the WAVA world championships in Toronto, Gotenburg, Hannover, Christchurch, Puerto-Rico, Rome, the IGAL championships, Island of Man, France, Japan, Germany, England, Scotland, New Zealand, USA, Canada, Israel. He is a real WORLD VETERAN!

Everyone knows or should know him as the driving force of the world-known International 25km Race for Veterans at Bruges, Belgium. He is the founder and father of the veterans movement in Belgium and the publisher-editor of a monthly journal for veterans since 1974.

Besides being the president of the World Association of Veteran Long Distance Runners, Jacques Serruys is a member of the IAAF Veteran Committee, the Veteran Athletic Committee of the Belgian Athletic Association, vice-president of the Sports Council of the City of Bruges and vice-president of the Sports Council of Flanders.

His longtime local, European and worldwide experience and his zealous dedication to the veterans movement make him the right veteran to serve all veterans!!

The WAVA Committee at the meeting in Melbourne.

Left to right:
Jacques Serruys (Belgium)
Bob Fine (USA)
Don Farquharson (Canada)
Alastair Lynn (Canada)
Owen Flaherty (Spain)
Hans Axmann (FRG)
Bridget Cushen (England)

This advertisement paid by the Committee to Elect Jacques Serruys President of WAVA
Your INVITATION To

VII WORLD VETERANS’ GAMES
MELBOURNE AUSTRALIA
28th November - 6th December 1987

WELCOME

I have pleasure in inviting veteran athletes from all over the world to come to Melbourne, Victoria, to participate in the VII World Veterans Games.

I fully endorse this invitation because of the admiration and respect I have for athletes who have reached the veteran stage yet maintain the motivation, dedication and commitment to athletically test themselves against the best in the world.

Nothing influences our lives more than competition. It was competition which put a man on the moon and when you think of it, every advancement of mankind has occurred through some form of competition of another. The organisers of veteran games recognise the importance of sustaining an athletic competitive edge by men and women after they reach the age of 40 and 35 respectively.

The flame of human spirit is not extinguished through age, quite the contrary, and these veteran games afford us all the opportunity of engaging in competitive encounters with the ultimate objective of being the best in the world.

It’s for this reason that I look forward with enormous enthusiasm to the 28th of November, 1987 when we in Melbourne can welcome some 5,000 competitors from over 50 countries to participate in what I am confident will be the most exciting and rewarding World Veterans’ Games.

Please join us.

Bob Ansett, Managing Director, Budget

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REGULATIONS & QUALIFICATIONS

Section 1.

a) The VII World Veterans’ Games are open to all MEN born on or before 28 November 1947, and all WOMEN born on or before 28 November 1952 who are physically fit for competition.

b) Competition is conducted under IAAF/WAVA rules subject to any special rules laid down in this invitation.

c) Entry signifies that each competitor will follow the rules of the organising and technical committees.

d) The appointed safety officers have the right to disqualify competitors whose performance is considered dangerous to themselves or any other competitor.

AGE CATEGORIES

Section 2.

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ENTRIES

Section 3.

a) All entries MUST be received by 31 AUGUST 1987. Official Entry Forms or Photocopies must be used.

b) Confirmation of acceptance will be returned immediately. Confirmation is not received by SEPTEMBER 15TH, 1987.

c) Advice on entries in Relays and Weight Pentathlon will be given on arrival in Melbourne. These two events are NOT part of the 7 event limit.

DOCUMENTATION

Section 4.

a) Certified proof of birth date (eg: Birth Certificate, or Passport details). If not complied with, proof must be presented at the INFORMATION CENTRE on arrival.

b) Booking for Australian "BUSH BASH" (See item 33).

c) Booking for Local Public Transport Cards (see item 20).

d) Accommodation Booking.

CONFIRMATION WILL BE FORWARDED UPON RECEIPT OF YOUR ENTRY

Continued on next page
INDIVIDUAL
In the Track Events, lower competitors will be required to compete to the Olympic Pole. "AWARDS - INDIVIDUAL EVENTS
a) Medals will be awarded for the first three places for all age groups in all events.

AWARDS & CONDITIONS - TEAM EVENTS
d) Medals will be awarded to each scoring member in teams that gain a 1st, 2nd or 3rd place in their team group. (see below) Teams will be formed by country.

e) Relay of 4x100m and 4x400m in groups - M40, M45, M50, M60-69, M70plus, W35-49, W50Plus.

In conditions will apply:

a) Medals
b) Commemorative Awards

Conducted
Competitors will be limited to the first five of each country to finish in the following groups - M40, M45, M50, M55, M60-69, M70Plus, W35-49, W50 Plus.

An athlete may move down an age group for team scoring, but can still participate as an individual in their own age group.

EVENT CONFIRMATION
Confirmation of Entry lists will be displayed in the INFORMATION CENTRE. Competitors must sign this list which will be REMOVED 1 HOUR before the start of their event. FAILURE TO SIGN COULD RESULT IN EXCLUSION FROM THE EVENT. Competitors MUST report to the designated station area of their event at least 20 minutes before the start of that event.

QUALIFYING REQUIREMENTS - TRACK
In all track events requiring heats and/or semi finals, the following qualifying conditions will apply: In non-lane events, these conditions may be varied.

Lane Track - Winners and at least next 4 fastest will advance.
Lane Track - Winners and at least next 3 fastest will advance.
Probable Limits:
800 metres, 12 per heat, 8 to final.
1500 metres, 16 per heat, 12 to final.
If there are insufficient starters to warrant a scheduled heat, then the semi final will be conducted at the scheduled starting time of that heat. The final will always be held at its scheduled starting time.

QUALIFYING REQUIREMENTS - FIELD

Long Jump, Triple Jump and Throwing Events:
The best 8 performers (including those sharing 8th position) in the 3 preliminary trials, will qualify for the final 3 trials.
High Jump and Pole Vault:
Competitors may nominate one height below standard set by organisers.
Progression - High Jump - 3cm - Pole Vault - 5cm

DIVISIONS (SECTIONS)

a) In all track events over 1500m, and all field events (except High Jump and Pole Vault), age groups with very large entries will be divided into divisions, on ability basis, with the best performers competing last.

b) In Track events, age group winners will be decided on the overall best times from all divisions.

c) In field events except the High Jump and Pole Vault, divisions will operate only for the 3 preliminary trials. The best 8 performers (including those sharing 8th position) from each division in each age group will advance to the final 3 trials after all divisions in that age group have completed the 3 preliminary trials.

IMPLEMENT

With the exception of vaulting poles all implements for field events will be provided by the Organisers. Those competitors wishing to use their own equipment may do so, but it must be certified by the Equipment Officer at least 90 minutes before the event.

SPIKES

Only spikes of 6mm length are permitted on stadium tracks.

WEIGHT OF THROWING EQUIPMENT

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<td>800GMS*</td>
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*NEW IAAF SPEC.

HEIGHT AND DISTANCE BETWEEN HURDLES

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<th>AGE</th>
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<tr>
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<td>8.40m</td>
<td>450m</td>
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</table>

Sweepstakes distance for age-groups M60 and M65 shall be 2000m, there is no sweepstake for age groups M70 and above.

VEHICLES (all within 2KM of City Centre)

a) TRACK AND FIELD - Olympic Park No 1 and No 2 grounds - Olympic Park Environments - Melbourne University Track.

b) MARATHON - 6.00 a.m. start Olympic Park, flat, fast, out and back course along sea front. Traffic Control for maximum of 5 hours, slower runners will use footpath. (Every finisher will receive their time).

c) CROSS COUNTRY - Royal Park, 3 laps undulating course on grass and soft surfaces (spike recommended).

d) ROAD WALKS - Around Melbourne Botanic Gardens adjacent to Olympic Park.

ENTRANCE PASSES

Two free passes will be provided to all competitors for entrance to competition venues.

RESTRICTIONS

a) TIMETABLE - In the Track Events, slower competitors will be required to move to the Outer Lanes to complete the event if this becomes necessary to allow the next event to start on time.

b) SPONSORS & PHOTOGRAPHY - Written permission must be obtained from the Organisers for the following purposes.

1. Sponsor Display
2. Sale of Goods
3. Photography on the Field

HANDICAPPED PARTICIPANTS

Handicapped Competitors who need to be assisted by a guide may compete, provided that the guide does not impede any other competitor. Such competitors must advise the Organisers of their handicap when they report for their event, as well as noting it on their Entry Form.

INFORMATION

a) INFORMATION OFFICE
Registrations will be open from Thursday 26 November Olympic Park No 2, Swan Street, Melbourne.

b) MELBOURNE AIRPORT
Enquiries can be made at the Australian Airlines desk on arrival.

MEETING ROOMS

Rooms will be available for meetings at Olympic Park. Bookings can be made by any accredited groups at the Information Centre.

TRANSPORT

A special card valid for all transport (trams, trains and buses) at all times during the World Veterans Games has been applied to all competitors, family members and guests (together with a transport map) at a reduced price - $22.00AUD. Transport cards must be ordered prior to arrival and can be picked up at the Information Centre. Special buses will be provided for early starts and peak competition times.

CATERING

First Class meals at reasonable prices will be available on competition days at Olympic Park. Light snacks and drinks will also be available. The cafeteria will be open for lunches at the University track.

HOST - A - VET

Competitors will have an opportunity to experience hospitality being offered by the people of Melbourne. Invitations will be offered to attend dinners, barbecues, wine parties, sightseeing and many other varied activities. Details will be on the HOST - A - VET notice board at the Information Centre.

Continued on next page
AUSTRALIAN "BUSH BASH" SUNDAY 7 DECEMBER 3 P.M.

Section 23.
A memorable finale to a great event, a party which will reflect all the true spirit of Australian Bush Bands and Dancing, Australian "Tucker" (Food), Other entertainment and Door Prizes. Your last opportunity to arrange when you all meet again. Dress and atmosphere relaxed and informal. "We guarantee you enough to eat!"

MEETINGS

Section 24.
A notice board at the Information Centre will display details of the following meetings:-
WAVA General Assembly
Regional Areas
Womens' Assembly
Sport Medicine Seminar
Sport for the Mature Age Seminar.

ACCOMMODATION

Section 25.
Accommodation is held in all categories. Prices from $40 — $160 per night per room. Bookings can be made on payment of $20 AUD administration fee which is not refundable except in the event of WFG being unable to make a provisional reservation. Applications should be made on the official form accompanied by the fee.

RESULTS BOOK

Section 26.
Can be ordered and paid for during Games at the Information Centre.

THE PENTATHLON

Section 27.
MENS EVENTS — Long jump, discus, 200m, Javelin, 1500m.
WOMEN EVENTS — Sprint/Hurdles, Shot Put, High Jump, Long Jump, 800m.

Scoring tables for these events will be issued with Confirmation papers.

1985 WAVA PENTATHLON SCORE TABLES (May be adjusted for 1987)
(BASIC UNIT FIRST — 1000 POINTS SECOND)

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THE 1ST WORLD VETERANS WEIGHT PENTATHLON CHAMPIONSHIP

Section 28.
This event will be held on Monday 7th December, 1987. Details of this event will be supplied when you arrive in Melbourne.

Events — Discus, Shot Put, Javelin, Hammer, Weight.

EVENTS AND CODES

Section 29.

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<td>10H</td>
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CURRENCY IN AUSTRALIA

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1985 GAMES LOWEST MARKS

VII WORLD VETERANS' GAMES

ACCOMMODATION APPLICATION

SPECIAL REQUESTS

CONDITIONS

CALENDAR FOR EXTRA ACTIVITIES

EVENTS ENTERED

PAYMENT DETAILS

DECLARATION

ENTRY FORM

TO ARRIVE AT THE ABOVE ADDRESS NO LATER THAN 31st. AUGUST 1987.

FAMILY NAME

PREFERRED FIRST NAME

STREET NAME and NUMBER

CITY

STATE

COUNTY

POST CODE

COUNTRY

POST CODE

NATIONALITY

DATE OF BIRTH

SEX (MAN/WOMAN)

AGE GROUP

EVENT

BEST PERFORMANCE *

No. 1. Entry

No. 2 Entry

No. 3 Entry

No. 4 Entry

No. 5 Entry

No. 6 Entry

No. 7 Entry

Compulsory-

WAVA Fee → AUD $15.00

First Event → AUD $25.00

Additional Events → AUD $10.00 each AUD $ 

(Maximum 6 extra events (AUD $60.00)

TOTAL REGISTRATION AND ENTRY FEE → AUD $

*Best Performance 1986/87 or estimate of what is expected at these Games, providing it is not better than previous performances of 1986/87.

(Lower of performances submitted, will be sent to various national bodies for verification.)

PLEASE LIST YOUR OUTSTANDING PERFORMANCES

OLYMPIC / NATIONAL / STATE

1. Registration and Entry Fees x $25.00 each

2. Australian "Bush Bash" x $25.00 each

3. Transport Card x $22.00 each

4. Accommodation Deposit TOTAL PAYMENT ENCLOSED AUD $

ALL OVERSEAS payments must be made by BANK DRAFT in AUSTRALIAN DOLLARS payable to VII WVG/IS Bank Draft (No personal cheques accepted)

I declare that I am in good health and have conformed myself properly for competition.

I release WAVA (World Association of Veteran Athletes) and VII World Veterans' Games Organising Body Inc. Their sponsors, and any person appointed by them, absolutely of any responsibility for any injury or loss sustained in connection with the Games.

I understand and accept that the Games are staged in accordance with the WAVA Constitution and Bylaws. Also any individual from IAAF sanctioned countries can complete regardless of race, religion, politics, colour, nationality or place of residence.

Signature Date
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:
- An exciting array of quality hotels, restaurants, shops and night spots.
- An on-going calendar of cultural events that has earned Melbourne an unparalleled reputation in the visual and performing arts in Australia.
- One-of-a-kind ambience that combines the charm of turn-of-the-century Victorian architecture with 20th-century sophistication.
- 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:
Victorian Tourism Commission
3550 Wilshire Blvd., Suite 1736
Los Angeles, CA 90010
Or call: (213) 387-3111

THE VII WORLD VETERANS' GAMES

Name
Address
City State Zip
**World T&F Rankings**

Arthur Gray, a masters athlete and sports journalist in Sydney, Australia, is trying to launch an ambitious project. He hopes to compile international rankings for track & field events in each five-year age-group.

He is currently gathering data from masters sports associations throughout the world, and hopes to publish the first lists in July, 1987. Thereafter, he’ll update the list three times a year to each subscriber.

“ar’s a big job,” admits Gray, “but I think it can be done and will be very useful to veteran athletes throughout the world.”

The lists are called Top Marks, and can be ordered by sending U.S. $10 to Gray at Centurion Press, 6 Jocelyn St., North Curl Curl, NSW, Australia.

---

**World Games Trust Fund Passes $70,000**

The trust fund of the Masters Sports Association has grown to $70,746.07, David Pain, MSA Secretary, reports.

The funds will be used to help stage the 1989 World Veterans Games if the event is awarded to Eugene, Oregon.

More than $100,000 has been pledged by U.S. masters athletes and supporters to bring the Games to the United States for the first time ever. Thus, over 70 percent of the total is already in the bank and drawing interest.

In addition to Eugene, the city of Split, Yugoslavia is expected to bid for the right to host the 8th World Championships in 1989.

The final site decision will be made by the General Assembly of the World Association of Veteran Athletes (WAVA), the international governing body for masters athletics, at its biennial meeting on December 2, 1987 in Melbourne, Australia. Anyone who wishes to make a contribution to this fund may mail it to MSA, c/o David Pain, 1951 Cable St., San Diego, CA 92107.

---

**What’s the rest of the world up to?**

Top Marks is a new publication which will provide master/veteran track and field athletes with up-to-the-minute rankings of the top 100 athletes in all the major championship events worldwide according to their best performances throughout the year.

The lists — one for men and one for women — will be updated monthly and sold to each subscriber.

The results — one for men and one for women — will be updated monthly and sold to each subscriber.

---

**Upper Age-Groups**

Here is the follow-up on my letter re the 1987 World Masters Track and Field Championships held in Eugene, Oregon.

Mr. Parkinson has rectified this for the 1987 running of this race. In his note to me he says, “The Committee feels the number of senior runners is increasing each year and therefore deserves a 70-plus category. Next year’s run will have a full-fledged category for 70-and-over.”

Now it’s up to the runners in this age group to support this race. It’s a nice course to run and is well-managed. My only criticism now has been corrected. (And it is my hope that other race directors will include the 70+ categories in all their races).”

_Dorothy D. Stotsenberg_ Malibu, Calif.

---

**Profile**

Continued from page 16

A 2:58:21 earned Yamada first place in the 55-59 division of the 1986 Honolulu Marathon. It was not his first Honolulu age-class victory. That came in 1977 when he recorded a 2:37:44 to win the 50-59 division in that record time over Californian Jim O’Neil.


Is he looking forward to turning 60 and joining a new division on November 30 this year? “No,” he shakes his head and smiles. “I try not to be too serious a competitor. I have found that when I get serious I end up with injuries. My goal is to just run easy and enjoy myself. It is better for the health.” — Mike Tynn.

---

**Need Back Issues?**

Most back issues of the National Masters News are available for $1.95 each, plus 50¢ postage and handling for each order.

Send to: National Masters News P.O. Box 2372 Van Nuys, CA 91404
World Games Entry Form in This Issue

Continued from page 18

and forward all entries (of their tour group) to Melbourne at one time.

Prices on the entry form are expressed in Australian dollars. At press time, one Australian dollar is worth US 68 cents. Or, one U.S. Dollar is worth A$1.47. Thus, the first event, which costs A$25, translates to US$17, and each subsequent event (A$10) costs US$6.80. Not bad.

University Dorms

The University is composed of 11 colleges. Each college has its own dining room. One central cafeteria serves all 11 colleges, and will be a likely meeting place for athletes staying in the dorms.

Dorm residents can use the University's gym, tennis courts, swimming pool and other facilities. Most of the World Games massueses will be stationed at the University. Dorm residents receive two free meals per day, and, if you're at the track all day, you can arrange for a hot meal to be waiting for you in the microwave.

Special Events

On Monday night, November 30, the secondary stadium (where the secondary track is being built inside an existing dog-racing track) will feature dog racing for the public and World Games participants. Each race will be named with a World Games theme. A typical Australian professional running-handicap race will be staged, as well as an exhibition masters-handicap 100-meter race.

The WAV A General Assembly meeting will be held on Wednesday, December 2, at either the secondary stadium (seats 200) or the Melbourne Town Hall (seats 500).

That evening, a Sports Medicine Conference, featuring Dr. George Sheehan, Steven Subotnick and other panelists, will be held.

Travel Costs

The cost of flying to Australia in its spring (U.S. autumn) peak season is normally about US $1500 round trip from California. But the U.S. masters tours are offering air fare and accommodations for less than $1400. (And, at the university, two free meals a day.) It's a bargain.

Melbourne

Melbourne offers a wide variety of sight-seeing activities and tours: a half-day orientation, a half-day in the Dandenong Mountain Ranges, a full-day Australian Wild Life Tour, shopping tours, and more.

Melbourne is a combination of Europe and America. Its trams and wide streets remind one of Boston, or San Francisco. Its combination of 19th century and modern architecture are akin to Rotterdam or Mainz, West Germany. Its plentiful parks and greenery stir memories of London or Hannover, West Germany.

The Victorian Arts Centre is a magnificent structure which took 27 years to build and was only finished in 1985. It houses four theaters — for opera, ballet, plays, concerts, etc. A restaurant stays open late. And all this is within a mile of the Olympic Park venues.

For the adventurous, horse-race betting, dog-race betting and prostitution are all legal.

The city is laid out in grid fashion, so it's easy to find your way around. During the Games, it will stay light till 9 p.m. Everyone drives on the left, a la England, and the temperature is given in Celsius only.

There is no visible poverty in Melbourne. The Australian unemployment insurance does not cut off after 26 or 39 weeks, as does the U.S. system. A person looking for work can get benefits for many years. Health care is virtually free, and other welfare benefits are impressive. As a result, the homeless people commonly found on U.S. streets do not exist in Australia. There is a minimum of crime, and it is safe to walk the streets at night.

Sample prices (in U.S. dollars):

- Coca-cola: $6; pie: 50¢; hamburger: $1.40; Soup: $1.25; Movie: $4.00;

Investors may wish to deposit funds in Australian banks, which are currently paying 16 percent interest.

Optional Tours

Most U.S. masters tours are offering pre-Games and post-Games options:

1) Hobart, Tasmania (an hour's flight, $100 DEPOSIT SECURES YOUR RESERVATION
2) Brisbane, Queensland
3) Sydney, New South Wales
4) Canberra, Capital Territory
5) Townsville, Queensland
6) Cairns, Queensland
7) Alice Springs, Northern Territory
8) Adelaide, South Australia
9) Perth, Western Australia
10) Darwin, Northern Territory
11) Broome, Western Australia
12) Uluru (Ayers Rock), Northern Territory

The VII World Veteran's Games

Tour Melbourne & Fiji from $1,000 - $1,600

WHAT WE PROVIDE:

- Round trip air transportation, Los Angeles/Melbourne/Fiji.
- Accommodations (hotels are tourist class, 2 per room).
- Sighting tours and excursions.
- All transfers between airports and hotels.
- USA warm-ups and t-shirt.
- Friendship meet/clinic in Fiji, Lovo Feast & Meke.
- Amateur Sports Development USA is a registered non-profit foundation; persons sponsoring your tour may be eligible for a tax deduction.

$100 DEPOSIT SECURES YOUR RESERVATION

Over 20 years experience in International Sports Travel makes us the right choice for organizing your tour!

Call or write today for your application.

4506 BALBOA BLVD. • NEWPORT BEACH, CA 92663
BUS: (714) 768-9884

Report from Britain
by ALASTAIR AITKEN

In the U.K.'s top athletics magazine, Athletics Weekly, women's marathon rankings for 1986 included three veterans among the top ten runners: number 1, Priscilla Welch; number 5, Lorna Irving, who was fifth for Scotland in the Commonwealth Games marathon (2:36:34); and number 7, Glynis Penny.

Recently, Penny has been outstanding in cross-country running. On January 10 at Footscray Meadows, she won the Beryl Davies Trophy outright in 19:12 in front of International, non-vet runners Marina Samy and Shireen Bailey. Penny was also first vet and 20th of 514 finishers in the National Women's Championships at Footscray Meadows, February 14.


Allan Rushmer came 15th in the top-class, non-veteran Birmingham and District League, January 17, and was winning Epsom Harriers fourth scorer.

Dic Evans won the Welsh Veterans Cross-Country Championships at Conway's Quay in North Wales, January 3. Third was Cyril Leigh, an over-50 runner, just in front of new veteran Bernard Plain.

In the Denbigh Ruthin Road Race, January 1, won by non-vet Tony Blackwell (28:45), Stan Earlham, 46, came in second (31:07).
The Masters Track & Field Committee has approved this colorful and impressive USA TEAM SPIRIT uniform package.

The Masters Track & Field Committee has approved this colorful and impressive USA TEAM SPIRIT uniform package.

NOT NECESSARILY FOR WORLD GAMES ONLY!!

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

Pin collecting fever crossed the Bane to Rome, Italy during the 1985 World Masters Games. Cross of athletes from all over the world traded their country's pins. The pin trading phenomenon will continue to attract many more hobby enthusiasts at the 1987 World Games in Melbourne, Australia. Since then has become and exciting festive sport, as prepared to trade pins with world athletes.

Order Form

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</table>

Please Print Or Type

Name
Address
City/State
Zip Code
Telephone No.

Send to:
E.J. Castaneda
6796 E. Avenida La Vida
Anaheim Hills, CA 92807

World Games Entry Form in This Issue

Continued from page 27

flight south of Melbourne will host a major veterans T&F meet the week following the Games.

2) Sydney is well worth a look, with its famed Opera House, Tower Restaurant, Harbor Cruises and exotic night life.

3) The Great Barrier Reef (Cairns is its main airport) is in the tropics of northern Australia, and will appeal to anyone who likes swimming, snorkeling and viewing coral reef. The Reef is a 200-mile-long living coral growing just beneath the surface of the Pacific Ocean, some 15 miles off Australia's East Coast, where multi-colored fish abound.

4) The "austrailpass" allows First or Economy Class unlimited travel on any Railways of Australia train for 14 days. It must be purchased in North America.

5) New Zealand is one of the most picturesque nations in the world — when it's not raining.

6) Fiji is an English-speaking, tropical island which is inexpensive and sunny, with friendly people and magnificent beaches.

7) Tahiti is a place you'll want to avoid. I visited it on the way to Melbourne, and found it overpriced, oversold and overrated. Scrambled eggs cost $5; soup is $6; coffee is $5; a coke is $3. Tahitians speak French and Polynesian and are not very hospitable. The capital city of Papeete is dirty and uninspiring. There are no trash barrels, so people toss their gum wrappers into the streets. It rained for three straight days — typical of Tahiti. I'm told 90 percent of visitors never return. If you want to go to the Tropics (and who doesn't?), try Fiji or the Great Barrier Reef, where the scenery and snorkeling surpasses Tahiti. If the lure of the name still compels you to go, take plenty of money, an umbrella and a French dictionary.

Travel Tips

The planes to Australia (and even some within Australia) don't fly every day. So it's important to plan your trip carefully. If you suddenly want to stay over an extra day somewhere, you may have to stay over two or three extra days, until the next plane leaves.

There's a five-hour time difference between the U.S. West Coast and Melbourne. And they're one day ahead of us. Thus, when it's 3 p.m. on Tuesday in California, it's 10 a.m. on Wednesday in Melbourne.

Unlike European countries, Australia requires a visa. To get one, take (or mail) your passport with a small photo to an Australian visa office, or let your travel agent handle it for you.

To Go or Not to Go

To me, the most interesting and rewarding aspect of the masters program has always been the World Veterans Games, where you have a chance to meet, and make friends with, people from all over the world. You develop an understanding of other people's way of life, and are exposed to a learning process that you can't get traveling on your own, or with a traditional tour, where you're usually limited to meeting only your fellow passengers. You don't have to be in top shape to compete; the whole idea is to participate and have some fun. Take a look at the last place marks in Rome (on the entry form). They're not too hard to better. And even if you finish last, so what? You can still have a good time.

Try to make it, if you can. I think you'll enjoy it.
TAC Masters Membership Report

by WILLIAM NOTTINGHAM, Masters T&F Membership Chairman

This is the first periodic report from the Masters Membership Committee of The Athletics Congress. Membership pertains to getting more Athletes to join TAC as masters.

TAC Membership - The latest information indicates the following TAC Masters Breakdown: Total Athletes: 22,000, Masters T&F: 7,004, Masters LDR: 19,351, Masters RW: 1,604. ("+19+1" is greater than "22" because there are some 6,000 "dual" listings).

I would like, this year, to set a goal to raise the level of membership to: Total Athletes: 30,000, Masters T&F: 10,000, Masters LDR: 25,000, Masters RW: 2,000. The Athletes are already "there," for the most part. All we have to do is encourage them to register. More TAC Masters T&F "Members" means a greater budget appropriation for the National Masters Committee. This, in turn, means a better Masters Program for all of us. So let's help ourselves, and others too, by getting more athletes to join TAC.

TAC Registration - TAC Cards may be obtained two basic ways:
A) From local TAC Associations.
B) From your Meet Directors.

A. TAC Association: If you don't have information on your local Association, you may write or call (not collect); and I will assist you. I cannot, unfortunately, just send you a card as different Associations charge different rates. I can, however, provide you with Names, Addresses, Phone Numbers, etc. (Editor's note: See complete list of 56 TAC Associations in March issue, p. 30).

1. Association Chairpersons: I would like to encourage Association Chairpersons to make "increasing TAC Membership" a priority on their agenda; and to personally provide (or have provided through the Association Secretary, etc.) TAC Cards to all Meet Directors in their Association, etc. I plan on contacting each Association Chairperson, concerning this area, as soon as the new TAC Directory is published.

B. Meet Directors: I would like to ask all Meet Directors to be sure to provide TAC Cards at their Registration Table; and to encourage athletes to take them, etc. I also plan to contact each Meet Director, listed in NMN, concerning this area in the near future.

In addition to writing Meet Directors and Association Chairpersons in the specific area of "increasing membership" I will also be sending information concerning the general area of Membership—attracting and keeping more people to and in the Masters Movement.

---

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH APR. 1987

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<th>ATHLETE (RESIDENCE)</th>
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| Ronald Long interviewed in 1987 U.S. National Senior Olympics

U.S. National Senior Olympics is in no way affiliated or associated with either the United States Olympic Committee or the International Olympic Committee and such events are not held under their auspices.
MASTERS SCENE

NATIONAL
• Milrose Masters Mile winner Tracy Smith, who turned 42 on March 15, has been the subject of feature articles in recent issues of Running California Newsletter, California Running News, Runner's World, and The Runner.

• Smith, who cruised a 3:04 in the American Continental 10K (Photo: Feb 28), will run the Mile (and possibly 2-mile) at the TAC National Masters Indoor Championships in Madison, Wis., March 28-29. The following weekend, he'll take another crack at Barry Brown's 10K road best (29:57) at the Crescent City Classic in New Orleans.

• In a move designed to enhance the quality of races, when many Marathon Trials fields, the men's and women's LDR committees created additional qualifying standards for the 1988 Trials. Women and men alike can qualify by running specific times in both the 10K and half-marathon, aside from the marathon distance itself.

• Look who turns 50 this year: Loretta Swit, Dynasty's Louise, Jack Nicholson, Bill Cosby, Dylan Cannon, Mary Tyler Moore, Warren Beatty, Robert Redford, Chad Everett, Jane Fonda and Jane Fonda (yes, two of them). Mike Tyson, among others.

• New Zealand. John Davies, 47, at the recent Taunton Twilight Meeting, ran 1500m in 4:18 on a grass track. Davies won a bronze medal in the 1500m at the 1964 Tokyo Olympics.

• When Mary Ann Miller, 50, who turned 42 on March 15, has been the subject of feature articles in recent issues of Running News, she became the oldest woman to qualify in both distances, including Margaret Miller's 1:06.9 in the Demers Indoor Track Classic, Lewiston, ME, February 22. The previous record (34.3y) was held by Byron Fine of the U.S.

• Top New Jersey masters runner, Herb Lorenz, in his On the Run column for his local newspaper, says the current choice for the first masters-sub-four-minute mile is Jim Ryan. "Ryan has all the credentials necessary and has evidently kept in shape, although his competition has been in 5K and 10K races. Ryan was and still is the youngest sub-four-minute miler, and it would be fitting if he could also be the oldest."

• Nombre Ryan notes Ryan trains about 85 miles per week and that the newfound enthusiasm of masters racing may be all the incentive he needs to gear up for a serious try at the four-minute barrier.

SOUTHWEST
• Judy Veterly, 40, won the 30th running of the Ponce de Leon 10K, 2:28:22. 'It was so good I was surprised,' said Veterly, who won the 1986 New York City Marathon, 6:39:40. 'I won't be surprised if I do it again this year."

• Jim Ryun, who ran the 1984 Olympics, has been the subject of feature articles in recent issues of Running News, the Daily News of the Ponce de Leon, however, because in 34 previous runnings, several winners have found it to be a fountain of youth, including Desert Wind III as a 9-year-old in 1965." That's three years before David Pearson "created" Masters track. Darwin was right.

• Emson Grimm, 60, Long Beach, Calif., threwaway and sprinter, suffered cardiac arrest on Feb. 23, 1987. He had multiple coronary artery bypass surgery on March 6 at the Long Beach Community Hospital.

MID AMERICA
• Lost among the results of the Twin Cities Marathon, Minneapolis-to-St. Paul, last October, were U.S. age-group records for shorter distances, including Margaret Miller's 6:00-64, 2:21:32 at the 30K mark. The 20-mile mark was not listed as a distance for national records; however, Miller was timed at 2:32:16.

• John Andersen, M50 winner in 19, 215, and Marty Clause, M40 first with a 24:02, were top masters in the 1st Annual Mary Jean's 5K, Charlotte, NC, February 14. The race, which drew 500 runners, focused attention on the national problem of drunk drivers. The event's namesake, Mary Jean Hayes, was killed last year by a drunk driver. Overall winner, Earl Owen (15:45), was 18, the oldest of six children.

SOUTHEAST
• Larry Olson, 40, of Millis, Mass., was overlooked in the results of the Gasparilla Distance Classic (Tampa, Feb. 6). He should have been listed as 3rd-place masters finisher with a time of 46:52 in place of Floridian George Walker (47:20).

• John Ansell, M50 winner in a 19, and Marty Clause, 22, were top masters in the 1st Annual Mary Jean's 5K, Charlotte, NC, February 14. The race, which drew 500 runners, focused attention on the national problem of drunk drivers. The event's namesake, Mary Jean Hayes, was killed last year by a drunk driver. Overall winner, Earl Owen (15:45), was 18, the oldest of six children.

• Jim Ryun, who turns 40 in April, is "95 percent committed" to compete in a Masters Mile at Eugene's Twilight Meet on May 16, according to event organizer Jim Healy. Other likely competitors include Tracy Smith, Bob Staben, Tom Hart, among others.

• Burke said over people lined the race route to cheer them on. Burke said over people lined the race route to cheer them on. "I don't see how they could have lost money on the race," she said. "All they gave us was a dry bag and water at the finish line. With even an empty cheese. Even at small races, you at least get an orange or something. They charged $40 for posters, and $4.50 to park up to pick our packets."

• From sports article, Los Angeles Times (Jan. 26, 1987), headlined Senior Citizens on Parade: "Trainer John Godsen said that Sunday's $127,100 San Marcos Handicap reminded him of "old-age pensioners" race. Written as a 1-1/2-mile grass stake for 4-year-olds and up, the San Marcos also could have been called a race for 5-year-olds and younger. There was only one 4-year-old who ran and the rest of the eight-horse field consisted of a 9-year-old, an 8-year-old, a 7-year-old, an 6-year-old and three 5-year-olds. An 8-year-old, Inevitable Leader, was scratched, someone joking that his handler couldn't find the horse's teeth. The San Marcos could just as well have been called the Ponce de Leon, however, because in 34 previous runnings, several winners have found it to be a fountain of youth, including Desert Wind III as a 9-year-old in 1965." That's three years before David Pearson "created" Masters track. Darwin was right.

• Emson Grimm, 60, Long Beach, Calif., thrownaway and sprinter, suffered cardiac arrest on Feb. 23, 1987. He had multiple coronary artery bypass surgery on March 6 at the Long Beach Community Hospital.
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1984 Olympic Marathon Trials Qualifier

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P.O. Box 60681 • Palo Alto, California 94306
LONG DISTANCE RUNNING NATIONAL


January 1-October 31, U.S. TAC National Masters Two-Hour Postal Championships. Send results to Bruce Robinson, 3622 Eileen Ave., Los Angeles, CA 90043.


April 5, U.S. TAC National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220-3102. 614/442-7011(w); 459-2547(f).


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 Championships, St. Louis, MO. Bill Shrader, RD 1, Middlebury, VT 05753.


September 19, U.S. TAC National Masters 10K Championships, Albany, N.Y. Bill Shriver, RD 1, Middlebury, VT 05753.


December 20, U.S. TAC National Masters 100K Racewalk Championships, Dallas, Texas. Dave Gwyn, 6002 S. Briar Bayou, Houston, TX 77072. 713/498-0027.

NORTHWEST


CANADA

July 31-August 2. Canadian Masters Championships, Minoru Park, Richmond, B.C. Don Trethewey, 8451 Dorval Rd., Richmond, BC, Canada V7C 3J1. 604/277-8457.

INTERNATIONAL

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


September 19-20, San Juan Annual International Masters Meet, Park Central, San Juan, Puerto Rico. Roberto Santana, Municipality of San Juan, Call Box 71079. San Juan, PR 00936. 809/782-1073.


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: (007) 740-750.


ON TAP FOR APRIL

TRACK & FIELD

In the warmer climes, track & field moves outdoors with the 22nd Annual Palm Beach Championships, Lake Worth, Fla., on the 25th and 26th, and the Ken Caryl Classic in Sacramento, Calif., on the 25th. Meanwhile, Midwesterners eager for outdoor competition will journey to the Cleveland area for the North Coast Relays at Mayfield, Ohio, on the 25th. Internationalists who want to assay the local competition before the VII Veterans Games World Games can compete in the Australian Athletics National Veterans Championships in Sydney on April 17th through the 20th.

LONG DISTANCE RUNNING

While t&f offerings are spring lean, the LDR schedule is a full menu, with two U.S. national masters championships on the 5th — the 30K in East Meadow, N.Y., and the 50 Mile in Columbus, Ohio — and on the same day, eastern stay-at-homes can vie with big-name imports for honors and cash awards in the Price Chopper Half-Marathon in Upstate New York; the Nike Cherry Blossom 10 Mile in the nation's capital; and the Stanford Marathon in Connecticut. The East offers even more later in the month with the Boston Milk Run 10K on the 12th; the 91st Boston Marathon on the 20th; the Trevira Twosome 10-Miler in NYC on the 25th; and the New Jersey Marathon on the 27th in Jersey City.

Before and between that full slate are the Copper River Bridge 10K in South Carolina and the Crescent City Classic 10K in New Orleans on the 4th; the Pear Blossom 20K in Medford, Oregon, on the 11th; the Emerald City Marathon in Seattle on the 12th; and the Tropicana/Las Vegas Easter Run on the 18th.

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 20902.

April 12, Boston Milk Run 10K, Boston. $200 masters prize money. Dave McCarthy, 430 Salem St., Medford, MA 02155.

April 20 (Monday), Boston Marathon. Boston Athletic Association, 17 Main St., Hopkinton, MA 01748. 617/433-6905. Qualifying times (M/F: under 3:30:00/4:00:00). While t&f offerings are spring lean, the LDR schedule is a full menu, with two U.S. national masters championships on the 5th — the 30K in East Meadow, N.Y., and the 50 Mile in Columbus, Ohio — and on the same day, eastern stay-at-homes can vie with big-name imports for honors and cash awards in the Price Chopper Half-Marathon in Upstate New York; the Nike Cherry Blossom 10 Mile in the nation's capital; and the Stanford Marathon in Connecticut. The East offers even more later in the month with the Boston Milk Run 10K on the 12th; the 91st Boston Marathon on the 20th; the Trevira Twosome 10-Miler in NYC on the 25th; and the New Jersey Marathon on the 27th in Jersey City.

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

NORTHWEST
April 11. Pear Blossom Run 20K, Medford, Oregon. Pear Blossom Run, P.O. Box 146, Medford, OR 97501. 503/335-1205.
May 3. Lilac Blossom 12K, Spokane, Wash. $600 masters prize money, Sylvia Quinn, P.O. Box 1151, Spokane, WA 99210. 509/352-159.
June 7. The Race 8K, Eugene, Oregon. Charlie Fleishman or Edgar Kousky, P.O. Box 11364, Eugene, OR 97404.

SOUTHEAST
April 4. Cooper River Bridge 10K, Charleston, S.C. Cooper River Bridge Run, P.O. Box 543, Mt. Pleasant, SC 29464.
April 25. 9th Annual DeLand Spring 10K, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

SOUTHWEST
May 23. Milk Run Women's 5K Qualifying Races, Shreveport and Lafayette, La. Masters money. See May 16.

MIDWEST
April 5. Festival of Miles 5/20/50 Roadrace/Racewalk, Columbus, Ohio. (U.S. TAC Masters National Championships) See LDR-National, April 5.
April 11. Blue Ash Marathon/Half Marathon, Cincinnati, Ohio. $100 to 1st man & $40 to 1st woman. Clifton TC, 10953 Barrington Court, Cincinnati, OH 45242. 513/489-8191.
April 12. OAC 5 Mile Championships, Columbus, Ohio. Youth, open, masters. See LDR-Nationals, April 5.
April 15. Revco Cleveland Marathon & 10K, Cleveland, Ohio. Reno Storao, P.O. Box 46064, Bedford, OH 44146.

MID-AMERICA
May 3. 10th Lincoln Marathon, Lincoln, Nebraska. Half-marathon option. Lincoln, 2809 Jackson Drive, Lincoln, NE 68502.
1985 HIGH JUMP
COMPILED BY CHARLES MERCURIO

1985 MEN'S HIGH JUMP 30-34

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1985 MENS HIGH JUMP 70-74

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### 1986 MASTERS TRACK & FIELD RANKINGS

**1986 TRIPLE JUMP**

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**1986 MASTERS TRACK & FIELD RANKINGS**

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<tr>
<td>BARRY E. GUTH</td>
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<td>JAMES H. HART</td>
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<tr>
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<td>2 kilo</td>
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<td>16 lb.</td>
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<td>55-59</td>
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<td>ALLEN P. MCAPALIN</td>
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<tr>
<td>ED MARYHAN</td>
<td>55-59</td>
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<td>16'6&quot;</td>
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<tr>
<td>ED MARYHAN</td>
<td>55-59</td>
<td>TRIPLE JUMP</td>
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<td>JIM MANDO</td>
<td>65-69</td>
<td>400 METERS</td>
<td>63.27</td>
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</tbody>
</table>
MEET DIRECTORS GUIDELINES FOR MASTERS CHAMPIONSHIP COMPETITION IN T&F

PERSONNEL
You cannot have too many officials on hand, on time, and on the ball!
1. Starter: TAC Certified
2. Recall Starter
3. Clerk of the Course
4. A Referee
5. Head Finish Line Judge
6. Head Timer and Accurac Reader (8 to 10 timers and judges)
7. TAC Certified Field Event Official to head each field event crew.
8. An announcer who is knowledgeable on Masters Events and Competitors. Plus, spot to help feed information to announcer. A complete list of contestants listed numerically and alphabetically, and a copy of all heat and event sheets.
9. Registration person: to handle late entries, late payers, and TAC registration
10. 12 to 15 people ready to jump in to any job that comes up and to help set up, take down, "gopher", etc.

EQUIPMENT
1. A full complement of official implements except poles for Pole Vault.

WAIA BY-LAWS - Appendix A: Implements and Specifications

<table>
<thead>
<tr>
<th>Hurdles</th>
<th>Implements</th>
<th>DISCUS</th>
<th>HAMMER</th>
<th>JAVELIN</th>
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<tbody>
<tr>
<td>Men</td>
<td>SHOT PUT</td>
<td>4.00K</td>
<td>1.00K</td>
<td>600 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3.00K</td>
<td>1.00K</td>
<td>400 gms</td>
</tr>
<tr>
<td>Women</td>
<td></td>
<td>4.00K</td>
<td>1.00K</td>
<td>600 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3.00K</td>
<td>1.00K</td>
<td>400 gms</td>
</tr>
</tbody>
</table>

1. 8 Lane All-Weather Track (minimum).
2. Preferably double capability for all field events.
3. Dressing rooms with showers.
5. Concession stand.
6. Shade area.

PHYSICAL PLANT

ENTRY BLANK
Must contain the following information and be approved by outdoor coordinator prior to publication.
1. Name of meet
2. Entry deadline
3. Place of Event
4. Date of Event
5. Name, age, birthdate, sex, the TAC Club Affiliation, number of entrant
6. Events entered with best time of that year
7. Waiver - to include disclosure of local conditions (e.g., temperature)
8. Awards: in 5 year age groups through 90/94.
9. Entry fees
10. Accommodations with directions and map in relation to track.
11. List host, sponsor, TAC logo.
12. Entry blank should be part of paid add in N.M. News either one or two issues prior to date of event.
13. Information on track surfaces and shoe limitations.
14. Published time schedule in 5 year age groups for all events.
15. Eligibility (TAC card required)
16. Post entries accepted?
17. Standards for hurdles and weights
18. Order of Competition.

DUTIES
1. Obtain TAC Sanction along with insurance provided by same.
2. TAC Registration numbers required by all contestans.
3. Detail rule differences in Masters Competition to officials, e.g., start, javelin, blocks, sectors, etc.
4. Competitors numbers on front and back and hip for I.D. on Accurac pictures and by announcer.
5. All records recorded must be accompanied by filled out applications and Accurac pictures where available. Meet Director responsible for sending to Record's Chairman.
6. A complete set of results to N.M. News within one week of close of competition
7. Appoint a Games Committee to adjudicate complaints - names must be in outdoor coordinator's hands prior to start of competition.
8. Enforce time limits in field events.
9. Running event time limits may be imposed.
10. Check in for heats and final at least 1 hour prior to event.
11. Results recorded in this format to at least 6 places, but preferably all finalists.
12. Final in Field Events contain same number of competitors as lanes on track.
13. Advance to Finals from Heats by time, e.g., first place and next fastest times.
14. Seed heats by time submitted on entry application.
15. With large numbers of competitors in field events, divide into flights of 8-10, with 3 tries, 8-12 advance to finals with 3 more tries. Also use 2 laps or runways when possible.
16. 800m and further - use timed sections rather than heats - all best times in one section.
17. Obtain Racewalk Judges.

For National Championship the Outdoor Coordinator will be at site two (2) days prior to start of competition to go over the following checklist with the Meet Director.
1. Schedule of Competition
2. List of confirmed official and their duties.
3. Medical services and training facilities

MEDICAL SERVICES
1. Ambulance with Advanced Life Support System on hand (not on call)
2. Paramedics or Doctor on hand.
3. Trainers on hand with adequate facilities.
4. First Aid Treatment available.

EVENTS TO BE CONTESTED FOR MEN AND WOMEN

<table>
<thead>
<tr>
<th>EVENTS TO BE CONTESTED</th>
<th>FOR MEN AND WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Meters</td>
<td>High Jump</td>
</tr>
<tr>
<td>200 Meters</td>
<td>Long Jump</td>
</tr>
<tr>
<td>400 Meters</td>
<td>Triple Jump</td>
</tr>
<tr>
<td>800 Meters</td>
<td>Pole Vault</td>
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<tr>
<td>1500 Meters</td>
<td>Discuss</td>
</tr>
<tr>
<td>5000 Meters</td>
<td>Shot Put</td>
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<tr>
<td>10,000 Meters</td>
<td>Hammer Throw</td>
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</table>

— PREPARED BY BRUCE SPRINGBETT
TAC MASTERS TRACK & FIELD OUTDOOR COORDINATOR
### EAST

Demers Indoor Track Classic
Leviston, Maine; February 22

<table>
<thead>
<tr>
<th>50m</th>
<th>RUDM Castro 7.2</th>
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<td>100m</td>
<td>RUDM DiNitto 10.6</td>
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<td>200m</td>
<td>RUDM Pierce 26.8</td>
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<td>400m</td>
<td>RUDM Poulin 58.1</td>
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<tr>
<td>HIGH JUMP</td>
<td>N multid. 58.6</td>
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<td>LONG JUMP</td>
<td>RUDM Joes 62.7</td>
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<td>MILE RUN</td>
<td>RUDM Martin 4:13.7</td>
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<tr>
<td>Weight</td>
<td>RUDM Poulin 214.5</td>
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### MIDWEST

Midwest Track & Field Championships
Cincinnati, Ohio; February 22, 1987

| POLE VAULT |
| M 30 | Ted Tierson 12.1 |
| M 35 | Dick Feldman 16.6 |
| M 40 | Henry Hopkins 17.6 |
| M 45 | Frank Francis 18.4 |
| M 50 | Allen Ray 19.0 |
| M 55 | Joe Beckhaa 19.6 |
| M 60 | Carl Drassen 20.4 |
| M 65 | Joe Beckhaa 20.6 |
| M 70 | Jim Hoekema 21.0 |

| WEIGHT THROW |
| M 30 | Peter Edmondson 38.6 |
| M 35 | Boris Jaremka 41.1 |
| M 40 | John Hulse 43.4 |
| M 45 | Paul Allman 43.5 |
| M 50 | Allen Ray 43.4 |
| M 55 | Ray Cheadle 43.6 |
| M 60 | Dave Smith 43.6 |
| M 65 | Jon Hager 43.8 |
| M 70 | N multid. 44.1 |

| LONG JUMP |
| M 30 | Louie Norton 21.5 |
| M 35 | David Golladay 21.7 |
| M 40 | Gordon Reiter 21.8 |
| M 45 | Carl Drassen 21.9 |
| M 50 | Henry Hopkins 21.9 |
| M 55 | Allen Ray 22.1 |
| M 60 | Joe Beckhaa 22.1 |
| M 65 | Dave Smith 22.3 |
| M 70 | Jim Hoekema 22.3 |

| HURDLE RACE |
| M 30 | Donald Goodwin 38.7 |
| M 35 | Joe Whatley 38.9 |
| M 40 | Carl Burgess 39.2 |
| M 45 | Ron Vanderpool 39.3 |
| M 50 | Allen Ray 39.5 |
| M 55 | Alton Littlejohn 40.1 |
| M 60 | Don Carter 40.3 |
| M 65 | Dave Smith 40.3 |
| M 70 | Jim Hoekema 40.4 |

| SHOT PUT |
| M 30 | Pietter Edmondson 28.5 |
| M 35 | Steve Rays 31.1 |
| M 40 | Ray Bower 35.6 |
| M 45 | James Pears 36.1 |
| M 50 | Jeff Jacobs 37.5 |
| M 55 | Joe Beckhaa 37.7 |
| M 60 | Carl Drassen 38.0 |
| M 65 | Joe Beckhaa 38.0 |
| M 70 | Jim Hoekema 38.1 |

---

**Note:**

- The table includes various track and field events with results provided for multiple age categories.
- The page number for the National Masters News is page 39.
- The document mentions "track & field results" and includes results from various events, including pole vault, weight throw, long jump, and shot put.

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**Continued on next page**
### Midwest (Continued)

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<th>Age</th>
<th>Event</th>
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<tr>
<td>40-44</td>
<td>1 Mile</td>
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<td>50-54</td>
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<td>4:56.5</td>
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<tr>
<td>45-49</td>
<td>1 Mile</td>
<td>5:09.0</td>
<td>55-59</td>
<td>1 Mile</td>
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<tr>
<td>50-54</td>
<td>1 Mile</td>
<td>5:12.0</td>
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### Southeast

**Age Group Records**

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<td>50-54</td>
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<tr>
<td>60-64</td>
<td>1 Mile</td>
<td>6:35.0</td>
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</table>

**Records by Age**

- 40-44: Joan Davis (4:48.0)
- 50-54: Bob Padilla (5:08.0)
- 60-64: Ron Standley (6:35.0)

**Age Group Records**

<table>
<thead>
<tr>
<th>Age</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>40-44</td>
<td>1 Mile</td>
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<tr>
<td>50-54</td>
<td>1 Mile</td>
<td>5:09.0</td>
</tr>
<tr>
<td>60-64</td>
<td>1 Mile</td>
<td>6:45.0</td>
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**Records by Age**

- 40-44: Joan Davis (4:45.7)
- 50-54: Bob Padilla (5:09.0)
- 60-64: Ron Standley (6:45.0)

### Masters Indoor Championships

**Third Annual Indoor Masters Track Meet**

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<td>1 Mile</td>
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<tr>
<td>70-74</td>
<td>1 Mile</td>
<td>6:05.0</td>
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<tr>
<td>80+</td>
<td>1 Mile</td>
<td>7:13.0</td>
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</tbody>
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**Records by Age**

- 60-64: Bob Padilla (4:56.5)
- 70-74: Ron Standley (6:05.0)
- 80+: Joe Bledsoe (7:13.0)

### Outdoor Masters Track Meet

**Rock Island III, February 14, 1987**

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<td>70-74</td>
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<td>5:08.0</td>
</tr>
<tr>
<td>80+</td>
<td>1 Mile</td>
<td>6:05.0</td>
</tr>
</tbody>
</table>

**Records by Age**

- 60-64: Bob Padilla (4:48.0)
- 70-74: Ron Standley (5:08.0)
- 80+: Joe Bledsoe (6:05.0)
### NATIONAL Masters 15K Road Championship

#### March 8, 1987

**Mission Bay Park, San Diego**

**Sponsored by the San Diego Track Club**

**Race Director:** Leilani Bache

---

### RESULTS

#### Men's Race

**Race Time:** 1:18:39

<table>
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<th>Name</th>
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<tbody>
<tr>
<td>Terry Miller</td>
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</tr>
<tr>
<td>Dave Zarate</td>
<td>60</td>
<td>47:09</td>
<td></td>
</tr>
<tr>
<td>John Smith</td>
<td>60</td>
<td>46:43</td>
<td></td>
</tr>
<tr>
<td>Chuck Kahle</td>
<td>55</td>
<td>46:37</td>
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</tr>
<tr>
<td>Phil Bruce</td>
<td>60</td>
<td>46:21</td>
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<tr>
<td>Charles Clipper</td>
<td>60</td>
<td>45:36</td>
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<tr>
<td>Bill Harper</td>
<td>55</td>
<td>45:38</td>
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<tr>
<td>George Reisch</td>
<td>55+</td>
<td>45:01</td>
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<tr>
<td>Vince Lundeen</td>
<td>60</td>
<td>44:26</td>
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<tr>
<td>A.E. Pitcher</td>
<td>55+</td>
<td>44:29</td>
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<tr>
<td>Evgeni Centone</td>
<td>55</td>
<td>43:58</td>
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<tr>
<td>Darla Jackson</td>
<td>55</td>
<td>42:08</td>
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#### Women's Race

**Race Time:** 1:32:42

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<tr>
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<td>50+</td>
<td>50:10</td>
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<tr>
<td>R. Forer</td>
<td>55</td>
<td>50:31</td>
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</tr>
<tr>
<td>F. Lannagan</td>
<td>55+</td>
<td>49:38</td>
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<tr>
<td>J. Scharf</td>
<td>55+</td>
<td>50:36</td>
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<td>L. Jennings</td>
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<td>55+</td>
<td>52:35</td>
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<td>J. Hollins</td>
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<tr>
<td>J. White</td>
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<td>J. Allred</td>
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<td>54:04</td>
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### Indoor All-Comers Meet

**San Diego TC**

**Race Director:** Leilani Bache

**San Diego TC**

- **1 Mile:** 4:50.0
- **2 Mile:** 9:00.0
- **5000m:** 14:29.0
- **10000m:** 24:18.0

**NO QUALIFICATIONS REQUIRED**

---

### EAST

**NYRR's 10th Annual Empire State Building Run-Up**

- **New York City, February 12**
- **New York City; February 12**

---

### NYRRC Snowflake 4 Mile

**Central Park, NYC; February 7**

**Date:** 2/7/87

**Age:**

- **W35**
- **W40**
- **W45**
- **W50**
- **W55**
- **W60**
- **W65**
- **W70**
- **W75**
- **W80**
- **W85**

**Gender:**

- **M**
- **F**

**Distance:**

- **4 Mile**

**Time:**

- **New York City, February 12**

---

### LONG DISTANCE RESULTS

**Please send master's race results to:**

National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance, and city.

---

### NATIONAL Masters News

**April, 1987**

**Page 41**

---

### WEST

**All-Comers Meets, Los Gatos, Calif.**

**January 17**

- **800m:**
  - **Evert:** 8:07.0
  - **Sandwich:** 8:39.0
  - **Run**: 11:17.0

- **5000m:**
  - **Evert:** 14:22.0
  - **Sandwich:** 16:44.0
  - **Run**: 18:15.0

- **10000m:**
  - **Evert:** 22:11.3
  - **Sandwich:** 24:25.4
  - **Run**: 25:46.2

- **Half:**
  - **Evert:** 6:53.0
  - **Sandwich:** 8:25.0
  - **Run**: 9:11.0

---

### EAST

**NEW YORK CITY, New York, February 12**

- **800m:**
  - **Evert:** 1:45.30

- **5000m:**
  - **Evert:** 16:24:00

- **10000m:**
  - **Evert:** 34:26:00

---

### AUTHORS

- **Terry Miller**
- **Dave Zarate**
- **John Smith**
- **Chuck Kahle**
- **Phil Bruce**
- **Charles Clipper**
- **Bill Harper**
- **George Reisch**
- **Vince Lundeen**
- **A.E. Pitcher**
- **Evgeni Centone**
- **Darla Jackson**

---

### ACKNOWLEDGMENTS

- **MBO** (AR: 1:29:04)
- **HIO**
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**TACUUSA Masters 15K Race**

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**NYRRC Mike Hansen 20 Mile Central Park, NYC, February 22**

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**21st Las Vegas Marathon**

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**Mission Bay Marathon**

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**Mission Bay 10K**

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**Mary Jean’s 5K**

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**Red Lobster 10K Classic**

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**22nd Mardi Gras Half-Marathon, New Orleans, LA, February 15**

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**Anheuser-Busch Colonial Half-Marathon**

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2.8 Mile, Huntington Beach, Cali.; February 2

Great American Adventure
2.8 Mile, Huntington Beach, Cali.; February 21

Overall
K. Anderson 15:32
J. Prince 17:30
M. S. Price 17:52
W. M. Hunt 19:10
O. M. Larkin 19:12
J. W. Withers 19:20
W. A. Gourley 19:58
T. C. Brackwell 21:57
J. C. Jeter 21:24
T. L. Dady 23:06
P. J. Jank 23:11
W. B. Brackwell 23:49

---4.0 Mile---

P. Jansen 25:43
J. Cashell 31:15
J. M. Cashon 32:23
B. B. Jackson 28:34
T. M. Board 28:56
A. Tasso 27:39
J. Carrier 32:32
W. O. Cottrell 35:24
G. D. Purnell 35:56
W. D. Berke 37:18
B. Lenz 42:09
W. S. Bennett 36:34
P. P. Pratt 40:23

U.S. TAC National Masters

Gulf Ravine Championships
Carmel, Cali.; February 22

Overall
G. Schuler 41:00
D. A. Altman 61:27
W. M. Hagen 1:02:17
L. P. Dandridge 52:27:19
J. Coots 61:34
L. S. Fischer 6:15:07
B. M. Mitchell 50:59
K. Krueger 52:00:40
D. Bray 54:26
F. Dunn 63:16:20
J. S. Gagnier 63:32:42
B. Patlock 63:17:55
H. Johnson 64:17:27
U.S.O. 64:20

American Continental 10K
Phoenix — February 28

Overall
A. Barrios 27:51
M. Blaney 29:12
Masters
2:42:42 CA 39:14
W. Luckett 40:10
M. Holbrook 32:48
J. Stovall 37:46

CANADA

British Columbia Masters X-C
Championships (5 Miles)
Vancouver; December 6

Overall
D. O. Wilson 27:31
W. L. Watan 27:51
B. R. Reynolds 29:30
T. Taylor 30:18
M. P. Mazzu 30:26
A. L. Linton 30:46
W. B. Paul 32:18
J. S. Gaudet 36:12
S. Bailey 36:47
F. Flinn 37:17
A. Porter 37:17
H. Hurd 44:59
W. S. Hock 33:36
W. T. Steinfeld 36:03
W. S. Pape 47:41

1st Race - 1987 British Columbia. Lower mainland
7-Race Grand Prix (BK)
Vancouver; January 10

Overall
D. O. Wilson 26:17
W. L. Watan 27:17
J. S. Gaudet 27:27
W. Mazzu 27:53
A. L. Linton 29:08
J. W. Wright 30:31
F. Flinn 33:14
W. S. Hock 34:06
W. T. Steinfeld 37:03
W. S. Pape 37:14

2nd Race — B.C. Lower Mainland, Grand Prix (5K)
Burnaby; January 26

Overall
D. O. Wilson 15:37
W. L. Watan 16:04
J. S. Gaudet 16:14
J. W. Wright 16:22
B. H. B. Mazzu 17:16
A. L. Linton 17:46
J. W. Wright 18:12
P. T. Taylor 20:40
K. G. Linton 20:40
J. T. H. Mazzu 20:52
L. Montgomery 22:14
W. S. Pape 22:30

3rd Race—B.C. Lower Mainland Grand Prix (10K)
Richmond, February 28

Overall
D. O. Wilson 31:15
W. L. Watan 32:14
J. S. Gaudet 33:19
J. W. Wright 34:20
B. H. B. Mazzu 36:07
A. L. Linton 37:01
J. T. H. Mazzu 37:28
F. Flinn 41:14
W. S. Hock 41:53
W. T. Steinfeld 44:48
W. S. Pape 57:26

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