

NATIONAL MASTERS NEWS

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

138th Issue

February, 1990

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Cuevas, Welch Win ICI/USA TAC National 8K; Waigwa, Hutchison Capture Circuit Titles



Green, Welch Are Best Age-Graded Runners

by AL SHEAHEN

Bill Rodgers shook his head in disappointment.

The defending ICI/USRA National Masters 8K Champion has just run the 1990 edition of the race in 24:02, three seconds faster than his winning time last year — and finished *fifth*.

What many were calling the strongest field of age-40-and-over runners ever assembled for a U.S. road race met head-to-head in Naples, Fla. on January 13 for the ICI/USA TAC National Masters Grand Championship 8K — the culmination of the 1989, 18-race, ICI/USRA Masters Circuit.

With temperatures in the low-40s and a wind-chill factor of 20°F, Mexico's Mario Cuevas, 40, emerged from a tight pack of eight to race to a new world masters best of 23:49, two seconds faster than Rodgers' official U.S. mark of 23:51.

The first woman across the finish line in the masters-only race was England's Priscilla Welch, now 45, who successfully defended her title in 26:59 — 20 seconds faster than her time last year.

A total of \$15,000 was awarded to the top finishers in the 8K Championship final, while an additional \$25,000 was divided among the top point-getters on the 18-race Circuit. The \$40,000 in prize money was the largest non-marathon masters purse ever.

Continued on page 27

Mexico's Mario Cuevas, 40, wins the ICI/USA TAC National Masters Grand Championship 8K in a world masters best of 23:49. Close behind are Kenya's Wilson Waigwa and Mexico's J. Socorro-Neir.

Photo by Sailer, Ltd.

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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops 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 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in

your area, or 317/261-0500. There are no qualifying standards for any masters athletics event.

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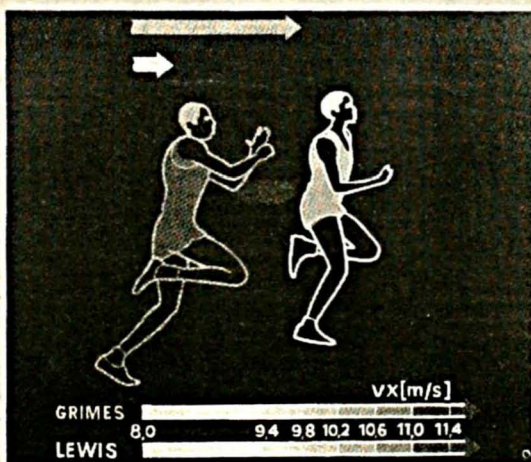
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RUNNING WITH DIABETES

As a diabetes specialist and a team physician for a group of diabetic track athletes, I congratulate you and author Mike Tymn on the superb article about Paul Dungan, the diabetic champion of the 200-meter dash in the recent World Veteran's Championships in Eugene. It was a very inspirational and motivating article, and I plan on showing the article to patients and diabetic athletes that I know and work with.

My main purpose in writing is to underscore the fact that people with diabetes should consider themselves, and be considered by others, as being perfectly capable of athletic competition. I am the team physician of Sweet Feat, a team of 12 diabetic people (11 men, 1 woman, whose ages range from 25 to 47) who run Oregon's Hood-to-Coast Relay every year. Each athlete runs three five-to-six-mile legs at scattered times throughout a 24-hour day. We did very well this year and had better times than many "normal" teams. Like Paul, our athletes have had to develop numerous techniques for preventing low blood sugar (hypoglycemia) from the vigorous running. It is difficult and often requires coordination with a diabetes specialist for optimal results.

Diabetes is an extremely common condition in the United States and affects approximately three percent of the population. I am sure many diabetic people saw the article on Paul

and will see this letter as well. They should realize that the sky is the limit for athletic endeavors. On the other hand, there are certain conditions such as severe diabetic eye disease (retinopathy) or nerve disease (neuropathy) that would make competitive running dangerous. For these reasons and because adjustment of insulin, exercise, and food intake can be very tricky, I recommend that all diabetic individuals consult with their physician before entering competitive sports.

Once again, thanks for a superb article on an inspirational man. If there are diabetic readers in the State of Oregon or Southern Washington who are interested in running on our Hood-to-Coast team (we may have two teams in August of 1990), please call the team captain, Craig Greenleaf at (503) 650-0745.

W. Kenneth Ward, M.D.
Endocrinologist/Diabetologist
Portland, Oregon

RACEWALKING RULES

I am responding to the plea (Dec. NMN) from an octogenarian racewalk competitor who had been disqualified for bent knees. He stated that no unfair advantage can be gained by creeping (not straightening the knee as the leg becomes vertical under the hip). This may be true in his particular case, however most people can improve their speed by up to a minute per mile by

creeping and still comply with the other rule of racewalking: maintaining unbroken contact with the ground. Personally I am able to break six minutes a mile in a creeping mode, but have a PR of 7:12 for a judged mile race.

There are only two rules governing race walking. I do not wish to discourage anyone from participating in the sport, but if one's physical attributes do not lend themselves to a particular event they should try something else. I cannot pole vault; no upper body strength. I cannot hurdle; stride length is too short. Obviously with the wide range of events available in track and field, the masters athlete should find the one best suited to his or her talents and train to be his best.

If a person finds they enjoy walking for the healthful benefits of the sport, but can't comply with the rules of racewalking, by all means continue. But don't press for the alteration of the sport whose very fibre is the rules which differentiate it from running. Incidentally, I competed at San Diego and felt that the judging was conscientious, but too lenient. Especially in the older age groups, it appeared that many grossly illegal walkers were allowed to continue. This practice tends to make a mockery of the event, which is already subject to some snickering among those who don't realize the skill, talent and training which good racewalking requires.

Norman Browne
Detroit

MASTERS COMPETE IN SOUTH AFRICA

Sixteen U.S. athletes recently completed a rebel tour of South Africa.

John Powell, 42, (bronze medalist at the '84 Olympics), won the discus event in each of the five track meets; his best throw of the series was 60.26 meters. Former world record-holder Tom Petranoff, who had a similar clean sweep in the javelin, managed a throw of 84.72 meters—the second best throw in the world in 1989.

A few facts about the meets might be interesting: of the sixteen US athletes who went to South Africa, half are black. Their opponents, the Springboks team, was also made up of both black and white athletes. Similarly, in the grandstands at each meet, blacks and whites sat next to each other. The grandstands were packed at every meet. At the final meet in Pretoria, a crowd of 25,000 saw the Springboks narrowly edge the U.S.



Joan Chase, 60, of Vermont, in the 400, NCNB Gulf Coast Senior Olympics, Bradenton, Fla., November 18. Photo by Jerry Wojcik

team to win their first formal international track meet in 23 years. Dave Laut, Olympic shot put medalist, compared the size and enthusiasm of the crowd to the annual Zurich track meet.

In addition to the meets, the U.S. team staged eight teaching clinics. The first clinic, held in the black township of Soweto, was attended by 200 young black athletes and their coaches.

Altogether, the meets and clinics represented a rare occasion: track and field making a positive social statement rather than simply being a form of personal exercise and entertainment.

As a result of their efforts, each of the U.S. athletes earned a lifetime ban from competing in the Olympic Games. For the young athletes on the tour, this ban is high price to pay, especially when weighed against Ben Johnson receiving a two-year ban for taking steroids.

Only time will tell how these rebels will be judged—as traitors to their sport or as pioneering heroes of athletes' solidarity.

Brad Lewis
Corona del Mar, California

HEPTATHLON OVER AGE 60

Re Dave Douglass' suggestion (Nov. NMN) to substitute the heptathlon for the decathlon for men over age 60, I heartily disagree.

Having just competed in the World M50 Decathlon in Eugene, it's no more difficult to train for the decathlon than for any other event at the world-class level. The risks of injury are no greater.

Please do not feel sorry for us. We love it, or we wouldn't do it. To discriminate against the pole vault is

Continued on page 20

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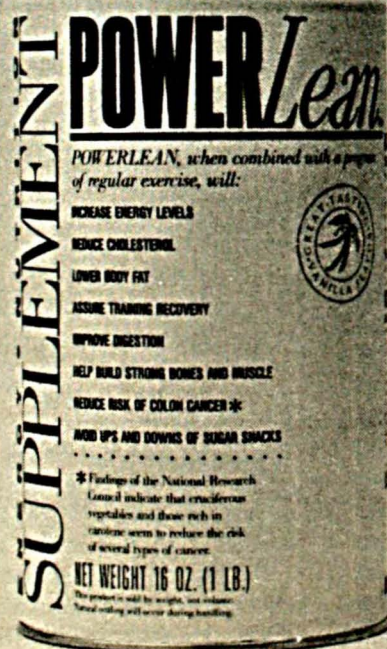
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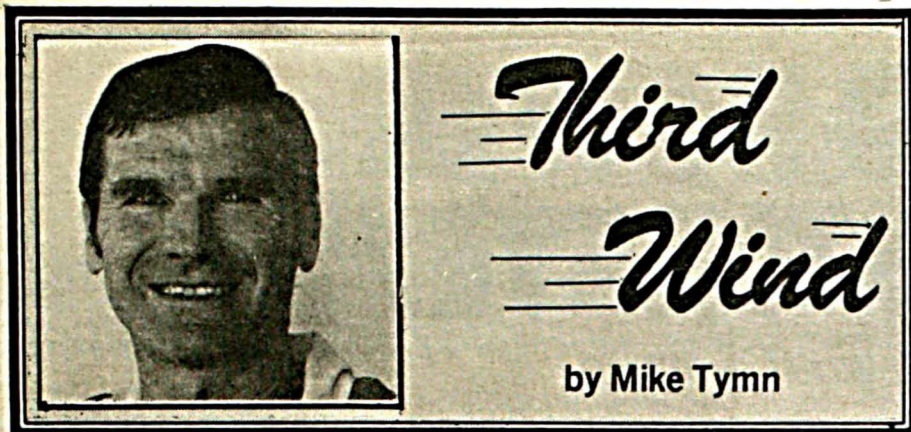
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Tennis Lessons Carry Over Into Track & Field

In my continuing study of aging and its affects on athletic performance, I have collected dozens of clippings from interviews with veterans of the tennis courts, as well as several books dealing with or touching upon tennis after 40. Since tennis is a skill sport requiring a fairly high degree of agility, along with a certain amount of speed, strength, and endurance — qualities also required in track and field — some of the observations and comments by the tennis vets may be of interest to the readers of *National Masters News*, especially those competing in field events.

You may have noticed that tennis players seem to peak at a younger age than athletes in track & field and road racing. It's not unusual to find a tennis player in his or her teens among the world leaders, although the average age for the top 20 ranked professional men in 1984 was 24, while that of the top 20 women was 23. And, while Jimmy Connors is still playing a quality game at 37, most professionals are gone from the world scene by the time they're 30. Only the superstars, like Connors, Martina Navratilova, and Chris Evert, seem to make it into their mid 30s these days. A generation and more ago, there were some who played at the top into their 40s.

Tougher Today

"...there's no doubt it's tougher on the tour than it was 10 years ago," said Dick Stockton, once a standout player, in an 1985 interview. "The top players are a lot younger, they're tougher physically, and they're hungry. That puts pressure on a guy who is 30, 32, or 33, grinding week in and week out. Ideally, you'd want to retire when you are on top. If you've been one of the greatest players in the world you don't suddenly want to be ranked 50 or 60."

After losing in the U.S. Open quarterfinals last year, Chris Evert explained why, at 34, she was retiring: "I played a great match two days ago and

now I'm flat. That has happened all year with me, and I think that's why it's time."

Evert had played a flawless game against 15-year-old Monica Seles two days before. "That's how I used to play every match," Evert lamented. "This year, I have had letdowns after big matches and that puts me right in with the average player."

Loss of Quickness

In an interview earlier in the year, Evert, who since turning pro in 1972 had never ranked lower than fourth in the world, talked about being a millisecond slower. "When I was younger, I could wait until a split second before the shot to decide where it was going. Now, I'm not doing that as much. I'm not reacting as quickly. I'm trying to compromise and think a little more strategy."

Two years earlier, Evert first talked about physical changes in her game. "It takes me longer to recuperate after long matches," she said in an interview at age 32. "I wake up stiff. I have to stretch a lot. I have to get a lot of massages. I know that I can't go on any longer than a year or two at this level."

Motivation a Factor

There's more to competition than the physical side. Evert may have lost something mentally. "I hate to lose, but it doesn't dictate my mood as much as it used to," she said in 1985, at age 30. "Maybe I have 90 percent of the concentration I had when I was younger. Then years ago, I was a pretty tough cookie. Nothing phased me at all."

"I'm probably more human. But as a person, I'm happier. I'm a married woman. I'm not as intense. If I wanted to go through life as a robot, I would have stayed the way I was 10 years ago — and I was a robot."

After her retirement from competi-

tive tennis in 1984, at the age of 41, Billie Jean King was asked how aging had affected her. "I think it got harder as I got older to get up every morning and stay motivated," she responded. "It's really important for every person to try to reach his or her full potential. Winning is different for every person. Being number one depends on your genetic pool, on what you were given, on how much effort you want to put into it."

Former Wimbledon champion Stan Smith, who at 43 is active on the senior tennis circuit, attempted to quantify his loss in an interview for *Tennis* magazine last year. "Probably 30 percent altogether," he said. "I've drop-



ped off in power and in initial movement to the ball, and now that I don't play much, somewhat in stamina." Smith added that he had lost aggressiveness on the return of serve and on all shots on the run. "I can hit them as well, but I can't get back into the court."

Compensating

In a book published in 1970, Bill Talbert, often ranked in the top 10 between 1941 and 1954, devoted a chapter to the 40-over player. "I stopped playing singles in serious competition at the age of 37," he wrote. "My quickness and stamina had dwindled a bit, and it seemed logical that I concentrate my efforts on doubles."

Beyond making the transition to doubles, Talbert suggests compensating for loss of stamina and speed with greater control and consistency. "It's inevitable that you'll slow down and lose a little zip. But your control and consistency should remain as good as ever, and I've been telling you all along that control and consistency are more useful to a tennis player than brute strength. The best players, of course, have both power and control,

but offered the choice of one or the other, I'd opt for control every time."

Talbert goes on to say that slower courts are better than cement for senior players because the softer surfaces are easier on the legs.

Firm Stomach Is The Key

Back in 1964, Don Budge, another big name from the same era as Talbert, contributed a chapter about playing winning tennis after 50 to a general tennis book. "I'm asked sometimes which part of an aging champion gives way first — his legs, his lung, his eyes, his reflexes," Budge wrote. "I feel definitely it's his stomach muscles, because if these are strong the legs and the arms will keep going. That is the meaning of the old expression that a player has 'a lot of guts.' He is tough in the tummy, and so he can twist and turn, stretch and leap, and keep his legs going. If he can keep his legs going he can keep running — unless he is an excessive smoker."

Vic Seixas, still another big name from yesteryear, commented that he was in his mid-40s before he realized that he had lost something to Father Time. "My game was built heavily around my serve, and suddenly I noticed that it was coming back a lot harder, a lot more often, and with a lot more on it than I thought it should," he wrote in his book, *Prime Time Tennis*. "It was the first clue I had that my game wasn't as good as it used to be..."

"About the same time, I noticed that even though I was swinging harder than ever at the ball and hitting it in the middle of the racket, the ball wasn't coming off the racket as fast. The only answer I could come up with was that, like most older players, I wasn't hitting it as hard, though I might be swinging as hard. This was even true of an overhead, where you can really crank up and let go."

What Was, Was

Just as we have world-class competitors in track & field and road racing who decide that if they can't perform at the level they used to they won't compete at all, tennis has players who are unwilling to make the transition to the seniors ranks. "Others of us, however, have made that adjustment," Seixas went on. "It's not that we enjoy being beaten or not playing as we once did. But we've rationalized that we'd rather play and enjoy the competition and pure fun of playing and the feeling of fitness, even if it means having to accept a little different, lower standard. Perfectionists sometimes miss out on the fun."

The first step in making the transition to the senior ranks, according to Seixas, is to stop living in the past. "The urge to relive triumphs, celebrate the vigor of youth, and recall the 'good old days' dies hard. Not that you can — or should — live in the past. What was, was and can't be recaptured except in reminiscence, too much of which can be depressing." ☐

Answers to Last Month's Crossword Puzzle

Across:	Down:
2 Bismarck	1 Dallas
6 Eli	2 Beta
10 Pal	3 Cushen
11 Holland	4 Pile
12 Raise	5 Central Park
13 Drake	7 Pastrami
15 Mets	8 Burleson
16 Tuna	9 Paramount
17 Lama	14 Hunt
20 Madison	17 Louisiana
21 Rader	18 Campbell
22 Robinson	19 Harbor
23 Gasparilla	
24 Pepper	

PROFILE

Ladislav Pataki — Escape to Freedom

In 1985, the nation's sports pages chronicled the dramatic escape from Czechoslovakia of Dr. Ladislav Pataki, the highest-ranking sports scientist ever to defect from an Iron Curtain country.

He is one of the architects of the highly-successful Eastern Bloc training systems that have enabled countries such as East Germany and the Soviet Union to dominate world amateur athletics.

With the help of Ed Burke, masters hammer thrower who carried the USA flag in the 1984 Olympics, Dr. Pataki, his wife and daughter risked their lives to defect to the United States.

Since arriving in this country, he has worked to develop a national "Training Management System" that will enable U.S. athletes to combine American technology with the secrets of Eastern Bloc training to again become a dominant force in the Olympic movement.

Early Years

Pataki was introduced to track & field at age 15 in 1962. By perfecting his technique, the slightly-built youngster won four national junior shotput championships.

"I found if I carefully studied how to do something, and then worked very hard, I could succeed in doing it," he said. "It gave me a strong sense of confidence that I've carried through my life."

In 1969, at the age of 22, he became Czechoslovakia's youngest Ph.D. He accepted a coaching job at an elite-athlete camp.

Pataki devoted considerable time to finding a substitute for the use of anabolic steroids.

"By 1971, the use of steroids had become common in European athletics. I recognized early on that these compounds had dangerous side effects. I looked to nutrition, and developed diet plans that are used to this day in Soviet Bloc countries."

At age 24, Pataki was elected national discus coach, training, among others, Olympic 1972 discus champion, Ludvik Danek.

In 1980, he was appointed coordinator of sports training research for Czechoslovakia. After completing a 1200-athlete research project in 1984, he was at the top of his profession.

Felt Dissatisfied

"But as I found myself leading a very successful life and having very influential friends, I felt dissatisfied," he said. "I faced increasing pressure to become more political. I was made to give political speeches about things I

didn't believe. If I didn't give them, I would have been unable to advance farther in my field."

Pataki said in the Soviet Bloc, the older authorities didn't appreciate young people rocking the boat with innovative ideas.

"I knew I'd have to dance to someone else's tune if I wanted a position of influence in athletic training. I don't like lying, but Eastern Bloc politics seemed to consist of polished lies. Becoming political would have forced me to become someone who didn't like himself."

1984 Olympic Boycott

The final straw was the Soviet-Bloc boycott of the 1984 Olympics in Los Angeles.

"We were told it would be dangerous to participate. Our political leaders said terrorism and violence were everywhere. It sounded convincing, but we were bitterly disappointed."

When Pataki watched the Games from Vienna, he saw no signs of the conditions he thought would prevail.

"I knew our government had lied to us," he said.

A month later at a Grand Prix meeting in Budapest, Pataki struck up a conversation with Ed and Shirley Burke. They had first met in Helsinki in 1983 at the first World Track & Field Championships.

"I decided I should leave Czechoslovakia and asked Ed if he would help me. He agreed."

Shirley Burke recalls: "When he asked us to help him defect, my heart began thumping. To get mixed up in something like that... it's been exciting."

The only way for Pataki to leave was to take his wife, Gisela, and their 15-year-old daughter, Noemi, on a vacation to a non-communist country and defect from there. But vacations to the West are restricted and costly.

To raise the necessary money, Pataki sold his car. But no vacations were available that autumn. In spring, 1985, he barely managed to get a trip to Sicily and Rome for the family.

"But I still needed government permission. I had a nice life, so no one suspected anything, and permission was granted."



Preparing For a New Life

Now came the hard part — preparing for a new life.

"I set about learning English," Pataki recalls in his book *Winning Secrets*.

"I was afraid to take too much of my work on our 'vacation.' Our bags were thoroughly searched at the airport. Police were there. I thought we'd been discovered, but they let us through."

When they got to Sicily, Pataki phoned Burke, who told them to wait until they got to Rome and go to the American Embassy and request political asylum.

"Until then, we hadn't told Noemi anything," Pataki said. "She burst into tears and cried the five days we were in Sicily. We couldn't relax. I was worried someone in our group would guess what we were up to and turn us in to the police. We thought our nervousness at the breakfast table might give us away, or someone would learn of our phone calls to the U.S.A."

Passports Locked Up

They arrived in Rome on Friday, but their passports were locked in the hotel safe.

"We had to have them, or we might spend years in a refugee camp. I befriended the hotel clerk, who had defected from Hungary years before. He understood our situation, and became part of our conspiracy."

"Late that night, he opened the hotel safe and secretly removed our passports. At 5 a.m. on Saturday, we took our luggage downstairs, skulked through the lobby, hailed a taxi, and drove to the U.S. Embassy."

Embassy Closed

The Embassy was closed for the weekend.

"Evidently, defections were only allowed on weekdays during office hours."

The family couldn't return to the hotel. Nearly broke, they found a cheap pension and waited until Monday.

Burke's phone calls had prepared the way. At the U.S. Embassy, they were told to take a train to Latina, a refugee camp 70 miles from Rome. Burke sent money.

"I was exhausted, trying to keep my guard up all the time," Pataki recalled. "I thought the Czechoslovakian government might try to intercept us before the train reached the camp."

In Latina, the Patakis' were put in a hot, dirty room. After dark, two thugs broke in and smashed Pataki in the face.

"My daughter saved the day. She ran outside and got the police. The men ran away."

For two months, Burke sent money while they waited for permission to emigrate. Burke was pulling strings, but found it more difficult than he had anticipated. The quota was full, he was told.

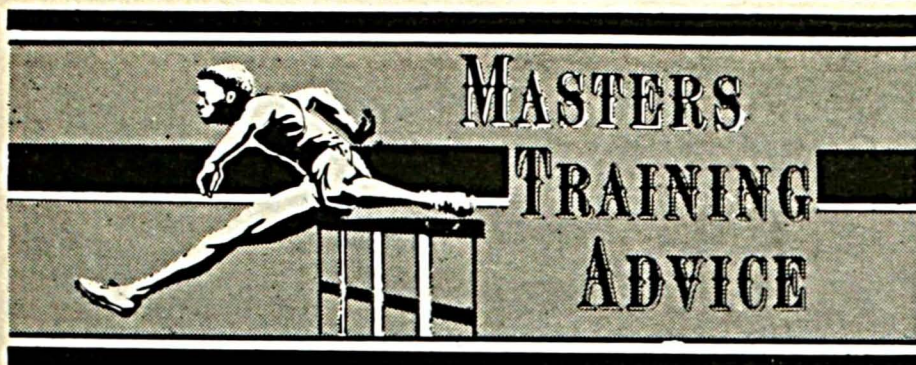
Cranston Clears Red Tape

Finally, Burke called Senator Alan Cranston, who decided to act. It only took him about a day to clear the red tape.

"To Senator Cranston, I shall always be grateful," Pataki said.

The family eventually found their

Continued on page 26



How to Long Jump

by RUDY HOCHREITER

Long jumping is the simplest of the field events. It has always been a natural part of man's everyday living as he cleared streams or fallen trees "at a bound" whenever the need was urgent.

Long jumpers need to be sprinters, as sprinting speed provides the potential kinetic energy that makes great distances possible.

The distance an athlete can long jump is governed by the following four factors:

- *The speed an athlete can run through 40 metres;
- *The forward-up force he can apply against the take-off board;
- *The angle through which he can apply that force; and
- *The efficiency with which he can make a landing.

There are two basic styles of long

jumping today, one of which is the "hang" technique which involves a powerful arching of the back after take-off and a finish with a head and feet jack-knife forward.

The other is the "Hitch kick", where jumpers take one-and-a half strides (or two-and-a half in some cases) in the air before landing.

Both styles need perfect timing in the air to allow a properly executed landing.

Some experts argue about the value of the hitch kick against that of the hang technique, but there is not scientific reason for such. As in every for-

ward motion, there is an equal opposite backward motion. The only benefit the hitch kick has is that of a more relaxed action in the air, which makes the athlete feel more comfortable than by using the hang technique.

Some athletes are natural hitch kickers and some are more inclined to the hang technique. A change in style may not be advisable. It has been established that a sprinter reaches his maximum velocity about six seconds. Therefore the run up varies according to one's ability to sprint, but is within a range between 20 to 40 metres.

For instance, the great Jesse Owens used only 32.4 meters and Bob Beamon ran from the 39 meter mark. For starters, a 26-walking stride measure for a run-up is recommended. This can then be adjusted to the proper leg strides by either moving forward, or backwards a short length to allow a take off from the board. Measuring ones run up by running back from the board is not recommended, as it is not accurate. The stride pattern differs and does not allow for the last three preparation strides before the take off.

The take off from the board is one of the most difficult tasks to handle and requires many years of practice.

Many "pop-ups" from a short run are most useful in this case. It should be a relaxed action at any speed. The use of a wedged take-off board is of great help as it gives the jumper more elevation and therefore more time in the air which in turn helps to execute a good technique.

Some hints for training:

As most beginners would fail to develop good technique from a full run up because of the excessive speed, short distance run ups should be introduced. A pattern used by some of my athletes was as follows: Pit - 9m

-12m - 16m - 20m - 24m - 25m start, or near enough to these measures. Commence the actual systematic training schedules which could look like the following:

Stage one: Any number of run ups (six will do) from the shortest run-up (approx 9m from the pit) plus six more from the next mark (12m) with the emphasis on the take-off and style. Time: 3 to 4 weeks or more if needed. Make sure that you master a good take off and style before increasing your run up.

Stage two: Continue with stage one but add six more jumps from the next (16m) mark. Athletes will find it very difficult at first to use the longer run ups due to the increased distance and added speed. As new distance is added, speed increases and the style could suffer because of a hasty take off.

Stage three: Drop shorter run up (9m) and continue with stage two but try out the next mark (20m). After having had several warm up jumps, the quota could be as follows: 6x12m, 6x16m and 6x20m run up-jumps. The number of jumps is not important as long as there is some repetition. Your personal fitness will govern your ability to limit or extend the number of jumps.

Stage four: This could be the final stage, and after some warm up jumps over the 12m run ups, you may try out a full run up whatever the distance may be. This final stage could be maintained right through the season with slight adjustments to the marks as speed and confidence increases.

Long jumpers use only 95 per cent of their maximum running speed when approaching the take off board. The arms and knees are lifted high (leading knee only) at the take off and the head should be held upright. Looking down into the sand creates a premature landing as it activates a dropping of the hips, and with it the dropping of the legs.

Finally, long jumping is a lot of fun and an athlete gets great satisfaction out of a good co-ordinated long jump. □

Rudi Hochreiter of Australia is the world M60 decathlon champion. His article is reprinted from the Australian Veteran Athlete.

		EQUIVALENT CHILL TEMPERATURES															
Wind (MPH)	Temperature (Fahrenheit)	Equivalent Chill Temperatures															
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35
5	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
10	30	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55
15	25	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60
20	20	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60	-65
25	15	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60	-65	-70
30	10	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60	-65	-70	-75
35	5	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60	-65	-70	-75	-80
40	0	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60	-65	-70	-75	-80	-85

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PROFILE

Bruce McPhail: "Lightning Opportunism"

They say that what we lose most as we get older is speed. You can't prove it by Bruce McPhail. The New Zealander, who turned 53 on January 26, took third in the 50-54 100 at the World Vet Games in Eugene last year with an 11.97. In 1959, at age 22, McPhail clocked 10.5 for 100 yards. That converts to a 11.44 for 100 meters, meaning roughly only a half-second loss over 30 years.

"I understand my body much more now than when I was younger, and I've learned to relax," McPhail explains why he's lost so little. "I believe relaxation is the key to success for all sporting people."

McPhail recognizes that he may not have realized his full potential as a sprinter 30 years ago. He was chiefly a rugby player then, just dabbling in track. Still, he never dreamed back in 1959 that he'd be able to run under 12 seconds for 100 meters at age 52.

"We never even thought about competing at this age in those days," he offers.

Born in Ashburton, New Zealand, McPhail demonstrated his athletic talents early in life, named school athletic champion at his elementary school in 1950, then going on to become junior sprint champion and intermediate sprint champion in high school. But rugby became his first love in school and in the years following.

"The Canterbury wing, B.E. McPhail, scored seven tries, the greatest number scored by one player in any first class match in the Dominion," reads a clipping from *The Press*, a New Zealand daily, on August 31, 1959.

"McPhail had a wonderful time,"

the article continues, reporting on Canterbury's 56-16 victory over the Combined Services' team. "His pace was clearly superior to that of his opponents. He came infield as he liked and in general he hunted the ball as if the result of the game depended on him alone. His eagerness might have made him a little selfish, but he could hardly be blamed for scoring as often as he did."

When McPhail retired from rugby in 1964 at the age of 27, the *Canterbury Rugby News* reported: "McPhail proved throughout the country, against all classes of opposition, that he was a brilliant attacking winger. Given a little room to manoeuvre, he showed a far greater ability to beat an opponent than has been possessed by many wingers who have worn the All Black jersey since..."

"Lightly built and with tremendous acceleration, his swerving runs and lightning opportunism have been a delight to Rugby followers both in Nelson and Canterbury."

Over the next 14 years, McPhail concentrated on raising a family, including three daughters and a son. He worked in the stock and station industry (farm servicing) and rose to manager of his company. It was in 1978, at age 41,



Bruce McPhail

Photo by Mike Tymn

that McPhail was introduced to masters track. "Arthur Grayburn, a veteran athlete and former New Zealand javelin champion, challenged me to compete at the next Canterbury Club Veteran Championships in Christchurch," McPhail recalls. "I took up the challenge, set two sprint records and the long jump record at that first competition, and haven't stopped competing since."

In the World Games at Christchurch in 1981, McPhail finished fourth in the 100 (11.52), fourth in the 200 (23.04), and fifth in the long jump (5.73m). That's when he decided to get serious and prepare for Puerto Rico two years later. There he placed third in the 100 (11.53), second in the 200 (23.14), second in the 400 (52.10), and fourth in the long jump (6.05).

"The most satisfying race I've run was the 400 meter final in Puerto Rico," McPhail says. "My 52.10 equaled the Games record, although Reg Austin broke the record with his victory in 50.60. Reg and I are the best of friends, and even though he has finished ahead of me in all 13 world finals we've raced together, I don't remember ever feeling disappointed in my performances after any competition."

At the World Games in Rome in 1985, McPhail finished fourth in the 100 (11.91) and sixth in the 200 (23.94). At Melbourne in 1987, he finished third in the 100 (11.48), second in the 200 (24.10), and fifth in the 400 (54.54). In addition to his third-place 100 at Eugene last year, he finished fifth in the 200 (24.04).

"Competing on the Rome and Melbourne Olympic stadium tracks were memorable experiences," McPhail says, "but I've never experienced such an enthusiastic feeling in any city as I did in Eugene."

Five Years Ago

February, 1985

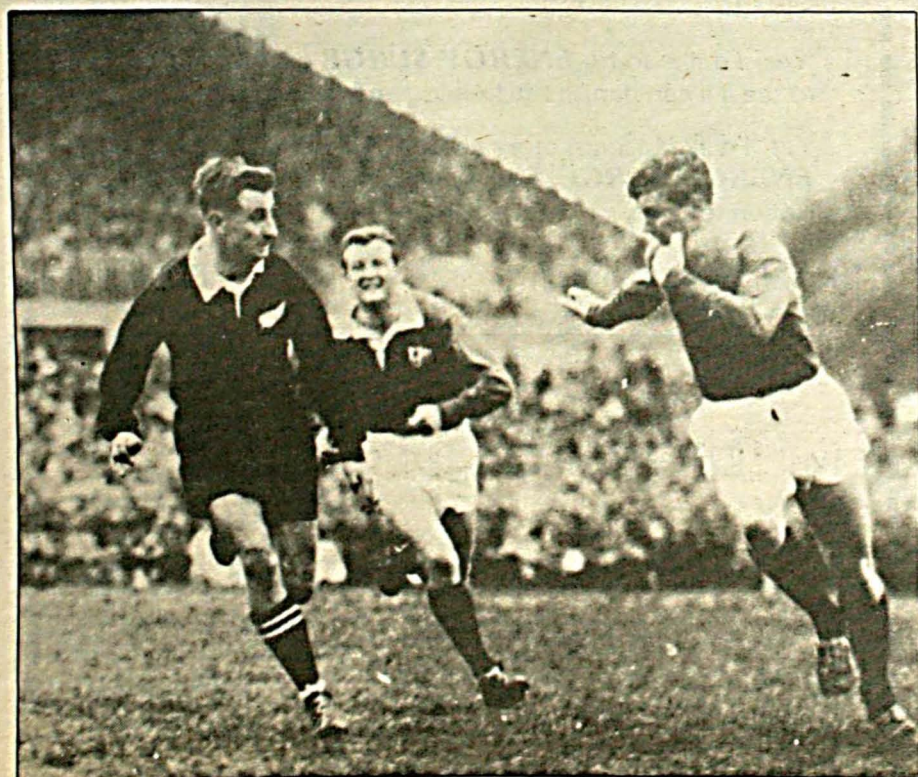
- Don Coffman (2:29:16) and Patti Sudduth (3:21:38) Top Masters in Rocket City Marathon
- No-False-Start Rule Generates Controversy
- Australia's John Gilmour Sets M65 Distance Records

In 1988, McPhail, stepped down from his job as company manager to work part-time "to do the things I want to do, when I want to!" He usually trains in the evening with younger members of his local club, including 22-year-old son Graham. He is coached by Trevor Cochrane, who represented New Zealand in the 1974 Commonwealth Games at Christchurch.

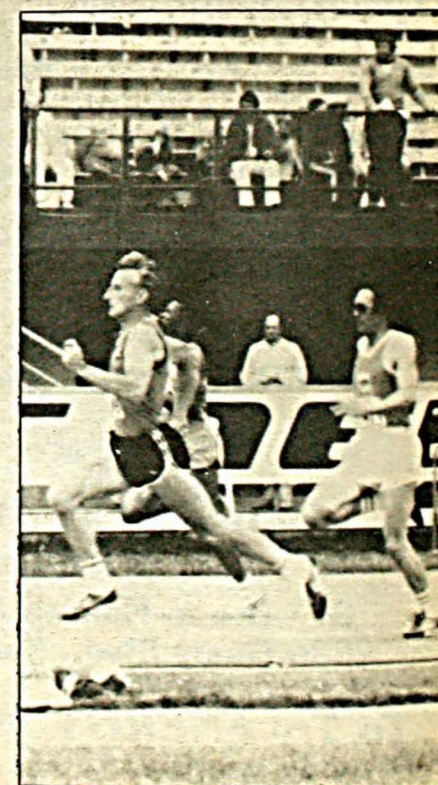
A typical week of training and racing for McPhail looks something like this: Sunday — jog/stretch/drills/30-meter reps; Monday — 300-meter reps after stretching for 20 minutes; Tuesday — practice starts and 60-meter reps after 20 minutes stretching; Wednesday — club competition; Thursday — starts and 90-meter or 150-meter reps after stretching; Friday — Rest; Saturday — Competition.

With three silver and three bronze medals in World Games competition, McPhail is satisfied, but he expects to go on in pursuit of a gold, even if Austin continues to compete as well. "I've made many friends throughout the world as a result of the World Games," he ends. "That's the main reason I save up to take in the Games. The atmosphere and friendships are worth much more to me than a gold medal."

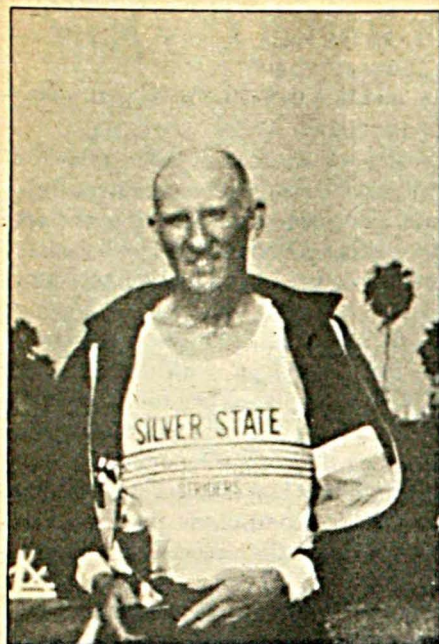
—Mike Tymn



Bruce McPhail (left) playing rugby in the 1960s.



McPhail competing in New Zealand.



Dr. Boyce Jacques achieved the grand-slam retirement of the Ray Williams revolving perpetual trophy at the Club West Meet in Santa Barbara, October 7.

Photo by Ruth Williams



Barbara Stewart, W45, of Rochester, N.Y. on her approach in the pole vault at the 1989 TAC National Masters Track & Field Championships in San Diego. It was the first time the pole vault has been officially opened to female competitors. Stewart won four other events at the Nationals, bringing her total for 1989 to 12 national titles in 10 different events.

Photo by Kevin Heath, Pro-Photo



Gil McNeal, meet director, NCNB Gulf Coast Senior Olympics, Bradenton, Fla., November 18.

Photo by Jerry Wojcik

ILLINOIS MASTERS INDOOR TRACK and FIELD GRAND PRIX SERIES



MEET DATES:

*Saturday, January 20, 1990
Sunday, January 28, 1990
Sunday, February 11, 1990
Sunday, February 25, 1990

TIME: 11:00 o'clock Field Events
12:00 noon Running Events

Meets will be held at WESTWOOD SPORTS CENTER,
W. LeFevre Rd., Sterling, IL

TRACK: New, 200 meter, 6 lane track

FACILITIES: Showers & Lockers available (Bring own towel)

*January 20th meet will be held at Augustana College, Rock Island, IL

AGE DIVISIONS (MALE & FEMALE)

29 & Under, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74,
75-79, 80-84, 85-89, 90+

ORDER OF EVENTS

2 mile race walk	300 meter dash
55 meter dash	55 meter hurdles
2 mile run	400 meter dash
800 meter run	1 mile race walk
	1 mile run

FIELD EVENTS

long jump	25# weight
shot put	35# weight
pole vault	56# weight
triple jump	98# weight
high jump	200# weight
	300# weight

NOTE: All athletes, regardless of state residence, are eligible to compete. Events will be run oldest-youngest, women then men.

REGISTRATION FOR MEET: January 20, 1990 ☐
January 28, 1990 ☐
February 11, 1990 ☐
February 25, 1990 ☐

Send completed and signed entry and check payable to:
DICK GREEN, P.O. BOX 6147, ROCKFORD, IL 61125

Check box for meet or meets entered.

Registration fee: \$10.00 one or more events per meet.

NAME _____
last m first

ADDRESS _____

CITY _____ STATE _____ ZIP _____

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 my executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against the Master Athletic Committee, the Westwood Sports Complex, any and all meet officials, volunteers or anyone associated with conducting the Illinois Masters Grand Prix series.

DATE _____ SIGNATURE _____

AWARDS: 1st 3 places in each division in each event. Over three may be purchased for \$3.00 each.



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Pain Relievers

Q. I am a masters runner and I read your column every month in NMN. If I've had several days of hard training, my feet become sore — not an excruciating pain but a mild ache from overuse. Aspirin usually relieves the pain in a few hours and I'm good as new. What type of pain relievers should I be using for my feet?

A. This is a good question. With all the ads touting the various pain relievers, it's difficult to get a clear picture of the proper medication. Obviously, pain medication should be prescribed by your physician. Those who are pregnant, nursing, a child, or are being treated for a medical condition, should avoid non-prescription medication.

Aspirin (salicylates) are good to relieve fever, reduce swelling and eliminate aches and pains in the feet. You can get some stomach upset with aspirin as well as GI bleeding. A small percentage of people may experience allergic reactions. It is a very safe medication.

Acetaminophen also relieves pain and fever. It does not relieve swelling. Unlike aspirin, it doesn't usually cause gastric upset. There is a greater risk with overdose than with aspirin or

ibuprofen. People with alcoholism, cirrhosis, or other liver disorders should use this medication with caution.

Ibuprofen reduces fever and relieves pain. It also has an anti-inflammatory property. This is good for arthritis and those who have aspirin allergies.

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

Schlau, Mieszcak Win in Rocket City Race

by HAROLD TINSLEY

As in the past 12 years, some of the nation's best masters runners came to Huntsville, Alabama on December 9 for the 13th annual WZYP Rocket City Marathon.

Bob Schlau, 42, of Charleston, S.C. and Nancy Mieszcak, 40, of Buffalo, N.Y. each convincingly won the male and female titles of Alabama's original marathon.

Schlau's time of 2:24:39 was almost nine minutes ahead of runner-up Ken Sparks of Ohio (2:33:27), while Mieszcak's 2:55:53 was over 15 minutes ahead of Florida's Lynn Reyes (3:11:33).

Schlau was pleased, since he began the race with some doubt.

"Two weeks ago on a training run, I turned my ankle and I had to take off three days," he said after the race. "My plan today was to run conservatively early and hope my ankle wouldn't bother me later in the race."

He followed his plan perfectly, running a 5:30 pace through the first five miles and a 5:31 pace overall.

"I was really relaxed in the early part of the race," Schlau said, "I must admit that this was one of the most comfortable and enjoyable races I've ever run. My ankle didn't cause me any problem."

Not only did Schlau win the masters first prize of \$1000, he also picked up

an additional \$250 for a sixth-place finish overall.

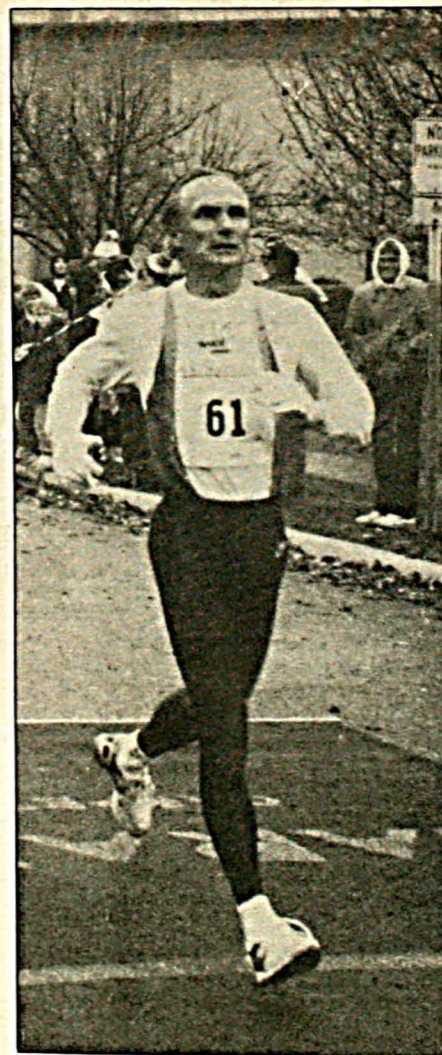
Mieszcak found the mid-30s temperatures mild compared to Buffalo. She opened at a 6:25 pace and set her sights on Bobbi Rothman's female masters course record of 2:49:34. At 15 miles (1:37:50), she was averaging 6:30s, but the last 10 miles were harder for the junior high math teacher. Her 2:55:53 time placed her fourth overall and added \$250 to the \$1000 she received as the first over-40 woman.

Sparks and Hayes each received \$500 for their second-place finishes. The third-through-sixth places each received \$250.

Boston's Joe Catalano (40, 2:37:28) and Georgia's Nancy Parker (53, 3:17:41) were third-place finishers.

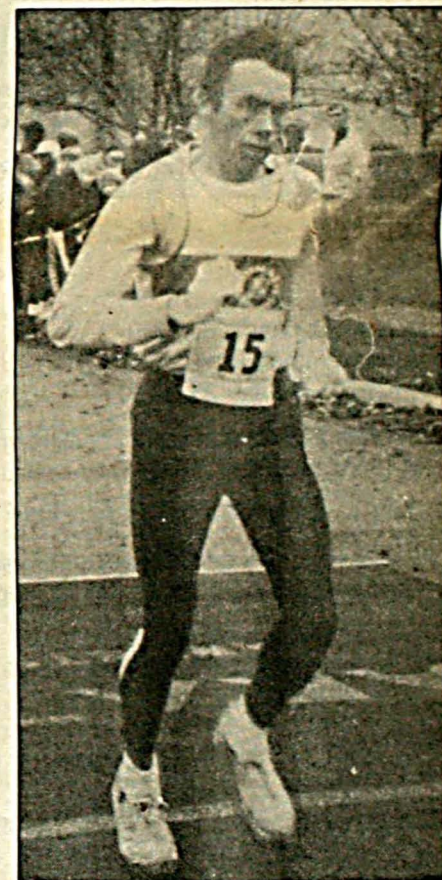
Schlau had the best age-graded performance (90%), with Tennessee's Gerald Koch (55, 2:37:38) next at 86%.

This year's entries increased five percent to 1240. Of the 709 male finishers, 352 (almost 50%) were over age 40. Of the 140 female finishers, 43 (31%) were masters. □



Ohio's Ken Sparks (44, 2:33:27) picks up \$500 for his second-place masters finish in the Rocket City Marathon in Huntsville, Ala., December 9.

Photo by Jim Oaks



Boston's Joe Catalano, 40, third master in the Rocket City Marathon in 2:37:27.

Photo by Jim Oaks

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.*



Rocket City Marathon, male and female master winners Bob Schlau and Nancy Mieszcak.

Photo by Jim Oaks

Stahl and Muramoto Continue Dominance in Honolulu Marathon

Kjell-Erik Stahl of Sweden won his fourth consecutive M40 championship and Minoru Muramoto of Japan her seventh division title in as many tries in the 17th annual Honolulu Marathon on December 10.

Race and state records were set by Alex Ratelle of Minnesota (M65, 2:58:21), Tsuneaki Takahashi of Japan (M55, 2:40:01), and Wen-Shi Yu of New York (W55, 3:27:54).

Some 10,000 runners took part in the race, which was won by Simon Robert Naali of Tanzania in 2:11:47, just four seconds short of the record set by Ibrahim Hussein of Kenya in 1986. Carla Beurkens of the Netherlands topped the women in 2:31:50, less than a minute short of her race record of 2:31:06 in 1986.

The temperature was a relatively cool 66 degrees at the 5:30 a.m. start of the race. Some stiff winds between nine and 14 miles cooled the runners even more, while also slowing them. However, those same winds gave the competitors a boost on the return trip.

Stahl, running his ninth Honolulu Marathon and fourth as a master, clocked 2:25:24 while finishing eleventh overall. His nearest competitor was Tetsu Baba of Japan (2:32:26). Frank Shorter, the 1972 Olympic marathon champion, was third (2:38:25).

Although he did not add to his record 62 sub-2:20 performances, Stahl, 43, was satisfied with his effort. "I had the flu in November and missed about 10 days of training," he said.

Stahl's best Honolulu Marathon time came in 1981 when he recorded 2:17:40, just six days after running a 2:14 in the Fukuoka Marathon. His best as a masters runner was in 1986 when he finished in 2:21:08, second among masters only to the 2:17:24 by the great Jack Foster in 1975.

Stahl added that he has cut back about 30 percent in his racing and

training during the past 18 months, partly because he is no longer motivated to train 100+ miles week after week and also because he is more susceptible to injury.

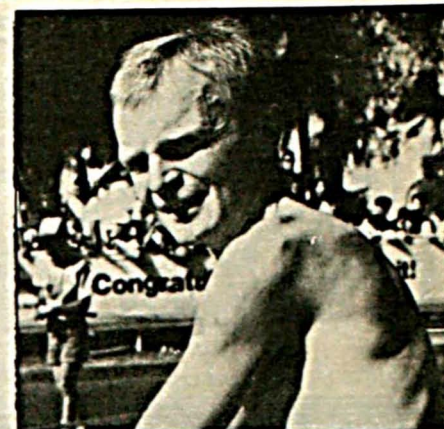
Muramoto, a 48-year-old housewife from Osaka, checked in at 2:59:57 for 12th place overall. It was the slowest of her seven Honolulu Marathons, but still fast enough to win the W45 division while also finishing as first female master overall.

"I was bothered by stomach cramps

and a sore hamstring during the last five miles," Muramoto explained through an interpreter.

In 1982, her first Honolulu Marathon, Muramoto ran 2:48:00, a W40 record that still stands. She set the current 45-49 record of 2:50:33 in 1986. While missing the 1985 race, Muramoto had finished in the top ten and had won her division in all six previous attempts. Except for last year,

Continued on page 15



Sweden's Kjell-Erik Stahl, 43, relaxing after winning the masters division of the Honolulu Marathon in 2:25:24. Photo From Mike Tynn



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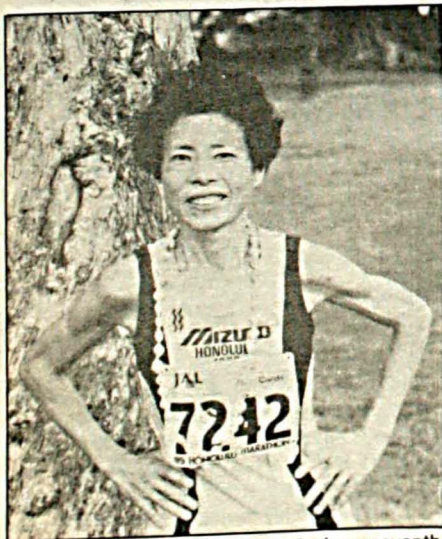
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Minoru Muramoto, W45, took her seventh division title at the Honolulu Marathon, December 10, when she was first female master in 2:59:57. Photo From Mike Tynn



MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY
Chairman, TAC Masters Track & Field Committee

Life After Eugene

It started several months prior to the Championships and continued for about a month after the closing ceremonies. People were asking me, "what's going to happen after the Championships, what will you do, how will you continue the momentum?"

Since my birthday occurs in late October, and I prefer to use my birthday to make New Year resolutions and set goals, it was a good time for personal assessment. Since this was also the time I made my decision regarding standing for the Chairmanship of the Masters Track and Field Committee, I not only thought about my personal resolutions, but also, my goals for the masters program.

In 1989, the United States hosted a record 1500 participants at the Nationals, as well as a record 2288 at the World Veterans' Championships. Where do we go from here?

Even though we won't host a world championships again in the immediate future, there is "life after the Cham-

pionships" for the masters track and field program.

We need to take advantage of the momentum and the current interest in masters athletics to build upon this growth. This can be accomplished by each of us making a commitment at the local club level to encourage participation. Invite new people to join your club or practice session. Sectional coordinators can take advantage of the participation at the local level to increase the involvement at sectional meets. Looking forward to the decade ahead, we will undoubtedly experience National Championships with over 2000 athletes competing.

I look forward to working with the local clubs and sections to make this goal a reality. □

National Uniforms

Mike Castaneda, who took orders for national uniforms in Eugene, says there were delays, but promises delivery by early February. His phone number is 619-321-9299.

CLASSIFIEDS

Classified ad rates are 60c a word. Count name and address as 5 words. Race notices are 40c 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

Let the government finance your small business. Grants/loans to \$500,000 yearly. Free recorded message! 707-449-8600 (LJ5)

Videotape Wanted: World Games' Men's 45-49 100 and 200 Finals. Will pay reasonable price. Contact: Paul Dungan, 4016 N.E. Hazelfern Place, Portland, OR 97232.

Government Seized and Surplus autos as low as \$100. BMWs, Cadillacs, Porsches, Mercedes, Chevys, Fords, plus trucks and vans. Amazing recorded message reveals details. 213-386-5876.



Bill Rodgers takes over first place from Domingo Tibaduiza in the Charlotte Observer Marathon's Nissan Masters 10K. Rodgers held on to win by seven seconds in 30:08.

Photo Courtesy The Charlotte Observer

At 42, Schlau Wins Charlotte Marathon

by DON KING

CHARLOTTE, N.C. — Bob Schlau, a hurricane-struck South Carolinian who said his prize money will help pay for a new roof, led an assault on the masters course records in the January 6 Charlotte Observer Marathon races.

The Charlestonian's 2:24:46 topped the Marathon field, earning \$2000 for overall first, \$1000 for first among masters — he's 42 — and \$500 for breaking the masters course record. He added icing to that hefty cake by taking an additional \$150 as leader at the 18.5 mile where NCNB, one of the nation's largest banks, offered extra bonuses.

Schlau wasn't the only 40-plus double-dipper.

In the women's division of the Marathon, Floridian Judy Greer, 42, topped the masters field and finished third overall with a 2:57:09 time that beat her course record set last year. She earned \$1000 for first master, \$400 for overall third, and \$500 for a course record.

Sally Edwards of Sacramento, Calif., second in the women's masters, also finished seventh overall to give the Marathon three double-dippers.

Another course record also fell as Bill Rodgers sped to a 30:08 in the Nissan Masters 10K. It was his third straight victory in this race and his time broke his 1988 record of 30:49.

Italian Graziella Striuli had a shot at the women's masters record but took too many 90-degree turns. As she made the right turn off the street into the Charlotte Convention Center and the inside-finish line, she turned right again into an open elevator and lost precious seconds before jumping back into the red carpet leading to the finish.

Her time of 35:13 was seven seconds off the 35:06 record established last year by Priscilla Welch.

Striuli's wrong turn and Schlau's two-pronged win provided the major drama on a day that was ideal for running: temperatures in the low 50s with clouds and mist keeping the sun away. It was the second straight year for no-sun skies and temperatures fine for runners and cool for spectators.

In both the marathon and 10K, the top seven masters finishers received cash prizes (\$1000, \$500, \$300, \$100, \$75, \$50, and \$25) — \$4100 for each race, with a \$500 bonus added for a course record.

The first-time inside-finish gave special excitement to the Nissan Running & Fitness Expo, a two-day event that began on January 5 with the Washington State Potato Commission's Carb-Up Party and two sets of runners' clinics, one featuring Rodgers; the other featuring local training and injury-prevention experts.

Rounding out the winners were Barbara Remmers (2:49:26) in the

women's marathon and John Treacy (28:45) and Marti Geissler (33:06) in the open 10K.

On the advice of race producers Dean Reinke & Associates, the Observer races for the first time allowed registration through race day. The result was 6002 registrations for an all-time high.

The Observer Sports pages gave 5½ pages to the race. The local ABC-affiliate, WSOC-TV, covered the races with live morning cut-ins, and a 1½-hour afternoon wrapup show.

The 10K race was the 17th of 18 on the ICI/USRA Masters Circuit. □



Judy Greer, winner of the women's masters division (2:57:09) of the Charlotte Observer Marathon.

Photo Courtesy The Charlotte Observer



Italy's Graziella Striuli, 40, registers disappointment after missing the women's masters record in the Charlotte Observer Marathon's Nissan Masters 10K. She won in 35:13 and may have broken Priscilla Welch's record of 35:06 had she not mistakenly turned into an open elevator rather than proceeding down the red-carpeted finish stretch inside the Charlotte Convention Center.

Photo Courtesy The Charlotte Observer



First and third place M55 winners in the December 10 Honolulu Marathon were Tsuneaki Takahashi (2:40:01) and Hal Higdon (3:08:46).

Photo by Tesh Teshima

Stahl and Muramoto Dominate

Continued from page 13

when she finished behind Priscilla Welch of England, Muramoto was the overall masters leader each year.

The slight Japanese runner took up the sport 12 years ago and set her PR of 2:44 in the marathon three years ago.

Of the more than 10,000 entrants, approximately 6000 were from Japan, where the running boom now resembles that in the United States 5-10 years ago.

Another division winner from Japan was Keizo Yamada, the 1953 Boston Marathon winner. He topped the M60 division with a 3:10:38. —Mike Tymn



Former Boston Marathon winner Keizo Yamada (Japan) won the M60 division with a 3:10:38 in the Honolulu Marathon December 10. Minoru Muramoto (r), won the W45 division in 2:59:57.

Photo by Tesh Teshima

Ten Years Ago

February, 1980

- Penn Mutual Insurance Co. Becomes National Masters Sponsor
- Herb Lorenz (2:21:00) and Sandra Kiddy (2:51:07) Win National Masters Marathon Titles
- Ernie Billups, 42, Sets American M40 1500 Mark of 4:02.5.

Sutton Highlights Tom Robinson Mile

by PETER TAYLOR

HAVERFORD, PA, January 7, 1990. Fifty-eight-year-old Jim Sutton ran 4:58.7 today to highlight the initial offering of the Tom Robinson Memorial Mile, directed by the Philadelphia Masters Track Association. Dr. Tom Robinson, a biomedical researcher, excellent miler, and former director of the Arthur Lydiard Running Camps, died in December 1988 at 44, several days after being struck by a car.

Sutton's time computed to a 93.2%

on the Masters Age-Graded Tables, one of four performances today of 85.0% or better. Maurice Schepers, 61, of Philadelphia ran 5:30.7 (86.8%), while Gary Tompkins, 39, of Reading, PA, turned in a 4:41.7 (85.4%). Ben Brockwell, 41, from Lavallette, N.J., toured the 7.15-lap Versaturf surface in 4:45.7 (85.3%).

Nancy Fitzgerald, 30, daughter of Marilyn Fitzgerald, Mid-Atlantic TAC 1989 female masters track performer of the year, turned in a 5:32.7 effort. □

TAC Midwest Sectional Master Indoor Track & Field Championships

Date: Sunday, March 11, 1990

Place: Westwood Sports Center

West LeFevre Rd., Sterling, IL

FACILITY: 200 meter Tartan 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 1990. Registration forms available at meet site.

AGE GROUPS: 30-34, 35-39, 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 3-5-90: \$5.00 1st Event, \$10.00 2 or more events, and \$10.00 Relay. After 3-5-90: \$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.

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

AWARD: Medals 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, Rock Falls, IL 1-800-228-2828
Single: \$35.00, Double: \$40.00, 3 person: \$45.00, 4 person: \$50.00 (Maximum 4 people per room)
Identify yourself with the Midwest 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
3000 Meter Race Walk
1500 Meter Run
4x400 Meter Relay

FIELD EVENTS — 11:00 A.M.

Long Jump
Shot Put
Pole Vault
Triple Jump
High Jump
25# Weight
35# Weight
56#, 98#, and 300# Weight Throw

Send completed and signed entry and check payable to Dick Green, P.O. Box 6147, Rockford, IL 61125. Phone 815/332-4743

Last Name	M.I.	First Name
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 Midwest Sectional Masters Track & Field Meet.

Date _____ Athlete's Signature _____

Masters Health and Fitness

by CARL V. FLOWERS II, O.M.D., L.Ac.

Calf Muscle Strain

Although a strain or pull of the hamstring muscle is probably the most commonly thought-of injury to the leg, there is another injury to which the master's athlete is particularly susceptible. This is a strain of the gastrocnemius or calf muscle. Over 80% of these injuries occur in athletes between the ages of 30 and 45.

This injury can occur in any situation where the calf muscle is excessively stretched. Some instances include: (1) reaching for that extra burst during a race; (2) pushing through the last interval of a workout when the legs are already fatigued and tightening; (3) stepping off the curb on a road run; (4) any sudden changes in direction; or (5) stepping in a hole on the infield or grass during a workout.

When the muscle is torn, it may feel as if someone kicked you in the calf or hit it with a rock. The severity of the injury will determine what happens next. Mild cases may only have a bit of

tenderness along the inner calf, while severe cases could experience intense muscle spasms causing the foot to point downward, discoloration of the lower leg possibly into the foot, and swelling of the leg in a rapid fashion.

In all cases activity should stop, ice and compression should be applied for at least the first 48 hours, and as soon as possible stretching should begin. To stretch the muscle, one can use the regular standing stretch for the Achilles tendon. If it is too painful to stand, sit on the floor, wrap a towel around the ball of the foot and pull back to relieve the spasm. This may

need to be done several times over the first few days as the spasm may recur during this period.

Homeopathic remedies to be used include Arnica, initially, followed in a day or two by Rhus Tox, especially if stiffness sets in. As soon as you feel able, begin massage of the area to remove the waste products and reduce swelling. Massage should be done from the ankle up the knee, moving toward the heart. Find the areas of maximum tenderness and give them special attention with acupressure on the injured and/or opposite leg.

Lastly, begin to walk on the leg as soon as comfortably possible, beginning gently at first, then increasing the workload as the healing progresses. Expect a healing time of 1-2 weeks in mild cases and six or more weeks in a severe injury. □

(Dr. Flowers is a masters long jumper and Acupuncturist practicing in Santa Monica and Irvine, Calif. If you have any questions about musculoskeletal injuries or suggestions for topics to be addressed in this column, write to Dr. Carl Flowers, NMN, Box 2372, Van Nuys, CA 91404.)



Bill Ott (L), 75, of Bradenton, and Al James, 77, of Ontario, Canada, at the close of the NCNB Gulf Coast Senior Olympics, Bradenton, Fla., November 18.

Photo by Jerry Wojcik

Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.25 each, plus \$1.00 postage and handling for each order.

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SUNDAY APRIL 1, 1990 9 AM

Atlantic High School Delray Beach, Florida

Each athlete throws three weights of Shot Discus Hammer

Weight and two of Javelin for a combined total score

Shot & Hammer 16# 6K 12# 5K 4K 8# 3K any 3

Shot & Hammer 16# 6K 12# 5K 4K 8# 3K any 3

Discus 2K 1.6K 1.5K 1K any 3

Weight 98# 56# 35# 25# 20# 16# any 3

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This meet provides valuable data for Age Factor Scoring

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Entry Fee \$10 send to
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337 S W 14th Ave.,
Boynton Beach, FL
33435



ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, FEB. 1990

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
GAY AUSTIN (HONOLULU, HI)	2- 6-35	55-59
MILDRED CREWS (LANCASTER, WI)	2-20-15	75-79
EDITH DALTON (HONOLULU, HI)	2-22-20	70-74
BARBARA DIBBLE (TUCSON, AZ)	2-16-30	60-64
VIRGINIA HASTINGS (CA)	2- 9-25	65-69
DOROTHY HERRMANN (SANTA BARBARA, CA)	2- 2-10	80-84
MARGARET KEGLEY (COLLEGE PLACE, WA)	2- 3-20	70-74
BARBARA MEADOWS (TUSCON, AZ)	2-16-30	60-64
ELIZABETH PARTRIDGE (BOYNTON BCH, FL)	2-20-15	75-79
EILEEN PUE (US)	2- 8-40	50-54
JENNY BOURKE (AUS)	2- 6-40	50-54
ELLEN HEES (WG)	2-11-50	40-44
JANET JOHNSON (AUS)	2- 8-45	45-49
ILSE KASSEL (WG)	2-13-25	65-69
ERIKA KRUEGER (WG)	2-15-35	55-59
INGRID KUSCHE (WG)	2-27-40	50-54
LIZ OSTRENG (NOR)	2-11-40	50-54
ANNI SCHIORSKI (AUS)	2-16-40	50-54
BRENDA ANN STONE (GB)	2-14-50	40-44
DHAMIRI ABAYOMI (CAMDEN, NJ)	2-13-40	50-54
WAYNE AMBROSE (SANTA ANA, CA)	2-21-25	65-69
G. BARTLETT (AUST)	2- 5-25	65-69
HANS BITTER (WG)	2-22-20	70-74
JAMES BURNETT (CHICAGO, IL)	2-13-40	50-54
VERNON CHEADLE (S. BARBARA, CA)	2- 6-10	80-84
GEORGE COHEN (INGLEWOOD, CA)	2-13-40	50-54
SHIRLEY DAVISSON (VICTORVILLE, CALIF)	2-28-30	60-64
VERN DAVIS (HONOLULU)	2-13-20	70-74
JERRY DONLEY (COLORADO SPRINGS, CO)	2-17-30	60-64
BURL GIST (SAN MARCOS, CA)	2- 1-20	70-74
TORMOD HAUGAN (NOR)	2-21-20	70-74
JOHN HOSNER (BLACKSBURG, VA)	2-25-25	65-69
JAN HOWELL (IDAHO SPRINGS, COLO)	2- 7-35	55-59
DAVID JAMES (US-SWI)	2-12-35	55-59
INGEBRIGT LANGENG (NOR)	2-12- 0	90-94
ROBERT MCMINNIS (GB)	2-18-15	75-79
LARRY MEANS (USAF, COLO)	2-18-35	55-59
WILLIAM MILLER (BETHESDA, MD)	2-22-30	60-64
REINO NOKELAINEN (FIN)	2-19-20	70-74
MALIK NOOR (PAK)	2-28-25	65-69
ELMER SANBORN (ATLANTA, GA)	2-22- 0	90-94
BILL SLEETH (SPOKANE, WA)	2- 7-25	65-69
JERRY STANNERS (CA)	2- 8-35	55-59
HOWARD STRASSENBERG (IA)	2-20-20	70-74
ART SWARTS (US)	2-14-45	45-49
ALBIE THOMAS (AUSTRALIA)	2- 8-35	55-59
WESLEY WARD (INDIANAPOLIS, IN)	2- 8-10	80-84

TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS
SAN DIEGO, CALIF.
JULY 20-23, 1989
STATEMENT OF PROFIT AND LOSS

INCOME

Entry Fees	60,605.00
Fiesta (188x\$12.62)	2,372.56
T-Shirt & Novelty Sales	7,571.20
Interest Income (thru 7/31/89)	864.38
Medal Engraving	520.00
Cash Sponsorship	11,263.00
TOT Grant	25,000.00
TOTAL:	108,196.14

EXPENSE

Administration/Office expense	3,030.41
Office Rent	1,800.00
Office Equipment Rental	3,000.00
Salaries	20,000.00
Advertising	2,188.00
Audit - CPA	1,000.00
Bank charges	100.95
Bad Checks	676.00
Credit Card charges	1,660.53
Computer/results expenses	1,070.46
Direct meet expense	11,443.63
General labor (payment to SDTC)	5,000.00
Insurance/TAC Sanction fees	390.00
Fiesta	4,283.01
Medals and Awards	8,642.23
Miscellaneous expense	267.00
Postage	4,590.47
Promotion	3,403.69
Post-meet event for volunteers	2,504.56
Pre-meet reception-athletes & guests	2,635.51
Printing	5,230.07
Telephone/fax	2,290.42
Transportation	6,963.02
Track rental	5,060.00
T-shirts	10,873.15

TOTAL: 108,103.11

PROFIT: \$93.03

TAC Announces American Plan TV

The Athletics Congress has announced a 16-meet schedule for the 1990 American Plan Series on the Turner Broadcasting System. This is the second year of the American Plan. The complete schedule:

January 20	US/West KOIN-TV 6 Indoor (Portland, Ore.)	Live - prime time (1 hour)
January 26	East Tennessee State Invitational (Johnson City, Tenn.)	One day tape delay on Jan. 27 (1 hour)
February 16	Times/Eagle Invite (Los Angeles)	One day tape delay on Feb. 17 (1 hour)
February 23	USA/Mobil Indoor Track & Field Championships (New York City)	Live (90 minutes, after basketball game)
March 10	USA-USSR-Japan Indoor Track & Field Triangular Meet (Yokohama, Japan)	One day tape delay on Mar. 11 (1 hour)
March 24	IAAF World Cross Country Championships (Aix-les-Bains, France)	1 hour
April 21	Mt. SAC Relays (Walnut, Calif.)	Live same-day coverage (1 hour)
May 12	Jesse Owens Classic (Columbus, Ohio)	Tape delay same-day coverage (1 hour)
May 26	Bruce Jenner Bud Light Invite (San Jose, Calif.)	Live same-day coverage (1 hour)
June 2	Prefontaine Classic (Eugene, Ore.)	Live same-day coverage (1 hour)
June 9	Jackie Joyner-Kersey Invitational (Los Angeles)	Live same-day coverage (1 hour)
June 16	USA/Mobil Outdoor Track & Field Championships (Walnut, Calif.)	Live same-day coverage (2 hours)
June 23	National Sports Center International Invitational (Blaine, Minn.)	Tape delay same-day coverage (1 hour)
July 7	Highlights - International Meets	Tape delay (1 hour)
July 14	Highlights - International Meets	Tape delay (1 hour)
August 17	Highlights - International Meets	Tape delay (1 hour)



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Rex Harvey, 42, was voted top masters multi-event athlete of 1989 by The Athletics Congress.

TAC MASTERS NATIONAL INDOOR PENTATHLON CHAMPIONSHIPS*

DATE AND LOCATION	Sunday, March 4, 1990, Birmingham High School, Van Nuys, CA (Los Angeles area) at Balboa and Victory
SPONSORS	Southern California Striders and Corona del Mar
ENTRY FEE AND DEADLINE	\$30: entry must be received by March 1
DIVISIONS	Five-year age groups, men and women, starting at age 30.
AWARDS	TAC National championship medals for top three places in each age group. TAC Champion patch for each winner.
MEET DIRECTORS	Gary Miller (818) 843-2139 and Dave Douglass (213) 825-1622 days and (213) 821-3625 evenings.
IMPLEMENTS	Shots will be provided: Men 30-49 16 lbs., 50-59 6 kg., 60-69 5 kg., 70-79 4 kg., Women 30-39 4 kg., 50+ 3 kg.
FACILITIES	New all-weather track, high-jump area and long-jump runways.
ENTRIES	send to Dave Douglass, 8828 Pershing Dr, #311, Playa del Rey, CA 90293. Check payable to D.L. Douglass
SCORING	Age factors will be applied to all times and distances. The factored performances will be scored from the 1985 IAAF tables and from the supplemental indoor Octathlon tables.

SCHEDULE	60M Hurdles	Long Jump	Shot Put	High Jump	1000/800M*
Women	9:30	11:00	10:30	10:00	11:30
Men 60+	9:45	10:15	10:45	11:15	12:00
Men 50-59	10:00	10:30	11:00	11:45	12:30
Men 40-49	10:15	1:15	11:45	12:15	1:00
Men 30-39	10:30	11:45	12:15	12:45	1:30

*800M for women only

ENTRY FORM Name _____ Age on 3/4/90 _____
 Street Address _____
 City _____ State _____ Zip _____
 Tel. No. () _____ TAC No. _____
 Club _____

WAIVER I waive all rights that I or my heirs or assigns may have against Birmingham High School, The Athletic Congress, meet directors, and sponsors of this meet arising from an injury, illness, or accident that I may sustain or incur while participating or while present at this event.

Signed _____ Date _____

* It was not possible to schedule the event indoors this year on the East Coast. In order to maintain continuity in the championships, they are being held outdoors in California, but the indoor events will be contested.

Indoor Pentathlon To Be Held in Los Angeles

by REX HARVEY

As TAC's National Masters multi-event coordinator, I have carried on the excellent policy of my predecessor, Jim Weed, in trying to move the national meets around the country as much as possible. This allows local people to compete and evens out the travel expenses for national competitors.

Carrying out this policy has been fairly easy with the Decathlon/Heptathlon, but more difficult with the Indoor Pentathlon because of limited meet bids.

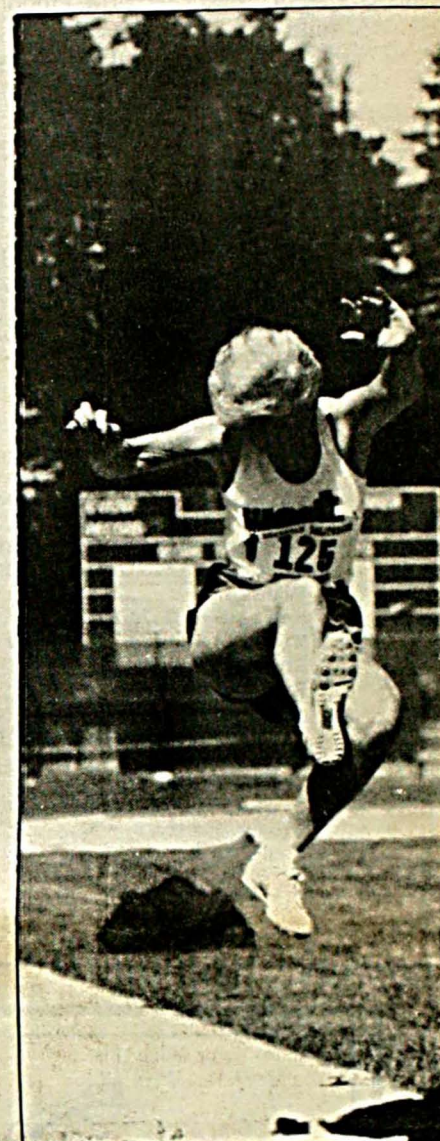
It's been many years, if ever, that the TAC National Masters Indoor Pentathlon has been held in the Western Section. But that's where it will be this year, at Birmingham High School in Los Angeles on Sunday, March 4. It will be held outdoors — not indoors — because of the obvious lack of indoor facilities in such a warm climate.

The Birmingham track in the San Fernando Valley is one of the satellite tracks built for the 1984 Olympics. It's an excellent 8-lane Rekotan track, similar to the Cal-State-L.A. track, where the 1988 TAC National Decathlon/Heptathlon was held. A 6mm maximum spike length will be enforced. See entry form in this issue.

Below are the meet events (in order) and the age factors to be used in conjunction with the 1985 IAAF scoring tables (indoor supplement) for men's and women's combined events competitions.

The multi-event community invites all you specialists to come out and try something different for a change.

Don't worry about specific skills, as there will be, like always around multi-events, plenty of help available from the other competitors. ☐



Marj Moore long jumps to a W55 meet record of 11-1 in the Northern California Senior Games in Berkeley. Photo by Donald Dvorak

Men's Indoor Pentathlon Age Factors (1989 WAVA)

AGE	60 M.Hurdles	Long Jump	Shot Put	High Jump	1000 Meter
M30	39IN .9923	1.021	16# 1.012	1.021	.9872
M35	.9714	1.072	1.066	1.066	.9597
M40	.9401	1.132	1.125	1.116	.9306
M45	.9002	1.201	1.190	1.172	.9006
M50	36IN .8681	1.279	6K 1.145	1.235	.8690
M55	.8159	1.376	1.220	1.305	.8331
M60	33IN .7832	1.476	5K 1.235	1.382	.7933
M65	.7355	1.588	1.360	1.466	.7522
M70	30IN .7042	1.712	4K 1.370	1.557	.7099
M75	.6607	1.849	1.550	1.655	.6670
M80	.6185	1.999	1.770	1.760	.6236
M85	.5755	2.184	2.050	1.872	.5798
M90	.5359	2.363	2.390	1.991	.5357

Women's Indoor Pentathlon Age Factors (1989 WAVA)

AGE	60 M.Hurdles	High Jump	Shot Put	Long Jump	800 Meter
W30	33IN .9792	1.026	4K 1.040	1.023	.9835
W35	.9496	1.082	1.080	1.079	.9532
W40	30IN .9169	1.145	1.165	1.145	.9213
W45	.8725	1.215	1.270	1.221	.8883
W50	.8255	1.295	3K 1.230	1.307	.8537
W55	.7795	1.381	1.360	1.404	.8143
W60	.7285	1.477	1.510	1.511	.7706
W65	.6755	1.582	1.680	1.631	.7255
W70	.6195	1.696	1.870	1.763	.6791
W75	.5595	1.819	2.080	1.909	.6320
W80	.4965	1.950	2.310	2.067	.5844
W85	.4295	2.090	2.660	2.262	.5363
W90	.3595	2.239	2.930	2.450	.4879

Top Fields Set for Indoor Masters Miles

A top field of world-class masters runners will compete in the *Runner's World Masters Mile* at the Panasonic Millrose Games February 2 in New York's Madison Square Garden.

Kenya's Mike Boit, World indoor masters mile record holder (4:15.48), heads the entry list. Boit will be joined by Wilson Waigwa (world outdoor masters mile record holder at 4:07.4), Ron Bell (defending Millrose champion), Mark Winzenried (former world 1000-yard record holder making his masters debut), Albin Swenson (former masters indoor record holder), Larry Almborg (U.S. masters 1500m record holder), Dave Stewart (Canadian masters mile record holder), Dan Frye, and Kenya's Kip Keino.

Keino, now 50, is a four-time Olympic medalist. His son Martin, 17, will also be running at Millrose in the High School Invitation Mile. Martin placed third in 4:18 in the Sunkist High School Mile in Los Angeles on January 19.

The *Runner's World Masters Mile* debuted at the Millrose Games in 1987

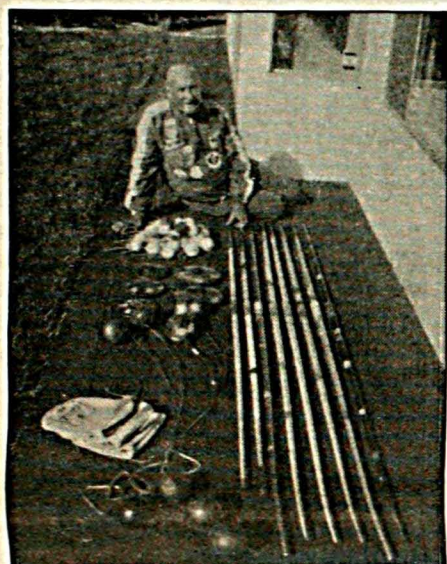
and was also held indoors last year at the Vitalis/Meadowlands Invitational in New Jersey. In both races last winter, the world masters indoor record was broken.

This year, a third meet, the Mobil One in Fairfax, Va., has been added to form a 3-race Indoor Series. Some of the participating runners will compete

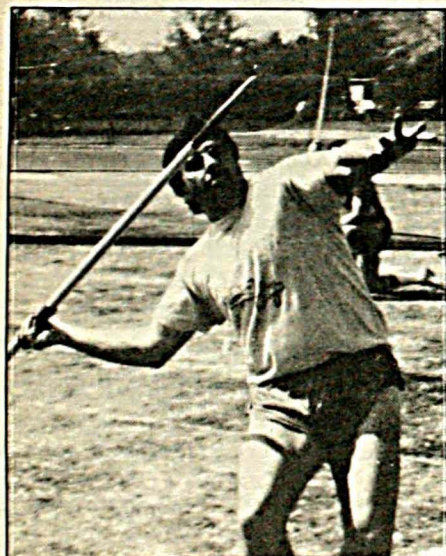
in all three meets, while others will take part in one or two of the races.

Jim Ryun and Byron Dye will run the Mobil One (Feb. 4) and Vitalis (Feb. 9) events. Entered in all three races are Boit, Waigwa and Keino.

"This is the finest field yet for the *Runner's World Masters Mile*," said event coordinator Marc Bloom. □



Unable to compete anymore because of injury, Chuck McMahon is donating his throwing equipment to the San Diego Track Club.



Bill Sevilla, M40, Sportarcade Meet, Los Angeles. Photo by Joe Greenberg

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 join them. 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.

PUBLICATIONS ORDER FORM

Quantity

Total (US\$)

Masters Age Records

Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all race-walking events, age 40 and up, as of Oct. 31, 1988. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$2.00.

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Masters Track & Field Rankings

Men's and women's 1988 U.S. outdoor track & field, 5-year age-group rankings. 44 pages. Over 100-deep in some events. All T&F events, including 3000, 10,000, weight, relays, 1500 walk, and 5000 walk. Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. ~~\$5.95~~ 3.95

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Masters Age-Graded Tables

Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of May 1, 1989. \$5.95.

\$

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. Outdoor and Indoor 5-year age-group records for all track & field events, age 35 and up, as of June 1, 1989. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.

\$

Competition Rules for Athletics (1989-1990)

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

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TAC/USA Directory (1989)

Includes TAC By-Laws and operating regulations, as well as listings of National officers and staff, Board of Directors, sports committees, administrative committees, and TAC associations. \$9.95.

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IAAF Scoring Tables (1985)

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

\$

Guide to Prize Money Races and Elite Athletes 1990.

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. \$39.00.

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Write On Continued from page 4

unreasonable. It's one of the skill events that makes the decathlon most enjoyable and challenging.

Please adopt the view of Rex Harvey that the athletes, themselves, should make the decision. I vote for the decathlon.

*Tom Blodgett
New York, New York*

SUNDAY MEETS

How disappointing to find so many track meets scheduled for Sunday this year. Of course, many do not attend church. But they should on Sunday, or sometime.

Thanks for your wonderful publication and the space given to "a voice crying in the wilderness."

*Clarence Killion
Sanger, California*

AWARDS

I noticed that Dudley Healy was selected as the best M75 long distance runner for 1989 (Jan. NMN), with my name added as an "also."

It seems to me the objective way to decide who is the better runner is by their times in an event in which they both participated. Both Healy and I ran in the World Veterans Championships 10K road race in Eugene. My time was 44:49; Healy's was 46:24.

I also think my 20:56 for 5000m in Eugene should have been taken into account. It was a world M75 record, bettering the best 5K time of Ed Benham, one of the truly great masters runners.

*Alfred Funk
Bozeman, Montana*

Congratulations are due all athletes selected by the Masters LDR commit-

tee as outstanding runners of their age-groups in 1989. I can't help, however, feeling that Fay Bradley isn't the best choice in M50-54. Fay performed well but was easily outdone by Jim O'Neill from Ohio.

Jim's times rate 2-5 for M50-54 in TACSTATS preliminary list in the Nov/Dec '89 issue. With that and other unreported times, O'Neill rates close, with Roger Robinson, for the best M50-54 in the world.

With all due respect to the selectors and well-wishers to Fay Bradley, Jim O'Neill was the best American M50-54 for 1989. It's a shame he was overlooked for the award.

*Scott Hubbard
Ann Arbor, Michigan*

(The awards are given by TAC on the basis of performances throughout the year, not just on one head-to-head meeting. Extra consideration is given to performances in TAC National Masters Championship races. — Ed.)

MASTERING THE SPRINTS

Despite a triple bypass in 1985, I resumed sprinting and read every sprinting and running book. I coached myself to a good year in 1986.

But in 1987, the more I trained, the slower I got. That's when I saw the ad for *Mastering the Sprints* in NMN. I called Scott Sanders, and he sent me his tape, along with a questionnaire on how I trained, how much time I had, what were my goals, etc.

Answering the ad was the smartest thing I have done since I started to run. Scott is now a coach and friend who cares about how I run. Each month, he sends me a worksheet based on my previous month's workouts. He called me in San Diego at the Nationals to learn how I'd done, and to give me instructions on how to train for the World Games in Eugene.

Now that I'm 68, Scott will try to help me run faster in 1990. You too can be faster. With good coaching and hard work, I believe any one can improve or hold what they have a little longer.

*Tim Murphy
Dallas*

THE FLYING FINNS

Re Phil Mulkey's letter (Dec. NMN) on "The Flying Finns," instead of trying to be cute, why didn't he just come right out and say what he was hinting at, which seemed to me to be some sort of drug possibilities.

*Joe Stefanowicz
Boothwyn, Pennsylvania*

RECYCLE T-SHIRTS

Many of us who participate in sports get T-shirts at nearly every event—more than we can possible wear in a lifetime. Now you can be proud of what that T-shirt can do.

Bob Rodale, publisher of Rodale Press, was shocked on a trip to Tanzania to find people whose only clothing was an old, ragged T-shirt and pants. He arranged with the American Friends Service Committee to collect, pack and ship T-shirts to Africa and other Third World countries.

You can contribute by sending your T-shirts to AAFSC/Runner's World T-shirt Project, 1501 Cherry St., Philadelphia, PA 19102. If you can enclose a dollar to help defray the cost of shipping, it would help.

*Jeanne Culbertson
Las Cruces, New Mexico*

RESIDENT ALIENS

In your front page story (Nov. NMN) about the National Masters 10K (Pittsburgh Great Race), you reported that Wilson Waigwa, the first-place masters finisher, had received the \$1000 first place prize.

I found this surprising, and if true, upsetting. I ran in the Great Race. When I picked up my number, I was informed that, as I wasn't an American citizen, I would not be eligible for any prize money. This regulation did not appear on the race application form nor on any other correspondence I received from the race organizers.

Now I find that at least one non-U.S. citizen was awarded prize money. Maybe the race director had a special deal with Waigwa. I placed second in the 50-54 division and didn't get the \$250 that was advertised.

The Great Race was also the first time that I had met with the TAC regulation that allows only U.S. citizens to win national championships. Many race directors are unaware of this regulation, because both me and other resident aliens have received TAC awards. TAC has not made sure its guidelines are followed when they award a championship to a specific race.

The rule is discriminatory and unfair. I have been a TAC member for over 10 years, and now I find out that, although I pay the same membership fee as a U.S. citizen, I am not afforded the same privileges. I never realized the TAC National Championship was the U.S. Championship. I thought it was just the national version of one's local association races and, therefore, open to all members.

I suspect there are many of your readers who are resident aliens who have never realized they were second-class members of TAC. I am starting to wonder if my \$11 annual membership dues might be put to better use. I am thinking of joining the governing body in Great Britain. Perhaps others may want to act in a similar manner.

I enjoy your newspaper a great deal. Where else can I get such in-depth coverage of what my fellow masters are doing. Keep up the good work.

*Jill Martin
Brooklyn, New York*

DESJARDINS RESPONDS

As to Waigwa winning money, this is between him and the race director. I understood Waigwa's agent put pressure on the race organizers to have separate money for masters not eligible for the championship. I don't know how deep the money went. It's up to the race directors whether they want to award prize money or not. There is no requirement that our Championships give prize money. Many other races give prizes for which Ms. Martin is eligible. Also, it would be up to the Metropolitan AC on how they handle resident aliens.

TACSTATS keeps records only for U.S. citizens, but keeps a separate list for noteworthy performances by resident aliens.

I question her statement about race directors not knowing the guidelines. They are provided to each race director. If he reads them, the information is there. I and others closely check past race results to make sure our records are correct.

It seems ironic to talk about being a "second-class citizen" when one is not a citizen of the U.S. I would think Ms. Martin has the option to become a citizen. As I traveled around the world for the past 35 years, our citizenship is worth something. I hope Ms. Martin understands that if she ran in Eugene, she would have been running as a representative of Great Britain.

I think our guidelines are correct, but if the majority desires otherwise, I will uphold that position.

*Charles DesJardins, Chairman
TAC Masters LDR Committee
Fairfax, Virginia*

(We wrote to the Great Race organizers about Martin's query, but received no reply. Neither Masters T&F nor Masters LDR permits non-U.S. citizens to win national championship medals, even though their participation is welcomed. It's been a much-debated issue at TAC conventions, with persuasive arguments on both sides.—Ed.)

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

Help Wanted

The National Masters News is looking for an assistant editor. Full time. Salary \$20,000. Contact: Al Sheahen, NMN, P.O. Box 2372, Van Nuys, CA 91404. 818/785-1895.

MASTERING THE SPRINTS

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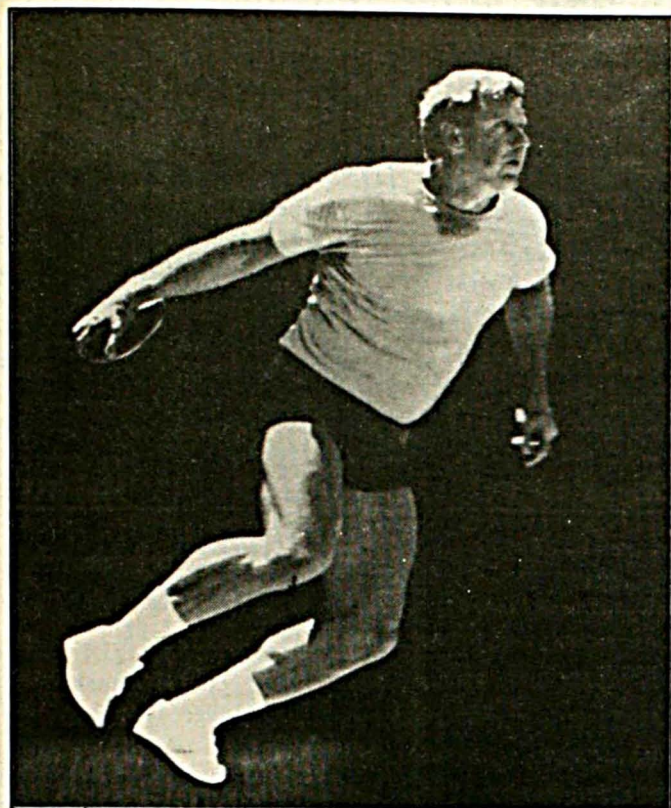
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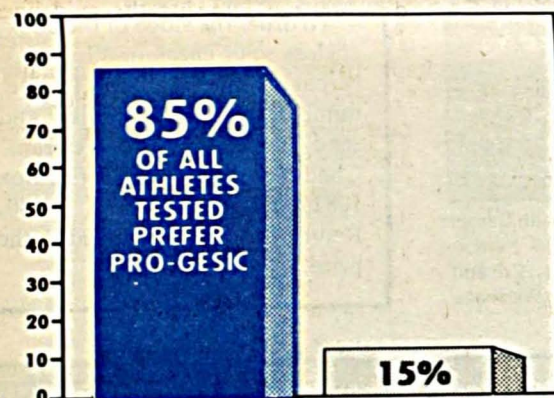
Al Oerter: 4-Time Olympic Gold Medal Champion.

"In order to compete and win for as long as I have, I've had to put my body through exhaustive exercise and training regiments. Aches, pains, and bruises are a regular occurrence which have to be overcome in order to maintain peak competitive levels. In a recent world event, I strained my shoulder to a point where I thought I might not be able to compete. A friend suggested I try something he had recently started using: Pro-gesic®. It worked. It worked so well, the next day I competed in the finals and won. Since then I don't train or compete without Pro-gesic®"

NEW!
Liquid Pain Relief
Odorless • Greaseless • Stainless

Clinical studies prove it. For fast relief from muscle and joint aches and pains, Pro-gesic® is the new choice of 85% of athletes tested*.

In Athletes tested, Pro-gesic® was overwhelmingly preferred for its fast, grease-free relief from muscle and joint aches and pains.



After using Pro-gesic® only 15% were satisfied with their present product.

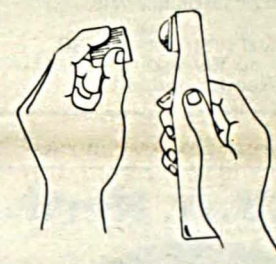
Pro-gesic®, a uniquely formulated topical analgesic (patent pending) contains AQUASAL™, Nastech's brand of an aspirin-like compound. It has been designed to eliminate problems often associated with messy, strong smelling creams, balms, and liniments. Pro-gesic® is also the first topical analgesic to combine fast, effective, liquid pain relief in a "reach anywhere, no-mess" dispenser with a massaging head. Unlike other products, Pro-gesic® works without heat or cold, is odorless, fast drying and will not stain clothing. Remember, when it's on, only you will know it's working. Use Pro-gesic® before and after sports or exercise, before retiring, and first thing in the morning to alleviate pain and stiffness. Take Pro-gesic® with you for use during sports or exercise. Keep Pro-gesic® in your locker, athletic bag, and at home.

Enjoy The Convenience of Pro-gesic's® "reach anywhere, no-mess" dispenser



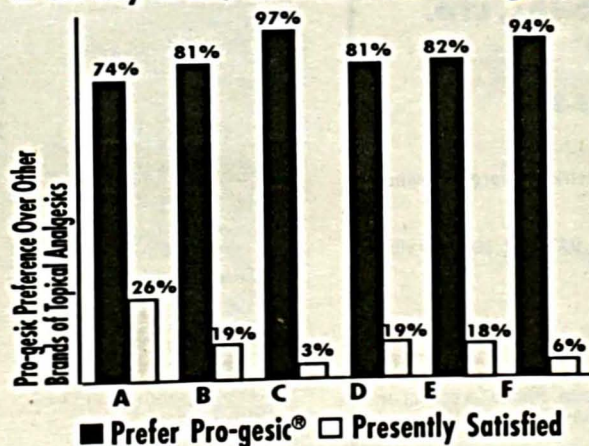
For fast, no odor, no grease, no stain pain relief, gently press Pro-gesic's massaging head to the painful area to release the fast drying liquid. Massage the affected area in a circular motion for maximum soothing comfort.

The Pro-gesic® dispenser fits easily into your hand and delivers fast acting pain relieve via a massaging head.



Unlike other topical analgesics Pro-gesic® never touches your hand. Simply re-cap the dispenser and you're ready to resume your sport or activity.

In Six Key Areas, Athletes Prefer Pro-gesic®



- Prefer Pro-gesic® □ Presently Satisfied
- A. Time before pain/stiffness improves
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 - C. Ease of application
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*Clinical tests compared Pro-gesic® against presently used products which included: Ben-Gay, Sportscreme, Tiger Balm, Icy-Hot, Aspercreme, Absorbine Jr., Flex-all 454, Heet, Mineral Ice. Test results available upon request.

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Please send me (Quantity) _____ Pro-gesic®
liquid pain relievers @ \$5.95 each.
Please add 1.50 each for shipping and handling.

Name _____

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City _____ State _____ Zip _____

Amount enclosed \$ _____ ☐ Check ☐ M.O.

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Money-Back Guarantee:

If you are not completely satisfied with the fast acting odorless, greaseless Pro-gesic®, return unused portion within 10 days of purchase for a full refund of the purchase price.

Please allow 4-5 weeks for delivery
Overnight service available as of January 1, 1990
Please add an additional \$2 each for overnight shipments.



Report from Britain

by ALASTAIR AITKEN (of *Athletics Today*)
and MARTIN DUFF (of *Athletics Weekly*)

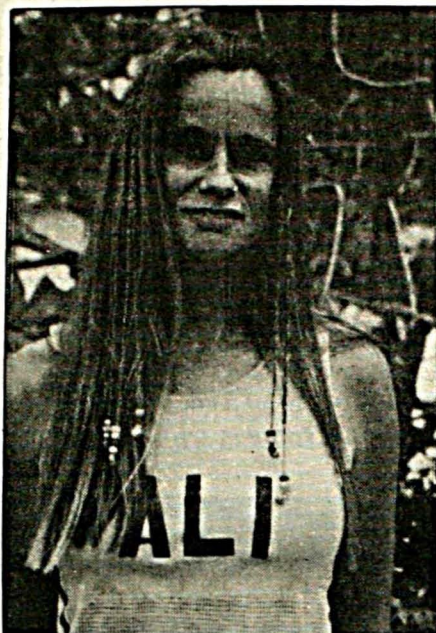
Nearly half the runners in U.K. road races are veterans, according to an analysis by *Athletics Weekly*. At the prestigious Hog's Back Road Race, which began in 1957, the percentage of male veterans was a staggering 56%.

In that December 10 race, Keith Penny, who turned 40 on January 29, ran the 9¼ miles, which includes a two-mile long climb, in 46:59, for third overall. First veteran was Terry Smith (40, 48:58). Keith's wife, Glynis, was 2nd woman and first W35 in 53:11.

New Year's Eve saw a good veterans women's race at Tadworth in Surrey. Over a tough 10-mile course, Ann Ford (37, 57:47) won over Anne Roden (42,

58:15) and twin sister Paula Fudge (58:50).

On New Year's Day at Cranleigh, Tecwyn Davies and Les Presland battled it out over a tough 10K course. Davies won, 32:01 to 32:14. □



Analies Steekelenburg, 43, won the women's high jump with a leap of 4-6 at the Commonwealth Games Trials, Nassau, Bahamas on Dec. 19.
Photo from Bob Watanabe

Follow the Sport!

Catch up with recent fantastic O35 performances in Britain; compare times and marks of British vets with your own; check on former English, Scottish, Welsh internationals now entering the vet movement.

All and more in *Veteran Athletics*, the newspaper of Britain's vets.

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W.A.V.A. North American Regional



Port of Spain, Trinidad
August 23 - 26 1990

INVITATION TO THE NORTH AMERICAN REGIONAL Track and Field Championships

The Organizing Committee of the T & T Masters extend an invitation to compete in the World Association of Veteran Athletes (WAVA) North American Regional Track and Field Championships and Special Sub-Masters Events

August 23 - 26, 1990

Port of Spain, Trinidad & Tobago, West Indies
Competition for Masters and Sub-Masters 30 years and over.

CONTACT SPORTS TRAVEL INTERNATIONAL, LTD.

For Entry Forms plus Travel & Tours Info*

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(619) 225-9555 Collect or FAX No. (619) 225-9562

*PACKAGE INCLUDES:

American Airlines Roundtrip Air with discount on either lowest non-restrictive fare or lowest available non-refundable fare
Group transfers - airport/hotel
7 nights accommodations - based on twin occupancy - including 15% VAT and 10% service charge.
Full breakfast daily
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**4 levels of accommodations are provided from deluxe through budget. Details upon request.
Your package price - Air from your city plus accommodations of your choice. Phone us collect or mail us the following form and we will send you your current applicable information.

SPORTS TRAVEL INTERNATIONAL, LTD.

P.O. Box 7823, San Diego, CA 92107

Please send me the Entry Form Application and information on the tour to Trinidad, August, 1990.

Name _____
Address _____
Phone () _____

Masters Compete in the Bahamas

A group of masters athletes from the L.A. Valley Athletic Club attended the Commonwealth Games Trials in Nassau, Bahamas on December 19.

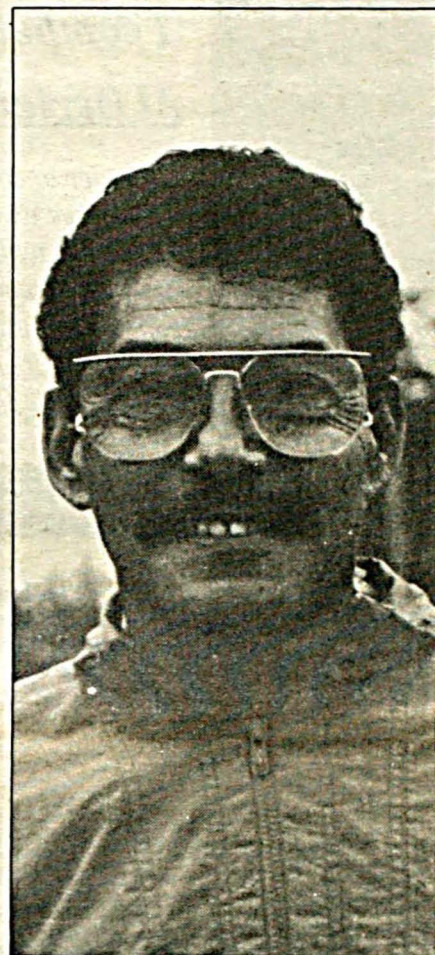
The purpose of the visit was to introduce the masters athletic program to the area. Attending the meet were Nick and Sheila Newton, Annalies Steekelenburg, Milan Tiff, Sam Florie,

John Darrell, and Robert Watanabe, M.D.

Tiff, 40, was the outstanding masters athlete with a triple jump of 49-8½ (Tiff set the world M40 record in Eugene at 51-2).

Nick Newton, 55, won the masters 100 (12.7) and 200 (25.7). Lou Beadle, M50, took the 800 in 2:40, while Steekelenburg (W40, 4-6) and Sheila Newton (W45, 4-0) won the high jump in their age divisions. □

—from Bob Watanabe



Nick Newton, 56, at the Commonwealth Games Trials, Nassau, Bahamas, December 19. Newton won the 100 and 200 with times of 12.7 and 25.7.
Photo from Bob Watanabe

Video of World Championships

Retrospective - VIII World Veterans' Championships, a 20-minute video, is now available for purchase from the Organizing Committee for \$24.95. Produced by KMTR-TV, Eugene/Springfield, in response to overwhelming requests from athletes, the VHS-format video features footage of Eugene-Springfield and other tourist attractions, interviews with athletes, and selected highlights of the competition.

Still available — a limited number of the Result Book at \$10.00 each.

To order the video or the book, enclose your check or Visa/Mastercard information (name, number, expiration date) and send to VIII World Veterans' Championships, Post Office Box 10825, Eugene, Oregon 97440. Return postage is included in the price. □

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Contact President



The group of athletes that traveled to the Commonwealth Games Trials in Nassau to introduce the area to masters competition and inspire them to begin a masters program of their own.

Photo from Bob Watanabe



WAVA/TAC Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69 70 Plus					
35-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69 70 plus					

MEN

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

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
Women				
35-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
40-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*
50-59	6.00k	1.50k	6.00k	800 gms.*
60-69	5.00k	1.00k	5.00k	600 gms.
70 plus	4.00k	1.00k	4.00k	600 gms.

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

GOODWILL GAMES MARATHON 1990

An Invitation to Run



You are invited to lace up against an elite field of the globe's best runners in this country's most exciting international **MARATHON** on July 21 & 22, 1990, in Seattle, Washington.



The Goodwill Games is history's largest sports and cultural exchange between the and the Soviet Union.

Out of 21 sports the marathon is the only event open for public participation and will be



live to one billion homes worldwide.

There is no limit on the number of entrants and no qualifying times are necessary.



's race - Sat., July 21;



's race - Sun.,

July 22. Both races start at 7:00 a.m.

For entries send return mailing address and 50¢ (U.S.)

postage to: Marathon Office, 101 Elliott Avenue West,
Suite 430, Seattle, WA 98119, or call 206/282-5565.

To receive general Goodwill Games information,
please call 206/554-1990.

USWEST is the official Seattle Organizing

Committee sponsor of the 1990 Goodwill Games Marathon.

Minutes of Masters LDR Committee — TAC Convention — Washington, DC - 1989

Nov. 27, Monday Evening Executive Meeting

Agenda: One main item of business was to set the agenda for the remainder of our meetings. We also discussed budget concerns and law & legislation items, reported on at later meetings of the whole committee. Chairman Charles DesJardins reported that he and Masters T&F Chairman Jerry Donley had submitted a proposal to TAC to drop Tactrust requirements for masters and to publish same. This will probably be accomplished in the near future. The next Executive Meeting is scheduled for Naples, Florida Jan. 13 in conjunction with the ICI Masters 8km Championships.

Nov. 28 Tues. Evening

WAVA: Norm Green reported that Jacques Serruys replaced Clem Green as chairman of Non-Stadia in August. Jacques' proposal is to have a road championship (10km, 25km, and cross country plus maybe a racewalk) in even years and a 10,000 on the track and a marathon in odd years with the t&f championships. It is also being recommended that there NOT be a 10km road race in Turku in 1991. Our committee gave support for this. Copies of the proposal are available upon request. Norm and Ruth Anderson were again named our delegates to WAVA.

Treasurer's Report: George Vernosky reported that TAC has given the sport committee a budget of \$15,000 regardless of what was requested. As more revenue comes in to TAC, those budgets will be increased.

George distributed a report showing '89 disbursements and 1990 requests:

National/international travel	\$ 6,825	12,000
Assistance to national championships	2,785	5,000
Administrative	2,537	2,000
Awards	331	500
Sponsor coordination	1,929	5,000
World T&F Championships	1,975	Workshops 3,500
	\$16,382	\$28,000

Aided Course: Our chairman, Charles DesJardins, and Road Running Technical Committee Chairman, Peter Riegel, reported on one of this year's tabled rules. It is a proposal from Tacstats' Basil Honikman to change the requirements for road courses on which records would be kept. Currently, the start/finish cannot be farther apart than 10% of the distance of the race nor can the drop in elevation be more than .002 (2 meters per km). The new standards would be a 30% separation with a .001 drop in elevation (1 m. per km). Tacstats would not keep point-to-point records any longer, but would keep "memorable performances". A motion by Norm Green was passed to submit a rule change, because somehow, Basil's original proposal did not appear in the rules packet. "For all road records: (a) The course must not have a net decrease in elevation from start to finish exceeding one part per thousand (1 m. per km), and (b) Start/finish must lie closer than 30% of the race distance apart, except when it can be shown that the compass direction of the wind was not less than 90 degrees to the compass direction of a straight line between the start and finish. The method of determining wind direction shall be as specified by the RRTC". Note: Our proposal was accepted by L&L and passed by the Congress with a wording change in part (b): . . . except when

it can be shown that the average component of the wind direction for the duration of the race did not to any extend whatsoever constitute a tailwind.

Proof of Age: It was reported that Don Kardong had filed a grievance regarding the birthday of Kenyan Joseph Nzau, who declared himself a masters competitor this year after using several different birthdates in recent years. TAC's Board of Directors approved a birthday of 4/12/52, unless substantive information to justify another birthdate is provided.

Marketing and Media: John Boyle worked on a proposal this year for a brochure to advertise our 1990 Championships. The paperwork didn't reach our treasurer in time to be submitted with our budget, but John is working on getting a sponsor for it.

Officials: George Kleeman submitted written reports from rules and officials. The main item of interest is a plan for the training and certification of LDR officials. A draft document, written by Lawrie Robertson, was distributed to TAC LDR committee members, RRCA members, and Officials Committee members. Consequently, changes to current rules will be submitted to L&L and Rules Committees. The trend in the future will be to have certified LDR Officials. George welcomes our input along these lines. Copies of George's reports are available upon request.

Law & Legislation: Charles reviewed the major items of concern to our committee, among them the suggestion to begin masters competition for women at age 35. At our recommendation, L&L later amend-

ed this to read age 40 for men and women. We also recommended that "road walking" be taken from our jurisdiction in item 47; it was done.

Championship Statistics: Norm reported that our '89 championships had been added to his records, and that his goal is to have a decade of stats published.

Chairman's Report: Charles shared with us some of his experiences this past year as new chairman. One project is to get more response from TAC in dealing with all three LDR committees. Other topics included Board of Directors business and athlete drug appeal procedures.

Nov. 29 Wed. Afternoon

Outstanding Athletes For 1989: Vice-Chairman Kirk Randall presented the male candidates, and Vice-Chairman Ruth Anderson presented the female candidates for our 1989 awards. Our committee chose:

40 Bob Schlau	Laurie Binder
45 Mike Heffernan	Joan Colman
50 Fay Bradley	Gina Faust
55 Norm Green	Marion Irvine
60 Ed Stabler	Whayong Semer
65 Alex Ratelle	Jaclyn Caselli
70 Nate White	Pat Dixon
75 Dudley Healy	Anne Clarke
80 Ed Benham	Mavis Lindgren



Charles DesJardins, National Masters Long Distance Running Chairman, during the Masters LDR meetings at TAC's Convention in Washington, D.C.

85 Max Popper Ruth Rothfarb
90 Paul Spangler

We chose George Vernosky as the winner of the 1989 Otto Essig Award.

Nov. 30 Thursday Morning

Championships: TAC and our committee are in negotiations with a possible sponsor for our 1991 championships. Because of this, we decided to postpone bidding for those events. Discussion followed on criteria for site selection of our championships, such as fair geographic distribution. A motion was passed to authorize our Executive Committee to solicit bids and grant 1991 championships by the National Outdoor T&F Championships in August 1990. A suggestion was made that we approach quality events and invite them to bid.

Norm Green made a motion that we rescind the awarding of the 1990 20km Road Championship because of problems with last minute date changes and lack of results from events previously awarded to that race director. Alvin Chriss was on hand to comment on our right to do so, since previous contracts had been breached. Motion passed.

Progress reports on five 1990 championships were made by representatives present.

Nov. 30 Thursday Afternoon

1990 Bids: Bids chairman, Phil Benson, opened the bidding for any 1990 championships still available. Dick Good reported that the Ultra Sub-Committee recommended two events for masters championships. We voted to accept them: 50km in Muncie, IN on Oct. 14 and 100km in Duluth, MN on Oct. 28. It was suggested that ultras be one month apart in the future.

ICI: Bill Adams from ICI made some brief remarks about ICI's interest in supporting masters running in the future. ICI had sponsored the Awards Luncheon that day, so Bill was on hand to meet us.

Sports Science: Teddy Foy distributed materials from the Sports Medicine Committee including a Summary Report and Sport Psychology Services Report. These

are available from the secretary. Teddy commented on the topic of survival drugs versus enhancement drugs as an item discussed in Sports Med. A manual on such topics in lay language will be available soon. The list of banned substances changes, so it's important to get the most current info.

Association's Role in Bids: John White from the Ohio Association shared some recent experiences of his association concerning the bidding process for the 1992 Olympic Trials. John's conclusions were: 1) Associations can now be by-passed on the actual bidding (revenues go to TAC) and 2) Our committee can still require the signature of an association officer, but the association is really not obligated to put on the event. Contact John if you would like more information on this.

Non-Resident Aliens: This subject came up for discussion because of the growing number of masters championships which pay athletic funds. One of our rules states that award winners must be U.S. Citizens. It was the feeling of the group to leave the rule the way it is now, but to clearly explain the prize money requirements on the entry form.

Dec. 1 Friday Morning

RRTC: Sally Nicoll from the Road Running Technical Committee reported on her work this past year in regard to the validation of road courses on which records were set. It is very important that the documentation for the measurement of a road course be approved before the event; this was not done for the 10km or the marathon in Eugene this summer. As it turned out, the runners did not run the measured 10km course anyway (31 meters short). Thirty-two validations were done in 1989 by Sally's 12 validators.

Bob Baumel reported that there is now a revised edition of How to Measure Courses available from TAC. A new Jones Counter is in the works, since parts for the current devices will not be available after a few more years. RRTC is also working on a gauge to measure wind during a road race.

Masters Sports Association: Bob Fine outlined two trust funds for masters, one of which was formed for donations for the WAVA Championships in Eugene, and the other which could possibly be used in emergency situations when our committees are not given enough funding for our programs. Donations would be tax deductible. Contact Bob for more info.

WAVA: Norm Green is our North African delegate for non-stadia events. He has received a bid for a N.A. Regional Marathon Championship to be held in Whitehorse, Yukon on June 23, 1990 at 9 p.m. during the summer solstice.

There will be an 8km cross country and a 25km road race at the Regional Track and Field Championships in Trinidad in August 1990. Since regional events are held in even years, Norm suggested that we might bid on an event for 1992. Send any bid letters to Norm.

News Masters Award: Kirk Randall opened the floor to suggestions for criteria for a new award to be sponsored by ICI. Should the award be based on age-graded performances, TAC championships, a point system, or what? Make suggestions to Charles, so the Executive Committee can make a decision.

Continued on page 25

Minutes of Masters LDR Committee — TAC Convention — Washington, DC - 1989

Continued from page 24

Masters Records: Basic Honikman from Tacstats presented a list of road records for our approval. Motion for approval passed. Basil then reported on the rule proposal to change the drop/separation requirements for courses on which records could be set. Another committee had suggested an amendment which would give exception to the Boston Marathon. A motion was made to reject the amendment granting exemption to the Boston Marathon; the motion passed with one abstention.

A motion was made and passed to support development of World Road Record-keeping. Basil reported that work is being done on accepting American records set on foreign courses.

Committee Awards: Kirk Randall asked for input on the way we currently select our outstanding athlete awardees. We could 1) get more people involved in the decision process, 2) keep our current procedure, or 3) have an awards committee choose the winners. It was suggested that we get more input from National Masters News, that we ask for assistance through an announcement in NMN, and that we have more time to review Kirk's and Ruth's data at the convention before we vote. Contact Kirk or Charles if you have any ideas on this topic.

Championship Evaluation: Carole Langenbach, secretary, distributed a rough draft of a one-page "Evaluation Checklist" to be used by race directors and evaluators of our national championships. Suggested changes were made, and Carole will work with two other committee members to update our Guidelines for Championships. In addition, Charles has asked our rules representative George Kleeman to help the committee identify which of our current guidelines and practices need to be submitted as rules changes at the next convention.

Jack Moran expressed concern that our requirement for a separate start time was a problem at this past Twin Cities Marathon. The requirement is for a separate time or separate place on the start line, so masters are not lost in the shuffle of a larger event. Others suggested that we keep the require-

ment. Contact Carole if you have input on these evaluation items.

Dec. 1 Friday Afternoon (joint session with Masters T&F)

Masters T&F: New chairman Barbara Kousky reported on a proposal their committee had planned to make at the General Congress regarding our budget cuts, but the plan was withdrawn after Frank Greenberg made a presentation to their committee. It was suggested that our committees write a joint letter of concern to TAC.

National Masters News: Al Sheahen asked for input on keeping a high readership of both T&F and LDR athletes. Charles will write a column aimed at LDR people. Al needs more help with the newspaper in the way of more reports from the field, creative articles, results, and events for the schedule. He also needs more help to physically get the paper out. Contact him if you can help.

Changes in the Masters Program: The Committee held discussion of Hal Higdon's article (Oct. NMN): "Cut The Distance." The Committee suggested:

1) WAVA: hold road races in even years; keep the 10,000 meters on the track at WAVA Championships; hold cross-country in even years; don't have artificial cross-country barriers; hold 5000-meter trials.

2) TAC National Championships: Drop the 15K X-C (not because it's too far for older runners); change the women's X-C from 10K to 6K.

John White suggested that Masters LDR have a cross country coordinator. No action was taken.

Canada versus U.S. Cross Country Challenge: Carole reported on the traditional challenge race with the Canadians, most recently held in Vancouver, BC. She complained that the point system needs revision, because the visiting team is outnumbered and therefore penalized in age divisions which have no runners. Suggestions were made for scoring revisions; Carole will contact the Canadians with a proposal. Group feeling was against having a challenge event on each coast each year and combining the scores.

Committee Appointments: Last year's appointments remained the same except for these changes: Nate White and Vicki Bigelow will replace Jim Jacobs and Jack Dowling as At-Large Members; Norm Brand will replace Richard Mochrie as our L&L rep.

Meeting adjourned 3:15 p.m. □

Respectfully submitted, Carole Langenbach, Secretary

Meeting in Naples: A meeting of the Executive Committee of TAC's Masters Long Distance Running Committee was held in Naples, Fla., January 13, following the running of the ICI/USA TAC National Masters Grand Championship 8K.

TAC Trust: Chairman Charles DesJardins reaffirmed that a TAC Trust is not necessary for masters runners — unless they represent the U.S. in open competition. This was confirmed in writing by Ollan Cassell, TAC's Executive Director, on November 11, 1989. It's not a new policy; just a clarification.

ICI Sponsorship: The Committee earlier meet with ICI staffers Bill Adams, Hank Larson, and Sheldon Jones. ICI confirmed its masters promotional budget for 1990 has been scaled back, but hoped to continue to be involved in some way with the sport. DesJardins said ICI is not yet ready to talk specifics for 1991.

Therefore, the committee decided to push forward and solicit other bids for its 1991 national championships. (See notice on this page). The Hospital Hill Half-marathon reportedly is willing to pay a \$1000 rights fee to TAC for the right to call its race a TAC national masters championship.

Dean Reinke: Dean Reinke addressed the group saying that, despite the loss of ICI as a sponsor of the USRA Masters Circuit, he would continue the Circuit and expand it to 25 cities in 1990 with other sponsors. He asked the Committee to award some of its national championships to the Circuit.

The Committee said the awarding of any championships must be approved by the full committee after a formal presentation, course certification, etc.

Liaisons for 1990 Races: A committee member was appointed to act as a liaison with each 1990 national championship: 5K X-C: Kirk Randall; 10K X-C: Carole Langenbach; 5K: Charles DesJardins; 8K: Langenbach; 10K: Norm Green; 15K: Green; Marathon: Bob Boal.

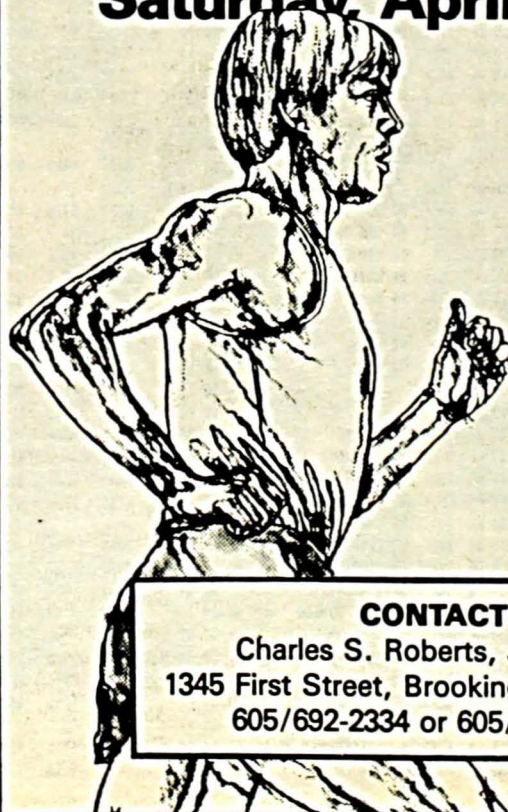
Upgrading Championships: In an attempt to upgrade the national championships, the Committee will contact existing races and explore the possibility of their becoming national events. (In the past, the Committee has waited for race directors to make the first approach).

Norm Green submitted proposals for upgrading the championships:

- 1) Use a course with current TAC certification;
- 2) Use a course that meets new TAC rule 185.5 (no downhill courses and no tailing wind).
- 3) Involve the local association in race planning;
- 4) Provide hospitality for five top runners;
- 5) If prize money is to be awarded, extend it to the upper age groups in a fair ratio. □

— Al Sheahen

We come of age!
**21st Annual
 LONGEST DAY**
*Marathon, 10K,
 5K, and 5K Race Walk*
Brookings, S.D.
Saturday, April 14, 1990



**ALL PROFITS
 AND PLEDGES TO
 EASTER SEAL
 SOCIETY**

CONTACT

Charles S. Roberts, Jr., M.D.
 1345 First Street, Brookings, S.D. 57006
 605/692-2334 or 605/692-6236

Attention All Race Directors

The TAC Masters LDR Committee is now accepting bids for 1991 Championships to be held at all distances. With the popularity of masters running growing, these championships will be a major plus to any event hosting them. Also, the TAC Masters are developing a Grand Prix for 1991 that will make a race hosting a championship, an important event for all masters runners.

Bid forms are available now by writing or calling Phil Benson, P.O. Box 2287, Ocean Twp, NJ 07712; or calling him at 201-531-4156. Applications will be accepted for all distances through June 15. All Championships for 1991 will be awarded by August 15. □

Profile: Ladislav Pataki

Continued from page 7

way to Los Gatos, Calif., Burke's home town.

Pataki became director of sports training research for SyberVision Systems, Inc., a Newark-based company which produces instructional video and audio tapes for the amateur athlete.

USOC Computer Network

In August, 1988, the U.S. Olympic

Committee announced a new nationwide sports science computer network, linking computers at the USOC headquarters in Colorado Springs with leading U.S. universities. The computer program for the project was written by Pataki.

The objective of the TMS program is to increase the efficiency of amateur athletic training nationwide. The net-

work provides local sports coaches with immediate access to computers at the USOC offices.

"Pataki is one of the few people in the West with experience in using computerized training programs to groom world-class athletes," said Chuck Dillman, USOC director of Sports Science.

Pataki says the project will "compile

a huge mountain of data on how athletes train, eat, sleep and perform that in 10 years will have a very strong impact on the knowledge of training in the United States."

Pataki feels that while the U.S. has a higher level of technology, there is a lower level of communication than the Soviet Bloc countries in Olympic training management. Continued on page 33

1989 TAC NATIONAL MASTERS LDR CHAMPIONS — PERFORMANCE %

LNAME	FNAME	IN	AGE	SEX	RACE	D	ST	DIST	RUNNER CITY	MR	NI	SE	T	RESUL	STD	PERF
TATTERSALL	CHRISTINE		45	48	F	891203	DC	BK	CT KILLINGWORTH		31	45		1905	1607	84.36
ADKINS	MORRIS		60	M	890617	OH	15K			01	08	41		4121	3082	74.79
ANDERSON	RUTH		55	59	F	890408	DR	20K	CA OAKLAND	01	39	08		5948	4705	79.10
ANDERSON	RUTH		60	60	F	891112	CA	30K	CA OAKLAND	02	41	44		9704	7328	75.52
ANDERSON	RUTH		60	60	F	891125	CA	101C	CA OAKLAND					54	57	
ANDERSON	RUTH		60	60	F	891203	DC	BK	CA OAKLAND					38	48	2328 1809 77.71
BABBITT	SARA		50	F	890429	AK	5K				22	09		1329	993	74.72
BALZ	EMIL		70	70	M	891008	MM	MM	MM CIRCLE PINES	04	04	03		14643	10230	69.86
BAZAR	CASSIE		60	F	891126	NY	151C			01	27	56				
BENHAM	ED		80	81	M	890408	DR	20K	MD OCEAN CITY	01	33	56		5636	5397	95.76
BENHAM	ED		80	81	M	890521	NJ	MILE	MD OCEAN CITY		06	30	2	390.2	366.7	93.98
BENHAM	ED		80	82	M	891008	MM	MM	MD OCEAN CITY	03	48	35		13715	11928	86.97
BENHAM	ED		80	82	M	891203	DC	BK	MD OCEAN CITY					38	06	2286 2081 91.03
BILLINGSLEY	GEORGE		65	67	M	891112	CA	30K	CA LOMIS	02	27	09		8829	6949	78.71
BINDER	LAURIE		40	42	F	890917	PA	MMAR	CA OAKLAND	01	18	18		4698	4282	91.15
BINDER	LAURIE		40	42	F	890924	PA	10K	CA OAKLAND					34	01	2041 1940 95.05
BONSTROM	MARY		55	58	F	891008	MM	MM	MM BROOKLYN PARK	03	53	31		14011	10163	72.54
BRADLEY	FAY		50	51	M	891008	MM	MM	DC WASHINGTON	02	38	58		9538	8423	88.31
BRADLEY	FAY		50	51	M	891203	DC	BK	DC WASHINGTON					27	44	1664 1463 87.92
BUCKNER	GEORGE	D	50	50	M	890408	DR	20K	DR ESTACADA	01	13	53		4433	3819	86.15
BURLESON	MARIE		40	F	890617	OH	15K		OH COLUMBUS	01	00	22		3622	2933	80.93
CAGOT	JACK		55	M	890617	OH	15K			01	00	03		3603	2934	81.43
CAHILL	JOHN		65	65	M	891125	CA	101C	UT SALT LAKE CITY					46	35	
CANTU	IMO		55	M	891126	NY	151C			01	00	05				
CERNIARD	ANTHONY	J	50	53	M	890917	PA	MMAR	PA JERNYN	01	18	27		4707	4149	88.15
COLE	LYN		50	52	F	890408	DR	20K	DR EUGENE	01	32	25		5545	4376	78.92
COLMAN	JOAN		45	45	F	891008	MM	MM	CA SAUSALITO	02	58	56		10730	9024	84.10
CONWAY	DAN		50	50	M	890924	PA	10K	WI CHESEX					32	08	1928 1834 95.12
COOK	DANIEL		45	M	890617	OH	15K			01	01	37		3697	2715	72.44
CORNIER	ROLAND		45	49	M	891015	NY	25K	MA WEST SPRINGFIELD	01	35	08		5708	4812	84.30
COTE	JOSEPH		45	M	891126	NY	151C							56	54	
DENPSEY	HELEN		60	62	D	890917	PA	MMAR	NJ LAWRENCEVILLE	02	05	10		7510	5165	68.77
DENSLON	ORRIENE		55	F	890429	AK	5K							30	10	1810 1040 57.46
DES JARDINS	CHARLES		50	M	891015	NY	25K		VA FAIRFAX	01	59	21		7161		
DEVINE	PATRICK		60	60	M	890408	DR	20K	CA R PALOS VERDES	01	17	30		4650	4183	87.96
DEVINE	PATRICK		60	61	M	891112	CA	30K	CA R PALOS VERDES	02	00	53		7253	6507	89.71
DIXON	PATRICIA		70	70	F	890408	DR	20K	DR BEND	01	46	21		6381	5400	84.63
DONENY	EDWARD	J	45	46	M	890917	PA	MMAR	DC WASHINGTON	01	16	24		4534	3933	85.80
ELY	FRED	M	70	74	M	890917	PA	MMAR	NJ TRENTON	01	43	07		6187	5209	84.19
FAUST	GINA		50	52	F	890924	PA	10K	CA WOODLAND HILLS					38	38	2318 2102 90.68
FAIDN	LEW		50	50	M	891125	CA	101C	VA HAMPTON					37	32	
FIGULI	ROBERT		60	60	M	890409	OH	50M	MI MARQUETTE	09	36	03				
FLEXER	CAROL		45	46	F	891125	CA	101C	MA BELLEVUE					42	40	
FEDOR	JOE		50	M	890617	OH	15K							56	10	3370 2815 83.47
FOLIER	SANDRA	M	50	50	F	890917	PA	MMAR	PA WYNDHOOR	01	36	20		5780	4557	78.84
FORTUNE	BILL		60	M	890521	NJ	MILE		NY PEARL RIVER	05	30	4		330.4	284.2	86.02
FORTUNE	BILL		60	61	M	890924	PA	10K	NY PEARL RIVER					37	02	2222 2029 91.21
FORTUNE	BILL		60	M	891203	DC	BK		NY PEARL RIVER					30	59	1859
FREDETTE	JOHN	V	65	69	M	890917	PA	MMAR	NJ BLOOMFIELD	01	34	31		5671	4898	86.37
GLYNN	KATE		45	F	891126	NY	151C			01	20	04				
GOLDMAN	JUANITA		65	66	F	890917	PA	MMAR	NJ SUMMIT	02	28	47		8927	5428	60.80
GREELY	MARILYN		45	F	890521	NJ	MILE		NY NEW YORK	05	45	2		345.2	280.9	81.37
GREEN JR	NORMAN	M	55	56	M	890408	DR	20K	PA WAYNE	01	08	07		4087	4021	98.29
GREEN JR	NORMAN	M	55	56	M	890521	NJ	MILE	PA WAYNE	04	49	1		289.1	273.2	94.50
GREEN JR	NORMAN	M	55	57	M	890917	PA	MMAR	PA WAYNE	01	13	45		4425	4304	97.26
GREEN JR	NORMAN	M	55	57	M	890924	PA	10K	PA WAYNE					32	53	1973 1950 98.83
GREEN JR	NORMAN	M	55	57	M	891008	MM	MM	PA WAYNE	02	33	12		9192	8884	96.65
GREEN JR	NORMAN	M	55	57	M	891112	CA	30K	PA WAYNE	01	49	14		6554	6252	95.39
GUSTAFSON	GEORGIA		40	F	890429	AK	5K			19	27			1167	920	78.83
HAGERMAN	ED		50	M	890429	AK	5K							18	04	1084 883 81.46
HARRIS	MADINE		60	61	F	890408	DR	20K	DR EUGENE	01	51	03		6663	4814	72.25
HEALY	DUDLEY		75	75	M	890521	NJ	MILE	NJ CHATHAM	06	43	3		403.3	338.1	83.83
HEALY	DUDLEY		75	75	M	890617	OH	15K	NJ CHATHAM	01	15	44		4544	3666	80.68
HEALY	DUDLEY	L	75	75	M	890917	PA	MMAR	NJ CHATHAM	01	43	13		6193	5276	85.19
HEALY	DUDLEY		75	M	891126	NY	151C		NJ CHATHAM	01	31	13				
HEALY	DUDLEY		75	M	891203	DC	BK		NJ CHATHAM					39	20	2360
HEFFERNAN	MICHAEL		45	48	M	890408	DR	20K	DR PORTLAND	01	09	33		4173	3762	90.15
HEFFERNAN	MICHAEL		45	49	M	890924	PA	10K	DR PORTLAND					31	09	1869 1820 97.38
HENDERSON	SUSAN		40	42	F	890408	DR	20K	DR LAKE OSWEGO	01	19	14		4754	4039	84.96
HILL	BILL		55	M	890429	AK	5K							20	09	1209 921 76.18
HOWARD	SID		50	M	890521	NJ	MILE		NJ PLAINFIELD	04	46	3		286.3	259.5	90.64
HUTCHISON	JANE		40	43	F	891008	MM	MM	MO WEBB CITY	02	46	30		9990	8890	88.99
HUTCHISON	JANE		40	43	F	891112	CA	30K	MO WEBB CITY	01	57	03		7023	6265	89.21
JIVIDEN	GLENN		55	56	M	890409	OH	50M	OH DAYTON	08	56	17				
JORGENSEN	GAYLON		60	60	M	890917	PA	MMAR	NV HENDERSON	01	17	04		4624	4435	95.91
JORGENSEN	GAYLON		60	60	M	891008	MM	MM	NV HENDERSON	02	45	33		9933	9153	92.15
KARCHER	KENNETH		60	M	891015	NY	25K			01	56	05		6965		
KAYE	WILLIE		50	M	891126	NY	151C							57	04	

LNAME	FNAME	IN	AGE	SEX	RACE_D	ST	DIST	RUNNER_CITY	MR	NI	SE	T	RESUL	STD	PERF
KELN	BERNICE		60	F	890429	AK	5K						24 02	1442	1099 76.21
KIMCHE	SYLVIE		40	F	890521	NJ	MILE	NY NEW YORK					05 34 3	334.3	270.9 81.03
KLOCKE	CAROL	J	65	68	F	890408	DR	20K	DR SPRINGFIELD				02 16 29	8189	5255 64.17
KREUZ	JAN		40	41	F	890409	OH	50M	OH CINCINNATI				06 19 05		
KUHNER	ALBERT		55	M	891203	DC	BK						31 44	1904	
KUNES	ALMA	J	55	56	F	890917	PA	MMAR	PA LEVITTOWN				01 45 41	6341	4827 76.12
LEUTZINGER	RICHARD		50	50	M	891112	CA	30K	CA				01 58 02	7082	5681 83.04
LINDGREN	NAVIS		80	82	F	891112	CA	30K	CA ORLEANS				04 17 53	15473	10005 64.66
LITMAN	CAROLE		50	F	890617	OH	15K						01 24 12	5052	3166 62.67
LODOVICO	LOU		65	M	890617	OH	15K						01 05 17	3917	3249 82.95
LODOVICO	LOU		65	65	M	890924	PA	10K					39 19	2359	2118 89.78
LODOVICO	LOU		65	M	891203	DC	BK						33 25	2005	
LUTZ	MARGRETA	R	60	60	F	890924	PA	10K	PA				45 57	2757	2286 82.92
MAHAFFEY	DEREK		55	55	M	891125	CA	101C	MA BELLEVUE				40 05		
MALLET	JOANNE		55	55	F	891203	DC	BK	MD ROCKVILLE				37 41	2261	1713 75.76
MARICLE	MARTHA		55	56	F	891112	CA	30K	CA SAN FRANCISCO				02 31 26	9086	7010 77.15
MARICLE	MARTHA		55	56	F	891125	NY	151C	CA SAN FRANCISCO				01 17 46		
MARTIN	JILL		50	50	F	890521	NJ	MILE	NY BROOKLYN				06 05 2	365.2	292.4 80.07
MCINTYRE	KATHY		40	F	891126	NY	151C						01 05 46		
MCNAMUS	JOHN		65	M	890521	NJ	MILE	NY SUNNYSIDE					05 39 9	339.9	299.7 88.17
MCNAMUS	JOHN		65	M	891126	NY	151C	NY SUNNYSIDE					01 10 30		
MEDAGLIA	SUE		50	54	F	891126	NY	151C	NY BRONX				01 14 32		
MILLER	BARBARA		50	50	F	891125	CA	101C	CA MODESTO				45 46		
MISNER	BILL		45	49	M	890409	DR	50M	WA SPOKANE				06 32 45		
MODAFFERI	MARILYN		45	F	890429	AK	5K						22 05	1325	954 72.60
MORAN	CLAYTON		75	75	M	891008	MN	MAR	MN MINNEAPOLIS				04 36 21	16581	10889 65.67
MORTENSON	BRUCE		45	45	M	891008	MN	MAR	MN MINNETONKA				02 26 18	8778	8064 91.87
MUHLENFORTH	D		40	M	891015	NY	25K						01 36 03	5763	
MURPHY	BILLIE		60	62	F	891008	MN	MAR	WA ROY				03 42 16	13336	10640 79.78
NAVOR	HILLARY		40	43	F	891125	CA	101C	CA OAKLAND				42 49		
NEDWIG	ANDREW		70	70	M	891126	NY	151C	NY SAG HARBOR				01 16 33		
NEWMAN	AUSTIN		70	73	M	890521	NJ	MILE	NJ WESTFIELD				06 05 3	365.3	329.6 90.23
PARKALEE	PATTY LEE		45	49	F	891015	NY	25K	NY NEW YORK				01 57 07	7027	5411 77.00
POPPER	NAX		85	86	M	890924	PA	10K	NY FLUSHING				01 05 14	3914	2791 71.31
POPPER	NAX		85	86	M	891126	NY	151C	NY FLUSHING				02 16 18		
PRESS	JAMES		40	40	M	891125	CA	101C	CA MEMO PARK				36 31		
RANDALL	KIRK		45	48	M	891203	DC	BK	MA WELLESLEY				28 48	1728	1430 82.75
RATTELLE	ALEX		65	65	M	891008	MN	MAR	MN EDINA				02 59 38	10778	9653 89.56
REESE	PAUL		70	72	M	891112	CA	30K	CA AUBURN				02 53 53	10433	7377 70.71
REISINGER	ROY		45	M	890429	AK	5K						16 49	1009	852 84.44
REISINGER	ROY		45	M	890521	NJ	MILE	OR BEAVERTON					04 45 3	285.3	250.4 87.77
RODGERS	BILL		40	41	M	890924	PA	10K	MA SHERBORN				30 26	1826	1724 94.41
ROOF	NORM		50	52	M	890409	OH	50M	OH HANVSFIELD				06 58 26		
RUCKERT	STEVE		40	M	891203	DC	BK						26 05	1565	
SALMINI	ADRIENNE		70	74	F	891126	NY	151C	NY YONKERS				02 33 11		
SCHLAU	BOB		40	41	M	890917	PA	MMAR	SC CHARLESTON				01 07 45	4065	3804 93.58
SCHLAU	BOB		40	42	M	891008	MN	MAR	SC CHARLESTON				02 23 11	8591	7904 92.00
SCHLAU	BOB		40	42	M	891112	CA	30K	SC CHARLESTON				01 39 20	5960	5561 93.31
SEKERAK	DANIEL		40	M	890617	OH	15K	OH GRANVILLE					51 29	3089	2627 85.04
SHARRER	ROBERT		70	M	890429	AK	5K						23 52	1432	1080 75.42
SHEMAN	LORETTA		65	66	F	890924	PA	10K	NY				49 53	2993	2459 82.16
SHERMAN	MARGARET		40	F	891015	NY	25K						02 09 41	7781	
SKADEN	HEIDI		50	52	F	891112	CA	30K	CA SACRAMENTO				02 24 41	8681	6736 77.59
SMITH	MARRY		65	68	M	890409	OH	50M	OH LONDON				11 30 09		
SMITH	MARJORIE		70	F	890521	NJ	MILE	NY BROOKLYN					10 17 2	617.2	367.4 59.53
SMITH	ROSS		60	61	M	891125	CA	101C	NV RENO				43 35		
SOLOMON	GENE		40	40	M	890408	OR	20K	DR SPRINGFIELD				01 08 02	4082	3565 87.33
STABLER	EDWARD		60	60	M	891126	NY	151C	NY SYRACUSE				01 01 01		
STOREY	MARY		65	65	F	891112	CA	30K	CA RIVERSIDE				02 49 21	10161	7781 76.58
STRAZDINS	SALLY	B	55	F	890924	PA	10K						46 18	2778	2164 77.90
SWENSON	AL		40	42	M	890521	NJ	MILE	CT WOLCOTT				04 20 1	260.1	245.4 94.35
SWENSON	AL		40	M	891126	NY	151C	CT WOLCOTT					53 21		
SZAWLOWSKI	LIZ		55	57	F	891125	CA	101C	MA HARBLEHEAD				54 07		
TIBBETTS	GREG		40	M	890429	AK	5K						16 07	967	824 85.21
TILLMAN	LEONARD		65	M	890429	AK	5K						22 46	1366	1019 74.60
TOWNSEND	JACK		60	M	890429	AK	5K						21 03	1263	967 76.56
TRENT	MARCIE		70	71	F	890429	AK	5K	AK ANCHORAGE				26 55	1615	1262 78.14
TRIGG	ANNE		65	65	F	891008	MN	MAR	FL ST PETERSBURG				04 12 29	15149	11039 72.87
ULLYOT	JOAN		45	49	F	891112	CA	30K	CA SAN FRANCISCO				02 12 15	7935	6561 82.68
VASQUEZ	SAL		45	49	M	891125	CA	101C	CA SUISSUM CITY				37 21		
VIVERITO	JOE		55	M	891015	NY	25K						01 43 34	6234	
WEISBROD	SUSAN	A	45	45	F	890917	PA	MMAR	NJ SKILLMAN				01 23 16	4996	4379 87.65
WEISBROD	SUSAN	A	45	45	F	890924	PA	10K	NJ SKILLMAN				37 41	2261	1984 87.75
WHITE	NATE		70	70	M	890924	PA	10K	NY FAYETTEVILLE				44 18	2658	2245 84.46
WHITE	NATE		70	70	M	891203	DC	BK	NY FAYETTEVILLE				36 34	2194	1776 80.95
WILLIAMS	ECRIS		50	F	891203	DC	BK						32 52	1972	
WILLIAMS	MARY ELLEN		40	F	891203	DC	BK						31 02	1862	
WISENER	JIM		45	46	M	891112	CA	30K	CA				01 53 00	6780	5712 84.25
YENCHARIS	BECKY	J	70	70	F	890917	PA	MMAR	DE CLAYMONT				02 13 36	8016	5726 71.43
YU	WEN-SHI		50	54	F	891008	MN	MAR	NY KEW GARDENS				03 15 30	11610	9743 83.92

ICI/USA TAC National Championships

Continued from page 1

Up for Grabs

Going into the race, several Circuit division championships were up for grabs. Rodgers, for example, could only win the overall Circuit championship with a victory in the 8K, while Kenya's Wilson Waigwa needed only a third-place finish to win the \$3500 first-place award. In the women's competition, defending champion Jane Hutchison of Missouri had only a one-point lead over New York's Nancy Oshier before the race. New York's John McManus and Minnesota's John Burton were tied in the M65-69 division.

A 9 a.m., a field of 252 sprinted away from the starting line next to the posh Registry Resort Hotel by scenic Pelican Bay. Colombia's Victor Mora, 45, absorbed the brunt of a 25-mph headwind as he led a pack of nine through the first mile in 4:48.

After two miles in 9:48, the leading group — composed of Mora, Cuevas, Rodgers, Waigwa, Seattle's Larry Almberg, New Zealand's Kevin Ryan, Ottawa's Dave Stewart, and Mexico's Domingo Tibaduiza and J. Socorro-Neir — was still together.

Ryan dropped off the pace as the other eight came by the three-mile mark in 14:42. They made a 180-degree turn and now, with the wind at their backs, began to fly.

Waigwa, Cuevas, Tibaduiza and Neir opened a 50-yard lead on Rodgers, with Almberg, Stewart and Mora falling behind.

Soon it was clearly between Waigwa and Cuevas. Some observers felt Waigwa's kick would prevail. After all, Waigwa is the world masters 1500 (3:49.47) and mile (4:07.4) record holder, while Cuevas had made a name for himself running marathons (2:18:35 in the 1989 Twin Cities), where a good kick is not a prerequisite to success.

Into A Sprint

But with only 100 yards to go, Cuevas went into a sprint and edged in front of Waigwa to eke out a two-second win to capture the first-place prize of \$2500. They ran the last two miles in 9:15.

Waigwa's time of 23:51 clinched the overall Circuit Championship prize of \$3500, as well as \$1500 for his second-place finish in the 8K.

Finishing fast for third and \$1000 was Socorro-Neir, a new name on the Circuit, in 23:53. He was followed by Tibaduiza (23:58), Rodgers (24:02), Stewart (24:05), Almberg (24:18) Mora (24:27), Bob Schlau (last year's Circuit champion, 25:08), Earl Owens (25:14), Frank Shorter (25:27), and Ryan (25:30).

"I thought all along I could win this race," Cuevas said in Spanish with Tibaduiza interpreting. "This was a very important race to me because I

need to open some doors for myself in this country.

Cuevas, who lives in Toluca, Mexico, placed 18th in 2:16:08 in the 1976 Olympic Marathon in Montreal.

"The strong wind was a big factor," Cuevas added. "The last two miles were very fast. I'm very happy about the money. Every little bit helps. Especially in Mexico."

Waigwa Limping

Waigwa, 40, won the overall Circuit title on pure will. He pulled his left calf muscle three days before the race and didn't work out since the injury.

"No warmups," he said, "All I did was stretch." Waigwa was limping badly after the race. The calf was swollen like a softball.

"Down the stretch, I really thought I was going to win. At the one-mile mark, this started to give me trouble and I just wasn't comfortable. "I had to run. I would have liked to win, but I knew I just had to beat Rodgers. Cuevas ran a great race and I'm happy to be the overall champion."

Despite what Waigwa thought, Cuevas never once doubted he would win.

"I wasn't sure when he was going to kick it in, but I had confidence all along that I would beat him."

Tibaduiza, who just turned 40, is a high school coach in Reno, Nevada. "I thought I could win," he said. "It was a kicker's race, and we all played the waiting game."

Rodgers had hoped he would do better. He had defeated Waigwa and Tibaduiza the week before at the Charlotte Observer 10K.

"It was not a good race for me," said the modest Sherborn, Mass. resident. "I'm disappointed in myself. For whatever reason, I didn't feel comfortable out there. The headwind was a problem, but I just didn't run my race."

Rodgers said he had "a lot of respect for the guys that finished ahead of me and behind me."

Welch is Brilliant

Welch turned in another brilliant performance. Her time of 26:59 earned her \$100 from Sorbothane for the best female age-graded performance — 96.7% — of the day. She finished nearly a full minute ahead of second-place female finisher Gabriele Andersen of Idaho.

"I was surprised I wasn't pushed a little more out there," Welch said. "I thought one of the three in that second pack would come up and give me a push."

The second pack included Andersen, New Zealand's Heather Matthews, and Italy's Graziella Striuli, who last year handed Welch her only masters defeat.

Andersen, at age 44, ran big. She had finished second to Striuli, 35:18 to 35:13, a week earlier in the Charlotte Observer 10K. The three-woman pack ran together until Andersen pulled

away to win the second-place prize of \$1500 in 27:51, breaking her own U.S. 8K W40-44 record of 27:54, set in this race last year. Striuli clocked 27:54, followed by Matthews (28:03), Hutchison (28:35), Barbara Filutze (28:42), Mary Wood (29:06), Oshier (29:10), Kathy McIntyre (29:29), and Claudia Ciavarella (29:59).

"It was really kind of nice to run as a group," Andersen said. "Usually you're out there running alone."

Matthews knew she wouldn't be a factor, despite Welch's week-long fears to the contrary.

"I didn't tell Priscilla that I hadn't raced since June," she said after the race. "I didn't want to give her any extra edge. I'm very pleased with fourth place."

Hutchison Repeats

Hutchison's fifth-place finish clinched the women's overall Circuit title by one point over Oshier. Hutchison has taken a leave of absence from her teaching job in Webb City, Mo. to train and race full-time. She ran an outstanding race to set a personal record by over one minute.

"I worked very hard for this, and I'm thrilled," she said.

About the only "big" masters names in the 40-44 divisions who weren't there were New Zealand's John Campbell (busy) and Oakland's Laurie Binder, the U.S. W40 outstanding runner of 1989 (injured).

Continued on page 28



A tight pack of eight is still together at the 3-mile mark in 14:42. From left: Bill Rodgers (1), Dave Stewart, Domingo Tibaduiza (3), Larry Almberg,

Wilson Waigwa, J. Socorro-Neir (23), and Mario Cuevas.

Photo by Sailer, Ltd.

ICI/USA TAC National Championships

Continued from page 27

"It was the toughest field ever in masters running," Cuevas said.

Mora, who Shorter said "should be thanked for breaking the wind," won another \$100 for the best male age-graded performance of 95.4%.

The first 16 finishers in the field bettered the winning time in the open 8K, which preceded the masters race.

In other division competition:

• Fay Bradley (26:27) and Gina Faust (31:02) won the 50-54 categories, while Norm Green (27:00) and Margarete Deckert (34:34) took 55-59 honors.

• Jack Gentry (29:51) edged Jim O'Neil and Bill Fortune for M60 laurels with only four seconds separating them at the finish. Oddly, they wore numbers 55, 56, and 57, respectively, and finished exactly in those positions in the overall race.

• Ruth Anderson captured the W60 title in 38:26, while McManus (31:38) and Anne Trigg (38:31) copped the 65-59 crowns.

• Nate White (35:50) and Martha Pembroke (49:40) took the 70+ contests. Media favorite Ed Benham, 82, was third.

Continued on page 29



Dean Reinke, USRA Director, em-ceeding the festivities at the Saturday night awards banquet.

Photo by Sailer, Ltd.

1989 ICI/USRA MASTERS CIRCUIT FINAL POINT STANDINGS (18 Races)

Men's 40-44:				Men's 50-54:				Men's 60-64:			
Wilson Waigwa	40	Mission Viejo, CA	\$3500 49/5	Fay Bradley	51	Washington, D.C.	\$750 49/5	Richard Lamer Mayer	60	Morton Grove, IL	19/3
Bill Rodgers	41	Sherborne, MA	2500 47/5	Donald Sleeman	50	Ann Arbor, MI	250 48/5	Herbert Chisholm	62	Alexandria, VA	18/2
Kevin Ryan	41	Boston, MA	1500 44/5	Dick Ruzicka	52	St. Petersburg, FL	100 42/5	Dick Benson	62	Fitzgerald, GA	15/2
Bob Schlauf	41	Charleston, SC	1000 42/5	Jim Larson	53	Gulfport, FL	36/5	Deloy J. Lawson	64	Corning, AR	15/2
Dave Stewart	41	Ottawa, Canada	750 40/5	William A. Johnston	51	Salt Lake City, UT	32/4	John F. Hosner	64	Blacksburg, VA	10/1
Ken Sparks	44	Chagrin Falls, OH	550 33/5	Willie F. Kaye	50	New York, NY	21/3	Laurin Blasier	63	Ann Arbor, MI	10/1
Jim Pearson	40	Lakeland, FL	400 32/4	Roger D. Robinson	50	Vienna, VA	20/2	James H. Forshee	60	Henderson, WV	10/1
Wes Wessely	41	Lilburn, GA	300 31/5	Dan Conway	50	Chetek, WI	19/2	Gaylon Jorgensen	61	Raleigh, NC	10/1
Earl L. Owens	40	Dunwoody, GA	200 30/3	Ben Johns	53	Ottawa, ON	17/2	Mike Shea	61	CA	10/1
Mario Cuevas	40	Tampa, FL	100 20/2	David Whitten	51	Rochester, NY	14/2	Patrick Devine	61	Seattle, WA	10/1
Victor Mora	40	Mission Viejo, CA	18/3	Jack Rockett	52	Germantown, TN	13/2	Leo Neu	61	Alexandria, VA	10/1
Domingo Tibaduiza	40	Reno, NV	16/2	Jim O'Neill	51	Holland, OH	10/1	David R. Shenkenberg	60		
Laurence Olsen	42	Millis, MA	15/2	Gerald Koch	50		10/1				
Larry Alberg	42	Ellensburg, WA	14/2	Richard Leutzinger	50		10/1	Women's 60-64:			
Wally Herrala	44	Ann Arbor, MI	14/3	Earl Ellis	53	Seattle, WA	10/1	Mary E. Norckauer	64	Baton Rouge, LA	\$500 49/6
David J. Treschlavsky	42	Hilton, NY	12/3					Ruth Anderson	60	Oakland, CA	19/2
Thom J. Suddeth	40	Richmond, VA	11/2	Women's 50-54:				Cecile Maples	62	Scottsdale, AL	10/1
Graham Tattersall	43	New York, NY	10/1	Gina U. Faust	52	Woodland Hills, CA	\$750 50/5	Mary Otte	64	Kansas City, MO	10/1
John Campbell	40	New Zealand	10/1	Susie Klutetz	52	Winston-Salem, NC	100 46/5	Flabby Jackson	61	Whitesboro, NY	10/1
Reedy Buford	40		10/1	Jo-Wright Whitten	51	Rochester, NY	44/5	Dolores Quinn	61	Atl. Highlands, NJ	10/1
Women's 40-44:				Jeanette J. Chambers	54	Arnold, MD	29/5	Cassie Bazar	60	Grand Blanc, MI	10/1
Jane Hutchison	43	Webb City, MO	\$3500 47/5	Mary Anne Wehrum	51	Memphis, TN	27/3	Margaret Lutz	60	Saxenburg, PA	10/1
Nancy L. Oshier	40	Spencerport, NY	1000 46/5	Wen-Shi Yu	54	New Gardens, NY	19/2	Billie Murphy	62	Roy, WA	10/1
Nancy Miesczak	40	Buffalo, NY	750 42/5	Margrid Krueger	51	Durham, NC	16/2	Charlotte Baker	63	West Palm Beach, FL	10/1
Claudia Ciavarella	40	Orlando, FL	500 39/5	Mary Cullen	50	Houston, TX	16/2	Jane Curry	62	Kent, WA	10/1
Gabrielle Andersen	44	Sun Valley, ID	400 33/4	Nancy Parker	52	Dunwoody, GA	10/1				
Mary L. Wood	44	Montrose, CO	250 30/5	Barbara Gehringer	51	St. Louis, MO	10/1	Men's 65-69:			
Maire Drake	40	Santa Monica, CA	250 30/3	Marjorie Peterson	52	Jonesboro, GA	10/2	John B. McManus	65	Sunnyside, NY	\$250 50/5
Laurie Binder	41	Oakland, CA	100 29/3	Zofia Turosz	51	Hartford, CT	10/1	John C. Burton	66	Wayzata, MN	49/6
Barbara Pilutze	42	Erie, PA	23/3	Martha Kolpfer	54	Durham, NC	10/1	Dewey McTickle	65	Madison, WI	34/4
Priscilla Welch	44	Boulder, CO	20/2	Hiedi Skade	52	CA	10/1	Bill Tribou	68	Granby, CT	21/3
Diane Langston	41	Gladstone, MO	18/3	Rose Gardner	50	Tacoma, WA	10/1	Robert S. White	65	Hampton, VA	20/2
Angella Hearn	43	New York, NY	17/2	Men's 55-59:				Isoids Hernandez	66	Nauvoo, MI	10/1
Linda Cash	40	Broomfield, CO	16/2	Norman M. Green	57	Wayne, PA	\$500 50/5	Jim Smith	67	Oklahoma City, OK	10/1
Judy Greer	42	Orlando, FL	13/3	John Marwick	56	Clymer, PA	37/5	Lou Lodovico	65	Ellwood City, PA	10/1
Susan V. Compton	44	Brooktondale, NY	13/2	Jay Sturdevant	58	Ridgefield, CT	18/2	Alex Ratelle	65	Edina, MN	10/1
Christine M. Greening	43	New York, NY	11/2	Greg From	58	St. Anthony, MN	17/1	Peter N. Murtos	67	Raleigh, NC	10/1
Ginger Sempie	41	Glencoe, IL	10/1	Frank E. Dudley	56	Wilkes-Barre, PA	15/2	George Billingsley	67	CA	10/1
Priscilla Welch	44	Boulder, CO	10/1	Gerald Koch	55	Clarksville, TN	10/1				
Irma Russell	44	Burnaby, BC	10/1	Tom Ray	55	APQ, NY	10/1	Women's 65-69:			
Erna Kozak	44		10/1	Stanley J. Witomski	55	Monover, MD	10/2	Loretta Shehan	66	West Seneca, NY	\$250 49/5
Men's 45-49:				Larry Engle	56	Traverse City, MI	10/1	Anne Trigg	65	St. Petersburg, FL	20/2
Ralph J. Zimmerman	47	Cheektowaga, NY	\$750 50/5	Edward E. Hardy	56	Tulsa, OK	10/1	Edith Farias	65	Westland, MI	19/2
Don Coffman	46	Frankfurt, KY	400 27/3	Arturo Melendez	58	Chapel Hill, NC	10/1	Lulu Mancini	66	Sarasota, FL	14/2
Michael V. Heffernan	49	Portland, OR	250 26/3	Ole Holsti	56	Kamloops, BC	10/1	Anne Hobson	65	Charlotte, NC	14/2
Thomas M. Hare	45	Raleigh, NC	17/2	Donald Busch	57	Charlotte, NC	10/1	Marjorie Piscopo	65	CA	10/1
Kirk Randall	48	Newburyport, MA	14/2	Charles Rose	56			Mary Storey	65	Victoria, BC	10/1
William Gould	45	Marengo, IL	12/2	Women's 55-59:				Rosamund Dashwood	65		
Steve Lester	46	Magna, UT	10/1	Gloria Brown	57	Grand Island, NY	\$500 39/4				
Charles A. Parmalee	47	Albany, NY	10/2	Jean M. Evans	57	Roxboro, NC	21/3	Men's 70 & Over:			
Pat J. Cosgrove	45	Elizabeth, NJ	10/1	Vera McIlwham	56	Cogour, ON	14/2	Nathaniel E. White	70	Fayetteville, NY	\$125 29/3
Robert Stuenkel	45	Newkirk, OK	10/1	Maisie Cromie	57	Golden Valley, MN	13/2	Eugene E. Keller	75	Cincinnati, OH	125 29/3
Bruce Mortenson	45	Minnetonka, MN	10/1	Mary Anne Woodring	57	Chenoo, KY	10/1	Ed W. Benham	81	Ocean City, MD	28/3
Lev Faxon	49	Hampton, VA	10/1	Dolores McCabe	57	New York, NY	10/1	Claudia Hawkins	71	Gadsden, AL	10/1
Terry Conwell	46	CA	10/1	Thelma Wilson	57	Peterborough, CN	10/1	Howard Calkin	78	Oregon, MO	10/1
Jim Wisener	46	Spokane, WA	10/1	Rayma B. Dixon	58	New Milford, CT	10/1	Ed Campbell			
Jeff Corkill	46		10/1	Sally B. Strazdins	55	Lawton, OK	10/1	Vernon Shaefer			
Women's 45-49:				Anita Foss	56	Brooklyn Park, MN	10/1	Austin F. Newman	73	Davenport, IA	10/1
Christine Tattersall	47	Killingworth, CT	\$750 50/5	Mary Bonstrom	58	CA	10/1	Joe Thornburg	72	Westerfield, NJ	10/1
Susan A. Weisbrod	45	Killman, NJ	100 47/5	Joan Ingle	56	Spokane, WA	10/1	Gerald Sibley	72	Troy, MI	10/1
Karen Bestul	47	Lincoln, NE	45/5	Marty Maricle	58	Union, SC	10/1	Paul Reese	74	Midwest City, OK	10/1
Mary H. Shaver	47	Rochester, NY	19/2	June Machala	58	Tallahassee, FL	10/1	Dick Bartholomew	70	Seattle, WA	10/1
Joan Ulliyot	49	San Francisco, CA	18/2	Beatrice Blanton	56						
Linda W. Connors	47	New York, NY	16/2	Margarete Deckert	56			Women's 70 & Over:			
Carol Lasseter	46	Woodbridge, VA	15/2					Martha Pembroke	70	Clearwater, FL	\$36 10/1
Nancy E. Friscillo	46	Utica, NY	12/2					Louise L. Martin	72	Appomattox, VA	36 10/1
Gail Rodd	46	San Francisco, CA	12/2					Janice Johnson	70	Davenport, IA	36 10/1
Diane de Echeandia	45	Richmond, VA	11/2					Althea Wetherbee	70	Huntington Sta., NY	36 10/1
Sharon Markoski	45	East Sparta, OH	10/1					Norma M. Perlmutter	72	Pittsburgh, PA	36 10/1
Judy Tolliver	45	Sausalito, CA	10/1					Mavis Lindgren	82	CA	36 10/1
Joan Colman	45	Albany, OR	10/1					Betty Miller	72	Federal Way, WA	36 10/1
Sue Rowe	46		10/1								
Sue Commach	46		10/1								



Still together at the 4-mile mark are Tibaduiza (3), Neir (23), Waigwa (5), and Cuevas (7).

Photo by Sailer, Ltd.



England's Priscilla Welch, 45, winning the women's 8K Championship race in Naples, Fla. in 26:59. Right behind is Norm Green, 57, in 27:00.

Photo by Sailer, Ltd.

ICI/USA TAC National Championships Continued from page 28

Ryun Runs Well

Jim Ryun, 1968 Olympic 1500 silver medalist, placed 17th in the 40-44 division in a good 26:37 — a 5:21 per-mile pace.

As last year, Ryun joined Shorter, Rodgers and Welch as the featured media attractions during the two-day festivities. They each spoke at a press conference, sports clinic, awards ceremony, and banquet, signing autographs and being friendly to everyone.

ICI Americas, Inc., the prime spon-

sor of the USRA Circuit, hosted the banquet, while the Registry Resort Hotel donated a spaghetti dinner for all runners.

Among the weekend guests were 34 ICI personnel and business customers, flown in as a reward for their efforts in promoting ICI products (Mylanta, Glidden Paints, DNA fingerprinting, etc.)

Other who contributed to the special event were Class 103FM, WEVU-TV, Nitroplex, Budweiser, and 10K Thirst Quencher. □

\$250,000

has been distributed through the *USRA Masters Circuit* the past two years. The 1990 *USRA Masters Circuit* will again feature Grand Prix competition in 5-year age groups through age 70. The *USRA Masters Circuit* will again culminate with the season-ending *USRA Masters National Championship*, which has been acclaimed the "greatest masters road race of all time."

Congratulations to the *USRA Masters Circuit* individual champions from 1989:

Nissan Shamrock 8K:	Wilson Waigwa, 23:54	Nancy Mieszcak, 28:55
Myrtle Beach Classic:	Bill Rodgers, 30:00	Barbara Filutze, 35:20
Cotton Row Run 10K:	Graham Tattersall, 31:16	Nancy Oshier, 36:27
Hospital Hill Run Half Marathon:	Larry Olsen, 1:10:42,	Jane Hutchison, 1:19:47
Utica Boilermaker 15K:	Wilson Waigwa, 46:09	Ngaire Drake, 55:05
Chicago Distance Classic 20K:	Ralph Zimmerman, 1:10:32	Mary Cullen, 1:37:22
Quad City Times Bix 7 Miles:	Wilson Waigwa, 34:17	Laurie Binder, 40:06
Asbury Park 10K:	Kevin Ryan, 30:54	Angela Hearn, 36:07
Crim Road Race 10 Miles:	Dave Stewart, 51:12	Priscilla Welch, 55:18
Pittsburgh Great Race 10K:	Wilson Waigwa, 30:16	Laurie Binder, 34:02
Myriad Gardens Run 10K:	Kevin Ryan, 30:37	Ngaire Drake, 35:19
Twin Cities Marathon:	Mario Cuevas, 2:18:35	Ngaire Drake, 2:41:25
Hardee's Oktoberfest 8K:	Reedy Buford, 25:43	Gina Faust, 31:28
1st Federal/Nissan Capital Trail Run 10 Miles:	John Campbell, 49:38	Nancy Mieszcak, 1:00:10
Seattle Half Marathon:	Larry Almberg, 1:08:49	Erna Kozak, 1:21:25
Foundation 30K Run:	Bob Schlau, 1:39:20	Jane Hutchison, 1:57:03

The third edition of the *USRA Masters Circuit* will begin March 17 at the Nissan Shamrock 8K in Virginia Beach, Virginia. *Masters Running Magazine*, the official publication of the *USRA Masters Circuit*, will expand in 1990 to include a spring and fall edition.

MASTERS RUNNING

For a full schedule of *USRA Masters Circuit* events and a free copy of *Masters Running*, please write:



USRA Masters Circuit/ Dean Reinke & Associates
400 N. New York Ave., Suite 102
Winter Park, FL 32789
(407) 647-2918
FAX (407) 647-0433
(Include \$3 for magazine postage)

DEAN REINKE
& Associates

Overheard At The ICI/USA TAC National Championships

"I'm still a runner at heart, but I'm into biathlons, where I can be more competitive. Bicycling keeps me fit, because I can't avoid running injuries like Bill (Rodgers) can. I've been injury free." — *Frank Shorter*

"Just because you turn 40, you don't have to quit. Ballerinas are dancing at a high level in their 50s." — *Priscilla Welch*

"I recently got injured for the first time. I found there's a lot of people out there you can talk to when you're injured. It was depressing." — *Bill Rodgers*

"I want to thank Dean Reinke, Bill Adams, Sheldon Jones and ICI for an outstanding effort." — *Jim Ryun*

"Long distance running gives me a motivation to be living life to the fullest. I think you have the same motivation." — *Norm Green*

"When I was 49, I couldn't wait to turn 50. Now I'm 53 and I love it." — *Gina Faust*

"Today's race has been one of the greatest moments of my life. I thank Dean Reinke and ICI for making it happen." — *John McManus, M65 Circuit winner*

"Interval training is a must if you want to be competitive." — *Shorter*

"When I was a girl, we had no physical education teachers. But I ran in the country a lot. I met Dave (my coach and husband) in a bar. I've always liked to drink." — *Welch*

"I appreciate everything Dean Reinke and Bill Adams have done." — *Don Sleeman*

"I love Dean Reinke." — *Loretta Shehan, accepting her W65 Circuit check of \$250*

"I really enjoyed meeting so many wonderful people. It's a thrill to be old and running." — *Susan Weisbrod*

"It's your day; not mine. I'm very grateful. Congratulations to Jane and Wilson. You're all helping to inspire others

to run. We're not old; I'm still very excited about the future." — *Welch*

"I congratulate Dean on taking a concept and making it work." — *Bob Schlau*

"Naples is always a wonderful place to come back to. I hope we can do it again next year." — *Gabriele Andersen*

"I'm in great shape and I'm 82. I've never really been sick. I just keep on going. It's a good game, a lot of fun." — *Ed Benham*

"I'm very pleased with my race today. I felt good. The biggest thing I'm learning is to be realistic. I have to be more cautious in my training." — *Ryun*

"I worked very hard for this race, and then I almost didn't make it. The airlines' engine burned, and I had to fight to get them to put me on another airline in time to get here for the race. I haven't had much sleep." — *Faust*

"I appreciate the competition, but the best thing about this is the friends I've made." — *Christine Tattersall*

"Running has taught me how to live at a better, higher level." — *Mike Heffernan*

"In 1981, I was a total klutz. I got into running mainly because of all the wonderful people in the sport. I remember watching Gabriele in the 1984 Olympics. I'm honored to be on the same podium." — *Claudia Ciavarella*

"I want to thank everyone involved for sending a message that when you turn 40, you're not ready to lie down and die." — *Wilson Waigwa*

"I'm very grateful to the Registry Hotel and ICI. They're doing a grand thing for masters. I just hope it continues." — *Welch*

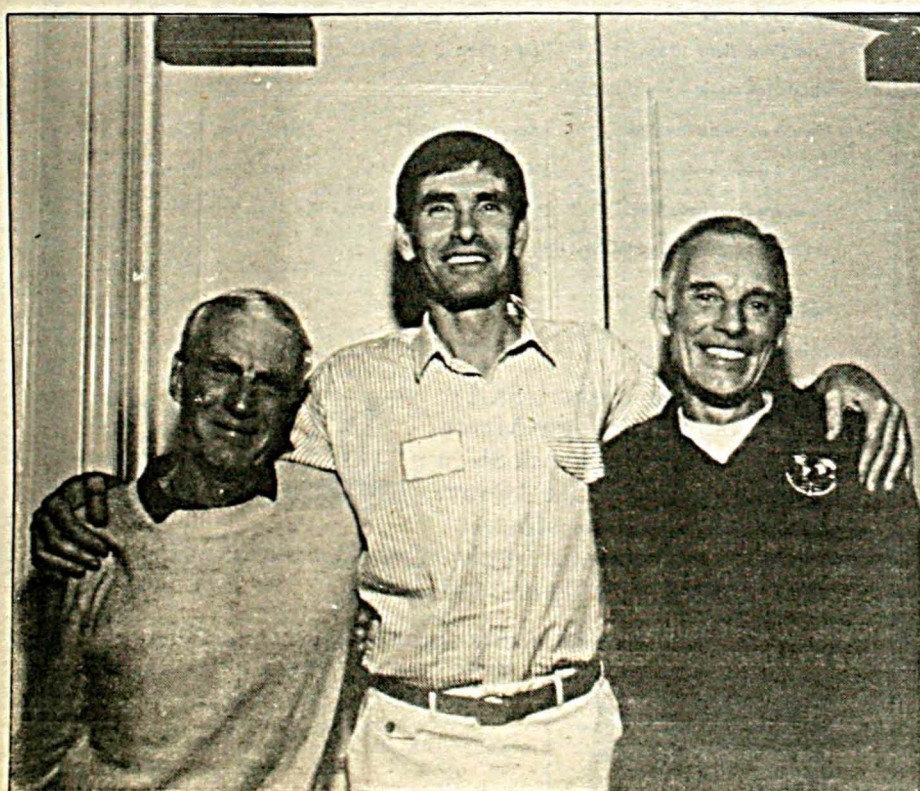
Green, Welch Win Sorbothane Age-Graded Honors

Pennsylvania's Norm Green, 57, and England's Priscilla Welch, 45, were each awarded \$300 by Sorbothane for achieving the top age-graded performances on the 1989 ICI/USRA Masters Circuit.

Green's 98.8% performance in the National Masters 10K in Pittsburgh led all runners, with Oregon's Mike Heffernan, 49, second with a 97.4% at the same event.

Welch's 98.1% was achieved at the Crim 10-Miler in Flint, Mich. Following her was the 95.0% effort of Oakland's Laurie Binder at the National 10K.

The Sorbothane Cup compares the performances of older and younger runners and selects the best performances in the races among all age groups. The standards are generally based on the potential world record for each age group and were compiled by the World Association of Veteran Athletes. □



Celebrating at the Saturday night banquet in Naples are, from left: John McManus (65, N.Y.), Jim Ryun, (42, Kansas), Bill Fortune, 61, N.Y.). McManus and Fortune won their divisions in the 1989 ICI/USRA Masters Circuit. Photo by Sailer, Ltd.

ICI/USRA MASTERS CIRCUIT SORBOTHANE AGE GRADED \$100 WINNERS

Nissan Shamrock 8K: Wilson Waigwa, .9453 Nancy Mieszczyk, .8727	Pittsburgh Great Race 10K: Norm Green, .9880 Laurie Binder, .9500
Myrtle Beach Classic: Bill Rodgers, .9512 Barbara Filutze, .9024	Myriad Gardens Run 10K: Kevin Ryan, .9380 Jane Hutchison, .9170
Cotton Row Run 10K: Graham Tattersall, .9126 Nancy Oshier, .8925	Twin Cities Marathon: Norm Green, .9643 Ngair Drake, .8983
Hospital Hill Run Half Marathon: Larry Olsen, .8913 Jane Hutchison, .8819	Hardee's Oktoberfest 8K: Reedy Buford, .8767 Gina Faust, .8721
Utica Boilermaker 15K: Wilson Waigwa, .9480 Ngair Drake, .8870	1st Federal/Nissan Capital Trail Run: John Campbell, .9506 Christine Tattersall, .8880
Chicago Distance Classic 20K: Marco Pina, .9001 John Cansino, .8178	Foundation 30K: Norm Green, .9539 Jane Hutchison, .8921
Quad City Six Times Six 7 Mile: Wilson Waigwa, .9407 Laurie Binder, .8984	Seattle Half Marathon: Larry Alberg, .9273 Erna Kozak, .8897
Asbury Park 10K: Norm Green, .9570 Angela Hearn, .9010	Charlotte Observer 10K: Bill Rodgers, .9535 Gabriele Andersen, .9296
Crim Road Race 10 Mile: Jim O'Neill, .9450 Priscilla Welch, .9810	ICI/USA TAC Masters National Champ. 8K: Victor Mora, .9544 Priscilla Welch, .9697

Future of Masters Circuit Clouded

There was genuine euphoria in Naples, Fla. at the Saturday night banquet which concluded the second year of the successful ICI/USRA Masters Grand Prix Road Racing Circuit.

"I wish we could do this more often," said Bill Rodgers. "It's one of the most positive things I've seen in sports."

Runners heaped praise on Dean Reinke, head of the U.S. Running Association, the organizer of the Circuit; and on Bill Adams, Sheldon Jones and Hank Larson of ICI Americas, Inc., the prime sponsor of the Circuit.

"It's been a wonderful weekend," said Fay Bradley. "I thank Dean, Bill and TAC for making it happen."

Dave Stewart said it was his "favorite race — to be part of the greatest masters road race field."

"We all seem to be part of one big family," said Priscilla Welch. "I hope we can do it again next year."

But the emotion and warm feelings of the weekend were tempered by the fact that the future of the Circuit is clouded.

ICI, which funneled over \$200,000 in 1988 and over \$150,000 in 1989 into the Circuit, is pulling out.

"Some of ICI's promotional budget is being cut," said Bill Adams, General Manager of Public Affairs for ICI, "and we just can't support the Circuit the way we have the past two years."

Adams said he feels the concept is still a good one and hopes Reinke can make it work with other sponsors.

Reinke, who published *Masters Running '89* without ICI's help, said he "plans to expand the Circuit to 25 cities in 1990."

But some were skeptical as to whether it will be the same.

The loss of ICI as a major sponsor is a blow to the future of a masters circuit. Over the past two years, Adams has repeatedly said that ICI couldn't carry the Circuit alone. But only Sorbothane and Nitroplex stepped forward to participate in the 1989 series.

ICI was the force that powered the Circuit. ICI paid for the Circuit's advertising and promotion. It provided the \$40,000 prize money in Naples; it paid for the banquet; it helped defray expenses for some of the athletes. Bringing all those top runners together for one race was a difficult achievement. Duplicating that kind of sponsorship will not be easy.

In Naples, Reinke suggested to TAC's Masters Long Distance Running Committee that TAC and USRA join forces, since "both of us are committed to promoting masters running." He proposed TAC putting some of its national championships on the USRA Circuit.

But Reinke's flamboyant style and

business methods have never sat well with TAC's hierarchy.

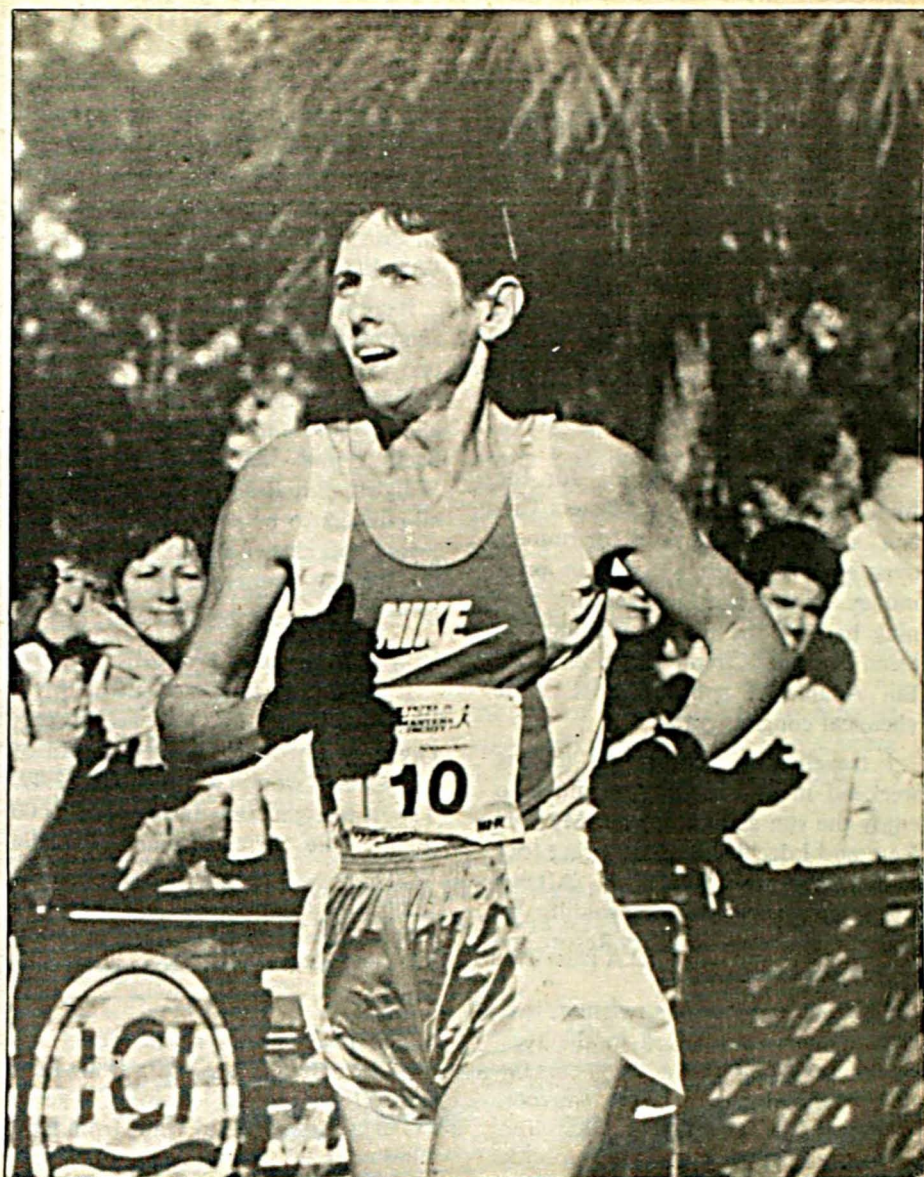
TAC didn't close the door, but said it wasn't ready to make any commitments at this time. Meanwhile, TAC is exploring staging a circuit of its own — using several national championship races.

Reinke said he'll soon announce a full schedule of 1990 USRA Masters Circuit races. The first two will be the Nissan Shamrock 10K on March 17 in Virginia Beach, Va., and the Myrtle Beach Classic 10K on March 24 in Myrtle Beach, S.C. — Al Sheahen



California's Gina Faust won the W50 division of the ICI/USA TAC National Grand Masters Championship 8K in Naples, Fla.

Photo by Sailer, Ltd.



Missouri's Jane Hutchison, 44, runs 28:35 in the ICI/USRA 8K, a personal record by over a minute, to win the overall Circuit W40-44 Championship (and \$3500) for the second year in a row.

Photo by Sailer, Ltd.


ICI/USA TAC NATIONAL GRAND MASTERS CIRCUIT

START
10-K
 Sorbothane Performance Nutrition
 THIRST QUENCHER

26 WEVU CLASS 103FM
BUD LIGHT
 Registry Resort



Waiting for the start of the final race on the ICI/USRA Masters Circuit in Naples, Fla., January 13.

Photo by Sailer, Ltd.

"Hey, I'm Going 88!"

by HAL HIGDON

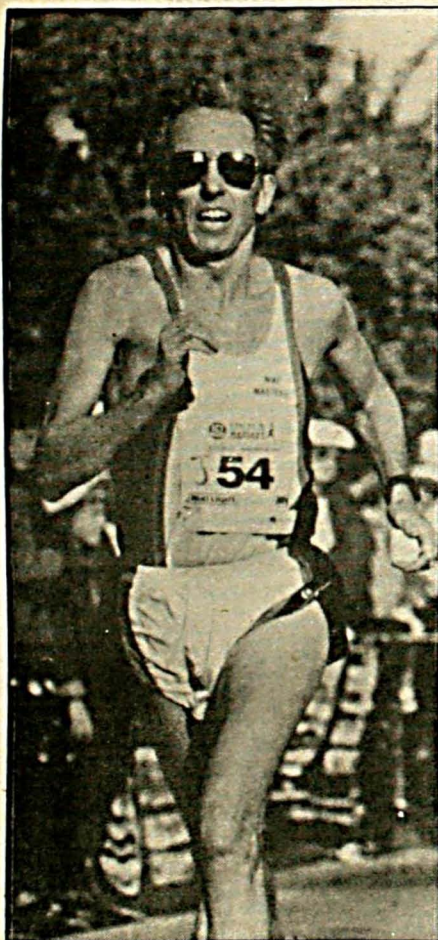
Rolling north from the Everglades on a sunny Sunday, I set my rental car on Cruise Control: a cool 88.

That's kilometers per hour, not miles! Eighty-eight kph equals a legal 55 mph. I figure that if I'm going to run races in kilometers, I should drive the same. With computerized cards, you can switch your dashboard display from linear to metric by punching a button.

I was in Naples, Florida for the finals of the ICI/USRA Masters Circuit, a series of road races for runners over age 40. With \$15,000 in prize money for that one race, geriatric running had hit the big time, thanks to Dean Reinke, Circuit organizer, and Bill Adams of sponsoring ICI, the chemical conglomerate.

I travelled to Florida on a long weekend in mid-January as much to enjoy the sun as to compete. My wife Rose and I decided on a post-race tour of Everglades National Park. After a two-hour boat ride viewing wildlife, we headed back to the Registry Resort, the race headquarters hotel.

Cruising north on the twisting, two-lane highway, I glanced in the rear-view mirror and saw a dozen cars lined up behind me: nervous, anxious, panting to get by. I felt like rolling down the window and shouting back, "Hey, I'm going 88!"



Hal Higdon, 58, of Michigan City, Ind. finishes second (29:05) to Norm Green in the M55-59 division of the ICI/USA TAC National Masters Grand Championship 8K in Naples, Fla., January 13. Higdon's new book, "The Masters Running Guide" will be available soon.

Photo by Sailer, Ltd.

If you're on vacation, I figured, what's the sense of exceeding the speed limit? Slow down. Savor the scenery. Apparently those behind didn't agree. With a break in oncoming traffic, they all rushed past: Woosh! Woosh! Woosh!

It seemed like déjà vu. In Saturday's running race, I started strong. Near two kilometers in the eight kilometer race, the course did a 180-degree turn, and I could see the lead runners coming back to me: Mario Cuevas, Wilson Waigwa, Bill Rodgers. I expected the 40-plussers to be gone, but I was surprised how close I was to Norm Green, the leading runner in my 55-59 age group.

Woosh! Woosh! Woosh!

I stayed in Cruise Control while everybody else hit the accelerator. Green finished two minutes ahead of me. Cuevas won in a world-best 23:49. The top eight ran faster than 5:00 miles. The first woman, Priscilla Welch, ran only slightly slower. Most impressive competitively was the men's 60-64 division with three runners finishing within four seconds of each other.

The morning after the race I approached Green, who was waiting for a ride to the airport. "I'm going to get in shape and cut your lead from two minutes to 90 seconds," I said.

Green smiled, but I was serious. I planned to contact Hertz about acquiring one of those dashboards that converts 88 to 55 by punching a button. If science can achieve that, why not a butt that can convert those of us over 40 to teenagers?

I'd be willing to make the switch if it can be achieved this time without acne.

Actually, we really possess the button. It's called: training. Those of us who appeared in Naples for the ICI/USRA finals probably train an hour a day. We run on average 50 miles a week — 80 kilometers by the dashboard of my rental car.

That's a lot of running, but it allows us to remain physiologically young. Exercise laboratories confirm that by getting in shape, and staying in shape, we can achieve the energy levels of those two to three decades younger. Recent research also suggests that exercise makes us more mentally alert. And while those competing in Naples, admittedly, may be genetically more gifted than most, almost anybody can improve their level of physical fitness by activity as basic as recreational walking.

Race activities over, Rose and I transferred to another hotel, the Vanderbilt Inn, to be nearer the Gulf. Monday, I awakened early for a run on the beach and found it aswarm with activity. Not only seagulls scouting their next meals, but walkers strolling the

sands. Later, we stopped on Sanibel Island en route to the airport for more sightseeing. There was almost as much bicycle as automotive traffic. Not kids, adults. Aged adults. Senior America has become increasingly motivated by fitness activities.

Of course, I wasn't talking "fitness" when I told Norm Green I planned to slice 30 seconds from his margin of victory. I was talking competition. I was talking taking it out of Cruise Control and pushing the accelerator. Woosh!

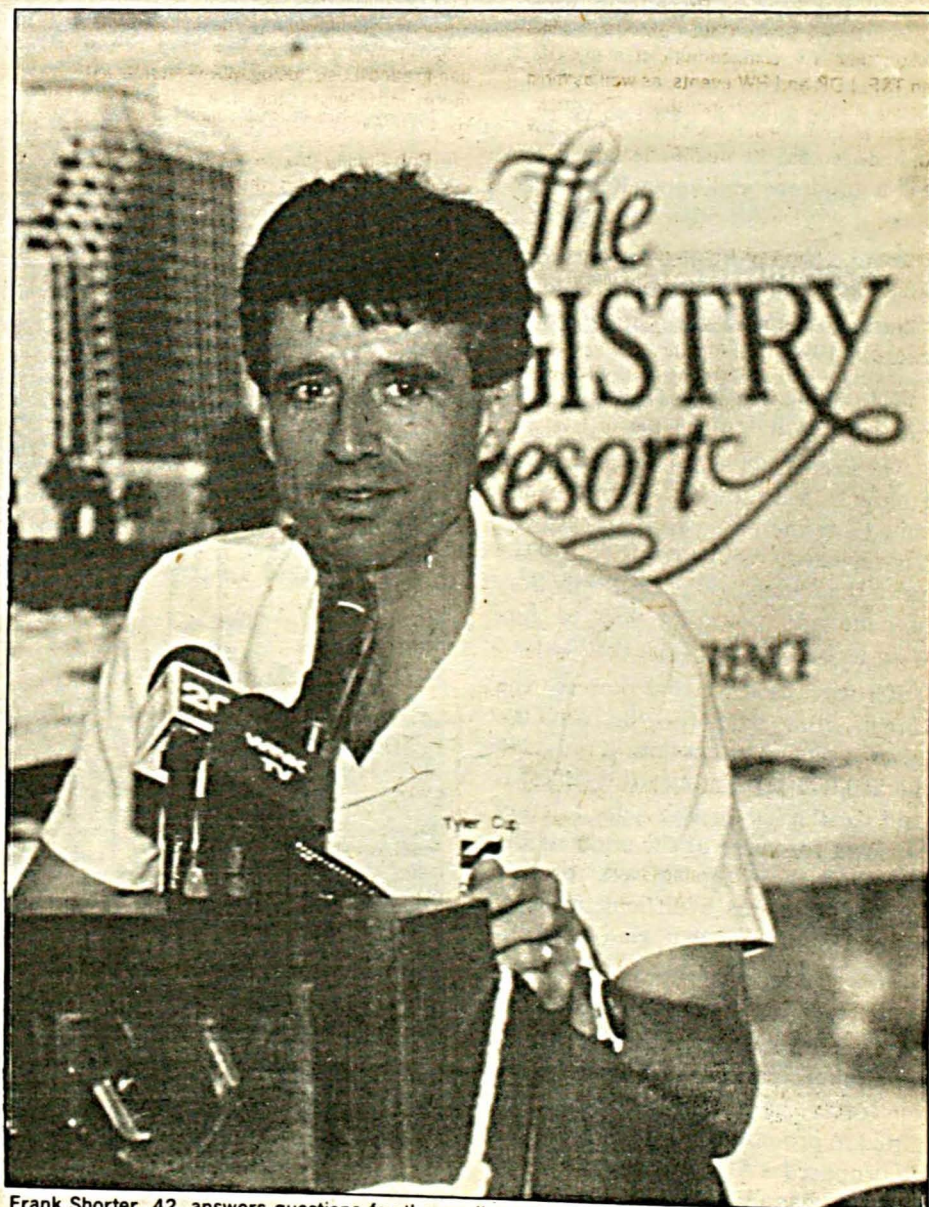
Time will tell whether I can go faster. But even in trying, I succeed. As masters, we continually change goals. For most of us, it happens every five years as we shift age groups. Or we set goals from year to year, from month to month, from week to week. As for me, I can't wait until tomorrow to find out what my next goal will be.

Fortunately — as the action at the ICI/USRA finals in Naples proved — masters have more and more opportunities to express ourselves athletically, Cruise Control or not. Going 88 no longer seems fast enough. ☐

Hal Higdon has completed his long-awaited book on masters sports, now retitled, "Masters Running Guide." It will be available soon for purchase from National Masters News.



ICI's Bill Adams, 49, of Wilmington, Del., runs 30:02 to place 11th in the M45-49 division of the ICI/USA TAC National Masters Grand Championship 8K in Naples, Fla., January 13. Photo by Sailer, Ltd.



Frank Shorter, 42, answers questions for the media at the pre-race press conference in Naples. Shorter placed 11th in the 8K race in a good 25:27.

Photo by Sailer, Ltd.

MASTERS SCENE

NATIONAL

• **Charles DesJardins**, Chairman of TAC's Masters Long Distance Running Committee, has appointed a committee of **Carole Langenbach**, Chair; **Jack Moran**, **Herb Chisholm**, and **George Kleeman** to make recommendations for amending masters LDR rules. Currently, TAC uses a set of "Guidelines for Masters LDR Championships," designed for race directors. Many of the "guidelines" may be incorporated into the official rules. The guidelines are available with SASE to Carole Langenbach, Secretary, Masters LDR, 4261 S. 184th St., Seattle, WA 98188.

• **Hal Higdon's** new book to be published by NMN has been retitled "*A Masters Guide to Running*." The tentative new publishing date is April 30. Checks previously mailed to NMN will be cashed shortly. If you'd like to reserve an autographed copy, send \$7.95 (includes mailing charges) to NMN, PO Box 2372, Van Nuys, CA 91404.

• Want to learn to racewalk? Want to walk faster? **Elaine Ward** tells how in *Introduction to the Technique of Racewalking*. Send \$8.50 to North American Racewalking Foundation, P.O. Box 50312, Pasadena, CA 91115.

• Copies of the 1990 U.S. Athletics Calendar are now on sale. Edited by **Bruce Tenen**, **Marty Martinez**, **Donna Skow**, **Chuck Skow**, and **Mike Takaha**, this is a compendium of many U.S. open T&F, LDR and RW events, as well as most National Masters Championships. To order, send \$8 to Book Order Dept., TAC, P.O. Box 120, Indianapolis, IN 46206. (\$10 outside U.S.).

SOUTHEAST

• The April Fool Phil Partridge Thro-a-thon will be held on April 1 at Atlantic High School in Delray Beach, Fla. Competitors get three throws each of three different weights of shot, discus, hammer, weight and two of javelin. "Thro-a-thon data is used in designing our age-factor scoring," Partridge said. See entry form in this issue.

• World Games M70 silver medalist (100, 200, 400) **Bill Weinacht** is enjoying the best of both worlds. He summers in northern Ohio and winters in Boca Raton, Florida. "I'm into tennis, racquetball, Nautilus, and 3-miles LDR, but no track work yet," he said.

MID AMERICA

• **Clark Ens** is using the WAVA Age-Graded Tables for everyone in the HCA Westly Athletics Club in Wichita, KS. "The tables have really inspired people to keep competing," he told NMN.

WEST

• **Bruce Mauldin**, 42, of Auburn, Calif., handily won the first New Year's Marathon held on the American River College track in Sacramento, January 1 in 3:07:55. **Frank Ives**, 47, achieved a marathon PR with 3:18:30 and a second place finish. **Linda Elam** (44, 3:47:00), having run a 50-miler the previous day, and **Elliott Eisenbud** (46, 3:57:17) and **Gary Waldsmith** (49, 3:50:10), having run a 50-miler

two days previous, all showed remarkable stamina.

In the 50-kilometer race **George Billingsley**, 67, ran 4:07:09 to set a new national age 65-69 record, breaking the 4:10:34, set by **Victor Harkoff** in 1985. Billingsley's marathon split was 3:27:13.

• **Brian Pritchard**, LDR Chairman for TAC's Southern California Association, is not opposed to five-year age groupings for all ages. "But it's not always feasible or important," he adds. "It could result in an inordinately large number of awards. By the time an athlete reaches the age 65, he/she is, one hopes, mature enough to enjoy merely participating in a race and to regard awards as a bonus, not a divine right."

• The Palm Springs Senior Olympics, originally scheduled for February 24-25, have been postponed to November 3-4. "The city requested an autumn date," said **Karen Kirby**, "and we want to keep them involved as much as possible."

• The Los Angeles Patriots T&F Organizing Committee has announced a 1990 Masters Grand Prix Track & Field Series. Open to anyone age 30 or over, the series consists of four California meets: 1) Van Nuys on January 21; 2) Northridge on March 11; Fresno on May 13; and the Grand Prix Final in Los Angeles on July 1 or 4. The first place winner in each "group of events" wins a free 4-day trip to the Hawaiian International T&F Festival on August 11-12. Athletes will qualify for the Grand Prix Final by ranking among the top eight in their respective events. Meet scoring will be on an age-graded basis, using WAVA standards. For more info, write the L.A. Patriots, 2301 Hyperion Ave. #P, Los Angeles, CA 90027.

• **Bob Culling**, 58, was 2nd overall in 18:02, two seconds behind the winner, in the San Gabriel River 3-Mile Run, December 2, in San Gabriel, Calif.

• **Joe Alvarado**, 40, was the overall winner in 26:31 in the George Guerrero 8K, December 16, in San Gabriel, Calif.

INTERNATIONAL

• Mexico's **Antonio Villanueva**, World M45 5000 and 10,000 Champion, recently ran a 1:02 20K in his home town of Vera Cruz. He'll attempt to break the M45 WRs for both events at the Mt. Sac Relays in Los Angeles in April.

• On December 21, Britain's **Ron Hill** completed 25 years of running — every single day.

TAC NATIONAL MASTERS DECATHLON THOMASVILLE, N.C. — 1989 FINANCIAL STATEMENT

Revenues:	
Entry fees	\$ 980
Sponsorship	550
TAC	600
Total Revenues	\$2130
Expenses:	
Advertising	90
TAC Sanction fee	25
Supplies for track	151
T-shirts	398
Medals	189
Accutrack film	75
Equipment and dinner	672
Postage & printing	75
Shot & discus rings	260
Fiberglass vault box	125
Total Expenses	\$2360
Net Surplus (Loss)	(\$ 230)

Profile: Ladislav Pataki

Continued from page 26

"Americans think the Eastern Europeans must have some sort of magic training methods to get the results they do. But that's not true. There is no secret pill. The secret lies in organization, in long-term training techniques and in the scientific application of technology."

While Pataki is impressed with sports training in U.S. universities, he feels the post-university system is weak.

Czech Video Tapes

In 1989, Pataki obtained previously classified Czechoslovakian-made video tapes of elite world-class athletes. "The unusual sports videos — some of the most detailed sports instructional films ever made — consist primarily of live photographic footage with superimposed animation and biomechanical analysis," Pataki explained.

The complexity of their production compares to that put into Walt Disney projects from the 1940s and 1950s when huge staffs of artists and cameramen labored meticulously for years to produce finished animated features.

Called "Championship Form," the tapes are the first video series to make explicit use of biomechanical analysis. The videos record the technique of world famous athletes like Bubka, Timmerman, and many top American athletes. The tapes are endorsed by Ollan Cassell, Executive Director of The Athletics Congress, and are fully explained in this issue on page 3.

"I still enjoy participating in sports," Pataki said. To this day, at the age of 42, I continue to exercise vigorously in swimming, tennis, some weight lifting, racquetball and golf. □

— *Al Sheehen*

T.A.C. EASTERN MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS Sponsored by THE GARDEN STATE ATHLETIC CLUB (formerly the Merrill Lynch Realty A.C.)

DATE: Saturday and Sunday, March 17-18, 1990
SITE: Rothman Center, Fairleigh Dickinson University, Hackensack, N.J.
(Weight Throw to be conducted outdoors at the F.D.U. track on River Road in Teaneck, N.J. — across the river from Rothman Center.)
DIRECTIONS: George Washington Bridge or N.J. Turnpike or Garden State Parkway to Rte 4, to Hackensack Ave, proceed south to first light, turn left and you are facing field house (Rothman Center) at the dead end.
FACILITY: NOTE! NO SPIKES ALLOWED! Come dressed to run. Restroom facilities only.
AWARDS: T.A.C. Championship medals to 1st 3 places. Patches to winners (one per person). Team championship by 10 year age groups plus overall.
DIVISIONS: Five-year groupings for men and women (30-80+ TAC sanctioned). For TAC registration (MANDATORY — no card, you cannot compete!) call 201-542-2598.
ENTRY FEE: Pre-entries will be \$10 first event; \$6 each additional event; \$20 relay. Pre-entries must be received by Monday March 12, 1990. Post entries \$25 plus regular entry fee. All competitors will have a \$1 surcharge for the benefit of the Eastern Sectional Coordinator's Travel Fund as suggested by the National Masters Committee. All competitors will receive an entry confirmation by mail. If you have not received it by March 15 call Ron at the number below.

ORDER OF EVENTS: **Saturday March 17**
Weight Throw 9:30 AM (outdoors — see above)
Shot Put 12:30 PM
Long Jump 12:00 Noon
Triple Jump 2:45 PM (apprx. following LJ)
High Jump 12:30 PM (bar not lowered)
Pole Vault 12:00 Noon (bar not lowered)
55 Meter Dash (H) 2:00 PM (heats where necessary)
55 Meter HH (H) Following Dash Heats
55 Meter Dash (F) Following Hurdle Heats
55 Meter HH (F) Following Dash Finals

Sunday March 18
1500 Meter Run 11:00 AM
400 Meter Dash 11:45 AM
3000 Meter Walk 12:30 PM
800 Meter Run 1:15 PM
200 Meter Dash 2:00 PM
3000 Meter Run 3:00 PM
4X400 Meter Relay 3:30 PM
4X800 Meter Relay 3:45 PM

(NOTES: This is a preliminary schedule, final schedule will be available by Thurs., 3-15-90 by phone and will be posted on the wall of Rothman Center the days of the meet. We will however run ahead of final schedule whenever possible — it is the athletes responsibility to be aware. All events will be younger to older except where noted.)

All relay members must be registered with the same club.

MOTELS & TRANSPORTATION: The closest motel is the Best Western-Ortani on Hackensack Ave. just north of Rte 4. Call 201-488-8900 for reservations. Call Mrs. Beryl Hahn of Travel Masters Agency for airline reservations and other related matters at 201-361-3220.

FOR ADDITIONAL INFORMATION CONTACT: Ron Salvio
The Prudential New Jersey Realty
525 Hwy 33
Englishtown, N.J. 07726 201-446-4959 or 609-443-3606

We wish to thank the New Jersey Athletics Congress Officials Committee and the New Jersey Striders Track Club for their cooperation and efforts in helping to make the Championships a success.

Please Print: NAME _____ PHONE _____ SEX _____
ADDRESS (Street) _____ (City & State) _____ (Zip) _____
AGE (as of 3/17/89) _____ DATE OF BIRTH _____ CLUB _____ TAC# _____
Event Best Recent Mark Event Best Recent Mark Event Best Recent Mark
1. _____ 4. _____ 7. _____
2. _____ 5. _____ 8. _____
3. _____ 6. _____ 9. _____
Amount Enclosed: 1st event \$10.00
Additional event(s) \$6/each
Eastern Sectional surcharge 1.00
TOTAL ENCLOSED _____

Mail entry form and check, payable to the Garden State Athletic Club to Ron Salvio, the Prudential New Jersey Realty, 525 Hwy 33, Englishtown, N.J. 07726
WALVER: In consideration of your accepting this entry for the 1990 Eastern Masters Indoor Track and Field Meet, I hereby for myself, executors and administrators, waive and release any and all rights and claims for damages I may have against the TAC/USA, NJTAC, Garden State Athletic Club, New Jersey Striders, or Fairleigh Dickinson University, their agents, representatives, assignees, or sponsors for any and all damages and/or claims I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition. Date _____ Signature _____

schedule

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



TRACK & FIELD NATIONAL

March 4. TAC/USA National Masters Indoor Pentathlon, Birmingham H.S., Los Angeles. (Held outdoors, but with traditional indoor events). Dave Douglass, 8828 Pershing No. 311, Playa del Rey 90293. 213/821-3625 (h); 213/825-1622 (o).

March 24-25. U.S. TAC National Indoor Masters Championships, Madison, Wisc. Wisconsin United AC, 2762 Ledgmont St., Madison WI 53711.

July 14-15. U.S. TAC National Masters Decathlon/Heptathlon, Tacoma, Wash. Mark Salzman, 8615 47th St. West, Tacoma WA 98466. 206/565-7840.

August 2-5. 23rd U.S. TAC National Masters Championships, Indianapolis, Ind. Marshall Goss, Track Office, Indiana U., Bloomington, IN 47405. 812/855-8583.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

February 2, 4, 9. Runner's World Masters Miles, New York City, Fairfax, Va., and New Jersey, respectively. Invitational only. Marc Bloom, 201/308-9701.

February 4, 24. Development meets, Philadelphia. Carl Grossman, 1009 Arboretum Rd., Wyncote, PA 19095. 215/887-3560.

February 11 & March 11. All-comer meets, U. of Rochester, N.Y. Field House (205m, tartan). Rick Guido, 716/425-3116.

February 18. Indoor all-comers meet, Barton Hall, Cornell U., Ithaca, N.Y. 1 p.m. Diane Sherrer, 607/387-6281.

February 21, March 18. Sugarloaf Mountain AC All-Comer Winter Indoor Meets, 5:30 p.m., Smith College, Northampton, Mass. No pre-registration. Lincoln Russin, 413/586-8194.

February 25. New Jersey TAC Indoor Championships, Fairleigh Dickinson U., Hackensack, N.J. North Jersey Masters, P.O. Box 56, Ridgewood NJ 07450.

March 4. Development meet, St. Joseph's U., Philadelphia. Chip Thomas, 705 Beechwood Rd., Media, PA 19063. 215/566-7967 (h); 215/485-8148. (o)

March 10. Philadelphia Indoor Championships, Haverford College. 4:30 p.m. Chip Thomas, 705 Beechwood Rd., Media, PA 19063. 215/566-7967 (h); 215/485-8148. (o)

March 10. Development Clinic, U. of Syracuse, N.Y. Open to everyone. 212/785-3490.

March 17-18. TAC Eastern Sectional Championships, Fairleigh Dickinson U., Hackensack, N.J. Ron Salvio, Merrill Lynch Realty, Highway 33, Box 116A, Englishtown, NJ 07726.

March 18. Indoor all-comers meet, Barton Hall, Cornell U., Ithaca, N.Y. 1 p.m.

Diane Sherrer, 607/387-6281.

April 27-28. Penn Relays, Philadelphia. 4 x 100 and 4 x 400 masters (40+) relays. Tim Baker, Weightman Hall, U. of Pennsylvania, Philadelphia PA 19104-6322. 215/898-6154.

June 3. New Jersey Masters Championships, Monmouth College, Long Branch, N.J. Sanford Kalb, 22 Addison Road, Howell, NJ 07731. 201/363-5426.

June 22-23. Adirondack TAC Open and Masters Championships, Albany, N.Y. Jim Burnes, P.O. Box 1200, Troy, NY 12180. 518/273-5552.

July 1. Merrill Lynch Realty AC Masters Championships, Randolph H.S., Randolph, N.J. Morton Hahn, 19 Bedminster Rd., Randolph NJ 07869. 201/625-1764.

SOUTHEAST

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

February 18. All-comers meet, DeLand, Fla. John Boyle, 904/736-0002.

March 3. Open and masters meet, Tennessee St. U., Nashville, Tenn. Randall Brady, 615/383-6733.

March 18. All-comers meet, DeLand, Fla. John Boyle, 904/736-0002.

March 24. Florida Seniors Games, Delray Beach. 55+. Bob Fine, 4223 Palm Forest Drive North, Delray Beach, FL 33445. 407/499-3370.

April 1. Throathon, Atlantic H.S., Delray Beach, Fla. 9 a.m. 3 Weights each of Shot, Discus, Hammer, Weight; 2 of Javelin. Phil Partridge, 337 S.W. 14th Ave., Boynton Beach, FL 33435.

April 14-15. Palm Beach Masters Invitational, Cardinal Newman H.S., West Palm Beach, Fla. Frank Valdes, 6301 Dockside Circle, Greenacres, FL 33463. 407/968-7171.

April 21. Florida Athletic Club Championships, John Leonard H.S., Lake Worth, Fla. Bob & Gloria Fine, 4223 Palm Forest Drive, Delray Beach FL 33445.

May 4-6. 20th Annual Southeastern Masters Meet, N.C. State U., Raleigh, N.C. Dale Smith, 2401 Wade Ave., Raleigh NC 27607. 919/755-6641.

May 12. Jacksonville TC Masters Meet, Jacksonville, Fla. Bob Fine, 4223 Palm Forest Drive North, Delray Beach, FL 33445. 407/499-3370.

May 19. Florida TAC Masters Championships, Jones H.S., Orlando. Bob & Gloria Fine, 4223 Palm Forest Drive, Delray Beach FL 33445.

May 19. Birmingham TC Classic, Samford U., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham AL 35209. 205/879-8031. Entry form in April NMN.

May 26. (Memphis); June 2-3 (Knoxville); June 2 (Nashville and Chattanooga); Tennessee Sportfest Games (open to Tennessee residents only). Sportfest, 800-53SPORT.

June 2. Northwest Miami Meet, Tropical Park, Miami. Bob Fine, 4223 Palm Forest Drive North, Delray Beach FL 33445. 407/499-3370.

June 9-10. 15th annual Northwest Classic, Miami-Dade College, Miami. Youth, open, masters. Jesse Holt, 1310 N.W. 90th St., Miami FL 33147. 305/836-2409.

June 10. TAC Southeast Sectional Masters Championships, Atlanta. Julia Emmons, Atlanta TC, 3097 Shadowlawn Ave., Atlanta GA 30305.

June 22-23. Tennessee Masters Championships, Univ. of Tennessee, Knoxville. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743 (h); 615/576-0307 (o).

June 30. Masters Meet, Gainesville, Fla. Bob Fine, 4223 Palm Forest Drive North, Delray Beach, FL 33445. 407/499-3370.

July 14. Nashville TC Open & Masters Meet, Tennessee Prep School, Nashville, Tenn. Randall Brady, 2709 Linmar Ave. No. 5, Nashville TN 37219. 615-383-6733.

July 15. Sunshine Games Masters Championships. 40+. Florida residents only. Bob & Gloria Fine, 4223 Palm Forest Dr., Delray Beach FL 33445.

July 21. Southeastern Masters Meet. St. Thomas Aquinas High, Ft. Lauderdale, Fla. Bob & Gloria Fine, 4223 Palm Forest Drive, Delray Beach, FL 33445.

MIDWEST

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

February 11. Illinois Masters Indoor Grand Prix Meet, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

February 25. Illinois Masters Indoor Grand Prix Meet. (See February 11.)

March 11. TAC Midwest Indoor Sectional Masters Championships, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

April 22. Wolfpack Discus Clinic Worthington High, Columbus, Ohio. Steve Kaye, 614/764-4633.

May 27. Wolfpack Pentathlon, Upper Arlington H.S., Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547 (h).

June 2-3. 7th Annual Athlete's Foot Masters Meet and Pentathlon, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 23. Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

MID-AMERICA

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

June 2-6. St. Louis Senior Olympics, Wendy Ludwig, 2 Millstone Campus Dr., St. Louis MO 63146. 314/432-5700; ext. 118.

July 23-31. Show-Me State Games, Columbia, Missouri. Phil Brusca, Horton Watkins H.S., 1201 S. Warson Rd., St. Louis MO 63124. 314-993-6447.

SOUTHWEST

Louisiana, Mississippi, Texas.

March 3. Masters indoor meet, Lubbock Christian U., Lubbock, Texas. Steve Ireland, 3309 94th, Lubbock TX 79423. 806/792-6430.

March 31-April 5. Houston Senior Olympics, Houston. JCC of Houston, 5601 S. Braeswood, Houston TX 77096. 713/729-3200.

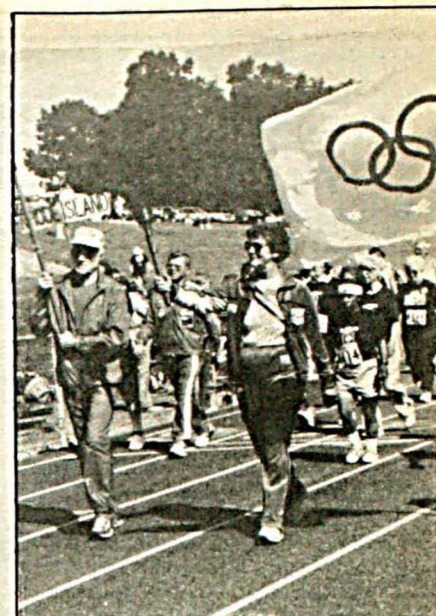
July 21. Texas Masters Championships, U. of Texas at Arlington. Joe Murphy, 4707 W. Lovers Lane, Dallas TX 75209. 214/357-5613.

WEST

Arizona, California, Hawaii, Nevada, New Mexico, Utah.

February 10. CSUB/Bakersfield California Meet, U. of California, Bakersfield. Charles Craig, 805/664-2347.

February 17. Fabulous 50s Indoor Meet,



Helsinki Olympic gold medalist (1952) Janet Moreau Stone carries the torch during the opening ceremonies at the Rhode Island Senior Olympics in Lincoln, Rhode Island.

Reno Fairgrounds, Reno, Nevada. College, H.S., Open, Masters. Dept of Athletics, c/o Track Office, U. of Nevada, Lawlor Annex, Reno NV 89557. Mickey Cutler, 702/784-4385 or Tom Hays, 702/784-6870.

February 17-25. Arizona Senior Olympics, Phoenix. Irene Stillwell, 1202 N. 3rd St., Phoenix AZ 85004. 602/495-5490.

March 11. Sport-Arcade V, Cal-State Northridge, Los Angeles. Marvin Thompson, 2301 Hyperion Ave. #P, Los Angeles, CA 90027. 213/666-7341.

April 29. Mt. Sac Relays (Masters division), Walnut, Calif. Hal Smith, 818/342-1174.

May 13. 5th Annual California State Team Championships, Fresno State U., Fresno, Calif. Open and masters. Marvin Thompson, 2301 Hyperion Ave. #P, Los Angeles, CA 90027. 213/666-7341.

May 26. Anteaters Masters Classic, U. of California, Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

June 3. Striders Relays, U. of California, Long Beach, Calif.

June 16. SCA/TAC Masters Championships, Occidental College, Los Angeles. Woody Studenmund, 1256 Clubhouse Drive, Pasadena, CA 91105. 818/799-5981 before 9 p.m.

July 21. TAC Western Sectional Masters Championships, UCSD, San Diego. Ed Oleata, 2870 Glenbrook Way, LaJolla, CA 92037. 619/456-3656 (o).

NORTHWEST

Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

February 3. Eugene Indoor Meet (Masters Division), Eugene, Oregon. Al Phillips, 503/485-6271.

June 17-24. Oregon Track & Field Camp for Masters, Hayward Field, Eugene. Bill Dellinger, coach. Tom Jordan and Barbara Kousky, P.O. Box 10825, Eugene OR 97440. 503/687-1989.

June 23. Federal Way Summer Meet, Federal Way, Wash. Barbara Tight, 33554 36th Ave. S.W., Federal Way WA 98023. 206/874-3226.

INTERNATIONAL

March 31. British Veterans Indoor Championships, RAF Cosford, J.C. Cross, 36 Manor Road, Atherstone, Warwickshire, England.

April 13-16. Australian Veterans Championships, Olympic Park, Melbourne.

July 14-15. British National Champion-

Continued on page 35

Continued from page 34

ships, Crownpoint, Glasgow, Scotland.
August 23-26. WAVA North American Championships, Trinidad and Tobago.
November 2-6. 5th WAVA Oceania Games, Auckland, New Zealand. Men 40+, Women 35+. Fifth Oceania Games, P.O. Box 21-309, Henderson, Auckland 8, New Zealand. Fax: 0064 9 837-0154.

LONG DISTANCE RUNNING NATIONAL

February 4. TAC/USA National Masters 5K Championships, Deland Fla., John Boyle, P.O. Box 1824, Deland, FL 32721. 904/736-0002.

March 8-11. RRCA National Convention, Miami Beach, Fla. Miami Runners Club, 7920 S.W. 40th St., Miami, FL 33155. 305/227-1500.

April 1. TAC/USA National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus OH 43220. 614/459-2547 (h); 614/424-7011 (o).

May 26. TAC/USA National Masters 10K Championships, Salt Lake City, Utah. Patti Hansen, 1965 West 500 South, Salt Lake City, UT 84104. 801/972-7835.

September 23. TAC/USA National Masters 15K Championships, Edina, Minn. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424. 612/920-0558.

October 6. TAC/USA National Masters Marathon Championships, St. George, Utah. Kent Perkins, 86 S. Main St., St. George, UT 84770. 801/628-3088.

October 7. TAC/USA National Masters 5K Cross-Country Championships, Syracuse, N.Y. Nate White, 18 Foxcroft Dr., Fayetteville, NY 13066. 315/637-6211.

October 14. TAC/USA National Masters 50K Championships, Muncie, Ind. \$1650 masters money equally divided (\$150/\$75/\$50) among 40s, 50s, 60s. Jan Gilbert, P.O. Box 1032, Muncie, IN 47305. 317/288-4448.

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Width	Height
52	Back Page	500	10"	13"
52	Full Page	400	10"	13"
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			7 1/2"	13"
26	1/2 Page	260	5"	13"
			10"	6 1/2"
13	1/4 Page	160	5"	6 1/2"
			10"	3 1/4"
7	1/8 Page	100	5"	3 1/4"
			2 1/4"	6 1/2"
3 1/2	1/16 Page	65	2 1/4"	3 1/4"
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The 10th of the month before date of issue.

9. CIRCULATION July 1989

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P.O. Box 2372
 Van Nuys, CA 91404
 818/785-1895

October 27. TAC/USA National Masters 100K, Duluth, Minn. Bill Wenmark, 18665 Rutledge Rd., Deephaven, MN 55391. 612/593-9014.

October 28. TAC/USA National Masters 10K Cross-Country Championships, Pasco, Wash. Daron Sandberg, 10209 Maple Dr., Pasco, WA 99301. 509/376-1916.

October 28. TAC/USA National Masters 100K Championships, Minneapolis. William Wenmark, 18665 Rutledge Rd., Minneapolis MN 55391.

December 2. TAC/USA National Masters 8K Championships, Steilacoom, Wash. Gerry Evanson, 506 Main St., Steilacoom, WA 98388. 206/756-8494.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

March 3. Last Train to Boston Marathon, Edgewood Area, Aberdeen Proving Ground, Md. Brand Roberts, 8 Class Ct., Baltimore, MD 21234. 301/661-6099.

March 18. New Bedford/Bank of Boston Half-Marathon, New Bedford, Mass. Paul or Susan Foster, 69 Forest St., New Bedford, MA 02740. 508/999-2699.

April 1. Nike Cherry Blossom 10-Mile, Washington, D.C. SASE with birthdate & SS# to P.O. Box 884, Middletown, MD 21769.

April 8. MDA-Boston Milk Run 10K, Boston, Mass. DMSE, 430 C Salem St., Medford, MA 02155. 617/396-3001.

April 16. Boston Marathon, Boston, Mass. BAA Boston Marathon, P.O. Box 1990, Hopkinton, MA 01748. 508/435-6905.

April 21. Trevira 10-Mile Twosome, New York, N.Y. New York Road Runners Club, Box 881, FDR Station, New York, NY 10150. 212/860-4455.

May 6. Pittsburgh Marathon, Pittsburgh, Penn. 638 USX Tower, Pittsburgh, PA 15219. 412/391-2800.

May 6. Freihofer's Run for Women, Albany, N.Y. 5K and 20K. Freihofer's 223 4th St., Troy NY 12180. George Regan, 518/273-0267.

SOUTHEAST

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

February 17. Edison Festival of Light 5K Classic, Fort Myers, Fla. Fort Myers Track Club, P.O. Box 06131, Ft. Myers, FL 33906. 813/278-4786.

February 17. Gasparilla Distance Classic, Tampa, Fla. P.O. Box 1881, Tampa, FL 33601.

February 24. Blue Angel Marathon/5K, Pensacola, Fla. Morale Welfare Recr. Dept., Naval Air Station, Bldg. 632, Radford Blvd., Pensacola, FL 32508-5000.

March 3. Red Lobster 10K Classic, Orlando, Fla. Track Shack, 1322 N. Mills Avenue, Orlando, FL 32803. 407/898-1313 or 800/252-7510.

March 10. Jacksonville River Run 15K, Jacksonville, Fla. River Run 15K, 3853 Raymeadows Rd., Jacksonville, FL 32127. 904/739-1917.

March 10. 8th annual Carnival Miami 8K and RRCA National 5K Championship, Miami. 5 p.m. \$6000 masters money. MRC, 7920 S.W. 40th St., Miami FL 33155.

March 17. Nissan Shamrock Marathon/Masters 8K, Virginia Beach, Va. SASE to Shamrock Sportsfest, 2308 Maple St., Va. Beach, VA 23451. 804/481-5090.

March 24. Myrtle Beach Classic 10K, Myrtle Beach, S.C. Separate master-only race at 9:30 a.m. 2nd 1990 USRA Masters Circuit race. Myrtle Beach Classic, 9760 Kings Rd., Myrtle Beach SC 29572. 803/497-2444.

March 31. 13th Annual Azalea Trail 10K Run, Mobile, Ala. Port City Pacers, P.O. Box 16907, Mobile, AL 36616.

April 7. 13th annual Cooper River Bridge

Run 10K, Charleston, S.C. 5-year groups thru 65+. \$1800 masters money. P.O. Box 21866, Charleston, S.C. 29413. 803/762-2426.

MIDWEST

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

April 1. Wolfpack 5 Mile and 20 Mile, Whetstone Park, Columbus, Ohio. John White, 614/459-2547.

MID-AMERICA

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

March 31. YMCA Midwest Masters Classic VIII (8K Run/2-mile walk), N.P. Dodge Park, Omaha, Neb. Age 35+. Nancy McCormick, 5124 Cuming, Omaha NE 68132. 402/558-2079.

April 14. 21st Longest Day Marathon and 5K, 10K and 5K walk, Brookings, S.D. Scotty Roberts, 605/692-2334.

April 21. 28th Jackrabbit 15K, Brookings, S.D. Miles Mettler, 605/697-6415.

SOUTHWEST

Louisiana, Mississippi, Texas.

February 24. Cowtown Marathon/10K, Fort Worth. P.O. Box 567, Fort Worth TX 76101.

April 1. Capitol 10,000, Austin, Tex. Austin American Statesman, P.O. Box 670, Austin, TX 78767. 512/445-3500.

April 14. Crescent City Classic 10K, New Orleans, La. Bill Burke or Mac De Vaughn, 8200 Hampson St., New Orleans, LA 70124. 405/861-8686.

WEST

Arizona, California, Hawaii, New Mexico, Utah.

February 3. 24th Las Vegas Marathon. Fast, downhill course. Prize money for 5-year age groups through M65, W60. Al Boka, P.O. Box 81262, Las Vegas, NV 89180. Johnny Clark, 702/878-8414.

February 3, 4, 10, 11, 12, 17, 18, 19, 24, 25. 9:30 a.m. Legg Lake Runs, South El Monte, Calif. Arthur Martinez, 213/949-0394.

February 5 (Monday). Runners Den 10K, Phoenix. Rob Wallach, Runners Den, 6302 N. 16th St., Phoenix, AZ 85016. 602/277-4333.

March 4. Los Angeles Marathon V. 11110 West Ohio Avenue, Suite 100, Los Angeles, CA 90025. 213/444-5544.

March 11. Tucson Sun Run 15K, Dave La Compte, SARC, P.O. Box 40728, Tucson, AZ 85717-0728. 602/744-6256.

March 18. 11th Tom Sullivan St. Patrick's Day 10K, Torrance, Calif. Vistas, P.O. Box 7000-251, Redondo Beach, CA 90277. 714/548-4897.

March 25. Stanford 50+ Runners Association 7th Annual 8K, Stanford, Calif. Don Anhorn, 415/493-7838, or Maria Marsh, 415/723-9790.

April 21. Chico 4-Mile Masters Run, Chico, Calif. Deb Powers, Enloe Hospital Health Center, 5th Ave. and Esplanade, Chico CA 95926. 916/891-7411.

April 29. Big Sur International Marathon, Carmel, Calif. P.O. Box 222620, Carmel, CA 93922. 408/625-6226.

NORTHWEST

Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

April 14. Pear Blossom Run, Medford, Oreg. P.O. Box 146, Medford, OR 97501. 503/772-6293.

ON TAP FOR FEBRUARY

TRACK & FIELD

Indoor meets will be staged in Eugene, Oregon, on the 3rd; Sterling, Ill., on the 11th and 25th (Illinois Grand Prix events); Reno on the 17th; and Hackensack, N.J. (N.J. TAC Championships) on the 25th. California hosts two outdoor meets, in Bakersfield Calif. on the 10th, and the Palm Springs Senior Olympics on the 24th-25th.

LONG DISTANCE RUNNING

The National Masters 5K Championships are set for the 4th in DeLand, Fla. The Sunshine State is also the scene for more major events: the Edison Festival of Light 5K in Fort Myers and the Gasparilla Distance 15K in Tampa on the 17th; and the Blue Angel Marathon in Pensacola on the 24th.

Other Sun Belt races include the Las Vegas Marathon on the 3rd; the Runners Den 10K in Phoenix on the 5th (Monday); and the Cowtown Marathon in Fort Worth on the 24th. □

INTERNATIONAL

April 22. London Marathon, London, England. Marathon Tours, 1080 Main Street, Boston, MA 02129. 617/242-7845.
June 23. 1st WAVA North American Regional Marathon Championships/Yukon Gold Midnight Marathon, 9 p.m., Whitehorse, Yukon Territory, Canada. Norm Green, 405 Curtis Court, Wayne PA 19087. 215/768-2480 (o).

RACE WALKING NATIONAL

April 8. TAC/USA National Masters 50K Racewalking Championships, Atlanta. Barbara Waddle, 2327 Redfield Dr., Norcross GA 30071. 404/283-9625.

July 14. TAC/USA National Masters 10K Racewalking Championships, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore NY 14217. 716/875-6361.

September 9. TAC/USA National Masters 40K Championships, Lincroft, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07754. 201/222-9213.

MIDWEST

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

April 8. Jack Mortland Racewalk, Whetstone Park, Columbus, Ohio. M20K, W10K, John White, 614/459-2547.



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

M35-39

Richard Baggett	Pole Vault	14'6"	6-15-89
Kevin J. Kelly	800 Meters	2:01.5	7-16-89
	1500 Meters	4:10.43	7-22-89
Jerry R. Hock	Pole Vault	14'0"	8-03-88
Al M. Wright	200 Meters	22.98	7-08-89

M40-44

Rick Bayko	1500 Meters	4:19.7	6-25-89
Melvin W. Fields	100 Meters	11.60	9-03-89
	200 Meters	23.9	9-03-89
Kent Howard	800 Meters	2:07.8	7-21-89
	3000 Meters	10:40	7-20-89
Tony Mele	800 Meters	2:06.9	5-28-89
Noel Prussman	800 Meters	2:07.9	4-26-86
Tom G. Rauscher	Pole Vault	14'5 1/2"	8-01-89
John D. Roehr	Shot Put	47'10"	2-28-89
	35 Lb. Weight	47'8"	8-28-89
Herb Stein	200 Meters	23.9	8-04-89
	Long Jump	19'3"	7-21-89

M45-49

Bernie O. Finch	5K Racewalk	25:43	8-26-89
Dennis Tancredi	800 Meters	2:06.9	7-20-89
	Int. Hurdles	61.80	7-27-89
	Triple Jump	37'4 1/2"	7-07-89

M50-54

Michael Boudreaux	100 Meters	12.30	6-24-89
	200 Meters	24.80	5-27-89
	400 Meters	55.80	6-24-89
James A. Hart	Shot Put-6K	14.68	7-20-89
	Discus-1.5K	47.18	7-20-89
	Hammer-6K	40.06	8-07-89
Reed M. Miller	5000 Meters	17:01.2	8-01-89

Desmond O'Rourke	800 Meters	2:11.83	7-20-89
	1500 Meters	4:31.11	7-23-89
Larry Price	Shot Put	45'1 1/2"	8-05-89
Walt Schafer	5000 Meters	17:03.48	7-31-89

M55-59

Peter Couttie	Steeple-3K	13:15	3-18-89
Dick Glasgow	100 Meters	12.7	10-07-89
	200 Meters	26.2	10-07-89
Jim Peterson	100 Hurdles	17.53	9-03-89
	Long Jump	15'8 1/2"	9-03-89
	Triple Jump	31'10 3/4"	9-03-89
Dr. Bill Wright	100 Meters	12.7	6-25-89
	200 Meters	26.2	6-25-89
Peter Couttie	Mile	5:07	11-05-88

M60-64

Chuck Sochor	100 Meters	13.27	7-29-89
	200 Meters	26.15	8-03-89
	400 Meters	59.03	8-05-89
	800 Meters	2:21.50	8-30-89

M65-69

Charles Northrop	100 Meters	13.81	8-23-89
	Long Jump	13'8 1/2"	8-25-89
Norman Hansen	5000 Meters	20:53.22	6-19-89
P. Eberhardinger	25 Lb. Weight	35'1"	7-15-89
	56 Lb. Weight	15'3"	7-15-89



M70-74

Dan Geer	10,000m	48:04	10-14-89
Don McCune	800 Meters	2:50.4	6-19-89
	5K Racewalk	23:04	6-24-89
Sparks Sorlien	Long Jump	13'3"	8-13-89

M75-79

Barry Ivers	100 Meters	15.0	6-25-89
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M80-84

Leo Cloutier	100 Meters	17.64	9-16-89
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M85-89

Herb Anderson	Shot Put	22'3 1/2"	7-15-89
	Discus	56'11"	7-15-89
	Javelin-600	64'1"	9-02-89
	Javelin-800	57'4"	7-15-89
	Pentathlon	2122 pts	9-02-89
	Wt. Penta.	808 pts.	8-07-89

W55-59

Susan Means	5000 Meters	24:11.2	7-10-89
Ann Morris	Shot Put	24'9"	6-25-89

W70-74

Carmela Harris	Shot Put	18'10"	6-25-89
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U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

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

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-39: 33"; 40+: 30"
 3) Shot put: 30-49: 4k; 40+: 3k.
 4) Javelin: 30-49: 600gm; 50+: 400gm.
 5) Hammer: 30-49: 4k; 40+: 3k.
 6) Metric heights and distances are the standard; feet and inches listed for convenience.

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

Mile	JK	2-mile	5K	10K	20K	Mile	JK	2-mile	5K	10K	20K
M40 7:29.8	14:30	15:40	24:30	51:00	1:45	M40 8:55.4	17:20	18:40	29:00	1:00	2:04
M45 7:42.8	15:10	16:20	26:00	54:00	1:52	M45 9:12.4	17:53	19:17	31:00	1:04	2:12
M50 8:25.1	16:20	17:37	27:30	57:00	1:58	M50 10:30.2	20:24	21:59	33:00	1:08	2:20
M55 8:43.1	16:55	18:15	29:00	60:00	2:04	M55 10:55.4	21:13	22:51	35:00	1:12	2:28
M60 9:19.9	18:07	19:32	30:30	63:00	2:10	M60 11:45.0	22:49	24:35	38:00	1:18	2:40
M65 9:44.7	18:54	20:23	32:00	66:00	2:16	M65 12:20.2	23:59	25:50	41:00	1:24	2:52
M70 10:25.4	20:15	21:49	34:00	70:00	2:24	M70 13:28.5	26:10	28:12	44:00	1:30	3:04
M75 10:59.9	21:20	23:00	36:00	74:00	2:32	M75 14:19.5	27:49	29:58	47:00	1:36	3:16
M80 11:40.7	22:40	24:25	38:00	78:00	2:40	M80 15:20.7	29:48	32:08	50:00	1:42	3:28
M85 12:29.3	24:15	26:08	40:00	82:00	2:48	M85 16:35.7	32:13	34:44	53:00	1:48	3:40

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:12
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:07	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94 6-4½	1.85 6-3¾	1.76 5-9½	1.68 5-6	1.59 5-2½	1.50 4-11	1.41 4-7½	1.32 4-4	1.23 4-½	1.13 3-8	1.02 3-4	.92 3-1
PV	4.40 14-5½	4.15 13-7½	3.90 12-9½	3.60 11-9½	3.30 10-10	3.05 10-0	2.80 9-2½	2.55 8-4½	2.30 7-6½	2.05 6-8½	1.80 5-11	1.50 4-11
LJ	6.55 21-6	6.20 20-4½	5.85 19-2½	5.45 17-10½	5.10 16-9	4.75 15-7	4.40 14-5½	4.00 13-1½	3.65 11-11½	3.35 11-0	3.00 9-10	2.65 8-8½
TJ	13.35 43-9½	12.65 41-6	11.90 39-½	11.15 36-7	10.40 34-1½	9.65 31-8	8.90 29-2½	8.20 26-11	7.50 24-7½	6.80 22-4	6.10 20-½	5.50 18-½
Shot	15.20 49-10½	14.10 46-3½	13.00 42-8	12.00 39-4½	12.40 40-8½	11.20 36-9	12.00 39-4½	10.80 35-5½	10.00 33-0	8.80 28-10½	7.65 25-1½	6.50 21-4
Discus	44.80 147-0	42.60 139-9	40.60 133-2	38.00 124-8	40.00 131-3	36.40 119-5	40.00 131-3	36.80 120-9	31.60 103-8	26.40 86-7	21.40 70-2½	16.20 53-2
Hammer	47.24 155-0	44.20 145-0	41.14 135-0	38.10 125-0	38.40 126-0	36.00 118-1	36.00 118-1	33.00 108-3	29.00 95-2	25.00 82-0	22.50 73-10	18.00 60-0
Jav	62.00 203-5	57.00 187-0	52.00 170-7	48.00 157-6	43.00 141-1	38.50 126-4	40.00 141-1	35.00 114-10	29.00 95-2	24.00 78-9	19.00 62-4	15.00 49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

TRACK & FIELD RESULTS

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

EAST

Philadelphia Masters
Development Meet
Haverford, PA
December 17

55m

Ken Bauersfeld	34	6.9
Dhamiri Abayomi	49	7.2
Bob Keegan	57	7.3
Jim Craig	32	7.5
Dave Martin	54	7.9
Walker Pierson	66	8.3
Peter Vishton	42	8.4
George Taylor	59	9.1
Frank Levine	75	12.1

55hurdles

Dave Martin (36")	54	10.3
Bob Fuhrman (39")	48	11.0
Walker Pierson (33")	66	11.2
George Taylor (33")	59	12.3

200m

Ken Bauersfeld	34	25.6
Dhamiri Abayomi	49	26.4
Jim Bantum	49	27.6
Jim Craig	32	28.4
Bob Keegan	57	28.5
Larry Simmons	46	28.9
Bruce Gilbert	54	28.9
Walker Pierson	66	31.0
Bob Weiner	42	33.9
Claude Hillis	77	37.0
Frank Levine	75	47.1

400m

Sakshat Flowers	41	57.4
Tim Dickens	42	58.2
Dhamiri Abayomi	49	1:00.7
Dan Weller	42	1:01.0
Gary Gordon	43	1:01.3
Bruce Gilbert	54	1:03.3
Jim Bantum	49	1:05.5
Frank Levine	75	1:43.4

800m

Bruce Carter	42	2:15.9
Bob Weiner	42	2:16.1
Karl Castor	38	2:16.5
Jim Sutton	38	2:16.6
Fred Dedrick	41	2:17.3
Jerry McPadden	48	2:17.4
Bob Bennett	47	2:19.3
Bob Classen	45	2:20.6
Ed Morris	34	2:20.8
Larry Fried	40	2:21.7
George Sanders	43	2:28.2
Bruce Gilbert	54	2:34.4
Bob Fuhrman	48	2:34.9
Mary Ellen Malloy	32	2:41.3
Beth Barrie	32	2:56.3
Dick Bloom	60	3:04.7
Sharon Harvey	39	3:11.8
Frank Levine	75	3:54.5

1 mile

George Lokken	41	ca. 4:46
Fred Dedrick	41	ca. 4:49
Rich Durban	38	4:51.2
Russ Patton	34	4:52.2
Bob Weiner	42	4:56.2
Ron Niblett	41	4:57.6
Ed Morris	34	5:01.9
Bob Richey	40	5:03.4
Bob Bennett	47	5:05.4
Larry Fried	40	5:06.3
Jack Mroz	33	5:17.9
Larry Hart	38	5:18.4
Bob Classen	45	5:20.7
George Sanders	43	5:22.2
Larry Simmons	46	5:22.5
Bob Fuhrman	48	5:39.6
Ron Salvio	41	5:42.7
Kyle Mecklenborg	38	5:56.1
Peter Vishton	42	5:56.2
Clark McNeight	38	6:19.7
Dick Bloom	60	6:32.2
Jerry Nolan	62	6:54.0
Frank Levine	75	8:32.2

1 mile walk

Larry Simmons	46	8:52.3
Ron Salvio	41	8:52.4
George Braceland	76	10:13.2
xx	xx	10:19.0
xx	xx	10:20.2
xx	xx	10:34.7
Ray McKeenan	64	10:47.4

3000m

George Lokken	41	9:32.6
Fred Dedrick	41	10:07.3
Ron Niblett	41	10:24.0
Mike Owens	43	10:31.6
Bob Weiner	42	10:41.0
Bob Richey	40	10:44.5
Larry Hart	38	10:49.6
Jack Mroz	33	10:59.6
George Sanders	43	11:20.8
Tim Dickens	42	11:34.6
Jeff Wilhelms	41	11:43.4
Several runners	xx	xxxxxx
Frank Levine	75	17:02.0

Shotput (pounds)

Ed Bradley (12)	50	12.24m
Jim Craig (16)	32	11.44m
Tom Jackson (12)	56	11.16m
Richard D. Smith (16)	42	10.79m
Al Jankola (11)	65	10.04m
George Braceland (8.8)	76	8.45m
George Taylor (12)	59	8.40m
Walker Pierson (11)	66	8.21m
Denny Ziemba (16)	42	8.09m
Ron Salvio (16)	41	7.93m
Jacob Katz (16)	47	6.67m

High Jump

Ron Salvio	41	4-9
Ed Laurelli	39	4-9
Rob Schaible	39	4-9
George Braceland	76	3-10
George Taylor	59	3-8

Long Jump

Gary Gordon	43	16-5
Jacob Katz	47	15-5
Dave Martin	54	15-4
Ron Salvio	41	14-6
Wade Byrd	51	12-11
Ed Matthews	69	12-1/2
George Taylor	59	11-9
George Braceland	76	10-4

Triple Jump

Dave Martin	54	31-4
Gary Gordon	43	27-0
George Taylor	59	23-3
George Braceland	76	22-5



Tom Robinson Memorial Mile
Haverford College
Haverford, PA
January 7, 1990

M30	Nancy Fitzgerald	5:32.7
	Mary Ellen Malloy	5:58.9
M35	Diane McManus	7:29.6
M45	Nancy Rose	8:09.2
M50	Ursula Deetsacreek	7:23.5
	Sheila Foster	8:42.9
M70	Becky Yencharis	8:45.0
M30	Russ Patton	4:58
	Jack Mroz	5:14
	Dan Coates	6:04
	Mark Placentino	6:27
M35	Gary Tompkins	4:41.7
	Rich Durban	4:43.8
	John Enawiler	4:44.5
	Joel Hoffsmith	4:46.0
	Russell Floyd	5:04.7
	Dan Wisniewski	5:07.5
	John Buhring	5:13.3
	Kyle Mecklenborg	5:47.8
M40	Ben Brockwell	4:45.7
	Jim Shank	4:51.5
	Ron Niblett	5:01.6
	Bob Richey	5:03.2
	Larry Fried	5:09.5
	Mike McCreesh	5:15.6
	George Sanders	5:16.3
	Pete Vishton	5:51.9
M45	Jerry McPadden	5:04.8
	Bob Bennett	5:08.7
	Tom Gallagher	5:11.8
	Larry Simmons	5:20.7
	Robert Classen	5:30.9
	John Maloney	6:16.7
M50	none	
M55	Jim Sutton	4:58.7
	Larry Dickerson	5:54.0
	Billy Mullin	6:29.6
M60	Maurice Schepers	5:30.7
	Dick Bloom	6:30.0
	Jerry Nolan	6:38.2
M65	John McCarthy	7:23.5
M75	Frank Levine	8:30.7



SOUTHEAST

Holiday Weight
Pentathlon
Delray Beach, FL
December 30

Age	Name	DISC	SHOT	JAV	HAWM	WT	TR	SCORE
24	Tony Dziepak	31.85	10.63	29.41	46.43	14.19		2808
		501	524	291	752.5	740		
27	Ed Mitchell	28.55	9.40	26.20	16.60	5.95		1590
		436	150	246.5	212	216		
30	Vincent St. Clair	31.29	12.77	29.43	30.34	9.62		2458
		519.5	653.5	297.5	195	163		
34	Bessy Hendrix	23.04	8.90	38.00	26.19	8.84		2030
		330	432	434	117.5	116.5		
37	Paul Brown	32.39	12.39	38.16	32.70	11.56		2779
		522	666	150	558	563		
38	Nate Robinson	29.66	9.50	19.54	19.42	8.87		2315
		472	488	635	259	421		
40	Bob Silva	33.06	10.94	28.31	38.19	10.10		2668
		551.5	592.5	311.5	672	458		
42	Glenn Weaver	31.68	7.70	51.17	31.91	12.03		2804
		536	392	701	578	637		
49	Brian McKenna	32.60	10.98	30.18	34.92	10.61		3032
		623	672.5	117.5	655	625.5		
53	Al Oertel	57.68	13.76	22.74	18.46	15.30		1451
		1087	826	312	685.5	1041		
57	Pay Carstenen	29.66	10.90	31.82	31.06	9.78		3108
		527.5	677	550	674	679.5		
57	Carice Fraundorfer	33.38	9.82	23.80	34.67	10.05		2990
		611	597.5	376.5	703	702		
58	Earl Fosse	21.31	7.16	19.45	18.69	7.22		1768
		353.5	435.5	295	368	336.5		
60	Pandy Cooper	11.94	12.65	15.03	26.24	10.47		3441
		766	766.5	625	518	565.5		
65	Donald Reid	37.34	11.26	29.78	32.10	10.38		3349
		651.5	748	581	688	640.5		
66	Bernie Meyer		11.27					
			768					
69	Arthur Knapp	23.91	8.01	17.02	18.80	5.70		2075
		416.5	162.5	313.5	367	344		
72	Earlilton Fortingstar	30.29	10.07	28.64	27.76	8.88		3306
		659.5	662	712	616	656.5		
76	Igor Stereoff	16.95	5.83	17.83	15.02	4.50		1874
		366.5	381	457.5	316	323.5		
78	Phil Partridge	16.61	4.54	10.04	12.38	6.19		1708
		386	293	225	281.5	522.5		
80	Gordon Powell	22.91	7.02	13.83	18.46	6.62		2675
		627	545.5	388	505	609.5		

All Standard NAVA Impl. except Poose 250 Vt. New 800g Javs.
Scoring by IAAF PIA Tables & Age Factors © NEW AGE RECORD

Five rugged guys still had enough left to do a discorama

	2K	1.75K	1.5K	1.25K	1K	Score
Dziepak	31.29	38.00	39.27	12.95	18.73	2851
	519.5	570.5	562.5	512.5	586	
Weaver	31.91	37.27	38.94	12.00	17.00	2591
	590	579	559	566.5	597	
Fraundorfer	25.34	27.95	31.74	32.93	34.35	2723
	517.5	543.5	574.5	516	526.5	
Cooper	28.21	31.69	37.46	18.59	12.62	3541
	662.5	691	755	715	718	
McKenna	28.72	30.55	34.10			1595
	531	517.5	537	D X F	(3)	

LONG DISTANCE RESULTS

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



Hartford Track Club	
Elizabeth Sparkowski	1:26:34
Louise Klaber	1:32:24
Gloria Polleys	1:34:29
Total Time	223:37

NATIONAL

USA National Cross-Country
Bronx, New York
November 26

Team Results

M40-49

Hartford Track Club A:

Albin Swenson	53:26
Ralph Walde	57:06
Lawrence Purtell	57:08
Donald Gulick	57:47
Dick Ashley	57:56
Total Time	283:23

Westchester Puma

Pierre Vittori	57:13
Brian Kivlan	58:08
John Holland	58:35
Jim Clinton	1:00:17
Bob Lance	1:00:32
Total Time	294:45

Central Park Track Club

Peter Gross	58:54
Jack Brennan	59:13
Sid Howard	59:55
Michael Spada	1:00:13
Dan Hamner	1:00:53
Total Time	299:08

M50-59

Millrose AA

Willie Kaye	57:04
Alan Fairbrother	59:52
John Garlepp	1:01:59
Jim Fillis	1:02:18
Jerzy Sulek	1:02:46
Total Time	303:59

Westchester Puma

Hans Hartman	1:02:13
Bill Walsh	1:02:54
Denis Daly	1:04:12
Erwin Korf	1:06:09
Robert Ford	1:07:21
Total Time	322:49

Hartford Track Club

Peter Madden	1:00:44
Bill Masterson	1:05:41
Jon Sonstroem	1:08:10
David Jackson	1:08:19
William Gagnon	1:11:00
Total Time	333:52

Continued from previous page

MALES: 50 - 54

PLACE NAME	AGE TOWN	ST TIME
1 FAY BRADLEY	52 WASHINGTON	\$100 DC 0:26:27
2 DON BLEEMAN	51 ANN ARBOR	MI 0:27:27
3 ARTHUR SCHEINHOLZ	50 WESTPORT	CT 0:28:51
4 JIM LARSON	53 CLEARWATER	FL 0:28:56
5 GEORGE LOPES	50 MIAMI	FL 0:29:09
6 DICK RUZICKA	53 ST PETERSBURG	FL 0:29:18
7 VICTOR LAMONTAGNE	52 DADE CITY	FL 0:30:58
8 THOM WEDDLE	51 BURNSVILLE	MN 0:31:24
9 KEN TRASHER	53 SARASOTA	FL 0:31:44
10 ROY LAMM	52 SMYRNA	GA 0:32:36
11 ROY A. BOGGS	51 CAPE CORAL	FL 0:32:42
12 CHARLES DESJARDINS	53 FAIRFAX	VA 0:33:47
13 CLIFF BARTHAM	50 EAST ISLIP	NY 0:35:17
14 ED BARRETO	52 NAPLES	FL 0:36:20
15 LEO F. FEENEY	52 ST. PAUL	MN 0:36:41
16 RAY PHILLIPS	53 NAPLES	FL 0:37:03
17 JOE RUBINFINE	51 WEST PALM BCH	FL 0:37:33
18 JOHN CHAMBERS	54 ARNOLD	MD 0:40:50
19 BILL WARD	52 NAPLES	FL 0:41:07
20 ALLEN HITCHCOCK	50 NAPLES	FL 0:41:30
21 ERNEST L. RISLEY	54 FT. MYERS	FL 0:46:06
22 LOUIS J. ELIA	54 NAPLES	FL 0:50:37

MALES: 55 - 59

PLACE NAME	AGE TOWN	ST TIME
1 NORM GREEN	57 WAYNE	\$100 PA 0:27:00
2 HAL HIGDON	58 MICHIGAN CITY	IN 0:29:03
3 ALBERT KUMMER	55 GREENSBORO	PA 0:29:34
4 GREG FROM	58 ST ANTHONY	MN 0:30:59
5 PERRY SILVERMAN	57 NAPLES	FL 0:31:55
6 ALFORD NOTLEY	58 DAYTON	OH 0:33:32
7 JOHN BOLUS	55 NAPLES	FL 0:36:05
8 JACK HARMS	59 SPIRIT LAKE	IA 0:36:23
9 STANLEY W. HOLE	58 NAPLES	FL 0:37:41
10 EDWARD BOLGER	55 MIFFLINTOWN	PA 0:37:51
11 DON ROBERTS	57 LAKELAND	FL 0:38:11
12 WOODY POTTER	58 NAPLES	FL 0:41:36
13 DOUG ZOOK	55 PORT CHARLOTTE	FL 0:41:44
14 BILL NELSON	56 NAPLES	FL 0:41:46
15 FRANK FERRAILO	58 NAPLES	FL 0:42:44
16 GEORGE HARMEN	56 BELVIDERE	IL 0:43:56
17 PAUL MOSER	58 TULSA	OK 0:46:50
18 GEORGE FURBUSH	57 NAPLES	FL 0:51:19

MALES: 60 - 64

PLACE NAME	AGE TOWN	ST TIME
1 JACK GENTRY	61 ROGERS	\$100 AR 0:29:51
2 JIM ONEIL	64 LA JOLLA	CA 0:29:53
3 BILL FORTUNE	61 PEARL RIVER	NY 0:29:55
4 MYRON MEYER	62 NORTH FORT MYERS	FL 0:31:52
5 MANFRED DECKERT	60 TALLAHASSEE	FL 0:37:05
6 BILL FINN	60 HAMPTON	NY 0:38:50
7 MICHAEL BLANDFORD	62 FORT MYERS	FL 0:39:30
8 GERALD F. GILES	60 PORTSMOUTH	NH 0:41:17
9 WILLIAM MACDERMID	61 PLYMOUTH	CT 0:42:11
10 JOHN HICKEY	61 PORT CHARLOTTE	FL 0:43:52
11 RICK ALVARADO	62 BOCA RATON	FL 0:44:11
12 BOB GAND	63 DEERFIELD	IL 0:45:02
13 BOB J. NUCCI	62 HILLSIDE	NJ 0:45:06
14 EDWARD BRUNAGE	64 NAPLES	FL 0:46:15
15 EDWARD TAPPEN	62 NAPLES	FL 0:46:30

MALES: 65 - 69

PLACE NAME	AGE TOWN	ST TIME
1 JOHN BART MCANUS	66 SUNNYSIDE	\$100 NY 0:31:28
2 JOHN BURTON	66 WAYZATA	MN 0:34:30
3 DEWEY K. MCICKLE JR	65 MADISON	WI 0:34:33
4 FRED JENNINGS	65 WINDERMERE	FL 0:34:39
5 BILL TRIBOU	69 GRANBY	CT 0:34:47
6 HOWARD HENRY	69 KNOX	TN 0:41:28
7 JAY BURNS	69 OWENSBORO	KY 0:41:56
8 CHARLES FUTRELL	69 BREVARD	NC 0:44:27
9 HARRY KATZ	68 TORONTO, ONTARIO	CN 0:45:08
10 PAUL HAUCK	69 NAPLES	FL 0:49:32
11 JOHN KOHUT	66 YOUNGSTOWN	OH 0:50:52

MALES: 70 - OVER

PLACE NAME	AGE TOWN	ST TIME
1 NATHANIEL WHITE	70 FAYETTEVILLE	\$100 NY 0:35:50
2 EUGENE E. KELLER	75 CINCINNATI	OH 0:36:08
3 ED BENHAM	82 OCEAN CITY	MD 0:36:43
4 JOHN LAUGHLIN	70 FAIRVIEW	TN 0:39:59
5 BERNARD J. RYAN	71 SEMINOLE	FL 0:41:43
6 PETER HLINKA	71 HILLSBORO BEACH	FL 0:43:07
7 RAYMOND H. FROST	70 SANIBEL ISLAND	FL 0:45:53
8 STANLEY STEINERT	78 CINCINNATI	OH 0:48:25
9 BERRY B. AUERBACH	73 NAPLES	FL 0:57:14

TOP TEN FEMALES OVERALL

PLACE NAME	AGE TOWN	ST TIME
1 PRISCILLA WELCH	45 BOULDER	\$2500 CO 0:26:59
2 GABRIELLE ANDERSON	44 SUN VALLEY	1500 ID 0:27:51
3 GRAZIELLA STRIULI	40	1000 IT 0:27:54
4 HEATHER MATTHEWS	40	500 NZ 0:28:03
5 JANE HUTCHISON	44 WEBB CITY	400 MO 0:28:35
6 BARBARA FILUTZE	43 ERIE	300 PA 0:28:42
7 MARY WOOD	44 MONTROSE	200 CO 0:29:06
8 NANCY OSHIER	41 RUSH	150 NY 0:29:10
9 KATHY MCINTYRE	40 NEW YORK	100 NY 0:29:29
10 CLAUDIA CIAVARELLA	40 WINTER PARK	50 FL 0:29:59

FEMALES: 40 - 44

PLACE NAME	AGE TOWN	ST TIME
1 GABRIELLE ANDERSON	44 SUN VALLEY	\$100 ID 0:27:51
2 GRAZIELLA STRIULI	40	1000 IT 0:27:54
3 HEATHER MATTHEWS	40	NZ 0:28:03
4 JANE HUTCHISON	44 WEBB CITY	MO 0:28:35
5 BARBARA FILUTZE	43 ERIE	PA 0:28:42
6 MARY WOOD	44 MONTROSE	CO 0:29:06
7 NANCY OSHIER	41 RUSH	NY 0:29:10
8 KATHY MCINTYRE	40 NEW YORK	NY 0:29:29
9 CLAUDIA CIAVARELLA	40 WINTER PARK	FL 0:29:59
10 LAURENCE JONES	40 TITUSVILLE	NJ 0:30:57
11 SHARON BEAL	43 FT LAUDERDALE	FL 0:30:59
12 PEG MILLER	40 CORTEZ	FL 0:32:09
13 LINDA PERDUE	42 FORT MYERS	FL 0:36:59
14 SHIRLEY VARGO	40 WILMINGTON	DE 0:37:48
15 JOAN CANFIELD	43 NAPLES	FL 0:37:55
16 KATHY SENDERS	43 NAPLES	FL 0:40:19
17 PATTY JENSEN	40 NAPLES	FL 0:40:23
18 NANCY DELP	40 NAPLES	FL 0:43:21
19 KATHY HAMMOND	44 NAPLES	FL 0:43:38
20 ROSANNE ZWICKER	43 NAPLES	FL 0:45:56
21 LINDA THOMPSON	42 CHIMNEY ROCK	NC 0:45:59

FEMALES: 45 - 49

PLACE NAME	AGE TOWN	ST TIME
1 PRISCILLA WELCH	45 BOULDER	\$100 CO 0:26:59
2 CHRISTINE TATTERSAL	48 KILLINGWORTH	CT 0:30:56
3 SUSAN WEISBROD	46 SKILLMAN	NJ 0:31:18
4 VICKY IMES	45 ST. PETERSBURG BCH	FL 0:31:48
5 KAREN BESTUL	47 LINCOLN	NE 0:33:14
6 DOLLY OBERLIN-GEORGE	47 NAPLES	FL 0:35:03
7 LORRAINE EVANS	47 ORLANDO	FL 0:36:24
8 ANITA MILLER	47 NAPLES	FL 0:37:02
9 JAN ROHDE	48 FORT MYERS	FL 0:37:54
10 ANN TAYLOR	47 NAPLES	FL 0:38:22
11 SHARON MARKOSKI	46 EAST SPARTA	OH 0:40:11
12 NANCY HARMEN	47 BELVIDERE	IL 0:40:28
13 JEANNE FEENEY	48 ST. PAUL	MN 0:41:35
14 CAROL MITCHELL	46 NAPLES	FL 0:46:15
15 LUCY ATHEY	47 CHARLESTOWN	WV 0:48:36
16 CAROL E. LANGENBACH	45 SEATTLE	WA 0:48:55
17 JOANNE BARTHAM	49 EAST ISLIP	NY 0:51:10

FEMALES: 50 - 54

PLACE NAME	AGE TOWN	ST TIME
1 GINA FAUST	52 WOODLAND HILLS	\$100 CA 0:31:02
2 MIAMI OLIVEIRA	50 MIAMI	FL 0:34:46
3 JO-WRIGHT WHITTEN	51 ROCHESTER	NY 0:36:11
4 GALE LEHNUS	52 BONFIELD	IL 0:37:00
5 JUDY KIRCHOFFER	51 WAUKESHA	WI 0:40:15
6 JEANETTE CHAMBERS	54 ARNOLD	MD 0:40:49
7 SUE BERNIER	50 NAPLES	FL 0:43:33
8 MARILYN ZOOK	52 PORT CHARLOTTE	FL 0:46:37
9 ROBERTA GERBER	50 NAPLES	FL 0:48:34
10 SANDRA BARRETO	53 NAPLES	FL 0:48:49

FEMALES: 55 - 59

PLACE NAME	AGE TOWN	ST TIME
1 MARGARETE DECKERT	56 TALLAHASSEE	\$100 FL 0:34:34
2 GLORIA BROWN	58 GRAND ISLAND	NY 0:36:32
3 JOANNE BARNEY	55 CRESTHILL	IL 0:41:11
4 CAROLYN ROBERTS	55 LAKELAND	FL 0:46:26
5 LA VERNE WEBB	55 NAPLES	FL 0:50:08
6 BONNIE VAUGHN	59 NAPLES	FL 0:54:26

FEMALES: 60 - 64

PLACE NAME	AGE TOWN	ST TIME
1 RUTH ANDERSON	60 OAKLAND	\$100 CA 0:38:26
2 NANCY BEWARD	64 SARASOTA	FL 0:43:43
3 ERMA HICKEY	61 PORT CHARLOTTE	FL 0:43:51
4 ANNELESE MONNIERE	62 FORT MYERS	FL 0:51:15

FEMALES: 65 - 69

PLACE NAME	AGE TOWN	ST TIME
1 ANNE TRIGG	65 ST PETERSBURG	\$100 FL 0:38:31
2 LORETTA SHEHAN	66 WEST SENeca	NY 0:39:44
3 EVELYN JENNINGS	65 WINDERMERE	FL 0:40:35
4 MARY NORDKAUER	65 BATON ROUGE	LA 0:43:58
5 LULU MANCINI	66 SARASOTA	FL 0:44:29
6 QUEENIE THOMPSON	66 NEW YORK	NY 0:46:27
7 ANNE HOBSON	65 CHARLOTTE	NC 0:46:37
8 VADINE KOENIG	69 HAMILTON	OH 0:49:03

FEMALES: 70 - OVER

PLACE NAME	AGE TOWN	ST TIME
1 MARTHA PEMBROKE	70 CLEARWATER	\$100 FL 0:49:40
2 MARY HAINES	75 NEWINGTON	CT 0:51:37

EAST

Chubb Life 10 Miler
Newport, N.H.
September 17

Overall:

Rusty Coffin 53:31
Nancy Corsaro 56:10

M40 Robert Sholl 53:39
Chip Morgan 56:17
Ken Houle 57:52
Thomas Wallace 59:43
Don Shaw 1:01:22

M50 Douglas MacGregor 55:28
Rod Zuercher 1:05:57
John Zarombek 1:06:52
Terrance Humphrey 1:08:20
Joseph Boyle 1:11:05

M60 Herb Silander 1:14:06
Jack Jennings 1:18:38
Robert Corless 1:31:28

M40 Barbara Robidoux 1:18:42
Denise Wagner 1:19:03
Barb Briggs 1:22:22
Mary Kosovics 1:27:28
Dolly Lemoine 1:27:39

M50 Christa Curtis 1:20:11
Bernie Finley 1:20:22
Anne Knight 1:21:21
Eleanor Whitney 1:26:06
Ann Knight 1:27:34

Chubb Life 5K

Overall:

Charles Cleveland 15:20
Lynn Jennings 15:30

M40 Frank Rucki, Jr. 16:09
Don Wilcox 17:36
John Gogel 17:40
Ken Morrissey 17:44
Jon Meyer 17:57

M50 Bill Horne 19:04
Thomas Connolly 19:36
Hal Workman 21:11
Elliot Snow 22:39
Irving Robinson 22:45

M60 Louis Peters 25:22
Milt Chapman 41:41
Walter Fortier 43:43
M70 James Robertson 26:26
Casper Sorenson 49:42

Fred J. Hackett Autumn 10K
Newport NH
November 5

Overall:

Michael Michno 30:42
Mary Hynes Johanson 35:30

M40 Chip Morgan 34:05
Michael Phillips 35:03
Tom Wallace 35:59
Ron Kita 36:05
Stanley Dutton 36:17
Allan Rube 36:28
Ken Traut 37:01
Jon Meyer 37:12
Philip Stuart 37:32
Robert Carrier 38:02

M50 Douglas MacGregor 33:40
George Bisson 36:59
Hugh Webb 40:40
Milan Marich 41:15
Thomas Connolly 41:32
M60 Samuel Daniell 40:22
John Chandler 43:21
John DiComandrea 46:34
Walt Mendoza 50:45
Louis Peters 53:58
M70 Milton Buckins 58:52

M40 Rosemary Paratra 44:24
Kate Benson 44:27
Noel Bodwell 45:12
Aline Martel 46:25
Susan Rube 47:51
Cheryl Powell 49:27
Paula Cote-Wilkin 49:36
Nancy Tucker 50:15
Patricia Pike 50:17
Robin Robinson 50:42
M50 Jane Graveline 52:57
Margaret Pyska 56:32

December Series 10K
Central Park, NYC
December 3

Overall:

Mohamed Idris 32:01
Kathleen Amato 36:32

M40 Edgar Sandoval 36:54
Edward Gerrity 37:34
Paul Acosta 37:41
M45 Theodore Haiman 34:45
Samuel Skinner 36:03
Justino Valentin 39:41

M50 Willie Kaye	35:31
Manfred Konrad	36:23
Jerry Sulek	37:45
M55 Ruben Cordon	38:58
George Hirsch	39:45
Clifford Gerenz	40:12
M60 Joseph Burns	41:36
Hector Pacheco	43:46
Arthur Bowen	45:57
M65 William Coyne	45:01
Thomas Gibbons	46:45
Wallace Cutler	49:47
M70 Vincent Carnevale	47:04
George Sheehan	47:20
Wilfredo Rios	52:21
M40 Jean Perry-Wolf	42:05
Barbara Yardy	47:09
Florie Sherman	47:57
M45 Susan Weisbrod	39:44
Harriet Oster	42:36
Laurie Baker	43:37
M50 Lynda Roven	44:11
Jill Martin	44:23
Joan Bondell	48:08
M55 Bunny Franco	48:56
Linda Scherer	1:08:21
M60 Aslaug Tomas	54:00
Ann Coleman	1:08:44
Amy Asch	1:22:24

December Winter Series
10-Mile - Central Park, NYC
December 9

Overall:

Solomon Chebor 53:02
Diana Nelson 1:00:24

M40 Lawrence Torella 55:28
Marc Hildebrand 58:54
Edgar Sandoval 59:54

M45 Ted Haiman 57:36
Ramon Ruiz 1:01:55
Benny Kim 1:04:24

M50 Sidney Howard 59:33
Ralph Garfield 1:06:25
Robert Laufer 1:09:36

M55 Ruben Cordon 1:06:07
Clifford Gerenz 1:06:31
George Hirsch 1:06:41

M60 Joseph Burns 1:08:08
John Corrigan 1:11:48
Arthur Bowen 1:15:04

M65 John McManus 1:11:24
Thomas Gibbons 1:19:50
Stanley Edelman 1:19:53

M70 Vincent Carnevale 1:15:53
Andrew Neidnig 1:18:39
Wilfredo Rios 1:25:46

M40 Angella Hearn 1:01:38
Christine Grenning 1:03:08
Mary Ryan 1:07:16

M45 Susan Weisbrod 1:06:24
Lina Connors 1:07:52
Harriet Oster 1:09:49

M50 Lisa Praskins 1:09:50
Cindy Clark 1:14:22
Rosa Nales 1:16:28

M55 Esther Marcus 1:24:04
Camille Lazar 1:29:44
M60 Cassie Bazar 1:24:16
Aslaug Tomas 1:29:21

Four Mile Holiday Run
Central Park, NYC
December 17

Overall:

Andy Latinsics 20:18
Candace Strobach 22:41

M40 Peter Gross 23:04
Edgar Sandoval 23:12
Michael Spada 23:36

M45 Dan Hammer 25:41
Peter Schwartz 27:30
Thomas McGee 28:06

M50 Frank Byrne 25:14
Robert Dolphin 25:44
Daniel Jacobs 27:32

M55 Eric Seiff 26:31
Ralph Perry 29:45
Ed Opengart 30:00

M60 Bill Fortune 24:30
Hector Pacheco 28:05
Frank Lorey 29:30

M65 John McManus 27:23
Thomas Gibbons 32:12
Lester Evans 37:49

M70 George Sheehan 29:55
Vincent Carnevale 30:08
Charles Feldman 35:41

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Continued from previous page

SOUTHEAST**Thanksgiving Ten-Miler
DeLand, FL
November 23**

Overall:	
David Reid	51:18
Claudia Ciavarella	1:02:55
M40	
Robert Wetsel	1:01:16
Bob Dehne	1:01:16
Andres Soto	1:03:26
Sam Juntto	1:07:41
William Smith	1:07:46
M45 John Bryant	1:05:22
Phil Little	1:08:07
Jim Blair	1:08:36
Mike Sheffey	1:09:57
Richard Steiner	1:13:12
M50 Bob Brockway	1:04:50
Patrick Zier	1:08:22
Jerry Vance	1:12:28
Jack Adkins	1:13:48
Jim Johnson	1:22:12
M55 Jim Hastings	1:09:20
Denis Dirscherl	1:17:43
Bob Mautino	1:24:15
M60 Jim Blount	1:04:20
Elo Sexton	1:26:58
W35	
Sue Sofkianca	1:13:40
Brenda Heartz	1:18:03
Susan Broomall	1:30:07
Mary Forman	1:44:26
M40 Pat Beidelschies	1:18:47
Rose Tillery	1:25:01
Lynda Lincoln	1:38:42
M45 Rita Schaefer	1:23:29
Ineke Frey	1:29:12
M50+Maggie Dobson	1:20:16

**Rocket City Marathon
Huntsville, AL
December 9**

Open Chris Prior	2:20:29
Cheryl Boessow	2:46:16
M40-44	
Bob Schlaue	42 SC 2:24:39
Ken Sparks	44 OH 2:33:27
Joe Catalano	40 MA 2:37:28
Ken Cole	42 FL 2:37:51
Craig Storey	41 CAN 2:38:45
Don Rowland	41 AL 2:39:21
Mark Stogsdill	42 GA 2:39:28
Jim Pearson	40 FL 2:39:50
Tracy Peugh	42 GA 2:40:19
George Whitley	40 GA 2:41:10
M45-49	
Ken Brewer	48 AL 2:49:05
Sammy Morris	49 AL 2:52:03
Paul Vondergathen	CO 2:55:07
Dick Jordan	45 AL 2:58:24
John Toole	47 GA 3:01:07
M50-54	
Dick Ruzicka	53 FL 2:51:17
Orbin Thompson	51 AL 2:58:29
Jim Lockhart	52 KY 3:03:50
M55-59	
Gerald Koch	55 TN 2:48:38
Gillis Malcolm	56 AL 2:57:46
Samuel Johnson	56 TN 3:15:47
M60+	
Joe Killeen	61 TN 3:31:35
Ray Westgate	62 AL 3:37:13
George Poulos	61 AL 3:37:28
M40-44	
Nancy Mieszcak	40 NY 2:55:53
Lynn Hayes	42 FL 3:11:33
Ellen Murphy	42 TN 3:18:22
Pamela Cook	40 NJ 3:24:30
Vicki Redmon	41 NC 3:32:18
M45-49	
Harolene Walters	CA 3:18:06
Anne Wright	45 GA 3:21:09
Louanna Putnam	47 VA 3:48:38
Brenda Crittenden	AL 4:19:56
Bets Blume	47 AL 4:32:00
M50-54	
Nancy Parker	53 GA 3:17:41
Patti Reece	52 TN 3:48:49
Marjorie Peterson	GA 3:58:41
M55-59	
Maryanne Woodring	TN 3:56:31
M60+	
Betty Dooley	61 AL 5:08:30
from Harold Tinsley	

**Jingle Bell 10K
Sarasota, FL
December 9**

Overall:	
Randy Jordan	33:03
Andrea Ekerholm	45:57
M35 Vivas Santos	34:47
M40 Boots Baesler	37:25
M45 Richard Quevillon	36:02
M50 Sandor Rencdeczky	37:52
M55 Jim Hively	42:09
M60 Myron Meyer	40:53
M65+John Laughlin	52:38
W35 Debbie Kowal	52:08
W40 Amy Petz	47:58
W45 Connie Lyke	50:03
M50 Joan Foster	54:09
W55 Diane Stone	66:56
W60 Nancy Beward	57:03
M65+Eileen Gallagher	53:18
from Jerry Wojcik	

**Boca 5-Mile
Boca Raton, FL
December**

Overall:	
Lee Duffner	26:43
Bonnie Stein	29:25
M40 Peter Black	28:15
Fred Cichocki	28:38
Allan Menzer	31:09
M50 Burt Kunze	29:41
Len Conner	35:36
Will Ginsberg	35:51
M60 Charles Poladian	30:29
John Gamba	32:10
Sig Kurz	32:34
M70+Sam Gadless	38:05
Jack Greenberg	44:07
M40 Ruth Bragman	31:04
Sheila Cichocki	31:23
M50 Diana Martin	38:04
Mary Parker	39:24
M60 L. Hottensmith	32:42
Vivian Jefferas	38:04
Blanche Waldman	38:13

**Jingle Bell 5-Mile
Weston, FL
December 16**

Overall:	
John Fredericks	24:26
Sandra Vlamend	29:53
M40 Peter Black	28:40
Gary Connor	30:47
Alan Menzer	31:29
M50 Lee Duffner	27:22
Raymond Woodland	34:18
Robert Haddock	36:28
M60+Charles Poladian	31:38
Sigmund Kurz	31:54
John Gamba	32:22
M40 Ruth Bragman	30:37
Linda Stein	30:53
Allece Bristol	33:55
M50 Beverly Beavers	36:43
June Rnoffsky	37:15
Dalene Farmer	43:20
M60+L. Hottensmith	34:06
Anne Bellenger	42:47
Gerry Beck	43:04

**Charlotte Observer Marathon
Charlotte, NC
January 6**

Open Bob Schlaue	42 2:24:46
Barb Remmers	26 2:49:36
M40 Bob Schlaue	42 2:24:46
Fred Waybright	42 2:42:12
Tim Heath	41 2:44:42
Fred Steier	41 2:46:09
Don Rich	41 2:48:05
Ted Baca	44 2:53:01
Barry Bishop	43 2:53:11
Ron Plants	2:56:00
Bruce Dale	2:56:24
Bob Ring	2:56:53
M45 Jerry Noffsager	2:54:31
Bob Knowks	3:03:56
Jim Patterson	3:08:40
Bill McBride	3:10:13
Tai Sugimoto	3:11:56
M50 Loyd Hoke	2:59:16
Don Siffers	3:06:23
Bernie Davis	3:07:21
Mike Morgan	3:15:27
Al Montgomery	3:22:05
M55 Bill Middleton	3:23:43
Paul Katonak	3:38:33
Dave Hoffer	3:42:17
M60 J.O. Tremblay	3:29:15
Dick Good	3:41:03
Roy Elder	3:43:44
M65 Don McNelly	4:57:15
Leroy Clippinger	7:59:59
M40 Judy Greer	43 2:57:09
Sally Edwards	42 3:09:31
Sherry Kanoy	40 3:11:20
Nancy Sigmon	42 3:30:58
Nancy Gatten	40 3:44:30
M45 Marilyn Hansen	46 3:44:33
Rebecca Gordon	4:16:07
Luster Shell	4:18:30

M50 Carol Westerman	4:10:08
Rita Alles	4:44:58
Virginia Bryan	5:02:34
M55 Wen-shi Yu	3:39:55
Mary Anne Woodr'g	4:34:37
M60 None	
M65 Marge Haggerty	6:04:09

**Charlotte Observer 10K
Charlotte, NC
January 6**

Open John Treacy	28 28:45
Marty Geissler	27 33:06
M40 Bill Rodgers	42 30:08
Don's Tibaduiza	40 30:15
Wilson Waigwa	40 30:45
Dave Stewart	41 30:48
Kevin Ryan	41 32:02
Earl Owens	40 32:21
Steve Ruckert	40 32:35
Jeff Hlinka	33:24
Tom Morris	33:45
Thom Suddeth	33:53
M45 G.W. Smith	33:18
Bill Orr	36:06
Mickey Lackey	36:48
Dave Johnson	36:58
Bob Maydole	37:13
M50 Fay Bradley	33:58
Don Sleeman	35:26
Dick Ruzicka	36:20
Boyce Brawley	38:03
Mike Ward	38:24
M55 Charles Rose	38:27
Charles Harris	41:57
John Shoemaker	42:16
M60 Dave Shenkenberg	42:58
Ken Helms	44:34
Gied Stroombeek	45:06
M65 Bob Shite	43:17
John Burton	43:40
Dewey McMickle	45:46
M40 Graziella Striuli	35:13
Gabriele Andersen	35:18
Barbara Filutze	36:36
Mary Wood	38:02
Peggy Schug	41:23
Karen Kinel	42:11
Betsy Reese	42:27
M45 Susan Weisbrod	40:01
Liz Ervin	41:29
Anne Moore	43:41
M50 Susie Kluttz	45:40
Jo-Wright Whitten	46:52
Margrid Krueger	49:52
M55 Beatrice Blanton	55:20
Beth Carrin	60:26
Anita Doss	65:06
M60 Rosie Chastain	61:24
Betty Lineberry	63:46
Lynn Fowler	71:26
M65 Anne Hobson	61:48

WEST**Fay Hobbs 10K For Women
Santa Barbara, CA
October 22**

Overall:	
Petra Kemmer	37:34
M35 Mary Ryzner	38:02
Maria Finney	40:43
Cindy Torres	47:04
M40 Mimi Baranowski	42:04
Terry Thomas	44:14
Stephanie Welch	44:52
M45 Betty Jory	42:45
Patty Landis	50:39
Nadine Krebs	51:32
M50 Joanne Barker	46:51
Ute Luyties	46:53
Barbara Camp	50:16
M60+Margaret Miller	48:34
Margie Withrow	54:27

**Santa Barbara Half Marathon
Santa Barbara, CA
November 5**

Overall:	
Gordon Christie	1:08:28
Mary Ryzner	1:22:32
M40 Joseph Banach	1:22:17
John Rupp	1:22:30
John Wiskel	1:27:39
Joe Howell	1:27:48
Michael Fikstad	1:27:56
M45 Larry Pontinen	1:23:04
Larry Brooks	1:24:44
Vic Birtalan	1:25:23
M50 Ron Thurston	1:33:52
Elmer Sanborn	1:34:09
Bill Dodson	1:34:25
M55 Paul Cocke	1:31:19
Richard Bartek	1:32:09
M60 William Cato	1:41:26
M40 Debbie Briglio	1:39:18
Stephanie Welch	1:40:13
M45 Joyce Parkel	1:47:52
Marilyn Hansen	1:53:10
M50 Ruth Hemming	1:49:51

Santa Barbara 5K

Overall:	
Pete Dolan	15:25
Anne Hayden	18:41
M40 Bill Graham	18:28
Alan Gratzner	19:26
Stephen Horne	22:23
M50 Gordon McClenathen	19:29
Jerry Jacobs	20:56
M60+Ray Gil	22:30
M40 Deanna Timm	23:24
Penny Hill	25:22
Mary Graham	36:15
M50 Pauline Paulin	28:56
M60+Patty Frankus	29:16

**Honolulu Marathon
December 10**

Overall:	
Ensis Lehtonen (FIN)	2:25:51
Lisa Hokyo (HI)	2:56:06
M40 Kjell-Erik Stahl	2:25:24
Tetsu Baba	2:32:26
Frank Shorter	2:38:25
Graeme Isdale	2:42:36
Hideo Kusama	2:43:40
M45 Katsutoshi Nakata	2:41:27
Clive Davies	2:47:32
Nicolaas Haver	2:50:19
Alberto Rivas	2:53:33
Fernand Chaves	2:55:33
M50 Kiyoto Nagata	2:48:44
Stan Gryzik	2:54:02
Akira Amakasu	2:56:19
Yoshiaki Suzuki	2:58:54
Hideo SShinohara	3:00:56
M55 Tsuneaki Takahashi	2:40:01
Carl Ellsworth	3:00:26
Hal Higdon	3:08:46
Kazuo Kobayahi	3:11:10
Dave Seiler	3:15:09
M60 Keizo Yamada	3:10:38
Takao Ito	3:21:19
Karimez Godek	3:22:53
Yozo Oono	3:22:56
Takeshi Otake	3:24:14

M65 Alex Ratelle	2:58:21
Yoshio Matsumoto	3:23:01
Akiyoshi Iwamuro	3:28:38
Naoto Inada	3:34:21
Robert Cooling	3:35:02
M70 Hiroshi Onuma	3:31:42
Tore Anderson	3:47:08
Eddie Lewin	3:48:57
Masaru Morikawa	4:07:18
Alex Roth	4:27:38
M75 Peter-George Knoch	3:43:39
Naomi Kuriki	4:28:14
Mitsuo Yano	4:47:36
Moriyoshi Yagi	4:59:19
Tomozo Nishino	5:06:00
M80 Shintaro Sekigushi	5:16:52
Yoshio Fukushima	7:11:21
Tadao Hashimoto	7:14:28
M75 Lynn O'Malley	3:12:31
Owen Hobos	3:17:43
Marita Salassa	3:22:13
Susy Imke	3:23:31
Maria Nummer	3:23:31
M40 Mitko Takahashi	3:04:59
Natascha Costello	3:08:53
Diane Ridgway	3:09:39
Beth Kasser	3:16:54
Judy Cogswell	3:17:25
M45 Minoru Muramoto	2:59:57
Claire Bowker	3:25:42
Joan Boltz	3:26:10
Carol Zeman	3:40:06
Rita MacKubbin	3:40:28
M50 Keiko Asasaka	3:22:44
Christel Sers	3:29:01
Miyoko Tani	3:33:00
Fusako Senoo	3:35:19
Evelyn Leiter	3:36:15
M55 Wen-Shi Yu	3:27:54
Fujiko Yamada	4:03:38
Mollie Chang	4:17:11
Haru Kobayahi	4:20:50
Kazuko Kokubo	4:39:26
M60 Michiko Kawai	4:19:35
Monica Shone	4:23:45
Barbara Zamparelli	4:28:15
Hisako Katori	4:46:25
Minak-Yamamoto	4:49:56
M65 Hazel Cameron	4:39:02
Tomoko Hayashi	4:49:16
Elizabeth Meyers	4:49:38
Judy Golding	4:55:53
Phoebe Thorvaldson	5:14:13
M70 Margaret Lee	4:54:47
Bonnie Kolsom	6:16:14
Nobuko Inohira	6:18:29
Yuriko Nagai	6:39:26
Yoshi Terada	7:03:04
M75 Lucile Adney	7:07:25

**New Year's Marathon and 50K
Sacramento, CA
January 1**

Marathon	
Bruce Mauldin	42 3:42:55
Frank Ives	47 3:18:30
Linda Elam	44 3:47:00
Gary Waldsmith	49 3:50:10
Elliott Eisenbud	46 3:57:17
50K	
Delmar Fralick	25 3:58:54
George Billingsley	67 4:07:09AR
Roger Dike	35 4:11:42
Steve Hahn	46 4:20:43
Dick Collins	56 5:23:32

INTERNATIONAL**Hog's Back Road Race (9 1/2 mi.)
Guildford, Surrey, England
December 10**

Open Brian Matthews	45:55
M35 Keith Penny	46:59
M40 Terry Smith	48:58
M45 Martin Duff	49:32
M50 Geoff Gee	52:40
M60 Hugh Foord	57:18
M35 Glynis Penny	53:11
M40 Sue Houghton	61:07

**Tadworth 10 Mile
Surrey, England
December 31**

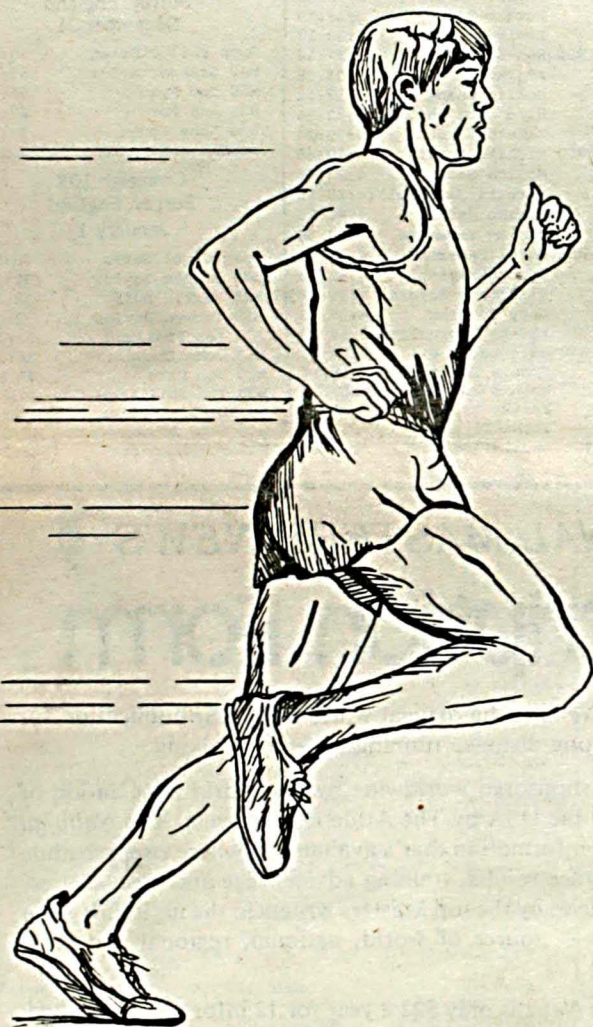
Open Phil O'Brien	50:00
M40 Graham Taylor	53:06
M50 Tom Ryan	56:07
M35 Ann Ford	57:47

1990 TAC National Masters Indoor Track and Field Championships

Saturday & Sunday

March 24-25

Camp Randall Memorial Sports Center
University of Wisconsin, Madison



HOSTED BY:

WISCONSIN
united
ATHLETIC CLUB

SPONSORED BY:

WPS
WISCONSIN PHYSICIANS SERVICE

17060-021-8912

MEET SITE AND FACILITY: Camp Randall Memorial Sports Center, 1430 Monroe Street. The track is a 220 yard, 6 lane (8 for sprint straight) mondo surface (with markings for metric) with mondo runways. High Jump area is smooth urethane and the throwing circle is wood, 1/8" spikes are recommended for mondo and up to 3/8" for HJ. Lockers and showers are available.

ELIGIBILITY: The competition is open to all men and women (no qualifying or standards) age 30 and over. Competition will be in five-year age groups from 30-34 to 95plus. All Competitors must be registered with the Athletics Congress (TAC) for 1990.

RULES AND STANDARDS: As set forth by WAVA and adopted by TAC Masters. Automatic timing will be used.

ENTRY DEADLINE: Early registration must be postmarked by March 1, 1990. Regular registration must be postmarked by March 14. No entries will be accepted that are postmarked March 15 or later. There will be no refunds or changing of events.

ENTRY FEE: Postmarked by March 1 \$9.00 First Event \$6.00 Each Additional Event \$24.00 Per Relay Team Postmarked March 2-March 14 \$10.00 First Event \$7.00 Each Additional Event \$28.00 Per Relay Team

Make checks payable to Wisconsin United Athletic Club and send with entry form to: 1990 Indoor National, 2762 Ledgemont Street, Madison, WI 53711. For additional entry forms use photocopies or write to the above address.

CHECK-IN AND PACKET PICK UP: At the meet headquarters, Best Western The Inn Tower, Friday 4:00 p.m.-10:00 p.m. Saturday and Sunday at the track after 7:00 a.m.

EVENT CHECK-IN: Running event athletes must check in one event prior to their own with the Clerk of Course. Field event athletes must check in prior to the start of their event with the Head Judge at the event site.

WARM-UP AND TRAINING AREA: No warming up will be allowed on the track. The warm-up area will be in the indoor football facility. The track will be available for warm-up on Friday from 5:00 p.m.-11:00 p.m. Athletic trainers will be available at the track on Saturday and Sunday.

FIELD EVENTS: Implements will be inspected at the track beginning at 7:00 a.m. on Saturday. High jump and pole vault heights will be set based upon heights submitted on the entry forms.

TRACK EVENTS: Trials will be run in age groups starting with oldest women to youngest men. Age groups in the 55M Dash and 55M Hurdles having eight or less reporting for the trials will run at the scheduled final times, 200M Dash (six or less). The 400M Dash and longer will be timed finals run in sections starting with oldest women to youngest men.

RELAYS: All relay team members must be members of the same club. Runners may move down from their age division. The following events will be held: 4x440: M&W30-39, W40+, M40-49, M50-59, M60+ 4x880: M&W30-39, W40+, M40-49, M50-59, M60+

MEET SCHEDULING: Meet schedule is subject to change. Updated schedules will be posted at the track and at the meet headquarters on Friday, March 23. Age groups may be combined to fill open lanes.

AWARDS: National championship medals to top three in each division in each event including all relay team members. National champion patches will be awarded to first place winners.

MEET SOCIAL: An informal social will be held Saturday evening beginning at 8:00 p.m. at the Best Western, The Inn Tower.

LODGING ACCOMMODATIONS: The following hotels have rooms reserved until February 23. Indicate that you are with the National Masters Meet. Additional information from the Madison Convention Bureau, 121 W. Doty, Madison, WI 53703. (608) 255-0701.

Best Western, The Inn Tower (Meet Headquarters) - \$50 S.D. Pool, 1 mile from track, 2424 University Avenue, (608) 233-8778.

Sheraton Inn - \$56 S, \$64 D, Pool, 3 miles from track, 706 John Nolen Drive, (608) 251-2300.

University Inn - \$41 S, \$49 D, 1.5 miles from track, 441 N. Frances, (608) 257-4881.

Howard Johnson - \$52 S, \$59 D, Pool, 1 mile from track, 525 W. Johnson Street, (608) 251-5511.

Madison Inn - \$40 S.D, 1.5 miles from track, 601 Langdon Street, (608) 257-4391.

Ivy Inn - \$38 S, \$44 D, 1 mile from track, 2355 University Avenue, (608) 233-9717.

ENTRY FORM 1990 INDOOR MASTERS MARCH 24-25

NAME _____ BIRTHDATE _____ AGE ON 3/24 _____ M ☐ F ☐

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE () _____ 1990 TAC # _____ (required) YOUR CLUB _____

EVENTS ENTERED _____

BEST MARK 88-89 _____

OTHER RELAY TEAM MEMBERS _____
(Send one entry only per team)

T-SHIRTS AT \$9 MEN'S SIZE S ☐ M ☐ L ☐ XL ☐ INDIVIDUAL FEES \$ _____ RELAY FEES \$ _____ T-SHIRT \$ _____

Make checks payable to Wisconsin United Athletic Club - entry postmarked by 3/14 send to 2762 Ledgemont St., Madison, WI 53711.

ATHLETE AND PUBLICITY 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 Athletics Congress, Wisconsin United Athletic Club, The University of Wisconsin, Wisconsin Physicians Service, all other meet sponsors, officials, or their officers or agents for any damages or injury 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 from competition, and will do so if directed. I hereby grant my permission to the use of films, videotape and photographs for news coverage and meet publicity in which I may appear.

DRUG TESTING NOTICE: Athletes who participate in the competition will be subject to testing in accordance with TAC rules and IAAF Rule 144. Athletes found positive to banned substances, or who refuse to be tested will be disqualified from the event and will lose eligibility for future competition. Some prescription and over-the-counter medications contained banned substances. Information regarding drug and drug testing can be obtained by calling USOC Hotline at 1-800-233-0393.

ATHLETE'S SIGNATURE _____ DATE _____

SATURDAY FIELD EVENTS

Time	Event	Division	Round
8:00 a.m.	Weight Throw	30-49 M,W	Trial & Final
	Long Jump	50+ W	T & F
9:00 a.m.	Long Jump	30-49 W	T & F
10:00 a.m.	Weight Throw	50+ M, W	T & F
	Pole Vault	40-49 M	F
	High Jump	35-39 M	F
10:30 a.m.	Long Jump	70+ M	T & F
	Shot Put	30-34 M	T & F
11:30 a.m.	Long Jump	60-69 M	T & F
12:00 noon	High Jump	40-44 M	F
12:30 p.m.	Long Jump	30-34 M	T & F
	Shot Put	30-49 W	T & F
1:00 p.m.	Pole Vault	50+ M	F
2:00 p.m.	High Jump	45-49 M	F
2:00 p.m.	Shot Put	55-59 M	T & F
2:30 p.m.	Long Jump	35-39 M	T & F
3:30 p.m.	Pole Vault	30-34 M	F
	Shot Put	35-39 M	T & F
4:00 p.m.	High Jump	60+ M	F
4:30 p.m.	Long Jump	40-44 M	T & F
6:00 p.m.	Pole Vault	35-39 M	F
	Shot Put	60-64 M	T & F
6:30 p.m.	Long Jump	45-49 M	T & F
7:00 p.m.	Shot Put	65+ M	T & F
8:30 p.m.	Long Jump	50-59 M	T & F
9:30 p.m.	Triple Jump	30+ W	T & F

SATURDAY TRACK EVENTS

10:00 a.m.	55M Dash	All M, W	Trial
11:30 a.m.	1500M Run	All M, W	Final
1:30 p.m.	55M Dash	All M, W	Final
4:00 p.m.	400M Dash	All M, W	Final
5:30 p.m.	3000M Walk	All M, W	Final
7:00 p.m.	4x880 Yard Relay	All M, W	Final

SUNDAY FIELD EVENTS

8:00 a.m.	Triple Jump	70+ M	T & F
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SUNDAY FIELD EVENTS CONTINUED

8:00 a.m.	High Jump	30+ W	F
	Shot Put	40-44 M	T & F
9:00 a.m.	Triple Jump	35-39 M	T & F
10:00 a.m.	High Jump	50-54 M	F
	Shot Put	50+ W	T & F
10:30 a.m.	Triple Jump	30-34 M	T & F
11:00 a.m.	Shot Put	45-49 M	T & F
11:30 a.m.	High Jump	55-59 M	F
12:00 noon	Triple Jump	40-44 M	T & F
1:00 p.m.	Shot Put	50-54 M	T & F
	High Jump	30-34 M	F
1:30 p.m.	Triple Jump	45-49 M	T & F
3:00 p.m.	Triple Jump	50-59 M	T & F
4:00 p.m.	Triple Jump	60-69 M	T & F

SUNDAY TRACK EVENTS

8:00 a.m.	55 M Hurdles	All M, W	Trial
9:00 a.m.	200M Dash	All M, W	Trial
9:30 a.m.	800M Run	All M, W	Final
11:00 a.m.	55M Hurdles	All M, W	Final
12:00 noon	3000M Run	All M, W	Final
2:00 p.m.	200M Dash	All M, W	Final
3:30 p.m.	4x440 Yard Relay	All M, W	Final

TOTAL AMOUNT ENCLOSED _____