Almberg, Miller, Raschker Named Best 1990 T&F Athletes; Green, Benham Top LDR Picks

Best-Administrator Award Goes to Kousky; Kitts, Sedlak Voted Top 1990 Racewalkers

Larry Almberg, a 43-year-old middle-school vice-principal from Ellensburg, Wash., was named the outstanding age-40-and-over male track and field athlete of 1990 by the Masters Track and Field Committee of The Athletics Congress, the national governing body for athletics in the United States.

Christel Miller, 55, of Glendale, Calif., and Phil (Philippa) Raschker, 43, of Atlanta were voted the top female masters performers by the same group at the 12th annual convention of TAC in Seattle on November 29.

Barbara Kousky of Eugene, Oregon, was named the outstanding administrator-of-the-year, while the top racewalking awards went to Eugene Kitts, 43, of Aiea, Hawaii, and Viisha Sedlak, 42, of Boulder, Colo.

Miller was also named the best multi-event athlete of the year. The award for the best single performance of the year by an athlete over age 40 went to Almberg for his 4:06.70 mile in the New York Games on July 29.

Almberg had a career year. Improving on his 1989 performances, he was named the National Masters News' athlete-of-the-month three times during 1990. In addition to his U.S. masters mile record, he won the M40 800 (1:55.89) and 1500 (3:58.07) at the TAC/USA National Masters T&F Championships in Indianapolis. En

Vasquez, Matson, Binder Among 21 Runners Honored by TAC at Seattle Convention

Norman Green, 58, and Ed Benham, 83, were among 21 runners honored by the Masters Long Distance Running Committee of The Athletics Congress at its 12th annual convention in Seattle on November 29.

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

Green, a minister from Wayne, Pa., had the best age-graded times among the 21 outstanding performers. He sped to a 1:14:18 in the Philadelphia Half-Marathon — a 97.3% age-graded performance. He won TAC's National Masters M55 15K title in Minneapolis in 52:33 (96.1%), and clocked 54:52 (96.0% at age 57) in the Cherry Blossom 10-mile in Washington, D.C.

He set a U.S. M55 record of 27:00 (95.2%) at the ICI/USRA 8K Championships in Naples, Fla., and logged times in the marathon (2:37:40), 20K (1:11:14), 5K (16:32) and 10K (34:21). It was Green's fourth consecutive award as outstanding M55-59 U.S. runner.

Benham, a retired jockey from Ocean Park, Md., had the next-best age-graded efforts. He ran 10K in 46:30 (96.7%), 8K in 36:43 (95.9%), and 15K in 1:12:43 (93.7%). He logged 1:18:45 at 10 miles and 23:09 at 5K to be named the M80-84 outstanding runner.
The National Masters News is an official publication of the Athletics Congress Masters Track and Field and Long Distance Running Committee, and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of TAC or WAVA.

TAC USA is a major funding supporter of NNN. Executive Officers of TAC/USA: Frank E. Greenberg, President; Ollie C. Castelli, Executive Director; Alvin Chris, Special Ass. to the Executive Director.

The National Masters News is devoted exclusively to track & field, long distance running, and race-walking for men and women over age 30. Each month it covers 24-44 pages of results, schedule entry forms, age records, ratings, photos, articles, training tips, and all the inside scoop and information that affect the world of masters athletics competition.

Some masters events are sponsored by TAC, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age groups (60-69, 50-54, etc.) Please check the schedule for details. Some events require advance registration. Some require a current TAC card ($7 to $11 per year, depending on the region). To acquire a TAC card, call the Athletics Congress in your area, or 317/261-0500. There are no qualifying standards for any masters athletic event.

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Atkins Late to Starting Line; Passes Everyone to Win National 8K

by CAROLE LANGENBACH and
JAY LINDBERG

STEILACOOM, Wash., December 2. The story of the U.S. TAC National Masters 8K Championships today was Herman Atkins ability to catch the entire field and win in 25:06 after a 35-second late start.

Atkins, a 42-year-old resident of Everett, Wash., overtook 134 other runners in the masters-only race to post a 44-second win over runner-up Sal Vasquez, 50, of Suisun, Calif. Vasquez's age-graded effort of 93...
W. MacDONALD MILLER
I have just read your November edition, and was delighted to see that Wendell Miller was back and in great form. I had previously thought my lack of enthusiasm for recent issues of NMN resulted from all the depressing news (read slower times) you’ve been publishing about my cohorts (55-59), but now I know that wasn’t so. It was the lack of instruction and reportage from Miller. You can count on me re-subscribing as long as he continues to report the weird (autobiographical, I suspect) and exotic (mostly fantasy, I suspect).

Finally, I feel particularly grateful for Miller having spared me the experience of tie-and-ride ‘competitions,’ and half-marathon trials; and nude cameras in the stadium that day. I’m a 53-year-old sprinter and don’t get anywhere else. It’s a bargain at 12 issues a year of yearly track meets.

If the video exists, I’d like to purchase a copy. There were many video cameras in the stadium that day. If you know of anyone who might have filmed the race, could you please have him or her contact me?

---

AGE-GRADED TABLES
I’m a 53-year-old sprinter and don’t understand why the M33 100-meter standard is 11.14 when the M50 world champion, Ken Dennis, ran 11.48. Why shouldn’t the standard be 11.48?

Sol Muchnik
Huntington Stadium, New York
(The age-graded standards are generally based on the potential world record for an age/event. The current M30 world record is 11.2, set by Dennis in 1987. The tables suggest that the potential for a 30-year-old sprinter is 11.14 — Ed.)

NOT IN GOOD TASTE
Here is a second to your decision not to print the descriptive letter submitted to you three years ago about Debbie Anderson. Your reasons “sexist and not in good taste” are right on. I suppose the reason you did run this letter in the December issue was that the persistent letter writer now had Ms. Anderson’s approval.

I would hope that we would encourage more female participation by commenting on their accomplishments, and efforts rather than appearance. All female competitors are beautiful.

---

FRANCE GRIM FOR MASTERS
The situation in France is grim for masters runners. As a U.S. citizen living in France, I envy the opportunities available to masters in the USA.

France has had national masters championships for only four years, but there are only two age divisions for competition and records — men 40-and-over and women 35-and-over. And there are practically no other outdoor masters meets.

When I was in Budapest competing in the WAVA European Championships (Editor’s note: Martin set a U.S. M45 800 record of 2:25.12 in Budapest), I spoke with French officials. Their answer was logical in their eyes. France wants to have a good image athletically, so they can’t permit someone who runs 2:25.12 for 800 to have a ‘record’ or be a ‘national champion,’ regardless of the person’s age.

The French masters are affiliated with the FFA (Fédération française de l’athlétisme) and have no separate existence at all. It took me some time to figure this out, but now that I understand the system I realize the control is very strict.

There is no indoor masters track at all. There was some talk of a masters meet with Belgium and Holland, but the idea was vetoed by the French equivalent of TAC.

There are good points to running in France. There is a highly developed club system, which allows many ordinary runners to participate in a series of yearly track meets.

I moved around a lot before I found a position teaching English at the University of Bordeaux. In all of the French clubs I joined, I asked coaches to help me with my running. But everyone of them said I was too old to be running 800 meters, let alone 400 meters. They said I should face facts and start running marathons and that, at my age, I shouldn’t be asking for a coach.

But I got lucky and found a very good coach — the widely-respected Roger Grange — who welcomed me to his training group.

---

Track athletes in France stick to training all winter. This is partly because, in yet another example of French bureaucracy, cross-country literally controls winter running. Road races are forbidden during cross-country season. If you want your country to be strong in cross-country, just outlaw road races during the cross-country season. Look at French performances in the last 10 years and you’ll see what I mean.

Masters are not the only ones to suffer from this draconian control. Open running is just as bad. France habitually sends fewer than the three-allowed athletes to most international competitions, because their qualifying standards are higher than international standards.

I’m impressed that American athletes get to vote for representatives and officers in the Masters organization. The French masters’ representatives are appointed by the officers of the FFA. A friend of mine has been trying for three years to get a list of women masters runners to conduct a survey, but the FFA keeps on blocking her in ever more imaginative ways.

I’ve chosen to enjoy running and not try to fight what I think is a losing battle. They can refuse to give us medals and to recognize our performances as national records, but they can’t take away the pleasure of running and of accomplishing good performances.

I took forward to meeting masters from other nations in Turku this summer.

---

Taffy Martin
Mergnac, France

A MESSAGE FROM THE PRESIDENT
Cesare Beccalli’s reply (Dec. NMN) “A Message from the President” to my article (Nov. NMN) is characterizing.
First Time Marathoner Sets M60 Course Record in Mohawk Race

by PAUL MURRAY

At age 60, Ed Doucette is still a novice in the world of distance running, but his performance in his first marathon convinced many veterans that his best races are still ahead of him. On October 28, the Bennington, Vt., resident finished the Mohawk Hudson River Marathon in 3:17:53 to win the M60 age group. On a cold and blustery day when few entrants set PRs, Doucette bettered the M60 course record by more than five minutes.


Age group winners included James Haggeti, Poughkeepsie, N.Y., M45, 2:56:38; Bob Murphy, Barre, Vt., M50, 3:00:20; Richard Murphy, East Northport, N.Y., M55, 3:05:28; Nancy Gerstenberger, West Albany, N.Y., W60, 4:27:16; and Sam Grachat, Utica, N.Y., M65, 4:10:16.

The eighth running of the Mohawk Hudson Marathon attracted 326 starters from 15 states and four Canadian provinces. Two hundred sixty-eight finished the scenic course, which follows bike paths along the Mohawk and Hudson rivers from Schenectady to Albany. The Hudson Mohawk Road Runners Club organized the race and the Energy Answers Corporation was the sponsor. Lee Wilcox served as race director.

Almberg, O'Neill First in 10K Cross-Country Championships

by JERRY WOJCIK

Larry Almberg, 43, of Ellensburg, Wash., with 31:20, led 109 male runners across the finish line in TAC's National Masters 10K Cross-Country Championships held in Pasco, Wash., on November 3. Herm Atkins, 42, of Everett, Wash., finished eighth seconds back, with Jeff Corkill, 47, Spokane, Wash., taking third in 32:54 to win the M45 race over favored Don Coffman, 47, Frankfort, Ky.

Mike Heffernan, 50, Portland, Oregon, won the M60 division race with an 11th place 33:55. John Finch, 55, Portola Valley, Calif., took the M55 contest in 37:51.

Orlo Keniston, 63, Seattle, won the M60 event easily with a 38:58. Alfred Funk, 76, Bozeman, Mont., was first (44:32) of all runners 70-and-over. Almberg's Three Rivers Road Runners quintet won the M40-49 trophy. The Snohomish TC took the M50-59 team first, and the Three Rivers RR trio won the M70+ team event.

Kathleen O'Neill, 43, of Lake Stevens, Wash., was first of 19 women runners, with a 39:22. Julie Stiles, 48, Seattle, was second in 42:11.


Don Sandberg was the meet organizer.

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Read The Reviews

Here's What Readers Say About THE MASTERS RUNNING GUIDE

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— Susan Kalish, Executive Director American Running & Fitness Association

"Easy to read with the large print helpful. Good information for masters runners."

— Ed Hamilton, Greensboro (NC) Running Club

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**Third Wind**

by Mike Tymn

**Tim Nitz: Bypass Surgery Hasn’t Slowed Him**

When 40-year-old Tim Nitz ran in the 1989 Grandma’s Marathon, he anticipated breaking three hours. He had done it five times already and had a PR of 2:55:42 in the ’86 race. “I went out at race pace and felt fairly comfortable for seven miles, but during the eighth mile I began having trouble holding the pace,” he remembered. “I hit the wall as early as 19 miles, and by 20 I hurt so badly I had to lay down. I remember my breathing was different; it was almost like my lungs were half-closed and I couldn’t take in enough air to fill them. I walked, ran, and laid down a half-dozen times between 20 and 24 miles. I spent some time in a police car while waiting for a fatigue van, which never arrived. For the first time in my life, I felt ready to quit a race.”

But, he refused to quit. Refreshed from the air-conditioning in the police car, Tim managed to get back on his feet and “finish the race in 2:55,” he recalled. “I kinda wrote it off as just a bad day, although, in the back of my mind, I suspected something might be wrong,” he said. “I was considering having a complete physical but I never got around to it until I started having chest pains about six weeks later.”

Tim was given an EKG. The diagnosis: 100% blockage in one artery and 60% in the other. He immediately underwent double bypass surgery to correct the problem.

“Looking back, I guess I was a prime candidate,” Tim said. “Both of my parents had heart problems, and on my mother’s side the cholesterol level tends to run between 300 and 400.”

Although Tim, a resident of Bethel, Minnesota, had taken up running in 1982, seven years before his problem manifested itself, he did not have an especially healthy lifestyle. “I smoked since I was 17,” he explains. “I tried to quit a number of times, but I was never motivated enough. My running finally helped me quit. I cut down on fat and become healthier. My smoking stopped immediately and I haven’t smoked since.”

It took another two years after Tim started running for him to begin improving his diet. “I’d eat meat five or six times a week — butter, egg yolks, pastries — everything that’s not good for the arteries,” he told NMN. And, while he had adopted a relatively fat-free diet before the onset of his problems last year, it was a matter of too little, too late. Most of the damage to his heart and arteries had already been done.

He turned in his fastest times between 1984 and 1986. In addition to that 2:55 marathon mentioned earlier, the 5-foot-4, 121-pound accountant recorded a 1:33 5K, a 37:48 10K, and a 1:20:43 half-marathon. “I think that half-marathon was my best race, but I still prefer running the marathon,” he noted. “I’ve tried ecstatically several times after I completed a marathon. Other races have given me a personal high, but no other distance has made me cry with such delight.”

To prepare for a marathon, Tim gradually builds up to 60 miles a week, alternating those with 45-mile weeks for about 12 weeks prior to the race. He does at least six long runs at 20-25 miles and does speed work (tempo runs and repeat miles) at his race pace or slightly faster.

After his surgery, Tim slowly built himself back up and returned to fairly hard training by January of this year. “Some doctors are telling me to be cautious,” he says, “while others are saying that it’s probably okay to run but I shouldn’t be pushing myself to the maximum. I don’t feel any different now than before the surgery and I haven’t had any adverse symptoms. I’ve been doing interval work lately and probably got my heart rate up to around 170.”

Tim recently ran a half-marathon in 1:31, but seemed a little disappointed that he didn’t do better. “I thought that with the arterial blockage removed I’d be running faster than I did before. I guess it doesn’t work that way. Maybe it’s just age. I don’t know.”

But Tim has not given up his dreams of a marathon PR. “I might be overly optimistic in thinking I can run under 2:55,” he said determinedly. “But I know I can run under three hours again.”

**Running After Bypass Surgery**

How much and how intense should a person who has undergone bypass surgery train? Tim Nitz, who underwent double bypass surgery last August, has put that question to a number of well-known physicians, including Dr. Jack Scaff, a Honolulu cardiologist and one of the founders of the Honolulu Marathon Clinic. “I’m trying to arrive at a comfortable consensus,” Nitz says. “The only problem I have is that I’ll probably tend to favor the opinion that most agrees with my own personal feelings.”

Scaff gave the following opinion to Nitz:

As you know, habitual exercise tends to retard the atherosclerotic process. Nevertheless, you developed significant atherosclerosis at a relatively early age in spite of your commendable exercise program, which, of course, is commensurate with aggressive atherosclerosis. Since this has occurred in the past, to expect nothing to occur in the future, might not be completely reasonable. It might not happen, but it certainly needs to be anticipated.

If you were my patient, I would be doing a maximal treadmill stress at a minimum of six-month intervals as well as prior to competition. Marathon running is quite safe for cardiovascular patients because it is primarily an aerobic exercise (the 10K is probably one of the most dangerous races in that it is mostly anaerobic and can be entered by individuals with relatively little training).

Nevertheless, the speed at which you are running indicates that you are probably beginning to red line it a little bit, i.e., giving it full effort. I’m not saying this can’t be done because I know of heart transplant patients who have completed triathlons, but if arrhythmias are going to happen, they might be somewhat more common during maximal efforts. Additionally, as individuals get older, it would make physiological sense to slow down, instead of trying to achieve PRs via more exercise without adequate recovery periods or dangerous dietary restrictions. We know that restrictive diets, especially those low in fat, tend to promote cardiac arrhythmias. A good example of this was the liquid protein diet which caused so many fatalities in normal women (sedentary, I might add) the FDA took it off the market.

I would encourage you to continue your training program, but at a reasonable distance. I’m not certain I would encourage you to start shooting for PRs or start trying to break three hours. That’s not to say it can’t be done, it’s just that I wouldn’t recommend it at this point in your recovery.

—Mike Tymn
Ten Years Ago
January, 1981
- U.S. Masters Divide Into T&F and LDR at TAC Convention in Atlanta.
- Jim Weed Voted New Masters T&F Chairman.
- Ken Bernard Re-elected Masters LDR Chairman.
- Herb Lorenz Wins National Masters 15K X-C.

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

**M30 Track:** Ed Williams, 31: 100 (11.05), 110H (14.32). Also considered: M. McDowell, J. Smith. Field: Leo Williams, 30: HJ (2.21). Also: J. Grimes, G. Hunter.


**M40 Track:** Larry Almberg, 43, above. Also considered: Eddie Hart, Stan Whitley, Nolan Smith, Stan Druckrey.

**M45 Track:** Ken Sparks, 45: 800 (1:57.78), 1500 (3:59.24AR), mile (4:17.14AR). Also: Roger Pierce, Don Parker, Clarence Ray. Field: Tom Gage, 47: HT (57.30). Also: Lloyd Higgins, Carl Wallin.

**M50 Track:** Roy Turner, 50: 110 (9.9), 200 (21.7), 400 (51.66), 500H (1:10.13), mile (4:55.87). Also: Dan Conway, Charlie Miller, Al Williams. Field: Larry Stuart, 53: (JT 205-0); Darrel Horn, 50: LJ (6.25). Also: Richard Hotchkiss, Pete Stoupoulus.

**M55 Track:** Jim Sutton, 59: 800 (2:15.47), 1500 (4:30.82), 3000 (10:01.69). Also considered: Hugo Hartenstein, Jim Mathis, John Connor, Pete Richardson, Norm Green, Ralph Summerlin. Field: Richard Richardson, 57, HJ (1.70). Also: Wendell Palmer, Phil Mulkey, Sue Thompson, William Duckworth.

**M60 Track:** Jack Greenwood, 64: 100H (15.65W), 300H (47.21). Also: Harry Brown, Jim Law, Gaylon Jorgensen. Field: Jim Gillchrist, 62: HJ (1.66AR). Also: Cliff Blair.

**M65 Track:** Rudy Valentine, 67: 400 (62.18), 300H (49.80AR). Also: Mel Larsen, Tim Murphy, Ed Lukens, Archie Messenger, William Blackmon.

**Field:** Ed Lukens: LJ (4.95), TJ (10.17). Also: Boo Morcom.

**M70 Track:** John Alexander, 70: 200 (28.58), 400 (64.84). Also: Payton Jordan, Bill Weinacht, Bill Carmine. Field: John Alexander, 70: LJ (4.93WR), TJ (9.40). Also considered: Burt Gist, Tom McDermott, Ham Morningstar.

**1990 Track and Field Award Winners**

**Continued from page 1**

The route to his 4:06.70 mile, he set a U.S. masters record of 3:50.43 for 1500 meters.

Miller won five events at the Nationals and set five U.S. W55 records during the year in the high jump, long jump, javelin, triple jump, and the 80m hurdles. Indoors, she set five U.S. marks in the 60, 60H, high jump, long jump, and triple jump.

Beyond those achievements, she set two W55 world records in the pentathlon and heptathlon, which won her the additional honor of multi-event athlete-of-the-year — an award which covers both men and women.

Raschke won six gold medals in Indianapolis in the 100, 200, pole vault, long jump, triple jump, and short hurdles. She set two world W40 indoor marks in the 60m (8.14) and 200 (28.70) and two U.S. indoor records in the 400 (62.70) and 60H (9.65).

Kousky was honored for her outstanding work as co-director of the 1992 World Veterans Championships and for her first-year leadership as head of the Masters Track & Field program.


Sedlak set a world masters best of 24:38 in winning the 5000m walk at the Nationals in Indianapolis. She also established a world W40 10K road standard of 49:14.9 while finishing second in the TAC Open Nationals.

The winners were announced at TAC's Awards Luncheon in Seattle. The personalized plaques will be presented at TAC's 24th Annual National Masters T&F Championships in Naperville, Ill., on July 6.

**1990 Track and Field Award Winners**

Ken Sparks, second M45 in 55-59. Bobby Crim 10 Mile, Flint, Mich., was named M45 track athlete-of-the-year by TAC. Photo by Victor Sailer/Agence Shot

**OUTSTANDING MASTERS RACE WALKERS — 1990**

Selected by the Masters Track & Field Committee of TAC

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<td>75-79</td>
<td>Giuio de Petra</td>
<td>Millie Crews</td>
</tr>
<tr>
<td>80-84</td>
<td>Byron Fike</td>
<td>Polly Clarke</td>
</tr>
</tbody>
</table>

The selection of the Administrator Award winner was made at the convention.
1990 Track and Field Award Winners

Continued from page 8


M90 Track: Paul Spangler, 91: 100 (31.63), 200 (61.7), 400 (2:13.89), 1000 (9.00), 10,000 (22:37). Also: Herb Anderson, Conrad Boas, B. Fox, Everett Hosack.

M95 Track: Herb Kirk. Field: Tom Lane.


W40 Track: Phil Raschker, 43, above. Also: Lurline Struppeck. Field: Phil Raschker.


W60 Track: Mary Patterson, 61: 100 (15.7), 200 (34.26), 400 (50.85). Also: Ruth Droge. Field: Lenore McDaniel, 62: HJ (1.19AR), LJ (3.87AR), TJ (7.64AR). Also: Bernice Holland.


W70 Track: Mary Bowermaster, 72: 100 (16.78). Also: Vadin Koenig, Pat Dixon, M. Stafford. Field: Mary Bowermaster, 72: HJ (1.04), LJ (2.91), SP (5.75); Vadin Koenig, 70. Also: Helen Stephens.


W80 Track: Polly Clarke, 80: 100 (18.10), 200 (39.78), 400 (1:40.54WR). Also: Anne Clarke. Field: Carolyn Clark, 80: SP (4.37AR), DT (11.25AR). Also: Marilla Salisbury.

W85 Track: Anna Ward, 85: 100 (26.3), 1500 (11:43.2). Also: Mary Ames.

Bev LaVeck, T&F Awards Coordinator, said the award winners were selected by a panel of about 40 people (see sidebar for details). — Al Sheahan

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.

Year Men Women
1978 George Ker Irene Obara
1979 Ernie Billups Joann Grissom
1980 Al Oertter Judy Fox
1981 Jim Burnett Phil Raschker
1982 Al Oertter Polly Clarke
1983 Jack Greenwood Christel Miller
1984 Ed Burke/Parry O'Brien Irene Obara
1985 Jim Burnett Polly Clarke
1986 Jack Greenwood Christel Miller
1987 Tom Patsalis Phil Raschker
1988 Garry Miller/Stan White Christel Miller/Phil Raschker
1989 Jack Greenwood Phil Raschker
1990 Larry Almberg Christel Miller/Phil Raschker

OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR
1985 Brian Oldfield, 40 Shot put, 70" 3/4
1986 Jack Greenwood, 60 100m hurdles, 14.98
1987 John Powell, 40 Discus, 236 6" 1/2
1988 Larry Stuart, 50 Javelin, 215' 9"
1989 Al Oertter, 52 Discus, 205' 10"
1990 Larry Almberg, 43 Mile, 4:06.70

OUTSTANDING MULTI-EVENT ATHLETE
1986 Gary Miller
1987 Gary Miller
1989 Rex Harvey
1990 Christel Miller

1990 AGE-GROUP AWARDS

Age Track Field Women
30 Ed Williams Leo Williams Donna Pope-Green
35 Bill Collins Dwight Stones Darsi Bowden
40 Larry Almberg Steve Hardison Joanne Phillips
45 Ken Sparks Tom Cage Brenda Bloomfield
50 Roy Turner Darrell Horn Sandra Knott
55 Jim Sutton Larry Stuart Becky Sisley
60 Jack Greenwood Jim Glitches Mariyn Fitzgerald
65 Rudy Valentine Ed Lukens Lavina Hafele
70 John Alexander John Alexander Christel Miller
75 Eugene Keller Ross Carter Josephine Sullivan
80 Ed Benham Wesley Ward Carol Johnston
85 Konrad Boas Arling Pitcher Pearl Mehl
90 Paul Spangler Buell Crane Polly Clarke
95 Herb Kirk Tom Lane Anna Ward

Masters Track & Field Administrator of the Year
1978 Pete Mundle
1979 Al Sheahan
1980 Bob Fine
1981 Bruce Springbett
1982 George Hatzfeld
1983 Jim Weed
1984 Jerry Donley
1985 Gary Miller
1986 Pete Mundle
1987 Frank & Dorothy Anderson
1989 David Rain
1990 Chuck Phillips
1991 Jim Puckett
1992 Barbara Kousky

Notice to Subscribers
For the past seven years, the National Masters News subscriber orders, billings, renewals, problems, etc., have been handled by Alcor, Inc. in Pasadena, Calif. Alcor has gone out of the subscription-fulfillment business, so we have contracted with Stark Services of North Hollywood, Calif. to replace them.

Stark is a highly-regarded firm which services over 50 magazines. It's also less than three miles from our home office in Van Nuys, which will help us keep in close touch.

Converting all the necessary data to be troublesome. During this transition period, there may be snags. Please bear with us. If you made a donation, we'll acknowledge your gift as soon as possible. If you have any problems with your subscription, call us at Stark at 818-760-8983, or at our home office at 818-785-1895.

Christel Miller, 55, was named outstanding multi-event athlete-of-the-year by TAC.
Masters Racewalk Records

People have been wondering for years why there are no masters racewalk records published in NMN or TAC official record books. The reason is that there has been no system for ratifying masters racewalk records in the United States. This was also true for open men's and women's racewalk records until a few years ago.

The omission probably started as an oversight, perhaps caused by the racewalk program's relative isolation from long distance running and track and field, and thus isolation from the record keeping process.

The breakthrough came when the same TAC system of record ratification was applied to open racewalkers as to the rest of T&F and LDR. This gave racewalking a definite, reliable system for ratifying times, and for establishing official records. This year TACSTATS, the National Center for LDR and senior RW records, appointed Don Henry to represent masters racewalking. Don is responsible for amassing, compiling, and submitting potential masters racewalk records. (Steve Vaïtones is responsible for open records.)

Here is where some confusion may enter. TACSTATS will only ratify 5-year age-group records, not single-age records, and the age-group records begin at age 40 for men and women. TACSTATS has its own record-application form. It has all the information about the requirements for a record, such as timing and judging, course certification, and track curbing. Also, a race director can use one form for everyone at an event so he/she doesn't have to sign and get others to sign several different forms.

Single-age bests will still be kept, but on an unofficial basis: Don Henry will continue to keep them for women; Alan Wood will continue to keep them for men. Don has a simpler form than that of TACSTATS for single-age bests which he will also accept for TAC age-group records. Alan doesn't have a specific form requirement. Men can use Don Henry's form or write down the necessary information and send it to him.

It is recommended that all athletes trying for a record at a specific event notify the race director ahead of time, and take the necessary application form along. It is also recommended that meet directors have both the TACSTATS age-group record form and Don Henry's form available when there is masters RW. To get one or both forms, send a stamped, self-addressed, envelope to Bev La Veck with your request. (Address on page 2.)

A few weeks ago, there were zero TAC masters age-group records. Thanks to Wayne and Sally Nicoll of TACSTATS and Don Henry, 81 records were ratified at the Seattle Convention. The same numbers are pending because of technicalities such as (1) no birth certificate, (2) no application on file, or (3) no independent verification of continuous track curbing. If the needed information comes in, they will be submitted for ratification at the 1991 TAC Convention.

La Veck Re-elected Masters Racewalking Rep

At the TAC Annual Convention in Seattle, November 27-December 2, Bev La Veck was re-elected racewalking representative to the National Masters Track & Field Committee, the committee responsible for governing masters athletics. She ran unopposed in affirmation of the superior job she has done the past six years on behalf of masters RW.

In the next issues of NMN, Bev will be working with Elaine Ward, NMN racewalk editor, to keep masters informed on issues of general immediate concern. This month will focus on Masters Records. Subsequent months will focus on Age-Graded Tables, American Standards, Rankings, Awards, and Rules.

Bev has requested that masters racewalk results be sent to her as well as questions and suggestions about the program. Address: 6633 N.E. Windermere Road, Seattle, WA 98115.

Kitts Top U.S. Walker in Pan Pacific Cup

by MIKE TYMN

Eugene Kitts, a 43-year-old Hawaii chiropractor, was the top American finisher and fifth overall in the 50K at the Pan American Cup racewalking championship in Jalapa, Mexico on October 28.

Kitts heeled and toed the 31.2-mile race in 4:19:27, a personal best. Martin Bermedez of Mexico won the race in 3:51:30 in leading the Mexican team to victory. The U.S. took second.

Kitts' previous best was a 4:20:21, recorded in a fifth-place finish at the national championship in Atlanta in March. At the Olympic Sports Festival in July, he did 4:22:56 while finishing third.

Breaking 4:20, a time which only five or six Americans accomplished in 1990, is especially significant to Kitts as it is the Olympic Trial qualifying time for the 1992 Olympics. However, Kitts will have to dip under 4:20 next year in order to qualify.

"I think I'm training and racing smarter now," said Kitts, who took up racewalking five years ago when a bad back prevented him from running and competing in triathlons. "I was doing as much as 140 miles a week right up to the time of the race, but now I'm doing 110, and I begin to cut back from that three weeks before the race. And I'm doing a lot more swimming and biking. The swimming has really helped my upper body strength, and I can tell the difference in my walking."

Kitts is now looking forward to the nationals is Los Angeles next March. There he hopes to earn a place on the U.S. team for the World Cup.
1990 LDR Award Winners

Continued from page 1

ner for the fourth straight year.

The next-best age-graded performances were turned in by Larry Almberg, 43, who was also voted best masters track & field athlete of 1990. He sped to times of 30:46 (95.8%) in the Red Lobster 10K, 1:08:49 (94.2%) in the Seattle Half-Marathon, 14:46 (94.5%) in the Carlsbad 5K, and 24:17 (94.8%) in the Nordstrom's 8K. He set a U.S. Masters 12K record of 39:17 in the Lilac Bloomsday Run to clinch M40-44 honors in close competition over Bill Rodgers and Bob Schlau.

California's Sal Vasquez, 50, rated next with 5 miles in 25:31 (96.1%), 10K in 32:41 (93.9%), half-marathon in 1:11:53 (93.9%), and 12K in 39:06. Another Golden Stater, Shirley Matson, 49, topped all women runners on the age-graded scale with a 10K in 36:07 (94.5%), half-marathon in 1:20:55 (92.9%), 10 miles in 1:00:43 (93.3%), and 8K in 29:06 (92.8%). She also posted a 17:45 5K, 57:21 15K and 2:00:41 30K. In her 45-49 age-group, she received tough competition from Gabriele Andersen, 45, who turned in a 5K in 17:19 (91.8%) and 8K in 28:38 (92.4%).

California's Laurie Binder, 43, repeated for the third straight year as outstanding W40-44 runner with a 34:56 (94.0%) at the Great Race 10K and a 58:34 (91.2%) at the Crim 10-Mile. She won 57000 as the first 40+ female in 2:39:52 (92.7%) in the Twin Cities Marathon, and won a TAC masters title with a 3:01:01 in the National 10K in Salt Lake City. She topped all women masters in the Fiesta 5K (17:25), the Bix 7-Mile (40:42), the Falmouth 7.1 mile (40:56), and the Peachtree 10K (34:59). Close on her heels were Barbara Filutze, Nancy Oshier, Nancy Grayson, and Jane Hutchison.

Awards in the other age-groups were as follows:

M45: Barry Brown of Florida raced 5K in 15:18, 8K (25:04) and 10K (32:13) to edge Mike Heffernan.

M60: Gaylon Jorgensen of Utah won national 10K (35:36) and 15K (54:49) titles, and ran 5K in 17:36, 10M (59:04) and marathon (2:43:11). Runners-up: Bill Fortune and Jim Fernandez.

M65: Alex Ratelle of Minnesota took the National 15K (1:00:43) and ran 5K in 18:50, 10K (37:54), 25K (1:41:39) and 5 miles (31:09). Runners-up: John Hosner and Lou Ledovico.

M70: Nate White of Syracuse, N.Y., won four national masters championships: 5K (22:16), 8K (36:40), 10K (46:10), and 15K (1:10:24). California's Eddie Lewin had faster times: 5K (22:08), 10K (43:47) and 15K (57:19), but the Committee awarded extra points to White for his four national triumphs. Warren Utes of Illinois, who turned 70 late in the year, was also strongly considered. In fact, after the voting, White asked that Utes be awarded the honor, but his request was denied by the Committee.

M75: Eugene Keller of Ohio topped last year's winner Dudley Healy with a 5K in 23:28, 8K (36:08), 10K (47:09), 10 mile (1:16:00), and half-marathon (1:47:08).

M85: Willard Benton of San Diego edged fellow Californian Jacob Bishin with 10Ks of 1:05:07 and 1:08:02.

M90: Paul Spangler, 91, of California won an outstanding-runner award for the 12th straight year as he clocked 56:10 for 8K, 1:14:49 (10K) and 2:35:00 (15K).

W50: Barbara Miller edged California's Gina Faust with marks of 39:34 (10K), 19:36 (5K), 3:08:21 (marathon), 1:17:04 (half), 31:12 (8K), 49:22 (12K), 1:02:56 (15K), and 1:25:04 (20K). Faust clocked 40:24 (10K), 17:54 (5K), 31:04 (8K), and 1:02:50 (15K).


W60: Toshiko d'Elia of New Jersey beat her chief W60 competitor Whayong Sener of Ohio by 10 minutes in the Twin Cities Marathon, 3:28:51 to 3:38:42. She raced 10K in 44:08, the half in 1:39:39 and 5K in 21:42. Billie Murphy was also in contention.

W65: Helen Dick bested fellow Californian Mary Storey with three AR's in the 10K (47:16), half (1:45:42) and 8K (37:09).


W75: Mary Haines of Connecticut outpolled Colorado's Pearl Mehl with a 33:06 5K and 51:37 8K.


W85: Ruth Rothfarb, 88, of Miami, inspired many runners as the oldest U.S. female road runner in 1990.

The awards were coordinated by Kirk Randall (men) and Ruth Anderson (women), who announced the winners at TAC's Awards Luncheon in Seattle.

— Al Sheahan

OUTSTANDING LONG DISTANCE RUNNERS — 1990
Selected by the Masters Long Distance Running Committee of TAC

<table>
<thead>
<tr>
<th>Age</th>
<th>Men</th>
<th>Women</th>
</tr>
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<tbody>
<tr>
<td>40-44</td>
<td>Larry Almberg</td>
<td>Laurie Binder</td>
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<tr>
<td>45-49</td>
<td>Barry Brown</td>
<td>Shirley Matson</td>
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<td>50-54</td>
<td>Sal Vasquez</td>
<td>Barbara Miller</td>
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<td>55-59</td>
<td>Norm Green</td>
<td>Wen-Shi Yu</td>
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<td>60-64</td>
<td>Gaylon Jorgensen</td>
<td>Toshiko d'Elia</td>
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<td>65-69</td>
<td>Alex Ratelle</td>
<td>Helen Dick</td>
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<td>70-74</td>
<td>Nate White</td>
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<td>75-79</td>
<td>Eugene Keller</td>
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<td>80-84</td>
<td>Ed Benham</td>
<td>Anne Clarke</td>
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<td>85-89</td>
<td>Willard Benton</td>
<td>Ruth Rothfarb</td>
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<td>90+</td>
<td>Paul Spangler</td>
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WOLFPACK 50 MILER
NATIONAL MASTERS CHAMPIONSHIPS
OHIO TAC OPEN CHAMPIONSHIPS

Columbus, Ohio
April 7, 1991

Send SASE: John White
4865 Arthur Place
Columbus, OH 43220
h 614-459-2547
d 614-424-7011
Masters Health
and Fitness
by ERIC D. ZEMPER, Ph.D.

500 Miles of Running = One Injury

As part of a pilot study of activity and injury patterns in middle-aged adults, data was collected monthly for six months from 21 regularly exercising adults (17 males, 4 females) aged 45-70 years, whose primary exercise activity was running.

The subjects averaged 3.9 running sessions per week, 50.2 minutes per session, 22.6 miles per week, 5.8 miles per session at 8:42 per mile pace. All other exercise activities averaged 1.4 sessions per week and 43.3 minutes per session.

There were 24 time-loss injuries attributed to running in this sample, all but two involving the lower extremities. One-third of the running injuries involved the knee. There was 1 injury per 88 running sessions and 1 injury per 500 miles of running.

Each injury lasted an average of 9.75 days before return to unrestrict activity (range: 1-45 days). Most of the injuries resulted in modification of activity (e.g., decreased frequency, mileage, pace, or doing alternative exercise activities) rather than complete restriction of exercise activity.

There were six injuries attributed to other exercise activities, for a rate of 7.9 injuries per 126 sessions, with an average time-loss of 14.7 days. During this period there were eight time-loss injuries that did not involve exercise, five being lower back strains, with an average time-loss of 8.5 days. There were also 13 illnesses reported, primarily colds and flu, with an average time-loss of 7.0 days.

The results from this small pilot study indicate the middle-aged runner can expect 2.3 running injuries per year with a total of 22.4 days of modified or restricted activity, 0.6 injuries from other exercise activities with 8.8 days of restricted activity, 0.8 non-exercise injuries with 6.8 days restricted activity, and 1.2 illnesses affecting 8.4 days.

On the average, this middle-aged runner can expect 2.9 exercise-related injuries per year affecting 31.2 days, and 2.0 non-exercise injuries and illnesses affecting 15.2 days per year, for a total of 4.9 incidents affecting 46.4 days.

The results from this small-scale pilot study will be used to develop a large-scale multi-year prospective study of activity and injury patterns in middle-aged and older adults representing the full spectrum of activity from sedentary to regularly active. Such data currently is not available for this age group, and such data is necessary to investigate factors related to injuries in this population, with the ultimate goal of developing ways to reduce the number and severity of injuries in middle-aged and older adults.

Eric Zemper is a Ph.D. at Exercise Research Associates of Oregon in Eugene. His article was provided to ANN via Teddy Fox of The Masters LDR Committee of TAC.
Convention Report

Congratulations to the athletes who were selected for recognition as outstanding individual and age group athletes for 1990. It is a well deserved honor for each of you.

I would like to thank all the members and delegates who attended our annual convention. The sacrifice you made in taking time off from your jobs and families, often at your own expense, is appreciated. Late night and early morning meetings were the order during our committee meeting at the 1992 convention. A full agenda, with difficult decisions to be made, left little time for relaxation (and sometimes meals!).

Some of the decisions made were the awarding of national championships. Those interested in receiving information or no time for relaxation (and some-
Minutes of Masters Track & Field Committee Meetings

Barbara Kousky, Chair, Presiding

All-American standards
A motion that national champions be awarded All-American certificates, even if they don't meet the standards, was rejected overwhelmingly.

The AA subcommittee, chaired by Gary Miller, annually reviews the standards and makes necessary adjustments.

Awards
A motion to abolish all awards, with the exception of the Outstanding Administrator award, was defeated, 12-7. The Awards Chairperson has the authority to streamline the process. (See chart for 1990 winners and article on selection process on pages 8-9).

By voice vote, the Committee established a female multi-event athlete-of-the-year award, and a female outstanding single-performance category.

The consensus was that outstanding awards should be given to the most deserving individuals based on performance, even if they were repeaters from previous years.

Budget
A budget of $25,000 for 1991 was approved (see chart on this page). While 28% less than the $34,500 requested, the amount was a 67% increase over 1990's $15,000.

TAC's overall revenues are expected to drop from $9 million (1990) to $7.5 million (1991). The Committee agreed to provide increased financial aid for the seven sections, and drop support for national championships, which are usually self-supporting.

Outdoor National Championships
2. 1991 - Blaine, Minn.
Meet director Dixon Farmer passed out application forms. The short sprint will be 60 meters, not 55 as listed on the forms. Illinois, Iowa and Wisconsin can supply racewalk judges. The 35-pound weight will be thrown outdoors, within 150 meters of the main venue. Field events will be limited to 10 per flight. Dorm space is available at probably four to a room. Other accommodations are listed on the chart (to be published in February NMN). Transportation will be available to the Sports Center from the hotels.

3. 1992 - Columbus, Ohio
The 1992 meet was awarded to the Wolfpack Track Club and will be held at Ohio State University — site of the 1989 indoor meet — on April 3-5. John White made the presentation. Jim Pearce will direct. There are no current plans for repairing the waves on the track's backstretch. Meet fees will likely be $10/first event and $6/each additional event.

Outdoor National Championships 1990 - Indianapolis
More than 1000 participants made this the second-largest championships after San Diego (1450) in 1989. Indianapolis had the highest number of U.S. participants. Racewalkers said the road race walk was excellent. Frank Little has filed a formal grievance with TAC concerning who might be tested, nor whether medications commonly used by older people would be exempted. (See Masters LDR Minutes for more details).

IAAF Veterans Committee
Three candidates sought the Committee's endorsement for the convention election of U.S. masters representative to the IAAF Veterans Committee — Bob Boal, Jerry Donley and Bob Fine. Since the Masters LDR Executive Committee had already endorsed Boal, Masters T&F decided to give a joint endorsement to both Donley and Fine. Boal was the eventual convention winner (see separate story).

Multi-Events
The 1991 TAC National Masters Indoor Pentathlon will be held on February 16 in Indianapolis. The 1991 National Decathlon/Heptathlon is set for June 23-24 in Lincoln, Nebraska.

Racewalking
Bev LaVeck said there are more masters racewalkers than open racewalkers in competitions. A masters racewalking subcommittee will be formed, consisting of two walkers per section, selected by the section chairmen. (See also Records: racewalking, below.)

Rankings
Jerry Wojcik said rankings will no longer be published in the National Masters News, since it's a duplication of effort, given that all rankings are published in a rankings book. A motion to accept marks for the rankings only from TAC-sanctioned meets and only from TAC-registered athletes was defeated. It was seen as being potentially detrimental to our stated goal of increasing participation in masters T&F.

Records
A. Track & Field
Records Chairman Pete Mundle suggested hand times be allowed for records, since many masters meets don't have automatic timing and since WAVA still recognizes hand times for record purposes. The Committee rejected the idea, thus U.S. track five-year age-group records can only be established with automatic timing. All hand times will henceforth be reported as "noteworthy performances."

M95+ records will be started in 1991.

The Committee voted unanimously to accept the records as presented by Mundle.

Continued on page 16

TAC Masters Track & Field Committee Budget - 1991

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Russ Reabold, M35, 12.48 in the shot, SCA TAC Championships, Los Angeles. Photo by Jerry Wojcik
Minutes of Masters LDR Committee Meetings

November 27 Tuesday 9 a.m. Executive Meeting

Charles DesJardins, chairman, opened the meeting by asking for agenda items for the remainder of our meetings.

Bob Boal reviewed his candidacy for nominee to the 10-member IAAF Veterans Committee. Bob thanked Kirk Randall for his efforts to get a veterans event in the 1992 IAAF World Cross Country Championships in Boston. There will be a race for veterans, but it has not yet been determined whether it will be a world championship or an exhibition race.

Norm Green requested that a list of prospective sponsors be compiled. Bob thanked Kirk Randall for ships in Boston. There will be a race for veterans, but it has not yet been determined whether it will be a world championship or an exhibition race.

Nov. 27 Tuesday 6 p.m. Chairman's Report: Chuck attended nine TAC Executive Committee meetings, one Board of Directors meeting, two Masters LDR Executive Committee meetings, and the RRCA Regional Meeting this year. He was also a party on numerous conference calls. One of TAC's main concerns was its restructuring, which will require the Executive Committee to run TAC, not its Executive Director, Ollan Cassell. The main impact of this will be the hiring of a Director of Operations and a Director of Administration with Ollan retaining the title of CEO.

Rules: George Kleeman reviewed the proposed changes to TAC's Rules of Competition which would affect our committee and asked for our input on several items. A motion passed to amend a Masters LDR proposal to read that only U.S. citizens and permanent resident aliens shall be allowed to win TAC Championship medals or to score on a team. A motion passed to recommend the two items referring to road race officials, even though the feeling was that the other LDR committees would reject it. We wanted to make a statement that we like the concept of having qualified officials at road events.

Awards: Committee Vice-Chairmen, Kirk Randall and Ruth Anderson, distributed copies of their nominations for our Outstanding Athletes of 1990. The intent was to give people a chance to review the data before voting on Thursday morning.

IAAF Veterans Committee: The three candidates for this position, Bob Boal, Jerry Donley, and Bob Fine, made brief presentations and answered questions about their candidacies.

Nov. 29 Thursday 8:30 p.m. Awards: Kirk Randall and Ruth Anderson presented the men's and women's nominees for Outstanding Athletes of 1990. We are all asked to urge reps and athletes from our areas to send them information and results for compilation of data for next year's nominees. A motion was made to not award the 85-89 men's category: motion failed.

Records: Kirk said since all course records are different, should we really be keeping records? This is in connection to the proposed rule change about marathon records.

WA V: A question came up about the difference between TAC's and WA V's minimum age requirement for women masters. Currently, women in the U.S. must be 40 to compete in masters athletics, whereas internationally, women need be only 35. A motion was passed that our committee support age 40 becoming the international requirement for women. This will be brought up at next summer's WA V Council Meeting.

Chairman Charles DesJardins chairs meeting of Masters LDR Committee in Seattle.

Bob Boal is currently a member of this WA V board. The group passed a motion for a Veterans race to the World Cross Country Championships must be approved by WA V and the IAAF.

Chairman Charles DesJardins chairs meeting of Masters LDR Committee in Seattle.

Bob Boal requested that our entire committee, not just our Executive Committee, make an endorsement for one of the candidates. No action was taken. (Note: The Executive Committee had already announced its endorsement for Bob Boal. Later in the meeting, the group passed a motion for a Vote of Confidence in our Executive Committee.)

Nominating Committee: John Woods passed out a list of nominees for officers of our committee. The recommendation was that the current officers be re-elected. Elections will take place on Friday morning.

Law & Legislation: Norm Brand reviewed the few tabled L&L items from last year's convention. We recommended a change in Article 14 so that Open Women would include ages 20 through 39, not 34, since the masters division doesn't begin until age 40 in the U.S. Norm asked us to look at the item on bid procedures, Reg. 4-F, and to give him any input we might have.

Nov. 29 Tuesday 2:30 p.m. Joint Masters T&F-LDR T&F Chairman Barbara Kousky and LDR Chairman Charles DesJardins took turns leading the meeting. Chuck called the meeting to order.

Drug Testing: WA V has not approved drug testing for the World Veterans Championships, but the IAAF is urging that drug testing be done and is willing to pay for it. So it is not clear if there will be drug testing in Turku or not.

Barbara took a straw vote on whether to leave the drug issue where it is and wait for more information: the vote was 14 to 14.

For information on specific banned medications, athletes may call a drug hotline number: 1-800-233-0391.

WA V/IAAF: Bob Fine explained that WA V became a strong organization when the IAAF was not interested in veterans athletics. Continued on page 17
Minutes of Masters Track & Field Committee Meetings

Continued from page 14

B. Racewalking
Masters racewalking records were officially submitted for the first time, with data going back to 1980. Don Henry is the new Masters Racewalking Record-keeper. He was appointed by Basil Honikman, TAC Records Chairman.

Relay-Selection Guidelines in Turku
Springbett, with input from Pashkin, proposed guidelines for relay-selection at World Championships:

1) Use 100m and 400m times, but no extrapolation from other events, such as 200m or hurdles;
2) 100 or 400 times in multi-events are acceptable;
3) Pick fastest people based on Turku times only;
4) Team manager can factor-in unforeseen circumstances, i.e., injury, and make a judgement that a qualifier is too injured to run.

The guidelines were accepted by the Committee.

Road Mile Championship
(See Masters LDR minutes)

Rules
TAC amends its rules every even-numbered year. Masters T&F follows all TAC rules, unless otherwise noted (hurdle heights, implement weights, etc.)

The Committee reviewed these proposed rule changes:

1) In national championships, it voted that women will walk 10K, not 20K. That brings it in line with the World Championships.
2) A one-hour walk instead of a two-hour walk may be held as a national championship.
3) National team championships were rejected by twice vote, but sectional team championships may be held (passed unanimously). A majority felt national team scoring would place a heavy burden on a meet director because of the difficulty in verifying relay teams. A minority felt it would help recruiting efforts and increase participation.
4) A proposal that entries for national championships must be received three days prior to the meet was defeated.

Sectional Reports
The importance of team scoring in sectional championships as a way to increase participation was discussed. Sectional reports were given. Highlights:

1) A surcharge of $1 is added to the entry fee in the Eastern Sectional meet to help defray meet costs and travel expenses for the coordinator.
2) The Northwest Section suggested dividing itself into two sub-sections, because its territory is too vast to entrile all potential competitors to the sectional meet, which has been held in Portland for 17 years. The meet will begin rotating in 1991.
3) Sectional meets were only able to break even if they found sponsorship or received in-kind donations. The meets need financial support to survive (see Budget).

Sectional Boundaries
The Committee voted to have Kousky appoint a subcommittee to explore the possible restructuring of the seven sections and report to the Committee in 1991.

Senior Olympics
The Committee hopes to have a presence at the 1991 National Senior Olympics in Syracuse.

Site Selection
1) Due to a TAC Board of Directors directive, there are to be no championship meets in Arizona, Montana or New Hampshire, because these states have no Martin Luther King paid holiday.
2) Kousky, Springbett and Max Goldsmith are preparing a bid booklet to try to standardize the bidding process.
3) Spokane, Salt Lake City, Eugene and Pittsburgh have expressed firm interest in

Continued on page 18

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Name
Address
City     State    Zip

Hugh Cobb, M55 sprinter and director of SCATAC, Sprints Meet of Champions, Long Beach, Calif. Photo by Jerry Wojcik

Val Olota, M30 first in the shot (13.89), SCA/TAC Championships, Los Angeles. Photo by Jerry Wojcik

PERMANENT OUTDOOR SCHEDULE

as approved by Masters Track and Field Committee
Twelfth Annual National Convention
Sheraton Hotel
Seattle, Washington
November 27-December 3, 1990

Day #2
Day #3
Day #4
5000 meters  10,000m run  10K & 20K
Pentathlon
800m heats
400m heats
Hurdles
100m heat
100m finals
Shot
Triple Jump
5k walk
Short
Hurdles
100m heats
100m finals
Pole Vault
50-90+
Hammer
High Jump
1500m heat
Javelin
Discus
Pole Vault
Women's Mtg
General Mtg

Day #1

January, 1991

TAC USA

THE ATHLETICS CONGRESS

OUTDOOR SCHEDULE

PAGE 16

Masters Track & Field Committee

TAC Championshps, Los Angeles.

Photo by Jerry Wojcik

Bernice Holland, 63, of Cleveland, Ohio, won three gold medals in the 1990 Nationals in the W60 shot (10.09), discus (27.76) and javelin (25.88). Photo by Barbara Stewart

Mike Nash, M40; 1:43 in the shot; SCA/TAC Championships, Los Angeles. Photo by Jerry Wojcik

CONTINUED FROM PAGE 14

Masters Track & Field Committee

TAC Championshps, Los Angeles.

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100m finals
Shot
Triple Jump
5k walk
Short
Hurdles
100m heats
100m finals
Pole Vault
50-90+
Hammer
High Jump
1500m heat
Javelin
Discus
Pole Vault
Women's Mtg
General Mtg

Day #1
Minutes of Masters LDR Committee Meetings

Continued from page 15

Activities. Now there are two factions, those who wish to keep WAVA strong and independent and "equal" to the IAAF (Alastair Lynn's group), and those who accept the IAAF as more powerful and think WAVA should cooperate better (Cesare Becalli's followers).

A motion was made that our joint committee instruct our 5 WAVA delegates to second the nomination of Cesare Becalli for WAVA President at the next WAVA meeting; motion failed. A straw vote was taken regarding the relationship between WAVA and the IAAF. Should WAVA be completely integrated with the IAAF? NO (Lynn) - 1 vote; YES (Becalli) - 20 votes; undecided - 15 votes; abstain - 1 vote.

Women's Minimum Age: The topic again came up about age 35 being the international minimum age for women's competition. A questionnaire from the World Championships in Eugene determined that 78% of the respondents favored raising the age to 40 internationally. A motion was made that the U.S. propose a constitutional amendment to raise the international minimum age requirement to 40 for women. The motion passed, 22 to 10, with 3 abstentions. A straw vote was taken of just the women present: 6 to 4 in favor of the motion.

Medal Standards: Barbara received a letter complaining about the medal standards in effect at WAVA Championships. While the U.S. does not favor the standards, they were voted in by the General Assembly. No amendment was taken.

WAVA Championships: No additional information has been received on a meet to be held in Moscow. There will be a better meet in Switzerland one week after Turku. A meet is scheduled for Budapest in March of 1991.

Bob Fine, WAVA bid coordinator, reported on bids for upcoming world meets. Japan has bid for 1993; Colombia, Uruguay, and Singapore may bid for 1995. The 1997 meet will most likely be in Europe somewhere.

Norm Green, non-stadia chairman for North America, reported on the regional marathon championship in Whitehorse, Yukon on June 23. It was not a true championship, since only 18 veterans participated. The regional T&F meeting in Trinidad was a good event, but marred by concerns for safety and a lack of participation. The humidity and temperatures were high for the long distance events, and there was a 9 p.m. to 5 a.m. curfew for everybody.

Norm announced that there are two bids from Mexico for a regional t&f meet in 1992; this will be voted on in Turku. The countries bidding on a 1992 world road championship are: Yugoslavia, Spain, France, and England. Bids are open for a regional road race from a half-marathon to a marathon for 1993. A veterans cross country event will be held in conjunction with the IAAF World Championships in Boston in 1992, but it has not yet been decided whether it will be a WAVA Championship or not.

Rule Proposal: Kirk Randall opened discussion on a proposed rule change from Masters LDR, namely that LDR be allowed to hold a road or cross country championship at any distance one mile or above. We had heard there was opposition from Masters T&F because the distance of one mile usually comes under the jurisdiction of T&F. A motion was made that Masters T&F support Masters LDR's proposal to hold a one mile road championship provided that it not be held within 30 days of a National Masters T&F meet or a World T&F meet. Motion passed. The joint session concluded at 5 p.m.

Nov. 30 Friday 9 a.m.

Elections: Before the election, John Scott reported on his work as Nominating Committee Chairman. In one respect, it's important to keep the same people as officers for good continuity. On the other hand, our organization needs new blood.

The following incumbents were re-elected by acclamation to a two-year term: Chairman-Chuck DesJardins, Vice-Chairmen - Ruth Anderson and Kirk Randall, Treasurer - George Vernosky, Secretary - Carole Langenbach. Bob Boal was re-elected to the Board of Directors. Ruth Anderson and Norm Green were re-elected as our WAVA delegates.

As a follow-up to John's opening remarks, Chuck expressed his willingness to step down as chairman in two years. The committee is always interested in input from new folks.

Athletes Advisory: Chuck reported that the AAC voted to add two positions on its board for long distance/cross country athletes. The slots must be filled by athletes who have competed on an international team within the last 10 years.

Championships: Our committee lost its potential sponsor for our 1991 championships which had been on hold since last year, so we awarded 1991 and 1992. Dan Brannen presented two ultra bids which were accepted. Chuck had received a proposal from the Twin Cities Marathon to be our marathon championship for 5 years, from 1991 through 1995. Their plan is to award performance money, not appearance money. A motion was made to accept the 5-year bid: motion passed. Not all distances were awarded; since so many events bid for the month of November, and both bids for the 10K were in November also, the 10K was not awarded. In the future, our committee will solicit specific races to bid on our championships, in addition to regular bids. (See chart for schedule.)

TACSTATS: Basil and Linda Honikman presented their recommendations for masters LDR records. A motion was passed to accept their report. Basil explained that the two rules proposals regarding marathon record-keeping will be tabled for further study.

A motion was passed to express our support and appreciation to the Honikmans for their service to Masters LDR.

Dec. 1 Saturday 9 a.m.

Old Business: A motion was made to reconsider the awarding of our outstanding male athlete 70-74 (requested by the awardee after hearing reports of better times by a competitor). The motion failed.

Chuck announced the outcome of the IAAF Veterans Committee Nominee election; Bob Boal was elected. Bob made a short speech in which he emphasized that he would represent athletics, not just LDR.

A motion was passed to let our Executive Committee award any remaining 1991 championships by March 23-24 at the Masters Indoor T&F Championships.

Chuck appointed Jerry Crockett and Jack Moran to the committee to study the tabled legislation regarding marathon records.

George Vernosky distributed copies of our 1991 budget, explaining that it had been chopped down twice because of national budget constraints. Our original request was for $35,900, and we will receive $25,000 ($10,000 more than the previous year).

A suggestion from the group was that we work toward getting TAC to let us use some of our budget to assist athletes, since it's harder to get sponsor money for masters programs.

Carole Langenbach passed around copies of our updated Guidelines for Masters National LDR Championships, including a checklist for race directors. A committee had been working on this during the past year, composed mainly of committee officers. One of our budget items is to get the Guidelines printed in brochure form.

New Business: Carole brought up a question about the age-designation numbers which we require athletes to wear on their backs during championships. Each race issues a different size and style. A motion was passed that our committee purchase color-coded age division numbers for competitors' backs to be issued free to our championships.

Teddy Foy reported on issues discussed in Sports Medicine meetings. TAC needs more doctors to participate in athletics around the country. Teddy distributed copies of an abstract on Injury Patterns in Middle-Aged Runners. (Editor's note: See Health & Fitness column on page 12.)

John Boyle reported that he is close to obtaining a sponsor for a color brochure about our national championships.

The meeting was adjourned at 11 a.m.

Respectfully submitted,
Carole Langenbach, Secretary

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TAC MASTERS LONG DISTANCE RUNNING COMMITTEE BUDGET 1991

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<th>Item</th>
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<td>b. 1 Board of Directors Meeting (2 members x $600)</td>
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<td>c. 1 International Meeting (3 members x $1500)</td>
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<td>5. International X-C Championship Coordination</td>
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<td>6. Championship Statistics</td>
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<td>7. Preparation of 1991 Championship Brochure</td>
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<td>Total</td>
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</tr>
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Grant Towns (252) and Dan Conway (5) finish virtually together at the National Masters 15K Championship in Eidea, Minn. Towns, 43, from Winnipeg, Canada, placed second M40 ($1,45), while Conway, from Chicago, Ill., was the M50 winner ($1,46). Photo by Dennis Hahn

TAC Masters Long Distance Running Committee Meetings

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Ian Cousins, M40, (1) masters second (20 04, $200) and James Tracy, M40, masters first (20 00, $400), Steamboat Classic 4 Mile, Perris, Ill.

Photo by Clay Shaw

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Please note:
2. National Masters News
3. page 17

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Respectfully submitted,
Carole Langenbach, Secretary
Boal Elected to IAAF Veterans Committee

Delegates to The Athletics Congress' convention in Seattle on November 30 elected Bob Boal of Wake Forest, N.C., to represent TAC on the 10-member IAAF Veterans Committee for a four-year term. The Committee meets once a year. Boal, the incumbent, had been appointed by TAC to the new post in 1987.

Boal won in a three-way contest over Bob Fine of Del Rey Beach, Fla., and Jerry Donley of Colorado Springs, Colo., defeating Fine in a two-way runoff, 166-136. Boal had been endorsed by the Masters LDR Committee, while Fine and Donley were supported by the Masters T&F Committee.

Delegates also re-elected Ollie Cassell, The Athletics Congress Executive Director, to two IAAF posts. Cassell, who has directed TAC throughout its 12-year history, easily defeated a challenge by Jim Crumpton, a coach in Southern California, by a vote of 253-125 for the position of U.S. representative on the IAAF Council. Cassell also became TAC's nominee for IAAF vice president by a 268-111 vote. Cassell currently holds the post.

A restructuring proposal was adopted. The plan calls for two executive positions to be created: senior director of operations and senior director of administration. Candidates for the positions will be recruited by an executive search firm, but Cassell's job is exempt from the nationwide search. Cassell will review the applicants. The cost to TAC of the additional positions is reported to be about $250,000.

In other business at the convention, TAC:

- voted not to award championship events to states that have no paid state holiday for Martin Luther King, Jr.
- expanded its out-of-competition drug-testing program to include all athletes, not just those within a 75-mile radius of a drug-testing center, as before.
- voted not to release the names of athletes who test positive for drugs until after all appeals have been completed.
- tabled a proposal to reinstate the Boston marathon and other marathons as sites for records. Boston and other road courses with a drop of at least one meter per kilometer and a start-finish separation of more than 30 percent were ruled ineligible for records at the 1989 convention.
- reinstated two-time world indoor long-jump champion Larry Myricks as of April 13. Myricks had faced a lifetime ban for testing positive at three 1990 meets.
- re-elected Frank Greenberg to a second two-year term as TAC president. Also elected were executive vice president Larry Ellis; vice-presidents Bill Roe, Cliff Wiley, and Charles Ruter; secretary Barbara Palm; treasurer Stan Wright.
- rejected a request for reinstatement for Ruth Wysocki, who is serving a four-year suspension for competing in South Africa in 1988.
- awarded the Jesse Owens trophy that goes to the nation's outstanding athletics performer to Lyne Jennings, 30, of New Hampshire.
- inducted Jim Beatty, Charles Dumas, Doris Brown Heritage, and Rick Wohlhuter into the 137-member National Track & Field Hall of Fame.
- named Atlanta as the site of the 1995 Convention.

The 1991 convention will be held in New Orleans on December 3-7.

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Boals in 40-56. Great Cow Harbor 10K. Northport, L.I., N.Y.
Photo by Victoria Sailer/Agence Shot

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Minutes of Masters Track & Field Committee Meetings

Continued from page 16

bidding for the 1992 outdoor championships. Spokane hosted a dinner for two Committee members. Bid presentations will be made at the 1991 Indoor Nationals in Blaine, Minn.

Uniforms

Two people are interested in being uniform managers. Proposals will be submitted to Kousky and the Executive Committee, and will be published in the February NMN.

WAVA Delegates

Kousky, Jerry Donley and Rex Harvey were voted to be delegates to the WAVA General Assembly in Turku, Finland on July 24, 1991. First alternate is Pete Mundle; second, Marilyn Mitchell; third, Gary Miller.

A motion passed that, in the future, the TAC Masters T&F Chairman is automatically a WAVA delegate.

Christel Miller, Phil Rascher, and Joan Stratton were elected delegates to the WAVA Women's Meeting in Turku on July 19. Alternates are Becky Sisley (first), Marilyn Mitchell (second), Sandy Pashkin (third).

The women's meeting is apparently scheduled during a time of competition (heptathlon). WAVA Women's Chairman Bridget Cushen will be asked to schedule the meeting following the finish of the heptathlon or at another non-competition time.

Team Manager

Sandy Pashkin and Scott Thornley were nominated for Team Manager. Pashkin was elected and will receive up to $1800 in travel expenses to Turku. The job's requirements: 1) be a non-competitor who will be in Turku; 2) attend all required meetings and practices; 3) conduct a daily meeting of all U.S. athletes; 4) act as liaison between U.S. athletes and Games' organizers.

1991 WAVA Championships

Entry forms are available from Kousky or Mitchell (addresses on page 2; send $1.05 stamped, self-addressed 5⅛" x 11½" manila envelope; and from U.S. masters travel agents. The entry form will be published in the March issue of NMN.

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Submitted by Marilyn Mitchell, Secretary
Reflections on the WAVA Asian & South American Veterans T & F Championships

This is not an article on the statistics of these Championships, exciting and excellent as they were. It is a collection of images stimulated by attending two great meets as far apart as Kuala Lumpur and Montevideo. This all took place in November and involved over 70 hours travel time, when DC-10s seemed to become almost a home away from home.

Kuala Lumpur came first. It is a delightful city with an interesting mixture of old and new buildings, each style being complimentary to the other. Coming out of the early Canadian winter into a warm, somewhat humid, climate, I found it easier to run in the early mornings.

The Stadium Merdeka housed the Championships, which commenced with a colorful opening ceremony with the Royal Malaysian Police Band, finishing with a spectacular parachute display by the Police Commando unit. This stadium is one of the best I have seen, with an excellent surface and good, covered seating capacity.

The program progressed steadily; no doubt full results will be published in the NMN in due course. Even to a seasoned veteran athlete such as myself, I never cease to wonder at what can be achieved by people who but fifteen years ago (pre-WAVA) would have been considered "old."

Cesar Beccalli and I had the privilege of attending both the Technical Committee and General Assembly meetings — friendly gatherings stressing practical solutions to promote the best possible conditions for the athletes.

The South American Championships were in Montevideo — a bustling, people city which houses the stadium where the first World Cup of soccer took place. The track & field stadium has an excellent eight-lane surface with good field-event facilities. It has banks of seating on one side with trees around most of the rest of the track. The trees were a much-needed refuge from the hot sun. My own running was again restricted to the early morning and was most enjoyable alongside the wide river on which Montevideo stands.

There were close to 1200 entries for these Championships — similar to the number in Asia. About one-third of the South American entries were women — an encouraging statistic and significantly higher than other Regional Championships.

The opening ceremony, as in Kuala Lumpur, was just right for the occasion and featured pairs of girls and boys dressed in the national costumes of each of the countries. Beccalli, Cushing, the Women's Representative on the WAVA Council, was also invited to attend the South American Championships, and worked hard, having a successful meeting with women delegates and competitors.

Beccalli, Cushing and I were given the opportunity to speak at the Delegates' Meeting. This was a rewarding and satisfying experience (and it gave me an opportunity to use my modest Spanish in part, with Jorge Alzamora, the South American Secretary, being most helpful in translating most of my talk).

While it is not my purpose to describe the athletic events in detail, one series does stand out in my mind. The women's 800m races in Montevideo were characterized by the determined, confident front-running of the Brazilian women. To a long-time middle-distance runner like me, to lead from start to finish in a 800m race is one of the greatest of track thrills.

The social occasions at the end of both Championships each had its own special flavor. In Kuala Lumpur we had a fine banquet with much entertainment. Two memories stand out, a baritone singing "Danny Boy" and an elegant Indian lady going, impromptu, on to the stage to dance delightfully to his fine voice. Later, a group of male and female dancers performed Malaysian dances; their exquisite dancing was only matched by the vivid beauty of their costumes. In Montevideo, it took the form of a buffet supper and dance at a picturesque hotel near the river. The music was exciting (I can still hear the drum beats).

Both these Championships generated the best in Veterans' athletics — friendship, fine competition, and generous applause to people of all nationalities, plus a delightful finish, surely cementing friendships given birth during the meets.

As in all our veteran meets, many people contributed to their success and many of those are nameless. Veterans' athletics is truly built by individuals in many countries. My congratulations and thanks to all involved, including people such as Nashtar Singh, S. Sivarapragasam, Sarjit Singh, Abdullah Hj Mohd Dom, Hector Acosta, Isidora Carter, Iris Menza, Jorge Alzamora and, of course, our WAVA Council members Hari Chandra and Jose Figueras plus the hosts of officials in both countries.

It is the efforts of these individuals and many others around the World which have created WAVA from its birth in the seventies to the strong, dynamic group it is today. I look forward to seeing "Our WAVA" progress from strength to strength in the years ahead, driven by the vitality of its members.

Thanks Kuala Lumpur! Thanks Montevideo!  

International Scene
(by Alastair Lynn, Secretary, WAVA)

Flaherty to Run for President

Owen Flaherty, a British citizen living in Spain, will reportedly become the third candidate to enter the race for the presidency of WAVA. Flaherty, who lost to Cesare Beccalli for the office in 1989 in Eugene, will likely be nominated by WAVA's British affiliate.

He joins Beccalli and Alastair Lynn as candidates for the job. The election will be held at the WAVA General Assembly meeting in Turku, Finland, on July 24, 1991.
ed by a series of bullying threats directed at the WAVA membership.

For example, Beccalli says: "The IAAF could organize its own official World Veterans Championships. In any case it would no longer recognize WAVA... no matter what word is used—partnership, cooperation, integration—the reality is that either WAVA becomes a part of the IAAF or WAVA will be out of business."

In seeking support for the future direction of WAVA by such bombast, for whom is Cesare really speaking? In fairness to the IAAF, they have never made the statement that they would organize their own veterans championships. I doubt that Cesare has been authorized to speak on behalf of the IAAF. Even less does he reflect the spirit of the WAVA Council and membership, whose aim is to enjoy athletics in a spirit of cooperation with anyone who wishes to participate. Clearly, he speaks only of his own interpretation of the situation.

Cesare states: "...some of the Council were taken by surprise. Two of the Council members were absent." Certainly Hans Axmann, the European delegate, was absent (having surgery, from which he has happily recovered), but since there were no African affiliates at the time of the meeting, the Congo's Pascal Mouassipoussou was not entitled to participate. In any case, without revealing the actual count for the nomination for President, it can be stated that no matter how the two additional votes might have been cast, the result would not have been altered.

Cesare states that on the two occasions of his election as President of WAVA, "it was always made clear that the ultimate objective would result in the integration of WAVA with the IAAF." This is not true. The first occasion when Cesare's direction was clearly stated came from his letter after the IAAF Veteran's Committee meeting in Barcelona (Sept. 1989) and the published minutes of that meeting. That's why, at its first opportunity (Turku, June, 1990), the WAVA Council took the dramatic step of refusing to endorse the nomination of its President, and instead supported Alastair Lynn who decided, in the best interests of veteran athletes, to stand for this office.

Don Farquharson
Toronto, Canada

I hope NMN readers recognized Cesare Beccalli's article for what it was—an assortment of threats and allegations.

He alleges that the vote taken by the WAVA Council in Turku, 1990, was not unanimous. How does he know? My information is that a "secret" ballot was held.

He alleges that some of the Council members were taken by surprise. Maybe so, but all was done in accordance with the rules as they stood at the time.

He threatens that the IAAF may be "forced to consider WAVA to be an unacceptable partner" because IAAF rules require that there be drug testing at all World Championships. Beccalli claims that if drug testing is not permitted at the WAVA games in Turku in 1991, IAAF officials may not make themselves available for the running of the games.

He further states that "The reality is that either WAVA becomes a party of the IAAF or WAVA will be out of business"—finally concluding that "If WAVA decides it does not want any affiliation with the IAAF, the IAAF will create their own Veterans division without WAVA and would no longer recognize WAVA's Championships."

I do not believe that a world-famous organization such as the IAAF would act in such a childish manner.

Surely the desired objective of IAAF, WAVA and every other concerned organization is the encouragement of the maximum number of Veteran athletes to participate, not try to splinter the movement by taking on school-yard bully tactics—"I shall pick up my ball and go play elsewhere unless you fall into line."

What I would like to know is on what date was Mr. Beccalli appointed an official spokesman for the IAAF organization?

D. MacBeath
Inverness, Scotland

WAVA ELECTIONS

Almost all of 1990 appears to have been spent by the WAVA Council on a public squabble over the election of a president in 1991. A great deal of dirty washing has been scattered around in the process.

It has all been a most unseemly spectacle, mostly carried on in the columns of the National Masters News.

I think what we want is an entirely new set of candidates—neither Cesare Beccalli, the holder of the office, nor Alastair Lynn, the Canadian, who is the council's own nomination for the post. There has been too much bad feeling aroused on their behalves.

In addition, if Alastair was elected, excellent man though he is, we would end up with a packed Anglo-American council, not even having the broadening effect of an Italian at the head as at present.

Someone else should be put up, someone from the rest of Europe, Asia, Africa or South America. In fact, it's perhaps time that some of the other long-serving members of the council should be replaced with fresh blood, before it all begins to look like a self-perpetuating clique.

I appeal to other national bodies to come up with new nominations. What about the Japanese, who are likely to be running our 1993 World Games and who could bring their noted administrative qualities to bear on our government, and what about the former East Germans, the Russians and other new member-countries?

Send your nominations in for the presidency and the other elected posts. Let's have a truly world council for a truly world movement.

Sylvester Steen
London, England

PREGAMES TO THE IX WORLD VETERANS CHAMPIONSHIPS

Kuusankoski, Finland, July 12-14, 1991

EVENTS

<table>
<thead>
<tr>
<th>WOMEN</th>
<th>SATURDAY, JULY 13</th>
<th>SUNDAY, JULY 14</th>
</tr>
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<tbody>
<tr>
<td>80m/100m hurdles</td>
<td>400m</td>
<td>100m</td>
</tr>
<tr>
<td>200m</td>
<td>3000m</td>
<td>1500m</td>
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<tr>
<td>800m</td>
<td>long jump</td>
<td>300m/400m hurdles</td>
</tr>
<tr>
<td>discus</td>
<td>javelin</td>
<td>shot put</td>
</tr>
<tr>
<td>200m</td>
<td>80m/100m/hurdles</td>
<td>110m</td>
</tr>
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<td>400m</td>
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<td>long jump</td>
</tr>
<tr>
<td>discus</td>
<td>shot put</td>
<td>javelin</td>
</tr>
</tbody>
</table>

SAME AGE GROUPS AS WORLD VETERANS CHAMPIONSHIPS IN TURKU

Mail entry by April 15 to: Pregames Kuusankoski
PL 101
SF 45701 Kuusankoski
Finland
or FAX 358-51-44496

Entry fees: First event US $25; next events US $12 each; Deadline: April 15
Send check to STS Bank Ltd., Account No. 710-081-525838

Information:
FAX 358-51-44496

Travel and Room Arrangements:
Kaleva Travel Agency Ltd.
Congress Service
Munkkatu
SF-00100 Helsinki
Finland
Kuusankoski is 100 miles from Turku and Helsinki

Welcome to Kuusankoski July 1991

An autumn view of the Aura River, which flows through downtown Turku, Finland, site of the 1991 WAVA World Veterans Championships. Photo from Olavi Niemi
Tony Simmons, 1976 Olympics’ 10,000 fourth place, again showed what a formidable competitor he is by coming from tenth place with two miles to go to win the AAA Veterans 10K Road Race Championships in 31:44. The race, on November 18, was held in the Yorkshire town of Barnsley, over a two-lap course, each of which began with a mile-long hill into the teeth of a gale force wind.

Alan Whitfield and Mike Hurd took the early pace, but with a mile to go, Whitfield, Keith Penny, and Peter Banks had broken well clear of Dave Thrupp and Irishman Tom Price. A suicidal run down the final hill by Simmons, however, saw the Welshman home by just a second from Banks and Penny, as 15 runners finished within the minute.

Frank Davies (32:35) and Stephen James (32:53) ran exceptionally well to take the M45 and M50 age-group races, while Eric Appleby’s M55 35:41 was the best age-graded performance.

Forty-year-old Zina Marchant ran an outstanding 34:45, just outside her lifetime best, to turn the tables on Glynis Penny, 39, who clocked 35:44 to take the W35 title.

In other races, Mike Hurd, M45, was the first veteran in 68:57 in the Stroud Half-Marathon, October 28. Havering’s Dave Cooper, M40, won the 24-hour track race at Wood Green, October 27-28, covering 148 miles/1740 yards.

Geoff Wootton, M45, was the first veteran (33:22) in the National OK Road Race-Brooks Classic at Southend, October 21.

In the AAA/BVAF 20K Racewalk Championships at Chigwell, October 20, Jeff Hall was first in 1:41:23, with Brian Adams second (1:42:01), and Dave Baxter, M45, third (1:42:44). Cath Reader was first with a 53:16 in the Women’s Veterans National 10K Racewalk at the same venue, followed by Gilly Trower, second in 53:21.

### WAVA/TAC Hurdles and Implements Specifications

**HURDLES**

<table>
<thead>
<tr>
<th>Age</th>
<th>Race Distance</th>
<th>Hurdle Height</th>
<th>To 1st Hurdle</th>
<th>Between Hurdles</th>
<th>To Finish</th>
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<tbody>
<tr>
<td>30-39</td>
<td>100m</td>
<td>.640m</td>
<td>33”</td>
<td>13.00m</td>
<td>42'/8&quot;</td>
</tr>
<tr>
<td>40-49</td>
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<td>.762m</td>
<td>30”</td>
<td>12.00m</td>
<td>39'/4&quot;</td>
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<tr>
<td>50-59</td>
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<td>.762m</td>
<td>30”</td>
<td>12.00m</td>
<td>39'/4&quot;</td>
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<tr>
<td>60-69</td>
<td>300m</td>
<td>.762m</td>
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<td>164'/0&quot;</td>
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**MEN**

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<tr>
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<tr>
<td>60-69</td>
<td>400m</td>
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<td>36”</td>
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**IMPLEMENTS**

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<td>4.00k</td>
<td>1.00k</td>
<td>6.00k</td>
<td>600 gms</td>
</tr>
</tbody>
</table>

* Either “old” or “new” javelin may be used.
**UNAUDITED RECAP OF INCOME/EXPENSE FROM VIII WORLD VETERANS’ CHAMPIONSHIPS**

The figures listed below include cash and in-kind income and expense items.

### INCOME:
- Banquet: $37,945.00
- Beer Garden: 2,596.00
- Entries: 3,621,848.00
- Gate Receipts: 3,973.00
- Housing Administration: 46,433.00
- Interest: 30,156.00
- Masters Sports Association: 75,954.00
- Business Supporters - Non-Sponsor: 4,450.00
- Oregon Tournament: 8,000.00
- Merchandising/Apparel: 8,370.00
- Miscellaneous: 1,606.00
- Program: 20,830.00
- Results Book: 11,769.00
- Sponsors - Cash (Gold Medal Level): 40,000.00
- Sponsors - In-Kind (Gold Medal): 97,436.00
- Sponsors - Cash (Silver/Bronze): 20,105.00
- Sponsors - In-Kind (Silver/Bronze): 42,950.00
- Tours: 83,285.00
- Vendors: 3,113.00

**TOTAL INCOME**: $820,594.00

### EXPENSE:
- Administration/Management Staff: 151,800.00
  (includes Directors, Administrative Assistant, Housing, Vendors, Volunteer Coordinators and Temporaries)
- Competition Director: 15,000.00
- Auto: 5,238.00
- Payroll Tax Expense: 18,900.00
- Bankcard Charges: 7,785.00
- Banquet: 1,146.00
- Beer Garden: 3,897.00
- Ceremonies - Opening/Closing: 2,124.00
- Competition: 69,423.00
- Competition Venue Directors: 17,000.00
- Computer - Hardware/Supplies: 23,775.00
- Computer - Operations: 11,100.00
- Entry/Booking: 13,730.00
- Insurance: 6,415.00
- Marketing/Promotions
  - WVC Bid: 28,070.00
  - Printing/Graphics: 6,603.00
  - Promotions: 16,045.00
- Rental: 6,703.00
- Media Center: 14,008.00
- Miscellaneous: 10,472.00
- OFFICE EQUIPMENT
  - OFFICE EQUIPMENT: 156,800.00
- OFFICE SUPPLIES: 8,950.00
- OFFICE SUPPLIES: 9,975.00
- OFFICIALS EXPENSES: 56,835.00
- Housing/Food/Clothing: 1,791.00
- Postage: 16,545.00
- Printing/Stationary: 37,168.00
- Registration: 1,952.00
- Security: 4,045.00
- Shuttle System: 46,236.00
- Signs: 5,800.00
- Telephone: 10,767.00
- Timing: 15,151.00
  - Includes housing of crew
- Tours: 72,442.00
- U.S. Bid: 3,727.00
- WAVA Rights Fee: 12,700.00
- WAVA Council - Housing: 18,953.00
- WAVA Council - Site Visit: 9,110.00

**TOTAL EXPENSES**: $810,030.00

**NET PROFIT**: $10,564.00

### NOTES TO UNAUDITED INCOME/EXPENSE STATEMENT FROM VIII WORLD VETERANS’ CHAMPIONSHIPS

1. In-kind donation from Zokie, Long & Triguiareo is not reflected in income total.
2. Merchandise/Apparel income includes income/expense of lithos and bag reliefs. It also includes all sales/expenses prior to actual Championship dates.
3. In-kind sponsorship from Kacehouse Equipment Company is not reflected in income total. Equipment was loaned to the organizers for use during the Championships, after which it was sold to competitors for a reduced price.
4. In-kind sponsorship from Register Guard is not reflected in the income total. Their contribution included publishing the daily results, given to the competitors at no charge.
5. In-kind sponsorship for the rental of MacArthur Court from the University of Oregon is not reflected in the income.
6. In-kind sponsorship for medical services from Sacred Heart Hospital is not reflected in the income total.
7. In-kind sponsorship for facility rental for the cross country from Lane Community College is not reflected in the income total.
8. Airline tickets, given to key volunteers, are not reflected in the expense totals. Tickets were part of the in-kind gold medal sponsorship from United Airlines, included in the income totals.

---

**Eugene Shows $10,564 Profit**

The VIII WAVA World Veterans Athletics Championships, held in Eugene, Oregon in 1989, made a profit of $10,564 on total revenues of $820,594, according to a financial statement submitted to WAVA by Barbara Kousky and Tom Jordan, co-directors of the Eugene event. The complete income/expense statement is published on this page.

The actual revenues do not reflect several in-kind donations, such as equipment, medical services, facility rental, airline tickets, printing, etc. Adding the fair market value of these contributions would have pushed the total revenues to over $1 million.

Top revenue item was entry fees of $201,548, closely followed by sponsors at $200,586. Merchandise/apparel sales netted a profit of $88,370, while a financial statement submitted to WAVA by Barbara Kousky and Tom Jordan, co-directors of the Eugene event. The complete income/expense statement is published on this page.

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Administration costs of $153,800 led the expense list, followed by competition ($69,423), officials ($56,833), and shuttle system ($46,236). Amazingly, the outstanding opening and closing ceremonies only cost $2,124.

The final profit of $10,564 was turned over to the Oregon Track Club.

---

**Leningrad White Nights Marathon**

**Melbourne Marathon**

**Moscow Marathon**

**Eugene Shows $10,564 Profit**

---

On the victory stand at the World Veterans Championships in Eugene are the W50-54 medalists. From left: Sheila Smith (USA), Bev LaVeck (USA), Jill Latham (USA).

---

**Eugene Shows $10,564 Profit**

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Canadian Cross-Country Race
Held in Nova Scotia

by DON FARQUHARSON

HALIFAX, NOVA SCOTIA, November 18. The 17th running of the Canadian Masters National Cross-Country Championships today was the first in what is hoped will be a long series of events, - but there were 800 Compete in Oceania Games

800 Compete in Oceania Games

More than 800 athletes took part in the IX WAVA Asian Championships held in Kuala Lumpur's Merdeka Stadium on November 9-11.

The largest contingent (320) was from Malaysia, followed by India (294) and Japan (180). The Japanese tallied the most medals (135 gold, 78 silver, 49 bronze), with India second (53, 71, 62), and Malaysia third (28, 29, 28).

The biennial general meeting of the Asian Veterans Athletic Association on the 10th was chaired by Nashatar Singh, AVAA president. Cesare Beccalli, WAVA president, and Alastair Lynn, WAVA secretary, were in attendance.

The meet's opening ceremony included a parade of participants by country. The championships closed with the AVAA flag being handed to Joseph Yan, president of the 1992 host Singapore Association of Veteran Athletes, by YBhg Tan Sri Date Elvas Omar, mayor of Kuala Lumpur.

WORLD RECORDS SET AT THE V OCEANIA GAMES

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Age</th>
<th>Mark</th>
<th>Previous Mark</th>
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<tr>
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<td>Marie Hillier (NZ)</td>
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<tr>
<td>Women's 2000</td>
<td>John Eccles (NZ)</td>
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<td>7:52.00</td>
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<td>Shirley Petersen (NZ)</td>
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<tr>
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<tr>
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<td></td>
</tr>
<tr>
<td>Men's Javelin</td>
<td>Sarah Packham (GB)</td>
<td>65</td>
<td>4.40</td>
<td></td>
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</tbody>
</table>

British Columbia. The Nova Scotian weather lived up to expectations with heavy rain, gusty winds, and grey skies the night before and during the race. Part of the course was waterlogged and turned to thick quagmire.

Murray Hale, M40, of Ontario won the race overall, followed quickly by the M45 winner, Gerry Tighe (B.C.). Holly Whitman won an impressive group records, listed below.

Athletes paraded into Mt. Smart stadium in age-groups for the traditional opening ceremony. The usual camaraderie was evident and set the mood for a memorable athletic carnival. A social function was held at Mt. Smart stadium at the end of each day's events. Following the closing ceremony, a barbecue and social was held.

Among the outstanding performances were seven new world age-group records, listed below.

The VI Oceania Veterans Games will be held in June, 1992 on Norfolk Island.
The Director's Corner

by DEAN REINKE

Naples Field Strong Again

The third edition of the Sorthobane/USRA Masters Circuit National Masters Grand Championship is set for January 12 in Naples, Florida. This event has consistently assembled one of the best masters fields on the roads and 1991 will be no exception.

Highlighting the field will be the first-ever meeting of John Campbell, Frank Shorter and Bill Rodgers in a road race. Campbell, who has totally rewritten the masters record books, is considered the odds-on favorite to win it all. The world record set last year by Mexico's Mario Cuevas of 23:49 seems destined to fall and the only question that remains is how many will break the mark. In fact, four of the five fastest masters 5K times of 1990 were set in Naples a year ago.

Bill Rodgers, who won the inaugural Circuit Championship in 1988, still has a shot at the Circuit Grand Prix Championship if he can put together a good effort in Naples and the week before at the Charlotte Observer/NCNB Masters 10K.

While many have put little stock in Frank Shorter at the Circuit Championship the last two years, the Coloradan has always finished in the top 10.

Four-time Colombian Olympic Dominico Tidabida, who leads the Circuit going into Charlotte and finished fourth a year ago, has had an excellent year and should be competitive. Canadian masters record-holder Ken Hamilton is third going into Charlotte while '88 Masters Circuit Grand Prize champion Bob Schlaub will add depth to an already strong field.

At press time, race officials were finalizing the participation of Ryszard Mraczk, who was a top-10 master at Twin Cities last fall. Top age group runners to be competing include Barry Brown, Ken Sparks, Byron-Dyce, and Grand Masters runners Hal Higdon, Fay Bradley, Bill Fortune, John Hosner, Dick Benson, and John McManus.

On the women's side, Sorthobane/USRA Masters Circuit leader, Nancy Grayson, certainly a candidate for "rookie of the year," is among the favorites. Two-time Naples runner-up Gabrielle Andreani will be back again, while consistent Barb Filutze hopes to improve her position in the rankings with a strong finish at both Charlotte and Naples. Mary Wood and Ginn Faus will lead the other age groups vying for Circuit honors.

As always, the majority of the 14 individual 5-year championships will be determined by head-to-head competition at Naples. Prize money breakdown of the Sorthobane/USRA Masters Circuit is as follows:

Men's 40-44: 1st $2500, 2nd $1500, 3rd $1000, 4th $500, 5th $300, 6th $200, 7th $100.

Women's 40-44: 1st $1500, 2nd $500, 3rd $250, 4th $150, 5th $50.

Men's 45-49 and 50-54: 1st Place $250; all other 5-year age-group winners through 70 and over (men & women) will receive $100 for 1st place. Also to be contested will be the popular Sorthobane Cup age-graded performances. The Sorthobane Cup compares the performances of older and younger runners and selects the best performances in races among all age groups. The standards are generally based on potential world records for each age group and have been compiled by the World Association of Veteran Athletes.

Circuit headquarters for the Sorthobane/USRA Masters Circuit Championship will be the Vanderbilt Inn. The $75 room rate is a steal for January in Florida, and I urge runners to call as soon as possible at 1-800-643-8654. Packet pick-up and late registration will be on Friday, January 11th, from 5:00 to 8:00 p.m. at the hotel. A special "Meet the Masters" reception will be held poolside from 6:00 to 7:30 p.m. featuring Bill Rodgers, Frank Shorter, John Campbell, and other top participants. The Open 8K will begin at 8:00 a.m. on Saturday, January 12th, and the Sorthobane/USRA Masters Circuit National Masters Grand Championship will be held at 9:00 a.m. The awards presentation will be at 10:30 a.m. with the awards banquet that evening at 7:00 p.m. back at the Vanderbilt. Entry forms can be obtained by calling the Sorthobane/USRA Masters Circuit headquarters at (407) 647-2918, or local race number in Naples, (813) 434-1018.

Circuit Happenings

Add Gary Romeros to the ranks of the 40 and over Masters Division as a name to watch. The Indiana resident's 1:08 posting at the Citrus Bowl Half Marathon ranks him as the 4th best time of the season, finishing 3:00 ahead of Jim Pearson in the same race. Like many new to the masters ranks, Romerossever quit training and racing since his collegiate days at Indiana Central. You'll be hearing more from Gary...

The Charlotte Observer 10K has been awarded the 1992 TAC/USA Men's 10K National Championship. Race officials will be pursuing the Masters 10K Championship for '92 as well. Long range plans call for pursuit of the Olympic Marathon Trials bid in 1996. The last regular-season event on the Sorthobane/USRA Masters Circuit, the Charlotte Observer 10K, features over $16,000 in Masters prize money spread between the 10K and the Marathon. This year's event will feature Bill Rodgers, Frank Shorter, John Campbell, Ken Hamilton, Bob Schlaub, Earl Owens and on the women's side, Priscilla Welch, Barbara Filutze, Nancy Oshier, Laurie Binder, Gabrielle Andreani, and Judy Green.

In Naples, John will go back to New Zealand after Naples and concentrate on preparation for London in the spring. He is reportedly not getting the recognition he deserves from the John Hancock people, but the Triple Crown winner is back and looking to capture another top 10 finish.

The popular Myrtle Beach Classic 10K, one of the early stops on the Sorthobane/USRA Masters Circuit, will be held on March 16. Entry forms can be obtained by calling the Sorthobane/USRA Masters Circuit headquarters at (407) 647-2918, or local race number in Naples, (813) 434-1018.

Sorbothane Cup Age-Graded Rankings

Overall Men

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Runner</th>
<th>Time</th>
<th>Overall Rank</th>
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</thead>
<tbody>
<tr>
<td>40-44</td>
<td>John Campbell</td>
<td>1:04</td>
<td>41</td>
</tr>
<tr>
<td>45-49</td>
<td>Bill Rodgers</td>
<td>1:06</td>
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Overall Women

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<td>Barbara Filutze</td>
<td>1:14</td>
<td>43</td>
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<tr>
<td>45-49</td>
<td>Nancy Grayson</td>
<td>1:22</td>
<td>44</td>
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January, 1991

NATIONAL

- Steve Shostrom, director of the Steamboat Classic in Peoria, IL, was honored with the 1990 Road Race Management Race Director of the Year Award on November 10 in Washington, DC. Shostrom, an attorney for the National Labor Relations Board, also directs the 60-mile Women's Race. For The Curr and dozens of other low-key Illinois Valley Striders' events.

- Jan Kreutz, 43, Linda Tortora, 44, and Barb Scroggins, 44, placed 1-2-3 women overall in TAC's National Masters 50K Championships, which were also the women's open nationals. Muncie, IN, October 14. Stephen Kearney, 42, was first M40+ in 3:27:12.

- Bob Percy, 42, Corpus Christi, TX, was first U.S. W40 Greely for a possible future '17 Fall U.S. Open.

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EAST

- Hector Vargas (43, 1:29:37) and Marilyn Greely (46, 1:22:48), were first 40+ in the

NYRR Marathon Tune-Up 25K, Central Park, NYC, October 7. Gabriell Bourn (31, 3:33:50) and Leslie Lebowski (M78, 2:27:33) won their division races with good times.

- Angela Hearn (44, 23:46) was sixth of 826 finishers in the Longevity Magazine/NYRR Women's Mile, Central Park, NYC, October 14. Anna Thormild (50, 25:27) topped the M50-54 group, and Linda Roesner (50, 40:20) won the M50-54 group.


- Cliff Blair, 60, broke the M60-64 WR (14:49) for the 5K shot put with a 16:05 (52.8) in a weight pentathlon at Dartmouth in Hanover, NH, September 29. He also broke the single-age WR for the 25-lb. weight with a 17:04.1. (10:17.10)

- Derk Frechette, 45, Rochester, NY, was first M40+ and in the top six overall in both a track 5000 (15:49) in Rochester, August 23, and a 20K (65:58) in Buffalo, NY, September 16.

- Bob Giambalvo, 41, finished first M40+ in the MAC RRA Age-Group X-C Championships, and Linda Roesner (50, 40:20) won the M50-54 group.

- Hector Vargas (43, 1:29:37) and Marilyn Greely (46, 1:22:48), were first 40+ in the

MID AMERICA

- Duane Milligal, 40, Aberdeen, SD, won overall (74:73) in the Prairie Striders Marathon, Brookings, SD, November 3.

SOUTH WEST

- Omitted from last month's "New Age Group Athletes" was Adrien Pronovost of Concurrent Christ, TX, who entered the W70-74 division on December 21.

WEST

- One of the first Mariners to hit Saudi Arabia was Calvin Carter, L.A.-Valley AC member out of Hawaii. Carter writes that he has tried of spending a lot of time in the sand and would like to see a Tarantuk at root. So also he said would welcome letters from those who know him (and possibly some goodie). C.R. Carter, B3/S (K.O.). FPO, San Francisco, CA 96860-5553.

- Helen Dick of Los Angeles claimed three U.S. W65-69 road records in 1990. 22-21; June 18; 7K, 3:07, May 19; and 10K, May 27, 4:17 (all on TAC-certified courses).

INTERNATIONAL

- Australia's John Gilmour, 71, shattered the London record of M70:3000 at 11:46.2, held by Hawaii's Harold Chapson since 1976, by over 20 seconds in 11:25.59 in a recent meet. Gilmour's goal is to set every M70 WR from 800 through the marathon. "Why not?" he said. "Who knows? It may all end tomorrow. I am injury-free at the moment, fit, healthy and still feel young. I feel privileged to be so fortunate and live each day as it comes." Gilmour holds the M70 1500 WR of 5:59.73. "I'd like to be the first over-70 to go below five minutes."

- New Zealand's Jack Foster, whose world masters marathon record of 2:11:19 stood for 16 years until broken by fellow countryman John Campbell this year (2:11:04), is now 57. He recently ran his best bare road race in 1990, covering 15K in 50:12 — a rather incredible 99.3% age-graded effort.

- The recent Sao Paulo State Championships in Brazil drew 352 men and 116 women athletes. Exuenro Soares nabbed the M65 WR with a 2:31.23. According to Sebastiao Goto of the P.E. Department of Sao Paulo State University, attendance would have been greater if many second-generation Japanese, who make up a large part of the region's veteran athletes, had not gone to Japan temporarily in order to get better paying jobs.

- In his first mile race as a masters runner, Red Dixon, 40, turned in a 4:18.66 to edge Paul Sumpter (43, 4:19.69) and nine others in the 44-49 age group at Papakur, New Zealand, November 10. Marion MacDonald, 36, won the men's masters mile in 5:07.87.

- The International Olympic Committee has appointed a five-member commission to meet with South African government and sports leaders in Johannesburg in April. It will be the first time since South Africa was expelled from the Olympic movement in 1970 for its official policy of apartheid that the IOC has sent a delegation to South Africa. Judge Keba Mbuye of Senegal, chairman of the IOC's anti-apartheid commission and head of the delegation, said in an interview with a Norwegian newspaper that the visit could lead to South Africa's re-instatement in time for the 1992 Olympic Games. South Africa has not competed in the World Veterans Championships since 1985.

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Van Nuys, CA 91404
MIDWEST
Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.

January 5. Lake Erie Indoor Championships, Cleveland, Ohio. Charlie Hall, 18616 Restor Ave., Cleveland, OH 44122. 216/355-5052.


SOUTHWEST
Louisiana, Mississippi, Texas.

March 2. 2nd Annual Lubbock Christian U. Masters Indoor Meet, Lubbock, Texas. Sub-masters/masters/students running events only. Steve Ireland, 3309 94th St., Lubbock, TX 79423. 806/792-6430.


NORTHWEST


INTERNATIONAL

February 11-12. Norfolk Island (Australia) Veterans Games, Multi-sports. Ian Anderson, World Traders, Australia. Phone: (61-7) 3306-1110.

March 7-9. Indoor Veterans Games, Budapest, Hungary. Extorters, 1086 Budapest, Ulliot ut 14, Budapest, Hungary. Fax: (36-1) 133-0125. Phone: (36-1) 133-1141.


March 29-April 1. Australian Veterans Championships, Canberra. The Secretary, ACT VAC, P.O. Box 157, Kippax ACT 2615, Australia.


August 2-4. Soviet Union Veterans Championships, Moscow. Vadim Marshav, 10813 Moscow Center, Proex Ceroba 4, Moscow, Soviet Union. Fax: 099-939-0877.

August 3-4. Veterans meet, Baden, Switzerland (15 miles from Zurich). Jurgen Sauer, Neuerstockstrasse 10, CH-5000 Freiburg, Switzerland. Fax: 1 840 00 25.

ON TAP FOR JANUARY

TRACK AND FIELD

Indoor meets include masters events at the Dartmouth Relays on the 4th; Lake Erie Championships on the 5th; Philadelphia Masters meets on the 6th (featuring the Tom Robinson Memorial Mile) and 15th; Brown University Invitational on the 13th; West Penn and Athlete's Foot meet on the 20th; and Greater Boston Invitational on the 27th.

LONG DISTANCE RUNNING

The Charlotte Observer Marathon/10K — the 22nd 1990 Sorbothane/USRA Masters Circuit race — on the 5th leads up to the final event, the Sorbothane/USRA Masters 8K Championships in Naples, Fla., on the 12th.

The Houston-Tenneco marathon and Metro-Dade marathon in Miami take off on the 20th. Super Bowl weekend races are set for Tampa, NYC, and Redondo Beach, Calif., on the 26th-27th.

The Director's Corner

Continued from page 24

Next in line is the new Great Gainsville Race on January 26th. Hal Rothman is the athlete's coordinator at (904) 373-6827. $500 for 1st... February 2nd, the 21st annual Running of the Heart in Ft. Lauderdale has quickly gained the ranks of world class with a $30,000 prize purse injection by Alamo. Alamo will expand its Alumni Run sponsored by the local running events only. Steve Ireland, 3309 94th St., Lubbock, TX 79423. 806/792-6430.

The last six years, will take over the position held by Larry Kuzmanko. Sponsors and a prize purse announced in early January. (412) 422-6355 for the May 5th event... Seattle Hall-March, despite a torrential downpour and wet conditions, still attracted 3400 runners. Larry Almberg led the masters, running 2:09:02, winning over Michael Seamen, while Mary Wood led the women in 1:21:49... Sorbothane/USRA Masters Circuit organizers are enthusiastically putting together the 4th edition of the 1991 Circuit. With the Nissan Shamrock 8K in Virginia Beach the kick-off event, organizers look to a 25-city circuit leading up to a championship in January of 1992. Further information can be obtained by calling the Sorbothane/USRA Masters Circuit headquarters at (407)/647-2918.

Continued on page 27
Natural runnerway, Albert (Gus) Theobald (c), shares a peaceful moment at Oregon's Crater Lake with friends, Tom Daintry (l) and Gordon Wallace (r). Theobald, 92, holds innumerable age records for racewalks from 5-25K, was recently struck by a car in his native Australian and killed.

Two weeks prior to his death, he won the 10K RW at the Victorian winter masters championships.

Photo by Connor Johnston

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JANUARY, 1991

NATIONAL MASTERS NEWS

January, 1991

National Masters News


February 2. Las Vegas Marathon & Team Relay, Las Vegas, Nev. SASE to: Al Boka, Race Director, Box 81262, Las Vegas, NV 89110.


February 3. McDonald's/Lakewood Half-Marathon, Lakewood, Calif. Tom Lederer, Box 158, Lakewood, CA 90714. 213/886-9771.


February 16. Great American Adventure, 2.8 Mile/4.8 Mile X-Country, Huntington Beach, Calif. SASE to: Finish Line Inter., 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.


March 24. 8th Annual Fifty-Plus 8K, Stanford, Calif. M&W 50+ . SASE to: Runners, P.O. Box D, Stanford, CA 94309. 415-723-9790.

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**EAST**

Dartmouth Weight Meets Hanover, NH

August 12

1st Shot Put

Carl Wallin 48-8
Bob Mead 46-9
Bob Meader 47-10
Carl Wallin 48-8

Blank

B Mead 46-9
C Wallin 48-8

August 19

1st Shot Put

Carl Wallin 48-9
Bob Meader 48-5

Blank

Bob Meader 46-8
C Wallin 48-9

**WEST**

Huntman Chemical's World Senior Games

St. George, UT; October 24-26

Bobsled

Elliott Liddell 16-9
John Gill 15-7
Melvina Christensen 20-1

**SOUTHEAST**

Georgie State Games

Atlanta; July 22-24

LOCM

Michael Gordon 11.36
Sherm Fostom 11.39
Mark McCallum 11.47
Sam White 11.57
Tom Pohle 11.93
Paul Radziuk 12.12

**INTERNATIONAL**

Weight Pentathlons Moscow, Russia August 25

**WAVA Asian Regional Veterans Championships Kuala Lumpur, Malaysia November 9-11**
**Mid America**

**Prairie Striders Half-Marathon & 10K**
Brookings, SD; November 3

**Overall**
- Dick Hart 2:17:59
- Rose Petzold 2:18:40
- Pat Eyring 2:19:46
- Don Bissett 2:20:04
- Dave O'Loughlin 2:20:20
- Mike Ison 2:20:44
- Joey Maginnis 2:20:46
- Dan Klein 2:21:06
- Tami Nelson 2:21:42

*Note: Finishes 93:19 23W*

**South West**

**Hard Rock Cafe's 5K**
New York City, NY; October 25

- 1. Grace Patron 26:51
- 2. Tori Shigley 27:12
- 3. Debra Thompson 27:30
- 4. Wanda Miller 27:33
- 5. Carol Belcher 27:36
- 6. Joan Grogan 27:38
- 7. Terri Swain 27:42
- 9. Jeannie Clark 27:45
- 10. Jennifer Hines 27:45

**Moving Comfort BK**
San Diego, CA; October 6

- Overall: Becky Kobi 39:39
- Women: Mary Storby 40:04
- Men: John Moulton 39:16

**National Masters News**

- **International A10C 10K**
  - **Barnesville, Kentucky**
  - **November 16**
  - **Overall:**
    - Male: Tony Simon 31:44
    - Female: Rose Ayers 31:55
  - **Half-Marathon**
    - Male: Gary Byers 1:08:28
    - Female: Mary Johnson 1:20:45

**Portland 5K Marathon**
Portland, OR; September 30

- **Overall:**
  - Male: Michael Frederickson 26:42
  - Female: Cheryl Logue 30:29

**Portland Marathon**
Portland, OR; September 30

- **Overall:**
  - Male: Gregory Calhoun 2:10:58
  - Female: Kari McGinnis 2:29:35

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