Binder Sets Half-Marathon Record

Laurie Binder, of Oakland, Calif., who turned 40 on August 10, ran an American W40-44 record with a seventh-woman overall 1:18:31 in the American's Finest Half-Marathon in San Diego on August 23, one week after setting the U.S. record of 35:20.59 for the 10,000 on the track at the U.S. National Masters Championships in Eugene.

Binder's San Diego time was below Shirley Matson's 1:20:47 and 16 seconds better than Madeline Harmeling's pending 1:18:44.

In the M40-and-over race, Stephen Lester had no difficulty, winning in 1:19:15; Jose Palos (1:38:20).

Mary Jorgensen won the W60-69, winning in 2:06:40.

450 Compete in Empire State Games

by PAUL MURRAY

Four hundred and fifty of New York's best Masters athletes participated in the Empire State Games track and field meet in Syracuse on July 31 and August 1. Spirited competition, ideal weather conditions and the excellent new C.B.A. track produced 76 E.S.G. records.

Cliff Pauling dominated the M50 age group, sweeping all distances from 100 to 1500 meters, but his victories did not come easily as he was pushed by Richard Rizzo, who finished a close second in the 100, 200 and 400. Rizzo captured a gold of his own with a record-setting 64.1 in the 400 hurdles.

Rudy Valentine was in a class by himself as he easily won the M60 100, 200, 400 and 400 hurdles. His 200 time of 27.1 was a new meet record.

Ed Lukens once again demonstrated his mastery of the field events as he won the M65 long jump, triple jump, javelin and 100 meter hurdles. His winning triple jump of 10.62 meters was just four inches short of Tom Patsalis' pending world M65 record.

Chick Robb outjumped his M55 opponents.

Green, Benham Set Records

McCubbins, Filutze Win in Asbury Park 10K

by JERRY WOJCICH

Canada's Chris McCubbins and Pennsylvania's Barbara Filutze prevailed over strong 40-and-over fields in the Asbury Park 10K in New Jersey on August 8. Defending champion McCubbins ran away from Web Loudat of New Mexico with a 30:57, 38-second victory. Ethiopian Atlaw Beiligne, now residing in New York, finished two seconds later.


4700 Enter World Veterans Games

by AL SHEAHEN

For the past two years, Peg Smith, the Executive Director of the VII World Veterans Games, has been predicting that 5000 athletes would participate in the biennial event next month in Melbourne, Australia.

Skeptics forecast only 3000 would show up. They cited the time of year, the expense of traveling to the South Pacific, and that the IV World Games in New Zealand in 1981 had only drawn 2400.

Now that the entry deadline has passed, Smith is wearing a perpetual grin as she sorts through 4660 entries, with a few stragglers expected to boost the final total to 4700 from 51 nations.

Of the total, 2426 (52 percent) are from Australia, 447 from New Zealand, 380 from the United States (up seven percent from the 355 in Rome in 1985), 262 from West Germany and 158 from Great Britain.

While the number of male entrants (3629) is about the same as Rome (3659), the number of women has increased an astonishing 54 percent.
# NATIONAL CHAMPIONSHIPS

I want to first commend the Oregon Masters Track Club for staging a well-organized and well-run National Championships in a "somewhat" adverse circumstance. However, the fact that the track facility at Hayward Field was not ready, as advertised for an entire year, is inexcusable.

The University of Oregon should be held responsible. They blamed the failure upon the weather and the un­timely mechanical failure of the contractor's equipment. One day was supposed "too hot," another "too rainy," and, in-between, "too much morning dew." Unless they are absol­ute morons, they know how unpredictable the weather is in this place. They live here; they know what happens.

And for the information of anyone who cares, June 1987 was the driest month ever recorded in Western Oregon. There were only four days of measurable rain in the month of July. (Unless they are absolute morons, they know how unpredictable the weather is in this place.) They live here; they know what happens.

As a first time participant in the National Masters Championships, I must highly commend the Oregon Master TC and meet director, Frank Anderson, and his staff for running a fabulous track meet. Although the change of stadiums was very disapp­ointing, the cordiality and efficiency continued on page 17

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## FEATURES

- Bozeman Meet
- Falmouth 10K
- Pikes Peak Marathon
- Philadelphia Meet
- Fiesta 30K
- Maggie Valley Race
- Lake Erie Meet
- Midwest Regionals
- Texas Championships
- Chillicothe Meet
- Peachtree 10K
- TAC Wants LDR Bids
- Masters LDR Minutes
- TAC Convention Preview
- Sri Chinmoy Games
- Mythical Dual Meet
- Stan Hermann Dies
- Illinois Grand Prix
- Masters Age Record Book
- Miami Meet
- Michigan Meet
- Olympic Paces
- Oregon Observer
- World Games Coverage
- World Masters Age Record Book
- York Observers

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## ENTRY FORMS/RACE & PRODUCT INFO.

- World Masters Tune-Up
- NMN Subscription Form
- Foundation 50K
- National Half-Marathon
- NMN Age-Graded Meet
- California International
- Marathon
- TAC Convention Form
- Masters Age Record Book
- Snug Harbour Cruises
- MacWilkins Video Tapes
- All-American Certificate
- Old Reliable Run.
45 Meet Records
Set In Montana

by JERRY WOJCIC

Forty-five meet records were set, and
17 of the 82 participants achieved All-
American Standards of Excellence,
despite a drop in participation, in the
9th Montana Masters Track & Field
Championships held at Montana State
University in Bozeman on August 6-7.

Cal Boyd, M65, was one of the stand-
douts, with a 1:15.100 and a 28.8.200,
along with Brian Janssen, M35, in the
400 (51.0), Al Funk, M70, in the 5000
(21:35.2) and Terry Kennedy, W40,
with a 1:02.5.400.

Pole vaulters ranked high with Don
Mills, M35, soaring to 13-6, National
Masters Chairman Jerry Donley, M55,
finishing at 12-0, and Ham Morning-
star, M70, good for an 8-0.

The best throw of the day came from
Tom Gage, M40, with a 193-6 hammer.

The meet featured a rarity even for a
much larger meet, an M90 competitor,
Herb Kirk, who ran a 2:41.6.100 and a
15:53.1500.

Arranged by Montana TAC official
Jody Kappel, who has since taken a
coaching position in Saudi Arabia, the
two-day affair received strong support
from the MSU Men's and Women's
Athletics Departments, which provided
officials and volunteers, and from the
Bozeman Daily Chronicle, which covered
the meet with results and articles.

Mike Carignan, who will take over
Kappel's duties, has set the 1988 meet
for the August 2 weekend. A good
meet already, it will get better, and is
worth going out of one's way for.
At Age 41, Gail LaDage Scott Wins Pikes Peak Marathon

by TERI INGRAM

Some 1300 runners managed to finish the August 22nd Pikes Peak Ascent — 13.4 miles straight up, going from 6200 feet to 14,110. Masters winners — Portland's Paul Reynolds (2:39.46) and Mary Parker (2:51.53). Overall winners were Scott Elliott (2:09.33) and Christine Maisto (2:39.01).

August 23 was reserved for the real masochists: the Pikes Peak Marathon. Four hundred runners began the 26.2 miles in Manitou Springs, Colorado at 6280 feet, "ran" to 14,000 feet and made the return along the same route.

The star of the day was 41-year-old Gail LaDage Scott, who was the overall female winner (4:26.59) on the dreary, foggy day of 38°. Rain for several days preceding the run made for a slow, muddy trail. It didn't seem to bother Scott unduly.

Masters Males Vie For $4,500 in Falmouth

by TERI INGRAM

Although the Falmouth 12K on August 16 was crowded with elite masters males, the Massachusetts town was sorely lacking in females over the age of 40. Perhaps it was because $4,500 was given to masters men while a mere $500 was awarded to the female masters winner.

While 4200 winner Chris McCubbins (42, 34:34) was holding-off the likes of Larry Olsen (40, 34:53) and Ireland's Pat Murphy (42, 35:45), female masters winner Bobbi Rothman (41, 42:43) ran alone ahead of second-place Betsy Harshbarger (44, 44:20) and Patricia Sher (40, 46:59).

McCubbins won a cool $2,000 for his efforts with remaining masters money awarded to Olsen ($1,000), Murphy ($750), Beligene ($500) and Brown ($250). Entrenched with Web Louden and Tracy Smith, female master Bobbi Rothman (41, 42:43) ran alone ahead of second-place Betsy Harshbarger (44, 44:20) and Patricia Sher (40, 46:59).

Philadelphia Hosts Annual Masters Meet

by PETE TAYLOR

VILLANOVA, Pa., August 1. New Jersey's Ed Fern (6-11 in the M35 high jump); Tennessee's Steve Zander (1:57.4 in the M35 800); Massachusetts' Peter Hoagland (14.7 in the M35 high hurdles and 21-10 1/2 in the long jump); New Jersey's Jim Dickerson (21-1 3/4 in the M40 long jump and 42-3 3/4 in the triple jump); Delaware's Larry Pratt (45.20m in the M45 discus) were among a bevy of out-of-staters who invaded Villanova Stadium today to show off their competitive sharpness in the annual Philadelphia Masters Track and Field Association Championships.

Under warm, sunny conditions (high of 88°), there were many other outstanding performances. Among them:

- Luther Burdelle, M60, ran 5:15.8/11:23.3 in the 1500/3000, while Bob Jennings, M45, led all 1500 walkers in 7:23.8.
- Claude Hills, M75, tied 16.0 in the 100 and 22.1 in the 110 hurdles.
- Jim Sutton, M55, took gold in the 400 (63.0) and 800 (2:15.1); Oscar Harris, M60, ran 14.1 and 28.7 in the sprints.
- Ray Feick, M55, won the shot (11.80), discus (31.87), and javelin (38.16); Jeff Bradley ran a fast 8:54.1 in the 3000.

Perhaps the day's most amazing accomplishment was that of Fern, who cleared 6-11 on his second attempt, then made one unsuccessful try at 7-1, a rarified height in this kind of competition. Walt Fisher directed the meet in a concerned but amiable style.
Masters Run for $40,000
Continued from page 1

$3,000 check based on the combined men’s and women’s age-group handicap scoring system for her 3:20:54.

Among the leading masters men entered are Mike Hudr, 41, of England; Trevor Wright, 41, of New Zealand; and Antonio Villanueva, 47, of Mexico. All are capable of running around or below 2:20. Last year, Wright was second to Stahl with a 2:21:27.

Leading U.S. entrants include Bob Schlau, 40, of Charlotte, S.C., who has a personal best of 2:17:16; and Norman Green, Jr., 55, of Wayne, Pa., who has run 2:25:51 within the last few years.

In the women’s masters race, all eyes should be on Laurie Binder of Oakland, Calif., who has broken W40-44 track and road records since joining the masters ranks in August. Binder, with a personal best of 2:33:36, would like to break the not-so-sofit national record of 2:39:11 held by Miki Gorman since 1976, and the Twin Cities Marathon would be the race to do it in. Other W40-and-over entrants include Carol Flexner, 44, of Bellevue, Wash., and Toshiyo Nakada, 57, of Ridgefield, N.J. But, waiting in the wings will be Margaret Miller, perhaps ready to cash in again, as she did last year with a good race and a handicap formula boost.

McCubins, Filutze Win
Continued from page 1

with a 45:27.

In the tightest masters duel, Ed Vuolo of Connecticut edged Vince Carnevale of New Jersey by one second in 46:31 for the M60-69 win.

Filutze waged a battle with Swiss Olympian Gabriele Andersen until pulling away in the last mile for a 35:31 victory. Filutze, a mother of three, had run in Andersen’s shadow in their three previous meetings. Andersen, with a 36:26, finished eight seconds ahead of Angelia Hearn of New York.

Helene Bedrock of New York won the W50 contest by ten minutes in 42:06. Adrian Salmani of New Jersey took the W70+ race with 1:17:31.

Keith Brantley, 25, of Florida, and Lisa Martin, 26, of Australia were winners overall of the 5200 participants with 28:47 and 32:54 respectively.

The 1988 Asbury Park 10k will serve as the U.S. TAC National Men’s and Women’s Masters Championships and is set for August 13.

Formerly the “Clarksburg 20 Mile Run”

SUNDAY, NOVEMBER 15, 1987
(at Delta High School — 4 miles south of Sacramento)

30-K Race (18.6 miles)
30K Race (11.00 am)

Continued from page 1

Vuolo ran in Andersen’s shadow in their three pullings away in the last mile for a 35:31 Call Cleveland in 46:31 for the Angella Heal’n is set for August 13, 0 Lisa Martin, 26, of Australia were Denevue, Wash.,

To All Members of the Running Community:

From year to year, we, the Clarksburg Organizing Committee, have improved our race so it could be the best event possible for the participants. In line with this policy, we have made some major changes in the 1987 race. First of all, we are very proud to announce Foundation Health Corporation as our new major sponsor. We are excited about our association with Foundation, and pleased with the enthusiasm they are showing toward our event. Cellular One mobile phone systems is also a significant sponsor again this year, and will help us with course communications on Race Day. With this added financial support, we expect to add some new features to our event that will benefit the runners. One definite possibility for next year’s race is for it to be a National Championship Event.

This brings us to the next major change in our event—we will no longer be a 20 mile race. Instead we will be a 30K (18.6 miles) race. Since national 20 mile age group records are no longer kept, and because there is no National Championship available at the 20 mile distance, we felt the distance change was appropriate. By making this change, the runners capable of setting national age group records will be able to get the recognition they deserve. Further, the National Championship status will enable the race to get stronger financial support which will, in turn enable us to make our event more attractive to everyone—from the fun-runner to the serious athlete. The traditional 20 mile course will only need minor adjustments to achieve this new 30K certified distance. As usual, the start and finish will be at Delta High School in Clarksburg. We have also switched our 5 mile run to a 5K (3.1 miles) run. The 1 mile kids race will remain unchanged, with race day registration only for this event.

As always, all runners will receive pace and split times at every mile. A free meal, and a long-sleeved t-shirt will be provided to each pre-registered runner in both races. Also, please note our addition this year of Corporate Team Relay Division (30K only, 3 members per team) we will receive pace and split times at the 1 mile age group records are no longer kept, and because of the change in race distance, we felt the distance change was appropriate. Corporate relay team entries can be arranged by calling (916) 456-7000 ext. 169.

Our race is still a non-profit event with any excess funds going to People Reaching Out (an organization that fights drug use among youth) in association with matching funds by the Sierra Foundation. We are proud of our heritage that goes back to the original Pepsi 20 on November 26, 1966, and we hope you understand that these changes are all aimed at perpetuating our race’s tradition—that of a quality event that caters to all runners of all ages. We look forward to seeing you on Sunday, November 15, 1987.

Sincerely,
Clarksburg Organizing Committee
Foundation 30K Championship

Registration Fees: 30K $15 Pre Registration and late registration fees are the same; however, SK $25 Late Registration (after November 6th) does not include a Tee Shirt or meal (each can be purchased on Race Day).

Race:
Circle Division: Men Women
Special Divisions (30K only): Wheelchair, Heavyweight (200 lbs+)

TAC Team member (30K only): Yes No (3 to score)

Open, Masters, Masters 50+

Registration Fees: 30K $15 Pre Registration and late registration fees are the same; however, SK $25 Late Registration (after November 6th) does not include a Tee Shirt or meal (each can be purchased on Race Day).

Mail registration to:
Foundation 30K Run
P.O. Box 20
Clarksburg, California 95612

Registration Fees: 30K $15 Pre Registration and late registration fees are the same; however, SK $25 Late Registration (after November 6th) does not include a Tee Shirt or meal (each can be purchased on Race Day).

Mail registration to:
Foundation 30K Run
P.O. Box 20
Clarksburg, California 95612

Your estimated average Race Pace: ___________ minutes ___________ seconds per mile

Forms postmarked after November 6th are considered “Late Registration.” Race Packets can be picked up on race day at Delta High School starting at 7:30 a.m. All teams must pre-register and also report to team tables on race day morning to declare their team members.

Waiver: In consideration of your accepting this entry for the Foundation 30K Championship and Associated events, a strenuous footrace, I, for myself, my heirs, executors, and administrators forever waive and release any and all claims against the organizers, the Community of Clarksburg and the County of Yolo, Foundation Health Corporation, the race directors and their representatives, volunteers, or any other sponsors for all costs and expenses arising out of my participation in or traveling to this event. I attest that I am physically fit to run the length of the race which I have entered by filling out the above registration. This waiver applies to all races, and as part of the waiver I acknowledge that I have read and understand all of the above.

Signature __________________________ Date ___________
Running and Immortality

While browsing through a book store recently, I noticed quite a few “syndrome” titles — The Peter Pan Syndrome, The Snow White Syndrome, The Achilles Syndrome, The Sissy Boy Syndrome, and The Silicon Syndrome, to name some of them.

I've got another one for you: The Immortality Syndrome. This is an affliction identified with some exuberant runners. It is the belief that through running, one becomes indestructible. By gradually extending his or her limits on the roads or on the track, the runner is duped into thinking that there is no ultimate limit to what can be achieved; that one can go on and on forever.

Masters runners, especially those who have taken up running in their middle years, seem to be most susceptible to the immortality syndrome. The rejuvenation brought about by running have to do this, you know.' The dedicated runner pays no attention to this old argument, but only increases speed and effort.”

The voice becomes more persuasive, but the runner will not be seduced. As the pain increases, the runner summons strength and will. Soon, the voice becomes like “the scream of a tortured child.”

Leonard sees the dialogue between the runner and the voice of pain becoming intense but no longer important. “To play like this with pain that is unbearable yet is being borne, to summon up the presence of death itself,” Leonard expounds, “to become a high wire artist at some lofty place in human existence, one who balances precariously and triumphantly at the edge of unknown possibilities. A day without such interplay is incomplete. Ordinary human intercourse seems dull, mundane. There is that high, large place, so easy to reach, so hard to bear, so fascinating.”

If Leonard's account of what takes place when the runner is in full stride is a valid one, then it might be reasoned that the runner defeats death every time he “balances so precariously and triumphantly.” This might explain the immortality syndrome.

The recent death of Piet van Alphen, one of the greatest masters runners in the world, makes us shocking aware of our mortality. Only a week before his death, van Alphen, 56, recorded a blazing 1:26:37 (5:35-mile pace) in a 25-kilometer race in Belgium. The little Dutchman, who had smoked as many as 50 cigarettes a day until a few years before taking up running at age 39, had recorded a 2:22:14 marathon at age 52 and a 2:25:51 at 55. His death was reported to be from “cerebral bleeding.”

Whether or not van Alphen's death was related to his running or specifically to the 25-K race is unknown at this writing. Perhaps he was so strongly-willed that he was able to completely drown out the “voice.” Leonard refers to, and this mind pushed beyond the capabilities of his body...and rebelled. But it's just as likely that running had nothing to do with van Alphen's death. Maybe all those cigarettes did damage that couldn't be reversed by running. Possibly he would have died at a younger age were it not for running. Who can really say? It's probable we'll never know for sure what triggered van Alphen's demise.

No doubt, many people, especially non-runners, have already associated running and van Alphen's death and offered it as an indictment of running. One very important fact will be overlooked by most, though, van Alphen was running for a lot more (or less, depending on how you look at it) than health, fitness, and longevity. He was a highly competitive runner, logging as much as 120 miles a week and 24 miles in a single session. I spent several hours talking with him before the Twin City Marathon last year. While his English was limited and we never really discussed the difference between fitness running and competitive running, I'm certain he recognized that he had gone well beyond the threshold of health and fitness in his pursuit of athletic excellence.

Even if there is some relationship between running and van Alphen's death, thereby suggesting a slight risk of premature death in other highly competitive runners, I doubt that it will influence any serious competitor to back off. The true competitor comes to realize that there are risks to be assumed or dealt with. They may not be as great as driving the Indianapolis 500, or bucking heads on the gridiron, or confronting a 98 MPH fastball, but there are risks nonetheless. What vigorously played sport doesn't involve at least some slight risk of death?

If nothing else, van Alphen's death, not to mention several other deaths among some highly competitive runners in recent months, makes us face up to our mortality. But it does not, should not, dampen the spirit — a spirit which Michael Novak, another sports philosopher, so beautifully describes in The Joy of Sport. When I read it I think of Piet van Alphen. Novak writes: "I love the tests of the human spirit...I love to see impossible odds confronted. I love to see impossible接受. I love to see the incredible grace lavished on simple plays — the simple flashing beauty of perfect form — but even more I love to see the heart that refuses to give in, refuses to panic, seize opportunity...exerts itself beyond capacity, forces momentarily of its bodily habitat an instrument of almost perfect will..."

"I love it when it would be reasonable to be reconciled to defeat, but one will not, cannot; I love it when a last set of calculated, reckless, free and impassioned efforts is crowned with success...When human beings actually accomplish it, it is for me as if the intentions of the Creator were suddenly limpid before our eyes: as though into the fiery heart of the Creator we had momentary insight."
Harolene Walters, Keith Munson Win In Fiesta 30K

by TERI INGRAM

Harolene Walters, 44, and Keith Munson, 40, were the big masters winners in the Fiesta Footraces 30K (18.6 miles) race held in Santa Barbara, Calif., August 1. Both ran excellent times over the hot (70°) and hilly course in the hopes of winning the trips to Bermuda being given to overall winners of the race.

Although neither achieved that goal, Munson ran a 5:47 pace for a time of 1:47:46 and eighth overall, while Walters looked comfortable with a 6:36 pace, 2:02:58 and fifth female overall finish.

Phil Grant, 42, and Robert Davis, 42, were second and third masters males (1:54:59 and 1:57:41). Walters went unchallenged over Judy Kewley, 42 (2:21:52) and Kathy Kusner, 45 (2:32:17).

Curtis Ridling, 30, and Fred Nagelschmidt, 63, did themselves proud, running 2:06:52 and 2:09:44 to finish 55th and 64th in the 420-runner race.

Easy Wins in Maggie Valley for Villanueva, Filutze

The hills were alive with the music of pounding feet as, for the ninth year, the town of Maggie Valley, Georgia, played host to the Moonlight Race 5-Mile as it got under way on the warm evening of August 22nd.

The masters turnout was excellent with many top runners putting forth their best efforts. Antonio Villanueva, 47, won in 24:31 with a safe margin of 28 seconds over second-place Web Louddat (24:59) and Barry Brown (25:15).

In the women’s division, 42-year-old Barbara Filutze, a U.S. Olympic Marathon Trials qualifier, won masters honors (28:48) by 2 minutes over Bobbi Rothman (30:49), who took second by 4 minutes over Carolyn Nicholls (34:59).

Overall winners were Dennis Kurtis (1:39:41) and Janine Aiello (1:53:03).

Santa Barbara was also host to a Fiesta Footrace 5K over a flatter course, Mickey De Palo, 40 (16:42) and Sandy Knowlton, 43 (20:22) were masters victors.

Margaret Miller, 61, in-training for the Twin Cities Marathon, won her division by seven minutes with a time of 21:50. Ed Stotsenberg continued to outclass the rest of the 70+ers by seven minutes with a time of 22:01.

1987 TAC NATIONAL MASTERS HALF MARATHON ROAD CHAMPIONSHIP

Individual Championships for Men & Women
Sunday, November 15, 1987
Oklahoma City, Oklahoma
at Lake Overholser

PLACE: Start & Finish at NW 16th Street and Lake Overholser Drive.
TIME: 8:00 a.m., Sunday, November 15, 1987.

AGE GROUPS: 5-year, Men and Women, 40 — 80 plus.
ENTRY FEE: $10 — Payable to Oklahoma City Running Club.

in person — At Race Headquarters, November 14th only.
Positively no post entries.

AWARDS: TAC Championship Medals to 1st, 2nd, 3rd in each group: ribbons to 4th, 5th, 6th. Championship patches to all winners.

T-SHIRTS: To all registrants who pick up packets. No packets mailed.

RACE
HEADQUARTERS:
Nov. 14th: The Runner Store, 9644 N. May Avenue,
Oklahoma City, (405) 755-8888 — For in-person registration and packet pick-up.
Nov. 15th: Race site start — For packet pick-up.

POST-RACE PARTY & AWARDS PRESENTATIONS:

POST-RACE PARTY & AWARDS PRESENTATIONS:

At the Pavilion (near finish) at approximately 10:30 a.m.
Fruit, fluid and other food delights plus good fellowship.

Detach and mail to: Jim Smith, 2408 N.W. 112th Terrace, Oklahoma City, OK 73120.
(405) 752-9097, evening.

NAME ____________________________
AGE ____________________
SEX ____________________
AGE DIV. ____________________

ADDRESS: 

STREET ____________________
CITY ____________________
STATE ______ ZIP ______

HOME PHONE ( ) BUSINESS PHONE ( )

T-SHIRT SIZE SM. _____ MED. _____ LG. _____ X—LG. _____

BEST HALF MARATHON TIME IN LAST TWO YEARS ______

I consider myself adequately trained for this competition. I absolve the OKC Running Club and TAC Oklahoma and anyone involved in this event from any liability for injury or illness suffered by me in connection with this event. If I should suffer injury or illness, I authorize the officials of this meet to use their discretion to have me transported to a medical facility and I take full responsibility for this action.

Signed ____________________________ Date ____________

Enclose check for $10, payable to OKC Running Club.
Ken Dennis Stands Tall at the Finish

As the competitors in the M50-54 final of the 100-meter dash at the recent National Masters Track & Field Championships in Eugene waited to be called to their marks, Ken Dennis, standing just 5-3½, was looked down upon by the others. But at the finish, Dennis stood tallest. His 11.03 victory left everyone else in his wake.

Dennis’ electronically recorded time was much faster than his hand-timed world M50 record of 11.2 set a month before at Berkeley, Calif. However, Dennis got a little boost from the wind at Eugene and therefore the 11.03 will not get record consideration.

The 11.2 broke the record of 11.3 shared by former Olympian Thane Baker of Dallas and Paul Williams of Cleveland. In that same meet, Dennis broke Baker’s M50 200 mark of 23.4 with a blazing 22.9. At Eugene, Dennis also won the 200 in 23.9, while holding his hamstring the last 80 yards.

“If I can avoid injuries and put it all together, I feel confident I can get back under 11,” says Dennis, the 1955 California State high school champion at 100 yards. “I wasn’t even sure I could run at Berkeley as I’d been having some foot problems. I know I definitely wasn’t 100 percent then.”

When Dennis won the ’55 state meet, he did it with a 10.0, roughly the equivalent of a 10.85 for 100 meters. That seems to indicate that Dennis, now 50, has slowed only a few tenths in 32 years. Is that possible?

“Well, I actually ran 9.6 in high school,” says Dennis, explaining that the relatively slow state championship time was under poor conditions. He mentions that he also recorded 21.1 for 200 in placing second to Bobby Pointer in the ’55 state high school meet.

After graduating from Centennial High in Los Angeles, Dennis attended Valley Junior College and won the state JC championships in both the 100 and 220, recording 9.5 and 20.9. The runner-up in both races was Ray Norton, who would emerge a year or two later as the top sprinter in the country.

Dennis also remembers beating Thane Baker with a 9.7 in 1956 Orange County meet. He then went on to win several Army trophies and now competes in the Master’s League.

“After leaving the Army in 1961, Dennis did not compete again until 1972, when at the age of 34, he joined the So. California Striders and turned in times of 10.1 and 23.2. “It took awhile to get back in shape again,” he says.

The 1987 Masters age record book credits Dennis with single year 100-meter records of 10.8 at 41, 11.1 at 42, and 11.05 at 46. He was out of action for most of the next four years due to an asthma condition.

“I was working as a machinist and the welding fumes would make me sick,” he explains. “So I quit that job.” In partnership with his son, Mike, who ran a 10.3 100-meters a few years ago, Dennis now operates a commercial office cleaning company.

“I know I can’t run as fast now, but I feel stronger than ever,” Dennis says in asserting his belief that he can get back under 11 seconds. “Plus, I’m more serious and know what I’m doing now. I’m on my own and there’s nobody to back me up.”

— Mike Tymn

Holland Sets Two U.S. Records in Ohio

by JERRY WOJCIK

Bernice Holland, holder of the U.S. W55-59 shot put and discus records and now competing in the W60-64 division, broke two relatively old national age-group records in the discus and javelin at the Lake Erie Association/TAC Open and Masters Championships in Amherst, Ohio on August 1.

Holland threw the discus 79-8 to break her pending WR of 82-4 — but it was wind-aided. Following are Gill LaTorre (5044, 11.74), Bruce Springbett (5080, 11.76) and Nick Newton (5060, 11.85).

29 All-American Marks in Midwest Regionals

Twenty-nine All-American standards were exceeded or equaled in TAC’s Midwest Regional Masters T&F Championships at York High School in Elmhurst, Ill., on August 9.

The short sprints accounted for nine, including two by M55 winner Harry Brown in the 100m (11.84) and 200 (25.30). Pam Calvert, W40, also contributed one other, in the 100m (13.50), to add to her one in the triple jump (31-3¼).

Rich Richardson far exceeded the standard of 4-11 for the M55 high jump with a 5-8, as did H. Gordon for the M45 long jump (17-4½) with a 19-2 leap.

The only two All-American certificate qualifiers in the throws came in the hammer, when B. Hartmann, M30, threw 160-0, and P. Carsten son, M55, threw 118-4.

In addition to the hammer, weight throwers had a chance to fling six different weights from the 20-lb. to the 98-lb., which was heaved 11-5 for the day’s best by Hartmann.

Miller Betters Hurdle Record in Texas

by TIM MURPHY

Watching Chuck Miller better Jack Greenwood’s M50-54 110m hurdle world record was a thrill. Chuck, a long-time friend of Jack, was running on all cylinders as he ran 14.8 in the Texas Masters Track & Field Championships in Arlington on August 1.

Gordon Nordgren, 68, set a new world single age record of 119-10 with the 800g javelin.

Four American age records were also set. Roy Turner, 47, set two, in the 200 (23.2) and 400 (51.2). Jeff Bloomfield, 71, ran a 13.9 100m. Former Olympic great Bob Richards, 61, threw the discus 163-4. John Hartfield, 42, tied the 100m record with a 11.1.

Fifty-six meet records were set, and 93 people met or exceeded the U.S. Masters Standards of Excellence.

The meet, with well over 200 athletes present, was run like clockwork, thanks to Pat Mitchell, the meet director, and his crew of volunteers. The weather cooperated, and the University of Texas-Arlington track was fast. First-place winners received patches and key-chain medals.
Chillicothe Stages Age-Graded Meet

Age-graded competition added spice to the eighth annual Joe Shy Masters Track & Field meet in Chillicothe, Missouri, August 9.

More than 50 athletes, representing 10 states, competed in this year's event. "We were down in attendance because both the Missouri and Iowa State Games were held the same day," Shy said. There was no conflict when my date was set in December, but both states moved their events up."

Nancy Mustard, 45, winner of the tough Santa Monica marathon Sept. 6. Mustard was the first female overall by 1 hr. 12 min. with a time of 3:13:57. Photo by Richard Slotkin

Two sections were run in the 100-meter age-graded race. Tom Bassett, 41, won in a time of 10.90, edging Earl Ventura, 57 (10.91) and Gary Oliphant, 46 (10.99).

"The results were dramatic with runners closing fast and winning just at the finish line," Shy said.

Chris Cristy, 70, capped the agegraded long jump at 23-10 ahead of Ventura (23-9 1/4) and Bill Honaker, 59 (23-3/4).

Arting Pitcher, 86, high-jumped an age-graded 7-0 to win over Bob Warwick, 67 (6-8 1/4) and Ken Winters, 44 (6-8).

Rachel Lyga, 52 (51-8) edged Pitcher (50-4) and Jerry Reiser, 55 (47-2) in the triple jump age-graded action.

Shy also handicapped the 800, but, "with only four entrants, we didn't have enough runners to get the effect."

"The sprinters liked the handicap in the 100," Shy reflected, "but I doubt if all entries would support a complete handicap meet. About half of them drive four-to-eight hours, just to get here, and would probably like to go home with something to show for their drive and motel expense. If I had a large enough population to draw from with a half-hour drive, a handicap meet would probably work." □

12 Join Sustainer List

Once again we'd like to thank our most recent "sustainers" — those who contribute funds to provide additional support to NMM and to the Masters Athletics Program. Thanks go to all. Donations can be sent to NMM, P.O. Box 2372, Van Nuys, CA 91404.

Thanks go to:

Joseph Analla
Carl Barnes
Haig Boohigian
Robert E. Bowen
Edward B. Curran
Ovidio De Jesus
Bob Hall
Norman Hansen
Stan King
Ron and Harolene Walters
Jimmy Weaver

Bold face indicates donation of $100 or more.

SECOND ANNUAL
NATIONAL MASTERS NEWS

AGE-GRADED TRACK AND FIELD MEET
SATURDAY, NOVEMBER 14, 1987
California State U. at Los Angeles

Sanctioned by TAC/Southern California Association
Sponsored by the NATIONAL MASTERS NEWS

ELIGIBILITY: All men and women 30 age up and 50.

ENTRIES: Pre-entry required before Friday, November 6.

FEES: First event $7.00; additional events $5.00 each.

LATE ENTRIES: $10 per event if space available.

FACILITIES: 8-lane, properly groomed track with rubber surfaces for jumps. Concrete throwing ring for shot and discus. All-weather run-up surface for javelin. 1/4 inch spikes. Food concessions and changing rooms available.

AGE-GRADING: Contrary to most masters meets, there will not be the usual "age-group" competition. Instead, all ages and sexes will compete in the same "division." Each competitor will receive a distance handicap in the 100, 200 and 400; and a time handicap ("Portsmouth Start") in the 800 and 1500. (Thus, the first place medalist could be a 30-year-old man or a 75-year-old woman.) The agegrading is based on tables compiled by WAVA/TAC Records Chair- man Peter Hundle and Dr. Track's Runners' Time Standards.

Trophies will be awarded to the first three places in each event, in a victory-stand presentation. The outstanding Athlete-of-the-meet will receive a special award.

AWARDS: Trophies will be awarded to the club whose members score the most points, based on 6-4-3-2-1 scoring.

TEAM AWARD: A team trophy will be presented to the club whose members score the most points, based on 6-4-3-2-1 scoring.

HEATS: Heats will be run in the 100. All other running events will be finals, with seeded sections, if necessary.

TIMING: Hand-timing.

IMPLEMENTs: Age-graded tables are based on WAVA/TAC hurdles/implements, except pound weights, shot and hammer. (WAVA implements may be thrown, if desired)

FALSE START: In the 100, 200 and 400, a false start moves the offender back one meter. In the hurdles, one false start is allowed.

RESULTS: Complete results, including heats, will be published in the December issue of the National Masters News.


DIRECTIONS: From I-10 (San Bernardino Freeway), exit at Eastern Ave., go straight to second stoplight, turn left on Circle Drive, drive half-mile to track. From Long Beach Freeway, exit at Ramona and follow signs. Free parking on street.

WEATHER: Weather should be mild, in the low 70s, with no smog. The meet will take place, rain or shine.


Please compete this form and mail with entry fee to:
NATIONAL MASTERS NEWS, P.O. Box 2372, Van Nuys, CA 91404.

2ND ANNUAL NATIONAL MASTERS NEWS AGE- GRADED TRACK AND FIELD MEET

NAME
ADDRESS
CITY/STATE/ZIP
PHONE
AGE (on November 14, 1987) MALE FEMALE
EVENT BEST RECENT AMOUNT ENCLODED
AMOUNT
MAKE CHECK PAYABLE TO NATIONAL MASTERS NEWS AND MAIL BY NOVEMBER 3 TO ARRIVE BY NOVEMBER 6 DEADLINE. (NO REFUND FOR DEFAULT.)

WAIER:
In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive all suits, claims and damages I may incur against the Southern California Association/TAC, California State U., the National Masters News and all sponsors, past, present and future, for any and all injuries suffered by me while traveling to and from, and while participating in the National Masters News Age-Graded Track and Field Meet held November 14, 1987 at California State U. at Los Angeles.

DATE SIGNATURE
Why I’ll Never Direct a Masters Meet Again

On July 25-26, 1878 masters men and women gathered at Warmerdam Field on the Fresno State campus to compete 392 times in the Western Regional Masters Track and Field Championships.

Ages ranged from Shirley Dietderich, 60, and Paul Spangler, 88, to Chenger Mehmedbasich, 31, and Matt Mileham, 30. Athletes came from a few blocks away to Massachusetts and Virginia.

Hal Smith, 52, joined Jim Sciley, 33, in competing seven times. Jerry Stanner, 52, and Dave Douglass, 55, were in six events. Six athletes tried five events, 13 went four times, 34 tripled, 70 doubled and 60 were single-events.

Spangler awoke at 4 a.m., drove from San Luis Obispo to Fresno State, competed in four events (5K-RW, 800, 400 and 1500) from 8 a.m. to 5 p.m. Then he drove to Santa Cruz to get up early the next morning to run in the 6-mile Wharf-to-Wharf race. He not only sees, hears and gets around, but he drives hundreds of miles alone, competes in tough events and returns home successfully.

I enjoyed talking to Paul, and to Sing Lum, 82, who thinks he’s getting slow in the sprints, Burt DeGroot, 80, who attended my Reedley College meet a decade ago, and Ken Carnine, 79, who is happy to be running after his heart attack in Rome and three subsequent surgeries. Their positive attitudes and joy of living are contagious.

Another athletic, positive gentleman was involved in the meet on the facility named in his honor. Dutch Warmerdam skipped a round of nearly daily golf to act as meet referee and pole vault judge. I watched as athletes shook Dutch’s hand and reminded him of times past.

With ideal conditions – sunny, clear, calm, with a late afternoon high of 92° and the top-notch facilities, many athletes recorded their best ‘87 marks.

I heard many complimentary remarks during the meet. Many competitors took the time to thank me for hosting the meet. They remarked about the excellent facilities and the quality officials, who also complimented the athletes. What really made me feel good was receiving several nice letters expressing gratitude.

Six Athletes Marred Meet

There were six athletes who marred the day. One got huffy when told to sign the waiver. He calmed down upon seeing his original entry – unsigned.

One balked at owing money. He agreed, after seeing his original entry form. One made bad comments until he learned I would mail him his T-shirts. One told me off about how I changed the schedule so he had all of his events at once and would have to drop some. I went over the schedule with him to show him he had no conflicts. He went away happy.

One Yelled At Me

One yelled at me and refused to listen as I told him I could take care of his every desire. He riled an official (the police chief of a nearby town who gave me a deadline) and made waves at several locations. He complained that he did not get to warm up in the hammer. In fact, he got six warm up throws; all other throwers took only two warm ups. In his anger he slammed his hammer down on the handle of part of the Fresno Race-Walk (a new facility we just spent $20,000 to erect) leaving a permanent dent.

One entered late by phone. Arrived late. Missed his opening height after refusing the official’s suggestion to come in with a later group. Yelled at me. Yelled at the official and left mad. He used to jump the fence at our all-comer meets to avoid paying the $1 entry fees.

I mention these incidents to remind us that we are trying to enjoy our activities. In each case I was, at first, the enemy. The attitude was I was wrong or against the athlete. In all but two cases, the attitude was reversed. Why did it have to begin with me being the bad guy?

All of us should watch our attitudes at meets. I worked hard to put on the meet. The officials gave up their weekend. We all need to be thankful, not angry, when we compete.

I worked hard to put on the meet. The officials gave up their weekend. We all need to be thankful, not angry, when we compete.

SPEAKER’S CORNER

by HUGH ADAMS

He printed some of the mis-information in NMN for all to read and believe. No more joke. Mr. Dungan ratted on and on about that which he knows nothing. Ratcliffe was sold by Fresno State to Fresno City College many years ago. The West Coast Relays were always two full days, not an evening meet. My meet had excellent weather – most of it contested in the 80s. Many of us speedier types prefer hot weather to cool or cold. His schedule keeps the official driving and from the meet for two days. He wants them to receive nothing for their generosity. He wants no awards (how many times does he refuse his medal?). He states that I care not about the athletes. I am one.

Finding Officials

After setting our schedule found a motel for meet headquarters. I reserved 61 total rooms. I had to map out a 20K course for the race walkers. I solicited officials. The responses were poor for that vacation time. I used additional sources. At the last count, I had just enough people to conduct the meet. Nothing happened. Several emergencies had me running from problem to problem. Many officials were late and a judge from Nor Cal to attend my meet and judge the two walks. He said what I could not have done. But it was a nail-biter to get him.

At the hospitality room Friday night we were checking in the athletes and giving out the envelopes while people enjoyed the drinks, munchies and fresh fruit provided when some athletes arrived in a bad mood. My wording in the directions to the meet and the motel got some people confused. Some of them were angry and let me know it. I was already pooped so I tried to smile it away.

The next morning the meet began on time. Many officials were late and a number of them did not show up. That left me with serious problems that only I could solve. I promised myself that I would not sprint from problem to problem this year. My two best competitors in the 400 hurdles were entered, but I found myself running between problems. By the time my race occurred, I was spent, but did not want to believe it. Well, everyone watching knows that I came to a screeching halt and had to use both hands to climb over the last barrier.

For those who have yet to be a meet director, especially when there is no club or committee or group nearby to help in the directorship, there is a rude awakening awaiting you when you take that step. I expect never to go through it again. I rested two years and my memory faded long enough for me to agree to host this year’s regionals. I’ve paid my dues. I took advantage of family, friends and officials of other meets. I endured the last week of late entries and the wrath of disgruntled entrants. I was embarrassed on the track before my hometown people. And I suffered Paul Dungan’s ignorant attack. Now I’ll compete in others’ meets and be thankful. I hope I remember to thank the director and officials at each meet. It’s easy to do and means so much to the recipients. Please join me!
TAC Wants 1989 LDR Championship Bids

Phil Benson, Chairman of the Masters Long Distance Running Championship Site-Selection Committee, has announced that all races which would like to be considered for 1989 TAC Masters Championships should obtain an application form now. All distances for championships in 1989 will be awarded at the December, 1987, TAC Convention in Honolulu.

With the growth in popularity of masters competition, TAC Championships have taken on a great deal of importance. The awarding of the designation “Masters Championship” to a race has given that event a new importance, generating additional excitement and raising the amount of media attention normally associated with the event. The next several years will truly be the years of the master, with such names as Frank Shorter, Bill Rodgers and Don Kardong all turning 40.

The following championships for 1988 are still open for bids: 25K and 30K road distance. For 1989, all distances are available: on the roads: 5K, 8K, 10K, 15K, 20K, 25K and 30K; and cross country: 5K, 10K and 15K.

All requests for bid applications should be sent to Championship Committee, c/o Phil Benson, Box 2287, Ocean Township, NJ 07712. Anyone wanting a list of the 1987 and 1988 championships can send a self-addressed, stamped envelope to the same address.

Masters LDR Minutes From Eugene

The Executive Committee of Masters LDR met in Eugene on August 13 to get a head start on topics for the convention in December.

As an update to the new IAAF Veterans Committee, we learned that our chairman, Bob Boal, has been nominated by TAC as the U.S. rep. Only 10 of the nominated 20 will be chosen, so we’re hoping the U.S. will have a seat on that committee.

Our tentative budget request for 1988 totals $23,750 with these categories: awards, championships, National Masters News Donations, administrative expenses, Executive Committee travel (including reps to international meetings), and fund raising. A motion was passed to limit funding per championship to $500.

To increase participation in our national championships, two main ideas were suggested. Masters reps are urged to discuss these ideas in their local areas, so we can vote on them at the convention. One idea is a “super national” weekend with a different distance on three consecutive days. For example, in the spring we might have the 5K, marathon, and 10K. In the fall, the 5K x-c and 10K x-c could be combined. This might entice sponsors with the guarantee of a better turnout, plus participants would enjoy larger groups in a more festive atmosphere.

The other suggestion was to limit the number of championships held each year, from 17 down to 12. The popular distances would always be contested (1M, 5K, 8K, 10K, 5K x-c, and 10K x-c), but other distances could be alternated. For example, in 1990, hold the marathon, 20K, 30K, 50M, One Hour Run, and the 15K x-c, but the next year, hold the half marathon, 25K, 50K, 100M, Two Hour Run, and no 15K x-c. These are only suggestions, and the committee welcomes our masters’ input.

We were disappointed to learn that there will be no 8K masters national championship at the convention this year. Despite our letter in early Feb. requesting the event and our phone call to Honolulu in April, the race directors decided they could not put on our 8K the same weekend as the marathon.

This is our tentative agenda for the convention:
• Tues., Dec. 8, evening: Executive Committee.
• Wed., Dec. 9, evening: Law & Legislation.
• Thurs., Dec. 10, afternoon: Award selections & international updates.
• Fri., Dec. 11, morning: Committee reports & bids 5K through 15K; afternoon: Bids 20K through 100M.
• Sat., Dec. 12, morning: Committee appointments & new business.
—Carole Langenbach, Secretary

Hurd, Welch Triumph in Peachtree 10K

by JERRY WOJCIK

Mick Hurd, 40, of Bramfield, England, fought off high humidity, a headwind along Atlanta’s Peach Tree Street, and the usual tough masters field to win the masters contest with a 30:43 in the Peachtree 10K on July 4. Antonio Villanueva, 41, of Boulder, Colo., finished 13 seconds later. Gunter Mielke, 44, of West Germany, took third (31:05).

Barry Brown, 40, of New York and Florida, was fourth (31:16), and Alan Rushmer, 40, of England took the fifth spot (31:37).

Priscilla Welch, 42, of England who resides in Boulder, Colo., continued her dominance as the world’s best female masters runner, finishing eighth woman overall. Barbara Filatze, 41, of Erie, Pa., was two minutes behind for second, and Bobbi Rothman, 41, of Florida, edged Christine Tattersall, 45, of Connecticut for third by one second with a 3:06.

Sponsored by the Atlanta TC, the race had 25,000 finishers, and was won by John Nza (28:34) and Lynn Jenning (32:22).
Numbness in the Toes

Q. I am a masters cross country and track runner and am having some numbness in my small toes. They don’t hurt, they just get numb. I rested for a few weeks, rode a bicycle and soaked my feet in hot water. This cured the problem but they become numb again when I run. What could have caused this and will it get worse if I keep running?

A. Numbness in the toes is not as rare a condition as you might imagine. In some cases, the numbness leads to a sharp, shooting type of pain which extends into the toe areas and into the ball of the foot.

Self examination is your first step. Squeeze the area between the third and fourth metatarsal bones. If there is a similar type of pain, it is probably a nerve irritation or neurona (sometimes called a morsions neurona).

A neurona is a traumatized nerve and can be found anywhere in the foot. However, the most common area is between the third and fourth metatarsals. The third and fourth toes can go numb as well as areas under the ball of the foot. These conditions are usually due to some type of abnormal foot function which causes irritation to the foot area.

The first course of action is to stabilize any type of foot abnormality that may be present. An over-the-counter arch support or full length insole may be tried. This will also enhance the cushioning in the ball of the foot. A more rigid type of insert may be used in the more serious cases. If this does not obtain relief, I would suggest the use of an anti-inflammatory injection into the area. This has proven very successful for reduction of neurona formation.

As you have seen, rest can also be of some help. It does reduce trauma and promote healing.

The use of a good shoe with a substantial amount of foam cushioning may be of some help. Try running on a softer surface such as grass or dirt and avoid the concrete.

Physical therapy may also be tried as well as a low dye stripping to reduce stress to the forefoot area.

If all else fails, the recommended treatment is surgical removal of the offending growth. This can be done under local anesthesia and the rest period is anywhere from 4-6 weeks.

(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 arches question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)
ponents, winning the high jump, triple jump and long jump in addition to leading the 100 and placing second in the 200.

Muriel Simmons-McCord left no doubt as to who was the fastest forty-year-old woman as she handily won the 100, 200 and 400. Her times of 13.0, 27.0 and 60.4 were all E.S.G. records.

The husband-wife team of Bob and Mally Hennig claimed a total of five gold medals. Bob finished first in the M60 800, 1500 and 10K while Mally won the W60 1500 and 5K.

The weight events produced several outstanding performances including Jeff Wenig’s winning M50 14.04 meter shot put and Leonard Olsen’s remarkable 13.54 meter effort to win the M55 division. Olsen also won the javelin and discus and took second in the hammer throw. Elmer Shaw took home five golds with victories in the M70 shot, discus, javelin, hammer and high jump.

Kathy Pierce was the outstanding female weight contestant, easily winning the W40 shot put, discus and javelin. Her 10.0 meter toss in the shot put and her 27.11 throw in the discus bettered the winning performances in the 1986 National Masters meet.

140 Become Contributors to Masters Sustainer Fund Drive

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.

Since the Sustainer Fund Drive began nearly two years ago, 140 readers have generously donated a total of $3787, an average of $27.05 per person.

The additional funds have enabled us to increase our coverage in areas where we otherwise would have had to cut corners. For example, when we were able to devote 15 pages to the complete results of the National Masters Track and Field Championships. Along with the income from the All-American Certificate Program, the donations have helped us to financially move from the red to the black — barely — for the first time in several years.

We are grateful for your support and hope it continues. Donations can be sent to NMN, P.O. Box 2372, Van Nuys, CA 91404. Listed below are the names of each of the 140 Masters Sustainers. Again, our thanks.

John Alexander, John Conner, Carl Higgins, Allen McDaniel, Elmer Shaw
Tom Allison, Tom Cooper, C.E. Hirshey, Leroy McClain, John Shaw
Tom and Lolita Bache, Eugene Cottrell, Bernie Holland, Graeme Shirley
Tom Allison, Tom Cooper, Chas Hornbeck, Gordon Siefert
Tom Allison, Tom Cooper, Harry Crockett, Jerry Siefert
Cliff Bedell, Stewart Daniel, Harry Crockett, J. M. Smith
Ovidio De Jesus, J. Edwards, Jack Newton, Susan Smith
Ed Benham, Jordon McDaniel, Ed Hoyle, Phil Steel
Orlo Keniston, Harry I.ingsworth, Harry Illingsworth, Sylvester Stein
Bill Kilroy, Milo Lichtfoot, J. Boyce Jacques, Richard Stepp
John Alexander, John Conner, Dick Kijer, Jackson Stevens
Murray as-Cord, gold (11-0) and M35 Jim Trott, bronze (11-0).

Bill Cooney roars a 4:51.9 first-place finish in the M55 1500 at the Empire State Games.

Photo from Paul Murray

Bold type indicates donation of $100 or more.
Eugene, Melbourne and Honolulu

It was a "Eugene" experience! For a few days before the Outdoor Championships at Eugene everything that could go wrong did go wrong. A mess, to say the least. To move a meet, to move a thousand athletes to a new location, then to put on a very smooth, exciting, well-run meet seemed difficult, if not impossible.

But the volunteers of Eugene-Springfield, Oregon, did it with the help of the community leaders and the citizens of both communities. Our thanks to them. It became readily apparent that the communities, themselves, were more up set and stressed than were the athletes, but they were able to transfer their stress, concerns and energies to produce an outstanding meet that was thoroughly enjoyed by the competitors.

However, time continues to move on, and quite fast. It is hard to believe that, if all goes as planned in Australia, in two years we will be back in Eugene by the competitors. This year at the Outdoor Championships the competitors picked Tom Strurak of Los Angeles to serve as that team manager.

We have not had such an individual before, and we are in the process of trying to finalize his "job description." Tom will be the United States trouble shooter. He will coordinate the relay teams, and be generally available to respond to problems as they develop at the track. He will not be everywhere for everybody, but if something needs attention he will be available to try to resolve the problem. I appreciate his willingness to attempt to carry out some of our goals, and wish him the best.

Our plans to try to set up the Indoor Championships between four separate facilities on a rotation basis seems to be bearing fruit. The meet directors of three of very successful meets, Baton Rouge, Madison and Harvard, have indicated a desire to host that meet every four years. Baton Rouge will host the 1988 meet next March.

We are heading for the 1988 track season, with The Athletics Congress' next convention to be held in December of 1987 in Honolulu, Hawaii. It immediately follows the meet in Australia, and, as usual, the delegates will be putting in a great deal of time and energy; many of the delegates will be coming straight from Australia to Honolulu.

I have read several letters to the editor of the National Masters News concerning the power and lack of responsiveness of the Chairman and Executive Committee of the Masters Track & Field Committee to the athletes. If the writers had any knowledge as to how easy it is to become a delegate, and then would be willing to spend several thousands of dollars of their own money for the privilege of being in charge of the Masters Program, his or her input would be greatly appreciated at these National Conventions. These conventions have required a great deal of time and energy, and very little time for fun and games. Input from all points of view is extremely important at the National Conventions, particularly in the decision-making process at that point when they have to be made, rather than helpful, constructive criticism after the fact. Becoming involved is really not that difficult, though it does require a conscious decision, and a conscious commitment.

I would encourage all of you who have some concern about what is going on to get involved. It might be necessary for you to get involved in your local Athletics Congress Association, and through that association to become a delegate to the National Convention. There are lots of committees, there are lots of positions that are open and available, and if you are not there to give voice at the time the votes are taken, all of the suggestions that you have during the rest of the year probably won't be too effective.

In any event I hope to see a great many of you in Australia. I wish you the best in training and preparation for that meet.

TAC's 9th Convention Set for Honolulu

The 9th Annual National Convention of The Athletics Congress (TAC) will be held at the Hilton Hawaiian Village in Honolulu from December 8-13, 1987. The Masters Track and Field and Long Distance Running Committees will meet from the 10th thru the 12th. Among the topics on the agendas will be rule changes, site selection for national championships, 1988 budgets, selection of 1987 award winners, and more.

Everyone is invited to attend. Most meetings are open to anyone. Only official delegates, however, may vote at the general meeting of TAC on Sunday, the 13th. Only those people designated by their local association or national member organization are delegates. (Masters officers are not necessarily delegates.)

Registration is not mandatory, but for $50, you get a registration package, plus tickets to a Thursday night social, a Friday awards luncheon and a Saturday night banquet. A registration form is printed on this page.

United Airlines has been named the official carrier and is offering a 5% discount off its ultrasaver and coach fares. Contact your travel agent or call 800-521-4041: reference the special TAC account number of 7180H.

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Image: Tony Castro (7504) defends his 200 crown with a close 31.75 win over Jeremiah Gaines (7507, 32.43), Claude Hills (7509, 33.25) and Byron Fike (7506, 35.08) at the Nationals in Oregon. Photo by Gretchen Snyder.
Bohigian, McKenzie Win Sri Chinmoy Games Honors

from ATALA TOY

For the second year in a row, Haig Bohigian, 51, of North Tarrytown, N.Y., was awarded the title of best male athlete in the Sri Chinmoy Masters Games held at Victory Field in Queens, NYC, on July 19.

Bohigian, pushed by Sonny Carle, 55, of Woodside, N.Y., and Phil Plant, 51, of Brooklyn, won five of the events he entered.

The women's title went to Chris McKenzie, 55, of Great Neck, N.Y., 800 world record-holder in the 1950s, when she lived in England. Sarama Minoli, 60, of Jamaica, N.Y., was a close second for the title.

The event attracted national champions from the East Coast, including Anne Cirulnick, 52, Rosedale, N.Y., in the shot put; Martin Kintish, 54, Middletown, N.Y., in the discus; and Bill Eippel, 74, Larchmont, N.Y., 25-pound weight world-record holder.

Among the local favorites were the Auerbach sisters — Rose Ruston, 71, Pearl Auerbach, 65, and Sylvia Schwartz, 75, who, active in track and field in their youths, returned to competition this year in the National Senior Olympics in St. Louis.

-Masters Defeat Women in Mythical Meet

If the winning marks in the 1987 TAC National Masters Track and Field Championships are compared to the winning marks in the 1987 TAC National Women's T&F Championships, the masters win, 4-2, in the six events where conditions were virtually the same.

If the events are scored like a dual meet (1st-5 points; 2nd-3 points; 3rd-1 point), the masters men outscore the women, 31-23.

The caliber of competition between masters men and younger women is very close. While abilities differ depending on the event, experts say a 42-year-old man is generally the athletic equivalent of a woman in her prime. Age-graded tables show a masters man can generally hold his own with a woman 15-20 years younger.

In past years, 13 events could usually be compared. However, in this year's meets, the sprints and jumps were wind-aided, and no women's relays were held, thus nullifying comparison.

The eight-year totals are now:
Events: masters men 43, open women 36. Points: open women 363½, masters men 347½.

MYTHICAL DUAL MEET

Masters Men vs. Open Women

(Actual performances from the 1987 TAC National Masters T&F Championships held in Springfield, Oregon from August 14-16 -- combined with the actual performances from the 1987 TAC National Women's T&F Championships -- held in San Jose, Calif. from June 23-27 -- and scored as if it were a dual meet: 5 points for first, 3 points for second, 1 point for third.)

Score: Masters Men 31
Open Women 23

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The Auerbach Sisters" took gold or silver medals in the shot put, discus, and javelin, Sri Chinmoy Masters Games, Queens, NYC, July 19, (l to r) Rose A. Ruston, Pearl Auerbach, and Sylvia A. Schwartz.

"Stan" Herrmann Dead at Age 83

William "Stan" Herrmann, 83, an active and popular masters thrower for many years, died in Santa Barbara in August. A native of Kansas, Herrmann enjoyed a 25-year career as a teacher, coach, and high school principal in Wichita; then moved to Santa Barbara in 1953 and became a real estate broker. He holds the U.S. M75-79 hammer record and many world and national single-age records in the discus, shot put, hammer, and weight throws.

He was recently inducted into the Athletic Hall of Fame at Kansas Wesleyan, where he was a shot and discus standout and played guard on its football team.

"Stan" was featured in a National Masters News "Profile" in December, 1981, in which he was dubbed "The Comeback Kid" because of his several returns to competition while overcoming arthritis and diabetes and recovering from a stroke in 1980.

His tenacity and competitiveness were probably best demonstrated when he protected himself and his wife, Dorothy, from robbery or worse when he fought off a large pack of young muggers by "swinging in all directions" when confronted near Philadelphia's Franklin Field, the site of the 1980 masters track & field championships.

"I'm glad it's over," says Lakewood, Ohio's Bob Kuebler after his 16:51 in the M40 5000 at the Nationals in Oregon. Photo by Gretchen Snyder.
Masters Health and Fitness

by CRAIG DEAN, M.D.

In Pursuit of the Fountain of Youth

Laboratory tests show the lifespan of animals can be extended beyond normal by manipulating their diet and by changing their environment, such as daily exercise. We do not know with 100% certainty how much of the research in animals is applicable to people, but certain findings are highly regarded.

Exercise and Longevity

From studying different populations, we know those who exercise and are active live longer than those who are inactive. For each hour of exercise, one gets back two additional hours of longevity at the end of one's life span. Thus, a person who exercises 30 minutes per day, lifelong, can expect to live three years longer than a non-exerciser.

The reason for the extra longevity stems, at least in part, from the health benefit to the heart. We now know that people who are physically active suffer 50% fewer heart attacks than the inactive. Current theory is that exercise induces the formation of a protein called HDL-cholesterol that cleanses the arteries like a toothbrush, keeping them relatively free of plaque.

Exercise and Physiologic Age

There are a number of aging markers. One is called aerobic capacity, which can be determined from a stress-ekg test, which measures the capacity of the body, under maximum stress, to preserve its internal environment.

The average person loses two percent per year of his or her aerobic capacity starting around age 18. Studies of active populations show little or no changes in aerobic capacity at least up to the sixth decade, provided that a similar commitment to exercise is made during those years.

In December, 1985, we tested a patient in his 60s, who then dramatically changed his lifestyle during the subsequent year. In December 1986, his physiologic age had gone backward over 10 years.

Exercise and Body Composition

With aging, there is a normal change in body composition. After age 25, the average person's weight increases by about one pound per year until age 50. During this time, there is a loss of about one-half pound per year of lean muscle mass. This means the average 45-year-old is 20 lbs. heavier with 10 lbs. less of lean muscle (or 30 lbs. more fat) than at age 25. This change is mainly a result of a sedentary lifestyle and is not seen in populations who are active lifelong. Exercisers who regularly do strength training tend to lose less muscle mass with age compared to exercisers who do only aerobic activity.

Exercise and Osteoporosis

Osteoporosis is a disease that affects 20 million Americans and is eight times more frequent in women. An 80-year-old woman has a one in five chance of suffering a fracture of her hip. For women to maintain strong bones (maximum bone density) exercise is important, along with adequate calcium (1 to 1.5 grams per day), and, for some postmenopausal women, added estrogen. For some women at menopause, a loss of 2 cm. of vertebral height per year may occur. Once this loss of height occurs it is irreversible.

(This is the first in a series of articles by Craig Dean, M.D., director of the Emergency Medicine Condell Memorial Hospital in Libertyville, Illinois. A 39-year-old masters athlete and race director, he has been appointed to the Illinois State Medical Society and Sports Medicine Committee. Questions concerning these articles may be addressed to Craig Dean, M.D., Condell Hospital, 900 Garfield, Libertyville, IL 60048.)

Clarkson Sets Two W55 Records in Illinois

Jane Clarkson's American age-group record performances in the W55-59 200 and 400 were the highlights in the fourth meeting of the Illinois Grand Prix Series at Bloomington, Ill., on August 2. Clarkson's 32.55 was over a second below Florence Reardon's 33.64 set in 1983, and her 1:16.02 for the quarter-mile takes seconds off of Nola Bruhn's 79.9 and Marion Irvine's pending 78.23, both set in 1985.

Pam Calvert, W40, with three All-American performances, was directed by Dick Green.
I'd like to make a few comments on Masters Track and Field in the U.S. Re: National Championships; it is obvious that the site-selection committee did not have athletes in mind when decisions were made. Last year in Garden City, New York, the available university housing was dirty, noisy and roach-infested. Hardly suitable for a family stay.

In mid-May when I was in Eugene, it was local knowledge that Hayward Field would not be ready by August. How could a committee armed with the necessary information make such an emotional decision? Certainly any proposal would have contained information on the resurfacing process.

Next year — Orlando, in August? Please! What kinds of conditions will prevail for the distance runners? Should Hayward Field be selected if it provides no shade and it will be hot and humid. Last October I ran a mile race at Showalter; it was 105° on the track! I know the promoters and they will do a good job — but the August timing is wretched; no, dangerous.

Re: Middle distance. Due to the increased number of quality athletes in the 800 and 1500 races, it is essential to run qualifying races. The likelihood that a runner from the "slow" heat might win the 800 was a serious threat in New York and in Springfield.

We run to compete with each other, not for the convenience of meet schedules. To start 18-20 runners from a fall line in the 1500 meant a second row start for five or six runners; plus a hairy start for everyone.

Qualifying races are run at the World Championships; they are exciting, and to run them at our Championships would be good practice. We would become better racers.

Frank Miller
Portland, Oregon

NATIONAL MASTERS 8K CANCELLED

The Masters LDR Committee regrets to announce that there will not be a National Masters 8K Road Championship in Honolulu in December 1987. The tradition has been to hold this event in conjunction with the TAC Convention each year, but the Honolulu race organizers will be too busy with the marathon and related events to accommodate us.

Carole Langenbach
Masters LDR Secretary

GREENWOOD DOING WELL

This letter should have been written weeks ago, but I find just getting back in gear takes some doing.

First of all I would like to thank you for your very compassionate reporting on my heart attack and subsequent bypass surgery in April. Also, thank you to my many friends who have called, sent cards and expressed their concern and love through the National Masters News. These thoughts and messages have pulled me through some very tough days.

Many times I fail to communicate my feelings to those who mean the most to me, and next to my family, the Masters friends mean more to me than anyone else. I have come to know and love each and every one of you. The best times in my life have been spent with you, whether in a little hotel in Tokyo, on a little island of the Fiji group, or waiting in airports for charters that are late. The state side meets have produced many new friends as well.

I will. I could give you some sage advice on heart attacks, because, I have been one who long ago had cut way down on salt, fried foods, the skin of the chicken, beef, pork; I’ve never smoked, had a beer after I ran (didn’t even drink rum with Nancy), and tried generally to follow wise health rules. The only thing the doctor tells me is that this was purely an inherited weakness, and that if I had not been in good shape, it would have happened sooner, or would have been fatal. So the only advice I have is get yourself in the best shape you can, and have a treadmill test occasionally (my cholesterol was fine so don’t count on that telling you what you need to know), and that will help you if you are unfortunate enough to have problems.

I am back to running, am working at the track, one night on 660’s — 550’s — 440’s, the next night on 320’s — 220’s — 110’s, and am feeling good, no pains, and as soon as the doctor says I can let it all out I will do so.

Looks like this letter has become "The Great American Novel," but just wanted you all to know how much Nancy, Riley and Diane, Jack M. (Marty) and I appreciate your love and support. You mean so much to us, and we are proud that we mean so much to you.

God Bless all of you, and if I can help any one of you, let me know.

Jack E. Greenwood
4891 South Dillon Street
Aurora, CO 80015
(303) 699-7719

TENESSEE TAC CHAMPIONSHIPS

Let us say a word about a Masters Meet that is on its way toward being one of the very best. The Knoxville Track (one of the oldest in the country) played host to its first ever Masters affair on June 19-21 on the famous Tom Black Track at the University of Tennessee.

Billed as the 1st Tennessee TAC's Open Track Championship, the meet offered a full program of events including road runs and pentathlon. Beautifully struck medals were presented to the top three finishers and attractive plaques to the outstanding performers. Electric timing took the guess-work out of placing and performance in the races, and two weeks later a full printed results brochure was received in the mail, plus a list of shoes and equipment found after the meet.

We are not always accustomed to such friendliness and efficiency. I would strongly recommend you include the meet on your schedule for next season, June 17-19.

Phil Mulkey
Phil Raschker
Atlanta, Georgia

WHERE ARE THE RACEWALKING STANDARDS?

I have a couple questions and I'm hoping you can provide answers. First of all, what and where are the U.S. Masters Standards of Excellence for racewalking ages 30-34 and 35-39? They are not included in your July 1987 issue; all other events list Master's Standards starting at age 30.

Second, where are the U.S. Masters Age Records for racewalking ages 30-39? They are missing from your Masters Age Records Book. The submaster records are provided for all of the other T&F events except racewalking.

Sharan Franz-Rentshaw
Carbondale, Illinois

Bob Fine, race-walker and Executive Vice-President of WAWA, was the prime mover in setting the All American Standards for race-walking. He intentionally did not include the 30-39 group since they are under the jurisdiction of TAC's Open Race Walking Committee. The 40-and-up racewalkers are under the jurisdiction of the Masters Track and Field Committee, which compiles AA standards and age records for track events. Fine will ask the Open Race Walking Committee to set standards at TAC's 1987 Convention in December. — Ed.)

KUDOS

The NNW is very helpful in my work.

Thanks!

Mal Florence
Los Angeles Times

Your newspaper is superb!

Susan Kalush, Editor
American Running & Fitness
Washington, D.C.

You're doing a terrific job.

George Hirsch, Publisher
Runner's World, NY

I find NMM most useful.

Jerome Perry
Raleigh, North Carolina

- 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, NNW, 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.
Race-Walking Records

On this page are unofficial U.S. five-year age-group race-walking records, prepared by Bev LaVeck, TAC's Masters Race-Walking Coordinator and drawn mainly from marks compiled by Lori Maynard and Alan Wood. Instead, they are directed by TAC's Open Race-Walking Committee. The 1987-88 TAC Rules of Competition (Rule 186) states that race-walk performances may be accepted as records only if made in competition limited to walkers; that standards applicable to track and road running records shall apply (e.g. course measurement and certification), and that record application must include verification by three certified race-walk judges that the walker maintained correct race-walk form.

Long Distance Records
TACSTATS, which took over the compilation and publication of U.S. track and road records on January 1, is preparing an updated list of five-year marks which NMN will publish as soon as available.

Track & Field Records
With the VII Veterans Games approaching, World and U.S. Records Chairman Pete Mundle is updating the T&F records (June NMN) for publication in our November issue.

DEFINITION - DISQUALIFICATION OF RACE WALKING

1. Race walking is a progression of steps taken so that unbroken contact with the ground is maintained. The lead foot (preferably the heel) must touch the track before the back foot leaves the ground. Figure A below shows the ideal foot contact. During each stride the leg must be straightened (e.g. not bent at the knee) at least for one moment and, in particular, the supporting leg must be straight in the vertically upright position. Figure B shows the ideal straightened leg.

2. When a walker does not have continuous contact with the ground he/she is not race walking and shall be disqualified. See Figure C below.

3. When a walker fails to momentarily straighten the supporting leg in the vertical position (directly under the body) he/she is not race walking and shall be disqualified. See Figure D.
from 671 to 1031. Whereas women comprised 16 percent of Rome's total of 4330, they will represent 22 percent of the Melbourne participants.

Event Entries Up 36%

Equally startling is the total number of individual event entries. Whereas the 3000 entrants in Rome comprised 9365 events — an average of 2.16 per athlete — the 4660 participants in Melbourne will compete in 12,759 events — an average of 2.74 per athlete.

Thus, while the number of participants has increased eight percent— from 4330 to 4660 — the number of individual event entries has jumped a whopping 36 percent — from 9365 to 12,759.

What those numbers will mean for scheduling can only be guessed at. In Rome, four tracks were needed over a seven-day period to handle the action.

With 36 percent more entries, Competition Director Ray Callaghan and his staff have their work cut out for them.

10K Entries Nearly Double

"A major problem is caused by the 10K entries, which have nearly doubled any previous World Games entry," Callaghan said. "Since most of the 10Ks are scheduled for the first day, we will require an extra three hours. The events from 1500 down will also require three extra hours on day one."

Callaghan said day one is a problem, "but all other days seem containable. We had hoped to run all the 10Ks in the cool, evening hours. I'm still committed to that principle, but the circumstances may dictate that we either move some 10K races into the after-

noon, or use our fourth track, which we booked in case entries were heavy. Or we may have to switch the three M55 10K races to day two. The field events don't appear to pose any real problem."

A glance at the entries by age-group and event (see chart) is revealing. The M40 group, with 962 entries, is the largest group; 50 entrants are over 80, six are over 90, and two — both from India — are over 95.

1700 Enter Marathon

More than 1700 signed up for the marathon; 1113 for the cross-country; 1105 for the 10,000; 1080 for the 5000; and 769 for the 100.

In the 1500 down, a prime goal of Callaghan's is to advance the winner of each preliminary heat, plus at least the next four fastest times to the semifinals or finals. Thus, in an 8-lane event, 32-or-less runners in the heats means no semifinals; 33-or-more means semifinals will be necessary.

Events from 1500 and over, Callaghan said, will require an extra three hours. The Callaghan said.

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Heats will not be formed until scratches have been determined, so the W40 400, for example, which now lists 37 entries, will likely scratch down to 32 or less, necessitating only one qualifying race to get to the final. The M40-59 800s, on the other hand, may require both heats and semifinals on day one — a difficult assignment for most athletes. The final schedule should be available for next month's issue.

Lopes Will Run

A beaming Smith announced that Carlos Lopes, 1984 Olympic marathon winner who just turned 40, will run the 10,000 and the cross-country events. Though little has been seen of Lopes lately, due to a nagging sciatic nerve complaint, he is now back in serious training and looking forward to visiting Australia for the first time, accompanied by his wife, Teresa.

Lopes' appearance will guarantee media attention and will be a signifi-
Beccalli to Challenge Serruys for President

The biennial meeting of the General Assembly of The World Association of Veteran Athletics in Melbourne, Australia on the 2nd of December promises to a lively one. Cesare Beccalli has declared his candidacy for President of WA VA, and will go up against Jacques Serruys, who was nominated by the WA VA Executive Committee last December.

Beccalli is the President of the European Veterans Athletics Association. He lives in Milano, Italy and was director of the VI World Veterans Games in Rome in 1985.

Serruys lives in Brugge, Belgium and is director of the annual Brugge Games. He has been a member of the WA VA Executive Committee for the past seven years and currently serves as Vice-President.

It will be the first election for WA VA’s top spot since Don Farquharson was elected the organization's first president in 1977. Farquharson has served five two-year terms, the maximum allowed under WA VA’s Constitution.

Other candidates recommended by the Committee are: Executive Vice-President: Owen Flaherty, Spain; Vice-President, Track & Field: Bob Fine, U.S.A.; Vice-President, Road and Cross-Country: Clem Green, New Zealand; Secretary: Alastair Lynn, Canada; Treasurer: Hans Axmann, West Germany.

The women's representative will be elected by the Women's Assembly, and each Continental delegate by his/her respective area assembly.

Others who reportedly have been nominated by affiliates to the WA VA Executive include: Executive Vice-President: Peg Smith, Australia; Vice-President, Track & Field: Mike O'Neill, Australia; Secretary: David Pain, U.S.A.; Treasurer: Giuseppe Galletti, Switzerland; and Al Sheahen, U.S.A. Robert Wurch has also reportedly been nominated by the French for an unspecified office.

1989 and 1991 Games

Meanwhile, it appears that Eugene, Oregon, representing the U.S.A., will be the only bidder for the right to host the 1989 World Veterans Games. Split, Yugoslavia, once a prime contender, has withdrawn its bid and may bid for the 1991 Games. Farquharson reports that Japan is also preparing a bid for 1991. But Japan was recently awarded the 1991 World Track & Field Championships, “so I don’t know if that will encourage or discourage their bid for our Games in ’91,” Farquharson said.

IAAF Status

WA VA’s relationship with the IAAF remains uncertain. As Farquharson reported in July’s NMN, WA VA’s suggested amendments to a WA VA-IAAF agreement were rejected by IAAF President Primo Nebiolo, who disbanded the WA VA Veterans Committee and set aside the agreement.

The IAAF has formed a new 11-person Veterans Committee, headed by its former chairman, Hans Skaset of Norway. The Committee includes six other IAAF members — from Argentina, Congo, Turkey, Japan and the Dutch Antilles.

It also includes five “WA VA” members, chosen by the IAAF from among 20 individuals, each of whom were nominated by an IAAF-affiliated nation. Those five are reportedly Beccalli, Green, Axmann, Bob Bull (USA), and Bridge Cushen (Great Britain).

Farquharson’s nomination was withdrawn by Canada’s IAAF affiliate because it didn’t want to commit to reimbursing any expenses.

The original agreement failed to gain acceptance at the IAAF 35th Congress in Stuttgart in 1985 mainly because of the existence of WA VA’s South African affiliate. But concern was also expressed by the British Amateur Athletic Board that certain clauses in the agreement could mean WA VA interference in “sovereign national rights.”

In 1986, Farquharson and Flaherty were invited to South Africa to “see for themselves the true situation in South Africa.” In the February, 1987 issue of NMN, Flaherty reported on his survey of 30 non-white South African Veteran Athletes, concluding: “It is clear that the officers of the South African Masters Athletic Association. . . are administering the sport in South Africa competently and on a non-racial basis as required by WA VA’s Constitution. . . . Without exception, they appeared to be able and enlightened activists who strongly supported the non-racial basis of veteran athletics in South Africa.”

Could the Farquharson/Flaherty visit have been the reason Nebiolo scrapped the agreement?

“Could be,” reflected Farquharson. “The United Nations even put me on their ‘black list’ for competing in a veterans meet there.”

An internal IAAF memo from Skaset stated: “WA VA was criticized for its position on South Africa, and (the IAAF) Congress decided that no agreement with WA VA could be reached unless its member in South Africa was suspended and the participation of South Africans in WA VA Championships under another country’s name was actively stopped.”

Farquharson said he’s hopeful the new setup will work out. “I don’t think the IAAF has plans to stage its own veterans meets and races,” he said, “so I hope its new Veterans Committee will advise and cooperate with WA VA, so that the worldwide veterans movement can continue to grow under WA VA’s leadership.”

4700 Enter VII World Veterans Games

Continued from page 19

IN TRAINING

FOR THE VII WORLD VETERANS GAMES

The No. 2 track at Olympic Park in Melbourne, during construction this summer. The outside track is used for dog racing. An enclosed restaurant overlooks the tracks, and the World Games information center will be underneath the grandstand.

Photo by Tom Sturak

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The No. 2 track at Olympic Park in Melbourne, during construction this summer. The outside track is used for dog racing. An enclosed restaurant overlooks the tracks, and the World Games information center will be underneath the grandstand.

Photo by Tom Sturak
Three World Records Set in Nordic Games

Finnish athletes on their homeground in Porissa, August 31-September 2 dominated the Nordic Veterans Championships, where at least three world records were broken.

In the W50 800, Asla Larsson of Sweden broke Kristen Hveem's world mark of 15.52 with a 15:16. Meanwhile, Hveem of Finland, who has two pending W60 world records in the hurdles (15.56) and high jump (4-½), was flashing her skills with victories in solid times in the 100 (15.81), 200 (32.71), 800 (16.23), high jump (3-11¼), and long jump (12-7¼).

In the hammer throw, Pentti Saarikoski of Finland shattered the M60-64 world record of 157-10 (48.12), held by countryman Aarne Miettinen, with a remarkable 183-9 (56.02), but Miettinen will remain in the record books because he broke Australian John Fraser's M70 136-10 mark with a 139-7 (42.54) throw.

Finnish shot putters M60 and over own practically all of the world records, and three Finnish record holders put in an appearance: Reino Nokelainen (M65-69 WR 47-5), Voitto Elo (M70-74 WR 48-2¼), and Olav Renvall (M75-79 WR 46-1¼), a rare sight even at a World Games, even though they were below their top marks.

Other outstanding performers were:
- Jorma Ehrstrom, M45, of Finland, with meet's bests in the 100 (11.68) and 200 (23.68).
- Pirko Korpi of Finland, W50 winner in the 800 (2:25.16) and 1500 (5:08.45).
- Nils Undersaker of Norway, who has a pending M45 9-16.2 world time, with a 9:47.20 steeplechase.
- Stig Backlund, M45, of Finland, triple-jumped 14-5-¼.
- Maake Jouppila, M40, of Finland, threw the shot 55-1½.
- Ira Sarnama of Finland, who holds W75 world records in the hurdles, high jump, long jump, and javelin, set probable world records in the W80 shot put (24½), discus (50-8), and javelin (56-2), when enough statistics are compiled for that division, which has few competitors.

Three Walk Records Fall in Canada

Four world records, three of them in the 5K walk, and 22 Canadian national records fell in the 1987 Canadian Masters Track and Field Championships at Minoru Park in Richmond, British Columbia on July 31-August 2.


Ivy Granstrom of Vancouver, B.C., ran the W75 10,000 in 64:08.5 to knock almost two minutes from the world best of 65:58.8 held by Berta Hielscher of West Germany.

Some noteworthy Canadian records were also provided by women. Amelie Koleska, W40, competing for the Valley Royals of Chilliwack, B.C., set a W40 javelin record of 42.50 (139-5). In comparison, the U.S. record is 122-7. Ann van der Vleuten of the Scarborough Masters, Ontario, broke the W50 long jump record with a 3-90 (12-9¼), near the U.S. mark of 4-04 (13-3). And, Liz McBealn of the Edmonton Columbias, Alberta, is credited with the W35 pole vault record of 2-00 (6-6¼), as is RuthCarrier of the Toronto Olympic Club, Ontario, with a 10-06-1 in the W55 2000 steeplechase.

A handful of Americans from the nearby Northwest and California also won division contests, as did thrower Carl Klehm from the more distant University of Chicago TC. Don Trethewey of the fourth-time host Jakas T&F Club, was meet director.
**Report from Britain**

by ALASTAIR AITKEN

Rob Rush, 42, at Enfield, August 2, ran a 50.00 400, finishing fifth against non-veteran runners.

Mick Hurd, of the R.A.F., who has run well in the U.S. in road races, won the U.K. Veterans Half-Marathon Championships at Welwyn, July 26. Hurd went away from the near-1000 runners before the 10-mile mark, which he went through in a fast 49:18 on the hilly course to win in 65:05. In second place was National Vets 10K track champion, Sheldon Coles (67:10); third place went to Harry Clague (67:22). First M50 runner was Cyril Leigh, 33rd overall (72:35); first M55 was Jim Dixon, 46th (74:46). The M60 race went to Steve Charlton (80:33), and M65 winner was Bill Jenkins (86:51). The first woman was Bronwyn Cardy in 77:07 from W40 runner Anne Roden, who died 79:17.

Mike Critchley, 40, who was third to Alun Roper in the National Vets Cross-Country Championships earlier this year, won the tough Pennine Marathon in 2:34:07, July 5. Ex-international Colin Moxsom was the first veteran (52:13) in the Lincoln 10, July 12. Roger Clark, who ran as an England international (3 mile/5000), won the Elmbridge Runner 10K, July 19, in 31:36 from Les Roberts, the World Vets champion, who did 31:49.

One of the most remarkable veteran runs of the year was by the man who finished second to Roper in the National Vets Cross-Country Championships, Dick Evans of Cardiff, Wales. The 40-year-old ran away with the Welsh International Marathon, July 5, in the heat and on a tough course with a 2:28:02, 48 seconds ahead of non-vet international Dave Watts of Scotland. Wales won the team event from Scotland and Catalonia club teams.

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**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, OCT., 1987**

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<tr>
<th>Athlete (Residence)</th>
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<tr>
<td>Christine Curtis (Seattle, Wash)</td>
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<td>Ruth Framley (Tonawanda, N.Y.)</td>
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**WAVA BY-LAWS - Appendix A: Hurdles and Implements Specifications**

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<td>30&quot;</td>
<td>147.72m</td>
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</table>

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**TWO IS BETTER THAN ONE DOWN UNDER!**

After the Games join us for our fun-filled, 9-night New Zealand North/South Island Tour

Limited space. Call or write, NOW!

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Snug Harbour Cruises, Ltd.
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**But—THEY CAN TEACH YOU TO BE THE BEST THAT YOU CAN BE**

These VIDEO TEACHING TAPES feature some of the most accomplished throwers in the great history of Track & Field. The teaching techniques have been hailed by peers as the best, and one has received international awards for its excellence.

---

**MAC WILKINS’ Gold Medal Discus**

"I consider this video training program to be one of my finest achievements in 20 years with the discus." It is a unique instructional package that teaches the mechanical, physical and mental aspects of discus throwing for young and old alike. In addition to my demonstrations, you will learn from studying the techniques of such discus greats, past and present, as L.J. Silvester, Wolfgang Schmidt, Imrich Bugar and Luis Delis with my "voice over" instructional comments. The program contains nine sections: 1. The Throw, 2. The Wind, Part II, 3. Drills; 4. Rhythm; 5. Advanced Technique; 6. Visualization; 7. Troubleshooting; 8. Conditioning; 9. Motivation.

"I have found that Masters throwers can be as dedicated to their own pursuit of excellence as youngsters and established competitors. That is why this training program would be of great help to you Masters competitors. Join me in your quest to be the best that you can be."

---

**YURIY SYEDIKH’S SyberVision Hammer Video**

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 and 4 turn throws. Featured models are Yuriy Syedikh—USSR, Sergey Litvinov—USSR and Ken Flax—USA. 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.

---

**TOM PETRANOFF’S Javelin Video**

A video encyclopedia of the javelin throw covers complete instructions on: Drills . . . Weight Training . . . Conditioning . . . Techniques . . . 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.

---

**AL FEUERBACH’S Basic 70 Foot Shot Putting**

"Shot Putting was never a part-time thing with me . . . it was an obsession." Through a complete career spanning 22 years and including over 525 competitions in 24 countries, Al was able to experience this event as few athletes have. Every bit of his learning experience is packed into the video teaching cassette and provides some critical keys to progress for Masters shot putters like you.

You will be instructed by Al, Dave Laut (72' 3"), Olympic Bronze Medalist 1984, 4 time U.S. National Champion and Mac Wilkins (69' 11½") Dave demonstrates the rotational style throw and Mac instructs on its technique. Basic 70 Foot Shot Putting presents the foundation for personal shot putting progress and is potentially as useful to the 40' thrower as it is to the 70' thrower. "I truly enjoyed my many years of experience with the shot. I'd like to share them with you!"

---

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City/State/Zip: __________________________________________
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Card No. __________________________ Exp. Date __________

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Mac Wilkins'...
GOLD MEDAL DISCUS
$ 49.50
Al Feuerbach's...
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DISCUS and SHOT Videos
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VHS ONLY
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tended qualifying period the runner will have automatically qualified for the following year's race. There will be less pressure on the runner to run another race knowing he has already qualified. Qualifying times, which will remain the same for this year's various categories, must be run on a certified, TAC-sanctioned course for applications. For the 1988 (April 18) race, send a $10 business-size SASE to B.A.A., 17 Main St., Hopkinton, MA 01748.

Since the merger of The Runner into Runner's World, RW's circulation has leaped from 275,000 to 425,000.

**MIDWEST**

- In the first of four of the Ethnic Illinois Grand Prix meets, the Athlete's Foot T&F Meet, in Rock Island, June 6, Harry Brown, M55, edged Mike McDowell, M30, for the Outstanding Athlete (ages 30-59) Award on the basis of his 12.9 100m, 27.0 200, and 59.1 400. Glen Bradf, M60, took the 60+ honors for his times of 29.5 in the 200 and 1:06.1 in the 400.

- Dr. Allan Jackson of Akron, OH, was listed in the August issue as a bronze medallist in the M60-64 1500 walk in the National Senior Oly-
sics in St. Louis. Actually, Dr. Jackson was the silver medallist.

**EAST**

- The Tony Sapienza Memorial 5-mile road race was held Sept. 13 at Haverhill, Mass. High School, where Sapienza was head of the math department and cross-country coach before his untimely death at age 57 last March 15. The race benefited the Tony Sapienza Memorial Math Scholarship Fund at Haverhill High.

- Gabriel Bernal, 47, finished 6th (370 minutes) in the Gay Pride BK, Central Park, NYC, June 27, with a 27:44. Inger-Jo Berger, 43, led the W40+ runners in 36:15.

- Alan Fairbrother, 51, covered the Westminster Half-Marathon course from White Plains to New Rochelle, NY, June 14, in an 18-place (834 m/finishes), masters best 1:19.04. Patty Lee Pamalee, 47, was 6th woman (157 finishes) in 1:37.33.

- Art Hall, 40, ran an 11-place (1219 m/finishes) 1:11:12 in the Hispanic Half-Marathon, Central Park, NYC, August 23, leav-
ing the M40+ field far behind. Carol Johnston, 44, paced the W40+ contingent with a 10th-place 1:28:36 (299 finishes).

- Chuck LaChusa, M45, of the host Buffalo Belles & Brawn T&F Club, posted the best M40+ 100 (12.00) and 200 (24.00) times of the meet, held in Tonawanda, NY, June 13. Elmer Shaw, M70, hit the 36-9 mark with the shot and 112-5 in the discus.

- Larry Colbert, M50, was the man to watch (if you could see him) as he set four of the 31 age-group records set in the Tri-State TC Meet at Hagerstown Junior College, MD, August 9, with victories in the 50 (2:38.1), 100 (22.17), 200 (24.03), and 400 (56.1). Other record-breakers included Jay Edwards, M50 shot (43-9) and Larry Prett, M45 discus (147-7).

- Shot-putter Carl Wallin, 45, of Lebanon, NH, even though he set an M45-AR (51.5) in Ju
y and an M45 title (524-5) in the Nationals in Eugene-Springfield, was not satisfied with his results, so Wallin, 18 coach at Dartmouth, had a friend and fellow coach, Russ Foreger, take videos of Wallin's throwing, and together they worked on his technique, particularly speed. The result: an AR of 53-1/4 with the 16-lb., and a state record in the 12-lb., at Dartmouth. Wallin advises throwers to take ad-
vantage of video or film combined with knowledgeable advice to work out problems, and adds, "Rather than being depressed about my poor throwing, I am now excited again, and am looking forward to Australia in December."

- Dr. Mara Pike, 46, 1986 National W40 1500 champ who's been plagued with knee problems this year, was featured in a Boston Globe story, July 13. Pike coaches the Concord-Carlisle High girls' track and cross-country teams, and each year directs the Liberty A.C.'s clinic for teenage girls.

**SOUTHEAST**

- Overall masters and winners of $300 each, in the PM Magazine Summer Break 5K, Charlotte, NC, July 10, were Frank Cornell (15:59) of Kentucky and Pat Roberts (no time available) of Charlotte.

- Wayne Vaughn of Hagerstown, MD, set a record of 4:47.2 in the Bay Street Mile Run in Beaufort, SC, July 18.

- Phil Raschler's 11:19 100m in the Ten-

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National Masters News
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**INTERNATIONAL**

- British veteran athletes now have their own national publication. Called Veteran Athletics, the first-rate tabloid is published by World Veterans Games medalist Sylvester Steen, and edited by Jeremy Henning. Subscriptions are 10 pounds a year (6 issues); and 2 pounds outside the U.K. Write for airmail details. Make check payable to Veteran Athletics Subs, 57 Mortimer St., London WIN 7TD, England.

- Meanwhile, the Australian "Veteran Athlete" is now in its second year and going strong with the World Games upcoming. Also a tabloid and published/editied by Mike Hall. Foreign subscriptions are 30 Australian dollars (12 monthly issues). Send to: The Veteran Athlete, McNlnes Road, Tynong Road, Tynong North, 3812, Victoria, Australia.

- In Running Commentary, Joe Henderson reports Priscilla Welch, 42, was "literally poisoning myself with overdoses of vitamins and minerals" in 1986. Dr. Phil Mattlone, a chiropractor, made the discovery and took Welch off the supiments. The first result she noticed was "I could breathe normally again." Welch later "six months to rid myself of these toxic..." Those six months brought her to the London marathon and her world veterans record of 2:26.81.
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**


**EAST**

October 3. Merrill Lynch Realty A.C. Pentathlon, Manalapan, N.J. High School, 10 a.m. Ron Salvo, 201/446-4959 (w).

October 25. Merrill Lynch Realty A.C. Weight Pentathlon, Hightstown, N.J. High School, 10 a.m. Ron Salvo, 201/446-4959 (w).

**SOUTHEAST**


November 9-14. Golden Age Games, Sanford, Fla. Greater Sanford Chamber of Commerce, P.O. Drawer CC, Sanford, FL 32772. 305/322-2212.

December 27. Holiday Pentathlons (regular & weight), Atlantic H.S., Delray Beach, Fla. Randy Cooper, Principal, Atlantic Community School, 2501 Searcest Blvd., Delray Beach, FL 33445.

**WEST**


**INTERNATIONAL**


November 28-December 12. The First Australian Masters Contest at various sites in Tasmania (10K and road races on December 9-10 in Hobart). Kim Newstead, P.O. Box 587, Glenorchy Tasmania 7010.

December 7. World Veterans Weight Pentathlon Championships, Melbourne, Australia. See ad in this month's issue for fee & weight information. VII World Veterans Games, P.O. Box 282, Essendon, Victoria, 3040, Australia.


**LONG DISTANCE RUNNING NATIONAL**

January 1-October 31. U.S. TAC National Masters One-Hour Postal Championships. Send results to Cliff Sharp, Harding College, P.O. Box 765, Searcy, AR 72134.


**CALCINNGED**


**SOUTHWEST**


October 25. 6th Annual Running Peninsula, Clearwater, Fla. 8:00 a.m. M & W Open & Masters. Unique experience. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33761. 813/447-7161.


November 15. The Old Reliable 10K Run, Raleigh, N.C. Bobby Murray Masters Divi­sion $4000. Butch Robertson, 919/829-4843; 266-5103.


December 13. Rocket City Marathon, Huntsville, Ala. $500 masters money. SASE to Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

**SOUTHEAST**


November 1. Wolfpack Fall Classic, Columbus, Ohio. John White, 4685 Arthur Place, Columbus, OH 43220-3102. 614/459-2547 (w); 424-7011 (w).


November 8. Columbus Marathon, Columbus, Ohio. Mike Collins, Columbus Marathon, 6500 Bush Blvd., Suite 20, Columbus, OH 43229. 614/333-0393.

Continued from page 25

White, 4865 Arthur Place, Columbus, OH 43220-3102. 614/424-7011 (day) or 614/459-2547.

November 22: RRCA National 8K Championships, Shellyville, Ind. Ray Sears, 730 Berkeley Dr., Shelbyville, IN 46176.

MID-AMERICA

October 11: Twin Cities Marathon, Minneapolis/St. Paul. Masters money. TCM, P.O. Box 2419, Minneapolis, MN 55424. 612/929-8646.

October 31: Tulsa Run, Tulsa, Oklahoma. Top five m/f masters will receive cash awards. Tulsa Run, Inc., One Williams Center, P.O. Box 2400, Tulsa, OK 74102. 918/588-2431.

November 1: Omaha Riverfront Marathon, Omaha, Neb. SASE to OR Marathon, 502 N. 40th St., Omaha, NE 68131.

November 22: St. Louis Marathon, St. Louis, MO. Tom Eckelman, St. Louis Track Club, 6611 Clayton Rd., St. Louis, MO 63117.

SOUTHWEST

October 3: Myriad Gardens 10K, Oklahoma City. $500 1st m & w masters. Myriad Gardens Run, c/o First Interstate Bank, P.O. Box 99423, Oklahoma City, OK 73199.


November 15: Foundation 30K Championships, Charlton, Calif. Formerly the "Clarksburg 20 Mile Run." Five-year age divisions to 90+. Foundation 30K Run, P.O. Box 20, Clarksburg, CA 95612. 916/456-7000, ext. 19; 916/665-1712.


December 6: California International Marathon, Sacramento, Calif. Sacramento LDR Club, P.O. Box 161494, Sacramento, CA 95816. 916/447-2786.

December 6: Western Hemisphere Marathon, Culver City, Calif. Jack Nakanoishi, 4117 Overland Ave., Culver City, CA 90230. 310/515-5549.

December 13: Honolulu Marathon, Hawaii. Honolulu Marathon Association, 3435 Wai'alea Ave., Rm. 208, Honolulu, HI 96818. 808/732-1425 or 808/536-7877.

ON TAP FOR OCTOBER

TRACK & FIELD

The North Carolina Senior Games opens the month on the 1st in Raleigh. On the 3rd, the Merrill Lynch Realty A.C. conducts a pentathlon in New Jersey, while on the other side of the U.S., the Club West Masters Meet takes place in Goleta on the UC-Santa Barbara campus. The Merrill Lynch club has set a weight pentathlon for the 25th. The month closes with the World Masters Tune-Up on the 31st at the UC-Irvine track near Los Angeles.

LONG DISTANCE RUNNING

This is the last month for runners to get times for the U.S. TAC National Masters One-Hour and Two-Hour Portal Championships. The month opens with the St. George Marathon in Utah and the grueling Ultimate Runner in Michigan on the 3rd. The next weekend sees the Capital Trail 10 Mile in North Carolina on the 10th; the Twin Cities Marathon, with XXVII and XXVIII celebrated money-for-masters formula, in Minneapolis on the 11th; and the Tufts 10K for Women in Boston on Columbus Day.

The Detroit Free Press International Marathon will rev up in the Motor City on the 18th. Distance walkers will head for the U.S. TAC National Masters 30K Racewalk Championships in New York on the 24th. America's Marathon dominates Midwest action on the 25th, while on that day New York has two popular events: Freiberger's Syracuse 10K Run for Women, and the Mohawk-Hudson River/Adiron­dack Masters Marathon Championships. The massive First Republic Bank Symphony 10K in Texas, and the highly-ranked Wendy's Classic 10K in Kentucky wrap up the month on the 31st.

Additional events include two RRCA national championships (50 Mile/100K in Chicago on the 11th, and the 15K in Milwaukee on the 31st), and a running pentathlon in Florida on the 25th. Canadian runners can select from a full schedule: the CMAA Half-Marathon Championships in Nova Scotia on the 4th; the Canada vs. U.S. 10K Masters Cross-Country Championships in Toronto on the 10th; and the CMAA Club Cross-Country Relay in Toronto on the 17th.
### U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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### APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

**NAME:**

**PHONE:**

**ADDRESS:**

**AGE GROUP:**

**SEX:**

**EVENT:**

**MARK:**

**WEIGHT OF IMPLEMENT:**

**DATE OF MEET:**

**HURDLE HEIGHT:**

**HURDLE MEET SITE:**

If you have bettered the standard of excellence, please send $10.00 and this form to: 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% x 11 certificate, suitable for framing, will be mailed to you within two weeks.

### 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.
### U.S. Masters Track & Field Rankings

**Coordinated by Haig Bohigian, T&F Rankings Chairman**

#### 1985 Men's 200 Meter 30-34

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U.S. MASTERS TRACK & FIELD RANKINGS

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

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Continued from previous page

1986 Men's 800 Meters - 55-59

Compiled by William Benson

1986 Men's 800 Meters - 60-69

Compiled by William Benson

1986 Men's 800 Meters - 70-74

Compiled by William Benson

1986 Men's 800 Meters - 80-84

Compiled by William Benson

1986 Men's 800 Meters - 85+9

Compiled by Bill Berson

1986 Women's 800 Meters - 30-34

Compiled by William Benson

1986 Women's 800 Meters - 35-39

Compiled by William Benson

1986 Women's 800 Meters - 40-44

Compiled by William Benson

1986 Women's 800 Meters - 45-49

Compiled by William Benson

1986 Women's 800 Meters - 50-54

Compiled by William Benson

1986 Women's 800 Meters - 55-59

Compiled by William Benson

1986 Women's 800 Meters - 60-69

Compiled by William Benson

1986 Women's 800 Meters - 70-74

Compiled by William Benson

1986 Women's 800 Meters - 80-84

Compiled by William Benson

1986 Women's 800 Meters - 85+9

Compiled by William Benson

1986 Women's 800 Meters - 90+10

Compiled by Bill Berson

National Masters News

U.S. MASTERS TRACK & FIELD RANKINGS

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

October, 1987
### U.S. Masters Track & Field Rankings (Coordinated by Haig Bohigian, T&F Rankings Chairman)

#### Men's 5000 Meters 50-54

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#### Men's 5000 Meters 65-69

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U.S. MASTERS TRACK & FIELD RANKINGS

(Compiled by Kevin Speak)

1984, 85, 86

Men’s 10,000 meters

1986 men’s 110 meter hurdles

Page 33
1984, 85, 86

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Display Advertising Rates

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Frequency Discounts:
3% discount for first 12 insertions. 5% discount for 13-24 insertions. 7% discount for 25-37 insertions. 9% discount for 38 or more insertions.

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

Terms:
Net 10 days from billing date.

Classified Rates:
10 cents per word. Count name and address as one word. Race notices are 25 cents per word. Prepayment required by course.

Mechanical Requirements:
a. Display ads may be 1 inch wide. b. Photo offset printing. c. Negative or proofs, cuts or plates. d. Colors: add 35%.

Closing Dates:
The 10th of the month before date of issue.

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Sri Chinmoy Masters Games Queens, NYC; July 25

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1987 Empire State Games

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**All American**

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**Chillicothe Masters Meet**

**August 9, (age-group events)**

### 200 Yard Dash

- **55-59**
  - M. Barwig
  - T. Tell
  - J. Berri

### 500 Yard Dash

- **55-59**
  - M. Barwig
  - J. Berri
  - T. Tell

### 440 Yard Dash

- **55-59**
  - M. Barwig
  - J. Berri
  - T. Tell

### 440 Yard Relay

- **55-59**
  - M. Barwig
  - J. Berri
  - T. Tell

### 50 Yard Backstroke

- **55-59**
  - M. Barwig
  - J. Berri
  - T. Tell

### 100 Yard Backstroke

- **55-59**
  - M. Barwig
  - J. Berri
  - T. Tell

### 200 Yard Backstroke

- **55-59**
  - M. Barwig
  - J. Berri
  - T. Tell

### 100 Yard Breaststroke

- **55-59**
  - M. Barwig
  - J. Berri
  - T. Tell

### 200 Yard Breaststroke

- **55-59**
  - M. Barwig
  - J. Berri
  - T. Tell

### 100 Yard Butterfly

- **55-59**
  - M. Barwig
  - J. Berri
  - T. Tell

### 200 Yard Butterfly

- **55-59**
  - M. Barwig
  - J. Berri
  - T. Tell

### 100 Yard Individual Medley

- **55-59**
  - M. Barwig
  - J. Berri
  - T. Tell

### 200 Yard Individual Medley

- **55-59**
  - M. Barwig
  - J. Berri
  - T. Tell

### 200 Yard Medley Relay

- **55-59**
  - M. Barwig
  - J. Berri
  - T. Tell

### 200 Yard Freestyle

- **55-59**
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  - T. Tell

### 200 Yard Freestyle Relay

- **55-59**
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  - J. Berri
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### 50 Yard Freestyle

- **55-59**
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  - T. Tell

### 100 Yard Freestyle

- **55-59**
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  - T. Tell

### 200 Yard Freestyle

- **55-59**
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### 100 Yard Freestyle Relay

- **55-59**
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  - J. Berri
  - T. Tell

### 200 Yard Freestyle Relay

- **55-59**
  - M. Barwig
  - J. Berri
  - T. Tell
Sunday, November 15, 1987, 2:00 P.M., Raleigh, N.C.

$18,000 TACTRUST Open Division
$1,500 for a new course record in one of the nation's fastest races

32 men under 30 minutes
John Gregorek 28:07

16 women under 35 minutes
Sabrina Dornhofer 32:36

$4,000 Masters Division Sponsored by Bobby Murray Chevrolet/Toyota

Dr. Kenneth Cooper, the Cooper Clinic, Dallas, Texas, will conduct a Fitness Walk Saturday, November 14, and speak at the dinner that evening.

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The News and Observer
The Raleigh Times

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Something special in the air.

Put on your running shoes
and get ready for 10,000 meters
of excitement...

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