Funkhouse, Richardson Top Racewalkers

Whitley, Matson, Raschker Named Best 1992 T&F Athletes; Utes, Kurtis Top LDR Picks

Best Performance Award Goes to Jordan; Honors Also Go To Harvey and Morcom

Stan Whitley, 46, of Altadena, Calif., was named the outstanding age-40-and-over male track and field athlete of 1992 by the Masters Track and Field Committee of The Athletics Congress, the national governing body for athletics in the United States.

Shirley Matson, 51, of Moraga, Calif., and Philippa (Phil) Raschker, 45, of Marietta, Ga., were voted the top female masters performers by the same group at the 14th annual convention of TAC in Louisville, Ky., on December 3.

Rex Harvey, 45, of Cleveland Heights, Ohio, was named the outstanding administrator of the year, while the top racewalking awards went to Ray Funkhouse, 42, of Tom’s River, N.J., and Elton Richardson, 53, of New York City.

Raschker and Boo Morcom, 71, of Wilmet Flat, N.H., were named the best multi-event athletes. The awards for the best single performance of the year by athletes over age 40 went to Payton Jordan, 75, of Los Altos, Calif., for his 13.4 100-meters on April 25 in Sacramento, and to Matson, for her 37:39 10,000 at the Nationals on August 14 in Spokane.

It was the second athlete-of-the-year award for Whitley, who shared the honor with Gary Miller in 1988. It was Matson’s first T&F award; she also was voted best 1992 LDR runner in the W50-54 division. For Raschker, it was her sixth award as top female athlete of the year. She also won in 1982, 1987, 1988, 1989, and 1990.

Whitley won four national titles in

Matson, Benham, Filutze, Irvine Among 22 Runners Honored by TAC at Convention

Warren Utes, 72, and Doug Kurtis, 40, were among 22 runners honored by the Masters Long Distance Running Committee of The Athletics Congress at its 14th annual convention in Louisville, Ky., on December 3.

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

Utes, of Park Forest, Ill., dominated his M70 division in every event from the 5K to the marathon. He clocked an amazing 18:20 (100.6% age-graded) for 5K on June 6. He won at 25K on September 20 in 1:40:49 (100.7%), at 10K on June 28 in 39:16 (97.2%), and at a half-marathon on April 26 in 1:25:55 (97.0%). He won TAC’s marathon title at Twin Cities in 3:09:10.

Kurtis of Detroit was voted the top

Barry Brown Dies

Barry Brown, a top masters distance runner for more than eight years, apparently committed suicide December 14 at his home in Gainesville, Fla. He was 48.

A financial consultant in the insurance industry, Brown left a note that he had been depressed about financial matters, according to Gainesville police. His body was discovered in the garage of his home by his wife, Bobby, at 3:30 p.m.
Whitley, Matson, Raschker Named Best 1992

Continued from page 1

the 100, 200, 400, and long jump. During the year, he set world M45 records in the 200 (22.30) and 400 (50.24). Matson set four U.S. W50 records at the National Masters T&F Championships in Spokane, winning the 800 (2:25.29), 1500 (4:57.44), 5000 (18:02) and 10,000 (37:29). Her age-graded performances were 91.8%, 91.9%, 92.6%, and 92.6%, respectively.

Raschker won an amazing 17 national W45 titles during the year — eight at the outdoor nationals, seven at the indoor nationals, and also won the heptathlon and pentathlon. She set a W45 world pole vault mark of 2.61 meters (8-6¾). She set U.S. W45 marks in the HJ (1.46/4-9), LJ (5.08/16-4), and TJ (9.79/32-1¾).

OUTSTANDING MASTERS TRACK AND FIELD ATHLETES

Selected by the TAC Masters Track & Field Committee

GWLVM BROWN AWARD

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1978</td>
<td>George Ker</td>
<td>Irene Obena</td>
</tr>
<tr>
<td>1979</td>
<td>Ernie Billups</td>
<td>Joann Grissom</td>
</tr>
<tr>
<td>1980</td>
<td>Al Oeter</td>
<td>Judy Fox</td>
</tr>
<tr>
<td>1981</td>
<td>Jim Burnett</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1982</td>
<td>Al Oeter</td>
<td>Polly Clarke</td>
</tr>
<tr>
<td>1983</td>
<td>Jack Greenwood</td>
<td>Irene Obena</td>
</tr>
<tr>
<td>1984</td>
<td>Ed Burke/Parry O'Brien</td>
<td>Polly Clarke</td>
</tr>
<tr>
<td>1985</td>
<td>Jim Burnett</td>
<td>Christel Miller</td>
</tr>
<tr>
<td>1986</td>
<td>Jack Greenwood</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1987</td>
<td>Tom Patsalis</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1988</td>
<td>Gary Miller/Stan Whitley</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1989</td>
<td>Jack Greenwood</td>
<td>Phil Raschker</td>
</tr>
<tr>
<td>1990</td>
<td>Larry Almberg</td>
<td>Christel Miller/Phil Raschker</td>
</tr>
<tr>
<td>1991</td>
<td>Jack Greenwood</td>
<td>Betty Vosburgh</td>
</tr>
<tr>
<td>1992</td>
<td>Stan Whitley</td>
<td>Shirley Matson/Phil Raschker</td>
</tr>
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</table>

OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Field</th>
<th>Score</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>1985</td>
<td>Brian Oldfield, 40</td>
<td>Shot put, 70' 3&quot;</td>
<td>14.98</td>
<td>30</td>
</tr>
<tr>
<td>1986</td>
<td>Jack Greenwood, 60</td>
<td>100m hurdles</td>
<td>110m</td>
<td>30</td>
</tr>
<tr>
<td>1987</td>
<td>Al Oeter, 52</td>
<td>Discus, 226' 6&quot;</td>
<td>235'</td>
<td>30</td>
</tr>
<tr>
<td>1988</td>
<td>Larry Stuart, 45</td>
<td>Javelin, 215' 9&quot;</td>
<td>209'</td>
<td>30</td>
</tr>
<tr>
<td>1989</td>
<td>Al Oeter, 52</td>
<td>Discus, 205' 10&quot;</td>
<td>200'</td>
<td>30</td>
</tr>
<tr>
<td>1990</td>
<td>Larry Almberg, 43</td>
<td>Mile, 4:06.70</td>
<td>4:08</td>
<td>30</td>
</tr>
<tr>
<td>1991</td>
<td>Payton Jordan, 74</td>
<td>300H, 45.20</td>
<td>45</td>
<td>30</td>
</tr>
<tr>
<td>1992</td>
<td>Payton Jordan, 75</td>
<td>PV, 9' 10&quot;</td>
<td>9' 10&quot;</td>
<td>30</td>
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OUTSTANDING MULTI-EVENTS ATHLETE

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1985</td>
<td>Boo Morcom</td>
<td>1986 Gary Miller</td>
</tr>
<tr>
<td>1987</td>
<td>Gary Miller</td>
<td>1988 Gary Miller</td>
</tr>
<tr>
<td>1989</td>
<td>Rex Harvey</td>
<td>1990 Christel Miller</td>
</tr>
<tr>
<td>1991</td>
<td>Rex Harvey/Betty Vosburgh</td>
<td>1992 Boo Morcom/Phil Raschker</td>
</tr>
</tbody>
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1992 AGE-GROUP AWARDS

<table>
<thead>
<tr>
<th>Age</th>
<th>Track</th>
<th>Field</th>
<th>Track</th>
<th>Field</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>Nathaniel Williams</td>
<td>Jeff Helton</td>
<td>Renee Sterett</td>
<td>Julie Wiedis</td>
</tr>
<tr>
<td>35</td>
<td>Martin Krulle</td>
<td>Gary Hunter</td>
<td>Marcia Hulse</td>
<td>Janet Wilson</td>
</tr>
<tr>
<td>40</td>
<td>Bill Collins</td>
<td>Charles Rader</td>
<td>Donna Settes</td>
<td>Joan Stratton</td>
</tr>
<tr>
<td>45</td>
<td>Stan Whitley</td>
<td>Tom Gage</td>
<td>Phil Raschker</td>
<td>一直在做 —</td>
</tr>
<tr>
<td>50</td>
<td>Mike Heffelman</td>
<td>Lloyd Higgins</td>
<td>Shirley Matson</td>
<td>Vanessa Hillard</td>
</tr>
<tr>
<td>60</td>
<td>Jim Mathis</td>
<td>Bill Duckworth</td>
<td>Carolyn Cappetta</td>
<td>Christel Miller</td>
</tr>
<tr>
<td>70</td>
<td>Jim Law</td>
<td>Bud Held</td>
<td>Betty Vosburgh</td>
<td>Leonore McDaniel</td>
</tr>
<tr>
<td>75</td>
<td>Jim Lytjen</td>
<td>Phil Brusca</td>
<td>Pat Peterson</td>
<td>Pat Peterson</td>
</tr>
<tr>
<td>80</td>
<td>Payton Jordan</td>
<td>Boo Morcom</td>
<td>Diane Friedman</td>
<td>Ruth Talley</td>
</tr>
<tr>
<td>85</td>
<td>Virgil McIntyre</td>
<td>Tom Patsalis</td>
<td>Carol Peetles</td>
<td>Betty Jarvis</td>
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<tr>
<td>90</td>
<td>Russell Randall</td>
<td>Earl Salisbury</td>
<td>Polly Clarke</td>
<td>Marilla Salisbury</td>
</tr>
<tr>
<td>95</td>
<td>Arling Pitcher</td>
<td>Arling Pitcher</td>
<td>Susan Hughes</td>
<td>Arleen Weitzel</td>
</tr>
</tbody>
</table>

Harvey was honored for his outstanding work as national multi-events coordinator, and for leading the effort to revise the WAVTA multi-event scoring system and age-graded tables.


The winners were announced at TAC's Awards Luncheon at the Galt House Hotel in Louisville: Personalized plaques will be presented to each winner at the 26th annual National Masters T&F Championships in Provo, Utah, on August 14.

The Committee also selected outstanding T&F athletes in each five-year age division for both men and women in both track and field categories. Outstanding racewalkers were chosen by event. (See separate charts on page 10.)

Masters Track & Field Administrator of the Year

1978 Pete Mundle
1979 Al Sheahen
1980 Bob Fine
1981 Bruce Springbett
1982 George Hatzfield
1983 Jim Weed
1984 Jerry Donley
1985 Gary Miller
1986 Pete Mundle
1987 Frank & Dorothy Anderson
1988 David Pain
1989 Jim Puckett
1990 Barbara Kousky
1991 Jerry Wojcik
1992 Rex Harvey

Payton Jordan, 75, received TAC's best single performance by a master award for his 13.4 100 on April 25 in Sacramento.
AFFLICTIONS AFTER 40
I certainly appreciate Mike Tymn's exhaustive research on the subject of aging athletes, and although I'm sure his recent column, "Afflictions After 40," will add much to the scientific community's continuing research on the subject, he did omit one affliction that I have found to be at least as pervasive in aging runners as "Varus-Letter Syndrome" or "Born-Again Anaerobia."

It falls somewhat between my continuing research of "Memory Interval Lapse" and "Jockternal Omission."

Let's just call it "Retrospective Jock Glitch."

Simply stated: The older (and slower) a runner gets, the faster (and farther and higher) his times (and records) are used by women over 50.

I have reviewed world records for masters men and women, and have found a differential of 25 to 30 years in favor of the men. I'd also like to suggest switching to a 2 kg shot and hammer for men over 80. I would also recommend adopting the 400 g javelin. All three of these implements are now used by women over 50.

I have reviewed world records for masters men and women, and have found a differential of 25 to 30 years in favor of the men. I'd also like to suggest switching to a 2 kg shot and hammer for women over 70 due to the increase of osteoporosis at that age.

Anyhow, keep up the fine writing and research, and perhaps we'll compare notes next time I'm in Hawaii.

Jim Gibbons
Willis, California

WAVA SPECIFICATIONS
Burt DeGroot's letter (December NMN) regarding WAVA specifications was very timely. As we age, there is a marked decrease in mobility, flexibility, and speed. We are also more prone to dislocations and fractures.

Besides using the 3 kg shot and hammer for men over 80, I would also recommend adopting the 400 g javelin. All three of these implements are now used by women over 50.

I have reviewed world records for masters men and women, and have found a differential of 25 to 30 years in favor of the men. I'd also like to suggest switching to a 2 kg shot and hammer for women over 70 due to the increase of osteoporosis at that age.

Manuel White
Helena, Montana

ALL-AMERICAN STANDARDS
The standard of 11 meters for the M60 25# weight throw is too low. There are many throwers who exceed that distance on a regular basis. The standard should be raised to at least 12 meters.

The M55 35# weight throw standard of 9 meters is also too low and should be upped to at least 12 meters. I'm 62 and I can throw the 35# weight over 10 meters.

Finally, the M50 35# weight throw standard of 10 meters should be increased to a minimum of 11 meters.

Lloyd G. Smith
Lawrenceburg, Indiana

SIMPLIFY REGISTRATION
Why not simplify registration and paperwork for our meets? Instead of pre-entries, just let everyone pay at the gate and receive name stickers for the events they enter.

Competitors then give the stickers to the event director or clerk of the course as they show up for each event. The stickers are put on sheets by lane or by jump/throw order to form the same type of sheets that meet directors slave for their course certification activities.

This system already works great at California State U. at Long Beach all-comer meets.

Fred Niedermeyer
Los Angeles, California

LACK OF OFFICIALS
In my home state of Florida, there is a serious shortage of track officials. When I asked my officiating colleagues why this was the case, I got a very sobering response. Many officials have grown tired of the poor treatment they receive from masters competitors.

Each official must pay all of his expenses related to attending the meet, and they rarely even get T-shirts as a reward for their efforts. They are dedicated to track, and deserve to be respected, not challenged and argued with at every turn.

Let's accept that we are not perfect on the field of competition — no matter how long we have been competing — and take it easy on our officiating friends. They are what we need to make our track meets even better.

Jeff Helton
Land O'Lakes, Florida

RACEWALK RECORDS
Other commitments have made it necessary for me, reluctantly, to give up being the record keeper for men's and women's masters racewalking.

I'd like to congratulate all the racewalkers who have set masters age group records and who have been so cooperative in submitting the appropriate documentation.

My thanks also to the meet directors and officials who have been attentive to the details necessary for the verification of those performances and to the Road Running Technical Committee for their course certification activities.

My special thanks to Linda and Basil Honikman and Sally and Wayne Nicoll who supported me in this endeavor.

Beverly LaVeck, who has long been active in many aspects of racewalking, will be the new masters racewalking record keeper and I'm sure all will give her the full support that they've given me.

It's been a pleasure.

Don Henry
Brick, New Jersey

HAROLD CHAPMAN MISSED
I will miss Harold Chapman. I ran against him in San Diego in one of my first competitions in 1976. I was 49 and ran the 400 with the older men. I wrote in my diary that I "was way behind a 70-year-old man from Hawaii."

That man was Harold, and he ran the race in the low 70s — and I've yet to break 80.

Shirley Dieterich
Berkeley, California

CORRECTION
In double-checking my age-graded results of the Nationals (November NMN), I discovered an error which I attribute to the age of the tabulator. Herm Wyat, 60, of Calif., won his division in the HJ with a 1.60 (5-3), which age-grades to 22.7 (7-3) for a 91.3%. This gives him the silver medal for finishing second among all high jumpers. Congratulations, Herm.

Phil Mulkey
Atlanta, Georgia
TAC Changes Name to USATF

TAC is dead. Long live USATF.
The Athletics Congress (TAC), the governing body for track & field, long distance running, and race walking in the USA, has changed its name to "USA Track & Field."

The historic change was unanimously approved by the Congress at its 14th annual convention in Louisville, Ky., December 5.

The group also changed its logo and elected a new President.

The name was changed mainly to help market the sport better in the USA. The word "athletics" was confusing. It is used in the Olympics and in other countries to mean track, LDR and racewalking. But in the USA, "athletics" is an umbrella word covering all sports. TAC's national office receives bizarre calls for information on dozens of sports.

"Our new name more closely identifies what the sport is all about. A few long distance runners seemed unhappy that the term "LDR" was left out of the title, but there was no discussion on the name change on the floor of the Assembly.

"The sport of track and field in the USA is making great strides with the name change and addition of a new and consistent logo," said incoming President Larry Ellis. "Our sport is very healthy and that is exemplified by the performance of our athletes at the Barcelona Olympic Games."

The new logo is an inverted triangle. Attendance at U.S. meets is much lower than in Europe. State and local budget cuts have eliminated all-comers meets and school track & field programs throughout the nation.

"The sport is really dying, and this will put it back in the right direction," said sprinter Calvin Smith, former 100-meter world record holder.

Former decathlete David Morey issued an 84-page report with 44 recommendations on how to improve the sport. Among the suggestions are:

- 1) begin aggressive strategic communications; 2) tackle drug issues head on; 3) promote the sport with five superstars.

Other newly-elected officers include Pat Rico, Herman Frazier, and Darlene Hickman, as vice-presidents; Bill Roe as secretary; and Steve Bosley as treasurer.

Among resolutions passed:
- Opposition to any attempt by the IAAF to further suspend 400-meter runner Butch Reynolds for his legal actions against the IAAF.
- Asked that the IAAF abandon the "contamination rule." Under that rule, any athlete who competes against an IAAF-suspended athlete — such as was the case with Reynolds at the Olympic Trials last summer — would also be suspended.
- Asked that a procedural method be developed that allows an athlete's fingerprint to be affixed to the sample bottles during drug testing.

Indoor Rankings — 1993 Season

The rankings by events for the 1993 indoor season; are listed below.

Anybody interested in compiling the indoor 1500 should contact Jerry Wojcik, Masters T&F Rankings Coordinator, at the address below.

55m/60y dash, 200, 400; Larry Patz, 534 Gould Hill Rd., Con­toocook, NH 03229

800; William Benson, 6 Eton St., Valley Stream, NY 11581

1500: John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145

2000: Charles Mercurio, 4927 W. 123 Place, Seattle, WA 98115.

Try to catch the most recent rankings in the 1993 book. Send $5.00 plus $1.25 postage and handling ($5.00 foreign) to:

NATIONAL MASTERS NEWS
P.O. BOX 2372
Van Nuys, CA 91404

1991 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1991 U.S. 5-year track & field age-group rankings.
- 56 pages, over 100-deep in some events.
- All T&F events, including 3000, 10,000, weight, relays; racewalks (1500, mile, 3000, 5000).

Harold Chapson Dead at 90

Harold Chapson, who made sports and geriatric history during his 70s and 80s, died on November 19 at Queen Medical Center in Honolulu, where he had been hospitalized for several weeks. He was 90.

Chapson set more than 40 single-year age records between 1973, when he entered the masters arena, and 1989, when failing health forced his retirement. At 71, in his first year of masters competition, he became the first runner in history, 70 years or older, to officially run a mile under six minutes. Chapson's time was 5:54. In 1975, he lowered the 70+ record to 5:51.7.

In 1982, at age 80, Chapson raced 800 meters in 2:53.5, breaking Paul Spangler's M80 WR in that event by 11 seconds. The record still stands.

The record Chapson seemed most proud of was a 67.2 2-quarter at age 72, making him the first person on record to have run 400 meters in a time under his own age.

At 81, he ran 400 in 75.6 and 200 in 33.4.

During the mid-1920s, Chapson ran for Colorado A&M and was one of the leading competitors in the Rocky Mountain Conference with a 4:30 mile and a 10-minute 2-mile to his credit. "Those times don't sound like much now," Chapson chuckled in 1981, "but they were pretty respectable back then. We didn't know how to train in those days. I just went out and ran a hard mile or two every day and that was about it. Somewhere along the line, I was told that I should run ten miles once a week and I did that for awhile."

A bout with polio when he was 5 left Chapson with limited use of his left arm. Although he was able to adjust his running form to his handicap, one had to wonder how much faster Chapson could have been had he been able to make full use of his arm.

Chapson moved to Hawaii in 1929 to teach agriculture and shop at a junior high school. He quit teaching in 1944 to begin a materials and equipment business with his brother. He retired in 1962.

Before he began running for fitness in 1968, he made hikes of 100 miles or more in Peru and the Himalayas after turning 70 and before becoming a competitor again.

Chapson is survived by Mabel, his wife of 65 years, two daughters, five grandchildren and four great-grandchildren.

Following his 1982 world records, Chapson was surrounded by a group of women known as "Harold's Harem." They draped him with leis and showered him with congratulatory kisses.

"It seems sort of ridiculous, an old guy like me going off to run races," he said at the time, "but I rationalize it by telling myself the next one could be the last. Heck, why not?"

— Mike Tynn
Sonny Monioz: No More Nightlife

Eight years ago, Sonny Monioz was livin' it up and having a ball. "I had this terrific night life," he says. "I mean I was out every night. That was my lifestyle. I had been a dance instructor and I really liked to dance."

But that's all in the past. Today, Monioz, a 56-year-old resident of El Segundo, Calif., gets his kicks in a different way. No longer Sonny the dancer, he's now Sonny the runner.

In fact, Monioz is a standout age-class runner in the Southern California arena. He recently won the national TAC 25K M55 title in San Diego with a 1:41:14. Moreover, the recent TAC rankings for 1992 have him 5th in the nation based upon a 16:51 5K in the Fontana Days event during June. He also had a 3:31:10K to his credit during 1992.

"A week before that race I was feeling as strong or stronger than at any time in my life," said Monioz, referring to the national 25K championship. "But then I got sick a few days before the race. A friend of mine told me that as long as I was recovered at the time of the race I should be okay. I felt good the whole race. I never really got tired, but I just couldn't go any faster."

A native of Honolulu, Monioz, who works as an entertainment agent for hotels in Southern California, does not recall any of the schools he attended in Hawaii having any kind of cross-country program. "It was football, basketball, or baseball, and I was too small to play any of them," said Monioz, who now carries 128 pounds on a 5'7 frame.

His real athletic competition came as a member of the Coast Guard. He became a skilled boxer and went on to compete in the 1960 Olympic Tryouts. "I was a real hard hitter and had a string of 12-straight knockouts while I was in the service," Monioz remembered.

Following his military service, Monioz was content to get his exercise from dancing, bowling, and golf. "I didn't know there was anything like running," said Monioz, who was attracted to the sport by a contest for torch-carrying honors in connection with the 1984 Olympics in Los Angeles.

"It sounded like it would be fun, but I didn't realize how much work it was. I thought I could just go out and train for a month or so and do well enough to win one of the spots in the torch runoff."

"I didn't do very well, but it was very exciting for me and I really pursued it after that."

It took Monioz several years of adaptation before he would become a real age-class competitor. At 53, he set a single-year U.S. record at 5000 meters and turned in his 10K PR of 36:19. He also recorded a 5:03 mile that year.

"I really came to life after I joined the Gardena Reebok club and came under the wing of Dan Ashimini," Monioz offered. "He showed me what it was all about. Dan told me I had a lot of potential but didn't have any base. Before I hooked up with Dan, I was doing three to five miles a day and I considered five miles a real long run."

Now, a typical week of training for Monioz means 70-80 miles a week, including a long run of 21 miles. He does no track work or interval training. "I've come to realize that the most important part of my training is that long run of 21 miles on Sundays," Monioz continued. "It seems to have made the difference for me between fast times and just good times. Unless I'm training for a 5K or something really short, I don't do what you'd call speed work. For the longer races, I think it's strength that you need and I get that from the long runs."

"I'm a firm believer now that no matter how talented you may be, you need somebody to guide you. It can't be done by yourself. A lot of people go on their own and it works for a while, but eventually you end up back where you started from. You need someone to look at you objectively and tell you what you're doing wrong."

Monioz will now focus on the Las Vegas Marathon in February. He has run just two marathons, his best being just 10 seconds over 3 hours in the 1990 Las Vegas event.

"This will be the first one I've really trained for," Monioz said. "I'm looking at something under 2:45."

The nightlife days are definitely behind him. "That was fun while it lasted," Monioz ended, "but I'm having a different kind of fun now. I feel real fortunate that I found running. It's been a real addition to my life. If I didn't have this, I'd probably be smokin' and drinkin' my life away right now."

Barry Brown Dies

Continued from page 1

Brown left his car engine running inside his garage and apparently died of carbon monoxide poisoning.

Brown was one of the first top-class runners who continued running competitively through his 30's. When he turned 40 in August, 1984, he began to rewrite the masters record book, setting U.S. M40-44 marks which still stand at 10K (29:57), 10 miles (49:46), half-marathon (1:06:25), and marathon (2:15:15). His 15:18 for 5K in 1990 is still the U.S. M45-49 standard.

Brown was named TAC's long distance runner-of-the-year for his age group in 1984, 1985 and 1990. In March, 1991, he was featured on the cover of Runner's World magazine.

Brown never seemed to "burn out" on running as he aged.

"He just kept running, year after year," friend James Simpson told Hoover. "Everything was always going great for Barry."

Ray Hanlon, who coached Brown at Providence College, told the Sun's Mike Bianchi: "If I had to list 100 people who would reach the stage of depression where they would want to commit suicide, Barry Brown most certainly would not be on that list."

Simpson said Brown was "loved, and there was more respect for Barry than any other runner in Gainesville."

So why was Brown so depressed? He was handsome, confident, had a family, and was respected throughout the community.

Brown had reportedly started trying to borrow large sums of money in order to settle some debts.

"Maybe that's part of it," Bianchi said. "When you're at the top, it hurts so much more when you hit bottom. Especially for a proud man like Barry Brown. Amateur psychologists might theorize that Brown could not stand the thought of failing in a community that held him so dear. Anybody will tell you there was nothing Brown hated worse than failure."

Brown trained harder and longer than anyone, running between 100-140 miles a week. But Bianchi reported that a few months ago, he was bending over to...
LDR Awards

Continued from page 1

($20,700 as of October 31) than any 40-+ runner except France's Pierre Levisse and Kenya's Joseph Nzau. He captured the 8K TAC title in 24:28 (92.3'10).

The complete awards by five-year age groups are listed on this page. 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.

A special "ultra" award went to Helen Klein, 65, for running 354.9 miles in a six-day race in Australia — nearly 60 miles per day.

Five Years Ago

- Melbourne Australia. Hosts 4817 Athletes who Set 92 WRs in VII World Veterans Games
- Tom Patalski, 65, and Philippa Rascher, 40, Named Top T&F Athletes of the Year by TAC
- Larry Olsen, 42, and Barbara Filutze, 42, Chosen Outstanding Long Distance Runners of 1987

Barry Brown Dies

Continued from page 6

to pick up a paper clip when his back gave out on him.

"Maybe all those miles of pounding, pounding the pavement had finally taken their toll," said Bianchi, who contradicted Simpson's statement that Brown was still running 100 miles a week.

"Barry was unable to run with his old training buddies (after the back injury) and dropped out of sight."

So perhaps a combination of financial pressures and the inability to run 100 miles a week anymore were too much to overcome.

One cannot help but see the parallel between Brown and George Bailey, the beleagured Jimmy Stewart character in the film, "It's a Wonderful Life." Bailey, facing financial ruin, decides to commit suicide. But the "angel" Clarence saves him, and shows him how valuable his life has been and how much he is loved by his friends.

Unfortunately, there was no Clarence around to save Barry Brown.

Brown was the father of two college-age daughters by his first marriage and a son, in grade school, by his second marriage. Funeral services were held in Glens Falls on December 19.

NATIONAL MASTERS NEWS invites you to run the Special WORLD MASTERS Division of the Paramount 10K Run

The City of Paramount and the Paramount Rotary Club, in addition to the 14th Annual Paramount 10K Run, will have a very special WORLD MASTERS DIVISION. This division will be for those Master men and women runners that can meet the qualifying standards for their respective age divisions. The ability to meet these time standards will truly make this division a very special one. The race will be run with the Paramount 10K. If you can meet these standards, then come to Paramount and RUN WITH THE MASTERS. Last year The Paramount Rotary Club donated $8500.00 to our High School Scholarship Fund.

Race Date: January 16, 1993
Race Time: 8:00 A.M. Sharp
Course: Flat, fast, certified and sanctioned by TAC
Accommodations: Comfort Inn 1711 Clark Ave., Bellflower, CA 1-800-328-2000 or 310-920-8853.
Ask reservationist to specify, "10K race participant."
Preregistration Only: Return Entry by 1/9/93.

All times are "or faster"

Race Location: 15550 Downey Ave., Paramount, CA.
Seeded Start: You will be on the front line. I.D. Ribbons. Slower runners move to East side of starting line into the "Safe Zone," for your protection, please.

Awards: 10 deep each division, men and women.
Shirt: Long sleeve, 3 color
Race fee: $16.00.

PACKET PICK-UP: At race site. Look for SPECIAL World Master table, from 6:00 A.M., inside Recreation Building

Information: Oscar Rosales, 7846 Connie Dr., Huntington Beach, CA 92648 • (714) 841-5417.

NOTE: All applicants must submit times of last 3 races, certified courses. This is our eleventh year with the Masters. It is a CLASSIC.

14TH ANNUAL ROTARY AND CITY OF PARAMOUNT 10K RUN SPECIAL WORLD MASTERS DIVISION

<table>
<thead>
<tr>
<th>Name _________________________</th>
<th>Male □</th>
<th>Female □</th>
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<tr>
<td>Address ______________________</td>
<td>City ______</td>
<td>Race Day ______</td>
<td>State ______</td>
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DIVISIONS:
• 40-44 • 45-49 • 50-54 • 55-59 • 60-64 • 65-69 • 70-74 • 75-79 • 80-84 • 85-89 • 90+
Submit "times" last 3 races, certified courses, in order to qualify, with this form. RACE FEE: $16.00

Official Entry Form Will Be Sent Upon Receipt Of This Form. Send SASE.
Send To: PARAMOUNT MASTERS 10K RUN, 7846 Connie Dr., Huntington Beach, CA 92640 Include Times Of Last 3 Races, Certified Courses

OUTSTANDING LONG DISTANCE RUNNERS — 1992
Selected by the Masters Long Distance Running Committee of TAC

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<tr>
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<td>Doug Kurtis MI</td>
<td>Carol McLatchie TX</td>
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<tr>
<td>45-49</td>
<td>Larry Olsen MA</td>
<td>Barbara Filutze PA</td>
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<tr>
<td>50-54</td>
<td>Jim O'Neil OH</td>
<td>Shirley Matson CA</td>
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<tr>
<td>55-59</td>
<td>Bill Orlin KY</td>
<td>Sandra Kiddy CA</td>
</tr>
<tr>
<td>60-64</td>
<td>Joe Fernandez MA</td>
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<td>John Keaton OR</td>
<td>Barbara Anderson MN</td>
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<td>80-84</td>
<td>Ed Benham MD</td>
<td>Anne Clarke IL</td>
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<td>85-89</td>
<td>Willard Benton CA</td>
<td>Suzie Hughes CA</td>
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<tr>
<td>90-94</td>
<td>Paul Spangler CA</td>
<td>Ruth Rothfarb FL</td>
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Special Ultra Award: Helen Klein, 65
Update on Plantar Fascitis

Q. I am a 63-year-old runner who has been bothered throughout my career with bouts of plantar fascitis. I've heard there have been some new ways of treating this injury, and would like to know what they are.

A. Plantar Fascitis is one of the most common running ailments, occurring in more than 12% of all running injuries. The plantar fascia can best be described as a gristly, white, fibrous band that runs along the bottom of the foot. It extends from the toes to the inner border of the heel. The plantar fascia can be easily damaged, and there is growing medical evidence which suggests that the major cause of the injury is an over-pronated foot, which causes excessive internal rotation of the heel bone, placing a great deal of stress on the area where the plantar fascia is attached. The pain associated with this rotation is often referred to as a bone bruise in the heel.

Usually, the best treatment is prevention. Running in good, well-cushioned shoes and avoiding hard concrete surfaces helps. Stretching well before interval work is also recommended, and using a foot orthoses to afford some protection to the rear foot area is also a good idea.

Once the condition has set in, treatment should begin immediately. Stop running for at least 10 days to determine the severity of the injury. Self-treatment includes the use of hot water soaks with epsom salts twice a day for 20 minutes each. Taping the foot every

Continued on page 9
The Footbeat
Continued from page 8

day helps reduce stress on the heel, and using an over-the-counter liniment such as Mineral Ice often brings relief.

In severe cases, I now advocate the injection of a steroidal agent along with novocaine. This seems to bring down the swelling and speed up the healing process.

If the condition persists, you should seek help from your sports medicine specialist. In most cases, it is advisable to x-ray the foot to rule out the possibility of bone spurs which often form at the plantar fascial attachment.

Once the pain has diminished, you may return to running on an asymptomatic basis. The key to treatment is related to morning pain.

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The answer is RHB Nutritional Supplements, purposed and designed to answer YES to all of the above questions.

In the past 23 years, I have designed nutritional programs for more than 1000 Olympic and professional athletes. Don't you think it's about time that you too have the opportunity to use these same specially-formulated supplements?

Payton Jordan knows very well the importance of a total balanced regime in becoming the greatest in his field. He is a forerunner in the area of total training, technique, weight maintenance, nutrition, sound healthy habits. He has utilized RHB Supplements for nearly twenty years as an important element in his balanced training.

Russ Hodge, Olympian and former world record holder in the Decathlon, is the designer of these products. Some of his notable performances include, at 230 pounds, 10.2-100 Meters, 61” Shot Put, 25’ 4” Long Jump, 4:12-1500 Meters, 500 lb. Bench Press, 775 lb. Squat.

I had found, early in my athletic career, that nutritional supplementation was an integral part of my training. It improved my performance, endurance and recovery.

My expertise lies in the area of maximizing an athlete’s abilities. We are confident that we can enhance anyone’s performance, endurance and strength. I am available to help you bring your personal athletic needs to the highest levels—by phone, in person, or for clinics or presentations.

We are making an Introductory Offer of our Athletic Kit.

It is carefully designed to help you digest your food properly, improve endurance, and resist sickness and injuries.

Order today by filling out the handy coupon.

RHB NUTRITIONAL SUPPLEMENTS 933 Gayley Ave. • Los Angeles, CA 90024 • 310-820-5377

For quicker service, call 800-727-4742

INTRODUCTORY OFFER...OUR SPECIALY FORMULATED ATHLETIC KIT,
Normally priced at $42.00. All Masters runners will receive a one-month’s supply for only $30.00—a tremendous 30% discount. All subsequent orders for Masters athletes will continue to receive a generous 20% off all of our specialized RHB Nutritional Supplements

If you have any questions regarding maximizing your athletic ability, please call us at 800-727-4742.

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Deep Water Training: Interview with Richard Charles

Richard Charles, Service Committee representative for the National Racewalk Committee and Racewalk Chair of the Southern Texas Association is a certified exercise instructor for those who are "chronically impaired." He lives in Austin, Texas, where he promotes deep water walking as a definitive method of cross-training for masters racewalkers. Because Ray Funkhouser and other highly successful athletes are using deep water walking in their training programs, its merits are worth exploring.

What benefits can walkers expect from deep water training?

From the racewalking point of view, deep water walking develops the front and back muscles of the legs and arms, works the hip flexors, and improves range of motion at the same time. It does this at a lower heart rate than on land. Specifically, your workout heart rate is about 10-15 beats slower in water than on land. The reason for this is that the water pressure assists the blood's return to the heart. It is aided by the near zero gravity environment.

Another valuable aspect of a water workout is that by your own energy and effort you can develop anywhere from five to 40 times more resistance than in air. A hard 30-minute workout in the water equates with a 45-minute workout on land, and you can gain this intensity without pain.

Would you explain the simple how-to's of deep water walking?

When you are doing deep water walking, you use a flotation device. I recommend a wet vest. It floats you just below your chin in a spinal neutral position. In this neutral position, your vertebral column is relaxed and there is no pressure on the disc. Because you are not concerned about trying to keep afloat, you can really concentrate on the movements of driving your legs forward and moving your arms.

Of course, you have to have access to a pool with a deep end. I work out at a local "Y" in a regulation pool with lanes. The diving end has a 20-foot segment that tapers down. Using a lane, I work as hard as I can in one direction, then turn and go in the other direction. The point is that when you do walking or running in water, forward movement is not important. The important element is time. The pool at the "Y" has competition clocks at both ends so I can keep tabs on whether I have done 30 seconds or 60 seconds of effort if I am doing an interval workout.

Do you do workouts similar to those you do on land?

You do workouts similar to those at a track. For instance, if you are doing an interval walking workout in the water, you will go all out for 30 seconds, then walk slowly in the water to recover, then go another 30 seconds all out. If you look at a video taken underwater, it appears that you are just walking (or running) on an invisible glass surface because all the movement, the forward lean from the ankle, is easy to lose a heart beat or two, and if you are in good condition, you recover very quickly.

What seems to be most accurate in terms of the forward lean from the ankle, the forward lean from the ankle, the intensity.

How do you grade your effort? By breathing? By fatigue?

People use heart monitors, but after you have been deep water walking or running a while, you can judge. There is a lot written about target heart rates, pulse taking, etc. In the water, I don't stop and take my pulse because I have found that pulse taking is not that accurate. It is easy to lose a heart beat or two, and if you are in good condition, you recover very quickly.

Every workout is involved. When you do a ladder workout, you start out at a reduced effort and gradually increase the intensity.

How do you grade your effort? By breathing? By fatigue?

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Outstanding Masters Race Walkers

Presented to the outstanding male and female masters walkers.

Selected by the TAC Masters Track and Field Committee.

Men

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<tr>
<th>Year</th>
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<td>Beverly La Veck</td>
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<td>1981</td>
<td>Jeanne Bocci</td>
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<td>1982</td>
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<td>Marie Henry</td>
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<td>JoAnn Nedelco</td>
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<td>1987</td>
<td>Elton Richardson</td>
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Increase in Masters RWing. A quick scan of past issues of National Masters News provides ample evidence of the growth of Masters RWing in the past 10 years, largely attributable to the huge increase in women's competition.

1992 NATC Mstr T&F, Wichita

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1987 NTAC Mstr T&F, Eugene

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1992 NTAC Mstr T&F, Spokane

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In addition, the 1992 Masters Men's Championship 10K in Niagara (and regional Women's Championship) drew 100 masters (approx. 40 F, 60M), and the 40K Championship in F. Monmouth, NJ, drew at least 40 masters men and 10 masters women. In fact, masters outnumbered open racewalkers in the 40K by a three to one ratio.

From Bev LaVeck, Masters RW Coordinator
# U.S. Masters Racewalk Records

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<td>Jill Latham</td>
<td>F</td>
<td>50</td>
<td>2:45:08</td>
<td>Atlanta, GA</td>
<td>4/8/90</td>
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</table>

Continued on next page
breaking the surface of the water. I will use body in all sorts of ways to involve new muscle patterns.

Is there any danger of overstretching or overpressuring your muscles?

No. You might feel a little tired, but you won't hurt yourself. Besides if you did feel stress, you just ease off a little.

Then it is not like doing calisthenics or a typical stretching warm-up where you can injure yourself if you are not careful?

When you get into the water, you may feel a little stiff, but when you start working your arms and legs, it just feels great.

How about rehabilitation after injuries?

People frequently think of water in terms of rehabilitation. Because of its unique properties and the intense exercise it allows, athletes can build up strength in their injured part while maintaining their aerobic conditioning. At the same time, deep water workouts are excellent cross-training for athletes who are in good condition, but who want to improve their overall body mobility and strength.

Working in water will also reveal muscle imbalances. For example, when an athlete starts moving around in the water, I watch to see if he or she tends to favor one side over the other. Many times, when people begin working quite hard, you will see them start turning in the water because one leg or arm is stronger than its opposite. That immediately signals that they need to do things to develop the weak side. It is a very simple test of technique and range of motion. One of the things we have learned to do is read our own bodies.

Do you mean developing body awareness?

People learn body awareness by learning focus. When I have them in the water, I have them concentrate on the leg movements, on driving the hip forward, on how the arms feel moving in the water. Body awareness develops by focusing on specific parts of the body whether on land or in the water.

When I work with masters, I am especially concerned about increasing range of motion and body strength. By walking or running in the water, masters get a total body workout. In contrast, swimming is about 80 percent upper body and running is about 80 percent lower body. However, as far as maintaining or improving bone density, a person has to workout on land for that.

Right now, those over 65 form about 7 percent of the population; in 2000, they will be about 11 percent; and in 2020, about 20 percent. Exercise is proving extremely important to enjoying a quality life all the way. I am 70 years old now. I tell my wife that using the standard of the target heart rate where you lose a beat each year, that I have 130 beats left and that I am not checking out until I run out of beats.

Joe Caruso, an experienced starter from the NYC area, giving his argument against the amendment to the no-false start rule. Masters Committee meeting, TAC Convention, December 3, Louisville, Ky. The amendment would have allowed false starts without disqualification. The amendment was approved on December 2, but, when brought up again on December 3, it failed. Masters Chairperson Barbara Kvasky presided over the entire skein of Masters T&F meetings.

NNM/Jerry Wojcik
PUBLICATIONS ORDER FORM

<table>
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<th>Quantity</th>
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<tr>
<td></td>
<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1991. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&amp;F Records Chairman. $4.00</td>
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<td>Masters Track &amp; Field Rankings</td>
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<td>Men's and women's 1991 U.S. outdoor track &amp; field 5-year age group rankings. 56 pages. Over 100-deep in some events. All T&amp;F events, including mile, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojciech, USATF Masters T&amp;F Rankings Chairman, and the National Masters News. $5.00.</td>
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<tr>
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<td>Masters Age-Graded Tables</td>
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<td></td>
<td>Single-age factors and standards from age 21 to 90 for men and women for every common track &amp; field, long distance running, and race-walking event. Shows how to conduct an age-graaded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. $5.95.</td>
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<td>Masters 5-Year Age-Group Records</td>
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<td>Men's and women's official world and U.S. Outdoor 5-year age group records for all track &amp; field events, age 35 and up, as of April 15, 1992; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&amp;F Records Chairman. $1.50.</td>
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<td>Competition Rules for Athletics (1992)</td>
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<td></td>
<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>
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<td>IAAF Scoring Tables (1985)</td>
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<td></td>
<td>Official world scoring tables for men's and women's combined-event competitions. $11.95.</td>
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<td>Time Master Calculator</td>
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<td></td>
<td>Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. $4.50.</td>
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<td></td>
<td>Guide to Prize Money Races and Elite Athletes 1992</td>
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<td></td>
<td>Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize-money events, plus much more. $46.00.</td>
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<td>TAC Patches. Embroidered, 4&quot; x 3&quot;. $3.50</td>
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<td>U.S. Track and Field Team Patches. Embroidered, 3 1/2&quot; x 2 1/4&quot;. $3.50</td>
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<td>U.S. Track and Field Team Lapel Pins, Cloissone enamel, 1 1/4&quot; x 5/8&quot; bar pin with safety catch. $3.50</td>
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<td>The Masters Running Guide by Hal Higdon</td>
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<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. $9.95</td>
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<td>Run Fast by Hal Higdon</td>
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<td>Winning Secrets by Dr. Ladislav Pataki and Lee Holden</td>
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<td></td>
<td>Running Research News</td>
<td></td>
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<tr>
<td></td>
<td>Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-to-read style, it offers many practical tips for improving individual workouts and overall training programs. &quot;Simply the indispensable running newsletter.&quot; — Amos Burfoot. $16.00 per year.</td>
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Liz McBlain, 44, of Canada, competed as a guest in the 1992 National Masters Heptathlon Championships, Des Moines, Iowa. Photo by Jim Crossman
Minutes of Masters Track & Field Committee Meetings

Barbara Kousky, Chair, presiding

The Executive Committee voted, 8-6, to restate the five-year age-group awards for 1992. (See chart on page 3).

Budget
The Committee voted unanimously to reallocate available 1992 funds as follows: Chairman $675; Indoor Coordinator $200; Multi-events Coordinator $200; Records Chairman $200; Treasurer $400; Secretary $300. All of the Chairman’s additional allocation was for postage, phone, fax, etc. expenses — much of it resulting from more than 100 requests for information about our program from an article in Modern Mastery magazine.

USA Track & Field (formerly TAC) allocated $30,000 to our Committee for 1993, a 33% increase over 1992 (when money was tight), and a 20% rise over 1991.

On the convention’s final day, the Masters T&F Executive Committee held a three-hour session to listen to a 15-minute presentation from each member who receives funds for his/her area of responsibility. Many members for years have been paying significant amounts of personal funds for convention-travel, postage and phone expenses. A major budget goal is to reduce the need for personal expenditures as much as possible.

Most of the committee members are required to attend the convention and at least one of the two major national championships.

A major budget item in 1993 will be $2400 for a team manager at the 10th WAVA World Veterans Championships in Japan. Because the team manager is a full-time position during the Games, with the requirement that the manager not compete in Miyazaki, it was felt the position had to be fully funded. In addition to meeting the needs of individual U.S. participants, the manager must attend daily managers’ meetings in Miyazaki and has little or no time for vacation and sightseeing.

The Masters LDR Committee has been asked to contribute an additional $500 for the team manager.

The budget of each regional coordinator was increased 37.5% from $800 to $1100. While not a lot, the sums are meant to help develop meets in local and regional areas, where attendance has been slipping lately (see Regional Reports on this page).

The Committee approved expenses totaling $31,710, and gave authority to the Chairman and Treasurer to manage the numbers down to $30,000. This was done and the final approved figures are on this page.

1993 Indoor Championships
The meet is set for Bozeman, Mont., March 19-21. The entry form is on the back page.

1993 Outdoor Championships
The meet will be held at Brigham Young U. in Provo, Utah, August 11-14. John White, director. The event will be held on track’s new infield, which has had the facilities.

1993 Weight Pentathlon Championships
Also to be held on Chuck Klemm’s track in Boise, Idaho, September 25.

1994 Indoor Championships
Awarded to the only bidder, Columbia, Mo., March 25-27, at the U. of Missouri — a 2-hour drive from either St. Louis or Kansas City. The track is 8 lanes, 200 meters.

1994 Outdoor Championships
Awarded to the only bidder, Eugene, Ore., August 11-14. Tom Jordan, meet director. About 400 dorm rooms at $59/day single including all meals.

Hall of Fame
A committee of five (two from T&F and two from LDR) will be chair by Marilyn Mitchell to bring a program proposal to the Masters T&F Committee for a vote at the Indoor Championships in Bozeman, March 20.

Number 1
John White suggested all middle- and long-distance races with multiple age groups use race numbers which indicate the competitor’s age group. Masters LDR supplies these numbers to races for free. Contact White or Ruth Anderson (address on page 2).

Permanant Schedule
Jack Schaller spent considerable time in drawing up modifications to the permanant schedule, including one proposal to move from a four-day to a five-day outdoor championships. To be discussed during 1993.

Racewalking
Chairman Bev LaVeck noted significant growth in masters racewalking (see chart on page 19). The importance of front, back and hip numbers; plus one lap-counter per each two competitors who write elapsed times on slap sheets, has been stressed as vital for a successful walk event.

Bev asked for volunteers for the racewalk rankings and the All-American standards (the standards need to be revised, especially for women). She is also seeking someone to take charge of the masters racewalk awards.

Rankings
Jerry Wojcik, Rankings Coordinator, said all 1992 indoor rankings (except weight) were published in the National Masters News. The weight event was published in the annual rankings book and the outdoor events. The same format will be used in 1993. Contacts for sending performance marks are listed on page 5.

Regional Relays
The regional relays in Spokane were a resounding success with athletes and spectators, and the committee approved Phil Mulkey’s efforts with Holiday Inn the development of a similar event for the Indoor Championships.

Regional Reports:

East
Haig Bohigian said there is decreasing participation in eastern masters meets.

Southeast
Phil Rascher said the 1993 outdoor regional is set for Gainesville, Fla., the second or third week in September; it’s planned as a tune-up for Miyazaki. Rascher and Mulkey send out a twice-yearly mailing and newsletter. There’s a slight decrease in submasters activity. An indoor and outdoor surge was instituted with no cases, the first indoor meet drew 120 entries.

Midwest
Kousky announced that Mel Larsen will be replacing Dick Green as Midwest Regional Chairman.

Mid-America
Tom Thorne said the region had indoor and outdoor championships in 1992 and sponsored 15 developmental meets. There is decreasing masters participation in this region; no surcharge is imposed.

Southwest
There is decreasing participation, perhaps because of the recession. No regional surcharge will be applied. TULANE has completed its track facility with 1500 seats, it might be available for future masters meets. The U. of Texas/Houston has constructed a new indoor facility.

Continued on page 18
Minutes of Masters LDR Committee Meetings

Tues. Dec. 1 - Morning
Chairman Chuck DesJardins presiding. John Nzau used one birthdate to say he is a U.S. college athlete and later used a different birthdate to compete in masters events. TAC officially determined his DOB as April 12, 1956, but he has reportedly used a different date to enter races using the "wrong" age. Chuck and TAC's Thomas McLean will write him regarding this issue.

Dan Brannen said the TAC 50-mile championship slated for Feb. 20 is cancelled. (Note: Later awarded to Columbus, OH, on March 28).

Bob Boal said losing the name "athletics" in TAC's new name is a "Track & Field" is bad policy. The new name clearly does not reflect the other two sports of long distance running and racewalking.

Tues. Dec. 1 - Evening
Use of heart-rate monitors in competition was approved, 13-6.

Should standards be set for U.S. champions who are unopposed in an age group? No action taken.

A motion passed, 11-7, to accept the new name of "USA Track & Field, Inc." John White suggested each sport could have its own sub-structure and be called, USA/LDR and USA/RW.

Chuck also recommended extending TAC Executive Committee meetings in 1992. He was on the special panel to evaluate Ollan Cassell, TAC's Executive Director. TAC's EC recommended extending Cassell's contract for two more years.

A new committee of LDR chairmen was meeting to help promote LDR.

Thurs. Dec. 3 - Morning
Kirk Randall and Ruth Anderson presented, respectively, the male and female nominees for outstanding 1992 runners. After much discussion, 22 runners were chosen (see chart on page 7). The Ok to Essig Award for meritorious service to LDR went to Kirk Randall.

Should TAC cards be required for all masters runners in events where our championship is part of a larger event? In some cases, the winner of the masters division has not been TAC's winner. A motion was made that all masters runners in a TAC Championship race must be current TAC members. The motion passed to our Executive Committee to waive this requirement on an individual event basis. The motion was tabled until next year's convention.

Thurs. Dec. 3 - Morning
Joint Meeting of Masters T&F and LDR
Norm Green reported the first WAVA Road Championships (10K/25K) drew 1400/1000 runners, respectively, to Birmingham, England, in August, 1992. The next championship will likely be held near Toronto on July 30-31, 1994. That would enable athletes to proceed to Edmonton for the WAVA North American T&F Championships on August 4-7, and then on to Eugene for the U.S. Masters T&F Championships on August 11-14.

Green said WAVA's Non-Stadia Committee will recommend to the WAVA General Assembly in Miyazaki that, in addition to the cross-country races held bientiennally at the WAVA Championships, a WAVA X-Championship also be held in even-numbered years at the IAAF Cross-Country Championships.

Al Sheehan reported WAVA and TAC donate $3600 and $5000 per year, respectively, to the National Masters News. Subscriptions account for 64% of total incoming monies, and TAC is to be commended for its support. A motion was made to incorporate; Al will discuss this with Barbara, Chuck and TAC's Dale Neuburger.

A motion passed to recommend to the organizers of the 1993 T&F Championships in Provo that Al Sheehan be one of the primary meet announcers.

(Done. See T&F minutes for more information. The Hall of Fame, 1995 WAVA, and Women's Grants.)

Fri. Dec. 4 - Morning
Jerry Crockett, Nominations Chairman, conducted committee elections. The following were elected to serve: Secretary: John Ollan; Vice-Chair, Women: Ruth Anderson; Treasurer: George Ver­nosky; Secretary: Carole Langenbach. In a contest between Crockett and Mick Midkiff, Jerry was elected Men's Vice-Chair. Norm Green and Ruth Anderson were elected WAV inserts.

National Championships were awarded (see chart on this page.)

Board of Directors: Bob Boal; At-Large Committee members: Bill Nault, Ed Benham, Dudley Healy, Lewis Chandler, Evelyn White; Associations: Jack Moran; Budget & Finance: George Vernosky; Communications and Cultural Exchange: John Boyle; Law & Legislation: Norm Brand; Member Services: Bob Langenbach; Officials: John White; Equipment sub-committee: Jim Grey; Records: Basil Honikman; Rules: George Kleeman; Coaching Education: Pat Vigil; Medical Services: Teddy Foy; Sports Sciences: Teddy Foy; RRTC: Norm Green; Athletes Advisory: Ruth Anderson, Rae Clark, Carol McLatchie, Pat Vigil; Ultra-Running: Rae Clark and Ruth Anderson; Men's LDR Rep: Jerry Crockett; Championships Coordinators: Mick Midkiff; Athlete-of-the-Year Coordinator: John Boyle.

Sat. Dec. 5 - Morning
Treasure Verknosky reported a report of TAC's 1993 budget and of the Masters LDR budget. We requested $40,000 for 1993 and were awarded $20,000 (compared to $22,500 in 1992). In addition to the chairmen and secretary, two other committee members will get their airfare paid to next year's convention (or the money can be divided in other ways). The breakdown of our original $40,000 request was: Administration: $5000; Awards: $1000; Support for National Championships: $7000; NGB Meetings: $10,000; WAVA Meetings: $6000; RRCA Convention: $1000; IAAF Coordination: $4000; Championship Statistics: $1000; Association Workshops: $2000; Committee to Develop Award Guidelines: $3000. Chuck and George will work on trimming this budget to $30,000. The Committee is working on getting a 24-hour run in 1993.

John Boyle said when the new USATF/Nike logo is used, it will cause problems if other sponsors are also shoe companies. Hopefully, USATF will provide guidelines soon.

John White announced when deaf athletes compete in a race, a flag will be lowered at the same time the gun is fired. A motion passed that when Championship bids are awarded, losing bids be voted as acceptable or not, so that if the original bid falls through, our coordinator can contact the second choice.

The method of scoring cross-country races was discussed. Arguments for changing to "place" scoring instead of "time" scoring: the 6th, 7th, and 8th runners can "help" the team by disqualifying; big gaps in time would affect the outcome more; if the timing of the race got fouled up, scoring could still take place; it's easier to add up the numbers.

Arguments against changing to place scoring: just add up the scoring members' times without juggling places and having to figure out who displaces, etc. (easy to make a mistake this way); teams with more than five runners would have an advantage; there would be no advantage to running a good "time" rather than just being in the race. No motion was made, so the Executive Committee will discuss it further. In 1993, those conducting X-C races should do a secondary scoring based on place and report to the EC after the race.

Since many of our road championships have teams that do not show up, it is difficult for the race director to order the proper number of team awards, and usually, the awards are not used anyway. A motion was passed that in masters road championships, the race director may eliminate team awards (this must be stated clearly in the entry in 1993).

Continued on page 18

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1993 USATF NATIONAL MASTERS LDR CHAMPIONSHIPS

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<th>RACE</th>
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<td>5K X-C</td>
<td>February 6</td>
<td>Sandy, OR</td>
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<td>8K Road</td>
<td>March 20</td>
<td>Virginia Beach, VA</td>
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<td>10K Road</td>
<td>September 25</td>
<td>Oklahoma City, OK</td>
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<td>10K X-C</td>
<td>October 31</td>
<td>Louisville, KY</td>
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<td>15K Road</td>
<td>November 7</td>
<td>Schenectady, NY</td>
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<td>June 27</td>
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<td>25K Road</td>
<td>November 20</td>
<td>San Diego, CA</td>
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<td>Marathon</td>
<td>October 3</td>
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<td>50 Mile</td>
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<td>100K Road</td>
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<td>Marathon</td>
<td>October 2</td>
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Entry Booklets Now Available

Entry booklets are now available for the 10th WAVA World Veterans Athletics Championships. The biennial event will be held in Miyazaki, Japan, from October 7-17, 1993, with more than 6000 athletes from over 60 nations participating.

U.S. residents may get a booklet by sending $2.50 (to cover postage) to Barbara Kousky or Marilyn Mitchell, Chairman and Secretary, respectively, of the Masters T&F Committee (addresses on page 2), or to any of the U.S. masters travel agents listed in this section.

At present, the Miyazaki Organizing Committee (OC) is contacting the 84 WAVA affiliated countries as to how many copies of the entry booklet they require. As of December 7, the OC had received requests for 4474 booklets from 24 countries. (Each affiliate should contact the OC as soon as possible with their orders for booklets.)

The event is open to men age 40+ and women age 35+. Competition will be held in five-year age groups in all track & field events, as well as in a marathon, 10K cross-country run, a 5K racewalk and a 10K/20K racewalk. An unofficial weight pentathlon will also be held. There are no qualifying standards needed to enter.

Secondary Track
The construction of a new 400m track got underway at the Miyazaki Sports Park, on the site of the former rugby field, after the end of the Japan High School Sports Meet in August, 1992. The track will be used as the second running track.

"All is going as planned," said Hidenori Kawasaki, Executive Director of the Championships. "The track is due for completion in July, 1993."

The OC has received bookings for about 3000 beds so far, mainly from European and American-affiliated travel agents.

Promotion
To promote the event, the OC visited several veterans Championships last year, including the Asian Regions in Singapore, the European Regions in Norway, the North American Regions in Mexico, the U.S. Nationals in Spokane, and all major veterans events in Japan.

On October 6, one year before the Championships will begin, a press conference will be held in Tokyo before 80 reporters from throughout Japan. WAVA President Cesare Beccalli was there. On the same day in Miyazaki, a clock displaying how many days are left to the Championships was switched on in the street outside the Prefectural (State) office.

Volunteers
The OC is aiming to provide 500 volunteer interpreters during the Championships. About 400 people have already signed up. Study meetings began last month.

The OC also hopes to provide 750 additional volunteers for the various events. About 400 have registered so far. If necessary, people from the general public will be recruited and trained.

Lighting of the Flame
On October 8, 1993, the night before the Opening Ceremony, the Veterans' Flame will be lit in Heiwadai Park in Miyazaki City. Traditional Japanese spectacles such as NOH plays and Yagura (a sacred dance performed in Miyazaki) will be held. A torch relay will be held the next day.

"We hope to entertain the athletes while exposing them to Japanese culture," Kawasaki said.

NMN will update the preparation for the Championships each month in this column. □

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NATIONAL MASTERS NEWS
Monthly magazine of masters athletics
January, 1993
COME JOIN US IN EXOTIC

Miyazaki, Japan

OCTOBER 4 - 18, 1993

The tenth edition of the World Veterans’ Championships will be held in Japan’s “Sun Coast” southern city of Miyazaki. Long a prime vacation spot for the Japanese from the north, Miyazaki has been in recent years building a reputation as an international sports center.

From our firsthand observation, we can tell you that the facilities in the city’s sprawling Sports Park are about the best we’ve seen for a Veterans’ Championships. Two splendid tracks are within walking distance of each other. The Park itself is a short bus ride from the hotel area in downtown Miyazaki.

Housing is at a premium, with no real dormitory or motel-type accommodations available. So we have booked into the best available first-class and tourist-class hotels, all of which have Western-style beds, bathrooms and meal menus.

You will be able to experience the vastly different culture of southern Japan without having to deal with the problems of getting around in a foreign land. You will be able to concentrate on your competition — and leave the worries to us!

TOUR COST

Due to fluctuations in the value of the dollar against the yen, it is not possible to guarantee a tour price far in advance. The following are our best estimates of the cost, with the promise that we will do all we can to keep to these prices (all prices are per person):

<table>
<thead>
<tr>
<th>TYPE OF ARRANGEMENTS</th>
<th>WEST COAST DEPARTURE (SFO/LAX/SEATTLE)</th>
<th>EAST COAST DEPARTURE (N Y/FJK/Chi/Atl/Chi/Dallas)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Double Occupancy</td>
<td></td>
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</tr>
<tr>
<td>A Hotel</td>
<td>$2,395.00</td>
<td>$2,555.00</td>
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<td>B Hotel</td>
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<tr>
<td>C Hotel</td>
<td>$2,159.00</td>
<td>$2,319.00</td>
</tr>
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</table>

NOTES: There is a difference in quality between the A and B category hotels, and the B hotels are likely to be fairly far away from the central shuttlebus pickup point. The C category hotel we recommend only if the cost is the primary consideration for you. C hotels, while not that much cheaper than A or B categories, have rooms more similar to those in dormitories than those in a first-class hotel.

DEPOSITS

To reserve your spot on the Miyazaki tour, send $100 per person along with the form below. This deposit is fully refundable until March 1, 1993.

If you would like to receive more information about the tour before joining, send in the form only. But don’t delay — space will be limited to 150 persons.
**LDR Meetings**

Continued from page 15

Discussion continued on the problem of masters without TAC cards getting awards in our championships which are part of larger events. This is especially frustrating when the non-championship masters division gives cash, and foreign athletes win the money. It was suggested that any masters runner who places in a race fitting this situation must have a TAC card to get an award. We would not apply this rule to any race we have previously awarded a championship (e.g., Twin Cities). No motion was voted on.

Respectfully submitted
Carole Langenbach, Secretary

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**Track & Field**

Continued from page 14

West

Hugh Cobb said participation is decreasing slightly. The 1992 regionals were a two-day affair instead of one day, and it didn’t hurt attendance. No surcharge was applied, but may be in ‘93. The 1993 Regional will be at Cerrosio College outside Los Angeles. It’s San Diego’s turn, but volunteers have not stepped forward. Cobb wants to actively promote the sport more in the region.

Northwest

About 10 meets were held in 1992. Agreements were reached to increase participants in the Portland area.

Comment on Decreasing Regional Activity

Jerry Donley, past T&F chairman, said we need a second wind; the guys who started the program 25 years ago are in their 70s and tired. New blood is needed in all regions to revitalize the program.

Rules

- The open women’s committee rejected a proposal to add the pole vault to women’s open competition.
- TAC’s rules were clarified so that masters records can be made in mixed age and/or mixed sex competitions.
- A motion to give meet directors the option to extend 1500 instead of a mile was rejected, 6-20; to run the 1500 in odd-numbered years and the mile in even-numbered years was rejected, 8-15.
- A proposal to reduce the long hurdles distance to 300m for M50-59, and 200m for M70+, was unanimously rejected.
- A motion that, at the nationals, relay team members must be members of the same club or region passed, 22-2.
- A similar motion that, at regional championships, relay team members must be members of the same club or association passed by voice vote.

(Note: A TAC legislative change which was approved by the 1991 convention escaped the notice of our committee. The previous “grandfather clause,” wherein an athlete could move beyond a neighboring association and, under certain conditions, maintain his/membership to score for his club relay team, was rescinded. Such an athlete may continue to maintain his club membership, but may no longer score for his club’s relay team.)

- A rule to disqualify stopwatch competitors for “climbing” the barriers, and to DQ hurdlers not having both feet off the ground at each hurdle was passed, 15-5. This was simply to conform to the exact language already in the WAVA rule book, but omitted from the TAC rule book.
- Item 150 to disallow flat javelin throws was carried by voice vote. The regulation was amended, 15-11, that the new age javelin must leave the track. That amendment was rejected by TAC’s Rules Committee, on grounds that the masters rule differed from the open rule, which does not require a track.
- A proposal to eliminate the “no-false-start” rule was originally approved, 14-10. But since that was not a clear enough mandate for change, the vote was reconsidered. The next day, after much discussion and lobbying, the proposal was rejected, 1-29. Thus, the no-false-start rule remains in effect.
- A motion to provide a minimum of five Americans (or resident aliens) being advanced to the finals in national championships was overwhelmingly rejected.
- A motion to change the height and spacing of the short hurdles for M50-59 in multi-events was defeated.
- A motion to define racewalking as distinct from speedwalking was rejected.
- A motion to allow a 5K walk national championship at a separate site and date was approved. The 5000 walk track will continue to be part of the national championships.
- At indoor national championships, two separate weight throw events will be offered: M30-59: 35lb/56lb; M60+: 215lb/35lb; W30-49: 205lb/35lb; W50+: 160lb/25lb. The same two weight events will be offered at a separate outdoor national weight throw championship.

Team Uniforms

USATF will form an organization similar to the NFL Properties and will sell uniforms and other apparel. Nike, the supplier of U.S. team uniforms, will supply a masters uniform via the USATF entity. Final details to be worked out.

Miyazaki Update

Bob Fine announced WAVA will conduct random drug testing at the World Championships in Miyazaki, Japan, October 7-17, 1993. Veterans who test positive for banned substances may be exonerated via the USATF entity. Final details to be worked out.

Mr. Fine has also announced his plan to give meet directors the option to add the pole vault to women’s open competition.

Report from Britain

Mike McLeod, 40, continues to dominate veteran races in the UK. The North Easterner set a new British 10K best of 29:13 at Heaton on November 8, then went on to defeat world 25K champ Dave Hill in the British 10K Championships at Barnsley a week later.

The course, which is not very fast, saw few runners break 35 minutes. Zina Marchant, 42, took the W40 division in 35:54, with Linda Watson winning the W45 (38:02) and W50 division.
In Praise Of Ice

I was Wednesday evening August 5, 1992, my last hard workout before the Nationals. Concentrating on my approach speed, I started down the javelin runway. Suddenly, POP — and I nearly collapsed. There was a sharp pain in my left calf, and it instantly felt like a block of cement.

As I limped home, my plans to compete in the pentathlon at the Nationals nearly vanished. A year's worth of training with no reward. I had known all year that my marks weren't good enough to be really competitive, but this was going to be my first Nationals, and I was looking forward to the experience anyway.

As soon as I got home, I began icing my calf, two or three times that first night.

**Thursday, August 6, 1992**

Ice again first thing the next morning. And I could still barely walk. I limped to work unable to put any pressure on the ball of my left foot.

That morning I decided not to throw in the towel until it was time to leave for Spokane. Instead, I'd work at healing the way I had worked at improving my Big Ten two-mile. I began walking — limping — as much as I could.

At noon that first day I stretched, walked about two miles, and iced my calf. That afternoon I started to lose the limp.

I began massaging my calf as frequently as possible without looking like a deviant. The block of cement in my calf began to loosen up just a little. . . except for a baseball-sized knot.

**Friday, August 7, 1992**

I continued ice, massage, and stretching as frequently as possible and, by Friday, I was able to walk without a limp. At noon, I stretched and then alternated walking and jogging, about a hundred meters each, for a total of about a mile and a half. Then more stretching and ice.

That evening I applied my first ever dose of DMSO.

**Saturday, August 8, 1992**

I applied the DMSO again on Saturday and couldn't tell if it was helping or not. I could tell, however, that the fish breath and body odor that come with DMSO were alienating my wife, who had been supportive up to that point.

Wanting to save my marriage, I shifted to the DMSO. With no magic cure, I was back to ice, stretching, and massage.

Saturday I went down to the track and jogged a warm-up mile. Feeling O.K., I began to lengthen my stride. Everything was all right except for the knot in my calf. After stretching, I decided to try a couple of dynamic stretches, butt kicks, and high knees. That was a disaster. There was no "dynamic!" to my effort. I couldn't get up on my toes and something was still horribly wrong with my calf.

I couldn't decide whether to sit down and cry or just walk off the track and hang it up for the year. I decided to jog another mile because I could still do that.

**Sunday, August 9, 1992**

More ice, stretching, and massage. Back to the track, to attempt a few dynamic stretches again. My legs were still lifeless, and my exercises were far from dynamic, but there was improvement . . . a small flicker of hope for recovery.

**Monday, August 10, 1992**

More ice, stretching, and massage.

Monday evening I warmed up, then did some dynamic stretching with a little bounce in my step. I took a few standing discus throws and a couple of three-step javelin throws. Then more ice and massage.

**Tuesday, August 11, 1992**

Tuesday was my last day at work. I walked about two miles at noon and continued with the ice and massage. I was hoping for a clear sign: leg feels great, go for it; leg feels lousy, stay home and look forward to next year.

No such luck. The knot in my calf was down to the size of a walnut but was still definitely there. And I hadn't tested my leg yet with any explosive type of movements.

Having prepaid my motel room and being incredibly tight-fisted, I decided to give it a go.

**Wednesday, August 12, 1992**

When I got up on Wednesday morning, my leg felt pretty good. Another ice treatment and I was on the road.

But I was really worried about swelling during the eight-hour drive from Eugene to Spokane. Instead of just dumping ice in the day cooler with my soda and fruit, I packed the ice in four plastic bags. Every two hours or so I would strap one of the bags on my calf with an Ace bandage and drive that way for the next 15-20 miles.

That seemed to work pretty well; my calf was in good shape when I arrived in Spokane. Unfortunately, after checking in at the motel, I discovered that my room wasn't ready. So after an eight-hour drive, I had to spend another hour or so sitting outside in the nearly 100 degree sunshine. That's when my leg began to swell.


**Thursday, August 13, 1992**

The pentathlon was scheduled to start at 9:00 a.m. I hit the ice at 6:00 a.m. and again after a light breakfast. Then it was time to head to the track.

The first event of the pentathlon is the long jump, and my bad calf was on my take-off leg. I figured if I made it through the long jump, I would be O.K. until the 200 meters.

I warmed up slowly, mixing jogging with stretching. It felt pretty good. After setting my check marks, I took my first run through on the long jump approach. It was the first time I had been on my toes in the week since I blew my calf, and I made it without disaster.
Good Running in Bad Weather

The voice rattlel over the loudspeaker, "Good job today!!" I was seated in my van near the finish line for the road races sponsored by Borgess Medical Center in Kalamazoo.

The announcer's voice grated, like nails scraped across a blackboard. He was too loud, too aggravating. As SK finishers streamed across the line, he kept repeating: "Good job today!!" Earlier, he had been singing a song you only hear on light-radio stations: "Feeling good!!..." Where did the organizers find this guy? Under some subaqueous rock? Probably at a light-radio station.

I shouldn't be too harsh. He was out in the cold, and I was sitting in a warm van waiting for my race to begin.


"What was the guy?" Probably at a light-radio station. As loud as it could be. It was too loud, too aggravating. As anyone can chant couldn't hear announcements. The light-radio announcer had so little volume you had become irritated overheard a runner comment that his wife had rolled over that morning, "You're bad weather. You simply dress for it: tights, long-sleeved top, gloves. No problem.

Then I huddled in the van, the long drive, I had started in the dark. Approaching the finish line, I could see the clouds, but it soon vanished and the wind kicked up. We ran together for several miles, not talking.

Approaching the finish line, I could again hear the light-radio announcer. Using a computer printout, he was attempting to congratulate by name every runner crossing the line. At last, my moment of glory. "Here comes -- " began the announcer. Pause. "Late entry! No number listed!!! Sic transit gloria. Exiting the chute, I congratulated the runners fore and aft. Ron headed toward the food tent; I headed toward my van. "See you next year," I said in parting.

Good weather or bad.

Hal Higdon is Senior Writer for Runner's World and author of "Run Fast."

Mahr, Kurtis, First Masters In St. Louis Diet Pepsi Marathon

by HANK KIESEL

Terry Mahr of Oregon, Ohio, seems to enjoy running in St. Louis, Mo. Mahr, 44, was the first masters woman and sixth overall at 2:53:17 in the St. Louis Diet Pepsi Marathon, November 22.

On September 2, Mahr was the first woman finisher in the Stadium Run at St. Louis. Mahr received $1000 as the marathon woman masters winner.


Patrick Gallagher, 67, St. Louis, Mo., was the grandmasters winner with a 3:40:14.

Overall winners were Joe Leuchtmann (28, 2:19:06) and Jan Gautier (25, 2:45:42). Each received $4000 for their first place efforts.

There were 844 finishers (135 women) contending for the $20,000 in prize money.

Health and Fitness

Continued from page 19

I took a couple more runs through, each a little faster and c.r.h without disaster. I even braved the semi-pop-up.

Then the competition began, and I was the fourth jumper in the rotation. My first jump was short; I took off at least a foot and a half behind the board; but I was ecstatic. My calf had held together.

I went on to P.R. in the long jump, javelin, and 1500 and tied my P.R. in the 200. I choked in the discuss, I think, the one event in which I had been performing consistently and didn't worry about my calf!

My initial interest in masters track grew out of seeing the level of fitness and performance that masters athletes could achieve. Now I have learned how quickly even an old body can heal.

There are certainly season-and-career-ending injuries lurking around every curve. But I've discovered that stretching, massage, and large doses of ice will keep most of us masters on the roads and on the tracks until our minds, not our bodies, decide it's time to hang up the old track shoes.

Hal Higdon is Senior Writer for Runner's World and author of "Run Fast."
MASTERS SCENE

NATIONAL

- Jeanette Parke, who recently stepped down as Gasparilla Distance Classic Organizer (Tampa, FL), was named 1992 Road Race Management Race Director of the Year at the RRMRD’s Meeting and Trade Show, Washington, DC, November 14.
- In response to questions about the events in the Masters Indoor Pentathlon Championships scheduled for February 19, Murfreesboro, TN, the men’s events are, in order, 60mH, LJ, SP, HJ, 1000m; for the women, 60mH, LJ, SP, HJ, 800m. See National T&F schedule for details.
- San Antonio has been named site of the biennial 1995 U.S. National Senior Sports Classic V (The Senior Olympics) in May 1995, with more than 7000 athletes age 55+ competing in 18 sports. The 1993 edition is set for Baton Rouge, La., June 12-18.

EAST

- The Potomac Valley Walkers winter racewalking clinic will be held at 8 a.m. on eight consecutive Saturdays from January 9 to February 27 indoors at Tyson’s Corner Mall. SASAE to: PWV, Valerie Meyer, 2305 S. Plantation St., Arlingtonton, VA 22206. 703/671-3655.

SOUTHEAST

- In Florida, Don Ardell, 54, Orlando, was top master with a 37:13 in the Run for the Future 10K, Daytona Beach, October 17. Theresa Combes, 46, Augustine, took the W40+ win in 45:58. On November 21 in the Deltona Meet, Ardell again defeated younger masters with a 37:17, which was the also the best 40+ age-graded time (31.49). Nina Ender, 42, Deltona, was also the fastest masters woman (46:51) and top age-graded (38:59). At the Florida State TAC/RCA 10K Master Championships in Deland, in 80’s heat, November 26. Jim Blount, 63, Winter Park, stored time of 65:33 for an overall best AG 51:03, while Margaret Deckert, 59, Tallahassee, was top AG female with an 80:48 (57:44). First masters were Dale Parritt, 43, Lanton, 60:00 (AG 53:29), and Pati Kadi, 42, West Palm Beach, 71:07 AG 59:12. (continued)

February 20. 2nd Annual USATF Southeast Regional Masters Indoor Championships, Mid-South Masters Mile, Tennessee St. U., Murfreesboro. **SASE to: Randall Brady, 3011 Windsor Way, Naples, FL 33942. 813/597-6870.**

February 22. Mid-South Masters Indoor Championships, Baldwin Wallace College, Berea, Ohio. **SASE to: Gary Kelmenson, 5601 Empire Grade, Sarasota, FL 34231. 813/597-6870.**

February 24. Tri-State Track Indoor Classic, Hagerstown, MD. **SASE to: Gary Kelmenson, 5601 Empire Grade, Sarasota, FL 34231. 813/597-6870.**

February 24. Randall Brady, Nashville TC, 1218 North Route 47, Woodstock, IL 60098. 312/551-3720.

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February 24. Randall Brady, Nashville TC, 1218 North Route 47, Woodstock, IL 60098. 312/551-3720.
Multi-eventer Buck Bradberry, 65, of Georgia, second M65-69 (7163 points), National Masters Decathlon Championships, Des Moines, Iowa. Photo by Jim Crossman

Continued from previous page


March 13. LACC All-comers meet, Los Angeles, 10 a.m., 53 all events. (*Indoor* distances will be run outdoors). L.A. Patriots, 213/662-1062.

June 12. USATF/Pacific Masters Championships, Los Gatos HS. (Open events). Bruce Springbett, P.O. Box 1334, Los Gatos, CA 95031. 408/354-7333.

June 19. SCA/USATF District Pentathlon Championships, Occidental College, Los Angeles. Men's & women's pentathlons & weight pentathlon. SASE to: Gary Miller, 140 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

NORTHWEST

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


CANADA


INTERNATIONAL

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84
--- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | ---
100 | 11.0 | 11.1 | 11.7 | 12.0 | 12.5 | 13.0 | 14.0 | 16.5 | 18.0 | 20.0 | 20.0
200 | 22.4 | 23.3 | 24.2 | 25.1 | 26.0 | 27.2 | 28.5 | 29.8 | 32.4 | 35.8 | 44.0
400 | 51.0 | 53.1 | 55.4 | 57.6 | 60.0 | 63.0 | 66.0 | 73.6 | 81.0 | 92.0 | 100
1500 | 4:38 | 4:54 | 5:06 | 5:19 | 5:32 | 5:46 | 6:00 | 6:23 | 6:46 | 7:09 | 7:33
5000 | 15:00 | 15:46 | 16:36 | 17:28 | 18:13 | 19:00 | 19:46 | 20:31 | 21:16 | 22:00 | 22:43
20000 | 60:20 | 64:00 | 67:30 | 70:50 | 74:20 | 77:30 | 80:30 | 84:20 | 88:20 | 92:00 | 95:30
Notes:
- 100 standards are for automatic time; use standard conversion for hand times.
- Short hurdles: 30-39: 33' 13"; 40+: 30' 13"
- Shot put: 30-39: 44 lbs; 40+: 50 lbs
- Javelin: 30-49: 400g; 50+: 480g
- Metric heights and distances are the standard; feet and inches listed for convenience.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME ____________________________ AGE-GROUP ________
ADDRESS ____________________________ SEX: M F ______
CITY ____________________________ STATE ____________________________ ZIP ________
MEET ____________________________ DATE OF MEET ________
MEET SITE ____________________________
EVENT ____________________________ MARK ____________________________
HURDLE HEIGHT ____________________________ WEIGHT OF IMPLEMENT ____________________________
□ CERTIFICATE ____________________________ □ PATCH ____________________________ □ PATCH TAG ____________________________

If you have bettered the standard of excellence, please send $10 for a certificate, $10 for 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 (Enclose 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" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
LONG DISTANCE RESULTS

NATIONAL

TACAUSA National Masters 10K Cross-Country Championships
Louisville, KY; December 6

1. Herman Atkins MA 23:38
2. Ingemut James TH 24:01
3. Tim Bridger OH 24:39
4. Jim Monell IA 25:05
5. Michael Allen MA 25:10
6. Philip Welch MA 25:15
7. Ed Holiman MA 25:39
8. Weid Wenzell OH 25:42
9. Randy Geiger MA 25:44
10. Peter Mulcahy IA 25:49

SOUTHEAST

For The Run 10K Daytona Beach, FL; October 17

1. Joe Bradley 31:24
2. Timm Kern 31:53
3. Mike Brown IA 32:19
4. David Fattal IA 32:22
5. Barry Brown IA 32:25
6. Marybeth Rosenauer 32:25
7. Moe Team CRS AC 32:26

MIDWEST

Great Pumpkin 10K Harrison Township, MI; October 31

1. Ken Butler 30:17
2. Anne McHale 30:40
3. Larry Snyder 30:47
4. Jed Stoltz 30:55
5. Grant St John 31:23
6. Leo O'Brien 32:17
7. Jim Butler 32:21
8. WSO Charlene Francis 32:36
9. WSO H. L. Cowell 32:48
10. Tony Shumate 32:50

Results Summary:
- Massachusetts: 5
- Ohio: 4
- Illinois: 3
- Michigan: 3
- Indiana: 2
- Pennsylvania: 2

EAST

New England Masters 10K Cross Country Championships
Byfield, MA; October 18

1. Ken Butler 31:29
2. Anne McHale 31:54
3. Larry Snyder 32:17
4. Jed Stoltz 32:21
5. Grant St John 32:36
6. Leo O'Brien 32:48
7. Jim Butler 32:50
8. WSO Charlene Francis 33:06
9. WSO H. L. Cowell 33:17
10. Tony Shumate 33:30

Results Summary:
- Massachusetts: 4
- New Hampshire: 2
- Connecticut: 2
- Rhode Island: 2
- Vermont: 2

Florida State TAC/RRCA 10 Mile Championships
DeLand; November 26

1. Kevin Butler 56:27
2. WSO Gayle O'Brien 56:47
3. Rich Hunter 56:51
4. WSO Charlene Francis 57:56
5. WSO H. L. Cowell 58:14
6. Bill Morin 58:35
7. WSO Gary O'Brien 59:15
8. Jeff Mendenhall 59:22
9. Todd Haines 59:26
10. Tracy Marzilli 59:39

Results Summary:
- Massachusetts: 4
- Florida: 3
- Rhode Island: 2
- Connecticut: 1

Atlanta Marathon/Half-Marathon
March 26

1. Doug Alford 2:04:29
2. WSO Gary O'Brien 2:05:21
4. WSO Charlene Francis 2:05:35
5. WSO H. L. Cowell 2:14:38
6. H. L. Cowell 2:14:45
7. WSO Gary O'Brien 2:15:30
9. WSO Charlene Francis 2:20:18
10. WSO H. L. Cowell 2:26:19

Results Summary:
- Massachusetts: 10
- Florida: 3
- Rhode Island: 2
- Connecticut: 1

Metro-Mac Runners 4 Mile Turkey Trot
Harrison Township, MI; November 26

1. Ken Butler 21:34
2. Anne McHale 21:51
3. Larry Snyder 22:00
5. Grant St John 22:13
7. Jim Butler 22:29
8. WSO Charlene Francis 22:44
9. WSO H. L. Cowell 22:57
10. Tony Shumate 23:12

Results Summary:
- Massachusetts: 4
- New Hampshire: 2
- Connecticut: 2
- Rhode Island: 2
- Vermont: 2

Thanksgiving Parade Turkey Trot 10K
Detroit; November 26

1. Doug Alford 31:32
2. WSO Gary O'Brien 31:45
3. Rich Hunter 31:54
4. WSO Gayle O'Brien 32:21
5. WSO H. L. Cowell 32:33
6. Bill Morin 32:36
7. Todd Haines 32:37
8. Tracy Marzilli 32:38
9. Lisa Schecken 32:39
10. Tracy Marzilli 32:40

Results Summary:
- Massachusetts: 10
- Florida: 3
- Rhode Island: 2
- Connecticut: 1

Mississippi Valley 10K
November 26

1. Doug Alford 31:32
2. WSO Gary O'Brien 31:45
3. Rich Hunter 31:54
4. WSO Gayle O'Brien 32:21
5. WSO H. L. Cowell 32:33
6. Bill Morin 32:36
7. Todd Haines 32:37
8. Tracy Marzilli 32:38
9. Lisa Schecken 32:39
10. Tracy Marzilli 32:40

Results Summary:
- Massachusetts: 10
- Florida: 3
- Rhode Island: 2
- Connecticut: 1

Starscene Academy SK10K
North Hollywood, CA; November 1

1. Doug Alford 31:32
2. WSO Gary O'Brien 31:45
3. Rich Hunter 31:54
4. WSO Gayle O'Brien 32:21
5. WSO H. L. Cowell 32:33
6. Bill Morin 32:36
7. Todd Haines 32:37
8. Tracy Marzilli 32:38
9. Lisa Schecken 32:39
10. Tracy Marzilli 32:40

Results Summary:
- Massachusetts: 10
- Florida: 3
- Rhode Island: 2
- Connecticut: 1

OMAHA BREAKERS SK
Marina del Rey, CA; November 8

1. Doug Alford 31:32
2. WSO Gary O'Brien 31:45
3. Rich Hunter 31:54
4. WSO Gayle O'Brien 32:21
5. WSO H. L. Cowell 32:33
6. Bill Morin 32:36
7. Todd Haines 32:37
8. Tracy Marzilli 32:38
9. Lisa Schecken 32:39
10. Tracy Marzilli 32:40

Results Summary:
- Massachusetts: 10
- Florida: 3
- Rhode Island: 2
- Connecticut: 1

Finnish-525/m375

PNAC Masters-Cross-Country Championships
Seattle, WA; November 15

1. Doug Alford 31:32
2. WSO Gary O'Brien 31:45
3. Rich Hunter 31:54
4. WSO Gayle O'Brien 32:21
5. WSO H. L. Cowell 32:33
6. Bill Morin 32:36
7. Todd Haines 32:37
8. Tracy Marzilli 32:38
9. Lisa Schecken 32:39
10. Tracy Marzilli 32:40

Results Summary:
- Massachusetts: 10
- Florida: 3
- Rhode Island: 2
- Connecticut: 1

Ontario Masters 10K
Cross Country Championships
Toronto; November 8

1. Doug Alford 31:32
2. WSO Gary O'Brien 31:45
3. Rich Hunter 31:54
4. WSO Gayle O'Brien 32:21
5. WSO H. L. Cowell 32:33
6. Bill Morin 32:36
7. Todd Haines 32:37
8. Tracy Marzilli 32:38
9. Lisa Schecken 32:39
10. Tracy Marzilli 32:40

Results Summary:
- Massachusetts: 10
- Florida: 3
- Rhode Island: 2
- Connecticut: 1

More information on page 27.
Continued from previous page

M5  Wayne Stewart 279/04
Mike Creevy 30/09
Jerry Tigue 30/32
Jack Wilsey 30/54
Ken Sidney 30/57
Peter Haun 30/58
Fat Makhra 31/07
Tony Dobby 31/12
Ron Fidd 31/49
Alan Saleski 32/10
M60 Herb Phillips 30/46
Ken Englis 30/50
Alastair Cleave 31/51
M55/40 Ham Abbott 31/79
Hans Pretzel 31/97
Ron Crichton 35/24
E00 Earl Poe 37/13
John Johnston 37/59
Ard Ruffin 38/35

RECIPIENTS OF CERTIFICATES AS ALL·AMERICANS FOR M 40

Ruth Carrier
Judith Hedderman
Wendy McLeod

November 21

H 80 - 8
J 90 - 9
I 100 - 10
H 70 - 7
M50 - 5
M60 - 6
M70 - 7

M40 Mike McLeod 31,000
Felicity Garland 28,28
Linda Watson 36,51
Pat Diffey 30,14
Mike McLeod 31,000
Ron Fidd 31,000
Sam Diffey 31,000
Maurice St Croix 31,000
Ann Mullins 36,09
Mike McLeod 31,000
Sue Towse 38,16
Jane Manners 42,56
Jennie Smith 41,10
Jane Manners 41,10
Pat Jones 41,58
Jean Leding 44,54

AAA Senior 10K
Basingstoke, U.K.
November 22

M60 Mike Bleasdale 32,49
Brian O'Halloran 32,01
Gareth Jones 32,51
Lo Leared 32,27
John Cowley 35,07
M50 John Thomas 36,13
M60 Tom Shilling 45,14
M65 Paula Fuller 34,26
M70 Leslie Watson 39,34

RACE WALKING

Peter Ferrante Memorial 10K RW
Seaside, CA, October 24

M70 Steve Dewlly 64,45
M60 Ken Verhool 59,07
M50 Charles Wood 65,02
M40 Mike McLeod 31,00
M35 Colin Ferguson 32,15
Ron Smith 32,24
Jim Bell 32,67
M55 Elywn Davies 33,59
Terence McGuff 34,04
Denis Quinn 34,34
M60 Evan Williams 35,24
Ted Isaac 35,47
Walter Ryder 36,47
M55 Eric Appleby 36,56
Mike Broom 36,41
Peter Bone 36,67
M60 Mike Stewart 37,05
M70 Alan Mitchell 43,46
Herman Hines 44,24
M80 Eric Smith 47,04
Joe Kelly 47,04
W35 Jill Moonrise 49,16
Linda Findlay 54,89
Stéphanie Sisson 63,88

One-Hour Walk
Edmonds US, Seattle, November 14

Stan Chermenna 41,113m
Ron Hovak 43,112
Claude Weatall 59,51
Bever Lonch 56,908
Dick Mersh 68,218
Art Bell 69,918
Gail Jones 50,697
Julie Groce 50,880

1. DISPLAY ADVERTISING RATES

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<th>Width</th>
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<td>30&quot; x 10&quot;</td>
<td>13&quot;</td>
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<td></td>
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</table>

2. FREQUENCY DISCOUNTS (1-year period)

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

4. SPECIAL RATES

60% discount for race and meet notices, and for races under 200 participants. Inserts $30. No frequency discounts or agency commissions.

5. TERMS

6. CLASSIFIED RATES

7.50 per word. Count name and address as 5 words. Race notices are 50 cents per word.

Preparation required with copy.

6. MECHANICAL REQUIREMENTS

a. See display rates for ad sizes.
b. Photo offset printing.
c. Negative OK. No mats, cut plates.
d. 2-color ads $50.
e. Screen 85 lines per inch.

7. CLOSING DATES

No 10 days before billing date.

8. Circulation

Paid: 5748 Distribution: 7500
Printed monthly. Subscribers 24.00/year. Mail order to: National Masters News
P.O. Box 2372
Van Nuys, CA 91404
Phone: 818-785-1895
Fax: 818-782-1135

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 group from 21 to 90 for men and women for every common track & field, long distance running, and racewalking event.
- Shows how to conduct an age-graded track & field meet, road race or race walk.
- 66 pages. Easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes and the National Masters News.

Send $5.95 plus $1.00 postage and handling ($5.00 foreign) to:
NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

WAVA/TAC Hurdles and Implements Specifications

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</table>

<table>
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<th>Women</th>
<th>Men</th>
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</thead>
<tbody>
<tr>
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<td>30+</td>
</tr>
<tr>
<td>Discus</td>
<td>30+</td>
<td>30+</td>
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<td>30+</td>
</tr>
<tr>
<td>Javelin</td>
<td>30+</td>
<td>30+</td>
</tr>
</tbody>
</table>

ADDRESS

Name: ____________________________
Address: _________________________
City: ___________________________
State: _______________ Zip: _______
1993 USATF National Masters Indoor Track and Field Championships

Friday, Saturday and Sunday, March 19-21, 1993
Brick Breeden Fieldhouse, Montana State University, Bozeman, Montana

MEET RULES
The meet will be conducted according to the 1992 TAC rulebook with the exceptions below列为的。
In the LJ, TJ, SP, and weight throw, if there are more than 12 contestants in an age group, preliminary flights will be used.
MWA, implements and hurdle specifications will be used as published in the Masters Newsletter.
Athletes must report to the marshaling area 1/2 hour prior to the scheduled starting time. Pole Vault Athletes should report one hour prior to the scheduled start of the event.
In age groups where there are less than five entrants, participants may be combined with another age group.

THRONE AND JUMPS
Implement weigh and measurement will be located in the south conference room next to the Women's locker room. The 35lb. and 56 lb. heights will be provided and no others may be used.
In the Shot Put, Weight Throw, Long and Triple Jump events, 7 participants will advance to the finals, provided each has achieved a fair mark in the prelims. TJ - all women and men 65-69, 70+ - men 70+ 70+ and PV - 60-69 on Friday evening.
H and PV initial heights will be set as requested.
The 50 Second Rule will be strictly enforced (2 minutes will be allowed for the Pole Vault).
1/8th" cone spikes only are allowed on the track and for long jump, triple jump, High Jump, and pole vault. Spikes with the rubber will be more affective up group than the plastic bottom shoes. In shoes which have a recessed spike plate 1/4" cones will be acceptable.
The Shot Put and Weight Throw will be from a wooden surface. The Weight Throw will be contested in Shroyer Gym which adjoins the Fieldhouse.
The 5 lb. Weight Throw will be conducted outdoors and no formal awards will be given.

TRACK EVENTS
400 Meter Dash and Hurdles are run in lanes with prelim and finals where there are more than 8 runners in an age group.
Starting blocks will be provided.
200 Meter Dash will be run in lanes, top 5 on time go to the finals, as needed. 6th place will be awarded by time.
400 Meter Dash will be run with a two turn stager, in seeded sections as finals on time.
5000 Meter Run will start with a two turn stager in alleys of 3 per alley, and, where there are over 7 runners in an age group, will be conducted as finals on time in seeded sections.
1500 Meter Run will employ a waterfall start with up to 10 per section.
3000 Meter Run and 3000 Meter Race Walk will employ a waterfall start with up to 18 per section. The 3000 Race Walk will be contested on Friday evening with oldest age groups first working down to the youngest.
In both events participants will be seeded in rows by time.
In 400 Relay - Finals will be run in steepled lanes. 5 lanes per section, as finals on time.
4x800 Relay - 5 Lanes per section on time, first leg - two turn stager. Relay entries can be in 10 year age groups, 30-39, 40-49, etc. Relay lane entries or changes will not be accepted later than three hours prior to scheduled starting time of the event. See late fee schedule for cost. Relay members must be member of the same club or be on the same TAC association.
All lanes in the first round will be selected randomly unless otherwise indicated above.
Where the number of competitors permit, age groups may be combined to fill all available lanes. Lane assignments will be made to the extent possible.
As with the recessed spike plate 1/4" cones spikes will be acceptable.
AWARDS
TAC National medals will be awarded to the first three places in each age group. Ribbons will be awarded to the 4th, 5th, and 6th place finishers. In men's champion patches (once) may be awarded to first place winners. No medals or ribbons will be awarded in the 56 lb. weight throw.

AIRPORT TRANSPORTATION:
The Bozeman Holiday Inn (1-800-366-5101) is meet headquarters and will run a shuttle bus to the airport for athletes staying there. In addition the Gran Tree Inn (1-800-648-7515) also provide airport shuttle for their guests. Car rental service is also available.

SCHEDULE:
The Holiday Inn - Bozeman (1-800-366-5101) is meet headquarters and will run a bus shuttle to the airport for athletes staying there. In addition the Gran Tree Inn (1-800-648-7515) and Comfort Inn (1-800-424-6423) also provide airport shuttle for their guests. Car rental service is also available.

LODGING:
If you do not plan to rent a car we strongly suggest you try to stay at the following motels as the Fieldhouse shuttle will be running from the Holiday Inn and all these motels are within easy walking distance of the venue. Adults and in guest reservations early as this will be the end of ski season and rooms will be filling up.
- Holiday Inn - Bozeman (1-800-366-5101)
- Best Western Crucet Inn (1-800-224-9665)
- Bozeman Inn (1-800-468-7515)
- Comfort Inn (1-800-424-6423)
- Days Inn (1-800-332-2525)

Additional lodging and rental service information is available upon request.

TENTATIVE SCHEDULE
Friday, March 20
5:30 p.m. TJ - all women
6:00 p.m. PV - M00-69
7:00 p.m. Open Ceremonies
7:30 p.m. HJ - M00-69, all women
8:30 p.m. TJ - M65
Saturday, March 21
8:00 a.m. LJ - M35
9:00 a.m. LJ - M40
H - M40
10:00 a.m. SP - M60
11:00 a.m. LJ - M45
H - M45
HJ - M45
J - M45
12:00 noon H - M65
1:00 p.m. HJ - M65
1:30 p.m. PV - M65
2:00 p.m. TJ - M65
3:00 p.m. LJ - M50
H - M50
SP - M60
WT - M65 (Shroyer gym)
4:00 p.m. HJ - M50
SP - M65
5:00 p.m. PV - M70
6:00 p.m. WT - M70 (Shroyer gym)
6:30 p.m. HJ - M70
S - M75
7:00 p.m. WT - M70 (Shroyer gym)
7:30 p.m. HJ - M70
S - M75
8:00 p.m. WT - M70 (Shroyer gym)
9:00 p.m. HJ - M70
S - M75
10:00 a.m. WT - M70 (Shroyer gym)
11:00 a.m. WT - M70 (Shroyer gym)
3:00 p.m. LJ - M80
H - M80
SP - M90
WT - M90 (Shroyer gym)
4:00 p.m. HJ - M80
SP - M90
5:00 p.m. PV - M90
6:00 p.m. WT - M90 (Shroyer gym)
6:30 p.m. HJ - M90
5:00 p.m. WT - M90 (Shroyer gym)
6:00 p.m. HJ - M90
5:00 p.m. WT - M90 (Shroyer gym)
7:00 p.m. HJ - M90
6:00 p.m. WT - M90 (Shroyer gym)
Airfare Discount:
Through arrangements with Continental Airlines, Masters Track Meet participants receive discounted airfare. Call The Travel Station (1-800-522-8747) or Montana Travel (1-800-247-2528) for information. Car rentals are also available.

1993 TAC NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS

TAC NATIONAL MASTERS: The 1993 TAC (Track and Field) Masters National Championships will be held in Bozeman, Montana March 19-21, 1993.

1993 TAC NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS ENTRY FORM

Please fill out completely, and return with your entry fees to:
TAC National Meet
Masters Athletic Club
P.O. Box 112
Robert Circle - Breeden Fieldhouse
Bozeman, MT 59718

Please send checks payable to: "MUSU - TAC"
NAME: ___________________________ AGE: ____________
ADDRESS: ________________________ PHONE ( ): ________
CITY: ___________________ STATE: ______ ZIP: ______

1993 TAC CARD NUMBER: ______________
BIRTHDATE: ______________
These cards will be available at the meet payable with a separate check.

TAC ASSOCIATION: ______________
CLUB: ______________

EVENTS ENTERED:
1st Event: __________ 2nd Event: __________ 3rd Event: __________ 4th Event: __________

Recent Performance: SP ( )
If you desire a Masters Championship T-shirt, circle your size and include $10.00 per shirt. S M M XL XXL
Relay Entry: 4x400 ( )
Relay Team Members:

AIRFARE SCHEDULE:
Early: $125.00
Regular: $160.00
Late: $190.00
(prior to 2/24) (2/25-3/4) (After 3/4)
First Event: $15.00
2nd Event: $15.00
3rd Event: $15.00
4th Event: $25.00
Subsequent Event: $25.00
Relay Toss (per team) $15.00

ALL ENTRIES MUST BE ACCOMPANIED BY FEES OR THEY WILL NOT BE ACCEPTED.

Entries must be post-marked by the above given dates and all early and regular registration entries will be confirmed by mail.

$______ for__ Events $______ for__ Events
Individual Relay fees T-Shirts $______ Amount enclosed
** no phone or fax entries will be accepted.

ATHLETIC AND PUBLICITY RELEASES:
By my signature below, I give permission for a photographic representation of me, to be used for any and all purposes and for any and all purposes and in any and all forms of media as may be determined by the meets organizers, officials, and workers, for any purposes suffered by me. I certify that the photographically 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 appear.

Date: ____________
Athlete's Signature: __________________