

NATIONAL MASTERS NEWS

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

116th Issue

April, 1988

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Bob Schlau, 40, of Charleston, S.C., won the masters division of the Los Angeles Marathon, March 6, in 2:19:27. Marathon Foto

Schlau Upsets Rodgers in Los Angeles Marathon

LOS ANGELES — A few days before the race, the headline in the *Los Angeles Times* read: "Shorter, 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 Dalrymple 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,

Continued on page 9

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

Continued on page 6

Stuart Stabs M50 Javelin World Record

by JERRY WOJCIK

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 Jose 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 Patsalis (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 (48-4½) and discus (169-8).

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

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Quote of the Month:

"When you play your own game, people you like will join your team."



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

WAVA PERFORMANCE STANDARDS

Re Dave Pain's article (Feb. NMN), 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 han-

dicapped, by shunting them to 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 official 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

Continued on page 13

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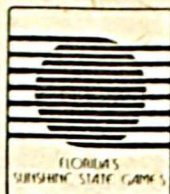
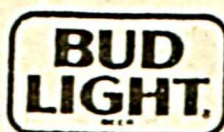
George Kleeman
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THE FLORIDA MASTERS TRACK AND FIELD CHAMPIONSHIPS



TRACK & FIELD CHAMPIONSHIPS

APRIL 15 - 17, 1988

Palm Beach County
FLORIDAPalm Beach Airport Hilton
Conference Center

EASTERN



CONTINENTAL



SCHEDULE (TENTATIVE)

Saturday, April 16th

8:00am- All field events report to clerk (LJ, TJ, PV, HJ, SHOT, DISCUS, JAVELIN, HAMMER, AND WEIGHT)
 8:00am- 5000m run on track
 9:00am- 110 hurdles
 10:00am- 100m semi-finals
 10:30am- 800m
 11:30am- 4x100m Relay
 12:30pm- 400m hurdles
 300m hurdles
 1:30pm- 1500m
 2:30pm- 100m Finals
 3:30pm- 400m
 4:30pm- 200m
 5:30pm- 4x 400m Relay
 6:15pm- Awards Ceremony

Sunday, April 17th

7:30am- 10,000m Racewalk on road
 8:00am- 10,000m Road Race

all races are finals except the 100m

THE MEET:

Sanctioned by The Athletics Congress/Florida Assoc. the meet will be held at John I. Leonard H.S. stadium located in Lake Worth, Florida, the track is a all weather 400 meter surface, with all field events within the facility.

AGE GROUPS:

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

AWARDS:

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

TEAM AWARDS

Team trophies to the top three (3) overall teams and plaques to the top team in each of the following categories Open Men, Sub-Masters Men, Masters Men, and Overall Women

ENTRY FEES:

In order to enter the meet Please use the attached entry form. The entry fee is \$10.00 for the first event (includes meet t-shirt) and \$3.00 for each additional event. Additional souvenir T-shirts can be ordered at the time of your entry for \$5.00 (\$7.00 at the meet site)

ENTRY DEADLINE:

All entries must be postmarked by April 10th. All late entries will be charged \$2.00 per event late fee. (no exceptions) For further information, call Palm Beach Track and Field Championships at 305/968-7171.

MAIL ALL ENTRIES TO:

PALM BEACH TRACK AND FIELD CHAMPIONSHIPS
 6301 DOCKSIDE CIRCLE
 GREENACRES CITY, FLORIDA 33463
 MAIL ENTRIES AS EARLY AS POSSIBLE

MEET PACKETS:

Meet packets can be picked up at the meet headquarters hotel on Friday April 15th in the hospitality suite, or at the track on the day of the meet.

NOTE:

On certain events some age groups may be combined for scheduling purposes. Some finals will be based on times. In all running events the order shall be oldest to youngest, men and then women. All TAC/USA rules will be followed. A final schedule of field events and running events will be posted at the meet headquarters and at the track. No entries will be taken for field events after 8:30am April 16th and for running events 9:00am, excluding the 10K run and 10K Racewalk.

TRANSPORTATION: As the official airlines Eastern/Continental will be handling your 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 60% off the normal coach fare and Continental will offer 30% off the normal coach fare for individuals traveling roundtrip from many cities within the continental United States. For athletes living outside the continental United States call their nearest travel agent for the best applicable rate.
 TICKETING: 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 an invoice for payment. Regardless of where you choose to pay for your tickets, call Eastern/Continental CONVENTION DESK now to reserve your flights.

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OFFICIAL ENTRY FORM

PERSONAL INFORMATION:

NAME: _____ last _____ middle _____ first _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: HOME _____ OFFICE: _____

BIRTHDATE: _____ AGE AS OF MEET: _____

SEX: MALE ☐ FEMALE ☐ TAC # _____

SHIRT SIZE SM MED LG XLG XXL

EVENT ENTRIES

PLEASE ENTER ME IN THE FOLLOWING EVENTS:

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

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

1st EVENT IS \$10.00 _____ \$10.00

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TOTAL FEES ENCLOSED = \$ _____

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

Signature _____

date _____

FOR MORE MEET INFORMATION
CALL OR WRITE

PALM BEACH TRACK AND FIELD CHAMPIONSHIPS
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 (305) 968-7171 EVENINGS

Small Turn-Out, But Good Meet in Sport-Arcade III in Los Angeles

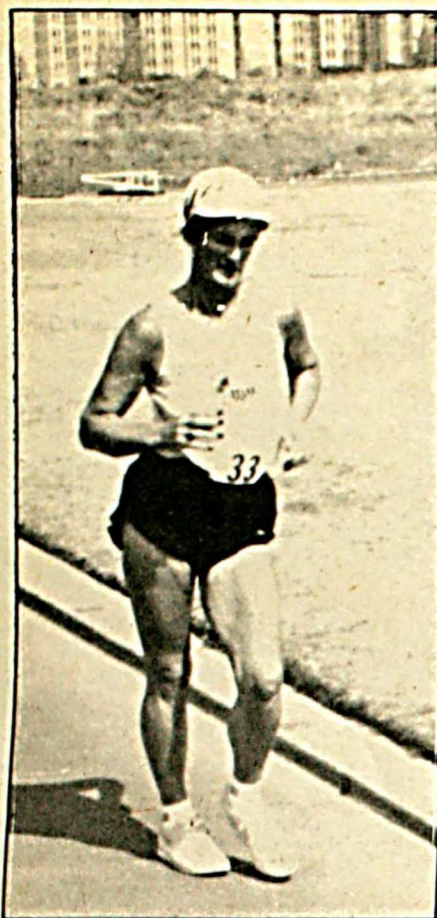
by JERRY WOJCIK

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. □



Jill Latham, W50, 5000 walk (30:27.7), Sport-Arcade Meet, Northridge, Calif., March 5.
Photo by Jerry Wojcik



Joe Greenberg, 37, finished with a 196-javelin throw, Sport-Arcade Meet, Northridge, Calif., March 5.
Photo by Jerry Wojcik



Ross Irving, Visalia, Calif., winning the M50 200 (25.8), Sport-Arcade Meet, Northridge, Calif., March 5. Tony Nasralla (lane 3) won the M55 (26.3).
Photo by Jerry Wojcik



Pete Mogg, M30, ran the 1500 in 4:10.5, Sport-Arcade Meet, Northridge, Calif., March 5.
Photo by Jerry Wojcik

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	Courtland Gray
Frank Demers	Ray Hagen
John Dobroth	Richard Hotchkiss
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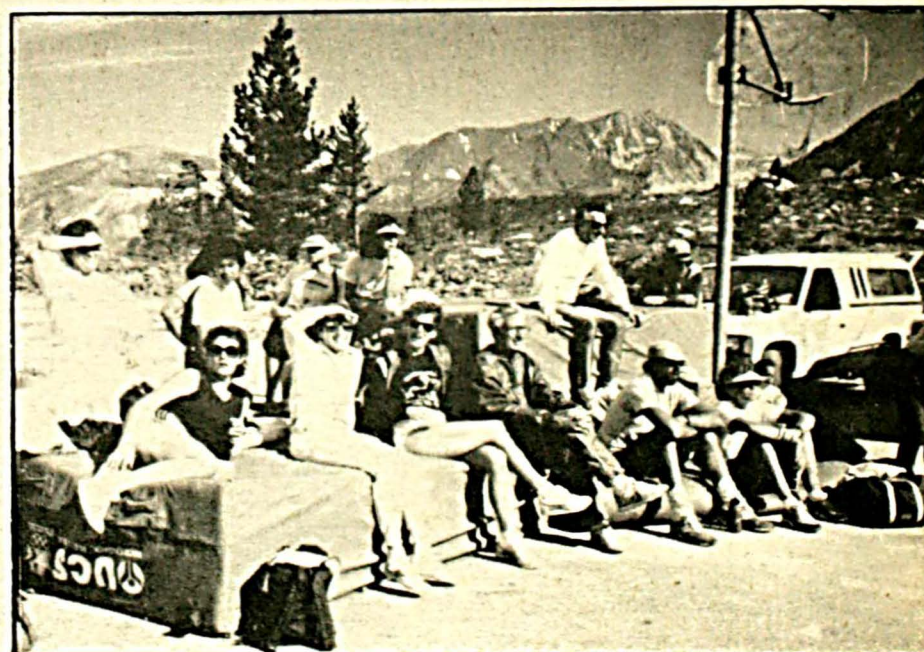
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Kicking-back and watching some shot-putters is the crowd from MAC camp, held July 5-11 in Mammoth Lakes, Calif.
Photo by Wendy Jurutka

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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, especially lacking the "beyond a reasonable doubt" requirement, 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 a national record, age-division winners don't get that much media attention. In this particular race, the division winners got nothing more than their names mentioned in the age type. Perhaps

it's the trophy itself, something to place on the mantel at home for all to admire. But is that really worth travelling thousands of miles for?

I had met the two disqualified "winners" before this particular race. One had won his division several years in a row with some excellent times and I had approached him for an interview. The other one was pointed out to me as a former Olympian and one I might want to interview. They seemed like honest, sincere gentlemen. Both had responsible jobs.

If I knew nothing else about either of these two men, I would be inclined to believe that they are victims of imperfect race administration. I can see how a runner might detour into a shopping center for an emergency stop and I can also see how one might be overlooked at the 15-mile checkpoint, not showing up on camera 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 sprints 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.

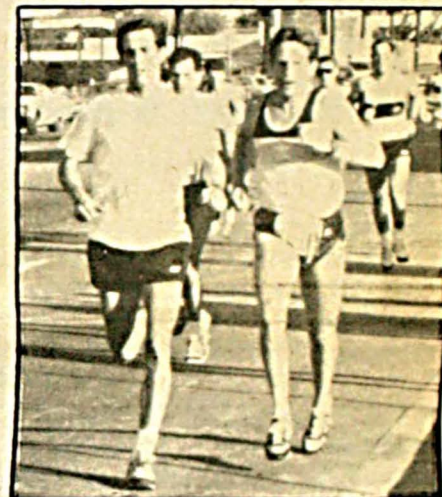
What also struck me as strange was that this person had his academic and professional title — one usually requiring seven or more years of college to earn — listed next to his name on the back of his jacket, which had many race patches sewed on it.

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 mantel? 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. □



Steve Crouch, right, overall masters winner in the open race of the Paramount 10K, Paramount, Calif., in 34:20, January 23.

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
(to move to February 27 in 1989)
- June 5 - Hospital Hill Run Half-Marathon, Kansas City, MO
- 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,

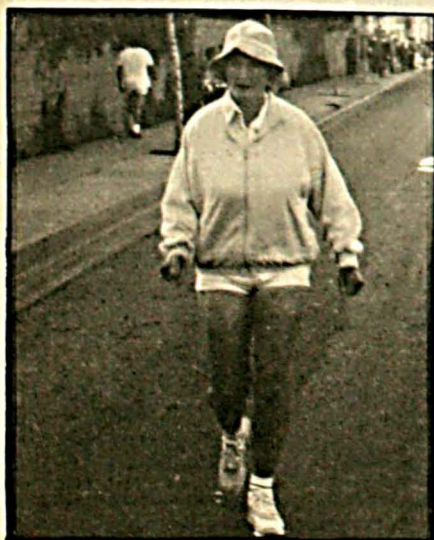
Davenport, IA

- 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. □



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.

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.

Ploeger won in 1:31:41, with Judith Bugyi, 41, of State College, Pa., second in 1:34:57. Margaret Gutgesell, 46, of Charlottesville, Va., placed third W40+ in 1:37:30.

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.

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.

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. □

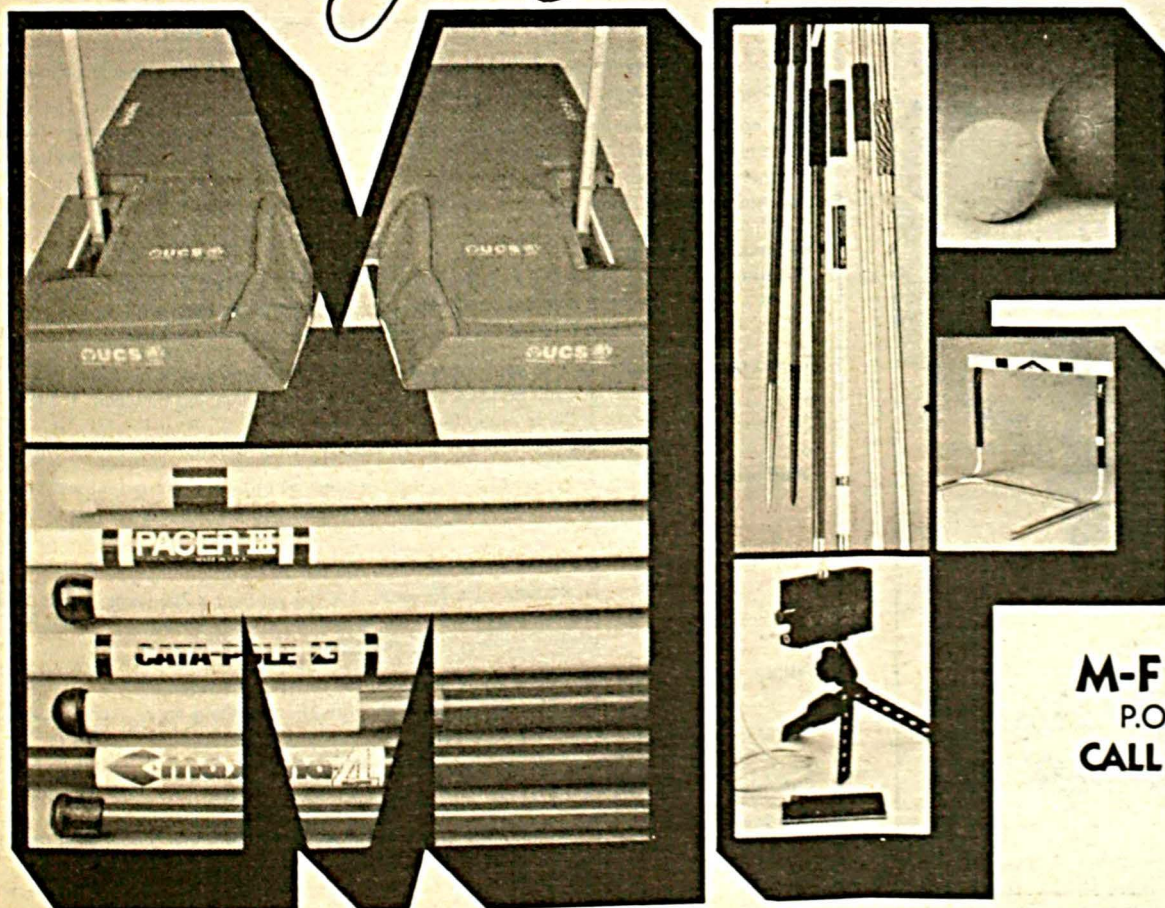


Ruth Wysocki, 30, a 1988 1500 Olympic Trials qualifier, warm-ups for the Legg Lake, CA, 8K run, Jan. 10. Photo by A. Martinez



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

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Silver Streak: Payton Jordan

by TERI INGRAM

His 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 competing in football and rugby. It was at SMCC that Jordan set the first of many records to come, a national 220y junior college record of 21.2.

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 M70 100 (12.72) and 200 (28.48), and helped set two M70 world records in the 4 x 100 (55.07, 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 taught 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.



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 M70 100, M70 200, 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 be the 1968 Mexico City Olympics coach, he wrote a book (now out of circulation), *Champions in the Making*.

"My philosophy of training hasn't changed a great deal from my collegiate days to my masters competition," Jordan says. He has always been a believer in quality rather than quantity. His motto is, "Stress effort,

not distress effort." "Keep it fun. It's better to under-train than to over-train, and to avoid injuries, in my opinion." He goes on, "Training at this age is different than when you were younger. You need rest after a hard work-out. You need recovery time. Your body can't take what it used to."

Surprisingly, 'Payt' generally only works out three days a week, with a light day after a hard day. He also does weights for the whole body, along with push-ups, sit-ups and chin-ups.

But life isn't all work. "It's also a good idea to have some other outlets for one's energies, such as golf, tennis or fishing, so as to not lose enthusiasm for your sport of track and field." He also loves to garden and has both fruit trees and a vegetable garden. Probably his favorite activity (second to track, of course) is stream trout fishing. "Tough to beat for recharging the batteries."

Although Jordan is self-coached, he

Continued on page 13



Jordan, then 63, setting a new M60 World 100-meter Record of 12.0 at the Senior Olympics.

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.

In-Season Training:

- | | |
|------------------|---|
| Monday | 4 x block starts for form; 3 x starts, run out 30 yards hard.
2 x 200 at 30-32 seconds; 200 interval jog between.
4 x 100 at 16-18 seconds; 100 interval walk between. |
| Tuesday | 10 x 75 yard 'wind-sprints'; 75 yard interval walk between.
1 x 200 at 32-34 seconds; 200 yard interval jog between; 1 x 150 yards at 20-22 seconds.
Weight training for lower body muscles. |
| Wednesday | 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. |
| Thursday | 6 x block starts for form, run out 20 yards.
Scale runs - 1 x 75 yards, 1 x 150 yards, 1 x 200 yards, equal distance interval jog between each; runs done at ¾ speed.
Weight training for upper body muscles. |
| Friday | 3 x 100 at 14-16 seconds; full recovery between each.
1 x 300 yards at 48-50 seconds (If competing on weekend, substitute 200 at 33-34 seconds).
Easy 15 minutes running on grass. |
| Saturday | Competition. |
| Sunday | Rest. Sometimes easy water activity in swimming pool or at beach if either are available.
Mileage is of less concern than 'Specificity & Quality' of the training regimen! |

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 7½ 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."

Reminded that his time was excellent, he said, "Time means nothing to me. I wanted to win. The next time I race, I'll do everything differently."

Like what? "No more promotional stuff, for one thing," he said. Rodgers had spent much of the week promoting the race, giving long press and television interviews, and being Mr. Personality to anyone who wanted a piece of his time. "It's just sort of something I always do, but I'm getting too old."

Rodgers had beaten Schlau (30:49 to 31:19) in the Charlotte 10K and wasn't aware that Schlau was ahead of him until late in the race.

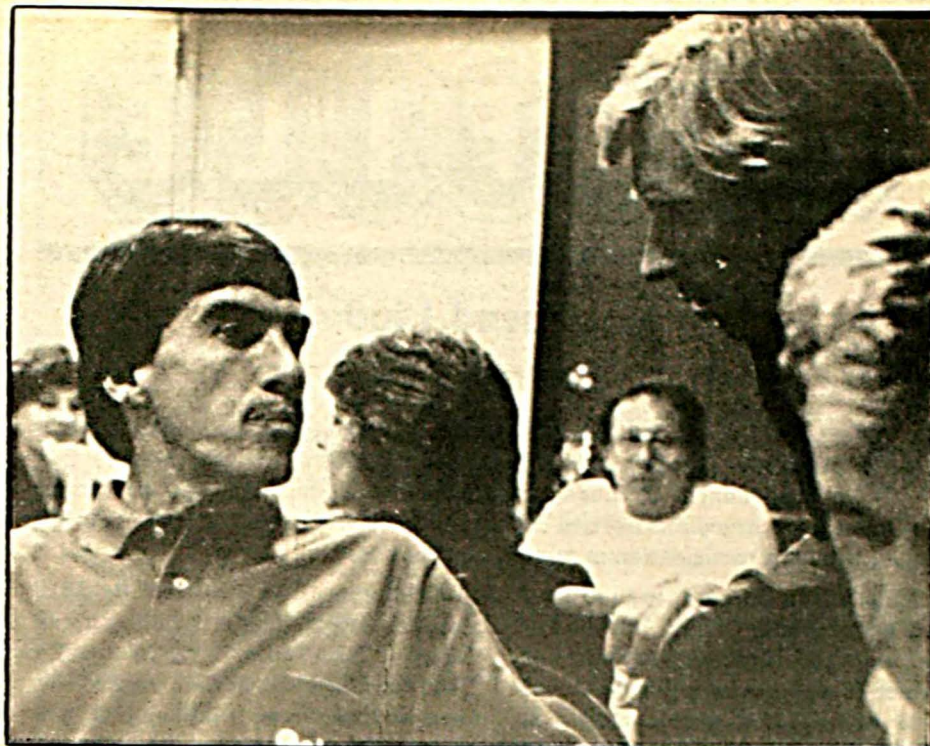
"I passed Frank around 10 miles and Barry at 12," Rodgers said. "I caught up with (Lasse) Viren on a big grade and he fell back. But I never saw Schlau. With about four miles to go, my brother started yelling that he thought Schlau was ahead. It's hard to tell in masters, because you don't know who in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



Barry Brown, 43, and Bill Rodgers, 40, confer at the Los Angeles Marathon pre-race luncheon.

Photo by Teri Ingram

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.

Shorter said he wasn't disappointed, despite finishing out of the top 10 in the 40-and-over division.

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

Continued on page 11

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PROFILE

My Friend Linda

by NANCY GLOVER

Met my friend Linda Mills Sipprelle. 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 and sometimes throw stones at her on her first loop around the park, but by the second loop they could only stare in open-mouthed amazement at such

athletic prowess by a woman! By third lap all that was left for them to do was cheer. "Dura, dura!" "Keep it up!" And so, gradually, as they realized she was serious about running and not simply "showing off her body," they began to respect her for the terrific athlete she is.

One day while running sprints at the Centro Olimpico, the city track, Linda met a woman named Maria, who asked her why she didn't compete in any of the track events for local clubs. Linda explained that she didn't 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 Vienna, 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! □



Dutch Bennedetti, 73, won his division in the January 10 running of the Legg Lake, Calif. 8K in 37:53.
Photo by A. Martinez

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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 one lap (176y) mixed-age-and-sex relay in the *Dallas Morning News* Indoors Games at Reunion Arena on February 6. The teams had been invited by the sponsors and SMU track coach Ted McLaughlin to compete in the relay and a masters mile.

The star-studded relay featured 12 members of the Dallas club who had qualified for Masters All-American honors in 1987.

As he had done last year, Max Goldsmith handicapped the relay teams, which required taking 12 people, ages 34 to 75, and producing a mix to end up with three equal teams. The number-one squad, in 1:23.7, consisted of John Alexander, 68, world record holder in the M65 400 and winner of TAC's outstanding athlete award for M65 in 1987; Joe Murphy, 58, 1981

and 1985 world high-hurdle champion; Thane Baker, 56, 1952 and 1956 U.S. Olympian; and Roy Turner, 48, 1987 national sprint champion.

The second team (1:24.6) was made up of Dr. Fred White, 75, 1983 and 1985 world champion; Steve Ireland, 46, high-hurdle record holder, James Vicks, 42, who had the fastest 400 (49.9) for U.S. submasters in 1983; and Willard Thompson, 35, 1987 national indoor sprint champion.

The third-place quartet (1:24.8) were Tim Murphy, 66, 1987 national Senior Olympics sprint champion; Ellen Allerkamp, 34, 1987 national sprint champion; Chuck Miller, 50, 1987 national high-hurdle champion and world record holder; and Eddie Eberhart, 35, 1987 national 400H champion.

The Sony Tape Masters Mile was won by Randy Taylor (4:33.8), with Bob Abbott second (4:38.2), and Steve Shopoff third (4:52.6). □

Schlau Upsets Rodgers in L.A. Marathon

Continued from page 9

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 Millrose 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, had won the masters title (2:34:18) in the California International Marathon in December.

Schlau and Walters each received, in addition to the \$1500 first masters prize, a ten-day trip to Greece to run the route of the original marathon begun by Phidippides 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. The first American was 17th in the international field.

Another Mexican, Bianca 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 2:52:01 in the Phoenix Marathon in January. Dalrymple, the winner of 75 consecutive masters women's races from 1982-84, was coming off an injury-enforced 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 Sandra Kiddy's U.S. W45 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 Garritson, led the women's race until passed midway by West Germany's Christa Vahlensieck, 38.

More than two million people watched part or all of the marathon, according to KCOP, 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 women's golf, 1.7.

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

—Al Sheehen

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- Entries:** Pre-entry required before Wednesday, June 8. Phone entry O.K. (408) 354-5660.
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- Note:** Hammer will be contested at Olympic Training Center (See map on back).
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- Timing:** Fully automatic timing by Accutrack.
- Facilities:** All weather track surface 1/4 spikes only. Concrete throwing rings, grass javelin runway.
- Age Groups:** Open 18-29, 30 and above in 5 year age groups. 30-39 competitors may compete in open events if they so desire, but must stay in that division except in relay. Age on June 11, 1988 determines age group.
- Awards:** Tac/Pacific championship medals to first three places in all events.
- T-Shirts:** For sale at meet.

TAC/PACIFIC CHAMPIONSHIP SCHEDULE JUNE 11, 1988 at Los Gatos Track

AT LOS GATOS HIGH - HELM FIELD MASTERS TRACK	AT LOS GATOS HIGH - HELM FIELD MASTERS FIELD	AT OLYMPIC THROWING AREA (see map below) HAMMER
8:00 5000 free walk	9:00 Shot at masters and submasters women	3:30 Hammer masters
8:00 100 m hurdles 32" men 60-64, 65-69	9:30 Shot men age groups 60-64, 65-69, 70-74, 75-79, 80+	4:30 Hammer open
8:00 100 m hurdles 32" women 30-34, 35-39	10:30 Shot men 40-44, 45-49, 50-54, 55-59	
8:10 110 m hurdles 36" men 70+, women 40+	11:30 Shot men submasters	
8:20 110 m hurdles 36" submasters	9:00 Pole vault men 60-64, 65-69, 70-74, 75-79, 80+	
8:30 110 m hurdles 36" 40-44, 45-49	10:00 Pole vault men 40-44, 45-49, 50-54, 55-59	
8:40 110 m hurdles 36" 50-54, 55-59	11:00 Pole vault men submasters	
11:45 4 x 100 relay	10:00 Long jump all masters and submasters women	
11:50 100 m hurdles 36" first oldest to youngest men	10:30 Long jump men 60-64, 65-69, 70-74, 75-79, 80+	
11:50 800 m women first oldest to youngest men	11:30 Long jump men 40-44, 45-49, 50-54, 55-59	
12:00 100 m hurdles 36" first oldest to youngest men	12:30 Long jump men submasters	
12:00 200 m hurdles men 60-64, 65-69, 70-74, 75-79, 80+	11:00 High jump all masters and submasters women	
12:10 200 m hurdles women 30-34, 35-39	11:30 High jump men 60-64, 65-69, 70-74, 75-79, 80+	
12:20 400 m hurdles men 60-64, 65-69, 70-74, 75-79, 80+	12:30 High jump men submasters	
12:30 400 m hurdles women 30-34, 35-39	11:00 Discus men 60-64, 65-69, 70-74, 75-79, 80+	
12:40 400 m hurdles men 40-44, 45-49, 50-54, 55-59	11:30 Discus men 40-44, 45-49, 50-54, 55-59	
12:50 400 m hurdles women 40-44, 45-49, 50-54, 55-59	12:00 Discus men submasters	
13:00 800 m hurdles men 60-64, 65-69, 70-74, 75-79, 80+	1:00 Triple jump all masters and submasters women	
13:10 800 m hurdles women 30-34, 35-39	1:30 Triple jump men 60-64, 65-69, 70-74, 75-79, 80+	
13:20 800 m hurdles men 40-44, 45-49, 50-54, 55-59	2:00 Triple jump men 40-44, 45-49, 50-54, 55-59	
13:30 800 m hurdles women 40-44, 45-49, 50-54, 55-59	2:30 Triple jump men submasters	
13:40 1600 m hurdles men 60-64, 65-69, 70-74, 75-79, 80+	12:30 Javelin all masters and submasters women	
13:50 1600 m hurdles women 30-34, 35-39	1:00 Javelin men submasters	
14:00 1600 m hurdles men 40-44, 45-49, 50-54, 55-59	2:00 Javelin men 60-64, 65-69, 70-74, 75-79, 80+	
14:10 1600 m hurdles women 40-44, 45-49, 50-54, 55-59	2:30 Javelin men 40-44, 45-49, 50-54, 55-59	
14:20 3200 m hurdles men 60-64, 65-69, 70-74, 75-79, 80+		
14:30 3200 m hurdles women 30-34, 35-39		
14:40 3200 m hurdles men 40-44, 45-49, 50-54, 55-59		
14:50 3200 m hurdles women 40-44, 45-49, 50-54, 55-59		
15:00 4 x 400 relay		

OPEN TRACK EVENTS

5:15 4 x 100 relay men and women	2:00 Pole vault - under 18 feet
5:30 110 m hurdles men	4:30 Pole vault - over 18 feet
5:40 100 m hurdles women	5:00 Shot put men
5:45 100 m hurdles	5:00 Shot put women
5:50 800 m hurdles men	5:00 Long jump men
5:55 800 m hurdles women	5:00 Long jump women
6:00 400 m hurdles men	5:00 High jump men
6:05 400 m hurdles women	5:00 High jump women
6:10 100 m hurdles	5:00 Javelin men
6:15 100 m hurdles	5:00 Javelin women
6:20 100 m hurdles	5:00 Discus men
6:25 100 m hurdles	5:00 Discus women
6:30 100 m hurdles	5:00 Triple jump men
6:35 100 m hurdles	5:00 Triple jump women
6:40 100 m hurdles	
6:45 100 m hurdles	
6:50 100 m hurdles	
6:55 100 m hurdles	
7:00 100 m hurdles	
7:05 100 m hurdles	
7:10 100 m hurdles	
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8:20 100 m hurdles	
8:25 100 m hurdles	
8:30 100 m hurdles	
8:35 100 m hurdles	
8:40 100 m hurdles	
8:45 100 m hurdles	
8:50 100 m hurdles	
8:55 100 m hurdles	
9:00 100 m hurdles	

OPEN FIELD EVENTS

2:00 Pole vault - under 18 feet	4:30 Pole vault - over 18 feet
5:00 Shot put men	5:00 Shot put women
5:00 Long jump men	5:00 Long jump women
5:00 High jump men	5:00 High jump women
5:00 Javelin men	5:00 Javelin women
5:00 Discus men	5:00 Discus women
5:00 Triple jump men	5:00 Triple jump women

HOUSING

Los Gatos Lodge, 354-3300; Los Gatos Garden Inn, 354-4444
Los Gatos Motor Inn, 354-8181; Village Inn, 354-8219
Tall House Hotel, 359-7070

TAC/PACIFIC MASTERS & OPEN TRACK & FIELD CHAMPIONSHIPS

Joy Upshaw and Willie Harnatz
Meet Directors
P.O. Box 1328, Los Gatos, California 95031
phone 354-5882

Name _____	Address _____
(Last) (First)	(Number and Street)
Phone _____	(City) (State) (Zip)
Date of Birth _____	
Age as of June 11, 1988 _____	
Events Entered & Best Recent Time or Mark _____	
Club Affiliation _____	
Amount Enclosed _____	Your 1988 TAC Number _____
Make Checks payable to Los Gatos Athletic Association Inc.	NO REFUNDS FOR DEFAULT

WAIVER:

In consideration of your accepting my entry, I intend to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release forever, any and all rights, claims or damages, may accrue against Los Gatos Athletic Association, TAC, Pacific Association, Los Gatos High School, Expocon, Post #812, 813, and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the TAC/Pacific Masters and Open Track & Field Championships held June 11, 1988 at Los Gatos High School, Los Gatos, California, and Olympic Training Center, Los Gatos, California.

Date _____ Signature _____



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

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 creaking 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 in-

flamed, 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 creaking 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.)



In one of the World Games' best races, Brisbane's Aileen Hogan (lane 4) outleaves West Germany's Paula Schneiderhan in 32.23 in the W65 200 in Melbourne. Photo by Gretchen Snyder

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JUNE 11-12, 1988

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OTHERS

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 \$2,250, with firsts receiving \$1000 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. □

Five Years Ago

• Mike Holbrook wins the Masters Mile in 4:35.1 at the San Francisco Games.

• Nike Announces Series of Masters Grand Prix Races. □

Silver Streak: Payton Jordan

Continued from page 8

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 1982, 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 Continued from page 2

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 Stiegelmeier 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 Lyga
Fridley, Minnesota

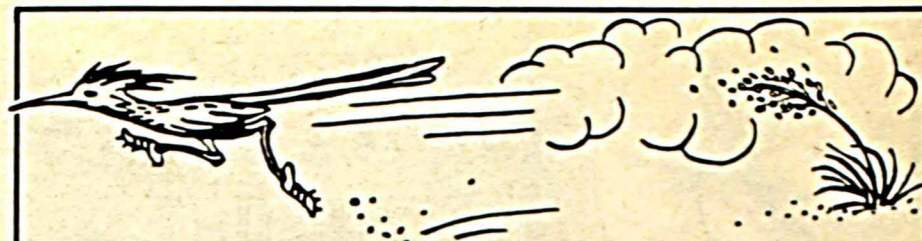
Why do we have World Veterans Games? "For friendship and health," says Jacques Serruys. "For physical and mental health...to be happy," says Dr. George Sheehan. "For fun and enjoyment," says Jerry Donley.

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,

Continued on page 16

**DUKE CITY TAC MASTERS GAMES**

ALBUQUERQUE, NEW MEXICO

June 4 & 5, 1988

AT NEW FAST UNIVERSITY OF NEW MEXICO TRACK

THE FACILITY: New University of New Mexico super-fast 8-lane polyurethane Versaturf track includes the latest in shot, discus rings, javelin approaches and jumping aprons. Seating for 5,000 with unobstructed view of field and Sandia Mountains.

TIMING: Electronic Accutrac.

EVENTS: All running events from 100M to 5K, all field events, plus 4x100 and 4x400 relays, plus pentathlon. 5 yr. age groups.

RELAYS: 10 yr. age groups. TAC rules apply for awards. Additionally "fun" relays will be organized for those who wish to compete.

FEES: \$7.00 first event, \$4.00 each additional event. \$15.00 unlimited events not to include the pentathlons. PENTATHLON \$7.00. Make checks payable to MMTAC.

THE TOWN Center of New Mexico, 55 miles from Santa Fe, 400,000 metro population. 5,000 ft. at base of 10,700 ft. Sandia Mts., reached by USA's longest gondola tram or famous LaLuz trail run. Indian pueblo and museums in and around area. "World's nicest people." Home of famous Duke City Dashers. Great Mexican food.

HOTEL: 3 miles from track at Hilton Inn. \$40.00 a room for single, double or triple. Reserved for participants (505-884-2500). Swimming, spa. Mention Duke City Masters. Hospitality room sponsored by super-cooperative New Mexico TAC after meet on Sat. 6/4.

INFORMATION: Highlight of this and other New Mexico meets is to keep participants informed at all times. "Athletes' Information Center" located in warmup lounge with view of track.

ENTRY FORMS: Available in National Masters News in April. Entry deadline: June 4.

ORDER OF EVENTS:

Saturday, June 4
11:30 Triple Jump
12:30 Pentathlon, 300H, 400H
3:00 Javelin
5:00 Hammer
6:00 2-mile Race Walk
7:00 5K

Sunday, June 5
9:00 HH, PV, HJ, SP
9:30 100M Trials & Finals
10:00 LJ
10:30 800M
11:00 Discus
11:15 400M Finals
BREAK
2:00 200M Finals
3:00 4x100
4:00 1500M
5:00 4x400

CONTACT: Neil Silver (505) 265 8234
728 Loma Vista NE
Albuquerque, N.M. 87106

**APPLICATION
Duke City Master Games**

NAME _____ PHONE NO. _____
ADDRESS _____ STATE _____ ZIP _____
AGE _____ SEX _____ DATE OF BIRTH _____ TAC # _____
(required)

ATHLETE'S RELEASE: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have or which may hereafter accrue against New Mexico The Athletics Congress, Duke City Master Games, the University of New Mexico, all other meet sponsors, officials or their officers or agents for any damages or injury suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

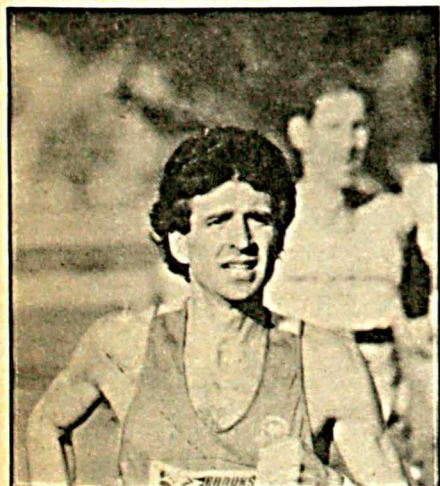
DATE _____

SIGNATURE _____

LATE ENTRIES: Events may be added or subtracted June 4 in evening at Hospitality Room.

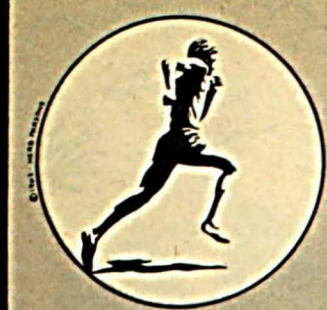
CHECK EVENTS

_____ 100M	_____ 5K	_____ HJ	_____ HAMMER
_____ 200M	_____ 110 HH	_____ PV	_____ PENTH
_____ 400M	_____ 300H	_____ LJ	_____ 4x100R
_____ 800M	_____ 400H	_____ TJ	_____ 4x400R
_____ 1500M	_____ 2-MILE RACE WALK	_____ SP	_____ JAV
		_____ DIS	



Frank Shorter, 40, at the 2-mile mark of the Runners Den/Y95 10K, Phoenix, Ariz., Feb. 7. Shorter, who complained of a side-ache, was beaten by Bill Rodgers (30:09/33:07).

Photo by Richard Lee Slotkin



MASTERS TRACK & FIELD REPORT

by REX J. HARVEY
TAC Masters Multi-event Coordinator

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 inception 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 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 competition and do well without some preparation or "specializing" in the event. Someone cannot expect to do reasonably well, or even finish, a decathlon/heptathlon unless he/she has done specific preparation for all of the events, just as someone could not expect to finish a marathon unless

he/she had done the required preparatory work. In fact, the primary reason for the marathon's popularity is that it is such a challenge. The same is true for the decathlon/heptathlon, and I'm very glad to see that masters multi-eventers are finally going to get the full challenge at Eugene and later.

What I really hear is that it will not be as easy to casually enter and finish a multi-event 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 setting 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 NMN 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 discus (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" for masters. My personal feeling is that we should continue to practice with the "old" javelin but start to change over 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, meet 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 Schoerbel 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 (11½); Rex Harvey, M40, long jump (19-2¼) and shot put (41-0); and Bob Kemp, M50, 56-lb. weight (17-0) and 200-lb. weight (2-7). □



Steve Lester (far left), 45, second master (31:38) and 14th overall goes out fast in the Paramount, Calif. 10K, January 23. Lester had the best age-graded time in the race.

Photo by Teri Ingram

Masters Health and Fitness

by DR. THOMAS J. BASSLER, M.D.

Cholesterol and Mortality

(Editor's 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 1.0 mg%-per-year drop in cholesterol increases mortality by 11%.¹ 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.²

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 $106 \times 11 = 1,166\%$. 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 had run 50-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.



Paul Spangler, 88, talks to race director Oscar Rosales after winning his division of the Paramount Special World Masters division in 65:52, Paramount, Calif., January 23.

It's a mistake to claim there is "evidence linking cholesterol reduction with lower overall mortality" in a Cholestyramine study.³ That study showed no change in overall mortality. In fact, if you look at the study from the point of view of Matti Virkkunen,⁴ 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.

Virkkunen⁵ 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. □

1. Anderson KM, Castelli WP, Levy D: Cholesterol and Mortality, 30 Years of Follow-up From the Framingham Study. *JAMA* 1987; 257:2176-2180.

2. Bassler TJ: Hazards of Restrictive Diets. *JAMA* 1984; 252:483.

3. Lipid Research Clinics Program: The Lipid Research Clinics Coronary Primary Prevention Trial Results: 1. Reduction in incidence of coronary heart disease. *JAMA* 1984; 251:351-364.

4. Virkkunen M: Lipid Research Clinics Coronary Primary Prevention Trial Results. *JAMA* 1985; 253:635.

5. *op. cit.*

Portions of this article were reprinted from the Seniors Track Club Newsletter, September/October 1987.

	Control	Resin	Change
Cost	0	\$1000/Year	increased \$1000/year
7.5-year mortality	3.7%	3.6%	not significant
Cancer deaths	15	16	not significant
Violent deaths	4	11	175% increase
Peptic ulcer admissions	20	30	50% increase
CNS surgery	23	40	74% increase
Disc surgery	10	23	130% increase
Gallbladder surgery	25	36	44% increase
Appendicitis admissions	4	11	175% increase
Gastritis admissions	5	12	140% increase
Deviated nasal septum	6	16	167% increase
Carpal tunnel surgery	1	7	600% increase

Write-On Continued from page 13

be happy, and yes, garner medals. Medals are like the frosting on the cake. We all cherish them.

And 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 of all. 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 Ivy Granstrom (blind) 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 M65 200. "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-years-old — 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'm 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 meets. 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 Leighton
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 matters 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 most reasonable 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

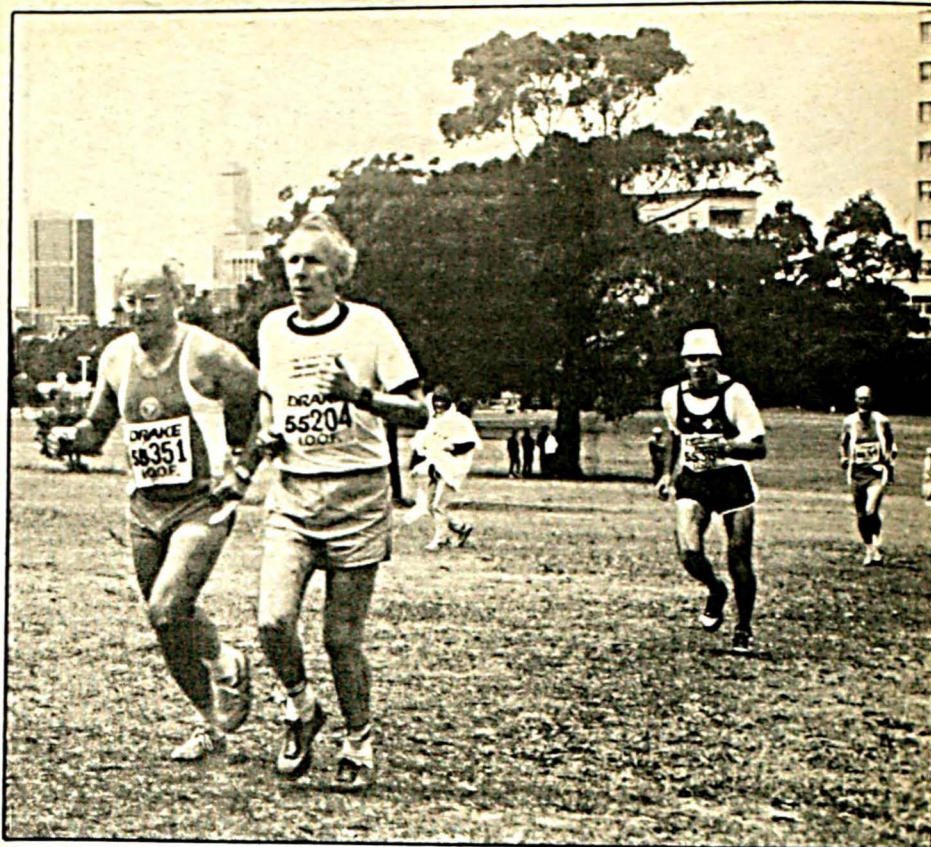
Once again Scott Thornsley and his capable staff have made the National Masters Indoor Pentathlon Championships a success. The meet was well run and the hospitality of the Dickinson College facilities made the event a good experience to start the new year.

*Mr. and Mrs. D.L. Smith
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 these 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



Australia's Bob Charlton (left) and America's Pete Mundle battle in the M55 cross-country run in Melbourne.
Photo by Gretchen Snyder

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 Thornsley 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.

*Ken Baker
Upper Saddle River, New Jersey*

BUFF MESSENGER

I regret to inform her many friends in the masters track and field program that my sweet wife, Buff, died on March 3 after a prolonged bout with cancer that took her out of competition 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, in 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

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International Scene

by CESARE BECCALLI,
President of WAVA

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 Nebiolo to meet in London on April 18. WAVA Secretary Alastair Lynn has been invited to attend. □



Japan's Masami Okazaki leaps 10-7 1/2 to win the silver medal in the M80 long jump at the World Veterans Games. Photo by Gretchen Snyder

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

M50		M65	
Reg Austin	AUS	Norbert Barth	FRG
Phil Conley	USA	John Gilmour	AUS
Willy Dunne	IRE	*Max Gould	CAN
John Dunsford	GBR	Don Johnson	USA
Leif Gundersrud	NOR	Sylvester Stein	GBR
Hans Poetsch	AUT		
M55		M70	
Ron Franklin	GBR	Ian Hume	CAN
Hal Higdon	USA	Jack Stevens	AUS
Roland Johannsson	SWE	*Jim Vernon	USA
M60		M75	
Don Farquharson	CAN	George Wir	SWE
Jan Kystad	NOR	M80	
Bob Mimm	USA	Albert White	CAN
Jim O'Neil	USA	W50	
Ray Spencer	USA	Irene Obera	USA
		W55	
		Ruth Anderson	USA
		W70	
		Isabel Saumier	CAN
		*Won gold medal in all seven World Games.	



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



Report from Britain

by ALASTAIR AITKEN

Veterans Athletic Club road champion Adrian James won the Stock Exchange 7-Mile Road Walking Championships at Regents Park, January 30, in 54:25. Another veteran ex-international, Dave Stevens, who won the M50 gold medal in the 5K walk in Melbourne, was third in 57:46.

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.

Vic Holman won the Eastern Counties Veteran Cross-Country Championships at Newmarket by ten seconds in 34:38 from Mike Turner, an ex-national cross-country captain. 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. □

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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 believes they alone should be catered to. These athletes are *always* potential medalists, whether by ability or 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 throws, 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 M40, 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 veterans 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 towing 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

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Waltzing Matilda . . . Welcoming Ceremonies, VII World Veterans Games, Melbourne.

Photo by Gretchen Snyder



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Write On

Continued from page 16

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 to continue to operate under state and local rules will continue to receive TAC sanction as in the past. This would not only tend to eliminate so much discrimination against the older runners, but it would also give them choice of events which TAC certifies that all age groups will be treated equally in every respect. Such action will encourage elimination of this unfair old 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

IS NMN ELITIST?

The content of many of the articles in the February issue supports my suspicion of the elitist bias of NMN. From the title of the publication, I would expect to read news about masters athletes. What NMN presents is mainly news of *elite* masters athletes.

Examples:

1) The lead article had five pictures of the Rocket City Marathon; all five were of age-group winners. Of the 26 paragraphs, 24 detailed the various winners and their earnings. Tucked in three of the last four paragraphs were brief comments on some of the non-winners. All participants were acknowledged by noting that 1120 registered.

2) The Sacramento Marathon article described all division winners. Other participants were not acknowledged.

3) The last place marks in each event at the World Veteran Games were listed. Here we have a change from giving only first place marks in most other articles of NMN. However, included in the chart was this putdown of finishing last: "If you can better this mark in your age group, you wouldn't have finished last in Melbourne." A less



Bob Fine, 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

biased approach would be to list the range of performances for each event and omit the comment.

4) In Mike Tymn's column, he remarks that, for him, the frolicking/fun/intangible aspects of running are not sufficient. Rather, he finds the high mileage (70-90 miles/week) giving "100% in pursuit of a certain success" more appealing.

I feel Mike's approach is good for age-group winners. However, for the majority of runners, Mike's approach is self-defeating. Most runners are not age-group winners. In the Rocket City Marathon, only about 20 out of over 1000 runners were age-group winners.

All runners face diminishing times as they advance in age. I suggest that all runners can find deep and lasting satisfaction from the intangibles of running: accepting that one's self worth is independent of times, places and awards. While such acceptance is difficult, two approaches which help me are: 1) write on any entry form: "I hereby exclude myself from consideration for all tangible awards based on performance," and, 2) in a race, go out easy, increase gradually, and concentrate on finishing strong.

From nearly 24 years of running, I've found lasting satisfaction from the participation, the socializing, and the exhilarating feelings from running the last half of a race faster than the first half; the opportunity to be alone with my thoughts on my solo runs; running a challenging course; feeling physically fit; and enjoying the scenery.

To be fair, I must concede that NMN includes non-elitist articles. In the February issue on page four is a picture of Wendy Jurutka on a 10-mile run in a scenic mountain setting. In the January issue was a lengthy article on a 97-year-old man from India who was the oldest participant in the Veterans Games. Several issues back was an in-

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Speaker's Corner: Performance Standards Not Needed

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 proposition 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 Peg 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?

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. □

WAVA/TAC Hurdles and Implements Specifications

HURDLES					
WOMEN					
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m	13.00m	8.5m	10.5m
		33"	42'8½"	27'10½"	34'5"
40-49	80m	.762m	12.00m	8.0m	12.00m
		30"	39'4"	26'3"	39'4"
50-59	80m	.762m	12.00m	7.0m	19.00m
60-69		30"	39'4"	22'11½"	62'4"
70 Plus					
35-39	400m	.762m	45.00m	35.00m	40.00m
40-49	400m	30"	147'7½"	114'9½"	131'2½"
50-59					
60-69	300m	.762m	50.00m	35.00m	40.00m
70 plus		30"	164'0½"	114'9½"	131'2½"
MEN					
30-39					
40-49	110m	.991m	13.72m	9.14m	14.02m
		39"	45'	30'	46'
50-59	100m	.914m	13.00m	8.50m	10.50m
		36"	42'8"	27'10½"	34.5"
60-69	100m	.840m	13.00m	8.50m	10.50m
		33"	42'8"	27'10½"	34'5"
70 plus	80m	.762m	12.00m	8.00m	12.00m
		30"	39'4"	26'3"	39'4"
40-49	400m	.914m	45.00m	35.00m	40.00m
		36"	147'7½"	114'9½"	131'2½"
50-59	300m	.840m			
		33"			
60 +	300m	.762m	50.00m	35.00m	40.00m
		30"	164'0½"	114'9½"	131'2½"
IMPLEMENTS					
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	
Women					
35-49	4.00k	1.00k	4.00k	600gms.	
50 plus	3.00k	1.00k	3.00k	400 gms.	
Men					
40-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*	
50-59	6.00k	1.50k	6.00k	800 gms.*	
60-69	5.00k	1.00k	5.00k	600 gms.	
70 plus	4.00k	1.00k	4.00k	600 gms.	

*New IAAF Specifications

MASTERS SCENE

NATIONAL

• The masters results of the 1987 One-Hour Postal Racewalk conducted by the Shore AC of New Jersey appears in this month's results section. The Postal Racewalk, although not a TAC national championship, offers walkers the opportunity to participate and compete without traveling to a central location. For applications, contact the coordinator, Don Henry, 24 Fairview Ave., Bricktown, NJ 08724.

• Qualifying for the 1989 U.S. National Senior Olympics in St. Louis, June 19-24, began this month at sanctioned regional sites and continues through March 1989. Certain t&f events (HJ, LJ, JT, PV, 10K RR) are designated as "open" and will admit athletes who can provide verification of previous competitive participation in those events, even if they have not qualified at a USNSO-sanctioned meet before the championships in St. Louis. Former Olympians are also exempt from qualifying for the championships. For more information, contact Catherine Cassot, c/o Daniel J. Edelman, Inc.,

515 Olive St., St. Louis, MO 63101. 314/421-6460.

• Former U.S. Olympic runners have been given automatic entry to the U.S. Men's Olympic Marathon Trials in the New Jersey Waterfront Marathon, Jersey City, April 24. According to Tim McLoone, race director, Frank Shorter, 1972 Olympic gold medalist, Billy Mills, 1964 10K gold medalist, and George Young, 1968 steeplechase bronze medalist, have accepted invitations to attend the Trials and activities taking place on the Trials weekend. Mills and Young are expected to run in the 10K, which will accompany the marathon. Shorter may run the 10K or the marathon. Former Olympians John J. Kelly (1956 and 1960) and Don Kardong (1976) are expected to run in the marathon.

• Masters stand to share the wealth generated by John Hancock's investment in the "triple-crown" marathons. Any over-40 man or woman who wins masters titles in Boston, New York City and Los Angeles, all within a 24-month period, will earn a \$25,000 bonus. The reward for open winners of that triple has been set at \$100,000.

• Bill Cosby, 50, captured the cover story in the March 1988 *Runner's World*. Cosby, beside being one of the nation's most readily-recognized TV personalities and one of the wealthiest (a reputed \$57 million in earnings last year), was also recognized as a pretty fair masters athlete several years ago on the basis of a 58.0 400 and a 5-5 high jump. Cosby, a t&f standout at Temple in the early '60s, still has a yen for competition, but injuries and a hectic schedule prevent more active participation. "I was looking forward to some meets this year, but I've been too busy working," he acknowledges.

EAST

• Ted Haiman, 45, placed 11th (33:05) of 1117 m/finishers for the M40+ win in the Sheraton Centre Bagel 10K, Central Park, NYC, February 7. Angella Hearn, 41, won the W40+ contest by a wide margin with a sixth-place 36:20 of 494 w/finishers.

• Runners visiting in the Peekskill area of Upstate New York who may be looking for a race should contact John Hallinan, Taconic RR, Box 99, Baldwin Place, NY 10505. 914/739-2268. The Taconic club has at least one race a month on its schedule from April through December.

• Directing an anemic race that needs a shot in the arm? Was last year's Overweight Division thinly attended? Are the chicken costumes molting? Borrow a page from the New York Road Runners race schedule. The NYRR staged the Horoscope 5K, Central Park, NYC,

February 13, with 12 divisions made up of male and female pairs determined by their Zodiac signs. Masters winners were Christine Hearn Grenning (41, 18:59), who teamed with Hans Parrado (21, 17:13) to win the Aquarius division; Lina Connors (45, 19:52), bulling her way to the Taurus victory with Gary Bennett (34, 18:17); and Cheryl Ralya (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 Shirt 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 took 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 Epifanio, 16 Eastern Concourse, Amityville, NY 11701. 516/842-7034.

• 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 Edinberg, 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 Joe Chioda and his dog, "Sam." Joe and Sam's time in the Sept. 27 Eriesistible Marathon was listed as under four hours, when in fact his time was more along the line of 4:27.

SOUTHEAST

• 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 Hiatt, 47, Daytona Beach, FL, established a W40+ record with a 21:10. Three M40+ CRs were also erased.

• A study conducted by the University of South Alabama for the Port City Pacers, sponsors 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 (46%) reported family incomes greater than \$50,000. The study showed that 91% of the 1987 participants planned 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 directors can contact Skip Jones, 1988 race director, at P.O. Box 6427, Mobile, AL 36660. 205/433-3145.

Continued on page 22



Patrick Devine, 59, shows the style that leads him to a 2:56:26 win in the M55 division of the Western Hemisphere Marathon, Dec. 6, Culver City, Calif. Photo by Richard Lee Slotkin

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Friday		Saturday	
5:00 PM Start		7:30 AM Start	8:15 AM Start
Triple Jump	5K Open Run (15 yrs. +)	Javelin	
Pentathlon-Call divisions	110m, 400m Hurdles	High Jump	
3K Run	100m, 200m Dashes	Long Jump	
10K Race Walk	400m, 800m 1 Mile Runs	Pole Vault	
	3K Race Walk	Shot Put	
	4 x 200 Club & Corp. Relay	Discus	
	4 x 400 Club & Corp. Relay	Weight Throws	
		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 from page 21

MIDWEST

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

MID AMERICA

• The Missouri Show-Me State Games have added masters t&f 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 compete in a 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 (6.8) and 400 (55.6), and Turner took the M45 60y (7.0) and 400 (55.9). Teammate Doug Spencer was second in the M40 60y (7.2) and 400 (59.0).

• Web Loudat, 41, Albuquerque, NM, winner of this year's Millrose Masters Mile (4:20), took third overall in the Foothills 10K, Phoenix, AZ, with a lifetime best 30:22, the second fastest masters time this year behind Bill Rodgers' 30:09. Josie Chalmers, W45, won the W40+ contest in the Foothills 10K in 38:44.

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 NMN, P.O. Box 2372, Van Nuys, CA 91404. If you don't want your address given out, please let us know. □

• Gary Madison (41, 52:11), Tulsa, OK, and Maureen Bixby (45, 59:33), Norman, OK, were winners overall in the Mohawk 15K in Tulsa, January 17. Madison's time was a masters course record, and Bixby's was a state W45-49 best.

• James Naum, 52, who ran a 4:36 mile at age 50 in 1985 on a gravel track, jammed his right foot in a pot hole several months ago and has developed degenerative arthritis in the big toe, which has brought his training to a halt. He would like advice on treatment from runners with a similar problem. James Naum, P.E., AO 3067875, P.P. 102139, OCC, Star Route, Box 70, Hodgen, OK 74939.

WEST

• Wally Ingram, now 55 and one of the most active competitors of any age in So. California, waited five years to run in the Senior-Masters "Old Fashion" 4 Mile for runners 55+, and he made the most of his debut by winning the 5th annual race in Yucaipa, CA, February 13, with a record 24:50 over a new course. Second finisher was TAC's outstanding athlete for the M60-64 age group in 1987, Orlo Kenniston, 60, of Seattle, who did a 25:12. The closest race of the day went to Al Clark, 74, Prescott, AZ, who built up a big early lead and held off Fraser McMinn, 73, Glendale, CA, for a two-second M70 win in 34:19. Times were upped by warm temperatures and a very hilly course.

• Martin Rudow, the U.S. National Men's Team Race Walking Coach and author of the popular book *Advanced Race Walking*, will give a clinic on May 28, 9:00 a.m., which is tentatively set for the Mt. SAC track near Pomona, CA. For details, contact SCA/TAC Race Walking, 1000 San Pasqual, #35, Pasadena, CA 91106.

• Paul Spangler, M85 multiple gold medalist in the VII World Games in Melbourne, is returning to Australia in June, not to seek gold medals but in search of golden tones. Spangler will be traveling with a barbershop chorus from his hometown of San Luis Obispo, CA, to New South Wales for five concerts hosted by the Rotarians. He admits, however, that he will keep his eyes open for a race or two.

• Chick Dahlsten, 77, of the San Fernando Valley TC, turned down an opportunity to visit Nicaragua as a Marine in 1927, but about a year and a half ago, with the belief that he was not being told the truth about the events in Nicaragua, he made a trip there to see for

himself what was happening. Later, on his 76th birthday, over a hundred of his running friends showed up at Griffith Park in L.A. for the Spirit of 76 Run and contributed toward a purchase of a mobile clinic for the children of Nicaragua. Dahlsten, a long-time political idealist, started as a dance band musician and graduated to a studio musician at CBS in the '40s. When the Hollywood Blacklist came along, Dahlsten was accused of somehow trying to overthrow the government. Since that time, he has been a private investigator, but he still blows a mean trombone.

• Jerry Stanners, CEO of the Bakersfield Californian, set an age-53 WR for the 42" 110mH with a 20.6 in a meet sponsored by his newspaper and CSU-Bakersfield, February 13.

• Patricia Sher, 40, of Florida, qualified for the Olympic Trials Marathon with a 5th-woman, 2:46:44, worth \$500, in Las Vegas, February 6.

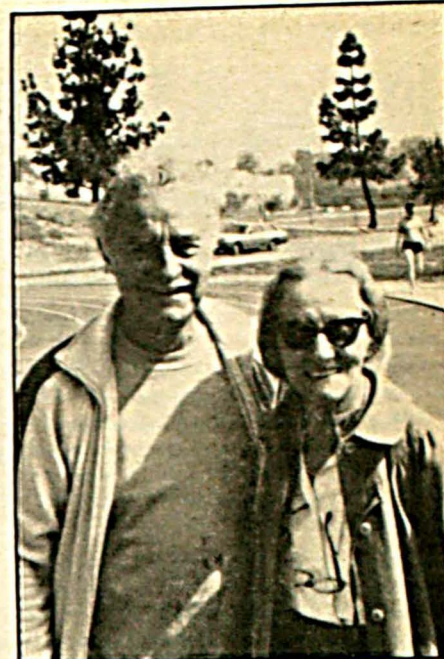
• Masters T&F workouts are being held each Saturday at 9:00 a.m. at L.A. Pierce College track in Woodland Hills, CA; and on Sundays at 7:30 a.m. and 9:00 a.m. on the track at UCLA.

NORTHWEST

• Do you know a distance runner who won a national pentathlon championship with a score of 2072, or a pentathlete who ran a 2:55 marathon? If you said "yes" to both questions, you must know John Hepner, 55, Springfield, OR, who sandwiched those two performances (the National Pentathlon in L.A. in June and the Boston Marathon in April) in between a dozen M55 firsts in road races, including the National 20K in March. Hepner's time in the 1500 segment of the pentathlon, which included top-notch M55 multiple-eventers such as Harry Hawke and Al Brenda, was a remarkable 4:48.8.

INTERNATIONAL

• The Puerto Rico Masters, with a membership of 500, is planning eight track meets for this season. Participants will include Ovidio De-Jesus, who has run the 200 in 24.7 in an open meet since turning 55 recently and plans to compete in the Southeastern Masters Meet in late April in Raleigh, NC; WR-holder Gil Gonzales, M70, is recovering from a serious hip injury but expects to be in shape in a couple of months.



Art and Elsie Vesco, San Marino, Calif., at the Sport-Arcade Meet, Northridge, Calif., March 5, where Art won four M75 throw events.

Photo by Jerry Wojcik

• The British veterans community lost three prominent members recently. Allan Chromniak, the current British M45 shot champion (12.90), died suddenly at his home in Surrey in November. Roger Buzzard competed well but under par in the M55 shot and hammer in Melbourne after suffering a nasty bout of food poisoning in Singapore on the way out. He was, for many years, involved in setting up the highly successful t&f league system in the U.K. He died suddenly in late January. Walter Keeler, European track and road-walking champion (M85) in Rome and at Brighton in 1984, died at home in February. He suffered a fall in 1984 and did not compete again.

• Joyce Smith, who turned 50 in October, has joined the British veterans movement after shunning it for years, and is determined to break the W50 marathon record.

• Bill Stewart, 45, of Ann Arbor, MI, picked up a few thrills on a business trip to Peru, Chile and Bolivia, while supplying university libraries and businesses with mapping materials and geologic information. On February 27, he ran in an open indoor meet and won the 2-mile and the mile in M45-49 world record times of 9:19.9 and 4:23.6. Of traveling, he writes, "The railroad out of Lima, east into the Andes, is not for the faint of heart. But not as precipitous nor as dangerous as the roadways; the worst one perched 300-400 feet over the Pacific Ocean." Stewart has entered the Pan-American Championships in Santiago, Chile, April 1-2.

• Max Gould, M70, the intrepid Canadian race walker from Toronto, should have joined California's Jim Vernon, M70 pole vaulter, in the rare category of masters who have won seven consecutive World Games gold medals (January 1988 NMN). At Melbourne, Gould won the 5K track walk (29:39.4) and the 20K RW (2:06). □

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Scott Sanders has been actively involved in track & field for the past 12 years. With an excellent collegiate and international sprinter background, he has had great success adapting his programs to aid in the development of masters sprinters, including Hugo Martensson, multiple national and international sprint champion of 100 and 200 meters, and most recently John S. Puppel, the 55-59 National 100-200 champion in 1986 and 1987. Scott hopes that this video will provide the serious masters sprinter with the information needed to turn his desires into success. Good luck!

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schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.



TRACK & FIELD NATIONAL

June 26. U.S. TAC National Masters Pentathlon Championships, Mt. St. Mary's College, Emmitsburg, Md. Scott Thorn-sley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385 to 11 p.m.

July 8-9. U.S. TAC National Masters Decathlon/Heptathlon Championships, Cal-State, Los Angeles. Mike Strong, Cal-State L.A., 5151 State University Dr., Los Angeles, CA 90032. 213/224-3692.

July 15-23. U.S. Olympic Trials, Indianapolis. U.S. T&F Trials/88, P.O. Box 6060, Indianapolis, IN 46206. 317/636-1988.

August 4-7. 21st U.S. TAC National Masters Championships, Orlando, Florida. Nick Gailey, 341 N. Maitland Ave., Maitland, FL 32751. 305/628-8850.

EAST

June (early). Western Penn Championships, Washington, Pa. Barry Kline, 1245 Alamae Lakes, Washington, PA 15301. 412/228-1872.

June 17. Mid-Atlantic TAC Masters Games, Ambler, Pa. Pre-entry only. Earl Williams, Mid-Atlantic TAC, P.O. Box 7231, Philadelphia, PA 19101. 215/843-MAAC.

June 25. Waltham TC Masters Invitational, MIT, Cambridge, Mass. Joe Tranchita, 88 Russell St., Waltham, MA 02154. 617/893-3828.

June 26. Rhode Island Senior Olympics, Brown U., Providence. Dolores Bergeron, 79 Washington St., Providence, RI 02903. 401/277-6880.

July 3. Merrill Lynch Realty AC Masters Meet, Randolph, N.J. Merrill Lynch Realty AC, 517 Highway 33, Englishtown, NJ 07726. 201/625-1764(d); 361-3282. Travel arrangements: 201/361-3220.

July 31. Tri-State Track Club Classic, Hagerstown JC, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

SOUTHEAST

April 9. Omega Sports/Carolina Masters Meet, Thomasville, N.C. Includes RW and RW clinic. CMAC, 801 Longbow Rd., Charlotte, NC 28211. 919/475-0851 (2-5); 704/366-1373.

April 15-17. Palm Beach Championships (Florida Masters Championships), Palm Beach County. Includes team championship. Frank Valdes, 6301 Dockside Circle, Greenacres, FL 33463. 305/968-7171.

April 29-30, May 1. 18th Annual Southeastern Masters Invitational, North Carolina State U., Raleigh. Plus long distance races. Stu Northup, c/o Raleigh Parks & Rec., P.O. Box 590, Raleigh, NC 27602.

May 12-14. South Carolina Senior Olympics, Florence. Debbie Wall, 803/665-3253.

May 14. Birmingham Track Club Classic, Samford U., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031. Entry form in April NMN.

June 11. TAC Southeast Regional Masters Championships, Emory U., Atlanta. Includes team championship. Sid Davis, c/o Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9064.

July 11. Regional Sunshine Games with racewalk, Ft. Lauderdale, Fla. Joe Valdes, POB 1735, Ft. Lauderdale, FL 33302-1735. **June 11-12.** 13th Annual Northwest Classic, Miami-Dade Community College, North Campus. Jesse Holt, 1310 N.W. 90 St., Miami, FL 33147. 305/836-2409.

June 17-19. Tennessee TAC Masters Championships, U. of Tennessee, Knoxville. Oak Ridge TC, P.O. Box 3394, Oak Ridge, TN 37830. Dean Waters, 615/483-7743; Alan Morgan, 615/522-5881.

July 23-24. NCNB/Carolina Masters Championships, Thomasville, N.C. 5K and 5K RW July 23/all other events July 24. Thomasville High. CMAC, 801 Longbow Rd., Charlotte, NC 28211. 919/475-0851 (2-5); 704/366-1373.

September 3. 13th Annual Blue Cross/Blue Shield Virginia Masters Championships, U. of Virginia, Charlottesville. Karen Beaver, 311 Westminster Rd., Charlottesville, VA 22901.

September 4. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3446 Roberts Ln. N. Arlington, VA 22207. 703/243-1290.

MIDWEST

April 30. North Coast Relays & Championships, Mayfield H.S., Mayfield, Ohio. Jim Barrett, 3801 Shannon Rd., Cleveland Heights, OH 44118. (O) 216/687-7133; (h) 932-0049.

May 15. Wolfpack Spring Throwing Meet, Washington H.S., Columbus, Ohio. Jim Pearce, 2244 Neil Ave., Columbus, OH 43201. 614/294-4606.

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

June 9-11. Iowa Senior Olympics, West Des Moines. West Des Moines Community School District, 713 8th St., W. Des Moines, Iowa 50265. 515/277-6026.

June 12. 5th Annual Athlete's Foot Open/Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, Masters Meet, 1029 16th Ave., E. Moline, IL 61244. 309/755-2655.

June 25. Cleveland Track Classic, Wickliffe H.S., Cleveland, Ohio. Jeff Gerson, 4173 Wilmington Rd., So. Euclid, OH 44121. 216/382-2656.

September 11. Wolfpack Throwing Classic, Worthington H.S., Columbus, Ohio. Jim Pearce, 2244 Neil Ave., Columbus, OH 43201. 614/294-4606.

MID-AMERICA

May 30-June 2. St. Louis Senior Olympics, St. Louis Country Day H.S., St. Louis, Mo. Suzy Seldin, No. 2 Millstone Campus, St. Louis, MO 63146. 314/432-5700, X188.

July 2. Early Morning "R" Track Masters '88, Hamline U., St. Paul, Minn. Pre-registration. Rachel Lyga, 122-63 1/2 Way NE Fridley, MN 55432.

July 29-31. Show-Me State Games, University of Missouri — Columbia. T&F athletes must qualify at 1 of 9 district meets between May 15-July 1. Show-Me State Games, 404 Jesse Hall, University of Missouri, Columbia, MO 65211. 314/882-2101.

August 14. Chillicothe Masters Meet, Chillicothe, Mo. Joe J. Shy, Jr., P.O. Box 745, Chillicothe, MO 64601.

September 3-4. Rocky Mountain Games, U. of Colorado, Boulder. Jim Weed, 11672 E. 2nd Av., Aurora, CO 80010. 303/341-2980

SOUTHWEST

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

May 1. Runners' Pentathlon, Milne Stadium, Albuquerque, N.M. Tom Bell, 2403 San Mateo N.E., Suite P-17, Albuquerque, NM 87110. 505/884-5701(d); 821-2454(e).

May 9-11. Louisiana Senior Olympics. Baton Rouge. Jan Day Gavel, 504/925-1700.

May 18-21. Texas Senior Games, University of Texas-Arlington. 50+. Dianne Darnell, P.O. Box 905, Arlington, TX 76010. 817/261-0927.

May 28. TAC Southwest 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 Versaturf track, throwing surfaces, and jumping aprons —

U. of New Mexico. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234.

July 9. West Texas Masters Meet, Ozona, Texas. Pete Maldonado, P.O. Box 1584, Ozona, TX 76943. 915/392-3802.

WEST

April 17. Mt. SAC Masters Relays, Mt. San Antonio College, Walnut, Calif. Hal Smith, 18750 Oxnard St. No. 404, Tarzana, CA 91356. 818/342-1174.

April 30. Ken Carnine Classic, CSU-Sacramento, Calif. SASE Mike Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/482-7881.

April 30. Redlands Kiwanis Masters Meet, Redlands, Calif. J.R. Hedrick, 139 Carmody St., Redlands, CA 92373. 714/792-2453.

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

June 4. Southern California Striders Meet of Champions, U.C. Irvine, Calif. Hugh Cobb, 2963 Galena Ave., Simi Valley, CA 93065. 805/527-5471.

June 11. Pacific Association/TAC Championships, Los Gatos H.S., Los Gatos, Calif. Willie Harmatz, P.O. Box 1328, Los Gatos, CA 95031. 408/354-5660.

June 18. SCA/TAC Masters Championships, Occidental College, Eagle Rock, Calif. Gary or Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.

June 19-25, June 26-July 2, *July 24-30. Mammoth Athletics Camp, Mammoth Lakes, Calif. Camp director will be Dr. Ken Foreman, 1988 Olympic team coach. See ads in NMN for other coaches. *Special Distance Running & Fitness Walking Ses-

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BIRMINGHAM TRACK CLUB CLASSIC

Saturday, May 14, 1988



SITE: Samford University, Birmingham, Alabama
Six Lane Chevron Track, Chevron highjump, long jump, triple jump and pole vault runways (1/4" spikes max), concrete throwing rings, and grass javelin runways.

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

Open division - all entrants under 30.

ENTRY FEES: Entries postmarked by May 10, \$5.00 first event, \$3.00 each additional event, \$10.00 each relay team each relay. Late registration (including day of meet), \$10.00 first event, \$6.00 each additional event, \$15.00 each relay team each relay.

AWARDS: Medals to first three places. Trophies to first three master teams.

TEAMS: All team members must be masters and must be active members of the team they represent. Accutrac timing will be used. No fault start rule will be used.

HOUSING: Holiday Inn - I-65 in Homewood, special rates. Identify yourself as a BTC Classic Participant 1-800-465-4329

MISC: Check entry form if you want a Video Tape of the meet. \$20.00 per tape, includes mailing cost. Payment day of meet.

Special Clinic Friday May 13 at 7:30 p.m. at Holiday Inn. Clinic on Deep Water Running for supplemental training and for rehabilitation. Given by Glenn McWaters. No Charge.

Co-Directors: Gordon Seifert (205) 879-8031, Wallace McRoy (205) 871-3579

ORDER OF EVENTS

7:30 5K
8:30 High Jump
9:00 4 x 100, shot, discus, javelin 5
9:20 Hurdles - 80, 100, 110 meters
9:40 1500 Meter run, Long Jump
10:00 100 meter Trials



10:20 800 meter run
10:40 100 meter finals
11:10 400 meter run, triple jump, pole vault
11:30 Hurdles - 400 meter
12:00 200 meter
12:30 4 x 400

Birmingham Track Club Classic

1988 ENTRY FORM

Please Print

Name: _____ Birthdate: _____ Age on 5/14/88 _____

Address: _____ Sex: M F _____

City: _____ State: _____ Zip: _____ Phone: () _____

Events Entered	Best Recent Mark	Events	Best Recent Mark
1. _____	_____	5. _____	_____
2. _____	_____	6. _____	_____
3. _____	_____	7. _____	_____
4. _____	_____	8. _____	_____

Relays

ENTRY FEES: 1st event is \$5.00

additional # events _____ x \$3.00 = _____

relays _____ x \$10.00 = _____

☐ Yes, I would like a videotape of the meet.

TOTAL FEE ENCLOSED: _____

PLEASE READ AND SIGN: I certify that I have decided to participate in the BTC CLASSIC with full knowledge that being physically fit and sufficiently trained are necessary to prevent any injury to myself. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executors, administrators and assigns hereby waive, release and discharge any and all claims against The Birmingham Track Club, Samford University, agents or representatives, arising out of my participation in the BTC CLASSIC. The Releasee further agrees to abide by all decisions of the Race Committee regarding rule and eligibility requirements. Releasee further agrees to release and hold harmless the Birmingham Track Club from any injuries or damages allegedly incurred by rule and eligibility decisions made by the Committee.

SIGNATURE: _____

Mail to: Birmingham Track Club
c/o Gordon Seifert
1514 Ridge Road
Birmingham, AL 35209

Continued from page 23

sion. MAC Inc., 7411 Earldom, Playa del Rey, CA 90293. 213/281-1993.

July 2. River City Invitational, CSU-Sacramento, Calif; plus weight pentathlon. SASE Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/482-7881.

July 2. San Diego-Imperial Athletics Congress Masters Meet, Balboa Stadium, San Diego. SASE to David H.R. Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316. Entry form in June issue.

July 16-17. TAC Western Regional Masters Championships, CSU-Northridge, Calif. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (o) 213/666-7341; (h) 213/388-9689.

July 30. Northern California Seniors Meet, UC-Berkeley. Mark Grubi, P.O. Box 4512, San Francisco, CA 94101.

August 20. 3rd Annual California Masters Team Championship, Northern California site TBA. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (o) 213/666-7341; (h) 213/388-9689.

September 3. 4th Annual Patriots Summer Relays '88, L.A. Southwest CC, Los Angeles. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (o) 213/666-7341; (h) 213/388-9689.

September 24. Seniors (50+) Meet, UC Irvine, Sri Chinmoy Marathon Team, Bigalita Egger, 213/838-4746.

October 1. Club West Masters Meet, Santa

Barbara Community College, Calif. George Adams, P.O. Drawer K, Goleta, CA 93117. 805/687-6323.

NORTHWEST

June 4. Senior Sports Festival Meet, Seattle. Diana Hovland, 100 Dexter Ave. North, Seattle, WA 98109. 206/684-4951.

June 17-18. 5th Annual Federal Way Invitational, Federal Way, Wash. Barb Tigh, 33554 36th Ave. SW, Federal Way, WA 98023. Ron Mattila, 206/838-1340(d); 206/845-8745(e).

June 25-26. 7th Hayward Classic, Eugene, Oregon. Jerry Jackson, 933 Northridge, Springfield, OR 97477. 503/746-0605.

August 13-15. 10th Montana Masters Championships, Montana State U., Bozeman. Mike Carignan, P.O. Box 5132, MSU, Bozeman, MT 59717-5132. 406/587-8726.

CANADA

June 18-19. Ontario Masters Athletic Association Championships, Etobicoke. CMAA, 1220 Sheppard Ave. East, Willowdale, Ontario M2K, 2X1. 416/495-4059.

INTERNATIONAL

April 1-2. 5th Pan-American Championships for Veteran Athletes, Santiago, Chile. South American Association of Veteran Athletes, P.O. Box 685, Santiago, Chile.

April 1-4. Australian Veterans Athletic

Championships, Brisbane. Pauline Burns, 141 Sirius St., Coorparoo, Queensland 415. 07/397-1356.

May 6-7. South African Masters Championships, Windhoek, Namibia. Hella Konig, P.O. Box 3419, Windhoek 9000. Tel. 061-52165 (h).

June 11-15, 1988. IV Oceania Veterans Championships, Noumea, New Caledonia. AAVAC, PO Box 311, Greensborough, 3008, Victoria, Australia.

June 25-July 2. VI European Veterans Championships, Verona, Italy. VERONA '88, c/o IMITT Club Italia, Via Martinetti 7, 20147 Milano/Italy. Entry deadline April 15.

September 17-18. San Juan Annual International Masters Meet, Sixto Escobar Stadium, San Juan, Puerto Rico. Gilberto Gonzalez, P.O. Box 11074, Caparra, San Juan, PR 00922. 809/765-5702.

September 17 - October 2. XXIV Olympic Games, Seoul, Korea. T&F News, Box 296, Los Altos, CA 94023. 415/948-8188.

October 15-25. Central Australian Masters Games, Alice Springs, Northern Territory. P.O. Box 1095, Alice Springs, NT 5750. Tel (089) 528222.

July 28-August 6, 1989. VIII World Veterans Games, Eugene, Oregon, USA. Men 40+, women 35+. No qualifying standards. World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Barbara Kousky: 503/687-9064; Tom Jordan: 503/683-5635.

LONG DISTANCE RUNNING NATIONAL

January 1-December 31, 1988. Shore Athletic Club One-Hour Postal Racewalk. Not a TAC national championship. Don Henry, Postal Racewalk Coordinator, 24 Fairview Ave., Bricktown, NJ 08724.

April 10. U.S. TAC National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

May 6, 7, 8. Ben-Gay Active America Day Runs (5K to 10K), slated for 50 cities. Lisa Hooker, Account Executive, The Boasberg Co., 800 W. 47th St., Suite 705, Kansas City, MO 64112. 816/756-1867.

June 4. U.S. TAC National Masters 15K Walk Championships, Chicago, Ill. Carol Garsee, 708 Dearborn Parkway, Chicago, IL 60611. 312/664-0823.

July 9. U.S. TAC National Masters 10K Walk Championships, Niagara Falls, N.Y. Ron Winecki, 161 Stewart Ave., Buffalo, NY 14211. 716/896-7609.

July 23. U.S. TAC National Masters 1 Mile Championships, Hibbing, Minn. Tim Zbinkowski, 11270 E. French Lake Rd., Osseo, MN 55369. 218/941-3300.

August 4, 5, 6, or 7. U.S. TAC National Masters 20K Walk Championships, Showalter Field, Orlando, Fla. Jose Rodriguez, Florida TAC Association, 1330 N.W. 6th St., Gainesville, FL 32601. 904/377-0134.

August 13. U.S. TAC National Masters 10K Championships, Asbury Park, N.J. Phil Benson, Box 2287, Ocean Township, NJ 07712. 201/531-4156.

September 4. U.S. TAC National Masters 20K Championships, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NJ 11554. 516/579-7466.

September 11. U.S. TAC National Masters 25K Championships, Eugene, Oregon. Marcia McChesney, 4965 W. Hillside Dr., Eugene, OR 97404. 503/344-8106.

September 11. U.S. TAC National Masters 40K Walk Championships, Ft. Monmouth, N.J. Elliot Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764. 201/222-9213.

September 24-25. U.S. TAC National Masters 24-Hour Run Championships, Atlanta, GA. Larry Robbins, 4654 Latimer Ct., Kennesaw, GA 30144. 404/529-7196.

October 16. U.S. TAC National Masters

ON TAP FOR APRIL

TRACK & FIELD

After a two-week lull nationwide, action strikes up in the Southeast in the Florida Masters Championships in Palm Beach on the 15th and climaxes in the Southeastern Masters Invitational in Raleigh, N.C., which starts on the 29th and lasts all weekend.

On the West Coast, masters will compete on the 17th in the massive Mt. SAC Relays in Walnut, Calif., east of Los Angeles. On the 30th, Westerners can opt for the Ken Carnine Classic in Sacramento, or the Redlands Kiwanis Meet in Redlands, Calif., and Midwesterners can head for the North Coast Relays in Cleveland.

Internationally, both the WAVA Pan-American Championships in Santiago, Chile, and the Australian Veterans Athletic Championships in Brisbane begin on the 1st.

LONG DISTANCE RUNNING

The U.S. TAC National Masters 50-Mile Championships will be decided in Columbus, Ohio, on the 10th. Easterners get the best of the month's offerings, topped by the 92nd Boston Marathon on the 18th, and the New Jersey Waterfront Marathon in Jersey City on the 24th. Elsewhere, important races include the Crescent City 10K in New Orleans on the 16th; the San Diego Track Club Fastest Masters 10K on the 24th; the 12th Annual Pear Blossom 20K in Medford, Oregon, on the 9th; and the Emerald City Marathon in Seattle on the 10th.

The Australian Veterans Marathon Championships will be determined in the Nike Canberra Marathon in Canberra on the 10th. □

30K Walk Championships, E. Meadow, N.Y. Gary Westerfield, P.O. Box 440. Smithtown, NY 11787. 516/979-9603.

October 22. U.S. TAC National Masters 100K Championships, Duluth, Minn. William Wenmark, 1829 Portland Ave. So., Minneapolis, MN 55402. 612/593-9041.

November 13. U.S. TAC National Masters 30K Championships, Clarksburg, Calif. Skip Sebeck, P.O. Box 20, Clarksburg, CA 95612. 916/665-1712.

November 20. U.S. TAC National Masters 10K Cross-Country Championships, Holmdel, N.J. Ron Salvio, Box 116A, Hwy. 33, Englishtown, NJ 07726. 201/446-4959.

November 25. U.S. TAC National Masters 5K Cross-Country Championships, Raleigh, N.C. Bob Baxter, 800 Purdue, Raleigh, NC 27609. 919/876-5674.

November 27. U.S. TAC National Masters 15K Cross-Country Championships,

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9th Annual MASTERS TRACK & FIELD MEET 1988

SPONSOR: REDLANDS-EVENING KIWANIS
DATE AND TIME: SATURDAY, APRIL 30, 1988, Beginning at 9:30 A.M.
PLACE: UNIVERSITY OF REDLANDS STADIUM. Coming from the west, 1-10, turn left at the bottom of University Ave. offramp and proceed north to the second stop sign, which is Brockton. Stadium is to your right. Coming from the east on I-10, take Cypress Ave. offramp, 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 stadium, or the north side of Brockton Ave.

DIVISIONS: MEN & WOMEN: 5 year age groups of 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; and 80+.

ENTRY FEES: \$10.00 for first event, plus \$4.00 for a T-shirt; \$5.00 for each additional event; \$20.00 for relay team. See Official Entry Form below where to send to whom to make checks to.

ENTRY DEADLINE: April 27, 1988

LATE ENTRY FEE: \$3.00

AWARDS: Medals will be awarded to all winning teams and to first, second, and third places in individual events. Awards are based on best times where more than one heat per event per age group. There will be drawings for door prizes.

FACILITIES: 400 meter crushed brick track. (Should use 1/2 inch spikes). Dressing facilities and showers available (Please bring your own towels). Concession stand will be open.

T-SHIRTS: Commemorative T-shirts are available for an additional \$4.00 with entry fee.

ALL PROCEEDS ABOVE THE COST OF THE MEET GO TO KIWANIS COMMUNITY PROJECTS.

TIME SCHEDULE

TRACK EVENTS		FIELD EVENTS CONTINUED:	
9:30 a.m.	5,000 M Run All Ages W-M	12:00 m	Shot Put W-All; M30-34; 35-39
10:15	5,000 M Racewalk All Ages W-M	12:00 m	Long Jump M40-44; 45-49
10:45	1,500 M All Ages W-M	12:00 m	Discus M60-64; 65-69
11:15	110 M Hurdles All Ages M		70-74; 75-79; 80+
11:45	400 M All Ages W-M	1:00 p.m.	Shot Put M60-64; 65-69
12:05 p.m.	100 M All Ages W-M		70-74; 75-79; 80+
12:25	800 M All Ages W-M	1:00 p.m.	Long Jump M50-54; 55-59
12:45	400 M Hurdles All Ages M	1:00 p.m.	Discus M40-44; 45-49
1:05	400 M All Ages W-M	2:00 p.m.	Shot Put M50-54; 55-59
		2:00 p.m.	Long Jump M60-64; 65-69
			70-74; 75-79; 80+
		2:00 p.m.	Discus W-All; M30-34; 35-39
		3:00 p.m.	Shot Put M40-44; 45-49
		3:00 p.m.	Long Jump W-All; M30-34; 35-39
		3:00 p.m.	Discus M50-54; 55-59

OFFICIAL ENTRY FORM

NAME _____ ADDRESS _____ PHONE _____

MALE _____ FEMALE _____ AGE AS OF APR. 30, 1988 _____

EVENTS ENTERED

1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

T-SHIRT (with registration, \$4.00) Each Additional T-Shirt \$6.00

SIGNATURE _____

Make check payable to: Redlands-Evening Kiwanis for \$ _____ (See above fees)

Send entry to: DENNIS FARHAR, 904 EVERON CT., REDLANDS, CA. 92374

Continued from page 24

Agoura (L.A. suburb), Calif. Bruce Robinson, 6322 Eileen Ave., Los Angeles, CA 90043. 213/291-4045.

December 3. U.S. TAC National Masters 8K Championships, Phoenix, Ariz. Mike Copeland, 115 W. Echo Lane, Phoenix, AZ 85021. 602/997-6494.

December 4. U.S. TAC National Masters Marathon Championships, Sacramento, Calif. \$28,200 masters prize money. John Mansoor, 10513 Fair Oaks Blvd., No. J, Fair Oaks, CA 95628. 916/966-6185.

December 10. U.S. TAC National Masters Half-Marathon Championships, Orlando, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

December 18. U.S. TAC National Masters 100K Walk Championships, Research Triangle Park, N.C. Carl Birk, 8915 Broadway, #9262, Houston, TX 77061. 713/645-3917.

EAST

April 10. Hudson-Mohawk RRC Half-Marathon, Schenectady to Albany, N.Y. HMRRRC, P.O. Box 12304, Albany, NY 12212. Tom Bulger, 518/783-8925(h); 783-4259(w).

April 10. Vivicitte Ellesse 12K, Prospect Park, NYC. SASE to NYRRC, 9 E. 89th St., New York, NY 10128. 212/860-4435.

April 10. 1988 MDA-Boston Milk Run 10K, Boston. DMSE, Inc., 430C Salem St., Medford, MA 02155. 617/396-3001.

April 16. Trevira Twosome 10 Mile, Central Park, NYC. SASE to NYRRC, 9 E. 89th St., New York, NY 10128. 212/860-4455.

April 18 (Monday). 92nd Annual B.A.A. Boston Marathon, Hopkinton to Boston. Qualifying times. Deadline March 21. SASE to BAA Boston Marathon, 17 Main St., Hopkinton, MA 01748. 617/435-6905.

April 24. New Jersey Waterfront Marathon, Jersey City. 1988 Men's Olympic Marathon Trials. Harborside Financial Center, Plaza Two, 10th Fl., Jersey City, NJ 07302. 201/432-5530.

May 1. Newsday Long Island Marathon/Half-Marathon, Long Island, N.Y. Sports Unit, Eisenhower Park, East Meadow, NY 11554.

May 1. Pittsburgh Marathon, Pittsburgh, Pa. Pittsburgh Marathon, Inc. 638 USX Building, Pittsburgh, PA 15230. 412/391-2800. \$15,000 Masters prize money.

May 7. Marine Midland New Rochelle Half-Marathon, New Rochelle, N.Y. SASE to NYRRC, 9 E. 89th St., New York, NY 10128. 212/860-4455.

May 8. YWCA Women's 2/5 Mile, Manchester, N.H. Colleen Yanco YWCA, 72 Concord St., Manchester, NH 03101. 603/625-5785.

May 28. Freihofer's Run for Women 10K, Albany, N.Y. George Regan, 233 4th St., Troy, NY 12180. 518/273-0267.

June 4. L'eggs Mini-Marathon Women's 10K, NYC. Allan Steinfeld, 9 E. 89th St., New York, NY 10128. 212/860-4455.

July 10. Utica Boilermaker 15K, Utica, N.Y. Dean Reinke & Associates, 1210 Harding St., Winter Park, FL 32789. 305/647-2918. Earle Reed, P.O. Box 4729, Utica, NY 13504. 315/797-1310.

November 6. New York City Marathon, NYC. Applications (by first-come, first-served and by lottery) processed in mid-May. Fred Lebow, 8 E. 89th St., New York, NY 10128. 212/860-4455.

SOUTHEAST

April 9. Massanutten Mountain Massacre 50 Mile, Detrick, Va. Anstr Davidson, 1813 N. Madison St., Arlington, VA 22205. 703/532-8820.

April 24. City of Delray Beach 10K Run & 5K Walk, Florida Racewalkers, 4223 Palm Forest Dr. N., Delray Beach, FL 33445.

May 28. Elby's Distance Run 20K, Wheeling, W. Va. Hugh Stobbs, P.O. Box 1046, Wheeling, WV 26003. 304/233-5000.

May 30. Cotton Row Run 10K, John Denison, 14019 Coy's Dr., Huntsville, AL 35802. 205/881-5807.

June 4. Myrtle Beach 10K, Myrtle Beach, S.C. Myrtle Beach 10K, 1015 2nd Avenue South, N. Myrtle Beach, SC 29582. 803/272-6855.

July 4. Peachtree 10K, Atlanta, Ga. \$3000 masters money. Julia Emmons, 3097 Shadowlawn Ave., Atlanta, GA 30305. 404/231-9064.

MIDWEST

April 17. Jack Mortland Invitational/Mideast TAC Racewalk Championships (m 20K; w 10K), Whetstone Park, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547; 424-7011.

May 5-8. RRCA 1988 Convention, Indianapolis. Convention, Indy Runners, 1411 W. 86th St., Indianapolis, IN 46260. Henley Gible, 703/768-0545.

May 8. Jesse Owens 5K, Columbus, Ohio. Ron Althoff, OSU, 106 Larkins Hall, 337 W. 17th Ave., Columbus, OH 43210.

May 14. Old Kent River Run 25K, Grand Rapids, Mich. Jeannie Fichtel, P.O. Box 2194, Grand Rapids, MI 49501. 616/774-5261.

May 15. Revco Cleveland Marathon/10K, Cleveland, Ohio. Reno Starnoni, P.O. Box 46604, Bedford, OH 44146.

May 29. Ohio TAC One-Hour Track Run, Upper Arlington H.S., Columbus, OH 43220. 614/459-2547; 424-7011.

June 18. Steamboat Classic 4 Mile/15K, Peoria, Ill. \$3000 masters money. Steve Shostrom, 700 W. Main St., Peoria, IL 61606. 309/671-7077. Glenn Latimer, 312/356-1733.

MID-AMERICA

May 1. Lincoln Marathon/Half-Marathon, Lincoln, Nebr. Thomas Kay, 2809 Jackson Dr., Lincoln, NE 68502. 402/473-1164.

May 7. 6th Annual Howard Wood Dakota Relays 5K Walk, Sioux Falls, S.Dak. Dr. Glen Peterson, Augustana College, Sioux Falls, SD 57197. 605/336-4618.

May 30. Boulder Boulder 10K. \$5000 masters money. Lance Enholm, 3033 Iris St., Boulder, CO 80301. 303/444-RACE.

June 5. Hospital Hill Run Half-Marathon/7.7 Mile, Kansas City, Mo. \$1300 masters money. Hospital Hill Run, 2440 Pershing Rd., St. 500, Kansas City, MO 64108. 816/274-4039.

June 11. Grandma's Marathon, Duluth, Minn. Legal SASE to Scott Keenan, P.O. Box 6234, Duluth, MN 55806. 218/727-0947.

June 12. Garden of the Gods 10 Mile, Manitou Springs, Colo. SASE to Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 303/473-2625.

SOUTH WEST

April 9, 10, 30. New Orleans TC Races, New Orleans, La. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. Chuck George, 504/482-NOTC.

April 16. Crescent City 10K, New Orleans. Mac De Vaughn, 8200 Hampson St. Suite 407, New Orleans, LA 70118. 504/861-8686.

WEST

April 2-3. Tropicana/KLAS-TV Las Vegas 10K/Half-Marathon, Las Vegas, Nev. Thomas Sports Enterprises, S. Tioga Way, Las Vegas, NV 89117. 702/368-2885.

April 3, 6, 7, 10, 13, 14, 16, 17, 21, 28. Legg Lake Runs, S. El Monte, Calif. A. Martinez, 9502 Reichling Lane, Pico Rivera, CA 90660. 213/949-0394.

April 16. 33rd Annual Fontana Days Half-Marathon/5K, Fontana, Calif. Fontana Races, P.O. Box 518, Fontana, CA 92334. 714/350-7635.

April 17. Big Sur Marathon, Big Sur, Calif. Big Sur Marathon, Box 222620, Carmel,

CA 93922.

April 24. San Diego TC Fastest Masters 10K, San Diego, Calif. #10 SASE to Dale Larabee, Race Director, 4557 W. Talmadge Dr., San Diego, CA 92116. 619/234-3054. \$50 to winner in each 5-year div.

May 1. Long Beach Marathon, Long Beach, Calif. LB Marathon, 1827 Redondo Ave., Long Beach, CA 90804. 213/494-2664.

May 1. Avenue of the Giants Marathon, Weott, Calif. Line Race Consulting, P.O. Box 1049, Coronado, CA 92118. 707/443-1226.

May 15. Bay To Breakers 12K, San Francisco. Terri Robbins, 110 5th St., San Francisco, CA 94103. 415/777-7773.

May 22. Buick 10K, San Diego. Tim Murphy/Lynn Flanagan, 3456 Ingraham St., San Diego, CA 92106. 619/483-9501.

June 11. Palos Verdes Marathon, Palos Verdes, Calif. Marathon's Running Store, 1454 W. 25th St., San Pedro, CA 90732. 213/548-6865.

June 19-25, June 26-July 2, *July 24-30. Mammoth Athletics Camp, Mammoth Lakes, Calif. Camp director will be Dr. Ken Foreman, 1988 Olympic team coach. See ads in NMN for other coaches. *Special Distance Running & Fitness Walking Session. MAC Inc., 7411 Earldom, Playa del Rey, CA 90293. 213/281-1993.

July 17. San Francisco Marathon, San Francisco. Scott Thomason, P.O. Box

27557, San Francisco, CA 94127. 415/681-2322.

NORTHWEST

April 9. 12th Annual Pear Blossom 20K Run, Medford, Oregon. Pear Blossom Run, P.O. Box 146, Medford, OR 97501. Race Directors: Jerry & Zella Swartsley, 503/535-1205 between 7-8 p.m.

April 10. Emerald City Marathon, Seattle, Wash. PNB/ECM, 101 Elliott Ave. WA, No. 430, Seattle, WA 98119.

May 1. Lilac Bloomsday 12K, Spokane, Wash. \$6000 masters money. Sylvia Quinn, P.O. Box 1511, Spokane, WA 99210. 509/838-1579.

June 5. The Race 8K, Eugene, Oregon. Oregon TC, P.O. Box 1107, Eugene, OR 97440. Pete Gribbskov, 503/342-8082.

June 26. Cascade Run Off 15K, Portland Oregon. \$3500 masters money. Alisan Peters, P.O. Box 40228, Portland, OR 97240. 503/226-0717.

June 26-July 4, July 30-August 5. Eugene Experience Running Vacations, Eugene, Oregon. Free brochure: Box 5453, Eugene, OR 97405. 503/343-2063.

CANADA

May 1. Canadian Masters Athletic Association Marathon Championships, Hamilton, Ontario. CMAA, 1220 Sheppard Ave. East, Willowdale, Ontario M2K, 2X1. 416/495-4059.

RUN MISSION BAY
APRIL 24, 1988



FASTEST MASTERS

*Open to men & women 40 years of age and older

RACE FEATURES:
Certified Mission Bay course — flat & fast.
Aid stations at the half-way point and at the finish.
Post race refreshments, fruit, sodas, etc.
Unusual running shirt with new race logo (optional).
Complete race results will be printed in the SDTC NEWS, and mailed to each entrant.

The SDTC Masters 10K Championships will be held in conjunction with the Fastest Masters 10K. Those athletes currently registered with the San Diego & Imperial Athletics Congress are eligible. First place in each of the following 5 year divisions will receive \$50.00: M40, M45, M50, M55, M60, M65, M70, M75, M80+, W40, W45, W50, W55, W60, W65, W70 and W75+. For information on these championships call SDIAC Masters LDR Chairman Bill Stock at 619-594-6982.

The entrance road to Fiesta Island will be closed at 7:15 to all traffic.
Race starts at 7:30 sharp!

ENTRY FEE (non-refundable and non-transferable)
SDTC Members: \$6.00 or activity card. Shirt optional for Additional \$5.00.
Non-SDTC members: \$9.00 without shirt \$14.00 with race shirt.
Day of Race Registration closes at 7:15 A.M.

"NOTE:" Non-SDTC participants may join the SAN DIEGO TRACK, pay regular membership fees and run this race free with early registration.

"NOTE TOO:" A limited number of shirts.

ENTRY PROCEDURE: By April 16, 1988, send entry form and check payable to SDTC and include a #10 self-addressed, stamped envelope to: Dale Larabee, Race Director, 4557 West Talmadge Dr., San Diego, CA 92116. Phone: 234-3054 (days).

SAN DIEGO TRACK CLUB

The San Diego Track Club presents

THE FASTEST MASTERS 10 KM ROAD RACE



FIESTA ISLAND 10 KM

FASTEST MASTERS ENTRY FORM (PLEASE PRINT)

To enter, please fill out this form completely, sign the waiver, and mail with appropriate fee (make checks payable to SDTC) and a STAMPED SELF-ADDRESSED ENVELOPE (4" x 10") to: Race Director of address stated above. Entries without envelopes will not be mailed back.

NAME _____ SEX _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DAY PHONE _____ EVENING PHONE _____ CLUB _____

AGE ON RACE DAY _____ BIRTHDATE _____ / _____ / _____

"NON-SDTC" NEW MEMBER APPLICATION OR RENEWAL FORM (check one)

LIFE	\$200.00	\$ _____
FAMILY	40.00/yr	\$ _____
INDIVIDUAL (18 & over)	25.00/yr	\$ _____
INDIVIDUAL (17 & under)	15.00/yr	\$ _____

RACE ENTRY FEE: SDTC Member \$6.00 Non-member \$9.00

FREE WITH SDTC ACTIVITY CARD _____

OPTIONAL SHIRT FEE—\$5.00 _____

DONATIONS TO SDTC ARE GREATLY APPRECIATED _____

MAKE CHECK PAYABLE TO SDTC _____

TOTAL ENCLOSED \$ _____

ARE YOU A CURRENT SDTC MEMBER? YES _____ NO _____

WAIVER AND FITNESS STATEMENT FOR THIS SDTC EVENT

I, the undersigned, understand that this race is a competitive event and that I will be competing at my own risk. I understand that I will be liable for my own actions and that I will be responsible for my own safety. I understand that I will be responsible for my own actions and that I will be responsible for my own safety. I understand that I will be responsible for my own actions and that I will be responsible for my own safety.

SIGNATURE _____ DATE _____

MASTERS GLOSSARY OF TERMS

T&F: Track and Field

LDR: Long distance running

RW: Race 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.)

Seniors: A word of many meanings: 1) A TAC competitor age 20 or over; 2) Unofficially used in some LDR events to define runners age 60 over; 3) Sometimes unofficially used by the media and others as a substitute for "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 home office is 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 Veteran Athletes (WAVA): The official international veterans governing body for athletics. WAVA stages a World Veterans Games every odd-numbered year for men 40+ and women age 35+.

IGAL: An official international veterans LDR organization. IGAL holds an annual World Veterans Distance Running Championship (10K & 25K 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 group categories for both men and women (30-34, 35-39, 40-44, etc.). Your date of birth (not year of birth) determines your age.

Masters competition: Every event from the 100-yard dash to the pole vault to the marathon is available. Medals 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 help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

Local masters T&F: All Masters T&F meets feature competition for anyone age 30 or over. Masters meets 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 National Masters LDR Championships: The TAC Masters LDR 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 masters events.

It is not necessary for a foreign competitor to become a TAC member to compete in TAC events. (A TAC member is automatically insured against injury while competing in, or traveling to, a TAC-sanctioned competition.)

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 may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from TAC masters competition for a period of two years.

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

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

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

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

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

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

Age Records: An annual book of masters age records for each T&F event is available for \$5 from NMN, PO BOX 2372, Van Nuys CA 91404.

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

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

Rule Books: The IAAF Rule Book (\$10), the IAAF Men's Scoring Tables (\$5), the IAAF Women's Scoring Tables (\$5), and the TAC Rule Book (\$6) are available from TAC, Box 120, Indianapolis IN 46204.

WAVA Standards: WAVA multi-event scoring tables are available from Ian 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. 14th Ave., Boynton Beach FL 33435.

IA, IB, etc. Codes which refer to various age-groups, as follows: OA-30-34; OB-35-39; IA-40-44; IB-45-49; 2A-50-54; 2B-55-59; 3A-60-64; 3B-65-69; 4A-70-74; 4B-75-79; 5A-80-84.

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

National Masters News (NMN): The bible of the Masters athletics program. NMN is an official publication of TAC and WAVA. Each month, it delivers 24 to 40 pages of results, schedules, entry blanks, age records, rankings, photos, articles, training tips and all the inside scoops and information that affect the world of masters athletics competition. NMN welcomes contributions from its readers—results, schedule info, photos, letters and opinions. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is \$18.75 (2nd class), \$26.75 (1st class), or \$33.75 (overseas). Send to NMN, PO Box 5185, Pasadena, CA 91107.

All-American Standards Revised

On this page are proposed new standards of excellence to qualify for TAC's Masters Track & Field All-American recognition. Since there have been complaints that some standards were inconsistent, or too easy, or too hard, TAC's All-American Committee developed these proposed new standards.

Please look them over. Some stan-

dards have been raised; some lowered.

The idea is to make the standards achievable, but not easy. An All-American performance should be worthy of the name.

Send your comments to NMN All-American, PO Box 2372, Van Nuys, CA 91404. All suggestions will be reviewed, and the final standards will be published in the June issue. □

PROPOSED NEW U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
100	11.9	12.1	12.3	12.6	12.9	13.2	13.6	14.2	14.8	15.6	16.7	18.0	19.8
200	23.8	24.4	25.1	25.8	26.6	27.5	28.7	30.0	31.6	33.6	36.0	39.1	43.0
400	52.2	53.7	55.5	57.5	59.8	62.4	65.4	68.8	72.8	77.4	82.8	89.2	96.8
800	2:00	2:02	2:06	2:11	2:17	2:24	2:32	2:41	2:51	3:03	3:16	3:32	3:50
1500	4:06	4:10	4:18	4:27	4:39	4:54	5:11	5:31	5:54	6:21	6:51	7:25	8:05
1 Mile	4:26	4:31	4:39	4:49	5:02	5:18	5:36	5:58	6:23	6:52	7:25	8:03	8:45
5000	15:29	15:52	16:18	16:52	17:36	18:30	19:34	20:51	22:23	24:12	26:22	28:55	32:00
10000	32:13	32:58	33:50	34:59	36:25	38:11	40:21	42:58	46:09	50:02	54:48	60:38	67:50
5K	9:37	9:54	10:36	11:04	11:40	12:24	8:35	9:16	10:04	11:00	12:04		
10K	15.7	16.0	16.5	17.3	18.0	19.2							
100M					16.4	17.4	18.2	19.5					
800H									16.3	17.4	18.8		
400H	56.6	58.5	60.8	63.6	65.5	68.9	72.0	77.2	84.1	93.3			
300H					46.5	48.8	50.8	54.3	59.0	65.5	72.8		
HJ	2.01	1.92	1.84	1.74	1.66	1.56	1.48	1.39	1.30	1.22	1.12	1.04	.96
	6-7	6-3/4	6-0/4	5-8/4	5-5/4	5-1/4	4-10/4	4-7	4-3/4	4-0	3-8	3-5	3-2
PV	4.32	4.12	3.93	3.73	3.54	3.34	3.11	2.86	2.58	2.28	1.94	1.58	1.20
	14-2	13-6	12-11	12-3	11-7	10-11/4	10-2/4	9-4/4	8-5/4	7-6	6-4/4	5-2/4	3-11/4
LJ	6.91	6.56	6.21	5.86	5.50	5.15	4.80	4.45	4.10	3.74	3.39	3.04	2.69
	22-8	21-6/4	20-4/4	19-3	18-0/4	16-11	15-9	14-7/4	13-5/4	12-3/4	11-1/4	10-0	8-9
TJ	14.17	13.70	13.06	12.33	11.54	10.70	9.85	9.01	8.18	7.38	6.62	5.90	5.24
	46-6	44-11/4	42-10/4	40-5/4	37-10/4	35-1/4	32-4	29-7	26-10	24-2/4	21-9	19-4/4	17-2/4
SP	15.85	15.05	14.26	13.47	12.67	11.87	11.07	10.27	9.47	8.67	7.87	7.07	6.27
	52-0	49-4/4	46-9/4	44-2/4	41-3/4	38-4	35-8	33-6/4	31-7/4	29-7/4	27-10	25-4/4	23-8
DT	51.80	49.21	46.62	44.03	41.44	38.85	36.26	33.67	31.08	28.49	25.90	23.31	20.72
	169-11	161-6	152-11	144-6	135-10	126-5	117-0	107-5	98-0	88-5	79-0	69-5	60-0
JAV	66.50	61.60	57.40	53.20	48.80	43.01	40.99	36.32	32.00	28.05	24.46	21.24	18.35
	218-2	202-1	188-4	174-6	160-1	141-2	134-6	119-2	105-0	92-1	80-3	69-9	60-3
HAM	56.00	53.20	50.40	47.60	44.66	42.18	40.53	36.29	32.37	28.77	25.48	22.50	19.81
	183-9	174-6	165-4	156-2	153-1	138-5	133-0	119-1	106-3	94-5	83-7	73-10	65-0
PEN	2800	2600	2400	2200	2000	1800	3000	3000	3000	2500	2000	1000	
DEC	5500	5250	5000	4750	4500	4250	6000	5500	5000	4000	2000	1500	

notes: 1) 100 standards are for auto time; use standard conversion for hand time

2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"

3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"

4) Shot put: 30-49: 16#; 50-59: 12#; 60+: 8#

5) Discus throw: 30-49: 2kg; 50-59: 1.6kg; 60+: 1kg

6) Javelin: 30-49: 800g; 50-59: 600g; 60+: 400g

7) Hammer: 30-49: 16#; 50-59: 12#; 60+: 8#

8) Metric heights and distances are the standard; feet and inches listed for convenience

PROPOSED NEW U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	13.2	13.5	13.8	14.2	14.7	15.3	16.0	17.1	18.5	20.3	22.4	24.8
200	26.8	27.6	28.4	29.4	30.7	32.3	34.4	36.9	40.1	44.0	48.4	53.6
400	58.9	61.2	63.9	66.9	70.5	74.5	79.3	84.8	91.4	99.2	109.1	120.8
800	2:14	2:20	2:27	2:35	2:45	2:55	3:07	3:21	3:36	3:55	4:19	4:47
1500	4:36	4:46	5:01	5:19	5:39	6:02	6:30	7:01	7:36	8:16	9:06	10:05
1 Mile	4:58	5:09	5:25	5:44	6:07	6:32	7:02	7:35	8:15	9:02	9:52	10:55
5000	18:01	18:24	18:55	19:35	20:26	21:32	22:57	24:47	27:10	30:20	34:34	40:15
10000	37:55	38:38	39:43	41:11	43:03	45:28	48:36	52:37	57:25	64:45	73:54	86:07
100H	15.8	16.9										
80H			14.2	15.2	16.3	17.4	18.6	20.2	21.9	25.0	27.5	
400H	66.2	69.0	72.5	76.5								
300H			51.3	54.0	57.7	62.7	69.6	77.3				
HJ	1.64	1.56	1.48	1.40	1.31	1.23	1.14	1.06	.98	.90	.82	
	5-4/4	5-1/4	4-10/4	4-7	4-3/4	4-0/4	3-9	3-6	3-2/4	2-11/4	2-8/4	
LJ	5.96	5.50	5.15	4.80	4.45	4.10	3.69	3.39	3.04	2.69	2.33	
	19-3	18-0/4	16-11	15-9	14-7/4	13-5/4	12-1/4	11-1/4	10-0	8-10	7-8	
TJ	12.00	11.45	10.70	9.85	9.01	8.18	7.38	6.62	5.90	5.24	4.60	
	39-4/4	37-7	35-1/4	32-4	29-7	26-10	24-2/4	21-9	19-4/4	17-2/4	15-1	
SP	14.64	14.12	12.99	11.82	12.10	10.80	9.57	8.40	7.35	6.36	5.43	
	48-0/4	46-4	42-7/4	38-9/4	39-8/4	35-5/4	31-5	27-7	24-0/4	20-10/4	17-9/4	
DT	48.46	48.11	44.31	40.09	35.60	31.00	26.47	22.13	18.11	14.49	11.63	
	159-0	157-10	145-5	131-7	116-9	101-8	86-10	72-7/4	59-5	47-6/4	38-2	
JAV	45.59	40.81	36.29	32.08	29.62	26.74	24.03	21.90	19.88	17.83	15.78	
	149-7	133-11	119-1	105-3	97-2	87-9	78-10/4	71-10/4	65-3	58-6	51-9/4	

notes: 1) 100 standards are for auto time; use standard conversion for hand time

2) Short hurdles: 30-39: 33"; 40+: 30" 3) Long hurdles: All 30"

4) Shot put: 30-49: 8#; 50+: 6# 5) Discus: All 1.0kg

6) Javelin: 30-49: 600g; 50+: 400g

7) Metric heights and distances are the standard; feet/inches for convenience only

RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

ALL-AMERICAN ACHIEVERS FOR MARCH, 1988

M35	EVENT	MARK
FRANK CORNETT	800 Meters	2:04.0
BILL WILSON	Javelin	187'5"

M40	EVENT	MARK
FRANK CORNETT	1500 Meters	4:13.6
FRANK CORNETT	5000 Meters	15:48.5
TOMLINSON RAUSCHER	Pole Vault	13'6"

M45	EVENT	MARK
JAMES O'HARA	110 Hurdles	16.1

M50	EVENT	MARK
JAY EDWARDS	Shot Put	45'9"
JAMES TOTMAN	10,000 Meters	37:00

M55	EVENT	MARK
ALEX PAPPAS	200 Meters	26.8
DR. GLEN PETERSON	5000 Race Walk	27:48.6

M60	EVENT	MARK
EDWARD HOLMES	Long Jump	14'6½"

M65	EVENT	MARK
DONALD HULL	100 Meters	13.8
DONALD HULL	High Jump	4'4"
DONALD HULL	Long Jump	12'8"

M85	EVENT	MARK
DR. HERB ANDERSON	100 Meters	18.2
DR. HERB ANDERSON	200 Meters	38.7
DR. HERB ANDERSON	400 Meters	99 sec.
DR. HERB ANDERSON	High Jump	3'4"
DR. HERB ANDERSON	Long Jump	8'9 3/4"
DR. HERB ANDERSON	Triple Jump	21'2"
DR. HERB ANDERSON	Shot Put	26'1"
DR. HERB ANDERSON	Discus	59'2"
DR. HERB ANDERSON	Hammer	43'5"
DR. HERB ANDERSON	Javelin	74'5½"

W50	EVENT	MARK
JEANNE HOAGLAND	1500	5:09.4
JEANNE HOAGLAND	5000	19:17
JEANNE HOAGLAND	Masters Mile	5:29
LINDA SIPPRELE	1500	5:45

MASTERS LOWLIGHTS



THERE'S ALWAYS ONE IN THE 10K

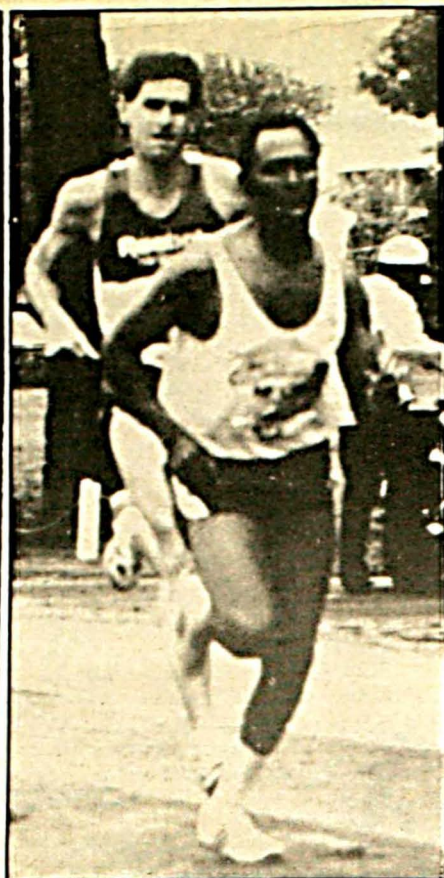
One Person

ALL AMERICAN STANDARDS FOR MASTERS RACE WALKERS

MEN	5km	10km	20km	WOMEN	5km	10km	20km
M40	24:30	51:00	1:45	W40	29:00	1:00	2:04
M45	26:00	54:00	1:52	W45	31:00	1:04	2:12
M50	27:30	57:00	1:58	W50	33:00	1:08	2:20
M55	29:00	1:00	2:04	W55	35:00	1:12	2:28
M60	30:30	1:03	2:10	W60	38:00	1:18	2:40
M65	32:00	1:06	2:16	W65	41:00	1:24	2:52
M70	34:00	1:10	2:24	W70	44:00	1:30	3:04
M75	36:00	1:14	2:32	W75	47:00	1:36	3:16
M80	38:00	1:18	2:40	W80	50:00	1:42	3:28
M85+	40:00	1:22	2:48	W85+	53:00	1:48	3:40

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100m	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.0	17.0	18.0
200m	22.4	23.3	24.2	25.1	26.0	27.3	28.5	29.8	32.4	35.0	38.9	42.8
400m	51.0	52.5	54.0	55.5	57.5	59.0	62.5	67.0	72.0	76.0	82.5	87.6
800m	2:01	2:04	2:08	2:12	2:19	2:29	2:37	2:45	2:54	3:03	3:13	3:24
1500m	4:11	4:12	4:15	4:31	4:40	5:00	5:24	5:49	6:12	6:39	7:03	7:30
5000m	15:30	15:42	16:12	16:42	17:24	18:12	19:36	21:06	22:36	24:16	25:50	27:30
10000	33:00	34:00	35:00	36:00	37:00	38:30	40:30	44:30	48:30	54:30	60:30	68:30
5K	10:00	10:20	11:10	11:50	12:30	13:20	13:50	14:40	17:30	20:00		
10K							9:30	10:30	12:45	14:00		
15K	15.0	16.4	17.75	18.75	19.14	20.25	20.57	21.65	22.60	26.0	29.8	33.7
20K							18.0	20.0				
25K									18.0	21.0		
30K							57.0	62.0	66.0	71.0	75.0	81.0
400IMH	57.6	59.6	62.0	64.4	68.2	72.0	76.0	82.0	88.0	94.0	100.0	106.0
A.J.	1.94	1.85	1.76	1.66	1.59	1.50	1.41	1.32	1.23	1.12	1.02	.92
	6'4½"	6'3/4"	5'9¾"	5'6"	5'2½"	4'11"	4'7½"	4'4"	4'½"	3'8"	3'4"	
L.J.	6.50	6.10	5.70	5.30	4.90	4.50	4.12	3.72	3.35	2.90	2.55	2.15
	21'4"	20'½"	18'8½"	17'4½"	16'3/4"	14'9"	13'6½"	12'2½"	10'11"	9'6½"	8'4½"	7'½"
P.V.	4.11	3.89	3.66	3.43	3.20	2.97	2.74	2.44	2.13	1.83		
	13'6"	12'9"	12'0"	11'3"	10'6"	9'9"	9'0"	8'0"	7'0"	6'0"		
T.J.	12.90	12.30	11.60	10.90	10.20	9.55	8.90	8.20	7.50	6.80	6.10	5.50
	42'4"	40'4½"	38'3/4"	35'9½"	33'5½"	31'4"	29'2½"	26'11"	24'7½"	22'3½"	20'½"	18'½"
Discus	44.80	42.60	40.60	38.00	40.00	36.40	42.00	36.80	31.60	26.40	21.40	16.00
	147'	139'9	133'2	124'8	131'3	119'5	137'9	120'9	103'8	86'7	70'2½	52'6
Javelin	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203'5	187'0	170'7	157'6	141'1	126'4	131'3	114'10	95'2	78'9	62'4	49'2½
Hammer	47.24	44.20	41.14	38.10	38.40	32.50	36.00	30.50	25.00	20.00	15.00	10.00
	155'0	145'0	135'0	125'0	126'0	106'8	118'1	100'1	82'0	65'7½	49'2½	39'4½
S.P.	15.20	14.10	13.00	12.00	13.00	11.80	13.00	11.80	10.70	9.50	8.40	7.20
	49'10½	46'3	42'8	39'4½	42'8	38'8½	42'8	38'8½	35'1½	31'2	27'6½	23'7½



Write On Continued from page 20

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 with finishing last, hence our "last place" chart designed to encourage participation.

We certainly agree that one's self worth is independent of times and awards, and suspect most of our readers agree. We try to feature profiles and photos of all masters performers, not just age-group winners. We publish rankings up to 100 deep, and sometimes print all the finishers in an age-group, not just winners. We try to write about the camaraderie of an event as well as the winners, but, usually, all we receive are the hard results.

The reasons our race coverage focuses on age-group winners are: 1) Winners deserve the recognition for an outstanding effort; winning doesn't come easy; it takes a lot of training and hard work; 2) We don't know how to report a race other than to say who won. How else could it be done? That's what a race is: to see who's fastest.

We would hope our training, medical, podiatric and other columns would appeal to a broad range of readers. And, of course, our letters-to-

the-editor, such as yours, hopefully convey the sentiments of the entire masters community. — Ed)

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 Paasinen
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 to: 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 bet." 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)

1985 MEN'S 400 METERS 30-34 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	RANDY BENSON	49.80
2	RUSSELL AUSTIN	49.90
3	ROBERT BURNETT	50.29
4	A. MCCONNELL	50.33
5	CHARLES WOLF	50.49
6	ANTHONY JOHNSON	50.60
7	JAMES FREDDIE	50.90
8	MARTIN LEFEVRE	51.00
9	RICHARD BARBOSA	51.16
10	ED RUSIZ	51.20

11	JESSE THOMAS	51.30
12	DAVE HAGEMER	51.36
13	AUGUST BOURGEOIS	51.50
14	GEORGE CRUMEL	51.50
15	JAY LAUER	51.50
16	JAMES HARVEY	51.56
17	ERROL ANDERSON	51.60
18	MIKE BLACK	51.60
19	STEVE FOSTER	51.70
20	DAN RADIFF	51.70

21	ROBERT PARKS	51.72
22	- JONES	51.79
23	G. TIFFANY	51.90
24	TOM REWOLINSKI	52.02
25	CLIFFORD SMITH	52.20
26	MIKE MERRITT	52.30
27	- COLSON	52.40
28	R. MOSCHELLA	52.60
29	DAVID ALLEN	53.00
30	RALPH PENN	53.00

31	MICHAEL PANNELL	53.11
32	GERRY WILLIAMS	53.19
33	R. LITTLEFIELD	53.20
34	CHARLES MISSOURI	53.21
35	RICK THOMAS	53.40
36	- MOORE	53.40
37	JERRY WILLIAMS	53.40
38	WAYNE JOHNSON	53.40
39	RAMON VASQUEZ	53.40
40	H. HUDSON	53.50

41	ROB FAVORITE	53.50
42	- HAYDEL	53.60
43	D. HOOVER	53.70
44	B. ZAHN	54.00
45	R. EBBETS	54.00
46	M. CALLOPY	54.00
47	DUANE ISHAM	54.00
48	SCOTT THORNLEY	54.20
49	STAN BRAJER	54.40
50	ED ROBINSON	54.40

1985 MEN'S 400 METERS 35-39 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	EUGENE DRIVER	48.75
2	J. KING	49.46
3	LAMAR MILLER	50.00
4	J. B. HAGGERTY	50.10
5	MIKE RIDDLE	50.70
6	DANNY THIEL	51.44
7	JAMES VICKS	51.65
8	DOLAN STREET	51.68
9	DAVID SALEEM	51.90
10	MATT PRUITT	52.13

11	M. WINZENREID	52.20
12	BOB GREEN	52.37
13	REX HARVEY	52.49
14	DONALD HODGE	52.50
15	EARLIE THOMAS	52.58
16	ROBERT THUE	52.72
17	FRED LEE BOOKER	52.75
18	JOHNNY FIELDS	52.80
19	DAVID POGUE	52.84
20	DAVID SIMONS	52.84

21	SHERIDON GROVES	53.01
22	RON McDONALD	53.20
23	D. RUBINSON	53.30
24	- STEIN	53.40
25	RONALD JOHNSON	53.60
26	- HAGER	53.79
27	GENE VILLAREAL	53.89
28	DAVE DETLEFSEN	53.90
29	BERNARD TURNER	53.90
30	AL LOGIE	53.90

31	DAVID LARSON	54.00
32	E. BRUNGER	54.00
33	GORDON REITER	54.03
34	ROBERT UNDERWOOD	54.10
35	M. VAN AUER	54.10
36	ROBERT OVERTON	54.20
37	JAMES JOHNSON	54.36
38	J. TUCKER	54.50
39	ARTHUR WRIGHT	54.70
40	H. MASLOWSKI	54.90

41	W. GRIPP	54.94
42	MAX NAEGELE	55.13
43	JAMES GELSONINI	55.40
44	GLENN JOHNSON	55.56
45	ROBERT INNE	55.60
46	JERRY BALADAD	55.71
47	FLICK RYAN	55.82
48	BILL DAWKINS	56.00
49	DAN AYERS	56.15
50	GENE TAYLOR	56.23

1985 MEN'S 400 METERS 40-44 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	GEORGE SMITH	50.10
2	DENNIS DYCE	50.30
3	HAROLD MORIKOA	50.52
4	MATTHEW PRUITT	50.90
5	GEORGE MASON	51.23
6	DENNIS DUFFY	51.38
7	R. TUCKER	51.38

8	FRANK LITTLE	51.60
9	S. TAMANI	51.76
10	MEL BROOKS	51.91

11	DAVE ROMAIN	52.00
12	DON BROWN	52.40
13	GARY CARR	52.60
14	B. STEVENS	52.80
15	JOE KOPKA	52.90
16	TED CAIN	53.06
17	TOM O'HORA	53.10
18	ROBERT STANFORD	53.40
19	SCOTT HAGER	53.50
20	CLARENCE RAY	53.55

21	ROBERT BROWN	53.65
22	KEVIN SHERLOCK	53.70
23	WOODY STUDENMUND	53.70
24	DAVE DENISON	53.77
25	D. MULL	54.10
26	GLENN GOVERTSEN	54.40
27	DHAMIRI ABAYAMI	54.40
28	B. JOHNSON	54.53
29	KIMM WILLIAMS	54.70
30	GROVER PETERSON	54.80

31	CHARLES LACHUISA	54.81
32	DON PARKER	54.90
33	MAURICE McDONALD	54.90
34	DARRELL DUNN	55.10
35	DON BOYER	55.40
36	MICHAEL KAHN	55.57
37	GARY KOPKA	55.60
38	EARL BROTTEN	55.62
39	G. SMITH	55.60
40	RICK GUIDO	56.10

41	JIM BRAIG	56.30
42	MARK SANGSTER	56.51
43	NOEL PRUSSMAN	56.64
44	CLIVE MATSON	56.70
45	AL PETROFF	56.80
46	WILSON WELDON	57.00
47	EVAN SHULL	57.00
48	C. MCCORMICK, JR.	57.07
49	JOEL LILES	57.10
50	STEVE ROGERS	57.17

1985 MEN'S 400 METERS 45-49 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	JIM BURNETT	50.46
2	ROY TURNER	51.40
3	LARRY COLBERT	52.10
4	BILL KNOCKE	52.45
5	BOB WILLIAMS	52.70
6	RON KIRKPATRICK	52.77
7	MARTYN ADAMSON	52.80
8	- TURNER	52.90
9	GEORGE COHEN	53.03
10	HARRY TOLLIVER	53.48

11	EDWARD SMALL	53.70
12	HUGH ADAMS	54.11
13	RICHARD RIZZO	54.20
14	FRED NIEDERMEYER	54.52
15	JACKSON STEFFES	54.54
16	G. SHANE	54.90
17	ED OLEATA	54.99
18	MACK STEWART	55.00
19	JAMES HURD	55.10
20	J. PUCKETT	55.41

21	HAIG BOHIGIAN	55.60
22	STAN KING	55.73
23	CLIFF BEDELL	55.77
24	JACK BROCKSMITH	56.00
25	S. MILLER	56.15
26	THORNTON SHELTON	56.18
27	GIL LATORRE	56.21
28	JOE KULBACKI	56.34
29	BILL MCILLEN	56.36
30	MICHAEL BOUDREAU	56.68

31	L. THORNE	56.77
32	SAMMY WHITE	56.77
33	DAWSON PRATT	56.90
34	JAMES HODGE	57.00
35	ROD VAN VELSON	57.06
36	DICK OCKER	57.60
37	CHARLES KINCAID	57.73
38	TONY DEATHRIDGE	57.80
39	D. LIEBERMAN	57.86
40	ROBERT JONES	58.03

41	TOM FONDI	58.50
42	JIM DEMMA	58.60
43	GROVER COATES	58.66
44	GARY HERUM	58.68
45	ROSS IRVING	58.90
46	HERB SNEDDEN	59.10
47	ARNOLD BUCHANAN	59.56
48	G. L. BANE	1:00.40
49	RON HILL	1:00.65
50	B. HUMKE	1:01.00

1985 MEN'S 400 METERS 50-54 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	RUDY ENDERS	52.50
2	UVIDIO DE JESUS	52.63
3	CLIFFORD PAULING	52.96
4	A. WILLIAMS	53.20
5	JIM MATHIS	54.00
6	PAUL JOHNSON	54.25
7	RALPH SUMMERLIN	55.30
8	D. PERRY	55.34
9	GEORGE HORTON	55.80
10	BRUCE SPRINGBETT	56.24

11	LEE BLOUNT	56.70
12	HAROLD MITT	56.92
13	FRITZ SCHLERETH	57.44
14	J.C. HOFFMAN	57.45

15	WOODY GROVER	57.68
16	ED SUTTON	57.88
17	TONY NASHALLA	58.10
18	HECTOR CISNEROS	58.20
19	ROGER TSUDA	58.60
20	MATT BROWN	58.80

21	WILL ROBINSON	58.90
22	RAY GRIFFIN	58.95
23	JIM PARKS	58.98
24	M. LO KAI	59.30
25	T. WEALEN	59.80
26	R. BOYD	1:00.20
27	JACK GILMORE	1:00.70
28	FRED LEHR	1:00.96
29	- HOLLIS	1:01.00
30	ROLAND SMITH	1:01.09

31	WILLIAM CLARK	1:01.63
32	F. D. BROWN, JR.	1:01.72
33	JOHN KORTHEUER	1:02.00
34	JAMES WARE	1:02.00
35	A. SHEAHAN	1:02.01
36	ENVER MEMMEDBASICH	1:02.40
37	LARRY PATZ	1:02.40
38	RUBEN RODRIGUEZ	1:02.49
39	EDWARD MARTIN	1:02.50
40	STANLEY GILES	1:02.60

41	ROGER PARKER	1:02.80
42	- LAWS	1:02.94
43	SAM FLORY	1:03.08
44	BRENDAN SPRATT	1:03.23
45	EDWIN ALEXANDER	1:03.51
46	SUNNY CALE	1:03.60
47	HAL KAUFMAN	1:03.80
48	ARLYN MELCHER	1:03.83
49	FRANK NISHI	1:04.02
50	ART AFRENEW	1:04.03

1985 MEN'S 400 METERS 55-59 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	LOUIS SMITH	55.77
2	ROCKY MCPHERSON	56.40
3	BERNARD STEVENS	58.82
4	LOUIS BEADLE	59.25
5	ALAN COHEN	59.50
6	STAFFORD THOMPSON	59.51
7	MARRY BROWN	59.60
8	WARD MCCURTAIN	59.60
9	DON MCCARTEN	59.82
10	ROBERT WATANABE	59.93

11	DON CHEEK	1:00.38
12	KELSEY BROWN	1:00.43
13	JOE KELLY	1:00.60
14	CHARLES RICE	1:00.64
15	GENE HARTE	1:00.99
16	SHERIDAN HOLLAND	1:01.03
17	GORDON SEIFERT	1:01.11
18	JOSE OLIVERO	1:01.48
19	ROBERT MORRIS	1:01.59
20	OSWALD DAWKINS	1:01.90

21	HERB KANIA	1:01.90
22	AART RACKWITZ	1:02.00
23	ROGER HOCKER	1:02.07
24	HUEL WASHINGTON	1:02.46
25	EARL SUMNERS	1:02.50
26	WILLIAM DAPRANO	1:02.53
27	JOHN KANE	1:02.80
28	B. SMALLWOOD	1:03.18
29	ALEX PAPPAS	1:03.20
30	K. COHEN	1:03.24

31	THOMAS BARTENFELD	1:03.51
32	JERRY REISERER	1:03.76
33	P. O'CONNELL	1:04.23
34	RICHARD NORDQUIS	1:04.26
35	LUIS ARROYO	1:04.69
36	TOM BRINTON	1:04.76
37	J. MEERS	1:04.80
38	RICHARD KLEIN	1:05.10
39	- JOHNSON	1:05.24
40	T. ENSSUN	1:06.11

41	JOCK JOCY	1:06.13
42	BILL GENTRY	1:06.90
43	A. De LA ROSA	1:07.09
44	JOHN MARTIN	1:07.18
45	BOB STANHOPE	1:07.30
46	A. REID	1:07.75
47	JACK CAMPBELL	1:07.80
48	JACK GREENWALD	1:08.21
49	ED TANKINS	1:08.40
50	EARL DOWNEY	1:09.02

1985 MEN'S 400 METERS 60-64 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	RUDY VALENTINE	58.33
2	NORM BAUM	59.44
3	GENE HARTE	1:01.58
4	TED RADENAKER	1:02.28
5	VALDEN SADUL	1:03.06
6	BILL FITZGERALD	1:03.29
7	- THOMAS	1:03.58
8	OSCAR HARRIS	1:04.46
9	JIM MANN	1:05.18
10	MAX GOLDSMITH	1:05.27

11	BILL BALLANTINE	1:05.42
12	- RICE	1:05.60
13	CAL BOYD	1:05.75
14	RAY ARMSTRONG	1:05.78

15	BOO MORCOM	1:05.90
16	GLENN BRADD	1:06.06
17	M. LUNSFORD	1:07.77
18	A. THOMPSON	1:08.30
19	R. DAVENPORT	1:08.80
20	JIM MCCARTHY	1:09.04

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U.S. MASTERS TRACK & FIELD RANKINGS

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

Compiled by Max Quackenbos

1986 MEN'S 5000 METERS 30-34

RANK	NAME	STATE	AGE	TIME
1.	KEN HUNTER	OR	30	14.44.6
2.	ROGER TOMASOWIS	FL	31	14.50.0
3.	E. MCKEE	FL	32	14.58.0
4.	BOB DUGAN	FL	33	15.03.1
5.	C. DUGGAN	FL	34	15.12.8
6.	MIKE WARD	NJ	35	15.14.2
7.	PHILIP BINK	OR	36	15.16.6
8.	GREG GUSTAFSON	OR	37	15.17.2
9.	J. CUMING	NY	38	15.28.8
10.	MIKE ROHAN	NY	39	15.37.8
11.	G. MARINO	NY	40	15.37.9
12.	STEVE BITTERLY	NY	41	15.40.8
13.	H. MEDINA	CA	42	15.43.8
14.	TIM WILLIAMS	CA	43	15.45.0
15.	ED SPINNEY	CA	44	15.47.4
16.	JOHN HABERKERN	CA	45	15.50.8
17.	GARY RITTER	CA	46	16.00.9
18.	ALPHE CROMIN	CA	47	16.03.0
19.	A. CUSIMANO	CA	48	16.03.3
20.	JOE VUJNICH	CA	49	16.12.0
21.	FRANK REGUERO	FL	50	16.14.0
22.	DAVID MOORE	TX	51	16.15.5
23.	F. PINCUS	IL	52	16.20.3
24.	RICK GREEN	IL	53	16.24.6
25.	JEFFREY MORRELL	IL	54	16.27.4
26.	GARY FOLTZ	CA	55	16.28.0
27.	F. RUSSO	NJ	56	16.36.6
28.	J. SHEARER	NJ	57	16.38.4
29.	PHILIP TSCHORKE	NY	58	16.40.1
30.	RICHARD MESZAROS	NY	59	16.40.7

RANK	NAME	STATE	AGE	TIME
31.	JIM SCATTERFIELD	VA	34	16.42.3
32.	ALLAN MCLEAREN	VA	35	16.50.9
33.	THOMAS STARKER	VA	36	16.51.0
34.	D. MONTEFIORE	VA	37	16.52.0
35.	D. WENZELREID	CA	38	17.00.2
36.	STEVE ROBE	CA	39	17.07.7
37.	JOE BALAJANO	CA	40	17.07.7
38.	BERNARD RATE	CA	41	17.08.4
39.	MIKE DAYTON	CA	42	17.11.6
40.	ROBERT PETERSON	CA	43	17.19.9
41.	F. CASTRO	MX	44	17.20.1
42.	D. YOUNG	NJ	45	17.24.0
43.	F. PATERNO	NJ	46	17.26.7
44.	JEFFREY BROWN	NJ	47	17.37.6
45.	BILL STROSS	OH	48	17.40.0
46.	M. HARVAZI	MX	49	17.41.2
47.	T. KELLY	TX	50	17.41.5
48.	BILL VOGT	TX	51	17.45.8
49.	TERRY FEMMER	CO	52	17.54.0
50.	ERIC SCHMIDT	PA	53	17.55.4

1986 MEN'S 5000 METERS 35-39

RANK	NAME	STATE	AGE	TIME
1.	D. PAUL	CA	35	15.06.0
2.	IRA PRICE	MO	36	15.15.9
3.	RANDY TAYLOR	AR	37	15.16.7
4.	HAROLD NOLAN	NJ	38	15.22.8
5.	ERNIE RIVAS	CA	39	15.34.5
6.	JOE KAP	OR	40	15.36.0
7.	HARRY BOSTON	CA	41	15.40.0
8.	JOHN DEFINNEY	CA	42	15.40.6
9.	WES WESSLEY	CA	43	15.44.3
10.	JIM HATCHER	MT	44	15.44.9
11.	KEVIN KELLY	NY	45	15.46.5
12.	BRIAN RIVLAN	NY	46	15.47.5
13.	THOMAS BENNETT	CA	47	15.47.7
14.	R. BETANCOURT	MX	48	15.51.5
15.	S. FERRAZ	CA	49	15.56.8
16.	C. WEINER	CA	50	15.52.5
17.	JOHN ALBERT	CA	51	16.01.7
18.	DEREK MCIVER	CA	52	16.01.8
19.	STEVE RUTTIER	PA	53	16.14.0
20.	BOB THOMAS	PA	54	16.15.2
21.	CLINTON DAVIS	CA	55	16.21.0
22.	B. KRITZER	CA	56	16.23.0
23.	M. STEPPOWSKI	NJ	57	16.25.1
24.	B. CHAVEZ	MX	58	16.25.3
25.	GEORGE RIEMER	CA	59	16.26.2
26.	LES TURNER	CA	60	16.27.4
27.	S. PEREZ	MX	61	16.30.1
28.	GILBERT PATRY	CA	62	16.32.6
29.	K. RODEFER	CA	63	16.33.2
30.	PETER GILMORE	CA	64	16.37.3

RANK	NAME	STATE	AGE	TIME
31.	CHARLIE McCULLOUGH	CA	37	16.39.1
32.	BERNARD WRIGHT	NY	38	16.39.1
33.	RICHARD NAKHON	OR	39	16.40.9
34.	DAVE BINKLEY	CA	40	16.42.8
35.	RANDY COOK	VA	41	16.45.6
36.	MIKE COOR	CA	42	16.46.3
37.	JOE BURLESON	CT	43	16.53.8
38.	CRAIG RUTYAN	MA	44	16.54.9
39.	TIM SHANNON	CA	45	16.55.9
40.	HENRY LANGE	CA	46	16.56.4

RANK	NAME	STATE	AGE	TIME
41.	JOAQUIN ARTAS	CA	47	16.56.7
42.	STEPHEN BARNEY	CA	48	17.03.0
43.	TOM BEDFORD	CA	49	17.05.5
44.	WILLIAM JACKSON	CA	50	17.13.1
45.	CHARLES WEEKER	TX	51	17.15.1
46.	DAVID DILLMAN	TX	52	17.23.7
47.	RON ACKERMAN	TX	53	17.26.2
48.	N. TUPLER	TX	54	17.26.9
49.	ROBERT OSTHOFF	TX	55	17.29.0
50.	JIM DOLAN	TX	56	17.30.7

1986 MEN'S 5000 METERS 40-44

RANK	NAME	STATE	AGE	TIME
1.	BILL SEVALD	CA	40	15.20.2
2.	KEN INGLIS	CA	41	15.23.3
3.	DEON DEKKERS	TX	42	15.29.7
4.	JOE MCGUIRE	CA	43	15.43.6
5.	BARRY BROWN	NY	44	15.51.2
6.	BILL CLARK	CA	45	15.52.5
7.	KIRK RANDALL	CA	46	15.54.0
8.	ALAN PILLING	CA	47	15.55.0
9.	A. ROMERO	MX	48	15.55.1
10.	DENNIS TRACY	CA	49	15.57.7
11.	GARY GOETTELMAH	MA	50	15.59.0
12.	STODOLAR WELSHADO	CA	51	16.02.2
13.	FRANK DOARTE	CA	52	16.02.8
14.	JOE CARR	CA	53	16.03.1
15.	HECTOR BAUZA	NY	54	16.03.6
16.	MOSES MAYFIELD	PA	55	16.03.7
17.	GARY RANDALL	CA	56	16.03.8
18.	A. BOBADILLA	MX	57	16.09.3
19.	TED BAHMAN	NY	58	16.11.2
20.	NICHOLAS PAPAS	MI	59	16.14.5

RANK	NAME	STATE	AGE	TIME
21.	PETER DAY	CA	41	16.14.9
22.	ED SHATTUCK	OR	42	16.16.3
23.	WAYNE MITTON	WA	43	16.16.3
24.	HECTOR RODRIGUEZ	FL	44	16.17.0
25.	G. KING	FL	45	16.18.0
26.	GLEN MORCLIFFE	CA	46	16.19.3
27.	DAVE SAUNDERS	CA	47	16.20.1
28.	GRAEME SHIRLEY	CA	48	16.20.4
29.	RICH DAVIS	OR	49	16.24.3
30.	MORGON LOONEY	GA	50	16.28.0

RANK	NAME	STATE	AGE	TIME
31.	HAL STERN	NY	51	16.28.8
32.	TOM DORIE	CT	52	16.29.2
33.	BILL BAGMAN	NJ	53	16.32.3
34.	JACK MILLER	CA	54	16.34.6
35.	JACK PETTY	TX	55	16.36.8
36.	DEAN FREEMAN	TX	56	16.40.0
37.	J. BAUGH	NJ	57	16.41.0
38.	RICH FRIEDLANDER	MO	58	16.41.1
39.	B. GRAY	TX	59	16.42.0
40.	RAY CROTHERS	CT	60	16.47.0

RANK	NAME	STATE	AGE	TIME
41.	BOB WOOLEY	NY	61	16.47.8
42.	BILL WISE	PA	62	16.48.1
43.	GENE GILLIGAN	CA	63	16.48.3
44.	ALAN MORGAN	CA	64	16.49.9
45.	DARYL IAPATA	CA	65	16.51.9
46.	A. CHAMER	MX	66	16.56.1
47.	LEE LEONARD	OR	67	17.04.4
48.	BOB KUEBLER	OH	68	17.14.4
49.	HERBERT KAHL	NY	69	17.16.9
50.	JOHN RUFF	CA	70	17.17.0

1986 MEN'S 5000 METERS 45-49

RANK	NAME	STATE	AGE	TIME
1.	SAL VASQUEZ	CA	45	15.11.1
2.	CLAUDE ROY	CA	46	16.03.3
3.	JIM FERRIS	NY	47	16.05.6
4.	GEORGE BUCKNER	CT	48	16.14.4
5.	DICK ASHLEY	CA	49	16.32.2
6.	VIC MATTHEWS	CA	50	16.39.5
7.	TIM ROSTEKE	CA	51	16.42.6
8.	TIM SIMPSON	VT	52	16.44.8
9.	P. CRELIN	CA	53	16.45.5
10.	FERNANDO ALFONSO	CA	54	17.00.6
11.	ALLEN MCDANIEL	NY	55	17.10.8
12.	JAMES FILLIS	NY	56	17.12.4
13.	MIKE CHRISTIANSEN	VA	57	17.17.8
14.	GEORGE SHARP	GA	58	17.18.0
15.	J. CEDENO	MX	59	17.19.6
16.	CLIFF BEDELL	AZ	60	17.20.7
17.	DAVE WILSON	NY	61	17.25.9
18.	D. FEATHERSTONE	CA	62	17.26.1
19.	DICK JACKSON	CA	63	17.28.0
20.	ED SHOESMITH	CA	64	17.30.8

RANK	NAME	STATE	AGE	TIME
21.	ADRIAN CRAVEN	SC	49	17.35.0
22.	DAVID MORRIS	WA	50	17.36.2
23.	BOB LAGENBACH	WA	51	17.41.4
24.	CAL AISIEBEN	AL	52	17.49.7
25.	O. THOMPSON	AL	53	17.54.0
26.	JOHN EBER	VA	54	17.56.0
27.	DAVID BLOOR	VA	55	18.00.0
28.	STEPHEN STOVALL	NJ	56	18.00.1
29.	G. MENDOZA	MX	57	18.01.3
30.	JOHN COATES	CA	58	18.10.0

RANK	NAME	STATE	AGE	TIME
31.	TOM MEYER	CA	59	18.10.0
32.	A. RODRIGUEZ	MX	60	18.11.5
33.	M. GRABAM	CA	61	18.11.5
34.	A. OLIVEIRA	NJ	62	18.15.6
35.	FLOYD ROMACK	IN	63	18.17.0
36.	SAM MCCLENDON	CT	64	18.17.0
37.	DAN MCCORMACK	CA	65	18.25.0
38.	B. DYER	CA	66	18.32.0
39.	M.W. BUCKALEW	VA	67	18.33.9
40.	CHAS. DESJARDINS	VA	68	19.00.0
41.	FRANK OGAWA	CA	69	19.04.0
42.	DAVE KIRKMAN	TX	70	19.07.5
43.	ANTHONY GOMEZ	CA	71	19.20.0
44.	G. LARSEN	FL	72	19.42.1
45.	DAVID VEEDER	MT	73	19.47.3
46.	WILL WERBLINGER	MT	74	19.58.0
47.	J. YOUNGBLOOD	CA	75	20.21.2
48.	BILL JANZEN	FL	76	20.30.6
49.	MAX GALVEZ	CA	77	20.35.0
50.	JIM HICKEY	VA	78	20.45.4

1986 MEN'S 5000 METERS 50-54

RANK	NAME	STATE	AGE	TIME
1.	BEN JOHNS	CA	50	16.07.3
2.	JIM DALEY	CA	51	16.37.0
3.	JOHN BRENNAN	CA	52	16.44.0
4.	J. DOUGDALE	CA	53	16.50.0

RANK	NAME	STATE	AGE	TIME
5.	BARRIE ALMOND	CT	54	17.00.6
6.	INO CANTU	TX	55	17.06.0
7.	DAVE WALLACE	CA	56	17.10.9
8.	BILL FOULK	MT	57	17.18.8
9.	JIM BROWNFIELD	CA	58	17.21.6
10.	S. RONDECHIRY	CA	59	17.28.9
11.	JACK LACEY	PA	60	17.33.2
12.	JIM MEEGAN	NY	61	17.33.8
13.	KEN ALLEN	CA	62	18.18.4
14.	MYKE BURR	AL	63	18.19.0
15.	G. WILLIAMS	AL	64	18.20.0
16.	GEIA FELD	NY	65	18.20.8
17.	ROBERT HOWELL	CA	66	18.30.0
18.	R. TANKERLEY	AL	67	18.34.0
19.	STEVE SKELTON	CA	68	18.34.1
20.	A. JIMINEZ	MX	69	18.35.9

RANK	NAME	STATE	AGE	TIME
21.	JAMES BRUSSTAR	CA	70	18.43.1
22.	BOB COLLING	CA	71	18.56.3
23.	PETER TODD	CA	72	19.01.3
24.	KEN OGDEN	OR	73	19.03.7
25.	WILLIAM BECKWITH	CA	74	19.06.7
26.	RALPH CHASE	CA	75	19.14.7
27.	F. MUNIZ	MX	76	19.24.9
28.	R. FERNANDEZ	MX	77	19.29.1
29.	PETER FAOST	CA	78	19.41.1
30.	GERHARD KROLOW	CA	79	19.58.0

RANK	NAME	STATE	AGE	TIME
31.	TED OVATT	CA	80	20.16.0
32.	ERNEST WILLIAMS	CA	81	20.18.1
33.	ERNESTO FELICIANO	PR	82	20.26.9
34.	J. CARRINGTON	CA	83	20.32.0
35.	JACK NYHAN	MA	84	20.33.4
36.	DAVID J. PIERCE	FL	85	20.43.5
37.	JOHN CONNOLLY	FL	86	20.49.4
38.	J. BROWN	TX	87	21.02.0
39.	DON SEVETSON	TX	88	21.05.8
40.	JACK BALDWIN	AL	89	21.21.0

U.S. MASTERS TRACK & FIELD RANKINGS

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

1987 5000 Meters Compiled by Wiesia Wojcik

M30-34	M40-44	M45-49	M50-54	M55-59	M60-64	M65-69	M70-74	M75-79	M80-84	M85-89	M90-94	M95-99
C Foltz 15:01.8 G Reynolds 15:14.9 G Gustafson 15:18.8 B Gies 15:19.6 J Barbour 15:20 S Holl 15:24 B Weaver 15:26.2 E Ojala 15:26.6 T Bos 15:38.8 D Thurston 15:45 A Nell 15:49.2 S O'Flynn 15:50.5 M Hoban 15:51.0 H Medina 15:52.4 D Burdick 15:58.2 W Reedy 16:03 L White 16:06.5 G Poland 16:07.3 S Rhode 16:09 T Lodzinski 16:13 C Lockwood 16:24.8 J Ney 16:26.8 D Jedlovac 16:28.3 R Hithcock 16:31.4 S Wikner 16:32.7 D Allen 16:34.1 J Smith 16:40 S Brajer 16:42.7 J Peebles 16:46.5 P Christ 16:52.3 S Wilson 16:52.9 G Hodson 16:53.2 C McCarthy 16:57.3 J Pais 17:03.1 S Rohde 17:03.3 B Blake 17:05.1 J Darcy 17:08.3 J Cach 17:12 P Chris 17:15.9 T Haugan 17:19.8 Brungard 17:26 M Schott 17:26.8 J Anderson 17:33.2 F Patero 17:33.6 R Duval 17:42.5 F Mullen 17:48.2 R Peterson 18:00.9 K Yanowski 18:17 R Johnson 18:24.9 R Bown 18:39 P Vitteto 19:02 P Rosback 19:15.2 Hetrick 20:21 J Ingram 20:22 E Erickson 20:36.9 J Siegel 20:47 C Hathorn 20:47 T Willis 21:40.9 B Shanahan 21:49.8 H Neil 22:02.8 J Scileny 31:42.2	M Montano 16:56.1 J Nitek 17:14 C Horn 17:32.4 D Binkley 17:35.1 L Soakup 17:45.4 I Merkin 17:50.7 J Coons 17:52.4 J Dabill 18:17.2 J Jenkins 18:21 G Currie 18:35 J Darcy 18:39.1 J Hansen 18:44.7 R Perkins 18:46.4 C Elia 18:56.2 J Roberts 18:59.4 C Brooks 19:06 B Griffen 19:33.7 M Allen 19:41.4 Lattarculo 19:56.8 B Jackson 20:12 S Tillis 20:22.3 G Woolman 20:54 S Harding 21:02.7 G Lattarulo 21:17.7 R Norris 21:17.9 M40-44 W Loudat 15:13.2 H Nolan 15:26.4 J Crawford 15:26.4 M Manley 15:27.8 B Ladun 15:30.1 F Corbett 15:48.5 W Leahy 15:49.4 T Ramsay 15:52.7 B Clark 15:57.3 T Heinonen 15:58.8 W Vaughn 16:02.4 S Myhro 16:02.9 R Davis 16:03.1 J Hampton 16:04.3 G Goettelmann 16:06.8 M Figueroa 16:15.4 A Rogue 16:24 C Braanson 16:33.0 P Glover 16:35 C Foote 16:38.0 Abernathy 16:39.2 J Carter 16:40 J May 16:40.8 S Harney 16:45.1 E Zuccola 16:49.9 B Kuebler 16:51.7 B Beardsley 16:52.5 J Haugh 16:54.8 F Krebs 16:55.9 A Stanbridge 16:58.5 G Tuthill 17:00.9 G Chapman 17:01.6 M Ammon 17:10.7 J Moonan 17:17.9 Smith 17:19.6 K Hall 17:24.9 A Morgan 17:25 F Krebs 17:26.8 K Tuinzing 17:29.7 R Alderfee 17:30 P Shanno 17:32 H Rothman 17:40.6 M Gallo 17:44.7 T Bedford 17:44.7 R Rathmann 17:48 J Neff 17:53.9 R Edson 17:59.6 F Krebs 18:04 F Marshall 18:04.5 Jambi 18:04.5 B Craff 18:08.7 J Underwood 18:11 R Ackerman 18:16.9 R Meda 18:25.6 K Boos 18:29.5	W Theriault 18:36.0 J Haubert 18:34.1 A Alvarez 19:05 B Tysoe 19:05.7 R Romero 19:12 R Maszak 19:15 M Trainer 19:22.5 K Knarr 19:39.7 W Coleman 20:47.8 B Barrick 20:48.6 S Kennamer 20:53 A Stock 21:03.3 M Lalum 21:15.1 H Coleman 22:06.8 H Slate 22:07.4 M45-49 M Heffernan 15:50.4 F Duarte 15:54.7 A Pilling 15:57 R Kirk 16:00.6 J Fodor 16:15.9 B Shul 16:17.9 G Buckner 16:25.1 R Pickering 16:48.0 L Gilbert 16:50 J Murphy 17:27.2 G Sharp 17:30 DesRochers 17:32 C Bedell 17:33.1 D Morris 17:39.2 M Cannon 17:43 V Schultz 17:45.0 C Peterson 17:46.0 D Croteall 17:49.8 B Steffenhagen 17:53.9 C Smith 17:53.8 J Glazer 17:55.6 Keck 17:56 A Underwood 17:59.8 R Sayer 18:01 A Enloe 18:07 R Evans 18:13.5 T Wiper 18:14.9 T Tripp 18:31 S Stovall 18:38 R Jones 18:39 A Huff 18:42.1 B Trebilcock 18:44.9 A Barvick 18:49.8 D Veeder 19:06.6 B Reis 19:22.4 D Kirkman 19:28.3 A Gibbons 19:34 P Barrette 19:36 R Bassett 20:27.1 P Whalen 20:27.4 H Akers 20:34 G Reece 20:38 T Bell 20:52.7 E Figueroa 21:31.8 D Nelson 22:26.7 B Brewer 22:42 R Newman 22:47.8	F Velladito 18:06.7 R Rodriguez 18:07.2 C Bourke 18:14 K Ogden 18:21.5 K Allen 18:27 R Chase 18:40.2 Fuselier 18:41 B Wood 18:44 J Jacobs 18:47.2 R Elliot 18:47.3 L Montgomery 18:59 R Wood 19:07.8 C Desjardins 19:10.8 K Hamrick 19:15.6 I Cantu 19:26.2 B Barry 19:32.1 B Hollander 19:46.6 R Mosbrook 19:54 L Dickerson 19:54.5 W Dameron 20:08.7 T Oviatt 20:14.4 E Akexander 20:18.5 S Eichel 20:24 G Kokis 20:27.9 Lee 20:42 L Hall 20:48 E Smith 21:50.2 E Schten 21:50.9 A Smolin 21:52 H Jabloner 22:19.5 J Williams 22:45.6 Mooney 23:02.5 W Siderowitz 24:19.4 M55-59 R Hatton 16:55.3 J Tennison 17:32.0 D Colton 17:52 P Devine 17:55.8 V Filan 17:59.7 G McKenzi 18:11.3 H Higdon 18:26 J Gentry 18:28 J Keat 18:35.3 G Linde 18:38.1 D Stewart 18:46 H Rubin 18:46.9 G Etherington 18:49 J Sunderland 19:01 A Melendez 19:10 W Cupp 19:11.1 F Ryan 19:16.2 A Smith 19:18 R Laine 19:18.8 C Whitsitt 19:23 D Goering 19:35.8 F Newman 19:55.6 Pickett 19:58.3 E Dame 19:58.8 S Warner 20:02.9 G Freeman 20:07.1 K Kipp 20:12.4 Cooper 20:12.8 J Connolly 20:26.9 R Strobrel 20:27 E Mooney 20:33.5 H Cleaves 20:36.4 Gregson 20:40 J Selby 21:06.1 P Mundle 21:08.5 R Brown 21:28.8 McGoldrick 21:33.2 W Murry 21:55 M Sengstock 21:59 B Brown 22:06.5 R Fine 22:15.5 R Mitchell 22:16.4 H Diftler 22:39 H Willis 22:42 P Gaulden 22:43 A Escobosa 23:00.1 J Gregson 23:02.8 B Haynes 23:09.6 W Seiderwitz 23:10.2 D King 23:24.8	J Nyhan 23:29.5 A Bangs 23:29.8 D Hardy 24:20 N Cirulnick 25:17.6 W McKinney 28:49 J O'Neil 18:02.1 J Tennison 18:10 R Malain 18:36.4 J King 18:43.8 R Beeson 19:17 A Napoli 19:20 W Carey 19:35 G Rosales 19:39 B Ross 19:53 R Gil 19:56 G Rasch 19:57 R Gil 20:03.3 C Hammen 20:07 D Benson 20:08.5 D Lyons 20:09.6 J Boland 20:24 M McKean 20:27 C Orris 20:36 G English 20:36 W Osburn 20:39 B Davenport 20:53.0 T Walnut 20:55.1 Helmuth 21:00.1 L Rush 21:06.9 G Rasch 21:11.9 J Green 21:29.6 L Longshore 22:20 A Hovine 22:39.4 D Margetson 22:55.9 Hefflefinger 22:59.5 E Lloyd 23:20.6 D Francis 23:30 H Illingworth 23:55 S Lewis 25:32 E Rose 26:16.3 T Dantzler 26:22.2 T Chuman 26:33.3 A Likes 27:13.9 M 65-69 F Ryan 19:58.8 P Jones 20:37.2 C Osborn 20:39 J Boots 20:40.6 B Granby 20:43 B Schmidt 20:47 C Daman 20:58 J Mallon 21:05.8 C Johnson 21:31 Rice 21:35 H Strassenburg 21:54.1 B Eppright 21:57.3 N White 22:01.4 R McIntyre 22:08 O Hartmann 22:09 A Silvdi 22:09 C Brrrow 22:14 B Shank 22:27.7 J Woods 22:34.7 D Wilgus 22:49.2 C Mariott 23:23 W Eugenio 24:02.7 R Clancy 24:22.9 H Hoyt 25:02.1 D Allen 25:02.1 J McGilvray 26:11.5 O Saunders 26:12.7 A Guttag 27:35.8 C Cummins 29:21.0	J Evans 22:17 L Patterson 22:50 J Pardee 23:03 H Harder 23:40 C Brelsford 23:40 V Fleet 24:02 R Matteson 24:10 J Ward 24:16.3 J Deschambault 24:38.4 R Hull 24:53.7 P Ganahl 25:10.7 L Leibenberg 25:55.6 T Chandler 26:15.6 V Atencio 26:28.5 M Springer 26:45 L Berg 31:08.8 M75-79 J Mallon 21:01.9 C Nixon 21:48 L Dahlsten 22:54.1 O Langenberg 26:09 J Goodman 26:29.7 S Madden 26:30.8 M McKean 27:21.1 B Fike 27:36 C Nixon 27:41 C Wang 28:41.4 M80-84 E Benham 22:31.8 L Nielsen 26:42.0 C Crabb 28:30.4 W Benton 30:26.8 J Mead 30:51 F Baon 32:02 J McGEE 34:24.9 W Ling 34:54 E Deuss 42:02 M85-89 P Spangler 30:57.4 M90-94 C Twomey 15:56.9 N Kubasek 17:30.7 A Ringlien 17:52.2 M Smith 19:08.8 P Cronin 19:09.3 L Murphy 19:20 L Rewolinski 20:27.7 M Steffen 20:40 L Oja 20:49 N Scott 20:50 R Vogt 20:52.2 B Galloway 21:17 S Martin 22:40 L McIntosh 23:10.6 K Morabitc 25:16.4 A Wass 25:37.5 M95-99 J Hansen 17:05.7 L Findley 17:16.8 K Brown 18:36.3 M Decker 18:43.3 T Filley 18:50.0 M Ekiss 19:07.2 S Gerl 19:21.9 C Spillman 19:28 M Nippold 19:29.5 D Scherrer 19:50.5 M Jones 19:57.7 A Pease 20:37 J Melton 20:38.2 J Gaby 22:22 K Yeck 23:01.8 W Hollander 23:10 M Rodriguez 26:53 M Ziska 27:00	C Quam 19:56.0 A Moore 20:45.5 S Trimble 20:48.3 S Boehlke 21:12 I Berger 22:20.8 M Roberts 22:38.9 E Carlton 22:51.4 M Shann 22:53.2 B Albro 23:24 K Reese 25:14 O Morales 26:29 K Sabella 28:53.9 M45-49 J Arnold 18:44.90 R Rudder 21:57.53 S Schick 23:33.6 H Fialho 25:37.4 D Canaday 29:24.7 M Snyder 30:09 M50-54 J Hoagland 19:17 N Parker 20:04 S Kluttz 21:42.2 S Ingram 21:48.4 B Dameron 22:14.2 G Owens 22:20.1 J Robinson 22:22.9 T Graf 22:34.7 J Hodges 22:36.5 K Goering 22:43 J Dods 23:14.7 S Means 24:49.64 H Block 25:15.7 Montgomery 27:04.2 J Gruender 30:15 M Betts 31:20 J King 32:27.8 M55-59 M Irvine 20:29.4 T D'elia 20:42.7 M Kennedy 21:31 S Billie 22:08 J Emmons 22:11 S Whitfield 23:13 J Arnold 24:00 E Wallace 24:20 A Rush 26:31.3 J Keaton 27:29 J Kavadas 35:28.4 M60-64 P Davis 23:11 K Picketts 25:10 M Norckauer 25:57 D Gray 25:53 M Hennig 26:15.7 E Gann 27:06 P Sessions 27:41 A Smith 28:05.8 Hennia 28:37.3 M65-69 R Tomassine 23:38 G Davidson 24:18.9 J Dougherty 26:41 M Stafford 27:17.9 V Koenig 28:23.2 M Mullen 28:56 M Bolton 29:03 S Warnke 31:40 M70-74 P Mehl 29:01.5 M Haines 29:03 A Werbel 32:18.4 S Wassrr 33:02 F Patterson 51:22 M75-79 B James M80-84 M Lingren 30:21.8 M Ames 40:05 R Monda 40:17 M Salisbury 46:29.3						

U.S. MASTERS TRACK & FIELD RANKINGS

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

Compiled by Charles Mercurio

1987 MEN'S TRIPLE JUMP 30-34					1987 MEN'S TRIPLE JUMP 40-44				
RANK	NAME	STATE	AGE	MARK	RANK	NAME	STATE	AGE	MARK
1	LEOTHA STANLEY	WI	31	14.95	1	JOHN GILLESPIE	OR	41	12.96
2	MIKE LARISA	OR	32	14.76	2	JAMES DICKERSON	PA	40	12.89
3	WAYNE REESE			14.26	3	WILLIAM WOOD	NY	42	12.77
4	ALLEN PENDLETON	PA		13.91	4	RUFUS MORRIS	CA	42	12.55
5	NATHAN TAYLOR	VA	34	13.68	5	WILL SILVER	MM	42	12.55
6	DENNIS CARLINE	OR		13.37	6	J. BOSHELL			12.07
7	TIM LA BEAD	IL	32	13.28	7	KEN WINTERS	KS	44	12.01
8	WILLIAM WERLING		33	13.27	8	KEN SCOGGINS		40	11.97
9	GLENN TURNER			13.16	9	JOHN KEISNER	IL	41	11.93
10	BUDY PEARSON	OR		12.86	10	BERNARD BRAME	OR	42	11.78
11	TOMY ROTELLA	CA	32	12.84	11	CARL BURGESS			11.66
12	JEFF WATRY	VA	32	12.78	12	J. CARKLEY			11.66
13	KEITH WITHERSPOON	VA		12.65	13	ED JONES	TX	42	11.65
14	ROBERT DORAN	NY		12.61	14	JAMES BOLLISTER	CA	42	11.60
15	LARRY VOLLMER	LA	34	12.47	15	CARL FLOWERS	CA	40	11.56
16	M. ERS			12.40	16	KIRT VENER	ND	44	11.55
17	M. MILLER			12.18	17	K. B. TROY	WA	41	11.55
18	GREGORY ECHOLS		33	12.14	18	TOM BREWER		40	11.47
19	BOB ZAHN	WI		12.05	19	DAVID ROMAIN			11.47
20	DONALD GOODWIN			11.91	20	KEN BLACK	TX	41	11.34
21	WILLIAM WELDON			11.76	21	CARLTON COLLINS	CA		11.32
22	RICARDO QUILLANTANG		33	11.73	22	THOMAS CRONAN	CA	44	11.26
23	GARY SCHMIDT	CA	34	11.73	23	D. FUHRMAN			10.77
24	MARK PETERSON			11.71	24	RICHARD WOOD	LA	40	10.77
25	S. THURMAN			11.53	25	MICHAEL MILOVE	NY	42	10.74
26	ANDRE BECKER	CA	32	11.44	26	RON AUGUST	MI	44	10.71
27	BRIAN DAVIS			11.38	27	JOEL LILES	NC	42	10.64
28	KENNETH SATTERFIELD			11.07	28	BAKER			10.45
29	MIKE CAMPBELL			10.95	29	B. LARSON	HI		10.40
30	M. ALBRITTON			10.76	30	ROGER BAGNESKI			10.38
31	STEVE WAGNER			10.75	31	TIM ORTON		40	10.33
32	J. BAILEY			10.59	32	ALLEN RAY			10.30
33	J. BROWN, JR.			10.55	33	RON CAMBRIANO			10.26
34	J. GLESSNER			10.50	34	LARRY GARDNER			10.03
35	MARTY TURNER			10.43	35	POSTER JOHNSON			9.91
36	D. BRAX			10.31	36	LEONARD PLOTKIN	CA	40	9.91
37	JEFF JOHNSON			10.22	37	RON ACKERMAN			9.86
38	DEREK TAYLOR			9.63	38	J. BREWER			9.86
39	ART KRESS			9.53	39	PALMER SWEET	VA	43	9.82
40	M. BAKER			8.51	40	BOB EVEROSKI	TX	41	9.73
41	S. KEYES			8.41	41	MIKE OWENS			9.61
42	JIM SCILENY			6.79	42	CREIGHTON ALEXANDER	AL	43	9.60
43	TONY VALLEY			6.78	43	BOB FRITZ			9.33
1987 MEN'S TRIPLE JUMP 35-39					44	GORDON GRABAN			9.26
					45	B. BOOVER			8.23
					46	G. HAMILTON			8.19
					47	JACK KISTLER			8.18
					1987 MEN'S TRIPLE JUMP 45-49				
RANK	NAME	STATE	AGE	MARK	RANK	NAME	STATE	AGE	MARK
1	ROGER TRUJILLO	CA	37	14.00	1	DARRELL HORN	CA	47	12.77
2	DAVID FRUIT			13.68	2	JOHN KELLY			12.57
3	LARRY RODENBECK	MO	38	13.61	3	AL HENRY	CA	49	12.37
4	GERALD WOOLFOLK	PA	35	12.95	4	FRANK STRUNA	MT	46	11.94
5	SCOTT THOMASLEY	PA	35	12.78	5	BANS GORDON	TX	46	11.86
6	PETER BOAGLAND			12.69	6	WAYNE SANDVOLD	OR	47	11.80
7	WARREN WOODS	LA		12.32	7	PETER TEGEN	WI	47	11.67
8	IVAN BLAKE	NY	38	12.09	8	SAM WHITE	GA	49	11.45
9	WILLIAM FOELLER			12.00	9	JOE CORCORAN	CN	46	11.31
10	BOB WINDROCK	AZ	38	11.91	10	JOHN EWING	MM	48	11.25
11	JOEL WHITFIELD	PA	37	11.82	11	JOHN LAWSON	CA	46	11.22
12	TAYLOR TUNSTALL			11.79	12	NATE CARTER	NC	47	11.15
13	THOMAS BISEA			11.79	13	M. LAWSON			11.09
14	ROBERT BAHN	WI	35	11.66	14	DAVE EIDAH			11.08
15	STAN ALLEN	MI	38	11.63	15	DON DVORAK	CA	45	10.84
16	CHESTER FORSH			11.63	16	DEE DE WITT	CA	48	10.79
17	ED BASEAUSKAS	CA	36	11.53	17	DALE LANCE	OK	45	10.79
18	O. MURPHY			11.50	18	BOB TAYLOR	PA	46	10.67
19	MIKE DAVIS	IL	36	11.26	19	DENNIS TANCREDI			10.61
20	RON SHIELDS		35	11.12	20	ROBERT JONES	CA	46	10.46
21	S. ALAN			10.99	21	GROVER COATS	OH	48	10.20
22	BILL DALTON			10.95	22	T. COLLINS			10.17
23	J. GARCIA			10.95	23	R. LANG			9.96
24	DONALD ENAPP	MO		10.95	24	MIKE VALLE	NC	46	9.83
25	G. WESTMAN			10.91	25	J. LEWIS			9.78
26	B. ULBRICH			10.77	26	AARAND ROOS	NY	47	9.55
27	RON ROOK	CA	38	10.39	27	GEORGE LA BELLE	MM	48	9.37
28	WALTER EWING			10.26	28	AL RAMSDEN			9.37
29	DANA BOARDMAN			10.23	29	RICHARD KAYE	NY	46	9.36
30	LARRY ISLER		36	9.87	30	MIKE WILHITE			9.33
31	RON SALVIO	NJ	38	9.79	31	ALONZO LITTLEJOHN	MI	46	9.23
32	GORDON WOOD			9.12	32	D. WADDELL			9.22
33	EDWARD LAURELLI			8.82	33	RICHARD WELLS			9.21
34	J. McLEOD			6.31	34	JACK KARBENS	NV	45	9.16
1987 MEN'S TRIPLE JUMP 50-54					35	CHARLES FUTCH			8.92
RANK	NAME	STATE	AGE	MARK	36	GIL NOLAN			8.82
1	AL HENRY	CA	50	12.43	37	M. RICHEY			6.71
2	PHIL HOLKEY	GA	54	11.41	38	JOHN BEAD	TX	49	5.93
3	BOB MCGLASHAN	TX	51	11.25	1987 MEN'S TRIPLE JUMP 55-59				
4	MARVIN LAFFERTY			11.16	RANK	NAME	STATE	AGE	MARK
5	HAIG BOHIGIAN	NY	51	10.93	1	PAVASARS	NY	60	8.80
6	DOUG McPETERS	AZ	54	10.82	2	BILL TOWNSEND	CA		8.71
7	BUZZ PORTER	FL	51	10.78	3	KEN MITCHELL	CA		8.66
8	T. ICHIGAKI			10.65	4	JACK DOORLAY	NY	62	8.65
9	ED STOPOULOS			10.53	5	BAL BOCK	OR	62	8.53
10	EARL CLINE	NY	52	10.46	6	A. THOMSON			8.46
11	RICK SCHMIDT			10.43	7	DICK CAVICCHI	OH	63	8.39
12	ONOHATAPOEIA LEGEND				8	DES MARGETSON	NY	61	8.36
13	PETE STOPOULOS	IL	51	10.39	9	BUYRAL MADAM	CN	62	8.09
14	JAMES PETERSON	MM		10.36	10	ARNE ROVIN			7.82
15	BILL CLARK	NJ	54	10.24	11	KURT REISING	CT	60	7.79
16	DAVID MARTIN			10.23	1987 MEN'S TRIPLE JUMP 60-64				
17	NORMAN MAC LEOD			10.15	RANK	NAME	STATE	AGE	MARK
18	JERRY STANNERS	CA	52	9.98	1	ROBERT SORLIEN	RI	70	9.04
19	RAY FITZTHUGH	CA	52	9.88	2	JOHN DAMSKI	CA	72	8.66
20	T. HAEPELE			7.82	3	CHARLES HAYDEN	TX		8.51
21	G. ROFFER			7.44	4	CLAUDE HILLS	PA	74	7.94
22	J. EDWARDS			7.21	5	BAM MORNINGSTAR	MI	70	7.85
23	ERNIE ANGLIN			6.86	6	BERN MILLER	CA	71	7.82
24	MORT BAHN			5.66	7	JOHN SATTI	CA	73	7.65
1987 MEN'S TRIPLE JUMP 65-69					8	FRED WHITE	TX	74	7.63
RANK	NAME	STATE	AGE	MARK	9	ELMER SIEGEL	CA	71	7.33
1	EARL TREI	CT	78	8.15	10	LESTER LIEBENBERG		71	7.32
2	ANTONIO RODRIGUEZ			8.01	11	J. BRESLIN			7.27
3	CLAUDE HILLS	PA	75	7.83	12	E. SHAW			5.93
4	JOE CARUSO	CA	77	7.16	13	GORDON TAYLOR			5.84
5	STAN THOMPSON	MI	76	6.99	14	CHARLES HIRSHY	SC		5.39
6	DON ERSKINE	MI	77	6.50	15	BOB DETWEILER	PA	73	5.34
1987 MEN'S TRIPLE JUMP 70-74					1987 MEN'S TRIPLE JUMP 80-84				
RANK	NAME	STATE	AGE	MARK	RANK	NAME	STATE	AGE	MARK
1	ROBERT SORLIEN	RI	70	9.04	1	ROBERT SORLIEN	RI	70	9.04
2	JOHN DAMSKI	CA	72	8.66	2	JOHN DAMSKI	CA	72	8.66
3	CHARLES HAYDEN	TX		8.51	3	CHARLES HAYDEN	TX		8.51
4	CLAUDE HILLS	PA	74	7.94	4	CLAUDE HILLS	PA	74	7.94
5	BAM MORNINGSTAR	MI	70	7.85	5	BAM MORNINGSTAR	MI	70	7.85
6	BERN MILLER	CA	71	7.82	6	BERN MILLER	CA	71	7.82
7	JOHN SATTI	CA	73	7.65	7	JOHN SATTI	CA	73	7.65
8	FRED WHITE	TX	74	7.63	8	FRED WHITE	TX	74	7.63
9	ELMER SIEGEL	CA	71	7.33	9	ELMER SIEGEL	CA	71	7.33
10	LESTER LIEBENBERG		71	7.32	10	LESTER LIEBENBERG		71	7.32
11	J. BRESLIN			7.27	11	J. BRESLIN			7.27
12	E. SHAW			5.93	12	E. SHAW			5.93
13	GORDON TAYLOR			5.84	13	GORDON TAYLOR			5.84
14	CHARLES HIRSHY	SC		5.39	14	CHARLES HIRSHY	SC		5.39
15	BOB DETWEILER	PA	73	5.34	15	BOB DETWEILER	PA	73	5.34

TRACK & FIELD RESULTS

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

EAST

Demers Track Classic Lewiston, ME; February 21

55m		
M30	Steinberg	6.8
	Castro	7.2
M40	Krichels	7.3
	Newman	8.1
	Bennett	8.1
M55	E Osgood	8.0
60m		
M65	A Giasson	10.0
M75	B Ivers	9.5
	Age-group WR	
W45	Wilson	9.7
W60	P Peterson	10.0

200m		
M30	Steinberg	24.5
	Johnson	26.0
	Castro	26.1
M35	Merrill	27.0
M40	Abusomrg	28.0
	Bennett	29.2
M55	E Osgood	28.8
M65	A Giasson	42.9
M75	B Ivers	33.5
W60	P Peterson	36.3

400m		
M30	Steinberg	55.9
M35	Merrill	57.6
M40	Krichels	59.4
	Bennett	61.9
M65	A Giasson	1:35.0
W45	Wilson	1:15.2
W60	P Peterson	1:30.6

800m		
M35	Merrill	2:12.8
M40	Bayko	2:12.7
	Abusomrg	2:17.8
	Newman	2:38.8

1500m		
M35	Campbell	4:30.9
M40	Bayko	4:25.0
	Coady	4:26.6
	Bennett	4:33.1
	Lindwell	4:39.3
	Larson	4:47.4
M45	Randall	4:36.4

Long Jump		
M40	Newman	15-7 3/4
	Krichels	14-11
	Kosper	12-3
W60	P Peterson	8-9 1/2

High Jump		
M40	Krichels	5-2
	Newman	5-0

MIDWEST

4th Annual Athlete's Foot Masters Indoor Meet Rock Island, IL; February 6

60y		
M30	D Spillum	6.8
M35	B Boden	7.2
M40	G Reiter	7.4
M45	L Stopoulos	7.2
M50	P Dobrovolsky	7.5
M55	B McAdam	9.4
M60	M Larsen	7.3
M70	G Taylor	12.5
W30	K Craddock	7.8
W40	S Huddleston	8.5

300y		
M30	M Mohr	39.7
M35	B Boden	40.1
M40	G Reiter	38.2
M45	L Gunn	40.0
M50	E Alexander	46.3
M55	B McAdam	53.3
M60	M Larsen	43.6
M65	E Cole	65.8
M70	M Blake	51.6
W30	C Swedberg	42.4
W35	K Colarusso	52.3
W40	P Danielson	55.0
W50	D Gulley	62.5

400y		
M30	G Newell	58.6
M40	E Lillis	58.8
M45	L Gunn	60.8
M50	B Davis	66.9
M55	B McAdams	89.9
M70	B Kaplan	98.4
W50	D Gulley	98.7

880y		
M30	M McDowell	2:04.6
M40	J Porter	2:11.4
M45	D Phillips	2:34.2
M50	B Davis	2:34.2
M55	B McAdam	3:40.3
M65	E Cole	3:40.8
M70	B Kaplan	3:40.6

Mile		
M30	M McDowell	4:44.6
M35	D Fish	5:04.1
M40	F Davis	4:51.1
M45	A DeGrande	5:20.3
M50	E Alexander	5:55.8
M65	E Cole	7:52.1
M70	B Kaplan	7:58.2
W35	J Swanberg	5:47.3
W50	D Gulley	7:37.4

2 Mile		
M30	B Noble	10:44.3
M35	D Ferreira	11:00.3
M40	F Davis	10:56.7
M45	A DeGrande	11:35.7
M55	J Bientang	12:39.8
W30	C Geisemann	14:54.3
W35	K Colarusso	12:54.4

60yH		
30+ 39" men's marks		
55+ 36" women's marks		
M30	M Mohr	9.9
M35	M Davis	9.0
M40	R Harvey	8.4
M55	C Trevor	11.8
M60	M Larsen	10.8

Mile Walk		
M30	L Crocker	8:43.6
M35	B Youngberg	9:45.5
M40	P Alvord	8:10.3
M45	A Cruzado	8:34.5
M50	F Brown	8:56.1
M65	G Rajceovich	10:34.1
W35	H Agney	9:03.1
W40	K Schoeberl	9:40.6
W45	M L Wheeler	11:42.7
W50	B Vester	14:32.3
W55	L Youngberg	15:47.0

2 Mile Walk		
M30	L Crocker	17:49.4
M35	B Youngberg	21:29.9
M40	B Padilla	16:35.4
M45	D Eidahl	16:04.3
M50	Frank Brown	17:12.9
M55	B Fowler	17:57.4
M70	M Blake	22:01.3
W35	P Gadiant	26:25.2
W40	K Schoeberl	21:09.3
W45	M L Wheeler	26:24.8
W50	B Vester	26:20.0
W55	L Youngberg	27:07.4

35# Weight		
M30	B Hartman	47-6
M40	J Hess	29-2
M45	C Klehm	30-10
M50	B Kemp	30-1
M60	P Brusca	32-0
M70	G Taylor	17-6

56# Weight		
M30	B Hartman	29-4
M45	C Klehm	18-7
M50	B Kemp	17-0
M60	P Brusca	16-1
M70	G Taylor	8-3

98# Weight		
M30	B Hartman	11-0
M45	C Klehm	10-10
M50	B Kemp	9-1
M70	G Taylor	4-3

200# Weight		
M30	B Hartman	4-5
M45	C Klehm	2-10
M50	B Kemp	2-7

Shot Put		
M30	B Hartman	40-2
M35	C Douglas	32-6 1/2
M40	R Harvey	41-0
M45	J Neppel	37-2 1/2
M50	B Warren	39-5
	B Kemp	39-2
M55	B McAdam	30-8
M60	P Brusca	45-11 1/2
M65	G Rajceovich	83 29-10
M70	G Taylor	29-1/2

20# Weight		
M30	B Hartman	65-2
M40	J Hess	38-4
M45	C Klehm	45-10
M50	B Kemp	45-6
M60	P Brusca	40-4
M70	G Taylor	26-2

25# Weight		
M30	B Hartman	57-0
M40	J Hess	37-9
M45	C Klehm	44-1
M50	B Kemp	37-3
M60	P Brusca	37-8
M70	G Taylor	19-0

28# Weight		
M30	B Hartman	54-4
M45	C Klehm	40-4
M70	G Taylor	16-9

35# Weight		
M30	B Hartman	47-6
M40	J Hess	29-2
M45	C Klehm	30-10
M50	B Kemp	30-1
M60	P Brusca	32-0
M70	G Taylor	17-6

56# Weight		
M30	B Hartman	29-4
M45	C Klehm	18-7
M50	B Kemp	17-0
M60	P Brusca	16-1
M70	G Taylor	8-3

98# Weight		
M30	B Hartman	11-0
M45	C Klehm	10-10
M50	B Kemp	9-1
M70	G Taylor	4-3

200# Weight		
M30	B Hartman	4-5
M45	C Klehm	2-10
M50	B Kemp	2-7

WEST

CSU-Bakersfield/Bakers- field Californian Invitational Bakersfield; February 13

100m		
M30	Glen Johnson	11.6
M40	Rufus Morris	12.2
M50	Roger Tsuda	12.7
	Ross Irving	12.9
	Jerry Stanners	13.7
	Jack Randolph	14.3

200m		
M40	R Morris	26.1
M50	R Irving	26.3
	R Tsuda	26.6
	J Randolph	29.7

400m		
M50	R Irving	1:01.1
	R Tsuda	1:03.2
	J Randolph	1:12.6

110mH		
M30	David Goeta	15.2
	Kevin Speaks	17.6
M40	Delario Robinson	16.4
	Ronald Barker	21.0
M50	Jerry Stanners	20.6

400mH		
M30	K Speaks	1:03.9

High Jump		
M50	J Stanners	5-1

Pole Vault		
M50	J Stanners	10-6

Long Jump		
M40	R Morris	21-1
	Robert Bethea	19-6 1/2
M50	R Tsuda	16-6 3/4
	J Stanners	16-2 1/2
	Charles Rich	16-1 1/2
	J Randolph	14-5

Triple Jump		
M50	J Randolph	30-6
M60	Ted Ensslin	27-1 1/2
Shot Put		
M65	Bob Stone	30-1 1/2
Discus		
M50	J Stanners	96-9
Javelin		
M40	Joe Warner	141-0
35# Weight		
M70	James York	27-11

City of Orange Spring Games UC-Irvine, CA; February 21

100m		
M30	E Driver	11.5
	G Johnson	11.6
	E Martinez	12.2
M40	F Little	11.3
	F Niedmeyer	11.8
	T Wilts	12.2
	W Robertson	12.3
	A Lopez	12.4
M50	R Tsuda	12.4
	J Martinez	12.7
	S Oudhzo	13.4
M60	T Patsalis	13.3
	B Phillips	13.7
	B Hunt	14.1
	W Ambrose	14.5
	T Miller	14.7
M70	B Morrow	15.4
	C Pao	18.3
W30	H Ruiz	13.9
W40	P Raschker	12.6
	J Carter	14.5
	K Phillips	18.4
W50	C Miller	14.9
	M Kuehne	16.2
W60	M Ninva	19.8

200m		
M30	E Driver	24.8
	E Martinez	25.8
M40	F Little	23.6
	F Niedmeyer	24.6
	W Robertson	24.8
	S Baker	24.9
	A Lopez	25.6
M50	J Martinez	26.2
	W Robinson	27.7
M60	B Hunt	29.6
	T Miller	30.7
	C Mercurio	31.1
	N Flores	33.2
W30	H Ruiz	29.7
W40	J Carter	30.9
W50	M Kuehne	35.3

400m		
M30	D Parsel	54.2
	M Drason	55.0
	C Valdovinos	57.1
M40	S Baker	56.4
	R Jones	57.4
	A Lopez	57.7
	B Sumner	57.7

800m		
M30	D Parsel	2:04.4
	C Valdovinos	2:05.6
	F Hilliam	2:22.6
M40	B Coretiam	2:13.7
	M Contreras	2:15.9
	J Hasgrove	2:16.5
	L Peterson	2:25.2
M50	Ross Dunton	2:24.6
	F Karlen	2:25.4
	R Oullins	2:32.5
	L McGuire	2:42.5
M60	L Beadle	2:44.6
	G Harte	2:49.1
	H Willis	2:57.3
W30	R Escutia	3:20.6
W40	L Quiroz	2:45.3
	F Patino	3:03.9

1500m		
M30	D Parsel	3:58
	C Valdovinos	4:12
M40	B Sumner	4:27
	B Coretiam	4:38
	M Coutretras	4:44
	M Labun	6:46
M50	B Chavez	5:46
	B Oullins	6:09
	J Garrido	6:15
M60	M Flores	6:18
	L Beadle	6:20
	H Willis	6:29
M70	A Rocha	6:49
W30	M Gamez	6:26
W40	L Quiroz	5:24
W50	A Hernandez	6:21

3000m		
M30	D Parsel	9:02.4
	M Cobb	9:58.2
	J Gaves	10:19.9
	Ron Rook	10:45.5
	R McCabe	12:23.6
M40	L Gilbert	9:58.0
	M Lalum	12:39.0
M60	Q Tejada	10:19.9

60mH		
M30	K Speaks	8.8
M40	T Wilts	8.4
	C McCormick	8.4
	D Johnston	8.5
	L Sallinger	8.7
	M Thompson	8.8
M50	P Mulkey	9.2
M60	T Patsalis	9.7
	B Gist	10.3
	B Hunt	10.3
	G Simon	11.8
M70	B Morrow	11.1
	C Pao	12.7
W40	P Raschker	9.3

300mH		
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Continued from previous page

1500m	
M30 Pete Mogg	4:10.5
M35 Wayne Douglas	4:27.5
Colin Davies	4:34.1
Roger Perkins	4:45.8
M40 Graeme Shirley	4:18.4
M45 George Cohen	4:27.0
M55 Robert Culling	4:59.3
Jerry Withers	5:05.5
M60 Harold Willis	5:46.9

5000m	
M60 Harold Willis	22:56.5

10,000	
M40 Mike Figueroa	33:46.2

60mH	
M30 Todd Kaberline	8.7
M40 Bill Sevilla	11.7
M45 Walt Butler	8.4
M50 Chuck Coutts	11.9

80mH	
M70 Chia-Tsung Pao	18.1

100mH	
M65 Bob Hunt	18.5
George Simon	20.5

110mH	
M30 Kevin Speaks	16.0
M40 Theo Viltz	15.2
Bill Sevilla	20.6
Brian Arnsperger	20.9
M45 Walt Butler	15.8

300mH	
M30 Kevin Speaks	44.3
M55 Will Robinson	49.7
Dave Douglass	50.5
M60 Robert Watanabe	54.7
M70 Chia-Tsung Pao	1:13.8

5000m Walk	
M45 Art Goolsbee	27:19.9
M60 Arnold Unger	37:58.4
M50 Jill Latham	30:27.7

4x100m Relay	
M50 So Cal Striders	56.8
M60 So Cal Striders	60.0

High Jump	
M35 Ron Rook	4-4
M40 Bob Bly	4-8
Joe Wallek	4-6
Bill Sevilla	4-2
M50 Nick Newton	5-7
M55 Dave Douglass	4-4
M75 Carol Johnston	4-0

Pole Vault	
M40 Bob Bly	11-6
M70 Jim Vernon	9-6
Elmer Siegel	7-0
M75 Carol Johnston	9-0

Long Jump	
M30 Todd Kaberline	19-4 1/2
M35 Roger Trujillo	20-6
M40 Bob Bly	18-1
Bill Sevilla	11-3 1/2
M45 John Lawson	17-4 1/2
Robert Jones	15-4
M50 Rick Schmidt	18-8
Roger Tsuda	16-9 1/2
M60 Arnold Unger	10-10 1/2
M65 Tom Patsalis	15-11
M70 Harry Yu	8-5 1/2
M75 Edith Mendyka	6-2 1/2

Triple Jump	
M35 Milan Tiff	49-10 1/2
Roger Trujillo	41-10
M45 John Lawson	36-4 1/2
Robert Jones	33-3 3/4
M55 Tony Nasralla	30-2
M70 Elmer Siegel	22-2
M75 Art Vesco	17-11 1/2

Shot Put	
M40 Joe Wallek	32-1
Bill Sevilla	27-5
M50 Jim Hart	49-6 1/2
M55 Dave Douglass	34-5 1/2
M75 Art Vesco	26-6
M75 Edith Mendyka	22-7

Discus	
M35 Frank Reilly	166-7
M50 Jim Hart	148-9
M55 Dick Kennerly	105-1
Dave Douglass	96-10
M70 Elmer Siegel	65-4
M75 Art Vesco	71-1
M75 Edith Mendyka	46-9

Hammer	
M75 Art Vesco	89-9

Javelin	
M30 Todd Kaberline	134-9
M35 Joe Greenberg	196-8
Steve Jarvis	177-1
Ross Percifield	153-6
Ron Rook	132-7
M40 Joe Wallek	142-2
Brian Arnsperger	126-0
Bill Sevilla	99-10
M45 Robert Jones	122-6
M50 Chuck Coutts	107-9
M60 Del Pickarts	164-0
M75 Art Vesco	63-0
M75 Edith Mendyka	56-0

LONG DISTANCE RESULTS

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

NATIONAL

Shore Athletic Club National Postal One-Hour Racewalk 1987

Name/	Distance in Meters/	Date/	Site
M40 Alan Price	11,434	Dec. 5	Arlington, Va.
Rick Wadleigh	10,955	Dec. 5	Arlington, Va.
Eric Bigham	10,951	Dec. 12	Raleigh, NC
Jerry Newsome	9,802	Dec. 12	Atlanta, GA
Ralph Edwards	9,781	Nov. 8	Oakhurst, NJ
John E. Hanan II	9,117	Sep. 12	Salem, Oregon
Stanley C. Oaks	8,974	Nov. 1	Arlington, Va.
Bill P. Jacobsen	8,622	Sep. 12	Salem, Oregon
John M. Fedak	8,102	Sep. 20	Denver, Colo.
John Gallatin	8,051	Sep. 20	Denver, Colo.
M45 Ray McKinnis	11,903	Dec. 12	Raleigh, NC
Dave Romansky	11,311	Oct. 18	Oakhurst, NJ
Ned Stone	10,948	Dec. 5	Arlington, Va.
Bernie O. Finch	10,426	Sep. 20	Denver, Colo.
Dr. Patrick Bivona	10,038	Nov. 8	Oakhurst, NJ
Scott Bentley	9,943	Nov. 1	Arlington, Va.
Ken Cullen	9,113	Sep. 12	Salem, Ore.
Dr. Gerald Kass	8,843	Nov. 8	Oakhurst, NJ
Ben Ottmer	10,562	Nov. 8	Oakhurst, NJ
Jim Lemert	10,173	Nov. 1	Arlington, Va.
Ray Franks	10,163	Sep. 20	Denver, Colo.
Bob DiCarlo	10,018	Sep. 20	Denver, Colo.
Dr. Lee Duffner	9,817	May 23	Oakhurst, NJ
Elliot Denman	9,737	Nov. 8	Oakhurst, NJ
Jim Brown	9,333	Oct. 18	Oakhurst, NJ
Alan Poinsner	9,135	Dec. 12	Raleigh, NC
Lewis F. Willey	9,052	Nov. 8	Oakhurst, NJ
Dennis Lerner	8,557	May 23	Delray Beach, Fl.
M55 Sal Corrallo	10,988	Nov. 1	Arlington, Va.
Fred Dunn	10,420	Aug. 23	San Francisco, Ca.
Robert Craig	10,329	Aug. 23	San Francisco, Ca.
Dr. Andrew Briggs	10,051	Dec. 12	Raleigh, NC
Jack Ozmert	9,782	Dec. 5	Arlington, Va.
M60 Bob Mimm	10,800	Sep. 6	Cambridge, Mass.
Ken Long	9,512	Dec. 12	Raleigh, NC
Tullio Carrillo	9,253	Dec. 5	Arlington, Va.
M65 Sidney E. Wright	9,576	Sep. 20	Denver, Colo.
Max S. Peters	8,522	Sep. 20	Denver, Colo.
Richard Lukes	8,094	Dec. 5	Arlington, Va.
Fred Walker	7,338	Sep. 20	Denver, Colo.
M70 Don Johnson	9,491	Oct. 18	Oakhurst, NJ
Edward Seeger	8,981	Dec. 5	Arlington, Va.
Richard H. Stark	8,807	Nov. 21	Las Cruces, NM
Harry Drazin	8,319	Nov. 8	Oakhurst, NJ
S. Hugh Yeomans	8,290	May 24	Columbus, Ohio
M80 Paul Fairbank	8,318	Nov. 1	Arlington, Va.
M85 Earl Bailey	5,281	Nov. 1	Arlington, Va.
M40 Beth Alvarez	9,843	Dec. 5	Arlington, Va.
JoAnn Nedelco	9,568	Aug. 23	San Francisco, Ca.
Avis Dougharty	8,323	Dec. 12	Atlanta, GA
Carol Loannides	6,921	Oct. 18	Oakhurst, NJ
M45 Lois Dicker	10,059	Nov. 1	Arlington, Va.
Marsha Hartz	9,200	Nov. 1	Arlington, Va.
Alpha Bennett	8,973	Dec. 12	Atlanta, GA
Gwen Graham	8,577	Sep. 20	Denver, Colo.
Joan Troy	8,245	Dec. 12	Raleigh, NC
Juanita Kientz	8,073	Nov. 21	Las Cruces, NM
M50 Helen Jo. Hillman	9,368	Nov. 1	Arlington, Va.
Dolores Randazzo	9,039	Nov. 8	Oakhurst, NJ
Brenda Levine	8,469	Sep. 20	Denver, Colo.
Patricia Willis	8,339	Dec. 5	Arlington, Va.
Sandra Abernathy	7,194	Nov. 21	Las Cruces, NM
M55 June Stand	8,288	Aug. 23	San Francisco, Ca.
Marie Betts	8,123	Dec. 12	Raleigh, NC
Emma Tuerk	7,360	Nov. 1	Arlington, Va.
M60 Marie Henry	8,837	Nov. 8	Oakhurst, NJ
Ann Marie Roche	8,052	Aug. 23	San Francisco, Ca.
Lorraine Actor	7,710	Aug. 23	San Francisco, Ca.
Jeanne Culbertson	7,573	Nov. 21	Las Cruces, NM
Grace Djang	6,958	Nov. 21	Las Cruces, NM
M65 Ernestine Yeomans	8,160	May 24	Columbus, Ohio
Emma Warnke	7,567	Nov. 21	Las Cruces, NM
M70 Velma Jacobs	8,472	Sep. 20	Denver, Colo.
Alice Hill	6,989	Nov. 21	Las Cruces, NM

Masters Teams:

Men:	
Potomac Valley Walkers	33,370
Carolina Godiva TC	32,905
Shore AC	32,673
Front Rangewalkers	30,607
Potomac Valley B Team	29,898
Women:	
Potomac Valley Walkers	29,270
Golden Gate Race Walkers	25,908
Front Range Walkers	25,518

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*Better U.S. Single-Age Record

EAST

Sheraton Centre Bagel 10K Central Park, NYC; February 7

Overall	
Jorge Fernandez	24 31:19
Cindi Girard-Klein	26 33:55
M40 Antonio Roque	33:56
Jonathan Folber	34:17
Hal Stern	34:34
M45 Ted Hainan	33:05
Sam Skinner	34:38
William Kaye	35:08
M50 Alan Fairbrother	36:11
Dick Jamborsky	38:16
John Rockett	38:54
M55 William Fortune	38:04
Stan Chodnicki	40:45
William Schwartz	40:54

M60 Don Dixon	39:04
George Thompson	40:50
Terence McGinnis	42:21
M65 William Coyne	43:02
Wallace Outler	48:05
John McCarthy	51:34
M70-Vince Carnevale	46:38
Wilfredo Rios	48:01
Charles Feldman	51:31
M40 Angella Hearn	36:20
Sylvie Kinche	40:39
Irene Jackson	40:44
M45 Lina Connors	40:11
Jill Martin	42:46
Christiane Garino	45:29
M50 Toshiko d'Elia	43:37
Imme Dyson	44:19
Renate Rhein	47:13
M60 Aslaug Tomas	54:44
Sandy Norris	1:03:44
Barbara Foley	1:09:27

Racewalk	
Gary Null 43	49:58
Vince O'Sullivan 30	52:12
Tom Gustafson 46	54:55
Franco Pantoni 42	55:22
Susan Travellin 34	56:36
Elinor Edelstein 48	1:11:25
Marian Spatz 51	1:14:16
Marcella Tobias 62	1:17:08
Brnad Henderson 39	1:26:34

District of Columbia RRC Washington's Birthday Marathon, Greenbelt, MD; February 14

Overall	
Jim Hage	30 2:28:17
Rose Malloy	39 2:53:29
M40 Roger Anderson	2:52:42
Bernie Gallagher	2:53:41
Ronnie Wong	2:54:18
M50 Bernie Davis	2:57:35
Julian Ives	3:04:30
Donald Siefers	3:06:17
M60-Hubert Morgan	3:36:41
Sy Mah	4:11:58
Don McNelly	5:12:08
M40 Rosemary Jellish	3:43:47
Judith Flannery	3:45:09
Anna Berdahl	3:47:48
Betty Sue O'Brien	4:11:58

Empire State Building Run-Up; NYC; February 17

79 men; 27 women	
1 Craig Logan	26 11:29
24 Allan Fairbrother	51 13:57
30 David Jacobs	42 14:19
35 Daniel Jacobs	51 14:47
36 Ryan Thomas	40 14:52
37 Martin Yecies	43 15:03
38 Saverio Alesi	45 15:04
53 Steven Wilson	53 15:55
1 Janine Aiello	28 13:43
15 Suzanne DeFillipp	42 16:35
21 Patience Hotton	41 18:34
24 Samara Balfour	52 19:41
26 Chloe Foote	48 21:01

Continued from previous page

SOUTHWEST

New Orleans TC 25th

Anniversary 5 Mile

New Orleans, LA; February 28

Overall	
Desmond O'Connor	33 26:09
Laurie Hart	25 28:55
M40 Brendan Minihan	28:16
Eugene Jones	29:11
M45 Mike Witkin	29:11
Ed Barwick	30:38
M50 Jack McCollum	30:17
Larry Fuselier	30:48
M55 Ed Le Rouge	33:07
Joe Hartdegen	37:38
M60 Paul Becnel	40:15
Bill Sweet	42:44
M65 Al Briede III	42:38
M70 Nick Asproditis	37:53
Sam McNeely	39:43
M75+Winter Traplin	49:11
W40 Tillie Clark	37:4
Bonnie Carter	38:59
W45 Judy Hafford	42:30
Erva Guenther	43:38
W50 Carolyn Johnson	44:19
Marilyn McConnell	45:40
W60+E Van Battum	38:15

New Orleans TC Ochsner

Ecmo 5K

New Orleans, LA; March 6

Overall	
Desmond O'Connor	33 15:34
Cheryl Perez	34 19:37
Top Masters Men	
Brendan Minihan	42 16:45
Rick Taylor	40 17:57
Ron Taoci	48 18:06
M40 Carmen Federico	18:49
M45 Les Danterive	18:39
M50 Larry Fuselier	18:21
M55 Eddie Le Rouge	19:37
M60 Dr. Tom Garvey	22:19
M65 Phil Fisher	24:43
M70+Nick Asproditis	22:49
Top Masters Women	
Bonnie Carter	40 22:50
Jean Takenaka	42 22:53
Marsha Kramer	48 24:52
W40 Barbara Kennedy	24:54
W50 Carolyn Van Kuren	29:16
W60+Amelia Gassen	32:40
Esther Harris	71 45:51

WEST

Las Vegas Marathon

Las Vegas, NV; February 6

Overall	
Brad Ingram	OH 2:16:55
Marie Rollins	IRE 2:37:55
Masters	
Steve Lester	45 2:23:10
Patricia Sher	40 2:46:44

5th Annual Senior-Masters

"Old Fashion" 4 Mile

Yucaipa, CA; February 13

M55 Wally Ingram	24:50
Tracy Brown	27:01
Mel Schultz	29:14
Ward Speaker	29:43
Norm Miller	30:06
Bill Holt	31:07
Jack Wallace	31:33
John Cotton	33:43
H Kochendeifer	34:03
M60 Orlo Keniston	25:12
Bob Koch	28:45
Bob Kay	30:19
Ollie Harker	30:29
Sol Jamerson	30:37
Harold Willis	31:00
Joe Fleischman	31:28
Gene Haskell	31:33
M65 Earle Rippee	31:15
Steve Chiplis	31:37
Lloyd Giddings	35:15
Joe Faye	41:06
M70 Al Clark	34:19
Fraser McMinn	34:21
M75 John Zentmyer	35:40
John Montoya	40:18
Tony Peronna	RW 48:44
Walter Kalins	62:24
W55 Ethel Kleinsasser	35:31
Patricia Pruitt	36:45
W65 Liz Cotton	RW 53:05

Pacific Crest Trail Run

February 14

Order of Finish Overall:

1. Fred Shuffelbarger	6:35:48
2. Jim Gensichen	39 6:57:26
3. John Loeschhorn	43 7:20:07
8. John Montgomery	41 8:02:25
11. Tom Ulrik	46 8:08:15
15. John Metz	44 8:22:58
18. Mike Wexler	39 8:27:27
23. Ron Scott	38 8:34:58
24. Audie Chason	38 8:49:05
28. Maurie Bausquet	45 8:57:14
30. Patrick Lowe	39 9:02:45
31. Richard Aguilar	40 9:02:45
33. Ron O'Haway	50 9:10:06
36. Dale Sutton	48 9:14:24
38. Tony Cannon	45 9:16:28
39. Mac Magrann	39 9:17:08
40. Jack Resh	56 9:17:08
41. Barbara Alvarez	44 9:17:34
42. Steve Harvey	43 9:18:08
44. Richard Tufts	44 9:25:17
45. Chuck Long	46 9:26:00
47. Bob Moses	41 9:34:38
51. Frank Perry	47 9:46:40

Foothills 10K

Phoenix, AZ; February 27

Overall	
Jeff Ruland	30:10
Connie Prince	34:48
M35 Fred Pederzoli	31:30
M40 Web Loudat	30:22
M45 Ed Donoghue	34:39
M50 Jim Tolman	37:00

M55 Bud Rawn	39:45
M60 Herb Williams	41:33
M70+Leon Niles	nta
W35 Mary McKellar	42:40
W40 Donna Pfeffer	43:39
W45 Josie Chalmers	38:44
W50 Barbara Kiene	42:35
W55 Beverly Lee	65:32
W60 Aino Mayer	54:34

Los Angeles Marathon

March 7

Overall	
Martin Mondragon	MEX 2:10:19
Bianca Jaime	MEX 2:36:10

M40-44	
Bob Schlaw	SC 2:19:27
Bill Rodgers	AZ 2:20:29
Murray Hunt	NZL 2:22:02
Jussi Hamalainen	FIN 2:32:14
Barry Brown	FL 2:32:27

M40-44	
Harolene Walters	CA 2:53:58
Cindy Dalrymple	VA 2:57:19
Sally Edwards	CA 2:59:46
Betty Ferguson	TX 3:02:18
Charlene Groet	IN 3:02:48

Masters prize money, M&W:
\$1500, \$1000, \$800, \$500,
\$200.

INTERNATIONALBest British Veterans Road
Running Times in 1987

10K	
Men	
Ernie Cunningham	30:05
Alun Roper	30:16
Mick Hurd	30:20
Tony Keller	30:21
Eddy Lee	30:23
Women	
Priscilla Welch	33:38
Lorna Irving	33:55
Glynis Penny	35:05
Ann Ford	35:10
10 Mile	
Men	
Harry Clague	50:38
Eddy Lee	50:48
Alun Roper	51:06
Ron Smith	51:09
Ernie Cunningham	51:21
Women	
Priscilla Welch	53:51
Paula Fudge	54:31
Glynis Penny	56:41
Ann Ford	57:10
Half-Marathon	
M40-49	
Mick Hurd	63:36
Dic Evans	65:52
Shel Cowles	66:01
Ron Smith	66:25
Len Roberts	66:33

M50+	
D Lawson	70:39
E Williams	71:52
A Lennon	72:34
C Leigh	72:35
E Austin	72:55
Women	
Lorna Irving	71:44
Paula Fudge	72:29
Glynis Penny	73:35
Bronwyn Cardy	75:31
Leslie Watson	77:24

Marathon

Men	
Mick Hurd	2:17:53
Harry Clague	2:19:10
Eddy Lee	2:19:40
Dave Clark	2:21:37
Jeff Norman	2:21:49
Women	
Priscilla Welch	2:26:51
Paula Fudge	2:32:28
Glynis Penny	2:38:23
Lorna Irving	2:38:36

from Martin Duff, Veterans
Correspondent for *Athletics Weekly*



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

1. DISPLAY ADVERTISING RATES

Column	Ad Size	Cost	Width	Height
52	Full page	250	10"	13"
39	1/4 page	210	10"	9 1/4"
			7 1/4"	13"
26	1/2 page	160	5"	13"
			10"	6 1/4"
13	1/4 page	100	5"	6 1/4"
			10"	3 1/4"
7	1/8 page	60	5"	3 1/4"
			2 1/4"	6 1/4"
3 1/4	1/16 page	50	2 1/4"	3 1/4"
1		25	2 1/4"	1"

2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions	10%
6 to 12 insertions	15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES

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

5. TERMS

Net 10 days from billing date.

6. CLASSIFIED RATES

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

7. MECHANICAL REQUIREMENTS

- a. See display rates for ad sizes.
- b. Photo offset printing.
- c. Negative ok. No mats, cuts or plates.
- d. 2-colors: add \$35.

8. CLOSING DATES

The 10th of month before date of issue.

9. CIRCULATION February 1987

Paid: 4210 Distribution: 5000

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P.O. Box 2372

Van Nuys, Calif. 91404

818/785-1895

World Masters Relay Records (as of February, 1988)

400m	40-49	43.1	US	(Dennis, Smith, Segal, Miller)	6- 7-80
	50-59	45.47	US	(Dennis, Colbert, Miller, Newton)	12- 6-87
	60-69	49.09	WG	(Mirkes, Selzer, Kleimann, Schlegel)	12- 6-87
	70-79	55.07	US	(Miller, Castro, Weinacht, Jordan)	12- 6-87
	80-89	77.37	US	(Lum, Crane, Hosack, Pitcher)	8-25-85
800m	40-49	1:30.6	US	(Brooks, Knocke, Whitley, Duffy)	7-28-86
	50-59	1:43.4	US	(Stolpe, Beadle, Harte, Cheek)	8-16-80
		p1:39.8	US	()	10- 1-83
	60-69	2:09.5	US	(Poloynis, Mercurio, Burke, Miller)	5-15-82
		p1:50.0	GB	()	10- 1-83
1600m	40-49	3:23.8	SAF	(Grujic, Burger, Mathe, L. Hacker)	8- 2-79
	50-59	3:37.00	US	(Mathis, Johnson, Baker, Colbert)	12- 6-87
	60-69	3:59.19	WG	(Mirkes, Selzer, Kreneer, Klacks)	12- 6-87
	70-79	4:38.39	US	(Buckley, Fairbank, Jordan, Weinacht)	12- 6-87
	80-89	7:34.9	US	(Lum, Spangler, Hosack, Pitcher)	8-24-85
3200m	40-49	8:00.2	US	(Mason, Franklin, Thomas, Romaine)	7- 7-84
	50-59	9:13.5	US	(Bryant, Sturak, Atkinson, Fitzgerald)	8- 7-82
	60-69	11:36.21	US	(Lukens, Kent, White, Walnut)	1-18-85
	70-79	13:33.0	US	(Hills, Espy, Wang, Bigelow)	10- 1-83
sprt med	40-49	3:36.1m	US	(Knocke, Edens, Smith, Cohen)	8-14-82
	50-59	4:04.1	US	(Cole, Green, Chernock, Johnson)	6-19-80
	70-79	6:41.41	US	(Singer, Mloten, Hosack, Pike)	1- 9-83
dist med	40-49	10:40.0	US	(Mason, Romain, Thomas, Franklin)	2-23-85
	50-59	12:24.6	US	(Stayton, Talley, Widener, Coffee)	8-28-82

p = pending
i = indoor performance

note: the 3200m, sprint medley and distance medley marks are unofficial best marks known to date

Compiled by Pete Mundle, WAVA T&F Records Chairman

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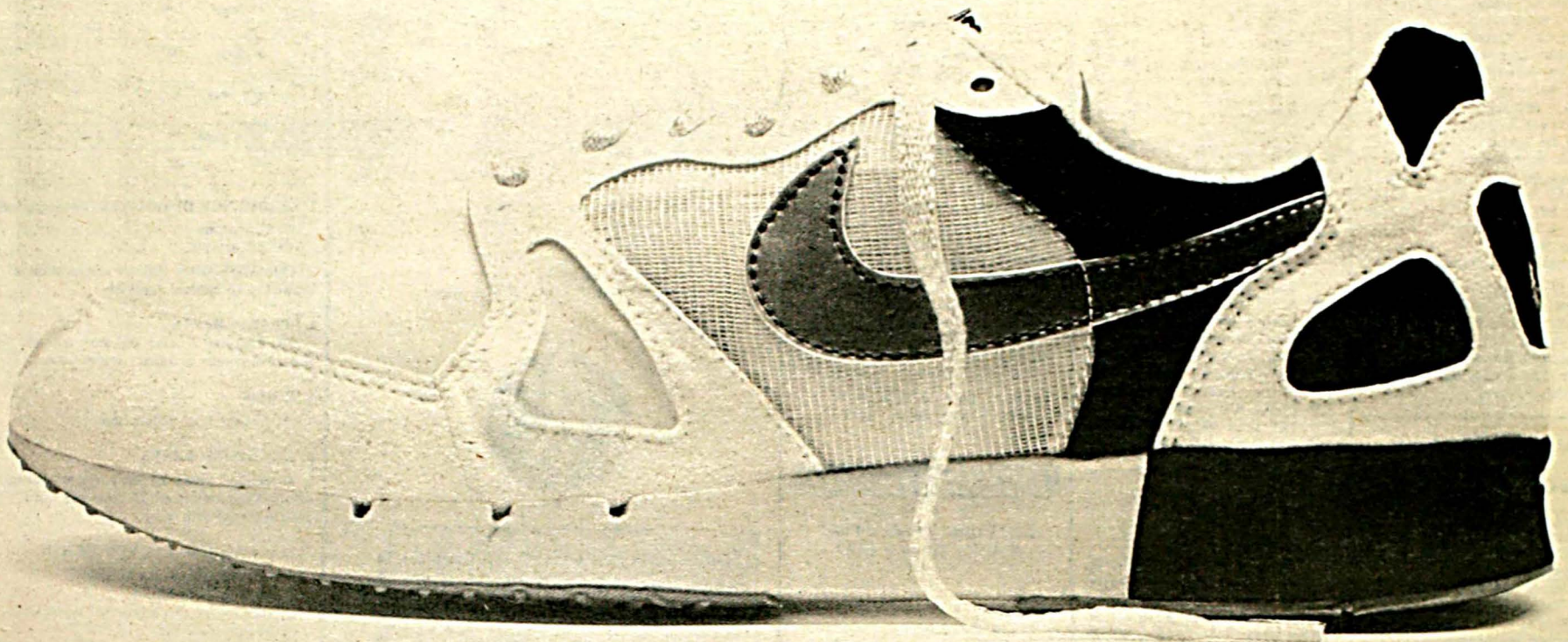
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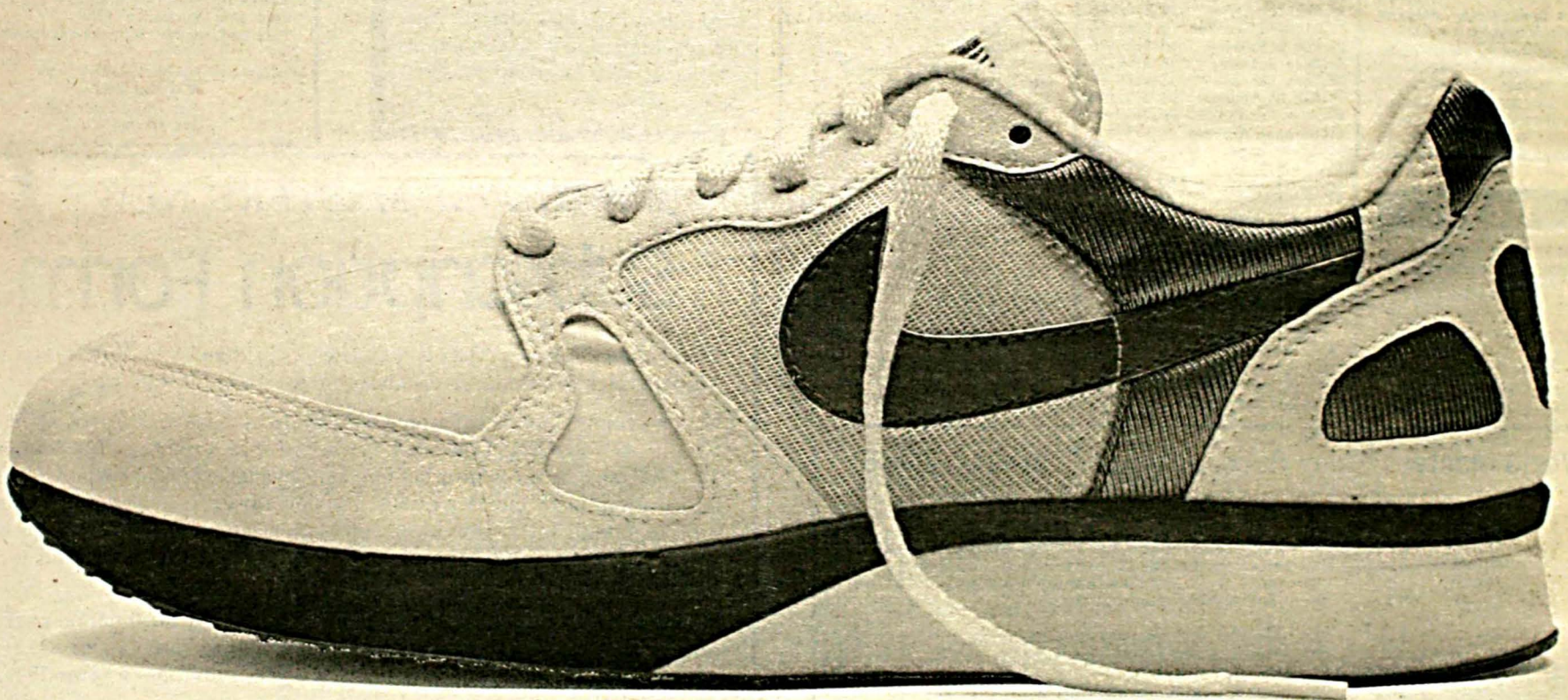
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