Borowski Sweeps World Vets Championships

by BARRY SHAW

The tall and powerful French veteran champion, Antoine Borowski, withstood all that Britain and every other nation could throw at him for three consecutive days during the 20th World Veterans Championships held in Netanya, Israel from March 15-17.

In the 8K cross country race, run through the fields and orchards of a local kibbutz, Borowski beat off the challenge of Welshman Alun Roper to take his first World title in a time of 24:53, with Dave Clark finishing third.

Borowski was challenged in the 10K road race the following day by the British pair of Malcolm Martin and

Vasquez, Dodge Win National 20K Titles

By LOLITIA BACHE

Sal Vasquez of Alameda, California, set a new age-47 record of 66:38 in the National TAC Masters 20K Championships held in El Cajon, California, on March 28. He reversed the order of the finish of the National Masters 15K Championship held 3 weeks earlier by beating Bill Sevald, 40, San Francisco, second in 68:10.

The race was hosted by the San Diego Track Club and held in conjunction with the 22nd annual El Cajon 20K on a course that featured scenic Southern California hills and sunny, dry weather (55° at start, 65° at finish).

The women’s title was won by SDTC member Judy Dodge, 41, in 86:02.

Single-age records were set by Mary Storey, 62, of Riverside and SDTC, in 1:48:26, and Gerry Davidson, 66, of Fallbrook and SDTC, in 1:48:39. The

Smith, Andersen Set Masters 10K Records

by TOM STURAK

Only a week earlier at TAC’s Masters Indoor Championships (March 27), Tracy Smith had narrowly missed regaining his world mile record while decisively defeating its newest claimant. Turning to the roads at New Orleans, April 4, he came away with a narrow win in the Crescent City Classic 10K, claiming a new American Masters record of 29:50 at this most frequently raced distance. In second place, Mexico’s resurgent Antonio Villanueva, three-months shy of 47, clocked what must be an M45 world-best of 29:52.

Joining in on the record-bashing, Gabriele Andersen, 42, reclaimed her recently negated (short-course 34:01) American Masters best with a runaway 33:55, nearly a full minute up on W40 Canadian Erna Kozak. Barbara Filutze, 40, tuned up for the World Cup Marathon (see p. 25) with a 35:43 third-place effort.

Though properly respectful of the competition at Crescent City, Smith was confident that he could break 30 minutes and Barry Brown’s 1984 record of 29:57. On February 28 (two weeks prior to his 42nd birthday), he had cruised an unpressed 30:14 at the American Homes 10K in Phoenix. “In New Orleans, the night before,” he relates, “I looked at a pace chart so-
### FEATURES

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- **Sapienza Has Heart Attack**
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### ADDRESS LETTERS TO:

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### REFERENCE

In the April issue of NMN, Jack Foster wrote, “It appears that Mr. Tymn’s column... has a somewhat anti-Jack Foster tinge.” I’ve always admired Foster as an incredible runner, but after reading the tenor and tone of his letter, not to mention a couple of cheap shots in it, I’d downgrade him on gentlemanly qualities. Since you printed Foster’s letter, it’s only fair to print some reactions to it.

What qualifies Foster to criticize Tymn’s writing? If Foster can’t accept Tymn’s humorous piece on urination, he certainly would be at odds with Shakespeare.

It is evident from his letter that he resents criticism, even if constructive or by implication. Which leads me to wonder if he has ever been in a disciplined environment, outside of running.

Foster suggests pitting his running against Tymn’s. Why not pit Tymn’s writing ability and writing accomplishments against Foster’s? On that count, Jack, you better (pardon the British phrase) “pack it in.”

Jim Jackson
San Francisco
From Boulder to Falmouth, Arturo Barrios took the running world by storm—winning 13 major road races and destroying two world records in 1986 alone. His training shoe, the GL 6000. Its lightweight, durable cushioning system is perfect for everyday training. And that's where races are really won.

THE FORECAST:

HEAVY RAINS AND STRONG WINS.
Payton Jordan Sets M70 100 Meter Mark

by WILLIAM ALSTON

STANFORD, Calif., March 29. Payton Jordan of Los Altos Hills, Calif., completed his first race in the M70 division today with an electronic 100m time of 13.53 into a 2.9 m/sec. headwind. The race was a Special Invitational 70+ contest offered as part of the Stanford Relays. The time, when officially approved, represents a new American approved, eclipsing the 13.6 previous record of Harry Koppel.

The race was a favorite with the crowd of about 2000, which cheered as the full field of top masters sprinters roared off. "I didn't realize Payton looked that great," said one open shotputer with true admiration. "Amazing deltoids!"

This was Jordan's first race in over a year, his 1986 season being lost to family administrative duties. "I'm pleased to get a good start on the season, especially after such a long layoff," he says. "But I've still got an awful lot of work to do."

That extra work is targeted towards more speed endurance—perhaps for the 200m and 400m. Don't be surprised to see some records in these races from Jordan, as well. □

LATE FLASH

On April 4th at the Fresno Relays in California, Payton Jordan lowered the World Masters M70 100m mark to an electronic 13.33 sec, replacing the old record of Yvne Brange of Sweden, 13.4, set in 1983. □

Payton Jordan, pictured here at Stanford Stadium, March 29, broke the world M70 100m record in Fresno, Calif. with a 13.33, on April 4. Photo by William Alston Jr.

Sapienza Dies of Heart Attack

Tony Sapienza, 57, one of the top masters runners in New England, suffered a heart attack shortly after winning the 55-59 division of the 3000-meter run in Providence, R.I. on March 15. Despite efforts to revive him, he died later in the hospital.

According to Neil Steinberg, meet director of the annual TAC Eastern Regional Indoor Masters Track and Field Championships, Sapienza had no warning of the attack.

"After he won his race, he came over to me and asked what his time was (10:30.2)," Steinberg said. "He went up into the stands, started talking to his wife and friends, and, about 10 minutes later, he keeled over."

Ivan Black, a physician and masters competitor, immediately gave Sapienza pulmonary resuscitation. With the help of Red Cross personnel—who were on the scene in 30 seconds, Black "got him back a couple of times."

An autopsy confirmed the cause of death as a heart attack. "The problem had probably been there all his life," said Jock Semple, a Boston Marathon organizer and long-time friend of Sapienza. "Tony never smoked, never dissipated. There's no reason for it. It could happen to any of us, anytime."

Mrs. Sapienza told Steinberg: "I guess if he had to go, that's a good way to go."

Sapienza lived in Bradford, Mass. He was head of the mathematics department and cross-country coach at Haverhill High School. A captain of the Boston College cross-country team in 1953, he was a member of the Boston Central Catholic High School Hall of Fame. He was featured in a 1952 article in Life magazine.

He finished fourth in the 1958 Boston Marathon and, in 1963, placed sixth in the U.S. Olympic team trials.

He competed in the World Veterans Games in Sweden (1977), West Germany (1979) and Italy (1985), where he finished 8th in the M55 10,000-meter run in 35:55.

In August, 1985, he won two M55 national track championships in the 5000 (17:12) and 10,000 (35:20), winning each race by more than 30 seconds. In 1985 he was named TAC's age 55-59 track athlete-of-the-year, and was ranked #1 in the M55 8K by the National Running Data Center.

Relatively heavy and big-boned for a distance runner, Sapienza ran with a bent-forward style that always made competitors feel he was going to get tired and slow down. But he rarely did.

Contributions can be made to the Anthony B. Sapienza Memorial Scholarship, Haverhill High School, 137 Monument St., Haverhill MA 01830. □

Remembering Tony

By HAL HIGDON

Tony Sapienza came from that unique old breed of road runner that thrived in New England in the 50s and 60s before jogging became a fad and running became a boom.

We came into each other's lives during that era when I would travel to Boston for the marathon, and with only 150-200 entrants, you got to know practically everyone in the field. In 1965, I spent part of a summer traveling in New England with my family, running two or three road races a week. At each one, Tony was there, not only running, but also passing out entry blanks for a 10-miler sponsored by the Sons of Italy in Haverhill, Mass. Afterwards, I visited Tony's house, which I later described in my book: "On the Run from Dogs and People":

"In the basement were hundreds, thousands, yea, billions of trophies — gold, silver, marble, wood and tarnished brass. I had seen other displays before, but this was the athletic mothball fleet of all time."

Tony was a road runner first, a masters runner second, and a good friend always. He has gone now to that world of old trophies, and we all will miss him. □
Nicholson, Kahn Win National 5K in Atlanta

by JERRY WOJCIEK

Carl Nicholson, 40, led a small-but-select field of 65 masters runners from nine states to win the U.S. TAC National Masters 5K Championships held in Piedmont Park, Atlanta, Ga., on March 14.

Nicholson of Huntsville, Ala., finished in 15:55, ten seconds ahead of Mike Holbrook, 44, of Carmichael, Calif. Bobby Dannelley, 45, of Biloxi, Miss., was third in 16:47.

Rusty Lamade, 50, of Holland, Pa., was the only master from north of the Mason-Dixon to win a division race (17:08). The aptly named Casey Jones, 56, of Atlanta, steamed to the M55 victory in 18:38. Charles Scott, 61, of Atlanta won the M60 race.

Race Director Bill Eppright, 66, of Norcross, Ga., had enough energy left to win the M65 race (22:22), and Rick Sasser, 70, of Pensacola, Fla., took the M70 contest (25:21).

Missy Kahn, 41, of Atlanta ran 19:58 to capture the W40-and-over race, with W50 winner, Nancy Parker, 50, of Atlanta taking second in 20:43.

The remaining masters women's winners were Julia Emmons, 45, of Atlanta (24:58) and Rita Tomassini, 65, from Lilburn, GA., (26:43).

The Atlanta TC club won all of the team titles, M40-49, M50-59, M60-69, and W40-49. □
Frank Shorter is Looking Ahead

The greater the achievements during one’s peak years, it often appears, the more difficult it is to make the adjustment to masters status. Many world-class athletes prefer to “hang it up” rather than make the transition. Yet, no less than former Olympic gold-medalist Frank Shorter is actually looking forward to performing in the masters arena.

Shorter, of course, emerged as something of a hero to the American people after winning the marathon in the 1972 Games at Munich, the first Olympic marathon victory by an American in 64 years. Then 24, he won the 1972 Games at Munich, the first Olympic marathon victory by an American in 64 years. Then 24, Shorter continued his winning ways on into his early 30’s when injuries began to take their toll on him. In recent years, he has raced less intensely and more cautiously.

“ I’m well past the point where I can win the major races any more,” Shorter, now 39, admitted to me in a recent interview.

As he nears his 40th birthday on Oct. 31, Shorter is making both mental and physical adjustments. “I’m really anxious to turn 40, because you need the incentive to go really hard,” he says. “You have to create your own goals and your own motivation in whatever way you can. I guess the psychologists call it ‘reframe.’ You have to reframe your attitude toward what you’re doing. That’s basically what I’m doing.”

Shorter was just getting over a back problem when I talked with him. More longstanding was a recurring foot injury. After finishing the 1984 Honolulu Marathon in 30th place in just 2:36:57, Shorter, then 37, commented that his problem wasn’t so much aging as it was “holding together.” I recalled that comment and suggested to him that “holding together” is perhaps the very crux of aging.

“I think you have to be more careful when you get hurt, allowing more time for recovery,” was his reply. “That’s what I’ve been trying to do, allow enough time for the aches and pains to go away. I guess that’s the challenge. You can’t train the same way you did when you were 23. It just isn’t going to work. All you do when you’re 23 is go out the door, turn left, turn right and go as hard as you can till you start to break down. Then you take a day or two of easy running till you heal up. But that’s not what happens when you get to be a master.”

Shorter’s winning time at Munich was 2:12:19.8. His best marathon time, however, was a 2:10:30 in winning Fukuoka three months later. He can’t remember when the last time he broke 2:20 was, although he adds that he hasn’t seriously raced a marathon in some time. But he feels he’s still capable of running well under 2:20. In fact, he believes that if he can “hold together” for a full year he might get down to as low as 2:13 or 2:14.

“I really do,” he stresses that belief. “In the marathon, so much of your willingness to hurt and really go hard is based upon the effort at hand. It’s much easier to make yourself go all out to the end if you’ve gone through a 1:03 (first-half) than if you’ve gone through a 1:09. Having the masters perspective then, perhaps going through in 1:06 or 1:05, I can have the incentive to go hard. Whereas now, going through in 1:06, I’m not particularly interested in ripping myself up. You need a return for your effort.

Shorter feels he’s capable of running 2:13 or 2:14 if he can “hold together.”

“For me, maybe that’s more because of the success I’ve had. It’s hard to push yourself if the chance of success is not going to be there. Pride only carries you so far.”

Looking for ways to overcome his injuries while also avoiding excessive wear and tear on his legs, thereby hopefully extending his competitive career for years to come, Shorter has been doing a lot of experimenting in recent years with alternate training methods. “I think there’s a certain amount of alternate training you can do, but you have to get off the alternate training and go back to basically running in order to build yourself up and perform well,” he offers.

This theory of Shorter’s is based to some extent upon his experience in the most recent Honolulu Marathon, which he finished in 2:46 and change. “What I found that hurt me in Honolulu was that I really hadn’t done any long runs in several months. I’d done a lot of aerobic training and a lot of anaerobic training on the bike, but I hadn’t done any long aerobic running to get my body used to the pounding. My quads gave out at about 23 miles. That was just a function of training, not having done enough miles, not having done enough pounding to be used to it. So I’m just learning what the balance is.”

Shorter doesn’t know how much he’s lost in the way of raw speed as he hasn’t attempted anything short and fast in a number of years. After a long layoff from any real systematic interval training, he began again in January. But he had not yet progressed far enough to be able to tell how much of the old speed is still with him.

His plan is to continue a slow and gradual buildup and hopefully be 100 percent again after celebrating his 40th birthday. But he doesn’t expect to have it all that easy in the masters arena. After all, Carlos Lopes, the 1984 Olympic Marathon gold medalist, turned 40 in February and old rival Bill Rodgers, four-time New York and Boston Marathon winner, turns the corner on Dec. 23.

They say that the Professional Golf Association’s Senior Tour wasn’t really accepted among golfers and didn’t become popular among followers of the sport until big names like Art Wall, Tommy Bolt, and Julius Boros joined it. The final stamp of approval came when Arnold Palmer qualified as a senior golfer. I think we can look for much the same thing to happen soon in running.

Frank Shorter is looking down here, but he's now looking ahead to joining the Masters ranks.
Glover, Lievers Lead Chopperthon Half-Marathon

by PAUL MURRAY

Charlie Parmalee of Morris, N.Y., won the masters title at the 1984 Price Chopperthon and placed second in 1986 when the distance was 30K. He began the 1987 Chopperthon Half-Marathon, Schenectady-to-Albany, N.Y., on April 5 at a pace that would guarantee another victory, but the passing years have brought some tough new competition to the 40-and-over age group, as Parmalee soon found out. After leading through the eight mile mark, he was passed by Pat Glover, a 40-year-old school teacher from Clifton Park, N.Y. A few moments later another swift 40-year-old, Bill Robinson of Cohoes, N.Y., also accelerated past the tiring Parmalee.

Glover and Robinson have been chasing each other since both entered the masters ranks last summer. In September, Robinson outdistanced his rival to win the masters title at the Corning Cup 10K. In October, Glover won the M40 title at the TAC Masters 5K Cross Country Championships. Robinson took 3rd behind Lawrence Olson and Atlaw Bellagine at the TAC Masters 15K Cross-Country Championships in November. Robinson next beat Glover by two seconds at the 15K Schenectady Stockade-athon.

This time it was Glover's turn in the winner's circle. "I was twenty or thirty yards behind him, but I just couldn't close the gap," Robinson lamented. "I knew he was behind me," Glover said. "When I got to the 20K mark I asked 'how far?' and they said, 'half a mile,' but I wanted to know where Bill was, not the distance to the finish," Glover explained. "When they said he was 20 yards behind, I said to myself, 'Oh no, not another sprint to the finish.'" But Robinson couldn't find his kick as Glover finished sixth overall in 1:12:03 and Robinson took seventh place with a 1:12:21. Parmalee was not far off the pace, finishing eleventh in 1:12:51.

The masters women's title was not as closely contested as Mary Lievers from Syracuse rolled to an impressive 1:23:32 time, claiming third place overall, nearly 10 minutes ahead of her nearest rival and only three minutes behind the women's winner, Buffalo's 38-year-old Nancy Mieszczak. Anny Stockman from East Greenbush, N.Y., continued her domination of the W40 age group. The 54-year-old Stockman was the second master and tenth woman overall with a 1:33:17.

The revised Price Chopperthon, which drew nearly 1,000 entries, was moved two weeks later in hopes of finding more favorable weather, but the day was cool and rainy nevertheless. The participants were unanimous in their praise of the Hudson Mohawk Road Runners Club and race director Ray Newkirk, who have organized this event for the past six years.

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Swenson Betters Smith’s Mile Time

by JERRY WOJCIK

Albin Swenson, 40, of Wolcott, Conn., can expect some invitations to "Masters Mile" events this season. In the TAC Masters Eastern Regional Indoor Championships at Brown University in Providence, R.I., on March 15, Swenson won the M40 mile with a 4:18.5, 1½ seconds below Tracy Smith’s much-publicized 4:20.0, a world-best for a masters-only race, set of Wolcott, of Skaneateles, N.Y., added another world record with a leap of 35-7. The old mark of 32-3 belonged to Canada’s Ian Hume.

The official world outdoor masters mile record still belongs to Bill Stewart, of Michigan, who clocked a 4:11.0 in 1983. The official world outdoor 40+ mark is 4:18.5, set by New Zealand’s Jim McDonald in 1977.

Swenson backed up his mile time by winning the 800, M40 indoor mark of 2:02.3.

In the M70 3000 race, Scotty Carter ran 11:27.2, well below the listed world record of 12:20.6, held by Italy’s Cappoleri.

Triple jumper Edwin Lukens, M65, of Skaneateles, N.Y., added another world record with a leap of 35-7. The old mark of 32-3 belonged to Canada’s Ian Hume.

The official world indoor masters mile record still belongs to Bill Stewart, of Michigan, who clocked a 4:11.0 in 1983. The official world outdoor 40+ mark is 4:18.5, set by New Zealand’s Jim McDonald in 1977.

Greenwood Has Heart Attack; Double Bypass

Jack Greenwood, 61, TAC’s masters 1986 track athlete-of-the-year, underwent double bypass surgery April 15 after suffering a heart attack on April 10. At press time, he was recovering at Porter Hospital in Denver.

He first noticed chest pains at work and drove himself to the hospital. He walked in, and was diagnosed as having a "mild heart attack with minimal damage and minor narrowing of the arteries."

An angioplasty, where a balloon is inflated in an artery to pack down plaque, was set for the 15th. It was successful, but, an hour later, an artery collapsed and doctors decided an emergency double bypass was required. A vein from above and below the left knee was transposed to the damaged area.

"Jack spent a couple of rough days after that," said Jack’s wife, Nancy. "But he’s feeling better today (April 22). Doctors said there was 20 percent damage and if Jack hadn’t been in top condition, he might not have made it."

She said Jack would come home in a few days and doctors anticipate a full recovery.

"I’m still amazed!" she said, "because Jack didn’t smoke, and ate all the right things. Yet his interior left artery had cholesterol buildup. The doctors say it’s caused by genetics."

Greenwood’s younger brother died of a heart attack five years ago.

Twelve days before the attack, Greenwood had won three events (60yH, 300y and 600y) in the 60-64 age division at the U.S. National Masters Championships in Madison, Wisconsin. He currently holds six world and 10 U.S. age-group records. He has won more than 12 gold medals in World Veterans Championships, and more than 50 gold medals in National Masters meets, stretching back to 1968. Two of his world marks have stood for 15 years.

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Race Walking Report
by BEV LAVECK, TAC Masters RW Coordinator

Several issues pertaining to masters race-walking (RW) were discussed during TAC's Convention in Tampa, December 2-7, 1986.

A proposed rule change that would have placed TAC's Masters Race-Walking Championship programs entirely within the open RW Committee, instead of within the Masters T&F Committee, was opposed by Masters T&F at the recommendation of the Masters RW representative.

Although having all of RW under one roof has a certain conceptual attractiveness, the majority of RWers present preferred to keep Masters RW organizationally within Masters T&F, because of the support and encouragement given by the masters T&F community.

The Masters T&F Committee conducts the Masters 5K and 20K RW Championships as part of the National Masters Outdoor T&F Championships, and the 2-mile RW Championship as part of the Masters Indoor meet. Masters T&F also awards the "Masters-Walkers-of-the-Year" awards.

At distances other than 1-mile, 5K and 20K, Masters RW Championships are held in connection with Open (Senior) TAC Championships. RW doesn't have the resources to develop an independent RW program for master RWers.

It was decided to permit (but not require) masters women's RW championships to be held at all distances with men's RW championships. A rule change to permit mixed teams to compete with men's teams in masters RW-ing was supported by many RWers.

The 5000m walk was made mandatory in TAC Masters National and Regional T&F Championships. However, at local discretion, a distance between 1500m and 5000m is permitted in regional meets to encourage larger fields in areas where RW-ing is less popular.

Volunteers interested in serving on a RW Awards Committee or on a Masters RW Advisory Committee should contact Bev LaVeck, 6033 NE Windermere Rd., Seattle WA 98115.

Rankings Correction
In last month's listing of the 1986 triple jump rankings, Pamela Calvert of St. Louis was ranked second in the W35-39 division with a 10.13 mark. Calvert, who was born February 18, 1946, should have been ranked first in the W40-44 group.

Jock Jocoy, who says "I wish I could jump that high," was ranked first in the M55-59 1985 high jump standings with a 1.72. His actual best was 1.27 (4-2).
For Older Masters - Less is Better

By DICK LACEY

A

fter spending the better part of the last five decades as a runner, coach and official — the last 15 years in masters competition — I have now come full cycle. I’ve returned to the days of my youth!

As I look back to my years as a college runner in the 1930s, the training we did then seemed outmoded, if not downright laughable, by modern standards. As a long sprinter, I had a weekly routine consisting of one 500 on Monday, one 300 on Tuesday, two 200s (big deal!) on Wednesday, one 400 on Thursday, rest on Friday and race on Saturday.

During the same era, my friend and fellow master, Bill, was running 4:12 miles (even in the 1940s still an outstanding time) on no more than 20 miles per week.

I marvel that we did as well as we did.

Then, in the early 1950s, along came Emil Zatopek and high mileage, inter-

vals and repetitions. As a coach at that time, like everyone else, I got caught up in the “more-is-better” syndrome. When I returned to serious training at the start of masters competition circa 1970, I began practicing as a runner what I preached as a coach. At age 60, I would do more in one day’s workout than I used to do in a week in my twenties.

For a while, this worked well. Then, as I hit 65, it began gradually to sink in that masters, though they do remarkable things, are not ageless. Our bodies simply cannot take the stress they used to 20 or 30 or even five years ago. Our spirits are willing but, though we often won’t admit it, our flesh is weak.

In 1983, my friend Bill had a remarkable year in his age group. He won almost every road and track race in sight. He was training 40 miles a week. Then he began increasing to 60 to 65. As a result, 1984 was a disaster. He was injured constantly and was hardly able to compete at all.

My own “more-is-better” system continued to prosper for a while. Then I too began to hurt and slow down.

Bill and I are but two of countless older masters who fall into a irresistible trap. When we are running well, we think, “If I can do this on my present workouts, imagine how fantastic I can be if I work even harder.” If we are slowing down and competing poorly, our reasoning is “I’m evidently not doing enough; I must increase the mileage and intensity of my training.”

In both instances, the opposite is almost always true. What we really ought to do is back off, not just temporally but permanently.

Moderation and adaption should be the watch words for masters runners. As we advance from one age group to the next (and how eagerly we all look forward to this), we must face cold reality: almost without exception, those who do not run as fast as 40s or 70s as fast as 60s. The corollary is that we cannot handle the quantity of work we used to when we were younger. All of this seems almost too obvious to state; yet few masters, especially in the older groups, seem willing to acknowledge that “less” training - not “more” - may be better.

Bill has reverted to 40 miles a week and is now back to his form of 1983. Two years ago, as I was approaching 75, I consciously started substituting quality for quantity. Whereas I used typically to take a day off after every six days of training, I now rest after four days, and I’m thinking of reducing it to three.

Furthermore, I’m back to a system modeled on my workouts of the 30s. For instance, I will do one 300 at full speed instead of four or five hard intervals 300s.

The results have been surprising. During the last year and a half, I have actually been running faster than I was two years ago. Now, of course, the temptation is almost irresistible to work harder.

I’m determined, however, to refrain myself and not to fall into that old trap again. While I may be thinking ahead to the rest of the 1980s, in training I will continue to revert to the days of my youth - to my workouts of the 1930s. I know now that for us masters, the older we get, less - not more - is definitely better.

Dick Lacey, 75, is a retired educator. He won world veteran gold medals in the 110- and 400- hurdles in 1975 and 1977, and in the high jump in 1985. He has won many national titles, indoors and out, at distances from 60 yards to 600 to the high jump. In the early 1930s, he ranked in the top ten in the world at 200 meters. After 35 years of high school coaching (boys and girls) in New York State, and five years in Florida, with many state and national champions, Lacey currently coaches runners in the 70s and 80s. He’s the author of numerous articles in national periodicals on track & field, travel and education.

New Jersey Indoor TAC Meet Draws 143

One-hundred and forty-three athletes from ten states and Washington, D.C., entered the New Jersey TAC Indoor Masters Track & Field Championships, held at the Peddie School in Hightstown, N.J. on March 8. It was the largest turnout for the meet since 1984 and included competitors from as far away as Missouri and Texas.

The Shore Athletic Club won the New Jersey team titles somewhat more than more narrowly in recent years. In submasters competition, the final standings were Shore A.C. (68), Merrill Lynch A.C. (54) and the New Jersey Striders (13). In masters competition, the leading teams were Shore A.C. (91), Merrill Lynch A.C. (60), and the North Jersey Masters (36).

The Shore submasters were led by two triple gold medal winners. Dawud Saleem, 38, won his age division in the hurdles, 50 yard dash and 300 yard run. John Frederick, 39, took the M35 walk, mile run and two mile run. New submaster Tony Ciccone of the host New Jersey Striders had the top high jump (6-2) and fastest 50 yard hurdle time (6-4) of the day.

In the non-New Jersey Division, Alan Cohen won five gold medals and a silver in the M55 division of the six individual running events. Triple gold medal winners included Desmond Margetson, Alan Pierson, Jai Singh, and Dennis Tancredi.
Slaven Shades Chime1 in Pageant of Light 5K

by JERRY WOJCIK

Jarrett Slaven, 42, of Brandon, Fla., a former University of South Florida track coach in Tampa, edged Pat Chimel, 41, of the Miami Masters for the masters title (ages 40-59) by one second with a 15:57 in the Edison Pageant of Light 5K Classic in Fort Myers, Fla., on February 21. Rich Long, 40, of Fort Myers, who has been running for only two years, finished third in 16:22.

Duke Stewart, 61, of Port Charlotte, Fla., won the men's grand masters race by one second with a 20:28. Carol Jean Moorehead, 41, of Seminole, Fla., ran off with the women's masters victory with a 19:34, leaving Jogging Center Running Club teammate Maria Carmen Wade, 45, of Tampa, thirty seconds behind. Fifty-year-old Janet Von Kleek, of Boca Raton, Fla., was the third masters woman in 21:00.

Nancy Beward, 61, of Sarasota, Fla., was the women's grand master champion with a 25:54.

The race, the 1987 TAC 5K Florida Masters and state RRCA championships, was sponsored by the Wellness Center of Lee Memorial Hospital in Fort Myers and started at 6:00 p.m., one hour before the Edison Pageant of Light Night Parade, which drew 200,000 spectators, who cheered the 1181 finishers on to a televised finish.


Morales Stabs World Javelin Record

by JERRY WOJCIK

While competitors were testing legs and muscles in what has become the outdoor season opener for Southern California masters athletes, the Orange Spring Games, held in the city of Orange, southeast of Los Angeles, on February 21, Bill Morales was setting a world record for the M70-74 javelin with a throw of 141-10. The former record of 140-0 was held by West Germany's Gerhard Stabs.

In other events, Nick Newton won the M50-59 100m (12.3), the 200 (25.6), and the high jump (5.6). Newton, as a volunteer coach, has been sharing his expertise with the sprinters of a Los Angeles city school which won the boys' state track and field championship last year, and is working with what many track watchers think may be the best prep sprinter in the country.

In the women's races, submaster Tina Stough showed her versatility with a 64.8 400 and a 5:15 1500.

The schedule included two rare outdoor events, the 60m hurdles and the 200 hurdles. In the M40-49 60m hurdle race, John Dobroth edged Al Henry, 8.9 to 9.0, with Bill Knocke taking third in 9.0. Knocke, however, captured the 200 hurdle race from hurdle record-holder Walt Butler, 27.3 to 27.5. Shirley Kinsey won the W50-59 60m hurdles in 13.8.

Weightman and junior college track coach Lloyd Higgins, M40-49, edged All-American TC president, Frank Reilly, M30-39, for the day's best discus mark, 157-3 to 156-8. Oregon's Ross Carter, M70-79, had the farthest shot-put (44-7).

Mike Castaneda, Southern California Striders maestro, won the M60-69 shot-put (44-0) and discus (122-6).

Del Pickarts, who was third (164-8) in the VI World Veterans Games in Rome in 1985 and is about ready to turn 60, won the M50-59 javelin (155-10).
Heel Bursitis

With increasing mileage and effort, heel bursitis has become more prominent in the masters athlete. If left untreated, it can cause pain and athletic limitation.

Heel bursitis, or as it is commonly known, pump bump, occurs in the back of the heel at the attachment of the Achilles tendon.

After years of running and jumping, tension and brittleness of the Achilles tendon can cause small bony spur formation at its insertion. This exhibits itself as a red, swollen protrusion at the back of the heel. It usually becomes quite sore after athletic activity and limits usual and customary athletic participation.

One of the main culprits, if we ignore age, is the improper pressure of the heel counter of the shoe on the Achilles tendon insertion. If the heel counter is excessively low or narrow, it can cut into the heel area and irritate the soft tissue structures and cause bursitis.

If all else fails, a proper foot orthosis can be devised to reduce stress to the rearfoot area. We have used these with great success in our track and field athletes.

When the condition precludes activity due to pain, an injection of short-acting steroid may be used. Surgical intervention is the last step. But, in this case, prevention is the best cure.

Avoid getting old; don't wear high heel pumps and wear a proper fitting shoe.

(John Pagliano, D.P.M.)

Ryun Makes Masters Track Debut in Kansas

In his first track competition since 1973, Olympian Jim Ryun finished second to Herald Hadley, 43, in the masters 800-meter run in the Kansas Relays on April 18.

Ryun's time was 2:01.7 to Hadley's 1:58.7. Ryun was 11 days shy of age 40 and was a "guest" entrant.

I am pleased to support the All-American program. It will spread the recognition around to a lot of hardworking masters athletes.

Barbara Pike Concord, Mass.

EASTERN REGIONALS

The TAC Eastern Masters Indoor Meet at Brown University was excellent. To Neil Steinberg, the fine officials, and all others involved in the smooth flow of events, my companions in the Syracuse Chargers and I wish to extend our heartfelt thanks.

Ed Lukens Skaneateles, New York

CHEATERS

I am amazed at all the recent fuss over cheating. The NMN has carried several pieces about the "explosions" of one Mr. Bell, and the current issue of The Runner worries about how far a certain Mr. Whelan has really run in several Boston Marathons. Several Staten Island runners actually took the trouble to go to Boston "expressly to watch for him on the course" according to The Runner article.

Why does it matter? For my own part, I see nothing particularly wrong with cheating. Why should anyone get angry over whether Mr. Whelan was 33rd at Boston, as he claims, or jumped into the race at 15 or 17 or 20 miles? If Mr. Whelan did join the race at, say, 20 miles and is happy to believe that he finished in 33rd place, that is his business. It may be foolish to deceive yourself that way or it may not be. I don't pretend to know the answer to that — but I can't see why it is immoral. Why all the self-righteous, priggish indignation? Who, exactly, is hurt?

Now, of course, I do understand that there may be limits to how much cheating may be tolerated. For example, if Mr. X had jumped into the race at some point and had boldly come across the line first, then he would be attempting to deprive someone of his "rightful" prize; moreover, he would affect all the prize winners, moving the last prize winner off the rolls entirely. But no such thing presumably happens when someone claims to finish 33rd, 99th, or what-have-you. In cases like that, I don't think we ought to interfere with private conceptions of the good life.

There is no reason to take any action against cheaters unless they actually cause harm. The fact that you or I may find cheating offensive is not a good reason for restricting people's freedom to behave according to their own best lights.

Boastfulness may not be a pretty trait, even when one has earned it, and it is a bit repulsive when it is unearned, but so is telling nasty stories about one's own mother.

Sidney Gendlin Ypsilanti, Michigan

SERRUYS FOR PRESIDENT

The April issue of NMN carried an advertisement describing the long and

Continued on page 15
By TERI INGRAM

Thirty-two meet records were broken at the Sport Arcade II Masters track & field meet, held March 14 on the Mt. SAC track in Walnut, Calif.

Among them, in the 100, were Marion McCoy, M55 (10.9), Bruce Springbett, M50, (11.8), and Bob Watanabe, M60, (12.5). In the women’s 100, Jeanne Carter, 46, (14.5) defeated newcomers Carol Forster, 49, (17.0) and Mary Ames, 83, (31.4).

Bill Sumner, M35, outkicked Ron Rook, 4:24.5 to 4:24.7 in an exciting 1500. Christel Miller, 52, 1986 U.S. female masters athlete-of-the-year, took the 80m hurdles in 15.0. In the M60 100 hurdles, George Simon nipped Chuck McFate, 20.8 to 20.9.

Mike Deller, M35, out-threw all competitors with a 156.2 hammer. Charles Rader, M35, at 6-6, and Carol Johnston, M75, at 4-0, highlighted high jump action.

The annual event was directed by Marvin Thompson and the L.A. Patriots Club.

Keim, Loper are Fastest Masters

From DALE LARABEE

SAN DIEGO, March 11. An overcast, cold and breezy morning — perfect for running — greeted 156 masters runners for the start of the fourth annual Fastest Masters 10K on Fiesta Island.

Pennsylvanian-turned-Californian George Keim, 44, breezed to a 5:17-per-mile, 17-second victory in 32:45, outdistancing Peter Stern (33:05) and Steve Dornish (33:17), as all three broke Joe Anaya’s four-year-old course record of 33:18.

Kathy Loper, 44, won the women’s division in 39:06.
Indoor Championships

The very nice people of Madison, Wisconsin, a very nice place to visit, provided the competitors at the 1987 National Indoor Championships (March 28-29) an excellent facility and well-directed schedule of events. All participants I talked to had a great time and were quite complimentary of our hosts.

Two matters were presented to me in Madison that I reviewed with our Indoor and Outdoor Coordinators. First, the problem of late entries, for which the Masters T&F Committee has not yet formulated a particular policy or guidelines for meet directors. At Madison, one competitor arrived who was very rude. Yet, formulated a particular policy or know they are taking some risks, and policy and guidelines for meet directors. Director must reinvent the wheel. Ron Sanders, the Indoor Coordinator, proposed contacting a number of prospective host-sites that might be interested in forming a "round robin" circuit of championships. We don't want to cut off open bidding, but we haven't had many bids for the honor of hosting these meets. I don't know if Ron will meet with success, but such a plan might give us the continuity and security we need for our championships. If any of you have concerns or suggestions about his process, contact me soon.

Hosting a meet means thousands of dollars to a local economy. Madison hosted over 500 competitors. Double that, with families and friends, and you have a good-sized convention that may add a quarter-to-half-a-million dollars into the economy.

Goldsmith Does Handicap Magic in Dallas

By TIM MURPHY

Once again the Dallas Morning News and SMU coach Ted McLaughlin invited masters runners to compete in the Indoor Games at Reunion Arena, February 7.

Two events were set for the masters: a one-lap (176y) x 4 handicap relay and a mile run. The three relay teams were made up from the Dallas Masters T&F Club, with 11 runners who had qualified for Masters All-American honors in 1986.

When the dust settled, the quartet of Doc White, 34, Sara Allerkamp, 33, Willard Thompson, 34, and Roy Turner, 47, had prevailed with a time of 1:25.4 over Max Goldsmith, 63, Joe Murphy, 57, Charlie Miller, 46, and Dave Denison, 43, who totaled 1:25.6 to take second from Jeff Bloomfield, 71, Tim Murphy, 65, Thane Baker, 55, and James Vicks, 41, who finished in 1:25.9. So twelve runners, ages 33 to 74, finished with a 0.5 difference between the first and third teams.

Goldsmith had done a great job of handicapping the relay — the crowd of 19,000 were on their feet cheering.

In the masters mile run, which was made up from the Dallas Masters T&F Club, with 11 runners who had qualified for Masters All-American honors in 1986.

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Read-On Continued from page 12

excellent service given to veterans athletics by Jacques Serruys, who has been nominated by the WA VA Executive for the Presidency of WA VA.

The advertisement stated, quite properly, that it had been paid for by the "Committee to Elect Jacques Serruys." However, the fact that Jacques has been nominated by the WA VA Executive, whose photograph appeared in the advertisement, may have led some readers to believe that the WA VA Executive and the "Committee to Elect Jacques Serruys " were one and the same. That is not the case.

In particular, I think it should be made clear that the advertisement was not placed or paid for by the WA VA Executive.

Owen Flaherty Secretary, WA VA Javea, Spain

NATIONAL TEAM UNIFORMS

Jerry Donley recently wrote about "official" U.S.A. team uniforms. One of the greatest points about the masters program is that it is the individual who is involved. It is the political and social world that has fostered the attitude of "us against them" "East vs. West," "U.S.A. against Russia," etc.

Let us present a new image to the world. The masters program has the opportunity to show the world a new way to look at sports, a way that expresses the noble idealism of the Olympianic sports movement — peaceful cooperation amongst all peoples, the individual's pursuit of excellence.

Let us move beyond the boundaries of a national team and have one world team of individual people — one international team uniform for every individual, from every country, from every race. This will surely begin to create a new camaraderie and excitement as people from all around the globe share a common uniform.

From an economic viewpoint it could be something to help support the masters world championship movement. The uniforms could be used to raise money and enhance the image and organized presentation of this world event. We ask that you consider this different view and the unity and peaceful intention it would reveal to the world. Preliminary designs and arrangements have already been made and established to pursue these ideas.

Dr. Louis Leonardi
Dr. Sandra Boon Smyrna, Georgia

WOMEN'S WEIGHT EVENTS

1) I am compiling hammer-throw statistics for National Masters Championship meets, and need the age-group winners for 1968 through 1971, including club and weight thrown.

2) It appears women's hammer throwing began in masters competition. Now Eastern universities have

Continued on page 29
MAMMOTH ATHLETICS CAMP, INC.

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

MAC IS: Performance Enhancement
MAC IS: Speed: Explosion Training
MAC IS: Middle & Long Distance, Cross Country, Sprints & Jumps, Tri-
Athlete Training, Javelin, Discus, Shot Put, Weight Training,
Video Analysis. Finest Training Available!
NEW: Water power workout, race & fitness walking

MAC IS: Available to all ages — All abilities
MAC IS: KEN FOREMAN, Ph.D., Camp Director, several times Olympic and
National Team Head Coach; GEORGE DINTIMAN, E.D., NFL speed
consultant and founder of Speed and Explosion Assoc.; DORIS
BROWN HERITAGE, Olympian and Olympic coach, current world
record holder for the mile in the 40 + category; DALE KENNEDY,
Head Coach, Montana State U., Associate camp director; JOHN
SMITH, UCLA sprint track coach and current world record holder for
the quarter mile; TRACY SMITH, 1968 Olympian, current world
record holder in the 40 + 10K and mile; VICKY VODON, D.C., world
renowned chiropractor, named as a member of 1988 Olympic team
medical staff; PAUL WARD, P.E.D., world class masters power lifter
and Olympic coach for throws and T&F weight training; JACQUE-
LINE HANSEN, Water Power Workout, Triathlon training, 2-time
marathon world record holder; PAULA KASH, M.S., D.C., Race
and fitness walking, 30K R.W. World record holder (1979), 6 year
member National team.

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

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

*Discounts available for families, groups and teams.

Call (213) 281-1993 for more information

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APPLY NOW - GUARANTEE YOUR PLACE: $75 DEPOSIT OR PAYMENT IN FULL,
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NAME ___________________________________________ AGE __________ SESSION ______
ADDRESS __________________________________________ PHONE __________
Many Top European Athletes Going to Australia

The official entry form for the VII World Veterans Games was published in last month’s issue. If you missed it, contact one of the tour organizers for a copy.

The Australians request that you send your entry form to your tour operator, unless you are traveling alone, in which case it’s okay to send your entry directly to Melbourne.

Peg Smith, Executive Director of the Games, recently made a whirlwind trip to England and Israel.

"I was able to confirm there are many top athletes from Europe intending to make the trip to Australia," she said, "so we can be assured of top quality competition."

The Games will be held in Melbourne from November 28 to December 6, 1987. Competition will be held in five-year age-groups. There are no qualifications needed to enter, except to be at least 40 years of age (men) or 35 years of age (women).

Yugoslavia Expected to Drop Bid for 1989 World Games

The city of Split, Yugoslavia, which had been expected to present a formal bid this year to host the 1989 World Veterans Games, will apparently postpone its offer to the 1991 Games.

Cesare Becalli, President of the European Veterans Athletic Association, said "because Yugoslavia does not yet have a national veterans program in place, it may be inappropriate for WAVA to host its Games there in 1989."

Split has encountered difficulties in securing government funding for the Games and private funding would be "impossible," Becalli said. Marco Protea is still trying to arrange for funding, but said Protea feels that 1991 might be a more propitious time than 1989 for the Yugoslavia bid.

This apparently leaves the way clear for the bid of Eugene, Oregon, which is already geared up and ready to submit a formal bid for the '89 Games to the delegates at the WAVA General Assembly in Melbourne on December 2, 1987. Already the U.S. Masters Sports Association has over $70,000 in the bank for the support of the Games. The funds were donated by more than 200 masters athletes throughout the United States.

Seven Marks Broken in Midwest Regional

CHAMPAIGN, Illinois. Two world and five American indoor age-group records were set in TAC's Midwest Regional Indoor Masters Track & Field Championships at the University of Illinois on March 15.

Phil Brusca set an M55 world shot record with a 53-3 heave, while Dick Richardson tied the M50 high jump mark with a 5-10 effort.

U.S. records were set by Ruth Leff (W55 2-mile walk in 20:20.4), Luchs (M65 2-mile walk in 16:42), Ware (M50 300y in 34.18), and Pope-Green (W30 60y in 7.3 and LJ in 18-5).

Vanderkrieffft, Balfour First in National 50K

Bob Vanderkriefft, 47, took the lead after 21 miles and maintained a steady pace to win the U.S. TAC National Masters 50K Championships in East Meadow, N.Y., on February 22, by ten minutes with a 3:38:56. James Frein, 48, was second in 3:49:20.

Samara Balfour, 51, the only W40-and-over finisher, ran 4:57:19.

The other finishers of the 17 starters were Richard Murphy, 52, (3:53:48.01) who beat Don Jewell, 48, (3:53:48.05) by a half step; Joe Whitney, 32, (4:26:17); John Kenul, 43, (4:34:55); and David Balfour, 48, (4:37:20).

Meet Director Jack Dowling, president of the sponsoring Long Island Road Runners Club, was at a loss to explain the heavy drop-out rate despite good weather (45° and clear skies).
Hawaii-Japan Goodwill Games Held

Six world, two U.S., and 58 Hawaii single-age records were swept away in the Hawaii-Japan Goodwill Games held at Kaiser High School in Honolulu on March 28.

World age-record setters were Nick Newton, 53, of Los Angeles, 100m (11.4); Mazumi Morita, 73, of Japan, long jump (15-4 1/2) and triple jump (31-6 1/2); Japan's Yuichi Tateishi, 74, long jump (13-1 1/2) and triple jump (28-1 1/2); and Japan's Isuzu Tsujii, 63, shot put (29-0).

Marilla Salisbury, 79, of San Diego accounted for the U.S. records, in the shot put (11-6 1/2) and discus (22-0).

Hawaiians Gerard Wilson, 34, and Bob Larson, 41, each captured five firsts in their divisions.

A familiar runner to distance buffs on the Mainland and the Islands, Duncan MacDonald, 38, of Hawaii ran 4:06.9 in the 1500.

Meet Director Stan Thompson, 76, took firsts in the 100H (26.2) and high jump (3-9 1/4).

Frank Kishi (13.3) out sprints Barney Phillips (13.6) in the M55 100m at the Sport-Arcade Meet, Mt. Sac, Calif., March 14.

Photo by Teri Ingram

Austin, Critchley Set Marks In Sydney

Forty-six state records were broken in the New South Wales Veterans Track & Field Championships in Sydney on March 21-22, as athletes honed their skills for this fall's World Veterans Games in Melbourne.

New South Wales is one of six Australian states.

Reg Austin led the record-breaking assault with M50 wins in the 100 (12.27), 200 (24.16) and 400 (54.52). Three 800 marks toppled: Paul Critchley, M45, ran an outstanding 2:01.1; Brian Dean, M55, logged 2:14.67; and Ron Gribble, M50, posted a 2:14.69.

Bill Empey, M90, won the 100 (25.06), 200 (54.60) and 400 (2:11.74), the latter an M40+ world record.

Bev Adams set six records, including an 18.52 hammer throw for a new W55 Australian mark.

The meet was a prelude to the 1987 Australian National Vets Championships in Sydney on April 16-20.

CLASSIFIEDS

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

14th Jim Latz 5 Mile Beach Run at twilight—formerly known as Knite and Fork Inn Run 7:00 p.m., July 18. Old time low key race with splits, water and good cheer. Awards for age groups up to 70+. Enter to J.L. Running Resources, 5511 Winchester Avenue, Ventura, CA 93006.


5500 Weekly. Mailing Circulars in Your Spare-Time. Send a self addressed stamped envelope for details to: S and A Enterprises, P.O. Box 351, Rosemead, CA 91770.


"Directory of home-based income opportunities." Over 150 money-making ideas. Send $1.00 and a legal size SASE to: Mar Beth Home Ent., 58 Fifth Ave., Dept. W, New Rochelle, N.Y. 10801.
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THE WORLD IS RUNNING TO MELBOURNE!

NOVEMBER 28—DECEMBER 6, 1987

Catch all the thrills and excitement of one of the world's greatest international sports festivals: the VII World Veterans' Games, coming to Melbourne November 28 through December 6, 1987!

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THE VII WORLD VETERANS' GAMES
20th World IGAL General Assembly Meeting — Netanya, Israel — March 17, 1987

By BARRY SHAW, Secretary, IGAL

The 20th World IGAL General Assembly convened at the Mediterranean resort town of Netanya, Israel, 17 March 1987, an occasion of the annual World IGAL 10K and 25K road-race championships. The first veterans championships to be officially recognized by the IAAF, this year’s event, which also included 8K cross-country competition, was generally deemed most successful and enjoyable. The races were staged against a carnival background of parades and parties; and this festive atmosphere was reflected in the harmonious proceedings of the Assembly.

The mandatory IGAL membership fee was reduced to US $4.00 per participant in future championships, beginning with the 21st annual event next year in South Korea.

The IGAL Constitution was amended to allow official representatives of national veterans organizations to be voting delegates at future IGAL General Assemblies.

Having agreed last year to the proposed merger with WAVA, Assembly delegates discussed ways in which IGAL could continue to play a central role in veterans distance championships. To this point, Barry Shaw explained that he had deliberately added a cross-country event to this year’s program, as he envisions the proposed IGAL-WAVA Distance Committee as serving that discipline as well as road-racing and, eventually, race walking.

It was suggested that the new Distance Committee be responsible for all non-stadia events for veterans, which could include biathlon and triathlon competitions and championships. In accepting an application for the 1992 IGAL championships from the Japanese city of Ise, the Assembly informed the Japanese delegate that the bid would be brought before the Distance Committee after its official formation.

To this end, the General Assembly feels it essential that a joint IGAL-WAVA meeting take place in the near future to formulate the aims and composition of the new Distance Committee — which must be approved in Melbourne at the time of the WAVA Championships — before IGAL merges into the new format. The Distance Committee should then convene at the 21st IGAL in South Korea and, thereafter, supervise all veterans distance championships.

The important technical matter of athlete eligibility was addressed by the Assembly: the need for a uniform ruling on when an athlete becomes eligible to enter a new age-group. Some countries allow an individual to compete in a higher age-group even before reaching his/her birth date. The IGAL rule clearly states that an athlete belongs in an age-group only if the date of birth falls before the date of competition (e.g., a male runner age 54-and-six-months clearly must compete in the M50 class and not M55). This rule must receive the attention of the IAAF Veterans Committee. The World IGAL has added an M65 category to its official list of age-groups. Three participants in this age-group competed at Netanya.

The World IGAL General Assembly elected a new Executive: President, Jacques Serruys (Belgium); Secretary-General, Barry Shaw (Israel); Treasurer, Hannelore Guschmann (West Germany); Vice-President — Norman Green (USA), Gus Schlabiz (West Germany), Clem Green (New Zealand), Professor Kotoh (Japan). At a subsequent Executive Meeting, Walter Ross (Scotland) was elected Honorary Vice-President in recognition of his many years of service to IGAL.

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Athletics Programme

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For more information contact:

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Texans Not Chilly in Philadelphia

By PETE TAYLOR

HAVERFORD, Pa, March 7. A trio of strong competitors from Texas and one from California added to the excellent racing tonight as the Philadelphia Masters Track and Field Association held its annual indoor championships at the Haverford College Alumni Fieldhouse, which features an oversized (225 meters), 4-laned oval.

Willard Thompson, 34, of Dallas, Texas, made his trip worthwhile by edging Tony Jones in the 55m (both 6.6) and winning the 300 in 38.6. Fellow Texan Herston Hall, 35, barely held off Marc Anderson, 38, in the 500 in a scorching 1:09.7. Dallas resident Willie George Smith, 39, ran 1:11.9 for third. California invader Jim Hampton, 40, ran a fine 2:42.7 to win his age group in the 1000.

Kathy Pierce, 39, ran a good 300 (48.1), and won the 55 (8.3), shot (32-5) and triple jump (8.98). Ralph Penn, 35, had the fastest 300 of the night (36.5), while Ed Small, 48, attracted attention by feathering a 38.6.

In the first section of the mile, international road-racing competitor Gary Fanelli, 36, set a withering pace but was unable to hold off Walt Hawkins, 37, who rang up an impressive 4:21.3. Fanelli came back nicely in the 3000 with an 8:50.8.

Jeremiah Gaines, 75, came up from Virginia to show off his speed, easily winning the 55 in 8.9. Vivian Nelson, 74, got the same distance done in 11.5.

Bill Schroeder, 50, led all pole vaulters with a leap of 12-0. Strong-persons Tom Lacey (45-5/4 in M30), Jay Edwards (43-11 in M50), Ray Feick (41-6 in M55), and Anna Cirulnick (29-3/4 in W50) shone among a group of 26 shotputters.
World Champion Jack Stevens Races Against Time

It is now more than two years since popular Australian athlete Jack Stevens, 70, was the unfortunate victim of the all too familiar 'drunk driver,' when he was hit by a car while on his daily training run around Albert Park late in October 1984.

Jack, who is the current M65 800 world record holder with 2:20.30, sustained a compound fracture of the left leg and what has also proved to be a "major localised joint abnormality" in the left instep.

This latter troublesome condition required further boney graft surgery on January 12, this year.

Having incurred similar problems twelve years ago with the same instep joint, this recent setback will now seriously impair the movement of the left foot.

Jack's medical advisers now suggest his athletic future may lie in distance events, where he will be able to run more flat footed.

However, even this will not deter the multi-talented Stevens, who just two weeks before the accident completed a marathon in the amazing time of 3 hours 21 minutes, at the age of 68.

Stevens says he is determined to fight his way back to some sort of fitness in time for the VII World Games in Melbourne at the end of the year.

— Courtesy of The Australian Veteran Athlete

Spangler Leads U.S. Runners At 20th World Championships in Israel

A small but determined U.S. delegation took part in the 20th World (IGAL) Veterans Distance Championships in Netanya, Israel.

Dr. Paul Spangler of California competed in all three races, winning the age 85+ category on three successive days.

Norm Green of Wayne, Penn., competed in the 25K only, and won his 50-54 age-group convincingly, while finishing 8th overall. His 1:27:37 time was five minutes under the age-54 U.S. record set by Norm Eastman in 1985.

In the 8K cross-country race, held March 15 at a kibbutz, Spangler finished in 55:57, ahead of two runners in the age-80-84 category. The other U.S. medalist for the day was Nancy Rawlinson (CA) who took runner-up honors in the W40-44 division in 43:10.

Spangler's 85+ first place in 1:10:59 and Georgette Lacey's (Pittsburgh) third place in 45:45 for women 45-49 led the seven U.S. runners in the 10K on March 16. The race was run in three "flights" and suffered from deteriorating weather as the afternoon passed. No U.S. runners were in the M40-49 race.

Three Americans ran the M50-59 race, with James Lacey (PA) finishing 9th 50-54, Robert Coffey (TX) placing 12th 55-59, and Barry Borkman coming in 27th 50-54. All women and men 60+ ran in the

Borowski Sweeps World Veterans Championships

Continued from page 1

Martin Duff. However, the Frenchman came home first in a time of 31:01, exactly 15 seconds ahead of Martin and one minute up on Duff.

So to the final day and the 25K road race. Would Antoine Borowski succeed in his bid for a World Championship hat-trick after two hard days of competition? In very windy conditions, the race developed into a head-to-head battle between Borowski and Martin, after Duff and Phil Barker felt the pace and dropped out.

The leaders passed the half-marathon point in 1:10:45, but an old ankle injury caused Martin to suddenly jump with pain, and he lost 50 meters before rejoining the race.

This left Borowski clear to enjoy his triple victory. He finished in a time of 1:23:34, ahead of Martin and Roper.

Another triple world champion was England's Derek Wood, winning the 10K (35:32), and 25K (1:32:14) and cross-country (28:51) in the M55 class.

Perhaps the toughest class was the M45 where close finishes were fought out in every race between Spain's Manguin Santiago and Belgium's Hubert Carnol and Pierre Voets. The Spaniard took the cross-country race, despite veering off the course approaching the finish. However, the Belgians had his measure in the two road races with Voets beating him in the 10K by six seconds with a winning time of 32:15, and Carnol opening 180 meters to win the 25K in 1:24:14.

Cyril Leigh, M50, looked impressive in the cross-country and 10K (33:22). In the 25K, he was no match for Norman Green (U.S.A.) who won in 1:27:37, five minutes below the U.S. age-54 record.

The outstanding female competitor was Belgium's W50 triple champion, Denise Alvoet. Her times for the 10K and the 25K were 40:12 and 1:45:16.

Despite 180 age-group awards, Israeli runners only managed to win five medals, giving an indication of the international coverage in all the age groups in each race. Over twenty countries participated in these championships. This was the first time that runners from Spain, South Korea, and Japan had ever competed in Israel.

— From Norman M. Green, Jr.
Alun Roper, 41, won the M40-49 British Veterans Athletic Federation Cross-Country out of 205 starters at Trent Park, Oakwood, North London, March 8, in cold conditions over a very hilly 6 1/4-mile course, over Dick Evans and Mike Critchley. All three represented Wales in international cross-country in the early 1970s.

In the over-50s race over the same distance, Gerry North, a world-class cross-country runner in the 1960s and 1962 national cross-country champion, beat a field of 121 starters. Second was Ron Gomez; Alan Griffiths, a 1962 Welsh cross-country international who did not compete from ages 26 to 46, was third. First over-60 was Giles Brindley in a good 45th overall. Brindley took up running seriously at 51 and his favorite events are the 3000m steeplechase and the pole vault!

Thirty-five-year-old Amanda Cooper took the lead after a half-mile, overhauling 41-year-old Pat Gallagher in the Women's Nationals Veterans Championships. Joyce Smith, who has been injured lately but may run in the Brugge 25K, was manager of the winning Shafestbury team.

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Bridge Cushen
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Surrey England

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**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1987**

<table>
<thead>
<tr>
<th>ATHLETE (RESIDENCE)</th>
<th>BIRTHDATE</th>
<th>AGE GROUP</th>
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<tr>
<td>REBECCA BAUM (SPRINGFIELD, IL)</td>
<td>5-20-47</td>
<td>40-44</td>
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<tr>
<td>LINA CONNORS (NEW YORK CITY, NY)</td>
<td>5-2-42</td>
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<td>MIKI HAYEY (DALLAS, TX)</td>
<td>5-19-42</td>
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<td>GRETHEN MERTEN (EUGENE, OR)</td>
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<td>SHEILA NEWMAN (INGLEWOOD, CA)</td>
<td>5-8-37</td>
<td>50-54</td>
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<tr>
<td>GLENN OZLINS (TAMPA, FL)</td>
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<td>50-54</td>
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<td>GINNY SARBER (CA)</td>
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<td>THEDA THURSTON (GAGE, NJ)</td>
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<td>MARLENE ALTMANN (WI)</td>
<td>5-21-47</td>
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<td>URSULA BLASCHKE (WI)</td>
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<td>NINA FANDRE (DEN)</td>
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<td>HILARY FARMER (CA)</td>
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<td>MARGRET LOCKLEY (GB)</td>
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<td>MILDA SCHNEIDERBERG (WI)</td>
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<td>FELICITY SKRIS (RSA)</td>
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<td>ELIZABETH TROPP (HOL)</td>
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<td>RITA YAIZ (RSA)</td>
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<td>ED ALMEIDA (SAN ANTONIO, TX)</td>
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<td>JACK ANGEL (PURCELL, OK)</td>
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<td>JOHANNES KRUS (Sweden)</td>
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<td>JOHN SANDERS (DREXEL HILL, PA)</td>
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<td>EMIL SCHULZ (WI)</td>
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<td>BILL SMITH (ST. LOUIS, MO)</td>
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<td>ROBERT ULSCH (SAN MARINO, CALIF)</td>
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<tr>
<td>NATHAN WRIGHT (BROOKLYN, NY)</td>
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Hurd, Andersen Take $1000 Awards in Gasparilla 15K

by JERRY WOJCICK

Mike Hurd, M40, of Great Britain took the top men's masters award of $1,000 in the Gasparilla Distance Classic 15K in Tampa, Fla., on February 7 with a 2:11:46.30, twelve seconds better than fellow countryman Allan Rushmer, M40, who placed 23rd and won $500.

Larry Olson, M40, of Massachusetts finished 24th in 46:52 for the third-place $250 prize.

Gabriele Andersen, W40, of Switzerland and Sun Valley, Idaho, won the women's masters first-place prize of $1,000 with a 1:33:46.34. Barbara Filutze of Erie, Pa., ran $5:08. (18th) for $500 second-place money, and Bobbi Rothman of Coconut Creek, Fla., took home $250 for third with a 57:09. 

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PROFILE

Patti Donley

Born: July 2, 1940, Seattle, Wash.

Schools: Roosevelt High School, Seattle; University of Washington, B.S., Nursing, 1963

Occupation: Registered Nurse

Family: Married to Jim, four children (ages 21, 20, 18, 17)

Height/Weight: 5-5, 118 pounds

Current Residence: Anchorage, Alaska


Those are impressive performances. Were you racing before 1985?

Yes, I began racing in 1978 when my husband entered me in the Alaska Women’s Run, a 10-K. I surprised myself by placing 30th in a field of 241 women with a 46:59. I participated in perhaps ten races between then and the Spring of ‘85, gradually lowering my 10-K time to 42:31.

So what happened in ‘85 to account for the dramatic improvement?

I approached Roy Reisinger with my desire to run a sub-40 10-K, and he gave me a schedule which included one
day a week of intervals run informally on the road. I’d run 90 seconds hard and then 90 seconds easy, eight to
twelve times. Five weeks later, I raced a 10-K in 38:59.

You’re saying that you didn’t do any kind of speed work before that time?

Though I’d heard and read about intervals and hard-day/easy-day training, I ran every training run moderately hard. Roy has since become my coach. The most important thing I’ve learned from him is the concept of hard-day/easy-day. Prior to that, I was plagued by stress fractures.

How is running in Alaska?

The environment definitely conflicts with it. While winters in some of the lower 48 states may be more severe than ours, we have six-month winters, with snow and ice from mid- or late October until mid-April. Dry pavement can most often be found on major roadways, but the problem of traffic and hopping off and back on the road becomes distracting.

What’s more, there are several weeks where it’s still dusk at 10 a.m., and again by 2:30 p.m. It’s usual to run heavily bundled against the cold, in the dark, and slowed by poor footing. There is one indoor facility — a 9½ lap per mile ‘course’ around a hockey rink with heavy traffic due to use by hockey players.

My husband and I have a favored, flat five mile course on a wide dirt trail near the airport. Moose are commonly sighted and cause slight alterations, but not abandonment of a course. We were surprised to see coyotes on one run, but not deterred.

What does a typical week of training consist of?

Monday, I might do 14 quarters at 85-90 seconds each with 110 between them. Tuesday, 10 miles easy, maybe 7:30 to 8 minutes pace. Wednesday, eight miles at a moderate pace. Thursday, eight miles with three or four of them hard, 6:30 or faster. Friday, rest. Saturday, six easy. Sunday, 12 easy.

I do some light weight training three times a week and I also try to swim or deep water run once a week.

I work four days a week at a physically demanding job, which sometimes makes for poor workouts or shorter than desired runs.

Do you pretty much stick to distances around 10-K?

There are more 10-K’s than anything else on our Anchorage running calendar. While my time at that distance is still improving, I may be limited by my 440 time of 80 seconds. I feel I have more potential in the marathon, and really like the distance more.

You’ve run some marathons, then?

Yes, two of them. I did a 3:28 in 1984 and a 3:13 in ’85. But I’ve been plagued by a back injury which has kept me from proper preparation for it.

Does any one race hold special memories for you?

The Trail of ‘98 Road Relay is probably my most memorable competitive experience. It’s a 110 mile run from Skagway, Alaska to Whitehorse in the Yukon Territory in Canada. There are ten runners on a team. The first year I participated, 1985, I felt it such a privilege to be on a team with women who always placed highly in local races. It’s a real adventure. We started at 10 o’clock at night in mid-September after an 1,800 mile drive in a motor home just to get there.

But my trip to Hawaii for the Great Aloha Run was also a high. The largest field I had previously competed in was 3,000. When I realized in the finish chute that I had placed highly, well, that will be an instant replay for many years.

Do you race outside of Alaska often?

No, before Hawaii I had run only one other race outside the state. I hope to race this summer in the lower 48 in masters competition. That is, assuming I get over my current back problem in time to get in the proper training.

Any particular races or goals?

I believe the current national 10-K record for women 45-49 is 36:41 and I think it’s not an unrealistic goal. The problem is getting to the right races. Most of them seem to be in the East, and it’s pretty expensive to travel from here.

I’d also like to run another marathon and break three hours.

Do you ever wonder what you might have done had you been running in your late 20’s or early 30’s, assuming of course that opportunity for women existed then?

What might have been, uh? We’ve discussed that quite a bit, especially with my brother having been a state champion in high school. But had I run when I was younger, I probably wouldn’t be doing it now or enjoying it as much. And I wouldn’t trade this for anything. ☑—Mike Tymn
were on hand during the weekend to watch the exciting competition, and to see 53 national meet records broken or set. Women set 27 of the records, with five each going to Phil Raschker, 40, and Pearl Mehl, 73. The men’s 26 records were more evenly distributed with Tom Patsalis, 65, setting three.

The schedule was based on the number of 1985 and 1986 entries and ran quite long, due to the large number of participants. The long jump finished about 9 p.m. Saturday, with Sunday’s events concluding before 6 p.m. Forty-eight entries in the two-mile race walk took extra time, as two heats were required.

A social gathering was held at the Innowner Best Western (meet headquarters) with snacks and drinks provided by meet sponsor, Wisconsin Physicians Service (WPS). Jerry Donley, Chairman of the National Masters T&F Committee, addressed the athletes in attendance and provided an update on masters activities.

One of the many exciting races of the weekend that helped bring in the local media and fans was the M40 mile run. Five runners had the potential to run a sub-4:20. Tracy Smith won in 4:18.65, well under the world masters-only record of 4:20 he had set in January. Finishing second in 4:20.90 was Albin Swenson, who had broken Smith’s record with a 4:18.5 in Providence on March 15. Ray Tucker was third in 4:23.20, followed by Peter Hallop (4:26.11) and Bill Stewart (4:29.90).

With its first involvement in masters sports, Wisconsin Physicians Service was very excited about the competition and media coverage, and has offered to support the 8th annual Wisconsin United Masters meet on June 20. The national meet helped create an awareness of masters track in Wisconsin, and many are looking forward to its return.

Among the meet’s many highlights were:

- Raschker, who just turned 40, set three new world W40 indoor records in the HJ (4-10), LJ (18-5) and TJ (35-2¼); and an additional American mark in the 300y (38:51). She won fifth and sixth gold medals in the 60yH (9.09) and 60y (7.45).
- Mehl’s five meet marks were also new American W70 indoor standards: 300y (62.69), 600y (2:21.55), 1000y (4:01.11), mile (7:29.22) and 2-mile (15:30.0).
- Greenwood also captured the M60 300y (38.69) and 600y (1:34.76).
- Larry Colbert won the M50 300y (35.49) and 600y (1:20.80) and lost by a nose in the 60y to Jimmy Weaver (7.17).
- Nationally known open runners Cindy Brensner (W30) and Carol Urish-McLachlin (W35) each set two American indoor records in the mile and two-mile in their respective divisions: 4:43.02 and 10:00.3 for Brensner; 4:59.28 and 10:24.13 for Urish-McLachlin.
- Swenson broke the U.S. two-mile M40 indoor record with a 9:29.50, pilfering Pete Mundle’s 15-year-old mark of 9:32.8.
- Byron Fike won seven M75 events: 60y (9.21), 300y (48.61), 600y (2:02.39), 1000y (3:56.31), mile (7:18.74), 2-mile (17:18.89) and 2-mile walk (24:49.0).
- Kirk Randall won the M45 mile (4:31.78) and 2-mile (9:32.75), besting Dan Conway and Ernie Bildups in the latter.
- Russ Schmelchinger and Bildups set M40 1000y AR with a 2:18.94, and Dave Allen set an M30 2-mile AR of 9:00.30.
- Patsalis set an M65 AR in the 60y (9.34), and two world M65 records in the LJ (17-1¼) and TJ (35-7¼).
- Leothea Stanley set two M30 AR’s in the LJ (24-9¼) and TJ (47-10¼) and also won the 60y (6-4) and HJ (6-6).
- Four world shot records fell to Jim Hart, M50 (49-10), Len Olson, M55 (46-7½), Bernice Holland, W60 (13-4¼) and Grace LaBelle, W75 (15-5¼). George Tyms added an M35 AR (54-0½).
- Olympic pole vaulters Bob Richards, M60 (10-6) and Boo Morcom, M65 (11-0) set new marks in their divisions.
- Max Green set an M55 2-mile walk AR of 15:35.75.
- Shirley Kinsey broke the W55 world LJ mark with a 12-1½ leap, and also won the TJ (20-5½), shot (28-7), and 60yH (12.12).
- Susan Redfield garnered the W50 300y (46.33), 600y (1:34.40 AR), 1000y (3:10.74) and, adding variety to her repertoire, the 60yH (11.13) and TJ (24-9¼).
Zeller Cops 50-Mile Championship  
by JOHN WHITE

Forty-year-old Al Zeller, a nuclear physicist at Michigan State University, East Lansing, conquered 41 other starters and severe weather conditions to win the TAC National Masters 50-Mile Championships (Wolfpack 50-Miler) in Columbus, Ohio, on April 5. Because of a freak April snow storm, Zeller lost more than an hour from his personal best as he trodded over packed snow for a 6:47:51 victory, nearly 20 minutes ahead of the next competitor.

Smith Sets U.S. Masters 10K Record in New Orleans

Continued from page 1

Tom Sturak

As a member of the USA World Cup Marathon team that competed in Seoul, South Korea, April 11, Barbara Filutze, 40, of Erie, Pa., probably became the first master of either sex — more certainly, the first over-40 woman—even to officially represent the United States at an open, IAAF-sanctioned international championship.

Less than six weeks after running 2:54:21 at the Los Angeles Marathon (March 1), Filutze covered the 1988 Olympic Games course in a credible 2:51:06, under cool and windy conditions. Forty-eighth in a field of 86 participants — including many elite marathoners — representing 28 nations, she was a non-scoring fourth on the five-woman U.S. team that placed sixth. Carol McLatchie, 35, of Houston, Tex., was second American and 24th overall in 2:39:39. (Filutze’s and McLatchie’s combined ages total only six years less than the aggregate 81 of their three teammates.)

While not known if any other masters participated, chances are that Filutze was the lone over-40 World Cup competitor. Though rare, participation by masters at the highest levels of international competition is by no means unprecedented — especially, in the marathon (e.g., Olympians Jack Foster and Joyce Smith).

Named TAC Outstanding 40-44 Woman Long Distance Runner of 1986, Filutze has an age-40 2:42:37 marathon to her credit. Though her performance at Seoul might appear sub-par, her very participation was remarkable. Contacted by TAC Women’s LDR official, Jacqueline Hansen, less than two weeks prior to the race, Filutze agreed to join the team (in place of drop-out Connie Prince, top U.S. entrant), though then in heavy training for a late-spring marathon.

Hansen had earlier this year selected Gail Scott, 41, to fill a TAC-channelled invitation to the Taipei Marathon (see VNN, April). A former marathon world-record holder, Hansen says, “I find it gratifying to award a trip to a master. There are more than a few who are qualified to compete internationally.” For one, Barbara Filutze.
MASTERS SCENE

NATIONAL

- According to U.S. National Senior Olympics organizers, Bob Hope will participate in the meet's closing ceremonies scheduled for the morning of July 3. The first-ever USNSO, set for June 27-July 2 in St. Louis, is expected to attract more than 4,000 athletes 55 and older, who will compete in 10, 10K, and other sports, many of which require qualification at sanctioned national Senior Olympics competitions; however, the 10K is open to anyone who has ever completed a 10K.
- Subscribers for whom obesity is a genuine problem or who want to stay on top of current research might be interested in the International Obesity Newsletter, published by Healthy Living Institute, 402 S. 14th St., Box 612, Hettinger, ND 58639. 701/567-2646. $24 per year for 10 issues.
- TAC's Women's Executive Committee, chaired by Julie McKinney, has extended the 1988 Olympic Marathon Trials standards to include performances in the 1987 Kent River 25K, Grand Rapids, MI, May 9, and the 1987 Senior Men's and Women's Masters Championships. Accordingly, women running 1:15:30 or better in the Old Dominion News,letllr, published on Cornell Master's Mile, will be sent the entry form for the National Olympics. The entry form, for the National Women's Marathon, will be sent on July 11-12, will be the June issue of MNM.
- Growing older; from 1980 to 1986, the number of Americans aged 35-44 increased 25.8% to 33.1 million, the 25-34 age group grew 26% to 2.8 million. As of July 1986, the median age of all Americans was 31 years, compared to 27.9 years.
- Correction: Max Green of Taylor, Mich., was reported in the April issue as having set an M55-59 WR for the 2.090 in the TAC Masters Championships, February 7. According to Alan Woods, Green was still 54 at the time, and his mark was just an age record.

EAST

- Future meets that offer a "Masters Mile" will have to take a two-decade backseat to the Cornell Masters Mile, which celebrated its 20th anniversary in January and drew 28 M40+ and over milers, who ran in two sections. This year's overall winner was Derek Frechette, 42, Rochester, NY, with a meet-record 1:20:01 in the TAC Masters Championships, February 7. According to Alan Woods, Green was still 54 at the time, and his mark was just an age record.

MIDWEST

- The Grand Rapids TC of Michigan selected Greg Ousman, M40-49, Roger Ritsema, M50-59, George Watson, M60-69, and Mary Namey, W40+, for its 1986-87 Masters Runner of the Year awards. The club sponsors five races which count for ROTO honors.

MID AMERICA

- The Twin Cities Marathon in Minneapolis won't have the built-in attraction of a National Championships, but masters thud might be on the cards. Race coordinator Skip Burke has pledged to maintain the support of masters at the highest level of any and all events.

SOUTHWEST

- The Louisiana Milk Run Women's 5K Series dates have been changed to New Orleans and Lake Charles. May 16; Shreveport, May 23; and Lafayette, May 30. Masters money is $50 for preliminary race winners and $100 in the championship race in Baton Rouge, June 6.

SOUTH


WEST

- Patty Lee Parmelee, a long-time East Coast masters runner, serves as coach of the New York Athletics TC, an organization, founded by Dick Traun in 1962, for the physically impaired, who want to participate in running events. She also edits the club newsletter, The Achilles Heel. Other MTC chapters have started in several major U.S. cities and overseas in Trinidad and Tobago and recently in Poland. TAC, 9 East 99th St, New York, NY 10128, 212/967-3900.

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WEST


INTERNATIONAL

- Derek Lawson (7:11:11), Alf Lennon (7:13:33), and Bill Stoddart (7:21:10) lead the list of top 1986 British veteran half-marathoners. All three ran in the London Half Marathon, March 29, London, England, 7:32:45. Surprisingly Priscilla Welch (7:39:34) to lead the women veterans. Penny is, however, 35 and classified as a master, with which she is not pleased, according to Martin Duff, writer for the Running Review.


- For the second time in two years, a race director has committed suicide. First John Hibsh, founder of an international race in El Paso, New Mexico, died of a self-inflicted bullet to the head, apparently killed his girlfriend before committing suicide.

- Gall Scott, 45, was first female in the Taipei Marathon February 22nd in 2:51:04. Scott volunteered for the foreign trip, which was funded in an effort to send qualified U.S. women abroad.
NATIONAL MASTERS NEWS

June 27. Trojan Los Angeles, Covina, Los Angeles, 7 p.m. Tues: Southwest College; Camp, Mammoth, Calif. Camp director Los Angeles.

June 21. All-American TC All-Comers 805/527-5471. Clubhouse Dr., Calif.

June 19. He drick, 139 Carmody’s, Redlands, CA 92373, 714/792-2453 (H) or 714/798-1510 (O).

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


May 24. All-American TC Invitational Decathlon & Heptathlon, Cal State-Northridge, Los Angeles. 10:00 a.m. plus full t&f meet, 12:00 p.m. Frank Reilly, 818/716-7280.


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

June 21. All-American TC All-Comers Weight Pentathlon, Cal State-Northridge, Los Angeles, 10:00 a.m. plus full t&f meet, 12:00 p.m. Frank Reilly, 818/716-7280.

June 23 - August 1. All-comers meets, Los Angeles, 7 p.m. Tues: Southwest College; Weds: Birmingham HS; Thurs: Bell HS; Fri: Santa Monica CC. Masters events each Wed. at Birmingham. Finals on Sat. Aug. 1 at Birmingham.


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


NORTHWEST


CANADA


INTERNATIONAL

July 2-5. Farkas Matyas Memorial Veterans Meet, Budapest, Hungary. Ferencz Ignatie, Hungarian Association of Veterans.

July 11.第二 Masters Games, Trinidad and Tobago, West Indies. Ms. Monica Tang, 815 12 85-3352. (SASE) .

Women 35+. No qualifying standards. World Veterans Games, P.O. Box 282, Essendon, 3003, Victoria, Australia. (See ads in this issue).

November 28-December 6. V. World Veterans Games, Melbourne, Australia. Women 40+. Women 35+. No qualifying standards, World Veterans Games, P.O. Box 282, Essendon, 3003, Victoria, Australia. (See ads in this issue).

November 12. The First Australian Masters Games at various sites in Tasmania (t&f and road races on December 9-10 in Hobart). Kim Newstead, P.O. Box 587, Glenorchy Tasmania 7010. Phone: (02) 740-750.


LONG DISTANCE RUNNING NATIONAL


ON TAP FOR MAY

TRACK & FIELD

No track was wasted this month, starting on the list with the 3-day Southeastern Masters Meet in Raleigh, N.C., and the Mt. SAC Relays in Walnut, Calif., on the 3rd. Masters age-handicapping debuts in Alabama on the 9th with the Birmingham TC Classic. The 16th offers two meets: the Florida Masters Championships in Gainesville, and the Redlands Evening Kiwanis Meet in California. On the 23rd, Californians can opt for the Pacific Association Championship in Los Gatos or the Anteaters Classic in Irvine, southeast of Los Angeles. The month ends with the So. Calif. Striders Meet of Champions in Huntington Beach, followed on the 30th, Senior Olympics activities take place in Arlington, Texas, May 13-16, and in St. Louis, May 25-28.

LONG DISTANCE RUNNING

Two national championships are scheduled: the 25K in Grand Rapids, Mich., on the 9th, and the 25K racewalk on the 24th in Los Angeles. The massive Lilac Bloomday 12K in Spokane leads the list on the 3rd, which also brings important marathons to Pittsburgh, El Paso, N.M., and Vancouver (Canadian masters championships).

American Mother’s Day (10th) marathons will gather in London, England, and in Ottawa, Canada. Freihofer’s 10K. For Women is set for the 16th in Albany, N.Y., while the Olympic City in Munich and Revco Cleveland marathons, plus the Bay To Breakers 12K jamboree in San Francisco, are scheduled for the 17th.

Elby’s 20K in West Virginia goes off on the 23rd, and the Brentwood 10K in Los Angeles is fixed for the 24th. The Boulder Boulder 10K in Colorado is the top big-name race scheduled for Memorial Day, while the L’eggs 10K in NYC and the Stockholm Marathon dominate offerings on the 30th. The Louisiana Milk Run Women’s 5K Series happens on the 16th and 23rd. The RRCA National Convention and 10K Championships take place in Rockville, Maryland, 14th-17th.

EUGENE, OREGON

An 8 Kilometer Road Race

The course winds through the city of Eugene, with the start at Autzen Stadium and the finish at City Hall.

All finishers will receive a quality T-Shirt and be eligible for the random drawings for numerous prizes, including SEVEN GRAND PRIZES. You must be present to win. -Chevrolet Sprint from Romania Chevrolet, two round trip airline tickets to Europe from American Airlines, two round trip airline tickets to the Caribbean from American Airlines. Racing bicycle from Pedal Power, Racing mountain bike from Pedal Power, computerized fitness analysis from Sacred Heart Hospital, executive physical or stress management program from Eugene Clinic.

The first place man and woman overall will each receive the Budweiser Performance Award, a $500 cash prize from Bud Light. The first three finishers in each of the age divisions will also receive cash prizes. The names of the first place winners in each age division will be engraved on a bronze plaque which will be permanently placed in the sidewalk in front of the Eugene City Hall.

THE RACE is a benefit for the Masters section of the Oregon Track Club. For entry forms contact THE RACE, P.O. Box 1324, Eugene, Oregon 97440, or call 503/687-6787 or 503/689-9278.

SUNDAY, JUNE 7, 1987
TAC National Masters News

May, 1987

NORTHWEST

May 3. Lilac Blossom 12K, Spokane, Wash. $6000 masters prize money. Sylvia Quinn, P.O. Box 1311, Spokane, WA 99207. 408-762-0999.


May 28. Cascade Run Off 15K, Portland, Oregon. Cascade Run Off, P.O. Box 2258, Portland, OR 97220.


July 18-25. Eugene Experience — Oregon Running Camp, Eugene, Oregon. EE-ORC, P.O. Box 5453, OR 97405.

CANADA


May 3. Canadian Masters Marathon Championships. See Vancouver Internationally.


INTERNATIONAL

May 2. Festival de Primavera 5K, 10K, 10K, 20K, Rosano Beach, Baja California, Mexico. Finish Line International, Box 146, Connie Dr., Huntington Beach, CA 92648. 213/654-3027. SASE.


July 17. Olympic City Marathon, Munich, West Germany. Marathon Munchen, P.O. Box 33 06 65, D-8000, Munich 33, W. Germany. 089-597 688.


Write On

continued from page 15

added the 20 lb. weight throw and 4 kilo hammer to their programs. I am preparing a women’s progression list of records for the U.S. and college levels, and would like to receive data on women’s hammer and weight marks prior to 1984. (I’d like to contact Sandra Stepp, who has marks as early as 1981.) Please send me to 1185 Billings Dr., Pittsburgh, PA 15241.

3) Full recognition of the women’s 20 lb. weight throw and 4K hammer should be standardized in masters events. It is high time it be done.

David Batchelor
Pittsburgh, Pennsylvania

DEADLINE

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

INDOOR AGE RECORDS

Each month I look forward to NMM, and especially enjoy comparing performances between Canadian, British and U.S. runners. I particularly enjoy your World Records section. Unfortunately, I haven’t seen the World Indoor Records published lately. The last ones I saw were in your January, 1986 edition. Are they forthcoming?

Tom Tushingham
Ontario, Canada

(Ufortunately, no. World Veterans Records Chairman Peter Mundle says he has not received indoor data from either the U.S. Indoor Records Chairman, or the WA Indoor Regional Records Chairman. The up-to-date, outdoor five-year world and U.S. age-group records will be published in NMM next month, but the indoor marks are in a state of limbo. If anyone wants to volunteer to help compile and verify indoor marks, write Mundle (address on page 2). — Ed.)
HEIGHT AND DISTANCE BETWEEN HURDLES

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U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: __________________________________________ PHONE: ____________________________
ADDRESS: ____________________________________________________________ AGE GROUP: ________
SEX: M __________________ F ___________________ EVENT: ____________________________
MEET: ________________________________ MEET: ________________________________
WEIGHT OF IMPLEMENT: ________________________________ MEET SITE: ________________________________
HURDLE HEIGHT: ________________________________
DATE OF MEET: ________________________________

For All American records, please send $10.00 and this form to: All American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appear.) A 3-color, 8½ x 11 certificate, suitable for framing, will be mailed to you within two weeks.

U.S. MASTERS STANDARDS OF HURDLES FOR MEN:

What You Need to Know

Track & Field Books

BRITISH AMATEUR ATHLETIC BOARD OFFICIAL PUBLICATIONS

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: __________________________________________ PHONE: ____________________________
ADDRESS: ____________________________________________________________ AGE GROUP: ________
SEX: M __________________ F ___________________ EVENT: ____________________________
MEET: ________________________________ MEET: ________________________________
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RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE IN 1986

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The Short (or Speed) Sprint

1. More and more Meets throughout the United States are holding what may be called the "Short or Speed" Sprint (defined as a race between 50 yards and 60 meters), and it is being very well received by the vast majority of the athletes involved. The recent establishment of National Ratings for 50 Meters is the first formal effort to bring the Short Sprint into the prominence that it deserves; and to give the people who run the same positive motivation and recognition as for the Medium and Long Sprints (100M and 200M).

2. To Meet Directors who are including the Short Sprint in their program already and to those who may be interested in doing so, it is suggested that the Speed Sprint be standardized at 50M for comparative purposes (National Ratings, etc.).

3. There are several good reasons to include a Short Sprint in the Meet Program. The primary ones are as follows:

   A. Participation - All the Sprinters who run the 100 will generally run the 50; but over half the Masters Sprinters, at the average meet, do not run the longer (harder) 200. A Short Sprint (50) would give the majority of Sprinters (those not running the 200) two sprints to compete in and will make the Meet much more attractive. This trend (of over half the athletes who run the 100, not running the 200) is prevalent at National and Regional Levels, though perhaps not as pronounced. (For example, at the North American Championships in Tampa, over a third of the athletes in the 100M did not run the 200M.) It should be kept in mind that at the local (Association) level, it is the

   "Participating Athletes" who make up the vast majority of the competitors and they thoroughly enjoy the Short Sprint (50M, etc.).

   B. Balance - It gives the Sprinters, as a group, approximately the same number of races to compete in as the Distance Runners (50, 100, 200, vs 800, 1500, 5000, etc.). Distance Running is a fine area of Athletics and no negative implication in intended in any way; but the Sprinters should not be "short-changed" and deserve the same event maximization that Distance Running now enjoys. Let's effectively meet the needs of all groups of runners for a better overall program.

   Note: The 400M, while a fine race, should not be considered a "Sprint" for most Masters Competitors. Very few Masters Sprinters (less than 10% of the Elite Athletes and 5% of the Participating Athletes) who run the 100 will also run the 400. Thus, the 400 is not really a "factor" in Masters Sprinting.

   C. Pure Speed (V Max) - The Short Sprint is a test of "pure speed" (like a top fuel dragster) testing reactions, acceleration, and top speed (V Max) but not speed endurance. Speed curve analysis indicates that after 60-70 yards, runners at their maximum tend to slow down (decelerate) so a 100M is partially an "endurance race" (for the last 40-50 yards) and 200 even more so. Thus the Short Sprint adds another dimension to Track and Field: that of "pure speed" racing, like a Cheeta, without an endurance factor tacked on!

   D. Comparison - It gives Sprinters, in areas of the country where Indoor Track and Field is not prevalent, an opportunity to compare their times with indoor times, and determine approximately how they would fare indoors.

   E. Progressiveness - As previously mentioned, more and more Masters Meets are going to a "Short Sprint" and it is being very well received. Meets listed in National Masters News are including a 50, etc. in greater numbers every year and it is probably one of the "coming events" in the future of Masters Competition.

   4. Incidentally the Short Sprint are the additional "time" it takes and that it is similar to an "indoor distance", etc.

   A. Concerning the "time factor", I can directly say (from having included the 50 in meets for the past several years) that it does not impact significantly on the total program. It is one of the quicker events to "run off" and the positive inputs greatly outweigh any minor negatives that might be incurred.

   B. Concerning it being an "indoor distance", Yes, it is run indoors, but so are most of the other events. If we follow this type of "negative reasoning", then our Outdoor Meets would look something like the following:

   100, 110H, 400H, 400, 10,000, S'chase, Discus, Javelin, Hammer

   All the other events are run indoors in one form or another. Thus, if you go by the premise that if an event that is run indoors should not be run outdoors, you have "eliminated" the vast majority of the events. Obviously, this type of thinking does not "stand up" under objective analysis.

   Note: The 50 is an outdoor distance (past and present) and historically speaking, other distances than the 100 and the 200 have been run outdoors at one time or another.

   5. Additional reasons for establishing Speed Sprint distance at 50M are as follows:

      A. It is the most common distance run outdoors (by a wide margin).
      B. It follows the natural progression of 50-100-200-400, etc. that is prevalent in Track and Field.
      C. There is no need to extend it "longer" as we have the 100 also.
      D. It is a distance at which records are kept by the IAAF and comparisons and ratios can be obtained (with Open Athletes) for statistical purposes, etc.
      E. It is a "fun" distance to run; and enjoyment is, or should be, a big part of Masters Track and Field.

   6. I would like to urge all the Meet Directors not currently doing so, to include the Speed Sprint (50 Meters) in their program, as this will greatly enhance the attractiveness of your Meet to a lot of Athletes (not just the Sprinters - other Athletes like to run it also!). I might add that, in Florida in 1987, all but one or two meets will have a 50, etc. as a standard running event in the program.

   7. Comments and suggestions concerning the Speed Sprint are welcomed. Please send them to the address below. Let us move forward progressively and improve our sport with this timely addition. Happy (Speed) Sprinting!

This advertisement was paid for by: William H. Nottingham, 290 Marco Way North, Satellite Beach, Florida, 32937, (305) 773-4362.
1987 TAC National Masters Track & Field Championships

Hayward Field - Eugene, Oregon
Friday, August 14 through Sunday, August 16

Hosted by Oregon Track Club Masters

Divisions: 5 yr. age divisions for men & women age 30 and over.

Entry fees: $10 entry fee (includes first event & T-shirt); $5 per additional event; $20 per relay team (teams must belong to the same club; each runner must be entered in meet); an additional $20 surcharge will be assessed for all entries or changes postmarked after 8/7/87.

Deadline: Entries received before August 1 will be confirmed with detailed meet information. All entries or changes postmarked after 8/7/87 will be allowed only if space is available and will be charged an additional $20. No day of race entry or changes.

Facilities: All weather ProTruf track (1/4 inch spikes only). Concrete throwing rings.

Awards: Championship medals to top three Americans in each event. Additional medals to foreign athletes with equal or better effort.

Eligibility: TAC Registration (available at meet) required of all entrants.

Brunch: A first-class brunch will be served Saturday, 10:30-12:30 at the Eugene Hilton. Great food, great company.

*Site of U.S. bid for 1989 World Games!

First major event on newly renovated and reconfigured 400 meter Hayward Field.

MEET ENTRY FORM

(Please print or type)

Name

Address

Phone

Club Affiliation

Birthdate

Age (on 8/14/87) 

Male Female

TAC #

Events

1. 

2. 

3. 

4. 

5. 

Best '87 Mark Fee

SCHEDULE OF EVENTS

FRIDAY

2:00 5000m Racewalk

3:30 400m Trials

5:00 High Hurdles - Trials

6:00 High Hurdles - Final

7:00 400m Relay

7:45 1000m (W)

8:15 1000m (M)

9:45 1000m (30-49/M)

SATURDAY

3:30 100m Trials

5:00 110m Hurdles Final

6:30 Steeplechase

8:00 1500m Finals Mile Relay follows

FIELD EVENTS

1:00 Pole Vault 2 runways

2:30 High Jump 2 pits

4:00 Triple Jump 2 pits

5:00 Shot Put (W)

SUNDAY

8:00 am 20K Racewalk

8:00 5000m

10:00 Int Hurdles Finals*

11:30 800m Finals

12:30 200m Trials & Finals 4x800 Relay follows

FIELD EVENTS

9:00 Javelin (W&50+M)

10:00 Hammer

Order: Women precede men; older precede younger.

*Timed heats seeded by declared 1987 marks

HOUSING RESERVATION FORM

(Please print or type)

Arrival date __________________ Department date __________________

U of O Residence Halls: # ___ $31 - single occupancy per day: # ___ $25

double occupancy per day: ___ days x ___ rate = total enclosed: $ ______

Please make checks payable to Oregon Track Club Masters

Hotel/Motel Choice Room Type Price Range

1st Single $______ Double $______

2nd Single $______ Double $______

3rd Single $______ Double $______

Other $______

Names of persons sharing room

Special needs:

TOTAL AMOUNT ENCLOSED $______

Make checks payable to Oregon Track Club Masters

Send to Post Office Box 11364, Eugene, Oregon 97440

IN CONSIDERATION OF YOUR ACCEPTANCE OF My ENTRY, I DO HEREBY FOR MYSELF, MY HeLS, AND EXECUTIVES, WAIVE, RELEASE AND FERORRY DISCHARGE ANY AND ALL CLAIMS WHICH I MAY HAVE OR WHICH MAY HEREFORFORE AROSE AGAINST THE ATHLETICS CONGRESS, OREGON TRACK CLUB MASTERS, THE UNIVERSITY OF OREGON, NIKE, OR ANY OTHER SPONSOR, ORGANIZATION, OR PERSON OR ENTITY FOR ANY DAMAGE OR INJURY INCURRED OR SUFFERED By ME. I RECOGNIZE THE RISK OF ACCIDENT, INJURY, AND DEATH WHICH MAY OCCUR TO ME OR OTHERS DURING THE ACTIVITY. I HEREBY AGREE AND CONSENT TO PERFORM AND COMPETE IN THE ABOVE LISTED ACTIVITY AND AGREE TO THE TERMS AND CONDITIONS OF THIS WaIVER.

I HAVE READ THIS WAIVER SIGNED __________________ DATE ______

In case of accident or injury, I will pay for all medical care and expenses.
The Sixth Annual
Waltham Masters and Submasters
Track and Field Invitational

Hosted by: The Waltham Track Club
Sponsored by: Bay Colony Properties, Nike, Pepsi Cola Bottling Group
Date: Saturday, June 13, 1987
Place: Massachusetts Institute of Technology, Vasser St., Cambridge, MA
Time: Open 20k Walk — 9:00 a.m.  Field Events — 9:30 a.m.  Running Events — 11:30 a.m.
Entry Fee: $11.00 per participant. Each participant may enter up to 3 events.
Post Fee: Registration after June 6, $13.00
Awards: Prizes to top 3 in each event. (Top 5 overall men and women in 1500 walk — no age groups for this event).
Refreshments: Free for all participants
Sanctioned: By the N.E.A.C.
Eligibility: Age is determined by your age on the day of the meet
Age Groups: Men — 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-over
Women — 30-39, 40-49, 50-59, 60-over
Events: 100m hurdles (men only, unless 3 or more women are pre-registered)
20k open walk, 100m, 200, 400, 800, 1500, 1500 walk (open event), 3000m, long jump, high jump, shot put, discus, javelin
Meet Headquarters: Howard Johnson Hotel, 777 Memorial Drive, Cambridge, MA 02139 (617) 492-7777. Numbers, time schedules, and participants’ packets may be picked up in the hospitality suite at meet headquarters on Friday, June 12, 1987 from 7-10 p.m. (Saturday registration from 8-12). Refreshments will be served. In addition, John Hancock will be hosting a Boston Marathon Runner’s Clinic from 7:30-9:00 p.m. for all participants.
Directions to the Track: From Mass. Pike take Allston-Cambridge Exit 18. Follow Boston/Cambridge signs in right lane and then Cambridge Somerville signs. 7 mi over bridge making a right onto Memorial Drive. Go approximately 1 mi to Amesbury St. (the traffic lights at the Hyatt Hotel) and make a left. Drive 2 blocks until you reach Vasser St., make a right turn and continue 4 mi to MIT on your right. Parking is available in designated spots on the street or in the parking garage across the street from the track.
For further information contact: Waltham Track Club, 88 Russell St., Waltham, MA 02154 (617) 893-3828 or Patty Mac Hewitt, (617) 729-7584.

ENTRY FORM

Name __________________________ Age ________ Sex: M F Date of Birth ________________
Address __________________________ Phone ________________ N.E.A.C. # ______________
______________________________ Zip ______________ Club or Team __________________

Events: You may enter up to 3 events. List your anticipated time or performance __________

Please list any previous awards or accomplishments in track or road racing __________________

Entry Fee: $11.00 payable to the Waltham Track Club. All pre-entries must be received by Saturday, June 6, 1987.
Post entry fee — $13.00
Send entry fee to: The Waltham Track Club, c/o Joe Tranchita, 88 Russell St., Waltham, MA 02154.
In consideration of this entry being accepted, I hereby, for myself, my heirs, executors or administrators waive and release any and all rights and claims for damages I may have against the Waltham Track Club, its agents, representatives, successors and assigns for any and all injuries suffered by me at said meet and arising out of my traveling to or from said meet.

Signature __________________________
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1967 Men's High Jump 50-54

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1968 Men's High Jump 55-59

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1969 Men's High Jump 60-64

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1970 Men's High Jump 65-69

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15th Annual TAC Eastern Masters Indoor Track & Field Championships

Hosted By
The Rhode Island Track & Field Foundation
March 15, Providence, R.I.

55 METERS

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50 METERS

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Central Florida Masters
All-Comers
Deland, Fla., March 15, 1987

MIDWEST

TAC Midwest Regional Indoor Championships, Ill.
March 15

SOUTHEAST

160 YARDS

1. Wally Wall (Eaton) 5' 10"
2. Randy Johnson 5' 10"
3. Mike Solar 5' 10"
4. Harvey Johnson 5' 0"

200 YARDS

1. Wally Wall (Eaton) 5' 10"
2. Randy Johnson 5' 10"
3. Mike Solar 5' 10"
4. Harvey Johnson 5' 0"

300 YARDS

1. Wally Wall (Eaton) 5' 10"
2. Randy Johnson 5' 10"
3. Mike Solar 5' 10"
4. Harvey Johnson 5' 0"

400 YARDS

1. Wally Wall (Eaton) 5' 10"
2. Randy Johnson 5' 10"
3. Mike Solar 5' 10"
4. Harvey Johnson 5' 0"

100 METERS

1. Wally Wall (Eaton) 5' 10"
2. Randy Johnson 5' 10"
3. Mike Solar 5' 10"
4. Harvey Johnson 5' 0"

200 METERS

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2. Randy Johnson 5' 10"
3. Mike Solar 5' 10"
4. Harvey Johnson 5' 0"
## National Masters News

### May, 1987

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1st Hawaii - Japan Goodwill Games, Honolulu; March 28

- Tom Wilson
- K. A. Barlow
- C. A. Thompson
- J. L. Brown
- C. A. Thompson

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Continued on next page
1987 TAC National Masters 5K Championship, Piedmont Park, Atlanta, March 14

Overall Male Winner

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Overall Female Winner

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Men (46-44)

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<td>Steve McWilliams</td>
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<td>John Kinney</td>
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Women (55-54)

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Women (65-64)

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Team Championship Winners

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Note: These results are from the Masters National News, P.O. Box 2372, Van Nuys, CA 91404. Please note, due to space constraints, not all results are included.
Continued from previous page

INTERNATIONAL

10th Mexico National Masters
Cross-Country Championships
Irapuato; February, 1987

20th World Veterans
Championships, Netanya, Israel, March 15-17

CROSS COUNTRY (MEN)

W55:
1. ANTOINE BOROWSKI France 24:53
2. ALAIN ROYER Wales 25:07
3. DAVID KLAAS Denmark 26:17
W54:
1. MANUEL SANTIAGO Spain 25:53
2. PIETRO VOGTS Belgium 26:09
3. ROBERT CRONK Belgium 26:16
W53:
1. CIVIL LEGH England 26:46
2. WILMER MCCOY England 26:49
3. KISS JOHNSON Sweden 29:07
W52:
1. DEREK WOOD England 28:51
2. IVAN MOLINE Sweden 29:18
3. ROGER CAKEN England 29:49
W51:
1. HERMANN BADSCH P.C.R. 30:35
2. LADY CARLSSON Sweden 30:44
3. KURT JOHNSON Sweden 31:00
W50:
1. NISS BONTE Sweden 33:28
2. ROCHET MAYER LIMOS P.C.R. 35:41
3. ALVAR ASANDER Sweden 37:20
W49:
1. HERMANN MONSEN Sweden 39:28
2. KEIKO TAKI Japan 40:16
3. ERIT LINDSVER Sweden 42:50
W48:
1. PAUL SPANGLER U.S.A. 55:57
2. KARL GROEMANN P.C.R. 1:04:10

W55:
1. RALPH SCHMITT Israel 33:09
2. MARK SDEN U.S.A. 35:55
3. KENNY HOFMANN P.C.R. 39:43
W54:
1. HELGE SYWATERA Finland 36:14
2. NANCY KEAGLE U.S.A. 43:10
3. ANITA KRAEMER P.C.R. 46:06
W53:
1. IVAN LAMBERT England 33:00
2. ERDO MOSHILL Sweden 33:09
3. JUAN RANKA England 35:40
W52:
1. DENISE ALPPOUT Belgium 31:49
2. IVAN MOSHILL Sweden 33:15
3. EDDIE KREUGER P.C.R. 34:49
W51:
1. JIM BURTON P.C.R. 47:42
2. HERMANN BADSCH P.C.R. 50:16
3. MARIE HAG Norway 57:27
W50:
1. GUNNEL LUNDQVIST Sweden 39:33
2. AGATE MOORE P.C.R. 45:49
3. JUDITH KADZ Canada 41:49
W49:
1. MARGARETA HYBERG Sweden 54:32

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


25KM RESULTS.

W55:
1. KAREN BOWOER England 1:41:35
2. MARIAHAY GUDGEON England 1:41:30
3. JEAN POLAR Ireland 1:41:42
W54:
1. HILDA PUTTER Swiss 2:00:23
2. MELINDA FRIEDMAN Israel 2:31:14
3. ANITA KRUEGER P.C.R. 2:45:14
W53:
1. MARIE-therese WITSCHER Switzerland 2:48:16
2. SUSAN LAMBERT England 1:49:52
3. KARIN KOFF P.C.R. 1:49:45
W52:
1. DENISE ALPPOUT Belgium 1:45:16
2. SUSAN LAMBERT England 1:54:29
3. TERRY CORRIN New Hampshire 2:15:49
W51:
1. SHEILA JENNINGS England 2:06:27
2. GISELA BRICH P.C.R. 2:15:59
3. SUSAN WIGGINS P.C.R. 2:33:29
W50:
1. AGATE MOORE P.C.R. 2:45:58
2. ELSPETH FAIRUZ P.C.R. 2:14:44
3. JUDITH KADZ Canada 2:51:58
A STABILITY SHOE DOESN'T HAVE TO FEEL LIKE HELL.

Most shoes that attempt to save runners from pronation end up punishing them with a hard, inflexible ride. Not the Nike Air Support. Here is a stability shoe that also absorbs shock. Better than any other. With Nike-Air. A revolution in motion.