Rodgers, Welch Win ICI/USRA 8K Final
Schlau, Hutchison Are Top Point-Getters as Circuit Wraps Up 15-City Series

by JAMES O'BRIEN and AL SHEAHEN

NAPLES, Fla., January 14 — Perhaps the finest field of overage-40 runners ever assembled for a U.S. road race gathered here today for the ICI/USRA National Masters 8K Championships, the final event of the 15-city ICI/USRA Masters Running Circuit.

Through 14 previous races across the U.S., the nation's top masters runners had fought to accumulate Grand Prix points. In today's final, all points would be doubled, all ties resolved and $20,000 in cash prizes awarded to the top overall point-getters.

In addition, an independent prize fund of $10,000 would be divided among the winners of today's 8K Championship. So a total of $30,000 was on the line as 217 masters runners nervously awaited the starters signal.

It was fitting that the inaugural ICI/USRA Masters Circuit final should be the first time that Bill Rodgers, Jim Ryun and Frank Shorter had all been on the same starting line together. It was a testimony that this was something worthwhile — an opportunity to prove that masters running is booming, and the competition can be as valid, as enthralling as any seen in open racing anywhere.

As expected, the pre-race favorites, Rodgers, 41, and Priscilla Welch, 44, raced to convincing victories over the world-class field to each claim $5250 of the $510,000 purse.

England's Mike Hurd bolted to the front of a congested pack in an opening mile of 4:41. Right behind were Rodgers, Shorter, Larry Olsen, Barry Brown, Bob Schlau, Alan Rushmer, Dave Stewart and Steve Lester.

At two miles, Rodgers hung ominously onto the Englishman's shoulder. Surfing slightly approaching the halfway mark, Rodgers opened a telling gap on Hurd, who began to drift back and battle for second with South Carolina's Schlau and the Canadian, Stewart.

At three miles, Rodgers had a split of 14:29 and a 13-second margin on Hurd, while, at four miles, the four-time New York Marathon winner had widened his lead with a 19:25 split.

Working hard down the half-mile straight to the finish, Rodgers broke the tape at 24:05 — a 4:49 per-mile pace and just 14 seconds shy of his own world masters 8K best set last September in Indianapolis.

"A lot of times I go a little too hard early," the Sherborn, Mass. resident

Coffman and Hutchison Win in Rocket City

by JIM OAKS

HUNTSVILLE, Ala., December 10 — Five of the past six years, Don Coffman has been among the masters entries for the WZYP Rocket City Marathon. Each of those five times the Kentuckian has won the masters division.

This year, Coffman, 45, ran 2:30:56 for the win as he outdistanced three age-40 challengers: Wes Wessely, Bill Walker, and Don Rowland, by over five minutes.


This year, Wessely was the top seed

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NMN welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, and legibly handwritten material is also acceptable. Reviews should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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The National Masters News is devoted exclusively to track & field, long-distance running and race Walking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age groups, photos, articles, training tips, and all the inside scoop and information that affect the world of masters athletics competition.

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40 +, 50 + or 60+ (please check the schedule for details). Some events require advance registration. Some require a current TAC card (US$71 per year, depending on the region. To inquire about a TAC card, call The Athletics Congress in your area, or 317/261-0500. There are no qualifying standards for any masters athletics event.

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(201) 351-4156

Nominating Committee: John Woods, Neils P.C. Barden
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Martinez, CA 94553

NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC) — TRACK & FIELD
PALM SPRINGS INVITATIONAL
SENIOR OLYMPICS
FEBRUARY AND MARCH 1989

General Information

Age:
All participants must be 55 years of age or older.
Participant's age is determined as of June 19, 1989 (1st day of the National Senior Olympics).
Birth certificates or driver's license may be required for age verification.

Seven Age Divisions are offered in SWIMMING, TRACK & FIELD, and 10K RUN: 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 & Over.

There are 3 Age Divisions offered in BOWLING, GOLF, TENNIS, HORSESHOES, SHUFFLEBOARD, TABLE TENNIS, and 8-BALL POOL: 55-64, 65-74, 75 & Over.
An Open Age Division, 55 & Over, is offered for DANCE.

Entries:
Applications must be postmarked by midnight, Wednesday, February 15, 1989.
Late entries will be accepted based on available space.

Fees:
There are two types of fees: registration and event fees.
The registration fee of $10 helps offset administrative costs.
Event fees are for events you select to participate in, such as greens fees for golf, pool fees for swimming, etc. Event fees are listed on the back page of this brochure.

Rules:
It is not possible to print all rules governing the Senior Olympics; however, the event chairperson will conduct an orientation of event rules and regulations prior to the start of the event.

Awards:
Medals will be awarded to the 1st, 2nd, and 3rd place winners in each event.
Medals will be presented at our closing picnic, Sunday, March 5, 1989.
Certificates of participation will be issued to all those registered.

Confirmation:
As soon as possible, before February 20, 1989, you will receive your confirmation of entry.
This information will include your specific schedule (example: golf fee-off times), motel information, headquarter locations and schedules.

Important:
Should you not receive your confirmation by February 20, contact Ben Green immediately by calling: work (619) 329-5688 or home (619) 320-1296.

Cancellations:
We reserve the right to cancel or combine age groups in any event due to insufficient entries or other conditions.

National Senior Olympics:
June 19-24, 1989, St. Louis, Missouri. Complete details will be available at the Palm Springs Olympic Headquarters, including travel plans.

Equipment:
Participants are responsible for their own equipment.
Please be sure to mark your personal items and do not leave valuables unattended.

Host Hotel:
Palm Springs Desert Inn
155 S. Beardo Rd.
Palm Springs 92262
Be sure to mention your participation in the Senior Olympics when registering.

SANCTIONED BY THE U.S. NATIONAL SENIOR OLYMPICS

Palm Springs Invitational Senior Olympics II
OFFICIAL ENTRY APPLICATION
FOR TRACK & FIELD

FIRST NAME
MIDDLE NAME
LAST NAME

STREET ADDRESS

CITY
STATE
ZIP

AGE GROUP AS OF JUNE 19, 1989

55-59 60-64 65-69 70-74 75-79 80-84 85 & Over

1. 10K Run: Riverside Drive at Palm Canyon $6.00
Larry Kendall, Chairman, Saturday, March 4, 7:30 a.m.
2. 5K Race Walking: P.S. High School, 2216 S. Ramon Rd. $6.00
Saturday, March 4, 10 a.m.
3. TRACK & FIELD: P.S. High School, 2248 S. Ramon Rd. $3.00/Event
Dave Adams, Chairman. All weather track (No spikes or tennis shoes), Sunday, March 5, 8 a.m.
4. 11 a.m.) 100 Meters
5. (8 a.m.) 220 Meters
6. (8 a.m.) 440 Meters
7. (9:25 a.m.) 800 Meters
8. (9:30 a.m.) 1500 Meters
9. (9:55 a.m.) 5K Run
10. (10:15 a.m.) Long Jump
11. (10:25 a.m.) 200 Meters
12. (11:00 a.m.) Discus, Javelin, Shot Put 20-25 kg, W50, H50, H60, H50+, H60+:
13. (11:55 a.m.) 3,000 Meters

EVENT SELECTION:

Event # Event Title Event Fee Event # Event Title Event Fee

$ 5 $ 5

Makes Checks Payable and Mail To:
P.S. Senior Center/Senior Olympics
550 N. Palm Canyon Drive
Palm Springs, CA 92262

PHOTO AND FILM WAIVER

I hereby grant permission to use pictures or film of me taken during any participation in the Senior Olympics.

LIABILITY WAIVER

I, the undersigned participant, hereby agree to indemnify and hold harmless the organizers of the Palm Springs Invitational Senior Olympics and after sometimes referred to as sponsors, their agents, employees, representatives and assigns from and against any and all actions, causes of action, claims or damages of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of any injury arising out of my participation in the Palm Springs Invitational Senior Olympics.

I warrant and represent to the organizers that I have prepared myself for the events which I have entered by practicing the same prior to my participation in the Palm Springs Invitational Senior Olympics.

I warrant and represent that I am in good physical health and condition, and I am physically able to compete in the events I have selected. I know of no physical restrictions whatsoever which would prohibit my participation in the events that I have selected. I have been advised by the organizers that I would be in my best interest to consult my physician prior to my participation in the event.

The organizers have my permission to have a physician treat me if needed during my participation in the Palm Springs Invitational Senior Olympics.

Signature
Date

ANNUALLY: LAST WEEKEND OF FEBRUARY – FIRST WEEKEND OF MARCH

February, 1989
National Masters News
I can’t help but feel that Carl Wallin changes his mind and stays around for many more years to come, competing in the throwing events, and not be discouraged by those few athletes whose only ambition is to win at any cost.

I don’t know if drug testing is the answer; it probably would have some effect. But this would be prohibitively expensive, at over $200 for each test, and if the user stops early enough, he appears to be free and clear of drug abuse.

For the rest of us, winning is not everything. It is nice, but the competition, the camaraderie, traveling to different places, meeting interesting people, seeing old acquaintances at home and abroad, and staying healthy are what's important.

So, Carl, stick around and enjoy the competition with your fellow masters. The masters program, especially the often-neglected throwing community, needs people like you, not only as a coach and meet director, but as an outspoken and outstanding world-class athlete.

I applaud Carl Wallin for speaking out against the use of anabolic steroids by masters athletes for the purpose of enhancing one's performance.

It is tantamount to any other form of cheating in order to win, such as using illegal lighter implements to throw, cutting the course on a cross-country or marathon course, or lying about one's actual age, to name a few.

Perhaps drugs are by far the most dangerous because of their wide-spread use as well as potential health risk. It has been obvious that steroid usage is accelerating and not just among the strength events.

Appealing to one's nobler sense of amateur fair play will not work. 

Amateur fair play will not work.

Steroids are readily available in Europe and not illegal from what I've been told, and we are aware of the fascination that the younger athletes have for these wonder drugs.

I agree with Carl that drug testing should be mandatory for the first three years, and staying healthy are

Masters Athletics is booming! The National Masters News is the official world and U.S. publication for Masters track & field, long distance running and race walking. It contains information you can't get anywhere else. It's a bargain at $18.75 a year for only $18.75. Subscribe now.

CAPS

I'd like to pass on my feelings and opinion on the controversial Coenzyme Athletic Performance System (CAPS) offered by Hansen & Frank of San Francisco.

I've been taking the pills regularly since last spring when I saw the ad in NN. I'm a year-round, middle-of-the-pack, mid-40s runner, running 10-12 races a year, including one, maybe two, marathons. Like many others, I run after — sometimes before — work, and on weekends, never coming close to winning anything, yet always looking to improve.

With CAPS, my training for a November 20 marathon went unusually well. Doing hill, speed and long workouts, I never got hurt and never got nearly as tired as I had in 10 previous marathon training periods. And despite inadequate attire (stupid me) in a cold rain, my time was just a minute off my PR.

Even though I haven't drastically improved, I feel good enough both physically and mentally that I'm going to continue using CAPS. I don't believe CAPS is a placebo, but is a worthwhile, definite help for me.

Dick Hoch
Fisher's Island, Connecticut

THE ULTIMATE CHALLENGE

This is a story about a woman with unbeatable intestinal fortitude who challenged a life-threatening obstacle and came out on top.

Kathy Brown had been running five miles daily on her lunch hour for about two years just for exercise. She worked full-time as a receptionist in a suburban Rochester, N.Y. high school where I coached track.

In February 1983, she finally decided that my suggestion of running a marathon was worth training for. We started working together on a planned training program. Kathy was 36-years-old.

The two of us set sights on her completing the local Lake Ontario Marathon, which she ran in 3:09; qualifying her for her next goal, the Boston Marathon.

Kathy was a very coachable person and dedicated to her goals. If asked to put in a certain number of miles per week, she did it without question, even if it meant getting up at four in the morning to accomplish a 20-mile run before work. Her husband, John, and two teenage children were very supportive of her running.

In March 1985, Kathy experienced a major setback. She was diagnosed as having cervical cancer and had to undergo a complete hysterectomy. Just before the traumatic event, she was feeling really confident about her running. Several months earlier, she had brought her marathon time down to just under three hours. Then cancer appeared and Kathy had to deal with it.

A day after the surgery, she was already timing her walks around the hospital corridors because she didn't want to get farther behind. It was that
Masters Midwest Track & Field Championships
Huntington, West Virginia
Saturday July 8 and Sunday July 9, 1989

SATURDAY TRACK EVENTS

Time   Event   Division
12:00am  100M  30-80+
1:00pm  1500M  30-80+
2:00pm  5000M Walk  30-80+
5:00pm  100M  30-80
6:00pm  1000 Relay  30-80
9:00pm  3000 Steeplechase  30-80+

SUNDAY FIELD EVENTS

Time   Event   Division
9:30am  Long Jump  30-80+
10:00am  Triple Jump  30-80+
11:00am  Hammer Throw
3:00pm  Discus  30-80+
4:00pm  Javelin  30-80+
5:00pm  Hammer Throw  30-80+

ENTRY FORM

NAME: ____________________________
BIRTHDATE: ___________________
AGE ON 7/7/88: ____________
M. F.

ADDRESS: __________________________________________________________________________________________
CITY: __________ STATE: __________ ZIP: __________

PHONE: ____________________________
1989 TAC: __________________
YOUR CLUB: ______________________

EVENTS ENTERED: _________________________________________________________________

BEST MARK: __________

OTHER RELAY TEAM MEMBERS: ______________________________________________________

INDIVIDUAL FEES:
RELAY FEES: ____________________
SUBTOTAL: _____________________

T-SHIRT SIZE: EXTRA LARGE T-SHIRT($7.00)= TOTAL AMOUNT: __________________ __________

MAKE CHECKS PAYABLE TO: WEST VIRGINIA TAC MASTERS

MAIL TO: WEST VIRGINIA TAC MASTERS, RT 3 BOX 180 Chesapeake, OH 45619

ATHLETE'S RELEASE: In consideration for your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereby be accruing against The Masters Athletic Committee, the WY TAC Officials Association, all other meet sponsors and sports facilities or their officers or agents, for any damages which may be suffered by me.

I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized member of the medical staff to require my withdrawal form competition, and will do so if directed.

DATE: ____________________________
ATHLETE'S SIGNATURE: ____________________________

LODGING: Marshall University dorm room - must call in reservations by June 16, 1989. Phone (304) 384-3125 to Linda Bowman, Radisson Hotel Phone (304) 525-1001 1001 3rd Avenue, Huntington, West Virginia 25701

Note: This meet is not the official TAC Midwest Masters Sectional (Regional) Championships. The Midwest Sectionals will be held on July 15-16 at York High in Elmhurst, Ill.
Ageless Athletes

There have been a number of books published about developing and maintaining basic physical fitness after the age of 40; however, there have been very few books focusing on "athletic" fitness after 40. Ageless Athletes, authored by Richard A. Winett, Ph.D., and recently released by Contemporary Books, is the most definitive work in this area that I have come across.

Winett, a professor of psychology at Virginia Polytechnic Institute and State University, analyzes the sports-specific training programs, routines, and motivational strategies of 17 successful masters athletes. They include runners Barry Brown, Barbara Filutze, John Hosner, Bobbi Rothman, Tracy Smith, Harriet Wever, and Harolene Winters. Among the strength and power athletes featured are discus great Al Oerter and sprinter John Greg. Racewalker Todd Scully and former builders of any age are capable of.

Mr. Virginia Polytechnic Institute and evitable decline' in physical perfor-

"With intelligent and intense training, there is not necessarily an 'inevitable decline' in physical performance, at least in early middle age," Winett writes. He begins with his personal experience. At 43, Winett, whose primary activity is bodybuilding, finds that he is able to handle heavier weights now than he did 10-20 years ago. On his 43rd birthday last year, he did, for the first time in his life, 30 squats with double his body weight. That is something very few bodybuilders of any age are capable of.

"I don't claim to know the physiology (of aging), but my guess is, and this is just a guess, I don't think you see a significant drop-off in strength during the 40s," Winett added when I contacted him by phone. "Maybe it comes during the 50s, but I don't believe the loss of strength has to be really appreciable, at least during the early 50s. That may not hold true as much for runners and aerobic athletes."

Winett points to Clarence Bass, his mentor and one of the 17 athletes featured in the book. A lawyer in his early 50s, Bass continues to improve after more than 30 years of competitive weightlifting and bodybuilding. Bass credits his gains to "training smarter," which translates to "less is better."

Last February, Bass was tested on the treadmill at the Cooper Clinic in Dallas. "In preparation for it, he continued his intensive weight training, as before," Winett said. "He wanted to do well on the test, and so he tried a real increase in the volume of aerobic, but he quickly got overtrained. Then he went the opposite way, doing only three hard aerobic sessions a week, just walking on the other days. He rotated, as I do, the aerobic exercises more or less following the weight training. He was able to get an incredible score on the treadmill.

"Alternating aerobics, being a little more judicious, cutting down the frequency but increasing the intensity. I think it shows that you can become very good aerobically and still be very strong in your weight training."

Winett outlined his own training program: "Monday, chest and upper back work; Tuesday, legs and lower back; Wednesday, shoulder and arms; Thursday, rest; Friday and Saturday, a light, whole body routine.

"The day I do legs and lower back, I'll do powerwalking. The day I do arms and shoulders, I do rowing as my aerobic workout. The days I do the lighter, whole body routine, I use an Air Dyne. You can match up pretty well. By doing that, you tend not to break down. You're not pounding the same areas every day. I think it's clear that recovery time becomes longer as we age, and this is an effective way of dealing with it."

The "less-is-often-best" theory of quality-over-quantity approach, whichever way you look at it, is repeated throughout the book, especially by the 17 athletes who are featured. Lucille Griffin, a 50-year-old competitive swimmer for 35 years, is one of the 17 endorsing the approach. "I am always trying to make the most out of my efforts," Griffin is quoted. "Everything aims at feeling. Whenever it feels just right, it always looks great, and this is the only way I am able to achieve any speed. In practice, therefore, slow or fast, I am concentrating on the feeling. Obviously, right away, weakness or lack of conditioning is felt. Pulse monitoring provides a double check."

"With intelligent and intense training, there is not necessarily an 'inevitable decline' in physical performance, at least in early middle age." — Richard Winett, Ph.D.

Griffin admits that her "abilities have declined," but she further states: "My muscles are stronger and better balanced, and I can swim faster than ever. So I have declined and improved at the same time. The natural decline of aging has not yet cancelled the benefits of long experience and 'knowing my body.' "

One reason why Al Oerter was able to throw the discus farther (227-11) after the age of 40 than he had in his Olympic years is that he abandoned the "brute force" approach of his youth, concentrating more on form and technique. Another reason, Winett cites, is improved nutrition.

"For many years, Al attributed not always feeling well and being tense to pressures at work, extended meetings, and the rigors of training." Winett writes. "Today, he believes that most of those feelings can be explained by poor nutritional practices and drinking five to six cups of coffee per day. He now realizes that all the caffeine had him on a physical, and at times emotional, roller coaster."

Ageless Athletes is the most definitive work I've come across about maintaining fitness after 40.

Like the other masters athletes featured in the book, sprinter John Greg has psychologically compensated for any physical decline by heightened discipline and motivation. But diversification, as well as a philosophical perspective referred to as the "90 percent rule," have especially helped him maintain motivation in his athletic pursuits.

A 9.4 and 20.8 sprinter in his college days, Greg has branched out into biking, racquetball, and weight training. His theory is that a person with a reasonable degree of talent and ability and a willingness to work hard can get to be about 90 percent of the very best in a wide range of areas in life. However, to get to the 100 percent level is one area, that person will have to refrain from much participation in other areas. Greg prefers "to sample different lines of life" by remaining at around 90 percent in various pursuits.

"It may be a safe bet that a 48-year-old runner will not win the Boston, New York, Chicago, or Olympic marathons," Winett concludes. "But if you knew that some great runners of the past, now in their middle 40s, were in serious training, you may not want to bet against a 45-year-old accomplishing that feat. Of course, the great Priscilla Welch, just a shade short of 43, ran away from the field and won the 1987 New York Marathon!"

"And you'd best be careful not to bet against a 57-year-old winning an open Universe or Olympia title. Albert Beckles, at 57, placed tenth in the pinnacle of bodybuilding, the 1987 Mr. Olympia contest!"
SCOTT MOLINA WINS 1988 IRONMAN TRIATHLON!
Molina is the winningest triathlete in the sport’s history but he was not even considered a contender. The experts said he was past his prime and even if he wasn’t, he did not have what it takes to win a long, hot race like the Ironman. THEY WERE WRONG! Scott is the perfect example of what hard training, determination, dedication, and CAPS will do for an athlete’s performance.

JOHNNY G WINS 1988 RACE ACROSS AMERICA OPEN WEST QUALIFIER
The Arizona desert was the setting for this grueling ultra event. It went from Tucson to Flagstaff and back, including roughly 300 miles of climbing. He became the first cyclist to break 30 hours, with a time of 29:46, which put him over 4 hours ahead of the second-place finisher on this 554-mile course. He relied on CAPS the whole way, taking dosages every hour.

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David Oropeza

By STEVE LEWALLEN

Dedication. Commitment. Hard work. These three concepts are not unfamiliar to most masters runners, but their meanings seem to enlarge and expand when applied to David Oropeza, 43, of Phoenix, Ariz. A husband, father of three, and full-time member of the Phoenix Fire Department, he still finds time to put himself through an intensive training program that has helped him one of the most successful masters competitors today.

Elements of Oropeza’s training emphasize his straight-forward approach to racing, an approach that has kept him remarkably healthy (he suffered his first injury only last year, preventing him from defending his Ultimate Runner title). He has no coach, preferring to train alone, follows no special diet, and doesn’t stretch. He also claims not to lift weights, although his muscular frame would seem to belie this.

Oropeza insists, however, that not all of his success is due to training; part of it must be attributed to his family. His wife, Loretta, son, Dave (14), and daughters, Eliane and Laura (6 and 9), are “very supportive,” a factor that must be included in his equation for success.

A typical workout schedule for Oropeza includes 10-mile morning runs and 5-mile afternoon runs on Mondays, Wednesdays, and Thursdays. Tuesdays include a 7-mile morning run followed by 400m sprints on the track at a 68-70 second pace with 200m rests. Friday consists of more track work with 400m sprints, followed by a Saturday of rest, then Sunday with a long 15-mile run. After a long race, he does no training at all for the first couple of days, then begins easy workouts, such as 5 miles a day for a week.

Oropeza’s drive and commitment can also be seen in another area of sports: he was in boxing for 13 years. He boxed as an amateur for 3 years, winning the national title in 1969. He then turned pro and continued for another 10 years, accumulating a respectable record of 55 wins, 15 losses, and one draw until he finally retired from the sport in 1978 to pursue running.

While others who have a lengthy list of victories like Oropeza’s might be content to rest on their laurels and revel in their former successes, he prefers to look to the future instead of the past. As he says, “I love running and the idea of competing against others is thrilling. My goal is to run the mile against the best masters milers in the U.S. I’m preparing for the ’89 Nationals where there is going to be a Legends Mile.” This forward-looking attitude, coupled with his training and hard work, assure him of many more victories.

Daily Training Schedule for Marathons — David Oropeza

- Monday: 10 miles in morning and 5 miles in afternoon.
- Tuesday: 7 miles in morning and 10x400 in spikes at a 68-70 pace with 200m rests.
- Wednesday: Same as Monday.
- Thursday: Same as Monday.
- Friday: 12x400 at a 68-70 second pace with 200m rests.
- Saturday: Rest.
- Sunday: Long 15-mile run on trails.

Daily Training Schedule for Track and Field — David Oropeza

- Monday: 8x200 with a 28-29-second pace with 200m rests.
- Tuesday: 10x400 at a 65 second pace with 200m rests.
- Wednesday: Rest.
- Thursday: 600m for time, plus 2 miles of 100m sprints.
- Friday: 12x200 at a 27.5-28.5-second pace with 200m rests.
- Saturday: 10x300 at a 45-second pace.
- Sunday: Rest.
by GARY MILLER

Ideal weather conditions greeted decathletes who competed in the Long Beach Winter Decathlon in Long Beach, Calif., on December 10-11.

Darrol Skarrett, 57, of Seattle, was competing, despite his physician's disapproval, after breaking his wrist in last year's National Masters Decathlon Championships. He switched to the open division (and open implements) when no 6kg shot was available and finished with an age-group world best 2763 on the 1962 IAAF tables.

Deniss Stempel, 45, who has participated in more Winter Decathlons than any other masters athlete, pulled steadily away from Scott Somers, 41, to win the M40-49 division.

The M60-69 group featured old schoolboy friends Jock Jocoy of California and Don Grey of Virginia. They were pressed by Armando Ricciardi of Nevada, and Bob Richards of Texas, who took the title, with Jocoy second.

The masters competition was scored using the WAVA scoring factors, which were adopted at the National TAC convention early in December. With that scoring system, Lee Webb, winner of the M30-39 division, would have finished first overall (6219), followed by Stempel (6125), and Richards (5619).

The same WAVA factors will be used for the decathlon in the VIII World Games in Eugene this summer.

Midwestern Sectional Masters Indoor Track & Field Championships

Date: Sunday, March 19, 1989
Place: Westwood Sports Center
West LeFevre Rd., Sterling, IL

FACILITY: 200 meter Tarpon Track and Runways, 1/4 * spikes max. allowed. Showers and dressing facilities available. Bring your own towel.

ELIGIBILITY: Competition open to all men and women 30 and over. All competitors must be registered with the Athletic Congress for 1989. Registration forms available at meet site.

AGE GROUPS: 30-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-89, 90+

ENTRY FEE: Entries post marked by 3-13-89. $5.00 1st Event, $10.00 2 or more events, and $10.00 Relay. After 3-13-89: $7.00 1st Event, $14.00 2 or more events, and $10.00 Relay. Registration and number pick-up open 10 a.m. the day of the meet at the meet site.

RULES & STANDARDS: As set forth by WAVA and adopted by Tac Masters.

EQUIPMENT: Starting blocks and implements for weight throw shall be furnished. Bring your own shot.

ATHLETES CHECK-IN: As announced at 1st call.

TRIALS: Will be run in age groups in the 60 meter hurdles and 60 meter dash, starting with oldest women to youngest men that have more than 6 entries.

FINAL: Following heats in the 60 meter hurdles and 60 meter dash, all others will be in sections against time if needed.

AWARD: Awards to the 1st three in each division in each event. Limit of three. Over three may be purchased for $3.00 each.

RECORDS: Verification of records and forms by contacting meet director, Dick Green. World and National records and all American standards.

MOTELS: Meet Headquarters—Ramada Inn 1-800-228-2828
Single: $35.00, Double: $40.00, 3 person: $45.00, 4 person: $50.00 (Maximum 4 people per room)
Identity yourself with the Midwestern Sectional Masters Track and Field Championships.

ORDER OF EVENTS:

RUNNING EVENTS—12:00 NOON

60 Meter Hurdles 3000 Meter Run
400 Meter Dash 1500 Meter Race Walk
60 Meter Dash 800 Meter Run
200 Meter Dash 1500 Meter Race Walk
3000 Meter Relay 5000 Meter Relay

FIELD EVENTS—11:30 A.M.

Long Jump
Shot Put
Pole Vault
High Jump
Weight
Weight

Send completed and signed entry and check payable to Dick Green, P.O. Box 6147, Rockford, IL 61104.

Name
Last Name M.I. First Name

Address
City State Zip Code

Tac# Phone#

Sex M F Birthdate Division

Events
Amount Enclosed

Athletes Release: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against the Masters Athletic Committee, the Westwood Sports Complex, any and all meet officials, volunteers or anyone associated with conducting the Midwestern Sectional Masters Track & Field Meet.

Date Athlete’s Signature

February, 1989

National Masters News
FROM THE
Editor
by AL SHEAHEN

Age-Graded Tables Completed

The masters age-graded tables are finished and are published in this issue on pages 30-32.

The tables were researched and compiled by two committees appointed by the World Association of Veteran Athletes (WAVA) composed of Rodney Charnock, Peter Mundle, Charles Phillips, Gary Miller, Bob Fine, Rex Harvey, Phil Mulkey, Bob Stone, Mike Tynn, Phil Rascher, Christel Miller and myself, with the assistance of Phil Partridge, Ian Hume, Adolph Koch, Harvey, Tymn, Ian Hume, Adolph Koch, Raschke, Grisel Miller, and myself, with the assistance of Phil Partridge, Ian Hume, Adolph Koch, and Walter Fuchter, Wilhelm Koster, Victor Trkal, and many others.

Age-graded tables can be used:
1) Compare your own performance in a given event.
2) Compare your performance to a different event.
3) Compare performances of different individuals in the same or different events.
4) Select outstanding athletes.
5) Award prizes — particularly when there is a small number of competitors.
6) Keep track of your progress over the years.
7) Estimate your time in new events.
8) Score multi-events (decathlon, etc.) to compare performances in one event, or in a complete book of single-age standards available.

Age-grading can be used to:

A) Age-group factors
B) Age-group standards

Factors can be used to compare performances in a given event (10K, shot put, mile, etc.). Standards can be used to compare performances in one event, or in many events.

A) AGE-GROUP FACTORS

Age-group factors can be used to compare your performance in a given event to what you did — or might have done — in your prime. The factor expresses the rate of decline based on age. The rate varies between events.

Example 1: A 40-year-old man runs 100 meters in 12.1. The 100m factor for M40 is .9435. (That means a 40-year-old man runs about six percent slower than when he was 25.) Multiply 12.1 x .9435 = 11.42. That’s his “age-graded time.”

Example 2: A 62-year-old man high jumps 4’8” (1.42 meters). The high jump standard for M60 is 1.75. Divide 1.42 by 1.75 = .811, or 81.1%.


Example 4: A 46-year-old decathlete runs 400 meters in 12.1. The 100m standard for M45 is .8839. Multiply 58.12 by .8839 = 51.37. Look up 51.37 in the factor for M45 is .8839. Multiply 58.12 by .8839 = 51.37. Look up 51.37 in the IAAF scoring tables, and find 51.37-753 age-graded points. Do the same for all 10 decathlon events and get a total score. That’s the way the World Veterans Championship decathlon and heptathlon will be scored.

B) AGE-GROUP STANDARDS

Age-group standards represent world-record-level marks for events by age-group. For running events, divide the person’s actual performance percentage from year to event. In a meet or race, the person with the best performance percentage from year to event will win the first place prize, regardless of age.

Example 1: A 40-year-old man runs 100 meters in 12.1. The 100m factor for M40 is 10.44. Divide 10.44 by 12.1 = .863, or 86.3%. His “performance percentage” is 86.3%.

Example 2: A 62-year-old man high jumps 4’8” (1.42 meters). The high jump standard for M60 is 1.75. Divide 1.42 by 1.75 = .811, or 81.1%.

Example 3: A 53-year-old woman runs 10K in 45:18. The 10K factor for W50 is 43:25. Convert 45:18 to seconds (45 x 60 + 18 = 2718 seconds). Convert 43:25 to seconds (34 x 60 + 25 = 2065 seconds). Divide 2065 by 2718 = 76.0%.

Example 4: A 46-year-old man runs 400 meters in 58.12. The 400m standard for M45 is 48.98. Divide 48.98 by 58.12 = 84.3%.

To pick an outstanding athlete among the four examples, select the one with the best performance percentage. In this case, it’s the 40-year-old sprinter (example #1) with a 86.3% performance.

GRADE LEVELS:
90% = World Class
80% = National Class
70% = Regional Class
60% = Local Class

For more information and/or a complete age-graded kit — including sample heat sheets and more detailed instructions on how to use the tables, send a SASE to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

Within two months, we hope to have a complete book of single-age standards available.

Age-Graded Tables Completed

G. Carpenter out-kicks M. Kruger in the M30 800 (1:58.5/2:01.6) at the Pacific Association/TAC Championships, Los Gatos, Calif. Photo by Huel Washington

1988 Rankings Update

Athletes should forward corrected or unpublished 1988 marks that have not yet been sent to the NMN to the compilers of their events below. Marks for events not listed should be sent to the NMN. Those received after February 15 may not appear in the rankings. Please do not include indoor field event marks at this time.

100/200/400 — Larry Patz, RFD1, Box 435, Contoocook, NH 03229.

Druckrey Tough in Badger Meet

by JERRY WOJCICK

World-record-hurdler Stan Druckrey, M40, of South Milwaukee, Wis., opened his indoor season with two meet records in four firsts in the Wisconsin Masters Meet at the University of Wisconsin, Madison. On January 7, Druckrey had records in the 60y (6.7) and 220 (23.3) and other wins in the 440 (52.2) and 60H (7.3).

Joe Hanson and Dave Allen staged a duel in the M30 two-mile with Hanson winning in a meet record 8:57.3 with Allen just over 9:00. Mel Buschman, E. Lansing, Mich., took an interesting double, with an M60+ victory in the 60y (8.5) and a win in the shot put (31-9.4).

Carol Peebles, Ford du Lac, Wisc., competing in the W60+ division, established four meet records.

The indoor facility at Camp Randall's Memorial Sport Center is a 220-yard, Mondo-surface track.
 Fortune Best Masters Performer in NYRRC Winter 10 Mile

Bill Fortune, 50, turned in the best masters age-graded performance in the NYRRC December Winter Series 10 Mile in Central Park, NYC on December 10. His time of 1:02:45 gave him a performance of 88.2% (calculated by dividing the M60 time standard of 55:20 by Fortune's time).

Sid Howard, 50, was next-best on the age-graded scale in 58:19 (86.7%). The men's masters winner, Sam Skinner, 46, had the third best performance in 57:39 (84.6%).

Sylvie Kimeche, 41, was first masters woman both in time (1:08:00) and performance (77.3%). Aslauj Tomas, 61, had the second-best age-graded effort in 1:22:27 (76.4%).

Winners overall were Bob Meghan (30, 51:16) and Candace Meghan (30, 58:54). Runners braved 26-30° temperatures and 60% humidity; 730 men and 283 women finished.

Stahl and Welch Triumph in Honolulu

by STEVE LEWALLEN

Kjell-Erik Stahl, one of the most prolific and consistent masters marathoners, collected still another title by winning the masters portion of the Honolulu Marathon on December 11. His time, an admirable 2:25:49, placed him seventh overall. The women's masters title was captured by Priscilla Welch with a 2:43:20.

Stahl, 42, continues the string of victories he began in 1987 when he won both the Honolulu Marathon and the World Veterans Games Marathon in Melbourne. Welch, 44, said she was "very happy" with her victory in the race, her first since a pinched nerve sidelined her during a defense of her New York City Marathon crown.

Duncan Macdonald, a local favorite and three-time winner of the Honolulu Marathon, finished tenth overall with a 2:32:19. Another masters division newcomer, Olympic gold medalist Frank Shorter, 40, ran 2:45:24 to finish sixth in his division and 52nd overall.

Two other times worth noting are those of Kazuyoshi Fujii and Missaret Lee. Fujii ran a 5:15:49, more than an hour faster than any other time in his M80+ age-group, while Lee's 4:46:26 placed her almost 30 minutes ahead of her nearest competitor in the W65 division.

Overall winners were Gianni Poli (2:12:47) and Cindi Weite (2:24:52).

Gale Force Winds Club Stages First Meet in Mississippi

by JIM ROSE

Mild temperatures in the mid-60s and blue skies welcomed participants in the inaugural Gale Force Winds T&F Club Fall Classic in Gulfport, Miss., December 3. A combination open and masters meet, the event drew 73 registrants, including many masters who had never participated in a masters meet.

In the M35 2-mile, Richard Mantooth of Biloxi ran a 10:13.2 — 5:10 first mile and a 5:03.2 second mile — to garner a medal. Bobby Waterbury, a former Gulfport High School thrower now residing in Clinton, Miss., in his first masters meet, won the M35 discus (138-6) and shot put (44-1½). Attorney Joe Sam Owen of Gulfport, a former "Ole Miss" football standout, in his first meet since high school, ran 12:29 for the M35 1000. Bob Nelson, M80, won the 50y, 100, shot, and discus.

Newly-formed, the Gale Force club will endeavor to have a meet each month at Gulfport H.S., beginning in March, with a combined high-school and masters meet on March 18. Interested athletes can call Jim Rose, 601/864-3278; 863-1904.

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Heel Bruises

Q. I am in my early 70s, and for the last 3-4 months, I have had a soreness likened to a stone bruise in my right heel that makes it painful to walk, especially upon arising or sitting for a length of time. Later into the day, it seems better. I've tried several types of shoes and different heights of heels, which do not help. The soreness seems to travel up the outside of my leg to my hip. What can you suggest?

A. Your condition is certainly an interesting one and one that is similar to heel spur syndrome or plantar fascia syndrome experienced by long distance runners and tennis players.

Essentially, the gristle that runs along the bottom of the foot and attaches to the heel bone is irritated either by trauma or endogenous sources. It is often described as a "heel bruise."

This "plantar fascia syndrome" is an inflammation of the fascia at its attachment to the heel bone. This area becomes inflammed and, as a result, scar tissue formation occurs. In many cases, there is an associated heel spur which may aggravate the condition. The typical description is pain upon arising in the morning or after sitting for periods of time. Most athletes are able to run on this type of foot but are often disabled the next day.

Conservative treatment includes highly-cushioned athletic shoes. This cushions the heel and reduces shock to the area. The addition of a Spenco type of insole will also provide additional cushioning.

Hot water soaks at night also provide relief, and you will not develop the sore, stiff feeling in the morning. Light massage is also beneficial.

If the condition becomes chronic, I would seek the help of a foot specialist. You may wish to have the foot x-rayed to determine if there is an associated heel spur. Additional treatments include physical therapy to the affected area, such as ultrasound and hydrotherapy. This aids in bringing blood to the injured area and speeds up the healing process.

Strapping and taping of the foot is very effective and can be performed at home on a daily basis.

In persistent cases, the use of short-acting injectable steroid has proven to be of great value. This can be administered under local anesthetic and should provide relief within three days.

If there is an associated heel spur, I also recommend the use of an accommodating and functional foot orthoses to reduce stress to the heel area and reduce the effect of excessive pronatory forces on the plantar fascia.

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

Wind and Rain Turn National 10K Cross-Country into Mud Bath in New Jersey

by RON SALVIO


Although the temperature was a brisk 50-degrees, rain and wind combined to make the day feel much colder and turned the course into a mud bath in sections. However, 166 over-age-40 runners braved the conditions.

Bill Fortune of the NYC Police Department logged 42:58 to erase the M60 course record of 43:07, set by Dave Key in 1986.

Max Popper of the Millrose AA celebrated his entrance into the M85 division by establishing an M85 course mark of 1:23:21.

Familiar names dotted the medals' list with Hartford TC's Albie Swenson notching a victory over local favorite Harry Nolan, representing the Shore AC, in the M40 division. Jerry Smith, of the Syracuse TC, eked out a 10-meter victory over Virginia's Lew Faxon in the M45 competition.

The host Merrill Lynch Realty AC garnered three individual golds in the M65, M70 and M75 brackets, but superior team depth carried the large Millrose squad to team victories in the M50-59, M60-69 and M70+ divisions.

Many thanks are extended to the 20-plus NJTAC officials who suffered through the entire four-and-a-half hours of bad weather. The 1988 edition marks the third time in the last five years that the Championships have been contested at Holmdel Park. The Merrill Lynch Realty AC welcomes everyone to the future editions of the race.

Haiman Top Master In NYRRC Turkey Trot 8K

by JERRY WOJCIEK

Ted Haiman, 45, turned in the best masters age-graded performance in the Thanksgiving Turkey Trot 8K at Prospect Park, Brooklyn, N.Y. on November 24. His time of 26:47 gave him a performance of 87.2% (determined by dividing the M45 time standard of 23:21 by Haiman's time).

Other top age-graded performers were Bill Fortune (M60, 30:33, 86%), Eddie Prunty (M41, 26:35, 85%), Witold Bialokur (M50, 28:39, 84%), John McNamara (M65, 33:36, 83%) and Helene Bedrock (W50, 33:07, 82%).

The NYRRC-sponsored race, held under sunny skies and mid-30s temperature, had 1417 men and 548 women finishers.

Winners overall were Carlos Roa (35, 25:02) and Pamela Fanning (24, 29:18).
Duncan Macdonald: As Good At 40 As He Was At 18

A

High School in 1967, Duncan Macdonald broke the Hawaii state prep mile record with a 4:11.8 clocking in the state meet. He went on from there to record a 3:58.4 mile in his senior year at Stanford University, make the 1976 Olympic team, break the American record for 5000 meters in 1977, and win the Honolulu Marathon three times, not to mention countless other victories on the track and on the road.

Now 40, Macdonald feels he's about the equal of his old high-school self. "I think a 4:12 (mile) is possible right now," he said in an interview just before the 1988 Honolulu Marathon during December. "I had more speed in high school, but I'm a little smarter now."

Although Macdonald was then focusing on the Honolulu Marathon, he explained that he was not really training for the race. Rather, he was looking ahead to entering some masters races in the mile to 10K range after his birthday on January 15.

"I've been pushing pretty hard for the last few months, taking advantage of the little breaks that come along at work to get in some extra training," Macdonald, a Honolulu anesthesiologist, said.

"I'm realistic enough to know that at this point in my life I can't be competitive against the caliber of runners they'll have here for the marathon. But I can use it as a very good training effort. The strength you gain from it, I think, carries over into other things, to some extent, and also the training you're doing for other events is reflected to some degree in the marathon."

It's a rare runner who has the right combination of speed, strength, and endurance to be successful in both mile and marathon. With a 2:12:50 marathon at Boston in 1983 to go along with his sub-4 miling at Stanford, the 5-11, 140-pound Macdonald is, or was, an exception to the general rule. Actually, his range extended down to the half-mile. In high school, he recorded a 1:52.7 for the 880, a state prep record that stood for 16 years and which might still be standing were it not for the improvement in tracks and track shoes. As a seventh grader, Macdonald ran a 2:02 half.

In his attempts to make the '76 Olympic team, Macdonald went back and forth between 1500 meters and the marathon before finally finding his niche at 5000 meters. He made the team going to Montreal with a second-place 13:29.6 in the Olympic Trials that year.

At the Montreal Games, Macdonald fell victim to a sinus condition and finished sixth in his qualifying heat, not high enough to make it into the final. However, in a post-Olympics meet in Philadelphia the following week, he ran an 8:19.9 two-mile while finishing just behind Olympic 5000 silver-medalist Dick Quax and ahead of gold-medal winner Lasse Viren.

Two weeks later, in Stockholm, Macdonald outkicked Rod Dixon and broke Steve Prefontaine's American 5000 meter record by more than three seconds in 13:19.4. Later that year, he won his second Honolulu Marathon. His best Honolulu Marathon time came in his 1980 victory when he checked in at 2:16:55.

But, the mile is Macdonald's favorite event, and he prefers the track to the roads. He said he did not see any real conflict in preparing for the Honolulu Marathon while looking ahead to the peak of some indoor meet season and after his birthday.

"There's no conflict because I'm not training for a marathon," he explained. "I'm training for the other (shorter distances). The only compromise is that I've been running a little more distance than I ordinarily would have."

Married, with two young children, Macdonald has to balance running with his family responsibilities and his medical profession, not to mention a passion for windsurfing in the ocean near his home. Never a high-mileage trainer, Macdonald added that he does not keep a record of his weekly mileage, but that he had been putting in about 45 miles a week the last two months. He seems inviting enough. - Mike Tym

New York City Marathon Applications

The 20th Annual New York City Marathon will be held on Sunday, November 5, 1989. Of the 22,000 accepted entrants, 12,000 will be selected on a first-come, first-served basis; 4,000 will be chosen by lottery in late July; and 6,000 slots will go to international entrants (on a quota system by country).

To send for an application, U.S. citizens must send a self-addressed #10 business-size envelope and a check or money order (no cash) for $3.00, non-refundable handling fee, to: Marathon Entries, P.O. Box 1388, GPO, New York, NY 10116. The check should be payable to NYC Marathon. All requests must be postmarked May 22 or later.

Non-U.S. citizens residing in the U.S. must apply as U.S. residents. International entrants, for whom application instructions are slightly different, can call 212/860-4455 for more information.

Qualifying times are not necessary, but an applicant must be 18 years of age or older race day to be accepted, and U.S. residents must have 1989 TAC registration cards.

Organized by the New York Road Runners Club, the race will be broadcast for three hours live on ABC-TV, 10:30 a.m. EST.

How would a 40-year-old Duncan Macdonald fare against that 18-year-old Duncan Macdonald who set the Hawaii-prep mile record back in 1977? "That's a good question," Macdonald replied, seeming a bit amused at the comparison. "The 'me' of then would go out in 58 or 59 (seconds for the first quarter) and build up a good lead on the 'me' of today, who would go out at a steady pace. Either I'm more cautious than I was then or the leg speed is a little slower. But it would end up being a very close race."

Macdonald finished the 1988 Honolulu Marathon in 10th place with a 2:32:19. He had expected to maintain a 2:25 pace throughout. "I think that was my last marathon," he said right after crossing the finish line, clearly disgusted with his performance. "I was okay for 30K, but I was miserable after that."

Macdonald realizes that he'll never again break four minutes in the mile or run back-to-back 4:10 miles as he did in that 1976 Philadelphia race, but right now the opportunity to go head-to-head with the best 40-44 milers in the world and possibly lower the 40-44 outdoor record of 4:12:58, set last August by Ron Bell of Great Britain, seems inviting enough. - Mike Tym

Duncan Macdonald, recently turned 40, hopes to bring down the masters mile record.

The baton hand-off in the W30-39 4x1000 relay. Irene Thompson passes the baton to Kathy Pierce at the Eastern Regionals, Providence, August 21.

August 21.
MASTERS
TRACK & FIELD
REPORT
by DAVID PAIN, Meet Director
1989 National T&F Championships

Entry Form For Nationals Available

The eight-page entry form for the 1989 U.S. TAC National Masters Track & Field Championships is now available.

The computer experts have merged the entry lists from the Nationals in 1988 (Orlando) and 1987 (Eugene) into some 1600 names, to which the entry forms will be mailed this month. Next year, we'll turn over the new list to Indianapolis, the host of the 1990 Nationals. We hope they will continue the practice in 1991 and beyond.

Housing at San Diego State University may be tight in that only 1000 beds are guaranteed. Already, we've received deposits on 250. Unfortunately, the University has several other summer programs going at the same time, which has diluted the bed availability.

Since the budget exceeds expected entry fees, an active campaign is being conducted in the community for additional financial support for the event.

A welcoming reception on Wednesday, July 19 is shaping up with a donation of 56 cases of wine from the San Pasqual Vineyards. The reception will be free to all entrants and guests, and a turnout of 1000-2000 is expected. All-day Sports Medicine Symposium will be held on the 19th.

We plan live entertainment each evening on the outdoor stage at SDSU, as well as authentic ethnic Mexican mariachis and folklorico dancers and singers for the closing Mexican fiesta.

Dean Reinke of the ICI/USRA Masters Circuit has contacted us to present his "Legends Mile" in an effort to establish the first sub-4:00 masters mile. What we work out with Reinke remains to be seen. But we will definitely stage an age-graded 100-meter dash on closing day. The men's and women's division 100m winners will be invited. Each will receive yardage handicaps based on their respective ages. For example, can Payton Jordan, 71, hold off Stanley Whiteley, 417 Can Philippa Rascher, 41, catch Irene Obera, 55? Can Rosalyn Bryant, 31, catch them both?

This event, the highlight each year of the Australian National Championships, should truly demonstrate what masters athletics is all about.

To obtain an entry form by mail, send a SASE to David H.R. Pain, 5643 Campanile Way, San Diego, CA 92115.

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5643 Campanile Way, San Diego, CA 92115


Les Paton (left) and Johnny Kelley (right) present the first-place M60+ award to Roy Buck (62), 3:46:08 in the St. Louis Marathon, November 20. Photo by Lou Firehammer.

1989 TAC/USA NATIONAL MASTERS
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JULY 1989

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Photo by Lou Firehammer.
determination that kept her sane and conscious of what she wanted to do. Kathy definitely wanted to return to running and was not going to let something like cancer slow her down.

In November 1987, at the World Veterans Games in Melbourne, Australia, at the age of 40, Kathy took a shot at qualifying for the Olympic Trials. But first, there was the 10K. Coming in second in her age group, running a time of 37 minutes 7 seconds, her fastest time ever, was all the incentive needed to give the marathon her best shot.

Kathy's best was 2:57:33, but that was three years earlier, before her bout with cancer. The long hours of training had paid off — she ran 2:50:22 to place second in her W40 age group. Though missing the Olympic qualifying standard by only 23 seconds, Kathy accomplished her dream of being able to run competitively again.

Kathy is not sitting back. She is still looking to 2:50 and believes she can do it. The next goal is to be ranked as a masters runner.

Kathy does not know how to quit. She continues to set goals and proves she is getting better.

So, the next time you are on the track or running intervals, and you are tired and say "I can't do it anymore," think of my friend Kathy, who continued to set things like cancer into perspective. It helps me to keep my own running in perspective.

Peter Tittlebaum
Rochester, New York

COMPETITION TOO TOUGH
Please cancel my subscription to the National Masters News.

I had subscribed to get information about track meets, since I'm turning 40 this year and wanted to compete. The results you report, plus the recent article calling for qualifying standards at the nationals have convinced me that my plans are excessively optimistic.

You have a great magazine. Sorry it didn't work out for me.

James Tomayko
Mulvane, Kansas

(Many masters don't run very fast or run and jump very far, but still compete — for the fun of it. It doesn't matter how slow we are. Participation is what counts. There are no qualifying standards in either the nationals or the World Veterans Championships, nor are there likely to be. As the Chinese say, it is "friendship first, competition second." We don't know your event, but we'd guess you could better the M40 last place marks in the 1987 World Veterans Games. For example: 100 (16.1), 800 (3:07), 10K (55:21), HI (5-3), SP (27-5/5), marathon (5:08). We hope you'll reconsider. — Ed.)

REMEMBERING THE WHALES
Mike Tynn's mention of Pat McDonald and Matt McGrath (Dec. NMN) as the first two masters in track and field brought back vivid memories.

In the 1930s, while a college sprinter, I was a member of the New York Athletic Club team during the summer vacation months and got to know McDonald and McGrath well.

In those days, when steroids were unknown and weight training was actually frowned upon, we youngsters on the NYAC team looked in awe on the Club's "whales." Old Pat, in particular, was the biggest man any of us had ever seen; in fact, he's the only man I've ever known whose legs could be described as being like tree trunks.

Tynn mentions the fact that McDonald and McGrath "trained seriously but ate even more seriously." On a train trip to Lincoln, Nebr., for the AAU Nationals, our NYAC squad made a brief stop in Chicago. When we saw a sign in a restaurant window advertising an "all-you-can-eat" special, we made a mad dash with McDonald and McGrath leading the charge. After an hour in the restaurant, thanks mainly to the efforts of Pat and Matt and a couple of other hammer throwers, we had pretty well cleaned the place out, and left at the request of the manager.

Pat's strength, even by modern standards, was phenomenal and his exploits with the New York City police force were legendary. One time when he was breaking up a street brawl, he ended up carrying the two leading perpetrators — good-sized adults — one under each arm to the paddy wagon.

Pat McDonald actually "invented" a new variation of the 56-lb. weight event, and it was sometimes included in regular track meets. Would you believe throwing the 56-lb. weight for height! A large metal disk was suspended from a crossbar between two pole vault standards. The idea was to hit the disc (ring the bell) with the weight and keep raising the bar till you missed. Pat McDonald did it not with both arms but with one.

It's safe to say that no one could come close to Pat either with the 56-pounder or with knife and fork at the dinner table.

Dick Lacey
Clearwater, Florida

IMPLEMENTS TOO LIGHT
I am dissatisfied with the current practice of lowering the weight requirements of the implements in the advancing age groups of masters throwers.

While the reduced standards were initially adopted to compensate for the declining powers of the aging athlete, I believe that in reality this intent merely enables him to engage in a series of self-defeating rationalizations.

First, it encourages him to entertain the mistaken belief that by lowering the weight requirement and thereby increasing his distance he can maintain some facsimile of his previous level of excellence. Second (and this may be a more seductive effect), he learns that because the lighter implement is now easier to throw, he can get by while expending less effort each year on improving technique and strength.

It seems to me that this situation might be rectified in a couple of different ways. Just using the hammer throw as one example, I think the simplest and best solution to the problem would be to standardize the throwing weight at 16 pounds (7.26kg) on all levels. This failing, a somewhat less preferable move would be to stay with the present sliding scale, but to increase the weights corresponding — the M50-59 might move to 7kg; the M60-69 to 8kg, and so forth.

One final observation strikes me as appropriate here. The passive philosophy so prevalent in men's masters field events has inevitably influenced the new women's division of hammer throwers. At present the women are compelled to throw the ridiculously low weight of 4kg, which is slightly less than nine pounds. Now technically speaking, 4kg is counter to the physics of the sport, which posits that an inert body (the hammer) spinning in tandem with the human body must provide substantial counter-resistance in order that the fulcrum effect be created necessary for the hammer to be propelled for any significant distance. Even if the average female hammer thrower were as light as 140 pounds, 4 kg could be no adequate counter.

Frank Miller
Portland, Oregon

SENIOR SPORTS IS IN
This is a response to Hal Higdon's article, "Senior Sports Is In" (August). I thoroughly agree with his assessment of the trend. The 1982 book, Physiology of Aging, A Synopsys, by Richard A. Kenney, says: "The physical work capacity of the average 70-year-old is only half that of a 20-year-old." The rate of loss accelerates in the mid-50s, but part of the decline is due to "Hypokinetic Disease," which results from reduced physical activity. Masters athletes may suffer occasional injuries brought on by overtraining, but we are not much troubled by hypokinetic disease.

Carl S. Hamm
Saunderstown, Rhode Island

KUDOS
Your efforts in keeping all masters competitors informed and updated on information and news is very rewarding.

John 'Spike' Harshberger
Wamego, Kansas

We both enjoy the NMN a great deal. You folks do a good job!

Earl and Marilla Salisbury
San Diego, California

The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2227, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.
Masters Health and Fitness
by RAY STEWART

50+ Runners Association — A Seniors Race with a Purpose

On Saturday, March 19, 1989, an important race for seniors, ages fifty-and-over, will be held on the Stanford University campus in Palo Alto, Calif. This will be the 6th Annual 8K Run, sponsored by the Fifty-Plus Runners Association.

On Saturday, March 19, 1989, an important race for seniors, ages fifty-and-over, will be held on the Stanford University campus in Palo Alto, Calif. This will be the 6th Annual 8K Run, sponsored by the Fifty-Plus Runners Association.

The organization is associated with the Stanford Center for Research in Disease Prevention and now has some 1,500 members throughout this country and abroad. The organization, formed in 1980 "for long-range studies of the effects of regular running on all aspects of individual and societal life," is a living lab for Stanford researchers, in a variety of disciplines, who envision the membership for various studies pertaining to the effects of diet and exercise on older people.

A landmark study clearly showing the value of exercise in the struggle against osteoarthritis was recently completed using Fifty-Plus members as a primary data base. The Stanford researchers concluded that runners, as a group, had no increase in osteoarthritis of the knee, despite fears that long-term running may promote this disease. Further, it was found that the over-fifty runners exhibited an average of 40% higher bone density than their counterparts. Such findings have important implications for the prevention of osteoporosis in older women. The report was later published in the Journal of the American Medical Association.

Other on-going studies in which Fifty-Plus members are cooperating with the University relates to food intake and diet, the linkage of regular exercise to decreased risk of cardiovascular disease and weight reduction, and physical and psychological characteristics of older runners. As might be expected, a recent survey showed that only 2.5% of the group smoked. Two other in-depth psychological studies have been done on the motivation of the older runner and how peripherals change for women and men as they become more seasoned. Both were published in the International Journal of Sports Medicine & Physical Fitness. All members receive the results of these studies as well as the quarterly Fifty-Plus Bulletin.

The association believes that the 50 + 8K is the oldest annual race in the West for fifty and over runners. The sponsors are reaching out for more recognition of this sizable and growing age group. Organizers cite the increasing participation of over-fifty runners in three major races: the 1977 Boston Marathon had 199 such runners or 6.5% of the total participation, in '88 there were 781, up to 11.6%; the '78 New York Marathon had 536 (4.9%) and '87 had 2,767 (10.7%); San Francisco's '85 Bay to Breakers had 2,541 (4.1%) and '87 had 3,972 (5.6%).

A review of some 200 races listed in Road Race Management for 1988 shows prize monies of nearly $5 million for these major events. Less than 5% of this total was awarded for masters runners and less than 1% for over-fifty participants. Fifty-Plus Runners Association applauds the efforts of the recently formed Masters Against Age Discrimination (MAADD) for more age-graded awards and divisions up to 80 years of age and increased promotion of senior athletes and recognition of their accomplishments.

The 50 + 8K will meet the four-star criteria of MAADD and is open to the public. A major senior event, it provides an opportunity for participants and others to learn about the exciting studies of running and aging conducted by one of the world's top medical research institutions. For further information write Fifty-Plus Runners Association, P.O. Box D, Stanford, CA 94309, or call 415/723-9790.

Syracuse Chargers TC M40-49 4x400 relay team, which won at the Eastern Regional Championships, Aug. 21, in 3:45.8. From left: John Dwyer, 40; Don Mastaen, 43; Bob Micho, 41; and Tom Fonth, 50.

Sheehan, Heritage Earn U.S. 5K X-C Titles
by STEVE LEWALLEN

Lenny Sheehan and Doris Heritage captured masters victories at the TAC National Masters 5K Cross-Country Championships, November 25, at Raleigh, N.C. Sheehan's 16:44 was good enough to hold off a serious challenge by Patrick Kubley (16:49), who took the lead for 300 yards after the one-mile mark. The surprise, however, was Heritage, 46; her 19:34 not only assured her of the masters win but also clinched the overall women's title as well.

Sheehan, 41, a painting contractor from Landover, Mass., was jubilant at winning his first national title. "This has been running 50 miles a week, so I was in good shape for this race," said Sheehan after the competition. This victory also marked the first masters title for Heritage, adding to her long list of titles that includes the senior women's cross-country championship from 1966-71. She currently resides in Seattle, Wash., and is the U.S. member of the International Amateur Athletic Federation (IAAF) Cross-Country and Road Running Committee. "Since I'm here to be the meet referee for the women's races on Saturday, I thought I'd jump in this race," Heritage said nonchalantly. "I was surprised to find myself all alone out front."

Another noteworthy performance was Ed Benham's 23:58, a time that could have placed the venerable 81-year-old runner in the M65 age group.

Winner of the masters team portion of the race was the Carolina Godiva Track Club in the M60 division. Overall winner of the men's race was Fred Bingelli (16:42).

Reyes, 71, First in Achilles 10K
by JERRY WOJCJK

Al Reyes, 71, of South Burlington, Vt., was the winner overall in the Achilles Handicap 10K held in Central Park, N.Y., on December 4.

Runners' take-off times were handicapped by sex, age, and, where applicable, by disability category. The clock started 60 minutes after the first competitor began to run. Reyes, with a 45-minute handicap, crossed the finish line first in 25:50 (actual time 1:10:50).

Brian Froggatt, 30, captured the second spot with a finish time of 25:58 (actual time 1:10:58). Paddy Rossback, 50, with the same finish time of 25:58 (actual time 55:58) was awarded third place to lead all women. Angella Hearrn, 42, finished sixth and second woman in 27:05 (37:05).

The race drew 604 men and 281 women finishers. It was put on by the Achilles Track Club and sponsored by the New York Eye & Ear Infirmary. The first three finishers were members of the Achilles TC, a NY-based organization for disabled athletes with branches in some U.S. cities and overseas.
Continued from page 1

pondered self-efficaciously. "I'm not a great competitor near the end of the race; I'm a cream puff. That's why I ran hard at the beginning, because I don't have a lot of mental strength at the end. If I'm with someone, I tend to crack."

In fact, it was Hurd who cracked in the final mile as Stewart and Schlau reeled him in and then waged a battle royal for the second spot. Using his 4:08 college mile speed, Stewart surged ahead to cross the line in 24:48, an all-time PR by one second.

"I didn't think I'd do well today," beamed Stewart, citing the freezing temperatures in which he'd been training in his native Ottawa. "But this is great, having a masters race that's not just part of an open event."

Schlau was third in 24:44, Hurd took second, and was in good-shape, strength-wise. "I'm training 27:19, and was in good-shape, strength-wise."

"You can't do either very well. So I'm not really fresh. I'm not absolutely chewing at the bit. I'm racing tired."

Bill Johnston of Salt Lake City and Bill Orlich of Lexington, Ky. came to the race dead even in the M50-59 Circuit standings with 50 points each. Whoever won the 8K would win the $750 first-place Circuit prize. Johnston prevailed, 26:50 to 27:42, with Michigan's Don Sleeper splitting them for second in 27:14.

In the M44 race, Bruce Mortensen set a U.S. M45 8K record of 25:31, besting Utah's Steve Lester by 25 seconds.

Although San Diego's Jim O'Neil, 63, was uncatchable in the 60+ point standings, he gave way today to Reno's Ross Smith, 61, whose 30:03 gave him a 20-second margin over O'Neil. John Hosner took third in 31:01.

Ed Benham, 81, set a new M80 8K mark with a time of 38:05, a 7:37-per-mile pace. The oldest athlete in the race was Warren Danieli, 87, of Naples, who checked in at 1:19:49.

The 30-39 and 60+ races went to Delores Alberini (32:20) and Anne Trigg (38:38), although the overall Circuit titles went to Susie Klutz and Mary Norcakuer, respectively.

At the race's end, there were many who wondered the unique significance of an event such as this: a race which offered the opportunity not only for legends such as Shorter, Ryan and Rodgers to prolong their careers, but also for talented individuals such as Schlau and Welch to fully realize their potential, regardless of age.

Shorter summed it all up: "I'm not running that much slower now than I was 15 years ago at this point in the year. Obviously, there are physiological differences. But they're not that great."

ICI/USRA Masters Circuit Point Standings

The ICI/USRA Masters Circuit features a $20,000 grand prize style price purse for 1988. Points are awarded in six age categories (men's and women's 40-49, 50-59 and 60 & over) for places first thru tenth (1st = 10 points, 2nd = 9, 3rd = 8, 4th = 7, etc. thru 10th = 1 point)...

Men 40-49:
1. Bill Hurd, SC (41) $3500 1/1
2. Delores Alberini, CA (40) $1500 1/2
3. Steve Lester, UT (45) $1000 1/3
4. Steve Kelly, CA (40) $750 1/4
5. Anna Klutz, IL (45) $500 1/5
6. Delores Alberini, CA (40) $500 1/6
7. Bill Orlich, MN (50) $400 1/7
8. Ken Sparks, CO $350 1/8
9. John Roster, CO $300 1/9
10. John Schaub, CO $250 1/10

Men 50-59:
1. Don Schlau, SC (50) $1500 1/1
2. Delores Alberini, CA (40) $1250 1/2
3. John Dugale, CO $1000 1/3
4. Jim Alhert, CA $750 1/4
5. Jim Fain, CA $500 1/5
6. Jim Johnson, CO $250 1/6
7. John Mahler, CO $200 1/7
8. Jim Cleary, CO $150 1/8
9. Tom Gough, CA $100 1/9
10. Jim Alhert, CA $50 1/10

Women 40-49:
1. Jane Hutchison, WI (45) $1500 1/1
2. Nancy Oshier, NM (45) $1000 1/2
3. Bob Schlau, SC (41) $500 1/3
4. Nancy Oshier, NM (45) $500 1/4
5. Ann Shedlo, CA (40) $250 1/5
6. Sue Klutz, WI (50) $250 1/6
7. Debbie Walken, CA (40) $100 1/7
8. Mary Klutz, CA (40) $100 1/8
9. Jill Kartin, CA (40) $50 1/9
10. Mary Norcakuer, LA (40) $50 1/10

Women 50-59:
1. Susie Klutz, WI (51) $750 1/1
2. Delores Alberini, CA (40) $500 1/2
3. Bob Schlau, SC (41) $250 1/3
4. Jane Hutchison, WI (45) $150 1/4
5. Patricia Wolfe, CA (40) $100 1/5
6. Mary Klutz, WI (50) $100 1/6
7. Judy Kirchhoffer, CA (40) $75 1/7
8. Patricia Bond, CA (40) $50 1/8
9. Elizabeth Klein, CA (40) $50 1/9
10. Margaret Deen, CA (40) $25 1/10

ICI/USRA Masters Circuit Successful

by AL SHEAHEEN

NAPLES, Fla. — The ICI/USRA Masters Circuit 8K Championship race, held January 14 in this booming Gulf of Mexico coastal town, was by any fair standard, a stunning success.

The prime sponsor of the event — ICI Americas, Inc. — and the Circuit organizer — the U.S. Running Association — brought together most of the top masters runners in the nation.

The four "big names" — Bill Rodgers, Frank Shorter, Jim Ryun and Priscilla Welch — were together for the first time and were the featured attraction during the two-day festivities.

They each spoke at a press conference, cocktail reception, sports clinic, awards ceremony and banquet. They raced well, gave media interviews, signed autographs and were gracious to everyone.

The presence of these and other masters luminaries such as Larry Olsen, Barry Brown, Gabriele Andersen, Laurie Binder, Mike Hurd, Bob Schlau, Barbara Filutze, Jim O'Neil, Bruce Mortensen, Bill Johnston, Bill Olich, Ed Benham, Jane Hutchison, Nancy Oshier and others rewarded the sponsors and the sport with the best masters press coverage ever seen:

1) A page-one photo in the Naples Daily News of Rodgers breaking the tape in his 24:03 win.
2) A sports page-one photo of Welch winning the women's title in 27:19.
3) A sports page-one headline and story of the day before the race.
4) Sports page-one stories the two days before the race.
5) News coverage of the race on two local TV stations on the 6 o'clock news.

The only downside to the weekend were some grumblings about late or non-payments of bills and expense reimbursements by USRA.

Despite the financial glitches, USRA and ICI were taking deserved bows for pulling off what no one else has ever been able to do — put together a legitimate, year-long, successful masters running circuit and give the name masters some publicity along the way.

"If this keeps up, I may not have to keep explaining to my friends what a 'master' is," said one athlete.

Bill Rodgers crosses the finish line first in 24:05 in the ICI 8K. Photo by Sailer, Ltd.

6) A 30-minute TV recap at 11:30 p.m. on race night.
7) Complete live coverage by a local FM radio station. Plus interviews and stories in the week leading up to the event.

"I'm only sorry we couldn't get Sports Illustrated or any of the networks," said Bill Adams, General Manager, Public Affairs at ICI. "I think an event of this stature is worth a few minutes on Wide World of Sports."

True, but nevertheless, the outstanding local media coverage, the caliber of the field, the intense competition in the race, and the professional way the race and ancillary events were handled stamped the weekend as a breakthrough in masters running.

"I consider it a special privilege to be part of this," said Ryun, who raced side by side with Welch during the race. His pride wouldn't let her beat him, as he kicked to a 27:12, seven seconds ahead of her, and 18th overall.

"ICI and Dean Reinke deserve a lot of credit for making the Circuit a success in its first year," said Schlau.

"I commend Bill Adams and ICI for their efforts. Their investment should pay off. I hope to come back next year and I promise I'll run better," said Shorter, who ran better than expected at 25:06 to finish fifth.

"I'm glad to be here from the bottom of my heart," said Rodgers. "I hope I can come back and I hope they raise the prize money next year."

The pre-race spaghetti feed, sports clinic, race, awards ceremony and banquet drew a large contingent of ICI personnel and business customers, who were flown in for the weekend as a reward for their sales efforts in promoting ICI products (Mylanta, Glidden Paints, etc.). The ICI group seemed genuinely pleased and supportive of the event, and appeared to be having a good time.

Which was a favorite of the crowd and the media. "It's a real privilege to be a part of this," she said.

Directing her media message to women, she said: "ICI stands for 'I Can, Indeed, do it!' Thousands of women can do this, but they've got to move their tushes. ICI is helping to promote women's masters running, but it will be a while before the women are as competitive as the men."

The ICI/USRA race was preceded by an open 8K and 5K healthwalk.

Dean Reinke, head of USRA, and McCord the sports clinic, awards ceremony and banquet. His trademark is throwing frisbees to the audience whenever a full threatens to occur. One of his niftiest throws knocked the drink out of a woman's hand, splashed her companion and sent others scurrying for cover. No one fell asleep while Reinke was at the mike.

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ICI has found sports promotion helpful to its image and marketing programs. It has sponsored individual track and field athletes (Jackie Joyner-Kersee), golf pros (Peter Jacobsen), and other athletes, who wear the ICI logo in competition.

ICI is the fourth largest chemical company in the world, with worldwide sales of $22 billion and U.S. sales of $4 billion. Based in England, its letters stand for Imperial Chemical Industries of England. The company manufactures polyurethane, Tac-Tel fibers, breast-cancer drugs, and provides the technology for DNA fingerprinting.

Adams, himself, at 48, is a national-class runner who placed fifth out of 38 in the M45 division in a good 29:19. Some ICI executives lean toward putting more sponsorship into the traditional golf, skiing, auto racing and tennis, but Adams is enthusiastic and feels sponsoring masters athletes can reach a relatively untapped, potentially huge marketing target.

"We've learned some lessons in 1988," Adams said, "and we're going to correct our mistakes and do it better in 1989. But ICI can't do it alone. We need other sponsors to help pick up the tab."
Overheard at the ICI/USRA 8K Championships

"In 1988, I had business problems which slowed me down. Or maybe it was old age. This year, I want to lower my times. I'm running the Los Angeles and Boston Marathons, and hope to break Barry Brown's American masters record of 2:15:15." — Bill Rodgers

"I had bunion surgery in May which only healed three weeks ago. I ran a 5-minute pace today, so I'm pleased. I'm doing a triathlon next month — 10K run, 40-mile bike, and 10K run. I started cycling 'cause I couldn't run after the surgery. It helps my running. Cyclists, by the way, are obsessive competitors, much more so than runners." — Frank Shorter

"There's been no high-school four-minute miler since Marty Liquori in 1967 because now runners don't focus on track training. They do road racing, all season long. We did interval training 20 years ago. Today, they don't do enough intense speed workouts. In 1967, we focused on a track season through July, and were off from July to December." — Jim Ryun

"What a field! Sixth is the worst I've ever placed in a masters race. The humidity was tough; I couldn't breathe after two miles. I'm used to the New England cold." — Larry Olsen

"Ten years ago, a 5-minute pace for a masters runner in an 8K would have been good. Now Rodgers is doing a 4:49 pace. Psychological barriers are coming down. Rick Wohlhuter, who's now 40, might break four minutes. He's a 3:52 miler who hasn't run that much and may be fresh. There's no question John Walker will go under 4:00 when he turns 40." — Shorter

"I'm lucky ICI started this when I turned 40 (June, 1988). It's been great for me. I wouldn't have done the things I did without it." — Nancy Oshier

"Motivation is everything. The ICI Circuit is giving us the incentive to continue training. A revolution is taking place in masters running. I wish there were more all-masters races. I'd like to go under 23:30 for 8K and 29:00 for 10K." — Rodgers

"It's a thrill to have won the Circuit, and I hope to participate again in 1989." — Jane Hutchison

"The Circuit is flawed, but it's still great. The prizes should be equal among all age groups." — Jim O'Neil

"Bill and I do some weight training. All of us who run have bad backs, so I do a lot of situps to strengthen my abdominals. When you get older, you tend to forget how much time it took you to get in shape years ago. You also forget you can't race a lot. Bill is the only one who can, but he's an exception; people don't realize that." — Shorter

"I'm intimidated by Rodgers, but I feel everyone else is human." — Dave Stewart, who finished second to Rodgers and beat everyone else.

"I'll be in Eugene for the World Veterans Championships this summer. Some masters may run only for the money, but not me. I run for the fun of it. I wouldn't miss Eugene." — Bruce Mortensen

"We all like to run, no matter what our career is. We're the same type of personalities. I think I'm equal as a runner and TV commentator, but I wish I were a better runner." — Shorter

"Winning Boston in 1975 was my biggest thrill. I lowered my PR by 14 minutes." — Rodgers

Judy Greer Tops All Entrants in Charlotte Prize Money

CHARLOTTE, N.C. — A 42-year-old Florida woman who said she "came for the money" got exactly what she wanted January 7 in the Charlotte Observer Marathon, winning the women's marathon masters division, establishing a new masters record, and finishing fifth overall among women.

Bill Rodgers, Mike Hurd, Bob Schlau and Priscilla Welch were the big names on hand — they ran in the Masters 10K. But Judy Greer of Orlando ran away with more dollars than anyone. She earned $1,250 for first in the women's masters marathon, $1,000 for setting a new course record for her division, and $250 for fifth place among all women in the marathon.

Greer's time of 3:00:25.3 battered Joanie Zirkelbach's 3:10:53.0, established in 1988 as the women's masters marathon standard.

Welch was also a record breaker. Her 3:56:06 was better by 2½ minutes than Jane Hutchison's 3:57:30 in 1987.

The record and first place among 10K masters women went Welch a paycheck Continued on page 24
1989 National TAC Masters Indoor
Friday, Saturday and Sunday
French Fieldhouse, The Ohio State

MEET RULES
The meet will be conducted according to the 1987-88 TAC rulebook with the following changes:

- No L1, L2, SP and weight throw, if there are more than 12 contestants in an age group, preliminary flights will be used.
- WAVA implements and hurdle specifications will be used as published in National Masters News 2/88 issue.

Athletes must report to their event one hour prior to the scheduled starting time.

EVENT GUIDELINES

THROWS AND JUMPS
Implement weigh-in and measurement will be located just inside the door of the fieldhouse.

Scales courtesy of Toledo Scale.

In throwing events, long jump and triple jump, if six or fewer contestants in an age group, all get six trials, straight through. If seven or more contestants, all get three preliminary trials and the top six contestants get three additional trials in the finals. TJ: all women and men 65-9 and 70 and over. HJ: men 70+ and PV: 60-69 men will be on Friday evening.

High Jump and Pole Vault heights will be set based on heights requested on the entry forms. Quarter inch spikes are allowed on the track and for long jump, triple jump and pole vault, which are from Chevron surfaces. 3/8 inch spikes are allowed for high jump which is from a grass surface.

The shot is put from a wood surface. The weights will be thrown outdoors from concrete.

TRACK EVENTS
60 Meter Dash and 60 yard Hurdles are run in lanes with prelims and finals where there are more than six runners in an age group. Starting blocks will be provided.
200 Meter Dash will be run in lanes, top 6 to finals, on time.
400 Meter Run will be run entirely in lanes, in seeded sections, as finals on time.
800 Meter Run will start with a two turn stagger in lanes of four per alley, and where there are over 12 runners in an age group, will be conducted as finals on time in seeded sections.
1500 Meter Run will employ a waterfall start, with up to 12 runners per section.
3000 Meter and 3000 Meter Race Walk will start in lanes with up to 16 per section.
6 x 400 meter Relay - first leg will be run in staggered lanes, six teams per section, as finals on time.
4 x 800 meter Relay - 12 teams per section on time, first leg - one turn stagger.

Relay events will be in ten age group sections, 30-39, 40-49, etc. Relay team entries or team changes will not be accepted more than three hours prior to the scheduled starting time of the relay.

Late registration will be accepted on site. Late registrations, due date of the meet, start-up date and changes will be charged twice the early registration rate. For additional entry forms, see contact Jim Pearce, 2449 Southway Drive, Columbus, Ohio, 43221, or call 614-464-7175 and leave your name and complete address.

MEET SCHEDULING
Meet schedules are subject to change. Athletes are responsible for being informed about any schedule changes. Updated schedules will be posted at the Meet Registration Desk and in the Hospitality Suite on Friday, March 31.

DEADLINE
Early registration deadline is March 15, 1989, in the meet director's hands. Application forms received after that date are subject to the regular fee schedule as set forth below. Late entries received after March 23 for the 60 m, 60 hurdles, 200 m and 400 m will be accepted only as long as there are vacant lanes. Positively no late entries will be taken in the 60 m, 60 hurdles, 200 m or 400 m after 6:00 p.m. Friday, March 31. Late registrations, due date of the meet, start-up date and changes will be charged twice the early registration rate. For additional entry forms, see contact Jim Pearce, 2449 Southway Drive, Columbus, Ohio, 43221, or call 614-464-7175 and leave your name and complete address.

ENTRY FEE SCHEDULE

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<tr>
<th>Event Type</th>
<th>Early Registration</th>
<th>Regular Registration</th>
<th>Late Registration</th>
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<tr>
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<td>2nd &amp; Subsequent Event</td>
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<tr>
<td>Relay teams (price per team)</td>
<td>$24.00</td>
<td>$28.00</td>
<td>$48.00</td>
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</tbody>
</table>

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

ADDITIONAL DETAILS

AIRPORT TRANSPORTATION
The Holiday Inn-on-the-Lane is Meet Headquarters and will be running a shuttle bus to and from the airport for athletes staying there. Call from the direct phone located in the baggage claim area of Port Columbus Airport. French Fieldhouse is 100 meters away from the Holiday Inn, just across Lane Avenue. Taxi cab and major car rental companies are available at Port Columbus. A special Airport Shuttle will provide service to OSU area hotels for $3 or 66.

MASTERS TRACK MEETING
There will be a general meeting for Masters track athletes at the Holiday Inn-on-the-Lane Saturday night at 6:30 p.m. Jerry Donley will be discussing the World Games and the Masters movement. Our apologies to long jumpers and runners who will be competing late Saturday night.

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

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

AWARDS
TAC National medals will be awarded to the first three places in each age group. Ribbons will be awarded to the fourth, fifth and sixth place finishers. National Champions patches (maximum one per athlete) will be awarded to first place winners. No awards will be available until noon on Saturday.

TEE SHIRTS
High quality Masters Championship T-shirts will be available at $8.00 each. These can be ordered on the meet entry blank.

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Recommended route to OSU from airport
for Track and Field Championships
Day, March 31 - April 2, 1989
State University, Columbus, Ohio

1989 Masters Indoor Meet Travel and Accommodations

American Airlines Discounted Group Rate Reservations to Columbus
Special American Airlines group rates, 54 off best single and round-trip fares, subject to
restrictions, or 35 off coach, allowing changes up to 7 days prior to departure.
For full details and reservations, phone: 1-800-433-1790. Ask for Star File
4-0389A.

Moderately Priced Hotels Near GUS
1) Holiday Inn On The Lake 1-614-294-4848
Located across the street from French Fieldhouse. A limited number of rooms
are available. Two hotel vans provide airport service for hotel guests.

2) Cross Country Inn, 3246 Olentangy River Road, $29/37
1-800-621-1429

3) Cross Country Inn, 1445 Olentangy River Road, $29/37
1-800-621-1429

4) Knights Inn, S.B. 315 at W. Broadway, $28.50/36.50
1-800-722-7220

5) Olentangy Inn, 1239 Olentangy River Road, $27/37
1-614-294-5211
(call collect for reservations)

PRELIMINARY MEET SCHEDULE

Friday, 3/31/89
6:00 P.M. SP 65-9 Men
7:00 P.M. LJ 60-4 Men
7:30 P.M. PV 45-9 Men
8:00 P.M. LJ 65-9 Men
9:00 P.M. J 30-4 Men
4 x 800 Relay

Saturday, 4/1/89
8:00 A.M. LJ 35-9 Men
9:00 A.M. LJ 40-4 Men
10:00 A.M. SP 30-4 Men
11:00 A.M. SP 35-9 Men
12:00 Noon SP 40-4 Men
1:00 P.M. SP 45-9 Men
2:00 P.M. SP 50-5 Men
3:00 P.M. SP 55-9 Men
4:00 P.M. SP 60-5 Men
5:00 P.M. SP 65-9 Men

Sunday, 4/2/89
8:00 A.M. LJ 55-9 Men
9:00 A.M. LJ 60-4 Men
10:00 A.M. SP 30-4 Men
11:00 A.M. SP 35-9 Men
12:00 Noon SP 40-4 Men
1:00 P.M. SP 45-9 Men
2:00 P.M. SP 50-5 Men
3:00 P.M. SP 55-9 Men
4:00 P.M. SP 60-5 Men
5:00 P.M. SP 65-9 Men
4 x 800 Relay

PRELIMINARY MEET SCHEDULE

Friday, 3/31/89
6:00 P.M. SP 65-9 Men
7:00 P.M. LJ 60-4 Men
7:30 P.M. PV 50-4 Men
3000m Run (Women 1st)
9:00 A.M. SP 70-7 Men
3000m Run (Women 1st)
9:30 A.M. TJ 45-9 Men
10:00 A.M. SP 30-4 Women
11:00 A.M. SP 35-9 Women
11:30 A.M. SP 40-4 Women
12:00 Noon SP 45-9 Women
12:30 P.M. SP 50-5 Women
1:00 P.M. SP 55-9 Women
11:30 A.M. PV 65-9 Men
2:00 P.M. PV 50-5 Men
3:00 P.M. PV 45-5 Men
4:00 P.M. PV 40-4 Men
5:00 P.M. PV 35-5 Men
4 x 400 Relay

Saturday, 4/1/89
8:00 A.M. LJ 35-9 men
9:00 A.M. LJ 40-4 Men
10:00 A.M. SP 30-4 Men
11:00 A.M. SP 35-9 Men
12:00 Noon SP 40-4 Men
1:00 P.M. SP 45-9 Men
2:00 P.M. SP 50-5 Men
3:00 P.M. SP 55-9 Men
4:00 P.M. SP 60-5 Men
5:00 P.M. SP 65-9 Men
4 x 800 Relay

Sunday, 4/2/89
8:00 A.M. LJ 55-9 Men
9:00 A.M. LJ 60-4 Men
10:00 A.M. SP 30-4 Women
11:00 A.M. SP 35-9 Women
12:00 Noon SP 40-4 Women
1:00 P.M. SP 45-9 Women
2:00 P.M. SP 50-5 Women
3:00 P.M. SP 55-9 Women
4:00 P.M. SP 60-5 Women
5:00 P.M. SP 65-9 Women
4 x 800 Relay

1989 TAC Masters Indoor Championships Meet Entry Form

Please fill out completely, and return with your fees to:
Jim Pearce, 2449 Southway Drive, Columbus, OH 43221, or call (614) 461-7745, and
leave your name, address and phone number.

Make checks payable to: "1989 Masters Indoor Meet".

Name_________________________ Age_ Sex_________________________
Address____________________________ City_________ State_________ Zip Code_________

1989 TAC Card Number____________ Date of Birth_________

Track Club________________________ Requested starting height: HJ PV

Events Entered:
Ist Event_________ 2nd Event_________ 3rd Event_________ 4th Event_________

Performance________________________

If you desire a Masters Championships T-shirt,
note your size and include $8.00 per shirt. XXX

Relay Entry: 4 x 400 m X 4 x 800 m
Relay Team Members

$________ + ______ $________ = ______

Individual Relay fees T-shirts Total Amount
Entry Fees Enclosed

All entries must be accompanied by fees or they will not be accepted. Make checks payable to: "1989 Masters Indoor Meet". No phone entries will be accepted.

ATHLETIC AND PUBLICITY RELEASE
In consideration of your acceptance of my entry, I hereby for myself, my successors and assigns, release and forever discharge my and all claims for damage which I may have or may hereafter accrue against
the Ohio Athletic Commission, Track Club, Ohio State University, and all sponsors, organizers, officials, agents and others, for any damages sustained or earned. I certify that I am physically fit and have
received all training is sufficient to compete.

I hereby grant my permission to the use of film, videotape, and photographs for news coverage and use publicity in which I am a part.

INDI TRIMMING NOTICE

Athletes who participate in this competition will be subject to floral drug testing. Any athlete who tests positive for banned substances, or who refuses to be tested, will
be disqualified from this event. All athletes are responsible for all claims for damage which I may have or may hereafter accrue against the Ohio Athletic Commission, Track Club, Ohio State University, and all sponsors, organizers, officials, agents and others, for any damages sustained or earned. Information regarding dates and drug testing can be obtained by calling OAC hotline at 1-800-223-4081.

Date_________________________ Athlete's Signature_________________________
Important World Championships Dates

by TOM JORDAN and BARBARA KOUSKY

With just over five months to go before the Opening Ceremonies of the VIII World Veterans’ Championships, it is time to get out that 1989 Calendar and circle some important dates:

Feb. 15: 50% Housing Payment Due for those booking lodging in Eugene-Springfield, half of your total housing payment is due on or before Feb. 15.

May 1st: Deadline for Competition Entry - no ifs, ands, or buts. Your entry must be postmarked by May 1, 1989 for guaranteed entry into the Championships. Don’t delay - send it in today!

May 15th: 100% of Housing Payment Due

July 24th: Registration Opens

July 27th: 10-Kilometer Road Race

July 28th: Championships Opening Ceremonies!

Not only will the Championships have the full complement of track and field events, marathon, 10K, race walks and cross country, but you will also enjoy cultural activities, entertainment, and scenic tours. In addition, an exciting and informative series of Sports Medicine Seminars is being developed for the Championships, with Dr. George Sheehan as keynote speaker. Sixteen hours of course credit from the University of Oregon will also be awarded to those participants meeting selected criteria. If you would like to receive further information on The Sports Medicine Seminar in the months to come, please write the WVCOC at Box 10825, Eugene, OR 97440.

GET READY for EUGENE

Get your official “In Training For...” t-shirts in either short- or long-sleeve styles. Start your preparations for the World Veterans’ Championships with these handsome white Ts, with colorful running Eagle mascot or official WVC emblem.

Order several. Shirts make great gifts.

Short-sleeves (50-50 blend) are $10 each; long-sleeves (100% cotton) $14 each. Add $2 postage & handling for one shirt, add $4 if ordering 2 or more. Make check out to “World Veterans’ Championships” or use your Visa/Mastercard. Use the order form below. Allow 4-6 weeks for delivery.

These are the finest event pins we’ve ever seen. The bronze replica of the official emblem of the World Veterans’ Championships is sure to become a classic. The 1/2” inch metal pins have a bronze finish with the emblem in red-white-and-blue enamel. All have pin backs and will go well on uniforms, jackets, hats, and warm-ups.

These superb pins are $5.00, plus $2.00 additional for postage and handling. If ordering t-shirts as well, there is no charge for the shipment of pins. Make check out to “World Veterans’ Championships” or use your Visa/Mastercard. Use the order form below. Allow 6-8 weeks for delivery.

ORDER FORM

T-SHIRTS—indicate quantity of each pin size desired

- Eagle Mascot
- Official Emblem
- Short-Sleeve (S/M/L – $10)
- Long-Sleeve (S/M/L – $14)
- Official Emblem
- Short-Sleeve (S/M/L – $10)
- Long-Sleeve (S/M/L – $14)

PINS—Please send

- Official Emblem (50-50 blend)
- Official Emblem (100% cotton)

Make check out to “World Veterans’ Championships” or use your Visa/Mastercard. Allow 4-6 weeks for delivery.

MORITA of Japan Sets Two WRs

40,000 Attend Opening Ceremony in Asian Veteran Championships

Athletes, 750 of them from ten Asian countries, who attended the opening ceremony of the V Asian Veteran Athletic Championships must have thought that they were in the wrong stadium when they marched in and saw 40,000 spectators. Audience and athletes were treated to an Olympic-type extravaganza on December 3, the first day of competition in the three-day meet held in Tainan, Taiwan, Republic of China.

Mazumi Morita of Japan with two M75-79 world records in the long jump (4.70/15-5) and triple jump 9.57/31-4) and wins in the 100 (15.21) and high jump (1.20/3-11½) was the outstanding athlete of the meet.

The previous M75 long jump record of 4.28/14½ set in 1983 was held by Gulab Singh of India. The former M75 triple jump record of 9.52/31-2½ belonged to Finland’s Heikki Simola and was set in the VII World Games in Melbourne.

At the General Assembly meeting held on the 4th, AVAA officers were elected for the next two years - President: Nacharat Singh (Malaysia); Vice-Presidents: Shuhei Nishida (Japan), Ms. Chi-Cheng (Taiwan), and P. Waidyatikala (Sri Lanka); Secretary: Hari Chandra (Singapore); Treasurer: Djoko S. Slamet (Indonesia); Women’s Representative: Ms. Olivia Aquino (Philippines); WAVA Council Member: Hari Chandra. Ms. Chi-Cheng, Secretary General of the Taiwan T&F Association, was the meet organizer and director.
Tony Simmons, the 1974 European Championships 5000 and 1976 World Cross-Country silver medalist, remains unbeaten as a veteran. His latest exploits include two fast 5-mile races, firstly at Wolverton, where he headed Peter Jones and Mike Green in 24:35, before recording a 23:55 over an accurately-measured course in Cambridge for perhaps a world best.

Glynis Penny clocked 27:21 at Wolverton, but, sadly, top U.K. vets Paula Fudge and Anne Ford are both sidelined with injuries.

Another new vet, Andy Holden, always well in the mud and mire of English cross-country, was first vet in the prestigious Birmingham Cross-Country League, before a similar placing (51:31) in the Birchefield 10 Mile in the same city.

Northeasterner Ken Lowthe, yet another new U.K. veteran, won the vets section in the Gatehead Cross-Country fixture and then scored a solid 31:35 behind Mike McLeod’s 30:01 in a Newcastle 10K. For Olympic silver medalist McLeod, December saw his 15th consecutive win in the Saltwell 10K (29:19) at the age of 37.

Maurice Benn of Woodford Green, 1968 Olympic 1500 runner, won the Veterans AC Cross-Country in his home town, November 19, in 22:19 from Tim Palethorpe, 49, of Havering Wellington (22:30).

Bob Gevers was first vet and third overall in the All-Britain Insurance Championships at Petersham, November 25, where John Hanscombe of Ranlagh was the first M50 in the race, which he has run for 35 consecutive years since his first at age 17.

World veteran M50 walk champion Dave Stevens was first vet and second overall in the Harrison Trophy Walk Race at Dawlish, November 19, in 50:18.

Trinidad and Tobago May Host North American Meet

Trinidad and Tobago will bid for the 1990 WAVA North American Masters Track & Field Championships, reports David Pain, WAVA’s North American Regional Chairman.

“The event would be held in the National Stadium in the city of Port-of-Spain,” Pain said. “Accommodations would be in hotels about 30-minutes drive from the stadium with a cost of between $35 to $50 per day, including breakfast.”

San Juan, Puerto Rico, has also expressed an interest in hosting the 1990 Championships. A decision will be made by the North American Committee at its next meeting on July 31 in Eugene.

WAVA/TAC Hurdles and Implements Specifications

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</table>

The mayor of the host city welcomes 750 athletes from 10 countries and 40,000 spectators in the V Asian Veteran Athletic Championships, December 3, Taiwan, Taiwan, Republic of China.
Coffman and Hutchison Win in Rocket City Marathon.

Continued from page 1

with a previous best of 2:24:28, but Coffman's early challenge came from a relatively unknown runner, Don Rowland, from Montgomery, Ala., who is in the Air Force and presently stationed in Montgomery.

"I was mainly worried about Wesley and Walker," Coffman said. Walker had run 2:29 here in 1986 at age-35 when Coffman had won the masters division with a 2:30. "I didn't know about Rowland until about the 10th mile when I told some of the younger runners in our pack that he was a master."

Actually Rowland led Coffman by 18 seconds at 10 miles as they clocked splits of 55:40 and 55:58 respectively. By 15 miles Coffman had forged ahead by nine seconds, 1:24:29.

"I decided to push it a little after the halfway point, and Rowland didn't hang with me," Coffman said. "I kept looking back on the turns and was glad that he had dropped out of sight."

Coffman ended up 12th overall to collect $250 of the open money to go along with his $1000 for winning the masters division.

Rowland maintained second and finished in 2:36:06 for $500, Wesley was third in 2:36:30 for $250, Walker followed with a 2:36:44 for fourth and $250.

Mel Williams, 51, of Virginia Beach, Va., took fifth with a 2:37:02 to earn $250 and break the age 50-54 course record held by Norm Green. The last $250 money winner was Tracy Peugh of Macon, Ga., who ran a six minute PR at 3:07:16 for sixth.

Nancy Parker, age-52 of Dunwoody, Ga., finished fourth in 3:16:36, and another grand master, 50, Mary Anne Wehrum, 50, of Memphis, Tenn., was fifth in 3:21:05. Sixth female master finisher was Anne Wright of Macon, Ga., in 3:30:23. Each of these runners also received a $250 check for her efforts.

The race, traditionally one of the largest in the South, grew slightly from 1122 entries in 1987 to 1178 this year. There were 252 first timers who finished the race. Out of a total of 872 finishers, this indicated that a significant percentage of new runners are still taking up the marathon.

The weather this year was a bit cold -33 degrees at the 9 a.m. start and 11 a.m., but there was almost no wind. Most runners found the running conditions near ideal, and of the 620 finishers who had run a previous

Continued on page 28

Judy Greer Tops All Entrants in Charlotte Prize Money

Continued from page 19

for the day of $2,250, second among Charlotte's 1989 money makers.

Rodgers came within a hair of earning record-set cash. His 30:50.1 missed by 1.1 seconds the men's 10K masters record he set last year.

This was the first year bonuses were offered for new masters records.


Not counting bonuses for new course records, the Observer races offered $10,000 for masters in the marathon and the 10K, men and women: $1,250 for first; $625, second; $325, third; $175, fourth; and $125, fifth.

Greer ran off and left her competitors.

"Somewhere about the first mile mark, she passed me," said second-place Nina Bovio. "I never saw her again."

Waybright simply had too much gas for other masters men in the marathon. He said his goal is to be ranked among 1989's top 20 masters marathoners.

With Rodgers running ahead of the pack in the masters men's 10K, the fight was for second. "On the last hill, I got a 20-yard lead over Bob (Schlau) to hang onto second," said Englishman Hurd, who arrived from the United Kingdom two days before the race and ran because it was the final stop on the ICI circuit.

Hutchison, who had dominated Charlotte's 10K masters the previous three years, found she couldn't keep the pace with Welch and second-place

The start of the masters 10K, one of three Charlotte Observer Marathon races on January 7. Some of the starters (from left): #19 Jane Hutchison, #67 Mike Hurd, #3 Bob Schlau. Bill Rodgers, the winner, is out of the photo to the right.
NATIONAL

- Donald Ocana of California, who won the M35 10,000 in the 1988 Nationals in Orlando, was a computer glitch victim and was omitted from a duplicate copy of the final results. The corrected results are 1) Ocana, 33:14:5; 2) Ric Banning, 33:49.4; 3) Richard Puckerin, 36:24.7. Ocana also took the silver in the 5000.

- The entry form for the indoor T&F Nationals (page 21) states that athletes "will be subject to formal drug testing." Reportedly, TAC sanction approval requires such language. However, there will be no drug testing at this or any other masters meet this year.

- Ollan Cassell, Executive Director of The Athletics Congress, announced TAC has reached an agreement with Turner Broadcasting System to televise 17-20 open track meets each year for four years. Called "The American Plan," the 1989 schedule includes the Kodak Invitational (Jan. 27), L.A. Times Indoor Games (Feb. 17), USA/Mobil Indoor Championships (Feb. 24), USA/USRA/GBR Men's Indoor (Mar. 10), Mt. Sac Relays (April 22), Caterdale Classic (April 29), Jesse Owens Classic (May 13), Bruce Jenner Classic (May 27), Prefontaine Classic (June 3), USA/Mobil Outdoor Championships (June 15-17), and USA/USSR/GBR/W-Germany (June 23-24).

EAST

- Ray Nelson, 40, who measures and certifies courses for TAC in the area, had his first big win (34:06) as a master in the Newport, RI, 10K, December 11. Andrea Hatch, 45, was first W40+ (43:23). Carl Hammond, 65, won in M60+ (43:03) shared in the bounty of merchandise prizes for the 677 finishers.

- Ted Haiman, 45, keyed into a masters first with his 19th overall (1055 men finishers) 26:18, in the NYRRC Computer BK, Central Park, NYC, October 30. Following the pattern, Marilyn Greetley, 44, finished 19th among the women (539 finishers) with a W40+ first in 31:52.

- Alaw Beligne (43, 33:30) and Christine Tattersall (47, 39:08) took the masters laurels in the Howard Beach 10K, Queens, NYC, November 13. Division winners George Thompson (M40, 40:14) and JR Martin (W50, 42:31) finished among the leaders.

SOUTHWEST

- Bill Rodgers took the masters and overall title in the Magnavision Baby Boomer 10K, Miami, December 4, with a 30:23, good enough for $5000. Even more interesting was that Byron Dyce showed up unannounced and ran a 30:50.

- Dan Giner (M40, 27:11) and Janie Schult (W40, 34:04) legged to masters firsts in the Ohio River RR Turkey Trot 5K, Miamisburg, OH, November 22. Bob Schul, M50, was second master in 27:17. Don Gammie (M55, 29:27) and Billy Stacy (W55, 35:46) also feasted at the winners' table.

- The Wolfpack Discus Clinic is scheduled for April 16 at Worthington HS, Worthington, OH, 12 noon; entry fee is $4. Contact Jim Pearce, 2449 Southway, Columbus, OH 43221. 614/481-8766.

MID AMERICA

- The outstanding age-division performance in the St. Louis Marathon, November 20, belonged to 50-year-old Barbara Gebreger, who finished 21st woman in 3:43:06 and lowered the over-50 course record by 10 minutes. Larry Peterson, the oldest finisher, recorded a 4:49:23, giving him the event's age-73 record to add to his age 70, 71, and 72 records. First masters were John Jenk (40, 2:48:36), Greenedale, WI, and Sue Wheeler (40, 3:17:19), West Plains, MO. The 1300 entrants ran through inches of slush after a freak snow storm.

- Contrary to what was reported in the December issue of NMN, Ruth Anderson was not third female overall, but third masters female in the 10-Mile Champions in April (6:37:22), marks her as a runner to watch in '89.

- The winner of the M40+ and Outdoor champion in April (6:37:22), marks her as a woman who measures and certifies courses for TAC in the area, had his first big win (34:06) as a master in the Newport, RI, 10K, December 11. Andrea Hatch, 45, was first W40+ (43:23). Carl Hammond, 65, won in M60+ (43:03) shared in the bounty of merchandise prizes for the 677 finishers.

- Ted Haiman, 45, keyed into a masters first with his 19th overall (1055 men finishers) 26:18, in the NYRRC Computer BK, Central Park, NYC, October 30. Following the pattern, Marilyn Greetley, 44, finished 19th among the women (539 finishers) with a W40+ first in 31:52.

- Alaw Beligne (43, 33:30) and Christine Tattersall (47, 39:08) took the masters laurels in the Howard Beach 10K, Queens, NYC, November 13. Division winners George Thompson (M40, 40:14) and JR Martin (W50, 42:31) finished among the leaders.

- Bill Rodgers took the masters and overall title in the Magnavision Baby Boomer 10K, Miami, December 4, with a 30:23, good enough for $5000. Even more interesting was that Byron Dyce showed up unannounced and ran a 30:50.

- Dan Giner (M40, 27:11) and Janie Schult (W40, 34:04) legged to masters firsts in the Ohio River RR Turkey Trot 5K, Miamisburg, OH, November 22. Bob Schul, M50, was second master in 27:17. Don Gammie (M55, 29:27) and Billy Stacy (W55, 35:46) also feasted at the winners' table.

- The Wolfpack Discus Clinic is scheduled for April 16 at Worthington HS, Worthington, OH, 12 noon; entry fee is $4. Contact Jim Pearce, 2449 Southway, Columbus, OH 43221. 614/481-8766.

- The outstanding age-division performance in the St. Louis Marathon, November 20, belonged to 50-year-old Barbara Gebreger, who finished 21st woman in 3:43:06 and lowered the over-50 course record by 10 minutes. Larry Peterson, the oldest finisher, recorded a 4:49:23, giving him the event's age-73 record to add to his age 70, 71, and 72 records. First masters were John Jenk (40, 2:48:36), Greenedale, WI, and Sue Wheeler (40, 3:17:19), West Plains, MO. The 1300 entrants ran through inches of slush after a freak snow storm.

- Contrary to what was reported in the December issue of NMN, Ruth Anderson was not third female overall, but third masters female in the 10-Mile Champions in April (6:37:22), marks her as a runner to watch in '89.


February 15. Philadelphia Masters Indoor Meet, Friends Academy, Long Island, N.Y. Masters races start 9:00 a.m. I. I. Hall of Fame Meet, 5 Kerri Court, Huntingdon, NY 11746.

February 26. New Jersey Athletics Congress Masters and Submasters Indoor Championships, North Jersey Masters, P.O. Box 56, Ridgewood, NJ 07450.


April 28-30. 19th Annual Southeastern Masters International Meet, NCsu, Raleigh, N.C. Includes pentathlons, 5K/20K walks, 10K run. Veronica Dale Smith, c/o Raleigh Parks & Recr., P.O. Box 3590, Raleigh, NC 27602. 919/755-6641.

May 28-29. Florida State Masters Championships, Delray Beach, Fla. Non-Floridians can compete for comparable medals. SASE to Bob Fine, 4223 Palm Forest Dr., Delray Beach, FL 33445. 407/499-3370.


Midwest

February 5. Illinois Grand Prix Indoor Meet, westwood Sports Center, Sterling, Ill. 11 a.m. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5885.

February 19. Illinois Grand Prix Indoor Meet, see February 5.

March 12. Ohio TAC Indoor Championships, OSU Fieldhouse, Columbus. Curtis Stitt, P.O. Box 3917, Columbus, OH 43209. 614/237-6513.

March 19. TAC Midwest Regional Masters Indoor Championships, Westwood Sports Center, Sterling, Ill. 11 a.m. Dick Green, 407/499-3370.
SOUTH WEST
April 21. Dallas Senior Games, P.C. Cobb Athletic Complex, Dallas, TX. 50+, Ed Toliver, 2750 Bachman Dr., Dallas, TX 75202, 214/670-6258.


WEST
February 4, 11, 18, 25. Los Gatos All-comers, Los Gatos, Calif. Los Gatos HS, 12:00 noon. 354-5660.


March 18-19. All-comers decathlon/heptathlon, Occidental College, Los Angeles. Bill Harvey, 213/259-2608.


June 3. 10th Annual Redwinds Kiwanis Masters Meet, Redlands, Calif. 9:30 a.m. J.R. Hedrick, 139 Carmody St., Redlands, CA 92373. 714/792-2433.

June 10. TAC/Pacific Association Championships, Los Gatos HS, Los Gatos, Calif. Willy Harmatz, P.O. Box 1328, Los Gatos, CA 95030. 408/354-5660.

June 11. Fifth Annual Runners’ Pentathlon (3200, 800, 200, 400, & 1600). Age-Graded Scoring. SASE to Tom Bell, 5905 Concordia Rd., NE, Albuquerque, NM 87111.


August 11-12. 11th Master Grand Prix Meet, Montana State U. track, Bozeman. Mike Carignan, P.O. Box 5132/MSU, Bozeman, MT 59717-5132. 406/587-8726.

LONG DISTANCE RUNNING NATIONAL


ON TAP FOR FEBRUARY
TRACK & FIELD
The Masters Mile in the Millrose Games at Madison Square Garden on the 3rd opens the month’s indoor season, predominantly an East Coast affair, highlighted by the MAC Championships at Manhattan College, NYC, on the 4th, and the NJAC Championships on the 11th. Hackensack on the 26th. However, Westerners can experience an indoor ambience in a meet in Reno, Nev., on the 11th. Bakerfield, Calif., hosts an outdoor meet also on that day. The Orange City Games in Santa Ana on the 19th opens the season for Southern Californians.

LONG DISTANCE RUNNING
The Miami Orange Bowl and Las Vegas Marathons are set for the 4th. The Gasparilla 15K on the 11th should lure a strong masters field to Tampa, and Metropolitan N.Y. runners could have fun of fun at the Bagel Run 10K on the 12th. Two venerable races are scheduled for the last weekend — the Trail’s End Marathon, Seaside, Oregon on the 25th, and the Colonial Half-Marathon, Williamsburg, Va., on the 26th.

EAST
February 12. Bagel Run 10K, New York City. NYRRC, P.O. Box 881, P.O. Box 881, P.O. Box 881, New York, NY 10150-0881. 212/896-4455.


March 5. 12th Annual Bethesda Chase 20K, Bethesda, Md, Montgomery County Recreation Comm. #6, Village Education Center on the 26th. #6 Montgomery Village Ave., Gaithersburg, MD 20879. 301/983-5322.


April 2. Nike Cherry Blossom 10 Mile, Washington, D.C. 500 runners by lottery in October. Phil Stewart, Nike Cherry Blossom, P.O. Box 4594, Silver Spring, MD 20904. 703/797-4820.


April 17. 93rd Annual AAA Boston Marathon, Boston. Masters prize money. SASE to AAA Boston. 617/382-3201.

SOUTHEAST

February 11. Gasparilla Distance Classic 15K, Tampa, Fla. SASE to Gasparilla ‘89, Continued on page 28
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, FEB., 1989

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April 1. Cooper River Bridge 10K, Charleston, SC. CRBR, P.O. Box 543, Mt. Pleasant, SC 29464.

April 1. Atlanta Women’s 10K, Atlanta, Ga. Atlantic TC, 3097 E. Shadowlawn, Atlanta, GA 30305.

April 1. Great River Road 10K, Baton Rouge, L. Linda Winnelt, StateTimes/Morning Advocate, Box 588, Baton Rouge, LA 70821.


April 3. Bayview City Run 10K, Houston, Bayou City Run, 336 Lifhtchfield, Houston, TX 77024. 713/465-5999.

April 1. Oklahoma Women’s & Masters 8K.
MASTERS AGE-GRADED TABLES

FIELD EVENT AGE-FACTORS - 1989

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### MASTERS AGE-GRATED TABLES

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#### NOW AVAILABLE

Masters Age-Records 1988

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

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1988.
- U.S. Age bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1988.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 48 pages. Thousands of entries. Lists name, age, state, and date of record.

Send $4 plus $1 postage and handling to:
NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404
**Masters Running '88 Available**

Copies of Masters Running '88 are available. A 96-page, four-color, attractive magazine, it features articles by Bill Rodgers, Joe Henderson, Al Sheahan, Mike Davis, Barbara Hazen Shaw and others. It profiles masters runners, and offers tips on nutrition, training and fitness. Send $2.00 for each copy to NMN, P.O. Box 2372, Van Nuys, CA 91404.

**CLASSIFIEDS**

Classified ad rates are 50c a word. Count name and address as 5 words. Race notices are 25c per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

**WORLD VETERANS’ CHAMPIONSHIPS**


**SPORT WAGE WATCH**

For runners, $5. Mini-Mart imports, Box 710984-X, Houston, Texas 77271-0984.
DEADLINE
NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: 
ADDRESS: 
SEX: M 
GROUP: 
WEIGHT: 
DATE OF MEET: 
SITE: 

If you have bettered the standard of excellence, please send $10.00 and this form to: All American Masters Committee, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8½ x 11 certificate, suitable for framing, will be mailed to you within two weeks.
## INTERNATIONAL

### 5th Asian Veteran Athletic Championships
Tainan, Taiwan; December 3-5

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### Additional Information
- **Notes:** All masters' athletes use equipment specifically designed for these age groups.
- **Scorecard:** Available on request.
Please send masters race results to: National Masters News, P.O. Box 2732, Van Nuys, CA 91404. Please include date, distance and city.

TAC National Masters 10K Cross-Country Championships, Holmed, New Jersey November 20 Overall:

- 1. Jim Vanhouten 32:57
- 2. Mike Magley 33:23
- 3. Barry Nolan 33:42
- 4. Robert Hartman 33:48
- 5. Richard G. Reynolds 33:57
- 6. William Nolan 33:59
- 7. John Benbow 33:59
- 8. Donald C. Ferris 34:03
- 9. Paul Green 34:06
- 10. Thomas Breunig 34:10

NASCAR Masters Half-Marathon Championships, Orlando FL December 10

Overall:

- 1. Mark Slickley 1:10:47
- 2. John Crichter 1:12:31
- 3. Greg King 1:12:31
- 4. John Fairweather 1:12:31
- 5. Tom Lawrence 1:12:31
- 6. Don Anderson 1:12:31
- 7. Bob Pelsue 1:12:31
- 8. Norman Green 1:12:31
- 9. Jim Roache 1:12:31
- 10. David Long 1:12:31

UIRSA National Championships, Naples, FL 1:14 Overall:

- 1. Bill Rodgers 24:05
- 2. Billy Ford 24:10
- 3. D.W. Bost 24:15
- 5. Warren Dean 25:34
- 6. Walter Bost 26:15
- 7. Chris J. McFerran 26:34
- 10. Jerry Lawrence 28:29

March 1982

- 1. Bill Rodgers 24:05
- 2. Billy Ford 24:10
- 3. D.W. Bost 24:15
- 5. Warren Dean 25:34
- 6. Walter Bost 26:15
- 7. Chris J. McFerran 26:34
- 10. Jerry Lawrence 28:29
**National Masters News**

Continued from previous page

**Autumn lady**

Emsburg, MD: November 5

**Overall**

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**Howard Beach 10K**

Queens, NY: November 13

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**Garden City Turkey Trot 5 Mile**

Long Island, NY: November 24

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**Winter Series 10 Mile**

Central Park, NY: December 10

**Overall**

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**Turkey Run**

Finish times

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<tr>
<td>5K Run</td>
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<tr>
<td>1K Run</td>
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**Tampa Bay Air Force Marathon**

Tampa, Florida, December 10

**Overall**

<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>35</td>
<td>John Egan</td>
<td>2:35:06</td>
</tr>
<tr>
<td>35</td>
<td>M80 Bill Evans</td>
<td>3:20:30</td>
</tr>
<tr>
<td>35</td>
<td>M60 Bill Evans</td>
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</tr>
<tr>
<td>35</td>
<td>M55 Bill Evans</td>
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**Charlotte Observer Marathon**

Charlotte, NC: January 7

**Overall**

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<td>Tom Stevens</td>
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<tr>
<td>35</td>
<td>M80 Brian Holman</td>
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**Charlotte Observer Masters 10K**

**Overall**

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<tr>
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<td>Bill Rodgers</td>
<td>30:23</td>
</tr>
<tr>
<td>35</td>
<td>M80 Mike Hands</td>
<td>38:14</td>
</tr>
<tr>
<td>35</td>
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<td>38:14</td>
</tr>
<tr>
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<td>M55 Mike Hands</td>
<td>38:14</td>
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**Rocket City Marathon**

Huntsville, AL: December 10

**Overall**

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<tbody>
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**Charity Challenge**

Delight Chambers-Ashby: December 13

**Overall**

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**W Hamburg**

New Haven, CT: December 10

**Overall**

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**W Los Angeles**

Los Angeles, CA: December 10

**Overall**

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**W Weeksville**

Brooklyn, NY: December 10

**Overall**

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### National Masters News

**February 1989**

**Kansas City, MO; October 31**

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**January 23, 1989**

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**Midwest**

**Ohio TAC 50K Championships**

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**Mid America**

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**Midwest Fall Classic**

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**Mid America Fall Classic**

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**National Masters News**

- **Show Me State 48K**
  - Run/Walk, Cape Girardeau, Missouri, January 2, 1989
  - **Show Me State 48K**
    - Run/Walk, Cape Girardeau, Missouri, January 2, 1989

**完**

**continued on next page**
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Van Nuys, CA 91404

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of $25, $50 or $100 a year. If you are able, we urge you to do so. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the Paper as a National Masters News sustainer.
These VIDEO TEACHING TAPES feature some of the most accomplished throwers in the great history of Track & Field. The teaching techniques have been hailed by peers as the best, and one has received international awards for its excellence.

**MAC WILKINS' Gold Medal Discus**

“I consider this video training program to be one of my finest achievements in 20 years with the discus.” It is a unique instructional package that teaches the mechanical, physical and mental aspects of discus throwing for young and old alike. In addition to my demonstrations, you will learn from studying the techniques of such discus greats, past and present, as L.J. Silvester, Wolfgang Schmidt, Imrich Bugar and Luis Delis with my “voice over” instructional comments. The program contains nine sections: 1. The Throw Part I; 2. The Throw Part II; 3. Drills; 4. Rhythm; 5. Technique; 6. Visualization; 7. Troubleshooting; 8. Conditioning; 9. Motivation.

“I have found that Masters throwers can be as dedicated to their own pursuit of excellence as youngsters and established competitors. That is why I felt this training program would be of great help to you Masters competitors. Join me in your quest to be the best that you can be.”

**YURIY SYEDIKH'S SyberVision Hammer Video**

East meets West. This one-of-a-kind video teaching tape combines hammer techniques of the East with the latest learning technologies of the West. Emphasis on the basics of the hammer throw takes the mystery out of the event. Instructions cover the 3 turn throw, Featured model, Yuriy Syedikh — USSR, Winning Hammer Ways was produced by SyberVision with Dave Laut (widely renowned U.S. Olympian), Stewart Tougher and Dr. L. Pataki acting as technical advisors and directors.

**TOM PETRANOFF'S Javelin Video**

A video encyclopedia of the javelin throw covers complete instructions on: Drills ... Weight Training ... Conditioning ... Piometrics ... Throwing Technique and Mental Preparation. Your instructor is Tom Petranoff, one of the world's finest competitors and instructors of the javelin throw. In 1983, Tom threw to a World's Record of 287' and in 1986 threw to a World Best, 280' (new javelin) and was ranked #1 in the world.

**AL FEUERBACH'S Basic 70 Foot Shot Putting**

“Shot Putting was never a part-time thing with me ... It was an obsession!” Through a competitive career spanning 22 years and including over 525 competitions in 24 countries, Al was able to experience this event as few athletes have. Every bit of his learning experience is packed into the video teaching cassette and provides some critical keys to progress for Masters shot putters like you.

You will be instructed by AI, Dave Laut (72' 3”), Olympic Bronze Medalist 1984; 4 time U.S. National Champion and Mac Wilkins (69' 11”), Dave demonstrates the rotational style throw and Mac instructs on its technique.

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---

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Al Feuerbach’s
BASIC 70 FOOT SHOT PUTTING $ 49.50
Combination
DISCUS and SHOT Videos $ 90.00
Tom Petranoff’s
JAVELIN VIDEO $ 68.00
Yuriy Syedikh’s
SYBERVISION HAMMER VIDEO $ 60.00
Willie Banks’
BANKS ON TRIPLE JUMP $ 59.95
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Add $3.50 first class/$2.50 reg. mail per cassette or coaching session for shipping/handling, California residents add appropriate sales tax.