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 Rascher

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 Visha 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 Rascher, 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 continued on page 5

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 Fuji- su 8K. A week later, she clocked 52:40 in the Cascade Run Off 15K, only 18 seconds shy of her own U.S. mark.


On to the Bobby Crilley 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 continued on page 5
Greenwood, Vosburgh, Named Best T&F Athletes

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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 M60 marks of 50.21 and 4:49.18, respectively. For good measure, he took home a bronze medal in the 100. 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, 400H and 400.

In the nationals, Vosburgh won seven events, setting a world W60 record of 56.80 in the 200H, and adding U.S. marks in the 100 (15.39), 200 (21.37), 500 (5:57.55), 800H (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 lifetime devotion to the sport and for the staging of many local meets centers 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 title championships.

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.

Masters Track & Field Administrator of the Year

1978 Pete Mundie
1979 Al Sheehan
1980 Kathy Brieger
1981 Bob Fine
1982 Ruth Anderson
1983 Bruce Springbett
1984 Fred Mannis
1985 James McCrane
1986 Jack Kelly
1987 Jim Weed
1988 Jerry Donley
1989 Gary Miller
1990 Pete Mundle
1991 Frank Phillips
1992 Jim Puckett
1993 Barbara Kousky
1994 Jerry Wojcik
1995 Nate & Evelyn White

Outstanding Masters Track & Field Athletes

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 Polly Clarke
1985 Jerry O’Brien Christel Miller
1986 Jack Greenwood Phil Raschker
1987 Tom Patalski Phil Raschker
1988 Garry Miller/Stan Whitely Phil Raschker
1989 Jack Greenwood Christel Miller/Phil Raschker
1990 Larry Almbarg Betty Vosburgh

Outstanding Single Performance During the Year

1985 Brian Oldfield, 40 Shot put, 70’ 3”
1986 Jack Greenwood, 60 Discus, 236’ 6”
1987 John Powell, 40 Discus, 236’ 6”
1988 Larry Stuart, 50 Javelin, 215’ 9”
1989 Al Oerter, 52 Discus, 205’ 10”
1990 Larry Almbarg, 43 Mile, 4:06:70
1991 Payton Jordan, 74 100, 12.91
1992 Jack Greenwood, 46 300H, 45.20
1993 Philippa Raschker, 44 PV, 9’10”

Outstanding Multi-Events Athlete

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

1991 Age-Group Awards

Year Men Women
1985 Dan Willett Karen Corso
1986 Marcia Hulse Karin Smith
1987 Phil Raschker Phil Raschker
1988 Joan Cohan Pam Calvert
1989 Yvette LaVigne Becky Sibley
1990 Carolyn Cappetta Christel Miller
1991 Betty Vosburgh Leonore McDaniel
1992 Marion Irvine Pat Peterson
1993 Jo Sullivan Jerry Davidson
1994 Martina E. Martinelli
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 discuss 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

WAFA "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 WAFA 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 WAFA Council and report the decision at a later date.

Don Farquharson
WAVA Past President and Historian
Ontario, Canada

BESS JAMES HOSPITALIZED
Bess James, 82, has had a stroke and has been hospitalized in the Point Loma Convesalve Home, 320 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
WAFA'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 WAFA 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 WAFA 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
Alicante, Spain
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.

Manson, a nutritional counselor in Moraga, Calif., was equally impressive with eight U.S. 5K-50 records. After turning 50 in November, 1990, Manson 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 15K — a 96.7% effort. She threw in a 5:02 (96.6%) in the El Sobrante 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 1:38:04 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 set by age-group:


M45: Ken Sparks, 46, of Chargrin Falls, Ohio, captured this bracket with his 3:23 (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.


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 1:00:27 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 blasted a 17:11 (94.7%) in the Carlsbad 5000 in April.

M65: John Keston of Minniville, Ore., was national marathon champion 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 in 3:09:41 (90.0%).

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

M80: Don Babin, 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 Osber, Nancy Mischak, Carol Virga.

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

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


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 43:15:10 in the Pacific Sun 10K on May 18 and a 43:47:10 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 20. Also considered: Shaway 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 21:01. Runners-up: Helen Dick, Mary Storey, Adeline Kearney.


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.


W85: Rose Mondac raced to a 45:20 5K and a 1:34:40 10K. Also considered: Ruth Rohrharf, Tina Rileye.

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 Sheehan

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

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<th>Men</th>
<th>Women</th>
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<td>Doug Bell</td>
<td>Laurie Binder</td>
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<td>45-49</td>
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<td>Barbara Filutze</td>
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<td>50-54</td>
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<td>55-59</td>
<td>Norm Green</td>
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<td>60-64</td>
<td>Gaylon Jorgensen</td>
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<td>65-69</td>
<td>John Keston</td>
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<td>70-74</td>
<td>Warren Utes</td>
<td>Willard Benton</td>
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<td>75-79</td>
<td>Dudley Healy</td>
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<td>80-84</td>
<td>Ed Benham</td>
<td>Herb Kirk</td>
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<td>85-89</td>
<td>Willard Benton</td>
<td>Jacob Bishin</td>
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<td>90-94</td>
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Special Ultra Award: Sandra Kiddy

January, 1992

National Masters News
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 conditioning 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 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 lower 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 as 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 stronger, and not just stronger, but also longer, it's said," he added.

"But Morris does not believe in pure mileage 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 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."
**Greenwood, Vosburgh Named Best T&F Athletes**

Continued from page 3


M75 Track: Frank Finger and Herb Miller. Finger, 300H (56.82), 100 (15.55), 200 (32.0); Miller, world champ in 800 (15.37), 100 (15.29), 300H (67.65). Also: A. Newman, Conrad Shuck, Lloyd Houston. Field: Ross Carter, second in Turku in 11.27 and discus (34.76). Also: H. Mayland, L. Ringle, Spinks Sorlien.

M80 Track: Ed Benham, four gold medals in Finland: 800 (3:24.67), 1500 (6:25.45), 5000 (23:01.81), 10,000 (48:46.8). Also: Barry Ivers. Field: Virgil Mchtyre, winner in Turku and Naperville in HJ (1.17); LJ (1.06). Also: Eugene Grant, Harold Chance.

M85 Track: Konrad Bos. 2nd in WAVA in 200 (4.46.3), 3rd in 100 (21.23). Also: Sing Lum, Sam Dormann, Willard Benton. Field: Konrad Bos, first at WAVA in LJ (1.91-63) and TJ (4.6015/1). 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: Gay Sibley.

M95 Track: Herb Kirk, two firsts (800/603, 5000/50:24:WWR) 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 (26.40), 400 (58.88). Also considered: Karen Corso, Jan Morra, Linda Gill, Carla Herver. 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 Bremner, Irene Thompson, Rosalyn Clark, Jody Murray, Francie Larrieu-Smith. Field: Karin Smith, world JT champ (62.06). Also: Joan Stratton.

W40 Track: Phil Rascher, 100 (12.51), 200 (26.2), 800 (12.94), 400 (59.82). Also: Laurie Binder. Field: Phil Rascher, HJ (1.50), PV (3.0), LJ (5.50), TJ (10.47).


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: Carol Spoppeta. Gold medal in Turku in 400 (65.48-A). Also: Marilyn Fitzgerald, Irene Obera. Field: Christel Miller, T7 (3.99), HJ (1.24), JT (29.6). Also: Ann Cimini, 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: Leonor McDanielos, two seconds at WAVA and two wins in nationals in HJ (1.25) and TJ (7.83). Also considered: Ber- nise Holland, Betty Vosburgh.

W60 Track: Pat Peterson, three medals in Turku in 200 (34.09), 300H (73.15), 800 (20.55). Also: Louise Adams. Field: Jo Sullivan, WAVA 1st in TJ (6.53), LJ (3.15) Also: Mary Nordkaufer, Pat Peterson.

W70 Track: Gerry Davidson, WAVA gold in 800 (3:24.80) and silver in 1500 (6:50.0). Also: Marie Stafford, Mary Bowmaster. Field: E. Martinek, SP (7.32), HJ (0.97). Also: Florence Berry, L. Hagemann.

W75 Track: Alwyn 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: Alva Clarke, won the 1500 (8:36:50:WR), 5000 (30:59) and XC in Turku. Also: Polly Clarke. Field: Carolyn Clarke, two golds at nationals in SP (4.26) and DT (10.83).

W85 Track: Anna Ward, 100 (27.6) 200 (56.2), 1500 (12:25). Also: Flora Mendoza. Field: Rose Mond, SP (4.05). Also: Menda- doza.

Bev LaVeck, T&F Awards Co-ordinator, 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 based on the basis of individuals' events rather than on five-year age groups.

—Al Sheehan

**Masters Age-Graded Tables**

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Chart your own performance progress.

- Includes single-age factors and standards for each age from 21 to 90 for men and women for every common track & field, long distance running, and racewalking event.
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Racewalking in South Africa

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 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 an on-and-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 racewalking 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 timekeeper 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.

The Parade

Racewalking in South Africa

(You are taking this from a letter and an article entitled "Racewalking For The Not-So-Young" sent to me by Connor Johnston.)

Masters Racewalking

by ELAINE WARD

Racewalking in South Africa

Outstanding Masters Racewalkers

Presented to the outstanding male and female masters walkers.
Selected by the TAC Masters Track and Field Committee.

MEN

1978 John Allen
1979 Ron Laird
1980 None
1981 Gordon Wallace
1982 Bob Mimm
1983 John Knifton
1984 Larry Walker
1985 Bob Mimm
1986 Guilio de Petra
1987 Max Green
1988 Bob Mimm
1989 Larry Walker
1990 Eugene Kitts
1991 Max Green

WOMEN

1978 Lori Maynard
1979 Lori Maynard
1980 None
1981 Lori Maynard
1982 Bonnie Dillon
1983 Beverly La Veck
1984 Jeanne Booci
1985 Ruth Leff
1986 Beverly La Veck
1987 Marie Henry
1988 Joann Nedelco
1989 Viisha Sedlak
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1991 Max Green

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 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 running 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.
Kurtis, 39, Winner Overall

Schlau, Mahr Motor to Win in Detroit

by JERRY WOJCiK


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. [Photo by Jerry Wojcik]

Farmingdale Main Street Mile

by WILLIAM BENSON

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, of Houston, overall in 4:27:2. AI Oman, 41, was second in 4:33:4. Seth Kaminsky, 51, ran 4:51:2. Bodemia Merei, 47, was the first masters woman and ninth in 5:19:1, with Susan Curtis, 40, second in 5:24:9.


Winner of the Elite races were Jama Aden, 30, 3:59:0, and Pamela Simmonds, 26, 4:49:9.

Five Years Ago

- Jack Greenwood, 60, and Christel Miller, 51, Named Top T&F Athletes 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 Flitze Outstanding Long Distance Runners of the Year
- Deon Dekkers, 40, of Houston, Wins National BK Title in 25:37

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 Open Championships, Naperville, Ill., in July. Lee Earl Smith, 53, was third (24:34).

The Ultra-Distance Run was held in Farmingdale, Long Island, New York, on October 12. The race was directed by Bill Wenmark.

Running Shoes

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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 WAVLA, 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 Thorsney; 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 Mundie; 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 WAVLA 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, Radianz Guess, Linda Shefsky, Cliff Wiley, Julia Emmens, Steve Kauper, Stephanie Hightower, and Sandy Snow.


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Talk with Don Mather of Chicago. Don and his wife stayed 3 days last March, and he improved over 30' in both the javelin and discus. Don won the 60-65 division javelin throw at the Masters’ Meet last summer.

Bring your spouse and make this a vacation! The cost is only $100 per day which includes room and food (for both husband and wife), coaching, and instruction. Video analysis, video study, drills, workout schedules, etc., will be used. Available training facilities are swimming pool, lighted tennis court, fishing, hunting, hiking, throw areas and rings, jumping pits, ropes, bars, rings, weights, and plyometrics.

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!

For more information or reservations call Coach Hood at (915) 677-9777 or write to him at 4073 Caldwell Road, Abilene, Texas 79601
1000 Finish Frigid St. Louis Marathon
by JERRY WOJCICK

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 Echeelman was the meet director.


Photo by Diederich

The 25th Annual Athens, Ohio Marathon
Race Ohio's Oldest Marathon Road Race
or race the
Second Annual Half Marathon
- Awards - Same Start & Course
April 12, 1992 • 12 noon

- Age group awards - Long sleeve T-shirts - Beautiful Winding Rural Course - TAC certified marathon course - Silver bowls and additional awards will also be given in specific age groups - Laurel crowns flown from Athens, Greece will be awarded to the overall winners in both men's and women's marathons - Post-race refreshments.

Marathon Prize Money
Entry Fee: $15
Postmarked by April 1
After April 1, $15, no T-shirt
For more information call Tony Mele at:
(614) 593-6120

• 1st Prize Money
Mens $150 $75 $50 $25
Women's $150 $75 $50 $25
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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 infection. 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. Paglione 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 Paglione, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)
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<td>U.S. rules of competition for men and women for track &amp; field, long distance running and race walking — youth, open and masters. $9.95.</td>
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<tr>
<td>Time Master Calculator</td>
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<tr>
<td>Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stopwatch and calculator. $4.50.</td>
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<td>IAAF Scoring Tables (1985)</td>
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<td>Official world scoring tables for men's and women's combined-event competitions. $11.95.</td>
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<td>Guide to Prize Money Races and Elite Athletes 1991</td>
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<tr>
<td>Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. $44.00.</td>
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<td>U.S. Track and Field Team Patches</td>
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<td>Embroidered, 4&quot; x 2&quot;, $2.50.</td>
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<tr>
<td>U.S. Track and Field Team Lapel Pins</td>
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<tr>
<td>Cloissons enamel, 1 1/2&quot; x 5/8&quot; bar pin with safety catch. $5.00.</td>
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<tr>
<td>The Masters Running Guide by Hal Higdon</td>
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<tr>
<td>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.</td>
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<td>Winning Secrets by Dr. Ladislav Pataki and Lee Holden</td>
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<tr>
<td>Running Research News</td>
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<tr>
<td>Bi-monthly newsletter. Contents include the latest scientific information on endurance training, nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. &quot;Simply the indispensable running newsletter.&quot; — Amby Burfoot. $16.00 per year.</td>
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Send to: National Masters News Order Dept.
P.O. Box 2372
Van Nuys, CA 91404

Name

Address

City State Zip
Minutes of Masters Track & Field Committee Meetings

Barbara Kousky, Chair, presiding.

The following is a summary of the meetings of the Masters TAC 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.

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:

<table>
<thead>
<tr>
<th>Association</th>
<th>Former Region</th>
<th>New Region</th>
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</thead>
<tbody>
<tr>
<td>Virginia</td>
<td>East</td>
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</tr>
<tr>
<td>Potomac Valley</td>
<td>East (no change)</td>
<td>Southeast</td>
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<tr>
<td>Arkansas</td>
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<td>Oklahoma</td>
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<tr>
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</tr>
<tr>
<td>New Mexico</td>
<td>West</td>
<td>Mid-America</td>
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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.

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: 509-333-8898; Fax: 509-333-8836.

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 1991.

Continued on page 16

38

TAC MASTERS TRACK & FIELD COMMITTEE BUDGET - 1992

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<thead>
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<td>8. Treasurer</td>
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<td>14. WAVA, Inc.</td>
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<td>2) Postage, phone, etc.</td>
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<td>6) Records</td>
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<td>7) Rankings</td>
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<td>$25,000.00</td>
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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
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 "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.
WA VA: Delegate Ruth Anderson will be unable to attend the WA VA 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 WA VA 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, and 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 chairperson 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

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1992 LDR TAC/USA National Masters Championships

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<th>RACE</th>
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<td>November 8</td>
<td>Columbus, OH</td>
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<tr>
<td>8K Road</td>
<td>March 21</td>
<td>Virginia Beach, VA</td>
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<tr>
<td>10K Road</td>
<td>TBA</td>
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<tr>
<td>10K X-C</td>
<td>December 6</td>
<td>Louisville, KY</td>
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<tr>
<td>15K Road</td>
<td>TBA</td>
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<tr>
<td>10 Mile Road</td>
<td>August 22</td>
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<td>Pending</td>
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<tr>
<td>25K Road</td>
<td>November 14</td>
<td>San Diego, CA</td>
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<tr>
<td>Marathon</td>
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<td>Minneapolis, MN</td>
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<tr>
<td>50 Mile Road</td>
<td>March 29</td>
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<tr>
<td>100K Road</td>
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1993 LDR TAC/USA National Masters Championships

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<td>10K Road</td>
<td>September 25</td>
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<td>Marathon</td>
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<td>February 20</td>
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*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. 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 Bobhigian 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 regions. The first Southeast Indoor Championships were held in Murphysboro, Ill., 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 outdoor meet is set for June 17. The people 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 relay.

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 to decide 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 awarded to the top three finishing teams. To determine the national-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 Championship 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 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 Chair. 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 are elected T&F delegates to Xalapa, with Sandy Paskin, 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; 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 committee thanked Sandy Paskin 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 NNN of the "Women’s Corner." Elections
Kousky was unanomously elected to another two-year term as Chairwoman. Respectfully submitted by Marilyn Mitchell, Secretary

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 Thornley, 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 (4311 feet).

BYU has conducted four NCAA championships and a Junior Olympics with 4300 athletes. It has 2000 dorm rooms near the track and a $22.50, indoor-grand prix, in the fall. 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

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
Circuit Happenings

The San Antonio 5K on November 10 was another successful stop on the Sorothean/USRA Masters Circuit, with great hospitality provided by Ray Stricker and John Pernell. Masters winners included Wilson Waigwa (24:16) and Olga Ortega (34:28).

Benji Durden continues to make his mark in the masters ranks. The 1980 U.S. Olympic Team Marathoner is also coaching Olympic aspirant Kim Jones in his spare time. Look for Durden to continue to improve and perhaps make a run for the masters marathon record . . . Laurie Binder is also having a banner year. She won the Citrus Bowl Half-Marathon women's race in Orlando with Durden taking the men's. Binder is looking forward to this month's women's Olympic Marathon trials in Houston and sincerely feels she has a shot at making the team at age 44.

Things are shaping up nicely for the fourth edition of the Sorothean/USRA Masters Circuit National Championship, in Orlando on February 1. Several five-year age group champions will be determined in head-to-head competition. The event will be held at the Westgate, fast MetroWest, a development next to Universal Studios. The Sheraton World Resort will be the headquarters hotel.

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, Dick Benson and Hal Higdon lead a strong Grand Masters (50 & over) group.

Prize money for men and women will be equally awarded in the Grand Prix, money will be awarded for first through fifth, including $1500 (1st), $750 (2nd), $500 (3rd), $250 (4th) and $100 (5th) for both men and women. Each individual age division winner from the 45-49 through 70 & over division will receive $100 . . . Twenty-five hundred dollars of the Sorbothane/USRA Masters Circuit $10,000 prize fund will go toward the Orlando Championship.

Money will be awarded to the top men and women overall masters as follows: first - $750, second - $250, third - $100 and fourth - $50. One hundred dollars will go to the Grand Masters men's and women's champions.

It was great to catch up with former ICI executive Bill Adams during his recent trip to the Citrus Bowl event. Adams finished second in the Grand Masters category and will return to Orlando for the Sorothean Championship . . . A special welcome to American Airlines as the official airlines of the Sorothean Circuit Championship. They will provide a free roundtrip random giveaway ticket to London.

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, Burch 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 Corrozzo of the Run-Tez Half Marathon continues to expand his event which will feature John Campbell and George Sheehan on January 5th (512) 472-3254.

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 Sorothean/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.

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IN ORLANDO, IT'S A SHORTER 8K

No, the distance isn't shorter, it's with Frank Shorter. On Saturday, January 22nd at 8:00 am, join the Olympian and some of the world's top runners at this year's Florida Classic. The 4th Annual Sorothean/USRA Masters Circuit National Championship will be held at MetroWest in Orlando, FL, as part of the ORLANDO RUNNING FESTIVAL. MetroWest is located adjacent to UNIVERSAL STUDIOS and the world famous WALT DISNEY WORLD.

Compete for The Master's $10,000 purse or for prizes within. Runners arrive from 7:00 am under thru 70 & over. The weekend will feature a variety of activities including a separate Masters and Open 8K, Children's 5K, HealthWalk, Pasta Party and Clinic with Frank Shorter and other celebrity runners.

Enter today and experience this SHORTER 8K.
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 $200 yen per night for a single, and less-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 unreasonable. We had a full-course lunch for $12. A Western-style coffee shop had good meals for $5 and up. The 1990 prices included 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 Carlisi, 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

Whenver date is chosen, the second track will be a short walk from the main stadium, thus guaranteeing a close-knit, convenient, friendly type of...
atmosphere similar to Melbourne in 1987. Unlike Turku, which used three widely-separated tracks, we will be able to see almost all the action. A warm-up track and throwing field are next to the main stadium.

Miyazaki will provide a temporary electric scoreboard and temporary lights. The stadium seats more than 10,000.

The organizers are expecting 2000 to 3000 Japanese competitors, alone, and are generally planning on a total of up to 6000 athletes.

They plan to recruit several hundred interpreters; to have 200 on hand each day at the venues, hotels, etc.

Free Shuttle Bus

Miyazaki will provide free shuttle bus service to the track from the main hotels. Low-cost bus passes can be purchased, at a Turku and Melbourne, for the public bus and train system.

There are technical facilities for translations into six languages for the General Assembly meeting.

More than 500 officials will be on hand each day, recruited from throughout the country. There were hundreds of officials and helpers at this year’s meet. Once, when it was time to lower the heights of the hurdles, I counted 10 volunteers at one set of 8-lane hurdles. In other words, they should have plenty of bodies to do the work.

Most Westerners will likely stay in hotels; the university and pension facilities are limited, and are mostly Japanese-style with Japanese food only.

There are limited tourist attractions in the city, itself, but plenty to do and see in the rest of Japan. The government is planning special activities to keep visitors entertained during the games.

Miyazaki is an easy city to walk. Most citizens get around by bicycle or moped. There was no English-language TV, such as CNN, in our hotel as there is in Tokyo, Osaka, Kyoto and larger cities. The TV was all in Japanese, as were the radio programs. But I was told the BBC and ABC could be watched by “parabolic antenna.”

Few people in Miyazaki speak English. There are English signs at the airport, but not at the train station. The organizers said they’d put up more English signs throughout the city. The interpreters will be essential.

Community Involved

The last impression I got from Miyazaki is that the entire community will be involved, much like Eugene was in 1989. Over 40 people from the Miyazaki government will be working on the event. The Governor and his staff consider it a major event. Each media is aware of it. The Emperor of Japan will be invited.

Kounoike said the budget for the event is an astonishing US$23 million. That compares to US$1 million for Eugene and about the same for Turku.

Why is Miyazaki spending all that money? One reason is that Miyazaki is trying to promote itself as the sports capital of Japan. It is going all out to bring major sports events to the area and to promote the Prefecture as an ideal vacation and resort area.

Another reason they’re so keen on hosting the event is the Japanese have a true reverence for older people, unlike much of the rest of the world, which often treats veteran athletes with indifference or even disdain. The Governor wants to use the meet to convince every older person in Japan to exercise and keep fit. When he watched this year’s meet, he said: “It was beautiful to see; I had tears in my eyes.”

The Japanese will give the red-carpet treatment to visitors in 1993. They will spend a fortune. The meet should be a vivid experience for everyone fortunate enough to go. The Japanese culture is different and fascinating. The Japanese people are friendly and likable. The Miyazaki community will be involved. Television is certain to cover it — nationally, as well as locally.

Mainly, the Japanese are perfectionists who will work 20-hour days, if necessary, to make sure everything is as good as it can possibly be.

Walker Injured;
Bid Postponed

John Walker’s attempt to be the first man over 40 to run the mile in under four minutes has been postponed.

“Due to an injury, John will not be running the mile on January 12,” reported Matt Wynne of Athletics New Zealand.

The Olympic 1500-meter champion had planned to make the attempt on his 40th birthday in his home town of Auckland. Wynne says Walker will make the attempt on a yet-to-be-determined date in the next four months.

The world masters mile record is currently 4:05.39, set by Kenya’s Wilson Waigwa in Eugene in 1989.
U.S. Wins Can-Am Cross-Country Challenge

by DON FARQUHARSON and CAROLE LANGENBACH

A strong contingent of U.S. runners combined their 5K 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 Hooebeke (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 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 IAAF Veterans Committee Set

The IAAF has selected the following to its Veterans Committee:

Cesar Bravo (MEX), Chair

Cesare Becalli

Bob Boal

Michitaka Kinami

Vadim Marshev

Col. Mouaissposso

Javier Alvarez Salgado

Amadoi Diarra

Hans Axmann

Clem Green

Rene Zeballos

National Masters News

January, 1992

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 outstrip new master John Clark (31:02). Brian O'Neill topped the M45s in 32:16, while Steve James edged Les Preeland to win the M50 division in 32:34.

M60 Gerry Spink turned in the best age-graded performance with a 34:46 (93.60'/0). 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 Ampthill 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.

WAVA/TC Hurdles and Implements Specifications

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*Either "shot" or "new" javelin may be used.

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

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.

North American Masters Week,
WAVA World Championships, Turku, Finland, July 18-28.

Photo by Dietlersch
The California International Marathon in Sacramento, December 8. Joe Scigel, 40, was second in 2:30:36. Sharlet Gilbert, 40, was first in 2:34:40.

- 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.

**SOUTHEAST**

- Maybe Ponce de Leon didn't look in the right place when he searched Florida for the Fountaint of Youth. Carol Virga, 41, who holds three part-time jobs while she raises her 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 (2:45:54 qualifying) for the Olympic Marathon Trials in Houston, January 26, with a PR 2:44 in the Twin Cities. Another masters woman, Karen MacGarg, 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 5. For info and entry, contact Randall Brady, 2709 Linmar Ave, #5, Nashville, TN 37215. 615-383-6733.

**NATIONAL**

- As of November 27, two masters had qualified for the Men's Olympic Trials in Columbus, OH, April 11: Doug Kursit, 40, Northville, MI, 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 (3000 and 4x100) for a total of nine. Miller said that the meet moved along smoothly.

- Steve Bosley, race director of Colorado's Boulder 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 16% increase over '90), the Boulder Boulder has become the fifth largest race in the U.S.

- John Conner, East Hampton, LI, 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, Dinstein, 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. Finishes numbered 366 under overcast skies with temperatures in the 50s, some fog, and light 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, Narragansett, November 2. Walton is one of seven runners who have completed all 15 marathons in Newport. John Kelley, 60, Mystic, CT, winner of the 1993 Boston, won the M60+ division with a 2:38:18 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 Hermesich, 41, finished first of 163 M40+, with a 1:40:06 over the SK course of the RRCA Age Group 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 2:17:38. Mary Ryan, 45, was the winner of the W40+ 3K race in 20:39.


- Sadot Mendez (40, 2:38:30), Hertford, SC, and Sharon Giese (48, 3:28:01), Richmond, VA, were first M40+ in the Richmond Newspapers Marathon, October 20. Cokey Daman, 72, Virginia Beach, VA, took the M70+ title in 4:13:07. In the corrallary half-marathon, Don Lucy (42, 1:15:26), Lynchburg, VA, and Emini Estrada (43, 1:33:15), Midlothian, VA, posted 40+ firsts. Eighty-year-old Isadore Ziss, 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 2:24:40 in the Manchester 4.77 Mile, Manchester, CT, November 28.

**WEST**

- Tim Varner, 40, was first overall (3:17:12) of 90 in the Drizzle 10K, November 2, Oracle, AZ.

- This year's Hawaii RRCA 5K Championships, Honolulu, November 10, saw a field which included some very prominent runners, all 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, 5000m, 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 Komi Baranowski, 43, Ventura, CA, took age-grade honors among the masters in the Bay 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 Tidaback, 42, of Columbia/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, setting Sandra Knotts 2-mile U.S. W40 record of 11:29.2. She followed with a 2:19:54/5:57.6800 mile double which bettered Susan Hulsizer's W40 8:00 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 WAV.

- Jim Milton, 40, was first master in 2:26:27 in

**CANADA**


**INTERNATIONAL**

- Entry forms for the 1st WAVAA 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 Car- tion Half-Marathon, Juncos, Puerto Rico, November 17.
**SOUTHEAST**

**Alabama, Florida, Georgia, A. Carolina, E. Carolina, Tennessee, Virginia**

**February 23.** TAC Southeast Regional Indoor Masters & Open Championships, Middle Tennessee St. U., Murfreesboro, Tenn. 10-12m, 3-11n, 300-12K, 3x400

March 7, Virginia State Indoor Masters Championships, Virginia, SASE to John Tucker, 59/4-230-3733


May 16, Florida TAC Masters Championship, Olympic Trials. 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, Masters Championships, U. of Tenn. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/377-4384


June 15, 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.


**MIDWEST**

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

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


February 18. 8th Annual Athlete's Foot Indoor Meet. Ohio University, Athens, Ohio. 740/593-7777.

May 13, Junior Senior Classic, Indiana U.-Purdue U., Indianapolis. Annie Chester, 1426 W. 29th St., Indianapolis, IN 46208. 317/924-7005

June 20. College Track Classic, Wickliffe H.S. Jeff Gerson, 4173 Wilkenson Rd., South Euclid. 216/382-3000


**MID-AMERICA**

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


**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 Master-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, Overview, 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, march off, with or without the Saints, in New Orleans on the 19th.

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

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


SOUTHWEST
Arkansas, Louisiana, Mississippi, Texas, Oklahoma, Arizona, California, Nevada


April 1. Columbus Marathon, Columbus, Ohio. Men’s Olympic Trials. Douglas

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


INTERNATIONAL
March 20. International Veterans 8K Cross-country, Boston. 450 +, W35 +, NEAC. P.O. Box 1905, Brookline, MA 02146.


February 1. 26th Las Vegas International Marathon & 5-person Team Relay, Las Vegas, Nev. Al Boka. Race Director, P.O. Box 81526, Las Vegas, NV 89160.

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

February 15. Great American Adventure 2 & 4 1/2 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. LA Olympic Marathon, 1110 West Ohio Ave., Ste. 100, Los Angeles, CA 90025-3329. 213/444-5544.

RACE WALKING


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RACE WALKING


## U.S. MASTERS STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

<table>
<thead>
<tr>
<th>Event</th>
<th>200</th>
<th>400</th>
<th>800</th>
<th>1500</th>
<th>3000</th>
<th>5000</th>
<th>10,000</th>
<th>15,000</th>
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<th>50,000</th>
<th>100,000</th>
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<tbody>
<tr>
<td>Mile</td>
<td>6:20</td>
<td>12:40</td>
<td>25:00</td>
<td>50:30</td>
<td>101:00</td>
<td>151:30</td>
<td>202:00</td>
<td>254:00</td>
<td>306:00</td>
<td>357:00</td>
<td>408:00</td>
<td>460:00</td>
<td>512:00</td>
</tr>
<tr>
<td>Half Mile</td>
<td>13:30</td>
<td>26:10</td>
<td>51:30</td>
<td>103:00</td>
<td>155:30</td>
<td>208:00</td>
<td>260:00</td>
<td>312:00</td>
<td>364:00</td>
<td>416:00</td>
<td>468:00</td>
<td>520:00</td>
<td>572:00</td>
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<tr>
<td>25K</td>
<td>1:35:30</td>
<td>2:30:30</td>
<td>4:22:30</td>
<td>7:15:00</td>
<td>11:08:00</td>
<td>15:01:00</td>
<td>18:54:00</td>
<td>22:47:00</td>
<td>26:40:00</td>
<td>30:33:00</td>
<td>34:26:00</td>
<td>38:19:00</td>
<td>42:12:00</td>
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A minimum of two judges must be present and the competition must be limited to runners (i.e., no runners)

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## U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

<table>
<thead>
<tr>
<th>Event</th>
<th>50-54</th>
<th>55-59</th>
<th>60-64</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
<th>85-89</th>
</tr>
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<tbody>
<tr>
<td>Marathon</td>
<td>3:20:00</td>
<td>3:30:00</td>
<td>3:40:00</td>
<td>3:50:00</td>
<td>4:00:00</td>
<td>4:10:00</td>
<td>4:20:00</td>
<td>4:30:00</td>
</tr>
<tr>
<td>Half Marathon</td>
<td>1:35:00</td>
<td>1:45:00</td>
<td>1:55:00</td>
<td>2:05:00</td>
<td>2:15:00</td>
<td>2:25:00</td>
<td>2:35:00</td>
<td>2:45:00</td>
</tr>
</tbody>
</table>

---

**APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH**

<table>
<thead>
<tr>
<th>NAME</th>
<th>AGE-GROUP</th>
<th>ADDRESS</th>
<th>CITY</th>
<th>STATE</th>
<th>ZIP</th>
</tr>
</thead>
</table>

**MEET** | DATE OF MEET |

**MEET SITE**

**EVENT** | **MARK** |

**HURDLE HEIGHT** | **WEIGHT OF IMPLEMENT**

**CERTIFICATE** | **PATCH** | **PATCH TAG**

If you have entered the standard of excellence, please send $10 for a certificate, $10 for a patch, or $15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra $5 each.) Send to: All-American National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Close copy of results, or note in which issue they appeared.) A 3-color, 8" by 10" certificate suitable for framing, and/or a 3-color 3" by 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)

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**American Heart Association**

© 1992 American Heart Association

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**National Masters News**

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**January, 1992**

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

<table>
<thead>
<tr>
<th>ATHLETE’s RESIDENCE</th>
<th>BIRTHDAY</th>
<th>AGE GROUP</th>
<th>AGE UNITS</th>
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<tbody>
<tr>
<td>Frink, Joe (FL)</td>
<td>11/22/54</td>
<td>38</td>
<td>80-84</td>
</tr>
<tr>
<td>Smith, Tom (IL)</td>
<td>11/22/54</td>
<td>38</td>
<td>80-84</td>
</tr>
</tbody>
</table>

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**U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN**

<table>
<thead>
<tr>
<th>Event</th>
<th>50-54</th>
<th>55-59</th>
<th>60-64</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
<th>85-89</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marathon</td>
<td>3:20:00</td>
<td>3:30:00</td>
<td>3:40:00</td>
<td>3:50:00</td>
<td>4:00:00</td>
<td>4:10:00</td>
<td>4:20:00</td>
<td>4:30:00</td>
</tr>
<tr>
<td>Half Marathon</td>
<td>1:35:00</td>
<td>1:45:00</td>
<td>1:55:00</td>
<td>2:05:00</td>
<td>2:15:00</td>
<td>2:25:00</td>
<td>2:35:00</td>
<td>2:45:00</td>
</tr>
</tbody>
</table>

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**NOTE:**

- Age units are for automatic time; use standard conversion for hand time.
- Height and distances are the standard; feet and inches listed for convenience.
- Metric heights and distances are the standard; feet and inches listed for convenience.
- Pen/Dec: 30-39 IAAF pts.: 40+ WAVA factoring (new WAVA).
## SHENANDOAH

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Distance</th>
<th>Name</th>
<th>Age Group</th>
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</thead>
<tbody>
<tr>
<td>1:00:03</td>
<td>5K</td>
<td>5K</td>
<td>Matt Wilson</td>
<td>B</td>
</tr>
<tr>
<td>1:02:30</td>
<td>10K</td>
<td>10K</td>
<td>Tim Vanler</td>
<td>C</td>
</tr>
<tr>
<td>2:10:00</td>
<td>Half Marathon</td>
<td>21.1K</td>
<td>John Smith</td>
<td>D</td>
</tr>
<tr>
<td>2:30:00</td>
<td>Marathon</td>
<td>26.2K</td>
<td>Jane Johnson</td>
<td>E</td>
</tr>
</tbody>
</table>

## RACELAND

<table>
<thead>
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<th>Time</th>
<th>Event</th>
<th>Distance</th>
<th>Name</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00:00</td>
<td>5K</td>
<td>5K</td>
<td>Matt Wilson</td>
<td>B</td>
</tr>
<tr>
<td>1:05:00</td>
<td>10K</td>
<td>10K</td>
<td>Tim Vanler</td>
<td>C</td>
</tr>
<tr>
<td>2:10:00</td>
<td>Half Marathon</td>
<td>21.1K</td>
<td>John Smith</td>
<td>D</td>
</tr>
<tr>
<td>2:30:00</td>
<td>Marathon</td>
<td>26.2K</td>
<td>Jane Johnson</td>
<td>E</td>
</tr>
</tbody>
</table>

## LONG DISTANCE RESULTS

### NATIONAL

<table>
<thead>
<tr>
<th>Distance</th>
<th>City</th>
<th>Date</th>
<th>Winners</th>
</tr>
</thead>
<tbody>
<tr>
<td>5K</td>
<td>Sacramento, CA</td>
<td>November 16</td>
<td>John Miller, Mary Williams</td>
</tr>
<tr>
<td>10K</td>
<td>Duluth, MN</td>
<td>October 26</td>
<td>Tim Vanler, Jane Johnson</td>
</tr>
<tr>
<td>Half</td>
<td>Farrington, IL</td>
<td>November</td>
<td>John Smith, Jane Johnson</td>
</tr>
<tr>
<td>Marathon</td>
<td>Philadelphia, PA</td>
<td>March</td>
<td>Tim Vanler, Jane Johnson</td>
</tr>
</tbody>
</table>

### EAST

<table>
<thead>
<tr>
<th>Distance</th>
<th>City</th>
<th>Date</th>
<th>Winners</th>
</tr>
</thead>
<tbody>
<tr>
<td>5K</td>
<td>Richmond, VA</td>
<td>March</td>
<td>John Miller, Mary Williams</td>
</tr>
<tr>
<td>10K</td>
<td>Asheville, NC</td>
<td>April</td>
<td>Tim Vanler, Jane Johnson</td>
</tr>
<tr>
<td>Half</td>
<td>Charlottesville, VA</td>
<td>May</td>
<td>John Smith, Jane Johnson</td>
</tr>
<tr>
<td>Marathon</td>
<td>Baltimore, MD</td>
<td>October</td>
<td>Tim Vanler, Jane Johnson</td>
</tr>
</tbody>
</table>

## NATIONAL MASTERS NEWS

- **16th Annual West Coast Weight Pentathlon**: Cal State Los Angeles, December 7

## RRC AAG Group Cross Country News

- **November 18**:
  - Mike Phillips
  - John McCarthy
  - Jane Tupper
  - Tom Vanler
  - Jane Johnson

## Cape Cod Marathon

- **Fall 2022**
  - Tom Carroll
  - Jim Gifford
  - Bob Stuber
  - John Kuhl
  - Pat Correia

## Deltapsia Delaware Field Meet

- **November 13**
  - John Smith
  - Jane Johnson

## New Jersey TAC 10K (9700m)

- **Cross-Country Championships Readington, November 18**
  - Mike Phillips
  - John McCarthy
  - Jane Tupper
  - Tom Vanler
  - Jane Johnson
1992 TAC National Masters Indoor Track and Field Championships
Friday, Saturday and Sunday, April 3-5, 1992
French Fieldhouse, Ohio State University, Columbus, Ohio

TENTATIVE SCHEDULE
Friday, April 3
7:00 p.m. TJ - all women
7:30 p.m. TJ - women
8:30 p.m. TQ - women
9:30 p.m. TJ - H55
Saturday, April 4
8:00 a.m. LJ - H55
9:00 a.m. H - H50
1:00 p.m. LJ - H40
1:30 p.m. LJ - H65
2:00 p.m. HJ - H40
2:30 p.m. HJ - H55
3:00 p.m. HJ - H65
4:00 p.m. HJ - H75
5:00 p.m. HJ - H85
6:00 p.m. HJ - H95
6:00 p.m. HJ - H105
7:00 p.m. HJ - H115
7:30 p.m. HJ - H125
8:00 p.m. HJ - H135
9:00 p.m. HJ - H145
9:30 p.m. HJ - H155
10:00 p.m. HJ - H165

Discount Air Fares
Through arrangements with American Airlines, Masters Track meet participants can receive discounted air fares. Call American Airlines at 800-833-1790 and refer to TD-STAR # 8442LE.

Moderately Priced Hotels near OSU
1. Holiday Inn-on-the-Lane. 328 W. Lane Ave. $55 flat rate 1-800-294-8484
2. Crown Cross Inn. 3246 Olentangy River Road. $95/4 1-800-621-1429
3. Crown Cross Inn. 1445 Olentangy River Road. $95/4 1-800-621-1429
5. Olentangy Inn. 1299 Olentangy River Road. $99/4 1-614-294-5211 (call collect)
6. Red Roof Inn. 414 Ackerman Road. $84/4

Budget Car Rental
Special rates are being made available through Budget Car Rental. Economy car - $16.95 per day, intermediate size - $18.79 per day. Full size, $22.79 per day. To reserve a car, phone and ask for Paul Neffles, and mention the Masters Meet.

Airport Shuttle
Will provide service each half hour to the OSU hotel for $7.50 (round trip). Contact "Airport Shuttle" at their toll free number. The pickup time 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 ____________________________ Phone ____________________________
City ____________________________ State ______ Zipcode ________________

1992 TAC card number __________ Date of Birth __________

TAC Association Club __________________________
Requested starting height: HJ Jenna

Events Entered:
1st Event ____________________________ 2nd Event ____________________________ 3rd Event ____________________________ 4th Event ____________________________

Performance ____________________________
If you desire a Masters Championship T-shirt, note your size and include $9.00 per shirt, or include $10.00 for each XL shirt.
Relay Entry: 4 x 400 m ______ 4 x 800 m ______ Relay team members ____________________________

Early Registration: $12.00 1st event; $9.00 each additional event. Early Registration: $15.00 1st event; $9.00 each additional event. Late Registration (after 3/23 in Meet Director's hands): $25.00 1st event; $15.00 each additional event.

Individual Relay fees: T-shirts Total Amount

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 Athletic Congress, and 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 ____________________________