Pickarts, Patsalis Set M65 World Records

135 Compete in Age-Graded Meet

Patsalis Named Outstanding Athlete; Corona del Mar Wins Team Trophy

by AL SHEAHEN

The second annual National Masters News Age-Graded Track & Field Meet drew 135 enthusiastic participants to Cal State, Los Angeles, November 14.

Many of the competitors used the meet as a final tune-up for the VII World Veterans Games in Melbourne, Australia. Threatening rain failed to materialize and the weather was ideal, with temperatures in the low 70s.

The meet again was conducted on an "age-graded" basis. Contrary to most masters meets, there was no "age-group" competition. Instead, all ages and sexes competed in the same "division." The 5000, 5K walk, hurdles and field events were held in the normal manner, with an age-graded formula determining the winners after the event was over.

In the 800 and 1500, a "Portsmouth Start" was used; all competitors ran the full distance, with the oldest getting a head start on the youngest. The first one to the finish line was the winner.

In the 100, 200 and 400, each participant got a "distance handicap." The oldest runner started well up the track; the youngest started near the normal starting line; the first to the finish line was the winner.

Engraved trophies were presented to the first, second and third place finishers in each event. An individual trophy for the outstanding-athlete-of-the-meet was won by Tom Patsalis, 65. Patsalis turned in an incredible performance by scoring 31 points in winning the long jump, triple jump and short hurdles. Continued on page 22

Oropeza, Palmason are the Ultimate Runners

by PHIL LOOMIS

JACKSON, Mich., October 3. — Ah, but what $1,200 won't do for goose bumps!

It never reached 50 degrees, nor did the wind stop blowing during the fifth running of the Ultimate Runner in this southern mid-Michigan community, but that never seemed to bother David Oropeza.

Always flashing a bright smile, the 41-year-old Phoenix, Ariz., fireman and former boxing champion traded warmer climes for the chilly 40's and $1,200 in prize money for taking home the Ultimate Runner men's masters crown for the second consecutive year.

Oropeza's toughest competition also came from the south — Huntsville, Ala., resident Carl Nicholson. Nicholson, who came to Jackson after winning the first Ultimate regional competition in mid-September in Newton, Kans., led all male masters going into the marathon.

But, unlike the Jackson event which closes with the marathon, the Com-

At 42, Welch Wins New York Marathon

The over-40 generation got a nationally-televisioned dose of new respect, November 1, as 42-year-old Priscilla Welch won the women's division of the New York Marathon.

The Britisher, whose legs were dubbed "oldies but goodies," proved again that age is no barrier to excellence as she finished first among 4489 women in a time of 2:30:17.

Although running the first 13 miles at a world masters record-breaking pace, she fell four minutes short of her own world over-40 best of 2:26:51.

For her efforts, Welch took home $25,000 plus a Mercedes-Benz 190E2.6 Sedan.

She was followed by Scotland's Lor-

Coming Next Month

- Story, photos and results of VII World Veterans Games
- Report of TAC Convention
- Results of National Masters Cross-Country and Half-Marathon Races
GOOD-BYE HUGH AND WENDY

I was disturbed to read Hugh Adams’ article in the October “Speaker’s Corner” as to why he’ll never direct a masters meet again. This coming after Wendy Miller’s retirement as a columnist caused me to think about how we treat our volunteers.

The strength of our program is that we are administering it by ourselves. This gives us an independence and freedom not enjoyed by other competitors. In the formative days of the program, it prevented the A.A.U. from exerting dictatorial authority over us. Ultimately, they took the sensitive position and left us alone to develop our own program.

The more work that is put in before the day of the meet, the smoother the meet must be. To many competitors, this is not apparent. There is a complicated and undertaking such as a masters meet, which in effect is seven concurrent meets, mistakes are bound to happen. Most meet directors are happy to learn from their mistakes. They all take pride in running a program, it prevented the

As a colleague, I always admired Hugh Adams. I did not always agree with him, but I respected his opinion. His articles were always well-written and thought-provoking. He always had a way of getting his message across, and he never hesitated to speak his mind.

Wendy Miller was a different animal altogether. She was a force to be reckoned with, and her articles were always filled with passion and energy. She was always ready to fight for what she believed in, and she never shied away from a good debate.

The loss of Hugh and Wendy is a great loss for our program. They were both important parts of it, and their absence will be felt. But we must continue to move forward, and we must honor their memories by continuing to support and encourage our volunteers.

Thank you, Hugh and Wendy, for all that you have done for us. We will miss you, but we will never forget you.
AGE DISCRIMINATION
Why is there not more news of 70+ runners? And why are race directors still sticking to 60+ age groups only?
Jacob Bishen
Los Angeles

NOT ENOUGH LOCAL MEETS
Your newspaper is fine, but it needs to promote more, or prod the state amateur organizations to put on more meets in other areas besides the West Coast or East Coast.
In other words, Montana needs to recognize and promote amateur track meets for people over 30. Not one meet but several district or divisional ones to alert future masters competitors to pick up where they left off at high school or college upon graduation.
I really enjoyed your Open Mouth column. It feels good to laugh about the up-tight serious world of competition and just lay back to enjoy what you really have — your health. Thanks for the sincerity of NMN; I appreciate it.
Ross Sager
Belgrade, Montana

EMPIRE STATE GAMES
For several years I have been participating in local, regional, and national masters track and field competitions. The rigorous training and the excitement of competition have become a most rewarding part of my life. I thought I had achieved the highlight of my athletic career at the Empire State Games last summer, but finding my picture in your October issue (p. 13) was just as great a reward.
I thoroughly enjoyed the fine article on the Empire State Games; however, I would like you to note the outstanding performances of Barbara Stewart. In her third season of masters competition, she won gold medals in five events in the W45 group: 100, 200, discus, triple jump, and shot put. In the first four of these events, she established new Empire State Games records — truly a remarkable performance. Your publication continues to be an inspiration; keep up the great work.
Dr. Tomlinson G. Rauscher
Fairport, New York

SHOT & HAMMER WEIGHTS
It will really be great when the National headquarters recognizes that the 12-lb. U.S. standard shot put and hammer throw is not the same as the European 6k shot put and hammer throw. Saying one can throw a 12-lb. shot as far as a 13-11/2lb. shot is really not true. We are required to throw a 6k shot and hammer, etc. at all regional and national events, yet there is no separate age-group record for the metric implements. Some day I hope this will be changed.
Jim Hart
Walnut, California

KUDOS
Congratulations to NMN for its excellence through the years. It would be swell if Wendell would write a guest column once in a while. Bravo to Laurie Binder, a friend and racing rival, for her new masters success. I hope to see you on the starting line soon!
Bill Catanese
Princeton, Minnesota

BUD LIGHT AND LA
invites you to run the Special WORLD MASTERS Division of the Paramount 10K Run

The City of Paramount and the Paramount Rotary Club, in addition to the Ninth Annual Paramount 10K Run, will have a very special WORLD MASTERS DIVISION sponsored by Bud Light and L.A. Beers. This division will be for those Master men and women runners that can meet the qualifying standards for their respective age divisions. The ability to meet these time standards will truly make this division a very special one. The race will be run with the Paramount 10K. Yes, you have to be good to enter, but if you place within the time standards you will be eligible for cash awards. If you can meet these standards, then come to Paramount and RUN WITH THE MASTERS.

MASTER STANDARDS: Men 40-44: 34:00; 45-49: 36:00; 50-54: 38:00; 55-59: 40:00; 60-64: 43:00; 65-69: 47:00; 70-74: 52:00; 75-79: 65:00; 80-84: 90:00
MASTER STANDARDS: Women 40-44: 40:00; 45-49: 42:00; 50-54: 44:00; 55-59: 47:00; 60-64: 52:00; 65-69: 60:00; 70-74: 75:00; 75-79: 90:00; 80-84: 100:00

Race Date: January 23, 1988
Race Time: 8:00 A.M. Sharp
Course: Flat, fast, certified and sanctioned by TAC
Accomodations: Tahitian Village, 13535 Lakewood Blvd., Downey, CA 1-800-227-0642, or 213-634-4444. 20% off. Ask reservationist to specify, "10K race participant."
Transportation: To and from race site by Tahitian Village, 6:30 A.M. shuttle time

Race Location: 15500 Downey Ave., Paramount, CA
Seeded Start: You will be on the front line. I.D. Ribbons

Awards: 10 deep each division, plus CASH AWARDS, FIRST FIVE places, each division, men & women
Shirt: Long sleeve, 100% cotton, two color
Race fee: $12.00. No complimentary entries.
Cash Awards: $6600.00 available to date.
Pre-registration Only: Return Entry by 1/18/88.
Information: Oscar Rosales, 15734 Paramount Blvd., Paramount, CA 90723 • (213) 634-3027/(714) 841-5417.
NOTE: Each division must have 5 qualifiers, or a reduction per cash award will be taken. All applicants must submit times last 3 races, certified courses. This is our sixth year with the Masters. It is a CLASSIC.
Loudat, Rothman Best in Capital Trail 10-Miler

The Capital Trail Run 10-Miler on October 10 in Raleigh, North Carolina has always attracted a strong masters field, and this year was no exception. Three-time winner and course record-holder Barry Brown was back, as were New Mexico’s Web Loudat and New York’s Atlaw Beligne — the second-and-third place masters last year. Loudat avenged last year’s defeat by edging Brown, 52:14 to 52:32. One of the South’s newer masters runners, Richard Weeks, was third and Beligne took fourth.

The defending champion was also back in the women’s masters competition. Juana StaValone, who set the masters course record last year, was coming off a marathon held two weeks earlier. She had strong opposition from Florida’s Bobbi Rothman, a past winner of the women’s masters title at both the New York and Boston Marathons. Bobbi proved to be the fittest of the day as she ran 62 minutes flat to best StaValone by 23 seconds.

Other age-group winners were W50, Susie Kiltz (72:03); M45, Dennis LaMountain (54:05); M50, Gerald Koch (58:30); M55, Russ Wolf (66:53); and M60, Jack Gerrans (74:54). □

Almberg, Swanson Run Away with National 10K Cross-Country Championships in Seattle

by BOB and CAROLE LANGENBACH

Larry Almberg, 40, of Ellensburg, Wash., pulled away at the start of the TAC National Masters 10K Cross-Country Championships on November 8 in Seattle, Wash., and held on for a 14-second victory over Mike Manley, 45, of Eugene, in a new course record of 33:58.

Graham Garcia, 40, of San Diego, took third in 35:02 when he out-kicked Mike Heffernan, 47, of Portland, in the last 150 yards.

Bob Milner, of Hamilton, N.Y., repeated as M50 National Champion in 37:51. Roger Bryan of San Jose was second in 38:09.

Almberg’s 33:58 clocking bettered John Jondeth’s course record of 34:55 from last year’s U.S.-vs-Canada Cross-Country Challenge. Due to this year’s unseasonably warm and dry weather in Seattle, the course was fast, but dry and dusty. The second race of the day, for men 60+, and all women, was handily won by Seattle’s Orlo Keniston in 41:41. Charolotte Swanson, 45, of Aberdeen, Wash., this year’s marathon National Champion, captured the women’s title in 42:42.

The M40+ team competition consisted of six teams battling it out, with the “Fast Masters” of the Three Rivers Road Runners of southeast Washington acing out last year’s champions, San Diego Track Club, for a 179:07 to 179:57 victory.

Snoshomish Track Clubs two 50’s teams won the gold and silver but were disappointed that no east coast teams came out to challenge them. “Last year three teams from the west coast travelled to New Jersey for the 10K x-c championship,” commented race director Bob Langenbach, “but this year only west coast teams showed up, despite the fact that we sent out entry forms to over 50 masters clubs around the country. The team competition was excellent, but we had hoped for more national participation.” □
Weisbrod, Geiss Pace Masters at Mohawk Hudson Marathon

by PAUL MURRAY

Forty-four-year-old Susan Weisbrod of Skillman, N.J., was the masters winner and second woman overall at the 5th Mohawk Hudson River Marathon on October 25. She covered the scenic course along the banks of the Mohawk and Hudson Rivers from Schenectady to Albany in a masters course record of 3:04:04.

Masters runners dominated the women’s results, claiming three of the top five spots. Fifty-two-year-old Wen-Shi Yu from Kew Gardens, Queens, was the fourth woman to finish, with a remarkable 3:12:02 clocking. Judith Swasey of Slingerlands, New York, a newcomer to the masters ranks, took fifth place in 3:18:12.


Many of the day’s best times were recorded in the older age groups. David Reichert of Holland Patent, New York, won the M50 division with a 2:54:42 clocking. The M55 winner was Donald Lloyd of Windsor, Connecticut, who completed the course in 3:02:03. The race’s oldest finisher, 66-year-old Roger Elsbury of Keesville, New York, finished 129th in a field of 230 with an impressive time of 3:34:28.

The Mohawk Hudson River Marathon was organized by the Hudson Mohawk Road Runners Club. The fast, certified course attracted a record entrants from 13 states and Canada. One-fourth of the finishers, including 12 masters, finished in less than three hours. Peter Giunta was the race director.

Despite Rain, 100 Compete in Potomac Valley Games

by SHARON GOOD

The 12th Annual Potomac Valley Games, sponsored by the Potomac Valley Seniors Track Club, were held on September 6 at St. Stephens Episcopal Day School in Alexandria, Va. Despite a downpour that lasted most of the day, over 100 competitors participated in the meet, which served as the PVAC Masters Championships and also had open categories in all events.

In the PVAC Masters Championships, Rolland Elliott, competing in the M50-59 age group for PVSTC, won the 800, 1500, 5000, and the 3000 steeplechase, a time of 3:34:28. Larry Colbert, PVSTC, won the 100, 200, and 400 in the M50-59 races. Jordan Simmons, PVSTC, won the 200 and 800 in the M40-49 division.

Outstanding M60-69 in the shot and discus was Robert Hewitt, Memphis, Tenn. The javelin final was won by Don McFayden, 40, PVSTC. Claude Hills of Flourtown, Pa., won most of the nine M70-70 events he entered.

The pole vault was not held because of the heavy rain.

The 15K PVAC Walk Championships were held near the Reflecting Pool in Washington, D.C., on Monday to end the games. Alan Price, PVSTC, who was first masters walker (23:27) on Sunday, also won the 15K overall (1:15:45).

Qualifying Times for Boston Marathon

by JERRY WOJCICK

Qualifying times are for the 92nd Boston Athletic Association Boston Marathon on Monday, April 18, as they are for last year’s race (M/F: under 40, 3:00:00/3:30:00; 40-49, 3:10:00/3:40:00; 50-59, 3:20:00/3:50:00; 60+, 3:30:00/4:00:00). Qualifying times must have been run at the 1987 Boston Marathon or any other TAC-sanctioned marathon over a certified course between January 1, 1987 and March 21, 1988, the entry deadline.

Total prizes in cash and cars are valued at $375,000. In the 1987 race, $14,000 went to the top three men and women masters ($5000-$1500-$500). Britain’s David Clark (2:21:37) and Sweden’s Evy Palm (2:36:24) were masters winners. Master course records are held by Palm (2:32:47-1986) and Britain’s Mick Hurd (2:19:4-1986).

For an entry form, send a self-addressed, stamped envelope to B.A.A. Boston Marathon, 17 Main St., Hopkinton, MA 01748, or call 617/433-6905.

Dartmouth Relays and Leverone Field House

Since its inception in 1970, the Dartmouth-United States Track & Field Federation Relay Meet has grown from a field of 300 competitors to the top indoor attraction in the Northeast. Dartmouth Coach Clark Wallin, who serves as the director, expects over 1000 competitors for this year's event.

Leverone Field House, site of the Dartmouth Relays, is considered one of the finest and fastest indoor facilities in the East. The Astro-track is a six-lane, 220-yard layout comprised of three-eighths inch poured-in-place polyurethane.

Nineteenth DARTMOUTH RELAYS

Friday January 8, 1988

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Hanover, New Hampshire

Masters Track and Field
Sponsored By NIKE
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Men and Women Age 30-69
Prizes - Glass Mugs
Events - Sprints Hurdles
Middle Distance - Distance
Shotput Wt. Throw
High Jump Long Jump
Pole Vault Triple Jump

Entries Close December 28, 1987

For further information call or write Carl Wallin, Head Track Coach, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848, 646-2540, 646-2571, 646-3570
A Masters Lobby in the Making

You've heard of MAAD — Mothers Against Drunk Driving. Now, there's MAAD — Masters Against Age Discrimination. There is no real organization to it yet, but Jim O'Neil and Paul Reese, two of the nation's top masters runners, hope there will be enough interest to get it off the ground and into full operation during 1988. They see MAAD as a combination public relations and lobbying group aimed at promoting greater acceptance and recognition of masters runners in road-racing events and track meets.

O'Neil and Reese both acknowledge that masters running has come a long way in recent years. But they believe there's still much to accomplish before masters runners have achieved anything close to equality with younger, more advanced runners.

"There are so many ways we're being subtly discriminated against," explains O'Neil, a San Diego area runner who competes in the 60-64 division. He points out that there are still many road races, including some major ones, which have only two or three divisions for over-40 runners, lumping everyone 50-and-over or 60-and-over into a single division.

"The ultimate discrimination is putting sub-masters with masters," Reese offers, referring to track meets which allow 30-39 runners in the same race with masters. "Some of those guys are in their prime, and it's unfair to the masters. The whole purpose of masters competition is to compete with someone at the same general disadvantage you are."

Even though O'Neil often wins his division when he's in with 50-year-olds, and Reese, who is 70, can usually win a "60 & over" division, both recognize they're rare exceptions. Most masters are at a significant disadvantage when competing with someone ten years or more younger and many are discouraged from entering by this. Even five years can make a big difference.

One of the goals of MAAD would be to promote five-year age groups on up to at least 80.

"Some of the worst discrimination now is within the masters category itself," he says, citing several big name road races in which prize money is awarded to the top masters finishers. "There should be no single masters winner," he continues. "There are winners in each age group. Why should the best 40-44 runners get prize money while all the other winners get a paper weight or some other token prize?"

With Frank Shorter and Bill Rodgers joining the masters ranks this year, O'Neil foresees things getting worse. "Believe me, the situation isn't going to improve any," he remarks. "They're both legends and so I think we can expect race directors to favor them. If Shorter and Rodgers put a masters circuit together, it's going to be interesting to see the format. I can't imagine they'd have a masters-only circuit without divisions, but I wouldn't be surprised.

"I'm not saying that 70-year-olds should be treated equally in the money situation. They shouldn't, because they don't go as deep (in numbers) as the 40-44 division, but something should be done in a more fair manner than it has been done. Do we have to wait for Shorter and Rodgers to turn 50 and 60 and so on before those divisions get any kind of attention?"

O'Neil also mentions inequities at masters world track and field championships in New Zealand, Sweden, and Puerto Rico. "They've had to use several venues in these events, and almost always the younger masters have been given the number one facility while the older age groups have been shunted off to some second class facility. I went to Sweden hoping to run on the track John Walker set the world record on, but I had to run on a very poor track while the 40-year-old guys got to run on the number-one track. We complained about it, but they didn't pay any attention to us."

Still another area in which older masters are discriminated against, O'Neil feels, is in media coverage.

"Look at National Masters News, it's always (Barry) Brown and (Cindy) Dalrymple win this or win that. Clive Davies could have been in the race and might have run a slower time but a better effort. But he gets buried down in the last paragraph."

Along this line, O'Neil recalls that the now defunct Runner magazine would, in their results section, usually list the top overall masters finishers, i.e., those in the 40-44 division, without any recognition given to the older masters. The same now seems to be true of Runner's World, he adds.

The only time an older masters runner is recognized is when he or she sets a national record.

O'Neil feels, is in media coverage. "Take the Boston Marathon as a case in point," he says. "In a 2:30 marathoner, or maybe it goes down to 2:25, I don't remember, can get a seeded number and be off to a smooth start. But the best 50- or 60- or 70-year-old in the nation has to start miles back. This person, given a good start, is capable of running to a record; whereas the 2:25 or 2:30 runner, will, at best, finish mediocre by world standards."

MAAD will work to correct all of these inequities. "It won't be a 'gimme, gimme, gimme' approach," says O'Neil. "We simply want to promote awareness and encourage people who have control of these things to correct them."

Adds Reese: "And we want to get the message across that we're not a bunch of side-show freaks, as some of the media seem to view us."

O'Neil and Reese would like to hear from others who share their view. If there is enough interest, area coordinators will be designated. With a small budget, MAAD will then have stationery made and a newsletter sent out. Area coordinators will be asked to contact race directors and media representatives in their area to promote the objectives of MAAD.

"Look at what the women accomplished with their lobby," says O'Neil. "I don't see why we can't do the same."

O'Neil would like to hear from anyone supporting the objectives of MAAD. You can write to him at: 6497 Caminito Formby, La Jolla, CA 92037.
1987 Report to TAC/USA Executive Committee

Every year it is necessary for the Chairman of the Masters Track and Field Committee to report on what has gone on of importance in our program. Generally, it was a great year.

Our major disappointment in 1987 was in not being able to initiate the new Hayward Track at our Outdoor National Championship. The meet itself was moved to Springfield and held at Silke Field. It proved that the success of a meet is not dependent on where it is held, but how well it is run. The meet was a success! The fellowship was at an all time high, and all events were hotly contested.

The Indoor Championships were also quite successful. Both Championships had increased participation and the level of officiating and competition continues to improve.

Plans are being made to establish four or more locations to host the Indoor Championships. We will then establish a "round-robin" rotation sequence. This plan would allow for better continuity of our meets, and make it simpler and more profitable for the host organizations.

As our Committee develops, the identification of it as "athletics" becomes more appropriate.

Our multi events are becoming increasingly popular. Decathlons are being held all over the country. The National Decathlon Championships in Boulder had over 50 participating competitors. Local decathlons are drawing 20 - 30 competitors. Heptathlons are becoming more popular, and women are beginning to find the multi events a good challenge. Weight throws in all age groups are becoming popular, even involving open competitors, and race walkers are now in abundance. Several age-handicap meets have been held that have proven to be quite popular, even involving open competitors, and race walkers are now in abundance.

While I am primarily a track & field person, the use of the term Track & Field simply does not describe our Committee with clarity. In all likelihood the Committee ought to be described as the Masters Athletics Committee, and some thought should be given to revising our name in the Rules and By-Laws. This is a matter we will review at the 1987 Convention.

The efforts to obtain the World Veterans Championships in 1989 are proceeding quite well. The decision will be made on December 2, and an up-to-date report will be made in Honolulu.

Our continuing thanks and appreciation for the support coming from Indianapolis. It is getting better all the time.

Half of 1987 Masters T&F Meets Show Profit

Of ten masters track & field meets held in 1987 (including two in late 1986), five made money and five lost money, according to figures submitted by meet directors to TAC's Masters Track & Field Committee.

The detailed chart on this page shows the biggest money-maker was the 1987 National T&F Championships, held in Eugene, which turned a profit of $3359. The biggest loser was the 1986 National Decathlon, which lost only $45.

None of the ten meets were able to show a profit from entry fees alone; all meets generated other revenues from sponsors, donations, TAC, etc.

Expenses vary, but unavoidable costs seem to be medals, and food and drink for officials and volunteers. Three meets were able to avoid expenses for a track facility; patches are apparently out of favor, as no meet spent anything there; some items were donated. Expenses per athlete varied from $13 to $33.

All meets were staged by volunteers. Only four of the 10 paid for any labor. If fair-market labor costs were to be factored in, all meets would show a staggering loss.

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

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

PROFIT & LOSS STATEMENTS — MASTERS TRACK & FIELD MEETS — 1987

![Profit and Loss Statement for Masters Track & Field Meets 1987](image_url)

Top masters in the North Carolina Oyster Festival 5K/10K, Charlotte, Oct. 10, from left: Erskine Harkey, George Austin, Alex Coffin, and Randy Witt. Photo from Alex Coffin

Al Henry won the 110-hurdles and takes a bronze medal with a 19-2½-long jump at the Nationals in Eugene. Photo by Gretchen Snyder

Masters News

December, 1987

National Masters News
Miller Lives

Editor's note: NMN columnist/social critic W. MacDonald Miller has plunged wholeheartedly into his newest pursuit — owning, training, racing and riding steeplechase horses.

Quoting from the publication The Chronicle of the Horse:

The featured race of the afternoon was the St. James Perpetual Hunt Cup Steeplechase, run for a $2500 purse and the Derbyshire Cup, a lovely silver trophy circa 1882. Run over 17 brush and timber fences on a three-mile course, the race attracted only two horses — Ralph My Boy, owned and ridden by Wendell Miller, and Moose, owned by Mrs. Fred Izzo and ridden by Morgan McDonnell. Ralph My Boy opened a big early lead, but Moose closed the gap and challenged Ralph going into the last fence, a vertical timber on flat ground. . . . McDonnell failed to steady, and Moose flipped dramatically. Neither horse nor rider was hurt, and they reunited to gallop in second for their share of the purse. Ralph My Boy finished pulling like a train and looking extraordinarily fit.

The St. James Cup, the most prestigious steeplechase race in the Midwest, reminded me of many past experiences with the Midwest Masters.

First, it was a masters-type dream come true; only four competitors, two of which demurred at the starting gate, leaving only two of us. Calling upon my valuable experiences as a master competitor, my mind raced — a cinch of course, I lied.

You would have been proud of me. I bitched about the splits. I whined about the fact that there wasn't enough water (I was barely able to hydrate myself, let alone the horse). I saved my best complaints for the awards. Oh, boy, did I let them have it. "Cheap and shabby" were my exact words, as I recall.

Furthermore, the entry fee was ridiculous. "A hundred dollars for this junk; you've got to be kidding!" And, of course, I lied. "At Midwest Masters, the entry fee was only half this much and we received trophies, ribbons, trips, food, and women.'

How I wish I could go back to the good old days. Trouble is, what would I do with all these road apples I've won?

Carry on, old friends. I'll be reporting in from time to time. ☐

NOW AVAILABLE
Masters Age-Records 1987

Compiled by National TAC Masters T&F Records Chairman Pete Mundle with Lori Maynard, Shirley Dietderich, Gordon Wallace and Alan Wood.

• Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, and all masters age groups, 1981
• U.S. Age Bests for Men & Women, small race-walking events, age 40 and up, and masters, 1986.
• Men's U.S. Masters Indoor & Outdoor Championship Records...
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Trophies at NMN Age-Graded Meet, held in Los Angeles, November 14 (Story on page 1).

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Rodgers, Shorter to Meet in Charlotte

Bill Rodgers, who turns 40 on December 23, will make his debut as a masters runner on January 2 in the Charlotte Observer 10K, when he goes up against his old friend and rival, Frank Shorter, who hit the big four-oh on October 31.

The two will vie for part of a $10,000 purse being offered to masters in the 10K and marathon, held annually in the western North Carolina city in the Foothills of The Appalachian mountains. ☐

Oropeza is the Ultimate Runner

Continued from page 1

plete Feet (in Kansas) closed with the 5K.

"I just haven't trained for one (a marathon) in three years," a disappointed Nicholson said, although he has a history of 12 under his belt.

Despite walking the last six miles, he finished second in the masters competition. Frank Bozanich, 43, of Botell, Wash., was third.

Oropeza broke the masters 10K course record earlier in the day with a 32:25. He finished second in the 400 (59.1); first in the 100 (13.3); third in the mile (4:50) and first in the marathon (2:43).

Ann Arbor's Bill Stewart won the mile with a 4:28. Nicholson won the 400 in 57.3.

Canadian distance record holder, Diane Palmason, 49, of Ottawa, dethroned Nina Bovio, 41, of Brighton, Mich., as female masters winner. The Canadian governmental worker won all events except the 10K, which Bovio won by almost a minute and a half.

The mother of six exclaimed immediately after finishing the marathon, "Tell Mike McClynn (race director) to invite Diane back next year. I plan on beating her."

Palmason was awarded a check for $1,150. Bovio's efforts were worth $550. Third place, but out of the money, went to Dana Cook, 40, of Chatham, Ont. ☐
Mary Bowermaster

"After we raised the boys and got them off, we started doing what we wanted to do," says Mary Bowermaster of Fairfield, Ohio.

One of the things the 70-year-old Fairfield, Ohio resident likes to do these days is compete in athletic events. At the 20th annual TAC National Masters Championships in Eugene, Ore., in August, she won 70-74 division titles in the 100 (16.78), 200 (37.25), high jump (3-6) and long jump (11-5 3/4). The high jump mark is pending as a 70-74 World-Record. The long jump was a foot-and-a-half more than the world-record, but was wind aided, as was a 15.9 (also under the World-Record) in a 100 heat.

"I was a little disappointed at not making 3-8 in the high jump," she says. "I have done 3-9. But I don't practice for these things until I go to the meets. We have a real good track here in Fairfield, where I do sprints, but I think I do pretty well, though, even with my age you just try to have a good time and that's it."

Born Mary Bowling in Wellsville, Ohio on July 26, 1917, Bowermaster got into track and field seven years ago, at age 63. "I'd had a cancer operation and was really down on myself," she explains. "I needed something, but I didn't know what. I just happened to see on TV the Golden Age Games in Sanford, Florida and I said, 'Gee, I can do that.' My husband encouraged me to give it a try, and I really came to enjoy it."

Before getting into track and field, Bowermaster had taken up tennis at age 55. At first it was just a social and fitness activity, but after entering the competitive arena of track and field, she also began entering tennis tournaments. "I think I'm better at tennis than I am at anything else," she says. "I play with girls a lot younger, most under 50, and I don't mean to boast, but I think I do pretty well." While growing up and attending school in Franklin, Ohio, Bowermaster had no real opportunity to participate in sports. "There wasn't much for girls to do when I was in school, a little running for exercise on Friday and maybe some basketball in the gym class, but that was about it. I could always run well, though, even with my two boys when they were growing up. They were both very athletic. Don, my husband, played football in high school and then was into golf and tennis. So we always were sort of an athletic family."

It didn't take long for Bowermaster to demonstrate her talents. At the Puerto Rico World Games four years ago, she won a gold in the long jump, silver in the 100 and shot, and a bronze at 200 meters. "I think a certain amount of it comes from the genes," she says in explaining her quick rise to championship status.

To maintain fitness for competition, Bowermaster hits the track twice a week to run a few sprints. On other days she walks, jogs, and runs three miles around her neighborhood. She practices with the shot, discus, and javelin in her back yard. "And the tennis helps keep me in condition," she adds. She has no special diet, although she eats very little red meat. "It's not that I can't or won't eat it; I just don't care for it that much any more."

At the time of this interview, Bowermaster was preparing for the World Games in Melbourne. "Don and I try to make a vacation out of all these trips," she concludes. "Everyday when I get up I think how wonderful all this is, and I'm just glad that I can be part of it. The people you meet are all so beautiful, and I get great satisfaction out of seeing them and taking part in the events." — Mike Tynn

41st ANNUAL BROWN UNIVERSITY MASTERS INDOOR TRACK AND FIELD INVITATIONAL
Sponsored by The Rhode Island Track and Field Foundation

DATE: Sunday, January 17, 1988, 10:10 a.m.
BRON: Brown University Athletic Center, Hope St. and Lloyd Ave., Providence, RI

CONTACT: For information: 1-707 to Brown Ave. (Mail 24). Turn left on Branch to Light. Cross intersection, go up Cypress Street hill to Hope Street, turn right and follow to Athletic Center Complex. From South and East: 1-95 to Brown Ave. (Mail 24). Turn right on Branch to Light. Cross intersection and follow same as above.

ENTRY FEE: New, alumni-recreation, 200-meter, 6-lane, flat, California Marble Radial surface (field events, too). The track was on the site for the current world record 100-yard dash indoors. All events only pay out $10-$20. Use 3/16" spikes. Lining and scores available.

ENTRY CHARGE: First three places in all events. First two places in men and women (20-80+)

PRE-ENTRIES: 11:00 a.m. entry; 11:00 each additional event by Jan. 13, 1988.

**First entries will be at 7:00 a.m. entry; 9:00 each additional entry by 10:00 a.m. (for 10:10 a.m. events) and 11:10 for all other entries.**

ORDER OF EVENTS: Track 12:00 p.m. Field 10:10 a.m. Weight Throw Long Jump

Field 11:00 a.m. 55m Hurdles 12:00 p.m. 55m (Trials & Finals if necessary)

Field 12:00 p.m. Mile 1:00 p.m. Mile Walk

Field 1:45 p.m. 800m 11:30 p.m. High Jump

Field 2:00 p.m. 1,500m 2:30 p.m. Pole Vault

Field 3:00 p.m. 800m Relay (15 yr. group-no fees/no awards)

UPCOMING EVENTS: Marriott Inn, 595/night (1-4 per room). Contact Paul Adams (401) 272-2100.

FOR ADDITIONAL INFORMATION CONTACT: Mike Tymn

46 Roberts Avenue, Providence, RI 02905

(401) 728-2850 (evening)

Please Print

Name

Address

City

State

Zip Code

Age (as of 1/17/88)

Male

Female

Club

Event

Age

Address

State

Zip Code

Mail entry form and check payable to the Rhode Island Track and Field Foundation to:

Brown University, Athletics Dept., Providence, RI 02912.

Weighs 100-

Walters in consideration of your accepting this entry for the 1988 Brown University Masters Indoor Track and Field Meet, I hereby certify that the entrant and her/his agents, successors and assigns, as well as the Brown University, the Rhode Island Track and Field Foundation, or the Rhode Island Track and Field Foundation, or Brown University, their agents, representatives, lieutenants or courts which may be otherwise have arising out of this event. I attest and verify that I am physically fit and sufficiently trained for this competition.

Date

Signature
Drop the “No-False-Start” Rule

(Editor’s note: Last month, Hank Nottingham, a masters sprinter and certified starter, outlined a plan to improve the “starting situation” in sprints and hurdles for athletes, officials and spectators. This article is a continuation of that proposal.)

The Execution rule (No-False-Start rule) is a change of significant proportions as it drastically alters the structure of Speed Racing by eliminating the Start as a viable factor in the race — in direct contrast to the true nature of Speed Racing.

Historically speaking, the “Start” has always been an important part of the Speed Race; and a “good starter” will have a 1-2 meter lead over most of the field in the first part of the race. However, the “Execution” rule causes the majority of the runners to go “passive” at the line (for fear of false starting, etc.) and the better starters are penalized unjustly (and unnecessarily) — while the poorer starters gain an unfair advantage they don’t deserve.

Comment: As an analogy, it is like a “No-Double-Fault” rule would be in Tennis (no “fault” on the serve). You can imagine how that would affect the better server’s serve (like McEnroe, etc.). The “No-False-Start” rule affects runners in the same manner. It takes away the better starter’s start and changes the entire speed competition.

The “No-False-Start” rule does not eliminate all false starts, but it does eliminate runners. While coaching high school I kept statistics on the regional and state meets I attended; and about 25% of the sprinters and hurdlers were eliminated from the races (and these were the better runners in the state). It should be kept in mind that starters cause/contribute to false starts by holding the runners “too long” (as previously discussed) or calling false starts incorrectly (for movement with, not before, the gun); and that runners false start for reasons other than “guessing”, etc.

Objective analysis of masters meets before and after the “No-False-Start” rule shows that times are generally slower and fewer records are being set now — just as one of my friends, a world record holder, predicted. Subjective analysis of other levels of competition also indicate the same trend, with most of the “records” coming in competitions where the “Regular False Start” rule was used, etc.

The negative effect on spectators is to “rob” them of seeing the athletes run. I will never forget going to the Golden South Invitational a few years ago (a four-hour drive) to view the best high school sprinters in the South compete — only to see the favorite (and the athlete I most wanted to watch) disqualified on a questionable false start — I didn’t go back the next year. A few years ago, at the Texas Relays, the three best high school sprinters in the United States were to compete (Martin, DeLoach, and Thomas). Thomas, who came all the way from California, was disqualified for a false start — certainly a disappointment to all the spectators who came to see that great race.

False Starting and Masters Competition

A “No-False-Start” rule, at any level of competition, is both unnecessary and excessively punitive (as discussed before); but it becomes even more so at the masters level of competition. Masters compete entirely “on their own”, etc. and to kick anyone out of a race (who has spent up to 3-5 days of their life and up to $500-1000 of their own money, for such a “minor” offense is beyond any comprehension of reason or fairness and can only severely damage the masters movement in the long run.

Note: I continually hear the word “fun” being associated with masters competition, but what is the “fun” in getting kicked out of a race? — especially when such an excessively punitive rule is unnecessary, as the same results can be accomplished by better means.

While there may have been isolated instances of excessive false starting in some areas of the country, it was not a significant problem overall; and the passage of a “No-False-Start” rule was in direct contrast to the wishes of the vast majority (80-90%) of the athletes directly involved (sprinters and hurdlers).

The best solution for masters as well as other levels of competition, would be to go to the time (or distance) penalty — as previously discussed, instead of the destructive “Execution” method (No-False-Start Rule). Let us move forward in our sport by adopting a reasonable penalty for the first false start; and lead the way in sensibly solving the “starting problem” for all levels of Competition.

Recommended Rule Change

1987 Competition Rules, page 129: Amend Rule 252, Section 8, which sets forth the “Competitive Rules and Standards for Masters Track and Field” to read as follows:

At all National and Regional Championships, Indoor and Outdoor, exclusive of multi-event competition, any competitor making a false start in all events starting in lanes shall be penalized 0.10 seconds for time and placement purposes for the first offense, and shall be disqualified from further participation in that event, for a second offense.
Compartment Syndrome of the Lower Leg

One of the lesser-known running injuries is pain and swelling on the outside of the lower leg. It's called Compartment Syndrome, or, more specifically, Anterior Compartment Syndrome.

The malady is usually caused by increased fluid pressure within a closed space. This causes inflammation, reduced circulation, damage to muscle and nerves, and pain.

Exercise may cause a compartment syndrome, especially in the peroneal muscles and tendons of the lower leg. There may be a related numbness down into the top of the foot.

Upon resting, the athlete will notice a reduction in pressure. During exercise, pressure will rise.

Bang Andersen Explodes to Record

by JERRY WOJCIK

Bang Andersen of Norway broke Hermann Hombrecher’s M50-54 world record of 57-7½ (17.56) for the 6k shot put with a 58-4 (17.78) throw in a dual meet between Norwegian and Swedish throwers on September 26-27. The former record, set by the West German in August 1975, was the oldest M40-and-over shot mark.

Parry O’Brien’s 58-1½ (17.71) in July 1984 is often referred to as the M50-54 world record. O’Brien’s mark was done with the 12-lb. implement, which is just over 1¼ pounds lighter than the 6k and is used by M50-59 throwers in most meets in the U.S. The most recent WAVA track & field records, as of October 15, list O’Brien’s mark as an American record.

In the Norway-Sweden meet, in which athletes threw the shot, discus, javelin, and hammer, Norway outscored Sweden, 37,366 to 36,726.

Report from Britain

by ALASTAIR AITKEN

More than 500 entered the National Veterans 10K at Barnsley on September 27. It was a high-standard event and a race worth winning with £300 for first. After a mile, Mick Hurd was ahead with Sheldon Cowles, national veteran 10,000 track champion, and Ernie Cunningham next. After a long hill, Hurd went away and was never again headed, winning in 30:20 from Cunningham (30:52) and Cowles (31:05).

The first M45 was 1979 double World Vets champion Taff Davies (31:56). Cyril Leigh was first M50 and 13th overall (32:02). (On October 10, Leigh ran 31:40 at Rhyll, Wales.) Other division winners were M55 Eddy Kirkup (34:53); M60 Malcolm Stewart (39:54); M65 Eric Smith (38:30); and M70 George Scotts (43:30).

In the Veterans 10K, first woman was Dot Fellows, W40, in 37:39, ahead of Jane Beckford (W40 37:54) and Anne Rogers (W35 39:09). First W45 was fifth-overall Ann Nally (40:28). Judy Rowntree won the W50 contest (41:55).

In the Asda Mersey Marathon, September 27, Harry Clague, M40, was third overall in 2:27:31.

In the Glasgow Marathon, September 20, Leslie Watson was first veteran woman and second woman (2:45:03), and Peter Carton was first veteran (2:24:57).

Paula Fudge, W35, 17th (2:42:42) in the World Championship marathon in Rome, won (55:08) the Nescafe Women’s National 10K at Hendon, October 4. The race was for any senior age group but not a veterans championship.
1988 NATIONAL MASTERS INDOOR CHAMPIONSHIPS
Saturday, March 19 and 20
LSU FIELD HOUSE • LOUISIANA STATE

MEET SITE LSU Field House is a 3,018-seat facility with wall-to-wall tartan floors; the 220-yard track has 42-inch-wide lanes with seven (7) lanes around the turn and ten (10) lanes down the straightaway. All runways and take-off areas are tartan. Throw circles are plywood. Quarter inch (1/4") spikes or smaller. LSU Field House is located just off Nicholson Drive on the LSU Campus.

ELIGIBILITY Competition is open to all men and women (no qualifying standards) age thirty (30) and over. All competitors must be registered with The Athletics Congress (TAC) for 1988.


ENTRIES All entries must be postmarked by March 8, 1988. There will be no refunds or changing of events after your entry is received. NOTE: Late entries will be taken until 10:00 PM on Friday, March 18 at double the regular entry on a space available basis.

ENTRY LIMITATIONS Athletes must limit events entered to fit time schedule. Event progress will not be held up awaiting athletes.

ENTRY FEE Before Entry Deadline After Entry Deadline
First Event $7.00 $14.00
Next Events $5.00 per event $10.00 per event
Relay Events $16.00 per team $32.00 per team

REGISTRATION & PACKET PICK-UP Friday, March 18--Orleans Room (Second Floor), Hilton Hotel, 5500 Hilton Avenue, 1:00 PM to 11:00 PM. Saturday, March 19 and Sunday March 20--Northeast Portal, LSU Field House, 8:00 AM to 4:00 PM.

RULES AND STANDARDS As set forth by WAVA and adopted by TAC Masters.

IMPLEMENT WEIGHT-IN Shot puts and weights will be inspected in room 103 (Northeast Portal) of the LSU Field House beginning at 7:30 AM Saturday.

ATHLETE CHECK-IN Running event athletes must check in one event prior to their own event at the check-in area (Clerk of Course) located in the Southwest corner of the LSU Field House. Field event athletes must check in fifteen (15) minutes prior to the start of their event with the head judge of that event at the event site.

TRIALS Will be run in age groups in the 60 yard dash and 60 yard hurdles starting with oldest women to youngest men that have more than ten (10) entries. Age groups having less than ten (10) entries reporting will be run at scheduled final times.

CAJUN FOOD FEST
Saturday, March 19, 7:00 PM
Across street from Hilton Hotel

Masters competitors and their guests are invited to "COME PASS A GOOD TIME"
Cajun Band * Cochon-de-la-lait * Festive Drink
$7.00 per person -- See entry blank
INDOOR CHAMPIONSHIPS and Sunday, March 20
STATE UNIVERSITY • BATON ROUGE, LA

FINALS Will be run in sections against time starting with oldest women to youngest men. NOTE: Age groups may be combined into one race.

AWARDS National Championship medals to top three (3) in each division in each event including all relay team members.

RECORDS Anyone wishing to check their performance against an existing record or needing proper verification and signatures for submittal of performance for record purposes should proceed to records table located at the southeast corner of the LSU Field House.

RESULTS Will be posted after the conclusion (as soon as they can be processed) of each event at the southeast corner of the LSU Field House.

DRESSING FACILITIES Locker room and shower facilities are available in the LSU Field House for both men and women. You must furnish your own towel.

FURTHER INFORMATION Until Friday, March 12 contact LSU Track and Field Office at 504-388-8627. Beginning Tuesday, March 15 contact Masters Track and Field Championships at Hilton Hotel, 504-924-5000.

Baton Rouge Hilton Hotel
MEET HEADQUARTERS
550 Hilton Avenue, Baton Rouge, LA 70808
Single $49.00 Double $55.00
504-924-5000 or 1-800-621-5116
Ask for Reservations and identify yourself with National Masters Championships

Sunday Track Events

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<th>TIME</th>
<th>EVENT</th>
<th>DIVISION</th>
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<td>Two Mile Run</td>
<td>30-80+</td>
<td>Final</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>60 Yard Hurdles</td>
<td>30-80+</td>
<td>Semifinal</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>60 Yard Hurdles</td>
<td>30-80+</td>
<td>Final</td>
</tr>
<tr>
<td>3:30 PM</td>
<td>1000 Yard Run</td>
<td>30-80+</td>
<td>Final</td>
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<tr>
<td>4:00 PM</td>
<td>4 x 440 Yard Relay</td>
<td>30-80+</td>
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Sunday Field Events

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<th>TRIPLE JUMP</th>
<th>WEIGHT THROW</th>
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Entry Form

NAME ______________________ BIRTHDATE ______________________ AGE ON 3/19 ______________ M F
ADDRESS ______________________ CITY ______________________ STATE ________ ________ ZIP ______
PHONE ______________________ 1988 TACK ____________ YOUR CLUB
EVENTS ENTERED ______________________
BEST MARK 86-88 ______________________
OTHER RELAY TEAM MEMBERS __________________________________
(Send one entry only per team)
INDIVIDUAL FEES $ ____________ RELAY FEES $ ____________ CAJUN FEST $ ____________ TOTAL AMOUNT ENCLOSED $ ____________

ATHLETE'S RELEASE: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against The Masters Athletic Committee, The LSU Track and Field Officials Association, all other meet sponsors and sports facilities or their officers or agents, for any damages which may be suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

DATE ______________________
ATHLETE'S SIGNATURE 

ESPLANADE MALL AT CORPORATE SQUARE
Masters Health and Fitness

Diet and Longevity

Long-term studies have shown that reducing cholesterol in the blood reduces risk of heart attacks. Each 1% reduction in blood cholesterol means 2% fewer heart attacks, on average. Arteriosclerotic heart disease has caused more deaths and it is the greatest epidemic mankind has experienced, including the Black Death of the Middle Ages.

Over 50% of the GI’s in the Korean War showed autopsy evidence of the disease at a mean age of 19, compared to less than 5% of similar Koreans. We often incorrectly link this disease to the aging process; whereas, it is over 50% attributable to one’s lifestyle. That would mean they want will usually take in 1500 calories per day and be satisfied; whereas, similar volunteers placed on such a diet and allowed to eat as much as they want will usually take in 3000 calories per day until satisfied.

Animals fed the low-nutrient/high calories diets undergo growth and sexual development faster, which is good for species survival. But, they age prematurely and have a shorter lifespan, which is not good for the individual.

Exercise and Basal Metabolism

With aging, there is a decrease in resting metabolic rate, which is why some older individuals eat the same number of calories, yet gain weight. Resting metabolic rate is a function of the amount of lean muscle we have; if we lose much lean muscle – age, our metabolism shifts down.

Dr. Peter Wood from Stanford University suggests that after aerobic exercise our resting metabolism is increased by up to 25% for up to 16 hours. This means that if we exercise in the morning, we may burn up to 25% more calories sitting down at a sedentary job.

Exercise and Cancer of the Colon

Aging often is associated with a diminished bowel transit time, which leads to constipation, diverticulosis and, probably because of retention of carcinogens, an increased risk of cancer of the colon.

Additionally, the small bowel loses some of its ability to make lactase, an enzyme needed to break down milk sugar lactose. As a result, the lactose sugar moves to the colon where bacterial fermentation occurs, causing bloating, diarrhea, etc. When symptoms are due to the latter, avoiding dairy products or taking lactase tablets can eliminate symptoms.

Additionally, with aging, the stomach produces less acid secretion, making absorption of folic acid and certain minerals—especially calcium—more difficult. Exercise can increase bowel transit time from the average 36 hours to as little as 12 hours. This change favors less retention of carcinogens and less symptoms of constipation. The Framingham Heart Study has shown that, with exercise, the risk of colon cancer is less.

James Harvey of Los Angeles, winning M35 400 heat in 51.65, 1987 Nationals in Eugene-Springfield. Photo by Jerry Wojcik

Upstate N.Y. Masters Runners Do Well in Open Competition

Upstate New York gets tougher every year. No longer content to fight it out for age-group honors, they are challenging open runners for top spots. At the Fort-in-Fort Adironack TAC 30k championship on October 3, four masters were among the first eight finishers. Forty-six-year-old Peter van Garderen of Glens Falls, New York, finished second overall in 1:53:09. Darrel Ferguson, 40, of Broadalbin, New York, was fourth overall, while Lee Wilcox, 49, of Troy, New York, and Michael Rosenthal of Hackettstown, New Jersey, were sixth and eighth.

James Ritson won the M50 division in 2:07:49, while 66-year-old Roger Ellsbury of Keesville, New York, was 72nd overall in 2:25:03.

The following weekend Van Garderen kept the younger runners honest by pressing a fast early pace in the Clifton Park Stampede 10K. He finished fourth overall in 33:27, but was the second master behind Pat Glover, 41, of Clifton Park, New York, who took third place overall in 33:16. Jack Wilson, 43, of Plattsburgh, New York, was the third master in 35:29, barely edging Mark Kutter, 40, of Troy, New York.

World Masters Tune-Up Turnout Slightly Dampered by Rain

Despite a day-long rain that caused a few problems (no accurate times in the 5000 walk), the turnout for the World Masters Track & Field Tune-Up II on October 31 was better than expected. However, competing at an excellent facility, the University of California — Irvine track in Orange County, athletes managed to produce good marks.

Walt Butler, M45, topped all times in the 100 (11.99) and 110H (15.95). Jim Johnson, M65, won the 100 in 14.94. Nadine O’Connor won the 100 (15.00), 200 (31.03), and 400 (1:07.76).

John Conner of the New York AC took the M50 800 (2:09.04) and 1500 (4:46.05). Jim Hampton (4:16.04) won the M40 1500 over Jerry Hackett (4:18.08).

Submaster Roger Trujillo, M35, managed a 20-4 long jump and 41-2 triple jump in the wet. Boo Morcom included a 15-3 long jump in his several M65 firsts. Christel Miller, W50, high jumped 4-2.

Discus throwers were paced by M65 Dan Aldrich, who, throwing on his former “turf”, when he was Irvine’s Chancellor, hit the 132-4 mark.

In spite of a treacherous run-up, javelin throwers were out in full force (21 competitors) and were led by Joseph Greenberg (M35, 186-1) and Del Pickarts (M60, 173-9).

The hammer throw saw the reappearance of Gordon Bobell, an active West Coast thrower several years ago, who, now in the M50 division, had the day’s best with a 161-3.

Ham Morningstar, M70, of Michigan, and Herb Anderson, M85, of Colorado, left the site with fistful of medals.

Marvin Thompson, president of the Los Angeles Patriots club, was meet director.

James Harvey of Los Angeles, winning M35 400 heat in 51.65, 1987 Nationals in Eugene-Springfield. Photo by Jerry Wojcik
Welch Wins Marathon

Continued from page 1


29-year-old Kenyan, was the first black man to win the 17-year-old race, but the two white runners struggling for behind him were New York’s Fritz Mueller, and Gudrun Phillips were the 50-and-over winners in 2:38:18 and 2:35:58, respectively.

Frank Shorter, who turned 40 the day before, made his masters debut, but dropped out after 18 miles.

The TV cameras did not show the overall winner crossing the finish line, and ABC-TV is being accused of racism in some quarters. Ibrahim Hussein, a 29-year-old Kenyan, was the first black man to win the 17-year-old race, but the network’s cameras were focused on the two white runners struggling for behind to finish second.

A record 22,059 entrants ran through the five New York burroughs in mild weather. The race was directed by Fred Lebow, Allan Steinfield and the New York Road Runners Club.
Masters Scene

National

- The Athletics Congress' 1987-88 Cross-Country Handbook Media Guide is now available. Edited by Bruce Tenen, it costs $6 (plus $6 outside the U.S.). Order from Book Center Department, TAC/USA, P.O. Box 120, Indianapolis, IN 46206.

- Apologies to Bernice Holland of Cleveland, OH, who threw two W60-64 ARs in the discus (92-6) and javelin (85-10) in the Southeastern Masters Meet, May 1-3. Although she recently turned 60, broke those records in recent meets, her marks in the Southeastern Meet were better.

- The National Association of Governor's Councils on Physical Fitness & Sports will hold its National Conference on Fitness and Nutrition in Indianapolis, February 26-27. Sponsored by the Campbell Soup Company, the conference will feature speakers, such as Kenneth Cooper, founder of The Aerobics Center in Dallas, TX, and many health organizations, including the American College of Sports Medicine and the Center for the Study of Aging. Contact, NCFN, Pan American Plaza Suite 440 201 S. Capitol Ave., Indianapolis, IN 46225, 317-237-5630.

- Two very notable performances occurred in the Heartland Hustle 10K, held in Davenport, lowa, October 10. Bill Rodgers, still 39 but turning 40 December 23, set a new age-39 record for the 10K by running 29:40, breaking Barry Brown's record by 27 seconds. The current American 40-44 record of 29:50, held by Tracy Smith, could be in danger...Priscilla Welch, 42, ran an incredible 32:43 at the same race. If Welch were American, she would have broken the American 40-44 record by a minute.

- Wouldn't it be nice to give someone a meaningful gift this year, rather than the same old toe or hockey pads gift pack? Now about a gift subscription to the National Masters News? For only $18.75 a year they will receive 12 monthly issues of the newspaper you already love. We'll even send them a special gift card with your name. To start your friend with the January issue, have the check to NNM by December 15. Write or send your check to: NNM, P.O. Box 2372, Van Nuys, CA 91404.

East

- Lina Connors, 45, simmered to a sixth-place 1:25:36 (431 finishers) in the Taster's Choice Columbus Select Half-Marathon for women, Central Park, NYC, October 4. Carol Johnston, 44, was second W40+ (1:28:19). The top six finishers were Atlanta- NY runners. In the adjacent 5K race, Hal Stern (41, 16:40) and Angella Hearn (41, 17:39) were the 40+ winners. Witold Bialokur, 52, won the M50 race with a fast 17:17.


- American single-age records fell like the leaves from the surrounding autumn-colored trees in Lebanon, NH, October 8, when 87 Out- doms Carin Wallin (M45, 50:41) and Clift Blair (M55 hammer, 163:8) raked in five records. Wallin, 46, set U.S. records with the 16-lb. shot (53:7) and the 35-lb. weight (51:7). Blair, 57, got a U.S. 16-lb. record (41:1) and WRs for the 12-lb. shot (49:41) and 12-lb. hammer (175:6).

- Joe Henderson's Running Commentary says don't expect Bill Rodgers to try for the Olympic Marathon team. Instead he'll be running in Boston in April, and for good reason. Rodgers needs the money to pay off creditors who kept his clothing company from going under last year. "The only way I know to pay off debts is to run," Rodgers said.

South East

Gayle Murong, 41, sits on the scooter she won by taking the women's masters division of the Pepsi-Cola Uplift Mile, Oct. 4 in San Francisco with a time of 8:07. Murong finished over a minute ahead of the second masters woman. Photo from Jim Hampton.

SOUTHWEST

- Intrepid masters who showed up for the under-promoted, thinly attended North Carolina Oyster Festival 5K-10K, in Holden Beach, October 10, ran away with a pile of trophies. Robert Otto (40, 18:19) of Charlotte won the 5K overall. Master runners let a younger champ take the 10K but stole the next nine places, led by Randy Whitt (41, 38:09).

- Master runners whose stocks have gone south may want to head in the same direction to recoup their losses. The Charlotte Observer Marathon, January 2, in North Carolina is offering $10,000 in masters prizes in a masters men's 10K, a women's 10K, and a marathon. Deadline is December 8.

- Enduring the heat and humidity at Wendy's 10K Classic (Bowling Green, KY, October 31), Kathy Hardy of Louisville won the over-40 division — and $500 — in 38:58. First master, South Carolina's Bob Schau, 40, who just 20 days earlier earned $5000 at the Twin Cities Marathon — ran a fine 3:17 (12th overall) to bag another $1000 in prize money.

South West

- Maureen Bixby, 45, Norman, OK, smashed a pending U.S. W45-49 record (5:43) for the 12K with a first-woman 46:45 in the Tulsa RC Constitution 200, Tulsa, September 12. Gary Madison, 41, Tulsa, was second (41:20) of 200 finishers. In the 7th Annual Woolaroc 8K, Bartlesville, OK, October 10, Bixby won a $250 savings bond for her W40+ first (32:09). Barbara Manning, 42, Owasso, OK, took the second award of $150 (34:29). Don Wright (42, 27:21), Mobile, OK, and Madison (27:35) collected like amounts in the M40+ race. The Woolaroc, which had 788 finishers, is one of the more interesting races in the country because it is run through a private wildlife preserve inhabited by bison, deer, elk, llamas, and other animals, whose appearance on or near the course has enriched every runner's repertoire of racing tales.


- Top Masters at the Tulsa 15K Run, October 31, were Carl Nicholas, 40, of Alabama (49:53) and Missourian Jane Hutchinson, 41, (56:58). Each winner took home $375 prize money.

West

- The City of Los Angeles Marathon, March 6, will include walk divisions for men & women (12:39, 30:39, 40-49, 50+), according to a letter in Nick Curi, Executive Director, published in the October Southern California Roadracing News.

- Judy Simon, 71, La Mesa, CA, who holds three U.S. W70-74 records, may have added another with a 45:26 in the Moving Comfort 8K For Women, San Diego, October 10. Algen Williams, Park Forest, IL, has a pending 41:27. Bess James, 78, San Jacinto, CA, who holds the old record (47:57), was second to Simon in the W70+ race with a 52:59. Lolita Bach (45, 33:07), San Diego, and Cheryl Allen (41, 34:19), Huntington Beach, CA, were first and second W40+. In the San Diego TC 8K For Men, held along with the women's race, Willard Benton, San Diego, picked up a U.S. age-83 record (52:57). The masters contest went to Ron Wells, 41, Alpine, CA, with an M40 race record 26:35. Every men's division course record (14 in all) from M12 through the wheelchair division was broken.

- Gary Tuttles, who turned 40 in October, thinks that he may have to hang it up for good. A leg injury has kept him sidelined for 11 months, and he says, "I think it's a possibility that my competitive career might be finished." On the other hand, the man who finished second in the Boston Marathon in 1985 says, "I may come back better than ever."

- Overall winners in the West Coast University 50-Miler in Fountain Valley, Calif., October 10 were David Warday (5:58:29) and Susan Gimbil (7:29:18). Warday, 30, barely beat-out first-time-ultra runner Bill Scoley, 42, of Ventura, Calif. (6:01:11).

NORTHWEST


CANADA

- Ron Jepperson, 40, of Nova Scotia outlugged the field in the Canadian Masters Half-Marathon Championships, Halifax, Nova Scotia, October 4, with a 2:44. Jack Miller, 40, Nova Scotia, finished second (3:35), and Art Meany, 43, St. Johns, Newfoundland, took third (7:44) in the race, run in warm temperatures and a torrential rain.

INTERNATIONAL

- Elana Gaete of Santiago, Chile, trimmed Anne McKenzie's W55-59 400W of 70.9 (May 1981) down to 70.1 in a veterans meet in Santiago, September 12. Gaete also set South American records in the 100 (14.5) and 200 (30.8).
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 are 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 MNM, P.O. Box 2372, Van Nus, CA 91404.

**EAST**


January 6. TAC National Indoor Championships, Dickson College, Carlisle, Pa. Scott Thorsney, 18 Graduate Dr., Camp Hill, PA 17011-7624. 717/737-2385 to 11 p.m.

January 9. TAC Mid-America Regional Meet, sponsored by Norden Labs & Lincoln Tech, Nebraska Wesleyan, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

March 13. TAC Midwest Regional Masters Indoor Championships, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

**SOUTHEAST**

December 12. Rocket City Marathon, Huntsville, Ala. $3500 masters money. SASE to Huntsville TC, 8811 Edgewood Dr., Huntsville, AL 35802. 205/881-9077.


February 14. Delray Beach Marathon, Delray Beach, Fla. Entries due January 25. Contact Mike Tallman, 7311 Redding Rd., Houston, TX 77036. 713/960-2642.

**SOUTHWEST**

December 6. White Rock Marathon, Dallas, White Rock Marathon, Box 74333, Dallas, TX 75374. 214/526-5318.

January 17. Houston-Tenneco Marathon, Houston, Texas. U.S. Corporate Athletics Association team championships (for entry, contact Mike Tallman, 7311 Redding Rd., Houston, TX 77036. 214/526-5318).

**MID-AMERICA**

January 9. TAC Mid-America Regional Meet, sponsored by Norden Labs & Lincoln Tech, Nebraska Wesleyan, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

**LONG DISTANCE RUNNING**


**INTERNATIONAL**


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

**LONG DISTANCE RUNNING NATIONAL**


**MIDWEST**

January 17 & 31. Illinois Masters Grand Prix Series, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

February 28. Illinois Masters Grand Prix Series, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

March 13. TAC Midwest Regional Masters Indoor Championships, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

**SOUTHWEST**

January 17. 27th Annual WCLA Meet, Pico Avenue, Rm. 208, Honolulu, HI 96821. 808/733-2347; 808/566-2347.


February 14. Delray Beach Marathon, Delray Beach, Fla. Entries due January 25. Contact Mike Tallman, 7311 Redding Rd., Houston, TX 77036. 713/960-2642.

**HAPPY HOLIDAYS AND A HEALTHY NEW YEAR!**
### U.S. MASTERS standards for excellence for women

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<thead>
<tr>
<th>Event</th>
<th>55-59</th>
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**Event:**

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**Meet Site:**

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LONG DISTANCE RESULTS
Please send race results to: National Masters News, P.O. Box 2327, Van Nuys, CA 91401. Include date and city.

TAC National 10K X-Championship Nov. 8, 1987, Seattle, WA


Swedish-Norwegian Dual Throw Meet (DT SP JT HT) November 26-27

December, 1987

Tomoka 4 Mile Daytona Beach, Fla.: September 5

overall: R. Nash 20:54
Overall Masters: W. M., Hare 21:14
T. Deyle 21:29
M.50 N. Michalski 21:29
M.50 H. R. Gilby 24:29
M.55 J. H. M. Jenkins 24:49
M.60 J. G. Brand 25:34
M.60+ G. Willett 33:27
M.65 C. Stroud 33:58
P. Sullivan 35:25
M.70 J. Skyler 36:30
M.65+ W. S. Rush 39:08
M.70+ P. Griffin 42:15

North Carolina Oyster Festival 5K/10K November 15

Overall: R. M. Folsom 22:14
M.50-39 J. C. fishing 23:14
M.50-49 F. T. Martin 23:14
M.60-39 W. C. Austin 24:14
M.70+ W. C. Austin 25:14

Capital Trail Run 10-Miler Raleigh, North Carolina October 10

M.40 W. Lowd 52:14
M.40 J. Weis 52:32
M.44 J. Bellinger 52:32
M.50 Dennis L. Calabro 54:05
M.50+ R. M. Folsom 54:05
M.55 T. H. Johnson 58:50
M.60 J. M. Aycock 58:50
M.60+ W. C. Austin 61:16
M.70 L. B. Ross 61:16
M.70+ W. C. Austin 71:24
M.80+ W. C. Austin 81:32

Detroit Free Press Marathon Detroit, Michigan, October 18

M.50-49 W. C. Austin 3:23:14
M.60-39 W. C. Austin 3:23:14
M.70+ W. C. Austin 3:23:14

SOUTHEAST

Masters Select Hall-Marathon Women & Men 5K Central Park, NYC, October 4

All Women and Men 60+

Potomac Valley AC Masters Championships 15K Walk Washington, D.C., September 10


Byron Smith 6:42.27

New York City Marathon November 1


Potomac Valley AC Masters Championships 15K Walk Washington, D.C., September 10


First National Bank Erieslacht Marathon Erie, Pa., September 27


Second Masters Western Masters

135 Participate in 2nd NMN Age-Graded Meet

Continued from page 1

and placing third in the 100. His long jump of 5.26m (17-3) broke Boo Morcon's M65 world mark of 5.24
(17-24).

A team trophy was won by the defending champion Corona del Mar Track Club, which amassed 85 points to
45 for the Striders and 35 for the L.A. Valley A.C. Scoring was on a 6-4-3-2-1 basis.

Coming in second to Patsalis for individual honors with 12 points were Mike Castaneda, 68, and Mike Deller,
37. Castaneda won the shot and discus, while Deller took second in the shot, discus and hammer. Fourth was Gary
Miller with 11 points, followed by Nick Newton (10), Bruce Springbett (10), Boo Morcon (8), Burl Gist (8), Bob
Hunt (7), Bob Wantabe (7), and Bill Morales (7).

The meet ran smoothly, with an abundance of quality MAC officials. The time and distance handicaps were set
in advance, so one simple calculation was all that was needed to determine the winners.

In the 100 through 1500, the first to cross the finish line was the winner, so no calculation was needed. In the other
12 events, winners were determined by each athlete's "performance percentage." The performance percentage is
determined by comparing the athlete's performance with the "standard" for his/her age. The standard is generally based
on the world age record for each event, and thus represents an optimum (100 %) performance.

The standards were developed by Charles Phillips (Dr. Track), World and U.S. Records Chairman Peter
Mundle, and National Masters News editor Al Sheahan.

While most of the standards for the men's running events seem near-perfect, the women's standards and the
men's throwing standards are still in the experimental stage. Adjustments will undoubtedly be made as more data
is gathered. Comments and suggestions are welcome.

The 100-meter-dash was dramatic. Four heats trimmed 28 entrants to eight finalists, all of varying ages and
sexes. Jim Grier, 78, with his 46-meter head start, led until the final strides when everyone blew by. Ken
Dennis, 50, won in 10.4, followed by Springbett (M55, 10.6) and Patsalis (M65, 10.9). Dennis actually ran
90.4 meters; Springbett ran 87.7; Patsalis, 81.6.

Twelve runners competed in an exciting 800. Eighty-four-year-old Mary Ames started first, followed by
Bess James, 78, and 10 others. Arizona's Cliff Bedell, 49, picked his way through the pack to a convincing
5-second victory in an age-graded 1:51.4 (actual 2:11.4).

In the long jump, Patsalis soared 5.26m (17-3). Since the distance standard for age 65 is 5.56, his 5.26 gave
him a 94.6 % performance percentage, better than Boo Morcon's 82.8 % and Bill Morales' 81.1 %. Expresed
another way, Patsalis leaped an age-graded 27-71/8 (8.42m), theoretically what he would have done at age 25.
It's the equivalent of a 27-7/1 long jump by Carl Lewis.

Two of the top veteran javelin throwers in the world hooked up, and when the dust cleared, Del Pickarts,
65, had defeated Mike Morcon, 71, 85.8 % to 75.5 %, with a new M65 world record throw of 188-7 (57.49m),
which broke Ed Chynoweth's WR of 181-10 (55.42). Joe Greenberg, M57, edged Christel Miller, W52, for third.

The relatively low percentage scores in the throwing events suggest adjustments in the tables may be
necessary. The problem with the throwing events is that prodigious throws by Al Otter and Brian Oldfield
tend to make other throws look weak by comparison.

The meet was conducted by the staff of The National Masters News (Sheahan, Jerry Wojcik and Teri
Ingram) and by Christel Miller, with assistance from John Tansley, Frank Little, Gunner Miller, Gene Harte,
Shirley Kinsey, Gary Miller, Carol Forster, Gretchen Snyder, Jim Darmstatler, and Marvin Thompson.

The complete results are printed here. The simplified procedures for conducting an age-graded meet can be
had for the asking. Contact NMN, PO Box 2372, Van Nuys CA 91404. (818) 785-1895.
**Age-Graded Definitions:**

- Time/height/distance standards = best possible performance for that age.
- The standards are based on the world five-year age-group records, and were developed by Charles Phillips, Pete Mandel, and Bill Shakeshaft.
- Perf. Perc. = Performance percentage. 100% is theoretically the best possible performance; certainly a new world-age-group mark. 90% is excellent; 80% is very good; etc. To get the performance percentage for track events, divide the time standard by the actual time run.

**Age-Graded mark =** what your performance would have been if you were a 25-year-old man. An age-graded mark can be compared to Olympic marks, and to your own performances in your 20s. Even though your actual performances may decline as you age, you can improve your age-graded marks from year to year. (The age-graded mark is directly related to the performance percentage. It's the same figure, expressed in different terms.)

Example: The world age-54 high jump record is 1.86. The age-54 distance standard is 1.86. Nick Newton's age-54 high jump of 1.78 in 1984 is 91.8% of the world record. That's 1.78/1.86 x 100 = 91.8%.

The open standard is 2.41. The age-54 distance standard is 2.41. Bob Morcom's age-54 high jump of 2.08 in 1984 is 86.0% of the open standard. That's 2.08/2.41 x 100 = 86.0%.

The world age-54 high jump record is 1.83. The age-54 distance standard is 1.83. Bob Morcom's age-54 high jump of 1.78 in 1984 is 92.6% of the world record. That's 1.78/1.83 x 100 = 92.6%.

- Comment: The men's running standards are quite accurate. The women's standards and the men's throwing standards are still in the experimental stage, and may need adjusting. Your comments and suggestions are welcome. Send to NW, PO Box 3272, Van Nuys CA 91404.
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