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 21
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Best regards,

Ollan C. Cassell
Executive Director

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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 that 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 practice, 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 rules governing racewalking are 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 thoroughness which well racewalking requires.

- Norman Brown
Detroit

Masters Compete in South Africa

Sixteen U.S. athletes recently competed 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. 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 a 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...
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**Tennis Lessons Carry Over Into Track & Field**

In my continuing study of aging and its affect 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 top athletes in track & 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.

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**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 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 once dominated pro in 1972 had never ranked lower than fourth in the world, talked about being a millisecond slower. "When I was younger, I could walk 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. "I may 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 competitive 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 dropped 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 concentrated 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 30 to a general tennis book. "I was 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 control 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 remembrance, too much of which can be depressing."

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**Answers to Last Month's Crossword Puzzle**

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February, 1990
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 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.”

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 Cuts 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 efficiency with which he can apply that force;
* The angle through which he can apply that force; and
* The takeoff technique which involves the hang technique.

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 jackknife forward.

The other is the “kick” technique, 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 kick technique against that of the hang technique, but there is not scientific reason for such. As in every forward motion, there is an equal opposite backward motion. The only benefit the 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 kickers and some are more inclined to the hang technique. A change in style does not allow for the last three strides by either moving forward, or backwards a short length to allow a proper preparation strides before the take off.

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 proper length by either moving forward, or backwards a short length to allow a take off from the board. Measuring one 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 up, 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 drooping 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.
GOOD NEWS!!
Now You Can Banish Fatigue

You probably think this sounds too good to be true. Read on about the first pure ATP (energy) product for athletes and why I’m practically giving it away to get you to try it.

Adenosine Triphosphate, ATP = Energy
ATP, the energy currency of the body

The human body cannot directly use the nutrient energy in the food you eat. It must be transferred to the energy rich compound adenosine triphosphate (ATP). The energy released by ATP powers all forms of biologic work, digestion, nerve transmission, secretion by glands, circulation, building new tissue, and most importantly, muscle contraction.

I am constantly searching for new, safe, and effective metabolites for improving athletic performance. I subscribe to most of the sports medicine journals, read the latest studies and am constantly researching and evaluating new ideas and products. Frankly, most don’t work.

When I come up with a product or ingredient that makes sense to me, I make samples and use it personally. If I can feel and see that the product works, I then give it to my sponsored athletes to test. If their reaction is favorable, I offer it to you. This R&D procedure is used before any product is released.

About nine months ago I was telling John, my pharmacologist, that since I am always trying to find ways to increase ATP (energy) production, why don’t we just give athletes pure ATP. He said “that wouldn’t work because the hydrochloric acid in the stomach would break the ATP down”. I said “O.K., let’s bypass the stomach altogether.”

With that conversation in mind, I designed two pure ATP products that would not be destroyed by the stomach. One is a sublingual formulation which is quickly absorbed. You feel it in 10-20 minutes after dissolving it under the tongue. The other form is a resin bound tablet which passes through the stomach and is absorbed in the intestines. This formulation takes about two hours to be absorbed and is used for training and races lasting two hours or more.

SPECIAL 2 FOR 1 OFFER

ENERGY SURGE retails for $24.95 per bottle of 60 tablets in stores. I will take $5.00 off of the first bottle and give you the second bottle absolutely free! That’s how eager I am to get you this special price for the next year (12 months).

Pick up the phone and call now so you can have more energy to train and race.

Order Desk 800-336-1977
In California, call 800-441-1977

getter and delayed release. If you do like ENERGY SURGE, I will give you this special price for the next year (12 months).
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, 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 performance 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."
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.

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.

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

### 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

Meet 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)**

**ORDER OF EVENTS**

<table>
<thead>
<tr>
<th>Event</th>
<th>Men</th>
<th>Women</th>
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<tbody>
<tr>
<td>2 mile race run</td>
<td>300 meter dash</td>
<td>500 meter dash</td>
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<tr>
<td>55 meter dash</td>
<td>55 meter hurdles</td>
<td>55 meter hurdles</td>
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<tr>
<td>2 mile run</td>
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<tr>
<td>800 meter run</td>
<td>1 mile race walk</td>
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**FIELD EVENTS**

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<tr>
<td>triple jump</td>
<td>95# weight</td>
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<tr>
<td>high jump</td>
<td>200# weight</td>
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**NOTE:** All athletes, regardless of state residence, are eligible to compete. Events will be run oldest-youngest, women then men.

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**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**

**ADDRESS**

**CITY**

**STATE**

**ZIP**

**TAC#**

**PHONE #**

**SEX:**

**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.
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 arthritics and those who have aspirin allergies.

(Dr. Pagliano is a runner and 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, Mieszczak 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 Mieszczak, 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 Mieszczak’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 problems.”

Not only did Schlau win the masters first prize of $1000, he also picked up an additional $250 for a sixth-place finish overall.

Mieszczak 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 (55, 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.

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.
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.

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 (2:25:24) while finishing 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, Muramoto had finished in the top ten and had won her division in all six previous attempts.

Continued on page 15

Running Times

The National Calendar Magazine for Runners

Join over 200,000 racing enthusiasts who read RUNNING TIMES—the people who don't just dream about entering a race now and then, but do it, regularly, an average of 13 times a year.

We offer three compelling reasons why you should subscribe to RUNNING TIMES:

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- One yearly subscription is only $19.95, a $15.45 savings over the newsstand price.

YES! Sign me up for 12 Monthly Issues of RUNNING TIMES for only $19.95, saving me $15.45 off the cover price.

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Signature ________________________________

Money back on the unused portion of your subscription if not satisfied. Make checks payable to RUNNING TIMES, P.O. Box 16927, Hollywood, CA 91615. Foreign—add $10.
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 championships” 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 60¢ a word. Count name and address as 5 words. Race notices are 40¢ 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.


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, Porches, Mercedes, Chevys, Fords, plus trucks and vans. Amazing recorded message reveals details. 213-386-5676.

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 $300 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 2:57:09 time that beat his course record set last year. He was $1000 for first master, $400 for overall third, and $300 for a course record.

Italian Grazzia 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 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.

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 course record as leader at the 18.5 mile where NCNB, one of the nation’s largest banks, offered extra bonuses.

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

HAYFORD, 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 4:43.7 (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 20 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, 55-64, 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 $15.00 Relay. After 3-5-90: $7.00 1st Event, $14.00 2 or more events, and $20.00 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.

COMPETITION: 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: $25.00; 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# and 300# Weight Throw

Send completed and signed entry and check payable to Dick Green, P.O. Box 6147, Rockford, IL 61105. 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 hereby release for myself, my heirs, and executors, wave, 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
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 tightened; (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.)
**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:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Coverage Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 20</td>
<td>US/West KOIN-TV Indoor (Portland, Ore.)</td>
<td>Live - prime time (1 hour)</td>
</tr>
<tr>
<td>January 26</td>
<td>East Tennessee State Invitational (Johnson City, Tenn.)</td>
<td>One day tape delay on Jan. 27 (1 hour)</td>
</tr>
<tr>
<td>February 16</td>
<td>Times/Eagle Invite (Los Angeles)</td>
<td>One day tape delay on Feb. 17 (1 hour)</td>
</tr>
<tr>
<td>February 23</td>
<td>USA/Mobil Indoor Track &amp; Field Championships (New York City)</td>
<td>Live (90 minutes, after basketball game)</td>
</tr>
<tr>
<td>March 10</td>
<td>USA-USJ-R Japan Indoor Track &amp; Field Triangular Meet (Tokyo, Japan)</td>
<td>One day tape delay on Mar. 11 (1 hour)</td>
</tr>
<tr>
<td>March 26</td>
<td>IAAF World Cross Country Championships (Alain-les-Bains, France)</td>
<td>1 hour</td>
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<tr>
<td>April 21</td>
<td>Mt. SAC Relays (Walnut, Calif.)</td>
<td>Live same-day coverage (1 hour)</td>
</tr>
<tr>
<td>May 12</td>
<td>Jesse Owens Classic (Columbus, Ohio)</td>
<td>Tape delay same-day coverage (1 hour)</td>
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<tr>
<td>May 26</td>
<td>Bruce Jenner Bud Light Invite (San Jose, Calif.)</td>
<td>Live same-day coverage (1 hour)</td>
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<tr>
<td>June 2</td>
<td>Prefontaine Classic (Bouges, Ore.)</td>
<td>Live same-day coverage (1 hour)</td>
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<td>June 9</td>
<td>Jackie Joyner-Kersee Invitational (Los Angeles)</td>
<td>Live same-day coverage (1 hour)</td>
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<tr>
<td>June 16</td>
<td>USA/Mobil Outdoor Track &amp; Field Championships (Walnut, Calif.)</td>
<td>Live same-day coverage (1 hour)</td>
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<tr>
<td>June 23</td>
<td>National Sports Center International Invitational (Kline, Minn.)</td>
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<td>July 7</td>
<td>Highlights - International Meets</td>
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<td>July 14</td>
<td>Highlights - International Meets</td>
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<tr>
<td>August 17</td>
<td>Highlights - International Meets</td>
<td>Tape delay (1 hour)</td>
</tr>
</tbody>
</table>

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Eastern hammer technique with drills explained by U.S. Coach Ed Burke

**WILLIE BANKS**  BANKS ON TRIPLE JUMP
Drills, weight training and bounding demonstrated by Willie Banks

---

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<tr>
<th>Name</th>
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<td>Add $3.50 1st class/$2.50 reg. mail</td>
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</table>

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PHONE ORDERS (408) 358-2669
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 DIRECTOR**: Gary Miller (818) 843-2139 and Dave Douglas (213) 825-6222 days and (213) 827-3635 evenings.


- **FACILITIES**: New all-weather track, high-jump area and long-jump runways.

- **ENTRIES**: Send to Dave Douglas, 8828 Pershing Dr., #211, Playa del Rey, CA 90293. Check payable to D.L. Douglas.

- **SCORE**: 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**

<table>
<thead>
<tr>
<th>Schedule</th>
<th>600 M Hurdles</th>
<th>Long Jump</th>
<th>Shot Put</th>
<th>High Jump</th>
<th>10000 Meter</th>
<th>10000 MWDH</th>
<th>10000 MWDH</th>
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<tr>
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<td>11:00</td>
<td>12:30</td>
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<tr>
<td>Men 45</td>
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<tr>
<td>Men 50-59</td>
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<td></td>
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<tr>
<td>Men 60-69</td>
<td>10:30</td>
<td>12:15</td>
<td>14:45</td>
<td>1:31</td>
<td></td>
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</table>

**ENTRY FORM**

- **Name**: Age on 3/4/90
- **City**: State
- **Tel. No.**: TAC No.

**WAIVER**

I was an age, and 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

---

**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/Hepathlon, 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/Hepathlon 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.

---

**Men's Indoor Pentathlon Age Factors (1989 WAVA)**

<table>
<thead>
<tr>
<th>AGE</th>
<th>60 M Hurdles</th>
<th>Long Jump</th>
<th>Shot Put</th>
<th>High Jump</th>
<th>1000 M</th>
<th>1000 MWDH</th>
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<td>1.012</td>
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**Women's Indoor Pentathlon Age Factors (1989 WAVA)**

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<td>2.054</td>
<td>5320</td>
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Top Fields Set for Indoor Masters Miles

Keino, now 50, is a four-time Olympic medalist. His son Martin, 17, will also be running at Millrose in the High School Invitational 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 Dyce 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.

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PUBLICATIONS ORDER FORM

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<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up; and for all 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&amp;F Records Chairman. $2.00.</td>
<td></td>
</tr>
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</table>

| 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. | $1.50. |

| Masters Age-Graded Tables | Single-age factors and standards from age 21 to 100 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. | $4.95. |

| 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, and 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. |


| 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. |

| 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. |

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

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

| U.S. Track and Field Team Lapel Pins. Cloisonne enamel, 1 1/2" x 5/8". Bar pin with safety catch. | $5.00. |

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| Name | | |
| Address | | |
| City | State | Zip |
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. NN), 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 Championship 10K road race in Eugene. My time was 44:49; Healy's was 46:24.

Eugene should have been taken into consideration and the space given to someone.

But in 1987, the more I trained, the slower I got. But in 1987, the more I trained, the slower I got. But in 1987, the more I trained, the slower I got.

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

(RECYCLE T-SHIRTS
Many of us who participate in sports get T-shirts at nearly every event—more than we can possibly 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, NN) 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.

The rule is discriminatory and unfair. I have been a TAC member for many years, our citizenship is not an issue, but if the majority desires otherwise, I will uphold that position.

Charles DesJardins, Chairman
TAC Masters LDR Committee
Fairfax, Virginia

THE FLYING FINNS
Re Phil Mulkey's letter (Dec. NN) 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

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.
Soothe sore, stiff, aching muscles fast...

"For muscle aches and pains, I compete and win with Pro-gesic®."

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 regimens. 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®.

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.

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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.

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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 9/4 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 second 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, Tcvyn Davies and Les Prestland battled it out over a tough 10K course. Davies won, 32:01 to 32:14.

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, won the outstanding masters athlete honors with a triple jump of 49.81m (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.

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W.A.V.A. North American Regional

INVITATION TO THE NORTH AMERICAN REGIONAL Track and Field Championships

The Organizing Committee of the T & I 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 on August 23 - 26, 1990

August 23 - 26, 1990
Port of Spain, Trinidad & Tobago, West Indies Competition for Masters and Sub-Masters 30 years and over.

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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

Report from Britain
by ALASTAIR AITKEN (of Athletics Today) and MARTIN DUFF (of Athletics Weekly)

Masters Compete in the Bahamas

John Darrell, and Robert Watanabe, M.D.

Tiff, 40, won the outstanding masters athlete honors with a triple jump of 49.81m (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

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.

—from Bob Watanabe

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AFRICA:
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

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### GOODWILL GAMES MARATHON 1990

**An Invitation to Run**

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

The Goodwill Games is history's largest sports and cultural exchange between the United States 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 add an agenda for the remainder of the committee 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 Tacrust 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 Serroux 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 m race on the track and a marathon in odd years with the T&F championships. It is also 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 to TAC, those budgets will be increased.

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

- National/international travel: $6,925
- Assistance to national championships: 2,785
- Administrative: 2,537
- ACC: 1,975
- Sponsor coordination: 1,929
- World T&F Championships: 1,975
- Workshops: 3,500
- Total: $16,382

Aided Course: Our chairman, Charles DesJardins, and Road Running Technical Committee Chairman Peter Riegel, reported on one of this year's tabled rules. The proposal 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 Robinson, was distributed to TAC LDR committee members, RRCA members, and Officers 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, amongst them the suggestion to begin masters competitions for women at age 35. At our recommendation, L&L later amended it 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.

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 athletic drug appeal procedures.

Nov. 29 Wed. Afternoon
Outstanding Athletes For 1989: Vice-Chairman Karl Randall presented the male candidates, and Vice-Chairman Ruth Anderson presented the female candidates for our 1989 awards. Our committee chose:

- 50 Top Sluha
- 50 Mike Heffernan
- 50 Fay Bradley
- 55 Norm Green
- 60 Ed Stabler
- 65 Alex Ratelle
- 70 Paul White
- 75 Dudley Healy
- 80 Ed Benham

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

85 Max Popper
90 Paul Spangler
We chose George Vernosky as the winner of the 1989 Otto Essig Award.

Nov. 30 Thursday Morning
Masters 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 to Eugene this year because of problems with last minute date changes and lack of results from events previously awarded to that race director. Alvin Chris 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: Chairman, Phil Benson, opened the bidding for any 1990 championship 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 ultra 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: Toby Foy distributed materials from the Sports Medicine Committee including a Summary Report and Sport Psychology Studies Report. These are available from the secretary. Teddy commented on the topic of survival drugs versus enhancement drugs as an item covered 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 for the Road Running Technical Committee shared some recent experiences of his association concerning rescheduling the bidding process for the 1992 Olympic Trials. John's conclusions were: 1) Associations can now be by-passed on the annual bidding procedure; (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. John White suggested that the wording of the rule settle the issue. The rule the way it is now, but to clearly explain the prize money requirements on the entry form.

Dec. 1 Friday Morning
RRCT: Sally Nicoll from the Road Running Technical Committee reported on their 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 year, nothing was 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). Two of these validations were done in 1989 by Sally's 12 validators.

Bob Baunzel 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. RRCT 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 treasurers 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 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 and 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 a new award to be sponsored by ICI. Shold the award be based on age-graded performances; T&F 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 selection 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 line 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 Sheahan 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 Masters Circuit, 1991. The committee had a discussion of rule problems which are to be referred to the Executive Committee of TAC.

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 met 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 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 Racers: 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) Involvement of the local association in race planning;
4) Provide hospitality for top runners;
5) If prize money is to be awarded, extend it to the upper age groups in a fair ratio.

— Al Sheahan

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 Phill 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.
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.

Patakí 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
Wilson Waigwa, other eight came by the three-mile 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 open 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 (4:07.44) 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 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 Schlu (last year's Circuit champion, 25:06), 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," he had to run. I would have liked to win, but I knew I just had to beat Rodgers. Rodgers 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 Grazelli Striuli, who last year handed Welch her only masters defeat.

Anderson, 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), Barbora Flutte (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).
ICI/USA TAC National Championships

Continued from page 27

"It was the toughest field ever in masters running," Cuelas 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) capped the 65-69 crowns.
• Nate White (35:50) and Martha Pembroke (49:40) took the 70+ contest. Media favorite Ed Benham, 82, was third.

Continued on page 29

1989 ICI/USA Masters Circuit Final Point Standings (18 Races)

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<td>2. Jim O'Neil 56</td>
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<td>3. Bill Fortune 54</td>
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<th>Men's 50-54</th>
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<tr>
<td>1. Fay Bradley 51</td>
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<td>2. Donald McManus 50</td>
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<td>3. Dick Bartholomew 50</td>
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<td>4. Jim Larson 50</td>
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<td>5. Willard Johnston 50</td>
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<td>6. Willard F. Keys 50</td>
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<td>7. Roger D. Robinson 50</td>
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<td>8. Dan Cowley 50</td>
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<td>9. John H. Dunlap 50</td>
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<td>1. Karen Bestul 45</td>
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<td>2. Charlotte A. Poole 45</td>
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<td>3. Carla R. Johnson 45</td>
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<td>6. Ann McManus 44</td>
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<td>1. Rosemary Schoonmaker 53</td>
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<td>1. Margaret H. George 58</td>
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<td>2. Helen A. Johnson 58</td>
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<td>3. Mary H. White 58</td>
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<td>4. Jean R. Murphy 58</td>
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<td>1. John R. McManus 65</td>
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<td>2. Joe Ellis 65</td>
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<tr>
<td>1. Loretta Shehan 66</td>
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<td>2. Mary Trigg 66</td>
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<td>3. Edith Fara 66</td>
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<td>1. Rosemary Schoonmaker 70</td>
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<td>2. Hazel O'Neill 70</td>
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<td>5. Rosemary Schoonmaker 70</td>
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<th>Men's 70 &amp; Over</th>
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<tr>
<td>1. Nathaniel E. White 76</td>
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<td>2. Edward F. Johnson 76</td>
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<td>3. Ed W. Beach 76</td>
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<td>4. Charles White 76</td>
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<td>5. Howard A. Johnson 76</td>
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<th>Women's 70 &amp; Over</th>
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<tr>
<td>1. Martha Pembroke 76</td>
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<td>2. Lorna L. Martin 76</td>
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<td>3. Althia Wetherbee 76</td>
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<td>4. Nora S. Pickard 76</td>
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<td>5. Betty Miller 76</td>
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Photo by Sailer, Ltd.
February, 1990

National Masters News

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 sponsor 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.

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
Myrtle Beach Classic: B. Rodger, 30:00
Cotton Row Run 10K: Graham Tattersall, 31:16
Hospital Hill Run Half Marathon: Larry Olsen, 1:10:42
Utica Boilermaker 15K: Wilson Waigwa, 46:09
Chicago Distance Classic 20K: Ralph Zimmerman, 1:10:32
Quad City Times Bix 7 Miles: Wilson Waigwa, 34:17
Asbury Park 10K: Kevin Ryan, 30:54
Crim Road Race 10 Miles: Dave Winter, 51:12
Pittsburgh Great Race 10K: Wilson Waigwa, 30:16
Myriad Gardens Run 10K: Kevin Ryan, 30:37
Twin Cities Marathon: Mario Cuevas, 2:18:35
Hardee's Oktoberfest 8K: Reddy Balford, 25:43
1st Federal Nissan Capital Trail Run 10 Miles: John Campbell, 49:38
Seattle Half Marathon: Larry Almberg, 1:05:49
Foundation 30K Run: Bob Schau, 1:39:20

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.

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

USRA Masters Circuit/ Dean Reink & Associates
400 W. Park Ave., Suite 102
Winter Park, FL 32789
(407) 447-2918
FAX (407) 447-0433

DEAN REINK

Masters Running
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 Steeman

"I love Dean Reinke." — Loretta Shehan, accepting her M65 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 Schau

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

"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 feel 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.

Sorbothane® Performance Nutrition

ICI/USA MASTERS CIRCUIT SORBOTHANE AGE GRADED $100 WINNERS

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<td>Nissan Shamrock 10K</td>
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<td>Nancy Miesczak, 58.7</td>
<td>Myrtle Beach Classic</td>
<td>Bill Rodgers, 55.1</td>
<td>Barbara Flutts, 56.1</td>
<td>Cotton Row Run 10K</td>
<td>Graham Tattersall, 51.2</td>
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<td>Pittsburgh Great Race 10K</td>
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<td>Nancy Miesczak, 58.7</td>
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<td>Charleston 15K</td>
<td>Priscilla Welch, 55.0</td>
<td>Brian Keating, 55.0</td>
<td>Quad City Bike Classic 7 Miles</td>
<td>Wilson Waigwa, 55.0</td>
<td>Laurie Binder, 55.0</td>
<td>Ashbury Park 10K</td>
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<td>Jim O'Neil, 58.0</td>
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<td>Charlotte Observer 10K</td>
<td>Bill Rodgers, 58.0</td>
<td>Gabrielle Andersen, 58.0</td>
<td>Sorbothane Age-Graded Masters National Champ. 10K</td>
<td>ICI/USA TAC Masters National Champ. 10K</td>
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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. — AI Sheahen
“Hey, I’m Going 88!”

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. 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.

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 rearvision 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!"


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.
two days previous, all showed remarkable stamina.


• Brian Pritchard, LDR Chairman for TAC’s Southern California Associate, 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 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) Vanys 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-bracketed basis, using WAVA standards. For more information contact L.A. Patriots, 2301 Hyperion Ave. #4, Los Angeles, CA 90027.

• Bob Cullin, 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 10000 Champion, recently ran a 1:02:20 world record for the 5000 of Versa-Cruzt. He is attempting 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 DECATATHLON THOMASVILLE, N.C. — 1989

FINANCIAL STATEMENT

Revenues:
- Entry fees $850
- Sponsorship $550
- TAC $60
- Total Revenues $2310

Expenses:
- Advertising $75
- TAC sanction fee $25
- Supplies for track $151
- T-shirts $398
- Medals $169
- Out-of-track film $75
- Equipment and dinner $722
- Foot & track $84
- Shot & discus rings $260
- Fiberglass vault box $125
- Total Expenses $2350

Net Surplus (Loss) ($230)

Profile: Ladislav Patakai

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

Czech Video Tapes

In 1989, Patakai 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 super-imposed animation and biomechanical analysis,” Patakai 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,” Patakai said to this day, at the age of 42. I continue to exercise vigorously in swimming, tennis, some weight lifting, racquetball and golf. — Al Sheehan
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 NMM, P.O. Box 2372, Van Nuys, CA 91404.

**SCHEDULE**


**EAST**


February 2-4, 9. Runner's World Masters Miles, New York City, Fairfax, Va., and New Jersey. respectively. Invitational only. Mark Bloom, 201/964-9701.


March 10. All-comer indoor meet, Millard South. Omaha, Neb. 904/736-0002.


March 28. All-comer meet, P.O. Box 6147, Providence, R.I. 401/722-1517.

April 1. All-comer meet, Raleigh, N.C. 919/775-6641.


May 18-19. All-comer meet, P.O. Box 2372, Van Nuys, CA 91404. 818/784-3490.

May 18. All-comer meet, Madison, Wisc. 608/258-5540.

May 22-23. Masters Championships, University of Tennessee, Knoxville. (See page 31 for details.)


**SOUTHEAST**

Alabama, Florida, Georgia, North Carolina, South Carolina, Tennessee.


March 3. All-comer meets, St. Louis, Mo. N.C. Dale Smith, 2401 Wade Ave., Raleigh NC 27607. 919/775-6641.

March 12. All-comer meet, Jacksonville, Fla. Bob Fine, 4223 Palm Forest Drive North, Delray Beach, FL 33445. 407/249-3370.


May 24. Florida A.C. Masters Championships, Jones H.S., Orlando, Bob & Gloria Fine, 4223 Palm Forest Drive, Delray Beach FL 33445.


May 26. (Memphis); June 2-3 (Kansasville); June 2 (Nashville and Chattanooga); Tennessie State Games (open to Tennessee residents only). Sportfest, 800-355PST.


June 18. TAC Indoor All-comer Meet, P.O. Box 6147, Providence, R.I. 401/722-1517.

June 26-27. Show-Me State Championships, Missouri, Mo. Mike Stotesbury, P.O. Box 310, Farmington, Mo. 63640. 314/342-5070 or ext. 118.

July 22. Southeastern Masters Meet, St. Thomas Aquinas High, Ft. Lauderdale, Fla. Bob & Gloria Fine, 4223 Palm Forest Drive, Delray Beach FL 33445.

July 29. Greenville Masters Meet.

**MIDWEST**

Illinois, Indiana, Kansas, Michigan, Minnesota, Missouri, Nebraska, Ohio, South Dakota, Wisconsin, West Virginia.


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

March 11. TAC Midwest In door Sectional Masters Championships, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, Ill. 61015. 615/332-4743.

April 22. Wolfpack Discus Clinic World Championship, Columbus, Ohio. Steve Kaye, 614/764-4673.

May 27. Wolfpack Pentathlon, Upper Arlington H.S., Columbus, Ohio. John White, 4865 Arbor Place, Columbus, OH 43220. 614/244-2274 (h).


**MID-AMERICA**

Arkansas, Iowa, Kansas, Minnesota, Missouri, Nebraska, Oklahoma, South Dakota.


**SOUTHWEST**

Louisiana, Mississippi, Texas.


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


**NORTHWEST**

Washington, Oregon, Idaho.


February 17-24. Oregon Track & Field Camp for Masters, Hayward Field, Eugene, Bill Dellingier, coach. Tom Jordan and Barbara Kousky, P.O. Box 10825, Eugene OR 97403. 503/687-8957.


**INTERNATIONAL**


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 9. RCCA National Convention, Miami Beach, FL. Miami Runners Club, 401 S.W. 6th St., Miami, FL 33135. 305-227-1500.


October 6. TAC/USA National Masters Marathon Championships, St. George, UT. 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 Forscott Dr., Fayetteville, NY 13066. 315-677-0511.


SOUTHWEST

February 6. Edison Festival of Light 5K Classic, Fort Myers, FL. Fort Myers Track Club, 1234 Central Ave., P.O. Box 1881, Tampa, FL 33603. 813-278-1478.

February 15. Gasparilla Distance Classic, Tampa, FL. P.O. Box 1881, Tampa, FL 33603. 813-278-1478.


March 18. 6th annual Championship Miami 8K and RCCA National 5K Championship, Miami, FL. 5000 masters money, MRCA, 720 S.W. 40th St., Miami, FL 33135.

March 17. 40th annual Shamrock Marathon/Masters 8K, Virginia Beach, VA. SASE to Shamrock Sportsfest, 2038 Maple St., Virginia Beach, VA 23451. 602-442-5500.

March 24. Myrtle Beach Classic 10K, Myr- tle Beach, S.C. Separate master-only race at 9:30 a.m. and 2:00 FSA Masters Circuit, Race Myrtle Beach Classic 10K, SASE to Shamrock Sportsfest, 2038 Maple St., Virginia Beach, VA 23451. 602-442-5500.

April 1. Wolfpack 5 Mile and 20 Mile, Whistler, British Columbia, P.O. Box 910, Whistler, BC 337-2116.


JUNE

April 1. Wolfpack 5 Mile and 20 Mile, Whistler, British Columbia, P.O. Box 910, Whistler, BC 337-2116.

May 6. 48th annual Shamrock Marathon/Masters 8K, Virginia Beach, VA. SASE to Shamrock Sportsfest, 2038 Maple St., Virginia Beach, VA 23451. 602-442-5500.

May 16. 10K, Charleston, S.C. 5-year groups thru 65 - $1000 masters money, P.O. Box 18166, Charleston, SC 29413. 803-762-2462.

May 31. YMCA Midwest Masters Classic VIII (8K Run/2-mile walk), N.P.C. Dodge Park, Omaha, NE. Age 35+. Nancy McCormick, 5124 Cuming, Omaha, NE 68132. 202-558-2079.


JULY

July 4. Independence Day 10K, St. Louis, MO. P.O. Box 281, St. Louis, MO 63166.

July 14. TAC/USA National Masters 10K Country Championships, Truckee, CA. P.O. Box 1113, Truckee, CA 96161.

July 9. 60K, Zephyr Cove, Nev., $600/100. P.O. Box 1881, Truckee, CA 397-2664.

July 13. 10K, Luray, VA. P.O. Box 281, Luray, VA 22835.

August 1. 10K, Newport Beach, CA. P.O. Box 1884, Newport Beach, CA 92667.

August 4. 10K, Reno, NV. P.O. Box 2500-101, Reno, NV 89501.

August 15. 10K, Washington, DC. P.O. Box 281, Washington, DC 20011.

August 20. 10K, Portland, OR. P.O. Box 281, Portland, OR 97207.

August 28. 5K, Fort Worth, TX. P.O. Box 567, Fort Worth, TX 76101.

August 30. 10K, Anchorage, AK. P.O. Box 22260, Anchorage, AK 99517.

August 31. 10K, New York, NY. P.O. Box 281, New York, NY 10014.

September 1. 10K, Fort Worth, TX. P.O. Box 567, Fort Worth, TX 76101.
National Masters News

February, 1990

Master News subscription form.

The National Masters News is the official newspaper and U.S. publication for Masters track & field, long distance running and race walking.

Masters competition is sponsored worldwide by the World Master's Athletics and in the USA by The Athletics Congress. "The Masters gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best - if not the only - source of world, national, regional and local Masters information. The National Masters News is only $2.25 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of $41 - a 24% savings off the single-copy price. A 3-year subscription saves 27%.
MEET SITE AND FACILITY: Camp Randall Memorial Sports Center, 1430 Monroe Street, the track is a 220 yard, 6 lane (8 for sprint straight) monoblock surface (with markings for meter) with mondo runways. High Jump area is smooth urethane and the throwing circle is wood. 1/8" spikes are recommended for monoblock 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 80+. 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 of 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, 2782 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 11:00 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 times, 400M 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:

4X400 M: M&W30-34, M&W35-39, M&W40+, M&W50-59, M&W60+
4X800 M: M&W30-34, M&W35-39, M&W40+, M&W50-59, M&W60+

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.

LOGGING 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) 255-2701.

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 - $36 S, $44 D, 1 mile from track, 2200 University Avenue, (608) 233-9717.

SATURDAY FIELD EVENTS

Time Event Division Record
8:00 a.m. Weight Throw 30-49 M, W T & F
9:00 a.m. Long Jump 50-59 M, W T & F
10:00 a.m. Weight Throw 40-49 M, W T & F
10:30 a.m. High Jump 35-39 M F
11:30 a.m. Shot Put 30-34 M T & F
12:00 noon High Jump 30-34 M T & F
12:30 p.m. Long Jump 30-34 M T & F
1:30 p.m. Shot Put 30-34 M T & F
2:00 p.m. Pole Vault 50-59 M F
3:30 p.m. Pole Vault 30-34 M F
4:00 p.m. Pole Vault 30-34 M F
6:00 p.m. Pole Vault 30-34 M F
7:00 p.m. 4x400 Yard Relay A, M, W All M, W Final

SATURDAY TRACK EVENTS

10:00 a.m. 55M Dash All M, W Final
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. 4x400 Yard Relay All M, W Final

SUNDAY FIELD EVENTS

8:00 a.m. Triple Jump 70+ M T & F
9:00 a.m. Pole Vault 70+ M T & F
10:00 a.m. Shot Put 70+ M T & F
11:00 a.m. Shot Put 70+ M T & F
12:00 noon Triple Jump 70+ M T & F
1:00 p.m. Shot Put 70+ M T & F
2:00 p.m. Shot Put 70+ M T & F
3:00 p.m. Triple Jump 70+ M T & F
4:00 p.m. Triple Jump 70+ M T & F

SUNDAY FIELD EVENTS CONTINUED

8:00 a.m. High Jump 30-49 M F
9:00 a.m. Shot Put 30-49 M T & F
10:00 a.m. 1500M Run All M, W Final
11:30 a.m. High Jump 30-49 M F
12:00 noon Triple Jump 30-34 M T & F
1:30 p.m. Shot Put 55-59 M F
2:00 p.m. Pole Vault 30-34 M F
3:00 p.m. Pole Vault 30-34 M F
4:00 p.m. Pole Vault 30-34 M F

SUNDAY TRACK EVENTS

8:00 a.m. 55M 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 300M Walk All M, W Final
2:00 p.m. 200M Dash All M, W Final
3:30 p.m. 4x400 Yard Relay All M, W Final

ENTRY FORM 1990 INDOOR MASTERS MARCH 24-25

NAME: ____________________________ FATHER'S NAME: ____________________________
FIRST NAME: ____________________________ AGE ON DATE: _______ M ______ F
LAST NAME: ____________________________ BIRTHDATE: ____________ M ______ F
ADDRESS: ____________________________ CITY: ____________________________ STATE: _______ ZIP: _______
PHONE: ____________________________ (required)
(please do not use area code)
(CITY) _______ (STATE) _______ (ZIP) _______
YOUR CLUB: ____________________________

EVENTS ENTERED:

BEST MARK (B-M): ________________

OTHER RELAY TEAM MEMBERS
(Send one entry only per team)

I ENTRIES AT $10 MINIMUM

TOTAL AMOUNT ENCLOSED $_____

20170-021-8912

WPS WISCONSIN PHYSICIAN SERVICE

NATIONAL MASTERS NEWS

February, 1990