



NATIONAL MASTERS NEWS



The only national publication devoted exclusively to track & field and long distance running for men and women over age 30

83rd Issue

July, 1985

\$1.50

Obera Sets Two World Marks in L.A.

Continuing her assault on the world sprint records for women age 50 and over, Irene Obera lowered her own marks in the 100- and 200-meter events to highlight the annual TAC Southern Pacific Association Masters Track and Field Championships at Occidental College in Los Angeles on June 1.

Obera turned in a time of 12.9 in the 100 to better her official mark of 13.13. She ran 27.3 in the 200, to break her pending mark of 27.44, set two weeks earlier in Los Gatos. She threw in a 400 in 65.7 for good measure.

The meet drew 180 athletes and served as an excellent tune-up for many preparing for the World Veterans Games in Rome, June 22-30.

The Oxy facility is one of the eight Olympic tracks laid last year, and is one of the best in the world. The local TAC officials under the supervision of Andy Bakjian, controlled the meet as if it were the World Championships. In other words, it was as close to a perfect meet as you can find, and the performers responded with outstanding efforts.

Bruce Springbett and Nick Newton exchanged wins in the M50 100 (11.0) and 200 (24.0), respectively. Tony Nasralla (58.7) edged Will Robinson (58.9) in the M50 400.

Guyana's Rocky McPherson raced to M55 wins in the 100 (11.9) and 200 (25.0), Eugene Driver's 21.5 in the M35 200 edged Warren Spikes and decathlete Randy Benson, both timed in 21.8.

Christel Miller, who, along with
Continued on page 12

King's Point Hosts New York Masters

Good early season marks were turned in by Masters athletes in the annual New York Masters 1985 Outdoor T & F Meet at King's Point Merchant Marine Academy in King's Point, N.Y. on May 19. Among them:

—Matt Brown won the M50 100 (11.9), 400 (58.8) and 400H (62.2).

—Dowud Saleem took the M35 100 (11.7), 200 (23.1) and 110H (15.0).

—David Lawyer captured the M65 100 (13.7) and 200 (29.2).

—Muriel Simmons garnered the W35 100 (13.8), 200 (28.5) and 400 (64.6).

—U.S. age records were set by Jack
Continued on page 7



Atlaw Belilgne, 40, of Houston, Texas was first age-40-and-over runner in the 6th annual Cotton Row 10K Run in Huntsville, Alabama on Memorial Day, May 27.

photo by Greg Machen, Huntsville News

COTTON ROW TITLE STAYS IN SOUTH

by JIM OAKS

After five years of awarding male Masters titles to northern runners, it was fitting that the sixth champion departed Huntsville, Alabama on Memorial Day headed in a southerly direction, bound for home in Houston, Texas.

Atlaw Belilgne took the 1985 Cotton Row Masters title with a 32:03 clocking — on the 10K course that includes one of Higdon's "toughest ten hills" on American road courses — as he held a comfortable margin over Don Coffman and Herb Lorenz.

Now, we must admit that Atlaw Belilgne is not a name you will find in every phone book in the South, but it is a name that is becoming familiar with top runners on the Master's circuit. Belilgne (pronounced "Billy-nee;" See, that does sound like a Southern name) moved into the over-age-40 bracket early this year and finished 3rd Master at Gasparilla and 2nd 40+ at Bloomsday.

A native of Ethiopia, Atlaw teaches mathematics at Texas Southern University in Houston, and only began racing in 1982 after jogging for a cou-

Continued on page 15

Oldfield Turns 40; Sets Shot Mark

Brian Oldfield, one of the biggest and most controversial names in track and field circles the past 20 years, turned 40 on June 1. Still competing at a world-class level, he threw the shot 69-feet, 7-inches on June 8 to finish second in the Arco Classic in Los Angeles. That's the farthest anyone age-40-or-over has ever heaved the 16-lb. ball. It breaks the existing world veterans record of 67 ft., ¾ in., (20.44m), set by Ivan Ivancic, 42, of Yugoslavia in 1980. It smashes Carl Wallin's American record of 58-10½, set in 1981.

The 6-foot, 5-inch, 270-pounder set the American open record of 72-9 ¾ only last year. He was kept out of the U.S. Olympic trials because he once took money as a "professional." He took his case to court last year, but even famed attorney Melvin Belli couldn't persuade the judge to let him enter the Trials.

In 1975, when Oldfield was com-
Continued on Page 21

Murphy, Andersen Win \$1000 at Bloomsday

The back-of-the-packers in the Lilac Bloomsday 12K in Spokane, Washington, on May 5, wondered whether they would ever cross the starting line, much less the finish line, because many were still motionless five minutes after the start of the 39,690 entrant race.

However, serious Masters runners and a co-ed field of nearly two dozen Olympians weren't standing around, for \$50,000 in prize money awaited the leaders, \$4,500 of which was allotted to the top three Masters men and women.

Male winners were Pat Murphy, 40, 37:47, \$1,000; Atlaw Belilgne, 40, 38:18, \$750; and Damien Koch, 40, 38:54, \$500. Murphy was 48th overall.

Top female Masters were Gabriele Andersen, 40, the 15th woman, who had to choose between an open award of \$200 or \$1,000 for first W40-and-over. Her time was 42:57. Carol Flexer, 40, with 45:53, won \$750, and Cindy Dalrymple, 43, with a 46:08 worth \$500, seems to be back in the money.

Other Masters division winners may
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Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

TEMPER TANTRUM MARS MEET

Anyone who ever has tried to put on a track meet knows that you virtually never get enough officials.

Whereas you could get away with one umpire for a softball game or one referee for a basketball game, a track meet requires 40 to 50 judges, timers, discus shaggers and so on.

As meet director, you beg, badger, bribe and blackmail friends and relations to help. If you're lucky, you get a few died-in-the-wool track fans who show up to help at every meet, regardless of who's competing. We love 'em.

These folks don't get paid. If we have any money left over after buying medals for the winners and shells for the starter's gun, we try to provide modest lunches for those who come to help us. Occasionally, a sporting goods firm will give us some shirts or caps for our officials. Not much compensation for what really is a tough job.

Many competitors realize the sacrifice of these volunteers and tell them they appreciate the good work. That probably is the best pay of all.

So, you can understand how badly we all felt when, near the end of our otherwise highly successful 10th annual Sacramento Relays, an athlete verbally assaulted one of our officials.

The athlete, originally assigned an outside lane in the 200 meters, took ad-

vantage of a scratch to claim an inside lane. Nothing wrong with that. But, the finish-line judges didn't know of the move, so after the race, one of them chased him down to ask his name.

No reply. A second and third inquiry. No reply. The official gave up and started to walk away.

The athlete, who contended that he didn't respond because he was out of breath, suddenly regained his breath and exploded a volley of profanity at the official for turning her back on him.

When other judges came to her aid, the profanity — laced with threats — continued.

In brief, times and places for the heat were lost in the scuffle. Only diplomatic efforts by a meet co-director prevented the judges from walking out.

A meet noted for its low key approach was seriously marred.

It's not the purpose of this letter to indict or condemn the athlete involved. He obviously has a problem that we aren't qualified to deal with.

What we want to do is remind masters that gray hair may be a mark of maturity, but the real test is understanding — or trying to understand — what the other fellow is up against.

Perhaps, if you never have helped

officialiate a track meet, you ought to take a crack at it. Few meet directors will turn you down, I guarantee. The experience will broaden your perspective and help you appreciate what you may have been taking for granted.

In conclusion, our thanks to the many persons — everywhere — who sacrifice their Saturdays and Sundays so that you and I can kid ourselves into believing that we're still young and fast and strong and agile.

Bob Roemer
Sacramento, California

NO FALSE START RULE

One reason I stopped coaching high school this year was the injustice and unfairness of the "no false start" rule. I have had so many bad experiences over this rule that I will not even serve as a high school starter anymore.

When I read about the NFS rule in NMN, I was shocked and depressed. It is a change of major proportions to serious sprinters. It's like a "no double fault" rule in tennis. It takes away the good starter's start. It's like a vaulter were given only one attempt per height.

The rule will hurt attendance at meets. I'm not going to spend \$500 to \$1000 to go to a meet and then get "bombed out" for one false start. Are we losing the perspective of what Masters competition is all about?

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- Triple Jump
- Pole Vault
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- 200 m
- 400 m
- 800 m
- 1500 m
- 5000 m
- Hurdles 80 m 40+W 70+M
- Hurdles 100 m 30-39W 60-69M
- Hurdles 110 m 30-59M
- Hurdles 400 m
- Steeple Chase 2000 m 30+W 60+M
- Steeple Chase 3000 m 30-59M
- Walk 5000 m
- Road Walk 10,000 m
- Road Race 10,000 m
- Cross Country (8000-10,000 m)
- Fun Relays*
- 4 x 200 m
- 4 x 400 m
- 4 x 800 m
- 4 x 1600 m

*Individuals enter relays — meet organizers will make up teams.

AGE CATEGORIES:

The age eligibility date for all athletic events is August 11, 1985.

ENDORSED BY:

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RECOGNITION:

The MASTERS MEDAL will be awarded to the winner in each category in each event.
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HOW TO BECOME A MASTERS GAMES ATHLETE:

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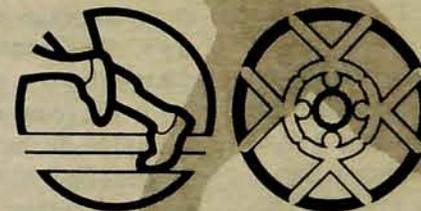
DEADLINE:

MASTERFORMS must be received prior to June 1, 1985. MASTERFORMS received after June 1, 1985 cannot be guaranteed acceptance.

- Athletics
- Badminton
- Basketball
- Canoeing
- Cricket, Cycling
- Diving
- Equestrian
- Fencing
- Ice Hockey
- Orienteering
- Racquetball
- Rowing, Sailing
- Shooting, Swimming
- Synchronized Swimming
- Squash, Table Tennis, Tennis
- Tenpin Bowling
- Water Skiing
- Sports Medicine Symposium

COMPETITION DATES:

- Marathon August 11, 1985
- Cross Country August 17, 1985
- Track & Field August 18-22, 1985
- Road Race August 25, 1985



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REGISTRATION AND MASTERFORM APPLICATION

Please Register me in the MASTERS GAMES (PLEASE PRINT)

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 Given names: _____
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 Date of Birth: Day/Month/Year _____

A bank draft in Canadian Funds made Payable to the WORLD MASTERS SPORT FOUNDATION is enclosed.

SIGNATURE: _____

DATE: _____

Please send me MASTERFORM(S) and booklet(s) for the following:

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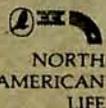
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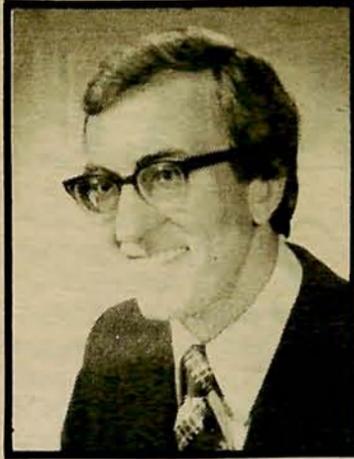
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FROM THE Editor

by AL SHEAHEN

We had planned to publish the results of our postcard survey last month, but the World Veterans Games issue took up all our time and space. Next month, we'll feature the stories and results of the Rome Games, so now is a good time to report to you on the survey.

First, my thanks if you were one of the 672 people who responded. I appreciate your time and concern. That's about 18% of our 3600 subscribers, so it gives us a pretty good idea of what you want and where the **National Masters News** should be focused in the coming months.

Demographics

The responses generally followed the number of most Masters meets and races: 89% were from men, 11% from women. Half were over-age-50. By age group: 15% were under 40, 33% were 40-49, 28% were 50-59, and 24% were over 60. (See chart for detailed breakdown).

Participation

All but seven respondents participate in either track and field, long distance running or race walking. That's a whopping 99%. 72% are active in T&F, 46% in LDR and 7% in race walking. That adds up to more than 99%, because one out of four readers takes part in more than one sport — usually both T&F and LDR.

Favorite Features

The favorite features in NMN are Age Records, T&F Results and the T&F Schedule. Bunched close behind are Training Advice, Masters Scene, T&F Stories, Profiles, Photos, Gun Lap, Open Mouth, Rankings, LDR Results, Foot Beat, LDR Stories, Medical Advice, LDR Schedule and International News.

Trailing are Club Listings, TAC Convention News, Write On, New Age-Groupers, Speaker's Corner and NRDC. At the end is Race Walking,

which has a loyal, but small, cadre of aficionados.

We are embarrassed that, due to a typo, we forgot to include Jerry Donley's monthly Track & Field Report in our survey. It goes without saying that his column is much appreciated and looked forward to by T&F participants.

What Should Be Covered More, or Better?

We had plenty of "It's fine as is, don't change anything" comments, but there were many requests for more coverage of events, more schedule info, more regional coverage, more results and especially more training advice. Other suggestions were to include more coverage of race walking, club news, field events, multi-events and sub-masters.

Specific requests which we're trying to implement include: put photos on the same page as the relevant story; improve the format of results; don't skip articles to so many pages (we've been remiss on that one, but will try to improve).

Other ideas: Provide current T&F rankings (we're hoping to buy a computer to do that); Explain how to get a sponsor (I wish I knew); Report field events in feet and inches, not meters

(we try to do both).

There were several requests for more photos of East Coast athletes. We've always had a problem with this. For some reason, all our regular photographers — Gretchen Snyder, Gene Cohn and Richard Slotkin — are on the West Coast. Some race and meet directors from the rest of the nation send photos, but we can't find any regular contributors outside of California. We'll keep working on it, but this is really a call for help. We want and will use photos from east of California. If you so request, we'll even pay a token amount to cover your expenses. Black & white prints are best, but color shots work, too. We are indebted to Jim Oaks and the Alabama Cotton Row Run organizers for sending us so many outstanding photos for this issue.

Results

As to the format of results, we've always placed them in the rear, divided them into T&F and LDR and then laid them out chronologically. In May, we started dividing them further into regions, and setting type on the headlines. I hope that helps. We ask race and meet directors to type their results in a single-space, tight format so we can print them as is. When we get hand-written results, Jerry Wojcik types them in our standard 27-space format. Uniformity may suffer a bit, but to reset all the results would be too costly.

The biggest problem we have with results is that we don't always get them, or we get them late. We mail a request for results to all meets and races in our schedule. Some meet and race directors get them to us immediately. Some don't. For example, we just received the results of the L.A. Patriots meet held on March 10. We never received the results of the San Jose 10K, the Galveston Marathon, the Avenue of the Giants Marathon, the Revco/Cleveland 10K/Marathon, the Bay-to-Breakers, the Mt. Sac Relays, the North Coast Relays or the L.A. Senior Olympics, to name a few. We don't have a paid staff in the field phoning results in; we rely on race/meet directors and on volunteer contributors, who send us newspaper clippings, stories, results, etc. Sometimes we get a story along with the results, which is great. Sometimes we just get the results, which is okay, too, because Jerry then creates a story from the plain stats.

Schedule

Our general policy has been to include all the Masters T&F meets we learn about, major LDR events, races with Masters prize money, all Masters-only races and all TAC National and Regional Masters Championships.

Name of Paper

About 80% preferred we keep the current name — it's familiar. The only problem occurs among people who don't know what "Masters" are. They think it's a publication about golf or



Dave Romain, M40, All-Corners meet, January 1985, Berkeley, Calif.

photo by G. Snyder

old paintings.

Medical Advice

Last year, we added a column on Masters medical advice by Dr. John Pagliano, one of the top running podiatrists in the nation. He's giving solid advice from a Masters point of view on how to avoid and cure injuries.

One thing we've always tried to

Continued on page 16

RESULTS OF NMN SURVEY

Number of respondents:

Age Group	M	W	T	PCT.
0-29	3	1	4	0.6
30-39	81	14	95	14.1
40-49	199	27	226	33.6
50-59	167	21	188	28.0
60-69	97	8	105	15.6
70-79	46	4	50	7.4
80+	4	0	4	0.6
Total	597	75	672	100.0
Pct.	89	11	100	

Men	T&F	LDR	RW	TOTAL
0-29	2	3	0	3
30-39	71	34	3	81
40-49	150	102	6	199
50-59	118	79	7	167
60-69	70	36	8	97
70-79	29	10	15	46
80+	2	1	1	4
Total	442	265	40	597
Pct.	74	44	7	100

Women	T&F	LDR	RW	TOTAL
0-29	1	0	0	1
30-39	10	6	1	14
40-49	17	19	2	27
50-59	9	11	4	21
60-69	4	6	1	8
70-79	4	0	0	4
Total	45	42	8	75
Pct.	60	56	11	100

M&W	487	307	48	672
Pct.	72	46	7	100

M=Men W=Women T=Total

Note: horizontal totals may not balance because 25% compete in more than one sport.

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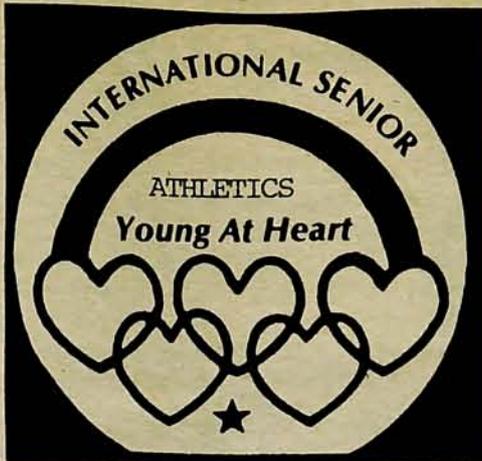
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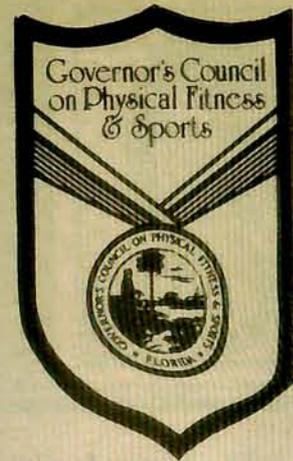
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 PALM BEACH GARDENS H.S.

TIME OR
 DISTANCE

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HAMMER THROW	MEN	_____	10:00 AM
JAVELIN	MEN	_____	10:00 AM
SHOT PUT	MEN & WOMEN	_____	10:30 AM
DISCUS	MEN & WOMEN	_____	10:30 AM
HIGH JUMP	MEN & WOMEN	_____	11:00 AM
LONG JUMP	MEN & WOMEN	_____	11:00 AM
POLE VAULT	MEN	_____	11:30 AM
120 YD. HURDLES	MEN	_____	12:00 NOON
100 YD. DASH	MEN & WOMEN	_____	12:30 PM
ONE MILE RUN	MEN & WOMEN	_____	1:00 PM
440 YD. DASH	MEN & WOMEN	_____	1:30 PM
440 YD. RELAY	MEN & WOMEN	_____	2:00 PM
330 YD. HURDLES	MEN	_____	2:30 PM
880 YD. RUN	MEN & WOMEN	_____	3:00 PM
220 YD. DASH	MEN & WOMEN	_____	3:30 PM
TWO MILE RUN	MEN & WOMEN	_____	4:00 PM
MILE RELAY	MEN & WOMEN	_____	4:30 PM

10 KILOMETER ROAD RACE THRU THE STREETS
 OF WEST PALM BEACH, FLORIDA

LATE REGISTRATION AND PACKET PICK UP
 6:30 AM TO 7:30 AM SUNDAY

ROAD RACE BEGINS PROMPTLY AT 7:45 AM

THERE WILL BE ADEQUATE WATER STATIONS
 ALONG THE RACE ROUTE

SPLITS WILL BE GIVEN AT ALL MILE MARKERS

REFRESHMENTS AT THE FINISH WILL ALSO BE
 PROVIDED

ALL TIMES WILL BE POSTED AT PGA SHERATON
 HOSPITALITY SUITE

MEDALS AWARDED TO TOP (3) MALE & FEMALE FINISHERS IN EACH AGE GROUP (50-54)(55-59)(60-64)(65-69) (70-OVER)
 MEDALS FOR 10 K RACE WILL BE GIVEN OUT AT THE END OF THE RACE : ALL AWARDS FOR THE TRACK & FIELD MEET
 WILL BE HANDED OUT AFTER THE FINAL RESULTS OF EACH EVENT IS ANNOUNCED OVER THE PUBLIC ADDRESS SYSTEM

ALL PRE-ENTREES WILL BE CONFIRMED BY POSTCARD IF RECIEVED ON OR BEFORE OCTOBER 11, 1985

I CONSIDER MYSELF ADEQUATELY TRAINED FOR ANY EVENT IN WHICH I AM REGISTERED TO COMPETE. I AND MY HEIRS HEREBY
 ABSOLVE INTERNATIONAL SENIOR ATHLETICS AND PGA NATIONAL IT'S AFFILIATES, ASSIGNS AND REPRESENTATIVES, OR ANY
 PERSON OR ORGANIZATION ASSOCIATED WITH OR INVOLVED IN THESE COMPETITIONS FROM ALL LIABILITY FOR MY HEALTH,
 SAFETY, OR INJURY RESULTING FROM PARTICIPATING IN THE 1985 INTERNATONAL SENIOR ATHLETIC MEET.

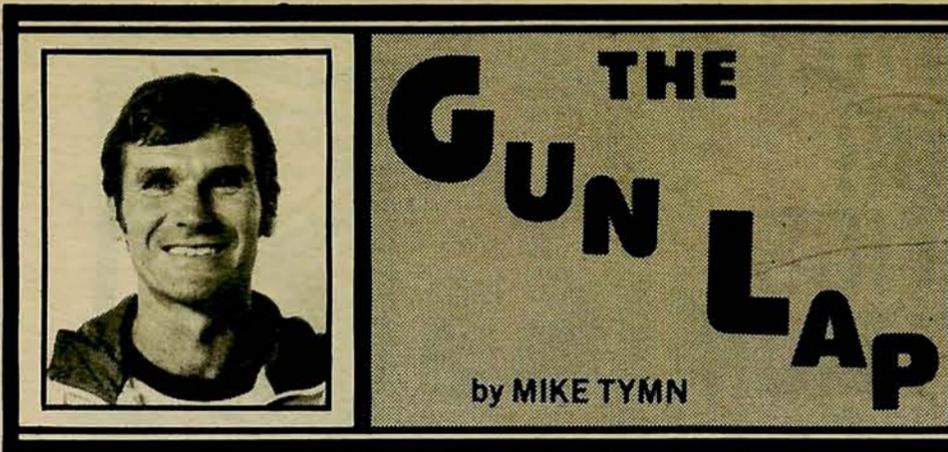
I HAVE NO PHYSICAL RESTRICTIONS WHICH WOULD PROHIBIT MY PARTICIPATION IN THE EVENTS THAT I HAVE SELECTED. I
 AUTHORIZE THE OFFICIALS FOR THE INTERNATIONAL SENIOR ATHLETICS TO HAVE ME TRANSPORTED TO A MEDICAL FACILITY
 FOR TREATMENT. I TAKE FULL RESPONSIBILITY FOR THIS ACTION.

NAME _____ DATE _____ AGE _____ PHONE _____
 ADDRESS _____ SIGNATURE _____

MAIL ENTREE FORM TO 200 CASTLEWOOD DRIVE NORTH PALM BEACH, FLA. 33408

OTHER EVENTS INCLUDE : GOLF : PUTTING : TENNIS : RACQUETBALL: BOWLING: SWIMMING: DIVING: CYCLING:TEAM SOFTBALL,
 AND SENIOR LADIES BEAUTY CONTEST. FOR ADDITIONAL EVENT INFORMATION AND LODGING CONTACT INTERNATIONAL SENIOR
 ATHLETICS AT (305) 842-3600 OR BY WRITING TO THE ADDRESS ABOVE C/O JOE VALDES

PLEASE ENTER ME IN 10- K RUN _____ TRACK & FIELD _____ BOTH EVENTS _____



Remembering An Old Warrior

Some called him "Top"; others referred to him as "Pop". Officially, he was Master Sergeant William F. Knuppel, USMC. To me and to others who competed against him, he was something of a phenomenon and an inspiration.

Bill Knuppel was a 40-year-old competitor at a time when men that age were considered too old for strenuous sports. More than a competitor, Knuppel was a winner.

I was a 22-year-old Marine lieutenant when I first met Knuppel. He was the man I had to beat to qualify for the U.S. Modern Pentathlon training center at Ft. Sam Houston, Texas. Once there, I would compete for a berth on the team to be sent to Rome for the 1960 Olympic Games. I had been told by the officer in charge of the Pentathlon program that if I could improve my swimming time by 20-30 seconds and also win the All-Marine Triathlon, which consisted of a 2-mile run, a 220-yard swim, and marksmanship with the .45 caliber pistol, he would arrange for my transfer to the training center.

Knuppel was the defending champion. In fact, he had won the event four straight years, from 1955-58. He had gone on from the All-Marine competition, which was part of the All-Marine Track & Field Championships, to win the Inter-Service Triathlon three straight years (1956-58). His total of 2,933 points out of a possible 3,000 for the inter-service meet of 1957 still stands as a record for the event.

In 1956, Knuppel just missed making the Olympic team in the modern pentathlon, which includes fencing and horseback riding in addition to running, swimming, and shooting. He had trained at Ft. Sam Houston and finished fifth in the competition to select the three-man Olympic team.

When the Camp Pendleton special services officer told me that my chief competition in the triathlon would be a 40-year-old master sergeant, I felt a surge of confidence. After all, 40-year-old men were "over the hill" and non-commissioned officers were known more for their beer-drinking prowess than for athletic excellence. I soon realized that Knuppel was not my stereotyped middle-aged non-com. He easily defeated me in the 1959 All-Marine Triathlon, shooting a near perfect score with the pistol, finishing not far behind me in the 2-mile run,

and trouncing me in the swim. Instead of Ft. Sam Houston, I ended up in Okinawa.

Recently, while going down the list of NMN subscribers in search of an address for a profile subject, I came upon Knuppel's name. I phoned him at his Big Arm, Montana home to find out how the years after treated him.

"About the only thing this part of heaven doesn't have is a good track and a 50-meter pool," said Knuppel, whose home overlooks Flathead Lake in northwest Montana, about 50 miles north of Missoula. He and his wife, Mildred, moved there after he retired from the Marine Corps.

Now 66, Knuppel continues to maintain a high level of fitness. Three times a week he runs the 2½ miles to the post office to pick up his mail and occasionally he drives into town to do 220's on the high school track. And, of course, there's plenty of swimming in the lake.

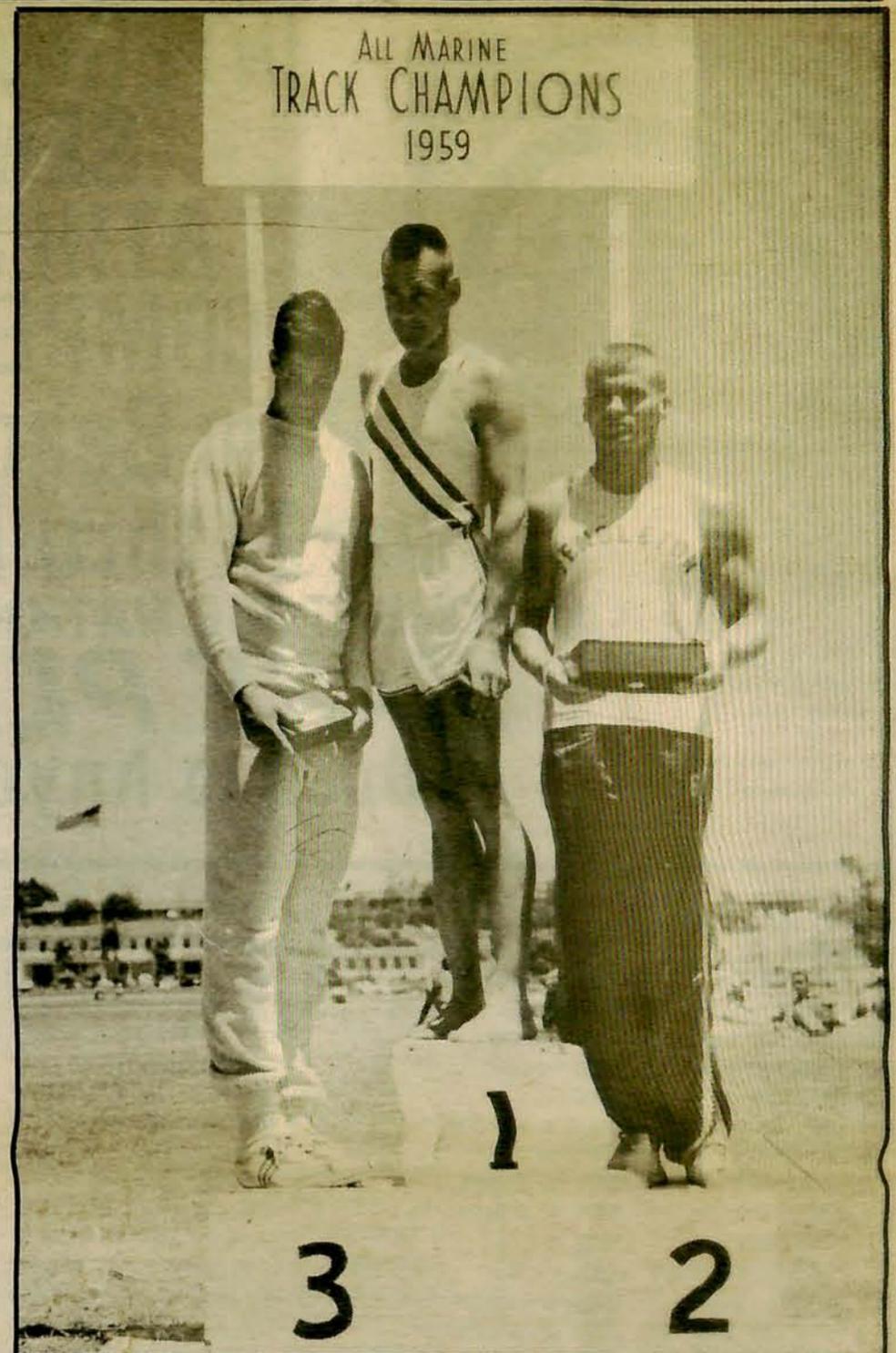
There isn't much in the way of masters competition in Knuppel's neck of the woods, but during the winter months he heads for Arizona and finds a meet or two to compete in there.

"We do have some meets up there, but they're few and far between," he said. "Workouts are fun, but it's nice to have some competitive goals. So I'll sometimes drive away to get in a race."

Knuppel prefers the quarter and half. "They're just short enough to enjoy and long enough to use a sense of pace," he explained. While he once ran his quarters in the low 50's, he's content with "around 68 or 69" these days.

"I find my mind comes up with ideas my legs can't carry out, and it's harder to push myself into an extended workout," he said. "Looking at the record books I've kept over the years, I noted that I ran 15 220's from 34 to 28 seconds back in 1966. Now I'll do eight in '36 to 33. But I have no difficulty in accepting slower times, as you can't put the push on a body that's had its day."

A native of Rockford, Ill., Knuppel



Forty-year-old "Pop" Knuppel stands highest on the victory stand after the 1959 All-Marine Triathlon competition. NMN columnist Mike Tymn, then 22, stands in second place. Official USMC photograph.

competed in football and basketball in high school. He first gave running a try in 1939 when he turned out for the cross-country team at the University of Minnesota. After helping the team achieve its first undefeated season, he was elected captain for the following year. World War II ended his student days, but he continued to enter military competition in running or swimming whenever the opportunity presented itself.

Knuppel said that he has never run more than about 15 miles a week. He said that he couldn't break 11 minutes for two miles until around 1955 when Wes Santee, the great University of Kansas miler, joined the Marines and introduced him to interval training.

"He put me on ten days of 15 220's under 33 seconds and in the inter-service triathlon that year I dropped my 2-mile time down to 10:08," Knuppel said. "Ever since then I've gone to the 220's at about 90 percent effort whenever I've tried to get in good shape."

In nearly a half-century of running, Knuppel has suffered only one injury.

"I pulled a hamstring once and feel that was due to running too hard on a curve. I'd been training on a dirt track and just didn't push on curves. The meet was on an all-weather track. There is no doubt in my mind that by always training in a full sweat suit and only taking it off to run in a meet has saved many leg problems for me.

"The other thing, I've never believed in pushing myself when I feel I'm losing my rhythm or form and I always take two days rest before a meet. I find a good workout every other day does me the most good when I push myself. I believe over 50 or thereabouts your body needs a day's rest between workouts."

Knuppel commented that he feels he can get his 400 meter time down to 65 seconds or under if he had a good track available to him and really wanted to work at it, but running below his potential is "not a bitter pill" as long as he is able to enjoy himself.

"I may have to shovel coal after I die, because I'm in heaven right now, even without a good track to workout on," Knuppel concluded. □

Gist Sets Two World Marks in Visalia

from MARTY HIGGINBOTHAM

Burl Gist, who turned 65 earlier this year, set two world age 65-69 records to highlight the annual West Coast Masters Classic in Visalia, California on May 4.

Gist raced to a time of 18.1 in the 120-yard (110-meter) hurdles, to break the mark of 18.15, set by Al Guidet last year. He high jumped 5-0 to raise the mark of 4-11½, set by Canada's Ian Hume in 1981.

Irene Obera, 51, set two American records for women 50-54, sprinting to a 12.5 in the seldom-run 100-yard dash, which lowered Shirley Kinsey's mark of 13.5 by a full second. She then raced to a 220-yard dash win in 28.4, bettering the W50 220y/200m mark of 29.43, set by Gretchen Snyder last year. (Obera has a pending 27.4 from 1984 which has not yet been approved.)

Bruce Springbett was a triple winner in the M50 division: 100y (11.1), 220y (24.7) and 440y (56.5). Rufus Morris, M40, also won three: LJ (19.6), 100y (10.6), 220y (24.6).

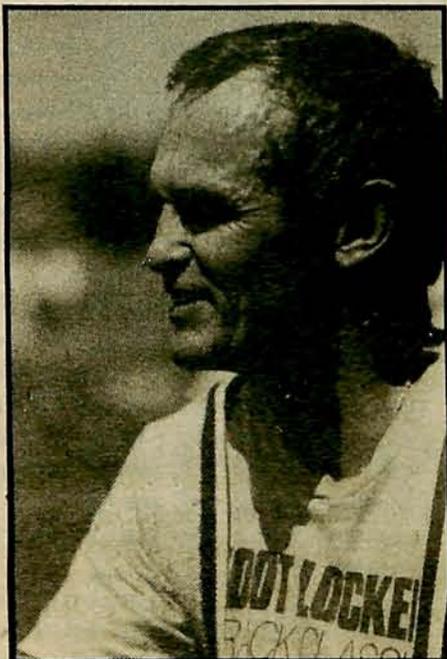
In an exciting 880, Mel Elliot, M45, (2:03.6) edged Danny Moon, M30 (2:04.6) and Wayne Douglas, M30 (2:07.0). In the mile, George Cohen, M45, outkicked Bryan Patterson, M30, 4:32.5 to 4:33.6.

The Visalia Medical Clinic once again sponsored the meet.

King's Point

Continued from page 1

Boitano, 52, in the 5K walk (24:29.7), Bob Youngs, 50, in the javelin (53.00m), and Carole Leaf, 42, in the javelin (29.47).



Bruce Springbett, M50, director of the WAVA North American Masters Championships, to be held at Los Gatos, August 3-4, 1985.

photo by Gretchen Snyder



SPONSORED by: THE DENVER TRACK CLUB

DATE: AUGUST 31 & September 1st

SITE: Uof COLORADO POTTS FIELD BOULDER, CO.

FACILITIES: Chevron 440, electronic timing

TEAMS: Any athlete registered with Montana, Wyoming Colorado, New Mexico is on the Rocky Mountain team. Anyone registered west of these 4 states is on the West team, anyone east on the East team.

AGE GROUPS: 5 year age groups - men and women 30 and over.

AWARDS: First 6 places in each event receive medals. A maximum of 3 medals will be awarded to any entrant additional medals won may be purchased for \$3.00

SCORING: Scoring will be 8-5-4-3-2-1 for each event including 5K, pentathlon, & weight pentathlon The team with most points will have its name inscribed on the ROCKY MOUNTAIN GAMES TROPHY. The club from that team scoring the most points will decide the location until 1986 meet.

RULES Standard TAC Masters Rules except weight implements which will use old implements when new metric not available.

REGISTRATION: TAC registration is required and will be available at the meet.

ENTRY FEE: \$6.00 first event, \$4.00 each additional event. \$21.00 unlimited events not to include the pentathlons. National Pentathlon \$7.00 Weight Pentathlon \$7.00

ENTRY DEADLINE: To guarantee participation, entries must be received on or before August 29th 1985. Late entries may be allowed to participate at the Meet Directors discretion.

INQUIRIES: Jim Weed, 11672 E 2nd Ave, Aurora, CO 80010 (303) 341-2980
Jerry Donley, 1715 Alamo, Colo. Spgs, CO 80907 303 635-1264
Steve Kasper, (303) 388-8180

SCHEDULE OF EVENTS

SATURDAY August 31

11.00 am Natl Pent
3.00 pm Weight Pent
4.00 pm Javelin
5.00 pm Hammer
6.30 pm 5K on track

SUNDAY SEPTEMBER 1

9.00 am 110mHH, P.V.
H.J. & S.P.
9.30 am 100m Trials
10.00 am L.J.
10.30 am 800m
11.00 am Sprint Med
400-200-200-800
11.30 am Predict mile
(family and friends)

12:00 am 200m finals
2:00 pm T.J.
2:15 pm 400IMH
2:45 pm 400m finals
(by time)

3:30 pm 4x100
4:00 pm 1500 m
4:30 pm 4x400

ROCKY MOUNTAIN MASTERS GAMES 1985 & NATIONAL MASTERS PENTATHLON CHAMPIONSHIPS

please print

NAME _____ PHONE _____

ADDRESS _____ STATE _____

AGE _____ SEX _____ DATE OF BIRTH _____ TAC # _____

CLUB AFFILIATION _____

In order to compete in the 1985 ROCKY MOUNTAIN GAMES, I do for myself my heirs and administrators waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me or my heirs against the Colorado Athletic Congress, the sponsors and the officers and agents thereof. I certify I am in good physical condition and recognize that this meet will be held at High Altitude (6000 ft) and that the weather conditions can vary from extreme heat to cold in short periods time.

DATE _____ SIGNED _____

Please check in the space provided to the right of each event, those events you wish to enter. Also please enter your best time, distance or height for all events you have competed in over the past two years. This will help meet directors seed multi-heated events and may be helpful to team captains in putting strength in various events.

TIME	ENTRY	HEIGHT	ENTRY	DISTANCE	ENTRY
100m	_____	_____	H, J, _____	_____	S. P. _____
200m	_____	_____	P. V. _____	_____	Dis _____
400m	_____	_____	5K _____	_____	Jav _____
800m	_____	_____	Interested in _____	_____	Hammer _____
1500m	_____	_____	Relay? _____	_____	L. J. _____
110mHH	_____	_____	_____	_____	T. J. _____
400IMH	_____	_____	Weight Pentathlon _____	_____	_____
NATIONAL MASTERS PENTATHLON	_____	_____	TEE SHIRT SIZE _____	_____	\$2.00 _____

Please send your entry form, signed waiver, and check payable to the "Denver Track Club" to Jim Weed 11672 E. 2nd Ave, Aurora, CO 80010

NATL PENT 7.00
WT PENT 5.00

NUMBER OF EVENTS ENTERED _____ AMOUNT _____

TOTAL _____

Sunday evening an awards ceremony and social will be held at the Hilton Harvest House
Saturday 5:00 pm to 10:00 pm pick up packets at hospitality room Hilton Harvest House.
Reservations Hilton Harvest House, 1345 28th St, Boulder, CO 80302 303 443-3850



On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

Don't Get Around Much Anymore

Back in the early days of the Chicago Marathon, we coined a great expression, "To run is to win." Now, nine years or whatever, after the fact, I'm not so sure. I am sure about one thing, you'd have to be a bit more precise in what, exactly, do you mean by run and what, exactly, do you mean by win. If you mean run, as in exercise and health, and win, as in anyone who exercises is a winner, I guess I still agree. Unfortunately, the popular interpretation many of us gave that noble statement was something dramatically different.

To run meant ten miles a day for casual running and 100 mile weeks for training. Ten miles a day became the accepted hash mark for anyone who was really into running. Please understand, it didn't really have anything to do with whether you ran four miles a day or eight, whether you ran 30 minutes a day or an hour — everyone *said* they ran 10 miles a day. We all had a running log, and that's what went in the log, Pal, right there in black and

white.

I always ran the 10 miles, my problem was, I didn't do it every day. I simply said I did. All the same, this somewhat liberal translation regarding the scope of my daily efforts did bother me. Not because I was lying, of course, but that all these other people were, too.

I suppose if we hadn't been Masters, it would have been different. The ex-



J. Miekautsch, W45 high jump winner, 5-7, February 23, Pretoria, South Africa.

photo by Leo Benning

uberance of youth, and so forth, could explain a couple of fibs here and there. Remember Mark Twain's old line, "When I was young I could remember everything, whether it happened or not." No way, Mac, as a broken down, ex-2B marathoner, how could I blame it on my youth?

In my frustration, I considered several options: tell the truth, actually run 10 miles every day, or, in a bold move to separate myself from this pathetic array of fakers and pretenders, simply increase the number of miles I claimed to have run each day. After a minimum of soul searching, I chose the latter. Based on whatever angle of deprivation that formed my character, I picked 14 miles as my new daily mileage figure.

Maybe the entire scenario isn't really as complicated as I would like to make it. Someone told me, one time, I was pretty mixed up and I liked that. Kinda like the folks they talk about in "People Magazine". It probably just has to do with my accounting background. After all, 14 times the 7 days in the week does get me very close to the tidy round figure of 100. Everybody picks up a couple extra miles in the course of a week, etc., etc.

I sincerely feel the lying was really the least harmful ramification of this special and somewhat unique interpretation. It certainly pales in the face of the trauma and shock inflicted on body and mind by all the senseless hours and miles we so proudly placed under the heading "Doing Boston". Remember, never getting ready for Boston, it was always "Doing Boston".

When I think of the million times I asked a running buddy, somewhere between six and eight miles, how he felt and this lying rat always said the same thing. "I feel great, how you doin'?" I learned one thing over the miles and years, anyone who claimed they felt the same after 10 miles as before, is a far worse liar than some poor guy who just can't count.

Think of the times you dragged a leg through an entire training or, better yet, a fun run. Think of the role you played in giving credibility to the biggest group of self promoters in the world — the American Podiatrist. I swear, if they get any tackier, they'll be at the same level as the physicians trying to cash in on the "stress test and only-your-cardiologist-can-give-you-an-official-okay-to-run" nonsense which your doctor would have you believe. Oh, brother, the bullshit I have heard in the name of advice. Damn if I don't think Tom Brunick is about ready to believe all the drivel the shoe companies hand out. Can you believe it, a running magazine shoe survey — and we bought it. Probably spent hours tearing around to stores trying to buy a shoe that wasn't, and never would be, manufactured.

Now that I get it down on paper, it all really seems fairly harmless. So we got a little carried away, so we felt a little smug about our physical achievements? Who cares? We're the ones who crippled and maimed ourselves. We're the ones with the bad backs, the hairline fractures, arthritis, bursitis and numbness in the toes. I would remind you, no one ever proved these ailments to be totally contagious. All we did to anyone was bore them at parties and, frankly, we don't go to parties anymore because my back doesn't allow me to stand for more than a few minutes at a time.

My advice concerning Boston, New York and all that jazz? Forget it. If you feel compelled to race, get a horse. If you feel the need to train, get a dog. If you want to run a couple miles a day with the headset to feel better and help the weight, do it friend, and do it with the quiet assurance that you are a very intelligent person.

As for me, I think the thing that bothers me most is I should have told even bigger lies about my mileage back when it could have done me some good. I'd probably be able to get around a lot better now. □

TWO BIG
OPEN OUTDOOR
TRACK AND FIELD MEETS

DATE: July 20, 1985
August 17, 1985

PLACE: York High School
Spring & St. Charles Rd.
Elmhurst, IL.

SURFACE: Chevron 400
1/8" Needle Spikes

ORDER OF EVENTS:

TRACK	FIELD
5,000 Meters	Long Jump
110 Meter Hurdles	Shot Put
100 Meters	Pole Vault
400 Meters	Triple Jump
Steeplechase	High Jump
5,000 Walk	Weight Throw
200 Meters	Hammer Throw
800 Meters	Discus
400 Meter Hurdles	
1,500 Meters	

AGE DIVISIONS: H.S., Col., 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79

AWARDS: 1st five places, male and female

FEES: \$6 first event, \$4, for each additional

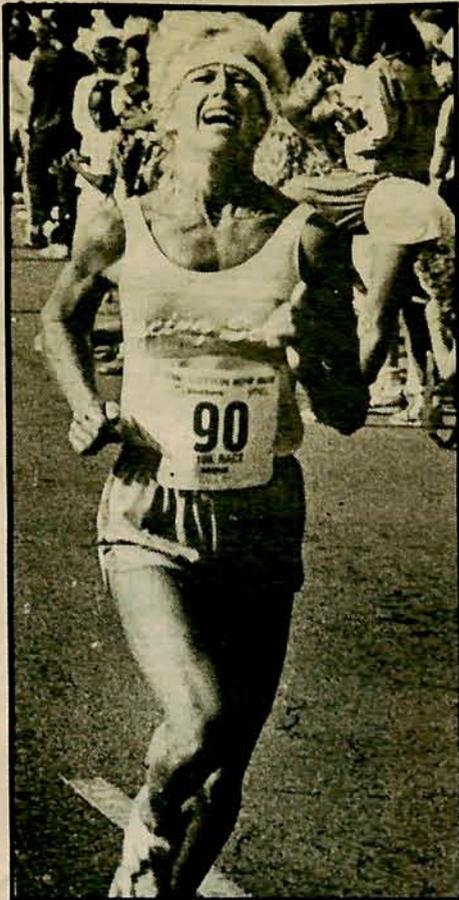
MAIL TO: MIDWEST MASTERS
7250 No. Cicero
Lincolnwood, IL 60646

NAME _____ AGE _____ SEX _____
ADDRESS _____ CITY _____

I waive and release Midwest Masters, York High School and the City of Elmhurst for any and all damages _____
(Signature)

Green, Wiegand Win In Lincoln

Making his annual trek to Nebraska to what he calls "one of my favorite races," Pennsylvania's Norman



Patti Sudduth, 45, of Crawfordsville, Florida takes second in the W45-49 category in 40/41 in the Cotton Row 10K in Huntsville, Alabama on May 27. That's a 6:33-per-mile pace.

photo by Chris Cobb

Green, 52, led all age-40-and-over runners to the finish line in the 8th Annual Lincoln Marathon on May 5 in the outstanding time of 2:32:13.

Local favorite Sylvia Wiegand, 40, was the first over-40 woman in 3:27:11.

Another visitor, Jim Gallup, 49, of Hawaii, was the second Master in 2:38:36. Topping the M40-44 division was Oliver Weaver's 2:43:38.

Race conditions were near perfect for the two-hour runners (a cool mist and overcast skies), but the sun sent temperatures soaring for the three-and-four-hour crowd.

Phil Coppess, 30, won the race in 2:16:30.

Fifty-eight persons over age 50 completed the race, 25 more than last year, and second only to the 60 finishers in last year's TAC National Masters Marathon Championships. The Lincoln Marathon Over-50 Club was specifically formed in 1980 to encourage 50+ runners to compete in this event.

"Although we comprise only a small fraction of the field each year (6.6% in 1985)," said Harry Crockett, who finished 2nd M55 in 3:38:14, "the example we set as the oldest of the fittest offers abiding hope and strength to younger runners. For each of us, the race expresses the indomitable human spirit performing a formidable task."

□



Some of the women Masters at the guest runner supper at the Cotton Row Run in Huntsville, Alabama on May 27. Left-to-right: Yvonne Rodgers, Carol Lasseter, Mary Anne Wehrum, Jane Arnold, Judy Pickert, Linda Burgasser, Alene Park and Wendy Williams.

photo by Jim Oaks

Welch Wins in Freihofer's 10K

by CAROLINE MEYERS

Continuing her unbeaten string in Masters competition, England's Priscilla Welch, 40, led all women age-40-and-over in the annual Freihofer's 10K Run for Women in Albany, N.Y. on May 18, with a time of 33:48.

She finished 61 seconds ahead of the first American Master, Idaho's Gabriele Andersen, whose 34:49 was only 20 seconds away from Cindy Dalrymple's pending U.S. W40 mark

of 34:29. Iris Black, 42, was third in 36:36. Margarete Deckert took the W50 title in 41:07, with Toshiko d'Elia first W55 in 41:51.

A controversial finish developed when judges declared a tie for first between Betty Springs and Francie Larrieu-Smith in 32:14. A tie is unprecedented in a women's race.

Three hundred ninety-nine athletes finished the race in mid-50's weather under overcast skies. George Regan directed. □



1984 winners of the Howmet/Jim Boyle Memorial Award:
Jim Landsfeld, 50, Detroit MI—2:41:59
Gloria Brown, 52, Grand Island NY—3:27:27

- Date: Sunday, Oct. 13
- Entry deadline: Friday, Sept. 27
- Entry fee: \$9.00 (non-refundable)
- TAC sanctioned and certified; qualifies for Boston Marathon
- Official marathon timing donated by Burroughs Corporation

Put this in your master plan—
Sunday, October 13, 1985
at 9 a.m. sharp.

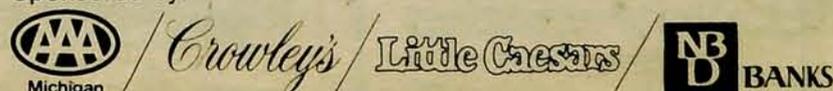
Master runner or novice:

Here's a glorious opportunity to test yourself in an international marathon. The Detroit Free Press International Marathon sets an exciting course that runs a mile underwater through the Detroit-Windsor tunnel and winds along fall color-splashed paths. It's an experience to savor.

Top male and female finishers among master runners who are 50 and over will win a trip to the Boston Marathon. The award is provided by Howmet Turbine Components Corporation in memory of Jim Boyle, former Howmet executive and 3:28 finisher in the 1982 Detroit Free Press International Marathon. Plan to participate.

For entry forms, write to the Detroit Free Press International Marathon, 321 W. Lafayette, Detroit, MI 48231

Sponsored by:



Detroit
Free Press
International
Marathon



SPEAKER'S CORNER

by PAUL SPANGLER

Somebody Loves Us!

The Fifty-Plus Runners Association is primarily concerned with long-range study of the effects of running on health, disability and longevity. The association is also concerned with the encouragement of all runners to continue their activity into the advanced years. We note with pleasure the acknowledgement of older runners at certain events, but view with concern their lack of recognition at many meets and runs because of a failure to provide appropriate age group categories. We strongly urge all associated organizations and event directors to recognize the many contributions to the development of running by older runners, and to extend to them the opportunity to run in proper age groups, irrespective of the number of entrants involved. We point out that, for many older runners, the simple fact of being recognized as an age-group participant is, in itself, a satisfying reward, and that recognition of the identities of runners in older age categories is more important than their reception of trophies or awards. We therefore urge all organizations and event directors to join with us in extending the concept of age-group running to all older runners, in this way encouraging the older athletes to enter more events and thus continue their life beneficial activity.

The above policy statement unanimously adopted at the annual meeting of the 50-plus Runners Association on March 17 at Stanford University. This association is devoted to the long range study of the effects of running on the older population. They are interested in the welfare of older runners and want to keep them active throughout their lives. They are concerned that age discrimination against older runners in many Masters events tend to discourage them from continuing this life-saving physical activity.

We older runners have long been unhappy with this unfair discrimination against us. We feel that those of us who have been active in the support of Masters competition all these years have earned more consideration than to be denied the opportunity to compete in our age division. I am thinking of the prevailing practice of terminating the age groups invited at 50-plus, 60-plus, 70-plus etc., thus denying the 80-and 90-year old runners any chance of winning any recognition.

We feel that if there is only one competitor in any age group, he has earned the right, just by finishing, to be recognized as the best in his age group in that race, on that day. This right is denied him if there is a cutoff in the five year age categories at 50, 60, or 70 as is so often prevalent.

All national and regional TAC Championships are required to recognize all age groups equally. All age groups are recognized equally in Masters swimming. We like to have the opportunity for a good effort to be recognized, just as those in the younger age groups. There is no chance if we are forced to compete with athletes 5, 10, 15, 20 years younger than we are, which we are forced to do if there is

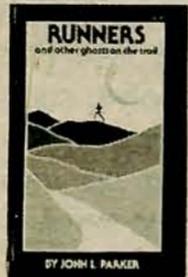
any age-group cutoff.

It is time that our support and participation in Masters Competition over these many years be recognized and that this unfair discrimination against us be terminated. We believe that TAC sanction for any meet or race should make it mandatory that all courses are properly certified, that all race results are properly reported, that all timing is legal and, finally and most important, that all age groups shall be included with equal opportunity and rewards. We heartily endorse the action of the 50-plus Runners Association in recommending that all governing bodies take immediate steps to eliminate this unfair discrimination against the older runners and restore equality and justice for all in Masters Competition. □

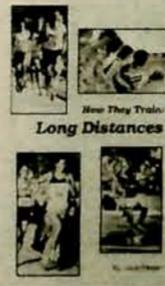
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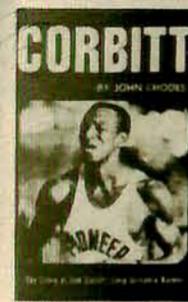
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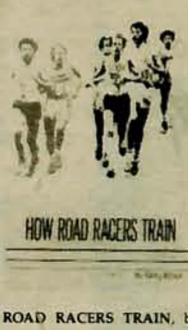
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Redlands Meet Draws Good Field

Participants in the Redlands Evening Kiwanis Masters Track & Field Meet at the University of Redlands, California, May 11, were predominantly a Southern California group of long-time Masters journeymen sprinkled with world-record holders.

The older sprinters were paced by M75 Anthony Castro, who won the 100m over Joe Caruso with 14.34, and had a 30.22 200m; veteran Bob Watanabe won the M55 100m, 13.20, and 200m, 26.5, but came in second to Louis Beadle's 1:01.5 in the 400m; and Warren Spikes, M30, was the fastest man of the day in the 100m, 10.75, and the 200m, 21.5.

The 800m races produced a 2:22.9 by M55 Jerry Withers and a 2:10.9 by M45 Cliff Bedell. Michael Figueroa, M40, ran a 4:26.6 1500m and a 16:36.8

5000m.

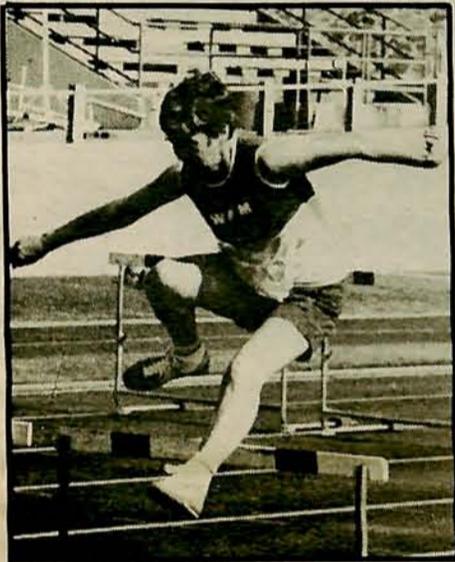
Doug Smith, M50, won the 110mH in 16.9 over two decathletes, who were honing their hurdling skills; Jerry Stanners and Ray Fitzhugh. But decathlete Gary Miller prevailed over hurdler-and-jumper Alvin Henry in the M45 long jump with a 19-4 leap. Henry, however, won the hurdles, 16.60, and the triple jump, 39-4½.

Winning shot putters included Vern Cheadle, M75, 38-6; Mike Castaneda, M65, 44-10; Stew Thomson, M50, 45-7; and Alan Stephans, M35, 45-3. Lloyd Higgins, M40, threw the discus 169-7, and Barry O'Brien, M50 world-record holder in the shot and discus, who was over the 180 line in warmups, pressed a bit and settled for a nonetheless enviable 174-8.

In the javelin, Del Pickarts, M55, won with a strong 160-7. Larry Stuart, M45 world-record setter with 238-10 at this meet last year, battled a sore back and a spongy, grass, throwing surface, to end with 183-8. The hammer featured Higgins at 160-3, Thomson, M50, 143-2, and Gary Kelmenson, M30, 151-1, with the 16#, and Bill Bangert, M60, tossing the 12# to 125-4.

Women's running results showed a 14.66 100m by W40 Charlene Hillebrand; a 66.0 400m from Jeane Carter, W45; and four races by W75 Bess James.

Shirley Kinsey, W55, was also a multi-eventer, four field events and the 80mH, 17.4. Edith Mendyka added age-74 world records to her list, in the long jump, 7-7; the javelin, 66-9; the shot, 26-1; and discus, 52-2. □



Isabel Hofmeyr, winning the W55 80mH, 17.8 in Pretoria, South Africa, Feb. 23. photo by Leo Benning

Jasionowski Wins U.S. 25K Walk

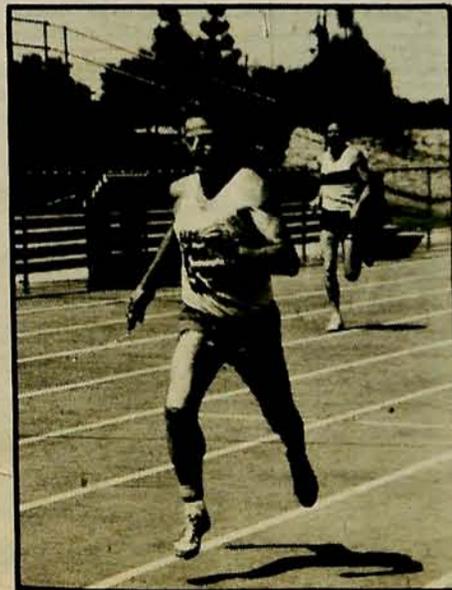
Leon Jasionowski of Utica, Michigan, was the first Master with an M40 win in 2:14:01 in the TAC U.S. National Masters 25K Racewalk Championships in Washington, D.C., on April 21. Meet organizer Sal Corrallo, M50, was the second Masters with 2:22:28, and Guy Ott, M40, of Seattle, Washington, third, in 2:23:15. Robert Mimm of Trenton, New Jersey, won the M60 division with a fourth-place Masters time of 2:25:16.

Jasionowski was six seconds behind Ott at the 2.5K point, 12:47 to 12:53, but by the 5K mark, Ott's lead was down to two seconds, and by the 7.5K point, Jasionowski had opened up a 26-second lead, which he increased steadily to the finish. Corrallo started with a slightly slower pace (13.02 at 2.5K) but gradually ate up Ott's lead, which at midpoint was about one minute and 45 seconds, until, at the 22.5K point, Ott led by just four seconds, 2:07:48 to 2:07:52, and was unable to stay with Corrallo's even pace to the finish.

The Potomac Valley Seniors TC "A" team of Corrallo, Robertson, and Lemert won the Master's Men's team

title over Shore AC's Mimm, Roman-sky, and Johnson.

The Potomac Valley Seniors W40 trio of Patricia Willis, 3:13:34, Helen Hillman, 3:28:48; and Marsha Hartz, 3:34:54, were the only W40-and-over entrants who finished the 25K, which gave them the Masters Women's team trophy. □



Bernie Stevens, M55, finishing first in the 100m in 13.02, TAC Central California Championships, Fresno, April 13.



NORTH AMERICAN WAVA CHAMPIONSHIPS LOS GATOS, CALIFORNIA

AUGUST 3 - 4, 1985

LOS GATOS HIGH SCHOOL TRACK ■ SAN JOSE CITY COLLEGE

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PRE-REGISTRATION DEADLINE JULY 30, 1985

ENTRY FEE-FIRST EVENT \$8.00 ■ ADDITIONAL EVENTS \$5.00
■ RELAYS \$16.00

FACILITIES: 8 lane Chevron 400 all weather track. 1/4" spikes only. Concrete throwing rings. Grass javelin runway at San Jose City College.

ELIGIBILITY: Men and Women in 5 year age groups from age 30 with a 1985 TAC registration number.

FEES: \$8.00 1st event. Each additional event \$5.00. \$16.00 per relay team — all from same club.

ENTRY DEADLINE: Tuesday, July 30, 1985. No post entries except by phone. \$10.00/event depending on available space in event. Relay teams may enter on meet days with all runners from same club.

TAC REGISTRATION: Required registration, 1985 number available at meet for \$6.00.

AWARDS: Medals for first 3 places in each age group.

HOUSING: Los Gatos Lodge, 354-3300. Los Gatos Garden Inn, 354-6446. Los Gatos Motor inn, 356-9191. Village Inn, 354-8210. Los Gatos Hotel, 354-4440.

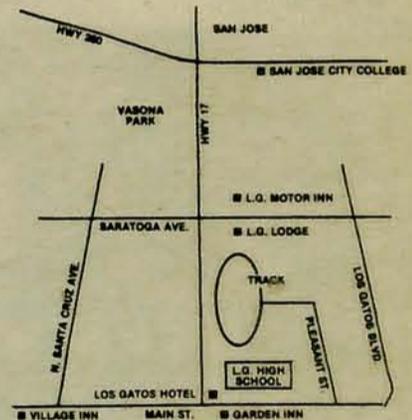
SATURDAY, AUGUST 3, 1985 • Los Gatos High School Track

7:00 5000 M RACE WALK	10:00 AM POLE VAULT 50 +
8:00 5000 M RUN/WOMEN & MEN 60 +	11:00 AM POLE VAULT 30-49
8:45 5000 M RUN/MEN 50 +	10:00 AM HIGH JUMP/WOMEN
9:30 5000 M RUN/MEN 40 +	10:30 AM HIGH JUMP/MEN 60 +
10:15 5000 M RUN/MEN 30 +	11:30 AM HIGH JUMP/MEN 30-49
11:00 4 X 100 RELAY	11:00 AM LONG JUMP/ WOMEN & MEN 50 +
11:15 80M HURDLES 30" W40+/M70+	12:30 PM LONG JUMP/MEN 30-49
11:25 100M HURDLES 33" W35-39: M60-69'	11:00 AM DISCUS/WOMEN
11:40 110 HIGH HURDLES/MEN 50 + (36')	11:30 AM DISCUS/MEN 50 +
11:50 110 HIGH HURDLES/MEN 40 + (39')	12:30 PM DISCUS/MEN 30-49
12:00 110 HIGH HURDLES/MEN 30 + (39')	2:00 PM TRIPLE JUMP
12:10 100 M HEATS & FINALS	2:00 PM SHOT/WOMEN
1:10 800 M	2:30 PM SHOT/MEN 60 +
2:10 200 M HEATS & FINALS	3:00 PM SHOT/MEN 50 +
3:10 400 M FINALS	3:30 PM SHOT/MEN 30-49
4:10 1500 M FINALS	
5:00 400M HURDLES 36" 30-49 33" 50-59 30" 60+	
5:10 4 X 400 RELAY	

SUNDAY, AUGUST 4, 1985 •

Site to be announced

8:00 20 X RACE WALK (VASONA PARK)
8:00 10,000 M
9:30 STEEPLE CHASE
9:00 HAMMER
10:00 JAVELIN



NORTH AMERICAN WAVA CHAMPIONSHIP ENTRY DEADLINE JULY 30, 1985

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(Last) (First) (Number & Street)

Phone _____ (City) (State) (Zip)

Date of Birth _____ Circle one: MALE FEMALE

Age as of Aug. 3, 1985 _____

Events Entered This Competition _____

Best Mark '85 _____

Club Affiliation _____ Your TAC # _____

Amount Enclosed _____ NO REFUNDS FOR DEFAULT
(Make checks payable to Los Gatos Athletic Association)

WAIVER:

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against San Jose City College, Los Gatos Athletic Association, TAC Pacific Association, Los Gatos High School, and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the North American WAVA Masters and Submasters Championship Track & Field Meet held August 3 and 4, 1985, at Los Gatos High School, Los Gatos, California, and at San Jose City College.

Date: _____ Signature: _____



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

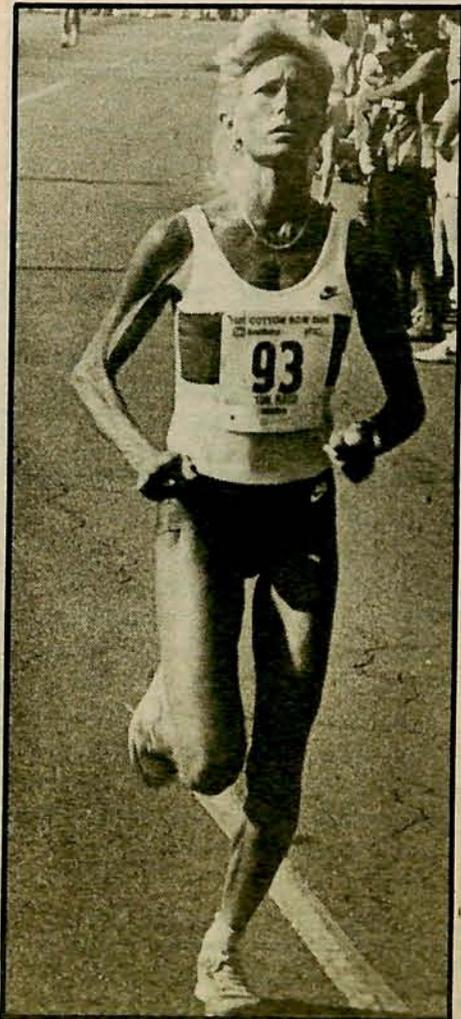
Q My questions concern the achilles. I am a 48-year-old who likes to compete in the 400 and 800-meter runs. Yet whenever I attempt serious interval training, my achilles becomes tender and I have to back off. Even easy jogging — at an 8:00 pace — sometimes irritates it. I've tried new shoes, and it helps, but not much. I use orthotics. I've tried heat and ice, and it also helps, but not enough.

Question: Am I too old for this? Should I give it up and go back to playing Sunday softball? I notice a tremendous drop-off in the number of competitors after age 50 or so.

A 51-year-old friend uses heat on his achilles after running, then ice later that night? I've been doing the opposite. Who is right? Another friend ices three times a day? Which is best?

Is electro-accuscope viable? Where does one get a unit, or treatment? Can I buy one? How much are they?

A Unfortunately, achilles tendonitis is one of those injuries that occur more in the veteran runner. There are probably several reasons, one being that the blood circulation to the tendon diminishes around 40 percent by the time we reach



Carol Lasseter, 42, of Mobile, Alabama takes second place in 39:35 in the W40-44 division of Huntsville, Alabama's Cotton Row 10K Run on May 27. photo by Chris Cobb

the magic age. The tendon has a poor blood supply to begin with and this adds insult to injury. The achilles becomes a bit more brittle and a bit more inelastic. This can lead to multiple tears and irritation.

Other things that could be irritating the condition are poor training shoes (those with very little heel support — I recommend at least 1/8-1/4 inch lift under the heel area), overtraining and lack of warm up and cool down.

In general, one should warm up the achilles with light stretching, jogging or hot water. I don't like to use ice before training. It tends to numb the area and you may not feel yourself being injured. Hot water also increases the blood flow to the area. Ice is recommended after workouts, 8-10 minutes is sufficient. Then hot water again before you go to bed. You are right in the use of heat and ice. Keep it up.

Electro-accuscope may be of some help in relieving the condition. However, after reading all the literature, I am not sure how it works. I would opt for ultrasound twice a week with hydrotherapy. In proper hands, ice massage can be of some help.

The use of anti-inflammatories may be tried, but they don't seem to work that well. Obviously, steroid injections are chancy.

The electro-accuscope is very expensive and we would have to mortgage the house to buy one.

I also advise against stretching the tendon if it is sore. I would like to see you rest the area until you are asymptomatic, then, perhaps, walk 1/2 mile before you work out to loosen it up. Then go into your workout and use the ice after.

This is a reversible condition, so I don't like to see you stopping your athletic career at this stage. But, remember, you don't heal as fast as you used to. Give it a little extra time. Swimming is a fair substitute that won't stretch the achilles. □

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



Gerald Koch, 51, of Clarksville, Tennessee wins the 50-54 division of the 6th annual Cotton Row 10K Run in Huntsville, Alabama on May 27. photo by Chris Cobb

Obera Sets Two World Marks

Continued from page 1

Gary Miller, organized the event, also ran a world W50 best in the 80-meter hurdles in 14.6, and added a fine 108-4 javelin throw.

Ken Dennis took the wrong bus and had to jog two miles to find the track only to be late for his specialty, the 100M. The jog aggravated his asthma, but he decided to run the 200, anyway, which is against his physician's orders. He blitzed the field in 23.3.

Frank Little won the M40 100, 200 and 400 in 11.3, 22.8 and 51.6. He bested the national M40 200 champ, Dan Fitzsimmons, in the two sprints. Dennis Duffy took third in the 400 in a

good 52.3.

Tina Stough looked good with a 13.6, 27.9, 61.8 and 2:22.8 in the W30 100, 200, 400 and 800. Jim Gelsomini edged Bruce Wint in the M35 800, 2:00.1 to 2:01.1.

Donita Reese won the W30 1500 in an outstanding 4:55.0. Pat Devine turned in a good 17:33.5 in the M55 5000. Chuck Foote, M35, won the combined 5000 in 16:05.4.

John Dobroth set a new age-44 record with a 6-6 high jump. Shirley Kinsey tossed the discus for the first time since breaking her collar bone with a good 98-0 in W55 action.

Continued on page 18

Keim, Welch Top Masters in Elby's

George Keim, 42, of Pennsylvania, and Priscilla Welch, 40, of Great Britain were the Masters winners in the Ninth running of the annual Elby's 20K Distance Race on May 25 in Wheeling, West Virginia.

Keim rolled to a good 1:08:48 to finish nearly three minutes ahead of New Hampshire's Bill Foulk, 52, who won the M50-54 division by over 12 minutes in 1:11:41.

Welch continued her amazing Masters unbeaten string with a superb 1:13:49, a time which is five minutes faster than the U.S. W40-44 record. Welch is so good, that she is virtually competing on an open level. She was

the second woman finisher in the race, only 1:34 behind Julie Isphording's 1:12:15.

Michael Musyoki, 28, successfully defended his men's title under clear skies in 1:00:56.

Boston's Bill Rodgers, 37, defeated Domingo Tibaduiza for the M35-39 crown, 1:03:45 to 1:07:09.

Runners-up in the 40-44 divisions were Saul Depofi, 41 (1:14:44), and Iris Black, 42 (1:20:19).

The race was sponsored by Elby's Restaurants and was the U.S. Men's 20K Championships. (The U.S. Masters 20K Championships were held the next day in Washington, D.C.). □



Some of the male Masters at the guest runner supper at the Cotton Row 10K Run in Huntsville, Alabama on May 27. Left-to-right: Art Williams, Adrian Craven, Herb Lorenz, Mike Kelly, Don Coffman, Morgan Looney, Joe Burgasser, Chuck Tucker and Bill Stewart.

photo by Jim Oaks

Birmingham Draws Athletes from 12 States

by GORDON SEIFERT

Competitors from 12 states took part in the Birmingham, Alabama Track Club Classic held May 11 at Vestavia Hills High School.

The meet's favorite was eighty-three-year-old Arling Pitcher from Indianapolis, who set three world age-83 marks in the 100y (15.9), 80mH (21.4) and high jump (3-8).

Gordon Nordgren of New Orleans set a world age-66 record in the 800gm javelin at 115-6. Audrey Bercanback of Chattanooga set an American women's age-61 record with a 46-10 discus throw.

The competition was good, as 84 new BTC Classic marks were set. □

Brown Tops 437 Masters in Rochester 10K

Barry Brown, 40, was the first over-age-40 runner in the Manufacturers Hanover Lilac 10K in Rochester, N.Y. May 29 with a time of 30:32.

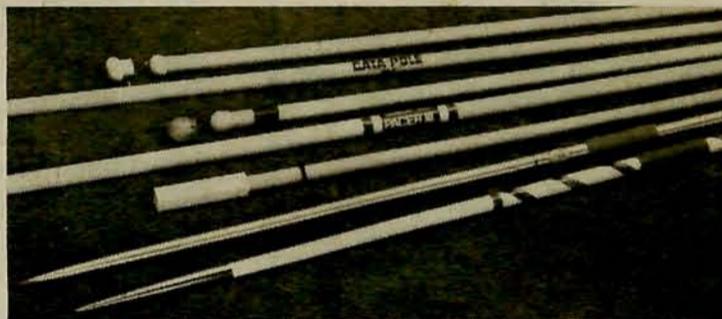
He easily defeated Derck Frechette of Rochester (32:21) but fell short of his U.S. Masters record 29:57.

Bill Fuller, 46, ran an outstanding 32:29 to win the 45-49 age group by

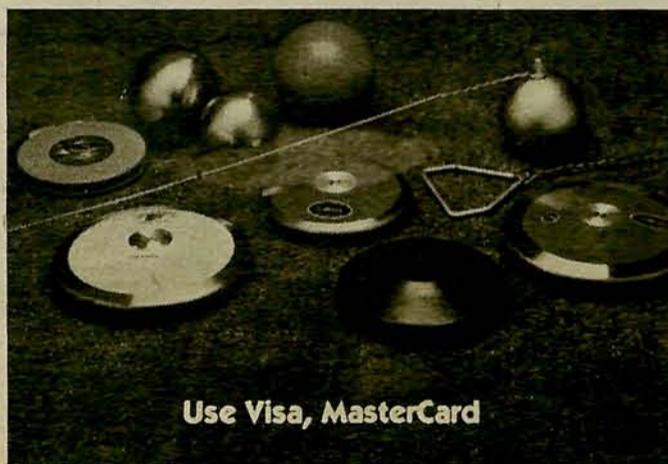
more than three minutes. Bonnie Champeau led the Masters women in 44:24.

Olympic marathoner John Tuttle set a course record 28:45 in the field of 2,330, of which 437 (19 percent) were over age 40. Conditions were overcast and 52 degrees for this major annual race. □

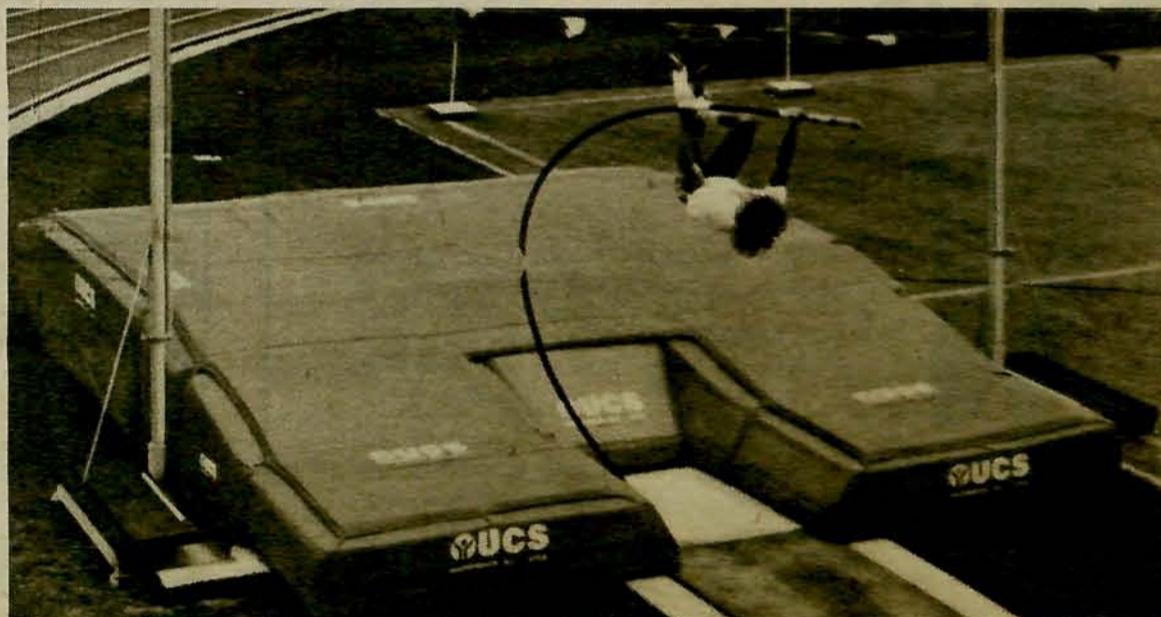
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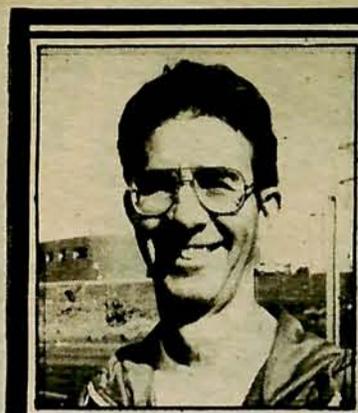


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MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY
Chairman, TAC Masters Track & Field Committee

The Summer Track & Field season for 1985 is now in full bloom at the local, state, national and international levels. Warm weather is now thinning the blood of all "athletics" competitors, and the aches and pains of day to day exercise are gradually going away.

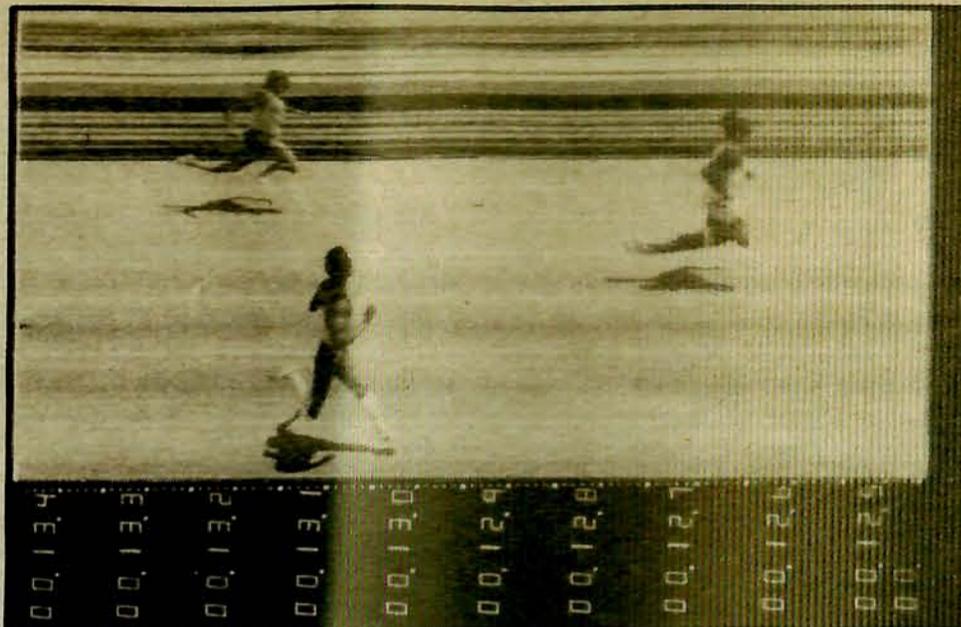
Hopefully you are getting ready for our outdoor championships at Indianapolis. I understand the Track & Field Hall of Fame will be open, and this will be a great time to be able to relive some of our history.

I used the word "athletics" advisedly. Our National governing body is the "Athletics" Congress, not Track & Field. However, it's hard to associate our activity with the generic name "athletics." Even our Hall of Fame cannot quite make that new adjustment.

I've had to think about it before I come to understand any justification for the name "athletics." Perhaps with more awareness, it will make more

sense to everyone. I wasn't there when the name was chosen, but I suspect there was a lot of commotion when the word "athletics" was chosen. However, remember, we represent not only track and field events — but the multi-events, decathlon, heptathlon, the long distance runners, the race walkers, men, women, and old and young. So perhaps in the long run (no pun intended), our group is generic, and "athletics" aptly describes our activities.

To all participants, if for some reason I slip and refer only to Track & Field it's only because I learned to vault so long ago that term is imbedded in my mind, and it's hard for me to use "athletics" to describe us. Every now



Accutrack photo shows Huel Washington winning M55 100 meters in 12.66 at TAC Pacific Meet in Los Gatos on May 19. Sheridan Holland's torso crosses the line in 13.08, with Alphonse Juilland third in 13.15.

and then I still use the words "broad jump" also, which further identifies my aging process.

To all of you I send my best from Rome, and if we don't see you there, we hope to at Indianapolis in August.

Obera, Hunt Set World Marks in Pacific Meet

Two world and two U.S. age-division records were set in the TAC/Pacific Track and Field Championships in Los Gatos, California on May 18.

Irene Obera, 51, set both world and American marks for women age 50-54. Her 27.44 in the 200-meter run bettered the listed W50 world record of 27.65, set by Australia's Daphne Pirie in 1983. Obera's 63.8 lowered her own U.S. W50 400 mark of 64.58, and was close to Anne McKenzie's world standard of 63.2.

"I've been trying to get McKenzie's mark for over a year," Obera said. "I guess I'll just keep trying." Obera ran with the M50 men in the 400 and the M55 men in the 200 in her record-breaking efforts.

Bob Hunt, who turned 65 this year, set the other world standard with a swift 71.4 in the M65 400-meter hurdles. Josephine Kolda lowered her

own W65 American 200 mark of 34.6 to 34.2.

Performances in the meet were remarkable. Three M40 runners bettered 52 seconds in the 400. Bill Mayer turned in a world class 2:02.79 in the M45 800. Harvey Franklin did the same with a 4:06.8 in the M40 1500. Bill Clark edged Joe Becerra, 15:38.2 to 15:39.5, in the M40 5000.

In field action, Herm Wyatt, 53, high-jumped 6-0; Ross Carter, 71, hurled the shot 42-4 3/4; and Phil Conley, 50, got off a 53.78 (176-5) javelin toss.

The meet served as the Pacific Association Championships for both open and Masters athletes. Meet director Bruce Springbett, who has staged top quality Masters meets for several years, says he may be getting burned out. "The North American Masters Championships in August may be my last one for awhile," he said.

TRACK & FIELD NEWS

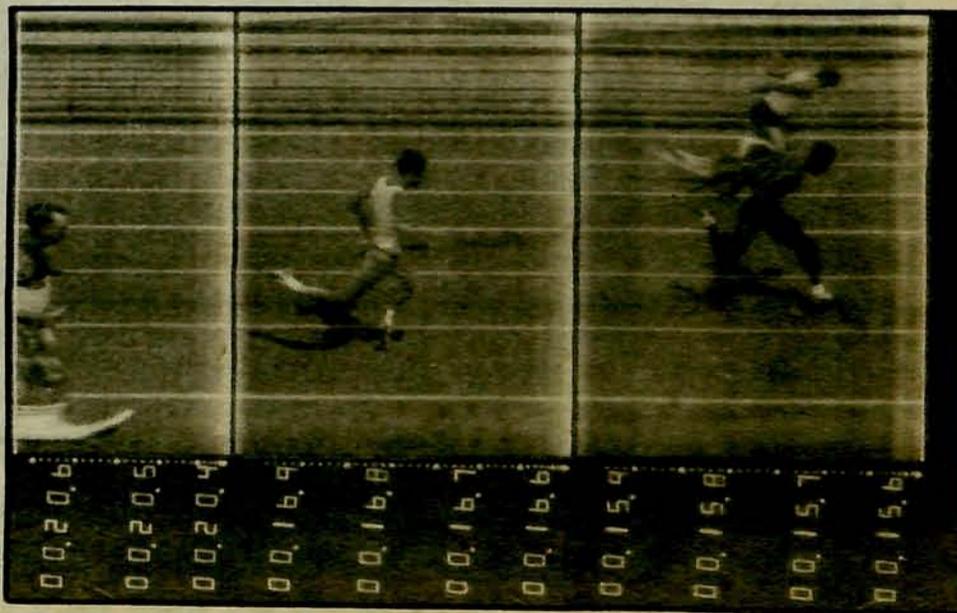


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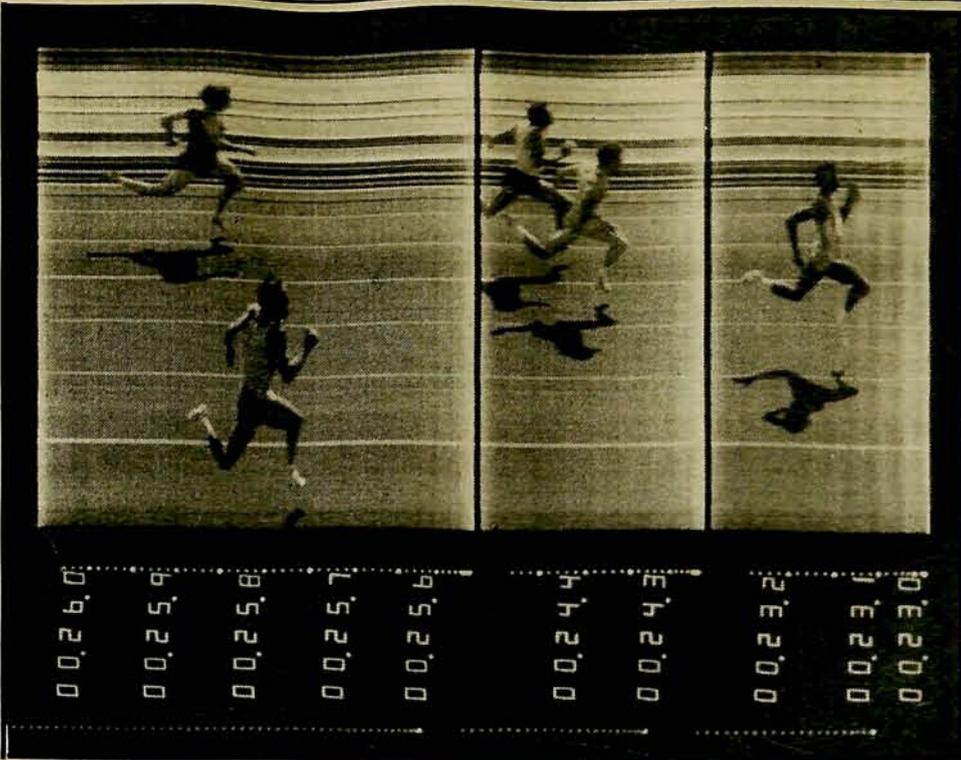
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Who won? You pick it. It's the Accutrack photo of the M40 110-hurdles at the TAC Pacific Meet on May 19 in Los Gatos. The camera says John Dobroth, top, had the better lean over Cornelius McCormick 15:72 to 15:73. Ted Cain is 3rd in 16:79.



Matt Pruitt wins M35 200 in 23.15 over Ray Yeck (24.38), Larry Lettieri (24.45), Jim Armstrong (25.78) and Manual Pan (25.85) in TAC Pacific Championships in Los Gatos, Calif. on May 19.

Cotton Row Title Stays in South

Continued from page 1

ple of years to combat stress. He attributes much of his success to heredity. He was born about 50 miles north of Addis Ababa, at an altitude of about 10,000 ft. He comes from a farm family, and his father still lives there. Quite simply, the man was born with the capacity to combat oxygen debt.

This year, without travel support from Nike (which had brought both male and female masters to the previous four Cotton Row Runs), we were concerned that our master fields would be weak on the national level. However, we found that there are still good masters who are willing to come to a competition race for expenses. We hope our traditional hospitality for the

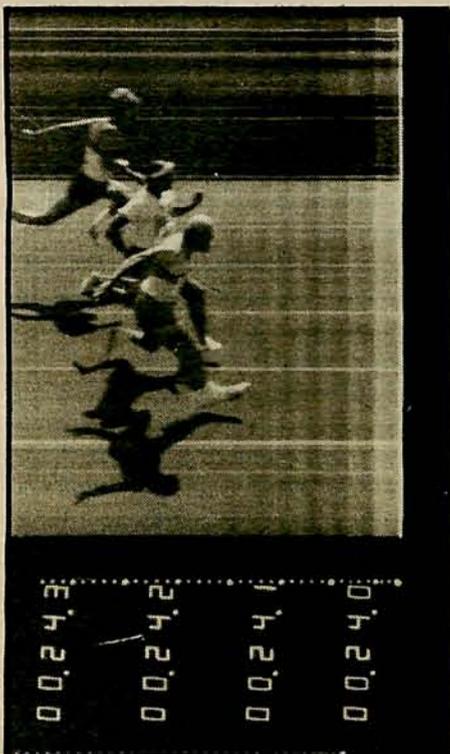
Memorial Day weekend helps, too.

At any rate, on race day morning the starting lineup also included defending champion Bill Stewart; **The Runner's** top master for 1984, Don Coffman; course record holder Herb Lorenz; three time national cross country champion Kirk Randall; and almost all the top Southeast masters: Morgan Looney, Chuck Tucker, Alan Pilling, Art Williams, Joe Burgasser, Mike Kelly, and Bobby Dannelley, to name a few.

At the invited runner's dinner the night before the race, the "Four Englishmen" (Pilling, Williams, Kelly and Adrian Craven) had entertained the gathering with their rendition of "Foggy, Foggy Dew." But there was no fog to cool the runners on Memorial Day morning as a bright sun reflected off the hundreds of red, white and blue balloons that were released just prior to the start. The boom of the cannon and launch of a five-foot rocket at 8:00 a.m. sent Lorenz and Stewart out into the lead for the first half mile, followed by Belilgne and Coffman.

By the first mile, Belilgne had taken control of the race with a 4:56, followed by Lorenz and Stewart at 5:00 and Coffman at 5:05. In the second mile there are two short hills and, on these, Stewart noticed pain in his foot that had been bothering him for a year. Even though he had been able to train hard for Cotton Row without pain from the plantar tendon, the racing flats on the hills brought back the nagging injury, and he faded from contention after the second mile.

Coffman had moved into second by Mountain Wood, the "killer hill" just after 2 1/2 miles. "I thought Atlaw might tire after the hill," the Kentucky native commented after the race, "so I tried to keep him in sight. And that's



The Accutrack photo separates a close finish in the 45-49 200-meter dash at the TAC Pacific Meet in Los Gatos, Calif. on May 19. Martin Adamson gets the verdict in 24.19, Gil LaTorre is 2nd in 24.22, followed by Fred Niedermeyer (24.25).

Continued on page 17

MILLROSE AND GUINNESS

Present

THE NATIONAL MASTERS

(Men & Women)

15 Kilometer Cross-Country Championships

(TAC Sanctioned)

Van Cortlandt Park, Bronx, New York

Sunday, November 17, 1985 - 11:00 AM

with the cooperation of the
City of New York, Department of Parks & Recreation

Edward I. Koch, Mayor

Henry J. Stern, Commissioner



Souvenir T-shirts (not guaranteed to post-entrants), Awards Ceremony and complimentary buffet after race at Terminal Bar, (242nd Street and Broadway) and KALIBER (imported beer without alcohol) at finish line—all from GUINNESS.



Age Group Awards/Men and Women (6 each) 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Team Awards (3 places) 40-49 and 50-59 (5 Men • 3 Women) 60-69 and 70+ (3 Men • 3 Women)

Unlimited Team entry. If entering more than one team (or if an individual is competing in a lower age group), team must declare in writing, half-hour before race to Meet Director. Lockers available (bring lock) at Stadium (242nd Street).

Directions: Subway; Broadway IRT #1 local to 242nd Street (last stop) then walk North to start on Flats. Car; from Major Deegan Expressway, Exit at Van Cortlandt Park South, Turn West 1 block to Broadway. Turn right (North) to Start. Parking on street.

Check-In: At Start. 9:30-10:30 AM

Entry Fee: \$5. (post. \$7.) Checks payable to: Millrose Team



Mail To: Kurt Steiner, Meet Director; 1660 E. 21st Street; Brooklyn, NY 11210; Tel: (718) 336-3025 (evenings) (212) 860-4455 (days) - Millrose Coach: Joe Kleinerman.



CUT ALONG DOTTED LINE

**TAC MASTERS
15K CROSS-COUNTRY
CHAMPIONSHIP**

November 17, 1985

Place	Time	Runner's Number

FOR OFFICE USE ONLY

Last Name First Name Int.

Sex M F Age on race day Birth Date Area Code Phone

Exact Name of Team or School

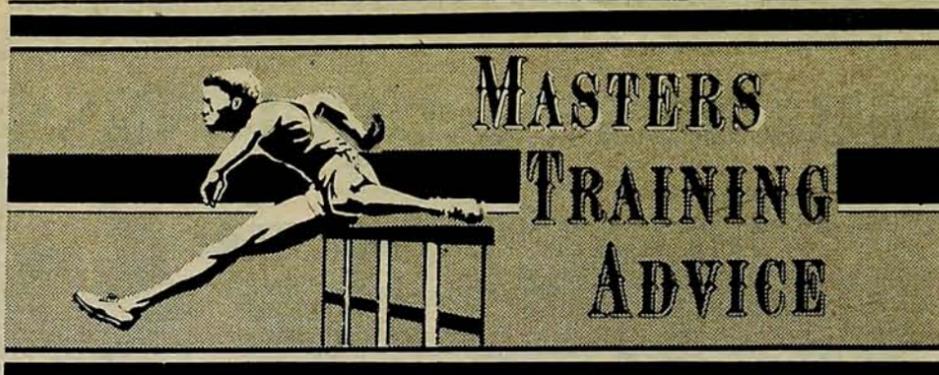
Mailing Address Street Including Apt. No. and/or C/O

City State TAC Number

Country (If not USA) Zip Code/US Canada

SIGNATURE DATE

In consideration of your accepting this entry, I, the above signed, intending to be legally bound, hereby, for myself, any my heirs, executors and administrators, waive and release, and all rights and claims for damages I may have against Millrose, Guinness, The Athletics Congress (TAC), the City of New York, the Department of Parks and Recreation and any and all sponsors and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed Medical Doctor. Further, I hereby grant full permission to any and all the foregoing to use any photographs, video tapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.



One thing we're finding as we grow older is that you can't train the same way at 40 as you did at 20. You can't do hard intervals every day. We're learning you can't even do the workouts at 50 that you did at 40. Those ten years make a big difference, but many of us seem reluctant to accept that. The difference between 60 and 50 is virtually uncharted waters, so we need to hear from you 60- and 70- and 80-year olds as to how you're training now, compared to what you did 10 or 20 years ago.

One woman who just turned 40 isn't having those problems yet. Gabriele Andersen, who gained worldwide fame during her determined last lap of the 1984 Los Angeles Olympic Marathon, is the quintessential "professional" female masters runner — a virtual new breed in American athletics.

Since turning 40 this year, she's run a 10K in 34:49, five miles in 28:36, and 12K in 42:57. She passed along her daily training workout to NMN:

Monday: Two workouts on trails: a.m.- 8 miles in one hour (7:30-per-mile pace); p.m.- 6 miles in 45 minutes (7:30 pace).

Tuesday: Track intervals: After warmup, 4 X 800 at 2:40; 10 X 400 at 75; 12 X 200 at 33-35; (Light racing flats or spikes for interval workouts.)

Wednesday: Same as Monday.

Thursday: Same as Monday.

Friday: Travel to race.

Saturday: Race.

Sunday: Long 15 mile run.

She'll naturally vary the pace de-

pending on how she feels and what her upcoming race schedule is.

Andersen has the advantage (or disadvantage, depending on your viewpoint) of living at 6000-foot altitude, in Sun Valley, Idaho. As you know, that makes distance running difficult, but it is a great conditioner.

Gabriele has a coach, Bob Sevene, who lives across the mountains in Eugene, Oregon. They correspond and phone on a regular basis.

Last year, she did a lot of repeat miles. She doesn't plan another marathon until this autumn.

These workouts are probably way out of the reach of the average Masters runner, but it gives us some insight into what it takes to be a top competitive runner. Her schedule might prove useful — in moderate doses — to our own training. Note particularly, that Andersen only does interval training once a week — not two or three times a week, as many coaches recommend — and gets good results. □

Murphy, Andersen win \$1000 at Bloomsday

Continued from page 1

have been out of the money but still posted good times in this odd-distance event. Derek Mahaffey, 50, took the M50 division in 42:50; Orlo Kenniston, 58, won over the younger M55's in 44:48, as did Robert Dellwo, 67, in the M65 with a fast 54:46.

Alice Taggares, 54, won the W50 in 53:43; Alyce Lindberg, 64, flew home in the W60 with 1:09:40; and Mabel Klein, 73, won the W70+ race with an excellent 1:10:47. Submaster Laurie Binder, 37, finished 13th woman in 42:00, which brought her \$300 in TAC-TRUST "participation money."

First place money, \$7,000 apiece, was won by fast foreigners: Paul Davies-Hale, 22, of Great Britain, with 34:37, and Anne Audain, 29, of New Zealand, with 39:20.

But, hang on to your Bloomers! The best performances of the day, perhaps, came from two runners in the men's and women's seldom-held 80+ divi-

sions, when Christopher Hurd won the M80+ with 53:11, and Heidi Garrett won the W80+ in 1:05:44.

For many of the "late-Bloomers," who walked the 7.46 mile course, the only pressure was to finish within 2½ hours before the finish line closed at 11:30. □



George Mason, M40, with wife, Kim, W30, at All-Comers meet, January, 1985. Edwards Stadium, Berkeley, Calif. photo by G. Snyder

From The Editor

Continued from page 4

avoid: rehashing diet and medical advice given by the big running magazines. They're invariably written for the younger runner. Sometimes the advice applies to us, too, but what's good for a 20-year-old is not always good for a 50-year-old. In all our columns and stories, we try to keep the focus on the over-age-30 runner. *Runner's World* can do diets a lot better than we can.

Training Advice

We began a column on Masters Training Advice a few months ago. We hope to run it monthly. We've asked some top Masters athletes to share their training workouts with us. Some have understandably refused — they've spent years developing techniques and secrets which help them win, and they don't want to share them with anyone. But others, in the true spirit of the Masters program, have said they'd be happy to pass along the things they've learned. If you'd like to contribute, please do so. Send us your daily training schedule. You, after all, are the expert. Masters athletics is still a new phenomenon. You are your own guinea pig regarding training, injuries, overcoming mid-life crisis, persevering, etc. Please share your knowledge with us. The medical literature on Masters athletics is woefully inadequate. Each of us is a walking laboratory.

Graphics

We received many comments that the appearance of the paper has improved. Much of the credit goes to John Dokulil, our production manager, who has taken extra time to spruce up the paper's graphics and design. We'll continue to try to improve.

Gun Lap

I want to take this opportunity to publicly thank Mike Tymn for his outstanding contributions over the past five years. Mike is an editor's dream. On the 1st of every month, there's his column in the mail — always crisp and clear, never needing much editing, always interesting, often highly provocative and inspirational. Following his personal running odyssey over the years has been fascinating and instructive. And he even does double-duty in writing most of our monthly profiles.

Open Mouth

It turns out that W. MacDonald Miller is the Howard Cossell of the Masters program. He's either revered or despised. Some sample comments: "Best thing in the paper." "Why do you publish such trash?" "His crude attempts at humor are disgusting." "Funniest running writer in the country."

As you've guessed, not only do I like W. MacDonald Miller, I even like Howard Cossell. Like Howard, Wendy is an expert in poking holes in hypocrisy, exposing pomposity, telling-it-like-it-is, and giving us some pretty good chuckles along the way. Humor is tricky. Even Art Buchwald, Johnny Carson, Jim Murray and Joan Rivers can't please everyone. Frankly, I don't know how Miller does it, month after month. I think NMN is lucky to have him.

Advertising

Meet directors find the \$60 to \$150 they spend on placing their entry form in NMN more than pays for itself with increased entries, less hassle in answering inquiries, and so on. The same is true for Masters road races, and for Masters-oriented products. We don't get much institutional advertising — big corporations like to deal with big circulation (100,000 or more) magazines.

From time to time, we try to contact some major corporations, but it's generally a waste of time. NMN and the entire Masters community is grateful to Nike for its eight years of support. Nike has cut back its aid to many open and Masters athletes, but is still running a full page ad eight times a year in NMN. We like to think Nike has benefited from its association with Masters. Indeed, we often see plenty of Nike shoes in our photos of Masters performers.

Finances

We manage to pay the bills. Less than one percent of our annual revenue comes from TAC. Most of it comes from subscriptions and advertising. We appreciate your efforts in encouraging newcomers to the program to subscribe. Please keep it up. Pass on the yellow insert to a friend.

So Now What?

I'll admit we waffle from time to time. Sometimes we think we should be the *New York Times* or a *Masters Runner's World*. Other times we think we should be a just-folks newsletter. Your comments have helped steer us in the right direction. You want the hard news — results, schedules, records — as well as Masters-oriented articles, profiles and stories. We'll oblige.

We're still looking for a person to fill a part-time job as assistant editor, office manager and secretary. Computer knowledge is helpful. Know anyone? Have them write us.

Thanks for your continued support. □

Cotton Row Title Stays in South

Continued on page 15

probably what kept me ahead of Herb, because he was closing on me in the last mile."

"I probably shouldn't have let Don get away from me when he passed," Lorenz said. "I just briefly conceded to him at that point, but I was gaining on him at the end. Of course, it's easy to say that after the race."

Coffman was runner-up for the 2nd straight year with a 32:25, and was later crowned the Racing South Grand Prix Champion for the season. Lorenz ran the last mile in 5 flat to take third in 32:32. It's nice to see the "Silver Fox" back in the fray. And don't expect to see him content with 45-49 division wins.

Finishing fourth in 33:27 was Tucker from the Atlanta area. Tucker, after a PR of 32:11 at the Azelea Trail Run in

March, is now one of the hottest Southeastern masters. He and Looney should have some interesting track battles this summer.

Stewart ran on through the pain to take fifth in 33:37 and Looney was the top Alabama master with a 33:44 for sixth.

Gerald Koch from Clarksville, Tennessee, won the 50-54 title and was crowned the top Grand Master on the Racing South Grand Prix circuit. The retired Army Officer has been one of the South's top masters for five or six years, and is still, at age 50, the best in Tennessee.

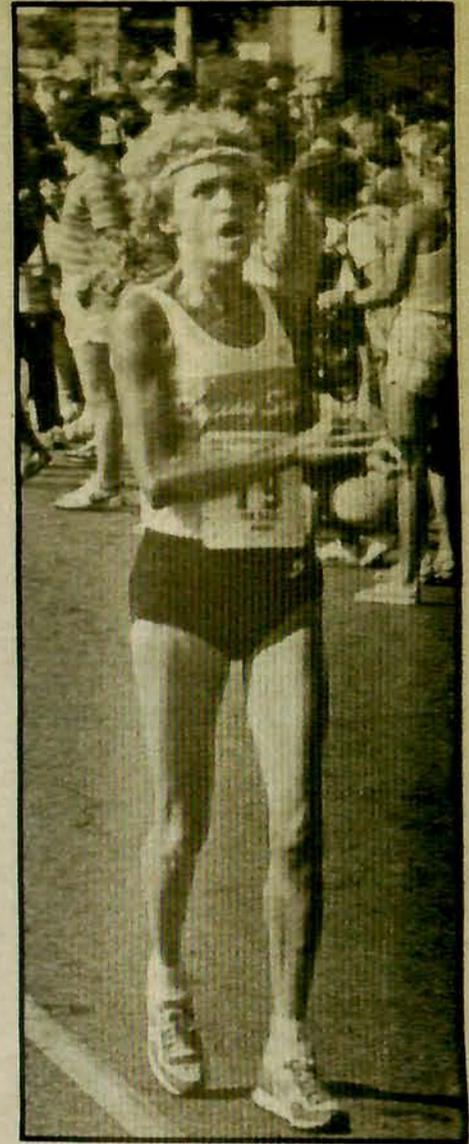
Finishing right after Koch in 36:17 was 60 year old sensation John Hosner from Blacksburg, VA. Hosner, a college administrator at Virginia Tech, is rewriting the age 60 record book this year, having already set the 10 Mile Record with a 58:55 at Cherry

Blossom, and a new 10K standard of 35:09 at the Elizabeth River Run in Norfolk in April.

Twenty-one masters averaged less than 6 minute miles this year as the race once again attracted some of the top masters in all age divisions.

Don Coffman, who had brought his 17-year-old son to run the race, summed up the weekend with the following written comment. "As Eric and I returned home Monday afternoon, we discussed what an enjoyable time we had. Huntsville is the perfect place to expose someone to the sport of road racing. I'm sure, if he continues or not in the sport, he will always remember the hospitality of Huntsville."

We try to make it a memorable Memorial Day weekend. Plan to put Cotton Row on your calendar for 1986. Even if you have to pay your own way, we think it will be worth it. We are not as old as Boston, but we think we have a better Masters tradition. □



Mary Ann Wehrum, 47, of Memphis, Tennessee tops all women 45-49 in Cotton Row 10K in Huntsville, Alabama on May 27 in 40:07.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUL 1985

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
CAMILLE BAGBY (US)	7- 4-20	65-69
VICKY BIGELOW (SAN LORENZO, CA)	7-22-35	50-54
MADONNA BUDER (SPOKANE, WA)	7-24-30	55-59
POLLY CLARKE (ESTES PARK, CO)	7-17-10	75-79
AVIS COOK (US)	7-12-35	50-54
ANN DIAZ (GLENCOE, IL)	7-14-40	45-49
FAY RITA HOBBS (SANTA BARBARA, CA)	7-18-35	50-54
JOAN ULLYOT (SAN FRANCISCO, CA)	7- 1-40	45-49
MAXINE WATERS (ALTADENA, CA)	7-14-45	40-44
JOYCE BANNISTER (AUS)	7-19-25	60-64
MARIANNE BARTH (WG)	7-26-25	60-64
SHIRLEY DELAHUNTY (AUSTRALIA)	7-18-25	60-64
SISSEL FALCK (NOR)	7-10-40	45-49
ANNELIESE GERHARDS (WG)	7- 4-35	50-54
ANNELIESE JENSEN (DEN)	7-11-40	45-49
LIESELOTTE KALWEIT-MARLOTH (WG)	7- 7-35	50-54
LUCY LOPEZ (CHL)	7-18-30	55-59
TIARA LUND (NZ)	7- 3-45	40-44
ANNE MCKENZIE (RSA)	7-28-25	60-64
FAINA MYELNIK (URS)	7- 9-45	40-44
FRANCOISE NICOLAS (FRA)	7- 2-40	45-49
ANNCHEN REILE (WG)	7-21-15	70-74
CORRIE ROOVERS (HOL)	7-14-35	50-54
BEVERLY SHINGLES (NZ)	7-25-40	45-49
HELLA WERNER (WG)	7-27-35	50-54
DAVE BIEDERMAN (GRANADA HILLS, CA)	7- 9-30	55-59
JOHN BLAKESLEY (FULLERTON, CA)	7-17-30	55-59
ROBERT BOUTARD (FRA)	7-23-25	60-64
HERB CANTOR (OCEANSIDE, NY)	7-31-25	60-64
WILSON DAVIDAR (INDIA)	7-19-05	80 +
ROBERT FESS (RIVERSIDE, CALIF)	7- 7-25	60-64
JERRY HACKETT (CANYON COUNTY, CA)	7-21-40	45-49
GUDMUNDUR HERMANNSSON (ICELAND)	7-28-25	60-64
WHITNEY HICKS (COLUMBIA, MO)	7-22-35	50-54
KENNETH HIOB (APTOS, CALIF)	7-29-30	55-59
HERMANN HOMBRECHER (WG)	7-17-25	60-64
C. E. KLINE (COBBS CREEK, VA)	7- 1-10	75-79
TOM LANGENFELD (EDINA, MN)	7-21-35	50-54
AL LAWRENCE (AUS-HOUSTON, TX)	7- 9-30	55-59
FRANK MCBRIDE (DETROIT, MICH)	7-15-30	55-59
BRYAN MURPHY (PLYMOUTH, MI)	7-25-40	45-49
MARCUS NEUHOF (LARCHMONT, NY)	7-19-15	70-74
RUDY NIMMONS (SENECA, SC)	7-31-20	65-69
OTAVAR PETILETY (CZE)	7- 7-05	80 +
MATT PRUITT (US)	7- 4-45	40-44
FRANK REMS (GLENDALE, CA)	7-15-20	65-69
VERSAL SPALDING (BIRMINGHAM, ALA)	7- 8-25	60-64
ALFRED SUTHERLAND (GB)	7- 7-00	80 +
ROLF TORNAS (NOR)	7-20-00	80 +
ANTONIO VILLANUEVA (MEX)	7-20-40	45-49

National TAC Masters Championships The Prego 8K

Onondaga Lake Park
Liverpool, New York



September 29, 1985
Sunday 10 A.M.

Registration: Pre-registration only. Entries must be received by 9/23/85.

Entry Fee: \$6 payable to Syracuse Chargers Track Club (non-refundable). Includes T-shirt and light lunch.

COURSE: Fast and flat, wholly within Onondaga Lake Park. Limited Facilities.

Eligibility: Any man or woman 40 years of age or older on 9/29/85. Must have valid 1985 TAC Card.

Age Groups: Five year - both men and women - 40-44 through 85+ based on age 9/29/85.

Individual Awards: TAC/USA medals to first five (5) in each age group. TAC/USA championship patch to winner in each age group.

Teams: No extra fee for team entries. Team members must all belong to same benefice TAC Club. Teams may consist of not more than 8 declared members with top 5 scoring for men in divisions 40-49 and 50-59. For men 60-69, 70+, and all women's teams the top 3 count in scoring. Individuals may move down in team age divisions, but not up. Team declarations must be submitted to the race director prior to the start of the race.

Team Scoring: Team scoring shall be the aggregate time of the scoring members with the lowest aggregate time determining the winners.

Team Awards: TAC/USA medals to the scoring members of the top 3 teams in each age division. TAC/USA championship patches to members of the winning team in each age division.

Race Packets: May be picked up Saturday evening, 9/28/85, at the race headquarters - Best Western Northway Inn from 5 to 7 p.m., and Sunday morning 8:00 to 9:30 at the race site.

Accommodations: A special rate of \$32 for a single and \$40 for a double is available for participants at the Best Western Northway Inn, 400 Seventh North St., North Syracuse, N.Y. 13212 (Tel. 315 451-1511). Reservations must be made prior to September 10th.

MAP AND ADDITIONAL INFORMATION WILL BE MAILED UPON RECEIPT OF APPLICATION

Detach and mail to: Evelyn White, 18 Fencrest Dr., Fayetteville, N.Y. 13066 (Tel. 315 637-6211)

THE PREGO 8K - TAC/USA MASTERS CHAMPIONSHIPS (Entries must be received by 9/23/85)
Sunday, September 29, 1985 - Liverpool, N.Y.

1985 TAC NO. _____

Name: _____ Age: 9/29/85 Birthdate: _____

Address: _____ Tel. No.: _____

Female: _____ Male: _____ Age Group Category: _____

Running Club Affiliation: _____

T-Shirt Size: Sm _____ Med _____ Lge _____ Xlge _____



In consideration of the acceptance of my entry, I, on behalf of myself, my heirs, executors, administrators, and assignees, hereby release myself and discharge: The Athletics Congress, Campbell Soup Co., Onondaga County, Syracuse Chargers Track Club, and all other sponsors or beneficiaries and their representatives, successors and assignees from any and all claims for damages, demands and causes of action arising from or out of my participation in The Prego 8K. I attest that I am physically fit and that my condition has been verified by a physician. I so assure that the medical support for this event will be volunteer medical personnel who will be prepared to administer first aid assistance only. I hereby grant permission to the sponsors of this event to use all information submitted on this application, and any record of this race containing my likeness, as well as race results including my name and competition time, for any purpose whatsoever, including, but not limited to, pre-race and post-race publicity. I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.

Signature: _____ Date: _____

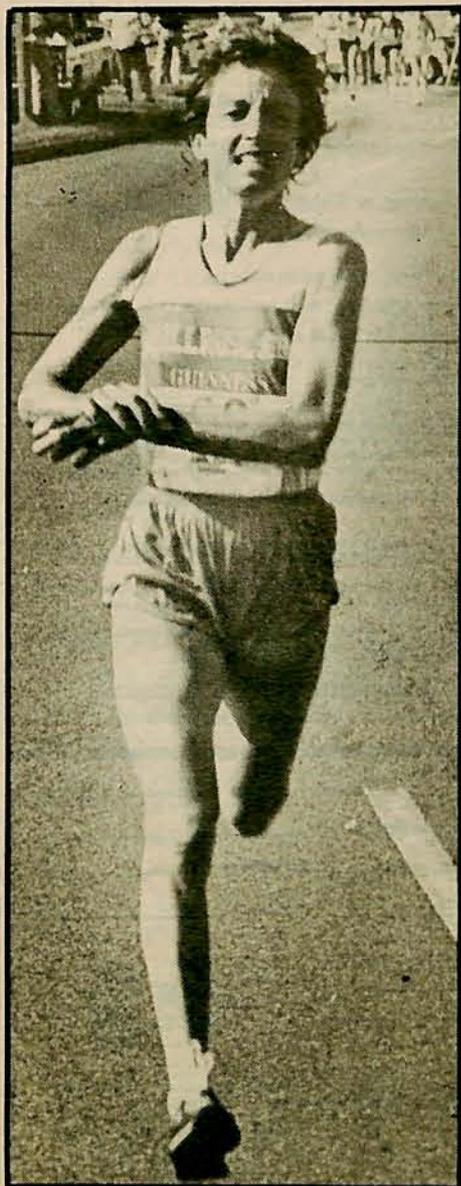
Just a Li'l Ol' Cotton Pickert

by JIM OAKS

After two years of female winners from the western part of the country, Shirley Weaver (Montana) in 1983, and Shirley Matson (California) in 1984, the East was due a title. For the sixth running of Cotton Row Run in Huntsville, Alabama, Judy Pickert, a Brewster, NY, physical education teacher and coach, lived up to her top seeding to capture the title in 39:13 on one of the tougher courses in the country.

This year the Cotton Row field of female masters included six runners with recent sub-40 times for the 10K distance. In addition to Pickert, Mary Anne Wehrum (Memphis, TN), Yvonne Rodgers (Seminole, FL), Patti Sudduth (Crawfordsville, FL), Carol Lasseter (Mobile, AL), and Nancy Parker (Atlanta, GA) were entered for the running of one of the South's top master races.

The field also included the three best "over 50" runners in the South. Springville, Tennessee's Jane Arnold; Huntsville's own Alene Park; and Wendy Williams, a 52-year-old physicist from Oak Ridge, Tennessee, were all present for this final event of the Racing South Grand Prix.



The first age-40-and-over woman across the finish line in the Cotton Row 10K Run in Huntsville, Alabama on May 27 is Judy Pickert, 41, of Brewster, N.Y., with a time of 39:13.

photo by Chris Gobb

After the Sunday afternoon runner welcome, the runners, many with their families or friends, enjoyed supper and entertainment hosted by the Huntsville Track Club and sponsored by First Southern Federal. The program closed with everyone joining in singing songs with a Memorial Day theme. Even though everyone was in Huntsville for a 10K race, all were reminded that the holiday weekend was, after all, in memory of those who had given their lives that we might run.

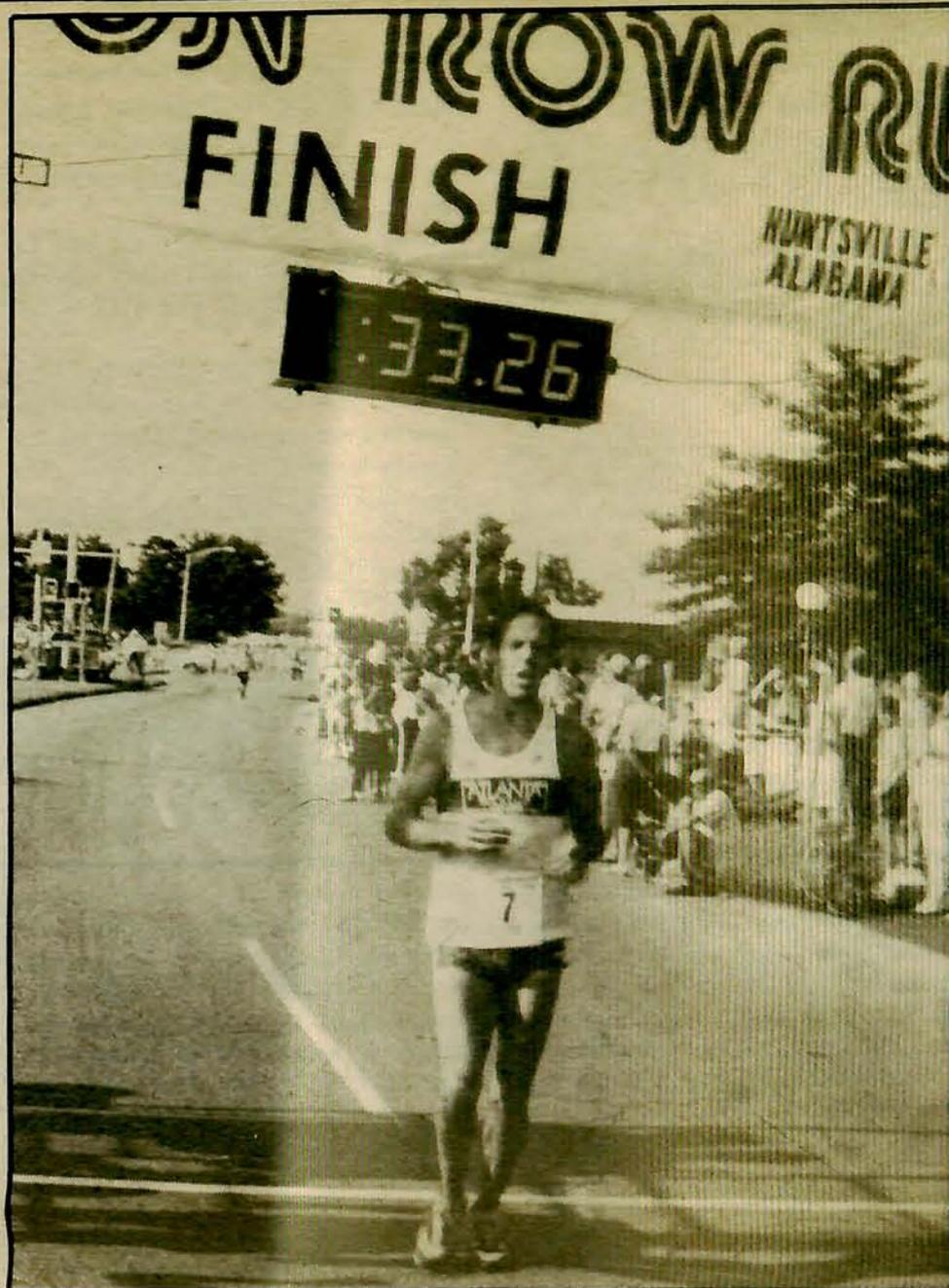
Monday morning brought weather much like last year, temperatures in the 70's at race time, and humidity probably around the 60% range. The top seeded females were asked to start in a group from the left side of the start line, so it was possible for the runners to know relative position during the race.

Pickert opened the race with a 6-minute mile, a pace she later said she knew was much too fast to maintain on the Cotton Row course on this particular morning. "After that first mile I knew it was going to be a tough race," the 41-year-old commented. "I knew I was in the lead, and even though I felt like I had a little extra available if someone caught me, I sure was glad to see that finish banner." The 1985 Cotton Row title should improve Pickert's standing in *The Runner* magazine's women's master ranking. Judy was ranked 4th, back of Shirley Matson, Bette Poppers, and Priscilla Welch prior to this race.

Shirley Matson, the defending Cotton Row champion, had planned to run the race again this year, but leg and knee problems forced her to withdraw from the race as well as the Lilac Bloomsday run.

Finishing second and running a very strong race to defeat the rest of the outstanding field was Carol Lasseter. This 42-year-old school teacher from Mobile, Alabama, has only been running three years, and can perhaps now claim the title of top Southern female master. Even though some injuries have prevented her from being as consistent at winning as Mary Ann Wehrum, Patti Sudduth or Nancy Parker, she seems to have the speed to beat these girls when she is healthy. Carol was the only other runner under 40 minutes on this hot Memorial Day morning, and her 39:37 gave her the "Top Southerner" title for the Sixth Cotton Row.

The running machine from Memphis, Mary Anne Wehrum, was 3rd master and took the 45-49 title with a 40:09. In the month leading up to this race, Mary Anne had wins in the master divisions at the Trevira Twosome, the Memphis in May 10K and the Gum Tree 10K. This 47-year-old kindergarten teacher will be ready for a break this summer in more ways



Chuck Tucker, 46, of Norcross, Georgia finishes third Master in the Cotton Row 10K May 27.

photo by Greg Machen, Huntsville News

than one.

Yvonne Rodgers (40:27), Sudduth (40:41), and Nancy Parker (40:51) all ran good races on the challenging Cotton Row course to round out the top six female masters.

Sudduth won the Racing South Grand Prix title by a 500 point margin, after much travel and good running since last fall when the series began. In addition, the 45-year-old self-employed executive has to be one of the best looking Masters runners in the world.

In the 50-and-over competition, Jane Arnold ran one of the best "age graded" times of the day with a 46:06, almost two full minutes ahead of Alene Park, her chief competition for the past two years. Park, still regaining her running conditioning after being hit by a car while on a training run last March, won the Racing South Grand Master title for women.

Nancy Parker summed up what we hope is a fact as she wrote this week after the race, "The Huntsville Track Club does a great job of making the whole race weekend an enjoyable experience. You are developing quite a reputation in Huntsville for the high quality of your races and for the care and consideration you give your run-

ners."

We hope more master runners from across the country will come to see for themselves next year. □

Obera Sets Two World Marks in L.A.

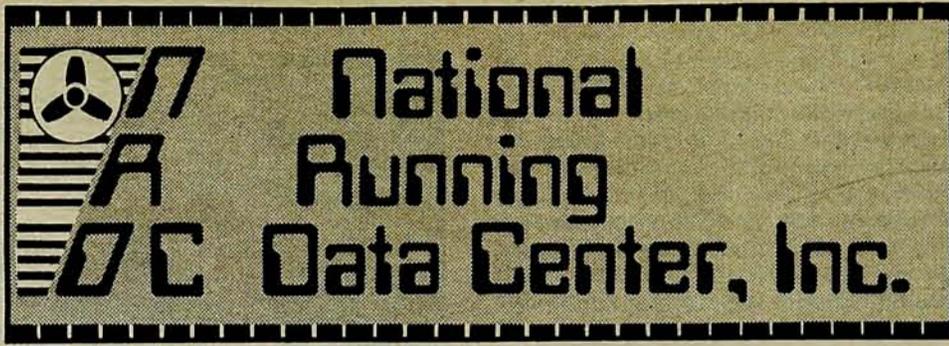
Continued from page 12

Dave Jackson won the M50 long (5.82) and triple (12.53) jumps. George Cohen edged Mel Elliott in a great M45 800 race, 2:01.6 to 2:02.9.

Del Pickarts won the M55 javelin in 154.9. Roger Trujillo LJ'd 22-3 and TJ'd 45-9 in M35. Olympic gold and silver shot put medalist Parry O'Brien, 53, only threw the discus, but his 180-8 throw, just five feet off his world M50 best, was well worth watching.

Two dozen 5000-meter race walkers really seemed to enjoy themselves at the end of the meet. This event seems to have a special atmosphere of comradeship. Enrique Flores, 34, won in 21:26.

The weather conditions, the meet organization, the facility and the officiating were perfect. The athletes expressed their appreciation to Christel and Gary Miller, and to all the TAC officials for supporting the Masters program. □



By KEN YOUNG

(Editor's note: The National Running Data Center is an independent, non-profit organization devoted to the collection, analysis, publication and dissemination of long-distance running information. The NRDC processes all applications for U.S. road records. Records approved by the NRDC are then submitted to TAC and the RRCA for official recognition. It publishes NRDC News, a monthly newsletter, from PO Box 42888, Tucson AZ 86733. Individuals making annual tax-deductible donations of \$15 or more to the NRDC will be added to the mailing list for NRDC News. Below are excerpts from the latest issue, written by co-publisher Ken Young.)

Azalea Trail 10K

The Azalea Trail 10K, run in Mobile, Alabama, on March 23, where Priscilla Welch ran a reported 32:14 (world Masters best for women) will not be remeasured. The race committee says the start was not placed properly.

The 1984 course was remeasured and found to be 9991 meters, allowable under the 1984 guidelines. The start should have been moved back 19 meters. It was actually moved back 8-9 meters, but the runners crowded up to the wheel-chair start, only three meters behind last year's start.

If the full 19 meters had been added and this "move-up" occurred, the short course prevention factor of ten meters would have "saved" the mark.

Jacksonville River Run

The Jacksonville River Run 15K was remeasured but the results are not final. Why? Because the race director was unable to provide any photographic documentation of the race. The uncertainty hinges on a portion of course where runners were restricted to less than the full roadway. Without photographic evidence, both the shortest possible route and the restricted routes were measured. Until the race committee comes up with photos or video-tapes, the Records Committee will discuss the case before making a decision. It is hard to understand why a major race cannot provide video-tapes or photographs to document the conduct of the race.

End of Running Boom

NRDC has been receiving an unbelievable number of calls regarding the "end of the running boom." USA Today published some of our stats. The Boston Globe followed up. CBS, NBC and ESPN have called for more information.

The running boom for us is not over. More and more races are becoming technically more sophisticated. Runners are demanding certified courses and recognition of their records. We estimate total participation in terms of road race finishers is 2.5 to 3.0 million.

Regional Organization

We see a trend to more regional

organization in running. Many areas already have "Grand Prix" circuits. Regional running magazines have proliferated. Several states have begun to maintain state record lists.

The Road Running Technical Committee regional certifiers have done wonders. More than 1000 courses are being certified each year. We have contacts in virtually every state to deal with race problems.

Burnout

Another advantage of "decentralization" is to protect against burnout. Everyone is subject to this malady. Bob Martin joined NRDC in early 1980 and burned out by end of 1982. Jennifer Hesketh (Young) joined NRDC in early 1981. Both she and I get real close to burnout every year, Jen usually two or three times a year. Nineteen eighty-five is my 12th year at this. It takes too much time from my real job, it takes time from my own training, and it takes a lot of our personal and family time.

I continue because I hate leaving things unfinished. Jen continues because I do. We continue because of runners like Bob Bartling, Hal Higdon, Joe Burgasser, Ed Benham, Herb Chisholm, Norm Green, Charlie Hackenheimer, Bill Foulk, Alex Ratelle, Howard Rubin, Ray Sears, Rudy Fahl, Fordie Maderia, Shirley Matson, Bob Packard, Ray Hatton, Clive Davies, Don Longenecker, Paul Reese, Norm Bright, Sandra Kiddy, Dorothy Stock, Jacqueline Hansen, Ruth Anderson, Linda Sippelle, Helen Dick, Mary Storey, Margaret Miller, Doug Latimer, Jim Bowers, Bernd Heinrich, Adele Milicevic, Jaclyn Caselli, Els Tuinzing, Edna Laflin, Mavis Lindgren and Ruth Rothfarb, among many, many others.

We continue because of race directors like Jack Moran, Scott Thomason, Len Wallach, Judy Stolpe, John Mansoor, John Hinshaw, Tom Eckelman, Harold Tinsley, Phil Stewart, Jeff Derman, George Regan, and many more.

We don't continue because of TAC, the RRCA, or other acronymic organizations. We don't continue for notoriety, fame or recognition. The

New York City Marathon course was remeasured because it was the proper thing to do. The credibility of the certification program in this country needed the remeasurement, if only to demonstrate that everyone is subject to the same standards.

Integrity in Record-Keeping

(TAC Attorney) Alvin Chriss once told me that TAC needed integrity in the keeping of records. Even if the rest of TAC is wrapped up in politics, economics, and/or personalities, it is essential that this part of TAC be honest and impartial. You can't buy a record, you can't put the pressure on to get a record, and you can't gain a record by being friends with the record-keeper. This works to the benefit of all concerned, the runners, the race directors, the sponsors, the agents, and TAC.

□

Road running has come a long way in a short time. Ten years ago, distinctions between certified and uncertified courses were rarely made. Today, the idea that courses are remeasured after a record is bettered is widely accepted. Ten years ago, races were just beginning to give women and masters awards. Today, a full slate of records has been ratified for men and women over a wide range of age groups. Ten years ago, a marathon record meant a medal



Larry Walker, M30, start of 400m in TAC Central California Championships, Fresno, April 13. Larry finished in 48.28.

photo by G. Snyder

and a story in Runner's World. Today, a marathon record earns one enough to retire and is carried by daily papers around the world.

Road running has reached maturity. It is time to properly fund the technical/statistical end of the sport. The NRDC needs to develop local "arms" and a national "coordinating" office with paid staff. Then Jen and I can retire, knowing that our labors have produced something of value. And when CBS calls for information on recent trends in marathoning, they won't have to schedule around my class teaching schedule. □

1985

MASTERS NORTHWEST REGIONAL TRACK & FIELD CHAMPIONSHIPS

SPONSORED BY
PORTLAND MASTERS TRACK CLUB/MT. HOOD C. COLLEGE
HELD AT MT. HOOD C. COLLEGE
GRESHAM, OREGON

SCHEDULE OF EVENTS

<p style="text-align: center;"><u>FRIDAY NIGHT, JULY 26</u></p> <p>6-8 PM Long Jump Shot Put Discus High Jump (men 30-49) 6:15 3000 ST 8:00 110 Hurdles 100 1500 400 2000 Walk</p>	<p style="text-align: center;"><u>SATURDAY NIGHT, JULY 27</u></p> <p>6-8 PM Triple Jump Javelin Pole Vault High Jump (Men 50 & up & Women) Hammer 8:00 400 Hurdles 200 3000 (Women only) 5000 (Men 40 & over) 5000 (Men 30-39 & men over 40 who want to be in this race) 800</p>
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*Times determine winners in each age group in 5000.

HELD AT NIGHT-BEST POSSIBLE CONDITIONS...ALL WEATHER TRACK SURFACE

PLEASE PRINT

NAME _____ FOR ATHLETES AGE 30 & UP
AGE(As of 7-26-85) _____

ADDRESS _____ MALE _____ FEMALE _____

CITY _____ ST _____ ZIP _____ PHONE _____

EVENTS ENTERED

1. _____ Best 84 or 85 mark if any

2. _____

3. _____

4. _____

5. _____

6. _____

Beautiful olympic size medal on plaque with metal plate ready for engraving to each participant.

Total Entry Fee - \$10 CHECK PAYABLE TO PORTLAND MASTERS TRACK CLUB(NO ONE ELSE!!)

Send entry with check to: Jim Puckett c/o Mt.Hood C. College Athletic Dept.
26000 SE Stark St., Gresham, OR 97030

No host breakfast-9 AM Sat., Heidi's in Gresham - \$6 MUST SEND WITH ENTRY

I waive all rights that I or my heirs or assigns may have against the sponsors of this event arising from any injury, illness or accident that I may sustain or incur in participating in this event or at this event. I declare that I am in good health to participate in this event

SIGNED _____ DATE _____

MASTERS SCENE

NATIONAL

• The 1985-86 edition of the Competition Rules of The Athletics Congress is now available. The book contains rules and records for American track and field, race walking and long distance running. For a copy, send \$6 to the Book Order Dept., TAC, P.O. Box 120, Indianapolis, IN 46206. The 1985 U.S. Decathlon/Heptathlon Handbook is also available from the same address for \$8.

• The 1985 Masters Track & Field Age Record Book is now available. The popular book lists the men's and women's world and U.S. age bests for all T&F events for each age from age 35 and up, as of Jan. 1, 1985. Compiled by TAC National Masters T&F Records Chairman **Peter Mundle**, you can order a copy for \$5 from NMN, P.O. Box 2372, Van Nuys, CA 91404.

• **Bob Anderson**, the publisher of *Runner's World*, has sold the magazine to **Rodale Press**, publisher of *Prevention* and *Bicycling*. RW will be moved from Mountain View, California to Rodale headquarters in Emmaus, Pennsylvania.

NEW ENGLAND

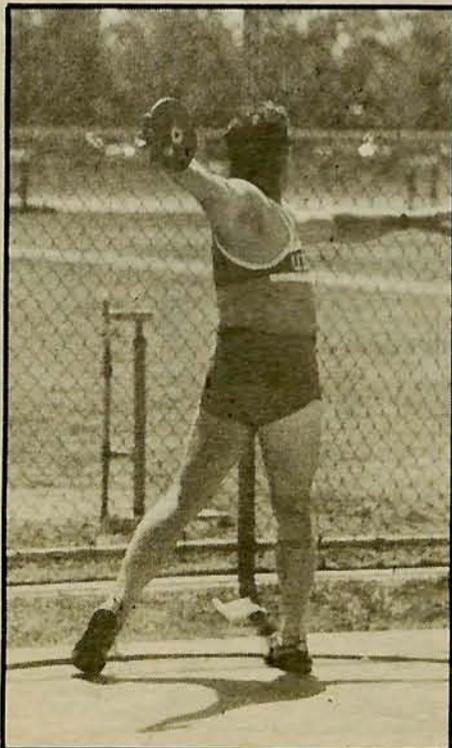
• **Bert Allen**, 40, was first Masters, with four of a kind, 33:33, in the Run For Life 10K, E. Greenwich, RI, May 19. **Richard Silva**, 50, won his division with a well-below-40-minute time of 37:28, and **Carl Hammen**, 61, ran 43:32 to take the M60+ match. **Heather Murphy**, 42, took the W40+ contest, 42:09; **Elsie Ruggiero**, 50, won the W50 race in 50:11.

• **Barry Brown**, 40, extended his Masters unbeaten string with an easy 56-second win over **Sumner Brown** in 31:45 in the Rich Classic 10K in Johnston, R.I. on June 2. **Tony Sapienza**, 56, turned in a good 36:21.

EAST

• **Aharon Rosenzweig**, 41, was M40-44 and Masters winner, 28:22, in the Bronx Historical 5 Mile, Bronx, NY. **Anna Thornhill**, 44, was the W40+ leader, 35:59, and **Eddie Coyle**, 60, zipped over the Van Cortlandt Park course in 38:26.

• **Rosenzweig**, 41, led all masters in 2:50:48 in the 49th Annual Yonkers Marathon from Yonkers to Tarrytown, NY, and back on



Al Brenda, M55, winding up for discus throw in Pentathlon competition, TAC Central California Championships, Fresno, April 13.

photo by G. Snyder

May 19. **Cahit Yeter**, 50, topped the 50-59 group in 2:59:19. **Cindy Dalrymple**, 43, led the 40+ women in 3:10:19. 278 (85%) of the 325 starters finished the race in sunny, 60° weather. New Rochelle, NY, May 11. **Guy Stretton**, 44, was first Master and 19th of 566 m/finishers, 1:19:37.

• **Maddy Harmeling**, 40, finished fifth of 1618 finishers in the L'Eggs Mini Tune Up 5K, Central Park, NYC, May 12, in 18:20, eight seconds better than sixth place **Linda Conners**, 43. Near-Master **Angella Hearn**, 39, took second in 17:53.

• **Dick Wenham**, 41, went all the way and won the whole thing in the Go The Distance Pharmacia 5K, Riverside Park, NYC, with 17:17 (60 m/finishers). **Robert Knodell**, 38, was second, 18:55, and 49-year-old **Charles Clark**, third, 19:28. **Margie Brand**, 41, finished fifth, 24:51, among the 22 w/finishers.

• **Mike Morrissey** of North Adams, MA, is the '85 RRCA Eastern Regional M40-49 champion, winning the event staged in Albany, NY, May 4. **Gerald Barney** of Swanton, VT, finished first among the M50-59, 36:57; **Lou Altamari** of Ballston Lake, NY, won the M60+ race 46:33. **Marge Rajczewski**, Ballston Lake, won the W35-44 division, 44:37, and **Nancy Gerstenberger**, Albany, the W45+, 46:22, in the Hudson Mohawk RRC-hosted race, which drew 78 entrants.

• **Bob Bridgman** won both the M50+ division and Masters race with 36:00 in the Easter Bunny Hop 5 Mile, Penns Creek, PA, April 6.

• **Vincent Carnevale**, 69, of Newark, NJ, who says he is "training to become one of the best 70-and-over runners in the U.S.," was well on his way with M60+ wins in both the 5K, 22:11, and the 10K, 47:05, in the Paramus Knights of Columbus Run, Paramus, NJ, May 19.

• **Carnevale** won the 60+ bracket of the Montclair, N.J. YMCA 10K in a 1985 PR 45:18 and took the M65 10K and 5K titles in the No. Jersey Masters in 45:30 and 24:20.

• **Bertha Bellinghausen**, 51, Queens, NY, was first W40+ and sixth of 100 w/finishers in 1:41:01 in the New Rochelle Half-Marathon.

• "The 70's are a lonely time," laments **Harold Niebel** at the lack of M70 competition in the sprints and hurdles. "They always make us run with the M60's and M65's, and I finish up the track," he complains. Niebel's been injured, but keeps running, anyway. "I tore a knee cartilage, had fluid drained, and had xylocaine and cortisone injected. My lumbar gave out and required the removal of arthritic spurs via a laminectomy and foramenotomy. I competed three months later." Why go through it all? "It has compensations," Niebel says. "When someone looks at me and says '70, you sure don't look it!', I feel great."

SOUTHEAST

• **John Hosner** added another national M60 age-division record to his collection (Hosner broke Hubert Morgan's 1:02:11 with a 58:55 in the NIKE Cherry Blossom 10 Mile, March 31) with a 35:09 in the Elizabeth River 10K, Norfolk, VA, May 4, which beaters Dr. Alex Ratelle's 35:32. Hosner is Associate Dean of Agriculture and Life Sciences, and Director of the School of Forestry and Wildlife at Virginia Polytechnic Institute and State University in Blacksburg, VA.

• **Alex Coffin**, 48, Charlotte, NC, was Masters winner in the slightly short Jim Beatty 10K, in Charlotte, May 4, with 35:50 after dueling **Bruce Morrison**, Concord, NC, who had 36:13. Coffin attended college with sub-4-minute miler Beatty and had a brief reunion with him just before the race.

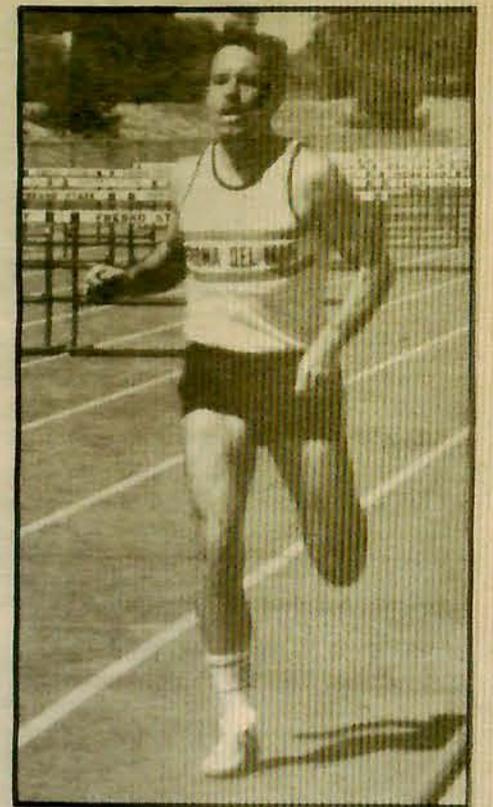
• **Gilberto Gonzalez**, 71, of Puerto Rico, added two more track records to his name with age-71 national bests in the 100y, 12.80, and 120yHH, 19.91, in the 20th Annual Palm Beach T&F Championships, Palm Beach, FL, April 20. Forty-one meet records also fell. Among the Masters contributing to the onslaught were **Ron Purdum**, M35, high jump (6-5); **Rudy Vlad-dingerbroek**, M35, javelin (190-10); **Bub God-frey**, M40, 880 (2:14) and mile (4:47); **Randy Cooper**, M55, javelin (144-11) and shot (38-6); and **Bill Weinacht**, M65, 220 (29.21) and 440 (68.83).

• On April 26-27, 1986, the Palm Beach T&F Association will host the Florida State Masters Championships, and club president Joe Valdes hopes to draw individuals and teams from all over the U.S. and abroad.

MIDWEST

• **Bill Stewart**, 42, multi-distance national record holder from Ann Arbor, MI, opened his track season on May 11 in the 1500 and 800 in the Phil Diamond Invitational, Ann Arbor, which celebrated the fifty-year anniversary of Jesse Owens' tying one WR and break three others in that city in the 1935 Big Ten T & F Championships. Running in the 1500 fast heat, Stewart wasn't ready for 57.0 and 1:58 opening laps, and finished in 4:02. Stewart mercifully opted for the slow heat 800, opened with 58.0, and finished strongly in 1:59.1, passing four runners in the stretch. Best of all, he experienced none of the foot problems that have been plaguing him for a year.

• **Bill Boyd**, M40, with a third overall 16:42, led the Ford Runners Masters men to the three-



Gary Miller, M45, finishing 1500m in 4:52.9 in Pentathlon competition TAC Central California Championships, Fresno, April 13.

photo by G. Snyder

WAVA Hurdle and Implement Standards, adopted by the U.S. TAC Masters Track & Field Committee for use in all TAC Masters T&F meets, beginning January 1, 1984.

Hurdles						Implements				
Age group	Dis-tance of race	Height of hurdle	Distance to first hurdle	Distance between hurdles	Distance from last hurdle to finish	Shot	Discus	Hammer	Javelin	
M40-49	110m	.991m	13.72m	9.14m	14.02m	7.26K	2.00K	7.26K	800gm	
M50-59	110m	.914m	13.72m	9.14m	14.02m	6.00K	1.50K	6.00K	800gm	
M60-69	100m	.840m	13.00m	8.50m	10.50m	5.00K	1.00K	5.00K	600gm	
M70+	80m	.762m	12.00m	8.00m	12.00m	4.00K	1.00K	5.00K	600gm	
W35-49	100m	.840m	13.00m	8.50m	10.50m	4.00K	1.00K	--	600gm	
W40+	80m	.762m	12.00m	8.00m	12.00m	3.00K	1.00K	--	400gm	
M40-49	400m	.914m	45.00m	35.00m	40.00m	9.14m=39"	9.14m=30'	7.26K=16 lb.		
M50-59	400m	.840m	45.00m	35.00m	40.00m	8.50m=27'10 1/2"	8.50m=27'10 1/2"	6.00K=13 lb. 4 oz.		
M60+	400m	.762m	45.00m	35.00m	40.00m	8.00m=26'3"	8.00m=26'3"	5.00K=11 lb. 5 oz.		
W35+	400m	.762m	45.00m	35.00m	40.00m	.762m=30"	1.00m=3.2808'	4.00K=8 lb. 13 oz.		

FINANCIAL REPORT 1985 U.S. NATIONAL MASTERS INDOOR T&F CHAMPIONSHIPS STERLING, ILLINOIS --- MARCH 30-31, 1985

RECEIPTS:		EXPENSES TO DATE:	
Seven-Up		RESERVE FOR CONTINGENCIES:	9,557.10
TAC	\$1,000.00	MIDWEST MASTERS	200.00
Ent-ies	875.00		154.91
	7,265.00		\$9,912.01
Less NSF Checks	44.50	OFFICIALS:	
Bank Charges	57.59		Expenses
		Mania Ryan	\$100.00
Net Receipts	\$9,037.91	Mike Davis	100.00
Due From TAC	875.00	Brad Davis	15.00
Anticipated Net Receipts	\$9,912.91	Kirby Rodgers	50.00
		Dick Cox	50.00
		Mike Murry	50.00
		Delia Bethell	50.00
		Jennifer Johnston	25.00
		Wendell Miller	100.00
		Marlene Miller	100.00
		Stuart MacKenzie	100.00
		Cynthia MacKenzie	100.00
		Ron Fox	50.00
		Phyllis Fox	50.00
		Imra Almasey	50.00
		Josie Almasey	50.00
		Paul Basbagill	100.00
		Alan Fenner	100.00
		Leon Afremow	100.00
		Terry Ellis	100.00
		F. Lee Slick	50.00
		Ted Hayden	50.00
		Chuck Klehm	100.00
		TOTALS	\$1,640.00 \$1,775.00

man M40+ team title (53:23) in the Michigan TAC 5K RR Championships, hosted by the Wolverine Pacers Athletic Club, Dearborn, May 5. **Bob Paklaian**, M45, was second Master, 16:58. Boyd chalked up another Masters win six days later in the Old Kent River Bank 25K, Grand Rapids, MI, with 1:31:00. In the Old Kent, **Norm Eastman** took the M50-59 title in 1:32:50, and **Tina Hayward** won the W40-49 in a fast 1:40:51. **Melba Hatch**, W55, took the W55+, 2:03:28. Open winners were Greg Meyer, 28, 1:16:57, and '84 Olympic Marathon gold medalist, Joan Benoit, 27, 1:27:25.

• **Ed Hill**, 42, outscored all entrants with a 3714 total in the Wolfpack TC Spring Weight Pentathlon, Columbus, OH, May 12. Hill's score was bolstered by a 53-4 1/2 35# weight throw and a 145-4 discus toss. **Norm Bower**, 36, second with 3116, also got fat discus points with a 136-8 effort.

• **Faith Walkwitz**, 51, was the first age-35+ finisher in 45:47 in the L'Eggs YWCA 10K in Chicago's Lincoln Park on May 5.

• **Chuck Davey**, three-time Big Ten and NCAA welterweight champ from Michigan State in the late '40's when collegiate boxing drew more spectators than basketball did, celebrated his 60th birthday by running his first 10K of the spring season. *Davey, an enthusiastic marathoner for many years, had surgery to repair a torn achilles tendon seven years ago, rather than give up running. He's training for the Detroit Free Press Marathon, October 13. A Birmingham, MI, insurance executive, he still weighs 147 pounds, his weight when, as a top welterweight contender, he fought Kid Gavilan, the "bolo-puncher," for the title.*

MID AMERICA

• **Bob Bartling**, 58, Brookings, SD, led all Masters with 18:31 in the 5K segment of the Longest Day 5K/10K/Marathon, in Brookings. **Alan Bender**, 40, of Brookings, was top M40+ in the 10K, 38:05, and **Gene Asp**, 46, Lamber-ton, MN, first M40+ in the marathon, 2:54:00. • **Elwood Vetos**, 42, logged 55:34 to win the 8th Annual Jim Emmerich 15K in Brookings, S.D. on May 11.

Oldfield Sets Shot Mark

Continued from page 1
peting as a pro, he threw the shot 75 feet. Everyone knows he did it, but the record isn't acknowledged by the IAAF/TAC. The official record is 72-10 3/4 by East Germany's Udo Beyer.

CLASSIFIEDS

If you are promoting a race meet, or offer a service or product or wish to place a personal ad, the rate is 25¢ a word. Payable with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

Saturday, July 20. Victoria Masters Championship. Victoria, Texas H.S. track. Gary Moses, Box 1758, Victoria TX 77902. 512/572-2763. Sheradon Groves, 512/572-8391.

Master Key Track Championships, Under the Lights, Saturday July 20th 7:00 p.m. To be held at Howard H.S. in Columbia, MD. Just off I-95 between Baltimore & Washington D.C. Open & Masters Divisions. Write or call for details: Master Key T.C., 18 Mitnick Ct., Baltimore, Md. 21236. Al Harden 1-301-992-2464 days, Larry Williams 1-301-661-7521 evenings.

• **Ardel Boes**, a 47-year-old Colorado School of Mines professor, was the first Masters runner in all four races in the 4-race Mayor's Cup Series (5, 10, 15 and 20 mile races) in Denver, clocking a 2:00:22 in the 20-miler on March 31.

• **Boes** finished 7th overall in the Denver Mayor's Cup Marathon on May 5, running a fine 2:36:46 in spite of 70-degree-heat. **Tom Bailey**, a retired 55-year-old former engineer, paced the over-50 group with his 2:48:52. Colorado Springs' **Dick Wenham** paced the masters in the accompanying 10K with a nice 34:16 over a difficult course.

• **Pete Ybarra** (35:04) and **Bette Poppers** (40:42) shared Masters honors in the Colorado Heat 10K on April 6th. **Pat Porter**, was the overall winner in 29:41, with English miler **Steve Cram** second in 29:49. Good field and good course; and a money race.

• **Rod Lechtenberger**, 42, raced a fast 4:39.1 in the 3rd annual Lincoln, Nebraska Mile on May 26. **Ray Stevens**, 44, (4:48.2) and **Ron Anderson**, 41, (4:49.6) followed. **Karen Bestul**, 42, was first W35+ in 5:36.6.

SOUTH WEST

• **Maureen Bixby**, 43, Norman, OK, ran the fastest Oklahoma-State 10K time ever for W40-and-over with a 39:37 first w/overall in an early March race.

• **Bruce Mortenson** (32:27) and **Gabriele Andersen-Schiess** (35:58) were the Masters winners in the Crescent City Classic 10K in New Orleans on March 30. **Stephen Lester** (33:00) and **Juan Perez** (34:21) finished 2-3.

WEST

• **Bill Clark**, Los Altos, CA, was first Master in 33:13 in the 8th Annual Devil Mountain 10K, Danville, CA, May 5. The W40+ division races were won by Northern California all-stars **Vicki Bigelow** of San Lorenzo, W40-49, 39:00; **Ruth Anderson** of Oakland, W50-59, 43:54; and **Mavis Lindgren** of Orleans, W60+, 1:04:22. Bigelow turns 50 in July. The event, one of the largest in the country, drew 5500 runners of all ages and abilities and raised a colossal \$82,000, with the help of sponsors, for Children's Hospital Medical Center in Oakland, CA.

• **Gina Faust**, 48, and **Margaret Miller**, 59, finished the Westlake Florist 5K, Westlake Village, CA, May 19, in age-record times of 19:14 and 20:12 respectively.

• **Larry Banuelos**, 61, set a PR 18:10 in the Brentwood 5K on May 27 in Los Angeles. **Neil Doherty**, 44, (16:12) and **Judy Kewley**, 40 (18:17) won the 40-49 divisions.

• **Jim Bowers** ran a swift 32:44 to win the M45 division of the Santa Rosa, Calif. Run for the Roses 10K. **Daryl Beardall**, M45 (33:48); and **Morton Gray**, M50 (35:33) also ran well.

NORTHWEST

• **Mary Margaret Goodwin**, 47, of Idaho Falls, Idaho will attempt to swim the English Channel this month. Two years ago, she gave up her job as a Navy environmentalist to devote her time to running and swimming. She plans a major endurance run in England in August.

• **Mike Heffernan**, 44, came within 12 seconds of the U.S. Masters 8K record in a 25:17 in the Portland Shamrock Run. **Ray Hatton** set an age-53 mark in 26:20.

CANADA

• **Liz McBlain**, 37, who demolished Canadian W35 records (200, hurdles, all the jumps, javelin) last outdoor season, still competes in open women's events and placed fifth in the pentathlon in the '85 Canadian Indoor Championships in Edmonton, Ont., just 217 points out of first. McBlain won the W35 mile in the Edmonton, Journal Games in March with 5:38.8.

• **Art Meaney**, 41, ran 32:28 to win the Masters title and finish 3rd overall in the annual Molson's Harbor Front 10K in St. John's Newfoundland on May 26.



Jimmy Low, of Sacramento, won 60+ division of Pacific Sun 10K in 40:34 in Kentfield, Calif. May 27. photo by Gene Cohn

MASTER KEY TRACK CHAMPIONSHIPS

"Under The Lights"
Saturday Night July 20th 7:00 PM

MASTER KEY TRACK CLUB IS PLEASED TO PRESENT OUR FIRST OUTDOOR CHAMPIONSHIPS. UNLIKE THE MASTER KEY INDOOR CHAMPIONSHIPS OF THIS PAST FEBRUARY WE GUARANTEE NO SNOW STORMS THIS TIME. INSTEAD WE PROMISE A TRACK MEET UNDER THE LIGHTS IN THE COOL OF THE EVENING COMPARED TO MOST SUMMER TRACK MEETS IN THE BLISTERING AFTERNOON HEAT.

THIS UNIQUE EVENT WILL BE HELD AT HOWARD H.S. STRATEGICALLY LOCATED BETWEEN BALTO. & WASH. D.C. JUST OFF I-95 THE TRACK IS AN ALL WEATHER SURFACE AND L" SPIKES ARE RECOMMENDED. AMPLE SHOWER & LOCKER FACILITIES WILL BE AVAILABLE.

AGE GROUPS- OPEN, 30-39, 40-49, 50 & OVER - CHILDRENS MEET 4:00 to 7:00 PM

AWARDS - TO FIRST 3 PLACES IN EACH AGE GROUP OF EACH EVENT EXCEPT THE MILE RELAY RACE DIRECTOR RESERVES THE RIGHT TO CANCEL OR CONSOLIDATE ANY EVENT WITH FEWER THAN THREE COMPETITORS.

ENTRY FEES- OPEN DIVISION - \$3.00 FOR FIRST EVENT \$1.00 EACH ADDITIONAL EVENT BEFORE 7-17
LATE ENTRIES - \$4.00 FOR FIRST EVENT \$1.00 EACH ADDITIONAL EVENT
MASTERS - \$5.00 FOR FIRST EVENT \$1.00 EACH ADDITIONAL EVENT BEFORE 7-17
LATE ENTRIES - \$6.00 FOR FIRST EVENT \$1.00 EACH ADDITIONAL EVENT
NO FEES FOR RELAYS

ORDER OF EVENTS - TIMES ARE APPROXIMATE

7:00 110 - HH TRIALS	8:45 100 METER FINALS
7:00 SHOT PUT	9:00 HIGH JUMP
7:15 100 METER TRIALS	9:00 2 - MILE WALK
7:30 LONG JUMP	9:30 200 METER LOW HURDLES (that's right)
7:45 1 - MILE RUN	9:45 800 METERS
7:45 DISCUS	10:00 200 METERS
8:15 400 METERS	10:15 5,000 METERS
8:30 TRIPLE JUMP	10:45 MILE RELAY
8:30 110 HH FINALS	

MASTER KEY TRACK CHAMPIONSHIPS ENTRY FORM

PLEASE PRINT
NAME _____ EVENT _____ PR _____
ADDRESS _____ EVENT _____ PR _____
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BALTIMORE, MD. 21236

FOR FURTHER INFORMATION CALL
AL HARDEN 1-301-992-2464 DAYS
OR
LARRY WILLIAMS 1-301-661-7521 NIGHTS

schedule

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

TRACK & FIELD NATIONAL

July 5-6. TAC National Masters Decathlon and Heptathlon Championships, Point Loma College, San Diego. Ed Oleata, PO Box 2822, La Jolla CA 92038. 619/459-2311 (work). Entry form in April/May issues.

August 23-25. TAC National Masters Championships, Indiana University, Indianapolis. Marshall Goss, Assembly Hall, Indiana University, Bloomington IN 47401. 317/335-8583.

August 31. TAC National Masters Pentathlon Championships, Denver. Jim Weed, 11672 East 2nd Ave., Aurora CO 80010. 303/341-2980.

NEW ENGLAND

July 28. Brown University Masters Invitational, Brown U. Stadium, Providence, R.I. Neil Steinberg, 45 John St., Providence, RI 02906. 401/751-1495.

EAST

July 7, 21. Potomac Valley Seniors TC Developmental Meets, St. Stephens School, Alexandria, Virginia. 9:30 a.m.

July 13. New York Masters Relays, Kings Point, N.Y. Bob Fine, 77 Prospect Place, Brooklyn NY 11217. 718/789-6622 (7-9 p.m.)

July 20. Master Key Track Championships. Under the lights. Howard H.S., Columbia, Maryland. (Just off I-95 between Baltimore and Washington.) Master Key TC, 18 Mitnick St., Baltimore MD 21236. Al Harden, 301-992-2464 (days); Larry Williams, 301-661-7251 (eves.) Entry form in this issue.

July 20. Garden State Masters Meet, New Jersey. Site TBA. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 609/259-9268.

August 3. Philadelphia Masters Championships. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003. Dawson Pratt, 609/871-4331.

August 9. Empire State Games, Albany, N.Y.

August 18. East Coast Quadrangular Meet, Philadelphia. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003.

September 1. Potomac Valley Games, St. Stephen's School, Alexandria, Va. H.

COMING NEXT MONTH

•VI World Veterans Games: Results, Stories, Photos

•Report of WAVA Meetings

•Results of Regional T&F Championships

•Results of World Vets Distance Championships

•Preview of U.S. Masters T&F Championships

Carle, 195 N. Utah, Arlington, VA 22207. 703/276-0180.

SOUTHEAST

July 9, 16, 23. August 6, 10. (Championships.) Greensboro Pacesetters All-Comers Meets, Grimsley H.S., Greensboro, N.C. 6:00 p.m. Charles Brown, 919/294-4616.

July 27. 5th Southeastern Masters Classic, Furman U., Greenville, S.C. Tom Malik, 104 Pinewood Dr., Greer, SC 29651. 803/963-4431 (w); 879-4549 (h). Entry form in June NMN.

December 26. Holiday Pentathlons, weight at 9:00 a.m./regular at 2:00 p.m. Atlantic High School, Delray Beach, FL 33444. Attn: Randall Cooper.

MIDWEST

July 13-14. Badger State Games Meet. Wisconsin TAC 40+ only. Entry deadline July 1. BSG, 5001 University Ave., Madison WI 53705.

July 20. Midwest Masters All-comers Meet, York H.S., Elmhurst, Ill. 8 a.m. All age groups, Wendell Miller, 7250 N. Cicero, Lincolnwood, IL 60646. 312/234-2154.

August 3. Heights Summer Classic, Cleveland Heights High, Cleveland, Ohio. Dorothy Davis, 2155 Miramar Rd., University Heights OH 44118. 216/371-7406.

August 17. Midwest Masters All-comers Meet, York High School, Elmhurst, Illinois, 8 a.m. Wendell Miller, 7250 N. Cicero, Lincolnwood IL 60646. 312/234-2154.

August 23-25. TAC National Masters Championships, Indianapolis. See "National."

September 8. 4th Annual Wolfpack Throwing Classic and OAC Open and Masters 56 lb. Wt. Throw Championship, Columbus, Ohio. Worthington H.S. John White H (614) 459-2547, W (614) 424-7011.

MID-AMERICA

August 11. Chillicothe Masters Meet, Chillicothe, Missouri. Joe J. Shy, Jr., P.O. Box 745, Chillicothe, MO 64601.



Winners of the TAC National Masters 10K team championship at Clearwater, Fla., on February 3 was the Jogging Center Ladies Masters Racing Team of Tampa Bay. The team members were, left to right, Maria Carmen Wade, Yvonne Rodgers and Patricia DeBolt. Rodgers was third overall in the competition with a 38:32.5 in the W40-44 (won by Shirley Matson with 36:47.8) while Wade was fifth with 39:33.8, also in W40-44, and DeBolt was 49:38.2 in W45-49.

Photo by Terry Jacoby

816/646-3823; 646-1023.

August 31-September 1. Rocky Mountain Games, Denver, Colo. Jim Weed, 11672 East 2nd Ave., Denver CO 80010 303/341-2980. Entry form in July and August issues.

September 20-22. Mid-American Senior Sports Festival, Lee's Summit, Mo. T&F, plus other events for M&W 55+. Ms. Chris Herron, Lee's Summit Parks & Rec., 307 S. Market, Lee's Summit, MO 64063. 816/251-2394.

SOUTHWEST

July 13. West Texas Masters, Lions Stadium, Ozona, TX. Bobby Aycok, P.O. Box 1584, Ozona, TX 76943. 915/392-3773, (bus); 392-3081 (res).

July 20. Victoria Masters Championships, Victoria, Texas. Gary Moses, Box 1758, Victoria TX 77902. 512/572-2763.

August 3. Texas Masters Championships, Univ. of Texas at Arlington. Joe Murphy, 4308 N.C. Expwy., S-206, Dallas TX 75206. 214/824-3800 (0).

WEST

June 24-August 16. All-comers meets, Los Angeles. Mon: S.W. College; Tues: Venice HS; Wed: Birmingham HS; Thurs: Bell HS. 7 p.m. Masters events each Wed. at Birmingham.

July 13. Taco Bell Relays, Fresno State College, California. Hugh Adams, 7904 S. McCall, Selma CA 93662. 209/896-2435.

July 20. Nor-Cal Senior Classic, Berkeley, Calif., U.C. Berkeley - Edwards Stadium. Mark Grubi, P.O. Box 4512, San Francisco, CA 94101. 415/285-3352.

July 27. Striders Relays, Long Beach State College, Lloyd Higgins, 195 Gladstone, No. 44, Azusa, CA 91702. 818/969-9327.

August 3-4. West Valley Masters Meet, Los Gatos, Calif. Los Gatos High and San Jose City College. Bruce Springbett, P.O. Box 1328, Los Gatos, CA 95030. 408/354-7333 or 408/354-5660.

August 10. Trojan Masters Invitational, U.S.C., Los Angeles. Jim Vernon, 1147 W. Rowland Ave., W. Covina, CA 91790. 818/338-1623.

August 31. L.A. Patriots Summer Relays. Box 2981 Beverly Hills CA 90213. Marvin Thompson, 213/388-9689.

September 14. Northern California Senior Olympics VI, Laney College, Oakland. Age 50+. NSCO, 1520 Lakeside Dr., Oakland CA 94612. 415/273-3191.

October 5. Club West Masters, U.C. Santa Barbara, Goleta, California. Geo. H. Adams, P.O. Drawer K, Goleta, CA 93117. 805/687-6323.

NORTHWEST

July 8-12. Masters Training Camp, Seeley Lake, Montana. Ken Foreman, 2516 N. Pacific St., Seattle WA 98103. 206/545-6907.

July 26-27. TAC Northwest Regional Masters Championships, Gresham, Oregon. Jim Puckett, Mt. Hood College, 26000 S.E. Stark, Gresham OR 97030. 503/667-7534.

August 9-10. 7th Montana Masters Championships, Montana State U., Bozeman, Mont. Mike Carignan, P.O. Box 5132, Bozeman, MT 59717-5132.

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Most back issues of the *National Masters News* are available for \$1.50 each, plus 50¢ postage and handling for each order.

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CANADA

July 13. Ontario Masters Pentathlon Championships, Scarborough. Art Rappich, 86 Gloucester St., No. 1105, Toronto, Ont. May 2S2.
August 18-22. Masters Games, Toronto. Box 1985, Postal Station P. Toronto, Canada M5S 2Y7. 416/927-1985.

INTERNATIONAL

July 5-6. International Veterans Meet, Baden (near Zurich) Switzerland. M33+, W30+. (based on year of birth, not date of birth). LC vom Stein Baden, Jurg Saxer, P.O. Box, 5401 Baden/Switzerland. Deadline June 1.
July 7. Veterans AC Meet, West London Stadium, Du Cane Road, London, England. Foreigners welcome. Alec Sykes, 54 Narbonne Ave., London SW 4 9JT.
July 20-21. 15th British National Veterans Championships, Wolverhampton, England. Foreigners welcome to run as guests. Alf Sparkes, 2 William Bullock Close, Stourport-on-Severn, Worcs, DY13 8UG, England. Deadline: June 20.
August 3-4. WAVA North American Masters Championships, Los Gatos, California. Bruce Springbett, PO Box 1328, Los Gatos CA 95030. 408/354-7333 or 408/354-5660.

LONG DISTANCE RUNNING NATIONAL

July 13. TAC U.S. National Masters 10K Walk Championships, Niagara Falls, N.Y. Dan Stanek, 281 Meadowview Lane, Williamsville, NY 14221. 716/634-2634.
August 4. TAC U.S. National Masters 50K Cross-Country Championships, Richmond, Calif. PA/TAC, Box 1495, Fair Oaks CA 95628.
September 1. TAC U.S. National Masters 15K Walk Championships, Santa Monica, Calif. John Kelly, 1024 Third St., Santa Monica, CA 90403. 213/451-5231.
September 22. TAC U.S. National Masters Half-marathon, Dayton, Ohio. Vince Peters, 541 Osborn Ave., Fairborn OH 45324.
September 29. TAC U.S. National Masters 8K Championships, Syracuse, N.Y. Evelyn White, 18 Foxcroft Dr., Fayetteville, NY 13066. 315/637-6211.
October 6. TAC U.S. National Masters 5K Road Championships, Little Rock, Arkansas. Dan Bartell, Box 34153, Little Rock AR 72703.
October 13. TAC U.S. National Masters 40K Walk Championships, Fort Monmouth, New Jersey. Elliott Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764. 201/222-9213.
November 3. TAC U.S. National Masters 10K Cross-country Championships, Syracuse, N.Y. Jerry Smith, 112 Marangale Rd., Manlius, NY 13104. 315/422-7121.
November 3. TAC National Masters and Marine Corps Marathon, Washington,



Margaret Miller looking trim and fit after setting an age-59 record of 20:12 in Brentwood 5K in Los Angeles May 27.

D.C. Charles Des-Jardins, 5428 Southport Lane, Fairfax VA 27032. 703/250-7955.
November 17. TAC U.S. National Masters 15K Cross-Country Championships, Bronx, N.Y. Kurt Steiner, 1660 E. 21st St., Brooklyn, NY 11210. 718/336-3025.
November 29. TAC U.S. National Masters 5K Cross-country Championships, Raleigh, N.C. Bob Baxter, 800 Purde St., Raleigh NC 37609.
December 7. TAC U.S. National Open and Masters 30K Championships, Houston. Dave Bethany 3201 Wheeler, TSU Box 382, Houston TX 77004. 713/527-7258; 713/649-1665.

NEW ENGLAND

July 21. Butternut 15K, Great Barrington, Mass. Mens Masters New England AC Championships. Jane Murdock, Hospice of S. Berkshire, P.O. Box 428, G. Barrington, MA 01230. 413/528-4786.
August 25. The Falmouth 7 Mile, Falmouth Mass. Falmouth RR, P.O. Box 732, Falmouth, MA 02541. 617/540-4417.
September 8-14. 8th annual Craftsbury Masters Running Camp. Box 31, Craftsbury Common VT 05827. 802/586-2514.

EAST

July 7. Pepsi Challenge National Championship 10K, New York, N.Y. NYRRC, P.O. Box 881, FDR Station, New York, NY 10150-0881-212/860-4455.
July 13. 6th Annual The Other Run 10K and 2-mile fun run, Granville, NY. Cora Parry, 2 Church St., Granville, N.Y. 12832. 518/642-0723.

August 4. Summer Track Festival 10K & 3K Cross-country race, 100m & 1500m races, So. Orange, N.J. Summer Track Festival Runs, c/o Essex County Park Comm., 115 Clifton Ave., Newark, NJ 07104. 201/482-6400.
August 10. Asbury Park and TAC Open Men's 10K Championship, Ocean Township, New Jersey. Phil Benson, P.O. Box 2287, Ocean Township, NJ 07712. 201/531-4156.
August 18. Troy Classic 10K, Troy, Pa. P.O. Box 81, Troy, PA 16947. 717/297-2151.
October 27. New York City Marathon. NYRRC, P.O. Box 881, FDR Station, New York, NY 10105-0881. 212/860-4455.

SOUTHEAST

July 4. (Thursday). Peachtree Road Race 10K, Atlanta. \$2000 to Masters. ATC, 3097 E. Shadowlawn Ave., N.E., Atlanta GA 30305.
August 24. Maggie Valley Moonlight 8K, Maggie Valley, N.C. (near Waynesville). Haywood Valley RRC, P.O. Box 416, Waynesville, NC 28786. 704/456-6773.
September 28. Virginia 10-Miler, Lynchburg, Virginia. Rudy Straub, 3020 Cranehill Dr., Lynchburg, VA 24503. 804/528-2857.

MIDWEST

August 24. Bobby Crim 10 Mile, Flint, Mich. John Harpst, 1101 S. Saginaw, Flint, MI 48502. 313-766-7346.
August 25. Midwest Masters 25K, Lake Bluff Jr. H.S., Rt. 176 & Sheridan Rd., Lake Bluff, Ill. 7 a.m. Open to all ages, Cara Circuit event. W. Miller, 7250 N. Cicero, Lincolnwood, IL 60646. 312/234-2154.
October 13. Detroit Free Press International Marathon, Windsor, Ontario, to Detroit, Mich. Pam Weinstein, c/o Detroit Free Press International Marathon, 321 W. Lafayette, Detroit, MI 48231. 313/222-6676.
October 13. RRCA National 50 Mile/100K, Chicago. Dr. Madhana Gunnars, 2655 W. Peterson, Chicago IL 60659.
October 13. Nationwide/Bank One Marathon, Columbus, Ohio. Bank One Marathon, Columbus, OH 43271-0980. 614/889-9079.

ON TAP FOR JULY

TRACK & FIELD

Following the World Veterans Games in June is an international meet in Zurich, Switzerland on the 5th and 6th. London, England hosts a meet on the 7th, and the British Nationals will be held on the 20th.

Back in the U.S., there are meets on the 13th in Fresno, California; Madison, Wisconsin; Kings Point, N.Y.; and Ozona, Texas. On the 20th are meets in Columbia, Maryland; Victoria, Texas; Berkeley, Calif.; and New Jersey.

The 27th sees action in Greenville, S.C.; Long Beach, Calif.; and the Northwest Regionals in Gresham, Oregon. Weekly all-comers meets are set for many areas.

LONG DISTANCE RUNNING

The Peachtree 10K in Atlanta on the fourth is this month's biggie, with the Pepsi Challenge 10K set for New York City on the 7th. Out West, the Coronado half-marathon is a San Diego staple on the 4th, while Salt Lake City stages the annual Deseret News Marathon on the 24th.

October 19. The Ultimate Runner (10K, 400m, 100m, mile, & marathon in one day), Jackson, Mich. \$10,000 to be distributed to top m/f open and Master runners. Mike McGlynn, The Ultimate Runner, Jackson Community College, 2111 Emmons Rd., Jackson, MI 49201.
October 20. America's Marathon/Chicago, Chicago, Ill. America's Marathon/Chicago, 214 W. Erie St., Chicago, Il. 60610. 312/951-0660.

Continued on next page

NOW AVAILABLE Masters Age-Records 1985

Compiled by National TAC Masters T&F Records Chairman Pete Mundle with Lori Maynard and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1985
- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1985
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 48 pages. Thousands of entries. Lists name, age, state and date of record.

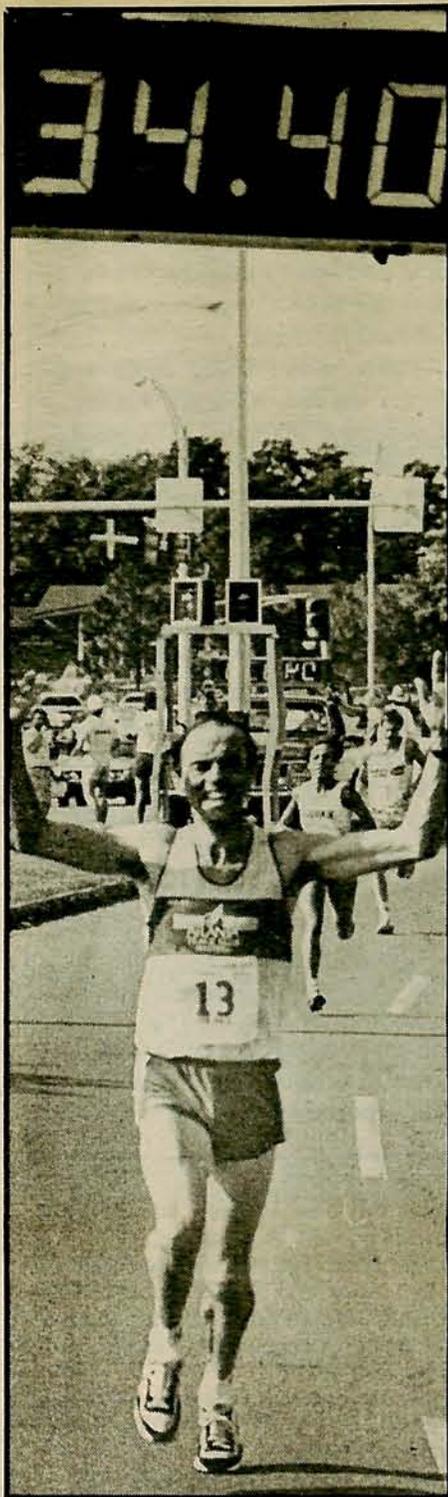
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DEADLINE

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



Mike Kelly, 42, of Duluth, Georgia, is happy with his 10th-place Masters finish in Huntsville, Alabama's Cotton Row 10K Run on May 27.

photo by Chris Cobb

MID-AMERICA

July 22. 3rd Annual Bobcat 8K, Brookings, S. Dakota. South Dakota State U. Track Office, Brookings, SD 57007. 605/688-5526.

August 17. Pikes Peak Marathon, Manitou Springs, Colorado. Carl McDaniel, 5520 N. Union, Colorado Springs, CO 80918. 303/593-8888.

October 6. Twin Cities Marathon, Minneapolis to St. Paul, Minnesota. \$40,000 to Masters. Jack Moran, 5429 Wooddale Ave., Edina MN 55424.

SOUTH WEST

October 12. El Paso-Juarez International 15K, El Paso, Texas. Tom Jones, P.O. Box 15000, El Paso, TX 79998. 915/772-RACE.

WEST

July 4. Coronado Half-marathon, San Diego, Calif. Coronado/Second Sole Half-marathon, 1013 Park Place, Coronado, CA 92118. 619/437-4556.

July 4. Spirit of America 5K, Torrance, Calif. Exchange Club of Torrance, P.O. Box 5102 Torrance, CA 90510. Robert Hackett, 213/437-2935.

July 4. Monarch Bank 5K/10K Run In The Parks, Laguna Niguel, Calif. Bill Pascual, 24372 Las Naranjas, Laguna Niguel, CA 92777. 714/831-6618.

July 4. SPATAC 15K Championships & 31st Semana Nautica, Goleta, Calif. SASE to John Brennand, Semana Nautica 15K, P.O. Box 6616, Santa Barbara, CA 93160. 805/964-2591.

July 7. Help Public Service 5K/10K, Los Angeles, Calif. Sam Theus, P.O. Box 1576, Inglewood, CA 90308. 213/293-5158.

July 14. San Francisco Marathon. \$1800 to Masters. Scott Thomason, Box 27385, San Francisco CA 94127. 415/681-2323.

August 17. 7th Annual 8 Mile Tetrick Trail Run, Griffith Park, Los Angeles, Calif. John Sporleder, 150 So. Glenoaks Blvd., No. 9171, Burbank, CA 91510.

August 25. 8th Annual America's Finest City Half-Marathon, San Diego, Calif. American Lung Association, 3861 Front St., P.O. Box 3879, San Diego, CA 92103. 619/297-3901.

December 1. California International Marathon, Sacramento, California. \$5000 to Masters. Sacramento LDR Ass'n, PO Box 161149, Sacramento CA 95816.

NORTHWEST

July 24. Deseret News Marathon, Salt Lake City, Utah. Deseret News, P.O. Box 1257, Salt Lake City, UT 84110. 801/237-2135.

September 8. Nike/Oregon Track Club 25K, Eugene, Oregon. Pete Gribkov, P.O. Box 10412 Eugene, OR 97440 503/342-8082.

September 14. Prefontaine Memorial 10K, Coos Bay, Ore. Prefontaine Memorial Run, P.O. Box 210, Coos Bay, OR 97420. 503/269-0215.

CANADA

July 20. 9th Annual Miller Lite/Pepsi Cola Voyageur Marathon, 6 a.m., Espanola, Ontario. Certified. Shelda & Norm Patenaude, Lee Valley Road, RR No. 2, Massey, Ontario, Canada POP IPO. 705/865-2671.

August 11. Masters Games Marathon (Age 30+), Toronto. Also Cross-Country on August 17, and Road Race on August 25. Box 1985, Postal Station P, Toronto, Canada M5S 2Y7. 416/927-1985.

August 24. Rainbow Country 50 Mile Road Race, 5 a.m., Espanola Mall, Espanola, Ontario. 10 X 5 Mile loop. Certified. Shelda & Norm Patenaude, Lee Valley Road, RR No. 2, Massey, Ontario, Canada POP IPO. 705/865-2671.

September 7. Tom Longboat Memorial 10K, Ontario. 10:00 a.m. Dr. John Rook, P.O. Box 1172, Brantford, Ontario, Canada N3T 5T3.

INTERNATIONAL

August 25. Reykjavik Marathon & Half-Marathon, Reykjavik, Iceland. Marathon Tours Inc., 1430 Mass. Ave., Harvard Square, Cambridge, MA 02138. 617/492-3088.

September 28-29. 3rd IGAL European Veterans Road Championships, 10K and 25K, at Granollers near Barcelona, Spain. Werner Hamm, Theuerbrunnleinsweg 55, 8720 Schweinfurt, West Germany. □



Continued from page 2

No two starters are alike, so the sprinter doesn't know what to expect. Most starters don't know what they're doing.

To speed up meets, establish minimum entry standards and require lapped runners to drop out. Let's go back to the "one false start" rule and treat our runners more equitably.

*William Nottingham
Satellite Beach, Florida*

TWO GOOD TRACK MEETS

Meet director J.J. Perry is to be commended for the 15th Southeastern Masters T&F Meet in Raleigh, N.C. on May 3-5. I've attended many track meets in the past 2 years on a high school, college and national level. The conduct of this meet was among the best I've ever seen. Also thanks to A.C. Linnerud, Dr. Richard Mochrie and Dr. Sandra Shazy, whose officiating was superb; and to Bob Boal for starting the meet 15 years ago.

*Bill Shrader
Adirondack Masters LDR Chairman
Middleburg, New York*

The SPA/TAC Masters T&F Championships at Occidental College in Los Angeles on June 1 was well organized by Gary Miller. He really knows what he is doing.

*Loren Noyes
Glendale, California*

SHOULD NATIONALS BE HELD EARLIER?

Why are the TAC Masters T&F Meets held late in the summer? It would seem to make sense to hold the Nationals before the World Games.

I much prefer June or early July. Training all summer can cause injuries or staleness from endless intervals. Some say June meets wouldn't be fair to cold weather athletes, but it seems they have more meets in the winter than we do in Southern California (we have no indoor meets at all.) Perhaps others would like to share their ideas on this issue.

I enjoy Masters meets greatly, the friendly spirit of competition. My experiences have been quite positive. I enjoy the National Masters News and look forward to receiving it each month. I only wish more women participated on the track.

*Tina Stough
Long Beach, California*

(The Nationals are held in late summer to give people a chance to train to a peak. Most older athletes work and are busy in the spring. Many can't find time to train regularly until summer. The Nationals are generally held before the World Games; 1985 is the exception to the rule. — Ed.)

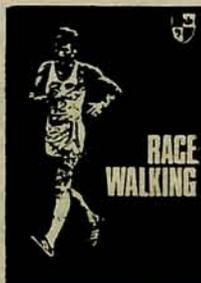
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TRACK & FIELD RESULTS

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

EAST

NEW YORK MASTERS 1985 OUTDOOR MEET

King's Point Merchant Marine Academy, King's Point, N.Y. May 19, 1985.

100 METERS

M 30	LOUIS MILLER	NY	14.2
M 35	DOWUD SALEEM	SH	11.7
	ROBERT OVERTON	SH	11.8
M 40	TOM TOSCANO	NY	11.8
	RUSS ROBINSON	NY	12.0
	MIKE DEJESUS	NY	12.2
	GENE BALLARD	PC	12.4
	TED GRAY	PM	12.6
	VITO DICESARE	NY	13.5
M 45	BOB WILLIAMS	SH	11.6
	DHAMARI ADAYOMI	PM	11.9
	RICK RIZZO	PC	12.3
	HAIG BOHIGIAN	NY	12.6
	JIM HODGE	PM	12.7
	ROBERT SMITH	UN	12.9
M 50	MATT BROWN	SH	11.9
	DAVE PERRY	AC	12.4
	JOHN MURPHY	NY	13.0
	TONY PATTERSON	CT	14.0
	AL ROMANO	UN	14.8
	RALPHY BACOTE	NY	15.0
	TOM TALBOTT	NY	16.2
M 55	AL COHEN	NY	13.1
	SYD SALT	UN	13.4
	DICK KLEIN	NY	13.6
	MAURICE LENTZER	NY	15.7
	KILEY STRAYBORO	UN	20.1
M 60	DON K. BROWN	NY	15.0
M 65	DAVE LAWYER	NY	13.7
	MARCUS NEUHOF	NY	15.1
M 70	LEO ROTHBART	NY	15.2

WOMEN

W 30	CATHY ALAM	NY	17.1
	ROBIN ROSENBLUM	NY	18.0
W 35	MURIEL SIMMONS	NY	13.8
	JENNIFER PINTO	NY	14.1
W 50	MARILYN FITZGERALD	UN	14.4

200 METERS

M 30	ERROL ANDERSON	AN	24.0
	LOUIS MILLER	NY	30.5
M 35	DAWUD SALEEM	SH	23.1
	ROBERT OVERTON	SH	23.8
	DAVE LARSON	SP	24.3
	RON SALVIO	CT	28.4
M 40	TOM TOSCANO	NY	24.8
	GENE BALLARD	PC	25.3
	MIKE MILOVE	NY	26.1
	VITO DICESARE	NY	26.9
	RICHARD KAYE	NY	28.7
M 45	DHAMARI ABAYOMI	PM	24.1
	RICK RIZZO	PC	24.4
	HIM HODGE	PM	25.6
M 50	DAVE PERRY	AC	25.8
	JOHN MURPHY	NY	27.7
	TONY PATTERSON	CT	29.8
	TOM TALBOTT	NY	36.2
M 55	JOE KELLY	NY	27.4
	AL COHEN	NY	27.7
	SYD SALT	UN	28.8
	DICK KLEIN	NY	29.1
M 60	DON K. BROWN	NY	31.4
M 65	DAVE LAWYER	NY	29.2
	LEO McEVOY	NY	36.5
M 70	LEO ROTHBART	NY	34.1
	HARRY McARDLE	NY	41.2

WOMEN

W 30	CATHY ALAM	NY	36.8
W 35	MURIEL SIMMONS	NY	28.5
	JENNIFER PINTO	NY	28.9
W 50	MARILYN FITZGERALD	UN	30.0

400 METERS

M 35	RON McDONALD	PC	53.7
	DAVE LARSON	SP	54.0
	ROBERT OVERTON	SH	54.2
M 45	BOB WILLIAMS	SH	55.5
	HAIG BOHIGIAN	NY	57.6
	ROBERT SMITH	UN	68.5
M 50	MATT BROWN	SH	58.8
	TOM TALBOTT	NY	71.6
M 55	AL COHEN	NY	69.4
	ART BRADLEY	NY	75.3
M 60	DON BROWN	NY	70.4

WOMEN

W 30	BETTY CLAIR	NY	68.2
W 35	MURIEL SIMMONS	NY	64.6
	JENNIFER PINTO	NY	66.1
W 50	MARILYN FITZGERALD	UN	71.4

300 METERS

M 40	FRANK HANDELMAN	CP	2:09.8
M 45	GUNTHER DAUTH	NY	2:38.4
M 30	TOM HORAN	NY	2:12.7
M 50	IRWIN BERNSTEIN	SH	2:32.8
	TOM TALBOTT	NY	3:11.2
M 55	AL COHEN	NY	2:36.2
	JOE KERNAN	NY	2:36.5

WOMEN

W 65	ADRIENNE SALMINI	NY	4:16.6
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1500 METERS

M 30	BOB PERTAK	PU	4:19.2
	LES ROBY	PU	4:22.7
	THOMAS HORAN	NY	4:31.4
M 40	TOM ROBINSON	NY	4:16.2
	SETH KAMINSKY	NY	4:32.8
M 45	GUNTHER DAUTH	NY	5:25.6
M 55	KELLEY BROWN	NJ	5:00.7
	AL COHEN	NY	5:25.9
	JOE KERNAN	NY	5:26.6
	PHIL O'CONNELL	NY	5:37.2

WOMEN

W 53	BEATRICE KEE	NY	7:45.2
W 65	ADRIENNE SALMINI	NY	8:17.9

5000 METER RUN

M 30	ROBERT STACEY	SO	16:17.9
M 40	BOB WOOLEY	NY	16:28.2
	MOSES MAYFIELD	UN	16:48.5
	FRED CURRY	PC	19:54.5
M 50	TOM TALBOTT	NY	24:29.4
M 55	AL COHEN	NY	21:56.6
	DES MARGETSON	PC	22:05.8
M 60	DON K. BROWN	NY	23:49.4

10,000 METER RUN

M 35	ROBERT FRAIL	NY	33:43.4
	EDEN WEISS	PP	37:08.9
M 40	MOSES MAYFIELD	UN	33:50.4
M 45	ROBERT LOWE	AC	35:01.4
	GENE PIAQUADIO	UN	39:42.4
M 55	WALTER SIDEROWITZ	NY	41:05.9

110 METER HIGH HURDLES

M 30 - 39"	ROBERT RUDROW	SH	16.1
M 35 - 39"	DOWUD SALEEM	SH	15.0
	RON SALVIO	CT	19.8
M 40 - 36"	MIKE MILOVE	NY	16.8
	MIKE DEJESUS	NY	17.0

M 45 - 36"	ROBERT SMITH	UN	20.3
M 50 - 33"	LEON TROUT	SH	17.1
M 55 - 33"	JOE KELLY	NY	19.7
	GENE KELLY	SH	20.0
M 65 - 33"	MARCUS NEUHOF	NY	21.9

400 METER HURDLES

M 30	EARL ANDERSON	AN	59.5
	ROBERT RUDROW	SH	62.5
M 48	RICHARD RIZZO	PC	63.0
M 50	MATT BROWN	SH	62.5
	LEON TROUT	SH	64.7
M 55	GENE KELLY	SH	76.2
	ART BRADLEY	NY	89.9
W 30	CATHY ALAM	NY	1:34.9

5000 METER WALK

M 35	BOB RYAN	SH	24:07.5
M 43	GEORGE BRADLEY	NY	35:04.1
M 50	JACK BOITANO	NY	24:19.7
	ROBERT FINE	NY	29:17.1
	RON VALIENTE	NY	29:18.5
	BERNARD KAUFMAN	ES	33:27.5
M 55	BILL OMETCHENKO	NY	29:16.0
M 60	GEORGE HELLER	ES	30:13.4
M 65	ED PRESTON	ES	36:26.1
M 70	LOUIS LONDON	UN	34:59.9
WOMEN			
W 45	DOROTHY KELLY	NY	28:19.6
W 50	RHONDA LAWYER	NY	42:23.7

HIGH JUMP (IN FEET)

M 30	ROBERT RUDROW	SH	4'5"
M 35	IVAN BLACK	AC	5'2"
M 40	AAROND ROOS	NY	5'4"
	RICHARD KAYE	NY	4'5"
M 45	JERRY COUNIHAN	AC	5'8"
	MORT HAHN	UN	4'14"
M 50	RALPH BACOTE	NY	4'3 1/2"
M 55	WARREN JACKSON	UN	4'6 1/4"
	DES MARGETSON	PC	4'5"
	ART BRADLEY	NY	4'1 1/4"
M 65	MARCUS NEUHOF	NY	4'3 1/4"
M 70	WILLIAM EIPEL	AC	4'1"

POLE VAULT (IN FEET)

M 35	RON SALVIO	CT	9'6"
M 40	WALLY SOKOLOWSKI	AC	13'6"
M 45	JERRY COUNIHAN	AC	13'0"
	FRANK ILLUZZI	NJ	9'0"
M 55	JACK DOORLAY	NY	8'0"

LONG JUMP (IN FEET)

M 35	IVAN BLACK	AC	17'1"
	RON SALVIO	CT	16'1"
	GARY SMITH	UN	14'8"
M 40	RUSS ROBINSON	NY	18'0"
	TED GRAY	PM	16'9 3/4"
	RICHARD KAYE	NY	16'1"
	AAROND ROOS	UN	15'6"
M 45	RICHARD RIZZO	PC	15'11"
	ROBERT SMITH	UN	15'8 1/4"
M 50	TONY PATTERSON	CT	14'1 1/4"
	JOHN MURPHY	NY	13'11 1/2"
M 55	SYD SALT	UN	18'3 3/4"
	AL COHEN	NY	14'7"
	JACK DOORLAY	NY	13'6 1/4"

WOMEN

W 30	CATHY ALAM	NY	10'3 1/4"
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TRIPLE JUMP (IN FEET)

M 35	IVAN BLACK	AC	35'5"
M 40	MIKE MILOVE	NY	34'6 1/4"
	AAROND ROOS	UN	34' 3/4"
	RICHARD KAYE	NY	32'10 1/4"
M 45	HAIG BOHIGIAN	NY	31'11"
M 55	DES MARGETSON	PC	32'9"
	AL COHEN	NY	30'10"
	SYD SALT	UN	29'2"
	JACK DOORLAY	NY	26'2"

SHOT PUT

M 30 (in feet)	PAUL CORRIGAN	SH	42'10"
M 35 (in inches)	RICK DUNPHY	SH	39'5"
	WALT GREGORY	UN	22'11 1/4"
M 40 (in feet)	LARRY PRATT	PM	41'7"
	BRIAN McKENNA	NY	37'4 1/4"
	JAI SINGH	NY	33' 1/2"
M 45	JOHN ANDERSON (2nd)	UN	39'6"
M 45	CARL KLEHM	UC	37'5"
	GEORGE SUTTON	NY	26'8 1/4"
M 50 (in meters)	PAY CARSTENSEN	NY	12.72
	MEEMO MAASIK	NY	12.00
	MARTY KINTISH	NY	11.73
M 55 (in meters)	HERB CANTOR	NY	11.27
	WARREN JACKSON	NY	9.63
M 60 (in meters)	MARIO MINAFRA	NY	8.10
M 65	MURRAY OGUSS	NY	10.38
	GENE WOOD	PM	9.26
M 70	ALFRED SKONBERG	NY	10.18
	WILLIAM EIPEL	AC	9.86
M 75 (in meters)	HARRY McARDLE	NY	6.45

WOMEN

W 30 (in meters)	ROBIN ROSENBLUM	NY	7.03
W 40 (in feet)	CAROLE LEAF	NY	28'8"
W 50 (in meters)	ANNE CIRULNICK	NY	8.86
	BEATRICE KEE	NY	5.68

DISCUS THROW (RECORDED IN METERS)

M 34	PAUL CORRIGAN	SH	42.65
M 35	MIKE GRISCO	UN	47.85
	GLEN WEAVER	CT	33.79
	RICH DUNPHY	SH	33.43
	IVAN BLACK	AC	22.80
M 40	JOHN ABBOT	PM	41.30
	LARRY PRATT	PM	37.70
	JOHN ANDERSON	UN	35.98
	BRIAN McKENNA	NY	33.82
	JAI SINGH	NY	27.73
M 45	CARL KLEHM	UC	33.75
	GEORGE SUTTON	NY	31.52
M 50	MARTY KINTISH	NY	41.17
	NEEMO MAASIK	NY	32.97
M 55	HERB CANTOR	NY	34.41
	WARREN JACKSON	UN	29.10
	DICK KLEIN	NY	22.84
M 60	DON HARRIS	PM	29.17
	MARIO MINAFRA	NY	28.37
M 65	MURRAY OGUSS	NY	30.65
	GENE WOOD	PM	27.57
M 70	ALFRED SKONBERG	NY	28.41
	WILLIAM EIPEL	AC	26.96
M 75	HARRY McARDLE	NY	17.20

WOMEN

W 40	CAROLE LEAF	NY	23.84
W 50	ANNE CIRULNICK	NY	21.31
	BEATRICE KEE	NY	13.98
	RHONDA LAWYER	NY	13.78

HAMMER THROW (IN METERS)

M 30	PAUL CORRIGAN	SH	35.08
M 35	MIKE GRISCO	UN	42.72
M 40	BRIAN McKENNA	NY	35.50
M 45	CARL KLEHM	UC	38.02
	GEORGE SUTTON	NY	24.82
M 50	PAY CARSTENSEN	NY	38.15
	MARTY KINTISH	NY	27.66

M 55	HERB CANTOR	NY	33.28
	MAURICE LENTZER	NY	15.48

M 60	MARIO MINAFRA	NY	20.37
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M 70	WILLIAM EIPEL	AC	19.11
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JAVELIN (IN METERS)

M 30	GLEN WEAVER	CT	65.27
	BOB RYAN	SH	59.93
	IVAN BLACK	AC	33.06

M 40	RICHARD KAYE	NY	33.00
	JAI SINGH	NY	29.03
	MIKE MILOVE	NY	28.90
	RUSS ROBINSON	NY	27.65</

SOUTHEAST

Palm Beach T&F Championships, Palm Beach, Fla., April 20.

Table with 2 columns: Age/Name and Time. Includes 100y, 220y, 440y, 880y, and Mile events.

Table with 2 columns: Age/Name and Time. Includes 220y, 440y, and Mile events.

Table with 2 columns: Age/Name and Time. Includes 440y, 880y, and Mile events.

Table with 2 columns: Age/Name and Time. Includes 880y and Mile events.

Table with 2 columns: Age/Name and Time. Includes Mile event.

Table with 2 columns: Age/Name and Time. Includes Two Mile event.

Table with 2 columns: Age/Name and Time. Includes 120yH event.

Table with 2 columns: Age/Name and Time. Includes 330yH event.

Table with 2 columns: Age/Name and Time. Includes Mile Relay event.

Table with 2 columns: Age/Name and Time. Includes High Jump event.

Table with 2 columns: Age/Name and Time. Includes Pole Vault event.

Table with 2 columns: Age/Name and Time. Includes Long Jump event.

Table with 2 columns: Age/Name and Time. Includes Shot Put event.

Table with 2 columns: Age/Name and Time. Includes Discus event.

Table with 2 columns: Age/Name and Time. Includes Javelin event.

Table with 2 columns: Age/Name and Time. Includes Javelin event.

Table with 2 columns: Age/Name and Time. Includes Javelin event.

Birmingham TC Classic May 11, 1985

Table with 2 columns: Age/Name and Time. Includes 100 yd dash event.

Table with 2 columns: Age/Name and Time. Includes 40-44 event.

Table with 2 columns: Age/Name and Time. Includes 40-44 event.

Table with 2 columns: Age/Name and Time. Includes 220 yd dash event.

Table with 2 columns: Age/Name and Time. Includes 440 yd dash event.

Table with 2 columns: Age/Name and Time. Includes 880 yd run event.

Table with 2 columns: Age/Name and Time. Includes Mile event.

Table with 2 columns: Age/Name and Time. Includes Mile event.

Table with 2 columns: Age/Name and Time. Includes 120 yd Hurdles event.

Table with 2 columns: Age/Name and Time. Includes 330 yd Hurdles event.

Table with 2 columns: Age/Name and Time. Includes 330 yd Hurdles event.

Table with 2 columns: Age/Name and Time. Includes High Jump event.

Table with 2 columns: Age/Name and Time. Includes Pole Vault event.

Table with 2 columns: Age/Name and Time. Includes Long Jump event.

Table with 2 columns: Age/Name and Time. Includes Triple Jump event.

Table with 2 columns: Age/Name and Time. Includes Shot event.

Table with 2 columns: Age/Name and Time. Includes 65-69 event.

Table with 2 columns: Age/Name and Time. Includes Discus event.

Table with 2 columns: Age/Name and Time. Includes Discus event.

Table with 2 columns: Age/Name and Time. Includes Javelin event.

Table with 2 columns: Age/Name and Time. Includes Javelin event.

Table with 2 columns: Age/Name and Time. Includes 440 yd Relay event.

Summer Track Meet, Charlotte, N.C. June 4.

Table with 2 columns: Age/Name and Time. Includes 200, 400, 800, and Mile events.

Table with 2 columns: Age/Name and Time. Includes Mile event.

MIDWEST

Wolfpack TC All-Comers Throwing Meet Columbus, Ohio, April 28.

Table with 2 columns: Age/Name and Time. Includes Discus event.

Table with 2 columns: Age/Name and Time. Includes Shot Put event.

Table with 2 columns: Age/Name and Time. Includes Hammer event.

Table with 2 columns: Age/Name and Time. Includes Weight Throw event.

Wolfpack TC Spring Weight Pentathlon, Columbus, Ohio, May 12

Table with 7 columns: Name, Age, Shot, Discus, Javelin, Hammer, Weight, Total. Includes Chris Mitko, Steve Kaye, Norm Bower, Jim Pearce, and Ed Hill.

200 METERS (CONT)

Table of 200 meters results for men, including categories 70-74, 65-69, 60-64, 55-59, 50-54, 45-49, 40-44, 35-39, and 30-34. Lists names, times, and performance changes.

400 METERS

Table of 400 meters results for women, including categories 55-59, 50-54, 35-39, and 30-34. Lists names, times, and performance changes.

MEN

Table of 400 meters results for men, including categories 70-74, 65-69, 60-64, 55-59, 50-54, 45-49, 40-44, 35-39, and 30-34. Lists names, times, and performance changes.

800 METERS

Table of 800 meters results for women, including categories 55-59, 50-54, 45-49, 40-44, and 30-34. Lists names, times, and performance changes.

800 METERS (CONT)

Table of 800 meters results for men, including categories 65-69, 60-64, 55-59, 50-54, 45-49, 40-44, 35-39, 30-34, 1500 METERS, 45-49, 40-44, 35-39, 30-34, 5000 METER RACEWALK, 75-79, 70-74, 60-64, 45-49, 40-44, 35-39, 30-34, 3000 METERS, 55-59, 45-49, 30-34, 5000 METERS, 60-64, 55-59, 50-54, 45-49, 40-44, 35-39, 30-34, 2000 METER STEEPCCHASE-MEN, 60-64, 3000 METER STEEPCCHASE-men, 50-54, 30-34, 50-54, 45-49, 40-44, 35-39, 30-34, 10,000 METERS, 40-44, 35-39, 30-34, and 1. Mike Pinocci, 30, CapCityFl 30:04.2

80 METER HURDLES-WOMEN

Table of 80 meter hurdles results for women, including categories 45-49, 100 METER HURDLES-MEN, 65-69, 60-64, 110 METER HURDLES-MEN, 50-54, 45-49, 35-39, 30-34, 400 IH - MEN, 50-54, 45-49, 40-44, 35-39, 30-34, 4X110 RELAY, 30-39, 5000 METER RACEWALK, 75-79, 70-74, 60-64, 45-49, 40-44, 35-39, 30-34, 30-34, 75-79, 70-74, 60-64, 45-49, 40-44, 35-39, 30-34, 2000 METER STEEPCCHASE-MEN, 60-64, 3000 METER STEEPCCHASE-men, 50-54, 30-34, 50-54, 45-49, 40-44, 35-39, 30-34, 10,000 METERS, 40-44, 35-39, 30-34, and 1. Jerry Coleman, 31 6' 2"

POLE VAULT -MEN

Table of pole vault results for men, including categories 70-74, 65-69, 60-64, 55-59, 40-44, 30-34, LONG JUMP-MEN, 80-84, 55-59, 50-54, 45-49, 35-39, 30-34, TRIPLE JUMP-MEN, 80-84, 70-74, 65-69, 60-64, 55-59, 50-54, 45-49, 35-39, 30-34, SHOT PUT, WOMEN, 45-49, 30-34, MEN, 80-84, 70-74, 65-69, 60-64, 55-59, 50-54, 45-49, 35-39, 30-34, and 1. Shirley Dietderich, 58, NCSTC 63' 11"

Table with 2 columns: Age group and Name/Height. Includes events for 60-64, 55-59, 50-54, 45-49, 40-44, and 35-39.

JAVELIN WOMEN (Metric) and MEN. Lists names and times for various age groups from 55-59 to 45-49.

40-44 and HAMMER WOMEN. Lists names and times for 40-44 age group and hammer events for women.

HIGH JUMP. Lists names and heights for various age groups.

Table with 2 columns: Name and Height. Lists names and heights for various age groups.

DISCUS THROW. Lists names and distances for various age groups.

POLE VAULT. Lists names and heights for various age groups.

Table with 2 columns: Name and Height. Lists names and heights for various age groups.

Southern Pacific Association, TAC District Championships, Occidental College - June 1 Los Angeles.

100 METER DASH. Lists names and times for various age groups.

200 METER DASH. Lists names and times for various age groups.

Table with 2 columns: Name and Time. Lists names and times for various age groups.

800 METER RUN. Lists names and times for various age groups.

1500 METER RUN. Lists names and times for various age groups.

5000 METER RUN. Lists names and times for various age groups.

80 METER HURDLES 30". Lists names and times for various age groups.

100 METER HURDLES 33. Lists names and times for various age groups.

110 METER HURDLES 36. Lists names and times for various age groups.

400 METER HURDLES. Lists names and times for various age groups.

3K STEEPLE. Lists names and times for various age groups.

5K RACE WALK. Lists names and times for various age groups.

Table with 2 columns: Name and Time. Lists names and times for various age groups.

LONG JUMP. Lists names and distances for various age groups.

TRIPLE JUMP. Lists names and distances for various age groups.

SHOT PUT. Lists names and distances for various age groups.

HAMMER THROW 4kg, 5kg, 6kg. Lists names and distances for various age groups.

JAVELIN THROW. Lists names and distances for various age groups.

Table with 2 columns: Name and Distance. Lists names and distances for various age groups.

Table with 2 columns: Name and Distance. Lists names and distances for various age groups.

* - World Best Age Group
+ - American Best Age Group
- - Age World Best

LONG DISTANCE RESULTS

Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

NEW ENGLAND

Run For Life 10K, E. Greenwich, R.I.; May 19.

Table with columns for age group, name, and time. Includes Overall, M40-44, M45-49, M50-54, M55-59, M60+, and W40-44 categories.

Memorial Day 5K, Wickford, R.I., May 27.

Table with columns for age group, name, and time. Includes M40, M45, M50, M55, M60, M65, and W40-44 categories.

"Rich Classic" 10K, Johnston, R.I. - June 2.

Table with columns for age group, name, and time. Includes Overall, M40, M45, M50, M55, M60, and M65 categories.

Table with columns for age group, name, and time. Includes W40, W50, and W55 categories.

EAST

TAC National Masters 25K Walk Championships, Washington, D.C.; April 21.

Table with columns for age group, name, and time. Includes M40, M45, M50, M55, M60, M65, M70, M85, and W40 categories.

Bronx Historical 5 mile, Bronx, N.Y.; May 5.

Table with columns for age group, name, and time. Includes Overall, M40-44, M45-49, M50-54, M55-59, M60-69, M70+, and W40-44 categories.

New Rochelle Half-Marathon, New Rochelle, N.Y.; May 11.

Table with columns for age group, name, and time. Includes Overall, M40-44, M45-49, M50-54, M55-59, M60, and M65 categories.

Table with columns for age group, name, and time. Includes M50-59, M60+, M40-44, M45-49, M50-59, and W60+ categories.

L'Eggs Mini Tune Up 5K, Central Park, NYC; May 12.

Table with columns for age group, name, and time. Includes Overall, M40-44, M45-49, M50-59, M60+, and W40-44 categories.

Freihofer's 10K Run for Women, Albany, N.Y. May 18.

Table with columns for age group, name, and time. Includes Open, W35-39, W40-44, W45-49, W50-54, W55-59, W60+, and W60+ categories.

Manufacturers Hanover Lilac 10K; Rochester, N.Y. 5/19/85

Table with columns for age group, name, and time. Includes Overall, M30, M35, and M40 categories.

Table with columns for age group, name, and time. Includes M40, M45, M50, M60, W30, W35, W40, W45, and W50 categories.

MIDWEST

Michigan Athletics Congress, 5K RR Championships, Dearborn; May 5.

Table with columns for age group, name, and time. Includes Overall, M40, M45, M50, M55, M60, and Masters Team-Ford Runners categories.

L'Eggs/YWCA Women's 10K, Chicago, May 5.

Table with columns for age group, name, and time. Includes Open, W35-39, W40-44, W45-49, W50-54, W55-59, W60-69, W70+, and W60+ categories.

SOUTHEAST

Jim Beatty 10K, Charlotte, N.C.; May 4.

Table with columns for age group, name, and time. Includes Overall, M40-49, M50-59, M60+, and W50-59 categories.

Elby's Distance Race 20K, Wheeling, West Virginia, May 25.

Table with columns for age group, name, and time. Includes Overall, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70+, and W35-39 categories.

Old Kent River Bank 25K, Grand Rapids, Mich.; May 11.

Table with columns for age group, name, and time. Includes Overall, M35, M40, M45, M50, M55, M60, M65, M70, W40-49, and W50+ categories.

MID-AMERICA

Mayor's Cup 20 Mile, Denver, Colorado, March 31.

Table with columns for age group, name, and time. Includes Overall, M40-49, and W50+ categories.

Table with columns for age group, name, and time. Includes M50-59, M60+, M40-49, M50-59, and W60+ categories.

Mayor's Cup Marathon, Denver, Colorado, May 5.

Table with columns for age group, name, and time. Includes Overall, M40-44, M45-49, M50-54, M55-59, M60+, and W40-44 categories.

Mayor's Cup 10 Kilometers, Denver, Colorado, May 5.

Table with columns for age group, name, and time. Includes Overall, M35-39, M40-44, M45-49, M50-54, M55-59, M60+, and W40-44 categories.

Lincoln Marathon, Lincoln, Nebraska, May 5.

Overall
 Phil Coppess 30 2:16:30
 Lori Henning 20 3:02:09

M40-44
 Oliver Weaver 42 2:43:38
 Ross Higgins 42 2:48:02
 Bob Lindsey 40 2:48:25
 Clayton Streich 40 2:49:41
 Joe Dugan 41 2:54:04

M45-49
 Jim Gallup 49 2:38:36
 Wes Geringer 47 2:43:13
 Robin Hines 47 2:54:55
 Felipe Garcia 47 2:58:57
 Perry Anderson 49 3:03:45

M50-54
 Norm Green 52 2:32:13
 Ivan Dooley 53 2:59:22
 Mike Goldman 53 2:59:59
 Bob Holmberg 52 3:02:04
 Floyd Snyder 50 3:10:41

M55-59
 Vic Perez 55 3:24:20
 Harry Crockett 57 3:38:14
 Allen Miller 56 3:52:22
 Bill Reilly 56 4:04:01
 Wayne Probaso 59 4:08:06

M60+
 Al Showen 60 3:12:06
 Richard Orr 60 3:29:56
 Clarence Osborn 67 3:53:49
 Earl Barnawell 62 4:11:45
 Bill Schneider 60 5:06:36

W35-39
 Shirley Schmitt 39 3:06:58
 Barbara Ross-Elliott 39 3:31:56
 Joyce Schwartze 38 3:43:33
 Karen Anderson 39 4:05:47
 Kay Magistro 36 4:17:44

W40-44
 Sylvia Wiegand 40 3:27:11
 Erika Hull 43 3:28:29
 Linda Stock 40 3:48:15
 Darol Deman 44 3:53:16
 Susan Madsen 41 3:53:18

W45-49
 Jeanette Dubroff 45 4:30:53
 Elsie Rubinstein 45 4:31:11

W50+
 Lillie Becker 52 4:03:54
 Ann Brown 54 4:17:48
 Helen Seymour 54 4:56:53
 Emelia Soqui 50 5:28:09

M50-59
 Victor Alvarez 51 1:24:31
 C. Fitzgerald 51 1:35:20
 Ray Gonzalez 50 1:36:05

M60+
 Jack Douglas 65 1:44:50
 F. Carbellido 60 1:48:29

W40-49
 Elaine Peterson 49 1:50:55
 Judy Larkin 47 1:57:07
 Carolyn Medlin 43 2:05:22

W50-59
 Elsa Sandberg 50 1:54:44

--Marathon--
Overall
 David Cook 2:54:40
 Gloria Shepherd 3:10:04

M40-49
 Chuck Long 43 3:16:19
 Paul Hendricks 42 3:23:19
 Bill Mattson 40 3:28:24

Devil Mountain 10K, Danville, Calif., May 5.

Overall
 Dan Harvey 29:41
 Kathleen Koudela 35:12

M40-49 Bill Clark 33:13
 Jim Gibbons 33:50
 Dete Kraus 34:40

M50-59 B. Farrington 36:56
 Jerry Ohanlon nta
 Everett Riggle nta

M60+ Robert Dechene 42:43
 Keith Anderson 42:55
 Howard Powers 46:15

W40-49 Vicki Bigelow 39:00
 Barbara Shubert 40:47
 H. Shaden-Poyse 40:48

W50-59 Ruth Anderson 43:54
 Mary Ann Perry 51:00
 Lynn Henze 51:05

W60+ Mavis Lindgren 1:04:22
 Helen Sowers nta

M60+
 Larry Banuelos 61 18:10
 Jim Goller 72 19:28
 Russ Stumpus 63 20:52

W40-49
 Judy Kewley 40 18:17
 Molly Thayer 42 19:39
 Rita Gilmore 45 19:57

W50-59
 Atsuko Fujimoto 50 21:14
 Phyllis Greifinger 57 27:42
 Sally Ehmann 54 29:36

W60+
 Daisy Wong 60 25:21
 Judy Simon 69 27:19
 Marilyn Twitchell 60 40:13

from Larry Banuelos

M55-59
 Orlo Kenniston 58 44:48
 Lenn Dompier 59 47:52
 Walt Thorp 57 48:57

M60-64
 Sid Smith 60 54:51
 Wayne Eacker 62 55:51
 David Ozuna 62 57:11

M65-69
 Robert Dellwo 67 54:46
 George Boulden 68 56:03
 Ray Gamet 69 1:02:45

M70+
 Lloyd Berg 70 1:11:28
 John Ventrees 74 1:11:48
 Paul Wagner 70 1:13:10

W40-44
 Gabrielle Andersen 40 42:57
 Carol Flexer 40 45:53
 Cindy Dalrymple 43 46:08

W45-49
 Karen Scannell 46 49:26
 Sylvia Quinn 48 52:32
 Beth Browning 46 56:19

W50-54
 Alice Taggares 54 53:43
 June Machala 54 54:36
 Kathy Johnson 50 56:39

W55-59
 Mona Mitchell 55 1:03:48
 M. Johnson 55 1:04:55
 Peggy Burt 55 1:09:01

W60-64
 Alyce Lindberg 64 1:09:40
 M. Klassen 60 1:16:04

W65-69
 Lucille Olin 69 1:21:51
 Josephine Hess 67 1:23:51
 B. Sylvester 66 1:39:40

W70+
 Mabel Klein 73 1:10:47
 Edna Berg 70 1:36:25
 M. Gorman 71 1:47:06

WEST

Spring Festival Half-marathon & Marathon, Rosarito Beach, Mexico.

MAY 4
 --Half-Marathon--
Overall
 F. Sanchez 39 1:13:11
 Loretta Harman 17 1:36:16

M40-49
 Jeff Saley 41 1:26:05
 Tom Brown 47 1:30:17
 Oscar Rosales 46 1:30:35

M50-59
 Antonio Veroin 54 3:36:46
 G. Mallette 54 3:46:34
 Keith Berwick 56 3:57:12

M60+
 Ray Penkert 60 3:20:34
 Luis Ojeda 61 3:31:38
 Ron Tettit 67 4:26:01

W40-49
 Dixie Madsen 48 3:44:03

W50-59
 Annerose Hahn 53 5:14:18

Brentwood 5K, Los Angeles, May 26.

Overall
 Brock Vaughn 21 14:48
 Teresa Coe 24 17:21

M40-49
 Neil Doherty 44 16:12
 Eino 45 16:47
 Lynn Borland 43 17:35

M50-59
 Jack Thomas 54 18:55
 Barry Truex 50 19:31
 Leory Carter 52 19:31

NORTHWEST

Bloomsday 12K, Spokane, Wash., May 5.

Overall
 Paul Davies-Hale 22 34:37
 Anne Audain 29 39:20

M40-44
 Pat Murphy 40 37:47
 Atlaw Belilgne 40 38:18
 Damien Koch 40 38:54

M45-49
 Guy Ealey 45 43:42
 Graham Kenyon 47 44:47
 David Haugen 46 44:50

M50-54
 Derek Mahaffey 50 42:50
 Victor Gilliland 50 44:08
 Ed Rockwell 51 44:30

COTTON ROW 10K RUN — HUNTSVILLE, ALABAMA — MAY 27

Southeast, continued
 From Page 30

AGE GROUP: OVERALL MALE FINISHERS

FINISH PLACE	FINISH TIME	MILE PACE	AGE SEX	FIRST NAME	LAST NAME	CITY	ST
1	29:23	4:43.8	25M	MARCOS	BARPETO	MEXICO CITY	MX
2	29:53	4:48.6	29M	DAVID	BRANCH	TRAVELERS REST	SC
3	30:13	4:51.8	23M	ASHLEY	JOHNSON	BOWLING GREEN	KY

FINISH PLACE	FINISH TIME	MILE PACE	AGE SEX	FIRST NAME	LAST NAME	CITY	ST
1	32:13	5:11.1	36M	LEE	W. FIDLER	STONE MTH	GA
2	32:22	5:12.6	38M	RICHARD	WEEKS	NASHVILLE	TN
3	32:33	5:14.3	37M	WES	J. VESSELY	STONE MTH	GA
4	32:53	5:17.6	35M	LAWRENCE	E. HILLIS	HUNTSVILLE	AL
5	33:37	5:24.6	35M	RON	O. ALBER	LILBURN	GA
6	33:40p	5:25.1	36M	ROBERT	M. JUDKINS	NASHVILLE	TN
7	34:22	5:31.9	37M	DOUG	ALRED	JACKSONVILLE	FL
8	34:36	5:34.1	35M	MICHAEL	D. CALDWELL	NASHVILLE	TN
9	35:36	5:43.8	36M	BILL	W. DAVIDSON	TRINITY	AL
10	36:07p	5:48.8	36M	GARY	K. GRACE	HUNTSVILLE	AL

FINISH PLACE	FINISH TIME	MILE PACE	AGE SEX	FIRST NAME	LAST NAME	CITY	ST
1*	32:03	5:09.5	40M	ATLAW	BELILGNE	HOUSTON	TX
2*	32:25	5:13.1	42M	DON	F. COFFMAN	FRANKFORD	KY
3*	33:27	5:23.0	43M	CHUCK	R. TUCKER	NORCROSS	GA
4*	33:37	5:24.6	42M	BILL	STEWART	DELAND	FL
5	33:44	5:25.8	43M	MORGAN	LOONEY	BIRMINGHAM	AL
6	34:00	5:28.3	43M	BOBBY	DANNELEY	BILOXI	MS
7	34:07	5:29.5	42M	ART	WILLIAMS	GREENVILLE	SC
8	34:09	5:29.8	43M	ALAN	PILLING	MARIETTA	GA
9	34:13	5:30.4	42M	STAN	H. ARTHUR	BIRMINGHAM	AL
10	34:42	5:35.1	42M	MIKE	P. KELLY	DULUTH	GA

FINISH PLACE	FINISH TIME	MILE PACE	AGE SEX	FIRST NAME	LAST NAME	CITY	ST
1*	32:32	5:14.2	46M	HERB	LOPEZ	WILLINGBORO	NJ
2	34:58	5:37.7	46M	JOE	BURGASSER	ST PETERSBURG	FL
3	36:25	5:51.7	48M	ADRIAN	CRAYEN	GREENVILLE	SC
4	36:54	5:56.3	47M	JOHN	S. PERKINS	ATLANTA	GA
5	37:23	6:01.0	46M	BILL	BURNSIDE	VIRGINIA BEACH	VA
6	37:59	6:06.8	46M	JOHN	W. EVANS	HUNTSVILLE	AL
7	38:23	6:10.7	45M	WAYNE	E. LOWENY	HAYDEN	AL
8	38:50	6:15.0	45M	DEAN	A. GODWIN	ATKIN	SC
9	39:05	6:17.4	45M	DONALD	L. WALTERS	ANNISTON	AL
10	39:44	6:23.7	49M	CHARLES	J. FEUX	HUNTSVILLE	AL

FINISH PLACE	FINISH TIME	MILE PACE	AGE SEX	FIRST NAME	LAST NAME	CITY	ST
1	35:48	6:45.7	51M	GERALD	L. KOCH	CLARKSVILLE	TN
2	38:16	6:09.5	52M	MALCOLM	E. GILLIS	TONEY	AL
3	39:36	6:22.4	53M	MARVIN	H. BROWN	ATHENS	AL
4	39:37	6:22.6	51M	JIM	J. OBERHAUSEN	HUNTSVILLE	AL
5	40:19	6:29.3	51M	CHARLES	N. STINNETT	MOBILE	AL
6	40:24	6:30.1	53M	PHIL	SZCZEPANSKI	SIGNAL MOUNTN	TN
7	41:27	6:40.3	51M	KELLY	D. STINSON	HUNTSVILLE	AL
8	41:41	6:42.5	51M	FLOYD	A. NICHOLS	TAMPA	FL
9	42:25	6:49.6	50M	JOHN	P. RITCHEY	SELLERSBURG	IN
10	42:37	6:51.5	53M	PATRICK	J. FORTON	DECATUR	AL

FINISH PLACE	FINISH TIME	MILE PACE	AGE SEX	FIRST NAME	LAST NAME	CITY	ST
1	37:28	6:01.8	55M	BENTON	MORTON	FOSTERS	AL
2	38:02	6:07.3	56M	JIM	BLOUNT	ORLANDO	FL
3	43:17	6:58.0	56M	B	P. DANIEL	CHATT	TN
4	43:51	7:03.4	58M	DELOY	J. LAWSON	CORNING	AR
5	45:28p	7:19.1	57M	MORRIS	VINSON	ATHENS	AL
6	45:51	7:22.8	55M	JIM	JOHNSON	HUNTSVILLE	AL
7	45:56	7:23.6	55M	GRESH	DOWNS	HUNTSVILLE	AL
8	46:01	7:24.4	55M	GRADY	EDWARDS	HUNTSVILLE	AL
9	46:09	7:25.7	59M	HECTOR	RAMIREZ	HUNTSVILLE	AL
10	46:31	7:29.2	58M	BUD	W. BELEW	HUNTSVILLE	AL

FINISH PLACE	FINISH TIME	MILE PACE	AGE SEX	FIRST NAME	LAST NAME	CITY	ST
1	36:17	5:50.4	60M	JOHN	F. HOSNER	BLACKSBURG	VA
2	39:32	6:21.8	64M	RUDY	NIMMONS	SENECA	SC
3	43:42f	7:02.0	67M	GOUDARZ	VASSIGN	HUNTSVILLE	AL
4	44:22	7:08.4	60M	WILLIAM	T. WHITE	HUNTSVILLE	AL
5	47:25	7:37.9	61M	THOMAS	D. CANTRELL	HUNTSVILLE	AL
6	47:46	7:41.3	60M	HERB	JOHNSON	BIRMINGHAM	AL
7	47:48	7:41.6	60M	FRANK	W. MAPLES	SCOTTSBURG	AL
8	47:53	7:42.4	61M	WALTER	M. BOGERT, JR	LACEY SPRING	AL
9	48:14	7:45.8	65M	PHIL	CURRY	DECATUR	AL
10	48:56	7:52.5	64M	BEHN	TAYLOR	HUNTSVILLE	AL

AGE GROUP: OVERALL FEMALE FINISHERS

FINISH PLACE	FINISH TIME	MILE PACE	AGE SEX	FIRST NAME	LAST NAME	CITY	ST
1	34:46	5:35.7	28F	KATY	SCHILLY	ATLANTA	GA
2	35:14	5:40.2	26F	KIM	L. TRUFF	AUBURN	AL
3	35:56	5:47.8	24F	KIM	BIRD	AUSTELL	GA

AGE GROUP: FEMALES (35 - 39) -- TOP FINISHERS

FINISH PLACE	FINISH TIME	MILE PACE	AGE SEX	FIRST NAME	LAST NAME	CITY	ST
1	40:02	6:26.6	37F	ELLIE	SMITH	LOOKOUT MTH	TN
2	41:31	6:40.9	35F	KATHY	J. BOND	HUNTSVILLE	AL
3	45:18	7:17.4	36F	ANNE	C. WILLIAMS	GREENVILLE	SC
4	45:40	7:21.0	35F	ELIZA	C. WALBRIDGE	FT WORTH	TX
5	45:59	7:24.0	37F	DONNA	A. CANCEL	ATHENS	AL
6	47:15	7:36.3	36F	LYNDA	JOHNSON	COOKEVILLE	TN
7	47:45	7:41.1	38F	SUSAN	D. WOODS	BUCHANAN	TN
8	48:03	7:44.0	37F	DORIS	BROWN	COOKEVILLE	TN
9	48:13	7:45.6	37F	LINDA	SLEDGE	GADSDEN	AL
10	48:53	7:52.0	37F	BARBARA	A. PRICE	SODDY DAISY	TN

AGE GROUP: FEMALES (40 - 44) -- TOP FINISHERS

FINISH PLACE	FINISH TIME	MILE PACE	AGE SEX	FIRST NAME	LAST NAME	CITY	ST
1*	39:13	6:18.7	41F	JUDY	PICKERT	BREWSTER	NY
2*	39:37	6:22.6	42F	CAROL	A. LASSETER	MOBILE	AL
3*	40:27	6:30.6	43F	YVONNE	L. RODGERS	SEMINOLE	FL
4	47:07	7:35.0	43F	LINDA	M. WELBORN	SHEFFIELD	AL
5	51:59	8:22.0	42F	IRENE	WHITEAKER	SILVER POINT	TN
6	52:14	8:24.4	41F	MARY	H. MCCOY	ATHENS	AL
7	52:33p	8:27.5	41F	DIXIE	H. LEE	HUNTSVILLE	AL
8	54:31p	8:46.4	40F	ANN	M. PATTERSON	REDSTONE ARS	AL
9	54:35p	8:47.1	43F	MARGARET	W. RICHARDS	HUNTSVILLE	AL
10	54:41	8:48.1	43F	KIM	W. MARTIN	BIRMINGHAM	AL

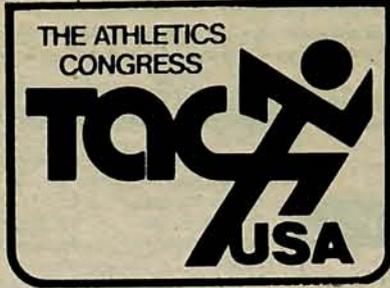
AGE GROUP: FEMALES (45 - 49) -- TOP FINISHERS

FINISH PLACE	FINISH TIME	MILE PACE	AGE SEX	FIRST NAME	LAST NAME	CITY	ST
1*	40:09	6:27.7	47F	MARY	A. WEHRUM	MEMPHIS	TN
2*	40:41	6:32.9	45F	PATTI	SUDDUTH	CRAWFORDVILLE	FL
3	40:51	6:34.5	46F	NANCY	J. PARKER	ATLANTA	GA
4	45:36	7:20.7	46F	LINDA	BURGASSER	ST PETERSBURG	FL
5	47:21	7:37.2	48F	YOSHIKO	K. SETSER	WEAVER	AL
6	48:15	7:45.9	46F	ALICE	H. CLEMENTS	HUNTSVILLE	AL
7	50:19	8:05.9	48F	JEAN	HOGAN	DOUBLE SPRINGS	AL
8	50:25	8:06.9	47F	DOT	RICHTER	MUSCLE SHOALS	AL
9	52:27	8:26.5	48F	MARTHA	H. HUSKINS	CHATTANOOGA	TN
10	52:40	8:28.6	45F	NANCY	J. THIBODEAU	MADISON	AL

AGE GROUP: FEMALES (50 - UP) -- TOP FINISHERS

FINISH PLACE	FINISH TIME	MILE PACE	AGE SEX	FIRST NAME	LAST NAME	CITY	ST
1	46:06	7:25.2	55F	JANE	ARNOLD	SPRINGVILLE	TN
2							

1985 TAC National Masters Track & Field Championships I.U. Track At Indianapolis August 23-25, 1985



Tours to the 500 Museum, Hoosier Dome, TAC Offices and Track & Field Hall of Fame will be available.

DIVISIONS: 5 yr. - Age Divisions for men and women age 30 and over

SITE: Indiana University Track & Field Stadium - best facilities in U.S.!! Host of the 1985 National TAC Meet, 1982 National Sports Festival, 1987 Pan American Games, etc.

FACILITIES: Mondo surface track - very fast 1/2" spikes - dual jumping facilities, concrete Shot Put, Hammer & Discus surfaces

ENTRY FEE: \$8.00 per 1st event, \$3.00 per each additional event, \$16.00 per relay. ALL LATE ENTRIES DOUBLE FEE

ENTRY DEADLINE: Must be received by August 13th ALL LATE ENTRIES DOUBLE FEE

ENTRIES SENT TO: Marshall Goss, Meet Director Track & Field Office Indiana University, Assembly Hall Bloomington, Indiana 47405

AWARDS: TAC Medals to the first three places and TAC Championship patch to winner of each event

GENERAL INFORMATION: Order of competition: Women first oldest to youngest

Events 800 and above will be run as one race. If there are too many competitors, races will be seeded according to times submitted.

10,000m will be run in two sections:
(1) 50 and over and all women, clock stops at 1 hour and 10 minutes.
(2) 30-49 men, clock stops at 55 mins.

Indianapolis will be warm and humid with temperatures in the 80's. Entrants should only seek participation in distance events if they are well conditioned and cautious in their race strategy.

MOTELS: Howard Johnsons Motor Lodge
500 West Washington 317-635-4443
Indianapolis, IN 46204 1/2 Mile from Track Stadium
(Meet Headquarters) \$38.00-One Double-Bed; \$42.00-Two Beds; \$45.00-Two Bed/3-4 People; \$6.00-Rollaway.

Riverpointe Suites
1150 N. White River Pkwy West Drive
Indianapolis, IN 46222 316-638-9866
1 Mile from Track Stadium
\$39.00-One Double Bed \$49.00-Two Beds; \$59.00-Three Beds (Double and 2 Twins); These are 1,2,3 Bedroom Suites; Each fully equipped - Kitchen, Living Room and Dining Room Area, Bath and Walk-In Closet. Rates are for 1 person per bedroom with a \$5.00 charge for additional persons.

Hyatt Regency
One South Capitol Ave. Indianapolis, IN 46204
317-632-1234
1 Mile from Track Stadium
\$45.00-One Bed/1 Person - \$55.00 Two Beds (2 Persons) \$55.00 One Bed/2 Persons - \$55.00 Two Beds/3-4 Persons - \$15.00 Rollaway

Many other motels, and hotels in area and surroundings ON REQUEST

AIR TRAVEL: Hoosier Travel Service is one of the largest travel agencies in Indiana and can offer athletes the absolute lowest fares available to and from Indianapolis. Hoosier Travel has a working relationship with Trans World Airlines which is offering discounts below the best rates available elsewhere. Contact the Group Sales Dept. at 1-800-992-7033 for personalized service. Hoosier Travel gives unmatched prices and service, and we hope you will give them an opportunity to save on your transportation cost.

REGISTRATION: Pick up packet at Stadium starting Thursday, August 22nd at 1:00 p.m. No refunds for no-shows. Additional entries will be handled as late single entries. Report to starting line on time.

FRIDAY, AUGUST 23rd

7:30 a.m.	10,000m	50-up & All Women
8:00 a.m.	HIGH JUMP	45-49 m & w
	LONG JUMP	50-54 m & w
	JAVELIN	35-39 m
	POLE VAULT	30-34 m
	SHOT PUT	30-34 m & w
9:00 a.m.	HAMMER	40-44 m
	JAVELIN	35-39 m
	100m	Trials All
10:00 a.m.	TRIPLE JUMP	60-up m & w
	LONG JUMP	55-59 m & w
11:15 a.m.	400 HURDLES	All Finals
6:00 p.m.	HIGH JUMP	30-34 m & w
	LONG JUMP	35-39 m & w
	POLE VAULT	35-39 m
	DISCUS	50-up m
	SHOT PUT	35-39 m & w
	HAMMER	45-up m
	JAVELIN	30-34 m
	100m	All Finals
7:30 p.m.	800m	All Finals
	TRIPLE JUMP	30-34 m & w
8:00 p.m.	JAVELIN	30-34 m
	DISCUS	50-up m
9:00 p.m.	10,000m	30-49 m

SATURDAY, AUGUST 24th

8:00 a.m.	STEEPLECHASE	All Finals
	HIGH JUMP	55-59 m & w
	LONG JUMP	60-up m & w
	POLE VAULT	40-44 m
	DISCUS	30-34 m & w
	SHOT PUT	45-49 m & w
9:00 a.m.	200 Trials	as needed
	TRIPLE JUMP	35-39 m & w
10:00 a.m.	HIGH JUMP	60-up m & w
	JAVELIN	40-44 m & w
10:30 a.m.	5K WALK	All m & w
4:00 p.m.	200m	All Finals
	HIGH JUMP	35-39 m & w
	LONG JUMP	40-44 m & w
	POLE VAULT	45-49 m
	DISCUS	35-39 m & w
	SHOT PUT	40-44 m & w
	HAMMER	35-39 m
5:30 p.m.	1500m	All Finals
6:00 p.m.	LONG JUMP	45-49 m & w
	JAVELIN	45-49 m & w
7:30 p.m.	1600 RELAY	All Finals

SUNDAY, AUGUST 25th

8:00 a.m.	20K WALK	All Finals
	HIGH JUMP	50-55 m & w
	POLE VAULT	50-up m
	DISCUS	40-44 m & w
	SHOT PUT	50-up m & w
	HAMMER	35-39 m
	LONG JUMP	30-34 m & w
8:30 a.m.	400m	Trials as needed
10:00 a.m.	HURDLES	Trials as needed
	TRIPLE JUMP	50-up m & w
4:00 p.m.	400 TELAY	All Finals
	HIGH JUMP	40-44 m & w
	TRIPLE JUMP	40-44 m & w
	DISCUS	45-49 m & w
	HAMMER	30-34 m
5:30 p.m.	TWO MILE RELAY	All Finals
5:15 p.m.	5000m	60-up All Women
6:00 p.m.	TRIPLE JUMP	45-49 m & w
	JAVELIN	50-up m & w
6:10 p.m.	400m	All Finals
6:00 p.m.	5000m	45-59 m
6:50 p.m.	5000m	30-44 m

SPONSORS:



LA SCALA'S ITALIAN RESTAURANT

OFFICIAL ENTRY BLANK:

Please Print 1985 MASTER'S TRACK & FIELD CHAMPIONSHIPS

USE ONE ENTRY BLANK PER EVENT

NAME _____ INDIVIDUAL EVENT _____ BEST MARK _____
(First) (Last) DATE OF BEST MARK _____

HOME ADDRESS _____ TAC REG.# _____ BIRTHDATE _____
(#&Street) (Month/Day/Year)

PHONE NUMBER() _____
(City) (State & Zip) (Area Code)

CLUB _____ CITIZENSHIP _____ AGE GROUP _____

ENTRY FEE: \$8.00 per 1st event, \$3.00 per each additional event, \$16.00 per relay (4 members)

ENTRY DEADLINE: Received by August 13th - ALL LATE ENTRIES DOUBLE FEE

MAKE CHECKS PAYABLE TO: INDIANA TRACK CLUB - SEND TO: Marshall Goss, Meet Director, Indiana University, Assembly Hall, Bloomington, Indiana 47405.

I, intending to be legally bound, hereby for myself, my heirs and assigns, waive any and all claims to damages which I might have against Indiana University, IUPUI (Indiana University/Purdue University/Indianapolis) sponsors, management, The Athletics Congress/USA, their representatives, for any and all injuries suffered by me at said meet.

X _____
Athletes Signature