

AT 51, GREEN WINS NATIONAL MARATHON; CUCCHIARI, KIRCHEN TAKE NATIONAL 10K

Edges Haiman by 2 Seconds

from BOB FINE

Matt Cucchiari, 41, Central Park TC, led all the way to win the TAC National Masters 10K Road Race Championships at Prospect Park in Brooklyn, N.Y., April 21, in the time of 33:20.3.

However, Cucchiari's six second lead at the 5K mark was reduced to just two seconds by Ted Haiman, 41, Witold's Runners, who finished second, eight seconds ahead of Herbert Kahl, 41, of the Islander TC.

John Dugdale, 49, NY Masters, scored an eleven second victory with a 34:04.7 over Dave Wilson, 46, Islander TC, in the M45 group. Howard Rubin, 55, won his division in 35:29.1, besting his Syracuse Charger teammate, Ed Stabler, 54 (M50 winner) by six seconds.

William Peck, 60, NYAC, and George Sheehan, 65, Shore AC, won in the 60+ divisions. Alan Poole, 70, Millrose AC, Ed Benham, 76, Potomac Valley Seniors, and Max Popper, 80, Millrose AC, took the remaining contests.

The women were led by Olympic marathon qualifier Elaine Kirchen, 41, Warren Street, with 38:42.5. Katie Knight Perry, 48, Millrose AC, won

Continued on Page 14



Charles Parmalee, 40, (22) and Ralph Zimmerman, 42, battle for the masters title in '84 Price Chopper 30K. Parmalee won by eight seconds in 1:42:22.

Sets Age-50 + Mark of 2:29:11

LINCOLN, Nebraska, May 6. For the first time in the recorded history of national masters long distance running championships, the top male and female awards both went to runners over age 50 today in the 1984 TAC National Masters Marathon Championships.

Fifty-one-year-old Norman Green of Wayne, Pa. topped all over-age-40 runners in a time of 2 hours, 29 minutes, 11 seconds on the TAC/RRCA-certified, looped course. It was the fastest marathon ever run by an American age 50 or over, breaking Green's own U.S. age 50-54 mark of 2:29:54, set in Philadelphia in November, 1982.

Fifty-year-old Martha Maricle flew in from California to become the first masters female finisher in 3:30:47.

Green's superb performance earned him second overall in the 800-runner race. Only 32-year-old Ralph Miller's 2:26:33 was faster.

"My only goal was to win the masters title," Green said. "I was picking up ground at the end, but I wasn't thinking about winning the race overall."

Over 100 masters runners took part in the championship event, run as part of the annual Lincoln Marathon, one of the region's top annual events. A separate chute was set up for masters finishers. The temperature was ideal, in the low 50's, and a wind only came up late in the race.

On only one other occasion has a 50-or-over runner won a national masters championship race. That was last year when Green defeated a tough field in the National Masters 20K in Washington, D.C. in an M50 record 1:05:50.

If it weren't for Green today, the headlines would have gone to Ardel Boes. The Coloradan finished third overall and won the age 45-49 category with an outstanding 2:31:20. Hometown standout Lowell Gaither clocked 2:33:03 for 2nd M45 and 6th overall. Another Nebraskan, Ray Stevens, placed 7th overall and first in

Continued on Page 16

300 COMPETE AT UCLA

LOS ANGELES, April 28-29. Sixteen former Olympians joined over 300 other age-30-or-over athletes this weekend for the First Annual Olympic Legends Masters Track and Field Meet on the new Olympic track at UCLA's Drake Stadium.

Two world and three American age-division marks were set as the California masters track & field season rolled into high gear.

Appearing in his first masters meet was Eddie Hart, 1972 Olympic 400-meter-relay gold medalist who probably would have beaten Valeriy Borzov for the 100-meter gold if Hart hadn't missed the semifinal due to a coach's foulup. Hart, now 35 and running for the Northern California Seniors Track Club, faced 1968 Olym-

Continued on Page 11

Kirchen Leads Masters at Trials

OLYMPIA, Washington, May 12. Joan Benoit, Julie Brown and Julie Isphording deservedly got all the headlines for making the U.S. Olympic team, but seven U.S. masters women who had qualified for the 1984 U.S. Olympic Women's Marathon trails today also deserve a mention for their outstanding achievements.

In the ABC-televised race which saw Benoit romp to a 2:31:04 victory only 17 days after knee surgery, New York's Elaine Kirchen, 41, was only 15 minutes back in a personal record 2:46:43. She was the first age-40-or-over runner across the line and 78th among the 238 starters.

Shirley Weaver was 2nd master, 114th overall, in a PR 2:50:22.

Perhaps the most popular runner in

Continued on Page 14

INSIDE: NEW WORLD AND U.S. AGE RECORDS

Starting on page 21 of this issue are eight pages of new five-year age-group records — both track & field and long distance running — for men and women age-35 and over.

The T&F section covers both world and American marks approved, as of May 1, 1984, by Peter Mundle and the Records Committees of the World Association of Veteran Athletes (WAVA) and The Athletics Congress (TAC).

The LDR pages list U.S. records approved, as of January 1, 1984, by the National Running Data Center, and officially recognized by TAC and the Road

Continued on Page 15

CONTENTS

DEPARTMENTS

Letters to Editor 2
 Gun Lap 6
 Open Mouth 8
 Speaker's Corner 10
 Marco Polo, M.D. 12
 Olympic Watch 14
 Track & Field Report 15
 Profile 16
 Introduction to Triathloning 17
 Countdown to Rome 19
 NRDC 29
 New Age Groups 30
 Masters Scene 30
 Schedule 31
 Classified 32
 National Indoor T&F
 Championships 33
 Track and Field Results 36
 Long Distance Results 42

FEATURES

North Coast Relays 4
 Penn Relays 4
 Nike Cherry Blossom 4
 Indoor Nationals 9
 Perrier 10K 13
 Freihofer's 10K 13
 Oceania Championships 19
 South African Championships .. 19
 World Track and Field
 Age Records 21
 American Track and Field
 Age Records 24
 American LDR Age Records 27

ENTRY FORMS

Northwest Regionals 6
 National T & F Championships ... 7
 Western Regional 9
 Eastern Regionals 11
 New York Masters Relays 13
 Southeastern Track Classic 15
 So. California Championships .. 17
 Pan-American Championships .. 18
 World Veteran Distance
 Championships 20
 New York Masters 10K Walk ... 29

NATIONAL MASTERS NEWS

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MEET TIMING

In the Masters Scene of the May issue of NMN were some marks and comments from my April 14 meet. Some of the times given were to the nearest tenth, some were to hundredths. One comment indicated a 2:39.84 just missed a record of 2:39.8.

My meet is timed by Accutrack except for the 5000. All times are to hundredths. The 2:39.84 is superior to a hand timed 2:39.8. Marks from my meet are automatic timed (there is no need for the world to use the term "fully automatic timed") since the report of the starter's gun activates the timer.

I have been to too many meets in which the timers use digital watches which read times in hundredths so the results are given in hundredths. Unless the starter's gun activates the timer the results must be rounded to the next higher tenth. A time of 29:31 becomes 29.4 since it is slower than 29.3 by one hundredth.

Meet directors should send results in tenths unless Accutrack or some other automatic timing device is used. Athletes and officials should be aware that a minimum of 3 watches is required before a hand time can be accepted.

I've paid entry fees to some meets, only to have a single timer on my lane. At the Senior Olympics one year the timer for my lane was an eight year old girl. Her time differed from the time my wife and several of my teammates got (they agreed). Her 22.9 was official. Their 22.3 was not. The American record was 22.6.

I realize officials are volunteers mostly. I appreciate everybody who helps at any track and field meet. I know what is involved in organizing

and conducting a meet. Every effort should be made to get accurate acceptable times for all runners.

Let's educate ourselves about timing and rounding the times to the next slower tenth. Then we can educate others who might become involved. And then we can compare times from different meets accurately.

Every meet director should be certain that each official who measures long throws knows the rules concerning 1/2 inches, odd centimeters and conversions from metric to English.

We need to be consistent by following the rules. Only then can marks be compared meaningfully.

*Hugh Adams
 Selma, California*

TOMMY KONO

As a new competitor in Masters competition (38 years, shot-put), and recent subscriber to NMN, I was pleasantly surprised to see a familiar face in your paper.

I'm referring to Mike Tymn's article on Tommy Kono. I was a teenage Olympic-lifter in the mid-sixties and remember Tommy well.

At first glance I thought NMN was just another "running" publication, but you appear to have a variety of articles. Keep up the good work.

*Arthur B. Fox
 Pittsburgh*

INDOOR AGE RECORDS

I've had a lot of mail from the U.S. lately, in response to the publishing (April NMN) of the world indoor marks. Unfortunately, I can only record metric distances. The USA is the only country still operating at

linear distances. The field events pose no difficulty, as it is easy to convert to metric. But the track events are out of step with the rest of the world. TAC should do something about it, since U.S. masters are missing out.

*Jack Fitzgerald
 WAVA Records Committee
 London, England*

INTERNATIONAL SECTION

Congratulations on the "new" NMN. I am very happy that we have a world-wide voice now. It is important, because in Europe — especially in Germany with many veteran athletes — we don't have our own newspaper and there is little interest in our problems. Now everybody can help to join a big and strong family.

*Hans Axmann
 Vice-President, WAVA
 Ansbach, West Germany*

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Sondra Schumacher, Glendale, Calif., W30-39, Olympic Legends Meet, April 28-29, Drake Stadium, UCLA.



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Masters Star at Penn Relays

by PETE TAYLOR

PHILADELPHIA, April 28. Dennis Dyce anchored the New York Pioneer Masters to two victories today as the 90th Penn Relays concluded at Philadelphia's historic Franklin Field. Dyce followed legs by Ed Small, Bob Stanford, and Glen Shane with a solid anchor to give the Pioneers a sparkling 4 x 400 win in 3:28.4.

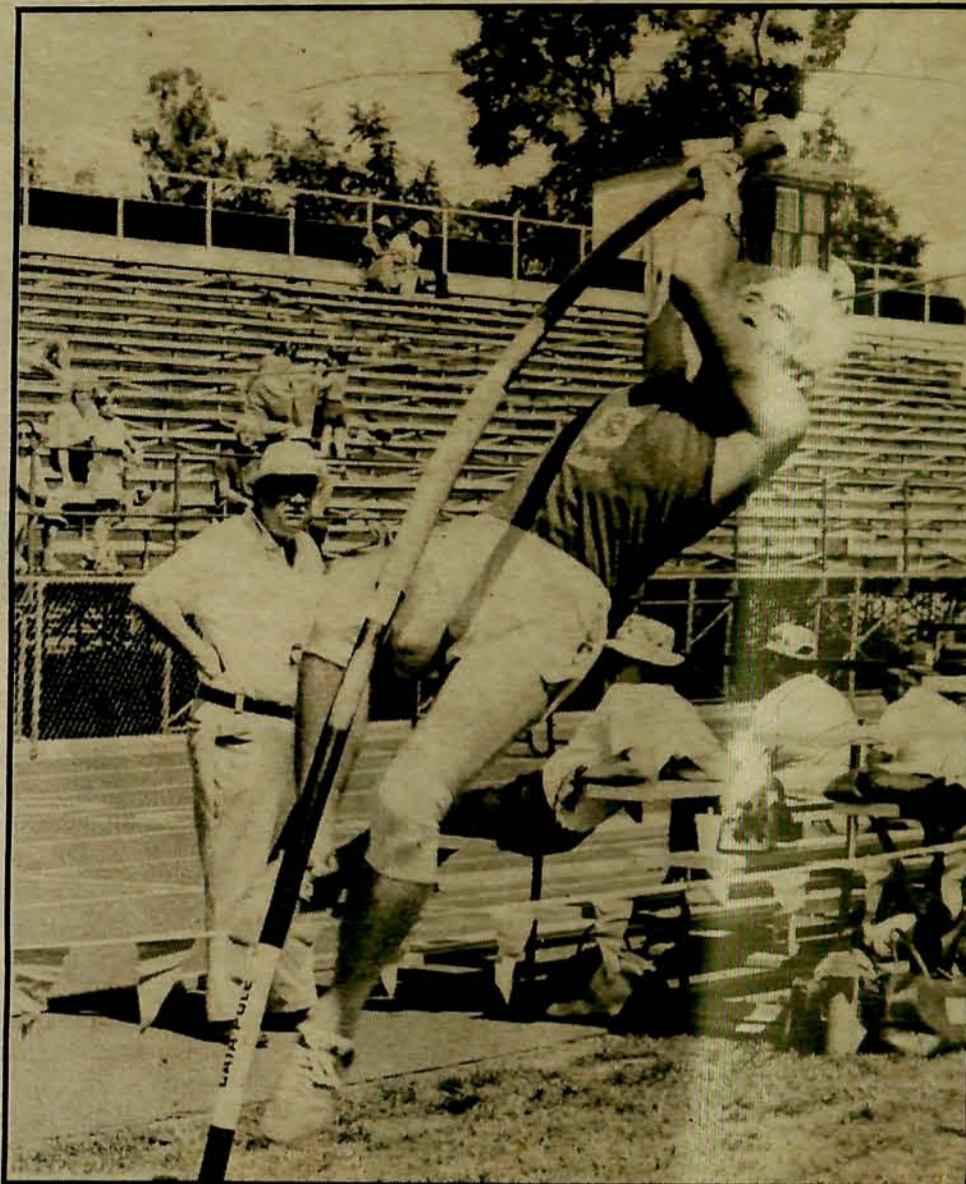
Interestingly, the time not only bettered five of today's winning boy's high school relay times, it was well under the University of Tennessee's winning time in the women's collegiate 4 x 400 held later in the day (3:30.99).

The Philadelphia Masters got second in 3:34.2, followed by Potomac Valley Seniors (3:37.6), Shore AC (3:38.5), and New York Pioneer Masters B (3:47.1).

About 1 3/4 hours later the powerful Dyce returned to anchor the NY Pioneer Masters to victory in the unusual Swedish medley relay (300-100-200-400) with an unofficial time of 2:01.1.

Yesterday, the Philadelphia Masters team of Larry Wilson, Dhamiri Abayami, Jim Bantum, and Edwin Roberts blazed to a 43.85 time in the 4 x 400. NY Pioneer Masters ran 44.44, Bo Weavers (East Orange, NJ), 45.60, Potomac Valley Seniors, 45.75, and Philadelphia Masters again in 47.02.

Added spice was lent to these events by the participation of 60+ and 70+ teams for the Philadelphia Masters. Such luminaries as Bob Boal, Gilberto Gonzalez-Julia, Claude Hills, George Braceland, Rudolf Nilsen, Dave Hall, Jim Manno, and the Harris brothers (Don and Oscar) all competed to the great delight of the large crowds. Popular comedian Bill Cosby also lent excitement by competing for Philadelphia in the 4 x 100 and the Swedish medley. □



Jim Vernon, M65

Over The Hill TC Dominates North Coast Relays

by JAMES BARNETT

Nine track clubs from Ohio, Michigan, Illinois, and Pennsylvania enjoyed warm sunshine and good competition at the Second Annual North Coast Relay Championships in Cleveland Heights, Ohio, April 29.

The Over The Hill TC again captured the overall team award for the second year with 205 points. West Penn TC was second and Fitness TC from Detroit took third. The Over The Hill TC showed depth by winning the 30-39, 40-49, 50-59, and the women's 40-49 age divisions. The West Penn

women's team took the 30-39 trophy, and the Cleveland Masters women's team won the 50-59 age group.

The field event relays produced some outstanding performances. The duo team of Chuck Klehm and Ed Hill, representing the University of Chicago TC, dominated the 40-49 field events winning the shotput, discus, hammer, 35# and 56# weight throws, and finishing second in the javelin.

The Fitness TC's 40-49 foursome of Bennett, Gaine, Thomas, and Ray won the 4x400 relay with a good time of 3:35.33. □

Benham Lowers M75 Record

COFFMAN, KIRCHEN WIN IN NIKE CHERRY BLOSSOM

Forty-one-year-olds Don Coffman and Elaine Kirchen were masters winners in the Nike Cherry Blossom 10 Mile, Washington, D.C., on April 1. Coffman finished in 52:26, and Kirchen in 62:04. Despite several inches of water from the rain-filled Potomac at two points on the course, other 40+ runners also had good times.

Fay Bradley won the M45 division with 55:34, and Marchalla Haraden took the M50 with 59:59. John Hosner, 59, was the M55 victor, while Hubert Morgan won the M60-69 segment in 62:12, only one-tenth of a second off his own U.S. M60 record. Ed Benham, 76, won the M70+ in 72:13, lowering his M75 mark by 34 seconds.

Mary Ann MacFarlane was the W45 winner in 73:56, and Potomac Valley STC's Rachel Bourne defeated the W50+ entrants with a 73:14.

Simeon Kigen, 23, a member of the Kenyan Olympic team, and Rosa Mota, 25, went home \$3,000 richer for their 47:26 and 54:16 open wins. □

Oops!

Ullyot Wins Boston

In the May issue, NMN erroneously reported that Vicki Foltz won the women's masters division of the Boston Marathon April 16 in 2:46:14. Foltz was actually home in bed with the flu. A male runner wore her number, so Foltz was credited with the 2:46 time. All the newspapers and wire services picked it up. Unfortunately, in our hurry to get the results to you fast, we didn't triple check and trustingly put it on page one. Our apologies. The actual female 40+ winner was runner-author Dr. Joan Ullyot of San Francisco, in a time of 2:54:17. □

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Syracuse Chargers 60+ team of (from left) Nate White, 64, Bud Brown, 60, Ed Lukens, 62, Ed Buckley, 62, Nate Hacker, 67, Elmer Shaw, 66, team champions, Eastern Regional Indoor Championships, March 18.

1984 NIKE MASTERS SERIES.

NIKE, Inc., proudly announces our 1984 Masters Road Race Series. For the 7th consecutive year, veteran runners (men 40 +, women 35 +) will compete for awards and travel to the XVII International Masters Distance Championships. For the first time the Championships (10K and marathon) will be held in the United States—in San Diego, CA, on December 1st and 2nd.

<u>Date</u>	<u>Location</u>	<u>Race</u>	<u>Distance</u>
May 13, 1984	Syracuse, NY	Dynamis	15k
May 20, 1984	Michigan City, IN	RRCA Championship	15k
May 28, 1984	Huntsville, AL	Cotton Row Run	10k
June 24, 1984	Portland, OR	Cascade Run Off	15k
Sept. 30, 1984	Minneapolis, MN	Twin Cities Marathon	Marathon
Oct. 13, 1984	El Paso, TX	Run Against Crime	15k

In addition, some travel credits will be awarded by lottery. Therefore, any runner may be a winner.

NIKE is looking for six additional races to add to the 1984 Series. They must be: 1. NRDC-certified courses, 2. 1000-5000 participants, 3. In cities other than those already on the Series schedule.

For more information on the 1984 Series, or to submit a race for consideration, please contact: Valdemar Schultz, Masters Athletics, NIKE, Inc., 3900 S.W. Murray Blvd., Beaverton, Oregon 97005.





THE GUN LAP

by MIKE TYMN

The Incredible Al Oerter

Rooting for 47-year-old Al Oerter to make our Olympic team this year and then go on to win his fifth gold medal in the discus is an ambivalent situation.

On the one hand, you want him to show up those brash young kids and show us that aging isn't as debilitating as we sometimes think. On the other hand, you don't want him to take away the excuse we have for losing to those young guys.

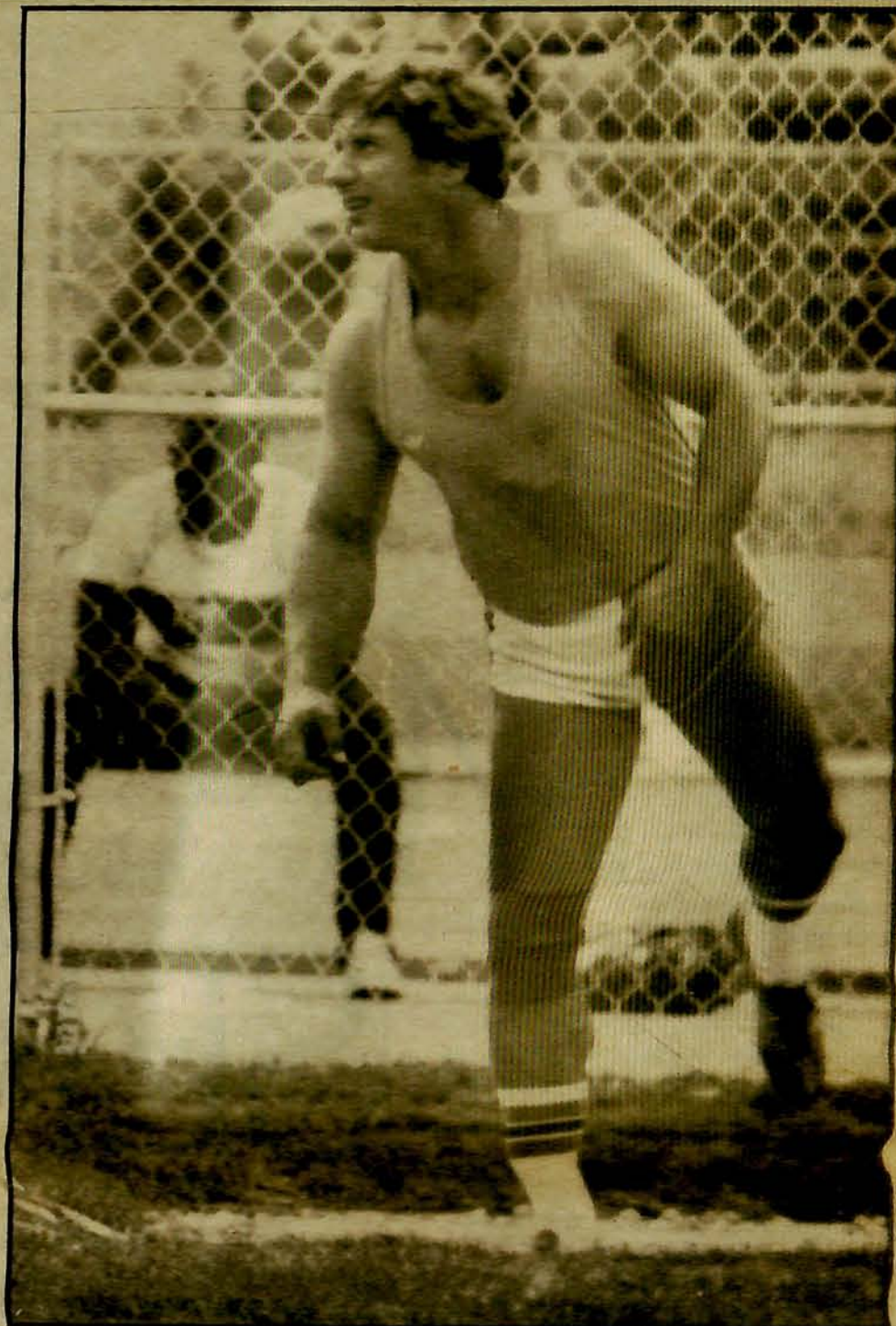
It's bad enough when distance runners like Jack Foster and Antonio Villanueva compete at world-class levels. But athletes like Oerter, who rely on coordination and explosive power, are supposed to be washed up at an earlier age.

Oerter is even more of an anomaly than Foster, who ran a 2:11 marathon at age 41. Since Foster didn't take up running until he was 32, we can reason that he might have run 2:07 or 2:08 at age 30 if he had gone through the five-to-seven year adaption period during

his 20's. Therefore, Foster might have been slower at 41 than he was at 30. We just couldn't see it.

Such is not the case with Oerter. He began at an early age and still seems to be improving.

Oerter won the gold medal at Melbourne in '56 with an Olympic record toss of 184 feet, 11 inches. At Rome, in '60, he advanced it to 194-2. On May 18, 1962, at the age of 25, Oerter became the first man to officially go over 200 feet as he recorded 200-5. Before the '64 Games, he had



Al Oerter.

Photo by Richard Lee Slotkin.

the world record up to 206-6. At Tokyo, he upped the Olympic record to 200-1 and at Mexico City he won his fourth gold medal with a 212-6.

Oerter decided in 1971 that he'd had enough. "My neck was hurting, and I couldn't double my weight-lifting pro-

lives in West Islip, N.Y. and is employed by Grumman Data Systems on Long Island in marketing research. I reached him at home the weekend before he was scheduled to compete in the Mt. San Antonio Relays in Los Angeles and put a number of questions to him.

How is it that you keep improving? Are you feeling any effects of aging?

Oerter: "I'm as strong as I've ever been. But what's most apparent with an advance in age in competition is just what I'm feeling at this precise moment. I've just finished a training session and everything hurts. My calf hurts. My lower back hurts. The skin on my finger is tearing, little things like that, little niggling injuries. That's the main difference."

You seem to be much heavier now than when you were competing back in the 50's and 60's. How does your weight compare with then?

Oerter: "My weight now is 278 to 280. In '56 I weighed 235, in '60, 255, in '64, 275. Then in '68 I was at my heaviest before the Games. I was at 297. But that was just too heavy. I could never carry that kind of weight right now and attempt to move within

Continued on Next Page

"I go up to a certain point and then back off. If I do injure myself, it takes more time to repair than it did when I was in my 20's."

gram to put on the weight I needed," he later explained.

At 35, Oerter had hung it up. In spite of the four gold medals, he seemed human. He came out of retirement, however, in 1980 to try for the Olympic once again, finishing fourth in the Trials. He achieved his best official throw of 227-11 feet that year, but in 1982 in an exhibition for a television program he exploded for an incredible 240 feet (the world best is 237-4 by Ben Plucknett).

Born in Astoria, New York, Oerter

—1984—

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SCHEDULE OF EVENTS

<p>FRIDAY NIGHT JULY 13</p> <p>6-8 PM Long Jump (Men & Women) Shot Put (Men & Women) Discus (Men & Women) High Jump (Men 30-49) 6:15 3000 St (Men Only) 8:00 110 Hurdles (Men Only) 100 Meters (Men & Women) 1500 (Men & Women) 400 (Men & Women)</p>	<p>SATURDAY NIGHT JULY 14</p> <p>6-8 PM Triple Jump (Men Only) Javelin (Men & Women) Pole Vault (Men Only) High Jump (Men 50 & Up & Women) Hammer (Men Only) 8:00 400 Hurdles (Men Only) 200 (Men & Women) 3000 (Women Only) 5000 (Men 40 & Over) Race #1- 5000 (Men 30-39 & Men Over 40 Who Want To Be In This Race) Race #2- 5000 (Men 30-39 & Men Over 40 Who Want To Be In This Race) 800 (Men & Women)</p>
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Continued From Previous Page

the ring. And perhaps 280 is too heavy. If I can maintain current strength levels or just a notch below and take off six or seven pounds it'll probably be good for me."

How does your weight training now compare with what you were doing 20-25 years ago?

Oerter: "I've managed to get past some self-imposed barriers that I probably set up a long time ago, thinking it was just absurd to lift certain poundages and to attempt certain things. The old theory was that you became muscle bounded. It was thought to be detrimental to any kind of athletics, while it was just the kind of lifting people were doing that provided that bounded feeling."

"Now, more often than not, I'll at-

"The way the masters conduct the meets is terrible. You wait around forever while they run thru the age groups."

tempt things and succeed. But not to the point of breaking down. That's one allowance I'll make for age. I go up to a certain point and then back off. If I do injure myself, it takes more time to repair than it did when I was in my 20's."

Have you sensed a loss of speed with the years?

Oerter: "I've noticed a decline in running speed, but when I get aggressive in throwing I'm told I'm just as quick as ever. Of course I have no way to measure that, but people who've known me for a long period of time say that I'm just as quick in the ring."

I would think that slower running speed would indicate slower reaction time or slower reflexes in throwing, wouldn't you?

Oerter: "Well I'm not really laboring to get one foot in front of the other. My wife is 31 and is a sprinter. I run with her, but I don't have any reason to test myself in a sprint. So I don't know how much running speed I've lost. It's more a reluctance to do

things right now. Why take chances?"

In a recent television interview didn't you say that what you had lost to aging you had made up in technique, or something like that?

Oerter: "I think I'm more productive right now. A long time ago, in the 50's and 60's perhaps, it used to be a brute force approach. I used to work a little longer than I do right now. Maybe we'd put in two hours. Now I put in about an hour and 20 minutes. I'm working strictly on technique and trying to become more aggressive, rather than the brute force. I think about it a little bit more, so the workouts are more productive. I pro-

bably get more out of it than I did years ago."

If you had known 20 years ago what you now know about training, do you think you might have been throwing 240 or 250?

Oerter: (laughs) "That's tough to say. I don't know about 240, but I know I'd have been a better thrower and more consistent. I don't know if I'd have been a better thrower in the Games, because I was always able to bring out the best in myself for them."

Tommy Kono ('52 & '56 Olympic gold medal weightlifter) says that he thinks he'd be lifting heavier weights today because he'd be thinking higher.

Do you think that's the case with you?

Oerter: "I think Tommy's right. You tend to work with your peers. If somebody's throwing 227 and winning everything, you get some indication of what's possible. You never think 255 or something like that is possible."

What do you think it will take to make the team this year?

Oerter: "I've always said it will take 225. I don't know. No one knows what drug testing is going to do. This is the big difference. Some of the athletes may find that they don't need the chemicals or whatever junk they've been taking. There may be others who

Continued on Page 10

1984 TAC National Masters Track & Field Championships



Hayward Field— Eugene, Oregon

Friday, August 17 through Sunday, August 19

Hosted by Oregon Track Club Masters

- Divisions:** 5-yr. age divisions for men & women age 30 and over
- Entry fees:** \$7 for first event (includes special Athletic Clinic Friday a.m.), \$4 per additional event. \$16 per relay team.
- Entry deadline:** All entries must be postmarked by July 15, 1984. Late entries will be returned.

- TAC Registration required for all American entrants.
- Travel Headquarters has arranged lodgings at a special reduced rate and can take care of all your travel needs.
- A unique TAX RELIEF SEMINAR is being offered, which may make your trip to Eugene a tax-deductible business expense.



DETACH AND MAIL
★ Please Print ★

Name _____ Birthdate _____
 Address _____ Age (as of 8/17/84) _____
 Phone () _____ Male _____ Female _____
 Club Affiliation _____ TAC # _____

An elaborate BRUNCH will be served Saturday, 8-11 a.m. at a cost of \$7.00 per person
 I am _____ I am not _____ interested in attending.
 Number in party _____

Events	Best 83 or 84 Mark	Entry Fee
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		
		Total Entry Fee _____
		T-Shirts _____
		Brunch _____
		TOTAL _____

T-SHIRT ORDER: \$6.00 each
 SIZE (check one)
 small medium large x-large

For additional events include on separate sheet. Event changes will not be permitted after registration deadline.

Make checks payable to: OREGON TRACK CLUB MASTERS

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:
 Oregon Track Club Masters, Travel Headquarters, P. O. Box 10085, Eugene, OR 97440.

SCHEDULE OF EVENTS

FRIDAY

- 2:40 5000m Racewalk
- 3:30 Opening Ceremony
- 4:00 High Hurdles—Trials (W&M)
- 5:00 High Hurdles—Finals (W&M)
- 6:30 400m—Trials (W&M)
- 8:00 400m Relay (W&M)
- 8:30 10,000m (W)
- 9:30 10,000m (50 + M)
- 10:30 10,000m (30-49M)
- Mile Relay (W&M)—follows immediately

FIELD EVENTS:

- 4:00 Javelin (M)
- Pole Vault (50 + M)
- High Jump (W) Area I (50 + M) Area II (30-49M) Areas I & II following above groups
- 5:00 Hammer (M)
- 6:00 Long Jump (W)

SATURDAY

- 4:00 100m—Trials (W, 50 + M) East side (30-49M) West side
- 100m—Finals (W&M) West side
- 6:00 Steeplechase—(M) 2000m (M) 3000m
- 7:00 400m—Finals (W&M)
- 8:00 1500m—Finals (W&M)
- 10:30 2-mile Relay (W&M)

FIELD EVENTS:

- 2:00 Pole Vault (30-49M)
- 3:30 Javelin (W)
- Long Jump (M) Areas I & II
- 4:00 Shot Put (M) Areas I & II
- 5:30 Discus (W)

SUNDAY

- 8:00 a.m. 20k Racewalk (W&M)
- 8:30 400m Int. Hurdles—Finals (M)
- 9:30 5000m (W&M)
- 11:30 800m—Finals (W&M)
- 1:30 p.m. 200m—Trials & Finals

FIELD EVENTS:

- 9:00 a.m. Discus (M)
- Triple Jump (M)
- Shot Put (W)

DISCUS THROW

Placing	Name of Contestant	Representing	Distance
1st	ALFRED OERTER	UNITED STATES	184' 10 1/2"
2nd	FORTUNE GORDIEN	UNITED STATES	179' 9 1/2"
3rd	DESMOND KOCH	UNITED STATES	178' 5 1/2"
4th	Mark Pharaoh	Great Britain	178' 0 1/2"
5th	Otto Grigalka	Russia	171' 9 1/2"
6th	Adolfo Consolini	Italy	171' 3 1/2"



Discus throwing honors were monopolized by USA athletes. At left is Desmond Koch, bronze medalist; in the center is champion Al Oerter, and at the right is Fortune Gordien, '56 Olympian.



On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

Quixote in Springtime

I truly love the month of April. By April everyone has returned from their "break up the winter" getaway in Florida, Palm Springs or wherever. Personally, I wasn't able to get away this past winter, economic concerns (rent) kept me in Chicago on a full time basis.

Seriously, I think you know I wouldn't have to work another day in my life if I didn't want to. Of course, I wouldn't be able to eat, but, that aside, money in general has never been a priority with me. True, my wife's money is quite another matter, but I'll save that for another time. I love April, because I know, come April, great lines in sports like, "Come on, you can do it," "You're looking good," and the theme from *Rocky* can't be far behind. Everyday, new evidence of a summer of training, racing and serious injury, lie just ahead.

One easy indication of a new season at hand is the increased stroke by the catalog houses. L.L. Bean is now sending me a catalog a week. I've lost track of which sale this week's sale is a sale of. My interest is now confined to searching out the dumbest looking ad. Be honest, haven't you looked up from a running catalog ad and said to your wife, "This gal has to be the owner's daughter." Furthermore, everyone looks too healthy.

Some catalog called "Lands End" has me on the every-other-week mailing list. I get the feeling they think I was, and maybe still am, a yachtsman; and beyond any question, have been and always will be — very preppy. When was the last time you saw a bunch of black guys sitting around in green pants? Next time you stop in for bagels, see how long you wait before a guy wearing dock siders comes in. The selection of products for the runner is very good — for a laugh. One called Moss Brown is always trying to make a big deal out of their sale on Gortex running suits. You could get it for the same price at Gucci's. Of course Gucci is over two blocks away from my office and for a busy executive like myself, time is money and money, as you well know — no need going into all that, you know anyway. The running shoe selection always features some New Balance or Etonic models that were discontinued about two years ago.

Somewhere along the line, I got my name in a running computer list

(obviously for sale) in the sky. You'd think I controlled some gigantic race budget of \$500 or more based on the mail I receive. I not only get catalogs from all over the nation, I get race applications from all over the free world. If I had the time I would gladly lend my support, but, really, who wants to hear the George Sheehan — Hal Higdon story twenty-five more times? Sure, one's an excellent/funny-writer/-speaker and the other is a doctor. Who cares? Enough is enough.

Going to the races used to be fun; I suppose it still is. Somehow though, the weekly race scene leaves me a little cold. Face it, it's mostly very, very serious people, bitching. The bitching isn't even that imaginative anymore. You always overhear someone saying, "I understand they measured the course with a car speedometer! This race sucks. They should shoot the bastards responsible." I always turn around to see where lines like these come from and it's always a shriveled up little guy in hair strings that looks like he's probably into video game maintenance.

How about something daring and different?

A race for nude runners only. There would be just one stipulation; all runners would be checked for carrying concealed and/or illegal substances.

I get invited to running camps in the most appealing places: "Come run in the Colorado Mountains," or "You'll never do better than in the redwood country of Northern California." I

never paid much attention but I assume they're free. I did spend a weekend at a running camp once — they fed us a big story about the difference between the right food and the wrong food and we ate peanut butter for breakfast — all those carbs, for energy, right? Give me a break!

Frankly, it all sounds kind of boring. Can you imagine being marooned up in some high desert with a bunch of runners? I'm reminded of what Higdon told me about running in the early days. "Then they were all weirdos." — It was truly a sanctuary for the dregs who couldn't do anything else. I still get a kick out of how running promoters brag about the demographics of runners; educated, urbane, professional. You got it, Pal; weird lawyers, weird doctors, weird businessmen, weirdos with college educations. Just me and my Sony, sweetheart. Outsight! Awesome!

The high point of my week at camp

was a special guest appearance by Ken and Jen, droning on and on and on about certification and cheating. Damn, am I glad they're not with the IRS. I wish someone would come along with a running camp that featured bondage fantasy and specialized in teaching you how to make those leather outfits they wear on cable television. You could be helping your body and at the same time learning a skill.

What I'm saying, no doubt circuitously, is this; things have got to lighten up. It's become too predictable and tacky. The running hype has brought about a kind of mental constipation among the participants. We've been sold and we bought the whole routine as a very serious life and death version of the great windmill fight of the '80's. The running scene needs fresh air. It needs new ideas, new goals, guidelines, and standards. On the other hand, maybe all it really needs is a good Fleet. □



Elaine Kirchen en route to a masters victory in the '84 Price Chopperthon 30K, 1:57:49, March 18.



Indoor Nationals Draw 561

As reported briefly last month, 561 masters and sub-masters men and women athletes took part in the largest-ever TAC National Masters Indoor Track and Field Championships, held in Princeton, New Jersey, March 24-25.

Competition was fierce. No one in the rugged 35-39 bracket was able to win more than one event.

The top gold medalist of the meet was national and world W35 champion Phil Raschker of Atlanta, who notched five wins in the 60, hurdles, pole vault, long and triple jumps.

Taking home four firsts were Puerto Rico's Gilberto Gonzalez in M70, and Ohio's Byron Fike in M75.

Triple gold medalists were octagenarian Russ Myers of Florida; Jay Sponseller, M65; New York's Rudy Valentine, M60; P. Collins, W30; Cincinnati's Mary Bowermaster, W65; New Jersey's M. Fitzgerald, W45; California's Herb Miller, M65; and New Jersey's M. Lopez, W70.

Impressive double winners were New York's Archie Messenger in the M60 1000 (2:50.21) and mile (5:24.5); California's Burl Gist in the M60 high jump (5-2) and 60-yard hurdles (9.67); New Jersey's Don Johnson in the M65 mile and two-mile; California's Bruce Springbett in the M50 60 (6.98) and 300 (34.79); and Dennis Dyce in the M40 300 (33.43) and 600 (1:16.24).

Kirk Randall of Massachusetts took two in the M40 mile (4:27.3) in a battle with Holbrook, Cohen, Haiman and Faxon, and 2-mile (9:48). Maryland's W. Daily captured two in the M30 600 (1:16.0) and 1000 (2:19.0). Henry Glyde took the mile (4:41.7) and 2-mile (10:03.19) in M45.

National outdoor M50 800 champ Lee Blount of St. Louis garnered the M50 600 (1:22.4) and 1000 (2:32.7) nipping Rudy Enders and Jim Sutton, respectively. L. Smith took the M55 300 (37.67) and 600 (1:25.9). Herb

Kania notched the M55 1000 (2:38.4) and mile (5:04).

Manny d'Elia took the 60 and 300 in M75 action; L. Upton grabbed the 600 and mile in W40; Ohio's J. Gibson abducted the 1000 and 2-mile crowns in W45; Mila Kania lifted the mile and 2-mile in W50; and Texan Barbara Neuhaus put away the 300 and 600 in W55.

In the field events, 1952 and 1956 Olympic pole vault gold medalist Bob Richard won his specialty in 10' in M55, and added the high jump in 5-1. Kentucky's M. Nickell won both M55 jumps in 16-7 and 32-6. Alabama's Ed

Hill powered to shot (48-7) and weight throw (52-7) wins in M40, as did Maryland's Ed McCombs (46-11 and 49-11) in M45; Michigan's Bill Walmroth in M60, Pennsylvania's B. Detweiler in M70, and Ohio's E. Hosack in M80.

Ed Lukens took both M60 jumps. Ham Morningstar took the M65 pole vault and high jump. Indiana's Arling Pitcher looked good winning the M80 pole vault and triple jump. Pennsylvania's Claude Hills doubled in the M70 triple and hurdles. Barry Kline won the M40 hurdles (8.42) and high jump (5-6). F. Samara sped to hurdle (7.72) and LJ (22-7) wins in M30.

Double winners on the female side were C. McDonald in the W40 LJ and

300; Essie Kea in the W45 LJ and HJ; Florence Reardon in the W55 60 and LJ; and V. Nelson in the W70 LJ and HJ.

Michigan's Clarence Ray edged Louisiana's Danny Thiel, 33.16 to 33.40, in a fast M35 300; Larry Colbert squeaked by Ed Small by .06 in 34.78 in the M45 300; Jim Sutton and Bill Foulk both broke the tape in 4:48.7 in the M50 mile, with Sutton's lean winning the photo.

Meet directors Ron Salvio and Matt Brown said the selfless efforts of the New Jersey TAC officials helped make it one of the best-ever masters track meets. The 1985 National Indoor Masters Championships will be held in Chicago. □



1984 TAC WESTERN REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS



SCHEDULE OF EVENTS

Friday July 13

5:00 p.m. Pentathlon

Saturday July 14

Track:

2:00 p.m. 400 m heats
2:30 p.m. 4 X 100 m relay
3:00 p.m. 3 K steeplechase
3:30 p.m. H. H.
4:30 p.m. 5 K racewalk
5:15 p.m. 800 m
6:00 p.m. 100 m heats & finals
7:30 p.m. 400 m
8:30 p.m. 10 K

Field:

2:00 p.m. H.J. women & 60+
L.J. 50 - 59
3:00 p.m. L.J. women & 60+
S.P. 30 - 39
4:00 p.m. L.J. 40 - 49
H.J. 30 - 59
S.P. women & 60+
P.V. 50+
5:00 p.m. L.J. 30 - 39
S.P. 50 - 59
6:00 p.m. S.P. 40 - 49
D.T. women & 60+
7:00 p.m. P.V. 30 - 49
D.T. 50 - 59
8:00 p.m. D.T. 40 - 49
9:00 p.m. D.T. 30 - 39

Sunday July 15

Track:

3:00 p.m. 200 m heats & finals
4:15 p.m. 400 m H
5:00 p.m. 1500 m
7:00 p.m. 5000 m
8:30 p.m. 4 X 400 m relay

Field:

3:00 p.m. H.T. 30 - 39
4:00 p.m. H.T. women & 60+
J.T. 30 - 39
T.J. 50 - 59
5:00 p.m. H.T. 50 - 59
J.T. 40 - 49
T.J. women & 60+
6:00 p.m. H.T. 40 - 49
J.T. 50 - 59
T.J. 40 - 49
7:00 p.m. J.T. women & 60+
T.J. 30 - 39

OCCIDENTAL COLLEGE
1600 Campus Road, Los Angeles, California - Patterson Field
July 13, 1984 thru July 15, 1984

Divisions: 5 year age division for men and women, age 30 and above.

Entry Fees: \$8.50 for first event; \$5 per additional event. \$20 per relay. Includes T-shirt.

Entry Deadlines: All entries must be postmarked by July 6, 1984. Late entries will be charged \$1.50 if heats or flights are open. Sorry, no refunds.

Accommodations: Sorry, none available due to Olympic "rush."

Miscellaneous: Running order, women first and then oldest to youngest. Implements and hurdles follow TAC regulations.

- ★ TAC Registration Required
- ★ Western Regional Championship medals to top 3 residents. Additional awards to guests.
- ★ Surface: Identical to L.A. Coliseum. 9 mm elements required for track, L.J., T.J., P.V., H.J. and J.T.

Send check & entry form to: G.D. Miller, 1740 Grandview Avenue, Glendale, CA 91201 - Tel: 818-843-2139 (until 9 pm)

WESTERN REGIONAL MASTERS T & F CHAMPIONSHIPS

Name _____ Birthdate _____

Address _____ Age _____

Phone: () _____ TAC# _____

Club Affiliation _____

Events:	Best '83/84	Entry Fee
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

T-Shirt Size: S M L X-L TOTAL: _____

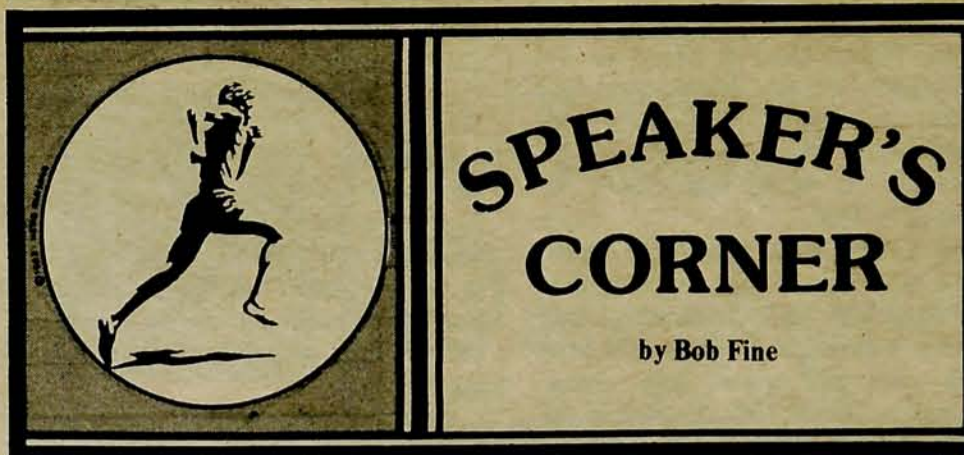
Please make check payable to: Corona del Mar TC

I waive all rights that I or my heirs or assigns may have against Occidental College, the Athletic Congress, and 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 _____



Don Johnson in the 2 mile, '84 TAC National Indoor Championships.



Justifiably Obnoxious

In the April issue of the National Masters News, Scott Thornsley noted that Ron Salvio and myself are often regarded as "cranky." I must take umbrage at this characterization. I believe that the proper characteristic should be "justifiably obnoxious."

One is not born justifiably obnoxious, even though my breech birth would seem to be ample justification. My "JO" developed over a period of time serving as a Meet Director.

The first Masters Championships held by the Metropolitan Association (New York City) was in conjunction with the local Junior Championships. A.A.U. officials were used. The Chief Timer resembled a pregnant elephant. His belly extended over the inside lane even when he was off the track. As my race started, he removed the stub of his cigar from his mouth and proceeded to opine, "What are you old farts making asses of yourselves for?" With my usual tact, I responded, "So we don't look like you, you fat son of a bitch." For some reason, he took objection to this factual remark and refused to time for us. Other Masters competitors were drafted and the meet proceeded. It was then that we decided to officiate our own meets.

I would estimate that 85% of the competitors are cooperative and are a joy to service. This is particularly true of the field event athletes. They toil in anonymity, show up on time, do most of their own officiating, wait patiently for their prizes and never cause any problems. About ten percent of the competitors not only cooperate but show their appreciation by offering to assist in the Meet, say "Thank you" to the officials and even write "Thank you" notes (I save all of them). This would leave somewhat less than five percent of the competitors who cause close to 100% of the problems. The "five-percenters" are demanding, selfish, uncooperative, and run the gamut from being oblivious to just plain stupid. It is this group that lead me to being "JO."

The following is a list of some of the things the "Five-Percenters" do:

1. Wait until the last moment to enter.
2. Send in checks that bounce (try to collect — Ha-Ha).
3. Try to enter by phone.
4. Try to switch events.
5. Seek refunds if they don't compete.

6. Try to determine who is competing in their event, before they enter, to have a better chance for a prize.

7. Complain about the order of events (our order of events hasn't changed in eight years).

8. Complain that the exact starting times are not listed for each event. (We stopped doing this because, if we ran ahead of time, someone would show up at the scheduled time and miss the race; or, if we were behind time, someone would complain about what a lousy meet it was.)

9. Object to the entry fee. You get what you pay for. If the athlete wants trophies or t-shirts the only way these items can be paid for is through entry fees (unless there's a sponsor, which is hard to come by).

10. Complain about the awards. We can give beautiful medals which would cost \$15 apiece. Obviously there is a trade off. We try to satisfy everyone — (we've never been successful).

11. Demand competitor awards, such as a t-shirt. We don't object to providing t-shirts, but the competitor shouldn't object to assuming the cost.

12. Come to the sign-in table and pester the officials for a list of the competitors in a given event. (The list is posted away from the table).

13. When the event is called, rush up to the clerk of the course, mumble one's name and then run off. It is impossible to sign in everyone when everyone is talking.

14. Do not answer the sign-in call and then just appear at the start.

15. Right after the event is finished, bother the timers for one's time (the times are posted as soon as possible).

16. Rush over to the award table and demand the award prior to the official results being posted.

17. Question the judgment call of an official.

18. In meets with team scoring, annoy the officials while the meet is in progress as to the team scoring.

19. Object to clearly stated rules such as "one false start and you're out."

20. Fail to control one's young

children.

21. Seek to post enter.

Over a period of time, I've been able to identify the "five-percenters" in the meets that I direct. I find that these types will always seek to take advantage. However, if one is forceful with them, control can be exerted. When all else fails, I simply suggest that, for the amount of money I am being paid (zero), I don't have to take their abuse and they can serve as Meet Director.

Al Oerter

Continued from Page 7

have developed a dependency on chemicals and may be taken down a notch. Hopefully, there will be good testing at the Trials.

I don't know if it's proper to ask this, but have you used steroids?

Oerter: "I tried back in '78 when I first came back. Fortunately, I have a mechanism that prevents me from trying it again. You tend to retain water. I have a problem with hypertension and if you're hypertensive and retain water it makes the problem even worse. I didn't see any results for the weeks I was on it. Some guys who've been on it for years swear by it. There's no way I can play those games. I wouldn't want to."

Obviously, you don't need to concern yourself with masters competition now. But can you see yourself, say 10 years from now, throwing in masters meets?

Oerter: "The way the masters conduct the meets is terrible. You wait around forever while they run thru the age groups. Some of the meets take six hours to run thru. It's not a heck of a lot of fun to get in there and throw with people who are throwing 90 feet. They're doing the best they can and more power to them, but there is no incentive for me to get in there and start cranking out 210 or something like that."

So you're saying you probably won't continue throwing once you can no longer compete at your present level?

Oerter: "No, I will continue to throw for a long time to come. Ob-

No one has taken me up on this offer after twelve years.

Be understanding of the time and effort that goes into running a meet. A proper job requires preparation months in advance. All of us would like to do the best possible job. There is great satisfaction when a competitor applauds your efforts. Mistakes will be made. Constructive criticism is needed and welcomed. Work with us and help us. □

viously, I won't be in the 200's for many years to come, but I know I will be thru 1988 or somewhere around there. I'll be able to compete in the TAC meets.

You don't think, though, you'll ever be interested in competing in masters meets?

Oerter: "If people start learning how to put on the meets I would. I know it's mostly for enjoyment for the athlete, but they're really preventing a lot of people from coming back by not setting minimum standards and keeping it at as high a level as possible. I find it difficult when you go to a meet and find a guy in three throwing events, four running events, two jumping events, running back and forth and generally screwing everything up. He might be having a great time, but the competition, itself, is a disaster. Competition is something to be enjoyed. You try to do as well as you can, not just see if you can throw the shot or run a mile. By having athletes running back and forth, just attempting various things rather than working hard at one or two things, destroys it."

How are you shaping up for the trials?

Oerter: "The wet and cold we're having back here have taken my training a long step backward. I need warm weather to get aggressive and start throwing with great intensity. I have to concern myself too much with injuries in this weather. Give me six to eight weeks of fair weather where I can work with great intensity and that's all that's required." □



Oerter winning 1st Olympic gold medal in Melbourne in 1956.

300 Compete

Continued from Page 1

pic 100-meter champion Jim Hines, also running for NCSTC, in the age 35-39 100-meter dash.

It was a highlight of the meet. Hines, who held the world 100-meter record of 9.95 for 15 years until Calvin Smith ran 9.93 last year, was away fast, but Hart caught him midway and pulled away to a convincing 2-yard win, 10.7 to 10.9.

Four-time Olympian Parry O'Brien, who won two Olympic gold medals (1952 and 1956) and one silver medal (1960) in the shot, easily captured his specialty in the age 50-54 bracket with a heave of 53-3, and added a discus win in 170-10.

Barbara Farrell Edmonson, 1968 Olympic 400-meter relay gold medalist and 100-meter silver medalist, took the women's age 30-39 100-meter dash in 12.8. She defeated two other Olympians — Martha Watson, a long-jumper in four consecutive Olympics (1964-1976) and Marilyn White, Edmonson's teammate on the 1968 winning relay team. Watson won the W30 long jump with a leap of 17-2 3/4.

The 1964 Olympic 400-meter gold medalist, Mike Larrabee, competed in the M50 100-meter dash, finishing third in 12.3 behind national M50 champ Bruce Springbett and Nick Newton.

Four-time Olympian Harold Connelly (1956-60-64-68), who won the gold in the hammer in '56, easily won his specialty in the M50 division.

Josh Culbreath, 1956 Olympic bronze medalist in the 400-meter hurdles, ran the masters relay with teammate Bill Cosby in the Penn Relays in Philadelphia on Saturday, then hopped a plane and notched the M50 hurdles here on Sunday in 64.0.

Richard Katus, bronze medalist in the 1972 Olympic Decathlon for Poland, took home a third in the M35 110-meter hurdles in 15.0, behind Don Parish (14.5) and Marvin Thompson (14.7).

The Olympic athletes were the honored guests of Home Savings of America, sponsor of the meet, at Saturday night's banquet at the Sheraton-Miramar Hotel in Santa Monica. Each Olympian was presented with a special plaque by meet director Bill Adler. Sportscaster Mike Walden MC'd film clips of past Olympic moments. Athletes danced to the music of the Home Savings of America orchestra. The show-stopping fiddler Jana Lou enthralled the crowd for nearly an hour. Retiring UCLA track coach Jim Bush, the meet's honorary director, paid special tribute to the 16 Olympians.

A non-Olympian, Burl Gist, jumped higher than any man over age 60 had ever gone, setting a new world M60 record of 5-2-3/4. Bill Morales set a pending world M65 javelin record of 158-11. (Morales also has a pending M65 throw of 168-2).

Gretchen Snyder, 50, destroyed the American 800-meter record for women age 50-or-over with a time of 2:32.4, thirteen seconds faster than Ruth Anderson's U.S. W50 mark of 2:45.4. Snyder also took 2.5 seconds off Shirley Kinsey's American W50 200-meter mark of 31.7, but her time of 29.2 was wind-aided and won't go into the record books.

Helen Dick, 59, sped to a new U.S. W55 mark of 20:05.0 in the 5000, lowering Margaret Miller's 10-month old mark of 20:58.2.

Dan Aldrich hurled the discus 164'10" for a pending U.S. M65 mark, well over Ken Carnine's current 141'10" best.

Payton Jordan, head coach of the 1968 U.S. Olympic T&F team and a popular masters runner for many years, remained undefeated as a master in the 100-meters with a 13.0 win in the M65 category, and added a 200 win in 27.4.

Boo Morcom, who finished sixth in the 1948 Olympic pole vault and who, at age 59, vaulted higher than his Olympic performance, flew in from Philadelphia for the occasion to vault

11'0" in the M60 contest.

Cherrie Sherrard, 1964 Olympic hurdler, won the 80-meter barriers in 12.5 and the 100 in 13.4 in W40 action.

John Pennel, who made the 1964 and 1968 U.S. Olympic team in the pole vault, garnered second place in the M40 division with a 13' vault, as Marion Connelly's 14' took top honors.

Lynn Eves, a Canadian competitor in the 1960 Olympic sprints, took 2nd in the M40 400 in 55.5, behind Dennis Duffy's 53.7.

Kathy Kusner, an Olympic equestrian, took two seconds in the W40 1500 and 5000.

Good early-season efforts included Harvey Franklin's 15-second win over George Cohen in 4:13.9 in the M40 1500. John Weldy led an invasion of Phoenix runners with a double triumph in the M50 1500 (4:30.1) and 5000 (16:25.0). His 5000 time is only 14 seconds off Pete Mundle's U.S. M50 5000 record.

Bill Fitzgerald captured the 800 (2:17.3) and 1500 (4:45.3) in M55 competition. Hilliard Sumner, after a two-year absence, sparkled with two wins in the M35 200 (23.6) and 100 (51.8).

Springbett tripled in M50 with a 24.1 photo over Newton in the 200 and a


Continued on Page 12



Southern California Striders W30-39 400m relay team, 58.9, Olympic Legends Meet.




From left: Barbara Farrell Edmonson, Martha Watson, Marilyn White in W30-39 100m, Olympic Legends Meet, April 28-29, Drake Stadium, UCLA.



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TAC USA

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Sponsored by
POTOMAC VALLEY SENIORS TRACK CLUB
at Georgetown University
Washington, D.C.



SCHEDULE OF EVENTS

Saturday June 23			
4:00 p.m. - 400 M HH 4:30 p.m. - 5KM Walk 5:30 p.m. - 10KM Meter Run	Event No. (1) (2) (3)	4:00 p.m. - Hammer 4:30 p.m. - High Jump	Event No. (4) (5)
Sunday June 24			
7:00 a.m. - 20 KM Walk 8:30 a.m. - 110 HH T/F - 100 LH T/F (W/M 70+ F) 9:15 a.m. - 400 M Finals (Places by time) 9:45 a.m. - 100 M Trials 10:10 a.m. - 1500 Run Finals 10:45 a.m. - 100 M Finals 11:15 a.m. - 5KM Run	Event No. (6) (7) (8) (9) (10A) (11) (10B) (12)	1:00 p.m. - 200 M Trials 1:30 p.m. - 800 M Run 2:00 p.m. - 200 M Finals 2:30 p.m. - 3KM Steeplechase 2KM Steeplechase (70+ men) 3:15 p.m. - 1600 M Relay 3:30 p.m. - 400 M Relay	Event No. (13A) (14) (13A) (15) (16) (17) (18)
9:00 a.m. - Long Jump 10:00 a.m. - Triple Jump 12:00 noon - Pole Vault	Event No. (19) (20) (21)	Shot put Discus (to follow) Javelin	Event No. (22) (23) (24)

Special housing rates at Howard Johnson Motor Inn (\$40 - four in room) until June 9 - Call (703) 684-7200.

No Post Entries

Please Print

No Post Entries

NAME _____

ADDRESS _____

TAC No. _____

For Athletes Age 30 & Over

BIRTHDAY _____

TEAM _____

MALE _____ FEMALE _____

PHONE _____

Number	Event	Best 83 or 84 Mark (if any)
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

Entry Fee - \$8.50 first event; \$5.00 additional; Relays \$16.00 per team
 Make Checks Payable to: Potomac Valley STC
 Send Entry With Check to: J. McMahon, 5412 Marlin Street, Rockville, MD 20853
 All entries must be in by June 21, 1984
 Awards - 5 year age groups - T-shirts first 300 - TAC Sanctioned

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

SIGNED _____ DATE _____

FOR ANY ADDITIONAL INFORMATION PHONE SAL CORRALLO AT (703) 241-1854



RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

Approaching The Start Line

The battle cry of all distance runners, "WIN!" can also be spelled as "WIN MY DIVISION!" or "DO BETTER THAN LAST TIME!" or even "LET'S FINISH THIS THING!" The realities of conditioning and conditions often dictate the strategy in any single event.

A factor we all consider as we approach the event — and even the finish line is . . . can I go this fast . . . and not get hurt? Injuries and their possibilities haunt all experienced runners. The small nagging problems that tug and pull at us the week before "the big race" are embedded in our subconscious mind. The closer the starting gun, the more impressive these twitches and bites in some part of our anatomy become.

But, eventually, we put these negative thoughts aside, catch the plane to Lower Wherever, find a hotel room, find the race registration site, find other runners, locate the course (with special attention to the Port-a-potti distribution), find our ticket to the spaghetti dinner, and then to bed where we lie awake until the room clerk calls us out of a profound slumber at 4 a.m.

All through this lengthy series of steps, we have occasional reminders of our less-than-perfect race preparation. The tight calf muscle pulls at us as we dismount from the cab. The sore hip reawakens our consciousness as we stand visiting at the race registration table. And climbing the steps to the spaghetti feed, the old ankle injury grumbles at us for a moment. These moments enhance normal pre-race apprehensions. And, by bed-time, the huge price of the airline ticket seems to be a great waste.

How to handle these problems?

Experienced runners have solutions. And these solutions seem to follow a universal pattern. The word is ritual.

Pre-race rituals are under-rated but critically important to the physical and mental health of the successful runner.

Some of these rituals are pure nonsense and are not intended to do anything but distract the individual and absorb some nervous energy. There is little evidence that a light run the day before a major mileage attempt adds to the success of that race. But many world class competitors would do miles-in-the-aisle of their aircraft or hotel before they would abandon their pre-race "jog."

Minor events become important the day before the race. I enjoy unpacking my luggage. And, after years of hotel and motel rooms and dormitories, I have developed a "plan." Each article of clothing goes in a special place.

The bedside table is occupied by my vast store of reading material. Four books and four late-edition sailing magazines is the very minimum. Next to these, I position my flashlight and alarm. Both of these have rechargeable battery systems . . . and the batteries are freshened and tested repeatedly.

All clothing to be worn during the race is placed in one location. A central table will do. When the official number is signed out at registration, it, too, is placed on the table, together with all race directions, maps, etc.

Pre-race rituals are under-rated but critically important to the physical and mental health of the successful runner.

The ditty bag for the start line is packed and repacked. Redundant articles added to jacket and trouser pockets. Several extra safety pins, bandaids, and tubes of vaseline are tucked about. And, perhaps most critical for me . . . is the duplicate room key. Being locked out of hotel rooms at critical moments has occurred so often that I have accepted this as a congenital defect . . . and no longer berate myself for such forgetfulness.

Interspersed with this fussing around . . . are moments and minutes of stretching. There is a superficial attempt at totalling time committed to this . . . but a minimum of 40 minutes the day before a major race (aren't they all major?) is just about right.

If the mood or nervousness requires, I will run the day before an event. But this is done under tightly controlled conditions. If there are other runners involved . . . they must go their own

way if they want to run quicker than seven minutes pace. And extra clothing is piled on. And there will be no sitting about in wet and chilly shirts and pants.

A nifty way of handling nervous energy — especially in a strange community — is a walking tour of the locale around the hotel. In addition to some casual shopping, much is to be absorbed about the community. The weather, the terrain, and even how the community seems to feel about itself. But, even this dissolute practice is controlled. Two miles is about the extent of my wanderings. In part because, on a cloudy day and no sense of direction, I'm prone to get lost . . . and end up with an extended session on my feet.

Time permitting, the walking is followed by "quiet time" . . . perhaps a nap. Getting the legs up and relaxing encourages a resting state mentally and physically.

Unlike many runners, I can no

longer "tour the course." A bus ride for 26.2 miles the day before a marathon is appalling to me. Every small hill becomes a mountain, and every long straight becomes the road course to Mars, and the outright, awful distance depresses me. All I want to learn about a given course will be available on race day, thank you, sir.

Perhaps this all sounds rather eccentric . . . but investigation has revealed that nearly all of the runners I know well follow somewhat the same pattern of behavior prior to serious competing. Having worked hard to perform at our best, it seems logical to be maximally prepared. For most of us, our jobs seem especially demanding and frenetic the days before departure. Numerous obligations drain our energies. Even the flying to the race site nowadays can have some distressing moments.

This physical and mental quietude has always helped me to race better and enjoy the race day more. □

300 Compete At UCLA

Continued from Page 11

dramatic 8-meter win in 55.2 over Don Cheek in the 400, in addition to his 100 triumph.

Jeanne Carter established a PR 64.2 in the W40 400, and added a 29.0 in the 200.

Bob Watanabe, one of the prime movers of masters track in the Southern California area, sped to M55 wins in the 100 (12.4) and 200 (25.8).

The times in the 800 were outstanding for early season. In the M40 race, David Romain beat Franklin and Cohen in 1:58.4, Mel Elliot rolled to a 2:03.1 in M45, and Louisiana's Chuck Wimberly clocked 2:11.0 in M50.

Walt Butler notched the M40 100 in 10.8 (faster than Hines) and 110-hurdles in 14.8, both remarkable times despite the aiding wind. Running solo, Cornelius McCormack, M40, turned in the fastest intermediates of the day in 59.4.

Bob Page and Sid Toabe had two duels in the M60 1500 and 5000, Page taking both in 5:14.8 and 19:04.4,

respectively.

John Hartfield sailed to M35 wins in the long jump (22-7-1/2), and triple jump (46-0). Al Henry won both jumps in M45 in 20-4-3/4 and 38-10-1/2. John Damski set a new age-69 national mark of 29-3/4 in the triple jump. Damski will use his expertise as the interpreter for the Polish track and field team at the '84 Olympics, if it shows up.

Jim Hart, throwing better than his age-45 American put of 46-1-3/4, powered to an age-47 mark of 46-2-1/2. Ed Chynoweth threw to a record-threatening M60 win of 169-1. Larry Stuart upped his two-week-old age-46 mark of 207-0 to 208-9.

Christel Miller, suffering from a severe lower back disc problem, nevertheless took W40-49 wins in the high jump (4-0) and javelin (95-10).

Adler said Home Savings was pleased with the event, and hopes it will become an annual fixture on the California track and field scene. □



Ed Chynoweth, M60 javelin winner (169'1"), Pete Fetter (1), and Tim Murphy, Olympic Legends Meet.

Peterson Wins In Freihoffer's 10K

Nancy Peterson, 41, overcame harsh weather (light snow, biting wind, mid 30s) to finish as first master in the Freihoffer's Run for Women 10K in Albany, N.Y., on April 8, in 39:38. That time bettered her W40+ win of 40:52 in the Perrier 10K, NYC, the week before. The Freihoffer race was the National TAC Open 10K Championships, which was won by Betty Jo Springs, 22, in a course record 32:50.

Andrea Hatch, 40, was second master woman in 40:02, and Mimi Lerner, 47, followed closely for third with her 40:08 W45 victory.

The W50 race was the closest of the 40+ groups with Margarette Deckert, 51, winning in 41:46, Anny Stockman, 51, 42:34, second, and Alicia Moore, 53, 42:43, third.

Adeline Kearney, 58, was first W55 in 47:46, and Mary Rodriguez, 62, took the W60+ race in 51:32. Ruth Rothfarb, 82, finished in a class all her own with a time of 67:03.

The 6th annual Freihoffer, directed by George Regan, had 489 finishers, who produced 26 times under 35 minutes, as compared to 21 under 35 minutes at the '83 Bonne Bell (8000) and 17 under 35 minutes at the '83 L'eggs (5000). □



Vicki Bigelow, 49, wins masters title in the Bonne Bell, March 25. Photo by Gene Cohn Productions.

Haiman, Peterson, Top Masters In Perrier 10K

Ted Haiman, 41, and Nancy Peterson, 41, led all masters in their divisions in the Perrier 10K in Central Park, N.Y., on March 31.

Haiman's time of 32:31 placed 36th of the 3028 male finishers, while Peterson's 40:52 put her 28th out of 1165 females.

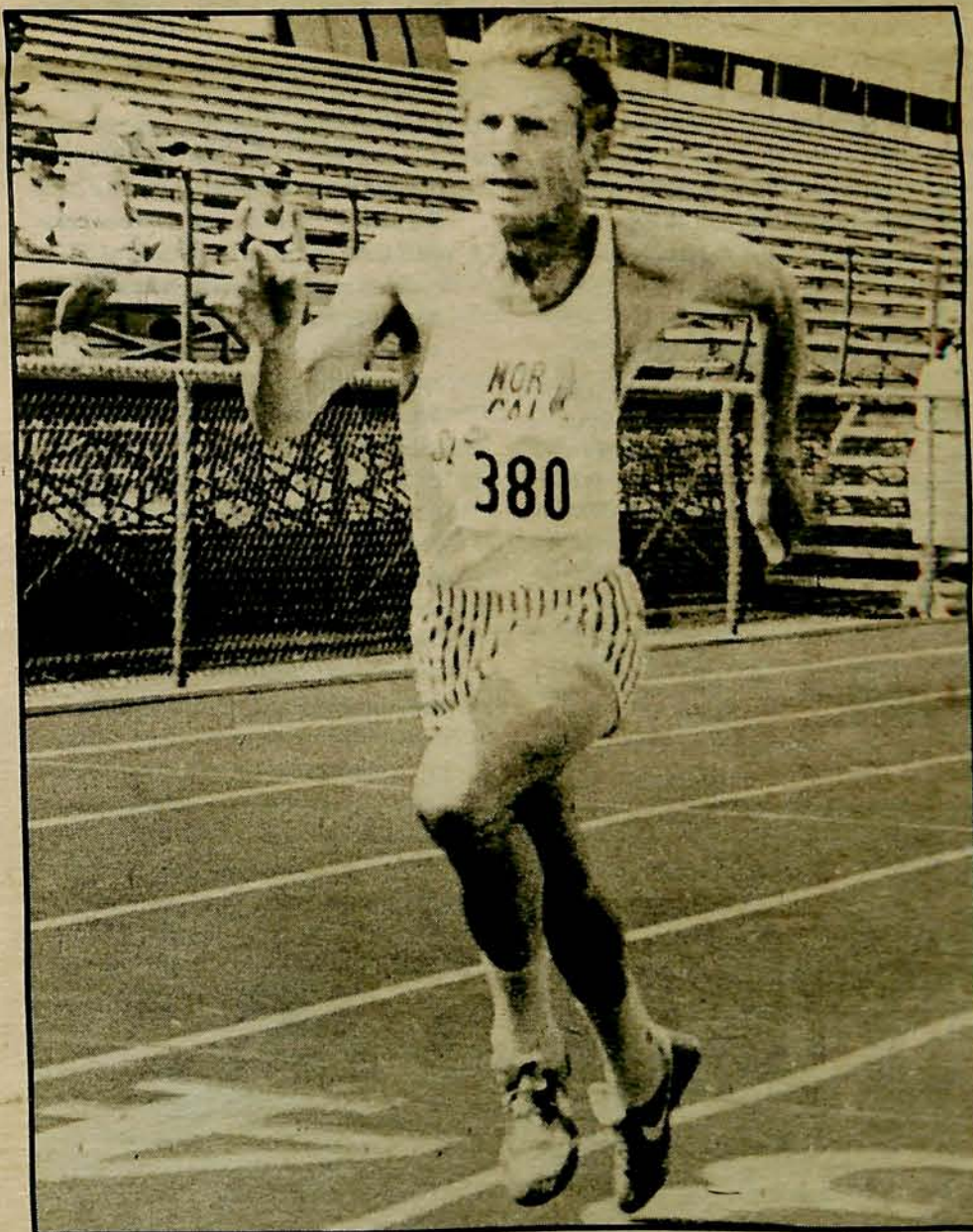
Gary Muhrcke, 43, 33:17, and Richard Lynch, 41, 33:35, followed Haiman in the M40 race. Fourth master was Fritz Mueller, 47, victor of the M45 division in 34:02.

Arnie Green, 52, outlegged the next M50 runner by over a minute in 35:49. Don Dixon, 56, had an even larger margin in winning his race in 36:57. Al Goldstein, 64, took the 60+ event with 42:03, and Luis Martin, 72, was the fastest Golden Ager in 49:50.

Peterson was followed by Christine Tattersall, 42, in 41:21, and Diane Page, 40 finished third, 41:43. Mary Doughty, 46, won the W45 race by a minute.

Toshiko d'Elia, 54, beat more than 1000 younger females with her 44:24 division win. Mary Rodriguez, 62, won the 60+ event in 53:44 over 67-year-old Evelyn Havens, 1:02:46.

The race, conducted under the auspices of the NYRRRC, was run in sunny, low-50s weather. □



Bob Roemer, M55 sprinter and director of annual Sacramento Relays.

NEW YORK MASTERS SPORTS CLUB FIFTH ANNUAL RUNNING RELAY & FIELD EVENT RELAY CARNAVAL -----SUNDAY, JULY 15, 1984 11:00 A.M.

NEW YORK



MASTERS



KING'S POINT MERCHANT MARINE ACADEMY, KING'S POINT, NEW YORK
---TAC SANCTIONED---

OPEN TO ALL MEN & WOMEN REGISTERED IN TAC, OVER THIRTY YEARS OF AGE
ENTRY FEE: \$10.00 PER EVENT PER TEAM FOR THE RUNNING EVENTS

5.00 PER EVENT PER TEAM FOR THE FIELD EVENT RELAYS
DIVISIONS: 30-39; 40-49; 50+ FOR BOTH MEN & WOMEN

AWARDS: TO THE FIRST THREE TEAMS IN EACH DIVISION

TEAM TROPHY FOR OVERALL POINTS SCORED IN EACH DIVISION
IN ALL EVENTS ON THE BASIS OF 5-4-3-2-1

EVENTS: RUNNING RELAYS (in meters): 400, 800, 1600, 3200, 6400
Sprint medley (400-200-200-800); Age Medley (40-50-60-40)
Distance Medley (1200-400-800-1600)

FIELD EVENTS Long Jump-Triple Jump; Discus-Shot Put
TEAM COMPOSITION: RUNNING EVENTS: 4 Member teams. Must be from the same club and registered in TAC. Youngest age sets division.

FIELD EVENTS: 2 Member teams. Same club, TAC registered.
NOTE: THE RESULTS OF ALL 40+ TEAMS IN THE RUNNING EVENTS CAN BE USED IN THE NATIONAL ATHLETIC CONGRESS POSTAL RELAYS.

TO ASSIST IN THE ADMINISTRATION OF THE MEET PLEASE PRE-ENTER. THE SPECIFIC TEAM CAN BE DECLARED PRIOR TO THE EVENT.

ORDER OF EVENTS: WE WILL HAVE A 15 MINUTE BREAK BETWEEN EACH RUNNING EVENT IN ORDER TO PERMIT DOUBLING. THE MEET STARTS AT 11:00 A.M.

800 meter relay	400 meter relay	LONG JUMP	11:00 A.M.
6400 meter relay	DISTANCE MEDLEY	DISCUS	11:00 A.M.
1600 meter relay	SPRINT MEDLEY	TRIPLE JUMP (after Long Jump)	
3200 meter relay	AGE MEDLEY	SHOT PUT (after Discus)	

In the Field Events each competitor will have four jumps or throws. The two best performances of each competitor will be added together with that of the team mate for the total distance. Longest distance wins.

SEPERATE SHEET FOR EACH RELAY. SPECIFIC TEAMS MAY BE DECLARED AT MEET. TAC # REQUIRED.

EVENT: _____ TEAM _____

MAILING ADDRESS FOR TEAM: Name _____ ADDRESS _____
CITY _____ ZIP _____ PHONE _____

1st LEG _____ TAC# _____ 2nd _____ TAC# _____

3rd LEG _____ TAC# _____ 4th _____ TAC# _____

Make check payable to: N. Y. MASTERS, \$10 Running; \$5 Field)

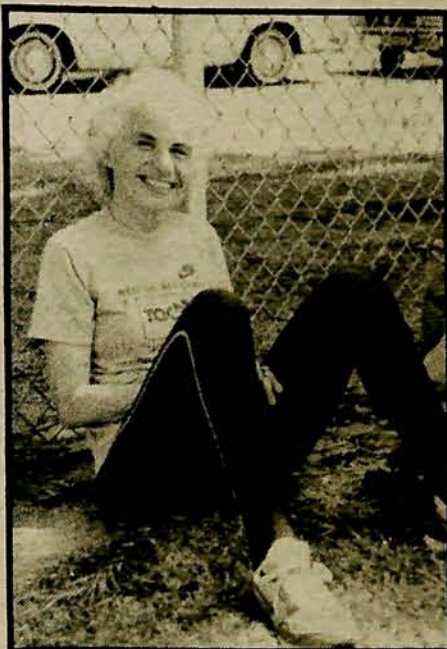
Mail to: N.Y.MASTERS, c/o SANDY PASHKIN, 363 EDGEcombe AVE. APT 54
NEW YORK, N Y. 10031

(\$10 per team running events - \$5 per team field events)

OLYMPIC WATCH

•Well, what more can be said? Depending on who you listen to, the reasons for the boycott are (pick your favorite):

- 1) The Soviets feel security in L.A. is poor and their athletes would be in danger, in that "crime-infested city."
- 2) The Soviets' pride has been hurt by the Anti-Soviet rhetoric of the Reagan Administration, and they don't feel welcome.
- 3) Reagan is helping finance anti-Soviet terrorists, because it is to his advantage, politically, if the Soviets don't come and the cold war gets colder.
- 4) It's a retaliation for the U.S. 1980 boycott.
- 5) Had Andropov lived, the Soviets would have come. Chernenko, new on the scene and insecure, needed something to show he's a tough, decisive man of action. A boycott is a cheap way to create a macho image by tweaking the American nose.
- 6) The Soviets are afraid their athletes will defect. ("How 'ya gonna keep 'em in Murmansk, after they've seen Malibu?")
- 7) The Soviets are afraid of getting their tails kicked in the competition. In years past, the full-time Soviet athletes out-medaled the "amateur" U.S. athletes who had to work for a living and train on the side. With the new TAC trust fund, many Americans can now afford to train full time. That, plus the home court advantage, has the Soviets worried.
- 8) The Soviets are making a serious statement directly to the American people that the policies of the U.S. government are increasing the likelihood of nuclear war; they are using this forum to say "wake up, before it's too late."



Thelma Rubin, ran an 18.2 W60-69 100m in the Olympic Legends Meet, April 28 in Los Angeles.

•The official Soviet reasons are #1, #2 and #3. LAOC President Peter Ueberroth favors #4 and #5. The Right says #6. The Left says #8.

•Trouble is, boycotts usually work for the boycotter, but not for the boycottee. Never mind the 1980 boycott didn't get a single Russian out of Afghanistan. It served Carter's purpose: to rally the American voter to his defense against the big Russian bear. It worked. He creamed Kennedy in the primaries. But the issue ran out of steam by November.

•You'd think the boycott would cause the price of Olympic tickets to drop. Uh-uh, says Murray's ticket brokers in L.A. Even at \$1000 a pop for \$200 opening ceremony tickets, you'll be wait-listed. Seems doubtful, the price can hold, but ???

•A Mervin Field poll found 38 percent of Southern Californians were "very interested" in the Olympics; 42% were "somewhat interested" and 27% weren't interested. Half thought the summer heat and smog would be bad for the athletes; 89% felt the Games would create traffic problems; 68% thought it would increase the chance of terrorism; 96% thought it would be good for business. Thirty-three percent felt a Soviet boycott would cause interest to dwindle.

•Masters athletes have key roles in the Olympic marathons. National M45 looped-course marathon record-holder (2:28:46) John Brennan is the technical director; Valerie Johnson is director of public relations; Gene Blankenship will manage the refreshment stands. Former Nike-exec and M50 800-meter regional champ Tom Sturak is Deputy Technical Director.

•A record 146 nations will see the Olympics on television, including, for the first time, China. Despite the boycott, the LAOC expects to make over \$200 million from television rights.

•The 200-room Airtel Plaza at Van Nuys airport (20 miles from the LA Coliseum) opens this month. Plenty of plush rooms still available. Call Jack Miller collect at 818/905-1040.

•For the low budget crowd, Lodgings International, a year-round, LA-based B&B reservation service, has a long lineup of homes in the LA area. Contact B&B, PO Box 2084, Toluca Lake Station, North Hollywood, CA 91602, 818/993-4000.

•Feminist groups are protesting the LA Police Department's plan to keep prostitutes off the streets during the Games. "It's harassment, a waste of manpower, and it discriminates against poor and minority women," says Sylvia Gentile. The LAPD replies: "Wherever streetwalkers are, crime soars."

•Can a person over age 40 make the U.S. Olympic team? Several are expected to try this month at the trials in L.A. We all know about discus thrower Al Oerter, 47. Then

Continued on Page 43

Kirchen Leads Masters at Trials

Continued from Page 1

the race was the nation's newest media darling, Sister Marion Irvine, 54, who was 3rd master and 131st overall in a super 2:52:02, her second best time ever, surpassed only by her qualifying 2:51:04 race in Sacramento in January. Irvine waved to the crowd all the way, and was as popular with the media in the press tent as Benoit. Her time was the best of the day on the age-graded tables (964 to Benoit's 962 on the Dr. Track charts).

Fourth master was Bette Poppers in 2:53:24 as the 138th finisher. Polly Peacock, off form, finished 195th in 3:12:48. Shirley Matson had the flu and decided to run only 10 miles. The 7th masters qualifier, Cindy Dalrymple, did not start.

Of the 266 runners who qualified for the race with a time of 2:51:16 or better, 238 (89%) started, and 197 (83% of the starters) finished. Thirty-one runners broke 2:40, and 123 bettered the qualifying time.

Thirty-nine year old Fordie Madeira, the mother of triplets from Sherbourne, Massachusetts, served notice to her future masters competitors with a blazing 2:36:35 for 19th place. Mad-dy Harmeling, 38, turned in a good 2:44:32 in the 61st spot.

Kirchen ran a shrewd race, going out at a 6:25-per-mile pace for the first 10 miles, picking it up to 6:22 for the next ten, and finishing at a 6:16-clip for the final 10K, which she ran in 38:56, rather astounding since it came after 20 miles of hard running. Her overall pace was 6:22.

Kirchen won the National Masters 10K in Brooklyn April 21 in 38:42 over

Olympic Trading-Post

• If you need to stay during the Olympic Games, or if you have available space to rent or donate, or if you want to buy or sell Olympic tickets, send NMN your name, address and phone number. We'll print it here and you can make your own contacts. No charge. NMN, PO Box 2372, Van Nuys Ca 91404.

• Accommodation needed for family of four, August 7, 8, 9. Call Tony Gerrity collect, 215/293-0448, or write: 641 N. Valley Forge Rd. Devon, PA 19333.

• T&F 8-day "season" pass, \$650; Andy
continued on Page 43

a difficult course. She became ill, and ran poorly at the Trevira Twosome in New York on the 28th. She lost to Poppers a week ago at the Lilac Bloomsday Run in Spokane (where Poppers picked up about \$200 prize money by finishing 11th overall). Healthy again, Kirchen appears to be a definite threat to dethrone Dalrymple as the reigning U.S. masters long distance running queen. □

Cucchiari, Kirchen Win National 10K

Continued from Page 1

the W45 division in 48:27.9. Mila Kania, 52, NY Masters, took the W50 race with a notable 40:56.9.

Kania's teammate, Audry Jacobsen, 55, won the W55 title, and Mary Rodriguez, 62, Atlanta TC, the W60+ division.

The Central Park TC men won the M40 team title over the Islander TC. The "Islanders" are a newly formed group and have already established themselves as an outstanding team. The Central Park women's 40-49 team duplicated their male team's victory by defeating Millrose AC.

Despite two uphill stretches on the course, overall times were the best ever recorded for a masters race in Prospect Park. Weather was brisk with temperatures in the low 60s. □

Age Records

Continued from Page 1

Runners Club of America (RRCA).

The records make fascinating reading. Far from being just bare statistics, they provide a remarkable insight into the truly amazing capabilities of the human body and the human spirit. They show that good-quality athletic performance is possible well into the upper age groups; that marks which were once unthinkable have become commonplace.

We are indebted to Mundle and the NRDC for their skill and dedication in providing this information to NMN readers. □



Start of M60 110mH, Olympic Legends Meet.



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

With the indoor track season finished, the outdoor season yet to come, and the months of April and May quite snowy and chilly, I had planned on a dull and boring period for Masters activities. However, it appears that life will never be boring for the Chairman of Masters Track and Field.

In the March edition of the **National Masters News**, an article concerning Seven-Up's support of the Masters Track and Field activities appeared. This article was a surprise to me, as negotiations were then under way with another organization which showed some promise of culminating in a national contract. But, as I was advised that Seven-Up was dealing with local meet directors on an individual and selected basis, I didn't look into it further.

As might be foreseen, the Executive Director for TAC/USA was provided a copy of the March article, and he is now contacting Seven-Up as to the nature of any legal documents that were signed. The nub of the problem is that Masters Track and Field is a committee of TAC/USA and not a separate legal entity. The Masters T&F Committee has authority only as is supplied by the National TAC/USA, and cannot enter into any binding contracts.

There are a number of provisions of the Bylaws and Operating Rules of TAC/USA that are involved, and not necessarily easily applied.

Article 16(d) of the Bylaws sets out the jurisdiction of the Marketing and Media Committee, giving it full power over all marketing and media matters, adding that local associations and competition promoters are not excluded from making marketing and media coverage arrangements for local events, as long as such events are not in conflict with the national program.

All contracts for marketing and media are to be approved by the committee or its representative.

Under Article 22 of the Bylaws, provision is made that all contracts not in the ordinary course of affairs of this Congress shall be examined and approved for form by the General Counsel of the Congress prior to their execution.

Under the Operating Rules for TAC/USA, Rule 6 dealing with championships, contracts for legal and financial rights, privileges and responsibilities are to be approved and signed by representatives of the Congress, the sponsor and, if appropriate, the president of the host association. The rights and payments from radio, television

and motion pictures involving TAC National Championships are specifically reserved to the Congress.

For Masters, these matters have not been of great concern to anyone since TAC/USA came into existence, and for good reason. We have barely existed financially, and marketing and media has had little interest in the Masters program.

However, publicity that we may have negotiated an agreement generating funds and dealing with matters that may affect TAC/USA which, in fact, is not correct, must be avoided. The Seven-Up publicity indicated a possible national sponsor, which was not correct. The resulting investigation by TAC/USA can only lead to some embarrassment for the committee, the meet directors, and most importantly, for Seven-Up, which is most regrettable.

The interest in Masters Track and Field competition has grown significantly in the last several years. Much of our enjoyment and involvement has been because the program was not heavily structured; but the time is now here when we must pay more close attention to details. The consensus I am receiving is that competitors want well-administered meets. To do that, more monies are required than we can obtain from our TAC/USA budget. Any support funds raised must be within the TAC rules, recognizing and promoting the fact that Masters competitors are not and cannot always be treated like open competition, e.g., doping tests for every masters competitor that sets a world mark.

We have two outstanding individuals who are coordinators for the indoor and outdoor competitions. Any meet director of a national event who is planning on entering into legal contracts must plan ahead to be sure we are complying with the Bylaws and Rules of TAC/USA. To this point, I don't believe there are any violations, but it is imperative that as we do attract sponsorship interest, neither we nor they become embarrassed because we have not followed the rules.

So much for April, 1984 and its peace and quiet. After all of this, when I think it all through, I believe I would rather be out pole vaulting. □



Cornelius McCormick, 39. Photo by Gene Cohn Productions.

JULY 7, 1984
FURMAN UNIVERSITY
GREENVILLE, SOUTH CAROLINA

JULY 7, 1984
FURMAN UNIVERSITY
GREENVILLE, SOUTH CAROLINA

SPONSORED BY: US ACTION & ATHLETIC ATTIC of GREENVILLE

SITE: FURMAN UNIVERSITY TRACK - HWY. 25 NORTH

FACILITY: Resilite Track and Runways. 1/4" spikes may be used. Concrete circles and grass Javelin runway.

MEET HEADQUARTERS: Comfort Inn - Executive Center
540 N. Pleasantburg Drive - Greenville, SC

AGE GROUPS: 5 Year Age Groups Men & Women 30-34 through 75+
Relays (10 Year Age Groups)

ENTRY FEES: \$7.00 (first event (includes T-Shirt) \$3.00 each additional event. No refunds after June 30th. Relays \$12.00 accepted day of meet only.

ENTRY DEADLINE: June 30, 1984. Entries postmarked after June 30 or incomplete entries subject to a \$1.00 late fee. \$8.00 first event (T-Shirt subject to supply) \$4.00 each additional event. ENTRIES WILL BE ACCEPTED DAY OF THE MEET

INQUIRIES: Tom Malik (803) 879-4549

AWARDS: Tri-colored medallion on wood base. Three places in each individual event. 1st place only for relays.

LATE ENTRIES: Accepted Friday night at Comfort Inn and 8:30 - 10:00 Saturday morning at the track. All late entries and additions shall be at the discretion of meet director.

TIME SCHEDULE: Women followed by men younger to older. H.J. & P.V. order according to height. Opening heights H.J. 2'6" P.V. 6'

8:30 5,000 (Men & Women)	11:00 T.J., P.V.	1:00 400M
9:30 L.J., SHOT, H.J.	11:15 110M HIGH HURDLES	1:20 800M
10:00 4X880 RELAY	11:30 JAVELIN	1:50 400M HURDLES
10:30 4X100 RELAY, DISCUS	11:45 1500M	2:10 200M
10:45 3,000M STEEPLE CHASE	12:30 100M, HAMMER	2:30 4X400 RELAY

All lane races will be heats seeded on time.

ENTRY FORM

NAME: _____ ADDRESS: _____ CITY: _____

STATE: _____ ZIP: _____ PHONE: () _____ AGE: _____ DOB: _____ M F _____

TEAM AFFILIATION: _____ T-SHIRT SIZE: S M L XL _____

EVENTS & BEST MARKS: 1. _____ 2. _____ 3. _____ 4. _____

5. _____ 6. _____ 7. _____ 8. _____ 9. _____

In consideration of accepting this entry I declare myself physically able to compete in this event & waive myself, heirs & administrators of all claims for damages which I may accrue against any & all persons in any way associated with this event, including, but not limited to Furman University, US ACTION, Athletic Attic, Meet officials. I also authorize the use of my name and photograph in any media.

SIGNATURE: _____ DATE: _____

FEES PAYABLE TO: SOUTHEASTERN TRACK CLASSIC MAIL TO: TOM MALIK
104 Pinewood Drive
Greer, SC 29651

PROFILE

Helen Dick — From Cooking to Running

Now, what do I do with the rest of my life? My son is grown and has moved away, I'm beginning to put on weight. My mental and physical attitude is one of emptiness. How do I go about stimulating my body and mind?

That's what Helen Dick was asking herself seven years ago. The answer she got was "running."

Dick, a 59-year-old housewife from Los Angeles, is one of the leading 55-59 competitors in the country. She currently holds the 30-K record in her age class and has held a number of other records over the past five years. On August 4, when Dick turns 60, we should see a lowering of many records in that class.

Born in Red Bluff, California and raised on a cattle ranch, Dick attended Chico State College. She met her husband, Robert, while he was stationed at a nearby army base. They were married in 1944 and moved to the Los Angeles area two years later. While Robert Dick established a business in property investments, Helen raised their son, Robert Jr. It wasn't until after age 50 that she engaged in any kind of sports.

"I was just known for my cooking," Helen said with a smile. "But my husband liked to run and encouraged me to start. I didn't even think about racing until Ollie Olson, my neighbor, suggested it. He said I had natural form and that I should do well."

Dick's first race was the 1978 Brentwood Memorial 10-K. She finished second among the masters behind none other than Miki Gorman, the over-40 marathon record holder. When she brought her medal home, her husband stood and stared in shock. "But no one was more surprised than I was," Helen says. "I just couldn't wait to get out there and race again. I wanted to run every weekend."

The following year, she won the Brentwood 10-K masters title with a 40:20 and she was on her way. She decided to give the marathon a try and recorded a 3:21.01 in her first effort, at age 54. A year later, in the 1980 Chicago Marathon, she turned in her best marathon with a 3:08:48, an age-class record at the time (since lowered to 3:07:21 by Margaret Miller, another Los Angeles area resident). She also won her division in the 1980 Honolulu Marathon with 3:16:39 and returned to win again last year with 3:26:39.

"My son lives in Chicago, so it's a double treat to go back there and run," says Dick. "I get to see my grandchildren and have fun, too. But I enjoy the Honolulu Marathon just as much because you really feel like you're part of a special event."

Dick puts in from 60-70 miles a week when preparing for a marathon, a little less for shorter distances. After her workouts, she has a special routine.

"When I finish my run, I like to replenish my body with a bowl of hot cereal," says Dick, whose 5-5 frame supports 110 pounds. "I mix equal parts of oatmeal, whole wheat, and cornmeal, and add twice the amount of water. I place this in the microwave oven and push three minutes. After a shower I rub my body all over with lotion to replace moisture. Then I prepare a pail of water with ice cubes to soak my feet in. From the deep freeze I remove four packages of corn in plastic bags to ice my knees and hips. I've found that the frozen corn will mold around the spots you're icing much better than ice. I then take the cereal from the oven and add molasses. I put on non-fat yogurt and top it with a banana."

In addition to her running, Dick tries to put in three or four hours of biking each week and several hours of stretching.

Dick hasn't noticed any significant slowing in her running and a recent 41:01 10K is evidence that many of the 60-plus records are soon to be erased. In fact, Helen feels that she's got a sub-40 10-K and a sub 3-hour marathon in her and she doesn't mind waiting until August to prove it. □

— by Mike Tymn



Helen Dick

Green, Maricle win National Marathon

Continued from Page 1

the 40-44 bracket in 2:33:36, as masters runners took four of the first seven places.

Anesthesiologist and National Masters News columnist Alex Ratelle, 59, of Minnesota captured M55-59 honors in 2:52:21. That was only 23 seconds ahead of Oregon's Clive Davies, 68, winner of the M65-69 title in 2:52:44, which was the top time of the day — even better than Green's — on the age-graded tables.

Maricle, one of the few masters women ever to complete the rugged Western States Endurance 100-miler in less than 24 hours, finished seven minutes ahead of the W40 winner, Susan Madren. Boes' wife, Mary, made it a family sweep of the 45-49 age

divisions with a time of 3:50:13.

Californian Ruth Anderson, 54, who returns to these parts annually to visit old friends, logged a 3:41:18 for silver medal honors in the W50 bracket.

Colorado's Tom Bailey came off a two-year layoff to finish second behind Green in M50 in 2:45:40. Missouri's Don Nail, who underwent heart surgery a month ago, was third M50 in 2:56:21.

Anderson and Ratelle were the featured speakers at the afternoon seminars, along with Ken and Jennifer Young of the National Running Data Center, and Harry Crockett, Chairman of the Lincoln Marathon's Over-50 Club.

TAC National Championship

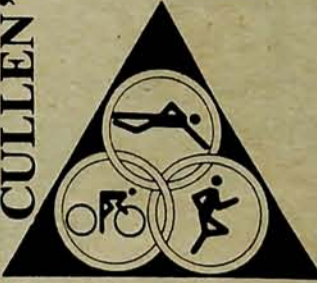
medals were awarded to the top three men and women finishers in each five-year age group. Distinguished achievement awards were presented to runners who bettered the standard of 3:10 (M40-49), 3:20 (M50+), or 3:30 (W40+).

The race was well run with split times given at each mile during the race, and aid stations about every three miles. Medical assistance was available at each aid station, with a medical tent at the finish line.

It was the first time a national masters marathon championship has been staged in America's breadbasket. The cool weather, efficient organization and high caliber of the competition indicated it won't be the last. □

CULLEN'S

CORNER



INTRODUCTION TO TRIATHLONING

by JIM CULLEN

THE BIKE

The key phrase to remember while up in the saddle on the bike is Safety First. Every time I see riders without helmets, I cringe. If they only knew what could go wrong while on the bike! Biking can be very dangerous. Ignoring the basic safety rules is like jumping out of a plane without a parachute.

Let's look at the basics. You have decided you want to give this triathlon world a whirl, and know little about a bike. Don't feel like the Lone Ranger. In surveying triathletes in the Northwest, we found only about 15% came from a biking background. Approximately 30% came from swimming, 40% from running and 15% from general recreation. So, 85% of the athletes entering "Tri-World" know next to nothing about biking. And, believe me, there is much to learn.

First off, very few know what sort of bike to start out with. Some serious bikers will tell you to go out and buy the top of the line; spend \$750 to \$15,000; get the best so you can be the best. Great! If you have the money to blow — do it.

Most experienced bikers and bike coaches will tell you to "crawl, before you walk — before you ride." Go to a reputable bike shop and buy a good light weight used touring or racing bike. Or, many good buys are made at police auctions for \$75 to \$150, depending on condition. Have the bike you buy carefully checked over by a shop.

Buy a known brand helmet, toe clips, bike gloves and other basic recommended necessities. Start out slowly with the racing aspects of biking — you may discover it is a bit too much. The biking leg of a triathlon is usually the most fun and thrilling. It's an absolute ball — I love it — but it's the most dangerous and disastrous as well. Let me give you a few examples of biking accidents I know about first hand:

1. Biker working turns hard, trying to make up time, peddled into a sharp turn. The down peddle connected with the pavement and — ZONK! On his head. Thank God he had a helmet on. Injury result: Broken arm and cracked ribs.

2. Looking around at the scenery while riding in a bike pack, this biker ran into the bike in front of him — ZONK! On his head. Injury result: Broken collar bone and right hand.

3. Sliding in gravel while working a turn too hard — ZONK! Injury result: Cracked hip and broken right arm.

If I'm giving you a scare with all of this information — Good! Like I said, biking can be an absolute thrill — but

so can crashing — the kind of thrill you don't want.

My recommendation from all the sources of information I gather from skilled bikers and coaches is for the novice to join an organized reputable bike club in your local community and get some coaching, while at the same time getting a thorough education of your machine. Do it right. Hospitals are full of people who make mistakes — don't be one of them.

When you're on the bike, focus all of your concentration on the business at hand. Total concentration on what you and other around you are doing is the only way to ride.

Now, go out and have some fun, and remember — SAFETY FIRST! Some questions of interest I recently received and would like to share them with you:

Q. Hypothermia seems to be one of the problems many tri-athletes encounter in the swim leg of a tri. What basics should one know that would possibly prevent hypothermia?

Mary Gove

Des Moines, Iowa

A. Warm up good by running a mile or two before the event. Time it right so you don't cool down. Another suggestion is to thinly spread lanolin oil or vasoline all over your body as a sealant from exposure to cold water

temperatures. Spread it on thinly because it won't come off very well after the swim and will be with you during the bike and run and if you over apply it — you will heat up!

Q. How does one go about finding out the triathlon schedule? Is there a publication that puts out a national schedule like N.M.N. with its track and field and long distance schedules?

Dave Miller
Chicago, IL

A. The only national publication that shows a complete schedule of most triathlons in the U.S. and Canada of which I am aware of is Triathlon Magazine, P.O. Box 5901, Santa Monica, CA. 90405 As far as local triathlons in your particular area, most running stores could provide you with that information.

Q. Are there many triathletes over age 40 and are triathlons split into age groups such as track and field and road racing?

Paul Scott
Atlanta, GA

A. Yes, triathlons are split into age divisions (usually every 5 years) and about 20% of the entries are athletes 40 plus.

Send your triathlon questions to me at 3821 80th St., Mercer Island WA 98040. □



Dennis Donovan, M40 triathlete, exiting after one mile swim.

SOUTHERN CALIFORNIA MASTERS TRACK & FIELD CHAMPIONSHIPS

FEATURING THE
U.S. CHAMPIONSHIP

100M HANDICAP & 800M HANDICAP

SPONSORED BY



AUGUST 25, 1984
Southwestern College

900 Otay Lakes Road • Chula Vista, CA
15 mi. south of San Diego on I-805

HANDICAPPED BY



ENTRY FEE: \$4.00 per event \$10 relays
PRE-REGISTRATION: All events except relay, deadline **AUGUST 20** Late entries \$10 at Meet Director's discretion
FACILITIES: Artificial Track — 1/4" Spikes — Showers — Concrete Rings — Grass Javelin — Runways
ORDER OF COMPETITION: Women first — oldest to youngest in 5-year age groups starting at 30 years. Races may be combined at meet director's discretion.
MEALS: Meals will be run first if needed.
AWARDS: Championship Medals for First Three Places. Commemorative T-shirt for sale at meet site.
NOTE: Random drawings throughout meet by entry number for donated merchandise.

HANDICAP RACES: All entrants compete against each other regardless of age, with every competitor receiving a handicap or head-start in meters based on runners' best times during the past two years.

SCHEDULE		
10:00 HAMMER		2:30 100M FINALS
11:00 POLE VAULT		3:00 800M FINALS
11:45 JAVELIN	11:00 3000 WALK	3:30 200 FINALS
1:00 SHOT PUT	11:45 100M PRELIMS	4:00 1500M FINALS
1:30 LONG JUMP	12:00 500M METERS	4:30 400M FINALS
3:00 DISCUS	12:30 200M PRELIMS	5:00 HIGH HURDLES
HIGH JUMP	12:45 STEEPCHASE	5:30 400 RELAY
TRIPLE JUMP		6:00 1600M RELAY

ENTRY FORM

Joe Horn, Entry Coordinator 1147 Agate, San Diego, CA 92109. 619-488-8888

NAME (LAST) (FIRST)

PHONE

ADDRESS (NUMBER & STREET)

CITY STATE ZIP

CIRCLE ONE: MALE FEMALE

AGE DATE OF BIRTH

EVENTS ENTERED:

PERFORMANCE

CLUB AFFILIATION

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, by myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against San Diego Athletic Association, IAC, Southwestern College, and all sponsors of this meet, their successors, representatives and assigns, for any and all injuries, while traveling to and from and while competing.

Date Signature



Ottawa Ontario
CANADA

CANADIAN MASTERS ATHLETIC ASSOCIATION

PAN- AMERICAN MASTERS
TRACK & FIELD
CHAMPIONSHIPS
AUGUST 17, 18, and 19, 1984

These championships will be held in Canada's (Running) Capital, at the Terry Fox Athletic Facility, Mooney's Bay, which features all-weather track, throwing and jumping areas. Forty-four national and all-comers records were established at this facility during the North American Masters Championships in August, 1982.

SPECIAL MEET FEATURES

- * For the first time ever in an International Meet -
 - competition in Women's Steeplechase; Hammer and Weight Throws; and Pole Vault and Triple Jump.
- * Special Gold, Silver and Bronze Championship medals.
- * Special performance certificates to all competitors.
- * Electronic timing of all track events.
- * Free admission for all registered entrants to special medical/fitness seminars and clinics (Thurs./Fri., August 16 & 17), and to Opening Night Reception, Friday August 17.
- * Special Commemorative Program and Meet Badges to all registered entrants, plus post-meet complete results booklet.
- * Full program of events for sub-masters men, 35-39.
- * Monster Barbeque Banquet, Saturday, August 18 at Carleton University.

PROGRAM OF EVENTS

Fri., Aug. 17 (evening)	Sat., Aug. 18	Sun., Aug. 19
Opening ceremonies		
Track	Track	Track
400 m. Hurdles	10,000 m.	5,000 m.
5,000 m. Walk	(all others)	20 km. Walk
10,000 m. W35/M40	100 m.	200 m.
	1,500 m.	100/110 m. Hurdles
	2,000 m. Steeple	800 m.
	W35+/M40+	3,000 m. Steeple M35-55
	400 m.	4 x 200 m. Club Relay
Field	Field	Field
Hammer	Weight; T.J.	Discus; L.J.
	Javelin; H.J.	Shot; P.V.

Men's Decathlon; Women's Pentathlon (based upon results in scheduled events)
Unless specified, events cater to all classes, men and women.

ENTRY FORM

NAME: _____ CLUB (if any) _____

ADDRESS: _____ AGE: _____

DATE OF BIRTH: _____

Please enter me in (give best 100 m., 200 m., 400 m., times): _____

In consideration of the acceptance of my entry, I hereby release and absolve the C.M.A.A., Carleton University, the City of Ottawa, the meet organizers and officials, from any responsibility or claims for damage, lost articles or equipment, or any injury sustained by me at the Pan-American Masters Track & Field Championships, 1984.

Date: _____ Signature: _____

Entry Fees: First event - \$15.00; all subsequent events - \$5.00 each. (including decathlon and pentathlon - \$5.00 extra).

Please find enclosed (cheques payable to C.M.A.A.):

First event entry fee (0 \$15)	-----	\$	_____
Other event fees (0 \$5)	-----	\$	_____
Banquet tickets (0 \$13.50 each)	-----	\$	_____
TOTAL	-----	\$	_____

Send entry to: Pan-Am Secretariat, Office of the Director, Physical Centre, Carleton University, Ottawa, Ontario, Canada, K1S 5B6.
Phone: (613) 231-2646

Entries must be received by Monday, July 30, 1984.
Absolutely no late or same day entries will be accepted.

Please send me additional information about:

- * Special rates/details of accommodation at Carleton University residence
- * Details of medical/fitness seminars and clinics
- * Other hotels in Ottawa offering special rates

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Eis Tuinzing.

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Column Inches	Ad Size	Cost	Examples: Width Height	
52	Full page	250	10"	13"
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			7 1/2"	13"
26	1/3 page	160	5"	13"
			10"	6 1/2"
13	1/4 page	100	5"	6 1/2"
			10"	3 1/4"
7	1/8 page	60	5"	3 1/4"
			2 1/4"	6 1/2"
3 1/2	1/16 page	50	2 1/4"	3 1/4"
1		25	2 1/4"	1"

2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions	10%
6 to 12 insertions	15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

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40% discount for race and meet notices. No frequency discounts or agency commissions.

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Net 10 days from billing date.

6. CLASSIFIED RATES

50 cents per word. Count name and address as 5 words. Race notices are 25 cents per word. Prepayment required with copy.

7. MECHANICAL REQUIREMENTS

- a. See display rates for ad sizes.
- b. Photo offset printing.
- c. Negative ok. No mats, cuts or plates.
- d. No color ads.

8. CLOSING DATES

The 10th of month before date of issue.

9. CIRCULATION December 1983

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Mail order to: National Masters News
P.O. Box 2372
Van Nuys, Calif. 91404
(213) 785-1895

INTERNATIONAL NEWS



12 months to go

COUNTDOWN TO ROME

It seems only yesterday NMN was running a "Countdown to Puerto Rico" column, and here we are again with a Countdown to Rome. How time flies when you're having fun, as they say.

Believe it or not, the VI World Veterans Games are only 12 months away. There was a space of 32 months from the 4th World Games in New Zealand in January, 1981 to the 5th Games in Puerto Rico in September, 1983. But there's only a 21-month gap between Puerto Rico and Rome.

Anyhow, the dates of the VI Games, sponsored by the world Association of Veteran Athletes (WAVA), have been firmed: Saturday, June 22 to Sunday, June 30, 1985.

Opening ceremonies and competition will get under way on the 22nd. There will be no morning events on Monday and Tuesday, when WAVA meetings will likely be held. The marathon, relays and closing ceremonies are set for Sunday, the 30th.

Four stadiums will be used: the Olympic, dei Marmi, della Farnesina (all in the same area) and the dell'Acqua Acetosa (2km away).

The event is being held in June to take advantage of cooler temperatures and off-season air and hotel rates.

For U.S. competitors, one or more travel agencies will provide group rates. Since few people in Italy speak English, it might be best, this trip, to sign on with a group. Details next month.

Games director Cesare Beccalli promises athletes:

1) discounts in restaurants, shops, museums and for tours;

2) transportation on special buses from the stadiums to the hotels and downtown;

3) 50% discount on the price of the book of results (with photos), which will be on sale each day, covering the previous day's events.

WAVA President Don Farquharson and several WAVA Executive Committee Members flew to Rome on May 13 to confer with Beccalli on plans and details. NMN will have Farquharson's first-hand report next month.

It will be the first time the World Games have been held in Europe since 1979, when 3179 veteran athletes covered on Hannover, West Germany for the 3rd World Games. Beccalli expects over 4000 next year, which could make it the largest track & field meet in history.

Meanwhile, Farquharson points out that WAVA has no connection with an event called the "First Masters Games," planned for Toronto in 1985 with a \$50 entry fee. "I've been getting quite a few calls," Farquharson said, "but WAVA has nothing to do with the event. If it is held, it will be totally unrelated to the official VI World Veterans Championships next year in Rome." □

30 Marks Set In South Africa

from LEO BENNING

Twenty South African records were broken and ten were established by the 160 men and 20 women submasters and masters entrants in the South African Masters Track and Field Championships, Cape Town, March 23 (pentathlon) and 24. In addition, more than 70 Western Province records, domestic and all-comers, were either broken or established.

Miloye Grujic, M50, and Kallie Van

Zyl, M60, each set four S.A. records. Isabel Obendaal, W80, running uncontested, established five S.A. records from the 100m to the 1500m. All three athletes competed in Puerto Rico.

Anne McKenzie, Springbok athlete of the 60's and world veterans age-group record holder in several events, set two world women's age-58 records of 73.1 for 400 meters, and 2:51.9 for 800. She won six gold medals in the 55-59 division. □



West Germany's Gunther Hesselman (202), world 55-59 5K and 10K champion in 1981.

700 COMPETE IN AUSTRALIA

from JACK PENNINGTON

CANBERRA, Australia, April 20-22. Over 700 veteran athletes, including 100 from New Zealand, took part in the Oceania Veterans Championships this Easter weekend in the largest Australian athletic meeting since the 1956 Melbourne Olympics.

At least two world age-division records were set. Australia's Tom Roberts, 50, silver medalist in the 4th World Veterans Championships in Christchurch in 1981 in the M45 800 (2:03.12), broke one of the best records in the books: Bill Fitzgerald's 1975 50-54 800 mark of 2:01.1, with a brilliant 2:00.5.

New Zealand's S. Peterson broke the world 200 mark from women 55-59 in 29.4, lowering the mark of 30.05, held by West Germany's Liesolotte Seuberlich.

Both marks are pending, subject to ratification by the Records Committee of the World Association of Veteran Athletes (WAVA).

A month ago, Roberts established a new M50 world 1500 mark with a time

of 4:05.2, breaking Ray Hatton's standard of 4:05.8.

John Smith turned in a potential world record in the 5000 walk in 22:32, as did G. Nevitt in 27:20 in M60. In the 20K road walk, Tom Daintry's 2:04:15 is a potential M70 mark.

The legendary John Gilmour, M65, winner of five gold medals in the Hannover World Vets Games, did not show. In addition to a leg injury, he was recently in an automobile crash.

George McKeown won four in the M60 bracket: the 1500 in 5:03.3, where he beat George McGrath by one second; the 5000 in 18:43; the 10000 in 37:45; and the 10K cross country in 39:35, where he beat Jack Pennington by three minutes.

Outstanding women were Dot Browne, W40, with four wins in the 1500 (4:51.2), 5000 (17:32), 10000 (36:27), and 10K cross-country (39:46); and Shirley Brasher, W55, who took the 800 (2:55.4), 1500 (5:44.7) and 10000 (43:33). Two weeks ago, Browne ran a marathon in 2:47. □

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World Association of Veteran Long Distance Runners

XVII WORLD VETERANS CHAMPIONSHIP



SAN DIEGO, U.S.A. 1984

10 KM • 1 December 1984

MARATHON • 2 December 1984



—Official Airline



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Sports Travel International
P.O. Box 7823
San Diego, CA 92107, U.S.A.

Telephone: (619) 225-9555

Telex: 295443

Race Headquarters will be the Hilton Hotel, 1775 East Mission Bay Drive, San Diego, CA 92109. Competitors may pick up registration packets beginning Wednesday, 28 November 1984.

Entry Fees and Deadlines: One race, U.S. \$15.00; both races, U.S. \$25.00. No team fees. Fees include World IGAL Membership Subscription of U.S. \$6.00. Entries must be postmarked no later than 1 October 1984. Entries mailed after October 1st, add U.S.\$10.00 late fee. Entries recieved after 10 November 1984 will not be accepted. ALL FUNDS MUST BE SUBMITTED IN U.S. DOLLARS. Make checks or money orders payable to BILL STOCK, RACE DIRECTOR and mail to: 1984 WIGAL Championships, 7160 Baldrich St., San Diego, CA 92041, U.S.A.

All entrants and their guests are invited, at a charge of U.S. \$10.00, to a Carbo-Loading Dinner, Saturday evening, December 1st. This dinner will feature the 10km Awards Ceremonies. Limited tickets are available at U.S. \$10.00.

The Marathon Awards Ceremony and Farewell Party will be held Sunday evening, December 2nd, at Sea World Park. Tickets are U.S. \$26.00. This special price includes park admission (value U.S. \$12.00) to the Sea World Shows, buffet dinner, drinks, and dancing.

Ticket charges for the Carbo-Loading Dinner and Farewell Party should be submitted with your entry fees to guarantee reservations. (N.B.—All individual and team award winners will be reimbursed the cost of their tickets.)

Commemorative T-shirt will be available for U.S. \$5.00.

You will recieve notification of entry acceptance and any further important information by return mail.

XVII WORLD VETERANS CHAMPIONSHIPS

San Diego, California, U.S.A.

1-2 December 1984

10 km - Saturday, December 1st, 10 a.m.

Marathon - Sunday, December 2nd, 7 a.m.

The Organizing Committee of the XVII World IGAL Championships invites you to participate in an outstanding running and entertainment experience staged in the beautiful Mission Bay Park. Come run and visit with us in San Diego with its world-famous zoo, Wild Animal Park, Sea World, Balboa Park, and proximity to Mexico.

Tom Sturak
Executive Director

Bill Stock
Race Director

Both races are sanctioned by the Athletics Congress/USA and will be contested under IAAF rules on flat, certified courses meeting the requirements of the National Running Data Center.

Entries are open to all women over 35 years and all men over 40 years of age on day of race in the following age categories:

Women	Men
W35 - 35-39 years	M40 - 40-44 years
W40 - 40-44 years	M45 - 45-49 years
W45 - 45-49 years	M50 - 50-54 years
W50 - 50-54 years	M55 - 55-59 years
W55 - 55-59 years	M60 - 60-64 years
W60 - 60-64 years	M65 - 65-69 years
W65 - 65-69 years	M70 - 70-74 years
W70 - 70-74 years	M75 - 75-79 years
W75 - 75 yr and older	M80 - 80 yr and older

Team Competition will be held in both races for 3 person national teams in the following divisions: M40-49, M50-59, M60-69, M70 and over; W35-39, W40-49, W50-59, W60 and over.

All competitors must show passports or proper I.D. (e.g., driver's license) at registration.

Awards: Individual awards in both races will be given to at least the first three finishers in each 5-year age group. A commemorative award and diploma will be given all finishers of both races. Team awards will be made in both races to the first 3 national teams in the 10-year divisions listed above.

NIKE merchandise and other awards will be distributed at the discretion of the Organizing Committee.



THE IGAL SERIES WORLD CHAMPIONSHIPS

I	Baarn, Netherlands	1968
II	Bensburg, W. Germany	1969
III	Skovde, Sweden	1970
IV	Karlovy Vary, Czechoslovakia	1971
V	Douglas, Isle of Man	1972
VI	(Not Staged)	---
VII	Paris, France	1974
VIII	Lake Yamanaka, Japan	1975
IX	Coventry, England	1976
X	Brugge, Belgium	1977
XI	Berlin, W. Germany	1978
XII	Bolton, England	1979
XIII	Glasglow, Scotland	1980
XIV	Palmerston North, New Zealand	1981
XV	Lake Kawaguchi, Japan	1982
XVI	Perpignan, France	1983
XVII	San Diego, U.S.A.	1984
XVIII	Blackpool, England	1985
XIX	Vancouver, Canada	1986

For entry forms, send SASE to:

The Organizing Committee • 1984 World Veterans Championships
7160 Baldrich, La Mesa • CA 92041, U.S.A.

(619) 286-7867

LONG JUMP

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists long jump records from 1972 to 1981 for various age groups and locations.

TRIPLE JUMP

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists triple jump records from 1972 to 1981 for various age groups and locations.

SHOT PUT (35-49) 16# (50-59) 12# (60+) 8#

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists shot put records from 1972 to 1981 for various age groups and locations.

DISCUS THROW (35-49) 2KG (50-59) 1.6KG (60+) 1KG

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists discus throw records from 1972 to 1981 for various age groups and locations.

HAMMER THROW (35-59) 16# (60+) 12#

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists hammer throw records from 1972 to 1981 for various age groups and locations.

JAVELIN THROW (35-59) 800 GRAMS. (60+) 600 GRAMS

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists javelin throw records from 1972 to 1981 for various age groups and locations.

DECATHLON (IAAF SCORING TABLES)

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists decathlon records from 1972 to 1981 for various age groups and locations.

PENTATHLON (IAAF SCORING TABLES)

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists pentathlon records from 1972 to 1981 for various age groups and locations.

WOMENS WORLD FIVE YEAR AGE GROUP RECORDS

100 METERS

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 100 meter records from 1972 to 1981 for various age groups and locations.

200 METERS

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 200 meter records from 1972 to 1981 for various age groups and locations.

400 METERS

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 400 meter records from 1972 to 1981 for various age groups and locations.

800 METERS

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 800 meter records from 1972 to 1981 for various age groups and locations.

1500 METERS

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 1500 meter records from 1972 to 1981 for various age groups and locations.

3000 METERS

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 3000 meter records from 1972 to 1981 for various age groups and locations.

5000 METERS

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 5000 meter records from 1972 to 1981 for various age groups and locations.

10,000 METERS

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists 10,000 meter records from 1972 to 1981 for various age groups and locations.

HIGH JUMP

Table with columns: DIV, MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists high jump records from 1972 to 1981 for various age groups and locations.

LONG JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	21-4	6.50 WILLYE WHITE(US)	35 10-26-74
40-44	18-2 1/4	5.54 MARLENE ALTMANN(WG)	40 7-30-77
	18-2 3/4	5.54 HELEN SEARLE(AUS)	41 4-17-81
45-49	17-0	5.18 CORRIE ROOVERS(HOL)	47 7-15-82
50-54	15-6 1/2	5.04 MAEVE KYLE(IRELAND)	50 7-29-79
55-59	14-1 1/2	4.56 LIESELOTTE SEUBERLICH(WG)	55 7-15-82
60-64	11-1 1/2	3.64 ELIZABETH HAULE(WG)	60 8-6-80
65-69	11-2	3.40 R. SOLE(NZ)	65 1-8-81
70+	8-0	2.44 EDITH MENDYKA(TUJUNGA, CA)	70 5-16-81

SHOT PUT			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	63-7 1/2	19.39 ANTONINA IVANOVA(URS)	38 7-17-71
40-44	62-10 1/2	19.16 ANTONINA IVANOVA(URS)	41 2-24-74
45-49	46-6 1/4	14.18 LIESL HUBER(WG)	45 10-13-79
50-54	41-11 1/2	12.79 MARIANNE HAMM(WG)	51 7-30-79
55-59	36-6 1/4	11.13 M.VAN AS(S. AFR.)	59 7-19-80
60-64	31-4	9.55 EDITH MENDYKA(TUJUNGA, CA)	61 6-17-72
65-69	29-4	8.94 EDITH MENDYKA(TUJUNGA, CA)	65 3-27-76
70+	29-3	8.91 EDITH MENDYKA(TUJUNGA, CA)	70 5-9-81

DISCUS THROW			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	228-4	69.60 FAINA MYELNIK(URS)	35 9-9-80
40-44	206-5	62.92 HELGI PARTS(URS)	41 10-4-78
45-49	160-7	48.94 ODETE DOMINGOS(BRA)	47 4-8-82
50-54	127-5	38.84 MARIANNE WERNER(WG)	53 6-16-77
55-59	108-4	33.02 RUTH SVEBERG(SWE)	55 - -58
60-64	101-3	30.86 ANNCHEN REILE(WG)	60 10-19-75
65-69	94-9	28.90 ANNCHEN REILE(WG)	66 8-9-81
70+	66-5	20.24 VERA WISCHMANN(WG)	70 7-16-82

JAVELIN THROW			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	193-4	58.94 ANNELIESE GERHARDS(WG)	37 8-13-72
40-44	167-8	51.10 DANA ZATOPKOVA(CZE)	42 9-19-64
45-49	156-7	47.74 ANNELIESE GERHARDS(WG)	45 5-20-81
50-54	118-10	36.22 SYLVIA WHITE(AUS)	51 1-12-81
55-59	118-7	36.14 LENA GROBLER(S. AFR.)	57 5-2-81
60-64	83-4	25.40 ANNCHEN REILE(WG)	62 8-10-77
65-69	84-7	25.80 HANNA GELBRICH(WG)	65 8-6-80
70+	76-8	23.38 VERA WISCHMANN(WG)	70 7-15-82

None of the marks listed below are included in the official world records because documentation has not yet been received by the WAVA Records Committee from the V World Veterans Games organizers. These marks are therefore "pending" records, which will be approved when documentation is received.

NEW WORLD RECORDS SET AT V WORLD VETERANS GAMES IN SAN JUAN, PUERTO RICO -- SEPTEMBER 23-OCTOBER 1, 1983

Event	Age	Name	Nation	New Mark	Old Mark	Held by
100 M45	M45	Ken Dennis	USA	10.92	11.0	Thane Baker
		Gilberto Gonzalez	PR	13.44	13.5	Fred Reid
		Konrad Boas	USA	16.40	16.5	Herb Anderson
		Lieselotte Seuberlich	FRG	14.36	14.6	Ruth Christian
200 M80	M80	Paula Schneiderhan	FRG	14.47	15.2	Aileen Hogan
		Konrad Boas	USA	33.75	35.4	Arling Pitcher
		Daphne Pirie	AUS	27.65	27.86	Maeve Kyle
		Lieselotte Seuberlich	FRG	29.59	30.59	Kirsten Hveem
400 M40	M40	Paula Schneiderhan	FRG	30.26	31.1	Aileen Hogan
		Winifred Reid	SA	33.67	34.7	Winifred Reid
		Manuel Ulacio	VEN	49.00	49.36	Jim Burnett
		Reggie Austin	AUS	50.51	51.0	Nick Newton
800 M60	M60	Aileen Hogan	AUS	75.70	76.29	Elizabeth Haule
		Polly Clarke	USA	84.23	85.7	Polly Clarke
		Erika Werner	FRG	3:00.06	3:01.0	Britta Tibbling
		Britta Tibbling	SWE	6:22.20	6:59.0	Johanna Luther
1500 M75	M75	Johanna Luther	FRG	6:47.10	7:31.9	Polly Clarke
		Ed Benham	USA	20:59.00	21:19.0	Luis Rivera
		Johanna Luther	FRG	24:58.26	28:33.8	Bess James
		Johanna Luther	FRG	51:03.00	59:20.7	Ailsa Forbes
3000H M50	M50	Maurice Morrell	GBR	10:00.20	10:04.2	Maurice Morrell
		Florenzo Marchesi	SWI	14.69	14.7	Leopold Marfen
		Jack Greenwood	USA	16.15	16.6	Andre Findell
		Jack Greenwood	USA	59.85	62.3	Andre Findell
400H M70	M70	Gilberto Gonzalez	PR	77.50	84.1	Wilfred Bigelow
		Mazumi Morita	JPN	4.83	4.57	Josef Sahlman
		Gulab Singh	IND	4.28	4.27	Gulab Singh
		Lieselotte Seuberlich	FRG	4.40	4.21	Kirsten Hveem
LJ W70	W70	Paula Schneiderhan	FRG	4.35	3.64	Elizabeth Haule
		Johanna Gelbrich	FRG	2.97	2.44	Edith Mendyka
		Mazumi Morita	JPN	9.79	9.03	Taraki Miyata
		Marianne Hamm	FRG	11.21	11.13	M. Van As
SHOT W55	W55	Isuzu Tsujii	JPN	9.95	9.55	Edith Mendyka
		Karsten Brodersen	CHI	38.76	36.08	Verner Andersoh
DISC W70	W70	Johanna Gelbrich	FRG	20.00	19.05	Edith Mendyka
		Hans Potech	AUS	57.40	57.30	Malik Noor
HAM W70	W70	Aarne Miettinen	FIN	44.78	40.22	Olay Reppen
		Karsten Brodersen	CHI	39.05	29.77	Stan Hermann
		Aloysius Sibidol	BRU	54.51	54.20	Aloysius Sibidol
JAV W70	W70	Gerhard Schape	FRG	41.08	40.24	Bob MacConnaghy
		Johanna Gelbrich	FRG	24.97	21.84	Edith Mendyka

Total: 40. Men: 21, Women: 19.

World Association of Veteran Athletes
APPLICATION FOR TRACK RECORD

Name of Event	Classification e.g. 40-44 etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN
Full Name of Athlete	Address of Athlete	Country
Club or Branch	Date of Birth Day/Mth./Yr.	Date of Event Day/Mth./Yr. Place of Competition

I hereby certify that to the best of my knowledge, the above information is correct, that I ran the time listed below and apply for the record indicated.

Date..... Signature of Athlete.....

TIMEKEEPER'S STATEMENT I hereby certify that I was the Official Timekeeper of the above event, that the time shown on my watch was EXACTLY as shown opposite my signature.

Time	Name of Timekeeper	Address	Signature

STARTER'S STATEMENT I hereby certify that I was the Official Starter of the above event, that it was a fair start, and that no advantage was given to nor taken by any athlete.

Name of Starter	Address	Signature

REFEREE'S STATEMENT I hereby certify that all officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge, and I recommend the ratification of the record being applied for.

What were the weather conditions? _____

Did you examine the Birth Certificate of the athlete? _____
(If not athlete should send copy)

Precise Wind Velocity and Direction _____

Were all hurdles the correct balance and height? _____ Was the track surveyed _____

List order of finish and approximate distance between each finisher.
1st..... who was ahead of
who was ahead of
(Distance)

Name of Referee	Address	Signature

Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, Ca. 90291

World Association of Veteran Athletes
APPLICATION FOR FIELD RECORD

Name of Event	Classification e.g. 40-44, etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN
Full Name of Athlete	Address of Athlete	Country
Club or Branch	Date of Birth Day/Mth./Yr.	Date of Event Day/Mth./Yr. Place of Competition

I hereby certify that, to the best of my knowledge, the above information is correct, that I made the performance listed below, and apply for the record indicated.

Date..... Signature of Athlete.....

FIELD JUDGES STATEMENT I hereby certify that I was an Official Judge of the above event, and that the measurement was made with a steel tape by me and the other Judges listed below, and that the height/distance achieved was EXACTLY as that shown below opposite my signature.

Height/Distance	Name of Field Judge	Address	Signature

TECHNICAL MANAGER'S CERTIFICATE I hereby certify that the level and condition of the runway and/or field, and the weight and dimensions of the implement used (if any) fell within the limits prescribed by the I.A.A.F.

Type of Runway Surface _____ Weight of Shot, Discus or Javelin _____

Name of Technical Manager	Address	Signature

REFEREE'S STATEMENT I hereby certify that the officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge and I recommend the ratification of the record being applied for.

What were the weather conditions? _____

Precise Wind Velocity and Direction _____

Was the Field surveyed? _____ Did you examine athletes Birth Certificate? _____
If not please send copy.

1st..... 2nd..... 3rd.....

Name of Referee	Address	Signature

Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, Ca 90291

AMERICAN TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Subcommittee of the TAC Masters T&F Committee
through performances verified as of May 1, 1984

MENS AMERICAN FIVE YEAR AGE GROUP RECORDS

100 YARDS		AGE	MEET DATE
DIV.	MARK		
35-39	9.7	37	6-11-78
40-44	9.8	42	7-13-74
	9.8	41	7-11-75
45-49	10.0	46	5-27-78
50-54	10.5	50	8-18-73
	10.5	51	7-26-78
55-59	10.7	55	3-25-72
	10.7	55	7-14-73
	10.7	55	8-10-74
60-64	10.9	61	5-6-78
65-69	12.1	66	7-19-79
70-74	13.4	72	8-6-83
75-79	13.4	75	10-1-77
80+	15.1	80	7-24-82

100 METERS		AGE	MEET DATE
DIV.	MARK		
35-39	10.3	35	6-14-80
40-44	10.7	41	9-13-72
45-49	11.0	48	6-14-80
50-54	11.3	50	9-24-82
55-59	11.6	56	6-23-73
	11.6N	56	6-22-74
60-64	11.8	61	5-27-78
65-69	12.6	65	6-12-82
70-74	13.6	70	6-25-83
75-79	14.3	75	6-23-79
80+	15.4	80	2-25-84

200 METERS		AGE	MEET DATE
DIV.	MARK		
35-39	20.8	35	6-9-78
40-44	22.3V	42	7-13-74
45-49	22.9	45	6-20-70
	22.9	46	6-22-80
50-54	23.4	50	9-5-82
55-59	23.6	55	6-24-73
60-64	24.9	60	6-19-77
65-69	26.1	65	6-12-82
70-74	28.4	70	10-1-83
75-79	29.5	75	6-24-79
80+	32.3	80	2-18-84

400 METERS		AGE	MEET DATE
DIV.	MARK		
35-39	48.74	35	7-21-79
40-44	49.36	41	8-15-81
45-49	51.0	46	7-5-80
50-54	52.9	51	8-10-77
55-59	54.56	55	6-9-79
60-64	58.4	61	6-27-81
65-69	63.83	65	1-13-81
70-74	64.6	73	8-10-77
75-79	68.5	75	6-23-79
80+	75.4	80	7-9-83

800 METERS		AGE	MEET DATE
DIV.	MARK		
35-39	1:52.1	37	6-9-79
40-44	1:54.9	40	8-16-80
45-49	1:58.1N	48	7-6-73
50-54	2:01.1	50	6-29-75
55-59	2:08.9	55	7-5-80
60-64	2:19.0	61	8-13-82
65-69	2:25.3	65	7-5-80
70-74	2:34.5	71	9-4-77
75-79	2:40.0	75	5-14-78
80+	2:53.5	80	7-11-82

1500 METERS		AGE	MEET DATE
DIV.	MARK		
35-39	3:52.7	35	7-11-79
40-44	3:59.8	44	8-16-81
45-49	4:06.0	45	9-16-83
50-54	4:05.8	50	7-8-82
55-59	4:28.7	55	7-12-80
60-64	4:49.8	62	6-24-78
65-69	4:59.1	65	7-4-76
70-74	5:21.1	73	8-16-75
75-79	5:30.1	75	8-11-77
80+	6:12.2	80	7-11-82

1 MILE		AGE	MEET DATE
DIV.	MARK		
35-39	4:12.4	35	7-26-79
40-44	4:24.0	43	7-18-75
45-49	4:29.5N	46	4-23-72
50-54	4:32.2	50	7-13-75
55-59	4:56.1	55	7-22-83
60-64	5:15.2	63	6-9-79
65-69	5:22N	65	4-8-72
70-74	5:42.2	70	7-9-77
75-79	6:15.1	78	7-5-81
80+	8:07.1	81	6-7-80

3000 METERS		AGE	MEET DATE
DIV.	MARK		
35-39	8:31.5	35	8-4-79
40-44	8:50.0	41	7-13-75
45-49	9:14.2	46	1-18-75
50-54	8:53.8	50	6-25-82
55-59	10:12.6	55	5-6-83
60-64	10:47.0	64	8-13-75
65-69	10:51.0	65	6-17-75
70-74	11:46.2	73	3-28-76
75-79	13:06.4	75	6-13-81
80+	14:39.0	80	7-22-79

2 MILES		AGE	MEET DATE
DIV.	MARK		
35-39	9:21.4	35	10-26-69
40-44	9:17.6N	40	4-1-72
45-49	9:37.8	45	5-5-78
50-54	10:15.2	50	7-26-79
55-59	10:35.0	55	7-15-83
60-64	11:09	62	6-25-78
65-69	11:30.ON	66	3-25-73
70-74	12:40.0	73	3-14-76
75-79	14:30	76	9-30-78
80+	15:47.2	80	7-22-79

3 MILES		AGE	MEET DATE
DIV.	MARK		
35-39	13:44.2	35	6-11-64
40-44	14:29.2	42	6-15-74
45-49	15:07	46	7-7-74
50-54	15:37.8	50	1-10-76
55-59	16:51.2	59	7-13-75
60-64	16:59.2	62	6-25-78
65-69	17:59.2	65	7-22-75
70-74	19:20	70	6-16-79
75-79	21:10.8	75	5-6-78
80+	24:08.2	80	7-22-79

5000 METERS		AGE	MEET DATE
DIV.	MARK		
35-39	13:51.7	38	6-1-80
40-44	14:59.6N	41	8-25-72
45-49	15:17.4	48	8-2-80
50-54	16:11.0	51	5-31-79
55-59	16:27.1	55	1-12-81
60-64	17:19.0	64	8-2-80
65-69	18:30	65	7-4-76
70-74	20:05.4	70	8-8-77
75-79	21:53.0	75	5-6-78
80+	24:05.4	80	10-24-82

6 MILES		AGE	MEET DATE
DIV.	MARK		
35-39	28:02.4	35	5-3-64
40-44	29:59.0	43	4-26-75
45-49	30:47.0	45	6-11-77
50-54	32:40	50	10-1-78
55-59	35:05	59	7-12-75
60-64	36:41.6	60	6-11-78
65-69	38:17.4	65	7-12-75
70-74	42:14	73	5-2-81
75-79	44:35	76	9-30-78

10,000 METERS		AGE	MEET DATE
DIV.	MARK		
35-39	29:03.4	35	5-3-64
40-44	30:56.0	43	4-26-75
45-49	31:48	45	6-11-77
50-54	32:10.4	51	6-18-83
55-59	35:03.2	55	8-16-80
60-64	35:19.8	63	8-19-78
65-69	38:38.0	66	8-3-76
70-74	41:21.0	70	8-10-77
75-79	46:10.8	76	8-13-82
80+	49:22.8	80	7-6-79

ONE HOUR RUN		AGE	MEET DATE
DIV.	MARK		
35-39	11:1070	35	5-13-72
40-44	11:740	44	8-7-76
45-49	11:223	48	6-26-79
50-54	10:1335	50	10-1-78
55-59	10:775	56	8-4-81
60-64	2:42:08	65	4-20-81
65-69	3:07:03	71	10-16-77
70-74	3:39:51	75	9-15-80
75-79	4:23:55	80	4-16-79

3000 METER STEEPLECHASE

Table with columns: DIV., MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes like Mike Manley, Hal Higdon, Dave Stevenson, Ken Carman, Bob Boal, Norman Bright, Wilfred Bigelow, Lou Gregory.

110 METER HURDLES (35-39) 42" (40-49) 39" (50-59) 36" (60+) 30"

Table with columns: DIV., MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes like Hugh Adams, Walt Butler, Jack Greenwood, Charles Beaudry, Tom Patsalis, Al Guidet, Richard Lacey, Russell Meyers, Herbert Anderson.

400 METER HURDLES (35-49) 36" (50-59) 33" (60+) 30"

Table with columns: DIV., MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes like Ron Whitney, Jack Greenwood, Jack Greenwood, Richmond Morcom, Bud Deacon, Robert Hunt, George Braceland, Claude Hills, Russell Meyers, Herbert Anderson.

HIGH JUMP

Table with columns: DIV., MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes like John Dobroth, John Dobroth, Herm Wyatt, Herm Wyatt, Richmond Morcom, Burl Gist, Stan Thompson, Wesley Ward, Herbert Anderson, Herbert Anderson.

POLE VAULT

Table with columns: DIV., MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes like Bob Neutzling, Roger Ruth, Roger Ruth, Vic Cook, Richmond Morcom, Richmond Morcom, Jim Vernon, Don Hummel, Mert Gambito, A. E. Pitcher.

LONG JUMP

Table with columns: DIV., MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes like Tom Chilton, Tom Chilton, Shirley Davison, Shirley Davison, Tom Patsalis, Tom Patsalis, John Satti, Claude Hills, Herbert Anderson, WALT WESBROOK.

TRIPLE JUMP

Table with columns: DIV., MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes like Dave Jackson, Dave Jackson, Dave Jackson, Gordon Farrell, Tom Patsalis, Fred White, Winfield MCFadden, Winfield MCFadden, Herbert Anderson.

SHOT PUT (35-49) 16# (50-59) 12# (60+) 8#

Table with columns: DIV., MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes like Brian Oldfield, Carl Wallin, George Ker, George Ker, George Ker, George Ker, Jack Thatcher, Vernon Cheadle, A. Redmond Doms, Buell Crane.

DISCUS THROW (35-49) 2KG (50-59) 1.6KG (60+) 1KG

Table with columns: DIV., MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes like Art Swarts, Al Oerter, Al Oerter, Fortune Gordien, George Ker, Daniel Aldrich, Ken Carnine, Vernon Cheadle, A. Redmond Doms, John Whittemore.

HAMMER THROW (35-59) 16# (60+) 12#

Table with columns: DIV., MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes like Harold Connolly, Ed Burke, Harold Connolly, Bob Backus, Bob Backus, Thomas Mcdermott, Nolan Fowler, Stanley Herrmann, Stanley Herrmann, John Whittemore.

JAVELIN THROW (35-59) 800 GRAMS, (60+) 600 GRAMS

Table with columns: DIV., MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes like William Floerke, Larry Stuart, Larry Stuart, Bill Morales, Bill Morales, Bill Morales, Bob Macconnaghy, Bob Macconnaghy, Bob Macconnaghy, Emery Curtice, Herbert Anderson.

DECATHLON (IAAF SCORING TABLES)

Table with columns: DIV., MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes like Phil Mulkey, Dave Thoreson, Ed Oleata, Richmond Morcom, Richmond Morcom, Richmond Morcom, Claude Hills, Claude Hills, Herbert Anderson, John Whittemore.

PENTATHLON (IAAF SCORING TABLES)

Table with columns: DIV., MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes like Rex Harvey, Gary Miller, Harry Hawke, Richmond Morcom, Richmond Morcom, John Alexander, Claude Hills, Claude Hills, Herbert Anderson, Herbert Anderson.

WOMENS AMERICAN FIVE YEAR AGE GROUP RECORDS

Table with columns: DIV., MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes like Almeta Parish, Irene Obera, Irene Obera, Shirley Kinsey, Shirley Dietderich, Josephine Kolda, Polly Clarke, Polly Clarke.

100 YARDS

Table with columns: DIV., MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes like Phil Raschker, Irene Obera, Irene Obera, Ruth Christian, Ruth Christian, Josephine Kolda, Polly Clarke, Polly Clarke.

100 METERS

Table with columns: DIV., MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists athletes like Phil Raschker, Irene Obera, Irene Obera, Shirley Kinsey, Chris McKenzie, Shirley Dietderich, Josephine Kolda, Josephine Kolda, Polly Clarke.

AMERICAN FIVE-YEAR AGE-GROUP LONG DISTANCE ROAD RECORDS AS OF JANUARY 1, 1984

(Compiled by the National Running Data Center, and recognized as the official U.S. road records by the Athletics Congress (TAC) and the Road Runners Club of America (RRCA).

a = point-to-point course

p = pending mark

y = mark set at the next longer English distance

Open Men

Table listing Open Men records for distances 8 km to 100 mi, including names like Alberto Salazar, Herb Lindsay, and Greg Meyer.

Men- 45 thru 49

Table listing Men-45 thru 49 records for distances 8 km to 100 mi, including names like Ken Winn, Ray Hatton, and Earl Ellis.

Open Women- women only races

Table listing Open Women records for women only races for distances 8 km to 20 mi and marathon, including names like Ellen Hart, Mary Decker, and Joan Benoit.

Open Women- mixed races

Table listing Open Women records for mixed races for distances 8 km to 100 mi, including names like Patricia Catalano, Jan Merrill, and Joan Benoit.

Men- 35 thru 39

Table listing Men-35 thru 39 records for distances 8 km to 100 mi, including names like Bill Rodgers, Jarrett Slaven, and Barry Brown.

Men- 40 thru 44

Table listing Men-40 thru 44 records for distances 8 km to 100 mi, including names like Frank Duarte, Mike Manley, and Bill Stewart.

Men- 50 thru 54

Table listing Men-50 thru 54 records for distances 8 km to 100 mi, including names like Bill Foulk, Ray Hatton, and Norman Green.

Men- 55 thru 59

Table listing Men-55 thru 59 records for distances 8 km to 100 mi, including names like Jack Angel, Alex Ratelle, and Jim O'Neil.

Men- 60 thru 64

Table listing Men-60 thru 64 records for distances 8 km to 100 mi, including names like Stephen Richardson, Gerry Morrison, and Clive Davies.

Men- 65 thru 69

Table listing Men-65 thru 69 records for distances 8 km to 100 mi, including names like Paul Reese, Clive Davies, and Don Longenecker.

Men- 70 thru 74

Table listing Men-70 thru 74 records for distances 8 km to 50 km, including names like Sandy MacLean, William Andberg, and Ray Sears.

CLUBS

Below is a partial list of masters track and field or running clubs arranged by regions. To have your club listed please send the necessary information to National Masters News, PO Box 2372, Van Nuys, CA 91404.

EAST

Master Walker
Regency House, Rm 225
Pompton Plains, NJ 07444

N.Y. Masters Sports Club
77 Prospect Place
New York, NY 11217

Annapolis Striders
P.O. Box 187
Annapolis, MD 21404

Potomac Valley Seniors TC
P.O. Box 1065
College Park, MD 20740

Elkins Park Road Runners
7900 Old York Rd.
Elkins Park, PA 19117

West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301

Shore Athletic Club
Ron Salvio
Squan Road
Clarksburg, NJ 08510

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 17450

New Jersey Striders
P.O. Box 885
Maywood, NJ 07607

Central Park TC
1172 Park Ave.
New York, NY 10028

New York Pioneer Masters
c/o G. Shane
2400 Sedgwick Ave., Suite 2-5C
Bronx, NY 10468
212/733-8767

Atlanta Track Club
c/o Bob Glover
4 East 7th Street
New York, NY 10021
212/737-7480

Tri-State Masters T&F Club
c/o Wayne Vaughn
734 W. Franklin St.
Hagerstown, MD 21740
301/733-6076

Buffalo Belles and Brawn
266 Puritan Rd.
Tonawanda, NY 14150

Philadelphia Masters
c/o Fred Mannis
1040 W. Montgomery Ave.
Ardmore, PA 19003
213/642-5989

SOUTHEAST

Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802

Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305

Charlotte TC
P.O. Box 11364
Charlotte, NC 28220

Memphis Runners TC
P.O. Box 17981
Memphis, TN 38187-0981

Charlottesville TC
311 Westminster Rd.
Charlottesville, VA 22901

Port City Pacers
P.O. Box 16907
Mobile, AL 36616

MIDWEST

Hoosier Track Club
305 South Barton
Indianapolis, IN 46241
317/241-5446

Dayton Masters Track Club Inc.
Robert Jones
4867 Germantown Pike
Dayton, OH 45418

Over The Hill TC
6509 Marsol Rd. #308
Mayfield Heights, OH 44124

Ann Arbor Track Club
3667 Helen Ave.
Ypsilanti, MI 48197

Second Wind Running Club
Al Morris
1207 S. Oak
Champaign, IL 61820

Wisconsin United Athletic Club
Ron Dennis
6408 West Gate Rd.
Monona, WI 53716 608/221-8020

Fitness Track Club
c/o Stan Allen & Presley Yates
12954 Asbury Pk.
Detroit, MI 48221

Cleveland Masters Track Club, Inc.
Clarence Johnson
14806 Judson Dr.
Cleveland, OH 44128 216/295-0826

Wolfpack Track Club
Jim Pearce
1882 N. Devon Rd.
Columbus, OH 43212

MID-AMERICA

Lawrence TC
P.O. Box 3743 Jayhawk Station
Lawrence, KA 66044

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Plains TC
P.O. Box 14102
W. Omaha Station
Omaha, NE 68124

Prairie Striders
Box 267
Brookings, SD 57006

SOUTHWEST

Tulsa Running Club
P.O. Box 300
Tulsa, OK 74102

Space City Masters
John Hartfield
15106 Chasehill Dr.
Missouri City, Texas 77489
713/721-9388

Houston Masters Sports Assoc.
Tom McBrayer
7733 Moline
Houston, Texas 77087

Dallas Masters Track & Field Club
Joe Murphy
4308 N.C. Expressway, S-206
Dallas, TX 75206 214/824-3800

Houston Masters Sports Assoc.
14 Sandalwood
Houston, Texas 77024
713/781-2810

Palm City Masters
P.O. Box 220
McAllen, Texas 78501

Santa Fe Striders
P.O. Box 1818
Santa Fe, NM 87501

Oklahoma City Running Club
P.O. Box 18113
Oklahoma City, OK 73154
405/751-6073

WEST

Corona Del Mar TC
19103 S. Andmark Ave.
Carson, CA 90746

Los Gatos Athletic Assoc.
P.O. Box 1328
Los Gatos, CA 95031

Seniors TC
c/o Hal Winton
24409 S. Meyler St.
Harbor City, CA 90710

LA Valley Athletic Club
1801 Avenue of the Stars
Suite 415
Los Angeles, CA 90067

Culver City Athletic Club
c/o Phil Clarke
15232 Burtin St.
Van Nuys, CA 91402
818/780-0381

San Fernando Valley Track Club
13722 Burbank Blvd.
Van Nuys, CA 91401
818/780-7719

Southern California Striders
H. Lewis Smith
8306 Wilshire Blvd. #316
Beverly Hills, CA 90211

Trojan Masters TC
1147 W. Rowland Ave.
West Covina, CA 91790

South Coast Runners Assoc.
3857 Birch, Suite 442
Newport Beach, CA 92660

San Diego Athletic Assoc.
9369-C Discovery Way
La Jolla, CA 92037
619/455-9422

West Valley TC
P.O. Box San Carlos,
CA 94070

West Valley Joggers & Striders
1124 Kensington Ave.
Sunnyvale, CA 94087

Golden Gate Race Walkers
106 Sanchez St. #17
San Francisco, CA 94114

California TC
P.O. Box 459
San Carlos, CA 94070

Empire Runners
4700 Foulger Dr.
Santa Rosa, CA 95405

Northern California Seniors TC
2766 Summit Dr.
Hillsborough, CA 94010

Complete Runner Track Club
24074 Willow Creek Rd.
Diamond Bar, CA 91765

NORTHWEST

Snohomish TC
4206 242nd St. SW
Mountlake Terrace, WA 98043

Portland Masters Track Club
Art Afremow
4185 SW 83rd
Portland, OR 97225

Oregon Track Club Masters
P.O. Box 10085
Eugene, OR 97440

National Running Data Center

Running Records by Age is now available. This age record book is an annual publication, covering track and road-running marks through the end of the previous calendar year. U.S. single-age records for all standard distances are listed for both men and women for all ages from 1 through 99, and for all distances from 100 meters through 100 miles and the 24 hour run.

U.S. open and age-group road and long distance track records are also included. The book is available for \$5.95 from NRDC, PO Box 42888, Tucson AZ 85733.

The National Running Data Center is an independent, non-profit organization devoted to the collection, analysis, publication and dissemination of long-distance running information. The NRDC processes all applications for U.S. road records. Records approved by the NRDC are then submitted to the RRCA and TAC for official recognition.



Entrants in M65 110m hurdles, Olympic Legends Meet.



77 Prospect Place, Brooklyn, New York 11217

NEW YORK MASTERS 5th ANNUAL TEN KILOMETER HANDICAP WALK - OPEN TO ALL SUNDAY, JULY 22, 1984 - PROSPECT PARK, BROOKLYN, NEW YORK 10:00 A.M.

This race is held with the cooperation of the Walkers Club of America and is sanctioned by the Metropolitan Athletic Congress.

ELIGIBILITY: OPEN TO ANYONE. **COMPETITOR'S AWARDS.** T-SHIRTS TO ALL COMPETITORS WHO PRE-ENTER
ENTRIES CLOSE: MONDAY JULY 16th. The mails have been slow. You should allow one week for delivery.
POST ENTRIES: Post entries will be accepted but all post entrants will have to start from scratch and will not receive a t-shirt.
PRIZES: AWARDS TO THE FIRST TEN FINISHERS; FIRST THREE NOVICES; FIRST THREE FAST TIMES FOR BOTH MEN AND WOMEN.
TEAM AWARDS: FAST TEAM BASED ON LOWEST AGGREGATE TIME OF THE THREE FASTEST RACE WALKERS ON A TEAM. SEPARATE AWARDS FOR MEN AND WOMEN'S TEAMS. CLUB CHAMPION TEAM AWARD EVERYONE ON A TEAM SCORES. 1st PLACE SCORES ONE POINT PLUS THE NUMBER OF ENTRANTS' 2nd PLACE ONE LESS THAN THE NUMBER OF ENTRANTS. LAST PLACE SCORES ONE POINT. THE LARGER NUMBER OF COMPETITORS A TEAM FIELDS THE BETTER THE CHANCE FOR THE CLUB AWARD. THERE WILL BE THREE TEAM AWARDS IN THIS CATEGORY.
HANDICAPS HANDICAPS WILL BE GIVEN ON THE HONOR SYSTEM. PLEASE COOPERATE. CHECK IN CHECK IN BEGINS AT 9:00 A.M. AT THE START. There are public locker facilities at the Parade Ground lockers across the street.

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE # _____

AGE _____ SEX: M _____ F _____ SIZE: SM _____ MD _____ LG _____ X LG _____ CLUB _____

1. How long have you been a racewalker? _____ 2. Is this your first race? _____
3. What is your best time for 10K this year? _____
4. What is your estimated time? (Please be honest) _____
5. List the last three races walked; distance; time; and, place.

Date: _____ Distance _____ Time _____ Place _____

I am physically able to compete in this event and hold harmless the sponsors

DATE _____ SIGNATURE _____ (If a minor, parent's signature)

Make checks payable to: N.Y.MASTERS. Mail to JACK BOITANO, 40 CALIFORNIA ST. STRATFORD, CT. 06497

MIDWEST

June 16. Grandma's Marathon, Duluth, Minn. Grandma's Marathon, P.O. Box 6234, Duluth, MN 55806. 218/727-0947. SASE.

July 8. 4th Annual March of Dimes Mini/Masters 5K Races, Peoria, Ill., 6 p.m. Joyce Dolzell, March of Dimes, 4700 N. Sterling Ave., Peoria, IL 61615. 309/682-3335.

July 15. Lady Wolfpack Classic 20K, Columbus, Ohio. Women only. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

August 25. Bobby Crim 10-Mile Road Race. John Harpst, 1101 S. Saginaw, Flint MI 48502. 313/766-7346.

September 23. River Ramble 5K/10K/30K/50K, Columbus, Ohio, 5K & 50K are Ohio TAC Open & Masters Championships. John White, 4865 Arthur Place, Columbus, OH 43220. 641/459-2547.

October 7. RRCA National 50 Mile Championships, Chicago, IL. Noel D. Nequin, M.D., Swedish Covenant Hospital, 5145 N. California Ave., Chicago, IL 60625.

October 7. Columbus Bank One Marathon, Columbus, Ohio. Corporate Processing Dept., Columbus, OH 43271.

October 14. 6th Annual Medical Joggers Association 50 Miles/100K, Chicago, IL. Also RRCA's 50 Mile national championships. Legal SASE to Noel Nequin, M. D., Swedish Covenant Hospital, 5145 N. California Ave., Chicago, IL 60625.

October 21. America's Marathon, Chicago. Bob Bright, 214 West Erie St., Chicago IL 60610. 312/951-0660.

November 10. Wendy's 10K Classic, Bowling Green, Kentucky. Dave Mason, 1502 Weston St., Bowling Green KY 42101. 502/781-2834.

December 30. RRCA National 50K Championships, Peoria, IL. paul Appell, R.R., Alton, IL 61414.

MID-AMERICA

June 2. Summer Sports Festival 5/10K Runs, Independence, KA. Rhonda Maskus, Independence, KA 67301. 316/331-0344.

June 3. RRCA National Open & Masters Half-Marathon Championship, Kansas City, KS. Rich Ayers, 2413 North 57 Terrace, Kansas City, KS 66104.

August 18-19. Pikes Peak Marathon & Half-marathon, Manitou Springs, Colorado. PO Box 1694, Colorado Springs CO 80901. 303/471-9790.

September 6. RRCA National 25K Championships, Minneapolis, MN. Jeff Winter, 3515 Holmes, Minneapolis, MN 55408.

September 29. Maupintour Fall Classic, 10K, Lawrence, KA. Tom Leigh, Maupintour, 913/843-1211.

September 30. Twin Cities Marathon, Minneapolis to St. Paul, Minn. \$150,000 purse. Jack Moran, PO Box 24193, Minneapolis MN 55424.

SOUTHWEST

October 13. International Run Against Crime 10K, El Paso, Texas. John Hinshaw. PO Box 15000, El Paso TX 79998. 915/772-RACE.

December 2. White Rock Marathon, Dallas. Phidippides, North Park East, 8822 N. Central Expressway, Dallas TX 75231. 214/361-6493.

WEST

June 9. 8th Palos Verdes Marathon, Los Angeles, Calif. George Owens, PO Box 153, Palos Verdes Estates, CA 94614. 213/437-6774.

July 4. Coronado Half-Marathon. San Diego, Calif. George Green, 626 Fifth St., Coronado CA 92118. 714/437-4556.

July 4. Monarch Bank 5K & 10K Run in the Parks, Laguna Niguel, CA. Bill Pascual, 24372 Las Naranjas, Laguna Niguel, CA 92677. 714/831-6618.

July 28. Golden Run 5-10K, Fountain Valley, Calif. (near L.A.) 7:30 a.m. Bob Stewart, 1822-1/2 Newport Blvd. No. 210, Costa Mesa CA 92627. 714/645-7194.

August 5. SPA/TAC 10K District Championships, Griffith Park, Los Angeles. CRRC, Box 891, Tarzana-CA 91356. 818/888-5526.

August 19. San Francisco Marathon, San Francisco, CA. San Francisco Marathon, PO Box 27385, San Francisco, CA 94127. 415/681-2322.

August 19. America's Finest City Half-marathon, San Diego, Calif. Neil Finn, American Lung Assn., 3861 Front St., San Diego, CA 92103. 619/297-3901.

NORTHWEST

June 2. Governor's Cup Marathon, Helena, Mont. Governor's Cup, PO Box 451, Helena, MT 59624. 406/442-5450.

June 3. "The RACE" 8K Run, Eugene, OR. OTC Masters, 1587 Agate, Eugene, OR 97403.

June 24. Cascade Run Off 15K, Portland, OR. Cascade Run Off, 208 S.W. Stark Ave., Suite 304, Portland, OR 97204. 503/226-0717.

July 15-22. Oregon Running Camp, Skycamp Lodge, Eugene. Box 5453, Eugene OR 97405. 503/726-2215.

July 24. Deseret News Marathon, Salt Lake City. Keith West, PO Box 1257, Salt Lake City UT 84110. 801/237-2135.

July 29-August 5. Steens Mountain High Altitude Running Camp, Frenchglen, Oregon. Box 5453, Eugene OR 97405. 503/726-2215.

INTERNATIONAL

September 30. September 30. Berlin Marathon. 7-day tour. G.K. Erich, 39 West Parkway, Pequannock NJ 07440. 201/694-2097.

October 13-14. IGAL European Veterans Distance Running Championships, Bern, Switzerland. Werner Hamm, Theuerbrunnleinsweg No. 55, 8720 Schweinfurt, West Germany.

December 1-2. XVII IGAL World Veterans 10K and Marathon Championships, San Diego, Calif. Bill Stock, 7160 Baldrige Rd., La Mesa, CA. 619/286-7867.

December 11-17. Running tour of the Holyland, Barry Shaw, PO Box 2143, Netanya, Israel. □



Bob Hull, TAC National Indoor Championships. Princeton, N.J., March 24-25, M65 1500.

1984 TAC NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS PRINCETON, NEW JERSEY. MARCH 24-25, 1984.

60 Yard Dash Finals

Table of race results for 60 Yard Dash Finals, 300 Yard Dash, and 600 Yard. Lists race numbers, names, state abbreviations, and times.

Table of athletic results for various events including FOB 35-39, FIB 45-59, F3B 65-69, F4A 70-74, POLE VAULT, LONG JUMP, and 2A-50-54.

Table of athletic results for various events including 2B-55-59, 3A 60-64, 3B 65-69, 4A 70-74, 5A 80-89, FOA-30-34, F2B 55-59, F3B 65-69, F4A 70-74, TRIPLE JUMP, and 2A-50-54.

Table of athletic results for SHOT PUT, including OA, OB, 1A, 2A, 3A, 4A, 5A, 5B, 6A, 6B, 6C, 6D, 6E, 6F, 6G, 6H, 6I, 6J, 6K, 6L, 6M, 6N, 6O, 6P, 6Q, 6R, 6S, 6T, 6U, 6V, 6W, 6X, 6Y, 6Z.

Table of athletic results for 4x400 Relay, 4x800 Relay, and 60 YARD HURDLE TRIALS.

Table of athletic results for F3B, WEIGHT THROW, 60 YARD HURDLE TRIALS, and other events.

Table of track and field results for 110 Hurdles, 200, 400 Hurdles, 100m, 200, 400, 800, 1000, 1500, 2000, 2500, 3000, 3500, 4000, 4500, 5000, 5500, 6000, 6500, 7000, 7500, 8000, 8500, 9000, 9500, 10000, 11000, 12000, 13000, 14000, 15000, 16000, 17000, 18000, 19000, 20000.

Table of track and field results for 3000, 3500, 4000, 4500, 5000, 5500, 6000, 6500, 7000, 7500, 8000, 8500, 9000, 9500, 10000, 11000, 12000, 13000, 14000, 15000, 16000, 17000, 18000, 19000, 20000.

Table of track and field results for 40-49 100 Meter, 50-59 100 Meter, 60+ 100 Meter, 40-49 Pole Vault, 50-59 Pole Vault, 60+ Pole Vault, 40-49 High Jump, 50-59 High Jump, 60+ High Jump, 40-49 Javelin, 50-59 Javelin, 60+ Javelin, 40-49 Shot Put, 50-59 Shot Put, 60+ Shot Put, 40-49 Discus, 50-59 Discus, 60+ Discus, 40-49 200 Meter, 50-59 200 Meter, 60+ 200 Meter, 40-49 4x100, 50-59 4x100, 60+ 4x100, 40-49 Long Jump, 50-59 Long Jump, 60+ Long Jump, 40-49 1500 Meter, 50-59 1500 Meters, 60+ 1500 Meters, 40-49 Shot Put (12 lb), 50-59 Shot Put, 60+ Shot Put.

Table of track and field results for 40-49 100 Meter, 50-59 100 Meter, 60+ 100 Meter, 40-49 Pole Vault, 50-59 Pole Vault, 60+ Pole Vault, 40-49 High Jump, 50-59 High Jump, 60+ High Jump, 40-49 Javelin, 50-59 Javelin, 60+ Javelin, 40-49 Shot Put, 50-59 Shot Put, 60+ Shot Put, 40-49 Discus, 50-59 Discus, 60+ Discus, 40-49 200 Meter, 50-59 200 Meter, 60+ 200 Meter, 40-49 4x100, 50-59 4x100, 60+ 4x100, 40-49 Long Jump, 50-59 Long Jump, 60+ Long Jump, 40-49 1500 Meter, 50-59 1500 Meters, 60+ 1500 Meters, 40-49 Shot Put (12 lb), 50-59 Shot Put, 60+ Shot Put.

Table of track and field results for 40-49 100 Meter, 50-59 100 Meter, 60+ 100 Meter, 40-49 Pole Vault, 50-59 Pole Vault, 60+ Pole Vault, 40-49 High Jump, 50-59 High Jump, 60+ High Jump, 40-49 Javelin, 50-59 Javelin, 60+ Javelin, 40-49 Shot Put, 50-59 Shot Put, 60+ Shot Put, 40-49 Discus, 50-59 Discus, 60+ Discus, 40-49 200 Meter, 50-59 200 Meter, 60+ 200 Meter, 40-49 4x100, 50-59 4x100, 60+ 4x100, 40-49 Long Jump, 50-59 Long Jump, 60+ Long Jump, 40-49 1500 Meter, 50-59 1500 Meters, 60+ 1500 Meters, 40-49 Shot Put (12 lb), 50-59 Shot Put, 60+ Shot Put.

Table of track and field results for Hammer, 40-49 Hammer, 50-59 Hammer, 60+ Hammer, 40-49 Discus, 50-59 Discus, 60+ Discus, 40-49 200 Meter, 50-59 200 Meter, 60+ 200 Meter, 40-49 4x200, 50-59 4x200, 60+ 4x200, 40-49 Long Jump, 50-59 Long Jump, 60+ Long Jump, 40-49 1500 Meter, 50-59 1500 Meters, 60+ 1500 Meters, 40-49 Shot Put (12 lb), 50-59 Shot Put, 60+ Shot Put.

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TAC CENTRAL ASSOCIATION PENTATHLON table with columns: Name, Age, LJ, JT, 200m, DT, 1500m, Total. Includes entries for Brenda AI, Jocoy, Jock, Miller, English, Hollister, Johnston, and Dwight.

OCEANA VETERANS CHAMPIONSHIPS CANBERRA, AUSTRALIA APRIL 21-22, 1984 table with columns: Name, Time. Includes entries for M55 R Hochreiter, M60 B Hogan, M65 J Stevens, W40 H Searle, W45 W Ey, W50 D Pirie, W55 S Peterson, W60 A Hogan, M100 R Austin, M105 B Hogan, M110 J Stevens, M115 F Burgoyne, M120 H Gathercole, W40 V Roberts, W45 W Ey, W50 D Pirie, W55 S Peterson, W60 A Hogan, W65 R Sole, W70 Z Pierce.

Table listing various events and participants such as M55 N. Milicevic 35'3", M60 M. Goldsmith 32'2", M65 John Damski 29'3/4", M70 Morris Gleimer 24'11 1/2", Pole Vault M30 Bob Pullard 16', M35 James Ball 11', M40 Marion Connelly 14', M45 Gerard Dumas 11', M50 D. Douglass 9'6", M55 Bob Morcom 11', M60 Dave Brown 9'6", M65 Jim Vernon 9'6", M75 Bob MacConnaghy 7'6".

NORTH COAST RELAY CHAMPIONSHIPS; CLEVELAND HEIGHTS, OHIO; APRIL 29, 1984

6400 M RELAY: OPEN MEN: 1. L.W. STRIDES 21:43.47. 30-39 MEN: 1. OVER THE HILL 20:09.0. 400 M RELAY: OPEN MEN: 1. OVER THE HILL(A) 42.93, 2. PEABODY 43.13, 3. OVER THE HILL(B) 44.91. 30-39 MEN: 1. FITNESS 45.91, 2. WEST PENN 49.50, 3. OVER THE HILL 49.90. 40-49 MEN: 1. WEST PENN 49.47, 2. OVER THE HILL 50.85. 50-59 MEN: 1. OVER THE HILL 52.45. 30-39 WOMEN: 1. WEST PENN 1:08.0. 40-49 WOMEN: 1. OVER THE HILL 1:05.3. SPRINT MEDLEY RELAY: OPEN MEN: 1. PEABODY 1:36.20, 2. OVER THE HILL 1:39.28. 30-39 MEN: 1. FITNESS 1:37.52, 2. WARRENSVILLE COACHES 1:46.36, 3. OVER THE HILL 1:51.52. 40-49 MEN: 1. WEST PENN 1:49.78, 2. OVER THE HILL 1:53.93. 50-59 MEN: 1. OVER THE HILL 2:04.01. 30-39 WOMEN: 1. WEST PENN 2:29.01. 40-49 WOMEN: 1. OVER THE HILL 2:42.56. 3200 M RELAY: OPEN MEN: 1. L.W. STRIDES 9:24.31. 30-39 MEN: 1. OVER THE HILL 9:04.29, 2. WEST PENN 9:26.99.

SHUTTLE HURDLES RELAY: OPEN MEN: 1. OVER THE HILL 1:04.24. 30-39 MEN: 1. OVER THE HILL 1:10.16. 800 M RELAY: OPEN MEN: 1. OVER THE HILL 1:28.30, 2. PEABODY 1:30.47, 3. CHAMPION A.C. 1:35.37. 30-39 MEN: 1. FITNESS 1:35.40, 2. OVER THE HILL 1:47.68. 40-49 MEN: 1. WEST PENN 1:47.89. 50-59 MEN: 1. OVER THE HILL 1:55.71. 30-39 WOMEN: 1. WEST PENN 2:27.05. 40-49 WOMEN: 1. OVER THE HILL 2:48.40. DISTANCE MEDLEY RELAY: OPEN MEN: 1. OVER THE HILL 11:56.88. 30-39 MEN: 1. WEST PENN 12:11.44, 2. OVER THE HILL 12:33.45. 1600 M RELAY: OPEN MEN: 1. OVER THE HILL 3:39.50. 30-39 MEN: 1. FITNESS 3:35.33, 2. WEST PENN 4:06.60, 3. OVER THE HILL 5:20.20. 40-49 MEN: 1. OVER THE HILL 4:36.02. 30-39 WOMEN: 1. WEST PENN 5:33.16. 40-49 WOMEN: 1. OVER THE HILL 6:27.10. SHOTPUT RELAY: 30-39 MEN: 1. OVER THE HILL 79' 1", N. Bowers 40'11", D. Morgan 38' 2". 2. FITNESS 62' 10", P. Yates 32'4", J. Washington 30'6 1/2". 40-49 MEN: 1. UNIV. CHICAGO TC 83'11", C. Klehm 40", E. Hill 38'11". 2. OVER THE HILL 59', L. McClain 29'5", T. Ragland 29'7". 50-59 MEN: 1. OVER THE HILL(A) 77' 2 1/2", J. Chadbourne 38'5 3/4", R. Bredenbeck 38' 8 1/2". 2. UNATTACHED 76' 9 1/2", F. Hirsimaki 34' 4 1/2", P. Carstensen 42'5". 3. OVER THE HILL(B) 66' 5", D. Mann 33' 3", A. Jackson 33' 3". 30-39 WOMEN: 1. CLEVELAND MASTERS 45' 4", R. Ogletree 24'5 1/2", Essie Kea 20' 10 1/2". 2. OVER THE HILL 21' 11", M. Chadbourne 21'11". 50-59 WOMEN: 1. Cleveland Masters 47' 3", B. Holland 27' 6 1/2", C. Kellen 19' 9 1/2". JAVELIN RELAY: OPEN MEN: 1. OVER THE HILL 238' 3", J. Wodecki 113'8", M. Radusevic 124'7 1/2". 30-39 MEN: 1. OVER THE HILL 300'9", N. Bower 124'7", D. Morgan 175'2". 2. FITNESS TC 232'6", P. Yates 132'9", J. Washington 99'9".

40-49 MEN: 1. OVER THE HILL(A) 284'1", T. Ragland 109', J. Frank 175'1". 2. UNIV. OF CHICAGO TC 241', C. Klehm 87'6", E. Hill 152'6". 3. OVER THE HILL(B) 152'9", P. Thompson 81'11", G. Coats 70'10". 50-59 MEN: 1. OVER THE HILL 208'9", R. Bredenbeck 100'9", D. Mann 108'. 2. UNATTACHED 206'7", P. Carstensen 123'7", A. Jackson 83'. 3. UNATTACHED 199'5", D. Smith 109'9", F. Hirsimaki 89'8". 50-59 WOMEN: 1. CLEVELAND MASTERS 107'8", B. Holland 73'8", C. Kellen 34'. DISCUS RELAY: OPEN MEN: 1. OVER THE HILL 227'4", J. Wodecki 112'8 1/2", M. Radusevic 104'7 1/2". 30-39 MEN: 1. OVER THE HILL 235'7 1/2", G. Mirka 138' 1/2", D. Morgan 97'7". 2. OVER THE HILL 130'7 1/2", N. Bower 130'7 1/2", J. Gerson - 40-49 MEN: 1. UNIV OF CHICAGO TC 248'7", C. Klehm 109'5 1/2", E. Hill 139'2 1/2". 50-59 MEN: 1. OVER THE HILL 208'2 1/2", R. Bredenbeck 103'4", J. Chadbourne 105' 10 1/2". 2. UNATTACHED 205'8", D. Mann 103'6", P. Carstensen 102'2". 3. UNATTACHED 192' 10", D. Smith 97'10", F. Hirsimaki 95' 1/2". 30-39 WOMEN: 1. OVER THE HILL 61'6", M. Chadbourne 61'6". 40-49 MEN: 1. UNIV. OF CHICAGO TC 95'6", C. Klehm 42' 10 1/2", E. Hill 52'8 1/2". 50-59 MEN: 1. OVER THE HILL 80' 10", J. Chadbourne 46'4 3/4", D. Mann 34' 5 3/4". 2. NEW YORK MASTERS 37' 1/2", P. Carstensen 37' 1/2". 30-39 WOMEN: 1. OVER THE HILL 24' 7", M. Chadbourne 24'7". 50-59 WOMEN: 1. CLEVELAND MASTERS 125'6 1/2", B. Holland 85'5", C. Kellen 40'1 1/2". 35# WEIGHT THROW RELAY: 56# WEIGHT THROW RELAY: OPEN MEN: 1. OVER THE HILL 55' 1", J. Wodecki 28' 3 1/2", N. Bower 26' 10 1/2". 40-49 MEN: 1. UNIV. OF CHICAGO TC 59'11", C. Klehm 28'3", E. Hill 31' 8". 50-59 MEN: 1. OVER THE HILL 26' 9 1/2", J. Chadbourne 26' 9 1/2". 2. NEW YORK MASTERS 19'11", P. Carstensen 19' 11". HAMMER RELAY: 40-49 MEN: 1. UNIV. OF CHICAGO TC 272'8", C. Klehm 126'5", E. Hill 146'3". 50-59 MEN: 1. OVER THE HILL 270' 1", J. Chadbourne 156'11", D. Mann 113' 2".

2. NEW YORK MASTERS 121'6", P. Carstensen 121'6". 30-39 WOMEN: 1. OVER THE HILL 77' 11", M. Chadbourne 77'11". HIGH JUMP RELAY: OPEN MEN: 1. U.S. TRACK 12' 4", Scott Hartsel 6'4", J. Swankhouse 6". 30-39 MEN: 1. FITNESS TC 11'6", S. Allen 5' 10", A. Littlejohn 5'8". 2. OVER THE HILL 10'10", D. Morgan 6'0", J. Gerson 4'10". 40-49 MEN: 1. OVER THE HILL 9' 4", T. Ragland 4'8", G. Coats 4'8". 50-59 MEN: 1. UNATTACHED 8' 10", F. Hirsimaki 4'4", D. Smith 4'6". 30-39 WOMEN: 1. CLEVELAND MASTERS 7' 10", R. Ogletree 3'10", E. Kea 4". POLE VAULT RELAY: 40-49 MEN: 1. WEST PENN 12' 6", E. Boyle 12'6". 50-59 MEN: 1. UNATTACHED 15' 6", D. Smith 8'6", F. Hirsimaki 7". LONG JUMP RELAY: 30-39 MEN: 1. OVER THE HILL(A) 36' 2", D. Morgan 18", J. Smith 18' 2". 2. FITNESS TC 28' 8 1/2", P. Yates 13' 6", J. Washington 15' 2 1/2". 3. OVER THE HILL(B) 27' 6", J. Gerson 13' 2 1/2", N. Bower 14' 3 1/2". 40-49 MEN: 1. OVER THE HILL(A) 33' 1/2", L. McClain 16' 9 3/4", T. Ragland 16' 2 1/2". 2. OVER THE HILL (B) 31' 7", D. Thompson 15' 1/2", G. Coats 16' 7". 50-59 MEN: 1. UNATTACHED 28' 7 1/2", F. Hirsimaki 14' 6 1/2", D. Smith 14' 1". 30-39 WOMEN: 1. CLEVELAND MASTERS 25' 10", R. Ogletree 13' 8", E. Kea 12' 2". TRIPLE JUMP RELAY: 30-39 MEN: 1. OVER THE HILL(A) 69' 6", D. Morgan 35' 2", L. Hillers 34' 4". 2. FITNESS TC 68' 1", S. Allen 39' 8", A. Littlejohn 28'5". 3. OVER THE HILL(B) 46' 5", D. Mann 19' 10", J. Gerson 26' 7". COMBINED TEAM STANDINGS: 1. OVER THE HILL TRACK CLUB 205, 2. WEST PENN TRACK CLUB 50, 3. FITNESS TRACK CLUB 37, 4. CLEVELAND MASTERS 30, 5. UNIVERSITY OF CHICAGO TRACK 28, 6. L. W. STRIDES 15, 7. U.S. TRACK 12, 8. PEABODY 10, 9. CHAMPION A.C. 1.

WEST COAST MASTERS CLASSIC VISALIA, CALIFORNIA MAY 5, 1984. 100y: M60+ J. Kolda 15.2, M50+ Shirley Kinsey 14.65, S. Dietderich 15.2, M30+ Maria Magana 14.60, Sandra Schumacher 14.87, M70+ Josiah Packard 14.39, Homer Vangelder 16.51, M65 Clarence Killion 12.7, G. Poloynis 15.3, M60 J. Johnson 13.2, Chas. Mercurio 13.39, George Simon 14.0, M55 Robert Watanabe 11.50, Bernie Stevens 11.56, Gene Harte 11.8, M50 Nick Newton 11.3, Dick Hansen 11.7, Dick Marlin 11.99, M45 D. Dewitt 11.1, Gerald Tatham 12.3, M40 Dan Fitzsimons 10.4, Dennis Duffy 10.7, Tony Craddock 11.0, M30+ Lelon Rich 11.6, Greg Sano 12.11, Thomas Williams 12.15. 220y: M60+ J. Kolda 35.6, M50+ S. Kinsey 33.7, S. Dietderich 36.8, M40+ J. Carter 29.6, M30+ Marian Magana 33.5, M.L. Nicoletti 33.9, M70+ J. Packard 33.8, M65 C. Killion 29.1, G. Poloynis 42.3, M60 C. Mercurio 31.3, G. Simon 33.2, M55 R. Watanabe 26.3, G. Harte 26.8, B. Stevens 27.0, M50 N. Newton 25.2, D. Hansen 26.9, T. Slaven 28.9, M40 T. Craddock 26.2, K. Vaughn 27.2, Jerry English 30.0, M30+ L. Rich 25.8. Mile Relay: M30+ Lem. NAS 3:59.2. 440y: M60+ Josephine Kolda 1:24.5, M50+ S. Dietderich 1:28.4, M40+ Jeanne Carter 66.4, M30+ M.L. Nicoletti 1:24.0, M65 George Poloynis 1:20.7, M55 Bernie Stevens 61.7, M50 E. Mehmedbasich 1:05.5, Tom Slaven 1:07.8, M45 Ross Irving 1:00.8, M40 Dennis Duffy 54.0, Ken Washman 1:04.4, M30+ James Harvey 51.7, Oscar Aguire 52.8. 880y: M55 Bernie Stevens 2:37.2, M50 E. Mehmedbasich 2:39.4, M45 Pete Richardson 2:08.1, M40 M. Holbrook 2:05.1, D. Duffy 2:10.0, Fernie Montanez 2:11.6, M30+ Oscar Aguire 1:59.7, T. Williams 2:29.0. Mile: M65 Ray Mahannah 6:30.9, M60 Bob Musso 5:34.9, Sid Toabe 5:35.4, M55 Chuck Freuler 6:30.2, Rex Dietderich 6:48.5, M45 Frank Padilla 5:04.7, M40 Mike Holbrook 4:37.5, Carl McCullough 4:50.7, Bob Perry 5:38.3, M30+ Dan Wernli 5:02.6. 100y Doctors' Dash: M70+ J. Brady 21.4, M65 G. Poloynis 17.8, M55 R. Watanabe 13.4, M40 Bob Blakeley 13.8, Louis Velasa 16.8. Doctor's Medical Mile: M70+ G. Poloynis 8:48.5, M50 James Noolan 7:02.8, M45 George Skaff 7:20.3, M40 B. Blakeley 5:26.1, L. Velasa 6:24.9, M30+ Gus Nevarez 4:57.2, Paul Williams 5:49.4. 440yH: M50 T. Slaven 1:21.83, M30+ Donald Roberts 61.4, Kevin Speaks 67.08.



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