Rodgers, Binder Set 10-Mile Records

Michigan’s Crim Race is 8th Event on ICI / USRA Masters Circuit

by MIKE DAVIS

FLINT, Mich. — Summer’s grueling heat finally gave way August 27 for the Crim 10-Mile Road Race, and masters runners responded with record times.

After weeks of 90- and 100-degree weather, it was a pleasant surprise to see temperatures in the mid-50s, with a cloud cover and little wind, for the start of the featured 10-miler through the streets of Flint.

Before the day was out, two American masters age-group records were bettered in the eighth race of the ICI/USRA Masters Circuit.

Bill Rodgers (M40, Sherborn, Mass.) led the way, running a 4:55 first mile, and then maintaining that pace for a 49:14 mark to break Barry Brown’s 49:46 American masters record. “It’s my fastest time in two years,” he said, “and I don’t consider myself to be in top shape.”

Great Britain’s Mike Hurd, 42, was next across, in 51:30. “Unfortunately, after running Asbury Park two weeks ago, I got mixed up with Steve Jones and ran a bit too hard over an 18-miler, I suffered today a bit for it, but that’s the way the game goes. Since I’ve been here I’ve been really struggling; the legs just don’t come around,” he said. “I was in front of Billy for about the first mile or mile and a half, and then he went by me at two miles. The big problem, after about 2 1/2 miles, was that I couldn’t get with anybody. I basically ran 7 miles all on my own.”

Laurie Binder (W40, Oakland, Calif.) also joined the record barrage, taking the women’s masters title at 57:11, though she had hoped to go under 57 minutes. The old W40 record was 58:28, held by Cindy Dalmynple.

“I just wish I had run faster in the middle — I fell back a little then,” Binder said. “I felt good at 7 and 8 miles; it was one of those days when you keep going through the miles and they are there before you know it.”

Single-age records went to Christine Tattersall (47, Killingworth, Conn.) at 1:02:11; and Gina Faust (51, Woodland Hills, Calif.), at 1:05:44.

After an injury upset his plans to run the 10-miler, New Zealand’s John Dix

Continued on page 23

North American Meet Draws 302

from DAVID PAIN

The WAVA North American Track and Field Championships drew 302 participants — including about 100 from the U.S. — to York University in Toronto, Canada on August 27-28. Competitors came from as far away as Texas, Georgia, California and British Columbia. The entrant traveling the longest distance was Ken Cohen, 59, a Canadian citizen currently living in Johannesburg, South Africa.

As might be expected, those who travel several thousand miles seeking competition are generally highly competitive and skilled in their respective events.

Continued on page 19

Valentine Breaks World 400 Mark

from NEIL STEINBERG

The 226 entrants who showed up for TAC’s Eastern Regional Masters Championships at Rhode Island College in Providence, August 21, made it the largest masters meet ever held in the state.

But, that was secondary to the records set by Rudy Valentine, who ran a 59.5 400 to break the M65-69 world record of 61.4 held by John Alexander of the U.S., and a 50.0 300 hurdles, lowering Bob Hunt’s U.S. mark of 50.63.

Other noteworthy performers included Al Walton, M35, with meet’s bests in the 100 (10.9) and 200 (22.3); John Dwyer, M40, winner of the 800 (2:01.6) and 1500 (4:07.8); David Reiss, M40, with a 210-5 javelin throw;

Continued on page 11
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WAVA MEDAL STANDARDS

Medal standards in the World Veterans Games (August NMN) are not needed. They discriminate against older people regardless of their training. Standards are unfair and political. They would cut off the 97-year-old man who won four world medals in Melbourne. Suzie Garrett, Thousand Oaks, California

WAVA medal standards are too high. They will not encourage anyone to participate in exercise or in competition. They will not inspire Canadians to take a holiday in Eugene in 1989. Standards are not needed to keep old people in the convalescent homes from swarming to the World Games, clogging up the lanes, slowing down the schedules, confusing the organizers and causing anything else that might go wrong.

Standards project an unfriendly atmosphere. They are a bias against women; not fair to older women. They discriminate against women; not fair to older women. They are a bias against older persons from participating. Standards are unfair and political.

What good have standards done in Canada and Europe where there is not one woman 80-or-older competing? Standards might dishearten the 97-year-old man from India.

Myrtle Field, Spring Valley, California

I am opposed to any standards because they may discourage some older persons from participating.

The purpose of the competition is to encourage people of mature years to enter the Games. Older participants, above all, want something to display for their unusual efforts.

Mrs. Richard Mallow, Poway, California

NORTH AMERICAN T&F MEET

I want to express my appreciation to Don Farquharson and the Canadian Masters, particularly Brian Oxley, for the fine event they presented at York University in Toronto, August 27-28. I hope the USA entries added to the quality of the meet.

Now that the North American Masters Championships are to be held every two years, with the next meeting in 1990, I'm confident the CMAA has given the event a good jolting. That we can anticipate the meet will grow in stature over the years.

David Pain, WAVA North American Delegate, San Diego, California

At the recent North American Championships, a potentially disastrous situation was averted by the intervention of a TAC official on my behalf. I wish to take this opportunity to publicly thank Marjorie Moore, TAC official, for her handling of this matter, and David Walsh, meet director, for his cooperation.

Alfonzo Walton, Cortland, New York

U.S. NATIONALS

I have just returned from the 21st Annual U.S. TAC National Masters Track & Field Championships at Showalter Field in Winter Park, Florida.

I must congratulate Nick Gailey and all the people who helped him put on this impressive meet.

Two special points I would like to make:

1. The beauty of the grounds was outstanding with the shrubs, banners and the absence of milling crowds in the infield.

2. A special remark must be made for the quality of the announcing. Al Sheehan's contribution to this was greatly appreciated. It brings a complete new dimension to the activities.

However, I do have one negative remark. Scheduling the 4x100 and 4x400 on Friday evening was unfair.

For example, Bob Watanabe and Gene Harte put on a good show in the 4x400. Making up a 70-to-100-meter deficit was no easy performance. But the next day the 60-year-old bodies were unable to perform as well when it was time for the 400-meter main event.

The smart ones stayed out of the relays and were fresh and ready the next day.

Can't we keep the 4x400 relay at the end of the meet where it belongs? Then we can run relays for just the fun of it.
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 Part I; 2. The Throw 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 as youngsters and established competitors. That is why I felt 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. Instructed by Tom Petranoff, one of the world's finest competitors and instructors of the hammer throw. In 1983, Tom threw a World's Record of 327' and in 1986 threw to a World Best, 280' (new javelin) and was ranked #1 in the world.

COMBINATION DISCUS & SHOT

With both teaching cassettes combined into one tape, you have over 40 years of competitive experience by Wilkins and Feuerbach in approximately one hour of instructional viewing and learning. If you follow the pattern of most throwers, you are probably learning and competing in both the discus and the shot. This is your opportunity to be taught both events by two of the best ever competitors and achieve...and at a savings over the cost of two individual cassettes.

AL FEUERBACH'S Basic 70 Foot Shot Putting

"Shot Putting was never a part-time thing with me...it was an obsession." Through a competitive 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, 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."

WILLIE BANKS' Banks On Triple Jump

Olympian and World Record holder Willie Banks has created a unique video for triple jumpers to help develop the skills and technique necessary to jump far. Anyone, young and old, aspiring to be a triple jumper or to improve their skills can benefit from this video instructional cassette. The video consists of training aids for coaches as well, including: drills, flexibility, weight training, conditioning and bounding exercises. Demonstrated and narrated by Willie Banks.

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Gary Fanelli: The Skinniest Samoan

You never quite know how Gary Fanelli will be attired when he totes the starting line of a road race. He has run as Michael Jackson, Lt. Col. Oliver North, a ballplayer for the New York Mets, The King of Tibet, Chef Ronzoni, Gary Glendale (a respectable banker), Dr. Outrageous, and Clarence Nerdelbaum, to name just some of his outlandish running costumes.

On October 2, Fanelli will run the Olympic Marathon in Seoul as a Samoan.

If you aren’t familiar with the physical characteristics of the inhabitants of American Samoa, you might not appreciate the humor in that. Generally, Samoans are built like weightlifters or wrestlers. A very lean 6-2 and 152 pounds, Fanelli hardly fits the mold.

“I’m the skinniest guy there,” said Fanelli, a 37-year-old native of the Philadelphia, Pa., area, on a recent visit to Honolulu. “I’m living in the village of Tafuna, so they call me Tafuna Slim. I get a lot of laughs and giggles from the people there when I’m out on a training run in nothing more than a pair of shorts. They can’t believe anyone so skinny can be strong enough for any sport.”

So what the heck is a Philadelphia boy doing running the Olympic Marathon for American Samoa, a group of six islands some 2,600 miles southwest of Honolulu?

It all goes back to 1969, when Fanelli, just out of high school, decided that he would some day be an Olympian. A 1:57 half-miler at Bishop McDevitt High School in Glenside, Pa., Fanelli was inspired while watching the Mexico City Olympics that year. Jim Ryun, who won the silver medal at 1,500 meters, became his athletic idol.

On October 2, Fanelli, 37, will run the Olympic Marathon in Seoul as a Samoan.

Although a territory of the United States, American Samoa is permitted by the International Olympic Committee to have its own Olympic representation, just as Puerto Rico, another U.S. territory. The IOC is allowing American Samoa six athletes for Seoul. Five of the spots will be filled by boxers, wrestlers, or weightlifters. Fanelli gets the only track and field berth (which includes the marathon) this year, but the developmental program started by Fanelli will hopefully produce talent for future Olympics.

Fanelli made his first serious bid for an Olympic team berth in 1980. In the U.S. Olympic Marathon Trial in Buffalo that year, he went out fast and led for the first 15 miles. After hitting 10 miles in 49:23, his best 10-mile time ever, he extended his lead to 150 yards by 12 miles. The pack following him began to close as Fanelli reached the half-marathon mark in 1:04:39, a time he had never before run for that distance.

“If there can be a ‘rabbit’ in a marathon, Fanelli was it,” said Marc Bloom of The Runner magazine later. “His courageous front-running allowed the contenders to relax a bit more, to feed off Fanelli and one another without so much concern for pace or competitive advantage.”

The race was won by Tony Sandoval in 2:10:19. Fanelli finished 22nd in 2:16:49, bettering his previous best time of 2:18:20 in the 1979 New York City Marathon.

Why the suicidal pace? “President Carter had already announced that we were boycotting the Games in Moscow,” Fanelli recalled. “So I went out and took the bull by the horns and set a blistering pace, the idea being, well, if we aren’t going to the Games let’s make this ‘our’ Olympic Games and see how fast we can run; see if we can come up with faster times than they will run in Moscow.”

“If there can be a ‘rabbit’ in a marathon, Fanelli was it.”

— Marc Bloom

The first three times were 2:10s. The winning time in Moscow was 2:11 something. So we ran faster and it gave us satisfaction and consolation. It was a PR (personal record) for me and I helped turn a lemon into lemonade, making the best of a bad situation: So I was happy and satisfied.

Fanelli improved his marathon best to 2:14:16 with a third-place finish in the Montreal International Marathon later that year. He also ran his best 10K, a 29:16 in 1980. It was the following year that Fanelli decided to broaden his running pursuits to include entertaining — running in various costumes. “Every time I do in the name of laughter,” Fanelli was quoted early this year in a Sports Illustrated article. “When you laugh, you raise the positive vibrations of the world.”

Until he moved to Hawaii, Fanelli operated a health food distribution business. In addition to picking up prize money here and there for serious racing, he receives appearance fees for his clowning. After the Olympics, Fanelli hopes to enter the real estate business in Hawaii. He also plans marriage to Connie Comiso, a Honolulu nurse and one of Hawaii’s leading distaff runners.

To officially earn a place on the American Samoa Olympic team, Fanelli had to establish residency there six months in advance of the Olympics and had to win their Olympic marathon trial, a 10K race. He loafed through that in 32:20, winning by over five minutes in a field of about 30. “They don’t have shoulders on the roads down there, so I had to continually jump on and off the road to avoid the traffic,” Fanelli recalled, laughing. “I don’t even know if it was 10 kilometers. They measured it with a jeep. But that victory gave me some credibility.”

Perhaps too much credibility. Because he is able to win races there so easily, some Samoans apparently think Fanelli is some kind of running god and don’t know how he can possibly lose in Seoul.

But Fanelli knows that he is not going to be in the fight up front. “I’ll just try to run a good race,” he said. “I have no business being in the lead pack. I’ve been racing long enough that I’m not going to let my emotions get the best of me and go out too fast.”

Three weeks shy of his 38th birthday when he runs through the streets of Seoul, Fanelli should be one of the oldest marathon participants in this year’s Olympics (New Zealander John Campbell, 39, will probably be the oldest). “I know I’m not as fast now as

“When you laugh, you raise the positive vibrations of the world.”

— Gary Fanelli

I was at age 30,” he mused. “I don’t recover as fast as I used to between workouts and I have to really work on my flexibility. But I’m not ready for the rocking chair yet.” He takes inspiration from the fact that Carlos Lopes of Portugal was 37 when he won the last Olympic Marathon.

With nothing much else to do in his peaceful South Seas isle environment than train and daily watch Bud Greenspan’s “Sixteen Days of Glory,” about the Los Angeles Olympics, for added inspiration, Fanelli has been logging in 100-mile weeks and feels fit. “My primary goal is to run a 2:15,” he said. “My second goal is 2:20.

“The main thing is taking part.” □
**FOUNDATION 30K RUN**

**Formerly the "Clarksburg 20 Mile Run"**

Sponsored by Foundation Health Corporation

**Sunday, November 13, 1988**

**RACES BEGIN AT:**

Delta High School, Clarksburg
4 miles South of Sacramento

**ALL RACES WILL START PROMPTLY**

At The Times Listed Below.

30K Race (18.6 miles) 11:00 a.m.

(INCLUDING Charity Challenge Team Relay)

5K Race (3.1 miles) 11:15 a.m.

1 Mile Kids Race 12:05 p.m.

**TAC SANCTIONED & CERTIFIED**

1988 TAC Men and Women’s National Masters 30K Championship and P.A. TAC 30K Championship

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**REGISTRATION:**

- 30K - $16.00 (includes T-shirt and meal) Late registration, after Nov. 5, and race day is $25.00.
- 5K - $10.00 (includes T-shirt and meal) Late registration, after Nov. 5, and race day is $13.00.
- KIDS RACE - $8.00 (includes T-shirt and meal) Pre-registration is encouraged. Race day registration open until 11:30 a.m.

**DIVISIONS AND AWARDS:**

- 30K - Men and Women: 14 and under: 69; 3 deep in each 5 year division. Wheelchair and Heavyweights. 3 deep in each division.
- 5K - Men and Women: 14 and under: 60 and over: 3 deep in each 5 year division.
- KIDS RACE - Boys and Girls: (12 & under only) 1st - 3rd fancy ribbons, ribbons to all finishers.

**REGISTRATION FEES**

Make checks payable to: Foundation Challenge, Inc.

<table>
<thead>
<tr>
<th>Race</th>
<th>Fee</th>
<th>Late Registration Fee</th>
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<tr>
<td>30K</td>
<td>$16.00</td>
<td>$25.00 after 11/5/88</td>
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<tr>
<td>5K</td>
<td>$10.00</td>
<td>$13.00 after 11/5/88</td>
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<tr>
<td>KIDS</td>
<td>$8.00</td>
<td>Race day registration fee is the same as pre-registration</td>
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</table>

**RACE**

- 30K
- 5K
- Men
- Women
- Kids


**SPECIAL**

- Wheelchair, Heavyweight (200+ lbs)
- TAC Team

**PACE**

Estimated race pace: Minutes: Seconds per mile:

**SEX**

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**DATE OF BIRTH**

**AGE ON RACE DAY**

**OFFICIAL USE ONLY**

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Communications Department
Foundation Health Corporation
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Gold River, CA 95670

For More Information, Call: (916) 636-7692 - Days
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**FORMS POSTMARKED AFTER 11/5/88 ARE CONSIDERED AS ‘LATE REGISTRATION’. RACE PACKETS CAN BE PICKED UP ON RACE DAY AT DELTA HIGH SCHOOL, CLARKSBURG STARTING AT 7:30 A.M.**

---

**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 Yolo County, Community of Clarksburg, Foundation Health Corporation, the race directors and their representatives, volunteers, or any other sponsors for all claims, and costs arising out of 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: ____________________________

(All Entrants Must Sign Waiver (parent/guardian if under 18))
Larry Stuart: Religious About the Javelin
by TERI INGRAM

"A"thletics to me is what religion is to others," Larry Stuart says, and he has certainly been devout. Stuart has been throwing the javelin for 34 consecutive years, longer than any American, and has achieved success with the help of a lot of hard work.

"As you have more success, you need to work harder and harder to be competitive," Stuart adds, which some of us may find a little discouraging. What he means is this: since becoming a master he notes that he cannot throw as far as with the same work-out techniques. What he did to throw his all-time best of 281-11 at age 32 only brings him around same work-out techniques. What he did to throw his all-time best of 281-11 at age 32 only brings him around same work-out techniques. What he did to throw his all-time best of 281-11 at age 32 only brings him around same work-out techniques.

"But don't get discouraged; javelin throwing is a hard event for a master and it helps to have an explosive arm." Easy enough for him to say. At 6-2, 210 lbs., he has the strength and weight to back up his statement.

Al Oerter once described discus throwing as "a 300 lb. man trying to do a pirouette," and the description is true of javelin throwing as well: it takes a combination of strength, speed and agility to achieve success.

Stuart has had his share of success. Born on October 19, 1937, he began javelin throwing at age 15, and also played high school football, where he was an all-conference end. In 1956, he graduated from Haddonfield, N.J. high school and joined the Marine Corps.

He continued throwing the javelin and, within two years, was good enough to become USMC champion and the rank fifth in the U.S. with a throw of 251-5. He also took a stab at the pole vault during this time, achieving a height of 12-3 with the old steel pole.

After the Marines in 1960, Stuart moved on to Santa Ana, Calif., Junior College. In 1961, he was ranked #1 in the U.S. and, in 1962, set a National JC record of 256-2, which stood for eight years. He also was an all-conference football end and received football scholarships offers from Stanford, UCLA and USC.

"But I turned down the scholarship, deciding that the 1964 Olympic Games were more important at that time in my career," he said.

In 1963, he was again ranked #1 (267-3), but a pinched nerve in his lower back kept him out of the 1964 Olympic Trials. Despite recovering from the injury and throwing farther than anyone else before the Tokyo Games, he was not included on the U.S. team.

He went to USC and graduated in 1965 with a degree in marketing. He continued to throw and was again ranked #1 in 1967 with a throw of 274-5. But, in 1968, bad luck again intervened. Two weeks before the U.S. Olympic Trials, he underwent extensive oral surgery.

"It completely sapped my strength. I could barely throw 225 feet," he remembers.

Perhaps because of his Olympic disappointments, Stuart continued to throw and, at the age of 32, achieved a lifetime best of 281-11, which again ranked him #1 in the U.S. in 1971. In his open career, he competed in 13 national championships and won over 50 major meets.

Since becoming a master he has won 48 firsts and been defeated only once. He set an M40 AR in 1978 with a throw of 238-0. He set an M45 World Record at the age of 49 with a throw of 239-7. In 1987, he set an M50 World Record of 215-9. He later broke that record with a throw of 228-0.

But, alas, Stuart is human. He has had his share of injuries: collapsed arteries in both feet, calcium deposits in his shoulders, and he has been bothered by an ulcerated disk in his back since 1964. He is stoic about such things, saying, "You just learn to cope with these types of injuries." Stuart has two children, both in college, and a very supportive wife, Jane. "Jane has never said a word except encouragement. She knows workouts are my life. There is always time to work out. If I didn't find time, I wouldn't have been so successful." Jane also helps keep him on track in terms of his diet. Although he doesn't follow any special diet, he says, "I eat well-balanced meals, thanks to my wife."

He currently is the Western States salesman for Truco Products. In his spare time, Stuart enjoys model railroading (in H.O. scale). He also enjoys friends, travel, and, of course, notoriety, saying "athletics is the most enriching part of my life." He considers his greatest achievement "being a tough competitor despite serious injuries," and "being nationally and world ranked."

Outside of sports, his most important achievements were winning the "Outstanding Marine" award and, from 1976-1982, the "Man of the Year" award from the Muscular Dystrophy Association.

He was recently inducted into the Mt. San Antonio Relays Hall of Fame, one of only 25 athletes to be so honored.

He only works out four days a week and does weight-training, which he considers "very important," in the off-season. His warm-up consists of an easy lap, jogging with the javelin, 6-10 100-yards and throwing the 6 lb. shot to warm-up his arm. After this, he does approximately 10 run-ups with the javelin.

His goals for the future are, of course, "to continue to break age records as long as my body is able." Last words of advice? "Never throw two days before a competition. Allow the arm to have the most possible. Mental toughness is the most important thing. "Athletics is to me what religion is to others. It keeps my mind, body and attitude intact." ☐

DAILY TRAINING SCHEDULE — LARRY STUART

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Lift weights; incline sit-ups, leg press (up to 500 lbs.), 20 x 15 lb. pulley, lots of stretching, no bench presses.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Jog one lap. Stretching with javelin. Run 6-10 100-yards. Throw a 6-lb. shot put in same style as javelin, for technique. Throw javelin 10 times with short run-up.</td>
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<tr>
<td>Wednesday</td>
<td>Rest</td>
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<tr>
<td>Thursday</td>
<td>Same as Monday</td>
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<tr>
<td>Friday</td>
<td>Rest</td>
</tr>
<tr>
<td>Saturday</td>
<td>Competition, or same as Tuesday</td>
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<tr>
<td>Sunday</td>
<td>Rest</td>
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Barton, Filutze Win in Parkersburg Half


Jack Cago of East Springfield, Ohio took all of the fun out of the M55 contest with a 13-minute win in 1:26:43. Filutze placed ninth woman with a 1:22:26, which clipped 14 minutes from the W40-and-over course record.

Lesley Cens-McDowell (1:24:01) of Johnstown, Pa., was second, and Jane Buch (1:27:13) of Smithville, Ohio was third.

Peggy Drauglis of Columbus, Ohio won the W50 contest handily with a 1:49:34.

Winners overall with course records were Richard Kaitany (1:04:24) of Kenya, and Christine McMiken (1:14:24) of New Zealand.

The Legends Return!

The men who made running have just turned 40. Far from over the hill, the legends of the sport are going head to head once again joined by the likes of Bill Rodgers, Frank Shorter and others new to the Masters scene. This time it’s the ICI/USRA MASTERS CIRCUIT, featuring 14 of America’s top races, vying for a $20,000 Grand Prix style purse in men and women’s age divisions, and the “ICI/USRA Masters Championship” in Naples, Florida January 14, 1989.

A special newsletter, “The ICI/USRA Masters Report”, will highlight Circuit events and profile the new stars of the roads monthly within the pages of “National Masters News” magazine. “Masters Running ’88”, edited by some of running’s top writers, will serve as the official program of the Circuit and provide in-depth interviews and reports from the exciting Masters scene.

ICI/USRA MASTERS CIRCUIT is a Series whose time has come. The Legends are back and it’s better than ever!

Three-Generations Runners

On Sunday, September 25, 1988, in Naples, Florida, some of the circuit’s top Masters competitors will participate in the Circuit’s third-annual Homecoming Half-Marathon.

The Circuit will feature 13- and 21-mile races at the Parkersburg, W. Va., half-marathon, held on September 25.

For more information and a copy of “Masters Running ’88,” contact:

ICI/USRA MASTERS CIRCUIT
Dean Reinkst, Executive Director
400 N. New York Ave.
Winter Park, FL 32789
(407) 647-2918
International Politics Shapes Our Sport

Reading Dick Slotkin's blast at the "bully-boys" who drove Zola Budd out of the Seoul Olympics (Why Don't They Leave Zola Budd Alone?) was great fun. Go get 'em, Dick! And God bless you, too.

Taking issue with Slotkin's sentiment probably will make some readers look at me cross-eyed, but what Dick says is not the whole story; not by a long shot. True, our sport would be the better if Budd had grown to be what she really wanted to be; a gifted athlete, able to compete whenever and wherever she wished. That Budd's been sidelined is, indeed, regrettable.

What's also regrettable is Slotkin's failure to draw the right conclusions from this sorry occurrence.

Lying at the heart of Dick's viewpoint is the belief that "anyone with two-thirds of a brain knows" that a "mixed-race South African Olympic team" could be an instrument to bring the rest of the world around to the 20th Century than all those sanctions have done." In short, Dick feels the suspension of the athletic federation of the Republic of South Africa and its effect on individual athletes is wrong: wrong on both moral and athletic grounds. Implicitly, Dick feels that apartheid is furthered rather than abated by the IAAF suspension of the Republic's federation.

Sorry, but this full-brained Special Assistant doesn't buy that at all. Slotkin's remarks reveal a naivete which, in my judgment, is probably specious and certainly will cause a repetition in the future of the grotesque mistakes that brought about Budd's sad withdrawal from the sport.

The hardheaded Dutchmen who Dick thinks would be moved away, even if just a bit, from apartheid by seeing a mixed-race South African Olympic team are too hard-headed to be at all motivated by such sweet sentiments. For that's not at all the reason that such Dutchmen would field such a team in the first place.

In pointing the culprits out for us, Dick seems to know for sure who those culprits are and who they are not. He's certain Budd's not at fault. He's probably right about Zola.

But his failure to name Zola's managers and business agents as the chief culprits in the play is a serious omission. The very persons who were hired to advance Zola's interests seem to have intentionally steered her down a path where she was always testing the system. Her very own managers and handlers, I think, may be a case in point. What they claimed made certain that no one would ever forget that Zola was, and seemingly wished to be regarded as, a South African.

In doing so, Zola's true welfare as an athlete was totally disregarded. Why should Slotkin be as smart as Dick Slotkin be surprised when "bully-boys," as he calls them, react predictably when someone thumbs their nose at them? First thing I learned when you're in a meadow where bulls are roaming, is this: hide your red handkerchief. Keeping Zola's origins in mind, Dick's naivete is quite misplaced.

Dick Slotkin's blast at the 'bully boys' who drove Zola Budd out of the Olympics...sounds wonderful. But it is naive...and misplaced.

When you're in a meadow where bulls are roaming, hide your red handkerchief.

In this complex world of ours, when you're outnumbered, you don't go it alone. What happens if you do, and you pick a fight, is that you end up with a bloody nose. If your goal is to mess up your face, then you've chosen the right course of action. But if what you want to accomplish is to make it possible for elite athletes to compete and to keep competing, then you must use different skills. It is those skills which Budd's people forgot or perhaps never learned to use. It is those skills which we at TAC/USA make paramount even when we are urged to take popular but counter-productive stances by friends of this sport.

Dick Slotkin may stop and ask whether the best way to protect this sport is by promoting the myth that we are immune from the ebb and flow of the real world, or whether the best way to protect this sport is by promoting the myth that we are immune from the ebb and flow of the real world. Dick Slotkin's failure to grasp the essence of the matter made me sad.

The nub of productive thinking about this sport is just as Dick Slotkin's blast at the "bully-boys" who drove Zola Budd out of the Seoul Olympics...sends wonderful. It is an expression of his deep caring for this great sport and its fine people. But zealously in situations such as the Zola Budd matter is quite misplaced.
JOHN POPPELL WRITES ABOUT CAPS™

June 14, 1988

Dear Dr. Frank:

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

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

I am a masters sprinter, age 57, who has been the national 100- and 200-meter champion for the last two years. I attribute my moderate success not to any great talent but rather to a willingness to train hard. Because of my age and the fact that my training occurs in Florida where the climate is very warm and humid, I have constantly battled fatigue at the end of my workouts. It has made for very short days, early dinners, and almost a complete lack of energy for any social life. Since I have been taking your products, I have noticed an amazing change in my physical stamina, my ability to withstand the hard workouts my coach prescribes, and an unbelievable recovery from these workouts which allows me to enjoy many other things well past the time when I normally would be caved in and in bed. I don’t know if RACE CAPS and ENDURO CAPS will do the same for others; but, as for me, I can state without hesitation it has been a delightful discovery.

Sincerely yours,

J.S. Poppell

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Athletes in Europe have started using Xobaline because of its anabolic effects. This is the most powerful new product I have found. I have made remarkable new gains with it and know you will like it.

— Gerald Frank

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SATISFACTION GUARANTEED
Heel Bursitis

Another condition which is becoming an up-and-comer in the field of veteran athletics is heel bursitis. We have all suffered from this in some degree or another over our running careers.

Heel bursitis is a bump of bone on the back of the heel. This is usually in the area where the Achilles' tendon attaches.

This condition is usually initiated by an ill-fitting shoe whose heel counter rubs up against the back of the heel causing an irritation and inflammation. In this area there is a small bursa which sits between the Achilles' tendon and the heel bone. When this is irritated it becomes inflamed and swollen. Most athletes with a lick of sense will abandon the offending shoes, but most, in an attempt to save money, will continue along with the irritating shoe and aggravate an already bad condition.

Usually, the change to a non-irritating shoe is sufficient. If this does not relieve the situation, a heel cup may be attempted. The use of an orthotic for those who hyperpronate may be tried. If the condition persists, the use of an injectable anti-inflammatory is recommended.

Other conservative methods include icing the area after workouts and, perhaps, the use of physical therapy, such as ultrasound.

(Dr. Pagliano is a runner and a podiatrician in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 1065, Van Nuys, CA 91404.)

Racewalking: Improving Your Race Times

by VIISHA SEDLAK

Competitive racewalking is a technical as well as a speed and endurance event. I frequently hear from walkers who are frustrated over times that are no longer improving, and I have noticed that these "stuck" times occur at common plateaus: 31 to 34 minutes for 5K and mid-50's or mid-70's for 10K. When I meet with these walkers or review their videotapes, it becomes apparent that technique problems are limiting most of these walkers. When the technique is improved, the race times begin to drop again.

A walker can race only as fast as that walker's technique allows. The bent-kneed, straight-legged regular walkers will not walk a 30-minute 10K because the healthwalking style doesn't permit the rapid leg turnover that gives the racewalker such speed. Similarly, a stiff-handed racewalker will find race times limited by the body's inflexibility; the elliptical hip motion permits a much more rapid turnover than does the simple back and forth swing of the legs under a rigid upper body.

Even arm movements affect the stride: many walkers who are converts from running retain the runner's forearm flip motion, where the forearm counterbalances the leg motion and the upper arm swings only moderately until the runner begins to sprint. The racewalker needs to swing the entire arm from the shoulder, like a sprinter, to counterbalance the more powerful hip and leg extension. Yet many racewalkers do not fully lift the upper arm behind the torso and thus restrict the extension of their strides.

There are many such biomechanical issues which are critical to fast racewalk performance as well as to injury prevention. When the walker corrects biomechanical movements, the race times improve, often immediately.

Runners rarely study their own biomechanics, yet they can continue to lower their race times as they develop greater strength and endurance through training. The walker has no flight phase so the development of pure propulsive power doesn't bring the same results of increased racing speed. If a walker flies faster through the air between contact with the ground, he is disqualified from the race. This limiting factor of having to maintain contact with the ground at all times is what makes walking such an intriguing sport and such a technical one.

What can you do if you feel you might need biomechanical improvement? Find a technically knowledgeable coach to assist you. If there is no one in your area, contact the American Racewalk Association, P.O. Box 18323, Boulder, CO 80308. The ARA provides coaching via video for a reasonable fee. Watching yourself on video is a tremendous help as you see many of your own errors. Watch the top walkers train and compete and learn from what you see. Talk to these walkers and ask their advice. Try to meet some of the established masters of the event, like Ron Laird, Frank Alongi, and Bruce MacDonald. These three gentlemen and other top competitors from past years, are generous with their time and training tips and have helped many beginners become superb competitors themselves.

Without biomechanical study and correction, a racewalker will hit a plateau in performance and can stay there indefinitely. The walker should train only as fast as the proper technique will allow; once he or she starts training and racing with poor biomechanics, these bad habits are reinforced. Soon there will be no further improvement in times. Jumpers and throwers learned this lesson decades ago and focus their attention on their technique. Racewalkers who do the same will improve, those who don't, won't.

Viisha Sedlak won two gold medals (in the 5K and 10K racewalks) at the VII World Veterans Games in Melbourne last year, and is the current U.S. National 5K and 10K W3 champion. This article is an excerpt from her forthcoming book, The Complete Book of Racewalking.

Upcoming Clinics

by HELEN WADE

America's top masters walkers BRUCE MACDONALD, along with his friend and teammate FRANK ALONGI, are giving clinics this month in key locations. The ARA National Masters News is--for the first time--publishing the upcoming clinics.

Scoring The Decathlon

by REX HARVEY

Official scoring for the 1988 National Masters Decathlon was done on the 1985 IAAF Tables for all competitors up to age 60, and on the WAVA Scoring Tables for those 60 and over. The heptathlon was scored on the WAVA Tables. This is probably the last time that these scoring methods will be used because the Masters Age-Factoring Tables are due out soon from the WAVA Committees of Al Sheehen and Rodney Charnock.

Age-factoring will be a huge improvement in the multi-events because it will allow direct comparison between all age groups in a competition and will allow the results of older multi-eventers to be compared with those of open competitors. If this meet had been age-factored, the overall winner would have been Phil Mulkey, M55, with a good 7827 points. This age-factored score is analogous to the scores that open decathletes would be scoring in prime. Note that the real equivalent of this age-factored score would have put Mulkey in this year’s Olympic Trials.

Second would have been Gary Miller, M50, with 7708, and third, Rex Harvey, M40, with 7337. Fourth would have been Dan Bulkley, M70, 6966; fifth Ed Oleata, M50, 6831; and sixth, Henry Hopkins, M45, 6793.

Note that these preliminary age-factors seem to do a good job because they do not concentrate winners in any particular age group or groups. Gary Miller’s excellent decathlon performance of 6031 earlier this year at Cal State-Los Angeles age-factors to 8604 points and vicariously would have put him on this year’s U.S. Olympic team. C.

Updated Pentathlon Scores - 1985 Tables

by GARY D. MILLER

In Des Moines, Iowa 1986, the multi-event athletes voted, unanimously, to update Peter Mundle’s records for combined events from the 1962 IAAF tables to the new 1985 tables. Rex Harvey volunteered to do the decathlon and I volunteered to do the pentathlon. I received enormous help from Pete Mundle. Many scores had lost their subdisicpline marks; therefore, letters went out, etc. to try and recapture those marks. Bill Forsyth was very helpful. One of his hobbies seems to be keeping tabs on pentathlon results.

The following list, except for Dr. Tilman’s and Schallau’s scores, is an updated World and American Pentathlon best list. If you have additions or corrections, please contact me at the following address: Gary D. Miller, 1740 Grandview Avenue, Glendale, CA 91201.

Multi-Eventers Compete in National Masters Decathlon Championships in Los Angeles

by REX HARVEY

A good turnout of 46 men and three women from 18 states tested their skills over the two days of competition at the excellent facility at California State University-Los Angeles for the 1988 TAC National Masters Decathlon/Heptathlon Championships, July 8-9.

There was a very spirited competition in the large M30-34 group with Lee Webb winning over last year’s champion, Bill Lawson. Mark Salzman won the M35 division from first-time masters competitor Gary Sarell and seasoned masters competitor Mike Davis.

Rex Harvey won the M40 division with an age-42 American record. Long-time competitor Henry Hopkins won the M45 title, pushed by second-place Tom Croman.

Gary Miller, who recently broke the M50-54 world record with 6031 points on this same track, won his division, with Ed Oleata a solid second. Phil Mulkey won the M55 contest (and the entire meet had it been age-factored). Second place was Dave Douglass, bleary-eyed after a 30-hour flight from Europe.

Dick Nordquist, Jock Jocoy, and Ted Esslin had their usual close M60 competition, pushing each other on both days, with Nordquist coming out on top. Dr. Arturo Ricciardi, a relative newcomer to multi-events, won the M65 group for the first time. Boo Morcom, past champion, was injured and, missing the first day, competed on the second day only.

Dan Bulkley, M70, had amazing performances in the runs. His 5:55.5 1500 was the fastest age-graded race of the entire meet. Past winner Ham Morningstar did not complete the competition because of an injury.

Three women competed in the heptathlon, each winning in her age group. Entrants in this event should increase when ex-pentathletes/heptathletes reach submaster and masters ages. Newcomer to multi-events Barbara Stewart, W45, got a lot of good advice from two of the world’s best, Phil Raschker, W40, and Crystal Miller, W50.

Come join and participate in the

12TH ANNUAL

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20K CHAMPIONSHIPS

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1988 TAC Convention Next Month

The TAC/USA National Convention is upon us, starting November 28 in Phoenix, Arizona.

It is at these conventions that action is taken, rules are made, and organization undertaken. Many decisions require votes, and this is done by those delegates present and participating at the convention. They are your representatives, and their actions will be binding.

At the risk of establishing a schedule that cannot be kept, or that will have to be revised at the last minute, I am publishing a schedule of the matters that will be reviewed at this convention. It will be a heavy agenda, as much work needs to be done. The purpose of this publication is to let everyone know what the Committee is doing and on what matters decisions will be made. If you are a masters delegate, I hope this will give you a little advance guidance in planning your time.

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TAC to Hold 10th Annual Convention

The Athletics Congress' 10th Annual National Convention will be held over the dates of November 28-December 3, 1988, at the Sheraton Phoenix in Phoenix, Arizona. Effective this year, the Convention's start-up day is on Monday, and the final General Meeting is a Saturday.

On this page are:
1. Convention Registration Form
2. Hotel Reservation Form

If you need additional registration forms or hotel reservation cards, please contact Anne Phillips at TAC, Box 120, Indianapolis, IN 46206 (317) 638-9155.

The San Carlos Hotel, located one block from the Sheraton, is offering rooms at $30/single, $40/double. Call 800/528-5446.

Delta Airlines, the official carrier, is offering a 5% discount off its lowest published fares (provided all rules and conditions of these fares are met), or a 40% discount off round-trip coach fare (a minimum of seven days' advance ticketing is required).

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Schedule of Committee Meetings at TAC Convention in Phoenix

**Monday, November 28**
- 11:00-5:00: TAC Board of Directors
- 6:00-8:00: TAC Executive Committee
- 8:30-11:00: Masters T&F Executive Committee: Adopt Agenda

**Tuesday, November 29**
- 9:00-12:00: Law & Legislation
- 9:00-12:00: Rules
- 1:00-2:00: First-timers Orientation
- 1:00-6:00: Rules
- 8:00-11:00: Rules
- 8:00-11:00: Masters T&F: Awards, Budget, Site-selection, Women, Coordinators

**Wednesday, November 30**
- 8:00-12:00: TAC General Meeting
- 1:00-5:00: Masters T&F: Regional organization
- 1:00-5:00: Budget and Audit
- 1:00-5:00: Rules
- 1:00-5:00: Marketing & Media
- 6:30-8:30: TAC Hospitality

**Thursday, December 1**
- 7:00-8:00: Delegates Race
- 9:00-12:00: Rules
- 9:00-12:00: Masters T&F: Team manager, Relays, World Championships' Trust
- Noon-2:00: Awards Luncheon
- 2:30-6:00: Masters T&F: Rules, Law & Legislation
- 8:00-11:00: Rules
- 8:00-11:00: Law & Legislation

**Friday, December 2**
- 9:00-9:00: Masters T&F: General reports, Site-selection, events reports
- 1:00-5:00: Joint meeting with Masters T&F and Masters LDR
- 6:30-7:30: Cocktail hour
- 7:30-11:00: Banquet

**Saturday, December 3**
- 8:00-End: TAC General Meeting
Montana Masters Meet Draws 99 to Bozeman

by JERRY WOJCIK

The 10th Montana Masters Track and Field Championships in Bozeman, August 12-13, drew 99 participants, 55 of whom won gold, silver, and bronze medals, with performance standards rather than places. Twenty-two athletes also achieved the U.S. Masters Standards of Excellence.

Notable performances included M45 Tom Gage's 196-3 in the hammer throw; M40 Richard Tucker's 1:58.9 800; W75 Polly Clarke's 17.6 100 and 38.8 200; and fine 1500s by M35 Terry Boos (4:11.4), M55 Bill Fouil (4:49.9), M60 Bill McChesney (5:04.0), and M70 Al Funk (6:03.6).

Edna Berg, W70, became the only athlete to participate in all ten championships, while 92-year-old Herb Kirk marked his ninth.

The meet was held at the fine facility at Montana State University.

Team Manager Guidelines

- Selection of Team Manager:
  1. Applicants apply to TAC Masters Chairman after publication of position opening in the National Masters News.
  2. Criteria to be met for applicants:
     a. Coach or B. Meet Director or C. Experience in Track & Field Administration.
     d. Non-competition. 
     e. Host-country language capability would be helpful.
     f. Vote at National Championships in the year previous to WAVA competition.

- Duties of Team Manager:
  1. Handle competition complaints, protests, and problems related to competition only.

Montana Masters Meet

Jim Vernon uses a vaulting pole which comes apart in the middle and can be carried in a ski bag, which makes for relatively hassle-free transportation on airplanes, taxis, or buses and convenience in hotel elevators. After recent rulings there appears to be no more doubt about legality for such poles. For reasons which he considers important, Jim uses a pole which not only comes apart but is also crooked. However, he says it would be possible to construct a straight pole which comes apart using the same method if the crooked feature is not wanted. This convenience is obtained at the cost of a weight penalty of about one pound.

KANSAS BIG GUYS CLASSIC

WHERE: Lawrence, Kansas
WHAT: Standard Pentathlon-80, 110, SP, JP, NJ, 800 M,
WED: Men and Women: Open, Sub-Master, Master
ENTRY FEE: $15.00 for one or all events, University and College $10.00
ENTRY DEADLINE: October 17, 1988
AVARAGE: Each entrant will receive 1-100% cotton Big Guys Shirt, and a water squeeze bottle.
OUTSTANDING COMPETITOR AWARD: (Emlyn Does Award) will be given on a point system.
TEAM TROPHY: A traveling team trophy will be awarded on an NCAA 9 place system.
STARTING TIMES: Masters 9:30, Sub-Masters 10:00, Open 10:30
IMPLEMENT: Standard NCAA and JAAF Spec.
WEIGHTS: Will open one and one half hour before each starting event and will close to that group one hour before their starting time.
KANSAS TRACK AND FIELD: Does have a limited amount of implements, competitors are encouraged to supply their own.
TAC CARD: Required for all non-NCAA competitors.
DRESSING FACILITIES: With shower available before and after the meet.
TRAINERS: There will be one on site during the meet.
TRANSPORTATION: Lawrence is 45 minutes west of Kansas City, Branson and Springs need to have the best fares in and out of Kansas City. Recommended Hotels: Travelodge (913) 842-5100, All Seasons (913) 843-9100 and the Holiday Inn (913) 841-7077.
NOTICE: Meet management reserves the right to alter and set new schedules. In case of an overly large field, management reserves the right to limit the throws and jumps to four efforts.
FOR FURTHER INFO: Contact: Kansas University Track and Field Office (913) 864-3850 or Allen Field House, Lawrence, Kansas 66045.
Fallbrook, Calif., began running when she moved to past November in Track and Field Championships. This activity enjoyed by so many others. She back a silver medal champions (1984 and 1987) and brought benefits. It's a good ego booster to be TAC Masters Track and Field Championships this past November in Melbourne, Australia. A former tennis player, Davidson began running when she moved to Fallbrook, Calif., 11 years ago to counteract some effects of a fairly sedentary lifestyle — headaches, weight problems and low energy level. In addition to the physical advantages she has derived from running, Davidson found that "there are so many psychological and social benefits. It's a good ego booster to be able to run, to be able to win division awards, and to be a part of a positive activity enjoyed by so many others. The whole social setting is a happy one, and we've met so many wonderful people," says Davidson.

On competition, Davidson admits, "After my first competition, the 1979 L'eggs 10K, I was hooked!" Training brought down her initial 10K time of 59:50 to her PR of 48:26 in 1983 at age 62. She added track competition to her schedule in 1983 and holds San Diego TC records for women ages 60-69 for 100 (19.08), 200 (39.37), 400 (87.7), 800 (2:21.68), 1500 (6:48.35) and 5,000 (24:18.90) on the track.

Davidson's training consists of running 40-45 miles per week, with one day of speed work (6-8 400s, more when training for track), one day of hill intervals or mile pick ups, plus one long run up to 20 miles. She says, "Since my early 'jogging' days, I have increased the intensity and variety of my program trying to gear it toward the particular upcoming event."

When asked about her favorite event, Davidson replied, "I really like the 5, 8, and 10Ks, and running track has added a new excitement. But the marathon is the ultimate challenge for me."

The busy grandmother lists her other hobbies as swimming, bicycling, skiing, gardening, and playing the piano and bridge.

Davidson's husband, Bob, has wholeheartedly supported his wife's athletic endeavors from the very beginning. Her involvement probably has something to do with his entrance into competition as a racewalker last year, and now he competes in many of the same events as Gerry, including the TAC National Track and Field Championships and the World Veterans Championships last year. The two were recently in a television commercial about nutrition for active seniors.

Davidson says, "I think the most fun I've had was in the Paramount 10K. We were a competing family."

Bob entered the racewalk, and I ran with my son Norm and grandson Scott, age 7 months, pushed by his father in the baby jogger."

As for the future, Davidson, who turned 67 on March 12, says her goals are "to stay ahead of last year's times, or even improve. I'll no doubt run all my favorite local races, some track competition, and run another marathon." These are high goals for a lady who "never considered herself an athlete" but goals that are certainly within her reach.

(Reprinted from San Diego TC Newsletter.)

Scott First Master in Pikes Peak Marathon

Gail LaDage Scott, W40, of Durango, Colo., did something few 40-and-over women runners have ever done in a "name" race — she had the best time of all masters runners, men and women, with a 4:32:21 in the Pikes Peak Marathon (26.8 miles), in Manitou Springs, Colo., on August 21. Her time was good enough for second-woman overall.

First men's master was Brad Smith, M40, of Boulder, Colo., who finished in 4:35:33, just ten seconds ahead of Jeff Tarbert, M40, of Colorado Springs.

Winners of the marathon were Matthew Carpenter (3:38:05) and Linda Quinlinsk (4:29:59).

On the day before, in the more popular Ascent race (13.4 miles), Steve Mahleu, 41, of Albuquerque far outdistanced the masters field with a 2:28:56 finish. Mary Wood, 43, of Montrose, Colo., was the W40-and-over leader in 3:15:07. Elliot Scott, 24, won the open race in 2:11:10, and Lynn Brown, 28, was first woman with a 2:48:39.

Ed Sower, 72, of Yuma, who finished third M70 (5:37:15) in the Ascent, came back for the marathon to win his division in 6:41:56. In 1987, Sower became the first person over-70 to complete Hawaii's Ironman Triathlon within the 17-hour cutoff time.

Write-On Continued from page 4

tine as the officials allowed six throws for everyone — against the rules. I protested, to no avail.

The sector used for submasters discus competition is supposed to be the same (40-degrees) as for open competition. But the discus officials used the masters 60-degree sector against the rules.

At each event, people came to the officials with no documentation and added their names to the list of competitors. At the National meet, a final deadline should be at least a week before the meet. People should not come to the meet, see who's there, and then enter where they think they'll do well.

Competitors with children should control them. Trying to throw the hammer with small children yelling right behind the screen does not help.

The time and location of the national meet should be considered. The heat and humidity factor in Florida made competition in the field events tough. We are inviting disaster, especially in the older age groups. Someone is going to die out there.

Please understand I will come to these meets for as long as I live, but I'd like to see them run better. The National meet, over the years, has been quite good. Let's work to make it great.

Gary Kelmenson
Santa Cruz, California

NEW INDOOR COORDINATOR

I recently agreed to assume the position, previously held by Ron Salvio, of National Masters Indoor Meet Coordinator. It is with much regret that the Masters T&F Committee sees Ron leave this position. He has done much for the program during the past several years, including hosting the 1984 National Indoor Championships at Princeton University. However, Ron assures me he can now be more effective or a concerned (and vocal) masters participant. I am certain the masters program will hear Ron's concerns, and probably see him display his interest as a national office after a sufficient time has passed. Ron was the first person I met in masters track and field, and I subsequently joined the Shore Athletic Club, and most recently the Merrill Lynch AC, because of him. Therefore,

Continued on page 24

Continued from page 4
Clarke, Utes Win Midwest Masters Age-Graded 10K

by HOWARD STRASSENBURG

Despite a 90/90 (temperature and humidity), 70 runners from four states competed in the first Midwest Masters Age Graded 10K Championship Road Race, held on August 13 in conjunction with the 51st annual Gladiolus Festival at Momence, Illinois.

A total of $2000 was awarded to the top ten women and top ten men. Warren Utes, 68, of Chicago was awarded first place money, $250, with an actual time of 39:36, and an adjusted time of 27:36. Second place money, $150, went to Dorse Dubois of San Antonio, Texas, M75, with a 50:15 actual, and a net 28:15.

The top women stole the show with Anne Clarke, W75, of Carroll, Ill., winning the first place money, with an actual time of 1:04:28 and an adjusted time of 2:84:3. Algine Williams, W70, of Park Forest, Ill., took second place with a time of 56:31.4 and a net time of 30:46.

The first five places in both the women’s and men’s age-graded times came from five different age brackets. It is a compliment to the apparent fairness of the Masters of Excellence Chart from which the time handicaps for the race were derived. 1st, 2nd, and 3rd place Championship medals were awarded in all age brackets.

The race was well received by the participants, prompting one runner to note, “This race was long overdue, keep up the good work.”

Valentine Sets World mark

Continued from page 1 and Betty Clair Searcy, W35, who combined a sprint win in the 200 (28.3) with a shot put victory (29-3½).

Corrections

Pamela Calvert’s 27.80 in the 87 Hoosier Classic was omitted from the 1987 W40-44 200 rankings published in August. That time places her in the fifth spot of the 39 runners ranked.

Jim McShane, M60, was listed as having a third-place long jump of 11-2¼ at the TAC Nationals when he, in fact, leaped 14-5½.

Women Defeat Masters Men in Mythical Meet

If the winning marks in the 1988 TAC National Masters Track and Field Championships are compared to the winning marks in the 1988 U.S. Women’s Olympic Trials, the women win, 6-2, in the eight 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 women outscore the masters men, 57-15.

The caliber of competition between masters men and younger women is normally 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 male can generally hold his own with a woman 15 years younger. Perhaps because of the Olympics, the women dominated this year’s “dual meet.”

The nine-year totals are now: events: masters men 45, open women 42. Points: open women 420½, masters men 362½.

MYTHICAL DUAL MEET: MASTERS MEN VS. OPEN WOMEN

(Actual performances from the 1988 TAC National Masters T&F Championships held in Winter Park, Fla., on August 4-7 — combined with the actual performances from the 1988 U.S. Women’s Olympic Trials held in Indianapolis on July 15-23 — and scored as if it were a dual meet: 5 points for first; 3 points for second; 1 point for third.)

<table>
<thead>
<tr>
<th>Event</th>
<th>Masters Men</th>
<th>Open Women</th>
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<tbody>
<tr>
<td>100M</td>
<td>10.61</td>
<td>10.81</td>
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<tr>
<td>200M</td>
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<tr>
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<td>5K</td>
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<tr>
<td>10K</td>
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Score: Open women 57, Masters men 15

National Masters Championship

CALIFORNIA INTERNATIONAL MARATHON
DECEMBER 4, 1988

National Masters News page 17
Comparing Running with Different Aerobic Exercises

Due to the recent interest in cross training (regularly performing different modes of exercise, such as swimming, cycling, and aerobic dancing), many people ask, "How does each of these alternate aerobic activities compare with running or walking?" This is a logical question, because time is a valuable commodity. As a wise exerciser, you can get the maximum investment for the time and effort you spend at your fitness activities.

Walking vs. Running. Walking and running are the easiest activities to compare because you can measure their distance and time accurately. Essentially, you burn 100 calories per mile you walk or run. Of course, body size, fitness level, and intensity of effort all must be taken into account to determine the exact caloric expenditure. But, with this as a baseline, you can compare and contrast other fitness activities with walking and running.

Walking and running strengthen the muscles in your lower back and legs, but do little or nothing to develop your upper body (the muscles in front of your thighs).

Biking vs. Running. In equating the energy expenditure of cycling with running or walking, you must consider the terrain, wind, and weather. All things being equal, a cyclist on a level surface with little or no wind or rain can cover approximately three miles using the same effort a runner uses for one mile. So the ratio of cycling to running is about 3:1, as long as intensity is the same for both activities. That is, if you run at 75% of your maximum effort, try to cycle at the same intensity. Therefore, if you run two miles a day and then switch to cycling, you will need to cycle six to seven miles a day for a similar workout.

Cycling also strengthens the muscles in your legs. It is a good complement to running because it strengthens your quadriceps. Some athletic injuries develop because of muscle imbalances. For example, some runners develop knee problems because their hamstrings become much stronger than their quadriceps. However, if you alternate cycling with running or jogging, you will keep your muscles balanced and working together. Other people with knee problems can’t run because it is too stressful on the knee, but cycling is OK for them.

Swimming vs. Running. Unlike running, swimming, and cycling, vigorous swimming can provide a challenge to almost all your muscles, while also being an excellent conditioner for your heart and vascular system. And, researchers have found that swimmers are injured less often than runners and cyclists.

If you examine swim races and comparable distances in running, you will note a 1:4 ratio. That is, you must swim approximately 100 meters to equal 400 meters of running. Therefore, if you run two miles each day, you need to swim one-half mile. Finally, in order to compare swimming and running, you must do them at the same intensity.

Remember too, that swimming tones muscles all over the body, while walking and running work only the lower body. So, even if your heart and lungs can take a comparable swimming workout, your arms and upper body may not be prepared. Some people cannot run because it aggravates their back; swimming, however, may not hurt them.

Cross-Country Skiing vs. Running. It is easy to compare cross-country skiing and running, because they take about the same effort and time to cover the same distance. If you are proficient in both activities, one mile of cross-country skiing is equal to one mile of running. Snow, terrain, and skill greatly affect a skier, just as hills adversely affect a runner.

As in swimming, you will work your upper body when you cross-country ski. So, just because you expend similar amounts of energy doing both exercises, you can’t change immediately from running to cross-country skiing. If you do, your upper body will become sore quickly. Some people with arthritis who can not run or walk easily can cross-country ski, because it is less stressful to their joints.

Rowing vs. Running. Since there are so few rowing events, it is difficult to compare them to running. But Olympic rowing events show that the 2,000-meter event takes about as long to complete as 1,000 meters at your speed of running. So a 2:1 ratio can be made of rowing to running. Again, environmental factors, such as wind and water turbulence, will greatly affect a rower.

Rowing strengthens muscles all over the body — even more than swimming does. It develops the quadriceps, back, abdomen, and upper body.

Aerobic Dancing vs. Running. The formula for determining the benefits of aerobic dancing follows the same reasoning as above. If the aerobic phase (after the warm-up and before the cool-down) is 30 to 40 minutes, you can equate this with running a certain distance in that time. So 30 minutes of aerobic dancing equals about three miles of running at the same intensity (again, about three 10-minute miles).

The muscles you work during aerobic dancing depend on the routine. Ideally, you can work almost every major muscle group.

Exercising Indoors. After consideration of the above activities, you may wish to compare them with similar activities performed in a gym or at home. For example, how does using a stationary bike or rowing machine compare to walking or running outdoors?

Rowing two to three miles (or an equivalent) every other day at a brisk pace can condition your cardiovascular system.

The table on this page compares different aerobic activities and awards aerobic points for each activity. Try to total as least eight to 10 aerobic points each week. This will translate to two to four points for each of your three to four exercise periods. You can alternate or mix and match different activities.

In sum, pick any activity that you enjoy and will continue doing. Any activity is better than just sitting and being a "couch potato." 

Alfred Morris, Ph.D., F.A.C.S.M., is a member of the AR&LA Editorial Board and is the director of Health and Fitness Programs, Armed Forces Staff College, Norfolk, VA. He has published more than 200 articles on sportsmedicine and is the author of Sports Medicine Handbook and Sports Medicine: Prevention of Athletic Injuries.

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<table>
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<th>Aerobic Points to Gauge Your Workout</th>
<th>Time (minutes)</th>
<th>Calories</th>
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<tr>
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<tr>
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<tr>
<td>Cycling (12-18 miles/hour)</td>
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<tr>
<td>Swimming (1/2 mile/30 minutes)</td>
<td>30</td>
<td>2.5</td>
<td></td>
</tr>
<tr>
<td>Stationary Rowing (30 strokes/minute)</td>
<td>30</td>
<td>2.5</td>
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<tr>
<td>Aerobic Dancing (50-60 minutes)</td>
<td>50-60</td>
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</tbody>
</table>
Korea to Host Final WIGAL Championships

The 21st World Veterans Long Distance Running Championships will be held in Kyong-Su, Korea on October 8-9. It will be the last world championships organized by the World Association of Veteran Long Distance Runners, known as WIGAL.

WIGAL organized its first edition in 1968 under the leadership of the late founders Arthur Lambert and Dr. Ernest Van Aaken. Mainrad Nagele and later, Bryan Doughty, Hideo Okada and Jacques Serruys helped the organization grow.

In 1975, the World Association of Veteran Athletes (WAVA) under the leadership of Don Farquharson staged the first World Veterans Track and Field Championships in Toronto. In Europe, the European Veteran Athletics Federation (EVA) proposed forming a world veteran organization under the name of WAVA and IAAF.

WIGAL had the support of WAVA in the negotiations, with WIGAL's goal being the recognition of the veterans movement by IAAF. The next step was the establishment of an IAAF Veterans Committee, which included WIGAL representatives Clem Green, Jacques Serruys and Barry Shaw.

In 1986 at the WIGAL Championships in Vancouver, the WIGAL General Assembly accepted the principle of uniting. The confirmation was made in 1987 during the WIGAL General Assembly in Netanya, Israel. The 21st Championships in Korea will thus be the last world race organized by WIGAL. WAVA and WIGAL will now combine into one world veteran organization under the name of WAVA with the support of IAAF.

Next year, WAVA will stage the World Veterans 10K and Marathon Championships in Eugene, Oregon, U.S.A. The value of a title "World Veteran Champion" will certainly be increased.

The decision to unite is not the end of IGAL. There will be no further world regional WIGAL championships, but in each country, IGAL can organize local veterans events. For example, IGAL Germany, founded in 1962, with over 1000 members, will remain and will spread the original ideas of WIGAL.

In Europe, the European Veteran Athletic Association (EVAA) will have a Road Racing Committee, which included WIGAL representatives Clem Green, Jacques Serruys and Barry Shaw.

British Half-Marathon Championships

by MARTIN DUFF of Athletics Weekly

The 1988 British Half-Marathon Championships were held in Welwyn Garden City, Hertfordshire, August 21. With last year's winner, Mike Hurd, not defending, and other top veterans sidelined through injury, the favorites for the M40 title were Shel Cowles, runner-up last year, and National Cross-Country runner-up Colin Youngson.

This event being one of the few money races on the U.K. calendar, Youngson had to score to pay for his fare from Aberdeen. The cash prizes, though, were spread throughout the age groups, with British promoters opting to give prizes in each age category rather than through some artificial percentage system.

Cowles and Hurd were with the leading group throughout, joined early by Brian O'Neill, Taff Davies, and Les Davis. By five miles on this far-from-easy course (although Hurd ran 65:06 in ideal conditions last year), Cowles, O'Neill, and Youngson were clear in 25:30 with Davis and Davies, M45 and M50 leaders, a few seconds adrift, and Derek Wood leading the M55s in 27:30. Cowles made his effort at 7/8 miles and by 8 miles had begun to open daylight on Youngson, with O'Neill tailing off. Cowles, never comfortable, stretched his margin by 60 yards, winning in 68:30.

Perhaps the best age-graded time was 78:20 by Eddie Kirkup in the M60s.

Melbourne marathon winner Anne Roden, who has donated a British vest this year in the open European Marathon Cup, looked a certain winner all the way but had to pull out all the stops to keep out 1987 winner Bronwyn Cardy by the finish (79:25 to 79:30). Peggy Fletcher's W55 93:35 was particularly noteworthy.

North America Meet Draws 302

Continued from page 1

Clarence Ray, of Detroit, who missed the U.S. Nationals in Florida three weeks earlier, defeated South Carolina's Thad Bell, the reigning M40 world 100-meter champion, 11.27 to 11.47. Bell evened the score in the 200, 22.7 to 23.0.

Another Michigander, Glennie Johnson, edged Canada's Harold Morlock in the M45 100, (11.57/11.81), 200 (23.53/24.14), and 400 (51.18/51.93).

New York's Konrad Boas ran 94.95 to break his own 3-week-old M80 400 world record of 95.52.

Canada's Ray Tucker won the M40 800 (1:58.14) and 1500 (4:09.63), while Byron Fike won the 100, 200, 400, 800, 1500, and 5K walk in the M80 bracket. North Carolina's Jim Law won all three M60 sprints, and New Hampshire's Archie Messenger captured the M65 400, 800, and 1500.

The 5K walk was the most exciting event of the meet when Jan Roos, 50, turned in a world M50 record of 23:32.54. Roos was named athlete-of-the-meet.

Two U.S. women, Ruth Lefk, W60 (31:39) and LaVonne Hottensmith, W65 (31:42), each set U.S. age-group records in the 5K walk. A 35-pound weight throw drew 24 contestants, including three women, ranging from age 40 to 75. Michigan's...
Facilities Being Readied
by TOM JORDAN AND BARBARA KOUSKY

With just nine months until the opening of the VIII World Veterans Championships, work on the various venues in Eugene and Springfield is progressing well. At Hayward Field, the primary track facility, construction of an on-site weight room is nearing completion, as is a 4-lane, 200-meter warmup track adjacent to Hayward’s 400-meter oval. The warmup facility is connected to the main track by a 100-meter synthetic straightaway.

At Silke Field, the second facility, completely new synthetic runways have been completed for the long jump, triple jump, javelin, high jump, and pole vault. New shot and discus rings are being installed as well. The track has been resurfaced on the curves and completely restriped.

The non-stadium event courses are taking shape, with a flat, fast marathon route developed on the bike paths along the Willamette River, virtually free from all auto traffic. The walk courses will be the same ones used successfully for the 1980 Olympic Trials and 1986 TAC Championships.

The inaugural World Veterans Championships 10K Road Race will start and finish in downtown Eugene, and be run during the cool of the evening on Thursday, July 27. The cross-country course is a challenging mixture of U.S. and international styles, with varied terrain and footing.

Housing reservations are nearing 3000 already, and it is highly recommended that athletes planning to come to Eugene for the Championships send in their housing reservations forms as soon as possible, even if still undecided about exact competition events. If you are traveling to Eugene by air, the official travel agency, Adventure in Travel, can arrange for 5% off the lowest discounted fares on United Airlines. Within the continental U.S., call toll-free 800/545-5477 and ask for Sandy. From other countries, telephone 503/484-0600 or fax 503/345-6587 for further information.

A reminder: American competitors will need to produce a current 1989 TAC card in order to compete; the World Veterans Championships is sanctioned by The Athletics Congress of the USA.

Ron Bell of Wrexam, who shattered the world masters mile record (4:12.38) in the U.S. Nationals in August was in fine form on his return, winning the veterans prize in the Cardiff Bute Town Mile in 4:21 on August 29.

In the Veterans Athletic Club Championships, Jack Searle equalled his M80 British high jump record with a 1.05 (3-5¼).

Alun Roper was the winner of the British Veterans 10 Mile Championships at Oswestry, August 7, in 52:57.

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Heat, Athletes Hit Record Levels in Empire State Games

from BARBARA STEWART and PAUL T. MURPHY

New York State submasters and masters in the Empire State Games in Dewitt on August 5-6 were challenged by oppressively humid temperatures in the high 90s, but beat the heat by setting 21 women's and 34 men's meet records. Heading the list of record-holders:

Rudy Valentine (5 golds, 5 records) set the M65 record for the 100 (13.0); 200 (22.7); 400 (41.4); 100H (11.0); and 200H (23.3), and was part of the record-setting 4x100 M50+ NYC team.

Ed Lukens (4 golds, 2 records), much recovered from his tram accident in Melbourne, bounced back to take the M65 high jump (1.32/4-4) and long jump (6.67/15-3/4), giving him the most ESG records (9) currently held by a masters athlete.

Perennial crowd favorite Elmer Shaw, M70, won five golds and set three records hammer (40.54/133-0); discus (38.36/125-10); and with the M70-79 winning 4x100 relay team.

Barbara Stewart (4 golds, 4 records) now holds seven current ESG records in the W45 division, after records in the hammer (19.74/64-9); 800 (17.1); high jump (5.86/2-10); and 400H (1:39.1).

Joan Dash, W55, easily won three golds with three records: discus (20.46/67-1); javelin (24.88/81-7); and shot put (9.09/29-10).

Susan Compton displayed speed, racing savvy, and remarkable endurance in winning the W40 10,000, 5000, 1500, and 800. Helen Bueme, W45, was the only woman to capture five golds, winning the 100, 200, 400, 800, and 1500.

In a major upset in the M50 division, Tom Fondy of Syracuse won the 100 (12.3), leaving Haig Bohigian second and Cliff Pauling third. However, Pauling took the gold in the 200 (25.7) and 400 (57.0).

Olsen, Filutze Win U.S. 10K in Asbury Park

by ELLIOTT DENMAN

ASBURY PARK, N.J. — Larry Olsen confesses to an addiction. He sees no possible way to get himself unhooked.

Then again, he takes a good look at some of the things other folks are addicted to and he begins to realize that his chocolate chip cookie habit isn't the most serious affliction in the world.

Nowhere in the good book are chocolate chip cookies listed as recommended fuel for long-distance runners. But somehow Olsen has managed to overcome. Heaping dishes of spaghetti with meat sauce are a primary antioxidant. And hearty doses of pavement pounding in the vicinity of his Millis, Mass., home keep him lean and mean, trim and fit.

Subject to ratification, he may be the leanest, meanest, trimmest, fittest older gentleman in America.

He beat a thundering herd of pursuers to run off with the Masters Division title in the famed Peachtree 10K Road Race in Atlanta on the Fourth of July. Well, if you think Atlanta on the Fourth of July was hot and muggy, you should have seen Asbury Park on the 13th of August.

Masters running is an inevitable kind of thing, since none of us ever get any younger, and a diminishing number, once they accept that fact, feel like quitting.

The only thing Larry Olsen ever quit was ice hockey. A hotshot forward at King Philip (Mass.) High School, he chucked his pads and skates and stuck to his shorts and spikes once he got to Providence College.

Two decades later, Larry Olsen is running like a reincarnation of his old...er, young... self. A 31:34.6 clocking in the brutal Asbury weather was an extraordinary performance. Only 16 younger guys beat him back to the finish line. He bolted past Britisher Mike Hurd just past the five-mile post and went on to win this out-and-back tour of four coastal communities by 35 yards. Female masters winner was Barbara Filutze (36:07).

The race served as the 1988 TAC National Masters Championships.

Classic founding father Phil Benson had listed Hurd as his prerace favorite. But there was no thunder left in this Hurd yesterday.

"People shouldn't overlook me," said Olsen later, harboring no grudges.

Olsen was running with the hometown edge, but every other edge seemed to be Hurd's.

Olsen is a working man — at the Front Runner Sports Shop in Millis — who fits his workout day around his working day.

Hurd is a retired Royal Air Force man who fits his running around his running.

"I'm a full-time runner," he says proudly and it's a testament to the lengths this sport has traveled in recent years that there's anyone at all able to make such a statement.

There is prize money available to leading masters runners — $1,250 to winners, male and female, $750 for seconds, for instance — and there are points at stake in the ICI/USRA nationwide circuit of races, so it's actually possible to run all the way to the bank and not file for bankruptcy before arrival.

"It's (running) hard work... but I enjoy it," says Hurd, a 42-year-old Continued on page 23
Welch to Run Second Heartland Hustle

Priscilla Welch may not be running in the Olympic Games, but she will be doing the Hustle in Davenport, Iowa. The Heartland Hustle, that is, one of America's fastest growing and most exciting 10K events. In 1987, the Hustle's first year, no fewer than 3700 runners of all ages and abilities flew around the flat, out-and-back course through the streets of downtown Davenport. That made the Heartland Hustle the largest first-time 10K in U.S. history. This year, with the race set for Saturday, October 1, the numbers are expected to soar still higher.

"We're expecting around 5000 runners," commented John Hobbs, the elite-athlete co-ordinator. "But we're going to keep the older and younger age groups as well."

The masters categories will boast some of the fastest 40+ competitors in the world. Welch holds the masters world record for the marathon with a time of 2:26:51; she also won the prestigious New York City Marathon last fall. Bill Rodgers, another star of this year's masters field, has won both the New York and Boston Marathons four times apiece, and in the Crim 10 Mile on August 27 he set a world masters record of 49:14.

Also ready to hustle in Davenport will be Bob Schlu, Atlaw Beligne, William Johnston, Steven Lester, Wayne Vaughn, Wes Wessely, Jim O'Neil, Gabriele Andersen and Jane Hutchison.

This year the Heartland Hustle has also joined the ICI/USRA Masters Circuit, a fourteen race series featuring the world's premier masters runners and culminating in the ICI/USRA National Championships in Naples, Florida on January 14.
ICI/USRA Masters Circuit “Happenings”

Entry information and invited runner inquiries for the ICI/USRA Masters National Championship, January 14, in Naples, Fla., can be obtained by writing Dean Reinke & Associates, 400 N. Green Ave., Winter Park, FL 32789, 407-647-2918. Bob Schlau is one of the newest masters on the Circuit off impressive wins at the Los Angeles Marathon and the Myrtle Beach Classic over Bill Rodgers. But the newest find is former University of Reno, Nevada 4:02 miler Aikol Barron. With a big win over Welt Louden at the Parkersburg Half-Marathon and a 15:21 5k at Salisbury, Md., the Rockville, Md., resident has left only the full time. Make room for yet another budding master star. On the women’s side, New York’s Nancy Oshier is another master newcomer who is making her mark. A win at the TAMAC champions 1500 championship, an impressive 5k at Ashbury Park, and a second-place finish to Laurie Binder at Crim continues to move her up in the Circuit points standings. Any doubts over Bill Rodgers’ fitness level were laid to rest with his impressive American masters record performance at the ICI-Circuit Crim 10 Mile and a 2-minute win over Mike Hurd. Rodgers will run a relay leg at the Stanford Classic Marathon Relay, October 16. He spent a day there recently with the sponsors and media. An ICI-Circuit event, looking for a strong marathon field vying for the $21,000 in masters money, led by Bob Schlau, Steve James (England), Utah’s Bob Nelson, Steve Lester, Wes Welsey, Jane Hutchison and Joan Zirkelbach... Frank Shorter will be returning this month from his NBC Olympic broadcasting duties. He told us he would have plenty of time to train and is still recovering from his bunion surgery of last May. New Zealand’s John Dixon finished his month long ICI-sponsored American tour with a 4th place (overall) finish in the Crim 8k, running a respectable 25:14. He’s planning to be back on the new “ICI Legends Mile” circuit, in the planning stages for 1989...55-year-old Hal Higdon finished a strong second to Norm Green at Ashbury Park, an ICI-Circuit event. He’s negotiating to do a masters running book featuring Rodgers and Priscilla Welch... “Cilla has not recovered well from a stress fracture and will skip the Olympics in favor of the New York City Marathon, which may still be questionable based on her progress. She and her husband live in Boulder year round now and hope to spend considerable time in Florida this winter, possibly making the Naples Circuit championship one of their stops... No word yet on the injured Antonio Villanueva from Mexico...ICI/USRA Masters Circuit officials are discussing opening the 1989 Circuit with the February 18 Baton Rouge Half-Marathon or a new event in Miami associated with the Grand Prix auto race...It appears the controversial Orange Bowl 10k and marathon will be dropped due to last season’s prize money fiasco. Craig Virgin is out of his athlete’s liaison role with Red Lobster 10k, indicating signs sponsor Red Lobster is seriously re-evaluating its continuation with the event which has moved to March 11. Jim Hamrick will take over the race director reins at the Charleston Distance Run for Nemo Neerman who will continue on the race committee. This may signal a change in their appearance fee/no prizemoney policy they have had for their Labor Day weekend event...Same goes for the New Haven 20k, which will take at its appearance fee policy. They decided for the first time in their 11-year history to forgo Bill Rodgers’ appearance fee (Rodgers won the inaugural 11 years ago) and their field increased again...Discussions are continuing with Frank Shorter and Priscilla Welch for their appearance at the ICI/USRA Masters Circuit National Championship. FNN/Score, a 30-million subscriber cable news and sports channel has expressed interest in a broadcast of the Naples Championship... Masters Running ’88, the official magazine of the ICI/USRA Masters Circuit, has announced its “World Class 100” list of the country’s top masters running events. A free copy of the 96-page magazine may be obtained by sending $1 to “Masters Running ’88,” 33A Marine Ct., Newark, DE 19711. Image Impact Inc. has been awarded an apparel licensing contract for the ICI/USRA Masters Circuit and will offer a long sleeve and short sleeve shirt, golf cap and mug. A catalog may be obtained by writing Image Impact Inc., P.O. Box 1533, Gracie Station, New York, 10028, (212) 289-3011... Masters marathon record holder Jack Foster of New Zealand is running again and fellow Kiwi John Dixon reports he is “fit and running fast.” He is looking for a spring marathon and ICI officials are discussing the possibility of his running the Naples Championship in January. His son is on an accomplished triathlete in New Zealand, although running, ironically, is his weakest leg...81-year-old Ed Benham continues to make his case with me to expand our age groups off of his performance at the TAI T &F championships and general good nature. Not bad for someone who has only been running nine years...A good chunk of the Charlotte Observer 10k’s purse will be dedicated to masters, January 7... Houston Tenncro athletes coordinator John Hobbs has moved to Davenport, Iowa, to run his family business and will now work with the Heartland Hustle field. Call John at 319-355-7653 for invited masters athlete inquiries...Former marathon record holder Buddy Edelson will speak at the Kansas City Prime Health Marathon pre-race clinic, October 30. A $10,000 purse is spread over the 10k and marathon...Part of the $20,000 Nissan Japan Marathon & 10k prize purse will be dedicated to Masters. Contact Bob Feldman (301)/ 665-6563) for invited runner information...Nissan has also taken title sponsorship of the Nissan Buffalo Marathon, May 7, 1989, which will change to an all-city course for its 14th edition...Officials of sponsoring Camden-Clark Memorial Hospital of the Parkersburg Half-Marathon are so pleased with the results of this year’s event they will be “increasing the prize purse from this year’s $5,000 up for the first, 2nd and 3rd place men and women and 1st, 2nd and 3rd in age group.” Continued on page 24

Rodgers, Binder Set 10-Mile Records

Continued from page 1

on, M40, ran away from other masters in the second race of the day, an 8k. He was fourth overall finisher in 25:14. Patricia Richardson (41, Clark Lake, Mich.) was the top female masters runner in the 8k at 37:42.

Other events on the schedule included a 5k walk and a quarter-mile Teddy Bear Trot for ages 4-10. The four races drew nearly 6500 entrants, with 3642 in the 10 mile and 1082 in the 8k.

Rodgers, admittedly pointing for this fall’s New York City Marathon, where he also hopes to set an American masters record, said he ran the last two 20-milers in the weeks before the Crim race.

Those just killed me, but I was very psyched to win this race," he said. "Now, with cool weather, maybe I can train harder.

Olson, Filutze Win National 10K

Continued from page 21

and, of course, somebody’s got to do it.

The marketing of America’s most marketable vet runners is Bill Rodgers and Frank Shorter, both 40 this year — will add even greater stakes to the general pot.

It’s the even older guys who are the true masters.

Ed Benham and Norm Green, for instance.

The 81-year-old Benham, a retired jockey from Ocean City, Md., cantered the 49 panels yesterday in a brisk 46:35.7.

At age 56, Wayne, Pa., marvel Green routinely beats people half his age.

Running at a 5:36 mile clip, Green ran the Classic route in 34:43.6. Just in front of him was a 25-year-old. Just in back was a 26-year-old. A minute and 40 seconds behind him was noted freelance writer Hal Higdon, Green’s closest—55-59 divisional competitor.

"Guys like Norm Green inspire me," said Olsen, the "kid" of 41. (Reprinted from Asbury Park Press.)

Dr. George Sheehan on the course of the National Masters 10k. Asbury Park, N.J., August 13. Photo by Vic Saifer

England’s Mike Hurd, 42, who wasn’t happy with his performance, has just a few more bricks to cover at the finish of the August 27 Crim 10 Mile Road Race in Flint, Mich. He was second finisher in 51:30. Mike Davis Photo

John Dixon of New Zealand, World Veterans Games champion in the 1500 and 5000, was an easy winner (25:14) in the masters 8k held in conjunction with the Crim 10 Mile Road Race, August 27, in Flint, Mich. Mike Davis Photo

“I’ve kind of been stagnant this summer — I guess everyone has. It’s been torturous. “I almost retired,” he added. “My wife and I were seriously considering moving to Seattle. When you get older you need better conditions.”

October, 1988

National Masters News
my relationship with him is strong, and I will call on his past experience to counsel me.

My immediate goal is to identify several sites that would be interested in serving on a rotational basis for future indoor national meets. Baton Rouge's LSU is an excellent example of the benefits of this rotation for the participants: the masters program benefits because of the inherent stability, and the sponsoring club and community should be able to benefit both in gaining host experience, as well as financially.

Other sites I would like to see come forward are Syracuse, Princeton, and the University of Wisconsin at Madison; of course, there are other sites that would be suitable, and I have done my best to contact them. This I did by reviewing past issues of T&F News to identify where previous NCAA and Big 8 championships were held. I have also contacted numerous clubs which are geographically close to major indoor facilities. Finally, there are sites that I just don't know about. It's up to you to contact me and tell me about them.

I promise that this responsibility given to me will be carried with the attention and concern it deserves. There are too many masters competitors who sacrifice a great deal of time, money and heartache to attend a national indoor meet. I will do my best to make sure you leave each national indoor championships with the knowledge that it was worth your personal sacrifice.

Scott Thornsley
Carlisle, Pennsylvania
(Scott Thornsley has served as both meet organizer and director for the Bud Light/PA Masters Indoor T&F Meets held in Carlisle, PA, since 1984; he has also served as meet director for the 1985, 1987 and 1988 National Masters Indoor Pentathlon Championships, and for the 1986 and 1988 National Masters Outdoor Pentathlon Championships.)

FOREIGN PARTICIPANTS

Many U.S.A. masters athletes are questioning the propriety of inviting all foreign athletes to participate in the USA/TAC National Masters Championships when there is no reciprocal arrangement with the European organizers.

We realize that to open the doors to foreigners creates problems in a big meet such as the European Championships. Duplicate medals must be struck and the presence of foreigners creates problems when one bumps a European athlete in a final.

Nevertheless, it is my belief that the benefits of allowing foreigners to enter far outweighs the problems they create.

Any master/veteran athlete who has attended a World Championship event such as in Melbourne and Rome has made foreign friendships which usually last much longer than the athletic accomplishments on the field. Fitness and athletic accomplishment are only part of the benefits to be reaped from masters participation in athletics. We, as mature adults, should recognize these incidental, but important, benefits. By now we should accept the fact that it is the participation which is most important. The records and medals are incidental.

The presence of foreign entrants always adds an extra element to any track meeting and the fellowship which follows creates lasting friendships.

Regions such as Europe should re-examine their provincial and insular policy and open their doors to their foreign counterparts.

It is my intention to put this on the WAVA Agenda when the Council meets in August of 1989.

David H.R. Pain
WAVA North American Delegate
San Diego, California

REMEMBERING HARRY KOPPEL

Harry Koppel was a very special kind of guy... a tough exterior and a treasure friend with a marshmallow heart. His untimely passing on August 13 will sadden all who knew the 'little warrior' as a competitor in our sport of track and field.

Those that knew him were in awe of his courage in overcoming so many adversities along the path of life. As a result of working around chemicals, he came up with cancer; yet after radiation and cobalt treatments he won that battle, which turned him on to getting active in sports - first it was swimming, where his tenacity and hard work brought him championships and national records very quickly. However, the lure of track and field was to captivate him because, as he put it, "I enjoy running because the people are outgoing and friendly."

The next crisis to befall Harry was a serious sea snake bite that nearly took his life during a swim outing in Hawaii. He started running to build up his leg, and the record shows that he became one of the finest age group sprinters in the history of masters track and field! Thumbing through Pete Mundie's Masters Age Record Book you will find that Harry Koppel verily dominates the listings for 100 and 200 world marks.

Harry unselshiy gave time and advice to his fellow competitors and any beginner that wished help. Yet when one went to the line for a race it was war and you had to be ready, for he was not one to allow a victory to come cheaply! My hat is off to a true and worthy champion... Harry, you will be missed. May the love and deep concern of the track fraternity give Julie, Harry's loving wife, and the Koppel family strength at this time.

P. J. Jordan
Los Altos, California

REMEMBERING JON YOUNG

Masters track field and his field has provided me with a lot of memorable moments. However, the most rewarding has not been in my winning gold medals in national or world championships, but in meeting the good people that one encounters in the masters program.

One such person was Jon Young, one of the finest sprinters of his time, who recently passed away from lung cancer at the young age of 40. Jon cap-

The presence of foreign entrants always adds an extra element to any track meeting and the fellowship which follows creates lasting friendships.

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Masters Scene

NATIONAL

• The 8K National Masters Championships, scheduled for Phoenix on December 3, has been cancelled because it lost its financial sponsor.

• Frank Little would like to personally thank Bruce Springbett for the use of his shoe. Yes, (not shoes) The Nationals had a rough start but, with one discovery of the 100 that his new shoes, particularly his right one, were causing him a good deal of pain. He had little hope for finding a replacement since his feet are very small. Bruce loaned me his right shoe and we spent the whole rest of the Nationals running a race, taking of the shoe, running a race.

• Jerry Yapell of Penn (24:52) and Wendi 0100) were the winners, while Anthony Vareas, 41, of California's Gail LaDage Scott suffered a stress fracture, finishing third.

East

• Steve Cowley of Canada took the men's masters gold and $175 in the Buffalo Subaru Chase 4 Mile, in Buffalo, July 16, with a 20:12. Barbara Filutze of Pennsylvania collected a like amount for her W40+ win in 22:37. Lawrence Yapell (24:52) and Wendi Hanger (26:17) were the 50-59 winners, while Anthony Napoli (33:00) and Loretta Sheehan (34:16) took the 60+ race.

• The Running Laces, James Sr., 54, and Georgette, 51, of Library in eastern Pennsylvania, ran, from late March to early August, everything from a three mile to a marathon. In addition, Georgette, who was undefeated in her age group during that period, also picked up five firsts from the 100 through the 1500 in the West Penn meet in May, while James got a first in the 5000.

• The Achilles Track Club, the NYC-based organization for disabled athletes, is sponsoring its first-ever race, the Achilles Handicap 10K, on December 4 in Central Park. So that everyone will have a chance to win, runners' takeoff times will be handicapped by sex, age, and (where applicable) disability category.

• The new dates for the entry lottery into Nike Cherry Blossom 10 Mile, Washington, DC, April 23, as announced by race officials, will be from December 1 through December 31, two weeks sooner than previously, to allow earlier mailing of race instructions. Send legal-size SASE with your birthdate and social security number noted on the lower left hand of the SASE to Nike Cherry Blossom, P.O. Box 4594, Silver Spring, MD 20904. Requests received before December 1 or after the 31st will be rejected. Last year about 10,000 runners applied for the $2000 prize money.

• I. King Jordan, 44, who last March was thrust into the presidency of Gallaudet University (the world's only accredited university for the deaf and hearing-impaired) when students rejected the appointment of a "hearing" president, is an avid runner who has completed scores of races including two dozen marathons (best time 3:02). A navymen when he lost his hearing in a motorcycle accident in the mid-60's, Jordan, who holds a Ph.D. in psychology from the U. of Tennessee, says he does some of his best thinking while on his daily 6-8 mile runs.

• Zita Torasi, 50, in 1:30:03 was first W40+ and 10th woman (368 w/finishers) in the NYRRC's Hispanic Half-Marathon, Central Park, NYC, August 21. First W40+ Hector Vargas, 41, finished 19th (1:15:03) of 1273 m/finishers.

• Art Hall, 41, got the job done in 20:46 to place 2nd in the 45-49 m/finishers in the NYRRC's Back To Work 4 Mile, Central Park, NYC, August 28. Second master Gabriel Ber nat, 45, won the M45 division easily (22:28). John McManus, 65, was not retiring with a two minute win (27:23) in his division. Sher Pratt, 41, made the top ten of 276 w/finishers with a 29:47.

• Masters winners in the August 20 Sea Isle City, N.J., Beach Half-Marathon were Dixon Hemphill, 63, for men, and Fred Deorick (1:15:22) and Carole Lelli (1:27:30). Eight-hundred participated in the race.

Southwest

• Dixon Hemphill, 63, who took up masters distance running in the 70's with the Potomac Valley Seniors and went on to be ranked nationally in his age group in the early '80's, has turned to triathloning. Earning honors on the Triathlon Federation's All-American team in '87, Hemphill, captain of his high school and college track teams when he competed in the pole vault (12:0 in the bamboo pole days), discus, and high jump, operates his own running shop in the D.C. area.

• Bill Fitch (43, 27:18) of Boone, NC, and Anne Mansfield (40, 31:34) of Winston-Salem were top masters in the Dilworth Jubilee 8K (RCCA state championships), Charlotte, NC, August 13. Winning men's and women's masters teams were from the Twin City TC of Winston-Salem. The top three 40+ teams won the same amounts of RRCA funds ($200/100/50) as did the open winners. Charles Bess (55, 30:02), Clayton Breestford (73, 44:05), and Margaret Hagerty (65, 55:33) set state age-group records.

Midwest

• Wendy's 10K, thought defunct from lack of sponsorship, has been revived by a group of local sponsors and is set for October 22, in Bowling Green, KY, as Wendy's Bowling Green Classic.

• Chuck Olsen, M60, of Novis, MN, who had a 15:8.1 J, a 30.2 (5kg) shot put, and a 7.06 50m in the Early "R" meet in July, will be out of action for awhile following cardiovascular surgery for the second time.

• Colorado's Gail LaDage Scott suffered a stress fracture last year from the Olympic Trials Marathon. She is now recovered and recently finished sixth female overall in two European races.

West

• Mark Covert, M35, of Valencia, CA, celebrated the longest consecutive running streak in the U.S. on July 23, when he ran his 7035th day (20 straight years) in a fun run of 7035m at a park in Valencia. The run (hosted by the Santa Clarita TC) was attended by many of Covert's ex-running mates, former pupils, and current proteges. Originally a Burbank resident, Covert, a state junior college and Division II champion, was a pioneer of the running Renaissance in the Los Angeles area two decades ago, and qualified for the 1972 Olympic Trials in the marathon. Covert maintained his string during bouts with the flu and even when he had a broken foot. His 20th year anniversary fun run brought out Laszlo Tabori, one of the first millers to break 4:00 and long-time mentor-coach of the San Fernando Valley TC, who ran the race, his first in 26 years. When asked, "Why now?" Tabori's comment was, "For Mark, I will do this. This is special."

• The listed M55-59 hammer AR is 175-0 by Bob Backus in 1981. Last June, Clint Blair, M55, threw the 12-lb. hammer 191-11, which, if recognized, will erase Backus' record because the 12-lb. hammer is the accepted weight for U.S. M50-59. However, Backus' mark was made with the 16-lb. implement in a meet at Dartmouth, NH, in 1981. In August 1981, Backus threw 199-19 for 12-lb. hammer and has never thrown the 12-lb. So purists might say that Backus owns the American record for the 16-lb. and the 6kg, but Blair has the 12-lb. record. Backus presently lives in French Camp, CA, in the Stockton area, and is concentrating on raising his strength level, after a quadruple by-pass in October 1986, through power lifting. Backus hopes to exceed the strength he had before his operation. Thus far, he has managed a 350-lb. full squat and a 475-lb. deadlift with a body weight of 245. When he can do "something reasonably respectable," his plan is to first break the age-62 56-lb. weight mark, followed...
Continued from page 25 with the lower weights and the hammer.

- Piergiorgio Andreotti, 48, of Italy led all walkers in the Mitty Pearson 10K Walk with a 51:03 in Monterey, CA, August 20, while Gary West, 47, was second overall in the 5K (27:13).

- Tony Perona of California, holder of several age-77-and-up walk records joined the M80 ranks in May.

- Vishla Sediak, double gold medalist in the walks in Melbourne, turned 40 in September and hopes to set a U.S. 40K walk record in the Grand Prix, Riverside, CA, October 9, the day after her RW clinic on the East L.A. College track at 8:30 a.m. For clinic info, contact Elaine Ward, 818/577-2264.

- My Booth of San Mateo, CA, broke the M70-74 U.S. record for the 1K drunk of 1:31:1 with a 1:41:6 at Los Gatos, CA, August 11. The previous record belonged to Ross Carter of Eugene, OR.

- The Sacramento-area based River City TC won the California State Masters Team Championships held in Sacramento this year, August 20, with 444 points. The West Valley TC, another Northern California club, was second with 212. The San Francisco TC took the third slot with 170.

- Masters winners in the America's Finest City Home Federal Half-Marathon, San Diego, August 21, were Ben Wilson (M40, 1:14:01) and Horace Walters (M60, 1:30:13). The race over the slightly hilly course was very competitive with the top three 40s coming in within a minute of each other.

- Mary Lavere was second to Walters in 1:30:27, followed by Donna Archer in 1:35:56. Overall winners were Carlos Retie (26, 1:03:41) and Sylvia Mosqueda (22, 1:11:29).

- Kay Willoughby, 52, from Mill Valley, CA, used her 22-minute head start in holding off Peggy Smythe, 38, for her seventh victory in the 7.1 Mile Dipsea Race, Mill Valley, June 12. Smythe began with an 11-minute head start and battled the entire distance with Patricia English, who finished a close third. Smythe set an all-time course record for women, but Willoughby won the first Dipsea "Running Bear," a sculpture commissioned to serve as the winner's trophy heneclofoward.

- The 83 finishers in the M40-44 division of the Capital City Marathon made up over 24% of the total who ran the race in Olympia, WA, August 24. Sonny Conder, M40, Portland, OR, took the M40+ contest in 2:38:32, with Steven Campbell, M40, Tacoma, second in 2:39:46. Levi Quay, M40, Portland, OR, was first M40+ in 2:33:38.

- Ulrike Criminal, 52, of Seattle was killed in a mountain climbing accident on July 31, after she fell to a sudden and tragic death after being struck on the head by a falling boulder. Gross, whose love for the outdoors was nurtured during her childhood in her native West Germany's Black Forest, migrated to the U.S. with her husband in 1962. After six years in New Jersey, they moved to Seattle, where she took up hiking, climbing, and, in 1976, running. Admittedly, a "slow poke," she took up long-distance running, particularly high-altitude ultra trails because they enabled her to relax and enjoy the surrounding views. In 1984 and 1985, she set age-68 and age-49 50K records. But, she will be remembered for more than that. As one of her acquaintances noted, "Records and times, however, don't capture the quality of this marvelous person."

INTERNATIONAL

- E.J. Wippich, who had just turned 40, collapsed suddenly during the javelin competition in the British Veterans Athletic Federation Championships, South Wales, July 23-24. Despite immediate attention from the St. John's Ambulance Brigade and a qualified doctor, he died on the site. Reportedly a heavy smoker, Wippich had taken up the sport about four years ago and had won the silver medal in this year's championships on his first throw.

- Two M45s, Peter Connolly (1:12:00) and Bob Townsend (1:17:50) were 1-2 masters in the QVAC Half-Marathon Championships, Brisbane, July 2. First veteran woman (36+) was Robyn Meadows (1:23:30).

- Peter Skone, 42, repeated his '86 win by running out front all the way in the Victorian Masters Marathon Championships in Carlton, Victoria, July 16, to finish in 2:38:36. Gordon McKean won the M60 race handily in 2:21:33. Jo McGrath, W40, was the veteran female leader in 2:18:33.

- Kansas governor, Mike Hayden, presents Jim Hersheberger with the overall winner's trophy for winning the Most Versatile Athlete competition held in June in Wichita. Established by Hersheberger six years ago, the competition is an 11-hour challenge of ten events, in which entrants vie for $67,000 prize money. This year, Hersheberger, 56, captured the $22,000 first prize with firsts in Kayaking and racquetball.

- Israel has resigned from WAVA, feeling that it was unsupported by WAVA's executive committee. Barry Shaw, Chairman of the Israel Veterans, alleges that at Malmo, Sweden in 1986, Israel was prevented from placing an application to be accepted into Europe. "The WAVA Constitution states that regional associations must accept applications from an outside veterans organization to join a region," Shaw said. "This clause was not respected because of the refusal by Malmo to change the membership clause of the European Veterans AA Con.

- New Zealand's Dick Quas, once holder of the world 5000 record, is now 40 and reported-ly runs in 2:04-1/2 this year.

- Norway defeated Sweden in a throwing (shot put, discus, hammer, javelin) competition held in Oslo, June 11-12, by a score of 36,874 to 25,645. Throwers' marks were age-handicapped so that the best marks (by younger athletes) did not necessarily score the most points. In the shot put, Norway's Bjorn Berglund, 50, and Anders, 50, did have the best distance (16.38/53.99) to score the most points (1152). In the hammer, the best mark of 50.12/164.5 by Sweden's Bo Berglund, M50, also earned the highest score (1300). Rolf Strandli, M60, Sweden, outdistanced all discus throwers with a 42/145.0 for an 1129 score, while the best mark of 50.18/164.7 by Norway's Bjorn Heggeled, M50, was good for a third place 1053. In the javelin, Egil Danielsen, M55, Norway, threw 51.38/168.7 for a score of 1203 while countryman Harald Lorenzen with the day's best of 61.56/202-0 scored 980 for second place.

- Norway's Danielsen, M55, claimed a world record of 165-10 with the new javelin in the Norwegian Championships, Trondheim, June 8-9. Jorgen Nyland, W55, with a 2.47 9 of 800, and Arne Lothe, M50, with a 5.36/181-7 hammer throw.

CLASSIFIEDS

Classified ad rates are $0.25 per word. Count name and address as 5 words. Race notices are 25¢ per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMM, PO Box 2372, Van Nuys, CA 91404.

**ICI/USRA National Championship Set for Florida**

Continued from page 22

We are already into negotiations for 1989 Circuit events and in that regard I will be joining Bill Adams in London in mid-October to pursue our first "International" Circuit event. With ICI's home base in London, it is only natural for us to start with our British friends. In fact, we are contemplating a "USA-British World Class Cup" match race between our best and theirs within the London Circuit race.

The "ICI Legends Mile" continues to receive accolades from throughout the world as we are researching a separate "Masters Mile" circuit in 8-10 cities. In both areas, we welcome input from athletes and inquiries from race directors who wish to be a part of the Circuit.

We also want to extend a warm welcome this month from the ICI/USRA Masters Circuit and Dean Reinke & Associates to Jim O'Brien and Stan Singers, recent additions to our staff. They will comprise our New York office with Jim, a London native and experienced runner and track and field writer, coordinating circuit PR duties, while Stan, a former salesman for Runner's World, will coordinate our sponsorship sales area. And one final note. Masters Running '88, the official magazine of the ICI/USRA Masters Circuit, is out and available. The 4-color, 96-page detailed annual covering masters running, can be obtained free of charge by sending $1 to postageto Masters Running '88, 33A Martine Ct., Newark, DE 19711. We'll see you on the roads!
Continued from page 27

served and by lottery) processed in May. Fred Lebow, 8 E. 89th Place, Chicago, IL 60629. 312/477-3387.


October 29. 8th Annual Bellflower 5K/10K, Bellflower, Calif. George Sturtz, 16600 St. George Drive, Santa Monica, CA 90406. 310/786-4224.

October 29. Alhambra Moonlight 8K (Open Women's TAC Championships), Alhambra, Calif. Judy Frerker, PR Director, City of Alhambra, 111 S. First St., Alhambra, CA 91801. 818/570-5012.


October 31. Holiday Bowl Marathon, San Diego, Tim Murphy, 3456 Ingraam, San Diego, CA 92109. 619/483-9501.

December 1. San Diego International Marathon, San Diego. Ten-year age groups, m/w, thru 70+, SDIM, c/o In Motion, Inc., 2204 Garnet Ave., Ste. 303, San Diego, CA 92109. 619/483-9501.

December 1. Honolulu Marathon, Honolulu. Larry Goldstein, 3435 Waialae St., Rm. 208, Honolulu, HI 96816. 808/734-7200.

SOUTHEAST


October 9. RRC National 15K Championships, Peachtree City, Ga. Bob Weed, P.O. Box 2377, Peachtree City, GA 30269.


November 13. Old Reliable 10K, Raleigh, N.C. Butch Robertson, P.O. Box 1229, Raleigh, NC 27602-1229. 919/829-4843.


MIDWEST

October 1. The Ultimate Runner (10K, 400m, mile, marathon), Jackson, Mich. Masters money: $12,000 total entry limit. SASE to U.R., Jackson Community Coll., 3111 E. Emmson Rd., Jackson, MI 49201.

October 2. Oktoberfest 12K and 5K, Itasca, Ill. Rick Staback, 500 Park Blvd., Itasca, IL 60143.


October 16. Dayton River Corridor Classic Half-Marathon, Dayton, Ohio. Masters money top 3/m: 60th thru 90th, 3rd thru 9th, 10th thru 29th, 30th thru 49th. 5th thru 19th, DRCC, Wright Brothers Box 9154, Dayton, OH 45409.

October 30. Ohio TAC 30K/50K Championships, Columbus, Ohio. John White, 1055 CECS Park Place, Columbus, OH 43220. 614/545-2547 (h); 424-7011 (w).


November 12. Ohio TAC Open & Masters X-Country Championships, Lancaster, J. White, 4802 Articles, Columbus, OH 43220. 614/459-2547 (h); 424-7011 (w).

November 13. 9th Annual Columbus Marathon, Columbus, Ohio. Michael L. Collins, 6206 Busch Blvd., Suite 20, Columbus, OH 43229. 614/433-0395.

MID-AMERICA


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

October 9. 29th Annual Heart of America Marathon, Columbia, Mo. Joe Duncan, 2980 Maple Blvd. Dr., Columbia, MO 65203.

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


October 22. St. Paul Medical Center 12K, Dallas, Texas. 214/879-3966.

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


December 4. White Rock Marathon, Dallas, Texas. Bob Hancock, P.O. Box 74335, Dallas, TX 75337-3335. 214/220-5485.


WEST


October 8. Run For The Homeless 5/10K, Griffith Park, Los Angeles, 8:30 a.m. Pre­register or race day entry. John Dillon, 702 S. San Pedro St., Los Angeles, CA 90014. 213/623-2922.

October 29. BVAF 20K/10K Roadwalk Championships, Sutton Coldfield, W. Mid. BRC Denis Withers, 14 Cougue Lane, Marbrook Bromsgrove Wors B60 1DW.

ON TAP FOR OCTOBER

TRACK & FIELD

Except for the Club West Masters Meet in Santa Barbara on the 1st, this month offers slim pickin's. The strongest three events will be the Los Angeles Triathlon, the World Cup and the U.S. National Championships. The U.S. Track and Field Championships are scheduled for the 22nd in Davenport, Iowa. The World Cup in Berlin is on the 29th.

The U.S. Track and Field Championships are scheduled for the 22nd in Davenport, Iowa. The World Cup in Berlin is on the 29th.

RACE WALKING

The U.S. Track and Field Championships are scheduled for the 22nd in Davenport, Iowa. The World Cup in Berlin is on the 29th.
U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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**NAME:**

**ADDRESS:**

**AGE GROUP:**

**SEX:**

**F:**

**EVENT:**

**MARK:**

**MEET:**

**WEIGHT OF IMPLEMENT:**

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1987 Short Hurdles
Compiled by Jerry Wojek

Page 30
National Masters News
October, 1988

U.S. MASTERS TRACK & FIELD RANKINGS

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

1987 Short Hurdles
Compiled by Jerry Wojek

Page 30
National Masters News
October, 1988

U.S. MASTERS TRACK & FIELD RANKINGS

(Compiled by Haig Bohigian, T&F Rankings Chairman)
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(Compiled by TACSTATS/USA, The National Center for Long Distance Running & Race Walking Records and Research)

### TACSTATS/USA 1987 Rankings: 8K Road Races-Men

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## U.S. Masters Long Distance Rankings

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### TACSTATS/USA 1987 Rankings 15K Road Races-Women

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### Track & Field Results

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

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<thead>
<tr>
<th>1988 National Masters Heptathlon; Los Angeles, CA; July 8-9</th>
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<td><strong>ACLE</strong></td>
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<td>45-49</td>
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<td>50-55</td>
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| **ACLE** | **NAME** | **LJ** | **WAVA** | **JT** | **BOOM** | **TOTAL** | **PLACE** |
| 40-44 | PHIL RASCHER | 58.0 | 115.0 | 87.0 | 38.0 | 290.0 | 19.1 |
| 45-49 | BARBARA STEWART | 34.0 | 97.0 | 46.0 | 26.0 | 203.0 | 19.1 |
| 50-55 | CRISTY MILLER | 60.0 | 70.0 | 46.0 | 38.0 | 234.0 | 19.1 |

| **ACLE** | **NAME** | **LJ** | **WAVA** | **JT** | **BOOM** | **TOTAL** | **PLACE** |
| 40-44 | PHIL RASCHER | 58.0 | 115.0 | 87.0 | 38.0 | 290.0 | 19.1 |
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| 50-55 | CRISTY MILLER | 60.0 | 70.0 | 46.0 | 38.0 | 234.0 | 19.1 |

Age Factored Results (Proposed for 1989 and Beyond) 1988 TAC National Masters Decathlon, Cal St L.A. Los Angeles July 8-9

| **NATIONAL MASTERS CHAMPIONSHIPS; ORLANDO, FLORIDA, AUGUST 4-7** |
| **(Additions and Corrections)** |
| **SHOT PUT** |
| M50-59 | Floyd Simons NC | 38-8 | Ken Leawer MA | 29-3 |
| M70-74 | Tom Prower FL | 38.9 | Dan Aldrich CA | 36-2 |
| M75-79 | Nat Judson FL | 37-2 | Bruce Anderson CA | 28-10 |
| M80-84 | William Garths VA | 27-5 | Ronald Black CA | 25-10 |
| M85-89 | Herb Anderson CO | 20-7 | Ronald Black CA | 25-10 |
| **200 Semi-Finals** |
| 50-59 | Joe LiddeLL CA | 28-3 | Jerry McCormic NC | 22-8 |
| 60-64 | T.J. Larson CA | 23-9 | Tom Kovalski WI | 23-6 |
| 65-69 | Tom Bismark AL | 23-4 | Jack Albertson MA | 21-12 |
| Continued on next page

| **NATIONAL MASTERS CHAMPIONSHIPS; ORLANDO, FLORIDA, AUGUST 4-7** |
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| 65-69 | Tom Bismark AL | 23-4 | Jack Albertson MA | 21-12 |
| Continued on next page
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<thead>
<tr>
<th>Name</th>
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<tr>
<td>Scott Morrison</td>
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<tr>
<td>John Smith</td>
<td>200m</td>
<td>20.23</td>
</tr>
<tr>
<td>James White</td>
<td>400m</td>
<td>44.32</td>
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<td>Susan Brown</td>
<td>800m</td>
<td>2:01.15</td>
</tr>
<tr>
<td>Mary Johnson</td>
<td>1500m</td>
<td>4:02.34</td>
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<tr>
<td>Richard Thompson</td>
<td>5000m</td>
<td>14:01.27</td>
</tr>
<tr>
<td>David Taylor</td>
<td>100m hurdles</td>
<td>14.18</td>
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<tr>
<td>Mary Brown</td>
<td>400m hurdles</td>
<td>57.89</td>
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<tr>
<td>John Williams</td>
<td>800m hurdles</td>
<td>1:57.23</td>
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<tr>
<td>Susan Jones</td>
<td>1500m hurdles</td>
<td>4:35.18</td>
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<tr>
<td>Richard Martin</td>
<td>5000m hurdles</td>
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Note: Times are in minutes and seconds.
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<tr>
<td>Mark Spitz</td>
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<tr>
<td>Carl Lewis</td>
<td>200m</td>
<td>20.4</td>
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<tr>
<td>Michael Johnson</td>
<td>1500m</td>
<td>3:33.0</td>
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<tr>
<td>Carl Lewis</td>
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<tr>
<td>Mark Spitz</td>
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<td>Carl Lewis</td>
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<td>Michael Johnson</td>
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**National Masters News**

Continued from previous page
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W65 M 86.7

Ken Legge

W60 M 42.9

W55 Rosemary Chimes 91.2

W65 Mary 86.7

Shot Put

M65 John Bawden 14.9

400m Walk

M60 Robert Care 22:44.6

200m Walk

M50 Jose Carretero 51:03.7

Norwegian Championships

1500m

Hordaland 23:17.9

Johannesen 22:48.9

W35 Grethe

Harald

Jordal

Berntsen 18:08.1

Stoan 18:23.0

Larsen 18:26.4

Hoss 18:36.6

Viktor Cadenza 18:41.4

MASON H"ASTER

15m 18.2

W40 Joe Phillips 52.2

W50 Allan 59.9

W65 Gary 79.5

200m

M50 Joe Phillips 40.25

W60 Steve 40.30

W70 Michael 40.25

W50 Walter 40.25

W60 Gary 40.25

Mason Haaster

15m 18.2

MASON H"ASTER

15m 18.2

W40 Joe Phillips 52.2

W50 Allan 59.9

W65 Gary 79.5

200m
### Long Distance Race Results

#### 1988 National Masters Championships, Lonesome Pine, VA

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<th>Masters</th>
<th>Time</th>
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<tr>
<td>10K</td>
<td>Aug 13</td>
<td>6.21 mi</td>
<td>M50</td>
<td>31:05</td>
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<tr>
<td>20K</td>
<td>Aug 13</td>
<td>12.42 mi</td>
<td>M50</td>
<td>69:45</td>
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<tr>
<td>50K</td>
<td>Aug 13</td>
<td>31.08 mi</td>
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### SOUTHEAST

**Phileides Waterpump Skires 5K**
Jackson, MS, July 4

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<tr>
<td>M60</td>
<td>20:13</td>
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<td>M70</td>
<td>22:51</td>
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**Javelin**

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<tr>
<td>M50</td>
<td>200 ft</td>
<td>29.46 secs</td>
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<tr>
<td>M60</td>
<td>200 ft</td>
<td>31.84 secs</td>
</tr>
<tr>
<td>M70</td>
<td>200 ft</td>
<td>34.22 secs</td>
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**Masters Marathon**

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<td>M50</td>
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<tr>
<td>M60</td>
<td>2:38:57</td>
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**Women's Distance Classic Walk**

**Boca Raton, FL, July 16**

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<tr>
<td>M60</td>
<td>1:55:47</td>
</tr>
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<td>M70</td>
<td>2:07:59</td>
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### MICHIGAN

**Prefontaine 5K**
Brock, NY, July 10

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<td>3.1 mi</td>
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<tr>
<td>M60</td>
<td>3.1 mi</td>
<td>10:28 mins</td>
</tr>
<tr>
<td>M70</td>
<td>3.1 mi</td>
<td>11:14 mins</td>
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**Back To Work 4 Mile**
Baltimore, MD, August 22

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<tbody>
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<td>2.5 mi</td>
<td>14:28 mins</td>
</tr>
<tr>
<td>M60</td>
<td>2.5 mi</td>
<td>15:14 mins</td>
</tr>
<tr>
<td>M70</td>
<td>2.5 mi</td>
<td>16:00 mins</td>
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**Dilworth Jubilee 8K**
(RCCA State Championships)

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<td>16:28 mins</td>
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<tr>
<td>M60</td>
<td>5K</td>
<td>17:14 mins</td>
</tr>
<tr>
<td>M70</td>
<td>5K</td>
<td>18:00 mins</td>
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**Mid-South State Championships**

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<td>33:14 mins</td>
</tr>
<tr>
<td>M60</td>
<td>10K</td>
<td>35:00 mins</td>
</tr>
<tr>
<td>M70</td>
<td>10K</td>
<td>36:46 mins</td>
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### MIDSOUTH

**Crestline, OH, July 31**

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<td>5K</td>
<td>16:28 mins</td>
</tr>
<tr>
<td>M60</td>
<td>5K</td>
<td>17:14 mins</td>
</tr>
<tr>
<td>M70</td>
<td>5K</td>
<td>18:00 mins</td>
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**Ohio State Championships**

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<td>10K</td>
<td>33:14 mins</td>
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<tr>
<td>M60</td>
<td>10K</td>
<td>35:00 mins</td>
</tr>
<tr>
<td>M70</td>
<td>10K</td>
<td>36:46 mins</td>
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Midwest Masters Age-Graded 10K; Momence, IL; August 13

Men

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</tr>
<tr>
<td>W35 Scott Duren</td>
<td>35</td>
<td>31:30</td>
</tr>
<tr>
<td>M35 Dave Williams</td>
<td>35</td>
<td>31:35</td>
</tr>
<tr>
<td>M35 Mark Miller</td>
<td>35</td>
<td>31:40</td>
</tr>
<tr>
<td>M35 Mark Russell</td>
<td>35</td>
<td>31:45</td>
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Women

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<tr>
<td>W35 Jo Ann Thomas</td>
<td>35</td>
<td>31:40</td>
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<tr>
<td>W35 Mary Brown</td>
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Mid-Metropolitan Runners 5K; Mt. Clemens, MI; August 18

Overall

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<th>Time</th>
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<tbody>
<tr>
<td>W35 Mark Allen</td>
<td>35</td>
<td>16:50</td>
</tr>
<tr>
<td>W35 Jack Evans</td>
<td>35</td>
<td>17:00</td>
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<tr>
<td>W35 James Brown</td>
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Bobby Grimes Run 10-Miler; Flint, MI; August 27

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<td>M40 Mark Hargreaves</td>
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Mid-America

Cornhusker State Games 10K; Lincoln, NE; July 16

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<tbody>
<tr>
<td>W35 Brian Lytle</td>
<td>35</td>
<td>31:30</td>
</tr>
</tbody>
</table>

Mid-Metro Runners 10K; Mt. Clemens, MI; September 5

Overall

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>W35 Mark Grover</td>
<td>35</td>
<td>31:30</td>
</tr>
<tr>
<td>W35 Scott Wilson</td>
<td>35</td>
<td>31:45</td>
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</tbody>
</table>

SOUTHWEST

Cindy Sharr Memorial 5K; Geary, OK; August 8

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>W35 Johnny Pavlik</td>
<td>35</td>
<td>31:30</td>
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</table>

11th Annual Jim Emmerich 15K; Brookings, SD

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>W35 Scott LaPlante</td>
<td>35</td>
<td>31:30</td>
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</tbody>
</table>

Pikes Peak Ascent (August 20) and Marathon (August 21)

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>W35 Elliott Scott</td>
<td>35</td>
<td>31:30</td>
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</tbody>
</table>

Dipsea 7.1 Mile Age-Graded Run; Mill Valley, CA

<table>
<thead>
<tr>
<th>Name</th>
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<th>Time</th>
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</thead>
<tbody>
<tr>
<td>W35 Bob Nethercutt</td>
<td>35</td>
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Masters Marathon Rankings, continued from page 33

TACSTACS/USA 1987 Rankings: Half-Marathon—Women

<table>
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<tr>
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<th>Rank</th>
<th>Time</th>
<th>Name</th>
<th>Age</th>
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</thead>
<tbody>
<tr>
<td>10K</td>
<td>1</td>
<td>31:30</td>
<td>Marla Runyan</td>
<td>35</td>
<td>CA</td>
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<tr>
<td>10K</td>
<td>2</td>
<td>31:45</td>
<td>Lisa Hillman</td>
<td>35</td>
<td>CA</td>
</tr>
</tbody>
</table>

1987 Hall-Marathon Rankings, continued from Page 33

DIVISION | RANK | TIME | NAME          | AGE | STATE |
<table>
<thead>
<tr>
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</tr>
<tr>
<td>10K</td>
<td>2</td>
<td>31:45</td>
<td>Lisa Hillman</td>
<td>35</td>
<td>CA</td>
</tr>
</tbody>
</table>
For the runner who wasn’t born yesterday . . .

Introducing


Featuring a $20,000 grand prix purse, plus a masters-only event prize purse.

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