Brother-Sister Win Titles in Price Chopperthon

Madeira-Sargent Lead
Masters in Albany 30K

ALBANY, New York, March 23. A brother and sister act led the masters field at the 1986 Price Chopperthon 30-kilometer road race today.

Fordie Madeira, 41, from Sherborn, Mass., was the third woman overall and the first masters woman to cross the finish line in 2:00:38.

Her brother and frequent training partner, Lee Sargent, 43, from Dedham, Mass., paced the male masters in 1:50:39. Finishing one minute behind Sargent was 1984 masters winner, Charlie Parmalee, from Morris, N.Y.

Both times were well off previous winning efforts as the runners had to battle a 15-25 mph headwind on the point-to-point course.

Madeira's time was nearly 13 minutes slower than her third-place finish in the 1984 Price Chopperthon, as she ran conservatively to avoid re-injuring a tender hamstring muscle.

Both Madeira and Sargent returned home with $250 in prize money.

Several of the day's top performers continued on page 18.

Chrimes Commits 4 WR's in British Championships

by JERRY WOJCIC

The British Veterans Athletic Federation Indoor T&F Championships in Manchester, England, on March 15, saw 31 world indoor age-group record marks broken, four others equalled, and 31 British indoor records set.

World-record breakers were led by Rosemary Chrimes, W50, Commonwealth Games discus champion in 1970 and winner at the World Veterans Games in Toronto in 1975. She returned to action, and set four records, in the 60m (9.1); the high jump (1.30/4-3/4); the long jump (4.22/13-10); and the shot put (12.48/40-11 1/2).

G. Bridgeman, M60, broke two sprint records, in the 200 (27.1) and 400 (63.1), and tied the world-best 60m time of 8.3 in a heat race. M. Hocknett, W40, also set two records in the 200 (28.2) and 400 (63.6).

World Games Pledges Top $100,000 Goal

Over $100,000 has been pledged by masters athletes to help support the 1989 World Veterans Games if they are awarded to the United States.

"We've reached our goal, and I want to thank all those who have pledged their support," said David Pain, Chairman of TAC's Masters Site-selection Committee.

The total amount of pledges received as of April 10 was $100,385 from 238 donors. Excluding the two major commitments of $25,000 from John Popell and $50,000 from Otto Essig, the average pledge is $107.36. A complete list of all pledgers will be announced in the May issue.

Chances of a $1.95 World Games ticket are improved if you buy a 400s Raffle ticket.

Chris Pickert, W40, Mahopac, N.Y., finishing 1st woman, 39:44, in the Key West 10K. Key West, Fla., February 15. Photo by Ned Guardener
U.S. PENTATHLON SCORING FAULTED

I have recently received my April edition of National Masters News. In this edition they give the results of the National Masters Pentathlon. For record purposes every score listed is wrong. It’s not sour grapes on my part but rather a feeling of distress that at a “National” meet the scoring could be made so difficult and incorrect by the people scoring the meet. Following is the big problem:

Scoring the 55m hurdles: I had called Rex Harvey, and the people in Baltimore about scoring for the meet. The answer was: 55m hurdle tables same as used last year at a TAC Seniors in Texas. No problem, that is the correct table. At the meet the “official” scores doubled your time and used the 110m high hurdle tables. This makes the difference of 100-150 points. A coach’s rule of thumb is double minus a second, but they didn’t even do that. When it was pointed out that they used the wrong tables and I showed them a copy they had sent me (i.e. 55m hurdle tables), they (scorers) basically ignored us. There was even a letter from TAC on the scorers table telling them to use the 55m hurdle table. It wasn’t the age factoring that made the scoring difficult, it was the people scoring who wouldn’t accept help.

One other point of interest; it is the first time I ever saw a 6’6” high jump convert to 1.97 meters.

If this meet is held on the east coast next year I plan on writing a short computer program to take some of the hassle out of the scoring. Either way the scoring was wrong and Mr. Morcom scored around 3800, still the top score.

Jeff Woutry
Woodbridge, Virginia

SMALL GROUP DICTATES MASTERS

I say “cheers” to the letters from Bill Nottingham and Sidney Gendin concerning the “no false start rule” and the “small group of people” who dictate their views upon the masters masters. These people were never out of the masters community to the office they now hold. They were opportunists who stepped into their own right at the time to fill a vacuum and grab the power they now hold and

Continued on page 25
SHORE ATHLETIC CLUB

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Matson, Simon Set U.S. 15K Marks

Shirley Matson, 45, added the 15-kilometer run to her growing collection of American road records for women age 45-49 with a time of 57:09 in the Sue Krenn 15K in San Diego on March 1.

It was the nutritionist’s fourth U.S. W45 record since she turned 45 last November 7, and was fast enough to earn the women's title, overall, in the 22nd annual 15K at Mission Bay.

Matson’s closest rival of any age was Carl Morrison, 28 (57:41). Her time broke the W45 mark of 58:18, set by another San Diegan, Dorothy Stock, on December 6, 1980.

Matson’s previous W45 records are:
- 8K (28:47), 10K (35:32) and half-marathon (1:20:25).
- Gary Novak edged Graeme Shirley by nine seconds, 33:00 to 33:09, to cop the men's masters crown. The race, which is sponsored by the San Diego Track Club, drew 243 runners.

12 Meet Records Fall in Virginia

Twelve meet records were broken and three set in new events in the Virginia State Masters Indoor & T&F Championships held March 1 in Virginia Military Institute's Cormack Field House in Lexington.

Record makers in the 55M were Keith Witherspoon, 33, (7.9); Lewis Johnson, 39, (8.9); and Joe Martin, 64, (10.0).

Division races in the 300 produced three records: Jeffrey Hughes, 36, (38.0); James Bradley, 49, (43.2); and Willard Dameron, 50, (47.9).

In the 1500, Ray Gordon, 67, ran an excellent 5:30.4. (The listed record for the M65 1500 indoors is 5:32.00 by E. O'Brien of Great Britain.)

Davies Sets 8K Mark in Oregon

70-year-old Clive Davies set a pending 8-kilometer record of 31:32 for men aged 70-74 in the 8th Annual Shamrock 8K in Portland, Oregon on March 16.

Davies, winner of TAC’s outstanding-athlete-of-1985 award in the 65-69 division, erased the three-year-old M70 mark of 34:09, set by Sandy MacLean of New Hampshire.

Jerry Tigho, 40, led all masters and was only 16 seconds off Kirk Randall's U.S. masters record (25:12) with a strong 25:28, good for 10th overall among the 3489 finishers. Second 40+ runner was Mike Heffernan, 45, whose 25:52 was only 19 seconds above Ken Winn’s M45 standard.

Canada’s Erna Kozak, winner of two gold medals at the VI World Veterans Games in Rome last June, placed as third woman overall and captured the women’s 40-and-over title by nearly five minutes in a fast 28:13. (The U.S. W40 mark is 28:14.)

Suffolk Union League

The National Masters News is the official world and U.S. publication for Masters track & field, long distance running and race walking. It contains information you can't get anywhere else. It's a bargain at 12 issues a year for only $18.75. Subscribe now.

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The Jim Hershberger Award was presented by the National Track Association to the most valuable performer at the 1986 NCAA Division I men's and women's indoor track & field championships at Oklahoma City's Myriad Convention Center, March 14 and 15.
THIS YEAR’S TWIN CITIES MARATHON
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This year, America’s most beautiful urban marathon offers you a beautiful opportunity to be part of the U.S. marathon trials for the 1987 World Championships in Rome, Italy. The first three men and women to cover the course that produced 1985’s fastest time qualify. And the next 6,994 will get treated like champions, too. If you’d like to run with America’s best, or simply set your PR on the course that all but gives PR’s away, send a self-addressed stamped envelope to TCM, Box 24193, Minneapolis, MN 55424.

A steady pace will get you to St. Paul. But to get to St. Peter’s, you’ll really have to fly.


Pampered Americans

What's wrong with American distance runners?

I just received a copy of a news release, including the results, of the Gasparilla Distance Classic in Tampa on February 8. Only one American, Paul Cummings, made the top ten. John Tracy of Ireland won, followed by Jose Gomez of Mexico, and Peter Koech of Kenya. The order of finish, by country, after that was Great Britain, Netherlands, Great Britain, United States, Scotland, Great Britain, and Canada.

In the women's competition, it was Norway, Australia, United States, Great Britain, and Denmark. In men's masters it was Mexico, Great Britain, Great Britain, and Ethiopia. Priscilla Welch of Great Britain was first masters woman, some five minutes ahead of the first American.

Of course, this is nothing new. It's happened for a long time. We've never done especially well in international competition in either the middle or the long distances, on the track or on the road.

One might argue that the foreigners now running in the U.S. are the cream of the crop from abroad, here to clean up in prize money. But that argument means only that those countries might not have the depth we have in the United States. It doesn't explain why the best Americans can't beat the best Kenyans, the best Britons, or the best Portuguese.

Since the early 1970's, Americans have taken to running in droves. In Kenya, Great Britain, Portugal, Ireland, any of those countries, you can go a whole day without seeing a person running. If you spot one, you'll probably find he's an American visitor.

So how is it that all those little countries, some with populations only a small fraction of ours, can produce better distance runners than we can?

I've heard several far-fetched theories as to why Americans don't measure up in international competition, but one I've yet to hear is the one I feel explains it. My theory is that distance runners are made in the first 10-15 years of life. I don't mean kids running track or in road races. I'm talking about kids walking to school, taking long hikes, riding their bikes regularly, not eating junk foods, and generally living a hardy life.

Ibrahim Hussein, one of the top Kenyan runners competing today, told me that he used to run three miles to school, run back home for lunch, and then back to school again. He said he'd walk home, though, because he wasn't in a hurry.

I asked Priscilla Welch what it is in England that produces the likes of Jack Foster, Joyce Smith, and now herself.

Is it something in the British blood? Maybe the water? What is it that allows a woman with no real athletic background and only a few years of adaptation to run so fast?

"I really don't know," she replied.

"I lived in the country when I was a child and we didn't have a car. So I did a lot of walking and cycling. My diet has always been a good one, mostly fresh food..."

Ask your average kid today to walk even a half-mile to school or to the nearest one-stop shop for a loaf of bread and he'll threaten you with a law suit for child abuse.

Give the kid his choice of a baseball glove, a football, or one of those ghetto blasters as a gift and he'll take the last item without hesitation.

Deny him his daily ration of burgers, fries, and cola, and he'll report you to the ACLU.

If you suggest he go down to the local playground instead of flipping the television dial, he'll moan and groan and tell you kids don't do that kind of stuff anymore.

Kids today, boys especially, seem more interested in gold earrings than gold medals.

A friend recently related to me, in disgust, a situation that took place in one of our private Honolulu high schools not long ago. It seems that the plumbing in the boys' dormitory broke down and it became necessary for the students to use the shower and the toilet facilities in the gym, which was

Distance runners are made during the first 10-15 years of life, but ask your average kid today to walk a half-mile and he'll threaten you with child abuse.

Before entering the Marine Corps, I often watched a television series called "Men of Annapolis." One particular program focused on a cadet who had trouble meeting the minimum standard for the obstacle course, even though I thought he was moving pretty fast when he just missed the standard by a second or two. At Quantico I had a number of Annapolis graduates in my class and I expected big things from them. However, they were, as a group, in sad shape. Two of them, including a general's son, couldn't chin themselves one time and also couldn't finish a half-mile run at any pace.

These were Marine Corps officers, mind you, our leaders!

While some Americans eventually reform, the softening effects of the formative years apparently cannot be completely overcome.

What's wrong with American distance runners? How about cars, televisions, burgers, fries, soda pop, and parents — as well as grandparents — who let them have all those things to the child's delight.

A mother once asked Robert E. Lee for a word that would guide her son to manhood. The famous general's response, as I see it, is appropriate for the subject addressed here. Lee said, "Teach him to deny himself."
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On Approaching Every Problem With an Open Mouth
by W. Mac Donald Miller

Recently I read an article in the Wall Street Journal about the resurgence of Nike Inc. In the article the writer mentioned that the U.S. Census Bureau estimates 50 million to 80 million Americans walk for exercise. 30 million seems to be a bit of a variance but, as athletes, we have learned to be comfortable with times and distances that were "in the ballpark", so to speak.

During the first six months of 1986, Nike will sponsor 44 walking events with a series of mini-walking races with California dealers along. Because about 70% of walkers are women and many of them older, the first shoe designed especially for walking will be the color gray. Believe me, if you have a bunion or two and a couple of corns or three thrown in for laughs, and the last thing you want to do is draw attention to your feet, all in all, color gray is probably the way to go.

Personally, anonymity has never been much of a priority. As more and more of my old running pals fall by the wayside of the big jogging dump in the sky, I’m inclined to believe walking might have a serious contribution to make. What could be so bad about a discipline that actually builds you up?

I’m reminded of the old cartoon showing a group of country club members sitting in the men’s locker room, heads bowed, shoulders drooped with an atmosphere of defeat so strong you could taste it. In walks a guy, so happy he’s singing, shoulders back, chest out, spring in his stride like a youngster. Of course the moral was simple; he’d given up golf. Remember the last cartoon box? All the members are on their knees begging Mr. Bright, "How’d ya do it? How rough was it?"

You get it, Pal, only a real birdbrain could come up with something featuring ten miles a day, featuring podiatrists as gurus and sciatica more common than the common cold. But I’ve said that before without providing much in the way of worthwhile alternatives. I suspect Nike spent plenty of money determining that walking has arrived as something new and exciting and profitable.

Before I even think of the first issue of “Walker’s World,” I did something I hadn’t done in at least five years, I borrowed a friend’s “Runner’s World.” I barely get past the table of contents before I see an article by a resident CEO guy, Joe Henderson, on the virtue of walking. This carries weight, Joe is so low-key that recently when he was shown the latest split-time, half-time and full-time Casio wrist watch, he explained, "Wow! Wouldn’t that be great to tell how fast you were running?" Just the same, if Joe Henderson is for it - who am I to be against it. It would almost be like the kekte calling the pot a pervert. I’m just a little anxious to learn how all the running support people are going to pile on the bandwagon. The Podiatrists will have no doubt claim to have known about walking for many years. “Because it’s not a natural thing to do for the human race, there is serious trauma involved and very serious money to be made for the people qualified to deal with the issue.” (Orthotic Overview, March ’86).

Imagine the new publications, “Walker’s World”, “Walking Times”, and that old reliable, “The Walker”. I shudder to think of where Pete Mundle will store all the age group records in his Venice bachelor pad. After all, there are just so many records and so many beer cans that will fit in any one particular apartment. At the same time, I sure hope Ken and Jen are able to weed out the fakers, pretenders and lousy mathematicians before the rest of us devote all that training time only to learn the Bloomsbury Walk was an inch short. I suppose it goes without saying that some smart wise acre guy like Mike Tymn will try to belittle this new spirit with nasty sexual innuendos. So be it.

Many others in their own quiet and courageous way will be heard, “I’m neither for it or against it, I’m for both.” (Wendell Miller)

Higdon, of course, will claim that not only he but also his son was blessed with a rare and magnificent capacity to walk in a superior manner than most.

Tom Surak, in a sensitive admission says, “Whenever I miss my walks for more than two days I can’t do a thing with my hair for a month.”

Chuck Klehm has stated that if God meant man to run he wouldn’t have put a shot put, hammer, discus, javelin, 35 lb and 95 lb weight in his hands.

As an aside, Jim McMahon, quarterback of the Bears, is having difficulty getting the hang of wearing the headband over his ears like his inspiration and mentor, ex-half-miler and competitive walker, Bob Fine, insists is proper.

Of course, well meaning physicians will claim fall-out and fall-off. “Playboy” will settle the matter by claiming walking will make the old you-know-what grow. In the spirit of race directors throughout the land, walking enthusiasts will now claim over 400 million men in the U.S. are avid walkers.

As for me, because it all sounds so familiar, I’m going to be forced to take a pass, not because I have anything against walking, but because, come spring, the natural transition for all of us boingers is to move smartly to the croquet court.
1986 TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

NEW YORK MASTERS SPORTS CLUB

WHEN: Friday, July 18th - Sunday, July 20th
WHERE: Mitchel Athletic Complex - Uniondale, Long Island, New York
FACILITIES: Track, Pole Vault, Long & Triple Jump runways and High Jump areas - Poly-Flex 942. Javelin -grass runway. 3/8 SPikes
HOUSING: Hofstra University Dorms (bring own towel and soap) - $20.00 per person each night (nearest housing to track). FEE FOR USE OF ENTRY.
ELIGIBILITY: M & W ages 30+ (5 year groups) who are registered with TAC.
ENTRY FEE: $10.00 first event, $5.00 each additional event includes new TAC insurance. $20.00 per relay - must be members of same TAC club.
ENTRY DEADLINE: Received by July 1st. Late entries returned unopened.
REGISTRATION: Thursday 11 AM - 9 PM Marriott, Fri, Sat, Sun - at the track.

ORDER OF EVENTS: Women, then men; older to younger (unless otherwise noted)

SATURDAY
TRACK 8 AM
Sprint 400
1,500 FINALs (sections)
100 FINALS
LUNCH BREAK
300 IJ FINALS
400 IJ FINALS
4x100 relay
4x400 relay
FIELD EVENTS 9 AM
Long Jump (Spits)
Discus
Pole Vault M40-49
11AM Hammer
Pole Vault M50+, W
Javelin M30-39

SCHEDULE OF EVENTS:
FRIDAY
TRACK 1 PM
HH Trials & FINALS
5K racewalk
100 heats
800 FINALS
10,000 M30-39
10,000 M40+, W (sections)
FIELD EVENTS 2 PM
High Jump (2 pits)
Shot Put (2 circles)
Pole Vault M30-39

SUNDAY
TRACK 7:30 AM
20K racewalk
SK run M30-64 (sections)
400 FINALS
5K run M65+, Women
200 FINALS
4x400 relay
FIELD EVENTS 9 AM
Triple Jump
Javelin Women, M40+

HOUSING
HOFSTRA UNIVERSITY DORMS: (nearest housing to track) - $20.00 per person each night to be paid in advance, 1 or 2 in room (all single beds). Also some triples (3 single pull-down bunk beds). Bring own towels and soap.

AREA HOTELS: Make reservations early for these special rates per night:mention 'National Masters Track and Field'.
Marriott: Meet Headquarters (1/2 mile from track), 516-754-3800, $70.00 flat rate (1-4 in room).
Island Inn 800-645-2000 single-$75., double-$85., triple or quad-$90.
Garden City NY State 800-832-3030, outside NY 800-547-0400 (1 block LIRR single or double-$105. (Luxurious, nr Saks & Bloomingdales)
Holiday Inn 516-997-5000 single-$75., double-$83., triple-$89.

TRAVEL
Air Reservations/Car Rentals: Call Diana Schneider M-F 212-759-2610 2-6 PM
Closest Airports: Kennedy and LaGuardia.
Transportation to Dorms and Hotels: Call Winston Line 1-800-4-airport, one week prior to arrival - have arrival date, time, flight # and number in party ready also airline and airport) - $9.00 per person.

ALL THROWING AND JUMPING EVENTS - 3 throws/jumps each.
Top 8 to FINAL - 3 more throws/jumps to each FINALIST

ALL EVENTS ENTERED
TAC CLUB

EVENTS BEST RECENT MARK

1. 5.
2. 6.
3. 7.
4. 8.

# of people

TOTAL FEE ENCLOSURE

MAKE CHECKS TO NY MASTERS MASTERS TRACK & FIELD
MAIL TO: SANDY RABKIN, 77 PROSPECT PL., BROOKLYN, NY 11217
I do hereby, for myself, my heirs or assigns, waive, release and all claims to damages against TAC, MAC, NY Masters SC, any sponsors, or their representatives for any and all injuries suffered by me. I certify that I am in good health to compete in this event.

Date
Athlete's Signature

PLEASE PRINT
NAME
ADDRESS
CITY
STATE
ZIP
SEX M/F
PHONE

TAC CLUB
EVENTS ENTERED
BEST RECENT MARK

T-SHIRTS - $6.00 each

ALL EVENTS

NO FALSE START RULE
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eliminates runner!

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STANDARDS: WAVA

PLEASE PRINT
NAME ____________________________ Birthday ________ Age on 7/18
ADDRESS ____________________________ Sex M/F
CITY ____________________________ STATE ZIP
PHONE ____________________________ TAC #

EVENTS ENTERED

BEST RECENT MARK

1. 5.
2. 6.
3. 7.
4. 8.

# of people

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Date
Athlete's Signature

Please print name, birthdate, age on 7/18, address, city, state, zip, phone, TAC club, events entered, best recent mark, total fee enclosed, make checks to NY Masters Masters Track & Field. Mail to Sandy Rabkin, 77 Prospect Pl., Brooklyn, NY 11217. I do hereby, for myself, my heirs or assigns, waive, release and all claims to damages against TAC, MAC, NY Masters SC, any sponsors, or their representatives for any and all injuries suffered by me. I certify that I am in good health to compete in this event. Date athlete's signature.
T his column began as a response to Al Guidet’s letter on page two. But it ran a
tad long, so we made a column out of it.

Always ready to respond to a challenge, we've printed Guidet's letter, in which he questions the decision-making process of TAC's masters program. He feels his views are not being represented by the current officers and delegates.

While we don't feel his letter represents a majority view of masters athletes, we feel a response is in order simply to try to clear up some of the mechanics on how decisions are made by TAC and WAVA.

First, contrary to Guidet's belief, most delegates who voted for the no false start rule—and for all other rules governing the masters program—WERE elected by their respective TAC local associations. A few delegates were appointed by the Chairmen of the two TAC Masters Committees—Jerry Donley, T&F, and Bob Boal, L&D.

Guidet, or anyone else, can go to TAC's 1986 Convention in Tampa in December by: 1) getting elected as a delegate to a masters committee by his local association. Those chosen as delegates sometimes get a free trip, sometimes they pay their own way; or

2) simply going to Tampa and sitting in on the masters meetings. The structure is generally so informal that anyone who is there can participate and often vote.

Second, the people who are now officers did not, as Guidet says, "step into a vacuum and grab power." Most would be happy to hand over the "power" tomorrow to anyone who would take it. The "power" consists mainly of a lot of thankless work for no money that no one else wants to do.

It often means spending money out of one's own pocket, and going to meetings when there are better things to do. Most masters officers had to be coaxed by the Chairmen in accepting their responsibility. They do their job because they feel an obligation to try to help improve the program. Anyone who wants to share in the workload can call on the Chairmen, or anyone else—call up today. Just call Boal or Donley and they'll gladly put you to work.

Third, the idea that officers should be chosen in elections by votes from the entire masters membership may be worth discussing. The way it's done now is the way the U.S. Constitution operates—by representative democracy. Each area elects its own representative, who then votes in the "Congress," or, in our case, at the "Convention." TAC delegates are generally those who have been active in their local communities. Many of the masters delegates last year, for example, were meet and race directors.

Fourth, NMN doesn't have any facts on how much time was saved by the no false start rule last year. But most delegates at the 1985 Convention felt it was substantial.

Fifth, the 19 delegates who voted for the rule represented a cross-section of the nation. I don't remember all the names, but, as I recall, they were from Texas, Northern California, Oregon, New Jersey, Florida, Georgia, New York, New England, Illinois, Louisiana and Ohio, among others. The one opposing vote was cast by the representative from Southern California, whose constituency, at a local meeting in Los Angeles, had voted, 8-3, to oppose the rule. The rule was discussed at the meeting at the National T&F Championships in Indianapolis last August, and no strong objection surfaced among the 50 athletes there.

Sixth, as to the number of letters NMN received on the subject, we printed them all, so you can take your own count. We'd guess it was about 60-40 against. We hope this will be the last letter we print on the matter.

Seventh, many of us can vote for our local rep at a local TAC meeting. There is clearly a lack of communication in some areas as to when meetings are held. We urge each local masters chairman to try to get the word out to all interested people. While there are advantages in masters working within TAC's structure, there is the disadvantage that many people, like Guidet, feel shut out. There has always been sentiment to form a separate U.S. masters organization, like the Canadians, Australians, British and many others have done, but many of the same problems would still exist.

The same general principles which apply to TAC also apply to WAVA. Anyone who has a gripe can run for office and try to change things. Neither TAC or WAVA is an oligarchy. On a democratic scale of 1 to 10—10 being best—they both rate an 8. There may be some power-grabbing at the higher levels of TAC and the IAAF, but masters don't appear to be in that stratosphere yet.

NMN's view is that both TAC and WAVA are well-meaning organizations. Continued on page 15

COME ADD YOUR NAME TO THIS LIST
OF BEST COTTON ROW RUN PERFORMANCE

COTTON ROW RUN
Memorial Day
May 26, 1986

Wally Herrall started out his 40’s with a 2:34 Marathon and a 32:40 PR 10K. He went on to PR at nearly every distance including a 4:11 1500 meters and 15:45 5K at the Worlds in Rome. He did five events at the National Outdoor doors including a PR 202 S 800, another 4:11 1500, a bronze and silver medal in the Mile and Two mile relays, and a 16.01 5K. He will be running both track and roads this year. Wally’s most memorable race of the year was his 10th amature (not fidele-professional) in the San Giavanni Battista 12K in Florence, Italy. The madcap race is Italian style with two false mass starts, in the dark, in the rain, on narrow cobble-streets and zero crowd control. But the Italians have it all over us in the awards department as his last prize was a large sterling silver loving cup: Ora Te Pro Nobis!

MAYnard A. SHEAHEN
National Masters News
May, 1986
Good Marks in Illinois Meet

The seventy masters athletes who participated in the Illinois Masters Indoor T&F Classic at the Westwood Sports Center in Sterling on March 9 registered some good track times and solid field marks.

Robert Zahn, M30, of Wisconsin, winner of the 60yH in this year’s indoor championships in Baton Rouge, won the 55mH (7.89) and 200 (23.9). Roger Bagnesi took the M40 55m in a five-man field with 7.01. Harry Brown, M55, won handily four times: 55m (7.25); 200 (26.29); 400 (1:05.4); and 55mH (10.12). Garry Carr’s M40 win in 2:06.0 was the fastest of the meet in the 800.

Martin Bartels, M75, gave up over forty years in the five-man, mixed age-group 3000 racewalk but beat everybody in 19:34.0.

Tom Langenfield of Missouri, this year’s M50 high jump winner in Baton Rouge, had impressive wins in the high jump (5-6) and triple jump (36-4).

Weight throwers left the meet tired but sated, having thrown everything (25#, 35#, 56#, 98#) that wasn’t bolted down in the Center. Carl Klehm, M45, had the day’s farthest throws with all four implements, including a 19-0 in the 56# and 9-6 in the 98#. Bob Kemp, M50, featured a 38-2½ 25# toss and a 9-5 effort with the 98# in his four weight firsts.

14 Join Masters Sustainer Program

Fourteen readers have generously sent in contributions of $405 to provide additional support to the National Masters News and the Masters program. They are listed on this page as National Masters News sustainers and will each receive a free copy of the 1986 Masters Track and Field Age Record Book.

The donations have ranged from $10 to $100. All are greatly appreciated.

The National Masters News has been operating on a tight budget since its inception. Any contributions go directly into improving the quality of the paper and the services it provides.

We welcome your support. Send your contributions to MMN, PO Box 5185, Pasadena CA 91107. And thank you.

Every Day You Track... One Dependable, Low Cost Source.

Call Toll-Free 1-800-556-7464 for Advice and Quick Delivery.

Request a copy of our 1986 catalog. Call Bill or Eric Falk Toll-Free at any time for advice or to place an order.

NATIONAL MASTERS NEWS
LIST OF SUSTAINERS
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Harold Chapson
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J. Edwards
Harold Hadley
Edwin Haines
Ed Hophone
Charles Mercurio
Murray Oguss
Lawrence & Marilyn Patz
Gordon Powell
Virginia Track Club
John Woods

Bold type indicates donation of $100 or more.

Priscilla Welch, 40, before one of her “killer” workouts, Clearwater, Fla. Photo by Dick Larey

M-F Athletic Company
P.O. Box 8188
Cranston, RI 02920-0188
Knee Injuries

I'm 51 and have been diagnosed as having a "popliteus (pop-litt'-ee-us) tendinitis" in one knee, and have been told to stop running. What can I do, besides stopping running, to help my knee?

The popliteus tendon is one that runs along the back and outside of the knee. It serves to check the forward thrust of the thigh (femur) when running downhill and, obviously, is usually injured when running downhill.

Aside from downhill running, popliteus tendinitis is related to hyperpronation of the foot. It can also be caused by running on banked surfaces or on the beach.

Rotation of the larger lower leg bone (tibia) applies additional stress to the popliteus tendon at its "insertion site" (the lateral femoral condyle) in the femur. There is excessive stress to the outside of the knee, where the pain usually develops and is often mistaken for iliotibial band syndrome.

There is usually a point of tenderness over the ligament on the outside of the knee. This localized pain differentiates the condition from iliotibial band syndrome or a meniscus degeneration.

The most obvious treatment is rest, usually for a six-week period. During this time, I would recommend physical therapy, which may include heat and ultrasound.

A complete biomechanical examination should be performed and the offending hyperpronation corrected with an orthotic device.

The athlete may return to running when the symptoms are gone. Correction should be made in the running surface, together with use of a well-cushioned training shoe.

(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, MNN, Box 2372, Van Nuys, CA 91404.)

SRI CHINMOY MASTERS GAMES

Track and Field Events
For Men & Women Ages 50 & Up
Sunday, July 27, 1986
8:00am
Eastchester High School
New Rochelle, NY

SCHEDULE OF EVENTS

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Event</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>100m</td>
<td>8:00am</td>
<td>400m</td>
<td>1:00pm</td>
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<tr>
<td>Shotput</td>
<td>8:30am</td>
<td>High Jump</td>
<td>1:30pm</td>
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<tr>
<td>200m</td>
<td>9:30am</td>
<td>Long Jump</td>
<td>2:30pm</td>
</tr>
<tr>
<td>Javelin</td>
<td>10:00am</td>
<td>5000m (men)</td>
<td>4:00pm</td>
</tr>
<tr>
<td>Discus</td>
<td>11:00am</td>
<td>3000m (women)</td>
<td>4:00pm</td>
</tr>
<tr>
<td>1500m</td>
<td>12 noon</td>
<td>Tennis Ball Throw</td>
<td>4:00pm</td>
</tr>
</tbody>
</table>

AGE CATEGORIES

50-59, 60-69, 70-79, 80 & over

AWARDS

1st-3rd places each category, each event, men & women

TRACK FACILITIES: New synthetic track: no spikes allowed (flats only) Restroom and shower facilities. Light refreshments throughout the event. Three meals served.

ENTRY INFORMATION: Pre-entry fee $7. Day-of-race entry $9. Free T-shirt to each participant. Pre-entry fees must be postmarked prior to Friday, July 18. Day-of-race registration and late entry at Games site from 6:45-8am.

MAIL CHECK AND APPLICATION FORM TO:
Sri Chinmoy Masters Games, 150-47 87th Avenue, Jamaica, NY 11432.

DIRECTIONS:

BY CAR (From New York City, heading north on the Hutchinson River Parkway from the Whitestone Bridge): Take the North Avenue Exit. Go left at light onto North Avenue. Stay in left hand lane. Road ends at next light; turn left onto Mill Rd. At next light, turn right onto California Road. Make first left onto Manchester Rd. Track is on right side. Park between track and high school.

BY CAR (South from Connecticut): Take Mill Road West Exit (it is the first exit after the Mohican Rd. Exit). At end of exit turn right onto Mill Road. Turn left at light onto California Road. Follow directions above.

FOR INFORMATION CALL (718) 523-2600

SRI CHINMOY MASTERS GAMES

Last Name: First Name: Sex: Male: Female

Team Name: Last Name: First Name: Sex: Male: Female

Making address: Street: Include Apt. No. and/or C/O: Area Code Phone

City: State (or Country if not USA): Zip


Please list any records held, now or in your youth:

SIGNATURE: DATE

In consideration of this entry being accepted, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release the Sri Chinmoy Centre and their representatives for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. I hereby grant full or any other record of this event for any legitimate purpose.

George Mathe leading Francois du Toit around the last bend in the M45 400. West Province Masters Meet, South Africa, November 7. Mathe, winner in 54.6, holds the world record (54.1) for the M40 400m.

Photo by Leo Benning
Harry Koppel

Born: May 30, 1913, Richmond Hill, Long Island, New York
Schools: Richmond Hills High, Syracuse University
Family: married to Juliette, two sons, three grandchildren
Occupation: retired United Airlines machinist
Ht./Wt.: 5-7, 160

Current Residence: Belmont, California

Competitive Highlights: numerous national championships at 100, 200, and 400 meters since 1976; still holds world age 60-64 100 yd. record (21.1); age 69 200m record (26.7); 70-74 American record at 200m (27.7); age 68 400m record (64.4); age 70 400m record (65.66) among others.

Did you compete in your school days?

"In high school I ran the half-mile and cross-country. We didn’t have a track at our high school, so we had many of our meets at old Ebbets Field in Brooklyn. I won the New York City Championship at 1,000 yards one year."

What kind of times were you running in Brooklyn?

"It was around 1:15 for the half-mile, 2:00 for the mile."

What about in college?

"I was on the swim team in college. That was during the Depression. I went through college on $12 a week. That meant a donut and coffee for breakfast, a peanut butter sandwich for lunch, and a 35 cent dinner outside. Those were hard days and you couldn’t run on that kind of food.”

So when did you get back on the track?

"It was in 1976 that I got started again. I got bit by a sea snake in Hawaii and it was quite a mess. I couldn’t walk for three months. My right leg atrophied and I started running to build it back up."

How long was it before you began competing?

"About three months. I had been in the masters movement at swimming before that."

What prompted you to start swimming?

"I was trying to get healthy. I had developed thyroid cancer. Years ago I worked in a chemical manufacturing plant and I knew for years it was coming. After six weeks of radiation and five days of cobalt I more or less decided to take more interest in my health than my work. I started swimming with the San Mateo Marlins in 1974."

How did you do in swimming?

"In ’75, I won the 30, 100, and 200 national championships in breaststroke and set national records."

Are you still swimming?

"No, I enjoy the running more and I enjoy the people more. The people in swimming are more introverted and the track people are more outgoing and friendly."

Looking back on your near ten years of Masters Track, what stands out?

"Beating Payton Jordan in a 100-meter exhibition in front of 70,000 spectators during halftime at the Stanford-Tulane football game about four years ago. That was exciting. Another one that stands out was winning the Masters meet at the 1977 Senior Olympics, running a 63.88 world record there."

Tell us a little about your training.

"I train every day at the College of the Pacific. I do that day. But I plan to concentrate on 400’s this year to build up the endurance. I’d like to go after Joe Packard’s world M70 record of 64.6 for the 400. That’s a hard record. I ran a 65.1 when I was 70, so I’m not too far from it."

Do you run on the road or do any over-distance stuff on the track?

"Oh, no, when you do roadwork you’re on your heels. Everything I do is high quality training. I stay up on the balls of my feet or on the toes. I might do a 500 or 600 now and then."

What about hill intervals, weight training, stretching?

"Oh, I stretch all the time, but no weight training. I’ve got enough bulk as it is. I don’t need any more. They got a hill at the college they call Cardiac Arrest, about a quarter mile and quite steep. I run that once in awhile. Is it as much fun now as when you began back in 1976?"

"I think I’m enjoying it just as much, if not more. I have more definite goals now than I had before. I know I want to go after Joe Packard’s record."

—Mike Tynn

ANTEATERS MASTERS TRACK AND FIELD CLASSIC

CO-SPONSORED BY CORONA DEL MAR TRACK CLUB AND UNIVERSITY OF CALIFORNIA-IRVINE

DATE: MAY 24, 1986
PLACE: UNIVERSITY OF CALIFORNIA, IRVINE

DIRECTIONS: 405 FREEWAY TO CULVER, SOUTH TO CAMPUS DRIVE, RIGHT ON CAMPUS TO BRIDGE ROAD. USE PARKING LOT 6 OR 9 (FREE PARKING).

AWARDS: FIRST 3 PLACES IN EACH EVENT, CUSTOM DESIGN THREE COLOR MEDAL.

ENTRY FEE: $5.00 FOR FIRST EVENT, $3.00 FOR EACH ADDITIONAL EVENT.

ENTRY DEADLINE: POSTMARKED BY MAY 17, 1986 (LATE ENTRY ADD $2.00 PER ATHLETE).

DIVISIONS: FIVE YEAR AGE GROUPS (YOUNGEST RUN FIRST)

Submasters - 30-34
Submasters - 35-39
Submasters - 40-44
Submasters - 45-49
Submasters - 50-54
Submasters - 55-59
Submasters - 60-64
Submasters - 65-69
Submasters - 70-74
Submasters - 75-79
Submasters - 80-

JUMPING EVENTS

11:00 HIGH JUMP ALL DIVISIONS
12:00 POLE VAULT ALL DIVISIONS
12:15 LONG JUMP DIVISIONS
12:30 JAVELIN DIVISIONS
13:00 DISCUS DIVISIONS
13:30 HIGH HURDLES DIVISIONS
14:00 LONG JUMP DIVISIONS
14:30 JAVELIN DIVISIONS
15:00 DISCUS DIVISIONS
15:30 HIGH HURDLES DIVISIONS
16:00 LONG JUMP DIVISIONS
16:15 JAVELIN DIVISIONS
16:30 DISCUS DIVISIONS
17:00 HIGH HURDLES DIVISIONS

TO ENTER, COMPLETE AND RETURN THE FOLLOWING:

ATHLETIC RELEASE: IN CONSIDERATION OF MY ENTRY, I DO HEREBY, FOR MYSELF AND MY HEIRS, AND ADMINISTRATORS WAIVE AND RELEASE ANY AND ALL CLAIMS I MAY HAVE AGAINST THE UNIVERSITY OF CALIFORNIA-IRVINE AND THE CORONA DEL MAR TRACK CLUB AND THE OFFICERS AND REPRESENTATIVES FOR ANY AND ALL INJURIES SUFFERED BY ME DURING THE EVENT, SPORT OR FACILITY. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS WHICH PREVENT ME FROM COMPETING AND I COMPETE AT MY OWN RISK.

NAME: __________________________
ADDRESS: _______________________
AGE (AS OF MAY 24, 1986) ________
DIVISION ________ M OR F ______
CLUB AFFILIATION IF ANY: ________
DATE OF BIRTH ________
Please enter me: ________
1. ________
2. ________
3. ________
4. ________
5. ________
6. ________
DATED: ____________
SIGNATURE: __________________

PLEASE FIND ENCLOSED MY CHECK $ ____________ FREE CHECK PAYABLE TO: ANTEATERS MASTERS
MAIL BY 5/17/86

DAVID A. LEWIS
505 REGONIA AVENUE
CORONA DEL MAR, CA. 92625
Spring Meeting of TAC

I've just completed the Spring Meeting of the Board of Directors of TAC/USA. It was scheduled so individuals could fly in on Saturday and be home on Sunday, except for me. I took a train from Denver to Chicago and back Friday night to Tuesday morning. Relaxing, but long!

The reason for a train ride: doctors told me no airplane rides for a while. On the way to Baton Rouge, my head plugged up, my ears did not clear out, and I ended up with a ruptured ear drum, partially deaf, and talked like I was in a barrel. If any one at Baton Rouge thought I was out of sorts or not communicating well, that was the reason, and I apologize.

TAC/USA will have insurance coverage from April 1, 1986, with no lapses. Everyone will need to check through your local association for the funding of premiums. It is likely to be different than what we've had since the Houston convention.

I am becoming more convinced of our need for long range planning to include programming for, and the assimilation of, the Sub-Masters, both those competing in our Masters competition and in the open competition. Believe it or not, we have generated some credibility. Many athletes are now aware of track and field as a lifetime sport, and are looking forward to Masters competition. We need to encourage ongoing fitness and competition for all levels of skills. We must develop a strategy to do this, and I'll be talking with a number of you looking for direction and guidance.

Eugene, San Jose, Los Angeles, San Diego, North Carolina, and Florida are willing to host the 1989 World Games. The site-selection committee will send representatives to each site at the end of June to evaluate and report on each. The site-selection committee will meet July 17, 1986 to review the bids and recommend one of these cities to TAC/USA as the host city. It will be a difficult decision, as all the bidding cities are experienced and capable.

9th Annual
Pacific Sun 10K Race
and
PA/TAC Masters 10K Championship
Monday, Memorial Day, May 26, 1986

Sponsored by Pacific Sun and Ross General Hospital
Nationally certified
$2500 prize money

TIME & PLACE:
8 a.m., College of Marin, Kentfield. Limit 1000 runners.

COURSE:
A fast out-and-back 10K loop on macadam roads and paved bike paths.

DIVISIONS:
Men and women: 14 & under, 15-18, 19-29, 30-39, 40-49, 50-59, 60 & over, master teams.

AWARDS:
Cash prizes for Masters, men and women, teams. Awards 5-deep for age group winners. (TAC is needed by cash prize winners.) Tank tops to all registrants.

GALA/PASTA FEED:
San Rafael Community Center, 25-5-6 p.m. Sportsmedicine clinic; 6-6:30 p.m. Video tape of 1985 race and social; 6:30 p.m. dinner, with Sister Marion Irvine and Norm Greene.

MORE INFORMATION:
Entry fee: $5. No race day registration if 1000 limit is reached. Call Pacific Sun for more Information: 383-4500. Manpower provided by Tamalpa Runners, volunteers call Joaquin Fritz, 454-6612, 6-9 p.m. & weekends.

PRE- RACE REGISTRATION:
Fill out entry, sign waiver
- Include self-addressed stamped envelope 4" x 10" (SASE)
- 1 per entry
- Mail entry and make all checks payable to:
Pacific Sun 10K
P.O. Box Bonnie Hill - Total Race Systems, 2000 Lucas Valley Road - San Rafael, Ca. 94903

--- THERE WILL BE NO RACE DAY REGISTRATION ---

In consideration of your accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims of damages that may accrue against the Pacific Sun, Tamalpa Runners, Beatrix Foods Inc., Ross General Hospital, Total Race Systems, Marin County, Ross, San Anselmo or Larkspur for any and all injuries that may be suffered by me in the Pacific Sun 10K Race. I affirm that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last six months. As part of the waiver I acknowledge that I have read and understand all of the above.

Date Signature
Signature of parent or guardian if runner is under 18

Need Back Issues?

Most back issues of the National Masters News are available for $1.95 each, plus 50¢ postage and handling for each order. Send to:
National Masters News
P.O. Box 2372
Van Nuys, CA 91404
12th Annual
GREEN MOUNTAIN RACING CAMP
August 10-16
Dartmouth College
Hanover, New Hampshire
August 17-23
Lyndon State College
Lyndonville, Vermont
GREEN MOUNTAIN RUNNING CAMP features outstanding guest runners and coaches in the incomparable environment of northern Vermont and New Hampshire. Pine needle paths, dirt roads, rushing mountain streams and lakes. The best summer training weather to be found in the northeastern high school, masters, male and female adult programs and team events.

The adult format has featured outstanding guest runners including Barry Brown and Judy Pickett. Nationally renowned sports medicine experts such as Marc Chasnov and Dr. Philip Maffetone will be on hand to share their lifetime of experience with you. Put together your yearly training program with us at Green Mountain Running Camp.

Nike Guest Update: Priscilla Welch, ranking World Masters Champion, will be in attendance at both Dartmouth College and Lyndon State College Camps, along with her husband and Coach, Dave Welch.

"You don't have to die to go to HEAVEN" come to:
GREEN MOUNTAIN RUNNING CAMP
For brochure send SASE to: John Holland
Green Mountain Running Camp
2434 Hawthorne Drive
Yorktown, N.Y. 10598

From the Editor
Continued from page 10

Ed Hoyle, M45, with a 12.6 in the pole vault at the Lake Erie Indoor T&F Championships, Cleveland, Ohio, January 4. Hoyle vaulted an M45 World Record 13.6 in Pennsylvania in February 2. Then lost the mark to Paul Richard's 13.9 at the Indoor Nationals in Baton Rouge on February 23. Photo by James White
Masters Training Advice

George Cohen

"I thought I'd die," says George Cohen about his first 880 race. He ran it in 2:00 while a high school student in Stockton, California. He considered himself a quarter-miler and set the school record of 48.7 for the 440 in 1958.

Times — and talents — change. Nearly three decades later, at the 1985 U.S. National Masters Track and Field Championships in Indianapolis, he set a new world record for men age 45-49 of 1:57.73 in the 800-meter run.

Cohen set a PR 48.1 in the 440 while at Stockton College "on very little training." He also played football there, and boxed for two years while on active duty with the Navy. He earned a B.A. in Sociology from Cal State U. in Los Angeles and a Masters in Public Administration from USC. For the past 11 years, he's worked as a California State Parole Agent, and lives in Los Angeles.

George's biggest fan is his wife, Nora, "a Philadelphia transplant who calls herself 'the executive officer of my fan club.'" In 1981, she organized a fund raiser to finance George's trip to the IV World Veterans Games in New Zealand.

They have one son, Sherman, "and a gorgeous daughter-in-law," who were in the stands in Los Gatos, California, last August when he first lowered the M45 800 WR to 1:58.4.

"That was their first opportunity to see me, and it was quite exciting for me," Cohen said.

His return to running after 20 years was purely an effort to lose weight. After running 10K's for about two years with "moderate success," he returned to track competition in 1980 at age 40 after watching a masters mile in the Muhammad Ali Indoor Meet.

"One mile," he thought — "no problem!"

When he first began training for 10K's, he would just go out and run. "I'd just put in some distance (3-6 miles) at no specific pace, 3-4 times a week."

Wanting to better his times, he turned to advice for the popular running magazines. "They all recommended Fartlek and interval training. I began running with some guys who were training for the Police Olympics."

He burst onto the masters scene in August, 1980 with an American 40+ record of 1:54.9 in the 800, a record which still stands. He just missed Klaus Mainka's world M40 + mark of 1:54.5.

But he was plagued with an undiagnosed problem which affected his running from 1981 until 1984. "After 1980, I began to notice a decline in my willingness to run longer races. I didn't attribute this to anything physical, and experienced success in 1981 (800 in 1:55.5 and 1500 in 4:01.9), and in 1982 with a 10K PR of 33:52. In 1983, however, I began to feel aches and fatigue that I couldn't explain and seemingly couldn't recover from. After losing the 800 and 1500 at the Nationals in Eugene in 1984, I knew something was wrong. I figured rest would solve the problem, so I took two months off. No running at all. Instead of feeling better, the problem got worse.

Finally, I went to a sports medicine clinic. They mis-diagnosed my difficulty as weak leg muscles and put me on a therapy program to strengthen my hamstrings and quads. I still had difficulty finishing a workout. As a last resort, I tried a chiropractor, who diagnosed a lower back problem. Eureka! The treatment worked. A 1:57.73 in the 800! But the real story is I'm training well again — and smiling a lot."

While recuperating from the back problem last year, he began working out with the Santa Monica Track Club, under the tutelage of coach Merle McGee. "He guided Johnny Gray to an American Record in the 800." Cohen said, "and he added a new dimension of structure to my running."

George's training year is divided into off-season and race-season training.

"The off-season is the opportunity for long (4-10 miles) workouts. I run 5 days a week on the roads, through the parks, over hill and dale. These workouts vary in length and intensity (hard 2 days, easy 3 days), and sometimes resemble interval training or a Fartlek session." Two days a week (Mondays and Tuesdays) are allotted to track workouts. Average weekly mileage is about 57 miles.

Initially he ran road races every weekend. His routine changed, however, after meeting coach McGee, and he now limits his off-season racing to 4 or 5 5K's. "Just to keep the competitive fires burning."

During track season his mileage drops. Training is geared to maintaining conditioning and sharpening for races. Pre-race sharpening consists of fast repeats of 150-200 on Monday and Tuesday, a simple warm-up Thursday, and a 4 mile run at a 7:30 pace Wednesday, and possibly Friday. If the race is out of town, he does nothing on a travel day (Friday or Saturday).

His warm-up is always the same. He jogs for 2 miles and does 12x110 strides. "I attempt to stretch my back and legs before a workout," he says, "but very often skip this because I'm late, or in a rush to finish the workout." He thinks many of the physical problems he's had may be a direct result of not stretching properly.

Cool-down consists of 10x110 easy strides and sometimes jogging a couple of laps.

"I avoid weight-lifting, and although I will play a rare set of tennis on occasion, I don't involve myself in other sports, choosing to save my energy for the daily run." He does believe regular aerobic exercises 2 or 3 times a week are helpful for improving flexibility.

Continued on page 17
Continued from page 16

For road work he wears training flats (Nike Vortex), and on the track racing flats (Nike American Eagle) for intervals. "I avoid spikes until mid-season when intervals approximate race pace."

How does he fit his workouts into his daily life? "This is difficult. Working out daily means being selfish. I try to train right after work consistently, but I often have to work late. This forces me to run in the dark and cold and to get home after that 'significant other' has put away the food and turned off the lights. Sometimes dinner dates or a day of relaxation get cancelled. But all in all, I'm fortunate that my wife is encouraging and understanding."

Lately, he says, he has been trying to be conscious about his diet — keeping his red meat intake to a minimum and including high fiber at least once daily. "If I have an Achilles heel, it's my weakness for lemon pie and German pastries. Every day I try a little harder to eat less junk food."

George has ambitious plans for competition in 1986. He's gotten off to a fast start, setting a new M45 1000y American Indoor record of 2:22.26 at the U.S. National Masters Indoor Championships in Baton Rouge in February. His next focus is on the Nationals in July where he hopes to lower his own World Masters Record in the 1000y. And he is already looking forward to the next World Veterans Games. "I would like to redeem myself for my poor showing at the World Games in Puerto Rico. I hope to go to Melbourne in 1987 feeling as good as I did."

Continued on page 23

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**Daily Training Schedule - George Cohen**

**Off Season Training**

<table>
<thead>
<tr>
<th>Day</th>
<th>Schedule</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Two miles easy (8:00 pace), 5 X 800, with 800 easy-pace interval (Typically: 2:58, 2:38, 2:25, 2:16, 2:27) 10 X 110 strides. Entire workout on street, after work.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Jog 8 laps, 12 X 110 strides (may alternate pace from easy to 3/4 speed) 12 X 150 at 1/4 effort; jog 2 laps, 4 X 3 (400) with an 800 interval between sets, (2 easy, 1 good in a set, e.g., 79, 81, 65); for 4 X 3 (300) at 53.7 second pace. 2 or 3 lap recovery between sets. 10 X 110 easy strides or jog 2-3 laps. Whole workout on the track, after work.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Easy run, Primarily grass terrain. 10 X 110 strides. After work.</td>
</tr>
<tr>
<td>Thursday</td>
<td>Jog 8 laps, 12 X 110 strides. 12 X 260 (no watch); 2 at 1/4 effort, 1 at 1/4 effort, with a 140 interval (easy jog). (Or: 12 X 150 with a 50 interval, alternating the pace of each from 1/4 to 1/2 effort. Jog 2-3 laps, recovery, 8/10:00 pace. 8 X 400 with a 200 interval (Typically: 87, 67, 80, 66, 90, 64, 93, 64.) Jog 3 laps or 10 X 110 easy strides. Whole workout on the track, after work.</td>
</tr>
<tr>
<td>Friday</td>
<td>Easy run primarily grass terrain. After work.</td>
</tr>
<tr>
<td>Saturday</td>
<td>2 miles easy. 6 X 800 with 800 interval. Morning, on the street.</td>
</tr>
<tr>
<td>Sunday</td>
<td>Easy run. Primarily grass terrain. Morning.</td>
</tr>
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**Race Season Training**

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<tr>
<td>Monday</td>
<td>Jog 8 laps, 12 X 110 strides. 5 X 4 (150), pace about 1/2 speed with 50-yard interval. 200 yards between each set. Jog 3 laps. 4 X 250 at 1/2 speed with 150 interval. 10 X 110 strides or jog 2-3 laps. On the track (Santa Monica City College), 5 p.m.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Jog 8 laps. 12 X 110 strides. 6 X 300 (1/4 speed) with 50 interval. Jog 3 laps. 4 X 150 (1/4 speed) with 50 interval. Jog 1 lap. 3 X 150 (1/4 speed) with 50 interval. 10 X 110 strides or jog 2-3 laps. On the track. 5 p.m.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>7:30 pace. Grassy, flat terrain. 5 p.m.</td>
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<tr>
<td>Thursday</td>
<td>Jog 8 laps, 12 X 110 strides. 15 X 110 strides, alternating 1/5 speed and 1/5 speed. Jog 2-3 laps. On the track. 5 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>7:30 pace on grassy terrain. 5 p.m.</td>
</tr>
<tr>
<td>Saturday</td>
<td>Easy jog on grass. 3 X 800 on street, about 2/5 speed, with 800 interval. 8 a.m. (Or race.)</td>
</tr>
<tr>
<td>Sunday</td>
<td>Easy jog on grass. 8 a.m. (Or race.)</td>
</tr>
</tbody>
</table>
Madeira-Sargent Lead Masters in Albany 30K

Continued from page 1

Manes were turned in by older contestants. Howard Rubin, 57, of New Hartford, N.Y., was the fourth master to finish with a time of 1:54:34.

This set a new record for 57-year-olds but was two minutes shy of his own M55 age-group record. Rubin estimated that he could have gone four or five minutes faster without the wind.

Anny Stockman, 53, of East Greenbush, N.Y., was the second woman Master and 12th overall with a time of 2:15:43. The third Masters woman was 52-year-old Natalie Tickner, of Norwalk, Conn., who finished in 2:22:05.

John Dugdale, 51, of Ridgefield, Conn., was the third 40+ finisher with a time of 1:52:23, and led his Wolfpit Running Club to the men's Masters team title. The second Wolfpit runner was Jay Sturdevant, 55, who took second in the M55 age group in 1:57:31.

The difficult weather conditions forced many runners to work together against the wind instead of fighting against each other.

In the 60-64 age group, Hubert Morgan, from Sayre, Pa., and Don McWilliams, from Canadaigua, N.Y., ran the course in tandem and finished in a tie for first place with 2:10:55.

Dan Geer, from Bennington, Vt., won the M65 age group, while Bill Shrader, who founded the race 13 years ago, dominated the M70 division. Bill McNeil, 78, from Middleton, N.Y., won the 75-plus age category for the third consecutive year.

Nancy Gerstenberger, of Albany, N.Y., took the W55 age group, and Edith Farias, of Salisbury Mills, N.Y., improved her 1985 time by more than 21 minutes to become W60+ winner.

Bill Reisnyder was the Open Men's winner in 1:37:16. Jane Buch was the women's winner in 1:54:42, a U.S. record for 37-year-olds.

Nearly 800 runners competed in the 13th annual Price Chopperthon, which runs from Schenectady to Albany.
The 1986 meeting of the IAAF Veterans Committee took place in Neuchatel, Switzerland on March 24. Since May, 1984, this committee has been the means of discussion between WAVA and the IAAF regarding the terms under which WAVA will be recognized as the sole functional body in charge of veterans athletics globally.

The Veterans Committee will organize veterans athletics under the umbrella of the IAAF. The IAAF has agreed that the Committee will always comprise two-thirds veterans (masters) and one-third IAAF members. The Chairman will normally be an IAAF member. The Committee comprises 12 members. However, at this time, to accomplish the unity of WAVA and IGAL (the world veterans long distance running body), there are three further co-opted members having full voting rights. Thus, the current total is 15: 8 WAVA, 3 IGAL (all veterans), and 4 IAAF.

The WAVA members, all on the Executive Council, are: Don Farquharson (Canada), Wal Sheppard (Australia), Hans Axmann (West Germany), Owen Flaherty (Spain), Bridget Cushen (Great Britain), Bob Fine (U.S.A.), Cesare Beccalli (Italy) and Alastair Lynn (Canada).

The IGAL members are: Jacques Serruyts (Belgium), Clem Green (New Zealand) and Barry Shaw (Israel).

The IAAF members are: Hans Skaset (Norway), Committee Chairman; Colonel Paschal Mouassiposso (Congo); S. Yasuda (Japan) and H. LaNasa (Argentina).

Meetings are also attended by John Holt, General Secretary of the IAAF. The effects of the important work of this Committee will range from the international to the local level.

For the 1986 meeting, which took place at the site of the World Cross Country Championships (open class), Alastair Lynn and I flew to Amsterdam, then drove to Neuchatel, staying nights at Baden-Baden (West Germany) and Lucerne (Switzerland). The former is a picturesque and historic spot in Switzerland, famous for its healing baths and long attended by European royalty. The latter is a charming and dramatic beauty spot, even by Swiss standards.

Arriving at Neuchatel, we were directed a further 15Kms to an out-of-town inn farther south on the lake where we met the other Committee members. The isolation caused some problems but gave us the advantage of being close together and free from distractions. This enabled the WAVA Executive to meet far more frequently than would otherwise have been possible.

Hans Skaset opened the IAAF Veterans Committee meeting on Monday morning, March 24, with LaNasa the only absentee. First, agreement was reached that the IAAF, together with the various national track & field bodies of each member, would cover the travel and accommodation expenses of this and future meetings. Discussion then centered on the previously reported draft of an agreement between IAAF and WAVA. Last June, the WAVA Executive was authorized by the General Assembly in Rome to enter into this agreement, if they judged it valuable, subject to ratification in Melbourne in 1987.

Preliminary work had been done by a small “working group” of the Committee last November in London and was reported in outline form. After detailed examination and much debate, this draft was finalized. A copy of the agreement, not yet signed by WAVA, is reproduced following this article. It will be forwarded to the IAAF Council for ratification at Stuttgart on 21st July, 1986, and to the WAVA General Assembly at Melbourne in December, 1987.

Much discussion then took place regarding the second “Masters Games” scheduled for 1989 in Denmark. Despite numerous reports of the financial “disaster” of a 1.4 Canadian

Sheppard Dies of Heart Attack

Wal Sheppard, the Executive Vice-President of the World Association of Veteran Athletes, died of a heart attack while on a training run near his home in Bulleen, Victoria, Australia on April 12. He was 63.

Sheppard, the initiator of the Australian Veterans program in the early 1970's, had four-bypass heart surgery last year, and seemed to be progressing well.

In March, he had attended the IAAF Veterans Committee Meeting in Switzerland with other WAVA Executive members. He was one of the chief organizers and administrators of the VII World Veterans Games to be held in Melbourne next year.

Sheppard was a top veteran runner in the 1970's, holding at least a dozen world age records at one time or another. Among them: Age 48: 800 (2:03.6), mile (4:39.4); Age 49: 400 (57.2), 800 (2:08.0), mile (4:44.9); Age 50: 800 (2:05.0), 1500 (4:20.0), mile (4:47.0); Age 51: 800 (2:09.7), 1500 (4:20.3); age 53: 800 (2:07.1); age 57: 800 (2:13.3).

Sheppard was a capable executive possessing the qualities of fairness, good judgment and common sense. He will be hard to replace and will be missed by veteran athletes throughout the world.

### TAC Western Regional Masters Track & Field Championships

**JULY 5 - 6, 1986**

<table>
<thead>
<tr>
<th>Tentative Schedule</th>
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<tr>
<td><strong>Track</strong></td>
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<td>10:00 10,100M</td>
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<td>11:30 - 1:00 Lunch for officials</td>
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<tr>
<td>1:15 100M</td>
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<tr>
<td>2:15 80M, 100M 110HH</td>
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<tr>
<td>2:45 400M</td>
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<td>4 X 400 relay</td>
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**Sanctioned by TAC and PAC/TAC**

**Sponsored by:** TAC and PAC/TAC No. Cal. Sta. T.C.

**Edward Field, University of California, Berkeley, CA 94709**

**Off Freeway 80, take University Avenue east to the campus; right on Oxford to the track (on SW corner of campus). Free parking Saturdays and Sundays in non-reserved spaces on Cross Campus Road (north side of track) and the Univ. parking lot between Bancroft Way and Durant (near Fulton, across street from south side of track).**

**Entry Fees:**
- First event: $10.00, second event free, each additional event: $5.00; relays, $12.00 per team. **Entry Deadline:** Receipt by Thursday, June 26; relays, up to 1 hour before event. **No Late Entries.**

The WAVA & TAC hurdles & implements specifications - see page 18 of the March 1986 issue of National Masters News. Field events will be in six heats of 6 to be set after entry deadline. Heats in the 100 and 200 meters, if needed, will be at the beginning, and finals at the end of the scheduled event time; order, women, older to younger men.

**Hospitality Room:** Shattuck Hotel, 2085 Allston Way, Berkeley, CA 94709 (415/845-7300), one block west of track, opens 2:00 PM, Friday, July 4 and closes 6:00 PM, July 6. Packets (including final schedule, program, comp. numbers, pins, T-shirt, etc.) will be available July 4 at Hospitality Rm. and July 5 and 6 at the track. Make reservations 3 weeks in advance for hotel meet rates.

**The Durant Hotel,** 2600 Durant Ave., Berkeley, CA 94704 (415/845-8981) is 4 blocks SE of the track.

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<th>Name</th>
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<td>Address</td>
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<tr>
<td>Tel.</td>
<td>TAC #</td>
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**Event Best recent mark**

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<tr>
<td>I would not be interested in a dinner Sat., July 5,</td>
<td>(minimal cost). No. in party.</td>
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I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur while traveling to or from or participating in this event. I declare that I am in good health to participate in this event.

Signed Date
International Scene
continued from page 19

dollar bankruptcy and reports of possible fraud charges against the principals after the Toronto meet, the Danes nevertheless committed themselves to 1989. Since this meet will likely clash with WAVA's 8th Championships, stern measures will be necessary to protect our event. Decision on these measures will likely be taken at the next meeting, and will receive a full airing at the Melbourne General Assembly.

At the IAAF Congress in Stuttgart in August, 1986, I will have both the responsibility and the honor of making a report on veterans athletics to the IAAF President, Council and Congress. Doubtless this report will have an effect on consideration of our agreement for their ratification.

After discussion of a number of other minor considerations, it was decided that the next meeting would be held in Rome on September 2, 1987. Views of WAVA members, prior to that date, would be welcome by way of letters to "Write On" in the National Masters News, or to the WAVA Secretary.

During WAVA Executive Meetings at Neuchatel, it was announced that a new, larger and more comprehensive WAVA Handbook would soon be printed. Copies will be sent to all affiliated bodies, with additional copies available for sale, at cost, around the veteran world.

A discussion was held regarding the previously mentioned merger of IGAL with WAVA, which will take place over the period 1986 to 1988. The World Veteran Road Racing Championships at Vancouver, Canada on October 4-5, 1986, will be the last under the IGAL name alone. The 1987 (Israel in March) and 1988 (South Korea) events will be held under joint IGAL/WAVA organization. Following this, all road championships will be under the WAVA name alone. However, the expertise of former IGAL members will be enlisted in a WAVA Committee under the WAVA Road & Country Vice President. It is probable that world road racing championships will then take place biennially in the years in which WAVA Track and Field Championships do not take place. Regional (continental) Championships, however, will be encouraged in all years.

Australia's plans for the 1987 WAVA T&F Championships were discussed and the Executive is forwarding continuous input to the Australians.

It was decided that in 1987, relay, cross-country, road walking and running teams would return to a national basis. Other discussion centered upon a financial report by the Treasurer and possible television and advertising sponsorships.

After a lot of hard work, the Committee enjoyed watching the Cross-Country Championships. The Africans dominated both open men's and junior divisions. They were truly awesome despite cold wet conditions to which they must have been accustomed. A former African (Zola Budd) won the women's event but the other nations made a strong showing.

I feel the Neuchatel meeting was a success for the veteran movement and would like to thank all members for their efforts.

With kindest regards to all readers, Don Farquharson.

Proposed Agreement Between WAVA and the IAAF

AGREEMENT made this day of 1986 between the INTERNATIONAL AMATEUR ATHLETIC FEDERATION (hereinafter referred to as 'IAAF') of the one part and the WORLD ASSOCIATION OF VETERAN ATHLETES (hereinafter referred to as 'WAVA') of the other part.

WHEREAS IAAF wishes to discharge its responsibility to veteran athletes; AND WHEREAS WAVA wishes to benefit from the experience & expertise of IAAF and its member Federations; IAAF and WAVA hereby agree to co-operate, for the benefit of athletics, with mutual respect for each other's constitutions, and that co-operation shall be expressed as follows:

1. WAVA shall be solely responsible for the organization, regulation and administration of veteran athletics (in accordance with the Constitution and By-Laws of WAVA) with particular reference to:
   a) the promotion and/or authorization and coordination of world and regional veteran athletics championships;
   b) the ratification of world veteran athletics records.

2. Competitions authorized by WAVA at world, regional and national levels shall be conducted in accordance with the Rules of the IAAF except as modified (by the Constitution and By-Laws of WAVA) as follows:
   a) WAVA shall determine the technical specifications appropriate to each five-year age-group in veteran athletics;
   b) WAVA, in consultation with the IAAF, shall determine the degree to which the non-technical Rules of the IAAF shall be applied in veteran athletics.

3. IAAF shall encourage its Members:
   a) to include veteran athletics in their activities;
   b) to affiliate to WAVA or to incorporate in their own structure on a mutually acceptable basis, the existing WAVA affiliate.

4. Where more than one organization claims to represent veteran athletics in a particular country, WAVA shall determine which may do so.

5. IAAF, through its Veterans Committee, shall provide assistance and co-operation to WAVA wherever possible. (Until the Rome Congress, and the Melbourne General Assembly in 1987, the existing Veterans Committees shall be extended to include three co-opted members to be determined by the Committee. For the transitional period from 1987-1991, a Committee of ten WAVA nominees and five IAAF nominees shall be recommended to the IAAF Congress. From 1991 onwards, the Committee shall revert to twelve in number, of whom two-thirds shall be WAVA nominees.)

6. IAAF shall take all reasonable steps to encourage its Members from co-operating with, or giving assistance to, any organization which is promoting, conducting, or advertising any veteran athletic competition without authority from WAVA. In particular, IAAF shall instruct its Members not to:
   a) grant a permit for the competition;
   b) provide officials for the competition;
   c) fail to instruct its officials that they may not provide their services in a private capacity.

7. IAAF shall provide WAVA wherever possible with information and advice regarding commercial sponsorship, television/film coverage, legal agreements, e.g. contracts with Organising Committees.

8. Neither IAAF nor WAVA shall have any rights or obligations, financial or otherwise, except as set out above.

SIGNED on Behalf of IAAF

   (President)
   (Secretary)

SIGNED on Behalf of WAVA

   (President)
   (Secretary)
It's All Happening Down Under

by SYLVESTER STEIN

Almost every season there is an exciting overseas trip organized for veteran athletes. But the world vet championships proposed for 1987 have got to be looked forward to as the trip of a lifetime. They will take place in Melbourne, Australia, and promise to be the best yet, offering superb athletics and an unequaled vacation. The dates are November 28 to December 6 — seven days of racing plus a day or two off in between for recovery. Afterwards you will take off for Sydney, Alice Springs and sample the lager. No one’s flying off to the Land of Oz just for a long weekend.

I can report, having just returned from a reconnaissance trip to Melbourne precisely two years ahead of the Championships, that early December is the time of the year to be in Australia. The weather then is ideal for running; what’s more the trip will give you a break in the southern hemisphere sun and a chance to split our winter into two manageable portions. From what I saw out there I’d advise every vet — as well as everyone about to enter that desirable age group — to start preparing now. Train the muscles and save up the dollars. Risk everything to be one of those taking part.

Oh yes, there’s one other risk you’ll have to face, the thought that you might decide to settle down out there, won over by the Australian sun and leisurely lifestyle. Actually it’s very hard these days to get through the eye of the immigration needle, unless you’re very rich or can boast a special trade skill.

On my trip, I took a direct Qantas flight (a mere 26 hours) so that I arrived in time for a busy week of inspecting the facilities, and I was hustled in by the welcoming committee to run in a couple of local races myself, to get the feel of the Australian way of running.

Enormous effort

The first thing that impressed me was the enormous effort the organizing committee has already put in. It has been working now for two years (with the redoubtable Peg Smith as a full time executive), first making sure it did win the bid to put on the Championship ships, then getting together sponsorship and government backing. Not only has it collected A$250,000 already, of some A$1,000,000 budgeted, but it has persuaded the State of Victoria to cough up another A$1,700,000 to lay down a modern synthetic track inside the circuit of the local greyhound racing stadium. Two years ago in Britain we could only get the authorities to part with 2,000 pounds — as a loan — for the International Vet Championships at Brighton. The committee has been given permission to hire the whole stadium for the two weekends of the championships.

We went to the dogs ourselves, in fact, one evening to inspect the crowd facilities, especially the half-dozen bars and cafes in the building. We were lucky enough to see not only the greyhounds in action, but a ‘footrace’ in progress too, a 400m professional athletic event, as a crowd-pulling curtain-raiser (Australia is still the world centre of professional running). The use of this stadium will be vital to the success of the Championships. It is only 50 yards from the main Olympic Park athletic arena, and will act as a second track — an essential facility for a championship where 5,000 competitors may be involved. To run off all the 10km races alone for the various age groups will use up 24 hours of track time.

Emil Zatopek Week

I spent much of the week at the main track, watching a whole series of races, including the premier 10km event of Australia’s track year, and embodying Zatopek Week. It was so named in honor of the great man’s appearance at the Melbourne Olympics in 1956, but this was the first time in 25 years that he had been present in person. A most amiable, warm-hearted and modest man, he signed a thousand autographs, sitting down at a table in the open for an hour, protected by a vast hat, while the kids filed past. He shook a thousand hands and presented trophies after trophies. We couldn’t persuade him to take part in any of the veteran events himself, though he does keep up jogging for his health’s sake. I asked him to encourage a Czech vets team to come out in 1987.

In the 10km race, the crowd had the pleasure of cheering Alan Burgoyne on to an over-70 world best of 40:40. Another notable runner in the same race was Stan Nicholls, aged 75, who competed in the pre-war Empire Games. This time he was outshone by his wife, Arley, who at the age of 70 has only recently started running.

I was taken to a club at Collingwood out in the suburbs. This took the form of a medley relay, which went on regardless of a tropical downpour, followed by a club Christmas ‘break-up’, as they call it, when we tucked into a spit-roast and tasty cakes. There’s an excellent sociable feeling about Australian running.

I was additionally called in to a 7 a.m. breakfast meeting, to address representatives from local commerce and government and I let them know that the rest of the world was waiting expectantly for November 1987. On another occasion I interrogated Wal Sheppard, the Australian member of the vets world body (WAVA), as well as his colleagues about the technical arrangements. After all, efficient organization is the key factor in making a championship a success. Well, I could see they had everything marvelously in hand. What I discovered on my trip was a great place, a great ambience and a great crowd of workers — a great Championship is assured.

IN TRAINING

FOR THE VIIWORLD VETERANS GAMES

Sylvester Stein, M60

100-meter silver medalist in Rome and the publisher of the British magazine Running took a trip to Australia to find out how plans for the 1987 World Veterans Games are progressing.

NOW AVAILABLE

Masters Age-Records 1986

Compiled by National TAC Masters T&F Records Chairman Pete Mundie with Lori Maynard and Alan Wood.

- Men’s and Women’s World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1986
- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1986
- Men’s U.S. Masters Indoor & Outdoor Championship Records.

- 48 pages. Thousands of entries. Lists name, age, state and date of record.

Send $4 plus $1 postage and handling to:
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Name ________________________

Address ________________________

City _______ State _______ Zip _______
SOUTHERN CALIFORNIA MASTERS TRACK & FIELD MEET

JUNE 7, 1986

Southwestern College
900 Olney Lakes Road • Chula Vista, CA
10 Miles South of San Diego on I-80

ENTRY FEE: $5.00 first event, $4.00 per additional event; $20.00 per relay team.

PRE-REGISTRATION: All events except relay, deadline JUNE 2. Late entries $2.00 if heats are open.

FACILITIES: Artificial Track – 8 Spikes – Showers – Concrete Rings – Grass Javelin – Runways

ORDER OF COMPETITION: Women first – order to youngest in 5 year age group starting at 30 years.

HEATS: Races may be combined at the discretion of the meet director.

AWARDS: Media for First Three Places.

NOTE: Electronic timing to be used for all running events.

DIRECTIONS: Follow I-80 South until the Bonita Rd exit (about 10 miles south of San Diego). Go east on Bonita for about 2 miles. Take a right on Olney Lakes Rd. Drive about 3 miles and Southwestern College will be on your right. Go right on East St. for one half mile, then take a left into parking lot. Track is behind tennis courts.

DINNER: No-host dinner at 6 p.m.

SCHEDULE

<table>
<thead>
<tr>
<th>FIELD/WEIGHT</th>
<th>12:30/SHOT PUT</th>
<th>LONG JUMP</th>
<th>TRIPLE JUMP</th>
<th>STEEPLECHASE</th>
<th>DISCUS</th>
<th>WEIGHT</th>
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ENTRY FORMS

Joe Horn, Entry Coordinator, 1147 Aplsea, San Diego, CA 92109 + 774-448-8406

NAME

AGE

DATE OF BIRTH

PHONE

ADDRESS

CITY

STATE

ZIP

SEX

D FEMALE

D MALE

ENTRY FEE

(Entry fees payable to San Diego Athletic Association)

BAY AREA

In consideration of your accepting my entry, I hereby release and hold harmless any and all parties, sponsors, representatives, agents and employees of this meet and all successors thereof, and any and all other parties that may be acting in any official capacity concerning this event, the meet and any and all capacities and assignments, for any and all causes, claims, costs, expenses, actions, suits, costs, claims, damages and liabilities of any kind, nature or description, arising out of or in any way connected with my participation in this meet, and hereby waive any and all rights or claims of any kind against any of the前述 entities.

D FEMALE

D MALE

PLAN TO ATTEND THE DINNER

(Make checks payable to San Diego Athletic Association)

FOR THE JUNIOR MEET, PLEASE CHECK THE APPROPRIATE BOX.

SOUTHERN CALIFORNIA MASTERS TRACK & FIELD MEET

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ENTRY FORMS

Joe Horn, Entry Coordinator, 1147 Aplsea, San Diego, CA 92109 + 774-448-8406

NAME

AGE

DATE OF BIRTH

PHONE

ADDRESS

CITY

STATE

ZIP

SEX

D FEMALE

D MALE

ENTRY FEE

(Entry fees payable to San Diego Athletic Association)

BAY AREA

In consideration of your accepting my entry, I hereby release and hold harmless any and all parties, sponsors, representatives, agents and employees of this meet and all successors thereof, and any and all other parties that may be acting in any official capacity concerning this event, the meet and any and all capacities and assignments, for any and all causes, claims, costs, expenses, actions, suits, costs, claims, damages and liabilities of any kind, nature or description, arising out of or in any way connected with my participation in this meet, and hereby waive any and all rights or claims of any kind against any of the前述 entities.

D FEMALE

D MALE

PLAN TO ATTEND THE DINNER

(Make checks payable to San Diego Athletic Association)

FOR THE JUNIOR MEET, PLEASE CHECK THE APPROPRIATE BOX.
Report from Britain
by ALASTAIR AITKEN

Allan Rushmer was the first over-40 runner in the British Open Cross-Country Championships. Next came John Sheridan and Les Roberts. The first 50+ runner was Mike Barratt, 55, who placed 580th of 1706 runners.

A week later, Rushmer won the British 40-49 Cross-Country title on an undulating, three-lap course in Sheffield. Jeff Norman, Brian Scoble (Scottish Vets X-C champ) and Taff Davies were next. (Davies had won his sixth Southern Vets X-C at Basildon on February 16th).

In the National Vets 50+ Cross-Country, Derek Lawson, 51, finished first, followed by Dick Cooper and last year’s winner, Ron Gomez. Lawson also won the Northern Vets X-C this year.

Pat Gallagher took the Women’s National Vets title for the fourth time in six years, besting 55 finishers. Jean Lockhead and Marilyn Palmer were second and third.

Masters Training Advice

Continued from page 17

feel right now. ’ ’ Looking at the record, it would seem that George has already ‘redeemed himself’ several times over. In addition to his M40 American Record in the 800 and his M45 800 World Record of last year, he has been voted Outstanding athlete 4 years consecutively (1980-1984) by the Southern California Striders and outstanding Athlete of the Year 3 times (twice for M40, once for M45) by California Track and Running News. He would probably also win a poll if there was one, for being one of the best-liked, most popular runners in masters track.

But running means more to Cohen than just winning medals and honors. “From the very first minute that I returned to the M-lane arena, I’ve found competing in masters track and field a fantastically positive experience. When New World explorers, Ponce de Leon and Desoto, sought the fountain of youth to cure illness and renew their zest for life, it’s unfortunate that track and field did not exist. The healthy atmosphere created by friendly competition is worth its PR’s in gold.”

Is masters track and field a modern day fountain of youth? George Cohen certainly thinks so, and he would like others to discover it: “I encourage all of the die-hard road runners to give the shorter races a try this year. I urge all of the overweight, chain-smoking, coffee-drinking, whiskey-guzzling, ex-Jocks and would-be athletes to get up off their collective bottoms and run, hop, step or jump back into life.”

—Greichen Snyder

Chrimes Commits 4 WR’s in British Championships

Continued from page 1

H. Wixey, who has the W60 indoor long jump record at 3.43 (11-3), now owns the W65 record with a mark that is better than her W60 record—3.63 (11-10¼) — and the new W55 standard, set by H. Farmer, who owns the W55 long jump to improve her W55 world record of 3.57 (11-8¼) with 3.62 (11-10¼).

In perhaps the best time of the meet, Ron Taylor, who owns the M45 indoor 200 record at 24.2, broke his own M50 200 record of 24.5 with an exceptionally fine 23.8.

Report From Asia
by HARI CHANDRA, pro-tem Secretary, Asian Association of Veteran Athletes

The 4th Asian Veterans Championship-ships will be held in Djakarta, Indonesia on July 24-27, 1986, on the newly laid tartan track.

Athletes are expected from Malaysia, Philippines, Brunei, Japan, Taiwan, Hong-Kong, South Korea, Thailand, Singapore, Sri Lanka and India.

There will be a general meeting of delegates from all countries, where the Asian Constitution will be discussed and adopted. Officers will be elected. The President will represent the Asian veterans at the world level (WAVA).

Among the competitors expected at Djakarta are:

1) Mr. Mikio Oda, the President of the Japan Masters Athletic Union and the winner of the gold medal in the triple jump in the 1928 Amsterdam Olympics.
2) Miss Chi Cheng, President of the Chinese Taipei Veterans, the former world record holder in sprints and hurdles.
3) Dr. Mani Jegathesan, the President of the Malaysian Veterans Association, and semi-finalist in the 200 in the Tokyo (1964) and Mexico City (1968) Olympics.

Ten Indoor WR’s Set in Toronto

Ten applications for possible age-group indoor world records were among the results of the Ontario Masters Indoor T&F Championships held in Toronto on March 8.

A double record-breaker was Audrey McCabe, 50, for her 5:28.4 1500 and a 11:38.8 3000.

Other sprint and hurdle records were set by Stan Egerton, 60, 8.1 60m, and Art Obokata, 67, 12.1 60mH, and Cecil Paul, 66, with a 7.8 60m.

Middle-distance record breakers were Ruth Carrier, 55, 2:57.3 800, and Dorly Brechbuehl, 61, who won the W60 800 in 3:22.0.

Distance records were broken by Ruth Droge, 57, U.S.A., in the 3000 with 12:30.7, and Lida Sawdiky, 54, in the 3000 racewalk with 24:20.7.

Helgi Pedel, 62, captured the only field record, with 1.15m (3-9/16) in the W60 high jump.

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• BOOKS. Our publishing division, Tafnews Press, is the world’s major publisher of track books. Write for free booklet.

World Games Pledges Top $100,000 Goal

Continued from page 1

A three-person site-viewing team is now making plans to visit each of the six U.S. cities which submitted bids to host the '89 event.

The team is composed of Jim Puckett, Chairman; Mary Cullen and Bob Fine. Hal Higonon and Bob Beal are alternates.

Their itinerary is:
June 20-22: Eugene, Oregon
June 23-24: San Jose, California
June 25-26: Los Angeles
June 27-29: San Diego
June 30-July 2: Durham/Raleigh, North Carolina
July 3-5: Miami.

The team will inspect each site, asking the tough questions of each of the six organizing committees. After returning home, each will prepare an independent report of the trip, and make a recommendation to the full 11-person Site-selection Committee. (Or the team may prepare one consolidated report.) Members of the Committee include Masters T&F Chairman Jerry Donley, Masters LDR Chairman Bob Beal, TAC Executive Director Ollan Cassell, Joe Valdes, Dan Thiel, Al Sheehan, Fine, Higonon, Puckett, Cullen and Pain.

Oral presentations will be made to the Committee by the six bidders on July 17 in New York. The Committee will then make its final selection, which is expected to be accepted at the U.S. Masters T&F Meeting on July 19, and ratified by both Masters Committees (T&F and LDR) at TAC's Convention in December. The U.S. nominee will then make its official presentation to delegates at the VII World Veterans Games in Melbourne, Australia on December 2, 1987.

Each of the six bidding cities will pick up one-sixth of the $3000 air fare for the site-viewing team. Each city will be responsible for all meals, transportation, housing and hospitality while the team is inspecting its venue. (The generous offer by the San Jose Convention Bureau to pay the air fare was only valid if the team came in April. Two of the three team members couldn’t go until June, so the air tab must be parcelled out to each bidder.)

“Both Jerry Donley and I are delighted that we received six bids and have the overall quality of those bids,” Pain said. “I am confident no previous World Games host has experienced the national competition for the Games as the U.S. bid is receiving.”

Pain has mailed the six bid proposals to each of the 11 Site-selection Committee members.

The official list of entities submitting bids for the 1989 WAVA Games:

1) Miami-Dade Organizing Committee, Henry Kupczyk, Chairman.
2) North Carolina Amateur Sports, Hill Carrow, Director.
3) Oregon Track Club Masters, Barbara Daugherty, President.
4) San Jose City College, Bert Bonanno, Director.
5) Southern California TAC Masters T&F Committee, Al Sheehan, Chairman.
6) San Diego Track Club, Lolita Bache, Vice-Chairman.

Dear David:

Yes, you can count on my support if the U.S. is awarded the 1989 World Veterans Games.

I pledge:

□ $20 □ $50 □ $100 □ $500 □ $1000 □ $_____

Name

Address

City______ State____ Zip_____

Mail to:
David Pain, Chairman
Site-selection Committee for 1989 World Veterans Games
1951 Cable St.
San Diego CA 92107

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH

MAY 1986

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DEADLINE

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

Photo by Jim Trott
Continued from page 2

will continue to hold over the masters program unless the masters members decide to do something about it.

I suggest that all TAC Masters positions not be filled by appointment, but be filled through elections for a one year period only by votes from all TAC masters competitors. Each area of the U.S.A., including Puerto Rico, should be permitted to nominate three or four people for consideration to TAC masters office, and then voted upon by the full TAC masters membership. After all, we are still a democracy and not a “Marcos type democracy” where only the interests of the few seem to prevail.

If I recall, in 1985, the powers to be stated that the “no false start rule” would be tried to see if certain meets could be speeded up. Well, we never were told the outcome of that trial run. Give us facts. How many minutes were saved at these meets? What about meet directors who plan poorly when scheduling events, and for poor officials who caused numerous delays? It happens over 50% of the time, and are greater than delays caused by false starts.

I now ask NMN to name the 19 masters delegates who voted for the no false start rule. I also would like the name of the one intelligent person who voted against this stupid rule.

Those weren’t my representatives. I never had a chance to vote for any of them at any time and I have been in the masters program since the late ’60s. Where were they then? This also goes for WAVA.

How about NMN taking a stand pro or con on these issues without worrying about kissing ass? Let’s hear your honest views and not in two or three lines. How many letters did you receive in the past year both pro and con on the no false start rule?

Al Guider
California City, California
(For NMN’s response, please see “From the Editor” on page 10. — Ed.)

KUDOS

My thanks and appreciation to Jim Weed, Gary Miller and Pete Mundle for their efforts in establishing All-American standards (January NMN). This puts even more fun into an already enjoyable program. Keep up the good work at NMN. You folks do a nice job.

Bill Jeffrey Wilson, North Carolina

The latest issue of NMN marks the end of my first year’s subscription and I want to congratulate you on a fine publication and certainly a source of inspiration to me.

Having been injured pole vaulting in my senior year in high school, I had no thoughts of ever returning to the pit until National Masters News entered my consciousness a year ago. I had no idea of the scope of the Masters movement, the keenness of the competition, or the opportunity to meet and share ideas with athletes of all ages.

James Trott
Rochester, New York

1989 WORLD VETERANS GAMES SPONSOR LIST

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Donley, Jerry A. Dubois, D.H.

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Irwin, Jim Jackson, Warren G. Jacobs, Dr. Dan Jocy, Jock Johnson, Don Johnston, Karl (Mr.) Joslin, Leon and Betty Kalb, Sanford Kast, Mike Kelly, Joseph H. Kendall, Harry C. Killion, Clarence King, Stan Koch, Edward R. Kohl, Tom Kraemer, Charles Krawitz, Edwin

Lacey, Dick Lance, Dale Lange, Henry J., Jr. Lauffer, Robert L. Leggett, M. P. M. D. Leonard, Brad Larsich, R. A. Lighthoof, Milo W. Littlejohn, Robert E. Los Angeles Patriots Organizing Committee Lum, Sing.

MacDonald, Jay MacMinn, Fraser McArdis, Harry McClain, Leroy McClaran, J. J. McDermott, Tom McFadden, Win McGilvray, J. C. McKenna, Brian


Napier, Ken Neufut, Marcus Niedermeier, Fred Nilsen, Rudolf

North Jersey Masters Track Club Oguss, Murray Oliver, Angelo O’Neil, Jim Orsini, Joseph Osborne, Ralph Patalis, Tom Pendergast, George H. Perry, Harry N. Popowich, John Poppell, John Puckett, Jim Pugliese, P. J. Quackenbush, M. Quick, Curtis


 Bold type indicates pledge of $500 or more.
Masters Scene

NATIONAL


• America's Marathon ended rumors of a schedule conflict with the New York City Marathon by scheduling the Chicago race for October 26. New York has selected November 2 for its event.

• The NRDC's Ken and Jennifer Young estimate that the total "finisher" count in road races in the U.S. is between 2.2 and 3.4 million and the number of "runners" who raced at least once lies between 600,000 and 800,000.

• The 1986 edition of the popular Masters Track & Field Age Record Book is now available. Featuring all men's and women's world and U.S. age best for all T&F events, age 35 up and older as of January 1, 1986. Send $4 plus $1 for postage and handling to NRDC, P.O. Box 5185, Pasadena, CA 91107.

NEW ENGLAND

• The Maine TC and Portland, ME, will host the 1986 RRCA National Convention, May 16-18, and the RRCA 10K National Championships—the 18th. Contact RRCA, P.O. Box 613, Westbrook, ME 04092-2078.465.3618. Race director is Jane Doley.

EAST

• Maddy Harmeling's 1:18:44 in the Brooklyn Bridge Half-Marathon, March 23, broke the AR for W40 of 1:19:33, held by Cindy Dairymple.

Harmeling, who ran 2:44 in the '84 Olympic Trials at age 39, will aim to qualify for the '88 Olympic Trials in June at the Grandma's Marathon. British citizen Angela Hearn, 40, was also under the AR with 1:18:56.

• Paul Fetscher, 40, bullied his way through the 2546 finishers in the Paine Webber/Javits Center 3:84 Mile in Manhattan, March 16, to close as first master in 20:50. Angela Hearn, 40, won't bear with a 5th w/overall 22:02 (737 finishers). John Steger, 51, ran a blue-class 21:14 and Helena Bedrock, 51, posted a gilt-edged 24:19.

• Master Runner, the Washington-based masters magazine, has closed shop. In a letter to subscribers, it wrote: "We decided to cease publication... for one reason only—it takes too much time to produce an issue. And since we produce the magazine in our spare time, we decided that enjoy the weather and runs with our children took precedence... Your remaining subscription will be filled by Runners World magazine.

SOUTHEAST

• Phillip Parker, 48-year-old teacher from Decatur, AL, won the first two races and finished third last year in the Birmingham TC 50K, Birmingham, AL. February 15, settled for second (5:51:08) this year behind David Horton, 35, Lynchburg, VA, who clocked 5:44:36. Elle Smith, 38, Lookout Mt., TN, defended her title in 7:47:44. Joan Baker, 50, Cleveland, TN, was first W40+ in 8:36:02.

• Priscilla Weich, British masters whiz, won the overall women's title in the Florida Derby Festival 10K. Hallandale, February 23, in 33:45.
MID AMERICA

- Bob Goodrich, M40+, became the St. Louis TC's masters 30K champion with a 2nd place finish of 1:48:50 in the club's championship race, St. Louis, MO, February 1. The only runner to beat Goodrich was open runner Sam Nesbit (1:45:16), a non-SLC TC member.
- Jim Hershberger, 54, Wichita, KA, who has been a competitor in 18 different sports and been pictured on Wheaties boxes, is also recognized as a benefactor to T&F having paid for the tracks at Kansas and Wichita State Universities and donated sculptures for the outstanding M&F athletes at the NCAA Indoor Championships in Oklahoma City in March.
- Art Hinman, 57, was 2nd in the Lincoln TC's Ultra 50 Mile with 7:43:16, while Randy Nelson, 40, was 1st master in the 25-miler with 3:22:29.

WEST

- Robert Sebert, 42, Visalia, CA, circled the 3-mile loop course in the Jedediah Smith 50 Mile, Sacramento, CA, continuously and fast enough to take the second place (6:24:57) to Chris Tunney, 28, 5:51:10, Skip Lees, 41, Chico, CA, was fourth (6:40:14), Anne Bortz, 55, Portola Valley, CA, picked off the 40+ win in 8:51:17. George Billingsley, Loomis, CA, set an age 64 record with 8:14:49. Seventy-eight percent of the starters (129) became finishers (101).
- After a 1st w/overall with 36:53 in the Heart of Escondido 10K, Escondido, CA, February 23, over a hilly course and a bout with the flu, Shirley Matson, Solana Beach, CA, broke Dorothy Stock's W45 age 15K record of 58:18 with 57:08 in the Sue Krenn Run, San Diego, CA, March 2.
- Sal Vasquez, 46, Alameda, CA, took second (42:17) in the Martinez To Port Costa Brink Yard 8.4 Mile in Martinez, CA, February 22.
- Alice Rose, 50, Orinda, CA, outlegged Vicki Rosenthal, 44, San Francisco, for first W40+ by seven seconds in 57:32.
- Margaret Miller, 60, Thousand Oaks, CA, hotted up to 1st w/overall with a single-age AR 20:32 in the 5K segment of the Conejo 5K/10K, Westlake Village, CA, March 30. Bob Nemeth, 62, Woodland Hills, CA, also picked up an exact single-age AR with 19:43. Abe Ramirez, 47, Moorpark, CA, was top master in the 5K with 18:35.
- Peter Stern's 33:59 led all 40+ runners in the Mardi Gras 10K in San Diego on February 16. Jim O'Neil, 60, logged a quick 37:03. Lillian Maloney's 45:10 was best W40, and Mary Storey led the 60+ women in 48:12.
- It took over two minutes for the 7500 runners to cross the starting line in the 9th Annual San Jose Mercury News 10K on March 23. A tight race developed among the 40+ contingent, with David Rivera (33:06) edging Gary Goettelmann (33:09) and Tom Iredele (33:14), with Bill Clark (33:31) not far behind. Judi Shade easily won the female masters title in 39:51.
- Tom Von Ruden, who set the open indoor 1000 yard mark years ago, recently won a masters 1500 race in 4:05.1 in San Diego.
- Anyone need a loan? Gene Harte of Van Nuys, California, can expect some phone calls this year. The top masters sprinter, who won two silver medals in the M60 200 (27.54) and 400 (61.58) in the National Championship last year, was mentioned on page one of the Los Angeles Times on April 6. In the lead paragraph of a story on IRA Savings Plans, the Times wrote: "When Gene Harte lists his assets available for retirement, he can tick off real estate, stocks, bonds, his graphic-design company and savings -- worth more than $1 million. But every year before April 15, he makes sure to put $2,250 into his individual retirement account." The gist of the Times' piece was that high-income earners are taking advantage of the tax-free gimmick, but low-income earners can't afford what supposedly is the "little guy's tax loophole."

NORTHWEST


CANADA

- Erna Kozak, 40, of Burnaby, BC, claimed two W40 world indoor marks, in the 800 (2:13:69) and 1500 (4:34:47), set in the Canadian T&F Association's Open Indoor Championships, Edmonton, Alberta, February 22-23. Kozak placed 8th in the 800 and 5th in the 1500. Her entry form at the pre-meet scratch session had officials wondering about a possible age "misprint."
- Tom Tushingham, 44, of the Toronto Olympic Club, will also apply for an indoor 800 W60 in the M40 age group, with a 2:01:5 at an all-comers meet in Toronto, February 6.

INTERNATIONAL

- "Bill Empye of Australia is 1/10 of one of the hottest rivalries in masters track. The other half is his own brother. The two will clash in the World Games in 1987 in Melbourne, when both will be in the same age group: M90. Bill's best times are 22.3 (100M), 46.5 (200) and 1:48 (400)."
- Kjell-Erik Stahl of Sweden, who ran a 4th place 2:10:38 Marathon in the 1983 World Championships in Helsinki, turned 40 in March. He could be a threat to Jack Foster's world masters mark of 2:11:19. Dean Reineke reports in his monthly newsletter.

The Hospital of the Good Samaritan, Los Angeles presents

5K / 10K RUNS
and 5K WALK

SCA/TAC Masters Men's & Women's
10K Championships

Saturday, June 1, 1986 Griffith Park

Join Dr. Kenneth Cooper, Dr. George Sheehan, and Frank Shorter... Runs feature awards in 24 age divisions (14 & under - 70 + over), special cardiac division, Corporate Team competition. Overall Masters 10K male and female winners will receive a personal diagnostic history and comprehensive laboratory profiles at the Hospital of the Good Samaritan. Also, special Hospital awards for Submasters winners... Draws for Frank Shorter Sports Wear and AirCell tickets...

For Race Entry Forms, send self-addressed, stamped envelope to: AWLA RUNS, Suite 182, 1433 Santa Monica Blvd., Santa Monica, CA 90404.

SYMPOSIUM & PRE-RACE ACTIVITIES (optional)

On Friday, June 6, 1986, an "Alive and Well in LA" health and fitness symposium is being held at The Hospital of the Good Samaritan, Los Angeles. Featured speakers include Drs. Kenneth Cooper and George Sheehan, and author Norman Cousins. Registrants for the symposium also receive a personal diagnostic history and physical, plus treadmill stress test and biochemical laboratory profiles. Total package costs $380.00. On the evening of June 6, participants in the symposium — and entrants in the June 7,5K/10K Run and 5K Walk — are invited to attend two social events: a special "wine and cheese" program (featuring a talk by Dr. Sheehan), at a cost of $10.00/person; a dinner (with the symposium faculty) at $35.00/person. For further information regarding attendance at the symposium or social events, please call (213) 977-2255.

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Added Events: 56 lb. and 98 lb. Weight Throw

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petitions or travel thereto

Signature

Chia Tsang Pao, 72, in the 800M at the Trojan Masters Games, at USC, Los Angeles, summer of 1985.
On the Minnesota Track and Field Championships, Los Angeles, California.
Rob Essig, North Uniondale, Long Island, New York.
717 177 4-3569.

Shippensburg, Submasters Invitational Meet, MIT, Cambridge, Massachusetts.

SOUTHEAST

May 7-11. Trojan Masters Invitational, Los Angeles, Jim Vernon, 1147 W. Rowland St., Los Angeles.
718 / 523-2600.

MID-AMERICA

May 27-29. Senior Olympics, St. Louis, (5) ($50) 1st Place.
#2 Millisimestone Campus, St. Louis MO 63146. 314/432-5700, 1188.
June 12. 5th Annual Metro Championships, Ladue High School, St. Louis, Jim Irwin, 736 W. Twelve, Mill Drive, Ballwin MO 63101. 314/394-3227.
August 10. Chillicothio Masters Meet, Chillicothio, Missouri. Joe Shy, P.O. Box 745, Chillicothe MO 64601. 816/466-3823; 646-1023.

SOUTHWEST

May 11. Runners' Pentathlon, Albuquerque, N.M. (3200, 500, 200, 400, 1600) Tom Bell, 5905 Concordia Rd. NE, Albuquerque NM 87104. 816/450-7510 (8); 821-2404 (3).
June 27-28. Texas Southeast Regional Masters Championships, Rice University, Houston, Texas. Ray Stanford, Rice U. Dept. of Athletics, P.O. Box 2192, Houston TX 77251. 713/527-407.
July 12. West Texas Masters Meet, Llano, Texas. Pete Maidmcdonc. P.O. Box 1584, Ozona TX 76943. 915/392-3809 (es) 392-3850 (bus).

WEST

May 17. TAC Pacific Association Championships, Los Gatos, Calif. Willie Hartman, P.O. Box 1328, Los Gatos CA 95031. 408/354-5660.
May 31. Southern California Striders Meet of Champions, Golden West College, Huntington Beach, Calif. Pete Stopoulos, Box 1892, Huntington Beach CA 92647. 714/792-8395.
May 31-June 1. West Coast Decathlon, Cal State Northridge, Northridge, Calif. All Ages. Frank Reilly, 8307 Joan Lane, Canoga Park, CA 91304. 818/716-7280.
June 7. Southern California Open & Masters Meet, Southwestern College, Chula Vista, Calif. Joe Horn, 147th Agate St., San Diego CA 92109. 619/488-8885.
June 14. All-American Track Club Meet, Cal State Northridge, Northridge, Calif. 2 p.m. Frank Reilly, 8307 Joan Lane, Canoga Park, CA 91304. 818/716-7280.
June 28. TAC Southern California Association,
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<tr>
<th>1984 U.S. MASTERS TRACK &amp; FIELD RANKINGS</th>
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<td><strong>COMPILTED BY MAX QUACKEBOS</strong></td>
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<td><strong>RANK</strong></td>
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| **1984, Men's 5000 Meters - 40-44** |
| **COMPILTED BY MAX QUACKEBOS** |
| **RANK** | **NAME** | **STATE** | **AGE** | **TIME** |
| 1 | JERRY JOHNSON | CA | 40 | 14:09.6 |
| 2 | BILL SANDERS | CA | 40 | 14:17.5 |
| 3 | BILL CLARK | CA | 40 | 14:24.3 |
| 4 | TIMOTHY OWENS | CA | 40 | 14:29.7 |
| 5 | JIM LUCAS | CA | 40 | 14:35.3 |
| 6 | JIM LUPIN | CA | 40 | 14:41.7 |
| 7 | AL DAVIES | CA | 40 | 14:47.3 |
| 8 | BOB MOORE | CA | 40 | 14:53.0 |
| 9 | JOHN CARMAN | CA | 40 | 14:59.4 |
| 10 | NEAL O'NEILL | CA | 40 | 15:05.7 |

| **1984, Men's 5000 Meters - 50-54** |
| **COMPILTED BY MAX QUACKEBOS** |
| **RANK** | **NAME** | **STATE** | **AGE** | **TIME** |
| 1 | ROBERT BURD | CA | 50 | 14:14.9 |
| 2 | JOHN O'BRIEN | CA | 50 | 14:21.5 |
| 3 | JAMES HARRIS | CA | 50 | 14:28.1 |
| 4 | TIMOTHY ERIE | CA | 50 | 14:35.7 |
| 5 | RICK GRIFFITH | CA | 50 | 14:42.3 |
| 6 | MIROSLAV BORKOVIC | CA | 50 | 14:49.0 |
| 7 | BILL COX | CA | 50 | 14:55.6 |
| 8 | JOHN BOWMAN | CA | 50 | 15:02.2 |
| 9 | ROBERT JOHNSON | CA | 50 | 15:08.7 |
| 10 | JIM MORRISON | CA | 50 | 15:15.3 |

**Continued on next page**
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<th>Cost</th>
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2. U.S. Distance Rankings. 1986 edition. 1985 rankings and all-time lists for open men, open women and all junior (19) and under age groups. Depth of rankings is based on competition, e.g., the open men/women rankings are 100 deep for 10 km and the marathon. Fourteen standard road distances plus the one and two and four hour runs are ranked. Depth of ranking is based on participation, from 50 deep for 10km and marathon, 30 deep for 8, 15 and 20 km, 10 mile and half-marathon, and to lesser depths for the other seven events. Available June. $7.95

3. U.S. Masters Distance Rankings. 1986 edition. 1985 rankings and all-time lists by five year age groups, from 35-39 and older. Fourteen standard road distances plus the one and two and four hour runs are ranked. Depth of ranking is based on participation, from 50 deep for 10 km and marathon, 30 deep for 8, 15 and 20 km, 10 mile and half-marathon, and to lesser depths for the other seven events. Available June. $5.95

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Continued from previous page

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**Triple Jump**

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**SOUTHWEST**

Albuquerque, February 2

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**National Masters News**

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**CANADA**

Ontario Masters Indoor Track & Field Championship, Toronto, March 6, 1986

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**100 METERS**

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### National Masters News

**May, 1986**

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**Record Breaking**

- **100m**: 2.10 by Fitzy
- **200m**: 4.20 by Fitzy
- **400m**: 8.40 by Fitzy
- **800m**: 16.80 by Fitzy
- **1500m**: 33.60 by Fitzy

#### Mile Relay

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#### Mile Walk

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#### Season's Best

- **100m**: 2.10 by Fitzy
- **200m**: 4.20 by Fitzy
- **400m**: 8.40 by Fitzy
- **800m**: 16.80 by Fitzy
- **1500m**: 33.60 by Fitzy

### Scottish Championships

- **100m**: 2.10 by Fitzy
- **200m**: 4.20 by Fitzy
- **400m**: 8.40 by Fitzy
- **800m**: 16.80 by Fitzy
- **1500m**: 33.60 by Fitzy

### Scottish Masters Championships

- **100m**: 2.10 by Fitzy
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### Scottish Open Championships

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#### Scottish Combined Events

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Please send your results to the National Masters No. Box 2372, Van Nuys, CA 91404. Please include date and results.
SMOKE 'EM.

Air Edge

Spiridon Gold

Axis

Pursuit

Sock Racer

NIKE

Beaverton, Oregon