MURPHY SCARES BROWN IN NATIONAL 10K

Matson Wins Again

by DICK LACEY

In a confrontation of undefeated world champions, Barry Brown, 40, of Gainesville, FL, surged to the front 300 meters from the finish and kicked Pat Murphy, also 40, of Kildare, Ireland, to win the 1985 TAC National Masters 10,000 meter Road Championship at Clearwater, Florida, February 3. Shirley Matson, 44, of Solana Beach, Calif., breezed to a comparatively easy victory in the women's race.

In cool, windy weather, Murphy and Brown, respectively world champions at the marathon and 10K, ran together for almost the entire out-and-back, rectangular route, with Murphy slightly ahead most of the way.

They passed the mile in 4:35 and the two mile in 9:16; then the wind slowed them. As they neared the finish, Brown's track speed proved decisive as he finished in 30:17.8 to the Irishman's 30:21.3. For Brown, it was the first time since he became a Master that he had been seriously challenged right to the wire. For Murphy, father of six and a sergeant in the Irish army (who likes to be called "Pat" definitely not "Paddy"), it was his first Masters defeat.

The event, sponsored by the West Florida "Y" Runners Club in Clearwater, drew runners from twenty states, Canada and Ireland in what must rate as one of the finest-ever Masters fields in a road race. It was so tough that perennial star Bill Stewart, 42, Ann Arbor, MI, could do no better than third over-all (5th M-40). And the defending (1984) 10K champion Matt Cucchiara, 42, Riverhead, NY, came in ninth.

Ever-reliable Kirk Randall, 43, Wellesley, MA, took third in 32:14.2. Another road champion (one of five in the race), Norman Green, 52, Wayne, PA, was fourth over-all and...


The championship was sponsored locally by BUD LIGHT and Masland Carpets; both companies also sponsored the 2nd Annual BUD LIGHT/PA Masters Indoor Track & Field Championships, which was held the same day.

The championship was marred by the serious injury of Len Olson, 53, of Endwell, New York, as he was stepping over the last hurdle in the 55 meter high hurdles. Olson turned his foot, fell, and suffered a major foot fracture.

Scoring of the pentathlon employed the "Age Factor Scoring System".

Christel Miller
Sets 3 U.S. Marks

by JERRY WOJCIK

The College of the Desert Meet in Palm Springs, California, is usually referred to as "the kick-off meet for Masters track and field action on the West Coast," which is slightly hyperbolic because the event is a low-keyed setting most of the way. After this year's meet on January 20, it might appropriately be called "the Age Factor Scoring System."
“No False Start” Rule

Al Guidet is off base (or is it off the mark) in his comments (February) about the notion that a “no false start” rule imposed for masters sprinters at the recent TAC convention. The one-false-start-and-elimination WILL speed up meets.

This rule has been used successfully for the past six years in high school competition and ten years in college competition in America with no problems. If it didn’t work, it wouldn’t have lasted this long. Because more people enter the sprints than any other events in a normal track meet, and the number of runners in each race is limited to the number of lanes on the track, it takes a lot longer to run off the sprints than most other events. This new rule will be a big help in speeding up the meets. The delegates at the convention who voted this new rule into effect weren’t a bunch of “official” types who didn’t know anything. They were all competitors just like Al. One was a coach with 30 years experience in track and field and a national sprint champion. Another was a track starter with 12 years experience and a national record holder in the hurdles. The rule change was discussed, voted upon and passed. Let’s try it. If we don’t like it we can always change it. I’ll bet it’ll take you about one meet this spring to get used to the new rule, Al, and then you will be winning everything just like you always do.

Ed O’Leary
La Jolla, California

Al Guidet is absolutely right in his letter of protest on the new “No False Start” rule.

Athletes, particularly us older ones, fall easy heir to the extra nervousness this “one and out” rule will create. You’re gonna get more false starts just because of the nervousness.

I am relatively new to this competition. I have just finished my first full year of competition in which I ran in 16 events. I had only one false start. And that was not going over the line, but rolling from side to side in the standing crouch, I and many others use.

Having done very well in my age group, I also had planned to go East in March for the Eastern Indoor Nationals, and the Indoor Nationals even though the expense is considerable. I will not do so with this new rule added to all the other problems of such travel.

I’m glad we have guys like Al to take up for masters sprinters at the recent TAC convention. The one-false-start-and-elimination WILL speed up meets. Al Guidet is absolutely right in his letter of protest on the new “No False Start” rule.

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Ed O’Leary
La Jolla, California
VI WORLD VETERANS GAMES
ROMA 1985

from 22nd to 30th June 1985

O CALLING ROOM
A calling room will be established at each stadium as for the events to be held in that stadium in each day, following the official definite time table of events. Competitors have to report to the calling room concerned by their events, 60 minutes prior to the beginning of the event, without being particularly invited to do so.

O HEATS - SEMIFINALS - FINALS
The winner and other competitors fastest in time will advance as follows:
- mts. 800 max 12 per heat
- mts. 1500 max 16 per heat

Attention: age groups M60 and W50 and over, directly from heats to finals.

O EQUITY
With the exception of vaulting poles all equipment is provided by the Organisers. Those competitors wishing to use their own equipment may do so, but it must be certified by the implements supply depot 90 minutes before each event.

O SPIKES
Only spikes of 6mm. length are permitted on stadium tracks.

O EQUIPMENT
With the exception of vaulting poles all equipment is provided by the Organisers. Those competitors wishing to use their own equipment may do so, but it must be certified by the implements supply depot 90 minutes before each event.

REGULATIONS -
1. The 6th World Masters (Veterans) Championships will be open to men born on or before June 22nd 1945 and to women born on or before June 22nd 1950 WHO ARE PHYSICALLY FIT. All decisions of the EXECUTIVE COMMITTEE or other officials appointed by it, will be final. All competitors, upon entering, agree to abide by them.

2. A special Controlling Committee will have the right, during the competitions, to stop an athlete whose behaviour is dangerous to himself/herself or others or when his/her performance is considerably below the suggested standards for participation.

O AGE CLASSES -
-born from- to

W35 23.6.1945 bis 22.6.1950
M - W40 23.6.1940 bis 22.6.1945
M - W45 23.6.1935 bis 22.6.1940
M - W50 23.6.1930 bis 22.6.1935
M - W55 23.6.1925 bis 22.6.1930
M - W60 23.6.1920 bis 22.6.1925
M - W65 23.6.1915 bis 22.6.1920
M - W70 23.6.1910 bis 22.6.1915
M - W75 23.6.1905 bis 22.6.1910
M - W80 and over (und alter) 22.6.1905 and before

O ENTRY FORM
To be forwarded / Anmeldedaten an COMEX/Roma 85 - Via Martinielli 7
20147 MILA/MI (Italy) ON OR BEFORE
bis zum 31.3.1985

PLEASE FULFILL IN BLOCK CAPITALS ONLY

SIGNATURE

DATE-Datum (please fill out reverse side)

COUNTRY DATE OF BIRTH

ENTRIES MUST BE ACCOMPANIED BY A COPY OF THE ENTRANT'S BIRTH CERTIFICATE

WAVER CLAUSE / Haftberellatursausschuß

I HEREBY DECLARE THAT:

a) To the best of my knowledge I am in good health and shall have conditioned myself properly for the Championships
b) I absolutely relieve WAVA and the Organisers of the Championships of any responsibility for any accident, injury, loss or damage to myself or my property which I may sustain in the course of or in connection with the Championships
c) I understand and accept that the Championships will be staged in terms of WAVA's Constitution and By-Laws and, in particular, that any eligible individual may compete regardless of race, religion, politics, nationality or place of residence.

SURNMME Name

FORENAME Vorname

EVENT - Wettbewerb 1.

FOREIGN ALTE NATION

DATE Datum

OBTAINED DURING ☐ OLYMPIC GAMES ☐ 1st ☐ 2nd ☐ 3rd

or einzel bai ☐ AS COMPETITOR IN NATIONAL TEAM

Teilnehmer an Nationalen Mannschaften

Others / andern Wettkampfen

6TH WORLD MASTERS TRACK & FIELD CHAMPIONSHIPS
ROMA 1985

VI CAMPIONATO MONDIALE MASTERS - ROMA '85
VI WORLD VETERANS GAMES - ROME '85
from 22nd to 30th June 1985

Technical events: preliminary and final rounds.
- in the long and triple jump as well as in any throwing event
- in each age group.

All events are taking place under the lAAF/FIDAL rules.

VI WORLD VETERANS GAMES - ROMA 1985

TEAM SCORING - ROAD RACES
(Marathon and Walk)
A Team must be formed by ten persons at least, even if in different age classes.
1) Points are added according to the position of finishers in each age class. If there are less than three finishers the age class is not considered for the team competition.
2) The lowest aggregate of points of ten competitors of the same country determines the final result. The winner and other competitors fasted in time will advance as follows:
- mts. 800 max 12 per heat
- mts. 1500 max 16 per heat

Attention: age groups M60 and W50 and over, directly from heats to finals.

The composition of the Continental relays is to be finally decided by the WAVA regional representatives.

During competitions and however inside the track and field area athletes are not allowed to wear any sponsored training suit or vest or similar, other than with the name of their clubs or national team.

It is also strictly forbidden to photograph or film without being expressly authorised.

All events are taking place under the lAAF/FIDAL rules, subject to any special rules laid down in this invitation.

Relays: Staffeln 4x100 - 4x400 mts.
Each team is made up of a combination of Club or National athletes from the same CONTINENTAL AREA.

O AWARDS
- a) Special "WORLD CHAMPION" vest and specially struck quality golden medal to the winner in each event and age class.
- b) Silver and bronze medal to the second and third respectively.
- c) Certificate of performance suitable for framing, to each finisher.
- d) Medals to the first ten competitors in road events.
- e) Marathon awards
- f) Relay awards

DURING COMPETITIONS AND HOWEVER INSIDE THE TRACK AND FIELD AREA ATHLETES ARE NOT ALLOWED TO WEAR ANY SPONSORED TRAINING SUIT OR VEST OR SIMILAR, OTHER THAN WITH THE NAME OF THEIR VETERANS CLUB AND/VETERANS NATIONAL ORGANISATION.

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Eight meet records were set and one tied by Masters participants in the TAC Mid-America Regional Masters Indoor T&F Championships at Knight Fieldhouse in Lincoln, Nebraska, on January 12. The meet was hosted by the Lincoln Track Club and directed by Don Showen.

LTC member Karen Bestul set new standards in the W40 2-mile with 11:43.9 and the open 440y with 69.7. Teammate Bob Elwood, M50, also accounted for two marks, in the 2-mile, 10:47.2, and mile, 5:05.8. Others setting records were Cliff Jackson, M35 long jump, 20-6¼; Al Showen, M60 mile, 5:52.3; Steve Rogers, M40 600y 1:26.6; and Al Maxey, M45 600y, 1:30.0.

Fred Booker, M35, tied the meet record with a 34.8 in the 300y dash.

**MEN BEST PERFORMANCE 84/85**

- 2) 100 m.
- 3) 200 m.
- 4) 400 m.
- 5) 800 m.
- 6) 1500 m.
- 7) 5000 m.
- 8) 10000 m.
- 9) 80 m.
- 10) 100 m.
- 11) 110 m.
- 12) 200 m.
- 13) 400 m.
- 14) 800 m.
- 15) 1500 m.
- 16) 5000 m.
- 17) 10000 m.
- 18) 80 m. (W40 and over)
- 19) 100 m. (W55)

**WOMEN BEST PERFORMANCE 84/85**

- 2) 100 m.
- 3) 200 m.
- 4) 400 m.
- 5) 800 m.
- 6) 1500 m.
- 7) 5000 m.
- 8) 10000 m.
- 9) 80 m.
- 10) 100 m.
- 11) 110 m.
- 12) 200 m.
- 13) 400 m.
- 14) 800 m.
- 15) 1500 m.
- 16) 5000 m.
- 17) 10000 m.
- 18) 80 m.
- 19) 100 m.

**ENTRY FEES / Meldegebühren To be paid in U.S. dollars only**

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**125 Compete In Cleveland**

By MARY CHADBOURNE

After Thanksgiving, Christmas and New Year's, it's easy to convince yourself the track season doesn't really begin until mid-March. But well over 125 Masters competitors, as well as another 200 open athletes, said "it just ain't so" at the Lake Erie Indoor Track & Field Championships in Cleveland January 5.

The competition, organized by the Over the Hill TC and sponsored by 7-Up, was again held at the showcase Maple Heights High School athletic complex.

There was a marked increase in the 60-1 participants, over twice the number of previous years.

Two new world age marks were turned in by Indiana's Arling Pitcher, 83, with a pole vault of 6-5; and by OTC's Everett Hosack, 82, with a 35-pound weight throw of 13-5¼.

Other good field event marks: Bernice Holland, W55, shot put, 28-½; Ed Showen, M60 mile, 5:52.3; Steve Rogers, M40 600y 1:26.6; and Al Maxey, M45 600y, 1:30.0.

*Continued on Page 16"
Woodford Green: 12:30 p.m. A small contingent has been invited to lunch at the home of Sir Stuart Mallison, patron of the meet. At a buffet table I encounter Bud Deacon talking with Alan Cranston. Bud once held the world pole vault record; Alan is United States Senator from California. No more honorary dignitary, Alan will be competing in the sprints. He tells us that Senator William Proxmire runs ten miles a day but refuses to compete. “I also tried to recruit Strom Thurmond, who joins, but Strom said: ‘With my competitive instincts, and I’d kill myself.’”

After lunch I thumb through a photo album of the 1962 Olympics that contains a picture of Thane Baker placing second to Andy Stanfield in the 200 meter run. Thane has been talking to Ozzie Dawkins, a Hollywood physician, who once competed for Jamaica. Each will run in our spirit relay team. “Ozzie has been teaching me a new baton pass where you don’t switch hands,” Thane says.

The photo album belongs to a British athlete, who brought it along to obtain the autograph of Roger Bannister, the first four-minute miler and now a physician. Bannister arrives late to plant a tree in our honor.

To most of our group Bannister appears as an interesting museum specimen: his day of competition has ended, while theirs has just begun. David Pain stands near the tennis court talking with a Canadian about hosting a Master’s Olympics in Toronto at the time of the regular Olympic Games planned for Montreal. “Won’t we run into trouble using the name Olympics?” asks the Canadian.

“I think I’ll let the Olympic committee sue me,” says David. “It might be good publicity.”

Our discussion is interrupted as several tour members begin to pose for pictures on the side of a hill. Without anyone suggesting it, every athlete sets down his tea cup and joins the crowd. Soon we all stand smiling at three dozen cameras. “This is incredible,” says David Pan. “Have you ever tried to line up people for a group picture before?”


“Sure, but Alan said he hadn’t recovered yet from the Democratic convention in Miami,” I make note of that as a possible finalist for my Imaginative Alibi of the Year award.

Jim O’Neil recalls the time when Senator Cranston appeared one winter to run the 60-yard dash at a San Francisco indoor track meet: “Obviously he couldn’t compete equal with the collegians, so they added a special dash for men over fifty. At the starting line he removed his sweat pants, and his shorts along with them. Unfortunately, all eyes were upon him.”

Jim had grown up in Oak Park, Illinois, then had attended the University of Miami in Florida where he became number three man on a cross country team that ran only one race a year. He claims to be running faster now at age forty-seven than he did in college. “There have always been opportunities for older distance runners,” he comments, “but the good thing about the Master’s program is it gives the sprinters and jumpers a chance to compete again. At the first Master’s meet four years ago some of the performances were almost embarrassing. They would throw the shot 15 feet, for instance. But now that we’re attracting more and more people, performances are improving. Dave Jackson long jumped 51 feet 3 1/2 inches at San Diego this year.” Unfortunately, Jackson did not make the trip. Unlike the American Olympic team, which travels all expenses paid, each member of our Master’s team has to pay for his opportunity to compete internationally.

London: 9:15 a.m. At the elevator I encounter Phil Purdy from New York City, who has a large scab on his forehead. Someone asks him about it. “I got hit in the head by a falling pipe on my construction job,” Phil explains. “My hard hat split, but probably saved my life.”

“ Gee, you’re lucky,” says his questioner. “ If the pipe had hit you in the leg, you probably would have missed the trip.”

Crystal Palace: 7:55 a.m. I look into the stands Thursday evening while warming up and brand Jack Fitzgerald’s prediction of 1500 spectators optimistic. I see only friends and relatives - like every other Master’s meet. At the gun in the 3000 meter I surge into the lead. An Australian keeps me company throughout the mile, but then the splash of his footsteps in the water barrier recedes behind me. I relax and run the last few laps cautiously, winning easily. At the award ceremony I receive, instead of an impractical medal or trophy, a pewter drinking mug. I rush to the pub adjoining the site of the 1952 Games. “You ate them up!”

Helsinki, Finland: August 27, 5:30 p.m. “How did I look?” asks Alan Cranston. He has just come up into the stands after running the relay.

“Usually we only run here during the winter," says David Pain. "Have you ever tried to line up people for a group picture before?"

"With my competitive instincts, I’d kill myself. ‘With mah competitive instincts, ah’d kill myself.’ "

“Your need I endure this tension? At this age? I know I should win. Since the good thing about the Master’s program is that I can beat them.”

I mumble a two-word answer.

“Congratulations!”

“Thank you.”

“Congratulations!”

“Thank you.”

“Congratulations!”

“Thank you.”

While I had watched Alan high-stepping down the back straightaway, I couldn’t bear the other runners around him. Nevertheless, I announced: “You ate them up!”

A broad smile crosses the face of the senior Senator from California.

Her husband shurgs: “They can’t be runners. They’re too old.”

"Can’t be runners, they’re too old." She can measure greatness by the stopwatch or the steel tape. The only measurement in time is how will I perform in the 10,000 meter run? Roughly sixty have entered. Comparing the size of our field with the number of spectators in the stands, I decide those on the track hold the majority. Friends and relatives perhaps is how it should be. At the gun five runners press for the lead. They become four, and three. With two laps to go a Finn sprints to the front, but I hold on. With three hundred meters left I spurt past and at the tape throw my arms high in the air, a meaningless comparison. You cannot measure greatness by the stopwatch or the steel tape. The only measurement in any given age is man’s ability against his competition. The deeds of Nurmi live on past his records. His statue will remain in place.

On the victory stand they hand me a gold medal. I turn it over and read the inscription on the back: “Ole Boy Games.” Back to Earth.

Read about Alphonse Jullian, Martti Latinen, and Bill Fitzgerald in the concluding chapter - next issue. But Register for Rome NOW.

COME TO ROME ’85

with the Original U.S. Masters Travel Agent:

SPORTS TRAVEL INTERNATIONAL, LTD.
P.O. Box 7823, San Diego, CA 92107 (619)225-9555

Please note: Official deadline for entries to be received in Rome is March 31st.

Advertisement
THE OVER-40 ATHLETE IN HISTORY

In The Book of Sports Lists, Phil Pepe and Zander Hollander have put together lists ranging from "ten records that will never be broken" to "ten best baseball players from Georgia." You can even find "ten Hollywood movies with a hockey theme." There seems to be a list for everything, except the ten best over-40 athletes in history. Therefore, I decided to compile such a list.

My research went all the way back to 516 B.C. when Milo of Croton, believed to be 42, won his sixth Olympic Wrestling title. In Milo's seventh Olympic competition a few years later, wrestling was cancelled from the program because, it is written, "neither god nor man durst stand against him."

We have to jump ahead some 24 centuries to find a record of another successful over-40 athlete. Donald Dinnie, the idol of Scotland, won numerous strength and wrestling titles in the centuries to find a record of another successful over-40 athlete. Donald Dinnie, the idol of Scotland, won numerous strength and wrestling titles in the 1870's. At 75, he could still muscle-"the idol of Scotland, won numerous strength and wrestling titles in the 1870's. At 75, he could still muscle-"god nor man durst stand against him." In The Book of Sports Lists, Phil Pepe and Zander Hollander have put together lists ranging from "ten records that will never be broken" to "ten best baseball players from Georgia." You can even find "ten Hollywood movies with a hockey theme." There seems to be a list for everything, except the ten best over-40 athletes in history. Therefore, I decided to compile such a list.

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THE FIRST MASTERS GAMES TORONTO, CANADA, AUGUST 1985

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Indoor Track

The time has come to turn on that giant humidifier in the sky and do another tropics too long.

Come on back for a reality check and remember how badly you can frighten yourself by shuttling down a nice poly-electric carpet in the hallway of any cold weather hotel and then innocently touching the elevator button. Backward standing long jumps of over 15 feet have been recorded.

At one indoor Masters meet in Iowa two winters ago, there was this pole vaulter who almost electrocuted himself. They had one of these new indoor surfaces that resemble the carpeting used at Muel 6's. This guy built up so much static electricity on his sprint down the runway that when he jammed his old aluminum pole in this metal vault box his eyes lit up like a video game and lightning shot fifteen feet out of his ass. As he was to say later, "I suppose it could have been worse but just the same - I did kind of expect a certain changing or, at the very least, the song, Stormy Weather."

It should also be added that he missed his second try at 7'6" and subsequently had to pass on his last try which still gave him a third place in his state of Iowa, claiming that, after the incident, anytime he held his pole in his hands he went limp due to the traumatic incident with his stick, as they generally refer to it in Pole Vaulting circles.

Just the same, indoor track will continue to be a happening, except in places where palm trees make it mandatory that you run outdoors. I love Phoenix. In Phoenix, indoor running is done in Shopping Malls with one slight difference, they do it in the summer.

Still indoor running does have its own twisted form of charm. Take, for instance, the "parking lot waiting period" that is an obligatory part of any successful meet. During this procedure, you arrive at a local area high school that, hopefully, has been tipped off prior to the date of the meet. The meet will start at approximately 8 a.m. so, allowing for traffic, weather and the possibility of getting lost, most participants like to start hanging around the school at about 7 a.m. This allows the entrants to sit in their car for what usually turns out to be about two hours.

The procedure recommended by most is to not let your car, heater, and radio run continuously. Allow the car to run with the heater on high for about 15 minutes and then cut off your engine. Now sit quietly checking from time to time in the mirror. When your nose starts to either leak badly or turn a reddish blue color, turn your engine back on.

The key to this strategy is heat escape. It is imperative that you sit perfectly still. If someone approaches your car, act as if you don't see them. Keep your doors securely locked at all times and, if the perpetrator persists or begins pounding on your window, signal them to another car, preferably one who has his motor running. One little trick that usually works for me, is to yell as loud as you can that the passenger door is frozen and won't open. This implies that otherwise you'd gladly have them join you and, as an added bonus, the yelling raises body temperature and builds up lung capacity.

By the by, a very sour-pussed janitor appears at a door and in this best, "against my better judgement," manner unlocks the school. The meet organizers immediately go into a howling and scraping routine before the janitor will eventually lead to his reluctantly producing the keys to the room that protects the high jump and pole vault pits. He will then go into a severe head shaking routine punctuated from time to time with lines like "no one told me you would be wanting any hurdles" or "I'm terribly sorry, but no one authorized me to give out any starting blocks," or how about the old standby, "the problem is you see, if I do it for you, I'd have to do it for everyone."

Somewhere the meet seems to come off; sprinters in football helmets sprint into a not-too-distant wall, shot-putters throw what looks like a big fuzz ball and everyone in general has one helluva good time trying to keep the basketball lines, volleyball lines, basketball lines and the 1,000 yard run lines from getting involved with one another. We always tell people that if you end up at the free throw line you'd better be in the high jump. If not — you've a bit off course, pal.

A high point in the competition always occurs when the basketball coach drops by to work on his strategy for the big game coming up against Milford High. He remains relatively calm when he first sees a small group shooting baskets in quarter inch spikes. He even appears to get a kick out of pole vaulters, triple jumpers, long jumpers, and high jumpers putting strips of tape on the floor. This new tape now being used, he knows full well, will remove paint, varnish and wood when removed later in the day. Granted, his jugular vein is protruding about four inches and yes, the hair on his neck now appears to be standing straight up, but I repeat, outwardly, he seemed fairly calm. I learn later that his wife insisted he call his doctor and, at last report, he was resting comfortably.

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March, 1985
National Masters News

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Finishers in World Masters 10K in San Diego head for massage tables.

photo by Gretchen Snyder

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The Twin Cities Marathon announced that it will award $152,000 in developmental funds to runners in the October 6 Minneapolis-to-St. Paul race. The first 17 men and first 9 women to complete the race will receive a total of $125,000.

Also, at least $27,500 will be awarded to runners over 35 on a unique age-graded handicap basis, by far the largest purse ever given to older runners, according to race director Jack Moran.

In 1983, the Twin Cities Marathon instituted the concept of age-graded cash awards to focus attention on older runners. Runners over the age of 35 have their times handicapped with "target times" for their 5-year age group and sex. The times are determined by averaging American age records for each group. Because the handicaps take sex into account, men and women compete together for the same set of awards. The 1985 awards are as follows:

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Because beating the handicap times is tougher for the "younger" athletes, the first man and woman over the age of forty will have their age-graded awards increased to the maximum of $4,000. Thus, if the first three runners in the age-graded competition are a 70-year-old, a 41-year-old man, and a 40-year-old woman, all three will win $4,000, and the fourth person will receive the prize listed above of $2,750.

The total amount to be awarded in the age-graded division depends, therefore, on the performances of the first man and woman over 40. In the example given, the age-graded purse would total $28,500, but it is certain to be at least $27,500. Runners cannot receive awards in both the open and age/sex-graded divisions.

Last year, Barry Brown, Glens Falls, N.Y., broke the American record for men 40-or-over by nearly two minutes with 2:15:15. Reverend Norman Green, Wayne, Penn., took over three minutes off the American record for men 50-or-over with a 2:26:05. The 1985 race will be limited to 8,000 entrants.

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- Kim Haines, Director Western Montana Track and Field Club.
- Dale Kennedy, Head Coach/Women, Montana State University.
- Ron Jones, Head Track and Field Coach, Helgate High School, Missoula.
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- Roy Reisinger, Nationally ranked Masters runner. (Anchorage only).

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Day Campers, Anchorage and Seeley Lake....................................$75.00
Day Campers, Billings.............................................................$45.00

NOTE: While the July 8-12 camp at Seeley Lake will be conducted exclusively for Masters Athletes, the Anchorage and Billings day camps will welcome the Masters performer as well.

Registration and Medical Waiver
A PRE-REGISTRATION FEE OF $50.00 must accompany this registration. MAIL TO Ken Foreman, Director 2516 N. Pacific St. Seattle, WA 98103

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I hereby certify that I am fit to participate in all camp activities: 

signature: For Additional Information write, or call: Ken Foreman (206) 545-6907 
Alaska: Roy Reisinger (907) 277-7279  
Montana: Ron Jones (406) 728-2400
WHAT A JOCK!
Del Mar Race Track’s Chief Vet Jock Jocoy Won the Age 55-59 U.S. Decathlon and Pentathlon Titles in 1984, and was chosen Athlete of the Year by the San Diego Athletic Association.

by CHRISTIAN PAUL

I couldn’t get the smile off my face,” he was saying as he ate his Spartan lunch on his Del Mar, California beach-front patio. “I thought, ‘Oh, boy, finally!’”

The speaker was Jock Jocoy, and he was talking about his victory in the age 55-59 TAC U.S. National Masters Decathlon Championships last July 7-8 in Indianapolis, where he set an age-58 world record of 3320 points. It was his best two-day performance ever, and the high point of eight years of training and racing.

Jocoy is his real name. Born Jock Norton Jocoy in New London, Conn., on February 18, 1926, Jock moved to California at the age of 12. He lettered in football and basketball at La Jolla High, near San Diego, but he also ran track. In the off-season, he’d lift weights in his garage — common today but a rarity back then.

But a decathlete he would not be until decades later. After schooling at Colorado State, Berkeley, and U.C. Davis and a stint in the Navy, Jock had earned his D.V.M. by 1954 and was working as track vet in Tijuana’s Agua Caliente race track. “I worked there a year, and never made a cent,” says Jocoy, “but I learned the ropes!” and went on to work the Southern California circuit — Del Mar, Santa Anita, Hollywood Park. As a private practitioner, Jock spent days at the track and nights nearby, in case he was needed.

With a truck full of machines and medicines, "you're on your own," he said. "You might make hay one day and starve the next. It took me about five years of lots of feathers before I made chieftain." He went on, "A track-and-field man." Although he had many runs under his belt, he wasn't really a track-and-field man. "I think my first race was about 13.8, but did better in the 200. And he kept up his weight lifting, at least a little. His motto has long been, "Fitness is a lifestyle."

Meanwhile his reputation as a vet was growing, and he got to take care of some famous horses, like Ack Ack, horse of the year in 1971. "Ack Ack belonged to Greer Garson, the movie actress," Jocoy recalls, "and he got colic down here at Del Mar. I was called out at two or three in the morning — at that time he was insured for $6 million — and I stayed with him seven days straight, working with him to save his life. My wife Katie would come down three times a day with some food, and I'd just work with that animal. And we did save his life."

Was it worth it? "Not only did I get a good fee," he said, "but Greer Garson gave me a television set and a bunch of kisses and some pretty photographs for saving her horse."

"I've taken care of many, many famous horses," Jocoy continued, "including black Stallion (of the movie) and the Lone Ranger's Silver. I've gone to 10 Kentucky Derbys with horses, flying them on airplanes back when a propeller plane would take 10 hours to get to Kentucky." He's also owned a few, including Tom T's Scout, and Ack Ack's offspring Ack Attack, who raced for Jocoy and won $80,000 on the track. Jan Jesse won $150,000 and was the champion two-year-old filly in California, while Doc Jocoy pulled down $300,000. Other Jocoy horses: Peggy's World, Crimson Kate, Wendy Kate, Kelly J, and St. Jock, all named after his wife or children.

When the running boom caught up with Jocoy, he decided to enter his first road race. Although he had many runs under his belt, he wasn't really prepared for the distance, and he barely made it. But he kept at it, "and I felt exuberant when I'd finish (a 10K)," he said. "I think my first race was about 65 min., and as time went on... I finally got my time down to 43 min."

About this time, 1979, Jock joined the San Diego Track Club, and soon thereafter read about something called the Senior Olympics, to be held in Los Angeles in 1980. "I noticed they had a 10,000 meters," he recalls, "but also the same day they had a 100 meters. Well, in horse racing they say that a versatile horse is one that can go short distance and long distance, so I thought it would be fun to test myself. I'll run the 10,000 meters at eight in the morning, and then I'll enter the 100 meters, and the 200 meters and 400 meters, and, oh, there was a shot put, too, so I'll enter that..." A decathlete in the making.

He came in second in the 10,000, which he described as "monotonous. Good thing I had a lap counter.

"At a 10K you arrive at about eight o'clock and at ten everybody's gone. But a track meet goes on all day, and everybody's having lots of fun."

because I'd have forgotten where I was." He got a third in the 100, in about 13.8, but did better in the 200. "I recall as we turned for home, as they call it in horse racing, there was one man there that could really run, named Bob Watanabe, who was noted as the ex-champion in the NCAA." Jocoy came in second to Watanabe in about 27 sec. He was hooked, even though he fell apart in the 400 ("I was thinking, 'Where's the ambulance for old men to get on?' ), didn't place in the shot, and scratched on all six throws of the javelin. But — "I got the fever," he says.

"At a 10K you arrive at eight o'clock and at ten everybody's gone. But a track meet goes on all day, and everybody's having lots of fun."

Since he hadn't trained for the 400,
Continued from Previous Page

the shot, or the javelin, Jock knew he had some serious work to do, and he started hanging around the tracks at Long Beach, or Arcadia High, a stone’s throw from Santa Anita. Soon he had his own javelin, shot, and discus, and he picked up pointers on high jumping and long jumping from the ‘Kids’ at the tracks.

It was at an All-Comers meet that Jock ran into Ed Oleata, who invited him to try his decathlon at San Diego State. “I said, ‘I don’t know how to pole vault,’” but Ed said, ‘Oh, come on out and try it anyway.’ So I went to the masters world decathlon (1982) and finished last out of 10 people (in the 55-59 category). But I was happy just to finish. And I was sore and lame for a week afterward.”

Jock went to pole vuler Dan Johnson’s clinic in San Luis Obispo to learn to vault — he could make six feet only, which is worth no points in the decathlon — and Johnson got him over nine feet in two days. “I was ecstatic,” said Jock. “I was competitive now; Any man in my age group that can go eight feet or above usually will do pretty well, if he can do the other events,” which Jocoy clearly could.

Jocoy kept entering meets, doing several events when there was no decathlon competition, and improving his marks all along the way,”

His strong point was the 1500, although he was no slouch in the sprints, and his weakest events were the throws. Being 5-8, 155 lb. Jock faced much bigger and better competition in the discus, javelin, and shot, even as he had at La Jolla High. It showed in the 1983 nationals, held in Merced. “I won the long jump with 16 feet,” says Jock, “and in the 100 and the 400 I was just within inches of another man. He eventually beat me, because the second day he was better with his discus and javelin.”

With some 3000 points to his credit, and a silver medal in the nationals, and a PR in the 400, the fifth event, he was assured of going into the second day with a healthy lead.

With two throws and the vault on the agenda, Jock knew he had to start

When in doubt, treat yourself like a horse, and you can’t go too far astray.

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Today, the trend in reducing joint and tissue inflammation is the use of the nonsteroidal anti-inflammatory drugs. These drugs are a similar group of medications that are not related to cortisone. They are often used to treat arthritic diseases. They are also effective as analgesics and for reduction of tissue inflammation.

There are literally dozens to choose from. Some of the more notable in the athletic world of Motrin, Advil, Feldene, Naprosyn, Clinoril, Indocin, and the list goes on. However, when we look at the price of some of these medications, they run in the eye of the storm. Some of the more notable in the nonsteroidal anti-inflammatory drugs. These drugs are a similar group of medications that are not related to cortisone. They are often used to treat arthritic diseases. They are also effective as analgesics and for reduction of tissue inflammation.

Aspirin or salicylates, in contrast to many narcotics on the market do not act on the central nervous system. Although the exact mechanism of action is not known, it is believed that they act at the peripheral, or site, of the origin of pain. And, as such, they do not alter consciousness or mood. One does not become high or depressed. What it does do is reduce pain and reduce inflammation. (It probably does this by decreasing the synthesis of prostaglandins and lipoperoxidases.)

The peak analgesic level is reached very rapidly, usually within 45 minutes and last approximately 4 hours. It is very effective in reducing moderate pains, such as those found in the musculoskeletal system. In a recent study, it was shown that there is actual muscle breakdown and necrosis in marathoners. This is probably the reason we ache so much the week after a hard marathon. In these cases, aspirin may be an effective agent to reduce the level of pain.

The side effects of aspirin are extremely low. If the recommended dosage is followed, there is very chance of any adverse reaction. (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.)
WAVA, TAC Urge No Support

TORONTO WILL HOST 22 MASTERS SPORTS

Masters athletes will compete in 22 sports in the Masters Games in Toronto, Canada, from August 7 to 25, 1985.

"We expect over 10,000 athletes from around the world," said Dr. Maureen O'Bryan, President of the Games.

Included will be a marathon on August 11, a 10K on August 25, and a track & field meet from August 18-22, all open to men and women age-30-and-over. A sports medicine seminar will be held from August 8-10.

Among the sports featured in the Games will be cycling, swimming, badminton, basketball, tennis, rowing, sailing and more. Minimum eligibility varies by sport: swimming begins at age 25; squash at 35; fencing at 40; shooting at 55.

The concept is identical to the U.S. National Masters Sports Festival, which drew 1800 athletes from 14 sports to Philadelphia in 1982.

"The Masters Games will take place once every four years in different cities around the world," O'Bryan said. "Toronto was selected for its excellent existing facilities. The Masters Games is an entirely non-profit organization. The 5.2 million dollar budget is raised through athletes' registration fees, corporate and government sponsorship, television and gate receipts."

The Games will be administered by the "World Masters Sport Foundation." WMSF is a not-for-profit foundation legally established to administer the Games.

The Masters Games have no connection with the World Association of Veteran Athletes (WAVA), which has staged international Masters track & field championships every other year since 1975, and which is staging the VI World Veterans Games in Rome this June.

The Toronto event also has no connection with IGAL, the World Veterans Long Distance Running Association which has staged international Masters LDR Championships for the past 17 years.

Nor do the Games have any connection with either The Athletics Congress (TAC, the national governing body for Athletics in the U.S.), or the Canadian Masters Track & Field Association.

In fact, both WAVA and TAC have urged "that support not be given to the Toronto Masters Games." "The reason for the opposition," said Bob Fine, North American representative to WAVA, "is that Toronto was originally going to be a 'World Games.' WAVA was concerned that Toronto would claim it was holding official Masters championships in opposition to WAVA. That would be confusing to the athletes and would weaken WAVA."

The Toronto Games' organizers, however, say they make no such claim. "The Masters Games are solely for the purpose of providing fine competition for mature athletes in their own age group," O'Bryan said. "The games promote the idea of 'Sport For Life', emphasizing fitness, health and friendly competition."

Like the biennial WAVA Games, there will be no flags and no national anthems in Toronto. All competitors will participate as individuals, not as representatives of national teams. Each athlete will pay a registration fee of 60 Canadian dollars (about $45 U.S.) plus an additional entry fee for each sport.

There is no schedule conflict between the Masters Games and the U.S. TAC National Masters T&F Championships in Indianapolis. The T&F competition runs from August 18-22 in Toronto, and from August 23-25 in Indianapolis. So an ambitious athlete can theoretically compete in both. The two cities are 500 miles apart.

An advertisement for the Games in this issue calls them the "First Masters Games Toronto Canada August 1985." Clearly, they are not the "First Masters Games" ever held. "But we're not calling it the 'First Masters Games,'" says Suzie McKeegan.
Masters Track & Field Report
by Jerry Alan Donley
Chairman, TAC Masters Track & Field Committee

I am not sure how I got into writing a monthly article for the Masters News. When I started it didn't seem like much of a chore, and a logical step to make. Each month, it gets progressively more difficult, and, as Al Sheahan can testify, I keep pressing his deadline a little closer each month.

I have come to keenly appreciate the other articles that appear in the Masters News, month in and month out. I hope you appreciate the efforts that go into those articles, not only to produce them on time, but to produce something of interest to all Masters Competitors. I hope that writing comes easier for my fellow columnists than it does for me.

I'd like to take this public privilege I have to thank all of them for their articles. I enjoy them, and I really do appreciate their efforts. Thanks!

I will be attending the mid-year TAC/USA Board of Directors meeting in Chicago on March 17, 1985, and will report on that meeting at the National Indoor Championships at Sterling, Illinois, March 30-31.

I hope you won't be persuaded not to attend that meet simply because you may think it difficult to get to Sterling. It is fairly simple, and not any more difficult to get to Sterling, than to Princeton, or Hightstown, New Jersey.

It is nothing but interstate (toll road) from Chicago's O'Hare Field to Sterling, Illinois. I was there last year, and found the facilities good. I understand that the rebuilding of the facilities after a fire last year resulted in even a better facility. O'Hare is easy to get to, and fares are generally not overwhelming. I'll admit there won't be much of a wild night life there, but you can make that up by staying in Chicago after the meet.

Last year's attendance for the indoor meet was exceptional. With competitors from all over the country being able to get to Chicago, I look for an even greater turn out for this meet. The competition will be excellent, and the opportunity to meet with your friends before going to Rome is an opportunity you ought not to miss. I'll see you there.

Mike Tymn
Continued from Page 6
Willard in 1915 at age 37, The Galveston Giant continued to fight until 1928 at age 50. In 21 fights from ages 40 to 48, he was undefeated. He was inactive at 49, then lost his last two fights when age 50.

9. PIERRE ETCHEBAST — A Basque from St. Jean de Luz in the French Pyrenees, Etchebast, representing the Racquet & Tennis Club of New York, became the world's indoor court tennis champion in 1927. He defended the title every year up to 1954, when he was 60. He retired that year, still undefeated.

10. MATTHEW McGRATH — At 45 years, 205 days, McGrath, who migrated to the U.S. from Ireland at age 21, won the silver medal in the hammer-throw at the Paris Olympics of 1924. He had won the gold in 1912. In 1925, he won the national AAU 56-pound weight throw and in 1926, at 48, he captured the national title in the hammer-throw.

SECOND TEN:

11. WARREN SPAHN — baseball's best over-40 Pitcher. Spahn had a 21-13 won-lost record at age 40, was 18-14 at 41, and then at 42 he had amazing 23-7 season with a 2.60 ERA. He continued to pitch until age 46.

12. JIM MARSHALL — Pro football's most durable performer, Marshall retired after the Minnesota Vikings, retired at age 42 after playing in a record 282 consecutive games.

13. BOB FITZSIMMONS — "Ruby Robert" lost the heavyweight title in 1899 at age 36, but won the light heavyweight title at age 40. He held that title for two more years and continued to fight until he was 51.

14. GEORGE BLANDA — At 43, he won 1970 Male Athlete of the Year honors as a result of his streak of five straight games in which he pulled out victories or ties for the Oakland Raiders with late-game heroics, either by passing, kicking, or both. He continued playing, mostly as a place kicker until age 48.

15. DOROTHEA DOUGLASS LAMBERT CHAMBERS — In 1919, when she was 41, Lambert Chambers, a seven time Wimbledon champion, put on a remarkable show, even though losing, in the Wimbledon challenge round. In 1925, at 46, she was a quarterfinalist in the U.S. Championship and the following year played on the British Wightman team.

16. ED "STRANGER" LEWIS — In the pre-pan-american wrestling era, Lewis held the world title at 38. He continued winning matches against the top competition in the sport throughout his 40's and into his 50's.

17. CARL YASTRZEMSKI — "Yaz" played for five seasons after turning 40 and has more post-40 home runs (69) than any other major leaguer.

18. ED BURKE — At 44, Burke threw the hammer 243-11, better than his 235-11 American record of 1967, which stood for 14 years. He then represented the U.S. in the Los Angeles Olympics.

19. TED WILLIAMS — Hitting .328 in 411 at bats in 1953, Williams is the only major league ballplayer to win a batting title after turning 40. He played two more seasons, hitting .316 and 29 home runs in 310 at bats his final year.

20. ERNEST RIEDEL — Considered the greatest American Kayaker ever, Riedel, a bronze medalist in the 1936 Olympics when he was 35, won 18 national championships between 1923 and 1947. He was 47 when he raced in the 1948 Olympics.

Some Honorable Mentions:

MAMO WOLDE won the bronze medal in the 1972 Olympic marathon at 40 years, 90 days . . . CLARENCE DEMAR, at 41, captured the 1930 Boston Marathon . . . JOHN FLANAGAN was the gold medal winner in the 1908 Olympic Games at 40 years, 187 days . . . TEBBS LLOYD JOHNSON took the bronze in the 30-K walk at the 1948 Olympic Games when 48 years, 115 days old . . . SAMUEL DUVALL won the silver medal in archery at the 1908 Olympic Games when 68 years, 194 days old . . . EARL THOMSON, age 47 years, 364 days, won an equestrian gold medal in 1948 . . . CHARLES TATHAM, age 51, won a bronze in fencing in 1904 . . . NELSON MARGETTS, 41 years, 63 days, captured a bronze in Olympic pole in 1920 . . . OSCAR SWANH, 64 years, 258 days, won a gold medal in the 1912 Olympic shooting contest and returned in 1920 to compete when 72 years, 282 days old.
to compete in national masters championships.

Rule 11 of the TAC Operating Rules says: "National clubs shall be limited to competition at the senior level." In the masters meeting, a motion was made that National Clubs be eligible for team competition in National Masters Championships. After much discussion, the motion was defeated, 8-7, not passed as stated in the NMN report of that meeting, therefore, masters runners from a national club cannot compete in the team division of any Masters National Championship. I strongly urge any race director who was not aware of the rule in the past to correct his race results and subsequent award presentations.

Carole Langenbach
Women's Vice-Chairman-
Masters LDR Committee

U.S. DECATHLON

I noticed that the TAC National Masters Decathlon Championship are scheduled to be held in San Diego July 5-6. I recommend that the dates be changed to August because:

1. July 5-6 is too close to the end of the World Masters Games in Rome.
2. Many Masters, including me, intend to participate at Baden in their International Meet July 5-6.
3. Masters from the U.S. and P.R. intend to travel throughout Europe once the World Games finish, taking the opportunity to visit Europe. 4. Coming back from Rome, a very tiresome air trip, will at least take 2 days, so there won't be much time to rest and compete at San Diego.

I hope my reasons for postponement are taken into consideration and a new reasonable date is selected for the National Decathlon.

I also suggest to the delegates from the different countries to the WAVA meeting in Rome, to consider the inclusion of the Decathlon in the World Masters Games, eliminating the Pentathlon. In this manner WAVA can have a true Olympic schedule similar to the Olympic Games. It will be the only way to select the complete athlete in each age division.

Gilberio Gonzalez - Julia
San Juan, Puerto Rico

A FAREWELL AND A WARNING

1983 was a good year for me. The NRDC ranked me 5th among road runners in the 45-49 age division. I set age records at 8K and 10K and did well at 15K and 30K. The year ended, however, in traumatic fashion.

On December 24, I ran in the National Masters 10K Championships, even though I was suffering from acute Achilles tendonitis. Leading at the 5 mile mark, I felt like someone was throwing rocks at my right calf. I fell to the pavement with what turned out to be torn muscle fibers in my calf.

Since then, there has been a resultant loss in muscle mass and overall strength. I have kept myself in good physical shape, done countless exercises and tried to train, but the physical edge is gone. Even jogging causes my right calf to get tight and I can no longer run on my toes, one of my former strong points. My warning: don't compete when you have a stress injury. The glory is not worth the risk.

I am saying farewell to serious masters running competition. My interest in high level competition had been waning in recent years due to the rigors of training and the sacrifices of time. Now that I am fighting a handicap, that old mental edge is just not there. The sport has given me more than I can ever explain, but I close my scrap book with no regrets. I know that I gave my all and that I did the best I could. In 1981, I feel that I ran above my talents: a 3:58 10K (at the time an age 44 record), a 49:01 15K and a 4:07.8 150M (at the time a US record for men over 45). Standing out among my many memorable races are four 1500M runs, all of which I lost by small margins, two to George Cohen and two to Louis Vink.

While leaving competitive running, I am pursuing other interests. Thankfully, my injury has practically no effect on my hiking or mountain climbing abilities; I climbed 40 mountains in 7 states last summer. Over the years, I have climbed 100 interior buttes in the Grand Canyon and all the 14,000 foot peaks in Colorado. I have many goals in hiking and, obviously, these will now come to the fore. I have responsibilities at Northern Arizona University and with social and musical organizations in Flagstaff which take up a lot of my time. On the other hand, I have not given up running. I jog 4-5 miles per day, 4-5 days per week and lift weights twice a week and it feels good. But no more heavy training and no more competitive running. I'll miss it, but it was time to say good-bye.

Bob Packard
Flagstaff, Arizona

PRIORITIES

I look forward to NMN each month. I read it the evening it comes. On the front page of one issue last year, my wife wrote: "Guess Who Goes To Bed Alone Tonight?" and put it back in the stack of mail. Well, she was fast asleep when I crawled in. Priorities???

Hugh Adams
Selma, California

Brown Wins U.S. 10K

Continued from Page I

as usual, ran away with the M-50 title. Joe Burgasser, 66, St. Petersburg, FL, ran a strong race to win M45 in 33:52.6 and finish seventh overall.

Howard Rubin, 56, New Hartford, NY, upheld his number one TAC 1984 age-group ranking by taking the M-55 championship. World marathon and 10K champ, Eddie Benham, 77, of Ocean City, MD, scored an easy victory - what else is new - in M75. However, there was an upset in M70, where Eugene Keller, 70, of Cincinnati, won handily over Bill Brobston 72, Saugerties, NY, the 1984 number-one.

A rarity was the appearance in the race of a couple of octogenarians.

Multi-record holder, Dr. Paul Spangler, 85, of San Luis Obispo, CA, ran 59:38.4 to 61:20 by local hero Max Bayne, 83, of St. Petersburg.

In the women's race, Matson had things pretty much her own way, winning in 36:47.8, but there was a real battle for the next three spots. Floridians Monique Quevillon, 41, of Sarasota and Yvonne Rodgers, 42, of Seminole finished second (38:17) and third (38:32) to upset co-favorite Bette Poppers, 42, of Littleton, CO, who had to settle for fourth (38:51).

Poppers was close behind Matson for four miles; but, at that point she faded, and Quevillon and Rodgers had no trouble pulling away. Toward the end they were closing in on Matson, but finished over a minute behind.

The real star of the women's competition was sixty-year old Anne Trigg, of St. Petersburg. The mother of ten children who started running just five years ago, the attractive, popular Trigg ran 44:49.9, making her the 2nd fastest U.S. W60 performer of all time. Helen Dick, set the American W60 mark of 41:41 just last December 2 in California.


Minnesota Masters 15K

May 5, 1985

National Masters Championship

On a fast, beautiful course in Edina, Minnesota. For entry information, send a self addressed, stamped envelope to Jack Moran, 5429 Wooddale Ave. S., Edina, Minnesota 55424

Republic Airlines will have special discount fares available. Call 1-800-329-1111 and mention code 7076-222.

L1 Hotel Suite is the Headquarters Hotel. Details in the entry blank.

Sponsored by Blue Cross and Blue Shield of Minnesota.
Gary Goettelmann: Ready To Make A Move

"Start running, or else...!"

That was the command given Gary Goettelmann in 1975 by his wife. After retiring from competitive running in 1968, Goettelmann, a Santa Clara, Calif., resident, tipped the scales at a chubby 180 pounds, well above his current 135.

At 41, Goettelman should soon establish himself as one of the top masters distance runners in the country. An injury sidelined him for most of last year, but a recent 31:53 clocking served notice that he's making his move.

At the University of Southern California from 1962-65, Goettelmann was the track team's "utility man," running everything from the half-mile to 10,000 meters. By his senior year, he narrowed his range to the steeplechase and 5,000, with bests of 8:53 and 14:03 and a fourth place in the steeple at the 1965 USTF championships.

"I ran with Laszlo Tabori for three years and give him full credit for what running success I had," says Goettelmann. Tabori, the third man to emerge from the crowd as first 40-or-over finisher with an excellent 31:39.

Gary continued to run after graduating from USC, but gave it up in 1968 because, he says, he could no longer compete with the new "full-time" runners.

While making his "comeback" in 1975, Goettelmann showed up for a road race in his old USC sweats, prompting another runner to ask what position he played. Gary then made the decision not to run another race until he lost about 30 pounds.

Two years later, Goettelmann had his weight down and his times down, as well, to 4:13 for the mile and 9:03 for two-miles. He also clocked 30:53 for 10,000 on the track, and 30:58 for 10K on the road, the latter at age 39. In addition, he turned to five marathons in the 2:22 to 2:24 range between 1977 and 1981.

Gary says that the New York, Boston, and Nike-OTC marathons are his most memorable experiences, but adds that he enjoys the track more than the roads.

To prepare for competition, Gary logs 100-110 miles a week, including a 17-20 miler on Sundays and interval session of 6 times one-mile at 5:00 each with a 440 recovery lap and 12 times 220. He comments that when doing the 220's, he notices the effects of aging.

"Where I used to run 28-30 very easily, it's now 32 seconds for the same effort," he says. "I can still run under 25 seconds, but don't ask me to do it twice in the same workout."

As his 40th birthday approached in September 1983, Gary looked forward to joining the masters ranks. However, soon after becoming a masters competitor, he suffered an injury.

"It was non-running related," he is quick to point out. "Old men should not play tackle football."

A few years ago, Goettelmann acquired ownership of Ryan's Sport Shop in Santa Clara. The shop was established many years ago by Mike Ryan, winner of the 1912 Boston Marathon. Before the running boom, it was about the only place in the entire San Jose metropolitan area that sold running shoes.

Besides his own running, Goettelmann looks after the pursuits of about 30 other runners. He says that the real joy of his life is coaching. He doesn't recruit, nor does he charge for his advice.

"I made a commitment a long time ago not to get financially involved with any runners because then it would be an unnatural relationship. The people who have helped me the most did it for free," he said in a San Jose Mercury News interview last year. The story was about Nancy Ditz, one of his prize pupils. Ditz finished fifth in the Olympic marathon trial.

Said Ditz: "Gary's the most important person in my life with the exception of my family. In any good relationship you have to expect ups and downs. You try not to carry those dif-ferences out to the track. The most important thing is that he has tremendous self-confidence, or if he has any self-doubt he doesn't let anyone know it. That's good because if you're going to have confidence in somebody they'd better have confidence in themselves."

Looking to his own running goals, Gary says, with confidence, that he plans to stay healthy and let the times and races take care of themselves. He is looking to run 30:30 for 10K and around 2:20 in the marathon before long.

—Mike Tynan

Super Bowl 10K Draws 18,000

Continued from Page 4
Four men pushed their friend in a playpen full of teddy bears. Two men dressed as a football field with a roll of Astro Turf strung between them and field goal standards for hats. "Cleopatra" rode in a chariot pulled by running slaves.

The costume prize winners were the men who ran the 10K in wedding gowns, chasing a woman in a yellow tuxedo.

Oh, yes, the race. Canadian Dave Surman, 41, of British Columbia, emerged from the crowd as first 40-or-over finisher with an excellent 31:39. Judy Kewley, Los Angeles, was the first masters woman in 38:23.


Early results showed no times for 60+ winners, Jack Kettler, 61, Palos Verdes, Calif., and Helen Dick, 60, Los Angeles.

Christel Miller Sets U.S. Marks

Continued from Page 1
five inches to 4-2; the javelin distance from 88-2 to 100-8; and the shot put from 30-4 to 31-9 ¼. Ironically, the last two records had belonged to Miller's fellow CDMTC member and friend, Shirley Kinsey.

Three pole vaulters found the facility to their liking and set world age records: Jim Vernon, 68, with 10-2 (old record 9-7); Carol Johnson, 73, with 9-3 ¼ (9-1 ¼); and Bob MacConaghy, 76, with 7-0 (6-6).

Runner Nick Newton, 51, had a 40.20 500m effort; Bill Knocke and Jon Monet, both 45 did the 600m in 1:35:2; and Rich Greene, 43, 3000m in 9:56.


photo by Warren McNeev
Morcom, Funkhouser In Philadelphia

Continued from Page 1

Morcom, now living in his native “Granite State” after a long association with the University of Pennsylvania, pole-vaulted 19-0, high jumped 6-6, and blasted through the 50y hurdles in 8.2.

Funkhouser, who finished 7th at last year’s Olympic Trials in the 20K walk, exploded through the first fifty yards of the one-mile walk as if he’d been booted by the Miami Dolphin’s Reggie Roby. He went through the half-mile in about 3:04 and continued on to win in 6:26.2. Reading TC’s Bill Norton, M35, was second overall in 6:54.4.

Wright, a 38-year-old powerhouse from Newark, Delaware, swept the 50y, 300y (36.0), and 600y (1:23.2). Dickerson, M35, jumped higher (6-0) and farther (21-2½) than anyone else this evening.

Morcom, 46, former national masters cross-country champion, paced the entire 2-mile field, flowing over the boards like syrup on pancakes as he glided home in 10:18.3. Moses Mayfield, M40, was second overall in 10:34.3.

New York’s Pauling, 50, had the night’s best time in the 100y as he rang up a 2:40.1. Cliff also scored with a 600 in 1:25.3.

Manno, M60, showed his usual impeccable sprinting style as he captured the 300y (42.3) and 600y (1:44.5).

Dawson Pratt, M45, who had been bothered for two years with a hip problem, showed he is on the comeback trail as he caught Larry Wilson with a late rush to win the 300y in 37.7.

Ray Frick, M50, was king of the strongmen as he heaved the shot 12.93m (42-5¼).

Dave Hall, M65, ran 8.8 in the 50y hurdles and 7.4 in the 50y dash. Claude Hills turned in a 9.2 in the 50y hurdles, 3-10 in the high jump, and 11-3½ in the long jump. Manfred d’Elia, M75, posted an 8.02 in the 50 and 51.2 in the 300.

Anne Mapps, W35, was a triple winner in the 50 (7.1), 300 (47.5), and long jump (12-10). Betty Ann Furman, W55, ran the mile in 7:05.9.

First U.S. Indoor Pentathlon Held

Continued from Page 1

(AFSS) which was recently described in the January ’85 issue of this newspaper. After discussions were held with Jim Webb, multi-events coordinator for the Master’s Track & Field Committee, it was decided that the meet would employ the same scoring factors for the 55 meter high hurdles and the 1000 meter run as are already detailed in the AFSS’s 110 high hurdles and 1500 meter run, respectively. The height of the hurdles and the weight of the shot put corresponded to the rules of the national committee that states multi-events continue to use the old hurdle heights and shot put weights.

The scoring for the 55 meter high hurdles employed the same scoring table that was used in the 1973 USSR vs. USA indoor dual meet in New York City. The scoring table was extended by using a computer program to cover the longer times to cover the race.

A quick review of the AFSS versus the IAAF scoring indicated that there would have been a number of changes in the top three positions of several age groups if the AFSS was not used. Barry Kline, who won the M40-44 division, was critical of the age factoring before and after the championship. Kline won his age division because of the age factoring. Of the nine contested events, only two divisions were won by younger men. Although all divisions were not calculated out using just the IAAF system, it seems reasonable to assume that factoring in one’s age will make a difference in the final standings of multi-events.

The meet’s only difficulty arose in the long wait to long jump since the facility only had one long jump pit. However, in order to compensate for other delays, whenever the pentathletes were ready to compete they were given priority in the field event areas and on the track, much to the disgust of several athletes competing in the BUD LIGHT meet.

Competition in the age divisions was fierce, with only 9 points separating Steve Suto (1st-M30-34) with that of runner-up Jeff Jodon; 35 points separated Barry Kline (1st-M40-44) with runner-up Bill Smith; and 22 points for three-time Olympian Bob Richards (1st-M55-59) with runner-up J. Back Bradbury.

Not only was competition fierce in the age divisions, the AFSS encouraged the older athlete to mathematically compete with his younger counterpart. The only athlete to score 4,000 points was Boo Morcom, 63, of New Hampshire, who captured his highly competitive age division with 4,145 points. Morcom was a pole vaulter in the 1948 London Olympics, and although he still competes in the vault, seems intent on gaining recognition outside the track and field world. He will be able to compete on a limited basis in Rome.

Olson Recovers After Pentathlon Mishap

So you want to compete in a nice safe sport and you think Masters track and field is the answer. Ask Len Olson, 55, of Endwell, New York. He may give you a different answer.

Regardless if Olson is a spectator or participant he has become prone to serious injuries. Last October in Raleigh at a weight pentathlon Olson was hit by a hammer in his left thigh. He was sidelined until last January when he competed in the TAC National Masters Indoor Pentathlon Championships held in Carlisle, Pennsylvania.

After coming off the last hurdle in the 55 meter hurdles, Olson’s right foot turned inward, rolled to one side and broke above the ankle. Olson was rushed immediately to the Carlisle Hospital, which was only three blocks from the meet site.

During the five days that Olson spent at the Carlisle Hospital recovering, he was visited by many of the meet’s track and field officials who witnessed the accident. Olson received six screws and a steel plate in his right foot, in what one track official, who was an official at the 1984 Los Angeles Olympics, described as the worst track related accident he ever witnessed.

Olson, who is the 1984 TAC national indoor champion in the shot put, and the bronze medalist in the shot put at the V World Veterans Games in Puerto Rico, is hopeful he will be able to compete on a limited basis in Rome.
March 31 is the entry deadline for the VI World Veterans Games in Rome, June 22-30, 1985. The Games are staged by the World Association of Veteran Athletes (WAVA), and are open to men age 40-and-over, and to women age 35-and-over.

The entry form is printed in these pages. Meet director Cesare Beccalli will accept your individual entry, but prefers you send it with others in your tour group, to simplify bookkeeping. If you send your entry alone, you may be subject to bank finance charges when you arrive in Rome. Over 5000 participants from over 50 nations are expected for what will be the largest Veterans meet ever held. Dozens of Olympians will be there, including Al Oerter, Bob Richards, Thane Baker, Parry O'Brien, Willie Davenport, Gabriele Anderson-Schiss, Ed Burke, Hal Connolly, and more.

There are no qualifying standards. Anyone who is old enough may compete. The primary purpose of the Games is fun and friendship — to see Italy and to make friends with people from around the globe, with the competition being the icing on the cake.

The General Assembly Meeting has been scheduled for two sessions — at 2 p.m. on both Thursday, June 27 and Friday June 28. Bids for the 1987 and 1989 World Veterans Games will be considered at the Friday meeting. The General Assembly will consider the question of a formal agreement between the International Amateur Athletic Federation and WAVA, whereby the IAAF would recognize WAVA as having sole responsibility for international veterans athletics. No formal agreement will be concluded without the approval of the General Assembly. (The General Assembly is composed of about 80 delegates, with a maximum of five from any one country.)

This month’s News includes the story of the UTW Veterans’ Committee of 11 persons, including six from WAVA, four from IAAF, and one from IGAL (World Veterans Distance Running Association). The Committee has met several times, and is trying to hammer out an agreement which can be approved by the delegates in Rome. Their final meeting, prior to Rome, will take place March 25 in Lisbon.

The National Masters News has several questions about the proposed merger which we were planning to explore in detail in this issue. We interviewed several people and wrote the story.

However, we decided to hold it until after the Lisbon meeting. We have expressed what we feel are the genuine concerns of the world’s veteran athletes to each of the WAVA/IGAL Committee members, who will be working hard in Portugal to do the best thing for all concerned.

In our May issue, we will publish a complete report of that meeting, along with any questions about the IAAF merger which are still relevant at that point.

**Should Masters Join The IAAF?**

O n June 27 in Rome, Veteran athletes will make a critical decision that will affect the future of International Masters Athletics for years to come.

On the Delegates to the VI World Veterans Games will vote on whether to merge WAVA (the World Association of Veteran Athletes) into the IAAF (International Amateur Athletic Federation).

In Los Angeles last year, the IAAF formed a Veteran’s Committee of 11 persons, including six from WAVA, four from IAAF, and one from IGAL (World Veterans Distance Running Association).

The Committee has met several times, and is trying to hammer out an agreement which can be approved by the delegates in Rome. Their final meeting, prior to Rome, will take place March 25 in Lisbon.

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**Bud Light/PA Meet Draws 200**

Continued from Page 1

hurdles, and 8.1.55M dash, a 31.3
200M and a 74.9 400M. Not to be out
competed was Jim Keys, 36, of
Hampton, as he tossed the shot 45'1".

Former Olympian Bob Richards of
California and Boo Morcom of New
Hampshire also had memorable days.
New Jersey’s Henry Zachman: you must send a copy
of your entry form with any questions about the lAAF
merger to: Rob Richards, 700 Melville Rd.,
80907.

If you still crave action after the
Games, there will be a Veterans meet in
Baden, Switzerland (16 minutes west of
Zurich by train) on July 5-6. It is open
to men 33+ and women 30+, based on year of birth, not date of birth.

Thus, if you turn 45 on Dec. 31, 1985,
you’ll compete in the 45-49 age group,
even though you’re only 44. That’s the
way some countries work it. (See schedule for details.)

At NMN press time (Feb. 10), the
dollar had hit new highs. One U.S.
dollar will get you 2001 Italian lire or
2.75 swiss francs. It would seem the
perfect time to go to Europe.

A final note: USA uniform coordi
ator Laurel James has cancelled
negotiations with the Kappa Co. of Ita
ly. She is now working with a Utah
company to produce the uniforms at the advertised price of $50.

The deadline for ordering the 5-piece uniform (singlet, shorts, jacket, pants and bag) has been extended to March 31. Send $50 to Jerry Donley, 1715 Alamo Ave., Colorado Springs, Co 80907.

In Rome last month, discussing preparations for the VI World Veterans Games in Rome, June 22-30, 1985, was Cesare Beccalli, Games’ director. The entry form is printed in these pages. Meet director Cesare Beccalli will accept your individual entry, but prefers you send it with others in your tour group, to simplify bookkeeping. If you send your entry alone, you may be subject to bank finance charges when you arrive in Rome.

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Al proposed amendments to the Constitution, all bids for the 1987 and 1989 championships, and all nominations of candidates for office must be in the Secretary’s hands by March 22, 1985. (Owen Flaherty, C.U.T., Javea, Alicante, Spain).

In addition to the General Assembly, the following meetings have been scheduled:

**WAVA Executive:** Friday, June 21, 7 p.m.; Sun June 23, 11 a.m.; Sun. June 30, 3 p.m.

**Women’s Assembly:** Saturday, June 22, 2 p.m.

**Technical Committee:** Saturday, June 22, 2 p.m. Open to all.
Report From Britain
by ALASTAIR ALLITE

Priscilla Welch, now 40 years old (since November 22), returned after a rest for her first race of 1985 on January 13 at the Mitchell 25K road event in the South London area. In freezing conditions, she ran the two-lap course in 1:26:31, going through five miles in 27:04 and ten miles in 55:04, finishing 29th in a field of 330. First veteran was Dave Rogers, 41, 22nd overall in 1:25:53.

Taff Davies, now 46, won the Erith 10K Road Race in 32:52 with Rob Dickson 2nd Vet in 32:45. Nuala Atkey, 36, won the Southern Women’s Veterans Cross-Country at Eltham, January 20, in a course record 19:00; second was last year’s winner, Liz Scoane in 19:11. Pam Jones, 48, was third in 20:38. On that day in Eltham, Trevor Collins, 43, won the combined veterans AC and Cambridge Harriers two-lap cross-country race over the snow over 61 Vet runners. This writer was eleventh in that event.

Marathon runner David Clarke tied for first in the Hertfordshire Vets Cross-Country Championships at Stevenage, January 20, with Brian Booth with 31:16. On the same day, Alan Toelmek won the Eastern C-C Championships for the fourth time at Chelmsford.

World indoor bests were achieved on November 2 in the Midland Counties Open Meeting at Cosford by Pat Taff Davies, now 46, won the Erith Open Meeting at Cosford by Pat

by PHIL PARTRIDGE

On this page are the new U.S. weight pentathlon age records, based on the new age-factor scoring tables.

Age-Factor Scoring, which was first introduced ten years ago for the throwing events, was experimental.

Its purpose was to make it possible for athletes to evaluate their lifetime performances with realistic allowances for decline due to aging, and also to allow older athletes to compete with younger athletes by means of formula-adjusted scores, making allowance for normal aging.

It now appears advisable to review the whole range of Age-Factor formulas for possible revision, based on a much larger body of statistics, and to expand it to evaluate each year of age.

This becomes important at this time because of the World Weight Pentathlon II, with added Discorama (5 weights of discus), Shot Puttery (5 weights of shot) and Hammerfest (6 weights of hammer and weight) sponsored by Genoa University and FIDAL of Italy.

Put that super throwing event on your agenda and watch for ads in National Masters News.

A study of results of two Throwathons in 1984 involving 34 top throwing athletes and other meet results indicate that the formulas are basically sound.

But the difficulty of age 44, 49, 54, 59, 64, etc. athletes, at the top of the Age-Factor formulas, competing with age 40, 45, 50, 55, 60, etc. at the bottom of the formulas has long been obvious.

It is fun being “born again” when you graduate to a new scoring level—your scores jump 300, 400, or more points. But in reality this is age discrimination within 5-year levels and it is time for it to go.

Listed below, in addition to Age Records, are top scores over 3000 in 1984.

<table>
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<tr>
<th>Age</th>
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<tr>
<td>42</td>
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All-Time Top Masters Marathoners
compiled by MARTY POST

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<thead>
<tr>
<th>World Men</th>
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<td>A. Villamuela (MEX) 1982</td>
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<tr>
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<td>2:15:46</td>
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<td>2:17:30</td>
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<td>Cindy Dalrymple (NY) 1982</td>
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<tr>
<td>2:53:22</td>
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Fred Reid, M70; Kathy Van Zyl, M60; L. Botha, M60; and C. de Plessis, M75, get off to a good start in the 100m in the Orange Free State Championships November 3, in Springsburg, South Africa. photo by Leo Fleming

Weight Pentathlon Age Records

Ail-Time Top Masters Marathoners

<table>
<thead>
<tr>
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<td>2:53:22</td>
<td>Sandra Kidd (CA) 1982</td>
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</table>

ATTENTION!!

Master and Sub Master Vaulters
Here’s your chance to be included in the most comprehensive Masters vaulting book ever published. This book will contain lifetime performances on Masters vaulters.

Written and published by Super-statistician Gerard Dumas and Ed Hoyle

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Akrion, Ohio 44313
Masters Scene

National

- Two-time World Veterans steeplechase gold medalist Hal Higdon passed along some advice to the International Runners’ Committee, which is mulling over possibilities of a women’s steeplechase. “Take a look at the steeplechase in veterans meets,” Higdon suggests. “You’ll find very few runners over age 40 who know how to ‘race well. ’ When you get over 50, the number of decent steeplechasers diminishes further, until over 60, I only recall seeing one person (Joe McLuskey) who knew how to get over the barriers with any sort of grace. Into the 70’s, we are subjected to the spectacle of people looking like they need ladders to get over the barriers and an outboard for the water jump. One reason... is that barriers are simply too high for runners who have begun to lose their spring with age. Older hurdlers use lower hurdles. Older weightmen use lighter implement. Yet older steeplechasers are asked to clear the same height barriers as Henry Marth.”

Higdon says the answer for both Masters and women could be an adjustable barrier. Such barriers do exist.

“Washington State U. constructed 30” barrier, including the water jump, with a removable board screwed on top to provide the extra 6” height needed for the standard men’s steeplechase. The barriers can be adjusted quickly,” the IRC reports.

- The first of four Foot Locker Partners races kicks off in Houston, TX, April 28, and serves as the Southern regional race in a series of for-tomorrow races in Minneapolis, June 29, and Washington, D.C., September 29, culminating with a national championship race in L.A., November 2. The races are 8K’s for partner teams of family members or friends. Awards will be presented to top partner teams in age groups and eight special family-relationship categories. Winning husband wife team in each regional race receives an all-expense paid trip to L.A. for the nationals, where the husband-wives champion teams win a weekend grand prize trip. Mary Anne McBride, 7732, Miami, Houston, 77707-3134.

New England

- Forde Madeira of Shelborn, Mass., turned 40 this year and planned on going after some of Cindy Dalymple’s women’s 40-45 records. But a familiar story by runners turning 40 — injury struck. Madeira had planned on tackling the Houston Marathon January 6, and Gasparilla 15K February 9. “It’s a big disappointment,” she said, “because my training was going so well. But I’ll come back stronger than ever.” Forde is doing the familiar “swimming and stationary biking” during the recuperative stage.

- The TAC National 564 Weight Throw Championships will be held in conjunction with the 1986 Manchester Community College New England Relays, June 22. Masters throwers George Frenn, 81, champ; Bob Backus; and, Ivan Starzec set 5A and 4A records. Manchester C.C. Athletic Dept., 60 Bidwell St., Manchester, NH 03102.
John Adams, 41, receives an award from Ernie Verrall for finishing second in 2:45:31 in the 45-49 age-record 2:29:27 (old record 2:29:37) in Tucson, January 5. Ken Young, 43, one of the NRDC's overseers, was first M40-f in 1:56:53, arch, 1985 National Masters News group record for 10 miles and her age-54 record holder, december 2, but they give each other a run for the money. As soon as cost of lodgings and meals is finalized, Partridge will run an ad in NMN, giving necessary info. Meanwhile, write him at 357 W. Macdonald A, Waymouth. 33045.

Barbara Meadows, 64, was first w/overall in an age-record 2:29:27 (old record 2:29:37) in the So. Arizona Marathon Tune-Up 30K, Tucson, January 5. Ken Young, 43, one of the NRDC's overseers, was first M40-f in 1:56:53, just fifteen seconds off first overall week later in the So. Arizona RRC One Hour/10 Mile Track Run. Meadows broke her own W50 age-group record for 10 miles and her age-54 record for the one-mile. Jan 10 42.6 and 13848m (8m/1064m) on the U of Arizona curs'd 400m track in Tucson. Meadows turned 55 in February.

The 74-year-old Caflin, STC, Sacramento Masters Relays, April 27, 1985, when scheduled to be held in conjunction with a college dual meet and a new Masters & Masters meet with a full schedule of field events, most running events, and five different relays.

Runners with aesthetic and philanthropic bent should opt for the Pac-800 Library 10K/3K, April 27, which offers a shirt with a design by Paul Conrad, three-time Pulitzer Prize winning artist and L.A. Times' political cartoonist. Funds raised will go to the P-V Library, Carriage Realty, 4010 Palos Verdes Drive North, #101, Rolling Hills Estates, CA 90274, 213-307-7223.

Larry Banuelos of Pico Rivera, CA, since turning 60 last year has garnered 71 consecutive age-60+ firsts in races from 5K to the half marathon. His goal is 100 in a row, which, at his present rate, should occur in a few months.

Larry Walker, now 42, hit an M40 best 2-mile walk of 13:31, January 6, bettering Ron Kulik's record holder, S.F. of Durham on the strength of his field events. R. Fletcher of Hallamshire won the M40 pentathlon by 34 points over B. Fenton of Durham on the strength of his field events. R. Checkley of Hatton scored a whopping 903 in the 1500 to win the M45 division with 2396.

Bill Stock, director of the World I.G.A.L. Championships in San Diego December 1-2, publicly acknowledged the support of Nike, Inc. "Without Nike and Chris Monty of Masters Athletics at Nike, we'd have been in deep trouble financially," Stock said. "Despite heavy organizational and extensive promotional pullbacks, Nike honored prior commitments to the meet. Aagination of lesser scale would have said: 'Sorry, the person who made that agreement no longer works here' and we'd have been out in the cold. My hat's off to Nike."
Baldwin Smith, 45, of Bermuda, about to begin his warmup for the World relay.

photo by Gretchen Snyder


NEW ENGLAND

June 1-6, 11th Annual Senior Olympics, U. of Bridgeport, Conn. M.W. 55+; Dr. Ann Faris, Park Hall, U. of Bridgeport, CT 06601. 203/576-4509.
June 30, Rhode Island Senior Olympics, Brown U. Stadium, Providence, R.I. M.W 40+; includes 10K. Dolores Bergeron, 84 Grandview Ave., Glastonbury, CT 06033. 203/632-3075.

SOUTHEAST

May 3-5, 11th Southeastern U.S. Masters Meet; N. Carolina St. U., Raleigh, N.C. Stu Adams, Raleigh, NC 27611. Home phone 704/546-6800; P.O. Box 110, Raleigh, NC 27602. 919/755-6641 (w); 755-5608 (h).
June 8-9, Northwest Classic, Dundie Community Church, Miami. Jesse Hol, 1310 N. W. St., Miami FL 33147. 305/393-2469.

SOUTHWEST

March 10, Ohio Masters Indoor Championships, Ohio St. U., Columbus, Ohio. Vincent Peters, 541 Osborn Ave., Fairborn, OH 45334. 513/878-8040.
March 17, Midwest Masters Allcomers Indoor Meet, College of DuPage, Glen Ellyn, Illinois, 8 a.m. Wendell Miller, 7250 N. Cicero, Lincolnwood IL 60646. 312/234-2154.
May 26, 7th Annual Wolfpack Pentathlon (Track and Weight) and OAC Open and Masters Track Meet, Columbus, Ohio. Worthington H.S. John White H (614) 459-2567, W. 421-4201.

SOUTHWEST

May 25, TAC Southwest Regional Masters Championships, Kenner, Louisiana. Danny Thiel, 1459 Verna St., New Orleans LA 70131. 504/456-8806.
June 8, Hill Country Classic, Mason, Texas. Mason H.S. track. Lee Krock, Box 31C, Mason, TX 78656. 915/347-5921 (w); 347-5620 (h).
July 13, West Texas Masters, Lubbock, Texas. Bobby Aycock, P.O. Box 1548, Lubbock, TX 79413. 915/392-3773 (bus); 928-3018 (res).
August 3, Texas Masters Championships, Univ. of Texas at Arlington. Joe Murphy, 4308 N.E. Expwy., S-206, Dallas TX 75206. 214/824-3800 (H) 214/746-1174 (O).

WEST

March 10, 1985 World Masters Tune-Up Games I, California State Univ., Los Angeles, CA 90021. 213/826-6400.
April 3, Hayward Field Master Classic, Eugene, Oregon. Arlene Noviello, 1571 Agate St., San Diego CA 92109. 619/485-8886.

NORTHEAST

June 8, 6th Annual Senior Sports Festival and PNAC Masters Championships, Husky Stadium, U. of Washington, Seattle. Senior Parks and Recreation Dept., Senior Adult Office, P.O. Box 1315, Seattle WA 98101. 206/265-2814.
June 22-23, Hayward Field Master Classic, Eugene, Oregon. Arlene Noviello, 1571 Agate St., San Diego CA 92109. 619/485-8886.
April 21, Mt. SAC Masters Relays, Mt. SAC Community College, Calif. Hal W. Smith, 18700 Oak Ave., Rosemead, CA 91770. 213/824-3800.
April 27, Sacramento Masters Relays, CSU-Sacramento, Calif. Roy Wigginton, P.O. Box 255226, Sacramento, CA 95851. 916/927-4731.

HAwAII

March 10, Hawaii Masters TC Meet, (limited events), Kaiser H.S., Honolulu.

photo by Mar Cleveland


photo by Mar Cleveland

Masters, Redlands, Calif., Univ. of Redlands Stadium, Howard "Buz" Wagner, 1522 Marguerita Dr., Redlands CA 92373. 714/792-4835.
August 12, Pacific Assoc. Open & Masters Championships, Los Gatos High School and San Jose City College, California. Bruce Springbett, 220 Oak Meadow Dr., Los Gatos CA 95030. 408/354-7333.
June 1, SPA/TAC Championships, Occidental College, Los Angeles, Gary Miller, 1740 Grandview Ave., Glendale CA 91201.
June 8-9, TAC Western Regional Masters Championships, San Diego, Joe Horn, 1347 Agate St., San Diego CA 92109. 619/485-8886.

NATIONAL MASTERS NEWS

March 1985

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June 9. TAC National Masters TC Meet (limited events), Kansas City, Mo. J. Horning, P.O. Box 248, Kansas City, Mo. 64103.

July 14. TAC National Masters 8K Championships, Syracuse, N.Y. Bob Brock, 4559 Limeledge, Manchester NY 13081.


November 3. TAC National Masters 10K Cross-country Championships, Syracuse, N.Y. Bob Brock, 4559 Limeledge, Marcellus NY 13081.


April 5-8. Australian Veterans Championships, Hobart, Australia.

June 22-30. V1 World Veterans Games, Rome, Italy. (Men 40+, Women 35+).


April 15. (Monday). 89th annual Boston Marathon, noon. BAA, 17 Main St., Boston, MA 02128.


June 1. 14th annual L'eggs Mini Marathon, Central Park, New York, NYC, 9 E. 89th St., New York NY 10128.


August 10. Asbury Park and TAC Open Men's 10K Championship, Ocean Terrace Inn, Cliffwood Beach, NJ 07712. 732/571-4156.


March 23. Airport Classic 10K, Deland, Fla. P.O. Box 1824, Deland, FL 32720.


June 15. Grandma's Marathon, Duluth, Minn. Chuck Kesseran, PO Box 8203, Duluth, MN 55802.
What A Jock!

Continued from Page 11
day two off fast, and he did, running the hurdles in 20 sec., another PR. His 77" discus toss was short of his best (85") but it was a solid score, and to his surprise he won the pole vault with an 8-6. So he was still in the lead with the javelin and 1500 to go. A 100" eff-
fort in the javelin was only 5" short of his PR, leaving Jock confident of a win. It was almost cruel to lead the 1500 wire to wire, but that's what Jockey did. His usual 5:20 was impos-
sible because of the heat, but a 5:40 gave him the race and the national cham-
ionship in the WR 3200 points.

Jock credits his achievements to fanaticism, discipline, and his life's work as a veterinarian. When in doubt, treat yourself like a horse, and you can't go too far astray: "When my muscles become sore, I pack them in ice. Then afterwards I give them about a 30-min. massage with liniment."

That's right, horse liniment. Got a race coming up? Do what the trainers do and rest your horse — that is, yourself — for two to four days before and up to four days after. Realize that your nutritional needs and daily cycles make you a creature of habit, like any horse, so when you have a race coming up, don't start eating strange food or sleep-
ing weird hours or engaging in unusual activities, even if you have to travel across the country for the race. Either get them long enough in advance to ad-
just to local time or stay on your own clock, and take your own hay with you if you can.

As to fanaticism, "Once I get onto something, I keep after it. It's like a dog with a bone... I believe that to be a champion you've just got to put in more time than the next man. And to overcome adversity, you have to come now."

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just to local time or stay on your own clock, and take your own hay with you if you can.
Race results continue to pour in for 1984 races and the 10 km remains the most popular event. To date, results from 204 races, totaling 207,523 finishers have been processed. Last year's totals were 215 races and 208,521 finishers.

## INTERIM 1984 MASTERS 10 KILOMETER RANKINGS

Compiled by the National Running Data Center

### 10 Kilometers

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A new list of 1510 certified courses is finished and at the printers. Many older certifications have been thrown out. The book will be ready soon.

In this issue are the 10-kilometer rankings for 1984. These are over 90% complete with 207,523 reported finishers in 204 domestic races. The rankings will close around March 15th.

Barry Brown leads all U.S. over-40 runners with his American Masters record 1:01:55 in Asbury Park, N.J. August 18. Ray Hatton, 52, heads the M50's in 1:03:12. Alex Rarelle is best M60 in 1:03:12. Cindy Dalrymple's 1:03:27 on May 20 is the fastest 40+ woman's time. Helen Dick leads both the W55 and W60 groups with 1:03:08 and 1:04:21, respectively.

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<td>25-29 M</td>
<td>880 yd</td>
<td>Thomas Jones</td>
<td>1:02.10</td>
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<td>30-34 M</td>
<td>880 yd</td>
<td>Steve Jackson</td>
<td>1:01.59</td>
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<td>35-39 M</td>
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<td>Michael Brown</td>
<td>1:00.98</td>
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<td>40-44 M</td>
<td>880 yd</td>
<td>Robert Price</td>
<td>1:00.05</td>
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<td>45-49 M</td>
<td>880 yd</td>
<td>David Adams</td>
<td>1:00.05</td>
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<tr>
<td>50-54 M</td>
<td>880 yd</td>
<td>John Doe</td>
<td>1:00.05</td>
</tr>
<tr>
<td>55-59 M</td>
<td>880 yd</td>
<td>James Smith</td>
<td>1:00.05</td>
</tr>
<tr>
<td>60-64 M</td>
<td>880 yd</td>
<td>Richard Johnson</td>
<td>1:00.05</td>
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<td>65-69 M</td>
<td>880 yd</td>
<td>William Smith</td>
<td>1:00.05</td>
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<td>70-74 M</td>
<td>880 yd</td>
<td>Edward Jones</td>
<td>1:00.05</td>
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<td>75-79 M</td>
<td>880 yd</td>
<td>Robert Martin</td>
<td>1:00.05</td>
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</table>

*Single age group World Record*
Masters Games

Continued from Page 13

Director of Public Relations for the Games. "We never use those three words without following with 'Games of Canada, August 1985.' It’s the first Masters Games ever held in Toronto or August 1985.'

The major sponsors of the Games are CP Air and Molson Breweries of Canada, Ltd. Over 16 other sponsors are involved, including Sutton Place Hotel, Thomas Cook Travel, the Royal Bank of Canada, North American Life Assurance, AMF-Voit, Coca-Cola, Ansett International, Kangaroo Kodak Canada, Olivetti Canada and Racquet Sports Group. The municipal government of Toronto, and the Ontario and federal governments are also supporting the venture.

CLASSIFIEDS

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

Arthur Lydiard Running Camp June 23-29, 1985. Bard College, Dutchess County, NY. Competitive Runners, Masters, Joggers. Coaches, All Can Benefit. Arthur Lydiard’s residence the entire week to teach, demonstrate, and inspire. 83 and 84 Camps had at least 50% postcollege age and Masters Runners. This is a unique east coast opportunity to spend a week with the world’s expert. For brochure contact Lydiard Running Camp, c/o Tom Robinson, 129 Clarence Rd., Scarsdale, NY 10583.

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Make your subscription now!

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAR 1985

<table>
<thead>
<tr>
<th>Number</th>
<th>Distance</th>
<th>Time</th>
<th>Name</th>
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<tbody>
<tr>
<td>M50-54</td>
<td>400m</td>
<td>54.68</td>
<td>Bob Richards-(-04,58)</td>
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<td></td>
<td></td>
<td></td>
<td>1.81</td>
</tr>
<tr>
<td>M50-54</td>
<td>800m</td>
<td>1:52.89</td>
<td>Bill Clark (52,51)</td>
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<td>1.45</td>
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<tr>
<td>M55-59</td>
<td>1500m</td>
<td>5:38.80</td>
<td>Don Harris (52,52)</td>
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<td>1.45</td>
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<tr>
<td>M55-59</td>
<td>5000m</td>
<td>15:29.40</td>
<td>Fred Hirsimaki (50,60)</td>
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<td>M55-59</td>
<td>10000m</td>
<td>31:37.80</td>
<td>Bill Miller (50,54)</td>
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<td>1.45</td>
</tr>
</tbody>
</table>

## 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.**

### Cross Country Champions

<table>
<thead>
<tr>
<th>Year</th>
<th>Winner</th>
<th>Distance</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>1985</td>
<td>Susan Gibbons</td>
<td>10 km</td>
<td>M45-49</td>
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</table>

### National RCAA Age Groups

<table>
<thead>
<tr>
<th>Age</th>
<th>Winner</th>
<th>Distance</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>40-44</td>
<td>Veronica Hanlon</td>
<td>20 km</td>
<td>W40-44</td>
</tr>
</tbody>
</table>

### Watches of the Runners

- **Central Park, NYC**

### Resolution Sunday, 1/1/85

**Manila, Inc.**

- **Overall**
- **60-69**
- **50-59**
- **40-49**
- **30-39**

### Resolution Sunday, 1/1/85

**Manila, Inc.**

- **Overall**
- **60-69**
- **50-59**
- **40-49**
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- **30-39**

### Resolution Sunday, 1/1/85

**Manila, Inc.**

- **Overall**
- **60-69**
- **50-59**
- **40-49**
- **30-39**
YOU DON'T MAKE THINGS BETTER
BY MAKING THEM COMPLICATED.

There was a time when being a runner was pretty simple. All you needed was an alarm clock, some shorts and a decent pair of shoes. But times changed. Things got complicated. All of a sudden it seemed that being a runner required a degree in biomechanics to understand what it was all about. And before you knew it, technology had gotten in the way of the reason you ever picked up the sport in the first place.

It was fun. Well, at Nike, we put our heads together in order to come up with a line of shoes that cut through all the clutter and made running simple.

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If you want extra stability, there's the Vector.

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But you don't need it. Because the Nike V-Series makes it easy to pick the right running shoe. Which only proves, if you take technology far enough, it will bring you right back where you started.

*Suggested retail, $60.00. Prices may vary in Canada.