VAUGHAN SETS WORLD VETS MILE RECORD

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

The time was nearly five seconds faster than the world record and over nine seconds faster than Australia's world record.

"I was inspired by the results in Port Elizabeth. I thought, I could better the world mark," Vaughan said. "I thought I was fit enough and went into the race aiming at about 4:16 — four laps of 64 seconds.

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

VAUGHAN SETS WORLD VETS MILE RECORD

The West Valley Track Club of Northern California set a new U.S. Masters distance medley relay record of 10:40.6 in Berkeley, Calif. February 23. From left: George Mason (800 in 2:03.5); Dave Ramran (400 in 51.1); Raimond Thomas (1200 in 3:17.3) and Harvey Franklin (1600 in 4:29.1).

Matson Wins $1000

Brown and Murphy Deja Vu in Gasparilla 15K

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

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

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

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

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


GOOD MARKS OPEN CALIFORNIA TRACK SEASON

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

Christel Miller, who turned 50 on January 20, broke her month-old American high jump record of 4-2 by one inch. Pole vaulters Carol Johnston, 73, and Bob MacConnaghy, 76, also upped their recent age records: Johnston, from 9-3$rac{3}{4}$ to 9-6$rac{3}{4}$, and MacConnaghy, 76, from 8-7 to 8-8$rac{1}{4}$.

HUME SETS FOUR RECORDS AT BROWN

Ian Hume, WAVe Technical Chairman from Quebec, Canada, had a field day in the first-ever Brown University Masters Indoor T&F Meet at Providence, R.I., on January 20. Hume revised four world M70 indoor marks when he lengthened the long jump record from 13.5 to 13.8-4 and the triple jump from 26-10 to 29-7$rac{3}{4}$, raised the high jump mark from 4-2$rac{1}{2}$ to 4-4, and vaulted past the old mark of 7-5$rac{1}{4}$ to 8-5$rac{3}{4}$.

"As it happened, things went better than I expected and I managed two better had I not got boxed in on the second lap. I lost maybe 10 meters there..."

PHILADELPHIA DRAWS ATHLETES FROM NINE STATES

by PETE TAYLOR

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

Among the submasters, Ralph Penn, 33, Takoma Park, MD, and Michael Saafir, 33, Utica, NY, were standouts.

Fitzgerald, 48, 8.3, were convincing dash winners in their divisions. Larry Simmons, M40, walked a mile in 8:36.9. Bob Doyle, M35, Randall, Wellesley, Mass., (4:19.4), was very fast 8:36.9. Bob Fine, Brooklyn, NY, won the 3000m in 9:12.0. Anna Mapps, 37, York, NY. Ed topped a field of 10 in the M45 300m (every one of whom broke 45 seconds) with a time of 38.0.

The 40's featured Ed Small, 46, New Rochelle, N.Y., 4:18.5, a 64 and a 63.8. I might have done better had I not got boxed in on the second lap. I lost maybe 10 meters there..."
PROSTATE OPERATION
IMPROVES SPEED

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

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

Bryn saluted him obediently: "Sure,
okay, doc."

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

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

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

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

Sydneve Stein
London, England

INDOOR U.S. PENTATHLON

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

I have two complaints about rules
made at the TAC convention. 1) The
age-factoring is cry-baby silly. We
went to 5-year age groups to reduce the
10-year “problem.” Next we'll hear
the complaint: "I'm 11 months older
than he is." I don't think the advan-
tage we receive (I'm 44, the full
beneficiary of the factoring system)
is fair to Bill Smith, Tom Collins, etc.

2) The lowering of the hurdle heights
for pentathlon and decathlon cham-
ionships seems like another move to
make the hurdles a sprint event. The
sprinters, otherwise I'd be out there.

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Don't You Feel Good About 7Up?

No Caffeine
No Artificial Colors
No Artificial Flavors

No wonder 7UP has a clean, refreshing, unspoiled taste!
Brown Nearly Wins Orange Bowl Marathon Outright

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

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

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

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

Spectators and runners were stunned at Brown’s performance, despite it being five seconds slower than his Twin Cities record effort. With a strong and steady stride to the end, the 77-year-old Benham, the world record-holder in his age division, crossed the finish line with a time of 1:40:58, just three minutes and eight seconds slower than his world record time for the 75+ class. “It wasn’t a bad run,” Benham said.

He finished about 17 minutes ahead of the next Master, Hector Rodriguez.

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

Benham, Geary Inspire in Colonial Half-Marathon

by THOMAS PAGANO

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

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

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

Geary, who underwent triple-bypass surgery seven months ago, completed the race in 1:57:34. “I’m satisfied with the time,” Geary said after the race. “I would have liked to have captured the age-72 record, but to do that, I would have had to run 1:46:00 or so.”

The gray-haired Geary, who proudly wears a white T-shirt with “Ancient Marathoner” emblazoned across the chest, was there for the athletic accomplishments to the crowd. “There are a lot of fellows in my age group beating the figures in the record book,” he said.
Some world class masters will run such a beautiful race at the Twin Cities Marathon that they will make headlines in National Masters News. And take home a pile of money from our age-graded purse.

Even if you don't win a dime, you will go home feeling good. You'll remember being taken care of and you won't forget our beautiful course – 26.2 miles of tree-lined parkways dotted with sparkling lakes.

The Twin Cities Marathon.
The most beautiful urban marathon in the country.

Minneapolis to St. Paul – October 6, 1985. Entries limited to 8,000. For entry blank, send stamped, self-addressed envelope to TCM, P.O. Box 24139, Minneapolis, MN 55424. Republic Airlines is our official airline. For information on special fares, call toll-free 1-800-328-1111 and refer to TCM 222.

Sponsored by The Pillsbury Company and WCCO Radio.
Overtraining

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

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

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

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

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

“Once athletes begin to go into a state of overtraining, it’s very difficult to retrieve them from it.”

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

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

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

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

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

“There’s another term we call overreaching,” he said. “Sometimes we deliberately overtrain athletes reading in running magazines that Frank Shorter runs 120 miles a week and decide 120 miles a week must be good for them, too.”

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

“There’s an interesting point,” Frederick said. “There is a phenomenon I call the Zatopek effect.”

Continued on Page 23
BE PART OF SPORT HISTORY

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

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

EVENTS:
- Shot Put
- Discus
- Javelin
- High Jump
- Long Jump
- Triple Jump
- Pole Vault
- Pentathlon
- Marathon
- Cross Country
- Track & Field
- Road Race

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

ENDORSED BY:
CTIT, CITA

RECOGNITION:
The MASTERS MEDAL will be awarded to the winner in each event in each age category in each event. Second and Third place winners in each age category in each event will receive a distinctive MASTERS MEDAL. All registrants will receive a unique commemorative recognition of their participation in the First MASTERS GAMES.

HOW TO BECOME A MASTERS GAMES ATHLETE:
To be eligible to register in the games, you must be 50 years of age or older. Entrants must complete the Master Form. The Master Form is composed of personal information, a check or money order for the GAMES REGISTRATION FEE, and a 100m hurdles time. All forms must be postmarked by June 1, 1985.

DEADLINE:
MASTER FORMS must be received prior to June 1, 1985. MASTER FORMS received after June 1, 1985 cannot be guaranteed acceptance.

REGISTRATION AND MASTER FORM APPLICATION

Please register me in the MASTERS GAMES. (PLEASE PRINT)

Sport:

Surname:

Given names:

Number:

Street:

City:

Province/State:

Country:

Telephone:

Date of Birth: Day Month Year

GAMES REGISTRATION FEE: $60 CDN.

Official sponsors:

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ENDORSER:

RECOGNITION:

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A Most Unforgettable Person

Profiles are okay, I suppose. I always read them, hoping against hope it happen again. I'm talking here about always have been and always will. Not strap journalist, and admit they are really an utter bum, 1 mean a real bum, Mike, a Hal, a Joe or some other jock sometimes, where I could meet some useless, worthless, with breath that reeked of corn nuts), and now they are very sight).

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

I would like to read a profile, sometimes, where I could meet some wonderful person who will break down under the inquiring and probing of a Mike, a Hal, a Joe or some other jockstrap journalist, and admit that they are really an utter bum, I mean a real bum, Mike, a Hal, a Joe or some other jock sometimes, where I could meet some useless, worthless, with breath that reeked of corn nuts), and now they are very sight).

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

Back to the profile I'm always waiting to read. This guy also claims he's a business man who travels extensively and uses Hal Higdon as his travel agent. Said it cost him a thousand dollars recently to fly from Chicago to Detroit and to top it off, he received a free T-shirt that said, "HAL HIGDON'S 50th." Furthermore, I also happen to have this on good advice that this bum is going around telling people that Tom Sturak has a job, New that happens to be this kind of malicious rumor that could ruin a man's career. Tom, I know from the latest rumor, is working very hard with the Frank Shorter group, but, rest assured, he certainly does not have a job.

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

Philadelphia Draws Athletes From Nine States . . .

Continued from Page 1

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

Among the 50's, Al Cohen, 53, Blauvelt, NY, impressed by taking a second in the 55m and firsts in the 300, 500, 1000, 1 mile, and 3000m. Al also struck gold in the long and triple jumps. Bert Lancaster, 56, won the 55m, 7.4, and appeared to have the 300m won also, but Cohen closed a big gap in the last 50m to win by a whisker, 45.4. In M50, Lloyd Riddick, 69, edged Charlie Prats and Matt Brown, both 70, in a fast 55m. Walt Hutchins, 53, took the high jump at 5-0. Jim Sutton, 53, was an easy mile winner, 4:52.2. Jerry Welbourn vaulted a winning 11-0.

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

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

Continued on Page 26

Bill Epright, Norcross, Ga., wins the M60 TAC National Masters 10K Championship. 41:52.4. Clearwater, Fla., February 3.
TAC/PACIFIC TRACK & FIELD CHAMPIONSHIPS
OPEN MEN & WOMEN
MASTERS MEN & WOMEN ■ SUBMASTERS MEN & WOMEN
MAY 18 & 19, 1985
Los Gatos High School & San Jose City College
Sanctioned by TAC/PACIFIC ASSOCIATION
Sponsored by LOS GATOS ATHLETIC ASSOCIATION
ENTRY DEADLINE WEDNESDAY, MAY 15, 1985

ELIGIBILITY:
All Men and Women registered in TAC/Pacific Association. 1985 TAC registration required. Registration available at $6.00.

ENTRIES:
Pre-entry required by Wednesday, May 15. Post entry will be accepted on a space-available basis. Phone entries a.k.a. 354-6660. No teams or individuals will be admitted without payment in meet director's hands. Phone entries will not be recorded until payment is received.

FEES:
$4.00 per event. $12.00 for relays. $6.00 for late entry if space available, relay post entry a.k.

NOTE:
Hammer, javelin, steelmace, and 5,000 walk will be contested at San Jose City College on Sunday, May 19 (see Schedule). All WAVA standards for impediments and hurdles will be in effect in Masters Competition.

HEATS:
Will be run as required in 100 and 200. Heats will be contested in all age divisions that they are needed and the finals run at the end of allotted time slot. 400 will be run in timed sections based on times submitted on entry form.

FACILITIES:
All weather track surface. 1/4 mile spikes only. Concrete throwing rings, grass hurdles runway.

AGE GROUPS:
Open women ages 14-29. Open 18-29, 30 and above in 5 year age groups. 30-39 and over runners need the mark to do battle over the hilly 2nd Annual Senior Master "Old Fashion" 4 mile course on February 17.

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

The most outstanding performance came from A1 Clark, 71, of Prescott, Ariz., who shattered the M70+ division record by a full two minutes, covering the four miles in 36:31. Patricia Pruitt, 55, was the first woman, in 31:14. Bess James, 75, ran 42:05.

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

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

Fourteen submasters, or men ages 80 and over, competed in open events if they so desire, but must stay in their own division except in relay races. Age on May 18, 1985, determines age group.

AWARDS:
TAC/Pacific championship medals to first three places in all events.

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

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NOTE: NO MASTERS, 10,000 meter, 3,000 meter steeple, 5,000 meter, 10,000 meter

FIELD EVENTS:

- **Masters**
- **Submasters**
- **Open Men & Women**

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<th>Event</th>
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<td>Shot put men 60+</td>
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<td>Shot put women</td>
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<td>Javelin men 60+</td>
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<td>Javelin women</td>
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<td>High jump men 60+</td>
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<td>High jump women</td>
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<td>Long jump men 60+</td>
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<td>Hammer throw men 60+</td>
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<td>Discus women</td>
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Note: NO MASTERS 10,000 meter, 3,000 meter steeple, 5,000 meter, 10,000 meter

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

George LaBelle, 45, was the fastest 60+ hurdler, 8:38. Floyd Smith, 49, had the best high jump, 5-4. James Nelli, 50, was top putter with the 16# shot with 44-4.

World record holder, A.E. Pitcher, 83, competing in seven events, had excellent marks in the 300y, 59.66; the 60y dash, 9.74, and the high jump, 3-6. All of Pitcher's performances were almost certainly American indoor records and probably world records.

However, not much data on the indoor marks of M80-or-over athletes is kept, or even considered, so comparisons of performances are presently impossible.
SPIKE'S CORNER

by FRANK FINGER

"I Trained Through My Coronary"

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

In order to provide some background as to my preceding condition, I should report that, during the period 1979-83, my training was serious and without any interruption longer than a couple of weeks at a time. My events were principally the 400 and 800, with an occasional venture into the sprints and jumping events, and some hurdling during the last year. My performances found their way into the sprints and jumping events, and some hurdling during the last year. My performances found their way into the world of running as well as cultural and self-development skills.

RUNNING: The benefits of altitude training are well documented as many of the world's fastest athletes train at altitude. The program provides personalized training programs for our guests. The insightful methods have nurtured many world-class performers.

CULTURAL: The Ecuadorian culture affords a glimpse into the lives of a happy, friendly South American people. Trips to the market places and weaving villages, as well as hikes to the Andes mountains of Zcuador.

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

After several years of contemplating, planning, and finally organizing, a camp for altitude training is being held this summer in the Zcuador mountains of Ecuador.

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

However, I was told to enroll immediately in the community cardiac rehabilitation program. There, I would join other heart-attack survivors who are monitored during sessions of increasing stress. The program would serve as a wedge to get me back on the track.

On three mornings a week, I wore electrodes as I rowed, did steps, did cranks, and rode the stationary bike. What then was I to do? I was told to enroll immediately in the community cardiac rehabilitation program. There, I would join other heart-attack survivors who are monitored during sessions of increasing stress. The program would serve as a wedge to get me back onto my own exercise regimen.

During the succeeding ten workouts (pulse = 90 to 120) there was no pain.

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

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

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

What have I learned from this experience?

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

(2) A resting EKG can tell you that you have already suffered arterial occlusion and heart muscle loss — but then it's too late. As a procedure to warn of an impending attack, or even to signal that a quiet/silent attack is in progress, it is obviously inadequate. It would seem that a stress test is the procedure of choice when elusive symptoms are to be evaluated. Further, I would warn all my competing friends of mature years to schedule a stress EKG annually, so that the health of the coronary arteries is monitored and timely intervention undertaken before the point of no return has been passed.

(3) A little historical fact-checking indicates that, my father apparently had a quiet heart attack at 60, which wasn't diagnosed until several years later. I may be over-reacting, but my recent experience has sensitized me to the hereditary threat in circulatory problems. A careful scrutiny of family history seems to be a worthwhile precaution.

(4) When, during recent years, my sedentary friends asked me about my questionable, dietary habits, I bighthly replied that my rigorous exercise regimen provided sufficient protection against the dangers of fat and cholesterol. I would point to my 125-pound weight on a 66-inch frame as confirmation, and add that my periodic blood tests have always yielded values within or close to the "normal" range accepted by most practitioners. How wrong I was. How misleading is the traditional medical concept of normality! My pre-attack cholesterol level was 232 ("normal" defined on the printed form as 150 to 300), and triglycerides 211 (10 to 190 is...
Q
In mid December I started on the 13 week marathon training schedule published by Runner's World. My first few weeks of training went very well. However, over the last few weeks I developed pain in my knee. I diagnosed myself as having chondromalacia or runners knee. I took aspirin, changed shoes and tried heel inserts. My podiatrist said I had a leg that was almost a half inch shorter than the other. This was corrected by using a heel lift. Could this condition be caused by a leg length difference? If not, what can I do about my problem.

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

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

Normally, the patella is held within the femoral groove by the combination of things such as proper muscular balance and support from various ligaments.

Certain anatomical and biomechanical factors can alter the normal tracking of the patella. When this occurs, the patella becomes malaligned and it can rub on the surrounding surfaces. Usually the patella becomes deviated laterally or towards the outside. This can be due to a weakness of the medial (inside) muscles and a tightening of the lateral structures when the knee flexes. An abnormal gait pattern can cause excessive foot pronation, rotating the lower leg inwards, and placing even more excessive stress on the knee area and aggravating the chondromalacia syndrome.

Normally, the patella is held within the femoral groove by the combination of things such as proper muscular balance and support from various ligaments.

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

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

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

These have very few side effects and work quite well.

Sheehan and others recommend running pigeons to relieve stress on the knee. This is effective at lower milages.

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

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

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

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

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**TRACK & FIELD - June 8 & 9**


**Starting time:** Saturday, 8:00 a.m.; Age 55 & over.
Sunday, 1:00 p.m.; Age 55 & under.

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


**Entry fees:** $5.00 for one event, $2.00 for each additional event.

**Day of Entry:** $8.00 for one event, $3.00 for each additional event.

**No refunds!**

**T-shirts for first 200 pre-registered.**

**Senior Classic events:**

**TRACK EVENTS:**

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

**FIELD EVENTS:**

High Jump, Discus, Shot Put, Standing Long Jump (Age 55 & over), Pole Vault, Javelin, Long Jump, Football Throw (Age 35 & over), Triple Jump, Softball Throw (Age 55 & over).

**EXTRAS FOR THOSE 55 & OVER:**

"These are tentative times for Senior Classic events. Be sure to call or write for specific dates and times, please call (317) 924-7062 or write: Senior Classic, Indianapolis Dept. of Parks and Recreation, 1426 W. 29th St., Indianapolis, IN 46208."
At 70, Carter Seeks World Shot Put Crown

By KERRY EGERS

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

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

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

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

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

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

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

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

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

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

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

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

"Do you have a couple of hours?" said Hobson, now a Portland resident, when asked about Carter. "I have a lot of memories of him. There was very little money in those days, and Ross was like most of our players, working hard for his $15 a month for room and board."

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

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

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

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

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

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

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

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

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

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

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

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

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

In 1980, Carter grew more serious about Masters track. He worked at the shot put and also took up the discuss. "I got a book and tried to follow some of the diagrams," he said, "but..."

Continued on Page 26

Ross Carter, 70, of Eugene, Oregon, the current world age 70-74 shot put record-holder at 44 feet, 7 inches.
At the time I put these notes on paper, all is not yet finalized with our presentation uniforms for the World meet in Rome. However, all is going well. I want to express my appreciation to Laurel James, who runs the "Super Jock'n Jill" business in Seattle, Washington. Laurel has worked very hard to coordinate a uniform that will be pleasing to all - which, even with her excellent efforts, is likely to be impossible. Designing such a uniform is difficult, then finding a manufacturer, who is willing to make that uniform at a cost we are willing to pay, is not easy. Collecting the money and distributing the uniforms requires a lot of effort. Surprising as it may seem, not everyone fits into the regulation sizes: small, medium, and large. How to special-order parts of the uniforms, as a number of you have requested, is beyond my capabilities, and I am leaving all of that to Laurel. Because she is now dealing with a USA firm, the uniforms will be shipped direct to you, and available before you leave for Rome. So far we have about 100 ordered — probably not for everyone that will be going, but I am really pleased with your response — and we all need to express such appreciation for her efforts to put this together.

Al Sheahen is publishing an article next month concerning the IAAF's interest in the Masters Program. I urge you to read that article. Most competitors have little concern about who governs and controls athletics. All he or she wants is a date, time, and place to show up, and an official to tell the competitor when to throw, jump or run. But no matter how much all of us might like to avoid rules, regulations, and organizations, it is not possible - though they should be as unobtrusive as possible.

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

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

Brown Nearly Wins...
Continued from Page 4
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Paramount 10K...
Continued from Page 4
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Jim O'Neil, 59, blazed to a 35:11.9; Larry Banesuelo, M60, continued his 70+ winning streak in 37:59; and Dorse Dubois, M70, came from Texas to run 43:56.

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

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

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Peter Snell is the latest Olympian who has signed up to compete in the V1 World Veterans Games in Rome from June 22-30, 1985. Snell, now 46, will be returning to the site of his Olympic debit, where he won the 800-meter run in the Olympic Stadium in 1960. In 1964 in Tokyo, he became the first Olympian since 1920 to win the 800/1500 double. No one has done it since. 1985 will mark Snell's debut in Masters competition. The New Zealander is working at the University of Texas Health Science Center in Dallas and is involved with a research group studying exercise and its effects.

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

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

Snell never expected to compete in Masters meets. "Until recently, I was more competitive and looked upon these events as a belated opportunity for satisfying one's ego. I now realize that competition provides an important motivational focus for many in the nearby mines. (Their training facilities are provided by the mines' sports program.)"

Snell's routine is 20 miles per week running, 60 miles cycling and three miles swimming. In addition to those Olympians mentioned last month who plan to compete in Rome (Oerter, Davenport, Richards, Biker, O'Brien, Andersen-Schiess, Burke, Connolly), other possibilities include Earl Young and John Carlos. Wilma Rudolph, who thrilled the world with her Rome victory in 1960, may be on hand as a special guest.

Only two months remain until the Games, sponsored by the World Association of Veteran Athletes (WAVA), and open to any man age-40-or-over and any woman age-35-and-over. Entry deadline was March 31, 1985.

Special Service Card

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

Meeting Point

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

Continued on Page 17


Reid Sets World 400 Mark

186 Compete in South Africa

One-hundred-eighty-six veteran athletes, age-30-and-over, took part in the Northern Transvaal Masters Track and Field Championships in Pretoria, South Africa on February 23. Included in the participants were about 30 black athletes, most of whom work in the nearby mines. (Their training facilities are provided by the mines' sports programs.)

One world and 26 South African records were set in the warm weather in the peak of South Africa's summer. Winifred (Audrey) Reid, who turned 70 this year, smashed the women's world 70-74 record for 400 meters by nearly five seconds. Her time of 79.4 lowered the W70 mark of 84.22, set by the USA's Polly Clark in 1984.

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

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

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

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

J. Jona, M25, led all 5000 runners in 15:56.6. E. Timothi, 37, of Mozambique, veteran of 12 years in South Africa's mines, lapped all but one runner in powering to a 33:49 in the 10,000 meter run.

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

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

Continued on Page 17

Brown Leads 40+ Men

Welch Sets World 10K Mark

England's Priscilla Welch, newly turned 46, set a pending world 10-kilometer record for women over-40 by running 33:43 in the Orange Bowl 10K in Miami on February 2.

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

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

Continued on Page 17

Brown Leads 40+ Men

Welch Sets World 10K Mark

England's Priscilla Welch, newly turned 46, set a pending world 10-kilometer record for women over-40 by running 33:43 in the Orange Bowl 10K in Miami on February 2.

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Continued on Page 17
Välimäki, Finland: August 29, 11:00 p.m. Behind the Olympic village and the track is a piney forest with a paved running path winding through. At the start of the 800-meter race, Bill Fitzgerald is on my shoulder.

The Baltic Sea: August 30, 11:00 p.m. We travel overnight by boat to visit a six-story dormitory, the camp has warmup path near the track has lights strung above it from the trees for night jogging.

Stockholm: August 31, 7:00 A.M. I had run in one of the different cross-country events here Thursday evening and maybe won, but I chose to run 1500 meters on the track against Bill Fitzgerald. With three laps gone I know I'm in trouble, because I have allowed the pace to sag to a leisurely 3:25 and now I must match Fitzgerald's kick. A computer scientist with TRW near Los Angeles, Bill started running at age forty-three and quickly became the best veteran middle distance runner in the world. In London he waited until the last straightaway to win his 800 meter race. He finished off his opposition similarly in Helsinki. Now he is doing the same to me even though I had lunch with Bill yesterday and tried to act very politely.

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

The worst spectator in the stands, friends and relatives, we probably pass by in a flash, but I feel each movement as though on instant replay. I have heard auto racers describe their ability to slow their reflexes and react to each bump, each crack, on the road — even going 200 MPH. Mentally reducing their actions to slow motion, they make extremely complex, very subtle, and exceptional quip adjustments to get them through the next turn.

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

I am disappointed in my defeat. Had I only pressed the early pace faster but life is loaded with "ifs." Nevertheless, I am left at the end of the road with my hunger still unsatisfied. I know I will run again.

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

To conclude, Alphonse's students pulled him out of the track, levering, levering, and I drive, pulling a leg muscle while doing so. But the competitive bug had struck. Alphonse set his record at 10.8 seconds and then working down to shorter distances at track, swimming, saunnaing, even shooting basketballs. Others may travel to Europe to attend the opera at La Scala or climb the Eiffel Tower, but our group could lose an entire month at the track, levering, levering, but because I have allowed the pace to sag to a leisurely 3:25 and now I must match Fitzgerald's kick. A computer scientist with TRW near Los Angeles, Bill started running at age forty-three and quickly became the best veteran middle distance runner in the world. In London he waited until the last straightaway to win his 800 meter race. He finished off his opposition similarly in Helsinki. Now he is doing the same to me even though I had lunch with Bill yesterday and tried to act very politely.

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

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

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

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

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

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

186 in South Africa...

In a very competitive women's 35-39 division, former South African open champion Pam Immelman sped to wins in the 200 (26.2) and 400 (58.2), narrowly edging H.A. Retief (26.4) and (58.7). Current open S.A. champion Maryna Van Niekerk, 32, won the 100m hurdles (14.6), long jump (6.13m; 20-1-1/4), 100 (11.9) and 200 (24.9) in the W30+.

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

SportsAmerica® April and May Specials

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To order or for information or catalog call: 1-800-633-7777
Mental Training for Peak Performance
by KAY PORTER, Ph.D. and JUDY FOSTER

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

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

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

When we explained to elite athletes what methods and techniques we teach in mental training, many responded, “I’ve been doing that for years!” Indeed, they have intuitively learned and practiced these techniques on their own. The good news is that anyone can learn these strategies and employ them in athletic performance or any life situation.

Recently, we gave three seminars on mental training in the Boston area for Track & Field Specialists

The best selection and stock of Nike, Adidas, Tiger training and specialty shoes, spikes and apparel.

Call or write for price list.
Team buying welcomed.

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

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

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

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

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

Continued on Next Page
Mark Richert, 45, of USA, finishes World Veterans Marathon in 3:36:38, December 2 in San Diego. Photo by Gretchen Snyder

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

Continued from Previous Page

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

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

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

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

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

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

This does not mean you can stop the physical training. It does, however, mean that the brain is establishing deeper mental “tracks” by “seeing and feeling” the activity rather than by “doing” it.

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

Continued on Page 20
Over 125 new race courses have been certified in the past month. The RRTC manual on course measurement/certification procedures is at the printer's. Processing of 1984 results is nearly complete. So far, some 495,000 reported finishers have been processed (last year's total was 523,586), resulting in 1984 major races: Run Against Crime 15K, Elby's 20K, Seattle and Ocean State Marathons, International Peace Race 25K and Coronado Half-Marathons. NRDC needs help in obtaining results/documentation, so that runners who ran these races may be properly recognized in national rankings for 1984.

HOW TO RUN A MARATHON

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

"At first I doubted that I could even run a marathon, but reading this delightful book and following the day by day schedule of training made a believer out of me." (First Time marathoner).

"I have read several books on running but none have provided the insight into my own potential, nor given the guidance to achieving that potential, as has How To Run A Marathon by Foreman and Robertson.

"It may be the wrong analogy but I can think of none better. This book is like reading a 'Cook Book,' it is all there, every step to preparing for and running a marathon."

"My previous experience with books of this kind is that they are too comprehensive or they provided too little information for the serious runner. How To Run A Marathon is right on, covering the how and the why in a clear and straightforward manner. I have recommended this book to all of my friends who are runners."

"It makes so much sense. I can't believe this book has taken so long to see the light of day.

To order How To Run A Marathon mail this order blank with check to:

Ken Foreman
2516 N. Pacific St.
Seattle, WA 98103

Please send ______ copies of How To Run A Marathon as soon as possible.

Price per copy $6.00 (please include $1.00 postage for mailing single copies).

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


New 8K marks are: M65, 29:46, Clive Davie, June 29; M50, 30:24, Scanell; W55, 32:18, Margaret Miller; W60, 36:21.

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


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

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

Mental Training for Peak Performance...

Continued from Page 19 should be done.

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

©Porter Foster 1985
Kay Porter holds a Ph.D. in Human Developmental Psychology from the University of Oregon. Judy Foster is a writer and artist, and holds a degree in Creative Writing from the University of Oregon. They have taught mental training techniques to many athletes and conduct clinics, workshops and seminars on mental training, visualization, and imagery. Their firm, Porter Foster Sports and Organizational Psychology, is located in Eugene, Oregon. Mental Training for Peak Running Performance workbook ($6.95) and three cassette tapes ($8.95 each) of guided visualizations for the marathon, 10K and 800/1500 races are available from Porter Foster, PO Box 5584, Eugene, Oregon 97405.
"Getting a flyer" in a 100 could amount to a meter difference at the finish. Rolling starts are a deliberate and conscious effort to get a flyer. Masters sprinters are by far the worst offenders at jumping the gun I have ever seen.

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

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

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

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

Bill Stock  
La Mesa, Calif.

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

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

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

Gary Oliphant  
Wichita, KS

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

Concerning officiating, let me relate what occurred at the 1983 National meet in Houston. During one semifinal heat of the M50 100 meters, two contestants jumped the gun twice and the starter told them they were disqualified. They complained and asked for another chance. The official responded that, according to the rule, they were disqualified but, if the other runners had no objection, he would allow them to compete. They turned to us to see what our answer was. There was a long silence and finally one man asked, "What is the rule?" The official replied that the rule said that two false starts meant you were out of the event. The fellow then said, "Well?" So the official belatedly exercised his authority and said, "You two are disqualified." Naturally that did not make the two very happy with the rest of us. The obvious point is that an official should perform as an official and not pass the buck to the competitors. It makes for a better meet and maintains good fellowship.

Ward C. McCurtain  
Beaumont, Texas

photo by Richard Lee Slotkin
MIDNIGHT

• More than 2,500 people attended the 1984 Los Angeles Olympic marathon meet, which was the first Olympic marathon meet held in the United States.

NATIONAL

• The 1985/86 IAAF Handbook is now on sale for $10. The book contains the international rules of athletics.

NEW ENGLAND


• Christine Tatterson of the Hartford TC, nabbed the M60 wins with a 3:06.3.1000, and a 5:06.8 mile in the Connecticut TAC Masters Indoor Championships at St. Conn. State U., New London, February 17. Bernice Almond, Hartford TC, won the M50 mile with 5:01.8, and Mike Grisko, M55, took the 35-under 4:51.

• On April 3 and 14, over 125 exhibitors and an anticipated 20,000 people will participate in the 13th Annual Sports & Runners Expo at Hyatt Auditorium in Boston, prior to the Marathon on the 15th. Nike, Converse, and Puma others will be on hand to help athletes find the best shoes for their needs.

• A tradition workshop will be held Saturday, April 13 from 1 to 5 p.m. For info: call 617-267-0055.


• M. R. Maine, on the injury list since turning 40, ran, unofficially, in a half-marathon on March 6 at a better than 6:00 pace for 1:18:50. Not completely 100%, Maine did almost no running in December and January but kept fit with swimming and stationary bike riding.

EAST

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

• Turning 50 must have had an inspirational effect on Geza Feld, because the New Yorker won 39 of 100 in the M50 age group in 1984.

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

• Barry Kline, 44, became the first athlete in the history of the West Penn Track Club to repeat as Athlete of the Year. Kline won the high jump and 600 H in the 1984 National Masters and Eastern Regional Indoor Championships.

• Janet Glassman, 56, covered the Mike Hanon 20 Mile, Central Park, NYC, February 24, in 2:30:35 for first M40-.

• NMM regrets a mark in the event schedule we listed the New Jersey T&F Championship at South Jersey State University, New Jersey, on February 10. Confirmation is pending.

• Carl Hammen, 41, ran, unofficially, in a half-marathon in Hynes Auditorium in Boston, prior to the Olympic Trials.

• Grisko, M55, took the 35-under 4:39.7 mile in the Connecticut TAC Masters Indoor Championships. Race walker Dotty Kettly won the best female Masters T&F Award.

• Fordie Madeira, on the injury list since turning 40, raced to an unofficial new masters marathon record of 2:55:05, Atlanta, GA, June '84, where he just a couple of months later February at a better than 6:00 pace for 1:18:50. Not completely 100%, Maine did almost no running in December and January but kept fit with swimming and stationary bike riding.

MIDWEST


• Masters and Open athletes competed on the same indoor track in the Lawrence TC Meet at the new Anschutz Sports Pavilion at the U. of Kansas in Lawrence, February 16. High jumper Bob Krezek, M60, and discus thrower, TX, commented on the audience, "For once I felt like there were more spectactors than Masters athletes. Maybe this might be a sign of better attendance to Masters meets."

• N. Combs, M50, turned in two wins, the 60y dash, 7:1, and the 60yH, 8.0. T. Shetton took the M45 440y with 56:5. S. Rogers won the M40 1000, 42:3, and B. Beuck, the M50, 42:6.4.

• The face of Wichita's Jim Hershberger, 53, will appear on Wheelies boxes along with five others in a new campaign of a new General Motors promotion effort. Hershberger has competed in a variety of sports on a Masters level. The "Jim Hershberger" track in Wichita, site of the 1982 National Masters Championships, was out of the hospital, did quite well, winning the M55 discus, taking second in the 220, and running on a relay team. Throughout his last four difficult months, Les remained alert and upbeat and reportedly stated that his last seven years, while involved in track and field, were among his happiest.

• Barry Brown, 40, raced to an unofficial new U.S. Masters 10K record of 29:45 in the Hyatt 10K in Hilton Head, S.C. But the race was not TAC sanctioned or certified, so Brown's mark may go unrecognized.

SOUTHEAST

• Masters athletes were saddened by the deaths of Les Troxler of St. Petersburg, FL, who passed away on February 6 after a long battle with cancer of the pancreas. His last competition was at the Southeast Regionals in Atlanta, GA, June 84, where he just a couple of months ago led W40 wins with a 3:06.2 100y and a 1:53.6 800.

• The face of Wichita's Jim Hershberger, 53, will appear on Wheelies boxes along with five others in a new campaign of a new General Motors promotion effort. Hershberger has competed in a variety of sports on a Masters level. The "Jim Hershberger" track in Wichita, site of the 1982 National Masters Championships, was continued on Next Page
Overtraining...

Continued from Page 6 phenomenon, because Emil Zatopek is probably the best example of it. “He was training very intensely for the European championships in 1950. He came down with a serious stomach ailment and was hospitalized for two weeks. At the end of the period, he left his hospital bed and the next day was in Brussels for the European championships. After two weeks of bed rest, Zatopek won the 10,000 meters by a lap over Mionmou, the African runner, and won the 5,000 by a 23-second margin. This is after being on his back and doing no training for two weeks. There is a whole series of examples like this.”

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

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

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

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

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

Another way for the athlete to monitor his condition is to subjectively evaluate how he or she feels. If the person can’t wait to get out of bed or is feeling pretty good and recovered from the day before, he or she probably is not in immediate danger or overtraining. If, however, the individual has to force himself to train, he might be overtraining.

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

Continued from Page 28

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Continued from Page 28

**Colonial Half-Marathon...**

Continued from Page 4

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

Take Benham, for example, Geary said. “He’s fantastic, he’s been knocking out records right and left, and he’s only been running for about six or seven years. And what’s more surprising is he’s still getting better. “I thought he might have peaked out by now,” he laughed, “but he hasn’t. He still hasn’t peaked out at 77.”

Geary, a national record holder in his age class for the 25K and 30K, offers advice to other runners, but only when they ask for it. “I tell other runners and people my age to ‘listen to your body. It will tell you when things are right or when they’re wrong. That’s all you have to do.’”

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

“I couldn’t breathe properly while I was running,” he said. “I simply thought I was out of shape. I never had any pains, but I was just uncomfortable before the start of a race. I ran, nonetheless, thinking that it was the thing to do.”

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

Continued on page 38
Track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys CA 91404.

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Track & Field National

**MIDWEST**


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


June 29. Cleveland Track Classic, Cleveland, Ohio. Cleveland Heights High School High Jumper. Jeff Gerston, 6559 Marisol Road No. 308, Mayfield Hts, OH 44124. 216-449-4464.


July 20. Midwest Masters All-comers Meet, York HS, Elmhurst, Ill., 8 a.m. All age groups, Wendell Miller, 7250 N. Cicero, Lincolnwood IL 60666. 312-234-2154.

August 5. Heights Summer Classic, Cleveland Heights High School, Cleveland, Ohio.

**MID-AMERICA**

June 3-5. Senior Olympics, St. Louis, Mo. Sury Seldon, Senior Olympics, 82 Milton Ave Campus, St. Louis, MO 63141.


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

**NEW ENGLAND**

June 1. 6th Annual Senior Olympics, U. of Bridgeport, Conn. Minn. 54 H.C. Laffey, Fair Park, Hall, U. of Bridgeport, CT 06601. 203/576-4059.


**EAST**

June 8. MAC Masters Championships, New York, N.Y. Masters, 77 Prospect Place, Brookline NY 02146.


**SOUTHEAST**

May 3-5. 15th Southeastern U.S. Masters Meet, N. Carolina St. U., Raleigh, N.C. Stu Northup, Raleigh Parks & Rec. Dept., P.O. Box 590, Raleigh NC 27602. 919-755-6641 (w); 919-588-3403 (h).


**WEST**


April 27. Sacramento Masters Relays, CSU-Sacramento, Calif. Roy Wigginton, P.O. Box 25578, Sacramento CA 95816. 916-927-4771.


May 18-19. TAC Pacific Area Open & Masters Championships, Los Gatos High School and San Jose City College, California. Bruce Springbett, 220 Oak Meadow St., Santa Maria CA 93455. 805/687-6323.

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

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

On Tap for April

Masters action continues in California with three meets: Fresno on the 13th, Portola on the 21st, and Sacramento on the 27th. The Australian Championships begin on the site of the 1986 World Relays. Action is sparse in the rest of the country, with only a Cleveland meet on the 21st braving the unpredictable April elements.

Long Distance Running

The 89th Boston Marathon takes place on Monday, the 13th, while the Trappist Elastur Run is set for Vegas on the 6th. The Seattle Marathon and the Ontario Masters 10K take place on the 14th. London expects 20,000 for its marathon on the 21st, while the Boston Milk Run offers $1,500 to Masters runners.

Continued on Next Page

photo by Jim Oaks

SOUTHWEST

April 8-9. TAC Western Regional Masters Championships, San Diego. Joe Horn, 1147 Agate St., San Diego CA 92010. 619/488-8886.


NORTHWEST


LONG DISTANCE RUNNING NATIONAL

November 3. TAC National Masters and Veterans and Masters Marathon, Syracuse, N.Y. Evelyn White, 18 Nooncroft Dr., Fayetteville, NY 13069. 315/637-6211.

SOUTHEAST

April 27. Spring Run 10K, Deland, Fla. P.O. Box 1824, Deland, FL 32742. 904/776-0002.
May 27. Cotton Run 10K Run, Huntsville, Ala. Ron Morris, 1501 Coey Dr., Huntsville AL 35802.
July 4. (Thursday). Peachtree Road Race 5K, Columbia, SC. Peachtree Road Race 5K, P.O. Box 4200, San Francisco, CA 94142. 415/779-7770.
July 14. San Francisco Marathon. $1800 to top ten Masters. Sacramento LDR Ass'n. P.O. Box 9027, Boulder CO 80301. 303/446-RACE.
July 15. Grandma's Marathon, Duluth, Minn. A. Scott Keenan, PO Box 6243, Duluth MN 55806. 218/727-0947.

MIDWEST

May 5. 7th Annual L'eggs/YWCA 10K Run, Worcester, MA. L'eggs/YWCA 10K, P.O. Box 650, Worcester, MA 01605.
May 19. Revo-Cleveland Marathon, Cleveland, Ohio. Reno Stanorni, P.O. Box 66904, Bedford, OH 44146. 216/232-2822.
May 5. Lincoln Marathon, Lincoln, Nebraska. Marathon '85, P.O. Box 94871, Lincoln, NE 68502.
May 27 (Monday). Bolder Boulder 10K, Boulder, Colorado. Bruce Mcowell, Box 9027, Boulder CO 80301. 303/446-RACE.
June 15. Grandma's Marathon, Duluth, Minn. Scott Keenan, PO Box 6243, Duluth MN 55806. 218/727-0947.
October 5. U.S. Olympic Marathon Team Selection Camp, Bard College, Dutchess County, NY. For tests and Masters runners, joggers, and coaches at all levels. Lydiard Running Camp, c/o Tom Robinson, RD 12 Clarence Rd., Scarsdale, NY 10583.

EAST

April 27. Trevira 10 Mile Twosome, Central Park, NYC. NYRRC, P.O. Box 881, FDR Station, New York, NY 10150. 212/460-4455.
May 26. Rock City Run 10K, Atlanta, GA. Atlanta Masters MRC, P.O. Box 2026, Atlanta, GA 30302. 404/237-4990.
June 1. 14th annual L'eggs Mini Marathon, Central Park, New York, NYRRC, 9 E. 89th St., New York NY 10128. 212/460-4455.
October 27. New York City Marathon, NYRRC, P.O. Box 881, FDR Station, New York, NY 10015-0881. 212/460-4455.

SOUTHWEST

April 27. Spring Run 10K, Deland, Fla. P.O. Box 1824, Deland, FL 32742. 904/776-0002.
July 14. San Francisco Marathon, $1800 to top ten Masters. Sacramento LDR Ass'n, P.O. Box 11649, Sacramento CA 95816.

NORTHWEST

April 13. Peach Blossom 20K, Medford, Ore. Jerry Swartsley, P.O. Box 146, Medford, OR 97501. 503/776-7495.
May 5. Lilac Bloomday Run, (12K), Spokane, Wash. $4500 to Masters. Sylvia Quinn, PO Box 1511, Spokane WA 99210. 509/838-1579.
June 2. The Race 8K, Eugene, Ore. P. Continual on next Page
I Trained Through My Coronary.

Continued from Page 11

the U.S. standard). When Jack Stevens came out of Australia to whip my tail so carefully in 1985, I guess I shouldn’t have scored the quiet proclamation of the benefits of his new diet. Anyway, within two months of my conversion to Dr. Pritikin’s dietary prescription, my cholesterol level had dropped 27 percent and my triglycerides dropped 48 percent. So, until blood pressure and blood pressure at the low end of the present U.S. range, I suggest sharp reduction of all fat intake (not just of polyunsaturates), elimination of salt and sugar, and avoidance of caffeine, chocolate, egg yolks, and organ meats. Additional factors including hereditary predisposition, type “A” personality, overweight or high blood pressure indicate circulatory vulnerability.

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

(6) While it is once more confirmed that hard training and competition cannot guarantee freedom from atherosclerosis and heart attack, I am confident that the years of physical challenge made me tougher to cope with the loss of heart tissue when it did occur. My cardiovascular system had sufficient spare capacity to support an uninterrupted pattern of normal living, modified only by the reduction of workout intensity, and marked by significant discomfort for no more than a couple of days. Further, it permitted me to make a recovery that, thus far, has been far more rapid than could reasonably be expected in a 60-year-old. In January, my resting pulse was about 50/min, recovery from a 5-mile run is virtually complete within five minutes, and my ever-present bottle of nitroglycerin tablets remains unopened. Perhaps more important for the long haul, the ability to keep going at a reasonable level has minimized the depression, anxiety, withdrawal, and eventual invalidism that are so often the postscript to myocardial infarction. Quite honestly, I have felt great during the whole episode.

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

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

At 70, Carter Seeks World Shot Put Crown

Continued from Page 13

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

Still, Carter began to enter more meets throughout the country, and he improved from 1980 on. He was national age-group champion in the shot put and discus. In 1983, competing against younger men, he won the shot put and was second in the discus in the National Masters meet in Houston.

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

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

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

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

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

Carter's workout regimen includes a 1-1/2-hour workout on a nautilus machine, then another half-hour to 45 minutes in the steam room and sauna. His weight hovers around 225. "I need to lose about 20 pounds," he said — and his strength is excellent.

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

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

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

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

"I'd like to win," he said. "I think I have a chance, though I have no idea what Europe has in the way of shot putters. We'll be throwing the 25-kilo shot, and I'd like to go over 44 feet."

Carter acknowledged his taking his Masters career seriously. But he also wants to add a disclaimer of sorts. "This is a fun thing," he said. "We (Masters competitors) don't really consider ourselves athletes. We're just doing what our old bodies permit us to do."

(Reprinted with permission from the Portland Oregonian.)

Philadelphia Draws Athletes From Nine States. . .

Continued from Page 8

for both, but picked up gold in the 55m hurdles, 11.4, the pole vault, 6-6, triple jump, 23-10, long jump, 11-4, high jump, 7-7, and mile walk, 10:45.2. Bob DeWeltzer, 71, still practices tennis and took time out to win these more profound matters to unleash the shot 29-4. Manfred D'Elia, M75, ran 55m in 9.2.

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

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.
Continued from page 23... still have to take care of it, give it the proper fuel, diet and nutrition.

GreaE eats plenty of fresh fruit and vegetables every day and stays away from sugar and red meat.

It's vitally important to remain physically active," Geary said.

"Too often, men reach their 40s or 50s and quit doing the things they've always done: staying active. But, you don't have to quit or give...

Continued on page 31.

Colonial Half-Marathon...
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**Note:** The text seems to be a mixed collection of athletic events results, including track and field, and possibly marathon or distance running events. The data includes names, possibly indicating athletes, and results like times, suggesting competitive events.
The race drew 1220 runners. If something like that happens, and God, back.

The race was sponsored by the New York Road Runners Club, and the proceeds were to benefit the New York University Hospital.

On the same day, the rate is $25 per word. Payable with check or money order.


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LJ III

For the high jump...  
HJ 8

For the triple jump...  
TJ 60

For the javelin...  
J 300

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