

NATIONAL MASTERS NEWS

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

120th Issue

August, 1988

\$1.95

Two American Marks Set in Southwest Regionals 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.

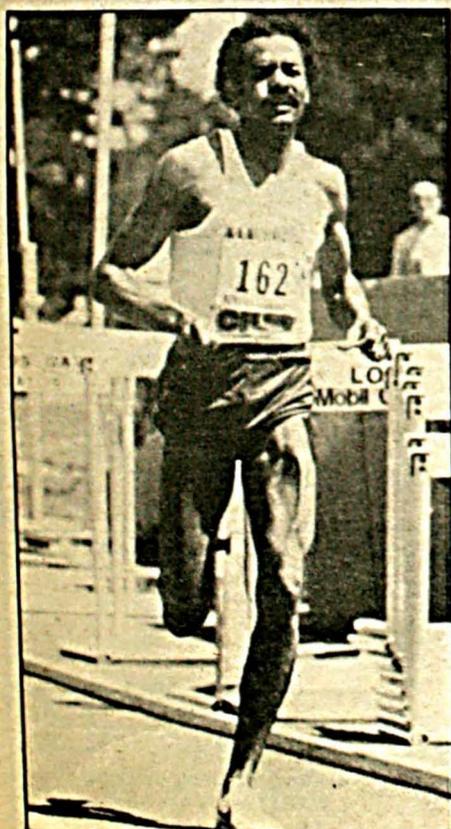
The weather was great, but the competition was even better. □



World Veterans Games 100-meter gold medalist Thad Bell wins the M40 200 (23.0) over James Vicks (right, 23.6) and Jack Dunn (24.6), at the

Southwest Regional Masters Track and Field Championships at Tulane University in New Orleans. Photo from Danny Thiel

Jordan, Springbett Top Pacific Performers



Harvey Franklin pulls to a win in the M45 800 with a time of 2:02.9 at the PAC/TAC Championships. Photo by Huel Washington

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 95.5%. 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

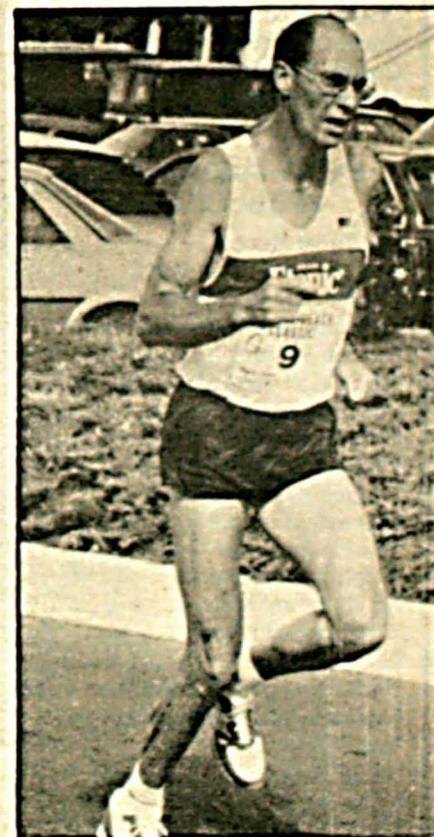
More than 800 athletes, age-30-and-over, are expected to participate in the 21st Annual U.S. TAC National Masters Track & Field Championships on August 4-7 at Showalter Track in Winter Park, Florida.

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 Gailey has lined up rooms in the co-meet headquarters Hilton, Ramada and Sheraton hotels

Continued on page 14



Steve Lester, seen here in the Myrtle Beach, S.C. 10K, June 4, bettered the U.S. M45 10K mark of 30:51 with a sensational 30:09 on July 4 in his home town of Magna, Utah.

Photo by Mike Davis

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

120th Issue

August, 1988

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The National Masters News (ISSN-0744216) is published monthly by GAIN Publications, with an annual subscription rate of \$18.75. Main office address: 6320 Van Nuys Blvd., Suite #211, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

The National Masters News is an official publication of The Athletics Congress Masters Track & Field and Long Distance Running Committees, and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of TAC or WAVA.

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

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

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

NMN welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O. Box 5185, Pasadena, CA 91107.

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Please see page 4

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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 possibly death. Lactic acid produced 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-energetics at a major university. What are Mr. Frank's credentials? Has he published scientific papers on bioenergetics? It is lamentable that individuals attempt to take advantage of the irrational search for eternal youth. Such hucksterism is nothing new and I can only suggest "caveat emptor," or more directly "a fool and his money are soon parted."

The last question I raise on this matter would be this: if there is any valid scientific evidence for the claims made in this ad, can one seriously believe that the numerous ethical pharmaceutical companies in the U.S. would have not exploited it?

Jerome J. Perry
Raleigh, North Carolina

It's deja vu all over again. The ENDURO CAPS label was changed. I used "buffer" with the same license Perry used "burn" in his outline. It is not ridiculous that a drop in pH can be tolerated. I refer to *Exercise Physiology*, by McArdle, Katch & Katch. On page 239, they point out that a drop from 7.4 to 7.0 can be sustained temporarily. On page 407, they report the results of using a bicarbonate solution on 880 runners with a 2.9-second improvement in their times.

The Krebs Cycle issue was conceded. Perry has chosen to ignore the rest of my reply. I feel that he has another agenda. The viciousness and contempt of his approach cannot be that of a man of science attempting to correct or challenge. He has made no effort to look at Lenaz's book. A man of his expertise must recognize the value of these coenzymes.

To infer that these coenzymes are comparable to some spurious cancer cure is a further sign of a lack of good faith. Perry 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 were 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

SUSPENSION OF SOUTH AFRICA

I have, over the years, watched with interest and growing concern what can only be described as a non-rational approach by some organizations, much of the media and most politicians, to the complex and delicate socio/political/economic situations in South Africa.

Mr. David Pain's remarks in the June issue of NMN were so refreshing, concise and, to my view, important in the broader concept that I regret that they cannot be made required reading.

One can only wonder what kind of men we have in the IAAF who seem to take pride in having hounded a 22-year-old female runner, Zola Budd, into withdrawing from world athletics

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 Daehler
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Paul Richardson
Dennis Selby
Bill Sleeth



Chuck Miller, ran the 100mH in a world M50 record 13.80 at the Tennessee/TAC Masters Championships, Knoxville, June 17-18.

Photo from Dean Waters

because she happened to be born in South Africa.

C.D. Overturf
Paarl, 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 tenseness 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 Manno
Oradell, Pennsylvania

The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.

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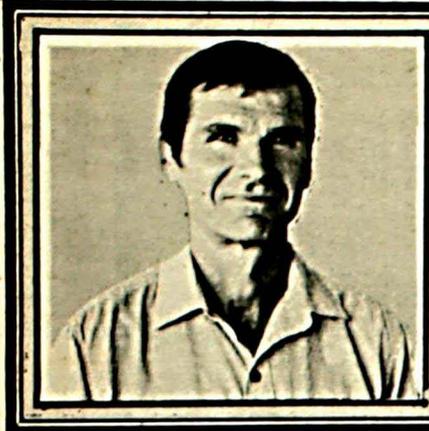
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Third Wind

by Mike Tynn

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

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

The plight of the aging athlete can be traced back to at least the sixth century B.C. when Milo of Croton, beginning at the age of 14, won six Olympic wrestling championships over a 24-year period. His predicament, 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, there is evidence that the ancient Greeks recognized the effects of aging on athletic performance. In *The Iliad*, Homer tells of an athletic contest accompanying the funeral of Patroclus. At the awards ceremony, Achilles approaches Nestor, a spectator, and states: "Here, venerable prince, you shall have something too; let it be a treasure for you in memory of the burying of Patroclus. For you will see him no more in this world. I give you this prize for nothing; you will not box for it, or wrestle, or cast a javelin, or run a race. Already the years are heavy upon you."

Nestor receives it with pleasure and responds: "Aye, aye, my boy, that's true enough. My joints are not what they were, my dear boy, nor my feet; my hands do not shoot out from my

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, Alcinoo, who is hosting Odysseus, suggests that they go out and try their luck at games and sports, "that our guest 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 Alcinoo, 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 dufer 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 "athletics" and do not really fall within the realm of this article.

But not all sports in 18th century England were in the powderpuff 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-years old, Broughton nevertheless neglected to train for the 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 sadly 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-



Donald Dinnie, a competitor until age 63.

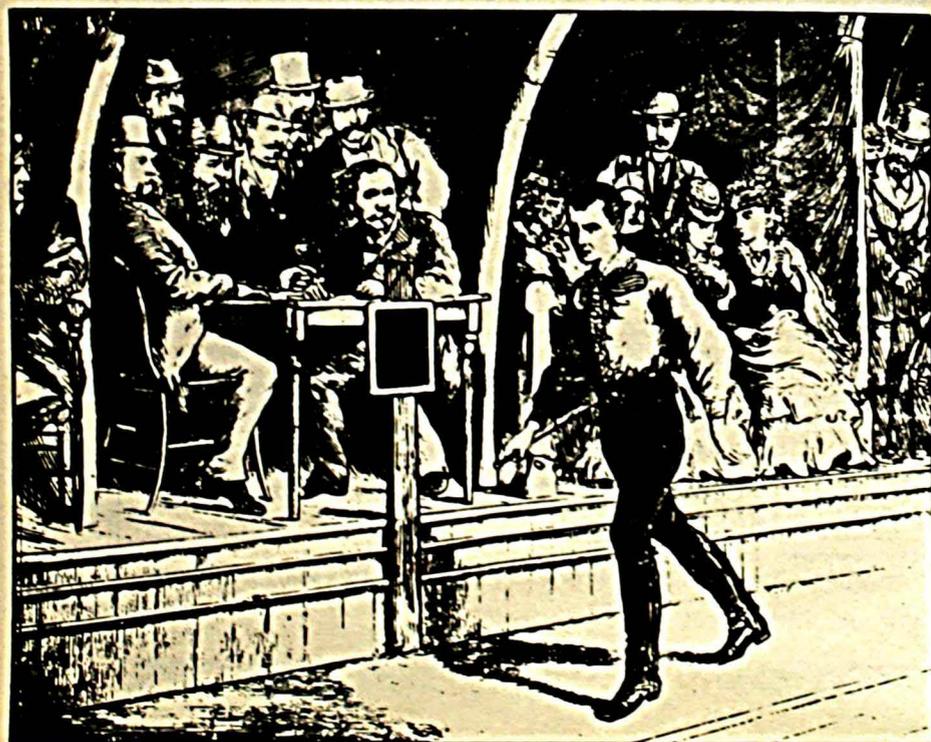
old Jim Corbett on September 7, 1882. "Gentlemen," Sullivan said after the fight, "it's the old, old story, an old man going against a young fellow. I should have known better."

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 Peloponnese 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 5000 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. □



Edward Payson Weston is shown here in a six-day go-as-you-please race.

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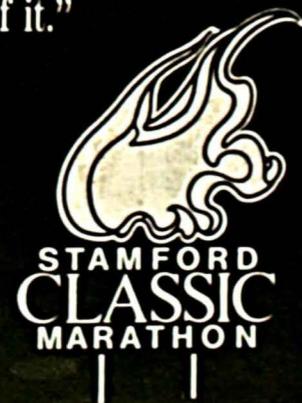
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Phil Raschker

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 Gwilym 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 com-



Phil Raschker

petition. "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."

But as 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, what Raschker calls "reading my body."

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. Unfortunately, she recalls, she started swimming in the winter and had to walk a half-hour home each night with a towel around her wet hair. "We didn't know about hair dryers," she comments wryly.

Thus, in 1959, she turned to track and field and a lifetime dedication to one sport. As a youngster and teenager, Raschker always placed near the top in Hamburg and national meets. But it is that same refusal to punish her body that now serves her so well that prevented her from becoming a champion. "I was not on the West Germany national team, because I didn't want to work out everyday," she says candidly. "I wanted to win without training so hard."

In 1967, at age 20, Raschker started the geographical and personal journey that would make her an international winner in women's track and field. It was a wandering journey, marked by several frustrating side trips. But it eventually led to the right place.

Governess in Washington

The journey started in Washington, DC, as governess for a military attache's children, a post she saw in the Hamburg track club newsletter. "I loved to travel," she says, explaining why the position appealed to her. But the job required virtually all of her time. She had to mind the children, cook meals, and cater parties. For four years, she basically stopped running.

In 1970 Raschker moved to Boston. There she was plagued by a problem that she says continues to this day — the lack of popularity for track and field in the U.S. In Boston she joined the Cambridge Sports Union, but, typically, it was centered around road racing.

But when she moved to Rocky Mount, NC, in 1972, there was no track at all. So she took up bicycle racing for two years. "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."

Discovers 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



Phil Raschker, W40, on her way to a 12.1 in the 80mH, Southwest Regional Championships, May 28, New Orleans. Photo from Danny Thiel

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

Continued on page 22

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 standing start (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.

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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 past the time when I normally would be caved in and in bed. I don't know if RACE CAPS and ENDURO CAPS will do the same for others; but, as for me, I can state without hesitation it has been a delightful discovery.

Sincerely yours,
J.S. Poppell

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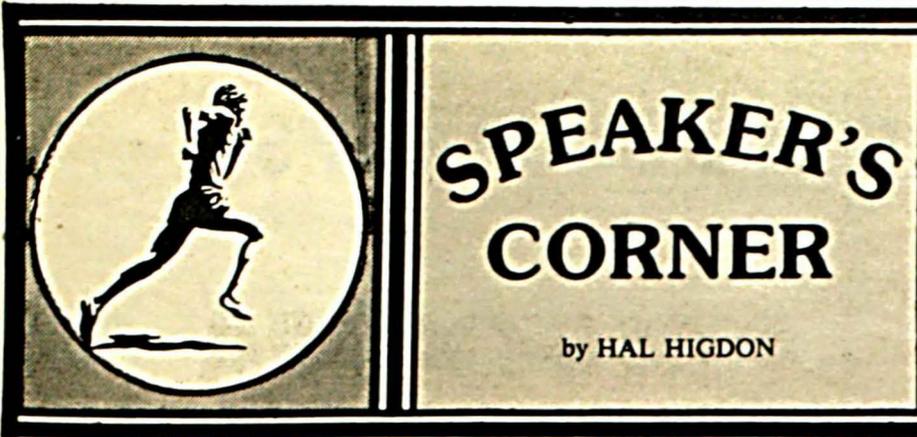
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— Gerald Frank

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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 astrological 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.

Texans 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. □

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. □

I recall once receiving a telephone call from a doctoral candidate from some university in California. He was writing a thesis on fads. He wanted to include the jogging fad. “I don’t consider jogging a fad,” I politely told him. “There are more people doing it this year than last. But the media no longer is interested in reporting it.”

That was 1969.

Jogging reappeared as a Fad again in 1972. Then 1977. Then again in 1981 — or was it 1982? When you link that many Fads that close together, that is when you establish a Trend. I guarantee that before the eighties turn into the nineties, we will begin to see stories headlined, “Jogging is Back.” The reason: all those people who got into shape walking will expand their horizons to include jogging.

Or as Kurt Vonnegut once wrote, “And so forth. And so forth.”

So what’s the next fad/boom/trend? My guess, based on a recent trip to Pittsburgh, is senior sports. On a sunny Saturday in May, I participated in the Vintage Run, a five-miler limited to people over 55. Ninety-nine men and women over that age finished a challenging course that included several steep hills and a lovely loop around a reservoir. The last mile is downhill. Well, people over-55 often are accused of going downhill.

Ninety-nine was a record number of this race in its eighth year, and if I can convince Norm Green, who lives at the other end of Pennsylvania, to return with me next year, we’ll push them over 100. As awards, they gave wall hangings. I usually recirculate trophies won in races; otherwise, they would crowd me out of my basement, but that’s one award I plan to display.

I live near Chicago, which has its

own annual race for people over 55, the Golden Age 10K. I suspect that this type of limited race for age-groupers will become increasingly popular as an alternative to mass races in which seniors often get lost in a swarm of younger, though not always faster, runners.

The year 1989 certainly will be a vintage year for senior sportsmen and women. The Second U.S. National Senior Olympics will return to St. Louis in June. The multiple-sport USNSO limits participation to athletes over 55. In 1987, 2800 competitors appeared, one-third of them age 70. The most popular sport was track and field (including 5K and 10K road races) with swimming second. I was particularly impressed that they needed to run heats in the 65-69 women’s 100 meter dash because of so many entrants.

In August 1989, the world’s fastest men over 40 and women over 35, of course, will travel to Eugene, Oregon for the Eighth World Veterans Games. A record 4817 competitors from 51 countries appeared in Melbourne, Australia in 1987 for the Seventh Games; more are expected next year in Eugene. I’ll be there; hopefully those of you reading this column already have made it a priority date on your calendar.

When media attention begins to focus, next year, on this proliferation of senior sports, I promise that I will tolerate no articles or press releases that begin with the statement, “Now that walking is Out...” □

Hall Higdon recently wrote a booklet on how to start a beginning walking program. To obtain a free copy, send a self-addressed, stamped business envelope to: *Icy Hot’s Foot Steps to Fitness*, P.O. Box 10717; Stamford, CT 06904.

**RANKINGS
CORRECTIONS**

• Mike Hogan's best pole vault in '87 was 16-1 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.



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

Sanctioned by The Athletics Congress
Open To Contestants of All Ages

DATE: September 4, 1988 (Sunday)

PLACE: St. Stephens School for Boys, 1888 St. Stephens 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. Stephens 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. Javelin 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. \$8.00 per relay.

HOUSING: Howard Johnson Motor Inn, Jeff Davis Highway (Route 1), Arlington Va. Near 14th Street Bridge. 5 Miles to St. Stephens. Special race rates. Call (703) 684 7288.

RACE DIRECTOR: Jack McMahon

RACE CO-ORDINATOR: Sal Corrallo.

INFORMATION: Call (703) 243-1298



1987 POTOMAC VALLEY GAMES ENTRY FORM

Print Name _____ Birthday _____

Address _____

City/State _____

Telephone _____

Events:

1. _____ 3. _____
2. _____ 4. _____

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 assignees 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
5412 Marlin St.
Rockville MD. 20853

Make check payable to the Potomac Valley Seniors (\$3.00 per event. \$8.00 per relay team). Post entry allowed but not guaranteed if event is over subscribed.

9:15 AM	5km Run Final (W,M)		
9:45	5KM Walk Final (W,M)		
10:30	400 M Inter Hurdles Final Sections. (W,M)		
10:50	100 M Trials (W,M)		
11:10	800 M Finals Sections (W,M)		
11:30	100 M Semi-Finals (W,M)	10:00 AM	Long Jump (W,M)
11:40	3000 M Steeplechase (W,M)	10:00	Shot Put (W,M)
12:00	100 M Final (W,M)	10:00	Pole Vault (W)
		11:30	Triple Jump (W)
1:05	HH Semi-Finals (W,M)	11:30	Discus (W,M)
1:20	200 M Trials (W,M)	11:30	High Jump (W,M)
1:55	HH Finals (W,M)	1:00 PM	Heater (M)
2:10	400 M Final Sections (W,M)	1:00	Javelin (W,M)
2:30	200 M Finals (W,M)		
2:45	1500 M Finals (W,M)		
3:15	1600 M Relay (W,M)		
3:30	400 M Relay Final Sections (W,M)		



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

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. □

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



It runs in the family! Sisters Dorothy Stotsenberg and Midge Burkhead were first and second in the W65 division of the Century City 5K, Century City, Calif., June 25. Photo by Ed Stotsenberg

MacConagy Sets World Mark

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 of

4:46.5. The 3,000 record of 9:56.0 was held by Bill McChesney. The late Tony Sapienza has a pending time of 9:52.2.

Mike Manley also set an M45 record for the mile with a 4:28.0, which bettered Bill Fitzgerald's 4:29.5.

Tom McDermott threw the hammer 131-4 (40.04) to break the M70 record of 104-1, held by the late Stan Hermann.

In addition, 38 meet records were broken in the meet, which drew 180 competitors, some from as far away as Illinois, New York, and Florida. □

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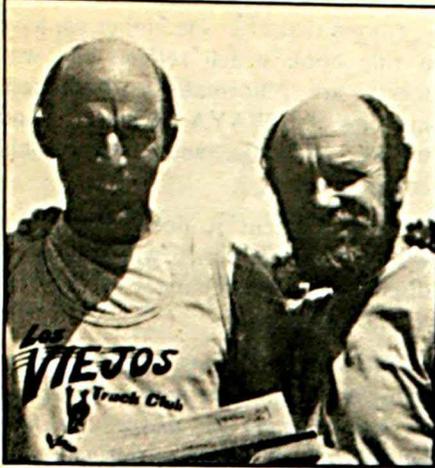
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Bill Forsyth (l) helped Gordon Albury set an age-56 world record of 1934 in the pentathlon, Duke City Masters Games, Albuquerque, June 5.

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 LJ 5.13, JT 29.63, 200 25.57, DT 26.59, and 1500 5:57.5. The old mark of 1900 (1985 tables) was held by Matti Jarvinen 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. □

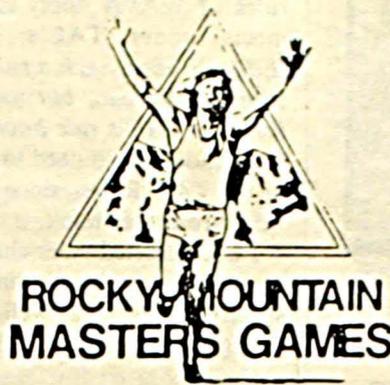
Five Years Ago

•World Veterans Games threatened as Puerto Rico's governor demands South Africans 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 Gonzales, 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.

ROCKY MOUNTAIN MASTERS GAMES



SPONSORED BY: THE DENVER TRACK CLUB
DATE: Sept. 3 Sept. 4
SITE: U of COLORADO, POTTS FIELD BOULDER, COLORADO.
HOTEL: Headquarters for Denver Track Club is the Clarion Hotel, 1345 28th Street, Boulder, Co. 80302, (303)443-3850. \$54.00/night or 1/2 double for \$27.00/night. Call for reservations.
FACILITIES: Chevron 440, 400m, electronic timing
TEAMS: Any athlete registered with Montana, Wyoming, Colorado, or New Mexico TACs is on the ROCKY MOUNTAIN team. Anyone west of these four states is on the WEST team, anyone east on the EAST team.
AGE GROUPS: 5 year age groups - men and women 30 and over day competition.
AWARDS: First 6 places in each event receive medals. A maximum of 3 medals will be awarded to any entrant. Additional medals won may be purchased for \$3.00 at the end of the meet.

SCORING: Scoring will be 8-5-4-3-2-1 for each event including 5K, walk, pentathlons. The team with most points will have its name inscribed on the ROCKY MOUNTAIN GAMES TROPHY. The club from that team scoring the most points will decide the location until the next years meet.
RULES: Standard TAC Masters rules except weight implements which will use old implements when new metric not available.
REGISTRATION: TAC registration is required and will be available at the meet (\$7.00 age 18 and under, \$10.00 age 19 and above).
ENTRY FEE: \$6.00 first event, \$4.00 each additional event. \$21.00 unlimited events not to include the pentathlons. PENTATHLONS \$7.00.
ENTRY DEADLINE: To guarantee participation, entries must be received on or before September 2, 1987. Late entries may be allowed to participate at the meet Directors discretion.
INQUIRIES: JIM WEED: 11672 East 2nd Ave., Aurora, CO 80010, (303) 341-2980
 STEVE KAEUTER: (303) 388 8180
 JERRY DONLEY: 1715 Alamo, Colorado Springs, CO. 80907 (303) 635-1264

ROCKY MOUNTAIN MASTERS GAMES 1988

(Please Print)

NAME: _____ PHONE: (____) _____
 ADDRESS: _____ STATE: _____ ZIP: _____
 AGE: _____ SEX: _____ DATE OF BIRTH: _____ 1987 TAC # _____
 CLUB AFFILIATION: _____

In order to compete in the ROCKY MOUNTAIN MASTERS GAMES, I do for myself my heirs and administrators waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me or my heirs against the Colorado Athletic Congress, the sponsors and the officers and agents thereof. I certify I am in good physical condition and recognize that this meet will be held at High Altitude (6000 ft.) and that the weather conditions can vary from extreme heat to cold in short periods of time.

DATE: _____ SIGN: _____

PLEASE CHECK IN THE SPACE PROVIDED TO THE RIGHT OF EACH EVENT, THOSE EVENTS YOU WISH TO ENTER. ALSO PLEASE ENTER YOUR BEST TIME, DISTANCE OR HEIGHT FOR ALL EVENTS YOU HAVE COMPETED IN OVER THE PAST TWO YEARS. THIS WILL HELP MEET DIRECTORS SEED MULTI HEATED EVENTS AND MAY BE HELPFUL TO TEAM CAPTAINS IN PUTTING STRENGTH IN VARIOUS EVENTS AND RELAYS.

LATE ENTRIES AND CHANGES: EVENTS MAY BE ADDED OR SUBTRACTED ON SATURDAY NITE AT THE HOSPITALITY ROOM WHERE OPEN LANES ARE AVAILABLE. NONE ON SUNDAY.

TIME	HIT/DIST
50m	H.J.
100m	P.V.
200m	L.J.
400m	T.J.
800m	S.P.
1500m	DIS.
5000m	JAV.
110mH	Hammer
400mH	PENTATHLON
4x100 Relay	WEIGHT PENT.
4x100 Relay	Predict Time Mile

5K on Track _____
 RACE WALK _____

SCHEDULE OF EVENTS

Saturday, Sept. 3	Sunday, Sept. 4
10:00 am Race Walk	9:00 am 110mH
10:45 am 5K on track	P.V. 9'6"HT
11:00 am Pent.L.J.	H.J. 5'0"HT
11:30 am Pent.Jav.	S.P. 50yrs+Wt.Pent
12:00 pm Wt.Pent.Jav.	9:45 am 100mTrials
12:30 pm Pent. 200	10:00 am L.J. (2pits)
1:00 pm Pent.Dis.	10:45 am 800m
2:00 pm Open Jav.	S.P. 30-49 Wt.Pent
2:30 pm Wt.Pent.Hammer	11:15 am 50m
4:00 pm Open Hammer	11:45 am Predict Time Mile
	P.V. 5'0" H.J. Low HT
	12:00 pm 200m Finals
	2:00 pm T.J. Open Discus
	35/25 Ht. & Wt. Pent
	2:15 pm 400 IMH
	2:45 pm 400m Finals
	3:30 pm 4x100m relay
	4:00 pm 1500m
	4:30 pm 4x400m relay

Please send your entry form signed waiver and check payable to "DENVER TRACK CLUB" to Steve Kaeuper, 2263 Krameria, Denver, Co. 80207.

Pent on Wt Pent	\$ 7.00
First Event	\$ 6.00
No. of additional events entered _____ x \$4.00 = \$ _____	
(If over \$15.00, enter only \$15.00)	
Additional Events	\$ _____
TOTAL	\$ _____

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



**MASTERS
TRACK & FIELD
REPORT**

by GRAEME SHIRLEY,
TAC Masters T&F Rules Coordinator

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
 - e. an officer of a national member organization
5. Mail to the Rules Chairman, Heliodoro Rico, 89 Lexington Drive, Croton-on-Hudson, New York 10520.
6. Mail a copy to me (see address on page 2).

TAC will act on rule 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 athletics.

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 en-

force 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 Outdoor Pentathlon Championships will be included in the 1989 TAC National 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 pen-

tathlon 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 through quad occupancy, including 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 from 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 at 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. Awards for the 1987 masters T&F 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 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 13-city 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 40-and-over mile record of 4:16.5, 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. □



Decathlon champ Phil Mulkey (M-55) of the Atlanta Track Club has one of the fastest times in the world this season in both the high and intermediate hurdles (14.58 & 46.29). Additional marks of 5'2" HJ, 12'7" PV, 18'2" LJ, 37'0" TJ, 45'4 1/2" SP, 137'1" DT, and 133'8" JT make him a possible medal contender in those events at the Nationals in Orlando.

Entrants Up For Tennessee Meet

from DEAN A. WATERS

The Tennessee/TAC Masters Track and Field Championships held June 17-18 at the University of Tennessee in Knoxville drew 176 participants, up 10% from last year, from 20 states, with about half coming from Tennessee, an increase of 25% from last year.

Highlights of the meet were outstanding times in the 100 hurdles by Chuck Miller (M50, 13.80) and Buck Bradbury (M60, 16.12). Miller's time for the recently-adopted WAVA specified distance will be submitted as an age-group world record, while Bradbury's time will be submitted as an age-61 world record.

Other notable performers included Jerry McCorkle, M30, Thad Bell, M40, and Arling Pitcher, M85, in the 100 and 200; Pete Hallop, M40, in the 5000; Nolan Fowler, M70, in his first

meet since quintuple bypass surgery, in the hammer and 35-lb. weight throw; and Phil Raschker, W40, in just about every event she entered.

The meet went smoothly, thanks to a full complement of 30 TAC officials, trained and certified for the meet by Buck Jones of the University of Tennessee's P.E. Department.

A second race walk was added this year, but the turnout was low. Support for walk events will continue; however, feedback on those events for next year's meet will be appreciated.

Next year's meet will be scheduled for either June 9-10 or 16-17. In order to avoid conflicts in the Southeast Region (this year, meets were scheduled in North Carolina and Florida on the 17-18.), meet directors are asked to contact Dean A. Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743. □



M30 100, Tennessee/TAC Masters Championships, Knoxville, June 17-18, from left: Jerry McCorkle (11.59), Tim Oesch (12.53), Marvin Thomas (13.05), Calvin Saulsberry (12.04), Buddy Sexton (12.71).
Photo from Dean Waters

Miller Leads Federal Way Runners

by JERRY WOJCIK

Bob Miller had the best age-graded performance in the Federal Way Invitational Meet in Federal Way, Wash., on June 17-18.

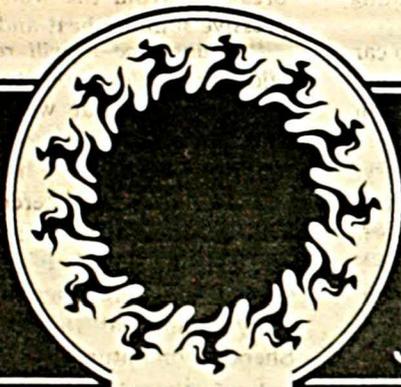
Miller's time of 24.17 in the M50 200 gave him a performance of 93.5%

(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 (44-4¼) 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 (38-¼). □

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.



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LAST YEAR:

- ❖ 1,670 runners participated from 18 states and Canada.
- ❖ Gail Ladage-Scott set a new American Women's Masters Record of 2:37:12 (approval pend.).
- ❖ 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
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THIS YEAR:

- ❖ 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.

FOR 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

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 Stogsdill (1:12:59) and Ardel 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 betters 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, 1:48:09), 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%). □



Mike McDowell (21.8) takes first in the M30 200 while Al Matthews (23.8) and Morris Blueford (24.4) go 1-2 in the M35 division in the Athlete's Foot Masters Meet, Rock Island, Ill., June 12.

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 Sal Vasquez, 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 de-

fend 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). □

NIKE/OTC 25K

and

**TAC NATIONAL MASTERS
25K CHAMPIONSHIPS**

also

SEPTEMBER 11, 1988 EUGENE, OREGON 8:00 a.m.

Pre-registration through September 7: \$7.00

Late registration: \$10.00

National Masters Championship awards, three-places deep, in 5-year age divisions from 40-44 through 90 plus.

New course; TAC-certified; paved; along banks of river. Start and finish in Alton-Baker Park.

Name _____ TAC No. _____

Address _____ Age _____ Sex _____

City _____ State _____ Zip _____

Phone _____ Date of Birth _____

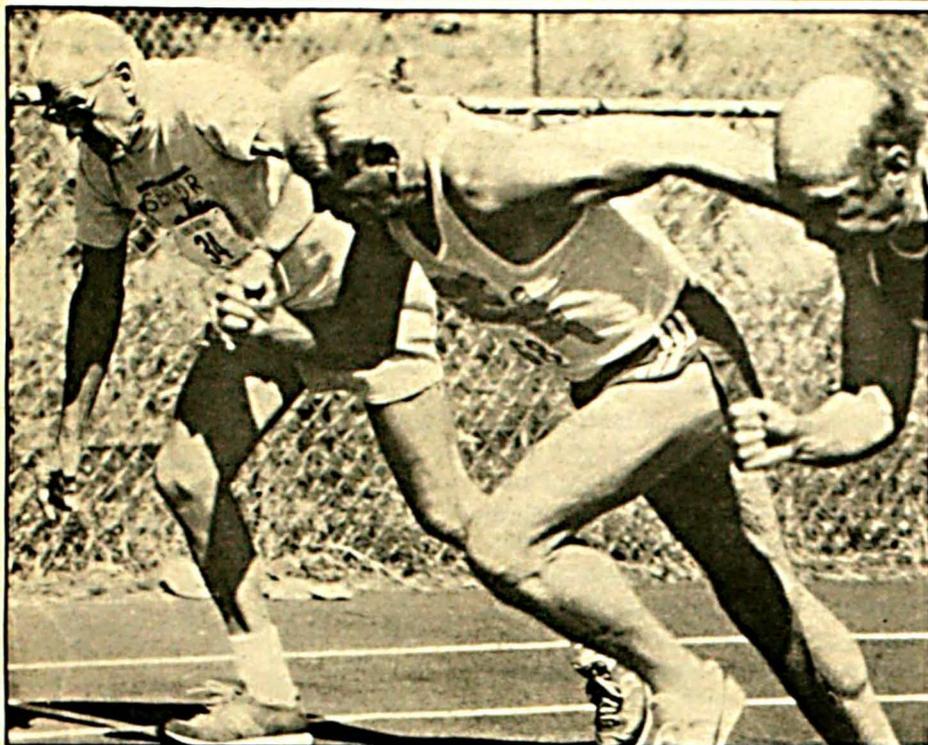
Club affiliation _____

Make checks payable to: Oregon TC, PO Box 10412, Eugene OR 97440

In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against The Athletics Congress, the Oregon Track Club, all other race sponsors or their officers or agents, for any damages which may be suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

DATE _____ RUNNER'S SIGNATURE _____





L. Holmquist, Payton Jordan and John Satti take off in the 100 at the PAC/TAC Championships, Los Gatos, Calif., June 11. Jordan won the M70 in 13.18. Holmquist took second in the M75 (to Harry Koppel) in 18.27.
Photo by Huel Washington

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

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Sports



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ATHLETICS IN THE WORLD CORPORATE GAMES

COMPETITION DATES:

October 23 - 29, 1988
November 5 - Marathon

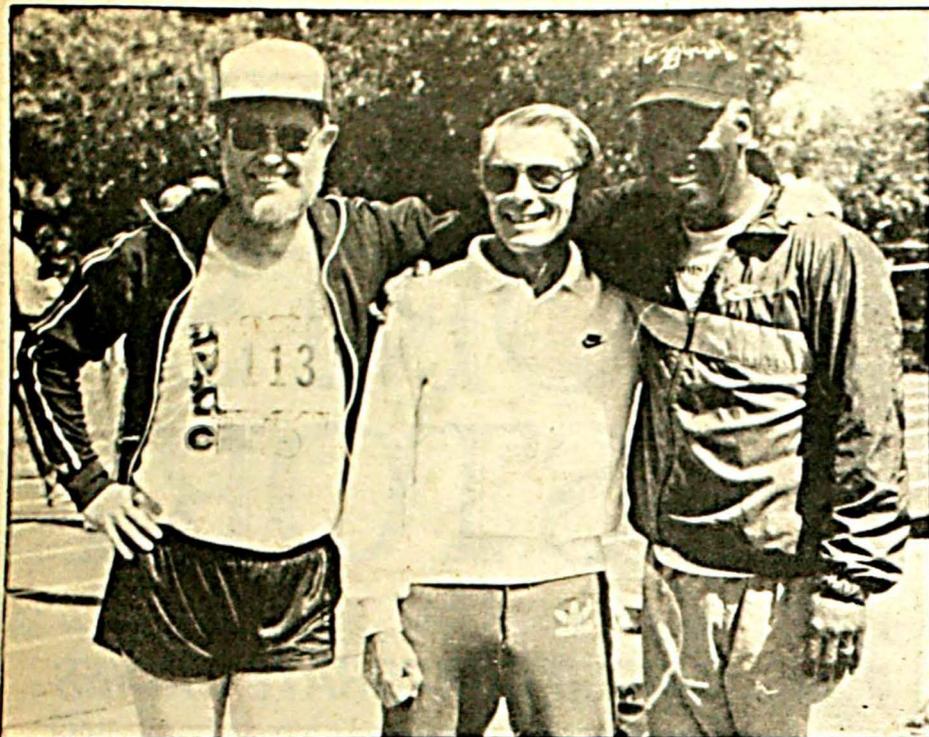
Venues:

Track—Edwards Track, U of Cal, Berkeley
Marathon—San Francisco and Ocean Front

Competition Classes: Open, Decade: 30-39, 40-49, 50-59, 60+

Events:

Individual—100m, 200m, 400m, 800m, 1500m, 5K, 10K, Marathon, Half Marathon Women & Men
Team—Two Member: 800m Relay (2x800); 1500m Relay (2x1500) Women, Men & Mixed
Four Member—Sprint Medley Relay (2x200, 2x400); Distance Medley Relay (400, 800, 1200, 1600) Women, Men & Mixed
Corporate Marathon and Half Marathon Women & Men
Five Member—Classic Medley Relay (100, 200, 400, 800, 1000); All Decades Relay (200, 400, 800, 400, 200) Mixed
Each event except for All Decades Relay is scheduled for all Competition Classes.



Posing together at the PAC/TAC Championships, Los Gatos, Calif., June 11 are Carl Orndoff (first in M60 high jump, 4-5), Bob Roemer (first M60 in long jump, 14-7) and Huel Washington (third in M55 100, 13.4).

200 Enter San Diego T&F Championships

by LOLITIA BACHE

Over 200 competitors from all over the western part of the U.S. 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) again 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 single-age performance standards developed by Charles Phillips, Pete Mundle and Al Sheahen. 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 Whitley, 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 9-0 for 93.0%.

The M50 100 hurdle 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 Sheahen. 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.)

River City Meet Heats Up in Sacramento

from MICHAEL T. HOLZGANG

The 1988 River City Invitational in Sacramento on July 2 was a hot one — 106° according to the weatherman but easily 110° on the track. The meet director also took some heat when he got caught twice trying to expedite the meet by holding an event before the announced time. Figuring that if all entrants were present and ready, he hoped to get the events over sooner to get them out of the heat. Apologies and a promise to hold next year's meet in the evening, under the lights if need be, kept the meet at its otherwise high level.

Notable performances:

— Adrian Rogers defeating a large, good field in the M35 100 (11.0) and winning the 400 (48.6).

— Pete Richardson's 2:09.7 in the M50 800.

— Fred Johnston's 15.8 in the M40 110H.

— Roger Trujillo, M35, winning the 50y (5.9), high jump (5-0), long jump (20-4½), and triple jump (42-0).

— Pat Frei, W40, 5:42.0 in the 1500. 1500.

— Jim York, M75, 30-10 with the 25-lb. weight. □

WORLD SENIOR GAMES

St. George, Utah
October 10-22, 1988

October 18

10K Road Race (Grallon: home of Butch Cassidy and the Sundance Kid) 5K Walk Race (Bloomington) Track & Field: 400M, 1500M and long jump

October 19

5K Road Race (Snow Canyon) Track & Field: 100M, 800M and shot put Track & Field: 100M, 400M, 800M, 1500M and high jump

Other Sports Featured: Basketball, Black Powder Shooting, Bowling, Cycling, Golf, Horseshoes, Softball, Swimming and Tennis

Age Divisions for all sports: 50-54, 55-59, 60-64, 65-70, 70-75 and 75+ (above events are TAC sanctioned and race courses certified)

OFFICIAL REGISTRATION FORM

Entry Deadline: September 26, 1988

Name _____ Phone: (H) _____ (O) _____
 Address _____
 City and State _____ ZIP _____
 Date of Birth _____ Age _____ Male _____ Female _____
 day/month/year (as of 12-31-88)
 Participating Sport _____ Additional Sport _____
 Companion(s) _____
 Registration Entry Fee \$25 \$ _____
 Additional Sport Fee 10 _____
 Companion Fee 15 _____
 TOTAL ENCLOSED \$ _____

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 any and all actions, causes of actions, 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.

Date _____ Signature _____

Shirt Size:

Men's:

medium ___ large ___ X-large ___ XX-large ___

Women's:

medium ___ large ___ X-large ___

Top Age-Graded Performances			
Rating	Name	Age	Event
98.1%	Jack Greenwood	62	100mH
97.0%	Jack Greenwood	62	300mH
97.0%	Bill Morales	71	JT
96.3%	Stan Whitley	42	200m
94.9%	George Cohen	48	800m
94.5%	Stan Whitley	42	400m
93.9%	Nick Newton	54	200m
93.1%	Robert Hunt	68	300mH
93.1%	Lorna Marie Boothe	33	100m
93.0%	Carol Johnston	76	PV
93.0%	Charlie Miller	50	100mH
92.5%	Jack Greenwood	62	200m
92.5%	Herbert Miller	72	80mH
92.0%	James King	39	400mH
91.9%	Nick Newton	54	100m
91.9%	Charlie Miller	50	200m
91.7%	Lorna Marie Boothe	33	200m
91.6%	Ed Oleata	51	300mH
91.5%	Don Parker	43	200m
91.4%	Alvin Henry	50	100mH
91.4%	Al Guidet	70	80mH
91.0%	Kevin Morning	32	100m
90.6%	Lorna Marie Boothe	33	100mH
90.4%	David Oropeza	42	800m
90.3%	Graeme Shirley	42	800m
90.1%	Nick Newton	54	HJ

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

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 "needing 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. □



Start of the women's 200 at the PAC/TAC Championships, Los Gatos, Calif., June 11. From left are Fei Mei Chow (first W50, 36.3); Nadine O'Connor (first W45, 28.8); Penny Farster-Gilkey (first W35, 27.2); Cheng-er Mehmedbasich (second W30, 31.7) and B. Post (first W30, 29.4).

Photo by Huel Washington



FIRST ANNUAL SRI CHINMOY MASTERS TRACK AND FIELD — 50 AND OVER ONLY

SATURDAY, SEPTEMBER 24, 1988, UNIVERSITY OF CALIFORNIA, IRVINE

TAC SANCTIONED

DATE:	Saturday, September 24, 1988
LOCATION:	University of California Irvine, Irvine, CA. 92717
DIRECTIONS:	Fwy 405 to Culver Blvd., South to Campus Drive, right on Campus Drive to Bridge Rd., left on Bridge Rd. to parking lot 6 (immed. after bridge)
DIVISION:	10 year age division, women first, and men from oldest to youngest
ENTRY FEE:	First event \$10.00, additional events \$5.00 each, unlimited entries \$20.00, includes multi-colored T-shirt. No refunds.
DEADLINE:	All entries must be postmarked no later than September 15, 1988. Complete entry form information may be phoned in as late as Sunday, September 19, 1988. Late entries add \$1.00.
AWARDS:	Sri Chinmoy Race multi-colored medals to first three men and women in each event and age group. Trophy to overall winner.
REFRESHMENTS:	Water, Exceed and fruit and refreshments throughout day to participants.
MAIL ENTRY TO:	Sri Chinmoy Marathon Team, 1921 S. Sherbourne Dr., Los Angeles, CA. 90034, Telephone (213) 838-4746.

Tentative Schedule of Events

TRACK EVENTS		FIELD EVENTS	
10:00 a.m.	500m Race Walk, combined	10:00 a.m.	Hammer
10:45 a.m.	80m Hurdles	10:00 a.m.	Shot Put
11:00 a.m.	100m Hurdles	10:30 a.m.	Javelin
11:15 a.m.	110m Hurdles	12:00 noon	Discus
11:45 a.m.	1500m Run, combined	1:00 p.m.	High Jump
12:15 p.m.	100m Run	1:15 p.m.	Pole Vault
12:45 p.m.	Break	2:00 p.m.	Long Jump
1:15 p.m.	400m Run	2:30 p.m.	Triple Jump
2:00 p.m.	3000m Run, combined		
2:45 p.m.	200m Run		

OFFICIAL ENTRY FORM (Please Print)

NAME: (Last) _____ (First) _____
 ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____
 SEX: F ___ M ___ DATE OF BIRTH: _____ AGE: _____ TAC #: (opt.) _____
 T-SHIRT SIZE: S ___ M ___ L ___ Ex-L ___ AMOUNT ENCLOSED: \$ _____ # OF EVENTS: _____
 MAIL TO: SRI CHINMOY MARATHON TEAM, 1921 S. Sherbourne Dr., Los Angeles, CA. 90034
 Tel.: (213) 838-4746

ATHLETE'S WAIVER: I hereby waive all rights that I or my heirs or assigns may have against UC Irvine, SMT and anybody associated with this event arising from any injury, illness or accident that I may sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.

Signature _____ Date _____

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

Blair Sets Hammer Record**36 Meet Records Set in Waltham**

from JIM DOLAN

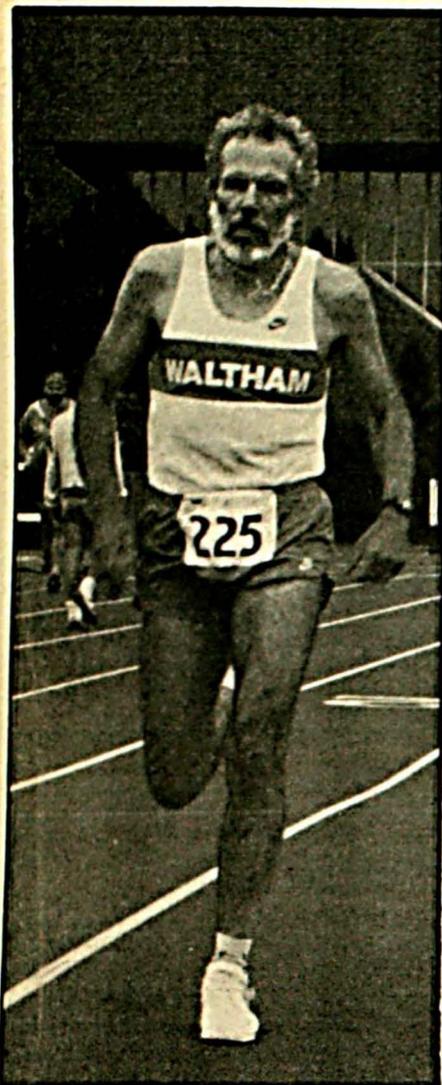
The 7th Annual Waltham Masters Track and Field Meet, sponsored by Bay Colony Properties and Diet Pepsi and hosted by the Waltham TC, was held June 25 at MIT.

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. Joan 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). □



Stoddard Melhado, runs 9:33 for second-place in the M40 3000 at the Waltham Track Club Masters Meet, June 25.

Photo by Suzette Hall

**Holland, Stiegelmeier Set Records****104° Heat for Cleveland Track Classic**

by JEFF GERSON, Meet Director

Despite 104° temperatures and 30 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 Candian 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 (19-5½), 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+; and Cassandra Clark, W30+, of Atoms Masters.

There were 394 entrants from 19 states and Canada. □

Palmason Has Best Age-Graded Time**Hearn Bests Filutze in the L'eggs Mini**

by JERRY WOJCIK

Angella Hearn, 42, of New York City won the masters section of the L'eggs Mini Marathon in NYC's Central Park on June 4 by out-running TAC's W40-44 runner of the year for the past two years, Barbara Filutze, 41, of Erie, Pa., and a tough 40-49 field.

Hearn, of the Atalanta-NY club, finished in 36:08 for 33rd overall. Filutze ran 36:46 for 39th, and Hearn's twin sister, Christine Hearn Grenning, also of the Atalanta team, finished third master and 46th in 37:00. The first 11 masters were under 40:00.

While Hearn won the race, Diane Palmason, 50, of Ottawa, Canada, the winner of the 50-59 division in 38:57, had the best 40-and-over performance. Her time, divided by the W50-54 time

standard of 34:29, after converting both to seconds, resulted in a performance percentage of 88.5%. Hearn's performance percentage (based on the W40-44 time standard of 31:47) is slightly lower at 88.0%.

The 60-69 division race was won by Aslaug Tomas (61, 51:37), and the 70+ by Harriet Kaufmann (70, 1:00:06).

The winner overall was Norway's Ingrid Kristiansen (32, 31:31).

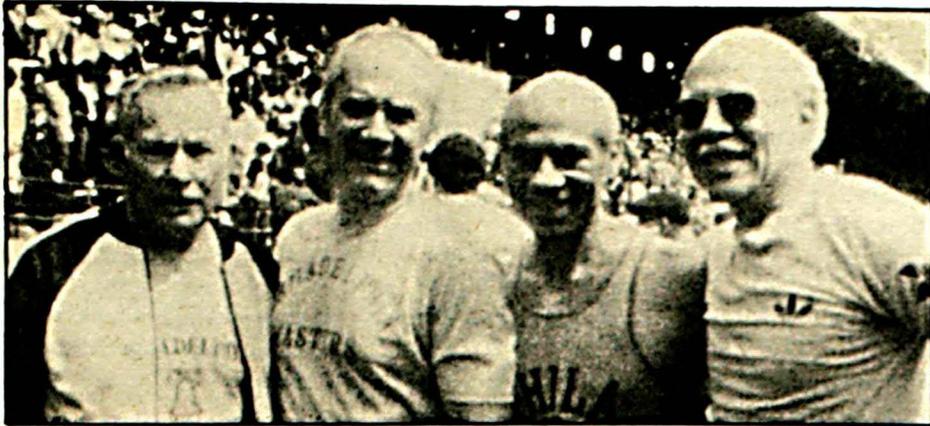
The 6150 runners who finished the event, which was sponsored by L'eggs Products and conducted by the New York RRC, represented 41 states and 13 foreign countries. The race was run under cloudy skies in 55° and 83% humidity. □

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Don Harris, 65, who died in June, is pictured here with the Philadelphia Masters M60-64 4x400 relay team at the 1986 Penn Relays, from left: Walker Pierson, Robert Parsons, Don and Oscar Harris, Don's younger brother.

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.

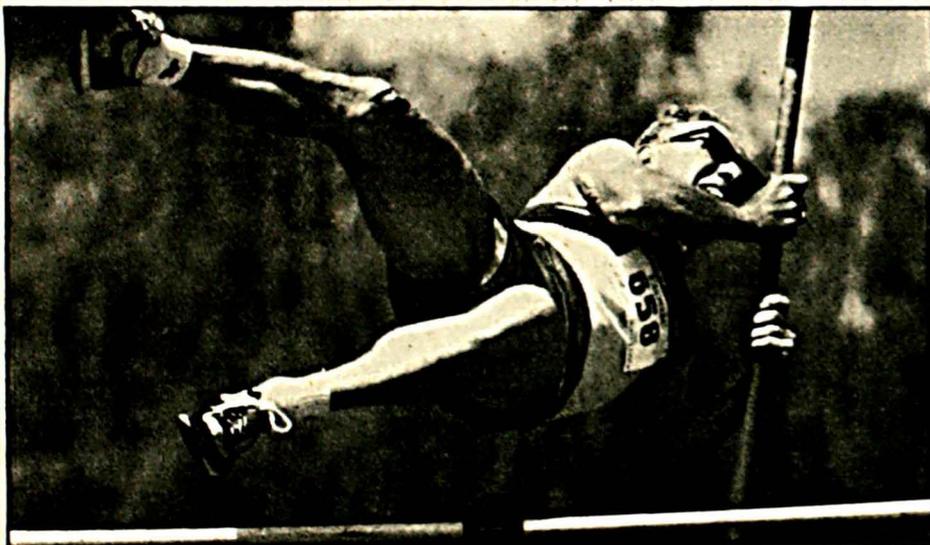
Don's first indication that "something" was wrong occurred in February 1987, while he was running the 600 in the New Jersey Indoor Championships — a shortness of breath during the last lap. He had a cardiogram the next day; nothing was abnormal.

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.



George Rajcevic vaults 7-0 to win the M65 division at the Athlete's Foot Masters Meet, Rock Island, Ill., June 12.

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 (13.2) and long jump (16-4).

Twenty-six walkers participated in the 1500 and 3000 walks, in which Bob Padilla, M40, 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 W40 times of 14.9 in the 100 and 32.3 in the 200, and an All-American javelin throw of 94-1.

**SATURDAY
AUGUST 27, 1988
NEW STARTING TIMES**

8:00 a.m.
10 Mile Race

9:30 a.m.
8K Run

10:30 a.m.
5K Walk

11:30 a.m.
Teddy Bear Trot

The Road Races & Family Walk

Logo Design Brian Kaldahl

In Support of Michigan Special Olympics

Chosen as a 1988 "City Celebration Race" by Running Times

Hosted by — City of Flint, Michigan

Special Thanks to:

OFFICIAL 1988 CRIM ENTRY FORM
(Check One)

Event: 10 Mile 8K 5K Walk (3.1 Miles)
Teddy Bear Trot — 1/4 Mile for children 4 to 10 years of age.

FOR OFFICIAL USE ONLY

--	--

1 LAST NAME FIRST NAME MIDDLE INITIAL

2 ADDRESS

3 CITY STATE ZIP

4 PROVIDENCE COUNTRY

5 TELEPHONE NUMBER

6 FOR WHEELERS ONLY:
 Paraplegic Quadriplegic

7 SEX T-SHIRT SIZE
M F S M L XL

8 Teddy Bear Trot T-Shirt Sizes
 6-8 10-12 14-16 18-20

9 UAW members identify local

10 Predicted time

11 Entry fees for 10 Miler and 8K Races: \$12.00 pre-race entry. Deadline August 15. \$15.00 after deadline. 12 and under \$9.00. If you are an early entry your name will appear in official Crim Race Day Booklet.

12 Entry fee for 5K Walk & Teddy Bear Trot — \$6.00 early, \$8.00 late

*MAKE CHECKS PAYABLE TO: Crim Road Race, Inc. (U.S. Currency Only) and mail to: P.O. Box 981, Flint, MI 48501

13 I hereby acknowledge the rules involved in this event and affirm that I am physically fit and sufficiently trained to participate in this event.

14 Parent or Guardian must sign if athlete is under the age of 18

INFORMATION FOR ALL 1988 CRIM RACES

12th ANNUAL CRIM 10 MILER
Start: Behind Mott Community College at the corner of Kearsley Park and Robert T. Longway Blvd.
Finish: Downtown Flint — Saginaw St. at Second St.
Start Time!! New! 7:45 a.m. Wheelers
8:00 a.m. Crim 10 Mile!!

2nd ANNUAL CRIM 8K RACE
New Start!! Saginaw Street Bridge at Hyatt Regency Hotel in Downtown Flint.
Finish: Famous Crim Downtown Finish on red bricks at Saginaw St. & Second St.
New Time!! 9:30 a.m. — Course Re-vamped!!

NEW CRIM FAMILY 5K WALK (3.1 miles)
Start: Saginaw Street Bridge at Hyatt Regency Hotel, in downtown Flint.
Finish: Down the red bricks thru Crim Finish at Saginaw St. & Second St.
Time: 10:30 a.m.

NEW CRIM 1/4 MILE TEDDY BEAR TROT
For children 4 to 10 years of age.
Start: At Saginaw St. & Fifth St. in front of Flint City Hall
Finish: Down the red bricks and thru the famous Crim finish line — Saginaw St. & Second St.
Time: 11:30 a.m.

FOR INFORMATION CALL: CRIM ROAD RACE OFFICE (313) 235-3396
Registration Office Open: July 9th (313) 762-3372 — Xerox Copies are Acceptable

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 she also feels 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 racers, a track athlete can't go out any 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 the sport is not popular in the US, sponsorship is hard to come by. Before going to Melbourne she wrote to numerous corporations; she received some support from Chick-Fil-A and Sports Town, in addition to the support she received as a member of the Atlanta Track Club.

The importance of running for one's own satisfaction is another Raschker principle. She was happy with her Melbourne performance, but lost the 400 hurdles due to a stronger-than-anticipated field and a lack of stamina. Returning from Melbourne via Hawaii, she saw American acquaintances at TAC's convention there. "People would come up to me and the first thing they'd say was 'I hear you lost the hurdles.' You come home with four gold medals and people act disappointed. It's like you let them down." This incident makes her turn philosophical: "Winning doesn't matter for long."

Uses Videotapes

Raschker uses videotapes to analyze her stride. She's found that "I wasn't really aware of some of the things I did when I increased my pace." Analysis has also improved her 300 workout times. She thought she was doing them well, then, using a new watch to time each 100 segment separately, "I found I was loafing the curve. It's amazing what these little gadgets can do for you."

Not every profession can suit one who likes to train when the spirit moves her. Luckily for Phil Raschker, she is her own boss, with an accountancy practice which she operates from her home. Her clients, mostly retail stores, are both understanding and supportive of her endeavors — a necessity when you have to go out of the country for three weeks to compete.

Achilles Problems

Raschker sees only one major obstacle to her athletic goals; that is the aftermath of the '85 knee surgery. Since then, she has had Achilles tendon

problems, which she attributed to having unconsciously altered her running style to compensate for muscle weakness following the operation. The pain is "rather excruciating" when she takes the sprinter's crouch. It is in her left leg, upon which she depends for spring in the triple and high jumps, and which is her push-off leg from the starting blocks.

"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 one 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 cortisone shots, Raschker turned to acupuncture, which she feels is helping. "I thought maybe I'd have to quit this year. But the acupuncture 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 that will be." □

Reprinted from the Atlanta Track Club Wingfoot.

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 (36, 24.15) and Dortie Moore (37, 24.17).

- Mike Boudreaux, 49, nipped several younger masters in a very competitive 400 and won in 57.8.

- John Boots, 69, several-time 1500 national champion, won his specialty in the 60+ division in 5:51 and the 800 easily in 2:46.

- Lawrence Williams, 47, in the pack all the way, managed to edge several younger runners and won the 40-49 800 with a 2:23.

- Alonzo Jones, 47, running with a younger group, didn't let them get away, edging most of them with a fine 25.2 200. □

Masters Show Talents in Buffalo Meet

The Buffalo Belles and Brawn T&F Club Meet, which also served as the Niagara TAC Championships, in Tonawanda, N.Y., June 11, featured more than a few versatile 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).

- Kathy 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 won them all.

- Andrew Thompson, M65, was first in the three sprints, the high and intermediate hurdles, and the discus.

- Max Pickl, M70, won the 100, both hurdle races, both flat jumps, and took third in three throwing events. □



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for the

Parkersburg Homecoming Half-Marathon

August 20, 1988

\$15,000 Total Prize Purse

Top Male & Female	\$2,000
Top Masters Male & Female	\$500
Top Wheelchair Male & Female	\$500

TAC-Certified Course Records:

Overall

1:06:09 Jon Sinclair, 1987

1:15:27 Kelley Cathey, 1987

Masters

1:10:54 Antonio Villanueva, 1987

1:36:29 Marg Mlinarcik, 1987





West Virginia

TAC Half-Marathon Championship

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

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

The International Scene

WAVA North American Meet To Be Held in Toronto

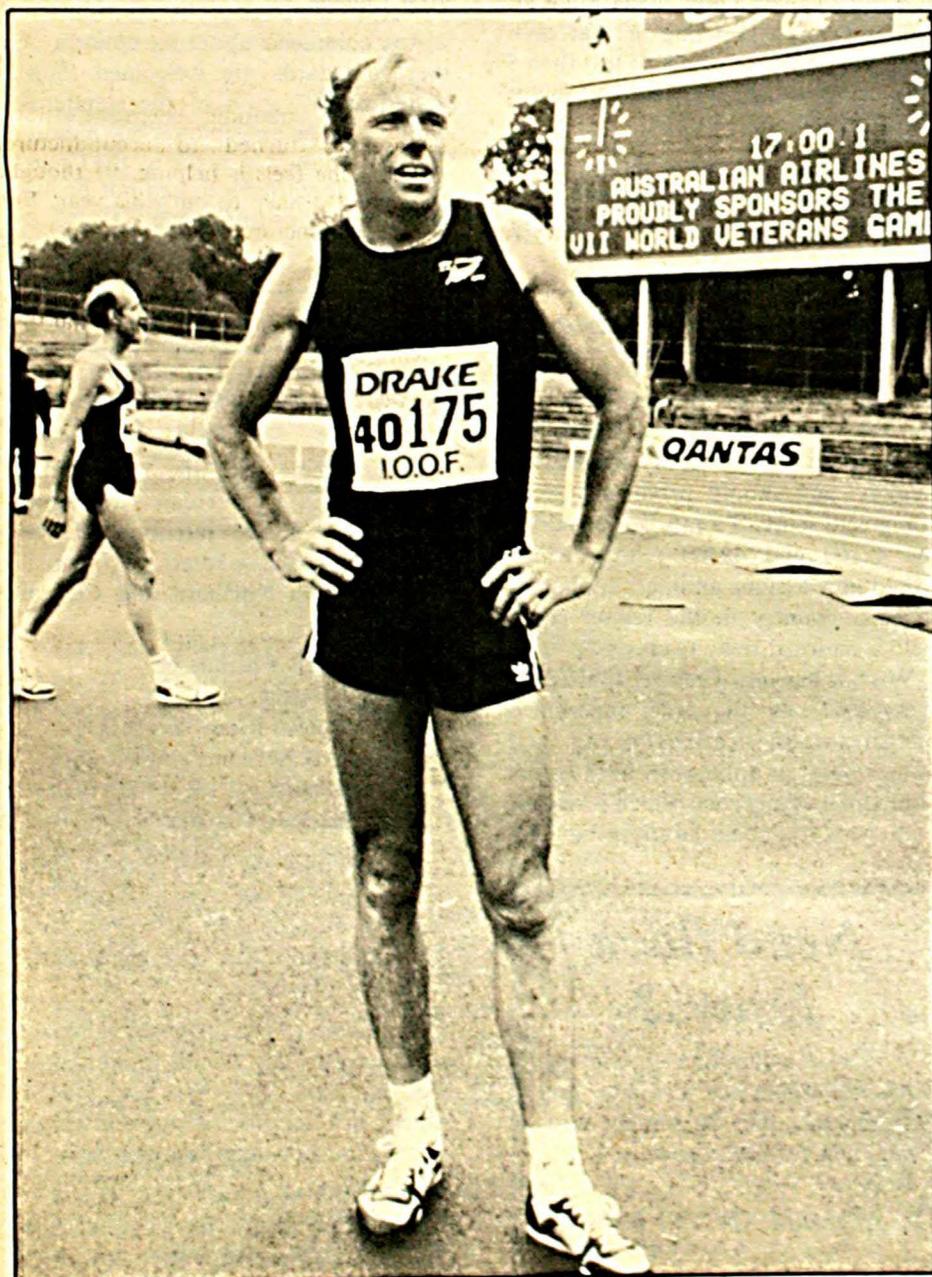
by DAVID H.R. PAIN, WAVA North American Chairman

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



Sometimes overshadowed by his famous younger brother, Rod, New Zealand's John Dixon stepped into the limelight in Melbourne with two strong wins in the tough M40-44 division: 1500 (3:55.91) and 5000 (15:04.75). Photo by Gretchen Snyder

before and after the WAVA T&F Championships open without any international meetings, it being the WAVA council's perception that few master/veteran athletes 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

SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS

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

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

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

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

ORDER OF COMPETITION WILL BE: WOMEN AND MEN - OLD TO YOUNG

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

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

SIGNATURE _____ DATE _____

WAVA North American Masters Track and Field Championships

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

Details are as follows:

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

Metropolitan Toronto Track and Field Centre.

This is a first class international facility.

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

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

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

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

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

INTERNATIONAL CHALLENGE RELAY RACES

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

ENTRIES

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

NORTH AMERICAN CHAMPIONSHIPS
66 FELICITY DRIVE
SCARBOROUGH
ONTARIO
CANADA M1H 1E3

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

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

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

SCHEDULING OF EVENTS

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

ACCOMODATION

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

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

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

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

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

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

The motel is at 66 Norfinch Drive
Downsview

Ontario Canada M3N 1X1

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

For further information, call Don Farquharson
Office (416) 495-4059 Home (416) 282-2555

1988 NORTH AMERICAN CHAMPIONSHIPS

SCHEDULE OF EVENTS:

Saturday August 27th.

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

Sunday August 28th.

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

Mail completed entry to :

North American Championships
66 Felicity Drive
Scarborough
Ontario
Canada M1H 1E3

(N.B. ZIP Code is important.)

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

Name: Last _____ First _____ middle _____

Address: _____
City _____ State _____ Code _____

Telephone: Home _____ Business _____

Birthday: _____ Age on August 27th: _____

Sex: Male Female National membership # _____

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

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

First event \$10.00	_____
Additional events @ \$4.00 each	_____
Day membership @ \$5.00 per day	_____ (unless national memb.)
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 IGAL 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; Ogden dropped back, 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 Blommaerts 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 Blommaerts, Parmentier, Hurd, and Cowles, 50 yards clear of Cunningham, Mielke and Kana. Cowles began to apply pressure at 20K, and only

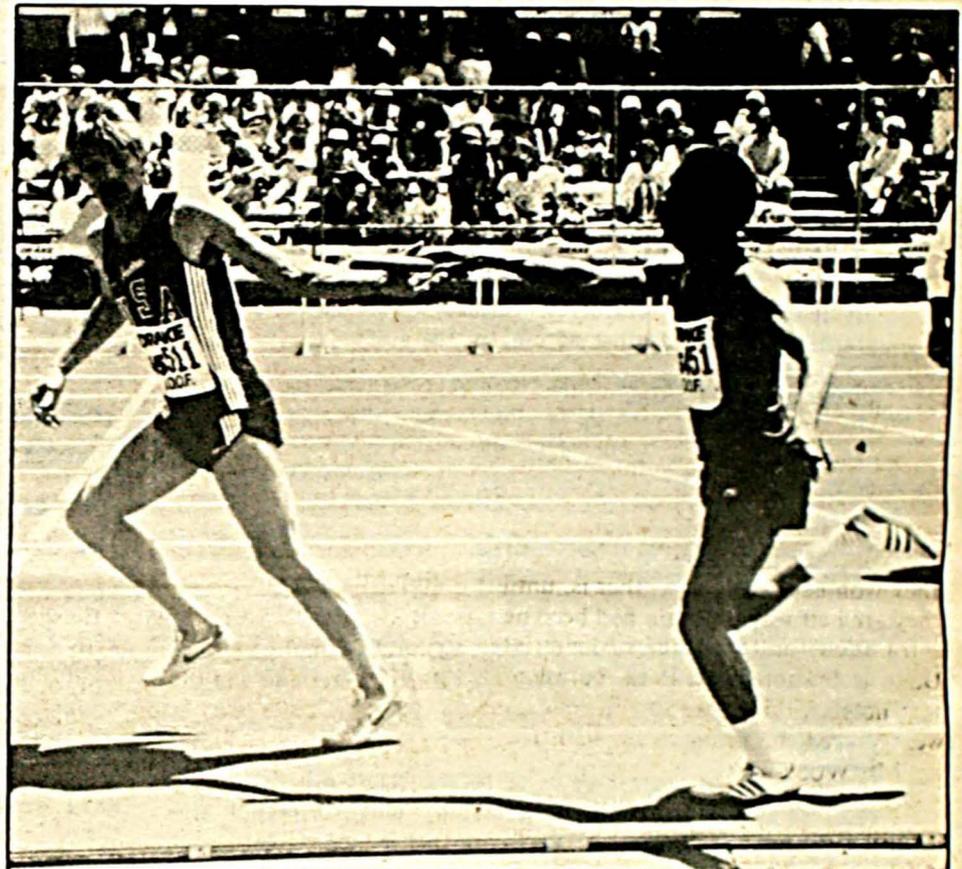
Blommaerts, who was suffering from bruised ribs sustained after being run over by a motor bike early in the week, was able to respond. Parmentier and Hurd were dropped with the latter eventually drifting back to sixth.

Cowles could not shake off Blommaerts, 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. □



Tom O'Hara takes the handoff from Bob Stanford in the M40-44 4x400 relay on closing day in Melbourne. The U.S. finished 3rd in 3:33.70. Photo by Gretchen Snyder

WAVA/TAC Hurdles and Implements Specifications

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

*New IAAF Specifications

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Runners climb Mt. Wood in the Cotton Row 10K Run. Masters winners were Barry Brown (31:57) and Jane Hutchison (38:07). Photo from Buster D. Walker

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 half way 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 Schlauf, 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 put out a 12-second win over Schlauf. 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 untouchable until one looks back from atop Mt. Wood.

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. □



4000 runners begin the Hospital Hill Half-Marathon, Kansas City, MO., June 5. Masters winners were Wes Wessely (1:10:39) and Jane Hutchison (1:21:48).

Wessely Tops Rodgers in Hospital Hill Run

by JERRY MORRISON

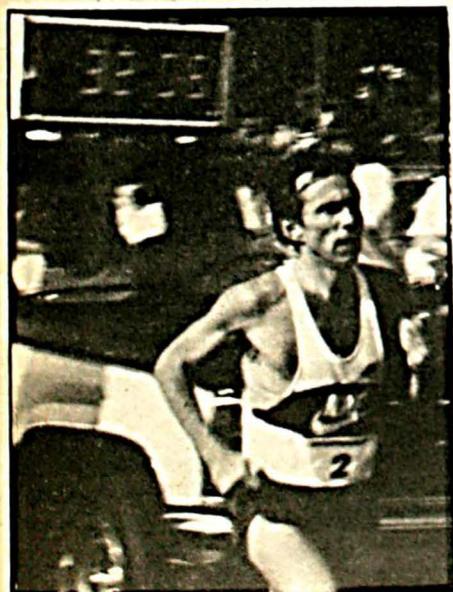
Kansas City, Mo. — It was "visitors day" as 4000 runners, including Kenyans Gabriel Kamau, Richard Kaitany, Sam Rotish and Sam Sironik, plus masters Bill Rodgers and Frank Shorter, lined up for the start of the annual Hospital Hill Half-Marathon and 7.7 Mile run on June 5. Celebrating its fifteenth anniversary 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

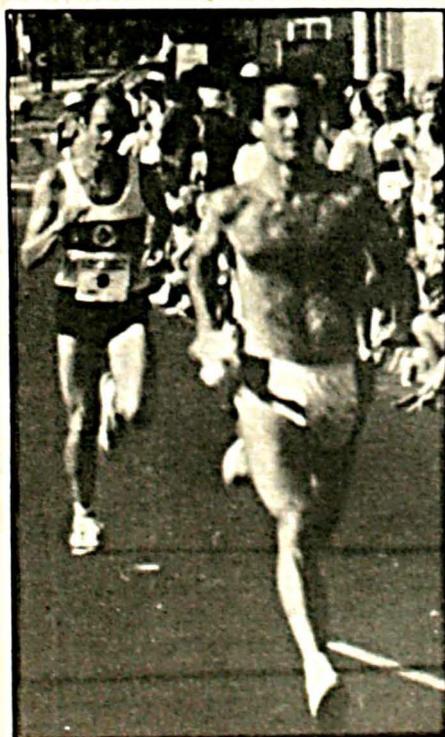
men's masters, but was surprised by Wes Wessely of Linburn, Georgia who finished in 1:10:39. Bill ran a 1:11:25. Chris Chambers of Colorado was third in 1:13:48. Clive Davidson was fourth and broke the 50-54 age group course record with a time of 1:16:09.

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 Hafeman-Freeman was second in 1:33:08, and Polly Roth third in 1:36:45.

Kaitany (1:03:53) and Julie Isporphord (1:15:29) were open winners. □



Bob Schlauf nears the finish of the Cotton Row Run 10K, Huntsville, Ala., May 30. Schlauf finished second master (32:09) to Barry Brown (31:57).



Huntsville's Carl Nicholson (3rd M40, 32:46) out-kicks Atlanta's Wes Wessely (4th M40, 32:47) at the finish of the Cotton Row Run 10K.



The Director's Corner

by DEAN REINKE

Top World Masters Invited to Legends Mile

The letters and phone calls continue to roll in for the ICI/USRA Masters Circuit. 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 \$3200 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 — Legends Mile, Asbury Park 10K, Crim 10 Mile — courtesy of ICI. His first-ever USA appearance should turn some heads.

- Byron Dyce — former Jamaican Olympian has run a 3:52 1500 as a master! Has the 4:00 mile on his mind.

- Dick Quax — newest world class 40-year-old to join masters ranks. Former New Zealand Olympian has sub-4 ability as well.

- Kevin Ryan — turned 40 July 22. Also from New Zealand. If motivated, will run with anyone, despite background primarily as a marathoner.

- Tracy Smith — despite nagging injuries, former 3-mile world record holder is a master to be reckoned with.

- Web Loudat — the New Mexico native is the reigning masters mile champ with his victories last year in Eugene and Millrose this past winter.

- Al Swenson — the bridesmaid to Loudat at both Eugene and Millrose, he is pointing toward the Legends Mile and foregoing the roads.

- Barry Brown — the American masters marathon record holder has the widest range of all of the masters from the mile to the marathon. As a Gainesville resident, Florida is his turf.

- Steve Ferraz — one of the newest "new name" masters, has run under 4:00 for 1500.

- Harry Nolan — the New Jersey miler ran a 3:57.9 1500 this past spring.

- Mike Creery — the 1980 Canadian Olympian has run a 4:21.9 mile and 4:01.4 1500, the latter tying the Canadian masters record.

- Alan Rushmer — of Great Britain, with masters wins at Gasparilla, Crescent City and Steamboat, has strong

leg speed, should be competitive in Orlando.

- Sam Bair — former Kent State star (3:56) and Ryun 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.

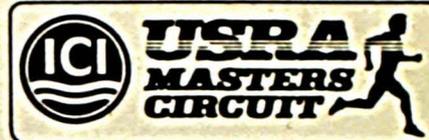
- Bill Stewart — current American M40 1500 record holder from Michigan who is now 43.

- 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 ex-

citing 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 the masters 4-minute mile goes by the wayside in the not too distant future at an ICI/USRA Masters Circuit event — stay tuned! □



United States Running Association Masters Circuit

ICI/USRA MASTERS CIRCUIT POINT STANDINGS

(Includes Azalea Trail Run 10K, Cotton Row 10K, Myrtle Beach Classic 10K, Hospital Hill Half and Utica Boilermaker 15K. Points are awarded for places 1st-10th; 1st=10, 2nd=9, 3rd=8, thru 10th=1. Hospital Hill and Stamford Classic Marathon count 1.5 times.)

Men 40-49

1. Bob Schlaw	40	SC	29
2. Bill Rodgers	40	MA	22½
3. Wes Wessely	40	GA	21
4. Mick Hurd	42	GBR	19
5. Web Loudat	41	NM	16
6. Carl Nicholson	41	AL	15
7. Steve Lester	45	UT	12
7. Chris Chambers	40	CO	12
9. Alan Rushmer	43	GBR	11
10. Barry Brown	43	FL	10

Women 40-49

1. Jane Hutchison	MO	43
2. Anne Mansfield	NC	18
3. Gabriele Anderson	ID	15
4. Maureen Bixby	OK	13½
5. Polly Roth	MO	12
5. Kathy Hardy	LA	12
7. Bobbi Rothman	FL	11
8. Barb Filutze		10
8. Priscilla Welch	GBR	10
10. Harolene Walters	CA	9

Men 50-59

1. William Johnstod	UT	30	
2. Jim Larson	FL	18	
3. Clyde Davison	KS	15	
4. Gerald Glass	MO	13½	
5. Mel Yoder	KS	12	
5. Gerald Koch	53	TN	12
7. Jim Blount	59	FL	10
8. Sammie Yarborough	SC	9	
8. John Dugdale	CT	9	
8. Malcolm Gillis	54	AL	9

Women 50-59

1. Mary Ann Woodring	KY	18	
1. Marcia Herbst	53	GA	18
3. Patricia Bond	MO	15	
4. Susie Kluttz	51	NC	14
5. Jennifer Maloney	MO	13½	
6. Claire Strom	MO	12	
7. Joyce Hodges	50	GA	10
7. Mary Ann Werum	50	TN	10
7. Judy Kirchoffer	WI	10	
7. Diane Palmason	50	CAN	10

Men 60 and over

1. Jim O'Neill	56	KY	35
2. Jerry Morrison		MO	13½
3. Logan McGinness		MO	12
4. Bill Hoffman		AR	10
4. George Sheehen	69	NJ	10
6. Don McWilliams		CAN	9
6. Gordon English	62	AL	9
6. Frank Mason	63	SC	9
9. Jim Boland	63	MO	8
9. George Tillson		NY	8

Women 60 and over

1. Mary Otte	MO	15	
2. Jean Benear	OK	13½	
3. Virginia Quick	OK	12	
4. Loretta Sheehen	NY	10	
4. Mary Norckauer	63	LA	10
5. Faye Eisenacher	61	AL	9
5. Edith Farias		NY	9
8. Mary Lee	65	AL	8
9. Maureen Haudacher		MS	7
9. Marcia Tillson		NY	7
9. Dolores Quinn		NY	7

Money Structure

	40-49	Men	Women
1st	\$3500	\$3500	
2nd	\$2500	\$1000	
3rd	1500	500	
4th	750	250	
5th	650	100	
6th	550		
7th	400		
8th	300		
9th	200		
10th	100		
50-59			
1st	750	750	
2nd	250	100	
3rd	100		
60 and over			
1st	500	500	
2nd	100		

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

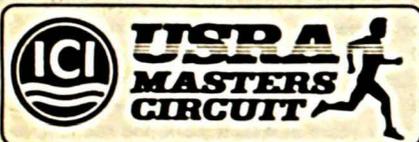


United States Running Association Masters Circuit

ICI/USRA Masters Circuit "Happenings"

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 Elby'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 Turosz 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 16:58 for 5K at Bel Air, Maryland, June 5th.....Web Loudat supplemented his teacher's income, earning \$1090 at the Bolder 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 Wood, 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,



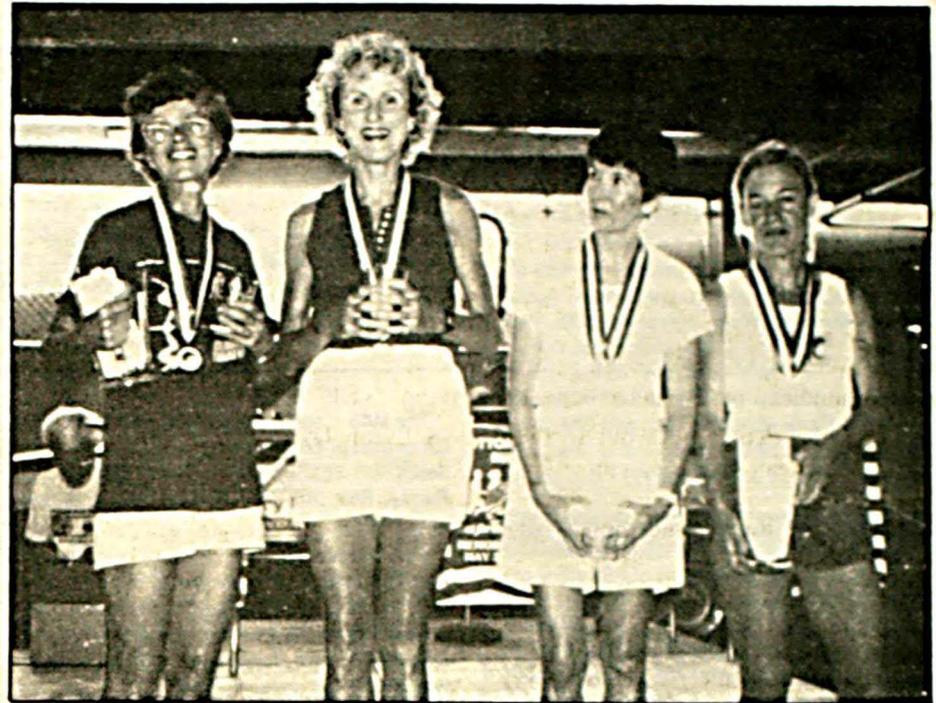
United States Running Association Masters Circuit



Dortie Moore, on his way to an M35 win (2:03.6), Southwest Regional Championships, New Orleans. Photo from Danny Thiel

over Bernie Allen (41-25:18, \$250) and Atlaw Belligne (43-25:21, \$100) while Robin Rappa of Massachusetts captured women's honors in 30:28.....Add top Baltimore runner Marge Rosasco to the ranks of the masters women with her recent 40th birthday.....New York's Angela Hearn (36:08) defeated defending masters champ Barbara Filutze (36:46) of Erie at the L'eggs Mini-Marathon 10K, June 4That's \$400 for Alan Rushmer for his 19:51 4-mile win over Web Loudat (19:58 - \$200) at the Steamboat Classic 4-miler in Peoria, Illinois. A 25:23 netted Judy Tolliver \$400 and the win over Carol Bellora, who ran 25:37 to earn \$200.....How about newly turned masters Dick Quax's 29:42 second place overall finish at the Hyatt Kingsgate Classic 10K in Auckland, May 22? Look for Quax in the U.S. this summer.....Sports Rankings System prize money earnings as of May 1 listed two masters women in the top 25. Britain's Priscilla Welch, 43, was listed 8th with \$28,100 while Sweden's Evy Palm, 45, was in the 15th with \$20,000...FOOTNOTE: I received a phone call from Ken French recently informing me of his interest in the ICI/USRA Masters Circuit. I have to admit I had not heard of him, but what else is new in masters running? So I asked him to send me a resume to back up the credentials he claimed he had. With an impressive 3rd place finish at Bloomsday, we thought it would be worth the investment to fly him to the Myrtle Beach Classic. Our investment apparently paid off as French finished 4th and then went on to the Cascade Run Off in Portland and turned the tables on Bob

Schlau, running 46:49 to earn \$1000 and a 26-second victory. Schlau netted \$500 while 42-year-old Mike Hurd ran 47:35 in third for \$250. California's Laurie Binder (53:19) captured the \$1000 first prize with a win over Gabriele Andersen (54:59) and Canadian Nancy McLaren (55:09)...□



Winners in the W50+ division of the May 30 Cotton Row Run 10K, Huntsville, Ala., were, from left: Mary Anne Woodring (third, 45:45); Mary Anne Wehrum (first, 44:03); Marcia Herbst (second, 45:12) and Susie Klutz (fourth, 46:29).

Mile, Asbury Park and Crim on Tap

by DEAN REINKE

August is the busiest month to date on the ICI/USRA Masters Circuit with three events on tap. The Legends Mile in Orlando at the TAC Masters T&F Championship is likely to produce a new world masters mile record. Athletes coordinator is Dorsey Chevront (304/422-4930).

The TAC National Masters 10K Championship at the Asbury Park 10K Classic is also sure to produce some record performances as well. Race director Phil Benson reports his masters field will be his best ever, while over 6000 will run the race.

The Crim Road Race 10 Mile has perennially been one of the country's showcase events and 1988 will be no different. With its membership on the ICI/USRA Masters Circuit, race director Lois Craig is predicting a strong masters contingent in Flint on race day led by Bill Rodgers.

The ICI/USRA Masters Circuit will provide "Runner's Caps" to all participants at remaining 1988 Circuit events. In addition, the top male and female masters finisher in the 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70-&-over age divisions will receive a quality, embroidered "polo" shirt featuring the Circuit logo. The Circuit "annual program," *Masters Running '88*, will also be released in September in time for the Pittsburgh Great Race. It will be a 4-color, 64-page, perfect bound magazine that will feature in-depth masters coverage, interviews and features.

In addition, another innovation that will become a trademark of ICI/USRA Masters Circuit races will be implemented at the Orlando "Legends Mile." Begun by the Asbury Park 10K Classic, all masters runners will wear "age-group designations" on the backs of their singlets at ICI/USRA Masters Circuit events. This informs master runners of their competition within their age group.

The following races at this time are the remaining 1988 ICI/USRA MASTERS CIRCUIT events and the invited runners contact:

August 6 — TAC Masters T&F Championship 1500 meters, Dorsey Chevront (304) 422-4930, (Special "Legends" Mile World Record Attempt).

August 13 — Asbury Park 10K Classic, (National Masters Championship), Phil Benson — (201) 531-4156.

August 27 — Crim Road Race 10 Mile, Lois Craig — (313) 235-3396.

September 25 — Pittsburgh Great Race 10K, Mike Radley (412) 255-2493 (1989 National Masters 10K Championship).

October 1 — Heartland Hustle 10K, Ed Froehlich — (319) 359-9197.

October 8 — Capital Trail Run 10 mile, Jim Young — (919) 876-8347.

October 16 — Stamford Classic Marathon, Robert Rinaldi — (203) 325-4688 (Points weighted 1.5 times).

January, 1989 — Charlotte Observer 10K, Do Fleck — (704) 379-6896.

TBA — ICI/USRA MASTERS CIRCUIT National Championship — 10K

The ICI/USRA Masters Circuit is getting closer to a Championship event site to culminate the 1988 Circuit. A southern site is being investigated and officials are hoping to finalize a January or February date and site by early August. Any suggestions or questions regarding the ICI/USRA MASTERS CIRCUIT, should be directed to Dean Reinke, Executive Director, ICI/USRA Masters Circuit, 1210 Harding Street, Winter Park, FL 32789, (407) 647-2918. Bill Adams of ICI, the primary liaison for the Circuit, is also very interested in hearing from masters runners, as well, at: Bill Adams, Public Affairs, ICI Americas, Inc., Wilmington, DE 19897 (302) 575-8601. □

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 \$59-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 trailed 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 NYRR Club Father's Day 4 Mile, Central Park, NYC, June 19, in 20:43. **Sam Skinner**, 45, was second M40+ (21:52). **George Thompson**, 62, posted a good 25:22 to win the M60 division.

• The W40+ team championship in the NYRR Club Team 5K Championships, Central Park, NYC, June 18, was won by the Atlanta-NY team of **Angella Hearn** (42, 29:18), **Chris Hearn Grenning** (42, 29:55), and **Lina Connors** (46, 32:16), who finished 1-2-3 among the W40+.



Barbara Butler, 37, took third in the open Armed Forces Interservice T&F Meet with a shot put of 36-9/4. Photo by Eugene Dix

The M40+ contest went to the West Side YM-CA quintet of **Ed Sandoval** (41, 27:17), **Julio De Jesus** (43, 28:09), **Gabriel Bernal** (48, 28:13), **Ramon Ruiz** (48, 28:47), and **Hector Vargas** (41, 29:03).

• **Ed Sandoval** (41, 27:24) and **Karen Sauvigne** (40, 35:23) led the 40+ runners 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 **Althea Jureidini** won the W60+ race in 54:45.

• The Stapleton AC team of **Radames Acosta**, **Louis Rodriguez**, and **Ed Manganel** combined for a 32:05 to place ninth of 151 teams and win the M40+ contest in the NYRR 1+2+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 Useche** 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 "A" team (29:50).

• **Manfred Konrad**, 48, and **Jillian Lazaridis**, 43, paced the masters finishers in the Westchester Half-Marathon from White Plains to New Rochelle, NY, June 12. **Konrad** placed 11th of 816 m/finishers with a 1:17:33, and **Lazaridis** took the 17th spot of 173 w/finishers in 1:40:08.

Overall winner in the USA 100 Mile Run June 10-11 in Flushing, NY, was **Donald Aycock**, 36, from Greenboro, NC, in 13:53:19. First 40+ was 47-year-old **Bob Cordon** in 16:15:16. Last, but not oldest, in the race, was **Timothy Kourounis**, M50, in 22:17:11. Four women started the race, but none finished. Forty-seven men started and 14 finished.

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Width	Height
52	Full page	250	10"	13"
39	3/4 page	210	10"	9 1/4"
26	1/2 page	160	5"	13"
13	1/4 page	100	5"	6 1/2"
7	1/8 page	60	5"	3 1/4"
3 1/2	1/16 page	50	2 1/4"	3 1/4"
1		25	2 1/4"	1"

2. FREQUENCY DISCOUNTS (1-year period)

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

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES

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

5. TERMS

Net 10 days from billing date.

6. CLASSIFIED RATES

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

7. MECHANICAL REQUIREMENTS

- See display rates for ad sizes.
- Photo offset printing.
- Negative ok. No mats, cuts or plates.
- 2-colors: add \$35.

8. CLOSING DATES

The 10th of month before date of issue.

9. CIRCULATION February 1987

Paid: 4210 Distribution: 5000
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Mail order to: National Masters News
P.O. Box 2372
Van Nuys, Calif. 91404
818/785-1895

MIDWEST

• **Bob Schul**, 50, Olympic medalist in the 5000 (13:48.8) 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 Peoria, IL., Steamboat Classic, 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 winners in the 15K run the same day were **Maureen Bixby** (1:02:24) and **Frank Cornett** (50:32).

MID AMERICA

• **Viisha Sedlak**, 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 W35 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."

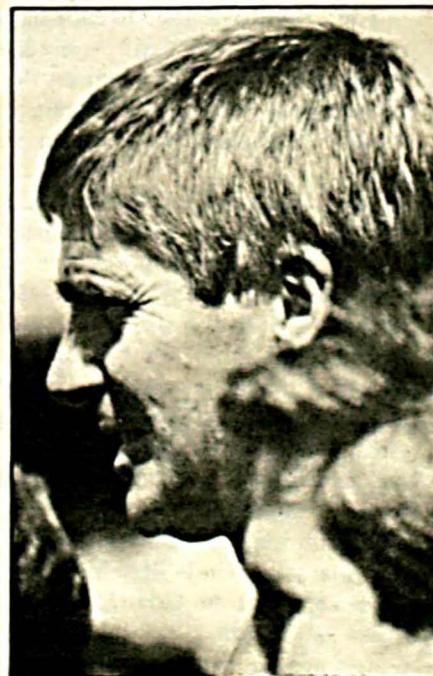
SOUTH WEST

• **Barbara Butler**, 37, of the USN won the bronze medal in the shot with a 36-9/4 put in the Armed Forces Interservice T&F Meet in Albuquerque, June 8-9. A native of New Mexico, she was the 1971 women's national collegiate champion in the discus (142-0) while attending the U. of New Mexico. She serves as a physical therapist at the US Naval Academy and is the throwing coach for the women's team there. **Glenn Passey**, 48, of the USAF also earned a walk to the victory stand with a 150-11 third-place discus throw. **Passey**, the oldest competitor by ten years, is the head track coach at the Air Force Academy. A Utah State grad, he is planning on staying in shape for the VIII World Veterans Championships in Eugene.

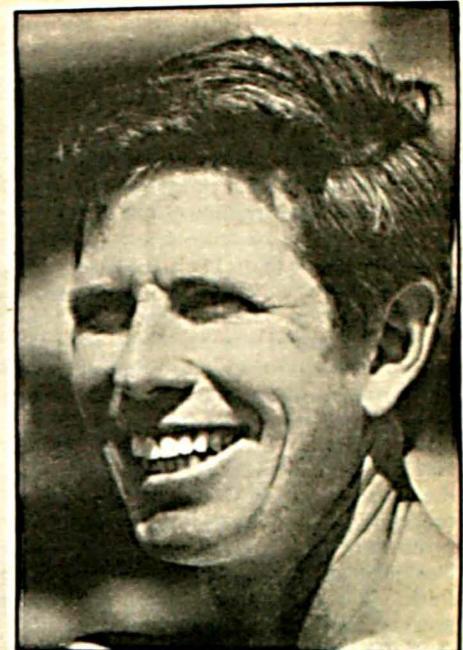
• In spite of bone spurs and plantar fascia, **Texan Wendell Palmer**, 56, broke his own M55 AR of 163-6 for the 1.5k discus with a 171-0, May 14, in a meet at Wayland Baptist U. He has also set the age-56 AR for the 2k discus (137-11) and the WR for the 8-lb/4 shot (50-8).

WEST

• **Kenny King**, 77, who died of a heart attack within sight of the finish line in San Francisco's Bay To Breakers Race, was running with his son



Alan Rushmer, first master at the Steamboat Classic 4-Miler, Peoria, Ill., June 18. Rushmer ran 19:51, good enough for \$400 and 42nd-overall. Photo by Robin Smith



Web Loudat (19:58) looks happy despite a 7-second loss to Alan Rushmer in the Steamboat 4-Mile Classic, Peoria, Ill., June 18. Loudat won \$200 for his efforts. Photo by Robin Smith

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-a-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 — so that the man who loved to run could finish his last race. Another runner, **Thomas Heaney**, 35, of Cupertino, CA, died of a heart attack several minutes after **King** collapsed.

• **Steve Ferraz**, M40, won the Masters 1500 in the Bruce Jenner Bud Light Classic, May 28, in San Jose, CA, with a 4:08.1. **Jim 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 '74 (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 reaches 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 USC 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 Schlaw** (47:15), **Mick Hurd** (47:35) and **Web Loudat**. **Binder** triumphed over **Gabriele Andersen** (54:59) and **Nancy McLaren** (55:09).

CANADA

• **Mike Creery**, 40, of Victoria, Vancouver, smashed another Canadian masters record when he broke the '82 mark of 14:54.8 by **Ken English** with a 14:47.2 in a 5K in Vancouver, May 28. On June 8, **Creery** led a field of 15 in the Masters Mile at the University of Victoria/Times-Colonist/Dairyland Meet with a 4:26.2. In the race, the first 11 were under 5:00. **Maurice Tarrant** broke the Canadian M55 record with a 5:00.2. □

schedule

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



TRACK & FIELD NATIONAL

August 4-7. 21st U.S. TAC National Masters Championships, Orlando, Florida. Nick Gailey, 341 N. Maitland Ave., Maitland, FL 32751. 407/628-8850.

EAST

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

August 5-6. Empire State Games, Syracuse, N.Y. N.Y. state residents only. SASE: ESG Masters Track, 120 Lambreth Ln., Syracuse, NY 13210.

August 14. TAC Eastern Regional Masters Regular/Weight Pentathlon Championships, Wilmington, Del. SASE to Dr. Larry Pratt, 2109 Armour Dr., Wilmington, DE 19808.

August 21. TAC Eastern Regional Masters Championships, Rhode Island College, Pawtucket, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869.

September 4. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3446 Roberts Ln., N. Arlington, VA 22207. 703/243-1290.

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

SOUTHEAST

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

September 24-25. 4th Annual Thomasville Fall Masters Decathlon, Thomasville, N.C. Bill Busby, 105 Pineywood Rd., Thomasville, NC 27360. 919/474-0851-w; 476-1228-h.

MIDWEST

August 15-16. Michigan Senior Olympics, Rochester, 55+. Marye Miller, coordinator, Older Persons Commission, 312 Woodward, Rochester, MI 48063. 313/656-1403.

September 11. Ohio TAC 2-Hour Track Run, Worthington H.S. Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547; 424-7011.

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

MID-AMERICA

August 1-6. Minnesota Senior Sports-A-Rama, Bloomington. 55+. Jeff Stottemeyer, coordinator, Parks & Rec., 2215 W. Old Shakopee Rd., Bloomington, MN 55431-3096. 612/887-9601.

August 11-14. Wyoming Senior Olympics, Cheyenne. 55+. S. Joey Darrah, coordinator, Hathaway Bldg., Rm. 139, Cheyenne, WY 82002. 307/777-7986.

August 12-14. Minnesota Senior Olympics, Duluth. 55+. Carl Seehus, coordinator, 303 City Hall, Duluth, MN 55802. 218/723-3662.

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

August 18-21. Rocky Mountain Senior Games, Lakewood, Colo. 55+. Colorado residents only. Karen Ruiz, coordinator, Clements Community Center, 1580 Yarrow, Lakewood, CO 80215. 303/235-6717.

August 19-27. Kansas Senior Olympics, Topeka. 55+. Helen Miller, coordinator, City Hall, Rm. 250-259, 215th E. 7th St., Topeka, KS 66603. 913/232-9665.

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

WEST

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

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

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

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

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

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

October 1. Club West Masters Meet, Santa Barbara Community College, Calif. George Adams, 16128 Village 16, Camarillo, CA 93010.

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

NORTHWEST

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

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

CANADA

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

INTERNATIONAL

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

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

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

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

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

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

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

LONG DISTANCE RUNNING NATIONAL

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

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

DEADLINE

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

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

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

September 24-25. U.S. TAC National Masters 24-Hour Run Championships,

Continued on page 32

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 thirsting 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 14th in Delaware; the Chillicothe 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 \$8500 masters money distributed) in the Asbury 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 Pike's 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 Welch 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. □

Continued from page 31

Atlanta, Ga. Larry Robbins, 4654 Latimer Ct., Kennesaw, GA 30144. 404/529-7196.

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

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

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

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

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

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

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

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

EAST

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

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

September 15. 8th Annual Nike Capital Challenge 3 Mile, Washington, D.C. Jeff Darman, director.

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

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

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

October 10 (Monday). Tufts 10K For Women, Boston. Sue Smith or Dan Salera, 250 Summer St., Boston, MA 02210. 617/439-7700.

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

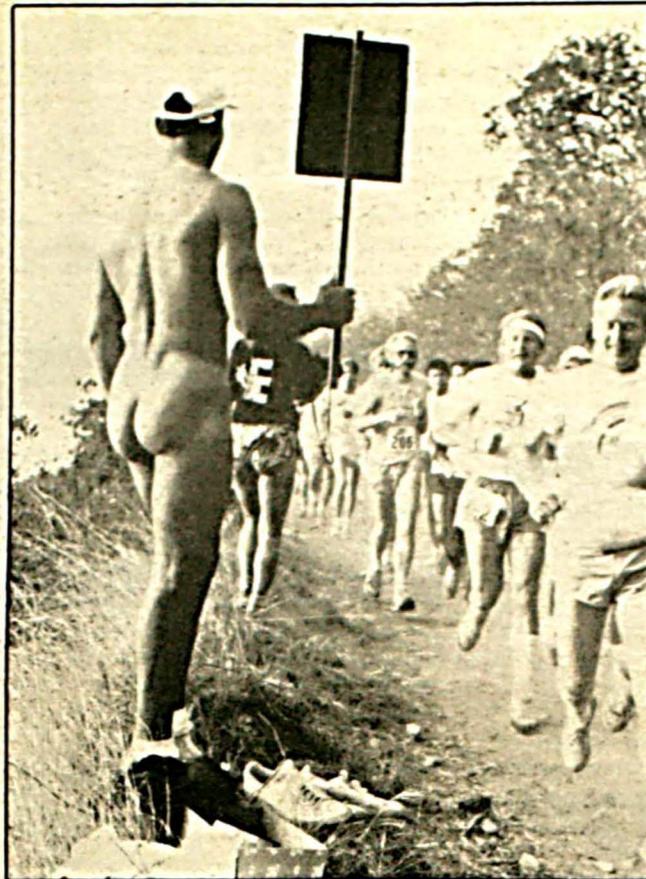
October 16. Stamford Classic Marathon, Stamford, Conn. Masters money, Art Layton, Stamford Marathon, 880 Canal St., Stamford, CT 06902. 203/359-1248.

October 23. Freihofer's New York City Marathon, Syracuse, N.Y. Dave Oja, 333 Miles Ave., Syracuse, NY 13210. 315/478-2631.

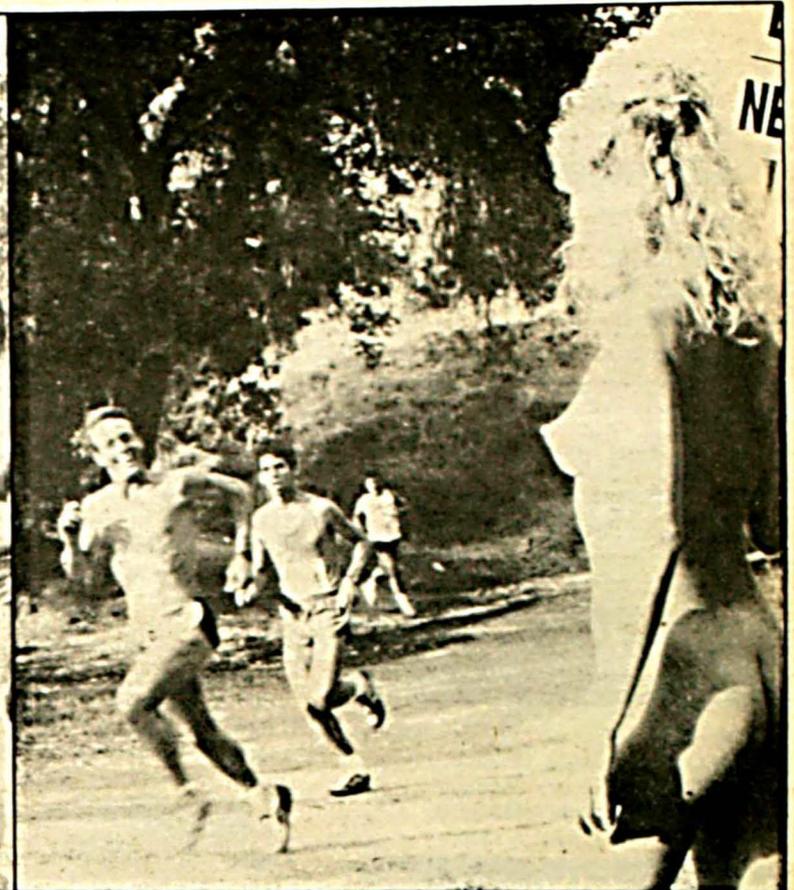
November 6. New York City Marathon, NYC. Applications (by first-come, first-served and by lottery) processed in mid-May. Fred Lebow, 8 E. 89th St., New York, NY 10128. 212/860-4455.

SOUTHEAST

August 20. Parkersburg Homecoming Half-Marathon, Parkersburg, W. Va. \$500 first m/w masters. Camden-Clark



The infamous Tetrick Trail Run, America's only X-rated 8-miler, will be held this year on August 20 in — where else? — Hollywood. Named after the popular Bob Tetrick, the race is not for the squeamish — or the prudish. To



make the "toughest hills in Los Angeles" a bit more palatable, race director Joe Klass provides the most creative mile markers in the running world. Photos by Bob Tetrick

Memorial Hospital, P.O. Box 718, Parkersburg, WV 26102.

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

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

October 8. Capital Trail Run 10 Mile, Raleigh, N.C. 919/876-8347.

MIDWEST

August 13. TAC Midwest 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. 317/289-5876; 282-7930.

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

October 1. The Ultimate Runner (10K, 400, 100m, mile, marathon), Jackson, Mich. Masters money. 125 total entry limit. SASE to U.R., Jackson Comm. Coll., 2111 Emmons Rd., Jackson, MI 49201.

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

MID-AMERICA

August 20 & 21. Pikes Peak Ascent (20th) & 33rd Annual Pikes Peak Marathon (21st), Manitou Springs, Colo. Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 303/473-2625.

September 11. RRCA National 25K Championships, Minneapolis. Jeff Winter, 3515 Holmes, Minneapolis, MN 55408. Minnesota DR Assn. 612/822-2864.

October 1. Heartland Hustle 10K, Davenport, Iowa. Heartland Holdings, 3737 W. River Drive, Davenport, IA 52808. Ed Froehlich, 319/359-9197.

October 2. Twin Cities Marathon, Minneapolis. TWM, P.O. Box 24193, Minneapolis, MN 55424. 612/929-8646.

October 30. Omaha Riverfront Marathon, Omaha, Nebr. John Thomas, 502 W. 40th St., Omaha, NE 68131. 402/444-7086.

SOUTH WEST

October 8. El Paso-Juarez International 15K, El Paso, Texas. Ted Jablonsky, 4105 Rio Bravo St., El Paso, TX 79902. 915-533-8387.

October 29. Tulsa 15K, Tulsa, Okla. Masters money. Al Frampton, P.O. Box 2400, Tulsa, OK 74102. 918/588-2850.

WEST

August 3, 6, 11, 18, 21, 25, 27. Legg Lake Runs, S. El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/949-0394.

August 6-7. U.S. 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.

August 20. Tetrick Trail 8-Mile Run, Los Angeles. Enjoy a sensual atmosphere in America's only X-rated 8-miler on the toughest hill course in L.A. 7:30 a.m. \$5 entry. Meet at Griffith Park Pony Ride, Parental guidance suggested.

August 21. America's Finest City Half-Marathon, San Diego. Neil Finn, P.O. Box 3879, San Diego, CA 92103. 619/297-3901.

NORTHWEST

September 11. Nike/Oregon TC 25K, Eugene, Oregon. Oregon TC, P.O. Box 5107, Eugene, OR 97440. Pete Gribkov, 503/442-8082.

September 25. Portland Marathon, Beaverton, Oregon. Les Smith, P.O. Box D, Beaverton, OR 97075. 503/226-1111.

October 1. St. George Marathon, St. George, Utah. Kent Perkins, 86 S. Main, St. George, UT 84770. 801/634-5860.

CANADA

September 20. Metro Toronto Wang Marathon, Toronto, Ontario. MTWM, 1220 Sheppard Ave. East, Willowdale, Ontario, M2K 2X1, Canada.

INTERNATIONAL

October 7-10. 21st World Veterans (IGAL) 5K/10K/Marathon Champions (IGAL), Kyongju, Korea. Heung Rok Kim, Executive Director, 21st World Veterans Championships, Korean Assn. of Veteran Athletes, 701-3 Yeoksam Dong, Kangnam Ku, Seoul, Korea 135. Tel. 02/553-8474.

October 9. Berlin Marathon, Berlin, W. Germany. Sport-Club Charlottenburg e.V.—BERLIN-MARATHON—Meinekesstrasse 13, D-1000 Berlin 15.

November 27-December 4. International Running Tour of Israel 1988. Includes 5K in Jerusalem and Tiberias Marathon. Barry Shaw, International Running Tour of Israel, 6 Shmuel Hanatziv St., Netanya 42281, Israel. Tel: 053-381343. Telex: 341929 SHAR IL.

RACE WALKING NATIONAL

August 7. U.S. TAC National Masters 20K Walk Championships, Showalter Field, Orlando, Fla. Jose Rodriguez, Florida TAC Association, 1330 N.W. 6th St., Gainesville, FL 32601. 904/377-0134.

August 13. U.S. TAC National Masters 15K Walk Championships, Chicago. Ray Vandersteen, 312/833-7303.

September 11. U.S. TAC National Masters 40K Walk Championships, Ft. Monmouth, N.J. Elliot Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764. 201/221-9213.

October 16. U.S. TAC National Masters 30K Walk Championships, E. Meadow, N.Y. Gary Westerfield, P.O. Box 440, Smithtown, NY 11787. 516/979-9603.

December 18. U.S. TAC National Masters 100K Walk Championships, Research Triangle Park, N.C. Carl Birk, 8915 Broadway, #9262, Houston, TX 77061. 713/645-3917.

SOUTHEAST

August 13. Tree Tops Park 5K Racewalk, Broward County, Florida Co. Parks & Recr., 950 N.W. 38th St., Oakland Park, FL 33309. 305/357-8100.

U.S. MASTERS TRACK & FIELD RANKINGS

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

200 Meter Rankings Compiled by Larry Patz

1987 MEN'S 200 METERS 30-34 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	B. JAMES	21.68
2	SAVARY WILLIS	21.99
3	DAVID EARL MEDLOCK	22.82
4	M. McDONELL	22.18
5	GEORGE WILSON	22.29
6	BILLY MCKINNEY	22.48
7	MORRIS BLUEFORD	22.48
8	BEN BROWN	22.48
9	RANDY WILLIAMS	22.58
10	GEORGE CAEGLE	22.58

11	JOHN GREEN	22.68
12	TOM HARRIS	22.63
13	GEORGE MCMALE	22.78
14	NEIL STEINBERG	22.78
15	HILLARD THOMPSON	22.75
16	GREG CANFIELD	22.77
17	M. HENDERSON	22.88
18	MIKE BLACK	22.98
19	DALLAS GAINES	22.98
20	DAVID HAGMEIER	22.93

21	PHIL CONZENTINO	23.08
22	C. JACKSON	23.08
23	RANDY KRUBE	23.08
24	DENNIS CARLINE	23.82
25	W. ALLAN HARDEN	23.18
26	T. DEMOLINSKI	23.15
27	J. BROWN	23.17
28	E. BUTLER	23.28
29	ROBBIE L. SHORT	23.27
30	EDWARD FISHER	23.29

31	ROBERT ZAHN	23.29
32	J. BONILLA	23.38
33	THOMAS REWOLINSKI	23.38
34	R. TURNBOW	23.38
35	GARY HOWARD	23.38
36	AL PENDLETON	23.38
37	WAYNE EMBREE	23.38
38	- MADISON	23.39
39	KENNETH RAY COOK	23.48
40	NEL EMBREE	23.48

41	RON BEETLE	23.58
42	GAYLE SHARP	23.58
43	WAYNE REYNOLDS	23.58
44	MICHAEL PANNELL	23.58
45	G. TIFFANY	23.58
46	LEE LARKINS	23.56
47	RICK POST	23.78
48	JAMES EASTER	23.78
49	TAD TROMBLEY	23.73
50	G. BINGHAM	23.77

RANK	NAME	TIME
51	H. HUDSON	23.88
52	RICK THOMAN	23.98
53	S. VAUGHN	24.08
54	TOM DICKSON	24.05
55	M. CORRIN	24.06
56	R. PHILLIPS	24.18
57	ADRIAN STERRETT	24.18
58	FRANK DEMBY	24.18
59	KEITH WITHERSPOON	24.18
60	ROOSEVELT WELLS	24.18

61	CHARLES MISSOURI	24.28
62	ROSS DONOHOU	24.28
63	J. WARE	24.28
64	MARK KENNEDY	24.28
65	T. JONES	24.28
66	GLADSTONE TAYLOR	24.21
67	JOHN 'SPEEDY' FIB	24.25
68	RUSSELL ACEA	24.38
69	DON MCNEILL	24.38
70	H. PURNELL	24.38

71	GLENN REID	24.38
72	- KIRSHBAUGH	24.35
73	RAYMOND RUSSO	24.48
74	GARY MARTIN	24.44
75	WALDEN CURRY	24.46
76	D. HOOVER	24.49
77	BRUCE LANG	24.58
78	T. KING	24.68
79	ALLEN ARVIE	24.72
80	STEVE BURR	24.75

81	MICHAEL BAIRD	24.88
82	WAYNE JOHNSON	24.88
83	T. WILLIAMS	24.98
84	JEFF BILDERBECK	24.94
85	P. TATEMATSU	24.97
86	L. GREY	25.08
87	FOOTS WILLIAMS	25.82
88	J. DEMPSEY	25.82
89	CASSIE COHENS	25.87
90	J. O'BRIEN	25.13

91	TIM GESCH	25.28
92	A. MILLER	25.28
93	D. JONES	25.28
94	SCOTT THORNBSLEY	25.38
95	JERRY MCCORMICK	25.38
96	DAVID LOPEZ	25.48
97	GEORGE CRUMMEL	25.58
98	JEFF KELLERMAN	25.58
99	WILLIAM CAESAR	25.58
100	JAMES SUTTLE	25.78

1987 MEN'S 200 METERS 35-39 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	EUGENE DRIVER	21.48
2	BILL COLLINS	21.62
3	MARION MCCOY	22.08
4	ROBERT MITCHELL	22.13
5	ALFONSO WALTON	22.28
6	STEVE HARDISON	22.38
7	WARREN SPIKES	22.33
8	GLENN JOHNSON	22.61
9	KEN BRINKER	22.88
10	DANIEL THIEL	22.88

11	W. STARKS	22.98
12	D. ROBINSON	22.98
13	BERT PETERS	22.92
14	STEVE A. FOSTER	23.88
15	BILLY SMITH	23.18
16	MAC AIZUOGU	23.28
17	ARTHUR WRIGHT	23.38
18	G. WILSON	23.38
19	RONALD BEADLE	23.38
20	RON McDONALD	23.38

21	BRIAN JANSSEN	23.38
22	STEVE SLAVENS	23.32
23	DAVID SALEEM	23.48
24	GREG MARSHALL	23.48
25	EZRA ABDULLAH	23.41
26	DAN RADIFF	23.52
27	- MUYSTER	23.54
28	M. OVERN	23.68
29	JEFF GRAY	23.68
30	MIKE BLACK	23.78

31	CLIFTON JACKSON	23.78
32	RON McDONALD	23.78
33	SCOTT THORNBSLEY	23.74
34	TOM ALLEN	23.88
35	P. CALDRON	23.98
36	RAYMOND YECK	23.98
37	J. TOMASCHKE	23.98
38	ELLIS MAYFIELD	24.08
39	ROBERT BOWEN	24.08
40	BOB GREEN	24.08

41	D. BROWN	24.08
42	JIM GOULD	24.08
43	MILTON BRITTON	24.05
44	M. OVERY	24.18
45	B. MCKENZIE	24.18
46	EARL BRYANT	24.18
47	ARMAND GIBSON	24.15
48	GEORGE KENIS	24.17
49	LARRY LETTIERI	24.28
50	GERALD WOOLFOLK	24.22

RANK	NAME	TIME
51	MIKE HILL	24.23
52	WARREN A. WOODS II	24.23
53	GENE SCOTT	24.29
54	STAN NAREMBKI	24.48
55	J. LANGLEY	24.48
56	H. SAAFIR	24.45
57	D. MOORE	24.47
58	PHILLIP FELTON	24.58
59	JOHN GLOWIENKA	24.58
60	DENNIS BROOKS	24.68

61	MARC IRA LAWSON	24.67
62	FRANK REILLY	24.69
63	JERRY WILLIAMS	24.88
64	JEFFREY LEE STEVEN	24.88
65	ERNEST FULLER	24.98
66	D. GOODRIDGE	24.98
67	DAVID LARSON	24.98
68	D. TANABE	24.99
69	R. GRAYSON	25.08
70	WILLIE JOSEY	25.08

71	DALE BEAN	25.18
72	NICK RYAN	25.18
73	A. ROSS	25.13
74	MAX NAEGLE	25.28
75	MICHAEL BARMACHE	25.28
76	THOMAS LITTLE	25.28
77	MIKE LUTZ	25.33
78	BERNARD TURNER	25.39
79	DAN AYERS	25.43
80	MARTIN MORRISROE	25.47

81	B. BIERSMITH	25.58
82	ROBERT IHNE	25.58
83	DAN MARTIN	25.68
84	JOHN STIEHL	25.68
85	M. MASLOWSKI	25.68
86	- HAYDELL	25.62
87	LEE GREINER	25.62
88	M. CONWAY	25.78
89	IVAN BLACK	25.78
90	GEORGE SMITH	25.78

91	S. KENNEDY	25.81
92	LYLE BRYANT	25.98
93	CHARLES PLEASANT	25.98
94	JOHN BORDEN	26.08
95	JIM GIBSON	26.08
96	SAM HOWELL	26.08
97	T. ECKOLS	26.08
98	BOB MANZANARES	26.07
99	J. FELDHAUSEN	26.15
100	EDWARD LEEN	26.65

1987 MEN'S 200 METERS 40-44 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	BYAN WHITLEY	21.98
2	LAMAR MILLER	22.14
3	CLARENCE RAY	22.28
4	THADDEUS J. BELL	22.51
5	PAUL DUNSMAN	22.68
6	TOM BARRETT	22.68
7	KEN BRINKER	22.61
8	MATTHEW FRUITT	22.78
9	FRANK LITTLE	22.78
10	STEVE ROSSINS	22.98

11	J. HARTFIELD	23.28
12	JOHNNIE FIELDS	23.22
13	HAROLD MORIOKA	23.25
14	DENNIS DUFFY	23.38
15	DAVID SIMONS	23.39
16	ELLIOT MASON	23.49
17	JAMES VICKS	23.78
18	DON WEBSTER	23.88
19	ROBERT ZIPPERMAN	23.83
20	ROGER ASSINK	23.98

21	R. PIERCE	23.98
22	ARTHUR WRIGHT	23.98
23	DON PARKER	23.97
24	RUSSELL RUTLEDGE	24.08
25	LEE SOUTHERN	24.82
26	SAIMONI TAMANI	24.85
27	TOMMIE SMITH	24.18
28	E. JONES	24.18
29	GORDON REITER	24.12
30	SHERIDAN GROVES	24.12

31	JAMES HOLLISTER	24.13
32	J. SIMMONS	24.28
33	C. FLOWERS	24.28
34	JOHN NORTON	24.28
35	RALPH WALLACE	24.21
36	ROSS JENSEN	24.22
37	JOHN DAVIS	24.28
38	AL STALLWORTH	24.38
39	JOHN TOPLISS	24.37
40	TOM RAUSCHER	24.42

41	REX HARVEY	24.43
42	BRUCE GEURTS	24.47
43	RICHARD TUCKER	24.58
44	WAYNE GRIPP	24.58
45	TOM TOSCANO	24.58
46	E. ROBINSON	24.58
47	ED HOWARD	24.58
48	BILL JOHNSON	24.54
49	TOM A. BREWER	24.58
50	S. HALL	24.68

RANK	NAME	TIME
51	LARRY MCKEE	24.61
52	JOHN WRIGHT	24.63
53	S. ROBINSON	24.69
54	J. CHANDLER	24.78
55	BILL WEINSTOCK	24.73
56	JOHN CASEY	24.88
57	KEN DENNIS	24.88
58	M. ROBERSON	24.88
59	GREGORY H. MARTIN	24.86
60	JERRY BALADAD	24.89

61	GEORGE SMITH	24.98
62	MANCE C. COOPER	24.93
63	RON JENSEN	24.95
64	TERRY PASSALACQUA	25.08
65	M. RETTS	25.87
66	DAN FITZSIMMONS	25.18
67	T. ALFIERI	25.18
68	ROBIN FISHER	25.18
69	OSCAR DELGADO	25.14
70	ED LILLIS	25.28

71	G. JOHNSON	25.28
72	BILL SCHIFF	25.28
73	CRAIG LEE	25.38
74	JOE JOHNSTON	25.48
75	LARRY GUNN	25.45
76	DENNY HERROLD	25.55
77	L. JOHNSON	25.68
78	JIM PASQUALI	25.64
79	- DUNN	25.66
80	J. PAYNE	25.78

81	DON VIERRA	25.88
82	J. LEE	25.88
83	JORGE FIRBAUM	25.98
84	WILFREDO RIVERA	25.98
85	J. RICE	25.94
86	J. CLIFFORD	26.08
87	D. SHAW	26.08
88	RIP JOHNSON	26.83
89	RALPH SOULA	26.12
90	RICK KUMOR	26.28

91	B. LARSON	26.28
92	CHARLES TEUBNER	26.28
93	BILL FURSYTH	26.23
94	JUAN RUSTAMANTE	26.48
95	RETT OREN	26.48
96	JIM LILES	26.48
97	RON CHYZANOWSKI	26.48
98	RANDALL KRAVITZ	26.48
99	TULLIE DIPP	26.47
100	VIC FAIRFAXS	26.48

1987 MEN'S 200 METERS 45-49 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	ROY S. TURNER	23.18
2	MARTYN G. ADAMSON	23.18
3	ROBERT WILLIAMS	23.38
4	PAUL EDENS	23.48
5	L. SMITH	23.58
6	TED CAIN	23.78
7	GARY OLIPHANT	23.98
8	FRED MEIDERMEYER	23.91
9	DHAMIRI ABAYOMI	24.08
10	EDWARD SPALL	24.18

11	A. BINGH	24.18
12	BILL KNOCKE	24.18
13	BOBBY SIMPSON	24.28
14	WALTER BUTLER	24.28
15	GARY MILLER	24.32
16	CARL GRANT	24.37
17	ROBERT STANFORD	24.58
18	JACKSON STEFFES	24.58
19	BENTZI P. TOZER	24.59
20	CHARLES LACIUSA	24.68

21	JOSEPH E. THIELMAN	24.62
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U.S. MASTERS TRACK & FIELD RANKINGS

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

1987 MEN'S 200 METERS 70-74 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	PAYTON JORDAN	26.88
2	BILL WEINACHT	28.23
3	JEFF BLOOMFIELD	28.94
4	BILL MORALES	30.18
5	GILBERTO GUZALEZ	30.13
6	HARRY KOPPEL	30.38
7	CONRAD SCHUCK	30.68
8	ROBERT P. SORLIEN	30.95
9	FRED WHITE	31.48
10	HERBERT MILLER	31.58
11	NAT HEARD	31.51
12	HAM MURNINGSTAR	31.78
13	ALBERT MORROW	31.78
14	J. TATEISHI	31.88
15	HANS WARMAS	32.18
16	JOHN SATTI	32.38
17	MIL O. LIGHTFOOT	32.41
18	ANDY COLLINS	32.58
19	FRANCIS HITCHELL	33.01
20	EMANUEL HERSHKOWITZ	33.15
21	BILL FAIRBANKS	33.31
22	E. WENTZ	33.48
23	EUGENE COTTRELL	33.48
24	EARL EDGAR	33.66
25	R. VACCARO	34.28
26	CHIA-TSUNG PAO	34.48
27	MILBUR RAGLAND	36.18
28	E HOWARD	36.58
29	RALPH BIRCHARD	36.65
30	JACK PARDEE	37.12
31	MALLACE J. McRUY	37.96
32	BILL SCHRADER	39.18
33	J. POPONICH	48.82
34	IGOR STORUJEFF	45.68
35	C. FELDMAN	45.98
36	GORDON TAYLOR	51.58
37	EUGENE WOOD	1:19.78

1987 MEN'S 200 METERS 75-79 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	DONALD ERNST	28.78
2	ANTHONY CASTRO	30.88
3	BARRY IVERS	31.58
4	JEREMIAH GAINES	32.43
5	BYRON P. FINE	33.87
6	CLAUDE HILLS	33.25
7	BERT MORROW	33.58
8	MANFRED D'ELIA	34.41
9	KEN CARNINE	34.54
10	ANTHONY DENARDIS	34.84
11	EMMETT BENNETT	35.18
12	ROBERT BOAL	35.28
13	RICHARD LACEY	35.74
14	GORDON POWELL	36.83
15	ANTHONY RANGE, SR.	37.38
16	BLAINE TILL	37.58
17	CALDWELL NIXON	39.28
18	CAMPBELL	39.47
19	HANK SHINKOWSKY	40.88
20	SAM MONASTERO	41.32
21	JOHN DICK	1:03.88

1987 MEN'S 200 METERS 80-84 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	MYRON BISHOP	35.21
2	BLAINE TILL	36.18
3	KONRAD BOAS	38.14
4	HARRY A. McARDLE	40.63
5	SING LUM	40.72
6	SAM DORMAN	42.31
7	JOHN GLAME	43.78
8	ARLING PITCHER	44.43
9	JOHN RUST	44.58
10	LA GRAND NIELSEN	44.92
11	ARNOLDS TICMANIS	46.78
12	WILLARD BENTON	47.96
13	DOMINIC ZALINENI	54.13

1987 MEN'S 200 METERS 85-89 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	HERBERT F. ANDERSON	38.76
2	ARLING PITCHER	42.89
3	FEDERICO CORDERO	46.54

Women

1987 WOMEN'S 200 METERS 30-34 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	I. THOMPSON	26.38
2	D. POPE-GREEN	26.38
3	ELLEN A. AMIRKHAN	26.54
4	JOANN ANGIOTTI	26.88
5	CASSANDRA ANTHONY	27.88
6	PENNY FARSTER-GILK	27.28
7	REGINA PEART	27.68
8	TINA STOUGH	27.95
9	MARGARET KAY DURN	28.88
10	T. GRAVES	28.18
11	JENNIFER M. KYLE	28.31
12	CATHERINE BEELEY	28.68
13	CINDEE BEITZEL	28.68
14	C. CLARK	28.78
15	BECKY POST	28.98
16	C. JONES	29.18
17	LYNETTE SCOTT	29.18
18	K. DALTONNITO	29.48
19	L. BLOXON	29.48
20	PAH MUSTHOF	30.88
21	NANCY FROST	30.38
22	C. MENEDBASICH	31.24
23	GRIFFIN	31.31
24	M. RIDDICK	32.18
25	GARI PIPER	33.88
26	CINDY S. THEILER	33.82
27	C. OBERMEYER	34.27
28	SHERRY GREENBERG	34.68
29	TERRY A. OZELL	35.78
30	LORRAINE RADMAKER	37.28
31	EULYNDIA TOLEDO	39.41
32	L. ROESSLER	48.12
33	DIANA SEVERN	43.58
34	MARJORIE BOAL	43.85

1987 WOMEN'S 200 METERS 35-39 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	PENNY FARSTER-GILK	26.93
2	EMILY MILGRAM	27.31
3	JENNIFER V. PINTO	27.48
4	DONNIS C. DRUMGOLE	27.49
5	BETTY CLAIR-BEARCY	27.93
6	KATHY PIERCE	28.28
7	SHARON OSBORNE	28.28
8	HILARY W. GILMORE	28.35
9	KAY SCHOENEFELD	28.64
10	ELIZABETH McBLAIN	29.28
11	SUSAN HOULTON	29.59
12	MARIAN FURST	30.29
13	SUSAN SCHIEDLT	30.74
14	LINDA SIKES	31.83
15	PAT LAWSON	31.87
16	P. WILLIAMS	31.47
17	LORRAINE SILLS	31.58
18	CLARA SILVER	32.38
19	JANET B. BELL	32.48
20	K. GALLANT	34.48
21	MARY ZISKA	34.48
22	PAT PONTY	35.58
23	GERALYN FARRAGHER	36.89
24	OLIVIA YOUNG	37.88
25	T. JOHNSON	38.15
26	ELIZABETH HOLMES	38.16
27	JANICE DUNHAM	38.89

1987 WOMEN'S 200 METERS 40-44 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	PHIL RASCHKE	25.48
2	M. SIMMONS-MCCORD	26.88
3	CHESTINE BARNES	27.68
4	TERRY KENNEDY	27.79
5	VALERIE PARKER	27.84
6	M. MITCHELL	28.18
7	PAMELA CALVERT	28.17
8	KATHY PIERCE	28.58
9	BEITY KEATING	28.94
10	A. THOMAS	29.88
11	LATANYA GLASS	29.91
12	L. WOLF	30.38
13	PAMELA DUNCAN	30.39
14	JANIE DUFF	30.78
15	J. SHERBROOKE	30.88
16	SANDY PASHKIN	31.18
17	J. CROSS	31.28
18	BARBARA BALLARD	31.48
19	BARBARA PIKE	31.78
20	JANET SHERMAN	31.99
21	CATHY PRIMER	32.88
22	ISABELLE C. JOFFR	32.24
23	LORI SCHUTT	32.78
24	J. HEMMING	32.83
25	MARY NICHOLS	33.22
26	P. GROSSO	33.48
27	PAM BIDEWELL	33.88
28	K. KEHR	35.28
29	JULIE CLAYMORE	35.64
30	BARBARA WINTERS	35.78

1987 WOMEN'S 200 METERS 45-49 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	M. MITCHELL	28.68
2	NADINE M. O'CONNOR	28.68
3	JEANNE CARTER	29.88
4	NANCY A. DAVIS	29.28
5	JOY E. MacDONALD	29.77
6	MARY LUKER	30.15
7	BARBARA STEWART	30.42
8	ANN ROSENITSCH	30.68
9	ANNE DRAPER	30.85
10	ESSIE KEA	31.21
11	SANDY PASHKIN	31.32
12	LORI SCHUTT	31.82
13	JANE ARNOLD	32.18
14	ANN E. CARTER	32.34
15	MARTI THIELMAN	33.85
16	K. GOTTSCHALK	33.48
17	ROSE SCHLEWITZ	33.85
18	PAT VIGIL	34.99
19	DIANE V. DELAMARE	36.83
20	JULIA EMMONS	37.32
21	CORA PARRY	37.48
22	JOLENE ROSS	38.68
23	INEKE FREY	48.48
24	JEAN LANTON	48.41
25	GEORGETTE LACEY	42.66
26	BETTY SJOGREN	43.92

1987 WOMEN'S 200 METERS 50-54 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	IRENE OBERA	27.78
2	MARILYN FITZGERALD	28.38
3	SUSAN REDFIELD	31.38
4	A. van der VLEUTEN	32.39
5	RACHEL LYSA	33.25
6	CAROLINE MacLEOD	33.45
7	SALLIE STIEGELMEIS	33.94
8	PATRICIA FARLEY	33.74
9	JUNE DICKINSON	33.79
10	MARY CZARAPATA	33.98
11	ALEXANDREA JOHNSON	34.58
12	FEI-MEI CHOU	34.58
13	GRACE BUTCHER	34.98
14	L. SNYDER	35.28
15	MARJORIE MOORE	35.28
16	BARBARA GREGG	35.38

1987 WOMEN'S 200 METERS 55-59 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	MARGARET JACKSON	44.18
2	BESS JAMES	45.21
3	MARGARET EVANS	54.27
4	ELIZABETH HAWELAS	59.92
5	MARILLA SALISBURY	1:11.88

1987 WOMEN'S 200 METERS 60-64 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	ROSE MONDA	57.51

1987 WOMEN'S 200 METERS 65-69 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	IRENE OBERA	27.78
2	MARILYN FITZGERALD	28.38
3	SUSAN REDFIELD	31.38
4	A. van der VLEUTEN	32.39
5	RACHEL LYSA	33.25
6	CAROLINE MacLEOD	33.45
7	SALLIE STIEGELMEIS	33.94
8	PATRICIA FARLEY	33.74
9	JUNE DICKINSON	33.79
10	MARY CZARAPATA	33.98
11	ALEXANDREA JOHNSON	34.58
12	FEI-MEI CHOU	34.58
13	GRACE BUTCHER	34.98
14	L. SNYDER	35.28
15	MARJORIE MOORE	35.28
16	BARBARA GREGG	35.38

1987 WOMEN'S 200 METERS 70-74 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	IRENE OBERA	27.78
2	MARILYN FITZGERALD	28.38
3	SUSAN REDFIELD	31.38
4	A. van der VLEUTEN	32.39
5	RACHEL LYSA	33.25
6	CAROLINE MacLEOD	33.45
7	SALLIE STIEGELMEIS	33.94
8	PATRICIA FARLEY	33.74
9	JUNE DICKINSON	33.79
10	MARY CZARAPATA	33.98
11	ALEXANDREA JOHNSON	34.58
12	FEI-MEI CHOU	34.58
13	GRACE BUTCHER	34.98
14	L. SNYDER	35.28
15	MARJORIE MOORE	35.28
16	BARBARA GREGG	35.38

17 C. MCKENZIE 35.58

18	SUSIE KLUTTZ	35.55
19	SIRI DIEBOLD	36.58
20	M. HARADA	38.88
21	MARIE BARRIE	38.71
22	E. HYER	39.88
23	B. WODEK	48.88
24	KENNY GOERING	41.27
25	L. MOSES	45.29

1987 WOMEN'S 200 METERS 55-59 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	BARBARA MEADOWS	38.83
2	JANE CLARKSON	32.58
3	MAGDALENA RUEHNE	33.18
4	MARY PATTERSON	33.11
5	BILLIE STACY	34.58
6	DOREEN CARMICHAEL	35.86
7	ALICE KELLOGG	35.46
8	MARJORIE MOORE	36.26
9	SHARON WHITFIELD	37.63
10	ANN CAIRE	39.28
11	HELEN BEUME	39.48
12	S. KALLAI	41.34
13	JOANN McMAHAN	44.21
14	B. MEADE	44.58
15	ANNA RUSH	47.58

1987 WOMEN'S 200 METERS 60-64 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	BETTY WHITAKER	34.64
2	PATRICIA PETERSON	36.18
3	RAYE JOHNSON	36.19
4	CARROLL	37.75
5	DOTTIE GRAY	37.94
6	SHIRLEY DIETDERICH	37.96
7	JEAN CAMPBELL	39.62
8	PAULINE P. SEBBIAN	39.96
9	MOLLY MONHEIT	48.68
10	ELAINE PENN	48.97
11	P. VACHER	47.28
12	DIANA SMITH	47.58
13	G. TRONVOLD	47.68
14	S. MINOLI	51.65
15	P. PASCALE	1:05.88

1987 WOMEN'S 200 METERS 65-69 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	MARY BOMERMASTER	36.38
2	ELS TUINZING	37.33
3	THELMA RUBIN	37.88
4	GERRY DAVIDSON	39.27
5	MARGARETA LAHBERG	39.32
6	MARIE STAFFORD	40.25
7	CARLA CONVERY	41.14
8	CAROL W. PEEBLES	41.86
9	IRENE CRANE	43.78
10	STELLA AACKER	43.98
11	DEBORAH MAIMO	45.98
12	MARTHA KUCHARS	46.28
13	JEAN STEVENS	46.68
14	LOLA NICKELSON	57.78

1987 WOMEN'S 200 METERS 70-74 COMPILED BY LARRY PATZ

RANK	NAME	TIME
1	MARY BOMERMASTER	35.23
2	ISOBEL SAUNIER	39.43
3	PEARL MEHL	43.28
4	MARJORIE P. SMITH	43.58
5	BURNIS HICKS	43.84
6	VIVIAN NELSON	4

RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

ALL-AMERICAN ACHIEVERS FOR JUNE & JULY

M40-44	NAME	EVENT	MARK
	STAN ALLEN	Long Jump	19'3"
	PATRICK W. CHAMBERS	10,000 Meters	34:49
	DAN GREEN	800 Meters	2:03.2
	JAMES M. KENNEY	Long Jump	19'7 3/4"
	KEN WINTERS	Triple Jump	39'5"
M45-49			
	NAT CARTER	Long Jump	18'1/2"
	NAT CARTER	Triple Jump	36'7"
	CARL KLEHM	Shot Put	39'7 1/4"
M50-54			
	ROBERT MEADOR	5000 Race Walk	26:55.49
	BOOKER T. WASHINGTON	100 Meters	12.3
	BOOKER T. WASHINGTON	Long Jump	17'7 3/4"
M65-69			
	BOB WARWICK	Long Jump	12'3"
	POLE VAULT	Pole Vault	8'
M70-74			
	FRANCISCO J. COLON	100 Meters	13.26
	BOB MATTESON	10,000 Meters	48:18
	EDGAR BYRON MORGAN, SR.	10,000 Meters	47:06
M75-79			
	FRANK CAMPBELL	Discus	87'0"
W60-64			
	JEAN CAMPBELL	Long Jump	3.53 Meters

NAME	EVENT	MARK
M30-34		
JAMES BROWN	400 Meters	50.3
M35-39		
DONALD M. OCANA	10,000 Meters	33:16
M40-44		
LINDSEY BODDEN	800 Meters	2:04.2
MICHAEL O. FIGUEROA	5000 Meters	15:56
JIM JOHNSON	High Jump	5'9 1/2"
PHILIP C. MARTINEZ	Hammer Throw	139'11"
M45-49		
RON JENSEN	200 Meters	24.6
JEFF LOUBET	Long Jump	18'5"
M50-54		
BURCH DAVID	5000 Meters	17:24
MARTIN KINTISH	Discus	47.24 Meters
RICHARD D. RICHARDSON	High Jump	5'8"
RICHARD D. RICHARDSON	Long Jump	17'1"
JIM L. STEITL	Shot Put	44'7 1/4"
DR. ROOSEVELT WEAVER	100 Meters	12.1
JEROME WILLS	Long Jump	18'3 1/4"
M60-64		
BILL BANGERT	Shot Put	43'7"
BILL BANGERT	Discus	146'4"
HARRY E. GUTH	High Jump	5'0"
JIM PLATIS	100 Meters	13.3
JIM PLATIS	200 Meters	27.9
M65-69		
J. WALKER PIERSON	100 Meters	13.98
M70-74		
DAN BULKLEY	100 Meters	14.5
DAN BULKLEY	200 Meters	31.18
DAN BULKLEY	400 Meters	70.4
DAN BULKLEY	800 Meters	2:44.32
DAN BULKLEY	1500 Meters	5:35.9
DAN BULKLEY	5000 Meters	21:58
DAN BULKLEY	10,000 Meters	47:11
DAN BULKLEY	110 Meter Hurdles	21.2
DAN BULKLEY	300 Meter Hurdles	53.84
DAN BULKLEY	2K Steeplechase	8:55.67
DAN BULKLEY	High Jump	1.24 Meters
DAN BULKLEY	Pole Vault	7'0"
DAN BULKLEY	Long Jump	12'4"
M75-79		
JAMES E. KNOTT	High Jump	3'10"
JAMES E. KNOTT	Long Jump	10'5 3/4"
JAMES E. KNOTT	Discus	87'11"
W35		
CYNTHIA CHEW	100 Meters	12.4
W40		
MARY LOU PLATIS	High Jump	4'3 1/2"
MARY LOU PLATIS	Discus	26.8 Meters
W50		
JOAN DASH	Shot Put	9.54 Meters
W55		
SALLIE STIEGELMEIER	100 Meters	15.9
SALLIE STIEGELMEIER	200 Meters	33.6

ALL AMERICAN STANDARDS FOR MASTERS RACE WALKERS

MEN	5km	10km	20km	WOMEN	5km	10km	20km
M40	24:30	51:00	1:45	W40	29:00	1:00	2:04
M45	26:00	54:00	1:52	W45	31:00	1:04	2:12
M50	27:30	57:00	1:58	W50	33:00	1:08	2:20
M55	29:00	1:00	2:04	W55	35:00	1:12	2:28
M60	30:30	1:03	2:10	W60	38:00	1:18	2:40
M65	32:00	1:06	2:16	W65	41:00	1:24	2:52
M70	34:00	1:10	2:24	W70	44:00	1:30	3:04
M75	36:00	1:14	2:32	W75	47:00	1:36	3:16
M80	38:00	1:18	2:40	W80	50:00	1:42	3:28
M85+	40:00	1:22	2:48	W85+	53:00	1:48	3:40

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100m	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.0	17.0	18.0
200m	22.4	23.3	24.2	25.1	26.0	27.3	28.5	29.8	32.4	35.0	38.9	42.8
400m	51.0	52.5	54.0	55.5	57.5	59.0	62.5	67.0	72.0	76.0	82.5	87.6
800m	2:01	2:04	2:08	2:12	2:19	2:29	2:37	2:45	2:54	3:03	3:13	3:24
1500m	4:11	4:12	4:15	4:31	4:40	5:00	5:24	5:49	6:12	6:39	7:03	7:30
5000m	15:30	15:42	16.12	16:42	17:24	18:12	19:36	21:06	22:36	24.16	25:50	27.30
10000	33:00	34:00	35:00	36:00	37:00	38:30	40:30	44:30	48:30	54:30	60:30	68:30
5K	10:00	10:20	11:10	11:50	12:30	13:20	13:50	14:40	17:30	20:00		
5K 2K							9:30	10:30	12:45	14:00		
110mH	15.0	16.4	17.75	18.75	19.14	20.25	20.57	21.65	22.60	26.0	29.8	33.7
100mH							18.0	20.0				
80mH								18.0	21.0			
300mH							57.0	62.0	66.0	71.0	75.0	81.0
400mH	57.6	59.6	62.0	64.4	68.2	72.0	76.0	82.0	88.0	94.0	100.0	106.0
H.J.	1.94	1.85	1.76	1.66	1.59	1.50	1.41	1.32	1.23	1.12	1.02	.92
	6'4 1/2"	6'3 3/4"	5'9 1/2"	5'6"	5'2 1/2"	4'11"	4'7 1/2"	4'4"	4' 1/2"	3'8"	3'4"	
L.J.	6.50	6.10	5.70	5.30	4.90	4.50	4.12	3.72	3.35	2.90	2.55	2.15
	21'4"	20' 1/2"	18'8 1/2"	17'4 1/2"	16'3 1/4"	14'9"	13'6 1/2"	12'2 1/2"	10'11"	9'6 1/2"	8'4 1/2"	7' 1/2"
P.V.	4.11	3.89	3.66	3.43	3.20	2.97	2.74	2.44	2.13	1.83		
	13'6"	12'9"	12'0"	11'3"	10'6"	9'9"	9'0"	8'0"	7'0"	6'0"		
T.J.	12.90	12.30	11.60	10.90	10.20	9.55	8.90	8.20	7.50	6.80	6.10	5.50
	42'4"	40'4 1/2"	38'3 3/4"	35'9 1/2"	33'5 1/2"	31'4"	29'2 1/2"	26'11"	24'7 1/2"	22'3 1/2"	20' 1/2"	18' 1/2"
Discus	44.80	42.60	40.60	38.00	40.00	36.40	42.00	36.80	31.60	26.40	21.40	16.00
	147'	139'9"	133'2"	124'8"	131'3"	119'5"	137'9"	120'9"	103'8"	86'7"	70'2 1/2"	52'6"
Javelin	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203'5"	187'0"	170'7"	157'6"	141'1"	126'4"	131'3"	114'10"	95'2"	78'9"	62'4"	49'2 1/2"
Hammer	47.24	44.20	41.14	38.10	38.40	32.50	36.00	30.50	25.00	20.00	15.00	1'00
	155'0"	145'0"	135'0"	125'0"	126'0"	106'8"	118'1"	100'1"	82'0"	65'7 1/2"	49'2 1/2"	35'4 1/2"
S.P.	15.20	14.10	13.00	12.00	13.00	11.80	13.00	11.80	10.70	9.50	8.40	7.20
	49'10 1/2"	46'3"	42'8"	39'4 1/2"	42'8"	38'8 1/2"	42'8"	38'8 1/2"	35'1 1/2"	31'2"	27'6 1/2"	23'7 1/2"
PEN	2800	2600	2400	2200	2000	1800	3000	3000	3000	2500	2000	1000
DEC	5500	5250	5000	4750	4500	4250	6000	5500	5000	4000	2000	1500

notes: 1) 100 standards are for auto time; use standard conversion for hand time
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"
 4) Shot put: 30-49: 160; 50-59: 120; 60+: 80
 5) Discus throw: 30-49: 2kg; 50-59: 1.6kg; 60+: 1kg
 6) Javelin: 30-59: 800g; 60+: 600g
 7) Hammer: 30-49: 160; 50-59: 120; 60+: 80
 8) Metric heights and distances are the standard; feet and inches listed for convenience

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: _____ PHONE: _____

ADDRESS: _____ AGE GROUP: _____

SEX: M _____ F _____

EVENT: _____ MARK: _____

MEET: _____ 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, 8 1/2 x 11 certificate, suitable for framing, will be mailed to you within two weeks.

TRACK & FIELD RESULTS

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

EAST

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

30 - 34 - Men

100m			
Eugene Cacciatore	11.5	BBB	
Reginald Turnbore	11.5	GR	
Earl Daniels	12.0	BBB	
Gordon Miller Sr.	13.1	UNA	
200m			
Rodney Goodman	25.1	BBB	
Gordon Miller	26.0	UNA	
400m			
Kevin Lozano	55.1	CAC	
800m			
Michael Masters	2:14.3	UNA	
Daniel Dengler	2:15.2	CAC	

Kevin Lozano	2:21.4	CAC	
1500m			
Daniel Dengler	4:30.2	CAC	
Mike Masters	4:34.9	UNA	
Curt Eggers	4:38.7	UNA	
5 K			
Dennis Packard	15:53.70	UNA	
5K Race Walk			
Dave Lawrence	24:18.4	NJ	
Hurdles			
Eugene Cacciatore	16.9	BBB	
James Cole	19.2	UNA	

400 Hurdles			
James Cole	109.5	UNA	
High Jump			
Kevin Lozano	5' 2"	CAC	
Michael Sayers	4' 9"	CS	
Long Jump			
Michael Sayers	17' 4"	CS	
Triple Jump			
Michel Sayers	35' 7.5"	CS	

Discus			
Michael Sayers	113' 6"	CS	
Jim Tillotson	109' 6"	UNA	
Javelin			
Michael Sayers	161' 21"	CS	
Pole Vault			
Eugene Cacciatore	12'	BBB	
Michael Sayers	10' 6"	CS	
4x100 Relay			
GR	44.5		

30 - 34 - Women

100m			
Jo Ann Angotti	12.8	SC	
200m			
Jo Ann Angotti	28.	SC	
5 K Race Walk			
Susan Packard	28:01	UNA	
Shot Put			
Nancy La Chiesa	19' 9 1/2"	BBB	
Discus			
Mary Coles	55' 0"	BBB	
Nancy LaChiusa	41' 9"	BBB	
Javelin			
Jo Ann Angotti	92' 9"	SC	

35 - 39 - Men

100m			
Horace Hudson	11.5	GR	
Armond LaFramboise	13.2	BBB	
Henry Lee Rich	13.5	BBB	
Daniel Stoiber	14.1	UNA	
200m			
Al Walton	23.4	SC	
John Napi	24.4	GR	
Armond La Framboise	27.	BBB	
Daniel Stoiber	30.2	UNA	
400m			
Horace Hudson	52.7	GR	
Jasper Royce	54.0	SC	
John Napi	58.9	GR	
800m			
Tom Painting	2:15.9	GR	
Norman Thomas	2:13.1	GR	

1500m

Tom Painting	4:14.5	GR	
Norm Thomas	4:44.7	UNA	
High Jump			
Dale Bomworth	5' 3"	UNA	
Long Jump			
Tim Herman	19' 3.5"	GR	
Jasper Royal	18' 7"	SC	
Triple Jump			
Tim Herman	34' 5"	GR	
Shot Put			
Steve Suto	21' 1 1/2"	SC	
Discus			
Steve Suto	98'	SC	
Jasper Royal	58' 8"	SC	
Javelin			
Steve Suto	151' 31"	SC	
Pole Vault			
Jim Trott	11'	UNA	
4x100 Relay			
BBB	46.2		
SC	47.9		

35 - 39 - Women

800m			
Nancy Oshier	2:30.4	GR	
1500m			
Nancy Oshier	5:07.7	GR	
Discus			
Judy Sielski	55' 10"	BBB	
Javelin			
Judy Sielski	58' 5.5"	BBB	

40 - 44 - Men

100m			
Robert Zimmerman	11.9	SH	
Mervyn Bell	12.4	SC	
Sam Hall	12.5	SC	
Tom Rauscher	12.6	GR	
Denny Przybyla	14.5	BBB	
200m			
Robert Zimmerman	24.1	SH	
Mervyn Bell	24.6	SC	
Sam Hall	25.1	SC	
Don Smith	27.2	BBB	
Paul Krieger	27.9	UNA	
400m			
Don Smith	59.4	BBB	
Ted Sauer	1:01.7	TN	
Paul Krieger	1:06.5	UNA	
800m			
Don Smith	2:23.1	BBB	
Larry Callahan	2:26.6	BBB	
1500m			
Jim Engle	5:02.7	SC	
5 K Race Walk			
Larry Naukaum	24:44	GR	
Bob Lubelski	32:13	NJ	
Shot Put			
Gordon Aimes	37' 6"	SS	
Arnie Schwan	34' 6 1/4"	BBB	
Stephen Pavlich	30' 10"	AT	
Jim Alexander	30' 6"	SC	
Discus			
Bill Coles	94'	BBB	
Stephen Pavlich	91' 3"	AT	
Jim Alexander	88' 7"	SC	
Long Jump			
Denny Przybyla	84' 0"	BBB	
Javelin			
Gordon Aimes	137' 0"	SS	
Stephen Pavlich	122' 1"	AT	
Jim Alexander	97' 10.5"	SC	
Pole Vault			
Tom Rauscher	13' 6"	GR	

40 - 44 - Women

100m			
Pamela Duncan	14.6	SH	
Jo Cross	15.4	BBB	
Patricia Thomas	17.5	OH	
200m			
Kathy Pierce	30.1	SC	
Pamela Duncan	30.7	SH	
Jo Cross	32.1	BBB	
400m			
Kathy Pierce	1:07.6	SC	
1500m			
Kathy Brown	5:21	GR	

5K

Kathy Brown	18:43.35	GR	
Hurdles			
Kathy Pierce	16.3	SC	
Long Jump			
Pamela Duncan	13' 9"	SH	
Shot Put			
Ann Whitehead	21' 10 1/2"	BBB	
Discus			
Kathy Pierce	72' 1"	SC	
Ann Whitehead	48' 6"	BBB	
Javelin			
Kathy Pierce	91' 9.75"	SC	
Ann Whitehead	48' 3.5"	BBB	

45 - 49 - Men

100m			
Trenton Jackson	12.4	GR	
Chuck LaChiusa	13.2	BBB	
Dave Maddell	13.9	UNA	
200m			
Dave Maddell	28.5	UNA	
400m			
Chuck LaChiusa	1:01.7	BBB	
800m			
Mike Williams	2:29.2	SS	
1500m			
Michael Cannon	4:49.9	SS	
Mike Williams	4:58.6	SS	
John Sloan	5:52.8	OH	
5 K Race Walk			
Richard Bales	27:30	NJ	
Nelson Fisher	28:09	NJ	
High Jump			
Peter Hofert	5'	UNA	
Willie Lightfoot	4' 11"	UNA	
Richard Lang	4' 7"	UNA	
Arnold Harting	4' 3"	BBB	
John Sloan	3' 10"	OH	
Long Jump			
Dave Maddell	16' 2"	UNA	
Richard Lang	15' 9"	UNA	
Willie Lightfoot	13' 9.5"	UNA	
John Sloan	12' 9.5"	OH	
Triple Jump			
Dave Maddell	33' 5"	UNA	
Richard Lang	32' 10.25"	UNA	
Shot Put			
Arnold Harting	28'	BBB	
Discus			
Arnold Harting	84'	BBB	
John Sloan	84' 4"	OH	
Javelin			
Fred Pamerter	136' 41"	UNA	
John Sloan	124' 1"	OH	
Peter Hofert	113' 4"	UNA	
Tracy Whitehead	82' 6"	BBB	
Pole Vault			
Arnold Harting	8'	BBB	

45 - 49 - Women

100m			
Barbara Stewart	15.2	UNA	
200m			
Barbara Stewart	32.3	UNA	
High Jump			
Barbara Stewart	3'	UNA	
Long Jump			
Barbara Stewart	9' 11 1/2"	UNA	
Shot Put			
Barbara Stewart	18' 3 1/2"	UNA	
Marcia Przybyla	17' 4"	BBB	
Discus			
Barbara Stewart	48' 9"	UNA	
Marcia Przybyla	38' 7"	BBB	
Javelin			
Barbara Stewart	44' 1"	UNA	
Marcia Przybyla	29' 10.5"	BBB	

50 - 54 - Men

100m			
Norm Baum	14.2	MSC	
Bill Tommsend	15.1	SC	
George LaCava	16.9	UNA	
200m			
Norm Baum	29.7	MSC	
George La Cava	43.0	UNA	
400m			
Norm Baum	1:04.0	MSC	
Bill Helmrath	1:11.0	UNA	
George LaCava	1:50.3	UNA	
Hurdles			
Bill Tommsend	18.0	SC	
300 Hurdles			
Norm Baum	53.4	MSC	
5 K Race Walk			
Bernard Sattkowski	33.35	NJ	
Long Jump			
Bill Tommsend	13' 11"	SC	
Karl Pavasars	13' 9"	OH	
Triple Jump			
Bill Tommsend	29' 7"	SC	
Karl Pavasars	28' 5.25"	OH	
Shot Put			
Art Jaago	47' 5"	UNA	
Robert Chotoff	33' 6 1/2"	BBB	
Discus			
Art Jaago	124' 7"	UNA	
Karl Pavasars	116' 2"	UNA	
Robert Chotoff	95' 5"	BBB	

50 - 54 - Women

100m			
Tom Fondy	12.8	SC	
Alf Sundin	13.0	TL	
Tom Vaughan	13.7	BBB	
George Swanson	14.7	BBB	
Charles Yost	15.3	SC	
200m			
Tom Fondy	27.1	SC	
Tom Vaughan	28.7	BBB	

5 K			
Bob Milner	17:15.31	SC	
5 K Racewalk			
Greg Wittig	30:32	NJ	
High Jump			
Donald Ritter	4' 7"	GR	
Long Jump			
George Swanson	15' 6"	BBB	
Donald Ritter	13' 4.5"	GR	
Triple Jump			
Donald Ritter	32' 6"	GR	
Shot Put			
Alf Sandin	39' 6"	TL	
Charles Yost	34' 11 1/2"	ZSC	
Frank Skvarek	30'	BBB	
Discus			
Alf Sundin	111' 8"	TL	
Frank Skvarek	88'	BBB	
Javelin			
Alf Sundin	119' 5"	TL	
Frank Skvarek	110' 2"	BBB	

50 - 54 - Women

100m			
Etta Thomas	16.7		
Edna Hyer	18.2	BBB	
200m			
Edna Hyer	40.4	BBB	
Shot Put			
June Meyer	26' 6 1/2"	TL	
Dorthea Swanson	19' 11"	BBB	
Edna Hyer	18' 8 1/2"	BBB	
Discus			
June Meyer	66' 9"	TL	
Edna Hyer	58' 1"	BBB	
Dorthea Swanson	41' 10"	BBB	
Javelin			
June Meyer	78' 3/4"	TL	
Edna Hyer	55' 10 1/4"	BBB	
Dorthea Swanson	50' 4 3/4"	BBB	

55 - 59 - Men

100m			
Henry Sevillian	14.1	BP	
Hurdles			
Ted Swanson	21.1	BBB	
5 K Racewalk			
Frank Fina	28:49	NJ	
Dave Stroud	34:33	NJ	
High Jump			
Henry Sevillian	4' 3"	BP	
Ted Swanson	4' 2"	BBB	
Long Jump			
Ted Swanson	14' 2"	BBB	
Triple Jump			
Ted Swanson	28' 10.5"	BBB	
Discus			
Henry Sevillian	99'	BP	
Paul Winiacki	95' 10"	OP	

55 - 59 - Women

100m			
Helen Beume	20.9	UNA	
200m			
Helen Beume	42.6	UNA	
400m			
Helen Beume	1:28.4	UNA	
800m			
Helen Beume	3:22.2	UNA	

Continued from previous page

1500M WALK
M35 Philip McGaw 6:45.1
M40 George Lattarulo 7:27.6

HIGH JUMP
M35 Glen McIntyre 4' 8"
M35 Dwight Estey 5' 4"

LONG JUMP
M30 Don Boggs 18' 8 1/2"
M35 Pershing Reid 18' 9 3/4"

SHOT PUT
M35 Ed Clark 42' 5 1/2"
M35 Len Woodward 37' 7 1/2"

DISCUS
M35 Ed Clark 128' 4"
M40 Mike Grisko 147' 2"

HAMMER
M40 Al Neville 125' 6"
M45 Bob Gourley 127' 10"

JAVELIN
M30 Don Boggs 151' 5"
M35 Glen McIntyre 108' 7"

Rhode Island Senior Olympics
Lincoln, June 26

100m
M40 Melvin Bell 12.2
M45 P Tams 12.6

M55 F Barrows 13.7
M60 R Klein 14.3
M65 V Mattson 14.2

200m
M40 Melvin Bell 24.7
M45 P Tams 26.7
M50 R Hurley 28.3

400m
M40 W Masuck 58.9
M45 E Smith 69.0
M50 T Foster 66.3

800m
M40 B Johnson 2:17.6
M45 M Hoffer nta

1500m
M40 B Johnson 4:47.3
M45 R Goodin 6:18.9

3000m
M40 J Musco 10:56.2
M50 H Valez 11:11.1

10,000
M40 P Reid 37:55.0
M50 H Valez 39:06.0

1500m Walk
M40 J Carlsten 9:33
M45 M Hoffer 9:41.9

High Jump
M40 C Vernet 4-8
M45 P Tams 4-10

Long Jump
M40 W Masuck 16-2 1/2
M45 P Tams 15-2

Shot Put
M40 S Ogun 37-1 1/2
M45 R Harvey 46-3 1/2

DISCUS
M40 J Carlsten 96-1
M45 R Harvey 122-11

Hammer
M40 J Carlsten 38-0
M45 R Harvey 126-11

Javelin
M40 J Carlsten 128-0
M45 R Marshall 147-11

SOUTHEAST

Tennessee/TAC Masters Championships
Knoxville, June 17-18

100 METER DASH

DIVISION 00-FEMALE 35-39 TIME
1. Bonnis Bruggole 13:31

DIVISION 1A-FEMALE 40-44
1. Phil Raschker 13.07

DIVISION 3A-FEMALE 50-54
1. Josephine Sullivan 25.55

DIVISION 0A-MALE 30-34
1. Jerry McCorkle 11.59

DIVISION 00-MALE 35-39
1. Bob Bowen 12.35

DIVISION 1A-MALE 40-44
1. Thad Bell 11.65

DIVISION 1B-MALE 45-49
1. Ervin Mitchell 12.31

DIVISION 2A-MALE 50-54
1. Chuck Miller 12.26

DIVISION 2B-MALE 55-59
1. John Poppell 13.07

DIVISION 3A-MALE 60-64
1. William Davis 14.54

DIVISION 3B-MALE 65-69
1. Max Goldsmith 14.19

DIVISION 5A-MALE 85-89
1. Arling Pitcher 20.00

200 METER DASH

DIVISION 00-FEMALE 30-34 TIME
1. Bonnis Bruggole 27.74

DIVISION 1A-FEMALE 40-44
1. Phil Raschker 26.66

DIVISION 0A-MALE 30-34
1. Jerry McCorkle 23.09

DIVISION 00-MALE 35-39
1. Steve Foster 23.41

DIVISION 1A-MALE 40-44
1. Thad Bell 23.32

DIVISION 1B-MALE 45-49
1. Alonzo Jones 25.35

DIVISION 2A-MALE 50-54
1. Chuck Miller 24.58

DIVISION 2B-MALE 55-59
1. John Poppell 26.27

DIVISION 3A-MALE 60-64
1. William Davis 29.46

DIVISION 3B-MALE 65-69
1. Max Goldsmith 29.59

DIVISION 5A-MALE 80-84
1. Arling Pitcher 44.04

400 METER RUN

DIVISION 1B-FEMALE 40-44 TIME
1. Ann Carter 1:18.5

DIVISION 0A-MALE 30-34
1. Steven Prince 54.7

DIVISION 00-MALE 35-39
1. Ellis Hayfield 52.3

DIVISION 1A-MALE 40-44
1. Ralph Wallace 54.8

DIVISION 1B-MALE 45-49
1. Michael Boudreaux 57.1

DIVISION 2A-MALE 50-54
1. Steven Prince 54.7

DIVISION 2B-MALE 55-59
1. Larry Hall 1:06.0

DIVISION 3A-MALE 60-64
1. Jack Rice 1:09.5

800 METER RUN

DIVISION 00-FEMALE 30-34 TIME
1. Janet Bell 2:34.3

DIVISION 0A-MALE 30-34
1. John Toney 2:21.1

DIVISION 00-MALE 35-39
1. Gay Giles 2:11.8

DIVISION 1A-MALE 40-44
1. Dustin Rann 2:08.5

DIVISION 1B-MALE 45-49
1. San Stone 2:17.4

DIVISION 2A-MALE 50-54
1. Dennis O'Connor 2:26.9

DIVISION 2B-MALE 55-59
1. Tony Pugliese 2:47.8

DIVISION 3A-MALE 60-64
1. Louis Schneider 2:38.7

DIVISION 3B-MALE 65-69
1. Jack Rice 2:38.0

1 MILE RUN

DIVISION 00-FEMALE 35-39 TIME
1. Janet Bell 5:46

DIVISION 00-MALE 35-39
1. Guy Giles 4:42

DIVISION 1A-MALE 40-44
1. Rich Davis 4:46

DIVISION 1B-MALE 45-49
1. Ron Bohrer 5:12

DIVISION 2A-MALE 50-54
1. Ted Wilson 5:17

DIVISION 2B-MALE 55-59
1. Don Gannie 5:08

DIVISION 3A-MALE 60-64
1. Jack Rice 6:34

DIVISION 3B-MALE 65-69
1. Max Springer 7:57

3000 METER RUN

DIVISION 0A-MALE 30-34 TIME
1. Mike Boyer 9:41

DIVISION 00-MALE 35-39
1. Bob Goodman 9:09

DIVISION 1A-MALE 40-44
1. Rich Davis 9:16

DIVISION 1B-MALE 45-49
1. Michael Boudreaux 10:02

DIVISION 2A-MALE 50-54
1. Samuel Stone 9:53

DIVISION 2B-MALE 55-59
1. Paul Barrette 11:23

DIVISION 3A-MALE 60-64
1. Charles Harriott 14:20

5000 METER RUN

DIVISION 0A-MALE 30-34 TIME
1. Ellis Liddell 53.97

DIVISION 00-MALE 35-39
1. Richard Watson 1:13.49

DIVISION 1A-MALE 40-44
1. Tom Brewer 1:01.38

DIVISION 1B-MALE 45-49
1. Thomas Cronan 1:05.82

DIVISION 2A-MALE 50-54
1. Phil Hulley 47.68

DIVISION 2B-MALE 55-59
1. Buck Bradbury 50.24

5000 METER RUN

DIVISION 0A-MALE 30-34
1. Michael Boyer 16:39

DIVISION 00-MALE 35-39
1. Allen Hilton 18:37

DIVISION 1A-MALE 40-44
1. Peter Hallop 15:50

DIVISION 1B-MALE 45-49
1. Ian Baxley 18:47

DIVISION 2A-MALE 50-54
1. Paul Barrette 19:24

DIVISION 2B-MALE 55-59
1. Stu Eichel 28:36

DIVISION 3A-MALE 60-64
1. Harold Dittler 23:04

DIVISION 3B-MALE 65-69
1. Charles Mariot 26:15

DIVISION 4A-MALE 70-74
1. Max Springer 29:19

110 METER HURDLES

DIVISION 1A-FEMALE 40-44 TIME
1. Phil Raschker 14:18

DIVISION 0A-MALE 30-34
1. Bobbie Short 14:41

DIVISION 00-MALE 35-39
1. Gene Hoffman 14.78

DIVISION 1A-MALE 40-44
1. Bey Sharley 17.19

DIVISION 1B-MALE 45-49
1. Thomas Cronan 17.53

DIVISION 2A-MALE 50-54
1. Chuck Miller 13.80

DIVISION 2B-MALE 55-59
1. Phil Hulley 15.54

DIVISION 3A-MALE 60-64
1. Buck Bradbury 16.12

DIVISION 3B-MALE 65-69
1. Tom Kennell 21.74

INTERMED. HURDLES

DIVISION 0A-MALE 30-34 TIME
1. Ellis Liddell 53.97

DIVISION 00-MALE 35-39
1. Richard Watson 1:13.49

DIVISION 1A-MALE 40-44
1. Tom Brewer 1:01.38

DIVISION 1B-MALE 45-49
1. Thomas Cronan 1:05.82

DIVISION 2A-MALE 50-54
1. Phil Hulley 47.68

DIVISION 2B-MALE 55-59
1. Buck Bradbury 50.24



Continued on next page

Continued from previous page

10,000 RACEWALK

Table with 2 columns: DIVISION 28--FEMALE 55-59, TIME. Winner: 1. Elizabeth Petterson 1:10:32

Table with 2 columns: DIVISION 1A--MALE 40-44, TIME. Winner: 1. Paul Alvord 1:01:11

Table with 2 columns: DIVISION 1B--MALE 45-49, TIME. Winner: 1. Frank Long 1:12:14

Table with 2 columns: DIVISION 2A--MALE 50-54, TIME. Winner: 1. Eugene Siler 1:08:07

3,000 RACEWALK

Table with 2 columns: DIVISION 1A--MALE 40-44, TIME. Winner: 1. Paul Alvord 18:09

Table with 2 columns: DIVISION 1B--MALE 45-49, TIME. Winner: 1. Eugene Siler 18:35

Table with 2 columns: DIVISION MALE--HDCP, TIME. Winner: 1. Kent Fearey 57:00

CLUB RELAYS

Table with 2 columns: 4 X 200 METERS, TIME. Winner: 1. Atlanta #1 1:32.8

HIGH JUMP

Table with 2 columns: DIVISION 1A--FEMALE 40-44, FT/IN HEIGHT. Winner: 1. Phil Raschker 4/8.0

Table with 2 columns: DIVISION 0A--MALE 30-34, TIME. Winner: 1. David Beshears 5/2.0

Table with 2 columns: DIVISION 0B--MALE 35-39, TIME. Winner: 1. Richard Watson 5/00

Table with 2 columns: DIVISION 1A--MALE 40-44, TIME. Winner: 1. John Weisner 5/9.5

Table with 2 columns: DIVISION 1B--MALE 45-49, TIME. Winner: 1. Frank Galbraith 5/2.

Table with 2 columns: DIVISION 2A--MALE 50-54, TIME. Winner: 1. Jack Gilmore 4/10.

Table with 2 columns: DIVISION 2B--MALE 55-59, TIME. Winner: 1. Phil Mulkey 4/10.

Table with 2 columns: DIVISION 3A--MALE 60-64, TIME. Winner: 1. Fredrick Hirsinaki 4/4.

Table with 2 columns: DIVISION 3B--MALE 65-69, TIME. Winner: 1. Tom Kennell 3/10.

Table with 2 columns: DIVISION 4A--MALE 70-74, TIME. Winner: 1. Wilbur Ragland 4/00

Table with 2 columns: DIVISION 5B--MALE 85-89, TIME. Winner: 1. Arling Pitcher 3/00

POLE VAULT

Table with 2 columns: DIVISION 0A--MALE 30-34, FT/IN HEIGHT. Winner: 1. David Beshears 13/6

Table with 2 columns: DIVISION 0B--MALE 35-39, TIME. Winner: 1. Johnnie Dye 12/6

Table with 2 columns: DIVISION 1A--MALE 40-44, TIME. Winner: 1. Johnston Ewing 10/00

Table with 2 columns: DIVISION 1B--MALE 45-49, TIME. Winner: 1. Thomas Cronan 8/6

Table with 2 columns: DIVISION 2B--MALE 55-59, TIME. Winner: 1. Phil Mulkey 11/0

Table with 2 columns: DIVISION 3A--MALE 60-64, TIME. Winner: 1. Fredrick Hirsinaki 8/0

Table with 2 columns: DIVISION 5B--MALE 85-89, TIME. Winner: 1. Arling Pitcher 5/0

LONG JUMP

Table with 2 columns: DIVISION 1A--FEMALE 40-44, FT/IN DIST. Winner: 1. Phil Raschker 17/00

Table with 2 columns: DIVISION 1B--FEMALE 45-49, TIME. Winner: 1. Ann Carter 11/1.25

Table with 2 columns: DIVISION 3B--FEMALE 65-69, TIME. Winner: 1. Josephine Sullivan 9/2.25

Table with 2 columns: DIVISION 0A--MALE 30-34, TIME. Winner: 1. Jerry McCorkle 20/6.75

Table with 2 columns: DIVISION 1A--MALE 40-44, TIME. Winner: 1. Johnston Ewing 14/11.25

Table with 2 columns: DIVISION 1B--MALE 45-49, TIME. Winner: 1. Harold Brungole 15/0.5

Table with 2 columns: DIVISION 2A--MALE 50-54, TIME. Winner: 1. Jack Gilmore 15/7.

Table with 2 columns: DIVISION 2B--MALE 55-59, TIME. Winner: 1. Phil Mulkey 17/6.75

Table with 2 columns: DIVISION 3A--MALE 60-64, TIME. Winner: 1. Buck Bradbury 16/2.

Table with 2 columns: DIVISION 3B--MALE 65-69, TIME. Winner: 1. Tom Kennell 13/11.25

Table with 2 columns: DIVISION 5B--MALE 85-89, TIME. Winner: 1. Arling Pitcher 5/11.75

TRIPLE JUMP

Table with 2 columns: DIVISION 1A--FEMALE 40-44, FT/IN DIST. Winner: 1. Phil Raschker 33/10

Table with 2 columns: DIVISION 3A--FEMALE 60-64, TIME. Winner: 1. Josephine Sullivan 17/3.75

Table with 2 columns: DIVISION 1A--MALE 40-44, TIME. Winner: 1. Johnnie Weisner 37/2.5

Table with 2 columns: DIVISION 2A--MALE 50-54, TIME. Winner: 1. David Martin 31/8

Table with 2 columns: DIVISION 2B--MALE 55-59, TIME. Winner: 1. Phil Mulkey 34/10.75

Table with 2 columns: DIVISION 3A--MALE 60-64, TIME. Winner: 1. Buck Bradberry 31/11

Table with 2 columns: DIVISION 3B--MALE 65-69, TIME. Winner: 1. Tom Kennell 26/5.75

SHOT PUT

Table with 2 columns: DIVISION 1A--FEMALE 40-44, METER DIST. Winner: 1. Lurline Struppeck 9.68

Table with 2 columns: DIVISION 1B--FEMALE 45-49, TIME. Winner: 1. Branda Bloomfield 6.34

Table with 2 columns: DIVISION 1B--MALE 45-49, TIME. Winner: 1. Tom Cronan 9.70

Table with 2 columns: DIVISION 2A--MALE 50-54, TIME. Winner: 1. Lou Vodopya 10.69

Table with 2 columns: DIVISION 2B--MALE 55-59, TIME. Winner: 1. Phil Mulkey 13.15

DISCUS

Table with 2 columns: DIVISION 3A--MALE 60-64, TIME. Winner: 1. Cliff Sampson 11.25

Table with 2 columns: DIVISION 1A--FEMALE 40-44, METER DIST. Winner: 1. Lurline Struppeck 29.74

Table with 2 columns: DIVISION 1B--FEMALE 45-49, TIME. Winner: 1. Patti Smith 19.78

Table with 2 columns: DIVISION 3A--FEMALE 60-64, TIME. Winner: 1. Lucille Sampson 20.70

Table with 2 columns: DIVISION 0A--MALE 30-34, TIME. Winner: 1. Beasley Hendrix 25.16

Table with 2 columns: DIVISION 0B--MALE 35-39, TIME. Winner: 1. Richard Watson 31.20

Table with 2 columns: DIVISION 1A--MALE 40-44, TIME. Winner: 1. Virgil Johnson 34.26

Table with 2 columns: DIVISION 1B--MALE 45-49, TIME. Winner: 1. Frank Galbraith 33.24

Table with 2 columns: DIVISION 2A--MALE 50-54, TIME. Winner: 1. Stan Zak 37.12

Table with 2 columns: DIVISION 2B--MALE 55-59, TIME. Winner: 1. Leonard Olson 40.30

Table with 2 columns: DIVISION 3A--MALE 60-64, TIME. Winner: 1. Cliff Sampson 39.74

Table with 2 columns: DIVISION 3B--MALE 65-69, TIME. Winner: 1. Tom Kennell 29.64

Table with 2 columns: DIVISION 5B--MALE 85-89, TIME. Winner: 1. Arling Pitcher 14.30

HANDBALL

Table with 2 columns: DIVISION 1B--FEMALE 40-44, FT/IN DIST. Winner: 1. Branda Bloomfield 84/5.5

Table with 2 columns: DIVISION 0A--MALE 30-34, TIME. Winner: 1. Beasley Hendrix 77/5.25

Table with 2 columns: DIVISION 1B--MALE 45-49, TIME. Winner: 1. Dick Bloomfield 105/9.00

Table with 2 columns: DIVISION 2B--MALE 55-59, TIME. Winner: 1. Leonard Olson 105/.75

Table with 2 columns: DIVISION 3A--MALE 60-64, TIME. Winner: 1. Richard Burgenback 118/1.5

Table with 2 columns: DIVISION 4A--MALE 70-74, TIME. Winner: 1. Nolan Fowler 102/6.25

JAVELIN

Table with 2 columns: DIVISION 1A--FEMALE 40-44, FT/IN DIST. Winner: 1. Lurline Struppeck 121/5.0

Table with 2 columns: DIVISION 1B--FEMALE 45-49, TIME. Winner: 1. Patti Smith 60/4.5

Table with 2 columns: DIVISION 3A--FEMALE 60-64, TIME. Winner: 1. Josephine Sullivan 39/4.

Table with 2 columns: DIVISION 0A--MALE 30-34, TIME. Winner: 1. Al Rodd 152/1.

Table with 2 columns: DIVISION 1A--MALE 40-44, TIME. Winner: 1. Phil Parker 139/00

DISCUS

Table with 2 columns: DIVISION 1B--MALE 45-49, TIME. Winner: 1. Bill Duckworth 165/4

Table with 2 columns: DIVISION 2B--MALE 55-59, TIME. Winner: 1. Phil Mulkey 123/9

Table with 2 columns: DIVISION 3A--MALE 60-64, TIME. Winner: 1. Richard Burgenback 118/5

Table with 2 columns: DIVISION 3B--MALE 65-69, TIME. Winner: 1. Charles Mariot 99/5

Table with 2 columns: DIVISION 5B--MALE 85-89, TIME. Winner: 1. Arling Pitcher 47/9



PENTATHLON

Table with 7 columns: DIVISION 1A--FEMALE, AGE, LONG JUMP, DISCUS, 200M, JAVELIN, 1500M, TOTAL POINTS

Table with 7 columns: DIVISION 0B--MALE, AGE, LONG JUMP, DISCUS, 200M, JAVELIN, 1500M, TOTAL POINTS

Table with 7 columns: DIVISION 1A--MALE, AGE, LONG JUMP, DISCUS, 200M, JAVELIN, 1500M, TOTAL POINTS

Table with 7 columns: DIVISION 2B--MALE, AGE, LONG JUMP, DISCUS, 200M, JAVELIN, 1500M, TOTAL POINTS

Table with 7 columns: DIVISION 3B--MALE, AGE, LONG JUMP, DISCUS, 200M, JAVELIN, 1500M, TOTAL POINTS

400M

Table with 7 columns: DIVISION 1A--FEMALE, AGE, LONG JUMP, DISCUS, 200M, JAVELIN, 1500M, TOTAL POINTS

Table with 7 columns: DIVISION 1B--MALE, AGE, LONG JUMP, DISCUS, 200M, JAVELIN, 1500M, TOTAL POINTS

Table with 7 columns: DIVISION 2B--MALE, AGE, LONG JUMP, DISCUS, 200M, JAVELIN, 1500M, TOTAL POINTS

Table with 7 columns: DIVISION 3B--MALE, AGE, LONG JUMP, DISCUS, 200M, JAVELIN, 1500M, TOTAL POINTS

Table with 7 columns: DIVISION 5B--MALE, AGE, LONG JUMP, DISCUS, 200M, JAVELIN, 1500M, TOTAL POINTS

Table with 7 columns: DIVISION 1A--FEMALE, AGE, LONG JUMP, DISCUS, 200M, JAVELIN, 1500M, TOTAL POINTS

Table with 7 columns: DIVISION 1B--MALE, AGE, LONG JUMP, DISCUS, 200M, JAVELIN, 1500M, TOTAL POINTS

Table with 7 columns: DIVISION 2B--MALE, AGE, LONG JUMP, DISCUS, 200M, JAVELIN, 1500M, TOTAL POINTS

Table with 7 columns: DIVISION 3B--MALE, AGE, LONG JUMP, DISCUS, 200M, JAVELIN, 1500M, TOTAL POINTS

35 LB WEIGHT THROW

Table with 2 columns: DIVISION 1B--FEMALE 45-49, FT/IN DIST. Winner: 1. Branda Bloomfield 20/3.5

Table with 2 columns: DIVISION 0A--MALE 30-34, TIME. Winner: 1. Beasley Hendrix 30/7.5

DISCUS

Table with 2 columns: DIVISION 1B--MALE 45-49, TIME. Winner: 1. Dick Bloomfield 38/10.5

Table with 2 columns: DIVISION 2B--MALE 55-59, TIME. Winner: 1. Leonard Olson 37/1.5

Table with 2 columns: DIVISION 3A--MALE 60-64, TIME. Winner: 1. Richard Burgenback 41/2.25

Table with 2 columns: DIVISION 4A--MALE 70-74, TIME. Winner: 1. Nolan Fowler 34/9.

56 LB WEIGHT THROW

Table with 2 columns: DIVISION 0A--MALE 30-34, FT/IN DIST. Winner: 1. Beasley Hendrix 15/9.75

Table with 2 columns: DIVISION 1B--MALE 45-49, TIME. Winner: 1. Dick Bloomfield 25/9.5

Table with 2 columns: DIVISION 2B--MALE 55-59, TIME. Winner: 1. Leonard Olson 18/2.5

Table with 2 columns: DIVISION 3A--MALE 60-64, TIME. Winner: 1. Cliff Sampson 16/4.25

Table with 2 columns: High Jump, Winner: M40 Jon Biring 5-4

Table with 2 columns: Triple Jump, Winner: M40 Jon Jaeger 36-3 3/4

Table with 2 columns: Shot Put, Winner: M40 Reg Sharley 32-1 1/2

MIDWEST

Tiffin Invitational

Columbus, OH; May 22

Table with 2 columns: 100M, Winner: M30 M Smith 11.8

Table with 2 columns: 200M, Winner: M30 M Smith 24.4

Table with 2 columns: 400M, Winner: M30 B Thomas 54.1

Table with 2 columns: 800M, Winner: M30 B Thomas 2:05.9

Table with 2 columns: 1500M, Winner: M30 J Johnson 4:34.8

Table with 2 columns: 100mH, Winner: M60 Fred Hirsinaki 19.7

Sprint Medley Relay

M60 Over The Hill TC 2:21.3

Table with 2 columns: High Jump, Winner: M40 S Allen 5-6

Table with 2 columns: Long Jump, Winner: M30 T Tiernon 17-8 1/2

Table with 2 columns: Shot Put, Winner: M30 C Mitko 35-5

Table with 2 columns: Discus, Winner: M30 C Mitko 112-3

Table with 2 columns: Long Jump, Winner: M40 Reg Sharley 17- 1/2

Continued on next page

Continued from previous page

Table with 2 columns: Name and Time. Includes entries like W40 Ann Whitehead 43-8, W50 June Meyer 85-10, M40 Jim Pearce 42-4, M50 Joe Chadbourne 42-5 1/2, M70 Elmer Shaw 33-1 1/2.

Table with 2 columns: Name and Time. Includes entries like M60 Cliff Samson 34-2, M70 Elmer Shaw 33-1 1/2.

MID AMERICA

St. Louis Senior Olympics
St. Louis, MO; May 30-June 2

Table with 2 columns: Name and Time. Includes entries like M55 Carl Bruns 7.1, M60 Jack Haefele 7.4, M65 Paul Saunders 6.9, M70 Chris Christy 8.1, M75 John Kim 13.1, M80+Myron Bishop 9.1, W55 Jane Clarkson 8.4, W60 Lavinia Haefele 8.8, W65 Frances Rutledge 9.0, W70 Lucille Monroe 9.5, W75 Marie Uebel 12.5, W80+Anna Ward 12.2.

Table with 2 columns: Name and Time. Includes entries like M55 Bill Donelson 12.9, M60 Harry Guth 13.2, M65 Paul Saunders 13.2, M70 Chris Christy 16.2, M75 Jim Knott 16.7, M80+Myron Bishop 17.8, W55 Jane Clarkson 17.5, W60 Dottie Gray 18.1, W65 Flo Berry 19.4, W70 Lucille Monroe 18.3, W75 Marie Uebel 20.3, W80+Anna Ward 26.0.

Table with 2 columns: Name and Time. Includes entries like M55 Bill Donelson 26.7, M60 Pete Kronberg 28.6, M65 Paul Saunders 29.2, M70 Lucille Monroe 18.3, M75 Marie Uebel 20.3, W80+Anna Ward 26.0.

Table with 2 columns: Name and Time. Includes entries like M55 Bill Donelson 26.7, M60 Pete Kronberg 28.6, M65 Paul Saunders 29.2, M70 Lucille Monroe 18.3, M75 Marie Uebel 20.3, W80+Anna Ward 26.0.

Table with 2 columns: Name and Time. Includes entries like M65 Paul Saunders 27.7, M70 Chuck Whitney 34.1, M75 James Knott 41.0, M80+Myron Bishop 36.1, W55 Jane Clarkson 34.4, W60 Lavinia Haefele 36.2, W65 Margaret Lambert 40.1, W70 Lucille Monroe 41.0, W75 Marie Uebel 45.2, W80+Anna Ward 57.8.

Table with 2 columns: Name and Time. Includes entries like M55 Dr. Lee Blount 1:01.6, M60 Ben Brady 1:06.7, M65 Paul Saunders 1:12.2, M70 Chuck Whitney 1:19.2, M75 Paul McDowell 1:37.7, M80+Myron Bishop 1:31.7, W55 Jane Clarkson 1:26.5, W60 D Gray 1:32.2, W65 M Lambert 1:26.8, W70 Molly Mackown 1:40.3, W75 F Patterson 3:10.9, W80+A Ward 2:21.5.

Table with 2 columns: Name and Time. Includes entries like M55 Dr. L Blount 2:22.1, M60 Jack Gentry 2:27.6, M65 Paul Saunders 2:50.2, M70 Neal Emerson 2:59.5, M75 Paul McDowell 4:29.2, M80+John Planfetti 4:02.8, W55 Mary Specking 3:28.5, W60 Dottie Gray 3:26.0, W65 P Bailey 4:04.3, W70 Millie Crews 4:14.2, W75 F Patterson 6:45.9.

Table with 2 columns: Name and Time. Includes entries like M55 Dr. L Blount 5:12.1, M60 J Gentry 5:08.7, M65 P Schmitt 6:09.1, M70 Neal Emerson 6:07.5, M75 Paul McDowell 9:17.3, M80+John Planfetti 7:53.3, W55 Betty Benkert 7:42.0, W60 Dottie Gray 7:02.0, W65 Polly Bailey 8:09, W70 Millie Crews 8:48.6, W75 Fran Patterson 13:26.5, W80+A Ward 11:09.1.

Table with 2 columns: Name and Time. Includes entries like M55 Leon Fennell 18:08, M60 J Gentry 18:57, M65 Bill Schmitt 22:31, M70 Larry Patterson 23:06.9, M75 Oliver Langerberg 28:38, M80+John Planfetti 28:14, W55 B Benkert 27:39.0, W60 D Gray 26:12, W65 P Bailey 30:24, W75 Fran Patterson 32:18.

Table with 2 columns: Name and Time. Includes entries like M55 L Fennell 37:29.7, M60 Jack Gentry 39:19.2, M65 B Schmitt 46:22.1, M70 Herb Cavin 59:45.8, M75 Oliver Bohlman 66:38.9, M80+Ahrend Muehring 70:37.4, W55 Mary Specking 54:57.5, W60 Dottie Gray 53:27.8, W65 Polly Bailey 63:34.1, W70 Molly Mackown 66:17.7.

Table with 2 columns: Name and Time. Includes entries like M55 Gene Hall 9:44.6, M60 Carl Mays 9:19.5, M65 G Hoferer 9:24.9, M70 Cliff Gouge 9:37.9, M75 Paul McDowell 11:05.3, M80+Carey Browne 12:51.6, W55 Irene Schankman 10:06.9, W60 Joy Dunkelmann 11:00.7, W65 M Lambert 9:21.5, W70 Millie Crews 10:32.4, W75 Marie Uebel 12:56.0, W80+A Ward 12:29.0.

Table with 2 columns: Name and Time. Includes entries like M55 Bill Donelson 8-9 1/2, M60 Jack Haefele 8-2, M65 Paul Saunders 8-4 1/2, M70 Francis Hitchell 7-7, M75 Jim Knott 7-5, M80+George Laidlaw 4-3 1/2, W55 Penny Taylor 6-3, W60 Laverne Meier 5-11 1/2, W75 Marie Uebel 5-3, W80+A Ward 4-11.

Table with 2 columns: Name and Time. Includes entries like M65 Helen Tendler 6-3, W70 Gerid Bergman 5-9 1/2, W75 Marie Uebel 5-9, W80+Anna Ward 4-3, M55 Rich Grater 14-6, M60 Pete Kronberg 14-4 1/2, M65 Vern Mattson 14-8 3/4, M70 Chris Christy 12-5, M75 Jim Knott 10-5 3/4, M80+Anna Ward 6-8 3/4.

Table with 2 columns: Name and Time. Includes entries like M55 Art Billigmeier 103-4, M60 Phil Brusca 142-0, M65 John Allen 115-8, M70 Bruce McDonald 88-5, M75 Jim Knott 87-11, M80+Vern Kennedy 77-2, W55 Bev Cohen 33-8, W60 Evelyn Schmidt 65-3, W65 Flo Berry 47-5, W70 Helen Stephens 59-1, W75 Marie Uebel 42-11.

Table with 2 columns: Name and Time. Includes entries like M55 David Norton 125-8, M60 Phil Brusca 140-10, M65 Ed Hoff 103-1, M70 Bruce McDonald 105-10, M75 Ward Parker 91-10, M80+Vern Kennedy 50-11, W55 June Jordan 55-1, W60 Mary Jane Miller 51-7, W65 Lillian Rankin 47-5, W70 Helen Stephens 59-1, W75 Marie Uebel 42-11.

Table with 2 columns: Name and Time. Includes entries like M55 Gordon Seifert 6.92, M60 Chuck Olson 7.05, M65 Bob Warwick Sr 7.66, M70 Lucille Lyga 8.26, M55 Gordon Seifert 12.82, M60 Rachel Lyga 15.98, M55 Gordon Seifert 26.85, M60 Rachel Lyga 35.92, M55 G Seifert 1:00.3, M60 Lloyd Young 1:10.5, M65 Bob Warwick Sr 1:25.8, M55 Don Rivard 2:47.2, M60 Lloyd Young 2:36.4, M55 Don Rivard 6:35.9, M65 Bob Warwick Sr 14.84, M70 Rachel Lyga 17.07, M30 Gary Nickash 17.38, M45 George LaBelle 20.24, M45 George LaBelle 2:15.1, M55 Gordon Seifert 3:27.7, M60 Gertrude Seifert 3:26.6, M65 Lucille Smrcka 3:28.7, M35 Wayne Anderson 4-9, M45 George LaBelle 4-2, M55 Gordon Seifert 4-2, M60 Chuck Olson 3-10, M65 Charles Obye 4-6, M70 Wilbur Raglan 4-0, M50 Rachel Lyga 11-3, M45 Carl Klehm 36-6, M55 Gordon Seifert 29-7 3/4, M60 Chuck Olson 40-2, M50 Rachel Lyga 22-0, M45 Carl Klehm 94-4, M60 Chuck Olson 112-6, M65 Bob Warwick Sr 85-0, M50 Rachel Lyga 59-2, M45 Carl Klehm 84-4, M60 Richard Widner 5:28.8, M50 Rachel Lyga 58-1, M45 George LaBelle 107-1, M60 Chuck Olson 85-9, M65 Charles Obye 120-3, M50 Rachel Lyga 76-8, M50 Ray Dale Lance 6.46, M55 Bill Marcham 6.91, M60 Steve Rider 6.89, M65 Jim Gross 7.25, M70 Charlie Green 7.93, M75 Fred White 8.02, M80 Henry Johnson 8.96, M55 Peggy Henninger 10.91, M60 Betty Whitaker 8.58, M60 Ed Thorpe 6-2, M50 Chuck Miller 14.39, M55 Joe Murphy 16.01, M65 Roy Womack 19.63, M50 Hector Cisneros 47.08, M55 Joe Murphy 47.77, M65 R Womack 1:03.6, M70 Jesse Cumminge 1:08.6, M50 Chuck Miller 5-5, M55 Richard Hein 5-0, M60 Don Blanchard 4-10, M65 Jim Gross 4-0, M70 Frank Miller 3-10, M50 Lewis Sims 9-2, M55 Jim Scogging 6-2, M60 Ed Thorpe 6-2.

Table with 2 columns: Name and Time. Includes entries like M55 Gordon Seifert 12.82, M60 Rachel Lyga 15.98, M55 Gordon Seifert 26.85, M60 Rachel Lyga 35.92, M55 G Seifert 1:00.3, M60 Lloyd Young 1:10.5, M65 Bob Warwick Sr 1:25.8, M55 Don Rivard 2:47.2, M60 Lloyd Young 2:36.4, M55 Don Rivard 6:35.9, M65 Bob Warwick Sr 14.84, M70 Rachel Lyga 17.07, M30 Gary Nickash 17.38, M45 George LaBelle 20.24, M45 George LaBelle 2:15.1, M55 Gordon Seifert 3:27.7, M60 Gertrude Seifert 3:26.6, M65 Lucille Smrcka 3:28.7, M35 Wayne Anderson 4-9, M45 George LaBelle 4-2, M55 Gordon Seifert 4-2, M60 Chuck Olson 3-10, M65 Charles Obye 4-6, M70 Wilbur Raglan 4-0, M50 Rachel Lyga 11-3, M45 Carl Klehm 36-6, M55 Gordon Seifert 29-7 3/4, M60 Chuck Olson 40-2, M50 Rachel Lyga 22-0, M45 Carl Klehm 94-4, M60 Chuck Olson 112-6, M65 Bob Warwick Sr 85-0, M50 Rachel Lyga 59-2, M45 Carl Klehm 84-4, M60 Richard Widner 5:28.8, M50 Rachel Lyga 58-1, M45 George LaBelle 107-1, M60 Chuck Olson 85-9, M65 Charles Obye 120-3, M50 Rachel Lyga 76-8, M50 Ray Dale Lance 6.46, M55 Bill Marcham 6.91, M60 Steve Rider 6.89, M65 Jim Gross 7.25, M70 Charlie Green 7.93, M75 Fred White 8.02, M80 Henry Johnson 8.96, M55 Peggy Henninger 10.91, M60 Betty Whitaker 8.58, M60 Ed Thorpe 6-2, M50 Chuck Miller 14.39, M55 Joe Murphy 16.01, M65 Roy Womack 19.63, M50 Hector Cisneros 47.08, M55 Joe Murphy 47.77, M65 R Womack 1:03.6, M70 Jesse Cumminge 1:08.6, M50 Chuck Miller 5-5, M55 Richard Hein 5-0, M60 Don Blanchard 4-10, M65 Jim Gross 4-0, M70 Frank Miller 3-10, M50 Lewis Sims 9-2, M55 Jim Scogging 6-2, M60 Ed Thorpe 6-2.

Table with 2 columns: Name and Time. Includes entries like M55 Gordon Seifert 12.82, M60 Rachel Lyga 15.98, M55 Gordon Seifert 26.85, M60 Rachel Lyga 35.92, M55 G Seifert 1:00.3, M60 Lloyd Young 1:10.5, M65 Bob Warwick Sr 1:25.8, M55 Don Rivard 2:47.2, M60 Lloyd Young 2:36.4, M55 Don Rivard 6:35.9, M65 Bob Warwick Sr 14.84, M70 Rachel Lyga 17.07, M30 Gary Nickash 17.38, M45 George LaBelle 20.24, M45 George LaBelle 2:15.1, M55 Gordon Seifert 3:27.7, M60 Gertrude Seifert 3:26.6, M65 Lucille Smrcka 3:28.7, M35 Wayne Anderson 4-9, M45 George LaBelle 4-2, M55 Gordon Seifert 4-2, M60 Chuck Olson 3-10, M65 Charles Obye 4-6, M70 Wilbur Raglan 4-0, M50 Rachel Lyga 11-3, M45 Carl Klehm 36-6, M55 Gordon Seifert 29-7 3/4, M60 Chuck Olson 40-2, M50 Rachel Lyga 22-0, M45 Carl Klehm 94-4, M60 Chuck Olson 112-6, M65 Bob Warwick Sr 85-0, M50 Rachel Lyga 59-2, M45 Carl Klehm 84-4, M60 Richard Widner 5:28.8, M50 Rachel Lyga 58-1, M45 George LaBelle 107-1, M60 Chuck Olson 85-9, M65 Charles Obye 120-3, M50 Rachel Lyga 76-8, M50 Ray Dale Lance 6.46, M55 Bill Marcham 6.91, M60 Steve Rider 6.89, M65 Jim Gross 7.25, M70 Charlie Green 7.93, M75 Fred White 8.02, M80 Henry Johnson 8.96, M55 Peggy Henninger 10.91, M60 Betty Whitaker 8.58, M60 Ed Thorpe 6-2, M50 Chuck Miller 14.39, M55 Joe Murphy 16.01, M65 Roy Womack 19.63, M50 Hector Cisneros 47.08, M55 Joe Murphy 47.77, M65 R Womack 1:03.6, M70 Jesse Cumminge 1:08.6, M50 Chuck Miller 5-5, M55 Richard Hein 5-0, M60 Don Blanchard 4-10, M65 Jim Gross 4-0, M70 Frank Miller 3-10, M50 Lewis Sims 9-2, M55 Jim Scogging 6-2, M60 Ed Thorpe 6-2.

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SOUTHWEST

Texas Senior Games
U of Texas-Arlington; May 21

Table with 2 columns: Name and Time. Includes entries like M50 Ray Dale Lance 6.46, M55 Bill Marcham 6.91, M60 Steve Rider 6.89, M65 Jim Gross 7.25, M70 Charlie Green 7.93, M75 Fred White 8.02, M80 Henry Johnson 8.96, M55 Peggy Henninger 10.91, M60 Betty Whitaker 8.58, M60 Ed Thorpe 6-2, M50 Chuck Miller 14.39, M55 Joe Murphy 16.01, M65 Roy Womack 19.63, M50 Hector Cisneros 47.08, M55 Joe Murphy 47.77, M65 R Womack 1:03.6, M70 Jesse Cumminge 1:08.6, M50 Chuck Miller 5-5, M55 Richard Hein 5-0, M60 Don Blanchard 4-10, M65 Jim Gross 4-0, M70 Frank Miller 3-10, M50 Lewis Sims 9-2, M55 Jim Scogging 6-2, M60 Ed Thorpe 6-2.

Table with 2 columns: Name and Time. Includes entries like M65 Beatrice Merenden 12.37, W75 Mary Parson 10.86, M50 Tony Deatherage 12.02, M55 Ocie Boyers 12.59, M60 Steve Rider 13.96, M65 Tim Murphy 13.78, M70 Jeff Bloomfield 15.13, M75 Fred White 15.19, M80 Henry Johnson 16.50, M60 Betty Whitaker 16.18, M75 Mary Parson 23.36, M50 Chuck Miller 24.70, M55 Bill Marcham 27.71, M60 Chester Stoddard 29.67, M65 Tim Murphy 28.53, M70 Jeff Bloomfield 32.45, M75 Fred White 32.85, M55 Mary Guinn 52.99, M60 Betty Whitaker 33.77, M75 Mary Guinn 1:51.6, M50 David Lord 5:04.9, M55 John Stanton 5:11.7, M60 Richard Widner 5:28.8, M50 Rachel Lyga 59-2, M45 Carl Klehm 84-4, M60 Richard Widner 5:28.8, M50 Rachel Lyga 58-1, M45 George LaBelle 107-1, M60 Chuck Olson 85-9, M65 Charles Obye 120-3, M50 Rachel Lyga 76-8, M50 Ray Dale Lance 6.46, M55 Bill Marcham 6.91, M60 Steve Rider 6.89, M65 Jim Gross 7.25, M70 Charlie Green 7.93, M75 Fred White 8.02, M80 Henry Johnson 8.96, M55 Peggy Henninger 10.91, M60 Betty Whitaker 8.58, M60 Ed Thorpe 6-2, M50 Chuck Miller 14.39, M55 Joe Murphy 16.01, M65 Roy Womack 19.63, M50 Hector Cisneros 47.08, M55 Joe Murphy 47.77, M65 R Womack 1:03.6, M70 Jesse Cumminge 1:08.6, M50 Chuck Miller 5-5, M55 Richard Hein 5-0, M60 Don Blanchard 4-10, M65 Jim Gross 4-0, M70 Frank Miller 3-10, M50 Lewis Sims 9-2, M55 Jim Scogging 6-2, M60 Ed Thorpe 6-2.

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Continued on next page

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Table with 2 columns: Name and Score. Includes events like M65 Chet Henningsen, M70 Frank Miller, Long Jump, and Standing Long Jump.

Table with 2 columns: Name and Score. Includes events like M55 Peggy Henninger, M60 Betty Whitaker, M75 Ernest Nero, and Standing Long Jump.

Table with 2 columns: Name and Score. Includes events like Triple Jump, M55 Richard Hein, M60 Ed Thorpe, and Shot Put.

Table with 2 columns: Name and Score. Includes events like M80 Luis Ruiz, M85 Orville Adams, M90 Richard Hallmark, and Discus.

Table with 2 columns: Name and Score. Includes events like M75 John Pearle, M80 Ed Bost, M85 Ernest Dennison, and Javelin.

Table with 2 columns: Name and Score. Includes events like M70 Gerald Thompson, M75 Wade Alexander, M80 Ed Bost, and M85 Tomes Ranuel.



TAC Southwest Regional Championships; New Orleans May 28

Table with 2 columns: Name and Score. Lists various athletes and their scores in different events.

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WEST

1988 Palomar Pentathlon Balboa Stadium; San Diego, May 15

Large table with columns: YEAR, AGE, 200, 400, 800, 1500, 3000, 200, 400, 800, 1500, 3000, AGE, PERFORM, AGE. Lists performance data for various athletes.

Anteaters Masters Classic Irvine, CA; May 28

Table with 2 columns: Name and Score. Lists athletes and their scores in various events.

Table with 2 columns: Name and Score. Lists athletes and their scores in various events.

Continued on next page

Continued from previous page

SCA/TAC District Championship Occidental College; Los Angeles June 18

Table of race results for SCA/TAC District Championship, including events like 100, 200, 400, 800, 1500, 5000, and 10000 meters, with names and times.

Table of race results for 3000sc, 5000 RACE WALK, and 10000 meters, with names and times.

Table of race results for TJ, SP, HJ, PV, and LJ events, with names and times.

Table of race results for DT, 50y, 100m, 200m, 400m, and 800m events, with names and times.

Table of race results for River City Meet Sacramento, July 2, including 4x100m Relay, 4x200m Relay, 4x400m Relay, and 110mH events.

Table of race results for River City Invitational Sacramento, July 2, including 4x100m Relay, 4x200m Relay, 4x400m Relay, and 110mH events.



Continued on next page

Continued from previous page

100 METER DASH				
Div	Name	Age	Mark	Perf
F80	Marilla Salisbury	80	30.64	60.64
F45	Jeanne Carter	48	14.60	78.94
	Polly Turpin	45	15.86	74.04
F40	A Steekelenburg	40	14.58	78.74
F30	Lorna Marie Boothe	33	12.01	93.14
M80	Sing Lum	84	19.50	77.24
	Willard Benton	84	23.09	65.24
M75	Bert Morrow	75	15.90	83.54
	Joe Caruso	78	16.87	81.74
M70	Bill Morales	71	14.65	86.74
	Al Guidet	70	14.69	85.64
	Herbert Miller	72	15.44	83.24
	Alan Cranston	74	16.83	78.04
M65	Max Goldsmith	65	14.15	85.04
	Robert Hunt	68	14.68	84.14
M60	Ken Bernard	62	15.38	76.54
M55	Huel Washington	59	13.25	86.94
	Walter Turner	57	13.63	83.44
	Frank Kishi	57	14.11	80.64
M50	Nick Newton	54	12.16	91.94
	Charlie Miller	50	12.36	88.64
	Ed Oleata	51	12.75	86.34
	Roger Tsuda	52	12.84	86.14
M45	Doug Smith	48	12.25	88.54
	Dan Lieberman	49	13.35	81.64
M40	John Pulley	41	12.42	84.84
	Bob Myers	37	12.42	83.54
	George Wong	39	12.63	82.74
M30	Kevin Morning	32	11.20	91.04
	Marley Corey	34	13.23	77.64
M4C	Bruce Cornell	35	-nt-	

200 METER DASH				
Div	Name	Age	Mark	Perf
F80	Marilla Salisbury	80	1:22.48	48.74
F45	Jeanne Carter	48	30.25	80.74
	Polly Turpin	45	33.27	73.34
F30	Lorna Marie Boothe	33	24.28	91.74
	A Griffin-Oliver	30	27.55	80.84
M80	Sing Lum	84	42.79	71.64
M75	Bert Morrow	75	34.03	83.94
M70	Herbert Miller	72	31.91	84.14
	Alan Cranston	74	36.30	74.04
M65	Max Goldsmith	65	28.92	88.14
	Robert Hunt	68	30.20	84.44
	C Mercurio	68	30.39	83.84
M60	Jack Greenwood	62	26.32	92.54
	Ken Bernard	62	31.58	77.14
M55	Huel Washington	59	27.42	88.14
	Walter Turner	57	28.45	83.54
	Frank Kishi	57	28.65	82.94
	B Allen Wright	57	35.66	66.64
M50	Charlie Miller	50	24.61	91.94
	Nick Newton	54	24.73	93.94
	Roger Tsuda	52	26.06	87.94
	Woody Grover	54	26.85	86.54
M45	Doug Smith	48	25.22	88.54
	Joe Horn	45	26.09	84.04
	Dan Lieberman	49	26.95	83.34
	Juan Bustamante	45	27.08	80.94
	Fred Bruns	49	28.15	79.84
M40	Stan Whitley	42	22.38	96.34
	Don Parker	43	24.20	89.54
	John Pulley	41	24.96	85.94
	Simon Baldwin	44	25.96	83.94
M30	Kevin Morning	32	22.77	89.54
	Kevin Smith	32	24.25	84.44
	Alvaro Garcia	34	26.05	79.34
	Marley Corey	34	27.25	75.94

San Diego-Imperial Athletics Congress
Masters Track and Field Championships
Balboa Stadium, San Diego
July 2, 1988
Meet Directors: Lolita Bache
David Pain

400 METER DASH				
Div	Name	Age	Mark	Perf
F80	Marilla Salisbury	80	3:04.12	49.24
F65	Gerry Davidson	67	1:33.29	77.74
F45	Jeanne Carter	48	1:07.05	85.44
F40	Dorothea Jacobsen	40	1:18.43	67.64
F30	A Griffin-Oliver	30	1:01.25	79.84
M80	Willard Benton	84	1:51.30	67.04
M70	Pete Ganahl	71	1:15.70	81.74
M65	Don Thiel	65	1:15.75	77.24
	Mode Perry	68	1:20.62	75.04
M60	Jock Jacey	62	1:07.72	83.74
M45	Alan Olson	45	57.31	85.24
	Joe Horn	45	57.60	84.84
	Fred Bruns	49	62.91	80.14
M40	Stan Whitley	42	50.61	94.54
	Don Parker	43	52.63	91.54
	Simon Baldwin	44	56.73	85.54
	Lee Fitzgerald	42	57.12	84.64
M35	Doug Tanabe	39	55.62	84.24
M30	Bryan Henderson	30	51.87	85.54
	Kevin Smith	32	53.05	84.54
	David Hoover	34	54.71	82.94
	Kirby McMillan	31	55.30	80.04
	Steve Carl	34	57.70	78.64
	Alvaro Garcia	34	1:05.95	68.84

800 METER RUN				
Div	Name	Age	Mark	Perf
F80	Marilla Salisbury	80	6:57.31	51.54
F65	Gerry Davidson	67	3:37.67	76.74
F40	Joni Pendleton	41	2:35.4 h	79.44
	Patti Hurl-Tuffley	40	2:24.1 h	84.74
M80	Willard Benton	84	4:05.57	72.24
M70	Pete Ganahl	71	3:00.77	81.54
	Eddie Simon	70	4:42.39	51.54
M65	David Pain	65	3:03.67	74.44
M60	Ray Gil	63	3:00.1 h	74.04
	Avery Bryant (DQ)	64	2:57.8 h	75.94
	(DQ for not being at start line when race)			
M55	Robert Culling	56	2:27.3 h	85.54
	Marsh Haraden	57	2:24.9 h	86.04
	Lloyd McGuire	56	2:54.4 h	70.74
M50	Cliff Bedell	50	2:09.8 h	89.64
M45	George Cohen	48	2:00.28	94.94
M40	David Oropeza	42	2:00.39	90.44
	Graeme Shirley	42	2:00.50	90.34
	Bill Betts	43	2:05.66	87.24
	Lee Fitzgerald	42	2:06.41	86.14
	Mike Eck	43	2:07.76	85.84
	Bob Betancourt	40	2:09.17	83.04
	Larry Peterson	43	2:13.54	82.14
M35	Jonathan Heberkern	36	2:01.88	85.94
	Ted Van Arsdale	35	2:05.32	83.24
M30	Roger DePriest	30	2:00.11	84.84
	Norberto Avila	30	2:06.89	80.34
	Mark Cobb	30	2:06.92	80.24
	Steve Churchill	33	2:11.57	78.34

1500 METER RUN				
Div	Name	Age	Mark	Perf
F65	Gerry Davidson	67	7:01.83	85.54
F55	Dorothy Stock	55	6:00.77	83.44
F40	Joni Pendleton	41	5:16.63	79.84
	Dorothea Jacobsen	40	6:10.74	67.44
F30	Kim Campo	32	4:37.60	83.24
	Lori Wilson	31	5:00.17	76.34
M80	Willard Benton	84	8:43.83	71.14
M70	Eddie Simon	70	9:14.75	54.34
M60	Avery Bryant	64	5:47.92	79.84
	Ray Gil	63	5:51.34	78.14
M55	Robert Culling	56	5:03.42	83.24
	Marsh Haraden	57	5:05.46	83.64
M50	Cliff Bedell	50	4:46.32	82.94
M45	Jerry Hackett	47	4:29.92	85.64
	Steve Schumacher	46	4:53.12	78.24
M40	Ron Jensen	41	4:08.20	88.84
	Graeme Shirley	42	4:17.09	86.44
	Bill Sumner	40	4:20.20	84.24
	Bob Betancourt	40	4:23.09	83.24
M35	James Gelsomini	39	4:06.96	88.14
	Dave Hunter	35	4:12.55	84.34
	Ron Rook	39	4:44.70	76.44
M30	Frank Whittemore	32	4:13.51	82.94
	Steve Churchill	33	4:43.24	74.54
M4C	Bruce Cornell	35	4:39.25	

5000 METER RUN				
Div	Name	Age	Mark	Perf
F55	Dorothy Stock	55	-nt-	
F45	Una Marie Pierce	49	24:39	65.74
F30	Charlotte Thomas	31	17:11.79	83.84
	Leslie Howland	31	18:03.47	79.94
M85	Noel Johnson	88	-nt-	
M65	Earl Rippee	68	23:02.8 h	74.34
M60	Ray Gil	63	21:32.4 h	74.64
	Ted Horner	64	22:34.1 h	71.34
	Pete Mundle	60	22:37.2 h	70.94
M55	Patrick Devine	59	17:57.43	84.34
M50	Carl Petersen	50	18:32.0 h	77.94
M45	Tim Bird	46	19:29.0 h	71.64
M40	Michael Figueroa	44	15:56.38	83.84
	David Hurlbut	40	17:16.11	77.44
	Tilden Reader	42	17:46.28	75.24
M35	Barry Martin	35	15:38.89	82.34
	Gary Foltz	35	15:46.85	82.44
	Norberto Avila	37	15:50.81	81.84
M30	Norberto Avila	30	15:11.59	84.14
	Greg Marino	33	15:21.42	83.24
	Mike DiPippo	34	19:14 h	67.44

80 METER HURDLES				
Div	Name	Age	Mark	Perf
F40	A Steekelenburg	40	13.7 h	82.94
M75	Bert Morrow	75	17.72	81.64
M70	Herbert Miller	72	14.61	92.54
	Al Guidet	70	14.80	91.44

100 METER HURDLES				
Div	Name	Age	Mark	Perf
F30	Lorna Marie Boothe	33	13.92	90.64
M65	Robert Hunt	68	19.24	83.94
M60	Jack Greenwood	62	15.39	98.14
M50	Charlie Miller	50	14.60	93.04
	Alvin Henry	50	14.86	91.44

110 METER HURDLES				
Div	Name	Age	Mark	Perf
M40	Cornelius McCormick	44	16.68	82.24
M35	Bill Sevilla	41	-nt-	
	Bob Myers	37	19.65	67.74

300 METER HURDLES				
Div	Name	Age	Mark	Perf
F50	Tami Graf	51	1:03.47	73.84
M75	Bert Morrow	75	1:03.23	88.04
M70	Herbert Miller	72	58.14	89.74
M65	Robert Hunt	68	52.01	93.14
	Max Goldsmith	65	55.76	82.74
M60	Jack Greenwood	62	45.59	97.04
M50	Ed Oleata	51	43.57	91.64

400 METER HURDLES				
Div	Name	Age	Mark	Perf
M40	Bill Sevilla	41	1:15.75	68.84
M35	Jamea King	39	55.69	92.04
	Bob Myers	37	1:08.38	73.84
M30	David Hoover	34	58.70	84.14

3000 METER STEEPCHASE				
Div	Name	Age	Mark	Perf
M60	Walter Atcheson	61	-nt-	
M40	Keith Jeffers	40	10:50.13	80.24
M35	Mike Cour	38	10:12.91	83.84

HIGH JUMP				
Div	Name	Age	Mark	Perf
F50	Tami Graf	51	3-10	72.14
F40	A Steekelenburg	40	4-10	79.64
M80	Win McFadden	83	3-4	80.84
M75	Carol Johnston	76	3-10	82.94
M70	Joseph Broadbent	71	4-0	80.74
	Herbert Miller	72	3-10	78.44
	Jim Vernon	71	3-10	77.44
M65	Burl Gist	68	4-6	86.84
M50	Nick Newton	54	5-6	

Continued from previous page

Table with 2 columns: Name and Time. Includes entries like M60 Bob Roemer 130-6, M65 Boyd Porch 125-8, W30 K C Frogge 85-0, W60 Shirley Dietderich 64-0.

NORTHWEST

Federal Way Invitational Federal Way, WA; June 17-18

Table with 2 columns: Name and Time. Includes entries like M30 Mark Robertson 5.87, M30 Lonnie Johnson 5.94, M40 Terry Turner 7.13, M45 Ron Jensen 6.32, M50 Bob Miller 6.38, M55 Don Kane 6.70, M60 Tom Norwood 7.84, W70 Ernie Jensen 10.22, W30 Joy Byrd 8.13, M40 Shirley Milton 8.78, M45 Jan McClurg 7.0, M50 Judy Gropp 9.71, W65 Helen Jensen 10.26.

Table with 2 columns: Name and Time. Includes entries like M30 Mark Robertson 11.25, M40 Terry Bartlett 14.27, M45 Ron Jensen 11.95, M55 Dan Kane 13.38, M60 Tom Norwood 14.83, W45 Jan McClurg 13.89, W65 Helen Jensen 22.36.

Table with 2 columns: Name and Time. Includes entries like M30 Mark Robertson 22.98, M40 Tim Heffron 27.20, M45 Ron Jensen 24.11, M50 Bob Miller 24.17, M55 Don Kane 27.15, M60 Tom Norwood 30.0, W30 Debbie Wheeler 30.92, W45 Jan McClurg 28.45, W65 Helen Jensen 46.23.

Table with 2 columns: Name and Time. Includes entries like M30 Alex Johnston 50.74, M40 James Anderson 1:03.9, M45 Ron Mattila 62.49, M50 Dale Sawyer 1:05.7, M55 Harold Hitt 58.95, M60 Byrval Madan 1:17.8, W30 Ruth Balf 1:22.2.

Table with 2 columns: Name and Time. Includes entries like M30 Tim Malkow 2:13.2, M40 James Anderson 2:40.0, M45 Dale Sawyer 2:41.3, M50 Byrval Madan 3:10.7, W30 Theresa Haines 2:24.0.

Table with 2 columns: Name and Time. Includes entries like M30 Peter Grove 4:16.9, M40 Tim Heffron 5:22.1, M45 Ron Mattila 8:00.8, M50 Dale Sawyer nta.

Table with 2 columns: Name and Time. Includes entries like M30 Peter Grove 9:13.7, M40 Peter Firth 9:45.3, M45 Tim Joelin 9:49.4, M50 Ralph Hennig 10:48.9, W30 Ruth Balf 13:04.5.

Table with 2 columns: Name and Time. Includes entries like M30 Gary Zaslavich 17.43, M50 Don Worrall 18.35, M55 Darrold Skartvedt 20.67, M60 Byrval Madan 22.12.

Table with 2 columns: Name and Time. Includes entries like M30 Gary Zaslavich 44.93, M50 Don Worrall 47.63, W30 Joy Byrd 1:06.4.

Table with 2 columns: Name and Time. Includes entries like M30 FWTC 45.19, M40 Kent I 55.33, M40 Kent II 55.47, M30 Renton 1:12.8.

Table with 2 columns: Name and Time. Includes entries like M30 Greg West 6-4, M40 Richard Madan 5-8, M55 Jack Fischer 6-0, M60 Byrval Madan 4-6.

Table with 2 columns: Name and Time. Includes entries like M30 Rick Baggett 14-6, M40 Richard Madan 15-4, M45 John Edwards 15-5, M50 Don Worrall 10-0, M55 Darrold Skartvedt 8-6.

Table with 2 columns: Name and Time. Includes entries like M30 Rick Baggett 18-6, M40 Richard Madan 15-4, M45 John Edwards 15-5, M50 Don Worrall 10-0, M55 Darrold Skartvedt 8-6.

Table with 2 columns: Name and Time. Includes entries like M30 Johnny Edwards 33-4 3/4, M40 Richard Madan 30-6, M60 Byrval Madan 25-5, M60 Dennis Wilkie 25-1 3/4.

Table with 2 columns: Name and Time. Includes entries like M30 Dan Lindquister 42-7, M40 Mike Sweeney 36-11, M45 John Gambill 47-1, M50 Harvey Williams 43-6, M60 Tom Norwood 14.83, W45 Jan McClurg 13.89, W65 Helen Jensen 22.36.

Table with 2 columns: Name and Time. Includes entries like M30 Mike Sweeney 110-2, M40 Terry Turner 67-5, M45 John Gambill 137-10, M50 Harvey Williams 101-5, M60 Tom Norwood 14.83, W45 Jan McClurg 13.89, W65 Helen Jensen 22.36.

Hayward Classic Eugene, OR; June 25-26

Table with 2 columns: Name and Time. Includes entries like M30 Billy McKinney 11.43, M35 Ray Yeck 12.23, M40 Paul Dungan 11.81, M45 Jim Puckett 12.73, M50 Bob Miller 12.09, M55 Bruce Springbett 12.33, M60 Tom Norwood 14.37, M65 Stan Whipple 18.82, M70 Dan Bulkley 15.40.

Table with 2 columns: Name and Time. Includes entries like M30 Rick Brown 10:27.5, M40 Mike Creery 8:56.6, M45 Nat Teich 11:49.3, M50 Ken Ogden 10:53.9, M55 Ray Hatton 9:37.8, M60 Tom Norwood 14.37, M65 Stan Whipple 18.82, M70 Dan Bulkley 15.40.

Table with 2 columns: Name and Time. Includes entries like M30 Dave Hagmeier 23.56, M35 Ray Yeck 24.88, M40 Paul Dungan 23.68, M45 Ron Pinard 25.67, M50 Bob Miller 24.79, M55 Don Kane 27.19, M60 Tom Norwood 29.95, M65 Stan Whipple 18.82, M70 Dan Bulkley 15.40.

Table with 2 columns: Name and Time. Includes entries like M30 Dave Hagmeier 51.60, M35 Ray Yeck 24.88, M40 Paul Dungan 23.68, M45 Ron Pinard 25.67, M50 Bob Miller 24.79, M55 Don Kane 27.19, M60 Tom Norwood 29.95, M65 Stan Whipple 18.82, M70 Dan Bulkley 15.40.

Table with 2 columns: Name and Time. Includes entries like M30 Dave Hagmeier 51.60, M35 Ray Yeck 24.88, M40 Paul Dungan 23.68, M45 Ron Pinard 25.67, M50 Bob Miller 24.79, M55 Don Kane 27.19, M60 Tom Norwood 29.95, M65 Stan Whipple 18.82, M70 Dan Bulkley 15.40.

Table with 2 columns: Name and Time. Includes entries like M35 Ray Yeck 54.86, M40 Richard Tucker 52.93, M45 Lynn Eves 57.63, M50 Bob Miller 57.00, M55 Steve Odwin 57.80, M60 Tom Norwood 14.83, W45 Jan McClurg 13.89, W65 Helen Jensen 22.36.

Table with 2 columns: Name and Time. Includes entries like M35 Ray Yeck 54.86, M40 Richard Tucker 52.93, M45 Lynn Eves 57.63, M50 Bob Miller 57.00, M55 Steve Odwin 57.80, M60 Tom Norwood 14.83, W45 Jan McClurg 13.89, W65 Helen Jensen 22.36.

Table with 2 columns: Name and Time. Includes entries like M30 Stan Goodall 2:00.2, M35 Tom Jordan 2:09.4, M40 Dick Tucker 2:01.2, M45 John Gambill 47-1, M50 Harvey Williams 43-6, M60 Tom Norwood 14.83, W45 Jan McClurg 13.89, W65 Helen Jensen 22.36.

Table with 2 columns: Name and Time. Includes entries like M30 Bill McGratch 4:29.5, M35 Ray Yeck 12.23, M40 Paul Dungan 11.81, M45 Jim Puckett 12.73, M50 Bob Miller 12.09, M55 Bruce Springbett 12.33, M60 Tom Norwood 14.37, M65 Stan Whipple 18.82, M70 Dan Bulkley 15.40.

Table with 2 columns: Name and Time. Includes entries like M30 Rick Brown 10:27.5, M40 Mike Creery 8:56.6, M45 Nat Teich 11:49.3, M50 Ken Ogden 10:53.9, M55 Ray Hatton 9:37.8, M60 Tom Norwood 14.37, M65 Stan Whipple 18.82, M70 Dan Bulkley 15.40.

Table with 2 columns: Name and Time. Includes entries like M30 Rick Brown 10:27.5, M40 Mike Creery 8:56.6, M45 Nat Teich 11:49.3, M50 Ken Ogden 10:53.9, M55 Ray Hatton 9:37.8, M60 Tom Norwood 14.37, M65 Stan Whipple 18.82, M70 Dan Bulkley 15.40.

Table with 2 columns: Name and Time. Includes entries like M35 Gene Solomon 15:46.5, M40 Rod Malone 16:20.6, M45 Dick Weeks 16:23.7, M50 Dick Weeks 16:23.7, M55 Dick Weeks 16:23.7, M60 Tom Norwood 14.37, M65 Stan Whipple 18.82, M70 Dan Bulkley 15.40.

Table with 2 columns: Name and Time. Includes entries like M30 Lee Leonard 35:41.5, M40 Lee Leonard 35:41.5, M45 Dick Weeks 16:23.7, M50 Dick Weeks 16:23.7, M55 Dick Weeks 16:23.7, M60 Tom Norwood 14.37, M65 Stan Whipple 18.82, M70 Dan Bulkley 15.40.

Table with 2 columns: Name and Time. Includes entries like M30 Lee Leonard 35:41.5, M40 Lee Leonard 35:41.5, M45 Dick Weeks 16:23.7, M50 Dick Weeks 16:23.7, M55 Dick Weeks 16:23.7, M60 Tom Norwood 14.37, M65 Stan Whipple 18.82, M70 Dan Bulkley 15.40.

Table with 2 columns: Name and Time. Includes entries like M35 Jahn Berry 10:20.4, M40 Larry Norris 11:08.9, M45 Tom Balcom 11:25.2, M55 John Hepner 11:56.6.

Table with 2 columns: Name and Time. Includes entries like M35 David McNayr 16:35.5, M45 John Hanan II 17:12.6, M55 Byron Kroq 19:37.3, M70 George O'Neal 20:04.2, W30 Jody Suhaneck 17:33.1.

Table with 2 columns: Name and Time. Includes entries like M40 Frank Lulich 1.58, M45 Mike Akerman 1.63, M50 Jim Schlewitz 1.43, M55 Bob Flaherty 1.43, M60 Rich Nordquist 1.27, M75 Leon Joelin 1.15, W45 Becky Sisley 1.17.

Table with 2 columns: Name and Time. Includes entries like M30 Rich Baggett 4.27, M35 Stuart Jones 4.12, M40 Ron Ackerman 4.49, M45 Dennis Tancredi 4.94, M55 Alan Maxwell 4.32, M65 Myron Dover 2.49.

Table with 2 columns: Name and Time. Includes entries like M30 Mike Lariza 6.46, M40 Ron Ackerman 4.49, M45 Dennis Tancredi 4.94, M55 Alan Maxwell 4.32, M65 Myron Dover 2.49.

Table with 2 columns: Name and Time. Includes entries like M30 Pedro Lopez 26.00, M35 Manuel Aguilera 27.44, M40 Amado Morales 25.13, M45 Marcos Bonifoi 25.54, M50 J Carlos Juarez 33.30, M65 Roberto Higuera 31.77, W30 Martha Gonzalez 30.07, W40 Maria Gutierrez 31.74.

Table with 2 columns: Name and Time. Includes entries like M30 Pedro Lopez 55.90, M35 Roberto Gonzalez 52.97, M40 Luis Loranca 54.24, M45 Abelardo Lopez 1:00.1, M55 Pablo Bustos 1:13.8, M60 Miguel Flores 1:14.3, W30 Martha Gonzalez 1:09.5, W40 Martha Gutierrez 1:12.4.

Table with 2 columns: Name and Time. Includes entries like M30 G Villafranco 2:13.8, M35 Guillermo Diaz 2:27.6, M40 B Contreras 2:18, M45 Evaristo Minon 2:28.4, M55 Adolfo Sanchez 2:31, M60 Antonio Hernandez 2:48.6, M65 Antonio Morales 3:34.7.

Table with 2 columns: Name and Time. Includes entries like M45 Joe Myers 34.27, M50 Lou Humphreys 47.87, M55 Bob Flaherty 28.38, M60 B Bangert 40.14, M65 Jim Minah 10.61, M70 Hal Cronkrite 10.63, M75 Leon Joelin 9.28.

Table with 2 columns: Name and Time. Includes entries like M35 Pat Healy 48.68, M40 Leon Dahl 31.86, M50 Bob Humphreys 43.82, M60 B Bangert 36.76, M65 Jim Minah 33.96, M70 Tom McDermott 40.04.

CANADA Masters Mile Times-Colonist Meet Victoria; June 8

Table with 2 columns: Name and Time. Includes entries like M1 Mike Creery 4:26.2, M2 Peter Lange 4:36.0, M3 Jake Madderon 4:41.1, M4 Bob Reid 4:45.0, M5 John Woodcock 4:47.5, M6 Frank Reynolds 4:50.8, M7 Maurice Tarrant 5:00.2.

INTERNATIONAL Veterans Meet Irapuato City, Mexico; April 23

Table with 2 columns: Name and Time. Includes entries like M30 Perfecto Arias 12.65, M35 Ruben Gonzalez 11.51, M40 Amado Morales 12.40, M45 Marcos Bonifoi 12.04, M55 Francisco Chavez 13.00, M60 Casimiro Parra 18.03, M65 Roberto Higuera 15.33, W30 Martha Gonzalez 14.25, W35 Rosa Campos 17.73, W40 Maria Gutierrez 15.01, W45 Josefina Salazar 17.38, W60 Martha Ninfa 20.26.

Table with 2 columns: Name and Time. Includes entries like M30 Pedro Lopez 26.00, M35 Manuel Aguilera 27.44, M40 Amado Morales 25.13, M45 Marcos Bonifoi 25.54, M50 J Carlos Juarez 33.30, M65 Roberto Higuera 31.77, W30 Martha Gonzalez 30.07, W40 Maria Gutierrez 31.74.

Table with 2 columns: Name and Time. Includes entries like M30 Pedro Lopez 55.90, M35 Roberto Gonzalez 52.97, M40 Luis Loranca 54.24, M45 Abelardo Lopez 1:00.1, M55 Pablo Bustos 1:13.8, M60 Miguel Flores 1:14.3, W30 Martha Gonzalez 1:09.5, W40 Martha Gutierrez 1:12.4.

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Table with 2 columns: Name and Time. Includes entries like M35 Pat Healy 48.68, M40 Leon Dahl 31.86, M50 Bob Humphreys 43.82, M60 B Bangert 36.76, M65 Jim Minah 33.96, M70 Tom McDermott 40.04.

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Table with 2 columns: Name and Time. Includes entries like M30 Baltazar Flores 4:18, M35 Jose Martinez 4:25.1, M40 B Contreras 4:45.4, M45 Evaristo Minon 5:02.5, M50 Salvador Juarez 5:23.1, M55 Adolfo Sanchez 5:13.9, M60 A Hernandez 5:33.0, W30 Maria Ventura 4:37, W35 Rosario Rayas 6:03.3, W40 Lucia Quiroz 4:53, W50 Martha Gonzalez 6:33.4, W55 Flor Gomez 8:27.7.

Table with 2 columns: Name and Time. Includes entries like M30 Maria Ventura 12:45.5, W35 Rosario Reyes 13:02.3, W40 Dina Jimenez 13:15.7, W50 Martha Jimenez 13:40.9.

Table with 2 columns: Name and Time. Includes entries like M30 Jansel Merdiola 16:29.0, M35 J Cruz Marolejo 17:20.5, M40 Manuel Quiroz 18:45, M45 Alberto Leon 17:00.9, M55 Adolfo Sanchez 19:23.1, M65 Eliseo Hernandez 22:39.1.

Table with 2 columns: Name and Time. Includes entries like M35 Jose Martinez 10:22.8, M40 Gildardo Pineda 11:15.9, M50 Salvador Juarez 13:25.4, M55 N Arredondo 15:35.1.

Table with 2 columns: Name and Time. Includes entries like M30 Burtinio Gallegos 9.78, M40 Horacio Alvarez 7.84, M45 Bulogio Arroyo 11.21, M50 J N Arana 10.23, M55 Alfonso Marquez 7.43, M60 Agapito Rocha 30.36, W35 G Contreras 9.28, W40 Lucia Quiroz 11.62, W60 Aida Amoros 6.92.

Table with 2 columns: Name and Time. Includes entries like M30 Burtinio Gallegos 25.67, M45 Bulogio Arroyo 41.38, M50 J N Arana 31.64, M55 Alfonso Marquez 23.06, M60 Agapito Rocha 30.36, W35 G Contreras 20.95, W40 Lucia Quiroz 27.41, W60 Aida Amoros 15.84.

Table with 2 columns: Name and Time. Includes entries like M30 Burtinio Gallegos 21.52, M45 Hector Gonzalez 23.86, M50 J N Arana 42.09, M55 Alfonso Marquez 17.32, M60 Agapito Rocha 20.56.

Table with 2 columns: Name and Time. Includes entries like M30 Paulino Lopez 36.06, M45 Bulogio Arroyo 34.64, M50 Oscar Gonzalez 26.92, M55 Alfonso Marquez 26.23.

Table with 2 columns: Name and Time. Includes entries like M30 Paulino Lopez 36.06, M45 Bulogio Arroyo 34.64, M50 Oscar Gonzalez 26.92, M55 Alfonso Marquez 26.23.

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LONG DISTANCE RESULTS Please send master's race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

Table with 2 columns: Name and Time. Includes entries like M30 Peter Grove 9:13.7, M40 Peter Firth 9:45.3, M45 Tim Joelin 9:49.4, M50 Ralph Hennig 10:48.9, W30 Ruth Balf 13:04.5.

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Continued on next page

Continued from previous page

Freihofer's Run for Women
Albany, NY
May 28

Overall:

Lynn Jennings	27	32:38
Patty Murray	26	32:43
Lisa Weidenbach	26	33:35
W35		
Nancy Mieszcak	37:14	
Sherry Mason	38:09	
Nancy Oshier	40:05	
W40		
Laurie Binder	35:32	
Gabrielle Anderson	35:52	
Barbara Filutze	36:34	
Angella Hearn	36:59	
Hearn-Grenning	37:33	
W45		
Chris Tattersall	39:11	
Zofia Turosz	40:16	
Lina Connors	40:35	
W50		
Diane Palmason	39:23	
Mae Horns	45:31	
Ger Owens	46:19	
W55		
Nan Gerstenberger	45:07	
Bev Goodwin	45:49	
Anny Stockman	46:08	
W60+		
Dolores Quinn	53:42	
Edith Farias	56:26	
Marsha Tillson	61:36	

Fleet Memorial Day 5000
Wickford, RI; May 30

Overall

Michael Crowley	25	14:36
Anne Marie Gower	26	16:53
M40 Craig Williamson	40	16:44
Joe Light	40	16:52
Tom Beattie	42	17:08
M50		
Henry Golet	51	16:46
Leo Tomasetti	50	16:47
Dana Sumner	56	17:40
M60		
Carl Hammen	64	19:53
George Silva	62	20:55
Fred Ward	61	22:58
W40		
Karyn Muma	41	19:53
Mary J Swanson	41	21:38
Patricia Maguire	44	22:18
W50		
Ann Morris	55	25:27
Sally Metherway	59	27:41

434 finishers from 27 countries

L'eggs Mini-Marathon 10K
Central Park, NYC; June 4

Overall

Ingrid Kristiansen	32	31:31
W40		
Angella Hearn	36:08	
Barbara Filutze	36:46	
C Hearn Grenning	37:00	
Kathy Brown	37:39	
E Portz-Shovlin	38:21	
Janice McKeown	38:27	
Bette Poppers	45	38:42
Jennifer Calder	39:15	
C M Tattersall	46	39:18
Zofia Turosz	49	39:33
W50		
Diane Palmason	38:57	
Helene Bedrock	40:55	
Jill Martin	41:35	
Toshiko d'Elia	58	42:25
B Bellinghausen	43:17	
W60		
Aslaug Tomas	51:37	
Edith Farias	51:40	
Muriel Marl	51:53	
W70+		
Harriet Kaufman	1:00:06	
Althea Jureidini	1:08:06	

Racewalkers

1 Mary Howell	34	50:17
3 Stella Cashman	46	1:01:16

cloudy; 55°; 83% hum

Rich Classic 5 Mile
Johnston, RI
June 5

Overall:

Joe Kipsang	KEN	22:40
Chris Pfiztinger	MA	26:12
M40		
Larry Olsen	MA	25:01
Bernie Allen	MA	25:18
A. Belligne	NY	25:21
W40		
Robin Rappa	n.t.a.	

USA 100 Mile Run
Flushing, NY
June 10-11

1 Don Aycock	36	13:53:19
2 Frank DeLeo	35	15:00:26
3 Sum Sheridan	32	15:29:41
4 Bob Colton	47	16:15:16
5 D. Obskevich	44	16:50:33
6 H. Lenderking	38	17:08:58
7 Al Pravda	41	18:08:22
8 Ed Finnegan	31	18:36:23
9 Charlie Eidel	41	18:37:29
10 Javier Gomez	34	19:20:53
11 John Kenul	44	19:47:36
12 Brian Clery	47	21:33:54
13 Henry Neil	31	21:47:02
14 T. Kourounis	50	22:17:11

Westchester Half-Marathon
White Plains to New Rochelle,
NY, June 12

Overall

Rairer Schenkel	23	1:12:19
Ellyn Block	26	1:22:15
M40		
Jonathan Folber	1:17:44	
J L Seymour	1:18:14	
Ed Sandoval	1:18:40	
M45		
Manfred Konrad	1:17:33	
Guy Stretton	1:21:51	
Art Scheinholz	1:22:14	
Gerald Lopez	1:20:22	
John Steger	1:20:46	
Alan Fairbrother	1:21:52	
M55		
Ken Karcher	1:29:58	
Pat Fitzgerald	1:32:07	
William Schwartz	1:34:10	
M60		
Don Dixon	1:26:30	
Augusto Rivera Sr	1:43:33	
John Ward Sr	1:43:42	
M65		
Tom Gibbons	1:38:55	
Bob Van Wagoner	2:02:56	
Burton Hoffman	2:14:32	
M70+		
Vince Carnevale	1:41:11	
Frank Vaccaro	1:48:51	
Charles Feldman	1:57:57	
W40		
Jillian Lazaridis	1:40:08	
Linda Silver	1:43:27	
Mary Barber	1:43:37	
W45		
--- Strauss	1:40:12	
Linda Geppert	1:40:41	
Mimi Meyers	1:43:40	
W50		
Joyce Maret	1:47:58	
Esther Marcus	1:50:37	
Thelma Wilson	1:52:16	
W60+		
Aslaug Tomas	1:56:12	
Barbara Beck	2:13:33	

finishers: 816m/173w
sunny; 66-80°; 31% hum

Orange Classic 10K
Middletown, NY
June 12

Overall:

Ibrahim Hussein	KEN	29:07
Susan Tooby	GBR	33:27
M40		
Frank Shorter		33:12
W40		
Priscilla Welch		35:57

NYRR Father's Day 4 Mile
Central Park, NYC; June 19

Overall

Sean Doule	34	20:23
M40		
Art Hall	20:43	
Jose Jimenez	22:21	
Aden Hayes	23:18	
M45		
Sam Skinner	21:52	
William Janeway	23:16	
Julio Lugo	23:18	
M50		
Alfred Gibbs	24:59	
Robert Dolphin	25:11	
Gilberto Robles	26:18	
M55		
Eric Seiff	25:29	
Robert Kahn	25:35	
Pat Fitzgerald	25:54	
M60		
George Thompson	25:22	
John McManus	26:03	
Terence McGinnis	27:27	
M65		
Tom Gibbons	27:44	
William Coyne	28:24	
Richard Silbiger	42:15	
M70		
Vince Carnevale	27:48	
James Keeney	31:52	
Wilfredo Rios	32:56	

758 finishers; 77°; 67% hum;
wind-S 5mph

Gay Pride 5 Mile
Central Park, NYC; June 25

Overall

Kerry Fly	19	25:56
Mary Gallagher	31	31:43
M35		
Philip Yardy	28:49	
M40		
Edgar Sandoval	27:24	
M45		
Eric White	29:17	
M50		
Gilberto Robles	33:07	
M55		
Joseph Burns	32:33	
M60+		
John McManus	33:54	
W35		
Barbara Levitan	34:44	
W40		
Karen Sauvigne	35:23	
W45		
Robyn Stockton	41:59	
W50		
Eirie Perdue	44:03	
W55		
Rhoda Levine	51:11	
W60+		
Althea Jureidini	54:45	

Racewalkers

Nicholas Bdera	39	36:31
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SOUTHEAST

DeLand Spring 10K
DeLand, FL; April 23

Overall

Tim Fortier	34:21	
Nina Ehmer	43:26	
Masters Overall		
George Schauer	37:20	
Pat Beidelshies	47:33	
M35		
Ken Terry	36:57	
M40		
John Bryant	37:56	
M45		
Phil Little	39:49	
M50		
Bob Brockway	38:16	
M55		
Jim Blount	38:32	
W35		
Alice Anderson	45:35	
W40		
Wanda Roberts	50:30	

Elby's Distance Classic 20K
Wheeling, W.V.; May 28

Overall:

Rob de Castella	1:01:08	
Kellie Cathey	1:12:26	
M40		
Mick Hurd	1:07:06	
Allan Rushmer	1:11:48	

Cotton Row 10K Run
Huntsville, AL
May 30

Overall:

Jerry Lawson	30:26	
Carla Borovicha	34:42	
M40		
Barry Brown	31:57	
Bob Schlaw	32:09	
Carl Nicholson	32:46	
Wes Wessely	32:47	
Bob Ullrich	33:26	
M45		
Don Coffman	32:31	
Robert Nelson	33:01	
Morgan Looney	33:54	
James Miller	35:53	
Thomas De Paulis	36:45	
M50		
William Johnston	34:11	
Jim Larson	36:24	
Gerald Koch	36:51	
Donald Mullins	38:15	
Dick Ruzicka	38:37	
M55		
Malcolm Gillis	37:43	
Don Sheumaker	39:46	
Gerry Williams	39:57	
Marvin Brown	42:26	
Richard McCrady	42:28	
M60+		
Gordon English	42:03	
Gene Brock	43:15	
Tom White	45:53	
Hector Ramirez	46:14	
Deloy Lawson	46:54	
W40		
Jane Hutchison	38:07	
Anne Mansfield	38:50	
Beky Baum	40:09	
Kathy Hardy	40:32	
Birgit Horn	40:42	
W45		
Harolene Walters	38:40	
Nancy Thibodeau	48:43	
Corinne McLerran	51:55	
Carolyn Looney	51:58	
Barbara Lowery	52:15	
W50+		
Mary Anne Wehrum	44:03	
Marcia Herbat	45:12	
Mary Anne Woodring	44:03	
Susie Kluttz	46:29	
Joann Long	49:33	

MIDWEST

Jesse Owens 5K
Columbus, OH
May 8

W40		
Kati Fenning	21:16	
Margaret Gies	22:44	
Suzanne Waldron	24:15	
Betty McLaughlin	24:44	
Cynthia Johnson	24:49	
W45		
Charlene Gammell	23:42	
Ann Hitzhusen	24:43	
Susan Sevitz	26:29	
Hallie Reed	28:29	
Carol Glenn	31:56	
W50		
Pat Dean	27:12	
JoAnn Vance	27:21	
Mary Moss	27:57	
W55		
Ellen Brantley	24:59	
Jean Hopkins	25:08	
Nancy White	26:44	
W60		
Patricia Berkowitz	32:24	
M40		
Jim Fox	15:49	
Daniel Sekerak	15:51	
Bob Fenning	16:00	
Joe Klingenberg	16:55	
Mark Lutz	17:00	
M45		
Lloyd Daubach	16:33	
Tim Joslin	17:02	
Dennis Walsh	17:49	
David Marsh	19:39	
Richard Harris	21:01	
M50		
Bob Schill	16:46	
Orlando Mullins	18:18	
David McKim	18:47	
Bob Douglass	21:10	
Robert Swihart	21:27	
M55		
Frank Preston	19:38	
Peter Grasselli	20:21	
Bruce Kennedy	20:24	
Brian McNulty	20:45	
Larry Nolan	21:05	
M60		
Ray Chappellear	19:35	
Jack Tuttle	22:15	
Thad Davis	22:56	
Carl Strout	23:32	
Carrol Starnier	23:37	
M70+		
Leu Erusalimski	28:17	
Keye Darwin	28:57	
Gilbert Sprunk	56:02	
George Knox	56:03	

Revco-Cleveland 10K
Cleveland, OH; May 15

Overall:

Sam Ngatia	KEN	28:53
Anne Audain	NZ	33:05
W40		
Barbara Filutze		36:17

Old Kent River Bank Run
Grand Rapids, MI;
May 14

Overall:

Mark Smith	25	1:15:56
Diane Brewer	26	1:28:39
M30		
Greg Meyer	1:17:12	
Craig Fuller	1:20:06	
Vernon Campbell	1:23:35	
Larry Fisher	1:23:51	
Peter Buehler	1:23:57	
Dan Black	1:24:42	
Terry Elsey	1:25:05	
Mike Martin	1:28:29	
Peter Boyd	1:29:03	
D. Richardville	1:30:42	
M35		
Don Andersen	1:22:58	
Terry Furst	1:23:11	
Duane Spitz	1:24:12	
Jim Hackenberg	1:26:16	
Tim Bolema	1:26:42	
Herve Corne	1:27:16	
Mike Kryvanski	1:27:42	
Gary Cumis	1:29:20	
W. Jendrzewek	1:29:39	
Thomas Saxton	1:31:19	
M40		
Peter Hallop	1:27:02	
Garry Herrala	1:27:02	
John Hunt	1:30:32	
Paul Appell	1:32:37	
Dave Kenners	1:33:00	
Ellis Boal	1:34:11	
Jim Schafer	1:35:17	
Roger Hoke	1:35:37	
P. Deladurantay	1:36:02	
Eugene Meyer	1:36:58	
M45		
Dennis Scott	1:29:45	
Thomas McKernan	1:32:49	
Alan O'Dell	1:33:10	
David Barrows	1:34:41	
Ken Tevell	1:35:22	
Bill Agresta	1:36:00	
Ray Gross	1:37:01	
Jules Labuzan	1:37:42	
Jake Stockton	1:39:06	
Art Smith	1:39:48	
M50		
Ed Hernandez	1:36:21	

Continued from previous page

W50 M Larney	88-11
W60 S Dietderich	59-7
T Ricciardi	46-8

Hospital Hill Half Marathon
Kansas City, Missouri
June 5

Overall:

Richard Kaitany	1:03:53
Julie Iaphording	1:15:29
M40 Wes Wessely	1:10:39
Bill Rodgers	1:11:25
Chris Chambers	1:13:48
Greg Rose	1:15:33
Greg Hartman	1:16:01
M45 Wally Brawner	1:21:43
Gary Cooper	1:22:20
Thomas Clark	1:23:37
Steven Ryan	1:24:15
Denton Coffman	1:24:15
M50 Clyde Davidson	1:16:09
Gerald Glass	1:21:37
Mel Yoder	1:22:10
Bill Brands	1:23:34
Henry Yeager	1:27:16
M55 Greg Prom	1:24:02
Louis Joline	1:27:08
Gerald Witten	1:32:41
M60 Jim O'Neil	1:28:43
Jerry Morrison	1:29:19
Logan McGinness	1:33:28
Bob Ebling	1:46:57
Robert Boyd	1:47:03
M65 John Burton	1:36:51
Wulfgang Von Waltl	1:45:29
Lu Larson	1:47:52
W40 Jane Hutchison	1:21:48
C. Hafeman-Fremantl	1:33:08
Polly Roth	1:36:45
Sandy Dunafon	1:37:24
Sylvia Wiegand	1:39:19
M45 Maureen Bixby	1:26:33
Erika Hull	1:38:16
Nancy Moore	1:38:46
Pat Baumgartner	1:49:33
Bobbi Weston	1:56:33
M50 Patricia Bond	1:47:31
Jennifer Maloney	1:48:07
Claire Strom	1:51:00
Fritzi Hazelrigg	2:04:25
Wanda Pruetting	2:06:17
M55 Kate Hashman	1:53:42
Bonnie Maschka	2:04:49
Dorothy Davis	2:13:54
Trudy Nepstad	2:35:54
M60 Mary Otte	2:16:21
Jean Benear	2:37:24
Virginia Quick	3:04:04
M65 Iay Ernst	2:22:55



Garden of the Gods
10-Miler
Colorado Springs
Colorado
June 12

Overall:

Pablo Vigil	36	52:58
J'na Day	27	1:01:06
M35 Al Grimes		56:36
Rick Kenfrow		56:39
Richard Kinney		58:58
M40 John Swartz		57:12
Jim Brady		57:41
Larry Ingram		58:00
M45 Richard Johnson		1:03:30
Robert McAndrews		1:03:37
Paul VonDerGathen		1:04:53
M50 Philip Mann		1:05:29
Glen Ash		1:09:25
Frank Valentin		1:11:01
M55 Ernie Black		1:09:27
Bill Turley		1:11:16
Dale Goering		1:11:53
M60 Reuben Vigil		1:10:48
Matt Stokan		1:23:01
M65 Bill Burnett		1:25:56
Rodge Rogers		1:28:47
M70 Carl Happs		1:47:23
W35 Linda Quinliak		1:08:15
Beatrice Zurcher		1:09:08
Linda Cash		1:13:57
M40 Rosalie Gehling		1:12:05
Lorraine Hoyle		1:16:25
Renee Brindisi		1:22:38
M45 Corky Keefe		1:12:14
Betty Duran		1:21:47
Wanda Snell		1:22:23
M50 Grace Rome		1:17:41
Prudy Hilger		1:20:07
M55 Kenny Goering		1:27:24
Melna Burnett		1:31:28
M60 Betty Skipp		1:48:59

SOUTHWEST

River Run 10K
Tulsa, OK; May 14

Overall

Kim Berghall	30:27
Michelle Scholtz	37:39
M40 Robert Stuenkel	34:29
Monte Gagliardi	35:14
Gary Madison	35:17
M45 Hewlett Nash	36:19
Dan Basicsek	36:26
Jay Minor	37:21
M50 Bob Adkins	38:53
Jerry Livesay	42:59
Troy Morden	43:01
M55 Arturo Melendez	40:03
Larry Miller	40:11
Tom Cross	42:19
M60 Jack Jentry	39:03
Nocus McIntosh	43:44
Harold McDonald	44:42
M65+Jim Smith	40:40
Vern Whiteside	50:30
Richard Evans	51:10
M40 Patricia Case	42:32
Barbara Manning	42:54
Ann Crawley	44:47
M45 Shirley Wilkenson	50:05
Judy Smith	53:00
Janice Branson	53:01
M50 Donna Wright	44:02
Patricia Reel	52:54
Phyllis Durhan	54:07
M55 Joan McGrew	55:42
Wanda Lemons	60:19
Opal Alexander	60:20
M60+Betty Curry	nta

Louisiana Masters Classic 5K
New Orleans, LA May 29

Overall:

Bobby Dannelley	16:30
Kathy Hardy	18:59
M40 Robert Zeller	19:01
Danny McLamore	19:13
M41 W. Schadwell	17:54
Art Zais	18:41
M42 C.J. Mouton	18:01
Jaime Avila	19:46
M43 Juan Perez	17:16
Al Hotard	18:17
M44 Bill Leach	16:59
Henry Cuomo	18:37
M45 Charlie LaGarde	18:37
Robert DuFuy	20:08
M46 Les Deuterive	17:58
Buster Matthews	19:23
M47 Ed Strong	19:54
M48 Gunnar Senden	18:16
Vince Drago	18:56
M49 Mike Witkin	17:36
Ron Tocci	17:59
M50 Jack McCollum	18:22
Gnolan Peyman	18:47
M53-55 D. Anderson	21:28
G.R. Charon	22:12
M56-59 Mario Calonge	22:11
Joe Hartdegen	22:25
M60-64 Rievers Faul	20:27
Douglas Joyce	21:24
M65-69 Paul Ricaud	22:27
Joe Horne	24:23
M70-74 Samuel McNeely	22:48
Nick Asproditas	23:39
M75+ Winter Trapolin	29:36
W40-43 Linda Mason	23:42
Doris Skidmore	23:56
W44-47 Linda Brown	24:30
J.W. Bennett	25:00
M48-50 Marsha Kramer	26:30
Carolyn Johnson	27:05
M51-54 Babe Alario	30:04
Dorothy Eastley	30:04
M55-59 Doris Schmidt	34:38
M60+ Betty McNeely	29:54

Race walkers:

M40 Ed Whiteman	27:32
Bobby Major	31:29
M50 Ted Dorca	36:40
Mike Adams	37:38
M60 Richard Charles	36:04
Gordon Gaille	43:04
M40 Lois Wells	31:34
Donna Boecher	34:04
M50 Shirley McCollum	34:27
Aggie Courtney	35:07
M60 Josie Gaille	44:12

1 Miler

M40 Ed Whiteman	27:32
Bobby Major	31:29
M50 Ted Dorca	36:40
Mike Adams	37:38
M60 Richard Charles	36:04
Gordon Gaille	43:04
M40 Lois Wells	31:34
Donna Boecher	34:04
M50 Shirley McCollum	34:27
Aggie Courtney	35:07
M60 Josie Gaille	44:12

Overall:

Juan Perez	4:59
Jean Takenake	7:19
M40 Milton Steen	5:27
Larry Schlueter	5:38
M50 Charles Wemberley	4:59
Daniel Alario	5:54
M60 Nick Asproditas	7:35
Louis Bizot	7:43
M40 Cheryl Weill	7:37
Lyle Morehouse	9:18
M60+ B. McNeely	8:31

WEST

2nd Law Day USA 15K
Santa Barbara, CA; May 7

Overall

Joey Gomez	28	48:06
Diana Hall	30	58:15
M35 Steve Bushey		59:29
M40 Mike Wagner		59:23
M45 Dennis Kavanaugh		55:40
M50 Dave Wheeler		59:31
M55 Al Friedman		1:08:27
M60 Jim Rowe		1:12:06
M70+Paul Gilbert		1:41:23
M35 Terri Werber		1:10:57
M40 Carri Mihara		1:14:12
M45 Pam Dohman		1:29:09
M50 Gaby McQuitty		1:13:45

100K Slice 100K
Volcano, CA; May 14-15

1 Bruce von Borstel	42	8:07
2 Bruce Stevenson	35	8:13
3 Doug Schrock	35	8:22
8 Jim Drake	47	9:10
9 Ray Nicholl	51	9:26
12 Steve Galvan	49	10:32
13 Bill Yawn	41	10:32
16 Dee McKim	34	10:42
17 Bob Cox	45	11:31
22 Su Collier	40	11:56
24 Ralph Paffenberger	65	13:17
25 Paul Reese	71	13:17
26 Patt Laylon	49	13:19
27 Ed Miller	54	14:01
29 Clint Burdick	60	15:52
29 finishers-3w/26m		



Legg Lake Morning 5K
S. El Monte, CA; May 28

Overall

John Gehring	21	16:27
Christine Ahumada	20	24:58
M40 Mickey DePalo		17:04
M45 Catarina Gonzalez		16:34
M50 Booker Washington		19:06
M55 Wally Ingram		18:59
M60 Wally Taylor		21:32
M65 Wiley Nelson		26:01
M85 Jack Bishin		41:53
M40 Louise Hagihara		28:18
M50 Mary Salinas		29:17

Festival De Primavera
Baja California; Mexico
June 4

---5K---

Overall

Antonio Contreras	15:03
Janet Ditz	19:39
M40 Steve Myhro	15:50
M45 James McDiarmid	18:36
M50 Robert Deming	19:03
M55 Martin Hicks	20:15
M60-Ted Horner	21:52
M40 Rosalia Mireles	23:27
M45 Janice Hill	24:39
M50 Sylvia Crise	23:22

---10K---

Overall

Marco Leon	31:24
Elma Hernandez	41:14
M40 Ruben Sandoval	34:04
M45 Frank Aplice	38:51
M50 Anastacio Arce	42:04
M55 Antonio Verdin	38:18
M60-Jorge Palos	39:29
M40 Marcela Gutierrez	45:52
M45 Barbara Hutchinson	46:37
M50 Gerry Martin	53:51
M60-Jean McClean	59:03

---10 Mile---

Overall

Jim Berka	55:28
Sandra Dettmann	72:07
M40 Ozzie Osgood	57:30
M45 Jason Stephens	65:07
M50 Frank Vasquez	65:57
M55 Mort Kanter	77:31
M60-Parker Tsuhako	78:14
M40 Mickey Cruz	80:31
M45 Raquel Magana	92:33
M55 Rutho Boland	87:55

Legg Lake Morning 5K
S. El Monte, CA; June 5

Overall

Jose Hernandez	21	15:42
Donna Morin		21:32
M40 Mike Lalum		20:50
M45 --- Chappell		18:26
M50 Lyle Deem		19:48
M55 Wally Ingram		19:08
M60 Avery Bryant		20:11
M65 Wiley Nelson		26:42
M45 Diane Hill		27:37
M50 Mary Salinas		29:40
M55 Lillian Esqueda		31:35

INTERNATIONAL

European Veterans 10K/25K
Championships
Bruges, Belgium; June 18-19

--10K--

M40 E Cunningham	GB	31:06
O Var. Noten	BE	31:28
B O'Neill	GB	31:47
M Duff	GB	31:48
G Ogden	GB	32:12
M45 I Rezak	CZ	32:31
M50 T Davies	GB	32:42
J Vancraenen	BE	33:10
M55 A Briers	BE	35:15
J D Wood	GB	36:25
M60 K Urbanek	CZ	35:47
W Van Damme	BE	37:16
M65 J Reul	CZ	40:23
P Faude	SM	40:45
M70 W Roetheli	SM	43:03
M75 L Aellen	SM	46:53
M80 J Marzi	MG	58:03
M35 C Duncan	GB	36:29
J Urbanova	CZ	36:55
C Sjaert	BE	37:05
M40 A Von Bost	BE	38:01
C Oxten	GB	38:23
M45 R Van Laerhoven	GB	43:14
M50 H Lang	WG	42:21
M55 B De Pretes	BE	46:03
M60 J Ross	GB	44:50
M65 M Hanokova	CZ	53:21
M70 E Eriksson	SM	56:49

NORTHWEST

Cascade Run Off 15K
Portland, OR
June 26

Overall:

John Treacy	IRE	42:47
Anne Audain	NZ	49:01
M40 Ken French	CAN	46:49
Bob Schlauf	SC	47:15
Mick Hurd	GBR	47:35
Web Loudat	NM	n.t.a.
M40 Laurie BinderCA		53:19
G. Andersen	ID	54:59
Nancy McLaren	CAN	55:09

Demetrio Cabanillas 10K
Magna, UT
July 4

M30 D. Cabanillas	28:50
M35 Lane Hansen	33:49
M40 Ken Harper	33:57
M45 Steve Lester	30:09
M50 Jim DeMet	37:49
M55 Clifford Reusch	40:11
M60 Norman Fitzgerald	53:04
M65 Bill Collings	45:32
M70 Herb Wright	46:20
M30 Robyn Gross	39:47
M35 Jeri Parlish	40:54
M40 Cheryl Hansen	43:51
M45 Sharon Hognlund	52:29
M50 Barbar Martindale	47:13

--25K--

M40 F Blommaerts	19:	1:17:30
S Cowles	GB	1:17:41
H Parmentier	BE	1:18:41
E Cunningham	GB	1:18:54
J Kana	CZ	1:19:08
M Hurd	GB	1:19:26
16 B Brown	US	1:22:13
M45 G Mielke	WG	1:19:17
N Casetis	CZ	1:21:49
W Scalley	GB	1:23:15
M50 V Chain	BE	1:24:37
M55 N Green Jr	US	1:25:28
M60 W Van Damme	BE	1:33:48
M65 W Ketztes	WG	1:39:59
M70 W Roetheli	SM	1:51:58
M75 L Aellen	SM	2:01:39

RACE WALKING EAST

TAC 5K Race Walk
Maine State Chmpionships
Bangor, Maine; May 21

Overall:

Robert Keating	22:01
Kim Malcolm	28:25
M40 Bob Keating	22:01
Thomas Knatt	24:56
Joe Kay	27:48
Brian Gillies	29:33
Al Larson	30:03
Gary Stevens	32:20
Terrence Cousins	33:19
James Gilbert	36:22
M40 Penny Bohac-Cardel	36:50
Madeleine Martin	39:26
Diane Burke	39:29
Martha Breau	49:49
Margaret Newson	59:10
M60+Barbara Hennig	42:07

SOUTHEAST

City of Davie 5K Racewalk
Devie, FL; May 28

M40 John Fredericks	23:51
Bill Bernie	45:09
M45 Ed Mahar	32:16

let's face it!
MASTERS throwers



YOU CAN'T BE

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AN AL FEUERBACH
A TOM PETRANOFF

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or A YURIY SYEDKH

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East meets West. This one-of-a-kind video teaching tape combines hammer techniques of the East with the latest learning technologies of the West. Emphasis on the basics of the hammer throw takes the mystery out of the event. Instructions cover the 3 turn throw. Featured model, Yuriy Syedikh — USSR. *Winning Hammer Ways* was produced by SyberVision with Ed Burke (widely renowned U.S. Olympian), Stewart Tougher and Dr. L. Pataki acting as technical advisors and directors.

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A video encyclopedia of the javelin throw covers complete instructions on: Drills... Weight Training... Conditioning... Pliometrics... Throwing Technique and Mental Preparation. Your instructor is Tom Petranoff, one of the world's finest competitors and instructors of the javelin throw. In 1983, Tom threw to a World's Record of 327' and in 1986 threw to a World Best, 280' (new javelin) and was ranked #1 in the world.

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Olympian and World Record holder Willie Banks has created a unique video for triple jumpers to help develop the skills and technique necessary to jump far. Anyone, young and old, aspiring to be a triple jumper or to improve their skills can benefit from this video instructional cassette. The video consists of training aids for coaches as well, including: drills, flexibility, weight training, conditioning and bounding exercises. Demonstrated and narrated by Willie Banks.

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