Greenwood, Raschker Named Best 1989 T & F Athletics; Schlau, Binder Top LDR Picks

Awards Also Go To Harvey, Puckett and Oerter; Walker, Nedelco Top Racewalkers

Jack Greenwood, a 62-year-old banking executive from Aurora, Colorado, was named the outstanding age-40-and-over male track and field athlete of 1989 by the Masters Track and Field Committee of The Athletics Congress, the national governing body for athletics in the United States.

Phil (Philippa) Raschker, 42, an Atlanta accountant, was again voted the top female masters performer by the same group at the 11th annual convention of TAC in Washington, D.C. on November 30.

Jim Puckett of Gresham, Oregon, was named outstanding administrator of the year, while the top racewalking awards went to Californians Larry Walker, 46, and Joann Nedelco, 46.

Rex Harvey, 42, of Des Moines, Iowa, was named the best multi-event athlete. The award for the best single performance of the year went to Al Oerter for his 205' 10" discus throw at age 52.

Greenwood, who underwent double bypass heart surgery in 1987, made a remarkable comeback in 1989. He set four world M60-64 records, two indoors (200, 26:37; 60H, 9:36), and two outdoors (400, 57:64; 300H, 43:49) at the World Championships. His 300H performance exceeded 100% on the masters age-graded scale. Runners-up were James King, 40, who set world masters records in the 400 (48:44) and 400H (52.76); and Payton Jordan, 72, who won five gold medals in Eugene.

Raschker won seven gold and two bronze medals in Eugene, setting four world W40 records in the 200 (24:84), long jump (18-1), triple jump (37-3), and pole vault (8-1¼). She won five gold medals in the TAC/USA National Indoor Masters T&F Championships in Columbus, Ohio.

Puckett was the competition director for the hugely successful VIII World Veterans Championships in Eugene.

Walker, a two-time Olympian, won

TAC Selects 21 Outstanding Age-Group Runners at Washington Convention

Bob Schlau, 41, and Laurie Binder, 42, were named the outstanding age 40-44 U.S. long distance runners of 1989 by the Masters Long Distance Running Committee of The Athletics Congress at its 11th annual convention in Washington, D.C. on November 30.

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

Schlau, a Charleston, S.C. investment broker, began the voting year (Dec. 1, 1988 to Nov. 30, 1989) with a win in the 1988 National Masters Marathon in 2:19:48. He closed the year as the first American over-40 finisher in the 1989 National Marathon in 2:23:11. Between, he was first master in the Pittsburgh Marathon (2:22:14) and Cooper Bridge 10K (32:20), and was first U.S. master in

Top Masters Field Set for Naples

Perhaps the finest field of over-age-40 long distance runners ever assembled will race together in the ICI/USA TAC National Masters Grand Championship 8K in Naples, Fla., on January 13.

The masters-only race is the culmination of the successful 1989 ICI/USRA Masters Circuit. A total of $40,000 will be awarded to masters runners — the largest non-marathon masters purse ever. Top point-getters from the 18-race circuit will divide $25,000, while another $15,000 will go to top finishers in the Championship 8K.

Among the male masters superstars slated to run are Bill Rodgers, Bob Schlau, John Campbell, Victor Mora, Larry Almberg, Mario Cuevas, Domingo Tibaduiza, Barry Brown, Frank Shorter, Jim Ryun, Wilson Waigwa, Kevin Ryan, Dave Stewart, Jim Pearson, Ralph Zimmerman, Mike Hefferon.
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An experienced film and camera crew, assigned to every major track event over the last ten years, used high speed cameras to successfully capture the championship technique of these athletes. Dr. Peter Susanka, a renown biomechanist at Charles University in Prague, headed a team of Soviet Bloc scientists responsible for analyzing the athletes motions. Artists then turned the results into illustrated fundamentals of technical excellence. Thousands of illustrations were drawn in animation depicting which muscles are employed (contracted, relaxed, or stretched) in each movement. Combining these illustrations with actual competitive footage enables you to experience a full visual image. For the first time ever a videocassette series faithfully captures the correct technical execution of superior performances.

The next step was to transform these films into very unique and successful training videotapes. Every videocassette program analyzes the technique of the top finishers highlighting their similarities and differences. Emphasis is placed on specific points which were determined to be the keys to achieving success in each particular event. Every peak level performance was reviewed and explained using slow motion/stop action footage, computer-enhanced graphics and an array of tables and charts which combine to give a top biomechanical analysis of each event. The result is the Championship Form Series, an extremely effective learning tool and necessary requirement for any dedicated coach or athlete serious about improving their efforts.

There are a total of 11 videocassette programs (including two double length programs) averaging 30 minutes in length and encompassing all the disciplines in track and field.

The Championship Form Series is endorsed by The Athletics Congress and offered by TMS in sponsorship with SyberVision Systems. Each program, whether single or double length, is $49.95. When purchasing any four volumes, enjoy a $50 savings and pay only $149.95. For a limited time only the complete Championship Form Series is available for $399.95, which is $150 less than the single purchase price.

The benefit you and your athletes can obtain from this remarkable video instructional series is immense. If you are serious about making a significant contribution to the growth of your athletes and adding to your coaching abilities, as well as achieving a better understanding of the biomechanics involved in track and field, the Championship Form Series is for you. To order, simply fill out the order form on the right. For faster service phone 800 553 2188. You will never make a more valuable investment for yourself or your athletes.

Dear Coaches:

As responsible members of the coaching community, I am sure that you are looking to upgrade your knowledge and expertise in your field. We, at The Athletics Congress, feel that continued coaches education is most important. We have come upon a fine series of instructional Track and Field Event Videos and enthusiastically recommend them. These videos, the "Championship Form" series, marketed by Training Management System, represent the highest level of technical knowledge in the sport worldwide. We are pleased that TMS, with the sponsorship of SyberVision Systems, are making an effort to put these tapes into your hands. You will find more detailed information about the series enclosed.

Best regards,

Ollan C. Cassell
Executive Director
JAPAN IN 1993

I enjoyed very much your article on Japan (Dec. NMN). It was well done, comprehensive, and captured the character and ambiance of the Japanese to a degree that is surprising in one who has had so limited exposure to that fascinating nation.

I say this as a Japanese linguist who lived in Tokyo and travelled extensively throughout 43 of the 47 prefectures on the four main islands of Japan for over three years, later serving there as a tour director for an American wholesale tour operator.

If the WAVA World Veterans Championships take place in Japan, it should be a marvelously enriching experience, especially so for those who can spend time in the hinterland, where much of the Old Japan still remains.

You refer to Shuhei Nishida as the 1936 Olympic pole vault silver medalist, but he was also the Olympic pole vault silver medalist in 1932. I was there. How well I remember the exciting duel between him and Bill Miller, the American who had set a new Olympic record to beat him out of the gold. I still count it as one of the most memorable thrills of a lifetime as a sports fan.

I was happy to learn that Nishida-san is still alive. If we are both granted the necessary extension to our lives, I will pay my personal respects to him if and when Japan hosts the World Veterans Championships.

Gordon Wallace
Prescott, Arizona

RACE WALKING RULES
Connor Johnston (Dec. NMN) is dismayed over his and others’ DQ’s in San Diego because of bent knee infractions. Why not chuck the rule and let the running begin?

Does Johnston believe that veteran athletes should get preferential treatment because they are old? Should rules be tossed out so as to not, in Johnston’s words, “discourage the elderly from competing”?

The rules should be the same, no matter what age or level of ability. That’s what makes athletics unique. The rules are simple, and everyone must abide by them. You don’t jump the gun; you run or walk the same distance without cutting the course of skipping barriers; you don’t interfere with your fellow competitors; you don’t knock the bar off the standards, etc.

Whether you are an Olympian or a 90-year-old great-grandmother, you should be treated and judged the same. That’s what makes athletics unique. The rules are simple, and everyone must abide by them. You don’t jump the gun; you run or walk the same distance without cutting the course of skipping barriers; you don’t interfere with your fellow competitors; you don’t knock the bar off the standards, etc.

Edward Martin
Anaheim Hills, California

WEIGHT PENTATHLON
I enjoyed the World Veterans Championships in Eugene this summer. It’s one of the best meets I ever competed in — well organized, excellent facilities, great officials, and fine community support.

Eighty athletes competed in the weight pentathlon, which was well run and enjoyable for all. Afterwards, many athletes formed an organization for weight throwers.

The group’s goals are to lobby for drug testing, and to make the weight pentathlon an official event in the World Games. We encourage all throwers — men and women — in the U.S. and abroad to join. Contact Brian McKenna, 2382 Harrison Ave., Baldwin NY 11510.

Carl Wallin
Lebanon, New Hampshire

THE FLYING FINNS
Recent performances of Finnish masters athletes have been attributed by Phil Mulkey (Dec. NMN) to either: 1) genetic superiority; 2) the water in Finland; 3) discovery of methods for physical rejuvenation.

Mulkey also suggests that other masters need to train harder and become more interested in the events. Overlooked is an obvious and rational explanation for the Finns performances. They are based on improved technique, not necessarily on improved physical capability.

Erkki Knapp ran 43.28 in the M55 hurdles, but only finished fourth in the M55 400 in 57.46. His hurdle time implies an amazing technical capability, not sheer speed or power.

Olavi Niemi’s M55 high, long and triple jumps were also very technical events, where technique can compensate for speed and strength. Perhaps plyometric training was a contributing factor.

The javelin is a national tradition in Finland, where technique in execution and control can overcome body stature.

Technique can be achieved by expert coaching and first-rate training facilities. We U.S. masters pursue our training on a very individualistic and independent basis. Generally, no real collective masters coaching or training is applied. Perhaps the Finns have adopted a more closely-knit coaching and training approach that our diversified and geographically-dispersed competitors can’t achieve.

We need to develop local expert coaching, and have more local training access to facilities for masters competitors.

I’m in awe of Jack Greenwood, 62, who broke 60 seconds in the 400, and of the USA 4x400 relay team which set a world M60 record of 3:58.43, a sub-60 average. Maybe the Finns are wondering what we’re doing to achieve such performances.

The 1991 Games will be attended by many superb West German multi-eventers, as well as East German and Russian/eastern bloc super athletes from years past. The Turku competition could be the most intense in masters history.

Carl Wallin
Director of this month’s Dartmouth Relays in Hanover, N.H., winning the master's 4400 meter title.
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A Runner, Swimmer, and Cyclist Discuss Aging and Athletic Performance

Aging and Athletic Performance

Are runners, swimmers, and cyclists affected by aging in the same ways? We'd need a much larger sampling than one person from each sport to get any real answers to that question; however, I thought it would be interesting to "roundtable" the subject of aging and athletic performance with a longtime performer in each of the sports. I contacted Hal Higdon, Harry Huffaker, and Dave Sharp and put some questions to them.

Higdon, a 58-year-old resident of Michigan City, Indiana, has been one of the top age-class competitors in the world since entering the master arena in 1947. During his 40s, he set numerous world and national age-group records. Before joining the running since 1947, was a standout competitor at everything from the 3,000 meter freestyle and the individual medley to the 50 meter run. In the exercise labs, my max VO2 has slipped from 72 to around 62. Compared to the supposed one-percent (per year) decline to aging projected for "normal" people, I'm well ahead of the game.

Huffaker: I think I've lost about 10 seconds in the 200 meter freestyle (roughly the equivalent in time to an 800 meter run). But then I'm not training as intensely for that distance as I once did. On the other hand, the design and technology of pools is much different now. You have the overflow gutters and lane markers that prevent waves. Plus, we know a lot more about training — intervals, weights, nutrition. We just weren't that sophisticated 30 years ago. It's pretty hard trying to compare times then and now. I'm swimming a lot more now, just not as intensely. (In preparation for his three-channel swim, Huffaker was averaging 5-6 hours a day of training and as much as 50 miles a week).

Sharp: In most bike races on the road, time doesn't mean too much. It's who crosses the line first. Tactics and weather conditions have a lot to do with it. Road time trials are becoming more popular, so maybe in the future I'll be able to better compare my times.

Was There Any Particular Age at Which You Began to Feel a Significant Decline in Energy or Performance?

Higdon: I haven't noticed any energy decline. The (most noticeable) performance decline began around 52 or 53. But it seems to have leveled off.

Huffaker: No, it's been gradual, I think.

Sharp: Up to about age 45, more and harder training seemed to work. After that I noticed training didn't work as well and I needed longer recovery times.

How Much of Your Loss Do You Feel Is Physical and How Much Motivational?

Higdon: It's difficult to separate physical from motivational. I was a late bloomer in the sport, so probably never reached a true peak as a youngster. If I had trained as intelligently in high school and college as I had as a master, I would have been a world-beater. Of course, nobody else back in that era knew how to train right either. I was highly motivated shortly after I turned 40, and I think that's why I came near to equalling my all-time bests then.

Huffaker: I'm not really motivated to compete now. In fact, I shy away from competition. Masters swimming has gotten so intense, it's not fun anymore. At the world masters meet in Australia last year, I saw some of the competitors shaving their fingers. And many of the them are embarrassed if they don't do well. Swimming, to me, is a way to stay healthy. It's therapy. So we're talking different kinds of motivation.

Sharp: Probably most of my loss is physical, although I find now I don't want to hurt as much as I once did so I tend to ease up sooner than I might have before. I am motivated but it doesn't do any good if I haven't recovered from the last training ride.

What About Recovery Time? Is That Really a Big Factor?

Higdon: The inability to recover is probably the most noticeable factor in aging. When younger, I used to be able to run hard workouts day after day after day. That's probably where I made a lot of my errors. Now, on occasion, I sometimes can run two hard days in a row, but usually I need at least 40 hours to recover from a killer workout or race, and often more than that.

Huffaker: When you're 16 to 18, you can bounce back pretty fast. There's definitely a longet recovery period as you get older, but it is much more a factor when you're doing intervals and intense training. Masters swimmers are better off if they don't do intervals more than every 48 hours. To do them more often defeats the purpose. I work now on quantity more than quality.

Sharp: In my 20s I could do hard rides day after day still being sore from the last day, but now if I tried that I'd be going very slow.

Continued on page 10
"I recommend POWERlean to every athlete."

Ed Burke. Three-time Olympian

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John Damski — “Righteous Among Nations”

John Damski, 75, of Van Nuys, Calif., is a nationally-ranked masters high jump and triple jump competitor. He won two silver medals in the first World Veteran Championships in Toronto in 1975. He wasn’t able to go to Eugene, but his best 1989 efforts of 4-2 and 27-5½ would have won two bronze medals in the M75 division.

Little known to anyone, until recently, is that 45 years ago during World War II, Damski was risking his life to save Jews from the Nazis.

On September 19, 1989, Damski received one of Israel’s highest honors: the title of Righteous Among Nations, given to Gentiles who rescued Jews from the Holocaust at the risk of their own lives.

In a moving ceremony at the Israeli Consulate in Los Angeles, Damski received a medal and a certificate of honor. A tree has been planted in his name at Yad Vesham, Jerusalem.

Damski was born in 1914 to Polish parents in Duisberg, Germany, one of three boys and two girls in a Catholic family. In 1919, the family moved back to Poland. In the 30s, Damski, at 5-8 and 140 pounds, became a well-known soccer and track and field athlete, with personal bests of 1-18.0 (5-11) in the high jump, 13.68 (44-10½) in the triple jump, and 6.68 (21-11) in the long jump.

He was doing electrical work for the German Wehrmacht rounded up hundreds of Polish citizens and turned them over to the Gestapo. Among them was Damski, then 25.

“They threw us all in jail; mostly political prisoners, doctors, lawyers, intellectuals,” Damski said. “Conditions were horrible.”

They got worse. On June 13, 1940, the Germans shot 115 of the 345 prisoners. All the rest, except Damski, were sent to Auschwitz.

Damski said. “I spoke German well,” the soft-spoken Damski said. “Maybe that was why they left me in my cell. Of those sent to Auschwitz that day, I know of only one other who survived.”

The Germans released him on August 9, 1940. He weight 97 pounds. He had no money and no job, but was soon hired to help build an airfield in Zamosc.

“At that time, everyone knew the Germans were evacuating Jews from their homes. I made a conscious decision to help Jews. I wasn’t a hero. It was simply a matter of right and wrong.”

In April, 1941, Damski convinced his German boss to let him go into the Warsaw ghetto to hire a few electricians.

A Devastating Experience

Walking through the ghetto was a devastating experience — like being on a different planet. I had to put on a blue Star-of-David arm band to move around. One cannot describe it; you feel like a marked man.”

By bribing two German soldiers, Damski was able to bring out over a dozen Jews.

Throughout the war, he never worked with any organized groups. “I just did what I could on my own; it was safer,” he said.

The most “horrible thing” Damski ever saw was in the summer of 1942, when the evacuation of Jews began in earnest.

“The Germans were marching hundreds of Jews to the train. About 70 people who didn’t walk fast enough were shot. Other Jewish men were forced to throw their bodies into a box car, and then were made to lie down on top of them. Then the Germans locked the car. The train went to Sobibor, which by then, everyone knew was a death camp.”

He met a Jewish family, which had a daughter Sarah. “I fell in love when I heard her speak. She had a beautiful voice.”

Bought False Papers

Damski went to Warsaw and bought false papers for Sarah and her mother. Nothing was free. It was 1943 and the Warsaw Ghetto uprising was underway. Damski listed Sarah’s name as Christina Paderewksa and said she was his wife.

The three lived with a farmer, whose house was used as a stopping point for Jews trying to escape. Damski was taking photographs to make a living. At a wedding, a friend told him “people are saying your wife is Jewish.” At 5 a.m. the next morning, they left town.

Using the false papers, Sarah arranged for her mother to go to Germany to work in a restaurant.

“It was dangerous, but no one questioned her,” Damski recalled. “Sarah and I went to Warsaw and stayed with a friend in the Polish underground, who was helping Jews and English pilots to escape. I was thrown in jail for trying to help a Jewish acquaintance. A friend bailed me out.”

The Socialist Party in London got money to some Jews in hiding, which Damski helped deliver to other Jews.

“You could see the smoke from the crematoriums. I was scared all the time. Everyone was afraid to talk to anyone. Many people just didn’t care. I’ll never forget one woman — the wife of a top Polish diplomat, religious, a fine woman. She went to church every day, sang in seven languages. She was a writer, an opera singer. She told me: ‘The Germans have solved our Jewish problem. I’ll never forget that. I carry it with me to this day.’

Terror Constant

The terror was constant, not only against the Jews but, to a different degree, against the Polish people. Quite often in Warsaw, the Germans would shoot 100 Polish hostages because one German soldier had been killed.

“Food and medical care were bad, but the most important thing was to survive and not be arrested. You could be out on the street one day and get arrested, and you were put in a truck and off you went to a labor camp or concentration camp.”

A Jewish friend in jail was being blackmailed by a Gestapo agent. Damski got his friend out by giving Sarah’s diamond ring to the agent.

“I was frightened. I didn’t know if the blackmailer would let my friend go, or arrest me, instead.”

In late 1943, Damski got a job in the vegetable business in Warsaw and eventually became manager of a German-owned wholesale grocery. Then the Polish uprising began, and the Germans systematically burned all the houses in Warsaw.

“We lost 200,000 people in one month,” Damski said. “The houses were gone, and Sarah and I found a big hole in the ground and squeezed into it. We covered the hole with an empty ce-

Continued on page 10
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AeT Natioa Masters News January, 1990 page 9
ment bag and we lived there. One evening, I went out; everything was burning. I saw people I knew lined up in front of a wall and shot to death.

Raus, Raus

"One morning I heard a shout: 'Raus, raus (out, out). German soldiers and an SS man with a hand grenade said he'd throw the grenade if we didn't come out. I said to Sarah: 'well, that's it.' I thought they were going to shoot us, because they were shooting people on the spot.

"But the SS man had an accent, and I asked him if he was from the Rhinelander. He said 'yes, how did you know?' I told him I was born in the Rhinelander, and he didn't shoot me. I learned this SS battalion was composed of criminals sent from Germany to put down the Warsaw uprising. They were the worst cutthroats you can imagine."

The Germans put John and Sarah in the basement of the Warsaw Opera House with a few hundred others. One morning an SS Colonel rousted most of the men out.

"As soon as they went outside, we could hear gunfire. Sarah put a fur coat over me and sat on me. A young man came by singing 'Time to Go to Heaven.' He knew I was there, but he didn't say anything.

"The next day, an SS major came in and asked me who I was. I told him I was a German businessman caught up in the uprising. Sarah, who had a cool head, had burned our identification papers, so no one could say I was Polish. It seemed to work. He left me alone.

The next day, the Germans took them to a temporary hospital; Sarah worked in the kitchen. An SS man, who was on his way to Germany to deliver packages, thought John and Sarah were Germans and invited them to join him.

"So we got out of Warsaw. We stayed at a church one night, then walked away from the SS men and found a villa, where we got shelter."

Damski set up a fruit and vegetable wholesale store and soon had over 100 employees. Among the workers were several Jews. That's what he was doing in January, 1945, when the Russians came in.

Poland lost 6 Million

"I was surprised how many people survived," Damski reflected. "Poland lost six million people, including 2.2 million Jews. Many Poles were helping Jews to escape. In Poland, 100,000 Jews survived. That means about one million Poles had to be helping them."

Damski said that all 119 people who worked for him "and maybe 1000 more!" knew Sarah was Jewish. "So that proves that all the Polish people weren't bad. Maybe only 5-10 percent were rotten."

The story has a happy ending. John and Sarah were married in Poland in 1945. Sarah legally changed her name to Christine. "The name Christina helped me survive," she said in her Van Nuys home. "I didn't want to give it up."

In 1945, the Russians confiscated Damski's business. By 1948, the Damskis saw there was no future in Poland, and they moved to Detroit, where Christine's mother's Uncle lived. Damski worked for General Motors for 11 years, then they moved to California in 1959, John worked for Lockheed doing electrical work until 1979 when he retired. Christine worked for the Bank of America. They bore a daughter, Eva, and now have two grandchildren.

For years, few knew about the Damski's war-time exploits. "We didn't think it was anything to talk about," they said.

It's only been in the last year that Damski's heroics have come to light. He was searched out by the author of The Altruistic Personality, a bestselling book about people who've risked their lives to help others.

60 Minutes' May Do Story

The publicity from the Israeli award resulted in an appearance by the Damskis on a television game show. 60 Minutes called and may include them in an upcoming segment on altruism. In a Century City black-tie banquet honoring Simon Wiesenthal and others who have contributed to the Jewish community, Damski walked arm-in-arm down the aisle with actress Mary Steenburgen (who played rescuer Miep Gies in The Attic).

"It was great fun," Damski said, "but I was hoping she'd give me a kiss."

Continued on page 14

Third Wind

Have You Found it Difficult to Adjust to Slower Times and Lower-Placed Finishes? How Have You Dealt With This?

Higdon: I don't have any problem dealing with slower times. Lower finishes haven't been much of a factor because of age classes. I'm pretty laid back about my racing, and have no qualms about starting a marathon in the back row. I have to admit, however, that it irritated me when, having just crossed the finish line in the World Vets marathon of 1985, a race I ran mainly to enjoy the sights of the city, someone from another country came up to me and said, "This is the first time I've ever beaten you." I corrected him, "You didn't beat me; you simply finished in front of me."

After he apologized, I felt silly at having displayed my irritation.

Huffaker: No, as I mentioned, I'm not that interested in competition any more and benefited from the competitive side of swimming. It helps you understand and get along in other aspects of life and in business, but I prefer to approach swimming as an enjoyable undertaking. Every three or four years I'll get the urge to compete again and get inspired to do some interval training in the pool. But I make sure I keep it at the recreational level. I like to win my age group, but I don't let it upset me if I lose.

Sharp: I feel good about a race if I did the best I could. Most of the best cyclists today are essentially professionals; all they do is ride and race. I know I can't compete with them.

Dividing Athletic Ability Into Three Components — Power (Strength X Speed), Endurance, and Agility (Flexibility, Coordination, Speed)

Higdon: No question, power is most affected. I've lost a lot of my top-end speed. I've noticed a drop in my speed. I've lost a lot of my top-end speed. My endurance, however, is only been in the last year that I've noticed a drop in my speed. I've lost a lot of my top-end speed. Agility has deteriorated, if you measure it only as flexibility. I can recall being able to put my palms on my fingers down to about 'the tops of my hamstrings. I'm not sure why we decided to swim mostly for recreation, good health, and relaxation.

Sharp: My speed has definitely decreased even though I try to train to keep it up. All the younger riders can out sprint me after they get some experience. I am much better in longer races now, so endurance comes more easily.

Any Other Thoughts on the Subject?

Higdon: I've tried to train more intelligently. I now pay even closer attention to the signals emanating from my body. If I feel sluggish at the start of the race, I simply back off. I follow the Bowerman hard/easy formula, and sometimes it's hard/easy/easy. I plan my training well in advance, but don't force myself to do specific workouts on specific days as I did when young. I do a lot more running on soft surfaces. I no longer count miles and I often pick nondescript courses where I don't know how far I've run. Within the last year, I have begun to take the advantages of massage, once every two weeks. I don't stretch as much as the experts say, which is too much.

Huffaker: When you're 23, there aren't a lot of responsibilities. You can devote yourself to the sport. But when you get older, you have to strive for some kind of balance in your life. You have other responsibilities and they conflict with competitive goals. That's why I prefer to swim mostly for recreation, good health, and relaxation.

Sharp: The important thing for the aging athlete is not to stop but keep going as strong as possible to balance your life and keep the quality up.

11 Join NMN Sustainers

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

Thanks this month go to:

Leon Shingledecker
Mike Davis John Conner
Richard Stepp Valdemar Schultz
Tina Smudecker Norm Green
Richard Glasgow Tony Castro
George Cavill Bill Mondell
GOOD NEWS!!
Now You Can Banish Fatigue

You probably think this sounds too good to be true. Read on about the first pure ATP (energy) product for athletes and why I'm practically giving it away to get you to try it.

Adenosine Triphosphate, ATP = Energy
ATP, the energy currency of the body

The human body cannot directly use the nutrient energy in the food you eat. It must be transferred to the energy rich compound adenosine triphosphate (ATP). The energy released by ATP powers all forms of biologic work, digestion, nerve transmission, secretion by glands, circulation, building new tissue, and most importantly, muscle contraction.

I am constantly searching for new, safe, and effective metabolites for improving athletic performance. I subscribe to most of the sports medicine journals, read the latest studies and am constantly researching and evaluating new ideas and products. Frankly, most don't work.

When I come up with a product or ingredient that makes sense to me, I make samples and use it personally. If I can feel and see that the product works, I then give it to my sponsored athletes to test. If their reaction is favorable, I offer it to you. This R&D procedure is used before any product is released.

About nine months ago I was telling John, my pharmacologist, that since I am always trying to find ways to increase ATP (energy) production, why don't we just give athletes pure ATP. He said "that wouldn't work because the hydrochloric acid in the stomach would break the ATP down". I said "O.K., let's bypass the stomach altogether."

With that conversation in mind, I designed two pure ATP products that would not be destroyed by the stomach. One is a sublingual formulation which is quickly absorbed. You feel it in 10-20 minutes after dissolving it under the tongue. The other form is a resin bound tablet which passes through the stomach and is absorbed in the intestines. This formulation takes about two hours to be absorbed and is used for training and races lasting two hours or more.

SPECIAL 2 FOR 1 OFFER

ENERGY SURGE retails for $24.95 per bottle of 60 tablets in stores. I will take $5.00 off of the first bottle and give you the second bottle absolutely free! That's how eager I am to get you to try ENERGY SURGE. You can order the sublingual and or delayed release. If you do like ENERGY SURGE, I will give you this special price for the next year (12 months).

Pick up the phone and call now so you can have more energy to train and race.

ENERGY SURGE 2 FOR 1 OFFER
2 bottles, 120 tablets, sublingual and or delayed release
Approx. one month supply. $19.95 + $3.00 s&h.

Call 1-415-931-1977 for more Information
Or write to Hansen & Frank, Suite 205 N, 2886 Geary Blvd., San Francisco, CA 94118

To Try ENERGY SURGE
Fill out the coupon on the right or call our toll free numbers today.

The CAPS ENERZYMES Record
For over a year I have been advertising in NMN. There has been considerable controversy over my products. This has been generated by two people who refuse to try them.

On the other hand, the record so far with NMN readers who have tried CAPS ENERZYMES products shows that almost 90% reorder and continue to use them. These masters athletes report great satisfaction with their improved performance and shortened recovery time.

My biggest problem is getting athletes like you to try my products for the first time. After an athlete takes the initial step and orders a month's supply of CAPS, they realize the effectiveness of the products and integrate them into their training program.

If you have been thinking about trying CAPS, ENERGY SURGE is the one to try first! The price is right and it's still unconditionally guaranteed.

Order Desk 800-336-1977
In California, call 800-441-1977

☐ Yes, I'd like to try CAP ENERZYMES for 30 days to see if this method of replacing essential nutrients can help me realize the full benefit of my hard training. Send me the kit(s) I've listed.

☐ Yes, I'd like to try ENERGY SURGE on the 2 for 1 offer to see if it can banish my training and racing fatigue.

☐ Yes, I'd like to learn more about CAP ENERZYMES AND ENERGY SURGE. Please send me information with no obligation to buy.

Kit(s) I am ordering:

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<tr>
<th>Kit(s) I am ordering:</th>
<th>Price:</th>
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Visa     □ Mastercard     □ Check/MO
Card #    Sales Tax
Sub-total
Shipping/ Handling
Exp. Date
Signature
Name
Total
Address
City/State/Zip
Thank you for your order!

Send coupon to Hansen & Frank, address at left
Achilles Tendinitis

Achilles tendinitis is the most common injury in running athletes over age 40. It is usually due to the lack of circulation to the Achilles area and to repetitive trauma that places stress on the achilles. This results in inflammation and stiffness. This trauma is usually the result of training errors such as running up hills, excessive mileage, poor training shoes, over stretching, hard or uneven surfaces, and rapid increase in speed or distance. Add these factors to an overpronated foot and Achilles tendinitis may occur.

Obviously, the initial treatment should be rest. Usually 5-10 days in mild cases is more than enough. Usually 5-10 days in excessive mileage, poor training shoes, information and stiffness.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JAN., 1990

<table>
<thead>
<tr>
<th>ATHLETE (RESIDENCE)</th>
<th>BIRTHDATE</th>
<th>AGE GROUP</th>
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<tbody>
<tr>
<td>MARY BROWN (CA)</td>
<td>1-15-30</td>
<td>60-64</td>
</tr>
<tr>
<td>TOSHIO D'ELIA (RIEGELWOOD, NJ)</td>
<td>1-2-30</td>
<td>60-64</td>
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<td>NANCY MCCORMIC (OMAHA, NE)</td>
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<tr>
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<td>RUTH BAUS (US)</td>
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<tr>
<td>FRANK VANDERSLOOT (BELGIUM)</td>
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<tr>
<td>IVOR WELCH (PACIFIC, CA)</td>
<td>1-19-95</td>
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SHORTEN THE HURDLES

I agree with Dave Douglas (Nov. NMN) that as an M55 hurdler, I much prefer the 300 to the 400 due to the fatigue and injury factor which increases with distance in the hurdles.

The change from 300m to 400m in the hurdles will do nothing but decrease participation in the long hurdles race. Let's make track more enjoyable for those of us in our middle-age years.

Bill Purdau
Fort Worth, Texas

I agree with Douglas. I can't understand why WAVA would change the 300H back to 400H. It'd like to compete in more events with less difficulty than fewer events with more difficulty. With the increased difficulty, you have a greater chance for injury.

John Carr
Los Angeles

EEK KELLER

The front page item by Mike Davis in your November issue highlighted the performances of several men and women masters in the National 10K Race in Pittsburgh on September 24th. Most of it dealt with the young 40-plus group.

In this same race our 75-year-old, world-class Cincinnati Eek Keller clocked a record time of 42:42 which broke Ed Bem's existing record of 43:24 (it takes a world class runner to break Ed's records).

We Ohio area masters were dumb-founded in that Eek's world breaking effort was not even mentioned in the write up. To add insult to injury, Eek's name, age group and time did not even appear in the results shown on page 30.

I would point out that Eek was sidelined for a good part of 1988 with foot stress fracture. It was not easy for him to regain his former speed and stamina but obviously he is back in competition and looking forward to some more record shots in 1990.

Hugh Yeomans
Cincinnati, Ohio

(Our apologies for the omission. Thanks for letting us know, -Ed.)
**1989 Masters Prize Money Awards**

(through December 1989)

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<th>Name</th>
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<td>John Campbell</td>
<td>NZL</td>
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<tr>
<td>2</td>
<td>Bob Schau</td>
<td>SC</td>
<td>$21,300</td>
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<tr>
<td>3</td>
<td>Mario Cuevas</td>
<td>MEX</td>
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<tr>
<td>4</td>
<td>Victor Mora</td>
<td>COL</td>
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<tr>
<td>5</td>
<td>Bill Rodgers</td>
<td>MD</td>
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<tr>
<td>6</td>
<td>Ryszard Marczyk</td>
<td>POL</td>
<td>$6,650</td>
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<tr>
<td>7</td>
<td>Wilson Halupa</td>
<td>USA</td>
<td>$6,150</td>
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<tr>
<td>8</td>
<td>Goren Hoppberg</td>
<td>SWE</td>
<td>$6,100</td>
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<tr>
<td>9</td>
<td>Mike Hurd</td>
<td>GBR</td>
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<tr>
<td>10</td>
<td>Kevin Ryan</td>
<td>USA</td>
<td>$6,000</td>
</tr>
</tbody>
</table>

**FACILITIES:**

- Indoor: 100 meter dash, 200 meter dash, 400 meter dash, 800 meter, 1 mile run, 3000 meter run
- Outdoor: 100 meter, 200 meter, 400 meter, 800 meter, 1 mile, 3000 meter run

**MEET DATES:**

- *Saturday, January 20, 1990*
- *Sunday, January 28, 1990*
- *Sunday, February 11, 1990*
- *Sunday, February 25, 1990*

Meet will be held at WESTWOOD SPORTS CENTER, W. LeFevre Rd., Sterling, IL

**TRACK:** New, 200 meter, 6 lane track

**FACILITIES:** Showers & Lockers available (Bring own towel)

**AGE DIVISIONS (MALE & FEMALE):**


**ORDER OF EVENTS:**

- 2 mile race walk
- 55 meter dash
- 2 mile run
- 800 meter run
- 3000 meter run

**FIELD EVENTS:**

- Long jump 25# weight
- Shot put 35# weight
- Pole vault 56# weight
- Triple jump 96# weight
- High jump 200# weight
- Weight 300# weight

**NOTE:** All athletes, regardless of state residence, are eligible to compete. Events will be run oldest-youngest, women then men.
Multi-Events Report

At TAC's recent convention in Washington, D.C., the masters multi-event budget for 1990 was cut from a proposed $24,000 to $6,000 by the Masters T&F Committee, whose budget, in turn, was cut from $30,000 to $15,000. The Committee voted that no money was available for "meet support" unless TAC provides additional funds during the year.

In the past, we've been able to help defray expenses for our national meets with $200 to $600 subsidies. Now that money is gone, and it will be more difficult to get national meet bids. However, multi-events are difficult to get national meet bids. I think there will be many of us stepping forward to host meets as before.

I was pleased to be named the 1989 TAC Masters Multi-Event Athlete-of-the-Year. In the past, voting for this award has sometimes been haphazard, so I set about to simplify and define the criteria for the Awards Committee. This year, Boo Morcom and I tied with 19 points each, but, using the tie-breaking criteria, I happened to come out on top. Very close behind were Phil Raschker and Phil Mulkey.

The criteria for nomination for the multi-event award is in the adjacent box. Only age-group records set using WAVA implements are considered. Places are determined by the scoring methods declared by the meet director, which is now, in most cases, the 1989 IAAF Scoring Tables. Ties are broken by using age-factoring for head-to-head meetings.

The points are totaled for the period November 1 to October 31 each year. The final determination is made by the TAC Masters T&F Awards Committee at TAC's annual convention.

---

NOW AVAILABLE
Masters Age-Records 1989

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundie with Don Henry, Shirley Dietderich, Gordon Wallace and Alan Wood.

- World Records in all race-walking events, U.S. Masters and World Indoor Championship Records.
- 52 pages, Thousands of entries. Lists name, age, state, and date of record.

Send $2 plus $1.00 postage and handling to:
NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Name
Address
City State Zip

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Profile Continued from page 10

"I'm not a hero," the unassuming Damski said recently during a long jump workout at Los Angeles Valley College. "I got a sense of inner satisfaction that I did the right thing. And I got a big reward — a nice family."

Damski said he never buys any German product.

"I don't go to Germany. I wouldn't go for free. I understand the German language, so I understand the Germans. Many Germans haven't changed. They opened their hearts to me, so I know how they think."

Damski feels reunification of East and West Germany would be "very dangerous to world peace."

He says anyone who says the Holocaust never happened is either "incompetent or a criminal."

"It paints me to see what happened to Poland. But things are now improving. At least the Poles are alive. We were scheduled next. I learned from my German boss (one of the designers of the Messerschmidt) that the Germans were going after the Italians and the Japanese."

Damski still has nightmares about his experiences. "Sometimes I dream that I'm trapped and can't get out."

At the award ceremony, Israeli Consul Ran Ronen told Damski: "It's an honor to meet you and present you with this award. The Jewish people owe you a great deal."

—Al Sheahan

Answers to last month's puzzle

ACROSS:
1. Brodaton
2. Walk
3. Pooper
4. Hill
5. Javelin
6. Binder
7. Almberg
8. Laveck
9. Utes
10. Vittoria
11. Vittoria
12. Fun Run
13. Race Walk
14. Top
15. Race Walk
16. Top
17. Race Walk
18. Race Walk
19. Race Walk
20. Race Walk
21. Race Walk
22. Race Walk
23. Race Walk
24. Race Walk

DOWN:
1. Damski
2. Damski
3. Damski
4. Damski
5. Damski
6. Damski
7. Damski
8. Damski
9. Damski
10. Damski
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Kousky Elected Masters T&F Chairman

Barbara Kousky, 48, of Eugene, Oregon, was elected as chairman of TAC's Masters Track and Field Committee at the 11th annual convention of TAC in Washington, D.C. on November 29.

In the first-ever contested election for the national chairmanship, Kousky defeated David Pain, 67, of San Diego for the two-year term.

Kousky was the co-director of the highly successful World Veterans Championships, held in Eugene in 1989. Pain, often known as the "father of the masters program," directed the U.S. National Masters T&F Championships last year in San Diego.

In a lively question-and-answer session, Kousky said she will always make decisions on "what is best for the athletes."

Pain offered his congratulations to Kousky, and said he would continue to contribute to the masters T&F program in any way he could.

Outgoing Chairman Jerry Donley had served three consecutive two-year terms. He was honored by the Committee with a special plaque commemorating his six years of leadership and his vision in helping to bring the World Championships to the United States for the first time.

Rankings Report

by JERRY WOJCIK, TAC Masters T&F Rankings Coordinator

The outdoor track & field rankings for 1989 are proceeding more smoothly than they were last year at this time. Partial lists of events will start appearing in the February issue and should finish by the April issue.

As last year, the complete rankings for all events, except the heavy weight, will be compiled in a 1989 rankings book. Outdoor weight marks will be listed with the 1989 indoor marks and published separately in NMN.

Athletes whose best 1989 marks have not appeared in NMN should send them to the following compilers before the end of February. Marks for other events should be sent to NMN Rankings, P.O. Box 2372, Van Nuys, CA 91404. Please submit field event marks in both feet-inches and meters.

100, 200, 400, 1000, 2000, 4000, hammer: Larry Patz, RFD #1, Box 435, Contoocook, NH 03229.

1500: William Benson, 6 Eton St., Valley Stream, NY 11581.

5000: Ann Diaz, 725 Richards Rd., Wayne, PA 19087.

800: Jerry Feldhausen, 1524 Biemeret St., Green Bay, WI 54303.

1500: Billups, 13045.

1024

HJ: Barbara Stewart, 11 West 54303.

TJ: Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250.

SP: Kathy Pierce, 7 Dawn Dr., Cortland, NY 13045.

Final 1988 Corrections: The final corrections for the 1988 rankings appear in the track & field results section of this issue. The 1988 rankings book is still available at a close-out price of $3.95. Send to NMN, P.O. Box 2372, Van Nuys, CA 91404.

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PHONE ORDERS (408) 358-2649
Allen, Flexer, Press Win in National 10K Cross-Country

by CAROLE LANGENBACH

Rain and wind dampened the conditions but not the competition at TAC's National Masters 10K Cross-Country Championships in San Francisco's Golden Gate Park November 25.

Boston's Bernie Allen, 43, led the 124-finisher field from the start, over grass, gravel, and muddy dirt trails to finish in 34:59, almost a minute ahead of New Zealand's Bruce Blair, 42.


Other scoring members were Steve Ferraz, William Seaver, Michael Duncan, and Robert Darling.

Carol Flexer of Bellevue, WA was the first woman finisher in 42:40. Oakland's Hillary Naylor presented a challenge to Flexer by finishing only nine seconds behind. Shonomish TC, from the Seattle area, took top team honors in the women's 40-49 race with Flexer, Kate O'Neill, and Charlotte Swanson. Total team time was 2:13:30.

The other team division with entries was the men's 50-59, also won by Shonomish TC in 3:32:50, a mere nine seconds better than West Valley Joggers & Striders.

Wind-Chill Below Zero for National 8K

by HERB CHISHOLM

WASHINGTON, D.C. December 3

A field of over 1400 runners assembled in West Potomac Park for this year's TAC National Masters 8K Championships, which was held in conjunction with the annual D.C. Mistletoe 8K race.

Instead of the "Indian Summer" conditions which usually prevail in early December, runners had to cope with "30/30" conditions (30°F/30 mph wind), which lowered the wind-chill temperature to below zero. As a result, many of the amenities usually associated with a National Masters event went by the boards (separate start area, age-group colors, awards ceremony, etc.). But at least the race started on time.

In spite of abominable conditions, many outstanding masters performances were turned in. Steve Ruckert, 40, of Westminster, Md., gave the top three open finishers a real battle, placing only three seconds behind the second-place runner in 26:05 to win the 40-44 division.

In the women's race, Mary Ellen Williams, 43, of Darnestown, Md., won the open as well as the 40-44 bracket in the excellent time of 31:01. Christine Tattersall won the W4S division and placed third overall in 31:45.

Four runners who had just been voted TAC Masters age-group runners of the year at the national convention successfully defended their titles: Fay Bradley (DC, M50, 27:44), Nathaniel White (NY, M70, 36:34), Dudley Healy (NJ, M75, 39:20), and Ed Benham (MD, M80, 38:00).

On an age-graded basis, the best performances were achieved by Ed Benham (91.0%) and Fay Bradley (87.9%) among the men, and by Christine Tattersall (84.3%) and Ecris Williams (83.6%) in the women's divisions.

Following the race, most runners quickly gathered up post-race meal items (cider, donuts, cookies, oranges, apples, bananas). Fortunately, a "state-of-the-art" scoring system was used so runners could check the posted listing within 10 minutes after finishing the race before fleeing the scene.

Championship patches and medals, plus Mistletoe prizes, will be sent to masters winners as soon as the wind subsides and these items can be recovered.
Canada Defeats U.S. in Masters 12K
Cross Country Challenge

by CAROLE LANGENBACH

Vancouver's Stanley Park was the battleground Nov. 11 for the 13th Annual Masters Cross Country Challenge between the U.S. and Canada. The two-loop, 12K course provided traditional obstacles, from hills and narrow trails to log jumps and flood-stage creeks.

Despite a busload of Pacific Northwest athletes who traveled together from Seattle, the Canadians outnumbered the Americans and ultimately won the right to keep the Fleischmann Trophy for another year.

Vancouver's Jerry Tighe won overall in 42:51. Seattleite Phil Welch was directed off-course by the Canadians, yet finished a close second in 42:57, followed by teammate Jim McGill in 43:16.

Pamela Riley from Victoria was first overall in 47:24, followed by Christina Farrell, 50:05, from Vancouver. The next two women were Seattle's duo of Carol Ann Castell (50:54) and Carol Flexer (50:55).

Each 5-year age division was scored separately, and the Americans penalized in seven divisions where they had no runners. The women's score was Canada 35, America 82. The men's places tallied up to Canada 153, America 318. The overall slaughter was 188 to 400.

Since the challenge was also the British Columbia championship, some Americans won individual division awards in addition to overall challenge medals. Carol Ann Castell was first in 40-44. Carol Flexer and Charlotte Swanson took second and third in 45-49. Billie Murphy placed second in the 60-64 division in 63:17.

In the men's race, Welch and McGill took the silver and bronze in the 40-44 division. Gale Pfeiffer of Bellingham, Wash. won the 45-49 division followed by Tacoma's Dave Williams for the silver. Dave Pitkey and Bellingham placed third in the 50-54; Derek Mahaffey, also from Bellingham, captured the gold in the 55-59 division. Ben Grevstad was third in that category. The Snohomish Track Club was awarded bronze medals in the team competition.
### OUTSTANDING MASTERS TRACK AND FIELD ATHLETES

**Selected by the TAC Masters Track & Field Committee**

**GWILYM BROWN AWARD**

Presented to the outstanding male and female track & field athletes in the masters program.

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
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</thead>
<tbody>
<tr>
<td>1978</td>
<td>George Ker</td>
<td>Irene Obera</td>
</tr>
<tr>
<td>1979</td>
<td>Ernie Bills</td>
<td>Joann Grissom</td>
</tr>
<tr>
<td>1980</td>
<td>Al Oerter</td>
<td>Judy Fox</td>
</tr>
<tr>
<td>1981</td>
<td>Jim Burnett</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1982</td>
<td>Al Oerter</td>
<td>Polly Clarke</td>
</tr>
<tr>
<td>1983</td>
<td>Jack Greenwood</td>
<td>Irene Obera</td>
</tr>
<tr>
<td>1984</td>
<td>Ed Burke</td>
<td>Polly Clarke</td>
</tr>
<tr>
<td>1985</td>
<td>Parry O'Brien</td>
<td>Christel Miller</td>
</tr>
<tr>
<td>1986</td>
<td>Jack Greenwood</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1987</td>
<td>Tom Patsalis</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1988</td>
<td>Garry Miller/Stan Whiteley</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1989</td>
<td>Jack Greenwood</td>
<td>Phil Raschker</td>
</tr>
</tbody>
</table>

**OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR**

- **1985**: Brian Oldfield, 40 yards put, 70-3" *Shot put, 70-3"*
- **1986**: Jack Greenwood, 60m hurdles, 14.98 *100m hurdles, 14.98*
- **1987**: John Powell, 40 yards put, 236-6" *Discus, 236-6"
- **1989**: Al Oerter, 52 yards put, 205-10" *Discus, 205-10"

**OUTSTANDING MULTI-EVENTS ATHLETE**

- **1985**: Boo Morcom
- **1986**: Gary Miller
- **1987**: Gary Miller
- **1988**: Gary Miller

### 1989 AGE-GROUP AWARDS

<table>
<thead>
<tr>
<th>Age</th>
<th>Men</th>
<th>Women</th>
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</thead>
<tbody>
<tr>
<td>30-34</td>
<td>Randy Burden (CA)</td>
<td>-</td>
</tr>
<tr>
<td>35-39</td>
<td>Bob Korn (OR)</td>
<td>-</td>
</tr>
<tr>
<td>40-44</td>
<td>Gary Null (NY)</td>
<td>-</td>
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<tr>
<td>45-49</td>
<td>Larry Walker (CA)</td>
<td>-</td>
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<tr>
<td>50-54</td>
<td>Richard Oliver</td>
<td>-</td>
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<tr>
<td>55-59</td>
<td>Max Green (MI)</td>
<td>-</td>
</tr>
<tr>
<td>60-64</td>
<td>Bob Mimm (NJ)</td>
<td>-</td>
</tr>
<tr>
<td>65-69</td>
<td>George Heller (NJ)</td>
<td>-</td>
</tr>
<tr>
<td>70-74</td>
<td>Cokey Doman (VA)</td>
<td>-</td>
</tr>
<tr>
<td>75-79</td>
<td>Giulio DePetra (CA)</td>
<td>-</td>
</tr>
<tr>
<td>80-84</td>
<td>Tony Perona (CA)</td>
<td>-</td>
</tr>
</tbody>
</table>

**OUTSTANDING RACE WALKERS — 1989**

Selected by the TAC Masters Track & Field Committee of TAC

- **Men**
  - Randy Burden (CA)
  - Bob Korn (OR)
  - Gary Null (NY)
  - Larry Walker (CA)
  - Richard Oliver
  - Max Green (MI)
  - Bob Mimm (NJ)
  - George Heller (NJ)
  - Cokey Doman (VA)
  - Giulio DePetra (CA)
  - Tony Perona (CA)

- **Women**
  - Kathy Finch (WY)
  - Martha Iverson (CO)
  - Viisha Saldak (CO)
  - Joan Nederico (CA)
  - Jill Latham (CA)
  - Bev LaVeck (WA)
  - Ruth Eberle (MO)
  - Collie Green (CA)
  - LaVonne Hottensmith (FL)
  - Ernestine Yeomans (OH)
  - Anne Clarke (IL)
  - Marilla Salisbury (CA)
Soothe sore, stiff, aching muscles fast...

"For muscle aches and pains,
I compete and win with Pro-gesic."

Al Oerter: 4-Time Olympic Gold Medal Champion.

"In order to compete and win for as long as I have, I’ve had to put my body through exhaustive exercise and training regiments. Aches, pains, and bruises are a regular occurrence which have to be overcome in order to maintain peak competitive levels. In a recent world event, I strained my shoulder to a point where I thought I might not be able to compete. A friend suggested I try something he had recently started using: Pro-gesic. It worked. It worked so well, the next day I competed in the finals and won. Since then I don’t train or compete without Pro-gesic."

Clinical studies prove it. For fast relief from muscle and joint aches and pains, Pro-gesic is the new choice of 85% of athletes tested.

In Athletes tested, Pro-gesic was overwhelmingly preferred for its fast, grease-free relief from muscle and joint aches and pains.

Pro-gesic is a uniquely formulated topical analgesic (patent pending) contains AQUASAL™ Nastech’s brand of an aspirin-like compound. It has been designed to eliminate problems often associated with messy, strong smelling creams, balms, and liniments. Pro-gesic is also the first topical analgesic to combine fast, effective, liquid pain relief in a "reach anywhere, no-mess" dispenser with a massaging head. Unlike other products, Pro-gesic works without heat or cold, is odorless, fast drying and will not stain clothing. Remember, when it's on, only you will know it's working. Use Pro-gesic before and after sports or exercise, before retiring, and first thing in the morning to alleviate pain and stiffness. Take Pro-gesic with you for use during sports or exercise. Keep Pro-gesic in your locker, athletic bag, and at home.

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Unlike other topical analgesics, Pro-gesic never touches your hand. Simply re-cap the dispenser and you're ready to resume your sport or activity.

In Six Key Areas, Athletes Prefer Pro-gesic

<table>
<thead>
<tr>
<th>Area</th>
<th>Pro-gesic</th>
<th>Presently Satisfied</th>
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</thead>
<tbody>
<tr>
<td>A. Time</td>
<td>74%</td>
<td>81%</td>
</tr>
<tr>
<td>B. Relief</td>
<td>81%</td>
<td>97%</td>
</tr>
<tr>
<td>C. Ease of application</td>
<td>81%</td>
<td>92%</td>
</tr>
<tr>
<td>D. Ability to use hands in sport/activity after use</td>
<td>82%</td>
<td>93%</td>
</tr>
<tr>
<td>E. Time needed to return to sport/activity after use</td>
<td>82%</td>
<td>94%</td>
</tr>
</tbody>
</table>

Clinical tests compared Pro-gesic against presently used products which included: BenGay, Sportcreme, Tiger Balm, Icy-Hot, Aspercreme, Absorbine Jr., Flex-all 454, Heet, Mineral Ice. Test results available upon request.

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Address

Cityburgh, State Zip

Amount enclosed $ Check

Visa MC

Card No. Expires

Signature

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If you are not completely satisfied with the fast acting odorless, greaseless Pro-gesic, return unused portion within 10 days of purchase for a full refund of the purchase price. Please allow 4-5 weeks for delivery. Overnight service available as of January 1, 1990. Please add an additional $2 each for overnight shipments.
1989 LDR Awards

Continued from page 1


A close runner-up was Bill Rodgers, 41, of Sherborn, Mass., who won the award last year. Rodgers defeated Schau in the Charlotte Observer 10K (30:50), UCI/USRA Masters 8K (24:05), and Myrtle Beach 10K (30:00). He was the first American in the World Veterans 10K (36:06), 20K (1:21:26), 10K (30:35), and 10K X-C, and logged 10Ks of (1989, 1:08:32), 10K (32:33), and marathon (2:33:12). He was first in the Gasparilla 15K (51:57), Nike Cherry Blossom 10-mile (5:44:40), Boilermaker 15K (52:05), Asbury Park 10K (33:57), Philadelphia half-marathon (1:13:44), Parkersburg half-marathon (1:14:07), Delaware 15K (51:45), and in the World Veterans 10K Road Championships (33:09:5). Also: Ray Hatton, Fred Kidd, Ron Poston, Bill Foulk, Ino Cantu.

Other contenders were Jim Pearson, with 10Ks of 30:47, 31:03, 31:11, and 31:19; Larry Olsen, second American behind Schau at Gasparilla (47:29); Earl Owens, with 10Ks of 31:37 and 31:40; and Don Kardon, first American in the Los Angeles Marathon (2:22:24), Revco 10K (31:42), Boilermaker 15K (47:32), TAC Masters 10K (30:26), and Delaware 15K (47:00).

Other contenders were Gabrielle Andersen, with marathons of 2:49 and 2:51, a 34:24 10K, and 15Ks of 33:09 and 34:29; Jane Hutchins, with marathons of 2:46 and 2:53 and 10Ks of 35:53 and 35:55; Nancy Oshier (10K, 36:18), 15K (55:12), 20K (77:05); Nancy Miesczak, Mary Wood and Barbara Filutze.

Awards in the other age-groups were as follows:

M45: Mike Heffernan, winner of national masters titles in the marathon (1988, 2:32:16), 10K (31:09), and 20K (1:09:33), and first American in the World Veterans 10K road (32:08) and 10K cross-country. Runners-up: Don Coffman, Steve Lester, Bruce Mortenson, Ralph Zimmerman, Mike Manley, Sal Vasquez.

M50: Fay Bradley, 1st American M50 in the TAC Marathon Championships (2:38:58); first in Asbury Park 10K (33:46); first in Myriad Garden 10K (33:45); second in the National 10K (32:31). Also: Dan Conway, Jim O'Neill, Mel Williams, Bill Johnston, Don Steeman, Bill Orlrich, Daley Bearall, and George Buckner.

M55: Norm Green, top masters age-graded runner of the year in all age groups, won TAC titles in the half-marathon (1:12:21), 20K (1:08:07), one-mile road (4:49:11), 10K (32:53), and marathon (2:33:12). He was first in the Gasparilla 15K (51:57), Nike Cherry Blossom 10-mile (5:44:40), Boilermaker 15K (52:05), Asbury Park 10K (33:57), Philadelphia half-marathon (1:13:44), Parkersburg half-marathon (1:14:07), Delaware 15K (51:45), and in the World Veterans 10K Road Championships (33:09:5). Also: Ray Hatton, Fred Kidd, Ron Poston, Bill Foulk, Ino Cantu.


M70: Nate White won national titles at 10K (44:18) and 5K X-C; was first American in the Vets 10K X-C; and won the Boilermaker 15K (1:13:11). Also: Eddie Lewin, Paul Amadio, Charles Ishimaru, Andrew Neidig, Cokey Daman, Austin Newman, Paul Reese, Vince Carnewale, and Dutch Benedetti.

M75: Dudley Healy was first American in the Vets 10K (46:24), and won at Asbury Park 10K (47:59), TAC 15K (1:15:44), and Gasparilla 15K (1:13:27). Also: Alfred Funk and Bill Brobston.

Norm Green, voted the top M55 long distance runner of 1989 by The Athletics Congress. Photo by Bill Mehan.


M85: Max Popper won TAC's 10K (1:05:14) and handled the Asbury Park 10K (1:05:50). Also considered: Willard Benton.


Top Field Set for Naples

Continued from page 1

Putnam, Norm Green, Bill Fortune, Jim O'Neill, and Ed Benham.

Top female entrants include Priscilla Welch, Laurie Binder, Jane Hutchison, Barbara Filutze, Christine Tattersall, Nancy Oshier, Claudia Ciavarella, Nancy Miesczak, Marion Irvine, Gina Faust, Mary Norkauer, and Loretta Sheahan.

Most of the cash prizes will go to the 40-44 age divisions, but there are some incentives for the other age-groups, as well. The 40-44 winners of the 18-race Circuit will each receive $3500, with prizes ten deep. The winners of the other divisions will receive $750 for 45-49 down to $250 for 70+. (Points are awarded on a 10-9-8, etc. basis through 10 places in each five-year age division of the 18 races, with a runner's best five places counting in his or her total points).

In the 8K Championship race, the top 10 men and women finishers will win from $2500 (1st) to $50 (10th). Age-group winners will each receive $100.

In addition, Sorbothane will award $100 each to the best male and female age-graded performance in Naples, and $300 each to best male and female age-graded Circuit performances of the year. After 16 races, Rodgers, last year's 8K winner, leads that bracket with 45 points, with Schau (42 pts), and Wainwright (40) close behind. Hutchison, the 1988 W40 Circuit Champion, narrowly leads Oshier, 47-46, with Miesczak (42) and Ciavarella (39) still in contention. The 17th Circuit event will take place at the Charlotte Observer 10K on January 6.

Continued on page 28
International Scene

Report From the President

In order to accommodate the decisions of the IAAF Veteran’s Committee and the programme of co-operation between the IAAF and WAVA, which was submitted and approved by the IAAF Congress (Barcelona, Spain, 6th Sept. 1989) certain changes have to be made to WAVA procedures and these are listed below in points 1-4:

1. Affiliations
   a) The WAVA General Secretary must produce a list of national WAVA affiliates which will indicate whether the WAVA Member is part of the IAAF Member Federation.
   b) The above mentioned list will be categorized into the same geographical areas as currently recognized by the IAAF.
   c) WAVA affiliation rules will, from now on, be based upon those of the IAAF. Consequently WAVA affiliates will now automatically become a member of their Continental Association without any additional affiliation payment.
   d) Veteran organizations that are IAAF Members who are also members of WAVA, or who are about to join WAVA, will not be requested to pay a separate affiliation fee to WAVA. The IAAF will instead be asked to pay, from 1990 onwards, an annual subsidy to WAVA which will reflect the loss of these affiliation fees.

The WAVA Treasurer will calculate the theoretical income which would have arisen from these affiliation fees between now and the WAVA General Assembly in Turku (FIN), 1991. The subscription fee rate applied will be that stated in the amended WAVA rules approved at Eugene. Members of WAVA who are not members of their IAAF Member Federation must, however, continue to pay their affiliation fee to WAVA as at present.

2. Continental Veteran Associations
   a) It is envisaged that the structure between WAVA and its Continental Associations should be based upon that of the IAAF. It is also hoped that the IAAF Area Groups will first develop a closer and more regular contact with the WAVA Area Representatives and secondly invite the WAVA Area Representatives to the Area Congress.
   b) The re-structured relationship between WAVA and its Continental Associations will be formally stated in a document of affiliation that will be shortly sent out by the WAVA Secretariat.

This affiliation form will officially clarify the status of the Continental Association as belonging to WAVA, will state the obligations of the Continental Association, list the countries that come under its aegis and generally ensure that its constitution and rules do not clash with those of WAVA.

3. National Organization of WAVA Affiliates
   The programme for the integration of veteran activity within IAAF Member Federations was confirmed at the IAAF Barcelona Congress and is one of the key points of the IAAF/WAVA agreement.

Should there arise, in any country, a disagreement between the WAVA affiliate and the IAAF Member, both the IAAF Veterans Committee and WAVA must first be informed and will suggest a solution. Until the next WAVA General Assembly in 1991, the final decision on Membership will belong to the WAVA Council, as stated under point 3(c) of the WAVA constitution. Nevertheless the authority of the IAAF Member Federation shall always be respectfully borne in mind. As its next General Assembly in Turku (FIN) in 1991 a constitutional modification will be submitted for approval which will give the IAAF Council the authority of a final decision on matters of national disagreement within veteran athletics.

In countries where WAVA has no affiliate, from 6th September, 1989, absolute authority will lie with the IAAF Member Federation.

4. WAVA Handbook
   A new edition will be produced as soon as possible, in cooperation with the IAAF and distributed to all IAAF and WAVA Members.

The following additions will be included in the handbook:
- List of all WAVA affiliates with their names and addresses
- List of all Continental Associations with their names & addresses
- An example of the affiliation form for individual countries
- Confirmation that WAVA affiliates which are IAAF Members will be exempt from paying affiliation fees.

5. General Information
   IAAF/WAVA Programme of Co-operation

Both the IAAF and WAVA hope that all WAVA affiliates will be part of their respective IAAF Member Federation by 1991. This implies that the integration of WAVA affiliates, currently independent from their National Federation, will have to take place within the next two years.

Nevertheless, it is feasible that independent WAVA affiliates will continue to exist in countries where the National Federation: a) does not intend to recognize veteran activity, or b) prefers to recognize an independent Veteran’s organization.

It is envisaged that WAVA will be the World Organization solely responsible for veteran activity under the aegis of the IAAF. WAVA will still remain an “Association” with its General Assembly, elections, and ability to make decisions regarding veteran rules and Championships.

WAVA will, however, recognize the superior authority of the IAAF and will ensure that its rules will never conflict with those of the IAAF.

In order to consolidate and advance our programme of integration, it is proposed that a Member of the IAAF Council be co-opted onto the WAVA Council. This would give the IAAF a measure of control and co-ordination of WAVA decision/policy making. This proposal is also recommended at Continental level.

I thank you for your attention to the above points and send every good wish to you. The contents of this letter have been agreed with the IAAF General Secretariat.
Romance Blooms in Eugene

from KAREN MYERS
of the Eugene Register Guard

If it weren’t for the World Veterans Championships, Dave Curran and Jean Folan wouldn’t be saying “I do” in Ireland this month.

Curran, 50, of Eugene, Oregon, met Folan, 38, of Fray, Ireland, in Eugene last summer when Curran organized a rafting trip for athletes from Ireland. The two will be married on December 28, 1989, in Padthwa. A mountain view will be the backdrop for the wedding. Curran and Folan, with them will be many of the Irish athletes who watched their international romance blossom during the Championships in August.

“It seems like a dream unfolding,” Folan said recently in Eugene. A lecturer in anatomy at University College in Dublin, Folan ran the 10K and 10K cross-country races, in which she placed seventh and ninth, respectively, in the W35 age group.

In 1979, she was the first woman to run in Ireland’s National Marathon Championships, after Ireland’s athletic

WA VA Enters Agreement With IAAF

by ALASTAIR LYNN, Secretary of WA VA

On page 21 is a report by the WA VA President, Cesare Beccalli, covering the meeting of the IAAF Veterans’ Committee and other activities during the IAAF Congress held in Barcelona in September ’89. You will, of course, wish to read this report in detail; however I thought it would be useful to summarize the main points covering WA VA’s developing relationship with the IAAF.

The IAAF Congress approved that WA VA continues with the current format, having its own General Assembly and holding its own World Veterans’ Championships. This further emphasizes that the IAAF recognizes WA VA as the Organizing Body for Veterans worldwide.

5. WA VA Affiliates who are the National IAAF Affiliate will pay the affiliation fee to WA VA. Their fees are covered by a subsidy paid by the IAAF to WA VA. WA VA Affiliates who are not the National IAAF Affiliate will continue to pay their affiliation fee directly to IAAF.

6. WA VA Affiliates who are not the National IAAF Affiliates may continue after Turku, where the National IAAF Affiliate does not intend itself to start a Veterans’ activity, or where it prefers to recognize an independent Veterans’ Organization.

7. The IAAF headquarters staff will supply administrative assistance, details yet to be worked out, to help the WA VA Secretary in the increasing workload of its responsibilities.

It is most important for all WA VA Affiliates to realize that when a WA VA Constitutional change is involved, only the WA VA General Assembly in Turku can authorize it.

We are making good progress.

Three of the top veteran runners in the world. from left: Derek Turnbull, 62, New Zealand; Jim O’Neill, 64, San Diego; John Gilmour, 70, Australia; at the World Veterans Championships in Eugene.

Photo by Al Neville

WA VA Enters Agreement With IAAF

Three of the top veteran runners in the world. from left: Derek Turnbull, 62, New Zealand; Jim O’Neill, 64, San Diego; John Gilmour, 70, Australia; at the World Veterans Championships in Eugene.

Photo by Al Neville

WAVA Enters Agreement With IAAF

by ALASTAIR LYNN, Secretary of WAVA

On page 21 is a report by the WAVA President, Cesare Beccalli, covering the meeting of the IAAF Veterans’ Committee and other activities during the IAAF Congress held in Barcelona in September ’89. You will, of course, wish to read this report in detail; however I thought it would be useful to summarize the main points covering WAVA’s developing relationship with the IAAF.

The IAAF Congress approved that WAVA continues with the current format, having its own General Assembly and holding its own World Veterans’ Championships. This further emphasizes that the IAAF recognizes WAVA as the Organizing Body for Veterans worldwide.

2. Links will be forged at regional level between the WAVA Regional Associations and the IAAF equivalent.

3. A member of the IAAF Council will become a member of WAVA Council. Until the 1991 General Assembly — to be held in Turku, Finland — this person will be an advisor/observer as the WAVA Constitution does not permit him/her to vote. At Turku WAVA will vote on a resolution to make the IAAF representative a voting member on the WAVA Council.

4. Until the 1991 General Assembly, the WAVA Council, in accordance with our Constitution, will make the final decision when more than one organization wishes to be the National WAVA Affiliate in an existing WAVA Affiliated Country. Subject to the WAVA General Assembly’s agreement, after the 1991 General Assembly the right to make this final decision will pass to the IAAF Council.

5. WAVA Affiliates who are the National IAAF Affiliate will pay the affiliation fee to WAVA. Their fees are covered by a subsidy paid by the IAAF to WAVA. WAVA Affiliates who are not the National IAAF Affiliate will continue to pay their affiliation fee directly to WAVA.

6. WAVA Affiliates who are not the National IAAF Affiliates may continue after Turku, where the National IAAF Affiliate does not intend itself to start a Veterans’ activity, or where it prefers to recognize an independent Veterans’ Organization.

7. The IAAF headquarters staff will supply administrative assistance, details yet to be worked out, to help the WAVA Secretary in the increasing workload of its responsibilities.

It is most important for all WAVA Affiliates to realize that when a WAVA Constitutional change is involved, only the WAVA General Assembly in Turku can authorize it. We are making good progress.
GOODWILL GAMES MARATHON 1990
An Invitation to Run

You are invited to lace up scissors against an elite field of the world's best runners in this country's most exciting international athletic event on July 21 & 22, 1990, in Seattle, Washington.

The Goodwill Games is history's largest sports and cultural exchange between the United States and the Soviet Union.

Out of 21 sports the marathon is the only event open for public participation and will be broadcast live to one billion homes worldwide.

There is no limit on the number of entrants and no qualifying times are necessary.

♂'s race - Sat., July 21; ♀'s race - Sun., July 22. Both races start at 7:00 a.m.

For entries send return mailing address and 50¢ (U.S.) postage to: Marathon Office, 101 Elliott Avenue West, Suite 430, Seattle, WA 98119, or call 206/282-5565.

To receive general Goodwill Games information, please call 206/554-1990.

USWEST® is the official Seattle Organizing Committee sponsor of the 1990 Goodwill Games Marathon.
The Director's Corner

by DEAN REINKE

An Exciting New Decade Ahead

There's no better time of the year than Christmas! While I certainly miss my old winter training days in Indiana, with wind-chill temperatures of 20-30 below and enough snow and ice for the Winter Olympics, believe it or not we do, in fact, periodically suffer in Florida. Early December was brutal, bringing back visions of those vintage Hoosier days with the early morning run temperatures dipping painfully below 40 degrees! Having become a certified "weather wimp" since moving to the sunshine state, I quickly picked up a cold and its accompanying laryngitis (terrible job hazard for an announcer!) and have been fighting it the entire month.

While the upcoming Charlotte Observer Marathon and ICI/USRA Masters Circuit Championships have kept us half way busy, a pregnant wife of runners in Georgia's Wes Wessely fighting it the entire month. its accompanying laryngitis (terrible job hazard for an announcer!) and have been "weather wimp" back since moving to the sunshine state, I quickly picked up a cold and new home has kept the growing Reinke household quite busy. "Little Reinke #3" will give our family a legitimate team of 5 now for the cross country season while our new home will provide a welcome mat for all you snowbirds planning to escape the frozen tundra this winter. The new phone lines should be hooked up by the time you read this, so don't hesitate to give us a call.

As we enter the new decade, its exciting to look back at how great the 80s have been and how much new territory there remains to be conquered as we move toward the year 2000. Certainly for Dean Reinke & Associates, the 80s have brought considerable success and we are truly grateful for the opportunities that have presented themselves. From a personal standpoint, we feel privileged to have worked with the caliber of clients such as Ben-Gay, Hardee's, Nissan, ICI and so many others along with quality events of all sizes too numerous to mention.

Entering my 22nd year as a distance runner and 14th year in the business of running, there are many memories and experiences that have allowed me to continue to contribute to the sport that has meant so much to me. It seems like only yesterday when some 20 years ago I was standing in the starting line of my first road race in LAgange, Indiana. On the line next to me was this "old man" who I heard was fast and, at the ancient age of "33", was supposed to be one of the country's top "senior" runners. He took off like a shot when the gun went off and I didn't catch him until the last mile, and that was after a hard effort. Later when I was introduced to him, he autographed one of his now classic books "On the Run From Dogs and People". Little did I know how monumental that first meeting with Hal Higdon was to be. To this day, he's an inspiration for me in my running and business career.

When nine years later I became the national promotion director for Brooks Shoes, also instrumental in that position for me was that same "old man," Hal Higdon. Higdon, the visionary, inspired me to convince Brooks to support the first "Masters Road Running Series" in 1981 which laid the foundation for today's successful USRA Masters Circuit, about to enter its 3rd year.

As we enter our third exciting season with the Masters, another "older" runner, Bill Adams of ICI (a master), has also been instrumental as a guiding light. We have established the only Masters road race circuit of its kind in the world. ICI has been a model sponsor and allowed us to build a strong base from which we enter the new decade. Now solidly on its feet, events on the USRA Masters Circuit paid out over $250,000 in its first two seasons and in 1990 will account for nearly one-third of all masters prize money awarded on the roads.

Masters Running magazine will move to both a spring and fall edition in the year ahead and, who knows, down the road we may expand to a quarterly and even beyond. We also have plans to expand the circuit into some exciting new regions and internationally in the years ahead. Not a week goes by when we don't receive a call from yet another runner about to enter the ranks of the Masters — with those turning 38 and 39 frustrated at having to wait yet another year to join the Circuit chase.

So just as I've been "on the roads" for the past 22 years as a runner, although admittedly at a wee bit slower pace, I'll still be there plugging away my four or five miles a day every morning at the crack of dawn. But my 4-minute mile will be that new race, series or sponsor that we bring into the sport. We've done that successfully the past decade and a half, and will continue to do so far into the next century — and loving every minute of it! ♥

Nissan Shamrock and Myrtle Beach Classic Open 1990 USRA Masters Circuit

The 1990 USRA Masters Circuit will begin March 17, at the Nissan Shamrock 8K in Virginia Beach, Virginia. Last year's Nissan Shamrock event was also on the Circuit and saw the first ever Masters Circuit performance of Wilson Waigwa, who defeated Bill Rodgers in his first-ever confrontation. Entering its third season, the USRA Masters Circuit plans to expand from its 18-city, 1989 circuit, which ends January 13 at the USRA National Masters Championship in Naples, Florida.

The Circuit will again offer a substantial grand prix prize purse based on accumulated points earned at Circuit events throughout the season. The same rules as have been utilized in the first two seasons will again apply with competition slated in seven, 5-year age groups for both men and women, from 40-44 thru 70 & over. Runners may accumulate points from their five best circuit performances and run as many races as they wish. Top age-graded performances, sponsored by Sorbothane in '89, will be honored at each circuit race and throughout the season once again.

The second '90 USRA Masters Circuit event will be the March 24, Myrtle Beach Classic in South Carolina. In its third year on the Circuit, last year's winners were Bill Rodgers and Barb Filutze. A separate Masters 10K is held one hour after the open race, which is also the format at Nissan Shamrock.

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Georgia's Wes Wessely, 41, will go after part of the $40,000 purse being offered to masters runners in Naples, Fla., January 13, in the grand finale of the ICI/USRA Masters Circuit. Photo by Sailer, Ltd.

---
Southeastern-based Sports sponsored events coming year - scheduled to run Nissan Shamrock officially Nike Internationals. Look for the where she set world program s for athletes wearing their Shamrock final two events of September.

10K.... 36-year-old former Rono, now a resident, running January Lebow's _ • • • _ Photo

Stewart of Eugene SK January Lebow's _ • • • _ Photo

.csv

Near Naples. Make that a new best three city

14-city circuit - he now

from June thru World Championships - he now

will remain on the roads. . . . . Former West German Olympian's 7-year drug
treatment. is apparently behind the

Fanelli and the elusive World Veterans Games , now a physician, ran his first marathon in 2.27:

Former Olympian, FBI agent, Purdue women's track coach and author Fred Wilt, recently appointed coordinator of coaches education for TAC. . . . Our latest Dave "Anabolic" Jenkins report finds the former British Olympian's 7-year drug

prison term reduced to 10 months.... The hard times continue for Zola Budd with the recent death of her father.... Las Vegas International Airport discussing a major run in the fall of '90.... TAC rules Hagerstown, Maryland ace Jeff Scullins must return $9000 prize money from controversial positive drug test.... Don't look for Pat Porter's recording setting 5K TA/dirconia country victory to be broken soon.... Dick Beardsley escaped with his life after a tragic farm accident in Minnesota. Tough times continue for one of America's fastest ever marathoners as he had no insurance....

At a recent 10K in Hawaii, Gary "39" Fanelli and the elusive Gerry Lindgren both ran

in the fall of '90. . . . Barb Fluzet fit and ready to tackle Charlotte Observer 10K and Naples ICI/USRA Masters National Championship after long injury riddled year....

— Dean Reinke

ICl/USRA Masters Circuit Happenings

Masters Circuit Happenings

ICl/USRA Masters Circuit Point Standings (16 Races)

Masters Circuit Point Standings (16 Races)

Men's 60-64:

Bill Rodgera 41 Sherborn, MA 45/5
Bob Schlu 41 45/5
Wilson Naipes 41 45/5
Dee Stewart 41 45/5
Joe Pearson 41 Ottawa, Canada 33/4
Dave Wessely 41 32/4
Ken Sparks 41 29/5
Bud L. Owens 41 15/3
Laurence Giesen 42 Millis, MA 15/2
Men's 45-49:

Ralph J. Lammersen 47 Cheektowaga, NY 50/5
Don O'Donnell 45 4/3
Thomas M. Hare 45 Raleigh, NC 17/2
William V. Hefferman 45 15/4
William Gould 45 Maresco, IL 12/2
Stu Gisler 45 12/2
Charles A. Parmalee 45 Albany, NY 18/2
Pat J. Corcoran 45 Elizabeth, NJ 18/1
Robert Houshaw 45 Newkirk, OK 18/1
Bruce Mortenson 45 Minnetonka, MN 18/1
Men's 50-54:

Donald Sleeman 50 Ann Arbor, MI 44/5
Dick Ruschka 50 St. Petersburg, FL 42/5
Fay Bradley 51 Washington, D.C. 38/4
William A. Johnston 51 Salt Lake City, UT 32/4
Jim Larson 51 Gulfport, FL 29/4
Willie H. Raye 51 New York, NY 21/3
Roger D. Robinson 51 Vienna, VA 20/2
Dan Conroy 52 Cheyenne, WY 19/2
Ben Johns 53 Ottawa, MA 17/2
Men's 55-59:

Norman N. Green 57 Wayne, PA 40/4
John Harwich 57 Clifton, NJ 37/5
Jay Sturdevant 58 Ridgefield, CT 18/2
Frank E. Dudley 56 Wilkes-Barre, PA 15/2
Gerald Rich 55 Clarksville, TX 10/1
Tom Ray 55 APO, MA 10/1
Greg Fress 58 St. Anthony, MN 10/1
Stanley J. Witoszki 58 Honolulu, HI 10/1
Larry Dole 59 Men's 60-64:

Bill Fortune 61 Pearl River, NY 49/5
Jim Averio 64 46/5
Ed Hamilton 61 Greenbush, NC 25/4
Jack Gentry 61 Rogers, AR 19/2
Len Glenn 61 19/2
Herbert Chisholm 62 Alexandria, LA 18/2
Dick Brown 62 Fitzgerald, GA 15/2
Men's 65-69:

John B. Molnar 65 Sunnyvale, CA 49/5
John C. Burton 66 Wayzata, MN 49/5
Deowv Miller 64 Madison, WI 18/2
Bill Tribou 68 Grady, CT 15/2
Robert S. White 65 Hampden, MA 10/1
Men's 70 & Over:

Ed W. Bennett 81 Ocean City, MD 20/2
Nathaniel H. White 78 Fayetteville, AR 19/1
Howard Hecht 77 18/1
Howard Calcott 78 Oregon, OR 18/1

Women's 60-64:

Jane Hutchinson 43 Webb City, MO 47/5
Nancy L. Osher 40 Buford, GA 66/5
Kathleen Clavaree 40 Orlando, FL 39/5
Napire Drake 40 Santa Monica, CA 30/3
Laurie Binder 41 Oakland, CA 21/3
Mary L. Wood 44 Montrose, CO 19/3
Diane Langston 43 Gladstone, MO 17/3
Linda Cash 46 Brownfield, TX 16/2
Gabrielle Anderson 46 Sun Valley, ID 15/2
Women's 45-49:

Christine Tattersall 47 Killingworth, CT 54/5
Susan A. Weinbrod 47 Fall River, MA 46/5
Karen Mcentire 47 Richmond, VA 42/5
Mary H. Shaver 47 Rochester, NY 19/2
Jean Ullrey 47 San Francisco, CA 18/2
Linda W. Conners 47 New York, NY 16/2
Carol Lasseter 46 Woodbridge, VA 15/2
Macy E. Frisoe 46 Utica, MI 14/2
Gail Rodd 46 San Francisco, CA 12/2
Sharon Marko 46 East Sparta, OH 10/1
Women's 55-59:

Jo-Wright Whitton 51 Rochester, NY 40/7
Gina U. Farrow 51 Winston-Salem, NC 36/4
Susie Klutts 52 New York, NY 19/2
Men-Shi Yu 52 Memphis, TN 18/2
Mary Anne Wehrm 51 Arnold, MA 17/3
Jeanette J. Chambers 54 Houston, TX 16/3
Henry Cullen 52 Dunwoody, GA 10/1
Women's 55-59:

Gloria Brown 57 Grand Island, NY 30/3
Jean H. Evans 57 Roanoke, VA 14/2
Vera Mclellan 56 Covington, GA 14/2
Maire Crowie 57 Golden Valley, MN 13/3
Mary Anne Wooding 57 Chenango, NY 10/1
Dolores McCabe 57 Victoria, BC 10/1
Thelma Wilson 57 North York, ON 10/1
Women's 60-64:

Mary E. Borckauer 62 Baton Rouge, LA 49/6
Barth Anderson 64 Lincoln, NE 18/6
Cecile Napier 62 Scottsdale, AZ 10/1
Mary Otte 64 Kansas City, MO 10/1
Women's 45-69:

Loretta Eben 66 West Seneca, NY 49/5
Donna M. Landry 65 Westland, MI 19/3
Edith Favia 65 St. Petersburg, FL 18/1
Marjorie Piscopo 65 Boone, IA 18/1
Mary Story 65 CA 18/1
Rosemary Davidson 66 Victoria, BC 18/1
Women's 70 & Over:

Louise L. Martin 72 Appomattox, VA 18/1
Eve Johnson 71 Huntington Sta., NY 18/1
Althea Wetherbee 70 Philadelphia, PA 18/1
Brena M. Furlattar 72 Fort Worth, TX 18/1
Mavis Linden 82 CA 18/1
Betsy Miller 72 Federal Way, WA 18/1

Jim Pearcy will vie for M40 honors at the ICI/USA TAC National 8K Championships on January 13 in Naples, Fla.

Photo by Sailer, Ltd.
Minutes of Masters Track & Field Committee Meetings

Wednesday, November 29

Election of Chairman

Barbara Kousky of Eugene, Oregon, was selected over David Pain of San Diego, as chairman for a two-year term.

Thursday, November 30 - Morning Session

Retiring Chairman Jerry Donley turned the chair over to Kousky.

Site Selection

Max Goldsmith, Site-selection Chairman, said Indianapolis is ready to host the 1990 Outdoor Championships; the Committee reviewed the proposed schedule and suggested changes. The 1991 National Championships were awarded to TAC's Chicago Association - headed by Dick Green - in Minneapolis, which has a good indoor facility. The 1992 Nationals in San Diego, has requested $30,000 plus an additional $15,000. In 1989, Masters T&F had been allocated $25,000 and had requested $30,000 for 1990.

In the Budget and Audit Committee meeting on Wednesday, Masters T&F proposed an increase to $25,000 for each sports committee, but was voted down, 8-3, with support only from Masters LDR and Women's LDR.

However, TAC Treasurer Steve Boyle and Controller Barbara Rush had said that additional funds might be available by mid-March, so "minimum" and "maximum" budgets were approved (see chart). The Committee was also upset that TAC's budget had not been presented to members until a few days before Convention time, in conflict with the B&A's vote two years ago that the budget must be presented to B&A members at least 60 days prior to the Convention.

Discussion was held on possibly charging athletes a $5 fee at the nationals (a la WAVA) to go into a separate fund to help the program.

The National Masters News will again receive a separate $500 stipend from TAC for 1990.

The Committee approved two motions:

1) "In light of the 20% increase in TAC administrative expenses, we request — at the time of TAC's Budget Report at the General Session on Saturday — detailed information on TAC salaries, including the specific salaries of the top executive officers."

2) "We urge the chairman of the Budget & Audit Committee, in the future, to submit the proposed TAC budget 60 days in advance to B&A Committee members."

Law and Legislation

Bob Fine, LAL Chairman, proposed three motions, all of which passed:

1) That we retain jurisdiction of masters trackwalking.

2) That our jurisdiction over age-group athletes be the same as WAVA. (WAVA currently has jurisdiction over M40+ and W35+).

3) That we retain official jurisdiction for the national submasters championships.

Multi-events

Bill Harvey, Multi-events Chairman, said our multi-event program reached its pinnacle in Eugene, with the successful first World Veterans Decathlon/Heptathlon. A decathlon/heptathlon will be held at the Turku World Championships in 1991, and possibly a pentathlon, as well.

The number of women multi-events is dwindling, and it wasn't too good to start with. The multi-event budget has been cut from $2400 to $600, because of the cuts in the Committee's overall budget.

The outdoor pentathlon will continue to be held at the nationals. The decathlon/heptathlon will be a separate event, not part of the nationals.

Racewalking

Bev LaVeck, Racewalking Chairman, said there are no official masters racewalking records; only some official "bests." The nationals will offer 5K and 20K walks, different from WAVA which stages 5K and 10K events.

Rules

Shirley, Rules Chairman, said the Rules Committee of TAC cannot consider any new rules in odd-numbered years, unless they are IAAF or WAVA changes. TAC will print a "1990 Competition Rules Book" reflecting three changes to bring TAC into line with WAVA:

1) M50 and M55 3000 revets to 400H.
2) M40 to M55 throwers may use either the "old" or "new" 800g javelin.
3) M70+ short hulidata will switch from 8w between hulidata to 7m.

The 600g javelin definition will change on January 1, 1991. Thus, we'll have two legal 600g javelins.

A motion passed to mandate team championships for racewalking, three deep with M40, M50 and M60 on a cumulative time basis.

The Rules Committee was charged with the enforcement of rules at masters national, sectional and association championships.

Only fully automatic times will now be recognized for U.S. five-year-age-group records, per recent changes in the record lists, a hand time will be listed if its equivalent automatic time is superior to the AT best. The recognized variable is HT + .24 seconds = J.T.

Discussion was held on the use of starting blocks. Shirley suggested language be drafted to clear up the confusion in the current book. The sense of the group was to allow competitors to use virtually any starting stance they desired.

Thursday, November 30 - Afternoon Session

1989 Nationals

David Pain, Executive Director, said the 1989 Nationals showed a small profit due to a $25,000 grant from the city of San Diego.

Foreigners were given a generic medal; not a TAC Championship medal. Over 550 officials volunteered. Pain said it was one of the best national meets; athletes were marshaled onto the field; the Melbourne computer system was used. The free opening reception drew 600; the closing fiesta drew 5764, Masters Track and 510, Masters Field.

The 600g javelin reception drew 600; the closing fiesta drew 31,484, Masters Track and Field.

The Masters Track and Field Committee in action at TAC's convention in Washington, D.C.
THE ATHLETICS CONGRESS
November 27 - December 2, 1989

Continued from page 26

TAC MASTERS TRACK & FIELD COMMITTEE BUDGET

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Clearing Up the Relay Rules

by GRAEME SHIRLEY, TAC Masters T&F Rules Chairman

There has been confusion regarding the composition of relay teams at masters championship meets. I hope the following background and examples explain the eligibility requirements.

T&ACUSA publishes two volumes annually:

(1) *Competition Rules for Athletics*

Any team director who needs certified officials should check the T&ACUSA. They will find officials who will travel, at their own expense, to your meet.

Rules

Shirley said T&AC's Rules Committee, when it wrote the exemption for masters to the 4-point starting block rule, meant that masters could use a starting stand, a 3-point stance, or whatever. But, to clear it up, language will be proposed at the 1990 Convention for the 1991 Rule Book.

Bohigian proposed changing the word "may" to "shall" in Rule 75.3. Shirley said the Rules Committee will consider it.

National Clubs

Donley said National Clubs do not currently apply to masters. They're used to promote the sponsor's name. Members do not compete in association championships. Gary Miller and Phil Mulkey suggested exploring any advantages in national clubs for masters.

Relay Teams at Nationals

See article by Shirley. Athletes should immediately protest to the meet director if the relay rule is violated.

66. Weight Throw

Chuck Kehm, Weight Coordinator, proposed (through Donley) that a National 66-lb. Weight Throw Championship be held on the second Sunday in September.

Hall of Fame

Gary Miller proposed a Masters Hall of Fame. Kousky will appoint a committee to explore it and report at the 1990 convention.

All-American Awards

Sheahan showed the new AA patch and tag designed by Alex Pappas, being offered to athletes who better the AA standards. Suggestions to drop the word "Award" and add "T&AC/USA" to the patches.

Age-Graded Tables

Sheahan said the concept of age-grading is catching on, and several meets have used the age-graded tables book. The U.S. and World Decathlon successfully used the age factors for scoring. The committee requested tables for the decathlon/heptathlon and pentathlon. Meet directors are asked to include the actual mark, age factor, age-graded mark, and points when printing multi-event results.

Sports Medicine

Sloan Stratton, Sports Medicine Chairman, said several sports medicine books are now available.

1990 Indoor Nationals

Donley said the Madison, Wisconsin organizers have obtained a sponsor, and that the entry form would appear in the January *National Masters News*.

Scorecard Timing

In a technical but fascinating explanation, Andy Boyajian reminded meet directors that the accuteach unit should be placed on the finish line, not in front of it.

Budget

It was moved and passed that the Committee drop its plan to raise the issue of the budget on the floor, if it gets enough information in advance.

Frank Greenberg, TAC President, then explained to the group that the unexpected withdrawal of the Eikden sponsorship caused cuts in the Sports Committee's 1990 budgets. He said TAC's administrative expenses, such as legal expenses involving the South African bans, cost-of-living increases and other commitments forced a 20% increase in the 1990 administrative expense budget. He said salaries of top TAC officers are not public information, and suggested we write to TAC Treasurer Stan Wright and Budget and Audit Chairman Steve Bosley, stating our case.

The Committee agreed it was satisfied with the information and agreed to drop its planned inquiry at the General Meeting.

Appointments

Kousky appointed the following Committee officers: Outdoor Coordinator: Bruch Springbett; Indoor Coordinator: Scott Thorson; Multi-events Coordinator: Rex Harvey; Secretary-Treasurer: Al Sheahan; Outdoor Records: Pete Mundle; Indoor Records: Haig Bohigian; Rankings Coordinator: Jerry Wojcik; Site-selection Coordinator: Max Goldsmith; Racewalking Coordinator: B.E. Veck; Rules Coordinator: Graeme Shirley. Sectional coordinators appointed were: East: Haig Bohigian; Midwest: Dick Green; Southwest: Danny Thiel; West: Gary Miller; Northwest: Al Phillips.

Donley, Harvey and Goldsmith were appointed as At-Large Delegates, with two additional delegates to be appointed by the Chair. Donley was named to TAC's Board of Directors.

Continued on page 28

LDR Minutes

Minutes of the Masters Long Distance Running Committee were not available at press time. They will be published next month.

Al Sheahan, right, presents plaque from Masters Track & Field Committee to outgoing Chairman Jerry Donley.
The 8K race will highlight the ICI/Naples Running & Fitness Weekend, which includes an open 8K run, 5K family healthwalk, pre-race clinic and expo. The first 500 registrants will receive a free spaghetti dinner with Rodgers and the other world-class masters. Anyone over-age 40 may enter, and registrations will be taken on race day.

Circuit awards will be presented at a Saturday night banquet. Dean Reinke, USRA Director, will emcee the weekend’s festivities.

Bill Adams, General Manager of Public Affairs for ICI, the major sponsor of the Circuit the past two years, said “we’re looking forward to a very exciting weekend. This surely must be the finest field of masters runners ever to compete in one race.”

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**PUBLICATIONS ORDER FORM**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Masters Age Records</th>
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<tbody>
<tr>
<td></td>
<td>Men’s and women’s world and U.S. age bests for all track &amp; field events, age 35 and up; and for all race-walking events, age 40 and up, as of Oct. 31, 1988. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVAS Masters T&amp;F Rankings Chairman. $2.00</td>
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<td>Masters Track &amp; Field Rankings</td>
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<td>Men’s and women’s 1989 U.S. outdoor track &amp; field, 5-year age-group rankings. 44 pages. Over 100 deep in some events. All T&amp;F events, including 3000, 10,000, weight, relays, 1500 walk, and 5000 walk. Coordinated by Jerry Wojcik, TAC Masters T&amp;F Rankings Chairman, and the National Masters News. $5.95</td>
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<td>Masters Age-Graded Tables</td>
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<td>Single-age factors and standards from age 21 to 90 for men and women for every common track &amp; field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes: Includes world and U.S. 5-year age-group records, as of May 1, 1989. $5.95</td>
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<td>Masters 5-Year Age-Group Records</td>
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<td>Men’s and women’s official world and U.S. Outdoor and Indoor 5-year age-group records for all track &amp; field events, age 35 and up, as of June 1, 1989. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVAS and TAC Masters T&amp;F Rankings Chairman. $1.50</td>
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<td>Competition Rules for Athletics (1989-1990)</td>
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<td>U.S. rules of competition for men and women for track &amp; field, long distance running and race walking — youth, open and masters. $9.95</td>
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<td>TAC/USA Directory (1989)</td>
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<td>Includes TAC By-Laws and operating regulations, as well as listings of National officers and staff, Board of Directors, sports committees, administrative committees, and TAC associations. $9.95</td>
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<td>IAAF Scoring Tables (1985)</td>
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<td>Official world scoring tables for men’s and women’s combined-event competitions: $11.95</td>
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<td>Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. $32.00</td>
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ICI Cuts Back
Masters Promotional Budget

ICI Americas, Inc., which sponsored the ICI/USRA Masters Circuit in 1988 and 1989, will not be as heavily involved with the 1990 USRA Circuit. Bill Adams, General Manager of Public Affairs for ICI, said “some of ICI’s promotional activities are being scaled back, and we no longer have the budget available to underwrite such a circuit. I think the concept is still valid, and I’m sure Dean Reinke can continue to make it work with other sponsors. He had the drive and enthusiasm to get the Circuit started, and we wish him well.”

Adams said ICI, which sponsored the Awards Luncheon at TAC’s annual convention last month in Washington, D.C. “still believes strongly in the masters program, and hopes to continue to be involved.”

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Minutes of Masters Track & Field Committee

Continued from page 27

Special Presentation

The Committee presented a plaque to outgoing Chairman Donley for his six years of devoted leadership, and for his vision in helping to bring the World Veteran Championships to the United States for the first time. Donley thanked the group and said he would continue to be active, albeit to a somewhat lesser degree.

The Committee officially adjourned at 12:20 p.m.

Friday, December 1 — Afternoon Session

with Masters LDR

The traditional joint session of the Masters T&F and Masters LDR Committees was held with Kousky and Charles DesJardins, Chairman of MLDR, jointly presiding.

Budget

The group agreed the TAC budget process is flawed, and hoped it could be improved.

National Masters News

DesJardins said some distance runners perceived NMN as too oriented towards track & field. Editor Sheahen said NMN tries to be as balanced as possible, but is concerned about the perception. Race directors were encouraged to send results. Readers were encouraged to submit more LDR material.

The nature of the two sports are different. The first three places in each event in a track meet can take a whole page in NMN, while the same results of a race can be put into half-a-column. (A track meet is basically 11 or more events, while a race is only one.) Perhaps deeper LDR results is the answer. Most LDR delegates in the room seemed to feel the paper was fine, as is.

WAVA LDR Championships

Norm Green reported the LDR Committee unanimously approved a motion to ask WAVA to stage 10K, 25K and perhaps X-C championships in even-numbered years, leaving the 10,000 track and marathon championships to odd-numbered years.

---

—Al Sheahen, Secretary
The true age of Joseph Nzaa is 37, according to a determination made by TAC's Board of Directors at its meeting in Washington, D.C., November 27. Nzaa, a Kenyan who lives in the U.S., had applied for masters status in several road races. TAC conducted an investigation, and found the birth submitted by the Kenyan Federation for the 1984 Olympics indicated Nzaa's birth year was 1952.

The true age of Matthew Milliken of Boston, Massachusetts, topped the master's list with a performance of 1989 was 134.5 on November 27. Nzau, topped the places in NY, Masters 25K, and the Masters 15K Cross-Country Championships in Van Cortlandt Park, Bronx, N.Y., November 26. Ed Stabler (1:01:01) defeated Bill Fortune (1:02:44) and Howard Rubin (1:04:20) in a competitive M60 contest. Myke Wise (M50, 1:57:04), Ino Cantus (M55, 1:00:05), and Sue Medaglia (W50, 1:14:32) turned in fine efforts. The Hartford TC/WAC AA won the M40/W40 team titles, respectively.

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### Track & Field National

**March 24-25.** U.S. TAC National Indoor Masters Championships, Madison, Wis. Peter Tegen, 1702 Lyndale, Madison, WI 53711.


**Each Wednesday,** Montgomery High, Rockville, Md., 7 p.m. Interval workouts. January 5-7. 21st Dartmouth Relays, Hanover, N.H. Carl Wallin, Dartmouth College, Hanover, NH 03755. 603/646-2528.


**January 14.** Brown University Indoor Invitational Meet, Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.

**January 21.** Indoor all-comers meet, Barton Hall, Cornell U., Ithaca, N.Y. 1 p.m. Diane Sherrer, 607/387-6281.


**February 18.** Indoor all-comers meet, Barton Hall, Cornell U., Ithaca, N.Y. 1 p.m. Diane Sherrer, 607/387-6281.

**February 25.** New Jersey TAC Indoor Championships, Fairleigh Dickinson U., Hackensack, N.J. North Jersey Masters, P.O. Box 36, Ridgewood NJ 07450.


**March 10.** Philadelphia Indoor Championships, Haverford College, 4:30 p.m. Chip Thomas, 705 Beechwood Rd., Media, PA 19063. 215/566-7967 (b); 215/483-8148 (o).


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**SOUTHEAST**

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee.

December 30. 12th Annual Holiday Weekend Pentathlon and Discusana, Delray Beach, Fla: Phil Partridge, 337 S.W. 14th Ave., Boynton Beach, FL 33445. 407/734-5499.


May 19. Florida TAC Masters Championships, Jones H.S., Orlando. Bob & Gloria Fine, 4223 Palm Forest Drive, Delray Beach FL 33445.

**MIDWEST**

Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.


February 11. Illinois Masters Indoor Grand Prix Meet, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

February 25. Illinois Masters Indoor Grand Prix Meet. (See February 11.)

March 7. TAC Midwest Indoor Sectional Masters Championships, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

May 27. Wolfpack Pentathlon, Upper Arlington H.S., Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547 (h).


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**NORTHWEST**


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**INTERNATIONAL**


August 23-26. WAVA North American Championships, Trinidad and Tobago.

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**LONG DISTANCE RUNNING NATIONAL**

January 13. ICI/USA TAC National Masters Grand Championships (8K), Naples, Fla. ICI/Naples Running & Fitness Weekend, P.O. Box 8638, Naples, FL 33941. 407/567-2918.

February 4. TAC/USA National Masters 5K Championships, Deland Fla., John Boyle, P.O. Box 1824, Deland, FL 32721. 904/376-0002.

March 8-11. RRCA National Convention, Miami Beach, Fla. Miami Runners Club, 7920 S.W. 40th St., Miami, FL 33155.


October 6. TAC/USA National Masters Marathon Championships, St. George, Utah. Kent Perkins, 86 S. Main St., St. George, UT 84770. 801/628-3088.

October 7. TAC/USA National Masters 5K Cross Country Championships, Syracuse, N.Y. Nate White, 18 Forscoft Dr., Fayetteville, NY 13066. 315/637-6211.


December 2. TAC/USA National Masters 8K Championships, Stellow, Wash. Jerry Evanson, 506 Main St., Stellaccoom, WA 98388. 206/716-8494.
Clearing the Relay Rules

the association in which the organization is located, or (b) a neighboring association, by agreement of the two associations.

(3) An athlete may maintain membership in an association, once established, after moving to another association, to retain membership in a club.

Regulation 8 limits national clubs to competition at the senior (open) level.

To give some examples:

(1) AI, Bob, Cal, and Don, members of the Headfoot Track Club, all live in the Florida Association, where the club is registered. They may compete at any level: Association, Sectional, and National Championships.

(2) Don moves to Nebraska, but continues registering in Florida and maintains his Headfoot membership. AI, Bob, Cal, and Don may still compete at any level for the Headfeet.

(3) AI, Bob, Cal, and Ed represent the Leadfeet at the Sectionals. Don decides to quit the Leadfeet, but finds no club in Nebraska which will send a team to the Nationals, However, a team in Nebraska (which did not form a club) will, so, with the permission of the two Associations (and after a waiting period), he joins the Prairie Dog Track Club. He may compete with them at any level.

(4) Meanwhile, Bob gets hurt, so the Nationals, the third remaining Leadfeeter joins forces with Fred, a member of the rival Florida Deadheads. AI, Cal, Ed, and Fred may run at the Nationals as a Florida Association team, but may not compete for the Association or Sectional Championships.

(5) The Preparation H national club puts together a team to challenge the Prairie Dogs and Florida teams. They may not represent their club, but if they all reside in one association, they may only compete at the Nationals as an association team.

SOUTHEAST

AlabamA, Florida, Georgia, N. Carolina, S. Carolina, Tennessee.


February 17. Edison Festival of Light 5K Classic, Fort Myers, Fla. Fort Myers Track Club, P.O. Box 06131, Ft. Myers, FL 33906, 813/278-4786.

February 17. Gasparilla Distance Classic, Tampa, Fla. P.O. Box 1881, Tampa, Fl 33601.


March 17. Nissan Shamrock Marathon/Masters 5K, Virginia Beach, Va. SASE to Shamrock Sportsfest, 2308 Maple St., Va Beach, Va. 23451. 804/481-5900.

March 31. 13th Annual Azalea Trail 10K Run, Mobile, Ala. Port City Racers, P.O. Box 16907, Mobile, AL 36616.

SOUTHWEST

Louisiana, Mississippi, Texas.

January 14. Houston-Tenneco Marathon, Houston. $7500 masters money. Houston-Tenneco Marathon, P.O. Box 56682, Houston, TX 77227. 713/757-2700.

February 24. Cowtown Marathon/10K, Fort Worth. P.O. Box 567, Fort Worth TX 76101.


WEST

Arizona, California, Hawaii, Nevada, New Mexico, Utah.

January 20. Paramount 10K World Masters Division, Paramount, Calif. Oscar Rosales 714/481-5417, 213/634-3927. Rated as one of the top 10 races in the country. Masters money. Must meet qualifying standards: M40: 34:00; M45: 36:00; M50: 38:00; M55: 40:00; M60: 43:00; M65: 47:00; M70: 52:00; M75: 65:00; M80: 90:00; M90: 100:00; M95: 110:00. W40: 44:45; W45: 47:45; W50: 52:00; W55: 60:00; W60: 75:00; W70: 90:00; W80: 100:00.


February 3. 24th Las Vegas Marathon. Fast, downhill course. Prize money for 5-year age groups through M90, W60. AI Boka, P.O. Box 81262, Las Vegas, NV 89108. Johnny Clark, 702/887-8414.


March 11. Tucson Sun Run 15K, Dave La Compte. S.A.R.C. P.O. Box 40728, Tucson, AZ 85717-0728. 520/742-6256.

March 18. 11th Tom Sullivan St. Patrick's Day 10K, Torrance, Calif. Vistas, P.O. Box 7000-251, Redondo Beach, Ca 90277. 714/545-4897.


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ON TAP FOR JANUARY

TRACK AND FIELD

Indoor meets include the Lake Erie Championships in Cleveland on the 6th; the Dartmouth Relays in Hanover, N.H. on the 6th and 7th; a Philadelphia Masters meet on the 7th, featuring the Tom Robinson Memorial Mile; the Brown University meet in Providence, R.I. on the 14th; and the first 1989 Illinois Grand Prix meet in Sterling, Ill. on the 28th.

LONG DISTANCE RUNNING

The 17th ICI/USRA Masters Circuit event is part of the Charlotte, S.C. Observer 10K/ Marathon on the 6th. On the 13th, the Circuit culminates with the ICI/USA TAC National Masters Grand Championship in Naples, Fla. Perhaps the finest masters field ever assembled will vie for $40,000 on the 8K course.

The Houston-Tenneco Marathon on the 14th offers $7500 in masters prizes money.

On the 20th, the Paramount Special Masters 10K in Paramount, Calif., offers prize money several-runners deep in five-year age divisions through M90 and W80.

More than 20,000 runners are expected for the annual Super Bowl Sunday 10K in Redondo Beach, Calif. on the 28th.

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RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

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<td>Sam Gehrke</td>
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<td>John Smith</td>
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U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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<td>Mary Johnson</td>
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MEET SITE: [Location]
EVENT: [Event]
MARK: [Mark]
HURDLE HEIGHT: [Height]
WEIGHT OF IMPLEMENT: [Weight]

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[ ] 400m hurdles: 30-79: 34", 400+: 37"
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(month and page listed)

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<td>Missouri Mile, Feb 11</td>
<td>-</td>
</tr>
<tr>
<td>New York City Marathon, Apr 10</td>
<td>-</td>
</tr>
<tr>
<td>NIH Challenge, Mar 10</td>
<td>-</td>
</tr>
<tr>
<td>NOS 10K, Apr 20</td>
<td>-</td>
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<tr>
<td>Old Reliable 10K, Jan 28</td>
<td>-</td>
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<tr>
<td>Paramount 10K, Mar 12</td>
<td>-</td>
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<tr>
<td>Peackview, Tx</td>
<td>-</td>
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<tr>
<td>Philadelphia Half-Mara, Nov 13</td>
<td>-</td>
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<tr>
<td>Red Lake Marathon, Feb 17</td>
<td>-</td>
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<tr>
<td>Rockefeller City Marathon, Feb 17</td>
<td>-</td>
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<tr>
<td>Stockholm Marathon, Jul 24</td>
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10K TAC National Championships

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Seattle 10K</td>
<td>Feb 13 (1989)</td>
</tr>
<tr>
<td>Seattle 10K</td>
<td>Feb 11 (1988)</td>
</tr>
<tr>
<td>Seattle 10K</td>
<td>Feb 13 (1988)</td>
</tr>
<tr>
<td>Seattle 10K</td>
<td>Feb 11 (1988)</td>
</tr>
<tr>
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<td>Feb 13 (1988)</td>
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<tr>
<td>Seattle 10K</td>
<td>Feb 11 (1988)</td>
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<tr>
<td>Seattle 10K</td>
<td>Feb 13 (1988)</td>
</tr>
<tr>
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<td>Feb 11 (1988)</td>
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<td>Seattle 10K</td>
<td>Feb 13 (1988)</td>
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10K Road Race

<table>
<thead>
<tr>
<th>Road Race</th>
<th>Description</th>
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<tbody>
<tr>
<td>Seattle 10K</td>
<td>Feb 11 (1988)</td>
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<tr>
<td>Seattle 10K</td>
<td>Feb 13 (1988)</td>
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Display Advertising Rates

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<tr>
<th>Column</th>
<th>Size</th>
<th>Cost</th>
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<th>Height</th>
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<tbody>
<tr>
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<td>500</td>
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<td>13&quot;</td>
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<tr>
<td>Full Page</td>
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<td>10&quot;</td>
<td>13&quot;</td>
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<tr>
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<td>75</td>
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2. FREQUENCY DISCOUNTS (1-year period)

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<tr>
<th>Frequency</th>
<th>Discount</th>
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<tbody>
<tr>
<td>3 insertions</td>
<td>10%</td>
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<tr>
<td>4-6 insertions</td>
<td>15%</td>
</tr>
<tr>
<td>7-12 insertions</td>
<td>20%</td>
</tr>
</tbody>
</table>

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

4. SPECIAL RATES:

25% discount for race and meet notices. (Dist. discounts for races and meet under 200 participants.) Inserts: $0. No frequency discounts or agency commissions.

5. DEADLINES:

Net 10 days by mailing date.

6. CLASSIFIED RATES:

$0.25 per word. Count name and address as 50 cents per word. Race notices are 40 cents per word.

7. MECHANICAL REQUIREMENTS:

a. See display rates for ad sizes.

b. No photo offset printing.

c. Negative ok. No mats, cuts or plates.

d. Add $5.00.

e. Screen: 85 lines per inch.

8. CLOSING DATES:

Last day of mailing date.

9. CIRCULATION:

Paid: 5700 Distribution: 1700

10. Mail order:

Mail order to: National Masters News

11. NAMES:

Add $5.00.

12. Address:

Add $5.00.

13. CITY:

Add $5.00.

14. STATE:

Add $5.00.

15. ZIP:

Add $5.00.

16. SEND TO:

National Masters News

Subscription Dept.

P.O. Box 5185

Pasadena, CA 91107

(Canadian checks accepted; add 20% to cover exchange. Please notify address changes four weeks in advance.)
MEET SITE AND FACILITY: Camp Randall Memorial Sports Center, 1400 Monroe Street. The track is a 220 yard, 6 lane (3 for sprint straight) mono surface (with markings for metric) with monos runway. High Jump area is smooth urethane and the throwing circle is wood. 1/8" spikes are recommended for mono and up to 3/8" for HJ. Lockers and showers are available.

ELIGIBILITY: The competition is open to all men and women (no qualifying or standards) age 30 and over. Competition will be in five-year age groups from 30-34 to 65+ (see Division for 50-59, 60-69, 70+). All competitors must be registered with the Athletics Congress (TAC) for 1990.

RULES AND STANDARDS: As set forth by WAVA and adopted by TAC Masters. Automatic timing will be used.

ENTRY DEADLINE: Early registration must be postmarked by March 1, 1991. Regular registration must be postmarked by March 14. No entries will be accepted that are postmarked March 15 or later. There will be no refunds or changing of events.

ENTRY FEE: Postmarked by March 1 $9.00 First Event $6.00 Each Additional Event $24.00 Per Relay Team Postmarked March 2-March 14 $10.00 First Event $7.00 Each Additional Event $28.00 Per Relay Team

Make checks payable to Wisconsin Amateur Athletic Club and send with entry form to: 1990 Indoor National, 2762 Lodgemenst, Madison, WI 53711. For additional entry forms use photocopier or write to the above address.

CHECK-IN AND PACKET PICK-UP: At the meet headquarters, Best Western The Inn Tower, Friday 4:00 p.m.-10:00 p.m. Saturday and Sunday at the track after 7:00 a.m.

EVENT CHECK-IN: Running event athletes must check in one event prior to their own with the Clerk of Course. Field event athletes must check in prior to the start of their event with the Track Judge at the event site.

WARM-UP AND TRAINING AREA: No warming up will be allowed on the track. The warm-up area will be in the indoor football facility. The track will be available for warm-up on Friday from 5:00 p.m.-11:00 p.m. Athletic trainers will be available at the track on Saturday and Sunday.

FIELD EVENTS: Implements will be inspected at the track beginning at 7:00 a.m. on Saturday. High jump and pole vault heights will be set based upon height submitted on the entry forms.

TRACK EVENTS: Trials will be run in age groups starting with oldest men. Age groups in the 55 M Dash and 55M Hurdles having eight entries or less reporting for the trials will run at the scheduled final times, 2000 M Dash (aer or less). The 4000 M Dash and longer will be timed finals run in sections starting with oldest women to youngest men.

RELAYS: All relay teams members must be members of the same club. Runners may move down from their age division. The following events will be held: 4x440, M50-59, M60-69, M70-79, W60-69, W70-79, M80-89, W80-89.

MEET SCHEDULE: Meet schedule is subject to change. Updated schedules will be posted at the track and at the meet headquarters on Friday, March 23. Age groups may be combined to fill empty lanes.

AWARDS: National championship medals to top three in each division in each event including all relay team members. National championship medals will be awarded to first place winners.

MEET SOCIAL: An informal social will be held Saturday evening beginning at 8:00 p.m. at the Best Western, The Inn Tower.

LODGING ACCOMMODATIONS: The following hotels have rooms reserved until February 23. Indicate that you are with the National Masters Meet. Additional information from the Madison Convention Bureau, 121 W. Healy, Madison, WI 53703. (608) 255-9701.

Best Western, The Inn Tower (Meet Headquarters) - $50 S.D., Pool, 1 mile from track, 2424 University Avenue, (608) 233-8778.
Sheraton Inn - $56 S.D., Pool, 3 miles from track, 706 John Nolen Drive, (608) 251-2300.
University Inn - $41 S.D., $49 D, 1.5 miles from track, 441 N. Frances, (608) 257-7887.
Howard Johnson - $32 S.D., $39 D, 1 mile from track, 25 W. Johnson Street, (608) 251-5511.
Madison Inn - $40 S.D., 1.5 miles from track, 601 Langdon Street, (608) 257-4991.
Ivy Inn - $35 S.D., $44 D, 1 mile from track, 2335 University Avenue, (608) 233-9177.

ENTRY FORM 1990 indoor masters March 24-25

SUNDAY FIELD EVENTS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Division</th>
<th>Round</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Triple Jump</td>
<td>30-49 M</td>
<td>F</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Long Jump</td>
<td>30-49 M</td>
<td>T &amp; F</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>High Jump</td>
<td>30-49 M</td>
<td>T &amp; F</td>
</tr>
<tr>
<td>12:00 noon</td>
<td>Shot Put</td>
<td>30-49 M</td>
<td>T &amp; F</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Long Jump</td>
<td>30-49 M</td>
<td>T &amp; F</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>Shot Put</td>
<td>30-49 M</td>
<td>T &amp; F</td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>Shot Put</td>
<td>30-49 M</td>
<td>T &amp; F</td>
</tr>
<tr>
<td>8:00 p.m.</td>
<td>Shot Put</td>
<td>30-49 M</td>
<td>T &amp; F</td>
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SUNDAY FIELD EVENTS CONTINUED

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Division</th>
<th>Round</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 a.m.</td>
<td>High Jump</td>
<td>40-44 M</td>
<td>F</td>
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<tr>
<td>9:00 a.m.</td>
<td>Triple Jump</td>
<td>35-39 M</td>
<td>T &amp; F</td>
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<tr>
<td>10:00 a.m.</td>
<td>High Jump</td>
<td>50-54 M</td>
<td>F</td>
</tr>
<tr>
<td>12:00 noon</td>
<td>Triple Jump</td>
<td>35-39 M</td>
<td>T &amp; F</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>High Jump</td>
<td>45-49 M</td>
<td>F</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Triple Jump</td>
<td>40-44 M</td>
<td>T &amp; F</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>Triple Jump</td>
<td>50-54 M</td>
<td>F</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>Triple Jump</td>
<td>60-69 M</td>
<td>F</td>
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SUNDAY TRACK EVENTS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Division</th>
<th>Round</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 a.m.</td>
<td>55 M Hurdles</td>
<td>All M</td>
<td>Trial</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>2000 M Dash</td>
<td>All M</td>
<td>Trial</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>8000 M Run</td>
<td>All M</td>
<td>Final</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>4000 M Run</td>
<td>All M</td>
<td>Final</td>
</tr>
<tr>
<td>12:00 noon</td>
<td>3000 M Run</td>
<td>All M</td>
<td>Final</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>10,000 M Run</td>
<td>All M</td>
<td>Final</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>5000 M Run</td>
<td>All M</td>
<td>Final</td>
</tr>
<tr>
<td>3:30 p.m.</td>
<td>4x440 Relay</td>
<td>All M</td>
<td>Final</td>
</tr>
</tbody>
</table>

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ENTRY FORM 1990 Indoor Masters March 24-25

<table>
<thead>
<tr>
<th>NAME</th>
<th>BIRTHDATE</th>
<th>AGE ON 3/24</th>
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<tbody>
<tr>
<td>First</td>
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<tr>
<td>ADDRESS</td>
<td>CITY</td>
<td>STATE</td>
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<td>PHONE</td>
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<tr>
<td>EVENTS ENTERED</td>
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<td>BEST MARK</td>
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OTHER RELAY TEAM MEMBERS (Send one entry only per team)

1. Sprints at 81 MENS SIZE 5: M L X S INDIVIDUAL FEES $ RELAY FEES $ T-SHIRT $ TOTAL AMOUNT INCLUDED

ATHLETES SIGNATURE DATE