Dennis Sets Two World Records in California

BERKELEY, Calif., July 18. In one of the most amazing one-day performances ever seen in masters track & field, 50-year-old Ken Dennis today set two world records for men aged 50-54 in the Northern California Seniors Track & Field Championships at Edwards Stadium.

The 1955 California high-school 100-yard champion (10.0) from Los Angeles broke two of the strongest records on the books.

First, he blazed to a time of 11.2 in the 100-meter-dash, beating former national M50 champion Bruce Springbett of Los Gatos, Calif. and Midwest titlist Paul Williams of Cleveland, Ohio.

Dennis' time broke the old M50 world standard of 11.3, set by Olympian Thane Baker in 1982, and tied by Williams June 21 in the Hoosier Classic in Indianapolis.

Two hours later, Dennis, whose

Morcom Sets World M65 Long Jump Mark

New Hampshire, was the most outstanding performer. Hard to believe, but Morcom set two five-year world records in the five-event competition

He long-jumped 17-2¾ with the wind in his face, to break the old M65 mark of 17-0¾, set by West Germany's Hans Bitter in 1985. His overall total points bettered all previous M65

Continued on page 14

Jordan, Patsalis and Pickarts Break World Marks in Southern California Championships

LOS ANGELES, June 20. "The three P's" — Payton, Patsalis, and Pickarts — headlined this year's Southern California District Masters Track and Field Championships by breaking world age-group records in a meet marked by perfect conditions and a record turnout. Over 220 athletes competed on Occidental College's "Coliseum-clone" facility in a meet that followed the National Pentathlon Championships held earlier in the day.

The most sentimental of the three records was a fabulous 26.8 200 by Payton Jordan. Running into a slight head-wind, the 70-year-old Jordan was away quickly and ran smoothly throughout to destroy his own pending 70-74 record of 27.4, as well as the listed M70 mark of 27.5, held by South Africa's Fred Reid.

Payton, former Olympic and Stanford track coach who also coached at

Continued on page 5
ALL-AMERICAN-AWARDS

I think the M45 standards for the 5000 (16:42) and 15000 (4:31) are far too tough. There’s no way on God’s earth one can even get within 40 seconds of that 5000 time, and yet I beat the 10K standard (36:00). If you were to inter-polate, it would mean the 10K had to have been lowered to around 35 flat. It may just be that 36 is too soft; your 1500 is way out of reach, also, by at least 15-20 seconds. But, I did at least hit the 10K standard, so I’m pleased.

Bill Adams
Bartlesville, Oklahoma

Thank you for making the All-American-Awards possible for “normal” athletes who work hard to catch those “great athletes.” We probably never will, but the All-American program helps us to keep trying.

Ross Jensen
Overland Park, Kansas

It was not easy for me to earn Masters All-American. I realize I just sprinted in under the wire (35:00 10K, 40-44) with my 34:53, so I will definitely agree that I am nowhere near the Jim Ryun or Bill Rodgers. Who knows?

Perhaps I am the slowest All-American 40-44 runner in the U.S.A.!

It hurts, however, to see your speedier readers dropping on my efforts, and the efforts of a few thousand other serious runners, and a few million other decent serious runners. After all, TAC set the standards. Personally, I think the standards are quite fair. There are 700 major league baseball players in the U.S.A., but I’d be surprised if there are ten masters who can beat it.

So gimme a break, willya guys? There are a few hundred of us out there who will never be Babe Ruths and Ty Cobbs in the 10K; we might even warm the bench a bit, and bat .238 or so. But through pluck, hard work, and dedica-

Continued on page 27

NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC)

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(303) 635-1264

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(408) 354-7333

Secretary-Treasurer: Al Sheehan
P.O. Box 2722
Van Nuys, CA 91404
(818) 785-1095

Marketing Coordinator: Joe Murphy
3460 Stanford
Dallas, TX 75225

Women’s Coordinator: Christel Miller
1740 Grandview Ave.
Glenridge, CA 91209
(818) 843-2139

Multi-Events Coordinator: Rex Hamby
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LONG DISTANCE RUNNING

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Woodstock, IL 60098

Road Walking Coordinator: Beverly LeVee
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Seattle, WA 98115

Awards Coordinator: Beverly LeVee
3571 Narcissus Ave.
Los Angeles, CA 90066

Site Selection Coordinator: Max Goldsmith
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Lewisville, TX 75067

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(619) 254-3322

Northwest:
Jim Packard
22600 S. E. Stark Ave.
Portland, OR 97239
(503) 667-7354

International Team Competition: Ruth Anderson - Women (address above)

Awards:

Kathleen Lindell - Women
6191 Hillside Ave.
Pasadena, CA 91107
(818) 785-4857

Ruth Anderson - Women (address above)

Rules Coordinator: George Kleeman
5104 Alhambra Valley Rd.
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NATIONAL MASTERS NEWS
August, 1987 — 10th Issue
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# THE NATIONAL MASTERS
**Men & Women**

15 Kilometer Cross-Country Championships  
**(TAC Sanctioned)**

**Sunday, November 22, 1987** - 11:00 AM  
Van Cortlandt Park, Bronx, New York

with the cooperation of the City of New York, Department of Parks & Recreation

Edward I. Koch, Mayor  
Henry J. Stern, Commissioner

---

Souvenir T-shirts (not guaranteed to post-entrants), Awards Ceremony and complimentary buffet after race.

Age Group Awards/Men and Women (6 each)  
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Team Awards (3 places)  
40-49 and 50-59 (5 Men + 3 Women)  
60-69 and 70+ (3 Men + 3 Women)

Unlimited Team entry. If entering more than one team (or if an individual is competing in a lower age group), team must declare in writing, half-hour before race to Meet Director. Lockers available (bring lock) at Stadium (242nd Street).

"The Pete McArdle Memorial Trophy will be awarded to the first place overall finisher."

**Directions:**  
Subway; Broadway IRT #1 local to 242nd Street (last stop) then walk North to Start on Flats. Car; from Major Deegan Expressway, Exit at Van Cortlandt Park South, Turn West 1 block to Broadway. Turn right (North) to Start. Parking on street.

**Check-In:** At Start, 9:30-10:30 AM

**Entry Fee:** $5. (post. $7.) Checks payable to: Millrose Team

Mail To: Kurt Steiner, Meet Director; 1660 E. 21st Street; Brooklyn, NY 11210; Tel: (718) 336-3025 (evenings) (212) 860-4455 (days) — Millrose coach: Joe Kleinerman.

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## TAC MASTERS 15K CROSS-COUNTRY CHAMPIONSHIP  
**NOVEMBER 22, 1987**

<table>
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**FOR OFFICE USE ONLY**

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<th>Last Name</th>
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<th>Int.</th>
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Mailing Address  
Including Apt. No. and/or C/O

Area Code  
Country (If not USA)  
Zip Code/US

Exact Name of Team  
TAC Number

**SIGNATURE**

In consideration of your accepting this entry, I, the above named, agree to be legally bound, hereby, for myself, any my heirs, executors, and administrators, wave and release, and all rights and claims for damages I may have against Millrose, Guinness, The Athletics Congress (TAC), the City of New York, the Department of Parks and Recreation and any and all sponsors and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as a business enterprise, that I am physically fit and have sufficiently trained for the completion of the event and my physical condition has been verified by a licensed Medical Doctor. I hereby grant full permission to any and all the foregoing to use any photographs, video-tapes, motion pictures, recordings, or any other record of the event for any legitimate purpose.

**DATE**
McCubbins Sets Record in Cascade Run-Off

by TERI INGRAM

Canada's Chris McCubbins, 41, raced to an amazing 45:35 in the annual Cascade Run-Off 15K in Portland, Oregon, June 28, to set a new North American masters record and demolish an outstanding field of top masters runners.

McCubbins lowered the Canadian masters 15K record by nine seconds, and, at the finish, had more than a full one-minute margin on the likes of Britisher Mick Hurd (46:35), Mexico's Antonio Villanueva (46:40), West Germany's Guenter Mielke (47:41), England's Allan Rushmer (48:02), and U.S. runners Atlaw Belligne (48:18) and Barry Brown (48:48). McCubbins' time was 23 seconds faster than the American masters record of 45:58, set by Bill Stewert in 1983.

Raschker Continues Record Spree in Southeast Regionals in Atlanta

by JERRY WOJCICK

Phil Raschker, 40, led the Atlanta Track Club to the "National Masters Team Championship" with eight first places and three seconds, which included two world and three national records, in the Southeast Regional Masters Championships in Atlanta on June 6.

Raschker, who set a national W40-44 record of 12.76 for the 80-meter hurdles (30") in early May, ran the event in 11.98, erasing Una Lund's world W40 record of 12.39. Her second world mark was 70.59 in the 400-hurdles, a newly-recognized official event for women this year.

Two of the three American records revised by Raschker, in the 100m and 200, had belonged to Irene O'bara of California and were made in 1976. Raschker reduced O'bara's 12.6 and 26.1 to 12.29 and 25.66. The world record for the 100m of 12.0 is held by Ireland's Maeve Kyle and goes back to 1970. The 200m world record is 25.0, set by Denmark's Vivi Markussen in 1980.

Raschker's third U.S. record came in the high jump, when she went 5-0 to up her month-old mark of 4-11.

The Atlanta TC outpointed the defending champion Birmingham TC, 685 to 362, for the unofficial "National Masters Team Championship." Raschker's teammate and ex-Olympian, Phil Mulkey, was also a large factor in Atlanta's victory, with eight first places and two seconds, including a U.S. age-54 record in the 110HH (16.92), in the M50 division.

Stewart, Naughton Win the Roses

by PHIL LOOMIS

Bill Stewart, 44, broke the masters' course record of 33:29 with a fast 32:28 in the Jackson Rose Run 10K held June 6 in Jackson, Mich. to claim bragging rights over fellow Ann Arbor Track Club member, Wally Herrala, whose 33:00 also broke his old record.

Sharon Naughton, 49, posted a 42:34 — an average 6:51 per-mile — to win female masters honors.

"Stewart took off like a mad man," said Herrala, this year's Michigan Runner-of-the-Year. "I wanted to run a steady 5:12-pace, which I did until my calf started bothering me in the fifth mile."

Stewart, unaware he had broken the masters course record, said "I felt good. It was nice and cool. I've been trying to run 14 to 17 miles each day with the exception of one day a week, when I do intervals. Last week I ran 120 miles."

Naughton, who started running at age 40, said she was recuperating from a bad cold. "I ran a good, steady race. It didn't seem tough because I train on hills and was just 12 seconds from a PR."

Loudat, Randall Break U.S. 3000 Records

Record breaking performances highlighted the 6th Annual Waltham Track Club's Masters Invitational Meet at MIT's Steinbrenner Stadium on June 15. Web Loudat, M40, and Kirk Randall, M45, broke American age-group records in the 3000 with Loudat running 8:43.7, and Randall 9:06.6. The previous M40-44 record of 8:50.0 had been held by Hal Higdon, and the M45-49 record of 9:14.2 belonged to Pete Mundie. Both records were set in 1975.

Additionally, 27 meet records were broken. Included in the record-breaking track performances were Robert Walker's 51.1 in the M30 400; Archie Messenger's 2:31.8 in the M60 800; Sandy Stoddard's 4:06.0 in the M40 1500; Jim Haley's 4:26.9 in the M50 1500; and Barbara Sauer's 2:41.0 in the W30 800.

Records in the field events were set by Robert Sing, M30, javelin (216-4); Peter Hoogland, M35, long jump (23-2); Carl Wallin, M45, shot put (47-9); Fred Barnes, M55, long jump (16-10½); Don Knapp, M65, javelin (97-5); and Irene Thompson, W35, long jump (17-0).
Jordan, Patsalis, Pickarts
Break World Marks

Continued from page 1
Occidental through many of the college's glory years in track, was happy to be "home" again.
"It's great to be back at Oxy," he enthused.
Since the new retractable surface and the mild turns make the track perhaps the fastest sea-level 200-meter facility in the world, he probably had more than just fond memories in mind when he said that!

Of the three record-setters, the most fired-up seemed to be 65-year-old Tom Patsalis, who leaped 35-2½ to break Canadian Ian Hume's 65-69 triple jump record of 34-11¼. Patsalis, the world M60 record holder in the long jump and triple jump, recently moved up in age and was "ready for bear."

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ROCKY MOUNTAIN AND MIDAMERICAN REGIONAL MASTERS GAMES

SPOONSRED BY: THE DENVER TRACK CLUB
DATE: SEPTEMBER 5 & 6, 1987
ST: E: U of COLORADO, POTTS FIELD BOULDER, COLORADO.
HOTEL: Headquarters Denver Track Club is the Clarion Head, 1345 28th Street, Boulder, Co. 80302,
(303)443-3850. $54.00/night or 1/2 double for $27.00/night. Call for reservations.
FACILITIES: Chevron 440, 400m, electronic timing
TEAMS: Any athlete registered with Montana, Wyoming, Colorado, or New Mexico TAC's on the ROCKY
MOUNTAIN team. Anyone west of these four states is on the WEST team, anyone east of the EAST
TEAM.
AGE GROUPS: 5-year age groups - men and women 30 and over day competition.

AWARDS: First place in each event receive medals. A maximum of 3 medals will be awarded to any


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<td>Predict Time Mile</td>
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Please send your entry form signed waiver and check payable to "DENVER TRACK CLUB" to Steve Kasper, 2263 Krameria, Denver, Co. 80207.

Entrant or W/Pent $7.00
First Event $6.00

No. of additional events entered: $4.00 each x $4.00 = $ 
(If over $15.00, enter only $15.00)
Additional Events $ 
TOTAL $ 

The Weight Pentathlon is the National Masters Championships W. Pent. Discus

NOTE: Attention athletes entering either pentathlon and open throwing events. Pre-throwing throws qualifies you for placing in the open event, if entered (additional throws will not be permitted).

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Del Pickarts, 60, after M60-64 world-record 183-8 javelin (600g) throw, SCATAC District Meet, Los Angeles, June 20.

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Bill Bangert, 63, hammer (127-6), SCATAC District Meet, Los Angeles, June 20.

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The Ultimate Sacrifice

They say that opposites attract and complement each other. That seems to be the case with my wife and me. Gina is very high strung; I'm low key. She likes seafood; I don't. She can't stand New York City; I think it's a great place. She reads mostly fiction — I don't. She hates football and boxing; I enjoy them. I could go on and on, but there is one major conflict in our personalities, interests, and lifestyles that sets us apart more than anything else; Gina is a smoker; I'm a runner.

As Gina sees it, runners are all weirdos; as I see it, smokers are all sickies. Over our 14-year marriage, each of us has learned to adjust to the other's negative addiction. Of course, I consider mine a positive addiction, but Gina says runners are weirdos — she has to arrange our meals around in the smoking section on my most recent flights. All-American people. They wore Nikes, Adidas, Reebok, what have you. They didn't talk to themselves and I didn't see purple streaks in anyone's hair. I was in friendly territory.

But love dictated that I return to sit next to my wife. It was the least I could do considering all the sacrifices she had made for me. By the time the plane landed, I had mentally added a good 30 seconds to my planned 10-K time. It didn't work out that way, however. Come race day, I was the one smoking. I ran my fastest 10-K in two years by more than 30 seconds.

"It didn't work out that way, however. Come race day, I was the one smokin'. I ran my fastest 10-K in two years by more than 30 seconds."

But as I inhaled the clouds of smoke around me, I could visualize seconds being added to the finishing clock.

The sleazy guy next to me apparently never heard of low-tar, low-nicotine cigarettes and everytime he lit up, I would add five seconds to my time. Along about his sixth light-up a more serious concern struck me: Can you get AIDS by taking in smoke that has circulated through the nasal passages of an infected person?

About that time, I got up and walked back into the no-smoking section. It's amazing how much fresher the air was there. Not only that, but the people appeared normal. They all looked like clones of Pat Sajak and Vanna White, real clean-cut, healthy, normal, All-American people. They wore leather vests, a purple streak through their hair, a gold earring and tattoos up and down his arms. Talk about weirdos: The smoking section had plenty. They don't bother me, though. What does bother me is the thought that my wife is a member of that experience. I'm ready to take over anyone's hair. I was in friendly territory.

I know I feel much stronger because of that experience. I'm ready to take on anyone or anything — war, famine, pestilence, even Jacqueline Hansen and all the other ladies (oops, sorry, Jacqueline — make that gals) who chastised me for promoting equality. Just don't tell me that Vanna smokes. I couldn't handle that.

Dennis Sets Two World Sprint Marks

The youngest records, her own two-week-old high jump of 5-0, by one-half inch.

Struppeck added the W40-44 discus record to her U.S. W35-39 and W40-44 javelin bests with a 103-2 (31.46) throw. The old record was 98-2, set by Joanne Grissom in 1981.

Other notable performers included:
- Thad Bell, M40, 200 (23.5);
- James Mathis, M50, 400 (55.2);
- Susie Klutz, W50, 400 (68.6); and
- Casey Jones, M55, 800 (2:23.9) and 1500 (4:57.8);

Floyd Simmons, M60, shot (40-7 1/2), discus (132-3), and javelin (135-5); and
- Nolan Fowler, M70, 35-pound weight (39-5) and 56-pound weight (18-1).
Brown, Dalrymple Bloom in Lilac 10K

by ED CLOOS

The Manufacturers Hanover Lilac 10K, May 17, in Rochester, N.Y., featured two of the world’s best masters runners in Barry Brown and Allan Rushmer, and they put on a race worthy of their reputations.

Rusher, of Warley, England, was the defending champion, but Brown, a local favorite and summer resident of Glens Falls in upstate New York, was the decisive winner. Rushmer said it was his first loss to Brown over the 10K distance.

Brown had no thought but to win, this time, as he forced the pace from the beginning with Rushmer’s green-striped singlet practically glued to his back. He made his move in the tough going of the last half mile which included a short hill and an uphill grade to the finish. Rushmer couldn’t answer and finished 14 seconds behind Brown’s 30:40. Brown collected $500 and Rushmer $500. They finished 13th and 18th overall.

Third place masters went to local 40-year-old Dave Treohalvy with a 32:41.

Cindy Dalrymple of New York won the $500 prize for first masters woman with a 40:13. Local runner Lois Hotchkiss won $300 for second (44:17).

Brian Ferrari was the overall winner in 29:08. Kellie Cathey was first women in 33:47. First-place men and women each earned $1500. There were 2305 finishers, $18 of them 40 or older.

Jordeth Wins National One-Mile Road Championship in Olympia, Washington

by TERI INGRAM

Six masters course records were set on the gradual downhill of the Mainstreet Mile, June 21st, in Olympia, Washington by: M40 John Jordeth (4:09), W40 Carol Flexer (4:48), M45 Chuck Winters (4:10), M50 Derek Mahaffey (4:32), M55 Ralph Miller (4:32) and M60 Orlo Keniston (5:02).

The race, which was held on Capitol Way, was the first national masters road mile championship of TAC. Overall winners were Raymond McClanahan (3:57) and Gwen Hundleby (4:44).

900 to Compete in Nationals in Eugene

Continued from page 1

qualifying standards needed to enter, except to be at least age 30. The entry form was printed in last month’s issue. Deadline is August 7, but late entries will be accepted if space is available for an extra fee of $20.

Low cost residence halls are available at the University of Oregon, adjacent to the track. The Eugene Hilton, the meet headquarters hotel, is offering special rates for participants and their families.

A special opening ceremony will be held on Saturday at 4:30 p.m. Awards for the 1986 Masters T&F athletes-of-the-year will be presented by Chairman Jerry Donley at the brunch at the Hilton on Saturday.

Following the brunch, the annual Masters T&F meeting will be held. Everyone is welcome. Bring your ideas for improving the Masters T&F program. While none of the business discussed at this meeting is officially binding, recommendations are usually ratified at the official Masters T&F meeting at TAC’s annual convention in December.

The complete results of the meet — including heats — will be published in next month’s issue.

TAC National Masters 10K Championship

Adirondack Association Mens 10K Championship

$9,000.00 In Prize Money

SUNDAY, SEPTEMBER 20, 1987 9:00AM

GRAND UNION

Steuben Athletic Club

Albany Hilton

For complete race information, send a self-addressed stamped envelope to: Steuben Athletic Club 1 Steuben Place Albany, NY 12207
The End of an Era

It is the end of an era. All good things must come to an end, and, after 78 monthly columns — a span of six-and-a-half years — W. MacDonald Miller has decided to take an "extended vacation" from writing.

"I think I've said all I have to say," he reflected in a long phone conversation. "Besides, I'm into a new business — training steeplechase horses — and it takes a lot of time."

Miller still runs a little, but doesn't direct meets and races as he used to.

"And after all the criticism last winter," he confided, "I subconsciously began to self-edit my stuff."

He says he'll write a column, from time to time, "as the spirit moves me." We hope it moves him often, and, until it does, we may run an occasional "Best of Open Mouth" column to help soften our withdrawal symptoms. — Ed.

Jordan, Patsalis, and Pickarts Break World Marks

Continued from page 5

Discus thrower Bob Humphries, 51, (168-3), SCATAC District Meet, Los Angeles, June 20. Photo by Jerry Wojcik

throw exceeded Ed Chynoweth's 60-64 world record of 181-10, has been throwing the 600g javelin extremely well all spring. Competing in a field that included not only Chynoweth but also Bill Morales, the pending 65-69 and 70-74 javelin record holder, Pickarts came through like a champion despite the lack of any real aiding wind.

While the rest of the entrants didn't break other five-year world records, they did superbly well, nonetheless:

Christel Miller, 52, took time out from helping put on both meets to win the discus in a PR 82-0 and the 80m hurdles in 15.1.

Stan Whitely, 41, last year's national track athlete-of-the-year in the 40-44 age group, opened his quest for national and world titles with outstanding times of 10.8 in the 100m and 49.8 (from a standing start!) in the 400.

Eugene Driver, 37, blasted a 21.4 200 after getting nipped by Marion McColl in the 100m (both were timed in 10.8).

Frank Duarte, 45, cruised to a 15:54.7 5000 that was held under the lights after much of the crowd had left. Bob Hunt, 67, the world record holder in the highs, ran a superb 17.7 100m hurdle race and threw in a 53.0 300-hurdle victory as well.

Ed Bouldin, 39, and Ron Laird, 49, former internationalists in the racewalk, won their divisions of the 5000 walk by impressive margins.

Carl Brazelton, 36, missed the American M35 record in the pole vault by only seven inches and had to "settle" for 15-6.

Walters, Belligene Win at Cotton Row

by TERI INGRAM


Walters has done it again, taking top female masters honors at the Cotton Row 10K in Huntsville, Alabama, May 25. She ran 38:31 in the pouring rain, beating out 41-year-old Bobbi Rothman (38:40) and newly-40 Becky Baum (38:51). The top-seeded master, Cindy Dalrymple, won her W45 division and fourth masters spot in 40:07.

Atlaw Belligene, 42 (32:34), put on a furious kick to triumph over Don Coffman, 44 (32:41), and 40-year-old Bob Ulrich (32:47). Belligene knew before the race that he would have his work cut out for him, since ten masters men with sub-32-minute PRs were entered in the race, including Jeff Galloway (who didn't show), Larry Olsen (who was ill and didn't run), Deon Dekkers, and Belligene himself. When Belligene decided to drive from New York with his three children, many considered him out of the running. But he managed to overcome the fatigue from the long drive for his third straight victory at Cotton Row and a 30th-overall finish in a field of 2700 over the tough, hilly course.

Notable, also, was 50-year-old Nancy Parker's eighth-place women's masters showing in 42:24.

Other age division winners included Michael Horton, M45 (31:20), Adrian Craven, M50 (33:08), Gerry Williams, M55 (36:28) and Gordon English, M60+ (39:30).

Overall winners were Patrick Sang (29:33) and Sue Jackson (34:29).
Welch, Smith Top Masters Prize Winners in Boulder

by JERRY WOJCIK

Two weeks after her phenomenal 2:26:51 in the London Marathon, Priscilla Welch, 42, was the top masters money winner ($1200 for her 10th-woman overall 35:57, plus $100 for leading all women at one mile) in the Boulder Boulder 10K in Boulder, Colo., on May 25.

Welch, of Britain, who has lived in Boulder for three years while her husband attends school there, was running her first Boulder Boulder. "That (the London marathon) was the race we pointed for," Welch said, "so I didn't race this one hard. But I did want to be a part of this. I mean, I live here. And I should do it."

Second masters woman, Gail LaDage Scott, 41, Durango Colo., won $800 with a 38:40, and Betty Popper, 44, Littleton, Colo., received $500 for third in 40:52.

In the best masters field ever in the nine years of the event, Tracy Smith, who set an American masters 10K record of 29:50 in April, won a narrow victory and $1200 by two seconds from Web Loudat. Smith, 42, of Bishop, Calif., zipped by Loudat, 40, of Albuquerque, on a hill leading to the finish line to close in 31:47.

Loudat, winner of $800, was seven seconds ahead of Antonio Villanueva, 46, of Jalapa, Mexico, who pocketed the third-place $500 check.

Villanueva's countryman, Arturo Barrios, 24, led a platoon of Mexican runners, who claimed 10 of the first 13 spots, to the open victory (29:06). Canadian Nancy Tinary, 27, was the women's winner in 33:59.

10 Join Masters Sustainer List

Thanks go, once again, to those thoughtful enough to send donations to help "sustain" the National Masters News. With your help, we are able to keep up the standards of NMN. Donations should be sent to NMN, P.O. Box 2372, Van Nuys, CA 91404. Thanks go to:

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Desenex Rubs Frechette, Shaver the Right Way

by ED CLOOS

There was modest prize money, but the masters race was for pride as local stars Derck Frechette and Dave Tresohlavy hooked up in the Desenex 8K Run on Park Avenue in Rochester, N.Y., May 29.

Frechette avenged a loss suffered 12 days earlier with a strong finish and a 10-second masters victory margin (11th overall) in 25:09. First prize was worth $75 and second was $25.

First masters woman was Mary Shaver (32:17), followed by Lois Hotchkiss in 33:33. Prize money in all cases was the same for women and men.
The Perfect Running Excuse

You can pick up any running magazine and read about The Perfect Training Program, The Perfect Runner's diet, or How to Run the Perfect 10-K, but do they tell you what to say when some guy pushing his infant son in a running stroller outkicks you in the Family Footrace?

These know-it-all magazines might help to explain what happened to your body when you "hit the wall" at the 20-mile mark in your last marathon, but what do you say when your neighbor's 12-year-old daughter passes you in the local fun run?

What you need is what the running magazines have so far failed to deliver: The Perfect Running Excuse.

Relax, I know there isn't one perfect excuse that fits all occasions anymore than there's one perfect shoe that fits all feet, but having mangled with runners of all ages, abilities, and alibis, I have come up with a list of "can't miss" running excuses for almost every running occasion.

1) The Perfect Pre-Race Excuse: It's the big hometown race. Everybody will be there, including world-class runners, the media, non-running family and friends, and that cute redhead who knows your limitations, and even if you have a good race, it'll overshadow the big names. This is not a "cherry pick." Several women will smoke you in this one. What to do? How to save face?

Show up on race day looking very relaxed. Under dressed. No flash. Leave your Sock Racers at home. Wear your favorite training sweats, and don't— I repeat— DON'T warm up at the race site. Just stand around looking tired. Then when people ask you what's wrong, tell them: (a) "Wrong? Oh, I feel okay...well, I had a 105 fever last night, but I'm just going to jog easy;" or (b) "I guess I haven't recovered yet from that last string of 100-mile training weeks;" or (c) Tell them you're following the Jeff Gallopaway Training Program, which dictates that you "run through" this race. Running through a race means that you don't taper, you don't rest before or after. You're using the race for a hard training run. In short, The Perfect Excuse for a mediocre time.

By the way, it's become rather chic to show up for a race that you ran 10 or 15 miles to get to. No, you don't run this race, but you hang out and enjoy a few Lite beers, and talk about this new program as if it's really going to improve your times.

If someone asks what you're training for, you must think big. Tell them Boston, New York, Paris, or the World Veterans Games in Melbourne, Australia. Any big race that's at least six months down the road. Anything can happen in six months.

2) The Perfect Post-Race Excuse: Okay, you made the mistake of telling people you were going for a PR (Personal Record), and, well, let's face it, you failed miserably — practically a PW (Personal Worst). Don't console yourself with that "all-finishers-are-winners" hogwash. What you need is an excuse — and a damn good one!

Take your pick:

A) The Inaccurate/Unmarked Course Excuse: If the course was poorly marked or had lots of turns, or, better yet, out in some deserted vineyard, you went off course and ran an extra mile. If the course is not certified, then you're sure that the third mile was long. Here it helps to get a front runner to agree with you.

B) The Big Owie Excuse: You reinjured your 1) Hernia; 2) Hamstrings; 3) Sciatic nerve; 4) Hemorrhoidal tendon; 5) Plantar fascia (don't worry about pronouncing it right, they won't know— or care— what you're talking about anyhow).

C) The Heavy Mileage Excuse: (refer to #1b) This popular excuse works well anytime.

D) The Zero-Mileage Excuse: You haven't run in three weeks because...you'll think of something.

E) The Couldn't-Pass-Up-A-Cheep-Thrill Excuse: (perfect for road trips) You met this ultra-marathoner at the carbo-loading party and thought a little pre-race warm-up might help you sleep more soundly. That evening taught you a whole new meaning to heavy endurance.

Remember, The Perfect Running Excuse relies as much on delivery and timing as it does on substance and sincerity. You don't finish a race with snot in your mustache and crack: "That was a tough s**mbitch!" But rather, after someone else mentions the hills, "Yes, the course was deceptively difficult." This implies that you didn't run as fast as you planned, but you have accepted the challenge, and you'll be back next year.

Another point to keep in mind: People get tired of listening to excuses. The Perfect Excuse should not sound like an excuse. The Perfect Excuse is a lot like the perfect race — it's effortless. The Perfect Excuse should be as easy telling the truth. However, no matter how desperate you become, don't rely on the truth for an excuse, as it is usually too corny to be believed.

One more point before we go on to number 3. When someone asks you your time, don't always give it in seconds. For example, if your time was 36:30 but under 37, forget the seconds and just say 36. If your time was under 36:30, then mention the seconds. I call this "positive rounding off.

If you want to throw someone off balance or know someone who can appreciate a little humor, try this one. In a 10-K last year I was disappointed because I planned to go under 35, but ran 35:02. When a friend asked me my time, I said: "Thirty-four..." and I paused only briefly, "sixty-two."

3) The Perfect Excuse for Non-Running Friends Who Wouldn't THERE: Forget an excuse for these flab-lubbers. They don't know jack about running anyhow. Just LIE! Tell them you won. After all, when is the last time your local newspaper even bothered to publish any race results?

Ray Clocks 10.52 in M40 100

One World and Three U.S. Marks Set at Indy

by JAMES WARE

The 9th Annual Hoosier Track Classic at Indianapolis on June 21 drew 125 masters athletes, and this relatively small group literally rewrote the record book, setting one world record, three American records, and 57 meet records.

Besides that, 60 marks exceeded the TAC Masters Standards of Excellence, including the first three places in the M40-44 100m, M45-49 100m, and all places in the long jump for every group M45 through M80.


Paul Williams of Cleveland tied the American M50 record of 11.3 in winning the 100.

Sheila Evans of Indianapolis set an American record in the W70-74 triple jump of 19.5. Evans already holds the W70-74 world record in the high jump.

Another Indianapolis resident, Donna Pope-Green, W30-34, won the long jump with a leap of 20-4. She had a jump of 19-6 at Madison, Wisc., in March.

Another outstanding performance was turned in by Gary Oliphant of Wichita, Kansas. His time of 5.80 in the M45-49 50m would probably qualify as an American record if any records where kept in this event. He also won the 100m (11.2), 200 (23.9), and long jump (18-3/4).

JoAnn Grissom, a former Olympic medalist and present age-group holder, did an excellent job as head timekeeper.
Walker Wins 25K Race Walk Championships

from ROSE KASH

Larry Walker of Canoga Park, Calif., won the May 24 with a national age-44 record in Long Beach, Calif., on May 24 with a national age-44 record of 2:15:53. Walker, a several-time Olympic qualifier, also led the California Walkers club to the masters team championships.

Max Green, 55, of Taylor, Mich., was second in 2:14:06, and Ron Brennan, 40, of Phoenix came in third with a 2:15:53.

In addition to Walker’s record, masters men’s age records were set by Bill Talmadge, 71 (2:52:12), Gordon Wallace, 77 (3:09:45), and Tony Perona, 78 (3:09:03).

The race was also the Southern Association/TAC 20K championships for masters women. Jolene Steigerwalt, 43, of San Diego finished first in 2:07:00. Caroline Butler, 40, of Costa Mesa, Calif., placed second in 2:08:17, which led the Easy Striders team to the masters team victory.

National age records were set by Jill Latham, 50 (2:14:03), Ruth Sorensen, 65 (2:19:30), and Anne Long, 51 (2:31:53). The race also served as the national championships for senior women and was won by Teresa Vail, 24, of New York with a U.S. senior women’s record of 1:42:24.

The events, organized by the SCA/TAC Racewalk Committee and directed by Jim Hanley, drew a total of 81 starters from 15 states and three countries.

Utes Pinches Prize

For the 23rd annual running of the Michigan City (Indiana) Run on June 21, race director Hal Higdon offered age-graded prizes, hoping to reward some of those near to him in age, but only Warren Utes of Park Forest, Ill., rose to the challenge, winning the 65-69 division in 2:27 on the certified 15K course.

Utes won $50 for the third-best age-graded time, but the top two male finishers — Scott Jenkins and Mike Dobrient of Milwaukee — won the other two age-graded awards ($150 and $100) as bonuses to cash prizes of $300 and $200 for finishing one-two in 47:12 and 48:45, respectively.

Ross, Gehling Conquer Garden of the Gods

Despite 70-degree heat and a rocky, hilly course, Frank Mencin (M35, 54:52) and Lisa Kolb (W60, 1:20:57) turned in good times in the Garden of the Gods 10-mile race in Colorado Springs, June 7.

Don Ross (58:24) edged Larry Ingram (58:28) for the M40 crown, while Rosalia Gehling was first over-40 woman in 1:11:35. More than 2500 runners participated.

The Garden of the Gods race is the first in the "KRDO Triple Crown of Running," a series of three races in the Colorado Springs area. The Diet Pepsi 10K on July 19 is part two, with the Grand Finale being a choice of the Pikes Peak Ascent on August 22 or the Pikes Peak Marathon on August 23.

Five Great Reasons to Join Us for Our 11th Year:

- **Great competition:** For past 6 years, have averaged 1700 runners from 24 states.

- **Great course:** Point to point downhill (3000 ft. net drop) past mountain ranches, cedar forests, canyon vistas, and southwestern deserts.

- **Great times:** Records: Paul Cummings-2:15:15, Cheryl Harper-2:42:07. 6 women qualifiers for ‘88 Olympic trials. 4 masters women under 3 hours.

- **Great treatment:** Race theme and goal, “We treat our runners right.”

- **Great coverage:** Live TV coverage plus tape delay on KUTV (NBC-Salt Lake City).
Ankle Sprains

Q: I have been an avid long distance runner for the past several years. I enjoy running but I am continually spraining my ankles. I have been told that I have weak ankles and to stop running. What should I do?

A: Chronic ankle sprain is a problem that is commonly seen in almost all sports. It becomes more of a problem in long distance runners as they cannot tape and immobilize the ankle such as done in football and basketball players. Some ankle rotation is needed to run hills and control the foot over uneven terrain.

Most ankle sprains are initially caused by the day-dreaming runner stepping off of a curb or tripping over holes in the running surface. Most sprains are rather mild in nature and the athlete can continue on with his or her training program after a few tender steps.

In more severe cases, the athlete usually is forced to forgo athletic activity for several days and treat with RICE (rest, ice, compression, and elevation).

However, there are those who continually sprain their ankles and, as a result, the ankle ligaments can no longer stabilize the ankle as they should. In these cases, the ‘chronic ankle syndrome’ occurs and these ankle sprains become more frequent and the ankle becomes weaker.

Obviously, a biomechanical elevation is needed to determine if there is any underlying mechanical problem that could be causing these chronic sprains. If so, a good athletic orthoses may control some of the excessive foot and ankle rotation. This, coupled with a good motion control, should be an effective way to control the chronic ankle syndrome.

This should be combined with ankle-strengthening exercises such as published in Runners World magazine, August, 1984.

This will help strengthen the ankle and prevent reoccurrence of the sprain.

—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 architis question, write to Dr. John Pagliano, The Foot Beat, NNN, Box 2372, Van Nuys, CA 91404.)

Stratton Breaks Own Discus Record

Wyatt High Jumps to WR 5-10 1/2

by JERRY WOJCICK

Herm Wyatt upped his pending world record of 5-9 for the M55-59 high jump by 1 1/2 inches in the Pacific Association/TAC Masters Championships in his home city of Los Gatos, Calif., on May 23. Wyatt’s leap is four inches better than Mark Marcom’s mark in 1976. John Brown of Missouri also has a pending mark (5-8 1/2) in that division.

Wyatt already owns the M45-49 (6-2 1/2) and M50-54 (6-2) world records.

On an outing to South Lake Tahoe, Nev., broke her own three-week-old national W35 discus record of 125-5 with a 126-4 throw. Stratton was near the U.S. W35 javelin record of 117-5 with a 115-5 toss.

Top master in the short sprints was Martin Adamson, M45, with an M40-and-over best in the 100m (11.65) and a division win in the 200 (23.47). Don Benton, M55, beat strong fields in the 100m (12.67) and 200 (25.83).

In the 800, Scary Barnett was chased to an M40 win (2:01.5) by Dennis Tracy (2:02.4) and Dennis Duffy (2:05.8). Harvey Franklin was a close second (2:11.4) with Tracy second (2:11.4) and Jim Hampton third (2:12.2).

Over the Hill Tops at West Penn

The Cleveland-area-based Over the Hill Track Club M30-39 and M40-49 contingents won team titles in the West Penn T&F Championships at Washington, Pa., on May 30.

The OlTHC subdued the host West Penn TC for the men's 'submasters' title, 35-30, and dominated the M40-49 match-up with 58 points. West Penn took the M60 trophy with 38 points.

The hurdles produced two exciting races. Ed Baskauskas edged Frank Roublick in the M35 110H by 1/100 of a second with a 16.88, and Ted Cain (58.51) out-legged Bill Knockey (58.55) to the finish in the M45 400H.

Like Wyatt, other high jumpers were on form — Patricia Reed, W30, jumped 5-8, and Walter Dahlin won the M65 contest with a 4-6.

The throws were replete with big names and long marks. Olympian bronze medalist in the discus (1976 and 1984), John Powell, M35, hit the 202-6 mark. British hammer star Mat Mileham, M30, who attended Fresno State University, finished with a 219-11. Hammer thrower Ed Burke, M45, who came out of a long, self-imposed retirement to qualify for the 1984 Olympics and to carry the U.S. flag in the opening ceremonies, threw 180-0.

Javelin throwers Phil Conley (M50 WR 188-0) and Ed Chynoweth (M65 WR 181-10) were division winners with 171-1 and 140-5, respectively. Chynoweth is back in competition after a three-year layoff after suffering a severe injury in a fall during a practice throw.

List of Low-Cost Motels

Where can a masters athlete find a good — but inexpensive — motel? Traveling to meets can be an effective way to find the bargains. At the left is a list of the top 30 economy lodging chains in the U.S., with prices and home-office telephone numbers. Chances are, there'll be one of these motels near the site of your next competition.

Some readers provide additional support to the National Masters News and to the Masters programs 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.
Ray Mahannah: ‘In The Groove’
For Over 60 Years.

Ray Mahannah has had his fastest times 50 years ago. A 4:09.8 mile in 1937 when he was the captain of the Drake University track team was within four seconds of the world-record of the day.

Now 71, Mahannah may be enjoying his best of times. The Modesto, Calif., resident admits that he’d be hard pressed to break six minutes for a mile now, but he says that he’s enjoying running as much now as ever, if not more. He regularly competes in races all over Northern California.

“I just enjoy it,” he responds when asked what has kept him in the sport without any real payoff for 58 years. “It’s a different ball game now. There are so many people who can wipe me out, but I’ve gotten used to that. I run because I feel it’s good for me, and it’s a form of discipline. It makes me watch my diet and exercise regularly.

Had his best of times 50 years ago. A 4:09.8 mile in 1937 when he was the captain of the Drake University track team was within four seconds of the world-record of the day.

Now 71, Mahannah may be enjoying his best of times 50 years ago. A 4:09.8 mile in 1937 when he was the captain of the Drake University track team was within four seconds of the world-record of the day.

Ray Mahannah has been running for over 60 years with no real layoff, despite the loss of a lung in 1955. At age 61, he ran 5:17.3 for the mile, then an over-60 record.

watch my diet and exercise regularly. I’ve been in the groove for so many years it’s hard to get out of it.”

Mahannah actually started running more than 60 years ago in his birthplace of Moville, Iowa. “I used to trap mink and muskrat and I’d run five to 10 miles a day doing that,” he explains. “And I’d run from one town to another just for the fun of it.”

Trapping and running over the fields of Iowa not only helped Mahannah develop a strong base before entering high school, it also put money in his pocket. “There were times I made as much as my father did as a pharmacist,” he remembers.

A 1:57.4 half-mile at Moville High was largely responsible for getting Mahannah a full scholarship to Drake in Des Moines, then one of the national track powerhouses. “That was a pretty decent time in those days,” Mahannah remarks, also recalling that he had 10.4 100 speed in high school.

At Drake, Mahannah had a “flock of 1:55 halves” to go along with a 1:50 on a relay leg. His 4:09 mile came in a non-winning effort, but he had his share of victories at that distance, usually in the 4:11 to 4:14 range. He also recorded a 9:04 two-mile. But Mahannah was overshadowed somewhat by runners who have gone down in miling history — Glenn Cunningham, Archie San Romani, Don Lash, and Lou Zamperini.

“My trademark was to run a fast 1320 (three-quarters), usually right on 3:04,” Mahannah says. “Cunningham would always tell me that he hated to see me coming, because he knew it was going to be a fast pace.”

Cunningham also told Mahannah that he would never beat him, no matter how fast he took it out. “And I never did,” Mahannah comments. He remembers Cunningham with great admiration: “I don’t think he ever really realized his potential. He had those badly burned legs, you know. I still see him as one of the great people of all time.”

Were they thinking four minute back in 1937? “By God, no!” Mahannah answers, recalling a race in which Windy Rideout beat Cunningham in a world-record 1320 of 3:00.3. “You know if we were having trouble getting under three for 1320, we weren’t thinking four minutes for a mile.”

At Drake, Mahannah often tripled, including a leg on the mile relay. “Most of us were triplets,” he says. “When you’re a scholarship athlete you do pretty much what you’re told, at least you did then.” He did no over-distance training in college, nor did he run on the roads. But he remembers doing repeat quarter and half miles, although very few by today’s standards.

Training wasn’t the only thing that was different then, attested to by a letter in Mahannah’s scrapbook from Dan Ferris, then head of the AAU. The letter details $122.75 in expense for Mahannah to travel from Des Moines to New York for a 1938 race. “There was no appearance money or anything like that,” Mahannah says, laughing. “You were satisfied just to get travel expense.”

After graduating from Drake in ’38, Mahannah began teaching school in Iowa, advancing to superintendent of a school district after several years. He also put in a tour in the Army. All the while, he continued competing in AAU meets.

An August 19, 1944, clipping in his scrapbook entitled “Iron Man vs Iron Horse” tells of an upcoming 18-mile race between Mahannah and the horse Gray Eagle. Neither finished, but Mahannah went 14 miles and outlasted the horse.

Mahannah moved to California in 1954 to pursue a doctorate at the University of California, Berkeley. At Cal, he came in contact with Francis Henry, one of the world’s leading exercise physiologists, and expanded his knowledge of running. He began teaching English at nearby Hayward High School and also took on duties as track coach there.

While coaching, Mahannah usually ran with his students. From 1954, when he was 39, to 1960, he ran more than ever before, sometimes as much as 100 miles a week of training. That was before such megamileage became accepted. That was also after losing his left lung to cancer. “I’ve never smoked, but my mother did,” he gives as his theory of what caused the problem.

In 1957, two years after losing the lung, he finished second to Walter Van Zant in the Petaluma Marathon and seventh in Bay to Breakers. “I don’t think it (the loss of the lung) ever made much difference, except for running hot,” he says. “You don’t ventilate as well with only one lung.”

Of all his running accomplishments, including even those during his college days, Mahannah treasures a 5:17.3 mile in 1977 at age 61 — an over-60 world-record at the time — the most.

Continued on page 17
Eastern Regionals Held on Long Island

TAC's Eastern Regional Masters Track and Field Championships were held at Mitchell Field, Long Island, June 7th.

Among the top performances was a 400 in 60.4 by Muriel Simmons-McCord, 40. The time was only a half-second off Irene Obera's national W40 record of 59.9.

Other good 400 marks were a 49.6 by R. Penn, M35; a 54.4 by Larry Colbert, M50; and a 61.7 by Rudy Valentine, M60. Valentine also won his 200 in 27.1.

Sid Howard, M45, turned in a fast 800 (2:10.2) and 1500 (4:30.9). Toshiko d’Elia, W55, posted a 20:43 in the 5000.

Bob Williams, M45, sped to wins in the 100 (11.6) and 200 (23.7). Al Walton did the same in the M35 division (11.3 and 22.7).

Sandy Pushkin directed the annual event.

Struppeck Ups Javelin Mark in New Orleans

by JERRY WOJCIC

Lurline Struppeck of Baton Rouge, La., increased her U.S. W40-44 javelin record of 122-7 with a 127-0 in TAC's Southern Association Open and Masters Championships held in New Orleans on May 30. The world W40 record is 167-8 by Dana Zatopkova of Czechoslovakia in 1984.

Gordon Nordgren, who owns every single-age world record for the 800g javelin but none with the 600g (the official implement for his M65 age group), added the age-68 world 800g record with a 120-3 toss.

Thad Bell posted the quickest 40-and-over times in the 100m (11.06) and 200 (22.7).

John Alexander won the M65 200 (27.38) and 400 (62.30).

Danny Thiel was meet director of the meet, held on the McWilliams T&F Complex at Tulane University.

Records Fall in Madison, Wisconsin Meet

Threatening storm clouds and Father's Day notwithstanding, the Eighth Annual Masters Track & Field competition went off without a hitch on Sunday, June 21, in Madison, Wisconsin.

Forty-five meet records were established, led by 75-year-old John Dick of Oconomowoc with nine and 65-year-old Carol Peebles of Fond du Lac with four age-group records.

Records Fall in Madison, Wisconsin Meet

Eighty-four entrants participated in the meet, hosted by the Wisconsin United Athletic Club, Inc. with financial support furnished by WPS of Wisconsin, a health maintenance organization. According to Meet Director Bob Urdiales, 52 were first-time participants in the event held at the University of Wisconsin’s outdoor track.

National Pentathlon Held in Los Angeles

Continued from page 1

The rebuilding of the track is on schedule and it should be quite a thrill to be the first competitors to use it.

The weekend will be full of events, and some meetings. Eugene is also a great place to use as a hub for sightseeing and recreational activities. The spectacular coast line is about an hour away. A white water raft trip can be scheduled that will only whet your appetite for more.

The World Veterans Games Site-Selection Committee will meet on Friday at 10:00 a.m. to settle matters for the bid in Australia. The Trustees for the Masters Sports Association will meet after the Games Committee to work out the budget, and to see how the organizing committee is doing on its financing.

During the brunch on Saturday, I’ll call a membership meeting to take care of a few items of interest and business. Our 1986 awards will be presented at 11:30.

We'll cover a few matters before that then that will include:

A. Designation of a coordinator for the U.S.A. competitors in Australia. Several people have expressed an interest in that position and it is time to make that decision.

B. We need to talk about rule changes, law, legislation, athlete presentation, uniforms, hear a report from a representative from the 1989 World Games Organizing Committee, and select a site for the 1989 Indoor Championships.

The meeting will generally be informal, as it will be at a brunch and people will be coming and going. I will be looking forward to it.

I am looking forward to a great weekend of competition, fellowship, relaxation and enjoyment.

See you there.

New Track in Eugene

Ready for National Championships

The major event of the year for all competitors in Masters Track & Field is quickly approaching. The Outdoor Championships are set for August 14th, 15th, and 16th at Eugene, Oregon.

The rebuilt track is ready for the first competitors to use it.

The weekend will be full of events, and some meetings. Eugene is also a great place to use as a hub for sightseeing and recreational activities. The spectacular coast line is about an hour away. A white water raft trip can be scheduled that will only whet your appetite for more.

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See you there.

National Pentathlon Held in Los Angeles

Ham Morningstar, 70, of Flint, Mich., heaved the shot 37-8½ in the SCA/TAC Championships in Los Angeles, July 20, after narrowly defeating Gilberto Gonzalez for the M70 TAC National Pentathlon title earlier in the day. Photo by Jerry Wojcik

The pentathlon efforts, and out-totaled all other competitors on this day, using age-factoring, total-score factoring, WAVA scoring, IAAF scoring, or whatever.

In the 35-39 age group, Frank Reilly and Mike Hill battled to an unbelievably close finish, Reilly winning by only three points, 3377 to 3374. Both athletes broke the American M35 record for 3224 points, held by Rex Harvey since 1982. Only 24 points separated Michael Saafir, Steve Jarvis and Stephen Kennedy for third through fifth places.

In the 70-74 category, Michigan's Ham Morningstar outscored Puerto Rico's Gilberto Gonzalez by 66 points, based on official WAVA scoring tables. (If IAAF tables had been used, as they were for the 30-59 age-groups, the results would have been reversed.)

Jeff Bilderbeck won the 30-34 competition by 30 points over Andrew Miller, with Dave Hoover third. Rex Harvey retained his M40-44 title, but it was too close for comfort, with Jim Hollister and William Betts only 34 and 69 points behind, respectively.

Gary Miller also defended his M45 title and improved upon the listed world best for age-49 by a wide margin. Tom Cronan edged Dale Lance for second by just 30 points.

Ed Oletta and Steve Holmes both broke the American age-50 best, Oletta prevailing, 2492 to 2461, with last year's champ, Jack Gilmore, third with an age-52 best.

John Hepner ran the final event, the 1500, in 4:48.8 to move from fourth to first in the 55-59 division. Close behind were Harry Hawke, Jerry Reiserer, Darrold Skartvedt and Al Brenda.

Bob Roemer retained his M60 title over runner-up Jock Jocoy.

The feeling was expressed that it may be better to stage the event as part of the National Masters T&F Championships, rather than as a separate event. The matter will be discussed this month at the Nationals in Eugene.
Masters Health and Fitness

Don’t Stretch “Cold” Muscles

Researches at the Mount Sinai School of Medicine have done what is called by some to be the most concise study of its kind on runners and runner injuries. Among the unsurprising findings, there were also a few surprises. For example, runners who get injured more often have probably recently changed their training technique or running shoes prior to their injuries, do not usually participate regularly in other sports, and stretch before running. Yes, the runner who gets injured more often usually stretches before running. That is to say, stretching “cold” muscles before running can be more harmful than not stretching. Ideally, according to these researchers, one should run at least a mile, stretch, then continue to run.

Does running fight colds? Elevated body heat due to exercise may help immunize runners against bacterial and viral infections, according to medical studies. “This is an exciting area of research,” said Dr. David Heber, chief of the division of nutrition at UCLA Medical Center. “Increases in body temperature have great potential for fighting bacterial and viral infections.”

But Dr. Peter G. Hanson, a cardiologist at the U. of Wisconsin Medical School warns: “I would be cautious about any theory suggesting that people exercise during a viral illness. Sustained exercise during acute viral illness may actually lead to viral illness. Strenuous exercise during acute viral illness may actually lead to viral illness.”

Men’s Health is a monthly, eight-page newsletter aimed at helping men from age 45 to 65 feel their best and avoid the health problems of their peers: prostate troubles, heart disease, cancer, low back pain, sexual problems, stress disorders, etc. The newsletter includes both abstracts of current research from a wide range of medical journals, as well as in-depth stories. The cost is $24 for 12 issues. Write to: Men’s Health, Rodale Press, Inc., 33 E. Minor St., Emmaus, PA 18098.

“Running does not seem to lead to more osteoarthritis,” Nancy Lane, M.D., said at the American Rheumatism Association’s annual meeting and reported in Running & FitNews. Lane compared 339 runners and 442 controls over a 5-year period. “The runners developed healthier, denser bones. Female runners developed more spurs in the knees and spine, but cartilage loss — a common sign of osteoarthritis — was absent.”

Milk is a better source of calcium for older people than calcium carbonate supplements, according to the Journal of Nutrition Education. “A high percentage of elderly Americans lack the stomach acid necessary to absorb carbonate. Also, the lactose in milk, which is not found in calcium supplements, improves the absorption of calcium.”

Hayward Classic Switched from Eugene to Silke Field in Springfield, Oregon

by PENNY JACKSON

The Hayward Masters Classic — named after the University of Oregon’s famed Hayward Field — had to be switched to Silke Field in nearby Springfield, Oregon for its 1987 edition, June 27-28.

Hayward Field’s Stevenson Track is undergoing renovation. Work began following the Prefontaine Classic on June 6, and will be completed in time for the National Masters T&F Championships, August 14-16.

The Springfield High School track is a top-notch facility which is used for high school meets and many district championships. It may be the secondary track for the 1989 World Veterans Games if Eugene-Springfield’s bid for the event is successful.

This year’s Classic drew about 130 participants and a large crowd of well-wishers. Weather was in the high 80s and low 90s for the two-day event, but the heat didn’t keep the competitors from setting 23 meet records.

Among the top performances included a 23.25/52.04 by Harold Morioka in the M40 200/400; a 53.10 by Chuck Chapin in the M40 shot; a 200-11 by Jeff Carter in the M30 javelin; and five wins by Penny Farster-Gilkey in the W30 division.
George Sheehan came to town this summer. He offered his usual virtuous speaking performance at a pre-race banquet before the Michigan City Run, then stuck around to pass out awards following the race. It was a pleasure to have him.

My wife's favorite story about Dr. George Sheehan concerns a friend who approached him after a packed lecture he gave at the Boston Marathon, and said: "Remember, George. No matter how famous you seem here, two blocks off Boylston you're just another skinny Irishman."

Boylston Street — as runners who have raced Boston could tell you — is where they run the marathon. On a sunny marathon day, there would be tens of thousands packed around the finish line on Boylston, hundreds of thousands lining the 26 mile course in from suburban Hopkinton, not to mention the six or seven thousand in thousands packing around the sunny marathon day, there would be being," have raced Boston could tell you — is Boston for its original commitment may alter as we grow or be diverted by outside influence. But change or not, the commitment is there — and with it our word of honor to do what is necessary for its fulfillment."

Dr. Sheehan pointed the way to fulfillment for many. New runners who began to appear at road races through the '70s idolized fast runners such as Frank Shorter and Bill Rodgers, but they identified more closely with middle-of-the-packers like George. He was one of them. When he spoke, he spoke for all of them, mirrored their thoughts, provided a rationalization for something they knew was good whether or not they themselves could say why. Dr. Sheehan said why.

Knowing George both as a personal friend and as the most inspiring lecturer on the road race circuit, I had tried on several previous occasions to bring him here for the Michigan City Run. But there was always a conflict, either another race commitment or a necessity to remain home on call as a physician. He sought running as both solace and escape, and, despite being still able to turn a good competitive mile, enjoyed more blending into the anonymity of the middle of the pack in marathons. He didn't remain anonymous long, however, since he felt compelled to write about his running experience, first in a weekly column in his local newspaper, later in national running magazines and in books.

"We are always in the process of becoming," writes Dr. Sheehan in "This Running Life." "We have a commitment strongly spent or weakly kept, as Robert Frost said, to the work or career of person in progress. The original commitment may alter as we grow or be diverted by outside influences. But change or not, the commitment is there — and with it our word of honor to do what is necessary for its fulfillment."

"To succeed at anything, you need passion," Dr. Sheehan has written. "You have to be a bit of a fanatic. If you would move anyone to action, you must first be moved yourself."

Manley, Hatton Set 8K Records in 'The Race'

Mike Manley, 45, of Eugene, Oregon led all master runners with a 25:38 in The Race 8K in his hometown on June 7 to place 26th of over 2600 finishers. His time is 11 seconds below Herb Lorenz's pending M45-49 national record 25:49, established at five miles in 1985. Second master was M55 winner, Ray Hatton, 55, of Bend, Oregon, who ran 26:33, which demolishes Ross Smith's M55-59 record 27:54, set in 1983. Vic Wolfe, 43, of Eugene ran 26:38 - take third place.

Dr. George Sheehan

"The big question is how one should live one's life. Writer and philosopher Miguel de Unamuno had this answer: 'Our greatest endeavor must be to make ourselves irreplaceable — to make the fact that each one of us is unique and irreplaceable, that no one can fill the gap when we die, a practical truth.'"

"After receiving my news, I learned I could do that — make that fact a practical truth. I will be irreplaceable. I will leave a gap."

Of course, each one of us both fills and leaves a gap. Perhaps one of the most quoted remarks of Dr. George Sheehan is, "We are an experiment of one." By that he means, each runner and individual must experiment with his life, and running, and determine what path works best for him.

George has discovered that path, but most important: he has shown the way so that others can follow. He is much more than a skinny Irishman away from Boylston.
Byron Fike — Iron Horse of the M75s

by DICK LACEY

Quick quiz: What masters athlete holds American indoor records in every one of the standard five flat races in his age group? At the TAC Masters Indoor Championships in March, what runner made a clean sweep of the 60, 300, 1000, 1-mile, and 2-mile, and topped the two days off with a win in the 2-mile race walk?

The answer in both cases is Byron Fike, the M75 Iron Horse from Tallmadge, Ohio.

Fike will turn 80 next November and the M75s will have a collective sigh of relief. At the same time, Dr. Paul Spangler had better be advised that all the M75s will heave a collective sigh of relief.

Fike, who lived in West Virginia before moving to Ohio, played football in high school and then spent 21 years in semipro baseball. He had never done any running until eleven years ago. Fike's training appears to be unorthodox in many respects. For one thing, he never takes a day off but trains or competes every day of the year. His average training session is also longer than most — three hours. There are times when he spends practically all day working out in one way or another. He puts as much emphasis on weights, calisthenics and stretching exercises as he does on running, and circuit training is a major feature of his routine. "Because I do such a variety of events," he says, "I try always to work on the specific muscles involved in both sprinting and distance running." He does a lot of work on the Nautilus and Universal apparatus and on the stationary bike.

Byron's day begins with a brisk early-morning four-mile walk with his wife (they've been married 57 years). Then it's over to the Tallmadge Athletic Club gym, where there is a nine-lap track. There he puts in a long, hard session of interval running, circuit training, and fartlek. He intersperses laps on the track — mostly hard-fast or medium-fast running — with immediate work on the weights or on the bike, and a lot of stretching. Occasionally he will jog or break into racewalk stride for a lap or two. This is a continuous progression from one activity to another and lasts most of the morning. Sometimes he will go back in the afternoon and do the same type of work with variations. He also does some hill running.

One thing Fike does not do is work on specific distances (how could he with such a variety of events?). His whole aim appears to be to build overall maximum strength and stamina. The result is that his recuperative power is phenomenal, and six different track events back-to-back present no problem at all for him.

Fike is an avid reader of articles on nutrition. He has almost completely eliminated sugar from his diet. He is big on raisins, prunes, rolled oats and wheat germ, and he is 90% vegetarian. He supplements his diet with vitamins. He keeps a diary and includes not only a log of his workouts but a daily meal-by-meal description of what he eats.

Fike sometimes works out at nearby University of Akron, where he has become a favorite "guinea pig" for the school's medical department, where — not surprisingly — they regard him as a phenomenon with the body and vital signs of a man half his age. He has broken all their treadmill and aerobic test records. The Akron chapter of the American Heart Association made him its first inductee into the Akron Heart Hall of Fame.

Just to make sure he doesn't have any idle time between track meets this summer, Byron is now busy organizing (and will play in) a four-team, 55-and-over softball league for the local recreation department.

And who do you imagine is likely to play every position on the field? Why, naturally, the old Iron Horse — Byron Fike.
EAST

James Black broke the M50-59 course record in the Bay Bridge Run 10K, Annapolis, MD, May 17, with a 35:26.


The Boston Athletic Association Board of Governors named Guy Morse, 36, of Centerline, VA, to be race director of the 1988 Boston Marathon, scheduled for April 18. Morse has served as administrator for the BAA since he joined the organization in December, 1984. Faced with responsibilities exceeding the 'facets of the marathon,' Morse said, "I look forward to the challenge and the added responsibility. My aim is to further the many traditions that make Boston so special."

Ted Haiman, 44, with a 26:21, led the Wind’s Runners 5-man master squad to the Midwest Championships last year. Haiman was a winner of the M50 Championship, Central Park, NYC, June 20. The Central Park TC quintet with Ted Bitter, 42, first (27:45) took second. Christine Harrington, 41, finished seventh among women (30:25) and sparked the Atlanta-NY W-40+ trio the masters women’s championship, with Central Park TC, paced by Harriet Oster, 44, (33:44), settling for second again.

Russ Bellegue, 42 (20:28), and Art Hall, 40 (20:53), placed 5th and 6th of 733 finishers in the SAGA’s Day 4 Mile, Central Park, NYC, June 21. Other division winners in the men-only event were Ken Jones, 56 (23:45), and Vince Carnevale, 70 (26:57).

Alan Cohen, 57, of Pearl River, NY, finished 13th at TAC’s 100 Mile Championships held at Shear Stadium, NYC, June 13, with a time of 21:07:03. Cohen, who suffered a massive stroke two years ago while running a 10K and has come back with a recovery that reads like a minor miracle or a TV special, was the oldest of the 47 runners to finish the 103 who started.

Brian McGoff, 38, who led the way in a Livingston, NJ, road race when he was struck down by a van and killed. McGoff was running in a supposedly traffic-controlled race and was running with traffic, as he was supposed to be.

Two masters runners won the Sri Chinmoy 1300-mile race over the road. Running 1250 miles in the 11-day, June 5-23 race held in Queens, N.Y., was Marty Spenglemeyer, 40. That’s an average of 69 miles per day in the women’s division. Pippa Davs, 40, overall and masters female winner takes a walking break during the Sri Chinmoy 1300-mile race, June 5-23. Davs ran 832 miles over an 18 day period. Photo courtesy of Ranjit

victory ceremonies for crossing the finish line as the first over-40 runner. Bell was later DQ’d when techniques of the race showed him missing at key checkpoints. NYRRC asked Bell to return the award, but Bell refused.

SOUTHEAST

J. Sullivan set a new (pending) U.S. W60 record of 10:4 in the long jump at the Southeastern Track Classic held in Greenville, South Carolina June 27.

The Newly-formed Carolina Masters Athletics Club will host the inaugural Carolina Masters T&F Championships on Thomasville, N.C. High School track, Sunday, August 2. The track has a new synthetic surface reportedly equal to that at most major universities. All N.C. resident men and women over 30 are eligible for CMAC membership and masters meet participation. Write CMAC, c/o Jim Saxon, 801 Longbow Rd., Charlotte, N.C. 28211: (800) 642-0513 or (704) 366-1373.

SOUTHWEST

The Tom Kempf Sr. Crossover 5K, Bartlesville, OK, May 3, honored a running pioneer, now 62, who began running in the 60s, set many state, regional, and national records, many still on the books, and won several medals at the World Veterans Games in Toronto in 1975. Unscathed by a "roast" the night before the race, which was directed by his son, Tom Jr., a triathlete and president of the Crossover Hills TC, Tom Sr. placed second M60-69 with a 22:01. Top masters were Jeff Fischer, 43, of Denver, in 17:16, and Donna Wright, 51, Bartlesville, in 21:40.

Ham Monroe of Michigan broke the U.S. M70-74 high jump record with 4.6 with a leap of 4.7/3 6/8 in the Dallas Senior Games, April 24. Larry Miller and Wesley Ward shared the old record.

Yvonne Lee, W40, picked up $100 for her masters win (20:18) in the Louisana Milk Run 5K, Baton Rouge, June 6. Mary Cullen, W45 was second W40+ (21:34).

MID AMERICA

Four of the top masters men marathoneers in the world are among the early entries in October’s Twin Cities Marathon. Sweden’s Kjell Erik Stahl, 47, 7:19:22 in Grandma’s Marathon in June; New Zealand’s Trevor Wright, 41, who beat Stahl in the ’85 London Marathon and has a PR 2:12:29 in ’83; Britisher Michael Hurd, 41, who ran 2:17:53 in April in the New Jersey Waterfront Marathon; and his countryman, David Clark, 1st master (2:21:37) in the ’87 Boston. Masters will compete for a total purse of $40,000, with both new firsts guaranteed $8000.

Hampered by air temperatures over 100° on both days, plus a no-height in the pole vault, Rex Harvey, 40, Des Moines, IA, still scored 5147 in the Lincoln TC Decathlon, June 13-14, in Lincoln, NE. Harvey owns the meet record high (7168) set in ’79. Other masters in this year’s event were: John DeMaio, 45 (2212); Forrest Dobling, 56 (2649); and Leonard Wray, 66 (1882).

WEST

Guillio de Petra, 76, of Carmel, CA, broke the M75-79 U.S. racewalk records for the 15K and the 20K with 1:30:25 and 2:12:56 in the PA/TAC 20K Championships in San Francisco’s Golden Gate Park, June 7. Overall winner was submaster Mark Green, 31, whose father, Max, of Michigan, has been setting M45- and M50 age-group records right and left.

Alberto Rivas, 47, led the Forty-Plus-Two Masters relay team to victory in the Scholfield 56-Mile Relay in Honolulu in April, running two 7.9-minute miles and the final 2-mile leg in 10:53. Rivas, a sergeant-first-class in the Army Paramedics at Schofield and a member of the Army marathon team, began running in 1975 to keep in military shape. He ran the 1983 Franklin Marathon in 2:31:57 and did the Diet Pepsi 10K in 86:34.4.

Renee McGeogh, 45, Bannong, CA, and the San Francisco area, NNM columnist Mike Tymn, M50, got under 34 minutes for the first time in two years with a 33:52. However, Nagelschmidt, 63, of Ventura, Calif., who happened to be in the Bay area and ran an age-54 record 32:46. Darryl Beardall, Santa Rosa, CA, took third in 34:42. Said Tymn, "I recall only one other race (Asbury Park) where the first three over-50 runners were all under 35 minutes.

Race walker Collie Green, 61, set three national women’s age records in Pasadena, CA, June 6, for the mile (10:17), 2 mile (20:40), and 5K-40:40.

As fitting, Harolene Walters, 44, El Toro, CA, was first woman in 29:54 in the Harolene Walters 8K at Legg Lake near Los Angeles, June 6; Robert Ferguson, 55 (2:21:12); Forrest Dobling, 56 (2649); and Leonard Wray, 66 (1882).

NORTHWEST

Gabriele Andersson, 42, was second female overall in the 3000-participant Alaska Women’s 10K June 6, in 35:23, only 20 seconds behind winning woman Janine Alesi.

Running-author Joe Henderson pens his bi-weekly Running Commentary from his Eugene, Oregon home. On becoming a master, he writes: "The legs aren’t first to go with age. Recovery powers are. Lost somewhere in early middle-age is the power to recover fully from my preferred hour run by the next day." So what do to about his streak of never missing a day of running in 4½ years? "There were two choices: either sing or limp ahead at the same level, or run less. I ran less. The streak ended. I take as much as every other day off to run farther again. It was a nice trade — a good old friend, the streak, for an even older and better one, the longer run."

Ross Carter shuttered his own M70 88 shot put mark of 45-7½ by throwing a 47-3 at the Oregon State Games held July 11&12. Carter also won the M70 discus with a 130-0 toss.

This month, Bob Hollett, 54, of Manhattan Beach, Calif., is running the final leg of his three-year, 2581-mile odyssey from Mexico to Canada. He ran the first leg in 1985; the second last year. He runs it the hard way along the highly popular Pacific Coast Trail — average elevation: 9000 feet — while packing his own food and gear. The final leg began in Oregon and will finish near Vancouver, B.C.

INTERNATIONAL

In a masters meet in Iquique, Chile, in April, Ricardo Figueras, M70 of Equipe, ran a 5:24:15 and Ariel Stendel, M55, also of Iquique, triple-jumped 36-2.

Garry Hand, 41, who set an Australian masters marathon record of 2:19:00 in April, clocked 2:25:07 in the Sydney Marathon, June 6, to finish 12th of 1500 runners and win $500.

Ron Hill’s 19-year-old running streak continued on page 25
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 be generally printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.

**MIDWEST**

- **August 2.** Illinois Grand Prix Series (#4), Bloomington, Ill. Dick Green, P.O. Box 6147, Rockford IL 61125. 815/397-5865.
- **August 9.** TAC Midwest Regional Masters Championships, York High School, Elmhurst, Ill. Dick Green, P.O. Box 6147, Rockford IL 61125. 815/397-5865.
- **September 3rd.** Ohio TAC Two-Hour Track Run, Worthington HS, Worthington, Ohio. John White, 4655 Arthur Place, Columbus, OH. 614/456-2547 (H).

**MID-AMERICA**

- **August 9.** Chillicothe Masters Meet, Chillicothe, Mo. Joe J. Shy, Jr., P.O. Box 745, Chillicothe, MO 64601.
- **September 5 & 6.** Rocky Mountain Masters Games, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

**SOUTHWEST**

- **September 12.** Arlington Throwing Classic, Arlington H.S., Arlington, Texas. 1:00 p.m. Rick Ryckman, 2307 Sleepy Oaks, CR No. 2901, Arlington, TX 76011. 817/860-2071 (after 8 p.m.).

**WEST**

- **July 2 - August 6.** 6th North Coast Masters Open Track Meet, Lake Tahoe, CA. For info; 818/222-8874.

- **August 28.** Masters Two-Hour Postal Championships. Send results to Cliff Harder, 12207. 518-434-6116.

- **September 17 - October 2.** XXIV Olympic Games, Seoul, Korea. TAC, P.O. Box 5132, MSU, Bozeman, MT 59717-5132. 406/994-5222.

**LONG DISTANCE RUNNING NATIONAL**


Continued on page 20
**MIDWEST**

Hurlay Area CCO, 110A 2nd Avenue S., HWY 51, Hurley, WI 54534.

**SOUTHEAST**

August 8. Full Moon Frolic 8 & 4 Mile, Deland, Fla. 6:45 p.m. John Boyle, P.O. Box 1824, DeLand, FL 32721, 904/736-0002.


September 12. Run For My House 4 Mile, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.


**WEST**

August 1. Fiesta 30K, 30K Walk, 3x10K Relay, 5K, 5K Walk, Santa Barbara, Calif. Fiesta Footraces, P.O. Box 6616, Santa Barbara, CA 93160.

August 5, 6, 7, 12, 15, 19, 23, 26, 29, Leg Lake Runs, So, El Monte, Calif. Some are evening; others morning. Contact Arthur Martinez, 9502 Reichling Lane, Pico Rivera, CA 90660. 213/942-8774. Legal size SASE.


October 10. West Coast University 50-Miler & SCA/TAC Championships, Mile Square Regional Park, Fountain Valley, Calif. No race-day entries.

**NORTHWEST**


September 27. Portland Marathon, Portland, Oregon. Portland Marathon, P.O. Box 4040, Beaverton, OR 97076.

**CANADA**


Entry Deadline is August 31

The entry deadline for the VII World Veterans Games is less than a month away. The Games will be held in the beautiful city of Melbourne, Australia from November 28 to December 6, 1987. They are open to any man over age 40, or woman over 35.

More than 5000 athletes from over 50 nations are expected to participate. A full complement of track & field events will be staged, along with road walks, cross-country runs, and a marathon. The Australians are well organized, and the event promises to be the best World Games ever.

All entries must be received in Melbourne no later than August 31, 1987. Six U.S. masters tours are handling entries and accommodations for their tour participants. Entries can be sent to your tour organizer, who will, at no charge, convert your U.S. dollars into Australian dollars and forward to Melbourne. Those traveling on their own may send their entry directly to Melbourne with a bank draft in Australian or U.S. dollars. (However, U.S. banks will charge for the service.)

Olympic Park Complex

The Olympic Park No. 2 track will be used as the secondary track for the Games. That means more than 75 percent of the competition will take place on the Olympic Park grounds, less than a mile from the center of town. The twin-track setup will make the Olympic Park complex the center of everything. It will provide a strong feeling of togetherness and add to the efficient operation of the event.

Although the No. 2 track is only a 374-meter oval, and has only four lanes (six lanes on the main straightaway), the fact that it is part of the main competition complex, and has a superior surface to the alternative (now No. 3) track at Melbourne University, were compelling factors in the final decision.

“We obtained opinions from many athletes and administrators in this country and around the world,” said Peg Smith, Executive Director of the Games. “The response has been very strongly in favor of the use of this track in preference to the 400m rubberized bitumen surface at the University.”

Smith added that, although the WAVA Executive Committee members indicated that they would prefer the standard size track be used, “they have, in the main, indicated that they will accept our decision.”

The main concern about holding events on the short track was record-approval. “We received confirmation from the technical officer of the IAAF (Mike Gee) and the chairman of the World Veterans Records Committee (Peter Mundle) that, providing the track has the proper certification of measurements, there will be no concerns about the approval of records. We will, of course, have that official certification,” Smith assured.

The track will be used for some of the 5K and 10K runs and some 5K walks. If necessary, some 800 and 1500 heats will be scheduled. Heats of the 100 may also be held on the six-lane straight. The majority of competition will, of course, be on the Olympic Park No. 1 track.

Mural and Greener

“Olympic Park is now really taking shape,” Smith said. “The two grounds are being groomed to perfection by the Olympic Park management. There are murals being painted on the walls of the concourse of the No. 1 Ground. The main entrance will have enough flagpoles to fly the flags of all the nations. Special shrubs and greener have been ordered so there will be a light and bright atmosphere to welcome people as they arrive.”

Host-a-Vet

The Games organizers were on five television stations promoting the Games, and asking for “host-a-vet” volunteers.

“We had a wonderful response from listeners, who called to offer local sightseeing and hospitality during the Games.” (Note: “Host-a-Vet” means locals will host veterans for dinner, sightseeing, etc., but not for accommodations.)

The Melbourne TV stations plan to cover the Games on their sports and news programs.

Sponsorship Slow

Sponsorship, however, has slowed a bit. “We ran into a problem, that the Americas Cup in Perth had so much hype. Millions of dollars are poured in—Continued on page 22
Countdown to Melbourne

IN TRAINING
FOR THE VII WORLD VETERANS GAMES

Continued from page 21
to the sponsorship; many of the firms got their fingers burnt and are staying clear of sporting sponsorships. Also, many business firms are holding their sponsorship for the Bicentennial World Expo and the Olympics in 1988. Even so, our latest revised budget is looking very good without having to cut into areas which will affect competitors," Smith said.

A Throwers Delight
Special conditions for the throwing competitors will be implemented. A three-ring throwing area is being set up in the parkland beside Olympic Park so that the throwers in the larger age groups can be divided into smaller groups. This will save them from the interminable wait for their turn when competing with 30 to 60 others of their own age.

"This also means that the throwers will no longer feel like the poor relations of the athletic world," says Ray Callaghan, competition director for the Games. "The aim has been to bring the feeling of games' participation to these athletes who are often banished to an isolated area for their event. There will be a lot of activity in this area."

Weight Pentathlon
A World Veterans Weight Pentathlon Championship will be held at Olympic Park on Monday, December 7, the day after the close of the Games. To complete this feast for throwers, there will be a three-day festival of throwing, including a Hammerfest, a Discorama, a Shotorama, and a Heavy Throw competition. Submasters who are not eligible for the Games will be catered to in the Weight Pentathlon and throwing competition.

Olympians Participating
Among the participants expected for the Games are Olympians Al Oerter, Jim Ryun, Tommy Smith, Raeline Boyle, Bob Richards, Boo Morcom and many others. Sweden's Kjell-Erik Stahl, 41, who ran a 2:12 marathon last year, will be there. Britain's Priscilla Welch is expected, as are top U.S. masters distance runners Tracy Smith, Web Loudat, Gabrielle Andersen and others. Dr. George Sheehan and Dr. John Pagliano will be among the panelists at a Sports Medicine seminar.

Transportation
The transportation will be the smoothest of any World Games. Trams (trolleys, streetcars) and trains run everywhere. Athletes can buy a two-week, hassle-free pass for A$22 (US$16) — a bargain. The City of Melbourne is a delightful city. The people are friendly and there is much to see and do. The rest of Australia — Sydney, Tasmania, the Great Barrier Reef, Ayers Rock — plus many optional South Pacific islands, offers the traveler a wide variety of post-Games sight-seeing activity.

Prices on the entry form are expressed in Australian dollars. At press time, one Australian dollar is worth US 72 cents. Or, one US dollar is worth A$1.39. Thus, the first event, which costs A$25, translates to US$39, and each subsequent event (A$10) costs US$15.

University Dorms
The University is composed of 11 colleges. Each college has its own dining room. One central cafeteria serves all 11 colleges, and will be a likely meeting place for athletes staying in the dorms.

Dorm residents can use the University's gym, tennis courts, swimming pool and other facilities. Games' masses will be stationed at the University. Dorm residents receive two free meals per day, and, if you're at the track all day, you can arrange for a hot meal to be waiting for you in the microwave.

A Memorable Event
The Games promise to be an exciting and dramatic event. Participants will meet and make friends with others from throughout the world. It is rewarding and just plain fun to get to know people from other cultures — to exchange ideas and experiences.

While competition will be keen in all events, the Games are not only for elite athletes. They are for everyone. The whole idea is to participate. A medal is just icing on the cake. The last place marks in the VI World Games in Rome in 1985 are within reach of most of us. (See chart on this page). And even if you finish last, what's the difference? You can still have a good time.

The VII World Veterans Games will be a memorable experience. The air fares and accommodations are remarkably low. Contact one of the masters tours. The time to enter is now.
Approximate track starting time 11:00 hrs (5km & 10km 17:00 to 22:00 hrs) Marathon 6:00hrs. Road Walk 7:00 hrs. }}

Perthlaw and Cross Country 8:00 hrs. Events listed in probable order.

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SUN 6TH DEC

- 4x100m relays for groups M65 plus
- 4x400m relays for groups W65 plus

MELBOURNE 1987

VII WORLD VETERANS GAMES

The WOMEN'S HAMMER and TRIPLE JUMP are NEW CHAMPIONSHIP EVENTS

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SUN 6TH DEC

- 4x100m relays for groups M65 plus / 40 plus / 50 plus
- 4x400m relays for groups W65 plus / 40 plus / 50 plus

ENTRY FORM

VII World Veterans' Games, P.O. Box 282, ESSENDON, VICTORIA, 3040, AUSTRALIA.

TO ARRIVE AT THE ABOVE ADDRESS NO LATER THAN 31st. AUGUST 1987.

FAMILY NAME

PREFERRED FIRST NAME

ADDRESS

CITY

STATE

COUNTRY

POST CODE

NATIONALITY

DATE OF BIRTH

SEX (MAN/WOMAN)

AGE GROUP

EVENTS ENTERED

(A maximum of 7 events only is allowed.) Check the Entry Book for the Events you can enter

EVENT 1

BEST PERFORMANCE

No. 1 Entry

No. 2 Entry

No. 3 Entry

No. 4 Entry

No. 5 Entry

No. 6 Entry

No. 7 Entry

Compulsory -

WA VA Fee

First Event

AUD $15.00

Additional Events

AUD $10.00 each

Total Registration and Entry Fee

AUD $60.00

PAYMENT DETAILS

AUDS

1. Registration and Entry Fees

2. Australian BUSH BASH

3. Transport Card

4. Accommodation Deposit

TOTAL PAYMENT ENCLOSED AUDS

ALL OVERSEAS payments must be made by BANK DRAFT in AUSTRALIAN DOLLARS

Putable to VII WVGOD Bank Draft (No personal cheques accepted)

DECLARATION

I declare that I am in good health and have conditioned myself properly for competition.

By the World Association of Veteran Athletes and VII World Veterans' Games Organising Body Inc. Their sponsors and any person appointed by them absolutely of any responsibility for any injury or loss sustained in connection with the Games.

I understand and accept that the Games are staged in accordance with the WAVA Constitution and Bylaws. Also any individual from IAAF sanctioned countries can compete regardless of race, religion, politics, colour, nationality or place of residence.

Signature

Date
South African Championships Held in Durban

by LEO BENNING
CAPE TOWN, South Africa. The annual South African Masters Track & Field Championships, held on the east-coast city of Durban on April 24-25, produced some top performances. Among them:

- M40: Stan Wald won the 100 (11.00) and 200 (22.99). Lucia Halwender took the 1500 (4:21.0), 5000 (15:47.2) and 10000 (31:52.9 SAR).
- M45: George Mathe, co-holder of the world M40 400-hurdle record with countryman Leon Hacker (both with 28.1 in 1979), has given up hurdling, but won the 400 (55.10) and 800 (2:11.8). Hacker was a non-starter due to injuries.
- M50: Jimmy Rabie captured the 100 (11.8) and 200 (24.4). Hacker's brother, Monty, was also sidelined with an injury.
- M55: David Bawden took three golds in the 100 (12.8), 200 (26.2) and 400 (58.7).
- M60: Kallie Van Niekerk won the pentathlon (3400 points, Rome tables), and the 300H (37.12).
- M65: Hannes Booysen, the President of the South Africa Masters Association, took firsts in the discus (34.40) and javelin (37.12).
- M75: F. P. Malan won the discus (200), javelin (16.16) and shot (19.67). World sprint record-holder, Fred Reid, was on the shelf with injuries.
- W35: Gail van Niekerk set S.A. records in the 100 (12.2) and 200 (25.3), and won the long jump in 4.91. Antjie de Bod

Continued on page 26

In Memoriam: Piet Van Alphen

by JACQUES SERRUYS,
WAVA Vice President

It is hard to believe that Piet Van Alphen, a fine veteran athlete and a good friend, passed away on June 24, 1987, at age 57. A cerebral bleeding was fatal to this strong man who, just the week before, showed his enormous talent by winning his age-group at Bruges, Belgium in the 25K, with a time of 1:26:37, almost the same as he ran in 1975!

Being together "on the road" for so many years makes it hard to realize that a partner in friendship and a companion in veterans sports has lost forever. We now realize that this will only be physically, as Piet will stay forever in our minds and even more in our hearts. His enormous will power was his label, and it brought him the successes and victories he deserved so much. Above all, Piet remained the friendly and honest competitor we all admired. The sportsman has gone; the friend will stay.

His friends in sport: Gerard Nyboer, Kor Vriend, Jan Van Ginkel and so many others, were there in Amsterdam for a last farewell. We all felt that this could not be a final good-bye, but the start of a legend without a finishing point. This legend is Piet Van Alphen, a monument of veterans athletics. Next year, at the Open European Championship in Bruges, the "Piet Van Alphen Cup" will be dedicated to the memory of this unique man.

George Mathe comes in second to F. DuToit in the M45 800, with a time of 2:11.8 in the South African Masters Championships in Durban, S.A. April 25.

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Eastern European Marathon Records

Masters marathon age records for the U.S., Great Britain, and other countries are relatively easy to come by for long-distance statistics enthusiasts. However, few running statistics are available from Eastern Europe countries. Wolfgang Loscher, a German Democratic Republic statistician, has made available to the National Masters News listings of men age-records holders (35-and-over) from Czechoslovakia, and men and women (35-and-over) from Poland.

The Czechoslovakian list was compiled by Milan Skockovsky and is dated June 6, 1986. The list of Polish men marathoners comes from Tadeusz Dzikonski and covers up to 1987. The list of the top twenty all-time Polish women marathoners, compiled by Henryk Paskal, includes runners who are considered masters runners, at age 35, by international standards.

CZECHOSLOVAKIAN VETERAN MARATHON AGE RECORDS

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POLISH MEN'S VETERANS MARATHON BESTS

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Masters Scene

Continued from page 18

Masters runners from throughout the world are invited. For accommodations, contact Leo Benning, 10 Bennington Rd., Tambrsknold 8001, Cape Town, South Africa. Ely Palm, 45, followed up her Boston masters victory (2:36:24) with an even better 2:35:14 to win the Stockholm Marathon as first woman overall for the second year in a row on May 30th. In July, she ran an astonishing 3:32:12 in an Oslo, Norway 10K.

Basketball Hall of Famer Wilf Chamberlain, who will be 51 Aug. 21, wants to compete in the discus in the 1988 Olympics in Seoul, South Korea. At Oilter, 51, who attended the University of Kansas with Wilf, remembers trying to teach Wilf how to throw "way back" when. Oilter, who won gold medals in the discus in four Olympics, told USA Today, "To compete in open competition would require a great deal of work, and I don't know if Wilf's willing to put that in." Oilter said Chamberlain's strength and arm length are advantages, but his height is a disadvantage. "He's so dadgum tall..." Oilter, who's 7-2 in an 8-foot circle. It's very difficult to move from the back to the front with aggression. Oilter has a sights on next year's Olympic Trials. In November, he will compete in the World Masters Championships at Melbourne, Australia, site of his first Olympic victory. "Now that's where Wilf should be," he said.

Masters Scene

SCHEDULE OF EVENTS

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<td>8:00 P.M.</td>
<td>1500 M (M) 1500 M (W) 1500 M (W)</td>
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World vets steeplechase and cross-country champion in 1979, Taff Davies, now 49, ran back into form recently after a long layoff, winning a 10K road race on slippery pathways at Copthall Hendon, June 14, in 31:50. Martin Duff had a very good run in the Ranelagh Half-Marathon at Effingham, May 30, coming in 3rd (1:08:38). In that race (over 200 runners), Tim Johnston, 1968 Olympian from Amos Seddon, June 16, and was 2nd over-50 runner (1:26:11) coming in 3rd. Mike Hartley, who was 9th in the Ranelagh race (1:10:56), went on to win the Veteran Athletic Club 5 + Mile Road Championships at Battersea Park, June 16.

Chris Ellis, M40, won the Kent Country open discus title with a respectable 49.30/161-9. In June, Janis Kerr, the international discus and shot competitor from 1969-77, was back at age 40, winning the shot (17.03/55-7) and discus (42.0/137-9).

At a meet in Copthall, 71-year-old Colin Fairey, who ran a world best 8.6 60m indoors earlier this year, won the over-70 100m (13.7) and the 200 (20.2). Bob Bush, M40, of Highgate Harriers was 2nd in the 100m (11.8) and one-tenth behind ex-international Ian Green of Luton. Bush won the 200 (23.5) and 400 (52.2).

Adrian James won the Vets AC walk from Amos Seddon, June 16, and was 2nd outright in the Leicester Mercury Walk (2:33:22), May 9.

Eldridge Lansdell, M40, was one of the first to jump 7 feet in South Africa. Here he jumps 1.70 meters at the South African Masters Championships held in Durban, S.A. April 25.

Mondi Tutani leads up a steep slope in the Interprovincial Cross-Country 12K in George, South Africa June 6.

WAVA BY-LAWS - Appendix A: Hurdles and Implements Specifications

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905 Tracksters Compete in Senior Olympics

An astonishing total of 2461 athletes — all age 55 and older — participated in the first U.S. National Senior Olympics in St. Louis from June 27 to July 2. Of those, an amazing 905 competed in track and field.

Men and women took part in 11 different sports: archery, bowling, cycling, golf, horseshoes, swimming, table tennis, tennis, track & field, volleyball and long distance running.

Competition was held in five-year age groups, with medals awarded to the first three finishers.

"We are looking at people who are able to achieve great things based on their fitness and health," said Ken Marshall, President of the National Senior Olympics.

The event was featured in a page-one story on June 26 by U.S.A. Today, which followed up with daily stories and results. Its July 6 edition published a state-by-state breakdown of each state's medal counts.

The St. Louis Post-Dispatch gave front sports-page coverage daily, as well as printing all results.

There were 36 heats in the 100, and the 65-69 women had to run qualifying heats. By contrast, last year's TAC U.S. National Masters Championships drew a total of 761 over-age-30 athletes, only about 225 of whom were 55-or-over.

In the track competition, several performers stood out, most of whom are familiar names on the masters circuit:

- California's Bob Watanabe won three gold medals in the 60-64 100 (12.86), 200 (26.16) and 400 (61.84).
- Ohio's Mary Bowermaster won four golds in the W65 100 (16.74), 200 (36.30), high jump (3-7) and long jump (10-7). Her long jump is a new American W65-69 record, breaking the mark of 10.5 which she set in 1983. Bowermaster turned 70 on July 26, so look for her to rewrite the women's 70-74 record book this year.
- Another Ohioan, Bill Weinacht, captured three firsts in the M70 100 (13.70), 200 (28.56) and 400 (66.84) — all exceptional times.
- Local athlete Jane Clarkson got a lot of press with her three triumphs in the W55 100 (15.75), 200 (32.94) and 400 (78.23).
- Harry Brown of Illinois notched M55 wins with fast times in the 100 (12.77), 200 (25.76) and 400 (59.01).
- Another Ohioan and subject of this issue's "Training Advice" column, Byron Fike, racked up five firsts in the M75 100 (15.89), 200 (33.07), 400 (75.67), 800 (3:07.38) and 1500W (10:09.58).
- Ed Benham, who turns 80 in time for this year's World Veterans Games in Austria, won everyone with a 9-minute M75 10K win in 45:35, and added the 5K (22:02) and 1500 (6:12.74) to leave many months open in wonder.
- Michigan's Ham Morningstar, who won the M70 National Masters pentathlon title a week earlier in Los Angeles, easily snared the high jump (4-7), pole vault (7-6), discus (115-1) and javelin (118-1/2).
- Another National Pentathlon champ, Bob Morcom, a 1948 Olympian, was as busy doing TV interviews as he was winning the M65 pole vault (11-0), high jump (4-6) and long jump (17-1/2).

The event was not without problems. "Older runners had to wait up to three hours to compete in qualifying heats," the Post-Dispatch reported. "Some endured that only to find their heats canceled because potential competitors scratched. Long delays occurred in the awarding medals. It took two hours to tabulate the results of the 5000. Regardless, athletes seemed pleased with the competition."

Bob Hope wrapped up the festivities with an appearance on July 2. Hope is said. "We have the Olympics around the country," Marshall said. "East coast and west coast cities have expressed interest in hosting the event in 1989 and 1991."

The recent Supreme Court decision which upheld the right of the U.S. Olympic Committee to control the use of the world "Olympics" (forcing the "Gay Olympics" to change its name) did not affect the Senior Olympics.
Her brother had Duchenne Muscular Dystrophy. Which means that though she herself is unaffected by the disease, she could be carrying it in her genes.

And if she is, the one-in-four chance her child will inherit Duchenne.

One of the most common and devastating forms of muscular dystrophy, Duchenne is usually passed from mother to child by a defective gene. MDA researchers have taken the first step toward a cure—the discovery of the Duchenne gene.

The discovery also brings us closer to a 100% certain way to identify parents at risk. Now we’ve come to conquering this deadly disease.

MDA
Muscular Dystrophy Association
Jerry Lewis, National Chairman

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U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Van Nuys, CA 91404
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH AUG. 1987

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### NATIONAL Pentathlon Championships
#### Occidental College, Los Angeles, CA, May 30, 1987

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### National Masters News

August, 1987

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**World Record**: 15.00m (John Hickey, New York, 1987)

**American Record**: 15.78m (Dale Barbour, New York, 1987)

**National Record**: 15.00m (John Hickey, New York, 1987)

### Eastern Regional Masters Championships

Long Island, NY - July 6th

**400 METERS**

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## National Masters News

### August, 1987

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### Southeastern Track Classic

**August 28, 1987**

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#### 3000 M, STEEP Evasion

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### Track and Field Competitions

#### Javelin

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#### Hammer

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### Field Events

#### Long Jump

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#### Triple Jump

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#### Jumps

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### Results

For complete results, please refer to the next page.
### National Senior Olympics  
**St. Louis, Mo.**  
**June 27**

#### 100 M Dash Finals

<table>
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<td>70-74</td>
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<tr>
<td>75-79</td>
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</table>

#### Women 75-79
- Elizabeth Kasselas St. Louis, MO 59.92

#### Men 75-79
- 100 M Dash Finishes

---

### National Masters News

**August, 1987**

**Page 35**

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Continued from previous page

<table>
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<th>Title</th>
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<th>Additional Information</th>
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**Men 70**

- 1. Hamilton Morningstar Flint, MI 7' 6"

**Men 75**

- 1. Stanley Thompson Honolulu, HI 6' 0"

**Men 80**

- 1. A. E. Pitcher Indianapolis, IN 5' 0"

**Women 55-59**

- 1. Alice Kelly McLean, IL 5' 11/2"

**Women 60-64**

- 1. Betty Whitaker Poplar Bluff, MO 5' 10"

**Women 65-69**

- 1. Mary L. Bowser Fairfield, OH 6' 0"

**Women 70-74**

- 1. Rose Honda Tucson, AZ 5' 3/4"

**Women 75-79**

- 1. Sylvia Swartz Forest Hills, NY 5' 8"

**Women 80+**

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**MEN 70**

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**Normal Masters News**

- August, 1987

- Page 37

- Continued on next page
### TAC Southern Association Championships

**New Orleans, LA, May 30**

#### Men's 100 meters

<table>
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#### Women's 1000 meters

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### National Masters News

#### Outdoor Track:

### August 1987

- **Men's 400 meter hurdles**
  - **Turner**, 50.73
  - **Miller**, 51.02
  - **Hale**, 51.26
  - **Hale**, 51.45
- **Women's 400 meter hurdles**
  - **Smith**, 58.40
  - **Miller**, 59.87
  - **Hale**, 60.01
  - **Hale**, 60.04

#### Men's 5000 meters

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#### Men's high jump

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<td>Jim White</td>
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<td>Jack Robinson</td>
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### Women's 200 meters

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### Men's 110 meters hurdles

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### Women's 100 meters

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### Women's 400 meters

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### Women's 200 meters

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### Men's 110 meters hurdles

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</tr>
<tr>
<td>Steve White</td>
<td>14.07</td>
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</table>


**Weigh Jump**

- 50-54: R. F. D. V. 6.80
- 55-59: B. W. 6.75

**Shot Put**

- 40-44: W. V. H. 29.75
- 45-49: C. O. E. 29.75
- 50-54: F. W. 29.75
- 55-59: G. W. 29.75

**800m**

- 60-64: J. L. 1:59.40
- 65-69: R. D. 1:59.40

**20 km Walk**

- 55-59: S. H. 1:55.30
- 60-64: C. M. 1:55.30
- 65-69: D. W. 1:55.30

**800m Steeplechase**

- 55-59: J. A. 11:10.00

**400m Hurdles**

- 50-54: F. J. 54.28.33
- 55-59: E. T. 54.28.33

**100m Hurdles**

- 50-54: T. J. 11.36
- 55-59: T. J. 11.36

**400m**

- 50-54: J. L. 54.60
- 55-59: J. L. 54.60

**200m**

- 50-54: J. S. 22.30
- 55-59: J. S. 22.30

**High Jump**

- 55-59: T. J. 1.97

**Long Jump**

- 50-54: J. J. 7.00
- 55-59: J. J. 7.00

**Pole Vault**

- 50-54: J. S. 16.70
- 55-59: J. S. 16.70

**Pentathlon**

- 55-59: J. J. 23.44

**Wrestling**

- 50-54: J. J. 19.80
- 55-59: J. J. 19.80

**Wrestling Team**

- 50-54: J. S. 18.60
- 55-59: J. S. 18.60

**American Open**

- 50-54: J. J. 18.20
- 55-59: J. J. 18.20

**Weightlifting**

- 50-54: J. J. 15.30
- 55-59: J. J. 15.30

**Volleyball**

- 50-54: J. J. 13.00
- 55-59: J. J. 13.00

**Wrestling**

- 50-54: J. J. 10.80
- 55-59: J. J. 10.80

**Wrestling**

- 50-54: J. J. 9.60
- 55-59: J. J. 9.60

**Wrestling**

- 50-54: J. J. 8.40
- 55-59: J. J. 8.40

**Wrestling**

- 50-54: J. J. 7.20
- 55-59: J. J. 7.20

**Wrestling**

- 50-54: J. J. 6.00
- 55-59: J. J. 6.00

**Wrestling**

- 50-54: J. J. 4.80
- 55-59: J. J. 4.80

**Wrestling**

- 50-54: J. J. 3.60
- 55-59: J. J. 3.60

**Wrestling**

- 50-54: J. J. 2.40
- 55-59: J. J. 2.40

**Wrestling**

- 50-54: J. J. 1.20
- 55-59: J. J. 1.20

---

**Mainstreet Mile**

**Saratoga, New York**

- Overall:
  - 50-54: R. H. 4:16
  - 55-59: R. H. 4:16

**NATIONAL**

- 50-54: R. H. 4:16
- 55-59: R. H. 4:16

**Reading Hospital 10K**

**Reading, Pa., May 17**

- Overall:
  - 50-54: L. D. 31.44
  - 55-59: L. D. 31.44

**Royce Miller**

- 50-54: J. J. 31.44
- 55-59: J. J. 31.44

**Father's Day 4 Mile**

**Central Park, NYC, June 21**

- Overall:
  - 50-54: R. H. 20.44
  - 55-59: R. H. 20.44

**National Masters News**

- August, 1987

- Continued from previous page...
Southern California Association/TAC 20K Race Walk Championships for Master Women, Long Beach, Calif., May 24

Leg Lake Evening 5K S. El Monte, Calif.: June 4


Leg Lake Evening 5K S. El Monte, Calif.: June 18


INTERNATIONAL

14th International Veterans 25K Brugge, Belgium: June 21


Leg Lake Evening 5K S. El Monte, Calif.: June 28

Overall Harolene Walters 8K So. El Monte, Calif.: June 25


Leg Lake 5K S. El Monte, Calif.: June 28


Leg Lake 5K S. El Monte, Calif.: June 28

OVER 5 MILLION SERVED.

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