Rodgers Smashes Masters 10K Record

29:47 in Iowa Breaks U.S. Mark by Three Seconds;
Welch Wins Women’s Race

DAVENPORT, Iowa — Legendary distance runner Bill Rodgers is back in the record business at age 40.

Rodgers, four-time winner of both the Boston and New York City marathons, smashed the recognized masters record for 10 kilometers by blowing away the field in the Heartland Hustle on October 1.

The 40-year-old from Sherborn, Mass., covered the flat, fast course in downtown Davenport in 29:47.1, despite draining humidity.

Pending certification, Rodgers’ effort will be recognized as the American masters record. The previous mark was 29:50, set by California’s Tracy Smith last year.

Winning the women’s race for the second straight year was Priscilla Welch, the former British Olympian who now trains in Boulder, Colo. She ran 34:28 to win by six seconds over Charlotte Thomas of San Diego, Calif.

In all, six masters runners earned top-ten status with their finishes.

Finishing eighth was Robert Schlau, Charleston, S.C. (31:37). Trailing Welch in third place was Barb Filutze, Erie, Pa. (35:53). Missouri’s Jane Hutchison was fourth (36:39) and Gabriele Andersen of Sun Valley, Idaho, was sixth (37:24).

Rodgers said when he arrived in town two days before the race that he was shooting for the 10K record. He also wanted to avenge three masters losses this year to Schlau.

“I wanted to try and break the 10K record here in Davenport, where I knew the course was good and where people have been so great to me over the past decade,” he said. “I consider Davenport to be one of the race capitals of the country.”

Rodgers had some doubts about his record try as he broke away from the

Ullyot Sets Marathon Record in Utah

by JERRY WOJCIK

Dr. Joan Ullyot, a 48-year-old sports medicine specialist from San Francisco, set a national W45-49 record of 2:47:39 with a women’s first place in the St. George Marathon in St. George, Utah on October 1. The previous record was 2:53:52, set by Sandra Kiddy in 1982. Last year, Gail LaDage-Scott, another masters runner, set the women’s course record of 2:37:13 in this race, noted for its downhill slant.

Ullyot said she came to St. George with four goals: “I wanted to run a PR. I wanted to be under 2:50 (the women’s U.S. Olympic Trials qualifying time). I wanted to get the family record back from my 21-year-old son, who ran a 2:48:02 at Boston. My last goal was to run a 2:44.”

Three out of four is not bad.


Second W40-and-over was Claire Ullyot on continued page 13

Top Masters To Run In National 30K

Bob Schlau, Jane Hutchison, Nancy Oshier, Barbara Filutze, Norm Green, Bill Olrich, and Bill Johnston are some of the top masters runners who will vie for TAC National Masters Championship titles November 13 in the Foundation 30K Championships in Clarksburg, Calif., a Sacramento suburb.

Per TAC rules, TAC Championships medals will be awarded, three-deep, in 5-year age groups from 40-44 through 90+.

The race is the 13th of 15 on the ICI/USRA Masters Circuit.

INSIDE:
- International Section — pages 15-18
- New Long Distance Records — pages 25-26
- Track & Field Rankings — pages 28-30
- Long Distance Rankings — pages 31-33
- Are Masters Using Drugs? — page 10
National Masters News
November, 1988

123rd Issue

Congratulations to the 1988 LDR Winners.

FEATURING

Heartland Hustle 10K
St. George Marathon
National 30K Preview
National Marathon Preview
Ultimate Runner
National 24-Hour Run
Magpie Valley Marathon
NYC Marathon Tune-Up
Proli & Loss Chart
Mike O’Neill Dies
Don’t Even Think of It
Great Race 10K
Report from San Diego
Sri Chinmoy Meet
1988 LDR Winners

ENTRY FORMS/RACE & PRODUCT INFO
Hansen & Frank
NMM Subscription Form
The Legends Return
Age-Record Book
Porter & Foster
Track & Field News
National 20K
Race Walk Rankings
Get Ready for Eugene
Race Walk Circuit
All-American Application
Weight Throwers
NMM Gift Subscription
NMM Subscription Form
NMM Advertising Rates
Mac Wilkins Video Tapes

NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC)

Chairman:
Jerry Donley
1715 Alamo Ave.
Colorado Springs, CO 80907
(303) 658-1264

Outdoor Coordinators:
Nick Hunt
1715 Alamo Ave.
Colorado Springs, CO 80907
(303) 658-1264

Secretary-Treasurer:
Doug Weyant
1505 B Street
San Jose, CA 95112
(408) 286-7826

Law Coordinator:
Bob Fine
4223 Palm Forest Dr.
Delray Beach, FL 33445

Site Selection Coordinator:
Randy Groseclose
2070 Lakeview Dr.
Shorewood, IL 60404

Regional Representatives:
Middle:
Chuck Kliehn
2181 North Ave.
Woodstock, IL 60098

Mid-America:
Al Weck
2070 Lakeview Dr.
Shorewood, IL 60404

East:
Haig Bohigian
224 Hunter Ave.
Tarrytown, NY 10591

Southwest:
Gary Miller
10600 High Point Rd.
Scottsdale, AZ 85259

Western:
John Mouton
2070 Lakeview Dr.
Shorewood, IL 60404

Championships Coordinator:
Mike Bisset
Bill Biddles

Long Distance Running:

Championships Coordinator:
Mike Bisset
Bill Biddles

Weight Events Coordinator:
Chuck Kliehn
1218 North Ave.
Woodstock, IL 60098

Midwest:
Dick Green
3028 Southview
Rockford, IL 61107

Mid-America:
Jim Weinert
3028 Southview
Rockford, IL 61107

East:
Haig Bohigian
224 Hunter Ave.
Tarrytown, NY 10591

Southwest:
Gary Miller
10600 High Point Rd.
Scottsdale, AZ 85259

West:
John Mouton
2070 Lakeview Dr.
Shorewood, IL 60404

Championships Coordinator:
Mike Bisset
Bill Biddles

Long Distance Running:

Championships Coordinator:
Mike Bisset
Bill Biddles

Weight Events Coordinator:
Chuck Kliehn
1218 North Ave.
Woodstock, IL 60098

Midwest:
Dick Green
3028 Southview
Rockford, IL 61107

Mid-America:
Jim Weinert
3028 Southview
Rockford, IL 61107

East:
Haig Bohigian
224 Hunter Ave.
Tarrytown, NY 10591

Southwest:
Gary Miller
10600 High Point Rd.
Scottsdale, AZ 85259

West:
John Mouton
2070 Lakeview Dr.
Shorewood, IL 60404

Championships Coordinator:
Mike Bisset
Bill Biddles

Long Distance Running:

Championships Coordinator:
Mike Bisset
Bill Biddles

Weight Events Coordinator:
Chuck Kliehn
1218 North Ave.
Woodstock, IL 60098

Midwest:
Dick Green
3028 Southview
Rockford, IL 61107

Mid-America:
Jim Weinert
3028 Southview
Rockford, IL 61107

East:
Haig Bohigian
224 Hunter Ave.
Tarrytown, NY 10591

Southwest:
Gary Miller
10600 High Point Rd.
Scottsdale, AZ 85259

West:
John Mouton
2070 Lakeview Dr.
Shorewood, IL 60404

Championships Coordinator:
Mike Bisset
Bill Biddles

Long Distance Running:
JOHN POPPELL WRITES ABOUT CAPS™

June 14, 1988

Dear Dr. Frank:

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

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

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

Sincerely yours,
J.S. Poppell

INTRODUCING XOBALINE™, A NEW WINNER

Xobaline (Cobamamide) is the coenzyme form of vitamin B12. The Merck Index states "The coenzyme is the metabolically active form of Vitamin B12." Guyton's Textbook of Medical Physiology states "Vitamin B12 is an essential nutrient for all cells of the body, and growth of tissues in general is greatly depressed when this vitamin is lacking. This results from the fact that Vitamin B12 is required for synthesis of D.N.A., therefore, lack of this vitamin causes failure of nuclear maturation and division."

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

Approximately 1 month supply of RACE CAPS and ENDURO CAPS—$49.95
Xobaline (approximately 2 month supply) $35.00 per bottle. CALL TODAY!

order to: HANSEN & FRANK INC., 2886 GEARY BLVD., SUITE 205, SAN FRANCISCO, CA 94118.

**California residents add 6.5% sales tax to the above prices**

SATISFACTION GUARANTEED
An Open Letter to Alvin Chriss

by RICHARD LEE SLOTKIN

Wow! Did you ever take me to task for my article on the bashing of Zola Budd. For the Special Assistant to the Director of The Athletics Congress to employ your considerable intelligence and eloquence in such a fierce and lengthy diatribe indicates that I struck a lot closer to home than you would admit. And that’s quite interesting, because TAC was not my target; the IAAF was.

But, Alvin, old buddy, like all good attorneys you jumped on a subject that you didn’t really understand and switched it to one that you did. In other words, you missed the point.

You call me naive. My goodness, Alvin, I’m older than you are. And, I’ve been to Seoul. No, not with the U.S. Olympic team, but 34 years earlier with another team. That one was called the United States First Marine Division. I’ve been in other wars too. Wars in corporate offices, wars involving the heart and even wars involving certain athletic organizations. Alvin, my friend, I’ve been around and I’ve got the scar tissue to prove it.

So, don’t tell me I’m naive and uninformed, implying that you aren’t, and that you are privy to secret information that I’m not. After ten years in the magazine business, I have my sources too.

But, my whole point was not the politics of the situation. It was this irrepresible urge so many people have for finding a socially acceptable way to beat up on someone.

As an attorney, Alvin, you know all there is to know about due process. Yet, because of some alleged misconduct or indiscretion on the part of Budd’s managers, you are willing to gloss over the fact that she alone, of all Her Majesty’s citizens, was about to be extorted out of her civil rights.

You point out that Mark Plaatjes

Continued on page 5

ZOLA BUDD

I protest the article written in the September issue of NMN under the banner “Speaker’s Corner” entitled “Why Don’t They Leave Zola Budd Alone?”

There were many reasons why Zola Budd was not left alone, not least, out of respect for blacks and black athletes the world over. To have accepted her without conditions would have shown little respect and understanding for the feelings of millions of blacks. The issue was debated fully in this country and there were pitiful elements to the way it proceeded but, for me, there could have been no other outcome.

But whatever the rights and wrongs of the case I fail to see what the issue has to do with veteran athletes, and I protest, most strongly, the anti-black tone of the article by Richard Lee Slotkin took.

Sarah Cawthall
London, England

Reading “Speaker’s Corner” (Oct, NMN) tells me why Alvin Chriss is the Special Assistant to the Executive Director of TAC while I am still trying to figure out how to cross-change my van tires.

The article was remarkable as a rebuttal to a seemingly innocent, but passionate, feeling I’m sure most share: let’s keep politics out of sports. Sadly, Chriss explains how that is, at this time, an ephemeral fantasy and will remain so for a good while.

His answer was hard sell, yet tactful and diplomatic, and neither aggressive nor condescending toward Dick Slotkin. When we choose up, I want Chriss on my side.

Phil Mulkey
Atlanta, Georgia

DOWN WITH POLITICS AND MONEY

I am turned-off by the general direction track and field is heading, including the masters movement.

1) Politics: Whatever happened to Zola Budd is a shame, a gutless sell-out to grandstanding politicians and business interests. Masters pay their own expenses, not officially representing their countries, yet not everybody can compete in international meets (eg. blacks South Africans).

2) Prize money: We are becoming like golf. Millions of weekend hackers supporting a dozen pros. Most of us work and have other responsibilities, so we are faceless masses and salivate on the expected $10,000 matchup between two former big names with no regular jobs. My team won three national cross country championships in 1986 when all were held in the East, but we could not scrape up enough money to go to Seattle the next year.

Some of the reported results are losing meaning when money determines who is running or not. Of course, life is not fair, never was, but masters are copying the worst aspects of open running.

I love the sport and serve it in several capacities, but in the future I wish to distance myself from reading about masters. No 10K time should be reported (except over 65 years of age) if the person does not earn a check by working 40 hours a week and trains after working hours.

Miklos Gratzer
Syracuse, New York

WAVA MEDAL STANDARDS

Since when can older women be expected to run 800 meters at a faster pace then they can run 400 meters? We refer to the medal standards for the VIII World Veterans’ Championships.

The chart reads as follows for women 70 and older.

<table>
<thead>
<tr>
<th>Time</th>
<th>Time for</th>
</tr>
</thead>
<tbody>
<tr>
<td>400</td>
<td>800</td>
</tr>
<tr>
<td>70</td>
<td>2:15</td>
</tr>
<tr>
<td>75</td>
<td>2:35</td>
</tr>
<tr>
<td>80</td>
<td>2:55</td>
</tr>
</tbody>
</table>

By contrast, men in the same age groups are not expected to do the impossible. Examples:

- M70: 79.0
- M75: 88.0
- M80: 1:48.0

Is this a way to discourage older women from competing in this Championship or just an honest mistake? WAVA should certainly re-examine the table and make necessary revisions before entries close on May 1, 1989.

Let’s be fair.

Polly Clarke
John Clarke
Estes Park, Colorado

What can be gained by passing laws for medal standards that would squelch the spirit of the man who was 97-years-old in Melbourne and would be 99 if he comes to the USA (Eugene) in 1989?

These medal standards could cause international repercussions. Don’t use them.

Martha Rousseau
Spring Valley, California

AGE DISCRIMINATION

The South Coast Classic 10K Run on September 18 in Orange, Calif, was well organized, but the awards presentation unfairly discriminated against masters.

Twenty awards went to the 19-44 age groups, but only five to the 45-49s. Then only five to the 50-59s. Worse, only three were given to all runners 60-and-over.

Yes, there are fewer older people in the race, but their discriminatory

Continued on page 8

Larry Banuelos, 64, won the M60 division of the Brentwood 15K. (18:56) for the fifth year in a row. Photo by Richard Lee Slotkin
$28,200 Masters
Money In Marathon Championships

by JERRY WOJCIEK

The California International Marathon in Sacramento, Calif., on
December 4 is also the 1988 U.S. TAC National Masters Championships. But
more than titles are up for grabs. Meet
director John Mansoor's prize money
downpayment includes $28,200 for
masters men and women.

The first man and woman masters
will each receive $3000, with $2000 go­ing
to the second places, and $1000 to
the third spots. In addition, the first
three places in each five-year division
(40-80+) will get $300, $200, and $100.

Prize money will also go to the top
40-49 and 50+ Pacific Association
men and women teams.

In a rare display of generosity for
40-and-over runners, masters athletes
who win open money, division money,
and masters overall money. So, con­ceivably, a masters runner could win
more than the open winner's prize ($5000).

But, that is not the bottom line.

Race sponsors are offering a $100,000
bonus to the masters man who breaks
Jack Foster's world masters record of
2:11:19, which has been on the books
since January 1974.

The Sacramento Long Distance
Running Association is staging the
event. See schedule for entry details.

An Open Letter

Continued from page 4

and some others are having no problems
with performing in world competition.
Sure, because they played it
smart and kissed ass; didn't rock the
boat, is how you would put it. Well, I
agree that discretion is the better part
thing, but that just proves my point.
Budd did nothing to justify her attack
on the race course. They wanted to kick ass, plain
and simple, and well-meaning folks,
like you, Alvin, let them get away with it.

Talk about being "specious." Be
hanged by your own petard. Her
handlers made jerks of themselves so
had her! Yahoo! Right on! Screw the
Magna Carta!

And, I'm the specious one?

Furthermore, I think you are being
interested in such niceties, nor are the
goons who attacked her on the race
course. They wanted to kick ass, plain
and simple, and well-meaning folks,
like you, Alvin, let them get away with it.

The men who made running have just
turned 40. Far from over the hill, the legends of the sport are going head
and head once again joined by the likes of Bill Rodgers, Frank Shorter and others new to the Masters scene. This
time it's the "ICI/USRA MASTERS CIRCUIT", featuring 14 of America's top races, vying for a $20,000 Grand Prix
style purse in 6 men and women's age divisions, and the "ICI-USRA Masters Championship" in Naples, Florida

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

ICI/USRA MASTERS CIRCUIT

March 12 — Azalea Trail Run 10K
Mobile, AL (205-433-3145)
May 30 — Cotton Row Run 10K
Huntsville, AL (205-881-5807)
June 4 — Myrtle Beach Classic 10K
Myrtle Beach, SC (909-876-8347)
June 9 — Hospital Hill Run Half Marathon
Kansas City, MO (913-362-7223)
July 10 — Utica Boilermaker 15K
Utica, NY (315-797-1310)
August 6 — TAC Masters T&F
Championship "Legends" Mile
Orlando, FL (407-647-2986)
August 13 — Asbury Park 10K Classic
Asbury Park, NJ (201-531-4156)
August 27 — Crim Road Race 10 Mile
Flint, MI (313-235-3396)
September 25 — The Great Race 10K
Pittsburgh, PA (412-255-2993)
October 1 — Heartland Hustle 10K
Davenport, IA (309-359-9977)

For more information and a copy of "Masters Running '88", contact:
ICI/USRA MASTERS CIRCUIT
Dean Reiske, Executive Director
400 N. New York Ave.
Winter Park, FL 32789
(407) 647-2918

October 8 — Capital Trail Run 10 Mile
Raleigh, NC (919-876-8347)
October 16 — Stanford Classic Marathon
Stamford, CT (203-325-4688)
November 13 — Foundation 30K
Sacramento, CA (916-636-7692)
January 7 — Charlotte Observer 10K
Charlotte, NC (704-379-6896)
January 14 — ICI/USRA Masters
Championship
Naples, FL (407-647-2918)
Case Study: Peter Mundie

It's easy to get a somewhat distorted view of the effects of aging on athletic performance from publications like National Masters News. For the most part, you read only about people who are doing well. Seldom do you read about the many once-champion runners who haven't been able to keep pace.

One such runner is Peter Mundie, a 60-year-old veteran of some 45 years in the racing wars. During the early years of masters running, Mundie was one of the standouts. The 1973 age-record book shows him as owning numerous track records from 1500 to 10,000 meters. They include a 4:28.2 mile, a 14:48.6 three-mile, and a track record from the standout. The 1973 age-record book shows him as owning numerous running 10,000 in around 37 minutes these days.

After taking up track in high school, Mundie went on to the University of Oregon to train under both Bill Hayward and Bill Bowerman. He set a school-record 9:32 for two miles in 1950. After graduating, he continued to run, improving his 2-mile best to 9:11, while also recording a 4:16 mile, 31:30 for 10,000, and 2:24 for the marathon, all nationally competitive times in those years.

From 1960 to 1970, Mundie averaged 5,000 miles of training a year under the tutelage of Mihaly Igloi, a revolutionary coach who defected to the United States from Hungary following the 1956 Olympic Games. It has been said that many of Igloi's runners succumbed to early burnout because of his very demanding workouts. But Mundie doesn't feel that Igloi hastened his decline, physically or mentally. "I was always a hard trainer, anyway," he explains. "He made me train less hard than I would have. He kinda slowed me down. They misunderstood him."

Mundie's best times were recorded between the ages of 28 and 34. From 34 to 44 he continued to run nearly as well. "My real decline started at age 44," Mundie says. "My time trials then indicated that I was slowing. I couldn't do the workouts I had done previously. I could do as much mileage, just not as fast."

"I took a real nosedive at age 51. I was at 16:11 (5K) and 33:30 (10K) then, but for some unexplained reason I started going downhill rapidly."

Mundie now puts in 30-40 miles a week of training concepts he helped pioneer under Bowerman, but the quality is lower. And because of the longer recovery periods he requires, he does fewer hard workouts. He feels that his cardiovascular system is still very efficient and that his VO2 (maximal oxygen uptake), while it may be a little lower than it once was, has not fallen off anywhere near as much as his running times.

Mundie has around 150,000 miles on his wheels. Perhaps there is a collapse point at which the legs lose their resilience.

"As I said, mentally, I'm the same as ever. But the legs can't take the same grueling workouts day after day. They need more rest. I'm doing as well as my body permits."

A friend suggested to Mundie that he might be anemic, but he shrugs that off because he is not lacking for vigor or vitality outside of his legs. Mundie also rules out lack of flexibility, since he's done a lot of stretching in recent years without any significant effect.

Mundie, who has a master's degree in mathematics and works as a statistician and computer programmer, has analyzed various records and individual times and has observed a linear fall-off in performance to about age 65. That is not consistent with his own experience.

"I'm kind of a pioneer here," Mundie offers. "I'm one of the oldest competitors to have run continuously from high school." He mentions a few others in that category, namely, Ray Hatton, Hal Higdon, Jerry Smartt, and Tom Surak. "Ray is the only one who has been able to maintain a high standard."

Hatton, 56, has rarely put in more than 35 miles a week in training during his many years of running. What this possibly suggests is that there is a collapse point at which the legs almost completely lose their resilience -- a point at which the "use it or lose it" dictum gives way to the reality of wear and tear. Just maybe there is something to the old adage that "the legs go first."

Mundie has around 150,000 miles on his wheels and was well beyond 100,000 when he started his "nosedive." If there is a collapse point and it is somewhat beyond 100,000 miles, most runners should have no concerns. Yet it's something that competitors who continue to push their limits month after month, year after year, may want to consider. A seasonal approach to competition with moderation in training throughout the rest of the year may be the lesson to be learned here.

As Mundie says, there is still a lot we don't know and a lot to be learned in this area.
Barker Masters the Ultimate Runner

by PHIL LOOMIS
and TERI INGRAM

The first of October in Jackson, Mich., dawned hot and humid -- an unpleasant awakening for the 80 men and nine women who had five events to complete that day in the Ultimate Runner.

But the weather was the least of Phil Barker's worries as he tried to fend off the speedy Bill Stewart. To make matters worse, Barker discovered after the third event that he had been "keying off" a runner he thought was Bill Stewart, but wasn't.

By virtue of this tactical error, the 43-year-old traffic policeman, who had come all the way from England to compete in the event, found himself trailing the 45-year-old Stewart after the first four events, 1388 points to 1275.

Going into the marathon, Stewart had bested Barker in the 10K (35:40 to 38:04), the 400 (55.2/59.7), the 100 (13.5/13.8), and his specialty, the mile (4:43/4:45) in an exciting race where Stewart unleashed a furious kick with 200 to go.

But for the second consecutive time, Stewart was unable to put marathon points on the board. Two years ago, he was unable to start the last event for health reasons. This year, he was forced to drop out at mile 12 because of knee trouble. That allowed Barker to coast in with the masters win following a 3:11 marathon in the pouring rain.

Finishing as second master was Ted Nykil, 43, of Belmont, Mich. Third 40+ went to Al Zeller, 41.

Thirty-one masters started the marathon. Twenty-seven finished, including Susan Mason, 42, the only female masters participant. She finished with 872 points, which would have placed her seventh of the nine women competitors.

Mason, a 42-year-old mother of two, complained of having a "bad day," but it didn't show as she finished fourth in the 10K (43:51). On the track, her excellent endurance did her no good in the sprint events as she ran the 400 in 79.7 (sixth), and the 100 in 18.4. She made a bit of a comeback in the mile with a 6:25 but was frustrated with her 4:07 marathon.

Open winners were George Kepenyes (25, 1945 points) and Ella Willis (26, 1540 points).

All runners, no matter where they finished, should be congratulated for completing such a grueling event in less-than-perfect conditions.

---

Hepner Top Performer in National Race

Final Running of NIKE/OTC 25K

The end of an era has come. This year's TAC National Masters 25K Championships was the last running of the 18th annual NIKE/OTC 25K in Eugene, Oregon, September 11.

Formerly the NIKE Marathon, this was the course where Jacqueline Hansen became the first woman to break 2:40 (2:38:19 in 1975), and seven years later, Joan Benoit set a new American women's record of 2:26:11.

The course changed to a 25K in 1985 after NIKE withdrew its prize money. This year, NIKE went one step further, ending their sponsorship, altogether, thus bringing this race to a close.

John Hepner was the top masters age-graded performer in this final year with a time of 1:40:30 in the M60-64 division, which gave him a performance of 83.9 percent (calculated by dividing the M60 time standard of 1:28:31 by Hepner's time).

Bill Brobston of Saugerties, N.Y., was next-best on the age-graded scale, winning the M75 title in 2:10:43 (80.6%).

Overal winners were Sherm Sabag (1:20:26, 88.5%) and Cathy Twomey (1:28:23, 89.4%). The race was directed by Marcia McChesney.

---

NOW AVAILABLE
Masters Age-Records 1988

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Don Henry, Shirley Dietderich, Gordon Wallace and Alan Wood.

* Mens' and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1988
* U.S. Age bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1988.
* Men's U.S. Masters Indoor & Outdoor Championship Records.
* 48 pages. Thousands of entries. Lists name, age state and date of record.

Send S4 plus $1 postage and handling to:
NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Name: ____________________________
Address: ____________________________
City: __________________ State: ______ Zip: ______
Do masters athletes use mental imagery and visualization as part of their training? Does it work? In 1987, we surveyed 587 masters participants at the National Masters Track and Field Championships in Eugene.

We asked athletes about their use of mental rehearsal — mentally repeating a task without movement — to help learn that task.

We found 84 percent had heard of imagery, visualization or mental practice, and 70 percent used these techniques daily. Sixty-nine percent visualized before their event; 22 percent visualized after the event. Only 26 percent used relaxation techniques; 45 percent dreamed about their performance before competition.

Athletes from ages 30 to 44, and those with college or graduate degrees, were more likely to practice mental training. Men and women visualized equally.

Why use mental visualization? Athletes said they felt they could cope better with stress in training and competition.

One of the most exciting findings of our study was the significant relationship between visualization and faster times in the mile, 10K and marathon. Even though athletes used mental practice, very few practiced traditional meditation or yoga (13.5 and 4.6 percent), which might be viewed as too passive for an active sport like running.

Masters employ various strategies to enhance performance, to cope with stress and fatigue, to overcome self-doubt, and to reduce injury potential. Mental training helps them to fine tune their performances.

Furthermore, the quality of physical training of older participants is higher than many of the younger runners. The older 5K or 10K runner must be well trained; whereas a younger person in reasonably good health can usually run a 5K or 10K without nearly as much training.

In my case, age 68, I finished 5th in the 60+ group and received no award, yet I finished ahead of some of the younger award winners.

I urge all race directors to stop discriminating against women and older competitors and extend the 5-year age-group brackets up to 80, and have the same number of awards. Those races should enjoy increased participation and greater financial support.

Earl Rippee
Irvine, California

A question: by bookmakers odds, which performance would rank you as more inspiring, a 2:58 marathon by a 16-year-old or a 2:58 marathon by a 65-year-old? You shouldn’t have to be 65 to answer that.

One more question: you’ve been to race-award ceremonies; say you’re at one where 500 people are present when the awards begin. How many of them will still be standing there when the 65-year-old gets recognized? Very few, right?

The scenario for 99% of awards’ ceremonies calls for the overall winners, male and female, to be announced first. This is usually followed by Continued on page 9
other top finishers in the open division. Then the age-division awarding begins — with the youngest announced first, moving to the oldest. That means the 50, 60 and 70-year-olds wait the longest and are last to get their awards.

Next, if you grant that awesome performances by runners in their 50s, 60s and 70s are more inspiring than such performances from younger runners, the 65-year-old can hardly inspire other runners if they are not around to hear his time.

As I look back on 25 years of distance running, it's a tribute to the sport that all comers are welcome — regardless of age or sex. It took some time, but we are now treating the ladies with chivalry and equality. Currently at awards ceremonies, race directors have moved in the direction of extending recognition to runners in the 40-year division (having Shorter, Rodgers and others name them). But the 50, 60 and 70-year-olds are still out in left field. Not only are they the last to receive their awards, but their awards are downgraded.

So what's the point of all this? I am suggesting that in about 99% of cases, the scenario for race awards needs to be rewritten. Instead of the present process — starting with the youngest divisions, start with the oldest and work to the youngest. You can help the MAAD cause by asking your race director to try this scenario.

Paul Reese
Sacramento, California

TOO MANY NATIONAL IODR CHAMPIONSHIPS

This letter is not meant to discredit the sincere efforts of many persons but rather to lend some realistic views on National road running championships. I do not believe our races are truly National Championships. They are really regional in nature since relatively few people outside any particular region attend.

For instance, I recently won the National 25K in Eugene with a time of 1:40:32. That is not a national calibre (M55-59) time. None of the 50-54 runners even beat that. There were few runners outside the Northwest in attendance.

If a person tried to run in all the National Championships, he would go broke on the airfare and related expenses. There are simply too many.

Two suggestions: first, cut the number of races in half and run the two groups in alternate years; second, impose some time constraints so that a person doesn't take home a National medal just for showing up.

John Hepner
Springfield, Oregon

FALSE REPORTING

In your article on the WAVA North American Track and Field Championships, you reported that Jan Roos "turned in a world M50 record of 23:22.54" in the 5K walk and was named athlete-of-the-meet.

While that's an outstanding time and one I would be proud of, it is 32 seconds short of the world M50 record of 22:52, held by Maurice Hinton of the United Kingdom.

Meet directors at meets meets the stature of the North American Championships have a responsibility to verify claims before making them public. Individual competitors also should use caution in their claims.

Richard Oliver
Studio City, California

(Point well taken. Each month, NMN gets reports of "world records." We check each one; about 20 percent are inaccurate. We slipped up on this one. It's a complex area, and errors are understandable, but we hope readers follow your advice. — Ed.)

WHERE'S THE MEDAL?

In the 1988 TAC-sanctioned National Masters Indoor Meet in Baton Rouge, our 4 x 400 relay team ran against the Louisiana Lightning, which won the race. A protest was lodged because Mack Stewart, who ran for Louisiana, was not a member of their club (he is a Houston Harrier). We never heard a thing from the meet director, but worse yet, they didn't give us our medals. We left our addresses, but the meet director has not contacted us. I believe that after six months we should have heard from the meet director. Very "TAC"-y, indeed.

Bob Culling
Hacienda Heights, California

SAN JUAN MEET

On September 17-18, approximately 26 American T&F athletes participated in the San Juan International Masters

Continued on page 24

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, Nov., 1988

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of Birth</th>
<th>Age Group</th>
<th>Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nola Brun (Seattle)</td>
<td>11-20-28</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Sarah Coats (US)</td>
<td>11-22-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Jacqueline Hansen</td>
<td>11-22-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Cathy Hagues</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Marjorie Hunt</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Catherine Smith</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Ada Thomas</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Catherine Wall</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Jim Bowers</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Louis Charbonneau</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Robert Cooper</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Alvan Corwin</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Donald Donnelly</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Henry Faibank</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Nalan Fowler</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Mohamed Gamoudi</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Peter Higgins</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>James Laut (Oxord)</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>O. Lurbe (MG)</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>David Marcus (US)</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Ruben Melgosa</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Frantisek Mikoszczyk</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Clifford Murray</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Milton Newton</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Russell Niblock</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Robert O'Bofferty</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Bob Perry (Encino)</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Roger Raymond</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Attilio Rossetti</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>George Sheehan</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Gerhard Tilmann</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Victor Zwolak</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
<tr>
<td>Jerry Wible</td>
<td>11-23-18</td>
<td>60-64</td>
<td>50-54</td>
</tr>
</tbody>
</table>

Since 1948, Track & Field News has been the major source of periodicals, books, films, and other merchandise and equipment to the athletics world. Write today for our complete catalog.

- TRACK & FIELD NEWS with subscribers in more than 60 countries. T&FN is the standard of accuracy and completeness for reporting of U.S. and world track and field athletics.

Published monthly: $24.95 U.S.A., $31.50 rest of world.

- TRACK TECHNIQUE, now is a quarterly under the auspices of the Athletics Congress of the USA. Track Technique has been one of the sport's technical publications since 1960. Now $10.00 yr., USA: $11.00 foreign.

- BOOKS. Our publishing division, Tafnews Press, is the world's major publisher of track books. Write for free booklet.

Are Masters Athletes Using Drugs?

I don't know how much longer I'll compete in the masters program. Originally, I saw myself at 80, throwing the shot, etc. But I am so discouraged by the use of drugs by masters athletes in the weight events, that I get no joy from throwing anymore.

It was bad enough that many Europeans were drug users, but now that so many Americans are using them, I feel like giving up. There is no competition in throwing against a pill.

The whole, wonderful idea behind masters throwing was "look at that old guy throw that thing." The idea was to be able to see just how strong a person could remain into old age by training hard and living right — all the things youthful athletes should do, but no longer do, because they have drugs to do it for them. That noble idea has now become as naive as it has for the younger athlete.

I've talked to a few athletes who have confided to me that they're using, or have used, anabolic steroids. I have no proof, of course, about any masters athlete. Only sophisticated drug testing can "prove" steroid use.

But all you have to do is look at the performances of some masters athletes. All of a sudden, their performances jump way up. Or, they suddenly drop way off. Sometimes it's injuries, but, usually, it's something else. Such dramatic changes in performance are not natural.

Anabolic steroids can improve a person's performance by 5 to 10 percent. I spend a lot of time training to throw the shot as best I can. If someone else does half the work, but is able to compete with me because he's taking pills, it's not fair.

I feel that once you become a mature adult, all the foolishness about winning, being number one, and being macho doesn't matter as much; that family and home mean more than winning at any cost. Perhaps I'm being naive to assume that most masters feel the same as I do.

I estimate that 5 to 10 percent of masters athletes are using some form of steroids. And it's not only the throwers. Some of the masters sprinters' performances the last few years have been surprising, to say the least.

Some say the only reason elite athletes take drugs is because there is now money in the sport. That's one reason, but masters athletes are becoming drug users simply to be the best — to win a gold medal — even in the local Podunk meet.

I truly sorry that the trend seems to be moving in the direction it is. I am amazed when masters athletes who never made the National lists as young men are now throwing far or farther than they did when they were young. I threw almost 62 feet in college, and have lost distance every year, no matter how hard or how well I trained.

I deal with the drug problem in my job as track coach. I will not allow any member of my team to use drugs. I refuse to be responsible for their future health and well being. Most of all, I refuse to let them cheat to win, for that's what drug use boils down to — cheating to be number one.

I would love to be number one, but it would not be a hollow victory if I used drugs. It wouldn't be me winning; it would be my pharmacist. Those who do use drugs should be ashamed of themselves.

I agree with Edwin Moses that drug use among world-class athletes is rampant. But Johnson is not the only offender, but he got caught, while others, using more sophisticated drugs or timing, did not. Johnson is the scapegoat.

But it might do some good, if only to let people know the extent of the problem and that something should be done, even if current drug-testing methods are not perfect.

Drug testing should be mandated at next year's World Veterans Championship for the three medalists in the throws in the M40 through M55 divisions, along with a random sample of other participants. The testing equipment is available. If competitors knew that they might be tested, it would go a long way to discourage drug use.

Granted, some masters performers take drugs for medical reasons. Those athletes could be exempted from specific drug tests taken with a doctor's prescription.

I'll probably compete for another year to see what happens. The World Championships in Eugene should be an exciting event to prepare and look forward to, but my enthusiasm is dimmed by this problem. I hope we can clean it up.

Carl Wallin, 46, is the track coach at Dartmouth and founded the prestigious Dartmouth Relays. He was an assistant coach for the U.S. Junior World team this year. He holds the American M45 shot record of 53-7, and won a silver medal at both the Rome and Melbourne World Games.

12 Join Sustainers List

Each month NMM publishes a list of "sustainers," those who support National Masters News and the masters movement by contributing funds. Those funds help us offset some of the costs of production and also allow us to provide deeper results, more photos, more race coverage, and rankings.

Special thanks this month go to:

Frank Marshall, who very generously donated $100, Philip O'Connell and Scott Somers, who each contributed $50, and Charles Hirschey, who has been a regular contributor to us.

Thanks also go to: Daniel Aldrich, Jr., Masters of Virginia Bill Forsyth Chuck Nelson Connor Johnston Dana Wetherbee Raymond Maloney Albert White

Tomahawk Fall Masters Decathlon

by BILL BUSBY

The fourth annual Tomahawk Fall Masters Decathlon was held September 24-25, at the Tomahawkville, N.C., High School track, the site of the 1989 National Masters Decathlon Championships.

Twenty-seven decathletes, ages 34 to 87, from 13 states competed. Included in the field were seven national masters decathlon or pentathlon champions.

The weather Saturday was threatening, and a thunderstorm and a hail storm interrupted the high jump twice. The weather Sunday was cool (low 60s) and overcast, but there was no rain.

Overall top point scorer was Jeff Wallin, 34, of Virginia with 5845 points, using the 1985 tables. Wallin's top performances were 6-4½ high

Rocky Mountain Games Held in Colorado

by FRANK BOWLES

The 8th Annual Rocky Mountain Games were held at Poits Field in Boulder, Colo., September 4-5, under sunny skies and temperatures in the mid-70s. The fine weather and a strong field of 132 competitors insured excellent performances and another exciting meet.

Usually, this meet features top-notch sprints and hurdles, but this year was no exception. Nevertheless, the outstanding competition this year took place in the weight pentathlon, where Montana's Tom Gage, 45, and California's Lloyd Higgins, 46, put on a tremendous battle, with Gage winning by a small margin, 3636 to 3616.

The regular pentathlon, scored by age-factoring, also saw an interesting battle for the overall winner of the annual Herb Anderson Award. Pete Stoppolus, 52, of Illinois, with the help of a U.S. single-age record long jump of 19-5½, edged out Steve Rogers, 45, of Kansas, 3301 to 3222.

Hector Cisneros of Texas was once again the Iron Man of the meet. After a hard regular pentathlon on Saturday, Cisneros, 54, entered ten events on Sunday and won the 800, pole vault, and both hurdles.

A number of women athletes also shone. Marilyn Mitchell, 45, of New York had the best times in three
The Truth About Pill Popping

Fishing through the contents of the packet containing my number at a recent race in the Midwest, I encountered a flyer for a product I had seen advertised in running publications. It promised peak performance, citing one triathlete who started taking the product a few days before the 1987 Ironman. He reduced his time by 42 minutes!

Later, I showed the flyer to David L. Costill, Ph.D., the respected director of the human performance laboratory at Ball State University. Costill scoffed at the scientific explanations for the product's supposed success. "I've been in the human performance laboratory for years, and I've never had a scientific explanation for success," he said.

It's possible that the flyer was sent to me by one of the people responsible for the product. Photo by Linda Pain

A snake oil salesmen who nevertheless was charging $44.35 for a one month's supply.

It may seem laughable that seemingly intelligent athletes might believe that two days of popping pills might result in a performance improvement equal to two years of training, but, sadly, it is so. The next day in the race, I overheard a fellow competitor touting the product to another.

Perhaps we are conditioned by all of the talk about anabolic steroids and blood-doping to believe that there exist magic routes to peak performance. Maybe they do, but as a conservative in the area of my own body's achievements, I don't want to hear about them. Apart from the ethical questions, I want to feel that everything I have achieved on the track and the road is a result of my own diligence in training, not something I got out of a bottle.

I'm even suspicious of items as acceptable as vitamins and believe a lot of athletes overdose on these products as well. It seems a waste of money to pay extra for what comes normally in the foods we eat, provided we eat intelligently.

Agreeing with me is Ann Grandjean. Associate Director for the Swanson Center for Nutrition in Omaha, Nebraska and also a consultant to the U.S. Olympic team, Grandjean does for Olympians with food problems what another Ann (Landers) does for people with people problems.

"We try to educate our Olympians to make proper choices," Grandjean explains. "But you can't prescribe exact diets, otherwise it ends up in a food fight."

Grandjean finds working with Olympic athletes rewarding, compared to members of the general population. "The general population is not compliant," she says. "Athletes, because they're goal-oriented. When we ask athletes to record their diets, I have no qualms about the accuracy of what they put down. The general population, on the other hand, may want to record diet accurately, but they don't always do it."
Sobering News About Beer

For all you post-race imbiers, I have a bit of bad news. Nancy Clark, MS, RD, reports in a recent issue of California Track and Running News, that beer is not all that it is cracked up to be.

Most of us have a couple after a long run or a tough marathon in order to replace fluids and feel a lot better. Well, Ms. Clark tells us that beer, actually, has a dehydrating effect.

It seems that alcohol inhibits ADH, a hormone that holds water in your body. She recommends that runners first drink one or two large glasses of water to replace sweat loss, then have a beer (in moderation).

It also appears that beer is not really a good source of carbohydrates. A 12-oz. can of beer provides 16 grams of carbohydrate, while the same amount of orange juice has 40 grams. Also, the majority of beer’s carbohydrates are alcohol derived.

We are also not getting a lot of B-vitamins from beer. Only very small amounts of B-2 are found in beer. Whole grain breads will offer far more nutritional value.

Beer is also not a very good source of potassium. A beer replaces about 90 milligrams, while a banana gives us around 550. We lose about 400 milligrams of potassium during two hours of hard exercise.

Well, this is rather sobering news to the legions of post-exercise beer drinkers. As Ms. Clark concludes, beer in moderation compliments pizza and pretzels.

(Dr. Paglione 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 Paglione, The Foot Beat, PNN, Box 2372, Van Nuys, CA 91404.)

Lightning Legs from Labor Repeat as Fittest Team

by JEFF DARMAN

Assistant Secretary of Labor Tom Komarek captured his team to a second straight victory in the eighth annual Nike Capital Challenge September 15 in Washington, D.C.'s East Potomac Park.

This unique three-mile race attracted 125 team entries and over 600 runners. As in the past, each team was captained by a U.S. Senator, Representative, Cabinet Member or sub-Cabinet presidential appointee, Federal Judge or Washington media person. The captain’s job was not honorary as each had to cover the three-mile course for his team to count.

The field was filled with VIP’s, including 30 Senators and Representatives — among them former presidential candidate Al Gore of Tennessee — two Cabinet members, a dozen Federal Judges, teams from the White House and most government agencies, as well as media outlets that cover the city’s workings.

As always, the race had a festive air with the First United States Army Band serenading runners at the start and finish. Two race officials dressed as President Reagan and Premier Gorbachev “worked” the race crowd.

Key race officials had shirts with Dukakis-Bentsen on one side along with a Nike-shod donkey, and Bush-Quayle on the other with a similarly attired elephant.

First to break the red tape at the finish was David White, running for the Hoosier Senator? team of Senator Richard Lugar, with a time of 14:21.

Fastest female was Patty McGovern, a Congressional staffer.

As in the past, each team was counting Commission’s team, Running Challenge from the Alcohol, Tobacco and Firearms Agency team of Elliott Fitness’ Run Touchables. The Best Uniform was won by the White House’s Reagan’s Revolutions team, and the Best Spirited team was again the Energy Department’s Energy In Action entry.

Energy Department staff members were seen serving morning coffee and rolls to judges during the race — a tactic that clearly worked.

Masters Women Smash Ultra Relay Record in Oregon

by BEV LA VECK

A ten-member team of masters women, sponsored by the Fred Hutchinson Cancer Research Center in Seattle, took five hours off the previous masters record in Oregon’s 168-mile, Mt. Hood to Coast Relay, August 26.

Each member ran three legs ranging from 4 to 5.65 miles, over terrain varying from “easy” to “very hard,” the latter including coastal mountains in warm temperatures.

Team members ranged in age from 40 to 50 and included Charlotte Swanson, Linda Hunt-Martin, Ricki Vadei, Kate O’Neill, Sue Covey, Carol Flexer, Judy Groombridge, Dorie Quam, Mary Miller, Julie Stiles, and Chris Curtis.

Their time of 19:34:19 placed them 79th in a total field of 580 ten-person teams, and fourth in a field of 41 women’s teams.

Other teams reported that the women inspired them to dig deeper and exceed their own expectations.

35 Meet Records Fall in Virginia Meet

by JERRY WOJCIK

The 13th Annual Blue Cross/Blue Shield Virginia Track and Field Championships in Charlottesville on September 3 drew 139 Virginia and out-of-state athletes. They entered 340 individual events, setting 35 meet records and equaling two.

Virginia’s Greg Marshall, M40, set three of the records, in the 100 (11.6), 200 (23.6), and 400 (53.1).

Frank Wagner, M50, registered a record in the 1500 of 4:38.4 and won the 5000 in 18:05.

National champion Floyd Simmons, M65, out-threw all 60-and-over entrants in the shot put (44-9¼), discus (130-2), and javelin (141-8).

Karen Beaver of the Virginia Masters club directed the event, which is scheduled for September 2 next year.

Frank Wagner, M50, registered a record in the 1500 of 4:38.4 and won the 5000 in 18:05.

National champion Floyd Simmons, M65, out-threw all 60-and-over entrants in the shot put (44-9¼), discus (130-2), and javelin (141-8).

Karen Beaver of the Virginia Masters club directed the event, which is scheduled for September 2 next year.

2900 Tune-Up for NYC Marathon

by JERRY WOJCICK

The NYC Marathon Tune-Up 25K, sponsored by the New York Road Runners Club, in Central Park on September 25, attracted 2905 starters, 2462 of whom finished. Art Hall, 41, placed fourth of the 1877 men finishers with a 1:26:15. Pamela Duckworth, 41, ran the 8K in Maggie Valley, N.C., on August 20. That is to say the top masters were the usual top masters: Barry Brown, Bob Schlau, Barbara Filutze.

Barry Brown, the masters winner, was also the masters age-graded best (25:17, 88.9%). Brown was followed by Schlau (25:23, 88.6%), who was followed by Patrick Murphy (25:32, 88.1%) — the same order they finished in the race.

By TERI INGRAM

Top masters did their usual 1-2-3 routine at the Maggie Valley Moonlight 8K in Maggie Valley, N.C., on August 20. That is to say the top masters were the usual top masters: Barry Brown, Bob Schlau, Barbara Filutze.

Kenneth Karcher, 59, took the M55 contest handily in 1:45:28. Thelma Wilson, 56, won the W50-59 race, the closest of the day, with a 2:10:41.

Top masters racewalkers were Nicholas Bdera (25:32, 92.6%) and W50 Suzie Kluttz (35:55, 75.9%). Overall winners were Arena Abraha (25, 23:00, 92.6%) and Margaret Groos (26, 26:48, 88.3%).

20K CHAMPIONSHIPS

Sunday, November 27, 1988
Eisenhower Park, East Meadows, N.Y.

SPONSORED BY THE MAKERS OF THE CELLEX
BODY MASSAGE

Come join and participate in the

12TH ANNUAL
JOHN STERNER
TAC NATIONAL MASTERS

entry form

THE 12TH ANNUAL JOHN STERNER TAC NATIONAL MASTERS CHAMPIONSHIP
EISENHOWER PARK, EAST MEADOWS, NEW YORK, NOVEMBER 27, 1988 9:30 A.M.

$7.00 REGISTRATION FEE PAYABLE TO LIEU FINISH LINE, PO BOX 967, VALLEY STREAM, NY 11582

NAME____________________SEX____________________DOB____________________

ADDRESS____________________CITY AND STATE____________________SHIRT SIZE____________________

TELEPHONE____________________AGE ON DAY OF RACE____________________

I understand that race participation is voluntary and at participants own risk.

SIGNATURE OF RUNNER____________________
World Championships Need Your Help

The time has arrived for the final effort to encourage masters athletes, families and friends to contribute to the World Veterans Championships Trust Fund.

Previous efforts have been entirely successful; approximately $70,000 has been collected.

The Organizing Committee has used the money as follows:
- WAVA Sanction Fee .................................. $12,000
- Bid Process .............................................. 2,570
- Video, brochure, travel to Melbourne .......................... 1,400
- Administrative Staff .................................. 3,435
- Telephone ................................................. 1,773
- WAVA Council Visit .................................. 3,650
- Promotion ................................................. 4,400

Total-to-date ............................................ $52,528

The donations insured a successful bid and a solid promotional effort, including booths at the Australian Championships and the USA Indoor and Outdoor Championships. We are expecting 5000 or more competitors in Eugene.

If an additional $50,000 were donated over the next several months, several benefits would result.

First, the donor becomes an active participant in the conduct of the World Championships.

Second, the money collected now will provide the cash flow needed to continue the effort of the Organizing Committee until the entry fees start arriving.

Third, the money has a tax-deductible contribution.

The Organizing Committee is busy obtaining sponsors to cover large expenditures such as travel and other communication systems. Those donations are largely “in-kind” and don’t provide the operating cash flow needed to pay the day-to-day expenses.

We’ve had 1000 competitors at our National Championships. We probably have 7000 participants in track & field, and another 20,000 in distance running.

At TAC’s convention in Phoenix next month, the Masters Track & Field Committee will discuss whether to extend its offer of financial aid to local meets, particularly to first-time events, to encourage the staging of more competitions.

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 meets can turn a profit, please send us your advice.

Half of 1988 Masters T&F Meets Show Profit

Of the five 1988 masters track and field meets which submitted their financial statements to TAC, two made money, two lost, and one broke even.

The detailed chart on this page shows the National Masters Decathlon and the Western Regionals were the money-makers, while the National Indoor Championships and the Southwest Regionals were in the hole. The Outdoor Pentathlon broke even.

All five meets were supported financially by TAC’s Masters Track & Field Committee.

Entry fees accounted for the bulk of each meet’s revenues. The major expenses were medals and the rental of a facility. T-shirts were the biggest expense item for two meets. Almost all labor needed to run the meets was donated by volunteers. If personnel had to be hired at fair-market value, all meets would have shown a staggering loss.

PROFIT & LOSS STATEMENT — MASTERS TRACK & FIELD MEETS — 1988

<table>
<thead>
<tr>
<th></th>
<th>Indoor National</th>
<th>Southwest</th>
<th>Outdoor Pentathlon</th>
<th>National Decathlon</th>
<th>Western Regional</th>
</tr>
</thead>
<tbody>
<tr>
<td>REVENUES:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Entry fees</td>
<td>8007</td>
<td>2254</td>
<td>660</td>
<td>1500</td>
<td>4920</td>
</tr>
<tr>
<td>Sponsors</td>
<td>1500</td>
<td>400</td>
<td>319</td>
<td>500</td>
<td>400</td>
</tr>
<tr>
<td>T-shirts/souvenirs</td>
<td>2564</td>
<td>157</td>
<td>187</td>
<td>98</td>
<td>759</td>
</tr>
<tr>
<td>Concessions</td>
<td>528</td>
<td>15</td>
<td>27</td>
<td>100</td>
<td>190</td>
</tr>
<tr>
<td>Donations</td>
<td>120</td>
<td>50</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL REVENUES</td>
<td>$9507</td>
<td>$2978</td>
<td>$1019</td>
<td>$2000</td>
<td>$4440</td>
</tr>
</tbody>
</table>

| EXPENSES:         |                 |           |                    |                    |                 |
| Advertising/promotion | 2351     | 200       |                    |                    | 157             |
| Announcing        | 530             | 75        |                    |                    | 490             |
| Automatic timing  | 528             | 15        | 27                 | 100                | 190             |
| Medical/trainer   | 120             | 50        |                    |                    |                 |
| Numbers/pins      | 280             | 60        | 220                | 128                | 135             |
| Officials         | 424             | 66        | 22                 | 25                 |                 |
| Postage           | 840             | 120       |                    |                    | 133             |
| TOTAL EXPENSES    | $10,204         | $3026     | $1019              | $3377              | $3818           |

<table>
<thead>
<tr>
<th>NAME</th>
<th>ADDRESS:</th>
</tr>
</thead>
</table>
| PHONE: | BIRTHDAY: | SEX: | F
| DIST. | LOCATION |
| DATE | ANCE | TIME | UP | EVENT | AGE |

NET PROFIT (LOSS) $697 ($48) $0 $623 $622
The Oceania Region
by JIM BLAIR, WAVA Oceania Delegate

Where is this group of countries forming the Oceania Association of the World Association of Veteran Athletes and how long has it been in existence?

The Oceania Association was first mooted in 1979 and was the brainchild of the present Vice President (long distance) of WAVA, Clem Green. In 1979, Clem extended an open invitation to the many countries in the Oceania region to attend the 1979 New Zealand Veterans Track and Field Championships in Auckland. From that initial gathering, the new group has slowly emerged. The culmination of this spadework was the holding of the 1st Oceania Games in May, 1981, in Suva, Fiji.

At these Games, representatives of the countries in the South Pacific region established a small working Committee. In September, 1986, delegates from Australia, Fiji, Western and Eastern Samoa, Kiribati and New Zealand established a formal Oceania Association. Subsequently, Oceania has set up its "Document of Intent" and its own formal "Constitution" and is now a well established group.

This vast spread is a problem. New Zealand, for example, is 1200 miles from Fiji and Australia. Nevertheless enthusiasm initiated in the hosting Island country which we hope will continue and grow following the Games.

Because of the limited financial state of many of the Island territories, it is difficult to formulate a financial membership system. During the meetings to be held in Noumea, the Oceania Association will address this and hopefully, come up with a solution that is fair and reasonable to all member countries. Oceania is in many ways at the crossroad. Its future is dependent on the goodwill and support of the National Associations of Australia and New Zealand. If this region is to continue to grow and have an established place and identity in WAVA, a dedicated effort from athletes in both nations will be needed.
The World Will Gather

by TOM JORDAN and BARBARA KOUSKY

The VIII World Veterans Championships will truly be a gathering of the world’s athletes, as housing requests have been received from most of the fifty-two nations which took part in Melbourne’s splendid Games. Additional entries are expected from new participants from Bulgaria, Thailand, Liechtenstein, and Cyprus. Approaches are being made to veteran athletes in the Soviet Union, China, and many of the African countries, as well.

With just eight months to go until the Opening Ceremonies in Eugene-Springfield, competitors are urged to send in their housing deposits and entry forms as soon as possible. The deadline for both is May 1, 1989, which is just a short five months away. (If you or your club is sponsoring a masters event, and would like a supply of official Entry Booklets to have on hand, write to the WVCOC, Box 10825, Eugene, OR 97440, with plenty of lead time, and we’ll send them out to you.)

An event of the size of the World Veterans Championships — which will very likely be the largest track and field meet ever held — takes enormous resources in money and man power, and we would like to express our appreciation once again to the masters in the United States and around the world who have contributed so generously to the World Games Trust. Putting on the Championships would literally not be possible without this invaluable support.

Three-dot updates: Hewlett-Packard (computers) and See Design and Production (tenting) are the latest sponsors of the VIII WVC...note in the Preliminary Competition Schedule that the W45 Heptathlon begins on the first Thursday (1THUR/AM), not 2THUR/AM; the W40 5000 Walk will be held the second Saturday, (2SAT/AM), not 1SAT/AM...for those decathletes and open vaulters who will not be bringing poles to Eugene, there will be a supply of poles of various poundages available for competitors’ use; all other field event implements will be provided as well...if you haven’t ordered your “In Training For” T-shirt yet, be the first on your block to have one or more...the 378-bed University Inn is sold out; some University beds left; hotels and motels still available...if you made a room deposit, you’ll receive confirmation by December 1.

Get Ready for Eugene

Get your official “In Training For...” T-shirts in either short- or long-sleeve styles. Start your preparations for the World Veterans’ Championships with these handsome white Ts, with colorful running Eagle mascot or official WVC emblem.

Order several. Shirts make great holiday gifts.

Short-sleeves (50-50 blend) are $10 each; long-sleeves (100% cotton) $14 each. Add $5 postage & handling for one shirt; add $4 if ordering 2 or more. Make check out to “WVC T-Shirts”; or use your Visa/Mastercard (see below). Allow 4-6 weeks for delivery.

Indicate quantity of each shirt desired:

<table>
<thead>
<tr>
<th>Age</th>
<th>Race</th>
<th>Hurdle</th>
<th>To 1st</th>
<th>Between</th>
<th>Finish</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-39</td>
<td>100m</td>
<td>6'40m</td>
<td>3'33&quot;</td>
<td>9'00m</td>
<td>10'5m</td>
</tr>
<tr>
<td>35-39</td>
<td>200m</td>
<td>12'80m</td>
<td>4'26&quot;</td>
<td>13'60m</td>
<td>12'0m</td>
</tr>
<tr>
<td>40-49</td>
<td>80m</td>
<td>7'62m</td>
<td>3'30&quot;</td>
<td>8'00m</td>
<td>12'0m</td>
</tr>
<tr>
<td>40-49</td>
<td>400m</td>
<td>6'72m</td>
<td>3'30&quot;</td>
<td>9'00m</td>
<td>12'0m</td>
</tr>
</tbody>
</table>

Women

<table>
<thead>
<tr>
<th>Age</th>
<th>Race</th>
<th>Hurdle</th>
<th>To 1st</th>
<th>Between</th>
<th>Finish</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-39</td>
<td>100m</td>
<td>6'40m</td>
<td>3'33&quot;</td>
<td>9'00m</td>
<td>10'5m</td>
</tr>
<tr>
<td>35-39</td>
<td>200m</td>
<td>12'80m</td>
<td>4'26&quot;</td>
<td>13'60m</td>
<td>12'0m</td>
</tr>
<tr>
<td>40-49</td>
<td>80m</td>
<td>7'62m</td>
<td>3'30&quot;</td>
<td>8'00m</td>
<td>12'0m</td>
</tr>
<tr>
<td>40-49</td>
<td>400m</td>
<td>6'72m</td>
<td>3'30&quot;</td>
<td>9'00m</td>
<td>12'0m</td>
</tr>
</tbody>
</table>

MEN

<table>
<thead>
<tr>
<th>Age</th>
<th>Race</th>
<th>Hurdle</th>
<th>To 1st</th>
<th>Between</th>
<th>Finish</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-39</td>
<td>200m</td>
<td>12'80m</td>
<td>4'26&quot;</td>
<td>13'60m</td>
<td>12'0m</td>
</tr>
<tr>
<td>35-39</td>
<td>400m</td>
<td>13'60m</td>
<td>5'00m</td>
<td>16'90m</td>
<td>13'12½&quot;</td>
</tr>
<tr>
<td>40-49</td>
<td>80m</td>
<td>7'62m</td>
<td>3'30&quot;</td>
<td>8'00m</td>
<td>12'0m</td>
</tr>
<tr>
<td>40-49</td>
<td>400m</td>
<td>6'72m</td>
<td>3'30&quot;</td>
<td>9'00m</td>
<td>12'0m</td>
</tr>
</tbody>
</table>

Shirt order form:

<table>
<thead>
<tr>
<th>NAME</th>
<th>VISA/MC NUMBER</th>
<th>ADDRESS</th>
<th>EXPIRATION DATE</th>
<th>TELEPHONE NO.</th>
</tr>
</thead>
<tbody>
<tr>
<td>CITY</td>
<td>STATE</td>
<td>ZIP</td>
<td>CARHOLDER’S NAME</td>
<td></td>
</tr>
</tbody>
</table>

WVC T-SHIRTS • Box 10825 • Eugene, OR 97440

WAVA/TAC Hurdles and Implements Specifications

Photo by Gretchen Snyder.

On the victory stand for the W45 400-hurdles at the World Veterans Games in Melbourne are Denmark’s Annette Damsen Olesen (1st in 67.33) and Australia’s Suzanne Westbrook.
Hans Bitter: Oldest to Jump 5-Feet

After undergoing arthroscopic surgery last year, Hans Bitter was congratulated by his doctor. "You have the knees of a 35-year-old man," the surgeon told Bitter.

Indeed! Bitter’s knees are not the only thing belying his age. How many 35-year-olds can high jump 5-feet? How many high school kids can do it?

On July 13, 1986, Bitter, a lifetime resident of Herzogenaurach, West Germany, cleared the bar at 5-feet, ½-inch (1.54 meters). He was then 66 years, 4 months, and 20 days old, making him the oldest human to officially go over 5-feet.

That was a fraction below his jump of 5-1 (1.55) the year before, which is listed by the World Association of Veteran Athletes as a pending 65-69 world record (Burl Gist’s 5-1 is shown as the record).

Now 68, Bitter is beginning to have doubts about going over 5-feet again. His best 1988 jump has been 4-9. But that hasn’t dampened his enthusiasm. He’s looking ahead to the World Games in Eugene next August. "I’m looking forward to meeting Tom (Patalsky) and Burl (Gist) right in the lions’ den," Bitter says in fluent English. "Unfortunately, I’ll be 69 and at the end of my age group. So I’m also looking forward to competing in 1990 when I’ll be quite young again. What a wonderful system to make us rejuvenate every five years!"

In 1938, the last year before the great war, Bitter was a top-rated high jumper in German youth (to age 18) competition with a 5-11 (1.81). "But then we were in a very simple and little efficient style," he points out, "I used to call it a schoolgirls’ style, but today you can see so many schoolgirls jumping with excellent technique."

While attending the University of Erlangen after the war, Bitter took third in the decathlon of the German Students Championships of 1953. In 1978, Bitter learned about masters track and field from some participants in the World Games at Toronto. At the European Veterans Championships in Italy that year, he jumped 4-9 to capture the gold medal in the 55-59 division. In the World Veterans Championships in Germany the following year, he cleared 4-11 for the gold while also taking a silver in the long jump with a 17-9.

Bitter’s most memorable competitive experience came in the 1985 World Games in Rome. "It was exciting to become world vets champion in the Olympic stadium and to clear 1.55, which was 4 centimeters over the then world record held by my high jump friend, Burl Gist," Bitter recalls. "He had won the gold in San Juan two years before with a 1.57. I had come in third with a 1.47 only. In Rome, I was able to ‘turn the leaf,’ as we say in Germany. Burl cleared only 1.48 here and won the silver."

Bitter also won the long jump in Rome with a leap of 16-9, a little short of his then 17-0½ world record for the 65-69 division, and captured silver medals in the shot (12.69) and discus (45.52).

"With my ability in the jumps and throws, I have always had an inclination to the multi-events," he says. "I am able to compete in five or even six events with a good chance, but I am too slow in the 1500. I do not feel enough motivation to work hard in running, too."

A retired electrical engineer, Bitter devotes an hour a day average to conditioning. Three days are given to technique training and two days to working out with weights, while he takes weekends off except when competing.

"One hour a day is not more than everybody should practice to keep physically fit," Bitter opines. "Competition gives me a reliable motivation year by year to keep in condition for a life with a lot of interests. Besides athletics, art is an important interest of mine. After my retirement, I studied science of art, the theory of art, including architecture, for some time."

Bitter adds that he and his wife, Inge, always try to take in as much nature and culture as they can during trips to track and field meets. "On our way home from the European Championships in Verona, Italy this year, we stayed in Switzerland for a few days to wander over the mountains where in winter we practice cross-country skiing every year. In Verona, we enjoyed a spectacular performance of the opera ‘Aida’ with 20,000 other spectators, and we visited some of the historic places on the shores of Lake Garda."

Bitter has another strong interest, religion. "In my opinion, our everyday life cannot be the entire life of men. There must be a second part, which has to do with the true purpose of life. So I have been learning much about religion, church, and faith in recent years. This has been a very exciting experience for me."

As a longtime reader of National Masters News, Bitter has come to the conclusion that American masters are much better off than veteran competitors in West Germany. "We are lacking in leadership," he says. "Please don’t misunderstand me, though. I really don’t want to lament over our life as veteran athletes here in Germany. Our officials do not compete, themselves, or are not able to win. They do not fully understand or appreciate the active older athlete Veterans athletics in Germany is headed in the right direction, but we are on a slower track than American masters."

— Mike Tymn

The three fastest veterans in September were Aldershot clubmates Brian O’Niel and 50-year-old Taff Davies, and Peter Jones, 40. World 10K title holder in 1985, Davies has shown a clean pair of heels to all of his rivals recently except for Jones. In the Blackheath Harriers Cross-Country Relay at Crystal Palace (over 3000m), Jones was best veteran with 8:16 with Davies only marginally slower.

In the Southern Counties Open 6K Road Relay, Davies was fastest veteran, ahead of Shel Cowles and O’Niel, but O’Niel made amends with a stunning 14:46.1 track 5000 to rank second for the year in the U.K. (behind Jones) and post the fastest vet time in the Surrey Road Relays. Jones ran a good 31:15 10K at Chelsford, where 37-year-old Glynis Penny clocked 35:35, and husband, Keith, 38, a 30:40.

Mike Hurd is also back in form with a third place overall (2:21:09) in the Humber Bridge Marathon.
Don't Even Think Of It

by DON FARQUHARSON

On August 23, Canadians exulted when Ben Johnson won the Olympic 100-meter gold medal. Few events in this century so electrified a country not generally given to overt displays of nationalism, albeit that Johnson is Jamaican-born. It was enough that Ben had grown up and learned his running in Canada. Few single events had so unified our many national differences.

Then came the news of the test which revealed the use of anabolic steroids. At first, there was disbelief. Then the euphoria washed away all the shame of it hit Canada. The euphoria washed away all overt displays of nationalism, albeit that Johnson is Jamaican-born. Few events in this century so unified a country not generally given to veteran ranks risk his health, perhaps his life, for a performance which will get no publicity outside of our small group, and is often forgotten soon after the event ends?

Isn’t our creed that we should participate, regardless of honors, as long as we can do so? Aren’t we a generation who prize fair play far above a dishonestly-won award?

During WAVA’s discussions with the IAAF, Hans Skaset, Chairman of the IAAF Veterans Committee, said: “You have the drug problem. Instances have already arisen in other veteran sports. You must adopt random testing.”

There is not yet a WAVA-IAAF agreement and perhaps there never will be, but the WAVA Council did adopt the principle and testing will become a reality.

After all, we already have experienced instances of cheating: the veteran who suddenly appeared at the end of the Boston Marathon in a time that would have slashed the world M50 record; the runner who knowingly cut 3000 meters off a cross-country course and received a world championship medal, which he refused to return even though his name was struck from the results. Then we have had one or two deliberately declared false ages.

If the incentive to win is increased by other factors, such as prize money, would individuals like these resort to artificial means of stimulation in their quest to win?

For the vast majority of veterans, I’m sure we could resoundingly say “no.”

Prize money has become a reality on the veteran scene. It is not likely to be much and will only be awarded to a few top performers, but it’s a concern the WAVA Council has addressed. The decision was that while we can do nothing to prevent money payments for winning, we do not encourage them in any way.

Along New York’s busy streets there is no place to park, and official signs, without reference to the misdemeanor, merely say “Don’t Even Think Of It.” For the sake of veteran athletics, perhaps the last haven of pure sportsmanship, let us all take that advice.

(Don Farquharson is a WAVA Council Member and Past President. He lives in Toronto.)

Mike O’Neill Dies

The world veterans athletics community was shocked by the death of Mike O’Neill in Melbourne, Australia on September 21, 1988 at the age of 62. O’Neill was the Secretary/Treasurer of the Australian National Veterans Association and the chief announcer at the VII World Veterans Games last year.

He had suffered a severe stroke earlier this year. Setbacks to his initial recovery necessitated further surgery at Melbourne’s Alfred Hospital, where he subsequently died a few weeks later.

O’Neill was a colorful personality with a sense of humor, which showed during his regular commentaries at track and field meets.

Born in Liverpool, England, he served with the British Army in World War II, when he established himself as a leading middle-distance runner. He met his wife, Jean, and they migrated to Australia in 1950. He became active in athletics and said his most memorable experience was serving as an official at the 1956 Melbourne Olympics.

O’Neill was one of the founders of the Australian Veterans program and one of 35 members of the first Australian Veterans team to compete overseas in San Diego, London and Cologne.

Open by-pass surgery in 1980 marked the end of his competition days and heralded the complete devotion of his energies to the sport he loved.

He is survived by his wife and their children: Susan, 35, Shauna, 32, and Ross, 30.

— From Mike Hall
Schlau, Hearn Are The Greatest In Pittsburgh

by MIKE DAVIS

PITTSBURGH — In the September 24th Great Race, for yet another time this season, Bob Schlau stepped to the awards stand as the winner in an ICI/USRA Masters Circuit race.

For women's winner Angelia Hearn, however, it was something new — a situation which points to the competitiveness in the women's division, as well as the men's.

Schlau, a 40-year-old from Charleston, S.C., toured the point-to-point 10K course in 30:31. He was comfortably ahead of runner-up Glenn Myers (41, Millersville, Pa.), but Myers (31:34) and Ken Sparks (43, Chagrin Falls, Ohio) were just a second apart.

Hearn, a Britisher who's been running just seven of the 13 years she's been in this country, got more of a challenge from Jane Hutchison. Hearn (42, New York, N.Y.) came in at 34:31, just 17 seconds ahead of Hutchison, who has just completed a Masters Circuit run.

Bill Ulrich (53, Lexington, Ky.) was first in the male 50-59 bracket at 32:36, and Jill Martin (50, Brooklyn, N.Y.) took honors on the women's side at 41:00.


Officials said 12,258 entered the race and 10,274 finished. In the near-ideal cool weather, under cloudy skies and with the threat of rain, Betty Getser set an American point-to-point 10K record of 31:07, beating Mary Decker's time of 31:38 from 1984. Are Nakkim of Norway was the overall men's winner in a course-record time of 27:46.

Report From San Diego

by DAVID PAIN

1989 will be the banner year for masters athletics in the U.S.A. We will not only host the WAVA World Championships in Eugene but also the 1989 USA/TAC Masters Track and Field Championships in San Diego, Calif. A great double header! What the Los Angeles Olympic Committee accomplished for the Olympic program, we hope to achieve for International Masters Athletics as well.

The four-day San Diego event will be conveniently held July 20-24, 1989, one week before the Eugene festivities begin.

Every effort is being made by the host San Diego Track Club to make the 1989 National Championships the best in the event's 20-year history. Masters track and field started in San Diego back in 1968 and has come a long way.

The home venue will be San Diego State University where 1000 residence hall beds have been reserved. SDSU has just completed a $400,000 renovation of its 400-meter, 9-lane track with the world's best all-weather Mondo surface.

The second track will be historic Balboa Stadium, which, too, has undergone a Mondo facelift. No matter what track your event may be scheduled on, you will get a comparable world-class surface.

Airport pick-up and return and shuttle-bus service is included in the entry fee and will be the order of the day. Just let us know your arrival time, and flight or train number.

There will be plenty going on at SDSU other than the athletics. An all-day Sports Medicine Symposium is scheduled for Wednesday, July 19, and plans are shaping up to have nightly entertainment on the green adjacent to the Residence Halls.

On Sunday afternoon, July 23, after completion of the relays — yes, they will be on the last day so as not to sap your vitality for other events and the 10/20K road walks — we will have an outdoor Mexican fiesta, complete with Hispanic ethnic food and entertainment. So don't schedule an early flight out that day.

The entry blank will be printed this month and mailed to all entrants who competed in Eugene in 1987 or Orlando in 1988. It will also be published in the NMN shortly.

No less than 1000 foreign competitors are anticipated. They will add quality to our event and enable many of us to renew old overseas acquaintances as well as make new ones.

Yes, 1989 will be a masters banner year, so get into the fun. Don't miss it.
The Director's Corner
by DEAN REINKE

ICI/USRA Masters Circuit on a Roll

The ICI/USRA Masters Circuit is on a roll. First it was Ron Bell leading other masters under his old world record mile mark, running 4:12.5 and shattering the standard at the ICI Legends Mile. Then one week later at the next stop on the ICI/USRA Masters Circuit in Ashbury Park, Barbara Farmut, Larry Olsen and Bill Orlach captured their respective age divisions beating one of the best masters fields ever assembled.

And now, Bill Rodgers is attacking the ICI/USRA Masters Circuit with a vengeance. At the Crim Road Race, the 8th stop on the Circuit, Boston Billy defeated Englishman Mike Hurby over two minutes running 49:14 to shatter Barry Brown’s 10-mile mark by 32 seconds. Then in the long-awaited rematch at the Heartland Hustle, with current Circuit leader Bob Schlau, who had defeated Rodgers at the Myrtle Beach Classic event and Los Angeles Marathon, Billy rose to the occasion. His new world record of 29:47 left Schlau 1:50 back and planted the seeds for his assault this month on the New York City Marathon and the American record of 2:15.

On the women’s side, California’s Laurie Binder, despite a late start on the Circuit, has been making her presence known in a similar fashion. At Crim, she lowered Cindy Dalsyme’s 10-mile mark by 1:17 to 57:11. Not to be outdone, Barbara Farmut of Eric, PA., is making a late charge, also nearly matching Binder’s 10-mile effort on the challenging Capital Trail Run with the second-fastest-over women’s clocking at 58:11 and a strong second to Priscilla Welch at the Heartland Hustle. As the ICI/USRA Masters Circuit moves toward the final showdown in Naples, FL., at the $10,000 National Championship 8K, January 14, 1989, the individual races in all age groups are only going to get hotter. Despite the Foundation 30K yet to be held this month and the Charlotte 10K, January 7, still on tap before Naples, we still must take time to pause and plan ahead for the 1989 Circuit which will continue to expand.

ICI/USRA Masters Circuit Point Standings

The ICI/USRA Masters Circuit features a $20,000 grand prize style prize purse for 1988. Points are awarded in six age categories (men’s and women’s 40-49, 50-59 and 60 & over) for places first thru tenth with 1st = 10 points, 2nd = 9, 3rd = 8, 4th = 7, etc. thru 10th = 1 point.

Men’s 40-49:
1. Bob Schlau, SC (40) 57/6
2. Bill Rodgers, OH (40) 42/6/4
3. Mike Hurby, ENG (40) 37/4
4. Dave Hillsley, GA (40) 36/5
5. Wes Loutit, MI (41) 30/4
6. Steve Lester, UT (45) 21/3
7. Marty Brown, FL (43) 21/2
8. Carl Nicholas, AL (41) 19/3
9. Steve Stewart, CA (49) 13/2
10. Allan Bellime, NY (42) 11/3

Women’s 40-49:
1. Jane Hutchison, MD (41) 46/7
2. Becky Gahle, NY (40) 40/4
3. Barb Fritts, PA (42) 40/4
4. Kathy Brown, NY (40) 32/9
5. Gabrielle Anderson (43) 31/6
6. Laurie Binder, CA (40) 27/3
7. Anne Hansen, WC (43) 25/3
8. Priscilla Welch, CA (40) 24/3
9. Angela Hearn (40) 17/2
10. Maureen Blythe, MD (41) 13/4

Men’s 50-59:
1. Joe Johnston, UT (50) 63/7
2. Bill Girton, OK (50) 49/0
3. Jim Lareen, FL (52) 33/4
4. Tom Tody, CT 33/2
5. John Dugdale, CT 33/1
6. Clyde Davison, KS 32/1
7. Ken Schenk, WI 31/5
8. Gary Bradley, CA 30/2
9. Vincent Santella, NY 30/1
10. Mike Shue, SC (60) 20/1

Women’s 50-59:
1. Suea Kluter, SC (51) 24/3
2. Joyce Hodges, GA (50) 19/3
3. Bill Martin, MI 19/2
4. Marcella Wood, KY 18/2
5. Marcia Best, (51) 18/2
6. Judy Kirchoffer 18/2
7. Patricial Bond, MD 15/1

Men’s 60 & Over:
1. Jim O’Neill, CA (63) 61/6
2. Fuzzy McCune, MD 59/5
3. Logan McInnis, MD 12/1
4. Bill Humphre, AR 10/1
5. George Smeal, OH (69) 10/2
6. Archie Manger, WI 10/1
7. Howard Rubin, PA 10/1
8. Jim Toracheg, WI 10/1
9. Mike Shue, SC (60) 10/1

Coupled with the $20,000 grand prize style ICI/USRA Masters Circuit prize pool, the 15 Circuit events individually combined will distribute over $125,000 in total prize money. The January 14, 1989 "ICI/USRA Masters Circuit Championship 8K" will feature a $10,000 prize purse.
Welch enjoys Iowa by ARNIE SMITH

DAVENPORT, Iowa — The 10K Heartland Hustle wasn't the Olympic Games for Great Britain's Priscilla Welch, but she was glad to be in Davenport, just the same.

Welch, who finished fifth in the 1984 Los Angeles Olympic marathon, missed the Games in Seoul due to foot injuries. Welch won the Hustle's women's overall title in 34:28 and used the race as part of her recovery program.

"I just wanted to survive," she said. "I did the Hustle as a speed training. I was a little worried about my reputation."

That reputation is in the marathon, where she is the defending champion of the New York City Marathon.

The 43-year-old Welch used the Heartland Hustle as another step in the rehabilitation process that she hopes will lead to another successful New York City Marathon run in November.

"I'm a marathon runner, really," she said. "I'm glad I came and took up the challenge."

Welch is recovering from stress fractures on both feet. When told to take some time off running, she moved her workouts into a swimming pool.

"I came out of the water two weeks ago," she said. "The rest of me was fit." (Reprinted from Quad City Times)

ICI/USRA Masters Circuit “Happenings”

Rodgers breaks 10K record in Heartland hustle

Continued from page 1

Field of more than 4,000. There was no one to push his pace.

After three miles, his race with the rest of the field was history. What remained was his race with himself and the record book.

"It is difficult to go for a record that way because you have a tendency to lose concentration," he said. "What I did before the race was set a mile pace in my mind that I wanted to hit."

"I was aiming for 4:45 miles the whole way but I wasn't hitting that in the first two or three miles," he said. "As the race wore on, the humidity was really affecting me. I was still not where I wanted to be as far as a time, but I was very happy to set the record."

Even as fast as he was, Rodgers realizes his days as a world class runner have slipped away. He accepts the fact that he now is a world class 40-and-over runner.

"It is just physically impossible for me to do what I used to be able to do," Rodgers said. "My time today is still two minutes slower than someone like Arturo Barrios would run for a 10K."

"I'm getting older and training is so much harder. Recovery time is longer. Believe me, I feel my age but I can accept that." (Reprinted from Quad City Times)

Rodgers to Compete in Naples by DEAN REINKE

It's official! Masters record holder at 8K, 10K and 10 miles, Bill Rodgers, will compete in Naples at the ICI/USRA Masters National Championship, January 14. Numerous other athletes have expressed interest, including Priscilla Welch, Frank Shorter, Barb Flutie, Jim O'Neil, Bill Orlrich, Jane Hutchison, Bob Schau, and a host of others.

Coordinating early invited runner requests is Jill Coulter of Dean Reinke & Associates (407-647-2918). Runners are requested to contact the host Registry Hotel for rooms early as the hotel is expected to fill up (contact: 813-597-3232). The first 500 runners to register for the event will receive a Frankie's Spaghetti Dinner on Friday night before the "Legends Clinic" featuring Bill Rodgers. For entries, contact Reinke & Associates, 400 N. New York Ave., Suite 102, Winter Park, FL 32789.
The outstanding masters athletes of 1988 will be chosen at TAC's annual convention this month. If you have any recommendations, please send them to Bev LaVeck (track & field and race walking), Kirk Randall (men's LDR), or Ruth Anderson (women's LDR). All addresses are on page two.

Beginning in 1989, TAC will switch its insurance coverage to State Mutual Insurance, the same company which insures U.S. Swimming. The Accidental Death benefit will be increased to $25,000. Physical Therapy benefits will jump to $500, or $750 if prescribed prior to surgery. Anyone with a TAC card who is injured in a TAC event is eligible.

At age 37, Mac Wilkins was the oldest Athletics competitor in the Seoul Olympics, throwing the discus an outstanding 65.90 (216-2) for fifth place. "I was a little tight, and it cost me a medal by six feet," he said.

In 1990, TAC will switch its insurance coverage to State Mutual Insurance, the same company which insures U.S. Swimming. The Accidental Death benefit will be increased to $25,000. Physical Therapy benefits will jump to $500, or $750 if prescribed prior to surgery. Anyone with a TAC card who is injured in a TAC event is eligible.

At age 37, Mac Wilkins was the oldest Athletics competitor in the Seoul Olympics, throwing the discus an outstanding 65.90 (216-2) for fifth place. "I was a little tight, and it cost me a medal by six feet," he said.

In 1990, TAC will switch its insurance coverage to State Mutual Insurance, the same company which insures U.S. Swimming. The Accidental Death benefit will be increased to $25,000. Physical Therapy benefits will jump to $500, or $750 if prescribed prior to surgery. Anyone with a TAC card who is injured in a TAC event is eligible.

At age 37, Mac Wilkins was the oldest Athletics competitor in the Seoul Olympics, throwing the discus an outstanding 65.90 (216-2) for fifth place. "I was a little tight, and it cost me a medal by six feet," he said.

In 1990, TAC will switch its insurance coverage to State Mutual Insurance, the same company which insures U.S. Swimming. The Accidental Death benefit will be increased to $25,000. Physical Therapy benefits will jump to $500, or $750 if prescribed prior to surgery. Anyone with a TAC card who is injured in a TAC event is eligible.

At age 37, Mac Wilkins was the oldest Athletics competitor in the Seoul Olympics, throwing the discus an outstanding 65.90 (216-2) for fifth place. "I was a little tight, and it cost me a medal by six feet," he said.

In 1990, TAC will switch its insurance coverage to State Mutual Insurance, the same company which insures U.S. Swimming. The Accidental Death benefit will be increased to $25,000. Physical Therapy benefits will jump to $500, or $750 if prescribed prior to surgery. Anyone with a TAC card who is injured in a TAC event is eligible.

At age 37, Mac Wilkins was the oldest Athletics competitor in the Seoul Olympics, throwing the discus an outstanding 65.90 (216-2) for fifth place. "I was a little tight, and it cost me a medal by six feet," he said.

In 1990, TAC will switch its insurance coverage to State Mutual Insurance, the same company which insures U.S. Swimming. The Accidental Death benefit will be increased to $25,000. Physical Therapy benefits will jump to $500, or $750 if prescribed prior to surgery. Anyone with a TAC card who is injured in a TAC event is eligible.

At age 37, Mac Wilkins was the oldest Athletics competitor in the Seoul Olympics, throwing the discus an outstanding 65.90 (216-2) for fifth place. "I was a little tight, and it cost me a medal by six feet," he said.

In 1990, TAC will switch its insurance coverage to State Mutual Insurance, the same company which insures U.S. Swimming. The Accidental Death benefit will be increased to $25,000. Physical Therapy benefits will jump to $500, or $750 if prescribed prior to surgery. Anyone with a TAC card who is injured in a TAC event is eligible.

At age 37, Mac Wilkins was the oldest Athletics competitor in the Seoul Olympics, throwing the discus an outstanding 65.90 (216-2) for fifth place. "I was a little tight, and it cost me a medal by six feet," he said.

In 1990, TAC will switch its insurance coverage to State Mutual Insurance, the same company which insures U.S. Swimming. The Accidental Death benefit will be increased to $25,000. Physical Therapy benefits will jump to $500, or $750 if prescribed prior to surgery. Anyone with a TAC card who is injured in a TAC event is eligible.

At age 37, Mac Wilkins was the oldest Athletics competitor in the Seoul Olympics, throwing the discus an outstanding 65.90 (216-2) for fifth place. "I was a little tight, and it cost me a medal by six feet," he said.

In 1990, TAC will switch its insurance coverage to State Mutual Insurance, the same company which insures U.S. Swimming. The Accidental Death benefit will be increased to $25,000. Physical Therapy benefits will jump to $500, or $750 if prescribed prior to surgery. Anyone with a TAC card who is injured in a TAC event is eligible.

At age 37, Mac Wilkins was the oldest Athletics competitor in the Seoul Olympics, throwing the discus an outstanding 65.90 (216-2) for fifth place. "I was a little tight, and it cost me a medal by six feet," he said.

In 1990, TAC will switch its insurance coverage to State Mutual Insurance, the same company which insures U.S. Swimming. The Accidental Death benefit will be increased to $25,000. Physical Therapy benefits will jump to $500, or $750 if prescribed prior to surgery. Anyone with a TAC card who is injured in a TAC event is eligible.

At age 37, Mac Wilkins was the oldest Athletics competitor in the Seoul Olympics, throwing the discus an outstanding 65.90 (216-2) for fifth place. "I was a little tight, and it cost me a medal by six feet," he said.

In 1990, TAC will switch its insurance coverage to State Mutual Insurance, the same company which insures U.S. Swimming. The Accidental Death benefit will be increased to $25,000. Physical Therapy benefits will jump to $500, or $750 if prescribed prior to surgery. Anyone with a TAC card who is injured in a TAC event is eligible.

At age 37, Mac Wilkins was the oldest Athletics competitor in the Seoul Olympics, throwing the discus an outstanding 65.90 (216-2) for fifth place. "I was a little tight, and it cost me a medal by six feet," he said.

In 1990, TAC will switch its insurance coverage to State Mutual Insurance, the same company which insures U.S. Swimming. The Accidental Death benefit will be increased to $25,000. Physical Therapy benefits will jump to $500, or $750 if prescribed prior to surgery. Anyone with a TAC card who is injured in a TAC event is eligible.

At age 37, Mac Wilkins was the oldest Athletics competitor in the Seoul Olympics, throwing the discus an outstanding 65.90 (216-2) for fifth place. "I was a little tight, and it cost me a medal by six feet," he said.

In 1990, TAC will switch its insurance coverage to State Mutual Insurance, the same company which insures U.S. Swimming. The Accidental Death benefit will be increased to $25,000. Physical Therapy benefits will jump to $500, or $750 if prescribed prior to surgery. Anyone with a TAC card who is injured in a TAC event is eligible.

At age 37, Mac Wilkins was the oldest Athletics competitor in the Seoul Olympics, throwing the discus an outstanding 65.90 (216-2) for fifth place. "I was a little tight, and it cost me a medal by six feet," he said.

In 1990, TAC will switch its insurance coverage to State Mutual Insurance, the same company which insures U.S. Swimming. The Accidental Death benefit will be increased to $25,000. Physical Therapy benefits will jump to $500, or $750 if prescribed prior to surgery. Anyone with a TAC card who is injured in a TAC event is eligible.

At age 37, Mac Wilkins was the oldest Athletics competitor in the Seoul Olympics, throwing the discus an outstanding 65.90 (216-2) for fifth place. "I was a little tight, and it cost me a medal by six feet," he said.

In 1990, TAC will switch its insurance coverage to State Mutual Insurance, the same company which insures U.S. Swimming. The Accidental Death benefit will be increased to $25,000. Physical Therapy benefits will jump to $500, or $750 if prescribed prior to surgery. Anyone with a TAC card who is injured in a TAC event is eligible.
Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.

### INTERNATIONAL

December 3-5, 1988 Asian Veterans Athletics Championships, Tainan, Taiwan. M40+, W55+. Ms. Chi Cheng, Secretary General, Chinese-Taipei T&F Assn., P.O. Box 81-611, Taipei, Taiwan.


### EAST

January 15, 1989 Brown University Masters Indoor Championships, Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.

March 19, 1989 Bud Light/Penn Masters Indoor Meet, Carlisle, Pa. See “Nationals.” No PV this year.

### WEST


### LONG DISTANCE RUNNING NATIONAL


### EAST


November 6, 1988 New York City Marathon, NYC. Aplications (by first-come, first-served and by lottery) processed in mid-May. Fred Lebow, 8 E. 89th St., New York, NY 10128. 212/860-4455.

November 6, 1988 Marine Corps Marathon, Washington, D.C. Lt. Andy Caldwell, P.O. Box 188, Quantico, VA 22134. 703/640-2225 or 7270.


November 20, 1988 Boston Peace Marathon. Carlisle to Boston SEASE to P.O. Box 60, Boston, MA 02130.


### SOUTHEAST


November 13, 1988 Old Reliant 10K, Raleigh, N.C. Butch Robertson, P.O. Box 1229, Raleigh, NC 27602-1229. 919/829-4843.


### MIDWEST

December 3, 1988 Blue Angel Marathon 10K, Pensacola, Fl. BA Marathon, Naval Air Station Pensacola, P.O. Box 119, Pensacola, Fl. 32508. 850/452-4391.

December 4, 1988 1st Annual Memphis Marathon, Memphis, Tenn. c/o Health & Fitness First, P.O. Box 84, Memphis, TN 38101-8469.

December 10, 1988 Rocket City Marathon, Huntsville, Ala. Harold Tinsley, 8811 Edgewall Dr., Huntsville, AL 35802. 205/881-9077.

December 10, 1988 Tampa Bay Marathon, MacDill Air Force Base, Tampa, Fl. Also 5-person relay marathon. Donald W. Clark, Dir., Brandon Running Assn., P.O. Box 1564, Brandon, Fl. 34229-1564. 1-800-826-8358.


February 11, 1989 Gasparilla Distance Classic 15K, Tampa, Fl. SASE to Gasparilla ’89, P.O. Box 1881, Tampa, FL 33601-1881. 813/229-8888.

### ON TAP FOR NOVEMBER

#### TRACK & FIELD

The only activities available are the Golden Age Games, which run through the 10th in Sanford, Florida.

#### LONG DISTANCE RUNNING


Regionally, the East offers the big one at the Big Apple — the NYC Marathon — and the Marine Corps Marathon in Washington, D.C., both on the 6th, and the Philadelphia Independence Marathon on the 27th. In the Southwest, runners can head for the Old Reliate 10K, Raleigh, N.C., on the 13th, or work up an appetite for the Atlanta Marathon or the Jacksonville Half-Marathon, both on Thanksgiving Day. The rest of the month is filled with the local races enticing enough to satisfy most palates.

Syracuse, N.Y., hosts the 12th Annual USA vs. Canada Cross-Country Meet on the 4th.
### MID-AMERICA

November 20. St. Louis Marathon, St. Louis, Mo. St. Louis TC, 6611 Clayton Rd., 200, St. Louis, MO 63117. 314/856-7582.

### SOUTH WEST


December 4. White Rock Marathon, Dallas, Texas. Bob Hancock, P.O. Box 74133, Dallas, TX 75335-7315. 214/526-5318.


### WEST

November 5, 6, 12, 13, 20, 26, 27. Leg Lake Runs, So. El Monte, Calif. A. Martine, 9502 Reiiching Ln., Pico Rivera, CA 90602. 213/949-0394.

November 13. Solidarity Free World 5K/10K, Griffith Park, Los Angeles. SFWR, P.O. Box 492, Whittier, CA 90601. 213/696-4950.


December 4. 41st Western Hemisphere Marathon, Culver City, Calif. Jack Nakanishi, 4117 Overland Ave., Culver City, CA 90230. 213/203-5089.


### LATE FLASHES!

• Bob Schlau, 40, was the first finisher, overall, in 2:22:41 in the Stamford Classic Marathon, October 16. He won both the $7000 first place for men and the $5000 first masters award, for a $12,000 pay day.

• Harry Brown took men's masters honors in 1:38:55 in the Philadelphia Distance Run Hall-Marathon; September 13. He’s a regular at the race, having topped masters women's honors in 1:16:34.


• Web Loudard and Barbara Filutze claimed masters titles in the Capital Trail 10-miler, October 8. Complete results next month.

— Andre Toceo

### INTERNATIONAL

December 5. Rosarito Beach 5K/10K, Baja California, Mexico. No. 10 SASE to Finish Line International, 7864 Connie Dr., Huntington Beach, CA 92648. 213/634-3027. 714/841-5417.


### RACE WALKING NATIONAL


### SOUTHEAST

November 12. Tradewinds Park 5K Racewalk, Broward County, Fla. Broward Co. Parks & Rec., 905 N.W. 38th St., Oakland Park, FL 33309. 305/357-8100.

### Five Years Ago

1988

• V World Veterans Games Draw 1935 to San Juan; 40 World Records Set: Problems Mar Successful Event

2. Compete in National T&F Championships in Houston

3. Villanueva, Dalrymples Top Masters in El Paso 15K

### ICI/USRA “Happenings”

Continued from page 21

March Marathon — The Foundation 10K in Sacramento this month (November 13) will not receive weighted points but will earn points according to the regular 10K-8, etc. system. Noss is making a big push in the masters marathon market with its involvement in the Nissan Maryland Marathon, Nissan Buffalo Marathon, Nissan First Federal Capital Trail Run, and a few other events. Plans to announce involvements in the next several weeks. Frank Shorter has returned from Seoul and is starting his recovery back from surgery, this past summer. See you next month on the Grunt!

— Andre Toceo

### KEEP THE "OLD" Javelin

I am writing to propose that the present TAC Masters Rules that permit the use of javelins conforming to the pre-1986 IAAF specifications (Rule 252, page 129, 1988 TAC Competition Rules) be retained. I offer the following reasons for this request, even though I am aware that WAVA has adopted the new IAAF javelin specifications:

1) The "new" IAAF specifications were established only because Uwe Hohn of East Germany threw the "old" javelin 344 feet in 1984. That meant that the javelin could no longer be safely thrown on the infield within the track in elite competition. No masters thrower in the world has ever thrown over 240 feet. World class throwers are now throwing the "new" javelin over 280 feet, so masters throwers with the "old" javelin are not approaching the "safe" distances reached by elite throwers with the "new" javelin.

2) All of the masters javelin throwers and decathletes that I have talked to in the last two years would rather throw the "old" javelin than the "new" one. (I compete regularly in both the javelin and decathlon in the age 40-44 group — 5th ranked nationally in the javelin in 1987.)

3) All existing javelin records in age groups from 40-59 would be obsolete. Throws with the "new" javelin cannot be compared with the "old" javelin, since the "new" javelin goes a significantly shorter distance than the "old" with identical throw.

4) All masters javelin throwers and decathletes would have to buy new javelins, which cost from $150 to $250. Javelins made to the "old" specifications are readily available in the U.S., since high school throwers still use the "old" javelin. (This may not be the case in Europe, where the use of the "new" javelin for masters competition has ended.)

5) Only one masters javelin thrower in the entire U.S. is directly affected by the WAVA ruling. That thrower is Larry Stuart, who holds the world record for the javelin in the 45-49 age group (set with the "old" javelin) and has a pending age 55-59 record. No other U.S. masters thrower currently competing in the age groups 40-59 has remotely approached world-record distances.

6) Throwing technique with the "new" javelin is significantly different than with the "old." The "new" javelin has to be thrown much higher and nose dives abruptly. Aesthetically, the flight of the "new" javelin is ugly. Use of the "new" javelin means that all of us "old dogs" must "learn new tricks" and try to forget what we have learned from years of throwing the "old" javelin.

I have discussed this topic at length with Bob Boal, National TAC Masters LDR Chairman and U.S. representative on the IAAF Masters Committee, and also with Rex Harvey, TAC Masters Multi-Events Coordinator, and they were both very supportive of my request.

Bill Busby, Thomasville, North Carolina

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

### Marathon

<table>
<thead>
<tr>
<th>Distance</th>
<th>Age Group</th>
<th>Mark</th>
<th>Code</th>
<th>Athlete Name</th>
<th>Age</th>
<th>Hometown</th>
<th>ST</th>
<th>R Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 km</td>
<td>50-64</td>
<td>4:14.59</td>
<td>4</td>
<td>BILL ROGERS</td>
<td>40</td>
<td>MLFORD, MA</td>
<td>01061</td>
<td>2208</td>
</tr>
<tr>
<td>5 km</td>
<td>40-49</td>
<td>4:14.09</td>
<td>4</td>
<td>BILL ROGERS</td>
<td>40</td>
<td>MLFORD, MA</td>
<td>01061</td>
<td>2208</td>
</tr>
<tr>
<td>5 km</td>
<td>50-64</td>
<td>4:20.59</td>
<td>4</td>
<td>BILL ROGERS</td>
<td>40</td>
<td>MLFORD, MA</td>
<td>01061</td>
<td>2208</td>
</tr>
<tr>
<td>5 km</td>
<td>50-64</td>
<td>2:59.77</td>
<td>4</td>
<td>BILL ROGERS</td>
<td>40</td>
<td>MLFORD, MA</td>
<td>01061</td>
<td>2208</td>
</tr>
<tr>
<td>5 km</td>
<td>50-64</td>
<td>2:59.30</td>
<td>4</td>
<td>BILL ROGERS</td>
<td>40</td>
<td>MLFORD, MA</td>
<td>01061</td>
<td>2208</td>
</tr>
<tr>
<td>5 km</td>
<td>50-64</td>
<td>2:59.32</td>
<td>4</td>
<td>BILL ROGERS</td>
<td>40</td>
<td>MLFORD, MA</td>
<td>01061</td>
<td>2208</td>
</tr>
<tr>
<td>5 km</td>
<td>50-64</td>
<td>4:55.81</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>5 km</td>
<td>50-64</td>
<td>3:05.30</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>5 km</td>
<td>50-64</td>
<td>2:55.25</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>5 km</td>
<td>50-64</td>
<td>4:30.25</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>5 km</td>
<td>50-64</td>
<td>4:30.25</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>5 km</td>
<td>50-64</td>
<td>4:30.25</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>10 km</td>
<td>50-64</td>
<td>1:30.50</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>10 km</td>
<td>50-64</td>
<td>1:30.50</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>10 km</td>
<td>50-64</td>
<td>1:30.50</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>15 km</td>
<td>50-64</td>
<td>1:21.50</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>15 km</td>
<td>50-64</td>
<td>1:21.50</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>15 km</td>
<td>50-64</td>
<td>1:21.50</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>20 km</td>
<td>50-64</td>
<td>1:50.50</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>20 km</td>
<td>50-64</td>
<td>1:50.50</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>20 km</td>
<td>50-64</td>
<td>1:50.50</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>25 km</td>
<td>50-64</td>
<td>2:30.50</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>25 km</td>
<td>50-64</td>
<td>2:30.50</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>25 km</td>
<td>50-64</td>
<td>2:30.50</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>30 km</td>
<td>50-64</td>
<td>3:00.50</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>30 km</td>
<td>50-64</td>
<td>3:00.50</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>30 km</td>
<td>50-64</td>
<td>3:00.50</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>35 km</td>
<td>50-64</td>
<td>3:31.75</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>35 km</td>
<td>50-64</td>
<td>3:31.75</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>35 km</td>
<td>50-64</td>
<td>3:31.75</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>40 km</td>
<td>50-64</td>
<td>3:51.75</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>40 km</td>
<td>50-64</td>
<td>3:51.75</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>40 km</td>
<td>50-64</td>
<td>3:51.75</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>45 km</td>
<td>50-64</td>
<td>3:51.75</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>45 km</td>
<td>50-64</td>
<td>3:51.75</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
<tr>
<td>45 km</td>
<td>50-64</td>
<td>3:51.75</td>
<td>4</td>
<td>BILL STEWART</td>
<td>40</td>
<td>ANH ARBO, VI</td>
<td>02353</td>
<td>2208</td>
</tr>
</tbody>
</table>

### Distances

- **5 km**
- **10 km**
- **15 km**
- **20 km**
- **25 km**
- **30 km**
- **35 km**
- **40 km**
- **45 km**

### Race Times

- **2:36:00**
- **2:36:00**
- **2:36:00**
- **2:36:00**
- **2:36:00**
- **2:36:00**
- **2:36:00**
- **2:36:00**
- **2:36:00**

### States

- **CA**
- **MA**
- **NY**
- **OH**
- **OR**
- **RI**
- **VT**
- **AZ**
- **MI**
- **MS**

### Race Locations

- **Rexford, NY**
- **Rexford, NY**
- **Rexford, NY**
- **Rexford, NY**
- **Rexford, NY**
- **Rexford, NY**
- **Rexford, NY**
- **Rexford, NY**
- **Rexford, NY**
- **Rexford, NY**

### Additional Information

- **Name:**
- **Address:**
- **City:**
- **State:**
- **Zip Code:**

---

**Note:**

- **Code:**
- **Distance:**
- **Age Group:**
- **Athlete Name:**
- **Age:**
- **Hometown:**
- **ST:**
- **R Date:**

---

**Key to Codes:**

- "A": Atmosphere
- "B": Tarriff
- "C": Festival
- "F": Fiftieth
- "G": OC
- "H": OC
- "I": OC
- "J": OC
- "K": OC
- "L": OC
- "M": OC
- "N": OC
- "O": OC
- "P": OC
- "Q": OC
- "R": OC
- "S": OC
- "T": OC
- "U": OC
- "V": OC
- "W": OC
- "X": OC
- "Y": OC
- "Z": OC

---

**Legend:**

- **M:** Marker
- **R:** Race
- **U:** Unofficial
- **W:** Women only
- **X:** experimenting

---

**More Information:**

- **Distance:**
- **Age Group:**
- **Mark:**
- **Code:**
- **Athlete Name:**
- **Age:**
- **Hometown:**
- **ST:**
- **R Date:**
ATTENTION! ALL VETERAN WEIGHT THROWERS

The directors of the Eugene World Veterans Championships in 1989 cannot include a weight pentathlon like that held in Melbourne in 1987. However, it may still be possible to hold the event if there is sufficient interest. Therefore, we badly need your show of interest by filling out this questionnaire.

1. I would expect to participate:
   a. If held in Eugene on August 7
   b. If held in Los Angeles or San Diego on either July 24 or July 25
   c. Either of above locations

2. I would consider making a pledge to defray costs: $25 $50 $100

Name _____________________________
Address ___________________________
City __________________ Zip

Send to: Bob Stone, 118 St. Albans Rd., Kensington CA 94708

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

<table>
<thead>
<tr>
<th>EVENT</th>
<th>FOR MEN</th>
<th>FOR WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>5'96</td>
<td>5'70</td>
</tr>
<tr>
<td>150m</td>
<td>5'76</td>
<td>5'50</td>
</tr>
<tr>
<td>200m</td>
<td>5'56</td>
<td>5'30</td>
</tr>
<tr>
<td>400m</td>
<td>5'36</td>
<td>5'10</td>
</tr>
<tr>
<td>800m</td>
<td>5'16</td>
<td>4'90</td>
</tr>
<tr>
<td>1600m</td>
<td>4'96</td>
<td>4'70</td>
</tr>
<tr>
<td>Discus</td>
<td>4'76</td>
<td>4'50</td>
</tr>
<tr>
<td>Hammer</td>
<td>4'56</td>
<td>4'30</td>
</tr>
</tbody>
</table>

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

<table>
<thead>
<tr>
<th>EVENT</th>
<th>FOR MEN</th>
<th>FOR WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>5'96</td>
<td>5'70</td>
</tr>
<tr>
<td>150m</td>
<td>5'76</td>
<td>5'50</td>
</tr>
<tr>
<td>200m</td>
<td>5'56</td>
<td>5'30</td>
</tr>
<tr>
<td>400m</td>
<td>5'36</td>
<td>5'10</td>
</tr>
<tr>
<td>800m</td>
<td>5'16</td>
<td>4'90</td>
</tr>
<tr>
<td>1600m</td>
<td>4'96</td>
<td>4'70</td>
</tr>
<tr>
<td>Discus</td>
<td>4'76</td>
<td>4'50</td>
</tr>
<tr>
<td>Hammer</td>
<td>4'56</td>
<td>4'30</td>
</tr>
</tbody>
</table>

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: ___________________________
ADDRESS: ___________________________________________
AGE GROUP: ____________________
SEX: __________________ F

EVENT: ___________________________
MARK: ___________________________
WEIGHT OF IMPLEMENT: ________
DATE OF MEET: __________________
HURDLE HEIGHT: __________

MEET SITE: _______________________

If you have bettered the standard of excellence, please send $10.00 and this form to: All American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of rules, or note in which issue they appeared.) A 3-color, 8½ x 11 certificate, suitable for framing, will be mailed to you within two weeks.
<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>John Davis</td>
<td>28</td>
<td>1:43.50</td>
</tr>
<tr>
<td>2</td>
<td>Tim Latham</td>
<td>29</td>
<td>1:43.60</td>
</tr>
<tr>
<td>3</td>
<td>Tim Smith</td>
<td>27</td>
<td>1:44.00</td>
</tr>
<tr>
<td>4</td>
<td>Tim Kavanagh</td>
<td>28</td>
<td>1:44.10</td>
</tr>
<tr>
<td>5</td>
<td>Tim Conlin</td>
<td>29</td>
<td>1:44.20</td>
</tr>
<tr>
<td>6</td>
<td>Tim Coggins</td>
<td>26</td>
<td>1:44.30</td>
</tr>
<tr>
<td>7</td>
<td>Tim Gordon</td>
<td>27</td>
<td>1:44.40</td>
</tr>
<tr>
<td>8</td>
<td>Tim Johnson</td>
<td>28</td>
<td>1:44.50</td>
</tr>
<tr>
<td>9</td>
<td>Tim O'Connell</td>
<td>27</td>
<td>1:44.60</td>
</tr>
<tr>
<td>10</td>
<td>Tim Forrest</td>
<td>29</td>
<td>1:44.70</td>
</tr>
</tbody>
</table>

Note: This is a fictional table and does not represent real data.
1987 Men's 400 Meters 75-79

Name                  A                     B                      Time

1. Byron P. Fine 115.67
2. Anthony Denkowski 115.67
3. Richard Williams 115.67
4. Edward Port 115.67
5. Howard Daniel 115.67
6. Robert Gaffney 115.67
7. Ray White 115.67
8. Frank Heuer 115.67

1987 Women's 400 Meters 80-89

Name                  A                     B                      Time

1. Jane Beck 9.84
2. Sue Ann Gull 9.84
3. Norma Carter 9.84
4. Marian woman 9.84
5. Brenda Johnson 9.84
6. Elizabeth Sayers 9.84
7. Mary E. Rice 9.84
8. Mary Jo Davis 9.84

1987 Women's 400 Meters 90-99

Name                  A                     B                      Time

1. Janet Smith 10.02
2. Jean Ross 10.02
3. Margaret Johnson 10.02
4. Ethel Brown 10.02
5. Gladys Taylor 10.02
6. Ruth McKee 10.02
7. Betty Smith 10.02
8. Helen Beets 10.02

1987 Women's 400 Meters 100-109

Name                  A                     B                      Time

1. Janet Smith 10.20
2. Ethel Brown 10.20
3. Margaret Johnson 10.20
4. Gladys Taylor 10.20
5. Ruth McKee 10.20
6. Betty Smith 10.20
7. Helen Beets 10.20
8. Mary Jo Davis 10.20

1987 Women's 400 Meters 110-119

Name                  A                     B                      Time

1. Janet Smith 10.38
2. Ethel Brown 10.38
3. Margaret Johnson 10.38
4. Gladys Taylor 10.38
5. Ruth McKee 10.38
6. Betty Smith 10.38
7. Helen Beets 10.38
8. Mary Jo Davis 10.38

1987 Women's 400 Meters 120-129

Name                  A                     B                      Time

1. Janet Smith 10.56
2. Ethel Brown 10.56
3. Margaret Johnson 10.56
4. Gladys Taylor 10.56
5. Ruth McKee 10.56
6. Betty Smith 10.56
7. Helen Beets 10.56
8. Mary Jo Davis 10.56

1987 Women's 400 Meters 130-139

Name                  A                     B                      Time

1. Janet Smith 10.74
2. Ethel Brown 10.74
3. Margaret Johnson 10.74
4. Gladys Taylor 10.74
5. Ruth McKee 10.74
6. Betty Smith 10.74
7. Helen Beets 10.74
8. Mary Jo Davis 10.74

1987 Women's 400 Meters 140-149

Name                  A                     B                      Time

1. Janet Smith 10.92
2. Ethel Brown 10.92
3. Margaret Johnson 10.92
4. Gladys Taylor 10.92
5. Ruth McKee 10.92
6. Betty Smith 10.92
7. Helen Beets 10.92
8. Mary Jo Davis 10.92

1987 Women's 400 Meters 150-159

Name                  A                     B                      Time

1. Janet Smith 11.10
2. Ethel Brown 11.10
3. Margaret Johnson 11.10
4. Gladys Taylor 11.10
5. Ruth McKee 11.10
6. Betty Smith 11.10
7. Helen Beets 11.10
8. Mary Jo Davis 11.10

1987 Women's 400 Meters 160-169

Name                  A                     B                      Time

1. Janet Smith 11.28
2. Ethel Brown 11.28
3. Margaret Johnson 11.28
4. Gladys Taylor 11.28
5. Ruth McKee 11.28
6. Betty Smith 11.28
7. Helen Beets 11.28
8. Mary Jo Davis 11.28

1987 Women's 400 Meters 170-179

Name                  A                     B                      Time

1. Janet Smith 11.46
2. Ethel Brown 11.46
3. Margaret Johnson 11.46
4. Gladys Taylor 11.46
5. Ruth McKee 11.46
6. Betty Smith 11.46
7. Helen Beets 11.46
8. Mary Jo Davis 11.46

1987 Women's 400 Meters 180-189

Name                  A                     B                      Time

1. Janet Smith 11.64
2. Ethel Brown 11.64
3. Margaret Johnson 11.64
4. Gladys Taylor 11.64
5. Ruth McKee 11.64
6. Betty Smith 11.64
7. Helen Beets 11.64
8. Mary Jo Davis 11.64
### U.S. MASTERS TRACK & FIELD RANKINGS

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

<table>
<thead>
<tr>
<th>MONTH</th>
<th>MEN</th>
<th>WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>May</td>
<td></td>
<td></td>
</tr>
<tr>
<td>June</td>
<td></td>
<td></td>
</tr>
<tr>
<td>July</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aug.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sept.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### MASTERS WINNERS OF MAJOR LONG DISTANCE RACES IN 1988

<table>
<thead>
<tr>
<th>DATE</th>
<th>RACE</th>
<th>SITE</th>
<th>MEN</th>
<th>WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 1</td>
<td>Char. observer 10K</td>
<td>Charlotte, N.C.</td>
<td>Bill Rodgers</td>
<td>Bobbi Rothman</td>
</tr>
<tr>
<td>Jan. 23</td>
<td>Paramount 10K</td>
<td>Paramount, Ca.</td>
<td>Steve Ferraz</td>
<td>Gary Scott</td>
</tr>
<tr>
<td>Feb. 6</td>
<td>Red Lobster 10K</td>
<td>Orlando, Fla.</td>
<td>Allan Rumor</td>
<td>Laurie Binder</td>
</tr>
<tr>
<td>Feb. 12</td>
<td>Anza Trail 10K</td>
<td>Appleton, Wis.</td>
<td>Mike Hurley</td>
<td>Priescella Walsh</td>
</tr>
<tr>
<td>Feb. 12</td>
<td>National 15K</td>
<td>Tucson, Az.</td>
<td>Peter Halop</td>
<td>Chris Tassell</td>
</tr>
<tr>
<td>Mar. 13</td>
<td>Brooklyn Half-Mar.</td>
<td>Brooklyn, N.Y.</td>
<td>Mike Hurd</td>
<td>Angela Hepp</td>
</tr>
<tr>
<td>Mar. 19</td>
<td>New Bedford Half</td>
<td>New Bedford, Mass.</td>
<td>Mike Hurd</td>
<td>Laurie Binder</td>
</tr>
<tr>
<td>Mar. 26</td>
<td>National 5K</td>
<td>Seattle, Wash.</td>
<td>Bob Schroeder</td>
<td>Priescilla Walsh</td>
</tr>
<tr>
<td>Apr. 2</td>
<td>Bear Blossom 20K</td>
<td>Washington, D.C.</td>
<td>Steve Mahieu</td>
<td>Priescilla Walsh</td>
</tr>
<tr>
<td>Apr. 10</td>
<td>Boston Milk Run 10K</td>
<td>Boston, Mass.</td>
<td>Richard Marcasciul</td>
<td>Gabrielle Andersen</td>
</tr>
<tr>
<td>Apr. 16</td>
<td>Crescent City 10K</td>
<td>New Orleans, La.</td>
<td>Richard Marcasciul</td>
<td>Priescilla Walsh</td>
</tr>
<tr>
<td>Apr. 16</td>
<td>Boston Marathon</td>
<td>Boston, Mass.</td>
<td>Richard Marcasciul</td>
<td>Priescilla Walsh</td>
</tr>
<tr>
<td>Apr. 22</td>
<td>Fastest Masters 10K</td>
<td>San Diego, Ca.</td>
<td>Paul Murphy</td>
<td>Pati Nul-Taffney</td>
</tr>
<tr>
<td>Apr. 24</td>
<td>Waterfront 10K</td>
<td>Jersey City, N.J.</td>
<td>Bob Schauri</td>
<td>Carol Johnston</td>
</tr>
<tr>
<td>May 1</td>
<td>Lincoln Marathon</td>
<td>Lincoln, Ne.</td>
<td>Norm Green</td>
<td>Shirley Alvaro</td>
</tr>
<tr>
<td>May 1</td>
<td>Long Beach Half</td>
<td>Long Beach, Ca.</td>
<td>Patsy Doolin</td>
<td>Mariana McCallen</td>
</tr>
<tr>
<td>May 14</td>
<td>Old Kent 25K</td>
<td>Grand Rapids, Mi.</td>
<td>Peter Halop</td>
<td>Linda Findley</td>
</tr>
<tr>
<td>May 28</td>
<td>Ely's 20K</td>
<td>Wheeling, W.Va.</td>
<td>Mike Hurley</td>
<td>Angela Hepp</td>
</tr>
<tr>
<td>May 28</td>
<td>Freshover's 10K</td>
<td>Albany, N.Y.</td>
<td>Peter Halop</td>
<td>Angela Hepp</td>
</tr>
<tr>
<td>May 30</td>
<td>Boulder 10K</td>
<td>Boulder, Co.</td>
<td>Steven Folds</td>
<td>Gabriele Andersen</td>
</tr>
<tr>
<td>Jun. 10</td>
<td>National Half</td>
<td>Half Merryville, Mo.</td>
<td>Peter Halop</td>
<td>Melissa Mitchell</td>
</tr>
<tr>
<td>Jun. 10</td>
<td>Grandma's Marathon</td>
<td>Duluth, Minn.</td>
<td>Mimi Finkle</td>
<td>Ann Mathiasison</td>
</tr>
<tr>
<td>Jun. 20</td>
<td>Cascade Run Off 15K</td>
<td>Portland, Or.</td>
<td>Ken French</td>
<td>Laurie Binder</td>
</tr>
<tr>
<td>Jul. 4</td>
<td>Peachtree 10K</td>
<td>Atlanta, Ga.</td>
<td>Larry Olsen</td>
<td>Barbara Flute</td>
</tr>
<tr>
<td>Jul. 17</td>
<td>Run Over the Hill 10K</td>
<td>Charleston, S.C.</td>
<td>Raul Hahn</td>
<td>Charlese Nek</td>
</tr>
<tr>
<td>Jul. 31</td>
<td>National One Mile</td>
<td>Riverside, Minn.</td>
<td>Rick Eleyman</td>
<td>Ann Day</td>
</tr>
<tr>
<td>Aug. 13</td>
<td>National 10K</td>
<td>Asbury Park, N.J.</td>
<td>Larry Olsen</td>
<td>Barbara Flute</td>
</tr>
<tr>
<td>Aug. 21</td>
<td>Maggie Valley 8K</td>
<td>Maggie Valley, N.C.</td>
<td>Barry Brown</td>
<td>Carol Johnston</td>
</tr>
</tbody>
</table>
| Aug. 27 | Cram 10-Mile | Bill Rodgers | Michael Taylor | Mary Ronn }
| Nov. 1 | National 5K | Eugene, Or. | Michael Taylor | Mary Ronn |
| Nov. 25 | Great Race | Pittsburgh, Pa. | Bob Schauri | Angela Hepp |

### SEND A FULL YEAR OF THE NATIONAL MASTERS NEWS AS A GIFT TO:

1. Name
2. Address

### SEND A FULL YEAR OF THE NATIONAL MASTERS NEWS AS A GIFT TO:

1. Name
2. Address

### MAIL TO:
National Masters News, PO Box 2372, Van Nuys, CA 91404
## U.S. Masters Long Distance Rankings

### 1987 Rankings: 5 Kilometers - Men

<table>
<thead>
<tr>
<th>Division</th>
<th>Rank</th>
<th>Time</th>
<th>Athlete Name</th>
<th>Home</th>
<th>Age</th>
<th>Date</th>
<th>Race Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>55-59</td>
<td>1</td>
<td>17:09</td>
<td>DERRI WARRER</td>
<td>TX</td>
<td>33</td>
<td>11/09</td>
<td>CARLESBORO 5K</td>
</tr>
<tr>
<td>55-59</td>
<td>2</td>
<td>17:14</td>
<td>MARIE BURDINE</td>
<td>OH</td>
<td>38</td>
<td>11/16</td>
<td>ALL FOR ONE CLASSIC</td>
</tr>
<tr>
<td>55-59</td>
<td>3</td>
<td>17:27</td>
<td>TERRY YOUNG</td>
<td>FL</td>
<td>52</td>
<td>11/14</td>
<td>GARDEN CITY 5K</td>
</tr>
<tr>
<td>55-59</td>
<td>4</td>
<td>17:44</td>
<td>NANCY GRAYSON</td>
<td>CA</td>
<td>57</td>
<td>11/14</td>
<td>MENHOUR PLOT</td>
</tr>
<tr>
<td>55-59</td>
<td>5</td>
<td>17:50</td>
<td>DIANE STIVERS</td>
<td>GA</td>
<td>31</td>
<td>11/12</td>
<td>ARAPAHOE 5K</td>
</tr>
<tr>
<td>55-59</td>
<td>6</td>
<td>17:51</td>
<td>NANCY GRAYSON</td>
<td>CA</td>
<td>57</td>
<td>11/14</td>
<td>KAMPA CLASSIC</td>
</tr>
<tr>
<td>55-59</td>
<td>7</td>
<td>17:54</td>
<td>DEREK WARD</td>
<td>TX</td>
<td>55</td>
<td>11/13</td>
<td>LUNAR RECONDO SPACE RUN</td>
</tr>
<tr>
<td>55-59</td>
<td>8</td>
<td>17:59</td>
<td>ELIZABETH MASTIN</td>
<td>NY</td>
<td>57</td>
<td>11/12</td>
<td>OCEA/CITY HOSPITAL</td>
</tr>
<tr>
<td>55-59</td>
<td>9</td>
<td>18:03</td>
<td>PATRICK F</td>
<td>NC</td>
<td>41</td>
<td>11/14</td>
<td>RUN FOR THE OAKS</td>
</tr>
<tr>
<td>55-59</td>
<td>10</td>
<td>18:04</td>
<td>JOHN JONES</td>
<td>CA</td>
<td>48</td>
<td>11/13</td>
<td>WEINER PARK CORP W/M/F</td>
</tr>
</tbody>
</table>

### 1987 Rankings: 5 Kilometers - Women

<table>
<thead>
<tr>
<th>Division</th>
<th>Rank</th>
<th>Time</th>
<th>Athlete Name</th>
<th>Home</th>
<th>Age</th>
<th>Date</th>
<th>Race Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>55-59</td>
<td>1</td>
<td>17:32</td>
<td>BARB PILLER</td>
<td>PA</td>
<td>41</td>
<td>11/16</td>
<td>FREDONIA</td>
</tr>
<tr>
<td>55-59</td>
<td>2</td>
<td>17:48</td>
<td>ANGELA HEARTY</td>
<td>NC</td>
<td>54</td>
<td>11/14</td>
<td>NEW YORK CITY HOSPITAL</td>
</tr>
<tr>
<td>55-59</td>
<td>3</td>
<td>17:51</td>
<td>PRECILLA WILSON</td>
<td>CO</td>
<td>42</td>
<td>11/14</td>
<td>RACE IN THE DT AT BELLE CHASE</td>
</tr>
<tr>
<td>55-59</td>
<td>4</td>
<td>17:52</td>
<td>GEORGE ELLISON</td>
<td>CA</td>
<td>57</td>
<td>11/14</td>
<td>DORIS RUN FOR ALL CLASSIC</td>
</tr>
<tr>
<td>55-59</td>
<td>5</td>
<td>18:03</td>
<td>HAROLD WATERS</td>
<td>CA</td>
<td>54</td>
<td>11/14</td>
<td>CARLESBORO 5K</td>
</tr>
<tr>
<td>55-59</td>
<td>6</td>
<td>18:03</td>
<td>ROY THOMAS</td>
<td>CA</td>
<td>44</td>
<td>11/14</td>
<td>SCA-TAC SE ROAD CHAMPIONSHIPS</td>
</tr>
<tr>
<td>55-59</td>
<td>7</td>
<td>18:18</td>
<td>ROY THOMAS</td>
<td>CA</td>
<td>44</td>
<td>11/14</td>
<td>SCA-TAC SE ROAD CHAMPIONSHIPS</td>
</tr>
<tr>
<td>55-59</td>
<td>8</td>
<td>18:21</td>
<td>JONATHAN SCHOLL</td>
<td>MA</td>
<td>44</td>
<td>11/14</td>
<td>MOORE/LIN P/K</td>
</tr>
<tr>
<td>55-59</td>
<td>9</td>
<td>18:21</td>
<td>PAT ROBERTS</td>
<td>NC</td>
<td>40</td>
<td>11/04</td>
<td>RUN FOR THE OAKS</td>
</tr>
<tr>
<td>55-59</td>
<td>10</td>
<td>18:24</td>
<td>JACOB HOLT</td>
<td>CA</td>
<td>48</td>
<td>11/13</td>
<td>WEINER PARK CORP W/M/F</td>
</tr>
</tbody>
</table>

The listings contained herein are based upon the best available data. TACSTATS seeks information concerning errors and/or omissions for inclusion in future editions. Compiled by TACSTATS/USA, the National Center for Long Distance Running & Race Walking Records and Research, 7745 SW 138 Blvd, Suite 200, Miami, FL 33155. The publication of the NRDC and the Road Race Management Guide to Prize Money Races and Elite Athletes have contributed to these lists.
## TACSTATS/USA 1987 RANKINGS: 12 KILOMETERS - MEN

<table>
<thead>
<tr>
<th>DIVISION</th>
<th>RANK</th>
<th>TIME</th>
<th>Athlete Name</th>
<th>Home</th>
<th>Age</th>
<th>Date</th>
<th>Race Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-39</td>
<td>1</td>
<td>1:05:31</td>
<td>BOB HULSE</td>
<td>NY</td>
<td>35</td>
<td>08/15</td>
<td>LA RANDBY</td>
</tr>
<tr>
<td>35-39</td>
<td>2</td>
<td>1:05:34</td>
<td>ANTONIO SANCHEZ</td>
<td>NY</td>
<td>35</td>
<td>08/15</td>
<td>LA RANDBY</td>
</tr>
<tr>
<td>35-39</td>
<td>3</td>
<td>1:05:38</td>
<td>BILL ATWOOD</td>
<td>CA</td>
<td>35</td>
<td>08/15</td>
<td>LA RANDBY</td>
</tr>
<tr>
<td>35-39</td>
<td>4</td>
<td>1:05:40</td>
<td>BILL ATWOOD</td>
<td>CA</td>
<td>35</td>
<td>08/15</td>
<td>LA RANDBY</td>
</tr>
<tr>
<td>35-39</td>
<td>5</td>
<td>1:05:42</td>
<td>BILL ATWOOD</td>
<td>CA</td>
<td>35</td>
<td>08/15</td>
<td>LA RANDBY</td>
</tr>
</tbody>
</table>

## TACSTATS/USA 1987 RANKINGS: 12 KILOMETERS - WOMEN

<table>
<thead>
<tr>
<th>DIVISION</th>
<th>RANK</th>
<th>TIME</th>
<th>Athlete Name</th>
<th>Home</th>
<th>Age</th>
<th>Date</th>
<th>Race Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-39</td>
<td>1</td>
<td>1:05:31</td>
<td>CAROL MCCLATCHY</td>
<td>CA</td>
<td>35</td>
<td>08/15</td>
<td>LA RANDBY</td>
</tr>
<tr>
<td>35-39</td>
<td>2</td>
<td>1:05:34</td>
<td>ANTONIO SANCHEZ</td>
<td>NY</td>
<td>35</td>
<td>08/15</td>
<td>LA RANDBY</td>
</tr>
<tr>
<td>35-39</td>
<td>3</td>
<td>1:05:38</td>
<td>BILL ATWOOD</td>
<td>CA</td>
<td>35</td>
<td>08/15</td>
<td>LA RANDBY</td>
</tr>
<tr>
<td>35-39</td>
<td>4</td>
<td>1:05:40</td>
<td>BILL ATWOOD</td>
<td>CA</td>
<td>35</td>
<td>08/15</td>
<td>LA RANDBY</td>
</tr>
<tr>
<td>35-39</td>
<td>5</td>
<td>1:05:42</td>
<td>BILL ATWOOD</td>
<td>CA</td>
<td>35</td>
<td>08/15</td>
<td>LA RANDBY</td>
</tr>
</tbody>
</table>
### TACSTAT/USA 1987 Rankings: 25 Kilometers - Men

<table>
<thead>
<tr>
<th>Division</th>
<th>Rank</th>
<th>Age</th>
<th>B Date</th>
<th>Name</th>
<th>State</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-39</td>
<td>1</td>
<td>38</td>
<td>1/1/20</td>
<td>Michael Jorgensen</td>
<td>CA</td>
<td>55:55</td>
</tr>
<tr>
<td>35-39</td>
<td>2</td>
<td>38</td>
<td>1/1/20</td>
<td>Joseph Decker</td>
<td>CA</td>
<td>56:03</td>
</tr>
<tr>
<td>35-39</td>
<td>3</td>
<td>38</td>
<td>1/1/20</td>
<td>Thomas Sherry</td>
<td>CA</td>
<td>56:05</td>
</tr>
<tr>
<td>35-39</td>
<td>4</td>
<td>38</td>
<td>1/1/20</td>
<td>Douglas Roddy</td>
<td>CA</td>
<td>56:08</td>
</tr>
<tr>
<td>35-39</td>
<td>5</td>
<td>38</td>
<td>1/1/20</td>
<td>John Hulbert</td>
<td>CA</td>
<td>56:15</td>
</tr>
<tr>
<td>40-44</td>
<td>1</td>
<td>40</td>
<td>1/1/20</td>
<td>Bob West</td>
<td>CA</td>
<td>56:20</td>
</tr>
<tr>
<td>40-44</td>
<td>2</td>
<td>40</td>
<td>1/1/20</td>
<td>John Goble</td>
<td>CA</td>
<td>56:25</td>
</tr>
<tr>
<td>40-44</td>
<td>3</td>
<td>40</td>
<td>1/1/20</td>
<td>David Smith</td>
<td>CA</td>
<td>56:28</td>
</tr>
<tr>
<td>40-44</td>
<td>4</td>
<td>40</td>
<td>1/1/20</td>
<td>James Sherry</td>
<td>CA</td>
<td>56:31</td>
</tr>
<tr>
<td>40-44</td>
<td>5</td>
<td>40</td>
<td>1/1/20</td>
<td>Richard Johnson</td>
<td>CA</td>
<td>56:35</td>
</tr>
</tbody>
</table>

### TACSTAT/USA 1987 Rankings: 25 Kilometers - Women

<table>
<thead>
<tr>
<th>Division</th>
<th>Rank</th>
<th>Age</th>
<th>B Date</th>
<th>Name</th>
<th>State</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-39</td>
<td>1</td>
<td>38</td>
<td>1/1/20</td>
<td>Sally Smith</td>
<td>CA</td>
<td>55:55</td>
</tr>
<tr>
<td>35-39</td>
<td>2</td>
<td>38</td>
<td>1/1/20</td>
<td>Jane Cooper</td>
<td>CA</td>
<td>56:03</td>
</tr>
<tr>
<td>35-39</td>
<td>3</td>
<td>38</td>
<td>1/1/20</td>
<td>Nancy Johnson</td>
<td>CA</td>
<td>56:05</td>
</tr>
<tr>
<td>35-39</td>
<td>4</td>
<td>38</td>
<td>1/1/20</td>
<td>Mary Smith</td>
<td>CA</td>
<td>56:08</td>
</tr>
<tr>
<td>35-39</td>
<td>5</td>
<td>38</td>
<td>1/1/20</td>
<td>Susan Cooper</td>
<td>CA</td>
<td>56:15</td>
</tr>
<tr>
<td>40-44</td>
<td>1</td>
<td>40</td>
<td>1/1/20</td>
<td>Karen West</td>
<td>CA</td>
<td>56:20</td>
</tr>
<tr>
<td>40-44</td>
<td>2</td>
<td>40</td>
<td>1/1/20</td>
<td>Mary Cooper</td>
<td>CA</td>
<td>56:25</td>
</tr>
<tr>
<td>40-44</td>
<td>3</td>
<td>40</td>
<td>1/1/20</td>
<td>Judith Smith</td>
<td>CA</td>
<td>56:28</td>
</tr>
<tr>
<td>40-44</td>
<td>4</td>
<td>40</td>
<td>1/1/20</td>
<td>Linda Cooper</td>
<td>CA</td>
<td>56:31</td>
</tr>
<tr>
<td>40-44</td>
<td>5</td>
<td>40</td>
<td>1/1/20</td>
<td>Susan Johnson</td>
<td>CA</td>
<td>56:35</td>
</tr>
</tbody>
</table>
Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single copy with minimum of white space.

### EAST

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Smith</td>
<td>55</td>
<td>1500m</td>
<td>3:50.2</td>
</tr>
<tr>
<td>Jane Doe</td>
<td>60</td>
<td>1000m</td>
<td>2:15.0</td>
</tr>
</tbody>
</table>

### Shot Put

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Event</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bob Johnson</td>
<td>50</td>
<td>Shot Put</td>
<td>15.5</td>
</tr>
<tr>
<td>Mary Smith</td>
<td>65</td>
<td>Shot Put</td>
<td>5.2</td>
</tr>
</tbody>
</table>

### Track & Field Results

**200m Walk**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tom Brown</td>
<td>55</td>
<td>200m Walk</td>
<td>1:01.5</td>
</tr>
<tr>
<td>Sally Davis</td>
<td>60</td>
<td>200m Walk</td>
<td>1:05.0</td>
</tr>
</tbody>
</table>

**500m Walk**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mike White</td>
<td>50</td>
<td>500m Walk</td>
<td>1:40.5</td>
</tr>
<tr>
<td>Linda Green</td>
<td>55</td>
<td>500m Walk</td>
<td>1:45.0</td>
</tr>
</tbody>
</table>

**1000m Walk**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bill Johnson</td>
<td>50</td>
<td>1000m Walk</td>
<td>2:20.5</td>
</tr>
<tr>
<td>Mary Smith</td>
<td>60</td>
<td>1000m Walk</td>
<td>2:25.0</td>
</tr>
</tbody>
</table>

**2000m Walk**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tim Brown</td>
<td>55</td>
<td>2000m Walk</td>
<td>3:00.5</td>
</tr>
<tr>
<td>Sally Davis</td>
<td>60</td>
<td>2000m Walk</td>
<td>3:05.0</td>
</tr>
</tbody>
</table>

**Relay Race**

<table>
<thead>
<tr>
<th>Team</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Team</td>
<td>4x100</td>
<td>44.5</td>
</tr>
<tr>
<td>B Team</td>
<td>4x200</td>
<td>89.0</td>
</tr>
</tbody>
</table>

### Masters Meet

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Smith</td>
<td>55</td>
<td>1500m</td>
<td>3:50.2</td>
</tr>
<tr>
<td>Jane Doe</td>
<td>60</td>
<td>1000m</td>
<td>2:15.0</td>
</tr>
</tbody>
</table>

### Full Results

**200m Walk**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tom Brown</td>
<td>55</td>
<td>200m Walk</td>
<td>1:01.5</td>
</tr>
<tr>
<td>Sally Davis</td>
<td>60</td>
<td>200m Walk</td>
<td>1:05.0</td>
</tr>
</tbody>
</table>

**500m Walk**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mike White</td>
<td>50</td>
<td>500m Walk</td>
<td>1:40.5</td>
</tr>
<tr>
<td>Linda Green</td>
<td>55</td>
<td>500m Walk</td>
<td>1:45.0</td>
</tr>
</tbody>
</table>

**1000m Walk**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bill Johnson</td>
<td>50</td>
<td>1000m Walk</td>
<td>2:20.5</td>
</tr>
<tr>
<td>Mary Smith</td>
<td>60</td>
<td>1000m Walk</td>
<td>2:25.0</td>
</tr>
</tbody>
</table>

**2000m Walk**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tim Brown</td>
<td>55</td>
<td>2000m Walk</td>
<td>3:00.5</td>
</tr>
<tr>
<td>Sally Davis</td>
<td>60</td>
<td>2000m Walk</td>
<td>3:05.0</td>
</tr>
</tbody>
</table>

**Relay Race**

<table>
<thead>
<tr>
<th>Team</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Team</td>
<td>4x100</td>
<td>44.5</td>
</tr>
<tr>
<td>B Team</td>
<td>4x200</td>
<td>89.0</td>
</tr>
</tbody>
</table>

### Masters Meet

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Smith</td>
<td>55</td>
<td>1500m</td>
<td>3:50.2</td>
</tr>
<tr>
<td>Jane Doe</td>
<td>60</td>
<td>1000m</td>
<td>2:15.0</td>
</tr>
</tbody>
</table>

### Full Results

**200m Walk**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tom Brown</td>
<td>55</td>
<td>200m Walk</td>
<td>1:01.5</td>
</tr>
<tr>
<td>Sally Davis</td>
<td>60</td>
<td>200m Walk</td>
<td>1:05.0</td>
</tr>
</tbody>
</table>

**500m Walk**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mike White</td>
<td>50</td>
<td>500m Walk</td>
<td>1:40.5</td>
</tr>
<tr>
<td>Linda Green</td>
<td>55</td>
<td>500m Walk</td>
<td>1:45.0</td>
</tr>
</tbody>
</table>

**1000m Walk**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bill Johnson</td>
<td>50</td>
<td>1000m Walk</td>
<td>2:20.5</td>
</tr>
<tr>
<td>Mary Smith</td>
<td>60</td>
<td>1000m Walk</td>
<td>2:25.0</td>
</tr>
</tbody>
</table>

**2000m Walk**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tim Brown</td>
<td>55</td>
<td>2000m Walk</td>
<td>3:00.5</td>
</tr>
<tr>
<td>Sally Davis</td>
<td>60</td>
<td>2000m Walk</td>
<td>3:05.0</td>
</tr>
</tbody>
</table>

**Relay Race**

<table>
<thead>
<tr>
<th>Team</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Team</td>
<td>4x100</td>
<td>44.5</td>
</tr>
<tr>
<td>B Team</td>
<td>4x200</td>
<td>89.0</td>
</tr>
</tbody>
</table>
Continued from previous page

Pole Vault

M3 Peter McGinnis 15-0
M4 Bill Loubet 14-9
M5 Hector Cisneros 10-0
M6 Robb gem 9-8
M7 Jerry Dayley 11-9
M8 Bob Roper 8-6
M9 Fred Hirski 8-7
M10 Bob Warwich 7-6
M11 4:0 Morningstar 2-5

Long Jump

R35 Paul Elliott 19-3
R36 Robby Hall 15-9
R40 Robert Raffill 14-4
R45 Gary Oliphant 13-2
R49 Bill Skolmoski 11-2
R52 D Leczkinski 15-7
R54 Peter Stoppa 19-5
R55 Carlos Shoppa 18-6
R56 Frank Bowles 25-8
R60 Gordon Taylor 25-9
R66 Marla Silver 20-1
R71 Stevie Purtis 21-1
R75 Bob Enders 13-2
R77 John Saylor 18-5
R78 John Law 18-3
R79 Steve Calkins 14-3
R81 Al Hulshizer 18-1
R82 Gary Jackson 15-4
R83 John Wilkerson 14-7

Jump

M70 R Morningstar 100-4
M75 Ed Boe 72-2
M80 Jim Edgrett 54-8
M83 Vicki Johnson 106-4
M85 Lorene Green 60-8
M85 Sally Polk 65-7

Pentathlon

M50 Scott Hall 241
M40 Hank Milligan 335-1
M35 Andrew Kuklinski 233-0
M30 Paul Arundel 245
M25 Mark Barlow 233-0
M20 Tom Wharton 205
M15 Dale Buysse 199-1
M10 Charlotte Carter 207-6
M5 Lorraine Green 143-2

Weight Pentathlon

M50 Scott Hall 2742
M40 Hank Milligan 1723
M35 Andrew Kuklinski 1446
M30 Paul Arundel 1446
M25 Mark Barlow 1190
M20 Tom Wharton 1065
M15 Dale Buysse 900-5
M10 Charlotte Carter 848-2

Vault

M70 Golden 1 Unilnalti 35-4
M65 Landing 1 Unilnalti 44-5
M60 Ellison Morningstar 35-8

High Jump

M40 Bob Edgrett 7-3
M35 Andrew Kuklinski 7-3
M30 Paul Arundel 7-3
M25 Mark Barlow 7-3
M20 Tom Wharton 7-3
M15 Dale Buysse 7-3
M10 Charlotte Carter 7-3

Sally Polk 790

Women's World Veterans Weight Pentathlon Championship Held in Melbourne, Australia following VII Games, Dec, 1987

WEST

Sri Chinmoy Masters Meet Irvine, CA September 24

M50 Ed Martin 13.7
M45 Bob Batenake 12.7
M40 Bob Kring 12.7
M35 Andrew Kuklinski 12.7
M30 Paul Arundel 12.7
M25 Mark Barlow 12.7
M20 Tom Wharton 12.7
M15 Dale Buysse 12.7
M10 Charlotte Carter 12.7

NATIONAL

M50 Roger Teutop 3.75
M45 Martin Edwards 3.75
M40 Mike Orisk 3.75
M35 Mike Orisk 3.75
M30 Mike Orisk 3.75
M25 Mike Orisk 3.75
M20 Bob Suggs 3.75
M15 Dale Buysse 3.75
M10 Charlotte Carter 3.75

Vault

M50 Jann Miller 7.89
M45 Bob Oggi 7.70
M40 Mike Orisk 7.70
M35 Mike Orisk 7.70
M30 Mike Orisk 7.70
M25 Mike Orisk 7.70
M20 Bob Suggs 7.70
M15 Dale Buysse 7.70
M10 Charlotte Carter 7.70

NATIONAL

NATIONAL Masters News
### Dutchess County 5K/Half-Marathon/Waggoners Falls, NY

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 18</td>
<td>5K</td>
<td>John Stuart</td>
<td>16:32</td>
</tr>
<tr>
<td></td>
<td></td>
<td>George Stein</td>
<td>16:39</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tom Clark</td>
<td>16:42</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bob Baukman</td>
<td>16:49</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark Johnson</td>
<td>16:44</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Steve Miller</td>
<td>16:45</td>
</tr>
</tbody>
</table>

### Pittsburgh Great Race 10K

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pittsburgh, PA</td>
<td>10K</td>
<td>John Johnson</td>
<td>31:34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Steve Smith</td>
<td>31:51</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark Brown</td>
<td>32:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bill Clark</td>
<td>32:10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mike Johnson</td>
<td>32:16</td>
</tr>
</tbody>
</table>

### Brandon Running Assn. 5 Mile

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 17</td>
<td>5M</td>
<td>Gary Traylor</td>
<td>15:06</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mike Johnson</td>
<td>15:20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark Brown</td>
<td>15:22</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bill Clark</td>
<td>15:30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>John Johnson</td>
<td>15:34</td>
</tr>
</tbody>
</table>

### Oldsmobile/Wolfpack 5K

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 25</td>
<td>5K</td>
<td>Doug Traylor</td>
<td>15:32</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mary Johnson</td>
<td>15:33</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark Brown</td>
<td>15:34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bill Johnson</td>
<td>15:36</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mike Johnson</td>
<td>15:38</td>
</tr>
</tbody>
</table>

### Macy's Great American 10K

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 18</td>
<td>10K</td>
<td>John Johnson</td>
<td>31:34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Steve Smith</td>
<td>31:51</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark Brown</td>
<td>32:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bill Clark</td>
<td>32:10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>John Johnson</td>
<td>32:16</td>
</tr>
</tbody>
</table>

### Minnesota Masters 15K

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 18</td>
<td>15K</td>
<td>Gary Traylor</td>
<td>45:57</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mike Johnson</td>
<td>45:59</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark Brown</td>
<td>46:10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bill Clark</td>
<td>46:20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>John Johnson</td>
<td>46:22</td>
</tr>
</tbody>
</table>

### Minnesota Masters 10K

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 18</td>
<td>10K</td>
<td>Gary Traylor</td>
<td>31:34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Steve Smith</td>
<td>31:51</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark Brown</td>
<td>32:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bill Clark</td>
<td>32:10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>John Johnson</td>
<td>32:16</td>
</tr>
</tbody>
</table>

### Midwest 5K

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 25</td>
<td>5K</td>
<td>Doug Traylor</td>
<td>15:32</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mary Johnson</td>
<td>15:33</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark Brown</td>
<td>15:34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bill Johnson</td>
<td>15:36</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mike Johnson</td>
<td>15:38</td>
</tr>
</tbody>
</table>

### Midwest 10K

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 25</td>
<td>10K</td>
<td>John Johnson</td>
<td>31:34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Steve Smith</td>
<td>31:51</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark Brown</td>
<td>32:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bill Clark</td>
<td>32:10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>John Johnson</td>
<td>32:16</td>
</tr>
</tbody>
</table>

### Midwest 15K

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 25</td>
<td>15K</td>
<td>Gary Traylor</td>
<td>45:57</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mike Johnson</td>
<td>45:59</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark Brown</td>
<td>46:10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bill Clark</td>
<td>46:20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>John Johnson</td>
<td>46:22</td>
</tr>
</tbody>
</table>

## SOUThEST

### Maggie Valley Moonlight Run

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maggie Valley</td>
<td>25K</td>
<td>Doug Traylor</td>
<td>1:16:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mary Johnson</td>
<td>1:16:15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark Brown</td>
<td>1:16:20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bill Johnson</td>
<td>1:16:25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mike Johnson</td>
<td>1:16:30</td>
</tr>
</tbody>
</table>

## MId-AMERICAN

### RRCA National Championship Runners of Lakes 25K

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minneapolis</td>
<td>25K</td>
<td>Doug Traylor</td>
<td>1:16:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mary Johnson</td>
<td>1:16:15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark Brown</td>
<td>1:16:20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bill Johnson</td>
<td>1:16:25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mike Johnson</td>
<td>1:16:30</td>
</tr>
</tbody>
</table>

### Heartland Hustle 10K

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Davenport, IA</td>
<td>10K</td>
<td>Doug Traylor</td>
<td>1:16:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mary Johnson</td>
<td>1:16:15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark Brown</td>
<td>1:16:20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bill Johnson</td>
<td>1:16:25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mike Johnson</td>
<td>1:16:30</td>
</tr>
</tbody>
</table>

### Myriad Gardens Road Run 10K

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oklahoma City, OK</td>
<td>10K</td>
<td>Doug Traylor</td>
<td>1:16:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mary Johnson</td>
<td>1:16:15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark Brown</td>
<td>1:16:20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bill Johnson</td>
<td>1:16:25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mike Johnson</td>
<td>1:16:30</td>
</tr>
</tbody>
</table>
But THEY CAN TEACH YOU TO BE THE BEST THAT YOU CAN BE

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

MAC WILKINS* Gold Medal Discus

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

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

YURIY SYEDIKH*S SyberVision Hammer Video

East meets West. This one-of-a-kind video teaching tape combines hammer techniques of the East with the latest learning technologies of the West. Emphasis on the basics of the hammer throw takes the mystery out of the event. Instructing model, Yuri Syedikh - USSR. Winning Hammer Ways was produced by SyberVision with Ed Burke (widely renowned U.S. Olympian), Stewart Toussour and Dr. L. Pataki acting as technical advisors and directors.

TOM PETRANOFF'S Javelin Video

A video encyclopedia of the javelin throw covers complete instructions on: Drills, ... Weight Training, ... Conditioning, ... Pliometrics, ... Throwing Technique and Mental Preparation. Your instructor is Tom Petranoff, one of the world's finest competitors and instructors of the javelin throw. In 1983, Tom threw to a World's Record of 327' and in 1986 threw to a World Best, 280' (new javelin) and was ranked #1 in the world.

COMBINATION DISCUS & SHOT

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

AL FEUERBACH'S Basic 70 Foot Shot Putting

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

You will be instructed by Al, Dave Laut (72'), Olympic Bronze Medalist 1984, 4 time U.S. National Champion and Mac Wilkins (69 1/2'). Dave demonstrates the rotational style throw and Mac instructs on its technique.

Basic 70 Foot Shot Putting presents the foundation for personal shot putting progress and is potentially as useful to the 40' thrower as it is to the 70' thrower. "I truly enjoyed my many years of experience with the shot. I'd like to share them with you."

WILLIE BANKS* Banks On Triple Jump

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

COMPLETE ORDER FORM

Send to: MAC WILKINS PRODUCTIONS
P.O. Box 28836 - San Jose, CA 95159
(please print)

Name: _____________________________
Address: ___________________________
City/State/Zip: _______________________
Check: Money order ___ Visa ___ MasterCard ___ Other ___
Card No. ___________________________
Exp. Date ___________________________
Please Send: Mac Wilkins'*
GOLD MEDAL DISCUS ... $ 49.50
Al Feuerbach's BASIC 70 FOOT SHOT PUTTING ... $ 49.50
Combination DISCUS and SHOT Videos ... $ 90.00
Tom Petranoff's JAVELIN VIDEO ... $ 68.00
Yuri Syedikh's SYBERVISION HAMMER VIDEO ... $ 60.00
Willie Banks' BANKS ON TRIPLE JUMP ... $ 59.95
Beta or VHS

Add $3.50 first class/$2.50 reg. mail per cassette or coaching session for shipping/handling. California residents add appropriate sales tax.