Miller, Whitley, Raschker Named Best T&F Athletes; Rodgers, Binder Top LDR Picks

1988 Awards Also Go To Stuart, Pain and Phillips; Mimm, Henry Top Racewalkers

Gary Miller, 51, of North Hollywood, Calif., and Stan Whitley, 41, of Pomona, Calif., were named the outstanding age-40-and-over male track and field athletes of 1988 by the Masters Track and Field Committee of The Athletics Congress, the national governing body for athletics in the United States.

Atlanta's Phil (Philippa) Raschker, 41, was again voted the top female masters athlete by the same group at the 10th annual convention of TAC in Phoenix on December 2.

David Pain of San Diego, and Chuck Phillips of Washington, D.C., were named outstanding masters T&F administrators-of-the-year, while the top 1988 masters racewalking awards went to New Jersey's Bob Mimm, male, and Marie Henry, female.

Miller repeated as the best multi-event athlete. The award for the best single performance of the year by an athlete over age 40 went to Larry Stuart for his 215-9 javelin throw at age 50.

Miller became the first athlete over age 50 to score 6000 IAAF points in the decathlon. He won the 1988 TAC National Masters Decathlon and Pentathlon, setting new age 50-54 world records in each, and won the M50 pole vault in the Outdoor National Championships. His best marks in the decathlon would have won five gold medals.

TAC Selects 20 Outstanding Runners in 5-Year Age Groups at Phoenix Convention

Bill Rodgers, 40, and Laurie Binder, 41, were named the outstanding age 40-44 U.S. long distance runners of 1988 by the Masters Long Distance Running Committee of The Athletics Congress at its 10th annual convention in Phoenix on December 2.

The LDR Committee's awards are based on five-year age-group categories, rather than on an overall "best masters" runner.

Rodgers, the Sherborn, Mass. legend who's made a career of running, set U.S. masters records in the 10K (29:47 in the Heartland Hustle in October), 10-mile (49:14 in the Crim race in August), and 8K (23:50). He clocked 10Ks of 30:09 (Charlotte Observer), 30:09 (Phoenix Runners' Den), and 31:01 (Myrtle Beach). He logged a 33:50 in the Falmouth 7.1-mile, and ran marathons of 2:20:19 (Los Angeles) and 2:18:17 (Boston).

A close runner-up was Charleston, South Carolina's Bob Schlau, who beat Rodgers in L.A. (2:19:27) and Myrtle Beach (30:55). Schlau collected 10Ks of 31:59 (Asbury Park), 31:39 (Charlotte), 31:38 (Red Lobster), 31:02 (Peachtree) and 30:31 (Pittsburgh).

Schlau, Binder Win National Marathon


In perfect, 50-degree sunshine, Schlau clocked his fifth sub-2:30 marathon of the year with a time of 2:19:48, more than six minutes ahead of England's Mike Hurd.

Binder came close to her best marathon time of the year (2:42:29) with a fast 2:43:23 to beat Colorado's Gail Scott (2:46:40) by three minutes. Schlau's age-graded time of 2:13:37 was the best of any runner in the race, including open winner Rick McCandless (2:14:44). Binder's age-graded time (2:35:24) topped all other

INSIDE:
- International Section — pages 16-23
- Entry & Housing Forms for World Championships — pages 19-22
- T&F/LDR Rankings — pages 32-34
Devine, Faust Top Masters in National 15K Cross-Country


Devine, who has dominated the M55 division for five years and just turned 60, won the M60 division with a time of 53:33. When multiplied by the age factor for the M60 division (.8038), Devine's age-graded time of 43:03 was the best of the day.

Faust, TAC's 1988 W50 runner of the year, clocked 38:23, for a female age-graded time of 50:42. Devine's time gave him a performance of 95.9%. Faust's performance earned a 94.7% rating.

The first runner across the finish line in the all-masters race was Steve Myhro, 42, in 46:01. Faust paced the four women finishers of the only 44 runners.

The San Diego TC (Kaschke, Wells, Stern, Jeffers, Dornish) won the M40-49 team contest. The M50-59 title went to the Seniors TC (Crum, Mayo, Van Dyke, Deem, Ingram).

Except for a five-man contingent from the Anchorage Running Club, all the runners were from California. Bruce Robinson directed.

The ICI/USRA Masters National Championship

An 8K road race at Pelican Bay, Naples, Florida, Saturday, January 14, 1989, featuring a $10,000 prize purse

J

oin Bill Rodgers, Barry Brown, Kevin Ryan, Bob Schau, Barb Filatze and other top world-class masters runners in the best 40 and over field ever assembled. Race headquarters will be the spectacular oceanfront Regency Hotel on the Gulf of Mexico.

And there's something for everyone. A separate event — the Naples-on-the-Gulf 8K and a 5K Family HealthWalk — will also be held.

SCHEDULE OF EVENTS

Friday, January 13 — Registry Hotel
2 p.m. - 8 p.m.: Health-Fitness Expo/Late Registration-Packet Pickup
5:30 p.m. - 7:00 p.m.: Spaghetti Dinner (Free to 1st 500 Run/Walk Entrants)
7:30 p.m.: Legends Clinic with Bill Rodgers/M.C.: Dean Reinke
Saturday, January 14 — Registry Hotel
6:15 a.m.: Late Registration
8:00 a.m.: Naples-on-the-Gulf 8K
9:00 a.m.: ICI/USRA Masters National Championship 8K
11:00 a.m.: Post Race Poolside Awards Party
ENTRY FEE
8K: $10 postmarked by January 12, 1989
9:00 a.m. January 13-14, 1989
5K Family HealthWalk
$10 postmarked by January 12, 1989
$15 January 13-14, 1989
RACE HEADQUARTERS
The Registry Hotel (813) 597-3232
RACE MANAGEMENT
Member Naples Running Club
ICL/USRA Masters Circuit National Championship,
Naples-on-the-Gulf Open 8K and 5K Family HealthWalk participants receive a commemorative race t-shirt, cap, circuit magazine, goodie bag, refreshments and are eligible for random prize drawings. The first “500 to register” will also be our guests at a free spaghetti dinner Friday evening with Bill Rodgers and the other Legends of Running.

DEAN REINKE
& Associates
5-year age groups from 40+

OFFICIAL REGISTRATION FORM

United States Running Association Masters Circuit

Enclose your registration fee and a self-addressed, stamped business size envelope. Make your check or money order payable to ICI/USRA Masters National Championship. Entries should be mailed to ICI/USRA Masters National Championship and Naples 8K, 570 7th Ave. South, #B, Naples, Florida 33940, (407) 647-2918.

WHICH EVENT ARE YOU ENTERING?

□ IC/USRA Masters National Championship 8K
□ Napoles-on-the-Gulf Open 8K
□ 5K Family HealthWalk

RELASE AND WAIVER: I have read the rules and restrictions for participation in the race. I have also read and understand the health hazards and other risks which this race involves. I hereby represent and agree that I have the skill and experience necessary to participate in this event without endangering the safety of other competitors or the public. I hereby release and forever discharge the organizers, sponsors, officials, agents, and any other persons or entities, and their successors and assigns, from any and all claims or liability for any and all injuries or damages sustained in connection therewith.

SIGNED (Signatures for participants under 18 years)

NO REFUNDS ON ENTRY FEES. THIS FORM CAN BE COPIED AND USED FOR ADDITIONAL REGISTRATIONS.
MASTERS AND DRUGS

I have gotten some interesting responses to my article on masters drug use (November). I hope the right people will read the article and begin to think about what they are doing to their bodies and to the sport. Unfortunately, as can be seen from past (and present) experience, there is a lot of denial going on, to the public and to themselves.

I still feel the same about not competing, though I have gotten a lot of encouragement from people to stick with it. I have started on a program of training which I hope I can continue through the World Games in Eugene, whereby I am altering my training, and taking vitamins and amino acids, etc., and most importantly, cleansing my body of anything (good-bye beer and ice cream) that might keep me from being at the top of my form and in the best condition for the competition. I am going all out to be the best I can be, at my age.

I think my attitude has changed; to hell with all the drug takers...I'm going to try to show them that right makes right. I hope it works. My success will be due, in large measure, to my family's support. They have always been great, but now they are having to put up with a new intensity, a new commitment (people who know me will tell you I am already intense and driven.).

This last shot is going to be a big one.

Carl Wallin
Lebanon, New Hampshire

MASTERS, NOT VETERANS

Please urge the U.S. Masters to have the title of our sport called "masters" internationally. I feel the word "veterans" has worked against us both in the media and in recruitment. Please let us all be known as "masters."

Bernie Hogan
Brisbane, Australia

DON'T CLOSE INTERNATIONAL EVENTS

I was intrigued by the letter you received earlier this year from the American runner who was refused entry in the European Veterans Championships. This happened to me frequently when I was an "open" senior runner living in Europe, but I was astonished to see it persist even into the masters level of running.

I was further slapped in the face with this same subject just last week. By coincidence, I was to be in Taiwan on business the same week that the V Asian Veteran Athletics Championships were to take place, as listed in the NMN Calendar of events. So I wrote for an entry form.

A friendly but firm letter came back telling me that the meet was closed to outsiders. Apparently, they only accept entries from members of the Asian Veteran Athletic Association and individual entries have to be posted through member countries only. The USA is not a member country.

My first outraged reaction was that we, too, should limit our USA championshipships to American runners only. My second, calmer, reaction is that we should lobby for reciprocal openness throughout the world. I believe that most of us agree that the true value of masters level competition is the openness and willingness to accept all comers into these meets, no matter the ability or source of origin. The chance to compete in a foreign country would be a true joy and outstanding experience for most of us, especially if you just happen to be there because of business or touring.

I definitely feel, however, that such meets should not be listed in the NMN Calendar until such openness is accepted. It is very upsetting to try to plan for such an event only to be told by the organizers that you can't enter.

Jerome McFadden
Bethlehem, Pennsylvania

BIG GUYS CLASSIC

I recently had the privilege of competing in the Kansas Big Guys Classic Weight Pentathlon at Lawrence, Kansas. Coach Gary England treated us royally as he directed a first class meet. I regret that prior engagements made it impossible for me to stay for what I understood was a spectacular meal for all participants at the close of the meet.

Gordon Powell
Holly Hill, Florida

RACE WALKING

How wonderful to see a group photo of race walkers (December). Hope we may see more action photos of RWers in coming issues. Thanks to Don Johnson, the photographer.

Adaline Crocker
Honolulu

JOHN DICK

I was saddened to read of the death of John Dick (December).

John and I were teammates at the University of Wisconsin — freshman and varsity — from 1937 to 1940. A serious competitor and workhorse, John was good to work out and compete with. When, years later, my NMN subscription brought him news of his continued competition and success in masters men, it was a welcome and enjoyable bonus.

Masters track and field has lost an outstanding participant. John Dick never let his hearing loss get him down, and he was a great credit to the sport he loved.

Glen Craig
Chatham, New Jersey

CAPS

In Hal Higdon's article, "The Truth About Pill Popping" (November), he addressed what is becoming a major issue in athletics — the use of steroids, drugs and cheating in general.

The flyer Higdon referred to is mine, as are the products advertised. He made my products part of the problem when he believes they are a solution — a healthful, natural, nutritional alternative to drugs and steroids.

Higdon does not discriminate between the container (pill) and the contents (drugs, steroids or concentrated food substances). The coenzymes which are the basis of CAPS are classified as 'concentrated food substances.'

He quotes Robert Voy, M.D. as saying that, "We feel that nutrition is the alternative to some of the performance-enhancing techniques, such as drugs and blood-doping, that are now illegal." That is exactly what I have done with CAPS products. They are nutritional supplements that compensate for deficiency that athletes incur from training and competing. If there's no objection to rehydration or carbo-electrolyte replacement, why should anyone object to coenzyme replacement?

Coenzyme Q10 was discovered in the United States 31 years ago. It has been the exclusive subject of three international conferences. It has also been discussed in innumerable scientific studies. What is more, Coenzyme Q10 is daily consumed by tens of millions of people around the world.

CAPS are not a substitute for training, they are an aid for training harder and shortening recovery time. CAPS are most represented in triathlon, where athletes train three times a day. They are continually on the edge of over-training. They are not flakelooking for magic in a bottle.

At the age of 54, as a pioneer in the field of natural ergonemics, I expected skepticism and resistance but I have faith that the intrinsic worth of CAPS will be recognized. I believe that in the next five to ten years, these products will be used in all sports by most athletes.

I share Higdon's desire for masters sport to stay clean, and would do nothing to tarnish it.

Gerald S. Frank
President, CAPS
San Francisco

KUDOS

I run back with my NMN like a little kid getting mail.

Rachel Lyga
Fridley, Minnesota

The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Wm. On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.
SCOTT MOLINA WINS 1988 IRONMAN TRIATHLON!
Molina is the winningest triathlete in the sport's history but he was not even considered a contender. The experts said he was past his prime and even if he wasn't, he did not have what it takes to win a long, hot race like the Ironman. THEY WERE WRONG! Scott is the perfect example of what hard training, determination, dedication, and CAPS will do for an athlete's performance.

JOHNNY G WINS 1988 RACE ACROSS AMERICA OPEN WEST QUALIFIER
The Arizona desert was the setting for this grueling ultra event. It went from Tucson to Flagstaff and back, including roughly 300 miles of climbing. He became the first cyclist to break 30 hours, with a time of 29:46, which put him over 4 hours ahead of the second-place finisher on this 554-mile course. He relied on CAPS the whole way, taking dosages every hour.

INTRODUCING XOBALINE, A NEW WINNER
XOBALINE (Cobamamide) is the coenzyme form of vitamin B12. The Merck Index states: "The coenzyme is the metabolically active form of Vitamin B12." Guyton's Textbook of Medical Physiology states: "Vitamin B12 is an essential nutrient for all cells of the body, and growth of tissues in general is greatly depressed when this vitamin is lacking. This results from the fact that Vitamin B12 is required for synthesis of D.N.A.; therefore, lack of this vitamin causes failure of nuclear maturation and division." Athletes in Europe have started using XOBALINE because of its powerful effects on strength and endurance.

CALL TODAY!
USE YOUR MASTERCARD OR VISA
1-800-336-1977
(In California 1-800-441-1977)
Approximately 1-month supply of RACE CAPS and ENDURO CAPS — $49.95. Approximately 2-month supply of XOBALINE — $29.95. (California residents add 6% sales tax.) Or send check or money order to HANSEN & FRANK INC., 2886 GEARY BLVD., SUITE 205, SAN FRANCISCO, CA 94118.
Masters in History: 1901 to 1950

This is the second of a three-part series on the over-40 athlete in history. The first part, covering the period from 600 B.C. (Milo of Croton) to 1900 A.D. (Donald Dinnie and Cap Anson), appeared in the August 1988 issue.

Feature articles about modern-day, over-40 professional athletes, such as Kareem Abdul-Jabbar, Pete Rose, and Nolan Ryan, have suggested that there is greater longevity among the athletes of today than in earlier days because of weight training and off-season conditioning programs. If the writers had done their homework, they might have realized that there were just as many, if not more, over-40 athletes during the first half of this century than there are now (in open competition).

The immortal Cy Young retired in 1911 at the age of 44, pitching two shutouts in his final year. At 41, Young tossed a no-hitter, making him, to this day, the oldest person on record to have accomplished that feat.

In 1915, Honus Wagner, then 41, played in all 156 games for the Pittsburgh Pirates and still had enough hustle to record 17 triples. He hung up his spikes two years later. Ty Cobb hit .357 as a 40-year-old and .323 the following year, his last. When Grantland Rice, the great sportswriter of that era, asked Cobb what made him to decide to retire, the Georgia Peach explained: "Speed is a great asset; but it's greater when it's combined with quickness — and there's a difference. I'm about as fast as ever — once I get in motion. But my 'flexes are fading. I'm starting much slower. I don't get the jump any more. I can see the ball as good as ever, but I don't get that quick start from the plate like I used to. If I could, I'd be a .350 hitter right to the end!"

Nap Lajoie, Rabbit Maranville, Eddie Collins, Eddie Plank, Bobby Wallace, Tris Speaker, Grover Alexander, and Paul Waner all played past the age of 40. Even Babe Ruth, hardly a paragon of physical fitness, survived beyond 40. In his autobiography, Ruth wrote of his last season in 1935: "... the harder I tried the worse I did. My old legs just couldn't take it any longer. It was more and more of an effort to move over the outfield or run down to first base. I had tried hard to condition myself, but it was just torture. I was 41 and playing my 22nd season in the big leagues."

The best seasonal performance ever by a major leaguer (non-pitcher) 40-or-older was that of Sam Rice in 1930. Playing for Washington of the American League, Rice, 40, had 207 hits and a .349 batting average. His numbers began to drop the following year, and he retired at age 44 with 98 hits and a .293 average.

Long before George Blanda of the Oakland Raiders gained a reputation as the old man of football, there was Walter "Pudge" Heffelfinger, who first gained fame as a guard for Yale from 1888 to 1891. Since professional football leagues weren't formed until 1919, Heffelfinger had to be satisfied with playing in sandlot leagues after his college years. When he was 43 or 44, Heffelfinger returned to New Haven and lined up with the Yale scrubs.

Pat McDonald, the oldest track & field gold medal winner in Olympic history, stands with Aileen Riggin, winner of the springboard diving competition at the 1920 Olympic Games, on the ship home from Antwerp. McDonald was 42 years, 26 days old when he won the 56-pound weight throw. Riggin, then 14, recently returned to the competitive arena and has been rewriting the age-class record book in 80-84 swimming competition.

Photo Courtesy of Aileen Riggin Soule

Three-time Olympic runner, Ron Hill (right), fulfilled his latest athletic ambition: "To have competed in 50 different foreign countries before he was 50 years old." The former European and Commonwealth marathon gold medalist ran a 6K race in Benin, West Africa, followed by a 6K race in Nairobi, Kenya, to fulfill his target with just two weeks to spare.

Coach Ted Jones objected, afraid that a man in his 40s might be hurt. But when the scrubs got the ball, Heffelfinger told Jess Spalding, the second team half back, to follow him. "I followed him," Spalding later related. "I also ran 55 yards for a touchdown with at least four tacklers sprawled out on the field. Every man Pudge hit was flattened."

In 1922, when he was 53, Heffelfinger captained a team in a charity game in Columbus, Ohio and was the outstanding player of the game. No other player was over 30. Grantland Rice, who attended the game, said that Heffelfinger was still the best guard in the country. He played his last game at the age of 65.

Today, we have former heavyweight boxing champion George Foreman, 40, still trying to make a living in the ring, but there were quite a few champions who continued fighting beyond 40 in the early years of this century. In 1903, 40-year-old Bob Fitzsimmons, who believed "a good head was better than two legs" won the light heavyweight championship, making him the first man ever to win three boxing titles. "Ruby Robert" held the title for two more years and continued to fight to the age of 51.
Although Jack Johnson lost the heavyweight title to Jess Willard in 1915 at age 37, the Galveston Giant continued to fight until 1928 at age 50. In 21 fights from ages 40-48, he was undefeated. He was inactive at 49 and then lost his last two fights when age 50. In 1945, at the age of 67, Johnson fought two three-round exhibitions. Jess Willard, Kid McCoy, Sam Langford, and Jack Britton also fought beyond the age of 40. 

Before the slapstick wrestling era, there are some impressive performances by grapplers over age 40. The famous Pole, Stanislaus Zbyszko, won the world heavyweight title in 1921 when he was 41, defeating 31-year-old Ed “Strangler” Lewis. In a rematch the following year, Lewis defeated Zbyszko, two falls to one, in what was described as “one of the fastest, cleanest, wrestling titers ever staged in the country in which a title was at stake.” Lewis kept the title until 1925, when he lost to Wayne Munn. However, three months later, Zbyszko, 45, defeated Munn and regained the championship. Six weeks later, Zbyszko lost that title to a much younger Joe Stecher.

In 1928, Zbyszko traveled to India to challenge the Hindu wrestler Gama to a grudge match (Gama had defeated younger Joe Stecher). However, three months later, Zbyszko, who was then dubbed The Whales, took the bronze medal in the national AAU 56-pound weight throw. McGrath just missed making his fifth Olympic team in 1928, at age 49.

The oldest Olympic track & field medalist ever is Tebs Lloyd Johnson of Great Britain. In 1948, at age 48, he took the bronze medal in the 50K walk. Although no record of any over-40 track competitor can be found, there were many masters road racers throughout the first half of this century. In his book about the famous Dipsea Race, across the Golden Gate Bridge from San Francisco, Mark Reese documents the oldest competitors in that annual affair right back to 52-year-old Ed Hartley in the inaugural Dipsea in 1905.

Perhaps the second oldest runner and certainly the most colorful was Isaac Day of the Bolinas Athletic Club,” Reese wrote. “Day, age 47, arrived at the starting line fully attired in a corduroy suit and long hobbled boots. Somehow he finished in 1:02:15 (5-minute handicap) for 69th place (out of 71 finishers).”

In 1918, Day, by then 60, finished 49th in 7:07 (10-minute handicap) in a field of 80. Ray Locke, also 60, finished a strong sixth in 58:57 (10-minute handicap) thereby proving what “grit and clean living” can do. In 1919, Hartley, now 66, returned after nine years to defeat Locke in the veteran’s division. In 1923, William Letcher, a 43-year-old dentist, was given a 10-minute handicap and won the race. Letcher may have been the first masters runner to win a race, even if it was with a handicap.

The legendary Clarence DeMar needed no handicap, however, when he won the 1930 Boston Marathon at the age of 41. Clocking 2:34:48, DeMar won his 11th and final Boston that year. In all, DeMar won seven mara...
Legends Return to Naples on January 14

The ICI/USRA Masters Circuit has been using the theme “The Legends Return” in its advertising during the past year and it appears that the National Championship, January 14, will live up to its name. Joining early confirmed Bill Rodgers on the starting line as the latest “Legend” in the field will be American mile great Jim Ryun of Kansas.

The former high school sensation will be in Naples, Florida with what organizers predict will be the best masters field ever assembled. Rodgers, having set masters world bests this past year at 5K, 8K and 10K, defeated Barry Brown and Byron Dye earlier this month in a winner-take-all ($5000) match race in Miami, to come in as the early favorite. But recently named world bests this past year at Circuit leader Jane Hutchison.

In fact, discussions are being held for a separate prize purse of $10,000 for the best age-graded handicap performance of the year! A separate prize purse will be established for the ICI/USRA Masters Circuit Championship.

Mike Tymn of Honolulu also wrote to inform me of Duncan MacDonald’s interest in the Circuit as he will turn 40 one day “after” Naples, but still has his sights on the 4:10 mile mark in the future. Duncan, of course, was an All-American miler at Stanford and many times a winner of the Honolulu Marathon.

We are hoping next month to not only introduce our 1989 ICI/USRA Masters Circuit schedule but also our inaugural “Legends Mile” Circuit which will include a combination of indoor, outdoor and road miles. And keep a special eye out for Wilson Waiga. America might just see him in the not too distant future and a “sub-4 minute master mile” as well!

ICI/USRA Masters Circuit Point Standings

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<tr>
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ICU/USRA Masters Circuit Point Standings

The ICU/USRA Masters Circuit features a $20,000 grand prize style prize purse for 1988. Points are awarded in six age categories (men’s and women’s 40-49, 50-59, and 60 & Over) for places first thru tenth in each race. The top six in each age group will receive a $10,000 prize purse.

ICI/USRA Masters Circuit Schedule

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Coupled with the $20,000 grand prize style ICU/USRA Masters Circuit prize purse, the Circuit events individually combined will distribute over $125,000 in total prize money. The January 14th, 1989 ICU/USRA Masters Circuit Championship 8K will feature a $10,000 prize purse.
ICI/USRA Masters Circuit “Happenings”

by DEAN REINKE

Remember Marge Rosasco? For years a stalwart on the east coast running scene, Marge is now a master. With an impressive win at the Nissan Maryland Human Race 10K, Rosasco remains undefeated as a master although she hasn’t ventured far from her home in Baltimore yet. Wil Albers has moved up to running-shoe development for Brooks while Laura Lub-

ers takes over the promotional reins. Bill Rodgers reports his clothing line has a new material, “Ultrex,” made with 3M to compete with Gore-Tex. Look for ads in several major national books including Sports Illustrated. Pat Devaney is out at Reebok as major restructuring occurs in Boston. Raleigh’s Kevin Amigh will handle invited athletes at the ICI/USRA Masters National Championship in Naples. Charlotte Marathon & 10K, and Myrtle Beach Classic 10K. Rich Castro will handle invited runners at Boulder Boulder while race chairman Steve Bosley again invites top runners to apply for a three-month training support program in preparation for his May event.

Top U.S. Olympic women’s marathoner Nancy Ditz will be spokesperson for the 1989 Manufacturer’s Hanover Corporate Running Series. Make that an anchor leg for the Cognils as Eamon is now the proud father of four. He’s also looking at some road races this spring as he is less than 48 months away from masterhood. Bill Rodgers will serve as a spokesperson for the 1989 Ben-Gay Active America Day program to be held in 50 cities on Mother’s Day Weekend. The January 28 Paramount 10K in California will offer a $6000 masters prize purse. Rodale (Runner’s World) has dropped its sports marketing division and will not present the Coor’s Biathlon Series in 1989. Former director Mike Malekoff will leave and reports that he may restart the series. It’s just about time for “winter moves” led by Bill Rodgers and family’s annual pilgrimage to Phoenix.

American masters record holder Barry Brown is calling it quits in the marathon. With consecutive victories at Maggie Valley, Philadelphia Half and Nissan Maryland Human Race 10K, it appears to be working. Put Patty Catalano on the remarried team, having moved back to Boston. Former partner Liz Miller keeps the business back in Vermont. Promoters in Chicago are looking at a “Magnificent Mile” on Michigan Avenue for fall 1989 which would be included on the newly developing “Legends Mile Circuit.” Remember the name Alan Roper. Many feel the British attorney can run faster than Mike Hurd among the Englishmen. A new marathon has sprung up in Australia, July 23, that will offer significant prize money for masters in addition to open.

The successful Alhambra 8K which featured a $15,000 women’s purse is contemplating adding a masters purse. The Orange Bowl 10K is history (for now) but the Bay Bridge Run reports they will offer a $30,000 purse and take the February 4 date on the calendar in Miami.

ICI/USRA and TAC to Work Together

Officials of the ICI/USRA Masters Circuit and TAC Masters Long Distance Running and Track & Field Committees met at the recent TAC Convention in Phoenix to discuss a number of ways to work together to promote masters running. Both sides were enthusiastic about the potential for 1989 and the next few years for joint programming. The TAC Masters LDR voted to approve a proposal to work out an arrangement whereby the 1989 ICI/USRA Masters Circuit National Championship would also serve as the TAC Masters National Championship at the January 1990 ICI Championship. It also approved a plan to work toward a coinciding of TAC Masters championships at the various individual road distances into events on the ICI/USRA Masters Circuit. Representatives from both will be meeting in the near future to work out the details.

David Pain, meet director of the 1989 TAC National Masters Track & Field Championship in San Diego also met with ICI/USRA Masters Circuit representatives, as did members of the TAC Masters T & F Committee. The discussions centered on the popular “Legends Mile” which will again be held at the 1989 TAC Championship with the possible addition of a “world record attempt at 800 meters” and a “Legends Sprint” race which will be age-handicapped. Circuit officials, with the LDR group, would also like to develop some ongoing support and promotions programs with the T & F masters group.

Last Word on Naples

- Yes there are still a few rooms available. Try the headquarters Registry Resort (813-597-3232); the Quality Inn (813-261-6046), Holiday Inn (813-262-7416), Best Western (813-261-1148), Park Shore Resort (813-263-2222) or the Inn at Naples (813-649-5550).
- Yes, you can enter on Friday, January 13 at the packet pickup and late registration from 2-8 p.m. at the Registry. The Legends Clinic with Jim Ryun, Bill Rodgers and other greats will be held at 7:30 p.m. On Saturday morning, the ICI/USRA Masters Championships will start at 9 a.m. (Open race starts at 8 a.m.) and the post-race pool party begins at 11 a.m.
- Yes, you can still earn points at Naples that will count toward the 1988 Circuit Point totals. The $20,000 prize purse will be distributed at Naples.

South Carolina’s Bob Schlaul, 41, leads the men’s 40-49 standings with 71 points. Photo by Sailer, Ltd.
Minutes of Masters Track & Field Committee Meetings

Presiding: Chairman Jerry Donley

Wednesday, November 30
Regional Reorganization

Chairman Donley proposed switching the current seven masters "regions" to "zones" by following the street usages used by TAC's Youth, Men's and Women's programs. After long discussion, the Committee decided to change the format to 7-4, to retain the current regional format.

A sub-committee of Gary Miller, Scott Thorsen, Max Goldsmith, Danny Thiel, Bruce Springbett and Graeme Shirley was appointed to determine which TAC associations should be in each region. The current boundary lines were reaffirmed, except Utah and New Mexico were moved into the West from the Northwest and Southwest, respectively.

The TAC's Youth and Open committees use the term "region" to define their 15 separate competitive areas, masters will now refer to seven areas as an event. At the avoid confusion in TAC's rule book. Thus, the traditional "Regional" will now be known as "Sections.

Thursday, December 1 — Morning Session
ICI/USRA Masters Options

Dean Reinke, the independent promoter of the ICI/USRA Masters Circuit, proposed continuing the successful "Legends Mile" in future National meets, as well as adding "Legends Sprint" events. The 1988 Florida event generated much publicity for masters running. Reinke predicted a masters sub-four-minute mile within three years. The Committee's response was favorable. Reinke said he would work with Donley to direct the 1989 National, to arrange a 1989 Legends race.

World Veterans Championships
Tom Jordan and Barbara Kousky, organizers of the VIII World Veterans Championships slated for Eugene on July 27-August 6, 1989, reported:
1) The event should draw 6000 athletes — the largest World Games ever.
2) The 6000 paid housing reservations that have already been received — 3400 from overseas; Hotel and university rooms are being held for Americans until January 31; then, anything left will be open to anyone.
3) Ten cultural tours will operate daily. My Fair Lady will be playing during the Games.
4) An Athlete's Village — featuring nightly entertainment and a beer garden — will be a daily gathering place.
5) A free shuttle system will transport people to and from the airport, major hotel areas, and all venues.
6) The entry deadline is May 1.
7) TAC-certified officials are making a two-week commitment to the Games. At the moment, no free officials' housing is available, but a sponsor is being sought to lodge officials at a sorority house.
8) The final competition schedule will be posted after all the entries are in; no finals will be changed from the day of the current schedule (see middle pages in this issue).
9) There will not be a 3200-meter relay.
10) Two tracks will be used: Hayward and Silke Fields. Silke is a 10-minute bus ride from Hayward, and could be refurbished with new runways. Lane Community College will be used as a third facility, if needed. (15 min, ride from Hayward.)
11) A 200m warmup track at Hayward has four lanes and a loo 100m straightaway.
12) Sprint preliminaries will be held on both sides of the track.
13) Travers' tent will be at both venues.
14) The airport is 20 minutes from the track; it's serviced by United, American, Delta, Northwest, Amtrak and Greyhound stop in downtown Eugene.
15) Gold medal sponsors have been signed up for $25,000. Title sponsorship may be had.
16) Anyone who made housing reservations should have received confirmation by now. If you haven't, check with Eugene.

Team Managers

Despite notice in the National Masters News, Donley said no one had applied for the job as U.S. team manager for the World Championships in Eugene. Scott Thorsen (PA) and Sandy Pashkin (NY) volunteered and were appointed co-team managers. One will likely be on hand at each venue. Pashkin will also function as women's team manager. John Conners will be their assistant.

Thorsen is a TAC official and current masters indoor meet manager. He has been involved with the Veterans Program for six years, and is a long jump and triple jump competitor. A college coach, he's a lobbyist by profession.

Pashkin directed the 1986 Nationals and was team manager for the U.S. Junior national team. She competed in everything from the 100 to 5K and field events, with the 800 her best event.

The function of the team managers will be to be on site to handle compliance complaints, protests and problems; hold an initial U.S. athletes' meeting; appoint relay selectors; etc.

Awards

Coaches Coordinator Bev LaVeck announced the outstanding athlete awards. (See separate story and lists).

Thursday, December 2 — Afternoon Session

WAVA Delegates

The U.S. is entitled to five delegates to the WAVA General Assembly meeting in Eugene. The Masters T&C Committee traditionally elects three; Masters LDR selects two. The delegates will be:
1) Christel Miller
2) Rex Harvey
3) Sandy Pashkin

Women's Committee

Christel Miller, Women's Coordinator, confirmed that women will compete in the same events as men in the World Championships.

Rules Committee

Graeme Shirley, Rules Chairman, passed out copies of the new revision of masters rules which will appear in TAC's rule book. The cumbersome and often confusing language of the old rules was tossed completely, and Shirley wrote new language to clarify and condense. The Committee voted, 11-8, to make the pentathlon optional, rather than mandatory in the Sectional (Regional) Championships. See Shirley's separate article on rules, and the complete rules revision on these pages.

Friday, December 2 — Morning Session

Marilla Salisbury spoke on the unfairness and undesirability of medal standards at the Eugene World Games. "Many older people have been motivated to exercise by the masters program," she said. "If WAVA's medal standards had been used in Melbourne, 26 less medals would have been given." She said medal standards were poor for the image of the program, and were unfairly directed at older people.

Both Pain said he opposed medal standards, but WAVA adopted them to prevent frivolous competition. As Chairman of the WAVA Technical Committee, he will open to all athletes in Eugene to discuss this and other competition matters. But he said WAVA Chairman Springbett is a strong supporter of medal standards, and doubts the standards will be changed for Eugene.

David Pain said the standards could be changed in time for the Eugene meet. Pete Mundle said there's not enough data yet to establish fair standards.

Pain noted the "The U.S. Masters Track & Field Committee is opposed to medal standards at WAVA Championships, and instructs its delegates to raise the issue in Eugene." Passed, 22-1.

1989 Indoor Championships

Allen Whitehead said the 1989 Indoor Nationals will be held in Columbus, Ohio, from March 31-April 2, on the 200m track at Ohio State University Fieldhouse. Jim Pearce will direct.

Entry forms will be out soon. Hotel rooms will cost $40; the Holiday Inn has a "shuttle service" to the university housing is available. Northwest, Eastern, United, Delta and TWA service to Columbus.

1990 Outdoor Championships

Bruce Springbett said the 1990 Outdoor Nationals will be held in Columbus, Ohio, from March 31-April 2, on the 200m track at Ohio State University Fieldhouse. Jim Pearce will direct.

Entry forms will be out soon. Hotel rooms will cost $40; the Holiday Inn has a "shuttle service" to the university; it's serviced by United, American, Eastern, United, Delta and TWA service to Columbus.

1990 Nationals

Jillian Rutter, who will serve as President of the 1990 National Committee, confirmed that she expects 2000 athletes to compete. The committee plans to make the event welcoming for masters.

Tuesday, December 5 — Meeting Session

WAVA Director, reported that the 1988 Nationals had increased over 1987, from $22,500. "There'll be nightly entertainment and a Mexican Fiesta after the competition. The entry fee is $30 for the first event to help defray the costs of the transport and fiesta. Of the $100,000 budgeted for the meet, $15,000 will go for the transport system. A Legenda Mile may be staged, but it will not conflict with the 1500m."

The Melbourne World Games computer program will be used, and will be passed on to Indianapolis for 1990. All entrants in the 1987 and 1988 Nationals will soon receive an entry form in the mail.

Gary Miller agreed, saying masters drug usage started small at the 1977 World Veterans Championships in Sweden, but has increased each year.

A motion to urge Chairman Donley to contact TAC's Officers at their discretion for funding for drug testing passed with no dissent.

Budget & Audit

Al Sheahan, Treasurer, reported that TAC's fiscal 1989 (October 1, 1987 to September 30, 1989) revenues had increased 35% over 1987, from $6.2 million to $8.4 million.

The Masters T&C Committee was allocated $25,000 for 1989, up from 1988's $22,500. TAC ruled none of that money is to go to the National Masters News, which will receive a $500 stipend for the 1989 Nationals.

The Sectional (Regional) Coordinators were granted $700 each, to assist their Championships and help promote new meets in their areas.

Continued on page 12
Minutes of Masters Long Distance Running Committee Meetings

Executive Committee: November 28
Norm Green presented a "log of champions" he had offered to produce at our last convention. After gathering a list of all division winners from all our championships since 1979, he entered the info into his computer and did several print-outs. The alphabetical listing is available for $2.50 from Norm Green, 405 Curtis Ct., Wayne, PA 19087. We all thanked Norm for this significant contribution to our sport.

Reports: November 29 thru December 2
George Vernosky reported on the final decision from Budget & Audit; $2,800 of our request was denied, specifically for National Masters News ($1,500), travel funding to convention ($1,200) and WAVA dues ($100). The amount granted, $14,000, had to fit into our four main programs:

- Travel to national/international meetings
- Assisting to national championships
- Administrative expenses (phone, postage, etc.)
- Awards for athletes and contributor

* TAC will compensate NMN from other sources.

Bill Shradar reported from the Athletes Business Standards Committee. A new brochure will be out soon entitled "Selecting an Agent."

Charles DesJardins, our rep to Marketing and Media, explained that after writing several letters to that committee's chairman during this past year, he had not received any response for our request for help in promoting our programs. At the convention meeting of M&M, Charles met with Craig Virgin from Men's LDR who agreed to work with him on a common problem, namely that TAC announced that LDR cannot be marketed.

Kirk Randall explained an application for a $5,000 grant which he made for our committee was turned in Nov. 15, 1988, and was supposed to be for education or competition. The request dealt with physiological testing for purposes of enhancing training. In general discussion, Kirk was given ideas for identifying people and programs around the country which are already in place for this purpose. The awarding of all grants will be announced after the convention.

Norm Green, our rep to IGAL, reported on the dissolution of that organization as of Dec. 31, 1988. All assets will transfer to WAVA and WAVA will include LDR events as part of their annual T&R championships. No schedule has been set beyond the World Games in Eugene next summer, but the suggestion is that regional championships be held every other year. These decisions will be made at the WAVA meeting in Eugene. Charles made a motion that we name Norm Green and Ruth Anderson as our two delegates to WAVA with himself as an alternate (instead of his being automatically a delegate as it has been in the past). Motion passed.

Athlete Awards: November 30
See separate story.

Two people were nominated for the Otto Ernst Award for meritorious service to our sport, both of whom have advanced masters running by providing quality road events: John Mansoor and Phil Benson. In a close vote, Phil Benson was chosen.

Presentations: November 30
Dean Boal, representing the ICI Masters Circuit, explained the concept and goals of that road circuit. The sponsor, ICI, is striving for name recognition. One main goal is to eventually coincide the circuit events with our committee's championships and get TV coverage. A second goal is to establish All-American standards for road events. Dean is working for a geographical balance when choosing sites for circuit events, and each event would negotiate with Dean separately. Later, Dean invited our 1990 championship events to contact him if interested in being on the circuit.

Championship Bids: December 1
Phil Benson opened the floor to bids for the 1989 championships which had not been awarded last year. These distances were awarded:

- One Mile Road
- Half-marathon
- 25K, 30K, 50K and 100K, 100 Mile, and the 24-Hour Run.

The following distances were then awarded for 1990: 5K, 10K, 5K Road, 8K Road, 10K Road, marathon, 15K Road, 20K, and 50 Mile. See the list of championships for further information.

Dan Brannen requested our input in requiring that a minimum distance be covered in the 24-hr, run for masters divisions in order to receive a medal. Our Executive Committee will discuss this and give him a reply.

Elections: December 2
John Woods, Nominating Committee Chairman, presented a slate of officers and conducted elections. The proposed slate included:

- Charles DesJardins for Chairman;
- Ruth Anderson for Vice-Chairman for women and Kirk Randall for Vice-Chairman for men;
- George Vernosky for Treasurer;
- Carole Langenbach for Secretary;
- and Bob Boal for Board of Directors.

One of these offices had a nomination from the floor: Norm Green for Vice-Chairman for men. Kirk Randall was elected, as were the other proposed candidates.

After the elections, new chairman Charles DesJardins presented Bob Boal with a silver pin as a symbol of appreciation and affection to the committee for his many years of service as our chairman. Charles made a motion that Bob be granted the title of Chairman Emeritus. The motion passed unanimously.

Other Presentations: November 30 and December 2
Sally Nichol and Bob Baunel from Road Running Technical Committee visited us and reported on their committee's activities. Basically, their work deals with course certification, finish lines, and validation for records. Bob explained the difference between loop courses and point-to-point courses. Maps for certified courses around the country are available from the Course Registrar, Joan Riegel, for $2.00 each.

Tom Jordan from Eugene gave an update on the World Games slated for next summer. Jim Puckett will be in charge of competition. Contact him if you would like to be an official at the Games. See T&R minutes for more details.

Old and New Business: December 1-2
Basil Honikman from Taetstas presented the records recommended for our ratification. A motion was passed to accept these marks.

Bill Shradar made a motion that we establish a committee (Program Development Committee) to identify the funding needs for our specific programs. Motion passed. Volunteers were John Boyle, Vicki Baglow, Olivia Moreton, Jack Dowling, and John White. John Boyle made a motion that we request funding for a 3-color brochure listing our championships. Motion passed. Rusty Enright will make recommendations to George Vernosky before next October, when our budget requests are due for 1990.

Carole Langenbach suggested that we provide a checklist of standards required for championships to be used by event directors and by an evaluator from our committee. Bruce Steenston and Jack Dowling will work with her on this.

After presenting to us the recommendations of the Circuit Committee which met with Dean Reinke, Norm Green made a motion that our Executive Committee work with the TAC National Office to negotiate with the ICI Circuit for a Masters Championship for January 1990. Discussion included concerns that the "champion" of our '89 event at the particular distance would be confused with the January-event champion. We were assured that the plans would include a way to prevent this. Motion passed.

RPS were named to other TAC committees: Associations Committee-Cecil Smith; Marketing & Media - John Boyle; Awards, Logos & Medals - Pat Vigg; Coaching Ed - Jerry Crockett; Cultural Exchange - Wally Maurer; 5 At-Large members to our committee - Finn Hansen, Ed Benham, George Kleiman, Jim Jacobs, Jack Dowling; Advisors Committee - Kirk Randall. All others are the same as last year.

A motion was passed that our chairman, our rep to L&L, and two others propose legislation for next year's convention to change the definition of "active athlete." While we don't want to disrupt the elite athlete ratio required for TAC committees, we do want to be recognized as "athletes" somehow. Motion passed.

Joint Session with Masters T&R:
December 2
See T&R minutes.

Carole Langenbach, Secretary
**Achilles Tears**

Q. I have a partial tear on my left Achilles' tendon. I have been casted for eight weeks, non-weightbearing on crutches for three weeks, and have been wearing a shoe with a 1½" heel lift for five months. Here it is over eight months, and I still have pain. Should I have therapy, or does this take a year to heal? Please tell me what to do to treat this problem, and what kind of training program I will be able to return to.

A. Your question is certainly an interesting one and one that has not really been presented in this column in prior years.

There are several types of 'Achilles' tears, from a mild tenosynovitis to the acute 'Achilles' rupture. All are painful and can have lasting detrimental effects.

It appears that your treatment to now has been well planned. The foot and ankle should be immobilized to produce maximum healing effects. In most cases of Achilles' tendinitis, you can plan on a minimum of one year's duration to heal. One must remember that for people over the age of 25, the blood supply to the Achilles' area diminishes drastically. This has a major effect on the healing process and drasti­cally lengths the healing time.

At this point, I am a proponent of therapy to the effected tendon. You will need to increase the blood supply with the aid of external sources such as ultrasound, heat and electrical stimulation. Your physician can prescribe these modalities for several weeks.

These may be followed by ankle strengthening exercises and even the use of a mini trampoline. If all heals well, you can expect to return to a normal training program. But remember, these injuries take time to heal, so one must be patient and allow nature to take its course.

(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, NNN, Box 2377, Van Nuys, CA 91404.)

**TAC MASTERS TRACK & FIELD COMMITTEE BUDGET**

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**Minutes of Masters Track & Field Meetings**

Continued from page 10

Friday, December 2 - Afternoon Session

Official

Sandy Pashkin reminded all officials they must be re-certified every four years, and 1990 is the year.

Records

Pete Mundle, Outdoor Records Chairman, said records for new WAVATAC events are generally not compiled until at least two years have gone by. Hand times, as well as automatic times, will continue to be recognized as official marks until more meets use FAT.

Law & Legislation

Bob Fine urged athletes write him with suggestions prior to the L&L meeting on Columbus Day at the Newark airport.

New Appointments

Donley appointed several people to administrative committees, as follows: Board of Directors: Jerry Donley & Al Sheehan; Association Officers: George Savanick; Budget & Audit: Sheehan; Law & Legislation: Bob Fine; Marketing & Media: Scott Thomsley; Membership: Sanford Kalby; Officials: Sandy Pashkin; Rules: Graeme Shirley; Medical Services and Sport Science: Joan Stratton; Athletics Business Standards: Donley; Awards, Logos & Medals: Tom Surak; Coaching Education: Pashkin; Cultural Exchange: Savanick; Athletics Advisory: Surak; Committee At-Large: Dick Green, Rex Harvey, Pete Mun­die, Joan Stratton, Surak.

North American Report

David Pain, WAVATAC's North American delegate, said WAVATAC will hold world athletics championships in odd-numbered years, while regional WAVATAC championships will be held in alternate years. Included will be a complete track & field meet, and a 10K and/or cross-country run.

Special Events

The Committee voted for Donley to appoint a committee to set guideline for special events in masters meets.

Entry Fees

The $30 entry fee for the U.S. Nationals was discussed. A suggestion was made to run a survey in the National Masters News to learn if athletes want a T-shirt, banquet and transportation to be free as part of the entry fee, or they'd prefer keeping each item separate.

Indoor Coordinator


Race Walking

Beverly LaVeck said masters race walkers voted, 20-0, to walk the 20K, rather than 10K, in the National Championships. The Committee agreed and it will be so noted in the Rule Book. LaVeck will head a subcommittee to the WAVATAC Technical Committee in Eugene to persuade WAVATAC to change its women's 10K walk to 20K.

Friday, December 2 - Joint Session with Masters LDR

Lynn Cannon, a TAC delegate to the U.S. Olympic Committee's Seniors Subcommit­tee, said the USOC voted on November 8 to deny authorization to the U.S. National Senior Olympics (USNSO) for use of the "Olympic" name.

The USOC had invited bids from organizations to stage a bennial senior multi­sports event. The USNSO and the AAU bid. The USNSO said it would not stage the event unless it could use the "Olympic" name. The AAU said it would use another name. The USOC then offered $35,000 to the USNSO if it would stage the event without the "Olympic" name. The USNSO's Board will decide this month. The USNSO is expected to decline, and continue its push in the U.S. Congress for legislation to allow the use of the "Olympic" name. Meanwhile, its 2nd bennial Na­tional Senior Olympics is slated for St. Louis in June with 4000 age 55+ athletes expected to compete in 14 sports. The USOC may try to work with the AAU on multi-sports senior events.

Cannon said a "Senior Olympics" could lure sponsors away from the masters pro­gram, which has 20 years of experience. Donley said "the USNSO has gone around us," and any multi-event program should offer the same events as the various na­tional governing bodies offer; otherwise athletes compete under two sets of rules. Some local Senior "Olympics" events have voluntarily changed their name to "Senior Games." Others are using "Olympics." Cannon urged masters athletes to write to Casey Clark at the USOC (in Colorado Sprin­gs), or to Olga Cassell, Executive Director of TAC (in Indianapolis), to express their opinion.

The following associations were continued on page 13

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Allan Phillips staged a successful age-graded 5K race walk in Westland, Mich., on July 24. Using preliminary tables created by the World Association of Veteran Athletes, Phillips conducted the race in "Portsmouth Start" fashion, wherein the oldest walkers start first and the younger start last. John Elwarner, 48, (#12) was the first across the finish line.
Volunteers Needed for 1988 T&F Rankings

Volunteers are needed to help compile the track and field rankings for 1988. Events that still need compilers are the 100, 800, shot put, walk, and relays.

In the hope of publishing the complete 1988 rankings in April, March 10 has been chosen as a deadline. The 1988 rankings will include marks made in pentathlons (regular, weight, runner), heptathlons, and decathlons.

If you are interested in becoming a compiler, please write to Jerry Wojcik, MNM, P.O. Box 3272, Van Nuys, CA 91404 (include your telephone number), or call 818/785-1895.

Masters can make the rankings more accurate by correcting erroneous names or marks that may have appeared in the MNM, and submitting their year’s bests if they were made in a ten-year age-group meet or one that was not reported to the MNM. These can be done with a postcard sent to the MNM.

Third Wind

Continued from page 7

thons open to all comers after his 40th birthday. In the 1933 Cleveland Marathon, the runner-up to DeMar was Percy Wyer of Toronto, age 48.

"Percy’s friends let it be known that he could have beaten me, only the officials led him on the wrong course," DeMar commented in his autobiography.

DeMar wrote that he began "slipping" around 1928, at age 39: "I realized that the old elasticity was not there. I did not improve with more training."

The year before DeMar won his last Boston Marathon, Abraham Lincoln Monteverde, age 60, won a footrace from New York City to San Francisco, covering the distance in 79 days, 10 hours, 10 minutes. Monteverde, it was reported, had been running for years and had completed more than a hundred marathons.

The most dominant bicycle racer during the early part of this century was Frank Kramer, a Newark, N.J., resident. From 1901 to 1921, Kramer won the U.S. professional championships 18 times, the last one in 1921, at age 41. In 1922, Kramer, age 42, tied the world record for one-sixth of a mile on a Newark velodrome. He may be the only athlete to have set a world record after age 40.

The ladies were not without a "masters" performer in the early years of this century. Tennis players are considered "over the hill" at 30, but Dorothea Douglass Lambert Chambers, a seven-time Wimbledon champion, reportedly put on a remarkable show, even though losing, in the 1919 Wimbledon championship. She was then 41. In 1925, at 46, Lambert Chambers was a quarterfinalist in the U.S. Championship and the following year played on the British Wightman team.

ICU/USRA Masters Circuit "Happenings"

Continued from page 9

Seems like every month a new master comes out of the woodwork: this month it’s Canadian Steve Cowley who showed well at Old Reliable while Jozsef (that’s easy for you to say) Bahiner of Hungary scored splits in a top-6 finish in the same race. Chuck Magara and crew planning an even bigger “King Street Mile.” This May with a significant purse and a major masters event in Charleston, South Carolina. ARRA Circuit will introduce a $12,000 open “circuit” purse in 1989. . . . But it is coming converting to a prize purse for ‘89 — including Masters. Congratulations to Columbus, Ohio on its selection as the 1992 Men’s Olympic Trials Marathon site while it appears New Jersey Waterfront holds the pole position for the women’s site. . . . A major national car company is considering a major open road-racing circuit for 1989 . . .

The Charlotte Observer 10K and Marathon weekend January 7, the last stop (10K) on the 1988 ICU/USRA Masters Circuit, is shaping up as one of the year’s best fields and will serve as a sneak preview of the Naples Championship the following week. Bill Roettger, Priscilla Welch, Bob Schlau, Mike Hurd, Steve Cowley, Jane Hutchison. Steve Lester and Bill Olrich are just some of the greats who will be on hand. Varying for 10K and Masters prize money. $1000 bonuses will also be awarded for new Masters records in the 10K and marathon for both men and women. Dean Reinke & Associates is serving as consultants this year and will take over the entire race management for the 1990 event with Jim Young (of its east coast office) as Race Director. . . .

18 Months and Counting: Where has Rod Dixon been? The former New Zealand Olympic and New York City Marathon Champion, now 38, has slowed by injuries and lack of motivation the last few years. As he anxiously awaits his 40th birthday July 12, 1990, Dixon, working in promotion in his native homeland, is attempting to attract sponsors to support expansion of the ICU/USRA Masters Circuit into New Zealand and Australia by 1990. He also hopes to be among those attempting to break the Masters "sub-4 minute mile" barrier on the anticipated "Legends Mile Circuit." Brother John (41) was among the five masters who broke the Masters Mile record in Orlando this past summer, placing 4th in 4:16.8. You haven’t heard the last of the Dixon’s . . .

Vaulters in the Empire State Games, Albany, N.Y. Aug. 5 were, from left: Jim Trott (M52 third, 10-6); Tom Rauscher (M40 first, 13-0); Ken Roblee (M35 first, 13-0); and Jan Decker (M40 second, 10-6).

Minutes of Masters Track & Field Meetings

Continued from page 12

represented at one or more meetings: Florida (Bob Fine), Georgia (Phil Mulkey & Phil Raschker), Illinois (Peter Stopoulos), Indiana (Joan Grissom), Kentucky (Charles Fischer), Metropolitan (Sandie Pashkin), Minnesota (George Savanick), Nebraska (Charles Bolton), New Jersey (Bill O’Connor), New York (Evelyn White), Ohio (Pat McMillian), Oregon (Jim Puckett), Pacific (Bruce Springbett), Pacific Northwest (Bev LaVeck), Potomac Valley (George Vornsoky), San Diego Imperial (Lolita Bache, David Pain, Graeme Shirley), South Carolina (Mickey Gist), Southern (Danny Thiel), Southern California (Charlese & Gary Miller), Southwestern (Max Goldsmith), Utah (Blaine Lindgren), Wisconsin (Mary Byers). Others in attendance: Don Henry, Pete Mundle, Rex Harvey, Scott Thorsney, Joan Stratton, Mary Cullen, Ashland Whithead, Edna Hyer, Bob Fontaine, Frank Zarnowski, Pat Phillips, Al Phillips, Barbara Kousky, Tom Jordan, Henrika Hadjipopov, John Connner, Marilla Salisbury, Dean Reinke, Lynn Cannon, Martha Rousseau, Marshall Goss. . . .

— Al Sheahan, Secretary

Minutes of World Games Trust Committee

The Committee reviewed the World Games Trust, which was established in 1986 to raise funds to assist the U.S. organizers of the World Veterans Championships. The Trust is under the umbrella of the Masters Sports Association, a non-profit organization organized years ago by Bob Fine, and composed of Fine, Donley, Bob Boal, Jordan and Pain.

Chairman Pain reported that $50,000 has been raised, $20,000 short of the goal of $100,000. Donations have dried up and only $1716 is in the account. Less than 1% of the $80,000 was used for administration. The rest went straight to Eugene.

Pain resigned from the Trust Board because he is busy with organizing the 1989 Nationals. John Connor, the MSA Treasurer, was elected to replace him.

Jordan and Kousky said they can use contributions now, since their cash flow will be poor until entries start coming in this spring. But they can also use donations anytime up to the Games. Pain suggested another fund-raising drive through the Masters National News. Bruce Springbett proposed mailing a letter to each masters club in the U.S. Fine suggested offering a pin to anyone who donates $5.
Changes to TAC Competition Rules

On December 3, 1988, The Athletics Congress approved new Rules 250, 251, and 252 of the Competition Rules for Athletics. This section of the rule book governs the conduct of masters track and field. The new rules incorporate WAVA standards and clarify existing language. Prior to this rewrite, differences between the rules of TAC and WAVA created confusion for both athletes and officials.

The revision of Rules 250-252 is the product of the Masters Track and Field Committee. The committee considered all proposed rule changes, and attempted to balance the sometimes-conflicting objectives of having the rules for the United States correspond to those of the rest of the world; of having the masters program consistent with the open track and field program; and of maintaining continuity with current practice.

Two points should be kept in mind when reviewing these rules. First, they apply to championship meets. Meet directors of non-championship events are encouraged to follow them, but do not have to. Second, these rules define only the exceptions to the technical rules for open meets; silence of Rules 250-252 on any subject implies that the open rule applies.

The following points summarize the rules changes for masters:

- A new introductory sentence defines the applicability of the rules to National, Sectional, and Association Championships. The term "sectional" replaces "regional" since "regional" has a different definition within TAC. The application to Association Championships is an extension.
- The definitions of five- and ten-year age divisions use WAVA nomenclature. New language describes the determination of age divisions for individuals and teams more clearly.
- The rules now define the composition of the seven sections. The Masters Committee made two changes in the definitions. Utah (formerly in the Northwest section) and New Mexico (formerly in the Southwest section) are now both in the Western section.
- Eight championship meet types are defined. With one exception, the event definitions match WAVA's. The exception is that the ex-stadia walk will be 20,000 meters for all divisions. Both WAVA and the open program contest the women's championship at 10,000 meters.
- The standard events for the National Indoor Track and Field Championships are now in metric distances. In the pentathlons, women and men will continue to use different sets of events. In the Indoor Octathlon Championships, both sexes will use the same set.
- At national track and field championships, the rule requiring membership in the same club is waived, and Associations may enter relay teams.
- Flat throws with the lighter javelins (400g and 600g) are still valid. The 800g javelins will be those of the open program.
- The no false-start rule remains in effect.
- All multi-event scoring will use WAVA masters age factors and current IAAF scoring tables; all implements will be the same as in individual events.
- Sectors for the throws no longer differ from the open events.
- The new rulebook should be available before February 1, 1989.

Changes to TAC Race Walking Rules

by BEV LA VECK
Masters Race Walking Coordinator

In the 1988 TAC Convention, the Masters Track & Field Committee successfully proposed a change in the Rules of Competition to convert distance events in National Masters Indoor Championships to metric distances. The 2-mi. RW in the Masters Indoor will become 3000 meters (which will complicate the lives of recordkeepers).

The rules change also brings all championship standards into conformance with WAVA rules — with the exception (after much emotional discussion) of the women's road walk, which will remain a 20K (rather than 10K), same as the men's event. The 5000-meter track walk is unaffected. There are a number of pros and cons regarding the retention of the 20K for women, as opposed to changing to a 10K. A 10K would be more consistent with TAC Senior T&F Championships, where the women walk 10,000 meters on the track, and with the WAVA Championships, where women walk 10K on the road. There are more women who walk 10K than 20K.

In 1989, there is a particular problem for both men and women in that the Masters Outdoor T&F championships is in San Diego July 20-23, one week before the WAVA Championships in Eugene.

On the other hand, there are relatively few opportunities for either masters men or masters women to walk a judged 20K, and that opportunity is one attraction of the Outdoor Championship. And one of the beauties of masters RWing is the equality of competition distances in TAC Championships.

Finally, most RWers are probably not bothered by the inconsistency between the 10K contested internationally and the 20K in our TAC Masters T&F Championship. Ironically, several masters men have suggested that the 20K be moved from the Masters Outdoor T&F Championship, because of typically unfavorable climate, and held some other time and place. That was one change the Masters T&F Rules Committee did not address.

It is hoped that a non-championship 10K might be offered to both men and women in San Diego as part of the Masters T&F Championship. Masters RWers not going to the WAVA Championship, and men 30-39 and women 30-34 (who are not eligible for the WAVA Championship), may wish to enter the 20K in San Diego. Who knows? The 10K may be as popular that there'll be a clamoring to change the championship distance in the future.

The Officials' chairman of each TAC Association has received announcements welcoming volunteers, including racewalk judges, at the WAVA Championship. Offers to help are to be sent to the Oregon Officials Chairman, Jerry Jensen. Contact your Association Officials Chairperson for more information.

Null, Cashman Walk to 30K Firsts

Gary Null, 43, and Stella Cashman, 46, members of the Eastside TC, walked to masters firsts in the U.S. TAC National Masters 30K Walk Championships held on the certified 2500m circuit at Eisenhower Park in East Meadow, N.Y., October 16.

Null's 2:39:46 left the next master, Nick Bdera, 40, five minutes behind at the finish of the race, which also served as TAC's Senior Championships. Cashman's 3:08:49 was unchallenged, with second W40-and-over Elinor Edelstein, 49, finishing in 3:34:01.

Tom Gustafson, 46, four seconds behind Bdera, won the M45 race. Other division winners were Richard Ruquist (50, 2:48:29); J. B. Jemmott (58, 3:52:05); Bob Roum (63, 2:55:45); Don Johnson (71, 3:32:58); and Harry Drazin (75, 3:46:22).

Rena Burg (41, 3:38:27) and Joan Rowland (62, 3:46:22) joined Cashman and Edelstein to make up the W40-and-over field.

The 41 finishers included 28 masters. The Walkers Club of America sponsored the event, directed by Gary Westerfield and Howard Jacobson.
NEW U.S. TAC MASTERS TRACK & FIELD RULES
(adopted at TAC’s 1988 Convention)

January, 1989
National Masters News
page 15

Item 186 (page 126)
Submitted by Masters Track & Field.
Replace Rules 250, 251, and 252 with the following (consider all
underlined):

“RULE 250
GENERAL RULES

1. Rules 250 through 253 apply to National, Sectional, and
Association Masters Championships. Meet Directors of non-
championship events are also encouraged to follow these
rules.

2. The Masters Track and Field Committee shall conduct and
supervise a program for Masters Track and race walking for
all athletes over the age of 40. The committee may conduct
Submasters Championships for athletes aged 30 through 39.

3. There shall be the following age divisions for individual
competition (five-year age groups): 30-34 to 94+ (M/W).

4. There shall be the following age divisions for team and
relay competition (ten-year age groups): 30-39 to 90+ (M/W).

5. The age of a competitor on the first day of the meet
determines the competitor’s division for individual events.
A competitor may compete in a younger age category, provided
the athlete competes in only one age division throughout the
meet.

6. The age on the first day of a meet of the youngest member
shall determine the age division of a team in a team event
or relay. A team may compete in a younger age category.

7. The age division of an individual is not affected by the age
division of a team for which the individual competes.

8. In all National, Sectional, and Association Masters
Championships, there must be full fulfillment of individual
events, by five-year age divisions, for both men and women.
There must be a minimum of three prizes per division in each
event.

9. Sections for Masters Championships will embrace Associations
as follows:

Eastern:
Maine, New England, Adirondack, Connecticut,
Metropolitan, Mid-Atlantic, Three Rivers, New
York, New Jersey, Virginia, and Potomac Valley

Southeastern:
North Carolina, South Carolina, Georgia,
Florida, Alabama, and Tennessee.

Midwestern:
Michigan, Lake Erie, Ohio, Kentucky, West
Virginia, Illinois, Indiana, and Wisconsin.

Mid-American:
Ozark, Arkansas, Oklahoma, Missouri Valley,
Nebraska, Minnesota, Iowa, Dakota, and
Colorado.

Southwestern:
Southern, Border, Gulf, Southwestern, South
Texas, and West Texas.

Western:
Arizona, Pacific, Central California,
Southern California, San Diego-Impalier,
Nevada, New Mexico, Utah, and Hawaii.

Northwestern:
Montana, Wyoming, Snake River, Inland Empire,
Oregon, Pacific Northwest, and Alaska.

10. The Meet Director shall have the authority to request proof
of age and/or a medical certificate attesting to the
competitor’s physical ability to compete. In addition, each
competitor shall sign a “hold harmless” clause.

RULE 251
MASTERS TRACK AND FIELD CHAMPIONSHIPS

1. Championships, Track and Field. The standard championship
events for each are listed:

(a) National Indoor Track and Field

(b) National Outdoor Track and Field

(c) Sectional and Association Indoor Track and Field

(d) Sectional and Association Outdoor Track and Field

The following events may be held:

10,000 meters, 2000/3000 meter steeplechase, 20,000
meter walk, weight throw, pentathlon, heptathlon,
decathlon

(e) National Decathlon/Heptathlon

See Rule 160

(f) National All-Around Weight Pentathlon

The competition consists of five events in the
following order: shot put, hammer, discus, javelin, weight
throw

(g) National Indoor Pentathlon

See Rule 160

(h) National Indoor Octathlon

The competition consists of eight events in the
following order:

First day: 60 meters, shot put, high jump, 400 meters
Second day: long jump, 60 meter hurdles, pole vault,
1000 meters


RULE 252
COMPETITIVE RULES AND STANDARDS FOR
MASTERS TRACK AND FIELD

1. The technical rules of the open Track and Field Committee
under The Athletics Congress shall be followed unless otherwise
provided in this Rule.

2. (a) At National Track and Field Championships, all members
of each relay team must be duly accredited representatives of a single club or Association.

(b) There shall be no Sectional Championship restrictions to any Masters competitor involving awards or eligibility to compete.

(c) The general starting rule regarding the use of blocks and
stance is waived. The use of blocks and stance is
discretionary by the competitor.

(d) In the javelin, throw with 400g and 600g implements on
land flat. “Flat throws” are measured from the front of
the grip. A throw which lands tail first is a foul.

(e) Multi-event scoring will use WAVA Masters Age Factors and current IAAF scoring tables.

(f) Other than in multi-event competition, any competitor
making a false start in an event starting in lanes
shall be disqualified in that event.

3. Every Championship event, including multi-event
championships, will use WAVA implement weights, hurdle
heights and spacings, and race lengths.

(a) The following tables give the WAVA specifications:

<table>
<thead>
<tr>
<th>Age Groups</th>
<th>Shot</th>
<th>Discus</th>
<th>Hammer</th>
<th>Javelin</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>M30-M35</td>
<td>7.26kg</td>
<td>2.00kg</td>
<td>7.26kg</td>
<td>800g</td>
<td>15.08kg</td>
</tr>
<tr>
<td>M30-M35</td>
<td>6.00kg</td>
<td>1.50kg</td>
<td>6.00kg</td>
<td>800g</td>
<td>15.08kg</td>
</tr>
<tr>
<td>M60-M65</td>
<td>5.00kg</td>
<td>1.00kg</td>
<td>5.00kg</td>
<td>800g</td>
<td>15.08kg</td>
</tr>
<tr>
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<td>1.00kg</td>
<td>5.00kg</td>
<td>800g</td>
<td>15.08kg</td>
</tr>
<tr>
<td>M70-M75</td>
<td>4.00kg</td>
<td>1.00kg</td>
<td>4.00kg</td>
<td>600g</td>
<td>9.08kg</td>
</tr>
<tr>
<td>M80-M85</td>
<td>3.00kg</td>
<td>1.00kg</td>
<td>3.00kg</td>
<td>300g</td>
<td>7.26kg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WAVE HEIGHTS AND SPACINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>M30-M35</td>
</tr>
<tr>
<td>M30-M35</td>
</tr>
<tr>
<td>M40-M45</td>
</tr>
<tr>
<td>M50-M55</td>
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<tr>
<td>M60-M65</td>
</tr>
<tr>
<td>M70-M75</td>
</tr>
<tr>
<td>M80-M85</td>
</tr>
</tbody>
</table>

(b) The 60 meter hurdles use the same hurdle height, distance to
the first hurdle, and spacing between hurdles as the 80/100/110 meter hurdles.

(c) The distance for the steeplechase is 3000 meters for age
groups M30-M55, and 2000 meters for all others.

(d) The 3000 meter steeplechase has 18 hurdle jumps and 3
water jumps, each with an approximate interval of 78
meters. The first lap shall consist of hurdle number
3, the water jump, and hurdle number 4. Hurdles number
1 and 2 are placed on the track after the runners have
passed these obstacles on the first lap. A safe
distance of approximately 88 meters should exist from
the final hurdle to the finish line.

(d) For events in the outdoor pentathlon, see Rules
160.1(a) and 160.2(a).

4. The National Records Chairman shall maintain American
Records in all events. Masters records may be made in mixed
age group competitions.
Matti Hannus: Just an “Ordinary Runner”

Matti Hannus seemed a little surprised when asked for an interview. He’s usually the interviewer, not the interviewee. “Nobody has ever interviewed me about my running before,” he responded. “I’m just an ordinary runner.”

Hannu is the author of Finnish Running Secrets and a dozen or so other books on track and field, distance running, and the Olympic Games. For many years, he has been a correspondent for Track & Field News and Runner’s World, as well as for magazines in other countries.

But Hannu is a pretty tough competitor, too. Focusing mostly on the 800, Hannu, 41, hopes to compete at the World Games in Eugene this summer.

“The 800 is the most complex distance to train for, and that is what makes it so fascinating.”

Matti Hannu, a writer himself, lists Lasse Viren, Herb Elliott and Arthur Lydiard as some of his most interesting interview subjects. That suits me and my work perfectly. I am one of those guys who will run as long as his feet will carry him and I can manage without competition.

Hannu still resides in his birthplace of Oulu, situated in Northern Finland. “It’s a good place to live,” he said. “About 100,000 people — not too big a town, not too little. I went to school here, found my wife here, still have my parents here. Roots are quite important to me. In Helsinki, I might have too many distractions to disturb my writing work.”

After studying English, Swedish, and Education at Oulu University, Hannu taught English at local schools for several years before turning to sports writing, a full-time occupation for him since 1977. “I think my love for track and field, as well as Nordic skiing, was kindled by my sports-minded parents and by Martti Jukola, an Olympic hurdler in the 1920s, who is the most famous sportswriter of all time in Finland. Even now, decades...
The International Scene

A Letter to Affiliates From the Secretary

by ALASTAIR LYNN, WAVA Secretary

The following circular was sent to all WAVA affiliates by Alastair Lynn, WAVA Secretary:

This letter covers a variety of matters:

1. General Assembly

The next WAVA General Assembly takes place in Eugene, commencing 9:30 a.m. on August 2nd, 1989.

The following Council positions come up for election at this meeting:
- President (Road & Country)
- Vice President (Track & Field)
- Secretary

If any other cities wish to bid for these positions, I urge you to contact me soon. Presentations take some time to prepare and we work to ensure that all bidders make presentations on an equal basis so that the delegates to the General Assembly have the best possible information on which to base their decision.

5. 50km. Road Walk Race

In my last circular letter I mentioned that it had been suggested that a 50km road walk be added to the 1991 Championships. I asked Affiliates to contact Clem Green (V.P. long distance) and myself if they thought that the event would be supported. I have not heard from anyone so I assume that there is little or no interest in adding this event.

6. 1988 Long Distance Championships

These were held in South Korea in October. Cesare Beccalli, WAVA President and Clem Green, Vice President Long-Distance (non-stadia) attended. Cesare reports that the races went well and, as previously agreed, the WIGAL Assembly — the group which had organized road racing World Championships over many years — decided on the dissolution of WIGAL. Its World Championship responsibilities have been transferred to WAVA. This is reflected in both a national and a 10km road running race being in the Eugene programme. Regional road racing Championships will be organized in the "even" years by National Organizations.

7. IAAF

Cesare also reports that his presence in Seoul gave him the opportunity to talk to various members of the IAAF, particularly General Secretary John Holt, the Chairman of the IAAF Veterans Committee, Hans Skaset and Lamine Diack and Hassan Agabani of the African Athletic Federation. Cesare is now in correspondence with Lamine Diack. The IAAF is assisting WAVA in its attempts to spread the concept of veterans athletics in Africa and Eastern Europe.

8. "Masters Games" — Denmark

The IAAF has recently issued the following communique to all its Member Federations:

To: All Member Federations

From: IAAF

In answer to many requests for clarification, the IAAF confirms officially that the WAVA World Veterans Championships to be held in Eugene, USA from 27th July to 6th August 1989, are officially approved by the IAAF and are therefore inscribed in the IAAF Calendar for 1989 as the only Veterans’ Championships for the year.

For 4 years now, the IAAF has been working in close collaboration with WAVA, and from 1984 - 1987, the IAAF Veterans Committee, comprising members of WAVA, together with IAAF Continental representatives, held regular meetings. In 1987 the present IAAF Veterans Committee was elected by Congress in Rome. Great progress has been achieved, and many IAAF Member Federations are now officially organizing veteran athletics within their own programme.

The IAAF Veterans’ Committee, which met in London on Monday, 18th April 1988, strongly criticised a proposal to stage self-styled "Masters Games," to include athletics, in Denmark to be held at the end of July 1989 - a date which clashes directly with the WAVA Eugene World Championships.

The so-called "Masters Games" in Denmark have not responded to requests to change their dates to avoid this clash. The IAAF Council and Veterans Committee wish, therefore, to make it quite clear that priority must be given to the official WAVA World Championships in Eugene, USA from 27th July to 6th August 1989. The "Masters Games" in Denmark can in no way be acknowledged by the IAAF.

This information, therefore, repeats the advice given in the IAAF Newsletter dated April 1988, on page 30, and we ask IAAF Members to observe this directive. Yours sincerely,

J.B. Holt
General Secretary

WAVA appreciates the positive action taken by the IAAF in this matter. The “Masters Games” conflict directly with the WAVA Championships in Eugene.

9. WAVA Handbook

Your Council is working on updating the WAVA Handbook; it should be out within the next 3-4 months. All WAVA Affiliates will receive a copy and we will also use it to advertise our activities in areas where we do not currently have an Affiliate.

10. Eugene Championships

I have received a progress report from the organizers showing that preparations are in full swing on all fronts - should be a great meet!

11. Finally

Please contact me at any time you think that I can help - the WAVA Council exists to support all its Affiliates and to spread the concept of Veterans’ athletics throughout the World!

Best wishes for every success in 1989.

See you in Eugene! Yours sincerely,

Alastair Lynn
Secretary, WAVA

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A YEAR IN SPORTS 1989
PREPARED BY: ALASTAIR LYNN, WAVA
SECRETARY
Page 17
HAPPY NEW YEAR! We suggest that your very first resolution be to send in your housing and competition forms if you haven’t already. Interest in the University Halls (dorms) is extremely high, and we are saving a block of rooms for American masters athletes until January 31st. After that, we will free up those rooms to the overseas competitors who are requesting additional dorm rooms. So don’t procrastinate—if you wish University Halls dormitory housing, send in your reservation immediately.

Housing in all of the other accommodation categories is still available (except for the University Inn, which is totally sold out), but for the best selection on other housing, again, we urge you to reserve immediately.

As for competition entry...now is the time! With just six months to go, entry now will enable us to plan the daily time schedule more effectively. If you need an official Entry Booklet which contains housing and competition forms, write to the WVCOC, Box 10825, Eugene, OR 97440; or call us at 503/687-8899.

Meetings with our apparel sponsor, Nike Inc., have us excited about the range of World Veterans Championships clothing we’ll be offering at the Championships. Among other items, there will be an official WVC warm-up suit with crest, competition singlet, competition short, training singlet, and sweatshirts—all of the highest Nike quality. The Championships will also be offering assorted souvenirs, our “In Training” T-shirts, and a terrific commemorative event pin (see as below).

We Get Questions
To obtain your TAC card (necessary for all American entrants into the WVC), contact your local TAC Association office. If you do not know the address, contact the National TAC Office at Box 120, Indianapolis, IN 46206.

The implement and hurdle specifications in the multi-events (heptathlon for women, decathlon for men) follow exactly the specifications for each age group in the regular events.

The Scoring Tables for the multi-events are nearly completed; watch the National Masters News for more information.

If you are bringing your own vaulting pole to the Championships, we recommend you check with your air carrier to make sure that all segments of your flight have planes large enough to accommodate the poles—only certain planes can carry them.

As you train through the winter months, just remember, we promise sunshine and good weather next July 27th through August 6th!!!

January, 1989

Report from Britain
by ALASTAIR AITKEN

John Chapman of the Invicta AC, who lived and ran in Los Angeles from 1975-1977, was first veteran and fifth overall of 200 in 44:25 in the Grange 8 recently.

The first veteran in the Paris International 20K, October 16, was Stan Curran (65:15) from Saltwell. Carl Lawson was second (67:43) and Dave Buchanan third (51:02) in the 10K walk in the Cambridge Harriers Winter League at Bexley, October 22. Frances Mudway was the first woman in the 6.7 mile at Helston, Cheshire, October 23, in 40:34.

In the Surrey Veterans Cross-Country Championships, a new name shone—Charles Dickinson, a deputy head teacher in Purney, who returned to athletics only 18 months ago after a 20-year break. Dickinson (33:00) broke away from the 123-strong field in Richmond Park, Petersham, October 30, and could not be caught by last year’s winner, Bob Gevers (33:32).

The outstanding run of the day was by M50 Barry O’Gorman who finished fifth overall with a 34:01. Bob Belmore, 61,
VIII WORLD VETERANS’ CHAMPIONSHIPS
JULY 27 - AUGUST 6, 1989
EUGENE-SPRINGFIELD
OREGON, USA 1989

OFFICIAL ENTRY BOOKLET

Invitation to the
VIII World Veterans’ Championships

On behalf of the Organizing Committee and the veteran athletes of the United States, we would like to invite you to come to Eugene-Springfield, Oregon for the VIII World Veterans’ Championships.

In this Entry Booklet, you will find information on competition entry, housing, tours, and much more. Specific information on each competition time-schedules, shuttles system, and travel information will be printed in the Competitor’s Handbook available in your packet upon arrival in Eugene-Springfield. In the meantime, we suggest you read the "National Masters News" (address inside) for further information.

We look forward to seeing you here in July 1989 for the VIII World Veterans’ Championships.

Thomas C. Jordan
Executive Director

Barbara Kousky
Executive Secretary

NEW EVENTS

WORLD CHAMPIONSHIPS 10K ROAD RACE
The VIII World Veterans’ Championships will inaugurate a new event — the 10-kilometer Road Race — a World Championships event for veterans only, with medals awarded in each age division. It will be held on Thursday, July 27, on the opening day of the VIII World Veterans’ Championships, and it will be a top-level 10k on a fast, flat course. We invite all distance runners to take part in this exciting new event.

HEPTATHLON/DECATHLON
At the recommendation of the WAVA Multi-Events Committee, the pentathlon has been replaced by a heptathlon for women and a decathlon for men. It will be held July 27-28, on the first two days of the Championships. There will be no pentathlon held as a World Championships event.

RESULTS BOOK
A Results Book will be made available for purchase to all World Veterans’ Championships competitors. Check your Competitor’s Handbook upon arrival for ordering instructions.

AIR TRAVEL TO EUGENE
"Adventure in Travel" is the official travel agent for the VIII World Veterans’ Championships. If you are arriving by air, we recommend you make your arrangements through Adventure in Travel. Not only do they know the Eugene and Portland air schedules intimately, as the representative of our official airline, United Airlines, Adventure in Travel can offer $10 off the discounted fare available on any United flight into Eugene and Portland.

Phone: 1-800/545-5477 within the United States

FAX #: 503/345-6487

Address: 864 West Park, Eugene, Oregon 97401-2929

NATIONAL MASTERS NEWS
The National Masters News is the official publication of WAVA and TAC. It will be carrying updated progress reports on the VIII World Veterans’ Championships, and will prove a valuable source of information for all competitors. A one-year subscription (12 issues) is $18.75, add $5 outside USA, add $8 1st class USA & Canada; add $15 foreign airmail. Send to National Masters News, P.O. Box 5185, Pasadena, CA 91107. 818/577-7233.

MEDAL STANDARDS
Athletes finishing 1st, 2nd, or 3rd in their event must achieve or better the standards listed in the Appendix in order to be awarded a World Veterans’ Championships Gold, Silver, or Bronze Medal.

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Note: All standards are for men in competition. Women’s standards are not listed.

U.S. NATIONAL CHAMPIONSHIPS
The U.S. TAC National Masters (Veterans) athletics championships for men and women 30 and over will be held in San Diego, California on July 20-23, 1989, one week prior to the World Championships. All foreign competitors are invited to compete. For further information write to David H. R. Pan, 5643 Campanile Way, San Diego, CA 92115, (619) 582-3316, FAX 619-7991.

MEDAL STANDARDS
At the April, 1988, WAVA Council meeting, the Council adopted performance standards for the awarding of medals. Athletes finishing 1st, 2nd or 3rd in their event must achieve or better the standards as listed in the Appendix in order to be awarded a World Veterans’ Championships Gold, Silver or Bronze Medal. THE MEDAL STANDARDS LISTED ARE NOT ENTRY STANDARDS, THERE ARE NO PERFORMANCE STANDARDS FOR ENTRY INTO THE CHAMPIONSHIPS.

VIII WORLD VETERANS’ CHAMPIONSHIPS CALENDAR OF EVENTS

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<th>Date</th>
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<td>10K Road Race Championships</td>
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<td>July 28</td>
<td>Decathlon and Heptathlon</td>
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<td>July 29</td>
<td>Opening Ceremonies</td>
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<td>July 30</td>
<td>Start of Track &amp; Field Competition</td>
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<td>August 1</td>
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<td>Stadia and Non-Stadia Committee Meetings</td>
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<td>Participation Forum</td>
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### PRELIMINARY COMPETITION SCHEDULE — MEN

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### PRELIMINARY COMPETITION SCHEDULE — WOMEN

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### CONCLUSION

The competition schedule includes events such as the 100m, 200m, 400m, and 800m, as well as distance events like the marathon and cross country. The schedule also includes field events such as shot put, discus, and hammer. The competition is divided into age groups, and each event is categorized accordingly. The schedule is subject to change based on the number of entries, and the definitive schedule can be found in the competitors' handbook upon arrival.
**COMPETITION ENTRY FORM INSTRUCTIONS**

Please fill in your full name in the boxes provided; one letter per box, family name first. Then your complete address (include apartment number, if any), nationality, sex (male/female), date of birth, and age.

Next, figure the fees for entry as follows: There is a $14.00 fee assessed by WAVA. In addition, there is a cost for each event entered. The first event is $25.00; Second, 3rd, 4th and 5th events are each $8.00. Sixth and 7th events are $15.00 each. Therefore, the cost for entering 6 events would be $79.00; and the cost for entering 7 events would be $101.00 U.S. The cost for the banquet is $20.00 per person. Add all the costs together for your total.

Payment must be made using a bank draft, VISA or MasterCard charge cards or check in U.S. dollars. If using a VISA or MasterCard, you must specify which charge card you are using by checking the appropriate box. Print the cardholder’s name on the line provided, and the number in the boxes provided (one number per box). You also must include the expiration date printed on your card.

To specify the events in which you wish to compete, please mark the first box on the entry form with an “X” in front of the event you wish to enter. The next section tells you which, if any, age groups compete in that event. If the “Best Mark 1988-1989” column, please list your best mark for this time frame. In addition to marking your events with an “X”, please write out the name of each event you wish to enter in the section at the bottom of the page.

Please send entry form and payment to:

VIII World Veterans’ Championships
Organizing Committee
P.O. Box 10825
Eugene, OR 97440 USA

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**MARK EVENT HERE WITH AN “X”**

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<thead>
<tr>
<th>Event</th>
<th>Name of Event</th>
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To verify your requests, please write out NAME OF EACH EVENT ENTERED:

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**WAIVER**

I hereby declare that I am in good health and am properly conditioned for the competitions. I absolutely release WAVA (World Association of Veteran Athletes), the VIII World Veterans’ Championships Organizing Committee, the sponsoring non-profit organizations and the corporate sponsors of any responsibility for any injury, loss or damages of any responsibility for which may I in the course of (or in connection with) the VIII World Veterans’ Championships.

Note: U.S. entrants must enclose a copy of their 1989 TAC card.

(Signature, Signature, Unterschrift, Firma)  (Date, Datum, Fecha)
ROOM RESERVATION FORM INSTRUCTIONS

Please use one Room Reservation Form for each room reserved. Fill in the last name of the person in whose name the room reservations will be made, then first name. Write in your complete address (include apartment number), and your daytime telephone number (include any city/country codes).

Next list if you are a part of a Tour Group.

List the names of all members of your party occupying the room, and indicate by "yes/no" (Y/N) if they are an adult. List their ages if children.

Indicate if anyone in your party smokes (Y/N).

List your arrivals and departure dates.

Next circle the date of each night you plan to stay in your choice of accommodations.

Housing Preference: Various types of housing are available; please read the descriptions in this booklet under "Accommodations." Then use 1, 2, or 3 to indicate your preference for housing. Each University Hall and University Inn room has two beds. We will assign rooms to you with a particular person in these rooms, check the line which says "2 person beds." You must provide us with the name of the other person and include a deposit for two people. The person whose name appears at the top of this form will be responsible for the payment by both persons.

Next, verify your housing preference by writing out the type of housing and sleeping arrangement for your three choices. Enclose the appropriate deposit for your first housing choice and mail to the WVCOC Post Office Box 10825, Eugene, OR 97440 USA.

If using a VISA or MasterCard, you must specify which charge card you are using by checking the appropriate box. Print the cardholder's name on the line provided, and the number in the boxes provided (one number per box). You must also include the expiration date printed on your card.

ROOM RESERVATION FORM

[Form fields for room details, personal information, and housing preferences]

ROOM PREFERENCE

Use numbers 1, 2, or 3 to indicate your first, second, and third preference for housing and sleeping arrangements.

Luxury ($67-127)

Deluxe ($45-85)

Tourist ($31-62)

Budget ($32-62)

To verify your requests, please write out type of housing and sleeping arrangement for your first, second, and third choices.

امرالات: [Details for deposit requirements and payment methods]

BANQUET

Enjoy the cuisine of the Pacific Northwest at the Championships Banquet to be held on Wednesday, August 2nd, a non-competition day. Hors d'oeuvres and the meal, music, and dancing are included in the $20 per person charge. We recommend that you sign up early for this popular function. The deadline is limited to 2,500 people (see Entry Form). Free transportation will be provided via the shuttle buses from all major housing accommodations.

SPORTS MEDICINE SEMINARS

Sports medicine seminars under the direction of world-famous orthopedic surgeon Dr. Stanley James will be offered during the week. If you would like additional information on the seminars please write to the Organizing Committee.

DAY TOURS FOR VISITORS

We invite you to see and enjoy the beautiful northwest on one or more of these tours. All transportation will be in luxury motor coaches with experienced drivers and guides. Prices are based on a minimum of 40 people including lunch.

An opportunity to sign-up for the tours will be included with your housing confirmation, or you may write to this address for a tour registration form:

VII World Veterans' Championships, Post Office Box 10825, Eugene, OR USA 97440

A. WHITEWATER RAFTING

Paddle through whitewater, drift in the calm, and share the beauty of the ever-changing river on this exciting raft adventure.

$45.00 half-day

$52.00 full-day

B. HINMAN/FORGERON WINERIES (6 hours)

Sample a variety of award-winning Oregon wines as you tour two of the State's finest wineries, Hinman Vineyards and Forgeron Vineyards.

$26.00 per person

C. OREGON COAST/SEA LION CAVES (5 hours)

Experience the rugged coastline as you travel the winding Oregon coastline to Newport, stop at the world-renowned Sea Lion Caves, view the world-famous lighthouse at Heceta Head, and dodge the waves at Devil's Churn lookout.

$41.50 per person

D. WILDFIRE SAFARI (9 hours)

Experience this 600-acre drive-through park with exotic, uncaged animals from around the world roaming free. Watch the rhinos resting in a cool pond or observe a lazy pride of lions sunning themselves in the tall grass.

$35.00 per person

E. CASCADE MOUNTAINS/SISTERS TOUR (6 hours)

Enjoy the natural beauties of Oregon. View an underground spring as it forms into the Metolius River, drink in the view of the rugged Cascade Range, and tour the authentic Western town of Sisters.

$39.00 per person

F. CRATER LAKE (13 hours)

Cradled at the crest of the world's highest Cascade Mountain Range, Crater Lake, formed nearly 6,000 years ago, is one of the world's most wondrous landscapes. Hike 1.1 miles to the heart of the crater, board an excursion boat for a ride across the crystal blue waters of the Lake to Wizard Island, the remaining cone of what was once Mount Mazama.

$54.50 per person

G. HISTORIC BROWNSVILLE (4 hours)

Travel to historic Brownsville to capture the essence of early Oregon life with replicas of a general store, bank, barber shop and milliner's shop, all with the objects of turn-of-the-century tools of the past.

$14.50 per person (price does not include lunch)

H. WERREYHAUSER TOUR (2 hours)

Discover how Oregon Oreon traded it converted into paper products as you tour the sawmill, paper and press operation of the Werreyhauser Company, the largest forest products facility in the world.

$20.00 per person (price does not include lunch)

TRANSPORTATION

A free shuttle bus system will offer service between major housing accommodations and the competition venues for the competitors. The shuttle will also operate from the Eugene airport during peak arrival and departure times, and for the banquet. A timetable will be included in your packet.

ACCOMMODATIONS

Explanation of Room Categories as follows:

LUXURY HOTELS: All the amenities of a Luxury Hotel, including large, air-conditioned rooms, dining room, cocktail lounge, sauna/steam, and swimming pool.

DE LUXE ACCOMMODATIONS: Large rooms with air-conditioning, dining facilities, cocktail lounge, pool facilities, and all but two have coffee shops and entertainment.

TOURIST ACCOMMODATIONS: Clean, comfortable, air-conditioned rooms, with color TV. Some with pool and dining facilities.

BUDGET ACCOMMODATIONS: Clean, inexpensive air-conditioned rooms with color TV. Some with pool facilities.

RESIDENCE HALLS: Accommodations include three full meals per day, beds made up upon arrival and daily towel service. Comfortable lounges with piano and fireplace. Access to color cable TV and laundry facilities. Limited private baths and telephones. Access to color cable TV and laundry facilities.

CO-OP LIVING: Accommodations are in large houses, accommodating up to 50+ people. Single bed, shared bath. Shared sleeping rooms (range from 4 to 40 beds per sleeping area). Limited private sleeping rooms available. All have private dressing areas. Color televisions in living areas. Options include full breakfast or kitchen privileges.

RECREATIONAL VEHICLES: Campers include water, electrical hook-ups, and dump stations for recreational vehicles. Some facilities with pool, showers, and stores.
The 12th Can-Am Cross-Country Challenge

by DON FARQUHARSON

This year, the Canada-America Masters Cross-Country Challenge was hosted by the Syracuse Chargers club, headed by Jerry Smith. On November 6, at Highland Forest Park in Tully, N.Y., a sizable and talented field showed up for the event over the six-mile course. Scoring was based on two teams only, Canada and U.S.A., and applied to all five-year age classes, both men and women.

For some weeks, the whole area had been subjected to snow and/or rain, and the night prior to the race featured an extended deluge. The day dawned with fleeting periods of sunshine and rain clouds. The course in places was a quagmire, which, added to the difficult, hilly terrain, even in dry conditions, caused a few runners to pull out before ever starting, as they witnessed the mud-covered, exhausted, incoming runners from the earlier, open Central New York Championships.

For the first time ever, the home team was outnumbered, as 86 Canadians toed the line, eager to retain the Fleischman Cup, but they faced strong U.S. opposition.

The field of 150 swept off in a spray of mud into the well-marked, heavily forested course; and, despite the conditions, the lead group detached itself quickly from the main body. Newly-turned-40 Frank Lewis of Kitchener, Ont., led the way with three-time winner Ken Inglis, M45, Kincardine, Ont.; Bob Tapping, M40, Chalk River, Ont.; and Bob Moore, M45, Toronto. Close behind and running together were Larry Olsen and Sumner Brown, two M40s from Massachusetts, and Mike Scott, M45, of Toronto.

At 50, Davies Nips Hurd in British 10K

by MARTIN DUFF

of Athletics Weekly

Great Britain has seen two truly great veteran meets this fall. Firstly, on November 5, an international cross-country match between teams from England, Scotland, and Wales saw Tony Simmonds, fourth in the Olympic 10,000, join the masters ranks and trounce an established field. Then, on November 20, 50-year-old Tecwyn (Taff) Davies continued his good winter form with a spectacular road victory over Mike Hurd in the British 10K Championships.

The cross-country match was organized by world mile record holder Ron Bell, and with expenses paid to M40, M45, M50+, and W40+ teams, represented a U.K. breakthrough. Besides Simmonds, European 5000 champion Alun Roper, Davies, and Melbourne double-medalist Dick Evans (5C and X-C) were also in the field. Simmonds was the freshest and, over a hilly, often dangerous, course, won by a half-minute from Roper, with the amazing Davies a half-minute behind him for third. Branwyn Cardy-Wise took the W35 section and Pat Gallagher the W40.

The 10K Road Championships saw Hurd join Davies and Roper at the front of the field with Malcolm Martin and Mike Green tucked in. However, the second circuit of the Barnaby course, which includes a 3/4-mile-long hill, saw Hurd, Davies, and Roper go clear. With a mile to go, Roper dropped back, and Hurd established a 20-yard lead. Davies swept past Hurd to a one-second win, over the last downhill quarter mile, in 30:58.

European women's veteran road champion Celia Duncan, 35, was a convincing ladies' 10K winner in 35:41, her best time of the year. (She established an outright lifetime best of 34:52 a week later.) There were good age-group wins from Peggy Fletcher (W55, 42:40) and Josefyn Ross (W60, 46:36).

Another good performance (35:55) came from 60-year-old Eddie Kirkup, a week after he had run 58:23 for ten miles.
1988 Awards Also Go to Stuart, Pain and Phillips

Continued from page 1

medals and four silver medals in the national meet.

Whitley won four events in the outdoor nationals in Orlando, setting new U.S. masters records in the 200 (22.2) and 400 (49.2), and winning the 100 (11.0) and long jump (22-1).

Raschker won eight gold medals and set eight age-41 bests in the Orlando nationals, including a 12.6 100m, 5-1 high jump, and 17-4 long jump. She won the TAC National Masters Heptathlon in Boulder, Colo., and won six events in the TAC National Masters Indoor Championships.

Pain, considered the founder of masters track & field, continued his years of contribution by establishing and managing the trust fund for the 1989 World Veterans Championships, and developing age-selection criteria to be used in future world and U.S. championship determinations. He is actively involved in promoting competitive opportunities for masters athletes, including organization of the 1989 U.S. TAC National Masters Championships in San Diego, and the 1990 North American Championships in the Caribbean.

Phillips has contributed years of effort in providing the foundation for the age-graded performance scoring system being adopted by masters track and road events in this country and internationally. The value of this system is that it permits comparison of performances by athletes of different ages competing in different events.

In the past year, Mimm has won at least six national international race walking championships, setting three age 60-64 records, including a 1:49:09 20K and 1:58:00 two-mile.

Henry participated in 11 championship races walks in 1988, ranging from two miles to 50K, setting age-64 marks in seven distances.

Stuart’s heave of 215-9 (65.76) with the 800g javelin (Olympic weight) established a new world record for men over age 50. He still holds the M45 WR of 238-10 (72.50).

The winners were announced at TAC’s Awards Luncheon in Phoenix. The personalized plaques will be presented at TAC’s 22nd annual National Masters T&F Championships in San Diego on July 22.

The Committee also selected outstanding athletes in each five-year age division for both men and women in both track and field categories, as follows:

M35 Track: Marion McCoy, 100 (10.85) and 200 (22.57) national champion, edged Stan Druckrey, 110H (14.5), 400H (54.0) Field: Steve Smith, PV (16-7) squeezed by Milan Tiff, TJ (16-9).

M40 Track: Stan Whitey, 100 (11.0), 200 (22.2), 400 (49.2), LJ (22-1), outpolled Harold Nolan, 1500 (5:38), mile (4:15), 3000 (8:57); Barry Brown, 10K (31:42); and Byron Dyer, mile (4:13). Field: Charles Rader, HJ (6-1).

M45 Track: A three-way tie between Frank Little, 110 (11.5), 200 (23.1), 400 (52.4); Theo Viltz, 110H (14.7); and Glennie Johnson, 200 (23.18), 400 (50.59). Also considered: Mike Manley, mile (4:28). Field: Ed Hill, shot (55-2); Lloyd Higgins, DT and HT winner at the Nationals.

M50 Track: Richard Rizzo, 300H (43.16) nosed out Gary Miller (6000+ decathlon points); Bob Miller, 100 (12.1), 200 (24.5); and Nick Newton, 100 (12.2), 200 (24.9), HJ (5-8). Field: Larry Stuart, JT (21-9), topped AI Oerter, DT (19-1); and Miller.

M55 Track: Bruce Springhett, 100 (12.1), 200 (24.6), won over Ray Hatton, 1500 (4:27), mile (4:47), 3000 (9:38); and Ralph Miller, 800 (2:10). Field: Phil Malkey (four wins in the Nationals), outpolled Wendell Palmer, DT (182-0); and Dave Jackson, LJ (19-8), TJ (41-7w).

M60 Track: Jack Greenwood, 100H (15.1), 300H (45.59), bested Bob Warnabe, 100 (12.9), 200 (26.3), 400 (61.2), 300H (49.8); Jim Law, 100 (13.1), 200 (26.2), 400 (61.0); and Ed Schuler, 100 (12.9). Field: Phil Brusca’s three national titles: SP (47-4), DT (143-3), JT (129-4), topped Del Pickarts, JT (184-6).

Larry Stuart’s javelin throw of 215-9 at age 50 was voted the outstanding single track & field performance-of-the-year by TAC at its convention in Phoenix.

Continued on page 25
How the Masters Track & Field Awards Were Chosen

by BEV LA VECK, Masters T&F Awards Committee Chairman

Prior to the 1988 TAC Convention, members of the Awards subcommittee individually prepared lists of potential candidates.

Pete Mundle’s 1988 age-marks list was used extensively, along with additional names from committee members.

It was decided to include 35-39 athletes, and to limit the outstanding athlete awards to those who participated in at least one masters meet during the year. An exception is traditionally made for the outstanding single performance award, which can be won by any 40+ athlete.

In the future, five-year recognition awards will be given to athletes beginning at age 30 (providing the athlete participates in masters competition).

In deciding both the five-year and major awards, consideration was given to participation in national championships, quality of competition, age-graded scores, and records. A recurring dilemma occurred regarding those situations in which an athlete won several national championship medals, but whose best performances were surpassed by an athlete who attended no championships. This was sometimes resolved by dual awards, but, in some cases, the committee gave greater weight to the championship performance.

Although the committee tried to avoid joint awards, there were several instances in which a single decision was impossible. In the case of the outstanding male athlete award, for example, the committee deliberated over two days time, talked the feats of both Whitney and Miller in alternate ways, discussed their performances from different points of view, played "devil’s advocate" roles, and finally decided both men were equally deserving.

Ideally, perhaps, a purely "objective" selection system based on some kind of point and specific criteria formula should be used. It’s quite likely, however, that the result would be the same athletes as the current system produces.

I would like to expand the Committee from its current membership of Christel Miller, Pete Mundle, Rex Harvey, and Al Sheahan to a 15-20 member body including a representative of each age group, which could select award recipients by ballot.

Several worthy athletes must be mentioned. Irene Obara was a close competitor for the outstanding female athlete award. Ed Hill’s 55-2 shot and Gary Miller’s 6000+ decathlon score were good candidates for the outstanding single performance award. In the five-year recognition awards, the following were edged out by the barest of margins: Stan Druckrey, Hal Tiff, Harold Nolan, Bob Miller, Nick Newton, Wendell Palmer, Bob Watanabe, Del Pickarts, Bob Hunt, Ed Lukens, Payton Jordan, Carol Johnston, Barbara Pike, Lurline Stuppeck, Ann Carter, Maggie Kuehne, and Vivian Nelson.

Race Walking Awards

A 17-person Masters Advisory Committee named the 1988 Masters Track & Field Committee for his pioneer work in developing age-graded tabs.

Because of excessive commitments, two members of the Masters RW Advisory Committee must be replaced. I’d like 2-4 interested volunteers from anywhere in the southwest or central part of the country. In addition to selecting the masters RW awards, the Committee can share information and take a position on a number of issues affecting masters RWers, including giving advice or consensus to TAC’s RW and Masters T&F Committees.

The Athletics Congress

USA

Masters Track & Field Administrator of the Year

1978 Pete Mundle
1979 Al Sheahan
1980 Bob Fine
1981 Bruce Springbett
1982 George Hatfield
1983 Jim Weed
1984 Jerry Donley
1985 Gary Miller
1986 Pete Mundle
1987 Frank & Dorothy Anderson
1988 David Pain
Chuck Phillips

1988 Awards Also Go to Stuart, Pain and Phillips

Continued from page 24

M65 Track: John Alexander, 200 (27.8), 400 (63.2), beat out Bob Hunt, 100H (17.7w), 300H (51.3). Field: Boo Morcom, PV (10-4), HJ (4-4), was picked over Ed Lukens, TJ (13-4).

M70 Track: Dan Bulkeley, 800 (2:36), 1500 (5:30), 2000 SC (8:38), 300H (52.2) narrowly edged Payton Jordan, 100 (13.0w), 200 (27.3); and Bill Weinacht, 100 (14.1), 200 (28.7), 400 (66.1). Field: Jim Vernon, PV (10-3), bested Bill Mawales, JT (147-8); and Hy Booth, DT (141-6).

M75 Track: A tie between Bert Morrow, 100 (15.7), 400 (72.6), 800 (16.6), 300H (64.3); and Bill Brobston, 1500 (6:28), 5000 (22:53), 10,000 (46:10). Field: Claude Hills, HJ (4-0), PV (6-6), LJ (12-8), TJ (25-3), plus 100 (16.0), 200 (33.7), 800 (16.8), 300H (61.1), was selected over Carol Johnston, PV (9-5).

M80 Track: Ed Benham, 1500 (6:10), 5000 (21:58), 10,000 (44:10), won over Byron Fike, 100 (16.0), 200 (34.3), 400 (80.4), 800 (1:42), 1500 (8:02). Field: Ken Carnine, DT (9-3).

M85 Track: Konrad Boas, 100 (19.2), 200 (38.3w), 400 (95.2); Field: Herb Anderson, LJ (8-6), TJ (20-0), SP (20-7), DT (58-11), JT (59-1), bested Arling Pitcher, HJ (3-4), PV (5-8), LJ (6-6), TJ (15-11). DT (53-7), JT (47-4); and Buell Crane, LJ (7-5), SP (23-6), DT (64-1) JT (57-4).

M90: None.

M95 Field: Collister Wheeler, LJ (3-10), DT (48-7), JT (46-10).

W50 Track: Nancy Shafer, 800 (2:20), 1500 (4:43), won when the committee voted not to include Francie Larrieux’s marks set in open meets. Field: Janet Wilson, SP (33-7), DT (146-11), tied with Sheila Carpenter, JT (165-10). Jane Fredericks had outstanding marks, but not in masters meets.

W40 Track: Phil Rascher, 100 (12.6), 200 (24.5w), 800 (12.0w); Field: Rascher, HJ (5-1), PV (8-11), LJ (17-10w), TJ (33-9). Also considered: Lurline Stuppeck, SP (34-0), JT (107-4), JT (139-3).

W45 Track: Marilyn Mitchell, 100 (13.6), 200 (27.9w), 400 (65.8), pipped Barbara Pike, 400 (71.6), 800 (2:37), 1500 (5:46),
TAC Selects 20 Outstanding Runners

Continued from page 1
Great Race. His 15K times were 48:32 (Utica Boilermaker) and 47:15 (Cascade Run Off). He was the only 40+ runner in the men’s Olympic marathon trials (2:28:10), and added marathons of 2:22:25 (Houston-Tenneco), 2:20:40 (Stamford, where he was the first runner overall), and 2:19:48 (TAC Nationals), which came two days after the voting.

Other contenders were Tad Loudat, masters winner in the Boston Milk Run 10K (35:13), London Hawaii Half-marathon (1:22:26), and Maggie Valley 8K (28:48). She clocked marathons of 2:48:49 (Chicago) and 2:46:53 (Olympics Trials), and 15Ks of 57:05 (Boilermaker), 55:51 (River Run), and 55:16 (Gasparilla).

Other contenders were Gabriele Anderson, top 40+ female in the Boston Milk Run 10K (35:13), Boulder Boulder 10K (38:54), and Tulsa Run 15K (54:25); Jane Hutchinson, leader in the ICI/USRA Masters Circuit, with a 10K (1:10:11, where he was fourth), half-marathon (1:22:10), and marathon (2:36:00).

Other masters included: Ben Schau, 8K (27:05), Boston 10K (34:46), and Olympic Marathon (2:36:00); Jim Weed, 10K (31:20), half-marathon (1:22:06), and marathon (2:47:06); and Bob Mimm, 10K (46:35), 15K (1:01:25), half-marathon (1:15:25), and marathon (2:36:00).

5 Join NMN Sustainers

Each month NMN publishes a list of "sustainers," those who help support the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, and an in-depth schedule section, and more.

Thanks go to:
The Athletes Foot
Judith Kirchoffer
Paul Reese
Bob Stone
Martin Leggett

-OUTSTANDING RACE WALKERS - 1988

Selected by the Masters Track & Field Committee of TAC

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<td>Orlo Kenniston</td>
<td>Helen Dick</td>
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<td>70-74</td>
<td>Paul Reese</td>
<td>Marcie Brent</td>
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<td>75-79</td>
<td>Bill Brobst</td>
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<td>80-84</td>
<td>Ed Benham</td>
<td>Mavis Lindgren</td>
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<tr>
<td>85+</td>
<td>Paul Spangler</td>
<td>Ruth Rothfarb</td>
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Otto Essig Award for Outstanding Contribution to Masters LDR: Phil Benson, NJ.

-OUTSTANDING LONG DISTANCE RUNNERS - 1988

Selected by the Masters Long Distance Running Committee of TAC

<table>
<thead>
<tr>
<th>Age</th>
<th>Men</th>
<th>Women</th>
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</thead>
<tbody>
<tr>
<td>40-44</td>
<td>Bill Rodgers</td>
<td>Laurie Binder</td>
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<tr>
<td>45-49</td>
<td>Steve Lester</td>
<td>Shirley Matson</td>
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<td>50-54</td>
<td>Bill Orlich</td>
<td>Gini Faust</td>
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<td>55-59</td>
<td>Norm Green</td>
<td>Toshiko d'Elia</td>
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<td>60-64</td>
<td>Orlo Kenniston</td>
<td>Helen Dick</td>
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OUTSTANDING MASTERS RACE WALKERS

Presented to the outstanding male and female masters walkers.

Selected by the TAC Masters Track and Field Committee.

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
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</thead>
<tbody>
<tr>
<td>1978 John Allen</td>
<td>Lori Maynard</td>
</tr>
<tr>
<td>1979 Ron Laird</td>
<td>Lori Maynard</td>
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<tr>
<td>1980 None</td>
<td>None</td>
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<td>1980 None</td>
<td>None</td>
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<tr>
<td>1981 Gordon Wallace</td>
<td>Lori Maynard</td>
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<tr>
<td>1982 Bob Millet</td>
<td>Bonnie Dillion</td>
</tr>
<tr>
<td>1983 John Knifton</td>
<td>Beverly LaVeck</td>
</tr>
<tr>
<td>1984 Gary Walker</td>
<td>Jeanne Bocci</td>
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<tr>
<td>1985 Bob Mimm</td>
<td>Ruth Left</td>
</tr>
<tr>
<td>1986 Gillo dePeters</td>
<td>Beverly LaVeck</td>
</tr>
<tr>
<td>1987 Max Green</td>
<td>Ruth Eberle</td>
</tr>
<tr>
<td>1988 Bob Mimm</td>
<td>Marie Henry</td>
</tr>
</tbody>
</table>

Five Years Ago

- At age 54, Sister Marion Irvin makes Olympic Trials by running 2:51:01 marathon.
- Bill Stewart, Cindy Dalrymple voted best age 40-44 long distance runners.
- Jerry Donley elected Chairman of TAC Masters T&F Committee; Bob Boal heads masters LDR.

-Sports Pix by Jeff LaVeck, 10K (31:49, 69:27), half-marathon (1:19:23), and marathon (2:36:00).
know many other people agree with me. As for Viren, there has been so much rubbish about him in foreign media that I want to put it straight. He was perhaps the most talented runner of all time, both mentally and physically, and the Olympics had the same meaning to him as they had to Al Oerter. There have been those well-known questions about Viren (allegations of blood packing), but I will counter with two other questions: One — Why is the winner always suspected or accused of something illegal while those behind him are not? Two — Why have there been so many excellent runners who did so well in all other big races, EXCEPT the Olympics?

"Also, let us not forget that Viren ran sub-14 minutes for 5000 meters for 12 years in a row, ten of those faster than 13:40. At 10,000, he ran sub-28:30 every year between 1971 and 1980, except for 1977, when his best was 28:39.8. How, then, can he possibly be labeled as a 'flash in the pan'?

"As a Finn, I, of course, cannot be happy with what Matti Vainio and Kaarlo Maanikka did, but I am also 100 percent certain that whatever they did, that also has also been done by lots of other runners. During the years, I have kind of grown hard-calloused about top track and field, but I am proud to report that at the moment, track and field in Finland is among the cleanest in the world. Since 1984, our athletes have been regularly tested, and the athletes don't mind it at all. In fact, they welcome it."

Hannus added that he has a feeling that masters track and field is not completely void of drugs. "It seems to me that in some instance masters track is being taken too seriously, perhaps including the desire to use drugs. Let us be spared the day when doping tests will be a reality in masters track. That will be the end of a very fine era, and the end of masters sport."

As Hannus sees it, masters competition should be fun and friendship, a counterbalance to everyday work. "You may try to find out your limits, but without stress," he suggests. "There is too much of that in life already."

— Mike Tynn

The 12th Annual Can-Am Cross-Country Challenge

Continued from page 23

ground uphill and downhill, but, in between, Olsen surged and attained a confident lead by the ¾ mark of the race, sweeping in to enthusiastic U.S. support for a 20-second victory. Then came five Canadians led by Scott with only Brown splitting them, only for the pendulum to swing again as Lew Faxon, M45, of Virginia, and Jerry Smith, M45, of New York led a long line of U.S. M45 home.

The M50 race was a contest between Canada’s Ben Johns and Gary Baker. Johns poured it on hard throughout, and try as he might, Baker could never get in front of him. The M55s presented an opposing picture as two fine U.S. runners staged a hard-fought race in which Bob Brock outran Ed Stabler.

The M60 race saw New York’s Howard Rubin run a blockbuster, finishing 31st overall, ahead of all the M55s, except Johns and Baker. In the M65s, Kurt Gelhaar, Sudbury, Ont., defeated home-course runner Nate White (soon to be 70). White Sheridan, Waterdown, Ont., captured the M70s, with Bob Boal of North Carolina, the oldest runner in the race, leading the U.S. competition in this division.

Neither side was well-represented numerically in the women’s divisions, but there was good quality. Brenda Baker, Gary Baker’s wife, turned in an excellent performance in the W35 race, finishing first woman in 38th overall, ahead of second-place W35 Laura Lynn, also of Canada. Sue Terwilliger of New York showed the way in the W40s, a few places ahead of Toronto’s Nancy Wells. The other women’s divisions were dominated by Canadians: Audrey Heimstra, W45; Molly Turner, W50; Ruth Carrier, W55; and Judith Kazdan, W65. Following a post-race meal, Jerry Smith, after overcoming a few computer glitches, returned with the results. After award presentations to the winners, the official announcement came: "USA 690, Canada 611. Low score wins."

So, Canada retains the trophy. Brian Osley, CMAA President, in accepting, said that the result mattered a lot less than the common bond promoted among those who had survived this memorable course.

The individual divisional awards were shirts with the 12th Can-Am Challenge motif on the front while the back read, "Perfida et senectu superant et artum et juvenatem!" — Cunning and maturity will defeat skill and youth. Not a bad motto for all masters.

Congratulations and thanks to the Syracuse Chargers for a great day.

Profile Continued from page 16

Southwest Regional Championships 1600 walkers, New Orleans: E. Whiteman #2314 (M45, 8:13.2) and Don Lee (M50, 8:45.8). Photo by Danny Thiel

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Binder, Brown Are Old Reliable Winners

by TERI INGRAM

Barry Brown, now 44, and Laurie Binder, 41, were the fastest masters age-graded runners in the November 13 running of the Old Reliable 10K Run, Raleigh, N.C.


In the women's race, Laurie Binder and Barbara Filutze had their usual battle for the masters title, with Binder triumphing in 35:11, or an age-graded time of 32:58, and 13th overall finish. Filutze, 42, undoubtedly recovering from her masters win in the October 30 Chicago Old Style Marathon, coasted in at 36:00, or an age-graded 33:44. Third place went to W35 Sherry Kanoy, nearing her 40th birthday, with 37:33/36:24.

While the men competed in five-year age groups up to 60+, women had to contend with 10-year divisions to only 50+. Joanne Fleischmann was first W60 with her 52:40, or age-graded 41:18, but got no credit in a 50+ race. Overall winners were John Gregorek, 28, in 28:23 and Lynn Jennings, 28, 31:33.

Sy Mah Dies

Marathoner Sy. Mah, 62, died in Toledo, Ohio in early November of cancer. Mah holds the world record for running the most marathons — 524. He accomplished the record in 20 years, averaging one every two weeks and, more recently, racing almost weekly.

In addition to being one of the best-known marathoners in the world, Mah influenced the event in other ways. In 1964, he endowed the Metro Toronto Fitness Club in Canada, and coached distance runners. For many years, he worked in physical education at the University of Toledo, which has set up the Sy Mah Memorial Fund to improve its running facilities.

Lastly, and for this he may be more revered than for his marathon count, he eased countless people into running and completing marathons.

WOLFPACK 50 MILER
NATIONAL MASTERS CHAMPIONSHIPS
OHIO TAC OPEN CHAMPIONSHIPS

Columbus, Ohio
April 9, 1989

Send SASE: John White
4865 Arthur Place
Columbus, OH 43220
h 614-459-2547
e 614-424-7011
national road race, setting the stage for the ARRA monthly newsletter for road race officials.

EAST

- William Epel, N.Y., captured the WR for age-75 with the 800g javelin with a 93:10 in June. The old mark of 82-9 belonged to the late Red Downs of California.
- Masters runners, all 13-23-year olds at the time of the Japanese attack on Pearl Harbor, remembered that historic event with the 9th Annual Pearl Harbor Memorial 5.2 Mile Run, Waterford, CT, December 4. Running in tough conditions, Dennis Crow (27:30) and Geraldine Palonen (36:55) easily took the firsts.
- Bob Greenleaf, Westfield, MA, who finished fifth in the M60+ race, was at the Mile Run on December 14,1941, serving in the Navy Gunners School.

MIDWEST

- Jim Park, 46, of Romeo, MI, ran 22:27 to place fourth in the Metro-Macomb Thanksgiving 4Mile, Mt. Clemens, MI, one of the oldest Turkey Day runs in the Midwest. First M40+ was Roberta Thalton, 44, in 29:41. Fred Gurol, 67, ran 29:50.

MID AMERICA

- Gordon Power, 79, set a single-age WR for the 35-lb. weight with a 22:9 (6.95) throw in the Kansas Big Guys Weight Classic in Lawrence, October 22. The old record (20-51) was held by Arnold Tisman of Canada.

SOUTHWEST

- Jesse Castaneda, 48, of Albuquerque established a new non-stop American walk record of 328.9 miles, walking a total of 116 continuous hours from Monday, October 31, 8:20 a.m., to Saturday, November 5, 5:00 a.m. George Holtzyer of Belgium established the world mark of 418.49 miles in 1986. Castaneda is already planning his next ultra—a walk from Mexico to Canada through the Middle States. In non-stop walking, participants are permitted up to a 5-minute break after every hour of walking.

WEST

- Tim Carpenter (40, 17:28) and Sandra Colley (42, 19:41) took the 40-and-over contest in the 5K portion of the Yolo General Hospital Turkey Trot, Yolo County, CA, November 19. Top masters in the 10K were George Mason (45, 34:23) and Julie Yaffe (45, 41:31). Kit Pickles, 63, ran 51:34 in the W60+ division. A remarkable 1386 of the 1400+ registered runners finished the race.
- Dave Douglas, 655, Los Angeles, who led all other members of the So. Calif. Striders in the 88-tf medal count (33 gold, 21 silver, 8 bronze), won the national ADFPA Powerlifting Championship, 75kg (165 lb.) class with a 943-lb. total (325 squat, 200 bench press, 418 dead lift), which represented two national championships this year in different sports, the first coming in the M55 National Masters Indoor Pentathlon.
- Masters winners in the Long Beach Half Marathon, November 12, Long Beach, Calif., were Ron Jensen (M40, 1:13:31) and Mary Campbell (W40, 1:27:34). Almost 3000 competitors participated in the event, which ran around the Queen Mary at the shoreline.
- Bill Van Fleet, who recently set a single-age (73) record at the No fewer than 6:46:41 in the Nike San Francisco Half, December 4, Van Fleet knocked nearly six minutes off the record set in 1985 by Vernon Geary (1:52).
- The Bruce Jenner Grand Prix T & F Meet in San Jose, Calif., May 28, will stage a 1500 for 40+ runners, a 200 for 50+, and a 100 for 60+. Run in front of 10,000 people. For invitation details, call Bruce Springettt. 408/354-7333.

INTERNATIONAL

- New Zealand's Dick Quas, once holder of the world 5000 record, is now 40 and ran the 10K in 1988 in 29:42.
- Ron Bell won another veterans race in the Buteul Mission Mile at Cardiff in August in 4:21 in windy conditions. Bell was followed by Malcolm Sheffield (4:26) and Alan Roper (4:30).
- Mike Bolt, who might feel like the first over-40 runner to break four minutes in the mile, officially turns 40 on January 6. The Kenyan Olympian's birthday is recognized by the WAVA Records Committee, as a result of research done by Track & Field News.

Mick Hurd races to a masters win (2:24:15) in the Old Style Chicago Marathon, October 30. Photo by Sailer, Ltd.

Day 4 Mile, Mt. Clemens, MI, one of the oldest Turkey Day runs in the Midwest. First M40+ was Roberta Thalton, 44, in 29:41. Fred Gurol, 67, ran 29:50.

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Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of 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 newspaper 30-60 days prior to the event. Please send any additions or corrections to NMM, P.O. Box 2372, Van Nuys, CA 91404.

---

**SOUTHEAST**

**January 21.** Tampa Bay All-Comer Meet, University of Tampa Pepin Rood Stadium. 8:00 a.m. registration. City of Tampa Athletic Office — 238-6451; 223-8615; or Racers Edge — 988-6569.

**January 28.** 7th Annual Running Pentathlon (Masters & Open), Clearwater, Fla; Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 34616. 813/447-7161.

**February 25.** Tampa Bay All-Comer Meet, University of Tampa Pepin Rood Stadium. 8:00 a.m. registration. City of Tampa Athletic Office — 238-6451; 223-8615; or Racers Edge — 988-6569.

**April 15-16.** Palm Beach Masters Invitational Meet, John Leonard HS, Lake Worth, Fla. Frank Valdes, 6301 Dockside Circle, Greenacres FL 33463. 407/968-7717.

**April 28-30.** 19th Annual Southeastern Masters All-Comers Meet, St. Thomas, N.C.


**June 16.** Tennessee Masters Championships, U. of Tennessee Tom Black Track. Dean A. Waters, 132 Newport Dr., Oak Ridge, TN 37830. 411/483-7743.

**MID-AMERICA**

**June 30-June 1.** St. Louis Senior Olympics, St. Louis Country Day School, St. Louis. 55+; Wendy Ludvig, c/o JCCA, No. 2 Milestone Campus Dr., St. Louis, MO 63146. 314/433-5070, 818.

**June 19-24.** U.S. National Senior Olympics, St. Louis. 14 Sports. Age 55+; Linda Surtin, USNSO, 222 S. Central, St. Louis, MO 63105. 314/726-4850.

**July 28-29.** Show-Me States Games Finals, Columbia, Mo. Missouri residents only. Regional competition in 9 district cities in June. SMSS, 404 Jesse Hall, Columbia, MO 65211. 314/882-2010.

**SOUTHWEST**

**April 21.** Dallas Senior Games, P.C., Cobb Athletic Complex, Dallas. 50+; Ed Toller, 2750 Bachman Dr., Dallas, TX 75220. 214/670-6238.

**June 3.** Southwestern Association Masters Championships; SMU, Dallas. Joe Murphy, 4704 W. Lovers Ln., Dallas, TX 75209. 214/357-5613.

**July 11.** Runners’ Pentathlon, Milne Stadium, Albuquerque, NM. Tom Bell, 5202 Concordia Rd., Albuquerque, NM 87105. 505/271-2424.

**July 8.** Texas Masters Championships, U. of Texas, Arlington. Joe Murphy, 4707 W. Lovers Ln., Dallas, TX 75209. 214/357-5613.

---

**EAST**

**January 6.** Dartmouth Relays, Hanover, N.H. Carl Wallin, 603/646-2484. See ad on page 22.

**January 8, 15, 22, 29.** Youth, Open and Masters (mdw) Indoor All-Comers, Fordham U., Bronx, NY. 9:00 a.m. MAC office — 212/959-9640. NYRCC: 212/860-4455.


**January 15.** Brown University Masters Indoor Championships, Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.

**February 4.** MAC Masters Indoor Championships, Manhattan College, Riverdale, NY. 9:30 a.m. MAC office — 212/395-9640. NYRCC: 212/860-4455.


**February 26.** New Jersey Athletics Congress Masters and Submasters Indoor Championships, Fairleigh Dickinson U., Hackensack. North New Jersey Masters, P.O. Box 46, Ridgewood, NJ 07450.

**March 19.** Bud Light/Penn Masters Indoor Meet, The Individuals, Pa. See “Nationals” No PV this year.

**June 17 or 24.** MAC Masters Championships, Downings Stadium, Randall’s Island, NYC. Sandy Pashkin, 212/666-3871(b).


**July 9 or 16.** Eastern Sectional (Regional) Masters Championships, Trenton St. U., N.J.

---

**WASHINGTON**


Avery Bryant, M60, looks as if he is contemplating doing a Greg Louganis on his way to a 9:06.2 in the 2000 steeplechase, Western Regionals, Los Angeles. Bryant went on to win in the nationals in 8:34.16. Photo by Jerry Wojcik.
January, 1989

National Masters News

Continued from page 30

ON TAP FOR JANUARY

Track and Field

Masters can mingle with over 3000 indoor participants at the home of "The Big Green" and the Dartmouth Relays in Hanover, N.H., on the 6th. Illinois hosts opening meet on Feb. 3. 1989. No indoor meet in Sterling on the 8th and the Athlete's Foot indoor meet in Rock Island on the 21st. Brown University, Providence, R.I., stages its masters indoor meet on the 15th.

LONG DISTANCE RUNNING

LDR is largely a Sun Belt affair, with major marathons on the 7th in Charlotte and Jacksonville, and on the 15th in Houston. The ICI/USRA Masters Circuit Championships top off with an 8K, worth $10,000 in Naples, Fla., on the 14th. California offers the Great Race in Agoura, near Los Angeles, on the 11th, and the monetarily alluring Paramount Special Masters 10K in Paramount, also a Los Angeles suburb, on the 28th.

Racewalking

The 10K, run along with the Special Masters 10K, has a racewalking division with awards. Holiday Tours, P.O. Box 8519, Honolulu, HI 96830-0519. 808/945-6000.

March 5. Los Angeles Marathon, Los Angeles. L.A. Marathon, P.O. Box 67750, Los Angeles, CA 90067. 213/879-1989.

March 19. 6th Annual Fifty Plus 8K, Stanford U., Calif. 50+ Runners Assn., P.O. Box D, Stanford, CA 94309. 415/723-9790.


INTERNATIONAL


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INTERNATIONAL


RACE WALKING

West


INTERNATIONAL


...
U.S. MASTERS TRACK & FIELD RANKINGS
(Compiled by Jerry Woicik, T&F Rankings Chairman)

January, 1989

1987 100 Meter Rankings

M-40
1 Ken Dennis 11.2
2 Tommie Smith 11.3
3 Alonzo Lynn 11.3
4 Larry Gibbot 11.3
5 Billy Bunger 11.4
6 Jim LeRoy 11.4
7 Tony Dassler 11.4
8 Tommie Smith 11.5
9 Mike Sharp 11.5
10 Warren 11.6

M-41
1 John Hatten 11.2
2 Gary Smith 11.2
3 Jim Bruce 11.2
4 Dave Smith 11.2
5 Bob Smith 11.2
6 Ralph Craig 11.2
7 Don White 11.2
8 Jack Hackett 11.2
9 Dave Smith 11.2
10 Jack Hackett 11.2

M-42
1 John Hatten 11.2
2 Gary Smith 11.2
3 Jim Bruce 11.2
4 Dave Smith 11.2
5 Bob Smith 11.2
6 Ralph Craig 11.2
7 Don White 11.2
8 Jack Hackett 11.2
9 Dave Smith 11.2
10 Jack Hackett 11.2

M-43
1 John Hatten 11.2
2 Gary Smith 11.2
3 Jim Bruce 11.2
4 Dave Smith 11.2
5 Bob Smith 11.2
6 Ralph Craig 11.2
7 Don White 11.2
8 Jack Hackett 11.2
9 Dave Smith 11.2
10 Jack Hackett 11.2

M-44
1 John Hatten 11.2
2 Gary Smith 11.2
3 Jim Bruce 11.2
4 Dave Smith 11.2
5 Bob Smith 11.2
6 Ralph Craig 11.2
7 Don White 11.2
8 Jack Hackett 11.2
9 Dave Smith 11.2
10 Jack Hackett 11.2

M-45
1 John Hatten 11.2
2 Gary Smith 11.2
3 Jim Bruce 11.2
4 Dave Smith 11.2
5 Bob Smith 11.2
6 Ralph Craig 11.2
7 Don White 11.2
8 Jack Hackett 11.2
9 Dave Smith 11.2
10 Jack Hackett 11.2

M-46
1 John Hatten 11.2
2 Gary Smith 11.2
3 Jim Bruce 11.2
4 Dave Smith 11.2
5 Bob Smith 11.2
6 Ralph Craig 11.2
7 Don White 11.2
8 Jack Hackett 11.2
9 Dave Smith 11.2
10 Jack Hackett 11.2

M-47
1 John Hatten 11.2
2 Gary Smith 11.2
3 Jim Bruce 11.2
4 Dave Smith 11.2
5 Bob Smith 11.2
6 Ralph Craig 11.2
7 Don White 11.2
8 Jack Hackett 11.2
9 Dave Smith 11.2
10 Jack Hackett 11.2

M-48
1 John Hatten 11.2
2 Gary Smith 11.2
3 Jim Bruce 11.2
4 Dave Smith 11.2
5 Bob Smith 11.2
6 Ralph Craig 11.2
7 Don White 11.2
8 Jack Hackett 11.2
9 Dave Smith 11.2
10 Jack Hackett 11.2

M-49
1 John Hatten 11.2
2 Gary Smith 11.2
3 Jim Bruce 11.2
4 Dave Smith 11.2
5 Bob Smith 11.2
6 Ralph Craig 11.2
7 Don White 11.2
8 Jack Hackett 11.2
9 Dave Smith 11.2
10 Jack Hackett 11.2

M-50
1 John Hatten 11.2
2 Gary Smith 11.2
3 Jim Bruce 11.2
4 Dave Smith 11.2
5 Bob Smith 11.2
6 Ralph Craig 11.2
7 Don White 11.2
8 Jack Hackett 11.2
9 Dave Smith 11.2
10 Jack Hackett 11.2

M-51
1 John Hatten 11.2
2 Gary Smith 11.2
3 Jim Bruce 11.2
4 Dave Smith 11.2
5 Bob Smith 11.2
6 Ralph Craig 11.2
7 Don White 11.2
8 Jack Hackett 11.2
9 Dave Smith 11.2
10 Jack Hackett 11.2

M-52
1 John Hatten 11.2
2 Gary Smith 11.2
3 Jim Bruce 11.2
4 Dave Smith 11.2
5 Bob Smith 11.2
6 Ralph Craig 11.2
7 Don White 11.2
8 Jack Hackett 11.2
9 Dave Smith 11.2
10 Jack Hackett 11.2

M-53
1 John Hatten 11.2
2 Gary Smith 11.2
3 Jim Bruce 11.2
4 Dave Smith 11.2
5 Bob Smith 11.2
6 Ralph Craig 11.2
7 Don White 11.2
8 Jack Hackett 11.2
9 Dave Smith 11.2
10 Jack Hackett 11.2

Continued on next page
Continued from previous page

Masters Running
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Copies of Masters Running '88 are available. A 96-page, four-color, attractive magazine, it features articles by Bill Rodgers, Joe Henderson, Al Sheahan, Mike Davis, Barbara Hazen Shaw and others. It profiles masters runners, and offers tips on nutrition, training and fitness.

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January, 1989

National Masters News

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JAN. 1989

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PATRICIA HEWITT (MA) 1-21-44 45-49
NINA KURKUS (US) 1-2-53 50-54
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MAY HEYEN (HOLOLU, HI) 1-1-43 45-49
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ANN HEELEY (US) 1-21-39 50-54
KAY PORTER (EUGENE, OR) 1-29-39 50-54
MARY SCHANILE (PALATKA, FL) 1-26-43 50-54
MARGIE SPAETH (CORTLAND, NY) 1-18-29 60-64
ELLEN SWEET (TUCSON, AZ) 1-5-44 45-49
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CHRISTINE BATTERY (US) 1-21-44 45-49
VIVIAN BEISTY (US) 1-11-39 50-54
J. BYRDES (US) 1-5-44 45-49
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ANNAMARIE SCHOLLEN (US) 1-3-41 50-54
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BETTY SMITH (NZ) 1-21-24 65-69
ADA TURCI (ITA) 1-3-24 65-69
MARTIN HARTNER (NZ) 1-3-14 60-64
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ALBERT CLARK (BAY, CALIF) 1-28-34 75-79
DAN CONWAY (CHEREK, NJ) 1-15-28 75-79
GERALD COONIHAN (US) 1-20-20 75-79
BOB CREIGHTON (ATWOOD, KANS) 1-19-20 75-79
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Address
City State Zip
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<tr>
<th>Division</th>
<th>Rank</th>
<th>Time</th>
<th>Athlete Name</th>
<th>Home</th>
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<td>MARC TURRILLO</td>
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<td>40:48</td>
<td>ANNE MASTEF</td>
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<tr>
<th>Division</th>
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<td>MARY LOU CARLSON</td>
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<td>44:56</td>
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<td>MONTPELIER 10 MILE</td>
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<td>JUDY HELTON</td>
<td>CA</td>
<td>071554</td>
<td>CAPITAL TRAIL RUN</td>
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</table>
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Note: TAC's Masters All-American Subcommittee, headed by Gary Miller, met at TAC's Convention in Phoenix. Their revisions and additions to the All-American Standards will be published in the February issue.

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<th>30-39</th>
<th>40-49</th>
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<td>13.8</td>
<td>14.2</td>
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<td>28.0</td>
<td>29.2</td>
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<td>575.5</td>
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U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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