



NATIONAL MASTERS NEWS

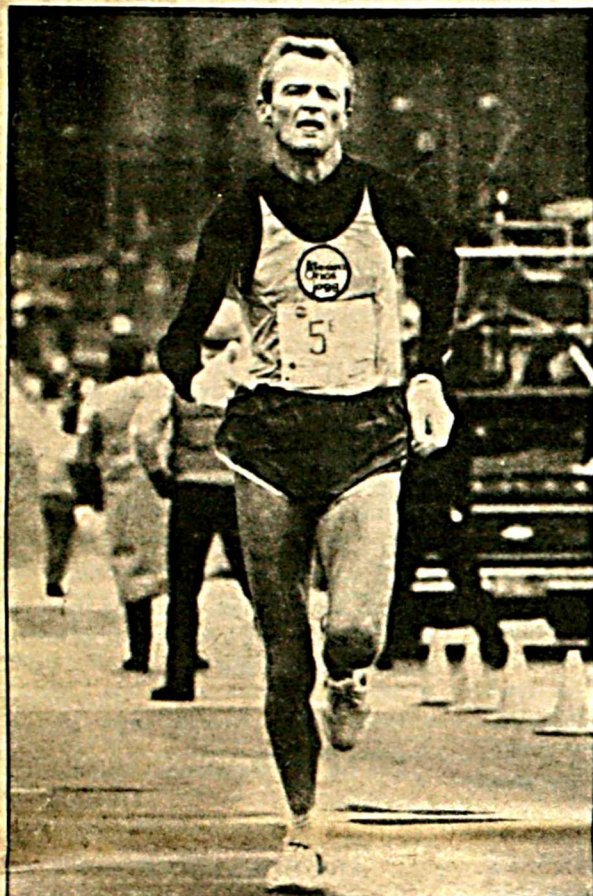


The official world and U.S. publication for Masters track & field, long distance running and race walking.

99th Issue

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Kjell-Erik Stahl, 40, wins \$7,500 and masters title in 2:18:28 in Twin Cities Marathon on October 12. Photo by Scott Schneider

At Age 60, Miller Earns \$3,000

Stahl, Andersen Each Win \$7,500 in Chilly Twin Cities Marathon

RECORD \$40,750 GOES TO MASTERS

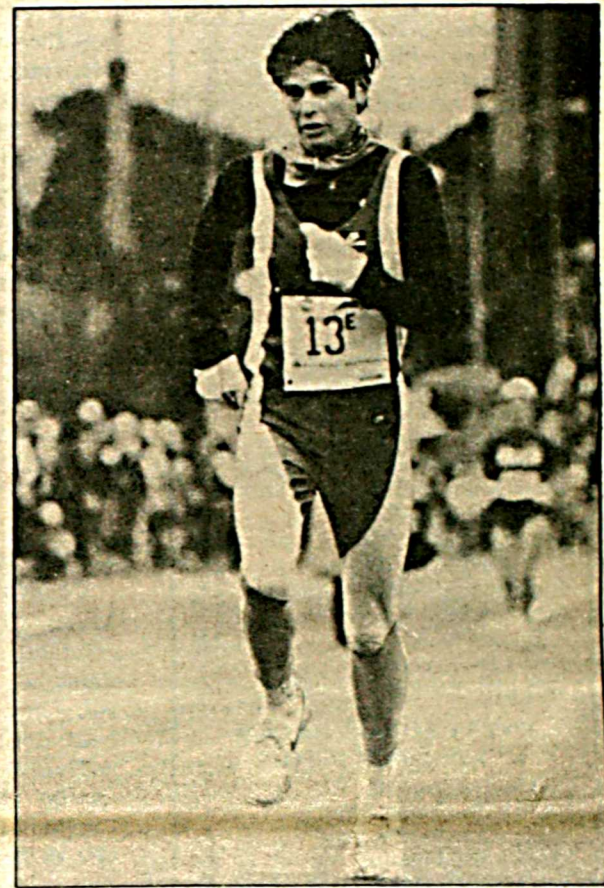
by MIKE TYMN

Kjell-Erik Stahl of Sweden and Gabriele Andersen of Sun Valley, Idaho each took home \$7,500 — the biggest one-day paychecks in the history of masters running — by winning the masters divisions of the Twin Cities Marathon on Sunday, October 12.

But it was sixty-year-old Margaret Miller of Thousand Oaks, California, who finished first in the combined men's and women's age-group-handicap scoring system, and left the Minneapolis-to-St. Paul course \$3,000 richer.

Stahl, 40, whose 2:12:43 in Stockholm earlier this year was the second fastest marathon ever by an over-40 runner, clocked 2:18:28 under very chilly conditions. Trevor Wright, of Tauranga, New Zealand, who had just joined the masters ranks two

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Gabriele Andersen, 41, clocks near-record 2:40:08 and collects \$7,500 in Minneapolis-to-St. Paul marathon.

Photo by Scott Schneider

Davis, Vandergraaf Win National 25K

Patrick Davis, of Mokena, Ill., and Katie Vandergraaf, of Glenview, Ill., covered the Deerbrook 25K course in Joliet, Ill., on September 21 in 1:28:42 and 1:49:47, respectively, to claim masters honors in the U.S. TAC National Masters 25K Championships.

Ernie Billups, M45, of Chicago, was second master in 1:29:55, with Lyn Johnson, of Des Plaines, Ill., third in 1:31:33. Barbara Cesal, of Hickory Hills, Ill., was Vandergraaf's closest masters opponent in 1:50:49.

Norm Green, Jr., of Wayne, Pa., who was upset by Bill Olrich of Kentucky and Canadian Ben Johns in the M50 division in the National Masters 10K Championships in New Jersey last August, won the M50 race here in 1:33:32. Matilee Christman, of Des Plaines, ran 2:05:50 to win the W55 division.

Three national age-group records were set by older age-group winners. Warren Utes, of Park Forest, Ill., broke the American M65 age-group record with 1:47:34. The previous record of 1:49:35, set in September,

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Katie Vandergraaf, W40, Glenview, Ill., first masters woman (1:49:46.1), U.S. TAC National Masters 25K Championships, Joliet, Ill., September 21.

TAC Will Go It Alone

TAC, NRDC Records Negotiations Collapse

Contrary to the upbeat reports in these pages in past months, the negotiations to transfer the U.S. long distance running record-keeping program from the National Running Data Center to The Athletics Congress have collapsed.

The current plan is for a national LDR records center — called TACSTATS — to compile and supervise the nation's LDR records and rankings, beginning January 1, 1987.

The center will be funded by TAC and headed by computer experts Basil and Linda Honikman in Miami.

But, unless there is a dramatic turnaround between now and the end of the year, the Honikmans will not have access to all the files, records, birthdates, rankings and other data which the NRDC has compiled over the past 12 years. And, mainly, they won't have access to the expertise of Ken Young

Continued on page 7

Rushmer, Drake Win 19th World Vets 10K

Britain's Allan Rushmer, the bridesmaid in this event a year ago in his home country, captured the top prize in the 1986 edition of the World Veterans 10K Road Championships in Vancouver, B.C., on October 4.

Rushmer turned in a fast 30:47.9, to edge Web Loudat of New Mexico, by 12 seconds in the 19th annual event.

Ngairé Drake of New Zealand, was the first female across the line in the veterans-only event in 34:50.7, defeating Canada's Nancy McLaren by 27 seconds.

Wisconsin's Dan Conway, now 48, turned in a remarkable 31:02.4 for third overall and first in the M45 division. Barry Brown, America's long-distance-master-of-the-year in 1985, was a step behind Conway in 31:03.3, while Canada's David Surman logged 31:04.2 to round out the top five.

Wilfried Chiau of Belgium edged Derek Lawson of Britain for M50 honors, 31:15.5 to 32:33.0, while Bill Stoddart of Scotland took the M55 title in 33:18.9.

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Mayfield, Filutze Win U.S. Half-Marathon

Moses Mayfield, 41, and Barbara Filutze, 40, won top honors at the TAC National Masters Half-Marathon Championships, September 14, staged as part of the annual Philadelphia Distance Run. Sunny but cool weather (50° at the start) contributed to several record performances.

Mayfield, a hometown favorite, ran 1:08:54 to lead all masters and break the age-41 standard by 20 seconds. Nearly two minutes behind, Derek Frechette, 41, (1:10:37) and Mark Griffin, 40, (1:10:45) duelled for second and third. Mayfield (5'6", 128 lbs.), reportedly trains only three times a week (Tuesday and Friday track sessions, 25-to 30-mile Sunday run).

Women's champion, Filutze (5'1", 95lb), who logs 85 to 95 miles/week training in Erie, Pennsylvania, destroyed Shirley Matson's U.S. W40 record of 1:20:47 (1:19:54 pending) with a brilliant 1:16:00. Also under the old standard were runnerups Angella Hearn (New York) and Juana

Stavolone (San Jose). These two 40-year-olds, together with Filutze, would seem to herald an onslaught on U.S. masters road records. Filutze, first American woman at the TAC 10K Championships (36:15), August 9, only started running at age 32 but has enjoyed considerable success in recent years, including a 2:43 marathon in the 1984 Olympic Trials, and PR's of 33:36 (10K) and 2:41:18 (marathon).

At the other end of the age spectrum, peerless Ed Benham slashed over 20 minutes off Max Popper's M75 record. In between, Norm Green (who also helped organize the race) set an age-54 standard of 1:12:15 on the certified loop course. □ — Pete Taylor



Barbara Filutze, 40, and Moses Mayfield, 41, proudly display first-place awards in TAC National Masters Half-Marathon Championships, held September 14 in Philadelphia.

Write On Continued from page 2

(October) on age discrimination in most of the masters long distance events, and have sent his article to various race directors, asking them to provide 5-year age groups at least to age 80.

*Earl Rippee
Irvine, California*

LDR RANKINGS

Many of your readers look forward to the fastest times in 1985 for the half marathon, marathon, 10 miles, etc. according to age divisions. Might I look forward to this data at an early date?

*Don Lundberg
Modesto, California*

(We published the 10K rankings last month, and more are in this month's issue. — Ed.)

1989 WORLD GAMES

Eugene and the State of Oregon are pleased to be selected as the U.S. site for the 1989 World Veterans Games Bid.

You can expect the best run veterans games this track and field community can offer. The setting will be relaxed, with easy access to venue sites and points of interest throughout the area, via a customized bus service. The focus of the entire community will be on the Games and hosting our guests.

From low cost dormitory housing and recreational vehicle parking spaces, to the Hilton, Eugene will be as easy on your pocketbook as you choose. For those who would like, there will be an opportunity for private home stay.

The Pacific Northwest has a wealth of natural beauty and recreational opportunities that can be enjoyed by our visitors. We are equally interested in

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Saucony

1986 TAC



NATIONAL MASTERS

8,000 METER ROAD CHAMPIONSHIP



Individual and Club Team Championships
for Men & Women



SATURDAY, DECEMBER 6, 1986
CLEARWATER/SAFETY HARBOR, FLORIDA

\$300 each to over-all man and woman winner, based on age-grading tables

PLACE: Start & finish at Safety Harbor Spa, Main St., Safety Harbor, FL. Certified course. Transportation provided for those attending TAC Convention in Tampa.

TIME: 8:00 A.M. Saturday, Dec. 6, 1986.

AGE GROUPS: Five year, both men & women, 40-80 plus.

ENTRY FEE: Ten dollars (\$10) — payable to WFYRC.

ENTRIES CLOSE: By mail — postmarked Sat., Nov. 30, 1986. In person — by 7:00 P.M., Wed., Dec. 3, 1986 at the Jogging Center, 2448 East Bay Drive, Largo, FL 33540 (813-536-8585) Positively no post entries.

AWARDS: TAC championship medals to 1st, 2nd, 3rd in each group; ribbons to 4th, 5th, 6th. Championship patches to all winners and to members of winning teams.

TEAM CHAMPIONSHIPS: Three-person club teams: men and women 40-49, 50-59, 60+. All members of a team must be within the same ten year age span. Be sure to request club team on entry blank. Trophies to winning teams. Free team entries.

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

RACE HEADQUARTERS: Safety Harbor Spa & Fitness Center. Race packets can be picked up beginning at 12 noon, Friday, Dec. 5 or at race site race morning. Special Room Rates: \$45.00 per room. Contact: Reservations Office, Safety Harbor Spa, 105 Bayshore Dr. No., Safety Harbor, FL 33572 (813) 726-1161, or \$30.00 per room at Howard Johnson's Motor Lodge, Route 60 & U.S. 19 S., Clearwater, FL 33515 (813) 797-5021.

POST-RACE PARTY & AWARDS PRESENTATIONS: At Safety Harbor Spa at approximately 9:30 A.M. day of race. Beer, refreshments, and good fellowship. We are famous for our parties!

NON-MASTERS: Starting at 9:00 A.M. there will be an open 10K race at the same site. Contact: West Florida 'Y' Runners Club, 1005 S. Highland Ave., Clearwater, FL 33516

SPARKLING CLEARWATER: Beautiful beaches. Just 20 minutes from Tampa International Airport, 1½ hours from Disney World, EPCOT, Sea World, Cypress Gardens, Busch Gardens.

Detach and mail to: Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33516 — (Phone 813-447-7161)

NAME: _____ AGE: _____ BIRTH DATE: _____ SEX: _____

STREET: _____ CITY: _____ STATE: _____ ZIP: _____

CLUB: _____ BEST 10K TIME in the last year _____

HOME PHONE NO.: _____

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

(signed)

(date)

Enclose \$10, payable to WFYRC.



This heat of the Ultimate Runner's mile event found two youngsters (Jim Howard, 28, Phoenix, Ariz., #19 and Mark Smith, 23, Cadillac, Mich. #9) competing against George Mason, 42, El Cerrito, Calif., #21; David Oropeza, 40, Phoenix, #5; Don Kardong, 37, Spokane, Wash., #3; Bill Stewart, 42, Ann Arbor, Mich., #16; and Jeff Galloway, 40, Marieta, Ga., #4. Photo by Marcia Butterfield

Potomac Valley Seniors Top N.Y. Masters in Dual Meet

The Potomac Valley Seniors Track Club men's squads combined for the overall title in the PVSTC-NY Masters Dual Meet in Washington, D.C., on August 17, but the NY Masters women outpointed the female locals for the distaff crown.

The PVSTC's men's large margin of 372 to 164 was bolstered by big PVSTC wins in the 50-59 (182-63) and 60-69 (153-22) contests. The 40-49 match was a closer victory for PVSTC, 119-113, and the NY Masters won the 30-39 contest, 147-93.

The M60-69 division featured PVSTC sweeps in the 100m, 800, and shot put. PVSTC walkers dominated the 1500 walk in all divisions.

The NY Masters women defeated the PVSTC women, 181 to 165, and were led by a strong 30-39 contingent, which swept the long jump and took the first five spots in the shot put. □

Oropeza, Bovio Ultimate Winners

by PHIL LOOMIS

JACKSON, Mich. — With an eye toward similar results, David Oropeza figures he'd do things a bit different the next time around.

The 40-year-old fireman from Phoenix, Ariz., took home \$950 for winning the Men's Masters Division of the Ultimate Runner here September 19. "I think I'd get in some more miles and some more speed work. See, I didn't even know I was going to be running this race until two weeks ago. Next year, I'll start within a month or so before," he said after the event.

The grueling, five-event affair became even more difficult when temperature-humidity combinations

soared into the 70's during mid-afternoon hours.

"It was brutal," exclaimed last year's winner, Kurt Berggren, 48, of Ann Arbor, Mich. "I cramped real bad (in the marathon). I lost 10 minutes working cramps out. It was much harder than last year."

Oropeza, too, found the going tough, especially the last five to six miles: "I had to walk it (cramping) off to get it loosened up. I started getting going again for a while and then it would start cramping again. Walk! Run! Walk! Run!"

The former welterweight boxer's 32:22 in the Ultimate Runner's first event, the 10K, set the tone in the masters division. He led in points, all day, over former Olympian Jeff Galloway, 40, of Marietta, Ga. (forced to leave the marathon due to a sore ten-

don in the ankle); masters mile record-holder Bill Stewart, 42, of Ann Arbor; Berggren; and California administrative law judge George Mason, 42, of El Cerrito, Calif., who finished second.

Thirty-five men entered the masters division, and three women entered the female masters division. All but three men started and finished the 10K, 400M, 100M, mile, and marathon.

Female masters winner, Nina Bovio, 40, of Brighton, Mich., had to wait until the marathon before her first-place finish was cemented. She and Judy Friedes, 41, of Lake Forest, Ill., found

themselves deadlocked with 781 points each after the first four events. Bovio had won the 10K and mile, while Friedes had won the 400 and 100 events.

Bovio's 3:46:59 marathon was enough to give her 171 points (for a 952 total) while Friedes' 3:58:48 finish was only good enough for 150 points (931 total). Bovio went home with \$950 and Friedes \$550.

Mason's share of the masters prize money was \$550. Paul Deladurantaye, 40, of Riverview, Mich., took home \$300 for his third place finish. □

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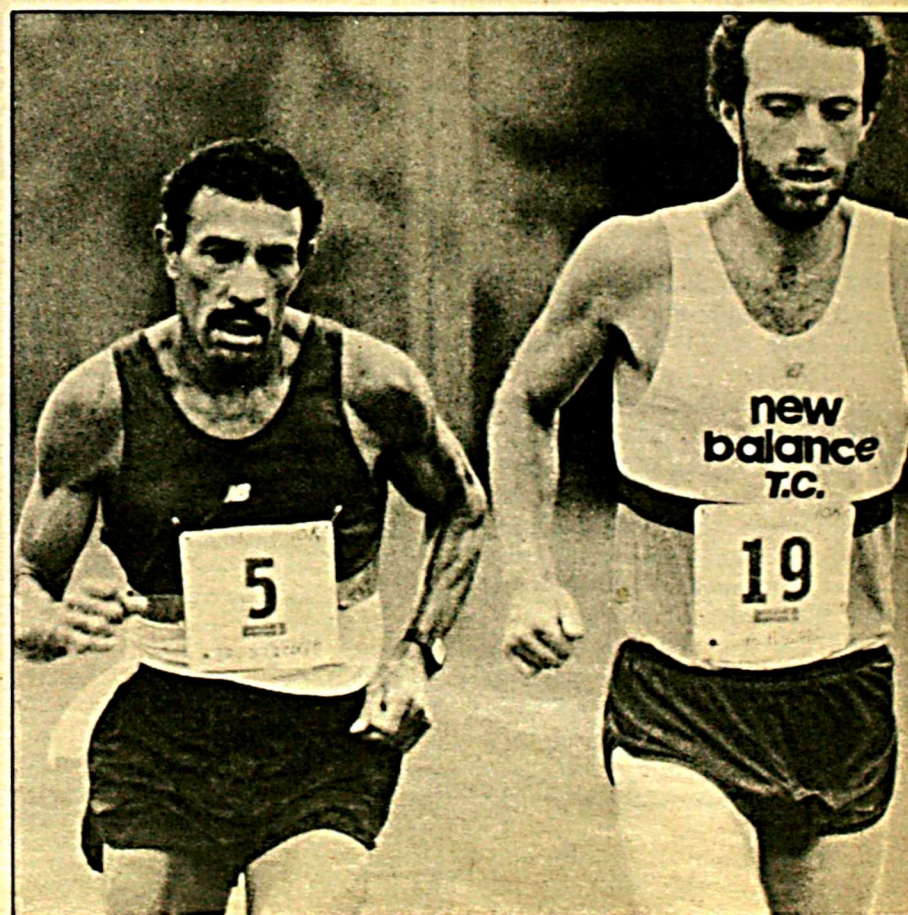
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Masters winner, David Oropeza, No. 5, runs with fellow Phoenix, Ariz., resident Jim Howard in the 10K portion of the five-event Ultimate Runner IV, Jackson, Mich., September 20.

Photo by Marcia Butterfield

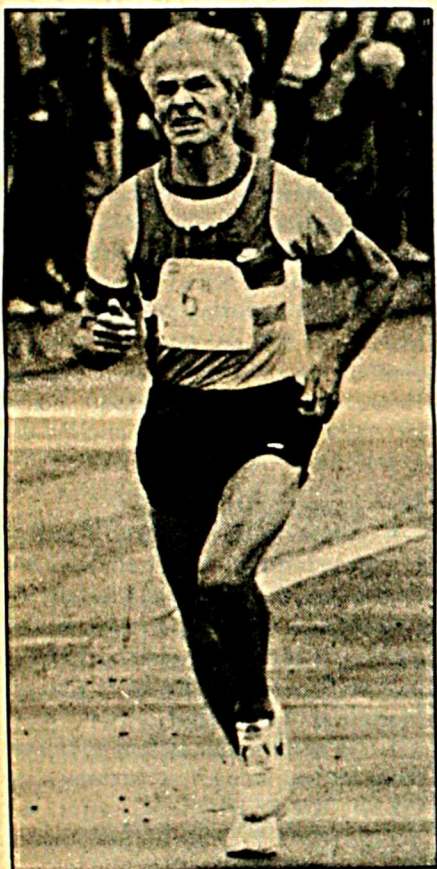
Stahl, Andersen Win \$7,500

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weeks before, finished second in 2:21:27 and was rewarded with \$5,000, the third largest masters cash award ever.

Englishman David Clark, 43, won \$2,000 for his third-place finish in 2:22:28, and West German Guenter Mielke received \$1,000 for his fourth-place 2:22:39.

A record total of \$40,750 was awarded in prize money to age-40-and-over athletes, topping the previous high masters record payday of \$27,500 in this race last year.

Andersen, 41, best known for her staggering finish in the heat of the Los Angeles Olympics, apparently likes it cold. She pulled away from West German Doris Schlosser shortly after the 20-mile mark and crossed the finish line in 2:40:08, just missing Miki Gor-



Piet Van Alphen, 56, of Holland, clocks 2:35:06 in Minnesota. Photo by Scott Schneider

man's nine-year-old American W40-44 record of 2:39:11.

Schlosser, 42, even though failing to defend her Twin Cities women's masters title, nevertheless won \$5,000 for her 2:40:45 finish — \$1,000 more than her 1985 effort of 2:38:56.

Barbara Filutze, 40, of Erie, Pa., checked in third at 2:42:38, good for \$3,000.

MASTERS FINISHERS IN TWIN CITIES MARATHON		
	Men	Women
40-44	628	109
45-49	357	41
50-54	157	21
55-59	75	9
60-64	37	1
65-69	14	1
70+	3	1
Total	1271	183

Miller captured the handicap title by running the 26-mile, 385-yard distance in 3:20:54. That was 13:50 under her "target time" of 3:34:44, thereby winning recognition as the best masters runner in the race. Target times for each five-year age group were established from the American records for each age in the particular 5-year group. The fastest and slowest records were discarded, and the other three averaged.

Second to Miller in the handicap division was the legendary Joyce Smith of Watford Herts, England, the only masters woman ever to have run under 2:30 for the marathon — a 2:29:43 in 1983.

Smith, 48, clocked 2:48:05, 7:13 under her target time of 2:55:18. Andersen finished third in the handicap standings, 4:38 below her standard of 2:44:45.

Rounding out the top ten handicap winners were Stahl (4th), Schlosser (5th), Filutze (6th), Dan Conway, 47, 2:24:31 (7th), Wright (8th), Mike Heffernan, 46, 2:24:55 (9th) and Denise Alfvoet, 50, 3:00:15 (10th). Cash prizes in the handicap race went 14-deep.

Last year's winner, Clive Davies, 71, of Tillamook, Oregon, would have had to run nearly another 3:04:15 to suc-

cessfully defend his title. However, the cold weather and an extra year slowed him to a 3:15:48, nineteen seconds under his target time — good for 11th place in the handicap competition and a \$500 award.

"I was just happy to finish," he said, complaining of the weather. "You get so numb after a while that you just keep going."

Piet Van Alphen, 56, another legend of masters distance running, blamed the cold weather on his "slow" 2:35:06, which netted him \$250 for his 13th place handicap finish. In Chicago last year, the Dutchman recorded a 2:27:54.

Conway, of Chetek, Wisconsin, was the first American-over-40, winning the M45 crown by only 14 seconds over Heffernan, of Portland, Oregon.

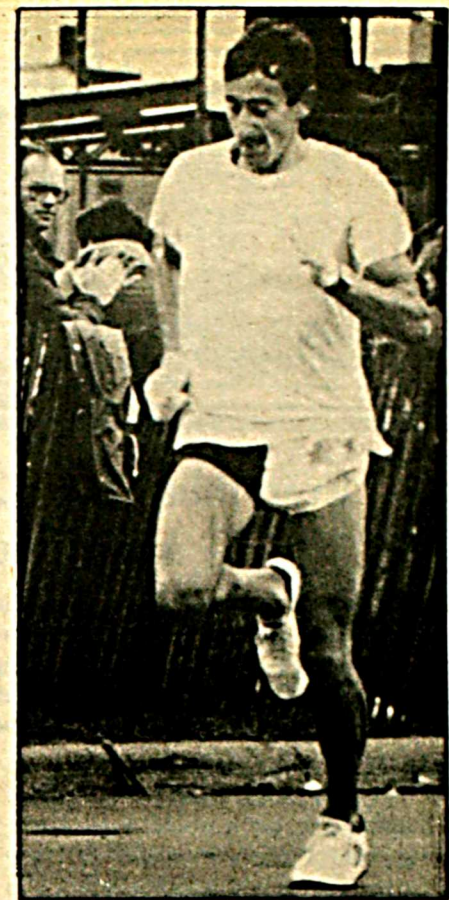
The first three M60 finishers broke three hours: Jim O'Neil (2:53:58), John Keston (2:56:03) and Jim Forshee (2:56:49).

Other exceptional performances included: Ben Johns, 50 (Ottawa), 2:34:11; and Dick Evans, 40 (Wales), 2:25:36.

Stahl, who has had his sights on Jack Foster's 13-year-old over-40 record of 2:11:19, took the lead along with Wright about a half-mile into the race (the masters and the "masses" started

Target Times		
Age Group	Men	Women
35-39	2:13:58	2:35:48
40-44	2:22:46	2:44:45
45-49	2:26:12	2:55:18
50-54	2:29:36	3:00:48
55-59	2:35:15	3:14:09
60-64	2:48:22	3:34:44
65-69	2:50:08	3:34:44
70 & up	3:16:06	3:34:44

40 minutes after the elite men's field and 30 minutes after the elite women's field). By three miles, reached in 15:37, Wright and Stahl had opened a 150-yard lead on Clark, Mielke, and several others. Seventeen minutes into the race, Stahl was forced to stop and tie his shoe. By the time he got going again, Wright had an advantage of 80



New Zealand's Trevor Wright, 40, wins \$5,000 as second master in 2:21:27 in Twin Cities Marathon. Photo by Scott Schneider

yards.

At the five-mile mark, Stahl caught up with Wright as the clock flashed 25:46. The Swede and the New Zealander duelled over the next three miles, each throwing in several short surges. Forty-four minutes into the race, Stahl put in a much stronger and longer surge and took complete command of the race. He reached the 10-mile mark in 51:14, 30-seconds ahead of Wright.

Wright hung on tenaciously and closed slightly over the next three miles, reaching the half-way mark in 1:07:32 to Stahl's 1:07:14. It became clear by that time that Foster's record — and the \$10,000 offered by *Runner's World* magazine to anyone breaking it — were out of Stahl's reach.

"It was cold out there; it was terrible," said a distressed-looking Stahl after the race. "I got stomach cramps and didn't feel well the last ten miles."

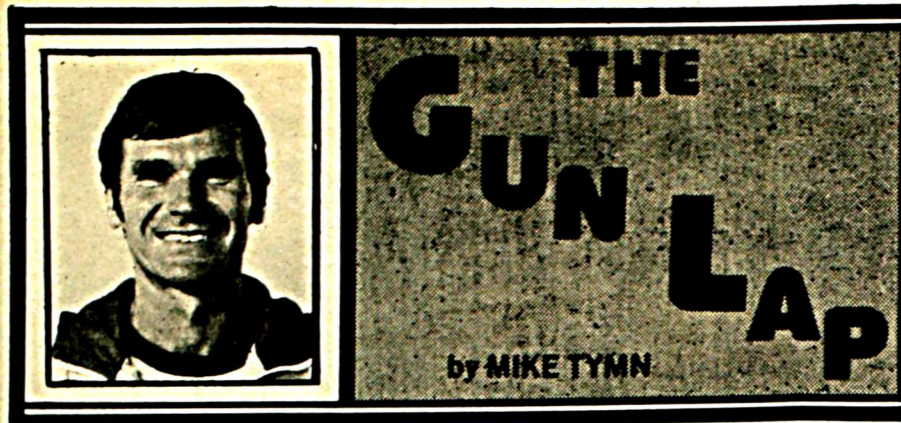
At the start of the race, it was raining and 36 degrees. Although the rain stopped soon after, it remained cold. A high wind-chill factor added to the discomfort of the runners.

"When you're suffering like I was, you don't think about running," said Smith, fifth overall among the masters women but first in the 45-49 division. It was the masters world record holder's slowest marathon and, she added, her coldest.

More than 5,000 runners took part in the race, of which 1454 (31%) of 4616 finishers were masters. The masters field was the strongest ever in any marathon, attracted by the cash prizes put up by the Pillsbury Co. and other sponsors in the annual event directed by Jack Moran. Results on page 35. □



First five women finishers in Twin Cities Masters Marathon race: from left, 1st, Gabriele Andersen (2:40:08); 2nd, Doris Schlosser (2:40:45); 3rd, Barbara Filutze (2:42:38); 4th, Angella Hearn (2:46:02); 5th, Joyce Smith (2:48:05). Photo by Scott Schneider



Everything You Ever Wanted to Know About the Marathon

If there is such a thing as a marathon season, we're in it. Some big ones are just behind us and other major marathons are right ahead.

If you're new to either road racing or the marathon, you may want to know a little more about the event. So I've gathered together some comments by leading runners and coaches to answer your possible questions.

Is the marathon really painful?

- "I've thought and thought about running one, but it would seem so boring, and I think it would hurt too much. Everybody asks me when I'm going to run this marathon distance, but I think it is just too long for me to run. The longest run of my life is only 17 miles. But I think I will run the marathon sometime. I don't know if I could run faster than 2:20 because of all the pain." — MICHAEL MUSYOKI, Kenya's Olympic 10,000-meter bronze medalist and top-ranked road racer, before his first marathon last year

- "I find marathons to be easier and less painful than the shorter runs. I seem to be able to handle the distances." — ROBERT DE CASTELLA, 1986 Boston Marathon winner

How does the marathon compare in difficulty with races in the 10-K to marathon range?

- "Half-marathons are relatively

easy. The thing about the marathon is that when you get past 20 or 22 miles you start using muscle tissue. That's the tough part." — MARK CURP, after setting an American record in the half-marathon

- "The 10,000 is a harder event than the marathon. It takes more training and more discipline." — CARLOS LOPES, 1984 Olympic marathon gold-medal winner and marathon world-record holder

Will running the marathon make me feel and look younger?

- "I look at other women my age and they look and act over the hill. I feel younger in terms of appearance and energy than most people my age." — JOAN ULLYOT, nationally ranked masters marathoner

- "She (Olympic marathon champion Joan Benoit) is 28, but she has the body of a 53-year-old. She has run 14 marathons, and studies show that most runners peak at seven or eight." —



Charlie Wimberly (#90), 1986 National M50 Champion in the 1500, was edged out by Witold Biacor (#86), 4:42.7 to 4:46.3 with John Dugdale (#96), a step behind in the 50-year-old group of the Mercedes 5th Avenue Mile in New York City on September 13.



85-years-young Marathoner, Ruth Rothfarb, of Cambridge, Mass. is applauded by Boston Bruins great, Bobby Orr (right) and 3500 participants at this year's Governor's Cup in Boston, Sept. 21.

BOB SEVENE, Benoit's coach

How much of a commitment is required if I am to reach my potential?

- "I know from experience that I can't run a good marathon unless I get my mileage way high, and I really don't have time to do that. My plan now is that I won't run another competitive marathon until I turn 40 and maybe find a little bit more time in my schedule. I can race pretty well at everything but the marathon on 80 miles a week, so I'll continue to run the shorter races." — DON KARDONG, 1976 Olympic marathoner

- "A marathoner can do his workouts by running 10 miles in the morning and 10 miles at night. An hour in the morning and an hour in the evening. . . that's it. A middle-distance runner like myself has to work out four hours a day." — STEVE SCOTT, American record holder in the mile

How many miles of training is enough to realize my potential?

- "People used to think you had to run 100 to 120 miles a week to prepare for a marathon. But after training so much, they had a tendency to break down and get injured. There's been a move among distance runners to train less." — MARK CURP, half-marathon record holder, before an unsuccessful marathon debut in Chicago

- "During the last couple of years, I've lowered my mileage from about 110 (a week) to 85. That's probably part of my problem. I think 85 is too little for me." — JEFF WELLS, 1977 Honolulu Marathon champion

I hear experienced marathoners talk about an extra long training run of 22-25 miles once a week. Is that really necessary?

- "I'm a runner who believes there's a great benefit in long runs." — CHARLES SPEDDING, 1984 Olympic marathon bronze medalist

- ". . . my longest single run in four months was the 18-miler I did the Sunday before the Chicago marathon." — STEVE JONES, after his 1984 Chicago Marathon world record

Will the marathon become easier as I gain experience?

- "I've simply had a lot more marathon experience. I've learned from my mistakes and have tried to understand the 'animal' side of me better. There's no doubt that the additional experience was a critical factor in Rotterdam." — CARLOS LOPES, after his 2:07:12 world-record in Rotterdam

- "I'm growing afraid of the marathon. I'm not sure I'll want to race it seriously much more in the future." — BILL RODGERS, Olympic marathoner and four-time Boston Marathon champion

How important is pacing?

- "Americans don't know how to run the marathon. Americans have it in their minds that you must have perfect conditions. . . They are not patient runners. They won't wait for things to happen." — BOB BRIGHT, Chicago Marathon race director

- "I tried to run as fast as I could from the beginning." — Norway's INGRID KRISTIANSEN, after her world-record 2:21:06 in the London Marathon

What do you think about when running the marathon?

- "In the marathon, you pick up the habit of paying attention to nobody but yourself." — INGRID KRISTIANSEN, marathon world-record holder

- "There's a part of every marathon where you lose a sense of identity in yourself. You become (running) itself." — FRANK SHORTER, 1972 Olympic marathon champion

Is the marathon an uplifting event?

- "If you want to run, then run a mile. If you want to experience another life, run a marathon." — EMIL ZATOPEK, 1952 Olympic marathon winner

- "I get a certain amount of enjoyment out of shorter races, but the long ones are a flog." — TAFF DAVIES, world-class masters distance runner □

TAC, NRDC Fail to Agree on Transfer of LDR Records

Continued from Page 1;

and Jennifer Hesketh Young, the directors of the NRDC, who are retiring from the national record-keeping business on December 31, 1986.

Despite year-long negotiations that have, at times, made the Reagan-Khadafi feud seem like a friendly squabble, TAC and the NRDC have been unable to reach an agreement regarding the transfer of files and data.

Nevertheless, Alvin Chriss, TAC's attorney and chief negotiator, is optimistic that the new set-up will get the job done.

"We are committed to maintaining both five-year age-group records and single-age marks," Chriss said. "TACSTATS may not be as good, for the first few months, as the NRDC, but, in time, we hope it will equal the high standards which Ken and Jennifer Young have set."

Basil Honikman, a professor of architecture at the U. of Miami in Florida, is the director of the annual Orange Bowl 10K and marathon. His wife, Linda, is experienced at writing running-related software. As with NRDC, data compiled by TACSTATS will be available at no charge.

TACSTATS will likely be assisted by a volunteer-staffed group of state record-keeping centers, which has been set up by the NRDC this year.

The voluminous files and computer data, which have been the heart of the nation's record-keeping center for more than 12 years, will apparently remain at the NRDC headquarters in Tucson and begin collecting dust on January 1, 1987.

NRDC Asks \$26,000

"We don't have the funds to ship 6000 pounds of material to Miami or to the state volunteers," Jennifer Young says. "We've asked TAC for \$26,000 to make the transfer, but it has refused."

Chriss feels the data may be worth that much, but claims the Youngs won't let TAC take a look at it. "I can't write a check for \$26,000, sight unseen," he said. "It's like buying an automobile without seeing it first."

Chriss said he's willing to pay for the privilege of looking, and has offered air fare to Tucson for the Honikmans and \$300 to the Youngs for six hours of consultation. The Youngs declined.

"Alvin knows what the data is worth," Jennifer said. "TAC paid \$10,000 for a small data base (for the Levi/TAC Runner Ranking Service), so that tells them what the entire data base would be worth. We don't have time to haggle, and Ken has made commitments to his job at the University (of Arizona)."

She said the NRDC has made three offers to TAC this year, and is disappointed that TAC turned them all down. "Alvin is being penny-wise and pound-foolish," she said. "The

meager amount requested to get TACSTATS functioning quickly and efficiently was so much less than all the material and information is worth. It's apparent that TAC has no idea of the amount of work it takes to gather such information or to update it. TAC will wind up spending a lot more than \$26,000 by the time they're through."

She said a proposal that the NRDC made last spring — \$50,000 for all the data and six months of full-time consulting by Ken — was a bargain. "It would have been possible to have a quality operation functioning by January 1, 1987," she said. "Now the process will take at least one year and probably two."

Won't Pay Blackmail

Chriss admits she may be right. "But I don't know for sure that she's right, and I can't find out, because she lays down these ultimatums and says 'take it or leave it.' The Youngs won't give me any information unless I give them \$26,000 for that junk — and I say 'junk' because I don't know what it is — and I don't have the funds to do that. We're not paying blackmail money."

Jennifer says money is not the issue. "The issue," she said, "is making the information — especially the masters data — available to the running community. Doing the elite records is easy. But the masters take time. I don't care about the money. Basil and Linda can come visit me for free and I'll show them around, but they're not going to learn enough in six hours to make the decision that Alvin's looking for."

Chriss said the masters won't be short-changed. "We're not happy about the way it's turned out," he said, "but we're not so unhappy that we think the sport will die. We may have to ask people to let us know about their records, rather than have every race director send in results, as they did with NRDC. It will take a few months to tool up."

Honikmans Chosen

The Honikmans were chosen over proposals from Rodale Press, publisher of *Runner's World*, and from Jack Moran, director of the Twin Cities Marathon. Rodale submitted a \$71,000 budget, including \$31,000 in donated office space, telephone, etc. Moran asked for \$68,000. The Honikmans requested \$64,000.

"I would have had to raise no money for Rodale, and just a little for Moran," Chriss said. "I'll have to raise almost all of it for the Honikmans, but they were highly recommended by influential people in the running community, and have the latest state-of-the-art computer equipment. They will be better for the sport's record keeping."

TACSTATS will have a 1987 budget of \$75,000 — \$25,000 from TAC and \$50,000 from corporate donors, such

as Nike, Reebok, IMG and others, which Chriss said he was able to raise in three weeks. "That's more than the NRDC has raised in a whole year," he said.

Reminded that the skills of record-keeping and fund-raising are hardly compatible, Chriss agreed, but said: "the reason the Youngs failed to make the NRDC an economic success, the reason they are throwing in the sponge; is their attitude. They're trying to put the gun in my hand, but I want the running community to know that they committed suicide by themselves."

Jennifer replied that the main purpose of NRDC never was to make a profit, but to serve the running community. "We were ready to give our all for a smooth transition, but Alvin's been insulting and obnoxious," she said. "He came out swinging and caused a breakdown in relations which was detrimental to the sport. That was a shame."

Was TAC Decision Political?

The Hatfield-McCoy tone of the exchanges makes observers wonder: "did TAC make a political decision instead of a business decision or a record-keeping decision?"

"We probably did," Chriss admits.



Vince Carnevale, Newark, N.J., who turned 70 on August 9, running and winning one of his last races as an M65, the Ridgewood 10K, in 44:15.

"But what Jen is saying is 'we hold the keys to the record-keeping process and we want to be paid for those keys'. And our answer is: we're not interested in being treated that way. Whether we

Continued on page 8

It's Not Reykjavik, But....

To get a better grasp of the negotiations in 1986 between TAC and the NRDC, a brief, albeit partial, chronology, might be useful:

- Nov. 1985. The Youngs announce their retirement, effective Dec. 31, 1986. They offer a "smooth transition to anyone who wants the job."

- Jan. 1986. TAC agrees to pay NRDC \$17,000 for services in 1986 (approximately one-third of NRDC's annual expenses).

- March 1. NRDC requests \$50,000 from TAC for: 1) Ken Young's full-time consulting services for six months; 2) transfer of all files to TAC.

- March 6. TAC declines.

- March 7. NRDC says it will proceed with alternate plans to disperse the NRDC to satellite record keepers, nationwide.

- May 16. A group representing TAC, NRDC, RRCA and ARRA meet in Portland, Maine, and express support for the state system and agree that "the keeping of records is crucial to the success of our sport."

- Sept. 5. TAC announces the formation of TACSTATS.

- Sept. 8. Ken Young offers 300 hours of consulting services to TAC for \$15,000 at a rate of \$50 per hour.

- Sept. 16. TAC declines, say-

ing it may not need that much time, and offers a six-hour, \$300 fee to "see what we might need."

- Sept. 22. Ken declines, and proposes TAC pay \$26,000 to NRDC to: 1) transfer record-keeping materials to state volunteers; and 2) transfer essential NRDC files to TACSTATS — including: a) in depth all-time rankings; b) current age record lists; c) date of birth/address file (over 6000 DOB's); d) percentile distributions for 10K and marathon; e) demographic studies on running participation; f) current certified course list.

The Youngs also suggest a consulting fee of \$50 per hour for Ken or Jennifer through Jan. 31, 1987, and \$500 a month consulting fee thereafter, adding: "we cannot agree to any consulting or transfer of files prior to a signed agreement."

- Sept. 26. TAC declines, saying it "expects TACSTATS to go forward without your participation. Whenever you feel you would like to become members of TACSTATS' Board of Advisors, please let us know."

- Sept. 30. Jennifer replies: "The NRDC will continue to work with the state record keeping centers this fall, as its funds permit. Ken and I wish success to TACSTATS." □



ON APPROACHING EVERY PROBLEM WITH AN OPEN MOUTH

BY W. MACDONALD MILLER

Backlash

I don't think there's much disagreement anymore over the fact that I did, in truth, invent what has popularly become known as running. Oh, sure, there's no denying that a few soreheads out there will nit-pick from time to time, but in my position that comes with the territory.

So it is still both fitting and appropriate for me to outline the role I plan to play in dismantling what has become of this wonderful invention.

I will not waste any of your valuable time trying to distinguish between some airhead complaining about the available yogurt flavors after a race, or George Sheehan saying, "No horse ever ran himself to death without a jockey on his back." Don't run with a jockey on your back, pal. Even the guys at the health club know better than that.

I have wondered from time to time, however, why anyone would pay attention to a guy who runs marathons wearing a handkerchief on his head, flapping his arms like a stork, and saying things like, "Man must play with his family, with his friends, with himself, etc?" How serious can you take a man who feels it necessary to wear a tie and is further obligated to keep it in place with a paper clip?

Chances are, questions like those will remain unanswered. The purpose of this article, as I mentioned earlier, is to let all of you faithful readers know, up front, the part I'll play in the unfortunate task that lies ahead.

Rest assured, people, the fantasy is over. In spite of all the articles and speeches and inarticulate gobbledygook, you never got the big question, "In training for what?" answered. Don't anyone even consider an answer like, "To do Boston, of course." Never mind all those worn out clichés about, "Lookin' good" and "You can do it."

It was all just a thinly-disguised, overwhelming me-thing. It must have had Sigmund Freud doing Heavy Hands in his grave. People got crazy about weight, food, shoes, wrist watches, head bands, and beer in pursuit of something I've never been able to fix in my mind as one of the burning issues of our day: endurance.

We created new gods. "Did you see who's here? Both Frank and Billy!" People got so wrapped up in endorphins, perspiration and fitness that most everyone lost sight of the total devastation being heaped on the old bod.

It's certainly no mystery to me why the great majority of people reading the NMN don't enjoy humor. How could anyone retain a sense of humor on 600 calories of fiber a day, waking up at 5 a.m. to do fitness stuff sometimes in weather even a mailman wouldn't even face.

The irony is that all this wasn't enough. People started coming up with words like "wellness." I always loved that one. Wellness, my foot! What everyone looked like they needed most was a good meal, a good night's sleep, and then a visit to their family doctor. I'm reminded of that Harvard Lamppoon book, "After Infinity, What?" The point of diminishing returns never really caught much of an audience.

We're talking backlash folks. The old straw that broke the endurance camel's back was when they came up with the concept of *cross-training*. In a show of unprecedented *hubris*, the fitness community has moved on to total fitness. Now the triathlon is being paraded in front of us by promoters and manufacturers playing on that granddaddy of all motivation — "I can do something you can't or haven't."

I heard a comedian in L.A. talking about a similar situation. He said the Dodgers were so desperate to come up with a new gimmick to attract fans that they were planning to give the first 10,000 who showed up for a mid-week game a free chain saw (with gas) as they entered the stadium.

Now that I think about it, I guess most of the promotion of fitness comes from people selling things.

Total fitness, including the triathlon, has to be the ultimate leap into totally committing oneself to one's self. A couple of hours of running, a couple more on the bike, and then polish off the day with an additional two hours in the pool.

Among other things, I sure hope you're in the process of fighting to the top of Dad's company, because, if you're not, keep your needs at a minimum — there won't be much time for work.

But then, what the hell, play was always more fun than work anyway. Forget about yeast flakes, intervals,

Nate Pritikin (rest his soul) and read a book called, *The Body of America*, by Blair Sabal. She is assisting me quite nobly in the dismantling of what could have been a great idea. Sabol says running can be an effective anesthetic against real life: "Any run I ever took was a run away from my relationships, my bills, everything." In fact, she was also running away from her work: "It became a procrastinating technique" (recalling assignments lost because she was too exhausted to do them). She talks about the myth of the mattress: "Everyone I know who works out is celibate and too exhausted to make love. Have you ever looked at the faces of the men running around those tracks. Their sperm count must show a number requiring fractions."

The sad thing is that I see so many of my friends and acquaintances in all of these examples of how badly off course we've gone. It is in this spirit that I officially launch, Operation Backlash or Man/Woman Must Retain Enough Energy to Fool Around a Little (M/WMREEFAL).

As for me, I have long since contacted the Weight Pentathlon people, and have been practicing with my shot put now for about six months. I haven't competed yet, and frankly, I'm



Winners of the W70-74 division on the victory stand after Asbury Park, N.J. 10K Classic. Left to right are Adrienne Salmi and Pearl Mehl. Photo by Valentine

worried sick that I'll have to get rid of all my sweat bands and knee socks before I go to my first meet. I wonder if they'll let me put with my Walkman on? At least I'll be able to throw away those stupid painter's caps. □

TAC, NRDC Fail to Agree on Transfer of LDR Records

Continued from page 7
spend more money or not, we're not going to cave in to Jen's demands."

Chriss said the new operation will try to keep the same standards as the Youngs, but "that may be difficult, because the Youngs were very, very good. We'll make mistakes until we learn, because the Youngs won't help us. It won't be the same quality for the first year, but I'd rather spend the \$26,000 to improve it."

Chriss said TAC supports the state record-keeping system, but adds: "it will be up to the Honikmans or TAC's Committees to determine how to use it."

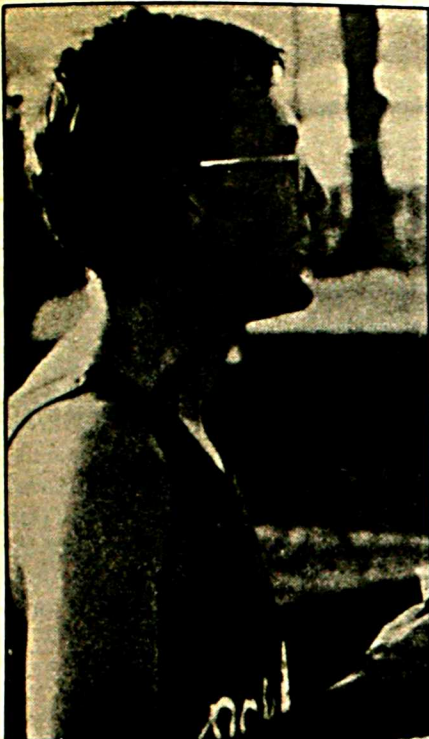
In summary, the Youngs said: "We support the Honikmans, and wish TACSTATS a success, but our files

represent tens of thousands of man-hours and thousands of dollars in hard costs. Simply, they are irreplaceable and essential, and we won't sell them for less than we've asked. Maybe we will give them to a non-profit, 501c3 organization."

Chriss said: We recognize the Youngs' great contribution to record-keeping, and that they're entitled to compensation for all they've done. We want them on the TACSTATS Board of Advisors, but knowledgeable people in the business feel we won't need their data. The Honikmans feel they can do it alone. So while the Youngs *may* be right, I *think* they're wrong. I don't think giving \$26,000 to the Youngs will improve it one damn, so we're going ahead on our own." □ —Al Sheahan



U.S. masters athletes parade in opening ceremonies in Lima, Peru. Nick Newton in front, followed by Bill Knocke, Dennis Duffy, Stan Whitley and Melvin Brooks.



MYSTERY MAN? If you followed running during the 1960's, you might recognize this runner — even from the side. He "disappeared" from his Spokane, Wash. home in 1980 and has been living under the name of Gale Young in Hawaii, surfacing only occasionally. In the Honolulu Diet Pepsi 10-K on Sept. 21, this former Olympian and seven time NCAA champion went out fast and led the race for the first 500 yards. He faded somewhat and finished in 17th place in 34:20. Since he was born on March 9, 1946, he should have placed first in the 40-49 category by eight seconds. However, under his assumed name he entered the 30-39 division. His name was Gerry Lindgren. Photo by Mike Tymn

Write On Continued from page 3

linking both international and U.S. guests with opportunities to visit the tourist attractions of their choosing on the West coast. Should Los Angeles be awarded the 1989 National Championships this would certainly increase the number of pre-World Games opportunities in that area.

With the competition for the U.S. Site now over, we are looking forward to combining forces with the U.S. Masters program in making "our" U.S. bid successful.

*Barbara Daugherty, President
Oregon Track Club Masters
Eugene, Oregon*

After receiving Dave Pain's request for my pledge for the funding of the U.S. bid for the World Veterans

Rushmer, Drake Win 10K

Continued from page 1

Actually, Rushmer won the M40 category last year at Lytham St. Anne's England, but Tecwyn Davies, an M45, had won the race overall.

Loudat, who has been New Mexico's top sub-master runner for the past few years, just turned 40. He prepped for this race by training with the Waltham-Stow Athletic Club in England.

Only these partial results were available at NMN press time. Complete results of the 10K and marathon will be in next month's issue. □

Games in 1989, and his concern regarding the bid by Split, Yugoslavia, I feel it's time to go back to the big pond.

Personally, I would prefer Eugene over Los Angeles for the World Games. However, the thing to now think about is the competition from Split. Did the site-selection sub-committee think about the two-hour drive from Eugene to the Portland airport? Eugene has nothing to offer a world tourist, except a well run meet, some publicity and beautiful surroundings. Split has all that, too. But, does Split have Disneyland, Sea World, Wild Animal Park, zoos, movie and TV studio tours, etc. like they have in L.A. and San Diego? After all, Europeans will spend plenty to get to the U.S.A. — and there are more of them (2418 in the European Championships) than us (761 in our Nationals in New York).

Hence, I urge the committee to reconsider the Eugene site, before it is formalized at TAC's convention in December in Tampa. As Hal Higdon said in his philosophical question: "a big fish in a small pond, or a little fish in a big pond." We could end up a dead fish in *no* pond in the U.S.A.

*Burl Gist
San Marcos, California*

MEET DIRECTORS THANKED

We often hear complaints about the way masters track meets are run. Usually the complaints are few, but they get blown out of proportion because fewer people take the time to write and praise meet directors who have put on very well-run meets.

Three 1986 meets, in particular, were run extremely well: 1) the Indoor



Web Loudat, of Albuquerque, N.M., who just turned 40, placed 2nd in 30:59.9 in the World Veterans 10K Championships in Vancouver, B.C. on October 4. Photo by Melissa Loudat

Eastern Regionals on March 23 at the U. of Delaware under the directorship of Dr. Larry Pratt; 2) the Outdoor Eastern Regionals on June 29 at Villanova U., directed by Fred and Barbara Mannis; 3) the National Masters Championships on July 18-20 at Mitchel Field under the leadership of Sandy Pashkin.

I congratulate all meet directors who have done a great job and have hardly received the praise they deserve.

*Haig Bohigian
North Tarrytown, New York*

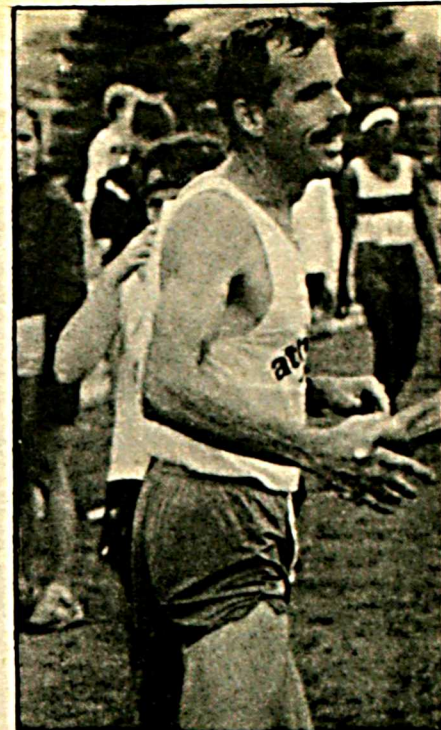
ILLINOIS GRAND PRIX

The first Illinois Masters Grand Prix series is a great idea because it gives competitors something to look forward to, every few weeks. The people who came up with the idea deserve a lot of thanks and credit: Pete Stopoulos, Richard Green and Dick Lindsey. Thanks, guys.

I'm now 40 and have been high/triple jumping and playing basketball for about 30 years, including varsity level in college. But ever since my first masters meet in 1984, I've developed a new enthusiasm for putting my body through all the hurts and pains that go with competing. Masters athletes have my full respect.

Thank you, NMN, for a great publication. The one major complaint I have is you only send it to me once a month.

*Johnie Meisner
Easton, Illinois*



Patrick Davis, 40, Mokena, Ill., first masters (1:28:42) in U.S. TAC National Masters 25K Championships, Joliet, Ill., September 21.

Davis, Vandergraaf Win

Continued from page 1

1982, belonged to John Holoubek. Algene Williams, W70, also of Park Forest, ran 2:18:25, and Anne Clarke, W75, of Glen Ellyn, Ill., clocked 2:38:45 to obliterate the old records of 2:51:54 and 2:59:50, both of which were held by Californian Bess James. □

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FROM THE Editor

by AL SHEAHEN

The Cost of Staging a Masters Track Meet

Staging masters track & field meets is not the way to get rich, according to the financial statements of nine masters meets over the past few years. The detailed chart on this page shows revenues and expenses for seven U.S. meets and two World Veterans Games. The U.S. meets range from the nationals to small local events.

Of the seven U.S. meets, four made money. Only one of the four showed a profit from entry fees alone; most meets generated other revenues from sponsors, donations, concessions or TAC.

All meets were staged by volunteers. If fair-market labor costs were to be

factored in, all meets would show a staggering loss. For example, the recent National Masters News meet in Van Nuys, Calif., lost \$326. But if it had to pay for the time of the officials and other volunteers, the loss would have been more than \$10,000. Moral: don't put on a meet without plenty of

volunteer help (or a sponsor with deep pockets).

Expenses varied widely, but unavoidable costs seemed to be: medals, food & drink for officials, printing, TAC sanction and track rental.

"The average athlete hasn't the slightest idea of the amount of work that goes into preparing for a track meet," says Haig Bohigian, TAC's Eastern Regional Masters T&F Chairman. "The amount of time needed to prepare is overwhelming: the meet form, advertising, seeking sponsors, lining up a facility, getting officials, getting the sanction, planning the schedule, getting masters approval, getting awards, receiving the entries, checking the fees, data and TAC registration, setting up the seats, posting the results, typing the results, mediating disputes, etc. It's endless and thankless and can go on for as long as six months to a year after a meet for people still writing in for tee shirts, awards, refunds and results.

"It's often overlooked that TAC hardly provides enough support to run

our program," Bohigian continues. "Most of the meet directors barely squeak by on entry fees and occasional help from some sponsors. Most of the officials work for very little, if any, compensation. Many of the people who help out at the meet are volunteers, relatives and track and field enthusiasts. Given all that, it's remarkable that most meets are run well at all."

We hope the chart provides valuable information for participants and meet directors. TAC has encouraged directors to compile financial statements, and even offers a subsidy to national and regional directors who do so. (Six of the seven 1986 regional directors did not submit their profit & loss statements to TAC, and, thus, only received half their potential grant.)

If you direct — or have directed — a meet, we encourage you to send your financial statement to NMN. We'll pass it along to TAC and publish it in our next chart. If you have suggestions on how masters meets can turn a profit, please send us your advice. □

PROFIT & LOSS STATEMENTS FOR NINE MASTERS TRACK & FIELD MEETS

	1983 World Games San Juan	1987 World Games Melbourne (Budget)	1986 Outdoor National New York	1981 Outdoor Nationals Los Gatos	1984 Indoor Nationals N.J.	1986 Indoor Nationals Louisiana	1985 SCA/TAC L.A.	1986 NMN Age-Hcp Van Nuys	1986 Midwest Regional Illinois
REVENUES:									
Marketing		24,000							
Entry fees	45,900	72,000	15,425	6,280	7,920	NA	1,670	637	815
Sponsors	404,900	288,000		5,000	2,700				
Banquet	11,100	36,000		2,000					
Donations	60,200							292	
Concessions								38	
Admission fees		6,000		474					
TAC			2,000			1,500			350
Miscellaneous	25,600								
TOTAL REVENUES	\$547,700	\$426,000	\$17,425	\$13,754	\$10,620	NA	\$1,670	\$967	\$1165
EXPENSES:									
Accounting/Legal	20,500	5,400							
Administration			3,744						
Advertising	94,400	41,100	2,349	358	300	456		192	
Announcer				100				50	
Automatic Timing			1,400	600		420			
Banquet/Social	14,600	45,000		1,875					
Communications		1,200							
Entertainment/Travel	20,300	15,000							
Equipment				1,222		816			
Medals/Awards	16,900	18,600	3,985	4,080	1,840	2,086	564	203	920
Medical/Trainer				50					
Miscellaneous	42,800	38,700			34	200			
Numbers/Pins				192		28			
Office rent		9,000							
Officials	45,000	12,000	5,347	571	1,112	363	380	128	110
Patches			600	675					
Postage	7,400	5,100		690	252	438	32	40	
Printing/Copies	15,100	58,800	300	573	565	1,337		89	
Salaries	142,900	97,200		610	193	341	150	200	
Security				233		370			
Supplies	25,500	7,500		68			105	39	
T-shirts/souvenirs	7,200			855	2,000				
TAC Sanction/Insurance		3,840	100	50	96			100	35
Telephone	6,900	3,300			20		12		
Tent Rental			1,125	300				109	
Track facility	13,000	49,200	240		2,000	600	200	100	
Transportation	39,000	6,000	754			335	20		
Volunteers (food)								43	
Opening ceremonies	31,200								
TOTAL EXPENSES	\$547,700	\$426,000	\$19,944	\$13,102	\$8,615	\$7,790	\$1,463	\$1,293	\$1,065
NET PROFIT (LOSS)	0	0	(\$2,519)	\$652	\$2,005	NA	\$ 207	(\$326)	\$100

NA=not available

Romain Breaks U.S. M50 400 Record

Ralph Romain, 54, running for the Potomac Valley Seniors Track Club, set a pending American record for the M50-54 400 with a 52.8 in the 11th Annual PVSTC Games, August 31, at St. Stephen's Episcopal Boys' School in Washington, D.C. The current record of 52.9, set in 1977, is held by Jack Greenwood of Kansas. Two weeks earlier in the PVST-NY Masters dual meet, Romain ran 53.4 on the same track.

In other events, Jim Demma, 47, (2:09.3), held off two younger runners, John Kuhl, 42, (2:10.5) and Kevin Sherlock, 41, (2:11.2) to win the M50-59 800 race. Charles Desjardins, 49, also defeated younger runners to win the M40-49 5000 in 19:00

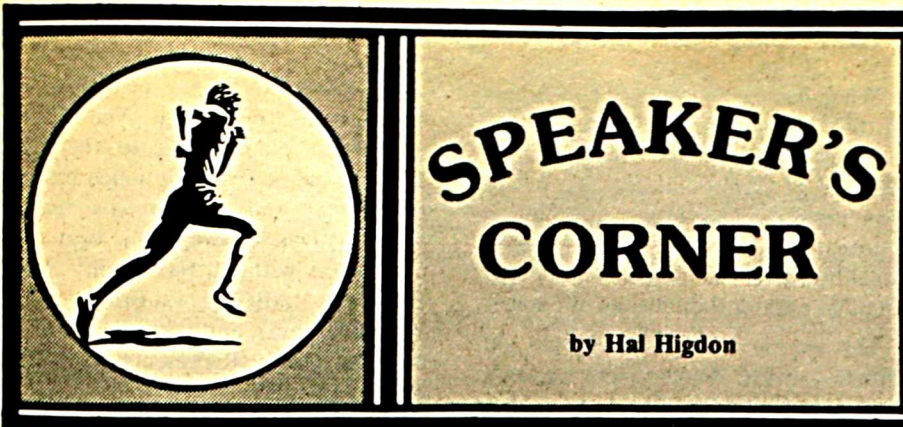
The PVSTC walkers, in their usual fine mettle, were paced by Sal Corrallo, 56, with a day's best 25:50 among submasters and masters walkers.

Jay Edwards, 50, was top shot putter with 41-10½. Joan Dash, 53, hit the 28-1 mark.

National champion in the W35 shot and discus in Uniondale, Long Island, last July, Kathy Pierce, 39, threw the discus 87-4.

David Reiss, 38, this year's M35 javelin champion (232-3), was consistent with 231-0.

The outstanding men's athlete award, if any, should have gone to Svennevik Eiling, 67, of Philadelphia, who had convincing wins in the high jump (4-3), shot (37-2½), and discus (120-8), and two seconds in the javelin (96-6) and hammer (100-1). □



The Grass Beside the Asphalt

Recently I traveled to San Diego to do a question-and-answer interview for *The Runner* magazine with Thom Hunt, whose spring successes included a near world record (46:15) at the Nike Cherry Blossom 10-Mile and a 2:12:14 while placing second to Bill Donakowski in the New Jersey Waterfront Marathon.

Hunt has as his two-year focus an Olympic marathon gold medal, but yearns almost as much for a victory in the world cross-country championships. (In 1977, he won the world junior title in that event.) "That's my real love," admits Hunt, who does much of his training on grass or trails. In another interview with me several years previously, Alberto Salazar had offered a similar endorsement.

Deeds don't often match words, however, so Hunt, Salazar and their peers more often lately can be found running for bucks on the roads or in track meets. Although the USA finished third (males) and fourth (females) last spring at the world cross-country championships in Switzerland, many top runners skip the yearly event. "It's tough to race 12 months of the year," confesses Hunt.

The World Veteran Games includes a cross-country race on its schedule of races, but there is, unfortunately, no comparable "masters" race at the annual world cross-country championships. Compared to road races, there remain few cross-country races available, and few of those offer cash prizes — or sometimes even T-shirts.

Yet last fall, I noticed more and more runners (elite and otherwise) sneaking off to races through the woods and across golf courses. I'd see racing friends otherwise invisible at road spectacles, and we'd share a wink and a grin. "Oh, you know about this too?" Last year at an end-of-fall cross-country race outside Chicago, unregistered runners in such great numbers so overwhelmed shocked officials that they delayed the start a half hour. The runners eventually shrugged, and decided to start without waiting for a starter's gun. It seemed in keeping with the relaxed nature of the harrier sport.

For those of us whose introduction to running came as youngsters in school, cross-country seems natural. It's "what you do in the fall." Many began their careers running hill and dale, cross-country being a condition-

ing activity for track, or other sports such as wrestling and basketball.

For those oldsters who began running later in life, cross-country seems less natural. Joggers typically start on smooth roads where they need not cope with the rigors of rugged surfaces, not to mention hills. Admittedly, there is less danger of injuries for beginning joggers who take the asphalt approach. But after becoming "serious" runners, many once-beginners never take the next step onto the grass beside the asphalt.

Ironically, while cross-country poses more threat of injury for beginners, it can offer protection from same for those willing to slowly accommodate their bodies to running on uneven ground. I believe that my success in avoiding many injuries (and continuing to run for almost four decades) is because I do a great deal of my training (weather permitting) on trails, beaches and golf courses. Not only do soft surfaces cushion the blows of foot striking ground, but the slight (but constant) shifts in slant and surface toughens the legs against the occasional pothole or patch of ice encountered on the roads. Training on tough surfaces makes you tougher.

Apart from any practical reasons, running cross-country is aesthetically more pleasing on wooded trails where you might round a corner to surprise a deer, an alligator or kangaroo — to name some of the wildlife I have encountered on my world running travels. In honesty, I have to confess once doing a steeplechase jump over a rattlesnake snoozing on a trail, but don't let me frighten you. The pleasures of cross-country outweigh the hazards.

Cross-country never will become a mass-appeal or big-buck sport. Sponsors are hard enough to attract to races held on the easily accessible roads. When everyone disappears into the woods once the gun sounds, TV cameras can't follow. But I see this as an advantage.

This fall, as leaves begin to turn and



Louise R. Brown, Director of Pittsburgh's 10th annual Great Race, congratulates Gabriele Andersen, 41, who set a new American women's masters 10K record of 34:01 in the September 28 event.

I wink and smile at more of my friends who discover the grass beside the asphalt, I'll be happy to accept cross-country as an important discipline within our running sport. □

Hal Higdon won National AAU cross-country championships as a junior (1958) and as a master (1971, 1973). He placed third in the world in 1975.

Andersen Sets U.S. 10K Record in Pittsburgh

Gabriele Andersen set a new U.S. female masters record for 10 kilometers with a time of 34:01 in the Pittsburgh Great Race on September 28.

The time of the 41-year-old resident of Sun Valley, Idaho bettered the old mark of 34:44, set by Cindy Dalrymple in the Asbury Park 10K Classic in 1983.

Finishing only 30 seconds behind Andersen in 34:31 and also breaking Dalrymple's mark was Barbara Filutze, 40, of Erie, Pa.

Andersen finished 8th overall of 2,613 female finishers. Filutze placed 10th.

Andersen became an international celebrity in 1984 when, as a 39-year-old member of the Swiss Olympic marathon team, she staggered into the Los Angeles Coliseum with TV cameras grinding away. In 1985, she

was named U.S. Long Distance Runner-of-the-Year of all women aged 40-44.

Local masters standout, Sam Bair, 40, rolled to a 9-second masters triumph in 31:36, for 37th of 7,636 male finishers. Tom Allison, 40, of Wheeling, W.Va., clocked 31:45, 20 seconds ahead of Wayne Vaughn, 40, of Hagerstown, Md. Both Bair and Andersen took home \$300 for their efforts.

The 10th annual event drew 12,260 entries and 10,249 finishers, of which 75% were men and 25% were women. Twenty-three percent of the men (1719) and 14% of the women (372) were masters.

Overall winners were Paul Rugut, 24, (28:24) and Lynn Jennings, 26, (32:56). The temperature was 68, with 87% humidity, a calm wind and no rain. Louise Brown directed. □


Wyatt Gets Another High-Jump World Record

Herm Wyatt, of Los Gatos, Calif., who turned 55 on September 13, wasted no time in adding the M55-59 high-jump world record to the M45-49 (6-2¼) and M50-54 (6-2) world records he already owns. Competing in the 13th Annual Club West Masters Meet on the University of California at Santa Barbara campus in Goleta (a few miles north of Santa Barbara) on October 4, Wyatt jumped 5-9, eliminating American Boo Morcom's 5-6½ (July, 1976) from the record books.

In the running events, Bill Knocke, M45, posted day's best masters times in the 100m (11.9) and 400 (54.2); Gary

Miller, M45, out-timed all 110m hurdlers with 18.1; and John Brennan, M50, was the fastest 5000 finisher with 16:44.

In the field events, Ross Carter, M70, threw the shot 44-7½; Lloyd Higgins, M40, led all discus throwers with 170-10 and hammer throwers with 153-1; Bob Humphreys, M50, hit the 160-5 discus mark; and hammer thrower Dave Douglass, who, like Wyatt, joined the M55 age-group in September, celebrated his move to that division with wins in the 110mH (19.3), long jump (14-11½), and hammer (128-7). □



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Hamstring Strain

Hamstring strain, although not common in long-distance runners, is quite common among masters sprinters and middle-distance runners. Such strains or tears can occur quite suddenly, usually during hill training or sprinting. With long-distance runners, the symptoms may develop gradually.

When running, during the toe-off period of gait the quadriceps must contract with the hamstrings. However, if the hamstrings are not correlated with the stronger quadriceps, hamstring strain may result. Hamstring strains can also be caused by excessive overstretching. Proper stretching routines, therefore, should be followed.

Weak hamstrings are obviously prone to sudden strain and endurance fatigue. Hamstring weakness can be detected by isokinetic testing.

Hamstring strains fall into three major categories: Grade 1: Mild strains with some soreness. The athlete notes a slight "pull" or stiffness while running, which usually does not inhibit the workout program significantly.

Grade 2: More painful conditions, usually occurring in sprinters. The hamstrings ache and are tender, and some bruising may be evident. Lifting the leg is painful and limited, and the athlete can not jog or walk without some pain.

Grade 3: Severe strains or tears, which may cause the athlete to collapse. Walking or even lifting the leg is impossible. A hematoma (swelling and discoloration) may form.

A hamstring strain of any grade requires immediate treatment by icing, compression, elevation, and rest. Proper medications are needed for grades 2 and 3. Grade-1 irritations should also be treated with gradual stretching. For grades 2 and 3 strains, however, stretching treatments should be introduced only three weeks rest. Heat can be applied to affected areas after the third day; and ultrasound is recommended.

Rehabilitation should consist of a gentle warm-up, gradual stretching, and then light running. Avoid quick bursts of speed and hill workouts. Return gradually to normal workouts only after symptoms disappear. □

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



Senator Richard Lugar (R-IN), 54, finishes 3 miles in 21:44 to lead his team ("Lugar Rans: Neither Banned Nor Also") to second-place at the Nike Capital Challenge. Photo by Kathy Ruser

Nike Capital Challenge Draws 500

What has 11 Senators, 23 members of the House of Representatives, 2 Cabinet Members, the White House Director of Communications, a television network anchorman, the United States Army Field Band, a catered breakfast and 1030 legs? It's the annual Nike Capital Challenge of course.

This unique event attracted over 500 runners on 112 teams in the nation's capital on September 11.

Each team was captained by either a U.S. Senator, Representative, Cabinet member or Sub-Cabinet Presidential appointee, Federal Judge or Washington media person, each of whom had to finish the race in order for his or her team to count.

The race is always brimming with special touches, and this year was no exception as race director Jeff Darman brought in Alberto Salazar to be the official "whistle blower." Salazar blew the whistle to start the race and then jogged the three mile course which loops Washington D.C.'s East Potomac Park. The U.S. Army Field Band provided spirited music before and during the race; two officials dressed as a donkey and an elephant helped pass out race packets and held a "bureaucratic red tape" that winner Scott Celley broke through for his fourth straight victory, in 14:06.

The race is designed to highlight the ability of many of the nation's busiest leaders to stay fit and raises money for Special Olympics. All entry fees are turned over to Special Olympics, and Challenge sponsor, Nike, donates an additional \$2000 in the names of the winners as well as paying race expenses.

Male and female legislative winners were Senator Max Baucus (D-MT) in 18:48; Senator Nancy Kassebaum (R-KS), who briskly walked the three miles so her staff could enter a team (46:10); Representative David Bonior (D-MI), 18:21; and Representative Claudine Schneider (R-RI), 27:18.

Overall team honors went to a team from SEC, captained by Director of Market Regulation, Richard Ketchum, who edged out Slade's Striders, the top Senate team by just three points.

Teams contested for awards for Best

and Worst Named Teams, Best Uniform and Best Spirit. The "race" for Worst Name went to the CBS Evening News Team captained by correspondent Bill Plante. His team's name, "Dan's Sweaters" beat out "Taxation without Hesitation" from the IRS, "ABC News Briefs" (Ted Koppel's team), and "Still Running on Regular Gas" (Representative Ralph Regula (R-OH)).

Best Name honors went to Foreign Relations Chairman Senator Richard Lugar's "Lugar Rans: Neither Banned Nor Also." They had intense competition from "Love 'Em And Lehman" (Representative Rick Lehman (D-CA)), "No Guts, No Gorey" (Senator Albert Gore, Jr. (D-TN)) and "Roto Reuters" of the Reuters News Agency captained by Peter Torday.

The Best T-shirts were those of the U.S. News and World Report team who had "Free Nick Daniloff" emblazoned on a masthead style T-shirt, while Best Spirit went to a team from the Energy Information Administration, which had about 50 cheering staffers on hand, a mascot, and even candy to bribe the judges.

Race director, Jeff Darman, who thought up the idea for the event and who has directed it the last six years, summed up his feelings for the Washington Times: "On this one day of the year the power in Washington lies with me. The high and the mighty are all standing there in their shorts waiting for me to tell them it is OK to move." □



Senator Clairborne Pell (D-RI), 67, running the NIKE Capital Challenge, September 11. Photo by Kathy Ruser

DEADLINE

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

PROFILE

John Loeschhorn: From Miler to 100 Miler

Born: May 10, 1944, Leadville, Colorado

Schools: Ramapo Regional High School, Franklin, N.J.; New York University, B.S. Education, 1967

Occupation: Running store owner, coach, runner

Family: Married to Gail, daughter Laura, 15

Ht./Wt.: 5-7, 136 pounds

Current Residence: Irvine, California

Top Achievements: Broke New Jersey high school mile record with 4:17.4 in 1962; three-time metropolitan (N.Y.) collegiate cross country champion; 4th place IC4A cross country championships, 1965; 4:10.1 mile in 1965; 6th place in world military track championships, 10,000 meters (29:44), 1970; 2:24:22 marathon, 1974.

Masters: 15:42 for 5,000 (track); 32:30 for 10-K (road); 2:27:03 1986 Boston Marathon; 3:11:35 for 50,000



John Loeschhorn

meters (pending U.S. record for track); 18:40:49 Western States 100 Miler, 1986 (1st over-40, 5th overall).

That's quite a range in achievement — from an outstanding high school miler to first masters finisher in the Western States 100 miler. It's unusual to find someone with good miling ability doing the ultras. Why the big jump?

"I'm just not interested in doing a lot of interval quarters and stuff like that. I see my future right now in running the longer races because I might be able to win. And, I'd much rather win a race than run a fast time. Winning is just a whole different experience. Besides that, I'm motivated now to see how much money I can win."

Have you tried an all-out mile, or anything short and fast in recent years?

"Not really. In 1981 and 1983, I ex-

perimented with some intense speed work of the type I did in bygone days. The best 220 I could do was 28.5 and the best 440 I did was 60.7. In high school I ran 25 and 54.4 at those distances. I did a 4:49 mile in a workout in 1984. Since I raced a 9:10 for 3,000 and 15:42 for 5,000 on the track in 1985, I guess I might be able to race a mile in the area of 4:35 if I trained for it."

You're saying you don't think you'd be able to run faster than a 4:35 mile even if you focused on that distance?

"It's true that the focus of my training now is more toward the longer distances and thus not ideal for producing fast times in shorter races, but I know that otherwise something is seriously missing from my leg speed. And, I don't know where it went. If I didn't have newspaper clippings and old log books filled with training times, I would have thought that I was two different people. Perhaps it's due to my years as an alcoholic, or perhaps it's the years I spent resoling shoes and breathing acetone and other harmful chemicals all day, or perhaps it is that I'm getting old, or more likely a combination of these things and some things I'm not aware of."

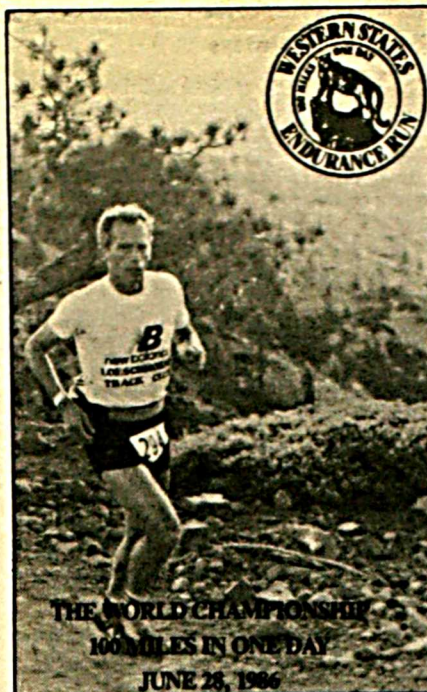
"I have never been more dedicated to my training than I have over the past three years and yet I can scarcely run within three minutes of my 10-K PR."

Have you been competing ever since high school?

"No, I've taken a couple of long breaks. I ran infrequently my first two years out of college. The 1968 Olympics inspired me and I began training again. In February 1970, I won the Washington's Birthday Marathon in Beltsville, Maryland in 2:27:28, and as a result I was invited to try out for the inter-service cross country team. I made the team and ran my PR for 10-K of 29:44 in Viareggio, Italy. That race was won by Mohammed Gamoudi. After finishing fifth in the world military cross country championships the following year, I came down with the worst injury of my career — sciatica, so bad I could scarcely walk."

Didn't you run in the '72 Olympic marathon trials?

"I did, but it was a disaster. I qualified for it with a 2:28 in Eugene, even though I stopped four times due to diarrhea. I felt ready for a 2:18 to 2:20 in the Trials, but by the third mile I had blisters on both feet and by the 18th-mile my left shoe was sloshing with my blood. Tom Laris and I dropped out together shortly after Jeff



Galloway and Jack Bachelor passed us. After that I busied myself in getting out of the military and into the world of business and careers."

What kind of career did you pursue?

"First of all I went to work for Runner's World as manager of Starting Line Sports. Runner's World was still very small then, about 10,000 subscribers, but we had two stores and a thriving mail order business. Running an average 49 miles per week, I ran my marathon PR of 2:24:22 at Yonkers the following June (1974). I was just getting ready to run again, but Bob Anderson (then owner of Runner's World) was not supportive of my running."

You're kidding?

"No, I'm not. He felt it was getting in the way of my job performance and essentially said lighten up on the running or get lost. At that time in my life, I lived from meager pay check to meager pay check. I was outraged, but I was afraid that if he fired me, I'd starve. A few months later I got a job with a young company called Tred2. They pioneered athletic shoe resoling and hired me to set up a dealership in Southern California."

How did that go?

"At first it went well. I ran 2:25 at Culver City and started hoping for my great breakthrough race. But it wasn't long before I had conflicts with my job again. I began to think I would never be a success at anything. I quit the job and started my own business in competition with them. That was in December 1975."

Did being self-employed help your running?

"No, that was the end of my running career until April 1978. I wasn't making much money and had to put in long hours to get things off the ground. I ballooned from 132 pounds to 175 and became an alcoholic. I'd run one or two miles occasionally, but that was it."

What got you going again?

"Well, I bet a friend \$300 that I

could run a marathon in 2:30 by June (1978). That got me training and the weight started to come off. But I lost the bet. I ran my heart out and finished in 2:58. That race was as much fun and as satisfying as any race I've ever run, and I learned an important lesson from it."

What's that?

"It's not so much how fast you run that determines the quality of your race, but rather how you train for the race, and how you run in that race. I realized then that running is really a democratic sport. If I trained my best and run my best, I could experience the same thrills and satisfaction that Bill Rodgers and Frank Shorter experienced, even though I ran like a snail compared to them."

You've been running steadily since 1978?

"Yes, but I didn't get really serious about it until 1983. I boosted my mileage then from 60 to 95 miles per week for a period of nine months. That was a very productive time for me. I ran 22 races, including six marathons between 2:26:12 and 2:30:02 and my best 10-K since 1975, 31:52."

"At the end of that unprecedented spurt, I was exhausted and only raced a half dozen times for nearly two years, until June of last year. That experience served to teach me a lot about moderation."

How about elaborating on that?

"I learned that the body is so constructed that it can endure excesses upon excesses for quite a long time, but when it finally cracks it takes a long time to get your enthusiasm back. I've seen so many others experience the same sort of things and never come back."

What's your training like now?

"When I'm training seriously, I try to do over 100 (miles). This week I'm doing 120. But, I take two to three weeks after a race to get back up to that, and I always taper for a race. So I've averaged 86 miles per week this year."

What's your longest single run of the week?

"Normally, the longest I ever run is 20 miles. Occasionally, I'll run up to 30 miles on trails, but very occasionally, maybe two or three times this year."

You said before that you don't like to do quarters or fast intervals. Do you do any track work these days?

"Sure, but it's mostly miles and things like that."

What's ahead?

"I'm training again for Western States and hoping for some sort of miracle or time warp to intercede on my behalf so I might win this great race. I've set this race to be my Olympics and it is now the center piece of every training effort. My next race is the national championship 100-K in Chicago on October 12, but always at the back of my mind are the trails that wind from Squaw Valley to Auburn and June 27, 1987." — Mike Tymn



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

A Word of Thanks to...

The activities for 1986 are beginning to wind down to a conclusion. I am not sure whether the annual convention is the finish or the beginning of the year — but, in closing out 1986 there was a lot of activity — with many people putting in tremendous efforts to see 1986 was a successful year.

It is impossible to mention all of the people who contributed much during 1986, but without them we could not have made it through the year. There are several I want to expressly thank: one of them is my secretary, Linda Martin, and another is Dave Pain's secretary, Peggy Marlow. Volumes of correspondence went out this year, all over the world, we just can't communicate with each other without letters going back and forth. The entire Masters Program owes a great debt of gratitude to these two unsung heroines.

Some other new faces that have gotten deeply involved with Masters this year on a National level include Joe Valdes from Florida, Lolitia Bache of San Diego, Barbara Daugherty from Eugene, Mary Cullen of Houston, and Hal Higdon from Indiana, all of whom made a great contribution to the World Games Site Selection process. Old time activists continuing to support the Masters Program include Tom Sturak and Al Sheahen of Los Angeles, Dan Thiel of Louisiana, Dave Pain of San

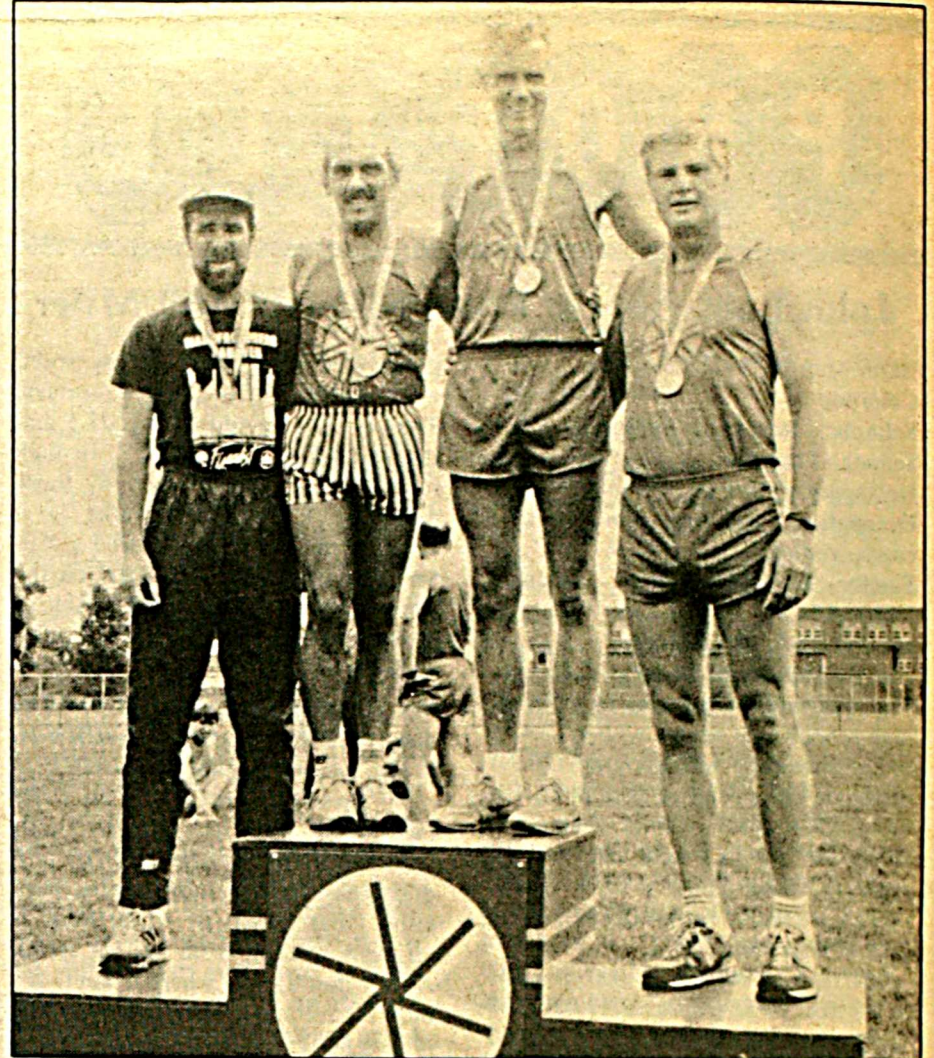
Diego, and Bob Fine, all of whom continued to devote significant time, energies, and talents to the Masters Program on local, national, and international levels. Jim Puckett masterminded the World Games Site Selection Committee in a very long and tedious national tour for which he deserves a great amount of credit. We were able to keep in touch and get lots of communication going on behalf of the long distance runners through the good efforts of Bob Boal.

And to all of the other officers and directors of the Masters Track and Field committee, I can only express my great appreciation for your efforts. All of you continue to take on more and more individual responsibility, and much of your efforts is unseen, unsung, and unrewarded, which is the true test of greatness. The program can't make it without your continuing efforts and enthusiasm. Thanks!

I'll hope to see many of you in Tampa. □



Jack Meegan (1), winner of M50 5K, Empire State Games, Buffalo, N.Y., August 6-10, receives congratulations from Peter Hetterich, who finished second.



Albany area runners who won the M40 4x800 relay, Empire State Games, Buffalo, N.Y., August 6-10, in meet record 8:54. From left: Bill Robinson, Carlos Cuprill, Paul Murray, and Larry Decker.

Empire State Games Draw 300 to Buffalo

by PAUL MURRAY

More than 300 New York Masters athletes gathered in Buffalo, August 8-10, for the annual Empire State Games track and field meet. Outstanding performances in the older divisions produced a host of new Games records. Despite the absence of some national class athletes from the New York City area, the overall quality of the field was better than ever.

Edwin Lukens, 64, was the Games' outstanding field athlete with five gold medals: triple jump (35 feet), high jump (4-7), long jump (16-1), javelin (124-6) and 100H (18.3).

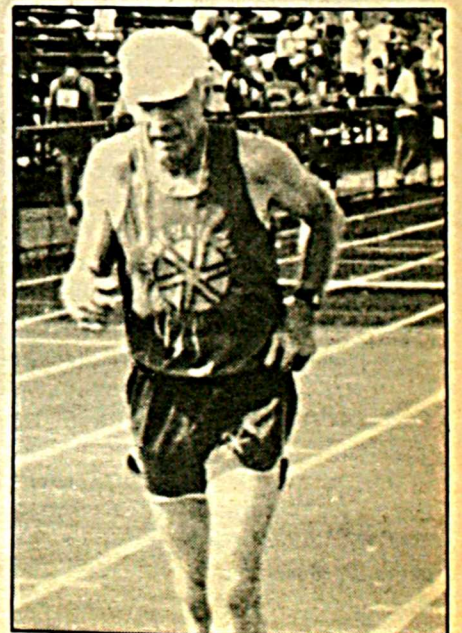
Anthony Napoli also carried off five golds, winning the M65 800 (2:38), 1500 (5:23), 5K (19:09), 10K (39:06) and anchoring the victorious M50 4 x 800 relay team. His torrid 10K was nearly two minutes faster than the winning M65 time at the TAC National Masters meet and his 5K time bettered the TAC winner's by almost a minute and a half.

Another standout was former Buffalo Bill wide receiver Bill Picone, M35, of E. Aurora, N.Y., who, competing in his first meet since his college days at West Liberty St. College in West Virginia, won the 100m (11.6), 200 (23.7), long jump (19-10 3/4), and triple jump (40-1/2).

The oldest competitor, Marsha Tillson, 65, of Shortsville, N.Y., was a triple gold medalist in the 1500 (7:30.6), 5000 (28:22.7), and 1000

(57:08.4).

The competitors enjoyed three days of favorable weather conditions, smooth organization and a newly resurfaced track. Most events went off on time and the Olympic style medal presentations added an impressive note. Only an undependable shuttle bus and a lack of newspaper coverage marred this excellent event. After two years in Buffalo the Games will return to Syracuse in 1987 where the Masters athletes will compete on the superb Baldwinsville facility. □



Bill Shrader, Middleburgh, N.Y., won the M70 100m, 200, and 400, and took second in the 800 and 1500, Empire State Games, Buffalo, N.Y., August 6-10.



International Scene

By BRIDGET CUSHEN
Women's Delegate, WAVA

New Athletic Horizons for Women

On a warm, sunny afternoon in August 1975 on a Toronto track, a small group of female sprinters backed into their starting blocks to contest the first truly international masters 100-meter championships. For those competitors, the first World Masters Track & Field Championships were not just about winning medals or clocking fast times.

These landmark games provided a friendly, supportive, liberating atmosphere in which women 35 years of age and older could take part in international athletics — some for the first time in their lives. For others, who had reached the highest echelons of sport in their younger years before retiring from competition to meet the demands of family life or careers, suddenly, new athletic horizons beckoned.

The opening of masters athletics to women that took place more than a decade ago was, in large part, due to the efforts of a few pioneers who had refused to be "put out to grass" in their thirties. For the record, however, we were given every encouragement by our male counterparts on the then newly formed Steering Committee of the World Association of Veteran Athletics (WAVA).

Five track events only were contested by women at the first WAVA Games in 1975. Now, five biennial World Championships later, we can enter any event from 100m to the marathon, as well as hurdles, jumps, and throws. The growth in women's masters athletics has been phenomenal. Women over 35 no longer feel self-conscious about running on public roads or through parks; and they constitute a large percentage of entrants in open road races, including the marathon — and beyond. In fact, women masters have won outright open mixed ultramarathon events!

It has indeed been encouraging to see more and more female competitors at each subsequent WAVA championships. The number of countries represented by women has also increased. I see this trend continuing as we move towards shorter working hours, more leisure time, smaller families, and greater equality of the sexes in all areas.

In November 1985, I was invited to speak on women's masters athletics at the International Athletic Amateur Federation Women's Meeting, held in Gateshead, England, on the occasion

of the IAAF Women's 15km Road Race Championships. The delegates present were genuinely responsive to my remarks about the involvement of older women in athletics. They were surprised at the range of events contested; and gasped when informed that, for example, the W35 800m world record stood at 1:57.4. (Ed. note — In July 1985, at Gateshead, Mary Decker Slaney, then 26, had lowered the American record to 1:57.60.)

Listening to reports from some other delegates, however, was saddening. For instance, the African representative reported that although he had been unable to attend the Regional Championships in Cairo due to lack of funds, he understood that the female competitors there were only allowed onto the track — and had to compete — in fully zipped-up sweat suits, with temperatures well over 90 degrees! There were no women masters athletes within his ambit and, of course, no competitive opportunities. Other delegates mentioned social pressures and restrictions imposed on young women, most of whom abandon any athletics once they leave school.

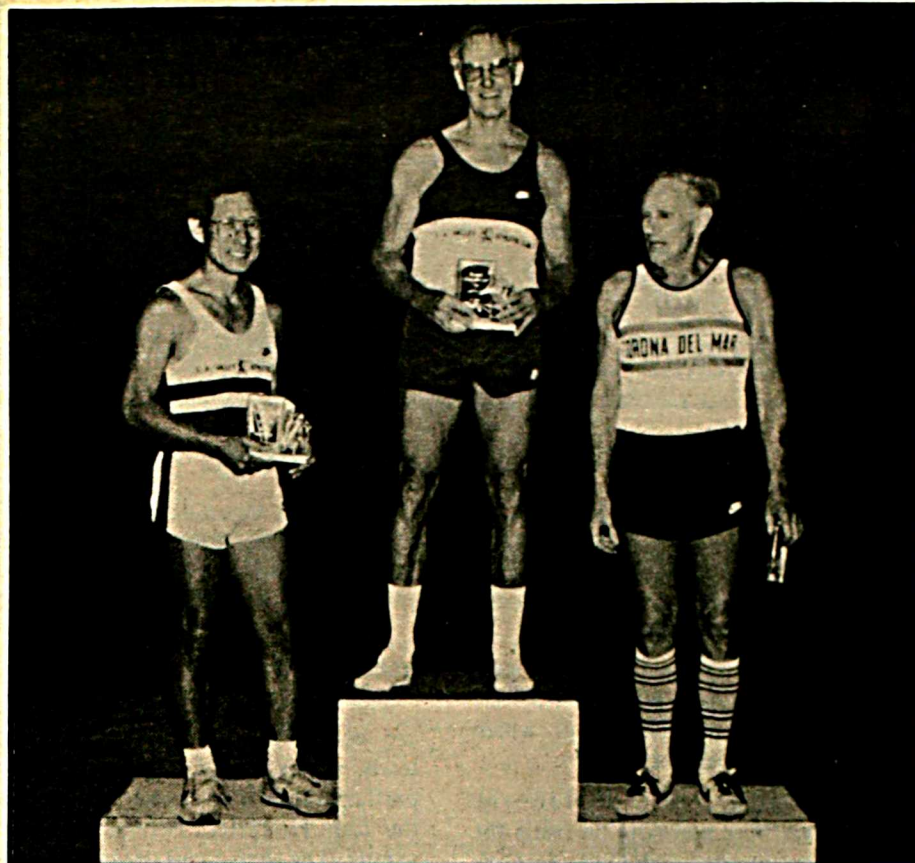
Masters men and women are now directly involved with the IAAF and its 175 national members. Perhaps we can spread our gospel through their media networks. One day, perhaps, we shall see masters women from Africa line up with us on the track or roads to prove their championship mettle. □

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Winners of the 200-meter dash on the victory stand: From left, Bob Watanabe, 60, 2nd; Gene Harte, 61, 1st; Al Guidet, 68, 3rd, at Age-Graded meet, Van Nuys, Ca., Aug. 23.

Photo by Gretchen Snyder

MASTERS ATHLETIC GROUP TOUR TO MELBOURNE, AUSTRALIA

FOR THE
7TH WORLD VETERAN GAMES
NOV. 28 - DEC. 6, 1987

Sponsored by: L.A. Valley Athletic Club



We have obtained three (3) excellent air & hotel travel packages from Qantas Airways & Destination Pacific, land operators, for our group. For those athletes and their families and friends who will be going to Melbourne for the 7th World Games in 1987, we invite you to come along with us and we offer the following tour options:

- 14 DAYS AND 12 NIGHTS.** Roundtrip air transportation from L.A. or S.F. to Melbourne, Australia. Includes 12 nights hotel accommodations, Nov. 26th to December 8, 1987. Transfers between airport and hotel, taxes and portage of two bags each person.

A. Townhouse Hotel or similar economy class hotel:	\$ 1,299.00
B. Chateau Hotel or similar 1st class hotel:	\$ 1,365.00
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D. Airfare only: (For those staying at the University facility or with Australian nationals)	\$ 922.00
- 19 DAYS AND 17 NIGHTS.** Includes plan #1 plus 3 days in Sydney and 2 days in Cairns, Australia.

A. Ramada Gazebo Hotel & Colony Club Hotel:	\$ 1,569.00
B. Hyatt Kingsgate Hotel & Ramada Reef Hotel: (1st Class)	\$ 1,695.00
C. Hyatt Kingsgate Hotel & Ramada Reef Hotel: (Deluxe)	\$ 1,866.00
- 25 DAYS AND 23 NIGHTS.** Includes plan #1 plus Sydney, Australia; Auckland & Rotorua, New Zealand and Tahiti & Moorea (hotels in Tahiti & Moorea are all 1st class)

A. Quality Inn, The Rotorua, Beachcomber, Bali Hai:	\$ 2,325.00
B. Sheraton Auckland, Sheraton Rotorua, Beachcomber, Bali Hai. (1st Class)	\$ 2,500.00
C. Sheraton Auckland, Sheraton Rotorua, Beachcomber, Bali Hai. (Deluxe)	\$ 2,700.00

L.A. - Valley Group Tour
1801 Ave. of Stars, Suite 1136
L.A., Ca. 90067

Telephone: (213) 557-2422

Attn: Bill Adler

I/We _____ are going to Melbourne to attend the 7th World Games and wish to take advantage of the "Early Reservation Option". Enclosed please find \$ _____ (\$25 per person non-refundable registration fee) for _____ persons to hold reservations until June 15, 1987 when the full deposit of \$150 per person is due and payable. (It is understood that reservations made after December 31, 1986, the full deposit of \$150 plus \$25 registration fee will be required.) Please make checks payable to: L.A. Valley Group Tour.

Please make the following reservations:

Group Package No. 1. A. _____ B. _____ C. _____ D. _____
Group Package No. 2. A. _____ B. _____ C. _____
Group Package No. 3. A. _____ B. _____ C. _____



12 Months To Go
Countdown to Melbourne

Tour Details Announced

Peg Smith, the executive director of the VII World Veterans Games, made a promotional tour of North America in October, attending the World Veterans Long Distance Running Championships in Vancouver, B.C. and meeting with Los Angeles and San Diego contacts on the status of the 1987 event in Melbourne, Australia.

"We expect more than 5000 participants from over 50 nations," she said, for the nine-day event which begins next November 28.

Originally, the Melbourne organizers were planning on using the two adjacent tracks at Olympic Park for 90% of the competition. However, the state government has decided that the second track will be built as a

(rubberized bitumen).

The University and Olympic Park are equidistant from the center of town, so the maximum distance most participants will have to travel will be the four kilometers between the two venues. The Melbourne organizers promise adequate bus transport, and feel

IN TRAINING



FOR THE VII WORLD VETERANS GAMES

380-meter, four-lane track with a six-lane 100-meter straight, long jump/triple jump pits and pole vault facility, with a short javelin apron and a high jump area, two shot rings and two discus rings.

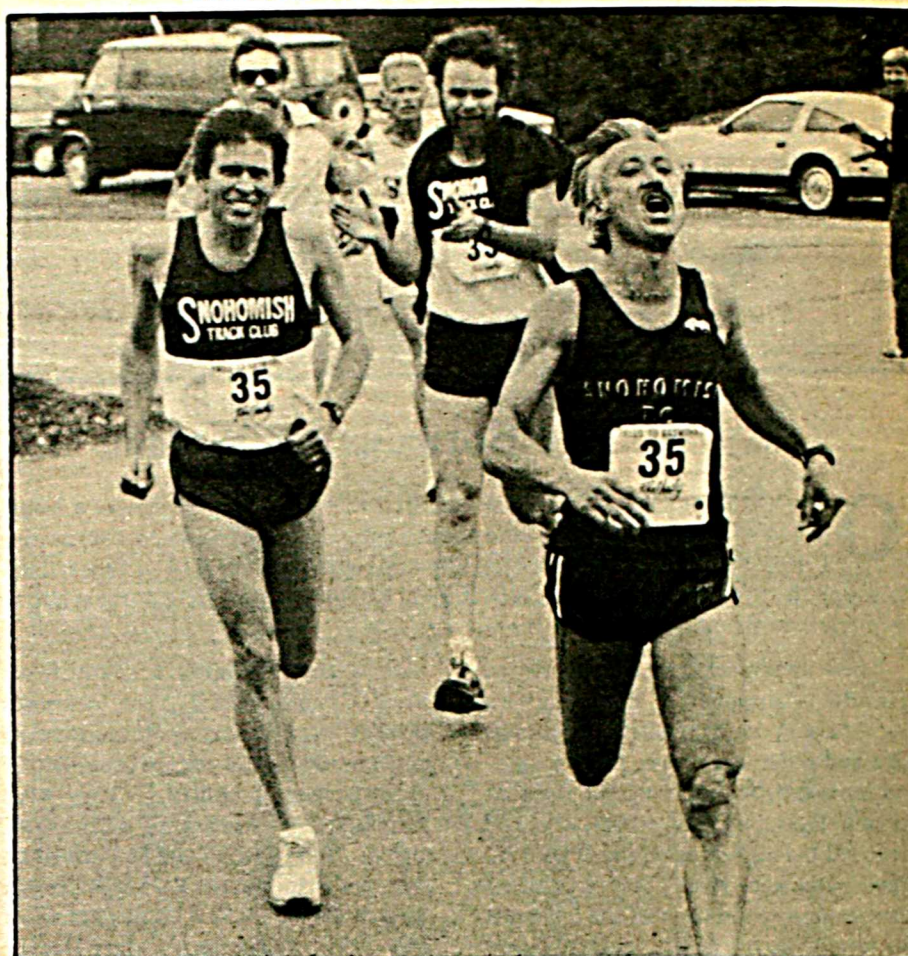
Thus, it will not be suitable for running events more than 100 meters, so the six-lane, Melbourne University track has been designated as the No. 2 competition track. It has a resolute surface

they should be able to maintain the togetherness ideal of the Games.

Depending on the number of entrants, the intent is to hold half the 5K and 10K runs, and 5K walks, on the No. 2 track, and also some heats of the 400, 800 and 1500, if necessary.

Two U.S. tours have begun to firm up details for the trip. Bill Adler is offering 10 different tour packages, ranging from air fare only, to a 25-day ex-

Snohomish TC Wins Relay



For the third consecutive year the Snohomish Track Club won the Supermasters Division of the "Falls to Gasworks Connection", a forty-five mile relay race through rural and urban areas near and in Seattle. Each team was composed of five members who ran two legs each. Pictured from left to right are Frank Fleetham, Evan Shull, Michael Christainson, Dave Morris and Ralph Miller as Miller crosses the finish line at 4:43:36 (some 44 minutes ahead of the next nearest sub-masters team). The STC team finished ninth overall out of 105 teams. Photo by Warren McNeely

cursion to Sydney, New Zealand and Tahiti.

The National Masters News/Sports Travel International, Ltd. tour is offering: 1) a "bare bones" package, which includes air fare and university accommodations (which include two free daily meals), and 2) a pre-Games two-night stopover in Fiji. David Pain is flying to Australia and Fiji next month to line up accommodations, and to help organize a low-key track meet on

Fiji, three days before the Games begin. "This will give participants a chance to overcome jet lag, and get in a brisk workout with open and masters athletes in Fiji," he said. After the Games, four tour options will be available to the Australian outback, the Australian Great Barrier Reef, New Zealand or Tahiti.

More information on both tours can be found on pages 15 and 17. □

Morcom Breaks Two More Records

Boo Morcom, 65, of Wilmot Flat, New Hampshire, scored 3770 points on the 1985 IAAF scoring tables in the Maine TAC State Decathlon Championships, August 23-24, to break Canadian Ian Hume's M65-69 world decathlon record of 3400 points (June, 1981). Morcom was the lone master among the twelve competitors, mostly high school and college athletes.

Morcom's first day's marks were

100m 14.1; LJ 16-6½; SP 39-2; HJ 4-8½; 400 67.0. His second day's marks were HH 18.4; DT 119-2; PV 11-0; JT 98-10; 1500 6:15.6.

Morcom, in the second phase of the four-part Empire of America Masters Sports Series, held in Tampa, Fla., on September 20, upped the M65-69 American triple-jump record from 31-3 to 33-0. The prior record was set by Texan Fred White in 1978. □

Calvert Sets Hurdle Mark in Illinois

Pam Calvert included an American W40 record 14:6 in the 80mH (30") among her four W40 victories in the Central Illinois Masters T&F Championships in Bloomington on August 10. The previous record of 15.40, set in July, 1980, belonged to California's Cherrie Sherrard.

Don Gammie, M55, posted the fastest 3000 of the day with 10:23.5

and won the 1500 in 4:30.8.

Richard Richardson, holder of masters world and American high-jump gold medals, won the M50 high jump with 5-6.

Carl Klehm, M45, was a one-man weightman show, throwing every available implement, except the long-jump pit rake, including the 98# weight (10-2). □



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- Helen Pain** President of Sports Travel International and organizer of dozens of masters tours — including tours to all six previous World Veterans Games

For more details, see
"Countdown to Melbourne" on page 16

- I. MELBOURNE ONLY: "Bare Bones" November 23-December 8 **\$1,399.**
Roundtrip air transportation Los Angeles/Melbourne/Los Angeles
+ Melbourne transfers airport/university/airport
+ 13 nights university dormitory housing
+ breakfast & supper daily on campus
Special restrictions apply **
- II. FIJI & MELBOURNE: "Hotel Basic" November 22-December 7
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+ 2 nights hotel accommodations in Fiji + breakfast daily
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Price is dependent upon services provided.
- IV. OPTIONAL EXTENSIONS: Not available in conjunction with Tour I**
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Prices to be determined

A. Australia - Outback & Great Barrier Reef	2 weeks
B. Australia - Great Barrier Reef	7-10 days
C. New Zealand	7-10 days
D. Tahiti	1 week

**Among the special restrictions applying to Tour I is that it may NOT be combined with an optional extension except on a waitlist basis, the possibility to be determined by July 1.

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I am interested in VII WAVA - AUSTRALIA '87. Please send me information on the following tours:

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_____ Great Barrier Reef only _____

_____ New Zealand _____ Tahiti _____

There will be _____ persons travelling with me.

NAME/S _____

ADDRESS _____ street _____ city _____ state _____ zip _____

PHONE (work) _____ (home) _____

Late Flash!

+ Mick Hurd, 40, raced to a 29:40 masters victory in the Penofin 10K in Ukiah, Calif., October 19 — one second faster than Antonio Villanueva's unofficial world masters 10K mark of 29:41. Damien Koch (31:14) and Sal Vasquez (31:46) finished behind Hurd. Complete results next month.



ATHLETES WHO ENTER A NEW DIVISION THIS MONTH NOV. 1986

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
PAT BOWMAN (TUSCON, AZ)	11-13-26	60-64
LUANNE DEWITT (ANAHEIM, CA)	11- -31	55-59
SANDRA KIDDY (PALM SPRINGS, CA)	11-27-36	50-54
LYN LAGRANDE (EUGENE, OR)	11- 2-36	50-54
BILLIE MORESHEAD (ALBUQUERQUE, NM)	11-30-21	65-69
GLORIA BARNABAS (SIN)	11-12-41	45-49
MARIANNE BORUSIAC (WG)	11-17-21	65-69
SHIRLEY BRASHER (AUS)	11- 6-26	60-64
RIA BROUWERS (WG)	11- 4-26	60-64
BRENDA CARR (AUSTRALIA)	11-17-36	50-54
MERY GARCIA (COL)	11-14-21	65-69
EDITH GRAFF (BEL)	11- 9-41	45-49
URSULA HERINGHAUS (WG)	11-13-26	60-64
S. KRACHEVSKAYA (URS)	11-23-46	40-44
INEZ LISTER (NZL)	11-12-21	65-69
M. ORMAN (NZ)	11- 4-41	45-49
PAULA SCHNEIDERMAN (WG)	11-16-21	65-69
ERIKA STEINLE (HG)	11- 2-31	55-59
VITTORIO COLO (ITA)	11- 9-11	75-79
RAY CONNOLLY (SCITUATE, MASS)	11-21-06	80 +
JOE DOUGLAS (INGLEWOOD, CALIF)	11-10-36	50-54
ALAN FLANIGAN (PAC. PALISADES, CAL)	11-16-11	75-79
WILLIAM GREEN (PALO ALTO, CALIF)	11-19-36	50-54
NORMAN HIGGINS (NEW LONDON, CONN)	11-18-36	50-54
MERLE KNOX (MILWAUKEE, WISC)	11-17-21	65-69
JAMES LINGEL (LAFAYETTE, CALIF)	11-22-31	55-59
FIORENZO MARCHESI (SUI)	11- 1-41	45-49
HOWARD MILLER (SEATTLE, WASH)	11-21-26	60-64
HARJE NOREBORN (SWEDEN)	11-23-26	60-64
WARREN RAYBURN (HOUSTON, TEXAS)	11-12-21	65-69
WILLARD SHANK (CA)	11- 9-21	65-69
JACK STEVENS (AUSTRALIA)	11-23-16	70-74
CLAUDE TAGGARD (COSTA MESA, CA)	11-29-11	75-79
FRIEDHELM TEPEL (WG)	11-13-31	55-59
ROBERT WILLIS (S. BERNARDINO, CA)	11-20-86	80 +
WIM WOUTERS (BEL)	11-22-36	50-54

World Games Pledge Fulfillments Asked

Each of the 238 people who pledged a total of \$100,385 — to help support the 1989 World Veterans Games in the United States — have been asked to fulfill their pledge now.

Originally, it was assumed the U.S. would have no opposition for the 1989 event, but Split, Yugoslavia is challenging Eugene, Oregon — the city selected to be the U.S. nominee — for the right to host the Games.

David Pain, TAC's Fund Drive Coordinator, wrote to each potential donor: "Jerry Donley, TAC Masters Track & Field Chairman, has decided the National Committee must assume a major role in financing and presenting the U.S. bid at the Melbourne '87

WAVA General Assembly. For that reason, Jerry has asked that you forward your tax-deductible pledge now so that we will have adequate funding going in. And, more importantly, to enable us to state to the General Assembly in Melbourne that we have the \$100,000 previously pledged in hand."

A special interest-bearing trust account has been opened in the name of the Masters Sports Association, a registered non-profit corporation.

Anyone wishing to make a contribution can send it to: Masters Sports Association, c/o David Pain, 1951 Cable St., San Diego, CA 92107. □

Hearing Set for Runner Accused of Cheating

The San Diego Association of The Athletics Congress has scheduled a hearing on November 18th in the case of Peter Kanfer, 37, of Pasadena, Calif., who was accused of cheating in America's Finest City Half-Marathon in San Diego on August 24. Kanfer has been invited to appear.

Kanfer won the 35-39 age division in 1:08:15, a time which placed him 23rd overall. But a team of eyewitnesses and a series of videotapes could not confirm Kanfer's appearance at key checkpoints. Kanfer's name did not appear in the official results.

"I'm satisfied with the findings," race director Neil Finn said after the race. "I feel sure of our decision, and feel I've been taken advantage of."

"I absolutely did not cheat," Kanfer told the Pasadena Star-News.

TAC official Bill Stock said Kanfer's previous times are under question. Kanfer is ranked sixth in the 35-39 1985 half-marathon standings (a 1:08:57 in the "Finest City" race) and second, behind Bill Rodgers, in the marathon (a 2:16:52 in the Chicago Marathon). The National Running Data Center said those times are "in limbo" until after the hearing.

Based on his 1985 performance, Kanfer was an "invited runner" (expenses paid) to the San Diego race and had been invited to the 1986 Chicago marathon. That invitation, as well as a free-shoe deal with a major shoe company, has been withdrawn. □

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

HURDLES

AGE	WOMEN					MEN				
	Race Distance	Hurdle Height	To 1st Furdle	Between Hurdles	To Finish	Race Distance	Hurdle Height	To 1st Furdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"					
40-49	80m	.752m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.914m 36"	13.72m 45'	9.14m 30'	14.02m 46'
60-69	-	-	-	-	-	100m	.840m 33"	13.00m 42'8 1/2"	8.50m 27'10 1/2"	10.50m 34'5"
70 plus	-	-	-	-	-	30m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
35-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'5 1/2"	40.00m 131'2 1/2"					
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'5 1/2"	40.00m 131'2 1/2"	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	300m	.762m 30"	30.00m 114'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
60-69	-	-	-	-	-	300m	.762m 30"	30.00m 114'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
70 plus	-	-	-	-	-	-	-	-	-	-

Steeplechase distance for age-groups 35-39 and 40-49 shall be 2000m; there is no steeplechase for age-groups 50 and above.

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
WOMEN				
35-49	4.00K	1.30K	-	600 gms.
50 plus	3.00K	1.00K	-	400 gms.
MEN				
40-49	7.26K (16lbs.)	2.30K	7.26K (16lbs.)	800 gms.
50-59	6.00K	1.50K	6.00K	800 gms.
60-69	5.00K	1.00K	5.00K	600 gms.
70 plus	4.00K	1.00K	4.00K	600 gms.

U.S. Masters Relay Records (as of September, 1986)

400/440	40-49	43.1	CDM (Dennis, Smith, Segal, Miller)	6- 7-80
	50-59	46.6y	WVTC (Marlin, Lingle, Springbett, Sanchez)	7-23-83
	60-69	50.9	CDM (Morales, Jordan, Killion, Guidet)	6-24-78
	80-89	77.37	USA (Lus, Crane, Hoack, Pitcher)	8-25-85
800/880	40-49	1:30.6	WVTC (Brooke, Knocke, Whitley, Duffy)	7-28-86
	50-59	1:43.4	CDM (Stolpe, Beadle, Harte, Cheek)	8-16-80
		1:43.4y	CDM (Ambrose, Clayton, Fetter, Guidet)	6-14-75
		1:42.9	SCS ()	8-19-78
	60-69	2:09.5	CDM (Poloyins, Mercurio, Burke, Miller)	5-15-82
1600/mile	40-49	3:28.7	PM (Aboym, Pratt, Stanford, Burnett)	7- 5-81
		3:29.5y	SCS (Lee, Newton, Cohen, Knocke)	8-16-81
		3:25.40	PM (Aboym, Stanford, Burnett, Roberts)	4-30-83
	50-59	3:51.4	STC (Bryant, Kleinassner, Paterbaugh, Fitzgd)	6-29-75
		3:48.6	WVTC (Springbett, Lingle, Stevens, Brunner)	7-21-83
	60-69	4:32.9	PM (Holla, Harris, Hall, Sponseler)	5-15-83
		4:28.1y	SDTC (Parke, Christian, Valdivia, Spencer)	8-13-83
	80-89	7:34.9	USA (Lus, Spangler, Hoack, Pitcher)	8-24-85
3200/ two mile	40-49	8:11.8	SCS (Montenez, Knocke, Elliot, Cohen)	7- 3-83
		8:00.2	WVTC (Hason, Franklin, Thomas, Rosaine)	7- 7-84
	50-59	9:13.5	SCS (Bryant, Sturek, Atkinson, Fitzgerald)	8- 7-82
		9:06.4y	RF (Higden, Bonham, Wilson, Heck)	8-25-85
	60-69	11:36.21	SC (Lukens, Kent, White, Walnut)	1-18-85
aprt med	40-49	3:36.1	SCS (Knocke, Edens, Smith, Cohen)	8-14-82
	50-59	4:04.1	RTC (Cole, Green, Chernock, Johnson)	6-19-80
	70-79	6:41.41	OHTC (Singer, Moten, Hoack, Fike)	1- 9-83
dist med	40-49	10:53.8	PH (Huckel, Aboym, Zwolak, Engleman)	7-11-82
		10:40.0	WVTC (Hason, Rosaine, Thomas, Franklin)	2-23-85
	50-59	12:24.6	FWRC (Steyton, Talley, Widener, Coffee)	8-28-82
4 mile	40-49	18:33.4	WVTC (Richardson, Knebel, Cathcart, Welck)	9-15-79
	50-59	20:43.6	NYNC (Bertrae, Jones, Kenia, Feld)	6- 9-84
		20:23.8	NTC (Lasandrie, McConnel, Fuselier, Wiberly)	7-27-85
	60-69	27:29.81	SC (Kent, More, Deschambault, White)	12-12-81

p = pending
c = relay members include non-US citizens
i = indoor performance
y = performed at english distance

RF: Runners Forum Racing Team CDM: Corona Del Mar Track Club
SC: Syracuse Chargers NYPC: New York Pioneer Club
OHTC: Ohio Track Club WVTC: West Valley Track Club
RTC: Richard Track Club SCS: Southern California Striders
FWRC: Fort Worth Running Club PH: Philadelphia Masters
NTC: New Orleans Track Club NYNC: New York Masters Club

Compiled by Pete Mundle, TAC T&F Records Chairman

Hayward Field Renovation Slated for Completion Next Summer

The renovation of Hayward Field in Eugene, Oregon, will be completed prior to the start of TAC's National Masters Track & Field Championships on August 7, 1987, according to Barbara Daugherty, President of the Oregon Track Club Masters and director of the Eugene World Veterans Games Committee.

Resurfacing of the track with Proturf will begin on June 8, 1987, the day after the Prefontaine Classic.

The renovation project was initially scheduled to get underway last summer, but the estimated \$1 million to \$1.2 million in needed funds were not available.

Since then, the Bowerman Foundation has donated \$150,000, and has promised an additional \$150,000. A "400-meter-club" — where a \$1,000 donation sponsors a meter of track while a \$10,000 contribution sponsors a lane—has raised \$160,000 and hopes to raise another \$240,000. The Oregon Track Club has donated \$100,000, and pledged another \$100,000 over the next three years. The city of Eugene will donate \$10,000 in services. "About \$500,000 must still be secured to finance the project," the Eugene Register-Guard reported.

"We're taking a risk in that we don't

have all the money in hand at the start," said Bill Byrne, University of Oregon athletic director. "But the community has already stepped forward with such tremendous support that we'll end the fund-raising with a slam dunk."

The two-phase project involves moving the east grandstand back about 30 feet and resurfacing and reconfiguring the Stevenson track into a 400-meter wide-sweeping-turn oval to avoid the sharp turns of the existing 440-yard track. Phase I of the project is scheduled to begin this year.

In its bid for the 1989 World Veterans Games, the Eugene organizers said "the Hayward Field Track is surfaced with Rekortan" (the

surface used in the 1984 Olympics). However, the Rekortan surfacing would have cost \$260,000, while the Proturf bid was only \$225,998. The lower bid was chosen.

In a letter to Jerry Donley, Chairman of TAC's Masters Track & Field Committee, Paul Olum, President of the University of Oregon, wrote: "Phase II of the project is scheduled for completion prior to your national championship meet in 1987. Upon completion, the facility will be able to accommodate a program of the size and scope of the Olympic Trials and the 1989 World Veterans Championships. The University of Oregon is committed to the timely completion of this renovation effort." □



Denise Collin, W45, of New Zealand, and Lynn Trafton (#814), W35, of Texas, in the 5,000M, U.S. TAC National Masters Championships, Long Island, New York, July 18-20. Collin clocked 24:23, Trafton 21:39.

Photo by Gretchen Snyder



Jeanne Strubinger, W35, of Pennsylvania, concentrating during 5,000M at the U.S. TAC National Masters Championships, Long Island, New York, July 18-20. She finished 2nd. 20:55.4. Photo by Gretchn Snyder



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plus

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- 15 - Morning street entertainment & carnival parade. OPENING CEREMONY & CROSS COUNTRY WORLD CHAMPIONSHIPS at Kibbutz Givat Haim. Awards Ceremony. Evening musical entertainment for all in Netanya.
- 16 - Morning outdoor entertainment for all. 10K ROAD RACE CHAMPIONSHIPS in the afternoon. Awards Ceremony & entertainment in the evening.
- 17 - 25K ROAD RACE WORLD CHAMPIONSHIPS. Evening entertainment.
- 18 - INTERNATIONAL VETERANS DAY IN JERUSALEM with special tour. Awards Ceremony for 25K Race & Farewell Party/evening.
- 19 - TEL AVIV MARATHON/HALF MARATHON.
- 20 - Transfer to Ben Gurion Airport for return home.

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CLOSING DATE FOR REGISTRATON-31st JANUARY 1987

Other tour possibilities are also available on request.



MASTERS SCENE

NATIONAL

- TAC will have a new sanction form by January 1, to be used by all meet/race directors who wish a TAC sanction.
- Updated U.S. masters relay records, compiled by Pete Mundle TAC Masters T&F Records Chairman, are listed on page 18.
- A closer review of the NRDC running population chart (Oct. pg. 19) reveals that, in 1985, 30% of all male runners and 18% of all female runners were age 40 or over. Overall, 185,000 of 707,000 — 26% — were masters.
- The running-shoe business continues to slump. Nike, Inc. cited a 22% drop in revenue for a 38% decline in first-quarter net income. Revenue from foreign operations was up 6%, after adjusting for the sale of Nike's 51% interest in its Japanese subsidiary. The company said future orders for domestic footwear are 39% below last year's level. First quarter (ending Aug. 31) revenues and net income were \$257 million and \$14.9 million, respectively, down from \$328 million and \$24.1 million. Nike's new Pegasus Plus shoe is advertised on this issue's back cover, but the Beaverton, Oregon firm will withhold further NMN ads until next March.

NEW ENGLAND

- Mel Stoddard (27:17) and Linda Upton (32:13) were male and female winners in the masters-only Governor's Cup 5-mile run in Boston on Sept. 21.

EAST

- Sam Skinner, 43, Brooklyn, manufactured a masters win in an 11th overall 21:28 (703 m/finishers) in the Back To Work 4 Mile, Central Park, NYC, September 7. Carol Johnson, 43, of the Millrose club, was 8th woman (444 finishers) and 1st W40+ in 25:22. Ken Jones, 56, of the NY Masters, continued his domination of the area's M55 road runners with a 22:30 1st.
- Deon Dekkers, Houston, TX, strode to a close (4:24.39 to 4:24.65) win over Antonio Roque, Newark, NJ, in the Men's Masters Mile segment of the Mercedes Mile races, staged in Manhattan, Sept. 13, and organized by the NYRRC. Winners of the Elite Milers races were Spain's Jose-Luis Gonzalez (3:53.52) and Romania's Maricica Puica, 36, (4:19.48).

- Masters leader Ramon Ruiz, 46, finished 9th (1:15:28), while masters 2nd-place Charles Elkins, 42, ended in the 11th spot (1:16:15) of 582 m/finishers in the Staten Island Half-Marathon, Staten Island, NY, September 20. Anna Thornhill, 46, took 6th (1:29:31) and Wen-Shi Yu, 51, grabbed the 8th place (1:33:40) from 121 f/finishers.

- Ted Haiman, 43, sizzled to an 8th place 33:27 (1204 m/finishers) and Carol Johnston, scorched to a 7th place 40:06 (485 w/finishers) for masters honors in the Mazola YMCA Shape Up 10K, Central Park, NYC, September 21. A week later, Johnston finished 11th with 1:26:33 (629 finishers), in the Harvey Women's Half-Marathon in Central Park. In the adjunct 5K for women, Angella Hearn finished 3rd (307 finishers) in 17:46, 14 seconds behind national class high school miler Shola Lynch, 17, and 6 seconds behind Nnenna Lynch, 15.

- Vince Carnevale, 70, Newark, NJ, was awarded the Jack Walsky Award for winning the M70+ bracket in the Clifton 10K, Clifton, NJ, October 5, in 44:51. The victory was Carnevale's 12th straight since turning 70, and he says he's shooting for 50 in a row.

- An elite masters mile will be staged at the Millrose Games in New York on January 30.

Sponsored by the Runner magazine, the event is expected to draw some of the world's top over-40 milers.

SOUTHEAST

- Dr. John Russell, 45, well known on the Sports Medicine lecture circuit, returned to track action Sept. 20 in Tampa. He had not competed in two years due to injuries suffered in an auto accident.

- The first leg of the Empire of America Masters Series, held in DeLand, Fla., on September 6, was abbreviated by severe lightning and thundershowers, but not before Pete Gulgin, 71, of Florida, broke the single-age world record for the 1.5k discus with a 127-8 throw.

- In the third meet of the Empire Series, held in Gainesville, Fla., on September 27, Charles Polhamus, 43, of Georgia, pole vaulted 15-1, one-quarter of an inch below Roger Ruth's American M40-44 record.

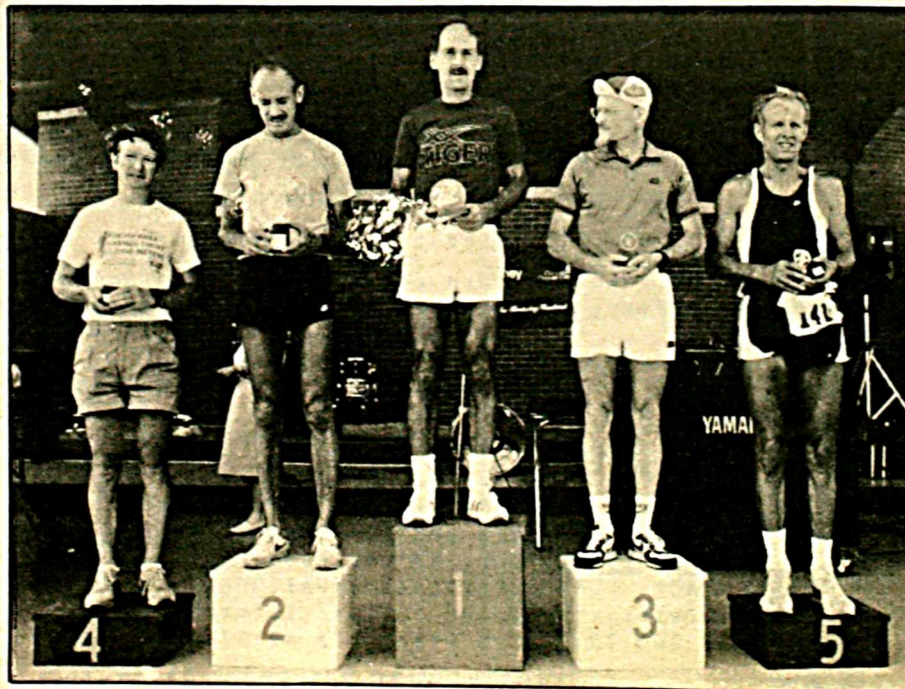
MIDWEST

- Hal Higdon, M55, Michigan City, IN, was the winner of the 2nd Annual Golden 10K for m&w 55+, Chicago, IL, September 2, in 42:16. Two M60s, Joe Powers (42:39), Oak Park, IL, and Gerry Hopkins (42:50), Hinsdale, IL, were 2nd and 3rd. Grace Lee Palmer, W55, Hazel Crest, IL, was first woman in 52:45. Anne Clark, W75, Glen Ellyn, IL, ran 59:41. The race was sponsored by the Lincoln Park Retirement Apartments and managed by the Chicago Area Runners Association.

- June Byrnes, 65, of the Wolfpack TC, exceeded the 3K (18:49), 10-mile (1:47:12), 1-hour (9400m), and 2-hour (18030m) national single-age records in the Wolfpack Two-Hour Track Run, Worthington, OH, September 14. Harry Smith, of the Wolfpack Club, erased the national age-66 2-hour distance with 22460m.

- Hartley Vezina, Roseville, MI, M50-59 division winner, finished 1st overall in the Metro-Macomb Runners 10 Mile, Mt. Clemens, MI, October 5.

- Many meet, national and world throwing records fell as 40 throwers competed in the 5th Annual Wolfpack Throwing Classic in Columbus, Ohio on September 14.



On the victory stand at TAC's National Masters 10K Championships in Asbury Park, N.J. on August 9 are the age 50-54 winners. From left: Jim Daley (34:09), Ben Johns (33:34), Bill Olrich (33:30), Norm Green (33:43) and Bill Foulk (34:25). Photo by Valentine

Ed Hill, last year's Buckeye Throwing Trophy winner, bettered his previous weight pentathlon record with 4,090 (1985 IAAF) points, or 4502, using Phil Partridge's Age-Factor scoring. This is the first known masters score over 4500.

WEST

- Dick Collins, 53, Oakland, CA, who did his 1st ultra, the Feather 50 Mile, on February 25, 1979, and averages over one ultra a month, hopes to complete his 100th ultramarathon, to go along with his 118 marathons, in early November. Collins intends to continue running as long as he can avoid serious injury as he has for the past eight years.

- Bob Backus, M60, had the stand-out performance in the Tahoe T&F Meet, South Lake Tahoe, CA, September 6-7, with a 25# weight toss of 52-6. Bob Roemer and Jim Johnson staged a duel for M60 bragging rights with Roemer getting the nod on wins in the 100m and high jump over Johnson's long-jump first. Meet organizers Joan Stratton, W30, and Jack Karbens, M40, scored 3401 and 2195, respectively, in the weight pentathlon (IAAF Tables).

- Carl Ellsworth, 55, was only 10 seconds off his American M55 record with a state record 17:28 in the Runner's Life Lost in Time 5K, Honolulu, September 7. A host of Hawaii m&w 40+ age-division records fell in the 750-starter race.

- While Arron Mascorro, 17, was warming down after his overall win (15:38) in the Legg Lake Evening 5K, South El Monte, CA, his father, Fred, 45, was winning the masters race in 17:41 for a family double. Margaret Shields, 47, Highland, CA, took the W40+ race in 22:40.

- Phil Dutton, oldest active member of the Golden Gate Racewalkers, died of cancer at age 80 in San Francisco, September 6. Dutton, who began racewalking 3 years ago, had achieved national age-group records in the 2 mile and 5K walks. In 1984, he placed 3rd in the M70+ TAC National 1-hour walk.

- The Rockport Grand Walk Series comes to the Rose Bowl in Pasadena, CA, November 1, and will provide a 5K all-comers RW, 10K/20K championship RWs, a 5K fitness walk, and other events of interest to walkers, ending with a dinner honoring the American, Canadian, and Mexican RW teams. Call Elaine Ward, So. Calif. coordinator, at (818) 577-2264 for more details.

- The 21st Las Vegas Marathon, February 7, is offering \$2000 for M40-49 1st; \$1000 for M40-49 2nd; \$1000 for W40-49 1st; \$500 for W40-49 2nd; \$1000 for M50+ 1st; \$500 for



Dallas Masters (from left) Roy Turner, Tim Murphy, and Hans Gordon with team trophy from the Gulf Coast Masters Meet, June 28, Texas City. Photo was taken at the Southwest Regional Meet, Rice U., Houston, June 29, by James Vicks.

W50+ 2nd; plus over \$4800 for five-year division m&w placers 40 through 60+. See schedule.

NORTHWEST

- Michael Heffernan, 46, Portland, OR, led some of the best masters distance runners west of the Rockies to single-age records with his masters 1st, age-46 AR 1:23:12 in the NIKE-Oregon TC 25K, Eugene, OR, September 7. Orlo Keniston, 59, Seattle, (1:40:30); Jim O'Neil, 61, La Jolla, CA, (1:35:27); and Clive Davies, 71, Tillamook, OR, (1:44:12) picked up single-age bests. Nancy Hellyer, Stellacoom, WA, W50 winner, was 1st W40+ in 1:51:04.

- Chuck Wall, Coos Bay, OR, M40-49 winner, and Susan Bradley, Coos Bay, W40-49 victor, were masters winners in the Prefontaine Memorial 10K, Coos Bay, September 20, in 36:35 and 42:27. Over 800 runners, age 8 to 77, showed up to pay tribute to Coos Bay's own Olympian, Steve Prefontaine, who died in the mid-70s in an automobile accident.

- Three masters broke 2:30 in the St. George, Utah marathon on October 4: Steve Lester (2:22:52), Toby Skinner (2:27:45) and Hawk Harper (2:28:39). Bill Johnston won the M45 division in a fast 2:30:14. California's Sue Petersen led the W40's with a swift 2:48:09. Idaho's George Felker edged California's Andre Tocco by 17 seconds, 2:39:40 to 2:39:57, for the M50 title.

CANADA

- Janet Gaskin, W35, was 1st in the 8th Annual Canadian Masters AA Women's 5K Championships in 19:25, Toronto, Ont., September 20. Lethicia Phillips, who turned 40 on the day of the race, was 2nd (20:05). Molly Turner took the W50 crown with 21:31, and Judith Kazdan won the W65 with a hot 24:18. The event attracted 72 entries, down from 120 the previous year. Severe rain before the race (violent thunderstorms kept southern Ontario residents awake all night) didn't help the turnout. J.W. Pascoe was race director.

schedule

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



December 3-7. 8th Annual Convention of The Athletics Congress, Hyatt Regency, Tampa, Florida. TAC, PO Box 120, Indianapolis IN 46206 317/638-9155.

TRACK & FIELD NATIONAL

January 4. U.S. TAC National Masters Indoor Pentathlon Championships, 9:30 a.m., Dickinson College, Carlisle, Pa. Scott Thornsley, 18 Colgate Drive, Camp Hill PA 17011-7624. 717/737-2385 till 11 p.m. Entry form in December issue.

March 28-29. U.S. TAC National Masters Indoor Championships, Madison, Wisconsin. Ron Dennis, c/o WUAC, 6408 Westgate Rd., Monona, WI 53716. 608/221-8020.

June 20. U.S. TAC National Masters Pentathlon Championships, Occidental College, Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.

July 11-12. U.S. TAC National Masters Decathlon/Heptathlon Championships,

Potts Field, U. of Colorado, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.
August 7-9. 20th U.S. TAC National Masters Championships, Eugene, Oregon, Frank Anderson, 939 East 21st Ave., Eugene, OR 97405. 503/345-2820.

NEW ENGLAND

January 11. Brown Indoor Invitational, Providence, R.I. Neil D. Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eve). SASE.

March 15. TAC Masters Eastern Regional Indoor Championships, Brown U., Providence, R.I. Neil D. Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eve). SASE.

EAST

January 4. Bud Light/PA Masters Indoor Championships, Dickinson College, Carlisle, Pa. Scott Thornsley, 18 Colgate Drive, Camp Hill PA 17011-7624. 717/737-2385, till 11 p.m.

March 8. New Jersey TAC Masters Indoor Championships, Peddie School, Hightstown N.J., New Jersey Striders, P.O. Box 742, Madison, NJ 07940.

May 31. New Jersey TAC Masters Outdoor Championships, Rutgers University. Matt Brown, 20 Southfield Road, Edison, N.J. 08820.

SOUTHEAST

November 10-15. Golden Age Games, Sanford, Fla. M&W 55+. Greater Sanford Chamber of Commerce, 400 E. First Street, Sanford, FL 32772-0868.

November 16: 5th Annual Running Pentathlon. Masters and Open. Clearwater, Florida. Dick Lacey, 1207 S. Duncal Avenue, Clearwater, FL 33516. 813/447-7161.

November 18. Throwing Pentathlon. Auburn U., Auburn, Alabama. Open and masters. Gary England, 38 Gentilly Park, Auburn AL 36830. 205/826-4750, 205/821-8320.

December 28. Holiday Weight & Regular Pentathlon, Delray Beach, Fla. Randy Cooper or Phil Partridge, 222 NE 22 Lane, Delray Beach FL 33444. 305/278-2241.

April 24-26. 22nd Annual Palm Beach Championships, Lake Worth, Fla. Palm Beach T&F Championships, 6301 Dockside Circle, Greenacres City, FL 33463. Joe Valdes, 305/968-7171.

MID-AMERICA

June 27-July 2. U.S. National Senior Olympics, swimming, archery, etc. 55-and-up. Joy Rice, Administrative Director, 321 West Port Plaza, Suite 202, St. Louis MO 63146. 314/576-1987.

August 29-30. Rocky Mountain Masters Games, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

WEST

1986-1987, Hawaii Masters TC All-Comers Meets. Punahoa School, Hawaii. Each Saturday 3:00 p.m. Stan Thompson, 2614 Halekoa Dr., Honolulu, HI 96821. 808/734-8450.

December 13-14. 17th Annual Winter Decathlon/Heptathlon, Long Beach State College, Long Beach, Calif. Open and 10-year age groups from 30 to 70 + for decathlon. Heptathlon: one division only. Masters rules applied. Scoring with 1985 IAAF tables. Mark Reiff, CSULB Athletic



Beverly Calkins, Maryland, during W35 5K Racewalk, U.S. TAC National Masters Championships, Long Island, New York, July 18-20. Photo by Gretchen Snyder

Dept., 1250 Bellflower Blvd., Long Beach CA 90840. 213/498-4666.

December 27. Christmas Pole Vault Classic, Long Beach State College, Calif. Masters division. 213/498-4666.

February 14. The Cal-State Bakersfield/Bakersfield Californian Invitational, Bakersfield, Calif. masters events start at 10:00 a.m. Charles Craig, 9001 Stockdale Hwy., Bakersfield, CA 93311. 805/833-2347; 833-2189.

February 14. All-comers meet, Long Beach State College, Calif. 213/498-4666.

March 14. Sport-Arcade II, Los Angeles. Marvin Thompson, PO Box 2981, Beverly Hills, CA 90213-2981. 213/388-9689.

May 23. Anteaters Masters Classic, U. of California, Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

May 30. Southern California Striders Meet of Champions. Site to be determined. Hugh Cobb, 2963 Galena, Simi Valley, CA 93065.

July 11. 3rd Annual Patriots Summer Relays and 2nd Annual California Masters Team Championships, Southwest College, Los Angeles. Marvin Thompson, PO Box 2981, Beverly Hills CA 90213-2981. 213/388-9689.

July 18-19. TAC Masters Western Regional Championship, Fresno, Calif. Hugh Adams, 7904 S. McCall, Selma CA 93662. 209/896-2435.

INTERNATIONAL

November 6-9. III South American Veterans Championships, Santa Fe, Argentina.

November 28-December 6, 1987. VII World Veterans Games, Melbourne, Australia. Men 40+. National Masters News VII World Veterans Games Tours, Sports Travel International, P.O. Box 7823, San Diego, CA 92107. 619/225-9555. Telex 295443.

Continued on page 22



The team of upstate New York women 50-and-over who ran a 24-hour relay, each running one mile at a time in the same order to a total 159 miles, 1315 feet for a national age-group record in Rochester, N.Y., May 3-4: (l to r) Marsha Tillson; Pat Wood; Joanne Van Zandt; "Strong Kid"

(Mary Ellen Cantabene), mascot of the Rochester charity for Strong Children's Medical Center, who did not run; Edna Hyer; Korleen Wright; sitting — Mary Jo Chiesa; Helen Bueme; Dottie Viele; Cecilia Neff.

Photo by D.P. McNelly

Continued from page 21

LONG DISTANCE RUNNING NATIONAL

November 16. U.S. TAC National Masters 10K Cross-country Championships, Holmdel, New Jersey, Ron Salvio, Century 21 AC, Box 116A, Highway 33, Englishtown NJ 07726. 201/446-4959; 201/928-3852.

November 23. U.S. TAC National Masters 15K Cross-Country Championships, Van Cortlandt Park, New York City. Kurt Steiner, 1660 E. 21st St., Brooklyn NY 11210. 718/336-3025.

December 6. U.S. TAC National Masters 8K Championships, Tampa, Florida. Dick Lacey, 1207 S. Duncan Ave., Clearwater FL 33516. 813/447-7161.

January 10. U.S. TAC National Masters Marathon Championships, Calloway Gardens, Pine Mountain, Georgia. Theus W. (Buddy) Rogers, JR., Columbus TC, 4529 Heddingham Lane, Columbus, GA 31907. 404/568-1625.

March 14. U.S. TAC National Masters 5K Championships, Piedmont Park, Atlanta, Georgia. Bill Eppright, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.

NEW ENGLAND

April 20 (Monday). Boston Marathon, Hopkinton to Boston, Mass. Deadline March 23, 1987, SASE to Boston Marathon, 17 Main St., Hopkinton, MA 01748. 617/435-6905.

EAST

November 2. New York City Marathon. New York RRC, 8 E. 89th St., New York NY 10128. 212/860-4455.

November 2. Marine Corps Marathon, Washington, D.C. MCM Office, P.O. Box 188, Quantico VA 22134.

December 7. Brian's Run 10K, West Chester, Pa. Brian's Run, West Chester U., P.O. Box 2440, West Chester, PA 19383. 215/436-3383.

SOUTHEAST

November 9. 5th Annual Running Pentathlon, Clearwater, Fla. Masters and open. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33516. 813/447-7161.

November 27. Thanksgiving 10 Miler, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721.

December 13. Humana Rocket City Marathon, Huntsville, Ala. Huntsville TC, c/o Harold Tinsley, 8811 Edgehill Dr., Huntsville AL 35802.

January 3. Charlotte Observer Marathon & Women's 10K, Charlotte, N.C. Cash prizes to M&W40+ in both races. Do Fleck, Charlotte Observer Marathon, P.O. Box 30294, Charlotte, NC 28230. 704/379-6896.

MIDWEST

November 2. Wolfpack 20/50K Road Races, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/419-2547.

November 8. Ohio TAC Cross-country Championships, m-8K; w-5K. Lancaster, Ohio. See November 2.

November 16. Columbus Bank One Marathon. Ohio TAC Marathon Championships (O.M). Mike Collins, The Ohio Runner, P.O. Box 20215, Columbus, OH 43220. 614/889-9066.

SOUTHWEST

January 18. 15th Annual Houston-Tenneco Marathon, Houston, Texas. Houston-Tenneco Marathon, P.O. Box 56682, Houston, TX 77027.

Laird Breaks Walk Records in Seattle

Four-time Olympian ('60, '64, '68, '76) Ron Laird, 48, competing in the Rockport Grand Walk Men's 20K in Seattle, Wash., on September 13, bested the U.S. M45 mark with a stunning 1:39:11. En route, he smashed the world 15K single-age record with 1:13:21 and the U.S. 10K single-age mark with 48:21.

In the accompanying women's 10K walk, Bev LaVeck bested the U.S. age-50 10K time in 57:12 and the 5K in 28:06. □

WEST

November 2. Phoenix 10K, Phoenix, Ariz. Harvey Beller, 602 N. 16th St., Phoenix AZ 85016. 602/241-0995.

November 2. 2nd Nathan Pritikin Memorial 8K Run & SCA-TAC Championships, Woodley Park, Encino, Calif. Hal Winton, 24409 S. Meyler St., Harbor City, CA 90710. 213/534-1704.

November 16. Pepsi 20-Miler & 30K TAC Championships, Clarksburg, Calif. (4 miles s. of Sacramento). Masters prize money. Clarksburg Pepsi 20 Mile Run, P.O. Box 20, Clarksburg, CA 95612. 916/665-1712 (eve).

December 13. 1st Annual Brethren Races (1K, 5K, 8K), Paramount, Calif. Randall Shelley, 15733 S. Orange Ave., Paramount CA 90723. 213/865-8434. Special awards. 5-year age-groups thru 90+.

December 20. George Guerrero 8K, S. El Monte, Calif. Arthur Martinez, 9502 Reichling Lane, Pico Rivera, CA 90660. 213/942-8774.

ON TAP FOR NOVEMBER

TRACK & FIELD

A few all-comers and local meets dot the November landscape, with the WAVA South American Masters Championships in Argentina on the 6th.

LONG DISTANCE RUNNING

Red and brown leaves mean cross-country time is here. Two U.S. TAC National X-C Championships are on tap: the 10K in Holmdel, N.J. on the 16th, and the 15K in the Bronx, N.Y. on the 23rd.

The U.S.A. vs. Canada Masters Cross-Country Challenge is a friendly, but intense, inter-nation rivalry, with this year's contest slated for Seattle on the 1st.

The Bank One Marathon in Columbus, Ohio, is a major midwest fixture on the 16th. □

January 18. 23rd Annual Mission Bay Marathon, San Diego, Calif. Ron Yellin, Director, 11315 Cascada Way, San Diego, CA 92124. 619/569-7338 (eve).

January 25. 9th Annual Redondo Beach Super Bowl Sunday 10K, Redondo Beach, Calif. SPS 10K Run Committee, P.O. Box 637, Redondo Beach, CA 90277. 213/548-4288.

February 7. 21st Las Vegas Marathon, Las Vegas, Nev. Over \$10,800 masters prize money. Las Vegas Marathon, Al Boka, Director, P.O. Box 81262, Las Vegas, NV 89180.

NORTHWEST

November 1. 10th Annual Canada vs. USA Masters 10K Cross-country Challenge, Sunset Park, Seattle. Bob Langenbach, 4261 S. 184th St., Seattle, WA 98188. 206/433-8868.

CANADA

November 2. Ontario Masters T&F Association 10K Cross-country Championships, Toronto. Bob Moore 519 Sutherland Dr., Toronto, Ontario M4G 1K9.

INTERNATIONAL

March 15-17. 20th World Veterans (IGAL) Cross Country, 10K and 25K Championships, Israel. Men 40+, Women 35+. Barry Shaw, 6 Shmuel Hanatziv Street, Netanya, Israel 42281. Telephone: 053-31343. Telex: 341929. □

CLASSIFIEDS

Classified ad rates are 50¢ a 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 NMN, PO Box 2372, Van Nuys, CA 91404.

● \$500 MONTHLY - YOU can use this simple plan in your neighborhood to make this much or more. Complete details. Rush \$1.00: RM Publications, Box 1706-N, Shawnee, OK 74802-1706.



Representatives of the Atlanta Track Club's Masters Team at the TAC U.S. National Masters Track and Field Championships in Uniondale, New York. Front row from left: Susan Houlton, Phil Raschker, Tom Brewer. Back row:

Phil Mulkey, Casey Jones, Jack Brocksmith, Tom Cannon, Scott Hager, Sammy White, Mance Cooper, Al McDaniel. Missing: Gus Bartenfield. Photo by Chuck Rodgers.

PERFORMANCES SUBMITTED FOR RECORD CONSIDERATION

MASTER'S LONG DISTANCE RUNNING

ROAD

Table of performance records for road running events, including date, distance, time, and runner name with location.

Table of performance records for road running events, continuing from the previous table, including date, distance, time, and runner name with location.

p = course must be remeasured or event validated
d = birth certificate is needed; please send to
NRDC, PO Box 42888, Tucson AZ 85733

Advertisement for 'What You Need to Know TRACK & FIELD BOOKS' featuring British Amateur Athletic Board publications, including titles like 'JAVELIN THROWING' and 'RACE WALKING' with prices.

Official Long Distance Rankings for 1985

(Compiled by the National Running Data Center reflecting all certified races in 1985. 50-deep rankings for all road distances for age 35-and-up are available in "U.S. Masters Distance Rankings, 1986 edition," for 9.95 from NRDC, Box 42888, Tucson AZ 85723)

5 kilometers		Men 35 thru 39			
14:55	Ed Stanberg	37	Winston-Salem NC	17 Feb, NC-A	20 Jun 47
15:16	Peter Mallop	38	Ann Arbor MI	3 Nov, MI-A	22 Mar 47
15:27	Lee Fidler	36	Atlanta GA	18 May, NC-A	21 Mar 49
15:32.5	Gary Jenkins	37	Lithia Springs GA	10 Nov, GA-A	24 Nov 47
15:36	Kenneth Rowe	38	Lansing MI	3 Nov, MI-A	12 Feb 47
15:37	Lindsay Plank	36	Syracuse NY	9 Jun, NY-A	30 Dec 48
15:39.5	Scott Barrow	38	Nashville TN	8 Jun, TN-A	7 Jun 47
15:42	Ron Kurrie	36	Long Beach CA	21 Apr, CA-A	13 May 48
15:42	James Andrews	37	Hamilton NY	9 Jun, NY-A	1 Nov 47
15:44	William Walker	36	Winston-Salem NC	18 May, NC-A	

5 kilometers		Men 40 thru 44			
15:31.2	John Boyle	40	Newburyport MA	29 Jun, NH-A	21 Jul 44
15:40	Bill Clark	41	Los Altos CA	16 Jun, CA-A	2 Dec 43
15:58	Joe Bacerra	42	San Jose CA	16 Jun, CA-A	1 Sep 42
15:58	Dave Griffith	42	San Jose CA	26 Oct, MN-A	
16:01	Dave Hayward	44	Malibu CA	21 Apr, CA-A	17 Nov 40
16:01	Darryl Zapata	40	San Bruno CA	16 Jun, CA-A	15 May 45
16:05	Chris Loosley	40+	San Bruno CA	16 Jun, CA-A	
16:05	Jim Lombardi	42	Meadville PA	19 Jun, PA-A	13 Oct 42
16:07	T M Hare	41	Raleigh NC	17 Feb, NC-A	23 Jul 43
16:08.5a	Joe Geter	41	Lawrenceville GA	11 May, GA-A	

5 kilometers		Men 45 thru 49			
15:05	Sal Vasquez	45	Alameda CA	16 Jun, CA-A	15 Dec 39
15:41	Don Sleeman	47	Ann Arbor MI	3 Nov, MI-A	8 Oct 38
16:07	Rick Kleyman	45	MN	26 Oct, MN-A	
16:36.6a	George Savanick	47	Apple Valley MN	10 Aug, MN-A	10 Jan 38
16:43 a	Russell Bennett	47	Tulsa OK	16 Mar, OK-A	12 Apr 37
16:47	Eino Romppanen	45	Malibu CA	26 May, CA-A	
16:52	Neal Chappell	45	Las Vegas NV	22 Sep, CA-A	
16:57.5	Hank Goleit	48	Old Lyme CT	18 Aug, CT-A	22 Apr 37
16:59	Bob Paklaian	48	Detroit MI	5 May, MI-A	11 Jun 36
17:02	George Cohen	45	Los Angeles CA	10 Nov, CA-A	13 Feb 40

5 kilometers		Men 50 thru 54			
16:52.9	Gerald Koch	51	Clarksville TN	8 Jun, TN-A	2 Apr 34
17:06	Bob Milner	50	Hamilton NY	20 Oct, NY-A	7 May 35
17:06.1	Barrie Almond	50	Wethersfield CT	18 Aug, CT-A	21 Dec 34
17:16.0	Alex Kasten	50	Bridgewater NJ	19 Oct, NJ-A	13 May 35
17:20 a	Steve Blanchard	53	Tulsa OK	16 Mar, OK-A	22 Nov 31
17:25	Jim Landsfeld	50	Detroit MI	5 May, MI-A	14 Aug 34
17:29.1	(fn) Harris	51	Raleigh NC	26 Oct, NC-A	
17:33.4	Bob Elwood	51	Lincoln NE	11 Aug, NE-A	31 Jul 34
17:36	Myron Nevraumont	50	Fremont CA	16 Jun, CA-A	28 Aug 34
17:37	Everett Riggle	52	Chico CA	16 Jun, CA-A	4 Aug 32

5 kilometers		Men 55 thru 59			
17:08	Howard Rubin	57	New Hartford NY	9 Jun, NY-A	9 Jun 28
17:28	Bill Fraser	55	Edina MN	26 Oct, MN-A	30 Oct 29
17:51	Grady Silver	55	Cartersville GA	7 Dec, GA-A	26 Sep 30
17:56.5	Buster Tankersley	55	Waverly TN	8 Jun, TN-A	10 Apr 30
18:00 a	Jerry Crockett	56	Stillwater OK	16 Mar, OK-A	25 May 28
18:25 a	Jerry Withers	56	Los Angeles CA	22 Sep, CA-A	12 Sep 29
18:31.6	Bob Bartling	58	Brookings SD	27 Apr, SD-A	26 Aug 26
18:36	Gunnar Brickner	59	Marina del Rey CA	6 Oct, CA-A	28 Jan 26
18:39	Herb Chisholm	58	Alexandria VA	16 Mar, DC-A	7 Jun 26
18:46	Tom Hovey	56		20 Oct, NY-A	

5 kilometers		Men 60 thru 64			
17:19.4	John Hosner	60	Blacksburg VA	22 Jun, NC-A	25 Feb 25
17:23	Alex Ratelle	61	Edina MN	26 Oct, MN-A	12 Sep 24
18:11	Larry Banuelos	61	Pico Rivera CA	26 May, CA-A	4 May 24
18:37 a	Nocus McIntosh	60	Spavinaw OK	7 Sep, OK-A	16 Jul 25
19:08.6	Oscar Burtis	63	Jackson MS	8 Jun, MS-A	9 Oct 21
19:09.6a	Jim Smith	63	Oklahoma City OK	21 Sep, OK-A	21 Apr 22
19:12	Lloyd Young	62		26 Oct, MN-A	
19:16.2	Howard Keegan	61	Manchester NH	29 Jun, NH-A	17 Nov 23
19:19 a	Avery Bryant	61	Palos Verdes CA	12 Oct, CA-A	25 May 24
19:30 ai	Ross Waltzer	62	Tulsa OK	16 Mar, OK-A	28 Mar 22

5 kilometers		Men 65 thru 69			
19:31.4	John Rastani	66	Utica NY	20 Oct, NY-A	19 Feb 19
20:00.9	Austin Newman	69	Westfield NJ	19 Oct, NJ-A	21 Nov 15
20:37	Ed Shaffer	66	Walterboro SC	23 Nov, SC-A	14 Feb 19
20:39	David Cohen	66	Los Angeles CA	10 Nov, CA-A	
21:12	Nathaniel White	65	Fayetteville NY	9 Jun, NY-A	28 Jun 19
21:44.3	Clarence Osborn	67	Lincoln NE	11 Aug, NE-A	23 Jan 18
21:54	Emil Bals	66	Circle Pines MN	26 Oct, MN-A	27 Dec 18
22:27	Phil Jones	65	San Fernando CA	9 Nov, CA-A	
22:58	Harold Carlson	66		26 Oct, MN-A	
23:05.6	Alton Bradley	69	Rochester NH	29 Jun, NH-A	19 Apr 16

5 kilometers		Men 70 thru 74			
22:30	Bill Andberg	74	Anoka MN	26 Oct, MN-A	3 Jun 11
22:36	Andrew Crawford	70+		19 Oct, IN-A	
24:07	Eddie Howard	70	Los Angeles CA	6 Oct, CA-A	
24:18	Clayton Breilsford	70		17 Feb, NC-A	
25:50	Fraser MacMinn	71	Glendale CA	22 Sep, CA-A	28 Jun 14
26:11 a	Fred Shanley	71	Los Angeles CA	12 Oct, CA-A	
27:01 a	George Feinstein	71		1 Dec, CA-A	
27:57 a	Dean Scofield	73	Los Angeles CA	1 Dec, CA-A	12 Apr 12
28:41 a	Marcus White	70	El Segundo CA	12 Oct, CA-A	
30:01	Elmer Mateas	73		22 Sep, CA-A	

5 kilometers		Men 80 thru 84			
39:21	B L Vlasak	81	San Gabriel CA	9 Nov, CA-A	21 Jun 04

5 kilometers		Women 70 thru 74			
30:56	Elva Forsberg	70	Hammond IN	10 Aug, MI-A	
36:35	Mayme Bdera	70	East Elmhurst NY	12 May, NY-A	
60:00	Viola Stodolak	72	Grove City PA	8 May, PA-A	

5 kilometers		Women- 35 thru 39			
17:02	Laurie Binder	37	Oakland CA	16 Jun, CA-A	
17:10	Andrea Burke	35	Endicott NY	25 May, NY-A	
17:13	Darsie Bowden	35	Santa Monica CA	6 Oct, CA-A	
17:50.2	Barbara Filutze	39	Erie PA	20 Oct, PA-A	
18:04	Patsy Duffy	36	Edina MN	13 Jul, MN-A	
18:22	Marcia Kremer	37		26 Oct, MN-A	
18:32	Terri Goodreau	35	Nth Hollywood CA	21 Apr, CA-A	
18:48	Hilary Naylor	38	Oakland CA	16 Jun, CA-A	
19:01	Daiva Jusionis	37		30 Jun, CA-A	
19:09	Diane Thompson	38	Edina MN	26 Oct, MN-A	

5 kilometers		Women 40 thru 44			
17:00	Gabriele Andersen	40	Sun Valley ID	16 Jun, CA-A	
17:32.8	Shirley Matson	44	Solana Beach CA	27 Oct, CA-A	
18:12	Madeline Harmeling	40	Merrick NY	4 Jul, NY-A	
18:17	Judy Kewley	40	Simi Valley CA	26 May, CA-A	
18:25.5	Jane Arnold	44	Bloomfield CT	18 Aug, CT-A	
18:28	Lina Connors	43	New York NY	12 May, NY-A	
18:44	Judy Pickert	41	Brewster NY	12 May, NY-A	
18:53	Gigi Luhtala	41	Menlo Park CA	16 Jun, CA-A	
19:04	Sandy Coffey	40		16 Jun, CA-A	
19:10	Robin Villa	42	New York NY	4 Jul, NY-A	

5 kilometers		Women 45 thru 49			
19:14.0	Gina Faust	48	Woodland Hills CA	19 May, CA-B	
19:44.8	Lynette Walker	45	Simsbury CT	18 Aug, CT-A	
19:45	Heidi Skaden-Poyser	47	Sacramento CA	16 Jun, CA-A	
19:49	Betsey O'Neill	46	Wantagh NY	4 Jul, NY-A	
19:57	Rita Gilmore	45	Pacific Plsds CA	26 May, CA-A	
19:58	Jeanette Wells	47	Quartz Hill CA	21 Apr, CA-A	
20:16	Pat Whittingslow	45	Oakland CA	16 Jun, CA-A	
20:16.7a	Ginger Wilson	48	St Louis Pk MN	10 Aug, MN-A	
20:20	Patty Lee Parmalee	45	New York NY	12 May, NY-A	
20:34	Judy Cronen	45		26 Oct, MN-A	

5 kilometers		Women 50 thru 54			
20:31	Chris McKenzie	53	Great Neck NY	4 Jul, NY-A	
20:45	Sally Wolfer	53	Kensington CA	16 Jun, CA-A	
21:14	Atsuko Fujimoto	50	Pacific Plsds CA	26 May, CA-A	
21:14	Mae Horns	51	Edina MN	26 Oct, MN-A	
21:26	Wilma Maddock	51	Costa Mesa CA	30 Jun, CA-A	
21:34.1	Evelyn Zerfoss	50	Nashville TN	8 Jun, TN-A	
21:55	Diane Fidler	50		5 Oct, OR-A	
21:57	Marjorie Kroeger	50+		4 Jul, NY-A	
22:03	Esther Robertson-Lee	50		12 May, NY-A	
22:07.5	Betty Field	52	Roanoke VA	4 May, VA-A	

5 kilometers		Women 55 thru 59			
20:08.1	Margaret Miller	59	Thousand Oaks CA	19 May, CA-B	
21:15	Jeanne Ofenloch	56	Bethpage NY	4 Jul, NY-A	
22:00.4	Jane Arnold	55	Springville TN	8 Jun, TN-A	
22:03	Melba Hatch	56	Canton MI	5 May, MI-A	
23:13.6a	Mary Lou Carlson	58	Minneapolis MN	10 Aug, MN-A	
23:52	Marcelline Cahow	56		26 Oct, MN-A	
24:04	Patricia Pruitt	56	Walnut CA	9 Nov, CA-A	
24:25.8a	Gretchen Johnsen	55	Oklahoma City OK	21 Sep, OK-A	
24:34	Nancy Bell	55	Taylors SC	23 Nov, SC-A	
24:45	Mary Malain	57	Redding CA	9 Nov, CA-A	

5 kilometers		Women 60 thru 64			
20:36	Helen Dick	60	Los Angeles CA	21 Apr, CA-A	
23:39	Obert Albin	60	Chatsworth CA	21 Apr, CA-A	
24:16	Harriet Wever	63	Okemos MI	3 Nov, MI-A	
25:15	Betty Sandberg	60	Eagan MN	26 Oct, MN-A	
25:21	Daisy Wong	60	Burbank CA	26 May, CA-A	
25:35	Ann Hamilton	60+		4 Jul, NY-A	
26:08 a	Sue Hyde	60	Manhattan Bch CA	12 Oct, CA-A	
26:27	Willie Albea	60+	Anniston AL	7 Dec, GA-A	
26:42	Betty Haleen	63	Minnetonka MN	26 Oct, MN-A	
26:54.2	Louise Akers	60	Christiansburg VA	4 May, VA-A	

5 kilometers		Women 65 thru 69			
25:05	Althea Wetherbee	66	Huntington Stn NY	4 Jul, NY-A	
27:19	Judy Simon	69	La Mesa CA	26 May, CA-A	
30:42	Fuss Damuth	66	Manhattan MT	1 Jun, MT-A	
31:20	Irene Crane	67	Milwaukie OR	5 Oct, OR-A	
31:56	Edith Greene	67		26 Oct, MN-A	
32:16	Mille Samson	66	Helena MT	1 Jun, MT-A	
37:50	Jean Gurskis	69	Union Lake MI	3 Nov, MI-A	
42:18	Rose Steward	67	Tempe AZ	11 Aug, AZ-A	
51:36	Rebecca Wilson	65	Brooklyn NY	12 May, NY-A	
55:13	Phyllis Lutes	66	Grove City PA	8 May, PA-A	

Continued from previous page

8 kilometers		Men- 35 thru 39			
23:27	Gary Tuttle	38	Ventura	CA	2 Nov, CA-A
24:47	George Hitt	36	Milton	MA	10 Nov, NH-A
24:52	David Thomas	37	Aloha	OR	10 Mar, OR-A
25:08	Tom Derderian	36	Portland	OR	10 Mar, OR-A
25:21a	Christopher Miller	36	Eugene	OR	2 Jun, OR-A
25:21a	Hal Jackson	37	Portland	OR	2 Jun, OR-A
25:24	Jim Ryan	37	Lawrence	KS	16 Mar, VA-A
25:25	Gary Jenkins	37	Lithia Sprgs	GA	24 Aug, NC-A
25:36	Chuck Koepfen	39	Carmel	IN	16 Mar, IN-A
25:38	Peter Hallop	38	Ann Arbor	MI	22 Jun, MI-A

8 kilometers		Men- 40 thru 44			
25:17	Michael Heffernan	44	Portland	OR	10 Mar, OR-A
25:19	John Boyle	41	Newburyport	MA	9 Nov, MA-A
25:22	Bill Stewart	42	Ann Arbor	MI	26 Jan, FL-A
25:34	Sumner Brown	41	Belmont	MA	9 Nov, MA-A
25:41	John Potts	40	St Johns	MI	22 Jun, MI-A
25:51y	Gus Foley	42	Winthrop	MA	26 May, MA-A
25:54y	Lee Sargent	40+	Dedham	MA	26 May, MA-A
25:54y	Ted Haiman	42	Forest Hills	NY	20 Oct, NY-A
25:55y	Tony Mifsud	41	Allen Park	MI	3 Mar, MI-A
26:01	Marshall Matye	42	Sylmar	CA	8 Dec, CA-A

8 kilometers		Men- 45 thru 49			
25:49y	Herb Lorenz	46	Willingboro	NJ	18 May, NJ-A
26:11	Lew Faxon	45	Hampton	VA	16 Mar, VA-A
26:20a	Earl Ellis	49	Seattle	WA	2 Jun, OR-A
26:22	George Buckner	45	Castle Rock	WA	10 Mar, OR-A
26:29	Donald Sleeman	47	Ann Arbor	MI	12 Oct, MI-A
26:39ay	Bob Paklaian	48	Detroit	MI	17 Mar, MI-A
26:41	Fred Uelses	45	Boyertown	PA	29 Sep, DC-A
26:48	Roland Cormier	45	W Springfield	MA	29 Sep, NY-A
26:57	Dan Josepchs	45			26 Jan, FL-A
26:58ay	Rex Perrine	47	Westland	MI	17 Mar, MI-A

8 kilometers		Men- 50 thru 54			
26:18a	Ray Hatton	53	Bend	OR	2 Jun, OR-A
26:48	Bill Foulk	51	Raymond	NH	30 Mar, NH-A
27:31a	Paul Noreen	50	Plymouth	MN	29 Jun, MN-A
27:40	Norman Eastman	54	Lansing	MI	22 Jun, MI-A
28:22a	Jack Martin	50	Mukilteo	WA	4 May, WA-A
28:32	Bob Milner	50	Hamilton	NY	29 Sep, NY-A
28:32y	Witold Bialokur	50	Rego Park	NY	20 Oct, NY-A
28:34	Bob Brock	52	Marcellus	NY	29 Sep, NY-A
28:35	Bob Elwood	51	Lincoln	NE	12 Oct, NE-A
28:37	Bob Trudgeon	51	Detroit	MI	22 Jun, MI-A

8 kilometers		Men- 55 thru 59			
28:12	Tony Sapienza	56	Bradford	MA	29 Sep, NY-A
28:24	Howard Rubin	57	New Hartford	NY	20 Jun, NY-A
28:28	Richard Kendall	55	Tonawanda	NY	29 Sep, NY-A
28:36	Ed Stabler	56	Syracuse	NY	20 Jun, NY-A
28:38a	Orlo Keniston	58	Seattle	WA	2 Jun, OR-A
29:10a	Bill McChesney	57	Eugene	OR	2 Jun, OR-A
29:11	Jim Blount	55	Winter Park	FL	26 Jan, FL-A
29:11	Herb Chisholm	59	Alexandria	VA	29 Sep, DC-A
29:27y	Don Dixon	57	Hastings/Hudsn	NY	6 Jan, NY-A
29:28	Jerry Crockett	56	Stillwater	OK	4 May, OK-A

8 kilometers		Men- 60 thru 64			
28:15	Jim O'Neil	60	La Jolla	CA	14 Jul, CA-A
28:53	John Hosner	60	Blacksburg	VA	24 Aug, NC-A
30:25	Fred Nagelschmidt	61	Ventura	CA	12 Oct, CA-A
31:21	Larry Banuelos	61	Pico Rivera	CA	21 Dec, CA-A
31:27	Albert Showen	60	Lincoln	NE	12 Oct, NE-A
31:31	Nocus McIntosh	60	Spavinaw	OK	5 Oct, OK-A
31:40y	John McManus	62	Sunnyside	NY	20 Oct, NY-A
31:42	Ray Gil	61	Lompoc	CA	12 Oct, CA-A
31:50y	Browning Ross	61	Woodbury	NJ	4 Jul, NJ-A
32:01	Oscar Burris	64	Jackson	MS	12 Oct, MS-A

8 kilometers		Men- 65 thru 69			
30:58	Rudy Nimmons	65	Seneca	SC	24 Aug, NC-A
32:16	John Rastani	66	Utica	NY	29 Sep, NY-A
33:02	Bill Eppright	65	Norcross	GA	29 Sep, NY-A
33:35a	Dick Bartholomew	65	Seattle	WA	4 May, WA-A
33:51	Wayne Zook	68	San Diego	CA	8 Jun, CA-A
34:37	Nathaniel White	65	Fayetteville	NY	20 Jun, NY-A
34:47	Stan Sater	66	Martinsville	VA	24 Aug, NC-A
34:57	Wendell Parson	65	Anderson	IN	28 Sep, IN-A
35:26	Jack Douglas	65	Bonita	CA	8 Jun, CA-A
35:39a	Emil Balz	66	Circle Pines	MN	29 Jun, MN-A

8 kilometers		Men- 70 thru 74			
34:44	William Brobston	72	Saugerties	NY	29 Sep, NY-A
35:36	Ed Stotsenberg	71	Malibu	CA	8 Dec, CA-A
35:54y	Fred Ely	70	Trenton	NJ	18 May, NJ-A
36:25	Arthur Levenson	71	Silver Spring	MD	29 Sep, DC-A
36:27	John Archer	71	Oconomowoc	WI	12 Oct, WI-A
37:13a	Bill Van Fleet	70	Eureka	CA	8 Sep, OR-A
37:18	Al Clark	71	Prescott	AZ	12 Oct, AZ-A
37:40y	Luis Martin	73	Upr Montclair	NJ	2 Mar, NY-A
40:06ai	Jerry Satterlee	70	Seattle	WA	2 Jun, OR-A
40:09	Ray Deschambault	72	DeWitt	NY	29 Sep, NY-A

8 kilometers		Men- 75 thru 79			
34:21	Ed Benham	78	Ocean City	MD	29 Sep, NY-A
36:32	Chick Dahlsten	75	Los Angeles	CA	8 Dec, CA-A
38:53	Charles Hackenheimer	79	Central Square	NY	29 Sep, NY-A
39:07	Ed Rumble	76	Alta Loma	CA	8 Dec, CA-A
43:07	Ray Sears	78	Shelbyville	IN	1 Jun, IN-A
48:43	Glenn Ditton	75	Alva	OK	1 Jun, OK-A
49:36	Gordon Sherbeck	78	Vancouver	WA	10 Mar, OR-A
50:09ay	James Ramsey	77	Detroit	MI	17 Mar, MI-A
53:53	Jack Garner	79	Angola	IN	17 Aug, IN-A
1:00:25y	Ray McGuire	77			21 Apr, NE-A

8 kilometers		Men- 80 thru 84			
45:44y	Max Popper	82	Flushing	NY	20 Oct, NY-A
53:18y	Robert Wallach	81	New York	NY	6 Jan, NY-A
1:00:32	Jacob Bishin	84	Los Angeles	CA	8 Dec, CA-A
1:02:28	B L Vlasak	81	S San Gabriel	CA	21 Dec, CA-A
1:20:30	Theodore Hyde	80	The Dalles	OR	10 Mar, OR-A

8 kilometers		Men- 85 thru 89		
47:03y	Paul Spangler	85	San Luis Obspo CA	17 Mar, CA-A

8 kilometers		Women- 35 thru 39			
28:44a	Kate Sharples	35	North Bend	OR	2 Jun, OR-A
28:45	Jeanie Libutti	35	Washington	DC	29 Sep, DC-A
29:02	Karen Hubbard	35	Ann Arbor	MI	26 Oct, MI-A
29:29	Joyce Rankin	37	Colorado Sprgs	CO	27 Jan, CA-A
29:40y	Jane Buch	36	Smithville	OH	11 May, OH-A
29:54	Marge Rosasco	37	Fallston	MD	29 Sep, DC-A
30:03a	Laurie Cromwell	39			4 May, WA-A
30:11	Martha O'Rourke	35	Tulsa	OK	12 Oct, OK-A
30:13y	Robin Emery Rappa	38	Ellsworth	ME	2 Sep, ME-A
30:22a	Mary Peterson	38	Portland	OR	2 Jun, OR-A

8 kilometers		Women- 40 thru 44			
28:14	Gabriele Anderson	40	Sun Valley	ID	24 Aug, NC-A
28:59a	Carol Flexer	42	Bellevue	WA	2 Jun, OR-A
29:10y	Madeline Harmeling	40	Merrick	NY	20 Oct, NY-A
29:16	Shirley Matson	44	Solana Beach	CA	5 Oct, CA-A
29:22a	Ford Madeira	40	Sherborn	MA	6 Oct, CA-A
29:31y	Bobbi Rothman	40	Miller Place	NY	10 Nov, NH-A
29:33a	Julie Stiles	42	Seattle	WA	4 May, WA-A
29:50	Harolene Walters	42	El Toro	CA	12 Oct, CA-B
30:03	Judy Pickert	42	Brewster	NY	29 Sep, NY-A
30:10y	Betsy Harshbarger	42	Cambridge	MA	10 Nov, NH-A

8 kilometers		Women- 45 thru 49			
31:22	Gina Faust	48	Woodland Hills	CA	8 Dec, CA-A
31:55y	Patty Lee Parmalee	45	New York	NY	20 Oct, NY-A
32:18	Mary Anne Wehrum	47	Memphis	TN	24 Aug, NC-A
32:26a	Christine Curtis	47	Seattle	WA	2 Jun, OR-A
32:28	Carrie Parsi	46	Lexington	MA	9 Nov, MA-A
32:59a	Judy Groombridge	45	Seattle	WA	4 May, WA-A
33:08y	Lynne Lauck	45	Pittstown	NJ	18 May, NJ-A
33:24y	Sandra Knott	47	Cleveland Hgts	OH	11 May, OH-A
33:26y	Gloria Jenkins	48	Mount Holly	NJ	21 Jul, NJ-A
33:41	Cecily Parke	46	Sierra Madre	CA	8 Dec, CA-A

8 kilometers		Women- 50 thru 54			
32:07a	Vicki Bigelow	50	San Lorenzo	CA	6 Oct, CA-A
32:41	Martha Klopfer	50	Durham	NC	10 Aug, NC-A
33:14y	Helene Bedrock	50	Cliffside Park	NJ	21 Jul, NJ-A
33:17	Gloria Brown	53	Grand Island	NY	29 Sep, NY-A
33:23y	Margarete Deckert	52	Lagrangeville	NY	20 Oct, NY-A
33:31	Fay Hobbs	50	Santa Barbara	CA	12 Oct, CA-A
34:18	Donna Wright	50	Missouri City	TX	14 Jul, KS-A
34:19	Irma Alperin	50	Ashton	MD	29 Sep, DC-A
34:20	Nancy McCormick	50	Omaha	NE	12 Oct, NE-A
34:35	Dobi McDougall	51	Hermosa Beach	CA	2 Nov, CA-A

8 kilometers		Women- 55 thru 59			
32:26y	Marion Irvine	55	San Francisco	CA	21 Jul, NJ-A
33:41	Barbara Meadows	55	Tucson	AZ	24 Nov, AZ-A
33:47y	Toshiko D'Elia	55	Ridgewood	NJ	21 Jul, NJ-A
34:26	Melba Hatch	57	Canton	MI	12 Oct, MI-A
35:04	Beryl Skelton	56	Fairport	NY	29 Sep, NY-A
35:56	Rachel Bourn	56	Fairfax	VA	29 Sep, DC-A
36:32	Alice Turowski	57	Portland	OR	28 Apr, OR-A
37:27	Doralie Segal	55	Arlington	VA	29 Sep, DC-A
38:04a	Mary Lou Carlson	58	Minneapolis	MN	29 Jun, MN-A
38:11y	Betty Ann Fireman	56	Philadelphia	PA	21 Jul, NJ-A

8 kilometers		Women- 60 thru 64			
34:13y	Helen Dick	61	Los Angeles	CA	17 Nov, CA-A
38:04	Mary Storey	61	Riverside	CA	14 Jul, CA-A
38:17ay	Gloria Horvat	60	Alma	MI	17 Mar, MI-A
39:09	Gerry Davidson	64	Fallbrook	CA	5 Oct, CA-A
39:45y	Ellie Kughn	61	Westlake	OH	11 May, OH-A
39:56y	Dorothy Thomas	61	Fresno	CA	17 Nov, CA-A
40:45y	Lucille Mancini	62	Sarasota	FL	21 Jul, NJ-A
42:08	Harriet Wever	63	Okemos	MI	22 Jun, MI-A
42:08	Daisy Wong	61	Burbank	CA	8 Dec, CA-A
42:21y	Doris Breeding	60	Arcadia	CA	17 Nov, CA-A

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8 kilometers		Women- 65 thru 69	
37:51a	Patricia Dixon	66	Eugene OR 2 Jun,OR-A
44:44	Winifred Gore	69	San Diego CA 5 Oct,CA-A
45:36	Phyllis Ruthenburg	65	Evansville IN 28 Sep,IN-A
45:57	Judy Simon	69	La Mesa CA 14 Jul,CA-A
47:00	Marcie Trent	67	Anchorage AK 14 Sep,AK-A
47:20y	Mary Varani	66	Detroit MI 3 Mar,MI-A
48:31	Carol Klocke	65	Springfield OR 12 Oct,OR-A
48:45	Grace Schweitzer	68	Santa Barbara CA 12 Oct,CA-A
50:24y	Althea Jureidini	66	Brooklyn NY 6 Jan,NY-A
50:43y	Evelyn Havens	69	New York NY 20 Oct,NY-A

8 kilometers		Women- 70 thru 74	
50:37y	Mayme Bdera	70	East Elmhurst NY 20 Oct,NY-A
57:25	Lucille Adney	72	Long Beach CA 12 Oct,CA-B
1:33:48	Olive Rohrer	70	
1:51:09	Fayme McGinn	71	Lincoln NE 12 Oct,NE-A

8 kilometers		Women- 75 thru 79	
50:01	Bess James	75	San Jacinto CA 14 Jul,CA-A
54:10	Felicitas Salazar	76	San Diego CA 5 Oct,CA-A
1:13:28	Marilla Salisbury	78	San Diego CA 5 Oct,CA-A
1:16:27	Maxine Cole	75	

15 kilometers		Men- 35 thru 39	
44:47	Bill Rodgers	37	Sherborn MA 9 Feb,FL-A
46:17	Duncan Macdonald	36	Kailua HI 7 Apr,HI-A
47:14	Steve Flanagan	37	Boulder CO 30 Jun,OR-A
47:22	Dale Keenan	35	Selkirk NY 10 Nov,NY-A
47:36	Robert Schlau	38	Charleston SC 23 Nov,SC-A
48:16	Robert Darling	35	San Francisco CA 16 Mar,CA-A
48:33	Wes Wessely	37	Stone Mtn GA 30 Jun,OR-A
48:49	Rick Katz	36	Boulder CO 30 Jun,OR-A
49:08	Donn Bischoff	38	Maize KS 26 Oct,OK-A
49:15	Ed Stenberg	37	Winston-Salem NC 18 May,NC-A

15 kilometers		Men- 40 thru 44	
46:22	Barry Brown	40	Glens Falls NY 9 Feb,FL-A
47:38a	George Keim	42	Waynesboro PA 8 Jun,MD-A
47:41	Tracy Smith	40	Bishop CA 30 Jun,OR-A
48:25	Damien Koch	43	Ft Collins CO 30 Jun,OR-A
48:48	Don Coffman	41	Frankfort KY 9 Feb,FL-A
49:07	Mike Heffernan	44	Portland OR 30 Jun,OR-A
49:12	Bruce Mortenson	41	Minnetonka MN 5 May,MN-A
49:22	Jeff Galloway	40	Atlanta GA 2 Sep,IN-A
49:33	Joe Becerra	42	Burlingame CA 16 Mar,CA-A
49:50	Chris Loosley	40	Morgan Hill CA 16 Mar,CA-A

15 kilometers		Men- 45 thru 49	
47:28	Sal Vasquez	45	Alameda CA 16 Mar,CA-A
49:11	Dan Conway	46	Chetek WI 9 Feb,FL-A
50:46	Bill Fuller	45	Livonia NY 9 Feb,FL-A
50:51	John Brennand	49	Santa Barbara CA 30 Jun,OR-A
51:10	Darryl Beardall	48	Santa Rosa CA 16 Mar,CA-A
51:14	George Buckner	46	Castle Rock WA 30 Jun,OR-A
51:16	Joe Burgasser	46	St Petersburg FL 9 Feb,FL-A
51:18	James Gallup	49	Honolulu HI 7 Apr,HI-A
51:57	Robert Nelson	45	Salt Lake City UT 5 May,MN-A
52:01a	Warren Ohlrich	46	Columbia MD 19 May,VA-A

15 kilometers		Men- 50 thru 54	
49:24	Norman Green	53	Wayne PA 30 Jun,OR-A
50:47	Ray Hatton	53	Bend OR 30 Jun,OR-A
52:29	Bill Foulk	52	Raymond NH 5 May,MN-A
53:52	Dale Thompson	50	Amarillo TX 26 Oct,OK-A
54:11a	John Dugdale	50	Ridgefield CT 14 Jul,NY-A
54:26	Jack Martin	50	Mukilteo WA 30 Jun,OR-A
54:33	David Long	53	
54:50	Bob Elwood	51	Lincoln NE 27 Oct,NE-A
54:54	Myron Nevraumont	50	Fremont CA 16 Mar,CA-A
55:14	Erv Tolkinen	50	Anoka MN 5 May,MN-A

15 kilometers		Men- 55 thru 59	
52:27	Gaylon Jorgensen	56	Highland UT 26 Oct,OK-A
53:25	Howard Rubin	56	New Hartford NY 9 Feb,FL-A
55:17	Tony Sapienza	56	Bradford MA 5 May,MN-A
56:02	Jim Blount	55	Orlando FL 12 Jan,FL-A
56:07	Richard Kendall	55	Tonawanda NY 14 Sep,NY-A
56:47	Buz Masters	56	Troutdale OR 19 Oct,OR-A
57:06a	Gordon McKenzie	58	Great Neck NY 14 Jul,NY-A
57:10	Patrick Devine	56	San Pedro CA 4 Jul,CA-A
57:19	Orlo Keniston	57	Seattle WA 23 Mar,WA-A
57:25	Herb Chisholm	58	Alexandria VA 16 Mar,DC-A

15 kilometers		Men- 60 thru 64	
57:02	Alex Ratelle	60	Edina MN 5 May,MN-A
59:04	Albert Showen	60	Lincoln NE 27 Oct,NE-A
59:09	Jack Start	64	Trenton NJ 1 Sep,NJ-A
1:00:16a	Paul Lackey	61	Arlington VA 19 May,VA-A
1:01:14	Lloyd Young	61	Grantsburg WI 5 May,MN-A
1:01:15	Jim Smith	63	Oklahoma City OK 26 Oct,OK-A
1:01:30	Nocus McIntosh	60	Spavinaw OK 26 Oct,OK-A
1:01:40	Don McWilliams	61	Canandaigua NY 14 Sep,NY-A
1:01:55	Naoto Inada	63	Honolulu HI 7 Apr,HI-A
1:02:28a	Hubert Morgan	63	Sayre PA 14 Jul,NY-A

15 kilometers		Men- 65 thru 69	
58:42	Clive Davies	69	Tillamook OR 30 Jun,OR-A
1:02:49	George Sheehan	66	Red Bank NJ 9 Feb,FL-A
1:03:11	Donald Dilworth	66	Escondido CA 30 Jun,OR-A
1:05:21	Frank Miorandi	66	Coffeyville KS 26 Oct,OK-A
1:05:30a	John Rastani	66	Utica NY 14 Jul,NY-A
1:05:57	Nathaniel White	66	Fayetteville NY 10 Nov,NY-A
1:07:02	Fleetwood Pesmire	68	White House TN 23 Nov,FL-A
1:07:22	Bernard Ryan	66	Seminole FL 9 Feb,FL-A
1:07:30a	Claude Rowan	67	Hyattsville MD 8 Jun,MD-A
1:08:01	Louis Preysz	68	Madison WI 9 Feb,FL-A

15 kilometers		Men- 70 thru 74	
1:04:00	Eugene Keller	70	Cincinnati OH 9 Feb,FL-A
1:13:03	Al Clark	71	Prescott AZ 10 Mar,AZ-A
1:13:33	Jim Miller	71	Woodacre CA 16 Mar,CA-A
1:14:09	Tomas Palacios	70	Tulsa OK 26 Oct,OK-A
1:14:45	Dean Scofield	73	Los Angeles CA 4 Jul,CA-A
1:19:20	Masato Shibasaki	72	Honolulu HI 7 Apr,HI-A
1:21:02	John Williams	70	Park Forest IL 9 Feb,FL-A
1:21:27a	Ralph Agone	70+	Rome NY 14 Jul,NY-A
1:22:32	Don Ross	71	Mill Valley CA 16 Mar,CA-A
1:22:50	Alan Poole	71	Princeton NJ 1 Sep,NJ-A

15 kilometers		Men- 75 thru 79	
1:07:09	Ed Benham	77	Ocean City MD 9 Feb,FL-A
1:17:41a	Charles Hackenheimer	79	Central Square NY 14 Jul,NY-A
1:40:06	Norbert Fuller	76	Tampa FL 9 Feb,FL-A
1:49:11	Gordon Sherbeck	78	Vancouver WA 30 Jun,OR-A
1:50:59a	William McNeil	77	Middletown NY 14 Jul,NY-A

15 kilometers		Men- 80 thru 84	
2:32:01	Everett Amos	83	Knox IN 2 Sep,IN-A
2:32:01	Arthur Chaney	81	Winona Lake IN 2 Sep,IN-A
2:59:01	Theodore Hyde	81	The Dalles OR 30 Jun,OR-A

15 kilometers		Men- 85 thru 89	
1:35:20	Paul Spangler	86	San Luis Obspo CA 18 May,NC-A

15 kilometers		Women- 35 thru 39	
52:57a	Marge Rosasco	37	Fallston MD 8 Jun,MD-A
53:33	Laurie Binder	37	Oakland CA 16 Mar,CA-A
55:38	Nancy Grayson	35	Columbia SC 23 Nov,SC-A
56:16	Susan Henderson	38	Boulder CO 10 Mar,AZ-A
57:06	Cheryl Lanagan	37	Boulder CO 30 Jun,OR-A
57:15	Judy Greer	38	Orlando FL 9 Feb,FL-A
57:34	Ann Danzer	37	Helena MT 30 Jun,OR-A
57:48	Martha O'Rourke	35	Tulsa OK 26 Oct,OK-A
57:56	Jane Millspaugh	37	Boca Raton FL 9 Feb,FL-A
57:59	Jane Hutchison	39	Webb City MO 26 Oct,OK-A

15 kilometers		Women- 40 thru 44	
54:56	Shirley Matson	44	Solana Beach CA 9 Feb,FL-A
56:56	Carol Flexer	42	Bellevue WA 30 Jun,OR-A
57:12	Bette Poppers	42	Littleton CO 9 Feb,FL-A
57:47	Karen Lanterman	40	Burlingame CA 16 Mar,CA-A
58:09	Yvonne Rodgers	42	Seminole FL 9 Feb,FL-A
58:34	Judy Kewley	40	Simi Valley CA 30 Jun,OR-A
58:49	Harolene Walters	41	El Toro CA 30 Jun,OR-A
58:52	Judy Pickert	41	Brewster NY 9 Mar,FL-A
58:55	Karen Bestul	42	Lincoln NE 9 Feb,FL-A
59:03a	Cindy Dalrymple	43	Arlington VA 14 Jul,NY-A

15 kilometers		Women- 45 thru 49	
59:58	Mary Anne Wehrum	47	Memphis TN 7 Dec,GA-A
1:00:20	Patti Sudduth	46	Crawfordville FL 23 Nov,FL-A
1:00:30	Karen Scannell	46	San Francisco CA 16 Mar,CA-A
1:01:44	Laura Tingle	48	Bradenton FL 9 Feb,FL-A
1:01:46	Joan Reiss	47	San Rafael CA 16 Mar,CA-A
1:01:57	Lynne Lauck	45	Pittstown NJ 1 Sep,NJ-A
1:02:38	Heidi Skaden-Poyser	47	Sacramento CA 16 Mar,CA-A
1:02:40	Pat Whittingslow	45	Oakland CA 16 Mar,CA-A
1:03:27	Cindy Bienkowski	45	Princeton NJ 1 Sep,NJ-A
1:03:31	Shaaron Cooper	46	Claremore OK 26 Oct,OK-A

15 kilometers		Women- 50 thru 54	
1:02:33	Anny Stockman	53	Rensselaer NY 10 Nov,NY-A
1:03:34	Donna Wright	50	Missouri City TX 26 Oct,OR-A
1:04:05	Gloria Brown	53	Grand Island NY 14 Sep,NY-A
1:05:50	Nancy McCormick	50	Omaha NE 9 Feb,FL-A
1:07:28	Joanne Richardson	50	Weeping Water NE 27 Oct,NE-A
1:07:44	Martha Maricle	51	San Francisco CA 16 Mar,CA-A
1:08:04	Mickey Armstrong	54	Edina MN 5 May,MN-A
1:08:18	Ruth Waters	51	San Carlos CA 16 Mar,CA-A
1:08:24	Mae Horns	51	Edina MN 5 May,MN-A
1:08:57	Jo Ann Phillips	50	Corvallis OR 30 Jun,OR-A

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15 kilometers

Table with 2 columns: Time and Name. Rows include Barbara Meadows, Ann Kahl, Rachel Bourn, Frances Sackerman, Billie Murphy, Nancy Gerstenberger, Alix Gravenstein, Alice Turovski, Mary Lou Carlson, Diane Goulett.

Women- 55 thru 59

Table with 4 columns: Name, State, Date, and Result. Rows include Tucson AZ, Apopka FL, Fairfax VA, Burlingame CA, Tacoma WA, Albany NY, Gainesville FL, Portland OR, Minneapolis MN, Minneapolis MN.

15 kilometers

Table with 2 columns: Time and Name. Rows include Helen Dick, Anne Trigg, Mary Storey, Jaclyn Caselli, Margaret Wright, Lucille Mancini, Edith Farias, Evelyn Jennings, Virginia Reinhardt, Margie Rheman.

Women- 60 thru 64

Table with 4 columns: Name, State, Date, and Result. Rows include Los Angeles CA, St Petersburg FL, Riverside CA, San Jose CA, Folly Beach SC, Sarasota FL, Salisbury Mills NY, Beatrice NE, Ashburn GA, TX.

15 kilometers

Table with 2 columns: Time and Name. Rows include Algene Williams, Margaret Lee, Josephine Hess, Helen Reiter, Kikue Kimoto, Gay Rutledge, Grace Schweitzer, Patricia Rine, Gladys Nofzt, Bonnie Kolsom.

Women- 65 thru 69

Table with 4 columns: Name, State, Date, and Result. Rows include Park Forest IL, Honolulu HI, Selah WA, Palm Harbor FL, Wahiawa HI, Caldwell ID, Santa Barbara CA, Tulsa OK, Mar, FL-A, Honolulu HI.

15 kilometers

Table with 2 columns: Time and Name. Rows include Adaline Crocker, Thelma Greig, Anita Pereira, Helen Stout.

Women- 70 thru 74

Table with 4 columns: Name, State, Date, and Result. Rows include Honolulu HI, Honolulu HI, Waianae HI, Seattle WA.

15 kilometers

Table with 2 columns: Time and Name. Rows include Anne Clarke, Mavis Lindgren, Alta Truex.

Women- 75 thru 79

Table with 4 columns: Name, State, Date, and Result. Rows include Glen Ellyn IL, Orleans CA, Beallsville OH.

20 kilometers

Table with 2 columns: Time and Name. Rows include Bill Rodgers, Jim Murphy, Peter Hallop, Bill Backe, John Gores, Bennett Beach, Peter Nye, Gary Wallace, Ken Rowe, William Hart.

Men- 35 thru 39

Table with 4 columns: Name, State, Date, and Result. Rows include Sherborn MA, Worcester MA, Ann Arbor MI, Long Beach NY, Brighton MI, Larchmont NY, Alexandria VA, Nashua NH, East Lansing MI, VA-A.

20 kilometers

Table with 2 columns: Time and Name. Rows include Tony Mifsud, Mike Heffernan, Gary Goettelmann, Thomas Iredale, George Keim, Ray Kneer, Steven Close, Alden Glidden, Tom Burns, Peter Stern.

Men- 40 thru 44

Table with 4 columns: Name, State, Date, and Result. Rows include Livonia MI, Portland OR, Santa Clara CA, Spokane WA, Wynesboro PA, Cortland NY, Montecito CA, Klamath Falls OR, Costa Mesa CA, CA-A.

20 kilometers

Table with 2 columns: Time and Name. Rows include Darryl Beardall, Lew Faxon, Fay Bradley, Bill Catanese, Charles Ross, Bob Steinmann, Richard Hipp, Ed Brinkley, Alan Claremont, John Higons.

Men- 45 thru 49

Table with 4 columns: Name, State, Date, and Result. Rows include Santa Rosa CA, Hampton VA, Washington DC, Mill Valley CA, Vienna VA, Bozeman MT, Columbia MD, Chesapeake VA, Corvallis OR, Eugene OR.

20 kilometers

Table with 2 columns: Time and Name. Rows include Norm Green, Ray Hatton, Bill Foulk, Jim Knerr, Bryan Holmes, Kenneth Jones, Fred Lehr, James Culver, Irving Cater, Don Bemis.

Men- 50 thru 54

Table with 4 columns: Name, State, Date, and Result. Rows include Wayne PA, Bend OR, Raymond NH, Simi Valley CA, Larchmont NY, Chula Vista CA, Lincoln NE, Klamath Falls OR, Montague CA.

20 kilometers

Table with 2 columns: Time and Name. Rows include Bill McChesney, Otho Perkins, Herb Chisholm, Robert Malain, Ken Oliver, Joe King, Boyce Jacques, Jerry Mahrer, Neil Wilson, Len Ramp.

Men- 55 thru 59

Table with 4 columns: Name, State, Date, and Result. Rows include Eugene OR, Columbus OH, Alexandria VA, Redding CA, Medford OR, Alameda CA, Reno NV, New York NY, Grants Pass OR.

20 kilometers

Table with 2 columns: Time and Name. Rows include Jim McCown, Jimmy Low, Fred Nagelschmidt, Tom Gibbons, Albert Showen, Raymond Penkert, Ray Chappellear, Paul Hansen, Sid Smith, Larry Rush.

Men- 60 thru 64

Table with 4 columns: Name, State, Date, and Result. Rows include San Diego CA, Sacramento CA, Ventura CA, Bellerose NY, Lincoln NE, El Cajon CA, Milford Center OH, Holt MI, Salt Lake City UT, Ponce Inlet FL.

20 kilometers

Table with 2 columns: Time and Name. Rows include Rudy Nimmons, Wayne Zook, Bill Eppright, Paul Reese, John Woods, Joseph Carey, George Weinzetl, Joe Federici, Bud Ross, Roger Gill.

Men- 65 thru 69

Table with 4 columns: Name, State, Date, and Result. Rows include Seneca SC, San Diego CA, Norcross GA, Auburn CA, Bethesda MD, Lompoc CA, Williams OR, DuBois PA, Medford OR, Seneca SC.

20 kilometers

Table with 2 columns: Time and Name. Rows include Arthur Levenson, Brooks Fitzgerald, Vernon Geary, Luis Martin, Joseph Brinkley, Louis Cinci, Robert Boal, Edson Sower, Bob Sterling, Robert Moffitt.

Men- 70 thru 74

Table with 4 columns: Name, State, Date, and Result. Rows include Silver Spring MD, Billings MT, Williamsburg VA, Upr Montclair NJ, Great Falls MT, Clarksburg WV, Wake Forest NC, Yuma AZ, San Luis Obspo CA, Washington DC.

20 kilometers

Table with 2 columns: Time and Name. Rows include Ed Benham, Edward McKean-Smith, John Newdorp.

Men- 75 thru 79

Table with 4 columns: Name, State, Date, and Result. Rows include Ocean City MD, Coquille OR, Oakton VA.

20 kilometers

Table with 2 columns: Time and Name. Row includes Earl Bailey.

Men- 85 thru 89

Table with 4 columns: Name, State, Date, and Result. Row includes Falls Church VA.

20 kilometers

Table with 2 columns: Time and Name. Rows include Laurie Binder, Andrea Burke, Mary Ellen Williams, Bobbi Rothman, Ann Danzer, Kathleen Horton, Judy Dodge, Arla Tree, Jacqueline Peterson, Joni Pendleton.

Women- 35 thru 39

Table with 4 columns: Name, State, Date, and Result. Rows include Oakland CA, Endicott NY, Darnestown MD, Hauppauge NY, Helena MT, New York NY, San Diego CA, Stevensville MT, Roseburg OR, San Diego CA.

20 kilometers

Table with 2 columns: Time and Name. Rows include Iris Black, Gigi Luhtala, Karen Lanterman, Bette Poppers, Betsy Harshbarger, Carol Johnston, Judy Sewell, Erika Schertenleib, Ursula Rains, Sharon Greiner.

Women- 40 thru 44

Table with 4 columns: Name, State, Date, and Result. Rows include Spring Valley OH, Menlo Park CA, Hillsborough CA, Littleton CO, Cambridge MA, New York NY, Chula Vista CA.

20 kilometers

Table with 2 columns: Time and Name. Rows include Heidi Skaden-Poyser, Marge Dunlap, Lyn Lagrander, Gaby McQuitty, Betty Wood, Kay Nelson, Jeanne Ulrich, Sally Rusby, Faye Heldoorn, Donna Gookin.

Women- 45 thru 49

Table with 4 columns: Name, State, Date, and Result. Rows include Sacramento CA, Redding CA, Eugene OR, Santa Maria CA, San Diego CA, Estacada OR, Oxon Hill MD, Horseheads NY, San Diego CA, San Diego CA.

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Continued from previous page

20 kilometers Women- 50 thru 54
1:27:24 Margarete Deckert 51 Lagrangeville NY 27 Jan,NY-A
1:30:45 Catherine Grow 51 2 Feb,CA-A
1:34:27 Ruth Waters 51 San Carlos CA 2 Feb,CA-A
1:34:31 Marie Luaders 52 28 Sep,NH-A
1:34:38 Martha Maricle 51 San Francisco CA 2 Feb,CA-A
1:37:19 Barbara Meadows 54 Tucson AZ 5 Jan,AZ-A
1:39:38 Elsa Sandberg 50 6 Apr,CA-A
1:39:40 Joanne Mallet 51 Rockville MD 26 May,DC-A
1:40:26 Jean Irvin 53 Corvallis OR 13 Apr,OR-A
1:40:45 Nicki Hobson 54 Del Mar CA 6 Apr,CA-A

20 kilometers Women- 55 thru 59
1:31:24 Ruth Anderson 55 Oakland CA 2 Feb,CA-A
1:35:02 Anne Johnson 56 Olivenhain CA 6 Apr,CA-A
1:37:07 Melba Hatch 56 Canton MI 14 Apr,MI-A
1:51:01 Marcia McChesney 55 Eugene OR 13 Apr,OR-A
2:04:53 Audrey Jacobson 56 Long Beach NY 27 Jan,NY-A
2:04:55 Ella Custer 55 Wheeling WV 25 May,WV-A
2:08:30 Mary Keiser 55 Medford OR 13 Apr,OR-A
2:11:04 Betty Gillette 56 Jacksonville OR 13 Apr,OR-A
2:15:40 Eleanor Van Gorder 56 Newark Valley NY 15 Jun,NY-A
2:17:58 Susan McDavid 55 Charleston WV 25 May,WV-A

20 kilometers Women- 60 thru 64
2:00:48 Marjorie Lawson 60 Sacramento CA 2 Feb,CA-A
2:13:59 Ann Budea 60 Mansfield OH 25 May,WV-A
2:16:59 Carol Klocke 64 Springfield OR 13 Apr,OR-A
2:50:31 Jean Wood 61 N Springfield VA 26 May,DC-A

20 kilometers Women- 65 thru 69
1:45:32 Patricia Dixon 66 Eugene OR 13 Apr,OR-A
2:16:10 Althea Jureidini 66 Brooklyn NY 27 Jan,NY-A

20 kilometers Women- 70 thru 74
2:26:14a Edna Berg 70 Bozeman MT 1 Jun,MT-A

20 kilometers Women- 75 thru 79
2:18:27 Bess James 75 San Jacinto CA 6 Apr,CA-A

25 kilometers Men- 35 thru 39
1:22:17 Michael Cottrell 39 Burnsville MN 15 Sep,MN-A
1:22:50 Harry Seaman 35 Minneapolis MN 15 Sep,MN-A
1:23:36 Michael Wheeler 36 Oakland CA 23 Jun,CA-A
1:24:00 Robert Clay 38 Kelseyville CA 23 Jun,CA-A
1:24:42 Charles Thompson 35 San Francisco CA 23 Jun,CA-A
1:25:40 William Backe 36 Long Beach NY 6 Oct,NY-A
1:27:07 Terry Lillibridge 37 Minneapolis MN 15 Sep,MN-A
1:27:13 Robert Darling 35 San Francisco CA 23 Jun,CA-A
1:27:17 Kenneth Rowe 38 East Lansing MI 11 May,MI-A
1:28:14 John Myers 37 Minneapolis MN 15 Sep,MN-A

25 kilometers Men- 40 thru 44
1:21:25 Bruce Mortenson 41 Minnetonka MN 15 Sep,MN-A
1:27:22 Ray Kneer 43 Cortland NY 5 May,NY-A
1:27:36 David Griffith 42 Minnetonka MN 15 Sep,MN-A
1:28:06 Bill Clark 41 Los Altos CA 23 Jun,CA-A
1:29:43vt John Loeschhorn 41 Irvine CA 26 Dec,CA-A
1:29:55 Gary Goettelmann 41 Santa Clara CA 8 Sep,OR-A
1:30:10 Mike Benton 40 Lester Prairie MN 15 Sep,MN-A
1:30:24 Jared Zandry 43 Minneapolis MN 15 Sep,MN-A
1:30:32 Daryl Zapata 40 Mill Valley CA 23 Jun,CA-A
1:30:57 Jerry Smith 42 Manlius NY 5 May,NY-A

25 kilometers Men- 45 thru 49
1:23:35 Dan Conway 46 Chetek WI 15 Sep,MN-A
1:30:32 Lew Faxon 45 Hampton VA 19 Jan,VA-A
1:31:59 Peter Jeffers 46 Homer NY 5 May,NY-A
1:32:09 Rick Kleyman 45 Minneapolis MN 15 Sep,MN-A
1:32:16 Dale Mattson 45 Minneapolis MN 15 Sep,MN-A
1:33:22 David Biddinger 45 Birmingham CA 11 May,MI-A
1:33:59 Martin Hillier 47 Novato CA 23 Jun,CA-A
1:34:48 Rex Purline 48 Westland MI 11 May,MI-A
1:34:48 Jerry Sulek 48 Brooklyn NY 6 Oct,NY-A
1:35:20 Bill Agresta 46 Saginaw MI 11 May,MI-A

25 kilometers Men- 50 thru 54
1:30:23 Paul Noreen 50 Minneapolis MN 15 Sep,MN-A
1:32:51 Norman Eastman 54 Lansing MI 11 May,MI-A
1:34:05 John Steger 50 6 Oct,NY-A
1:34:54 Bob Trudgeon 50 Detroit MI 11 May,MI-A
1:36:04 Jack Martin 50 Mukilteo WA 8 Sep,OR-A
1:36:32 Greg Prom 54 Minneapolis MN 15 Sep,MN-A
1:37:03 Arlen Sunn 51 Minneapolis MN 15 Sep,MN-A
1:37:28 Bob Brock 52 Marcellus NY 5 May,NY-A
1:37:37 Jerry Lewis 50 Mountain View CA 23 Jun,CA-A
1:37:47 Peter Todd 50 Berkeley CA 23 Jun,CA-A

25 kilometers Men- 55 thru 59
1:34:58 Ed Stabler 55 Nth Syracuse NY 5 May,NY-A
1:35:58 Patrick Devine 56 San Pedro CA 8 Sep,OR-A
1:36:54 Don Dixon 58 Hastings/Hudsn NY 6 Oct,NY-A
1:38:05 Kenneth Jones 55 Larchmont NY 6 Oct,NY-A
1:40:26 Roger Crogar 55 New York NY 6 Oct,NY-A
1:40:36 Frank Boabne 56 San Francisco CA 23 Jun,CA-A
1:42:51 John Kolmetz 56 Warren MI 11 May,MI-A
1:44:20 Bob Bartling 58 Brookings SD 24 Aug,SD-A
1:44:24 Ray Hardman 55 St Paul MN 15 Sep,MN-A
1:44:45 Dick Larson 55 Wayzata MN 15 Sep,MN-A

25 kilometers Men- 60 thru 64
1:37:13 Alex Ratelle 61 Edina MN 15 Sep,MN-A
1:49:36 John Burton 62 Wayzata MN 15 Sep,MN-A
1:50:32 Edward Buckley 60 Clinton NY 5 May,NY-A
1:51:16 Bill Williams 63 Poulsobo WA 8 Sep,OR-A
1:51:17 Bernard O'Keefe 61 Olypnia Flds IL 11 May,MI-A
1:54:00 Albert Showen 60 Lincoln NE 16 Mar,NE-A
1:54:01 Hugh Bowen 60 New York NY 6 Oct,NY-A
1:54:26 Lou DiFazio 63 6 Oct,NY-A
1:55:11 Thomas Gibbons 64 Bellerose NY 6 Oct,NY-A
1:55:35 Kermit Schooler 61 Manlius NY 5 May,NY-A

25 kilometers Men- 65 thru 69
1:52:36 Dick Bartholomew 65 Seattle WA 8 Sep,OR-A
1:53:04 Paul Reese 68 Auburn CA 23 Jun,CA-A
2:06:55 John Evans 68 Byron Center MI 11 May,MI-A
2:08:44 Harold Carlson 66 Minneapolis MN 15 Sep,MN-A
2:08:55 Frank Vaccaro 67 New Rochelle NY 6 Oct,NY-A
2:10:16 Nathan Pack 66 W Bloomfield MI 11 May,MI-A
2:11:16 Melvin Freidel 65 NY 6 Oct,NY-A
2:13:55 Alan Anderson 65 Deephaven MN 15 Sep,MN-A
2:18:44 Bernie Zimpfer 67 Minneapolis MN 15 Sep,MN-A
2:24:03 Bob Foster 65 Ann Arbor MI 11 May,MI-A

25 kilometers Men- 70 thru 74
1:39:59 Clive Davies 70 Tillamook OR 8 Sep,OR-A
2:14:14 Vernon Geary 72 Virginia Beach VA 19 Jan,VA-A
2:15:15 Luis Martin 74 Upr Montclair NJ 6 Oct,NY-A
2:20:38 Abe Wasserman 72 San Francisco CA 23 Jun,CA-A
2:29:10vt Edson Sower 70 Yuma AZ 31 Dec,AZ-A
2:29:51 Ray Deschambault 71 DeWitt NY 5 May,NY-A
3:02:42 Richard Pincomb 72 San Francisco CA 23 Jun,CA-A

25 kilometers Men- 75 thru 79
2:22:32 Charles Hackenheimer 78 Central Square NY 5 Sep,NY-A
2:23:38 Edward McKean-Smith 76 Coquille OR 8 Sep,OR-A
3:03:48 James Ramsey 77 Detroit MI 11 May,MI-A

25 kilometers Women- 35 thru 39
1:40:00 Claudia Ciavarella 36 Southfield MI 11 May,MI-A
1:40:51 Elaine Delsman 39 Ashland OR 8 Sep,OR-A
1:41:36 Patsy Duffy 36 Minneapolis MN 15 Sep,MN-A
1:43:30 Sharon Hoekstra 35 Hudsonville MI 11 May,MI-A
1:46:45 Diane Thompson 38 Minneapolis MN 15 Sep,MN-A
1:46:48 Carol Klitzke 38 St Paul MN 15 Sep,MN-A
1:47:49 Christiane Avin 37 Brooklyn NY 6 Oct,NY-A
1:47:50 Kathleen Schmitt 38 St Paul MN 15 Sep,MN-A
1:48:58 Joanne Barry 35 Cazenovia NY 5 May,NY-A
1:49:16 Linda Leonard 35 Kalamazoo MI 11 May,MI-A

25 kilometers Women- 40 thru 44
1:40:52 Tina Hayward 44 Vicksburg MI 11 May,MI-A
1:42:05 Gigi Luhtala 41 Menlo Park CA 23 Jun,CA-A
1:46:40 Karen Lanterman 41 Hillsborough CA 23 Jun,CA-A
1:48:10 Nancy Kapps 42 St Paul MN 15 Sep,MN-A
1:48:22 Gania Rode 43 Traverse City MI 11 May,MI-A
1:48:36 Charlene Catalina 40 Port Huron MI 11 May,MI-A
1:50:12 Lee Ann Bradford 40 Minneapolis MN 15 Sep,MN-A
1:50:54 Dody Burkey 40 Grand Rapids MI 11 May,MI-A
1:51:06 Patti Young 41 Roseburg OR 8 Sep,OR-A
1:51:41 Vicki Johnson 42 Strawberry Pln TN 23 Jun,CA-A

25 kilometers Women- 45 thru 49
1:43:28 Vicki Bigelow 49 San Lorenzo CA 23 Jun,CA-A
1:45:41 Joan Skiss 47 Sacramento CA 23 Jun,CA-A
1:47:35 Heidi Skaden-Poyser 48 Sacramento CA 23 Jun,CA-A
1:50:41 Agatha-Sue Lee 45 Lafayette CA 23 Jun,CA-A
1:50:43 Lyn LaGrander 48 Eugene OR 8 Sep,OR-A
1:54:02 Carol Bender 45 Middleville MI 11 May,MI-A
1:56:30 Lenis Tucker 46 Liverpool NY 5 May,NY-A
1:57:08 Mary Namey 45 Grand Rapids MI 11 May,MI-A
1:59:07 Edith Jones 46 NY 6 Oct,NY-A
1:59:08 Sandy Hammond 46 Lakeville MN 15 Sep,MN-A

25 kilometers Women- 50 thru 54
1:48:00 Helene Bedrock 50 Cliffside Park NJ 6 Oct,NY-A
1:52:24 Gloria Brown 53 Grand Island NY 5 May,NY-A
1:59:34 Jo-Ann Phillips 50 Corvallis OR 8 Sep,OR-A
2:03:15 Barbara Meadows 54 Tucson AZ 5 Jan,AZ-A
2:05:06 Florence Bon 53 San Francisco CA 23 Jun,CA-A
2:06:32 Martha Maricle 52 San Francisco CA 23 Jun,CA-A
2:08:17 Mary Jordal 51 Minnetonka MN 15 Sep,MN-A
2:11:00 Fran Adams 52 Virginia Beach VA 19 Jan,VA-A
2:11:32 Marjorie Macris 50 San Francisco CA 23 Jun,CA-A
2:11:32 Hanna Szoke 52 Fremont CA 23 Jun,CA-A

25 kilometers Women- 55 thru 59
2:03:29 Melba Hatch 56 Canton MI 11 May,MI-A
2:05:08 Mary Lou Carlson 58 Minneapolis MN 15 Sep,MN-A
2:11:46 Diane Goulett 56 Minneapolis MN 15 Sep,MN-A
2:31:18 Sharon Parsons 55 Eugene OR 8 Sep,OR-A
2:34:12 Eleanor Butler 57 6 Oct,NY-A
2:54:37 Liese Rapozz 57 Pacifica CA 23 Jun,CA-A
2:55:21 Sandy Norris 59 New York NY 6 Oct,NY-A
3:03:39 Terry Bleemer 56 NJ 6 Oct,NY-A

25 kilometers Women- 60 thru 64
2:32:11 Marjorie Lawson 60 Sacramento CA 23 Jun,CA-A
2:43:34 Betty Haleen 63 Minnetonka MN 15 Sep,MN-A
2:45:06 Judy Golding 64 Foster City CA 23 Jun,CA-A

25 kilometers Women- 65 thru 69
3:07:09 Evelyn Havens 69 New York NY 6 Oct,NY-A

Next Month: 30K, 10-mile, 20-mile, half-marathon, marathon rankings.

Nov... 400-Met... Hudson, Ro... van Au... 40-44-Mic... 73.5. 45... Menette... New York... Buffalo, O... 800 Me... Jamaica... Brooklyn... North Ev... New York... Buffalo, N... Burr, 2:2... Newfane, 2... Buffalo, N... Blodell, 2... Steeple... Newark, C... Clifton Sp... Smith, 45-49-Joh... 56-54-Pat... 11:51.5... Richmond... L. X. K... York, N... 50-59-We... Shot... Clifton... Almes... Tocke, 1... Harris, 1... 50-54-Pa... 55-59-Le... 48-44-R... 367... Long... Gulliver... East Au... Rochester... Amherst... Onida, T... Newfane... Shannette... SK. W... Webster... Cooper... Crossman... 50-54-G... 29-33.8... Island, 2... Rochester... 103-MA... 24-41.3... 34-41.8... 21-22.1... Chesham... Hosler, 1... Garrity, 1... Harris, 1... 45-49-An... 103-MA... Rochester... East Auro... Shoreham... Brooklyn... Onida, 1... New Yo... MacMill... 45-49-Ge... 70-74-Bill... 110-MA... 35-34-POR... 35-39-Ive... 40-44-Mic... 45-49-Jan... 20.9. 50-54... 55-59-Will... 22.4. 40-44... M.I... 400-Me... Thorne... Brons, 3... Fairport... Syracuse... Rochville... Jere... 70-74-Bill... 150-M... Rochester... Webster... Cohoes... Holley, 4... Buffalo, 4... Burr, S. 14... 5:27.7. 45-4... 5:22.7. 71... Syracuse... Trip... Fayettev... East Aur... Wood, Ro... Long, Lo... Cline, O... Townson... 40-44-Ed...

TRACK & FIELD RESULTS

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

EAST

Empire State Games
Buffalo, N.Y.;
August 6-10

MEM

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DISCUS

45-49—Cora Parry, Granville, 49.4. 50-54—Edna Myer, South Wales, 56.6. 55-59—Beverly Cohen, Blauvelt, 36.5.

RELAY

30-34—Central 52.4. 35-39—Muriel McCord, Wyandanch, 27.3. 40-44—Marilyn Mitchell, New York, 28.1. 45-49—Cora Parry, Granville, 25.6. 50-54—Alexandria Johnson, Bronx, 22.6.

RELAY

30-34—Kathy Harris, M. Tonawanda, 47. Hammer Throw: 30-34—Robin Rosenbloom, Long Island City, 71.4m.

PVSTC-NY Masters Dual Meet

Washington DC - August 17

100 METER DASH

30-39 MEN
1. PETERS, BERT PVSTC 12.3
2. MILLER, LOUIS NY MASTERS 14.7
40-49 MEN
1. LITTLE, FRANK NY MASTERS 11.9
2. COLBERT, LARRY PVSTC 12.0
3. DEJESUS, MIKE NY MASTERS 12.8
4. DEMMA, JIM PVSTC 13.1
5. KAYE, RICHARD NY MASTERS 14.2
6. PASKIN, JOHN PVSTC 15.6
7. POTTER, JOHN PVSTC 16.2
8. ROBERTSON, PAUL PVSTC 16.3

50-59 MEN

1. MARTIN, JOHN PVSTC 14.6
2. SCUDIERI, PHIL PVSTC 14.8
3. KERNAN, JCK NY MASTERS 15.3

60 & OVER MEN

1. NIEBEL, HAROLD PVSTC 14.7
2. SEEGER, ED PVSTC 17.9
3. MOFFITT, ROBERT PVSTC 18.7
4. GUTTAG, ALVIN PVSTC 25.4

30-39 WOMEN

1. PINTO, JENNIFER NY MASTERS 14.1
2. BASKIN, BETTY PVSTC 15.0
3. WIGGINS, FLORENCE NY MASTERS 17.9
4. HALLS, JOYCE NY MASTERS 18.7
5. EVANS, KATHY PVSTC 19.6

40-49 WOMEN

1. WRIGHT-FOSTER, BETTY PVSTC 14.3
2. PASHKIN, SANDY NY MASTERS 14.7
3. CORRALLO, MARJORIE PVSTC 19.1
4. HILLMAN, HELEN JO PVSTC 19.6

50-59 WOMEN

1. JOHNSON, ALEXANDRIA NY MASTERS 16.4
2. WILLIS, PAT PVSTC 18.4
3. KEE, BEATRICE NY MASTERS 21.1

60-69 WOMEN

1. NIEBEL, HAZEL PVSTC 23.8

200 METER DASH

30-39 MEN
1. PETERS, BERT PVSTC 28.1
2. MILLER, LOUIS NY MASTERS 32.6
40-49 MEN
1. LITTLE, FRANK NY MASTERS 24.3
2. COLBERT, LARRY PVSTC 25.1
3. KAYE, RICHARD NY MASTERS 30.5
4. POTTER, JOHN PVSTC 33.8
5. PASKIN, JOHN PVSTC 34.3
6. RIMKINSON, PAUL PVSTC 35.4
50-59 MEN
1. KURIHARA, TOM PVSTC 31.0
60 & OVER MEN
1. GURDUN, RAY PVSTC 30.2
2. NIEBEL, HAROLD PVSTC 33.5
3. SEEGER, ED PVSTC 38.6
4. MOFFITT, ROBERT PVSTC 39.0
5. WOOD, MIL PVSTC 48.1

30-39 WOMEN

1. PINTO, JENNIFER NY MASTERS 29.2
2. BASKIN, BETTY PVSTC 33.2
3. HALLS, JOYCE NY MASTERS 40.6
4. DURFEE, LYNDA PVSTC 42.2
40-49 WOMEN
1. PASHKIN, SANDY NY MASTERS 32.3
50-59 WOMEN
1. JOHNSON, ALEXANDRIA NY MASTERS 30.5
2. WILLIS, PAT PVSTC 43.4
3. KEE, BEATRICE NY MASTERS 49.8

400 METER DASH

30-39 MEN
1. NEILY, DARRKELL PVSTC 70.4
2. MILLER, LOUIS NY MASTERS 80.8
40-49 MEN
1. LITTLE, FRANK NY MASTERS 51.9
2. COLBERT, LARRY PVSTC 52.9
3. SHERLOCK, KEVIN PVSTC 57.4
4. DEMMA, JIM PVSTC 58.3
5. POTTER, JOHN PVSTC 65.3

50-59 MEN

1. RUMATH, HALPI PVSTC 53.4
2. PHILLIPS, CHUCK PVSTC 71.3
3. CORRALLO, SAL PVSTC 80.8
60-69 MEN
1. GURDUN, RAY PVSTC 67.3
2. MOFFITT, ROBERT PVSTC 89.8
3. GUTTAG, ALVIN PVSTC 2100.6

30-39 WOMEN

1. Baskin Betty PVSTC 75.9
2. Clair, Betty NYM 1:23.5
3. Durfee, Lynda NYM 1:36.0

40-49 WOMEN

1. PASHKIN, SANDY NY MASTERS 1:17.7
50-59 WOMEN
1. JOHNSON, ALEXANDRIA NY MASTERS 1:129.6
2. WILLIS, PAT PVSTC 1:138.7

900 METER RUN

30-39 MEN
1. WATIRY, JEFF PVSTC 2:107.4
2. MILLER, LOUIS NY MASTERS 3:112.7
40-49 MEN
1. SMITH, KEVIN NY MASTERS 2:110.5
2. POTTER, JOHN PVSTC 2:132.9
3. CURRY, FRED NY MASTERS 2:134.7
4. DEJESUS, MIKE NY MASTERS 2:136.6
5. KAYE, RICHARD NY MASTERS 2:153.0
6. BASKIN, JOHN PVSTC 3:106.0
7. ROBERTSON, PAUL PVSTC 3:121.4
8. STONE, NED PVSTC 3:137.0

50-59 MEN

1. ELLIOTT, ROLLAND PVSTC 2:132.4
2. PHILLIPS, CHUCK PVSTC 2:134.9
3. KURIHARA, TOM PVSTC 2:137.7
4. CORRALLO, SAL PVSTC 3:106.0

30-39 WOMEN

1. WILLIAMS, LENA PVSTC 2:155.9
2. BASKIN, BETTY PVSTC 3:100.4
3. CLAIR, BETTY NY MASTERS 3:105.5
4. DURFEE, LYNDA PVSTC 3:111.5

40-49 WOMEN

1. PASHKIN, SANDY NY MASTERS 3:20.1
50-59 WOMEN
1. WILLIS, PAT PVSTC 4:107.6
2. KEE, BEATRICE NY MASTERS 4:107.6

1500 METER RUN

30-39 MEN
1. NEILY, DARRKELL PVSTC 5:122.7
2. MILLER, LOUIS NY MASTERS 6:140.5
40-49 MEN
1. SMITH, KEVIN NY MASTERS 4:133.0
2. POTTER, JOHN PVSTC 4:147.0
3. CURRY, FRED NY MASTERS 5:100.9
4. KERNAN, JOE NY MASTERS 5:132.6
5. STONE, NED PVSTC 6:120.9
6. ROBERTSON, PAUL PVSTC 6:127.5

50-59 MEN

1. ELLIOTT, ROLLAND PVSTC 4:159.0
2. KURIHARA, TOM PVSTC 5:129.0
3. PHILLIPS, CHUCK PVSTC 5:130.9
4. CORRALLO, SAL PVSTC 5:155.2

60 & OVER MEN

1. GUTTAG, ALVIN PVSTC 7:158.4
30-39 WOMEN
1. DURFEE, LYNDA PVSTC 5:151.4
2. CLAIR, BETTY NY MASTERS 6:110.2
3. BASKIN, BETTY PVSTC 6:122.1
4. PINTO, JENNIFER NY MASTERS 6:152.9

40-49 WOMEN

1. HILLMAN, HELEN JO PVSTC 7:154.1
50-59 WOMEN
1. WILLIS, PAT PVSTC 7:123.0
2. KEE, BEATRICE NY MASTERS 8:111.7

3000 METER RUN

30-39 MEN
1. MILLER, LOUIS NY MASTERS 14:106
40-49 MEN
1. POTTER, JOHN PVSTC 10:136
2. CURRY, FRED NY MASTERS 11:108
3. ROBERTSON, PAUL PVSTC 11:105
50-59 MEN
1. ELLIOTT, ROLLAND PVSTC 10:159
2. KURIHARA, TOM PVSTC 11:112
3. CORRALLO, SAL PVSTC 10:101
60 & OVER MEN
1. GUTTAG, ALVIN PVSTC 18:142
2. WOOD, MIL PVSTC 21:153
30-39 WOMEN
1. WILLIAMS, LENA PVSTC 12:139
2. DURFEE, LYNDA PVSTC 12:146
3. CLAIR, BETTY NY MASTERS 13:157
50-59 WOMEN
1. WILLIS, PAT PVSTC 17:127

1500 METER WALK

40-49 MEN
1. STONE, NED PVSTC 8:105.4
2. POTTER, JOHN PVSTC 10:20.7
3. ROBERTSON, PAUL PVSTC 10:37.9
4. BENTLEY, SCOTT PVSTC 8:154.6
50-59 MEN
1. CORRALLO, SAL PVSTC 7:146.6
2. OZMENT, JACK PVSTC 8:136.8
60 & OVER MEN
1. DUNAWAY, JOHN PVSTC 9:109.4
2. SEEGER, ED PVSTC 9:129.2
3. AIELLO, LOU PVSTC 9:132.1
4. DEXTER, WAYNE PVSTC 10:129.2
5. WOOD, MIL PVSTC 10:134.0

30-39 WOMEN

1. NEILLY, MARGARET PVSTC 9:133.0
2. DURFEE, LYNDA PVSTC 10:140.6
50-59 WOMEN
1. WILLIS, PAT PVSTC 10:104.7
2. KEE, BEATRICE NY MASTERS 11:109.9
60-69 WOMEN
1. NIEBEL, HAZEL PVSTC 11:129.0

11th Annual Potomac Valley Senior Games Aug. 31, Arlington, VA.

100 METER DASH 19 & UNDER MEN 1. BRAXTON, RONALD A. (19) 11.5 2. RULE, JEFF (17) 12.9 3. COLBERT JR., LARRY (14) 13.0 4. DIAMOND, BRIAN (0) 15.9

1500 METER RUN 19 & UNDER MEN 1. MOORE, ALCOLM (17) 5:09.5 2. DIAMOND, BRIAN (0) 5:52.0

SHOT PUT 30-39 MEN 1. REISS, DAVID (38) 39'4" 40-49 MEN 1. VALLE, MIKE (45) 35'10"

SOUTHEAST

Empire of American Masters Sport Series DeLand, Fla.; September 6 100m M30 H Jackson 11.4 M35 D Wallace 13.3

400m M35 R Russell 55.80 M40 O Relihan 58.07 M45 J Hickman 1:05.00

Continued on next page

Continued from previous page

Shot Put table with names like M30 T Gremmel and times like 41-9.

Javelin table with names like M30 N Robinson and times like 185-7.

Empire of America Masters Sports Series Gainesville, Fla.; September 27

100m table with names like M30 R Gwynn and times like 11.50.

200m table with names like M30 R Gwynn and times like 24.89.

400m table with names like M30 R Gwynn and times like 1:02.88.

5000m table with names like M30 E McKee and times like 14:58.

110mH table with names like M30 N Robinson and times like 15.6.

5000m table with names like M30 J Teske and times like 32:30.

Pole Vault table with names like M35 K Taylor and heights like 13-6.

Long Jump table with names like M30 N Robinson and distances like 20-9.

Triple Jump table with names like M55 B Gentry and distances like 15-3.

Shot Put table with names like M30 P Brown and times like 40-11 3/4.

Discus table with names like M30 R Fromater and distances like 120-9.

MIDWEST

Weight Pentathlon Scoring Wolfpack Fall Throwing Classic Columbus, Ohio, September 14

Main table for Midwest events including Shot, Discus, Javelin, Hammer, Weight, and Total scores for various athletes.

SCORED USING 1985 IAAF TABLES, EXCEPT HAMMER USES 1962 TABLE. AGE FACTOR SCORING USES PHIL PARTRIDGE'S 1985 ONE YEAR FACTORS.

Javelin table with names like M30 M Brown and scores like 233-11.

Discus table with names like M30 J Gieseman and scores like 132-7.

Central Illinois Masters Championships Bloomington; August 10

110mH table with names like M30 R Zahn and times like 15.2.

80mH (30") table with names like W40 P Calvert and times like *14.6.

100m table with names like M30 M Blueford and times like 11.3.

200m table with names like M30 M Blueford and times like 23.8.

400m table with names like M30 M Blueford and times like 55.6.

800m table with names like M30 S Okrend and times like 2:14.7.

1500m table with names like M35 M Fletcher and times like 4:17.9.

3000m table with names like M30 R Piro and times like 9:08.6.

3000m Racewalk table with names like M30 L Crocker and times like 18:37.9.

High Jump table with names like M30 J Gieseman and heights like 5-8.

Pole Vault table with names like M30 K Petranek and heights like 12-0.

Long Jump table with names like M30 M Jackson and distances like 20-1.

Triple Jump table with names like M30 S Thurman and distances like 39-0.

Javelin table with names like M30 K Gieseman and scores like 139-10.

Shot Put table with names like M30 J Gieseman and scores like 39-6.

WEST

Patriots Summer Relays/So. Calif. Team Championships L.A. Southwest College; August 30

100m table with names like M30 M Black and times like 11.06.

200m table with names like M30 M Black and times like 23.2.

400m table with names like M30 M Black and times like 27.6.

800m table with names like M30 C Missouri and times like 55.01.

1500m table with names like M30 B Brown and times like 4:53.00.

3000m table with names like M30 P Torres and times like 10:04.0.

4x100m Relay table with names like M30-39 L.A. Patriots and times like 46.03.

80m Low Hurdles table with names like M60 G Simmon and times like 15.82.

110mH table with names like M30 D Robinson and times like 14.90.

High Jump table with names like M30 M Embree and heights like 6-6.

Shot Put table with names like M60 J Johnson and scores like 2.44.

Long Jump table with names like M55 M Kuehne and distances like 11-11.

Triple Jump table with names like M40 C Collins and distances like 19-1 1/2.

Discus table with names like M30 R Lopes and scores like 39.86.

Shot Put table with names like M55 D Jackson and times like 39-3 1/2.

Javelin table with names like W50 C Miller and scores like 30.26.

Tahoe Meet South Lake Tahoe, Calif.; September 6-7

50y table with names like M30 C Farrell and times like 6.2.

100m table with names like M35 M Holzgang and times like 11.9.

200m table with names like M35 R Rutledge and times like 24.6.

400m table with names like M30 D Price and times like 57.7.

800m table with names like M30 D Price and times like 2:10.1.

1500m table with names like M30 C Attocknie and times like 5:27.0.

3000m table with names like M30 P Torres and times like 10:04.0.

4x200m Relay table with names like M30-39 Team Patriots and times like 1:40.0.

Pole Vault table with names like M60 J Johnson and heights like 2.44.

Long Jump table with names like M40 J Karbens and distances like 4.68.

Triple Jump table with names like M40 J Karbens and distances like 9.42.

Continued on next page

Continued from previous page

Javelin	
M35 M Holzgang	41.44
M40 D Neufield	41.48
M50 P Conley	53.64
M65 B Stone	33.40
M70 J York	22.38
M75 S Thompson	13.30
W30 J Stratton	31.80
W45 F Conley	26.66
Hammer	
M40 J Karbens	27.16
M65-5k B Stone	35.26
M70-4k J York	33.82
M75-4k S Thompson	12.58
W30-4k J Stratton	34.56

Weight Throw	
M40-25# J Karbens	9.47
M60-25# B Backus	16.00
M65-25# B Stone	11.48
M70-25# J York	9.51
M75-25# S Thompson	4.82
W30-20# J Stratton	11.44

Weight Pentathlon	
M40 J Karbens	2195
W30 J Stratton	3401
(IAAF Tables; shot for weight & discus for hammer)	

13th Club West Masters Meet
Goleta, Calif.
October 7

100m Women	
30's 1. G. Alam	17.6
35's 1. P. Gilkey	13.2
50's 1. C. Miller	14.7
100m Men	
30's 1. A. Lewis	11.8
2. R. Thoman	11.8
3. F. Demby	12.2
35's 1. E. McKensie	11.9
2. E. Bryant	12.6
3. F. Reilly	12.6
40's 1. T. Craddock	12.1
2. M. Morris	13.1
45's 1. B. Kincke	11.9
2. F. Niedermeyer	12.0
50's 1. T. Woodring	13.2
2. B. Dods	13.7
55's 1. W. Robinson	13.1
2. E. Stevens	13.2
3. H. Wallace	14.2
60's 1. G. Harte	13.4
2. J. Warren	15.2
65's 1. C. Killion	14.4
2. P. Fetter	14.5
70's 1. R. Miller	14.3
200m Women	
30's 1. G. Alam	36.7
35's 1. P. Gilkey	27.5
200m Men	
30's 1. A. Lewis	23.3
2. M. Black	23.4
3. R. Thoman	24.6
35's 1. E. Bryant	24.2
2. E. McKensie	24.3
3. F. Reilly	25.0
45's 1. B. Kincke	23.6
2. F. Niedermeyer	25.8
50's 1. T. Woodring	27.1
55's 1. W. Robinson	27.2
2. B. Stevens	27.9
3. D. Douglass	28.7
60's 1. G. Harte	27.2
2. J. Warren	31.2
65's 1. C. Killion	29.6
70's 1. R. Miller	35.6
2. C. Johnston	37.7
4x100m Relay	
35's San Francisco	46.8
400m Women	
30's 1. G. Alam	1:24.5
70's 1. D. Stotsenberg	1:58.3
400m Men	
30's 1. K. Black	52.1
2. A. Lewis	51.8
3. S. Biermuth	59.0
35's 1. B. Turner	1:00.1
1. R. Rook	1:00.6
40's 1. W. Sevilla	1:07.2
45's 1. E. Kincke	54.2
2. F. Niedermeyer	55.3
55's 1. W. Robinson	1:01.0
2. B. Stevens	1:03.0
60's 1. G. Harte	1:01.6
2. J. Warren	1:12.7
70's 1. P. Ganahl	1:11.4
2. P. McKinn	1:10.1
800m Women	
50's 1. G. Snyder	2:44.6
70's 1. D. Stotsenberg	1:27.0
800m Men	
30's 1. B. Haynes	2:24.1
35's 1. M. Easterly	2:13.7
40's 1. J. Patterson	2:15.5
2. R. Larsen	2:16.8
3. M. Lalum	2:12.4
50's 1. L. McQuire	2:23.3
60's 1. W. Cole	2:37.3
70's 1. P. Ganahl	2:17.6
2. J. Lopez	2:53.6

1500m Men	
30's 1. T. Reynolds	4:41.5
2. J. Reynolds	5:09.3
40's 1. T. Erbek	4:59.6
2. M. Lalum	5:09.3
45's 1. W. Graham	4:40.5
60's 1. B. Jacques	5:28.3
70's 1. E. Stotsenberg	6:01.6
2. R. Mahamah	6:25.3
75's 1. S. Kadden	7:34.3
5,000m Men	
40's 1. M. Lalum	22:22.8
45's 1. W. Graham	18:11.5
50's 1. J. Bremard	16:44.0
60's 1. B. Jacques	18:33.6
2. R. Gil	20:03.9
70's 1. J. Holdubek	21:41.8
Hurdles Men 100m	
30's 1. A. Becker	19.1
2. F. Reilly	20.6
45's 1. G. Miller	18.1
2. P. Rowe	24.5
50's 1. D. Gray	23.4
2. C. Coutts	23.5
55's 1. D. Douglass	19.3
Eigh Jump Men	
80's 1. W. McPadden	3' 4"
75's 1. T. Hatlen	3' 6"
2. A. Puglisovich	3' 2"
3. A. Vesco	3' 0"
70's 1. J. Dansk	3' 8"
2. C. Johnston	3' 6"
3. F. Ganahl	3' 6"
65's 1. W. Dahlin	4' 0"
2. J. Vernon	3' 10"
60's 1. J. Johnson	3' 10"
55's 1. M. Wyatt	5' 9"
2. D. Douglass	4' 4"
3. H. Wallace	4' 0"
50's 1. E. Martin	4' 0"
D. Gray	3' 10"
45's 1. J. Dobroth	5' 10"
2. D. Thobson	5' 8"
3. B. Miller	4' 8"
40's 1. Carlton Collins	4' 10"
2. M. Morris	4' 0"
35's 1. C. Rader	5' 0"
2. F. Reilly	4' 6"
Pole Vault Men	
75's 1. B. McConaghy	7' 0"
70's 1. C. Johnston	9' 6"
2. E. Siegel	8' 6"
65's 1. J. Vernon	10' 0"
2. R. Biesemeyer	9' 6"
60's 1. J. Johnson	8' 6"
55's 1. H. Wallace	9' 6"
50's 1. T. Woodring	12' 0"
2. D. Gray	9' 0"
45's 1. M. Connelly	13' 0"
2. G. Miller	11' 0"
40's 1. M. Morris	12' 6"
B. Perkins	11' 6"
35's 1. R. Ying	11' 6"
30's 1. L. Roach	13' 6"
Hammer Women	
30's 1. H. White	52' 6"
Hammer Men	
65's 1. J. Whittemore	43' 7"
75's 1. A. Vesco	98' 0"
65's 1. J. Minah	121' 4"
2. D. Aldrich	117' 2"
3. B. Stone	116' 7"
60's 1. B. Bangert	118' 3"
2. E. Grimm	147' 6"
55's 1. D. Douglass	128' 7"
45's 1. J. White	109' 7"
40's 1. L. Higgins	153' 1"
35's 1. F. Reilly	141' 6"
2. G. Klemenson	138' 9"

Long Jump Women	
75's 1. E. Mendyka	6' 11 1/2"
55's 1. S. Kinsey	11' 6 1/2"
50's 1. G. Miller	12' 9 3/4"
30's 1. G. Alari	10' 10"
Long Jump Men	
80's 1. W. McPadden	18' 2 3/4"
2. H. VanGelder	8' 5 3/4"
75's 1. A. Vesco	9' 3/4"
70's 1. H. Miller	13' 9 1/4"
2. J. Dansk	12' 8 3/4"
65's 1. P. Fetter	13' 9"
2. B. Morales	11' 2"
60's 1. J. Johnson	14' 3 3/4"
2. K. Mitchell	13' 2 1/4"
55's 1. D. Douglass	14' 11 3/4"
50's 1. E. Martin	14' 8 1/4"
2. B. Dods	14' 2 1/4"
45's 1. P. Rowe	14' 3 1/4"
40's 1. Carlton Collins	18' 3 1/4"
2. W. Sevilla	13' 2"
35's 1. F. Reilly	18' 1 1/4"
Triple Jump Women	
50's 1. G. Miller	25' 4"
Triple Jump Men	
80's 1. W. McPadden	22' 9"
2. H. VanGelder	17' 8"
75's 1. A. Vesco	17' 11 1/2"
70's 1. H. Miller	27' 4 1/2"
2. J. Dansk	26' 9"
3. E. Seigel	23' 10 1/2"
65's 1. G. Mercurio	23' 3"
60's 1. B. Elias	29' 5"
2. J. Johnson	28' 11"
3. K. Mitchell	27' 8"
50's 1. T. Langenfield	36' 1 1/2"
45's 1. Carlton Collins	37' 8"
35's 1. R. Rook	31' 6 1/2"
30's 1. A. Hecker	35' 7"
Shot Women	
75's 1. E. Mendyka	24' 8 1/2"
30's 1. J. Stratton	40' 11 1/2"
Shot Men	
85's 1. J. Whittemore	20' 6"
80's 1. H. VanGelder	18' 10 1/2"
75's 1. V. Chesdale	35' 11"
2. G. Hall	31' 7"
3. A. Puglisovich	29' 9"
70's 1. R. Carter	44' 7 1/2"
2. P. McKinn	26' 11"
Discus Women	
65's 1. E. Castaneda	43' 11"
D. Aldrich	40' 5"
J. Kinah	39' 0"
60's 1. B. Bangert	42' 1 1/2"
2. D. Douglass	35' 8 1/2"
3. A. Lombardi	34' 5 1/2"
55's 1. H. Wallace	37' 11"
2. D. Douglass	35' 8 1/2"
50's 1. E. Martin	32' 4"
2. B. Dods	30' 0"
45's 1. J. White	35' 2 1/2"
40's 1. W. Sevilla	27' 8"
35's 1. F. Reilly	44' 3"
2. G. Klemenson	36' 7 1/2"
Discus Men	
85's 1. J. Whittemore	57' 1"
80's 1. W. McPadden	75' 11"
2. H. VanGelder	34' 3"
75's 1. V. Chesdale	96' 9"
A. Vesco	71' 1"
3. J. Puglisovich	61' 9"
70's 1. R. Carter	130' 6"
2. P. McKinn	48' 3"
65's 1. R. Castaneda	133' 4"
D. Aldrich	130' 8"
3. B. Stone	127' 5"
60's 1. B. Bangert	129' 4"
2. K. Mitchell	115' 7"
3. J. Silesdorf	82' 5"
55's 1. H. Wallace	111' 10"
2. D. Douglass	100' 9"
50's 1. B. Rumprey	160' 6"
2. E. Van Pelt	139' 9"
3. E. Martin	113' 3"
45's 1. A. Brown	115' 4"
2. J. White	102'
40's 1. L. Higgins	170' 9"
2. W. Sevilla	115' 4"
35's 1. F. Reilly	159' 10"
2. G. Klemenson	103' 9"

Javelin Women	
75's E. Mendyka	59' 2"
55's S. Kinsey	76' 6"
30's J. Stratton	104' 11"
85's J. Whittemore	50' 9"
75's 1. B. McConaghy	81' 4"
2. A. Puglisovich	72' 4"
3. A. Vesco	55' 6"
70's 1. J. Angelman	81' 6"
65's 1. B. Morales	145' 9"
2. P. Fetter	121' 0"
3. B. Stone	109' 3"
60's 1. A. Lombardi	127' 3"
2. K. Mitchell	86' 5"
55's 1. D. Pickerts	161' 9"
2. R. Hudson	161' 1"
3. T. Allison	118' 8"
50's 1. E. Martin	115' 10"
C. Coutts	104' 3"
3. B. Dods	91' 2"
45's 1. L. Higgins	161' 9"
2. C. Collins	131' 7"
3. W. Sevilla	86' 9"
35's 1. F. Reilly	169' 3"
2. R. Rook	129' 10"
3. G. Klemenson	86' 11"

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Continued from previous page

Old Spanish Days Fiesta 15K Santa Barbara, Calif.; August 3

Overall C Rios 26 46:56 E Triplett 35 56:33 M35 J Kornell 35 51:21 M40 S Crouch 40 53:01 M45 K Aaberg 46 56:12 M50 W Nelson 50 58:46 M55 F Petracek 58 63:15 M60 F Nagelschmidt 62 60:00 M65 J Kirkpatrick 66 71:05 W35 E Triplett 35 56:33 W40 G Fink 42 1:09:01 W45 G McQuitty 49 1:07:45 W50 L Hurrell 51 1:16:02 W60 M Miller 60 1:05:51 *W60-64 AR

Sunset In The Park 4.8 Mile Huntington Beach, Calif.; September 4

Overall E Alvarez 25:00 S Simmons 28:00 M35 H Alipizar 27:47 M40 R Wilson 27:32 M45 R Genger 30:21 M50 C Leone 31:36 M55 R Elizarraras 32:30 M60 L Banuelos 31:31 W35 T Horimoto 32:37 W40 D Eastman 32:19 W45 A Quinonez 34:52 W50 J Hom 41:02 W55 Y Mochida 37:52

Runner's Life Lost In Time 5K Honolulu, Hawaii; September 7

Overall C Pierce 14:35 R Portner 17:48 M35 G Ranney 15:21* M40 T Carras 16:53* M45 M Tymn 16:03* M50 J Faerber 17:52 M55 C Ellsworth 17:18* M60 R Cooling 21:12 M65 N Inada 19:12* M70 A Terukina 28:28* W35 J Huber 18:50 W40 A Johnson 19:03* W45 S Bartels 20:32* W50 B Nakasone 24:31 W55 N Roberts 27:49* *State record



NORTHWEST

St. George Marathon St. George, Utah October 4

M35 Ray Lobato 2:30:38 Bob Rasmussen 2:30:41 Charles Nak 2:31:09 M40 Steve Lester 2:22:52 Toby Skinner 2:27:45 Hawk Harper 2:28:39 Bob Lindsey 2:32:11 Steve Naylor 2:33:31 Bob Strachan 2:38:16 Dan Ashimine 2:38:57 Ross Higgins 2:41:53 Allan Johnson 2:41:59 Bob Yates 2:42:29 M45 Bill Johnston 2:30:14 Ron Peterson 2:39:58 Ron Hardesty 2:44:41 Butch Hjelm 2:45:42 Ken Tate 2:45:48 Dick Carling 2:47:36 Walter Peet 2:47:49 John Hiron 2:48:02 Pete Petersen 2:48:09 Ian Richard 2:48:39 M50 George Felker 2:39:40 Andre Tocco 2:39:57 Fred Mattos 2:58:25 Gordon Watson 2:58:51 Max Elliott 2:59:11 Del Bergen 3:01:02 Mel Rowley 3:01:26 M55 Paul Nance 2:48:43 Monty Groesbeck 3:05:52 Marv Powers 3:11:46 Henry Moyle 3:13:52 Roger Boedecker 3:13:54 M60 Emmett Parker 3:01:33 Sid Smith 3:16:02 Bill Collings 3:43:49 Carl Pearce 3:45:45 John Robertson 3:52:19 W35 Joyce Rankin 2:48:45 Debbie Wagner 2:48:56 Ethel Benware 3:09:22 W40 Sue Petersen 2:48:09 Marge Timberlake 2:56:15 Elizabeth Sonne 2:56:56 Claire Johnson 3:05:01 Judy Kewley 3:05:31 Kathy Reynolds 3:18:19 Barbara Graham 3:19:51 W45 Betty Ratley 3:08:46 Billie Berger 3:17:30 Judy Allard 3:17:36 Bette Kotter 3:28:35 Mary Olson 3:41:01 W50 B L Martindale 3:33:51 Carol Howlett 3:44:02 Barbara Boltz 3:45:26 Julia Barratt 3:55:04 Any Goldstein 4:13:09



W55 Adele Milicevic 3:50:16 Caroline Earl 3:53:36 Elaine Stuart 4:32:25 Glenda Gardner 8:40:06

NIKE-Oregon TC 25K Eugene, Oregon; September 7

Overall A Kasich 1:16:30 C Twomey 1:28:46 M40 R Yates 1:35:00 M45 M Heffernan 1:23:12 M50 J Hepner 1:36:49 M55 O Keniston 1:40:30 M60 J O'Neil 1:35:27 M65 D Bartholomew 1:59:36 M70 C Davies 1:44:12 M75 E McKeon-Smith 2:34:53 W40 G Hrbson-Wielndl 59:16 W45 M Davis 2:18:01 W50 N Hellyer 1:51:04 W55 M McChesney 2:15:41

Prefontaine Memorial 10K Coos Bay, Oregon; September 20

Overall K Van Calcar 30:17 C Morris-Cataldo 37:04 M40+C Wall 36:35 E Kinsky 37:38 D Haverstock 37:41 M50+K Fitch 40:20 M Miller 41:48 D Hatfield 42:41 M60+K Stevens 43:07 H Speck 46:09 D Bulkley 47:43 M70+D McClure 49:20 E McKean-Smith 56:16 R Lux 72:47 W40+S Bradley 42:27 H Ondrusek 43:51 D Brown 46:13 M50+M Tims 50:33 J Arsenaault 51:05 P Stevens 57:38 M60+D Russell 61:30 E Prefontaine 77:26 M Miller 92:29

INTERNATIONAL

WORLD VETERANS 10K CHAMPIONSHIPS VANCOUVER, B.C. OCTOBER 4

Table with columns: POSITION, NUMBER, SURNAME, FIRST, SEX, CATE, MAT, TIME. Lists international runners and their times.

CANADA

Canadian Masters AA Women's 5K RR Championships Toronto, Ont.; September 20

Table with columns: Name, Time. Lists Canadian runners and their times.



MIDWEST

1986 Ultimate Runner: Jackson, Mich.; September 19

Table with columns: #, NAME, AGE, SEX, 10K, 400M, TOTAL 100M, TOTAL MILE, TOTAL MARATHON, GRAND. Lists runners and their cumulative times.

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Continued on next page

Continued from previous page

Twin Cities Marathon Minneapolis to St. Paul October 12

Table with columns: PLACE, FINISHER, TIME, PRIZE. Lists top 5 male and female finishers.

AGE-GRADED AWARDS

Table with columns: PLACE, FINISHER, HANDICAPPED TIME, ACTUAL TIME, PRIZE. Lists age-graded awards for men and women.

Table with columns: PLACE, FINISHER, TIME, PRIZE. Lists age-graded awards for men and women (continued).

*Age-graded awards were increased for first five men and women over 40 (in order of finish) who ran within a minute of their target time.

Table with columns: CLASS, PLACE, FINISHER, TIME. Lists marathon results by class (Men 40-44, 45-49, 50-54, 55-59, Women 40-44, 45-49, 50-54, 55-59).

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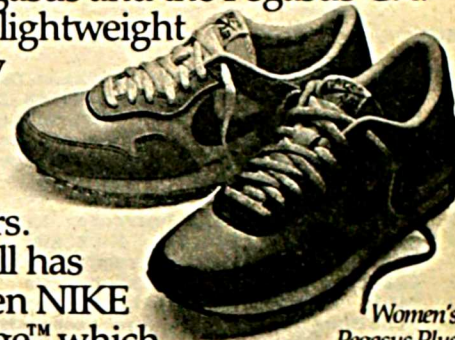


ALL COMERS.

A lot of runners believe any time you design one shoe to meet the requirements of a wide range of people, you automatically give something away in the process. At Nike, we disagree.

And the Pegasus Plus could be our best argument yet.

Designed for comfort, the Pegasus Plus follows in the footsteps of the Pegasus and the Pegasus GX. Bringing lightweight versatility within reach for millions of runners.



Women's Pegasus Plus

It still has the proven NIKE Air-Wedge™, which means you'll never experience any breakdown in cushioning. And it's more stable. A benefit brought about by extending the polyurethane midsole and wrapping it around the heel counter.

We even gave it reflective piping and mesh so you can run at night without worrying.



Men's Pegasus Plus

Yet, the biggest breakthrough just might be the one thing we didn't change about the Pegasus Plus.

It still takes all comers.



The Pegasus Plus is also available in narrow widths for women, and wide widths for men.