

Green, Sedlak Top Racewalkers

Greenwood, Vosburgh Named Best 1991 T&F Athletes; Binder, Matson Top LDR Picks

Awards Also Go to Harvey, Wojcik, Whites, Jordan and Raschker

Jack Greenwood, 65, of Aurora, Colo., was named the outstanding age-40-and-over male track and field athlete of 1991 by the Masters Track and Field Committee of The Athletics Congress, the national governing body for athletics in the United States.

Betty Vosburgh, 60, of Atlanta, was voted the top female masters performer by the same group at the 13th annual convention of TAC in New Orleans on December 5.

Jerry Wojcik of California and Nate and Evelyn White of New York were named outstanding administrators of the year, while the top racewalking awards went to Michigan's Max Green, 59, and Colorado's Viisha Sedlak, 42.

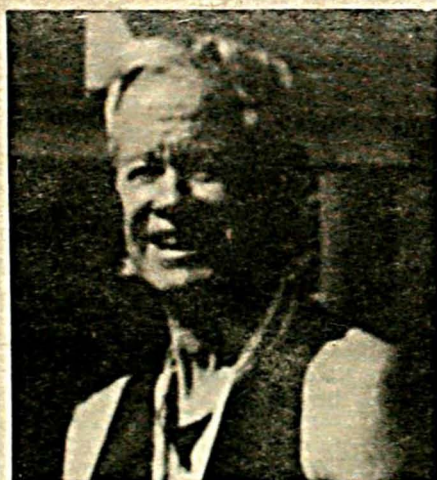
Vosburgh and Rex Harvey, 45, of Cleveland Heights, Ohio, were named the best multi-event athletes. The awards for the best single performances of the year by athletes over age 40 went to Greenwood, Payton Jordan, 74, and Philippa Raschker, 44.

It was the fourth athlete-of-the-year award for Greenwood, who won it in 1983, 1986 and 1989. The banking executive set three world M65 records at the WAVA World Veterans Athletics Championships in Turku, Finland, and anchored the USA M65 relay teams to

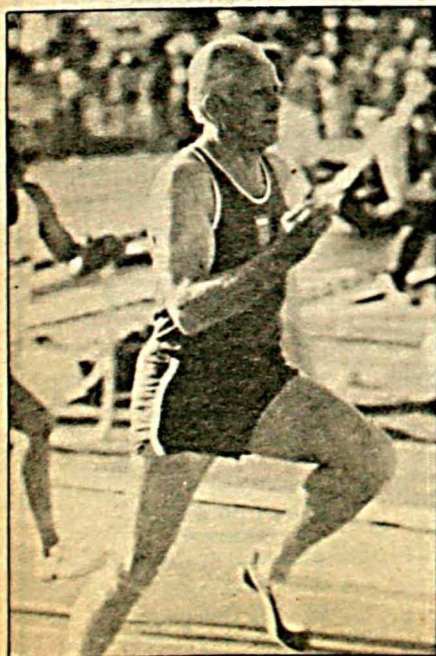
two more world record gold medals.

He won the 100-meter hurdles in 16.30 and the 300-hurdles in 45.20. a

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Jack Greenwood



Payton Jordan



Betty Vosburgh

Bell, Sparks, Bradley, Utes Among 22 Runners Honored by TAC and New Orleans Convention

Laurie Binder, 44, and Shirley Matson, 50, were among 22 runners honored by the Masters Long Distance Running Committee of The Athletics Congress at its 13th annual convention in New Orleans on December 5.

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

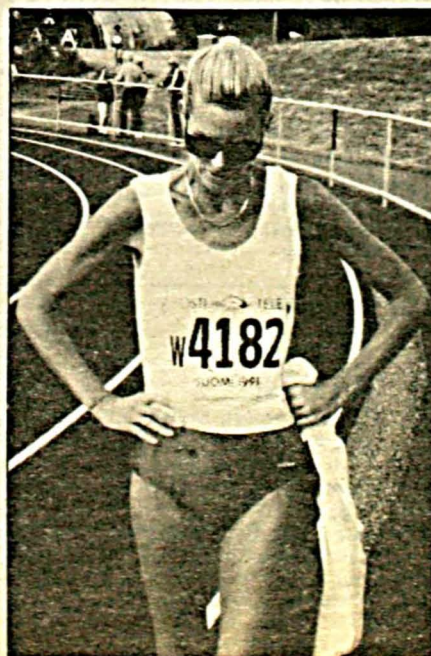
Binder, a nurse in Oakland, California, had a phenomenal year, setting six U.S. women's age 40-44 records. She opened her year on February 9 with a 53:37 in the Gasparilla 15K. On June 15, she set an AR of 27:33 in the Fujitsu 8K. A week later, she clocked 52:40 in the Cascade Run Off 15K, only 18 seconds shy of her own U.S. mark. Next came a masters course record 39:28 in the Bix 7-mile on July 27, followed by another course record 39:16 in the Falmouth 7.1-mile run on August 18.

On to the Bobby Crim 10-miler on August 24 and another AR of 56:03. Then it was a 1:13:57AR in the Philadelphia Half-Marathon, September 15 — a 97.9% on the masters age-graded scale. She lowered

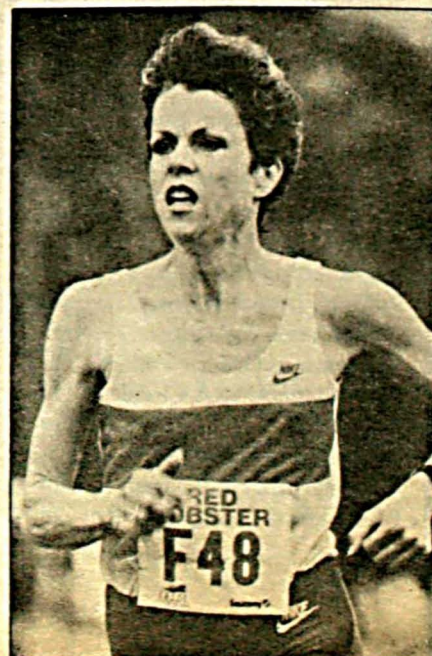
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Laurie Binder



Viisha Sedlak



Shirley Matson

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NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking



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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 ages 40+, 50+ or 55+; (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 inquire about a TAC card, call The Athletics Congress in

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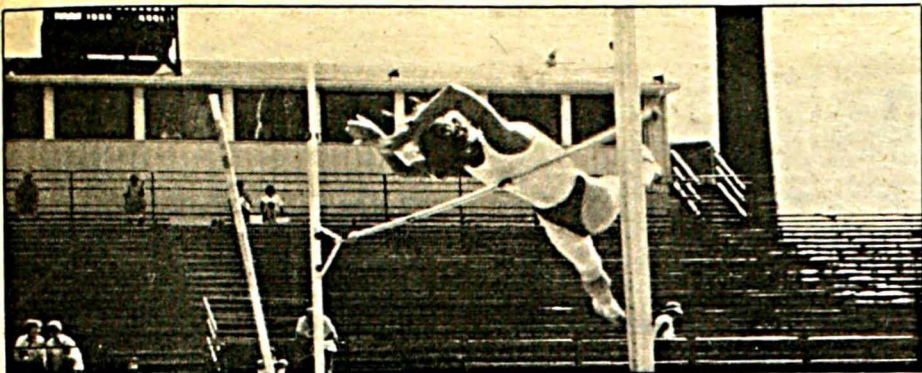
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Ruth Anderson, Norm Green



Phil Raschker, 44, seen here breaking her W40-44 world pole vault record at the Nationals in Naperville, with a clearance of 3.0 meters (9'10"). She received TAC's award for the best single masters performance of 1991.

Greenwood, Vosburgh, Named Best T&F Athletes

Continued from page 1

102.8% on the masters age-graded scale. In the 400, he avenged a defeat by North Carolina's Jim Law at the U.S. Nationals in Naperville, Ill., to win in 60.23.

Greenwood then anchored the U.S. 4x100 and 4x400 teams to new world M65 marks of 50.21 and 4:49.18, respectively. For good measure, he took home a bronze medal in the 200. In the TAC/USA National Masters Championships in Naperville, Ill., Greenwood won three events (100H, 300H, 200).

At the World Championships, Vosburgh won the W60 heptathlon (5702 pts.), the long jump (4.14/13-7 AR), and the 300H (59.78). She also took three silver medals in the 100, 80H and 400.

In the nationals, Vosburgh won seven events, setting a world W60 record of 56.80 in the 300H, and adding U.S. marks in the 100 (15.39), 200 (31.19), 400 (71.17), 800 (2:57.55), 80H (16.50), and LJ (3.95).

Wojcik was honored for his outstanding work as rankings coordinator — developing a network of rankings compilers and publishing the annual rankings book.

Nate and Evelyn White were selected for their longtime devotion to the sport and for the staging of many local masters meets in their area.

Green took third in the World Championship in Turku with a 1:46:34 in the 20K racewalk. He had season bests of 24:24 (5K), 50:14 (10K), and 20K (1:45:56).

Sedlak won two gold medals at the World Championships with a world women's masters 5K record of 18:17.2. She also won the 10K (50:14). At the nationals, she won the same two events. She is undefeated as a masters walker and has won six consecutive world championship titles.

The best single performances of the year went to Greenwood for his 45.20 300H, to Jordan for his 12.91 100 at age 74, and to Raschker for her 9-10 pole vault at age 44.

The winners were announced at TAC's Awards Luncheon at the Sheraton Hotel in New Orleans. The personalized plaques will be presented at TAC's 25th Annual National Masters T&F Championships in Spokane,

Wash., on August 16.

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: Ben James, national champion in 200 (21.88). Also considered: W. White. **Field:** M. Williamson, HJ (2.09).

M35 Track: James McCraney, 110H (14.11). Also considered: Tom Thompson. **Field:** Gary Hunter, PV (5.08AR at nationals). Also: J. Meisler, Earl Bell.

M40 Track: Ken Popejoy, world and national (3:58.80) 1500 champion; 800 (1:56.2). Also considered: Bill Collins, Bill Smith, Ken Brinker, Ron Jensen, Steve Hardison, Larry Almborg, Nolan Smith, James King. **Field:** Milan Tiff, world champ, TJ (15.20). Also: Ed Lipscomb.

M45 Track: Joe Johnson, won 200 (22.81AR) at nationals and in Turku; 100 (11.48). Also: Ken Sparks, Theo Viltz. **Field:** Stan Whitley, Indoor WR LJ (21-8 3/4). Also: Tom Rauscher, Tom Gage.

M50 Track: Walt Butler, 100H (13.57WR at nationals). Also considered: Hugh Adams, Tom Laris, Charlie Miller, Mike Heffernan. **Field:** Jerry Dyes, first at World Champs in javelin (59.52). Also: John Dobroth, Larry Stuart, Waldimier Sokolowski, J. Keshmiri.

M55 Track: Hugo Hartenstein won three golds in Turku: 100 (11.90), 200 (24.25), and 100 age-graded race. Also mentioned: Cliff Pauling, Jim Mathis, John Conner, Phil Mulkey. **Field:** Bill Duckworth, na-

MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

- 1978 Pete Mundle
1979 Al Sheahan
Kathy Brieger
1980 Bob Fine
Ruth Anderson
1981 Bruce Springbett
Fred Mannis
1982 George Hatzfeld
Jack Kelly
1983 Jim Weed
1984 Jerry Donley
1985 Gary Miller
1986 Pete Mundle
1987 Frank & Dorothy Anderson
1988 David Pain
Chuck Phillips
1989 Jim Puckett
1990 Barbara Kousky
1991 Jerry Wojcik
Nate & Evelyn White

tional javelin champ (56.82AR). Also: Nick Newton, Dave Jackson, Bill McWilliams, Phil Conley, Pete Stopolous, Dick Richardson, Phil Mulkey.

M60 Track: Jim Sutton won two in Turku: 800 (2:13.98AR), 1500 (4:32.09). Also: Gaylon Jorgensen, Hal Higdon, Don Gammie, Chuck Sochor, John Poppel, Dick Berretto. **Field:** Jim Gilchrist, world champ in HJ (1.64). Also: Jerry Donley, Bud Held, Joe Chadbourne.

M65 Track: Jack Greenwood (see above). Also considered: Jim Law, Archie Messenger, Joe King. **Field:** Mel Larsen, bronze in Turku in LJ (5.31). Also: Bill Bangert, Denver Smith, Bob Richards, Frank Hirsimaki.

Continued on page 7



Jerry Wojcik was named Masters Track & Field Administrator-of-the-Year by TAC.

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 Obera
1979	Ernie Billups	Joann Grissom
1980	Al Oerter	Judy Fox
1981	Jim Burnett	Phil Raschker
1982	Al Oerter	Polly Clarke
1983	Jack Greenwood	Irene Obera
1984	Ed Burke/ Parry O'Brien	
1985	Jim Burnett	Polly Clarke
1986	Jack Greenwood	Christel Miller
1987	Tom Patsalis	Phil Raschker
1988	Garry Miller/Stam Whitley	Phil Raschker
1989	Jack Greenwood	Phil Raschker
1990	Larry Almborg	Christel Miller/Phil Raschker
1991	Jack Greenwood	Betty Vosburgh

OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

1985	Brian Oldfield, 40	Shot put, 70' 3"
1986	Jack Greenwood, 60	100m hurdles, 14.98
1987	John Powell, 40	Discus, 236' 6"
1988	Larry Stuart, 50	Javelin, 215' 9"
1989	Al Oerter, 52	Discus, 205' 10"
1990	Larry Almborg, 43	Mile, 4:06.70
1991	Payton Jordan, 74	100, 12.91
	Jack Greenwood, 46	300H, 45.20
	Philippa Raschker, 44	PV, 9' 10"

OUTSTANDING MULTI-EVENTS ATHLETE

1985	Boo Morcom	1986 Gary Miller
1987	Gary Miller	1988 Gary Miller
1989	Rex Harvey	1990 Christel Miller
1991	Rex Harvey/Betty Vosburgh	

1991 AGE-GROUP AWARDS

Men			Women	
Age	Track	Field	Track	Field
30	Ben James	M. Williamson	Danis Willett	Karen Corso
35	James McCraney	Gary Hunter	Marcia Hulse	Karin Smith
40	Ken Popejoy	Milan Tiff	Phil Raschker	Phil Raschker
45	Joe Johnson	Stan Whitley	Joan Colman	Pam Calvert
50	Walt Butler	Jerry Dyes	Yvette LaVigne	Becky Sisley
55	Hugo Hartenstein	Bill Duckworth	Carolyn Cappetta	Christel Miller
60	Jim Sutton	Jim Gilchrist	Betty Vosburgh	Leonore McDaniels
			Marion Irvine	
65	Jack Greenwood	Mel Larsen	Pat Peterson	Jo Sullivan
70	James Lytjen	Walter Dahlin	Gerry Davidson	E. Martinelli
	Payton Jordan			
	Warren Utes			
75	Frank Finger	Ross Carter	Algene Williams	Betty Jarvis
	Herb Miller			
80	Ed Benham	Virgil McIntyre	Anne Clarke	Carolyn Clarke
85	Konrad Boas	Konrad Boas	Anna Ward	Rose Monda
90	Paul Spangler	Buell Crane		
95	Herb Kirk	Tom Lane		



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OF MICE AND MEN

Recent laboratory experiments on mice and rats have shown conclusively that the "lifespans can be extended by feeding them a well-balanced but calorie-restricted diet." If this fixed-number-of-calories concept is applicable to human beings, then the high calorie intake necessary to sustain a training program sufficient to keep an

athlete competitive year after year will have a long-term detrimental effect. This means that skinny athletes who train only moderately and eat conservatively all their lives will eventually take over as the champions in the 70s, 80s, 90s — and 100s age group.

I really enjoy masters track and field and would at least like to have the potential to perform well for many years. Now I wonder every time I go to the gym for a weight workout and eat a little extra to try to maintain the few pounds of muscle that I have — am I robbing from the potential I might otherwise have 20 or 30 years from now?

*Bud Held
Lakeside, California*

WOMEN'S POLE VAULT

At the present time, TAC doesn't publish records for masters women pole vaulters. The vault isn't even listed in TAC's rulebook as an authorized event for women in open meets. That's a great way to discourage women from learning the vault.

I read the rule book. Always dangerous. Rule 250-B states "in all National, Sectional, and Association Masters Championships, there must be a full complement of individual events, by five-year age divisions, for both men and women." Rule 251 states the standard championship events, both indoor and outdoor, include the pole vault, with no restrictions against women.

So what's the problem? Isn't it time

for TAC to open the record books to all standard masters events, men and women? And isn't it time for more coaches to teach the pole vault to women of all ages?

Bill Brobst

*Kitty Hawk, North Carolina
(Pete Mundle, WAVA and TAC Records Chairman, agrees and will include records for the women's pole vault and women's steeplechase in the next publication of age-group and single-age records. — Ed.)*

WEIGHT PENTATHLON SCORING

One of the continuing problems is the lack of consistency in the past year or so in scoring weight pentathlons. Some of the meet directors do not have the hammer tables used for years by Phil Partridge, for example, and are using the discus table. Also, in some cases the new WAVA age factors are used, but this presents a problem when non-standard weight implements are used. This was the case in a recent event.

Also, it is still not clear what heavy weights were used in Finland for the older ages. This could make it impossible to compare those results with anything else in the past. It might help to get some discussion going towards establishing more uniformity.

*Bob Stone
Kensington, California*

WAVA "SURVIVORS"

In reply to Dave Jackson's letter regarding the eligibility of Australia's Reg Austin to be included on the list of "survivors" of all nine WAVA Championships, I must agree.

The first championships contained special submasters events in which Reg competed. The 1975 entry booklet mentions "special events," and lists all women's classes (there were only three) and submasters (men) under this heading.

It did not specifically state that these classes were NOT part of the championships — so, if we exclude the submasters, we must also exclude all of the women.

My feeling is that, although no submasters have been included in the championships since that time, we must include this exception which simply faced later elimination as a result of a rule change. I will discuss this matter with the WAVA Council and report the decision at a later date.

*Don Farquharson
WAVA Past President and Historian
Ontario, Canada*



Bess James

BESS JAMES HOSPITALIZED

Bess James, 82, has had a stroke and has been hospitalized in the Point Loma Convalescent Home, 3202 Duke St., San Diego, CA 92110. She is very well-known and liked throughout the state and all over the country.

I'm sure it would gladden her heart if her many friends would send her a cheery card.

*Judy and Eddie Simon
La Mesa, California*

THE LESSON OF TURKU

WAVA's Finnish hosts conducted the 1991 World Veterans Championships with all the efficiency and hospitality one expects of Scandinavia. It was a difficult task well done. Turku matched the high standards set by Eugene in 1989.

In the older age-groups, we witnessed astonishing performances. One was reminded of the words: "Age shall not weary them, nor the years condemn."

It's regrettable that the relationship between the IAAF and WAVA led to confrontation, suspicion and distrust in Turku. It should have been possible to negotiate an agreement acceptable to both factions. Bruising battles often create more problems than they solve.

In the future, every avenue must be explored to overcome difficulties by tact, persuasion and negotiation. Restoring unity to WAVA will require diplomacy based on a genuine understanding of the positions of both factions. It is a formidable task and will take time.

*Owen Flaherty
Aliconte, Spain*

■ The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.



Marilyn Nolan, 40, St. Louis, Mo., W40+ first with a 3:39:38, St. Louis Marathon, November 24.
Photo by Hank Kiesel

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CZZMN

Bell, Sparks, Bradley, Utes, Among 22 Honored

Continued from page 1

her own 5K mark to 16:53 on September 28 at the Bridge-to-Bridge. Another AR dropped with her stunning 2:35:08 in TAC's National Masters Marathon at Twin Cities on October 6. On October 26, she added a 27:50 at the Maggie Valley 8K. Along the way, she dropped the 12K standard to 43:25.

Matson, a nutritional counselor in Moraga, Calif., was equally impressive with eight U.S. W50-54 records. After turning 50 in November, 1990, Matson set an AR of 2:00:40 in the Clarksburg 30K. She set a 10-mile AR of 60:24 in Stockton on January 13, followed by a 36:11AR in the Stampede 10K on February 3. Then she recorded a 59:08AR at the Mission Bay 10-mile on February 16. She headed east for a 35:57AR in the Red Lobster 10K on March 2. A week later she was in Florida for a 54:33AR in the Jacksonville River 15K — a 96.7% effort. She threw in a 5:02 (96.6%) in the El So-baante Masters Mile on March 16, and

set another AR of 28:54 in the Fifty Plus 8K on March 24.

She broke the U.S. W40 half-marathon mark in Modesto on April 7 in 1:19:51 (95.2%), and lowered the W50 5K mark to 17:27 at Carlsbad on April 14. She was the first woman overall in 18:04 in the Mill Valley 5K on July 27, and garnered a 37:08 in the Alameda 10K on September 26. She capped an amazing year at Twin Cities, smashing the W50 U.S. marathon mark with a 2:50:26 (91.87%).

The complete awards by five-year age-groups:

M40: Doug Bell, 40, of Greeley, Colorado narrowly edged Gary Romesser, Domingo Tibaduiza, Bill Rodgers, and Ken Judson for honors in this prestigious group. Bell turned in a sensational 14:02AR (97.9%) in the Fontana 5K on April 6. He clocked 31:02 in the Paramount 10K, January 19, and topped Romesser by 15 seconds in TAC's National Masters 15K Championships in Tulsa, November 2.

M45: Ken Sparks, 46, of Chargin Falls, Ohio, captured this bracket with his 31:23 (94.6%) at the Pittsburgh Great Race 10K, a 54:30 10-Mile at Crim, a 26:08 8K, and a 1:11:23 in the Dayton River Half-Marathon.

M51: Fay Bradley, 50, of Washington, D.C. logged a fast 32:59 in the Pittsburgh 10K and won the national masters M50 marathon at Twin Cities in 2:41:45.

M55: Norm Green, 59, of Wayne, Pa., won his fifth straight M55-59 plaque despite being at the upper end of the group and being injured much of the year. Nevertheless, he managed a 17:09 in TAC's National Masters 5K and a 53:14 (94.6%) in the Gasparilla 15K.

M60: Gaylon Jorgensen of Henderson, Nev. won a bronze medal in the WAVA World Championship marathon in Turku, Finland in 2:57:30. He blistered a 17:11 (94.7%) in the Carlsbad 5000 in April.

M65: John Keston of McMinnville, Ore. was national marathon champ in 2:58, and recorded a 5K (18:23), 8K (30:22), and 10K (40:46).

M70: Warren Utes, 71, of Park Forest, Ill., came from virtual obscurity to become a masters phenomenon. He turned in an eye-popping 18:13AR (98.8%) in the Edison Festival of Light 5K on February 16 when he was 70. He clocked 30:35AR (96.7%) in the Shamrock Shuffle 8K on

March 10. Then he blazed to a 1:27:50AR (93.5%) half-marathon in Lake County, Ill., on April 28. He set two world track records (5000 and 10,000) at the WAVA World Championships in Turku before pulling a hamstring in the 800. On October 6, he returned to win the M70 national marathon title in 3:10:37 (90.5%).

M75: Dudley Healy of Chatham, N.J. won four TAC national championships at various distances.

M80: Ed Benham, 84, of Ocean City, Md. won three TAC championships and the 10K cross-country world championship. This was his fifth straight M80 award.

M85: Willard Benton of San Diego won for the second straight year.

M90: Jacob Bishin of Los Angeles unseated perennial champ Paul Spangler.

M95: Herb Kirk of Missoula, Mont.

W40: Laurie Binder (see above). Runners-up: Nancy Grayson, Nancy Oshier, Nancy Miesczak, Carol Virga.

W45: Barbara Filutze, 45, of Erie, Pa., set an AR 2:45:11 in the National Marathon. She clocked a 34:40 10K at Pittsburgh, a 28:29 8K at Maggie Valley, a 36:15 10K at Asbury Park, a 56:16 15K at Utica, and a 41:38 at Bix. Runners-up: Jane Hutchison, Mary Wood, Joan Colman.

W50: Shirley Matson (see above). Also considered: Sandra Kiddy, Barbara Miller, Lisa Villaden.

W55: Wen-Shi Yu of New York won the national W55 marathon in 3:17:53. She took Bix in 50:32, and ran a 1:29:03AR in the New Haven 20K. She notched a 1:10:42 at the Crim 10-mile, a 1:06:08 in the Gasparilla 15K, a 43:20 in the Cow Harbor 10K, a 33:57 in the Nike (DC) 8K, and clocked marathons of 3:15:20 (Boston), 3:15:07 (Portland), 3:17:13 (Detroit),

3:18:17 (Cleveland), 3:22:56 (Chicago) and 3:24:07 (New York). Runners-up: Lisa Praskins, Irene Olberz.

W60: Marion Irvine of Napa, Calif., set a W60 half-marathon mark of 1:29:56 (95.7%) at Humboldt on October 20. She turned in a 43:15 in the Pacific Sun 10K on May 18 and a 43:47 10K in the California Senior Games on June 2. She logged a 72:01 in the Presidio 10-mile, August 18; a 20:35 in the Run for the Cure 5K on October 27; and a 20:23 in the Turkey Trot 5K on November 24. Also considered: Whayong Semer, Toshiko d'Elia.

W65: Helen Klein of California set W65 world ultra bests of 109 miles, 880 yards for 24 hours, and ran 100 miles in 21:03. Runners-up: Helen Dick, Mary Storey, Adeline Kearney.

W70: Ellen McCoy of St. Paul, Minn., ran 10K in 52:20, 5K in 25:06, 8K in 42:29, 20K in 1:52:31, 30K in 2:59:22, half-marathon in 2:03:45, and marathon in 4:13:28. Also considered: Hedy Marque, Jaclyn Caselli.

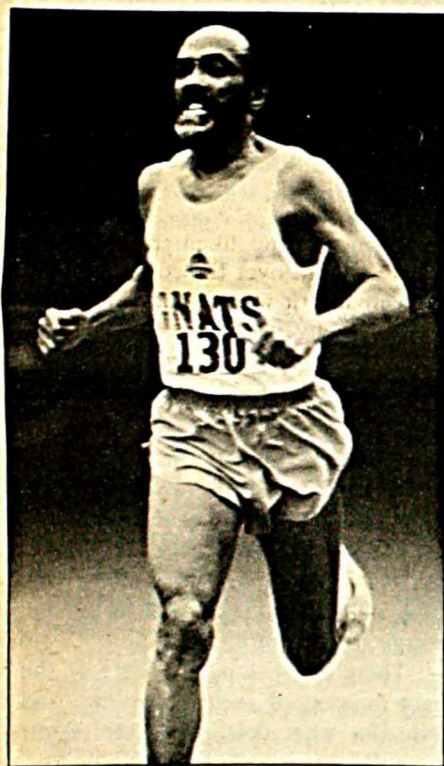
W75: Algene Williams of Illinois logged 5K in 27:58, 10K in 58:45, 15K in 1:34:51, 8K in 45:46, and half-marathon in 2:06:34. Also: Mary Haines.

W80: Anne Clarke of Illinois sped to a 5K in 31:30, 10K in 66:20, 15K in 1:44:58, and half-marathon in 2:32:22. Also mentioned: Mavis Lindgren, 84.

W85: Rose Monda raced to a 45:20 5K and a 1:34:44 10K. Also considered: Ruth Rothfarb, Tina Riley.

The awards were coordinated by Kirk Randall (men) and Ruth Anderson (women). Final choices were made by the committee at the convention and were announced at TAC's Awards Luncheon.

— Al Sheahan



Fay Bradley was chosen TAC's best M50 LDR performer at the group's convention in New Orleans. Victor Sailer/Agence Shot

OUTSTANDING LONG DISTANCE RUNNERS — 1991 Selected by the Masters Long Distance Running Committee of TAC

Age	Men		Women	
40-44	Doug Bell	CO	Laurie Binder	CA
45-49	Ken Sparks	OH	Barbara Filutze	PA
50-54	Fay Bradley	DC	Shirley Matson	CA
55-59	Norm Green	PA	Wen-Shi Yu	NY
60-64	Gaylon Jorgensen	NV	Marion Irvine	CA
65-69	John Keston	OR	Helen Klein	CA
70-74	Warren Utes	IL	Ellen McCoy	MN
75-79	Dudley Healy	NJ	Algene Williams	IL
80-84	Ed Benham	MD	Anne Clarke	IL
85-89	Willard Benton	CA	Rose Monda	
90-94	Jacob Bishin	CA		
95 +	Herb Kirk	MT		

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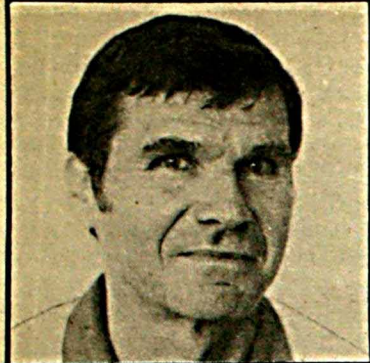
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Third Wind

by Mike Tymn

Dr. Al Morris on Maintaining Speed Over the Years

In my column last February, I commented upon a transposition that has taken place in my approach to training for competition. During my 20s, 30s, and early 40s, I always seemed to have a good foundation of natural speed; therefore, my heavy-duty training was aimed at building greater endurance. In recent years, however, the opposite seems to be true. That is, the focus is more on regaining lost speed rather than on building endurance.

As I mentioned in that column, until around age 45, I pretty much felt racing fit when I could knock off 16 quarters in 65-66 seconds each with a 220 jog between. When I was relatively unfit and just beginning a heavy-duty training program, I would go out for my first hard quarter-mile interval session and begin with a 65-second lap, occasionally a 62 or 63. My lack of conditioning would show up in not being able to maintain that speed in subsequent quarters, as I'd gradually fall off to 68s and 69s by the end of the series. When I could average 65-66, I knew my endurance had caught up with my speed and that the strength was then there to race.

Now, though, with my 55th birthday just three months away, I run that first quarter in 80-82 seconds with about the same relative effort and reserve as I used to do that 65-second lap. But the times don't slow down from there. I'm able to maintain that 80-82 second pace throughout the series.

Training and Aging

Recently, I had the opportunity to discuss this aspect of my training and aging experience with Dr. Alfred Morris, an exercise physiologist who heads

up the health and fitness program at the Armed Forces Staff College in Norfolk, Va. A former Marine Corps officer, Morris, 49, has been selected as one of two American sports medicine scientists to head a medical team at the Barcelona Olympics this year.

"In aging, I believe that we begin to lose function of our largest motor units, or these large motor units become somewhat dysfunctional," Morris explained. "My idea is that even if we train through our 20s, 30s, 40s, and beyond, we do not train hard enough or fast enough to keep these bigger or even our largest motor units firing as they should. Therefore, we slow down."

Morris' comment that we don't train hard enough or fast enough seemed to imply that the potential is there but we are not living up to that potential. That is, even though our limits may lowered as we age, we don't approach our limits to the same degree that we did in our younger years.

Motivation

"The factor that plays a key role here is our motivation to train fast," Morris said. "In other words, does aging, per se, slow us down or do we fail to train hard and fast and often enough to retain proper function of the larger motor units?"

I mentioned to Morris that in my case it hasn't been so much a matter of not wanting to train fast. The problem is that when my brain tells me it's time to do some real speed work, the muscles and joints send messages back to the brain that they're unwilling to cooperate.

Morris understood. "We do know that all body parts become less elastic as we age and this affects our muscles, tendons, ligaments, and other tissues and leads to injuries if we tend to train hard and fast," he commented. "It may also affect our recovery periods."

Thus, I'm presented with a paradox of sorts. On the one hand, Morris is saying that I've got to do more speed

work if I want to retrieve and maintain some of the old speed. On the other hand, I'm saying the leg muscles and knees won't allow me to do it. What, then, is the point of knowing that I should be training harder and faster?

Pushing Yourself

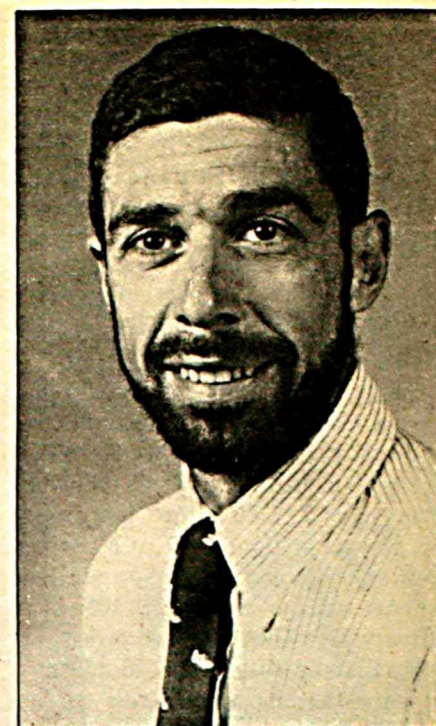
The message from Morris is really aimed at those who are hungry enough to want to push themselves in training. "Yes, it hurts more and the risk of injury is even greater as you get older, but that's the gamble you've got to take if you want to do well," he countered. "The person who wants to continue racing up to his potential has to realize that detraining really sets in when you don't do that fast work."

"The bottom line is that you've always got to do some fast work in your training. You lose the bigger fibers with age, but you lose less if you tax those fibers with age. A person who keeps some aspect of sprint training in his regimen is more likely to call on those muscle fibers in his 50s, 60s, and 70s."

Loss of Speed

Morris is in full agreement with recent studies that indicate that loss of speed to aging is more a result of a shorter stride length than the stride frequency. "If a person does a lot of stretching but only runs slow, I don't think he is going to maintain the same stride length as the person who does only a little stretching but does a fair amount of fast running," he maintained. "We've (the scientific community) gone round and round on this subject, but I think a little stretching, maybe five to 15 minutes at the end of run, can be beneficial, as it's a cardinal fact that if a muscle is used repeatedly it gets short, tight, and contracted. I just don't think stretching is a substitute for fast running."

But Morris does not believe in pure quality training. He also believes in high mileage training. "You look at all these guys who are doing well, at least in the marathon; they're all running machines," he remarked. "It's a double edged sword, and what it boils



Dr. Al Morris

down to is the athlete who can do the most mileage and yet do the most quality is the one who is going to come out on top most of the time."

Campbell vs. Rodgers

I asked Morris if someone like John Campbell, who didn't begin to push his limits until he was close to 40, has an advantage over the likes of a Frank Shorter or Bill Rodgers? "I think that John (Campbell) was fortunate in that he did just enough running during his 20s while working long hours at manual labor," he replied. "Whether he realized it or not, he was maintaining his large motor units, which serve him now to do speed work and strength activities and to carry him fast over many different distances."

"At the same time, he didn't have the pounding on the roads that Rodgers did. You do as much running as Rodgers has on the roads and it's got to affect you. I think a person may have only a limited amount of psychic energy to race on and on."

"There is a balance in there of the right amount of racing, training, and rest. But what that is, we still don't know." □

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Masters men in the order of finish, from left, California Mile, San Francisco, October 6: Harvey Franklin 47, Ramsey Thomas, 47, Jim Hampton, 45, Searcy Barnett, 44. Photo by Suzanne Suwanda

Greenwood, Vosburgh Named Best T&F Athletes

Continued from page 3

M70 Track: Jim Lytjen, Payton Jordan and Warren Utes. Lytjen, world champ in 800 (2:27.57WR) and 1500 (5:14.97AR). Jordan, 100 (12.91) 200 (28.39) and age-graded 100 champ at nationals. Utes, world best in 10,000 (38:23.69), set WR in 5000 (18:43.61). **Field:** Walter Dahlin, first in world and national in HJ (1.44AR). Also considered: Jim Vernon, Burl Gist, Tom Kennell, Boo Morcom.

M75 Track: Frank Finger and Herb Miller. Finger, 300H (56.82), 100 (15.5), 200 (32.0); Miller, world champ in 80H (15.37), 100 (15.29), 300H (67.65). Also: A. Newmann, Conrad Shuck, Lloyd Houston. **Field:** Ross Carter, second in Turku in shot (11.27) and discus (34.76). Also: H. Mayland, L. Ringle, Sparks Sorlien.

M80 Track: Ed Benham, four gold medals in Finland: 800 (3:24.67), 1500 (6:25.45), 5000 (23:01.81), 10,000 (48:46.86). Also: Barry Ivers. **Field:** Virgil McIntyre, winner in Turku and Naperville in HJ (1.17); LJ (3.09). Also: Eugene Grant, Harold Chance.

M85 Track: Konrad Boas. 2nd in WAVA in 200 (44.66), 3rd in 100 (21.23). Also: Sing Lum, Sam Dorman, Willard Benton. **Field:** Konrad Boas, first at WAVA in LJ (1.91/6-3) and TJ (4.60/15-1). Also: J. Eichmann, Arling Pitcher, Everett Hosack.

M90 Track: Paul Spangler, won three gold (5000, 10,000 XC) and four silver medals in Turku. Also: Buell Crane. **Field:** Buell Crane, won four firsts in Turku: HJ (.94), LJ (2.39), TJ (4.64), DT (17.76). Also: Guy Sibley.

M95 Track: Herb Kirk, two firsts (800/6:03; 5000/50:24WR) and a second (200/62.28) in Turku. **Field:** Tom Lane, DT (11.14), JT (9.00), SP (4.86).

W30 Track: Danis Willett, three wins at nationals: 100 (13.08), 200 (26.04), 400 (58.88). Also considered: Karen Corso, Jan Morra, Linda Gill, Carla Hervet. **Field:** Karen Corso, Three wins in nationals: LJ (5.47), JT (33.36), SP (10.87). Also: Kari Peyton, HJ (1.72).

W35 Track: Marcia Hulse, three firsts in Naperville: 100 (13.12), 200 (26.73), 400 (62.79). Also: Cindy Bremser, Irene Thompson, Rosalyn Clark, Jody Murray, Francie Larrieu-Smith. **Field:** Karin Smith, world JT champ (62.06). Also: Joan Stratton.

W40 Track: Phil Raschker, 100 (12.51), 200 (26.2), 80H (12.94), 400 (59.82). Also: Laurie Binder. **Field:** Phil Raschker, HJ (1.54), PV (3.0), LJ (5.50), TJ (10.47).

W45 Track: Joan Colman, two silvers in Turku: 5000 (18:24), 10,000 (38:11). Runner-up: Marilyn Mitchell. **Field:** Pam Calvert, national TJ champ 9.41AR) and 400H (71.20AR). Also considered: Karen Huff, B. Bloomfield.

W50 Track: Yvette LaVigne, 800 (2:36), 1500 (5:24) at Turku. Also: Joy McDonald, Joyce Hodges, Jane Arnold. **Field:** Becky Sisley, indoor and outdoor national winner in HJ (1.34) and TJ (8.55), and outdoor champ in LJ (3.90). Also: Joann Grissom, Vanessa Hilliard, Madeline Bost.

W55 Track: Carolyn Cappetta. Gold medal in Turku in 400 (65.48AR). Also: Marilyn Fitzgerald, Irene Obera. **Field:** Christel Miller, TJ (7.99), HJ (1.24), JT (29.6). Also: Ann Cirulnick.

W60 Track: Betty Vosburgh and Marion Irvine. Vosburgh (see above). Irvine: three firsts in world champs in 5000 (20:35), 1500

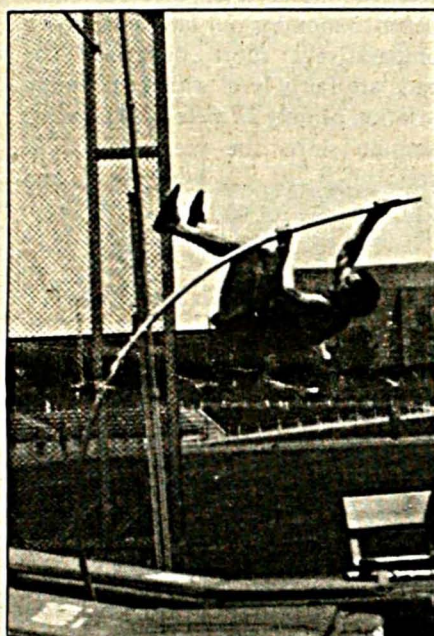
(5:46.61), and 10,000 (43:27). **Field:** Leonore McDaniels, two seconds at WAVA and two wins in nationals in HJ (1.25) and TJ (7.85); LJ (3.84). Also considered: Bernice Holland, Betty Vosburgh.

W65 Track: Pat Peterson, three medals in Turku in 200 (34.09), 300H (73.15), 80H (20.55). Also: Louise Adams. **Field:** Jo Sullivan, WAVA 1st in TJ (6.53), LJ (3.15). Also: Mary Norckauer, Pat Peterson.

W70 Track: Gerry Davidson, WAVA gold in 800 (3:24.80) and silver in 1500 (6:50.08). Also: Marie Stafford, Mary Bowermaster. **Field:** E. Martinelli, SP (7.32), HJ (0.97). Also: Florence Berry, L. Hagemann.

W75 Track: Algene Williams, seconds in Turku in 5000 (27:11), 10,000 (57:00). Also: Pearl Mehl. **Field:** Betty Jarvis won two at nationals in HT (17.25), DT (17.8); also JT (12.68), SP (5.56). Also: Rose Rustin.

W80 Track: Anne Clarke, won the 1500 (8:36.90WR), 5000 (30:59) and XC in Turku. Also: Polly Clarke. **Field:** Carolyn Clarke, two golds at nationals in SP (4.26)



Rex Harvey, 45, was selected by TAC as the best masters male multi-event athlete of 1991.

and DT (10.83).

W85 Track: Anna Ward, 100 (27.6) 200 (59.49), 1500 (12:25). Also: Flora Mendoza. **Field:** Rose Monda, SP (4.05). Also: Mendoza.

Bev LaVeck, T&F Awards Coordinator, said the T&F award winners were selected by a panel of about 40 T&F activists.

The racewalk selections were made

by a separate racewalk committee. Multi-event winners were chosen by Rex Harvey's multi-events subcommittee, using a point system based on major competitions and age-group records.

For next year, the committee voted to select awardees on the basis of individual events rather than on five-year age groups.

—Al Sheahen

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MASTERS RACEWALKING

by ELAINE WARD

Racewalking in South Africa

(The following is taken from a letter and an article entitled "Racewalking For The Not-So-Young" sent to me by Connor Johnston.)

My name is Connor Johnston and I live in Cape Town, South Africa. I am 84, and have been totally hooked on racewalking since 1971. I had my moment of glory in 1979 when I won two gold medals in the 10K and 20K at the Third World Veterans Games in Hanover, West Germany. My 10K time of 61:02 set a masters WR.

A devastating road accident in 1982 resulted in my losing 4½ inches of stride length; and though my strides per minute have remained fairly constant over the years, my hopes of reaching the medal range in future championships are reduced to zero. But I don't mind. It's the competition I love.

South Africa was excluded from competition in Eugene and Turku, but I am now looking forward to Japan in 1993. By that time I will be in the M85 division, and South Africa should be back in the international fold. I will only hang up my shoes "internationally" when I get to the stage of being so slow and so far behind that it becomes ridiculous. I saw the last man hold up the entire program of events on the track in Eugene on more than one occasion.

The major walking event in South Africa is the Big Walk which takes place on the Cape Peninsula at the extreme southwest corner of the country. It is on an out-and-back route running from the central square in Cape Town known as "The Parade" southward along the main road and through the suburbs to the coast at False Bay. The route follows the coast line through Simonstown to the turning point some four kilometers further on. The total distance is 50 miles or 81 kilometers.

The walk started in 1903 and is held on October 20, a public holiday here. There were 61 competitors in the first race and 32 finished within 12 hours.

The winner's time was 9:32:29 and he received a gold watch. There were 11 who finished within 10 hours and they received gold medals.

The best time for the race was clocked in 1965 by George Hazle who finished in 7:54:55. This record has never been beaten, although in recent years, two men have taken a few seconds off eight hours. Considering that the race is held in early summer when the weather is warm, the times are very good.

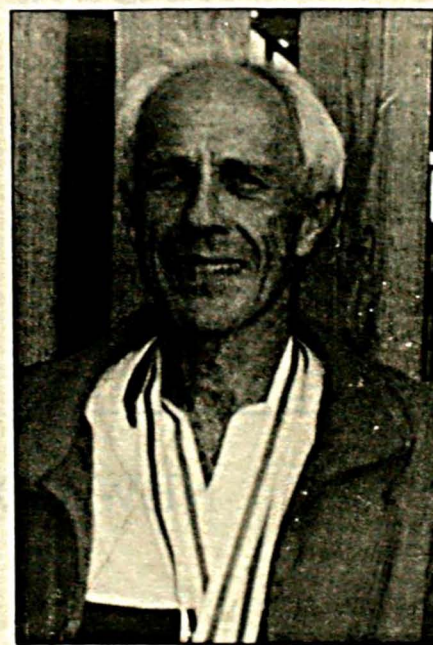
My own interest in long-distance walking began in 1971 when I was 65-years-old. It happened that the first trans-Atlantic yacht race from Cape Town to Rio de Janeiro took place early in January of that year, and the best vantage point from which to view the start was from the slopes of Signal Hill. However, the approach road was jammed with cars and I had to walk two miles to reach a suitable position.

Walking at a brisk pace, I was overtaken by a young man with two youngsters trotting beside him. This I could not allow, so I sped up, drew level, and got into conversation with him. I found that he was a "race-walker," something I had not heard of before, and that he had taken part in the Big Walk on several occasions. He then explained what racewalking was all about. As I had been interested in mountain walking, I decided to take part in the next Big Walk, for it seemed to me that it was only a longer walk than usual. I had much to learn.

When I joined the Spartan Harriers in 1975, the racewalk section consisted of about 30 members of all ages, sexes and races. (By the way, our club has been multi-racial for years. We have had several black masters as members, including the very popular Eddie Michael, who has won the Big Walk on two occasions, and has placed within the first five, 14 times over the years. He is 49 now, and last year, his time was only 1 minute slower than 14 years ago.)

We hold our club walks on Saturday afternoons throughout the year. They are on the roads in the suburban areas of Cape Town where we have circuits of from 2.7 to 4.2 kilometers in length. These circuits are selected because they have few roads coming in from the right and we walk on the right hand side of the road facing traffic. This gives us a chance to avoid on-coming vehicles which are dim-sighted enough not to see where they are going.

We normally do from 3-7 laps of these circuits as it enables our time-keeper to monitor our lap times over a comparatively short distance. The roads are fairly level with a maximum variation of only 20 meters. Our racing program starts the year with short races of 8 to 12 kilometers, and gradually increases in length until July/August when we regularly have races of 20K, 25K, and 30K — all leading up to the Big Walk in October. □



Michigan's Max Green, 59, was chosen TAC's top male masters racewalker of 1991.

OUTSTANDING MASTERS RACE WALKERS

Presented to the outstanding male and female masters walkers.

Selected by the TAC Masters Track and Field Committee.

Men	Women
1978 John Allen	
1979 Ron Laird	Lori Maynard
1980 None	
1981 Gordon Wallace	Lori Maynard
1982 Bob Mimm	Bonnie Dillon
1983 John Knifton	Beverly La Veck
1984 Larry Walker	Jeanne Bocci
1985 Bob Mimm	Ruth Leff
1986 Guilio de Petra	Beverly La Veck
1987 Max Green	Ruth Eberle
1988 Bob Mimm	Marie Henry
1989 Larry Walker	Joann Nedelco
1990 Eugene Kitts	Viisha Sedlak
1991 Max Green	Viisha Sedlak

Ward Honored by TAC

Elaine Ward was honored by The Athletics Congress at its 13th annual convention in New Orleans, December 5.

Ward, who writes the monthly Racewalking column for NMN, was chosen 1991's outstanding contributor to the nation's racewalking program.

In 1991, she directed the national 50K walk, the western region 20K walk, the North American Masters 10K walk, the National Sports 10K Grand Prix walk, and the Olympic Sports Festival walks.

Ward is the Racewalking Chairman of Southern California and edits the monthly Southern California Racewalking News. She founded the National Association of Racewalking Foundation. She coaches youth walkers, and is an certified RW judge at many events. □



Strides Per Minute

by CONNOR JOHNSTON

Once I found a reasonable efficiency in racing with a steady stride length, I learned from my records that strides per minute relate inversely to the time taken for a particular distance. In other words, the higher the rate of S.P.M., the less time taken.

Of course in a long race when fatigue sets in, the stride tends to shorten. This is the main reason why I keep a check at about 5-minute intervals of my S.P.M. in a long race. I find that when I lose my concentration, my S.P.M.

will fall. This counting can become laborious, but if one has a digital watch, it is easy to start counting at an exact minute for sixty seconds only.

At age 84, my present target in a long race such as the Big Walk is 136 S.P.M. on average. The road rises and falls in slow gradients, and I find that I can maintain 136 S.P.M. on the level, slowing to 134 uphill and rising to 138 or 140 on the downhill gradients. If I fall below this, I must step up the rate to 138 or more to make my time goal, if I have the energy. □

OUTSTANDING RACE WALKERS — 1991

Selected by the Masters Track & Field Committee of TAC

AGE	NAME	5K	10K	15K	AGE	NAME	5K	10K	20K
W30	VICTORIA HERAZO	CA 22:43	46:27	1:11:13	M30	IAN WHATLEY	SC 22:13	45:46	1:35:09
W35	CINDY PAFFUMI	CA 26:01	53:57	1:25:08	M35	BRUCE HARLAND	WA 22:12	45:38	1:41:13
W40	VIISHA SEDLAK	CO 24:18	50:14	1:21:46	M40	NICK BDERA	NY 22:24	46:26	1:37:55
W45	JO ANN NEDELCO	CO 25:41	53:27	1:24:40	M45	LARRY WALKER	CA 21:50	46:27	1:34:21
W50	JAYE HANLEY	CA 28:51	57:50	1:31:26	M50	JOHN ELWARTER	MI 23:54	50:28	1:48:51
W55	BEV LA VECK	WA 28:23	58:24	1:28:03	M55	MAX GREEN	MI 24:24	50:14	1:45:56
W60	RUTH LEFF	WI 31:02	65:10	1:42:30	M60	SAL CORRALLO	VA	56:27	1:57:14
W65	JOAN ROWLAND	NY 32:00	65:51		M65	ROBERT MIMM	NJ 26:55	56:14	1:55:52
W70	IMOGENE WATKINS	MS 35:48			M70	DON JOHNSON	NJ 31:08	65:11	2:10:21
W75	VELMA JACOBS	CO 36:51			M75	BILL TALLMADGE	32:49		2:19:26
W80	POLLY CLAPKE	CO 37:41			M80	GIULIO DE PETRA	34:45		2:24:48
W85	ANN WARD	MO 46:57			M85	GEORGE CONWAY	39:44	83:51	

OUTSTANDING FEMALE RACEWALKER: VIISHA SEDLAK

OUTSTANDING MALE RACEWALKER: MAX GREEN

Kurtis, 39, Winner Overall

Schlau, Mahr Motor to Win in Detroit

by JERRY WOJCIK

Robert Schlau, 44, of Charleston, S.C., was first of 872 M40-and-over runners and 14th of 2000 finishers in the Detroit International Marathon on October 20. His 2:29:54 earned him a masters first prize of \$2000.

Evan Cook, 40, of Read, Mich., was 17th in 2:32:18. Jim Ramsey, 83, Detroit, who has run 13 of the Detroit Marathons since 1978, finished in 6:33:59.

Terry Mahr, 43, of Oregon, Ohio, finished third woman and first of 93 W40-and-over, with a 2:48:50. Second W40 and sixth woman went to Karen Hubbard, 41, of Ann Arbor, Mich., with a 2:53:11. Wen-Shi Yu, 56, of Kew Gardens, N.Y., won the W55 race in 3:17:13. The oldest woman finisher was Edith Farias, 67, of Salisbury Mills, N.Y., in 4:17:19.

The overall winner for the fifth time was Doug Kurtis, 39, of Northville, Mich., whose 2:18:36 was worth

\$5000. An Olympic Trials qualifier who turns 40 in April, Kurtis will pass up the Trials in Columbus, Ohio, April 11, to focus on masters running.

"I ran the 1980 and '88 trials and it was exciting to be around the best marathoners in the country, but I'm not planning to run this year's trials because I want to concentrate on masters running," he said.

Of Kurtis' potential as a master, Schlau said, "Doug's going to be incredibly tough in the masters."

The open women's winner was Detroit's Ella Willis, 34, who also qualified for the women's Trials in Houston, January 26, with a 2:42:49.

The "international" aspect of the race stems from its starting in Windsor, Ontario, Canada, from where runners cross the Detroit River to finish at Detroit's Belle Isle Park. The temperature at the start was 31° and never got over 45° at the finish.

Dewey J. Ames was the race producer. □



Alby Williams (24.10), lane 5, hands Walt Butler (24.23), lane 2, a rare defeat, M50 200, TAC National Championships, Naperville, Ill., in July. Lee Carl Smith, lane 3, was third (24.34).

Photo by Jerry Wojcik

Ultra-Distance Championships

Roy Pirrung, 43, of Sheboygan, Wisc., and Sue Ellen Trapp, 45, of Fort Myers, Fla., finished one-two overall in The Athletic Congress/USA Open and Masters 24-Hour National Championships in Portland, Oregon, on September 27-28. Pirrung ran 148 miles-798 yards to take both the open men's and M40-44 gold medals. Trapp covered 136m-946y to capture open women's and W45-49 firsts.

Of 18 national 24-hour track records broken, Trapp accounted for eight of them in the W45 division, from the 40K (3:45:28) to the 24-hour mark. Lynn O'Malley, 41, of Edmonds, Wash., first W40 (123m-1106y) broke six of the 18 records, from the 40K (3:26:13) to the 100 mile (17:11:53).

Forty-nine open and masters runners competed in the event, held under the title of Megan's Run, which was

directed by Phil Edmunds.

In the National Open and Masters 100K Championships in Duluth, Minn., on October 26, Robert Perez, 42, of Texas, finished sixth of 46 with a 7:31:38, to win the M40-44 first from Pirrung, ninth in 7:50:57.

Linda Gentling, 40, of Minnesota, won the women's open and W40-44 gold medals with a 13th-place 9:03:04. Sherry Popowski, 40, of Minnesota, 14th and second in the W40 division, took the open silver medal with a 9:14:46.

Gentling and Popowski, as first two U.S. runners, were selected with Sue Olsen, 34, 9:20:53, to represent the U.S. in the 1992 World Championships in Costa Brava, Spain.

The event, held as the Edmund Fitzgerald Ultramarathon, was directed by Bill Wenmark. □

Farmingdale Main Street Mile

by WILLIAM BENSON

in 5:24.9.

On October 12, the Plainview Old Bethpage Road Runners Club conducted its version of the New York City Fifth Avenue Mile. This downhill race was held on a beautiful, sunny afternoon in the Long Island town of Farmingdale, starting on the outskirts and ending on Main Street in the heart of the shopping area.

The race was part of a community celebration to raise money for the restoration of the old railroad station, so hundreds of spectators lined the sidewalks near the finish line. This was an unusual sight for the road runners, who are usually destined to run without an audience.

Participants numbered 231, with 50 of those in the Elite class, for which standards had been set. Those who anticipated bettering the standard ran in this division. The rest ran in the "People's Mile."

The first master in the men's elite race was Michael Wilson, 45, 15th overall in 4:27.2. Al Oman, 41, was second in 4:33.4. Seth Kaminsky, 51, ran 4:51.2. Bodelia Meeri, 47, was the first masters woman and ninth in 5:19.1, with Susan Curtis, 40, second

In the Citizen's race, Nick Katsounis, 48, finished fourth of 181 in 4:39.1. Philip Roth, 43, was second M40+ in 4:53.8. Annette Frisch, 50, topped the W40+ runners with a 6:01.0. Jean Lewis, 42, was second in 7:15.9. Norma Kornfeld, 70, finished in 11:14.1.

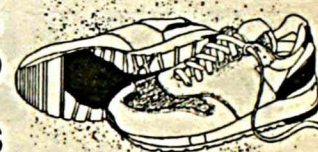
Winner of the Elite races were Jama Aden, 30, 3:59.0, and Pamela Simmons, 26, 4:49.9. □

Five Years Ago

- Jack Greenwood, 60, and Christel Miller, 51, Named Top T&F Athletics of the Year by TAC
- Laurence Olson, 40, Defeats Atlaw Belilgne, 41, in the National 15K Cross-Country 49:43 to 52:06
- TAC Names 40-year-olds Web Loudat and Barbara Filutze Outstanding Long Distance Runners of the Year
- Deon Dekkers, 40, of Houston, Wins National 8K Title in 25:37

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MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY
Chairman, TAC Masters Track & Field Committee

Convention Report

A sense of accomplishment and excitement for the future of our sport were two of the feelings I had when our Track and Field Committee completed its work at Convention. From Awards to WAVA, with 47 other agenda and discussion items in between, your committee worked together to generate solutions for the betterment of our sport.

The Committee looked at the best way to allocate our 1992 budget of \$22,500.00, selected sites for our championships, brainstormed ways to promote our sport, ratified records, reviewed proposed sectional boundary changes, and discussed our rough draft of the Meet Directors Manual.

In addition to spending over twenty hours in committee meetings, members represented our interests in a number of other TAC committees, including Budget and Audit, Law and Legislation, Officials, Records, Rules, and Racewalking.

Reappointments were made for the following positions: Outdoor Meet Coordinator, Bruce Springbett; Indoor Meet Coordinator, Scott Thornsley; Secretary, Marilyn Mitchell; Treasurer, Al Sheahan; Multi-Events, Rex Harvey; Women's Representative, Christel Miller; Site Selection Coordinator, Max Goldsmith; Race Walking and Awards, Beverly La Veck; Rules Coordinator, Graeme Shirley; Records, Pete Mundle; Rankings, Jerry Wojcik; Law/Legislation, Bob Fine. There are no changes in the Regional Coordinator positions. The Team

Manager is an elected position, with the election scheduled during our meeting at the Indoor Championships in April.

The majority of committee members and delegates personally absorbed the expenses of attending and participating

in the Convention. The beginning of a new year for TAC is a very appropriate time to express gratitude to the Committee for their dedication on our behalf. The time and effort the members put forth at the Convention and throughout the year is very much appreciated by all the athletes. □

Kousky, Thiel Honored by TAC

Barbara Kousky, National Masters Track & Field Chair; and Danny Thiel, Southwest Masters T&F Regional Coordinator; were honored by The Athletics Congress at its annual convention in New Orleans, December 6.

Along with eight others, they received the prestigious President's Award, presented to those who have given outstanding dedication and service to the sport.

Kousky has served two years on TAC's Executive Committee as the chairman of the Masters T&F Committee. TAC President Frank Greenberg praised her for her many contributions to the TAC-restructuring process. She was co-director of the successful WAVA World Veterans Athletics Championships in Eugene in 1989.

Thiel was commended for his long-time activist role as a coach, athlete and administrator in New Orleans. Thiel is head of officials for the 1992

Olympic Trials. He has successfully directed the Masters T&F program in the southwest for many years.

Other recipients of the award were: Bill Phelps, Radious Guess, Linda Shesky, Cliff Wiley, Julia Emmons, Steve Kauper, Stephanie Hightower, and Sandy Snow.

Past masters recipients include Bob Fine (1982), Bob Boal (1983), Jerry Donley (1984), Mary Cullen (1984), Tony Diamond (1984), Ruth Anderson (1985), Al Sheahan (1985), Sal Corrallo (1985), Carole Langenbach (1986), Charles DesJardins (1987). □



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Coach Don Hood's Abilene Christian University teams won 10 National Titles in the last decade. He watched 7 of his ACU athletes compete in the Seoul Olympics — more than any other U.S. coach. He has coached more vaulters over 18' than any U.S. coach and is the only coach in the U.S. to have 2 vaulters over 19' — Billy Olson and Tim Bright. He coached Bill Schmidt at North Texas State who was the last American to win a javelin medal. He has coached numerous National Champions in all events at all levels in his 35 years of coaching experience. He has conducted clinics and camps all over the world. He has produced training videos for vaulters, throwers, and jumpers. He can help you!

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Early stage of the M40-49 contest with five contenders vying for the lead, National Masters 5K Cross-County Championships, Columbus, OH, November 3. From l to r: Jim Hackenberg (615), David Amster (613), Dan Sekerak (645), Bill Hill (611), and Jeff Hunka (473).

Photo by John White

Quote of the Month

"I want to run a marathon when I'm 100 years old."

You have to have goals to be working on to keep your mind and your body active and fit."

— Paul Spangler, 92, who ran the 1991 New York Marathon in 9 hours, 23 minutes.

1000 Finish Frigid St. Louis Marathon

by JERRY WOJCIK

Steve Hendley, 40, Paducah, Ky., was tenth overall for the masters first in 2:44:57 in the 20th annual St. Louis Marathon, November 24, in St. Louis, Mo. Marilyn Nolan, 40, St. Louis, took the masters women's title in 3:39:38.

About 1000 runners finished the race, run in mid-20° temperatures with winds gusting at 17-25 mph, creating a wind chill of 1°.

Pat Gallagher (66, 3:35:08), St. Louis, and Sister Madonna Buder (61,

3:53:39), Spokane, Wash., were winners of the Grandmasters (60+) titles.

Open winners were Marvin Carter (34, 2:34:01), St. Louis, and Lynda Kohl (22, 2:57:16), New Jersey.

Thomas Echelman was the meet director. □

CUMULATIVE PRIZE MONEY EARNINGS MASTERS MEN 1991

RNK	NAME	ST/MAT	CUM PRIZE	#
1	Campbell, John	CO	\$27,250	11
2	Vera, Manuel	MEX	\$20,750	11
3	Tibaduiza, Domingo	COL/NV	\$18,325	18
4	Rouesser, Gary	IN	\$15,075	22
5	Navarro, Arsenio	MEX	\$13,800	9
6	Judson, Ken	PA	\$10,000	3
7	Vaigva, Wilson	KEN/TX	\$9,650	9
8	Narczak, Ryszard	POL	\$7,050	4
9	Rodgers, Bill	MA	\$6,350	9
10	Hamilton, Ken	CAN	\$5,000	11
11	Bell, Doug	CO	\$4,575	14
12	Cuevas, Mario	MEX	\$4,350	4
13	Paul, Don	CA	\$3,900	3
14	Lopez, Luis	CRC	\$3,450	5
15	Osnes, Kaare	NOR/CO	\$2,375	12
16	Reiner, Rick	CO	\$2,250	3
17	Schlau, Bob	SC	\$2,065	6
18	Pearson, Jim	FL	\$1,850	7
19	Unberg, Richard	SUI	\$1,900	2
20	Swiatocha, Ed	TX	\$1,650	7
21	Molnar, Steve	PA	\$1,600	2
22	Krivoy, Vladimir	URS	\$1,400	2
22	Owens, Earl	GA	\$1,400	11
24	Oean, Alan	NY	\$1,300	2
25	Alaberg, Larry	WA	\$1,100	2

FROM
THE COMPETITIVE ROAD RACER
P.O. BOX 1765 BROOKLINE,
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CUMULATIVE PRIZE MONEY EARNINGS MASTERS WOMEN 1991

RNK	NAME	ST/MAT	CUM PRIZE	#
1	Binder, Laurie	CA	\$32,400	13
2	Grayson, Nancy	SC	\$24,815	27
3	Welch, Priscilla	GBR/CO	\$13,450	9
4	Striuli, Graziella	ITA	\$12,300	2
5	Oshier, Nancy	NY	\$10,250	16
6	Filutze, Barbara	PA	\$8,150	13
7	Virga, Carol	FL	\$7,300	9
8	Kesitalo, Sennika	FIN	\$5,800	3
9	Wood, Mary	CO	\$4,500	7
10	Hine, Judith	NZL/MM	\$3,875	8
11	Hutchison, Jane	MO	\$3,500	9
12	Ciavarella, Claudia	CT	\$3,250	12
13	Hatson, Shirley	CA	\$2,000	2
14	Banning, Linda	SC	\$1,635	6
15	Mieszcak, Nancy	NY	\$1,600	6
16	Kruger, Jeanne	VA	\$1,575	2
17	Greer, Judy	FL	\$1,450	4
18	LaPierre, Odette	CAN	\$1,400	1
19	Bugyi, Judith	PA	\$1,350	3
20	Anderson, Gabriele	SUI/ID	\$1,300	2
21	Stravbridge, Marilyn	IN	\$1,200	1
22	Blais, Helene	N/A	\$1,150	1
23	Ingelhart, Alfreda	CA	\$1,100	2
24	Jordan, Janet	OR	\$1,050	3
25	Stroosnoot, Marcia	N/A	\$1,000	1

FROM
THE COMPETITIVE ROAD RACER
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Vicki Bigelow, 55, set a new 800 AR of 2:45.41. Northern California Seniors Meet, Berkeley, Calif. Photo by Dietderich

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THE FOOT BEAT

by JOHN W. PAGLIANO, D.P.M.

Black Toenail Syndrome

Q. I'm a 63-year-old runner. A few months ago, I decided to increase my speed workouts and mileage. Everything has been going along fine except that lately I've noticed several of my toes on both feet have started turning black. What's going on and what can I do to stop it?

A. Black toenail syndrome or "runners' toes" is one of the most common ailments among masters runners. These are thick, discolored toes that usually develop in the manner you described — after an increase in speed and mileage.

The blackness usually occurs on the first and second toes. The cause is often a poorly-fitted shoe. The toe is forced to rub up against the end of the shoe, and the nail — and the nail bed — become traumatized. This results in bleeding beneath the toenail which creates the "blackish-blue" appearance.

When this happens, the toe becomes very sore to the touch. The best treatment is to make a small hole under the nail and drain out the bloody residue. Afterwards, apply an antibiotic such as Betadine to reduce the chance for in-

fection. If the nail is in very bad shape, I would also suggest removing it. Apply an antibiotic and a sterile dressing or band aid.

Obviously, to avoid this condition in the future purchase better-fitting shoes. Allow at least 1/4" between the end of the toe and the end of the shoe. Apply vaseline to the toe area before running, and be sure to wear a good sock with a high cotton content for even more protection.

Keep the nail filed down as thinly as possible. This will prevent fungus from invading the traumatized area and

creating that thick, discolored look.

Some runners are more prone to this condition than others — especially those with an elongated second toe (Morton's Syndrome) that protrudes out further than the others. If you are among this group, the most important aspect of treatment is to size your shoes

properly and apply heavy layers of vaseline to the area before running. □

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



Javelin throwers (l to r) Joyce Varney (HI), Jean Ward (CAN), Becky Sisley (OR), Rutha Johnson (CA) and Shirley Dietderich (CA), Soviet Union National Masters T&F Championships, Moscow, August 3-4. Photo by Dietderich

HERE'S WHAT PEOPLE ARE SAYING ABOUT RUNNING RESEARCH NEWS:

"Running Research News is the indispensable running newsletter." Amby Burfoot, Executive Editor, *Runner's World*

"Running Research News is the nation's premier journal on running." Gabe Mirkin, M.D., Georgetown Univ. School of Medicine

"The May-June issue of *Running Research News* is the best thing you will ever read about running." Tom Henderson, *The Detroit News*

"Running Research News is the most worthwhile running publication I have seen during my 35 years of coaching." Jack Warner, Cornell University Cross Country Coach

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Running Research News provides runners with scientifically based training strategies, discusses the latest information on sports nutrition, and evaluates commercial products sold to runners. Recent issues contained articles on tapering, training for the mile, preparing for 10K competition, overcoming the "wall" in the marathon, conducting "5-5" interval training, preventing muscle cramps, and rising above a performance "plateau." To subscribe, please send \$16 for one year (6 issues), \$26 for two years, and/or \$64 for all thirty back issues. *Running Research News*, P. O. Box 27041, Lansing, MI 48909. Telephone 517-393-3150.

Monster Mash — The PCC/Tempo 5K

by MAURY DEAN

Searching vainly for a dinky, top-secret Halloween race with tremendous trophies, I stumbled into the biggest 5K ever held on Long Island — the PCC/Tempo Run in Hewlitt, October 27. Runners expected? Perhaps a thousand. Runners arriving? Well over two grand (2498 registered). Why? A super media blitz by famous WFAN sports-jocks Mike Francesca and "Mad Dog" Russo of New York City. Not only has Mike, expert on all sports, converted to running, but he brought with him a multitude of neophyte Nike-ists, John Campbell wanna-bes, and former couch potatoes. The 5K dash is a decent distance for marathoners and weekend warriors and run amok dabblers; the unexpected stampede simply Monster-Mashed the narrow, twisting Hewlitt byways, where the average income is \$175,000/year, and the houses are as big as schools. (I actually mistook an English tudor academy for a mansion.)

Fast masters here. Former champ Bill Backe (16:02, 1989) ran a fine 16:27, but lost third place 40-44 by a second to Vincent Saines. Ever-speedy Alan Oman (15:58) won the masters, and birthday kid Joe Wynne lost a full

minute off his times for a PR 16:23 for the silver. Perhaps the best masters time of the day was glommed by Anna Thornhill, 51, of the Big Apple; she trounced the big 2-0 with an amazing 19:55.

A skinny road created some early gridlock, but the winds kindly subsided, and the twisting asphalt course was nearly flat. The 55s were flying the speed limit today, dancing with sixes, with 55-year-olds like Mike Goldman (6:02 pace) outpacing Bob Ford by 100 feet to win in 18:41. The indomitable Chickie O'Toole of Lynbrook pranced to the 60+ laurel with a 25:43.

At the lower end of the age-speed spectrum, Long Island is watching Chris Webber (15:31.8), who hits masterdom next March. Overall triumphs were celebrated by 26-year-old Brian Ronan (15:15), and 32-year-old Lori Jorgenson (17:12).

All in all, the PCC Tempo 5K was a princely promenade alongside manicured esplanades and mammoth mansions and pastures of plenty. A swift stampede, and a merry one. Once the starting-line Monster Mash freed itself into a throbbing line of hurry-up harriers, a Halloween blast was had by all. □



Flo Berry wins the W70 100 in 18.74, TAC National Championships, Naperville, Ill., in July. Carol Peebles (20.10) was second.

Photo by Jerry Wojcik

COMING NEXT MONTH

- Updated Masters LDR Five-Year Age-Group Records
- Dr. Dan Hamner on Maintaining Your Longevity
- Reports from Rocket City, Charlotte and more

CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2373, Van Nuys, CA 91404.

WELLNESS MEDICINE — Dr. Robert Anderson's comprehensive guide to avoiding disease, maintaining vibrant health. \$17.95. Better Health, 309 Philadelphia Ave., Mass. Pk., N.Y. 11762.

HAPPY FEET — Frank Murray, longtime health writer's guide to runners, joggers, racewalkers plus comprehensive buyer's guide to equipment, clothing, everything else "sportive" for your money. \$11.95. Better Health, 309 Philadelphia Ave., Mass. Pk., N.Y. 11762.

DRAMATICALLY IMPROVE your health and increase your energy levels! Life Extension authors Durk Pearson and Sandy Shaw's complete line of nutritional products. Free catalogue. Call 1-800-452-0524.

DECEMBER 8. MINNESOTA MASTERS-SENIORS EM "R" T&F. University of Minnesota SASE to: Rachel Lyga, 122 63½ Way NE, Fridley, MN. 55432.

JULY 5. MINNESOTA MASTERS SENIORS EM "R" T&F MEET. U. of St. Thomas, Taste of Minnesota Weekend, Lyga, 122 63½ Way NE, Fridley, MN 55432 SASE (612) 574-9661 June Ph. Reg.

PUBLICATIONS ORDER FORM

Quantity

Total (US\$)

Masters Age Records

Men's and women's world and U.S. age lists for all track & field events, age 35 and up and for all race-walking events, age 40 and up, as of Oct. 31, 1990. 48 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$4.00

Masters Track & Field Rankings

Men's and women's 1990 U.S. outdoor track & field, 5-year age-group rankings. 60 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$5.00

Masters Age-Graded Tables

Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of July 1, 1990. \$5.95.

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. Outdoor 5-year age group records for all track & field events, age 35 and up, as of May, 1991.

4 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.

Competition Rules for Athletics (1991)

U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.

Time Master Calculator. Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stopwatch and calculator. \$45.00.

IAAF Scoring Tables (1985)

Official world scoring tables for men's and women's combined-event competitions. \$11.95.

Guide to Prize Money Races and Elite Athletes 1991

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. \$44.00.

TAC/USA Patches. Embroidered, 4" x 3". \$2.50

U.S. Track and Field Team Patches. Embroidered, 4" x 2". \$2.50

U.S. Track and Field Team Lapel Pins. Cloissone enamel, 1½" x 5/8" bar pin with safety catch. \$5.00.



The Masters Running Guide by Hal Higdon

160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.

Winning Secrets by Dr. Ladislav Pataki and Lee Holden

180-page paperback. Confessions of a Soviet-Bloc Sports Scientist. Secrets of Soviet training methods. New training concepts. "A remarkable work by a remarkable man." — Mac Wilkins. \$14.95.

Running Research News

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. "Simply the indispensable running newsletter." — Amby Burfoot. \$16.00 per year.

Back Issues of National Masters News

Issues: _____ \$2.25.

Postage and handling

Overseas Air Mail (add \$5.00 per book)

TOTAL

Send to: National Masters News Order Dept.
P.O. Box 2372
Van Nuys, CA 91404

Name _____

Address _____

City _____ State _____ Zip _____

13TH ANNUAL CONVENTION OF

New Orleans

Minutes of Masters Track & Field Committee Meetings

Barbara Kousky, Chair, presiding.

The following is a summary of the meetings of the Masters T&F committee at TAC's New Orleans convention. The official complete minutes will be available later this month and will be sent to each person attending the convention who listed an address on the sign-up sheets. Anyone else may request a copy by remitting \$1.50 in check or U.S. stamps to the Secretary.



David Salazar, M40, leads a mixed-age group in the 800, Club West Meet, Santa Barbara, Calif., October 19. He finished with a meet's best 2:06.3. Photo by Jerry Wojcik

All meetings, including the Executive sessions, were open to all. Everyone was allowed to speak and participate. Voting in the Executive sessions was restricted to members of the Executive Committee. Voting in the general committee meetings was generally by voice vote, open to all, with the exception of matters defined in the bylaws that required strict voting procedure, e.g. the vote on site selection.

Boundary Changes

The committee voted 23-4, to change the name of "section" back to its original designation: "region."

It voted, 30-1, to realign the following associations:

Association	Former Region	New Region
Virginia	East	Southeast
Potomac Valley	East	East (no change)
Arkansas	Mid-America	Southwest
Oklahoma	Mid-America	Southwest
Utah	West	Northwest
New Mexico	West	Mid-America

Acknowledgement went to Jeff Schaller, Idaho, and Tim Murphy, Texas, for their contribution of maps, surveys, etc.

Brochure

Copies of TAC's Masters informational brochure is available by request from the Secretary. An article in *Modern Maturity* magazine resulted in more than 500 brochure requests.

Budget

Because TAC was forecasting a projected deficit, all sports committees were asked to

take an across-the-board 10% cut from their 1991 budget. Thus, our committee's budget for 1992 will be \$22,500 (see separate chart). Ways to supplement income were discussed, including sponsorship.

1992 Indoor Championships

The meet is set for Ohio State U., Columbus, Ohio, April 3-5. The 35-pound weight throw will be held outside. The entry form will be published in NMN.

1992 Outdoor Championships

The meet is set for Spokane Falls Community College, Wash., August 13-16. Organizers will attempt to secure more dorm beds (currently 108 are reserved). Public transportation is available, as well as shuttle buses to designated hotels.

Meal plans available: continental breakfast (4 days): \$10; lunch & dinner (4 days): \$40. Bus, dorm space and meal tickets available from: Time to Travel, N. 2000 Greene MS 2064, Spokane, WA 99207. Phone: 509-533-8898; Fax: 509-533-8836.

1992 Indoor Pentathlon

The event is set for the National Institute for Fitness and Sports, Indianapolis, February 15.

1992 Outdoor Pentathlon

To be held in conjunction with the nationals in Spokane.

1992 Decathlon, Heptathlon

Set for Drake U. in Des Moines, IA, July 11-12.

Outdoor Schedule

The committee agreed to leave the permanent 4-day schedule in its current form.

Competition Rules

TAC considers rule changes every even-numbered year, so Rules Coordinator Graeme Shirley requested proposed changes to be sent to him before the autumn deadline. He asked that submissions include references to the number of the existing rule. U.S. Masters championship events automatically change to reflect changes in the WAVA rules.

Ethics Sub-Committee

We decided the way to deal with such problems as submitting fraudulent marks for rankings and All-American status was via the established TAC grievance procedures, rather than form an Ethics Committee.

Gay Games

An open and masters multi-sport event open to all, but dedicated to the gay athlete, is set for New York City, June 25-July 4, 1994. Cooperation is requested in not scheduling major masters meets in the East on these dates.

Minimum Age for Women

The committee voted, 13-6, to lower the technical age of women masters from 40 to

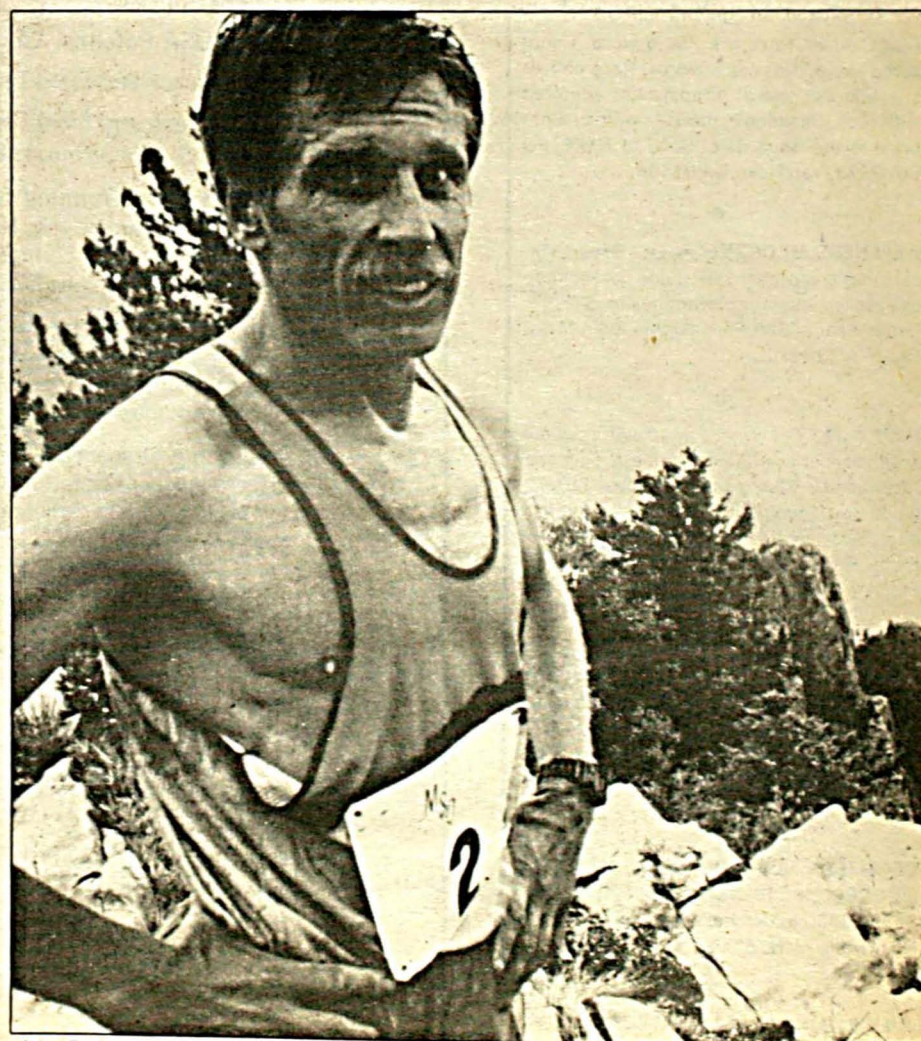
Continued on page 16

TAC MASTERS TRACK & FIELD COMMITTEE BUDGET - 1992

	1991 Budget	1991 Expense	1992 Budget
1. Chairman	\$4800	\$4438.57	\$4200
2. Outdoor Coordinator	1200	2342.25	1000
3. Indoor Coordinator	800	477.42	500
4. Multi-Events Coordinator	1700	1700.00	1500
5. Regional Coordinators:			
a. East	900	900.00	800
b. Southeast	900	900.00	800
c. Midwest	900	900.00	800
d. Mid-America	900	900.00	800
e. Southwest	900	840.00	800
f. West	900	900.00	800
g. Northwest	900	899.90	800
6. Records Chairman	2500	2500.00	2250
a. Racewalk Records	0	.00	200
7. Rankings Coordinator	1800	1800.00	1620
8. Secretary	600	664.20	1100
9. Treasurer	600	599.00	540
10. Women's Representative	400	400.00	360
11. Racewalk Coordinator	300	64.20	200
12. Awards Coordinator	500	330.70	400
13. Team Manager	1800	1800.00	100
14. Board of Directors	500	.00	500
15. WAVA Fee	150	150.00	150
16. Site-Selection Coordinator	0	287.64	600
17. Promotion (brochures)	0	315.65	250
18. Meet Manual	0	.00	600
19. Miscellaneous	1050	890.47	830
	\$25,000	\$25,000.00	\$22,500

Category Summary:

1) Travel & Lodging	\$11,262.26
2) Postage, phone, etc.	2,870.41
3) Meet support	5,946.14
4) Awards	330.70
5) Promotion	315.65
6) Records	2,500.00
7) Rankings	1,424.34
8) Miscellaneous	350.50
	\$25,000.00



John Bednarski, 42, high above the clouds and city of Albuquerque, N.M., where he was the first master in the La Luz Trail Run in 1:20:24, August 4. The run starts at 6000' and winds for nine miles to the La Luz crest at 10,650'. On October 6, Bednarski was second U.S. master (2:22:24) in the Twin Cities Marathon, Minneapolis.

Photo by Gene Dix

THE ATHLETICS CONGRESS

December 1 - December 5, 1991

Minutes of Masters LDR Committee Meetings

Tues. Dec. 3; 9 a.m.; Executive Committee

Chuck DesJardins, Chairman, reviewed TAC's \$1.8 million deficit. To reduce it, all sports committees will be cut back 10%, thus lowering our 1992 budget to \$22,500.

TAC President Frank Greenberg dropped by to get our input on the proposal to change TAC's name, which is not very marketable since "athletics" is misunderstood. Our feeling was any new name should reflect all disciplines, not just track and field.

Bob Boal reported a \$500 donation from Otto Essig which was added to our 1991 budget, bringing it to \$25,500.

Budget permitting, we agreed to hold two Executive meetings in 1992, one in Boston at the World IAAF Championships in March, and one at the Twin Cities, Marathon in October.

Chuck announced our committee's new liaison with the national office is Tom McLean, new Director of Operations.

Tues. Dec. 3; 6 p.m.

Chuck led a short memorial for Bill Shrader, who died of cancer on November 29. A distance-running pioneer in the Adirondack Association, Bill brought such events as the Freihofer's Run for Women to the area. Eleven of his 12 children were runners; he earned our committee's Otto Essig award for meritorious service to Masters LDR in 1981 and again in 1991.

Rules: We supported an amendment to Rule 185.5 (later passed by the Congress) to modify the definition of a "tailwind" to determine the validity of records.

Thu. Dec. 5, 8:30 a.m.

Awards: Kirk Randall and Ruth Anderson conducted the voting for our outstanding athletes of 1991. The attempt to get athletes to send their resumes to Kirk and Ruth during the year was not very helpful. We all need to report data during the year to assist in this task. Suggestions are welcome as to how we can improve our

selection method. (See separate box for awards.)

Senior Games: Jimmy Carnes said TAC should give input to the Senior Games being held throughout the country. He said banks make good masters sponsors.

ARFA: Norm Green, our committee's statistician, is currently President of the American Running and Fitness Association. He urged all distance runners to join and offered to supply ARFA brochures to any race director.

WAVA: Delegate Ruth Anderson will be unable to attend the WAVA North American Championships this year in Xalapa, Mexico, so Kirk Randall was appointed to be her substitute. Other delegates and alternates will be DesJardins, Dudley Healy, John Boyle, and Ed Benham.

NMN: Chuck objected to the National Masters News' reporting how our delegates voted in the WAVA elections in Turku. A complaint was that all letters are published without directing them to the appropriate TAC committee for response. The topic was deferred until the joint meeting with Masters T&F later that afternoon.

IAAF X-C: The organizers of the World Cross-Country Championships in Boston, March 20, request there be three separate masters races: M40-49, M50-59, M60+ and women.

Fri. Dec. 6; 9 a.m.

Records: Basil and Linda Honikman presented their recommendations of masters records for our approval.

Championships: Championship sites were selected (see separate box). We are always looking for quality masters events, so if you have such an event in your association, encourage the race director to bid for one of our championships.

Sat. Dec. 7; 9 a.m.

Jerry Crockett of Oklahoma TAC was named chairman of our nominating committee. He will make recommendations for a slate of committee officers at next year's convention.

Sports Medicine: Teddy Foy, our rep to Sports Med, reported on two eating disorders, anorexia and bulimia. Contact the Secretary (address on page 2) if you'd like a copy of his report.

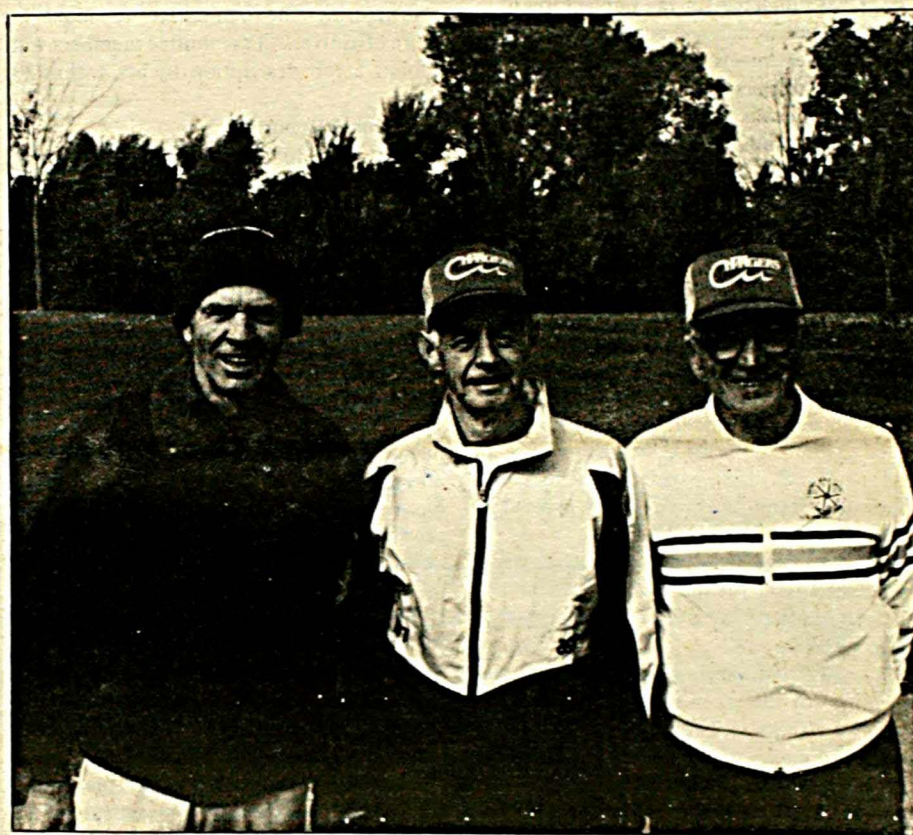
Budget: George Vernosky, Treasurer, reported TAC's 1992 budget deficit was whittled down from \$1.8 million to \$440,000. Funds will be taken from TAC's trust fund to make up the deficit from 1991.

Officials: George Kleeman reported that the officials committee again tabled the idea of certifying LDR officials. Pat Vigil of New Mexico TAC is accepting information for a new Coaching Education newsletter.

Appointments: At-large members of our committee: Jack Moran, Lewis Chandler, Dudley Healy, Bill Nault, and Evelyn White. Associations: Jack Moran; Budget and Audit: George Vernosky; L&L Norm Brand; Membership: Bob Langenbach; Officials: John White; Rules: George Kleeman; Medical Services & Sports Med: Teddy Foy; Records: Basil Honikman; Awards, Logos and Medals: Pat Vigil; Coaching Education: Jerry Crockett; Cultural Exchange: John Boyle.

The meeting adjourned at 11:35 a.m.

Respectfully Submitted,
Carole Langenbach, Secretary



Ed Buckley (center) swept the M70 division in the National Masters 5K, 8K, and 10 Cross-Country Championships for 1991. Pictured with Buckley are his Syracuse Charger teammates Nate White (l) and Charles Jorgensen (r).
Photo by Nate White



Ed Small leads Walt Thorne to the finish of the M50 400, Empire State Games, Albany, N.Y., July 27.
Photo by A. Tetrault

1992 LDR TAC/USA National Masters Championships

RACE	DATE	SITE
5K Road	April 4	Omaha, NE
5K X-C	November 8	Columbus, OH
8K Road	March 21	Virginia Beach, VA
10K Road	TBA	
10K X-C	*December 6	Louisville, KY
15K Road	TBA	
10 Mile Road	August 22	Flint, MI
20K Road	September 7	Pending
Half-Marathon	January 12	Deland, FL
25K Road	November 14	San Diego, CA
Marathon	October 4	Minneapolis, MN
50 Mile Road	March 29	Columbus, OH
100K Road	January 18	Dallas, TX

1993 LDR TAC/USA National Masters Championships

8K Road	January 16	San Diego, CA
10K Road	September 25	Oklahoma City, OK
Half-Marathon	June 20	Fairfield, CT
Marathon	October 3	Minneapolis, MN
50-Mile Road	February 20	Houston, TX

*Pending

Minutes of Masters T&F Committee Meetings

Continued from page 14

35 to follow the international rules, but both the masters LDR and women's LDR committees opposed the change, so it was rejected by TAC.

Little/Goss Dispute

Frank Little did not file an amended petition to his complaint at the 1990 nationals, so the matter was dismissed.

Marketing

Hugh Cobb, Western Regional Chair, lamented that, in the West, sub-masters are not participating as much as 20 years ago. Some regions have been encouraging local masters meets to include 18-29 year-olds, and even youths, when feasible. This boosts the meet's attendance and helps ease young athletes into the sub-masters division.

Masters Hall of Fame

The group agreed this was not an important issue at this time.

Meet Manual

\$600 was budgeted for the publication of a meet manual, which will guide directors in staging masters meets.

National Masters News

A discussion was held in the joint masters T&F/LDR committee meeting, wherein athletes expressed their concerns with, and admiration for, the National Masters News. Al Sheahan indicated he was the sole proprietor and receives grants from TAC and WAVA, amounting to 2½% each of total revenues. Sixty-two percent of the paper's revenues come from subscriptions.

Some athletes felt the paper should be an open forum for running-related matters. Others felt negative material should not be printed. Much of the time and expense of the paper is spent preparing the schedule and results. Remitters were urged to send results in NMN's standard format.

There was widespread agreement that the paper is necessary for the masters T&F and LDR programs.

Racewalking

Regional coordinators were asked to supply names for the racewalking subcommittee. Bev LaVeck, racewalking coordinator, outlined administrative problems at the nationals, and will work with organizers to insure that all goes well this year in Spokane.

LaVeck will propose a rule change to allow records to be set in mixed-sex

racewalk competition, a common practice in masters meets.

Rankings

All 1991 indoor rankings (except pole vault) have been published in the National Masters News. The 1991 outdoor rankings book may be completed by the end of March. Acknowledgement was given by Coordinator Jerry Wojcik to the volunteers who spend long hours compiling the data: Bill Benson, Robb Bong, John Dickey, Charles Mercurio, Larry Patz, Glen Peterson, Tom Rauscher.

Records

Records Chairman Pete Mundle has received no verification from meet directors of pending records set in Naperville or Turku. Following direction from the Committee, Mundle will begin to include marks for the 2000m steeplechase, weight throw, and women's pole vault.

Restructuring

Kousky led a discussion regarding restructuring the committee to make it more effective. All committee members will submit a job description to her within 30 days.

Regional Reports

East: Haig Bohigian reported a successful indoor and outdoor sectional (regional) championship in 1991. The East will hold an indoor grand prix and award (by lottery) a grand prize of an air ticket to athletes who participate in 8 meets or 20 events in the series.

Southeast: Phil Raschker and Phil Mulkey awarded eight watches in their sectional meet based upon the best age-graded scores for jumps, throws, runs, and hurdles. A survey found 80% of masters athletes understand age-grading and 67% liked it. Most athletes favored same-day race entry for the regionals. The first Southeast Indoor Championships are set for Murfreesboro, Tenn., February 23.

Mid-America: Tom Thorne reported on the success of the indoor and outdoor championships held in Lincoln, Nebraska. The 1992 indoor meet is set for January 4; the 1992 outdoor is scheduled for June 28, also in Lincoln. An all-comers indoor meet is scheduled for January 12 at the U. of Kansas. At least two meets were held at Pittsburgh State U.; there was no facility charge.

Regional Relays Set For Nationals

by PHIL MULKEY and
PHIL RASCHKER

At the 1992 TAC National Masters Outdoor T&F Championships in Spokane (August 13-16), the second regional all-star 4x100m relay will be held.

This year, each of the seven regions will qualify two relay teams for both men and women. The runners will earn their positions by winning their respective regional 100s.

The junior relay squad will be composed of the winners of the 30, 35, 40 and 45 100s. The senior group will be the champions of the regional 50, 55, 60 and 65 100s. That will give each region a total of four teams: junior men, junior women, senior men and senior women.

To allow the regional coordinators

latitude, all teams will fall under the "total age-group years" rule of 150 group-years for the juniors, and 230 group-years for the seniors. If the 100m age-group regional champ doesn't come to the nationals, the respective coordinator may insert other runners providing the total age-group years are not less than the allowable 150 and 230 for junior and senior squads.

Individual championship medals will be given to the top three finishing teams. To determine the national regional-relays champion, the four races will be scored 10-7-5-4-3-2-1. The winning region will be given a plaque (appropriately inscribed) to be retained until the next National Championships. An attractive enameled pin will be awarded to all participating members of the winning regional team. □

1991 RANKINGS

Send Your Best 1991 Marks to:

Shot Put:

Al Neville, 123 Mountain Rd.,
Concord, NH 03301

1500, 3000, 5000 Walks:

Dr. Glen Peterson, YMCA, 250
S. Minnesota Ave., Sioux Falls,
SD 57102

West: Hugh Cobb is active in looking for new meets in his area.

Northwest: Al Phillips is plagued by a vast geographic area which hinders maximum participation. The region was internally divided in half to allow two regional meets. Moscow, Idaho, may bid for the 1994 national indoor championships.

The committee voted, 14-0, to allow the regions to impose a surcharge at regional championships to help finance activities in the regions.

1993 Indoor Championships

The only bidder was Montana State U. in Bozeman, March 27-28, 1993. There was no one present from Montana to present the bid, nor was Scott Thornsley, Indoor Coordinator, able to attend the Convention. Following discussion, it was agreed that the Executive Committee, after obtaining additional information from the Montana organizers and a visit to the proposed site, would make the decision regarding the bid.

1993 Outdoor Championships

Detailed presentations were made by Provo, Utah and Joplin, Mo. Provo was selected, 23-8. Provo is a city of 90,000 and is a 45-minute drive from Salt Lake City. Its Brigham Young U. stadium has a scoreboard and a 9-lane track; no lights, but daylight till 9:15 p.m. All events can be held within the stadium. The area has 52 TAC officials. Altitude is 1320m (4331 feet).

BYU has conducted four NCAA championships and a Junior Olympics with 4300 athletes. It has 2000 dorm rooms near the track for \$22.50, including three meals. (Note: on-campus housing does not allow unmarried male/female couples, nor the consumption of tea, coffee, alcohol or tobacco; hotels have no such restrictions.)

Hotels are near the facility. A meal package at the dorms will be available to all. Local buses cost 25¢. Shuttle buses will run from the track to the dorms and hotels.

The committee voted, 10-1, to award championships three years in advance beginning at the 1992 convention. It also

suggested bidders pay transportation for a pre-bid inspection visit by one committee member.

Travel Agents

The group rejected a proposal by a New York travel agent to award "exclusive territories" for championship events.

Uniforms

We hope to have a more coordinated and effective method of uniform selection. The matter was tabled until the indoor championships meeting. In all future WAVA team competitions, athletes must have identifying uniforms.

WAVA

1. Ballots are in the mail to select a new WAVA North American Regional Chairman. Candidates are Brian Oxley (Canada) and Rex Harvey (USA).

2. The schedule for the 1992 North American Championships in Xalapa, Mexico, August 19-23, will be available soon. Phil Mulkey and Marilyn Mitchell were elected T&F delegates to Xalapa, with Sandy Pashkin, Hugh Cobb, and Phil Raschker alternates. Kousky is an automatic delegate.

3. The dates for the 1993 WAVA World Championships in Miyazaki, Japan have not been determined. The Japanese are building a new secondary track next to the main track and are concerned it may not be completed by August, 1993 or that August monsoons may interrupt the event; they favor October 7-17. But some WAVA members feel participation might drop with an October date and that monsoons could occur in October, as well. WAVA is soliciting opinions from its membership. A straw vote of the joint masters T&F/LDR committees showed 18 would go if the meet were held in August, but only 14 if it were held in October — a 22% dropoff. Another vote showed 14 preferred August while eight favored October.

4. The committees thanked Sandy Pashkin for her excellent job as team manager in Turku. The LDR members said it was OK for the team manager for Miyazaki in 1993 to be chosen at the 1992 Indoor T&F meeting in Columbus, April 4. (Editor's note: details on how to apply will be published next month.)

Women's Coordinator

Christel Miller said she heard from women in South West Africa encouraging continued publication in NMN of the "Women's Corner."

Elections

Kousky was unanimously elected to another two-year term as Chairman.

*Respectfully submitted by
Marilyn Mitchell, Secretary*



Joe Johnson blasts to a U.S. record 22.81 to win the M45 200, TAC National Championships, Naperville, Ill., in July. Tom Bassett finished second (22.92), and Roger Assink, lane 5, third (23.44).

Photo by Jerry Wojcik

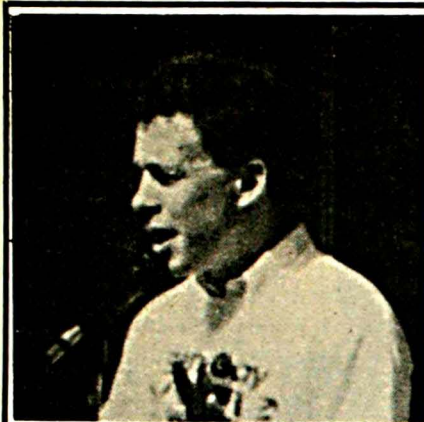
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by DEAN REINKE

Nancy Grayson returns to defend her Grand Prix championship in the Lily of France women's division while John Campbell looks like he may be dethroned as the defending Grand Prix individual champion on the PowerBar men's side. John Hosner.

One of the casualties of the reduced sponsorship in running was the Old Reliable Run in Raleigh which dropped its prize purse this year. Its director, Butch Robertson, hopes to bring it back in the future . . . Congratulations to former Reinke Sports Executive Mark Crepeau who has taken a position with 10K Thirst Quencher in Atlanta . . . Paul Corrozza of the Run-Tex Half Marathon continues to expand his event which will feature John Campbell and

Later this month, the annual Paramount 10K hosts a large masters contingent. Oscar Rosales does a superb job, so please support him in his effort . . . The City of Los Angeles Marathon reports that it will change its marathon prize money distribution to the New York City model with prize money based on time. Not much mentioned on the masters division . . . The Sorbothane/USRA Masters Circuit National Championship will get the "Florida Winter" Running Circuit rolling. Following Orlando on February 1, will be the Gainesville race February 8th; Gasparilla Classic, February 15th; and the Jacksonville River Run on March 7 . . . The Red Lobster 10K Classic has been officially cancelled and hopefully the Orlando Running Festival will fill the void in the years to come. □

- Kirk Randall (40, 34:10) and Judy Fox (41, 42:12) Win National Masters 10K Cross-Country Championships
- Sister Marion Irvine, 52, Sets W50 Marathon WR With a 2:55:16 in Oakland Marathon
- Frank Duarte (40, 16:47) and Jennifer Wright (46, 19:54) are Top Masters in National 5K Cross-Country
- NMN Tops 2000 Subscribers

Bill Fortune	8/
Patrick Devine	8/
Takeji Shimazaki	6/
Charles Evans	5/
Manfred Struse	5/
Jay Sturdeviant	5/
Paul Saucedo	5/
Esko Sormunen	5/

PowerBar JULY OF FRANCE 2017



Countdown to Miyazaki

19 (or 21) Months to Go

by AL SHEAHEN

The 12th annual Japanese Masters Track and Field Championships were held on November 1-3 in Miyazaki — the site of the X WAVA World Veterans Athletics Championships in 1993. I attended as the guest of the Miyazaki Organizing Committee and of Kiyoshi Kounoike, Chairman of the Board of the Nippon Masters Athletic Association.

Miyazaki is to Japan as San Diego is to the USA. It's on the southwest island of Kyushu, one of four islands which comprise Japan. It's located at 32°N latitude, about the same as Los Angeles and the Mediterranean Sea. It's a 90-minute flight from Tokyo. The weather was ideal.

The population of the city of Miyazaki is 290,000. About 1,200,000 live in Miyazaki prefecture (state). The 1991 (and 1993) meet was held in the stadium in the Miyazaki Prefectural Sports Park — about a 15-minute drive from downtown Miyazaki. The Park is a comprehensive athletic facility landscaped to blend with the pine forest which surrounds it. Its total area of 1.4 million sq. meters makes it the largest in Asia.

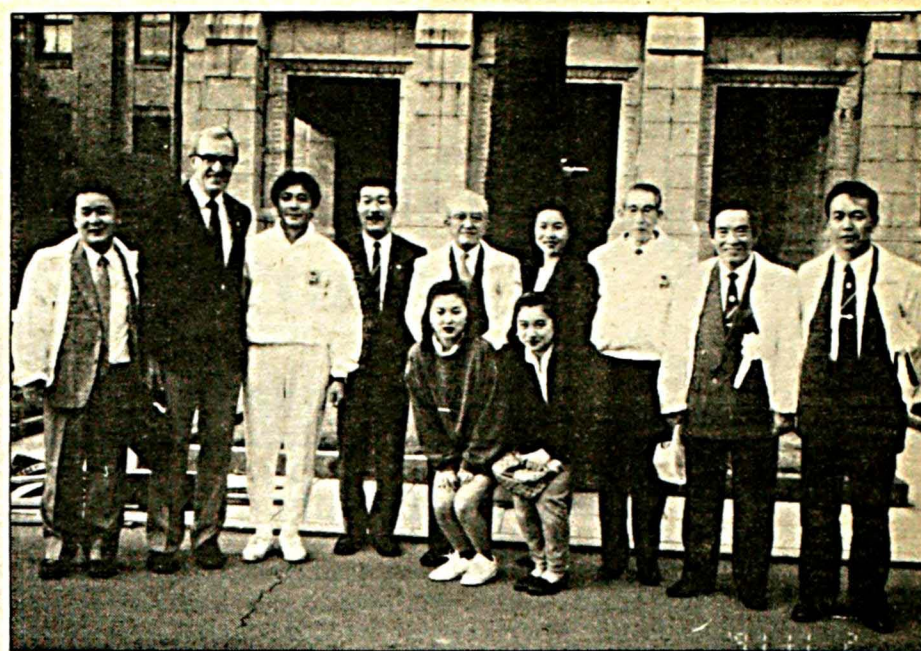
Nearly 1000 athletes — men over age 30; women over 25 — from most of Japan's 48 prefectures competed in the three-day event. As it was in 1989 when I attended the 10th national masters

meet in Wakayama, the Miyazaki meet was well organized and professionally run. Events were on schedule. The track was excellent. The facilities were first-class, and will be more than adequate for the 1993 Championships.

The people I met in Miyazaki were very competent, caring and serious individuals, as they were in Wakayama. The Japanese are dedicated to making the 1993 event a huge success; to make it something special.

The air fares to Japan are not cheap (about \$1100 from Los Angeles) but the Miyazaki hotel prices are perhaps the least expensive in Japan. I saw a nice downtown hotel with both Western- and Japanese-style rooms for 5200 yen (US\$40) per night for a single, and less-per-person for a double or triple. The excellent headquarters' hotel was about US\$57 per night. Another top-of-the-line hotel was US\$150 for three people (\$50 each).

Food prices were high, but not un-



Suketaka Matsukata (5th from left), Governor of Miyazaki Prefecture is flanked by Al Sheahen (2nd from left), NMN editor; by Kiyoshi Kounoike (far right), Chairman of the Board of the Nippon Masters; and by other members of the Miyazaki Government and World Championships Organizing Committee.

reasonable. We had a full-course lunch for \$12. A Western-style coffee shop had good meals for \$5 and up. The 1990 price index showed Miyazaki at 96.4, Tokyo at 111.4 (Japan average: 100).

Dates Undetermined

The dates of the 1993 Championships are undetermined. In Turku last summer when Miyazaki was awarded the bid, the dates were set for late August. But a snag arose. The organizers had promised to resurface the proposed second track at Miyazaki University — a cinder track about three miles from the main stadium. But the university authorities finally declined, saying if one university track was resurfaced, all the university tracks in Japan might have to be resurfaced; their budget couldn't afford it. The Governor of the Miyazaki Prefecture, a strong supporter of the Championships, could not overrule the University's decision, since they are politically independent.

Faced with this potential disaster, the Miyazaki Prefectural Government decided to spend over one million U.S. dollars to build a new track in the Sports Park — on the site of a rugby field, a five-minute walk from the main stadium.

The only problem is that construction on the new track cannot begin until August, 1992. That's because the annual Japanese High School Sports Championships will be held in Miyazaki in 1992. The rugby field is needed for those Games, which will draw 53,000 students.

As soon as those Games are over, Miyazaki will tear up the rugby field — and part of the adjacent road — and begin construction of the new track. The expected completion date: September, 1993. So Miyazaki has proposed the World Championships be held on October 7-17.

The trouble with October dates is that the meet could lose up to 25% of foreign athletes, since many are teachers, coaches, business people, etc., who can't get away in October.

So officials of the World Association of Veteran Athletes (WAVA) have asked Miyazaki if the track could possibly be completed by August.

In a letter to Cesare Beccalli, WAVA President, Suketaka Matsukata, the Governor of Miyazaki Prefecture, replied:

"... We would appreciate if you understand we have proposed the change of date from August to October for the following reasons: 1) the new second stadium will surely be completed before October, 1993; 2) October is the best season in Japan for sports and travel... the first of September is typhoon season, and the games may stop during the Championships. However, we will comply with the decision of the WAVA Council. If the date is fixed at the end of August, we will promise to do our best for a successful championships. The second stadium will be completed as a result of hard work..."

Beccalli then asked Torsten Carlus, WAVA Secretary, to poll all WAVA affiliates, outlining the facts, to see if they preferred August or October, and to reply to WAVA by January 15.

Weather is a factor. The average high temperature in Miyazaki in August is 88°F (31°C); in October, it's 75°F (24°C). The average low in August is 73°F (23°C); in October, it's 57°F (14°C). Humidity is high in August but low in October. There's a 28% daily chance of rain in August, but only a 19% chance in October.

Close-knit, Friendly Atmosphere

Whichever date is chosen, the second track will be a short walk from the main stadium, thus guaranteeing a close-knit, convenient, friendly type of

Continued on page 19

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BP 1222 Brazzaville
Rep Pop Du Congo

Photo by Bob Watanabe



Report from Britain

By ALASTAIR AITKEN of *Athletics Today*, and
MARTIN DUFF of *Athletics Weekly*

The AAA's Veterans 10K Championship returned to the Yorkshire town of Barnsley on November 17 and saw Peter Banks (M40, 31:00) and Paula Fudge (W35, 35:03) emerge as champions. Banks, who was narrowly beaten last year over the same rugged course, had to fight hard to outsprint new master John Clark (31:02). Brian O'Neill topped the M45s in 32:16, while Steve James edged Les Presland to win the M50 division in 32:34.

M60 Gerry Spink turned in the best age-graded performance with a 34:46 (93.6%). W45 Julie Beckford (37:36) edged Paula Fudge on an age-graded basis 87.92% to 87.94%.

Earlier in the month on November 3, IAAF official Jon Wigley (M40, 35:21) took the Amphill Trophy Meeting 10K over Ray Church (M40, 35:38). Finishing third overall in the veterans competition was M45 Graham Wooten of Thurrock in 37:07. □



M50-54 silver medal team in the 4x400m relay (3:51.25), WAVA Championships, Turku, Finland, from left: Jon Lomax, Cliff Bedel, Eric Owers, and Joe Thielman.

WAVA/TAC Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69					
70 Plus					
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69					
70 plus					

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
40-49					
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	400m	.840m 33"			
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

IMPLEMENTS

AGE Women	SHOT PUT	DISCUS	HAMMER	JAVELIN
30-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*
50-59	6.00k	1.50k	6.00k	800 gms.*
60-69	5.00k	1.00k	5.00k	600 gms.
70 plus	4.00k	1.00k	4.00k	600 gms.

*Either "old" or "new" javelin may be used

U.S. Wins Can-Am Cross-Country Challenge

by DON FARQUHARSON and
CAROLE LANGENBACH

A strong contingent of U.S. runners combined their 8K efforts to take home the prestigious Fleischmann Cup in the bi-coastal Can-Am Cross-Country Challenge that was staged in Fabius, N.Y. on November 10 and Seattle, Wash. on November 16.

Despite cold weather and frozen turf, New Yorker Jerry Smith, 48, finished first overall in the East Coast competition with a 30:47, narrowly edging his fellow Gotham-stater Richard Hoebeke (42, 30:53) who topped the M40 division. Vince Colgan, also from N.Y., took the M50s for the U.S. with a 34:26, while Canada's Ron Chrichton grabbed M55 honors in 36:53. The M60 title went to Earl Fee, 62, of Ontario, whose 36:45 was enough to defeat Ed Stabler (62, 36:59).

Kathy Brown, 44, led the U.S. women with a 38:23 over the rugged, hilly course. Canadian women managed to win three age-group divisions — Molly Turner (W55, 40:21); Judith Michael (W45, 40:27); and Judith Kazdan (W70, 56:55) — but it wasn't enough to stem the convincing win by the U.S. team 118 to 170 (lowest score wins).

On the other side of the continent in Seattle, the score was a lot closer, but the U.S. still emerged victorious, edging the Canadians 152 to 177. Local standout Herman Atkins (M40, 28:37) easily won the overall title, with his only serious competition coming from the

hilly course with its tricky loops. Thelma Wright, W40, of Vancouver, B.C., was top woman in 35:07.

The Canadian team was diminished when members from Victoria, B.C. were prevented from attending the contest due to a hurricane. This afforded the host country the unusual advantage of outnumbering the opposition in a unique scoring system where the lower number of participants from either country in each 5-year age group determines how many will score in that division. Finish places earn points, with the winning country determined by the lowest number of points after adding all divisions (men and women) together.

Since the inaugural event in Toronto in 1977, the U.S. has only won four times. In 1990 the tradition of taking turns between the two countries was changed to alternating between the East and West Coasts. However, the masters LDR Committee is always looking for a Midwest host for the event. □

IAAF Veterans Committee Set

The IAAF has selected the following to its Veterans Committee:

Cesar Moreno Bravo	(MEX), Chair
Cesare Beccalli	ITA
Bob Boal	USA
Michitaka Kinami	JPN
Vadim Marshev	URS
Col. Mouassiposo	CGO
Javier Alvarez Salgado	ESP
Amadou Diarra	SEN
Hans Axmann	GER
Clem Green	NZL
Rene Zeballos	HOL

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W70 sisters Gerry Davidson (800, 3:24.80) and Marie Stafford (800, 3:30.34), IX WAVA World Championships, Turku, Finland, July 18-28.

Photo by Dietderich

MASTERS SCENE

NATIONAL

- As of November 27, two masters had qualified for the Men's Olympic Trials in Columbus, OH, April 11. Doug Kurtis, 40, Northville, MI, did it with a 2:16:57, and Ken Judson, 41, Pittsburgh, PA, made it with a 2:17:01. Qualifying time is 2:20.
- Omitted from the Soviet Union Veterans Championships results in the November issue was a first place (5275) in the M70-74 decathlon by Armando Ricciardi, Reno, NV. Also, Herb Miller, M75, Westminster, CA, should have been credited with two more golds (300H and 4x100) for a total of nine. Miller said that the meet moved along smoothly.
- Steve Bosley, race director of Colorado's Bolder Boulder, was named Road Race Management's Race Director of the Year at the publication's annual meeting and trade show, Washington, DC, November 16. Recognized as an innovator, Bosley started the now widely-used "wave start." With more than 29,000 finishers in 1991 (an 18% increase over '90), the Bolder Boulder has become the fifth largest race in the U.S.
- John Conner, East Hampton, L.I., was incorrectly placed in the M50-54 division in the 1991 indoor 1500 rankings, published in November. He should have been first in the M55 group with a 4:46.3.

EAST

- Tom Carroll, 41, Dunstable, MA, was first overall with a 2:34:10 in the Cape Cod Marathon, Falmouth, MA, October 27. Carroll, of the Greater Lowell RR, came from behind, passing an open runner at 19 miles. Finishers numbered 366 under overcast skies with temperatures in the 50s, some fog, and little wind.
- Hollie Walton, 41, Cranston, RI, was masters first in a 12th-place 2:37:41 of 803 finishers in the Delta Dental of Rhode Island Marathon, Newport, November 2. Walton is one of seven runners who have completed all 15 marathons in Newport. John Kelley, 60, Mystic, CT, winner of the 1957 Boston, won the M60+ division with a 188th-overall 3:16:20. Nancy Okun, Peru, VT, was first W40+ (3:28:53). Entrants came from 22 states and as far away as Spain.
- Bob Hermes, 41, finished first of 163 M40+, with a 17:00 over the 5K course of the RRCA Age Group X-Country Championships, Van Cortlandt Park, Bronx, November 17, leading the Taconic RR to the veterans team championship. Sid Howard, 52, was first M50+, with a 17th 18:34. Mary Ryan, 45, was the winner of the W40+ 3K race in 20:39.
- Ridge Kelley, 42, of Maryland took the masters laurels from Michael Reilly, 41, of Delaware by five seconds with a 53:16 in the Delaware Distance 15K, Wilmington, October 6. Caroline Lunger, 40, of Delaware won the W40+ contest in 62:20. Becky Yencharis, 72, of Delaware captured the W60+ division in 1:34:23.
- Sadot Mendez (40, 2:38:30), Hertford, SC, and Sharon Giese (48, 3:28:01), Richmond, VA, were first 40+ in the Richmond Newspapers Marathon, October 20. Cokey Daman, 72, Virginia Beach, VA, took the M70+ title in 4:13:07. In the corollary half-marathon, Don Lucy (42, 1:15:26), Lynchburg, VA, and Emi Estrada (43, 1:33:15), Midlothian, VA, posted 40+ firsts. Eighty-year-old Isadore Zfass, Richmond, with a 2:15:18, nabbed the M70+ win from Robert Bluford Jr., 72, Richmond, who finished in 2:16:30.
- Boston's Bill Rodgers, who turned 45 on December 23, broke the M40+ course record with a 23:49 in the Manchester 4.77 Mile, Manchester, CT, November 28.

SOUTHEAST

- Maybe Ponce de Leon didn't look in the right place when he searched Florida for the Fountain of Youth. Carol Virga, 41, who holds three part-time jobs while she raises five children, was first woman in the Alzheimer's Half-Marathon, South Miami, November 17, with a 1:19:44 in high humidity. Virga, of Boca Raton, has qualified (2:45 qualifying) for the Olympic Marathon Trials in Houston, January 26, with a PR 2:44 in the Twin Cities. Another masters woman, Karen MacHarg, 43, Hialeah, FL, was first female (19:23) in the companion 5K, with Betty Boppart, 44, Miami, third (20:12). M40+ firsts were, in the half-marathon, Dale Parfitt, 42, (1:17:07) Lake Worth, FL, and Pedro Enriquez, 41, Miami, in the 5K (17:08).
- Former Georgia resident Benji Durden, 40, was overall winner (2:28:52) of the Atlanta Marathon, November 28.
- The Southeast Region will conduct its first ever Masters Indoor T&F Championships on Sunday, February 23, at Middle Tennessee State U in Murfreesboro. The track's circumference of 280m, while not permitting official record performances, should offer the opportunity for some personal bests. All standard events will be offered, plus the pentathlon and a special 300. The meet offers a good opportunity to check up on one's fitness level before going to the post at the National Masters Indoor Championships in Columbus, Ohio on April 3-5. For info and entry, contact Randall Brady, 2709 Linmar Ave. #5, Nashville, TN 36215. 615-383-6733.

WEST

- Tim Varner, 40, was first overall (37:12) of 90 in the Oracle 10K, November 2, Oracle, AZ.
- This year's Hawaii RRCA 5K Championships, Honolulu, November 10, saw a field which included three former Olympians, all over age 40. Gary Fanelli, who ran the marathon (not for the U.S.) in the Seoul Olympics, came from behind to defeat (15:03) Duncan McDonald (15:10), former U.S. record holder at 5000, who ran in the '76 Olympics. Gerry Lindgren, who ran in the Tokyo Olympics 10,000, a race made famous by Bill Mills' gold, won the M45 division in 17:00. Andrea Lehman, W40, was first masters woman (21:26).
- Wolfgang Emmerich, 56, Frankfurt, Germany, and Mimi Baranowski, 43, Ventura, CA, took age-graded honors among the masters in the Fay Hobbs Memorial 10K, Santa Barbara, November 16. Emmerich, second M50-59, ran a 39:25 (81.7%). Baranowski, W40-49 first, did a 42:03 (77.5%).
- The correct results for the W45 200 in the Club West Masters Meet, November issue, are B Lewis 32.9, and Carolyn McLeod 35.9.
- After breaking the W40+ marathon record in the Twin Cities, Laurie Binder, 44, Oakland, CA, smashed her own W40+ 5K AR (16:55) with an incredible, third-woman 16:37 for an age-graded 95.0% in the Davis Turkey Trot, Davis, CA, November 23. Domingo Tibaduiza, 42, of Colombia/Nevada was first M40+ in 14:40 worth \$100. On November 17, Binder finished tenth woman (34:23) in the Phoenix 10K.
- In a series of all-comers meets this summer in Los Gatos, Calif., Laurie Binder, 44, ran a 4:58/10:36 mile/2-mile double, obliterating Sandra Knott's 2-mile U.S. W40 record of 11:29.2. She followed with a 2:19.5/4:57.6 880/mile double which bettered Susan Houlton's U.S. W40 800 mark of 2:21.91. She also ran a 4:54 mile which improves on Doris Heritage's world W40 mark of 4:54.69. All marks are pending, subject to ratification by TAC and WAVA.
- Jim Milton, 40, was first master in 2:26:27 in

the California International Marathon in Sacramento, December 8. Joe Scieffer, 40, was second in 2:30:36. Sharlet Gilbert, 40, was first W40+ in 2:54:40.

- Bob Watanabe and Gene Harte, world-class M65 sprinters and good friends, found themselves coincidentally sharing adjacent rooms last month at St. John's Hospital in Santa Monica, Calif. Watanabe was hospitalized with serious flu symptoms and Harte was recovering from Achilles surgery, performed by a substitute doctor when Watanabe, Harte's regular surgeon, was immobilized.

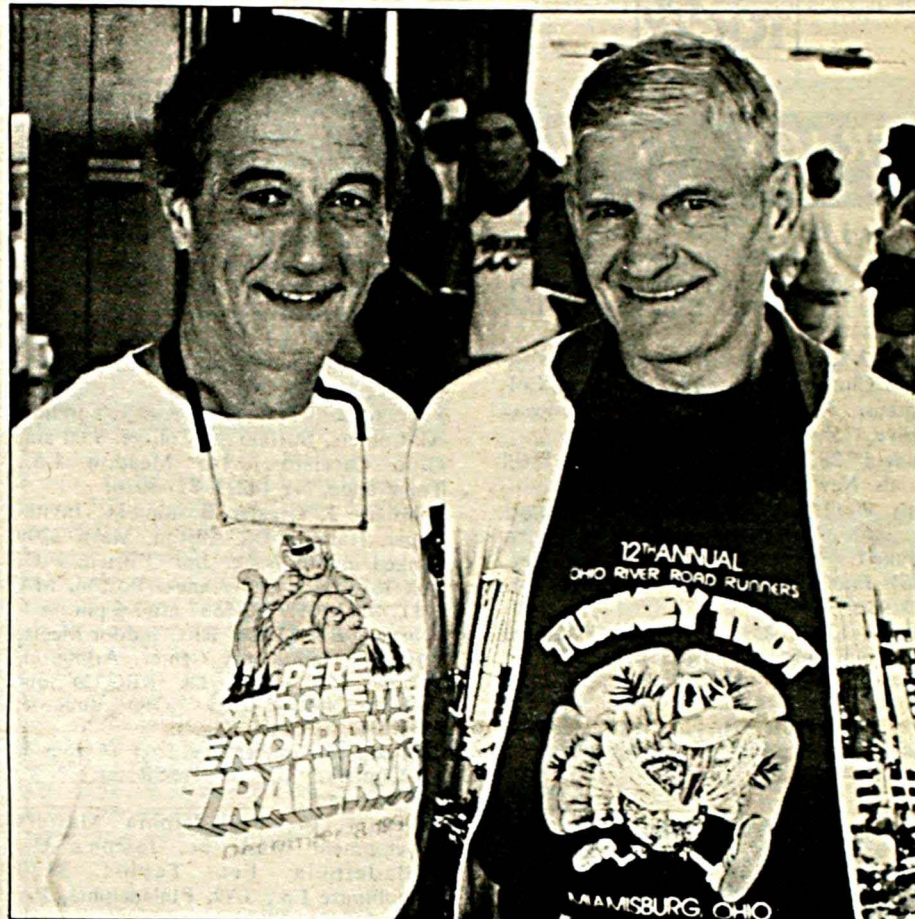
CANADA

- Bryan Stride, 40, Fergus, Ontario, was first of 51 M40+, Canadian 5K X-Country Cham-

pionships, Halifax, Nova Scotia, November 23, with a 27:16 in heavy rain and 6° celsius. Lawrence MacInnis, 71, Goldboro, Nova Scotia, took the M70 race in 42:28.

INTERNATIONAL

- Entry forms for the 1st WAVA Road Championships, Birmingham, England, August 29-30, are available in English, Spanish, Italian, and Dutch. 5000 participants are expected. See International schedule.
- NYC Marathon masters first Ryszard Marczak, 45, of Poland placed 16th (1:11:18) over a rolling, challenging course in the Modesto Carrion Half-Marathon, Juncos, Puerto Rico, November 17.



Hank Kiesel (l), third M60, and Roland Anspach, first M65, relax at awards ceremony, National Masters 5K Cross-Country Championships, Columbus, Ohio, November 3. Photo by Barry Kiesel

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schedule

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



TRACK & FIELD NATIONAL

February 15. TAC/USA National Masters Indoor Pentathlon Championships, Indianapolis. Suzanne Hopkins, 833 N. Center Rd., Plainfield, IN 46168. 317/839-7736.

April 3-5. U.S. TAC National Masters Indoor Championships, Ohio State U., Columbus. James Pearce, 2449 Southway Drive, Columbus, OH 43221.

June 19-28. U.S. Olympic Track & Field Trials, New Orleans. 504/484-1992.

July 11-12. TAC/USA National Masters Decathlon/Heptathlon Championships, Drake U., Des Moines, Iowa. Rex Harvey, 2661 Euclid Heights Blvd., OH 44106. 216/932-9368.

August 13-16. 25th TAC/USA National Masters Championships, Spokane, Wash. Vernie Foxley, Spokane Falls Community College, Athletics MS-3070, W. 3410 Ft. George Wright Dr., Spokane, WA 99204-5288. Phone: 509/459-3644; Fax: 509/623-4128.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

January 5. Philadelphia Masters Indoor Development Meet and Tom Robinson Memorial Mile, Haverford College, 12:30 pm. Pete Taylor, 3120 Schoolhouse Lane, Philadelphia PA 19144. 215/842-3807.

January 5. MAC Indoor Meet, Fordham U., Bronx. Roslyn Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233.

January 10. 23rd Dartmouth Relays, Hanover, N.H. Full masters schedule. Carl Wallin, Track Coach, Dartmouth College, Alumni Gym, Hanover, NY 03755. 503/646-2848; 646-2540.

January 12. Brown Masters Indoor Invitational, Brown U., Providence, R.I. SASE to: Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/928-2869 (e).

January 12. MAC Indoor Meet, SUNY-Stonybrook, L.I. See January 5.

January 12. Greater Rochester TC Indoor All-Comers, U. of Rochester, N.Y. 3:00-5:00 pm.

January 12 & 26. DC RRC Indoor Meets, Jefferson Community Center, Arlington, Va. Masters mile races are qualifiers for Legends Masters Mile, George Mason U., February 9. No field events. DC RRC 24-hour hotline: 708/241-0395. Meet director: 920-5193.

January 14. Philadelphia Masters Indoor Development Meet, Haverford College, 7 pm. Pete Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

January 18. 25th Annual Hartshorne Masters Mile, Cornell U., Ithaca, N.Y. In conjunction with Cornell Open Indoor Meet. E.R. Hoebeke, Race Director, 2706 Agard Rd., Trumansburg, NY 14886.

607/255-6530 (d); 387-6431 (e).

January 19. Philadelphia Masters Intra-squad "Dual Meet," all welcome, Swarthmore College, Swarthmore, PA. 10:15 am. See Pete Taylor, below.

January 19. Western Penn TC Championships, Slippery Rock U., Slippery Rock, Pa. (45 minutes n. of Pittsburgh). 8:30 a.m. field/10 a.m. running. Barry Kline, 1245 Alamae Lakers Rd., Washington, PA 15301. 412/228-1872 (before 9:30 p.m.).

February 2. Kutztown U. Masters Indoor Meet, Kutztown, Pa. 10:15 am. Includes Rudolf Nilsen 2 mile, awards also in 55, 200, 400, 800, LJ, SP. Pete Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

February 2. Buffalo Belles & Brawn Indoor All-Comers, Buffalo St. College. 9:00 am. Gino Cacciatore, 145 Meadow Ln., Tonawanda, NY 14223. 877-8026.

February 2. Greater Boston TC Invitational, Harvard U., Allston, Mass. 220y banked indoor track. Jim O'Brien, P.O. Box 183, Back Bay Annex, Boston, MA 02117-0183. 617/282-5537 after 6 pm.

February 2 & 23. DC RRC Indoor Meets, Jefferson Community Center, Arlington, Va. No field events. DC RRC 24-hour hotline: 703/241-0395. Meet director: 920-5193.

February 16. Greater Rochester TC Indoor All-Comers, U. of Rochester, N.Y. 3:00-5:00 pm.

February 16. Philadelphia Masters Development Meet, St. Joseph's U., Philadelphia. Pete Taylor, 3120 Schoolhouse Ln., JA9, Philadelphia, PA 19144. 215/842-3807.

February 29. Tri-State TC Indoor Meet, Hagerstown JC, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

March 1. N.J. Masters Indoor Championships, FDU, Hackensack. SASE to NJ Masters, Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649.

March 1. Buffalo Belles & Brawn Indoor All-Comers, Buffalo St. College. 9:00 am. Gino Cacciatore, 145 Meadow Ln., Tonawanda, NY 14223. 877-8026.

March 7. Philadelphia Masters Indoor Invitational, Haverford College. 4:00 pm. Pete Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

March 8. Greater Rochester TC Indoor All-Comers, U. of Rochester, NY. 3:00-5:00 pm.

April 24-25. Penn Relays, Philadelphia. 4x100/4x400 (40+ & 50+), 100m dash (75+). Pete Taylor, 3120 School House Ln., JA 9, Philadelphia, PA 19144. 215/842-3807.

May 31. N.J. TAC Masters Championships, Monmouth College, Long Branch. Nancy Ammermuller, 508 13th Ave., Belmar, NJ 07719. 908/280-9050(h); 974-1151(w).

June 28. Rhode Island Senior Olympics, Brown U., Providence. 40+. Dolores Casey Bergeron, Coordinator, 160 Pine St., Providence, RI 02903. 401/277-2819.

July 5. Garden State AC Inter-Continental Masters Championships, Randolph, N.J. Morton Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764(d); 361-3282(e).

July 25-26. Buffalo Belles & Brawn International Meet, Kenmore, N.Y. 25th-W/26th-

M. Gino. Cacciatore, 145 Meadow Ln., Tonawanda, NY 14223. 716/877-8026.

SOUTHEAST

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

February 23. TAC Southeast Regional Indoor Masters & Open Championships, Middle Tennessee St. U., Murfreesboro. Randall Brady, 615/383-6733.

March 7. Virginia State Indoor Masters Championships, Lexington, Va. SASE to John Tucker, c/o RARO, 300 Diamond St., Lexington, VA 24450. 703/463-9525.

April 4. Naples-On-The-Gulf Masters Meet, Collier H.S., Naples, Fla. Open to m & w over age 19. Florida Circuit Meet. Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

April 18. Florida Circuit Meet - Palm Beach County. Open to m & w over age 19. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

May 1-3. Southeastern Masters International Championships, North Carolina State U., Raleigh. Weight & regular pentathlons, 5K & 20K walks, 10K run. Ray Fulghum/Dale Smith, Box 5684, Raleigh, NC 27650. 919/831-6640 (9-5 EST).

May 9. Jacksonville TC Masters Meet, Bolles School, Jacksonville, Fla. Florida Circuit Meet. Lamar Strother, 1511 So. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

May 16. Florida TAC Masters Championships, Orlando. Open to m & w over age 19. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

May 23. Suncoast Meet, Clearwater, Fla. Florida Circuit Meet. Clearwater H.S. Ed Wells, Jr., 2315 Eastwood Dr., Clearwater, FL 34625. 813/799-0829.

May 29-30. Tennessee Masters Championships, U. of Tenn. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743(h).

June 13-14. 17th annual Northwest Classic, Miami-Dade Community College, N. Campus. Florida Circuit Meet. Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409.

July 11. Florida Circuit Meet, Ft. Lauderdale (Sunshine Games). Open to m & w over age 19. Full slate. Five-year age-group awards. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

July 11. Nashville TC Open & Masters Meet, Vanderbilt U. Randall Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

MIDWEST

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

January 11. Lake Erie TAC Indoor Championships, Cleveland. Lawrence and Patricia Finley, 20610 E. Sunset Dr., Warrensville, OH 44122-6342. 216/751-7187.

February 16. Midwest Masters Indoor Classic, U. of Cincinnati, OH 45221-0021. 513/556-0562.

January 18. 8th Annual Athlete's Foot Indoor Masters Meet, Augustana College, 639 38th St., Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 13. Indy Senior Classic, Indiana U.-Purdue U., Indianapolis. Annie Chester, 1426 W. 29th St., Indianapolis, IN 46208. 317/924-7059.

June 20. Cleveland Track Classic, Wickliffe H.S. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

August 1. Midwest Masters Championships, Marshall U., Huntington, W. Va. David Stooke, 119 Cheyenne Tr., Ona, WV 25545. 736-8474.

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

January 4. UNL/SmithKline Beecham Regional TAC Indoor Championships, U. of Nebraska, Devaney Center. Gary

ON TAP FOR JANUARY

TRACK AND FIELD

Indoor meets in the East dominate the schedule, along with more enclosed action in the Midwest, Mid-America, and Northwest regions.

LONG DISTANCE RUNNING

Florida hosts the National Masters Half-Marathon Championships in DeLeon Springs on the 12th.

The masters-friendly Charlotte Observer Marathon & 10K go off on the 4th, followed by races in Miami, New Orleans, and a USRA Masters Circuit event in Austin, Texas, on the 5th.

The 11th features a running pentathlon and an 8K on Florida's Gulf Coast, and the Paramount 10K with a World Masters Division in California.

The Mardi Gras Marathon, New Orleans, and the Redding Half-Marathon & 10K in California highlight the 18th. W40+ qualifiers head for Houston for the Olympic Trials on the 26th.

RACEWALKING

A men's 20K and women's 10K at Tulane U. march off, with or without the Saints, in New Orleans on the 19th. □

Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

June 28. TAC Mid-America Regional Masters Championships, Nebraska Wesleyan U. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

July 5. Minnesota Masters-Seniors EM'R' T&F Meet, U. of St. Thomas, Taste of Minnesota Weekend. SASE to Rachel Lyga, 122 63½ Way NE, Fridley, MN 55423. 612/574-9661.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 7. 3rd Annual Lubbock Christian U. Masters Indoor Meet, Lubbock, Texas. Walking, running events only. Steve Ireland, 3309 Gail St., Lubbock TX 79423. 806/792-6430.

April 5. Houston Senior Olympics, Butler Stadium. 55+. Terri Riha, Coordinator, 5601 S. Braeswood, Houston, TX 77096. 713/351-7250.

July 5. Minnesota Masters-Seniors EM'R' T&F Meet, U. of St. Thomas, Taste of Minnesota Weekend. SASE to Rachel Lyga, 122 63½ Way NE, Fridley, MN 55423. 612/574-9661.

WEST

Arizona, California, Hawaii, Nevada

January 4. All-Comers Meet, Hancock College, Santa Maria, Calif. 11 am. Kelly Moore, 805/349-0884, or Mike Morris, 805/925-7306.

January 4 and 25. Long Beach State All-Comers, Long Beach, Calif. Coach Andy Sythe, 213/985-4666 or 213/985-1700.

January 11. All-Comers Meet, Santa Monica City College, Pico Blvd., Santa Monica, Calif. Open for masters. 9 am.

February 21-March 1. California Senior Olympics, Palm Springs. 55+. Ben Green,

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480 So. Sunrise Way, Palm Springs, CA 92262. 619/323-5689.

May 3. Striders Meet of Champions, Cal-State Long Beach. John Cosgrove, 7411 Earldom Ave., Playa del Ray 90293. 310/823-9448.

May 23. Dan Aldrich Memorial Meet, UC-Irvine, Calif. David Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

May 25. San Diego Senior Sports Festival, Balboa Stadium. 55+. Sam Cohen, 4867 A Collwood Blvd., San Diego, CA 92115. 619/286-3588; 583-3300.

June 13. TAC/Pacific Masters Championships, Los Gatos H.S., Los Gatos, Calif. Joy Margerum or Willie Harmatz, P.O. Box 1334, Los Gatos, CA 95031. 408/354-5660.

June 20. SCATAC District Championships, Occidental College, Los Angeles. SASE to Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

July 25-26. TAC Western Sectional Masters Championships, Chabot College, Hayward, Calif. Jim Johnson, 1026 Murchison, Millbrae, CA 94030. 415/697-1889.

NORTHWEST

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

January 18. Eugene Masters Indoor Meet, Eugene, Ore. Paul Banta, P.O. Box 11822, Eugene, OR 97440. 503/683-5115.

June 6. Senior Sports Festival, West Seattle Stadium. 55+. Diana Hoyland, 100 Dexter Ave. No., Seattle, WA 98109. 684-4951.

June 6. Scholastic/Masters Meet, Lewis & Clark College, Portland, Oregon. Mike Monahan, P.O. Box 1143, Gresham, OR 97030. 503/667-1145.

June 13. Volcano Classic, St. Helens, Ore. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102.

June 19-20. Montana Senior Olympics, Billings. 55+. Don Tivolacci, 465 Freedom Ave., Billings, MT 59105.

June 20-21. Hayward Classic, Eugene, Ore. Becky Sisley, 310 E. 48th, Eugene, OR 97405. 503/342-3113(h).

June 27-28. Oregon Association TAC Masters Decathlon/Heptathlon Championships, Phoenix. Don Gray, P.O. Box 119, Phoenix, OR 97535. 503/535-2400.

July 11. Helena Masters & Senior Championships, Vigilante Stadium, Helena, Mont. Deadline July 4. Manuel White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

July 24-25. TAC Northwest Regional Masters Championships, Lewis & Clark College, Portland, Oregon. Jim Puckett, Mt. Hood CC, 26000 SE Stark, Gresham, OR. 503/667-7354.

July 31-August 1. Montana Masters Meet, Montana State U., Bozeman. Mike Carignan, P.O. Box 5132, MSU, Bozeman, MT 59717-5132.

INTERNATIONAL

March 7-8. Moscow Indoor Championships, Moscow. M/W 30+. Vadim Marshiev, 141400 USSR, Moscow Region, HIMKI, Kudrjavceva 10. Fax: 095-572-62-93. Or Sports Travel International, P.O. Box 7823, San Diego CA 92107. Phone: 619/225-9555; Fax: 619/225-9562.

June 28-30. Mexican National Masters Championships, Xalapa City, Veracruz. Marcelino Contreras; Phone: 5-92-06-68; Fax: 5-41-41-10.

July 25-August 9. XXV Olympics, Barcelona, Spain.

August 19-23. WAVA North American Regional Track and Field Championships, Jalapa, Vera Cruz, Mexico.

**LONG DISTANCE
RUNNING
NATIONAL**

January 8. TAC/USA National Masters 100K Championships, Dallas. Dan Bran-

nen, 40 Witherspoon Ct., Morris Township, NJ 07960. 201/285-1551.

January 12. TAC/USA National Masters Half-Marathon Championships, DeLeon Springs, Fla. Also team championships. John Boyle, P.O. Box 1824, DeLand, FL 32721-1824. 904/736-0002.

February 1. 1991 Sorbothane/USRA Masters Circuit Grand Championship 8K (Orlando Running Festival), Orlando, Fla. Separate masters/open races. Dean Reinke, 400 N. New York Ave., Ste. 103, Winter Park, FL 32789. 407/647-2918.

March 21. TAC/USA National Masters 8K Championships, Virginia Beach, VA. Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.

March 29. TAC/USA National Masters 50-Mile Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

April 4. TAC/USA National Masters 5K Championship, Omaha, Neb. Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402/221-4557.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

January 11. NYRR Central Park 20K, Central Park, NYC. NYRR, 9 E. 89th St., New York, NY 10128. 212/860-4455.

February 23. Colonial Half-Marathon, Williamsburg, Va. Bonita Bates, Colonial H-M, P.O. Box 399, Williamsburg, VA 23187. 804/221-3362.

March 20. International Veterans Cross-Country Classic, Boston, Mass. Precedes IAAF World Championships. John McGrath or Sue Smith, 617/891-4538.

April 20. 96th Boston Marathon, Boston, Mass. Entry deadline March 9. Qualifying times: M40 3:20; M45 3:25; M50 3:30; M55 3:35; M60 3:40; M65 3:45; M70+ 3:50; W40 3:50; W45 3:55; W50 4:00; W55 4:05; W60 4:10; W65 4:15; W70+ 4:20. SASE TO BAA Boston Marathon, P.O. Box 1992, Hopkinton, MA 01748. 508/435-6905.

SOUTHEAST

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

January 4. Charlotte Observer Marathon & 10K, Charlotte, N.C. \$4250 masters money, plus bonuses. Marathon, Box 30294, Charlotte, NC 28230. 704/358-KICK.

January 5. Miami Marathon & Half-Marathon, Miami, Fla. Also state RRCA/TAC 5K Championships, Miami RC, Tropical Park Stadium, 7920 SW 40th St., Miami, FL 33155. 305/227-1500; 800/940-4RUN.

January 11. 10th Annual Running Pentathlon, Clearwater, Fla. Masters & open. On track: 3000, 800, 200, 400, 1500. Must run all five. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 34616. 813/447-7161.

January 11. Naples 8K At Pelican Bay, Naples, Fla. Dean Reinke, 400 N. New York Ave., Ste. 103, Winter Park, FL 32789. 407/647-2918.

January 18. 27th Mardi Gras Marathon, New Orleans, NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

February 15. Gasparilla 15K/5K, Tampa Fla. SASE to Gasparilla, P.O. Box 1881, Tampa, FL 33601-1881. 813/229-RUNN.

February 29. Viking Classic 5K/10K, Berry College, Rome, Ga. Jim Dugger, 575 Berry College, Mt. Berry, GA 30149-0575. 404/236-2260.

February 29. Blue Angel Marathon & 5K, Pensacola, Fla. Blue Angel Marathon, c/o MWR, Bldg. 632, Naval Air Station, Pensacola, FL 32508-5000. 904/452-4391.

MIDWEST

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

April 11. Columbus Marathon, Columbus, Ohio. Men's Olympic Trials. Douglas

Thurston, Race Director, 6660 Doubletree Ave., No. 8, Columbus, OH 43229. 614/433-0395.

April 12. 25th Annual Athens, Ohio Marathon/Second Annual Half-Marathon. 12 noon. Mark Graham, P.O. Box 2282, Athens, OH 45701 or Tony Mele, 614/593-6120.

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

March 29. Kansas City Ekiden Relay, Overland Park, Kans. Five relay events, including RRCA National Marathon Relay Championship for open & masters. Bill Buchanan/Jean Buchanan, 8575 W. 110th St., Ste. 100, Overland Park, KS 66210. 913/451-8094(d); 681-8171(e).

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 5. 85th Jackson Day 9K, New Orleans. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

January 26. Houston-Tenneco Marathon, Houston, Texas. Women's Olympic Trials. Masters money. David Hannah, Race Director, 713/654-1100.

WEST

Arizona, California, Hawaii, Nevada

January 5. Run-Tex Half-Marathon, Austin. USRA Masters Circuit. Paul Corroza, 512/472-3254, or Dean Reinke & Associates, 407/647-2918.

January 11. Bud Light Paramount 10K World Masters Division, Paramount, Calif. Masters money. Oscar Rosales, 7846 Connie Dr., Huntington Beach, Calif. 92648. 714/841-5417. No entry fee. Must meet qualifying standards: M40 34:00; M45 36:00; M50 38:00; M55 40:00; M60 43:00; M65 47:00; M70 52:00; M75 65:00; M80 90:00; M85 100:00; M90 110:00; W40 40:00; W45 42:00; W50 44:00; W55 47:00; W60 52:00; W65 60:00; W70 75:00; W75 90:00; W80 100:00.

January 18. Record Searchlight 10K/Half-Marathon, Redding, Calif. Masters money. Tony Johnson, 9009 Olney Park Dr., Redding, CA 96001. 1-800-THE-HALF.

February 1. 26th Las Vegas International Marathon & 5-Person Team Relay, Las Vegas, Nev. Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180.

February 2. SCATAC District 30K Championships, Ventura, Calif. Inside Track, 1410 E. Main St., Ventura, CA 93003. 805/643-1104.

February 15. Great American Adventure 2.8 & 4.8 Mile Cross-Country, Huntington Beach, Calif. SASE to Oscar Rosales, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

March 1. Los Angeles Marathon, Los Angeles, Calif. L.A. Marathon, 11110 West Ohio Ave., Ste. 100, Los Angeles, CA 90025-3329. 213/444-5544.

INTERNATIONAL

March 20. International Veterans 8K Cross-country, Boston. M40+, W35+. NEAC. P.O. Box 1905, Brookline, MA 02146. Steve Vaitonis, 617/566-7600.

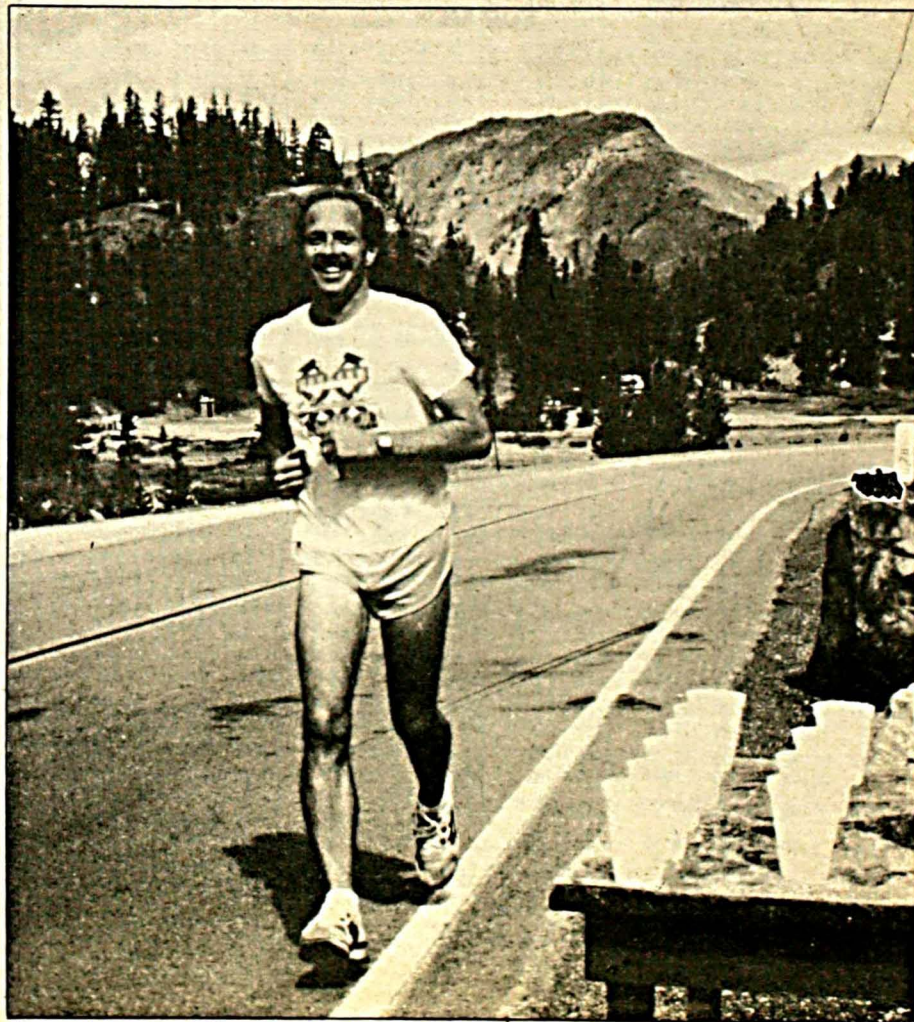
June 14-21. Run Ireland Tour, includes stays and runs in Dublin, Galway, Limerick. Hal Higdon, 2815 Lake Shore Dr., Michigan City, IN 46360. 219/879-0133.

August 29-30. 1st WAVA Road Running Championships, Birmingham, England. M40+, W35+. 10K/25K. Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex, HAZ OQU England, Phone: 011-44-81-422-7157.

RACE WALKING

January 4-February 29. Potomac Valley Walkers RW Clinics. Each Saturday. Potomac Valley Walkers, c/o V. Meyer, 2305 S. Buchanan St., Arlington, VA 22206. Beth Alvarez, 301/249-5548.

January 19. Women's 10K/Men's 20K, Tulane U., New Orleans. Women 9 am/-qualifying time 57 min. Men 10 am/-qualifying time 1:40. Dottie Clemmer, 830 Foucher St., New Orleans, LA 70115. 504/899-4902.



Runner in the annual Tioga Pass Half-Marathon, September 8. The course is all uphill, from Lee Vining (elev. 6500 ft.) to the Tioga Pass summit (elev. 9900 ft.) in the High Sierra.

Photo by Gretchen Snyder

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JAN, 1992

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
PEGGY AINSLIE (SEATTLE, WA)	1-26-32	60-64
EDITH CARLISLE (SANTA MONICA, CA)	1-5-22	70-74
ANN CARTER (AUGUSTA, GA)	1-16-42	50-54
SHARON GREINER (CA)	1-20-42	50-54
WANDA GROVES (MEDICINE LODGE, KS)	1-28-22	70-74
CAROL HONEYWELL (GRANADA HILLS, CA)	1-29-37	55-59
CAROL KLITZKE (USSEO, US)	1-28-47	45-49
YVONNE LIVETT (LOS ANGELES)	1-22-37	55-59
MURIEL SIMMONS-MCCORD (WYANDOCHE, NY)	1-31-47	45-49
IRENE RUDOLF (SAN FRANCISCO, CA)	1-26-42	50-54
NIKKI RYAN (VANCOUVER, WA)	1-4-32	60-64
SUE STRICKLIN (SAN FRANCISCO, CA)	1-13-37	55-59
KAREN ADAMS (AUS)	1-17-52	40-44
YORDANKA BLAGOEVA (BUL)	1-19-47	45-49
DRONWEN CARDY-WISE (GBR)	1-26-52	40-44
WENDY FELDMANIS (GB)	1-10-32	60-64
MARIE HANAKOVA (CZE)	1-22-22	70-74
ELISABETH KODITZ (WG)	1-8-27	65-69
BIRGITTA LINDSTROM (SWE)	1-23-37	55-59
JIMENEZ MARIE NARANJO (SPA)	1-21-32	60-64
ANNELISE DAMM OLESON (DEN)	1-2-42	50-54
EYV PALM (SWE)	1-31-42	50-54
NORREN PARISH (AUS)	1-15-42	50-54
BRENDA PARKINSON (AUS)	1-4-37	55-59
PAOLA CLO-SAGOT (ITA)	1-13-47	45-49
MASIE STEVENS (AUS)	1-6-17	75-79
PRUE TAYLOR (NZ)	1-17-47	45-49

NORMAN ASHCROFT (GB)	1-20-17	75-79
BUCK BRADBURY (AUBURN, AL)	1-3-27	65-69
ADOLFO CONSOLINI (ITALY)	1-5-17	75-79
LUDVIK DANKE (CZE)	1-6-37	55-59
MARTY ENGEL (CHESTERPORT, NY)	1-25-32	60-64
CARL FLOWERS (SANTA MONICA, CA)	1-15-47	45-49
CARLOS FRAUNDORFER (US)	1-21-32	60-64
JOE GROSS (HUNTINGTON BEACH, CALIF)	1-28-17	75-79
ROLF GUSTAVSON (SWE)	1-7-17	75-79
ANTTI KALLIOMAKI (FIN)	1-8-47	45-49
NIKOLAY KARPOV (USSR)	1-24-32	60-64
TAUNO KOSKELA (FIN)	1-11-17	75-79
KURT KRISTAHN (WG)	1-26-7	85-89
ALOIS KRUL (CZE)	1-28-27	65-69
SPENCER LETCHER (CA)	1-8-32	60-64
PIET MAYOOR (ROL)	1-30-32	60-64
RALPH MILLER (SEATTLE, WA)	1-18-32	60-64
JOHN MONTROYA (COLTON, CALIF)	1-13-12	80-84
PARRY O'BRIEN (MISSION HILLS, CA)	1-28-32	60-64
TOM RANDOLPH (DETROIT, MI)	1-4-42	50-54
SEPP SCHWANKNER (WG)	1-13-32	60-64
HEIKKI SIMOLA (FIN)	1-16-12	80-84
KNUT SKRAMSTAD (NOR)	1-10-37	55-59
DEAN SMITH (WOODLAND HILLS, CALIF)	1-15-32	60-64
WELDON SMITH (WAUKEGAN, ILL)	1-11-32	60-64
ALDIN SWENSON (WALCOTT, CT)	1-22-47	45-49
JOHN WALKER (NZ)	1-12-52	40-44
HAROLD WHITE (US)	1-31-32	60-64
WAYNE ZOOK (SAN DIEGO, CALIF)	1-29-17	75-79



There are no small
victories in the fight
against heart disease.



American Heart Association

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U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
1500	6:42	6:53	7:03	7:15	7:29	7:45	8:04	8:26	9:04	9:49	11:00	11:45	13:02
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10
50K	4:30	4:36	5:00	5:09	5:20	5:41	5:53	6:20	6:48	7:12			

WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
1500	7:25	7:39	7:53	8:08	8:26	8:45	9:08	10:29	11:15	11:58	12:50	14:17	15:36
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:02	1:51
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47
50K	5:11	5:26	5:36	5:46	6:00	6:25	6:41	7:13					

A minimum of two judges must be present and the competition must be limited to racewalkers (i.e. no runners)

U.S. MASTERS STANDARDS OF EXCELLENCE
FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
6-4k	6-4k	6-3/4	5-9k	5-6	5-2k	4-11	4-7k	4-4	4-4k	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
14-5k	14-5k	13-7k	12-9k	11-9k	10-10	10-0	9-2k	8-4k	7-6k	6-8k	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
21-6	21-6	20-4k	19-2k	17-10k	16-9	15-7	14-5k	13-1k	11-0	9-10	8-8k	
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
43-9k	43-9k	41-6	39-4k	36-7	34-1k	31-8	29-2k	26-11	24-7k	22-4	20-4k	18-4
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
49-10k	49-10k	46-3k	42-8	39-4k	40-8k	36-9	39-4k	35-5k	33-0	28-10k	25-1k	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2k	53-2	
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0	
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2	
35Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2500	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-39: 33"; 40-49: 36"; 50-59: 39"; 60-69: 42"; 70+: 45".
3) Long hurdles: 30-39: 36"; 40-49: 42"; 50-59: 48"; 60-69: 54"; 70+: 60".
4) Shot put: 30-39: 7.26k (16#); 40-49: 8k; 50-59: 8k; 60-69: 8k; 70+: 8k.
5) Discus throw: 30-39: 2kg; 40-49: 2kg; 50-59: 2kg; 60-69: 2kg; 70+: 2kg.
6) Hammer: 30-39: 7.26k (16#); 40-49: 8k; 50-59: 8k; 60-69: 8k; 70+: 8k.
7) Javelin: 30-39: 800g; 40-49: 800g; 50-59: 800g; 60-69: 800g; 70+: 800g.
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS STANDARDS OF EXCELLENCE
FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
5 Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42 4-8	1.35 4-5½	1.27 4-2	1.19 3-11	1.12 3-8	1.07 3-6½	1.02 3-4½	.97 3-2½	.92 3-0½	.89 2-11	.84 2-9
LJ	5.00 16-5	4.60 15-1	4.25 13-11½	3.90 12-9½	3.55 11-8	3.20 10-6	2.85 9-4½	2.60 8-6½	2.35 7-8½	2.10 6-11	2.00 6-7
TJ	10.00 32-10	9.20 30-2½	8.60 28-2½	7.80 25-7½	7.18 23-7	6.40 21-0	5.70 18-8½	5.20 17-1	4.70 15-5	4.20 13-9½	3.80 12-5½
Shot	10.30 33-9½	9.30 30-6½	8.40 27-7	7.70 25-3½	7.95 26-1	7.20 23-7½	6.50 21-4	5.80 19-0½	5.25 17-3	4.70 15-5	4.25 13-11½
Jav	39.50 129-7	33.50 109-11	27.50 93-6	21.50 70-6½	25.00 82-0	19.00 62-4	18.00 59-1	16.00 52-6	15.00 49-2	14.00 45-11	13.50 44-4
Discus	30.0 98-5	27.8 91-2	26.0 85-4	24.0 78-9	22.0 72-2	20.0 65-8	18.0 59-1	16.0 52-6	15.0 49-2	14.0 45-11	13.5 44-4
Hammer	35.0 131-3	32.5 114-10	30.0 98-5	25.0 82-0	23.0 75-6	22.0 72-2	20.0 65-8	18.0 59-1	14.0 45-11	12.0 39-5	9.0 29-7
20 Mtt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

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

M30-34

Warren Taylor	Shot Put	49-11 3/4	8-11-91
	Discus	158-0	6-29-91
William Johnson	High Jump	6-4 3/4	6-9-91

M35-39

Jeff Cole	10,000M	32:19	9-30-89
	1500	4:06.9	6-17-89
	5000	15:20.2	4-1-89
David Ortman	Long Jump	20-4 1/4	8-7-91

M40-44

V. Martinez	Discus	138-0	7-4-91
Gene Bard	Pole Vault	13-6	7-4-91
Emilio Labori	200	24:00	7-23-91
Pat Crandall	110H	16.55	7-4-91
	Triple Jump	39-7	7-4-91
	Decathlon	5655	7-4-91
Dale Wilcoxson	Discus	41.80	7-4-91

M45-49

Sam Hall	200	24:56	7-4-91
Jerry Whitten	1 Mile RW	7:30	10-12-91
Paul Peacock	10K	34:33	7-24-91

M50-54

Jim Theisen	100	12.5	6-1-91
Mike Harrington	Discus	45.52	7-4-91

M55-59

Jim Young	Discus	129-1/2	10-13-91
Frank Caron	Discus	119-7	4-27-91
Brad Ankerstar	Shot Put	11.48	3-10-91
Bailey Abernathy	800M	2:24.6	7-2-91

M60-64

Jack Pritchard	100	13.34	9-28-91
Chuck Sochor	100	12.83	7-22-90
	200	26.15	8-3-89
	400	53.58	7-22-90
	800	2:21.50	7-30-89
	1500	5:22.3	6-23-89
Wellesley Goodwin	Discus	133-1 1/2	10-23-91
Jan Smit	Discus	41.66	10-23-91
Jack Coy	100	13.0	8-9-91
	200	26.8	8-9-91
Dick Scott	Decathlon	5675	6-22-91

M65-69

Marcel Diraison	800	2:48.9	10-19-91
	5000	20:37.08	10-19-91
	10K	42:40	10-3-91
Thomas Miller	200	28.3	10-19-91
Jim Platis	Long Jump	15-2	3-10-91
	High Jump	4-6	3-10-91
Howard MacMillan	400	70.0	7-25-91

M70-74

Frank Bowles	High Jump	1.27	8-10-91
	Long Jump	3.66	8-31-91
	Shot Put	10.53	7-14-91
	Javelin	30.03	8-31-91
	300H	65.92	8-31-91
	80H	17.8	7-14-91
	Decathlon	5492	7-14-91
Andrew Neidnig	5000	22:35	7-18-91
Leonard Wray	100	14.3	10-18-91

M75-79

Francisco Colon	Pentathlon	4157	11-19-91
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M80-84

Russell Randall	100	16.97	7-26-91
Ted Hatlen	High Jump	1.12	7-5-91
	110H	20.23	7-5-91
	Shot Put	7.89	7-5-91

W45-49

Ann Carter	Triple Jump	7.88	7-4-91
Mae Cleveland	1500	5:19.3	7-12-87

W50-54

Sarah Babbitt	1500	5:58	7-4-91
	200	32.52	7-4-91
	5000	22:16.0	7-4-91

W55-59

Christine Robertsen	10K	51.57	9-22-91
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W70-74

Imogene Watkins	5000 RW	35:47.2	7-18-91
	10K RW	71:45	7-18-91

W75-79

Lucille Monroe	1500 RW	11.1	6-27-91
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TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

EAST

New York Masters Throwing/Jumping Fall Classic Kings Point, NY; September 22

Long Jump

M35 Rock Hudson	4.62
Rich Ryan	4.44
M40 Ivan Black	4.79
Mike Augeri	4.51
M45 John Lewczak	4.51
Julio Marin	4.24
M55 Paul Williams	4.58
Meemo Maasik	3.45
M50 Aarand Roos	4.42
M60 Paul Soraparu	3.69
Giorgio Chiavelli	3.36
M65 Jack Doorlay	3.67
M70 Hillar Saareste	3.40

Triple Jump

M35 Rich Ryan	9.54
M40 Ivan Black	10.59
M45 Julio Marin	9.18
John Lewczak	8.88
M50 Aarand Roos	9.46
M60 Paul Soraparu	7.82
M65 Jack Doorlay	7.74
M70 Hillar Saareste	7.40
M70 Roseann Gaeta	7.24

Shot Put

M30 Bob Pavacic	12.99
Geo Bardis	11.06
M35 Jeff Copeland	9.78
M40 Rich Dunphy	12.28
Frank Monroe	9.15
M45 Geo Matthews	11.34
Eric Weisbrot	10.56
M50 Brian McKenna	11.21
M55 Meemo Maasik	9.84
M60 Wm Garrahan	11.82
R Holloway	10.77
M65 Herb Cantor	11.26
Jack Doorlay	8.23
M70 Fred Davies	11.15
M75 Ian Hume	9.10
M80 Kissa Helmut	7.30
W30 Debbie Eckhardt	6.77
W35 Carol Dubin	6.97
W50 Essie Kea	7.45
W55 Anne Cirulnick	8.58
W60 Bernice Holland	8.70
W65 Pearl Auerbach	6.37
W75 Rose Ruston	6.43
Sylvia Swartz	5.23

Discus

M30 Bob Pavacic	31.74
Geo Bardis	30.24
M40 Dewitt Davies	36.50
Glenn Weaver	34.12

M45 Geo Matthews	32.44
Julio Marin	27.78
M50 Brian McKenna	39.50
Dave Daly	21.50
M55 Meemo Maasik	33.10
M60 Wm Garrahan	42.02
G Chiavelli	32.84
M65 Herb Cantor	36.66
M Lentzer	13.74
M70 Fred Davies	26.28
M75 Ian Hume	26.98
W30 Debbie Eckhardt	20.94
W45 Roslyn Katz	21.48
W50 Joan Youngs	20.98
W55 Anne Cirulnick	18.08
W60 Bernice Holland	24.86
W65 Pearl Auerbach	15.90
W75 Rose Ruston	16.26
Sylvia Swartz	13.20

Hammer	
M30 Mike Bersch	45.96
M40 John Cassamassima	41.60
Dewitt Davies	41.38
M45 Geo Matthews	41.94
Eric Weisbrot	25.72
M50 Brian McKenna	37.12
M55 Marty Engel	38.88
M65 Lev Mozhaev	39.86
M75 Ian Hume	27.88
W30 Debbie Eckhardt	16.86
W45 Roslyn Katz	19.00
W50 Joan Youngs	18.60
W55 Anne Cirulnick	20.62
W60 Bernice Holland	27.14
Javelin	
M30 George Bardis	38.89
M40 Glenn Weaver	48.70
Mike Augeri	32.09
M45 Geo Matthews	29.70
M50 Aarand Roos	30.66
Ed Kent	24.21
M55 Bob Youngs	46.33
M60 R Holloway	37.38
Wm Garrahan	35.06
M65 Herb Cantor	31.80
Jack Doorlay	25.43
M75 Ian Hume	28.06
W30 Debbie Eckhardt	21.16
W50 Joan Youngs	20.51
W55 Anne Cirulnick	16.17
W60 Bernice Holland	23.65
W65 Pearl Auerbach	15.55
W75 Rose Ruston	15.38
Sylvia Swartz	11.90
Weight Throw 35#	
M40 J Cassamassima	12.98
Glenn Weaver	11.43
M45 Geo Matthews	12.93
M50 Brian McKenna	10.61
M55 Marty Engel	11.06
W30 D Eckhardt	7.29
W45 Roz Katz	7.49

W55 Anne Cirulnick	16#8.26
56# Weight	
M50 J Cassamassima	8.28
M45 Geo Matthews	8.10
M50 Brian McKenna	6.15
M55 Marty Engel	7.07
M60 Don Henry	4.36

Golden Senior Olympics Tenafly, NJ; October 27

50y	
M55 Al Johnson	7.78
M60 Richard Baretta	7.66
M65 Robert Naylor	8.59
M70 Champion Goldy	9.34
M80+David Bernstein	nta
W55 Anne Cirulnick	10.63
W60 Eleanor Scott	10.88
W70 Josephine Santoro	11.40
W75 Dorothy Bavaro	14.40
100m	
M55 Al Johnson	12.72
M60 Richard Baretta	12.44
M65 Robert Naylor	14.72
M70 James Manno	14.66
M75 James Cardillo	19.58
W55 Anne Cirulnick	18.37
W60 Hermine Cerra	18.50
W70 Jos Santoro	19.94
W75 Dorothy Bavaro	25.72
440y	
M55 Ken Baker	57.0
M60 Kelsey Brown	68.0
M65 Robert Naylor	70.0
M70 James Marino	74.0
M75 James Triassi	2:30
W60 Eleanor Scott	2:24
880y	
M55 Ken Baker	2:22
M60 Kelsey Brown	2:44
M65 James Triassi	5:07
W60 Irene Weitzman	4:01
One Mile	
M55 Ken Baker	5:29
M60 Hal Smith	6:19
M65 Frank Luciana	6:37
M70 Emanuel Horowitz	9:35
M75 James Triassi	13:23
W60 Irene Weitzman	8:24
Shot Put	
M55 Dick Kocornick	29-2
M60 John Pavacic	32-3
M65 Louis May	---
Zelig Strauss	30-2
M70 Emanuel Horowitz	28-8
M75 John Isaacs	30-5
M80+Frank Bernstein	18-1
W55 Anne Cirulnick	28-0
W60 Eleanor Scott	19-2

W65 G Vislocky	16-1
W70 Jos Santoro	18-8
W75 Dorothy Bavaro	15-5
Discus	
M55 Giorgio Chiavelli	115-0
M65 Zelig Strauss	95-4
M70 Champion Goldy	82-7
M75 James Cardillo	42-9
M80+Frank Bernstein	47-0
W55 Ann Cirulnick	68-1
W60 Eleanor Scott	41-8
W65 G Vislocky	36-1
W70 Jos Santoro	33-5
One Mile Walk	
M55 Robert Barretta	9:00
M60 Hal Smith	8:58
M65 John Nervetti	8:43
M70 Ed Chryzon	14:52
M75 George Kantgaw	12:33
W55 Peggy DeFrehn	13:33
W60 Hermine Cerra	11:10
W65 Minna Charles	12:19
W70 Margaret Tiso	12:20
W75 Dorothy Bavaro	15:12
W80+Margaret Murray	13:19

Cheverly Weight Meet Cheverly MD; November 14

SP/HT/JT/WT	
Peter Collins	34
Juan Torres	37
29-1/52-0/91-7/88-7/32-9	
Larry Bradley	36
26-2/87-0/72-8/69-0/30-0	
David Warrington	34
24-1/62-3/85-8/53-6/18-0	

MIDWEST

Midwest Weight Pentathlon Woodstock, IL; October 26

(SP/HT/JT/WT)	
M50 Mike Vallee	3280
(11.74/39.70/31.15/39.40/10.50)	
F. Lee Slick	2131
(9.17/24.52/26.90/26.66/8.10)	
M55 Pay Carstensen	3020
(10.99/28.02/29.60/34.70/10.58)	

MID AMERICA

Minnesota Masters & Seniors Early Morning "R" T&F Meet U. of MN; December 8

55m	
Open Stan McClure	6.52
M40 Mike Sharratt	6.90
M45 Lloyd Corder	6.83
Jim Lee	6.96
Randy Cleven	7.25
John McClelland	8.78
M50 John Ewing	7.40
M55 Ray Eiland	7.78
M65 Chuck Olson	8.83
M70 Mel Buschman	8.79
Bob Warwick, Sr.	9.05
W55 Rachel Lyga	8.81

200m	
M35 Brian Bohne	27.24
M45 Jim Lee	25.4
M55 Ray Eiland	29.68
M70 Bob Warwick, Sr.	37.78
W55 Rachel Lyga	35.97
400m	
Open Stan McClure	52.45
M35 Brian Bohne	57.78
M55 Ray Eiland	1:21.72
M70 Bob Warwick, Sr.	1:27.03
800m	
M35 Brian Bohne	2:20.56
Steve Kobs	3:06.16
M40 John Crame	2:21.89
M40 Kathy Moreno	2:57.65
One Mile	
M40 Mike Seaman	4:52.50
John Kramer	5:11.66
M45 Jim McClelland	6:09.00
55H	
M50 John Ewing	9.21
M55 Jim Peterson	10.69
M70 Mel Buschman	11.43
Bob Warwick, Sr.	11.52
W55 Rachel Lyga	13.73

4x100	
Sharratt, Ewing, Cleven, Corder, Johnson, Eiland, Dolan, Wood	48.3 52.3
High Jump	
M35 Pat Boulay	5-6
Steve Kobs	5-0
M50 George LaBelle	4-2
M55 Tom Langenfeld	5-2
John Ewing	4-10
Jim Peterson	4-4
M60 Emmett Edwards	4-2
M70 Mel Buschman	4-2
Bob Warwick, Sr.	3-9 1/2
W55 Rachel Lyga	3-10
Pole Vault	
Open Steve White	14-6
Jamie Steinke	12-6
M40 Phil Johnson	11-6
Mike Sharratt	11-6
M70 Bob Warwick, Sr.	7-7
W55 Rachel Lyga	6-0
Long Jump	
Open Steve Dolan	20-5
M40 Mike Sharratt	16-2
M50 John Ewing	16-4
George LaBelle	14-3
M55 Jim Peterson	15-0
M65 Chuck Olson	10-9
M70 Bob Warwick, Sr.	12-2 1/2
Mel Buschman	12-2
W55 Rachel Lyga	12-2
Triple Jump	
M50 George LaBelle	26-11
M55 Jim Peterson	30-4
M65 Chuck Olson	21-10
W55 Rachel Lyga	24-0
Shot Put	
M30 Joe Fierst	29-0
M45 Jim McClelland	29-0
M50 George LaBelle	36-5
M55 Jim Peterson	33-0
M60 Emmett Edwards	34-8 1/2
M65 Chuck Olson	25-2
M70 Mel Buschman	32-8
Bob Warwick, Sr.	24-2 1/2
W55 Rachel Lyga	21-6

Continued from previous page

1500m

W40 Linda Mantynen	5:08.4
M60 Glenn Delisle	6:26.9
M40 Searcy Barnett	4:50.7
M30 Arnald Rivas	4:29.7

3K

M70 Norton Jacob	14:08.1
M50 Tyrone Nelson	10:05.6
M40 Daryl Katcher	10:13.6
Ted Walton	12:57.5
M30 Charles Davis	11:19.0

5K

M40 Ted Walton	23:38.9
M35 Tom Cushman	15:32.2

100m hurdles

WOPN Stephanie Thomas	14.1
M35 Lewis Bartholomew	16.0
MOPN John Register	14.7

3K Steeple

M40 Searcy Barnett	11:42.2
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HIGH JUMP

M75 Bob Boucke	3' 6"
M65 Mike Orlich	3' 8"
M40 Jim Johnson	3' 10"
M50 Wayne Roberts	3' 10"
M40 Ted Walton	4' 0"
M30 M. Clark	4' 0"
John Perry	5' 10"

POLE VAULT

M75 Carol Johnston	8' 0"
M65 Jim Johnson	7' 0"
M70 Jim Vernon	8' 7"
M40 Ed Seese	10' 6"
MOPN Scott Strohmeier	15' 6"
Travis Calkins	12' 6"
Bob Stokes	11' 6"
Brian Chirrick	10' 6"
Paul Weyer	9' 0"

LONG JUMP

M75 Bob Boucke	7' 2"
M65 Jim Johnson	11' 8"
M40 Ted Walton	12' 2"
M35 Ken Wu	19' 3"
MOPN Mike Finn	17' 3"

TRIPLE JUMP

WOPN Lena Venquist	33' 8"
Theresa Fortner	33' 6"

SHOT PUT

M75 Bob Boucke	32' 6"
James York	32' 2"
M70 Hal Cronkhite	26' 0"
Bob Stone	26' 7"
M65 Mike Orlich	41' 11"
M55 Dennis Rietz	37' 10"
M50 Dick Hotchkiss	47' 0"
Wayne Roberts	28' 9"
M40 Ted Walton	22' 10"
MOPN Dennis Desoto	58' 1"

DISCUS

M65 Shirley Dietderich	62' 7"
M75 Bob Boucke	73' 2"
M70 Bob Stone	92' 4"
Hal Cronkhite	82' 4"
M65 Mike Orlich	125' 4"
M55 Dennis Rietz	115' 6"
M50 Dick Hotchkiss	154' 1"
Wayne Roberts	85' 10"
M40 Ted Walton	53' 8"
MOPN Karl Von Mohr	1' 132' 7"
John Garvey	3' 144' 1"
Dennis Desoto	2' 149' 8"

HAMMER

M75 James York	87' 7"
Bob Boucke	63' 4"
M70 Walter Dahlin	100' 2"
Bob Stone	97' 3"
Hal Cronkhite	72' 1"
M65 Mike Orlich	94' 4"
M55 Dennis Rietz	108' 0"
M50 Dick Hotchkiss	149' 6"
Rasal Young	127' 9"
M40 Dave McKensie	196' 1"

JAVELIN

M65 Shirley Dietderich	67' 3"
M75 Bob Boucke	53' 3"
M70 Bob Stone	70' 3"
M65 Mike Orlich	66' 1"
M55 Dennis Rietz	100' 2"
M50 Dick Hotchkiss	148' 8"
Rasal Young	120' 9"
Wayne Roberts	87' 1"
M45 Bill Henderson	110' 4"
M40 Ted Walton	51' 8"
MOPN John Perry	153' 1"

WEIGHT THROW

M75 James York	20' 4"
M70 Bob Stone	27' 3"
Hal Cronkhite	22' 1"
M65 Mike Orlich	34' 3"
M55 Dennis Rietz	35' 9"
M50 Dick Hotchkiss	45' 11"
Rasal Young	34' 11"
M40 Dave McKensie	57' 8"

5K Race Walk

SIERRA RACE WALKERS

M35 Karen Stoyanowski	38:03.8
M60 Wally Lundeen	36:23.1
M45 Paul Smith	30:01.9

16th Annual
West Coast Weight Pentathlon
Cal State Los Angeles
December 7

Name	Age	Hammer	Shot	Discus	Javelin	Weight	Total Score
John Goldhammer	38	51.62 860	13.34 734	43.16 750	45.94 577	15.03 797	3718
Mike Deller	43	44.98 805	12.17 697	41.50 757	43.06 574	11.91 640	3473
Dave Douglass	60	30.52 591	9.67 556	31.74 499	30.20 502	8.96 466	2614
Bob Stone	71	28.08 608	7.94 508	26.66 545	21.56 461	8.78 585	2707

All WAVA weight implements were used. Age Factors as developed by Phil Partridge for the weight pentathlon were used, 1985 Edition. Hammer by IAAF 1962 Belgrade Edition table; all other events scored by IAAF 1985 Tables.

River City TC Weight
Pentathlon
Sacramento, CA; November 16

(HT/SP/DT/JT/WT)	
Dick Hotchkiss	53 4198
(45.00/14.34/46.96/45.16/14.01)	
Dennis Rietz	57 3079
(32.92/11.53/35.20/30.54/8.76)	
Mike Orlich	65 3148
(28.78/12.77/38.26/20.19/9.85)	
Bob Stone	71 2804
(29.64/8.10/28.14/21.36/8.29)	

WAVA implements, except 12# SP & HT for Rietz, 12# SP for Hotchkiss. Phil Partridge Age Factors for the Weight Pentathlon, 1985 ed. HT by IAAF 1962 Belgrade Ed. table; all others by 1985 IAAF Tables.

Foothill College Throws Series
Los Altos Hills, CA;
November 16

Shot	
M30 Eric Hodgdon	40-3
M40 Gary Kelmenson	36-8
W55 Fei-mei Chou	19-10
Discus	
M40 G Kelmenson	111-1
W55 F Chou	66-8
Hammer	
M30 Eric Hodgdon	97-9
M40 G Kelmenson	138-0
Javelin	
M40 G Kelmenson	113-4
W55 F Chou	39-7
35# Weight	
M40 G Kelmenson	39-5 1/2

LONG
DISTANCE
RESULTS

Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

NATIONAL

TAC National Masters 24 Hour
Championships
Portland, OR; September 27-28

Overall	
Roy Pirrung	43 148m798y
SueEllen Trapp	45 136m946y
M40 Pirrung	148m798y
Pablo Herrera	126m195y
Bob VanDeusen	121m694y
M45 Ed Dodd	109m842y
Sid Christie	107m866y
Rick Riedel	105m891y
M50 Ron Kovacs	132m1458y
Robin Smit	125m1518y
Bill Dickey	118m802y
M55 Lary Webster	100m0y
Jim Grindley	92m1488y
M40 Lynn O'Malley	123m1106y
Jeri Botsford	90m202y
Terry Parker	80m1199y
M45 Trapp	136m946y
Patti Finke	109m842y
M55 M Hennessy	87m239y

TAC National Masters 100K
Championships
Duluth MN; October 26

Overall	
Stefan Fekner	39 CAN 6:42:09
Sue Kainulainen	29CAN8:52:28
M40 Robert Perez	7:31:38
Roy Pirrung	7:50:57
Grant Christopher	9:43:10
M45 Richard Bowman	9:00:47
David Jones	9:53:19
Les Martisko	10:22:12
M50 Carl Koecher	9:23:04
Dennis Reed	13:06:43
Ralph Koenig	10:28:18
Russ Scott	11:41:50
M40 Linda Gentling	9:03:04
Sherry Popowski	9:14:46
Renee Simmons	10:18:21
M45 Gael Jones	11:18:33
Masters Men Teams:	
M40 St. Cloud River Runners	6:04:36
M50 Fifty Is Nifty	7:06:40
M60 Silver Pacers	7:10:59
Masters Women Teams:	
M40 Club Sota	7:02:06

EAST

Delaware Distance 15K/5K
Wilmington; October 6

M40 Ridge Kelley	53:16
Michael Reilly	53:21
Jack Marx	53:33
M45 John Weiss	54:41
Richard Webb	57:49
M50 Bernie Gallagher	58:09
Vincent Boyle	59:16
M55 Ruben Melendez	62:03
Don Colburn	66:41
M60 Pat Nutt	63:54
Don Monagle	66:46
M70+Gear Vernon	79 91:07

W40 Caroline Lunge	62:20
Gwendolyn Eisdale	64:32
W45 Linda Toretzky	64:26
Noel Relyea	69:20
W50 Ann Diaz	65:33
Sandra Folzen	68:37
W60+Becky Yencharis	72 94:23
--5K--	
M40 Robert Stuber	18:34
Rud Opperman	46 18:39
Wm Johnson	47 19:10
M50 Lou Grahamer	19:18
G Porri	20:27
Rink Batson	55 21:11
M60+Bernard Zelenak	24:00
Marvin Levy	68 33:32
W40 Nancy Ott	22:50
Marta Hernandez	23:15
Sandy Callahan	24:36
W50 Susan Levy	25:05
Madeline Petro	55 25:46
W60+Sonia Sloan	26:53
Shirley	32:43

Farmingdale Main Street Mile
Farmingdale, L.I., NY;
October 1

Elite Men's Race	
1 Jama Aden	30 3:59.0
15 Mike Wilson	45 4:27.2
19 Al Oman	41 4:33.4
22 Dan Brach	40 4:36.5
26 Dennis Nee	41 4:38.7
28 Kip Hugh Sweeney	47 4:41.7
30 Seth Kaminsky	51 4:51.2
(33 finishers)	
Elite Women's Race	
1 Pam Simmons	26 4:49.9
9 Rodelia Meer	47 5:19.1
10 Susan Curtis	40 5:24.9
11 Mary Ryan	45 5:25.7
(17 finishers)	

Citizen's Race

(No qualifying standards)	
M40 Phillip Roth	4:53.8
Rich Langsam	5:00.4
Jack Barnes	5:01.6
M45 Nick Katsounis	4:39.1
Dan Badalament	5:03.6
M50 Rich Rizzo	5:16.7
M55 Herb Zipper	5:59.2
M60 Chris Hasenzah	6:27.9
M70 Leo Karmin	6:43.2
Bill Benson	6:57.7
Willie Rios	7:47.7
W40 Jean Lewis	7:15.9
W45 Irene Seamm	8:44.5
W50 Annette Frisch	6:01.0
W55 Alexandra Finger	8:02.7
W60 Anita Appel	12:00.0
W70 Norma Kornfeld	11:14.1
(231 participants)	

Sports Page Team Challenge
(3.25 mile) Cross-Country
Mendon, NY; October 12

1 Scott Evans	31 16:37
18 Rick Hoebeke	42 17:34
25 Tom Greer	40 17:59
31 Jerry Smith	48 18:12
35 Kevin Kelly	40 18:19
39 Stacia Prey	24 18:32
70 Tom Carr	46 19:52
81 Dick Telarico	52 20:27
98 Kathy Brown	44 21:24
119 Mary Shaver	50 22:49
121 Roberta Baker	40 23:02

Holstra 5K
(1/10 mile longer distance)
East Meadow, NY; October 13

Overall	
Harry Penn	15:54
Patti Coyle	19:33
M40 Vinny Pizzo	45 17:37
Maury Dean	48 17:46
Ed Melnik	17:49
Matt Kaplan	18:08
Jorge Aguilera	47 18:10
M50 John Boyle	19:01
Rich Chester	20:16
Gino Morati	20:58
James Jackson	58 21:14
M60+John Corrigan	65 21:08
Bert Jablon	22:29
James Keeney	75 24:44
W40 Mary Anne Leahy	45 21:18
Nancy DiMeo	47 21:55
Debbie Gabrielle	40 25:41
W50 Maureen Boyle	52 29:45
Pat Brady	55 31:54
R Valentino	56 39:26
W60+Doris Pritchard	66 36:51
Rose Azzaro	61 39:08
Hilda Schulman	60 43:08
255 finishers/flat course	
50°/7-10mphN/clear	
from Maury Dean	

PCC/Tempo 5K
Hewitt, L.I.; October 26

Overall	
Brian Rongson	15:15
Lori Jorgenson	17:12
M40 Alan Oman	15:58
Joe Wynne	16:23
Vincent Saines	16:26.2
Bill Backe	16:26.5
M45 Maury Dean	17:08
Bob Lance	17:26
Jorge Aguilera	17:44
M50 Walter Vinson	18:22
John Boyle	18:33
Tom Farr	18:40.5
Jose Mendez	18:40.7
M55 Michael Goldman	18:41
Bob Ford	18:49
Leon Arango	19:01
M60 Louis Kislick	23:01
Stewart Linker	23:57
M65 Art Bowen	21:59
M70+Bill Benson	nta
W40 Johanna Carter	21:27
Robyn Goldstein	21:28
Mercedes Urovidez	24:07
W45 Anita Cooney	23:04
Lois Brusca	24:07
Irene Robinson	24:49
M50 Anna Thornhill	19:55
Wendy Burns	23:05
Nancy Fraser	24:09
M55 Claudette Evans	24:04
Ruth Sturges	29:28
W60 Chickie O'Toole	25:43
Margie Munro	27:47
W65 Jane Ruhl	29:35
Doris Pritchard	36:37
60°/w3-5mphS/fog	
2267 finishers; flat	
from Maury Dean	

Cape Code Marathon
Fallbrook, MA; October 27

Overall	
Tom Carroll	41 2:34:10
Shirley Frye	33 2:46:05
M40 Carroll	2:34:10
Tom Amiro	2:44:04
Sumner Brown	47 2:44:43
Richard Gates	2:47:31
Tom Foltz	2:51:03

Gordon Fitzgerald	2:51:29
Mike Phillips	2:54:17
James Terry	2:54:53
Len Ricknell	2:56:17
M50 Leon Chiappini	2:57:04
Paul McCarthy	2:58:43
Bill Noun	57 3:13:17
David Farquhar	563:15:03
S C Thurston Jr	553:17:08
M60+Ray Lussier	3:26:48
John Nottle	4:01:22
Joe Bolger	66 4:53:48
W40 Laurie Scher	3:13:55
Patty Girouard	3:20:09
Deirdre Bird	3:37:27
W50 Beverly Savage	3:55:34
Dianne Curley	4:41:07

Delta Dental of Rhode Island
Marathon
Newport; November 2

Overall	
Gregg Cornell	2:26:21
Kim Goff	2:54:15
M40 Hollie Walton	2:37:41
Edward Berube	2:46:57
James Spaziano	2:48:33
Sam Palestine	2:48:52
Adelso Berganza	2:50:24
Chas Whynacht	2:51:16
Leo Chandler	2:52:09
Mike Groff	2:52:13
Michael Darigan	2:53:46
G McFarland	2:53:54
M50 David Buddington	2:50:10
Robert Glazier	2:55:54
Bill Masterson	3:06:28
Ali Abbas	3:07:32
Hans VanWilligen	3:15:32
Al Burtt	3:16:48
Ed O'Connell	3:17:14
Bill Story	3:17:49
M60+John Kelley	3:16:20
Sig Pueschel	3:21:21
Paul Tobin	3:24:13
Scott Seiwert	3:36:52
Julian Siegel	3:44:18
Monroe Allen	3:57:56
W40 Nancy Okun	3:28:53
Susan Gustafson	3:34:09
Patricia Swartz	3:46:13
Leslie Greiner	

Continued from previous page

Alzheimer's Half-Marathon/5K
South Miami, FL;
November 17

Overall	
Jorge Ramos 36	1:13:42
Carol Virga 40	1:19:44
M40 Dale Parfitt	1:17:07
Rolando Cabrera	1:22:43
German Andujar	1:24:52
Victor Beltran	1:25:04
John Robson	1:26:17
James Moffit	1:27:59
M45 David Bowden	1:19:25
Al Echeverria	1:23:19
H Rodriguez	1:24:12
Art Sarakas	1:25:27
Brian Neilson	1:27:35
M50 Bill Adams	1:23:15
Wm Springer	1:24:33
Ben Mathews	1:24:57
M55 Don Magyari	1:26:06
Bill Wagner	1:28:50
Esmildo Pascual	1:30:37
M60 Leroy Buckner	1:40:29
Ken Williams	1:45:21
M65+Robert Johnston	1:39:06
Rene Beteille	1:46:38
W40 Virga	1:19:44
Patty Dye	1:33:27
Beth Thomas	1:33:57
W45 Eileen Eliot	1:43:02
Jan Ross	1:43:21
Jan Parke	1:43:36
W50 Sally Snyder	1:38:45
Maria Germaine	1:43:35
W55 Pat Tribbey	1:57:25
W60+Miriam Gordon 66	2:16:43

Racewalkers	
M40 Peter Black 48	2:17:48
W50 Paul Willis 54	2:29:10
M60+Ron Storm 69	2:28:45
W40 Susan Weissberg 41	2:26:01
W50 Anne Dann 54	2:39:38
--5K--	
Overall	
Rafael Guizarro 30	16:40
Karen Macharg 43	19:23
M40 Pedro Enriquez	17:08
Ken Grange	17:29
Jack Wilson	19:28
M45 Bob Broadwater	20:00
Bill Hemmer	20:40
M50 Bill Larue	18:11
Roberto Cabrera	20:29
M55 Gordon Hudson	23:07
Joseph Dixey	24:17
M60 Ron Gagnon	21:46
Enrique Alvarez	26:01
M65+Joel Matos	21:28
Bill Wolf 70	32:04
W40 Macharg	19:23
Betty Boppert	20:12
Anke Stimpson	23:22
W45 Marj Ralston	23:50
Sandra Brownlow	24:19
W50 M Wahlm	28:17
Maureen Sorensen	28:40
W55 Carolyn Roberts	28:54
Marian Snider	34:18
W60 Tita Silsby	30:00
W65+Charlotte Baker	40:09
Ruth Usatorres 74	45:27

Racewalkers	
M40 John Fredericks 43	24:26
M50 Brian Mair	28:36
M60+Erik Johansson	34:37
W40 Louise Tolson 40	28:46
W50 Paula Kearns	40:03
W60+Anne Bellenger 63	47:37

MIDWEST

International
Detroit Marathon
Detroit, MI; October 20

Overall	
Doug Kurtis 39	2:18:36
Terry Mahr 43	2:48:50
M40 Robert Schlau	2:29:54
Evan Cook	2:32:18
Paul Nilsson	2:35:24
Aaron Ramial	2:36:37
Matthew Savage	2:38:24
Nick Merucci	2:39:42
Gary Wolfman	2:41:56
Fran Emmerling	2:42:59
Jos Geoghan	2:43:59
Paul Thompson	2:44:40
Wm Benton	2:45:09
Robert Perry	2:46:11
David Olsho	2:48:01
Alan Glovack	2:49:12
Michael Stone	2:50:02
M45 Peter Haase	2:40:11
Wm Craig	2:43:57
Sean Ryan	2:49:41
Gary Kidd	2:50:51
David Kanners	2:51:20
John Houston	2:52:54
Gary Harris	2:53:08
Dominic Vella	2:56:04
Walt Adamczak	2:56:12
Frank Okoh	2:58:02
Gene Hess	2:58:47
John Smallwood	2:58:52
Robert Lucas	2:59:12
Larry Green	3:01:29
James Rillema	3:02:12

M50 Ralph Judd	2:53:32
Ken Peterson	2:54:41
Dave Monteith	2:57:05
Bernard Conway	2:59:37
Robert McNamee	3:01:09
Kurt Makowski	3:03:39
Andrew Kotulski	3:08:12
Nikola Kristo	3:08:13
Dick West	3:08:23
Norman Killup Jr	3:10:08
Hank Nienhuis	3:14:08
Dave Blievernicht	3:15:03
Morley Welch	3:16:32
John Dalkin	3:16:36
Wm Roney	3:16:40
M55 John Campbell	2:58:48
Tom Walsh	3:00:00
Jim Messerschmitt	3:07:59
James Campbell	3:13:59
Michael Sterling	3:18:04
Darrell McKee	3:18:26
Gerald Puludat	3:20:26
David Marckini	3:20:32
Jerry Loviska	3:25:05
Dick Snell	3:28:28
M60 Jack Reid	3:11:32
Len Riberdy	3:11:39
John Kolmetz	3:30:00
Ron Latremouille	3:31:07
Ed Potas	3:31:56
M65 Jim Forshee	3:12:34
John Tanzer	3:41:56
John Roberts	4:36:09
M70 Marilyn Bandlow	3:39:22
Peter Meletacos	4:25:29
Verne McGill	5:01:21
M75 Paul Szabo	5:45:48
M80+James Ramsey 83	6:33:59
W40 Terry Mahr	2:48:50
Karen Hubbard	2:53:11
Judy Greer	3:02:31
Vickie Putnam	3:13:24
Connie Gilbert	3:16:25
Diane Fetyko	3:16:35
H45 W45 Nina Bovio	3:12:31
Mary Wischusen	3:27:39
Eileen Steingart	3:29:33
Pat Roselli	3:29:53
W50 Cathy Detman	3:56:47
Mary DeMattia	3:58:25
Merion Knight	3:59:04
W55 Wen-shi Yu	3:17:13
Ann Fleck	4:12:15
Marlies Parenti	4:16:25
W60 Marj Zimmerman	4:02:25
Georgina Dillon	4:39:28
Claudia Novitzky	5:23:10
W65 Edith Farias	9:48:80
Edna Moody	10:53:50

Racewalkers	
1 John Elwarner 52	4:14:24
2 Terry McLoskey 49	4:14:33
3 Gerald Bocci 53	4:23:24
4 Frank Soby 52	4:29:18
5 Victor Sipes 48	4:29:41
6 Valerie Stowe 49	4:35:54
7 Jaller Latham 55	4:39:34
8 Walter Lubzik 52	4:48:12
10 Maureen Hayden 47	4:50:21
11 John Pantaleo 49	4:54:42
12 Bill Balocchi 45	5:03:10
15 Doug Vincent 63	5:25:01
32 Ed Andrysiak 77	6:16:20

Metro-Macomb Runners 4 Mile Turkey Trot	
Mt. Clemens, MI; November 28	
M40 Gary Flatt	24:10
M45 Paul Wheeler	25:17
M50 Miro Svab	23:33
M55 Herb Seegert	27:33
M60 Al Evers	36:45
M70+Fred Gurol	31:55

Metro-Macomb Runners 2 Mile	
Mt. Clemens, MI; November 30	
M40 Tom Henderson	12:17
M45 Lou Scott	12:58
M50 Jerry Bohanon	12:43
M55 Herb Seegert	14:05
M60 Al Evers	18:00
M70+Fred Gurol	15:20

MID-AMERICA

Multi Brand Chex 5 Mile
St. Louis, MO; October 19

Overall	
Joe Leutemann	24:00
Lynn Deninno	28:19
M40 Peter Mannisi	29:10
Jerry Williams	30:32
M45 Kirk Simpson	28:48
Jim Worley	28:58
M50 Renzo Dreon	29:56
Tony Murray	30:46
M55 Leon Fennell	29:28
Bill Stewart	31:17
M60 Jim Nagle	37:52
M65+Jim Boland	44:13
W40 Nancy Bristol	35:56
Suzanne Jones	37:43
W45 Pam Chaffin	38:53
Alvera Sabin	41:34
W50 Sharon McPherron	38:06
W55 Sue Fay King	40:01
W65+Dottie Gray	43:28
Top Masters	
Bob Goodrich	28:36
Nancy Mudd	35:22

Blackburn Park 5K Cross-Country
St. Louis, MO; November 3

Overall	
Rick Csintalan 28	16:25
Marty Cooksey 37	18:40
M40 David Hixson	18:13
Dan Sebben	18:36
M45 Larry Helling	19:24
M50 Derek Redmore	20:09
M55 Bill Stewart	19:40
M60 Carl Schaeffer	22:15
M65+Paul Schmitt	24:19
W40 Carol Bellora	21:38
Tricia Hixson	24:16
W45 Charlene Lantry	25:07
W65+Dottie Gray	29:26

St. Louis Marathon
St. Louis, MO; November 24

Overall	
Marvin Carter 34	2:34:01
Lynda Kohl 22	2:57:16
M40 Steve Hendley	2:44:58
Frank Houdek	2:48:10
Bob O'Connell	2:48:16
Dennis Westcott	2:48:36
Javier Abrego	2:58:17
M45 Dan Van Dell	2:54:02
Rodney Weaver	2:57:38
Neil Ackerman	2:59:25
Ken Boyce	3:00:35
Stan Namiotko	3:03:25
M50 Derek Redmore	3:02:39
Joe Schrag	3:07:52
Don Wills	3:11:53
M55 Dick Wagen	3:09:11
Gary Gilbert	3:18:45
Harold Dix	3:24:29
M60 Robert Kent	3:41:54
Harry Grob	4:55:40
M65 Pat Gallagher	3:35:08
Randolph Smith	4:21:30
M70+Harry Patterson 76	5:33:05
W40 Marilyn Nolan	3:39:38
Johnetta Teran	3:51:07
Peggy Meador	3:55:31
W45 Perce Morden	3:47:49
Kathy Martin	3:48:44
W50 Joann Fiandaca	3:54:56
W55 Sue Fay King	4:14:50
W60+Sr. Madonna Buder	3:53:39
Dorothy Davis	5:26:00

SOUTHWEST

Oklahoma City
Jim Thorpe Marathon
Oklahoma City, OK, 11-9-91

Overall	
Trevor Feldsend	32 OK 2:39:26
Janet Braggans	38 MN 3:02:41
M40-44	
Doug Kopp	42 TX 3:01:00
Steve Arthurs	42 OK 3:02:24
David Cromer	44 TX 3:07:21
M45-49	
Jerry Goodson	47 TX 3:22:09
Butch Eichholz	45 OK 3:25:16
Jim Smith	45 OK 3:26:47
M50-54	
Bob Johnson	54 OK 3:46:15
Harry Deupree	53 OK 4:03:33
Richard Brown	50 FL 4:07:29
M55-59	
Dave Vent	55 WA 3:48:26
Daryl Bates	57 OK 4:19:06
David Nelson	58 CO 4:38:03
M60-64	
Ira Mallory	61 OK 4:12:41
Leonard Terronez	61 OK 4:48:56
M65-69	
Joe Brandstetter	66 TX 4:04:07
Bob Poppe	69 CO 4:48:28
F40-44	
Linda Musil	40 TX 3:21:53
Jo May	43 TX 3:31:18
Gayle Grissom	42 OK 3:40:43
F45-49	
Roberta Billy	45 OK 4:05:45
Bonnie Allison	49 OK 4:18:54
F50-54	
Vera Zerger	54 KS 3:55:32
F55-59	
Hona Garrelts	56 NE 4:03:20

WEST

Twilight's Last Gleaming
4 Mile Cross-Country
Ventura, CA; October 26

1 Steve Brown	27 24:44
10 Pat Harlan	45 28:57
17 Joseph Juarez	41 30:34
18 Chas Carranza	42 30:36
19 Ken Gerry	40 30:51
22 Chris Brown 1stW	25 31:53
24 Ed Wehan	47 32:36
29 Rich Weitzel	43 33:37
30 Mimi Baranowski	43 33:56
32 Shiela Johnson	40 34:11
33 Charlie Feyh	50 35:05
34 Dublin Gaylen	43 35:22
35 Kym Hocking	51 35:44
50 Al Friedman	60 42:51
51 Ranier Lang	51 43:01
53 Rod Hall	42 45:37
55 Phil Allen	56 47:32

Olympics Benefit 10 Mile/5K
Tucson, AZ; October 27

1 Ken McFadden	23 56:55
4 Hayden Smith 1stM40	59:27
5 John Norris 2ndM40	60:24
11 David Mellady 1stM50	62:02
24 Earl Evans 1stM45	65:10
33 Chas Trayers 2ndM45	65:58
36 Larry Losey 2ndM50	67:10
98 Don Flaving 1stM60	76:55
103 Sue Fletcher 1stW50	77:35
117 Shirley Hester 1stW45	80:39
121 Sidney Hirsch 2ndM60	81:59
132 Tom Green 1stM55	83:41
134 Carrie Calvert 2ndW45	84:11
137 R McDaniel 2ndM55	84:21
156 Marci Balda 1stW40	88:35
(204 finishers)	
--5K--	
1 Benito Gonzales 35	16:50
2 Spencer Smith 1stM40	18:42
16 James Peller 1stM50	19:51
22 F Siqueiros 1stM45	20:21
23 Frank Patania 1stM55	20:21
34 Wm Chappelain 1stM60	21:28
44 Diane Boros 1stW38	22:29
78 Nancy Love 1stW40	24:53
140 Dessie Casey 1stW50	28:13
168 Linda Murphy 1stW45	29:50
174 Jack DeWeese 1stM65	30:31
203 Sidney Taren 1stM70	34:38
(234 finishers)	

Marina Breakers 10K/5K
Marina del Rey, CA;
November 3

--10K--	
Overall	
Angel Roman	32:06
Christi Bach	37:52
M40 Hal Katen	36:09
Jesus Figueroa	36:34
A Mendoza	36:54
W40 Marygail Brauner	41:27
Rita Corbin	48:32
Jan Book	51:27
--5K--	
Overall	
Bob Leech	15:07
Liza Hunter	17:25
M40 Derek McIver	17:03
Tom Williams	17:52
Steve Tomasini	18:53
W40 Lou Coker	19:15
Catherine Owen	20:54
Nancy Cummings	25:10

Academy 5000
Los Angeles, CA; November 3

Overall	
Doug Padilla 35	14:41
Helen Moreno 31	18:33
M40 Mark Hemphill	17:07
Carmelo Hernandez	17:17
Andrew Smith	18:37
M45 Micheal Morrow	18:45
Tom Gawley	21:00
Bob Hackett	22:23
M50 Sonny Monioz 55	17:37
George Kingsley	18:12
James Murphy	18:46
M60 Roger Clarke	22:31
Orville Bingley	23:46
Martin Lipp	23:46
M70+Jack Mehlman	26:02
Vincent Mauzia 76	26:43
James Conrad	28:07
W40 Terri Goodreay	20:32
Yoko Eichal	21:09
Kathleen Morrow	26:08
W45 Penny Huber	24:11
Phyllis Erbsen	24:12
Gwen Stone	26:01
W50 Irene Olberz 57	21:49
Irene Vass 55	27:42
Judith Miller	28:20
W60 Helen Dick 67	23:25
Cathy Bosch	23:28
Betty Crosby	29:28

RRCA 5K Hawaii
Championships
Honolulu; November 10

1992 TAC National Masters Indoor Track and Field Championships

Friday, Saturday and Sunday, April 3-5, 1992

French Fieldhouse, Ohio State University, Columbus, Ohio

MEET RULES

The meet will be conducted according to the 1991 TAC rulebook with the following changes:

In LJ, TJ, SP, and weight throw, if there are more than 12 contestants in an age group, preliminary flights will be used.
WAVA implements and hurdle specifications will be used as published in National Masters News.
Athletes must report to their event one hour prior to the scheduled starting time.

THROWS AND JUMPS

Implement weigh-in and measurement will be located just inside the door of French Fieldhouse. Scales courtesy of Toledo Scales.
In throwing events, long jump and triple jump, if 7 or fewer contestants in an age group, all get 6 trials, straight through. If 8 or more contestants, all get three preliminary trials and the top seven performers get 3 additional trials in the finals. TJ- all women and Men 65-9 and 70 and over, HJ-men 70 + over, and PV-60-69 men will be on Friday evening.
High Jump and Pole Vault initial heights will be set as requested.
Quarter inch spikes are allowed on the track and for long jump, triple jump and pole vault, which are from Chevron surfaces. 3/8 inch spikes are allowed for the high jump which is from a grasstex surface.
The shot put is from a wood surface. The weights will be thrown outdoors from concrete.

TRACK EVENTS

60 Meter Dash and 60 m Hurdles are run in lanes with prelims and finals where there are more than 6 runners in an age group. Starting blocks will be provided.
200 Meter Dash will be run in lanes, top 6 on time go to finals, as needed.
400 Meter Dash will be run entirely in lanes, in seeded sections as finals on time.
800 Meter Run will start with a two turn stagger in alleys of 4 per alley, and, where there are over 12 runners in an age group, will be conducted as finals on time in seeded sections.
1500 Meter Run will employ a waterfall start with up to 12 per section.
3000 Meter Run and 3000 Meter Race Walk will start in alleys with up to 18 per section. Lap times will be recorded.
4 x 400 m Relay- first leg will be run in staggered lanes. 6 teams per section, as finals on time.
4 x 800 m Relay- 12 teams per section on time, first leg - two turn stagger. Relay events will be in 10 year age groups, 30-39, 40-49, etc. Relay team entries or team changes will not be accepted later than three hours prior to the scheduled starting time of the relay. See late fee schedule for cost. Relay members must be members of the same club, or be from the same TAC association.
All lanes in the 1st round will be selected randomly, unless otherwise indicated above.
Where the number of competitors permit, age groups may be combined to fill the available lanes.

AWARDS

TAC National medals will be awarded to the first three places in each age group. Ribbons will be awarded to the 4th, 5th and 6th place finishers. National Champion patches (maximum one per athlete) will be awarded to 1st place winners. No awards will be available until noon on Saturday.

AIRPORT TRANSPORTATION

The Holiday Inn-on-the-Lane is Meet Headquarters and will be running a shuttle bus to and from the airport for athletes staying there. Call from the direct phone located in the baggage claim area of Port Columbus Airport. French Fieldhouse is 100 meters away from this motel, just across Lane Avenue. Cabs and major car rental companies are available at Port Columbus.

TEE-SHIRTS

High quality Masters Championship T-shirts will be available at \$9.00 each. These can be ordered on the meet entry blank. A limited number may be available at the meet.

MASTERS TRACK MEETING

There will be a general meeting for Masters track athletes at the Holiday Inn-on-the-Lane Saturday night at 7:30 PM. Our apologies to long jumpers and runners who will be competing late Saturday night.

CHANGING FACILITIES

No locker room facilities will be available in French Fieldhouse. There will be a mens' and a womens' changing room at the Holiday Inn-on-the-Lane available on Sunday at no charge for the use of all athletes.

HOSPITALITY SUITE

You may pick up your meet packet and enjoy a snack and beverage at the Holiday Inn-on-the-Lane starting Friday afternoon at 2:00 PM. Look for the "Masters Track" registration signs in the lobby.

REGISTRATION DEADLINE

Early registration deadline is March 15, 1992 in the meet director's hands. Application forms received after that date are subject to the regular fee schedule as set forth below. Late entries received after 3/23 for the 60 m, 60 Hurdles, and 200 m will be accepted only as long as there are vacant lanes. Positively no late entries will be taken in the 60 m, 60 Hurdles, or 200 m after 6:00 PM Friday 4/3. Late registrations, day of the meet signups and changes will be charged the late registration rate. For additional entry forms, use photocopies, or see NMN. For additional information, write: Jim Pearce, 2449 Southway Drive, Columbus, Ohio 43221; or call between 8 AM and 9PM EST, 614-481-7745

ENTRY FEE SCHEDULE

	Early Registration (prior to 3/15)	Regular Registration (3/16-3/23)	Late Registration (After 3/23)
First event	\$12.00	\$15.00	\$25.00
2nd & subsequent events	\$8.00	\$10.00	\$15.00
Relay teams (price per team)	\$32.00	\$32.00	\$32.00

All entries must be accompanied by fees or will not be accepted.
No phone entries will be accepted.

TENTATIVE SCHEDULE**Friday, April 3**

7:00 p.m. TJ - all women
HJ - M70+
PV - M60, M65
8:30 p.m. TJ - M70+
9:30 p.m. TJ - M65

Saturday, April 4

8:00 a.m. LJ - M35
9:00 a.m. LJ - M40
HJ - M55
PV - M70+, all women
60m - (schedule details posted at clerk's area)
10:00 a.m. SP - M30
11:00 a.m. SP - M35
WT - M60
LJ - W50+
HJ - M50
PV - M30
SP - M40
WT - M65
12:30 p.m. 60m finals as needed

1:00 p.m. SP - M50
WT - M30
LJ - M70+
HJ - M45
1500 - women 1st;
youngest to oldest

2:00 p.m. SP - M55
WT - all women
LJ - W30-49
PV - M35
3:00 p.m. SP - M45
WT - M35
LJ - M50
HJ - M40
400 - women 1st;
youngest to oldest

4:00 p.m. WT - M40
PV - M55
5:00 p.m. SP - M60
WT - M45
LJ - M45
HJ - M30
60m hurdles - women 1st;
youngest to oldest

6:00 p.m. SP - M65
7:00 p.m. LJ - M60
7:30 p.m. 3000m race walk
8:00 p.m. LJ - M65
9:00 p.m. LJ - M30
9:30 p.m. 4x800 relay
(women 1st; young to old)

Sunday, April 5

(note: time change;
reset your clock forward)

8:00 a.m. LJ - M55
HJ - W30+
PV - M50
3000 - women 1st;
youngest to oldest

9:00 a.m. WT - M70+
9:30 a.m. TJ - M45
HJ - M60
10:00 a.m. SP - W30-49
WT - M50
11:00 a.m. SP - W50+
WT - M55
TJ - M30; M35
PV - M45
11:30 a.m. HJ - M65
200 - prelims
(women 1st; young to old)

12 noon SP - M70, M75
56# - all throwers
12:30 p.m. TJ - M50
1:30 p.m. SP - M80+
HJ - M35
2:00 p.m. TJ - M55
PV - M40
2:15 p.m. 800 - women 1st;
youngest to oldest

3:00 p.m. TJ - M60
4:00 p.m. TJ - M40
4:15 p.m. 200 - finals
as needed
5:00 p.m. 4x400 relay
(women 1st; young to older)

Meet Headquarters: Holiday Inn-on-the-Lane
Just across the street from OSU's French Fieldhouse
1-614-294-4848

Discount Air Fares

Through arrangements with American Airlines, Masters Track Meet participants can receive discounted air fares. Call American Airlines at 800-433-1790 and refer to ID-Star # S0442LE.

Moderately Priced Hotels near OSU

- Holiday Inn-on-the-Lane, 328 W. Lane Ave., \$55 flat rate 1-614-294-4848
- Cross Country Inn, 3246 Olentangy River Road, \$35/42 1-800-621-1429
- Cross Country Inn, 1445 Olentangy River Road, \$35/42 1-800-621-1429
- Knights Inn, S. R. 315 at N. Broadway, \$30/37 1-800-722-7220
- Olentangy Inn, 1299 Olentangy River Road, \$29/34 1-614-294-5211 (call collect)
- Red Roof Inn, 441 Ackerman Road, \$40/44 1-800-843-7663

Budget Car Rental

Special rates are being made available through Budget Car Rental. Economy car - \$16.39 per day, Intermediate size - \$18.79 per day. Fullsize - \$22.79 per day. To reserve a car, phone and ask for Paul Negulescu, and mention the Masters Meet.

Airport Shuttle

Will provide service each half hour to the OSU hotels for \$7.50 one way, or \$14.00 round trip. Contact "Airport Shuttle" at their toll free number. Pick up is at the lowest airport level at 10 and 40 minutes after the hour.

MEET ENTRY FORM: Please fill out completely, and return with your fees to: Jim Pearce, 2449 Southway Dr., Columbus, Ohio 43221.

Make checks payable to: "1992 Masters Indoor Meet"

Name _____ Age _____ Gender _____

Address _____ Phone _____

City _____ State _____ Zipcode _____

1992 TAC card number _____ Date of Birth _____

TAC Association _____ Club _____

Requested starting height: HJ _____ PV _____

Events Entered:

1st Event _____ 2nd Event _____ 3rd Event _____ 4th Event _____

Recent Performance _____

If you desire a Masters Championship T-shirt, note your size and include \$9.00 per shirt, S M L XL or include \$10.00 for each XXL shirt. XXL

Relay Entry: 4 x 400 m _____ 4 x 800 m _____

Relay team members _____

Early Registration: \$12.00 1st event, \$8.00 each additional event. Regular Registration: \$15.00 1st event, \$10.00 each additional event. Relays - \$32. Late Registration (after 3-23 in Meet Director's hands): \$25.00 1st event, \$15.00 each additional event.

\$ _____ + \$ _____ + \$ _____ + \$ _____
Individual entry fees Relay fees T-shirts Total Amount enclosed

All entries must be accompanied by fees or will not be accepted. Make check payable to: "1992 Masters Indoor Meet". No phone entries will be accepted.

Athletic and Publicity Release

In consideration of your acceptance of my entry, I hereby for myself, my successors and assigns, release and forever discharge any and all claims for damages which I may have or may hereafter accrue against TAC/USA, the Ohio Athletics Congress, Wolfpack Track Club, The Ohio State University, and meet sponsors, organizers, officials and workers, for any damages suffered by me. I certify that I am physically fit and that my level of training is sufficient to compete.

I hereby grant my permission to the use of films, videotape, and photographs for news coverage and meet publicity in which I may appear.

Date _____ Athlete's Signature _____

