

HUME SETS FOUR RECORDS AT BROWN

Ian Hume, WAVA Technical Chairman from Quebec, Canada, had a field day in the first-ever Brown University Masters Indoor T&F Meet at Providence, R.I., on January 20. Hume revised four world M70 indoor marks when he lengthened the long jump record from 13-5 to 13-8 $\frac{3}{4}$ and the triple jump from 26-10 to 29-7 $\frac{1}{2}$, raised the high jump mark from 4-2 $\frac{1}{4}$ to 4-6, and vaulted past the old mark of 7-5 $\frac{3}{4}$ to 8-4.

Boo Morcom, ex-Olympian, now residing in Wilnot Flat, N.H., also pole vaulted into the indoor record book with an 11-6, adding over three feet to the former M60 height of 8-5 $\frac{1}{2}$.

The other 168 competitors produced some excellent performances. Roger Pierce, M40, Beverly, Mass., was the fastest 55m dash winner with 6.92. Cliff Pauling, Bronx, N.Y., included a 39.7 300m dash with his other M50 victories.

John Boyle, M40, Newburyport, Mass., was pushed by Sumner Brown, Belmont, Mass., (4:12.1), and Kirk Randall, Wellesley, Mass., (4:19.4), and posted the best 1500m time of the day (4:11.1). Bob Doyle, M35, Pawtucket, R.I., won the 3000m with a very fast 8:36.9. Bob Fine, Brooklyn, N.Y., won the M50 1500m race-walk with 7:43.5. Nathan Taylor, M30, Milton, Mass., had a 20-4 $\frac{1}{2}$ long jump and a 42-4 triple jump.

Allan Cohen, Blauvelt, N.Y., placed in six running events.

Mike Grisko, M35, Forestville,

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Vaughan Sets World Vets Mile Record

Derek Vaughan, 40, broke the world veterans record for the mile on March 5 in an open meet in Port Elizabeth, South Africa, with a time of 4:13.8.

The time was nearly five seconds faster than the world 40-and-over mark of 4:18.5, set by New Zealand's Jim McDonald in 1977.

"I was invited to the meeting after being asked if I thought I could better the world mark," Vaughan said. "I thought I was fit enough and went into the race aiming at about a 4:16 — four laps of 64 seconds.

"As it happened, things went better than I expected and I managed two 63s, a 64 and a 63.8. I might have done better had I not got boxed in on the second lap. I lost maybe 10 meters there

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The West Valley Track Club of Northern California set a new U.S. Masters distance medley relay record of 10:40.0 in Berkeley, Calif. February 23. From left: George Mason (800 in 2:03.5); Dave Romain (400 in 51.1); Ramsay Thomas (1200 in 3:17.3) and Harvey Franklin (1600 in 4:29.1).

Philadelphia Draws Athletes From Nine States

by PETE TAYLOR

HAVERFORD, PA March 2. Athletes from nine states competed tonight in the Philadelphia Masters Track and Field Association's Indoor Championships. The meet was held at Haverford College's Alumni Fieldhouse, featuring a new 225-meter "Versaturf" track. Two intramural basketball games were played simultaneously on the track infield during the competition, with no discernible effect on the athletes. Fortunately, a lacrosse practice, which had also been scheduled for the facility, was cancelled.

Among the submasters, Ralph Penn, 33, Takoma Park, MD, and Michael Saafir, 33, Utica, NY, were standouts. Penn won the 55m hurdles in a class 7.7, and then was nosed out by the always-tough Alfonzo Walton in the 55m dash, 6.5 to 6.6. Penn came back in the 300m to record a brilliant 36.2, leaving Walton among his pursuers.

Saafir, who finished second in the hurdles, 7.9, high jumped 6-6 to pick up a gold in that event. Walt Hawkins, 35, ran 4:25.6 in the mile to lead all age groups. Marc Anderson, 36, won his 500m in 1:09.6. Scott Cornwell, 31, ran 3000m in 9:12.0. Anna Mapps, 37, long-jumped 13-2 $\frac{3}{4}$.

The 40's featured Ed Small, 46, New York, NY. Ed topped a field of 10 in the M45 300m (every one of whom broke 45 seconds) with a time of 38.0. Earlier, he won the 500m in 1:10.8. At the end of the meet, he anchored the winning team in the seldom run 4x225m relay, 1:55.4.

Jim Bantum, 42, 6.9, and Marilyn

Fitzgerald, 48, 8.3, were convincing dash winners in their divisions. Larry Simmons, M40, walked a mile in

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Since turning 50, Christel Miller has set three world records for women over age 50 in the long jump (4-3), javelin (100-8) and shot put (31-9 $\frac{3}{4}$).

Matson Wins \$1000

Brown and Murrphy Deja Vu in Gasparilla 15K

Irish army sergeant Patrick Murphy, 40, had to be the most frustrated runner in the world after the Gasparilla Distance Classic 15K in Tampa, Fla., on February 9. For the second week in a row, Murphy lost a race, near the finish, by only four seconds, to Barry Brown.

The week before, Brown, 40 an insurance agent from Glens Falls, N.Y., outkicked Murphy, previously unbeaten as a Master, in the TAC National Masters 10K Road Championships in Clearwater, Fla., to win, 30:17.8 to 30:21.3.

In the Gasparilla, Brown again surged ahead after running neck and neck with Murphy for nine miles to win the Masters title, 46:21 to 46:25. Brown collected \$1,000; Murphy, \$500; and third Master, in 48:02, Atlaw Belligne, 40, Houston, Texas, \$250.

Brown was twenty-three seconds behind Bill Stewart's M40 American 15K record of 45:58. Stewart, 42, Ann Arbor, Mich., who has been troubled by a painful plantar tendon, finished fifth in the race with 49:54.

The rest of the Masters races were essentially no contests, at least at the finishes. Dan Conway, 46, Chetek, Wisc. won the M45 in 49:10; Norm Green, 52, Wayne, Penn., repeated his 1984 M50 win (50:18) with a better 49:45.

Howard Rubin, 56, New Hartford, N.Y., won the M55, 53:24; Bart Ross, 62, Casselberry, Fla., the M60,

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Good Marks Open California Track Season

The Orange City Masters Meet held at Santa Ana College in Santa Ana, California, on February 23, featured a new American women's record in the high jump, three world age records in the field events, and some strong performances in this early season meet, which was divided into ten-year age group competition, rather than the customary five-year groupings.

Christel Miller, who turned 50 on January 20, broke her month-old American high jump record of 4-2 by one inch. Pole vaulters Carol Johnston, 73, and Bob MacConnaghy, 76, also upped their recent age records: Johnston, from 9-3 $\frac{3}{4}$ to 9-6 $\frac{1}{2}$, and

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

**PROSTATE OPERATION
IMPROVES SPEED**

I was very interested in Dixon Hemphill's piece (February) about his prostate operation. He had just begun to manage a slowish two-mile training run. I wonder how well he's doing by now?

I ask this because of amazing performances by post-prostate operative runners in Britain which I reported in my veterans' column in Running magazine last year. Most notable was Bryn Jenkins, an Over-60 marathoner, who had, in the previous 20 years, completed dozens of marathons, never better than 3 hrs., 15 min. Then he had the prostate section operation. When he came out, the surgeon said to him: "Now my boy, don't start out jogging again before 12 months."

Bryn saluted him obediently: "Sure, okay, doc."
 Of course, three weeks later, he was beginning with speed work and within a few months he had got his lifetime best marathon down to approximately 2:50 — and repeated this tremendous performance in several other distance races.

With another friend of mine in the Vets Athletic Club — ditto. Suddenly the over-60's champions found this hitherto scrubber-up with them in ten-milers and half-marathons.

Is the explanation that this operation

releases some amazing speed that had been suppressed, or is it that these big mileage guys occasionally need an enforced rest?

Whichever way, alas, I don't see it as a possible system of supercharging us sprinters, otherwise I'd be out there to see that surgeon quick enough.

Sylvester Stein
London, England

INDOOR U.S. PENTATHLON

A thank-you to Scott Thrornsley for hosting the Pennsylvania Masters T&F Championships and the first National Indoor Pentathlon. Hosting both, at the same time, was difficult.

I have two complaints about rules made at the TAC convention. 1) The age-factoring is cry-baby silly. We went to 5-year age groups to reduce the 10-year "problem." Next we'll hear the complaint: "I'm 11 months older than he is." I don't think the advantage we receive (I'm 44, the full beneficiary of the factoring system) is fair at all. It helped me, but it was unfair to Bill Smith, Tom Collins, etc. who happened to be a few months younger. And what meet director needs the added headache of plotting scores?

2) The lowering of the hurdle heights for pentathlon and decathlon championships seems like another move to make the hurdles a sprint event. The hurdlers have had their advantage

reduced, but other athletes — strong in other events — have not been equalized. Sometimes it's best to leave things alone. Reducing hurdle heights several years ago did not add any entries to the hurdles events; it won't add entries to the multi-events, either. Let's return to the higher heights and give our events credibility.

Barry Kline
Washington, Pennsylvania

NO-FALSE-START RULE

How about one more letter on the no false start rule?

After having started meets for 15 years, including high school, college, all-comers, and masters meets, and having competed in masters T&F for 16 years, I can say, unequivocally, that the no-false-start rule is the best change I've seen in T&F. I've competed in a few hundred races, started a few thousand, and observed at least a jillion. This tad of experience has impressed upon me some inescapable conclusions.

Nervousness is not a legitimate argument, as a competent starter will "call up" the competitors if someone can't hold still, tell them why, and settle them down.

A false start in a race of 800 meters or more is very rare because a split second advantage would not normally win the race.

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Brown Nearly Wins Orange Bowl Marathon Outright

At the 10-mile point in the Orange Bowl Marathon January 5 in Miami, 40-year-old Barry Brown, TAC Masters long distance running athlete-of-the-year, held a seemingly unsurmountable two-minute lead over the next runner, a 27-year-old Englishman.

But an old injury would deny Brown the course record and victory he was gunning for. Jimmy Ashworth gradually closed the 2-minute gap, overtaking Brown at the 20-1/2 mile point to draw out to victory in 2:18:50. Brown, the American masters marathon record holder (2:15:15), settled for 2nd overall — and, naturally, first over-40 — in 2:20:22, 25 minutes ahead of the next Master, Hector Rodriguez.

"I must have pulled the piriformis muscle in my right buttock," Brown said after the race. "It affected the sciatic nerve, and my right leg just went dead for the second half of the race. It was frustrating because I wasn't tired, but I didn't have any drive off my foot. When Jimmy went by me, I knew I couldn't keep up."

Brown said he was shooting for a new U.S. masters mark. "I was on a 2:13 pace, and felt comfortable. Halfway through, I was wondering where everyone else was. I thought I was going to win it."

Spectators and runners were stunned at Brown's performance, despite it being five seconds slower than his Twin Cities record effort.

"Bloody ridiculous," said Brendan Spratt, 51, who won the M50 division in a respectable 2:55. "Does he have a long tail? The man's amazing."

Miami Herald sportswriter Bob Rubin, who struggled home 1440th in 4:11, said Brown is "inspiring to those of us past the big four-oh."

Brown said he heard a lot of what sentiment along the course. "I'm just trying to show that Jack Foster (the

Continued on Page 14



Judy Pickert, 41, Mahopac, N.Y., first female with course record 1:24:29, at Last Resort Half-Marathon, Key West, Fla., February 16.

Benham, Geary Inspire in Colonial Half-Marathon

by THOMAS PAGANO

WILLIAMSBURG, Virginia, February 24. Ed Benham of Ocean City, Md., one of the oldest marathoners in North America, finished the 7th Annual Anheuser-Busch Colonial Half Marathon today in stylish fashion.

With a strong and steady stride to the end, the 77-year-old Benham, the world record-holder in his age division, crossed the finish line with a time of 1:40:58, just three minutes and eight seconds slower than his world record time for the 75+ class, "It wasn't a bad run," Benham said.

He finished about 17 minutes ahead of the second-place finisher, who also recorded a sweet "victory," nonetheless. "Hey. He's one helluva runner," Benham said, referring to Vernon Geary, a 72-year-old from historic Williamsburg, who took second place behind Benham.

Geary, who underwent triple-bypass surgery seven months ago, completed the race in 1:57:34.

"I'm satisfied with the time," Geary said after the race. "I would have liked to have captured the age-72 record, but

to do that, I would have had to run 1:46:00 or so."

The gray-haired Geary, who proudly wears a white T-shirt with "Ancient Marathoner" emblazoned across the front, said he is proud of his time in the race. But, he said he does not think it is quite the accomplishment others healthier than himself believe it is.

"There are a lot of fellows in my age group beating the figures in the record

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Good Marks In Gotham

The 6th Annual New York Masters Indoor T&F Championships at Fordham University in New York City on February 17, featured several athletes who took two or more wins. Allan Cohen was the standout with four M55 wins (55m, 8.0; 1000m, 3:42.7; 3000m, 11:57.6; triple jump, 26-8); and several second places.

T. Toscano, M40, was a double winner, in the 55m dash with 6.7 (the meet's best time) and the 200 with 24.9. Among the other double winners were R. Overton, M35, 55m, 6.8 and 200m, 25.3; S. Howard, M35, 100m, 2:46.5 and 1500, 4:30.3; Cliff Pauling, M50, 200, 25.6 and 1000m, 2:52.7; Dave Lawyer, M65, with solid times in the 55m, 8.0 and 200, 31.9.

Double field event winners were led by P. Corrigan, M30, in the shot with 40-6 and the 35# weight with 44-5; Carl Klehm, M45, shot, 38-6 and weight, 34-3; and D. Pruitt, M30, long jump, 18-8 and triple jump, 37-2-1/2.

K. Pierce, W35, was the leader of the women with firsts in the 55m, 7.9, and shot, 28-9-1/2, and a second in the 200, 30.12. A. Cirulnick, W50, won the 55m, 9.7, and shot, 26-10. M. Chou,

Continued on Page 14

Oohs and Aahs at Paramount 10K

Over 80 Masters participated in the special "World Masters" Division of the Paramount, California 10K, January 26, with the top 10 finishers in each five-year age division awarded specially designed trophies.

About 900 runners and 1500 spectators sat in awe as the times of the over-age-40 runners were announced at the awards ceremonies. As each Masters runner came on the stage, race director Oscar Rosales read his or her accomplishments to the crowd. "Whispers, oohs and aahs rumbled

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Men's age 50-54 winners in U.S. National Masters 10K Championships February 3 in Clearwater, Florida. Left-to-right: Gordon Kafer (4th), Peirce Ferriter (5th), Bos Askea (3rd), Derek Mahaffey (2nd), and winner Norman Green (32:55.4).

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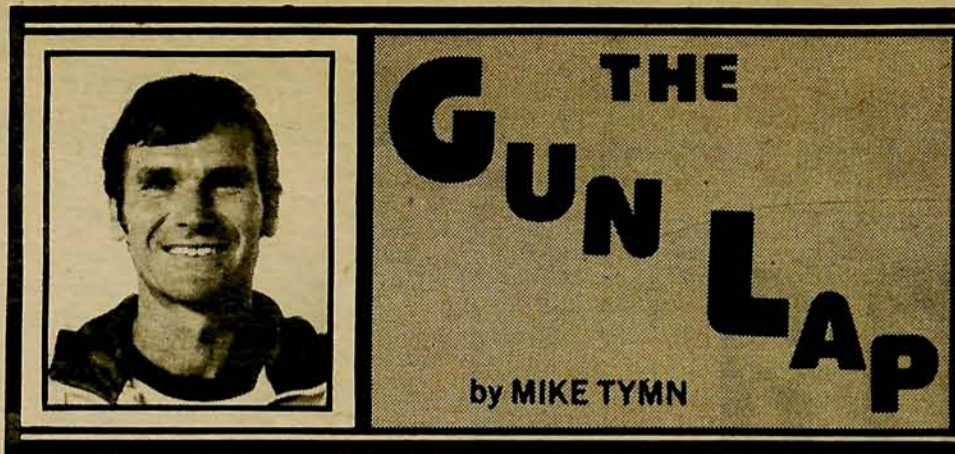
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Overtraining

We are taught from an early age — at least I was — the harder you work and the more you put into it, the greater the returns. I found out a few years ago that this isn't necessarily the case. Just as you can overdo most anything else in life, you also can overtrain.

There is very little written on the subject of overtraining. Even among coaches, physiologists, and physicians, the topic seems to be an area of uncertainty and confusion. It has been only in the last 10-20 years that athletes have pushed themselves to the "red line" in training.

Recently, several coaches, physiologists and physicians met to talk about this little understood subject. The dialogue of their round-table discussion was set forth in *The Physician and Sportsmedicine*.

The panel first attempted to differentiate between overtraining and staleness. Although there was a little disagreement, the consensus was that staleness is a short-term phenomenon of overwork, while overtraining is

more long-term.

"It seems there is a threshold that is exceeded and causes a cascade of physiological reactions that can result in a somewhat long-term stay in a state of overtraining," said E.C. Frederick, a physiologist for Nike and a professor of physical education at the University of New Hampshire.

"Once athletes begin to go into a state of overtraining, it's very difficult to retrieve them from it."

The signs of overtraining mentioned by the panel members include one or more of the following:

- * an increase in the resting heart rate
- * weight loss
- * insomnia
- * anorexia
- * depression
- * a run-down feeling
- * irritability
- * disturbed digestion
- * quick exhaustion during training
- * loss of appetite

"The very slow return of the heart rate to normal after exercise seems to be particularly characteristic," said Allan J. Ryan, a physician and editor of *The Physician and Sportsmedicine*.

"In my experience with two athletes who were suffering from this, it would sometimes take an hour and a half to two hours for their heart rates to recover, even after a short bout of intensive exercise."

Herman J. Falsetti, a physician and professor in the department of internal medicine at the University of Iowa hospitals, added a third term to the discussion.

"There's another term we call overreaching," he said. "Sometimes we deliberately overtrain swimmers, but they are retrievable within two or three weeks. At that point we see many of these symptoms, but we bring them back. We overtrain deliberately."

"There's overreaching, staleness,

and overtraining, and there is overlap between them."

Richard L. Brown, a physiologist for Nike and coach of Athletics West in Eugene, Ore., agreed and pointed out that when athletes are overreaching, the body fat can come back up fairly quickly. But when they are overtrained, it takes a long time to get the body fat back up.

What causes this overtraining effect?

"Long-term moderate work doesn't seem to cause it," Brown said. "Neither does very short-term intense work. It's too much intense, anaerobic work for too long a period of time. It's too much competition and too little rest between those competitions."

Said Frederick: "In my limited experience, it's usually increasing the intensity of the work too quickly that causes it. I have rarely noticed any sort of overtraining response to a long-term schedule of exercise basically unchanged for several months."

Physiologist Edmund Burke, technical director of the coaching staff of the U.S. Cycling Federation, said that he sees a lot of symptoms of overtraining in average joggers.

"...they're running 20 miles a week and feeling very comfortable. All of a sudden they increase it to 40 miles a week, and they get into some problems due to stress factors or muscle soreness."

"There is always the danger of athletes reading in running magazines that Frank Shorter runs 120 miles a week and deciding 120 miles a week must be good for them, too."

Burke mentioned that many athletes have had their best performances after some type of an illness or forced period of rest.

"That's an interesting point," Frederick said. "There is a phenomenon I call the Zatopek"

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2. Entries must be received no later than Tuesday, April 16, 1985. NO POST ENTRIES WILL BE ACCEPTED -- NO ENTRIES WILL BE TAKEN BY PHONE
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SIGNATURE: _____

(PARENT OR COACH'S SIGNATURE IF UNDER 18 YEARS OF AGE)



Top four M40-44 finishers at the TAC National Masters 10K championships were, left to right, Art Meany of St. John's, Canada (fourth), Kirk Randall of Wellesly, Mass. (third), Paddy Murphy of Kildare Town, Ireland (second) and winner Barry Brown (30:17) of Gainesville, Fla. The race was held February 3 in Clearwater, Florida.

BE PART OF SPORT HISTORY

ATHLETICS IS ONE OF 22 SPORTS IN THE FIRST MASTERS GAMES, TORONTO CANADA AUGUST, 1985

The MASTERS GAMES will provide participants with an opportunity to compete with some of the sport's true legends, to renew old acquaintances, and to make new friends from around the world.

EVENTS:

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

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

AGE CATEGORIES:

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

ENDORSED BY:

CTFA, OTFA

RECOGNITION:

The MASTERS MEDAL will be awarded to the winner in each category in each event.

Second and Third place winners in each age category in each event will receive a distinctive MASTERS GAMES award.

All registrants will receive a unique commemorative recognition of their participation in the First MASTERS GAMES.

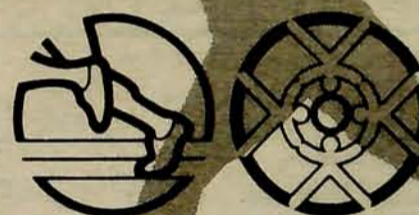
HOW TO BECOME A MASTERS GAMES ATHLETE:

In order to be officially registered in the Games, it is necessary to complete a MASTERFORM - the official Games Registration and Sport Entry Application for the sport(s) in which you wish to participate.

DEADLINE:

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

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



MASTERS GAMES
JUEGOS VETERANOS
JEUX DES MAÎTRES

COMPETITION DATES:

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

REGISTRATION AND MASTERFORM APPLICATION

Please Register me in the MASTERS GAMES (PLEASE PRINT)

Sport: _____
 Surname: _____
 Given names: _____
 Number/Street: _____ Apt. No: _____
 City: _____
 Province/State: _____
 Country: _____
 Telephone: Residence _____ Business _____
 Date of Birth: Day Month/Year _____

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

SIGNATURE: _____
 DATE: _____

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

- | | | | | |
|---|-------------------------------------|---------------------------------------|--|--|
| <input type="checkbox"/> Athletics | <input type="checkbox"/> Cricket | <input type="checkbox"/> Ice Hockey | <input type="checkbox"/> Shooting | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Badminton | <input type="checkbox"/> Cycling | <input type="checkbox"/> Orienteering | <input type="checkbox"/> Squash | <input type="checkbox"/> Water Skiing |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Diving | <input type="checkbox"/> Racquetball | <input type="checkbox"/> Swimming | <input type="checkbox"/> Sports Medicine Symposium |
| <input type="checkbox"/> Bowling/Tenpin | <input type="checkbox"/> Equestrian | <input type="checkbox"/> Rowing | <input type="checkbox"/> Synchronized Swimming | <input type="checkbox"/> Wine Tasting Festival |
| <input type="checkbox"/> Canoeing | <input type="checkbox"/> Fencing | <input type="checkbox"/> Sailing | <input type="checkbox"/> Table Tennis | |

Please return completed application to:
 MASTERS GAMES
 Box 1985, Postal Station P, Toronto, Ontario, Canada M5S 2Y7
 Telephone: (416) 927-1985
 Telex: 06524350 (STTN PLACE TOR)

GAMES REGISTRATION FEE: \$60 CDN.





ON APPROACHING EVERY PROBLEM WITH AN OPEN MOUTH

BY W. MACDONALD MILLER

A Most Unforgettable Person

Profiles are okay, I suppose. I almost always read them, hoping against hope to see if my name, through some miracle, would be mentioned. The truth is, however, I think they're all pretty boring.

There's a certain sameness to them. Profiles used to be very bad (fat, slow, useless, worthless, with breath that reeked of corn nuts), and now they are very great (got a new toupe, gave up red meat and started throwing the shot put out of sight).

I would like to read a profile, sometimes, where I could meet some wonderful person who will break down under the inquiring and probing of a Mike, a Hal, a Joe or some other jock-strap journalist, and admit they are really an utter bum, I mean a real bum, always have been and always will. Not some doofuss who missed a workout two years ago, only to go around apologizing and confessing to anyone who will listen that he'll never, ever, let it happen again. I'm talking here about an honest-to-goodness tell-it-like-it-is, bum. A bit of a jerk too, I might add,

just for laughs.

This guy punched his wife out after one race because she didn't hand him his warm-up suit fast enough. This guy goes around telling people that the reason a seven-day race on the track is so wonderful is it builds up incredible trust among the runners and cuts through all the small talk an athlete has to deal with in cocktail party situations.

Wow! I couldn't agree more, except maybe on one small issue. I wouldn't hold the event on the track. I'd make it point-to-point and get him and his

trusted soul mates the hell out of town with the hope they might not be able to find their way back for a year or two.

Do you start to get the picture? This guy still thinks the shoe companies have something meaningful to say about shoes. He thinks Ken and Jen are a husband and wife surfing team who formed a punk rockabilly band in California. You know, the skunk hair-cuts and the whole bit.

I happen to know this for a fact, because I personally over-heard him telling people he knew Bob and Gloria Fine before they started doing the ads for Blue Nun Wine and United Van Lines. I love the line they use as a couple on a slightly botched computer date. She works for a contemporary art museum and, in her affected bests, asks, "How long have you been a transmission expert, Roal?" He says, "It's Ray." Ah, Gloria and Bob, my favorite baritone and tenor, I can hardly wait to sing some songs with them in Rome.

Back to the profile I'm always waiting to read. This guy also claims he's a business man who travels extensively and uses Hal Higdon as his travel agent. Said it cost him a thousand

dollars recently to fly from Chicago to Detroit and to top it all off, he received a free T-shirt that said, "HAL HIGDON'S 50th" on it. Furthermore, I also happen to have this on good advice that this bum is going around telling people that Tom Sturak has a job. Now that happens to be the kind of malicious rumor that could ruin a man's career. Tom, I know from the latest rumor, is working very hard with the Frank Shorter group but, rest assured, he certainly does not have a job.

I'm confident we'll all have a chance to meet and get to know some honest to goodness unequivocal bum, one of these times. There's just too much hardhitting journalism around not to be able to meet our man or woman in a very intimate way. You know, like they said at the Olympics, "Personal and up close." It's truly the type of thing that could make you feel better about yourself all day. It falls in the general category of what our minister was saying last Sunday. "There is more to life than dope, sex, TV and religion." The challenge, not only for all Methodists, but for all the rest of you — is to find it. □

Philadelphia Draws Athletes From Nine States . . .

Continued from Page 1

7:36.3. Jim O'Hara, 46, used his great speed between hurdles to get home in 8.1.

Among the 50's, Al Cohen, 53, Blauvelt, NY, impressed by taking a second in the 55m and firsts in the 300, 500, 1000, 1 mile, and 3000m. Al also struck gold in the long and triple jumps. Bert Lancaster, 56, won the 55m, 7.4, and appeared to have the 300m won also, but Cohen closed a big gap in the last 50m to win by a whisker, 45.4. In M50, Lloyd Riddick, 6.9, edged Charlie Pratt and Matt Brown, both 7.0, in a fast 55m. Walt Hutchins, 53, took the high jump at 5-0. Jim Sutton,

53, was an easy mile winner, 4:52.2. Jerry Welbourn vaulted a winning 11-0.

Among the 60's, spindly but smooth Luther Burdelle, 60, Philadelphia, PA, was a solid mile winner in 5:33.0. Oscar Harris, 61, ran 8.1 in the 55m, while Dave Hall, 67, got down the lane in 8.4. Jim Manno, 64, got the 300m done in 47.0 and 500m in 1:29.7. Ex-Olympian Bob Mimm, 60, walked the mile in 8:05.9.

The septuagenarians featured the good Dr. Hills (actually he's a retired chemist). Claude, now 72, was edged by Harold Niebel, 70, in the 55m, 8.8

Continued on Page 26

Birmingham Track Club Classic

DATE: May 11, 1985
 SITE: Vestavia Hills High School
 FACILITIES: Six Lane Chevron Track (1/4" spikes)
 AWARDS: First three places in each event.
 DIVISIONS: Five year age groups (starting at age 30) and an open category for both men and women.
 EARLY ENTRY FEE: \$3.00 per event. \$10.00 per Relay team. Early entries must be postmarked prior to May 6th.
 ENTRY FEE: \$4.00 per event. \$12.00 per Relay team.
 CO-DIRECTORS: Gordon Seifert (205 879 8031) Versel Spalding
 ORDER OF EVENTS (women first, older to younger men)

9:00 A.M. 440 Relay
 9:30 Mile run
 10:00 120 Hurdles
 10:30 100 yard dash
 11:00 440 yard dash
 11:30 220 yard dash
 12:00 880 yard run
 12:30 330 Hurdles
 1:00 Mile Relay

FIELD EVENTS

9:00 A.M. HJ BJ SHOT DISCUS
 11:00 PV TJ Javelin

ENTRY BLANK

NAME _____ SEX _____

ADDRESS _____
 Street City State Zip

AGE _____ (as of 5/11/85) Birth date _____

EVENTS ENTERED (List best performance during the last 12 months)

1 _____ 4 _____
 2 _____ 5 _____
 3 _____ 6 _____

Total fee enclosed _____ Mail to: Gordon Seifert
 1514 Ridge Road
 Birmingham Alabama 35209

WAIVER OF COMPETITION: In consideration of accepting this entry, I declare that I am physically able to compete in these events and waive for myself, heirs and administrators all claims for damages which I may accrue against any and all persons or organizations in any way associated with these events.

DATE _____ SIGNATURE _____

PARENTS' SIGNATURE (If minor) _____



Bill Epright, Norcross, Ga., wins the M60 TAC National Masters 10K Championship, 41:52.4, Clearwater, Fla., February 3.

TAC/PACIFIC TRACK & FIELD CHAMPIONSHIPS



**OPEN MEN & WOMEN
MASTERS MEN & WOMEN ■ SUBMASTERS MEN & WOMEN
MAY 18 & 19, 1985**

Los Gatos High School & San Jose City College
Sanctioned by TAC/PACIFIC ASSOCIATION
Sponsored by LOS GATOS ATHLETIC ASSOCIATION
ENTRY DEADLINE WEDNESDAY, MAY 15, 1985

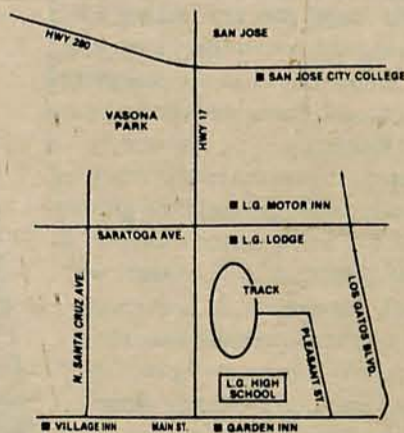
- ELIQUILITY:** All Men and Women registered in TAC/Pacific Association. 1985 TAC registration required. Registration available at meet \$6.00.
- ENTRIES:** Pre-entry required before Wednesday, May 15. Post entry will be accepted on space available basis. Phone entry o.k., 354-5660. No teams or individuals will be entered without payment in meet director's hands. Phone entries will not be recorded until payment is received.
- FEES:** \$4.00 per event. \$12.00 for relays. \$6.00 for late entry if space available, relay post entry o.k.
- NOTE:** Hammer, javelin, steeplechase, and 5,000 walk will be contested at San Jose City College on Sunday, May 19 (See Schedule). All WAVA standards for implements and hurdles will be in effect in Masters Competition.
- HEATS:** Will be run if required in 100 and 200. Heats will be contested in all age divisions that they are needed and the finals run at the end of allotted time slot. 400 will be run in timed sections based on times submitted on entry form.
- FACILITIES:** All weather track surface 1/4" spikes only. Concrete throwing rings, grass javelin runway.
- AGE GROUPS:** Open women ages 14-29. Open 18-29, 30 and above in 5 year age groups. 30-39 competitors may compete in open events if they so desire, but must stay in that division except in relays. Age on May 18, 1985 determines age group.
- AWARDS:** Tac/Pacific championship medals to first three places in all events.

TAC/PACIFIC CHAMPIONSHIPS SCHEDULE May 18, 1985 at Los Gatos Track

9:30 4 x 100 relay women	4:15 PM 400 h open women
9:40 4 x 100 relay master men	4:20 400 h master women
9:50 4 x 100 relay open men	4:25 400 h 60+ /30"
10:10 100 m hurdles 33" women 35-39 and men 60+	4:30 400 h 50+ /33"
10:15 100 m hurdles 33" open women	4:35 400 h 40+ /36"
10:25 80 m hurdles 30" women 40+ and men 70+	4:40 400 h 30+ /36"
10:35 110 m hurdles 42" open men heats (if needed)	4:45 400 h open men /36"
10:45 110 m hurdles 36" men 50-59	5:00 1500 m open women
10:55 110 m hurdles 39" men 40-49	5:10 1500 m master women
11:05 110 m hurdles 39" men 30-39	5:20 1500 m master men 60+
11:15 110 m hurdles 42" open men finals	5:30 1500 m master men 50+
11:30 100 m heats all divisions where needed	5:40 1500 m master men 40+
12:00 100 m final master women	5:45 1500 m submaster men 30-39
12:10 PM 100 m final open women	5:50 1500 m open men
12:15 100 m final master men — oldest to youngest	6:00 400 m open women*
1:00 100 m final open men	6:05 400 m master women*
LUNCH BREAK	6:10 400 m master men 60+*
1:30 PM 800 m master women	6:15 400 m men 55-59*
1:35 800 m open women	6:20 400 m men 50-54*
1:40 800 m men 60+	6:25 400 m men 45-49*
1:45 800 m men 50+	6:30 400 m men 40-44*
1:50 800 m men 40+	6:35 400 m men 35-39*
1:55 800 m men 30+	6:40 400 m men 30-34*
2:00 800 m open men	6:45 400 m open men*
2:10 200 m heats — oldest to youngest where needed	6:55 3000 m open women
2:40 200 m finals master women	6:30 5000 m men 50+, master women
2:50 200 m finals open women	7:00 5000 m men 40+
3:00 200 m finals master men — oldest to youngest	7:25 5000 m men 30+
3:45 200 m finals open men	7:45 5000 m open men

8:05 4 x 440 yd relays women, masters, open men
8:25 10,000 m open men, men 30-39, open women
NOTE: NO MASTERS 10,000
*Timed sections based on submitted marks on entry forms, if needed

9:00 AM Shot put women	MASTERS
9:00 Pole vault men 60+	
10:00 Pole vault men 40+	
10:00 Shot put men 60+	
10:00 Long jump women	
11:00 Shot put men 40+	
11:00 Long jump men 60+	
11:00 High jump women	
12:00 Long jump men 40+	
12:00 High jump men 60+	
12:00 Discus women	
1:00 PM High jump men 40+	
1:00 Discus men 60+	
1:00 Triple jump women	
2:00 Discus men 40+	
FIELD	OPEN and 30-39
3:30 PM Discus Women	
5:00 Discus men	
5:00 Shot put women	
5:30 Pole vault	
5:30 Triple jump men	
5:30 Long jump women	
6:30 Shotput men	
6:30 High jump women	
7:00 Long jump men	
8:00 High jump men	



TAC/PACIFIC CHAMPIONSHIPS SCHEDULE Sunday, May 19, 1985 at San Jose City College

8:00 AM 5,000 m walk	TRACK
9:00 2,000 m steeple men 60+	
9:30 3,000 m steeple master men 40+	
10:00 3,000 m steeple open men, men 30-39	
9:00 AM Javelin master men 50+, all women	FIELD
10:00 Javelin master men 40-49	
11:00 Javelin open men, men 30-39	
9:00 Hammer throw master men, submasters	
10:30 Hammer throw open men	



Larry Banuelos, 60, overall winner of Old Fashion 4 Mile (55-and-over only runners), 25:36, Yucaipa, Calif., February 17.

Banuelos Wins "Old Fashion" 4-Mile

On another mid-70s winter day in Yucaipa, California, thirty 55-and-over runners toed the mark to do battle over the hilly 2nd Annual Senior Master "Old Fashion" 4 mile course on February 17.

This year, the road race was almost completely dominated by the 60-to-64-year-olds as they took four out of the best five times. Sixty-year-old Larry Banuelos of Santa Fe Springs, Calif., was the overall winner, setting a new course record in that division in 25:36. Second overall was Avery Bryant, 60, who also came in under the old record in 26:07.

The most outstanding performance came from Al Clark, 71, of Prescott, Ariz., who shattered the M70+ division record by a full two minutes, covering the four miles in 30:21. Patricia Pruitt, 55, was the first woman, in 33:14. Bess James, 75, ran 42:05.

Stan Stafford was the meet director. The event was sponsored by County Service Area 63, Yucaipa. □

Submasters Star In Illinois

Submasters runners made up almost half of the entrants in the Athlete's Foot Masters Indoor Meet at Augustana College's Carver Physical Education Center in Rock Island, Illinois, on February 9.

Fourteen submasters milers tested the 3M Tartan Track (12 laps to a mile) with John Corrigan, 31, winning the M30 division, 4:47.21, and Don Fish, 35, the M35 with a slightly better 4:46.49.

However, all of the best performances did not come from the younger competitors. Kathy Loper, 42, had the day's best time in the mile, 5:58.08, among the women. Multi-winner

George LaBelle, 45, was the fastest 60y hurdler, 8.98. Floyd Smith, 49, had the best high jump, 5-4. James Neppi, M40, was top putter with the 16# shot with 44-4.

World record holder, A.E. Pitcher, 83, competing in seven events, had excellent marks in the 300y, 59.66; the 60y dash, 9.74, and the high jump, 3-6. All of Pitcher's performances were almost certainly American indoor records and probably world records. However, not much data on the indoor marks of M80-or-over athletes is kept, or even considered, so comparisons of performances are presently impossible. □

HOUSING:

AREA CODE 408
Los Gatos Lodge, 354-3300. Los Gatos Garden Inn, 354-6446.
Los Gatos Motor Inn, 356-9191. Village Inn, 354-8210.
Toll House Hotel, 395-7070. Los Gatos Hotel, 354-4440.

TAC/PACIFIC TRACK & FIELD CHAMPIONSHIP ENTRY DEADLINE MAY 15, 1985

WILLIE HARMATZ, BRUCE SPRINGBETT: Co-Meet Directors
P.O. Box 1328, Los Gatos, California 95031
408/354-5660 Days • 408/356-0453 Evenings

Name _____ (LAST) _____ (FIRST)

Phone _____

Address _____ (NUMBER & STREET)

Date of birth _____ (CITY) _____ (STATE) _____ (ZIP)

Age as of May 8, 1985 _____ Circle one: MALE FEMALE

Events entered and best time 1985 _____

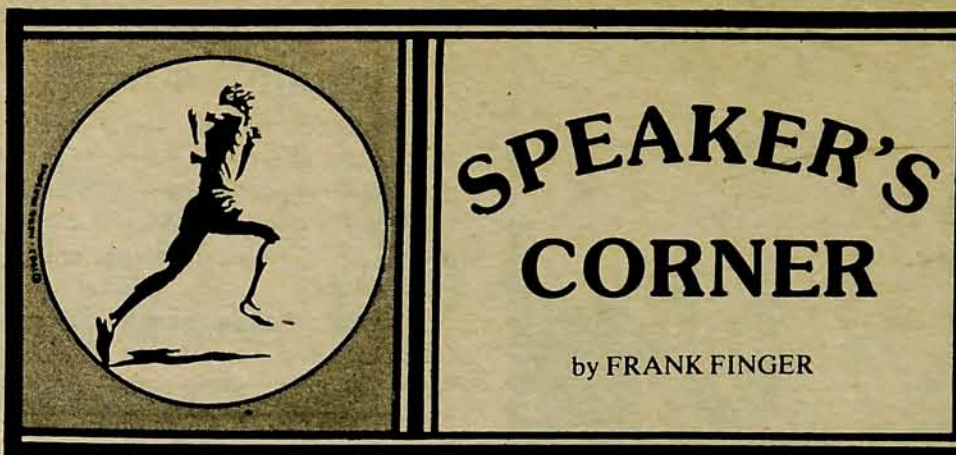
Club affiliation _____ Your 1985 TAC # _____

Amount enclosed _____ **NO REFUNDS FOR DEFAULT**

(Make checks payable to Los Gatos Athletic Association, Inc.)

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against San Jose City College, Los Gatos Athletic Association, TAC Pacific Association, Los Gatos High School, and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the TAC/Pacific Track and Field Championships held May 18 and 19, 1985, at Los Gatos High School, Los Gatos, California, and at San Jose City College.

Date: _____ Signature: _____



SPEAKER'S CORNER

by FRANK FINGER

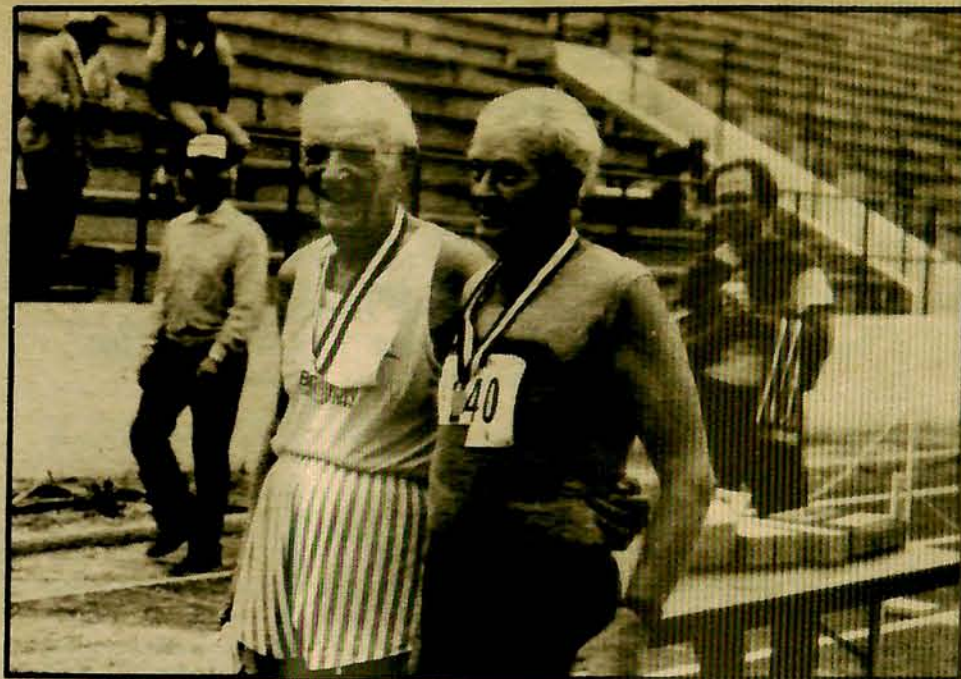
"I Trained Through My Coronary"

I do not necessarily recommend coping with a heart attack in the manner which I describe below. If I had known, at the time, what was going on, I might have responded quite differently. However, in view of the uncertainty and anxiety generated by Jim Fixx's unfortunate death, my experience will be of interest to some runners, and a lesson or two may be derived from my account.

In order to provide some background as to my preceding condition, I should report that, during the period 1979-83, my training was serious and without any interruption longer than a couple of weeks at a time. My events were principally the 400 and 800, with an occasional venture into the sprints and jumping events, and some hurdling during the last year. My performances found their way into the record book a few times, and I won several golds in the Nationals and the World Games. Weekly mileage varied with the season, from 25 to 50, averaging about 35. I think it

accurate to say that I knocked myself out during three or four sessions a week in the months leading into each spring season, and I usually ran all out in competition. During much of the year I supplemented running with work in the weight room.

Following the World Games of September 1983, I dropped the intensity of my training. This was partly because I hoped to facilitate recovery from a couple of nagging injuries, and because I anticipated that my 1985 entry into the 70-74-year category would inspire a stepped-up competitive ef-



Dr. Paul Spangler, 85, (left) and Max Bayne, 83, the two octogenarians in TAC National Masters 10K Championships in Clearwater, Florida, February 3.

fort. Living abroad from January to July 1984, I could find only two meets to enter, the French and the British Nationals. My times, especially at Edinburgh on July 28-29 (400 hurdles and 800), were something of a disappointment, but under the circumstances they could hardly be considered indicative of any pathology, particularly since I experienced no unusual symptoms and of course I always assumed that my years of athletic accomplishment would somehow guarantee sound health.

Back home in Virginia, I resumed easy training on August 2, and within a week I was doing 5 miles of LSD, 200-m strides, a few hurdles, and lifting weights. But by the 10th, I began to realize that my legs were feeling uncharacteristically heavy while just jogging, and I experienced a shortness of breath — and a sort of hotness of breath — that was completely out of the normal range during such easy work. On August 13, half-believing that something must be wrong and half-believing that I was simply becoming hypochondriacal, I visited my internist. He found that my resting EKG was unchanged from the previous year, and my blood constituents suggested nothing unusual; there seemed to be no cause for alarm.

Reassured, I returned to the track on the next day, with the hope of getting ready for the State masters meet in a couple of weeks. A 6-mile jaunt was completed, though at a perplexingly slow pace. Then, perhaps fortunately for my survival, a recurring back injury flared up. I scratched the upcoming meet, and for a week my focus was the University's training room rather than the track. There followed 10 days of struggle: even a mile or two of jogging had to be interrupted several times to catch my breath, and I felt as if there were a band constricting my chest. There was real pain on only a day or two. On August 31 a "stomach ache" developed just below my sternum, which eased off when I left the track,

sat down, and bent over. During most of the following day, with my activity limited chiefly to officiating at the meet, I felt a diffuse discomfort in my abdomen. Three weeks after my original visit, I confronted my physician once again. The "band" and "stomach ache," together with my uncharacteristic complaining, impressed him sufficiently that he scheduled a stress test by a cardiologist. The test was schedule to be performed in two weeks. Meanwhile, he advised, I might be wise to limit myself to brisk walking and weight lifting, preceded by a vasodilating drug to counteract the suspected coronary insufficiency. During the succeeding ten workouts (pulse = 90 to 120) there was no pain.

There was insufficiency, sure enough! The cardiologist started his examination with a resting EKG, and, from that preliminary procedure, he reached a startling conclusion. It was virtually certain, he said, that sometime during the preceding five weeks, the lateral coronary artery had closed completely, and a chunk of heart tissue had become dead scar tissue. An angiogram (heart catheterization) and a thallium scan the following week confirmed his diagnosis. The good news was that the other three branches were blocked only 40 to 50 percent, which in the cardiologist's language is "insignificant."

What then was I to do? I was told to enroll immediately in the community cardiac rehabilitation program. There, I would join other heart-attack survivors who are monitored during sessions of increasing stress. The program would serve as a wedge to get me back into my own exercise regimen.

On three mornings a week, I wore electrodes as I rowed, did steps, did pull-downs, walked the treadmill, cranked, and rode the stationary bike. On the alternate days I walked or (after a week) walked/jogged. After 18 sessions they stressed me to a pulse

Continued on Next Page



EVER RUN IN SOUTH AMERICA??

We are very happy to announce that RUN ECUADOR has become a reality. After several years of contemplating, planning, and finally organizing, a camp for altitude training is being held this summer in the Andes mountains of Ecuador.

The collected efforts of Masters runner Bill Stewart, Coach Ron Warhurst and group dynamics specialist John Boyle, have been realized. RUN ECUADOR offers a unique opportunity for the enhancement of running as well as cultural and self-development skills.

RUNNING The benefits of altitude training are well documented as many of the world's finest athletes train at altitude. Ron Warhurst provides individualized training programs for our guests. His insightful methods have nurtured many world class performers.

CULTURAL The Ecuadorian culture affords a glimpse into the lives of a happy, friendly South American people. Trips to the market places and weaving villages, as well as hikes to volcanos, waterfalls and natural, hot mineral springs, provide incomparable experiences.

SELF-DEVELOPMENT Added emphasis is placed on insuring a rewarding group experience. Optional workshops are offered on the positive side of running, thinking and living.

We have assembled a running vacation adventure. Our accommodations insure comfort as well as all the conveniences of a top rated sports facility: hot tubs, pool, sauna, squash and racquetball courts. Our staff will include:

Ron Warhurst - Coach for the University of Michigan, has worked with Greg Meyer, Olympian, Brian Deimer, Lisa Larsen and many others.

Bill Stewart - A world class Masters runner holds many American records, from one mile to 25K.

John Boyle - A group dynamics specialist, coach, race director and accomplished Masters runner.

FOR MORE INFORMATION PLEASE CONTACT US.

POST OFFICE BOX 1824 • DELAND, FLORIDA • 32721-1824 • USA • 904/736-0002

Continued from Previous Page

rate of 153. While the EKG indicated that the remaining heart tissue was receiving insufficient blood to sustain the level indefinitely, there was no pain and no "band." They therefore turned me loose with instructions to push my heart rate to 120 or so for periods of 30-35 minutes, or until angina symptoms were felt.

Since then I have worked out daily on my own, doggedly (and generally pretty slowly!) churning out up to 35 miles a week, with a few flights of hurdles and some moderately hard work in the weight room.

What have I learned from this experience?

(1) A heart attack need not be an obvious event, with dramatically paralyzing pain and devastating fear. (Cardiologists believe that one in four attacks are of the silent or unnoticed variety.) Without accompanying symptoms, my stomach ache would have been blamed on a passing virus or an allergic reaction. But because I was exerting my body and was familiar with its normal reaction, I recognized that the hot breathlessness and the chest tightness pointed to something more dangerous. Perhaps I should have been alerted by the July 29th 800-m race that was an inexplicable six to eight seconds behind my predicted time. My sluggish performances in my August LSD workouts were additional warning signs.

(2) A resting EKG can tell you that you have already suffered arterial occlusion and heart muscle loss — but then it's too late. As a procedure to warn of an impending attack, or even to signal that a quiet/silent attack is in

progress, it is obviously inadequate. It would seem that a stress test is the procedure of choice when elusive symptoms are to be evaluated. Further, I would warn all my competing friends of mature years to schedule a stress EKG annually, so that the health of the coronary arteries is monitored and timely intervention undertaken before the point of no return has been passed.

(3) A little historical fact-checking indicates that, my father apparently had a quiet heart attack at 60, which

wasn't diagnosed until several years later. I may be over-reacting, but my recent experience has sensitized me to the hereditary threat in circulatory problems. A careful scrutiny of family history seems to be a worthwhile precaution.

(4) When, during recent years, my sedentary friends asked me about my questionable, dietary habits, I blithely replied that my rigorous exercise regimen provided sufficient protection against the dangers of fat and

cholesterol. I would point to my 125-pound weight on a 66-inch frame as confirmation, and add that my periodic blood tests have always yielded values within or close to the "normal" range accepted by most practitioners. How wrong I was. How misleading is the traditional medical concept of normality! My pre-attack cholesterol level was 232 ("normal" defined on the printed form as 150 to 300), and triglycerides 211 (10 to 190 is

Continued on Page 26



1985 TAC National Masters Decathlon & Heptathlon Championships

JULY 5-6, 1985

POINT LOMA COLLEGE

3900 Lomaland Drive, San Diego, California

- SPONSORS:** San Diego A.A., TAC, Miller & Schroeder Municipals, Inc.
- DIVISIONS:** 5 year age divisions for men and women age 30 and over.
- SITE:** Point Loma College Track. Host of 1984 British Olympic Team. New synthetic track with all runways and javelin approach also synthetic. ¼ inch spikes required.
- ENTRY FEE:** \$15.00 All entries must be postmarked by June 25, 1985.
- AWARDS:** TAC Championship medals to top three in each age group. T-shirt and patches to all participants.
- EVENT ORDER:** Oldest to youngest contestants starting with women.
- FRIDAY 10:00 a.m.** Men's Decathlon — 100m, LJ, SP, HJ, 400m
Women's Heptathlon — Hurdles, SP, HJ, 200m
- SATURDAY 9:00 a.m.** Men's Decathlon — HH, DT, PV, JT, 1500m
Women's Heptathlon — LJ, JT, 800m
- SCORING:** Men 30-39 — IAAF Scoring Tables
Men 40 & over — IAAF Scoring Tables supplemented by new age factors developed by Jim Weed. Everyone competes equally regardless of age.
All Women — WAVA Scoring Tables
- TRAVEL COORDINATOR:** Sports Travel International — *The Original U.S. Masters Travel Agent*
4869 Santa Monica Avenue, San Diego, CA 92107
(619) 225-9555
Call collect early for best prices on flights and lodging accommodations.



Earl Ellis, 48, M45 winner (18:24), TAC National Masters 5K X-Country Championships, Seattle, 11/24/84.

photo by Warren McNeely

"DETACH AND MAIL"

Please Print

Name: _____ Birthdate: / /

Address: _____ Age as of 7/6/85: _____

City: _____ State: _____ Zip: _____

Phone: () _____ TAC # _____ Male Female

Club Affiliation: _____ I request additional lodging information.

Please attach expected performances for seeding purposes.

MAKE CHECKS PAYABLE TO: San Diego Athletic Association

The following release must be signed for entry to be accepted:
I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.

Signed: _____ Date: _____

SEND ENTRY WITH CHECK TO: Ed Oleata
P.O. Box 2822, La Jolla, CA 92038
(619) 459-2311 (work)



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Q In mid December I started on the 13 week marathon training schedule published by *Runner's World*. My first few weeks of training went very well. However, over the last few weeks I developed pain in my knee. I diagnosed myself as having chondromalacia or runners knee. I took aspirin, changed shoes and tried heel inserts. My podiatrist said I had a leg that was almost a half inch shorter than the other. This was corrected by using a heel lift. Could this condition be caused by a leg length difference? If not, what can I do about my problem.

A "Runners Knee," or chondromalacia is by far the most common running injury sustained in the knee area. It is a softening of the cartilage under the knee cap caused by a tracking abnormality of the patella.

The patella or knee cap usually glides up and down a groove in the femur which is your upper leg bone. As the knee flexes, such as in running, squats and so on, There is contact between the under surface of the patella and underlying groove. The more the knee flexes, the greater the tension becomes.

Normally, the patella is held within the femoral groove by the combination of things such as proper muscular

balance and support from various ligaments.

Certain anatomical and biomechanical factors can alter the normal tracking of the patella. When this occurs, the patella becomes malaligned and it can rub on the underlying surfaces. Usually the patella becomes deviated laterally or towards the outside. This can be due to a weakness of the medial (inside)

muscles and a tightening of the lateral structures when the knee flexes. An abnormal gait pattern can cause excessive foot pronation, rotating the lower leg inwards, and placing even more excessive stress on the knee area and aggravating the chondromalacia syndrome.

Usually the pain is described as a soreness under or around the knee cap that is aggravated by running or climbing up stairs.

Chondromalacia usually occurs in beginning runners who attempt to run too far, too fast, too soon. It can be relieved by rest, proper shoes and a good training regimen.

In your case, I would question the leg length discrepancy. This is an enormous leg length difference, I would think it would be difficult to run well with that great of discrepancy. However, I recommend you undergo a complete biomechanical examination to determine if there is active hyperpronation during the gait cycle. This may be corrected by the used of a proper foot orthotic.

Rest, at first, is essential. Running, alternated with walking, may be resumed when your symptoms subside. Stay on level surfaces and avoid hills, stairs and deep knee bends. The use of aspirin prior to running has been proven helpful. After running, the knee should be iced for 8-10 minutes. In the evening, I would suggest using moist heat for 20 minutes. Upon advice of

your physician or podiatrist, you may want to try some of the newer anti-inflammatory medications that are available.

These have very few side effects and work quite well.

Sheehan and others recommend running pigeon toed to relieve stress on the knee. This is effective at lower mileages.

After the pain has subsided, Brodie suggests the use of progressive resistance exercises with the knee extended to strengthen the quadriceps muscle. Some recommend bent knee extensions, but I have found this to be deleterious to the knee area.

Knee braces, ace wraps, etc. have been prescribed to reduce the excessive knee rotation but these are not too practical for runners and they usually do not correct the problem. I would suggest the use of a well-made, functional orthotic to reduce the excessive stresses to the knee area.

Surgery is rarely performed for this condition. However, some orthopedic surgeons have reported success with patellar shaving and tendon releases.

(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.

7th Annual Senior Classic June 8-9

TRACK & FIELD - June 8 & 9

Age groupings: 29 & under, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over.

Starting time: Saturday, 8:00 a.m.: Age 55 & over.
Sunday, 1:00 p.m.: 29 & under - age 55.

Sponsored by the TAC, Hoosier Track Club, Runners Forum and the Indianapolis Department of Parks and Recreation.

Site: IUPUI Track & Field Stadium. Best facilities in the U.S.! Home of the 1982 National Sports Festival. 1985 Masters Championship Meet Site. Motels, hotels, suites nearby. Walking distance from downtown Indianapolis. Awards!

Entry fees: \$5.00 for one event, \$2.00 for each additional event. Day of Race: \$8.00 for one event, \$3.00 for each additional event. No refunds! T-shirts for first 200 pre-registered.

*****Those age 55 & over please note deadline for entry in Senior Classic events!

TRACK EVENTS: 100m, 800m, 50m, 1500m, 400m, 5K Walk, 80-110m Hurdles, 200m, 400m Hurdles (Up to age 55), Mile Walk (Age 55 & over).

FIELD EVENTS: High Jump, Discus, Standing Long Jump (Age 55 & over), Shot, Pole Vault, Javelin, Long Jump, Football Throw (Age 55 & over), Triple Jump, Softball Throw (Age 55 & over).

*SATURDAY, JUNE 8 (Age 55 & over)

High Jump	8:00 a.m.
Discus	8:15 a.m.
Standing Long Jump	8:30 a.m.
Shot Put	8:45 a.m.
100m Trials	9:00 a.m.
800m Finals	9:20 a.m.
Pole Vault	10:00 a.m.
50m Trials	10:20 a.m.
Javelin	10:30 a.m.
1500m Finals	10:40 a.m.
Running Long Jump	10:45 a.m.
Football Throw	11:00 a.m.
50m Finals	11:40 a.m.
400m Finals	11:55 a.m.
Triple Jump	12:15 p.m.
100m Finals	12:30 p.m.
Softball Throw	12:30 p.m.
Mile Walk (Men)	12:50 p.m.
80-110m Hurdles	1:30 p.m.
Mile Walk (Women)	1:45 p.m.
200m Finals	2:05 p.m.
Awards	2:30 p.m.
(5K Walk on Track	4:30 p.m.)

DETACH HERE

*SUNDAY, JUNE 9 (Age 54 & under)

110m Hurdles Trials	1:00 p.m.
Discus (Men - 39 & under)	1:00 p.m.
Pole Vault (Starting at 11')	1:00 p.m.
Long Jump (Women)	1:00 p.m.
High Jump (Men - 40 & over)	1:00 p.m.
Shot Put (Men - 40 & over)	1:00 p.m.
110m Hurdles Finals	1:40 p.m.
100m Dash Trials	2:00 p.m.
Discus (Men - 40 & over)	2:15 p.m.
Long Jump (Men - 40 & over)	2:15 p.m.
High Jump (Women)	2:15 p.m.
Shot Put (Men - 39 & under)	2:15 p.m.
100m Dash Finals	2:30 p.m.
1500m Run	2:40 p.m.
50m Dash Trials	3:20 p.m.
Pole Vault (Start under 11')	3:30 p.m.
Shot Put (Women)	3:30 p.m.
Long Jump (Men - 39 & under)	3:30 p.m.
Discus (Women)	3:30 p.m.
High Jump (Men - 39 & under)	3:30 p.m.
50m Dash Finals	3:40 p.m.
400m Dash	4:00 p.m.
800m Run	4:30 p.m.
Javelin (All)	4:45 p.m.
Triple Jump (All)	4:45 p.m.
400m Hurdles	5:00 p.m.
200m Dash	5:30 p.m.

(All Age-Groups)
*These are tentative times for Saturday and Sunday. Be flexible. Be ready to run ahead of schedule or behind schedule.

EXTRAS FOR THOSE 55 & OVER: Starting June 5-9. Includes basketball, bike races, swimming in the new Natatorium, bowling, dancing, tennis, etc. Check box on entry form for this section of Senior Classic. Be sure to call or write early for details on entry. All entries for Senior Classic events must be received by May 24, 1985. For more information on specific dates and times, please call (317) 924-7062, or write: Senior Classic, Indianapolis Dept. of Parks and Recreation, 1426 W. 29th St., Indpls., IN, 46208.

EVENTS ENTERED _____ FEE ENCLOSED _____
NAME _____ BIRTHDAY _____ AGE _____ MALE _____ FEMALE _____

ADDRESS _____ PHONE _____

This form must be signed by each participant. I will not hold responsible the Hoosier Track Club, Runners Forum, TAC, Indpls. Parks & Rec., or any of their agents or representatives for my health, safety, or any injury resulting from my participation in this event. I agree and consent to the use of photographs and interviews to be used for publicity and advertising and waive all claims for compensation for such use.

Extras for 55 & up
Signature _____
Parent's Signature if under 18 _____

T-shirt Size: (Circle)
S M L XL
Please send to: Bob Coughlin, 305 S. Barton, Indianapolis, IN 46241 (317) 241-5446

PROFILE

At 70, Carter Seeks World Shot Put Crown

By KERRY EGGERS

Bone-chilling winds whistle through the branches of bare trees next to South Eugene High School's track. "Too frosty for this ol' body," said Ross Carter, winking as he trudged toward the shot put ring.

But arctic conditions don't faze the old warrior. He stepped into the ring, slowly but surely, and sent the 8-pound ball on a high arc into orbit. He retrieved it, carried it back to the ring, and let fire again and again.

The twilight of Ross Carter's athletic career passed long ago, and the salad days of his second athletic career are just beginning.

At 70, Carter is a weight lifter and a shot putter. And although he'd be the last to make a fuss about it, the longtime Eugene resident holds 11 World Masters records in the shot put.

His Masters career best in the 8-pound shot is 46 feet, 7 inches, set in the summer of 1983 at age 69. Last summer he threw a 4-kilogram shot — which weighs about 13 ounces more than 8 pounds — 43 feet to claim the 70-74 division in the U.S. Masters Championships at Eugene.

Carter isn't getting carried away with his accumulation of world records. He quickly pointed out his best mark might not win a junior high meet.

"I know I'm not worth a darn," he shrugged. "It's just a way to keep doing something. You get to my age, it's too easy to do nothing."

Carter is training for the biggest meet of his life, the 1985 World Masters Championships in Rome in June.

"Never been to a world championship meet before," he said. "Never been to Europe before, either."

Some performers in the Masters track program have been competing since their high school and college days. Not Carter.

"I only had one year of track, and that was as a senior in high school at Lakeview," he said. "We didn't have a track team at the school, either. I was a baseball player, but I had a falling out with the coach, so I went out and threw the shot and discus on my own. I represented the school but entered three or four meets that year by myself."

Carter enrolled at Southern Oregon College, where he played football in 1932 and 1933 for Howard Hobson, who later coached the first National Collegiate Athletic Association championship basketball team at the University of Oregon.

"Do you have a couple of hours?" said Hobson, now a Portland resident, when asked about Carter. "I have a lot of memories of him. There was very lit-

tle money in those days, and Ross was like most of our players, working hard for his \$15 a month for room and board.

"He was a fine player, a real leader. I sent him along to the University of Oregon after two years, knowing he'd make it big."

Carter did. A 6-foot, 195-pound guard, he was a starter for Prink Callison during the 1934 and 1935 football seasons and played in the 1936 East-West Shrine Game.

After the all-star game, Carter signed a pro contact with the National Football League Brooklyn Dodgers, coached by former Oregon State Coach Paul Schissler. Then, a couple of months later, the NFL instituted its first player draft.

"I didn't even know they were having one," Carter said, "until I got a letter from the Chicago Cardinals saying, 'You belong to us; tear up any contract you've signed with another team.'"

Carter played four seasons with the Cardinals, from 1936 through 1939, the last three as a starter at \$125 a game.

In 1939, he got married and decided to end his pro football career.

Carter became a lumber broker and stayed until he retired at age 59 in 1973. Ross and Ruth Carter had five sons. Two followed their father to Oregon — Ross Jr., now 40, was an offensive guard and co-captain for the Duck football team in 1966 and Jeff, 30, was an all-America javelin thrower in 1976 and is still No. 6 on the all-time Oregon list.

From the time he left pro football until his retirement in 1973, Carter said he didn't do a lot to keep in shape.

"I didn't do anything, really," he said. "But when I retired, I quit smoking and got up to about 250 pounds. That's when I decided I better try to do something to see if I could get some tone in my body."

Carter joined a spa and began lifting weights two or three days a week. Then, in 1979, he read a newspaper article that changed his life.

"I saw where Jim Puckett was hosting the National Masters track



Ross Carter, 70, of Eugene, Oregon, the current world age 70-74 shot put record-holder at 44 feet, 7 inches.

meet at Mount Hood (Community College)," Carter said. "I'd always enjoyed track, not as a competitor but as an observer. When I was in school, Bill Hayward was the track coach and the trainer for the football team, and he had an influence on my interest.

"I thought maybe I'd give the shot a try. I made kind of a challenge out of it. I needed something to give me a little incentive to work out in the gym."

On his own, Carter practiced throwing the shot for about six weeks. Then he entered the 65-69 division at Gresham and finished second, throwing the 8-pound shot 41-11.

In 1980, Carter grew more serious about Masters track. He worked at the shot put and also took up the discus.

"I got a book and tried to follow some of the diagrams," he said, "but

Continued on Page 26

4th ANNUAL HAYWARD FIELD MASTER'S CLASSIC TRACK & FIELD CHAMPIONSHIPS

hosted by Oregon Track Club Masters


June 22 & 23, 1985

HAYWARD FIELD
University of Oregon
Eugene, Oregon

Host to 3 Olympic Trials and the 1984 U.S. National
Track & Field Championships

Address all inquiries together with a stamped, self-addressed envelope to:
OTC Masters, c/o Arlene Noviello,
1577 Willagillespie Rd., Eugene, OR 97401





MASTERS TRACK & FIELD REPORT

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

At the time I put these notes on paper, all is not yet finalized with our presentation uniforms for the World meet in Rome. However, all is going well. I want to express my appreciation to Laurel James, who runs the "Super Jock'n Jill" business in Seattle, Washington. Laurel has worked very hard to coordinate a uniform that will be pleasing to all - which, even with her excellent efforts, is likely to be impossible. Designing such a uniform is difficult, then finding a manufacturer, who is willing to make that uniform at a cost we are willing to pay, is not easy. Collecting the money and distributing the uniforms requires a lot of effort. Surprising as it may seem, not everyone fits into the regulation sizes: small, medium, and large. How to special-order parts of the uniforms, as a number of you have requested, is beyond my capabilities, and I am leaving all of that to Laurel. Because she is now dealing with a USA firm, the uniforms will be shipped direct to you, and available before you leave for Rome. So far we have about 100 ordered - probably not for everyone that will be going, but I am really pleased with your response - and we all need to express such appreciation for her efforts to put this together.

Al Sheahan is publishing an article next month concerning the IAAF's interest in the Masters Program. I urge you to read that article. Most competitors have little concern about who governs and controls athletics. All he or she wants is a date, time, and place to show up, and an official to tell the competitor when to throw, jump or run. But no matter how much all of us

might like to avoid rules, regulations, and organizations, it is not possible - though they should be as unobtrusive as possible.

The World Meet is no longer a group of Masters getting together for a track and field meet. It is big business. Just as TAC/USA has had a profound influence on Masters Track & Field, so will our involvement with IAAF. We will have representatives at Rome to speak concerning America's view of IAAF's involvement - Jerry Donley, Ron Salvio, and Al Sheahan - the alternates are Pete Mundle, Dave Pain, and Bruce Springbett.

We have two options: 1) to educate ourselves about the problems, take a position and try to persuade the rest of the world, or 2) to not complain about the results after they turn out contrary to the way we would like to do things in America. Your input will be much appreciated by the representatives and alternates. □

Brown Nearly Wins...

Continued from Page 4
world 40+ marathon record-holder at 2:11:18) wasn't a freak - that a lot of people our age can still run fast."

Bonnie Foster was the first 40+ woman in 3:22:19. □

Paramount 10K...

Continued from Page 4
across the grass while heads shook in amazement," Rosales said.

John Brennan, 49, was the first Master and 12th overall in 32:35.5, just nosing out 40-year-old Steve Close, 32:37.3.

Jim O'Neil, 59, blazed to a 35:11.9; Larry Banuelos, M60, continued his 70+ winning streak in 37:59.1; and Dorse DuBois, M70, came from Texas to run 43:56.

Shirley Matson, 44, broke her own Paramount Masters record in 36:46.9. Helen Dick, 60, clocked 41:36.7, and Bess James posted 61:08.

The 2nd annual edition of the race brought together some of the finest Masters runners nation in the area, as well as some from out of state. Rosales said he plans to continue the event each January, and hopes to make it one of the top Masters races in the nation. □

Deja Vu in Gasparilla...

Continued from Page 1
1:02:29. George Sheehan, 66, Red Bank, N.J., took the M65+ contest, 1:02:48. In that division, Ed Benham, 77, Ocean City, Md., was third, 1:07:08.

Shirley Matson, 44, of Solana Beach, Calif., first woman the week before at Clearwater, won \$1,000 for first 40-or-over woman in 54:55 only nine seconds off Cindy Dalrymple's U.S. W40 record. Bette Poppers, 42, Littleton, Colo., was second in 57:11 for \$500, and Yvonne Rodgers, 42, Seminole, Fla., third, 58:08, collected \$250. Rodgers had defeated Poppers for the W40 third place in Clearwater, 38:32 to 38:51.

Last year's W45 winner, (in 1:01:25), Laura Tingle, 48, Bradenton, Fla., repeated with a slightly slower 1:01:43. Nancy McCormick, 50, Omaha, Nebr., was the W50 winner, 1:05:49.

Alix Gravenstein, 56, Gainesville, Fla., was also a repeat with a nine-second better W55 winning time of 1:13:24. Anne Trigg, 60, St. Petersburg, Fla., won the W60, 1:10:43, and Darby Watson of Atlanta, Ga., the W65+, 1:11:02.

In the 5K sideshow, former world record holder in the mile, Jim Ryun, 37, of Lawrence, Kansas, finished seventh of the estimated 6,000 entrants in 15:20 with a 4:42 final mile. □

Hume Sets Four Records...

Continued from Page 1
Conn., led the 35# weight men with 48-4. Paul Choquette, Warwick, R.I., won the M45 shot put with 40-7-3/4.

Neil Steinberg, meet organizer, attributed the meet's success to the expertise provided by the Brown University track coaching staff. □



Good Marks in Gotham...

Continued from Page 4
W45, took firsts in the 1000m, 4:05.7, and 1500, 6:04.2. Adrienne Salmini, W65, won the 1000m, no time, and 1500, 8:50.1.

R. Villa, W40, won the 1500 in a fast 5:19.6. □

TAC WESTERN REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

June 8, 1985
Point Loma Nazarene College
3900 Lomaland Drive, San Diego, California

ENTRY FEE: \$6.00 first event, \$5.00 per additional event, \$20.00 per relay team.

PRE-REGISTRATION: All events except relay - DEADLINE JUNE 3, 1985
Late entries - \$2.00 if heats are open.

FACILITIES: New "Victory Gold" artificial track, 1/4" spikes required. Showers. Artificial rings runways.

ORDER OF EVENTS: Women first - oldest to youngest in 5-year age groups starting at 30 years old. Races may be combined at meet director's discretion.

HEATS: Heats will be run first if needed.

AWARDS: TAC Championship medals for first three places.

NOTE: Relay times for this meet will be used for Postal Relays.

DIRECTIONS: Follow I-5 to I-8. Go west to end of freeway, then left and left again at first light (Nimitz Boulevard). Go three lights to Chatsworth and turn right to end. Go left on Catalina Boulevard about one mile to Lomaland Drive. Point Loma College sign is on the right.

SCHEDULE:

9:00 5,000 meter walk	11:15 5,000 meters	1:00 Long Jump	3:00 High Jump
9:45 10,000 meter	11:45 200 meter prelims	1:15 100 meter Finals	3:00 Triple Jump
10:00 Hammer Throw	12:00 Steeplechase	1:45 800 meter Finals	3:05 400 meter Finals
11:00 Pole Vault	12:30 400 meter prelims	2:15 200 meter Finals	3:45 High Hurdles
11:00 Javelin Throw	12:45 400 IH	2:45 1,500 meter Finals	4:15 400 meter Relay
11:00 100 meter prelims	1:00 Shot Put	3:00 Discus	4:30 1,600 meter Relay
	4:50 4x800 meter Relay	5:30 4x200 meter Relay	

ENTRY FORM
Joe Horn, Entry Coordinator, 1147 Agate, San Diego, CA 92109 • (619) 488-8885

NAME _____ AGE _____ BIRTHDATE _____

ADDRESS _____

CITY/STATE/ZIP _____

EVENTS ENTERED _____ MALE FEMALE

CLUB AFFILIATION _____ TAC NUMBER _____

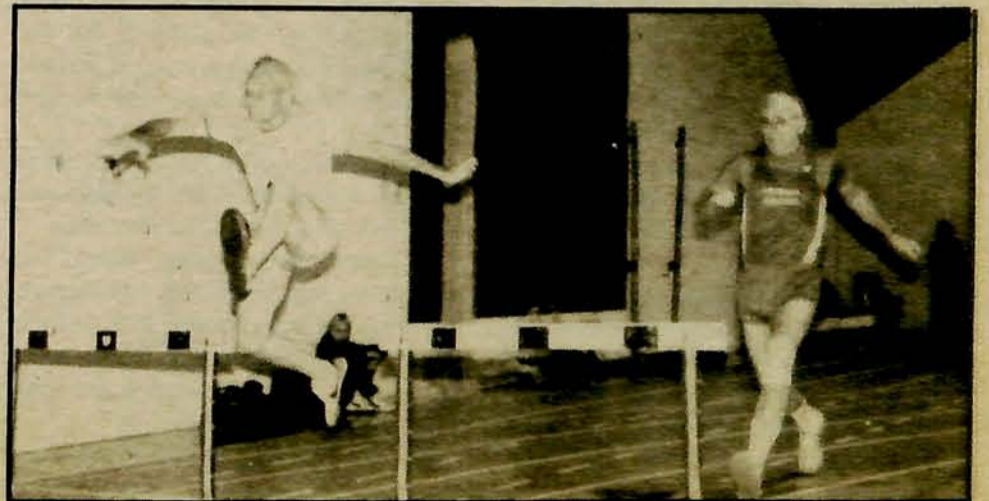
PERFORMANCE _____

I PLAN TO ATTEND THE DINNER AFTER MEET AMOUNT ENCLOSED \$ _____

Make checks payable to SAN DIEGO ATHLETIC ASSOCIATION

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrator's, waive and release forever any and all rights, claims or damages I may accrue against San Diego Athletic Association, TAC, Southwestern College, and all sponsors of this meet, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from and while competing.

SIGNATURE _____ DATE _____



Bill Carmen, 65, of Massachusetts, beat Ham Morningstar, 67, of Michigan, in the hurdles but lost in total points to Morningstar in the TAC National Masters Indoor Pentathlon Championships in Carlisle, Penn., January 13.

photo by Mark Dostalick

INTERNATIONAL SECTION

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



2 months to go

COUNTDOWN TO ROME

Peter Snell is the latest Olympian who has signed up to compete in the VI World Veterans Games in Rome from June 22-30, 1985. Snell, now 46, will be returning to the site of his Olympic debut, where he won the 800-meter run in the Olympic Stadium in 1960. In 1964 in Tokyo, he became the first Olympian since 1920 to win the 800/1500 double. No one has done it since. 1985 will mark Snell's debut in Masters competition. The New Zealander is working at the University of Texas Health Science Center in Dallas and is involved with a research group studying exercise and its effects.

"The urge has been strong to get back into shape and combine participation in the Veterans' Games with a sentimental journey back into the past," Snell said. "I look forward to running 800 meters again in the Olympic Stadium."

Snell's project at the university involves the study of blood flow to the running muscles — "the idea being that you improve your VO₂ max through improved flow to those muscles."

Snell never expected to compete in Masters meets. "Until recently, I was more competitive and looked upon these events as a belated opportunity for satisfying one's ego. I now realize that competition provides an important motivational focus for many individuals. This allows us to allot time and effort for training at a higher priority level than if we were doing it just for fitness — even though fitness is probably the main reason for most of us being involved."

Snell and his wife, Miki Hervey, (a top Masters competitor for years and a veteran of the 1979 World Games in Germany), have been competing in short-course triathlons. "With cross training," Snell said, "we are able to be reasonably competitive and remain injury-free."

Snell's routine is 20 miles per week running, 60 miles cycling and three miles swimming.

In addition to those Olympians mentioned last month who plan to compete in Rome (Oerter, Davenport, Richards, Baker, O'Brien, Andersen-Schiess, Burke, Connolly), other possibilities include Earl Young and John Carlos. Wilma Rudolph, who thrilled the world with her Rome victories in 1960, may be on hand as a special guest.

Only two months remain until the Games, sponsored by the World Association of Veteran Athletes

(WAVA), and open to any man age-40-or-over and any woman age-35-and-over. Entry deadline was March 31, 1985.

Special Service Card

A "special service card" will be ready a few days before the Games, which will entitle certain athletes to special discounts and privileges in Rome. A provisional ticket will be mailed prior to the Games for exchange in Rome for the "special service card." The card replaces the "Welcome Card," and will be given only to those booking their hotel through the official Co-op Hotel Association. "We apologize for calling it a 'welcome card,' says meet director Cesare Beccalli, "because we intend to give everyone our warmest welcome."

Meeting Point

Picking up packets, buying the official program, getting tickets for the final festival, etc. will be done in the FORO ITALICO — an area near the Olympic Stadium. It will be open from June 18th. A self-service restaurant will be open at noon and in the evening for all athletes, friends and family, ser-

Continued on Page 17



Winifred (Audrey) Reid set a new world women's age 70-74 record of 79.4 for 400-meters in the Northern Transvaal Masters T&F Championships February 23 in Pretoria, South Africa.



W. Kareng en route to 58.4 victory in 400-meter hurdles in 35-39 age bracket in Northern Transvaal Masters T&F Championships in Pretoria, South Africa, February 23.

Reid Sets World 400 Mark

186 Compete in South Africa

One-hundred-eighty-six veteran athletes, age-30-and-over, took part in the Northern Transvaal Masters Track and Field Championships in Pretoria, South Africa on February 23.

Included in the participants were about 30 black athletes, most of whom work in the nearby mines. (Their training facilities are provided by the mines' sports programs.)

One world and 26 South African records were set in the warm weather in the peak of South Africa's summer.

Winifred (Audrey) Reid, who turned 70 this year, smashed the women's world 70-74 record for 400 meters by nearly five seconds. Her time of 79.4 lowered the W70 mark of 84.23, set by the USA's Polly Clarke in 1982.

Reid also won the W70 100 in 16.6 and 200 in 34.8, just short of Clarke's world marks of 16.2 and 34.2, respectively. Leon Hacker, the M40 world 400-meter hurdles record-holder at 54.08, blazed to a 57.9 triumph in his new M45 division.

Hacker's older brother, Monty, sizzled to four impressive wins in the M50 division: 100 (12.1), 200 (24.6), 400 (55.7) and 4x100 relay.

Derek Vaughan, 40, (who would set a new world veterans mile mark of 4:13.8 two weeks hence), rolled to victories in the 800 (1:59.1) and 1500 (4:10.4.)

Fred Reid approached Joe Packard's M75 world sprint marks with good times in the 100 (14.9) and 200 (30.9).

J. Jona, M35, led all 5000 runners in 15:50.6. E. Timothi, 37, of Mozambique, veteran of 12 years in South Africa's mines, lapped all but one runner in powering to a 33:49 in the 10,000 meter run.

Pretoria is over 5,000 feet above sea level. Best estimates are that, the thin air adds perhaps two seconds per lap to a runner's time in races of 800 meters or more. Constant training at that altitude makes South African run-

ners particularly formidable when they race at sea level.

In field action, P. Mulaudzi heaved the javelin 64.96m (213-1-1/2) for an impressive M40 win.

Continued on Page 17

Brown Leads 40+ Men

Welch Sets World 10K Mark

England's Priscilla Welch, newly turned 40, set a pending world 10-kilometer record for women-over-40 by running 33:43 in the Orange Bowl 10K in Miami on February 2.

The world best is generally recognized as Cindy Dalrymple's American record 34:29, set in May, 1983 in New York.

(On March 2, in the Continental Homes 10K in Phoenix, Welch lowered the mark again to a spectacular 32:25, finishing third behind Wendy Sly and Zola Budd.)

Barry Brown, 40, who would win the TAC National Masters 10K Championships the next day in 30:17, "warmed up" by winning the Masters Orange Bowl 10K crown in 31:11.

Dan Conway, 46, logged 33:21 for M45 honors, with Judy Pickert the first over-40 U.S. woman in 38:27. Patti Sudduth took the W45 title in 40:29, while Brendan Spratt was best M50 in 37:55.

Simeon Kigen was the overall winner in 28:38. □

RE RUN

Conclusion

THEY CAN'T BE RUNNERS, THEY'RE TOO OLD

Hal Higdon

1972: 1st International T & F Competition Tour

Vierumaki, Finland: August 29, 11:00 p.m. A hundred miles north of Helsinki the Finns maintain a national sports camp. I once had stayed here for a week while touring Scandinavia with an AAU track team. In addition to a six-story dormitory, the camp has soccer fields, tennis courts, an indoor swimming pool, a six-lane all-weather track, and miles and miles of trails circling lakes and winding through piney forests. One sawdust warmup path near the track has lights strung above it from the trees for night jogging.

When our group arrives by bus their eyes grow wide as saucers and soon our team, even some of the wives, is running in all directions through the woods, swimming, saunaing, even shooting basketballs. Others may travel to Europe to attend the opera at *La Scala* or climb the Eiffel Tower, but our group could lose an entire month at Vierumaki. It is a Disneyland to middle-aged runners.

The Baltic Sea: August 30, 11:00 p.m. We travel overnight by boat to our next competition in Stockholm. I discover Alphonse Julliard, head of Stanford's linguistics department, sitting in the ship's cafe and sit down beside him. He has been smoking his pipe and watching the Olympics on the ship's television set, but as we've gotten farther from shore reception has faded.

As a boy, Alphonse competed in the sprints in his native France, but World War II halted his athletic career. He began jogging several years ago and attended the West Coast Relays, mainly to watch Bill Toomey perform. The program featured a 100 yard dash for senior runners, and several of Alphonse's students pulled him out of the stands demanding that he compete. With a borrowed pair of shoes he placed second, pulling a leg muscle while doing so. But the competitive bug had struck. Alphonse set his goal at running 11.0 for 100 yards, but already is down to 10.8 and still counting.

When the Master's program first developed, many worried about middle-aged men competing in explosion events like the sprints and jumps. Older men traditionally have raced in long distance events, but then no sane man would attempt a marathon, or even a mile, without training. Of course, a sane man might confine his athletic activity to watching the Monday night football games, but because 100 yards is so short,

there remains the danger that once-fast athletes might jump into such a race with inadequate preparation and injure or even kill themselves. I face Alphonse with this problem.

"I'll admit some danger," he replies. "But older sprinters must prepare for competition by becoming long distance runners first — then working down to shorter distances at faster speeds. They probably should obtain a thorough medical checkup before starting — not just a regular electrocardiograph, in which a trained physiologist monitors their heart under exercise."

"It's hard enough to find a doctor with time enough to take your temperature these days, much less give you a thorough exam," I comment.

"True," admits Alphonse. He shrugs. "But I think maybe we exercise too many fears about what men past forty can accomplish. We age ourselves prematurely by thinking old."

Stockholm, Sweden: August 31, 6:00 p.m. A tragedy. While I am dressing for our meet with the Swedish veterans David Pain, comes into the dressing room and says that Martti Laitinen, a 65 years old race walker, collapsed in the park during the middle of his event. "It looks like a heart attack," says David. "His face looked very gray. Martti could talk, but couldn't see. They rushed him to the hospital." One of the fears of those involved in veterans' running is that should someone die during competition, others will look upon this as proof that athletics for middle-aged men is unsafe. A sprinter suffered a heart attack last year in San Diego, but recovered.

I should feel sorrow at Martti's plight, but strangely I almost envy him. We had sat together coming into Helsinki. He was laughing, making jokes with a drunk who had gotten onto our tour bus by mistake. Born in Finland, Martti had left his native land in 1931 while still in his twenties.

Now he had returned to visit his family, including his sister. My last memory of Martti Laitinen was seeing him standing near the gangplank with friends just before our boat departed. And now —

If I had to choose my end, it would be to be stricken down while running through the piney forest. Yet Martti is a friend, and I hope he recovers. My eyes fill with tears as I write this.

Stockholm: August 31, 7:03:26 p.m. I could have run in one of three different cross country events here Thursday evening and maybe won, but I chose to run 1500 meters on the track against Bill Fitzgerald. With three laps gone I know I'm in trouble, because I have allowed the pace to sag to a leisurely 3:26 and now I must match Fitzgerald's kick. A computer scientist with TRW near Los Angeles, Bill started running at age forty-three and quickly became the best veteran middle distance runner in the world. In London he waited until the last straightaway to win his 800 meter race. He finished off his opposition similarly in Helsinki. Now he is doing the same to me even though I had lunch with Bill yesterday and tried to act very politely.

I lead Fitzgerald down the back stretch and around the final turn and curse the person who designed this track for the 1912 Olympic Games. It has tight turns and long, long straightaways. The final straightaway lies ahead of us now. To add to my plight the finish line is located beyond the curve and Fitzgerald is on my shoulder.

To the few spectators in the stands, friends and relatives, we probably pass by in a flash, but I feel each movement as though on instant replay. I have heard auto racers describe their ability to slow their reflexes and react to each bump, each crack, on the road — even though going 200 MPH. By mentally reducing their actions to slow motion, they make extremely complex, very subtle, and exceptionally quick adjustment to get them through the next turn.

So it is with me. I feel my knee rising slowly until it seems to reach my chest, then the pendulum of my foreleg swings, my toes point, stretching for another inch or two of track, levering, levering, and I drive, pulling my center of gravity forward and over my extended foot, my arms no longer swinging in reaction to my footfall as during the early stages of the race, but pumping, powering me along, the front foot becoming the front foot, and out of the corner of my eye I see Fitzgerald, his knees and elbows churning in that same rhythmic slow motion, in step with mine, left, right, left, the straightaway ahead seeming long, long, long, and it may take twenty more years to reach the finish line. Then all of a sudden we cross it and he is in front of me with his arms raised in victory.

I am disappointed in my defeat. Had I only pressed the early pace faster-but life is loaded with 'if's'. Nevertheless, I am left at the end of the road with my hunger still unsatisfied.

I know I will run again.

Michigan City: September 20, 4:00 p.m. David Pain is on the telephone. He has just arrived home in San Diego from the tour which continued for two more weeks after I left them. The weather turned bad; rain plagued their remaining meets, but runners don't mind rain and the only people in the stands were friends and relatives. The Mayor of Gothenburg almost cancelled their meet because of the Israeli Olympic deaths but eventually they ran. En route to Cologne 202 pieces of luggage missed a train connection and continued on to Frankfurt. That meant two days without extra clothes and worse; no track gear. A number of people had colds, but no more serious injuries. Martti Laitinen, after spending two and a half weeks in a Stockholm hospital, rejoined the group and flew back with them. He admitted to David Pain that he had felt ill even before he left the States and perhaps pushed himself too hard. Later that winter he suffered another heart attack and died. A friend gone. The wreckers had finished their work.

"You know, what we did on this tour is probably the way the Olympic Games were at the turn of the century," says David Pain. "Everybody paid their own way. It was strictly low pressure. There was no nationalism and no politics. We had Australians and Canadians in our tour group and I rooted as hard for them as for our Americans. Everybody was working for personal bests. Nobody was aware of any political implications. Nobody cared."

"What's next for the Master's program?" I asked.

"Well, I hope to take the tour down under during Christmas vacation next year," David replies. "We'll run in Australia and New Zealand, and finish up in Hawaii."

"And then?"

"I stopped off in Toronto on the way back. We might hold world's championships for veterans there in 1975."

"Next?"

David Pain paused a minute. "Maybe by that time they will have discovered life on Mars." THE END

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Countdown to Rome...

Continued from Page 15
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Cross-Country

The cross-country races will be held at the Ippodromo Capannelle, "the best race-course in Rome."

Festival Reservations

All competitors will receive, together with their personal confirmation of entry, the reservation form for the final festival. If you want to attend the festival on June 30, send your reservation form in advance; don't wait until Rome or there may not be enough room for you. You pay nothing now. You'll pay in Rome when you pick up your packet.

Road Races

Race maps will be mailed from Italy on the 1st of April to all road race entrants.

Co-op Hotels

The Hotel Association, officially appointed for the World Veterans Games, has a new address: Via Palestro 30, 00185 Rome, Italy. Phone: 6-4746901; telex 626678.

Sight-Seeing

Half-day or one-day bus sight-seeing trips of Rome will be available, as well as bus, train or air trips to Naples, Florence or Venice. Details next month.

Pre-Games Competition

On June 15 and 16, an Italian Masters meet will be held in Verona, open to foreign participation. Details

next month. Verona, as you recall, is the town of Romeo and Juliet and offers many natural beauties. It is close to Lake Garda, the greatest in Italy and one of the finest in the world.

In addition, the International Brugge, Belgium 25K will be held on the 16th, preceded by the XVIII World Veterans Distance Running Championships (10K and 25K) in Blackpool, England on June 8-9.

Post-Games Competition.

A weight pentathlon is open to all veterans in Genoa, Italy from July 2-6, and a full T&F meet, open to M33+ and W30+, is slated for Baden (near Zurich), Switzerland on July 5-6.

186 in South Africa...

Continued from Page 15

In a very competitive women's 35-39 division, former South African open champion Pam Immelman sped to wins in the 200 (26.2) and 400 (58.2), narrowly edging H.A. Retief (26.4) and (58.7).

Current open S.A. champion Maryna Van Niekerk, 32, won the 100m hurdles (14.6), long jump (6.13m; 20-1-1/4), 100 (11.9) and 200 (24.9) in the W30 bracket.

Following the meet, all participants were invited to a free buffet in the track's clubhouse, where everyone had a chance to review the day's activities, renew acquaintances and make new friends.



Monty Hacker won four events in 50-54 division in Northern Transvaal Masters T&F Championships in Pretoria, South Africa, February 23. Here he wins the 400 meter run in 55.7, outdistancing the entire field.

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

Hurdles					Implements				
Age group	Distance of race	Height of hurdle	Distance to first hurdle	Distance from last hurdle to finish		Shot	Discus	Hammer	Javelin
M40-49	110m	.991m	13.72m	9.14m	M40-49	7.26K	2.00K	7.26K	800gm
M50-59	110m	.914m	13.72m	9.14m	M50-59	6.00K	1.50K	6.00K	800gm
M60-69	100m	.840m	13.00m	8.50m	M60-69	5.00K	1.00K	5.00K	600gm
M70+	80m	.762m	12.00m	8.00m	M70+	4.00K	1.00K	5.00K	600gm
W35-39	100m	.840m	13.00m	8.50m	W35-49	4.00K	1.00K	--	600gm
W40+	80m	.762m	12.00m	8.00m	W50+	3.00K	1.00K	--	400gm
M40-49	400m	.914m	45.00m	35.00m		.991m=39"	9.14m=30'	7.26K=16 lb.	
M50-59	400m	.840m	45.00m	35.00m		.914m=36"	8.50m=27'10 1/2"	6.00K=13 lb. 4 oz.	
M60+	400m	.762m	45.00m	35.00m		.840m=33"	8.00m=26'3"	5.00K=11 lb. 1/2 oz.	
W35+	400m	.762m	45.00m	35.00m		.762m=30"	1.00m=3.2808'	4.00K= 8 lb.13 oz.	



Leon Hacker blazes to 400-meter hurdle time of 57.9 to easily win his age 45-49 division in the Northern Transvaal Masters T&F Championships in Pretoria, South Africa on February 23.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH APR 1985

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JANICE BAUM (LOS ANGELES)	4- -30	55-59
SHIELA EVANS (RSA-INDY, IN)	4-24-15	70-74
SUE KLEHM (ARLINGTON HTS, IL)	4- 8-45	40-44
BETTY PAPPAS (EL DORADO, KS)	4-15-35	50-54
SUE SKERKE (WOODSTOCK, IL)	4- 8-45	40-44
DIANE STOCKLIN (SAN DIEGO, CA)	4-15-40	45-49
ANN THOMAS (NY)	4-13-45	40-44
PATRICIA THOMAS (SEATTLE, WA)	4-12-40	45-49
PATTY VAN WOLVELAERE (CA)	4-13-50	35-39
DONNA WRIGHT (US)	4- 8-45	40-44
ANNY BINDER (WG)	4-13-15	70-74
SHIELA EVANS (RSA-INDIANAPOLIS, IN)	4-24-15	70-74
ODDEBJORG HAAKENSVEEN (NOR)	4-29-45	40-44
COLLEEN HILL (NZ)	4-21-30	55-59
RUTH HUNKEL (WG)	4-29-30	55-59
SIGRIN KOFINK (WG)	4-23-35	50-54
INGRID LORENZ (WG)	4- 8-25	60-64
TOINI RAUNISTO (FIN)	4- 1-15	70-74
GUDELIEVE ROGEMAN (BEL)	4-30-40	45-49
WALTER BOEHM (ARLINGTON, VA)	4-18-30	55-59
ALDIS BRHLUK (CZE)	4- 6-10	75-79
GEORGE ETHERINGTON (SALINA, KANS)	4-10-20	65-69
FRANK EVANS (NZ)	4- 7-25	60-64
FRANK FINGER (CHARLOTTESVILLE, VA)	4-16-15	70-74
BERND HEINRICH (WALNUT CREEK, CA)	4-19-40	45-49
AXEL JOHNSON (SWEDEN)	4- 4-25	60-64
HANS LAGERQVIST (SWE)	4-28-40	45-49
RON MORRIS (LOS ANGELES, CALIF)	4-27-35	50-54
AXEL RYDSTROM (SWEDEN)	4-22-25	60-64
WILLIAM SORLINGAS (YONKERS, NY)	4- 7-20	65-69
GEORGE VERNOSKY (BETHESDA, MD)	4-26-30	55-59
LOUIS VINK (HOL)	4- 5-35	50-54

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Mental Training for Peak Performance

by KAY PORTER, Ph.D. and JUDY FOSTER

What do Carl Lewis, Joan Benoit, Mary Decker and Alberto Salazar have in common? Assorted Olympic medals, world and American records — and, most importantly, tremendous mental skills which enhance their athletic performance.

Before the Olympics, we had an opportunity to interview a number of elite athletes about what they do in terms of mental preparation for their running events. We found the following commonalities:

- Total belief in themselves and their physical abilities.
 - Competing to win, not to place second.
 - Absolute, total concentration and focus during competition.
 - Practicing visualization of performance for days or weeks before an event.
 - Analyzing any losses to learn where they could improve performance, technique and/or strategy.
 - Letting go of defeats easily and looking forward to new challenges in future competitions.
 - Never seeing themselves as losers, even when they lost a race or two.
- When we explained to elite athletes what methods and techniques we teach

in mental training, many responded, "I've been doing that for years!" Indeed, they have intuitively learned and practiced these techniques on their own. The good news is that *anyone* can learn these strategies and employ them in athletic performance or an any life situation.

Recently, we gave three seminars on mental training in the Boston area for

pain.

Goal setting

You can begin short- and long-term goal setting by writing down your goals in three basic steps: what you think is possible; what you want to accomplish in the next one to two and three to six months; and what you want to accomplish by this time next year. Imagine what a difference (an impact) achieving that goal will make in your life. Take time to think about this and write it down.

After setting some reasonable, and perhaps unreasonable, goals for yourself, write positive self-statements for these goals. Affirmations are always in the present tense and begin with the word I, as in "I am a good athlete," or "I am fast and smooth," or "I run the 800 in 2:10 or less," or "I run 40 minutes or faster for 10K." Although these statements may not yet be true, write them down anyway. If you can imagine these things, you certainly will be more able to achieve them.

Visualization and Imagery

When beginning a visualization, it is important to be in a very relaxed state. One of the easiest ways to relax your mind and body is to practice progressive relaxation, which is the tensing and relaxing of all major muscle groups, beginning with the right fist, forearm and bicep. The sequence of progressive relaxation can be found in a number of stress-reduction books such as *The Relaxation and Stress Reduction Workbook* by Martha Davis, Elizabeth R. Eshelman and Matthew McKay. After achieving a state of physical relaxation, you are

Continued on Next Page



Bridget Cushen, 44, of Great Britain, WAVA Women's Representative, finishing the IGAL Championship Marathon in San Diego, December 2, 1984, in 3:37:35.

photo by Gretchen Snyder

the Bonne Bell 10K and the Waltham Track Club. Runners were highly enthusiastic in their response to our concepts, so we have summarized the main ideas here.

The basic assumptions of a mental training program are that the pictures in our minds have *real* power and that we create our own reality with our mental image, that is, how we "see" ourselves, whether positively or negatively. These images have a long-range effect on our future. To begin creating these images we use the process of goal setting. Because the content of visualization has a long-lasting effect, goals become very important in determining athletic success.

What exactly is mental training? Mental training is the learning and practicing of mental and psychological skills in:

- Short- and long-term goal setting
- Progressive relaxation.
- Changing negative thought patterns and self-talk into positive thinking.
- Doing visualization and imagery in your event.
- Writing positive self-statements (affirmations) about athletic performance.
- Concentration and focusing
- Coping mentally with injury and



Ruth Carrier, 53, Canada, finishing with a time of 42:51 in the IGAL 10K Championship in San Diego, December, 1984.

photo by Gretchen Snyder



Track & Field Specialists

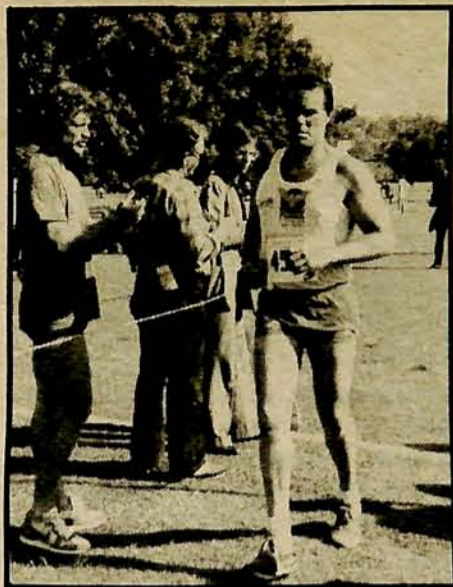
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Mark Richert, 45, of USA, finishes World Veterans Marathon in 3:36:38, December 2 in San Diego.

photo by Gretchen Snyder

Continued from Previous Page

ready to begin the visualization process. Visualization and mental rehearsal are the process of "doing" while imagery is the "content" of the pictures you see in your mind.

When you practice visualization, "see" in your mind's eye, in as much detail as possible, the whole process and routine of your event in competition. Visualize the course or track, the weather, the temperature and the complete surroundings. Go through your whole warm-up routine, your strides, and lining up at the starting line. Feel yourself to be totally relaxed, confident and in complete control of your body and your mental state.

Think of simple key words or phrases you can recall during competition: words such as strong, relaxed, confident, smooth, centered, etc. Or you may wish to repeat your affirmations over in rhythm to your breathing or the pace of your thinking.

Go through the whole race from beginning to end, visualizing yourself



Belgian Hermond Jansen putting all he has into finish of World Veterans 10K in San Diego. He finished 6th in the M40 division in 31:33.

photo by Gretchen Snyder

at each key point in the race and feeling yourself running smoothly and powerfully, in total harmony with the environment and with all your body parts. If you normally have trouble during a certain miles or lap, see yourself running with strength and endurance and pushing your pace during the normally troublesome time. See yourself passing your competitors with ease and winning at the tape, or finishing very strongly at a given place or pace. Feel the joy of completion and achievement.

After you finish the visualization,

relax and remember your feeling of confidence, fitness and mental toughness. You can recall these images and feelings at any time you choose.

The practice of visualization and imagery can be a very profound mental training and conditioning tool. It is important to see yourself succeeding and achieving your goals. With the mental practice of imaging physical achievement, neural patterns are established in the brain as though the physical work is actually being done.

This does not mean you can stop the physical training. It does, however,

mean that the brain is establishing deeper mental "tracks" by "seeing and feeling" the activity rather than by "doing" it.

When practicing imagery or mental rehearsal, it is important to bring as many physical senses as possible into your image; the sights, smells and sounds are important to your mind's eye. If you make a mistake while visualizing your performance, go back, rewind, and slow down the image in your mind and do it over again — correctly, perfectly, exactly as you know it

Continued on Page 20



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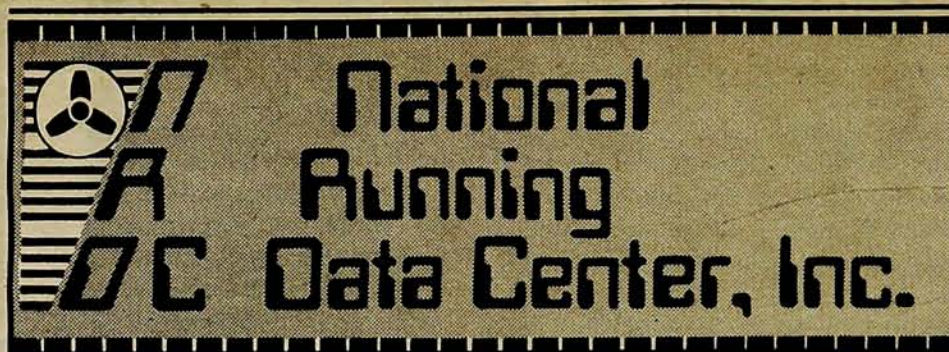
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Over 125 new race courses have been certified in the past month. The RRTC manual on course measurement/certification procedures is at the printer's. Processing of 1984 results is nearly complete. So far, some 495,000 reported finishers have been processed (last year's total was 523,586), resulting in many new age records.

Still missing are results from these 1984 major races: Run Against Crime 15K, Elby's 20K, Seattle and Ocean State Marathons, International Peace Race 25K and Coronado Half-

Marathons. NRDC needs help in obtaining results/documentation, so that runners who ran these races may be properly recognized in national rankings for 1984.

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Written by Ken Foreman, P.h.D., Olympic Coach and John Robertson, M.D., Sports Medicine Specialist. *How to Run A Marathon* is a book for beginner and experienced performer alike. Viewing the coaching process as an art and a science, the authors have written a uniquely comprehensive though readily understandable book for persons who want to run a first marathon or improve on past performances. Here is what readers are saying about the book:

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The National Running Data Center is an independent, non-profit organization devoted to the collection, analysis, publication and dissemination of long-distance running information. The NRDC processes all applications for U.S. road records. Records approved by NRDC are then submitted to the RRCA and TAC for official recognition. The NRDC is supported by donations from individuals, clubs, race organizers, companies and the national governing bodies. It is located at PO Box 42888, Tucson AZ 85733.

New age-division marathon marks approved are: M40, 2:15:15, Barry Brown, Sept. 30; M45, 2:21:32, Jim Bowers, June 16; M50, 2:25:51, Norm Green, Dec. 2; M75, 3:33:27, Ed Benham, Dec. 2; M85, 5:21:51, Paul Spangler, Dec. 2; W60, 3:15:30, Helen Dick, Oct. 21.

New 8K marks are: M65, 29:46, Clive Davies; W55, 32:18, Margaret Miller; W60, Anne Trigg, 36:21.

New 10K records are: M60, 35:32, Alex Ratelle; M75, 43:24, Ed Benham; M85, 58:50, Paul Spangler; W60, 41:21, Helen Dick.

15K changes include: M45, 46:27, Dan Conway; M50, 49:46, Norm Green.

New 25K standards: M40, 1:21:43, Bill Stewart; M50, 1:24:12, Norm Green; W40, 1:42:04, Tina Hayward; W50, 1:56:31, Sally Goodhue; W55, 1:46:37, Margaret Miller; W75, 2:59:51, Bess James.

Sandra Kiddy's open and W45 and 100K mark of 7:49:17 was okayed.

Ten-mile marks approved were: M40, 51:05, Barry Brown; W55, 1:06:42, Margaret Miller; W60, 1:17:46, Mary Storey; W65, 1:23:00, Algene Williams; W70, 1:34:12, Anne Clarke.

20-mile updates: M40, 1:42:08, Barry Brown; M45, 1:49:10, Jim Bowers and Dan Conway; M50, 1:51:44, Norm Green; M80, 5:53:53, Ted Hyde; W45, 2:11:26, Karen Scanell; W55, 2:36:46, Billie Murphy.

New 30K marks: M65, 2:08:46, George Sheehan; M75, 3:52:38, Bill McNeil. New 50K: W50, 4:15:13, Matilee Christman. Half-marathon: W70, 2:06:27, Pearl Mehl. □

Mental Training for Peak Performance...

Continued from Page 19
should be done.

In summary: learn a physical relaxation program and practice it every day; do race visualizations every day a week before a race; write goals; and write affirmations for your goals and read them daily. Also, follow your workout program and back off from training when you're dead tired. Give yourself permission to rest if you need it. Watch your diet and nurture yourself with healthy food. Have other interests in your life besides running, because balance is the key to success and happiness. □

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Kay Porter holds a Ph.D. in Human

Developmental Psychology from the University of Oregon. Judy Foster is a writer and artist, and holds a degree in Creative Writing from the University of Oregon. They have taught mental training techniques to many athletes and conduct clinics, workshops and seminars on mental training, visualization, and imagery. Their firm, Porter Foster Sports and Organizational Psychology, is located in Eugene, Oregon. *Mental Training for Peak Running Performance workbook* (\$6.95) and three cassette tapes (\$8.95 each) of guided visualizations for the marathon, 10K and 800/1500 races are available from Porter Foster, PO Box 5584, Eugene, Oregon 97405.



Happy winners at the TAC National Master 10K included, left to right, Martha Pembroke, W65-69, Shirley Matson, W40-44, Anne Trigg, W60-64, and Ann Kahl, W55-59. The race was held February 3 in Clearwater, Florida.



Continued from Page 2

"Getting a flyer" in a 100 could amount to a meter difference at the finish. Rolling starts are a deliberate and conscious effort to get a flyer. Masters sprinters are by far the worst offenders at jumping the gun I have ever seen.

Starters who use longer "holds" are not popular because they make it much harder to cheat.

Anyone who doesn't think false starters are attempting to cheat on their fellow competitors by jumping the gun, would also believe that Adolph Hitler was robbed because he did not get a Nobel peace prize.

Nice diplomatic-type persons can use the time factor as justification for the rule change. Unfettered by diplomatic tendencies as I am, I will say that only cheaters would have a concern about losing one free chance at a flyer.

I would hope that one day soon all T&F rules will standardize the no false start rule. At that time the righteous can rejoice, because if you cheat a little bit baby, you're gone!

*Bill Stock
La Mesa, Calif.*

All those people that Ed Oleata was referring to (a national sprint champion and especially the man who is a national record holder in the hurdles) had the privilege of the false start rule.

And as for it being used in high school and college competition, their travel and lodging expense is paid for. We have to pay for our own expenses. It will take the fun out of being able to compete the first time I spend \$200 to get to a track meet and be thrown out just because of one mistake.

The no false start won't eliminate a track meet running late. If somebody jumps the gun, they still have to go back and start over again.

The sprinters have to wait on the long distance runners. There is a lot of time between the first three finishers and the last runner.

The false start rule is like a spare tire. You very seldom use it, but when you need it, it's sure nice to have.

*Gary Oliphant
Wichita, KS*

Regarding the no false starts controversy, each group presents logical

arguments, but I come down on the side that would allow one false start. I have never jumped the gun in my life, but it would be a real shame for a competitor to invest time and money making a trip in order to compete and then be disqualified for letting his nerves get the best of him. Almost all of the false starts I have witnessed would have been avoided by an expert starter. The good starter seems to have as his goal the near simultaneous start by all the competitors. The inept starter seems to concentrate on making dang sure that no one takes an unfair advantage. The two philosophies may appear to be identical but the first takes a positive approach and the second is negative.

Concerning officiating, let me relate what occurred at the 1983 National meet in Houston. During one semifinal heat of the M50 100 meters, two contestants jumped the gun twice and the starter told them they were disqualified. They complained and asked for another chance. The official responded that, according to the rule, they were disqualified but, if the other runners had no objection, he would allow them to compete. They turned to us to see what our answer was. There was a long silence and finally one man asked, "What is the rule?" The official replied that the rule said that two false starts meant you were out of the event. The fellow then said, "Well?" So the

official belatedly exercised his authority and said, "You two are disqualified." Naturally that did not make the two very happy with the rest of us. The obvious point is that an official should perform as an official and not pass the buck to the competitors. It makes for a better meet and maintains good fellowship.

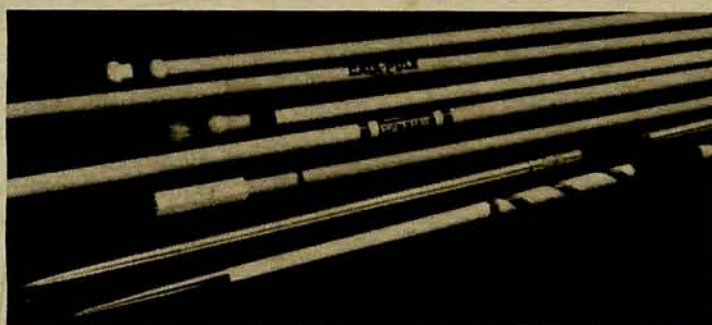
*Ward C. McCurtain
Beaumont, Texas*



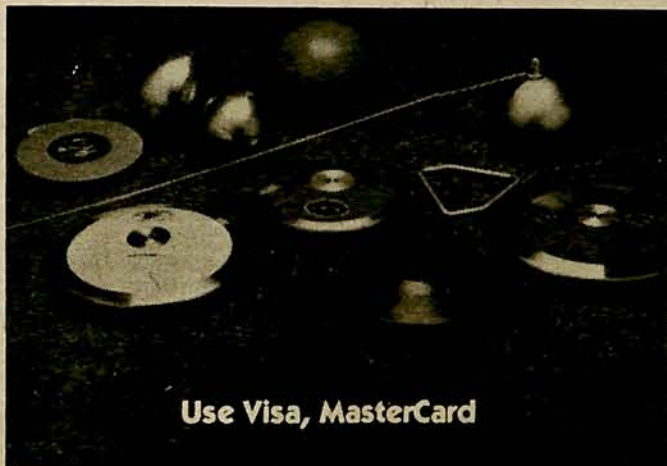
Pat English, 35, seventh place, Runner's Den 10K, 34:39.

photo by Richard Lee Slotkin

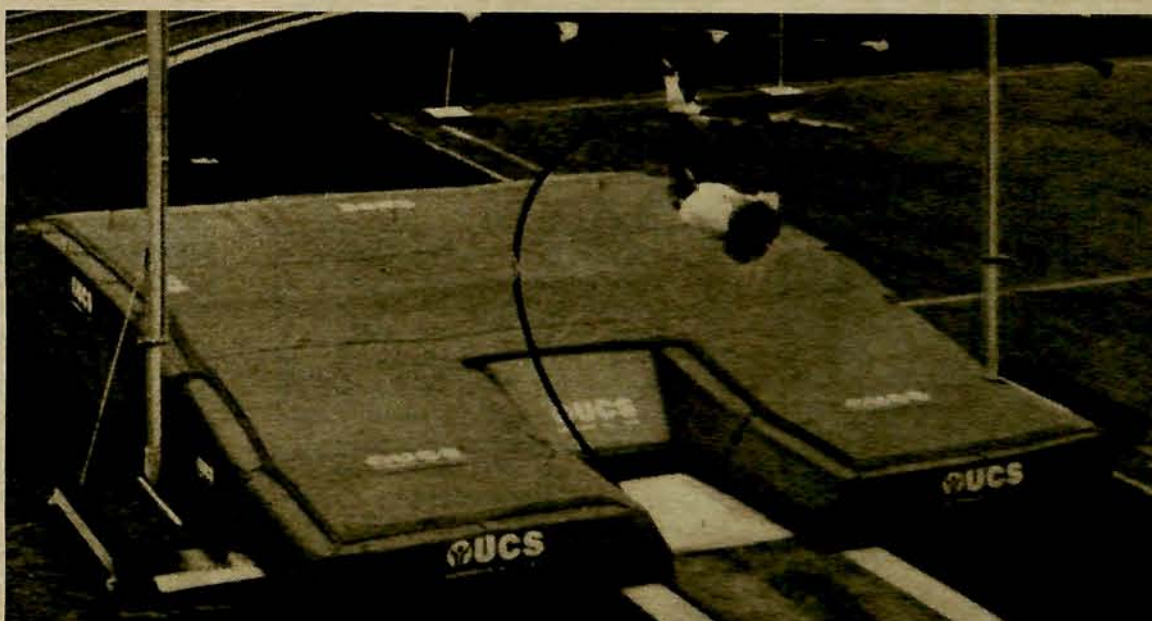
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MASTERS SCENE

NATIONAL

• The 1985/86 IAAF Handbook is now on sale for \$10. The book contains the international rules of Athletics. Send to TAC/USA Book Order Dept., Box 120, Indianapolis IN 46206.

• Masters lost a friend when **Jack Kelly**, the U.S. Olympic Committee head, died on March 3 at age 57 of a heart attack while jogging in Philadelphia. An Olympic rowing gold medalist, Kelly was named Masters T&F Administrator-of-the-year in 1982 for his dedicated efforts in bringing the National Masters Sports Festival to Philadelphia, and for securing the Penn Mutual Life Insurance Co. as a Masters sponsor. He had worked long and hard to gain the USOC presidency. He was passed over several times because he wasn't part of the Olympic hierarchy. But he never failed to advocate that athletes must serve on national committees; and that the needs of the athletes came first. USOC aides disclosed that Kelly, on two occasions in the days before his fatal heart attack, had suffered from chest pains, but doctors could find nothing wrong. One of the occasions was in Los Angeles on February 11, when Kelly attended a LAOCOC executive board meeting.

NEW ENGLAND

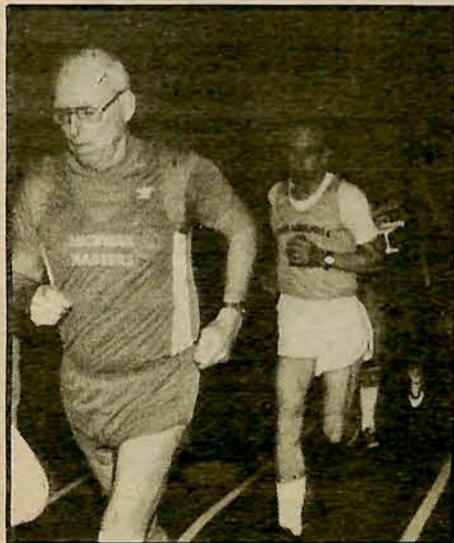
• **John L. Sullivan** won a unanimous decision with 29:48 for first Master in Henry's Heart Sunday 5 Mile, Worcester, MA, February 10. **Mike Cowell** of the Central Mass. Striders cornered second M40+ with 30:25.

• **Christine Tattersall** of the Hartford TC, nabbed W40 wins with a 3:06.2 1000y and a 5:39.8 mile in the Connecticut TAC Masters Indoor Championships at So. Conn. State U., New Haven, February 17. **Bernie Almond**, Hartford TC, won the M50 mile with 5:01.8, and **Mike Grisko**, M35, took the 35# weight, 49-6½, and shot, 42-7½.

• On April 13 and 14, over 125 exhibitors and an anticipated 20,000 people will participate in the 8th annual Sports & Runners Expo in Hynes Auditorium in Boston, prior to the Marathon on the 15th. Nike, Converse, Puma and others will be on hand to help athletes find the best shoe for their needs. A triathlon workshop will be held Saturday, April 13 from 1 to 5 p.m. For info, call: 617-267-0055.

• **Robert Paux**, 48, in 30:46, and **Gerry Ladas**, 47, in 31:38, led the 20 Masters of the 135 finishers in the March Madness 5 Mile, Kingston, RI, March 3. **Carl Hammen**, 61, won the M60+ with 35:08.

• **Fordie Madeira**, on the injury list since turning 40, ran, unofficially, in a half-marathon ip



L-r: Ham Morningstar, Claude Hills and Gil Gonzalez in 1st TAC National Masters Indoor Pentathlon Championships in Carlisle, Pa. January 13. photo by Mark Dostal

late February at a better than 6:00 pace for 1:18:50+. Not completely 100%. Madeira did almost no running in December and January but kept fit with swimming and stationary biking.

EAST

• **Alan Cohen** won five of six M55 events in the MAC T&F Meet February 10: 1M (5:48); 300 (39.4); 2M (11:40); 1000 (2:59.6); 600 (1:38.2).

• Turning 50 must have had an inspirational effect on **Geza Feld**, because the New Yorker won 39 of 41 races in his M50 age group in 1984.

• **Dave Lawyer**, M60, received the Outstanding Male Masters Athlete Award for Track & Field for 1984 from the Metropolitan AC. He won two M60 sprints in both the indoor and outdoor Championships. Race walker **Dotty Kelley** won the best female Masters T&F award.

• **Barry Kline**, 44, became the first athlete in the history of the West Penn Track Club to repeat as Athlete-of-the-Year. Kline won the high jump and 60y HH in the 1984 National Masters and Eastern Regional Indoor Championships.

• **Janet Glassman**, 56, covered the Mike Hanon 20 Mile, Central Park, NYC, February 24, in 2:30:35 for first W40+.

• NMN regrets an error in the March schedule: we listed the New Jersey T&F Championships as March 10, when it should have read (as it did in previous issues) March 9. The error was not that of meet director Ron Salvio. We picked up the wrong date from another source, and did not double-check with Salvio.

• **Jerzy Sulek**, 47, iced the Masters win in 10⁰ temps with 1:01:02 in the Frostbite 10 Mile, Central Park, NYC, January 20. **Geoff Bardsley**, 56, had a quick 1:04:57, and aptly named **Gundrun Philips**, 48, was first W40+ with 1:15:04.

• **Larry Prudhomme**, 43, Ithaca, NY, won the Masters Mile with 4:44.8 in the Cornell U. Invitational Indoor Meet, Ithaca, January 20. **Lou Coppens**, 42, Nichols, NY, was second in 4:47.4. **Hubert Morgan**, 62, Sayre, PA, had a 5:35.7. **Margaret Betz**, 48, Conklin, NY, defeated eight runners to take the Women's Masters Mile in 5:57.7.

• **Lina Connors**, 42, enjoyed the Bagel Run 10K, Central Park, NYC, February 17, with a 40:03 for first W40+. **Margarete Deckert**, 51, took the W50-59 race in 42:11.

• **Walter Vinson**, 46, floated through the Snowflake 4 Mile, Central Park, NYC, February 9, in 22:55 for first M40+. **Sandy Norris**, 58, had a speedy 27:25.

• **Douglas Deutsch**, 48, Bedminster, PA, was the first Master and eighth (34 men) in 13:33 up the 86 flights (lobby to 1st observation deck) of the Empire State Building in the 8th Annual Run-Up, February 14. Oldest participant, but not last (32nd in 19:32) was **Sam Freeman**, 64, NYC; oldest woman was **Mary Trotto**, 37, Smithtown, NY, ninth of thirteen with 17:24. Al Waquie, 33, of Jemez Pueblo, NM, won in 11:42. NYRRC boss Fred Lebow had a 15:55.

• **B. Skelton**, W55, set two world indoor age-group records in the Northern Amateur League Championships, Rochester, NY, February 17, with a 36.18 in the 200 and 77.2 in the 400. Previous bests are 38.78 and 80.2. **T. Alfieri** had an M40-49 meet record with 5.8 in the 45m, and **Rich Guido**, meet director, posted an M40-49 meet record with 56.1 in the 400.

SOUTHEAST

• Master athletes were saddened by the death of **Les Trubey** of St. Petersburg, FL, who passed away on February 9 after a long battle with cancer of the pancreas. His last competition was at the Southeast Regionals in Atlanta, GA, June '84, where he, just a couple of months

out of the hospital, did quite well, winning the M55 discus, taking second in the 220, and running on a relay team. Throughout his last four difficult months, Les remained alert and upbeat and reportedly stated that his last seven years, while involved in track and field, were among his happiest.

• **Barry Brown**, 40, raced to an unofficial new U.S. Masters 10K record of 29:43 in the Hyatt 10K in Hilton Head, S.C. But the race was not TAC sanctioned or certified, so Brown's mark may go unrecognized.

• **Judy Pickert**, 41, Mahopac, NY, not only was the overall women's winner but also set a course record 1:24:29 in the Last Resort Half-Marathon, Key West, FL, February 16. Her time, a PR, broke an existing record of women by two minutes and will raise her standing in the M40-44 national rankings. **Tom Grogan** won the M40-49 race with 1:19:37, and **Jim Blount**, the M50+, in 1:20:16.

• **Joe Burgasser**, 46, was first M40+ to hit the finish line of the Florida Festival Marathon, Orlando, February 17, in 2:34:10.

• **Nancy Parker**, 48, Atlanta, GA, led all women with 1:28:16 in the Toccoa Half-marathon, Toccoa, GA, January 27, and **Natalie Spalding**, 39, Atlanta, took the 3 Mile overall women's title in 18:15.

MIDWEST

• 1964 Olympian and current U.S. W40 800-meter record holder (2:22.0) **Sandra Knott**, 47, spoke at the Women's Sports Foundation/Olympic Committee's conference on women in sports. Knott is Diabetes Patient Education Specialist at St. Luke's Hospital in Cleveland.

• **Fred Rutter**, 47, of Peoria, IL, was credited with rescuing 74-year-old Thressa Peplow, who had fallen near her home and lay in pain for 15 minutes in 15° weather before Rutter, out on his daily 8-miler, heard her faint cry for help, covered her with a trapaulin, and called police. Rutter said that heavy traffic on a Peoria street on his regular jogging route made him turn onto Peplow's street, which he had never run before. "I just thank the Lord I did," Rutter said. Rutter is a printer for the **Peoria Journal Star**, which carried his story on February 8. The article was written by **Journal Star** reporter **John O'Connell** 40, who is one of the better Masters in Central Illinois with a 2:47 marathon and a 35:20 10K, and submitted to the NMN by **Journal Star** day news editor **Dan Shea**, also a competitive runner and frequent contributor of race results and info from the Peoria area to NMN. (On February 26, **David Stewart**, 52, jogging with his wife, Joan, 51, at 6:20 a.m. on the Colorado Blvd. bridge over the Arroyo Seco channel in Pasadena, CA, saw a woman climbing over the bridge railing in an apparent attempt to jump. He grabbed the woman's legs and held onto her for 20 minutes until a Pasadena police officer, summoned by Stewart's wife, joined him and helped the woman to safety. Stewart, who jogs 4 miles a day, said, "She told her problems and I told her I had problems too. . . That was my first rescue and I hope it's my last.")

MID AMERICA

• Masters and Open athletes competed on the same indoor track in the Lawrence TC Meet at the new Anschutz Sports Pavillion at the U. of Kansas in Lawrence, February 16. High jumper **Bob Everoski**, M35, Garland, TX, commented on the audience, "For once I felt like there were more spectators than Masters athletes. Maybe this might be a solution to better attendance at Masters meets." **N. Combs**, M30, turned in two wins, the 60y dash, 7.1, and the 60yH, 8.0. **T. Shelton** took the M45 440y with 56.5. **S. Rogers** won the M40 shot, 42-3, and **B. Boucek**, the M60+, 42-6.

• The face of Wichita's **Jim Hershberger**, 53, will appear on Wheaties boxes along with five other sports figures as part of a new General Mills promotion effort. Hershberger has competed in a variety of sports on a Masters level. The "Jim Hershberger" track in Wichita, site of the 1982 National Masters Championships, was



Fred Rutter, 47, Peoria, Ill., credited with rescuing 74-year-old woman from extreme cold. Peoria Journal Star photo by Larry Brooks

his donation to the Wichita community. Others appearing on the cereal boxes include **Mary Lou Retton**, orienteer **Peter Gagarin**, wheelchair track champion **Doug Heir**, whitewater canoeist **Jon Lugbill**, and marathoner **Jane Buch**.

SOUTH WEST

• **Zola Budd** and **Wendy Sly** got the big headlines in the Continental Homes 10K in Phoenix, March 2, but the third woman finisher in the race, also a Briton, turned in perhaps the most spectacular time of all. **Priscilla Welch**, 40, lowered her PR and the world veterans best to 32:25.

WEST

• **Sue Peterson**, 40, the World Veterans women's marathon champion (2:55:05), was the first woman overall in 2:56:14 in the Los Alamitos, California Marathon March 10.

• **San Marcos, California** pole vaulter **Brandon Richards**, the 17-year-old son of two-time Olympic champion and 1985 M55 National Indoor Pentathlon Champion, **Bob Richards**, set a high school record of 17-5 at the Vitalis-U.S. Olympic Invitational Feb. 10 in East Rutherford, N.J.

• In the California International Marathon December 2 in Sacramento, **Mike Mahler** and **Jeff Wall** won \$750 and \$500, respectively, for finishing 1-2 in the Masters division (2:28:18 to 2:28:57). Last month's Masters Scene erroneously reported they won no money.

• **Ralph "Lefty" York**, 71, was honored in February by the Modesto, CA, sports community with the 19th annual Jay Pattee Memorial Award, presented for distinguished service to local sports. York has a regular fixture at West Coast Masters meets until hampered by health and injury problems two years ago. A friend to Modesto area sports his entire life, York, among his many contributions, founded a Little League, which he practically ran himself; served as volunteer track coach at a junior college and high school; gave boxing lessons to church and health groups; and started a fund, which raised \$3,000, for a family orphaned by an auto accident.

• **Joan Reiss**, 47, Sacramento, CA, in her first 50-miler, set a new course record as overall women's winner with a 23rd place (135 starters) 6:57:34 in the Jedediah Smith 50 Mile, Sacramento, February 17. **Paul Reese**, 67, finished 39th with an American age-group record 7:40:55.

• While two-time Olympian **Larry Walker**, 42,

Continued on Next Page

Continued from Previous Page

was breaking his year-old 40-44 indoor mile walk record with 6:17 at the L.A. Times Indoor Meet, February 8, **Jolene Steigerwalt**, 41, erased her 40-44 record of 7:51 with 7:45 and qualified for the Senior Nationals at Madison Square Garden, February 22.

- **John Brennand**, 49, Santa Barbara, CA, finished third of 111 in 33:33 in the Zonta 10K, Goleta Beach, CA, January 20. Brennand was the first M40+ in the Santa Barbara Couples Relay (2 x 4 miles), February 9, with 20:56, which, added to the time (24:13) of his partner, **Anne Hayden**, 30, Santa Barbara, gave them the 70-89 age win with 45:09. First 40+ couple was **Faye Hobbs**, 49, Santa Barbara, 26:57, and **Steve Close**, 41, Santa Barbara, 21:00, with a 47:57 total for the 90-109 age title.

- **Dan Fitzsimmons**, M40, dashed to a 6.5 60y; an 11.28 100m; a 23.1 200; and a 54.1 400 at the all-comer meets in Los Gatos, CA.

- **Bruce Springbett**, M50, had a knee operation for the second time in three months for torn cartilage in February. He feels that Rome may be a little early for full recovery, but he'll be there anyway.

- **Allan Johnson**, 41, took the M40 race by nine minutes and the Masters title by 3½ in the

SPA/TAC 30 Championships, Yorba Linda, CA, February 17, with 1:47:21. Nearest Master was **Ron Navarette** with 1:51:01. **Shiela Rasham** won the W40 division with 2:20:04. **Diane Eastman**, 42, was the only other woman Master finisher, 2:20:28. Culver City AC won the M40-49 team title, 5:48:22, and Yorba Linda Fleet Feet, the M50-59, 7:03:53.

- The **West Valley TC** established a U.S. M40-49 distance medley relay record of 10:40.0 at U.C. Berkeley, February 23. The old mark of 10:53.2 was set by the Philadelphia Pioneers in 1982. The West Valley team was composed of **George Mason** (800-2:03.5); **Dave Romain** (400-51.1); **Ramsay Thomas** (1200-3:17.3); and **Harvey Franklin** (1600-4:29.1). The same quartet set the U.S. 4x800 record of 8:00.1 at Berkeley, July '84, and the 4x880 record of 8:10.2 at Eugene, August '84.

NORTHWEST

- **Earl Ellis**, 49, commemorated the Presidents' Day 10K, Seattle, WA, February 17, with a Masters win in 34:10. Near Master **Jerry Tighe**, 39, Vancouver, B.C. ran a sizzling 30:25. Fifty-one-year-old **Wilma Parker** was top W40+ with 43:21. □

Overtraining...

Continued from Page 6

phenomenon, because Emil Zatopek is probably the best example of it.

"He was training very intensely for the European championships in 1950. He came down with a serious stomach ailment and was hospitalized for two weeks. At the end of the period, he left his hospital bed and the next day was in Brussels for the European championships. After two weeks of bed rest, Zatopek won the 10,000 meters by a lap over Mimouru, the African runner, and won the 5,000 by a 23-second margin. This is after being on his back and doing no training for two weeks. There is a whole series of examples like this."

While there are both simple and complex laboratory tests to determine if an athlete is overtraining, Brown mentioned five simple tests that athletes can use to monitor themselves.

The first indicator is the afternoon post-workout weight. If it drops significantly below normal, it indicates that there is an increased risk of illness or injury in the next two three days.

The second indicator is the evening fluid intake. If the person is drinking more than normal or is more thirsty than usual, it also means there is a better chance of becoming ill or injured two or three days later.

The third and fourth have to do with sleep. If the athlete gets to bed later than normal and sleeps less than normal, it means an increased risk.

The fifth, and according to Brown, the most critical indicator is the morning heart rate. If it increases more than five beats a minute over normal, the athlete may be overtraining and on the verge of breakdown.

Another way for the athlete to monitor his condition is to subjectively evaluate how he or she feels. If the person can't wait to get out and train or is feeling pretty good and recovered from the day before, he or she probably is

not in immediate danger or overtraining. If, however, the individual has to force himself to train, he might be overtraining.

Perhaps the most important things for the runner to recognize is that once the threshold into overtraining is crossed there is no immediate return to sharpness. You cannot simply take a day or two of rest and expect to be running well again. It might take weeks, even months. I found that out and hard way.

Not too long ago, I read in a San Francisco newspaper about a young man who fell off a cliff and then died after he swam for shore and was battered against the rocks at the base of the cliff. A park ranger was quoted as saying the man should have swum away from land and then waited for rescue while treading water. The message here was that the seemingly most logical direction of course of action was not the proper one.

Instead of training harder as the big race approaches, runners might do well to begin treading water. □

Editor's Note: The "World Wt Pent II" (right) is not an official World Veterans Championship. It has not been sanctioned by either the World Association of Veteran Athletes (WAVA), or by the Italian Masters Athletics Federation (IMITT). In fact, it has the "official opposition and disapproval of both WAVA and IMITT," according to Cesare Beccalli, director of the VI World Veterans Games in Rome. That said, competitors may consider it for what it is: a low-key event following the official World Veterans Games, where weightmen can have some fun throwing a variety of implements with like-minded athletes from other nations.

Colonial Half-Marathon...

Continued from Page 4

books every year," he said, overlooking the fact that he underwent the surgery less than seven months ago. "It happens more and more."

Take Benham, for example, Geary said. "He's fantastic. He's been knocking out records right and left, and he's only been running for about six or seven years. And what's more surprising is he's still getting better.

"I thought he might have peaked out by now," he laughed, "but, he hasn't. He still hasn't peaked out at 77."

Geary, a national record holder in his age class for the 25K and 30K, offers advice to other runners, but only when they ask for it.

"I tell other runners and people my age to 'listen to your body. It will tell you when things are right or when they're wrong.' That's all you have to do."

A retired school teacher, bartender, grocer and hotel operator, Geary said he learned from his heart attack last May and subsequent by-pass surgery in July, "not to ignore certain signs like I did.

"I couldn't breathe properly while I was running," he said. "I simply thought I was out of shape. I never had

any pains, but I was just uncomfortable before the start of a race. I ran, nonetheless, thinking that it was the thing to do.

"I ignored the major signs. . .until I had a heart attack," he said. So, listen to your body. It tells you what you should or should not be doing. You

Continued on page 28



Bette Poppers, 1st over-age-40 women in the Runner's Den 10K in Phoenix. photo by Richard Lee Slotkin

WORLD WT PENT II

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EVENT	Date	Weight Pent	Disc	Shot	Jav	Hamm	Wt Thro
EVENT I	July 2	Men ages 50 and over					
EVENT I	July 3	Men ages 49 and under					Women all ages
EVENT II	July 4	Discorama	2K	175K	15K	125K	1K
EVENT III	July 5	Shot Puttery	10K	7.26K	6K	5K	4K
EVENT IV	July 6	Hammerfest	7.26K	6K	5K	4K	35# 25#
		* 59 & under 35 lbs. 60 & over 25 lbs. * Women subst. 3K for 10K					
EVENT I	A handsome trophy to all who complete the 5 events Special awards to top scorers.						
EVENTS II, III, IV	Engraved medallion for each event completed.						

It is suggested that athletes bring their implements early for pre-meet weigh-in. Records established will be official.
Group rates for meal residences on the Italian Riviera.

Entry Fees: \$20 first event, \$5 each additional in U.S. Dollars or Italian Lira equivalent. Check or Money Order to World Weight Pentathlon II.

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Please reserve room for _____ persons for July _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ (indicate)

Best throw in 1984 Discus _____ Shot _____ Javelin _____ Hammer _____ Wt Throw _____

I take part of my own risk and the meet organizers will not be held responsible for any occurrence that may arise from my participation and I will abide by the rules of the competition.

Signature _____

← See Editor's Note Left of This Ad.

schedule

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

TRACK & FIELD NATIONAL

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

August 23-25. TAC National Masters Championships, Indiana University, Indianapolis. Marshall Goss, Indiana U. T&F Office, Bloomington IN 47405.

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

NEW ENGLAND

June 1. 6th Annual Senior Olympics, U. of Bridgeport, Conn. M/W 55+. Dr. Ann Fariss, Park Hall, U. of Bridgeport, CT 06601. 203/576-4059.

June 15. Waltham Masters and Submasters Invitational, M.I.T., Cambridge, Mass. Joe Tranchita, 88 Russell St., Waltham, MA 02154. 617/893-3828.

June 30. Rhode Island Senior Olympics, Brown U. Stadium, Providence, R.I. M/W 40+; includes 10K. Dolores Bergeron, Dept. of Elderly Affairs, 79 Washington St., Providence, RI 02903. 401/277-2858.

EAST

June 8. MAC Masters Championships, New York. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

June 16. TAC Eastern Regional Masters Championships, Washington, PA (Pittsburgh). Barry Kline, 1245 Alamae Lakes, Washington PA 15301.

June 21-23. 50+ Senior Olympics, Lake Placid, N.Y. Tom Barber, Elder International Assoc., R.D. 1, Box 78, Vaatie NY 12184. 518/474-0403.

September 1. Potomac Valley Games, George Mason U., Fairfax, Virginia H.W. Carle, 195 N. Utah, Arlington VA 22207. 703/276-0180.

SOUTHEAST

May 3-5. 15th Southeastern U.S. Masters Meet, N. Carolina St. U., Raleigh, N.C. Stu Northup, Raleigh Parks & Rec. Dept., P.O. Box 590, Raleigh, NC 27602. 919/755-6641 (w); 847-5893. (h).

May 11. Birmingham Track Club Classic. Vestavia Hills HS, Birmingham, Alabama. Gordon Seifert, 1514 Ridge Rd., Birmingham AL 35209. 205/879-8031. Entry form in April issue.

June 8. TAC Southeast Regional Masters Championships, Atlanta. SASE to: Atlanta Track Club, 3097 E. Shadowlawn Ave. N.E., Atlanta GA 30305. 404/231-9064.

June 8-9. Northwest Classic, Dade Community College, Miami. Jesse Holt, 1310 N. W. 90 St., Miami FL 33147. 305/836-2409.

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

MIDWEST

April 21. North Coast Relay Championships, Cleveland Heights, Ohio. Jim Barrett, 3801 Shannon Rd., Cleveland Hts., OH 44118. 216/687-7133 (w); 932-0049 (h).

May 26. 7th Annual Wolfpack Pentathlon (Track and Weight) and OAC Open and Masters Pentathlon Championship, Columbus, Ohio. Upper Arlington H.S. John White H (614) 459-2547, W (614) 424-7011.

May 26. Ohio TAC Masters Championships, Trotwood, Ohio. Trotwood High School. Harold Martin, 7521 Arundel Rd., Trotwood, OH 45426. 513/837-5069.

June 8-9. Senior Classic, Indianapolis. Indiana U. Track Stadium, site of 1985 TAC National Masters Championships. Bob Coughlin, 305 S. Barton, Indianapolis IN 46241. 317/241-5446.

June 9. 6th Annual Wisconsin United AC Masters Meet, site TBA. Jerry Robinson, 1205 Manhasset Pl., Madison WI 53711. 608/271-6725.

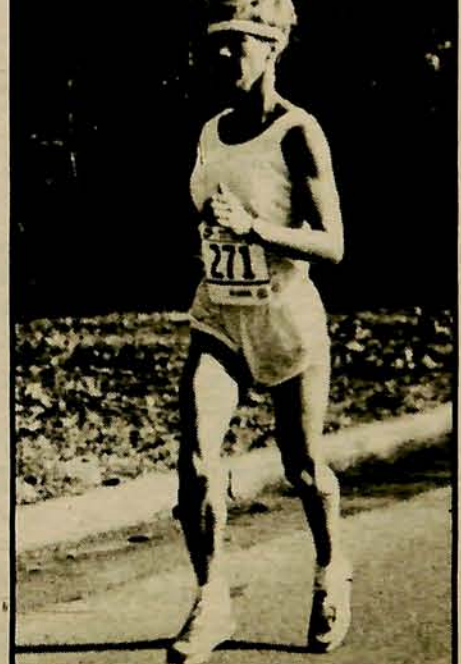
June 29. Cleveland Track Classic, Cleveland, Ohio. Cleveland Heights High School. Jeff Gerson, 6509 Marsol Road No. 308, Mayfield Hts., OH 44124. 216/449-4964.

July 13. Midwest Masters All-comers Meet, York High School, Elmhurst, Illinois, 8 a.m. Wendell Miller, 7250 N. Cicero, Lincolnwood IL 60646. 312/234-2154.

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

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

August 3. Heights Summer Classic, Cleveland Heights High, Cleveland, Ohio.



Patti Sudduth, 45, at 11 mile mark, en route to women's Masters victory in 3:21:38 in Rocket City Marathon December 15.

photo by Jim Oaks

Dorothy Davis, 2155 Miramar Rd., University Heights OH 44118. 216/371-7406.

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

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

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

MID-AMERICA

June 3-5. Senior Olympics, St. Louis, Mo. Suzy Seldin, Senior Olympics, #2 Milstone Campus, St. Louis, MO 63141.

August 11. Chillicothe Masters Meet, Chillicothe, Missouri. Joe J. Shy, Jr., P.O. Box 745, Chillicothe, MO 64601. 816/646-3823; 646-1023.

August 31-September 1. Rocky Mountain Games, Denver, Colo. Jim Weed, 11672 East 2nd Ave., Aurora, CO 80010. 303/341-2980.

SOUTHWEST

May 15-18. Texas Senior Games, U. of Texas-Arlington, Dallas area. M/W 50+. Deadline May 1. Out-of-state entries welcome. Hal Geldon, P.O. Box 676, Richardson, TX 75080.

May 25. TAC Southwest Regional Masters Championships, Kenner, Louisiana. Danny Thiel, 1459 Verna St., New Orleans LA 70119. 504/486-8066.

June 8. Hill Country Classic, Mason, Texas. Mason H.S. track. Lee Graham, Rucker Rt., Box 31C, Mason, TX 76856. 915/347-5921 (w); 347-5620 (h).

June 16. Runners Pentathlon (200, 400, 800, 1600, 3200), Albuquerque, N.M. Tom Bell, 5905 Concordia Rd. NE, Albuquerque, NM 87111. 505/884-5701 (d); 821-2454 (e).

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

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

WEST

April 13. Central California TAC Masters Championships, Warmerdam Field, Fresno St. U., Fresno. Hugh Adams, 7904 S. McCall, Selma, CA 93662. 209/896-2435.

April 21. Mt. SAC Masters Relays, Mt. SAC Community College, Calif. Hal W. Smith, 18750 Oxnard St. No. 404, Tarzana, CA 91356. 818-342-1174.

April 27. Sacramento Masters Relays, CSU-Sacramento, Calif. Roy Wigginton, P.O. Box 255268, Sacramento, CA 95865. 916/927-4731.

May 4. West Coast Masters Classic, College of the Sequoias, Visalia, Calif. Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 11. Redlands Evening Kiwanis Masters, Redlands, Calif. Univ. of Redlands Stadium. Howard "Buz" Wagner, 1522 Margarita Dr., Redlands, CA 92373. 714/792-8395.

May 18-19. TAC 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. 408/354-5660; 408/354-7333.

May 25. Anteaters Masters Classic, U.C. Irvine, California. David Lewis, 505 Begonia Ave., Corona Del Mar, CA 92625. 714/673-2025.

ON TAP FOR APRIL

TRACK & FIELD

Masters action continues in California with three meets: Fresno on the 13th, Pomona on the 21st, and Sacramento on the 27th. The Australian Championships begin on the isle of Tasmania on the 5th. Action is sparse in the rest of the country, with only a Cleveland meet on the 21st braving the unpredictable April elements.

LONG DISTANCE RUNNING

The 89th Boston Marathon takes place on Monday, the 15th, while the Tropicana/Easter Run is set for Las Vegas on the 4th-6th. The Seattle Marathon and the Ontario Masters 10K take place on the 14th. London expects 20,000 for its marathon on the 21st, while the Boston Milk Run offers \$1,500 to Masters runners. Closing out the month on the 27th are the Longest Day Marathon in South Dakota and the romantic Trevira Twosome in New York. There are no National Masters LDR Championships this month.

Remember to "spring forward" one hour on the night of the 27th, or you'll be late for the next day's race. □

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, 1147 Agate St., San Diego CA 92109. 619/488-8886.

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

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

July 27. Southern California Striders Relays, Los Angeles.

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

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

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

NORTHWEST

June 8. 6th Annual Senior Sports Festival and PNAC Masters Championships, Husky Stadium, U. of Washington, Seattle. Seattle Parks and Recreation Dept., Senior Adult Office, 206/625-2981.

June 22-23. Hayward Field Masters Classic, Eugene, Oregon. Arlene Noviello, 1577 Willagellespie, Eugene, OR 97401. 503/485-3158.

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

July 26-27. TAC Northwest Regional Masters Championships, Gresham, Oregon. Jim Puckett, Mt. Hood College,

Continued on Next Page

Thompson, 1587 Agate, Eugene, OR 97403. 503/342-5155.

June 30. Cascade Run Off 15K, Portland, Oregon. Chuck Galford, PO Box 40228, Portland OR 97240. 503/226-0717.

July 23. Deseret News Marathon, Salt Lake City, Utah. Deseret News, P.O. Box 1257, Salt Lake City, UT 84110. 801/237-2135.

CANADA

April 14. Ontario Masters 10K Championships, Scarborough. Joe Millage, Variety Village, 3701 Danforth Ave., Scarborough, Ont. M1N 2G2.

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

INTERNATIONAL

April 21. London Marathon. Marathon Tours, 1430 Mass. Ave., Harvard Square, Cambridge MA 02138. 617/492-3088. Lottery for 21,000 starting spots.

June 1. Stockholm Marathon, Stockholm, Sweden. Stockholm Marathon, Box 10023, S-10055, Stockholm, Sweden.

June 8-9. XVIII World Veterans (IGAL) 10K and 25K Marathon Championships, Lytham St. Annes (south of Blackpool), England. (Men 40+, Women 35+). Jack

Haslam, Marathon Meadows, Barton, Preston PR3 5AA, England. Phone: 0995 40604.

June 16. Brugge Veterans 25K (Men 40+, Women 35+), Brugges, Belgium. Jacques Serruys, PO Box 7, 8000 Brugge 1, Belgium. □



Nancy McCormick clutches a bouquet of roses, symbolic of her W50 win in the TAC National Masters 10K Championships in 41:45, Clearwater, Fla., February 3.

I Trained Through My Coronary...

Continued from Page 11

the U.S. standard). When Jack Stevens came out of Australia to whip my tail so badly in 1982, I guess I shouldn't have scorned the quiet proclamation of the benefits of his new diet. Anyway, within two months of my conversion to Dr. Pritikin's dietary prescription, my cholesterol level had dropped 27 percent and my triglycerides dropped 48 percent. So, unless blood-test values are at the low end of the present U.S. range, I suggest sharp reduction of all fat intake (not just of polyunsaturates), elimination of salt and sugar, and avoidance of caffeine, chocolate, egg yolk, and organ meats. Additional factors including hereditary predisposition, type "A" personality, overweight or high blood pressure indicate circulatory vulnerability.

(5) It is possible that my years of learning to ignore the pain of training and a generally elevated threshold to pain lead me to ignore my angina symptoms. But my awareness of the subtle internal changes that occurred in early August leads me to believe that the danger is more than balanced by long practice in tuning in to my bodily sensations. It is well to repeat the familiar admonition, "Listen to your body every day."

(6) While it is once more confirmed that hard training and competition cannot guarantee freedom from atherosclerosis and heart attack, I am confident that the years of physical challenge made me better equipped to cope with the loss of heart tissue when it did occur. My cardiovascular system had sufficient spare capacity to support an uninterrupted pattern of nor-

mal living, modified only by the reduction of workout intensity, and marked by significant discomfort for no more than a couple of days. Further, it permitted me to make a recovery that, thus far, has been far more rapid than could reasonably be expected in a 69-year-old. In January, my resting pulse was about 50/min, recovery from a 5-mile run is virtually complete within five minutes, and my ever-present bottle of nitroglycerin tablets remains unopened. Perhaps more important for the long haul, the ability to keep going at a reasonable level has minimized the depression, anxiety, withdrawal, and eventual invalidism that are so often the postscript to myocardial infarction. Quite honestly, I have felt great during the whole episode.

(7) Plans for future competition undoubtedly enhance motivation for today's hard workout. But don't count too heavily on "next year," because when it rolls around it may find you in quite altered circumstances. More positively, make full use of whatever capacity you have right now, and be thankful. I already knew this lesson at some level of awareness, but I expect that I will be living it more meaningfully from now on.

Where does my running career go from here? Perhaps there will be an opportunity to provide some sort of answer, in Indiana if not Rome. □

Vaughan Sets Record . . .

Continued from Page 1

and believe I can come near the 4:10 mark with two to three weeks preparation."

Vaughan's new mark is "pending," subject to ratification by the World Association of Veteran Athletes. □

At 70, Carter Seeks World Shot Put Crown

Continued from Page 13

it's a funny thing. When you get to my age, the coordination is there in your mind, but the body won't cooperate."

Still, Carter began to enter more meets throughout the country, and he improved. By 1982, he was national age-group champion in the shot put and discus. In 1983, competing against younger men, he won the shot put and was second in the discus at the National Masters meet in Houston.

At the 1984 meet in Eugene, Carter moved up for the first time to the 70-74 division and won both the shot put and discus. "There wasn't much competition," he said. "Not a lot of guys my age are in very good shape. I don't think anybody was within 4 feet of me in the shot."

Carter readily admits he's not much of a technician. "Strength is my biggest asset," he said. "I don't think there are too many guys my age who work out as hard as I do in the weight room."

"My form in the shot and discus is just step and throw. I've tried to improve my form. (Oregon track coach) Bill Dellinger has come by the track several times and tried to help me with technique. I've tried to follow it for a week or so, but I just can't do it the right way."

The current Masters record book credits Carter with 11 world records — the age 68, 69 and 70 marks for the 8, 12 and 16-pound shots, plus the 70-74 age group marks for the 8 and 12-pound balls. But Carter downplayed the records.

"I think they're pretty generous with their records," he said. "I think they think it gives us old guys some incentive to keep going."

Carter's workout regimen includes a 1-1/2-hour workout on a nautilus machine, then another half-hour to 45 minutes in the steam room and sauna. His weight hovers around 225 — "I



CHARLOTTE, N.C., JAN. 5, 1985 — Saul DePofi of Sharpville, Pa., runs the final few blocks of The Charlotte Observer Marathon. He finished 7th overall and won the masters (40-and-over) competition in a masters record time for the course of 2:35:02.0. (© 1985 The Charlotte Observer/The Charlotte News/Candace Freeland)

need to lose about 20 pounds," he said — and his strength is excellent.

"I can (bench) press 200 several times," he said, "but I've changed from training with heavy weights to using lighter weights in more repetition. I've never really had any serious injuries, and I don't want to strain anything."

Ruth Carter is glad her husband is staying active, too. "I think it's great," she said. "It gives him something to do. He's not very helpful around the house."

His basement has been turned into a memorabilia room. On the walls are hundreds of black and white photos of football players he played with or against, among them Sammy Baugh, Bobby Grayson and Don Hutson.

There are dozens of ribbons and trophies, too, from his Masters career. Carter would like to add one more to his collection: a gold medal from Rome.

"I'd like to win," he said. "I think I have a chance, though I have no idea what Europe has in the way of shot putters. We'll be throwing the 4-kilo shot, and I'd like to go over 44 feet."

Carter acknowledged he's taking his Masters career seriously. But he also wants to add a disclaimer of sorts.

"This is a fun thing," he said. "We (Masters competitors) don't really consider ourselves athletes. We're just doing whatever our old bodies permit us to do." □

(Reprinted with permission from the Portland Oregonian.)

Philadelphia Draws Athletes From Nine States . . .

Continued from Page 8

for both, but picked up gold in the 55m hurdles, 11.4, the pole vault, 6-6, triple jump, 23-10½, long jump, 11-4½, high jump, 3-10, and mile walk, 10:45.2. Bob Detweiler, 71, still practicing law, took time out from those more profound matters to unleash the shot 29-4. Manfred D'Elia, M75, ran 55m in 9.2.

In the final event of the night, a team of Bob Stanford, Robert Williams, Ken Baker, and Ed Small downed a Philadelphia Masters contingent of Bill Clark, Jim Hodge, Jim Bantum, and Dhamiri Abayomi in the 4x225m relay, 1:55.4 to 2:02.5. □

DEADLINE

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

NORTHERN TRANSVAAL MASTERS TRACK AND FIELD CHAMPIONSHIPS PRETORIA, SOUTH AFRICA FEBRUARY 23, 1985

100M - Men, 200M Men, 400M Men

40-44, 50-54, 55-59, 60-64, 65-69, 800M Men, 1500M Men, 5000M Men, 10000M Men

45-49, 3000M Steeple chase, 5000M Walk, 110M Hurdles, 400M Hurdles, High Jump Men, Pole Vault, Long Jump Men, Triple Jump

Shot Put Men, 6,00Kg, 5,00Kg, 4,00Kg, Discus Men, Javelin Men

Hammer, 7,26Kg, 6,00Kg, 5,00Kg, 100M - Women, 200M Women, 400M Women, 80M Hurdles, 100M Hurdles

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PSYCH JOBS.

For distance running...
Zoom D



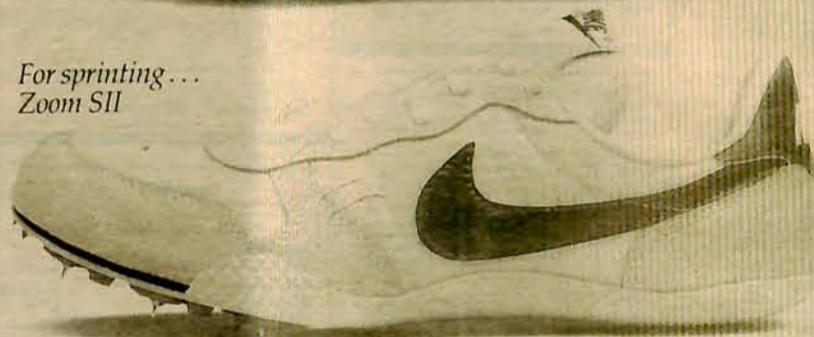
For cross country...
Zoom X



For all purpose running...
Zoom I



For sprinting...
Zoom SII



For all purpose running...
Flame



For the shot, discus...
SD Glide



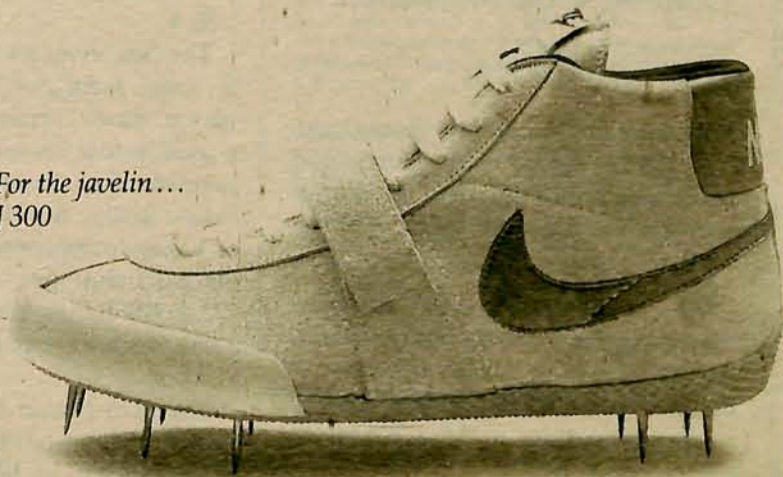
For the long jump...
LJ III



For the high jump...
HJ 8



For the javelin...
J 300



For the triple jump...
TJ 60

