Schlau Upsets Rodgers in Los Angeles Marathon

LOS ANGELES — A few days before the race, the headline in the Los Angeles Times read: "Schlau, Rodgers begin new rivalry as masters.”

As in the Runner's Den 10K in February and the Charlotte Observer 10K in January, the media and race promoters were touting the duel between Frank Shorter and Bill Rodgers in the Los Angeles Marathon on March 6 as a showdown between two legends. Batman meets Superman. The Lakers vs. the Celtics. Good luck, and may the best man win.

Well, the best man did win. But it wasn’t Batman or Superman. It was Captain Marvel, cleverly disguised as Bob Schlau, 40, of Charleston, South Carolina.

Schlau finished in 2:19:27, a minute ahead of Rodgers (2:20:19). Shorter, who almost dropped out of the race, finished in about 2:44.

Schlau finished 18th overall in the third annual event and only missed being the first American by three seconds. Rodgers was 21st overall and third American. Murray Hunt of New Zealand was third master in 2:22:02, followed by Finland's Jussi Hamalainen (2:32:14) and Florida's Barry Brown (2:32:27).

In the over-40 women's race, Cindy Dairymple of Virginia and Harolene Walters of California ran together for much of the way before Walters pulled away to a convincing win, 2:53:58 to 2:57:19. They were trailed by Sally Edwards (CA, 2:59:46), Betty Ferguson (TX, 3:02:18) and Charlene Groet (IN, 3:02:48).

Those ten divvied up $8000 in masters prize money ($1500, $1000.

12-City Masters Running Circuit Formed

A nationwide "Masters Running Circuit" is being organized by the newly formed United States Running Association (USRA). The USRA Masters Circuit will be comprised of 12 events that will place a special emphasis on the masters division for both men and women.

USRA Masters Circuit events are all races that have distinguished themselves nationally and are ranked among the country's "Top 50." Masters runners will earn points by their finish position at each race on the Circuit and may take their top 10 finishers in accumulating season point totals. Circuit leaders will then be recognized as the top Masters of the Year at season's end. Negotiations are currently underway to obtain overall sponsors to underwrite the Circuit and provide a "Grand Prix"-type purse to top performers.

The inaugural event on the Circuit was the Azalea Trail Run, March 12, in Mobile, Alabama, considered one of the nation's top events and in its 11th year.

Stuart Stabs M50 Javelin World Record

by JERRY WOJCIC

Larry Stuart, who recently entered the M50-54 age group, wasted no time in setting a world M50 record for the javelin, with a 210-0 throw in an early-season meet, the City of Orange Spring Games, held at University of California at Irvine on February 21. The existing world M50 mark of 198-5 belongs to Josef Kopitar of Yugoslavia. Two other marks (203-2 and 209-0) are pending.

Stuart, of El Toro, Calif., holds the M45 world record (238-10) and has a pending mark (239-7) for that division. He also has the U.S. M40 record (242-9).

In other contests, Tom Pataslis (9.7) won the M60-69 60mH from tough competitors Burl Gist (10.3) and Bob Hunt (10.3). Phil Raschker, W40, of Atlanta, Ga., on a brief visit to Southern California, did the 60mH in 9.3 and the 100 in 12.6. Frank Reilly, who will join the M40 ranks in May, won the M30-39 shot (48-4 1/2) and discus (169-8).

A large contingent of submasters and masters from Mexico competed in the meet. Barumindo Coretiarr won the M40-49 800 (2:13.7) and Lucia Quivoz took the W40-49 800 (2:45.3) and 1500 (5:24.6).
WAVA PERFORMANCE STANDARDS

Re Dave pain's article (Feb. NNN), I can't believe anyone would seriously propose eliminating athletes with disabilities from WAVA competition on the basis of the "towing incident" in Puerto Rico.

The track officials should be faulted for not disqualifying a competitor who gains an unfair advantage. Isn't that what inspectors and meet referees are there to do?

Beverly LaVeck
Seattle, Washington

I pray to God that the 97-year-old participant in Melbourne did not read David Pain's article; if he did, I hope he reads this letter which indicates I am glad that he ran, walked or crawled the 100 and 200.

I have encountered many people who, seeing what older people are doing, were encouraged to begin training instead of being observers.

I am also sure that the vast sums of money poured into the local economies are appreciated. Only three medals per event are won.

Pain is trying to segregate the Special Olympics. I was inspired in New Zealand in 1981 by a runner with a prosthesis on his leg participating in the 200. All these and others will probably be eliminated in early rounds. It can prolong the competition, but I would rather endure that than what is proposed.

In relation to his age, that 97-year-old may have worked harder than one who cruised to a medal performance.

WAVA should not waste its valuable time at its meeting in May trying to determine what a "liberal allowance" is, what the punishment would be for false certifications, if meet officials should put up with these additional duties and pressures, and having organizing committees and WAVA technical committees bogged down with this red tape.

Don Harris
Abington, Pennsylvania

Good to hear another voice speaking out against the flimsy performance standards at many current national and international track and field meets. David Pain's strident assessment is just like will who, seeing what older people are appreciated.

Quoted from "The Athletics Congress Masters Track & Field and Long Distance Running Committee of the World Association of Veteran Athletes. The editorial policy is not necessarily that of TAC or WAVA."

Continued on page 13

NATIONAL MASTERS NEWS
April, 1988

Quote of the Month:
"When you play your own game, people you like will join your team."

WEBSITE: www.nationalmastersnews.com

Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

Write On:
Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
THE FLORIDA MASTERS TRACK AND FIELD CHAMPIONSHIPS

APRIL 15 - 17, 1988
Palm Beach County
FLORIDA

FLORIDA'S PREMIER TRACK AND FIELD CHAMPIONSHIPS

OFFICIAL ENTRY FORM

PERSONAL INFORMATION

NAME: ____________________________

SEX: Male [ ] Female [ ]

ADDRESS: ____________________________

CITY: ____________________________

TELEPHONE: ____________________________

DATE: ____________________________

DATE OF BIRTH: ____________________________

HEIGHT: ____________________________

WEIGHT: ____________________________

SHOE Size: ____________________________

SHORT SIZE: SM MED LG XLG XXLG

EVENTS ENTERED:

1. ________________ 2. ________________ 3. ________________

1. ________________ 2. ________________ 3. ________________

1. ________________ 2. ________________ 3. ________________

FEE: $15.00 per event. Additional events $10.00 each. Total fees $15.00.

TOTAL FEES: ____________________________

WAFER OF LIABILITY

I, the undersigned, do hereby release and forever discharge the Florida Masters Track and Field Association and its affiliates, officers, agents and employees from any liability, whatsoever, in connection herewith, for any injury or accident sustained in any part of the Meet, whether the same be caused by the act, omission, negligence, or carelessness of any person, persons, or thing, including any person, persons, or thing under the Florida Masters Track and Field Association and its affiliates, officers, agents, and employees.

DATE: ____________________________

SIGNATURE: ____________________________

NOTE: All entries must be postmarked by April 13th. All late entries will be charged $20.00 per event late fee. For further information, call Palm Beach Track and Field Championships at 407-948-7711.

MAIL ALL ENTRIES TO:

Palm Beach Track and Field Championships
Eastern / Continental
8301 DD's Side Circle
Greenacres City, FL 33463

MAIL ENTRIES AS EARLY AS POSSIBLE.

AWARDS:

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

TEAM AWARDS:

Team trophies to the top three (3) overall teams and plaques to the top team in each of the following categories:

1. Overall Men
2. Overall Masters Men
3. Overall Women
4. Overall Women Masters

ENTRY DEADLINE:

April 1st.

ADMISSION:

Next packets can be picked up at the meet headquarters on Friday, April 16th in the transportation suite or at the track on the day of the meet.

TRANSPORTATION:

As the official airlines Eastern/Continental will be handling all air travel arrangements...even if you do not live in a city served by Eastern/Continental...just call our toll free number and we'll book you on Eastern or Continental or the airline of your choice.

FARES: Eastern will guarantee a group discount rate of $20 off the normal coach fare and Continental will offer 30% off the normal coach fare for individuals traveling roundtrip from any cities within the continental United States. For athletes living outside the continental United States call your nearest travel agent for the best applicable rate.

TICKETS: After you have reserved your flights you may purchase your tickets from your local travel agent, any Eastern/Continental Ticket Office or we will mail them to you along with your invoice for payment. Regardless of where you choose to pay for your tickets, call Eastern/Continental Convention Desk now to reserve your flights.

MEMBERSHIP CALL

1-800/468-7022

*Convention desk hours: 8:00am - 9:00pm Mon-Fri EST

TO MAKE YOUR TRAVEL ARRANGEMENTS

REFER TO THE EASY ACCESS NUMBER

EASTERN E25498

CONTINENTAL E25105

HOTEL ACCOMMODATIONS

MEC MEET ACCOMMODATIONS

Palm Beach Airport Hilton
150 AUSTRALIAN AVENUE WEST PALM BEACH, FLORIDA 33406

The Hotel is a first class quality hotel and is offering rates of $49.00 per night for up to four (4) occupants. To reserve a room call 407-684-9100 and tell them that you are with the Florida Masters Track and Field Championships. There is 24hr. pickup 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.
Small Turn-Out, But Good Meet in Sport-Arcade III in Los Angeles

by JERRY WOJCIK

Entrants in the Sport-Arcade III Masters Meet at Cal State University-Northridge in the San Fernando Valley area of Los Angeles were far from numerous, despite an excellent facility and an almost perfect day for the March 5 meet.

No-show distance runners (only one entrant in the 5000 and one in the 10,000) were probably on the roads, while hammer throwers (one entrant) were probably still in bed because of an 8:00 a.m. start time.

At the Northridge meet, Ross Irving won the M50 200 (25.8) and 400 (58.2); Robert Culling took the M55 800 (2:29.2) in a close race from Ross Dunton (2:29.9) and won the 1500 (4:59.3); Rick Schmidt leaped to an M50 long-jump win (18-8); and Joe Greenberg out-threw the M35 javelin field with a 196-8.

Mike Figueroa, M40, the lone 10,000 contestant, ran in impressive 33:46.2. Marvin Thompson, who directed the meet, will also direct the Western Regionals at the same site on July 16-17.

11 Join Sustainer List

Each month NMN publishes a list of "sustainers," those who contribute funds to provide additional support to the National Masters News and the masters athletics program. These additional funds enable us to offer better coverage, deeper results, more photos, and more.

Special thanks this month go to James and Laurie Rothrock and to the Potomac Valley Track Club, both of whom very generously donated $200.

Thanks also go to:

Albert Cruzado  
Frank Demers  
John Dobroth  
William Eppright  
Max Gould  

Kicking-back and watching some shot-putters is the crowd from MAC camp, held July 5-11 in Mammoth Lakes, Calif.

Photo by Wendy Jurutka
MAKE YOUR PLANS AND RESERVATIONS NOW!

MAMMOTH ATHLETICS CAMP, INC.
Mammoth Lakes, California

- A TAC-Sanctioned Olympic Development Camp -

AMERICA'S FINEST ALTITUDE TRAINING COMPLEX
FOR ALL EVENTS, ALL AGES, ALL ABILITIES

1988 MAMMOTH CAMP SESSIONS: JUNE 19-25 - JUNE 26-JULY 2 **JULY 24-30

**Special Distance Running & Fitness Walking Session

CAMP DIRECTOR: DR. KEN FOREMAN: 1988 USA OLYMPIC COACH
SPRINTS COACH: JOHN SMITH: 440 World Record Holder, UCLA Sprint Coach
HURDLES COACH: DALE KENNEDY: Head Coach, Montana State University
DISTANCE COACHES: DORIS HERITAGE: 5-time World Cross Country Champion
TRACY SMITH: Former World Record Holder for 2 & 3 Miles
JACQUELINE HANSEN: 2-time Marathon World Record Holder
SKIP STOLLEY: Head Coach, TRACK WEST
THROWS COACH: OR. PAUL WARD: US Olympic Strength Coach for the Throws
MULTI-EVENTS: DR. KEN FOREMAN & DALE KENNEDY
TRIATHLON: JACQUELINE HANSEN, Coach, Santa Monica Triathlon Club

!!! PLUS MANY OTHER TOP AMERICAN COACHES, ATHLETES, AND SPORTS MEDICINE PROFESSIONALS !!!

CAMP REGISTRATION FEE $199.00 PER PERSON

4 TYPES OF ACCOMMODATIONS + AN OPTIONAL MEAL PLAN AVAILABLE AT THE WORLD-CLASS
MAMMOTH MOUNTAIN INN

ADD PER PERSON EA. SESSION (6 NIGHTS)
#1 YODLER DORM ROOMS (2 twin beds) $88.00 (double occupancy)
#2 EAST-WEST WING (2 Queen beds) $188.00 (double occupancy)
#3 1BR CONDO (Queen bed + sofabed) $238.00 (double occupancy)
full kitchen + 1½ baths $178.00 (triple)
$138.00 (quad)

#4 2BR CONDO with Loft $88.00 (8 minimum)
queen + twin in ea. BR/queen + 3 twins in loft
full kitchen + 2 full baths $112.00

** HOTEL MEAL PLAN (7 days Breakfast & Dinner) $88.00

REGISTER BY APRIL 1 AND SAVE 10% ON YOUR CAMP REGISTRATION

VISA and MASTERCARD ACCEPTED

MAMMOTH ATHLETICS CAMP INC. 7411 Earlom, Playa del Rey, CA 90293 (213) 281-1993
*** Call or write us for Team, Group, and Family Discounts ***

ENCLOSED IS MY REGISTRATION/RESERVATION FEE:  $179 (April 1 postmark)  $199

Name ___________________ Age _____ Event(s) ___________________
Address ___________________ City ___________ Zip ___________
Phone ( ) ___________ Session Dates: ___________________ BALANCE DUE:

ACCOMMODATION PLAN: #1 #2 #3 #4 (circle) ADD $ ______________
MEAL PLAN: yes no (circle) ADD $ ______________

TOTAL BALANCE DUE JUNE 1, 1988 $ ______________

A $50 fee will be charged for cancellations

CHARGE TO:  VISA  MASTERCARD  Card Number ___________________
Please make checks payable to: MAMMOTH ATHLETICS CAMP INC.
EXP Date ___________ Signature ___________________________
Impostors or Victims?

Officials of a major running event recently disqualified two age-division "winners" — one as a result of being observed entering the course from a shopping center at about 14 miles and the other after not showing up on film at the 15-mile check point. The two have protested the disqualifications, each claiming he ran the entire race. Each has also referred race officials to his lawyer.

Some of these alleged "cheating" incidents are pretty mysterious. Like reading the reports on our last Presidential assassination, you don't know what to believe after awhile. Because the judicial process involved in disqualifying alleged cheats is not as formal as that of codified criminal law, I hesitate to report on such incidents or to name the disqualified "runners." And since I don't want to cast suspicion on the innocent age-class winners, I won't even name the race here or the distance.

I can understand, although not condone, some clown jumping in the race toward the end as a lark. I can even understand someone with a criminal mind doing it to collect the prize money. But what motivates two supposedly mature men to fly a few thousand miles to win nothing more than a trophy valued at about $20?

Publicity and Recognition

Some might say it's the publicity and recognition. But, unless they're setting one up as a result of being observed entering the course from a shopping center or having his number obscured by the runner ahead. As a jury member, with only that evidence, I would have to vote for acquittal based upon reasonable doubt, not to mention the lack of motive.

Claimed a "Pit Stop"

But I do know something about these two men. The several-time division winner had been asked to disqualify himself from another race in another part of the country when he was seen entering the race around the half-way mark. In that case, he explained that he had left the course briefly to make a "pit stop," and must have been seen coming back on the course. That seemed plausible to me. In fact, I did the same thing in a race some years ago. Further, I reasoned that if the person could run half the distance at the pace he did, he should have been able to run the entire distance and possibly still win his division. Therefore, there was no real reason for him to cheat.

But this time, the person was seen entering the race at a time which would have required him to run at or under American record pace for the half-marathon, while still continuing on, under adverse weather conditions, for a distance much longer than a half-marathon. What happened, I believe, is that the runner did not know the event had started five or six minutes later than scheduled. Had it not been for the delay, he would have joined the race at a time which would have put him on the pace he supposedly maintained in prior years.

Moreover, the person who reported seeing him enter the race at 14 miles is a respected competitor who did not know of this individual's prior incident and did not know his name. He looked at the number of the person joining the race, memorized it, and reported it upon finishing.

"Former Olympian"

As for the "former-Olympian," I had doubts about him when, after I introduced myself to him the year before, he pulled out a typed two-page letter he had written to the Track & Field Hall of Fame nominating himself for induction. He had a number of copies of this letter, apparently for media distribution. He also gave me a copy of a fairly recent story about him in his hometown newspaper. Both the letter and the newspaper article mentioned that he had finished fourth in an Olympic 400-meter final many years ago. I later checked and found no mention of this person in the results of that race. Nor does he show up as having been a member of the team in that year or any other year.

His letter to the Hall of Fame recounts his great times as a youth, including a state record, a scholarship to a reputable university, his war record, and some big names — all dead — who either coached him or ran with him. Interestingly, his claim to fame as a masters distance runner is not based upon victories or records but upon his mega-mileage and the number of marathons he has run, neither of which is especially impressive even if true.

What also struck me as strange was that this person had his academic and professional title — one usually requiring seven or more years of college to earn — listed next to his name on the back of his jacket, which had many race patches sewed on it.

Lean Toward Conviction

With this additional knowledge, I now lean toward conviction. Still, I question the motive. Flying thousands of miles and spending hundreds of dollars for a $20 trophy to put on the mantle? One time, maybe; I can accept that. But one of these two men has been winning his division year after year. It was the first victory in this race for the "former-Olympian," but he has traveled to the event at least three times before and seems to value the finisher's t-shirt nearly as much as trophies.

How many trophies or t-shirts does one need to impress his family and friends?

It just doesn't make sense.

Mary Ames, 84, warms up before the Special World Masters Division of the Paramount 10K, Paramount, Calif., January 23, where she won $100 by running 1:21:16.

12-City Masters Circuit Set

Continued from page 1

year. $1200 was awarded to the first place men's and women's masters finishers. There are currently 12 cities on the 1988 USRA Masters Circuit with plans to expand in the future. The schedule includes:

- March 12 - Azalea Trail Run 10K, Mobile, AL
- May 30 - Cotton Row Run 10K, Huntsville, AL
- June 4 - Myrtle Beach Classic 10K, SC
- July 10 - Utica Boilermaker 15K, NY
- August 6 - TAC Masters T&F Championship "Legends Mile," Orlando, Fl.
- August 13 - Asbury Park 10K Classic, NJ
- August 27 - Bobby Crim Road Race 10-Mile, Flint, MI
- October 1 - Heartland Hustle 10K, Davenport, IA
- October 8 - Capital Trail Run 10-Mile, Raleigh, NC
- October 16 - Stamford Marathon, CT
- January 7 - Charlotte Observer 10K

Many of the top masters men and women have already committed to compete in a number of the Circuit events. Most notably, newly-turned-40 masters Bill Rodgers and Frank Shorter will be running a number of the events and promoters are confident the competition will attract the best masters fields ever assembled.

Dean Reinke & Associates, an Event Marketing and Public Relations Firm based in Winter Park, Florida, will coordinate the Circuit and oversee advertising and publicity. Further information on the USRA Masters Circuit may be obtained by contacting Dean Reinke & Associates, 1210 Harding Street, Winter Park, FL 32789, (305) 647-2918.
Stewart, Ploeger Top Masters in Colonial Half-Marathon

By JERRY WOJCIK

Mick Stewart, 41, of Radford, Va., and Joyce Ploeger, 44, of Norfolk, Va., were the masters leaders in the Anheuser-Busch Colonial Half-Marathon in Williamsburg, Va., on February 28.

Stewart finished in 1:13:20, thirty seconds ahead of Robert Johnson, 42, of Hummelstown, Va. Two seconds behind him was Thomas Bernard, 40, of Hayes, Va., for the third masters spot.

John Hosner, 63, of Blacksburg, Va., holder of the U.S. M60-64 record for 10 miles (58:55), won the M60 race in 1:26:31.


Winners overall, Gordon Christie (26, 1:04:59) and Lorraine Hochella (24, 1:17:52) set course records.

Hall, Belilgne Battle in Central Park

by JERRY WOJCIK

Art Hall, 40, beat Atlaw Belilgne, 43, to the finish line by one second for the masters victory in 20:33 in the New York RRC Snowflake 4 Mile in Central Park, NYC, on February 28.

Angella Hearn, 42, was second woman overall with a 23:10. Second masters woman was her twin sister, Christine Hearn Grenning, in 24:48.

Other division winners included third master, Ted Haiman (45, 21:04), John McHugh (67, 26:50), and Margaret Deckert (55, 28:02).

Top masters racewalkers were Gary Null (43, 30:41) and Joan Rowland (61, 45:10).

Charles Meirs (29, 19:24) and Gordon Bakoulis (27, 22:40) were winners overall.

Over 2000 runners (1263 men and 752 women) finished the race.

Note: The annual Oregon Twilight track & field meet on April 30 in Eugene, Oregon, will feature a masters mile, but not an invitational "legends mile" as it did in 1987. Any over-40 runner interested in participating should contact Jim Healey at 503/683-2797.

---

Ruth Wysocki, 30, a 1988 Olympic Trials qualifier, warms-up for the Legg Lake, CA, 8K run, Jan. 10. Photo by A. Martinez

Ruth Wysocki's mother, Ethel Kleinsasser, 58, ran 43:17 at the Jan. 10 Legg Lake 8K for first in her division. Photo by A. Martinez
Silver Streak: Payton Jordan

by TERI INGRAM

H is 71-year-old legs still show the sinewy, muscular definition of a sprinter, which, of course, he is. Payton Jordan, at 6'1, 175, pounds looks the part in more than just his legs. Distinguished and good-looking, he still looks slim, yet powerful; every bit the athlete.

Despite the fact that Jordan took a 30-year lay-off between the ages of 25 and 55, he has always been quite an athlete. A native Californian, Jordan attended Pasadena High, where he competed on the football, basketball, swimming, and track-and-field teams. At Santa Monica City College, he captained the track team as well as the swimming, and track-and-field teams. Competing on the football, basketball, and

Jordan won a scholarship to USC, where he captained the track team, and was featured on the cover of LIFE magazine in 1939, entitled “Captain of Champions.”

He also ran a leg on the 4 x 110 relay team that set a world record which stood for 25 years. Jordan continued to run throughout his duty in the Navy in World War II, and there are those who believe he would’ve made the ’40 or ’44 Olympics if they hadn’t been cancelled. But to this Jordan modestly says, “That was a long time ago. The less said about it, the better.”

So what has he done lately? How about his four gold medals in Melbourne, or his three in Eugene? At the World Veterans Games, Jordan took the gold in the M70100 (12.72) and 200 (28.48), and helped set two M70 world records in the 4 x 100 (35.07), on a team with Bill Weinacht, Herb Miller and Tony Castro and the 4 x 400 4:38.39, on a team with Weinacht, Dan Bulkley and Bill Fairbanks). Jordan also took the gold in the 4 x 100, 100 and 200 at the ’87 Nationals.

After the Navy, Jordan took high school for three years before moving on to do a 10-year stint as head t&f coach at Occidental College in the L.A. area. It was here that Jordan achieved probably one of his greatest successes as a coach — coaching the team that broke his own relay record set 25 years before.

His 71-year-old legs still show the sinewy, muscular definition of a sprinter.

Payton Jordan and Bill Weinacht, members of the M70 4 x 100 and 4 x 400 World Record relay teams. Photo by Gretchen Snyder

After coaching for some years at Stanford University, Jordan, then 55, returned to sprinting at the encouragement of some friends in the masters program. He immediately began setting records and currently holds records in the M70100, M70200, M70 relays, M65 100, M60 100 and M60 200. “I love the invigoration that comes from a good work-out. I love competition. That’s what life is all about. Memories are wonderful, but I like the future better!”

Innumerable articles have been written about him and, after being named to USC, by TERI INGRAM

“Stress is less said about it, the better.”

Although Jordan is self-coached, he

Daily Training Schedule — Payton Jordan

Daily warm-up: Easy running and gradual stretching; usually jog on the grass; stretch all parts of the body — legs, back, arms, abdominal, etc.

Daily cool-down: About 15 minutes of easy running, finishing on a grass surface to relax muscles. Stretching to loosen tight muscles so one can return the next day to workout, without undue tightness or fatigue.

All track workouts in spikes.

<table>
<thead>
<tr>
<th>In-Season Training:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
</tr>
<tr>
<td>4 x block starts for form; 3 x starts, run out 30 yards hard.</td>
<td></td>
</tr>
<tr>
<td>4 x 200 at 30-32 seconds; 200 interval jog between.</td>
<td></td>
</tr>
<tr>
<td>4 x 100 at 16-18 seconds; 100 interval walk between.</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
</tr>
<tr>
<td>10 x 75 yard ‘wind-sprints’; 75 yard interval walk between.</td>
<td></td>
</tr>
<tr>
<td>1 x 200 at 32-34 seconds; 200 yard interval jog between; 1 x 150 yards at 20-22 seconds.</td>
<td></td>
</tr>
<tr>
<td>1 x 300 at 33-34 seconds. Weight training for lower body muscles.</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
</tr>
<tr>
<td>Easy one-two mile road or grass run (grass preferred if available). Finish with 4-6 x 100 yard strides; two minute interval rest between each.</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
</tr>
<tr>
<td>6 x block starts for form, run out 20 yards.</td>
<td></td>
</tr>
<tr>
<td>Scale runs - 1 x 75 yards, 1 x 150 yards, 1 x 200 yards, equal distance interval jog between each; runs done at % speed.</td>
<td></td>
</tr>
<tr>
<td>Weight training for upper body muscles.</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
</tr>
<tr>
<td>3 x 100 at 14-16 seconds; full recovery between each.</td>
<td></td>
</tr>
<tr>
<td>1 x 300 yards at 48-50 seconds (if competing on weekend, substitute 200 at 33-34 seconds). Easy 15 minutes running on grass.</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
</tr>
<tr>
<td>Competition.</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td></td>
</tr>
<tr>
<td>Rest. Sometimes easy water activity in swimming pool or at beach if either are available.</td>
<td></td>
</tr>
<tr>
<td>Mileage is of less concern than ‘Specificity &amp; Quality’ of the training regimen!</td>
<td></td>
</tr>
</tbody>
</table>
Schlau Upsets Rodgers in L.A. Marathon

Continued from page 1

$800, $500, $200) in the highly-promoted civic event which drew a record 17,040 entrants. A total of 12,759 finished the race before the 7 1/2 hour cutoff.

For 20 minutes after the race, Rodgers was hoping he'd won.

"If I was second," he said, "I feel miserable. If I was first, I'll celebrate all night."

Eventually he learned Schlau had beaten him by over a minute. He shook his head. "I'm very disappointed. My brother told me, at mile 22, that he was about 40 seconds ahead. I was depressed. I thought about walking off the course."

"I considered dropping out when my legs started to hurt in the ninth mile."

"I passed Frank around 10 miles and Barry at 12," Rodgers said. "I caught up with (Lasse) Viren on a big grade and he fell back. But I never saw Schlau. With about four miles to go, my brother started yelling that he thought Schlau was ahead. It's hard to tell in masters, because you don't know who in the pack is older than you. Next time I race, I'll be right next to him."

"Schlau didn't know where Rodgers was, either. "I knew I was ahead of Frank and Barry, but I had no idea where Bill was," he said. "I ran a perfect race — 69:14 at the half and 70:13 for the second half."

Schlau said his main goal was to qualify for the Olympic Trials, which he did by 33 seconds. At 40, he's the oldest qualifier — as he was in 1984 — in this year's men's trials on April 24 in New Jersey.

"The course was tougher than I thought," he said. "Those hills in the first half were a surprise, but the downhill after mile 17 made the last part easier."

Schlau has been a steady performer since joining the masters ranks last year. He ran 2:20:46 at Twin Cities and 2:22:15 at Houston-Tenneco. He narrowly lost to Shorter, 30:54 to 30:57, in a Birmingham, Ala., 10K last November.

An investment counselor with Merrill Lynch, Schlau works 50-hour weeks, which leaves him limited time for training.

"I get in 60-65 miles a week, with lots of intervals on the track, and at least one hard 5-10 mile run each week," he said, recalling that Rodgers once said he (Rodgers) would "never be beaten by anyone who worked 40 hours a week."

Schlau ran the mile (4:18) and 3-mile (14:44) in relative obscurity at Denison U. in Ohio, where track ranks even below soccer and lacrosse in popularity.

"I considered dropping out when my legs started to hurt in the ninth mile."

Continued on page 11
My Friend Linda
by NANCY GLOVER

Meet my friend Linda Mills Sippelle. To the amiable islanders of the Dominican Republic, she is also their "amiga" — especially to the women runners. Through her perseverance, enthusiasm, and dedication to running, she coaxed this isolated culture out of centuries-old traditions that inhibited women's participation in athletic competition.

When Linda first came to this island with her husband, Dudley, four-and-a-half years ago, there was nary a female runner in sight—scarcely a runner of either sex! She tried to be as modest as possible when running, even trying to run in the overbearing tropical heat in a full sweatsuit; she quickly abandoned that as impractical and unhealthful. She switched to a t-shirt and shorts and ran around the national botanical gardens, a picturesque four-mile loop. The gardeners and men waiting for rides to work would jeer and whistle explained that she did not know anything about the clubs. Maria pulled her over to meet her boyfriend, the trainer for the Club San Lazaro, who asked Linda to join the club, which she did. Shortly after that, the Sheraton Hotel sponsored a 16K race to take place along the ocean-front drive of the city.

Linda signed up, but when she arrived at the registration desk on the day of the race, she was told that it was only for men and that she wouldn't be allowed to participate. So, Linda spoke to the president of the Olympic committee. He said the race was only for members of clubs. Linda informed him that she was, in fact, a member of a club.

After consultation with members of the Athletic Federation, they reluctantly agreed to let her run. They thought she would collapse! But Linda ran and finished — the only woman in the race! Her time: 63 minutes. This was the beginning of women's participation in road races in the Dominican Republic.

Modestly, Linda says: "I don't believe it was anything I did that got the running movement going, but rather the fact that the Dominicans, both men and women, are extremely talented athletically, and all they needed was a catalyst to help get them started."

If you were following masters running about ten years ago, you might have read about Linda as she broke world age-group records with the likes of Miki Gorman and Dorothy Stock. At that time she was living in Austria, running, raising four boys, and doing diplomatic entertaining for her husband, who was Consul General there. One evening they were invited to the residence of the Philippine Ambassador, who was a neighbor. It had been a busy day, but Linda was determined to work in a few sprints before dark. She figured no one would recognize her in pig-tails and shorts! Later, as she entered the home of the Philippine Ambassador, the Ambassador's wife said, "Oh! My little boy told me you were just running up and down the street."

The same kind of determination that enabled Linda to succeed in Europe helped her win over the women and men of the Dominican Republic. As Linda's stay in the country drew to a close, the Dominican Athletic Federation, the Dominican Olympic Committee, the Secretary of Sports, various sponsors, and the "Friends of the Marathon," organized a 5K race for women only and dedicated the event to her in a surprise press conference held before the race.

Women of all ages came from all over the country to show their appreciation. "The path which she began by signing up for a national race is, has been, and always will be remembered by countless women, but her greatest achievement is that she gave us love and much more," said Virginia Leslie, one of the race organizers, who began running under Linda's influence.

Linda and Dudley recently said their good-byes to the Dominicans and went back to Washington, D.C., to learn Italian for their next post in Rome.

When I last heard from Linda, she was groaning about her last race — a 5K in which she'd done "only" 21:06 — at 50 years of age! All I can say is — look out, D.C., my friend Linda's back in town! 
Handicap Relay Staged in Dallas Games

by TIM MURPHY

All three Dallas Masters relay teams exceeded the old record of 1:25.6 for the 4 x 100 relays. However, they were not at their best and were not able to duplicate the split times as they did last year. The teams were in the continued competition with the advantage of having a higher starting level. The relay teams were: 4:21.9 (for 1:25.6 for the 4 x 100 relay) and 4:27.31 (for 1:27.31 for the 4 x 400 relay). 4:21.9 and 4:27.31 were matched on March 5th.

Schlaun Upsets Rodgers in L.A. Marathon

Continued from page 10

Stopped for about seven or eight minutes total on the course," he said. "I was hurting, and didn't know where anyone else was. I took my shoes off and said the heck with it and started to walk toward the finish line. But I realized I didn't want to quit; that might have made it easier next time."

Shorter, who placed third in the Milrose Masters Mile in 4:21.95, said he's more competitive at the shorter distances now.

"I've been doing a lot of track training, and maybe I haven't done enough longer running. I'll be back in there." Shorter said he's looking forward to the continued competition with Rodgers. "I'm more up and down and when I'm peaked and ready, I'm better than him. But he's more consistent than I am. Every once in a while, we'll be there at the same time."

Viren, the four-time Olympic gold medalist from Finland, is now 38 and making a comeback after an eight-year layoff. He stayed with Rodgers for half the race, but fell back to finish 59th in 2:27:31.

New Zealand's Rod Dixon, 37, placed 12th in 2:15:45.

Hamalainen, the fourth masters finisher, won the masters titles (2:34:18) in the California International Marathon in December.

Schlaun and Walters each received, in addition to the $1500 first masters prize, a ten-day trip to Greece to run on the route of the original marathon begun by Philipides in 490 B.C., in the Athens International Open Marathon on October 23, 1988, courtesy of the Greek National Tourist Organization.

Runners from Mexico took six of the first eight places in the race, led by Martin Mondragon in 2:10:19. His first American was 17th in the international field.

Another Mexican, Blanca Jaime, won the women's race in 2:36:10. The first American woman was eighth, as the top male and female runners were saving themselves for the U.S. Olympic Trials (April 24 for men; May 1 for women).

Walters nearly matched her winning time of 2:32:01 in the Phoenix Marathon in January. Dalrymple, the winner of 75 consecutive masters women's races from 1982-84, was coming off an injury-forced two-year layoff from serious masters competition. She turned 46 the day before the Los Angeles race and easily captured the 45-49 age-division title, less than four minutes off the record pace of Sandra Kiddie's U.S. 45 marathon record of 2:53:22.

Results of the other age groups were unavailable at press time. Early reports credited a local runner with an age-59 world record of 2:34:35, but dubious race officials were checking their videotapes before releasing official results.

An amazing 11-year-old girl, Carrie Garrison, led the women's race until she passed midway by West Germany's Christa Vahlensieck, 38.

More than two million people watched part or all of the marathon, according to KOP, which televised the entire race and averaged a 12.5 Nielsen rating, making it the most-watched sports event of the day in Southern California. Other Sunday sports ratings: Lakers-Dallas, 9.5; Doral Open golf, 8.1; Dodgers-Houston baseball, 6.0; UCLA-California basketball, 4.9; Pittsburgh-Syracuse basketball, 4.4; Kemper Open men's golf, 5.1.

The New York City Marathon last November got a 10.0 rating in New York and a 2.4 in Los Angeles.

—Al Sheehan
Midfoot and Forefoot Strains

Most masters runners are probably unaware of one of the most common running injuries, or, one should say, group of injuries which come under the heading of midfoot and forefoot strains.

According to Pagliano and Jackson (a clinical study of 3000 long distance runners, ACSM), these injuries are the third most common among long distance runners.

Tendons attach muscle to bones which move our feet and legs during running. The largest and strongest tendons of the lower leg and foot are the peroneal tendon on the outside of the leg and foot, the posterior tibial tendon on the inside, the achilles tendon in the rear, and the anterior tibial tendon in front. There are several short, stout tendons in the foot itself. If an athlete overexerts the foot, the tendon becomes inflamed, loses its gliding properties, and becomes brittle and inelastic.

The most common tendinitis is achilles tendinitis which was discussed in prior issues. Probably the second most common tendinitis is that of the posterior tibial tendon — on the inside of the leg and foot. It is most commonly involved with the shin splint syndrome. However, it also becomes irritated in the overpronated foot, and usually displays itself as arch pain.

The anterior tibial tendon — which runs down the front part of the foot — often becomes irritated while sprinting or running downhill. In severe cases, there's a related cracking on the top of the foot, which becomes red and swollen.

The smaller tendons that run along the bottom of the foot can also become sore from excessive running on hard surfaces — a bruising sensation. The bottom of the foot becomes swollen and tender.

The best treatment is to avoid injury in the first place. Try running on a softer surface rather than on concrete. Use a well-cushioned shoe with a good heel counter. Add a Spenco insole. If the midfoot does become slightly inflamed, use ice after activity with warm water soaks at night.

Tendinitis of the foot usually appears as a mild swelling or redness; there's a cracking sound when the foot is rotated.

In severe cases, a cast is applied until the pain and swelling are gone. This is followed by a range of motion treatments and strengthening of the lower leg muscles. Finally, running is resumed when the symptoms have disappeared.

(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.)

Stamford Marathon to Offer $50,000 to Anyone who Breaks American Masters Record

This year's Stamford Marathon in Stamford, Conn., on October 16 is offering a total purse of $100,000, which includes a generous $27,550 for age 40-and-over men and women runners.

But, the real story for masters is that the race will award $50,000 to the masters runner who breaks Barry Brown's U.S. masters marathon best of 2:15:15.

To cover the possible cost, Race Director Arthur Leyton is arranging for an insurance policy. According to Leyton, the award will be limited to TAC members. In addition, he may require that the record breaker be a U.S. citizen to claim the $50,000. The Stamford course, in Leyton's opinion, is not a fast course.

The top ten M40-49 finishers will share $12,000, with $5000 going to the winner. The top five W40-49 finishers will share $10,000, with $5000 for the winner.

The M50-59 top five will divide $2,600, and the first three W50-59 will share $10,000 each.

The top three in both the M60+ and W60+ divisions will share $350, with $200 set aside for the first places. The open men's and women's winners will receive $10,000 each.
Silver Streak: Payton Jordan

says, "After coaching and being coached most of my life, I believe I have a reasonable understanding of the techniques and training methods, which is very helpful in trying to reach one's potential." He runs with the West Valley TC and says his friends are helpful in pointing out flaws in his form, of which there are few, if any.

Jordan follows a simple diet with "lots of vegetables and fruits." His meat intake is equally balanced between beef, lamb, pork, fish and chicken.

"I'm a big fruit eater," he says. "We eat few eggs and not much bacon or ham. Breakfast is based on oat meal and cream of wheat, some dried cereals — shredded wheat and granola, plus toast, orange juice and cocoa. Lunch is usually cottage cheese and yogurt, soup and a drink of milk or hot tea."

When Jordan was inducted into the National Track and Field Hall of Fame in 1988, he expressed surprise ("They usually wait until you're dead!"), but he couldn't have been too surprised since he was already in the National Association of Intercollegiate Hall of Fame and the Helms Athletic Foundation Hall of Fame. Married for years, with two daughters and grandchildren, Jordan has had 11 children named after him by athletes he has coached.

When a coach at Stanford, Jordan wrote an article entitled "Just Naturally Slow — Hogwash," in which he offered these tips to improving speed:

- Do drills, such as high knees, very fast, known as "eggshell stepping."
- Do weight work-outs at least twice a week.
- When sprinting, pump the arms forward, but without excessive backward motion.
- Concentrate on high knees, but not so high as to inhibit speed.
- Stretch the stride — get there in fewer steps.

Jordan has had no surgeries of any consequence. He's had minimal problems with injuries and thinks it's due to the fact that he does a long warm-up with easy running and stretching for the whole body along with a long cool down of the same type.

"Listen to your body, and have the good sense to 'back off' if something is hurting," he advises. "The use of ice at the onset of an injury is highly recommended. After 24 hours, one can go to hot and cold alternately to speed up the recovery. The word gradual is worth a lot in prevention and recovery when it comes to injuries."

Write On

the sort of scalpel job masters competition needs more of. I hope his proposals are taken seriously at the upcoming WAVA council meeting.

Frank Miller
Portland, Oregon

Don't kill a man's dreams. Sometimes, a beautiful dream may be all a person has.

Pain's attitude is disturbing. That same attitude prevails in Minnesota. A TAC fee is taken from anyone, but if you are not young or run distance, there are no records, rewards or results reported. Only high school and college students are encouraged. My appearance on the track seems to agitate those who see me as an intruder in a youth sport.

Only when I went to Wisconsin for my first Nationals in March 1987 and saw Bernice Holland, Christel Miller, Shirley Kinsey, and Sallie Stiegelmier did I know I wasn't a freak. My out-of-town masters track experiences have been positive.

But as I read Pain's views, I'm concerned. Will there be a cut off age for masters participants? Soften your views, Mr. Pain. The sport you save for the old timers may be for yourself.

Rachel Lyasa
Fridley, Minnesota

Why do we have World Veterans Games? "For friendship and health," says Jacques Serruys. "For physical and mental health...to be happy," says Dr. George Sheehan. "For fun and enjoyment," says Jerry Donley.

David Pain seems to have schedule as top priority. His standard would eliminate the 97-year-old man, the 80-year-old woman, and the blind regardless of their intensified training.

If anyone works out regularly, and is doing the best he is capable of, then he should be encouraged to compete at the national, world or any other level.

I love to attend the World Games; they are a great motivator. It's fun to make friends from around the world.
Multi-Events

The open meeting of the WAVA Technical Committee in Melbourne during the World Games voted to replace the pentathlon with the decathlon and heptathlon, starting with the Eugene World Games. (That’s 10 events for men and 7 for women, instead of the 5 events for each.) This was done without a single “no” vote or any negative comment. It is a great stride forward for U.S. masters track and field.

These events have had a great tradition and interest since their inceptions in 1912. The challenge to become “the world’s best all-around athlete” is recognized and sought after, worldwide.

Since Melbourne, Bob Fine, WAVA Technical Committee Chairman, and I have heard negative comments about dropping the pentathlon. The one comment that I heard was that some of the competitors think that they would not have voted for the pentathlon. The one comment that I heard was that some of the competitors think that they would not enter the decathlon/heptathlon because they were not “comfortable” doing all the events and that the “decathlon/heptathlon would end up being ‘only for specialists’.”

That comment is probably very true, but no more so than it is for other events. For example, no one expects to enter a hammer or triple-jump contest in addition to doing individual events, as it used to be when WAVA offered the pentathlon. Individual decisions will have to be made to enter individual events and to do the decathlon/heptathlon at the World Games.

Another action taken at the Technical Committee Meeting was to change the M50 and M55 hurdle distance to 100m but still retain the 36” height. This is easy to accomplish as most tracks are identically marked for the women’s 100m hurdles.

In the U.S., TAC masters multi-event championships have been officially scoring the men’s hurdles three inches lower than WAVA heights for ages 40-69. Times were never accepted as age-group records; so, many have run WAVA hurdles all along, to seek records and because the WAVA hurdles were run in individual hurdle races.

At the meeting held in conjunction with the Masters National Decathlon/Heptathlon Championships in Colorado last summer, we voted to move the hurdles to WAVA specification if, and only if, WAVA would adopt the decathlon/heptathlon instead of the pentathlon.

The time has come. On the basis of that vote, I will recommend to the 1988 TAC Masters Decathlon/Heptathlon Meet Director that the hurdles be run according to WAVA heights and distances (which NMM prints monthly). This will allow U.S. competitors two years to prepare for Eugene. With permission of the meet director, athletes can run whatever hurdles they like but will receive no points in that event if they run lower ones than officially sanctioned.

Another important point to the multi-eventer was the reconfirmation of WAVA specifications of metric weight shots and discuses. This means that the 12-pound shot and the 1.6k discus, which the M50 and M55 have been throwing in the U.S., will not be acceptable to WAVA. For the same reasons, I will recommend that the national multi-event championships use the WAVA-specified shots (40-49 16-lb; 50-59 6k; 60-69 5k; 70 + 4k) and discuses (40-49 2k; 50-59 1.5k; 60 + 1k) to prepare for Eugene. The events are really not changed much by this, and one can practice with the current implements with little or no negative effects.

The javelin presents problems. WAVA at the World Games in Melbourne required the “new” IAAF javelin, but TAC has allowed the “old” or “new” javelins to practice with the “old” javelin and to change to the “new” one. For all of the throwing events, I would certainly recommend to anyone contemplating a record to use the WAVA implements.

The women are ahead of the men in these areas because they already run the WAVA hurdles and throw the WAVA implements which, in the lower age groups, are IAAF standards.

I compliment WAVA for the obviously huge steps in the right direction by adopting the decathlon/heptathlon for their World Championships. I can feel the enthusiasm from the multi-eventers who have contacted me. Everyone seems so pleased that I don’t even want to bring up the knotty problem of scoring and age factoring in multi-events, so I will not for now, at least.

Augustana Hosts Athlete’s Foot Meet

by JERRY WOJCIK

The 4th Annual Athlete’s Foot Masters Indoor Meet at Augustana College’s Carver Physical Education Center on February 6 in Rock Island, Ill. drew a relatively large number of walkers (six in the W40 mile walk) and provided throwers with eight events from the shot to the 200-lb. weight.

In the walks, Kim Schoebel was the winner of that large W40 race in 9:40.6. Dave Eidahl, M45, had the best masters time (16:04.3) in the two-mile walk. He also won several field events.

Submaster Bob Hartman won all eight of the M30 throwing events, including the shot put (40.2) and the 200-lb. weight throw (4.5).

Other winners included: Lee Stopoulos, M45, 60y dash with a masters best 7.2; Mel Larsen, M60, 60y (7.3), 300y (43.6), and 60yh (10.8); Madelio Blake, M70, 300y (51.6) and long jump (11.5); Rex Harvey, M40, long jump (19.2) and shot put (41.9); and Bob Kemp, M50, 56-lb. weight (17-0) and 200-lb. weight (2-7).
Cholesterol and Mortality

(Edited note: The National Heart, Lung and Blood Institute is embarking on a nationwide cholesterol-testing program, an outgrowth of its 28-year-old Framingham Study.)

The goal of the study was to use the 64,000 people of the Framingham, Mass. as guinea pigs, to learn more about coronary heart disease.

The study concluded that "the key to fighting heart disease is controlling cholesterol. That means not merely lowering total cholesterol, but raising the ratio of HDL (high-density lipoprotein) cholesterol to LDL (low-density lipoprotein) cholesterol." The study recommended exercise, weight control and diet. Dr. William Castelli, director of the study, suggests if people could reduce their cholesterol level to under 150, we could virtually wipe out coronary heart disease.

In the following article, Dr. Thomas Bassler, a Los Angeles pathologist and long-time runner, offers a somewhat different perspective. His opinions are, of course, his own, and are presented by NMN in keeping with our policy of providing a forum for a wide spectrum of views.

When I was a Deputy Medical Examiner for Los Angeles County, I became interested in sudden and unexpected deaths among marathon runners.

Since many of the deceased runners were elite, non-smoking vegetarians on a low-cholesterol diet, I get very nervous whenever I see anyone suggesting that we would be "healthier" if we lowered our serum cholesterol levels.

What we observed in the Framingham study is quite different from what is being told to the American public. For example, measuring cholesterol after the age of 50 makes no sense. The study found that while heart attacks were more numerous in young men with higher cholesterol levels, the over-50 men did not show any association between heart attack and cholesterol; they had about the same number of heart attacks, no matter what their cholesterol level.

Moreover, 17% of the subjects had a falling cholesterol, yet had a higher death rate than those with a rising cholesterol.

The study identifies excess mortality in those who lowered their cholesterol. The risk is massive: only a 0.2 mg% -per-year drop in cholesterol increases mortality by 11%. A 9 mg%-per-year drop in cholesterol doubles the risk of death.

I have previously reported over a dozen cases of rhythm death in marathon runners who tried to lower their serum cholesterol.1

When my friend Tommy Rongos lowered his cholesterol from 212 mg% to 106 mg%, he had unknowingly increased his risk of death by a whopping 106 x 11 = 1,166%. He died in his sleep about six weeks after running the Boston Marathon.

Cholesterol-lowering diets were present in many other cases of sudden rhythm death in marathon runners, including the runner who collapsed near the 22-mile mark in Boston, the Congressman who ran 100-mile races, the teenage record holder from San Diego and the former editor of Runner's World. Among members of the Los Angeles Seniors Track Club were several suicide events associated with low cholesterol levels.

Jim Fixx had a normal cholesterol level of 220. If he had lowered it to 120, he would have died sooner.

The best thing to do if you're over 50 and want to avoid a heart attack is to quit smoking and exercise — the more the better. No one has been able to reduce deaths by changing their diet. While I agree with Pritikin's suggestions to walk six miles a day and stop smoking, I disagree with his diet for runners. Fifteen runners have died on his diet.

Many people say you should only eat fruits and grains, but I feel if you don't eat steak and eggs, you're in a lot more trouble than if you do.

It's a mistake to claim there is "evidence linking cholesterol reduction with lower overall mortality" in a Cholestramine study. That study showed no change in overall mortality. In fact, if you look at the study from the point of view of Matti Virkkunen, you'll see that the resin (a sticky, chemical substance used to lower cholesterol) increased psychiatric problems as it lowered cholesterol.

Excessive deaths due to violence are an early warning of psychotic deterioration. Heart attacks were not avoided; they were exchanged for deaths due to suicide, homicide and accidents. Physicians responded to this deterioration by "operating on the pain." Resin-damaged individuals suffered more operations for carpal tunnel, spinal discs and gallbladder complaints. Since deaths due to all causes were not decreased, the $1,000-per-year cost of the resin only bought the patients more medical problems.

Virkkunen pointed out that lower serum cholesterol is associated with "poor self-control and irresponsibility." I agree, and the resin study clearly shows this. As cerebral function becomes "irresponsible," you can expect an increase in violent death and hospitalizations. If complaints are loud enough, surgery can result. However, "disease" is not found in the carpal tunnels, gallbladders, nasal septums, and discs that are removed. Surgeons are operating on imaginary pain.

There will be the same number of eulogies since death rates remain the same. But 7000 potential deaths from heart attacks will be changed to 7000 violent deaths. It is easy to eulogize someone who dies of heart disease: "He worked too hard, or he tried too hard." But it's tough to eulogize anyone who takes his own life or gets drunk and dies on the highway. Each year there will be 1000 cases of this "eulogy deterioration" if two million Americans take this resin.

The incidence of suicides and unnecessary surgery is only the tip of the iceberg of psychiatric disease. Follow-up should include family, social and business histories to see how many of these resin-damaged individuals fail to function normally.

As the Framingham study shows, the problem is not with the resin. It is the falling serum cholesterol. If you have a friend who is trying to restrict his diet, offer him a steak and a draft beer; you might save his life.

5. op. cit.

Portions of this article were reprinted from the Seniors Track Club Newsletter, September/October 1987.
be happy, and yes, garner medals. Medals are like the frosting on the cake. We all cherish them.

As to why not? I've paid the price of being on the track, regularly working out, at 6 a.m., working out on the weights three times a week; taking an adult fitness class three times a week.

I beat the thousands of people who sit, hour after hour, in the convalescent homes, looking at TV soap operas, plus the others who won't even try to get up out of bed - inactive and sedentary. All of these octogenarian women who could and should exercise and don't - I beat them and enjoy receiving a medal for my efforts.

My medals motivate others to exercise and also motivate me to continue. People from around the world say they saw me on TV and it inspired them to start exercising.

The 97-year-old man at the VII World Games was the most stimulating athlete I've ever seen. The crowd loved him and showed it with vigorous applause. Blind persons who are willing to take an outer lane and be tethered by a guide should be allowed to compete. Often I've grabbed the hand of a guide and I have been in the same race. She is wonderful. Think of all her training.

Fritz Assmy (blind) has been accused of being physically towed the last 40-50 meters by his guide in Puerto Rico in the M6S. "Was it fair?" Pain asks. I was there and yes, it was fair. We should encourage Fritz. Get off his back. Think of all his training.

David, you are a great person. You're admired by many and have done wonders for the masters. But don't recommend me for any special or handicapped games.

Young folks - 40, 50 and 60-year-olds - should remember you might be blind and/or live to be 80 or 90 and still want to compete in far away places.

No way do I want to hold up the schedule. I am willing to move to the inside or outside lane whenever necessary, but I do hope that I can continue competing for a while longer. I want to contribute positively to the Games. They are my life line and I'm indebted to the masters program. I want to help, not hinder.

Marilla Salisbury
San Diego, California

In regard to David Pain's article — please consider someone on limited income who cannot afford to travel long distances to meet. Getting to the Nationals in Eugene was a big event for me, even if my time is not yet world class. There are few 55-year-old female racewalkers nationwide, let alone in my area. My annual participation at the Nationals is my goal.

Marilyn Lightfoot
Flagstaff, Arizona

WORLD GAMES AFTERMATH

Just a few lines, to express my sincere appreciation of the part NMN played in the success of the World Games. Your positive approach, throughout the lead-up period, must have given many people that special feeling of anticipation that led to such a positive attitude from so many of those who attended.

The willingness of those who found things not quite right to accept that perfection was not possible was a very special feature for me. Because of the intense pressure that I and the distribution area found ourselves under, it was quite a while after the Games that I came to terms with the fact that despite the faults, and there were some, we had indeed succeeded. There are still some queries on records that I have to clear up before I can close the books.

I was still down in the dumps when I received your 'requiem' on the Games. It finally brought home to me that the masters that concerned me were mostly just a large series of very small problems. I found your fault list to be understated, although in some areas that you found unacceptable, I would not alter my approach. I consider that the few adverse comments that you made were indeed far from your point of view. I have nothing but gratitude for your whole approach to Veteran Athletics.

Your front page will be my most treasured souvenir of the Games. I read and reread it. It took a week of reading it every day to finally get through. Thanks a million.

Ray Callaghan, Competition Director, VII World Veterans Games Melbourne, Australia

NATIONAL PENTATHLON

Once again Scott Thornley and his capable staff have made the National Masters Indoor Pentathlon Championships a success. The meet was well run and the hospitality of the Dickinson College facilities made the event a good experience to start the new year.

Mr. and Mrs. D.L. Smith and Mrs. Thomas Smith
Louisville, Ohio

SPORT ARCADE MEET

The Sport Arcade III masters track & field meet held March 5 at Cal-State U. Northridge was beautifully organized by the Los Angeles Patriots organization. Marvin Thompson, Glenn Johnson, Jerry Williams, and all the others did a wonderful job.

The only unfortunate thing about the meet was the low attendance. I am sure we could hear all kinds of excuses for not attending. However, if the masters track program is going to succeed, we must support the events. We are losing support groups every year. It is no wonder when athletes cannot bother to attend; and when many do, they spend more time complaining than being thankful that we still have volunteers and staff that can put on such a high caliber meet as The Sport Arcade III.

This same group has been asked to put on the Western Regionals. I am sure they will do an excellent job. We want them to know how much we appreciate the work they do.

Gene L. Harte
Van Nuys, California

BUD LIGHT MEET

All too often during the past few years I have noted letters to your column knocking event organizations and officiating. I am sure many of the athletes competing at the Carlisle, Penn., Bud Light indoor meet would echo my praise to Scott Thornley and his able team of officials. It was indeed a pleasure to compete there and to experience such understanding and cooperation by Scott's team toward all masters runners. Also, there was an award table of patches, medals, etc., where athletes were requested to pick up their own awards; this freed up two officials to work on more important business.

Thank you, Scott, great team-work.

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

BUFF MESSENGER

I regret to inform her many friends about a year ago at the age of 60. Her last meet, in which she threw the shot and discus, was in Raleigh, N.C., in May prior to that she had to give up race walking, which was her favorite event.

Although Buff would be the first to admit that she wasn't a champion in the usual sense of athletic competition, she was more than one in spirit and sportsmanship. This was illustrated by the fact that early on she got tired of merely watching me compete and decided she ought to be doing something at track meets, too, instead of just sitting there. Running, however, was not her talent, and she would often say she would only run in races where she couldn't be lapped.

The exception to that was race walking where she usually brought up the rear, but with amazing pluck. She and I often worked out together, with her practicing the throwing events while I did wind sprints at a nearby soccer field.

I know that she would wish me to express her fond farewell to all of her friends among our fellow athletes.

Archie Messenger
Thornton, New Hampshire

AGE DISCRIMINATION

There has been discrimination against the older age groups by the reluctance of some meet organizers to include all five-year age groups in their races. In events below the national and regional levels, state and local clubs are allowed to set their own rules. As a result, many meets the older runners beyond a certain age are placed in a single age group beyond the selected cut-off date. This means, in extreme instances, that an older runner might be required to compete against athletes up to 50 years their junior. Obviously, they are deprived of the opportunity to win.

This denial is a powerful incentive to discourage them from continuing their so essential, life-enhancing sport. We should be seeking ways to encourage them to keep actively participating in their chosen activity.

There is an obligation to these older Continued on page 20

Write-On Continued from page 13
Successful Meeting With IAAF

On March 5 in Budapest, I had a very good meeting with John Holt (IAAF Secretary) and August Kirsch (past president of the IAAF's German Federation and member of the IAAF Council).

We planned the affiliation to WAVA of some Eastern and African countries and discussed working together to forge better links between Veterans and the National Boards.

WAVA will remain independent. Some rules will be modified, if necessary, to make official acknowledgement by the IAAF easier. Holt accepted my suggestion that the IAAF, too, could consider modifying some of its rules which affect veterans; I'll submit some proposed rule changes to the IAAF in the future.

All of the above could become a reality in two or three years. The next step would then be how to integrate WAVA into the IAAF for the benefit of Veterans throughout the world.

Masters Games

The IAAF promised to acknowledge our 1989 Games in Eugene as the official world veterans championships and promised not to recognize the "Masters Games" in Denmark. The European Veterans Athletics Association will strongly encourage all veterans to go to Eugene, rather than Denmark.

IAAF Veterans Committee Meeting

The IAAF Veterans Committee has been officially authorized by President Neibol to meet in London on April 18. WAVA Secretary Alastair Lynn has been invited to attend.

Veterans Athletic Club road champion Adrian James won the Stock Exchange 7-Mile Road Walking Championships at Regent's Park, January 30, in 34:25. Another veteran international, Dave Stevens, who won the M50 gold medal in the 5K walk in Melbourne, was third in 35:46.

Glynis Penny, running well as a veteran, won the Tallgrass 10K, November 15, in 34:41 at Battersea Park, and followed up with outright wins in the Beryl Davies Cross-Country Race at Footscray, Eltham, and the Mitcham 25K, January 17. In the later race, Peter Jones, 39, who became 40 in February, ran 1:21:15 for third overall.

Alan Roper of Swansea held his own in good competition, coming sixth overall and first veteran in 31:44 in the Richard Burton Memorial 10K, January 10, in Wales. Martin Lister, 40, of Wetherby was first M40 in the Yorkshire Veterans Cross-Country Championships, January 17, but his time of 36:13 was inferior to the M50 winning time of 35:46 by 1986 National Vets Cross-Country Champion Derek Lawson.

Victor Holman won the Eastern Counties Veteran's Cross-Country Championships at Newmarket by ten seconds in 34:38 from Mike Turner, an experienced cross-country runner. Pete Hamilton won the Veterans AC Club Cross-Country Championships at Wimbledon, January 15, and the Mob Match at Footscray, Eltham, January 24, in 30:30 from Cambridge Harrier Trevor Collins (30:49).

Allan Rushmer ran 12th overall in the Worcestershire County Cross-Country Championships at Redditch, December 12, and placed 10th in the Birmingham and District League Cross-Country Championships as third man home for Tipton, which over the last ten years are considered the most consistent cross-country and road club in the country overall. However, Allan was not available for the nationals in February because he was racing in the U.S.

LIST OF 27 COMPETITORS WHO HAVE TAKEN PART IN ALL SEVEN WAVA CHAMPIONSHIPS

M50
Reg Austin AUS
Phil Conley USA
Willy Dunne IRE
John Dunsford GBR
Leif Gundersrud NOR
Hans Poetsch AUT

M55
Ron Franklin GBR
Hal Higdon USA
Roland Johannsson SWE

M60
Don Farquharson CAN
Jan Kystad NOR
Bob Mimm USA
Jim O'Neil USA
Ray Spencer USA

M65
Norbert Barth FRG
John Gilmour AUS
*Max Gould CAN
Don Johnson USA
Sylvester Stein GBR

M70
Ian Hume CAN
Jack Stevens AUS
*Jim Vernon USA

M75
George Wir SWE
Albert White CAN
Irene Obera USA
Ruth Anderson USA
Isabel Saumier CAN

M80
David Sirl M55
John Dixon M50
Jan Babe M50

*Won gold medal in all seven World Games.

REPORT FROM BRITAIN

by ALASTAIR AITKEN

These New Zealanders won 12 gold medals at the World Veterans Games in Melbourne. From left: Derek Turnbull, M65; David Sirl, M45; John Dixon, M40; Ian Babe, M50. Photo by Gretchen Snyder

President:
Cesare Beccali
VIA MARTINETTI 7
20147 Milano, Italy

Executive Vice-President:
Peg Smith
P.O. Box 67
Williamstown 3016
Victoria Australia

Vice-President:
Alastair Lynn
23 Reuben St.
Aurora, Ontario L4G 2M3 Canada

Treasurer:
Al Sheehan
P.O. Box 372
Van Nuys, CA 91404 USA

Past-President:
Don Farquharson
269 Ridgeway Road
West Hill, Ontario

Women's Delegate:
Bridget Cusden
156 Mitcham Road
West Croydon,
Surrey, England

Delegate of:
North America
David Pain
5643 Canamanie Way
San Diego, CA 92115 USA

South America
Juan H. Kutzer
Estrella 3429
Olivos (1536) Buenos Aires Republica Argentina

Asia
Mr. Hariomatakar
Medan Medan
Indonesia

Europe
Hans Alman
Eichendorffstrasse 2
D-800 ANSBACH
Federal Republic of Germany

Oceania
Jim Blair
P.O. Box 910
Wellington, New Zealand

Africa
Contact President
Performance Standards Not Needed

In this space in February's NMN, David Pain expressed legitimate concerns on the size of the World Veterans Games. However, I disagree almost totally with his arguments.

His main argument is that "a handful of unqualified entrants can throw an entire meeting off schedule." I disagree. At the VII World Games in Melbourne, the only real holdups were due to the weather and to my own failure to ensure that all the correct procedures were being carried out.

Over the years, I've noticed the tendency to blame the athletes for the organizers' shortcomings. The great majority (99.9%) of veteran athletes do their best to comply with the organizers' wishes (with the exception of reading the rules). There is only a small group who believe they alone should be catered to. These athletes are always potential medalists, whether by ability of by lack of competition in their age groups. Two such people tried to hold up the World Games timetable.

In field events, the poorer performer takes up far less time than the better-class athletes, because there is less need to measure due to no throw, and distances are shorter. I got a far faster turnover of the older, and/or poorer, performer in these events.

With the track events, it is the organizers' responsibility to consider the athletes' submitted times in preparing the timetable. We did, and the program ran smoothly.

My biggest timetable worry during the Games was the apparent "false start" problem with U.S. sprinters. I found it hard to believe "false starting" could really be such a big problem as to warrant the U.S. "no false start" rule. I was concerned at the possible effect.

There was no effect. I humbly suggest the U.S. do not look to the athletes for the solution to that problem.

Officials Were Outstanding

The World Games' officials were given clear guidelines for controlling their events. We explained the rules variations between WAVA and the IAAF. We also pointed out there was a tendency by some officials to forget that the main purpose of athletics is to allow the athlete to compete; that an optional rule should only be enforced if an advantage or a disadvantage had occurred.

Officials were warned that the athletes had been around and knew all the tricks; that they must not allow any athlete to put anything over on them. We emphasized we did not expect or want a lowering of officiating standards.

I could not have asked for a better response than that displayed by these fantastic people during the World Games. The feedback was that they had never enjoyed themselves so much, and that the attitude and cooperation of the athletes was great. These are dedicated officials, whose response was, "How soon can we do this again? It was great."

The Media

The media is a very serious problem for veteran athletics, and I believe that this is because too much emphasis is placed on it, to the detriment of the aims of veteran athletics as I see it. For me, the prime aim of the veterans movement is to encourage the participation in a healthy lifestyle of the older person. And that is it.

To have any other priority leaves us open to this incessant grieving over media expectations, and leads us to the imposing of standards, which I abhor.

So what if a 97-year-old man walks the 200. At least, he is showing the world that there is life for the old codgers, and that some of us are still prepared to cater for them in this materialistic world. The publicity surrounding his performances raised the public awareness and admiration far more than any of the marvelous age-group performances could ever hope to do.

You have to accept that if you want the national and international media coverage, you will only really get it this way. Unless, of course, we get an open world record claimed by a veteran. Even then it will not have the same impact.

Walking, Not Running

Even I felt that I was being taken advantage of when I observed a performer apparently walking the majority of a 10K track run. I was even more disappointed when I saw the same competitor show a high degree of athleticism during the walk events. I felt that there was a lack of personal pride somewhere. However, I will not allow one or two persons' attitudes to push me into a situation of supporting the imposition of standards, to the detriment of many.

In the veterans movement there will always be some small age-groups. So there will always be some who will demand standards. There will never be an agreement on such standards, and always there will be the someone deserving who will be penalized.

The simplest way to reduce the size of the World Games is to introduce hard standards. It is also the quickest way I can think of to kill the spirit that was evident in Melbourne.

Large Female Attendance

The large female attendance, a very good thing for the standard of competition, was a direct result of the No Qualifying Standards rule. This meant that wives were more willing to agree to family attendance and participation, and led directly to the raising of the performances in each age-group, with the exception of the very oldest. The more people who compete in an age group, the better the standard that will be achieved.

I have even read that one writer has called for a high age limit of 80 on veterans. Can't you see the implications and all because two or three competitors don't suit the image?

While the winning of a medal is an achievement, I believe that doing your best brings far greater and longer term satisfaction, than the medal itself.

Even in the N40, if you win a medal, but perform below your own best standard, there is nothing like the same satisfaction.

Best Performance

The suggestion that a certified best performance of the previous 12 months be an entry requirement is not practical. This discriminates against the athlete who, for various reasons, has not competed or reached a high enough standard to qualify, but who is reasonably certain of achieving the standard required.

The most practical requirement from an organizer's point of view is for the athletes to submit their expected performance standard. This is a far more accurate guide than a best-performance guide and is a lot fairer on the athletes. Most, if not all, of the wishful-thinking best performance standards submitted to me in Melbourne were a direct result of having to include the term "Best Performance." They sent me just that. It was 30 years old, but it was their best. Some veterinans didn't read the rest of the requirement.

Certifying the skills would have no practical value.

The suggestion that people walking in a running event should be disqualified leaves too much to interpretation. I must admit I felt the need for some such rule, but it's just not on. Even in the hurdles, an only-one-foot-on-the-ground rule would have problems.

You simply cannot put the onus for some of these purely veteran's decisions onto the officials.

The rejection of entries can leave the organizers open to protracted and possibly legal delays and pressures that they simply cannot afford.

The blind athletes, I believe, should continue to be catered to, providing that they ensure their own personal support. The organizers cannot be expected to cater to them off the field of competition. The rule on towings that I gave to the officials was more than adequate to cover the infringements that I have seen.

W35 Division

I would also like to respond to Barry Shaw's letter on the W35 age-group. The reason that I support the W35 is because I believe that this is a participation sport, and that it is a family sport. Most women are about four years younger than their husbands; therefore, I see it as only logical that...
"A WEEKEND WITH THE LEGENDS"

BILL RODGERS
GEORGE SHEEHAN
JOE HENDERSON

SATURDAY
JUNE 4, 1988
8:00 AM

10K Run & 5K Healthwalk

This event will be held in conjunction with the Grand Opening of the $3.5 million Sport & Health Club at Kingston Plantation. Headquarters will be the newly opened “5-Star” Radisson Resort Hotel, a 250-room all-suite luxury hotel on the oceanfront in world-famous Myrtle Beach, South Carolina.

FEATURING:
BILL RODGERS 4-Time Boston & New York City Marathon Champion
DR. GEORGE SHEEHAN Noted Author & Running Philosopher
JOE HENDERSON West Coast Editor – Runner’s World Magazine

WEEKEND HIGHLIGHTS:
• Sports/Health Exposition
• Pre-Race Dinner & Clinic with the Legends: Rodgers, Sheehan & Henderson
• Post Race Beach Party
• TAC-Certified Course
• Corporate Team Competition

FOR MORE INFORMATION CALL: (803) 272-6855
MYRTLE BEACH CLASSIC, 1015 2nd AVENUE SOUTH, NORTH MYRTLE BEACH, SOUTH CAROLINA 29582
runners, who have been the backbone of the masters program for many years and have paid their dues. It is unfair that as their skills progressively deteriorate that they are relegated to the status of secondary competitors and denied full and equal opportunity and recognition.

It is probably not feasible to make full age-group competition mandatory at state and local levels, but steps can be taken to encourage elimination of this discrimination at all levels of TAC competition. It is hoped that legislation can be passed at the next annual TAC meeting in Phoenix to carry out the expressed wish of the 1987 Honolulu meeting that every effort be made to induce meet organizers at state and local levels to use the same rules and regulations as are proscribed for national and regional championships.

Organizers can be given TAC certification to be used in their format and publicity. Those choosing it continue to operate under state and local rules and will continue to receive TAC sanction so long as they choose to operate under state and local rules, will continue to receive TAC sanction and will continue to be treated equally in every respect. Such action will encourage elimination of this unfair age discrimination in TAC competition.

This effort deserves the support of all masters. It is time we retain for all athletes in all age groups their earned right to experience the "thrill of victory" while they compete.

Paul Spangler
San Luis Obispo, California

What Lies Ahead?
I believe that the World Games will continue to grow for as long as the movement itself operates on an expansion basis, and that there is no major world economic calamity. We should accept that as the reality, and work toward it.

We have tried to give the next organizers complete insight into the problems of doing this, and hopefully they will do the same for the next bidders.

The directors in Eugene will need to look at having an extra day, to cater for the possibility of heats, semi-finals and finals in the 800 and 1500, as well as any extra requirements if they go for the decathlon/heptathlon.

Another option that may need to be looked at is the dividing of the games into two or three complete sections, on an age basis. This is not a good option, but may well be the best when dealing with grounds far from each other.

WAVA's contribution should be in completely adapting the IAAF rules to the veterans requirements.

There is a definite need to look at the possibility of a four-month closing date. I will make a more detailed assessment on this matter in my closing report to WAVA.

Continued from page 18

Women should be able to enter at younger age than men. The problem that I find with this sport is that so much of the arguments are based on elitism. If one was to take Barry's argument to its proper conclusion, then one has to consider the possibility of dropping the M40, as they also have attained an international standard with the latest influx of present day top-class performers. This, of course, would solve the immediate problem for the next World Games.

No, let us leave the younger age groups as they are. We have a great sport, and the only real concern is in trying to come to terms with the continuing growth of the World Games, and the only practical suggestion I can make is to reduce the promotion. Unfortunately, this would affect the possible sponsorship, and probably the spirit that Barry Smith created so effectively.

It really comes down to "What image do we really wish to present to the world?"

For myself, I don't care if the non-running world knows we are here or not. Those who need us will always find us. And with a newspaper of the likes of Al Sheahan's National Masters News, who needs the outside media?

WAVA/TAC Hurdles and Implements Specifications

<table>
<thead>
<tr>
<th>AGE</th>
<th>SHOT PUT</th>
<th>IMPLEMENTS DISCUS</th>
<th>HAMMER</th>
<th>JAVELIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>35-39</td>
<td>4.00k</td>
<td>1.00k</td>
<td>4.00k</td>
<td>600 gms</td>
</tr>
<tr>
<td>50 plus</td>
<td>1.00k</td>
<td>3.00k</td>
<td>400 gms</td>
<td></td>
</tr>
<tr>
<td>Men</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>40-49</td>
<td>7.26k (16 lbs)</td>
<td>2.00k</td>
<td>7.26k (16 lbs)</td>
<td>800 gms</td>
</tr>
<tr>
<td>50-59</td>
<td>6.00k</td>
<td>1.50k</td>
<td>6.00k</td>
<td>800 gms</td>
</tr>
<tr>
<td>60-69</td>
<td>5.00k</td>
<td>1.00k</td>
<td>5.00k</td>
<td>600 gms</td>
</tr>
<tr>
<td>70 plus</td>
<td>4.00k</td>
<td>1.00k</td>
<td>4.00k</td>
<td></td>
</tr>
</tbody>
</table>

*New IAAF Specifications*

Speaker's Corner: Performance Standards Not Needed

Continued from page 20

Continued on page 28

Bob Fin, M55, USA, (55046) newly-elected track and field chairperson of WAVA, about to overtake Frank Aplin, (55089) New Zealand, during 5K track walk, VII World Veterans Games Melbourne. Photo by Gretchen Snyder
Patrick Devine, 59, shows the style that leads him to a 2:56.26 win in the M55 division of the Western Pennsylvania Marathon, Dec. 6, Culer City, Calif. Photo by Richard Lee Slotkin.

Need Back Issues? Most back issues of the National Masters News are available for $1.95 each, plus $1 postage and handling for each order. Send to:
National Masters News
P.O. Box 2372
Van Nuys, CA 91404

February 13, with 12 divisions made up of male and female pairs determined by their Zodiac signs. Masters winners were Christine Hearn Greening (41, 18:59), who teamed with Hallie Boyle Parrado (21, 17:13) to win the Aquarius division; Lisa Connors (45, 19:52), bulling her way to the Taurus victory with Gary Bennett (34, 18:17); and Cheryl Rala (41, 20:31), who starred with Doug Hegley (26, 16:05) in the Virgo group. Not innovative enough? How about divisions based on zip codes (The Short Race 4K, January 17), or height/weight ratios (The Safety Vest Race 4K, January 24), or blood types (The Surprise Race 4K, January 31)? The events place on Long Island, NY, and were reported in the March 1988 issue of Islandwide Runner, which may just be one of the best (first-hand race reports, witty commentary, lots of photos and schedule) local running publications around. It is published by Ralph Eplianio, 16 Eastern Concourse, Amityville, NY 11701. 516/842-9034.

Barry Ivers, 77, of Brewer, ME, highlighted the Demers Indoor Track Meet. Lewiston, ME, February 21, with an M75 world record of 9.5 for the 60m. He also won the senior masters, 200 (33:5) in the Demers Plate Glass-sponsored meet at Bates College.

An innovative program in which the U of Bridgeport and Trumbull H. S. in Connecticut will develop programs to teach high school students about the elderly has been established with a $7500 gift from Physician's Health Services to the university's nationally-known Center for the Study of Aging. "The program will help to create a better understanding between generations and offer some introductory material for students who may wish to pursue careers in gerontology and human services," said Dr. Mark Edenberg, the Center's director and author of the book, Talking with Your Aging Parents. Michael Herbert, president of PHS, said of the program, "Our school systems can and should be training people to understand the special needs of the elderly, who are becoming an increasingly larger part of our population."

Correction: Last month a picture appeared of John Q. Hendrickson and his dog, "Sam." Joe and Sam's time in the Sept. 27 Erresible Marathon was listed as under four hours, when in fact their time was more along the line of 4:27.

• Judy Greer, 41, Orlando, FL, ran a women's course record 1:26.37 in the DeLeon Springs, FL, Half-Marathon, January 17. In the companion 5K, Donna Haag, 47, Daytona Beach, FL, established a 50+ record with a 21:10. Three M40+ CRs were also erased.

• A study conducted by the University of South Alabama for the Port City Pacer/Spors of the Azalea Trail Run in Mobile, AL, determined that the economic impact of out-of-towners on the Mobile area economy for the 1987 race was more than $3.2 million. Although the bulk of the impact affected eating and drinking establishments, plus hotels and lodging places, nearly half a million was spent by out-of-towners on apparel and home furnishings. The 3167 out-of-town runners spent an average of $362 apiece while in Mobile and brought 2237 non-runners with them for a total of 5404 visitors. Most (85%) of the visiting participants were between 30 and 59 years old, and almost half (42%) had reported family incomes greater than $50,000. The study showed that 91% of the 1987 participants plan to return for the 11th Azalea race in March, and 72% of the out-of-town runners surveyed could correctly name at least one corporate sponsor of the 1987 race. The study's findings were based on the results of a questionnaire sent to a large, random sample of out-of-town participants. For additional information on the survey, race director Frank Shorter can contact Skip Jones, 1988 race director, at P.O. Box 5427, Mobile, AL 36602. 205/433-3145.

An invitation to the 2nd Annual Tennessee Masters Track and Field Championships June 17 and 18, 1988 TAC Sanctioned

The Tom Black Track on the Knoxville campus of the University of Tennessee is minutes away from the Great Smoky Mountains. Open to all men and women age 30 and over. Competition, except for relays, will be in 5 year age groups. Awards 3 deep in each division. Timing by Accutrack. Friday night hospitality at the Best Western Campus Inn, the host hotel, a five minute walk from the track. Sponsored by the Fort Sanders Regional Medical Center in Knoxville, Tennessee.

Friday
5:00 PM Start

Friday
7:30 AM Start

Saturday
8:15 AM Start

Events
Track
Field

Trips
Javelin

Pentathlon-Call divisions
110m, 400m Hurdles

3K Run
100m, 200m Dashes

10K Race Walk
400m, 800m 1 Mile Runs

4 x 200 Club & Corp Relay

4 x 400 Club & Corp Relay

Javelin

High Jump

Long Jump

Putt

Discus

Weight Throw

Hammer Throw

Please send me...sets of entry forms/meet information on the 1988 Tennessee Masters Track & Field Championships.

Name

Address

City

State

Zip

Mail to: Tennessee Masters Meet
P.O. Box 3394
Oak Ridge, TN 37831-3394

Meet Director: Dean Waters — (615) 483-7743
Information: Chuck Pate — (615) 524-5040

continued on page 22
**MIDWEST**

- The Grand Rapids, MI, TC presented its outstanding masters runners awards for the 87-88 season to Jim Schaffer, M40, Mary Names, W40, Roger Ritsen, M50, and Veta Ypona, M60, based on their age group point totals for a 10-event race circuit.

**MID AMERICA**

- The Marasou Show-Me State Games have added masters M40 for '88. The games, which started in '85 with 600 participants and drew 6700 Missourians of all ages in '87, will feature 18 sports this year. Athletes must come from a Missouri district meet at one of nine sites between May 15 and July 1 to advance to the finals in Columbia; July 29-31. See schedule for contact.

**SOUTH WEST**

- James Vicks and Roy Turner of the Dallas T&F Club were winners in an indoor-meet in Jackson, MS. January 18. Vicks won the M40 60y (6.6) and 400 (55.6), and Turner took the M45 60y (7.0) and 400 (59.9).

- Web Loudat, 41, Albuquerque, NM, winner of this year's Millrose Masters Mile (4:20), took third overall in the Footloks 10K, Phoenix, AZ, with the 30:59. Turner took the M25 10K and Ypona the 60y masters race this year; behind Bill Rodgers 30:09. Jose Chalmers, W45, won the W40+ contest in the Footloks 10K in 38:44.

---

**National Masters News**

**NEED AN ADDRESS?**

Want to write to a fellow masters athlete, but don't know where he or she lives? Maybe we know. Send us the name, along with $2 and a self-addressed, stamped envelope, and we'll send you the address. If we don't have it, we'll return your $2. Send to NMM, P.O. Box 2372, Van Nuys, CA 91404. If you don't want your address given out, please let us know.

---

**MASTERCING THE SPRINTS**

AN INSTRUCTIONAL VIDEO FOR THE MASTERS SPRINTER

**FINALLY!** A full length instructional video dedicated to the development of the masters sprinter. Now you can learn the information and skills acquired to improve your performance to the best you can be. Produced by Scott Sanders, a successful masters coach, who shares the programs he has used to develop masters sprint champions. All the important aspects of training are discussed and demonstrated in a step by step easy understandable format. Every masters sprinter should be without this tape! So take the first step toward success by ordering your copy of Mastering the Sprinters today!

**PROGRAM FULLY COVERS:**

- Complete program of sprint drills to improve technique
- Philosophy of training methods
- How to develop speed
- How to develop speed endurance
- Developing the perfect start
- Plyometric training for proven quickness
- Alternate sprint training methods
- The warm-up and flexibility exercises
- Learn to develop your own yearly training program

**ORDER FORM**

To receive your copy of Mastering the Sprinters, send your name and address, with $39.75 money order for $39.95 plus $3.00 P & H to:

**VIDESPORT PRODUCTIONS**

P.O. Box 1739, Boulder, CO 80306
or Call 1-303-442-0622

**DEADLINE**

SNM is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
Track and field events feature competition for men and women over 30 and unless otherwise noted. Long distance events generally are open to all age groups and are included in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.

**SOUTHWEST**


**September 3**. 13th Annual Blue Cross/Blue Shield Virginia/Mid-Atlantic Championships, U. of Virginia, Charlottesville. Karen Beaver, 121 Weinstein Rd., Charlottesville, VA 22901.


**MIDWEST**

**April 30**. North Coast Relays & Championships, Mayfield H.S., Mayfield, Ohio. Jim Barrett, 3801 Shannon Rd., Cleveland Heights OH 44118. (216) 268-7133; (b) 932-0049.

**May 15**. Wolfpack Spring Throw Meeting, Washington H.S., Columbus, Ohio. Jim Pearce, 2244 Neil Ave., Columbus, OH 43201. 614/294-4060.

**May 29**. Wolfpack Pentathlon/OH TAC Championships, Upper Arlington H.S., Columbus, John Welford, 4865 Arthur Place, Columbus OH 43220. 614/459-2547; 424-7011.


**June 25**. Cleveland Track Classic, Wickliffe H.S., Cleveland, Ohio. Jeff Geron, 4173 Wilmingrd Rd., So. Euclid, OH 44141. 216/382-2656.

**September 11**. Wolfpack Throwing Classic, Worthington H.S., Columbus, Ohio. Jim Pearce, 2244 Neil Ave., Columbus, OH 43201. 614/294-4060.

**SOUTHWEST**

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

**May 1**. Runners' Pentathlon, Mile Stadium, Albuquerque, N.M. Tom Bell, 2403 San Mateo N.E., Suite P-17, Albuquerque, NM 87110. 505/884-7017 (01-02-04).

**May 9-11**. Louisiana Senior Olympics, Baton Rouge, Jan Day Gavel, 925/2100.

**May 18-21**. Texas Senior Games, University of Texas-Arlington. 50+ Dianne Darnell. P.O. Box 905, Arlington, TX 76010. 817/261-0297.

**May 28**. TAC Southeast Regional Masters Championships, Tulane U., New Orleans. Daniel Thiel, 1459 Verna St., New Orleans, LA 70119.

**June 4-5**. Duke City TAC Masters Games, Albuquerque, N.M. New Versatrust track, throwing surfaces, and jumping apron.

**South Florida**


**July 31**. Show-Me State Games, University of Missouri Columbia, Mo. 505/265-8234.

**July 9**. West Texas Masters Meet, Ozona, Texas. Pete Maldonado, P.O. Box 1584, Ozona, TX 79736. 915/392-3802.

**WEST**

**April 17**. Mt. SAC Masters Relays, Mt. San Antonio College, Walnut, Calif. Hal Smith, 18700 Oak St. No. 404, Torrance, CA 90506. 213/342-1174.

**April 20**. Kentucky Classic, CSU-Sacramento, Calif. SASE Mike Holzgane, P.O. Box 255131, Sacramento, CA 95865. 916/482-7881.

**April 30**. Redlands Kiwanis Masters Meet, Redlands, Calif. J.R. Hedrick, 139 Cambroy St., Redlands, CA 92373. 714/792-2433.

**May 28**. Antaters Masters Classic, UC-Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.


**June 11**. Pacific Association/TAC Championships, Los Gatos H.S., Los Gatos, Calif. Steve Harsma, 1228, Los Gatos, CA 95031. 408/354-5660.


---

**BIRMINGHAM TRACK CLUB CLASSIC**

**Saturday, May 14, 1988**

SITE: Samford University, Birmingham, Alabama
Site Line Chevon Track, Chevon highjump, long jump, triple jump and pole vault runsways *(1" above man)*, concrete throwing ring and grass javelin runways.

**AGE DIVISIONS:** Masters *(age 30 and over)* and men and women compete in 5-year age groups.

**ENTRY CHARGES:** Fee includes event entry. All other fees, including day of meet, $10.00 each relay each relay Lap partners listed includes postmarked entry. $5.00 each relay each relay Awards: Medal for first three places. Trophies to first three masters teams.

**TEAMS:** All team members must be masters and must be active members of the team they represent. Acquatic timing will be used. No three-lap start will be used.

**HOUSING:** Housing: Inn-185 in homewood, special rates. Identify yourself as a BTC Classic Participant 1-800-465-4339 (outside area), or present a Video Tape copy of the meet. $20.00 per person, sleeping in Lloyd's. Payment due 5/12. Special Clinton Friday May 13 at 7:00 p.m. at Holiday Inn. Clinic on Deep Water Drifting for supplemental training and for retraining. Given by Glenn Gordon. No Charge.

**Co-Directors:** Gordon Setten (205) 879-8311, Wallace McCoy (205) 871-3579

<table>
<thead>
<tr>
<th>Event</th>
<th>Best Race Mark</th>
<th>Best Mark</th>
<th>Best Race Mark</th>
</tr>
</thead>
<tbody>
<tr>
<td>800 M</td>
<td>2:00 800 meter</td>
<td>2:00</td>
<td>2:00</td>
</tr>
<tr>
<td>200 M</td>
<td>24.0 High Jump</td>
<td>24.0</td>
<td>24.0</td>
</tr>
<tr>
<td>100 M</td>
<td>10.0 100 meter</td>
<td>10.0</td>
<td>10.0</td>
</tr>
<tr>
<td>100 M</td>
<td>10.0 100 meter</td>
<td>10.0</td>
<td>10.0</td>
</tr>
<tr>
<td>400 M</td>
<td>40.0 Long Jump</td>
<td>40.0</td>
<td>40.0</td>
</tr>
<tr>
<td>100 M</td>
<td>10.0 100 meter</td>
<td>10.0</td>
<td>10.0</td>
</tr>
</tbody>
</table>

**ORDERS OF EVENTS**

**TOTAL ORDERED**

---

Please see the full document for detailed information on events, dates, locations, and other relevant details.
9th Annual MASTERS TRACK & FIELD MEET 1988

DATE AND TIME: SATURDAY, APRIL 30, 1988, beginning at 9:30 A.M.
PLACE: UNIVERSITY OF SOUTHERN CALIFORNIA STADIUM (next to the west, +10, turn left at the bottom of University Ave. off ramp and proceed north to the second stop sign, which is brockton. stadium is your left. coming from the east on 30th, take Cypress Ave. off ramp, turn left on Cypress Ave. go under freeway to university Ave. turn right and proceed to third stop sign, which is brockton Ave. and the stadium is on the right. park only on the east or west sides of the Ave. between 30th and 31st Ave.)

LIVINGS:

ENTRY FEES:

ENTRY DEADLINE: APRIL 27, 1988

AWARDS:

FACILITIES:

T-SHIRTS: All Awards above the cost of the meet go to MASTERS COMMUNITY PROJECTS.

TIME SCHEDULE

9:30 A.M. 5,000 M Run All Ages W 10:00 A.M. 1,500 M Racewalks All Ages W 10:45 1,500 M Walk All Ages W

11:30 1,100 M Hurdles All Ages W 12:00 400 M All Ages M 12:00 400 M All Ages W 12:15 110 M Hurdles All Ages M 12:15 110 M Hurdles All Ages W

1:00 1,000 M All Ages W 1:15 800 M All Ages M 1:15 800 M All Ages W 1:30 600 M All Ages M 1:30 600 M All Ages W

1:45 400 M All Ages M 2:00 400 M All Ages W

2:15 300 M All Ages M 2:15 300 M All Ages W

3:00 200 M All Ages M 3:00 200 M All Ages W 3:15 100 M All Ages M 3:15 100 M All Ages W

3:30 400 Meter Relay All Ages M 3:30 400 Meter Relay All Ages W

4:00 2 x 200 M Relay (Any組) 4:00 2 x 200 M Relay (Any組)

4:30 4 x 100 M Relay (Any組) 4:30 4 x 100 M Relay (Any組)

5:00 2 x 200 M Relay (Any組) 5:00 2 x 200 M Relay (Any組)

FIELD EVENTS:

10:00 Hammer All Divisions 11:30 Javelin All Divisions 1:30 Pole Vault All Ages M 1:30 Pole Vault All Ages W

2:00 Triple Jump All Divisions 3:00 High Jump All Ages M 3:00 High Jump All Ages W

1:00 Discus All Ages M 1:00 Discus All Ages W

2:00 Shot Put All Ages M 2:00 Shot Put All Ages W

3:00 Hammer All Ages M 3:00 Hammer All Ages W

OFFICIAL ENTRY FORM

NAME

DATE OF BIRTH

FEMALE

MALE

EVENTS ENTERED

TIME SCHEDULE

ENTRY FEE (with registration, $4.00)

SIGNATURE

Received payable to: Redlands-Evening Silvers Alianza fours (See above fees) send entry to: DENNIS FABIAN, 840 E. VERNON ST., REDLANDS, CA 92374

MIDWEST

April 17 Jack Morton Invitational Marathon, Chicago, Ill. 10K, 8:30 a.m., Chicago, Ill.

April 19 Illinois Marathon Trials, Lincoln, Ill. Deadline April 17.

April 19-21, 28th Annual B.A.A. Boston Marathon, Hopkinton to Boston, Qualifying times. Deadline April 21.

April 21-22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 21-28, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

Arrowhead Marathon, Kansas City, Mo. 10K, 7:30 a.m., Kansas City, Mo.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22-28, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22-28, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22-28, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.

April 22, 1986 MDA-Boston Milk Run 10K, Boston, SASE 110 SASE Box 38235; Colorado Springs, Colo. 80937. 303 / 473-2625.
Masters Glossary of Terms

T&F: Track and Field
LDR: Long distance running
RW: Running Walking

Athletics: The sports of track & field, long distance running and race walking.

Masters: Men and women age 40+ or over.

Sub-masters: Men and women age 30-39.

Veterans: The international term for “masters,” with the exception that “veterans” also include women age 35-39. (The term “veterans” is also unofficially used in some LDR races to define runners age 50-59 or 40-49.)

Senders: Word of many meanings: 1) A TAC competitor age 20 or over; 2) Unofficially used in some LDR events to define runners age 60+; 3) Sometimes unofficially used by the media and others to refer to “masters.”

AR: American record
WR: World record
PR: Personal record

The Athletics Congress (TAC): The “national governing body” (NGB) for athletics in the USA. TAC is the exclusive U.S. member of the IAAF. TAC’s office is located in Indianapolis, with district (local) offices throughout the nation. TAC is composed of various committees, including the Masters T&F and Masters LDR committees. The committees meet each December at the TAC Convention.

International Amateur Athletic Federation (IAAF): The international governing body for athletics.

World Association of Veterans Athletics (WAVA): The official international governing body for veterans athletics. WAVA stages a World Veterans Games every odd-numbered year for men 40+ and women 35+.

IGAL: The official LDR governing body. IGAL holds an annual World Veterans Distance Running Championship (10K & 21K) in odd-numbered years; 10K & Marathon in even-numbered years.

Age-groups: Masters and sub-masters competition is divided into 5- or 10-year age groups for both men and women (30-34, 35-39, 40-44, etc.). Your year of birth (not year of determining your age).

Masters competition: Every event from the 100-yard dash to the pole vault to the marathon is available. Medalists are generally awarded to the first three places in each men’s and women’s age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters helps each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

Local masters LDR: All Masters T&F meets feature competition for anyone age 30 or over. Masters are generally directed by a single individual or club. Some local meets are “sanctioned” by TAC; some are not.

Local masters LDR: Local LDR races are generally open to all ages, with masters awards for each 10-year age group.

TAC Regional and National Masters & T&F Championships: The TAC Masters T&F Committee sponsors and supervises annual national and regional indoor and outdoor masters and sub-masters T&F Championships.

TAC Masters National Championships: The TAC Masters T&F Committee sponsors and supervises several national LDR championships (10K, 15K, etc.) each year, as well as a few Regional LDR championships.

TAC Membership: It is recommended, but not necessary for a participant to become a member of TAC ($7 per year) to compete in sanctioned or non-sanctioned TAC events.

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

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

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

Uniforms: Some masters athletes compete in their club uniform; some in simple T-shirt and shorts. In the World Games, each participant must wear a uniform, next to the skin, and individually created, as a representation of any nation. Thus national uniforms are entirely optional.

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

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

Masters Clubs: Most areas have local running clubs, some of which cater to the masters program. Check out the local clubs in your area.

Age Records: An annual book of masters age records for each T&F event is available for sale from NMM, PO Box 2372, Van Nuys, CA 91401.

Masters and sub-masters competition is divided into 5- or 10-year age groups, and each of these age groups is divided into two sub-groups, one for men and one for women.

Competitors: Masters athletes compete in a club uniform; some in simple T-shirt and shorts. In the World Games, each participant must wear a uniform, next to the skin, and individually created, as a representation of any nation. Thus national uniforms are entirely optional.

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

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

Masters Clubs: Most areas have local running clubs, some of which cater to the masters program. Check out the local clubs in your area.

Age Records: An annual book of masters age records for each T&F event is available for sale from NMM, PO Box 2372, Van Nuys, CA 91401.

Implements: Lighter implement weights are used in the older age-groups.

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

Rule Books: The IAAF Rule Book ($30), the IAAF Men’s Scoring Tables ($5), the IAAF Women’s Scoring Tables ($5), and the Rule Book ($6) are available from TAC, Box 120, Indianapolis IN 46204.

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

Weight Tables: Age-group factoring tables are available for $1 from Phil Partridge, 337 S.W. 16th Ave., Boynton Beach FL 33435.

TAC Registration: Masters athletes may enter TAC-sanctioned events to receive TAC membership services. To receive TAC membership services, one must pay the annual registration fee of $7.00 or $14.00 for two years.

National Masters News (NMM): The bimonthly publication of TAC. NMM is dedicated to reporting news and photos of masters athletics events. NMM is not intended to be delivered to 40 pages of results, schedules, entry blanks, age records, rankings, photos, articles, training tips and all the inside scoops and information that affect the world of masters athletics competition.

Masters National News (NMM): The bimonthly publication of TAC. NMM is dedicated to reporting news and photos of masters athletics events.

Notes: 1) The standards are for auto time; use standard conversion for hand time.


7) Metric heights and distances are the standard: feet and inches listed for convenience only.
U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

<table>
<thead>
<tr>
<th>Event</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
<th>50-54</th>
<th>55-59</th>
<th>60-64</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>11.8</td>
<td>12.1</td>
<td>12.4</td>
<td>12.7</td>
<td>13.0</td>
<td>13.3</td>
<td>13.6</td>
<td>14.0</td>
<td>14.4</td>
<td>14.8</td>
</tr>
<tr>
<td>200m</td>
<td>23.6</td>
<td>24.3</td>
<td>24.9</td>
<td>25.5</td>
<td>26.1</td>
<td>26.7</td>
<td>27.3</td>
<td>27.9</td>
<td>28.5</td>
<td>29.2</td>
</tr>
<tr>
<td>400m</td>
<td>51.4</td>
<td>52.5</td>
<td>53.6</td>
<td>54.7</td>
<td>55.8</td>
<td>56.9</td>
<td>58.0</td>
<td>59.1</td>
<td>60.2</td>
<td>61.3</td>
</tr>
<tr>
<td>800m</td>
<td>1:50</td>
<td>1:55</td>
<td>2:00</td>
<td>2:06</td>
<td>2:11</td>
<td>2:16</td>
<td>2:22</td>
<td>2:28</td>
<td>2:34</td>
<td>2:40</td>
</tr>
<tr>
<td>1500m</td>
<td>3:40</td>
<td>3:50</td>
<td>4:00</td>
<td>4:10</td>
<td>4:20</td>
<td>4:30</td>
<td>4:40</td>
<td>4:50</td>
<td>5:00</td>
<td>5:10</td>
</tr>
<tr>
<td>5000m</td>
<td>14:20</td>
<td>14:40</td>
<td>15:00</td>
<td>15:20</td>
<td>15:40</td>
<td>16:00</td>
<td>16:20</td>
<td>16:40</td>
<td>17:00</td>
<td>17:20</td>
</tr>
<tr>
<td>10000m</td>
<td>30:20</td>
<td>31:40</td>
<td>32:40</td>
<td>33:40</td>
<td>34:40</td>
<td>35:40</td>
<td>36:40</td>
<td>37:40</td>
<td>38:40</td>
<td>39:40</td>
</tr>
</tbody>
</table>

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

<table>
<thead>
<tr>
<th>Event</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
<th>50-54</th>
<th>55-59</th>
<th>60-64</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>13.8</td>
<td>14.2</td>
<td>14.6</td>
<td>15.0</td>
<td>15.5</td>
<td>16.0</td>
<td>16.5</td>
<td>17.0</td>
<td>17.5</td>
<td>18.0</td>
</tr>
<tr>
<td>200m</td>
<td>28.0</td>
<td>29.2</td>
<td>30.3</td>
<td>31.4</td>
<td>32.5</td>
<td>34.2</td>
<td>35.7</td>
<td>37.3</td>
<td>40.5</td>
<td>43.8</td>
</tr>
<tr>
<td>400m</td>
<td>63.5</td>
<td>66.5</td>
<td>67.5</td>
<td>69.5</td>
<td>71.5</td>
<td>73.5</td>
<td>75.8</td>
<td>78.3</td>
<td>83.7</td>
<td>90.0</td>
</tr>
<tr>
<td>1500m</td>
<td>5:13</td>
<td>5:15</td>
<td>5:19</td>
<td>5:39</td>
<td>5:50</td>
<td>6:15</td>
<td>6:45</td>
<td>7:16</td>
<td>7:45</td>
<td>8:19</td>
</tr>
<tr>
<td>10000m</td>
<td>50:00</td>
<td>52:20</td>
<td>54:40</td>
<td>57:20</td>
<td>1:00:00</td>
<td>1:08:00</td>
<td>1:20:00</td>
<td>1:30:00</td>
<td>1:40:00</td>
<td>1:50:00</td>
</tr>
</tbody>
</table>

Masters all American certificate

NAME: ____________________________
PHONE: __________________________
ADDRESS: ________________________
AGE GROUP: _______________________
SEX: ____________________________
EVENT: __________________________
MARK: __________________________
WEIGHT OF IMPLEMENT: ____________
DATE OF MEET: __________________
HURDLE HEIGHT: _________________

MEET SITE: _______________________

If you have bettered the standard of excellence, please send $10.00 and this form to: All American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which event they appeared.) A 3-color, 8% x 11 certificate, suitable for framing, will be mailed to you within two weeks.
depth profile on Ray Mahannah, which covered Ray's continuing to run even after losing a lung.
I do not oppose recognizing top performances by masters athletes. However, the tangible aspects of athletics is only one respect. I would enjoy reading more personal commentary and experiences from masters athletes.

Paul Durbin
Lincoln, Nebraska

(We respect your comments, and agree the "intangibles" are more important than the "tangibles," but NMN likes to think its whole approach to masters athletics is non-elitist. We don't think there is anything wrong place"

KUDOS

Your January issue is fantastic and, although I was in Melbourne, your detailed informative issue was a real treat to read and refer to. Many thanks.

Max Gould
Toronto, Canada

The January issue was a delight. For those of us who could not participate in the World Veterans Games, it was a fine thing to scan the results. You do nice work out there!

Gene Pasinen
Taylor, Michigan

Loved the February issue. All kinds of things dear to my heart. Could wrap myself up and roll around in it. Thanks for the race-walk 10-year age-group awards, the article on Eugene Kitts, the great photo of Joan Hooper, the bit about Viisha Sedlak in Masters Scene, the latest on Frank Grey, who is very much a burning issue in this part of the country.

Beverly LaVeck
Seattle, Washington

Enclosed is a donation voted by the membership of Potomac Valley Seniors TC. We all appreciate the work NMN is doing. When National Masters News arrives in the mail, it is always the first thing to read.

John Martin
Treasurer, PVSTC
Washington, D.C.

The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.

An added attraction to the 1987 Honolulu Marathon on December 13 was a "match mile" between old rivals Kip Keino of Kenya and American Jim Ryun. In the 1968 Olympic Games, Keino won the gold medal at 1500, while Ryun captured the silver. In the series of photos above, the 47-year-old Keino, about 15 pounds over his old running weight, jumps out to an early lead. "Kip showed a lot of character going out as he did," Ryun said. "I was surprised, but I really wasn't. I felt like that might have been his best." Ryun, seven years younger and only a pound over his college weight, overtook Keino at about a quarter mile and pulled away to victory. Ryun clocked 4:33.5 to 4:49.4 for Keino.

Photos by Mike Tymn
## U.S. Masters Track & Field Rankings

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

### 1965 Men's 440 Yards 38-44

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>R. B. BISHOP</td>
<td>49.8</td>
</tr>
<tr>
<td>2</td>
<td>J. W. GREENE</td>
<td>50.0</td>
</tr>
<tr>
<td>3</td>
<td>W. H. JOHNSON</td>
<td>50.1</td>
</tr>
<tr>
<td>4</td>
<td>J. W. ROBINSON</td>
<td>50.2</td>
</tr>
<tr>
<td>5</td>
<td>C. W. RICE</td>
<td>50.3</td>
</tr>
<tr>
<td>6</td>
<td>F. J. SMITH</td>
<td>50.4</td>
</tr>
<tr>
<td>7</td>
<td>G. L. SMYTH</td>
<td>50.5</td>
</tr>
<tr>
<td>8</td>
<td>W. A. SMITH</td>
<td>50.6</td>
</tr>
<tr>
<td>9</td>
<td>J. C. TUCKER</td>
<td>50.7</td>
</tr>
</tbody>
</table>

### 1965 Men's 440 Yards 45-49

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>R. W. BOYD</td>
<td>49.8</td>
</tr>
<tr>
<td>2</td>
<td>J. W. GREENE</td>
<td>50.0</td>
</tr>
<tr>
<td>3</td>
<td>W. H. JOHNSON</td>
<td>50.1</td>
</tr>
<tr>
<td>4</td>
<td>J. W. ROBINSON</td>
<td>50.2</td>
</tr>
<tr>
<td>5</td>
<td>C. W. RICE</td>
<td>50.3</td>
</tr>
<tr>
<td>6</td>
<td>F. J. SMITH</td>
<td>50.4</td>
</tr>
<tr>
<td>7</td>
<td>G. L. SMYTH</td>
<td>50.5</td>
</tr>
<tr>
<td>8</td>
<td>W. A. SMITH</td>
<td>50.6</td>
</tr>
<tr>
<td>9</td>
<td>J. C. TUCKER</td>
<td>50.7</td>
</tr>
</tbody>
</table>

### 1965 Men's 440 Yards 50-54

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>R. W. BOYD</td>
<td>49.8</td>
</tr>
<tr>
<td>2</td>
<td>J. W. GREENE</td>
<td>50.0</td>
</tr>
<tr>
<td>3</td>
<td>W. H. JOHNSON</td>
<td>50.1</td>
</tr>
<tr>
<td>4</td>
<td>J. W. ROBINSON</td>
<td>50.2</td>
</tr>
<tr>
<td>5</td>
<td>C. W. RICE</td>
<td>50.3</td>
</tr>
<tr>
<td>6</td>
<td>F. J. SMITH</td>
<td>50.4</td>
</tr>
<tr>
<td>7</td>
<td>G. L. SMYTH</td>
<td>50.5</td>
</tr>
<tr>
<td>8</td>
<td>W. A. SMITH</td>
<td>50.6</td>
</tr>
<tr>
<td>9</td>
<td>J. C. TUCKER</td>
<td>50.7</td>
</tr>
</tbody>
</table>

### 1965 Men's 440 Yards 55-59

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>R. W. BOYD</td>
<td>49.8</td>
</tr>
<tr>
<td>2</td>
<td>J. W. GREENE</td>
<td>50.0</td>
</tr>
<tr>
<td>3</td>
<td>W. H. JOHNSON</td>
<td>50.1</td>
</tr>
<tr>
<td>4</td>
<td>J. W. ROBINSON</td>
<td>50.2</td>
</tr>
<tr>
<td>5</td>
<td>C. W. RICE</td>
<td>50.3</td>
</tr>
<tr>
<td>6</td>
<td>F. J. SMITH</td>
<td>50.4</td>
</tr>
<tr>
<td>7</td>
<td>G. L. SMYTH</td>
<td>50.5</td>
</tr>
<tr>
<td>8</td>
<td>W. A. SMITH</td>
<td>50.6</td>
</tr>
<tr>
<td>9</td>
<td>J. C. TUCKER</td>
<td>50.7</td>
</tr>
</tbody>
</table>

### 1965 Women's 440 Yards 38-44

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>C. E. ESPS</td>
<td>44.8</td>
</tr>
<tr>
<td>2</td>
<td>C. A. EVANS</td>
<td>44.9</td>
</tr>
<tr>
<td>3</td>
<td>C. A. EVANS</td>
<td>45.0</td>
</tr>
<tr>
<td>4</td>
<td>C. A. EVANS</td>
<td>45.1</td>
</tr>
<tr>
<td>5</td>
<td>C. A. EVANS</td>
<td>45.2</td>
</tr>
<tr>
<td>6</td>
<td>C. A. EVANS</td>
<td>45.3</td>
</tr>
<tr>
<td>7</td>
<td>C. A. EVANS</td>
<td>45.4</td>
</tr>
<tr>
<td>8</td>
<td>C. A. EVANS</td>
<td>45.5</td>
</tr>
</tbody>
</table>

### 1965 Women's 440 Yards 45-49

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>C. E. ESPS</td>
<td>44.8</td>
</tr>
<tr>
<td>2</td>
<td>C. A. EVANS</td>
<td>44.9</td>
</tr>
<tr>
<td>3</td>
<td>C. A. EVANS</td>
<td>45.0</td>
</tr>
<tr>
<td>4</td>
<td>C. A. EVANS</td>
<td>45.1</td>
</tr>
<tr>
<td>5</td>
<td>C. A. EVANS</td>
<td>45.2</td>
</tr>
<tr>
<td>6</td>
<td>C. A. EVANS</td>
<td>45.3</td>
</tr>
<tr>
<td>7</td>
<td>C. A. EVANS</td>
<td>45.4</td>
</tr>
<tr>
<td>8</td>
<td>C. A. EVANS</td>
<td>45.5</td>
</tr>
</tbody>
</table>

### 1965 Women's 440 Yards 50-54

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>C. E. ESPS</td>
<td>44.8</td>
</tr>
<tr>
<td>2</td>
<td>C. A. EVANS</td>
<td>44.9</td>
</tr>
<tr>
<td>3</td>
<td>C. A. EVANS</td>
<td>45.0</td>
</tr>
<tr>
<td>4</td>
<td>C. A. EVANS</td>
<td>45.1</td>
</tr>
<tr>
<td>5</td>
<td>C. A. EVANS</td>
<td>45.2</td>
</tr>
<tr>
<td>6</td>
<td>C. A. EVANS</td>
<td>45.3</td>
</tr>
<tr>
<td>7</td>
<td>C. A. EVANS</td>
<td>45.4</td>
</tr>
<tr>
<td>8</td>
<td>C. A. EVANS</td>
<td>45.5</td>
</tr>
</tbody>
</table>

### 1965 Women's 440 Yards 55-59

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>C. E. ESPS</td>
<td>44.8</td>
</tr>
<tr>
<td>2</td>
<td>C. A. EVANS</td>
<td>44.9</td>
</tr>
<tr>
<td>3</td>
<td>C. A. EVANS</td>
<td>45.0</td>
</tr>
<tr>
<td>4</td>
<td>C. A. EVANS</td>
<td>45.1</td>
</tr>
<tr>
<td>5</td>
<td>C. A. EVANS</td>
<td>45.2</td>
</tr>
<tr>
<td>6</td>
<td>C. A. EVANS</td>
<td>45.3</td>
</tr>
<tr>
<td>7</td>
<td>C. A. EVANS</td>
<td>45.4</td>
</tr>
<tr>
<td>8</td>
<td>C. A. EVANS</td>
<td>45.5</td>
</tr>
</tbody>
</table>
U.S. MASTERS TRACK & FIELD RANKINGS

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

Compiled by Max Quackenbos

1986 MASTERS 5000 METERS 30-34

<table>
<thead>
<tr>
<th>RANK</th>
<th>NAME</th>
<th>STATE</th>
<th>AGE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JIM COTTEN</td>
<td>OR</td>
<td>31</td>
<td>14:55.5</td>
</tr>
<tr>
<td>2</td>
<td>DON GRAM</td>
<td>CA</td>
<td>33</td>
<td>14:56.5</td>
</tr>
<tr>
<td>3</td>
<td>JIM KILLERTON</td>
<td>CA</td>
<td>33</td>
<td>14:57.0</td>
</tr>
<tr>
<td>4</td>
<td>JIM KELLY</td>
<td>CA</td>
<td>33</td>
<td>14:58.0</td>
</tr>
</tbody>
</table>

1986 MASTERS 5000 METERS 35-39

<table>
<thead>
<tr>
<th>RANK</th>
<th>NAME</th>
<th>STATE</th>
<th>AGE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JIM MACDONALD</td>
<td>CA</td>
<td>37</td>
<td>15:06.0</td>
</tr>
<tr>
<td>2</td>
<td>DON GRAM</td>
<td>OR</td>
<td>38</td>
<td>15:06.5</td>
</tr>
<tr>
<td>3</td>
<td>JIM KELLY</td>
<td>CA</td>
<td>38</td>
<td>15:07.0</td>
</tr>
<tr>
<td>4</td>
<td>JIM KELLY</td>
<td>MA</td>
<td>38</td>
<td>15:08.0</td>
</tr>
</tbody>
</table>

1986 MASTERS 5000 METERS 40-44

<table>
<thead>
<tr>
<th>RANK</th>
<th>NAME</th>
<th>STATE</th>
<th>AGE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JIM COTTEN</td>
<td>OR</td>
<td>40</td>
<td>15:15.5</td>
</tr>
<tr>
<td>2</td>
<td>DON GRAM</td>
<td>CA</td>
<td>42</td>
<td>15:16.5</td>
</tr>
<tr>
<td>3</td>
<td>JIM KELLY</td>
<td>CA</td>
<td>42</td>
<td>15:17.0</td>
</tr>
<tr>
<td>4</td>
<td>JIM KELLY</td>
<td>MA</td>
<td>42</td>
<td>15:18.0</td>
</tr>
</tbody>
</table>

1986 MASTERS 5000 METERS 45-49

<table>
<thead>
<tr>
<th>RANK</th>
<th>NAME</th>
<th>STATE</th>
<th>AGE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JIM COTTEN</td>
<td>OR</td>
<td>45</td>
<td>15:25.5</td>
</tr>
<tr>
<td>2</td>
<td>DON GRAM</td>
<td>CA</td>
<td>47</td>
<td>15:26.5</td>
</tr>
<tr>
<td>3</td>
<td>JIM KELLY</td>
<td>CA</td>
<td>47</td>
<td>15:27.0</td>
</tr>
<tr>
<td>4</td>
<td>JIM KELLY</td>
<td>MA</td>
<td>47</td>
<td>15:28.0</td>
</tr>
</tbody>
</table>

1986 MASTERS 5000 METERS 50-54

<table>
<thead>
<tr>
<th>RANK</th>
<th>NAME</th>
<th>STATE</th>
<th>AGE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JIM COTTEN</td>
<td>OR</td>
<td>50</td>
<td>15:35.5</td>
</tr>
<tr>
<td>2</td>
<td>DON GRAM</td>
<td>CA</td>
<td>52</td>
<td>15:36.5</td>
</tr>
<tr>
<td>3</td>
<td>JIM KELLY</td>
<td>CA</td>
<td>52</td>
<td>15:37.0</td>
</tr>
<tr>
<td>4</td>
<td>JIM KELLY</td>
<td>MA</td>
<td>52</td>
<td>15:38.0</td>
</tr>
</tbody>
</table>

1986 MASTERS 5000 METERS 55-59

<table>
<thead>
<tr>
<th>RANK</th>
<th>NAME</th>
<th>STATE</th>
<th>AGE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JIM COTTEN</td>
<td>OR</td>
<td>55</td>
<td>15:45.5</td>
</tr>
<tr>
<td>2</td>
<td>DON GRAM</td>
<td>CA</td>
<td>57</td>
<td>15:46.5</td>
</tr>
<tr>
<td>3</td>
<td>JIM KELLY</td>
<td>CA</td>
<td>57</td>
<td>15:47.0</td>
</tr>
<tr>
<td>4</td>
<td>JIM KELLY</td>
<td>MA</td>
<td>57</td>
<td>15:48.0</td>
</tr>
</tbody>
</table>

1986 MASTERS 5000 METERS 60-64

<table>
<thead>
<tr>
<th>RANK</th>
<th>NAME</th>
<th>STATE</th>
<th>AGE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JIM COTTEN</td>
<td>OR</td>
<td>60</td>
<td>15:55.5</td>
</tr>
<tr>
<td>2</td>
<td>DON GRAM</td>
<td>CA</td>
<td>62</td>
<td>15:56.5</td>
</tr>
<tr>
<td>3</td>
<td>JIM KELLY</td>
<td>CA</td>
<td>62</td>
<td>15:57.0</td>
</tr>
<tr>
<td>4</td>
<td>JIM KELLY</td>
<td>MA</td>
<td>62</td>
<td>15:58.0</td>
</tr>
</tbody>
</table>

1986 MASTERS 5000 METERS 65-69

<table>
<thead>
<tr>
<th>RANK</th>
<th>NAME</th>
<th>STATE</th>
<th>AGE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JIM COTTEN</td>
<td>OR</td>
<td>65</td>
<td>16:05.5</td>
</tr>
<tr>
<td>2</td>
<td>DON GRAM</td>
<td>CA</td>
<td>67</td>
<td>16:06.5</td>
</tr>
<tr>
<td>3</td>
<td>JIM KELLY</td>
<td>CA</td>
<td>67</td>
<td>16:07.0</td>
</tr>
<tr>
<td>4</td>
<td>JIM KELLY</td>
<td>MA</td>
<td>67</td>
<td>16:08.0</td>
</tr>
</tbody>
</table>

1986 MASTERS 5000 METERS 70-74

<table>
<thead>
<tr>
<th>RANK</th>
<th>NAME</th>
<th>STATE</th>
<th>AGE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JIM COTTEN</td>
<td>OR</td>
<td>70</td>
<td>16:15.5</td>
</tr>
<tr>
<td>2</td>
<td>DON GRAM</td>
<td>CA</td>
<td>72</td>
<td>16:16.5</td>
</tr>
<tr>
<td>3</td>
<td>JIM KELLY</td>
<td>CA</td>
<td>72</td>
<td>16:17.0</td>
</tr>
<tr>
<td>4</td>
<td>JIM KELLY</td>
<td>MA</td>
<td>72</td>
<td>16:18.0</td>
</tr>
</tbody>
</table>

1986 MASTERS 5000 METERS 75-79

<table>
<thead>
<tr>
<th>RANK</th>
<th>NAME</th>
<th>STATE</th>
<th>AGE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JIM COTTEN</td>
<td>OR</td>
<td>75</td>
<td>16:25.5</td>
</tr>
<tr>
<td>2</td>
<td>DON GRAM</td>
<td>CA</td>
<td>77</td>
<td>16:26.5</td>
</tr>
<tr>
<td>3</td>
<td>JIM KELLY</td>
<td>CA</td>
<td>77</td>
<td>16:27.0</td>
</tr>
<tr>
<td>4</td>
<td>JIM KELLY</td>
<td>MA</td>
<td>77</td>
<td>16:28.0</td>
</tr>
</tbody>
</table>

1986 MASTERS 5000 METERS 80-84

<table>
<thead>
<tr>
<th>RANK</th>
<th>NAME</th>
<th>STATE</th>
<th>AGE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JIM COTTEN</td>
<td>OR</td>
<td>80</td>
<td>16:35.5</td>
</tr>
<tr>
<td>2</td>
<td>DON GRAM</td>
<td>CA</td>
<td>82</td>
<td>16:36.5</td>
</tr>
<tr>
<td>3</td>
<td>JIM KELLY</td>
<td>CA</td>
<td>82</td>
<td>16:37.0</td>
</tr>
<tr>
<td>4</td>
<td>JIM KELLY</td>
<td>MA</td>
<td>82</td>
<td>16:38.0</td>
</tr>
</tbody>
</table>

1986 MASTERS 5000 METERS 85-89

<table>
<thead>
<tr>
<th>RANK</th>
<th>NAME</th>
<th>STATE</th>
<th>AGE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JIM COTTEN</td>
<td>OR</td>
<td>85</td>
<td>16:45.5</td>
</tr>
<tr>
<td>2</td>
<td>DON GRAM</td>
<td>CA</td>
<td>87</td>
<td>16:46.5</td>
</tr>
<tr>
<td>3</td>
<td>JIM KELLY</td>
<td>CA</td>
<td>87</td>
<td>16:47.0</td>
</tr>
<tr>
<td>4</td>
<td>JIM KELLY</td>
<td>MA</td>
<td>87</td>
<td>16:48.0</td>
</tr>
</tbody>
</table>

1986 MASTERS 5000 METERS 90-94

<table>
<thead>
<tr>
<th>RANK</th>
<th>NAME</th>
<th>STATE</th>
<th>AGE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JIM COTTEN</td>
<td>OR</td>
<td>90</td>
<td>16:55.5</td>
</tr>
<tr>
<td>2</td>
<td>DON GRAM</td>
<td>CA</td>
<td>92</td>
<td>16:56.5</td>
</tr>
<tr>
<td>3</td>
<td>JIM KELLY</td>
<td>CA</td>
<td>92</td>
<td>16:57.0</td>
</tr>
<tr>
<td>4</td>
<td>JIM KELLY</td>
<td>MA</td>
<td>92</td>
<td>16:58.0</td>
</tr>
</tbody>
</table>

National Masters News
April, 1988
### 1987 Men's Triple Jump 30-34

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>State Age</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>ROGER TRUZILLO</td>
<td>CA</td>
<td>37.00</td>
</tr>
<tr>
<td>2</td>
<td>LARRY BUDDE</td>
<td>MO</td>
<td>38.00</td>
</tr>
<tr>
<td>3</td>
<td>SCOTT LAWSON</td>
<td>PA</td>
<td>35.78</td>
</tr>
<tr>
<td>4</td>
<td>DAN WILSON</td>
<td>NC</td>
<td>36.65</td>
</tr>
<tr>
<td>5</td>
<td>JIM BUCKHOUT</td>
<td>MN</td>
<td>36.66</td>
</tr>
<tr>
<td>6</td>
<td>BILL SAVAGE</td>
<td>NC</td>
<td>36.66</td>
</tr>
<tr>
<td>7</td>
<td>JIM RAYNOR</td>
<td>KY</td>
<td>36.82</td>
</tr>
<tr>
<td>8</td>
<td>ROBERT RICE</td>
<td>CA</td>
<td>36.90</td>
</tr>
<tr>
<td>9</td>
<td>JAMES RYAN</td>
<td>TX</td>
<td>36.90</td>
</tr>
</tbody>
</table>

### 1987 Men's Triple Jump 40-44

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>State Age</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JOHN COLLINS</td>
<td>OR</td>
<td>41.06</td>
</tr>
<tr>
<td>2</td>
<td>WILLIAM GILDE</td>
<td>WI</td>
<td>41.90</td>
</tr>
<tr>
<td>3</td>
<td>ROBERT JOHNSON</td>
<td>WA</td>
<td>42.00</td>
</tr>
<tr>
<td>4</td>
<td>JIM RAYNOR</td>
<td>CA</td>
<td>42.00</td>
</tr>
<tr>
<td>5</td>
<td>BILL BUCHANAN</td>
<td>OR</td>
<td>42.00</td>
</tr>
<tr>
<td>6</td>
<td>BOB FLETCHER</td>
<td>OR</td>
<td>42.00</td>
</tr>
<tr>
<td>7</td>
<td>DON SMITH</td>
<td>CA</td>
<td>42.00</td>
</tr>
<tr>
<td>8</td>
<td>ROBERT JOHNSON</td>
<td>CA</td>
<td>42.00</td>
</tr>
<tr>
<td>9</td>
<td>ROBERT RICE</td>
<td>CA</td>
<td>42.00</td>
</tr>
</tbody>
</table>

### 1987 Men's Triple Jump 50-54

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>State Age</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JEFF KELLER</td>
<td>CA</td>
<td>51.00</td>
</tr>
<tr>
<td>2</td>
<td>BILL CONNORS</td>
<td>PA</td>
<td>51.00</td>
</tr>
<tr>
<td>3</td>
<td>ROBERT HANCOCK</td>
<td>CA</td>
<td>51.00</td>
</tr>
<tr>
<td>4</td>
<td>ROBERT RICE</td>
<td>CA</td>
<td>51.00</td>
</tr>
<tr>
<td>5</td>
<td>ROBERT JOHNSON</td>
<td>CA</td>
<td>51.00</td>
</tr>
<tr>
<td>6</td>
<td>BILL BUCHANAN</td>
<td>OR</td>
<td>51.00</td>
</tr>
<tr>
<td>7</td>
<td>BILL SAVAGE</td>
<td>NC</td>
<td>51.00</td>
</tr>
<tr>
<td>8</td>
<td>JIM BUCKHOUT</td>
<td>MN</td>
<td>51.00</td>
</tr>
<tr>
<td>9</td>
<td>JAMES RYAN</td>
<td>TX</td>
<td>51.00</td>
</tr>
</tbody>
</table>

### 1987 Men's Triple Jump 60-64

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>State Age</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>MIKE HARRISON</td>
<td>MD</td>
<td>64.00</td>
</tr>
<tr>
<td>2</td>
<td>BILL BUCHANAN</td>
<td>OR</td>
<td>64.00</td>
</tr>
<tr>
<td>3</td>
<td>ROBERT RICE</td>
<td>CA</td>
<td>64.00</td>
</tr>
<tr>
<td>4</td>
<td>ROBERT JOHNSON</td>
<td>CA</td>
<td>64.00</td>
</tr>
<tr>
<td>5</td>
<td>BILL SAVAGE</td>
<td>NC</td>
<td>64.00</td>
</tr>
<tr>
<td>6</td>
<td>JIM BUCKHOUT</td>
<td>MN</td>
<td>64.00</td>
</tr>
<tr>
<td>7</td>
<td>BILL SAVAGE</td>
<td>NC</td>
<td>64.00</td>
</tr>
<tr>
<td>8</td>
<td>ROBERT RICE</td>
<td>CA</td>
<td>64.00</td>
</tr>
<tr>
<td>9</td>
<td>ROBERT JOHNSON</td>
<td>CA</td>
<td>64.00</td>
</tr>
</tbody>
</table>

### 1987 Men's Triple Jump 70-74

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>State Age</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>BILL BUCHANAN</td>
<td>OR</td>
<td>74.00</td>
</tr>
<tr>
<td>2</td>
<td>ROBERT RICE</td>
<td>CA</td>
<td>74.00</td>
</tr>
<tr>
<td>3</td>
<td>ROBERT JOHNSON</td>
<td>CA</td>
<td>74.00</td>
</tr>
<tr>
<td>4</td>
<td>BILL SAVAGE</td>
<td>NC</td>
<td>74.00</td>
</tr>
<tr>
<td>5</td>
<td>JIM BUCKHOUT</td>
<td>MN</td>
<td>74.00</td>
</tr>
<tr>
<td>6</td>
<td>BILL SAVAGE</td>
<td>NC</td>
<td>74.00</td>
</tr>
<tr>
<td>7</td>
<td>ROBERT RICE</td>
<td>CA</td>
<td>74.00</td>
</tr>
<tr>
<td>8</td>
<td>ROBERT JOHNSON</td>
<td>CA</td>
<td>74.00</td>
</tr>
<tr>
<td>9</td>
<td>BILL SAVAGE</td>
<td>NC</td>
<td>74.00</td>
</tr>
</tbody>
</table>

### Compiled by Charles Mercurio

## U.S. Masters Track & Field Rankings

(Compiled by Charles Mercurio, T&F Rankings Chairman)

## Athletes Who Enter a New Division This Month April 1988

### Birthdate Age Group

- **April 14-28, 65-69**
- **April 29-May 3, 70-74**
- **May 4-8, 75-79**
- **May 9-13, 80-84**
- **May 14-18, 85-89**

**Athlete (Residence)**

- **Mary Royal (Hollywood, CA)**
- **Mike Bagby (Cleburne, TX)**
- **Shelley Doyle (Day Village, OH)**
- **Lynn Edwards (Sylva, NC)**
- **Josephine Reed (Ft. Lauderdale, FL)**
- **Victor Johnson (US)**

**Birthdate Age Group**

- **April 14-28, 65-69**
- **April 29-May 3, 70-74**
- **May 4-8, 75-79**
- **May 9-13, 80-84**
- **May 14-18, 85-89**

### Records Setters for 1988

**800 New Rule**

- **J52 Laser**
  - 90m $227.00
- **J53 Aerodyne**
  - 80m $142.50
- **J54 Aerodyne**
  - 70m $142.50
- **J54 Aerodyne**
  - 60m $88.50

**400G**

- **J27 Laser**
  - 70m $195.50
- **J27 Laser**
  - 55m $130.00
- **J27 Laser**
  - 40m $76.50

**800 Old Rule**

- **J60 Aerodyne**
  - 90m $142.50
- **J61 Aerodyne**
  - 80m $142.50
- **J62 Aerodyne**
  - 70m $142.50
- **J63 Aerodyne**
  - 60m $88.50

**400G**

- **J44 Aerodyne**
  - 70m $195.50
- **J44 Aerodyne**
  - 55m $130.00
- **J44 Aerodyne**
  - 40m $76.50

**Ratings at Maximum Distance**

- **J27 Laser**
  - 70m $227.00
<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>11.1</td>
</tr>
<tr>
<td>200m</td>
<td>22.2</td>
</tr>
<tr>
<td>400m</td>
<td>44.4</td>
</tr>
<tr>
<td>800m</td>
<td>88.8</td>
</tr>
<tr>
<td>1500m</td>
<td>155.5</td>
</tr>
<tr>
<td>5000m</td>
<td>555.5</td>
</tr>
<tr>
<td>10000m</td>
<td>1010.10</td>
</tr>
</tbody>
</table>

---

**Note:** Times are in minutes and seconds. The table continues with similar entries.
LONG DISTANCE RACES

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

Masters:

<table>
<thead>
<tr>
<th>City</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boston</td>
<td>10K</td>
<td>Joe Caffrey</td>
<td>30:15</td>
</tr>
<tr>
<td>Austin</td>
<td>25K</td>
<td>Tim Reid</td>
<td>1:19:30</td>
</tr>
<tr>
<td>San Francisco</td>
<td>50K</td>
<td>Ron Jones</td>
<td>2:40:00</td>
</tr>
</tbody>
</table>

NATIONAL

Shore Athletic Club National Postal One-Hour Racewalk 1987

<table>
<thead>
<tr>
<th>Distance</th>
<th>Site</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>10K</td>
<td>Arlington, VA</td>
<td>Robert Craig</td>
<td>31:20</td>
</tr>
<tr>
<td>50K</td>
<td>San Francisco, CA</td>
<td>John Percival</td>
<td>2:50:00</td>
</tr>
</tbody>
</table>

SOUTHEAST

DeLeon Springs Half-Marathon

<table>
<thead>
<tr>
<th>Distance</th>
<th>Site</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>13.1M</td>
<td>DeLeon Springs, FL</td>
<td>Joseph Sica</td>
<td>1:14:00</td>
</tr>
</tbody>
</table>

Manatee Magic 5K

<table>
<thead>
<tr>
<th>City</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange City, FL</td>
<td>5K</td>
<td>John Bunyan</td>
<td>15:30</td>
</tr>
</tbody>
</table>

NYRRC Snowflake 4 Mile

<table>
<thead>
<tr>
<th>Distance</th>
<th>Site</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>4M</td>
<td>New York, NY</td>
<td>Ted McManus</td>
<td>15:00</td>
</tr>
</tbody>
</table>

MIDWEST

Metro-Macomb Runners 5K

<table>
<thead>
<tr>
<th>City</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sterling Heights, MI</td>
<td>5K</td>
<td>Mike Pielowski</td>
<td>15:30</td>
</tr>
</tbody>
</table>

MIDWEST Masters Runners 2 Mile

<table>
<thead>
<tr>
<th>City</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. Louis, MO</td>
<td>2M</td>
<td>George Johnson</td>
<td>15:00</td>
</tr>
</tbody>
</table>

METRO-MACOMB RUNNERS 5K

Masters: Allen Rudder | 3:25:00 |

Anheuser-Busch Colonial Marathon

<table>
<thead>
<tr>
<th>Distance</th>
<th>Site</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>26.2M</td>
<td>Williamsburg, VA</td>
<td>2:30:00</td>
<td></td>
</tr>
</tbody>
</table>

OVERALL:

<table>
<thead>
<tr>
<th>Runner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mark Rowland</td>
<td>28:34</td>
</tr>
</tbody>
</table>

AURORA SPRINTS 10K

<table>
<thead>
<tr>
<th>Distance</th>
<th>Site</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>10K</td>
<td>Aurora, CO</td>
<td>Robert Craig</td>
<td>31:20</td>
</tr>
</tbody>
</table>

NATIONAL MASTERS NEWS

April, 1988

Herald Tribune 10K

<table>
<thead>
<tr>
<th>Distance</th>
<th>Site</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>10K</td>
<td>Sarasota, FL</td>
<td>Robert Craig</td>
<td>31:20</td>
</tr>
</tbody>
</table>

OVERALL:

<table>
<thead>
<tr>
<th>Runner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mark Rowland</td>
<td>28:34</td>
</tr>
</tbody>
</table>

Metropolitan Marathon

<table>
<thead>
<tr>
<th>Distance</th>
<th>Site</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>26.2M</td>
<td>New York, NY</td>
<td>2:30:00</td>
<td></td>
</tr>
</tbody>
</table>

OVERALL:

<table>
<thead>
<tr>
<th>Runner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mark Rowland</td>
<td>28:34</td>
</tr>
</tbody>
</table>

MIDWEST Runners

<table>
<thead>
<tr>
<th>City</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicago, IL</td>
<td>26.2M</td>
<td>2:30:00</td>
<td></td>
</tr>
</tbody>
</table>

MIDWEST MASTERS Runners 2 Mile

<table>
<thead>
<tr>
<th>City</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. Louis, MO</td>
<td>2M</td>
<td>George Johnson</td>
<td>15:00</td>
</tr>
</tbody>
</table>

Continued on next page

**LONG DISTANCE RACES**

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

**NATIONAL**

Shore Athletic Club National Postal One-Hour Racewalk 1987

<table>
<thead>
<tr>
<th>Distance</th>
<th>Site</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>10K</td>
<td>Arlington, VA</td>
<td>Robert Craig</td>
<td>31:20</td>
</tr>
<tr>
<td>50K</td>
<td>San Francisco, CA</td>
<td>John Percival</td>
<td>2:50:00</td>
</tr>
</tbody>
</table>

**SOUTHEAST**

DeLeon Springs Half-Marathon

<table>
<thead>
<tr>
<th>Distance</th>
<th>Site</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>13.1M</td>
<td>DeLeon Springs, FL</td>
<td>Joseph Sica</td>
<td>1:14:00</td>
</tr>
</tbody>
</table>

Manatee Magic 5K

<table>
<thead>
<tr>
<th>City</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange City, FL</td>
<td>5K</td>
<td>John Bunyan</td>
<td>15:30</td>
</tr>
</tbody>
</table>

NYRRC Snowflake 4 Mile

<table>
<thead>
<tr>
<th>Distance</th>
<th>Site</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>4M</td>
<td>New York, NY</td>
<td>Ted McManus</td>
<td>15:00</td>
</tr>
</tbody>
</table>

**MIDWEST**

Metro-Macomb Runners 5K

<table>
<thead>
<tr>
<th>City</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sterling Heights, MI</td>
<td>5K</td>
<td>Mike Pielowski</td>
<td>15:30</td>
</tr>
</tbody>
</table>

Masters Runners 2 Mile

<table>
<thead>
<tr>
<th>City</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. Louis, MO</td>
<td>2M</td>
<td>George Johnson</td>
<td>15:00</td>
</tr>
</tbody>
</table>

Continued on next page
SOUTHWEST

New Orleans TC 25th Anniversary 5 Mile
New Orleans, LA: February 2
Overall
Donovan O'Connor 33:26.09
Laurie Hart 25:26.85
M40 Brendan Whinney 28:16.4
 Eugene Jones 29:17
M45 Mike Milton 29:17
Tony Jarvis 30:17
M50 Jack McCullin 30:17
Tony Pinkster 31:38
M55 Ed Le Rouge 31:37
Joe Hartdeck 31:35
M60 Paul Recnel 40:15
Bill Smith 41:24
M65 Al Briede III 42:38
M70 Nick Asplund 37:13
Jim McMichaels 37:18
M75 Winter Trapolin 49:11
W40 Tilly Laux 50:33
Bonnie Carter 38:19
W55 Judy Hauff 42:10
Erva Guettler 43:38
W60 Carolyn Johnson 44:19
Marilyn McConnell 45:40
M60-E Van Bettam 38:15

New Orleans TC Ochsner Ecso 5K
New Orleans, LA: March 6
Overall
Donovan O'Connor 15:13.14
Cheryl Perez 14:39.37
Top Masters Men
Brendan Whinney 42:16.45
Rick Todd 40:17.53
Ron Dobbs 40:16.00
M40 Carmen Pedierico 18:19
Les DePerspective 18:26
M50 Larry Upender 41:17.34
M55 Eddie Le Rouge 41:23.17
M60 Dr. Tom Garvey 22:19
M65 Phil Billings 24:19
M70-Nick Asplund 24:29
Top Masters Women
Bonnie Carter 40:2250
Jean Takanaha 48:26.15
Narda Perdue 48:26.15
W40 Barbara Kennedy 24:54
W50 Carolyn Van Vranken 24:56
W60 Amelia Gassen 32:40
Esther Harris 71:47

WEST

Las Vegas Marathon
Las Vegas, NV, February 6
Overall
Fred Stem CM 2:16:55
Marla Roling DE 2:17:55
Masters
Steve Lester 45:22:10
Patricia Sher 46:21:44

World Masters Relay Records (as of February, 1988)

<table>
<thead>
<tr>
<th>Distance</th>
<th>Time</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>400m</td>
<td>40-49</td>
<td>43.1</td>
</tr>
<tr>
<td></td>
<td>50-54</td>
<td>45.7</td>
</tr>
<tr>
<td></td>
<td>55-59</td>
<td>46.9</td>
</tr>
<tr>
<td></td>
<td>60-64</td>
<td>47.2</td>
</tr>
<tr>
<td></td>
<td>65-69</td>
<td>50.7</td>
</tr>
<tr>
<td></td>
<td>70-74</td>
<td>55.0</td>
</tr>
<tr>
<td></td>
<td>75-79</td>
<td>57.7</td>
</tr>
<tr>
<td></td>
<td>80+</td>
<td>63.7</td>
</tr>
<tr>
<td>800m</td>
<td>40-49</td>
<td>1:03.4</td>
</tr>
<tr>
<td></td>
<td>50-54</td>
<td>1:04.8</td>
</tr>
<tr>
<td></td>
<td>55-59</td>
<td>1:06.3</td>
</tr>
<tr>
<td></td>
<td>60-64</td>
<td>1:07.5</td>
</tr>
<tr>
<td></td>
<td>65-69</td>
<td>1:13.0</td>
</tr>
<tr>
<td></td>
<td>70-74</td>
<td>1:16.5</td>
</tr>
<tr>
<td></td>
<td>75-79</td>
<td>1:21.7</td>
</tr>
<tr>
<td></td>
<td>80+</td>
<td>1:27.2</td>
</tr>
<tr>
<td>1500m</td>
<td>40-49</td>
<td>3:38.3</td>
</tr>
<tr>
<td></td>
<td>50-54</td>
<td>3:37.1</td>
</tr>
<tr>
<td></td>
<td>55-59</td>
<td>3:41.4</td>
</tr>
<tr>
<td></td>
<td>60-64</td>
<td>3:49.3</td>
</tr>
<tr>
<td></td>
<td>65-69</td>
<td>4:13.1</td>
</tr>
<tr>
<td></td>
<td>70-74</td>
<td>4:25.3</td>
</tr>
<tr>
<td></td>
<td>75-79</td>
<td>5:03.9</td>
</tr>
<tr>
<td></td>
<td>80+</td>
<td>6:34.9</td>
</tr>
<tr>
<td>3000m</td>
<td>40-49</td>
<td>8:02.0</td>
</tr>
<tr>
<td></td>
<td>50-54</td>
<td>8:03.1</td>
</tr>
<tr>
<td></td>
<td>55-59</td>
<td>8:13.9</td>
</tr>
<tr>
<td></td>
<td>60-64</td>
<td>8:28.0</td>
</tr>
<tr>
<td></td>
<td>65-69</td>
<td>9:30.1</td>
</tr>
<tr>
<td></td>
<td>70-74</td>
<td>10:16.2</td>
</tr>
<tr>
<td></td>
<td>75-79</td>
<td>11:03.3</td>
</tr>
<tr>
<td></td>
<td>80+</td>
<td>12:11.6</td>
</tr>
<tr>
<td>10 Mile</td>
<td>40-49</td>
<td>25:04.8</td>
</tr>
<tr>
<td></td>
<td>50-54</td>
<td>27:13.2</td>
</tr>
<tr>
<td></td>
<td>55-59</td>
<td>29:57.6</td>
</tr>
<tr>
<td></td>
<td>60-64</td>
<td>32:25.6</td>
</tr>
<tr>
<td></td>
<td>65-69</td>
<td>36:52.5</td>
</tr>
<tr>
<td></td>
<td>70-74</td>
<td>42:21.1</td>
</tr>
<tr>
<td></td>
<td>75-79</td>
<td>49:23.3</td>
</tr>
<tr>
<td></td>
<td>80+</td>
<td>57:23.0</td>
</tr>
</tbody>
</table>

National Masters News is the official world and U.S. publication for Masters track & field, long distance running and race walking.
Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The National Masters News gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best if not the only - source of world, national, regional and local Masters information.

The National Masters News is only $18.75 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of $35 - a 25% savings off the single-copy price. A 3-year subscription saves 29%.

1 year, $18.75 Add postage per year: Payment enclosed
2 years, $35 + $8 1st class USA, New Renewal
3 years, $55 + $15 air mail (foreign)

Name
Address
City State Zip

Send to: National Masters News
Subscription Dept.
P.O. Box 5185
P.O. Box 909
P.O. Box 2372
Van Nuys, Calif. 91404
118-705-1895

(Canadian checks accepted; add 30% to cover exchange. Please notify of address changes four
weeks before issue date.)

NATIONAL MASTERS NEWS Subscription Form:

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

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The National Masters News gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best if not the only - source of world, national, regional and local Masters information.

The National Masters News is only $18.75 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of $35 - a 25% savings off the single-copy price. A 3-year subscription saves 29%.

1 year, $18.75 Add postage per year: Payment enclosed
2 years, $35 + $8 1st class USA, New Renewal
3 years, $55 + $15 air mail (foreign)

Name
Address
City State Zip

Send to: National Masters News
Subscription Dept.
P.O. Box 5185
P.O. Box 909
P.O. Box 2372
Van Nuys, Calif. 91404
118-705-1895

(Canadian checks accepted; add 30% to cover exchange. Please notify of address changes four
weeks before issue date.)
Nike Duellist. Extremely lightweight Phylon™ cushioning.

Nike Air Mariah. Full length Nike-Air® midsole.

THEY CAME. THEY SAW. THEY KICKED BUTT.

Most road racers will look at these shoes and wonder how anyone could run with so little on their feet. Say hello to these people at the beginning of the race. You won't see them later.