

NATIONAL MASTERS NEWS

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

119th Issue

July, 1988

\$1.95

Binder Tops Good Freihofer's Field

by TERI INGRAM

In the Freihofer's Run for Women, May 28, Laurie Binder (35:32, \$1500) once again dominated the masters field, despite the fact that she had run a 2:42:29 (to finish 35th) marathon only four weeks earlier in the Olympic Marathon Trials.

Binder had flown from Oakland, California to Albany, N.Y., for the 10K race, but, despite some jet lag, she managed to overcome Gabriele Anderson (35:52, \$1000) and Barbara Filutze (36:32, \$700). Filutze, too, had competed in the Trials, running a 2:46:53, good enough for 60th out of 100.

"I didn't expect to have fast legs after the marathon," observed Binder. "This was my slowest 10K of the year. If it had been real humid, I wouldn't have run well, but there was a slight breeze after the turnaround and that saved me."

Binder's time was also the fastest age-graded performance in all divisions. Her 35:32 (converted to 2152 seconds) divided into the time standard for the W40 division (33:01, converted into 1981 seconds) gave her a 92.1%.

Continued on page 14

Schlau, Mansfield Win in Myrtle Beach 10K

by MIKE DAVIS

MYRTLE BEACH, S.C. — Bob Schlau was conservative, Ann Mansfield was rested and Bill Rodgers was pressed for time in the inaugural Myrtle Beach Classic 10K on June 4.

What's more, they all were winners.

Schlau, (40, Charleston, S.C.) was the first masters finisher in 30:55. Mansfield (40, Winston-Salem, N.C.) led female masters with her 38:03.

And Rodgers (40, Brookline, Mass.) won his race to catch a flight to Kansas City — where he was to run the Hospital Hill Half-Marathon the next day — with two minutes to spare.

The Myrtle Beach Classic was the third on the ICI/USRA Masters Circuit and brought a strong field to the oceanfront Kingsford Plantation at the start of the city's Sun Fun Festival.

Showers the night before the race dropped the temperature to an unseasonable but comfortable 69 degrees at the 9 a.m. starting time — and the 1,000 entries in the 10K run and 5K walk took advantage of it.

Paced by Steve Lester (45, Magna, Utah) through the first mile in 4:45, the field went by two miles in 9:38 and passed three in 14:26.

Schlau, who ran a conservative 4:50 pace and was the sixth masters runner after the first mile, clipped off steady 5:00 miles from there on and started picking off the leaders.

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Masters runner Mike Creery (5) of British Columbia leads Bill Rodgers of Brookline, Mass., and Adam Pinkston (13, age 25) near the midpoint of the Myrtle Beach Classic 10K on June 4 in Myrtle Beach, S.C. The race was the third on the 13-city ICI/USRA Masters Circuit. Mike Davis Photo

Miller Breaks 6000 Points In Decathlon

by JERRY WOJCIK

Gary Miller, of Glendale, Calif., the only master in the 16-athlete field, set an M50-54 world record in a decathlon held at California State University-Los Angeles, May 27-28, with an amazing 6031 points on the 1985 IAAF tables. Miller's total with the 1962 IAAF tables was 6212.

The existing record was 5399 (1962 IAAF tables) by Harvey Schellenberg of Reedley, Calif., set in the 1983 National Masters Decathlon Championships in Merced, Calif.

Miller's results were 100m-12.0; LJ-5.96(19-6½); SP(6k)-12.87(42-3); HJ-1.65(5-5); 400-53.6; 110H (36'')-15.9; DT(1.6k)-40.78(133-9); PV-3.70(12-1½); JT ("new" implement)-47.14(154-8); 1500-5:00.4).

The hurdles time was a personal best by 0.5 seconds, and the high jump, which Miller considers his weakest event, tied his best ever.

The possibilities of a record did not begin to unfold until his final long jump attempt. "The 100 was slow,"

Continued on page 8



Gary Miller, 50, of Glendale, Calif., scored 6031 points for a new world decathlon record for men over age 50. Photo by Gretchen Snyder

World Games Entry Form in This Issue

The official entry form for the VIII World Veterans Championships is published in the four middle pages of this issue for easy access or pull-out.

The event will be held in the cities of Eugene and Springfield, Oregon, from Thursday, July 27 to Sunday, August 6, 1989. More than 4000 athletes from over 50 nations are expected to attend. Competition will be held in five-year age groups, beginning at age 40 for men and age 35 for women.

It's the first time the prestigious event has ever been held in the U.S.A. There are no qualifying standards; anyone who meets the age requirement is eligible to participate.

Barbara Kousky, Executive Secretary of the Championships, journeyed to Verona, Italy last month to promote the event at the European

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**International Section:
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Ann Mansfield (40, 38:03) and Bob Schlau (40, 30:55) on the victory stand at the Myrtle Beach Classic 10K. Mike Davis Photo

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119th Issue

July, 1988

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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

Some masters events are sponsored by TAC, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in your area, or 317/638-9155. There are no qualifying standards for any masters athletics event.

NMN welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please in-

clude a stamped, self-addressed envelope if return is desired.

Subscriptions: It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is \$18.75 (mailed 2nd class). Add \$8 for 1st class (USA & Canada) or \$15 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 5185, Pasadena, CA 91107. 818/577-7233.

Address change: At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue.

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WRITE ON:
Please see page 4

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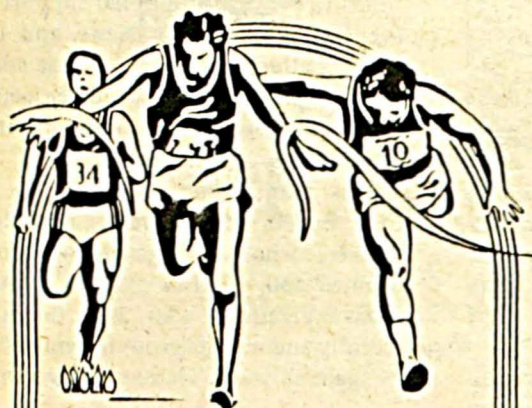
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TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS



Mosher Track — Showalter Field
Winter Park, Florida

August 4-7, 1988

Hosted by Florida Athletics Congress

*Complimentary shuttle from the Orlando Airport to the Meet Headquarters Hotels (9 a.m. to 9 p.m. only) go to the "Meet & Greet" booth at the center of the terminal.

\$45.00 group rate single through quad occupancy plus applicable taxes (*a portion of this rate will be returned to Florida Athletics Congress to help defray meet expenses).

*Complimentary shuttles to Showalter Field from the Headquarters Hotels.

AIRLINES INFORMATION:

The Florida Athletics Congress is pleased to announce that Continental/Eastern Airlines is the official airlines for the 1988 National Track and Field Championships. Continental/Eastern Airlines will offer drastically reduced fares for all participants and their families and friends traveling to compete in the 1988 TAC/USA National Masters Track and Field Championship in Orlando, Florida.

Continental will offer 5% off the lowest applicable fare at the time of booking or, at least 30% off their first class or (Y9) fare. Eastern will offer you at least 30% off first class or 60% off coach fares.

To qualify, reservations must be booked through the Continental/Eastern Convention Desk using the Easy Access Number listed below:

Refer to Easy Access Number EZ8P24

We invite you to call the toll free number and take advantage of this excellent travel discount:

For discount fares, call 1-800-468-7022 (in Continental U.S.)

OFFICIAL TRAVEL AGENCY

Friendship Travel Agency is the official travel agency for the Florida Athletics Congress. Make your plans today for the TAC/USA Masters National Track and Field Championship in Orlando, Florida, by calling Friendship Travel. They will assist you with making airline reservations, hotel accommodations, Alamo Rent A Cars and/or a Florida Vacation package. Please call the toll free number at 1-800-752-3977.

ADMISSIONS

\$2.00 per day - 3 day pass, \$5.00; 4 day pass, \$6.00

AGE DIVISIONS

5 year age divisions for men and women 30 & over

ELIGIBILITY

All athletes are required to register with The Athletics Congress (TAC). TAC registration will be available at meet site.

ENTRY FEES

\$10 entry fee (includes first event & T-shirt); \$6 per additional event; \$25 per relay team (teams must belong to same club; each runner must be entered in meet).

ENTRY DEADLINE

All entries must be received by Wednesday, July 20, 1988. Entries received before July 20th will be confirmed with additional meet information. **No late entries accepted.** Any entry or change postmarked after July 20th will be allowed only if space is available and a \$25.00 entry fee is included.

VENUE

Bob Mosher Track has an all-weather polyurethane running surface, concrete throwing rings, Javelin - polyurethane/grass.

AWARDS

TAC Championship medals will be awarded to the top three Americans in each event. Additional medals will be awarded to foreign athletes with equal or better effort. Ribbons will be awarded to athletes in fourth through sixth places.

BRUNCH

Brunch will be served 11:00 a.m. Saturday, August 6, 1988 at the Sheraton Maitland Hotel. Brunch tickets are \$10.00 per person. Please check the appropriate section on the entry form.

CO-HEADQUARTERS HOTELS

Sheraton Maitland
Hotel & Towers
1-4 & Maitland Blvd.
P.O. Box 6300
Orlando, Florida 32853
1-800-325-3535 (in North America)
305-660-9000 (in Florida)
Special rate: \$45.00 (flat rate)

Altamonte Springs
Hilton & Towers
350 S. North Lake Blvd.
Altamonte Springs, FL 32701
1-800-247-1985 (in FL & US)
305-830-1985 (local)
Special rate: \$45.00 (flat rate)

ALAMO RENT A CAR

Alamo Rent A Car is the official car rental for the Florida Athletics Congress. Alamo is the "Driving Force" behind Amateur Athletics in Florida. For unlimited mileage and great savings while attending the 1988 TAC/USA Masters National Championship, call the toll free number at 1-800-732-3232 and be sure to present the TAC/USA Masters National program number: BY-93500

Schedule Of Events

Thursday, Aug. 4th

P.M.
3:00 Javelin (W&M)
Hammer (W&M)
5:30 High Jump (W)
7:00 Long Jump (W,M 30-59)
Intermediate Hurdles (W&M)
8:00 1500m-Trials (M 30-59)*
8:30 10,000m (W&M)

Friday, Aug. 5th

A.M.
8:00 Long Jump (M 60+)
Shot Put (W,M 30-54)
Pole Vault (M 60+)
Discus (W,M 55+)
7:00 5000m Racewalk (W&M)
10:00 400m - Trials (W&M)
P.M.
4:00 Discus (M 30-54)
Shot Put (M 55+)
Pole Vault (M 50-59)
High/Low Hurdles Trials (W&M)*
5:00 Triple Jump (W&M)
6:00 Opening Ceremony
6:45 High/Low Hurdles Finals (W&M)
7:00 800m - Trials (W&M)*
8:00 Steeplechase (W&M)
8:30 4x100 Relay (W&M)
9:30 4x400 Relay (W&M)
10:15

Saturday, Aug. 6th

A.M.
8:00 Pole Vault (M 40-49)
High Jump (M 60+)
7:00 5000m (W&M)
11:00 Brunch

P.M.
4:00 Pole Vault (M 30-39)
High Jump (M 30-59)
100m - Trials (W&M)
100m - Finals (W&M)
7:00 1500m - Finals (W&M)
8:00 400m - Finals (W&M)
9:30 4x800 Relays (W&M)
10:45

Sunday, Aug. 7th

A.M.
7:00 20K Racewalk (W&M)
8:00 200m - Trials (W&M)
9:30 800m - Finals (W&M)
11:00 200m - Finals (W&M)

Order of Events

Women precede men; Older precede younger.
Timed sections seeded by declared 1988 marks.
*Where Needed.

PACKET PICK-UP

Athletes' packet pick-up will be on Wednesday, August 3rd at the Altamonte Springs Hilton Hotel from 9 a.m. to 9 p.m., and on Thursday through Sunday at Bob Mosher Track.

1988 TAC/USA MASTERS NATIONAL TRACK AND FIELD CHAMPIONSHIPS FLORIDA OFFICIAL ENTRY FORM

Please Print

I. Personal Information

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Telephone: Home _____ Office _____
Birthdate: _____
Age as of Date of Meet: _____ Male _____ Female _____
T.A.C. # _____ Club Name: _____

II. Event Entries

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

III. Relay Entries

1. Club: _____
2. Names: _____

IV. Entry Fees - make all checks payable to: TAC/USA MASTERS NATIONAL CHAMPIONSHIPS

1st Event is \$10.00 _____ X \$10.00 = _____
Additional / events _____ X \$ 6.00 = _____
Relay is \$25.00 _____ X \$25.00 = _____
T-shirt size S M L XL
Extra T-shirts _____ X \$ 6.00 = _____
Brunch: _____ X \$10.00 = _____

Total Amount Enclosed \$ _____

Send Checks to: Nick Gailey, Meet Director
341 N. Maitland Avenue
Maitland Florida 32751
(407) 628-8850

In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, and forever discharge any and all claims which I may have or which may hereafter accrue against The Athletics Congress, Florida Athletics Congress, the City of Winter Park, all meet sponsors, officials, or their officers or agents for any damages or injury suffered by me. Recognizing the risk of this activity in the warmer month of August, I certify that I am physically able to compete. I voluntarily assume the risks of injury and agree to make no claims foreseen or unforeseen, and expressly waive any rights or benefits I may have under any law or statute relating to the release of unknown claims. I am entering this meet voluntarily and for my own pleasure.
I have read the above waiver.

Signed _____

Date _____



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

RULES SNAFU

I attended the recent Southeastern Meet at Raleigh and was shocked and surprised when the meet director berated Elmer Shaw and others age 70+ for throwing the 4K hammer. I was in the area at the time and spoke in defense of the use of 4K, as it has been the official WAVA weight for some years. We were told in a very strong tone that their meet does not use WAVA standards, but TAC rules, which, on page 129, specify the hammer for 70+. On the other board, the 4K is specified for shot in T&F but 5K in Weight Pentathlon.

This does not make sense! This is a ridiculous situation. Last year I talked to a TAC committee member about this conflict (I forgot who it was) and I believe he agreed that it was done through ignorance or perhaps even a typo.

In any event, this tirade at Raleigh reminded me of the situation that I think should be standardized. Since I don't know how to go about straightening this out, I wonder if you have some insight on this problem and/or how to have it corrected. Perhaps you could handle it?

Bob Stone
Berkeley, California

(TAC follows WAVA rules, ergo, the 4K hammer should have been thrown. The rule book is incorrect. Anyone spotting an error in TAC's book should complain to Masters T&F

Rules Chairman, Graeme Shirley, who has the authority to correct the mistake in the next edition.—Ed.)

NON-EUROPEANS NEED NOT APPLY

It was with a wry smile that I noted in the May issue of the National Masters News that "Many foreign entrants are expected to compete in the U.S. TAC National Masters Track and Field Championships in San Diego." As current residents of Italy, my wife and I had read with great interest in the NMN last month that the European Veterans Championships would be held in Verona, Italy this summer.

We thought it would be fun to emerge from competitive semi-retirement to get in on the action in Verona. We duly wrote off to the organizers (International Masters of Italy) at the address furnished in the NMN. In due course, we received a reply. Instead of entry forms, we got a cold shower.

In summary, the form letter reply to non-Europeans said that although the organizers were gratified by the inquirer's interest, the European Veterans Athletic Association (EVAA) had decided that non-Europeans would not be allowed to compete. The reasons given were as numerous as they were limp, but seem to center on the apparently insurmountable problem of keeping the Europeans distinct from the rest of us in listing, heats, results

and awards — a rationale smacking of practices that I thought had been consigned to the trashbin of history. The rejection letter finished, however, with a cheery "see you in the USA next year."

So much for the unctuous universality of the masters running movement that we read so much about. I will refrain from making invidious comparisons, but at the very least I suggest that the NMN, when accepting events for listing in your unique and valuable publication, make clear that events publicized must truly be open to all masters runners.

Dudley G. Sipprelle
Rome, Italy

CROSS TRAINING WORKS

While I always thought of my training in running and cross-country skiing as specific training for each sport, they certainly must have complemented each other, considering the results I have had in each sport.

In February, 1987, at age 69, I won the National USSA 30K Freestyle XC ski championship, and placed 2nd in the 15K Freestyle race. That summer I decided to try some short running races (I had been running 10K road runs exclusively for the past 15 years) and I entered the National Track & Field Championships in Oregon, where I won the M65 800 and the 300 hurdles, and placed 3rd in the 400. Encouraged by those results, I entered the World Veterans Games in Melbourne, where I was fortunate enough to win five golds. The longest race I ran was the 2K steeplechase. I had done very little distance work, running a limited amount of interval work because of an injury.

I returned home from down under about January 1, and, with only four weeks of ski training (once a week only, again limited skiing because of a snow shortage) I competed in the World Masters XC Ski Championships in Austria, where I won a silver in the 20K and a bronze in the 15K race. I then won four ski marathons with a minimum of training and then won three gold medals at the USSA National Masters XC Ski Championships in the 30K, 15K and 45K.

It would appear that my skiing helped (or didn't hurt) my running, and my running last summer, though limited to three days a week and mostly short intervals, helped (or didn't hurt) my skiing. I notice that when I go from the ski season to the running season

13 Join NMN Sustainers

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

This month, special thanks go to Cliff Bedell, Mike Fenton, and Ron Tucker, who each generously contributed \$50. Thanks also go to Anthony Viveiros, who has donated recently and was generous to remember us again so soon. Thanks also go to:

Ben Brady	James Oaks
Dr. C.E. Hirshey	Deborah Sykes
Edward Koch	Robert Stone
Stefan Luepert	Thomas Talbot, Jr.
Fred Mintz	

I'm not "ready" to run any long distances, but it doesn't take me long to work up to a 10K race. I plan to run in 10Ks as they come along, enter the National Masters Decathlon, and get ready for the Nationals in Orlando. Then skiing again next winter, and see how the cross training works out.

Dan Bulkley
Phoenix, Oregon

AD CLAIMS QUESTIONED

As a scientist, I feel an obligation to evaluate those things that are in my area of expertise and make known my opinion. Certainly all of science

Continued on page 27

NATIONAL MASTERS NEWS Subscription Form

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Dan Bulkley, 70, says cross-country ski training helped him win five gold medals last year in the World Veterans Games. Here he wins his class in the 1988 American Birkebeiner Ski Championships.

let's face it!
MASTERS throwers



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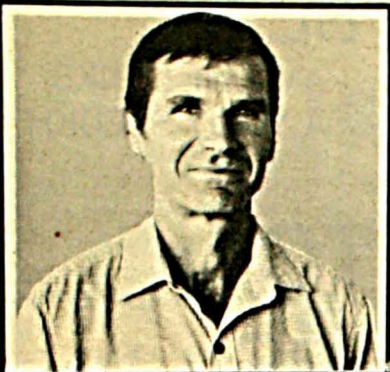
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Add \$3.50 first class/\$2.50 reg. mail per cassette or coaching session for shipping/handling. California residents add appropriate sales tax.





Third Wind

by Mike Tymn

Gabriele Andersen: Four Years Later

To casual observers of the running scene, the name Gabriele Andersen brings to mind a picture of a woman staggering out of control in the final quarter mile of the 1984 Olympic Marathon.

About 100,000 spectators in the Los Angeles Coliseum and millions more watching television sat helplessly, many horrified, as Andersen, suffering from heat exhaustion, drooped and

swayed her way to the finish line and then collapsed.

But that isn't the picture those who race against Andersen have. They see a strong, smooth-striding athlete in complete control.

That's how she appeared when she entered the masters arena in March 1985, some seven months after entering the Coliseum. That's how she appears now as she continues to rank among the best masters distance runners in the world.

After turning 40, Andersen set American 40-44 age-group records at 10K (33:55), 15K (53:44), 30K (1:56:37), and 20 miles (2:01:45). For much of last year, however, she was out of action with a virus that she couldn't shake and an Achilles tendon problem. But she's now back in full stride.

A dual citizen of the United States and her native Switzerland, Andersen lives in Sun Valley, Idaho, where her husband, Dick, is assistant manager of the resort hotel.

I'm doing about 80 miles a week now...

Andersen was 39 when she represented Switzerland at the Olympic Games. A two-hour, 33-minute, 25-second winning time in the 1983 California International Marathon at Sacramento had earned her the spot on the Swiss team. She laughs and speaks freely of that day in Los Angeles when the heat took its toll.

"You get used to being asked about it," she says. "Oh, you're the one who..." Andersen mimics the reaction of many people who meet her and immediately link the name to the event. "It's always the same old question."

"It was just a hot day and I ran too hard. It happens all the time. The TV coverage just made a big thing out of it. First, they had a victory by an American (Joan Benoit) and then I came along to add some drama to that."

I guess it sort of made the day for them."

Andersen has no regrets about finishing. "I knew I'd probably never be in another race that big and I wanted to finish it," she continues. "If it had been over three hours or something really slow, I might not have tried to finish, but my time (2:48:12 for 37th place) wasn't all that bad."

Given the opportunity to run that race again, Andersen said she would arrive in Los Angeles much earlier than the day before the race, as she did. "A lot of people told me that when you're coming down from altitude, as I was, that it's best to arrive the day before the race," she explains. "That was a mistake, I think. I should have been there at least 10 days in order to adapt to the heat."

Andersen recalls being reduced to a shuffle over the final few miles, but she says she was still in control as she entered the tunnel into the Coliseum. "It was pretty cool in there and I told myself that I had made it. But it was blazing hot when I got out onto the track."

...but I'm finding that I don't recover as rapidly now as I did a few years ago.

As a result of that incident, the International Amateur Athletic Federation adopted what has come to be known as the "Gabriele Andersen Rule." It allows a physician to examine a runner while a race is in progress to determine if he or she should be allowed to continue.

Even though that one negative running experience will probably overshadow all of her accomplishments the rest of her life, Andersen accepts it philosophically. "It's nice in a way — not the publicity, but to know people care."

A graduate of the University of Zurich with degrees in history and physical education, Andersen was mostly interested in skiing during her youth. However, she began running in 1970 while still living in Switzerland. Competing for a track club, she recorded times in the low 4:30s for 1500 meters and in the 9:30s for 3000. She came to the United States in 1974 for a visit, accepted a job as a ski instructor in the Grand Canyon, met her husband, and remained in the U.S.

Although she did a little jogging after her track days in Switzerland, Andersen did not become a serious runner again until 1983. "Basically, I did cross-country skiing, but I ran some races, a few marathons around three hours," she says. "Everybody started talking about the Olympics and some friends suggested we try for the American Olympic marathon trial. I entered a local marathon, ran 2:43 to

Five Years Ago

- Norm Green, 50, becomes first 50+ runner ever to win a national masters championship road race, setting a new M50 mark of 1:05:50 in 20K. (The record still stands.)
- Dan Conway wins second straight Cotton Row 10K title in 31:18.
- Joyce Smith, 45, wins Avon Marathon in 2:34:39.
- 25,923 finish Lilac Bloomsday 7.5 mile run.

qualify and then started training more seriously."

After a 2:38 in the San Francisco Marathon, Andersen decided to contact Swiss officials about representing her native country in Los Angeles. The 2:33:25 in Sacramento clinched the spot on the Swiss team.

Since turning 40, Andersen's best marathon has been a 2:40:08. That came in winning the 40-44 division of the 1986 Twin Cities Marathon. Andersen thinks she still has a shot at breaking Miki Gorman's American 40-44 record of 2:39:11.

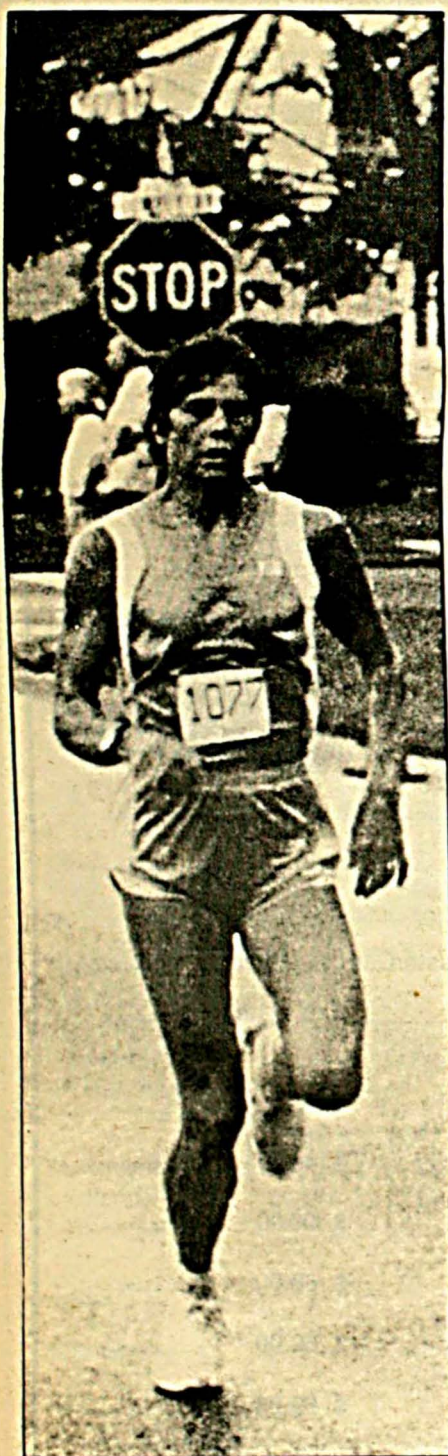
"I don't know if I can ever train again like I did in 1984," she says. "I look back now at my training then and it is mindboggling to me. I was doing 20 quarters in 78-79 with 50 seconds rest on top of 100 mile weeks. I don't know if I can do that again. I'm doing about 80 miles a week now and I'd like to see if I can get in some 100 mile weeks. But I'm finding that I don't recover as rapidly now as I did a few years ago. So I don't know."

Andersen will not represent Switzerland in Korea this year. The Swiss team was chosen in April and it took a 2:36 for the third spot.

But Andersen looks forward to continuing challenges in the masters arena.



Gabriele Andersen looks happy with her performance after the Hawaiian Style 8K, Honolulu, May 8. Photo by Tesh Teshima



Gabriele Andersen approaches the finish line in the Hawaiian Style 8K in Honolulu, May 8. She finished 3rd among the women in 29:11, a Hawaii 40-44 record.



FROM THE Editor

by AL SHEAHEN

Age-Graded Tables Near Completion

In Mike Tymn's "Third Wind" column last month, and in Jim O'Neil's "Speaker's Corner" column this month, a strong case is made for giving more recognition to the older master runner.

Tymn and O'Neil correctly point out that race directors and national publications — including the *National Masters News* — often focus their attention on the first over-age-40 runners.

Even though, on an age-graded basis, a 70-year-old might turn in a better performance, the winner of the 40-44 division gets all the headlines, and, lately, all the prize money.

Hopefully, all that is about to change.

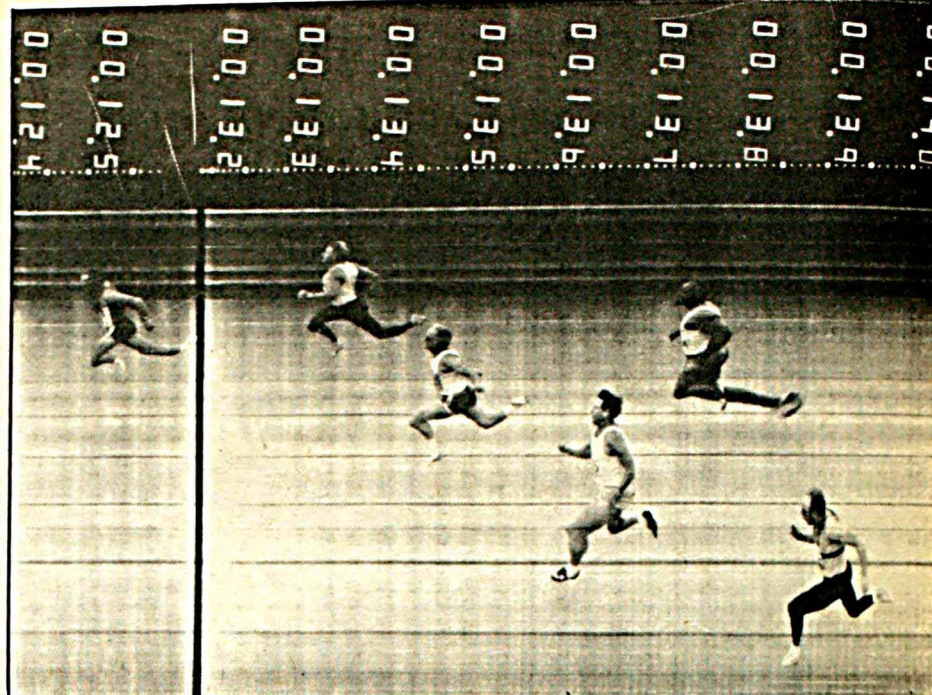
For over two years, the *National Masters News*, in cooperation with the

World Association of Veteran Athletes, has been trying to develop a solid set of age-graded tables for all track and field, long distance running, and race walking events.

Several track meets have been conducted using an age-graded concept, and the response has been generally favorable.

- In last year's NMN Age-Graded meet, Tom Patsalis, 65, got the headlines and the trophy as the outstanding performer of the meet.

- In the Albuquerque Runners' Pentathlon on May 1, Cliff Bedell, 50,



Masters 100 (M55-69 division), Modesto Relays, May 7. Bruce Springbett (12.51), Bernie Stevens (13.33), Dick Marlin (13.45), Bob Feaster (13.65), Huel Washington (13.74), Bill Probst (13.84).

garnered the most points of all competitors, on the basis of age-graded tables.

- For several years, the Twin Cities Marathon has given recognition and up to \$3000 in cash to the top age-graded performer.

- The San Diego Masters Track and Field Championships on July 2 will award \$100, \$50 and \$25 to the top three performers, based on the age-graded tables.

- One of the highlights of the VII World Veterans Games in Melbourne was the masters mile, in which Jack Ryan, 65, took home the top age-graded award. A similar event is planned in Eugene next year.

The tables have gone through some trial and error. The men's track running standards were computer-developed by Charles Phillips, aka Dr. Track, and are extremely accurate. The men's field event standards, and all the long distance running, race walking and women's standards, have been undergoing constant revision and fine tuning.

I am pleased to announce that the tables are nearly complete. WAVA has commissioned two committees to finalize a set of tables no later than

September 1, 1988. These tables will be printed in the WAVA handbook, and will be used to score the decathlon/heptathlon in the VIII World Veterans Championships next year in Eugene. They will be made available to any meet or race director who wishes to award prizes based not on the top 40+ finisher but on the best age-graded performance.

You may have noticed that, in the past few months, NMN has been reporting, in some of our stories, who had the best age-graded performance. We've been experimenting with the tables, the WAVA Committees have been making adjustments, and it looks like a pretty solid product is developing.

Therefore, we plan to increase our reporting of the best performer in a race, rather than just feature the top 40+ winners. We feel, as do Tymn and O'Neil, that this type of recognition is long overdue. The problem, up to now, was not having an acceptable set of tables to go by.

As soon as the final bugs have been worked out, we'll print the tables in these pages for your comments. □



Miller Breaks 6000 Points in Decathlon

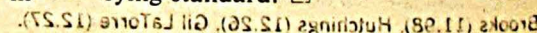
Continued from page 1

Miller said, "which I expected for this period in my physical conditioning. My first long jump was a foul. The second jump barely 18-0. The shot put was a solid performance. The high jump was unexpectedly good, as was the quick time in the 400. This ended the first day on two good marks, which is always a lift."

The second day started with the hurdles: "The 0.5 improvement in-

creased my focus more toward a record. Thus, I started at a lower height in the vault and... struggled with it, the javelin, and the 1500. However, when all is said and done, I can say, 'I did it'."

The meet was officiated by TAC officials under TAC rules to accommodate Olympic Trials hopefuls. One of the six finishers met the Trials qualifying standard. □



Seattle Hosts Senior Sports Festival

The Senior Sports Festival Track & Field Meet on June 4 at West Seattle Stadium brought out some fine Northwest runners.

Mike Heffernan, M45, of Portland, Oregon, registered the meet's best times in the 1500 (4:23.8) and the 5000 (15:39.7). Derek Mahaffey of Bellevue, Wash., won the M50 5000 in 16:50.3, as did Orlo Keniston of Seattle in the M60 with a 20:11.1. Carol Flexer of Bellevue took the W45 1500 in 5:34.9, and Ralph Miller of Seattle won the M55 800 contest in 2:22.5.

In the sprints, Harold Morioka of Surrey, British Columbia, posted day's bests in winning the 100 (12.0), 200 (24.0), and 400 (51.73) from tough M45 fields.

The meet offered two racewalks, and

Jim Bryan, M55, of South Colby, Wash., recorded the best time in the 1500 walk (7:50.1), while San Chraminsky, M40, took that honor in the 3000 walk (15:45.1). Bev LaVeck, W50, finished with the leaders in the 3000 with a 16:27.6.

The M55 high jump comprised the largest field of the meet and was won by Jack Fischer of Seattle with a 5¼.

Jock McLaughlin of Kirkland, Wash., won the M45 shot put with a 46-0, but Jan McLurg, W45, of Alderwood Manor, Wash., outshone all throwers with a very good 35-9¼, after running a 13.6 100 and 28.9 200.

The event was staged by the Seattle Department of Parks and Recreation under the direction of Diana Hovland.

□

Louisiana Masters Classic Roadrace Held

Over 300 runners participated in the Louisiana Masters Classic Roadrace in Audubon Park, New Orleans, May 29. The idea of New Orleans Track Club Race Director, Chuck George, to showcase the tremendous talent of the Deep South's masters division, brought out the big guns. Bobby Dannelley captured the overall male masters title with a 16:30 in the 5K, followed by Brendan Minihan (16:40) and Jerry Foreman (16:49). In the women's masters field, local standout Kathy Hardy dominated the field in a time of 18:59, follow-

ed by Irene Putfark and Elizabeth Van Battum at 22:27 and 23:31.

In the Masters One-Mile Run, an exciting sprint between master runner Juan Perez and Grand Master (50+) Charlie Wimberley ended up with Perez first, with both timed in 4:59. Jean Takenaka won the women's masters 1 mile in 7:19.

The masters 5K racewalk saw Ed Whiteman pace himself to a 27:32 victory, while Lois Wells won the women's 5K racewalk with a time of 31:34. □

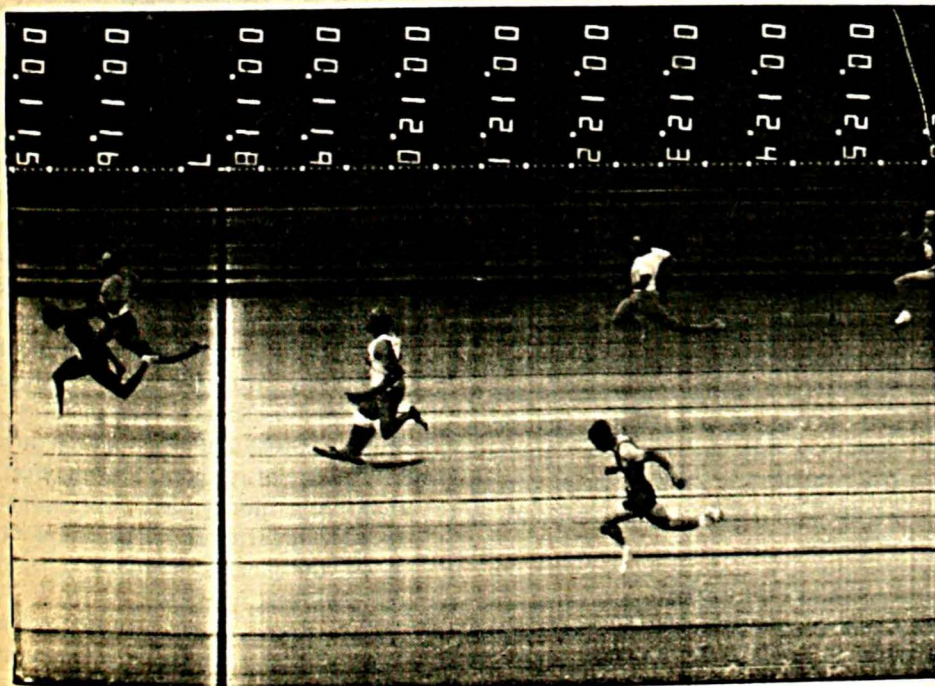
Striders Stage Southern California Meet

Two-time Olympic shot put champion (1952, 1956) Parry O'Brien, 56, continued on his quest for a gold medal at next year's World Veterans Championships by throwing the discus 156-2 in the annual Southern California Striders Meet of Champions, held June

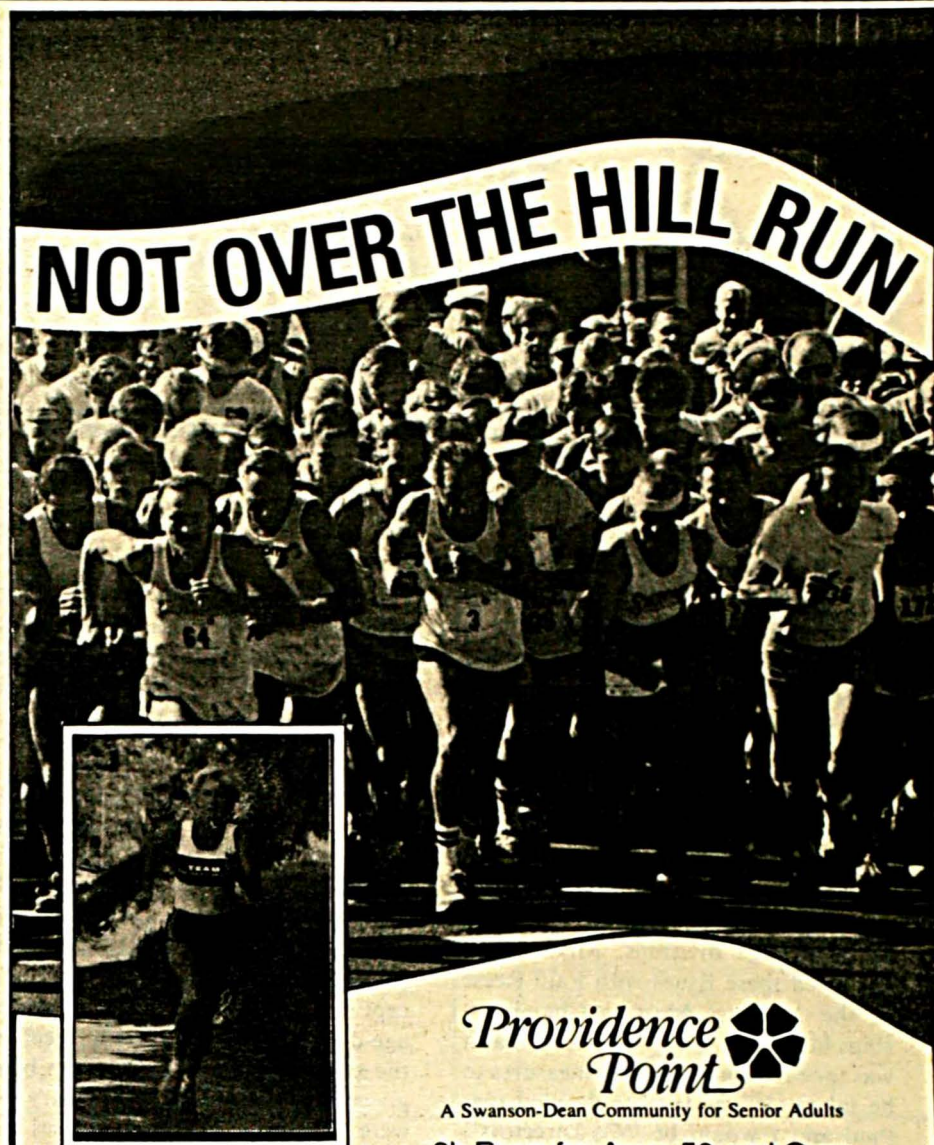
4 at the University of California at Irvine, just south of Los Angeles.

Phil Mulkey, 55, and Phil Raschker, 41, journeyed from Atlanta to pick up eight and six gold medals, respectively, in the hurdles, sprints and field events.

Hugh Cobb directed. □



Masters 100 (M40-54 division), Modesto Relays, May 7. Thad Bell (11.57), Mike Frey (11.62), Mel Brooks (11.98), Hutchings (12.26), Gil LaTorre (12.27).



Gina Faust, age 51, has 12 national titles to her credit. She will be the guest runner at Providence Point's Not Over the Hill Run and will present a pre-race clinic on Saturday, July 16.

Providence Point

A Swanson-Dean Community for Senior Adults

8k Race for Ages 50 and Over
Sunday, July 17 • 9AM
Issaquah, WA
\$3000 - in cash prizes

Six overall winners determined by age grading.
Three cash prizes given in each category.

"Run for the Next Generation"
to benefit Ryther Child Center

FOR FURTHER INFORMATION: Call race headquarters at (206) 343-1543 or Moving Legs at (206) 783-8546. For day of race information, (206) 392-1922.

DIRECTIONS: To Providence Point: Drive east on I-90, take exit 17, go left on East Lake Sammamish Boulevard and right on SE 43rd Way to the Providence Point Entrance gate.

Saturday, July 16:
5:00 p.m. Social hour with no-host bar

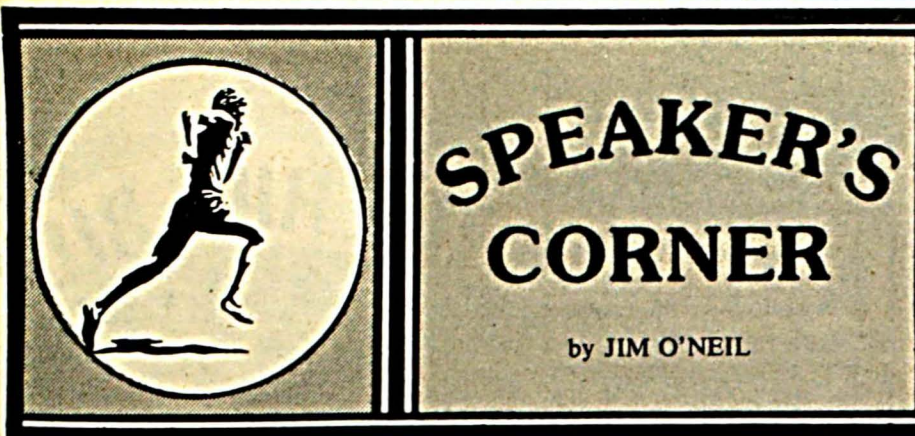
6:00 p.m. Pre-race dinner - \$8.95
7:00 p.m. Clinic by Gina Faust - Free

Sunday, July 17:
8:00 a.m. Race day check-in
9:00 a.m. START OF RACE
11:00 a.m. Awards Ceremony
Schedule subject to change

ENTRY FEE: \$10.00 includes race, continental breakfast and T-shirt.

Medical assistance provided by Overlake Hospital Medical Center.

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Address _____
City, State, Zip _____
Date of Birth _____ Age on Day of Race _____
Daytime telephone () _____ 1988 TAC number _____
T-Shirt size ☐ S ☐ M ☐ L ☐ XL Divisions ☐ Male ☐ Female ☐ Walking/Strolling
☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70-74 ☐ 75-79 ☐ 80+
☐ Participating due to proceeds benefiting Ryther Child Center
Entry fee: \$10 until July 13, 1988. \$12 Day of Race. ☐ Please make me a reservation for _____ persons for the pre-race dinner at Le Ponte Cafe
Enclosed is \$ _____ (reservations limited) Make checks payable to: Providence Point's Not Over the Hill Run
Mail entries to: Not Over the Hill Run, 1111 Tower Building Seattle, WA 98101
I know that running a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and conditions of the road. I and anyone entitled to act on my behalf waive and release Swanson-Dean Corp., dba, Providence Point, The Fearey Group, Moving Legs, Ryther Child Center, Overlake Hospital and other agents, employees or volunteers from all claims or liabilities of any kind arising out of my participation in this event. I understand that photographs, motion pictures or any other record of this event may be used for legitimate purposes and that my entry fee is non-refundable.
Signature _____ Date _____
Entries also available at local running stores or by calling 783-8546.



Getting MAAD

"I'm mad as hell, and I'm not going to take it anymore!" That quote may sound familiar. It's taken from the movie "Network," and comes from a reporter who is fed up with the system. There are a growing number of upper-division masters runners who are also mad. Only they spell it MAAD. Yes, that is the correct spelling; it is an acronym for Masters Against Age Discrimination.

MAAD was an idea concocted by Mike Tymn, feature writer for the *National Masters News* and *Runner's World*. It is an organization made up of concerned athletes who will be lobbying for more equitable treatment of upper age divisions. Mike and I discussed these issues with Paul Reese at the National Masters Championships in Eugene, and we decided that it was time for some stronger measures to be taken. It was further decided that Paul and I would be "Co-Directors" of MAAD, and that Mike would act as the "Executive Secretary." Our initial plan was to spell out all of the inequities in the treatment of the older runners, and then to formulate a list of objectives by which these may be corrected.

We have watched the women in our sport gradually, though not easily, attain equal status in road racing with their counter-parts. I recall that those women who started this campaign for equality were very unpopular in the beginning. Their persistence eventually paid off and their success is now complete. The wheelchair athletes also had a tough struggle just to be included in our races. Today a number of races are offering them some very generous cash awards. The primary purpose of MAAD is to raise the consciousness of race directors, running media, and even other masters runners to the second-class treatment being given to the older runner.

DEADLINE

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

SPEAKER'S CORNER

by JIM O'NEIL

Big Business

Over the past few years, road racing has become big business, with large corporate sponsorship, professional management, and huge purses in the elite races. However, the benefits of this growth have been limited to the younger, "open-class" athletes. Except in some isolated cases, the upper-age-division winners are still receiving the same awards that they were being given back in the days when entry fees were \$3. In the big money races (the L.A. Marathon, as an example), the winners receive cash and automobiles totalling \$25,000 or more. Most of these races award the age-division winners token trophies, plaques, or inexpensive merchandise. With the masters runner comprising almost 50% of the field in the big marathons, this is hard to understand.

Many race directors have proudly proclaimed to me that they have "masters money." Almost invariably, what they mean by this is that they are offering cash awards to the winners of the M40 division. Their perception of masters runners is all the runners over age 40 lumped together as one division.

Why should *Footnotes*, a publication for the Road Runners Club of America, restrict its ballot for "Road Runner of the Year" to men and women in the 40-44 division? I'm prepared to challenge any 40-year-old runner in the world to equal or better the relative times of such masters runners as Norm Green, Ray Hatton, Clive Davies, or Ed Benham.

Discrimination

Strangely enough, we even experience discrimination within the masters program itself. I've competed in all seven World Masters Championships. They have all required the use of several tracks, and usually the better quality facility has been reserved for the 40-year-old divisions.

Even the *National Masters News* has been guilty of slighting the older athlete. I fail to understand why the

winners of the 40-44 age group deserve any more headlines than the winners of the divisions above them, who very well may have recorded a superior time, relatively speaking. I've discussed this matter with Al Sheahen, and acknowledging that this often happens, he says that this situation will change when we start employing some age-graded standards by which performances can be measured. A lot of hard work has gone into compiling these WAVA Age-Graded Tables, and much credit should be given their authors: Chuck Phillips, Peter Mundle, and Al Sheahen. The use of these tables will help to achieve parity in all masters age divisions.

An almost universal process of distributing awards at races involves handing awards to the youngest group first, and working up through to the oldest. Oscar Rosales, director of the Paramount City 10K, turned this around, starting with the 80-year division and working downward.

Age-Graded System

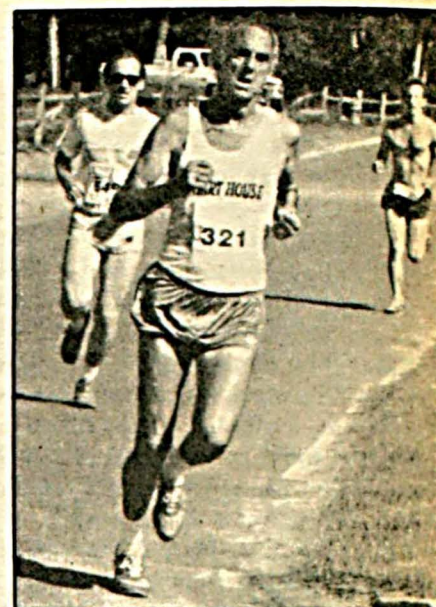
Besides the Paramount 10K, there are a few other races which have been doing an excellent job of acknowledging all age groups. The Twin Cities Marathon has used an age-graded system of awarding some very substantial cash awards that have given all runners an equal shot at winning some money. Under this wonderful setup, the 1987 race awarded \$41,000 to top performing masters runners. On June 11, there was a race in Banning, Calif., called "Salute The Legends." It was a 5K race for masters only, with awards going three deep in five-year-age divisions up through age 80. There is another all-masters race held annually in San Diego called the Fastest Masters 10K, which also involves five-year-age divisions.

Recently there has been an organized series of races for masters runners, which will be called the "ICI World Class Masters Circuit." These races will be incorporated into some of the best road races on the East Coast. Dean Reinke is responsible for this exciting new concept. It will involve from twelve to fifteen races, with runners in three age groups earning points for finishing 1st through 10th. The prize money structure amounts to \$20,000 for the first year, with plans to increase that amount substantially in following years. I look forward to participating in this masters program, and I'm hoping that they will consider adding a couple of races on the West Coast. I will also be keenly interested to see if the format of this circuit will be a showcase for the "fastest" masters (i.e., 40-44 age group), or if proper recognition will be given to all masters divisions.

MAAD Objectives

Having aired all of our "complaints," allow me now to itemize the goals and objectives of MAAD:

Overall Objective: To promote equi-



San Diego's Jim O'Neil jetted to South Carolina to win the 60+ division in the Myrtle Beach Classic 10K in 37:13. Mike Davis Photo

ty in age-class competition.

Precepts: 1) Races should have five-year age divisions from 40 to at least 80.

2) Awards should be distributed equally among all age groups, although the number of awards may be contingent upon number of entries in that division.

3) Unless determined by an age-graded table of standards, there should be no single "masters winner." Performance should be measured by a combination of time and age.

4) Race directors should incorporate several factors into their races in consideration of the masters entries. These might include seeding the top-ranked masters runners for preferential positioning at the starting line; identifying various age divisions with dots or colored-coded numbers on backs of shirts; and restructuring awards ceremonies to alter sequence of distribution.

Communication Needed

The goals and objectives of MAAD can only be achieved by a campaign of communication. Upper division masters competitors who support these goals should be willing to write to race directors and express their needs. It's equally important to acknowledge the race committee for a job well done when that is the case. Besides critiquing races in this way, it is essential that the running media, including the hometown paper, hear from us regarding these issues. Most daily newspapers are willing to give much more coverage to our sport if we would cooperate by submitting copy and offering suggestions and assistance. The majority of sports editors have no interest in or knowledge of running. Their interest is in the big money, or "professional" sports. This attitude will prevail as long as we, the runners, continue to neglect our own best interests.

As masters runners who are seeking important changes, let's communicate our wants and our needs to the race directors, the media, and each other.

Can We Talk...About Pole Vaulting?

by PHIL MULKEY

Now there's a fun game for you. It's sort of a combination of "Wheel of Fortune" and "Russian Roulette." If you're not getting your way around the house with the little lady, you can always threaten to take up pole vaulting. If you enjoy "being at risk" or "living on the edge," this is the one for you. And if the imminent chance of a broken back isn't thrill enough, just think of all the fun you can have trying to invent ways to carry your poles on the car, bus, cabs, and planes. Think of the excitement of stimulating conversation as you endeavor to change the entire belief system of airline ticket agents regarding the size of the airplane cargo bin relative to the length of the pole ("Uh-uh, honey, you ain't puttin' your thing in here!").

The answer to vaulting higher today is simply to grip higher. And one can do that with the long-past advent of the fiber-glass pole, which will continue to "bend down" so that one can hold the grip. I guarantee, you get a soft-enough pole, and regardless of your natural God-given athletic ability, you just run down the runway like hell, plant that sucker in the box, take off, roll back, and hold on for all you're worth, and no matter how high you are gripping, I promise, you will be able to hold on. I also promise that it's highly likely that upon coming down, you may find your butt in the box instead of the pit. The above procedure should not be confounded by attempting to use one of the

old steel poles which would respond by gently removing your arm at a point near the mid-section of the body.

All things being considered, then, nowadays the pole-vault event is less skill and ability (not to diminish the value of either) than it is *courage*. If you will perform the event as described above and, assuming you are gripping the pole at "just the right height" (wherever that might be), you will (as Joe Dial, American record holder, says) "smoke that mother!" On the other hand, no matter what your skill or ability, grip a little *too* high and, regardless of "how good you are," or how "hard you try," you simply will not have enough to get into the pit.

Scary? You bet your ass! And that's exactly what you are doing everytime you are vaulting — betting your ass.

A totally non-athletic, but still very nice friend of mine, Mr. Jay-bird Mathis of Memphis, came up with what seemed a reasonable answer to the fact that he felt that master vaulters "just aren't going all that high." Quoth he: "If Sergei Bubka of Russia is going almost twenty feet and uses a seventeen foot pole, and, if you are using only a fourteen foot pole — well, there's your trouble right there, Boobie." Then, pausing dramatically, gathering his introspective intensity with narrowed eye and furrowed brow, he spoke: "Know whatta mean?" Not that Jay-bird is totally devoid of all athletic participation; besides his being an avid and capable dancer, I can still recall many of his sojourns into rough and tumble track and field, the most memorable being, of course, the 1959 Ozark AAU high jump when he was seen trying to negotiate a 4-10 bar and take movies at the same time. □

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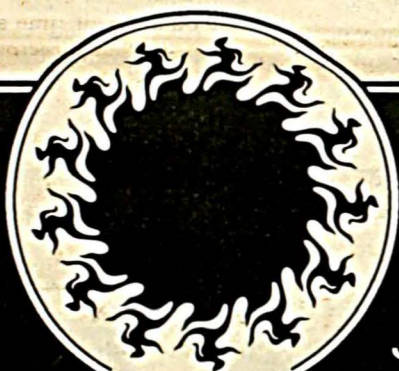
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LAST YEAR:

- ❖ 1,670 runners participated from 18 states and Canada.
- ❖ Gail Ladage-Scott set a new American Women's Masters Record of 2:37:12 (approval pend.).
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- ❖ Criss James tied Paul Cummings' course record of 2:15:16.

This year promises to be even more exciting!

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Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Metatarsal Pain in the Ball of the Foot

One of the more common injuries I see in veteran long distance runners is Metatarsalgia — a pain in the ball of the foot, usually under the second Metatarsal bone.

There are five metatarsal bones in the foot that are similar to the knuckles in the hand. As you can imagine, these bones sustain a great amount of shock when we run. The area of greatest force usually occurs under the first and second metatarsal bones.

Pain in this area may be caused by a variety of things. In the veteran athlete, the loss of plantar fat reduces the normal protection on the ball of the foot. This, coupled with running and poor shoe gear, can contribute to trauma. This usually starts out as a minor soreness in the ball of the foot

which becomes progressively worse and is accompanied by swelling.

Callous formation is an indication that there can be a structural problem such as an enlarged metatarsal head, a depressed metatarsal head, abnormally long metatarsal and degenerative or arthritic changes in the joint area.

All of these conditions, coupled with running, can cause damage to the ball of the foot. There can be a painful bursitis in the area with associated damage to the tendons and nerves. In severe cases, there can even be damage to the bone and damage to the joint capsule.

All in all, this condition can be quite serious and quite painful and will compromise a veteran athlete's career.

Simple rest and non-weight-bearing exercise is recommended. This may take up to 3 months to heal.

In the more severe cases, I recommend the use of a foot orthoses in order to correct any functional foot deformity. The shearing motion of the foot is reduced across the ball of the foot and pain and swelling is reduced.

In marked structural deformities, surgical treatment is necessary. Transverse of V Osteotomies are performed in the metatarsal bone in order to reduce stress in the metatarsal. This is usually a minor surgery (minor, meaning the surgery performed on your foot; major if it is performed on mine). The athlete is usually back to running

in 4-6 weeks.

Steroid injection has proven to be very beneficial if given outside the joint area.

The obvious change to softer running surfaces and well-cushioned shoes speaks for itself. Once the condition is resolved, the runner can return to his or her running career on an asymptomatic basis. This condition is one that should not be taken lightly by the veteran athlete. Its incidence is on the increase and treatment should be initiated as soon as there is suspicion of trauma to the ball of the foot. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)

Thompson Has Best Performance

Stern, Jackson Win in Central Park 5K

by JERRY WOJCIK

The 40-and-over leaders were pressed somewhat in the NYRR You Gotta Have Park 5K on May 14 in Central Park, NYC. Hal Stern, 42, won in 16:43, six seconds ahead of Edgar Sandoval, 41, while Irene Jackson, 40, with a 19:33, finished five seconds faster than Sylvie Kimche, 41.

Alan Fairbrother (51, 17:31) and Bill Fortune (59, 18:18) won their respective division races with good times. Bunny Franco (57, 23:58) easily captured the win in her age-group contest.

However, the best performance was produced by George Thompson, 62, who ran 85% of the M60-64 time

standard of 16:10 with a 19:05. The performance percentage is figured by dividing the runner's time into the standard after converting both figures into seconds.


Fairbrother's and Fortune's performance percentages were a tie at 84%, which bettered Stern's 82%. Jackson's performance was 79% of her time standard.

The best masters walkers were Stanley Shechter (55, 27:20) and Stella Cashman (46, 30:28).

Finishers totaled 657 men and 468 women, who ran under an overcast sky and in cool weather (57°) and high humidity (64%). □



June Dickinson, W50, leads the way in the women's 800 of the Runners' Pentathlon, Albuquerque, May 1. June won the 800 in 3:03 and also won the women's division of the pentathlon with 3673 points.



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Parkersburg Homecoming Half-Marathon

August 20, 1988

\$15,000 Total Prize Purse

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TAC-Certified Course Records:

Overall




1:06:09 Jan Sinclair, 1987

1:15:27 Kelley Cathey, 1987

Masters

1:10:54 Antonio Villanueva, 1987

1:36:29 Marg Mlinarcik, 1987

West Virginia

TAC Half-Marathon Championship

The Parkersburg Homecoming Half-Marathon features a fast rolling course with a high point of 758 feet above sea level and a low point of 595 feet above sea level. While you compete in the half-marathon, your family can join in a two-mile family fun run (walkers also welcome). Meet Dean Reinke at the awards presentation and then plan to share West Virginia's hospitality at many other Homecoming events.

For an entry form write to: Camden-Clark Memorial Hospital, P.O. Box 718, Parkersburg, WV 26102.

Masters Health and Fitness

Accupuncture Helps Achilles

Phil Raschker, 41, TAC's female masters-athlete-of-the-year for 1987, was ready to "give up track and field" because of chronic Achilles and assorted leg and foot problems. "I rested four months after Melbourne," she said, "but when I went back to the track this spring it still hurt." As a last resort, she went to an Atlanta accupuncturist. After four sessions, she was walking normally and the pain was virtually gone. "The accupuncturist gave me needles, not just in the Achilles, but in all the pressure points." Raschker says she'll continue to get treatments once or twice a week, and plans to compete in the 1988 outdoor season.

□
New evidence seems to indicate that jogging as a "cool-down" after a hard work-out may do you more harm than good. According to Drs. Joel Dimsdale, Ph.D., and Dave Costill, Ph.D., writing in *Running & Fitness News*, "Jogging after an intense work-out furthers the break-down of glycogen in the leg muscles." By jogging, you are burning stored energy (glycogen), which results in a future reduced energy supply to the legs."

□
With age, there's a decrease in the resting metabolic rate, which may explain why some older individuals eat the same number of calories, yet gain weight, according to Craig Dean, M.D. "Resting or basal metabolism is dependent upon the amount of lean muscle mass one has; if we lose muscle mass with age, our metabolism shifts down."

□
No matter how good you feel after a long race, masters runners should rest and allow their body to recover for a week. That's according to William Sherman, a Ph.D. at the Human Performance Lab at Ball State U. in Muncie, Ind. In a test, he found those who rested recovered faster than those who ran 20 minutes per day the week after a hard marathon.

□
People who do exercises in short, intense bursts showed a significant improvement in fitness over people who do long workouts, a new study says. Dr. Arlette Perry of the Human Performance Lab at the U. of Miami found "short rest periods during heavy exercise are more beneficial than continuous exercise for improving cardiovascular fitness." In other words, interval training works.

□
Long distance running may slow bone deterioration linked to aging and does not appear to increase tendencies towards arthritis, according to Dr. James Fries of Stanford University. In a test of 41 distance runners, aged 50-72, with random members of the community who had spent little or no time running, Fries found: "Runners had 40 percent higher bone density in both male and female groups."

□
A study published in the *Journal of the American Medical Association* says moderate exercise by a pregnant woman isn't likely to harm the health of her unborn child, but exercising to exhaustion can slow down the heart rate of the fetus and should be avoided. "You can exercise to a point, but don't go crazy," said Dr. Robert Resnik, chairman of the department of reproductive medicine at UC San Diego.

CLASSIFIEDS

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

15th Jim Latz Mile Beach Run at twilight - formerly known as Knife and Fork Inn Run. 7:30 p.m., Saturday, July 23. Old time low key race with splits, water and good cheer. Awards for age groups up to 70+. SASE TO J.L. Running Resources, 5511 Winchester Avenue, Ventnor, NJ 08406.

Colorado Altitude Training and vacation splendour near Pikes Peak. Miles of dirt roads and trails from front door. Host Doug Allen is 2:45 marathoner, master's runner, triathlete, coach. Panoramic views from 9000 foot hilltop. Half hour from Colorado Springs and Cripple Creek. Special low runner's rates.

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Glenn Bradd of Bloomington, Ill., took first in the M60 division (3791 pts.) of the Runner's Pentathlon, Albuquerque, May 1. Bradd is with Bev Heuter, the scorer of the meet.

Midwest Masters presents the Age-Graded 10K Championship

Saturday August 13, 1988 8:00 a.m.

Held in conjunction with the 51st annual
Momence Gladiolus Festival (Aug. 11th thru Aug. 13th)

Dick Green- Midwest Masters Representative
Howard Strassenburg- Race Director

Sponsored by:

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Course Location:

Momence is located 50 mi. south of Chicago on Rt. 1 and 12 mi. east of Kankakee on Ill. Rt. 1 and Rt. 17. TAC certified course is run on blacktop along the Kankakee River. Emergency vehicle will be available and water stations will be located at the 1- and 3-mile marks.

Race Description:

The Momence 10K has become the Midwest Masters Championship Race and is the 1st of its kind in the U.S. The race will play host to runners from the 7-state Midwest area and offers an age-graded handicap system. This means that runners in each age division will run with a time handicap that allows all participants to be equally competitive for the prize money that will be awarded to the top ten male and female finishers.

Eligibility:

Open to anyone who pays the registration fee.

Entry Fee:

Entries are \$8.00 and \$10.00 after 8-1-88. Make checks payable to: Momence Jayettes-Nadine Clem 327 Pine St., Momence, Ill. 60954 1988 TAC card is required.

Messages available to runners after the race.

T-Shirts To All Entrants

Name _____ Age as of 8-13-88 _____
Address _____ Sex _____
City, State, Zip _____ 1988 TAC No. _____

Athletes release: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and my executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against Midwest Masters, the Momence Jayettes, any and all meet officials, volunteers or anyone associated with conducting the Midwest Masters Age-Graded 10K Championships.

Date _____ Signature _____

Awards:

\$250 cash award to overall male and female runners. Cash awards to 10 men and 10 women age-graded winners: \$250, \$150, \$100, \$80, \$70, \$60, \$50, \$40, \$30, \$20. 1st, 2nd and 3rd place medals to each age group. Note: Age-graded contest is for Masters age groups - i.e. 30 yr. and up.

Open Classes

Male and female 14-18; 19-24; 25-2

Age Classes & Handicaps:

	Men	Women
30-34	30"	45"
35-39	1'30"	2'25"
40-44	2'30"	4'25"
45-49	3'30"	6'45"
50-54	4'30"	9'15"
55-59	6'	11'45"
60-64	8'	15'45"
65-69	12'	19'45"
70-74	16'	25'45"
75-79	22'	35'45"
80+	28'	45'45"

Handicaps based on U.S. Masters Standards of Excellence

1987 Momence 10K Winners:

Julie Anderson: named CARA triathlete of the year.
Warren Utes: named CARA master runner of the year.

Check-in:

Check in on the day of the race will be 6:30 - 7:45 a.m. The race will start at exactly 8:00 a.m. Check-in is at the Momence H.S. Football Field located a half-mile west of Rt. 1 on 2nd Street.





MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

Eugene is Eager to Host World Games

During the first week in May the WAVA Council met in Eugene, Oregon to conduct business and to review the plans of the organizing committee for the 1989 World Veterans Championships. As the National Masters Track & Field Chairman, I went to Eugene to be present while the WAVA representatives were there, and had an opportunity to review and visit with them about the Championships, specifically, and the veterans masters program, generally.

Under the leadership of Cesare Becalli and the guidance of Alastair Lynn, the meetings went extremely well. The WAVA Council worked very much like a team. Great respect was demonstrated for each other's opinions and, yet, there was a tremendous amount of give and take. In the few meetings I attended, I believe every member of the council participated in the discussions. We can be very pleased and excited about the leadership the members of this Council will provide for the veterans and masters and throughout the world.

The enthusiasm and the detail with which the members of the Council approached the Eugene site was exciting, demanding and thorough. Not content to view the cross-country course from a scenic hillside near Lane Community College, most of the members of the Council walked the course. The result: some suggestions and changes that should improve the competition.

I had several individual conversations with members of the Council, and found great excitement about having the Championships in Eugene. The obvious concerns were transportation and housing. The organizing commit-

tee was well prepared, and answered the questions directly and satisfactorily. What put the Council more at ease than anything else was the participation of the government officials of both Eugene and Springfield, and the obvious enthusiasm of the University of Oregon. For these Championships, those three organizations are doing all they can do to insure its success.

The energy generated in these communities by their respective leaders was obvious and contagious.

The competitors coming to Eugene are going to find:

1) Total acceptance by the groups directly involved: the University of Oregon, and the cities of Springfield and Eugene;

2) The people of these communities being directly involved by opening their businesses, their homes and their fellowship to the participation;

3) A Championship that will be well-promoted, well-covered by the media, and organized and run with extreme efficiency and sensitivity.

August 1989 is only a year away. Mark it off on your calendar right now. It's going to be a happening you will not want to miss. □

Becken Has Best Age-Graded Time in NJ Waterfront Marathon

by TERI INGRAM

If awards had been given for age-graded performances in the non-Olympic division of the Waterfront Marathon in Jersey City, N.J., April 24, Al Becken, M55, (3:02:27) would've won it, rather than the open winner, 34-year-old Barry Giblin (2:38:00). By taking a runner's time and dividing it into the time standard set for that age division, we come up with a percentage. In this way, men and women can compete against each other, since the time standards are, of

course, different for men and women.

In Becken's case, his time standard was 2:27:31. When divided by his time, his performance percentage was 80.8%. The time standard set for men's open division is 2:04:20. By dividing this standard by Giblin's time, we discover his performance percentage is a 78.69%. Third place would've gone to Phil Mongillo, M60, (3:17:16, 78.3%), fourth to James Shine, M35, (2:45:15, 77%), and fifth to Carol Johnston, W40, (3:10:44, 76.8%). □

Three Masters in L'Eggs Top 10

by JERRY WOJCIK

Angella Hearn, 42, placed third with a 17:45 in the L'Eggs Tune-Up 5K for women in Central Park, NYC, on May 8. Two other masters runners placed in the top ten of the 1646 finishers: Hearn's twin sister, Christine Hearn-Grenning, seventh in 18:13, and Hilary Naylor, 41, eighth in 18:15.

Toshiko d'Elia, 58, won her division by ten minutes with a 20:52.

Marcella Tobias, 62, was the fastest 40+ walker in 36:30.

Hearn's time also earned her the best performance percentage, 87%, for W40-and-over finishers. The performance percentage was calculated by dividing the 5K time standard for W40-44 (15:31) by her time (17:45), after converting both into seconds.

The race was run in sunny, cool (58°) conditions. □

Sacramento Hosts Carnine Classic

by JERRY WOJCIK

The Ken Carnine Classic meet at California State University-Sacramento on April 30 opened the summer track season for masters in Central California.

In the sprints, Darrell Smith, M30, and Glenn Johnson, M35, tied for the best times of the meet in the 100 (11.1) and 200 (22.9). Nadine O'Connor, W45, won the 400 in 68.1.

Searcy Barnett took three M40 races with solid times: 800 (2:05.4), 1500 (4:27.0), and 3000 (9:34.0).

Jumper and pole-vaulter Jim Johnson, M65, included a 14-11 1/4 long jump and a 4-0 high jump in his four victories. Roger Trujillo, M35, topped all long (20-7 1/2) and triple jumpers (43-11).

In the shot put, Mike Orlich won the M60 contest with a 43-2 1/4. Jim Hart took the M50 match-up by five inches

from John Ross with a 46-9 1/2, but Ross topped Hart in the discus by nine feet with a 149-11.

Hurdler and long-jumper Robert Buhl, M35, showed versatility with the day's best javelin mark of 192-3.

Joan Stratton, W35, threw the hammer 126-6 and shot put 40-3 in the weight pentathlon. □



Gerry Lindgren, now 42, was the overall winner in the Memorial Day 5-Miler held in Honolulu, Hawaii, May 30. Lindgren covered the course in 26:25 and looks happy with his performance.

Photo by Tesh Teshima

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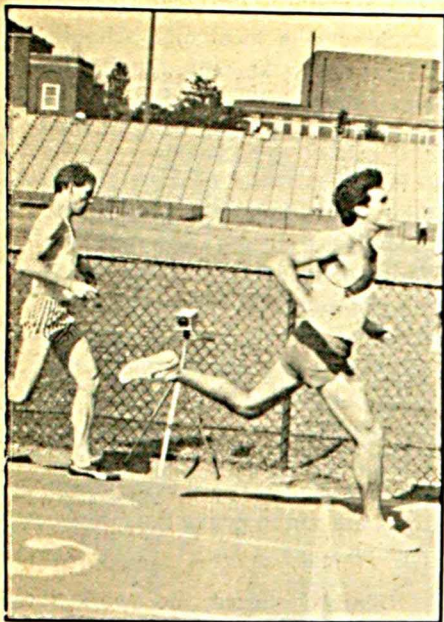
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Binder Wins Freihofer's 10K

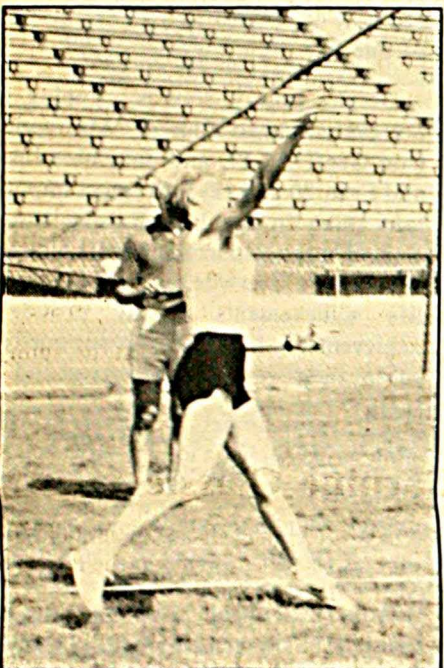
Continued from page 1

Second went to Diane Palmason, W50, (39:23) with 87.5 % and third to Christine Tattersall, W45, (39:56) with 82.6%.

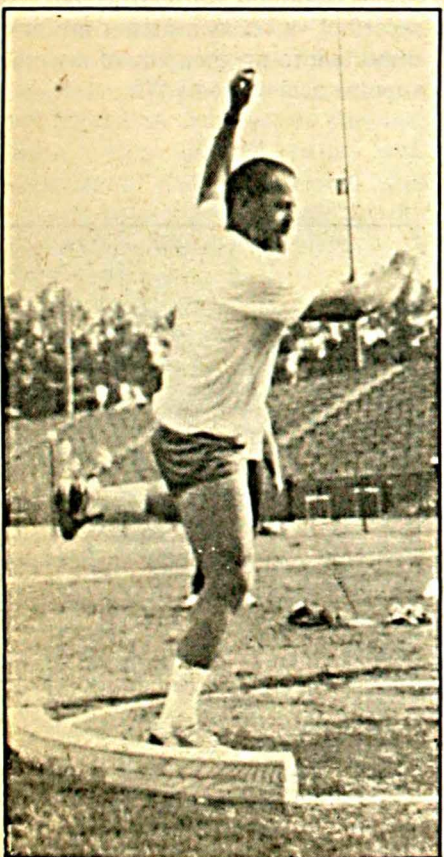
Overall winner was Lynn Jennings in 32:38 which gave her a 91.6%. □



First and second in the 1500 were Ronald Merville (M35, 4:22.8) and David Milhouse (M30, 4:23.2) at the Birmingham Track Club Meet May 14.



Sadie Howell, W50, tosses the javelin 34-9 at the Birmingham Track Club Meet, May 14.



Larry Boots, second in the M45 discus (97-1 1/2) at the Birmingham, Ala. Meet May 14.

Pitcher Breaks Records In Birmingham

Arling Pitcher of Indianapolis broke one world and two American records for the M85-89 division in the Birmingham Track Club Meet in Birmingham, Ala., on May 14. In the pole vault, he did 5-8 to break his own world record of 5-4 set in 1987. In the 100, he ran 19.60, well below Harry Jackson's U.S. record of 22.2 of 1983. In the 200, Pitcher ran 44.46, faster

than Buell Crane's 45.45 set in 1985, but slower than Herb Anderson's 40.83, a pending world best in 1987. Duncan McLean of Scotland owns the world M85 record of 41.1.

Phil Raschker, W40, of the Atlanta TC, and Ed Hill, M45, of the Birmingham TC set several single-age world records apiece.

More than 130 athletes took part in the meet, held at Samford University. With the "home court" advantage and a large delegation of entrants, Birmingham won the team contest with 344 points to Atlanta's 225. The Memphis Masters team finished third with 119.

Over 30 All-American standards were achieved. □

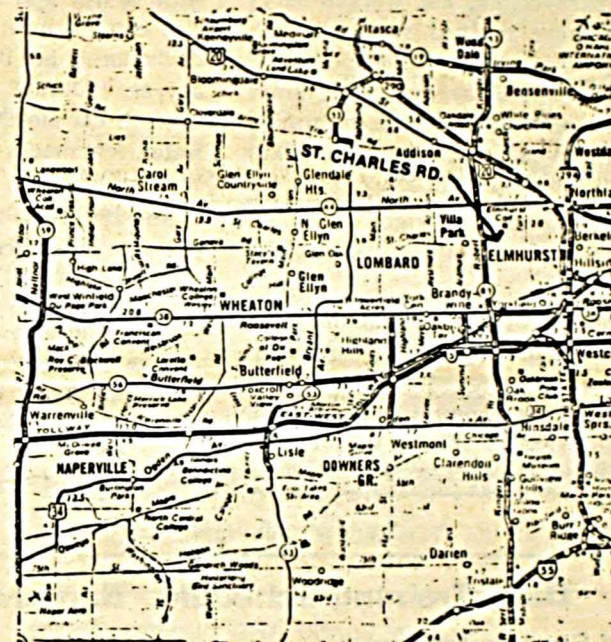


TAC Midwest Regional Masters Track and Field Championship SUNDAY, JULY 24, 1988

Sponsored by Richard Green and Associates Insurance and Investments

- WHEN:** Sunday, July 24, 1988
- WHERE:** York High School
355 W. St. Charles Rd.
Elmhurst, IL
- FACILITY:** 400 Meter Chevron 400 Track and Runways
1/8" Spikes only
- DIVISIONS:** Five year age groups, 30-90
Male and Female
- ENTRY FEE:** Postmarked by July 20—
\$5.00 1st event; \$10.00 2 or more;
Relays \$10.00
After July 20 — \$7.00 1st event;
\$15.00 2 or more; Relays \$10.00
- AWARDS:** Medals to the first three places
Awards limited to 3, over 3 may be
purchased for \$3.00 each
- MEET PROTOCOL:** OPEN TO ALL ATHLETES
Divisions may be run together,
female first, then male, oldest to
youngest, depending on numbers.
No false starts. WAVA rules apply.
Bring your own implements and
batons.
- REGISTRATION:** Send Application Form and Entry
Fee to:
Dick Green Phone 815-397-5685
P.O. Box 6147
Rockford, IL 61125
Meet Day Registration 8:30 A.M.
- NOTE:** Illinois Grand Prix competitors may
score points in this meet

*Qualifying Events



- ORDER OF EVENTS:**
- | | |
|---|---|
| 9:00 A.M. 5000 Meter Run* | 10 A.M. Long Jump* |
| 9:30 A.M. 5000 Meter Racewalk* | High Jump* |
| 11:00 A.M. 1500 Meter Run* | Pole Vault* |
| 11:20 A.M. 4 x 100 Meter Relay | Triple Jump* |
| 11:45 A.M. 400 Meter Dash* | Discus* |
| 12:00 N High Hurdles* | Shotput* |
| (WAVA specs) | Javelin* |
| (WAVA specs) | Hammer Throw* |
| | Weight Throw 25', 35', 56', 98', 200', 300' |
| 12:20 P.M. 100 Meter Run* | |
| 12:35 P.M. 800 Meter Run* | |
| 12:50 P.M. 200 Meter Run* | |
| 1:15 P.M. Intermediate Hurdles(WAVA specs)* | |
| 1:30 P.M. 1 Mile Race Walk* | |
| 1:45 P.M. 4 x 400 Relay | |

Name _____ Age (On 7/24/88) _____

Address _____ Date of Birth _____

City _____ State _____ Zip _____

Telephone Number () _____

1988 TAC* _____ Club _____

Events Entered: _____

Signature _____ Date _____

In consideration of York High School, Richard Green & Associates, and all Meet Officials, allowing me to participate in TAC Midwest Masters Track and Field Championship activities on July 24, 1988, do, for myself, my heirs, executors, and administrators, waive and release all rights and claims for damages I may have against all organizers, sponsors, officials, or staff and for all claims of damages, demands, and actions whatsoever in any manner, as a result of my participation in these activities.

Signature

Date



Filutze Fierce at Forty

by TERI INGRAM

Barbara Filutze is practically a household name when it comes to masters distance runners. Why? Maybe it's because she holds the American W40 10K record of 33:41 — a time few open runners could ever hope to achieve. Or maybe it's because she has held 15 single-age American W40 records from the 5K (16:59) to the half-marathon (1:16:00). Or could it be that she has twice qualified for the Olympic Marathon Trials — in '84 and '88, at age of 41. She ran a personal record of 2:41:18 (at age 38) in the '84 Trials and a 2:46:53 in the Trials this May.

Needless to say, Filutze, who lives in Erie, Pennsylvania, has worked very hard to have reached such heights. Although she says, "I have always followed the hard day/easy day routine of stress followed by rest in my training," her so-called *easy* days look like hard days to the rest of us.

Aside from her very rigorous running schedule, Filutze also works out on

weights two to five times a week along with sit-ups and bike workouts. She also eats no meat, fats or dairy products during her 10 months of training a year. "During these months," she says, "I eat mostly all carbs, tons of water, few snacks and alcohol only occasionally."

Sounds pretty tough. So how does she stay motivated to keep on such a strict regimen? "I determine what time I will run everyday and stick to it. I set my goals and train to meet them. I always complete a workout; even a not-so-great workout is better than none. I try to stay positive."

Of course, for a woman who only took up running 10 years ago to help

Quote of the Month:

"I had a lot of body fat and dysentery problems. I went on a diet that's called 'Eat to Win' and I lost." —*Eammon Coghlan*

Daily Training Schedule - Barbara Filutze

Off-Season Training:

Monday	A.M. 3 miles easy (7:15 pace). P.M. 6 miles easy.
Tuesday	Track workout: 2 x 1200 (4:12, 4:07); 2 x 800 (2:33, 2:39). Workout totals 7 miles. Racing flats.
Wednesday	8 miles easy.
Thursday	9 miles easy with 10 x 30 second pick-ups.
Friday	14 miles on roads with 3 x 1/2 mile hill repeats, 2 x 1/2 mile pickups and 2 x 1/2 mile downhill repeats.
Saturday	A.M. 4 miles very easy (7:30 pace). P.M. 4 miles at 7:00 pace.
Sunday	15 miles very easy (7:30 pace).
Total weekly mileage: 70	

In-Season Training:

Monday	6 miles easy, recovery day.
Tuesday	Intervals on the track. 8 x 1/2 mile repeats hard (2:38-2:50). Workout totals 9 miles. Racing flats.
Wednesday	10 miles easy, recovery day.
Thursday	A.M. 3 miles easy. P.M. 10 miles road work with pickups of 2 miles, 3 miles and 200 meters.
Friday	10 miles easy, recovery day.
Saturday	12 miles.
Sunday	20 miles with hills.
Total weekly mileage: 60	



Barbara Filutze, recently turned 42, accepting an award at the Erie, Penn., chapter of the Pennsylvania Sports Hall of Fame.

her recreational tennis and racquetball, she has certainly come a long way. "I smoked a pack-and-a-half of cigarettes a day until I ran my first race, a 3-mile fun run, where I was first female overall. The competitive bug bit me and I gave up smoking. I never competed in sports when I was younger, since nothing was available for girls except basketball." At 5-1, 100 pounds, Filutze is a tad on the petite side for basketball.

Having qualified twice for the Olympic Trials in the marathon, it makes sense that she considers the marathon her best event. "The marathon requires more strength and mental toughness than a 10K, which takes a lot of speed. I've run 38 marathons to date without walking or DNF-ing any."

She has more than her share of coaches. Her husband of 22 years, Mike, sets up a weekly mileage schedule for her if she's running alone. From June to September she runs with a friend, Bill Hoffman, a local high school coach, along with 4-6 men on the track, once a week. When she's not training alone or with Hoffman, she is coached by Edinburgh College coach Doug Watts twice a week, once on the track, once on the roads. "These workouts are intense, but leave me with just enough left to recover in two days."

Although Filutze has never had surgery, she has, like most distance runners, had her share of problems. "I had knee problems, which I corrected five years ago with padding in my shoes. I've also had occasional hamstring and sciatic problems, both caused by imbalance, which I keep under control through weight workouts and bike-riding."

There is very little time left in her days of cross-country and track

coaching at a local high school, but Filutze enjoys knitting, family picnics, bike riding in the evening, and occasionally vegetating in front of the t.v.

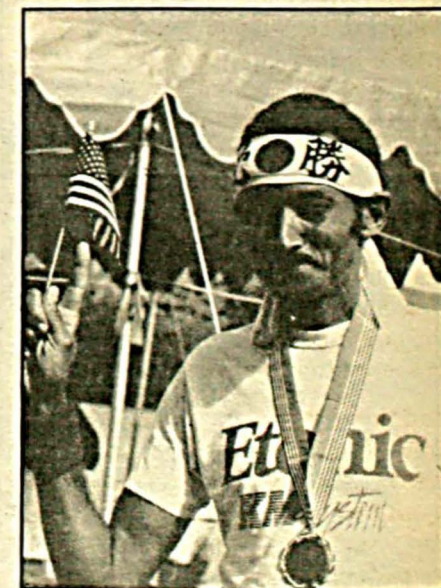
Before a race or hard workout, Filutze does some easy jogging, stride-outs and stretching. She runs her last hard workout three days before a race but continues to jog easily 3-4 miles even on the day before a big race. After the race, she runs 3-4 miles easy, to loosen up, followed by easy stretching, self-massage and hot and cold soaks. Her races are run in light-weight training shoes and her hard workouts on the track are run in racing flats. She never puts on spikes.

"Since I started speedwork seven years ago, I find I can do more reps in a workout, at a faster pace, with less rest in between. My quarters have dropped from 90 seconds to 75 and I can now do two workouts a day instead of one."

Despite how it sounds, running is not everything to Filutze. "My family (son Geoffrey, 17, and daughters Lisa and Erin, 20 and 12) is the most important thing in my life. Raising three well-adjusted, sports-minded children who aren't overwhelmed by my late-life achievements is my proudest achievement. My family is supportive of me and that makes me very proud."

Like most runners, Filutze feels running has given her a lot. "I've learned a lot about myself through running; where my strengths and weaknesses lie. I'm more confident and mentally happier and I feel I have a zest for life."

It sounds like Filutze couldn't possibly be better or happier. So what is there left in the future? "I want to compete at major races that focus on masters and do the best I can. The records I've set as a master are more important to me than any of my other running achievements." □



Ron Pate, 41, displays a little patriotism for the Memorial Day 5-Miler held in Honolulu, May 30. Ron won the M40 division in 28:21.

Photo by Tesh Teshima



Charlie Parmalee, 44, was the masters winner in the Hudson-Mohawk Half-Marathon April 10, with a 1:14:23.

Parmalee, Engel Lead Hudson Mohawk Half

by PAUL MURRAY

In most masters races it is the younger runners in an age group who usually take home most of the awards. The Hudson Mohawk Half-Marathon, April 10, in Albany, N.Y., was an exception to this rule. Nearly all of the most impressive masters performances came from runners at the upper end of their age groups.

Forty-four-year-old Charlie Parmalee, of Morris, N.Y., won the masters division five years ago when the race was known as the Price Chopperthon. Last year he placed third in the Schenectady-to-Albany race behind Pat Glover and Bill Robinson. This year, with Robinson and Glover not entered, Parmalee cruised to a masters victory in 1:14:22, good for seventh overall. Ron Gay, 41, took second (1:15:47).

Lee Wilcox of Troy, N.Y., will turn 50 in September, but he showed he could still keep up with the youngsters, finishing 17th and third among the

masters to win the M45 division in 1:17:17.

The day's most impressive performance was turned in by the race's oldest runner, 75-year-old Bill Brobston of Saugerties, N.Y., who topped the M70+ category in 1:46:09.

Forty-three-year-old Susan Engle of Troy, N.Y., was the first masters woman, leading the W40 age group with a 1:38:34.

Fifty-eight-year-old Nancy Gerstenberger of Colonie, N.Y., usually runs in the shadow of national class runner Anny Stockman, but with Stockman on the sidelines with an injury, Gerstenberger could shine on her own. Her 1:40:36 was only two minutes behind the masters winner, clearly the best female masters performance of the day. The oldest woman in the race was 61-year-old Regina Tumidajewicz of Amsterdam, N.Y., who won the W60+ age group in a time of 2:02:26. □



Lawrence Fisher at Gloversville, N.Y., checks the clock as he finishes the Hudson-Mohawk half-marathon, April 10. His time of 1:27:18 was good for third in M50 age group.

Racewalking Growing in Popularity

by VIISHA SEDLAK

Racewalking is rapidly growing in popularity both as a fitness activity and as a competitive sport. The American Racewalk Association has been established to fill the gap in available information and training opportunities for the new or current walker.

Why would a relatively unknown sport suddenly begin to attract thousands of participants? The running boom of the '70s brought fitness to the attention of the average non-jock American. But that same boom pre-ordained the countless foot, leg, hip, and back injuries of many road-miles later. Many of those injured runners turned to walking to maintain fitness. They crossed paths with racewalkers and discovered that racewalking is a lower-impact activity than regular walking and feels a lot more comfortable.

Of additional benefit, racewalking uses more full-body musculature and thus burns more fat than regular walking; females especially noticed that racewalking firmed and slimmed their thighs and buttocks more effectively than jogging or regular walking. Both men and women racewalkers noticed the increased firmness and strength in the abdominal area. The racewalk

technique feels like "dancing," "flowing," and "just plain fun," according to its enthusiasts.

Now, many of those hearing about racewalking and its benefits want to learn the correct technique and become more involved in the sport. Most of these people have few or no local resources. The American Racewalk Association is changing that predicament. Founded by Viisha Sedlak (two-time member of the U.S. National Racewalk Team and double Gold Medalist in the 1987 World Veterans Games), the ARA states the following objectives:

1. To network racewalkers throughout the U.S.A.
2. To provide educational programs and materials for the promotion of greater health and self-esteem through walking.
3. To encourage and develop youthful racewalkers in the U.S.A. as our investment in America's future.
4. To create travel opportunities for racewalkers who are looking for healthful ways to explore our country and our world through walking.

For an annual membership fee of \$25, the ARA sends each new member a welcome kit of instructional materials and a quarterly newsletter. Members are notified of races, clinics, camps, and travel plans with hefty discounts. Video coaching is available by mail to help members achieve personal fitness or competition goals.

Because ARA feels that racewalking is especially beneficial for those over 35 years of age, ARA is encouraging members to prepare for the 1989 World Veterans Championships in Eugene, Oregon, and is making

available a 40% airfare discount from anywhere in the U.S.A.

For further information, contact: American Racewalk Association, P.O. Box 18323, Boulder, CO 80308-8323. 303/447-0156. □

AMERICAN RACEWALK ASSOCIATION Membership Application

Membership in ARA brings you:

New Member Information Packet

Quarterly Newsletter packet with information and updates on:

- Health Walking
- Video Coaching
- Competitive Walking
- Nutrition
- Self-Care
- USA Coast-to-Coast Networking for Walkers
- Tours, Camps, Clinics in USA and Abroad
- Member Discounts on all ARA Activities and Products

PRINT CLEARLY OR TYPE:

NAME: _____ PHONE: () _____

ADDRESS: _____

CITY/STATE/ZIP: _____

- Interests: ☐ Walking for Fitness ☐ Stress Management
☐ Competition ☐ Camps or Clinics
☐ Fat Reduction ☐ Travel, Walking Tours
☐ Other _____

Enclosed is my check or money order for \$25.00 payable to American RaceWalk Association for my one-year membership.

Mail to: P.O. Box 18323
Boulder, CO 80308-8323

Viisha Sedlak won two gold medals (in the 5K and 10K racewalks) at the VII World Veterans Games in Melbourne last year. A former ultramarathon record-holder, she now tours the country giving racewalking clinics and promoting racewalking in the media. She'll conduct semi-weekly clinics this summer in Boulder, Colo.

PROFILE

Andre Tocco: Mr. Versatility

One of the happiest moments in the life of Andre Jean-Baptiste Tocco was right after his house was burglarized several years ago. Tocco was out of town on business when he received a call from his very upset wife informing him of the break-in. He raced home and immediately checked to see if his most prized possession had been taken.

His silver belt buckle from the 1980 Western States 100 miler was still there. "I was very happy!" Tocco says, laughing.

It doesn't take much to please Tocco, a 52-year-old San Pedro, California resident. Although he has garnered dozens of age-class awards over the past ten years, he is satisfied with just being able to compete.

"To find myself at 52 being able to run 80 to 83 miles a week, race 20 to 30 times a year at all distances, and still be able to finish in the top five to ten percent is reason enough to be happy," he offers.

Tocco is one of the most versatile age-class competitors around. Besides his 14th place overall finish in the

Western States, he has excelled in the Ironman and Ultraman triathlons, and has won his division in races as short as five kilometers. In the Paramount 10K this year, he recorded a 34:23, a time which only a few men his age are capable of.

Born in Casablanca, French Morocco, Tocco didn't run competitively during his youth. However, he did get in a lot of track work, racing thoroughbred horses for his father and becoming the youngest jockey, at 15, to win a race in his native country. He was the North Africa swimming champion at 100, 400, and 1500 meters in 1956 and won a three-mile swim around Casablanca Harbor in 1957. He also played soccer.



Andre Tocco, center, poses with Jack Tuttle, left, and Johnny Faerber after the Hawaiian Style 8K, Honolulu, May 8. The three went 1-2-3 in the M50 division with Tocco leading the way in 28:16. Photo by Tesh Teshima

After moving to New York in 1960, Tocco rode horses at Belmont race track and played soccer for a French team while he learned English. In New York, he went to work for Renault, which eventually transferred him to Houston and then Dallas. "When I lived in Houston from 1965 to 1968, my only sport was fishing in Galveston every weekend," Tocco says. "When I moved to Dallas, I started playing tennis, about 15-20 hours a week."

Tennis continued to be Tocco's sport for several years after he moved to Los Angeles in 1973 to take a position with American Motors. But it was often difficult to find a free court in the congested Los Angeles suburb. "I started running around the tennis court, then all around the park, around the block, around town, around the peninsula, and I never stopped," Tocco explains how he got started.

From just 500 miles of running in all of 1977, including a 3:23 marathon, Tocco advanced to 2,000 miles in 1978, including a 2:46 marathon and a 33:50 10K. He continued to improve, recording a 32:51 10K, a 51:15 national 45-49 record at 15K, and a 2:35 marathon in 1982 on some 3,600 miles of running.

It was in 1982 that the 5-foot-8, 129-pound Tocco took on the Ironman challenge. The event was held twice that year. In the February Ironman, he completed the grueling event, consisting of a 2.4-mile swim, 112-mile bike ride, and a 26.2-mile run, in 11 hours, 49 minutes, while setting a division record. In the October Ironman, he improved his record by 32 minutes.

The following year, Tocco tackled the Ultraman Triathlon, double the Ironman distance, and again won his age division and set a record.

Tocco has slowed a little over the past few years, but he doesn't let that bother him. "I am a realist," he says. "I can't run as fast as before, but as long as I can run as far as before I consider myself very fortunate and privileged."

Now employed as a technical instructor for Chrysler Corporation, Tocco spends about three weeks out of every month traveling. But he doesn't let that stop him from getting in those 80-plus training miles each week, not to mention occasional swimming and biking.

Much of the credit for his success, he says, must go to his family. Brigitte, his wife since 1961, also runs, as do their children, Martine, 24, and Christophe, 18. They understand his dedication and are often on hand to cheer him on.

"I have a good, supportive family with good kids not involved in any kind of trouble," Tocco concludes. "I have good home cooking, a proper, realistic diet. I exercise every day. I'm fortunate not to have any physical disability. The way I see it that's the key to staying young and being happy." □ — Mike Tymn



Tocco isn't an "Ultraman" anymore, but it doesn't show as he works out on his bike in his backyard of Los Angeles.

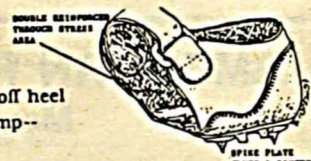
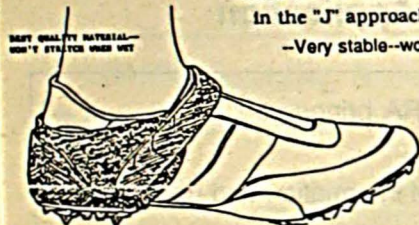
THE "J" HEEL WILL CONVERT A STANDARD TRACK SPIKE INTO A MULTIPURPOSE SHOE FOR JUMPERS AND THROWERS

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--Used on the take-off heel or on the off heel in the "J" approach in the High Jump--

--Very stable--won't roll or slip--

SOFT QUALITY MATERIAL--
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Designed by Tom Ragdale, high school track coach for 30 years and U of O track official for 35 years

The "J" Heel is fantastic! Our heptathlete is doing great with it--she can hardly tell it's on her foot over the sprint spike.

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Bob Bush, College of San Mateo

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Dennis Davis, North Eugene HS Track, Oregon

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Roger Herbert, Sheldon HS Track, Oregon

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John Gillespie, Asst. Track Coach, U of Oregon

I think this is one of the most practical and innovative additions to track and field in many years. The "J" Heel is a real aid to our multi-event athletes since they do not have to invest in 2 or 3 different shoes and still have a secure heel to be competitive.

Jim Puckett, Competitions Director
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VIII World Veterans' Games

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Name _____

Delivery address _____

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12 Months To Go

Countdown to Eugene

Schedule, Entry and Housing Forms in this Issue

Continued from page 1

Veterans Athletics Championships.

Tour packages to be offered to competitors include: white water rafting, a winery trip, Oregon coast trips, tours of the lava caves and Western Town. Other options include Mt. St. Helens, Ashland, and local city tours.

Many foreign entrants are expected to compete in the U.S. TAC National Masters Track and Field Championships in San Diego, one week before the World Championships, and then explore the beauty of the California coast, en route to Oregon. □

Two World Records Set in Pan-Am Games

The 5th Pan-American Veteran Athletes Championships, held in Santiago, Chile, on April 1-2, drew participants from throughout South America and a handful of athletes from the U.S., Canada, and Puerto Rico.

Two world records were broken by women athletes. Chile's Wanda Dos Santos, W55, ran the 80H in 14.20, bettering the 14.81 time by Sweden's Asta Larssen. Silvia Sanchez, W55, of Chile, threw the hammer 70-9¼ (21.58). Bernice Holland of the U.S. holds the present mark of 20.37, and Wini Papene of New Zealand has a pending mark of 20.90.

Other outstanding performers included:

— Rolando Puelles, Chile, M45, 400

(53.8).

— Ricardo Figueroa, Chile, M70, 800 (2:37.9) and 1500 (5:29.8).

— Herman Strutz, Chile, M60, discus (149-9).

— Antonio Conceicao, Brazil, M50, with the meet's best hammer mark of 161-10.

— Ercito Salazar, Chile, M65, 5000 walk (28:16).

— Hector Suriano, Argentina, M70, 20K walk (2:26:28).

— Maria Gaete, Chile, W55, 100 (14.46) and 200 (29.57).

— Anneliese Schmidt, Brazil, W60, javelin (92.1).

Art Jaago of Canada won the M60 shot put (38-7¼) and javelin (134-9), and placed second in the discus and hammer. □



Members of the WAVA Council and the Eugene Organizing Committee inspecting the facilities for the VIII World Veterans Championships next year in Eugene. From left: Mrs. & Mr. Don Farquharson, John Smith, Jim Blair, Al Sheahen, Barbara Kousky, Peg Smith, Jerry Donley, Bridget Cushen, Alastair Lynn, Bob Fine, Cesare Beccalli, Jorge Alzamora. Photo from Jorge Alzamora

SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS

PARQUE SIXTO ESCOBAR, SAN JUAN, P.R.
17-18 SEPTEMBER 1988

SPONSORED BY THE PUERTO RICO MASTERS ASSOCIATION
AGE DIVISION: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64
65-69; 70-74; 75-79; 80 AND OVER
ENTRY FEE: \$5.00 FIRST EVENT, \$3.00 EACH ADDITIONAL EVENT. RELAYS FREE.
AWARDS: MEDALS TO FIRST THREE IN EACH AGE DIVISION
DEADLINE FOR ENTRIES: SEPTEMBER 10, 1988.
RELAYS: BY COUNTRIES OR CLUBS WITH DIVISIONS IN 10 YEARS INCREMENTS.
ENTRIES FOR RELAYS MUST BE TURNED IN BY 6:00 P.M.
SATURDAY AND SUNDAY.
ENTRIES: SEND THE ENTRY FORM, BELLOW WITH CHECK TO:
PUERTO RICO MASTERS ASSOCIATION
MR. GILBERTO GONZALEZ JULIA
P.O. BOX 11074, CAPARRA HEIGHTS, SAN JUAN, P.R. 00922
REGISTRATION: AT PARQUE SIXTO ESCOBAR FROM 10:00 A.M. ON SATURDAY 17.
HOTELS: ACCOMMODATIONS SHOULD BE ARRANGED BY INDIVIDUAL PARTICIPANTS.

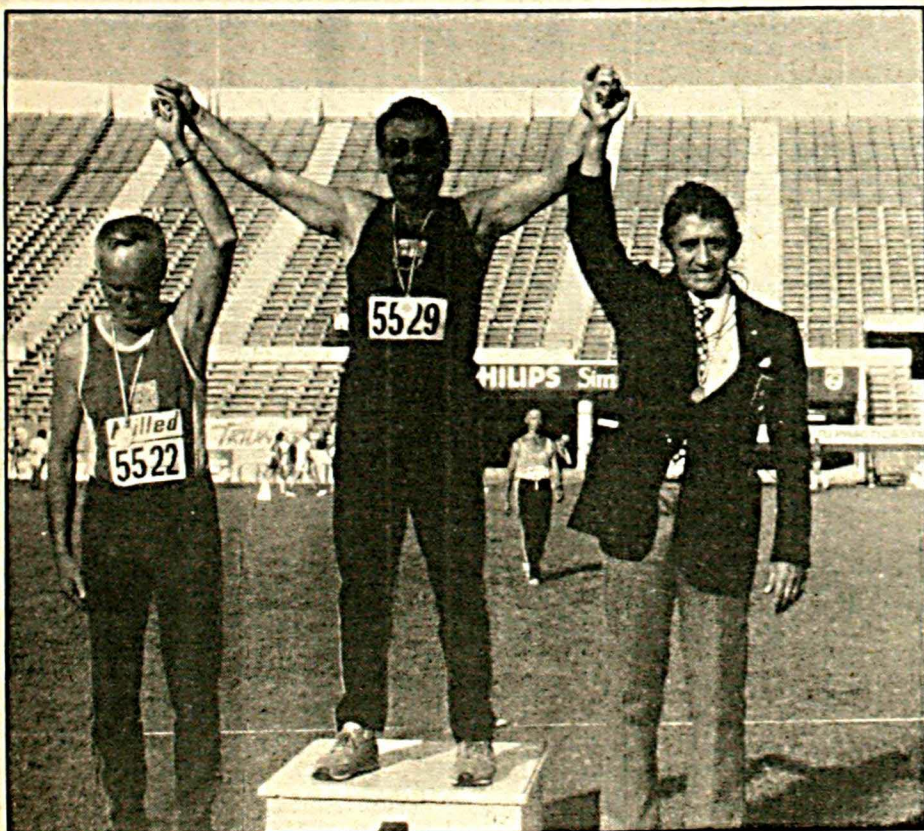
THE FOLLOWING HOTELS ARE IN THE VICINITY OF THE PARQUE SIXTO ESCOBAR.
CARIBE HILTON TEL. (809) 721-0303 OCEAN SIDE TEL. (809) 722-2410
HOLIDAY INN " (809) 721-1000 QUALITY ROYALE (809) 721-4100
EXCELSIOR " (809) 721-7400 MIRAMAR " (809) 722-6239
HOTEL TORO " (809) 725-5150 TANAMA " (809) 724-4160

SCHEDULE OF EVENTS:
TIME SATURDAY SEPT. 17 SUNDAY SEPT. 18
3:30 P.M. 1. 400 M. HURDLES 14. 400 M. (W-M)
4:00 P.M. 2. 300 M. HURDLES 15. SHOT PUT (W-M)
3. POLE VAULT 16. LONG JUMP (W-M)
4. HAMMER
5:00 P.M. 5. 110 M. HURDLES (M) 17. 800 M. (W-M)
6. 100 M. HURDLES (W-M) 18. JAVELIN (W-M)
7. 80 M. HURDLES (M) 19. HIGH JUMP (W-M)
5:30 P.M. 8. DISCUS (W-M) 20. 5000 M. (W-M)
6:30 P.M. 9. 3000 M. STEEPLECHASE 21. 200 M. (W-M)
10. 2000 M. STEEPLECHASE
7:30 P.M. 11. 100 M. (W-M) 22. 5K WALK (W-M)
8:00 P.M. 12. 1500 M. (W-M) AFTER 5K WALK
4 X 400 RELAY (W-M)
8:30 P.M. 13. 10000 M. (W-M)
AFTER 4 X 100 RELAY (W-M)
10000
ORDER OF COMPETITION WILL BE: WOMEN AND MEN - OLD TO YOUNG

TO ENTER, COMPLETE AND RETURN THE FOLLOWING:
ATHLETIC RELEASE: IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN THE SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS, I DO HEREBY, FOR MYSELF, MY HEIRS AND EXECUTORS, WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL CLAIMS FOR DAMAGES WHICH I MAY HAVE, OR WHICH MAY HEREAFTER ACCRUE TO ME AGAINST THE CITY OF SAN JUAN, THE ORGANIZING COMMITTEE OR THEIR OFFICERS OR AGENTS AND THE PARQUE SIXTO ESCOBAR AND ANY AND ALL SPONSORS OF THE AFOREMENTIONED CHAMPIONSHIPS. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS WHICH PREVENT ME FROM COMPETING AND I COMPETE AT MY OWN RISK.

NAME _____ PHONE _____
ADDRESS _____
AGE (AS OF SEPT. 17, 1988) _____ DIVISION _____ M OR F _____
PLEASE ENTER ME:
1. _____ 5. _____
2. _____ 6. _____
3. _____ 7. _____
4. _____ 8. _____

SIGNATURE _____ DATE _____



Winners in the M55 Pole Vault at the April 1 Pan-Am Games held in Santiago, Chile were, from left: L. Muxica, F. Zurita (2.90 Meters) and J. Alzamora.



Report from Britain

by ALASTAIR AITKEN and MARTIN DUFF

Alun Roper, the 42-year-old Welsh solicitor, ran the fastest veteran time in the National AAA Nike Road Relay Championships at Sutton Coldfield, April 23, and brought his club, Swansea, to fourth place. The second fastest veteran "short-leg" (3 miles) time was by Allan Rushmer (14:48), with Martin Duff posting the third best (15:00).

Roper went on to win the Kodak BVAF 5K Championships at Hemel Hempstead, April 30, as he held off 40-year-old Peter Jones by two seconds with a 14:54. Shel Cowles was third at 15:00; Mike Green, fourth (15:12); and Martin Duff, fifth (15:18), ahead of World Games 800 champion Ron Bell.

Glynis Penny of Cambridge was a very clear winner in the women's race in 16:56 from W40 Carolyn Oxtan (18:17) and Dot Fellows (18:38).

Anne Ford, now 36, who did 2:30:88 in the London Marathon will represent Great Britain in the marathon in the 1988 Olympics in Seoul. Paula Fudge, her twin sister, will not be joining her, as the final U.K. spot has gone to Priscilla Welch, 42, after her Boston victory.

In the London Marathon, Joe Waller ran 3:00:34, which is thought to be a world best for W65.

In the Ethiopia Famine Relief 10K at Stretford, May 7, Jeff Norman, an ex-Olympian, won outright in 33:40.

Veteran walkers have been shining on the roads recently with Adrian James of Enfield winning the Loughton AC Invitation Walk, May 7, holding off his nearest rival by seven minutes. In the Eastbourne Open 7 Mile Walk, May 8, veterans took 1st, 2nd, 4th, and 6th place, with Carl Lawton the leader at 54:25. □

World Veterans Weight Pentathlon Age-Factored Results Talled

Compiled by BOB STONE and PHIL PARTRIDGE

Results of the December 7, 1987, World Veterans' Weight Pentathlon held in Melbourne following completion of the individual event competition have been rescored using one-year age-factor tables used for the past several years for annual summaries and world records published in *National Masters News*. The use of age-factors attempts to correct for age and weight of implements to provide results more indicative of relative performance levels. The results on which this rescoring is based were kindly supplied by Mr. Roy Foley, director of the event.

This, the first officially sanctioned weight pentathlon held in conjunction with a World Veterans' Games, proved to be a very popular event based on the 121 participants from 20 countries. For many of the participants, it was their first weight pentathlon. Competition was in the regular five-year age groups, with each group throwing the WAVA weight implements.

The top sixteen age-factor scores among men participants are listed in the attached table. The top score of 4841, made by Richard Rzehak, age 58, from West Germany, is the highest ever made in Veterans' competition.

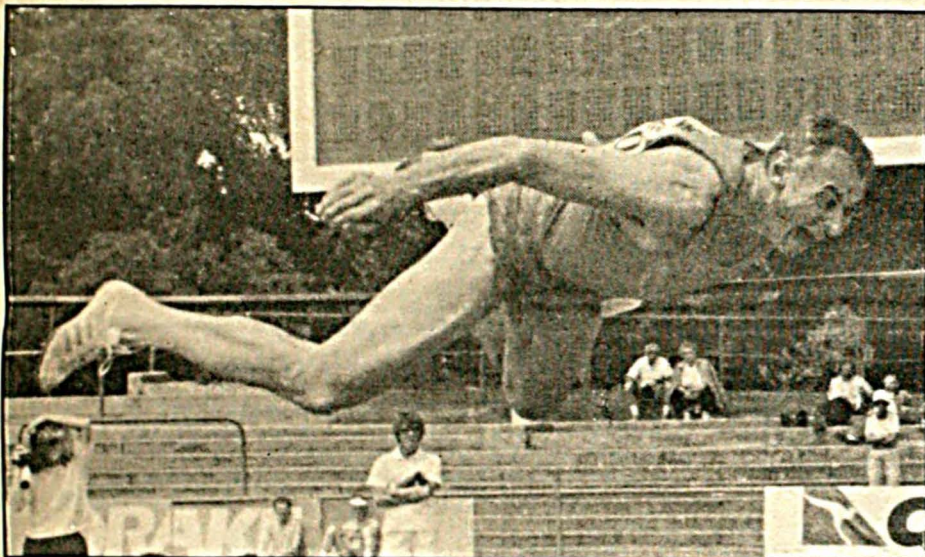
Showing that this was no fluke, Rzehak was first in hammer, and second in shot, discus, and javelin in the M55 individual event competition at Melbourne.

There are no one-year age factors for women. However, Joan Stratton (USA-W35) was second in her division with excellent marks; while Bernice Holland (USA-W60) won her division, to add to firsts in discus and javelin in individual events held earlier at Melbourne.

This was the first exposure for many of the European participants to the weight pentathlon. A great many expressed the hope that the VIII Games to be held next year in Eugene, Oregon, will include this event in its program. □

Gilmour Sets Half-Marathon Mark

Australia's John Gilmour, 69, recorded an astonishing M65-69 world-best 1:20:35 for the half-marathon at Bunbury, W. Australia, May 1. In a field of 211 starters, he was first master over the age of 45. First 40+ were Bob Argyle (1:15:33) and Marjorie Forden (W40, 1:36:37).



Frank Vivod of Yugoslavia, who tied for second-place in the M40 high jump (1.87) in the World Veterans Games in Melbourne. Photo by Don Johnson

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Wellington, New Zealand

AFRICA:
Contact President

		Hammer	Shot	Discus	Javelin	Weight	Points
1.	R. Rzehak FRG Age 58	53.06 1025	13.91 909	43.96 874	47.94 915	15.24 1118	4841 ¹
2.	O. Renvall Fin Age 77	35.36 864	10.78 864	37.72 995	22.04 665	8.72 759	4147
3.	K. Broderson FRG Age 80	32.84 871	9.13 785	34.30 993	24.22 803	7.27 680	4132
4.	R. Strandli Swe Age 62	41.16 811	12.66 799	46.92 850	41.08 799	13.75 819	4078
5.	C. Wallin USA Age 46	44.90 834	15.72 963	38.72 746	42.44 641	14.62 855	4039
6.	A. Pavulins Aus Age 63	38.30 776	11.92 763	44.86 829	40.86 814	12.92 783	3965
7.	C. Blair USA Age 56	45.96 885	12.98 813	35.08 658	33.06 607	12.80 906	3869
8.	A. Dunlop Den Age 61	44.32 849	11.64 709	50.14 591	31.08 585	13.11 757	3791
9.	R. Foley Aus Age 70	43.16 878	10.84 719	36.03 781	20.66 485	12.47 909	3772
10.	E. Svennevik Nor Age 69	31.80 743	10.66 775	37.84 800	27.16 640	11.09 778	3736
11.	S. Johnson NZ Age 65	41.60 865	11.29 750	40.56 780	23.90 487	12.63 805	3687
12.	E. Shaw USA Age 70	37.90 786	11.17 745	36.18 783	23.14 555	11.29 816	3685
13.	W. Bialonczyk Aust Age 44	40.06 736	14.22 844	38.18 714	44.86 658	13.06 726	3678
14.	L. Olson USA Age 56	39.72 782	12.31 765	39.72 756	34.06 626	10.42 715	3644
15.	L. Gundersrud Nor Age 53	30.82 586	13.75 823	48.36 882	43.50 750	9.58 595	3636
16.	B. Humphreys USA Age 51	41.66 755	13.64 789	48.92 865	27.54 428	12.56 793	3630

Other USA: Bruska-3620; Stone-3497; B. McKenna-3179; Ricciardi-3137; Carstensen-3119; England-3115; Crane-2921; Anderson-2623; Weaver-2294; Salvio-1842

1-Highest age-factor score ever recorded

VIII WORLD VETERANS' CHAMPIONSHIPS

JULY 27 - AUGUST 6, 1989



OFFICIAL ENTRY BOOKLET

Invitation to the VIII World Veterans' Championships

On behalf of the Organizing Committee and the veteran athletes of the United States, we would like to invite you to come to Eugene-Springfield, Oregon for the VIII World Veterans' Championships.

In this Entry Booklet, you will find information on competition entry, housing, tours, and much more. Specific information on exact competition time-schedules, shuttle bus system, and tourist information will be printed in the Competitor's Handbook available in your packet upon arrival in Eugene-Springfield. In the meantime, we suggest you read the "National Masters News" (address inside) for further information.

We look forward to seeing you here in July 1989 for the VIII World Veterans' Championships.

Thomas C. Jordan

Executive Director

Barbara Kousky

Executive Secretary

NEW EVENTS

WORLD CHAMPIONSHIPS 10K ROAD RACE

The VIII World Veterans' Championships will inaugurate a new event — the 10-kilometer Road Race — a World Championships event for veterans only, with medals awarded in each age division. It will be held on Thursday, July 27, the opening day of the VIII World Veterans' Championships, and it will be a top-level 10K on a flat, fast course. We invite all distance runners to take part in this exciting new event.

HEPTATHLON/DECATHLON

At the recommendation of the WAVA Multi-Events Committee, the pentathlon has been replaced by a heptathlon for women and a decathlon for men. It will be held July 27-28, on the first two days of the Championships. There will be no pentathlon held as a World Championships event.

RESULTS BOOK

A Results Book will be made available for purchase to all World Veterans' Championships competitors. Check your Competitor's Handbook upon arrival for ordering instructions.

AIR TRAVEL TO EUGENE

"Adventure in Travel" is the official travel agent for the VIII World Veterans' Championships. If you are arriving by air, we recommend you make your arrangements through Adventure in Travel. Not only do they know the Eugene and Portland air schedules intimately, as the representative of our official airline, United Airlines, Adventure in Travel can offer 5% off the lowest discounted fare available on any United flight into Eugene and Portland.

Phone: 1-800/545-5477 within the United States

FAX: 503/345-6487

Address: 864 West Park, Eugene, Oregon 97401-2929

NATIONAL MASTERS NEWS

The National Masters News is the official publication of WAVA and TAC. It will be carrying updated progress reports on the VIII World Veterans' Championships, and will prove a valuable source of information for all competitors. A one-year subscription (12 issues) is \$18.75; add \$5 outside USA; add \$8 1st class (USA & Canada); add \$15 foreign airmail. Send to National Masters News, P.O. Box 5185, Pasadena, CA 91107. 818/577-7233.

MEDAL STANDARDS

Athletes finishing 1st, 2nd, or 3rd in their event must achieve or better the following standards in order to be awarded a World Veterans' Championships Gold, Silver, or Bronze Medal.

	100	200	400	800	1500	5KM	10KM	Hurdles	3H/4H	St	Walk 5KM
M40	12.6	26.4	58.0	2:15	4:40	18:30	39:00	18.5	67.0	11:30	28:30
M45	13.1	27.4	60.5	2:21	4:50	19:00	41:00	19.5	69.0	12:30	30:00
M50	13.8	28.4	63.0	2:27	5:00	19:30	43:00	20.5	54.0	13:30	31:00
M55	14.4	30.6	66.0	2:35	5:15	21:00	45:00	22.0	56.0	15:00	32:00
M60	14.9	31.8	70.0	2:48	5:45	22:30	48:00	23.5	58.0	9:20	33:00
M65	15.9	33.0	73.0	3:01	6:25	25:00	53:00	25.0	60.0	11:00	36:00
M70	16.9	35.0	79.0	3:15	7:30	27:30	58:00	27.0	64.0	12:40	39:00
M75	17.9	37.5	88.0	3:30	8:00	30:00	63:00	29.0	68.0	14:30	42:00
M80	19.0	42.0	1:48.0	3:45	8:30	32:30	68:00	31.0	73.0	16:20	46:00
M85	22.0	46.5	2:00.0	4:40	9:40	35:00	74:00	34.0	78.0	18:00	50:00
M90	24.0	52.0	2:40.0	5:40	11:40	37:30	80:00	38.0	83.0	19:40	55:00
M95	30.0	65.0	3:00.0	6:40	13:40	40:00	86:00	42.0	88.0	21:00	60:00
W35	14.2	28.0	63.0	2:30	5:10	19:00	40:00	16.0	73.0		32:00
W40	14.9	29.5	68.0	2:35	5:25	20:00	42:00	17.0	80.0		33:00
W45	15.2	31.0	73.0	2:40	5:40	22:00	45:00	18.0	85.0		34:30
W50	16.4	33.0	80.0	2:50	6:00	24:00	50:00	19.0	61.0		37:00
W55	17.0	35.0	90.0	3:10	6:20	26:00	55:00	21.0	66.0		39:30
W60	18.0	37.0	1:40.0	3:30	6:50	29:00	62:00	23.0	71.0		41:00
W65	19.0	39.0	1:50.0	3:50	7:30	32:00	68:00	26.0	76.0		43:00
W70	20.0	43.0	2:15.0	4:20	8:45	35:00	74:00	30.0	81.0		45:00
W75	21.5	46.0	2:35.0	4:50	10:00	38:30	80:00	37.0	86.0		49:00
W80	23.7	50.0	2:55.0	5:20	11:15	42:00	86:00	44.0	92.0		53:00
W85	26.3	54.0	3:15.0	5:50	12:30	45:30	94:00	51.0	98.0		57:00
W90	30.0	63.0	3:35.0	6:20	13:45	49:00	1:44:00	58.0	1:44.0		62:00
W95	35.0	75.0	3:55.0	6:50	15:00	53:00	1:54:00	65.0	1:50.0		67:00

	High Jump	Long Jump	Shot Put	Triple Jump	Discus Throw	Javelin Throw	Pole Vault	Hammer Throw
M40	1.6	5.5	11.5	11.5	34.0	44.0	3.4	40.0
M45	1.5	4.9	10.5	10.5	33.0	40.0	3.2	38.0
M50	1.4	4.7	9.5	9.5	32.0	44.0	3.0	38.0
M55	1.3	4.4	9.0	9.0	28.0	40.0	2.8	29.0
M60	1.25	4.1	8.5	8.5	34.0	40.0	2.6	34.0
M65	1.20	3.9	8.0	8.0	28.0	32.0	2.4	30.0
M70	1.00	3.7	7.5	7.5	25.0	30.0	2.2	25.0
M75	.95	3.4	7.0	6.0	21.0	28.0	2.1	20.0
M80	.90	2.6	6.75	5.0	18.0	16.0	2.0	12.0
M85	.87	2.4	6.0	4.0	13.0	13.0	1.9	10.0
M90	.85	2.2	4.0	3.9	9.0	12.0	1.8	9.0
M95	.83	2.0	3.9	3.8	8.5	11.0	1.7	8.0
W35	1.3	4.8	9.0		26.0	28.0		
W40	1.2	4.4	8.5		24.0	25.0		
W45	1.1	4.0	8.0		23.0	23.0		
W50	1.05	3.6	10.0		22.0	23.0		
W55	1.00	3.2	7.0		20.0	20.0		
W60	.95	2.8	8.0		19.0	19.0		
W65	.90	2.5	6.25		15.0	15.0		
W70	.85	2.2	6.0		13.0	14.0		
W75	.80	2.0	5.5		9.0	10.0		
W80	.75	1.8	5.25		8.8	9.9		
W85	.73	1.7	5.0		8.6	9.8		
W90	.71	1.6	4.75		8.4	9.7		
W95	.70	1.5	4.5		8.3	9.6		

*No standards for women in steeplechase, triple jump, pole vault, or hammer throw as these are new women's events in the Championships.

NOTE — THERE ARE NO PERFORMANCE STANDARDS FOR ENTRY INTO THE CHAMPIONSHIPS.

U.S. NATIONAL CHAMPIONSHIPS

The U.S. TAC National Masters (Veterans) athletics championships for men and women 30 and over will be held in San Diego, California on July 20-23, 1989, one week prior to the World Championships. All foreign competitors are invited to compete. For further information write to David H.R. Pain, 5643 Campanile Way, San Diego, CA 92115, (619) 582-3316, FAX 619-7991.

MEDAL STANDARDS

At the April, 1988, WAVA Council meeting, the Council adopted performance standards for the awarding of medals. Athletes finishing 1st, 2nd or 3rd in their event must achieve or better the standards as listed in the Appendix in order to be awarded a World Veterans' Championships Gold, Silver or Bronze Medal. THE STANDARDS LISTED ARE NOT ENTRY STANDARDS. THERE ARE NO PERFORMANCE STANDARDS FOR ENTRY INTO THE CHAMPIONSHIPS.

VIII WORLD VETERANS' CHAMPIONSHIPS CALENDAR OF EVENTS

July 25	WAVA Council Meeting
July 26	WAVA Council Meeting
July 27	10K Road Race Championships Decathlon and Heptathlon
July 28	Decathlon and Heptathlon Opening Ceremony
July 29	Start of Track & Field Competition
July 31	Non-Competition Day Regional Meetings Stadia and Non-Stadia Committee Meetings Participation Forum
August 1	Women's General Meeting
August 2	Non-Competition Day WAVA General Assembly Competition Banquet
August 6	Closing Ceremony

ENTRY REQUIREMENTS

Entry forms or photocopies must be used.
Confirmation is not received by June 15, 1989, contact Organizing Committee.
Countries must first be processed by their Veterans' Federation/Association. The Federation/Association will then forward all competition entries to the Organizing Committee. Countries include: Argentina, Aruba, Belgium, Bolivia, Brazil, Canada, Chile, Colombia, Denmark, France, Great Britain, Holland, Hungary, Iceland, India, Ireland, Japan, Korea, Norway, Paraguay, Peru, Philippines, Portugal, Singapore, Sweden, Switzerland, Taiwan, Thailand, Trinidad & Tobago, Uruguay, U.S. Virgin Islands, Venezuela.

Competition entry direct to:

Participants must be born on or before 27 July 1949, and all women born on or before 27 July 1949.

Only two copies of birth certificate or passport will be accepted.

Participants must not receive any advantage over other competitors by the assistance so received. A tether may be used but not to pull the competitor.

RULES AND QUALIFICATIONS

Participants must adhere to any special rules laid down in this invitation. The Organizing and Technical Committees.

Participants must complete the outer lanes to complete the event if this becomes necessary.

Participants must remove competitors whose performance is considered dangerous.

Participants must compete in all events.

Participants may move down an age-group. An athlete may move down an age group if the team scoring can still participate as an individual in his/her event.

Teams will be formed for the 1st, 2nd, or 3rd in their team event. Teams will be formed for the 1st, 2nd, or 3rd in their team event.

Participants must aggregate times by teams of the first five of each country to finish.

Events: 400m Relay, Marathon, Road Walks and Cross Country:

M40-44 M60-69
M45-49 M70-Over
M50-54
M55-59

Participants must be provided by the Organizers. Competitors may use equipment to the rules and are certified by the Equipment Official.

Participants must use that equipment if he/she so wishes.

Participants must use that equipment if he/she so wishes.

Participants must follow the following qualifying conditions will apply. In non-lane events,

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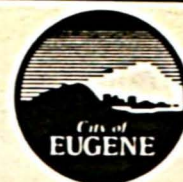
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RULES

Participants must follow the following qualifying conditions will apply. In non-lane events, participants must follow the following qualifying conditions will apply. In non-lane events, participants must follow the following qualifying conditions will apply.



COMPETITION ENTRY FORM INSTRUCTIONS

Please fill in your full name in the boxes provided, one letter per box, family name first. Then your complete address (include apartment number, if any), nationality, sex (male/female), date of birth, and age.

Next, figure the fees for entry as follows: There is a \$14.00 fee assessed by WAVA. In addition, there is a cost for each event entered. The first event is \$25.00. Second, 3rd, 4th and 5th events are each \$8.00. Sixth and 7th events are \$15.00 each. Therefore, the cost for entering one event would be \$39.00; the cost for entering 5 events would be \$71.00; and the cost for entering 7 events would be \$101.00 U.S. The cost for the banquet is \$20.00 per person. Add all the costs together for your total.

Payment must be made using a bank draft, VISA or MasterCard charge cards or check in U.S. dollars.

If using a VISA or MasterCard, you must specify which charge card you are using by checking the appropriate box. Print the cardholder's name on the line provided, and the number in the boxes provided (one number per box). You also must include the expiration date printed on your card.

To specify the events in which you wish to compete, please mark the first box on the entry form with an "X" in front of the event you wish to enter.

The next section tells you which, if any, age groups compete in that event. In the "Best Mark 1988-1989" column, please list your best mark for this time frame. In addition to marking your events with an "X", please write out the name of each event you wish to enter in the section at the bottom of the page.

Please send entry form and payment to: VIII World Veterans' Championships
Organizing Committee
P.O. Box 10825
Eugene, OR 97440
USA

COMPETITION ENTRY FORM

FAMILY NAME		FIRST NAME	
ADDRESS		TELEPHONE	
ADDRESS			
CITY		STATE	
COUNTRY		ZIP CODE	
NATIONALITY			
MALE/FEMALE (M/F)	DATE OF BIRTH	MO	DAY
		YEAR	AGE
			AS OF JULY 27, 1988

1. WAVA fee	= US\$ 14.00	Payment:
2. 1st event entered	= US\$ 25.00	1. Bank draft or check in U.S. dollars
3. 2nd through 5th: Number of events x US\$ 8.00	= US\$	Payable to: VIII WVOC
4. 6th through 7th: Number of events x US\$ 15.00	= US\$	2. VISA <input type="checkbox"/> MC <input type="checkbox"/> Name:
5. Banquet tickets: Number ordered x US\$ 20.00	= US\$	NUMBER
5. TOTAL: (add above lines together)	= US\$	EXPIRATION DATE: /

MARK EVENT HERE WITH AN "X"

Event	Name of Event	Women's Age Groups	Men's Age Groups	Best Mark 1988-1989
1	100 METER DASH	All Age Groups	All Age Groups	
2	200 METER DASH	All Age Groups	All Age Groups	
4	400 METER DASH	All Age Groups	All Age Groups	
8	800 METER RUN	All Age Groups	All Age Groups	
15	1,500 METER RUN	All Age Groups	All Age Groups	
2Si	2,000 METER STEEPLECHASE	All Age Groups	M60 and Older	
3Si	3,000 METER STEEPLECHASE		M40 through M55	
5	5,000 METER RUN	All Age Groups	All Age Groups	
10	10,000 METER RUN	All Age Groups	All Age Groups	
8H	80 METER HURDLES	W40 and Older	M70 and Older	
OH	100 METER HURDLES	W35 Only	M50 through M65	
1H	110 METER HURDLES		M40 through M45	
3H	300 METER HURDLES	W50 and Older	M50 and Older	
4H	400 METER HURDLES	W35 through W45	M40 through M45	
1W	10 KM WALK	All Age Groups		
2W	20 KM WALK		All Age Groups	
5W	5 KM WALK	All Age Groups	All Age Groups	
CC	10 KM CROSS-COUNTRY	All Age Groups	All Age Groups	
RR	10 KM ROAD RACE	All Age Groups	All Age Groups	
M	MARATHON	All Age Groups	All Age Groups	
HJ	HIGH JUMP	All Age Groups	All Age Groups	
PV	POLE VAULT	All Age Groups	All Age Groups	
LJ	LONG JUMP	All Age Groups	All Age Groups	
TJ	TRIPLE JUMP	All Age Groups	All Age Groups	
SP	SHOT PUT	All Age Groups	All Age Groups	
DT	DISCUS THROW	All Age Groups	All Age Groups	
HE	HEPTATHLON	All Age Groups		
DE	DECATHLON		All Age Groups	
JT	JAVELIN THROW	All Age Groups	All Age Groups	
HT	HAMMER THROW	All Age Groups	All Age Groups	

To verify your requests, please write out NAME OF EACH EVENT ENTERED:

1: _____	2: _____
3: _____	4: _____
5: _____	6: _____
7: _____	

Please send this entry form and fees to:

VIII WORLD VETERANS' CHAMPIONSHIPS
UNITED STATES ORGANIZING COMMITTEE
P.O. BOX 10825
EUGENE, OR 97440 USA

I hereby declare that I am in good health and am properly conditioned for the competitions. I absolutely relieve WAVA (World Association of Veteran Athletes), the VIII World Veterans' Championships Organizing Committee, the sponsoring non-profit organizations and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the VIII World Veterans' Championships.

(Signature, Signature, Unterschrift, Firma)

(Date, Date, Datum, Fecha)

ROOM RESERVATION FORM INSTRUCTIONS

Please use one Room Reservation Form for each room reserved. Fill in the last name of the person in whose name the room reservations will be made; then first name. Write in your complete address (include apartment number), and your daytime telephone number (include any city/country codes).

Next list if you are part of a Tour Group.

List the names of all members of your party occupying the room, and indicate by "yes/no" (Y/N) if they are an adult. List their ages if children.

Indicate if anyone in your party smokes (Y/N).

List your arrival and departure dates.

Next circle the date of each night you plan to stay in your choice of accommodations.

Housing Preference: Various types of housing are available; please read the descriptions in this booklet under "Accommodations". Then use 1, 2, & 3 to indicate your preference for housing. Each University Hall and University Inn room has two beds. We will assign roommates. If you wish to room with a particular person in these rooms, check the line which says "2 person 2 beds". You must provide us with the name of the other occupant and include a deposit for two people. The person whose name appears at the top of this form will be responsible for the payment by both persons.

Next, verify your housing preference by writing out the type of housing and sleeping arrangement for your three choices. Enclose the appropriate deposit for your first housing choice and mail to the WVCOC: Post Office Box 10825 Eugene, OR 97440 USA

If using a VISA or MasterCard, you must specify which charge card you are using by checking the appropriate box. Print the cardholder's name on the line provided, and the number in the boxes provided (one number per box). You also must include the expiration date printed on your card.

ROOM RESERVATION FORM

ROOM RESERVATION IN LAST NAME OF																FIRST NAME																
ADDRESS																																
ADDRESS																																
CITY																STATE			POSTAL CODE													
COUNTRY																																
TELEPHONE																																
TOUR GROUP (if any)																																
NAMES OF ALL PERSONS OCCUPYING ROOM																																
1																ADULT (Y/N)			AGE IF CHILD													
2																ADULT (Y/N)			AGE IF CHILD													
3																ADULT (Y/N)			AGE IF CHILD													
4																ADULT (Y/N)			AGE IF CHILD													
5																ADULT (Y/N)			AGE IF CHILD													
DOES ANYONE IN PARTY SMOKE? (Y/N) <input type="checkbox"/>																																
ARRIVAL DATE	DAY		MONTH		YEAR		DEPARTURE DATE		DAY		MONTH		YEAR		TIME																	
CIRCLE DATE OF EACH NIGHT YOU ARE STAYING																																
JULY																AUGUST																
20 21 22 23 24 25 26 27 28 29 30 31																1 2 3 4 5 6 7 8 9 10 11 12 13																

HOUSING PREFERENCE

Use numbers 1, 2, 3 to indicate your first, second and third preference for housing and sleeping arrangements.

Luxury (\$67-121)	1 person 1 bed : _____	University Halls shared rooms (\$25.50 per person)
	2 persons 1 bed : _____	(\$51.00) 2 persons 2 beds : _____
	2 persons 2 beds : _____	We assign roommate. (\$25.50) 1 person 1 bed : _____
	3 persons 2 beds : _____	
	4 persons 2 beds : _____	
Deluxe (\$45-85)	1 person 1 bed : _____	University Inn (off site) shared rooms private bath
	2 persons 1 bed : _____	(\$63.00) 2 persons 2 beds : _____
	2 persons 2 beds : _____	We assign roommate. (\$31.50) 1 person 1 bed : _____
	3 persons 2 beds : _____	
	4 persons 2 beds : _____	
Tourist (\$31-62)	1 person 1 bed : _____	Cooperative housing
	2 persons 1 bed : _____	private room (\$16.00) 1 person 1 bed : _____
	2 persons 2 beds : _____	breakfast private room (\$19.50) 1 person 1 bed : _____
	3 persons 2 beds : _____	sleeping room (\$12.00) 1 person 1 bed : _____
	4 persons 2 beds : _____	breakfast sleeping room (\$15.50) 1 person 1 bed : _____
	5+ persons 3+ beds : _____	
Budget (\$32-52)	1 person 1 bed : _____	RV camping (\$7.50-17.00 per vehicle) : _____
	2 persons 1 bed : _____	Tent camping (\$4.50-11.50 per space) : _____
	2 persons 2 beds : _____	
	3 persons 2 beds : _____	
	4 persons 2 beds : _____	
	5+ persons 3+ beds : _____	

To verify your requests, please write out type of housing and sleeping arrangement for your first, second and third choices:

1. _____	_____
2. _____	_____
3. _____	_____

DEPOSIT REQUIREMENTS: Luxury \$80 per room; Deluxe \$65 per room; Tourist \$50 per room; Budget \$35 per room; University Halls \$25.50 per person; University Inn \$31.50 per person; Co-Op Housing \$20 per person; RV \$15 per space; Camping \$15 per space.

DEPOSIT FOR 1ST CHOICE: (Housing reservation will NOT be accepted without deposit.) Amount enclosed: \$ _____
Deposit must be by bank draft check in U.S. dollars, or by VISA or MasterCard.

VISA ☐ MasterCard ☐ Name: _____

Number Expiration Date: _____ / _____

Payable to: VIII WVCOC, P.O. Box 10825, Eugene, OR 97440 USA

BANQUET

Enjoy the cuisine of the Pacific Northwest at the Championships Banquet to be held on Wednesday, August 2nd, a non-competition day. Hors d'oeuvres and the meal, music, and dancing are included in the \$20 per person charge. We recommend that you sign up early for this popular function. Attendance is limited to 2,500 people (See Entry Form). Free transportation will be provided via the shuttle buses from all major housing accommodations.

SPORTS MEDICINE SEMINARS

Sports medicine seminars under the direction of world-famous orthopedic surgeon Dr. Stanley James will be offered during the championships. If you would like additional information on the seminars please write to the Organizing Committee.

DAY TOURS FOR VISITORS

We invite you to see and enjoy the beautiful Northwest on one or more of these tours. All transportation will be in luxury motor coaches with experienced drivers and guides. Prices are based on a minimum of 40 people including lunch.

An opportunity to sign up for the tours will be included with your housing confirmation, or you may write to this address for a tour registration form: VII World Veterans' Championships, Post Office Box 10825, Eugene, OR USA 97440.

A. WHITEWATER RAFTING

Paddle through whitewater, drift in the calms, and share the beauty of the ever-changing river on this exciting raft adventure.

\$45.00 half-day

\$52.00 full-day

B. HINMAN/FORGERON WINERIES (6 hours)

Sample a variety of award-winning Oregon wines as you tour two of the State's finest wineries, Hinman Vineyards and Forgeron Vineyards.

\$26.00 per person

C. OREGON COAST/SEA LION CAVES (9 hours)

Experience the rugged landscape as you travel the windswept Oregon coastline to Newport, stop at the world-renowned Sea Lion Caves, view the world-famous lighthouse at Heceta Head, and dodge the waves at Devil's Churn lookout.

\$41.50 per person

D. WILDLIFE SAFARI (9 hours)

Experience this 600-acre drive-thru park where exotic, uncaged animals from around the world roam free. Watch the rhinos resting in a cool pond or observe a lazy pride of lions sunning themselves in the tall grass.

\$35.00 per person

E. CASCADE MOUNTAINS/SISTERS TOUR (8 hours)

Enjoy the natural beauties of Oregon. View an underground spring as it forms into the Metolius River, drink in the view of the rugged Cascade Range, and tour the authentic Western town of Sisters.

\$29.00 per person

F. CRATER LAKE (13 hours)

Cradled at the crest of the wondrous Cascade Mountain Range, Crater Lake, formed nearly 6,000 years ago, is one of the world's scenic wonders and is one of the deepest lakes in the United States.

Hike 1.1 miles to the heart of the crater; board an excursion boat for a ride across the crystal blue waters of the Lake to Wizard Island, the remaining cone of what was once Mount Mazama.

\$54.50 per person

G. HISTORIC BROWNSVILLE (4 hours)

Travel to historic Brownsville to capture the essence of early Oregon life with replicas of a general store, bank, barber shop and milliner's shop, all rich with the objects of turn-of-the-century tools of the past.

\$14.50 per person (price does not include lunch)

H. WEYERHAEUSER TOUR (2 hours)

Discover how choice Oregon timber is converted into paper products as you tour the sawmill, paper and presto log operation of the Weyerhaeuser Company, the largest forest products facility in the world.

\$7.00 per person (price does not include lunch)

TRANSPORTATION

A free shuttle bus system will offer service between major housing accommodations and the competition venues for the competitors. The shuttle will also operate from the Eugene airport during peak arrival and departure times, and for the banquet. A timetable will be included in your packet.

ACCOMMODATIONS

Explanation of Room Categories is as follows:

LUXURY HOTELS: All the amenities of a Luxury Hotel, including large, air-conditioned rooms, dining room, cocktail lounge, sauna/jacuzzi, and swimming pool.

DELUXE ACCOMMODATIONS: Large rooms with air-conditioning, dining facilities, cocktail lounge, pool facilities; all but two have coffee shops and entertainment.

TOURIST ACCOMMODATIONS: Clean, affordable, air-conditioned rooms, with color TV. Some with pool and dining facilities.

BUDGET ACCOMMODATIONS: Clean, inexpensive air-conditioned rooms with color TV. Some with pool facilities.

RESIDENCE HALLS: Accommodations include three full meals per day, beds made upon arrival and daily towel service. Comfortable lounges with piano and fireplace. Access to color cable TV and laundry facilities. Shared bath on each floor.

UNIVERSITY INN: Accommodations are about 1 mile off-campus and include three full meals per day, beds made upon arrival and daily towel service. Rooms have private bath and telephone. Access to color cable TV and laundry facilities.

CO-OP LIVING: Accommodations are in large houses, accommodating up to 50+ people. Single bed, shared bath. Shared sleeping rooms (range from 4 to 40 beds per sleeping area). Limited private sleeping rooms available. All have private dressing areas. Color televisions in living areas. Options include bed and breakfast or kitchen privileges.

RECREATIONAL VEHICLES & CAMPING: Facilities include water, electrical hook-ups, and dump stations for recreational vehicles. Some facilities with pool, showers, and store.

WAVA North American Masters Track and Field Championships

Recognising how important it is to hold a "prestige" meet in a year with no World Championship, the Canadian Masters Athletic Association (C.M.A.A.), by invitation of the North American Council of WAVA, will host a North American Championship at the end of August.

Details are as follows:

THE MEET Saturday 27th and Sunday 28th August 1988.

Metropolitan Toronto Track and Field Centre.

This is a first class international facility.

Sanctioned by W.A.V.A. North American Council and its affiliates, the event will meet W.A.V.A.s requirements. For five-year age groups from 35 up, men and women.

THE LOCATION The facility is in York University campus just west of Keele and Steeles. Keele runs north from highway 401. Steeles is an east/west intersection some miles north of that. Twenty minutes from Toronto (Pearson) Airport.

SPECIFICATIONS Hurdles and implements will be to W.A.V.A standards - see table.

MEDALS North American Championship medals will be awarded - gold, silver and bronze, subject to the proviso that the competitor EITHER meets the medal standard OR beats another entrant in the event.

(CANADIAN CHAMPIONSHIPS This meet will also serve as the Canadian Championships for 1988. The top finishing Canadian in each event will receive a certificate recording that that competitor is the 1988 Canadian Champion.)

INTERNATIONAL CHALLENGE RELAY RACES

National teams may be entered for 4 x 100 and 4 x 400. The Canadian Masters medal will be awarded to the gold, silver and bronze teams in 10 year age groups from 35 up for women and 40 up for men. Entries \$20.00, at the meet.

ENTRIES

Entries must be postmarked on or before August 8th, OR received by midnight Monday August 15th. Only in very exceptional circumstances will any other entry be allowed, and the Meet Director's decision on any such request will be final. Entries will be received by:

NORTH AMERICAN CHAMPIONSHIPS

66 FELICITY DRIVE

SCARBOROUGH

ONTARIO

CANADA M1H 1E3

N.B. The Canadian postal service requires the code, so to ensure delivery, make certain the code - M1H 1E3 is correctly shown in the address.

FEES Should be paid in Canadian dollars, by cheque made out to the Canadian Masters Athletic Association. The fee structure is set out on the entry form.

Special note should be made of the requirement for membership in C.M.A.A. or T.A.C. or appropriate national masters body. Unless a membership number can be quoted on the entry form, a day membership fee of \$5 will be required for each day the entrant competes.

There is also a need to establish the W.A.V.A. North American Council on a more secure footing. Accordingly, a levy of \$5.00 is being charged to each competitor for an administrative and promotional fund.

SCHEDULING OF EVENTS

Events will take place in the order shown on the entry form, but exact timing will depend on size of entry. Within each event, the order shall be oldest to youngest, men and then women. Where justified, age groups may be combined for scheduling purposes.

ACCOMMODATION

A good motel close to the meet has been identified as the best and lowest cost accommodation available. Hotel rooms in the Toronto area in August cost upwards of \$75 per night and will be in short supply. The recommended motel is the JOURNEY'S END, at:

	Single	Double	
1st floor	\$49.99	\$56.88	plus 5% room tax
2nd floor	\$47.88	\$54.88	" " " "

Some rooms have two double beds. Extra persons, no charge.

If the response warrants it, we aim to set up a headquarters and registration room in the motel and arrange transportation to the meet.

Phone (416) 736-4700 or 1-800-668-4200 to reserve.

Please indicate on the entry return whether you have done so. We suggest you act fast!

The motel is at 66 Norfinch Drive

Downsview

Ontario Canada M3N 1X1

From Highway 401, take Highway 400 north.

Pinch Ave. E. Turn left onto Norfinch Drive.

Exit on

For further information, call Don Farquharson

Office (416) 495-4059 Home (416) 282-2555

1988 NORTH AMERICAN CHAMPIONSHIPS

SCHEDULE OF EVENTS:

Saturday August 27th.

8.30	10,000m
9.30	Hammer Throw, High Jump
10.30	100m Heats and Finals
11.30	LUNCH
12.30	Sprint Hurdles
1.00	1500m
1.30	Javelin, Long Jump
2.45	5000m Walk
3.30	400m
6.00	Banquet

Sunday August 28th.

8.00	20k road walk
9.30	400m Hurdles
10.00	5000m (sections) ShP, PoV
11.30	200m Heats and/or Finals
12.00	800m
1.00	LUNCH
1.30	200m Finals, Discus, TrJ
2.00	Steeplechase
2.30	4 x 100s and 4 x 400s.
	Weight throw

Mail completed entry to :

North American Championships

66 Felicity Drive

Scarborough

Ontario

Canada M1H 1E3

(N.B. ZIP Code is important.)

OFFICIAL ENTRY FORM: Journey's End Motel reservation made? ☐ yes ☐ no

Name: Last first middle

Address: _____

City _____ State _____ Code _____

Telephone: Home _____ Business _____

Birthday: _____ Age on August 27th: _____

Sex: Male ☐ Female ☐ National membership # _____

100m _____	5000m walk _____	Pole vault _____
200m _____	20000m walk _____	Triple jump _____
400m _____	Sprint hurdles _____	Javelin _____
800m _____	400m hurdles _____	Shot put _____
1500m _____	Steeplechase _____	Hammer throw _____
5000m _____	Long jump _____	Weight throw _____
10000m _____	High jump _____	(Relays on the day)

Fees: (Cheques payable to Canadian Masters Athletic Association)
(Canadian Funds)

First event \$10.00

Additional events @ \$4.00 each

Day membership @ \$5.00 per day

Banquet tickets @ \$20.00

North American levy \$5.00

(unless national memb.)

Total fee enclosed: _____

WAIVER:- A waiver must be signed on registration.



Britain Holds Club Road Relays

by BRIDGET CUSHEN

The first-ever British road relay championships were held on May 22 around the leafy lanes of Tring in Herts.

Director Ron Blastland, a retired businessman and veteran runner, attracted 12 ex-Olympic and 17 former British internationals, as well as all the top road runners and clubs in the country.

Each team was composed of eight runners, who each ran three miles (about 200 meters short). A total of 99 teams entered the M40-49 division; 38 in the M50-59; 6 in M60+; and 28 in W35+.

The women, M50s and M60s ran together, with the lead changing from stage to stage. Ron Franklin, still recovering from his recent foot operation, led the M60s home in 17:43, a time bettered only by Steve Charlton's 17:30.

The M40-49 race featured Tipton, the Midland club, with its long and distinguished record in club races, facing Aldershot, the much-fancied

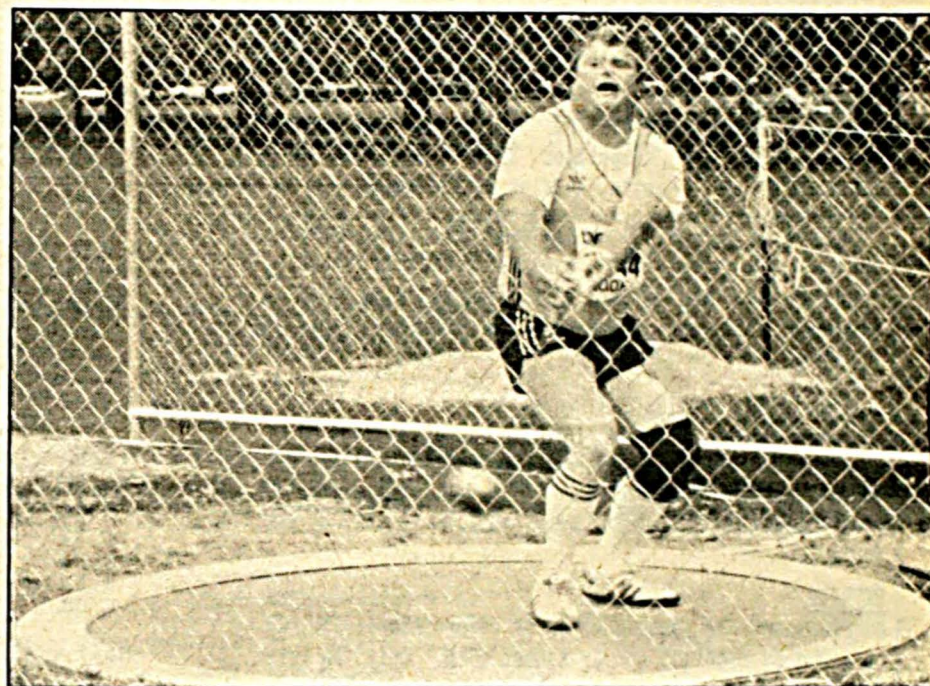


British National Veterans Road Relay (8X3 miles) M40-49 Championship Team, Aldershot & Farnham: (l to r) Techwyn Davies (14:20), Les Presland (14:10), meet organizer Ron Blastland, Eddie Cunningham (13:50), Martin

Duff (14:02), P Quigley (14:36), Brian O'Neil (14:27), J Jackson (15:59), D Rogerson (15:03). Photograph courtesy Herts. Gazette

Southern club. Aldershot's Les Presland, 48, made up seven places on his stage to give his team the victory.

Such was the intensity of the competition that three men broke 14 minutes: Alun Roper (Swansea), 13:49; Eddie Cunningham (Aldershot), 13:50; and Sheldon Cowles (Oxford), 13:53.



M40 Hans Lutz of Australia, who won the hammer throw (66.94) in the World Veterans Games in Melbourne. Photo by Don Johnson

WAVA/TAC Hurdles and Implements Specifications

HURDLES WOMEN					
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m	13.00m	8.5m	10.5m
		33"	42'8 1/2"	27'10 1/2"	34'5"
40-49	80m	.762m	12.00m	8.0m	12.00m
		30"	39'4"	26'3"	39'4"
50-59	80m	.762m	12.00m	7.0m	19.00m
		30"	39'4"	22'11 1/2"	62'4"
60-69					
70 Plus					
35-39	400m	.762m	45.00m	35.00m	40.00m
		30"	147'7 1/2"	114'9 1/2"	131'2 1/2"
40-49	400m				
50-59					
60-69	300m	.762m	50.00m	35.00m	40.00m
		30"	164'0 1/2"	114'9 1/2"	131'2 1/2"
70 plus					
MEN					
30-39					
40-49	110m	.991m	13.72m	9.14m	14.02m
		39"	45'	30'	46'
50-59	100m	.914m	13.00m	8.50m	10.50m
		36"	42'8"	27'10 1/2"	34'5"
60-69	100m	.840m	13.00m	8.50m	10.50m
		33"	42'8"	27'10 1/2"	34'5"
70 plus	80m	.762m	12.00m	8.00m	12.00m
		30"	39'4"	26'3"	39'4"
40-49	400m	.914m	45.00m	35.00m	40.00m
		36"	147'7 1/2"	114'9 1/2"	131'2 1/2"
50-59	300m	.840m			
		33"			
60 +	300m	.762m	50.00m	35.00m	40.00m
		30"	164'0 1/2"	114'9 1/2"	131'2 1/2"
IMPLEMENTS					
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	
Women					
35-49	4.00k	1.00k	4.00k	600gms.	
50 plus	3.00k	1.00k	3.00k	400 gms.	
Men					
40-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*	
50-59	6.00k	1.50k	6.00k	800 gms.*	
60-69	5.00k	1.00k	5.00k	600 gms.	
70 plus	4.00k	1.00k	4.00k	600 gms.	

*New IAAF Specifications

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JULY, 1988

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JANE BUCH (SMITHVILLE, OH)	7-24-48	40-44
SIGNE GALLAHER (RIDGECREST, CA)	7-23-23	65-69
MELBA HATCH (CANTON, MI)	7- 1-28	60-64
SYLVIA HATTON (BEND, OR)	7- 2-33	55-59
MARY MIDDLEBROOK (HOUSTON, TX)	7-23-38	50-54
ERMA TRANTER (CHICAGO, IL)	7-23-43	45-49
LINDA UPTON (CHESTNUT HILL, MA)	7- 5-43	45-49
DANIEL ALDRICH (NEWPORT BEACH, CALIF)	7-12-18	70-74
ERIK ANDERVARN (SWE)	7-28-18	70-74
KONRAD BOAS (WG-WHITE STONE, NY)	7-15-03	85-89
AL BRENDA (MODESTO, CA)	7- 6-28	60-64
DOUGLAS CLEMENT (CANADA)	7-15-33	55-59
RICHARD EMBERGER (ESCONDIDO, CA)	7- 3-38	50-54
WALLY HAYWARD (RSA)	7-10-08	80-84
ANDREW JONES (CINCINNATI, OH)	7-20-18	70-74
PETER LAURINO (US)	7-27-93	95-99
GUNNER LINDE (SANTA MONICA, CA)	7-14-28	60-64
JOSEF MATOUSEK (CZE)	7- 2-28	60-64
ROBERT MCDONALD (EL CAJON, CALIF)	7-12-18	70-74
ROBERT MONZINGO (US)	7-18-38	50-54
MAZUMI MORITA (JPN)	7-17-13	75-79
ALBIN NOREN (SWEDEN)	7- 4-13	75-79
DAVE POWER (AUSTRALIA)	7-14-28	60-64
GORDON SIEFERT (BIRMINGHAM, AL)	7-18-28	60-64
KENNETH ST-CLAIR (TARKIO, MD)	7- 3-08	80-84
NIKOLAY SVIRIDOV (URS)	7- 6-38	50-54
TOM THORNE (EUREKA, KS)	7- 2-43	45-49
RUDOLPH VALENTINE (NYC, NY)	7-12-23	65-69
ALAN WATERMAN (SAN FRANCISCO, CA)	7- 8-18	70-74
ADRIAN WEATHERHEAD (GB)	7-22-43	45-49

Write On Continued from page 4

welcomes scrutiny, and everything we publish is first reviewed by our peers. It disturbs me when those on the fringes attempt to dupe the public.

Generally, the Food and Drug Administration would be the agency to examine such claims as are made in the "Open Letter from Dr. Gerald S. Frank" ad. Unfortunately, they do not have the manpower to stay ahead of every claim and advertisement.

The FDA follows two criteria for any claims such as these: 1) Safety and 2) Efficacy. Both of these procedures require extensive, expensive and statistically-valid procedures.

I place the onus on Frank just as the FDA would. What is the proof of efficacy? I ask Frank to:

- 1) Give an indication of his scientific background that would confirm he has expertise in this area of bioenergetics.
- 2) Cite a scientific publication that provides data confirming that ingested CoQ is incorporated into mitochondrial membranes.
- 3) Give data that demonstrates that any increased incorporation of CoQ results in higher respiration by the cell.
- 4) Explain precisely how CoQ is a precursor of ATP.
- 5) Explain how CoQ serves as a precursor of the Tricarboxylic acid cycle (Krebs Cycle).
- 6) Explain in scientific language how Enduro caps can buffer lactic acid in muscle and shunt it back into the energy cycle.

Jerome J. Perry

Professor of Microbiology
North Carolina State U.
Raleigh, North Carolina

(For Gerald Frank's reply, please see this page. —Ed.)

KUDOS TO MAAD

Kudos to Mike Tymn and company for MAAD. It amazes, I mean totally amazes, me that the masters program has not taken off like a rocket from the standpoint of corporate sponsorship and publicity.

Any race or meet director with a sense of what's really happening in our sport understands the value of a great performance by an over-40. It's just too bad that there are so few who are really tuned in to the sport. I'm not accusing directors of incompetence. Folks without overviews are still capable of staging excellent races.

Basking in the status quo, most directors take the easy way out when asked by the media to give pre-race reviews and post-race reports. They simply don't understand the relative merits of performance; 37-minute 10Ks by 58-year-olds go unmentioned, while average 32-minute performances by race winners hog headlines and often receive cash prizes.

Corporate America is still forking over huge chunks of cash to foreigners

Continued on page 28

Advertisement

Response to Jerome Perry's Letter

June 10, 1988

Dear Mr. Perry,

With respect to ENDURO CAPS, let me acquaint you with some of the research on the principal ingredient, Cytochrome-C, by Dr. Arnold Kolman of Rutgers School of Medicine and Dentistry. I quote directly:

INTRODUCTION

"Cytochrome-C is a simple chemical compound composed of a series of amino acids and iron. This compound acts as a carrier of oxygen within the mitochondria, the cell powerhouse of skeletal muscle, and is an essential part of the metabolic process that allows muscles to work. According to several studies, the amount of Cytochrome-C in the muscle directly affects the length of time that the muscle will perform during exercise.

SUMMARY

"It can be seen from the data presented that there is a direct relationship between Cytochrome-C and muscle endurance. Since Cytochrome-C is essential in the respiratory chain, there is, of course, a basal level in all muscle tissue. In order to improve the efficiency of the muscle, it is necessary to increase aerobic respiration. Cytochrome-C, a necessary component of the respiratory chain, must be available in excess to achieve this end."

Dr. Karl Folkers, the "father" of Co Q10 research in the U.S., Europe, and Japan for the last 30 years, received the Priestly Medal, in 1986, the highest award bestowed by the American Chemical Society in recognition of superior accomplishments in chemistry and medicine. It was presented to Dr. Folkers in recognition of his work with Coenzyme Q10, vitamin B6, and vitamin B12.

I quote from his speech at the Third International Symposium on Coenzyme Q in 1981; "New and revolutionary treatments of disease, particularly where there has been no treatment of intrinsic biochemical significance, have generally been believable and even ridiculous to others before proof of efficacy. I once heard the story of how incredible the first sulfur drug was to the treatment of infection. To treat pneumonia with a chemical was not considered sane. I witnessed the birth of cortisone to treat disease in a medical environment that was substantially unbelieving. Chemists, in conflict with influential medical opinion, solved the advent of vitamin B12. Revolutionary therapy has always been so and perhaps always shall be, for such is the nature of true discovery. It appears that the bioenergetics of Co Q10 is remarkable and its potential in medicine is no exception to the

history of controversial advances in medicine."

In answer to question #2, I quote G. Lenaz, editor of *Coenzyme Q*, John Wiley & Son 1985, Chapter 20, page 439: "Oral administration elevated plasma Q levels. On the other hand, plasma Q is incorporated into tissues and distributed in intracellular membranes, particularly in the inner mitochondrial membrane." For references, see the chapter cited above.

With respect to questions 3 and 4, I would like to quote Emile G. Bliznakov, M.D., President and Scientific Director of the Lupus Research Institute, in *The Miracle Nutrient Coenzyme Q10*, page 10: "Co Q exists in the membranes of mitochondria where it performs its critical function, the manufacturing of Adenosine Triphosphate (ATP). The basic energy of the cell . . . Furthermore, with advancing age the body begins to lose its own innate ability to supply Co Q, this can result in deficiencies of Co Q needed to fight off the diseases normally associated with aging." A more technical discussion of the essential role of Co Q10 in cellular bioenergetics can be found in *Coenzyme Q*, edited by G. Lenaz.

Bliznakov further states: "At this point it is most important to bear in mind that it's absolutely essential for sufficient Co Q supplies to be coming into the body to meet the constant demand for energy going out. This energy, created at a molecular subcellular level, is what life is about. Take away the supply of energy and life force is extinct. A simple equation would read Co-Q = energy = life."

He goes on to describe the successful use of Co Q10 in revitalizing and boosting the immune system, treating congestive heart failure, myocardial ischemic disorders, angina, and even improving the function, performance and energy efficiency of otherwise healthy human hearts without exercise. He discusses the use of Co Q to reverse hypertension and gum disease, to aid losing weight naturally, and to retard the aging process. Lenaz describes the use of Co Q10 in treating anemia of malnutrition, congestive heart failure, reduction of arrhythmias, and many other diseases and conditions.

I MAKE NONE OF THE ABOVE CLAIMS!

And finally to the question of my expertise. I started taking Co Q10 in April 1987 and from the first day, I was thrilled at the surge of energy I felt. I read the literature and saw that it was essential to the production of life energy, that it strengthened healthy hearts, increasing oxygen utilization and dramatically improving maximal exercise loads without training. That it

is absolutely safe even in doses of over 1 gram per day for years, and there are no side effects. I increased my dosage and felt even better, I started giving it to my family, friends, and patients and they all prospered and enjoyed new vigor. Almost every athlete I have worked with has set new P.R.'s and thrives on CAPS. They train harder, recover faster, and actually go faster.

I read suggestions in the literature that Co Q10 could help athletes but a Med-Search in all languages revealed no published papers on Co Q10 and athletic performance. As hard as it is to believe, I may be the only one working with athletes at this time. A human performance lab in Texas is conducting a double blind crossover study and we are contacting other labs to do the same. These tests will confirm the dramatic improvements that I have seen in the athletes I work with and in my own performance. At age 54, I am stronger than I was at my peak in college. I have started training to compete in the masters division in power lifting.

You have inferred that I am trying to swindle NMN readers and that I am trying to sell them a worthless product. Folkers and Bliznakov discuss the failure of American drug companies to market Co Q10. They attribute their unwillingness to invest their money in a product when they cannot have an exclusive patent.

I believe that there is a preponderance of evidence that RACE CAPS and ENDURO CAPS are the ideal supplements for masters athletes. They supply life energy to compensate for the diminution of energy that comes with aging, and, as a bonus, confer remarkable health benefits. I believe this so strongly that I offer an unconditional money back guarantee.

It seems that in your irritation at my errors you have failed to recognize the great value of these products. I would much rather have you as an ally, than an opponent. I propose that we have a truce. I have tried to respond to you with courtesy and respect; will you do the same? I have admitted my errors and have corrected them. Enclosed is a month's supply of RACE CAPS and ENDURO CAPS (with corrected label) for you. Take them for one month and read Lenaz's book. I hope you, like myself and so many others, will experience the surge of energy and feeling of well-being.

After updating yourself on Co Q10 and Cytochrome-C and using CAPS for a month, let me know if you feel differently about them.

Best wishes,
Gerald S. Frank, D.C.
San Francisco

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CAPS TESTIMONIALS

"I have definitely noticed a wonderful sense of well being and my recovery period is not as long. I ran my first track meet in Sacramento on April 30th. I could not believe the energy I had in the 200m. I usually fade about 50m out, but this time I didn't start to fade until 10m from the finish. Thanks much!"

Marj Moore
NMN reader, Master sprinter

"I have had a problem with cramping in the past. Since I began using the CAPS program, I have not had any cramping. I believe that these products really work."

Bob Radford
NMN reader, High school coach

"During long rides, the burn in my legs is no longer debilitating since I began using CAPS. They have improved my training and racing and I seem to have greater endurance in the late stages of a 60-80 mile road race."

Bob Brooks
1987 National Masters road race and criterium champion

"The CAPS Products are the most powerful performance enhancers that I have ever used. There is no doubt in my mind that these products really work."

Scott Molina
Winningest Triathlete in triathlon history

"CAPS allows me to go harder and faster during training sessions. They reduce my leg burn as well as enhance my recovery tremendously. I get more out of each work-out and my body can effectively assimilate greater work loads."

Todd Jacobs
Pro Triathlete

"Increased endurance, energy boost, and shortened recovery time are big claims to make, but count me as a believer."

Randi Bromka
1987 Leadville Trail 100, Women's Division Winner
1988 Wisconsin Ice Age 50, Women's Division Winner

"The CAPS products have drastically improved my strength, endurance, and recovery time."

Chris Mullins
Starting forward, Golden State Warriors

"The CAPS products have made a tremendous difference in my recovery from long training rides which last for 9-12 hours. My recovery time has been cut in half."

Casey Patterson
1987 Race Across America winner, Women's division

"The key to success in long stage races is consistency and recovery time. CAPS provide me with both."

Mike Engleman
Pro cyclist, Wheaties Schwinn Team

Get 2 bottles of RACE CAPS and 1 bottle of ENDURO CAPS (a \$70 value) for only \$45.95 + \$2.35 shipping and handling — that's 50% more RACE CAPS for only \$6 more than our previous offer. In addition, I'm pleased to offer wholesale discounts to Race Clubs and other groups ordering 12 or more bottles. Call and ask about these special prices.

If for any reason you're not satisfied, just send back the empty bottles and let me know. I'll refund your money, no questions asked. But I think you'll be so satisfied that you'll want to enjoy these products for a long time to come.

To order, call toll free today: 1-800-336-1977 (in California, call 1-800-441-1977, or if local in the San Francisco Bay Area, call (415) 931-1977). Or send your check, money order, or VISA/MasterCard number (plus expiration date and signature) directly to: Hansen & Frank, Inc., Dept. M; 2886 Geary Boulevard, Suite 205; San Francisco, CA 94118.

Write On Continued from page 27

who cannot even pronounce the company's name let alone promote the product or service, while 70-year-olds are lumped into the same age division with 60s in the same race. Something's out of line here.

The untuned director, often a one-event-per-year person, might take the time to look at last year's results when determining this year's groups. Not understanding that the reason no 70s showed up was because there was no 70+ group, the director once again lumps 60 and over.

As a director who produces over 30 yearly events, I know I get more mileage out of the masters aspect. These are the folks who actually compete the hardest, appreciate my efforts, become truly loyal to an event, and generate a positive atmosphere.

The media must be primed to report on our exploits. Although I truly respect Billy Rodgers, I question whether this is the masters messiah. I feel the answers are found in the activities of directors and how they present events to media and the public. MAAD might just be a tool that can make this happen.

John Boyle
DeLand, Florida

What a great article Mike Tymn wrote (NMN-June) about the new perspective he recently acquired concerning older athletes. He seems to now sense that they are not frail ghost ships floating lazily in shadowy backwaters of a turgid swamp but, rather, that they are real flesh and blood people, each with a tiny incandescent flame in his or her ancient boiler, a flame that flickers but will not wisp out.

Having been in the masters program since the days when David Pain and Pete Mundle were raging bulls, I have had many experiences (some of them true). I shall never forget meeting 95-year-old, record-holder Duncan McLean from Scotland, a droll troll of a man known as "The Tartan Flash," (not flasher). Then, in Melbourne, I met the 97-year-old Prithvi Singh Azad from India who ran by me so close I know that I took in some of the spent atoms from his leather lungs, atoms he had dutifully collected from the dark jail cells in Bombay. What's that old revolutionary doing on the track anyway? And what about Bob Richards? The U.S. Department of Mines ranked him second on the list of the nation's ten largest known calcium deposits. He cracked a solid oak table with his fist and bellowed, "Who's first?"

Haven't these old warriors had enough? Why carry on . . . fellows like Gilberto Gonzales who trembled on the frozen ground of Korea under a Chinese artillery attack? Why don't they call it quits? People such as Mel Buschman and Ed Lukens who left

Continued on page 29



Stan Whitley (63) edges Matt Pruitt (59) and Dennis Duffy (57) in the M40 100 at last year's Western Regionals in Fresno. Whitley will defend his title this month in Los Angeles. Photo by George Cohen

Write-On Continued from page 28

part of themselves in those Italian hills from which, as Ernie Pyle wrote, "dead men came down every night."

Why do the older women and men train and strain? One fellow has had over 400 injuries. Luckily, only 312 were serious. He carries on, charging into the last third of his personal century driven, maybe, by God's Will. One night I wandered into Marble Stadium in Rome where a battle was in progress . . . grunts and groans . . . the 70-74 triple jumpers were trying to humiliate one another with the jumps of a lifetime, all the while white sparks leaping from their watery eyes.

Then, the victory, the smiles, the many-nation handshakes. Who won? I don't remember, but it was close (first

4 within 10 cm). And who built the glistening stadium so that wrinkled children could rage on in their delight? Mussolini built it. Perhaps the only nice thing he ever did.

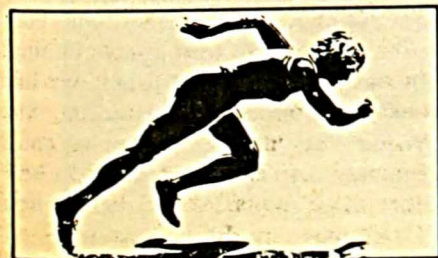
*Boo Morcom
Wilmot Flat, New Hampshire*

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Corporate Marathon and Half Marathon Women & Men
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The Director's Corner

by DEAN REINKE

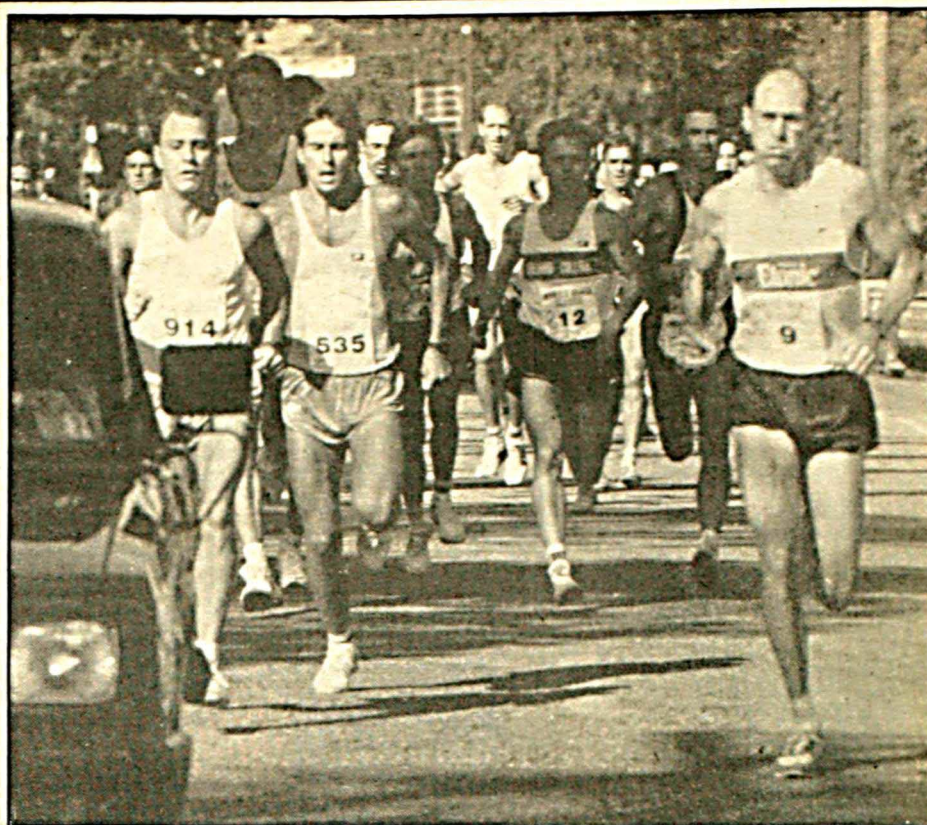
ICI/USRA Masters Circuit is Underway

Several months ago I received a call from Bill Adams, General Manager of Public Affairs at ICI Americas, Inc., regarding the "Masters Circuit" he heard I had created. First of all, as a rule, "Sponsors don't call you, you call them; and then you usually don't get through."

But Bill Adams is different. Once we began talking, I was pleasantly surprised to find out that, unlike many corporate sponsors, this guy knew what he was talking about and better yet, he was and is a runner! He finished 2nd, for example, in the 45-49 age division at the recent Myrtle Beach Classic 10K in 36:01 behind Utah's Steve Lester.

He has traveled extensively to many of the country's top events and is a serious competitor who cares about his sport. ICI as a major sponsor will certainly be a welcome addition to the running community that has had too many corporate spokesmen that were not tuned in to the sport.

ICI's Title Sponsorship of the



Forty-five-year-old Steve Lester (right #9), sets the early pace in the Myrtle Beach Classic 10K in Myrtle Beach, S.C., June 4. The Magna, Utah resident went on to win the 45-49 age division in 31:38. Mike Davis Photo

ICA/USRA MASTERS CIRCUIT POINT STANDINGS

(Includes Azalea Trail Run 10K, Cotton Row 10K, Myrtle Beach Classic 10K, and Hospital Hill Half-Marathon. Points are awarded for places 1st-10th; 1st=10, 2nd=9, 3rd=8, etc. thru 10th=1. Hospital Hill and Stamford Classic Marathon count 1.5 times.)

Men 40-49

1. Bill Rodgers	40	MA	22½
2. Wes Wessely	40	GA	21
3. Bob Schlau	40	SC	19
4. Web Loudat	41	NM	16
5. Carl Nicholson	41	AL	15
6. Steve Lester	45	UT	12
6. Chris Chambers	40	CO	12
8. Mike Hurd	42	GBR	10
8. Barry Brown	43	FL	10
10. Antonio Villanueva	47	MEX	9

Women 40-49

WOMEN 40-49			
1. Jane Hutchinson		MO	34
2. Anne Mansfield	40	NC	18
3. Maureen Bixby	45	OK	13½
4. Polly Roth		MO	12
4. Kathy Hardy	41	LA	12
6. Priscilla Welch	43	GBR	10
7. Harolene Walters	45	CA	9
7. Bobbi Rothman	42	FL	9
9. Brenda Pantaja	41	GA	8
10. Isabel Joffrian	42	AL	8

Men 50-59

Men 50-59			
1. William Johnston	50	UT	20
2. Jim Larson	52	FL	18
3. Clyde Davison		KS	15
4. Gerald Glass		MO	13½
5. Mel Yoder		KS	12
5. Gerald Koch	53	TN	12
7. Jim Blount	59	FL	10
8. Sammie Yarborough	53	SC	9
8. Malcolm Gillis	54	AL	9
10. Lawrence I'Anson	51	MD	8
10. Buck Taylor	51	CA	8

WOMEN 50-59

WOMEN 50-59			
1.	Mary Ann Woodring	56	KY 18
1.	Marcia Herbst	53	GA 18
3.	Patricia Bond		MO 15
4.	Susie Kluttz	51	NC 14
5.	Jennifer Maloney		MO 13½
6.	Claire Strom		MO 12
7.	Joyce Hodges	50	GA 10
7.	Mary Ann Wehrum	50	TN 10
7.	Judy Kirchoffer	50	WI 10
10.	Jane Arnold	58	TN 9

MEN 60 & OVER

1. Jim O'Neil	63	CA	25
2. Jerry Morrison		MO	13½
3. Logan McGinness		MO	12
4. Bill Hoffman		AR	10
5. Gordon English	62	AL	9
5. Frank Mason	63	SC	9
7. Jim Boland	63	MO	8
7. George Sheehan	69	NJ	8
9. Major Summerfield	61	SC	7
9. Edward Knight	65	FL	7

WOMEN 60 & OVER

<u>WOMEN 50 & OVER</u>			
1. Mary Otte		MO	15
2. Jean Benear		OK	13½
3. Virginia Quick		OK	12
4. Mary Norckauer	63	LA	10
5. Faye Eisenacher	61	AL	9
6. Mary Lee	65	AL	8
7. Maureen Hudacher	60	MS	7
8. Ola Moody	62	GA	6
9. Ann Hibbard	62	WI	5
10. Daphne Dvorak	63	AL	4

40-49

	Men	Women
1st	\$3500	\$3500
2nd	2500	1000
3rd	1500	500
4th	750	250
5th	650	100
6th	550	
7th	400	
8th	300	
9th	200	
10th	100	

50-59

	Men	Women	Men	Women
1st	750	750	500	500
2nd	250	100	100	
3rd	100			

A \$750 bonus will be awarded to the top "age-graded" performance of the year!

"ICI/USRA Masters Circuit" is without question one of the most exciting developments ever for masters running and the sport in general. ICI certainly is no stranger to sports sponsorship. Its "World Class Athletic Club" track team features the likes of Valerie Brisco, Gail Devers, Jackie Joyner-Kersey and Greg Foster, among others, representing 10 medals at the '84 Olympics, and has also featured Sebastian Coe.

ICI is also a major sponsor of Formula-1 motor-racing and is involved in all of the North American Grand Prix races. ICI serves as a Presenting Sponsor of the Eagle Tournament of Champions at Forest Hills and is also involved with a number of major U.S. Golf Tournaments. Of ICI's title sponsorship, Adams said, "This opportunity for the Masters Circuit Title Sponsorship coincides with ICI's image-building campaign in the United States. We are delighted to add masters running to our extensive sports promotion commitment."

ICI's involvement with the ICI/USRA Masters Circuit will provide a number of innovations to the sport. The "ICI/USRA Masters Report," within which this column appears, will be featured monthly in *National Masters News* and will be edited by *Indianapolis News* running columnist Mike Davis, who is active with TAC Press Relations for Indianapolis-based events including the Pan-American Games, U.S. Olympic Track & Field Trials, and the recent RRCA National Convention.

"Masters Running '88," the Program "Annual" for the ICI/USRA Masters Circuit will also be released late this summer in conjunction with the TAC Masters Track & Field Championships and the Asbury Park

10K Classic, the TAC Masters 10K Championships, in August. Associate Publisher of the Annual is Larry Eder, former Promotion Director of *Runner's World* magazine.

ICI's sponsorship will enable the ICI/USRA Masters Circuit to provide a season-ending \$20,000 prize purse to be awarded in six age divisions (men's and women's 40-49, 50-59, 60 and over). In addition, other benefits for Circuit member events are being considered, including runner's caps, a Circuit "Championship" event, video highlights tape, and cable and/or network television broadcasts. Our goal is to expand the Circuit to 20 events with a special emphasis on the West Coast where we are currently holding conversations with events in Seattle, Baton Rouge, Houston, Tulsa, Portland, San Diego, San Francisco, and Phoenix. If you have an event with an interest in joining the Circuit, please let me know.

The response from masters runners has been overwhelming. We have received dozens of letters of interest and numerous others with suggestions on ways we can make the ICI/USRA Masters Circuit even more successful. One philosophy we have adopted is that we will "walk before we run" with the Circuit. In laying a solid foundation for the Circuit, our desire is to benefit as many masters runners as possible and not just a handful of superstars. We can't please everyone, but we can certainly present an exciting program that will contribute positively to masters running. In this regard, we will listen. My line (407/647-2918, 1210 Harding St., Winter Park, FL 32789) is open, and I can assure you that ICI wants to hear your suggestions also to create the best Circuit possible.

ICI/USRA Masters Circuit "Happenings"

by DEAN REINKE

Bill Rodgers' recent injury sustained following the Los Angeles Marathon (where he was defeated by Charleston's Bob Schlauf) caused him to take the most days ever off from his training during the past 14 years . . . Frank Shorter has inked a deal with Sorbothane which calls for him to be used in advertising and to make a specified number of appearances . . . The MYRTLE BEACH CLASSIC 10K, which attracted over 1000 runners with only four months planning, will move to February, March, or April of 1989 to coincide with the major southern circuit races including Gasparilla, Jacksonville River Run, Red Lobster 10K in Orlando, Azalea Trail Run in Mobile, and the Miami Orange Bowl 10K. Look for its masters prize purse to be one of the largest ever for a 10K . . . ESPN will feature a 5-minute segment on the MYRTLE BEACH CLASSIC on its "Running & Racing" show to air in July. Look for even more coverage as ESPN and other cable networks have expressed interest in the new Circuit . . . *Sports Inc.* and *Sports Marketing News* both featured articles in recent editions on ICI's title sponsorship of the ICI/USRA MASTERS CIRCUIT . . . Bill Rodgers will headline a strong masters contingent for the HEARTLAND HUSTLE, October 1, in Davenport, Iowa. Last year, Rodgers and Priscilla Welch won the men's and women's masters races, and with membership on the Circuit, look for even more masters to "hustle" in Iowa (Director, Ed Froelich: 319/359-9197). Over 7000 are expected . . . World Veterans 1500-meter champion John Dixon of New Zealand, 42-year-old brother of New York City

Marathon champion and Olympian Rod, is expected to compete for the first time ever in the U.S. in August. Dixon, who coaches U.S. Olympic Marathon qualifier Nancy Ditz, wants to go after the "World Masters Mile Record," August 6, in Orlando, Fla., at the TAC Masters Track & Field Championships LEGENDS MILE. He is also interested in competing at the ASBURY PARK CLASSIC 10K (TAC 10K Masters Championship) and the CRIM RACE, all ICI/USRA MASTERS CIRCUIT events . . . The August 6 LEGENDS MILE to be held in conjunction with the TAC Masters Track & Field Championships as mentioned above, will also award "Circuit Points" in each age category as with every other ICI/USRA MASTERS CIRCUIT event. A prize money and/or record bonus is being sought for the M40-44 division world record assault. The LEGENDS MILE continues to attract one of the best fields ever assembled among masters, with the early commitments of Byron Dyce, Barry Brown and Web Loudat. Alan Rushmer, Al Swenson, Steve Ferraz, and Canadian Ken French have also expressed interest in besting Englishman Ron Bell's world record of 4:16.7 . . . UTICA BOILERMAKER 15K athletes coordinator Dick Mattia (315/797-6929) continues to piece together a stellar masters field for the July event. Bob Schlauf, Mike Hurd, Barry Brown, Barb Filutze, Bill Sevald, and Atlaw Belilgne lead the impressive early entries at press time . . . 60-and-over Circuit Rankings leader Jim O'Neil was so enthusiastic about earning Circuit points that he flew from the MYRTLE BEACH CLASSIC on Saturday, June 4, to Kansas City and ran (and won his division) in the HOSPITAL HILL RUN the next day. Race directors take note as Jim's wife works for United, so Jim is anxious to fly the friendly skies to your race . . . The same goes for M40-49 division runnerup Wes Wessely of Lilburn, Ga., who works for Delta. With points weighted (1.5) at HOSPITAL HILL, he decided he'd rather go up against Rodgers and Shorter in Kansas City than the deeper field in Myrtle Beach. Wise decision, as he ran to victory in K.C. and earned 15 points . . . Bob Schlauf, third in the points ranking in M40-49, never ran college track or cross country. His father, however, was an All-American at Drake University. With his big wins over Rodgers at the Los Angeles Marathon and MYRTLE BEACH CLASSIC 10K, the Charleston, S.C., resident is on a roll . . . Florida resident Bobbi Rothmann (7th place, W40-49) and husband, Hal, will move to upstate New York for the summer. Bobbi has been on the injured list the past four months and her 41:05 test at MYRTLE BEACH was encouraging . . . Former Villanovan Dick Buerkle, a past 3-mile indoor world record holder, turned 40 last fall but has no interest in competing — at least at this time. He is still doing some writing and, in fact, will have an article in the ICI/USRA MASTERS CIRCUIT annual, "Masters Running '88" due to be released August 1 . . . Race Director Jim Young (919/876-8347) reports that the CAPITAL TRAIL RUN (October 8) is beginning to piece together its field. Its \$15,000 race purse (2nd largest 10-mile purse in the country) includes a masters purse as well . . . Lois Craig

Schlau, Mansfield Win in Myrtle Beach 10K

Continued from page 1

He and Web Loudat (41, Albuquerque, N.M.) reeled in Ken French (40, British Columbia) at the three-mile mark and had about a 15-second lead on Rodgers at the turnaround.

Loudat let Schlau go at four miles and the winner was all alone from five on — though Rodgers finished strongly to also get Loudat and clip more than half of Schlau's midpoint lead.

At the finish it was Schlau (30:55), Rodgers (31:01) and Loudat (31:06).

Hardly breaking stride, Rodgers jumped into a waiting car, sped 15 miles to the Myrtle Beach Jetport, and at 10 a.m. (an hour after the race started) was at the airplane's door with two minutes to spare. Getting into the spirit, the pilot gave him a minute to put on a fresh shirt before departing.

"Fortunately, I ran the last mile hard," said Schlau. "But I've found out with masters, you don't know who's there and it's best not to let up."

"I'm more of a marathon runner — I don't have fantastic leg speed — anytime I run under 37 minutes it's a

good race for me," he said.

Jim O'Neil (63, La Jolla, Calif.), also looking ahead to the next day's Hospital Hill Half-Marathon in Kansas City, came in at 37:13, "I could have backed off, knowing I had a hilly half-marathon coming up within 24 hours, but I just can't do that. I just don't want to see my name beside a 40-minute 10K," he said.

Mansfield, who was the third masters female at the Memorial Day Cotton Row Run in Huntsville, Ala., alternated rest and easy workouts in the five days separating the two races — and is paid off.

She took the masters lead and was second overall at the one-mile mark and kept a steady pace from there on to finish at 38:03.

"I didn't decide I was going to do this until after the Cotton Row Run — and this was a perfect race: no hills," Mansfield said.

Bobbi Rothman (42, Gainesville, Fla.), running her first race after a 16-week layoff with a broken foot, was next at 41:06. □

"Great Race" Added to Circuit

The Pittsburgh GREAT RACE, one of the country's largest 10Ks, has joined the 13-city "ICI/USRA Masters Circuit." The GREAT RACE, to be held September 25, has been rated among the fastest 10K courses and annually attracts a world-class open and masters field. Last year, Erie, Pennsylvania's Barb Filutze set a new American best for 10K.

The 1988 GREAT RACE will offer a \$30,000 prize purse including masters money. Next year's race will serve as the 1989 "TAC Masters National 10K Championships." Race Director Mike Radley expects over 14,000 runners for the '88 edition of the GREAT RACE.

"We are very enthusiastic to become a member of the ICI/USRA Masters Circuit, especially with ICI's first year Grant Prix prize purse of \$20,000," said Radley. "Our involvement adds yet another element to the GREAT RACE's goal of becoming one of America's finest road races."

The GREAT RACE is sponsored by the City of Pittsburgh Department of Parks and Recreation and KDKA TV-Radio. The Pittsburgh Hilton and Towers (412/391-4600) is the official race headquarters and Radley also serves as Invited Runners contact (412/255-2493).



. . . Chris Chambers of Englewood, Colo., recently turned 40 and in 6th place on the Circuit Point Standings, was a high school teammate of Bill Rodgers in Massachusetts, while Huntsville's Carl Nicholson (5th place, M40-49) was a college teammate of Jim Ryun at the University of Kansas . . . 69-year-old George Sheehan (he'll be 70 in November) ran his best 10K in months with 46:34 in Myrtle Beach. Sheehan will run UTICA, July 10, and ASBURY PARK, August 13. Race Directors should note that Sheehan is hungry to race at Circuit events and other races around the country . . . Dr. Paul Spangler of San Luis Obispo has thrown out the gauntlet to runners in his division that he is ready to see them "on the Circuit." Shouldn't be too much competition as Spangler is 89! . . . We'll see you next month on the ICI/USRA MASTERS CIRCUIT! □

The USRA MASTERS CIRCUIT is a series whose time has come. The Legends are back and it's better than ever!

March 12 — Azalea Trail Run 10K
Mobile, AL (205-433-3145)

May 30 — Cotton Row Run 10K
Huntsville, AL (205-881-5807)

June 4 — Myrtle Beach Classic 10K
Myrtle Beach, SC (919-876-8347)

June 5 — Hospital Hill Run Half Marathon
Kansas City, MO (913-362-7223)

July 10 — Utica Boilermaker 15K
Utica, NY (315-797-1310)

August 6 — TAC Masters T & F
Championship Legends Mile
Orlando, FL (407-628-8850)

August 13 — Asbury Park 10K Classic
Asbury Park, NJ (201-531-4156)

August 27 — Crim Road Race 10 Mile
Flint, MI (313-235-3396)

October 1 — Heartland Hustle 10K
Davenport, IA (319-359-9197)

October 8 — Capital Trail Run 10 Mile
Raleigh, NC (919-876-8347)

October 16 — Stamford Classic Marathon
Stamford, CT (203-325-4688)

January 7, 1989 — Charlotte Observer 10K
Charlotte, NC (704-379-6896)

For more information and a sample copy of
"The Masters Report", contact:

USRA MASTERS CIRCUIT

Dean Reinke, Executive Director
1210 Harding Street
Winter Park, FL 32789
(407) 647-2918



United States Running Association Masters Circuit

Also September 25
The Great Race 10K
Pittsburgh, PA
(412-255-2493)



MASTERS SCENE

NATIONAL

• TAC's 1988 American Athletics Annual is available for \$8 (\$12 for orders from Europe and elsewhere). This year's edition was edited by Hal Bateman in conjunction with Carol Swenson and Pete Cava. TAC/USA Book Order Dept., P.O. Box 120, Indianapolis, IN 46206.

• From Rex Harvey, TAC Masters Multi-event Coordinator: "There is a very good possibility that there will be a pentathlon and weight pentathlon competition directly following the 1989 WAVA World Games in Eugene. My wife, I, and others in the multi-event community have volunteered to do the bulk of the work involved if necessary. Please contact me if you or anyone you know is willing to work also." Rex Harvey, 3815 Lincoln Place Dr., Des Moines, IA 50312.

• The 1987 Road Runners Club of America Masters Road Runners of the Year are Tracy Smith of California and Gabriele Andersen of Idaho.

• The People-To-People Sports Committee, Inc., which has been officially designated as the sole U.S. organization authorized to send American athletes and teams to compete in Beijing, China, is accepting applications from W35+ and M40+ to compete in the Beijing International Senior Race Competition to be held in October. The planned events are a 5K, 10K, and marathon, with 5-year age groups. In the past two years, the organization has sent

numerous teams to China, including Brown University's ice hockey team and the C.W. Post baseball squad. People-To-People Sport, 40 Cutter Miller Rd., Great Neck, NY 11201. 516/482-5158.

• In the 1987 M55 pole vault rankings published in the June NMN, Donald C. Grey was confused with another vaulter with a similar name and was misidentified as Don Gray. However, his ranking (15th) and height (7-7) were correct. Making matters worse was the fact that Grey joined the M60 ranks several months after his 7-7 vault and was the victim of a meet organizer who failed to send in the results of a decathlon in December in which Grey vaulted 8-7/16 as an M60. With that height, Grey, an attorney from Norfolk, VA, can claim the 11th spot in the M60 rankings for 1987.

• Pete Mundle's 1988 Masters Age-Record Book has been delayed, and will be available later this year.

EAST

• Harold Nolan of the New Jersey Shore AC set a U.S. age-41 record of 3:57.9 in the 1500, in a heat of the college-open event at Princeton U., May 14. Nolan's time is 1.7 seconds short of the M40+ AR of 3:56.2 set by Bill Stewart in 1983.

SOUTHEAST

• Don Coffman, 45, Frankfort, KY, was second-overall (48:56) in the Special Olympics 15K, Louisville, KY, April 9. Top W40+ was Loretta Toms (40, 1:09:07). Rose Taylor, 51, won the W50 division with a W40+ third-place 1:09:13.

• Anne Draper, W45, Tallahassee, FL, received her very first gold medal in the Palm Beach Championships in April. Unfortunately, meet results listed her as second in the W45 200 in a time of 37.95, when she won the event in 31.95.

MID AMERICA

• Web Loudat (41, 32:50), Albuquerque, NM, and Gabriele Andersen (43, 38:54), Sun Valley, ID, were masters winners in the Boulder Bolder 10K, Boulder, CO, May 30. Open winners were Rolando Vera (29:53) of Ecuador, and Rosa Mota (34:41) of Portugal.

SOUTH WEST

• Irene Harvell, 40, Vian, OK, was first female (44:53) in the First Grace 10K, Tulsa, April 9. Robert Maddy, 42, Sperry, OK, led the M40+ entrants in 36:35.

WEST

• Steve Ferraz, after a recent 3:57 1500 in an open meet, sought the American M40+ mile AR at the Nike Invitational Masters Mile in the Johnny Mathis T & F meet, San Francisco, April 30. Bill Sevald agreed to lead the first lap in 61. George Mason led a more conservative second lap for a half split of 2:09. On his own after, Ferraz could only salvage a win in 4:22.2, better than the official M40 AR of 4:24.0, but short of Web Loudat's pending 4:20.89.

• Bruce von Borstel, 42, Georgetown, CA, won the Slice 100K in Volcano, CA, May 13-14, with a cumulative time of 8:09:00 (4:02 50K on the 13th and a 4:07 50K on the 14th). A veteran ultra-runner, he was a past winner of the Car-

Glover, Martin win Hudson Mohawk 10K

by PAUL MURRAY

Pat Glover and Peter van Garderen went out hard at the start of the Hudson Mohawk Road Runners Club Masters Championship 10K on May 7, and after the first quarter mile it was clear that this would be a two-man race. Both men had something to prove. Glover, from Clifton Park, New York, wanted to improve on his second-place finish in last year's race. The 47-year-old van Garderen, from Glens Falls, New York, hoped to prove that an "old man" could still compete against the youngsters in the M40 age group.

Glover had opened a 20-yard lead by two miles, but van Garderen refused to give up. "I knew I couldn't slow down," said the 41-year-old Glover, "because I knew he was right on my tail." Glover hung on to win in 34:38, well off van Garderen's record of 31:58 for the hilly out and back course in Geulderland, New York. van Garderen took second in 34:52.

son City-Sacramento 166 Mile. Dave Stevenson, 35, Los Altos Hills, CA, also a past 166-Mile winner, was second in 8:13. Su Collier, 40, of Reno, was first W40+ and second woman in 11:56. Dee McKim, 34, of Sparks, NV, was first woman with a 10:42.

• San Francisco will host an expected 12,000 to 15,000 participants from around the globe in the World Corporate Games, October 22-November 5. There will be no national teams, flags, anthems, etc.; instead, athletes will wear insignia and colors of their corporations, clubs, or groups. Sharing the program with distance races and t&f events are 19 sports, including bowling, golf, sailing, swimming, tennis, and weightlifting. Competition in most sports will be in five age divisions: open, 30-39, 40-49, 50-59, and 60+. Athletes can participate in men's, women's, or mixed events. Team competition has been equalized by a unique system of championship divisions, based on the number of participants representing the organization rather than its overall size or assets. The eight divisions range from Division I (1-5 participants) through Division VIII (200+ competitors). The World Corporate Games founder is Dr. Maureen Johnston. For entry forms and details: World Corporate Games, Shaklee Terraces, 444 Market St., San Francisco, CA 94111. 415/781-1988.

• As NMN reported in May, cancellation of the San Francisco Marathon is official. In a news release, director Scott Thomason wrote: "Although thousands of people who planned to participate will be disappointed, and the city stands to lose more than \$3 million in tourist revenue, we feel it would be better not to have the race than to have an event that is underfunded, underpublicized and underpromoted. . . A number of potential sponsors have been deterred by what they perceive as an anti-sports attitude on the part of city government. . . Traffic congestion has been an overstated issue. New York City manages a marathon without major traffic problems. So do Boston, Chicago and even Los Angeles. I don't see why we can't here. Of the country's 12 largest metropolitan areas, San Francisco is the only city without a major marathon on its streets. I think that's sad."

• Premier sprinter Dave Lawyer, M65, out of competition with an injured knee, hopes to

return after a knee operation. Lawyer, late of NYC, has recently moved to a new home in Santa Barbara, where he will teach music part-time at Santa Barbara City College.

Forty-nine-year-old Lee Wilcox, of Troy, New York, worked his way into third place, passing Ron Bagnoli of Mechanicville, New York, and Mark Kutner of Troy. Wilcox's time was 36:47.

The women's race was a romp for 46-year-old Marilyn Martin from Cheshire, Mass. Though slowed a bit by arthritis, she easily out-distanced the other female entrants with an impressive 41:31 clocking. Sherry Dixon of Mayfield, New York, was a distant second in 45:20. Just five seconds behind Dixon was hard-charging Chris Radz of Troy.

The most hotly-contested age group was the M50, where Don Wilken of Slengerlands, New York, and Wade Stockman of East Greenbush staged a classic duel, with Wilken winning in 37:54.

Race director Don Cohen served his traditional continental breakfast to 62 finishers from New York, Massachusetts and Vermont. □

NORTHWEST

• Larry Almberg (M40, 2:35:29) and Rose Gardner (W45, 3:10:26) sparkled in the Emerald City Marathon, Seattle, April 10, for 40+ firsts.

CANADA

• Mike Creery, 40, broke the Canadian masters mile record of 4:30.8 with a 4:21.9 in the Victoria Day Mile, May 23, in Victoria, Vancouver, after tying the Canadian M40+ record of 4:01.4 for the 1500 in a meet in Victoria, May 21.

INTERNATIONAL

• Joe Henderson in his *Running Commentary*, May 19, picks John Campbell of New Zealand, who turns 40 next February, as the best, recent candidate to break Jack Foster's long-standing masters marathon record of 2:11:19. Campbell placed sixth in this year's Boston in under 2:19. What about the other hopefuls — Carlos Lopes, Bill Rodgers, and Kjell Erik-Stahl? According to Henderson, "Lopes of Portugal suffers chronic injuries and is now overweight; Rodgers hasn't run near 2:11 in years; and Stahl may be burned out from overracing." □

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.

Indoor Records Report

by HAIG BOHIGIAN

The indoor records set at National and Eastern Championships have been updated through 1988, and have been converted to computer disk. I am now in the process of compiling National Indoor records (from all indoor meets back to 1972), most of which appear to be coming from these two record lists. I expect to have the indoor record book completed by September, 1988. Your assistance is urgently needed.

Please drop me a line on the following:

- a) if you notice any errors in the printed lists,
- b) if you know of better marks (include the meets results or NMN reference dates and pages),
- c) if you have updated indoor records for the Midwest, Southwest, or other regional and local meets.

The lists are printed on pages 36-37.

Because of the volume of work involved, I am unable to respond to individual inquiries, but all your comments will be checked out. Also, since meet results never indicated ages these records will be by five-year age groups only.

Thanks for all your help. □

schedule

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



TRACK & FIELD NATIONAL

July 8-9. U.S. TAC National Masters Decathlon/Heptathlon Championships, Cal-State, Los Angeles. Mike Strong, Cal-State L.A., 5151 State University Dr., Los Angeles, CA 90032. 213/224-3692.
July 15-23. U.S. Olympic Trials, Indianapolis. U.S. T&F Trials/88, P.O. Box 6060, Indianapolis, IN 46206. 317/636-1988.
August 4-7. 21st U.S. TAC National Masters Championships, Orlando, Florida. Nick Gailey, 341 N. Maitland Ave., Maitland, FL 32751. 305/628-8850.

EAST

July 3. Merrill Lynch Realty AC Masters Meet, Randolph, N.J. Merrill Lynch Realty AC, 517 Highway 33, Englishtown, NJ 07726. 201/625-1764(d); 361-3282. Travel arrangements: 201/361-3220.
July 10. Philadelphia Masters Runners' Pentathlon (3000, 800, 200, 1500, 400) and Development Meet, Camden HS, Camden, NJ. Peter Taylor, 3120 Schoolhouse Lane (J-A9), Philadelphia, PA 19129. 215/842-3807.
July 16. Philadelphia Masters Invitational, Ursinus College, Collegeville, Pa. (pre-entry only). Walter Fisher, 263 South Roberts Road, Bryn Mawr, PA 19010. 215/525-5081.
July 23. Sri Chinmoy Masters Games, Forest Hills, Queens, N.Y. 50+. Sri Chinmoy Games, 150-47 87th Ave., Jamaica, NY 11432. 718/523-2600. Entry form in June issue.
July 30-31. Buffalo Belles and Brawn Classic, Buffalo, N.Y. 30th-girls/women; 31st-boys/men. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.
July 31. Tri-State Track Club Classic, Hagerstown JC, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

July 31. Philadelphia Masters Development Meet, Camden HS, Camden, NJ. See July 10.

August 2-6. Pennsylvania Senior Games, Shippensburg U., Harrisburg, Pa. Frank Fiscella, P.O. Box 568, Harrisburg, PA 17108. 717/975-0787.

August 5-6. Empire State Games, Syracuse, N.Y. N.Y. state residents only. SASE: ESG

Masters Track, 120 Lambreth Ln., Syracuse, NY 13210.

August 21. TAC Eastern Regional Masters Championships, Rhode Island College, Pawtucket, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869.
September 4. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3446 Roberts Ln. N. Arlington, VA 22207. 703/243-1290.

October 8. 2nd Annual NY Masters Weight Pentathlon, NYC. Pre-entry only. Jai Singh, 254-24 75 Ave., Glen Oaks, NY 11004. 718/347-1903.

SOUTHEAST

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

July 30. Jacksonville TC Summer Classic, Jacksonville, Fla. Lamar Strother, 1511 So. McDuff Ave., Jacksonville, FL 32205. 384-TRAK.

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

MIDWEST

July 7-9. Ohio Senior Olympics, Massillon. 55+. Al Campbell, 7920 Bricker Rd., N.W., Massillon, OH 44646. 216/375-7964.
July 8-10. White River Park State Games, Indianapolis, Ind. Chris Varnau, Coordinator, Pan American Plaza, 201 S. Capitol Ave., Ste. 1200, Indianapolis, IN 46225. 1-800-HI-FIVES.

July 17. Northern Illinois Open/Masters Championships, Byron H.S. D. Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

July 24. TAC Midwest Regional Masters Championships, York H.S., Elmhurst, Ill. see July 17.

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

MID-AMERICA

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

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

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

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

SOUTHWEST

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

July 23. Texas Masters Championships, U. of Texas-Arlington. Joe Murphy, 4309 N. Central Expressway, Ste. 206, Dallas, TX 75206. 214/824-3800. Sport watches to 1st three places.

WEST

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

June 28-August 19. All-Comers meets, Los Angeles, 7 p.m. Tues: Southwest College; Wed: Birmingham HS; Thurs: Bell HS; Fri: Santa Monica CC. 40-49, 50-59 and 60+ divisions at all sites. Finals on Sat., Aug. 20 at Birmingham.

June 30-August 11. All-Comers meets, South Lake Tahoe, Calif. Every Thursday, 5:30 p.m. So. Lake Tahoe Rec. Dept., 916/541-4611. Finals on August 20.

July 2. River City Invitational, CSU-

Sacramento, Calif; plus weight pentathlon. SASE Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/482-7881.

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

July 8, 10, 11. All-American T&F Series, California State U - Northridge, Los Angeles. 1:00 p.m. 818/716-7280.

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

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

August 6-7. U.S. Corporate Athletics Assn. National Championships, Stanford Stadium, Palo Alto, Calif. Hank Lawson, BACAA, P.O. Box 898, Menlo Park, CA 94025. 408/446-9060.

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

Continued on page 34

TAC EASTERN REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

Hosted by the Rhode Island Track and Field Foundation

DATE: Sunday, August 21, 1988 10:00 a.m.
SITE: RHODE ISLAND COLLEGE, Mount Pleasant Avenue, Providence, RI
DIRECTIONS: From North: I-95S to Atwells Avenue exit, turn right onto Atwells and follow approximately 2 miles, then turn right onto Mt. Pleasant Avenue. College is approximately 1 mile on left. From South & East: I-95N or I-195W to 95N to Broadway exit, to 2nd light, turn left onto Atwells Avenue and follow same as above. From West: US44E past North Providence from Fruit Hill Avenue, bear right on Fruit Hill to College on left.
FACILITY: 400 meter, 8 lane Resolute track and jump runways. 1/4" pyramid spikes, Javelin-grass runway. Circles-brushed concrete. No lockers/showers.
AWARDS: TAC Regional Medals - 1st, 2nd, 3rd
DIVISIONS: M & W - Five-year groupings (30-80+) - TAC registration required
ENTRY FEE: \$8.00 first event; \$6.00 each additional event; Relays - \$20.00.
DEADLINE: RECEIVED BY WED., AUGUST 17, 1988
****ABSOLUTELY NO POST ENTRIES****

HOST HOTEL: Providence Marriott, \$62/night (1-4 per room) Contact Paul Adams (401)272-2400

FOR ADDITIONAL INFO: Neil D. Steinberg, 46 Roberta Avenue, Pawtucket, RI 02860 (401)728-2869 (eves)

ORDER OF EVENTS TRACK

10:00 a.m. 400 IH
 5,000M Run
 High Hurdles (Trials/
 Finals)
 100M (Trials/Finals)
 400M
 1,500M
 5,000M Walk
 200M
 800M
 Relays 4x100, 4x400
 (must be members of
 same club)

FIELD

10:00 a.m. Javelin (young to old)
 Hammer (young to old)
 Long Jump followed by
 Triple Jump (old to
 young)
 12:00 p.m. Shot Put (young to old)
 High Jump (Bar not
 lowered)
 1:00 p.m. Pole Vault (Bar not
 lowered)
 2:00 p.m. Discus (young to old)

Please Print

Name _____ Phone No. _____
 Address _____
 Street City State Zip Code
 Age (as of 8/21/88) _____ Male Female _____
 Club _____ TAC# _____ Date of Birth _____
 Event Best Recent Mark Event Best Recent Mark
 1. _____ 4. _____
 2. _____ 5. _____
 3. _____ 6. _____
 Total fee enclosed \$ _____
 Mail entry form and check, payable to The Rhode Island Track and Field Foundation to: Neil Steinberg, 46 Roberta Avenue, Pawtucket, RI 02860.

Waiver: In consideration of your accepting the entry for the 1988 Eastern Regional Masters Outdoor Track and Field Meet, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Rhode Island Track and Field Foundation, Rhode Island College, TAC, their Agents, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

Date _____ Signature _____

Note: All-American Standards and Application Form will again be published next month.

ON TAP FOR JULY

TRACK & FIELD

The U.S. TAC National Masters Decathlon/Heptathlon Championships are scheduled for Los Angeles on the 8th-9th, but activity begins with meets in St. Paul, Sacramento, and San Diego on the 2nd, and in New Jersey on the 3rd.

Philadelphia hosts a meet on the 16th, while the Sri Chinmoy Games in Queens, N.Y., has been rescheduled for the 23rd. The Midwest counters with a meet in Rockford, Ill., on the 17th. Masters in the West will be lured to Los Angeles for the Western Regionals on the 16th-17th.

The next weekend also has several two-day meets: the Northwest Regional Championships in Gresham, Oregon, on the 22nd-23rd, and the NCNB/Carolina Masters Championships in Thomasville, N.C., on the 23rd-24th. One-day affairs, the Texas Masters Championships in Arlington on the 23rd, and the Midwest Regional Championships, Rockford, Ill., on the 24th, are set for that weekend.

The month ends with a meet for women on the 30th and for men on the 31st in Buffalo, N.Y., and the Northern California Seniors Meet at Berkeley on the 30th. The U.S. Olympic Trials take place in Indianapolis from the 15th through the 23rd.

LONG DISTANCE RUNNING

The U.S. TAC National Masters One Mile Championships go off in Hibbing, Minn., on the 23rd. Masters should get a bang out of the Peachtree 10K on the 4th in Atlanta, which is offering \$3000 in masters money. The Longest Day races on the 9th in Brookings, S.D., include a marathon and a 5K walk.

The Utica Boilermaker 15K on the 10th in Utica, N.Y., is the fifth of the 13 races in the ICI/U.S. Running Association Masters Circuit. On the 17th, runners age 50-and-over will vie for cash awards based on an age-grading system in the Not Over The Hill 8K at Providence Point in Issaquah, Wash.

Davenport, Iowa, will host the Bix 7-Miler on the 30th. A special distance running and fitness walking session at the Mammoth Athletics Camp in California starts on the 24th. The second Eugene Experience Running Vacation begins on the 30th.

RACE WALKING

Race walkers will throng to Niagara Falls, N.Y., for the U.S. TAC National Masters 10K Walk Championships on the 9th. □

Continued from page 33

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

September 17. Northern California Senior Games T&F Meet, Edwards Stadium, UC-Berkeley. 50+. 5-yr. age groups. NCSG, c/o Oakland Office of Parks & Rec., 1520 Lakeside Dr., Oakland, CA 94612. 415/273-3091.

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

October 1. Club West Masters Meet, Santa Barbara Community College, Calif. George Adams, P.O. Drawer K, Goleta, CA 93117. 805/687-6323.

October 22-November 5. World Corporate Games, San Francisco. Limited T&F/LDR events, individual & relay. World Corporate Games, Shaklee Terraces, 444 Market St., San Francisco, CA 94111. 415/781-1988.

NORTHWEST

July 22-23. TAC Northwest Regional Masters Championships, Gresham, Oregon. See entry form in May and June issues. Jim Puckett, Mt. Hood CC, 26000 S.E. Stark St., Gresham, OR 97030.

August 12-13. 10th Montana Masters Championships, Montana State U., Bozeman. Mike Carignan, P.O. Box 5132, MSU, Bozeman, MT 59717-5132. 406/587-8726.

October 18-22. Senior Games, St. George, Utah. 50+. Sylvia Wunderli, 1291 S. Wasatch Dr., Salt Lake City, UT 84108. 801/583-6231.

CANADA

August 27-28. Canadian Masters Athletic Association Championships, York U., Metro-Centre, Toronto. Don Farquharson, c/o Sport Ontario, 1220 Sheppard Ave. E, Willowdale, Ontario, M2K2X1.

INTERNATIONAL

July 23-24. British Veterans National Championships, Cumbrian, Wales. Mike Bolton, CRWCCA Farm, Felindre, Swansea, Wales.

August 27-28. North American Championships, York U., Metro-Centre, Toronto, 1st class facility. Don Farquharson, c/o Sport Ontario, 1220 Sheppard Ave. E, Willowdale, Ontario M2K2X1.

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

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

October 15-16. International Veterans Meet, Hong Kong, 35+. Mrs. M. Brooke, Hon. Secretary, AVOHK, GPO Box 10368, Central, Hong Kong.

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

December 3-5. 1988 Asian Veterans Athletics Championships, Tainan, Taiwan. M40+, W35+. Ms. Chi Cheng, Secretary General, Chinese-Taipei T&F Assn., P.O. Box 81-611, Taipei, Taiwan.

July 27-August 6, 1989. VIII World Veterans Championships, Eugene, Oregon, USA. Men 40+, women 35+. No qualifying standards. World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Barbara Kousky: 503/687-9064; Tom Jordan: 503/683-5635. Entry Form in July issue.

LONG DISTANCE RUNNING NATIONAL

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

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

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

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

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

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

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

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

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

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

November 27. U.S. TAC National Masters 15K Cross-Country Championships, Agoura (L.A. suburb), Calif. Bruce Robinson, 6322 Eileen Ave., Los Angeles, CA 90043. 213/291-4045.

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

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

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

EAST

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

July 17. Catch The Sun Women's 5 Mile, Westfield, N.J. Catch The Sun, P.O. Box 513, Westfield, NJ 07091. 201/432-5530.

July 23. Jim Latz 5-Mile Beach Run, Ventnor, N.J. J.L. Running Resources, 5511 Winchester Ave., Ventnor, N.J. 08406.

August 7. Blue Cross/Blue Shield 10K, South Orange, N.J. Also 3K XC and masters 100 and 800 track races. Bill Indek, 7 Foster St., Bloomfield, NJ 07003. 201/338-3893.

August 21. Falmouth Road Race, Falmouth, Mass. Rich Sherman or John Carroll, P.O. Box 732, Falmouth, MA 02451. 617/540-4417.

September 18. Philadelphia Distance Half-Marathon, Philadelphia. Betsy Jacobs, 1421 Arch St., Philadelphia, PA 19102. 215/557-0082.

September 24. Footlocker Partners 8K, Washington, D.C. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 703/243-1290.

September 25. The Great Race 10K, Pittsburgh, Pa. Mike Radley, 419 City County Bldg., Pittsburgh, PA 15219. 412/255-2493.

October 15. Mercedes Mile on Fifth Avenue, NYC. Invitation or qualifying only. NYRR, 9 E. 89th St., New York, NY 10128. 212/860-4455.

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

SOUTHEAST

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

August 20. Parkersburg Homecoming Half-Marathon, Parkersburg, W. Va. \$500 first m/w masters. Camden-Clark Memorial Hospital, P.O. Box 718, Parkersburg, WV 26102.

August 20. Maggie Valley Moonlight 5 Mile, Maggie Valley, N.C. MVMR, P.O. Box 416, Waynesville, NC 28786. 704/926-1686.

September 24. Virginia 10 Miler, Lynchburg, Va. Marilyn Reynolds-Straub, 3020 Cranehill Dr., Lynchburg, VA 24503. 804/384-1692; 384-6816.

MIDWEST

July 4. Independence Day Run, Ohio TAC Open & Masters 10K Championships, Columbus. Bill Schmidt, 614/261-7650; 895-1514(e).

August 13. TAC Midwest Masters Age-Graded 10K Championships, Mokena, Ill. Howard Strassenberg, Box 282; Rt. 1, Mokena, IL 60954. 815/472-2807, or Dick Green, 815/397-5685.

August 20. 2nd Annual National Black Music Month 5K Series, Muncie, Ind. Ralph Vaughn, P.O. Box 1117, Muncie, IN 47305. 317/289-5876; 282-7930.

August 27. Bobby Crim 10 Miler, Flint, Mich. Lois Craig, P.O. Box 981, Flint, MI 48501. 313/235-3396.

October 8. The Ultimate Runner (10K, 400, 100m, mile, marathon), Jackson, Mich. Masters money. 125 total entry limit. SASE to U.R., Jackson Comm. Coll., 2111 Emmons Rd., Jackson, MI 49201.

October 30. Old Style Marathon/Chicago, Chicago, Ill. Sheri Johnson, 223 W. Erie, Chicago, IL 60610. 312/951-0660.

MID-AMERICA

July 9. Longest Day Marathon, 5K/10K and 5K Racewalk, Brookings, S. Dak. Dr. Charles Roberts, 1345 First St., Brookings, SD 57006. 605/692-6236.

July 17. Colorado Springs Classic 10K, Colorado Springs, Colo. Fred Mais, Race Director, Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

July 30. Bix 7-Miler, Davenport, Iowa. Ed Froelich, 2685 Kimberly Rd., Bettendorf, IA 52722. 319/359-9197.

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Records Set at Indoor Eastern Regional Championship Meets Through 1988

Prepared by Haig Bohigian

MEN

60 YARD-55 METER HURDLES

AGE	YEAR	MARK	NAME
30-34	1982	7.13	BOB RUDROW
35-39	1985	7.87	DAVID SALEEM
40-44	1981	7.80	JAMES O'HARA
45-49	1983	7.80	KEN BRINKER
50-54	1983	8.10	CHARLES PRATT
55-59	1985	8.87	LARRY PRATT SR.
60-64	1982	9.20	CLIFFORD MURPHY
65-69	1987	9.59	BOO MORCOM
70-74	1986	10.02	ED LUKENS
75-79	1980	10.70	GILBERTO GONZALES
80-84			RUSSELL MEYERS

60 YARD-55 METER DASH

AGE	YEAR	MARK	NAME
30-34	1988	6.50	JOHN BROOKS
35-39	1988	6.50	ALFONZO WALTON
40-44	1986	6.55	STAN WHITLEY
45-49	1982	6.50	LLOYD RIDDICK
50-54	80.81&83	6.90	BERT LANCASTER
55-59	1983	7.20	RUDY VALENTINE
60-64	1982	7.34	DAVID LAWYER
65-69	1985	7.93	DAVID LAWYER
70-74	1986	8.29	GILBERTO GONZALES
75-79	1983	8.70	BYRON FIFE
80-84	1983	9.10	EVERETT BASACK

300 YARD DASH

AGE	YEAR	MARK	NAME
30-34	1982	32.40	ROBERT JONES
35-39	1980	32.40	DENNIS DYCE
40-44	1982	33.70	ROBERT WILLIAMS
45-49	1985	33.54	ROBERT WILLIAMS
50-54	1985	35.18	CLIFF PAULING
55-59	1979	35.10	RUDY VALENTINE
60-64	1984	37.80	RUDY VALENTINE
65-69	1983	41.70	H BASACK
70-74	1981	45.60	MANNY D'ELIA
75-79	1983	47.10	BYRON FIFE
80-84	1983	64.80	EVERETT BASACK

600 YARD RUN

AGE	YEAR	MARK	NAME
30-34	1984	1:13.90	JOE SHOWERS
35-39	1980	1:14.80	DENNIS DYCE
40-44	1983	1:15.00	HARRY TOLLIVER
45-49	1983	1:18.00	LARRY COLBERT
50-54	1985	1:19.78	CLIFF PAULING
55-59	1979	1:22.70	RUDY VALENTINE
60-64	1981	1:30.70	MILTON BASS
65-69	1976	1:41.00	CASEY WITKOWSKI
70-74	1983	1:57.10	SAM MONASTERO
75-79	1983	1:59.30	BYRON FIFE
80-84			

1000 YARD RUN

AGE	YEAR	MARK	NAME
30-34	1984	2:15.70	JOE SHOWERS
35-39	1985	2:23.88	BRIAN KIVLAN
40-44	1980	2:26.20	JAMES DEMMA
45-49	1983	2:28.50	CLIFF PAULING
50-54	1984	2:24.00	CHARLES WIMBERLY
55-59	1984	2:43.10	HERB KANIA
60-64	1984	2:52.10	ARCHIE MESSENGER
65-69	1982	3:09.70	AUSTIN NEWMAN
70-74	1979	3:16.10	PAUL FAIRBANK
75-79	1983	3:40.80	BYRON FIFE
80-84			

ONE MILE RUN

AGE	YEAR	MARK	NAME
30-34	1981	4:20.90	JIM WATERS
35-39	1985	4:23.57	WALTER HAWKINS
40-44	1987	4:18.25	ALBIN SWENSON
45-49	1984	4:38.90	HENRY GLYDE
50-54	1987	4:48.50	JOHN CONNER
55-59	1987	4:55.40	JIM SUTTON
60-64	1984	5:19.90	ARCHIE MESSENGER
65-69	1985	5:58.37	AUSTIN NEWMAN
70-74	1986	5:27.40	AUSTIN NEWMAN
75-79	1983	6:54.80	BYRON FIFE
80-84			

300 METER DASH

AGE	YEAR	MARK	NAME
30-34	1988	35.20	DARYL BOVELL
35-39	1988	35.80	RALPH PENN
40-44	1986	38.19	STAN WHITLEY
45-49	1986	38.73	ROY TURNER
50-54	1987	38.70	LARRY COLBERT
55-59	1988	42.00	KARL FEE
60-64	1986	43.29	RUDY VALENTINE
65-69	1986	47.15	JIM MANNO
70-74	1986	51.01	GILBERTO GONZALES
75-79	1988	56.90	RUDOLPH NILSEN
80-84	1987	73.40	HARRY MCARDLE

600 METER RUN

AGE	YEAR	MARK	NAME
30-34	1988	1:06.10	DARYL BOVELL
35-39	1988	1:08.60	BORACE HUDSON
40-44	1988	1:09.70	THOMAS VAN AUKEER
45-49	1986	1:09.32	ROY TURNER
50-54	1987	1:12.80	LARRY COLBERT
55-59	1988	1:17.60	KARL FEE
60-64	1988	1:30.68	ROBERT PARSONS
65-69	1986	1:28.87	JIM MANNO
70-74	1988	1:58.70	RAY DESCHAMBAULT
75-79			
80-84	1987	2:31.30	HARRY MCARDLE

800 METER RUN

AGE	YEAR	MARK	NAME
30-34	1986	1:59.06	JIM HUDSON
35-39	1986	1:56.20	WALTER HAWKINS
40-44	1987	2:01.40	ALBIN SWENSON
45-49	1987	2:04.40	DAVID FARLEY
50-54	1986	2:10.65	CLIFF PAULING
55-59	1986	2:21.25	KILSEY BROWN
60-64	1987	2:34.80	ARCHIE MESSENGER
65-69	1988	3:05.30	JOHN MCCARTHY
70-74	1986	2:41.94	AUSTIN NEWMAN
75-79			
80-84			

1500 METER RUN

AGE	YEAR	MARK	NAME
30-34	1986	4:17.10	FREDERICK KOLTHAY
35-39	1986	4:05.60	HAROLD NOLAN
40-44	1986	4:15.60	KIRK RANDALL
45-49	1986	4:34.50	SETH KAMINSKY
50-54	1986	4:28.50	JIM SUTTON
55-59			
60-64	1986	5:20.80	LUTHER BURDELL
65-69			
70-74	1986	5:27.40	AUSTIN NEWMAN
75-79			
80-84			

3000 METER RUN

AGE	YEAR	MARK	NAME
30-34	1988	8:54.80	ROBERT PETRILLO
35-39	1986	9:05.60	GARY TOMPKINS
40-44	1988	9:04.00	ALBIN SWENSON
45-49	1987	9:26.60	TIMOTHY SIMPSON
50-54	1987	10:50.10	JIM KEAT
55-59	1987	10:30.20	TONY SAPIENZO
60-64	1986	11:30.80	LUTHER BURDELL
65-69	1988	12:25.30	EDWARD BUCKLEY
70-74	1987	11:27.60	SCOTTY CARTER
75-79			
80-84			

3000 METER WALK

AGE	YEAR	MARK	NAME
30-34	1988	13:40.00	DAVID LAWRENCE
35-39	1987	15:02.20	PHILIP MCGAW
40-44	1987	13:26.80	ROBERT KEATING
45-49	1986	14:34.00	RON KULIK
50-54	1988	15:55.50	WILLIAM PRESTON
55-59	1988	17:23.10	FRANK FINA
60-64	1987	17:32.00	JOHN GRAY
65-69	1986	18:01.30	DON JOHNSON
70-74	1987	20:39.10	ROBERT MULIKEN
75-79	1986	23:07.90	ANDREW NUGENT
80-84			

LONG JUMP

AGE	YEAR	MARK	NAME
30-34	1988	21'9"	EUGENE CACCIATORE
35-39	1988	21'11"	AL WALTON
40-44	1988	22'0 1/4"	KEN BRINKER
45-49	1980	19'4 7/8"	BILL CLARK
50-54	1986	18'10 1/4"	EARL CLINE
55-59	1988	18'7 3/4"	RUDY ENDERS
60-64	1982	17'6 1/2"	BOO MORCOM
65-69	1987	16'5"	BOO MORCOM
70-74	1985	14'4 1/2"	IAN HUME
75-79	1988	14'4 1/2"	ROBERT SORLEIN
80-84	1980	11'10 1/4"	RUSSELL MEYERS

TRIPLE JUMP

AGE	YEAR	MARK	NAME
30-34	1987	44'10 3/4"	NATHAN TAYLOR
35-39	1987	44'10 3/4"	DAVID PRUITT
40-44	1984	40'10"	GRANT KROW
45-49	1982	35'3"	TOM BUTTERFIELD
50-54	1987	35'7"	HAIG BOHIGIAN
55-59	1988	33'9 1/2"	RUDY ENDERS
60-64	1985	36'3 1/2"	ED LUKENS
65-69	1987	35'7"	ED LUKENS
70-74	1985	30'5"	IAN HUME
75-79	1988	24'9 3/4"	RUDOLPH NILSEN
80-84			

SHOT PUT

AGE	YEAR	MARK	NAME
30-34	1987	52'2 3/4"	JOHN DUPUIS
35-39	1977	47'7 1/2"	ERNIE MCCOMBS
40-44	1980	47'7 1/2"	ED HILL
45-49	1983	46'2"	LARRY PRATT
50-54	1987	48'5"	CARL WALLIN
55-59	1983	48'10 1/2"	LEN OLSON
60-64	1985	44'11"	BILL GILLIGAN
65-69	1981	45'9"	BILL COLEMAN
70-74	1988	38'6"	GEORGE BRACELAND
75-79	1984	38'6"	MURRAY OGUS
80-84	1988	37'9 1/4"	ELMER SHAW
	1987	26'1 1/2"	JOSEPH MCCLUSKY
	1987	21'6"	HARRY MCARDLE

WEIGHT THROW

AGE	YEAR	MARK	NAME
30-34	1982	47'3"	AL PALIWODA
35-39	1976	52'1"	STEW THOMPSON
40-44	1983	44'9 1/2"	NORM CYPRUS
45-49	1976	58'8"	BOB BACKUS
50-54	1979	59'0"	BOB BACKUS
55-59	1982	47'1"	LEV MOZBAEV
60-64	1982	44'11"	BILL GILLIGAN
65-69	1985	45'6"	TOM MCDERMOTT
70-74	1988	36'11"	ELMER SHAW
75-79	1984	23'8 1/2"	RAY CONNELLY
80-84	1983	15'9"	EVERETT BOSACK

TWO MILE RUN

AGE	YEAR	MARK	NAME
30-34	1974	9:28.30	HENRY GLYDE
35-39	1981	9:49.80	G TOMPKINS
40-44	1984	9:42.60	KIRK RANDALL
45-49	1977	10:10.60	GEORGE VERNOSKY
50-54	1983	10:17.90	LLOYD SLOCUM
55-59	1984	11:00.90	KEN CARMEN
60-64	1981	11:40.00	STEVE RICHARDSON
65-69	1973	13:13.00	OTTO ESSIG
70-74	1979	13:18.50	PAUL FAIRBANK
75-79			
80-84			

ONE MILE RELAY (4 X 440)

AGE	YEAR	MARK	NAMES	CLUB
30-39	1982	3:27.30	OVERBY, ROBINSON, LEWIS, DYCE	N.Y. PIONEERS
40-49	1984	3:36.40	O'NEAL, SHANK, SMALL, STANFORD	N.Y. PIONEERS
50-59	1988	4:24.00	7,7,7,7	SYRACUSE CHARGERS
60-69	1986	5:08.90	7,7,7,7	PHILLY MASTERS
70-79				

TWO MILE RELAY (4 X 880)

AGE	YEAR	MARK	NAMES	CLUB
30-39	1984	8:30.40	CONTRARIO, PETTINELLA, WILLIAMS, VANCKER	GREATER ROCHESTER
40-49	1976	8:38.10	7,7,7,7	N.Y. PIONEERS
50-59	1985	10:02.90	7,7,7,7	SYRACUSE CHARGERS
60-69	1985	13:06.46	7,7,7,7	SYRACUSE CHARGERS

TWO MILE WALK

AGE	YEAR	MARK	NAME
30-34	1985	13:30.18	RAY FUNKHOUSER
35-39	1979	15:15.30	DAN STANEK
40-44	1978	14:38.30	RON KULIK
45-49	1981	14:50.30	JACK BOITANO
50-54	1985	15:20.79	JACK BOITANO
55-59	1980	16:20.50	ROBERT MIMM
60-64	1978	17:11.80	DON JOHNSON
65-69	1979	17:13.30	GEORGE BRACELAND
70-74	1980	18:53.00	DAVE LAKRITZ
75-79	1985	24:35.48	DONALD ERNST

HIGH JUMP

AGE	YEAR	MARK	NAME
30-34	1985	6'8"	MICHAEL SAAFFIR
		86 & 88	JEFFREY WATRY
35-39	1981	6'0"	MIKE O'MEARA
		1986	ERIC HOWARD
40-44	1976	5'11"	HASCOCK
45-49	1977	5'8"	WALT HUTCHINS
		84&85	GERALD COUNIHAN
		1988	PAUL DORSEY
50-54	1974	5'4"	BOO MORCOM
55-59	1977	5'0"	BOO MORCOM
		1981	SPOTTY HALL
60-64	83&85	4'10"	BOO MORCOM
		1986	DENVER SMITH
65-69	1983	4'8"	IAN HUME
70-74	1985	4'8"	IAN HUME
75-79	1988	3'10"	CLAUDE HILLS
80-84			

POLE VAULT

AGE	YEAR	MARK	NAME
30-34	1986	15' 5 3/4"	ROBERT MEYERS
35-39	1982	15' 6 1/2"	CHARLES POLHAMUS
40-44	1983	14' 6"	WALLY SOKOLOWSKI
45-49	1986	13' 6"	GERALD COUNIHAN
	1987	13' 6"	WALLY SOKOLOWSKI
50-54	1974	13' 0"	BOO MORCOM
55-59	1977	13' 1"	BOO MORCOM
60-64	83&85	12' 0"	BOO MORCOM
65-69	1987	9' 0"	BOO MORCOM
70-74	1985	9' 0"	IAN HUME
75-79	1988	6' 8"	CLAUDE BILLS

Records Set at Indoor National Championship Meets Through 1988

Prepared by Haig Bohigian

Men

60 YARD HURDLES			
AGE	YEAR	MARK	NAME
30-34	1983	7.10	NATE ROBINSON
35-39	1985	7.29	LAMAR MILLER
40-44	1986	7.64	LAMAR MILLER
45-49	1983	7.80	CHARLES PRATT
50-54	1983	8.00	LARRY PRATT SR.
55-59	1985	8.70	JOE MURPHY
60-64	1987	8.50	JACK GREENWOOD
65-69	1987	9.34	TOM PATSALIS
70-74	1988	10.23	AL GUIDET
75-79	1988	11.28	BERT MORROW
80-84	1984	11.34	RUSSELL MEYERS

60 YARD DASH			
AGE	YEAR	MARK	NAME
30-34	1982	6.20	JOSEPH BAILIFF
35-39	1985	6.31	LAMAR MILLER
40-44	1987	6.45	JACK WHITLEY
45-49	1983	6.60	KEN DENNIS
50-54	1985	6.70	LLOYD RIDDICK
55-59	1988	7.16	RUSH SPRINGBETT
60-64	1985	7.38	RUSH JACOBS
65-69	1985	7.71	DAVID LAWYER
70-74	1986	8.19	GILBERTO GONZALES
75-79	1983	8.76	FRED WHITE
80-84	1988	9.26	BYRON FIKE
85-89	1988	11.00	ARLING PITCHER

300 YARD DASH			
AGE	YEAR	MARK	NAME
30-34	1983	30.30	RONALD MURPHY
35-39	1986	31.14	WILLIAM COLLINS
40-44	1986	32.47	STAN WHITLEY
45-49	1988	33.57	ROY TURNER
50-54	1986	34.56	THANE BAKER
55-59	1982	36.30	RUDY VALENTINE
60-64	1984	37.10	RUDY VALENTINE
65-69	1979	40.76	HARRY KOPPEL
70-74	1984	42.71	GILBERTO GONZALES
75-79	1983	47.20	BYRON FIKE
80-84	1988	51.09	BYRON FIKE
85-89	1988	69.10	ARLING PITCHER

600 YARD RUN			
AGE	YEAR	MARK	NAME
30-34	1980	1:13.30	M. LEWIS
35-39	1980	1:13.20	DENNIS DYCE
40-44	1980	1:15.70	GLEN SHANE
45-49	1988	1:17.06	HAROLD MORIOKA
50-54	1986	1:20.07	CLIFF PAULING
55-59	1982	1:24.30	RUDY VALENTINE
60-64	1984	1:31.20	RUDY VALENTINE
65-69	1983	1:35.20	FRANK FINGER
70-74	1988	1:39.69	JAY SPONSELLER
75-79	1984	1:55.10	BYRON FIKE
80-84	1988	2:02.83	BYRON FIKE

1000 YARD RUN			
AGE	YEAR	MARK	NAME
30-34	1980	2:12.60	T. BRYAN
35-39	1984	2:17.36	E. DAW
40-44	1987	2:18.94	RUSSELL SCHMEICHEL
45-49	1986	2:22.26	GEORGE COHEN
50-54	1986	2:31.65	CLIFF PAULING
55-59	1983	2:38.30	KELSEY BROWN
60-64	1984	2:50.20	ARCHIE MESSENGER
65-69	1986	3:03.51	HOWARD STASSENBERG
70-74	1988	3:12.25	JAY SPONSELLER
75-79	1984	3:33.60	BYRON FIKE
80-84	1979	3:58.95	PAUL SPANGLER

ONE MILE RUN			
AGE	YEAR	MARK	NAME
30-34	1981	4:16.90	PAT WILSON
35-39	1980	4:19.30	BILL STEWART
40-44	1987	4:18.65	TRACY SMITH
45-49	1983	4:29.30	ERNE BILLUPS
50-54	1984	4:48.70	JIM SUTTON
55-59	1984	5:04.00	HERB KANIA
60-64	1987	5:21.69	JOE KING
65-69	1986	5:44.02	JOHN BOOTS
70-74	1982	6:03.00	SAM MONASTERO
75-79	1988	6:56.96	BILL BROBSTON
80-84	1979	7:04.20	PAUL SPANGLER

TWO MILE RUN			
AGE	YEAR	MARK	NAME
30-34	1987	9:00.30	DAVID ALLEN
35-39	1979	9:18.00	BILL STEWART
40-44	1987	9:29.50	ALBIN SWENSON
45-49	1983	9:45.10	ERNE BILLUPS
50-54	1983	10:09.10	LLOYD SLOCUM
55-59	1988	10:58.82	JIM SUTTON
60-64	1987	11:24.82	JOE KING
65-69	1986	12:19.34	JOHN BOOTS
70-74	1977	13:10.00	R. BRENDENBECK
75-79	1984	14:17.10	BYRON FIKE
80-84	1979	15:12.40	PAUL SPANGLER

TWO MILE WALK			
AGE	YEAR	MARK	NAME
30-34	1985	13:10.00	RAY FUNKHOUSER
35-39	1984	14:15.20	T. SCULLY
40-44	1988	13:59.45	ROBERT KEATING
45-49	1984	14:55.40	RON KULIK
50-54	1983	15:08.40	SAL CORRALLO
55-59	1987	15:37.75	MAX GREEN
60-64	1984	17:45.10	J. VITUVVI
65-69	1984	18:30.30	DON JOHNSON
70-74	1980	18:20.30	GORDON WALLACE
75-79	1985	20:13.00	GORDON WALLACE
80-84	1988	24:05.30	BYRON FIKE

HIGH JUMP			
AGE	YEAR	MARK	NAME
30-34	1988	7'0"	GREG HANIE
35-39	1983	6'5 7/8"	FRANK COSTELLO
40-44	1986	6'7"	JOHN HARTFIELD
45-49	1979	5'10"	DICK RICHARDSON
50-54	1985	5'10"	NICK NEWTON
55-59	1986	5'5"	J. C. BROWN
60-64	1984	5'2"	BURL GIST
65-69	1985	5'0"	BURL GIST
70-74	1987	4'4 1/4"	HAM MORNINGSTAR
75-79	1988	4'0 1/4"	CLAUDE HILLS
80-84	1984	3'9 3/4"	ARLING PITCHER
85-89	1988	3'2"	ARLING PITCHER

POLE VAULT			
AGE	YEAR	MARK	NAME
30-34	1988	15'3"	WILL FREEMAN
35-39	1988	16'1"	BRAD WINTER
40-44	1981	15'0"	WALLY SOKOLOWSKI
45-49	1988	14'1"	WALLY SOKOLOWSKI
50-54	1976	13'6"	BOO MORCOM
55-59	1977	13'0"	BOO MORCOM
60-64	1986	12'0"	JERRY DONLEY
65-69	1987	11'0"	BOB RICHARDS
70-74	1985	9'9 1/4"	BOO MORCOM
75-79	1988	9'3"	CAROL JOHNSTON
80-84	1986	8'2"	ARLING PITCHER
85-89	1988	5'6"	ARLING PITCHER

LONG JUMP			
AGE	YEAR	MARK	NAME
30-34	1987	24'9 1/2"	LEOETHA STANLEY
35-39	1984	22'1 1/2"	RUFUS MORRIS
40-44	1986	23'1"	STAN WHITLEY
45-49	1983	20'10 3/4"	AL HENRY
50-54	1980	20'8 1/2"	SHIRLEY DAVISSON
55-59	1977	19'3 1/4"	BOO MORCOM
60-64	1987	17'1 1/4"	BUCK BRADBERRY
65-69	1987	17'1 3/4"	TOM PATSALIS
70-74	1984	14'5 1/2"	GILBERTO GONZALES
75-79	1980	12'8"	RUSSELL MEYERS
80-84	1984	10'4"	RUSSELL MEYERS
85-89	1988	8'3"	EVERETT HOSACK

TRIPLE JUMP			
AGE	YEAR	MARK	NAME
30-34	1987	47'10 3/4"	LEOETHA STANLEY
35-39	1987	44'8"	LARRY RODENBECK
40-44	1985	45'4 3/4"	JOHN HARTFIELD
45-49	1983	44'11 1/4"	IRA DAVIS
50-54	1983	40'7 3/8"	DAVE JACKSON
55-59	1988	36'4"	PHIL MULKEY
60-64	1985	34'8"	ED LUKENS
65-69	1987	35'7 3/4"	TOM PATSALIS
70-74	1987	29'7 1/4"	ROBERT SORLIEN
75-79	1988	25'2 1/4"	FRED WHITE
80-84	1987	22'10 3/4"	BENJAMIN FOX
85-89	1988	14'11 1/4"	ARLING PITCHER

SHOT PUT			
AGE	YEAR	MARK	NAME
30-34	1988	52'6"	GARY ENGLAND
35-39	1987	54'0 1/2"	GEORGE TYMS
40-44	1986	52'10 3/4"	EDWARD HILL
45-49	1988	51'9 1/2"	EDWARD HILL
50-54	1987	49'10"	JAMES HART
55-59	1987	46'7 1/2"	LEN OLSON
60-64	1978	51'5"	NAT HEARD
65-69	1984	43'10"	MURRAY OGUSS
70-74	1985	43'5"	ROSS CARTER
75-79	1980	31'4 1/2"	HOMER VAN GELDER
80-84	1988	26'9"	BURT DEGROOT
85-89	1988	20'9 1/2"	EVERETT HOSACK

WEIGHT THROW			
AGE	YEAR	MARK	NAME
30-34	1982	50'9 1/2"	AL PALIWODA
35-39	1984	49'11 1/2"	MIKE GRISKO
40-44	1977	64'10 3/4"	AL HALL
45-49	1976	58'9"	BOB BACKUS
50-54	1977	61'1 1/4"	BOB BACKUS
55-59	1977	39'9 3/4"	TOM MCDERMOTT
60-64	1984	51'6 1/4"	BILL WALMROTH
65-69	1983	47'8 3/8"	TOM MCDERMOTT
70-74	1988	46'6"	TOM MCDERMOTT
75-79	1988	27'3"	ROBERT HUNTER
80-84	1988	19'10 1/4"	BURT DEGROOT
85-89	1988	19'10"	EVERETT HOSACK

Women

60 YARD HURDLES			
AGE	YEAR	MARK	NAME
30-34	1980	9.00	PATRICIA COLLINS
35-39	1984	9.00	PHIL RASCHKER
40-44	1984	8.70	CARMEN BROWN
45-49	1982	10.20	CHRISTEL MILLER
50-54	1985	10.36	CHRISTEL MILLER
55-59	1985	11.82	SHIRLEY KINSEY
60-64	1988	13.80	PATRICIA PETERSON

60 YARD DASH			
AGE	YEAR	MARK	NAME
30-34	1983	7.40	JANICE FOWLER
35-39	1982	7.10	PHIL RASCHKER
40-44	1988	7.32	PHIL RASCHKER
45-49	1985	7.77	MARILYN FITZGERALD
50-54	1985	8.32	CHRISTEL MILLER
55-59	1985	8.97	SHIRLEY KINSEY
60-64	1988	9.23	PATRICIA PETERSON
65-69	1985	9.03	MARY BOWERMASTER
70-74	1984	11.10	VIVIAN NELSON
75-79	1987	16.15	GRACE LABELLE

300 YARD DASH			
AGE	YEAR	MARK	NAME
30-34	1981	38.20	PHIL RASCHKER
35-39	1984	38.36	J. JOHNSON
40-44	1987	38.51	PHIL RASCHKER
45-49	1988	42.09	MARILYN MITCHELL
50-54	1988	45.02	MARILYN FITZGERALD
55-59	1988	50.20	SALLIE STEIGELMEIR
60-64	1988	51.28	PATRICIA PETERSON
65-69	1987	63.40	CAROL PEEBLES
70-74	1988	57.70	VELMA JACOBS

600 YARD DASH			
AGE	YEAR	MARK	NAME
30-34	1982	1:27.00	JUNE SMITH
35-39	1984	1:27.46	J. JOHNSON
40-44	1983	1:35.60	BARBARA PIKE
45-49	1979	1:41.00	G. BUTCHER
50-54	1987	1:34.40	SUSAN REDFIELD
55-59	1988	1:58.75	SALLIE STEIGELMEIR
60-64	1988	2:21.70	MARY NORCKAUER
65-69	1984	2:28.80	MAJORIE SMITH
70-74	1987	2:21.55	PEARL MEHL

1000 YARD RUN			
AGE	YEAR	MARK	NAME
30-34	1987	2:41.60	ROSE THOMSON
35-39	1987	2:41.53	DEBBIE ANDERSON
40-44	1980	2:57.30	SUSAN REDFIELD
45-49	1982	2:57.20	SUSAN REDFIELD
50-54	1982	3:04.20	CHRIS MCKENZIE
55-59	1988	4:07.00	MARY NORCKAUER
60-64	1988	4:44.64	CAROL PEEBLES
70-74	1987	4:01.11	PEARL MEHL

ONE MILE RUN			
AGE	YEAR	MARK	NAME
30-34	1987	4:43.02	CINDY BREMSER
35-39	1987	4:59.28	C. URISH-MCLATCHIE
40-44	1982	5:19.20	BARBARA PIKE
45-49	1982	5:35.00	SUSAN REDFIELD
50-54	1982	5:54.70	CHRIS MCKENZIE
55-59	1988	7:30.39	MARY NORCKAUER
60-64	1988	7:29.22	PEARL MEHL

TWO MILE RUN			
AGE	YEAR	MARK	NAME
30-34	1987	10:00.03	CINDY BREMSER
35-39	1987	10:24.13	C. URISH-MCLATCHIE
40-44	1982	11:09.00	BARBARA PIKE
45-49	1987	13:10.35	MARY CULLEN
50-54	1984	12:37.16	MILA KANIA
55-59	1984	13:03.93	T. D'ELLIA
60-64	1988	15:50.90	MARY NORCKAUER
65-69	1988	18:35.26	CAROL PEEBLES
70-74	1987	15:30.00	PEARL MEHL

TWO MILE WALK			
AGE	YEAR	MARK	NAME
30-34	1984	17:36.70	C. COSTA
35-39	1988	16:58.88	S. FRANTZ-RENSHAW

U.S. MASTERS TRACK & FIELD RANKINGS

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

1987 Decathlon Rankings Compiled by Jerry Wojcik

Decathlon Rankings---1987

*WAVA Tables

M30-34

1 Bill Lawson	6323
2 Jeff Bilderbeck	5816
3 Will Freeman	5787
4 Jim Geiseman	5344
5 Chris Polakowski	5307
6 Ted Tiernon	5210
7 David Beshears	4419
8 Bill Keller	4344
9 Curtis Lackey	2691

M35-39

1 Mike Hill	6628
2 Mike Davis	4959
3 Bob Green	4806
4 Charles Strode	4173
5 Harry McDonald	3419
6 Jim Accardi	3193

M40-44

1 Rex Harvey	5660
2 Bud Olsen	5215
3 Henry Hopkins	4738
4 Gordon Reiter	4694
5 William Busby	4529
6 Jim Rose	4272
7 Joe Liles	4135
8 Joe Johnston	4051
9 Johnston Ewing	3534
10 Jim Shoemaker	3333
11 George Cliette	3199
12 Charles Birkhead	2961

M45-49

1 Gary Miller	5229
2 Tom Cronan III	4662
3 Gary Bane	4190
4 Jim Ratzlaff	3780
5 Mike Valle	3725
6 John Forsyth	3564
7 Nate Carter	3512
8 Bill Jeffrey	3466
9 John Head	2133

M50-54

1 Phil Mulkey	4654
2 Jack Gilmore	4430
3 Hector Cisneros	3215
4 Dave Martin	2865
5 Don Zimmerman	2571
6 Rusty Hamilton	2543

M55-59

1 Dave Douglass	3252
2 Jerry Donley	3180
3 Bill Gentry	3054
4 George Taylor	1999
5 Walter Diggs	1753
6 Don Gray	1633

M60-64*

1 Denver Smith	6728
2 Dick Nordquist	6661
3 Ted Ensslin	6305
4 Jock Joco	6212
5 Gordon Kovar	5225

M65-69*

1 Boo Morcom	9008
2 Frank Bowles	6515
3 A U Ricciardi	3855

M70-74*

1 Ham Morningstar	8084
2 Gilberto Gonzalez	7375
3 Don Bulkley	6709

M75-79*

1 Claude Hills	6731
2 Bob Boal	5210
3 A E Pitcher	924

M85-89

1 Herb Anderson	4961
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(Age-factored score)

Heptathlon Rankings---1987

W40-44

1 Phil Raschker	5316
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W50-54

1 Christel Miller	4548
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1987 Pentathlon Rankings Compiled by Jerry Wojcik

Pentathlon Rankings---1987

*WAVA Tables

M30-34

1 Jeff Bilderbeck	2965
2 A Miller	2935
3 D Hoover	2719
David Beshears	2719
5 S Vaughn	2481
6 G Schmidt	2389
7 Dave Wadole	2096
8 Steve Kelso	1516

M35-39

1 Mike Hill	3237
2 Frank Reilly	3223
3 Scott Thornsley	2634
4 Jim Gibson	2222
5 M Saafir	2215
6 S Jarvis	2212
7 Ivan Black	2200
8 S Kennedy	2191
9 R Perkins	2072
10 Ron Merville Jr	2032
11 Ron Rook	1919
12 Ron Salvio	1828

M40-44

1 Rex Harvey	2818
2 J Hollister	2786
3 W Betts	2759
4 Gordon Reiter	2691
5 Ken Brinker	2526
6 B Forsyth	2338
7 D Selby	2162
8 W Pfeiffer	1957
1 Rex Harvey	*3192
2 Randy Thaman	*2309

M45-49

1 Gary Miller	2847
2 Tom Cronan III	2522
3 D Lance	2492
4 Jack Karbens	2084
5 John James	1962
6 Richard Jones	1943
7 Dhamiri Abayomi	1878
8 Charles Futch	1472
9 Aarand Roos	1383
10 Richard Harmon	1279
11 R Walsh	945
1 Gerald Counihan	*2257
2 Richard Jones	*2136

M50-54

1 Gary Miller	2671
2 Ed Oleata	2492
3 Jack Gilmore	2332
4 W Grover	1865
5 Ed Martin	1851
6 D Reitz	1437
7 Nick Breslin	1196
1 Gary Miller	*4258
2 Phil Mulkey	*3348

M55-59

1 J Hepner	2072
2 Harry Hawke	1759
3 Jerry Reiserer	1742
4 Wendell Palmer	1732
5 D Skartvedt	1556
6 Al Brenda	1442
7 Bill Gentry	1282
8 Ron Noreen	1211
9 George Taylor	1104
1 Dave Douglass	*2816

M60-64*

1 Bob Roemer	3775
2 Jock Joco	3187
3 Oscar Harris	2835
4 Bob Parsons	2622
1 Ed Holmes IAAF	1318

M65-69*

1 Boo Morcom	4700
2 Mel Buschman	2882
3 Auden Bryant	2806
4 Dave Hall	2441
5 Don Harris	1892
6 A U Ricciardi	1963
1 Boo Morcom IAAF	1865
2 F Bowles IAAF	1322

M70-74*

1 Bill Morales	3855
2 Ham Morningstar	3780
3 Gilberto Gonzalez	3714
4 Eugene Wood	1169
1 Ham Morningstar IAAF	1184

M75-79*

1 Claude Hills	3876
2 Antonio Rodriguez	3680

M80-84*

1 Harry McArdle	1411
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M85-89*

1 Herb Anderson	1705
1 Herb Anderson IAAF	216

1987 1500 Meter Rankings Compiled by Wiesia Wojcik

M30-34

1 Dennis Murray	4:00.8
2 David Poteet	4:01.5
3 Glyn Reynolds	4:01.7
4 Roger DePriest	4:02.2
5 Jesse Mayes	4:03.0
6 B Vermilyea	4:03.1
7 Randall McLancon	4:03.4
8 J Garcia	4:06.3
9 K Lampert	4:06.7
10 Greg Gustafson	4:06.8
11 S Goddell	4:07.6
12 R Goui	4:07.7
13 P Coppess	4:07.8
14 K Zuidema	4:08.1
Mark Koenig	4:08.1
16 Alvin Everhart	4:09.1
17 Drew Poulin	4:09.5
18 Vince Campos	4:11.8
19 Rick Barbero	4:13.6
20 Heriberto Medina	4:14.3

21 P Behrends	4:14.4
22 Terry Boos	4:14.9
23 Steve Wikner	4:15.7
24 J Airis	4:16.3
25 S Petto	4:16.7
26 Russ Patton	4:19.3
27 D Marsteller	4:19.6
28 A Sterrett	4:20.2
29 J Dove	4:21.6
30 J Peebles	4:22.3
31 J Geisman	4:22.6
32 C Lockwood	4:22.8
33 D Honter	4:23.0
34 B Fitzgerald	4:24.3
35 S Brajer	4:24.7
36 Tom Berry	4:26.2
37 J Ott	4:26.6
38 K Adamson	4:27.1
39 W Rutledge	4:27.8
40 Steve Rohde	4:31.9
41 Steve Wilson	4:32.3
42 C Davies	4:33.1
43 G Cyr	4:33.5
44 Stewart Boden	4:33.7
45 J Champion	4:38.2
46 P Torres	4:38.5
47 T Haughan	4:38.8
48 D Gaddis	4:43.0
49 C Camp	4:45.5
50 J Dula	4:48.0

M35-39

1 P Harnes	4:02.4
2 I Cumming	4:05.1
3 N Smith	4:05.5
4 W Hawkins	4:05.9
K Lauenstein	4:05.9
6 H Hoston	4:06.8
7 J Gelsomini	4:07.6
8 D Schultz	4:08.2
9 R Sturgeon	4:10.0
10 Randy Taylor	4:12.7
11 Jim Hatcher	4:13.9
12 Dan Peterson	4:14.0
13 B Wilson	4:14.2
14 Paul Zink	4:14.6
15 Tom Bradley	4:14.7
16 Jim Hiebert	4:15.4
17 David Binkley	4:15.7
18 M Harris	4:16.7
19 M Daly	4:17.8
20 R Puckerin	4:18.0
G Dean	4:18.0
22 John Skislak	4:18.7
23 P Zitzelsberger	4:20.6
24 Graig Runyan	4:21.1
S Wareham	4:21.1
26 T Millen	4:22.5
27 J Berleson	4:22.7
28 B Betancourt	4:23.0
29 H Mozee	4:23.6
30 D Katcher	4:23.7

31 B Sumner	4:24.5
32 R Nelson	4:24.8
33 Jim Westmoreland	4:25.0
34 J Montoya	4:25.1
35 C Chateaubriant	4:26.6
36 Ron Merville	4:27.0
37 E Rivas	4:29.0
38 Paul Edstrom	4:31.0
39 Norm Thomas	4:31.6
40 Wayne Douglas	4:31.7
41 Steven Levon	4:33.1
42 Russ Floyd	4:33.5
43 N Purnell	4:35.6
44 R Sanchez	4:35.7
45 Tom Millvook	4:36.5
46 M Montano	4:37.2
47 Jim Darcy	4:38.6
48 T Olson	4:38.9
K Blair	4:38.9
50 D Connolly	4:39.0
51 S Viegas	4:39.4
52 J Garcia	4:40.5
R Perkins	4:40.5
54 B Fiszlewicz	4:40.7
55 D Hurlburt	4:40.8

M40-44

1 Mike Manley	4:03.1
2 A Swenson	4:03.7
3 J Jordeth	4:04.6
4 R Jensen	4:05.3
5 S Ferraz	4:05.5
6 B Stewart	4:05.7
7 P Hallop	4:05.9
8 W Herrala	4:06.5
9 E Daw	4:06.8
10 J Galloway	4:08.0
11 H Franklin	4:08.6
12 T Smith	4:09.0
J Crawford	4:09.0
14 J Hampton	4:10.3
15 G Shirley	4:10.6
16 D Tracy	4:11.4
17 H Hadley	4:11.9
18 M Holbrook	4:12.6
19 F Cornett	4:13.6
20 B Sevald	4:14.3

21 E Shattuck	4:14.4
22 G Rust	4:14.6
23 V Wolfe	4:15.8
24 M Phillips	4:16.9
25 R Davis	4:17.6
26 G Mason	4:17.9
27 J Hackett	4:18.0
28 R Burleson	4:18.4
29 J Madderom	4:19.6
30 K Robinson	4:20.2
31 M Carnahan	4:20.3
32 J Petty	4:21.6
33 B Williams	4:21.9
34 M Figueroa	4:22.3
35 K Sparks	4:22.8
36 L Scott	4:23.1
37 P Appell	4:24.2
38 G Kryszak	4:24.9
39 R Lethenberger	4:27.1
40 A Roque	4:27.2
41 J Woodcock	4:27.6
42 J Cobourn	4:28.3
43 D Frye	4:28.7
44 F Krebs	4:28.8
45 D Bowden	4:28.9
46 J Carter	4:30.0
47 W Clarke	4:30.7
48 E Rick	4:31.4
49 D LaMountain	4:32.0
50 J Boyle	4:33.1
51 D Trujillo	4:33.6
52 K Hall	4:33.9
53 S McWilliams	4:35.1
54 M Link	4:35.6
55 J Bayle	4:35.8

M45-49

1 Kirk Randall	4:12.2
2 Barry Adams	4:13.0
3 George Cohen	4:14.1
4 Frank Reynolds	4:14.7
5 Alan Pilling	4:22.0
6 Milton Howe	4:22.6
7 M Elliott	4:23.6
8 Sid Howard	4:24.5
9 Bob Schul	4:24.6
10 E Owers	4:25.7
11 Mike Heffernan	4:26.6
12 Robert Bennett	4:29.3
13 --- Witkin	4:30.2
14 L Faxon	4:31.0
15 F Romack	4:32.0
16 Seth Kaminsky	4:32.1
17 Cecil Smith	4:33.2
18 Earl Donaldson	4:33.3
19 Cliff Bedell	4:33.4
20 J Verdier	4:37.0
21 Richard Greene	4:36.4
22 George Buckner	4:36.6
23 Jim Clark	4:36.9
24 Art Maillet	4:37.3
25 Des O'Rourke	4:39.1
26 Ed Packel	4:39.9
27 Mike O'Brien	4:40.0
28 J Murphy	4:40.3
29 Jerry McFadden	4:40.7
30 Joh Patterson	4:41.8
31 G Bailey	4:43.0
32 Dave Gerridge	4:43.8
33 --- Semler	4:44.4
34 George Linn	4:45.4
35 B Needham	4:46.8
36 Bill Porter	4:47.2
37 B Brawley	4:47.9
38 Stephen Schumacher	4:48.8
39 D Wilson	4:49.7
40 Alfred Enloe	4:51.0
41 F Bertleson	4:54.2
42 David Kirkman	4:55.0
43 Tom Wiper	4:56.7
44 R Jones	4:58.6
45 J Riebling	5:02.4
46 Edgar Kousky	5:05.5
47 Cliff Boos	5:05.7
48 John Cosgrove	5:06.5
49 Bill Jeffrey	5:10.6
50 R Smith	5:11.0

M50-54

1 Ernest Billups	4:16.5
2 J Daley	4:25.4
3 John Conner	4:26.4
4 Glynn Wood	4:28.1
5 C Wimberley	4:29.6
6 Henry Hawk	4:30.4
7 Mike Christiansen	4:31.7
8 Ino Cantu	4:36.2
9 J Hurley	4:37.0
10 B Milner	4:41.7
11 Ken Baker	4:42.5
12 B Gilbert	4:43.0
K Combs	4:43.0
14 J Lewis	4:43

TRACK & FIELD RESULTS

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

SOUTHEAST

Birmingham TC Classic Birmingham, AL; May 14

100 METERS

W-Open			
1. M. Anderlik	BTC	13.80	

W30-34			
1. V. Bodden	BTC	14.77	

W35-39			
1. D. Drumgole	ATC	15.14	
2. Pappas	BTC	15.84	

W40-44			
1. P. Raschker	ATC	*12.59	
2. L. Struppeck	BR	12.98	
3. E. Curry	BTC	16.01	
4. C. McCain	BTC	16.10	
5. V. Hammond	BTC	16.46	

W50-54			
1. S. Howell	BTC	20.60	

M-Open			
1. C. Fieselman	BTC	11.88	
2. C. Williams	BTC	15.00	
3. H. Ketchum	BTC	16.46	

M30-34			
1. E. Liddell	ATC	11.09	
2. G. Howard	Mob	11.37	
3. G. Reid	ATC	11.57	
4. S. Koenig	NHV	11.75	
5. D. Mosely	BTC	12.07	
6. D. Adkins	BTC	12.81	

M35-39			
1. D. Thiel	NO	11.37	
2. R. Williams	NO	11.38	
3. R. Finney	NHV	11.56	
4. L. Hammonds	NO	11.60	

M40-44			
1. T. Bell	ATC	*11.33	
2. R. Wallace	AA	12.00	
3. N. Cooper	ATC	12.04	
4. J. Stiehl	ATC	12.52	

M45-49			
1. R. Utley	ATC	12.15	
2. D. Ellis	NHV	13.35	

M50-54			
1. J. Mathis	NHV	*12.11	
2. R. Summerlin	NHV	*12.20	
3. S. White	ATC	*12.37	
4. J. Head	SA	13.34	

M55-59			
1. G. Seifert	BTC	*12.96	

M60-64			
1. A. Thoman	BTC	15.65	
2. H. Johnson	BTC	15.84	

M65-69			
1. A. Pitcher	IND	*19.60	

200 METERS			
W35-39			
1. D. Drumgole	ATC	28.57	
2. S. Pappas	BTC	29.92	

W40-44			
1. C. McCain	BTC	33.03	
2. E. Curry	BTC	34.86	

M-Open			
1. C. Peaspanen	BTC	24.54	
2. C. Fieselman	BTC	25.34	

M30-34			
1. E. Liddell	ATC	*22.05	
2. G. Howard	Mob	23.65	
3. J. Terry	BTC	24.59	
4. J. Burse	BTC	25.78	

M35-39			
1. D. Thiel	NO	*23.27	
2. L. Hammonds	NO	24.00	
3. R. Finney	NHV	24.38	

M40-44			
1. T. Bell	ATC	*23.56	
2. R. Wallace	AA	25.03	
3. N. Cooper	ATC	25.37	
4. J. Stiehl	ATC	26.35	

M45-49			
1. R. Utley	ATC	27.01	

M50-54			
1. J. Mathis	NHV	*24.91	
2. S. White	ATC	*24.91	
3. J. Head	SA	28.07	

M55-59			
1. G. Seifert	BTC	*27.25	

M60-64			
1. H. Johnson	BTC	32.27	
2. A. Thoman	BTC	34.80	

M70-74			
1. W. McRoy	BTC	38.57	

M85-89			
1. A. Pitcher	IND	*44.46	

400 METERS			
W-Open			
1. M. Anderlik	BTC	71.2	
2. L. Umble	BTC	76.4	

W35-39			
1. D. Drumgole	ATC	67.5	

W40-44			
1. C. McCain	BTC	77.7	
2. E. Curry	BTC	79.8	

W50-54			
1. S. Howell	BTC	98.2	

M-Open			
1. E. Liddell	ATC	48.9	
2. G. Wade	ATC	50.7	
3. M. Skeete	ATC	52.5	
4. C. Peaspanen	BTC	53.7	
5. E. Fieselman	BTC	60.7	
6. B. Kerr	BTC	71.1	

M30-34			
1. G. Reid	ATC	53.8	
2. J. Terry	BTC	54.1	
3. D. Mosely	BTC	56.2	
4. L. Jones	BTC	57.4	
5. J. Burse	BTC	57.7	

M35-39			
1. D. Thiel	NO	53.1	

M40-44			
1. T. Brewer	ATC	54.9	
2. R. Wallace	AA	56.1	
3. N. Cooper	ATC	58.4	
4. J. Stiehl	ATC	61.3	

M45-49			
1. M. Boudreaux	NO	57.1	
2. R. Utley	ATC	57.6	

M50-54			
1. J. Mathis	NHV	*54.4	

M55-59			
1. G. Seifert	BTC	59.5	

M60-64			
1. H. Johnson	BTC	71.9	
2. A. Thoman	BTC	74.9	

M70-74			
1. W. McRoy	BTC	83.9	

800 METERS			
W-Open			
1. S. Wilder	BTC	2:28.8	

W35-39			
1. J. Bell	ATC	2:39.2	
2. H. Smith	BTC	2:55.1	

M-Open			
1. G. Wade	ATC	2:03.3	
2. M. Skeete	ATC	2:05.6	
3. K. Baird	BTC	2:08.3	
4. R. Rapier	BTC	2:13.3	
5. M. Williams	BTC	2:19.4	
6. P. McQuaid	BTC	2:20.6	
7. B. Kerr	BTC	2:35.6	
8. A. Hendrick	BTC	3:00.9	

M30-34			
1. R. Webster	NHV	2:12.7	
2. J. Terry	BTC	2:24.4	
3. K. Moor	BTC	2:34.6	

M40-44			
1. R. Brady	NHV	2:19.7	

M45-49			
1. M. Boudreaux	NO	2:24.7	

M70-74			
1. W. McRoy	BTC	3:18.8	

1500 METERS			
W-Open			
1. L. Umble	BTC	5:50.7	

W35-39			
1. J. Bell	ATC	5:50.7	
2. H. Smith	BTC	5:42.0	

M40-44			
1. B. Kyzer	BTC	6:17.0	
2. V. Hammond	BTC	6:25.2	

M-Open			
1. M. Estridge	BTC	4:07.9	
2. K. Baird	BTC	4:12.9	
3. R. Rapier	BTC	4:28.5	
4. M. Williams	BTC	4:49.0	
5. B. Kerr	BTC	5:13.3	

M30-34			
1. J. Napp	BTC	*4:11.0	
2. D. Milhouse	BTC	4:23.2	
3. L. Jones	BTC	4:49.2	
4. K. Moor	BTC	5:17.6	

M35-39			
1. R. Merville	NHV	4:22.8	

M40-44			
1. R. Jackann	TSC	4:37.1	
4. P. Kyle	BTC	4:55.0	

M45-49			
1. N. Elind	TSC	4:43.7	
2. C. Thompson	BTC	4:50.3	
3. R. Petzold	BTC	4:54.2	

M50-54			
1. T. Wilson	NHV	4:58.4	

5000 METERS			
W35-39			
1. H. Smith	BTC	22:51	

W40-44			
1. R. Crenshaw	BTC	24:14	

M-Open			
1. C. Webb	BTC	15:35	
2. K. Baird	BTC	15:54	
3. M. Eskridge	BTC	16:14	
4. J. Finney	BTC	16:25	
5. P. Anderson	BTC	16:46	

M30-34			
1. J. Napp	BTC	16:30	
2. K. Moor	BTC	20:52	

M35-39			
1. R. Ketchum	BTC	25:00	

M40-44			
1. F. Byran	BTC	20:39	
2. R. Wallace	AA	21:59	

M60-64			
1. G. English	BTC	20:14	

MURDLES			
W40-44			
1. P. Raschker	ATC	*12.22	

M-Open			
1. R. Montague	BTC	14.41	
2. J. Aubrey	BTC	15.19	

M35-39			
1. R. Finnie	NHV	15.56	
2. R. Watson	NHV	20.13	

M40-44			
1. P. Murphy	TAL	15.44	
2. R. Shirley	NHV	17.46	

M45-49			
1. D. Ellis	NHV	17.99	

M50-54			
1. J. Head	SA	17.33	

M55-59			
1. P. Mulkey	ATC	14.93	

M35-39			
1. R. Merville	NHV	65.6	
2. R. Watson	NHV	72.2	

M40-44			
1. T. Brewer	ATC	61.3	

M50-54			
1. S. White	ATC	46.24	
2. J. Head	SA	49.19	

M55-59			
1. P. Mulkey	ATC	46.3	

440 RELAY			
W40-49			
1. Birmingham Track Club		64.00	

M30-39			
1. Birmingham Track Club		43.43	

M40-49			
1. Atlanta Track Club		47.22	
2. Memphis Masters		49.57	

M50-59			
1. Atlanta Track Club		49.67	

MILE RELAY			
W40-49			
1. Birmingham Track Club		5:31	

HIGH JUMP			
W-Open			
1. M. Echols	BTC	5'00"	
2. M. Anderlik	BTC	4'04"	

W30-34			
1. V. Bodden	BTC	5'04"	

W40-44			
1. P. Raschker	ATC	*5'01"	
2. V. Hammond	BTC	5'08"	
3. E. Curry	BTC	5'05"	

W50-54			
1. S. Howell	BTC	5'03"	

M-Open			</
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Continued from previous page

M60 Jack Greenwald	14-9
Fred Hirsimaki	14-7½
Tom Lacey	13-4
M70 Hilary Taylor	8-9
M80 Everett Hosack	8-2½

Shot Put	
M30 Norm Bower	39-5½
Bill Harris	24-5½

M40 Allen Ray	34-½
Richard Russell	27-2½
M50 Rudy Bredenbeck	35-3/4
Owen Stiegelmeier	29-9½

M60 Denver Smith	41-1
Hal Robinson	40-11 3/4
Allan Jackson	38-5½

M70 Bill MacMurray	38-2
Don Hummel	31-1½
Hilary Taylor	23-1

M80 Everett Hosack	19-11
M50 S Stiegelmeier	25-6 3/4
Eileen Smith	18-½

M70 Lenka Seda	14-5 3/4
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Discus	
M30 Norm Bower	134-9
Gary Sutton	106-0

M40 Allen Ray	100-10
John Sloan	76-2
M50 Everett Hardy	117-10

M60 Denver Smith	138-5
Allan Jackson	114-0
M70 Bill MacMurray	101-1

M80 Everett Hosack	57-1
M50 Eileen Smith	49-5
M60 Barbara Hummel	48-0

M70 Lenda Seda	38-3
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Hammer	
M30 Norm Bower	142-0
M40 Allen Ray	82-10

M50 Joe Chadbourne	139-8
M70 Bill MacMurray	81-9
M80 Everett Hosack	54-7

56# Weight	
M40 Allen Ray	19-3

Javelin	
M30 Presley Yates	155-10
Gary Sutton	127-8

M40 Malachi McGruder	147-8
Allen Ray	125-4
John Sloan	119-2

M60 Denver Smith	103-9
Allan Jackson	93-5
M70 Don Hummel	92-7

Bill MacMurray	90-5
M50 Eileen Smith	54-1
M60 Barbara Hummel	47-9

Wolfpack Spring Throwing Meet	
Columbus, OH; May 15	

Shot Put 16#	
M30 Rick Meindl	48-3½
Norm Bower	39-11½

M40 Jim Pearce	34-2 3/4
John White	23-6
Charles Hines	22-6

M60 Bob Richards	34-7
M70 George Knox	14-9½

Shot Put 12#	
M50 Tom Henderson	11-1½
M70 George Knox	16-3 3/4

Shot Put 3k	
M70 George Knox	22-10½
M80 Frank Furniss	27-1½

Discus 2k	
M30 Rick Meindl	142-7
Norm Bower	130-4

M40 Jim Pearce	103-8
John Sloan	82-4
Charles Hines	68-6

M60 Bob Richards	104-9
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Discus 1.5k	
M50 Tom Henderson	122-6
Frank Caron	116-5

Discus 1k	
M60 Bob Richards	152-10
M70 George Knox	58-4

M80 Frank Furniss	74-9
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Javelin	
M30 Chris Mitko	130-6
Rick Meindl	123-3

M40 John Sloan	118-3
Jim Pearce	115-0
Charles Hines	110-2

M60 B Richards 800g	94-9
M80 F Furniss 600g	120-1
	62-6

Hammer	
M30 Norm Bower	134-0
Chris Mitko	119-2

M40 Jim Pearce	125-7
Charles Hines	81-8
John White	58-10

M60 B Richards 16#	118-1
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Weight Throw	
M30 Norm Bower	47-11
Rick Meindl	43-11
Steve Kaye	40-9
M40 Jim Pearce	38-9
Charles Hines	22-½
John White	20-10 3/4
M60 B Richards 35#	35-6
B Richards 25#	41-10
M80 F Furniss 25#	20-3

56# Weight Throw	
M30 Norm Bower	28-10
M40 J Pearce	22-8 3/4
J White	15-½
C Hines	13-7 3/4
M60 B Richards	22-11 3/4



Wolfpack Spring Throwing Classic Weight Pentathlon Columbus, OH; May 15

	Discus	Shot	Javelin	Hammer	Weight	Total
Chris Mitko (31)	35.84	18.85	39.78	34.32	11.73	
IAAF	581	537	439	597	598	2,744
Age Factored	581AF	537	439	597	598	2,755 AF
Norm Bower (39)	39.72	12.18	34.61	40.84	14.40	
IAAF	459	417	385	449	743	2,095
Age Factored	484	444	429	707	772	2,258 AF
Charles Hines (41)	28.88	4.85	28.88	24.88	4.71	
IAAF	289	298	283	392	290	1,552
Age Factored	308	323	328	434	388	1,703 AF
Jim Pearce (42)	31.40	10.43	33.58	38.28	11.81	
IAAF	494	512	350	444	595	2,397
Age Factored	534	572	409	489	623	2,827 AF
John White (49)	15.62	7.14	22.88	17.92	4.37	
IAAF	191	317	200	243	270	1,221
Age Factored	237	378	281	330	330	1,574 AF
Bob Richards (42)	31.92	10.54	34.40	34.00	10.82	
IAAF	502	518	393	592	535	2,540
Age Factored	811	823	764	889	870	4,159 AF

SOUTHWEST

Dallas Park Senior Meet Dallas, TX; April 22

50m	
M50 Tony Deatherage	6.53
Dwain Hardin	6.54
Wayne Bennett	6.55
M55 Richard Hein	7.00
Jack Erickson	7.64

M60 J D Gresham	7.56
M65 Tim Murphy	7.19
Leonard Wray	7.30
William Foss	8.72

M70 Francisco Colon	7.53
Joe Henderson	9.46
M75 Fred White	8.05
Ed Bost	8.69

M80 H L Johnson	7.94
M55 Peggy Henninger	10.69

100m	
M50 T Deatherage	12.00
W Bennett	12.25
Andy Barentine	16.45

M60 J D Gresham	15.13
M65 T Murphy	14.05
L Wray	15.12
M70 F Colon	15.26

J Sondgeronh	17.13
J Henderson	19.30
M75 F White	15.31

200m	
M50 T Deatherage	24.44
Wayne Bennett	24.74
Bill Simpkins	27.88

M55 Jim Palmer	35.77
Norman Wells	28.03
M65 T Murphy	29.20
M75 F White	31.35

400m	
M50 Andy Barentine	59.30
M55 Norman Wells	51.71
M65 John Alexander	63.44

M75 F White	83.21
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800m	
M50 A Barentine	2:52.56
M60 Gene Brock	2:53.60

1500m	
M55 Jim Palmer	6:52.09
M60 Gene Brock	5:28.81
M65 Jim Gross	7:24.74

100mH	
M55 Norman Wells	15.81

Dallas Masters Fun Meet Dallas, TX; April 23

50m	
Tom Thompson 36	6.38
Tony Waters 46	6.78
Tim Murphy 66	7.34

100m	
Richard Mayfield 31	11.39
Tom Thompson 36	11.55
Dave Riley 39	13.03

Harry Schneider 41	12.7
John Kajander 45	13.45
Tony Waters 46	13.1
Chuck Miller 50	12.14
Tim Murphy 66	13.80

200m	
Richard Mayfield 31	23.2
Tom Thompson 36	23.3
Dave Riley 39	26.49
Harry Schneider 41	26.75
Tony Waters 46	27.44
Chuck Miller 50	24.68
John Alexander 68	27.5

400m	
Dave Riley 39	57.67
James Vicks 42	55.2
John Kajander 45	64.48
Tom Barker 47	69.86

800m	
Calvin Mayfield 33	2:21

1 mile	
John Kajander 45	5:40.76
Jim Gross 67	7:33.02

High Hurdles	
Chuck Miller 50	8.02
Joe Murphy 58	9.30
Ray Womack 65	11.14

300mH	
Joe Murphy 58	49.47

Discus	
M50 James Rothrock	117-8
Larry Knight	105-1
George Jagaman	77-1

M55 Jack Erickson	122-10
Bo Owens	100-6
Joe Thomas	91-8

M60 J D Gresham	85-9
M65 John Allen	110-2
Leonard Wray	86-6
Doc Bennett	75-9

M70 Francisco Colon	91-1
Lewis Hayden	72-3
M80 Alford Sealey	50-10
M60 Ruth Miller	36-4

Javelin	
M50 James Rothrock	150-1
Larry Knight	107-9
M55 Bo Owens	69-0

M65 Chet Henninger	78-4
M65 John Allen	83-1
M70 Francisco Colon	101-10
M75 Ed Bost	68-4

M80 Alford Sealey	60-6
M60 Ruth Miller	31-8

High Jump	
M50 Wayne Bennett	4-6
Lewis Sims	4-6
M55 Richard Hein	---

M65 Jim Gross	3-11
Doc Bennett	3-10
Ray Anderson	3-8
M75 Omer Hix	3-6

Pole Vault	
M50 Dave Clark	10-0
L Sims	9-6
George Jagaman	9-6
M65 Chet Henninger	8-0
Ray Anderson	---

Long Jump	
M50 T Deatherage	17-2
D Hardin	16-3
M55 R Hein	16-0
Dave Clark	14-6
Jim Scoggins	12-2
M65 Chet Henninger	12-5
R Anderson	10-2
M70 Lewis Hayden	13-5
L Sims	13-0
M55 P Henninger	6-8

Standing Long Jump	
M50 Larry Knight	7-5
M55 Richard Hein	8-11
Jack Erickson	6-9
Jim Scoggins	6-11
M65 Tim Murphy	7-7½
Doc Bennett	7-4
William Foss	6-5
M70 Lewis Hayden	7-5
M75 Ed Bost	7-0
Omer Hix	6-1
M60 Ruth Miller	3-7

Triple Jump	
M50 D Hardin	27-4
M55 Jim Scoggins	22-11
M65 Doc Bennett	22-4
M70 Lewis Hayden	26-8

Shot Put 8#/*12#	
M50 James Rothrock	*44-10
George Jagaman	40-2
Larry Knight	39-10
M55 Jack Erickson	*42-2
Bo Owens	36-2
Joe Thomas	31-3
M60 J D Gresham	34-0
M65 John Allen	41-6
William Foss	35-1
Leonard Wray	32-10
M70 Francisco Colon	36-11
M75 Ed Bost	29-0
Omer Hix	27-11
M80 Alford Sealey	19-0
M60 Ruth Miller	15-7

Ponca City Classic Red Rock, Okla. May 21

Masters Results	
100 Meters	
M40 Maria Birkhead	16.45
M40 Charles Birkhead	12.69
Denny Harrel	12.91
Foster Johnson	13.60
M50 Bob Santine	13.25

200 Meters	
M40 Maria Birkhead	34.25
M40 Charles Birkhead	26.15
Denny Harrel	26.28
Mike Wilhite	26.97

400 Meters	
M40 Foster Johnson	1:10.81
800 Meters	
M40 Phil Schepis	2:39.58
1500 Meters	
M40 Phil Schepis	5:32.86
Wayne Dobnev	NT

5000	
M40 Phil Schepis	20:48.99
Wayne Dobnev	23:41.00

Triple Jump	
M40 Foster Johnson	31-5
Mike Wilhite	31-4¾

Continued from previous page

Javelin	
M30 G Schmidt	145-4
Jim Scileny	---
M35 Robert Buhl	192-3
M40 Dennis Neufeld	148-11
Richard Stepp	144-9
M45 Dick Hotchkiss	163-4
R Jones	113-4
Mike Parker	107-4
M50 Phil Conley	166-8
Don Rose	148-1
M60 Bob Roemer	134-0
Roy Wigginton	107-9
Jerry Silsdorf	56-11
M65 Boyd Porch	126-8
M70 Dick Mack	88-6
M80 K Carmine	83-9
A J Puglizevich	64-9
W45 Fran Conley	97-3
W60 S Dietrich	58-11
Weight Pentathlon (HT/WT-20#/SP/DT/JT)	
M45 Jack Karbens	82-7; 45-10; 30-3; 98-5; 115-7
M50 Jim Hart	108-6; 53-0; 39-5 3/4; 114-6; 107-1
M60 Jack Stein	104-1; 38-7; 28-1; 101-1; 111-9
W35 Joan Stratton	126-6; 40-4; 40-3; 122-11; 112-10
Stratton-4k discus; 600g jav Hart-2k discus; 800g jav; 16# shot	

Modesto Relays Masters 100m
Modesto, CA; May 7

M40-54	
Thad Bell	11.57
Mike Frey	11.62
Mel Brooks	11.98
--- Hutchings	12.26
Gil Latorre	12.27
Dennis Duffy	12.60
Bill Sanford	12.64
M55-69	
Bruce Springbett	12.51
Bernie Stevens	13.33
Dick Marlin	13.45
Bob Feaster	13.65
Huel Washington	13.74
Bill Probst	13.84
M70+	
Payton Jordan	13.16
Clarence Killion	14.56
Jim Johnson	14.65
Harry Koppel	14.75
Bill Fairbanks	15.87
Sam Hoover	16.68

Southern California Striders
Meet of Champions
University of California
at Irvine; June 4

80M Hurdles	
M70 H. Miller	15.02
W40 P. Raschker	12.04
110M Hurdles	
M30 R. Wells	15.26
K. Speaks	15.43
M40 B. Sevilla	20.33
M45 T. Viltz	14.87
M50 A. Henry	14.54
M55 P. Mulkey	14.58
M65 R. Hunt	18.12
100M	
M30 M. Corrin	11.87
M. Williams	12.60
M35 M. McCoy	11.25
D. Parker	11.59
J. Greenberg	12.35
M40 A. Turnbull	11.72
B. Weinstein	11.77
J. Pulley	11.88
M50 R. Tsuda	12.32
S. King	12.45
E. Martin	13.61
M55 T. Nasralla	12.75
S. Flory	13.13
F. Kishi	14.00
M60 G. Harte	12.70
J. Smith	12.80
C. Taggart	13.83
M65 R. Hunt	14.17
M70 H. Miller	14.22
W40 P. Raschker	12.29
W45 J. Carter	14.25
W55 M. Kuehne	16.09
W65 G. Tronvold	22.41
200M	
M30 R. Wells	23.60
M. Williams	25.80
M35 D. Parker	23.77
J. Marquez	25.80
M40 W. Roberson	24.50
A. Turnbull	24.76
B. Weinstein	24.82
M45 R. Jones	26.68
S. Ryan	28.59
A. Lubin	30.10
M50 S. King	26.83
F. Karlin	28.13
E. Martin	28.75

M55 T. Nasralla	26.82
S. Flory	27.89
J. Pedevilla	30.27
M60 G. Harte	27.22
C. Taggart	29.12
T. Miller	31.06
M70 H. Miller	32.26
W40 P. Raschker	26.29
W45 J. Carter	29.66
W65 G. Tronvold	50.95
400M	
M35 J. Marquez	58.33
M40 W. Studenmund	54.62
A. Turnbull	54.97
B. Weinstein	58.20
M45 S. Baker	56.43
R. Jones	57.97
J. Lomax	58.35
M50 R. Tsuda	1:01.06
M55 T. Nasralla	59.37
W. Robinson	1:01.69
D. Murray	1:09.56
M60 G. Harte	1:06.78
M65 R. Hunt	1:06.48
W45 J. Carter	1:08.03
800M	
M30 G. Lash	2:13.80
M35 N. Smith	2:01.70
J. Kaberkern	2:04.60
G. Cohen	2:05.70
M40 D. Morales	2:11.00
C. Brooks	2:16.30
L. Peterson	2:18.50
M45 R. Gardner	2:16.50
J. Cosgrove	2:20.20
S. Baker	2:24.30
M50 F. Karlin	2:23.60
G. Marrett	2:44.50
M55 R. Culling	2:23.60
R. Dunston	2:30.20
L. McGuire	2:31.20
M60 W. Atcheson	2:56.50
M70 P. Ganahl	3:08.40
W45 S. Shockey	2:54.10
W50 J. Hoagland	2:47.50
1500M	
M30 G. Lash	4:30.80
M. Cobb	4:31.80
G. Carlin	4:36.70
M35 N. Smith	4:08.80
J. Haberkern	4:12.30
I. Cumming	4:20.50
M40 C. Brooks	4:44.40
M45 L. Gilbert	4:33.60
J. Cosgrove	4:41.00
R. Gardner	5:11.70
M50 G. Marrett	5:40.70
M55 R. Culling	5:15.40
J. Withers	5:22.10
M60 W. Atcheson	5:57.80
W30 K. Cunningham	4:45.40
W40 S. Ford	7:06.90
L. Paulson	7:07.90
W45 S. Shockey	5:51.00
W50 J. Hoagland	5:38.80
5000M	
M30 S. Calderwood	16:07.00
D. Smith	16:27.00
M35 D. Hunter	15:40.00
G. Foltz	15:53.00
D. Ocana	15:56.00
M40 B. Clark	16:22.00
E. Bouldin	20:47.00
M. Lalum	21:11.00
M45 T. Burns	16:14.00
R. Gardner	19:22.00
M55 P. Devine	18:00.00
300M Hurdles	
M55 P. Mulkey	46.63
W. Robinson	48.61
T. Nasralla	50.24
M65 R. Hunt	55.67
400M Hurdles	
M30 R. Wells	58.63
K. Speaks	62.13
M40 B. Sevilla	1:23.35
5000M Walk	
M35 R. Nester	26:24.00
C. Warrell	26:26.00
M40 E. Bouldin	26:00.00
M50 R. Oliver	26:35.00
B. Meador	26:46.00
M55 A. Havens	29:36.00
R. O'Hara	30:56.00
W40 L. Kroesen	34:53.00
W50 J. Latham	29:24.00
S. Smith	29:51.00
A. Jong	33:13.00
W65 R. Kash	36:53.00
4x100 Relay	
M40 So Cal Striders	50.24
(Tsuda, Cosgrove, Cobb, Brooks)	
M50 L.A. Valley AC	50.43
(Flory, King, Kishi, Newton)	
M60 L.A. Valley AC	55.32
(Hunt, Morales, Harte, Ambrose)	

High Jump	
M30 R. Lehman	5-0
M40 C. Rader	6-4
B. Bly	4-10
B. Sevilla	4-2
M45 J. White	4-8
M50 N. Newton	5-6
A. Brown	4-6
M55 P. Mulkey	5-0
D. Douglass	4-6
B. Perry	3-10
M60 J. Smith	4-6
M65 T. DeVaughn	3-10
M70 P. Ganahl	4-0
H. Miller	3-8
M75 C. Johnston	3-8
M80 W. McFadden	3-6
W40 A. Steekelenburg	4-10
P. Raschker	4-8
Pole Vault	
M30 B. Halverson	15-6
M. Hogan	15-0
M40 B. Bly	11-0
M50 H. Smith	9-0
M55 P. Mulkey	11-8
D. Douglass	9-6
M65 R. Biesemeyer	8-2
A. Ricciardi	7-8
T. DeVaughn	6-6
M70 E. Siegel	7-8
M75 C. Johnston	9-0
Long Jump	
M35 R. Trujillo	21-4 3/4
J. Kuechle	20-10 1/2
J. Greenberg	16-3 1/2
M40 B. Bly	18-2 1/2
M45 I. Lawson	18-2
R. Jones	16-3 4/4
M50 A. Henry	19-4
R. Tsuda	16-9
E. Martin	14-10
M55 P. Mulkey	17-5
D. Douglass	14-5 1/2
M60 J. Smith	16-3 3/4
M70 B. Morales	14-2
H. Miller	13-6 3/4
M80 W. McFadden	9-1
W40 P. Raschker	17-1 1/2
W55 M. Kuehne	11-7 1/2
Triple Jump	
M35 R. Trujillo	42-8
M45 J. Lawson	37-6
R. Jones	32-8
M50 A. Henry	38-3 3/4
M55 P. Mulkey	36-4
M75 A. Vesco	18-6 1/2
W40 P. Raschker	34-4
W55 M. Kuehne	26-6
Shot Put	
M35 M. Deller	44-11
M40 S. Chaton	36-10 3/4
C. Jordan	36-3 3/4
M45 J. White	33-11 3/4
M50 H. Smith	47-8 1/2
H. Ross	44-10 1/2
A. Brown	36-8 3/4
M55 P. Mulkey	43-1
J. Geoghegan	39-1
D. Douglass	34-7 3/4
M60 J. Smith	44-2 1/2
M65 M. Castaneda	41-1
S. Lampert	37-9 1/2
B. Stone	37-4
M70 J. Siefert	38-5 1/2
M75 A. Vesco	25-4
M80 B. De Groot	28-5 1/2
W35 J. Wilson	32-6
W60 T. Ricciardi	21-3
P. Osmon	21-2
Discus	
M35 M. Deller	148-11
T. Martinez	126-1
M40 B. Sevilla	90-8
M45 M. Woodward	124-6
J. White	90-6
A. Sheinker	90-4
M50 A. Brown	138-10
H. Smith	128-10
E. Martin	110-4
M55 P. O'Brien	156-2
P. Mulkey	126-6
R. Straub	111-2
M60 D. Pickarts	141-5
A. Gaynor	122-3
M65 M. Castaneda	134-11
B. Stone	123-10
S. Lampert	107-11
M70 J. Siefert	104-8
J. Sanz	104-6
M75 A. Vesco	70-9 3/4
M80 B. De Groot	85-5 1/2
W. McFadden	69-9 1/2
W35 J. Wilson	127-3 1/2
W55 M. Kuehne	56-11
W60 T. Ricciardi	50-4
P. Osmon	44-6 1/2
Hammer	
M35 M. Deller	165-7
M45 J. White	110-1 1/2
A. Sheinker	93-2
H. Woodward	77-11
M50 A. Brown	115-9
M55 D. Douglass	134-1 1/2
B. Perry	73-11
M65 B. Stone	107-3
A. Ricciardi	106-10
T. DeVaughn	102-2

M70 J. Sanz	97-3
M75 A. Vesco	87-5
Javelin	
M35 J. Greenberg	192-10
H. Saari	156-3 1/2
R. Rook	135-9
M40 R. Rook	125-6
B. Sevilla	118-3
M45 M. Woodward	138-7 1/2
R. Jones	101-0
M50 H. Smith	133-10
D. Rietz	133-0
E. Martin	129-6
M55 P. Mulkey	133-8
R. Straub	105-7
M60 D. Pickarts	181-1
M65 A. Lombardi	121-0
B. Stone	107-8
A. Ricciardi	104-3
M70 B. Morales	148-1
J. Siefert	119-8
J. Sanz	66-9
M75 A. Vesco	62-8
W30 L. Dunton	142-4
S. Carpenter	138-9
W55 M. Kuehne	57-6
W60 P. Osmon	59-7
T. Ricciardi	49-11
35 lb. Weight	
M45 J. White	33-6
M50 A. Brown	35-9
25 lb. Weight	
M55 D. Douglass	39-6
M65 B. Stone	34-9
S. Lampert	30-5
A. Ricciardi	20-7
M75 A. Vesco	19-8
W60 T. Ricciardi	13-1
Senior Sports Festival Meet Seattle; June 4	
50m	
M40 Mike Marbut	6.3
Jim Lockard	6.4
Park Eng	6.5
M45 Ron Jensen	6.3
Ron Mattila	6.6
Pio DeCano	7.1
M50 Robert Miller	6.8
M55 Jack Fischer	7.0
Robert Morris	7.9
M60 Joel Pritchard	7.7
Tom Norwood	7.7
Shirob Gilbreath	9.0
M65 Gil Splaine	8.4
Del Hesseltine	8.8
M70 Don Burroughs	8.0
Ernie Jensen	10.9
M75 Hank Shinkoskey	9.8
W55 Nikki Ryan	8.2
W65 Evelyn Lercher	11.1
100m	
M40 Jim Lockard	12.2
M45 Harold Morioka	12.0
Ron Jensen	12.0
Ron Mattila	12.3
M50 Robert Miller	12.4
Paul Stepan	13.4
Dale Sawyer	13.7
M55 Harold Hitt	12.8
Jack Fischer	13.2
Robert Morris	14.7
M60 Tom Norwood	14.4
Shirob Gilbreath	17.2
M65 Fred Foley	14.6
Gil Splaine	15.7
Del Hesseltine	17.1
M70 Don Burroughs	15.2
Doug Wilson	17.1
M75 Hank Shinkoskey	18.7
Leon Joslin	18.9
W40 Ingrid Drolet	15.5
W45 Jan McClurg	13.6
W55 Nikki Ryan	15.4
W65 Evelyn Lercher	20.1
Helen Jensen	21.1
W75 Mabel O'Hare	25.5
Ivy Granstrom	27.4
200m	
M40 David Shields	26.8
M45 Harold Morioka	24.0
Ron Jensen	24.6
Pio DeCano	28.3
M50 Robert Miller	25.6
Paul Stepan	27.3
Dale Sawyer	28.9
M55 Harold Hitt	26.3
Tony Corvin	34.6
M60 Tom Norwood	31.0
M65 Fred Foley	30.0
M70 Don Burroughs	34.3
Doug Wilson	36.0
M75 H Shinkoskey	40.7
W40 Ingrid Drolet	33.1
W45 Jan McClurg	28.9
W50 Bev LaVeck	41.5
W55 Nikki Ryan	33.3
Peggy Ainslie	39.7
Helen Jensen	48.0
W75 Mabel Ottare	57.2

400m	
M40 David Shields	58.67
David Krause	59.54
Neal Stoddard	1:07.96
M45 Harold Morioka	51.73
Frank Reynolds	59.48
David Drolet	1:11.3 1/2
M50 Stephen Odwin	59.88
Paul Stepan	1:01.45
Dale Sawyer	1:02.66
M55 Harold Hitt	58.54
Ralph Miller	59.74
Mel Granroos	1:19.78
M65 Fred Foley	1:22.53
M70 Doug Wilson	1:28.4
W50 Barbara Gregg	1:23.03
W75 Ivy Granstrom	2:03.74
800m	
M40 George Behlmer	2:16.3
John Schreiber	2:20.8
Ron Jackson	2:27.2
M45 Frank Reynolds	2:12.7
Mike Heffernan	2:13.4
Des O'Rourke	2:18.2
M50 Stephen Odwin	2:21.8
Bob Langenbach	2:31.5
M55 Ralph Miller	2:22.5

Continued from previous page

800m
M40 G Aspillaga CHI 2:03.55
M45 Nelson Gomez BRA 2:04.16
M50 Sergio Osorio CHI 2:20.03
M55 Hector Paul CHI 2:19.72
M60 Samuel Ojeda CHI 2:31.80
M65 Ercito Salazar CHI 2:43.37
M70 R Figueroa CHI 2:37.97
M75 R Renedo ARG 3:28.72

1500m
M40 C Aspillaga CHI 4:14.2
M45 N Gomez DaSilva BRA 4:17.6
M50 Sergio Osorio CHI 4:47.6
M55 Hector Paul CHI 4:40.4
M60 Pedro Ramis CHI 5:14.3
M65 Ercito Salazar CHI 5:29.8
M70 R Figueroa CHI 5:29.8
M80 F Velasquez CHI 7:15.8

5000m
M40 Fernando Arze BOL 15:22
M45 Jose Ramirez CHI 16:27
M50 Alberto Rios ARG 16:21
M55 Carlos Vallejo CHI 20:24
M60 Pedro Ramis CHI 21:02
M65 Joao Borges BRA 19:21
M70 Agapito Palacios CHI 25:38
M75 G Michelis CHI 28:32
M80 F Velasquez CHI 28:37

2000m Steeplechase
M60 Sixto Retamal CHI 10:15.2
M65 Miguel Giner CHI 9:58.0

3000m Steeplechase
M40 Eduardo Galvez CHI 10:52.3
M45 E Rodriguez CHI 11:09.1
M55 A Villalobos CHI 12:18.8

80mH
M75 Carlos Diaz CHI 18.91

100mH
M60 J Figueras URU 19.27
M65 Julio Molina CHI 20.00

110mH
M40 K Blutmuller BRA 17.09
M45 Guido Riquelme CHI 18.08
M50 Artur Palma BRA 18.29
M55 Ariel Standen CHI 18.49

300mH
M60 Joao Bidin BRA 50.54
M65 Julio Molina CHI 55.86
M70 Julio Araya CHI 1:19.12

400mH
M40 K Blutmuller BRA 1:04.25
M45 G Riquelme CHI 1:04.36
M50 A Janson ARG 1:07.82
M55 Ariel Standen CHI 1:09.48

5000m Walk
M40 E Quelale BOL 24:36
M45 Silvio Battaia ARG 24:44
M50 Roberto Oxarango ARG 25:30
M55 Mario Aguayo CHI 26:11
M60 F Fernandez ARG 30:28
M65 E Salazar CHI 28:16
M70 Hector Suriano ARG 30:23
M75 Julian Sanchez CHI 30:25
M85 Jose Garay CHI 35:44

4x100m Relay
M40 Chile-A: Saez, Huerta 46.81
Pueller, Alarcon
M50 Argentina-A: Girenti 48.61
Coronel, Curin, Caravario
M60 Chile-A: Molina, Lagos 55.39
Retamal, Chavarria
M70 Chile-A: Reyes, 1:07.55
Zamorano, Diaz, Gundlach

4x400m Relay
M40 Brazil: Blutmuller, 3:40.62
Siqueira, Ribeiro, Gomes
M50 Chile-A: Lucci, 3:58.14
Henriquez, Munoz, Quiroz
M60 Chile: Salazar, 4:32.21
Chavarria, Ruiz, Ojeda

High Jump
M40 Pedro Avalos CHI 1.71
M45 Leonardo Lee CHI 1.45
M50 Artur Palma BRA 1.55
M55 H Libber CHI 1.45
M60 Emilio Bustos ARG 1.40
M65 Shoitto Ishio BRA 1.25
M70 Takeru Ussami BRA 1.25

Pole Vault
M40 Hector Garcia ARG 2.80
M45 Jorge Cabezas CHI 3.20
M50 Adolfo Vargaz BRA 2.80
M55 Milton Zurita CHI 2.90
M60 Mamoru Usami BRA 2.60
M65 Suehiko Mori BRA 2.40

Long Jump
M40 Juan Farias ARG 5.31
M45 Leonardo Lee CHI 5.07
M50 Mario Antunes BRA 5.58
M55 H Libber CHI 5.20
M60 Luis Lagos CHI 4.62
M65 Shoitto Ishio BRA 4.25
M70 Takeru Ussami BRA 4.48

Triple Jump
M40 Juan Farias ARG 10.76
M45 Guido Riquelme CHI 11.06
M50 Mario Antunes BRA 12.26
M55 Ariel Standen CHI 11.70
M60 Eduardo Harvey CHI 9.82
M65 Suehiko Mori BRA 9.49
M70 Takeru Ussami BRA 9.35

Shot Put
M40 Jose Jaques BRA 15.56
M45 Gerardo Smitmans CHI 11.06
M50 F Morales CHI 12.03
M55 L Kittsteiner CHI 12.37
M60 Art Jaago CAN 11.78
M70 E Gundlach CHI 9.29
M75 F Mora CHI 9.85
M80 Manuel Martin CHI 8.55
M85 Karsten Brodersen CHI 8.29
M85 Omar Vivanco CHI 5.29

Discus
M40 Jose Jaques BRA 52.42
M45 N Travaglino ARG 31.12
M50 Juan Alfonso BRA 43.48
M55 Milton Pereira BRA 36.12
M60 Herman Strutz CHI 45.64
M65 F Mora CHI 39.74
M70 E Gundlach CHI 28.02
M75 Jose Martins BRA 25.46
M80 K Brodersen CHI 28.32
M85 Omar Vivanco CHI 13.54

Hammer
M40 Angel Meghini ARG 38.18
M45 Patricio Weitz CHI 35.95
M50 A Conceicao BRA 49.35
M55 C Blumendfeldt CHI 44.42
M60 Federico Mella CHI 35.24
M65 F Mora CHI 38.16
M70 E Gundlach CHI 25.10
M75 David Paez CHI 22.24
M80 K Brodersen CHI 27.96
M85 Omar Vivanco CHI 13.44

20K Road Walk
M40 Esteban Quelab BOL 1:55:40
M45 Juan Battaia ARG 1:51:38
M50 R Oxarango ARG 1:55:21
M55 Mario Aguayo CHI 2:10:29
M60 Juan Cuadrado ARG 2:38:21
M65 Alberto Costa CHI 2:34:15
M70 Hector Suriano ARG 2:26:28

15K Road Race (15.67K)
M40 Rufino Chavez BOL 53:28
M45 Jose Bastos BRA 54:50
M50 Domingo Labra CHI 1:05:40
M55 Alfonso Cornejo CHI 1:05:19
M60 Jose Perez CHI 1:13:47
M65 J Sazatornil ARG 1:17:56
M70 A Palacios CHI 1:28:47
M75 Julian Sanchez CHI 1:21:40

---WOMEN---

100m
W35 Trinidad Castillo VEN 13.71
W40 M C Ducci CHI 13.38
W45 Ana Briones ARG 15.21
W50 Josefina Garcia VEN 15.10
W55 Eliana Gaete CHI 14.46
W60 M C Valderrama CHI 17.45
W65 P Aranguiz CHI 20.02
W70 Lilian McLead CHI 22.39

200m
W35 T Castillo VEN 29.12
W40 M C Ducci CHI 27.64
W45 Ana Briones ARG 31.95
W50 J Garcia VEN 30.80
W55 Maria Gaete CHI 29.57
W60 Kazue Fujiwara BRA 36.13
W65 Corina Ojeda CHI 40.68
W70 Tatiana Reyes CHI 56.17

400m
W35 Maria Zambrano VEN 1:05.60
W40 M C Ducci CHI 1:03.01
W45 Noemi Rosas CHI 1:12.27
W50 J Garcia VEN 1:10.44
W55 Maria Gaete CHI 1:09.46
W60 C Valderrama CHI 1:34.83
W65 Corina Ojeda CHI 1:37.85

800m
W35 Mirna Paulini ARG 2:29.8
W40 M C Ducci CHI 2:39.4
W45 Amanda Ottado ARG 2:52.9
W50 Sara Urrutia CHI 3:09.5
W55 Celia Kisser ARG 3:04.2
W60 Maria Alves BRA 3:46.0

1500m
W35 M Paulini ARG 5:10.5
W40 Maria Terceros BOL 5:40.4
W45 Amanda Ottado ARG 5:56.8
W50 Sara Urrutia CHI 6:32.1
W55 Celia Kisser ARG 6:17.6
W60 Maria Alves BRA 8:08.8

3000m
W35 Rosa Gutierrez CHI 11:40.0
W40 M Terceros BOL 12:14.4
W45 V Benitez VEN 15:33.6
W50 Sara Urrutia CHI 14:17.6
W55 A Barriento CHI 15:15.1

5000m Walk
W35 Rosa Riquelme CHI 34:18
W40 Jovita Castillo CHI 29:33
W45 Elsa Sanhueza CHI 33:18
W50 Ana Salamanca CHI 35:33
W55 Celia Kisser ARG 31:38
W60 Idia Mardones CHI 42:04
W70 Tatiana Reyes CHI 52:30

80mH
W40 Ana Goldmann ARG 13.12
W45 Elvira Garcia ARG 17.45
W50 Elena Silva CHI 15.79
W55 Wanda Dos Santos BRA 14.20
(W55-59 WR)

300mH
W55 Wanda Dos Santos BRA 59.12

400mH
W35 Laura Chiri BOL 1:17.37
W40 Rubi Bravo CHI 1:32.08

4x100m Relay
W35 Venezuela: Garcia, 56.47
Jones, Acosta, Castillo
W40 Chile: Ducci, 56.96
Alegria, Cabrie, Videla
W50 Chile: Gaete, 58.49
Villalobos, Lebet, Silva
W60 Brazil: Alves, 1:09.14
Nishimura, Schmidt, Carlot

4x400m Relay
W35 Chile: Vega, 4:41.16
Marinovic, Aguilar, Gutierrez
W40 Chile: Ducci, 4:47.65
Alegria, Rozas, Beyzan
W50 Chile: Levert, 5:31.87
Villalobos, Gaete, Ketter
W60 Chile: Valderrama, 6:52.05
Ojeda, Gonzalez, Mardonez

High Jump
W35 E Jimenez CHI 1.05
W40 Ana Goldmann ARG 1.40
W45 Fumi Hattori BRA 1.15
W50 Karin Suffert BRA 1.20
W55 Wanda Dos Santos BRA 1.25
W60 C Fujiwara BRA 1.00
W65 Corina Ojeda CHI .95

Long Jump
W35 Marina Hume CHI 3.86
W40 Ana Goldmann ARG 4.93
W45 Ana Briones ARG 3.65
W50 E A Silva CHI 3.60
W55 Wanda Dos Santos BRA 4.26
W60 Anneliese Schmidt BRA 3.51
W65 P Aranguiz CHI 2.42



Shot Put
W35 Albina Zamora CHI 9.72
W40 Ester Cabrie CHI 10.05
W45 Elvira Garcia ARG 8.76
W50 Helga Neumann CHI 10.32
W55 Ingeborg Pfuller ARG 10.23
W60 A Schmidt BRA 10.04
W65 M Fleckner CHI 6.21
W70 Lilly MacLeod CHI 5.78
W75 L Niklitschek CHI 4.72
W80 Maria Girves ARG 4.26

Discus
W35 Veronica Diaz CHI 39.24
W40 Ester Cabrie CHI 32.56
W45 Elvira Garcia ARG 31.12
W50 Ana Kabisch BRA 27.18
W55 Ingeborg Pfuller ARG 30.60
W60 Molly Hofmann CHI 22.86
W65 Marlis Fleckner CHI 14.14
W70 Mireya Galvez CHI 11.64
W75 Catalina Paruzzi ARG 8.62
W80 Maria Girves ARG 5.68

Hammer
W35 Albina Zamora CHI 24.68
W40 Monica Silva CHI 23.63
W45 Gabriela Martin CHI 20.79
W50 Rosa Jara CHI 27.19
W55 Milena Carrion CHI 21.58
(Age-group WR)
W60 Silvia Sanchez CHI 22.82
W65 Marlis Fleckner CHI 18.98
W75 L Niklitschek CHI 4.62

Javelin
W35 Veronica Diaz CHI 36.62
W40 Ruby Bravo CHI 34.20
W45 Ana Briones ARG 16.74
W50 Adriana Silva CHI 33.86
W55 Ida Ketterer CHI 28.40
W60 A Schmidt BRA 28.08
W65 P Aranguiz CHI 15.52
W70 Lilly MacLeod CHI 13.02
W75 Catalina Paruzzi ARG 6.18
W80 Maria Girves ARG 7.32

15K Road Race
W40 Dora Gonzalez CHI 1:12:39
W45 V Benitez VEN 1:42:00

10K Road Walk
W35 Mirna Abran ARG 1:24:32
W40 J Castillo CHI 1:01:58
W45 Elsa Sanhueza CHI 1:07:47
W50 Ana Salamanca CHI 1:13:14
W55 Celia Kisser ARG 1:03:00
W60 V Goldberg CHI 1:20:38

LONG DISTANCE RESULTS

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

EAST

Hudson Mohawk
Half Marathon
Schenectady-to-Albany,
NY; April 10

Overall
Pace Kessenich 1:11:52
Anne Kuklinski 1:25:43
M40 Charles Parmalee 1:14:23
Raon Gay 1:15:48
Ron Bagnoli 1:17:59
M45 Lee Wilcox 1:17:18
Gene Monaco 1:18:48
Doug Griset 1:19:41
M50 Wade Stockman 1:20:10
Richard Shook 1:23:00
Larry Fisher 1:27:18

M55 Bill Cooney 1:25:34
Bob Gavreau 1:27:01
Bob Warner 1:29:46
M60 Bob Hennig 1:35:18
Wally Fortier 1:38:40
Don Sill 1:42:11
M65 Dan Geer 1:43:36
M70+Bill Brobston 1:46:10
Bill Shrader 2:16:20
W40 Susan Engel 1:38:35
Sherry Dixon 1:40:07
Chris McKnight 1:40:18
W45 Marge Rajczewski 1:40:20
Dorothy Clark 1:52:31
Gerry Mancino 1:52:52
W50 Marilyn Seidner 2:00:29
Janet Aldous 2:08:44
W55 N Gerstenberger 1:40:37
W60+R Tumidajewicz 2:02:27

Fritzbe's 10K
Rockville, MD
April 17

Overall:
Gerry Clapper 26 30:03
Patricia Bullinger 27 36:07
M35 Chris Webber 31:50
Larry Frederick 32:22
W35 Kathy Stiles 37:23
Barbara J. Frech 38:03
M40 Athol Barton 32:10
Lucius Anderson 33:31
W40 Linda Mills 40:42
Sharon Heidel 41:20
M45 Ed Doheny 33:49
David Johnson 35:13
W45 Janice Stoodley 42:21
Charlotte Graves 42:47
M50 Chandler Robbins 36:03
Nigel B. Rudkin 36:27
W50 Charlotte Edwards 46:33
Sherry Kendall 57:24
M55 Thomas Momiyama 39:49
Larry Dickerson 41:58
W55 Doralie Skgal 48:22
Sherry Kendall 57:24
M60 Herbert Chisolm 39:32
Bill Osburn 42:54
M60 Monica Friedman 50:38
M65+Alvin Cuttag 58:59
Richard Chapin 60:17

Queens Half-Marathon
Queens, NYC; April 17

Overall
Placido Martin 1:10:34
Agnes Ruane 1:20:34
M35 Efrain Gonzalez 1:15:25
M40 Ed Sandoval 1:16:54
M45 Gabriel Bernal 1:19:23
M50 Peter Kellner 1:26:25
M55 Walt McCarthy 1:30:08
M60 Hugh Brown 1:45:37
M65+Julius Hintz 2:55:00
W35 Judy Williams 1:40:30
W40 Susan Hale 1:39:33
W45 Lydia Delporte 1:56:10
W50 Renate Rhein 1:40:22
W55 Elsie Ligris 2:03:27
W60 Elaine Howser 2:14:00

Amish Half-Marathon
Lancaster, PA; April 17

Overall
Don Slusser 36 1:13:27
Barbara Swan 27 1:25:38
M40 Robert Johnson 1:15:33
M45 Jake Myers 1:21:03
M50 Jim Warg 1:27:56
M60 Wallace Savitsky 1:36:58

New Jersey Waterfront
Marathon, Jersey City, NJ
April 24

Overall:
Alma Bello 24 2:46:38
Barry Gibling 34 2:38:00

W35 Barb Matthewson 3:14:11
Kathy Airola 3:15:48
Susan Mahkian 3:25:55
Laura Walsh 3:26:07
Lily Kosaka 3:27:22
W40 Carol Johnston 3:10:44
Claudia Patrick 3:19:36
Shay Schriener 3:37:02
Maryellen Duane 3:37:14
Susan Hale 3:38:57
W45 Woody Ferrier 3:37:12
Cleta Ciulla 3:41:23
Edith Jones 4:04:30
Angela Conte 4:08:02
Glenna Karczak 4:08:03
W50 Wen-Shi Yu 3:34:35
Sally Rusby 3:43:40
Lisa Praskins 3:45:17
Rita Alles 3:46:10
Peggy Drauglis 4:00:00

M35 James Shine 2:45:15
Bill Nowak 2:45:36
Charles Gillis 2:50:02
John Frederick 2:53:06
John LaFrance 2:53:57
M40 Ricardo Andrade 2:46:26
Randy Young 2:48:24
Brett Lurger 2:50:25
Charles Alsop 2:52:43
Robert McGarvey 2:53:12
M45 Joseph Diorio 3:02:47
Rafael Bordonaba 3:03:06
Denis Coulombe 3:04:22
William McKenna 3:05:03
Herb Townsend 3:05:14
M50 Kent Sabin 3:02:44
Claude Coulombe 3:17:04
Bud Tunison 3:18:13
Val Bell 3:19:31
Gene Peters 3:21:22
M55 Al Becken 3:02:27
Jerzy Grochowski 3:14:57
Ken Karcher 3:19:47
Joe Caldwell 3:29:13
John Crawford 3:31:25
M60 Phil Mongillo 3:17:16
Ray Shelter 3:59:34
Edward Hart 4:00:40
Eugene Sutherland 4:05:48
Leonard Ohrin 4:08:52
M70 Robert Graham 3:56:41
Vernon Geary 3:58:04
R. Paffenberger 4:15:03

NYRR
Bronx Historical Run 8K
Bronx, NYC; May 1

Overall
Eldon Reynoso 26 25:50
Eileen Cunningham 18 33:47
M35 William Hart 27:35
M40 David Jacobs 29:03
M45 L V Carr 32:29
M50 Alan Fairbrother 30:20
M55 Eric Seiff 31:32
M60 Don Dixon 31:12
M70+Vince Carnevale 38:56
W35 Robin Drucker 41:00
W45 Ruth Greher 44:31
W50 Billie Moten 44:40
W55 Melva Murray 42:00
W70+Adrienne Salmini 1:06:59

Marine Midland Half-Marathon
New Rochelle, NY; May 7

Overall
Rainer Schenkel 23 1:11:23
Gillian Horovitz 32 1:21:52
M40 Hector Vargas 1:17:15
Jonathan Folber 1:21:28
George Keogh 1:22:08
M45 Guy Stretton 1:21:37
Rafael Bordonaba 1:23:03
Dan Hammer MD 1:24:28
M50 John Dugdale 1:21:57
John Steger 1:22:33
Alan Fairbrother 1:22:57
M55 William Schwartz 1:30:24
Jerzy Grochowski 1:32:26
Bill Aimon 1:32:45

M60 Don Dixon 1:27:32
John MacManus 1:34:22
Terence McGinnis 1:37:59
M65 Philip Sakewitz 2:52:15
M70+Vince Carnevale 1:44:40
W40 Susan Hale 1:40:21
Jillian La. aridis 1:41:27
Mary Barber 1:42:52
W45 Edith Jones 1:48:51
Myrna Klotzkin 1:51:16
Cynthia Curran 1:53:05
W50 Joyce Maret 1:50:07
Norma Signore 1:53:19
Lynn Sherman 1:55:51

Racewalkers
William Wellington 602:36:26
Madeline Metz 52 3:02:05
Check -Ins 614r/158w
Finishers 502m/113w
Sunny/70's/low hum

L'eggs Tune-Up 5K
Central Park, NYC; May 8

Overall
Desiree Scott 24 17:12
W40 Angela Hearn 17:45
C Hearn Grenning 18:13
Hilary Naylor 18:15
W45 Lina Connors 19:27
Jessie-Lea Hayes 19:59
Jill Martin 20:07
W50 Bertha Bellingham'sen 21:05
Eileen Tucci 22:41
Ester Roberson-Lee 23:38
W55 Toshiko d'Elia 20:52
Helena Close 30:17
Bertha McGruder 30:35
W60 Aslaug Tomas 26:02
Daisy Klein 27:37
Barbara Beck 29:24
W70+Althea Jureidini 32:53
Racewalkers
Marcella Tobias 62 36:30
Cathy Campbell 45 37:00

NYRR You Gotta
Have Park 5K
Central Park, NYC; May 14

Overall
Jaime Palacios 28 15:38
Pamela Fanning 24 17:58
M40 Hal Stern 16:43
Edgar Sandoval 16:49
L Guachichulca 17:25
M45 Dan Hammer MD 18:13
Nevio Dobry 18:25
Hal Lieberman 19:13
M50 Alan Fairbrother 17:31
Gil Robles 20:13
Freddy Crespo 20:40

M55 Bill Fortune 18:18
Joe Burns 19:42
Robert Kahn 19:45
M60 George Thompson 19:05
John MacManus 19:34
Hugh Bowen 22:50
M65 William Coyne 20:37
Tom Gibbons 21:14
Lester Evans 26:28
M70+Vince Carnevale 22:42
Kim Keeney 23:52
Charles Feldman 24:36
W40 Irene Jackson 19:33
Sylvie Kimche 19:38
Mary Spera 22:09
W45 Sylvie Lindner 22:30
Susanna Beltrandi 23:46
Paola Lucentini 25:26
W50 Esther Marcus 23:37
Joyce Maret 24:08
Evelyn Davis 26:53
W55 Bunny Franco 23:58
Sandra Wax 28:31
Florence Rose 29:13
W60 Aslaug Tomas 25:09
Barbara Beck 28:15
Elaine Hauser 28:54
W70+Mayme Bdera 35:28

Racewalkers
Stan Shechter 55 27:20
Stella Cashman 46 30:28
Joan Rowland 62 33:30
Joan Sommer 35 35:20

SOUTHEAST

Myrtle Beach Classic 10K
Myrtle Beach, S.C.
June 4

Overall
John Erickson 22 NC 29:47
Maria Daniel 28 NC 36:49
M40-44
Bob Schlau 40 SC 30:55
Bill Rodgers 40 MA 31:01
Web Loudat 41 NM 31:06
M45-49
Steve Lester 45 UT 31:38
Bill Adams 47 DE 36:08
Wendell Critch 46 SC 37:49

Continued on next page

Continued from previous page

M50-59		
Jim Blount	59 FL	37:00
Sam Yarborough	53 SC	38:31
Buck Taylor	50 GA	40:40

M60+		
Jim O'Neil	63 CA	37:13
Franklin Mason	63 SC	43:41
George Sheehan	69 NJ	46:49

W40-49		
Ann Mansfield	40 NC	38:03
Bobbi Rothman	42 FL	41:06
Brenda Pantaja	41 GA	42:19

W50+		
Judy Kirchoffer	50 WI	45:41
Jane Arnold	58 TN	49:18
Helen Rockwood	50 SC	53:25

from Mike Davis

MIDWEST

Macomb County Emergency
Shelter Sunshine 10K
Mt. Clemens, MI; May 14

Overall		
Kevin Hanson M25	31:06	
Maggie Zidar W35	41:22	
M40 Andy Chochol	35:25	
M45 John Wegrzyn	36:41	
M50 Herb Seegert	38:09	
M55 Jim McManus	41:07	
M60+Zeke Vogt	47:35	
W40 Tammy Termini	56:12	
W45 Liama Stede	49:04	

Hogs Hollow 5K
Utica, MI; May 21

Overall		
Carl Caballero	16:24	
Renee Dechambeau	19:16	
M30 Martin Zimmerman	19:53	
Andy Balser	19:54	
Gerald Jackson	20:01	
M40 Currell Pattie	19:25	
Norman Killip	19:35	
Bill Beach	19:53	
M50+Herb Seegert	19:04	
Jim McManus	19:32	
Lou Palmieri	20:28	
W40 Nancy Cross	21:36	
Marilyn Kondrat	23:50	

Metro-Macomb Runners 2 Mile
Mt. Clemens, MI; May 25

Overall		
Mark Wellhausen	10:13	
Michelle Gay	12:20	
M40 George Gambert	11:13	
Dave Armstrong	11:33	
Tim Klinkhamer	11:44	
M50 Herb Seegert	12:16	
Jim McManus	12:26	
Jim Hastings	12:29	
M60+Zeke Vogt	14:26	
Peter Bolos	16:26	
Paul Zylstras	16:40	

Always Movin' 10K
Warren, MI; May 28

Overall		
Kevin Hanson	31:52	
Joan Wilcox	42:46	
M41 Cecil Weems	36:23	
Bob Morrow	38:26	
Doug Anderson	39:27	
M51 Paul Falardeau	39:13	
Herb Seegert	39:43	
Jim McManus	42:47	
M61+Joe Thornburg 71	48:07	
Peter Bolos 75	50:51	
Sam Pahice	63:49	
W41 Mary Jo Reske	57:07	
Patricia Ceci	63:49	

MID AMERICA

Lincoln Half-Marathon
Lincoln, NE; May 1

Overall:		
Richard Keitany	31	1:04:39
Donna Chin	27	1:19:49
M30 Richard Keitany	1:04:39	
Bob Wallace	1:05:10	
Mike O'Reilly	1:06:35	
John Case	1:12:20	
Ralph Miller	1:13:51	
M40 Mark Stogsdill	1:12:59	
P. Halliburton	1:19:22	
Wendell Oederkirk	1:19:26	
Clayton Streich	1:21:13	
Dick Burrows	1:22:44	
M50 Lowell Gaither	1:17:10	
Ernie Nick	1:18:16	
James Culver	1:24:50	
David Biersmith	1:31:48	
Bob Holmberg	1:34:05	

M60 Roger Cutshall	1:33:31
Jack Boyer	1:42:09
Andy Anderson	1:42:46
Bernard Turkel	1:45:55
Richard Orr	1:48:08

W30 Nancy Mieszcak	1:21:23
Karen Clark	1:24:14
Catriona Dowling	1:25:00
Deborah Long	1:34:43
Kris Powers	1:35:56

W40 Ardel Bengtson	1:34:25
Karen Bestul	1:38:25
Cathy Tracy	1:42:00
Darlen Tussing	1:42:41
Arlene Craig	1:42:41

W50 Julie Foster	2:04:43
Marilyn Haase	2:10:59

Lincoln Marathon

Overall:		
Joe Bronze	27	2:26:45
Karlene Erickson	22	3:00:43

M30 Rudy Robinson	2:28:44
Victor Cuevas	2:35:01
John Labenz	2:37:30
Walter Ballard	2:40:59
Michael Cregeen	2:41:55

M35 Michael Zeigle	3:11:19
Greg Hageman	2:33:36
Robert Young	2:37:58
Laddie Shaw	2:38:39
Saul Serrano	2:41:03

M40 Gary Seney	2:47:22
Doug Woodsmall	2:48:15
Gary Julin	2:48:21
Ronald Norman	2:48:26
Ron Olsen	2:48:36

M45 Leo Rutten	2:56:31
Bruce Meador	3:01:35
F. Ronowski	3:08:56
Richard Whitney	3:09:45

M50 Wesley Geringer	2:55:48
Jesse Leutwyler	2:59:37
Dale Urbain	3:00:44
Blaine Adamson	3:06:21
Fred Mattos	3:06:43

M55 Norm Green, Jr.	2:33:43
Mike Goldman	3:03:37
Charles Bechtold	3:15:16
John Wyckoff	3:28:26
Irv Weston	3:30:43

M60+Floyd Baker	4:14:29
Harry Hultquist	4:20:35
(70)Clarence Osborn	4:30:36
Thomas Taggart	4:30:47
Earl Wert	4:36:44

W30 Muriel Naumann	3:23:57
Donna Lewis	3:27:08
Valerie Oertli	3:27:15
Cynthia Dumlér	3:39:43
Kathy Martinez	3:47:46

W35 Sandy Jensen	3:09:13
Cindie Grunt	3:24:44
L. McClanahan	3:33:17
Kathy White	3:33:40
Barbara Calder	3:59:31

W40 Shirley Alvaro	3:22:07
Sylvia Wiegand	3:41:35
Ann Lott	4:15:36
Jean Crouchley	4:19:50
Carol Hommick	4:27:49

W45 Valdene Ranum	3:27:24
Bobbi Weston	4:12:53
Karyn Jones	4:21:29
Cynthia Walker	4:38:47
Elsie Rubinstein	4:49:48

W50+Ann Wood	3:53:24
Bonnie Maschka	4:29:28
Jeanne Kirsch	4:49:38

Howard Wood Dakota
Relays 10 Mile
Sioux Falls, S.D.; May 7

Overall		
Mike Hieb	58:14	
Laura Carlson	1:09:16	
M40 Doug Stewart	1:06:16	
Dan Bohl	1:10:04	
Dave Remillard	1:10:10	
M50+Virgil Wolhoff	1:21:00	
W40 Becky Bray	1:20:58	
Lee Babb	1:23:38	

Howard Wood Dakota
Relays 5K Racewalk
Sioux Falls, S.D.; May 7

Overall		
Brad Knutson	24:48	
Kelley Smith	32:02	
M40 Howard Thomson	33:38	
M45 Elwood Vetos	30:25	
David Allardycce	32:15	
M50 Joel Nelson	28:15	
M60 Dr. C Roberts	34:57	
John Van Liere	40:52	
M70 Reuben Anderson	39:20	
W35 Kathy Anderson	34:32	
W50 Lu Holwerda	34:55	
Fran Kippes	40:52	



SOUTHWEST

Redbud Classic 10K
Oklahoma City; April 10

Overall		
Paul Larkins 24	29:57	
Christine McMillen 24	34:22	
M40 Greg Owings	34:03	
M45 Dave Williams	33:31	
M50 Rolf Schroeder	41:21	
M55 Jerry Crockett	39:32	
M60+Whit Mauzy	43:16	
Jim Smith 65	43:16	
W40 Jane Hutchinson	37:09	
W45 Maureen Bixby	39:46	
W50 Donna Wright	43:28	
W55 Kay Morrison	62:18	
W60+Lora Woodall	71:33	
Betty Windsor 67	80:05	

WEST

Chardonnav 10 Mile/5K
Santa Barbara, CA; April 9

Overall		
Jim Triplett 30	51:12	
Mary Tracey 28	1:00:35	
M35 Larry Montag	54:32	
M40 Robert Davison	58:30	
M45 Ben Jackson	1:00:29	
M50 Harry Panteles	1:03:40	
M55 Ray Laub	1:13:19	
M60 David Kille	1:14:38	
M70+Paul Gilbert	1:46:41	
W35 Sharon Lesar	1:15:48	
W40 Betty Jory	1:11:00	
W45 C Coffey-Holland	1:21:01	
W50 Gaby McQuitty	1:19:44	
(707 finishers)		

---5K---		
Overall		
Russell Beste 26	15:21	
Kris Katterhagen 24	17:56	
M40 Bob Spielman	18:05	
M50 Jack Wilson	19:56	
M60 Ollie Harker	22:08	
Edwin Bishop 67	22:47	
W40 Stephanie Welch	22:29	
W50 Ingrid Elsel	24:52	
W60 Ruth McGadden	43:16	

Nike Invitational Masters Mile
San Francisco; April 30

1 Steve Ferraz	4:22.5
2 Jim Hampton	4:28.6
3 Tom Bennett	4:46.6
4 Darrell Zapata	4:55.5
5 George Mason	5:13.7
6 Bill Sevald	5:13.8

Brentwood 10K/5K
Los Angeles; May 29

---10K---		
M40 Byrle Smallen	33:49	
Phil Grant	33:56	
Tom Bennett	34:16	
M50 John Brennan	36:09	
Arnold Way	38:50	
Tracy Brown 59	39:16	
M60 William Arnold	43:20	
Bill Stowell	43:29	
Murray Cohen	44:43	
---5K---		
M40 Richard Greene 46	16:19	
Fred Ortega	16:22	
Don McCarthy	16:24	
M50 Brian Fernee	16:58	
Pat Connelly	17:52	
M60 Larry Banuelos	18:56	
Fred Goldman	20:47	

NORTHWEST

Emerald City Marathon
Seattle, WA; April 10

M40 Larry Almborg	2:35:29
Dev Cammer	2:36:25
Robert Smith	2:40:49
M45 David Terentieff	2:47:11
Robert Hughes	2:49:01
Ron Behrmann	2:51:27
M50 Larry Webster	2:49:17
Derek Mahaffey	2:56:28
Bill Iffrig	2:57:57
M55 Mel Preedy	2:56:57
Bob Dolphin	3:00:13
Leo Neu	3:13:16

British National
Veterans Road
Relay Champion-
ships; Tring,
Herts.; May 22

Over 40 Teams

Aldershot & Farnham	1h56m27s
P. Outley	14m36 (8th)
L. Presland	14m10 (1st)
J. Jackson	15m59 (3rd)
B. O'Neill	14m27 (2nd)
E. Cunningham	13m50 (1st)
D. Rogers	15m03 (1st)
M. Duff	14m02 (1st)
T. Davies	14m20 (1st)
Oxford City AC	1h58m05s
H. Starkey	14m59 (18th)
P. Morrison	15m18 (11th)
P. Cameron	14m43 (5th)
S. Cowles	13m53 (1st)
J. Polgreen	14m56 (2nd)
D. Parsons	14m58 (3rd)
J. Exley	14m27 (2nd)
P. Lindell	14m55 (2nd)
Newcastle (Staffs) AC	1h58m33s
Graham Bagnall	14m31 (5th)
John Davies	14m51 (3rd)
Mike Smith	14m54 (1st)
Alec Marconi	14m59 (3rd)
Tommy Tofts	14m40 (3rd)
Barry Williams	14m12 (2nd)
Brian Dale	15m11 (3rd)
Peter Larkin	15m15 (3rd)
Tipton Harriers	2h00m14s
A. Coyne	14m35 (7th)
K. Green	15m57 (17th)
A. Evason	15m12 (14th)
R. Lunn	15m31 (11th)
J. Bayliss	15m01 (7th)
A. Rushmer	14m30 (6th)
M. Wrenn	14m54 (6th)
H. Hinks	14m34 (4th)

Over 50

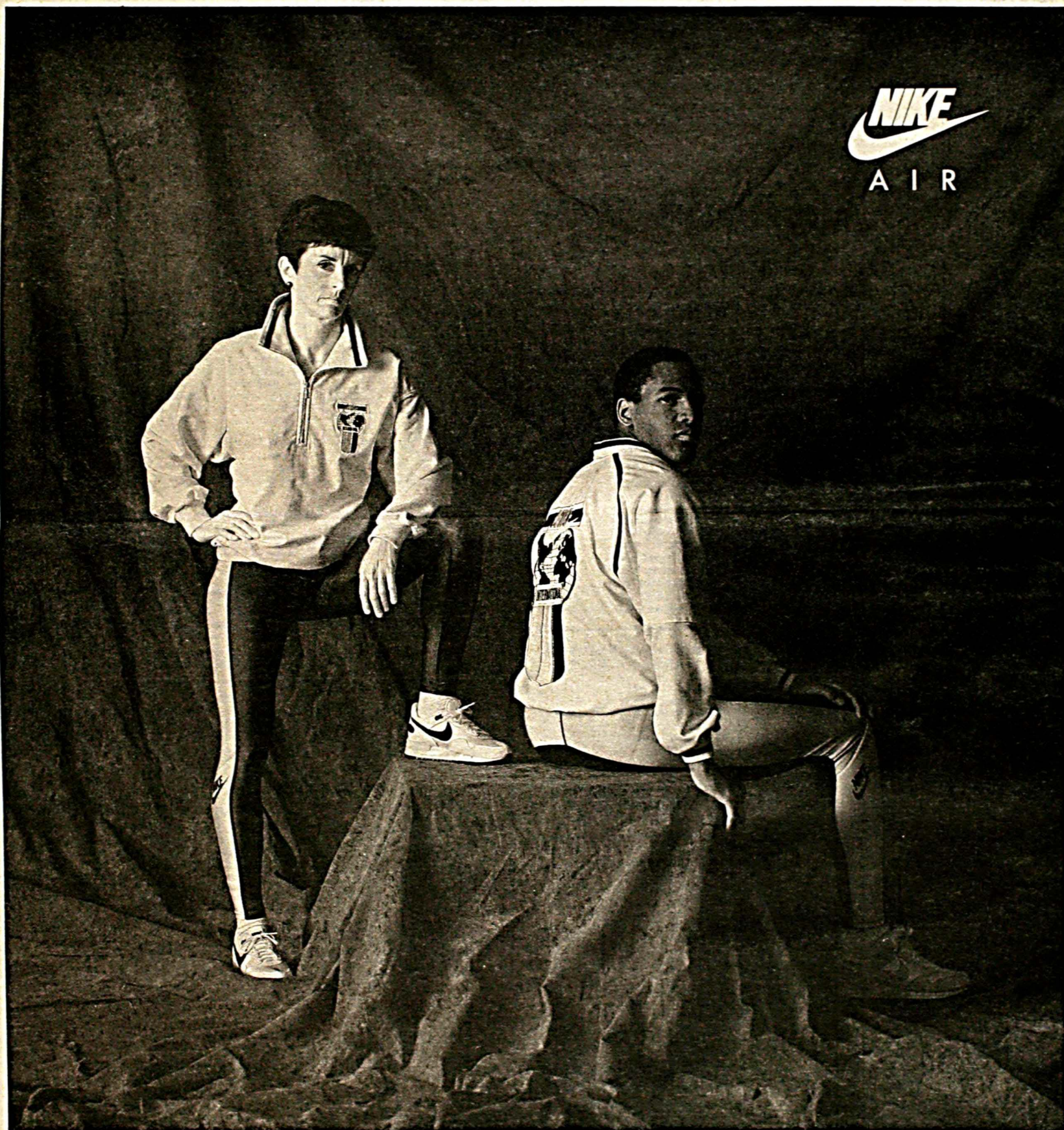
Barnet & District AC	1h40m44s
B. Parkes	16m36 (8th)
P. Taylor	17m06 (8th)
D. Fereday	16m13 (4th)
L. Forster	16m48 (3rd)
Z. Marven	17m00 (4th)
D. Wood	15m31 (1st)
Bingley Harriers	1h40m49s
J. Smithurst	16m17 (2nd)
J. Smith	16m52 (3rd)
O. Lawson	14m58 (1st)
M. Ebbage	17m54 (1st)
G. Garnett	18m15 (2nd)
B. Crowther	16m33 (2nd)
Havering AC	1h41m02s
T. Hoyle	16m30 (5th)
L. Parrot	16m31 (2nd)
W. Roe	16m10 (2nd)
A. Tewsbury	17m32 (2nd)
L. Mead	17m06 (1st)
J. Burke	17m13 (3rd)

Over 60

Thames Valley Harriers	53m53s
Ron Franklin	17m13 (31st)
George Johnston	18m40 (30th)
Steve Charlton	17m30 (22nd)
Hillingdon AC	55m45s
D. Evers	17m49 (33rd)
B. Nelsen	18m14 (28th)
E. Bamford	19m42 (32nd)
Verle AC	56m10s
B. Eyles	18m34 (41st)
J. Counes	20m12 (43rd)
G. Meech	19m24 (42nd)

Ladies

Arena 80 AC	1h09m58s
Jane Gardner	16m54 (15th)
Wendy Hales	18m21 (18th)
Ann Bower	17m49 (18th)
Karen Bowler	16m54 (14th)
Les Crouplers AC	1h14m09s
Sue Neal	17m23 (25th)
Sonya Moore	19m53 (37th)
Edwina Turner	19m07 (34th)
Ruth Collishaw	17m46 (27th)
Portsmouth AC	1h14m27s
J. Jones	1



WARP SPEED, CAPTAIN KIRK.

Star date 1988. Seoul. The final frontier. Priscilla Welch and Kirk Baptiste. These are the voyagers of athletic enterprise.

Featured on Kirk Baptiste: Air Pegasus; Zurich tight; International Emblem jacket.
Featured on Priscilla Welch: Air Pegasus; Zurich tight; International Emblem half-zip.