Two American Marks
Set in Southwest Regional at Tulane
by RICHARD SANDER
The Athletics Congress/Southwest Regional Masters Track and Field Championships were held May 28, at the newly constructed Tulane University track in New Orleans. Highlights of the meet were two national records in the women's javelin and high jump.

Lurline Struppeck broke her existing W40-44 record for the javelin with a fine throw of 129-3. Pat Peterson jumped to a W60-64 record 3-9 to erase the former mark of 3-4.

Chuck Miller of Texas ran the 100m hurdles (new WAVA specified distance for M50-59) in 14.4, one of the best known world marks compiled this year.

Sixty-three meet records were broken, 44 by the men and 19 by the women.

Approximately 140 athletes participated in the competition, the largest ever for the New Orleans meet.

The weather was great, but the competition was even better.

Jordan, Springbett Top Pacific Performers
The Pacific Association/TAC Track & Field Championships were held at Los Gatos, Calif., on June 11, with the submasters and masters competing during the day and the open division competing in the evening.

The outstanding performance of the masters meet was a 27.7 in the M70 200 by Payton Jordan. His time gave him a performance of 96.9% (calculated by dividing the time standard for the M70 200, 26.85, by Jordan's actual time).

Next best was Bruce Springbett, who turned in a fast 24.5 in the M55 200, for a score of 95.3%. Jordan added a 95.4% with his 13.18 in the M70 100.

Other top performers included John Powell (M40 discus, 203-4, 94.6%), Mel Brooks (M45 200, 23.46, 93.4%), and Matt Pruitt (M40 400, 51.01, 92.4%).

Powell, four-time U.S. Olympian and former world discus record holder (1975), competed in the M40 division but would have won the open discus competition by almost seven feet.

Five weeks later, at the Olympic Trials, Powell failed in his bid to make the Olympic team for the fifth time.

800 to Compete in Nationals in Florida
More than 800 athletes, age-30 and-over, are expected to participate in the 21st Annual U.S. TAC National Masters Track & Field Championships on August 4-7 at Showalter Track in Winter Park, Florida.

National championship medals will be awarded in each event in each five-year age group for both men and women from age 30-34 through age 90+. There are no qualifying standards needed to enter, except to be at least age 30.

The entry form was printed in the May, June and July issues. The entry deadline was July 20, but late entries may be accepted with an extra $15 entry fee if space is available.

Meet director Nick Galley has lined up rooms in the co-meet headquarters Hilton, Ramada and Sheraton hotels.

International Section:
Pages 23-26
Pittsburgh's Grand Celebration of Running

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A FINAL DEBATE ON "CAPS"

I note that you decided to accept Mr. Frank's ad that appeared the past two months in NMN. I sent you a detailed outline of cell energetics that prove the implausibility of the claims made by Frank. If my diagram was faulty then all the major texts in biochemistry are wrong. There are a few comments that I wish to present as my final discussion of this matter.

On examining the bottle of Endurovite you sent, I note the following quote: "During the anaerobic phase of athletic activity, the pH level of the blood becomes acidic because lactic acid enters the blood stream" and "cytochrome C buffers lactic acid to a neutral pH before it enters the blood stream." This is totally ridiculous, as any change in blood pH results in acidosis causing convulsions, coma and possible death. Lactic acid production remains in muscle and the blood itself is highly buffered. Functionally cytochrome c is bound in membranes and operates in electron transport. It does not "neutralize" lactic acid. Please ask Mr. Frank to give scientific evidence for this claim.

In Frank's "Response to Perry's Letter" (July page 28), he claims "Cytochrome-C...acts as a carrier of oxygen..." This is garbage and questions the validity of the entire article. Everyone knows that hemoglobin is the oxygen carrier.

Co Q is not the essential precursor to ATP in the Krebs cycle. Co Q has no direct relationship to the Krebs cycle. It is apparent that Mr. Frank does not understand the Krebs cycle or the function of respiratory chains and ATPase.

The fact that testimonials are available has little validity. How many unfortunate individuals (now deceased) with curable cancer went to Mexico for laetrile treatments because of testimonials to alleged cures. Mr. Frank states "I have made three claims in the ad, and have backed these claims with an unconditional money back guarantee." I would suggest that he back his claims with scientific evidence.

In a letter to the editor of NMN, Mr. Frank questioned my credentials. I teach graduate courses and do research in bio-energy at a major university. What are Mr. Frank's credentials? Has he published scientific papers on bioenergetics? It is lamentable that Mr. Frank can't even name one book. He has shown contempt for testimonials from athletes, many of whom are world class, who keep accurate records of their performance.

I can remember when we where told not to drink during exercise, especially cold drinks. Forty years ago when I was wrestling and playing football, experts told me that weight lifting would ruin me. The personal computer was not invented by IBM but by two kids in a garage.

Perry has chosen to make me the issue, not the products. The obvious way to resolve this is to take the products.

Gerald S. Frank
San Francisco

7 Join NMN Sustainers

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

Thanks go to:

Ralph Delehay
Shirley Davison
Pamela Murray
Paul Richardson
Dennis Selby
Linda Upton

Chuck Miller, ran the 100mH in a world MSO record 13.80 at the Tennessee/TAC Masters Championships, Knoxville, July 17-18.

Photo from Dean Waters

because she happened to be born in South Africa.

C.D. Overturf

Pearl, South Africa

REMEMBERING DON HARRIS

I am shocked and deeply saddened by the sudden death of my friend, Don Harris. Don was a gifted athlete (before he became ill), yet the tenesmus of competition never seemed to touch him. He ran his races and, win or lose, was the first to reach out a congratulatory hand to all.

He had a remarkable sense of humor. He once advised me to enter a race as his brother. "They'll never know the difference," he said. But the incident I will always remember occurred at Ursinus College in 1978. Don was hot, and I wasn't. He beat me in three straight events. In the parking lot, after the meet, Don stepped in front of my vehicle. I rolled down the window in pretended exasperation and growled: "Get out of the way or I'll run you over!" Don smiled that sly grin of his and said softly, "Ah, you should have thought of that before the meet!"

Track will miss this kind, smiling gentleman. I know I will.

Jim Mann
Oreadle, Pennsylvania

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First through fifth places receive awards.

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Masters in History: 600 B.C. to 1900 A.D.

(Procured from a three-part series on the over-40 athlete in history. The second and third parts will appear in future issues.)

T he plight of the aging athlete can be traced back to at least the sixth century B.C. when Milo of Crotan, beginning at the age of 14, won six Olympic wrestling championships over a 24-year period. His predilection, however, in being denied a seventh Olympic appearance in his 28th year of competition, at age 42, does not seem to have been diminishing vitality and skills as it was recorded that wrestling was dropped from the program then because “neither god nor man durst stand against him!”

While there is no indication that Milo had lost anything to Father Time, this prize for nothing: you will not box an opponent. The years are heavy in the shoulder right and left, touch and go!"

In The Odyssey, Homer tells of Odysseus attending a banquet on the island of Phaiacia after being shipwrecked while returning home from the Trojan wars. Following the feast, Alcinoos, who is hosting Odysseus, suggests that they go out and try their luck at games and sports, “that our guests may report to his friends when he gets home how we beat the world at boxing and wrestling and jumping and running!” Laodamas, son of Alcinoos, then issues a challenge to Odysseus, a former champion athlete. When Odysseus initially declines, Laodamas taunts him.

“You have made me angry by your bad manners,” Odysseus counters. “I am no duffer in sports, as you say, but I think I was among the first while I could trust in my youth and my hands. Now I am tired and worn out with perils in battle and perils of the sea.” Further along in the exchange, Odysseus states that he is afraid of nothing but the foot race, as “my sinews are slack.” Homer thus possibly becomes the first to suggest what is now an adage, that “the legs go first.”

In the fifth century B.C., the poet Euripides wrote: “Although there are myriads of evils throughout Greece, there is nothing worse than the race of athletes...in their prime they make a brilliant spectacle as they go about and are the pride of the state; but when bitter old age comes upon them, they are gone like coarse cloaks which have lost their nap.”

With the decline of Greek civilization, we find very little recorded about athletics and sports over the next 2000 years. Man seems to have been too busy occupying himself with survival needs to indulge in anything more than infrequent and casual recreation. We jump ahead to 18th century England and the restoration of sports. To what extent aging “athletes” took part in the popular sports of the time, such as cricket, golf, and yachting, is not clear from the records. One source, however, reports that in 1709 a 64-year-old German won a wager of 100 pounds that he could walk 300 miles in Hyde Park within six days.

Since most of the early English sporting activity did not demand great aerobic capacity (endurance) or anaerobic output (strength and speed) — those things affected most by age — they only loosely qualify as “athletes” and do not really fall within the realm of this article.

But not all sports in 18th century England were in the powerpuff category. James Broughton, called “the father of scientific boxing,” reigned as King of the ring for about 15 years until he matched blows with Jack Stack in 1750. “Forty-six-year-old Broughton nevertheless neglected to train for his bout,” writes William J. Baker in Sports in the Western World. “Long having reigned as master of the ring, he confidently assumed that his ability would compensate for his age against the inexperienced Stack. He was badly mistaken.”

Beginning in 1804, Bill Richmond, a 41-year-old black American, moved to England and began to make a name for himself as a pugilist. It is reported that in 1809, at the age of 46, Richmond was still fresh enough at the end of one match to leap over the ropes and grab hold of a troublemaker named China-eyed Brown, who had shouted that Richmond “had got a white feather in his tail!” Richmond was still fighting at 50, when it was said, he looked no older than 35.

Several other popular 19th century boxers continued to fight well into their 40s. But John L. Sullivan, the most famous of them all, had his Waterloo a month before his 34th birthday when knocked out by 27-year-old Jim Corbett on September 7, 1882. “Gentlemen,” Sullivan said after the fight, “it’s the old, old story, an old man going against a young fellow. I should have known better.”

Possibly the first master runner was Mensen Ernst of Norway, one of the “pedestrians” of 19th-century Europe. Ernst reportedly took on running challenges for more than 20 years, including treks from Paris to Moscow in 14 days and from Munich to Nauplia in the Greek Peloponnesse in 23 days. In 1842, at age 47, Ernst is said to have raced to Cairo and beyond looking for the source of the Nile. During that trek he contracted dysentery and died.

America’s most famous “pedestrian” of the last century was Edward Payson Weston. His career as a professional cross-country walker began in 1867, at 28, when he walked from Portland, Maine to Chicago in 26 days. In 1879, at age 39 or 40, he walked 550 miles in approximately 142 hours and was awarded the Ashley Belt as the world’s champion walker. In 1883, he walked 500 miles in 100 days. In 1909, at the age of 70, he walked from New York to San Francisco in 105 days. The following year he walked from Los Angeles to New York in only 77 days.

Perhaps the most remarkable “masters” athlete of the 19th century was Donald Dinnie, the idol of Scotland. A fraction over 6-feet and weighing about 218 pounds during his athletic prime, Dinnie achieved fame as a Highland Games athlete, a weightlifter, and a professional wrestler. He is said to have won over $100,000 during his career, which extended from 1853 to 1900, when he was 63.

Considered the greatest baseball player of the 19th century, Adrian “Cap” Anson didn’t hang up his spikes until the age of 45 in 1897. He hit .303 and stole 16 bases his final year, down from .335 and 28 thefts the previous year.
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**October 16, 1988 12:00 Noon**
Masters Training Advice

Phil Raschker
by BILL CHECK

A couple of years ago I drove down to a local 10k and got ready to run. But I didn't. I suddenly felt so weary that I knew I couldn't run a decent race. So I started up the car and went home.

I've borne my guilt about that incident secretly — until a recent conversation with Philippa Raschker. Here is a person who earned the 1987 Gwynn Brown Award from the Athletics Congress as the best masters female track and field athlete in the United States. Yet she freely admits that she trains and runs as her body dictates. At last year's Atlanta all-comers track and field championships, for example, Raschker had planned to enter her usual ten events. But after running one race, she felt lousy. So she sat out the rest of the meet.

As for training, she says, "If it doesn't feel right when I get to the track, I don't make myself go through with what I had planned." Nor does she stretch before workouts or compete. "I get so bored with it," she says with mock contrition, fully aware of the bad example she is setting for the rest of us.

She does not follow a special diet, either. "I get sick on vitamins. If my body feels like it needs potassium, I eat a banana."

Still, Raschker must be doing something right. She holds several world and US age 35-39 track and field records. In 1987 she set more records in her first year in the 40-44 age group. At the World Veterans Games in Melbourne, she won four first places (100 and 200, long jump, and triple jump), two second places (80 hurdles and high jump), and a third place (400 hurdles). She also anchored the 4x100 and 4x400 relay teams, the latter to a 3rd place finish.

Raschker isn't prone to injury. "I don't even know what a pulled muscle feels like," she claims. Her only injury was due to "stupidity." At the '85 national masters meet in Raleigh, she tore a cartilage in her left knee during the triple jump. "I always jump from the 30-foot board, but an official told me I had to jump from the 25-foot board." As a result, she landed hard on the long jump board on the step phase, and severely twisted her knee, requiring surgery.

Natural Ability

To what are Raschker's outstanding accomplishments due? "I have a lot of natural ability," she says in a matter-of-fact way. "And I concentrate on quality workouts." When she talks about her career in track and field, several other factors become apparent, too. One is a strong competitive spirit. Another is a keen insight into proper technique, an intuition into how to use her talent most efficiently and effectively. And a third element is being in tune with her body, knowing when to work out or run hard and when not to.

It was that sense of what is right for her that got Raschker into track and field in the first place as a youngster in Hamburg, Germany, and that brought her back to it in 1979 as a woman of 32 after a 12-year hiatus. Growing up in the large city of Hamburg, with numerous sports clubs, Raschker, of course, took part in sport. She started with gymnastics, then switched to swimming.

Raschker's body told her to "reading my body." "I was successful but bored," is her frank summary of that endeavor. She can also smile in hindsight at the memory of "fighting the dogs and the pigs" while riding the rural roads.

Cycling soon was out. But Raschker's body told her to keep looking. "I had been with sports all my life. I really felt a void and I needed to fill it." So she tried road racing. She is also able to turn her tribulations with road racing into humor. Her initial endeavors were in 3K and 10K races. "I entered two of these and I threw up," she says, deadpan. In a 10K race that required two laps around a pond, she was all right during the first lap. But on the second she suffered from "the agony of knowing how far I had to go."

Discover Masters in 1979

Raschker's athletic salvation finally came in 1979 in the sports pages of a Raleigh newspaper. It was a story on the results of the Southwest Masters Invitational. She thought the times in the women's 30-34 bracket looked "reasonable." So she began training and entered the 1980 meet. "And I was the success of the Raleigh meet," she concludes. To observers of American masters track and field, Raschker's performance must have seemed like lightning from a clear sky. But to her it was simply coming home after a long and frustrating search.

Having found her niche again, Raschker's sense of competition urged her to exploit it more fully. It may seem strange for a person to aim to dominate a sport after not competing for 12 years. But that is just what she did. She set out to establish world records in the 35-39 age group, and she succeeded. As she approached 40, Raschker saw no reason not to do the same thing in her new age group. So she spent 1986 preparing for a record-setting 1987 season, which again produced the expected results.

The climax of '87 was the world championships in Melbourne. Raschker's goal was to win seven gold medals and set new world records. A record in the triple jump complemented her four golds, two silvers, and two bronzes. "I did most of what I wanted to do."

Daily Training Schedule - Phil Raschker

Monday Rest
Tuesday Warm-up: 3 x 50 in flats (each one faster, from 6.10 to 5.90 or 5.70). Workout: 40-meter hurdles in spikes from starting stand (from 6.20 to 5.90). Long jump and triple jump in flats with 10-step run-up (95% effort). If pit is available, high jump (no more than once a week). 300-meters in flats (hard, from 50 sec. to 45 sec.). No warm-down.
Wednesday Rest
Thursday Same as Tuesday
Friday Rest
Saturday Same as Tuesday
Sunday Same as Tuesday

All runs are timed; all jumps are measured. When competing, no workouts at all for four days before the event. If training for the 400, skip the LJ/TJ every other day, and substitute 3 x 300, with a 7-minute rest between.
JOHN POPPELL WRITES ABOUT CAPS™

June 14, 1988

Dear Dr. Frank:

It is not my intent to get in the middle of a debate on the merits of any product. However, I feel compelled to write because of some things I have seen printed in the National Masters News.

I became aware of your products and ordered them approximately 30 days ago. I have been using them at least that long, and am now on my second order. I suppose long before now, had the difference I noticed been psychological, it would have disappeared.

I am a masters sprinter, age 57, who has been the national 100- and 200-meter champion for the last two years. I attribute my moderate success not to any great talent but rather to a willingness to train hard. Because of my age and the fact that my training occurs in Florida where the climate is very warm and humid, I have constantly battled fatigue at the end of my workouts. It has made for very short days, early dinners, and almost a complete lack of energy for any social life. Since I have been taking your products, I have noticed an amazing change in my physical stamina, my ability to withstand the hard workouts my coach prescribes, and an unbelievable recovery from these workouts which allows me to enjoy many other things I would never have time for if I were not getting up in the morning with 100% of my energy.

Sincerely yours,
J.S. Poppell

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— Gerald Frank

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SATISFACTION GUARANTEED
**Texas Set Records in Senior Games**

by TIM MURPHY

Jack Erickson of Grand Prairie, Texas set two age-57 world records in the 7th Annual Texas Senior Games in Arlington on May 21. He increased the 8-lb./4k shot put record from 49-9 to 51-5 and shattered the 1k discus mark of 115-8 with a throw of 160-5.

Chuck Miller of Saganau, Texas ran the new WAVA standard 100H (36") in 14.39, which is presently the best time by a U.S. M50 hurdler. Miller also set a meet record of 5-5 in the high jump.

Jeff Bloomfield, M70, of Waco, Texas, back after knee surgery early this year, won the 100, 200, and 400.

Multi-winners included W60 Betty Whitaker, Popular Bluff, Mo., with six victories; M75 Dr. Fred White of Duncanville, Texas with five; and M65 Tim Murphy of Irving, Texas with four.

Dianne Darnell, the executive director of the Senior Games, and her crew did an outstanding job.

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**Nashville Meet a Success**

by RANDALL BRADY

The Nashville Track Club's first open and masters meet on June 25 was a success, even with temperatures in the 100s.

Approximately 75 competitors turned out for the event, held at the Brentwood Academy in Brentwood, Tenn. Despite the heat, there were some very good performances.

Jim Mathis, M50, came from Memphis to compete and ran a fast 53.96 400. Carl Nicholson, M40, from Huntsville, Ala., won the 800 (2:00.46) and the mile (4:29.3).

Vicki Crisp, W35, a local veterinarian, running her first race on the track, won the 5000 in 17:15.4.

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**Senior Sports Is In**

"Now that jogging is Out and walking is In," began a press release that landed in my mailbox recently. The release, seeking to promote walking as the sport of the eighties, came from The Walkways Center in Washington, which should have known better. The only thing "Out" — I'm convinced — is people who try to tell us what's In or Out, and that probably includes me now that I've made that statement.

My feeling is that those of us concerned with promoting fitness, whether it be running, walking, triathloning or whatever aerobic buzz, shouldn't waste time sniping at each other, but rather should concentrate on the positive effects of all forms of exercise. I'm tired of being told that jogging will ruin our knees or initiate a heart attack when, increasingly, research shows that you're much more likely to suffer those problems if you Don't rather than Do. They call it Couch Potato Disease, good old CPD, which kills more people annually than cancer or AIDS.

Actually, I have it on good authority that the walking boom will officially end on September 22, 1988. That's the date on which the planet Mars will pass closer to the Earth (36 million miles) than at any time during the next 17 years. What's the importance of that astronomical event related to fitness? Ask me later; I'm checking.

Not that fewer people will be walking; the media will simply be less interested in reporting it, because walking is no longer News, in capital letters. The media (myself included) feasts on News, but even more on Fads, which sometimes masquerade as News. Walking, along with jogging and running, is a Trend, not a Fad, as John Naisbitt indicated in his best-selling book, Megatrends.

---

**Start of the M50 200 in the Runners Pentathlon, Albuquerque, May 1. From left to right are Cliff Bedell (overall men's winner, 4092 pts.), Charles Wemberley, Walter Rice, Bill Perry, Jon Schlosser and Ramon Mondragon.**
RANKINGS

CORRECTIONS

- Mike Hogan’s best pole vault in ’87 was 15-1 in an open meet in Los Angeles, which should have ranked him third in the M30-34 standings.

- James Darcy, an M35 steeplechaser, was mistakenly placed first in the M55 rankings for ’87. He should have been ranked fifth in his age group for his 11:15.7, with Bob Culling taking the first spot in the M55 group.

- Russell White, 43, had a 197-8 javelin throw, which went undetected in a mixed-age Potomac Valley STC meet. His mark places him second in his division.

CALIFORNIA INTERNATIONAL MARATHON
DECEMBER 4, 1988

FOR ENTRY SEND SELF-ADDRESSED, STAMPED ENVELOPE TO CALIFORNIA INTERNATIONAL MARATHON 161149 - SACRAMENTO, CA 95816
PHONE: (916) 447-2786

POTOMAC VALLEY SENIORS TRACK CLUB
TWELFETH ANNUAL POTOMAC VALLEY GAMES
1987 POTOMAC VALLEY ATHLETICS COUNCIL
MASTERS CHAMPIONSHIPS

SANCTIONED BY THE ATLANTICS CONGRESS
OPEN TO CONTENTANTS OF ALL AGES

DATE: September 4, 1988 (Sunday)
PLACE: St. Stephen’s School for Boys, 1800 St. Stephen’s Road, Alexandria, Va. (In Virginia take Route 395 south, or from Washington take the 14th Bridge north, to Seminary Road east one and one half miles to St. Stephen’s Road on the right.)

PRIZES: Medals to first 3 places in 5 year age groups. Meet Director will collapse five year age groups with less than three competitors to ten year age groups.

TRACK: 6 Lane all-weather track and runways. SHORT SPIKES ONLY. Jevelin off grass. Weight Events off Cement.

SHIRTS: Available for purchase.

REGISTRATION: Pre-entry requested. TAC registration required for PVAC Masters Championship.

ENTRY FEE: $3.00 per event. $6.00 per relay.

HOUSING: Howard Johnson Motor Inn, Jeff Davis Highway (Route 1), Arlington Va. Near 14th Street Bridge. 5 Miles to St. Stephen’s.

POTOMAC VALLEY GAMES ENTRY FORM

Print Name: ____________________________
Birthday: ____________________________
Address: ____________________________
City/State: ____________________________
Telephone: ____________________________

Events:
1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________

Events: ____________________________

Club: ____________________________
TAC No: ____________________________
{ Required for PVAC Events }

WAIVER:
The following waiver must be signed. If minor, parent or guardian must sign. In consideration of this entry being accepted, I hereby for myself, my child or ward, my heirs, my executors, and/or my administrators waive and release any and all claims I may have against the organizers and sponsors of these events, their agents, representatives, successors, and assigns for any and all injuries suffered by me at this event. Each competitor in signing this blank certifies that he is in good health and an amateur athlete in good standing.

Signed: ____________________________
Date: ____________________________

Send to Jack McMahon, 5612 Marlin St., Rockville MD 20853

Make check payable to the Potomac Valley Seniors ($3.00 per event. $6.00 per relay team). Post entry allowed but not guaranteed if event is over subscribed.
How to Avoid Low Back Pain

Most runners have an abominable amount of weakness of the abdominal muscles. It is an area that really never gets strengthened when we run. It is important that we maintain abdominal muscle strength and endurance in order to reduce and avoid low back pain.

The abdominal muscles counteract the muscles which run along the spine and hold the trunk upright. These are called the erector spinae muscles.

In most runners, the abdominal muscles are weak and the erector spinae muscles are continually contracting. This may lead to pelvic tilt and low back pain.

In order to strengthen the abdominal muscles, the trunk curl exercise may be performed. Lie down on a solid surface, such as a wood floor or floor covered by a rug. Lie on your back with your hips and knees flexed. Your heels should be off the floor about a foot and a half from your rear end. With your arms at your sides, raise your head, shoulders and arms. Curl your trunk to an almost upright position. The angle of your spine to the floor should be about 45 degrees at this point. Hurts doesn’t sit! Hold and gradually return to the floor. Do not anchor the feet or the ankles. If you do, it will just stretch your hip flexors and not your abdominal muscles.

If you can’t pull yourself up, hold your thighs with your hands and pull. This will help.

Sets of 10 on a daily basis is recommended. For those who find this easy, place your hands on the opposite shoulder and try your curl. For those who become proficient at this exercise, three sets of ten repetitions may be performed.

The next step is to hold a weight on the chest and perform the exercise, start with a light weight, say 2.5 lbs, and work your way up.

Just remember, start slowly; maybe perform the exercise three times a week until it becomes comfortable.

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

200 Participate in Anteaters Meet

by DAVID A. LEWIS

The 5th Annual Anteaters Masters Track and Field Meet at University of California-Irvine, May 28, made good progress toward being the best one-day track meet in America. It has taken a few years to work out the bugs and finally realize that TAC officials probably won’t show up.

This year, the starting times stayed on schedule right up to the last event. (The starting lines for the 300 hurdles are difficult to locate). The Clerk-of-the-Course, Eddie Halpin, did a superior job, as did the UC-I Chancellor Emeritus, Dan Aldrich. Dan ran the field events with this usual disciplined hand.

Sprinkled among the 200 participants were athletes from Arizona, Nevada, Florida and Utah. There were many fast times, fine jumps, and long throws. Among the runners, Rickey Williams, 30, ran 10.24, 21.16, and 13.65 (110H). Some folks thought Rickey looked a tad like Willie Gault. As a matter of fact, a lot of people think “Rickey” was Gault. Definitely running were Benny Brown, M30 800 (1:52.7), and Rosalyn Bryant, W30 200 (24.85).

Bob MacConagy jumped 6-6 for a world record in the M80-84 pole vault.

Four American Marks Fall in Eugene

by PENNY JACKSON

Four American age-group records were bettered in the 7th Annual Hayward Classic, held June 25-26, on the newly-resurfaced track at Eugene, Oregon, the site of the 1989 World Veterans Championships.

Ray Hatton, M55, accounted for two of the records, one in the mile with a 4:47.4 and the other in the 3000 with a 9:37.8. The previous M55 best for the mile was 4:55.3 by William Fraser. Don Gammie has a pending time.
Greenwood Breaks World Hurdle Record

by NEIL SILVER

Jack Greenwood, 62, broke his own M60-64 world record for the 300 hurdles in the Duke City Masters Games held on June 4-5 in Albuquerque, erasing his 46.31 of 1986 with a 45.84. Greenwood also turned in a fast 15.06 in the 100 hurdles and a fine 60.79 for the 400.

In the pentathlon, Gordon Albury, 59, broke the single-age world record with a total of 1932 (1985 IAAF tables). Albury's marks were 59, 200 25.57, DT 26.59, and 1500 5:57.5. The old mark of 1900 (1985 tables) was held by Matti Jarmolen of Finland.

Albury was encouraged and assisted by Bill Forsyth, a rival in the competition, when he realized that Albury was on a world-record pace.

Five Years Ago

*World Veterans Games threatened as Puerto Rico's governor demands South African be banned from competition. WAVA President Don Farquharson states: "We feel the principle involved is of such importance, that it's better to cancel the Games than to bar anyone from participating."*

*Harvey Schellenberg, 50, and Gilberto Gonzalez, 70, set world age-group records in National Decathlon.*

*Dan Conway (2:23:25) beats Bill Hall and Ralph Zimmerman to win masters title in Grandma's Marathon.*
How to Change TAC Rules

If you wish to propose amendments to the Rules of Competition of The Athletics Congress (TAC), you must do the following by August 30:

1. Submit each proposal on a separate sheet of paper.
2. Write each proposal in the same style and form as the current rule book.
3. Show the entire section or subsection with all additional language underlined, and all deleted material in (double parentheses).
4. Obtain the recommendation on the proposal of one of the following:
   a. any member of the Rules Committee (such as me)
   b. the president of any association
   c. the chairman of any standing committee (e.g., Jerry Donley)
   d. an officer of TAC
6. Mail a copy to me (see address on page 2).

TAC will act on rules changes submitted in this manner at the December annual convention in Phoenix. All approved amendments will appear in the 1989-90 Competition Rule Book.

The Competition Rules govern all domestic athletics (track and field, cross-country, road racing), for all ages (youth, open, and masters). There are about 100 pages of rules which apply to the entire sport. There is a section of about five pages which covers exceptions to these rules for masters athletes.

The Competition Rules are $8.00 from the TAC/USA Book Order Department, P.O. Box 120, Indianapolis, IN 46206. They may also be available at your Association Office.

Recent letters to National Masters News have identified some specific problems which arise because two bodies set standards for masters athletes. The World Association of Veteran Athletes (WAVA) defines the events and implements for international events. TAC controls domestic competitions.

As an example, WAVA specifies that 70+ competitors throw 4 kg hammers. However, the TAC rules specify 5 kg. The practice at many meets, encouraged by both common sense and the table in NMN labeled "WAVA/TAC Hurdles and Implements Specifications," is to follow the WAVA rules. But at some meets, TAC officials will pull out the TAC rule book and enforce the published rules. Sometimes they differ, and that creates obvious problems.

Bob Fine proposes an amendment which would state that the technical rules of WAVA apply to all masters meets under TAC's jurisdiction. (Editor's note: Such a rule was passed several years ago, but was never published in TAC's rule book.) However, the standards still need to be published in the TAC Rules, since officials will work from that book.

I have drafted rules changes for implementing the hurdle and implement specifications, as well as related changes to make the domestic events and nomenclature match WAVA's.

I hope that after December we have a rule book which reflects the way meets are "normally" conducted, matches the WAVA standards, and unifies domestic and international competition.

To the extent it doesn't interfere with my competition, I will be glad to discuss proposed changes at the Nationals in Orlando.

(Editor's note: Masters T&F Chairman Jerry Donley requests all proposed rule changes be okayed by him and/or reviewed at the meeting at the Nationals in Orlando.)

1989 Multi-Events Firming

by REX HARVEY, National Masters Multi-event Coordinator

Multi-event plans for 1989 are firming up. TAC's National Masters Indoor Pentathlon Championships will be included in the 1989 TAC Masters Track and Field Championships in San Diego, July 20-23. This will allow pentathletes a chance to compete with foreign athletes arriving early for the World Veterans Championships the following week in Eugene.

(Note: There will not be a pentathlon in the World Games in Eugene.)

The date and site of the National Masters Indoor Pentathlon Championships are yet to be determined.

The National Masters Decathlon/Heptathlon Championships will be held in Thomasville, N.C. on June 24-25, 1989.

The World Veterans Decathlon/Heptathlon Championships will be staged in Eugene, Oregon on Thursday, July 27 and Friday, July 28, 1989.

800 to Compete in Nationals in Florida

Continued from page 1

for only $49 per night for a single room, including all fees, breakfast, and tax. (The normal rate is $105.)

He has also arranged for Alamo car rentals for only $20 per day, $59 per five days, and $82 for eight days (an amazingly-low $10 per day).

A car may not even be necessary, since a complimentary shuttle will run from the Orlando Airport to the Meet Headquarters Hotels from 9 a.m. to 9 p.m. on Wednesday and Thursday. (Go to the "Meet and Greet" booth at the center of the terminal.)

Complimentary shuttles will also go back and forth to the headquarters Hotels to Showalter Field.

The Bob Mosher track has an all-weather polyurethane running surface and concrete throwing rings.

Packet pick-up will be on Wednesday, August 3rd, at the Altamonte Springs Hilton Hotel from 9 a.m. to 9 p.m., and on Thursday through Sunday on the track.

For non-participants, admissions will be $2 per day, $5 for a 3-day pass, or $6 for a 4-day pass.

This is the first time the nationals have been a four-day event. Prior to this year, a three-day event was the norm. The extra day was added to allow athletes to compete in more events, and to permit heats and finals, rather than sectioned-finals only, in the 800 and 1500 races.

The field events get underway on Thursday, the 4th, at 3 p.m., with the running events beginning that night at 7 p.m. Action will take place in the early morning and late afternoon/evening hours, with a long afternoon break to avoid the worst of the oppressive summer heat and humidity.

"I guarantee it will rain," Gailey said, advising everyone to be prepared for showers. "But we have enough gaps in the schedule to permit us to wait out the rain if we have to."

A special opening ceremony will be held on Friday at 6:45 p.m. A word for the 1987 masters T&F and athletes of-the-year will be presented by Chairman Jerry Donley at the brunch at the Sheraton on Saturday at 11 a.m.

Following the brunch, the annual masters T&F dinner 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.

A highlight of the meet will be a special masters "Legends Mile" on Saturday evening. The race will be the sixth of the 13th ICI/USRA Masters Circuit, where cash prizes are awarded to the top Circuit finishers. Some of the top masters middle-distance runners in the world will be on hand to attempt to break the officially-recognized outdoor world records of 16:6.5 set by England's Ron Bell last August.

The meet concludes on Sunday at noon.

The complete results of the meet — including heats — will be published in next month's issue.
Miller Leads Federal Way Runners

by JERRY WOJCIK


Miller’s time of 24.17 in the M50 200 gave him a performance of 93.5% (determined by dividing the M50 time standard of 22.61 by Miller’s actual time).

Ron Jensen turned in a 90.9% with a 24.11 in the M40 200, while Harold Hitt garnered a 90.0% for his 58.95 in the M55 400.

John Gambill, M45, had the farthest throws of all entrants in the shot (44-4/4) and discus (137-10). Jan McClurg, W45, a rare combination of outstanding sprinter and excellent shot putter, was non-pareil in the 50m (7.0), 100 (13.89), 200 (28.45) and shot put (38-1/4).

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

The Biggest Little Marathon In America!
JOIN US FOR OUR 12TH YEAR

St. George Marathon

SATURDAY, OCTOBER 1, 1988 • ST. GEORGE, UT

T.A.C. CERTIFIED • T.A.C. SANCTIONED

25 AGE GROUP DIVISIONS, INCLUDING WHEELCHAIR

ENTRY DEADLINE: WED., SEPT. 28TH, 1988 • $12.00 ENTRY FEE

This year promises to be even more exciting!

ENTRY FORM AND INFORMATION, call or write: (801) 634-5850 • St. George Marathon • St. George Leisure Services, 86 So. Main, St. George, Utah 84770

SPONSORS: St. George Leisure Services Department • KUTV (NBC affiliate) Salt Lake City, Utah • First Security Bank of Utah

LAST YEAR:
- 1,670 runners participated from 18 states and Canada.
- Gail Ladage-Scott set a new American Women’s Masters Record of 2:37:12 (approval pend.).
- Six women and six men qualified for the Olympic Trials with times set in this marathon.
- Criss James tied Paul Cummings’ course record of 2:15:16.

This year promises to be even more exciting!
- Enjoy our beautiful weather and spectacular scenery.
- Let us treat you to our warm, small-town hospitality.
- Be a part of the biggest and best marathon in all the Southwest.
Norm Green, 55, Runs 2:33:48 for Best Age-Graded Time in Lincoln Marathon

by TERI INGRAM

Norm Green, Jr., continued to dominate not only the M55s but, on an age-graded basis, all runners in the May 1 Lincoln Marathon, Lincoln, Nebr., as he ran 2:33:48 for 95.9% of his time standard (2:27:31). Overall winner Joe Bronze (27, 2:26:45) reached 84.7%, good enough for an age-graded second place. Third would've gone to Wesley Geringer, M50, (2:55:48, 80.3%) had the awards actually been given on an age-graded basis.

The overall women's winner Karlene Erickson (22, 3:00:43) would've also won on an age-graded basis with 76.3% of her time standard (2:18:03). Second place would've gone to Sandy Jensen, W35, (3:09:13, 74.9%) and third to Valdene Ranum, W45, (3:27:24, 73.4%), who won her division by nearly 40 minutes.

In the accompanying half-marathon, masters winners were Mark Stogsstill (1:12:59) and Ardell Bangston (1:34:25). See last month's issue for detailed results.

Hallop, Findley Smoke in Old Kent

by TERI INGRAM

Top masters in the Old Kent River Run 25K, May 14, in Grand Rapids, Michigan were Peter Hallop (40, 1:26:49) and Linda Findley (40, 1:38:55). Were the awards given on an age-graded basis, however, Hallop would've been out-graded by M45 division winner Dennis Scott (1:29:45), 86.6% to 86.7%.

Findley's time actually bettered the American Record of 1:39:11 held by Karen Lanterman, but Findley is a Canadian. She would've topped the masters women whether this were an age-graded event or not with her 84.7% performance.

Other division winners were Ed Hernandez (M50, 1:36:21, 83.9%); Gania Rode (W45, 1:43:50, 83.9%) and Caroline Murray (W50, 1:49:43, 82.9%).

Chuck Davey (63, 1:43:50), who was a contender for the welterweight boxing championship of the world in the 1950s, has apparently turned his attention to distance running. He placed second in his division to Jerry Johncock (1:43:50).

Overall winners were Mark Smith (25, 1:15:56, 93.7%) and Diane Brewer (26, 1:28:39, 89.0%).

Lester Sets New M45 10K Record

Steve Lester, who has been tearing up the roads since turning 45, has set a new American M45 age-group record of 30:09 for 10K. His time is well under the current M45 record of 30:51 held by Saif Asvace, and is, in fact, within reach of the M40 AR of 29:50 held by Tracy Smith.

Lester raced to his record in front of a hometown crowd in Magna, Utah, at the 4th of July Demetrio Cabanillas 10K. "The course in my home town was in front of a parade crowd. I was really charged-up because all of my friends and relatives were there," Lester commented.

The slightly-downhill course is reportedly TAC-certified. The time will be submitted for official approval to TACSTATS, the record-keeping arm of The Athletics Congress.

Overall winner in the race was M30 Demetrio Cabanillas, for whom the race was named, in 28:50.

At 36, Virgil Wins Garden of the Gods

By TERI INGRAM

Age proved no barrier for Pablo Virgil, 36, as he raced to an overall victory in the Garden of the Gods 10-Miler, Colorado Springs, June 12.

Virgil had recently finished 44th in this year's Olympic Marathon Trials, despite being one of the oldest runners in the race.

Rosalia Gehling (43, 1:12:05) had a better day to defend her masters title than she had last year in 70-degree heat. However, the 57-degree slightly overcast day didn't remove any of the hills on the course and Gehling had her work cut out for her as she and Corky O'Keefe battled for the masters victory. Gehling managed a sprint at the end for the win, 1:12:05 to 1:12:14.

First masters men were John Swartz (40, 57:12), Jim Brady (40, 57:41) and Larry Ingram (43, 58:00) who lost one place (compared to last year) while running 28 seconds faster. Last year's winner, Don Ross, didn't show to defend his title (58:24) but he would've had his hands (legs?) full if he had, as the first three masters this year beat last year's winning time.

Grace Rome, W50, ran an admirable 1:17:41, beating many of the younger masters. The oldest runner in the 2000-runner race was 71-year-old Carl Mapps (1:47:23).

The Garden of the Gods race is the first in the "KRDO Triple Crown of Running," a series held each year in the Colorado Springs area. The second race in the series was the July 17 Colorado Springs Classic with the grand finale being a choice of the Pikes Peak Ascent (Aug. 21) or the Pikes Peak Marathon (Aug. 22).

Next year's Garden of the Gods is slated as the Road Runners Club of America's National 10-Mile Championship to be held June 11 in conjunction with the RRCA National Convention (June 8-10).
Corporate Games Set For San Francisco

Thousands of participants from around the globe are expected to compete in the San Francisco World Corporate Games, October 22-November 5. Entry is open to all individuals and teams representing any licensed, chartered or incorporated organization. These can include clubs, groups, businesses, cities, institutions, organizations, or their equivalents worldwide. Both profit and non-profit corporations are eligible.

Sharing the sports program with athletics (road and track events) are 19 others, including basketball, bowling, canoeing, cycling, diving, golf, powerlifting, racquetball, sailing, soccer, softball, squash, surfing, swimming, table tennis, tennis, triathlon, volleyball and weightlifting.

Competition in most sports is in five classes — Open, 30-39, 40-49, 50-59 and 60+ years of age. The track at the University of California at Berkeley is a major venue, while San Francisco's scenic oceanfront will welcome marathon enthusiasts who seek unique terrain and beautiful running conditions.

Participants may provide their own entry fee, which enables them to play in all the sports of the Games (schedule permitting), or they can be subsidized or fully sponsored by their organization. However, the entry fee is a hefty $150 for individuals and $1500 for corporations.

There will be three major celebrations in the Games open to all athletes — the Opening, Closing, and Mid-Games Celebrations. Sport receptions, parties, symposia, and a SuperCenter in the heart of San Francisco will add to the joy and spirit of the festival.

For entry and full details write to: World Corporate Games, Shaklee Terraces, 444 Market Street, San Francisco, CA 94111 or telephone (415) 781-1988.

U.S. Masters Go To Mexico

A contingent of American masters athletes traveled to Xalapa, Vera Cruz, Mexico on July 29-31 to compete in the Mexican National Masters Track and Field Championships.

Most were then planning on heading for Orlando for the U.S. National Masters T&F Championships on August 4-7.

Mike Castaneda, of the Southern California Striders, coordinated the event. The awards were a pre-Hispanic culture Olmec head.

Results next month.

Quote of the Month:

What Went Wrong?

This is the story of four people — Everybody, Somebody, Anybody, and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it but Nobody did it. Somebody got angry because it was Everybody's job. Everybody thought that Somebody would do it. But Nobody asked Anybody. It ended up that the job was not done and Everybody blamed Somebody, when actually Nobody asked Anybody.

Anonymous
200 Enter San Diego T&F Championships
by LOLITIA BACHE

Over 200 competitors from all over the western part of the United States entered the San Diego/Imperial Athletics Congress Masters Track and Field Championships in San Diego on July 2. The event, billed as a 20-year anniversary of the first U.S. Masters Meet, was held at historic Balboa Stadium, hardly recognizable from its earlier days without its 35,000 double-decker seating, but sporting a brand new Mondo Rubber track. David Pain, who had co-directed the first meet along with Augie Escamilla (who this year organized the reunion) co-directed the meet, this time with Lolitia Bache, who worked on those early masters meets and competed in the first ones that had women’s events.

The meet had the added distinction of being the first in the area to offer cash prizes based on age-graded performances. Prizes of $100, $50, and $25 were awarded to the top three performers, with performances being computed using the same age-performance standards developed by Charles Phillips, Pete Mundle and Al Sheahan.

The meet featured 24 performances over 90%, with the top prize going to Jack Greenwood, 62, Aurora, Colorado, who ran 15.39 in the 100 hurdles for a 98.1% performance percentage. Greenwood, who suffered a heart attack and underwent triple bypass surgery during the past year, also ran the 300 hurdles in 45.59 (97.0%) and 200 in 26.32 (92.5%), winning his age group in each event he entered.

Stan Whiteley, 42, Alta Loma, California, took home the second place prize money in winning the 200 in 22.38 (96.3%). He also had another great win in the 400 in 50.61 (94.5%).

In what was the most exciting and best overall race of the day, third prize winner. George Cohen, 48, Los Angeles, won the 40-49 section of the 800 in 2:00.28 (94.9%), edging out younger competitors David Oropeza, 42, Phoenix, 2:00.39 (90.4%), and Graeme Shirley, 42, San Diego, 2:00.50 (90.3%).

Nick Newton, 54, Woodland Hills, dominated both of his races with a 24.73 (200 (93.9%)) and 12.16 (100 (91.9%).

Pole vaulter Carol Johnson, 76, Whittier, was the lone field event performer in the 90% range, when he vaulted a great 9.04 (90.8%).

The M50 100 hurdles race proved very exciting with Charlie Miller, 50, Saginaw, Texas, edging out Alvin Henry, 50, Carson, California, 14.60 (93.0%) to 14.86 (91.4%).

Only two sub-masters topped the 90% mark, Lorna Marie Booth, 32, Los Angeles, who ran 12.01 for the 100 (93.1%), 24.28 for the 200 (91.7%), and 13.92 for the 100 hurdles (90.6%), and James King, 39, San Diego, who ran the 400 hurdles in 55.60 for 92.0%.

The meet ran very close to schedule, with expert announcing by Al Sheahan.

All competitors received the meet program with complete listings of all entrants, races, and lane assignments, prepared by Graeme Shirley.

The weather was excellent, a typical July day in San Diego, with overcast skies and temperatures in the 60s for the early events, and the sun emerging later to warm the air to the low 70s. The balmy weather held throughout the late afternoon and evening, making for a very pleasant post-meet picnic and reunion on the field.

(Editor’s note: After Bache wrote the above story, an error was discovered in the age-graded performances. The actual second-best performance (see below) was turned in by Bill Morales, 71, with a 97.0% for his 141-9 javelin throw. Morales will receive a $50 check, in addition to the other three cash prizes already awarded.)

<table>
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<tr>
<th>Age-Graded Performances</th>
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<tr>
<td>96.1% Jack Greenwood 52 100W 15.39</td>
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<tr>
<td>96.0% George Cohen 48 800M 2:00.28</td>
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<td>95.9% Rick Newton 54 200W 24.73</td>
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<td>95.8% Charlie Miller 52 200W 24.32</td>
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<td>95.7% Lorna Marie Booth 33 100W 12.01</td>
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<tr>
<td>95.6% Graeme Shirley 42 800M 2:00.39</td>
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<tr>
<td>95.5% Rick Newton 54 400W 55.60</td>
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<td>95.4% Charlie Miller 52 400W 55.60</td>
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<td>95.3% John King 39 400W 55.60</td>
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<td>95.2% Alvin Henry 50 100W 14.86</td>
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<td>95.0% Steve Gallo 33 200W 24.28</td>
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<td>94.5% Jack Greenwood 52 800M 2:00.28</td>
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<td>94.4% Rick Newton 54 800M 2:00.28</td>
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(WORLD SENIOR GAMES)

OFFICIAL REGISTRATION FORM

Entry Deadline: September 26, 1988

St. George, Utah
October 10-22, 1988

St. George, Utah
October 10-22, 1988

World Senior Games

Name: ______________________ Phone: (H) ______ (O) ______
Address: ___________________ City and State: __________ Zip: ______
Date of Birth: __________ Age: __________ Male/Female: ______
Participating Sport: __________ Additional Sport: __________
Companion(s): __________
Registration Entry Fee: $25 Additional Sport Fee: __________
Companion Fee: __________ TOTAL ENCLOSURE: __________

Please make checks payable to: WORLD SENIOR GAMES and enclose with the filled out Registration Entry Form and mail to:

WORLD SENIOR GAMES
1291 South Wasatch Drive • Salt Lake City, Utah 84108 • Area Code (801) 583-6231

WORLD SENIOR GAMES

Play/Track & Field: 100M, 200M, 300M, 400M, 800M, 1500M, 5000M, 10000M, Long Jump, 4x400 Relay

Play/Track & Field: 100M, 200M, 400M, 800M, 1500M, 5000M, 10000M, Long Jump, 4x400 Relay

WORLD SENIOR GAMES

Note:

LIABILITY WAIVER: I, the undersigned participant, hereby agree to indemnify and hold harmless the World Senior Games and all of its sponsors: their agents, employees, representatives, and assigns from and against all actions, causes of action, or claims of whatever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of any injury arising out of my participation in the World Senior Games.

Size:

Shirt Size:

Men’s:

Medium __ large __ Xlarge __ XX-large__

Women’s:

Medium __ large __ Xlarge __ XX-large __
Quarrie Shatters World M35 200 Record

by GARY MILLER

Annually, the SCA/TAC Championships is a meet that is on schedule, well-officiated, and very competitive. This year the meet was unique because open athletes requested to compete on the Occidental College oval in Los Angeles in hopes of qualifying for the Olympic Trials. The meet committee allowed one open flight after each masters event, thus the combined masters-open meet on June 18.

Open American record holders John Brenner and Carl Lewis were the first to inquire, but Brenner was struck by injury the day before the meet, and Lewis had already qualified and did not meet the “need to qualify” race standard. Edwin Moses wished to run an open 400, but was asked to give up a lane for a non-qualifier. Three open athletes did qualify.

One super highlight of the meet was Don Quarrie’s sensational 20.64 200 into a 0.42 wind for an M35 world record. Quarrie is 37.

Janet Wilson, W35, continued to improve on her American record in the discus with a toss of 138-10. She is returning to her open form after taking time off to have a baby.

Jim Vernon, 70, narrowly brushed the cross bar off in the pole vault at 10-1, missing a world record and settling for 9-6. Mike Morris, M40, coming off an ankle injury, vaulted well at 13-6.

Roosevelt Wells, M30, ran the 100mH in 15.34, the 400H in 59.21, and the 200 in 23.73.

Other outstanding marks included: Gina Faust’s 5:16.5 in the W50 1500; Jeanne Carter’s 29.96 200 and 1:07.7 400 in W45 action; and Sheila Carpenter’s 44.24 (145-2) javelin throw in the W30 competition.

Six walkers met All American standards in the 5000 walk.

The masters turnout was less than normal; however, the open athletes and their fans seemed to be a stimulus to the masters athletes. Nevertheless, the chances of this happening again are nil.

Random thoughts from a meet director . . .

Everyone was invited, but not everyone came. Was the entry fee of $5 per event too high? Hardly. We tried to keep it so low we almost wound up in the red. Most costs are the same if you have 50 or 100 competitors.

Medals have to be ordered in bigger amounts, and if there are not enough winners, they have to be stored until next year.

We tried to save the advertising costs, but some of the clubs simply forgot to put the entry form in their newsletters; that didn’t help much. We received letters for entry forms, but no SASE’s included. The messages left were numerous, mostly long distance; well, that runs up the tab. Athletes entered over the phone to save the late entry fee, and promised to pay at the meet, but some didn’t show up; that didn’t help either . . .

We have a great facility; we had more TAC officials than all our other masters meets; we worked hard for long hours to make the meet successful — and next year we will have to change higher entry fees, since this is the only source of income to support the meet. Hopefully, we will have a bigger turnout!

—— Gary Miller, Director
SCA/TAC Masters
T&F Meet
36 Meet Records Set in Waltham

from JIM DOLAN

The 7th Annual Waltham Masters Track and Field Meet, sponsored by Bay Colony Properties and Diet Pepsi and hosted by the Waltham TC, was held June 25 at MIT.

This year’s event was again a success, attracting 147 participants, ages 30-72, from around the country and Canada.

One American record was set when Cliff Blair, 1987 M55 hammer champion, broke the M55-59 American hammer (12-lb.) record of 175-0 held by Bob Backus since 1981 with an excellent 193-11.

Thirty-six meet records were set, 9 by the women and 27 by the men. Among the women, Jennifer Pinto of the NY Masters was the outstanding performer, winning the 40-49 100, 200 and 400 with records in the 200 (28.2) and 400 (63.9). In the 30-39 group, Lisa Kirsch of Allston, Mass., smashed the 800 record with a 2:25.7. Jo Anne Youngs of Toland, Conn., was a double winner, with a record in the javelin (66-11).

Sixteen of the men’s records were set in the field events. Record setters included Herb Cantor, Oceanside, N.J., who won three M60-64 events, with new marks in the shot (48-5) and discus (131-1).

Holland, Stiegelmeier Set Records

104° Heat for Cleveland Track Classic

by JEFF GERSON, Meet Director

Despite 104° temperatures and 3 mph winds, 62 meet records were set in the 10th Annual Cleveland Track Classic, held June 25 at Wickliffe High School. The host Over The Hill TC amassed a record 848 points to win the men’s team championship, with Detroit Fitness finishing in the runner-up position and Canadian Masters finishing third. In the women’s team battle, Over The Hill won a narrow victory, edging Buffalo Belles & Brawn, 99-80.

Bernice Holland obliterated the world W60-64 record in the triple jump with a leap of 23-4. Over The Hill’s Sallie Stiegelmeier broke the American record for the W55-59 400, winning the event in 1:16.0. Andrew Thomson set a Canadian record in the M65 100 hurdles with a time of 19.2.

Donna Pope-Green, W30-39, was named the meet’s outstanding athlete after setting meet records in the long jump (19-5 1/2), shot put (33-0), and 100 (12.1), while also winning the discus and the open women’s 200.

Age-group MVP winners were Rick Meindl, M30-39, of the Wolfpack TC; Stan Allen of Detroit Fitness, M40-49; Tom Ragland of Over The Hill, M50-59; Denver Smith of Over The Hill, M60-61; and Cassandra Clark, W30+, of Atoms Masters.

There were 394 entrants from 19 states and Canada.
Donald Harris Dies at 65

by OSCAR M. HARRIS

Donald S. Harris, vice-president of the Philadelphia Masters, died at 65 on June 10. "Don" was well-known by many master athletes because he attended the 1987 World Games, Pan Am Games, national and regional championships, plus many other meets.

Don's first indication that "something" was wrong occurred in February 1987, while he was running the 600 in the New Jersey Indoor Championships — a shortness of breath during the last lap. He had a cardiogram the next day; nothing was abnormal.

Don had his yearly physical prior to his trip to Melbourne. He was diagnosed as having blood clots in both lungs.

The doctor told him that in half of these cases the source of the clots is never found. He was told that he could throw the discus and javelin at the World Games but not to run until the source of the clots could be found. He was given blood-thinning tablets to take every day.

Don's last track meet was the New Jersey Championships, June 5, where he won three medals in the long jump, javelin, and discus. The next evening he attended the TAC Middle States Banquet, where he presented an award to Claude Hills.

On June 9, Don drove his wife to New York City to see her 90-year-old stepfather, who is critically ill. The next morning after eating breakfast, Don died suddenly in his wife's arms.

150 at First Illinois Grand Prix Meet

by PETER J. STOPoulos

More than 150 athletes participated in the 5th Annual Athlete's Foot Masters Meet on June 12 at Augustana College in Rock Island, Ill. The meet was the first of the Illinois Grand Prix Series events, which are open to all U.S. masters.

Several meet records were set, with Mike McDowell of Moline, Ill., establishing M30 records in the 200 (21.8) and 400 (48.5).

The M60 group was represented by two outstanding athletes. Bill Smallwood of Monmouth, Ill., set meet records in the 200 (28.9) and 400 (1:04.4), and Mel Larson of Springfield, Ill., set records and exceeded All-American standards in the 100 (10.3) and long jump (16.4).

Twenty-six walkers participated in the 1500 and 3000 walks, in which Bob Padilla, N40, of Milan, Ill., had the best overall times (6:49.9 and 14:41.4).

The outstanding female was Sharon Huddleston of Cedar Falls, Iowa, with 240 times of 14.9 in the 100 and 32.3 in the 200, and an All-American javelin throw of 94-1.
Masters Training Advice: Phil Raschker

Continued from page 8

wanted to do last year," she says. In '88 she hopes to set new records in the pole vault, triple jump and 80-meter hurdles.

**Most Exciting Race**

Raschker's competitiveness is illustrated by what she considers "the most exciting race of my life," the 400 at the '83 world championships in Puerto Rico. She was expecting to place third at best, and after the first 100 she was well behind the favorite. But she held her pace around the backstretch rather than pushing to catch up. She moved to second on the turn and sprinted to win a photo-finish in the last few meters. "You have to run your own race," she says.

Raschker agrees that she is competitive. "That worked as a disadvantage when I was younger. I would tighten up. I am using it more to my advantage as I get older." But her competitive streak takes second place to respect for her body. "I don't get disappointed if I jump less than my best on a given day. I know that sometimes the body can't perform at its peak."

That attitude helped in Melbourne. On the first day of finals, she came in second in the high jump. "On a good day I should have won it," she says, her disappointment still obvious. Then she came in second in the 80 hurdles, which also shows she should have won. "I'm the world record holder and I had the best times in the heats. That was a crucial point," she says reflectively. "To put yourself in the right frame of mind and not let it bother you for the rest of the games — that is not easy." Judging from her final performances, she succeeded.

**Lack of meets inhibits Raschker's competitiveness**, though. "These days one of the biggest problems is to let people know that masters track and field exists," she says. Unlike road races, a track athlete can't go out and Saturday morning and find a local meet. Yet competition is crucial in order to gauge progress. "It's frustrating," Raschker says, "so I have to set my own goals."

**Traveling is Expensive**

More practically, she usually has to pay her own way. Traveling to far-flung meets is expensive, and because it requires her to go out of the country for the whole 85 season, she says thoughtfully. "Arthroscopic surgery is a lot better than knee surgery, especially for long." Today I wouldn't have surgery," she says thoughtfully. "Arthroscopic surgery is a lot better than the old days of knee surgery, but it still took a long time to recuperate. I used the whole 1986 season to build up strength. And I lost a lot of power and flexibility from my takeoff leg. If I were injured now I would lay off a season and try a more conservative approach to healing."

Raschker says she was able to compete in Melbourne only because of some strategically timed cortisone shots. She took them on September, shortly after the US championships. For six weeks she did not work out, as cortisone initially breaks down muscles and tendons, making them more vulnerable to serious damage. Then she started training for the world championships.

This year, because of the danger posed by periodic corotisone shots, Raschker turned to accupuncture, which she feels is helping. "I thought maybe I'd have to quit this year. But the accupuncture seems to be working. If it doesn't, I'll have to find some other sport." She pauses a moment, reflectively. "I can't imagine what will be."

Reprinted from the Atlanta Track Club Wingfoot.

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**Good Marks in Louisiana Meet**

by CHARLES WIMBERLEY

At the recent King of the Hill open meet at the Bertolino Track in Kenner, La., there were the following results:

- Danny Thiel, 39, won the 200 (24.11), edging out Lonnie Hammond (24.12) and Dottie Moore (24.17).
- Mike Boudreau, 49, nipped several younger masters in a very competitive 400 and won in 57.8.
- Alonzo Jones, 47, running with a younger group, didn't let them get away, edging most of them with a fine 21.2. 200.
- Andrew Thompson, M65, was first in the three sprints, the high and intermediate hurdles, and the discus.
- Max Pickell, M70, won the 100, both hurdle races, both flat jumps, and took third in three throwing events.

**Masters Show Talents in Buffalo Meet**

The Buffalo Bills and Brawn T&F Club Meet, which also served as the Niagara TAC Championships, was held at Tonawanda, N.Y., June 11, featured more than a few versus�数 performances.

- Eugene Cacciatore, M30, won the 100 (11.5), high hurdles (16.9), and, an unlikely event for a sprinter, the pole vault (12.0).
- Cathy Pierce, W40, placed first in the 200 (30.1), 400 (1:07.6), high hurdles (16.3), discus (72.1), and javelin (91-9).
- Barbara Stewart, W45, entered seven events and took one of them all.
- Andrew Thompson, M65, was first in the three sprints, the high and intermediate hurdles, and the discus.
- Max Pickell, M70, won the 100, both hurdle races, both flat jumps, and took third in three throwing events.
WAVA North American Meet
To Be Held in Toronto

by DAVID H.R. PAIN, WAVA North American Chairman

1988 will see the end of the WAVA/IGAL joint schedule in which the IGAL 25K, 10K, and marathon world championships are held on the even-numbered years and the WAVA Track and Field Championships on the odd-numbered years.

This year's event — the IGAL 5K/10K/Marathon — will be held October 7-10 in Korea and will ring down the curtain on IGAL, now absorbed into WAVA.

Commencing in 1988, a new world championship schedule has been adopted. As in the past, 1989, the odd-numbered year, will see the WAVA World Athletics Championships hosted by the U.S. in Eugene, Oregon. Added to the Eugene schedule, however, will be a 10K road race, thereby offering all the non-stadia events previously on the IGAL calendar. This, of course, leaves the years before and after the WAVA T&F Championships open without any international meetings, it being the WAVA council's perception that few master/veteran entries can afford the expense or the time to compete internationally every year.

With the even-numbered years open, it is hoped the WAVA Regional Championships will assume the importance, quality, and size of the European Championships, where 3000 entrants participated this year.

The North American Region, encompassing Canada, U.S., Mexico, Central America, and the Caribbean Islands, has been unable to generate the interest or numbers for the North American Championships enjoyed by Europe and elsewhere. This situation we hope to alter with the WAVA Regional Masters Championships to be hosted by Canada, August 27-28, 1988, in Toronto. (See page 25).

By merging with the Canadian Masters Championships in a dual meet, WAVA is assured a well-organized event with plenty of quality competition in all age divisions. The Canadians have also adopted the British tradition of presenting a disciplined, well-officiated event. Those who competed at the first Masters World Championships in 1975 will recall that the Canadians provided the meeting with its corps of Olympic officials, and all aspects of the event both on and off the track were extremely well-handled. There are those who contend the first World Games were the best organized in WAVA's 13-year history and set a standard subsequent organizers have found hard to equal.

If scored as a dual meet, it would

Continued on page 24

The International Scene

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If scored as a dual meet, it would

Continued on page 24
Andy Green, who won the British AAA mile title (4:00.6) in 1967, and is now 44, took the Essex Veterans 1500 at Basildon, May 15, while his son Dave, 18, won the non-vet County title in the 800. In the Brighton Summer League 5K track walk, May 24, world vets M50 walk champion Dave Stevens was the winner (23:21.1). Ted Isaacs was the first M50 in the Flint Quarter-Marathon, May 30, in 37:29. Martin Burgess, second M50 in the NY Marathon, was M50 winner in a half-marathon in Southend, June 5, with a 1:20:52.

On June 5, Graham Bagnall was first vet (53:11) in the Michelin 10 Mile, and Malcolm Martin was first over-40 (52:53) in the Stewart Piper 10.

The outstanding performance in a meet at Copthall, June 12, was by Josie Waller, who won the W65 1500 in a British record 6:37. A part-time music teacher, she did not take up the sport until 1987. Bernard Metcalfe set a U.K. M70 record with a 15.7 for the 80 hurdles.

AVA Standards for Medal Awards

by BOB FINE, Vice-President, Track & Field, WAVA

At the meeting of the WAVA Council held in Eugene, Oregon this spring, the question of performance standards for medal awards was raised.

This question has come up at just about every meeting of the WAVA Council since the beginning of the organization. Required standards were always defeated.

This time, in an extremely close vote, standards were adopted.

The argument for the imposition of standards basically revolved around a few athletes, who, because of advanced age, would be assured of medals in World Championships, without any preparation or training for the event. One competitor walked through the 800 meters, was lapped in the process, and still received a gold medal since no one else was competing in that division. We had pole vaults of less than 15 feet winning medals, and a discus throw of less than 24 feet.

The counter-argument against standards was that we encourage participation by not limiting potential medalists. Over time, the older age groups will have more competitors and will effectively weed out those who win medals just because of advanced age.

None of the Council members wished to impose standards in order to compete.

I was charged with creating the standards. Europe and Canada have been using medal standards in their championships. I started with their standards as a base, and used the results at Melbourne. Since I had to present the standards to the Council before our meeting was completed, I only had a day and a half to work on them. Less than a dozen of the hundreds of medal recipients at Melbourne would have been ineligible to receive a medal on the standards that were approved. Admittedly these standards are not perfect. They will certainly be reviewed after Eugene.

Any comments about the concept of these standards are welcomed. Suggested modification of the standards would also be appreciated but modifications can only be made by the Council. Such modifications can not be implemented prior to Eugene.
WAVA North American Masters Track and Field Championships

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

Details are as follows:

**THE MEET**
Saturday 27th and Sunday 28th August 1988
Metropolitan Toronto Track and Field Centre
This is a first class international facility. Sanctioned by N.M.A. North American Council and its affiliates, the event will meet N.A.W.A.A. requirements. For five-year age groups from 35 up, men and women.

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

**SPECIFICATIONS**
Bullets and implements will be to N.A.W.A.A. standards - see table.

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

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

**INTERNATIONAL CHALLENGE RELAY RACES**
National teams may be entered for 4 x 100 and 4 x 400. The Canadian Masters medal will be awarded to the gold, silver and bronze teams in 1 year age groups from 35 up for men and 40 up for men. Entries $20.00, at the post.

**ENTRIES**
Entries must be postmarked on or before August 6th, 1988, received by midnight Monday August 15th. Only in very exceptional circumstances will any other entry be allowed, and the Meet Director's decision on any such request will be final. Entries will be received by:

NORTH AMERICAN CHAMPIONSHIPS
66 FELICITY DRIVE
SCARBOROUGH
ONTARIO
CANADA M1B 1E3

N.B. The Canadian postal service requires the code, so to ensure delivery, make certain the code - M1B 1E3 is correctly shown in the address.

**FEES**
Should be paid in Canadian dollars by cheque made out to the Canadian Masters Athletic Association. The fee structure is set out on the entry form. Special note should be made of the requirement for membership in C.M.A. or T.A.C. or appropriate national masters body. Unless a membership number can be quoted on the entry form, a day membership fee of $5 will be required for each day the entrant competes.

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

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

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

1st floor $49.99
2nd floor $47.45

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

If the response warrants it, we aim to set up a headquarters and registration room in the motel and arrange transportation to the meet.
Phone (416) 736-3700 or 1-800-460-4000 to reserve. Please indicate on the entry return whether you have done so. We suggest you act fast!

The motel is at 66 Norfinch Drive
Journey's End Hotel
Ontario Canada M1B 1E3

From Highway 401, take Highway 400 north. Exit on Finch Ave E, turn left onto Norfinch Drive.

For further information, call Don Payshron
Office (416) 495-4159, Home (416) 282-2355

**1988 NORTH AMERICAN CHAMPIONSHIPS**

**SCHEDULE OF EVENTS:**

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Mail completed entry to:

North American Championships
66 Felicity Drive
Scarborough
Ontario
Canada
M1B 1E3

(N.B. ZIP Code is important.)

OFFICIAL ENTRY FORM: Journey's End Hotel reservation made? □□

Name: ____________________________
Last First Middle
Address: ____________________________
City State Code

Telephone: ____________________________
Home Business

Birthday: ____________________________
Age on August 27th:

Sex: Male □ Female □
National membership #________________

100m Pole vault
200m High jump
200m hurdles
3000m walk
400m Triple jump
400m hurdles
5000m Javelin
600m Shot put
1500m Steeplechase
5000m Hammer throw
10000m Weight throw

Fees: (Cheques payable to Canadian Masters Athletic Association)
(Canadian Funds)
First event $10.00
Additional events $4.00 each
Day membership $5.00 per day
Banquet tickets $20.00
North American levy $5.00

Total fee enclosed:
WAIVER: A waiver must be signed on registration.
European Veterans Road Championships Held in Bruges, Belgium

by MARTIN DUFF of Athletics Weekly

The now-traditional Bruges 25K weekend was expanded this year to accommodate the European IGFAL 10K/25K championship events for men and women, June 18-19. Once again the sponsors attracted a few extra names, and both Barry Brown and Norm Green, Jr., made the trip from the States.

Separate 10K races for 40-49, 50+, and women were held, and there was a certain degree of domination by U.K. athletes. Contesting the lead on the first 10K, which was adjudged by all to be about 20-30 seconds "long," were Guy Ogden, Les Roberts, Martin Duff, Omer Van Noten (winner last year from Belgium), Ernie Cunningham, and Brian O'Neill.

It was Cunningham who made the break. Roberts tripped and fell, leaving Van Noten, O'Neill and Duff to give chase. Cunningham, a Northern Irish cross-country international, reached half-distance outside 15:30, going on to win in 31:06, and remarked that his time over the flat course was somewhat longer than his effort indicated.

Van Noten pushed on for second, while O'Neill and Duff, Aldershot club mates of Cunningham, were also inside 31:50 and took club and national team titles.

World 10K road champion from Lytham, Tecwyn Davies, also of the Aldershot club, easily added the M50+ title, as did Celia Duncan in the women's event.

The 25K saw the eclipse of favorites Mike Hurd and Barry Brown, but it was Brown who pushed the pace hard for the first 10K — from a different start this year (and an error there resulted in the course being short). In the leading bunch were also Cunningham and Shel Cowles for the U.K., the Belgians Francois Blommert and Herman Parmentier, the Czech Jiri Kana, the Dutchman Piet Vonk, and Guenther Mielke, now 45, from Germany.

Soon after 15K, the leaders had been split up as Brown had been dropped — eventually fading to 16th. It was Blommert, Parmentier, Hurd, and Cowles, 50 yards clear of Cunningham, Mielke and Kana. Cowles began to apply pressure at 20K, and only Blommert, who was suffering from bruised ribs sustained after being run over by a motor bike early in the week, was able to respond. Parmentier and Hurd were dropped with the latter eventually drifting back to sixth.

Cowles could not shake off Blommert, who made his break inside the final 1K to win by sixty yards. Parmentier held third from Cunningham, who came through strongly for fourth.

Wilf Chian of Belgium took the M50 award as Davies was forced to retire, and Norm Green was three minutes to the good in the M55.

The talented Magda Ilands was always in front in the women's section, winning by three minutes from Celia Duncan.

WAVA/TAC Hurdles and Implements Specifications

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*New IAAF Specifications

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Photo by Gretchen Snyder
Brown and Hutchison Win Cotton Row 10K

by HAROLD TINSLEY

Cotton Row 10K Run first timers, Barry Brown and Jane Hutchison came to Huntsville, Ala., expecting an uphill struggle against some strong competition. Their wins didn't come all that easy, but the biggest uphill struggle came from a third competitor — the now famous Mt. Wood.

You can describe Mt. Wood to the first time Cotton Row runners, but they won't believe you — that is, until they are halfway up. Rain had become a tradition for Huntsville's Memorial Day Celebration in the Park, but there was no rain this year, so the runners were spared the usual steam bath for the Mt. Wood climb.

Cotton Row has always attracted a top national masters field to keep the Southerners honest, but this year the event joined the ICI/USRA Masters Circuit and the good got better.

Barry Brown was ready to run and looking for competition, which set him up as the pre-race favorite for a showdown with Bob Schlau, who has been making it a habit to knock off the big names on both coasts. After getting over the shock of Mt. Wood in good position, Brown used his speed on the last downhill 5K to pull out a 12-second win over Schlau. Averaging a 5:09-per-mile pace for a winning time of 31:57, Brown joined a long string of top masters shooting for and missing Herb Lorenz's 31:09 course record set back in 1981. The record doesn't look that hard to get anymore.

Last year's second-place finisher, Don Coffman, ran a 32:31 to take third master and win the 45-49 division over Salt Lake City runner Robert Nelson (33:01).

The Southern Grand Masters were no match for Bill Johnston of Salt Lake City. The 50-year-old ran 34:11 to finish as the 11th master overall and claim the Grand Masters title.

Over the years the women's masters fields have never approached the course record of 35:37 run by Judy Fox Eddy in 1982. In fact, no other masters woman has even broken 38 minutes on the Cotton Row Course. This year was no different as Jane Hutchison could only manage a 38:07 in winning here, following a sub 35-minute PR at the Azalea Trail 10K earlier this year. Hutchison's performance is the second best ever women's masters time at Cotton Row, displacing the time of last year's champion, Harolene Walters. Walters took second master overall while winning the 45-49 division. A surprise newcomer to the W40 age group was Anne Mansfield of Winston-Salem, North Carolina, who finished third in 38:50.

The top three male and female masters took home $500, $300 and $100 prize money earnings. The $500 course record bonus for both divisions remains in the bank insured by some outstanding past performances and guarded each year by Mt. Wood.

Open winners were Jerry Lawson from Chittenango, New York in 30:26 and Carla Borovicha from Tallahassee, Florida in 34:42.

Wessely Tops Rodgers in Hospital Hill Run

by JERRY MORRISON

Kansas City, Mo. — It was "visitors day" as 4000 runners, including Kenyans Gabriel Kamau, Richard Kaitany, Sam Rotish and Sam Sitonik, plus masters Bill Rodgers and Frank Shorter, lined up for the start of the annual Hospital Hill Half-Marathon and 7.7 Mile run on June 5. Celebrating its fifteenth anniversary as "Kansas City's Longest Running Battle," the race started under ideal weather conditions with an elite field of runners.

Rodgers was the favorite in the men's masters, but was surprised by Wes Wessely of Linburn, Georgia who finished in 1:10:39. Bill ran a 1:11:25. Chris Chambers of Colorado was third in 1:13:48. Clive Davidson was fourth and broke the 50-54 age group course record with a time of 1:16:09.

Among the women masters, Maureen Bixby of Oklahoma took the title in 1:26:33 and broke the 45-49 age group course record. Locals Carole Halman-Freeman was second in 1:33:08, and Polly Roth third in 1:36:45.

Kaitany (1:03:53) and Julie Ishphording (1:15:29) were open winners.
Top World Masters Invited to Legends Mile

The letters and phone calls continue to roll in for the ICI/USRA Masters Circuit. Race directors inform me that masters runners are bombarding them with phone calls with a desire to race on the Circuit and earn grand prix points. With a $20,000 season-ending purse stake, including a $750 "top age-graded handicap performance bonus," keep those calls coming!

A special welcome goes out to the Pittsburgh Great Race, September 25, the 13th event on the Circuit. Race Director Mike Radley and the city of Pittsburgh Parks & Recreation Department have vowed to make the Steel City's top 10K one of the country's finest. Next year's race will be the TAC National Masters 10K Championship, so it was only natural for its inclusion on the Circuit. The masters purse is $2200 with plans to expand even further in 1989.

While nearly all of the ICI/USRA Masters Circuit events are on the roads, the "Legends Mile," scheduled for August 6 at the TAC National Masters Track & Field Championships in Orlando, is receiving considerable interest. While the regular ICI/USRA Masters Circuit age groups (men and women 40-49, 50-59, 60 & over) will receive Circuit points in the 1500 races, the Legends Mile is an "Invitational" event designed to break Ron Bell's existing world record of 4:16.7. Circuit points will be awarded in the 40-49 men's division.

At press time, the field was still not finalized but the following masters runners are on the invitation list:

- Jim Ryun — the all-time top miler is hungry to race on the ICI/USRA Masters Circuit and, if he concentrates on the mile, could make it interesting.
- John Dixon — World Veterans 1500 champion will be competing at three Circuit events in August.
- Mike Creery — the 1980 Canadian Olympic has run a 4:21.9 mile and 4:01.15 1500, the latter tying the Canadian masters record.
- Alan Rushner — of Great Britain, with masters wins at Gasparilla, Crescent City and Steamboat, has strong speed, should be competitive in Orlando.
- Sam Bair — former Kent State star (3:56) and Ryan nemesis, placed 5th at Eugene last year.
- Mike Manley — now 46, former Olympic steeplechaser set a U.S. M45 AR of 4:03.13. in last year's 1500 nationals in Eugene.
- Bill Stewart — current American M40 1500 record holder from Michigan who is now 43.
- Jim Crawford — former Army miler just turned 40 and his 10K times indicate strong potential.
- Ron Jensen — Californian, has been training with Regina Jacobs and is confident he'll be one of many under the record.

The above group certainly is an exciting one with the potential for a large number to break the world record. We are already considering the possibility of expanding the "Legends Mile" concept to even more cities and include miles indoors, outdoors and on the roads. Already talk is surfacing of the "first sub-4 minute mile by a master." Some may scoff, but they laughed when they spoke of the 4-minute mile by any runner years ago. Don't be surprised if masters 4-minute mile goes by the wayside in the not too distant future at an ICI/USRA Masters Circuit event — stay tuned!

IC/USRA MASTERS CIRCUIT POINT STANDINGS

(Refreshes Araseta Trail Run 10K, Cotton Row 10K, Myrtle Beach Classic 10K, Hospital Hill Half and Utica Bollmaker 15K. Points are awarded for places 1st-10th, 1st-10, 2nd-9, 3rd-8, 4th-7, 5th-6, 6th-5, 7th-4, 8th-3, 9th-2, 10th-1. Hospital Hill and Stamford Classic Marathon count 1.5 times.)

Men 40-49

1. Bob Schwab 40 SC 29
2. Bill Rodger 40 MA 22½
3. Wes Wessely 40 GA 21
4. Mike Swenson 41 MI 19
5. Carl Nicholson 41 AL 17
6. Steve Lester 40 UT 17
7. Chris Chambers 40 CO 12
8. Barry Brown 43 FL 10
9. Tracy Smith 43 GA 9
10. Terry Shireman 43 CT 9

Women 40-49

1. Jane Hutchinson 40 MO 43
2. Anne Mansfield 40 NC 18
3. Gabriele Anderson 41 ID 15
4. Maureen Bixby 45 OK 13½
5. Polly Both 42 MO 12
6. Kathy Hardy 41 LA 12
7. Bobbi Rothman 42 FL 11
8. Barb Flitza 42 WI 10
9. Priscilla Welch 48 FL 10
10. Marie Button 49 CA 9

Men 50-59

1. William Johnston 52 UT 30
2. Jim Larson 52 FL 18
3. David Davison 52 KS 15
4. Michael Glass 50 MO 13½
5. Mel Yoder 50 KS 12
6. Gerald Rusher 53 TN 12
7. Jim Blond 59 FL 10
8. Sammie Yorborugh 50 SC 9
9. John Dugdale 50 CT 9
10. Malcolm Gillis 54 AL 9

Women 50-59

1. Mary Ann Woodring 50 KY 18
2. Marcia Herbst 53 GA 18
3. Patricia Bond 50 MO 15
4. Susie Kuiita 51 NC 14
5. Jennifer Maloney 52 MI 13½
6. Claire Stro 50 MO 12
7. Joyce Rodgers 50 GA 10
8. Mary Anne Vrooman 50 NY 10
9. Judy Kirchofer 50 WI 10
10. Diane Palmason 50 CA 10

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

Bill Rodgers may have been beaten a few times as a master, but those masters better enjoy it as Billy is rounding into shape. He ran a 14:22 5K in Little Rock and a 24:03 at the Fifth Season 8K in Iowa, the latter tying the masters world best of Alan Rushmer set at Shamrock in Virginia Beach last March....How about the Midnight Madness race in Ames, Iowa? Awarding a $5000 purse with all of it going to masters. Mark down a new masters 45-49 age record for Utah’s Steve Lester for his 30:06 10K.....The San Francisco Marathon and the Wendy’s Classic 10K have been sadly cancelled. A new marathon by different promoters has been scheduled for November to be run through Golden Gate Park, The Presidio and surrounding areas.....That’s a big victory for Mike Hurd (1:07:06) at Eliy’s Distance Run 20K in Wheeling, West Virginia, May 28 over Alan Rushmer (1:11:48), his fellow countryman from England.....Graham Garcia, 41, and Gabriele Andersen, 43, captured titles at the Nissan 10K in San Diego, May 22, in 32:37 and 36:37 respectively, each earning $300...Massachusetts’ Larry Olsen, 41, ran 24:42 for 5 miles to win the masters division at the Riverside Twilight 5-Miler with Sophie Turos of Connecticut nabbing the women’s race in 30:58.....Add former New Zealand Olympian Kevin Ryan to the masters division, July 22.....And yet another former star coming out of retirement, inspired by masters racing, is Burr Grim, a star of the ’50s. Grim, now 54, set a single-age national record of 16:35 for 5K at Bel Air, Maryland, June 5th.....Web Loudat supplemented his teacher’s income, earning $1090 at the Boulder Boulder 10K, May 30, running 32:50, ahead of Hipolito Islas, 41, of Mexico, in 33:07. Gabriele Andersen of Idaho earned $1100 for her 38:54 victory over Colorado’s Mary Weidhammer, 43.....Put $500 in Larry Olsen’s bank account off his 25:01 5 mile effort at the Rich Classic June 5 in Johnston, Rhode Island,
Masters Scene

NATIONAL

* Bolstered by the continued growth and popularity of fitness sports nationally, Running & Racing began its third season on ESPN June 24th. It includes masters & women's competition.

The program is scheduled to run for 26 weeks, with each 30-minute show airing three times per week: Friday, 6:30pm; Sunday, 8:00am; and Wednesday, 12:30am (all times are Eastern Standard Time). Marty Liquori, former world-class middle-distance runner and U.S. Olympian, returns as the show's host.

* Ever wonder what happens to the 559- or more you spend for your running shoes? According to Business Week, Reebok's CEO, Paul Fireman, took home $15.4 million last year to rank third in BW's executive compensation survey. Fireman lead only the Lotus Corporation's Jim Manzi ($26.3 million) and Chrysler's Lee Iacocca ($17.9 million), and beat out General Electric's John Welch ($12.6 million).

EAST

* Art Hall, 41, finished third of 758 finishers in the NYRRC Father's Day 4 Mile, Central Park, NYC, June 19, in 20:43. Sam Skinner, 45, was second (21:52) and George Thompson, 62, posted a good 25:22 to win the M50 division.

* The 40+ team championship in the NYC Club Team 5K Championship, Central Park, NYC, June 18, was won by the Atlanta-NTY team of Angelina Hearn (42, 29:18), Chris Hearn Groggling (42, 29:55), and Lila Connors (46, 32:16), who finished 1-2-3 among the 40+.

1. DISPLAY ADVERTISING RATES

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2. FREQUENCY DISCOUNTS (1-year period)

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

3. COMMISSIONS: Agency commission of 15% or less, recognized agencies.

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

5. TERMS: Net 10 days from billing date.

6. CLASSIFIED RATES

25 cents per word. Count name and address as 1 word. Race notices are 25 cents per word. Prepayment required with copy.

1. MECHANICAL REQUIREMENTS

a. See display rates for ad size.

b. Photo offset printing.

c. Negative ok. No mats, cuts, or plates.

2. COLORS: add $35.

3. CLOSING DATES

The 10th of the month before due date.

39. CIRCULATION February 1987

Total Paid: 32,000

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Mail order to: National Masters News

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Van Nuys, Calif. 91402

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Midwest

* Bob Schuh, 50, Olympic medalist in the 5000 (13.488) at Tokyo in 1964, won the Grandmasters division (50+) of the Richmond Road Mile, Richmond, IN, June 26, with a speedy 4:38. The masters winners (40-49) were Bob Fenning (4:23) and his wife, Katy, (5:43). In the Pebble Hill Classic, on June 18, Francie Larrieu-Smith, now 35, set a new AR for four miles with a time of 20:11. She won $3500 for the new course record and first woman overall victory. Masters winners were Judy Tolliver (25:22) and Allan Rushmer (19:51), who beat out Web Loudat (19:58).

Masters runners in the 15K run the same day were Maureen Bixby (1:02:24) and Frank Corbett (50:32).

Mid America

* Vihla Sedatki, 39, placed 7th in the 10K walk in the Olympic Trials in Indianapolis, July 15, in a PR 51:27. Her time was 1:11 faster than her winning W55 time at the VII World Veterans Games in Melbourne last year. "I was very pleased," said the Boulder, CO, resident who turns 40 this year. "I'm hoping to go to Eugene next year for the World Veterans Championships and maybe even go under 50 minutes."

Southwest

* Barbara Butler, 37, of the USM won the bronze medal in the Gay Pride 5 Mile, Central Park, June 25. Joseph Burns, 59, won the M55 division with a fast 32:33, and 70-year-old Atthea Junodini won the W60+ race in 54:45.

* The Stapleton AC team of Radames Acosto, Luis Rodriguez, and Ed Magandel combined for a 32:05 to place ninth of 151 teams and win the W40+ contest in the NYRRC 1-2-3-4-3-6 Mile Relay, Central Park, NYC, June 26. The first masters co-ed team was Astoria TC's Kevin Collins, Joe Roche, and Scarlet Uusehe in 36:47. The Central Park TC trio of Irene Jackson, Betty Marolla, and Robin Villa won the W40+ title with a 37:55. Art Hall was a member of the winning North Shore TC team (29:50).


Overall winner in the USA 100 Mile Run June 10-11 in Flushing, NY, was Donald Aycock, 36, from OH. First male, 40, was 47-year-old Bob Colson in 16:15:16. Last, but oldest in the race, was Timothy Kounroy, M55, in 2:31:13. Four women started the race, but none finished. Forty-seven men started and 14 finished.

West

* Kenny King, 77, who died of a heart attack within the finish line of the San Francisco Bay To Breakers race, was running with his son Alan Rushmer, first master at the Steamboat Classic 4-Miler, Peoria, Ill., June 16. Rushmer ran 19:51, good enough for $400 and 42nd overall.

Photo by Robin Smith

National Masters News

August, 1988

Midwest

Ken King, 45, when stricken. They had run together in 14 races in 1987. Kenny, a 35-year resident of the Sacramento area, had been on a 100-mile-every-month jogging regimen and was running his favorite race, which he had entered every year from 1980. The race had become an annual family outing, and, in fact, Kenny's daughter, Carolyn Jones, had flown up from So. California to watch this year's race. The younger King later carried his father's race number over the finish line — now the mord who loved to run could finish his last race. Another runner, Thomas Henneay, 35, of Cupertino, CA, died of a heart attack several minutes after King collapsed after finishing. He was the oldest runner in the race.

* Steve Ferraz, M40, won the Masters 1500 in the Bruce Jenner Bud Light Classic, May 28, in San Jose, CA, with a 4:08. I. Hampton, M40, took second (4:12.8) and Harvey Franklin, third (4:15.9).

* Stanley Coben of Los Angeles, who has not run a serious race since the summer of 1974 (when he won the 1500 and placed second in the 800 in the Masters Nationals) because of subsequent complications from two operations, hopes to compete in '89 when he recovers. 60: "After years of weight work, hill running, and long slow distance, I finally can run hard workouts on the track without pain. I will compete next year. A graduate of USAC in '50, where he ran track, Coben's participation in masters track goes back to the "National Masters AAU Championships" at Balboa Stadium in San Diego in the early '70s.

* Late flash: Jim Vernon broke his own M70 world pole vault record of 10-0 by soaring 10-2 at the Western Regionals in Los Angeles, July 16. Results and story next month.

NORTHWEST

In the Cascade Run-Off 15K, June 26, Portland, OR, masters victors were Ken French (M40, 46:49) and Laurie Binder (W40, 53:19). French beat a stellar field which included Bob Schau (47:15), Mick Hurd (47:35) and Web Loudat. Binder triumphed over Gabriele Andersen (54:59) and Nancy McNair (55:09).

CANADA

Mike Crevy, 40, of Victoria, Vancouver, smashed another Canadian masters record on June 22 when he broke the 82 'mark of 14:45.4 by Ken English with a 14:47.2 in a 5K in Vancouver, May 28. On June 8, Crevy led a field of 15 in the Masters Mile at the University of Victoria/Times-Colonist/Dairylay Meet with a 4:26.2. In the race, the first 11 were under 5:00. Maurice Bennett broke the Canadian M55 record with a 5:00.2.0
NORTHWEST
August 12-13. 10th Montana Masters Championships, Montana State U., Bozeman. Mike Carigian, P.O. Box 5132, MSU, Bozeman, MT 59717-5132. 406/587-8726.
September 18-22. Senior Games, St. George, Utah. 50+, Sylvia Wunderlich, 1291 S. Wasatch Dr., Salt Lake City, UT 84108. 801/583-6231.

CANADA

ON TAP FOR AUGUST
TRACK & FIELD
An expected 1000 athletes will head south for the four-day TAC National Masters Championships, starting on the 4th, in Orlando, Fla. The highlight event should be the Legends Mile, in which invited M40-and-over runners will try to break Ron Bell's masters world record of 4:16.7. Masters thrifting for more activity after that can find it in the Eastern Regional Championships in Rhode Island on the 21st, preceded by that region's pentathlon championships on the 17th in Delaware; the Chillipee Meet in Missouri on the 14th; or the growing Montana Masters Championships in Bozeman on the 12th-13th. The Canadian Masters Athletic Championships in Toronto on the 27th-28th will double as the North American Championships for this year.

LONG DISTANCE RUNNING
The National Masters 10K Championships will be decided (and $5000 masters money distributed) in the Arizona Park 10K in New Jersey on the 13th. On the same day, the Midwest Masters Age-Graded 10K Championships in Illinois will offer an alternative to the customary way of determining winners.

RACES on the weekend of the 20th-21st include the popular Maggie Valley Moonlight 5 Mile in North Carolina; the Black Music Month 5K in Indiana; the Falmouth Race in Massachusetts; America's Finest City Half-Marathon in San Diego, plus the Pikes Peak Ascent and Marathon. The Bobby Crim 10 Miler in Flint, Mich., on the 27th boasts one of the best 40-and-over line-ups ever, with Jim Ryun, Bill Rodgers, Mick Hurd, Laurie Binder, and Priscilla Welsh among the entrants.

RACE WALKING
The National Masters 20K Championships will take place in Orlando on the last day, the 7th, of the T&F Championships. Contenders for the 15K Championships will meet in Chicago on the 13th.

DEADLINE
NMM is written by masters for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising, death of Arthur Plowin, must be received by 4 p.m. the day before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
memorial hospital, p.o. box 718, parkersburg, wv 26102.

august 20. maggie valley, five mile, mike doeleman, box 416, waynesville, nc 28786.

december 24. virginia 10 mile, lynchburg, va, marilyn reynolds-straub, 3200 crane hill dr., lynchburg, va 24503.

august 6-10. us corporate athletics assn. national 5k & 10k team championships, stanford u., palo alto, Calif. hank lawson, bacaa, p.o. box 898, menlo park, ca 94025, 408/446-9060.

december 20. trail creek 8-mile run, los angeles. enjoy a sensual atmosphere in america's only and most creative 8-mile run on the toughest hill course in la. 7:30 a.m. every saturday in january and february. meet at Griffith Park Pony Ride. parental guidance suggested. august 21. america's finest half-marathon, san diego. neil finn, p.o. box 3879, san diego, ca 92109. 619/297-3901.

august 3-6, 11, 18, 21, 25, 27. legg lake run, s. el monte, Calif. a. martinez, 9502 reichling ln., pico rivera, ca 90606.

august 6-7. us corporate athletics assn. national 5k & 10k team championships, stanford u., palo alto, Calif. hank lawson, bacaa, p.o. box 898, menlo park, ca 94025, 408/446-9060.

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august 12-13. tac midway masters age-graded 10k championships, momence, ill. howard strassenberg, box 282, rt. 1, momence, il 60954. 815/472-2807, or dick green, 815/397-5685.

august 20. 2nd annual national black music month 5k series, muncie, ind. ralph vaughn, p.o. box 1117, muncie, in 47305. 317/298-5272, 323-8790.

august 27. bobby crum 10 mile, flint, mich. lisa craig, p.o. box 981, flint, mi 48501. 313/235-3909.

august 27. the ultimate runner (10k, 400, 100m, mile, marathon), jack jackson, mich. masters money, 125 total entry limit. sase to u.r., jackson comm. coll., 2111 emmons rd., jackson, mi 49201.

october 30. old style half-marathon, san diego. neil finn, p.o. box 3879, san diego, ca 92109. 619/297-3901.

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## U.S. MASTERS TRACK & FIELD RANKINGS

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

### 1987 Men's 5000 Meters 30-34

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>1. NADEEM AL-DAYAM</td>
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<tr>
<td>2. JAY SOMERFIELD</td>
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</tr>
<tr>
<td>3. THOMAS WESLEY</td>
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<tr>
<td>4. RON YOUNG</td>
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<td>5. KEVIN MCGOVERN</td>
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### 1987 Men's 5000 Meters 35-39

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1. JAMES YOUNG</td>
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<tr>
<td>2. JIM SHERIDAN</td>
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<tr>
<td>3. JOHN SMITH</td>
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</tr>
<tr>
<td>4. DOUGLAS HUNT</td>
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<tr>
<td>5. RICHARD ALLEN</td>
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### 1987 Men's 5000 Meters 40-44

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<tr>
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<tbody>
<tr>
<td>1. DAVID BROWN</td>
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<tr>
<td>2. MARK DAVIS</td>
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<td>3. ROBERT SMITH</td>
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<td>4. JIM KELLEY</td>
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<td>5. RON REED</td>
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### 1987 Men's 5000 Meters 45-49

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<tbody>
<tr>
<td>1. JOHN DOUGLAS</td>
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<td>2. JIM MILLER</td>
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<td>3. ROBERT GREEN</td>
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<td>4. JIM HOLTZ</td>
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<tr>
<td>5. JOHN TAYLOR</td>
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### 1987 Men's 5000 Meters 50-54

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>1. ROBERT SMITH</td>
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<td>2. JIM KELLEY</td>
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<td>3. JOHN SMITH</td>
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<td>4. ROBERT HOLTZ</td>
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<td>5. JOHN MILLER</td>
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### 1987 Men's 5000 Meters 55-59

<table>
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<td>1. MARK SMITH</td>
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<td>4. JOHN SMITH</td>
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<td>5. ROBERT SMITH</td>
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### 1987 Men's 10,000 Meters

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<td>1. JOHN SMITH</td>
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### 1987 Men's 15,000 Meters

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### 1987 Men's 20,000 Meters

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</table>
## U.S. MASTERS TRACK & FIELD RANKINGS

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

### Women

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Rose Kondo</td>
<td>57.31</td>
</tr>
<tr>
<td>2</td>
<td>Betty Whitaker</td>
<td>59.64</td>
</tr>
<tr>
<td>3</td>
<td>Patricia Peterson</td>
<td>60.68</td>
</tr>
<tr>
<td>4</td>
<td>C. M. Kuenzi</td>
<td>61.04</td>
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<tr>
<td>5</td>
<td>Phyllis Blalock</td>
<td>61.28</td>
</tr>
<tr>
<td>6</td>
<td>Barbara Branch</td>
<td>62.39</td>
</tr>
<tr>
<td>7</td>
<td>Anna Rush</td>
<td>62.79</td>
</tr>
<tr>
<td>8</td>
<td>Miller Thomas</td>
<td>63.02</td>
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<tr>
<td>9</td>
<td>Howard Whitaker</td>
<td>63.08</td>
</tr>
<tr>
<td>10</td>
<td>Linda Aderhold</td>
<td>63.13</td>
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### Men

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Donald Erbitt</td>
<td>28.79</td>
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<tr>
<td>2</td>
<td>Barry ibers</td>
<td>29.17</td>
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<td>3</td>
<td>Dave Roper</td>
<td>31.59</td>
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<td>4</td>
<td>Mike Green</td>
<td>31.92</td>
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<td>5</td>
<td>Ron Wilson</td>
<td>32.07</td>
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<td>6</td>
<td>John Schuster</td>
<td>33.19</td>
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<tr>
<td>7</td>
<td>Fred Pierce</td>
<td>33.32</td>
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<td>Bill Rado</td>
<td>33.33</td>
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<tr>
<td>9</td>
<td>Lawrence Thomas</td>
<td>33.38</td>
</tr>
<tr>
<td>10</td>
<td>Bill Boudreaux</td>
<td>34.51</td>
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### Additional Information

- **Field Rankings**
  - 10K: 400-1000 Mile Run
  - 400-499 Mile Run
  - 800-1200 Mile Run
  - 1000-1200 Mile Run

- **Points Awards Based on Performance in Each Event**
  - For Application Call or Write: THE ULTIMATE RUNNER
  - Jackson Community College
  - 2111 Emmons Road, Jackson, Michigan 49201
  - Phone: (517) 787-0800 ext. 248

- **National Masters News August, 1988**
- **Covered by Larry Patz**

- **Coordinated by Larry Patz**

- **Sponsored by**
  - CAMP
  - Galvatec

- **Advisory Board**
  - Haig Bohigian
  - T&F Rankings
## Recipients of Certificates as All-Americans for Achieving U.S. Standards of Excellence

<table>
<thead>
<tr>
<th>NAME</th>
<th>EVENT</th>
<th>MARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stan Allen</td>
<td>Long Jump</td>
<td>19.3'</td>
</tr>
<tr>
<td>Patrick W. Chambers</td>
<td>10,000 Meters</td>
<td>34:49</td>
</tr>
<tr>
<td>Jim Green</td>
<td>800 Meters</td>
<td>2:02.1</td>
</tr>
<tr>
<td>James M. Kenney</td>
<td>Long Jump</td>
<td>19.7' 3/4</td>
</tr>
<tr>
<td>Ken Winters</td>
<td>Triple Jump</td>
<td>39.5'</td>
</tr>
<tr>
<td>Nat Carter</td>
<td>Long Jump</td>
<td>18.8'</td>
</tr>
<tr>
<td>Nat Carter</td>
<td>Triple Jump</td>
<td>36.7'</td>
</tr>
<tr>
<td>Carl Kleim</td>
<td>Shot Put</td>
<td>39.7'</td>
</tr>
<tr>
<td>M50-54</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Robert Meador</td>
<td>5000 Race Walk</td>
<td>26:55.49</td>
</tr>
<tr>
<td>Booker T. Washington</td>
<td>100 Meters</td>
<td>12:00</td>
</tr>
<tr>
<td>Booker T. Washington</td>
<td>Long Jump</td>
<td>21.7' 3/4</td>
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<tr>
<td>M65-69</td>
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<tr>
<td>Bob Ballwick</td>
<td>Long Jump</td>
<td>12.3'</td>
</tr>
<tr>
<td>Pole Vault</td>
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<td>8.0</td>
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<tr>
<td>M70-74</td>
<td></td>
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</tr>
<tr>
<td>Francisco J. Colon</td>
<td>100 Meters</td>
<td>13.26</td>
</tr>
<tr>
<td>Bob Matteson</td>
<td>10,000 Meters</td>
<td>48.18</td>
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<tr>
<td>Edgar Byron Morgan</td>
<td>SR,10,000 Meters</td>
<td>47.06</td>
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<tr>
<td>M75-79</td>
<td></td>
<td></td>
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<tr>
<td>Frank Russell</td>
<td>Discus</td>
<td>870'</td>
</tr>
<tr>
<td>M60-64</td>
<td></td>
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</tr>
<tr>
<td>Jean Campbell</td>
<td>Long Jump</td>
<td>3.53 Meters</td>
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## U.S. Masters Standards of Excellence for Men

<table>
<thead>
<tr>
<th>EVENT</th>
<th>MEN 5km</th>
<th>10km</th>
<th>20km</th>
<th>WOMEN 5km</th>
<th>10km</th>
<th>20km</th>
</tr>
</thead>
<tbody>
<tr>
<td>1500m</td>
<td>22.4</td>
<td>23.2</td>
<td>24.5</td>
<td>23.0</td>
<td>24.0</td>
<td>25.4</td>
</tr>
<tr>
<td>3000m</td>
<td>51.0</td>
<td>52.5</td>
<td>54.0</td>
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## All American Standards for Masters Race Walkers

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<th>20km</th>
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<td>2:56</td>
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## Application for an All-American Certificate

- NAME
- PHONE
- ADDRESS
- AGE GROUP
- SEX M/F
- EVENT
- MARK
- WEIGHT OF IMPLEMENT

**DATE OF MEET:**

**HURDLE HEIGHT:**

**MEET SITE:**

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

Buffalo Belles & Brownie Meet
(Niagara TAC Championships)
Tonawanda, NY; June 11

### TRACK & FIELD RESULTS

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

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<tr>
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<th>Gender</th>
<th>Team</th>
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<td>Tom Scoville</td>
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<tr>
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<td>Tom Scoville</td>
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### LABELS

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<td>Tom Scoville</td>
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### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, AUG., 1988

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<td>Marion Epstein (Brooklyn, NY)</td>
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<td>Egan Fuller (Irvine, CA)</td>
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<td>Joanne Grissom (Indianapolis, IN)</td>
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<td>Andrea Hatch (BRAINTREE, MA)</td>
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<td>Dennis Heaton (INDEPENDANCE, CA)</td>
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<td>DIXIE MARQUES (TULSA, OKLA)</td>
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<td>55-59</td>
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<td>12-24-63</td>
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<tr>
<td>Stan Milch</td>
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<td>DON NELSON</td>
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<td>RICK SCOTT</td>
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<td>Steve Talbot</td>
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<td>Mike Wilkerson</td>
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### Masters Track and Field Championships

#### Masters Field Championships BALBOA STADIUM, SAN DIEGO July 2, 1988

Meet Directors: Lolita Bache, David Pain

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<th>Event</th>
<th>Name</th>
<th>Age</th>
<th>Place</th>
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<td>Gerald McDonald</td>
<td>60-64</td>
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<td>200 Meter Dash</td>
<td>Frank Doherty</td>
<td>50-54</td>
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<tr>
<td>400 Meter Dash</td>
<td>Mark Ellis</td>
<td>50-54</td>
<td>48.00</td>
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<tr>
<td>800 Meter Run</td>
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<td>1:54.00</td>
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<td>George Bledsoe</td>
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<tr>
<td>5000 Meter Run</td>
<td>John Bledsoe</td>
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### Masters Track and Field Championships BALBOA STADIUM, SAN DIEGO July 2, 1988

Meet Directors: Lolita Bache, David Pain

<table>
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<th>Event</th>
<th>Name</th>
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<th>Place</th>
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<td>Gerald McDonald</td>
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<td>Frank Doherty</td>
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**SOUTHWEST**

**River Run 10K**
Tulsa, OK; May 14

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<td>001</td>
<td>Ron Bebham</td>
<td>32:47</td>
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<tr>
<td>2</td>
<td>016</td>
<td>Michael Schwartz</td>
<td>32:55</td>
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<tr>
<td>3</td>
<td>040</td>
<td>Robert Stumy</td>
<td>32:58</td>
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<tr>
<td>4</td>
<td>024</td>
<td>Jack Underhill</td>
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<td>Jeff Courington</td>
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<td>Don Hestate</td>
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**2nd Law Day USA 15K**
Santa Barbara, CA; May 7

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<td>Robert Stumy</td>
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<td>024</td>
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**W40**

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<tr>
<td>2</td>
<td>016</td>
<td>Jack Underhill</td>
<td>59:35</td>
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**W50**

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**Sun Lakes 5K**
Banning, CA; June 11

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<td>Jack Underhill</td>
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<td>010</td>
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**NORTHWEST**

**Cascadia Run Off 15K**
Portland, OR; June 26

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**Cape Cod 10K**
Providence, RI; June 26

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**SOUTHEAST**

**Louisiana Masters Classic 5K**
New Orleans, LA; May 29

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<td>016</td>
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<td>Gary McDonald</td>
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<tr>
<td>6</td>
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<td>Jeff Courington</td>
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**SOUTHEAST**

**Carolinas 10K**
Charleston, SC; May 30

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<th>Time</th>
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**Mount. Pleasant 3K**
Charleston, SC; May 30

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**SOUTHWEST**

**Barber Handicap 10K**
Tulsa, OK; May 14

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**INTERNATIONAL**

**European Masters 10K**
Bruges, Belgium; June 19-20

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**JUNE 19**

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**Masters 20K**
Lisbon, Portugal; June 26-27

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**Masters 50K**
Lisbon, Portugal; June 26-27

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**Masters 100K**
Lisbon, Portugal; June 26-27

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<tr>
<td>68</td>
<td>John Tracy</td>
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