

## Campbell, Filutze Win USRA 8K



Barbara Filutze, 44, storms across the finish line to win the Sorbothane/USRA 8K in Naples, Fla., with a 29:22. Photo by Mark Crepeau

### Campbell, Grayson Capture Circuit Titles

by JAMES O'BRIEN

NAPLES, Fla., January 12 — John Campbell called it the Olympics of masters running. Bill Rodgers observed that this championship was the race that *really* counted. By everyone's definition, the third annual Sorbothane/USRA Masters Circuit Grand Championship was the pinnacle of the over-40 road racing season. In testimony, Frank Shorter, Ryszard Marczak, Ken Sparks, Barbara Filutze, Nancy Grayson, Bob Schlau and a host of other world class masters joined Campbell to go head-to-head and decide who is the hottest of the hot.

But this championship event is not solely for the elite. In addition to the main event, it boasted an open 8K and a 5K Healthwalk. Over 400 participants gave the day's proceedings an air of festivity that is unique to this event. From age 9 (Kelli White from Bonita Springs Fla.) to age 89 (Warren Daniel of Sanibel Island, Fla.), the

Sorbothane/USRA Grand Championship has come to epitomize the true spirit of road racing — competition for all.

Once the featured event of the day, the 8K Masters Grand Championships, got underway, however, John Camp-

*(Continued on page 14)*

## Judson Zooms to Record in Rocket City Marathon

by JIM OAKS

Most lawyers take their cases to court. Kenneth Judson, a 40-year-old attorney from Pittsburgh, Pa., took his case to the streets of Huntsville, Ala. on December 8, in the 14th WZYP Rocket City Marathon.

The verdict — a 2:17:01 first-place-overall finish and a time that bettered by nine seconds Mike Manley's recognized American masters marathon record, set in 1983 in the Houston Tenneco Marathon.

*(Editor's note: In the 1984 Twin Cities Marathon, Barry Brown, then 40, ran 2:15:15, which stood as the U.S. masters marathon record until 1989, when TAC ruled the old Twin Cities course did not meet the new standard for records.)*

The women's masters race was won by Webb City, Mo., sensation Jane Hutchison, who seems to get better each year. At age 44, Hutchison ran a PR 2:45:35, overtaking Barbara Filutze of Erie, Pa., in the last mile to finish third female overall.

Judson was joined by defending Rocket City champ Bob Schlau of Columbia S.C.; and last year's second-

place finisher, Ken Sparks of Chagrin Falls, Ohio; along with five-time Rocket City master winner Don Coffman of Frankfort, Ky.

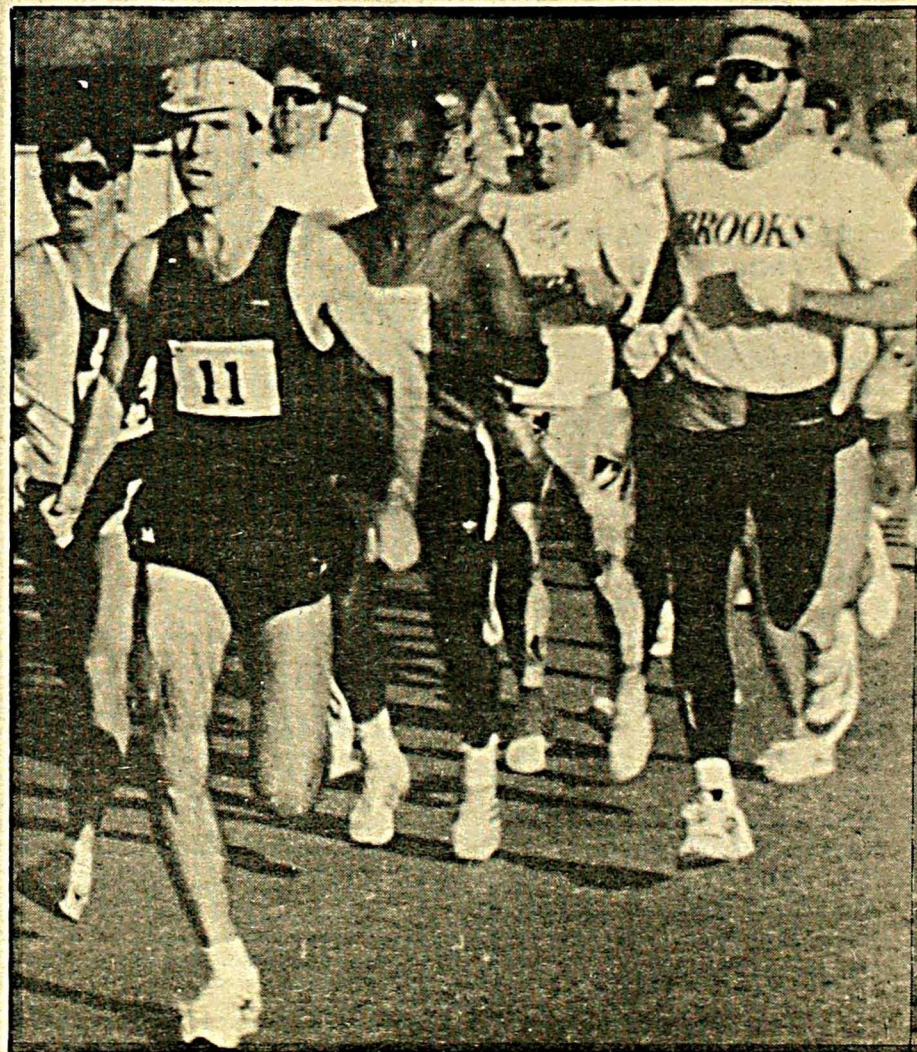
The female field included 1988 master winner Hutchison, Filutze, and the South's current best female master, Nancy Grayson from Columbia, S.C.

These runners were attracted to Huntsville by the outstanding reputation for the hospitality and recognition extended masters for the past 14 years, by the \$1000 masters winner's prize, and perhaps for the \$500 course record bonus offered to the masters winner.

From the start, Judson made it clear that he was going to make a serious effort to be among the top open runners as he matched strides with the lead pack.

Shortly after the four-mile mark, 24-year-old Jerry Lawson attempted a break from the pack with a 4:57 mile.

*(Continued on page 5)*



Kenneth Judson (11), 40, from Pittsburgh, Pa., was first overall in the Rocket City Marathon with a U.S. masters record of 2:17:01. Photo by Jim Oaks



## CONTENTS

## DEPARTMENTS

|                             |    |
|-----------------------------|----|
| TAC Officers.....           | 2  |
| Five Years Ago.....         | 3  |
| Letters to the Editor.....  | 4  |
| Third Wind.....             | 6  |
| New Age Group Athletes..... | 6  |
| On The Run.....             | 8  |
| Ten Years Ago.....          | 9  |
| Masters Racewalking.....    | 10 |
| The Foot Beat.....          | 12 |
| The Director's Corner.....  | 14 |
| Women's Corner.....         | 16 |
| International Scene.....    | 17 |
| Countdown to Turku.....     | 18 |
| Report From Britain.....    | 19 |
| Speaker's Corner.....       | 20 |
| WAVA Officers.....          | 20 |
| Masters Scene.....          | 22 |
| Schedule.....               | 23 |
| All-American Standards..... | 26 |
| Results.....                | 27 |

## FEATURES

|                                |    |
|--------------------------------|----|
| USRA Championships.....        | 1  |
| Rocket City Marathon.....      | 1  |
| Charlotte Observer Marathon..  | 3  |
| Hangover Half-Marathon.....    | 7  |
| LDR Rankings Compilation...    | 9  |
| Las Vegas Lite Mini Marathon.. | 9  |
| Honolulu Marathon.....         | 9  |
| T&F Rankings Report.....       | 16 |
| WAVA LDR Championships.....    | 20 |
| Prize Money Earnings.....      | 21 |
| Track & Field Budget.....      | 22 |
| 1991 LDR Schedule.....         | 25 |

## ENTRY FORMS/RACE &amp; PRODUCT INFO

|                                |    |
|--------------------------------|----|
| Running Times.....             | 3  |
| NMN Subscription Form.....     | 4  |
| Mac Wilkins Video Tapes.....   | 5  |
| Midwest Sectional Indoor.....  | 7  |
| First Annual Half-Marathon...  | 8  |
| Masters Running Guide.....     | 9  |
| HoBoN.....                     | 10 |
| Training Management Systems    | 11 |
| Silicon Dynamic Orthotics..... | 12 |
| Classifieds.....               | 13 |
| Publications Order Form.....   | 13 |
| Age-Graded Tables Book.....    | 14 |
| Longest Day Marathon.....      | 15 |
| T&F Rankings Book.....         | 16 |
| Sports Travel Tour.....        | 18 |
| Ski & Travel Tour.....         | 18 |
| Snug Harbor Tours.....         | 19 |
| World Games Uniform.....       | 19 |
| Running Research News.....     | 21 |
| Stim-o-Stam.....               | 24 |
| Age Records Book.....          | 31 |
| NMN Advertising Rates.....     | 31 |
| National Indoor Champ.....     | 32 |



# NATIONAL MASTERS NEWS

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



Creative Art: Eugene Paasinen, Herb Parsons

**Editor and Publisher:** Al Sheahen  
**Senior Editor:** Jerry Wojcik  
**Managing Editor:** Jack Hudock  
**Circulation Manager:** Katie Williams  
**Advertising Manager:** Al Sheahen  
**Production Manager:** Herman A. Neufeld  
**Production:** American Publishing Co.  
**Track & Field Records:** Pete Mundle  
**Long Distance Records:** TACSTATS  
**Racewalking Records:** Bev LaVeck  
**Track & Field Rankings:** Jerry Wojcik  
**Contributing Editors:** Hal Higdon, Dr. John Pagliano, Mike Tymn

**Correspondents:** John Boyle (FL), Alex Coffin (NC), Mike Davis (IN), Bob Fine (FL), Dick Green (IL), Carl Hammen (RI), Hal Higdon (IN), Dick Lacey (FL), Bob and Carol Langenbach (WA), Gary Miller (CA), Phil Mulkey (GA), Tim Murphy (TX), Paul Murray (NY), Jim Oaks (AL), David Pain (CA), Phil Partridge (FL), Phil Raschker (GA), Dean Reinke (FL), Bob Stone (CA), Pete Taylor (PA), Danny Thiel (LA), Scott Thornsley (PA), Mike Tymn (HI), John White (OH), Ken Young (AZ), David Zinman (NY).

**International Correspondents:** Alastair Aitken (GBR), Jorge Alzamora (ARG), Cesare Beccalli (ITA), Bridget Cushen (GBR), Martin Duff (GBR), Don Farquharson (CAN), Clem Green (NZL), Mike Hall (AUS), Alastair Lynn (CAN), Wilf Morgan (GBR), Peg Smith (AUS).

**Photographers:** Alex Coffin (NC), Gene Cohn (CA), Mike Davis (IN), Vic Sailer (NY), Richard Lee Slotkin (CA), Gretchen Snyder (CA), Tesh Teshima (HI), Jerry Wojcik (CA), David Zinman (NY).

The *National Masters News* (ISSN-07442416) is published monthly by GAIN Publications, with an annual subscription rate of \$22.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

The *National Masters News* is an official publication of The Athletics Congress Masters Track & Field and Long Distance Running Committees, and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of TAC or WAVA.

TAC/USA is a major funding supporter of NMN. Executive Officers of TAC/USA: Frank E. Greenberg, President; Ollan C. Cassell, Executive Director; Alvin Chriss, Special Asst. to the Executive Director.

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

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in

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

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

**Subscriptions:** A one-year subscription (12 issues) is \$22.00 (mailed 2nd class). Add \$12 for 1st class (USA & Canada) or \$15 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-9083.

**Address change:** At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue.

**Disclaimer:** All advertisements and articles printed in the *National Masters News* are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

**Advertising information and rates:** Please call 818/785-1895 and request current rate card. Send all printed material and ad copy to: NMN, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

**Mailing:** The issue is mailed the last week of the month prior to the cover date.

**Postmaster:** Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.

**National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Phone: 818/785-1895 Fax: 818/782-1135.**

NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC)  
TRACK & FIELD

|  |  |  |   |  |
|--|--|--|---|--|
| <b>Chairman:</b><br>Barbara Kousky<br>5319 Donald St.<br>Eugene, OR 97405<br>(503) 687-8787              | <b>Secretary:</b><br>Marilyn Mitchell<br>330 E. 46 St. #4C<br>New York, NY 10017<br>(212) 697-8216                   | <b>Weight Events:</b><br>Chuck Klehm<br>1218 North Route 47<br>Woodstock, IL 60098<br>(312) 551-3720             | <b>Sectional Coordinators:</b><br><b>East:</b><br>Haig Bohigian<br>225 Hunter Ave.<br>North Tarrytown, NY 10591<br>(914) 631-1547 | <b>Southwest:</b><br>Danny Thiel<br>1459 Verna St.<br>New Orleans, LA 70119<br>(504) 486-8066  |
| <b>Outdoor Meets:</b><br>Bruce Springbett<br>P.O. Box 1328<br>Los Gatos, CA 95030<br>(408) 354-7333      | <b>Treasurer:</b><br>Al Sheahen<br>P.O. Box 2372<br>Van Nuys, CA 91404<br>(818) 785-1895                             | <b>Site Selection:</b><br>Max Goldsmith<br>481 Marcus<br>Lewisville, TX 75067                                    | <b>Southeast:</b><br>Phil Mulkey & Phil Raschker<br>P.O. Box 723452<br>Atlanta, GA 30339<br>(404) 973-3825                        | <b>West:</b><br>Gary Miller<br>1740 Grandview Ave.<br>Glendale, CA 91201<br>(818) 843-2139   |
| <b>Indoor Meets:</b><br>Scott Thornsley<br>18 Colgate Drive<br>Camp Hill, PA 17011<br>(717) 737-2385     | <b>Records:</b><br>Pete Mundle<br>4017 Via Marina #C-301<br>Venice, CA 90291<br>(213) 823-8804                       | <b>Race Walking:</b><br>Bev LaVeck<br>6633 N.E. Windemere<br>Seattle, WA 98115<br>(206) 524-4721                 | <b>Midwest:</b><br>Dick Green<br>P.O. Box 6147<br>Rockford, IL 61125<br>(815) 332-4743  | <b>Northwest:</b><br>Al Phillips<br>85995 Bailey Hill Rd.<br>Eugene, OR 97405<br>(503) 485-6271                                      |
| <b>Multi-Events:</b><br>Rex Harvey<br>3815 Lincoln Place Drive<br>Des Moines, IA 50312<br>(515) 277-3608 | <b>Rankings:</b><br>Jerry Wojcik<br>P.O. Box 2372<br>Van Nuys, CA 91404<br>(818) 785-1895                            | <b>Team Manager:</b><br>Sandy Pashkin<br>363 Edgcombe<br>New York, NY 10031<br>212/666-3671                      | <b>Mid-America:</b><br>Bill Butterworth<br>314 S. Clifton<br>Wichita, KS 67218<br>(316) 684-2192                                  | <b>Awards:</b><br>Bev LaVeck, above  |
| <b>Women's Coordinator:</b><br>Christel Miller<br>1740 Grandview Ave.<br>Glendale, CA 91201              | <b>Rules Coordinator:</b><br>Graeme Shirley<br>8565 Lake Murray Blvd., #223<br>San Diego, CA 92119<br>(619) 455-4440 | <b>Championships Coordinator:</b><br>Kirk Randall<br>71 Bromfield St.<br>Newburyport, MA 01975<br>(508) 465-9677 | <b>Law and Legislation Coordinator:</b><br>Norm Brand<br>5224 Manning Pl., N.W.<br>Washington, DC 20016<br>(202) 244-2218         | <b>WAVA Delegates:</b><br>Barbara Kousky, Jerry Donley, Rex Harvey; Alternates: 1) Pete Mundle, 2) Marilyn Mitchell, 3) Gary Miller. |

## LONG DISTANCE RUNNING

|  |  |   |  |
|--|--|---|--|
| <b>Chairman:</b><br>Charles Des Jardins<br>5428 Southport Lane<br>Fairfax, VA 22032<br>(703) 250-7955                              | <b>Secretary:</b><br>Carole Langenbach<br>4261 S. 184th Street<br>SeaTac, WA 98188<br>(206) 433-8868                                   | <b>Championships Coordinator:</b><br>Kirk Randall<br>71 Bromfield St.<br>Newburyport, MA 01975<br>(508) 465-9677          | <b>Championship Stats:</b><br>Norm Green<br>405 Curtis Ct.<br>Wayne, PA 19087<br>wk (215) 768-2480 |
| <b>Vice Chairman Men:</b><br>Kirk Randall<br>71 Bromfield St.<br>Newburyport, MA 01975<br>(508) 465-9677                           | <b>Treasurer:</b><br>George Vernosky<br>5004 Glen Cove Pkwy.<br>Bethesda, MD 20816<br>(301) 229-8391                                   | <b>Law and Legislation Coordinator:</b><br>Norm Brand<br>5224 Manning Pl., N.W.<br>Washington, DC 20016<br>(202) 244-2218 | <b>Awards:</b><br>Kirk Randall-Men (address above)<br>Ruth Anderson - Women (address above)        |
| <b>Vice Chairman Women:</b><br>Ruth Anderson<br>1901 Gaspar Drive<br>Oakland, CA 94611<br>(415) 339-0563 (h)<br>(415) 422-5554 (o) | <b>Road Records &amp; Rankings:</b><br>Basil & Linda Honikman<br>TACSTATS<br>915 Randolph<br>Santa Barbara, CA 93111<br>(805) 683-5868 | <b>WAVA Delegates:</b><br>Ruth Anderson, Norm Green   | <b>Rules Coordinator:</b><br>George Kleeman<br>5104 Alhambra Valley Rd.<br>Martinez, CA 94553      |



## Charlotte Observer Races Draw 6000

by JERRY WOJCIK

The Charlotte Observer Marathon and 10K attracted some of the best masters runners in the country to North Carolina on January 5, where they performed up to expectations, a few under less than favorable circumstances.

Ryszard Marczak, 45, survived three days of travel from his native Poland to take the masters first in the marathon with a fifth overall 2:23:02. Marczak's performance earned him \$2750, which included a \$500 bonus for breaking Bob Schlau's masters course record of 2:24:46. Schlau, 43, of Charleston, S.C., settled for second in 2:29:16, worth \$1065.

Marczak, after the race, said he was pleased with his performance. "I felt good out there. For the first half of the race, there were about six of us. But the course is very difficult."

The top masters money earner of the day was Nancy Grayson, 40, of Columbia, S.C., seventh woman overall with a masters win in 2:55:31, worth \$2815, which also included \$500 for a masters course record and \$65 for first Carolinian in her age group. Judy Greer, 44, of Orlando, Fla., who, like Schlau, lost the record (2:57:09), finished second in 2:56:53 for the \$1000 prize.

Bruce Robinson (40, 2:31:11, \$250) of Manasquan, N.J., and Linda Banning (42, 3:02:28, \$285) of Charleston, S.C., were masters third-place runners.

Open winners were Ric Sayre, 37, Ashland, Ore., in 2:16:21, and Lisa Presedo, 25, Baton Rouge, La., in 2:43:53.

In the 10K, John Campbell, soon to be 52, who had made the long flight from New Zealand just two days before, kicked home smoothly in 30:09 to win the masters title by 100 yards over Domingo Tibaduiza. Campbell, one second off the course record, collected \$2250, and Tibaduiza, 41, of Reno, Nev., won \$1000.

After the race, Campbell discussed his performance, "... right now, my motivation is at an all-time low. It's personal reasons and it's just good to get away and run again. It was a lot easier than I expected. I didn't even wake up until quarter past seven. I took it rather easy."

In the women's race, Priscilla Welch, 46, of Boulder, Colo., after

taking a few weeks off to recover from inhaling silver and gold paint spray fumes while decorating a Christmas tree, won \$2250, with a masters first and fourth overall 34:38, which broke her own course record of 35:06. "It was a good go out for me," said Welch. "It was my first race of the season, and I didn't really know where I was."

Laurie Binder, 43, of Oakland, Calif., took second place, worth \$1000, with a 35:33. Both runners felt that the unusually cold temperatures

(40° at the start) bothered them.

Wilson Waigwa (41, 30:35, \$250) of El Paso, Texas, and Nancy Oshier (42, 36:36, \$250) of Rush, N.Y., rounded out the top three masters.

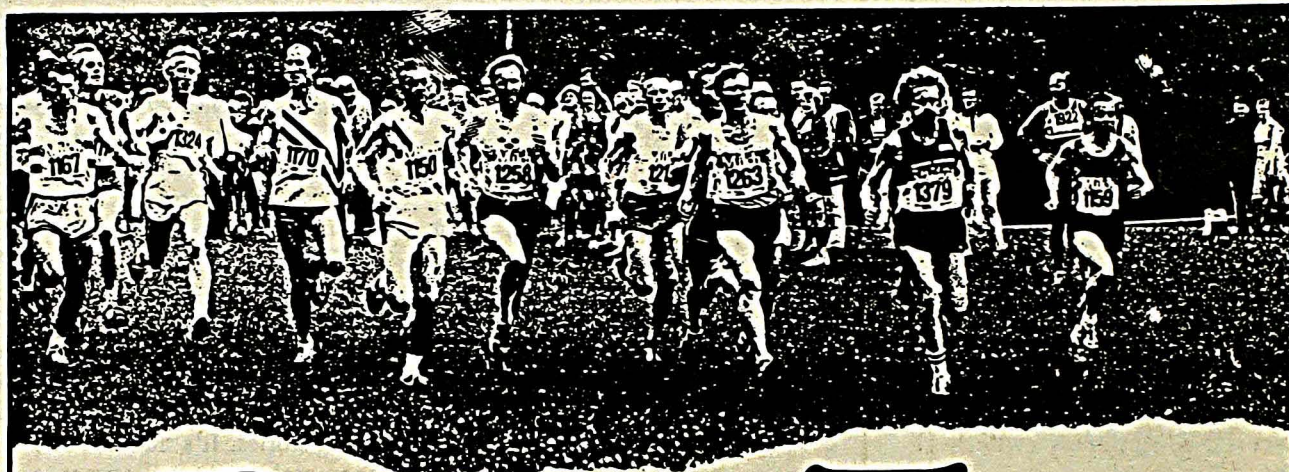
Winners overall were Brian Diemer, 29, Kentwood, Mich., with a 29:02, and Francie Larrieu-Smith, 38, Dallas, Texas, in 34:18.

The races, which began at the Charlotte Observer building and finished inside the Charlotte Convention Center, drew more than 6000 starters. □

## Five Years Ago

February, 1986

- Don Coffman, 42, Captures 3rd Straight Rocket City Marathon Masters Title in 2:27:42
- Otto Essig Pledges \$25,000 To Help Bring the 1989 World Games to the U.S.
- Sandra Kiddy, 49, Sets U.S. Women's 100-Mile Record in 15:12:54



# 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:

- Regular features in each issue include National and International Calendar of upcoming racing events, Race Results, Personal profiles and advice on training from Jeff Galloway & other top experts.
- Each issue is delivered to you *several weeks ahead* of the issue date, providing ample time for you to check the calendar and select races that fit in with your racing/work/travel plans.
- 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.**

Name

Address

City  State  ZIP

☐ Payment enclosed ☐ Bill me Charge my ☐ VISA ☐ MC

#  Exp.

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.

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.





Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

### 1990 AWARDS

In reading the article on the 1990 LDR Award winners (NMN, Jan.), I was startled to find that M70 award recipient, Nate White, had "won four national masters championships," including the 5K. Actually, Nate was third in that race behind Max Quakenbush (21:58) and me (22:11) — as you reported in your March edition. I know the misinformation didn't come from Nate White whose honesty is unquestioned.

When making these awards, the LDR Committee should realize that not every masters athlete can afford to travel to compete in national championships. The true criteria for best runner should be the recorded times on TAC-certified courses wherever located.

On that basis, Eddie Lewin deserved the M70 award because of his superior times. He was clearly the best M70 long distance runner in 1990.

Phil Jones  
Glendale, California

I have a real problem with the Masters T&F Committee members who are supposed to be knowledgeable about T&F performances.

I want my name withdrawn from the M50 category as co-winner for the following reasons:

1) My name was not on the ballot mailed to the 50 voters. So no one had

the opportunity to vote for or against my nomination.

2) I was told the voting results were based on the TAC Nationals — which I bypassed this year.

3) I never threw 205 ft. as listed in the award selection. That is obviously a bogus mark.

I did have the following marks: 211-7 (Spring Games, Santa Ana, Calif.); 210-2 (Fresno Relays); 208-2 (So. Calif. Striders Meet, Long Beach); and 200-11 (Western Regionals, San Diego).

I hope that my best performance of 1990 will be noted and listed as an age-52 record.

Larry Stuart  
El Toro, California

I know Larry Almberg, M40, is a marvelous performer and I congratulate him on his "Outstanding Performer" and "Outstanding Performance" awards. But I'm wondering if the former award wasn't influenced unduly by the latter. That mile run is hard to ignore, but in the total picture of achievements for the year it is simply "another record." I'm not belittling the magnitude of the performance, only indicating that is precisely the reason we have the Outstanding Performance of the Year award.

If we considered the entire season from beginning to end with emphasis on the major meets, we would find

Larry with two National gold medals and a world record.

A very similar case could be made for Ken Sparks, M45, in the same events. Ken got three golds and three world records. Both runners' key event was the "best of the meet" in the Outdoor Nationals.

Stan Whitley, M40, won three golds, had the "best of the meet" performances in two, and was considerably superior in performance percentage.

But perhaps the greatest logical challenge would have to come from John Alexander, M70, who won eight golds, with three ARs and one WR.

We need a firm, objective system for awards that cannot be swayed and influenced by dramatic pictures and exciting stories. It's time the steady performers' accomplishments were rewarded as much as those with single, terrific performances.

Phil Mulkey  
Atlanta, Georgia

I have a problem with the criteria and the process used for selecting the Administrator of the Year for 1990. According to the January issue of NMN, Ms. Kousky was chosen for her "outstanding work as a co-director of the 1989 World Championships and her first-year leadership as head of the Masters Track & Field Program."

What this means is that TAC presents an award based on a single achievement — one meet and one year of service. Compared to the selection process used to determine the other "outstanding" awards, I find this inconsistent and unfair.

Where were people like Dick Green on the 1990 ballot? Green's credentials include several years of running successful meets — both large and small. Why do you think he was awarded next year's Nationals?

Next year, allow all masters competitors a chance to participate in the year-end selection process with a personalized ballot. Not everyone can afford to travel to the TAC Convention to vote.

In anticipation of these changes, I nominate Dick Green for Outstanding Administrator in 1991.

Jack R. Twet  
Beaver Dam, Wisconsin

(There were three nominees for the Administrator Awards: Kousky, Green and Jerry Wojcik, Rankings Coordinator. Kousky received a majority of the votes on the first ballot. — Ed.)

### AGE-GRADING POPULAR

I initiated efforts to start age-grading with the 1991 Houston-Tenneco Marathon, but was unsuccessful. We then worked to initiate a high-visibility, age-graded project into the Marathon Warm-up Series, which consists of the 5th largest U.S. 20K, 3rd largest 25K, and largest 30K.

I'm happy to report we succeeded and I have yet to hear other than favorable comments on age-grading. It remains to be seen what will evolve for the 1991-92 race season, but it appears age-grading will grow in the Houston area, as some key local LDR officials have informally made very positive comments.

Does NMN have plans to begin periodically publishing a summary list of masters prize-money races and age-graded races?

My wife, Gwen, developed a Lotus 1-2-3 template for computer handling of age-grading. At present, we have to input all the masters data instead of taking it from the race entry and finish-line program directly. It might be of interest if NMN would do a short article on various efficient methods of doing age-grading by computer. With interest increasing in Houston, I hope we can develop a means to combine age-grading with the rest of the race-computer program to avoid duplicate data input.

We thank NMN for its excellent work and reporting.

Howard Kunz  
Houston, Texas

(Thank you for your efforts. NMN plans to do an updated article on age-grading in the March issue. — Ed.)

### SCHEDULE COMPLAINT

I noticed that the pentathlon and high jump are scheduled for the first day of the Nationals this year. That means that while the pentathlon long jumpers, javelin throwers, discus throwers, and 200m and 1500m men will be able to compete in their events twice, the high jumpers won't even get to compete once.

Why can't the high jump be held on the fourth day when there is only one other event?

Bob Morcom  
Wilmet Flat, New Hampshire

### DIVIDE SECTIONS FAIRLY

I compared the recent census figures to the sectional breakdowns to see if the areas of the country were divided fairly with regard to club recruiting. What a surprise! With a total population of 249,632,692, here is the way it works out:

East (62,644,541) 25%; Midwest (47,654,358) 19%; West (39,088,224) 15.6%; Southeast (38,634,367) 15.4%; Mid-America (26,551,592) 10.6%; Southwest (23,884,462) 9.5%; Northwest (10,565,237) 4.2%.

I hope the people in charge of the sectional division of the U.S. will

[Continued on page 21]

## NATIONAL MASTERS NEWS Subscription Form

Masters Athletics is booming!

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking. It contains information you can't get anywhere else. It's a bargain at 12 issues a year for only \$22. Subscribe now.

- |   |  |  |                                  |
|---|--|--|----------------------------------|
| <input type="checkbox"/> 6 months, \$12   | Add postage per year:                            | <input type="checkbox"/> Payment enclosed          | <input type="checkbox"/> New     |
| <input type="checkbox"/> 1 year, \$22.00  | <input type="checkbox"/> \$12 1st class (USA,    | <input type="checkbox"/> Bill me later             | <input type="checkbox"/> Renewal |
| <input type="checkbox"/> 2 years, \$41.00 | Mexico & Canada)                                 | <input type="checkbox"/> \$_____ as a contribution |                                  |
| <input type="checkbox"/> 3 years, \$59.00 | <input type="checkbox"/> \$15 air mail (foreign) | to your work                                       |                                  |

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Send to: National Masters News  
Subscription Dept.  
P.O. Box 16597  
North Hollywood, CA 91615-6597

Or call:  
818-785-1895

CZZMN



## Judson Zooms to Record in Rocket City Marathon

Continued from page 1

Judson was the only other runner to respond to the younger man's surge, and when Lawson made a pit stop, Judson took the lead and held it through nine miles.

Lawson overtook Judson by mile ten and built a 22-second lead over the next four miles. But another pit stop by Lawson gave the lead back to Judson before mile 15.

"I guess I am most proud of the fact that when presented with the chance to lead that second time, I didn't back off," Judson said. "This was the first time I have ever had an opportunity to win a race of this magnitude. It's a very special feeling to know that I made the most of that opportunity."

Judson had run almost equally well here in 1988 (2:17:55) when he finished second by only 29 seconds. This year, from the 15-mile mark, the lawyer made a very strong closing argument for the win, and none of the younger runners seriously challenged him the rest of the way.

Judson's Olympic Trial qualifying time of 2:17:01 was also a masters course record, bettering Englishman Ron Hill's 2:19:37 set in 1978 when Hill was 40.

"My plan was to run competitively," said Judson. "I was committed to running with the lead pack. I figured if I did that, then the sub 2:20

(Olympic Trials qualifying time) would take care of itself. At the start I had no idea I'd win. I just wanted to run my race as hard as I could."

Judson's pay check was sweetened by the \$500 masters course record bonus. The open-winner (\$1500) money added to his masters money (\$1000) gave him a total of \$3000 for the superb effort.

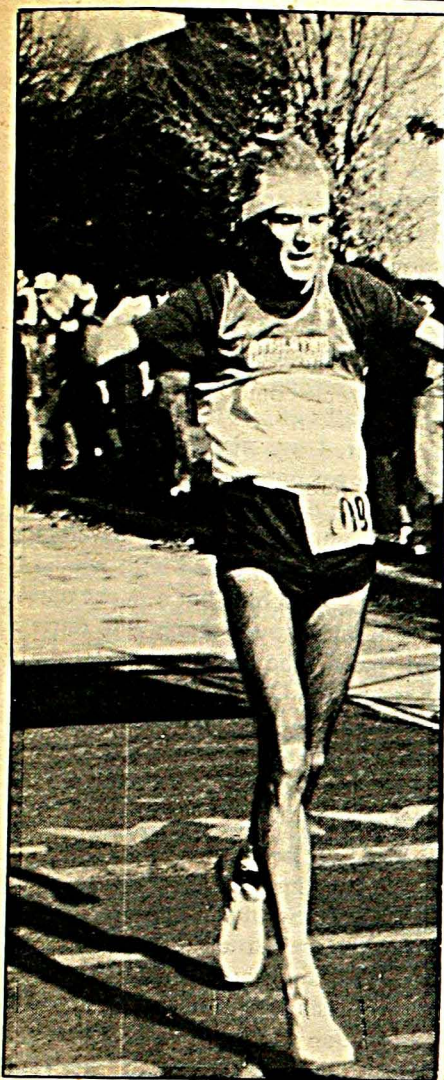
Equally exciting as Judson's American masters record performance was the race for the female master title.

Hutchison and Filutze were among

the top five open female runners from the start, and stayed within 10 to 15 seconds of each other for 20 miles of the race. They were often bunched within a five-second interval.

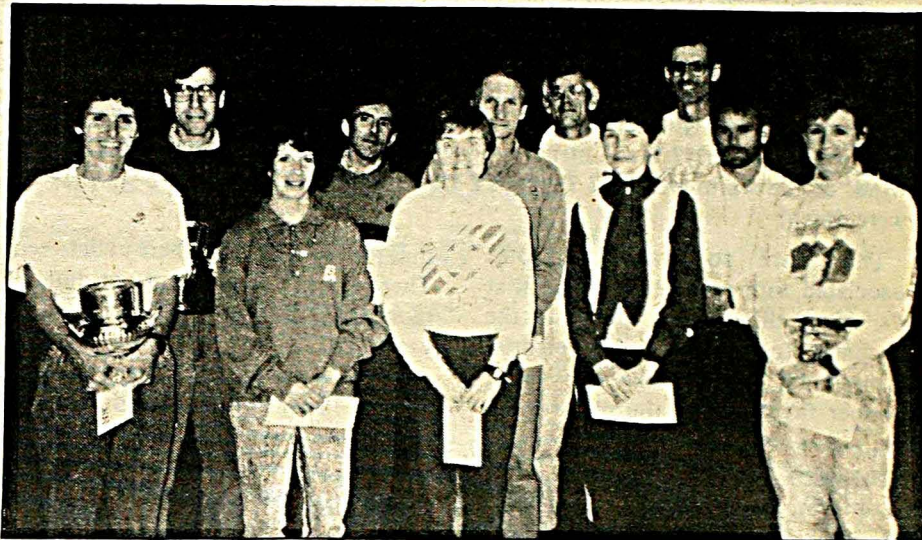
"I knew the masters competition would be tough with Barbara in the race," Hutchison said. "My plan for the race was to break 2:45 (the qualifying time for the women's 1992 Olympic Trials race), and if that was also good enough to win the masters or overall title, I would just be even more happy."

Continued on page 12



Don Gammie, 60, Centerville, Ohio, betters the M60+ course record by over 20 minutes with a 2:48:09, only 13 seconds off the U.S. single-age record, Rocket City Marathon, Huntsville, Ala., December 9.

Photo by Jim Oaks



Top male and female masters at the 14th WZPY Rocket City Marathon in Huntsville, Ala., December 9. Front, left to right: Jane Hutchison, Barbara Filutze, Carolyn Spillman, Nancy Parker, and Andrea Pease. Back: Kenneth Judson, Bob Schlau, Ken Sparks, Don Coffman, Craig Storey, and George Whitley.

Photo by Jim Oaks



## TRAIN WITH THE CHAMPIONS

"Still the BEST teaching videos on the market for coach and athlete....."

Order video tapes from these Olympic Athletes:

### MAC WILKINS Gold Medal Discus

Training, technique and slomo analysis of Schmidt, Delis, Sylvester, and Bugar

### AL FEUERBACH Basic 70' Shot Putting

Rotational style with Dave Laut. Also weight training and drills.

### YURIY SYEDIKH'S SYBERVISION HAMMER THROW

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

Name \_\_\_\_\_

Address \_\_\_\_\_

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

GOLD MEDAL DISCUS \$49.50

BASIC 70' SHOT PUTTING \$49.50

DISCUS - SHOT COMBO \$90.00

BANKS ON TRIPLE JUMP \$59.95

SYBERVISION HAMMER \$60.00

WA Sales Tax &/or Shipping \_\_\_\_\_

Add \$3.50 1st class/\$2.50 reg. mail

VHS ONLY TOTAL \_\_\_\_\_

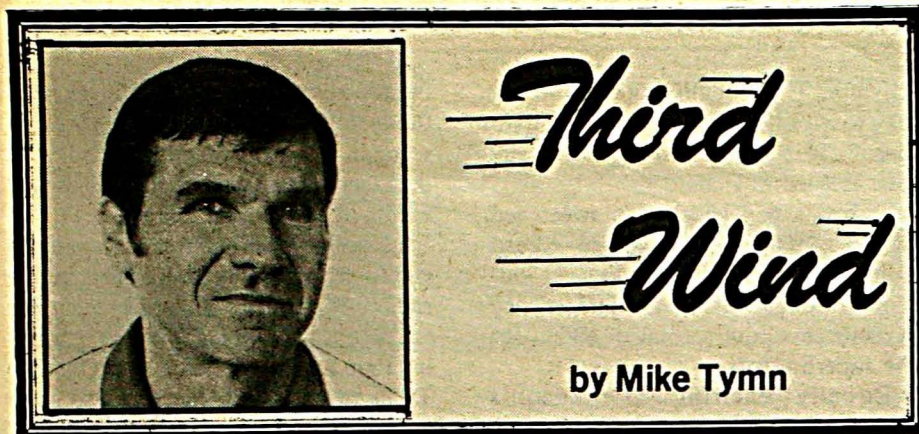
MAC WILKINS PRODUCTIONS

P.O. BOX 5571

BELLEVUE, WA 98006

PHONE ORDERS (206) 562-1875





# Third Wind

by Mike Tymn

## Aging & Training: The Hidden Factors

**W**hen our race times fall short of our goals or expectations, we begin to search for reasons. We explore all of the factors that go into performance. Did I put in enough miles in my training? Was enough of it quality work? Did I taper properly before the race? Was I at my optimum body weight? Had I been eating properly? Was I mentally focused? Could it have been the hills, or the wind, or the warm weather? Perhaps I was overtrained? Maybe my biorhythms were down?

There are so many variables associated with race performance that it's often difficult to pinpoint the reason(s) for disappointing efforts. Around 40, give or take five years, another factor enters the picture: aging.

### Blamed It All On Aging

Initially, many of us dismiss the possibility that Father Time will take his toll. I was one such person. During my early 40s, I came to believe that I could go on forever without paying him a cent. But during my late 40s and early 50s I went to the other extreme: I blamed aging for all my losses. It became my crutch, my excuse for not doing as well as I thought I should have. I often complained that the toll was too high.

Now, though, I have come to realize

that the truth is somewhere in between. There is a toll to pay, but not quite as much as I had come to believe two years ago.

It was at age 46 that I began to really struggle in my efforts to keep pace with my old self. I had run a 31:38 for 10K at age 41 and a 32:28 at 45. But at 46 I couldn't break 33½ minutes. There was a slight resurgence to 33:52 shortly after my 50th birthday, but an injury followed. I ran for fitness only for the better part of a year before returning to racing. My times then took a real nosedive — I seemed to stall for over a year right around 36:30.

I looked for reasons for my rapid decline, and I concluded that Father Time was making me pay dearly for all those years of hard training.

I had succumbed to negative think-

ing and never expected to see the other side of 36 minutes again, much less 35. But last year, at age 53, I got back down to 34:40 for 10K.

### Consistency and Momentum

The factors I had overlooked in my examination of all variables affecting my performance are *consistency* and *momentum*. It's the "use-it-or-lose-it" dictum applied to higher levels of fitness. Throughout my late 30s and early 40s, I pretty much raced year-round. I backed off the intensity now and then, but I was able to maintain a very strong base condition throughout the year. I never shifted below second gear. When it was time to prepare for a big race, I would shift into high gear for eight weeks of intense training.

### Stronger Base Condition

But in my late 40s, as the times slowed and the motivation waned, I became more of a seasonal competitor. I was content to do nothing more than easy fitness running for seven or eight months of the year. I'd then attempt to get back into racing shape by shifting from low gear to high gear, completely bypassing second gear. In effect, I was trying to go from a relatively weak base to intense training without sufficiently building up to the hard training.

My resurgence last year was a result of maintaining a stronger base condition, and then shifting into second gear for several months before moving into high gear in my training. Consistency (in quality training) and momentum made the difference.

A college-aged runner might be able to get away with what I was doing between ages 46 and 52 because the strength of youth is slow to dissipate. But as we grow older, I think it is clear that we need to work harder at maintaining that *basic* strength.

### Maintaining Speed

It is equally clear to me that we have to really work at maintaining speed as we age. During my early 40s, I could go out for my first hard quarter-mile interval session after a long layoff and

start out with a 65-second lap. My lack of conditioning would show up in not being able to maintain that speed in subsequent quarters, as I'd fall off to 68s and 69s. When I could average 65-66 for 16 repeats, I knew my endurance was catching up with my speed.

Now, however, my first quarter after a long layoff is my slowest one, about 82 seconds. I am then able to continue at 80-81 seconds for 12 quarters. After two months of regular interval sessions last year, I was able to average 75-77 seconds per quarter.

Thus, a dozen years ago, my heavy-duty training was aimed at developing endurance to go along with whatever natural speed I had, but now the objective of my serious training is to retrieve lost speed. The building of endurance is secondary. Of course, there's no way to really tell how much of that lost speed would still be with me had I continued to do quality training and to race year-round.

### Mind vs. Body

As the time for shifting gears to more intense training approaches, I'm not sure I want to train as hard as I did last year. I still have the desire to race and to race well, but that desire isn't always there when it comes time to put myself through a tough workout. Sometimes it's the body that rebels; other times it's the mind that says no. Often the mind gets its signals from the aching body.

Moreover, there's a certain amount of recklessness and abandonment that must accompany the desire if one is to run at his potential. That's what seems to be missing most with me. If that is a concession to age, so be it. I prefer to think of it as wisdom that comes with age. □

*A note to readers: I'd appreciate receiving your thoughts and experiences in this area of aging and training for a future column on this subject. Please share your ideas with me. Write to me at: 1524 Uluhao St., Kailua, HI 96734.*

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, FEB. 1991

| ATHLETE (RESIDENCE)                   | BIRTHDATE | AGE GROUP |
|---------------------------------------|-----------|-----------|
| PAMELA CALVERT (MANCHESTER, MD)       | 2-18-46   | 45-49     |
| ANGELLA HEARN (GBR-NEW YORK CITY, NY) | 2-15-46   | 45-49     |
| SINCLAIR KALKHOF (BALA CYNWYD, PA)    | 2-21-31   | 60-64     |
| EDITH KOKERNOT (HOUSTON, TX)          | 2-21-26   | 65-69     |
| DOROTHY MARTIN (TUSCON, AZ)           | 2-1-21    | 70-74     |
| LORI MAYNARD (REDWOOD CITY, CA)       | 2-2-36    | 55-59     |
| FLORENCE REARDON (OREGON, OH)         | 2-21-26   | 65-69     |
| SHIELA SMITH (LOS ANGELES, CA)        | 2-4-36    | 55-59     |
| MYRNA SORENSON (ORANGE, CA)           | 2-6-36    | 55-59     |
| NANCY TIGHE (NEW YORK CITY, NY)       | 2-16-31   | 60-64     |
| RUTH UPDEGROVE (HONOLULU)             | 2-20-11   | 80-84     |
| ALGENE WILLIAMS (PARK FOREST, IL)     | 2-5-16    | 75-79     |
| ANNIE BELLANGER (FRA)                 | 2-7-51    | 40-44     |
| DOROTHY BROWNE (AUS)                  | 2-6-41    | 50-54     |
| MARGUERITA GIROUARD (FRA)             | 2-21-41   | 50-54     |
| ANGELLA HEARN (GBR-NEW YORK CITY, NY) | 2-15-46   | 45-49     |
| ALICE OLSON (NZ)                      | 2-8-26    | 65-69     |
| INGRID SCHATTNER (WG)                 | 2-9-41    | 50-54     |
| JEAN THEW (AUS)                       | 2-6-36    | 55-59     |
| BEATRICE WALDNIS (SUI)                | 2-1-46    | 45-49     |
| MATHIAS BERGSETH (NOR)                | 2-15-21   | 70-74     |
| FRED BEST (WESTFIELD, NJ)             | 2-17-36   | 55-59     |
| TONY BLUE (AUSTRALIA)                 | 2-4-36    | 55-59     |
| DON BRADLEY (ENCINITOS, CA)           | 2-20-16   | 75-79     |
| PHILLIP CLARKE (VAN NUYS, CA)         | 2-6-26    | 65-69     |
| DENNIS COVENEY (CAN)                  | 2-23-31   | 60-64     |
| ROBERT CROUCH (SAN CLEMENTE, CA)      | 2-27-21   | 70-74     |
| HENRY DAVENPORT (CHARLES TOWN, WVA)   | 2-28-36   | 55-59     |
| DENIS DEVALLANCE (AUSTRALIA)          | 2-15-31   | 60-64     |
| CHARLES DILLON (CAN)                  | 2-9-16    | 75-79     |
| EARL ELLIS (SEATTLE, WA)              | 2-10-36   | 55-59     |
| JACK ERICKSON (GRAND PRARIE, TX)      | 2-11-31   | 60-64     |
| BRIAN FREEMAN (SAN DIEGO, CALIF)      | 2-21-26   | 65-69     |
| FRANK HARRISON (CA)                   | 2-9-26    | 65-69     |
| MATTI JARVINEN (FIN)                  | 2-23-26   | 65-69     |
| EDWARD JEFFERIS (S. AFR)              | 2-7-36    | 55-59     |
| JOCK JOCY (DEL MAR, CA)               | 2-18-26   | 65-69     |
| ULRICH KAEMPH (LOS ALTOS, CA)         | 2-10-31   | 60-64     |
| ERICH KRZYCKI (WG)                    | 2-18-11   | 80-84     |
| JAMES LAW (CHARLOTTE, NC)             | 2-23-26   | 65-69     |
| JAMES MCGRATH (AUS)                   | 2-17-31   | 60-64     |
| T. MCNEIL (GB)                        | 2-22-26   | 65-69     |
| JOHN NOBLE (SO. PASADENA, CALIF)      | 2-2-26    | 65-69     |
| BOB RICHARDS (SANTO, TX)              | 2-20-26   | 65-69     |
| HUGO SCHLEGEL (WG)                    | 2-6-26    | 65-69     |
| JACK SCOTT (JOLIET, IL)               | 2-27-31   | 60-64     |
| KJEL-ERIK STAHL (SWE)                 | 2-17-46   | 45-49     |
| KEITH WHITAKER (GB)                   | 2-2-31    | 60-64     |



NMN columnist Mike Tymn, shown here, at age 43, winning the 1980 Nike National Championship for masters in San Diego, Calif., says he's now about three minutes slower than he was then. How much of that is due to aging, he's uncertain.



# Keenan Wins Hangover Half

by PAUL MURRAY

Forty-year-old Dale Keenan of Selkirk, N.Y., welcomed the New Year with a decisive victory in the Hudson Mohawk Road Runners Club's Hangover Half Marathon held January 1. Keenan paced the 206 finishers in this annual holiday event with a 1:11:15, finishing nearly five-and-a-half minutes ahead of Rick Stark, his closest challenger at 1:16:34.

Judy Swasey paced the 40-49 women in 1:46:14, just 35 seconds in front of Christine McKnight. Sue Engel was third in 1:50:05.

John Pelton of West Rupert, Vt., won the M50-59 division with a 1:23:15, followed by Robert Steciuk (1:26:29) and Wade Stockman (1:27:14). The M60s saw some tough competition with Bob Gauvreau (1:29:22) outlasting Ed Doucette (1:29:56). Regina Tumidajewicz of

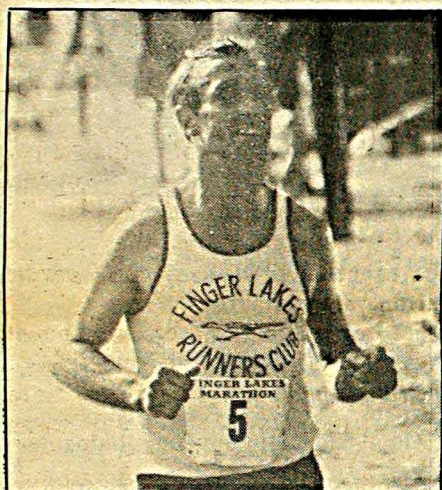
Amsterdam, N.Y. was the lone W60-69 finisher in 2:14:30.

Ed Gresens (16:12) was the top M40-49 in the adjunct 3-mile Sober Up Run with Andrea Lurie (24:26) taking the W40-49 honors. In the 50-59 bracket Lowell Montgomery (21:38) and Marge Rajczewski (24:47) were victorious.

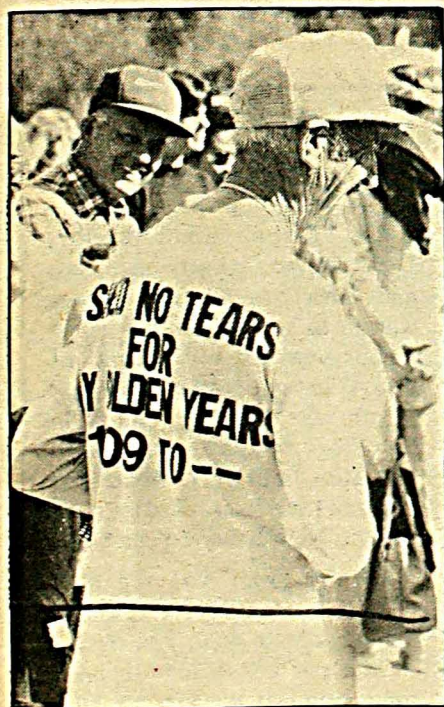
The race's best performance came in the 60-69 group as Bob Hennig, 65, sprinted to a 20:43 and Nancy Gerstenberger turned in a 22:48 for the distaff side. Bill Shrader represented the 70-year-olds with a respectable 33:42 showing. □



David Lawyer, formerly of NY Masters, now residing in Santa Barbara, Calif., winning the M70 100 (14.67), Trojan Invitational, Los Angeles. Photo by Jerry Wojcik



Rich Congdon, 45, of Ithaca, N.Y., finishes his 21st consecutive Finger Lakes Marathon, Ithaca, N.Y., in 3:11:20. Photo by Peter Rath



Mel Shine, 81, of Lafayette, Calif., set an M80-84 course record (1:58:28) in the Humboldt Redwoods Half-Marathon, Weott, Calif. Ewar Gordillo (45, 1:10:11), Reno, Nev., and Shirley Matson (49, 1:20:55), Moraga, Calif., were masters firsts.

Photo by Pampiano/Times-Standard

## TAC Midwest Sectional Master Indoor Track & Field Championships

Date: Sunday, March 10, 1991

Place: Westwood Sports Center

West LeFevre Rd., Sterling, IL

**FACILITY:** 200 meter Tartan Track and Runways, 1/2" spikes max. allowed. Showers and dressing facilities available. Bring your own towel.

**ELIGIBILITY:** Competition open to all men and women 30 and over. All competitors must be registered with the Atlantic Congress for 1990. Registration forms available at meet site.

**AGE GROUPS:** 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-89, 90+.

**ENTRY FEE:** Entries post marked by 3:59:00: \$5.00 1st Event, \$10.00 2 or more events, and \$10.00 Relay. After 3:59:00: \$7.00 1st Event, \$14.00 2 or more events, and \$10.00 Relay. Registration and number pick-up open 10 a.m. the day of the meet at the meet site.

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

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

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

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

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

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

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

**MOTELS:** Meet Headquarters - Pampiano Inn, Rock Falls, IL, 1-800-228-2828

Single: \$35.00, Double: \$40.00, 3 person: \$45.00, 4 person: \$50.00 (Maximum 4 people per room). Identify yourself with the Midwest Sectional Masters Track and Field Championships.

### ORDER OF EVENTS:

#### RUNNING EVENTS — 12:00 NOON

60 Meter Hurdles  
3000 Meter Run  
400 Meter Dash  
1500 Meter Race Walk  
60 Meter Dash  
800 Meter Run  
200 Meter Dash  
3000 Meter Race Walk  
1500 Meter Run  
4X400 Meter Relay

#### FIELD EVENTS — 11:00 A.M.

Long Jump  
Shot Put  
Pole Vault  
Triple Jump  
High Jump  
25# Weight  
35# Weight  
56#, 90#, and 300# Weight Throw

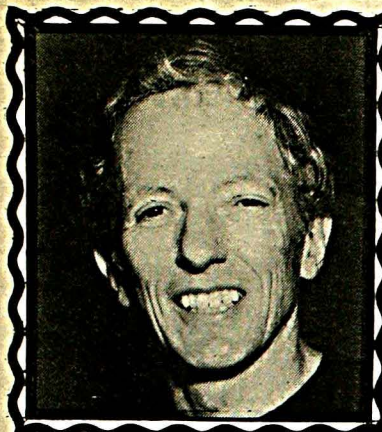
Send completed and signed entry and check payable to Dick Green, P.O. Box 6147, Rockford, IL 61125. Phone 815/332-4743

|                     |                                 |                |                |
|---------------------|---------------------------------|----------------|----------------|
| Last Name           |                                 | M.I.           | First Name     |
| Name _____          |                                 |                |                |
| Address _____       |                                 |                |                |
| City _____          | State _____                     | Zip Code _____ |                |
| Tac# _____          | Phone # _____                   |                |                |
| Sex M _____ F _____ | Birthdate _____ / _____ / _____ |                | Division _____ |
| Events _____        | Amount Enclosed _____           |                |                |

Athletes Release: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against the Masters Athletic Commission, 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 \_\_\_\_\_





# On The Run

by Hal Higdon

## Legging It Up

**O**n a crisp, winter morning, I rose early while staying at a hotel near Arlington Park, a horse racing track northwest of Chicago, and went for a slow run on the bike paths of nearby Busse Woods. As I encountered other joggers, walkers and cyclists, I greeted them with a nod or brief hello.

Two of the joggers apparently recognized me. I heard one say to the other after I passed: "What's he doing out here?"

I was not there to bet on the horses, since the track was closed for the season. Actually, I was on my way home from a track meet in Madison, Wisconsin. I had stopped with my wife Rose to attend a wedding reception at the Arlington Park Hilton, which usually caters to horse fans. As to what I was doing in that particular forest preserve early on a Sunday morning, it was some base training preliminary to

speedwork later that spring. But I might have told the pair: "I'm legging myself up."

That's an expression used by horse people. Ed Benham, a retired jockey from Ocean City, Maryland, who has set nearly 100 American track and road records, taught it to me.

Horses move pretty quickly, so what's good enough for a horse is good enough for me. While legging it up, I was moving at a pace so slow as to bore even most beginners. During a 90-minute run near the race track that morning, I covered nine or ten miles.

That's barely a 10:00 mile pace. Run that slow in most 10K races, and you'll finish in the bottom 10 percent of the field. Benham runs decidedly faster when he races.

Yet Ed and I know that those slow miles near the horse track would result in fast finishes later during the year. Certainly my performance in Madison indicated I needed a good shot of speed. In the 1500 meters, the top two runners left me after one lap. I paced the rest of the field for five more laps. Then three runners swept past me on the last circuit.

The logical training response would seem to be to run sprints to improve my finishing kick. You can't run fast unless you train fast, goes one adage. This suggests some lung-searing sessions of 400-meter interval sprints on the track. Perhaps that would improve my speed.

It would, done at the right time of the year, but another adage says that you can't run fast unless you first train slow. Ron Gunn, track coach at Southwestern Michigan College, phrases it another way: "You can't shoot a cannon out of a canoe." The cannon's recoil, of course, would pitch both cannon and person firing it into the water. You need a bigger boat. A battleship offers a better base for firing cannons. And runners who expect to go fast in competition also need a better base than what they can obtain on speedwork alone.

They need to leg it up. Thus those slow miles in the woods near Arlington Park were designed to *prepare* me to run fast.

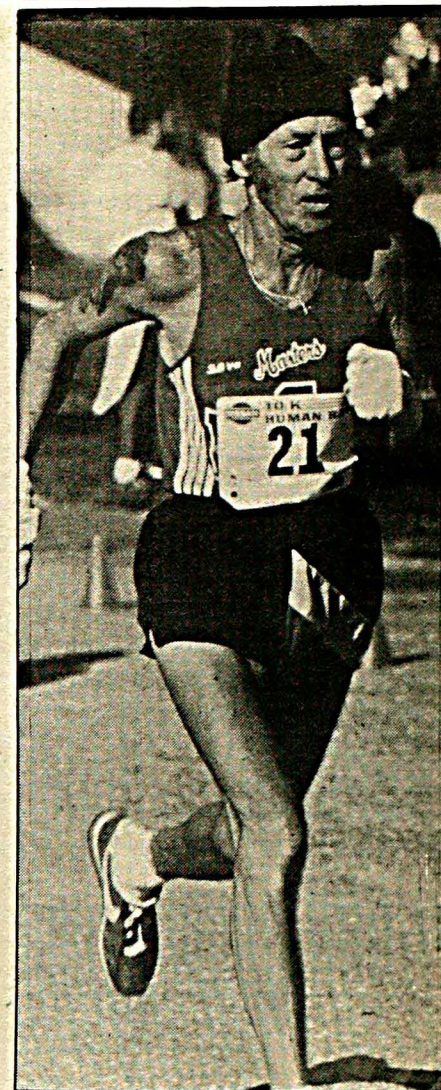
Ed Benham knows that preparation is the key. He rode his first race as a jockey at Culver City, California, at age 14. Two years later, he scored his first victory. Benham rode competitively until 1940, then worked as an outrider and equipment handler until he retired in 1976.

Soon afterwards, Benham started to run with his two sons and achieved instant success as an age-group competitor. "I trained myself just like I trained the horses," says Benham.

That meant starting slow. Or as Benham describes the base training he used to give horses, "you leg them up." For six to eight weeks, the horses gallop very slowly. Finally, Benham would throw in a little speed, "breezing them," as they say at the track. He'd run the horses first one-eighth mile, then one-quarter mile, until they worked up to five-eighths fast.

If the horses seemed tired, he'd back off on the hard training and walk them around the shed for an hour one or two days until they recovered their pep. "One way you could tell if a race horse was overtrained," says Benham, "was that the horse wouldn't finish his feed."

So, when Benham turned to running at the age of 71, he approached his new



Ed Benham

sport similarly. "Nobody told me how to run," he says, "so I trained myself just like I used to train horses. I legged myself up first. Once I got in shape, then I stretched out."

Good advice for anybody, human or horse. □

*Hal Higdon, author of "The Masters Running Guide," currently is working on another book to teach runners how to run fast.*

## Race Ohio's Oldest Marathon Road Race or the First Annual Half Marathon

April 7, 1991 12 noon

### The 24th Annual Athens Marathon

\$150 \$75 \$50 \$25

• Male/Female/Master Overall • Age Group Awards • Long Sleeve T-Shirts To All • Beautiful Winding Rural Course • Silver bowls and additional awards will also be given in specific age groups • Laurel crowns flown from Athens, Greece, will be awarded to the overall winners in both the men's and women's marathon • Post Race Refreshments.

### First Annual Half Marathon

• Awards • Same Start & Course

Saturday Night Pre-Race Carbo Dinner

5K Fun Run



### Marathon & Half Marathon Entry Fee:

\$12.00

Before Mar. 31, 1991

\$15.00 Race Day

☐ Yes, I am interested in the 24th Annual Athens Marathon or half marathon. Please send me more information.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Mall To:** Tom Antle, 11933 St. Rt. 550, Athens, Ohio 45701.

## World Indoor Mark May Fall This Month

Rod Dixon, Ken Popejoy, Dave Stewart, Larry Almborg and other top masters runners will try to break Stewart's world indoor masters mile mark of 4:15.47 in three masters miles this month: the Millrose Games in New York on the 1st, the Mobil One Meet in Fairfax, Va. on the 3rd, and the Vitalis Meadowlands Meet in New Jersey on the 8th.

Popejoy, who won the M35 1500 and the 1990 Nationals in Indianapolis in 4:00, just turned 40 and ran a 4:18 mile in open competition at the Sunkist T&F meet in Los Angeles on January 18.

NMN's David Zinman will report on all the action next month. □



## How LDR Rankings Are Compiled

According to Linda Honikman of TACSTATS, the annual LDR rankings are compiled using information submitted by meet directors from across the country. TACSTATS only accepts results from races run on TAC-certified courses.

If you feel your race director may not have submitted your results to TACSTATS, you can send Linda a list of your best times and she will contact the race director for verification. TACSTATS will also let you know which races were not TAC-certified.

LDR rankings for 1990 are scheduled to be published in June, 1991. The latest you can submit marks for consideration is March, 1991.

TACSTATS will accept marks for inclusion in its All-Time Rankings at any point in the year. If the mark is a record, you will have to include the correct form.

For more information, you can call (805) 683-5868 or you can mail a list of your best times to: TACSTATS, 915 Randolph Ave., Santa Barbara, CA 93111. □

## Scott, Walters Top Performers In Vegas

by JERRY WOJCIK

Mike Scott, 47, of Corona, Calif., M45 winner in 1:14:20, had a masters best age-graded performance of 88.8% in the 24th Las Vegas Lite (13.1 mile) Mini Marathon in Las Vegas, Nev., on December 15. Second M45 Tom Curry, 49, of Las Vegas, followed with a close 88.1% for his 1:14:53. Bill Strachan, 40, of Tempe, Ariz., was the third best performer with an 87.7% for his 1:11:51 M40 first.

Harolene Walters, 48, of Mission Viejo, Calif., was the top masters woman with an 85.3% 1:27:31.

Gordon Christie (29, 1:04:31), Santa Barbara, Calif., and Olga Appell (27, 1:11:20), Albuquerque, N.M., were the open winners.

The event drew 700-plus entries and had a record 606 finishers, not including 9 four-person teams in a special relay race. Bill Callanan was race director. □

## Japanese Invade Hawaii — Again!

With nearly 9000 of the record 13,260 entrants in the 1990 Honolulu Marathon on December 9 from Japan, eight of the ten male age-groups over 40 were won by Japanese runners.

Akio Negashi, 40, finished 15th overall with a time of 2:34:46 to capture the 40-44 division, beating out Gary Ranney, 40, of Honolulu (2:37:25) and former Olympic marathon champion Frank Shorter, 43, of Boulder, Co. (2:40:20). Gerry Lindgren, 43, another former Olympian, was sixth (2:51:43).

Times were slowed by strong winds and some rain. Simon Robert Naali of Tanzania was the overall winner in 2:17:29, well off his 2:11:47 victory in 1989. However, women's winner Carla Beurskens of the Netherlands, at 2:33:34, was not that far off her race record of 2:31:01, set in 1986 under much more favorable conditions.

Beurskens, who will turn 40 on February 10, 1992, said that the conditions were the worst she had experienced in her record five Honolulu Marathon victories. "The weather was much different this year," she commented, referring to the wind, rain, and humidity.

The first female masters finisher was Natascha Costello, 42, of Australia. She finished 16th among the ladies at 3:07:57.

Minoru Muramoto, 49, won the

W45 division in 3:11:26. Muramoto, who held the 40+ record at 2:48:00 (1982) until it was broken by Priscilla Welch of England in 1988 with a 2:43:20, was running in her eighth Honolulu Marathon and winning her eighth age-division title. However, it was the first time she had not broken three hours.

Keizo Yamada, another frequent Honolulu marathon age-division winner, won in the M60-category with a 3:06:50. Yamada, 63, is a former winner of the 1953 Boston Marathon and represented Japan in the 1952 Olympic Games.

Stan Gryzik of San Francisco clocked 2:42:07 and took home the M55 award.

Race officials cautioned that all results are unofficial until a review of videotapes of the race is completed. □

### Ten Years Ago

February, 1981

- 2400 from 44 Nations Compete in IV World Veterans Championships in Christchurch, New Zealand
- Antonio Villanueva Sets 10K M40 WR of 30:34.2
- Joan Ulliott Establishes New W40 WR for 25K in 1:46:20

# Read The Reviews

## Here's What Readers Say About THE MASTERS RUNNING GUIDE

—Hal Higdon has written a concise, readable running fitness book for people over 40. He combines his experiences with the latest sports medicine research on over 40 athletes. The book accomplishes exactly what Mr. Higdon set out to do — to explain how to get in shape and perform for what he says are the best years of your life.

—Kathy Jagers, Charleston (SC) Running Club

—This book is filled with information including chapters on: Minimizing Injury, Secrets of the Masters, Maintaining Mobility, Diet, Improving With Age, and Training Smart. I recommend this book for those of us "transitioning" into the "improving with age" category. (Great gift idea too.)

—Joyce Rankin, Reston (VA) Runners

—I wish I had read the book ten years ago. (I wish it had existed ten years ago.)

—Gordon Pitz, River to River (IL) Runners

—The book describes masters sports and discusses the safety of intensive competition for older athletes... It's tough to read the first chapter and not get an urge to slip on a pair of shoes and go for a run.

—Mike Davis, Indianapolis News

"I generally stay away from endorsing books, but this one is worth making an exception for."

—Jim Ferstle, St. Paul Pioneer-Press

**Buying this book may be the best move you make during the 1991 season**

**Yes!** I want to order \_\_\_\_\_ copies of Hal Higdon's new work, THE MASTERS RUNNING GUIDE. Please send to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Send \$10.95 (includes mailing charges) to:  
NATIONAL MASTERS NEWS, P.O. Box 2372, Van Nuys, CA 91404





# MASTERS RACEWALKING

by ELAINE WARD

## Long Distance Walker, Jill Latham

**J**ill has participated in 13 marathons (best 4:37:50), one 100K (13:10:28), two 50 milers (10:37:16 & 12:21:34), two 50K's (5:52:21 & (5:43:26), one 40K (4:39:51), and many 20K's. At age 54, she continues to make PRs and enjoys saying, "The older I get, the faster I get!"

### What is your favorite distance?

The 50K is my favorite race because it is the most challenging. Marathons have become easy for me, but a 50K is in a different league.

### How does your strategy for a 50K race differ from your marathon strategy?

In a marathon I get into a set pace for the first 15 miles. At the 15-mile point, I feel really warmed up and am into the race. A beginner might think, "Gosh, I'm feeling great. I'm ready to speed all the rest of the way." But you have to caution yourself not to overdo.

### But you do go faster?

It's a new cycle and a new speed, but I'm still careful. At 20 miles you can bolt home if you have held yourself in. If you haven't, the last 6 miles will be your slowest.

### How about your strategy for a 50K?

The 50K is a difficult race because after you walk 26 miles, you feel it is enough. It's time to be finished, but there's another five miles to go. You have to dig down and get tough to persevere.

I work my 50K strategy out a month

or two before the race, but it never happens the way I planned. How I walk always seems to be related to how I feel the particular morning of the race. Every time it is different.

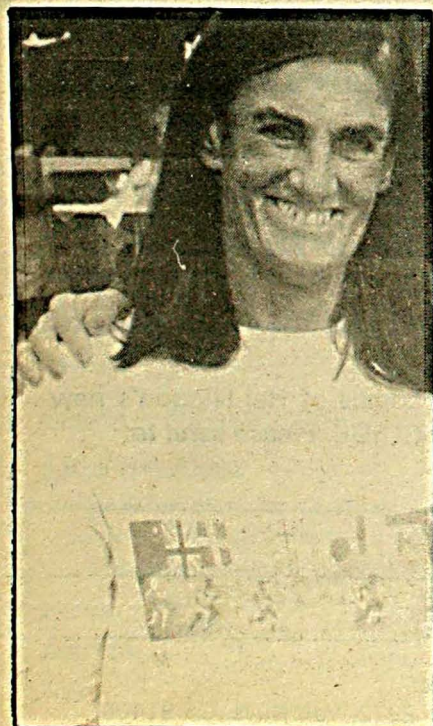
One thing that seems to hold true is that I have become a pacer though I never wear a wrist watch. I often pace men because there are not too many women in long distance. I will hitch up with a man who is just behind me, but going my speed. I am really being pushed, and this is the way I like it right to the finish. □

## Jill Latham's Marathon Diet

The first part of the week before a marathon, I eat a lot of vitamin C vegetables and foods high in iron. I like to eat beets, the fresh ones, not canned. Do not overcook them, and be sure to drink the juice. I eat raisins and sardines which are very high in iron. Get the sardines in the oil and put them on whole wheat toast or nut bread. All week I eat and drink a lot of fruit and fruit juices, not the acid ones, but grape, blueberry, strawberry and papaya.

The second part of the week, I cut out the vegetables in favor of pasta, but not the flour pasta. I use black beans and black rice. I learned to do this from the Mexicans in Vera Cruz. All through Mexico and Central America, the top runners live on dark brown rice, almost black rice, and black beans because the protein is extremely high — higher than most pastas. If you are going to eat pasta, be sure it is whole wheat pasta.

On a regular basis, I eat some red meat now. I have a special butcher who knows I want very lean meat. I feel women, especially, need some meat if they are doing long distance. We need the extra protein and iron. □



Jill Latham

## Interview: Viisha Sedlak

by ELAINE WARD

Viisha Sedlak, 42, has been an inspiration to women of all ages for many years, and this year was no exception. Viisha not only finished seventh in the Women's 10K at the TAC/USA Track & Field Championships held in Southern California this past June, she set an American 5K record in 24:38 and an American 10K record in 49:15.

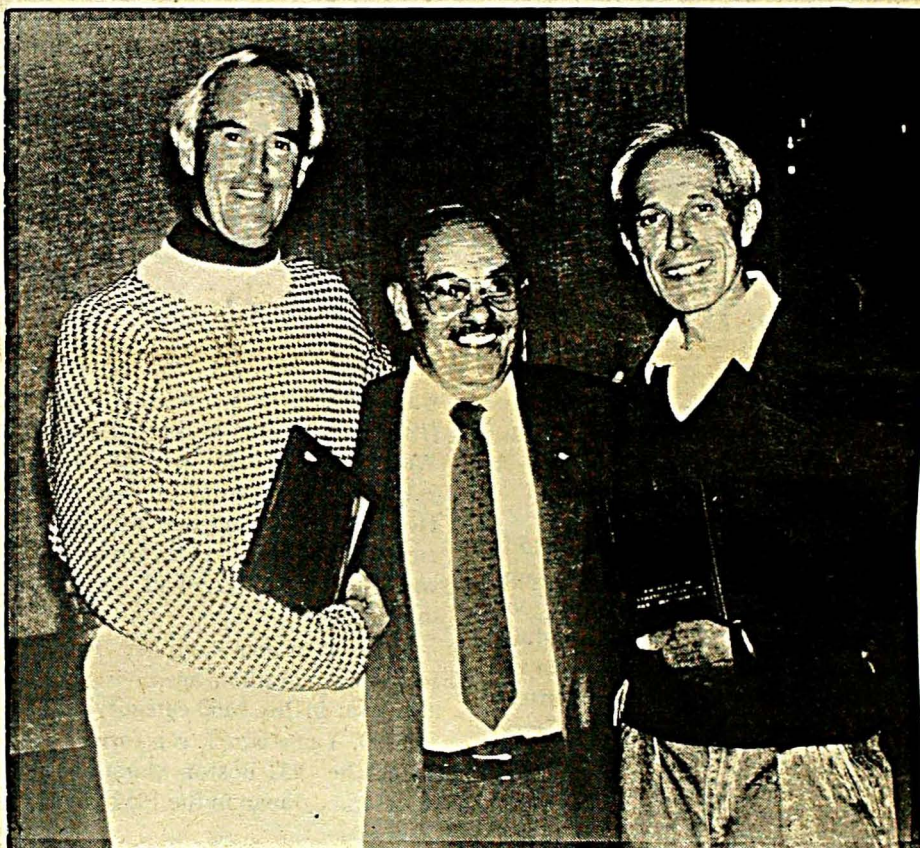
When I recently asked what her 1991 goals were, Viisha offered the following:

"1991 will be a strength year and I'll add speed training in 1992. I am now training for the Olympic Trials in 1992. I want to be in the Trials, and I want to have a good race. I will probably go to Finland for the World Veterans Games this summer, and I want to do well there, too. However, I am only going to train for strength this year even if it

causes me to have slower times at the TAC Nationals and in Finland.

"Strength training means training very hard both numerically, more workouts as well as higher quality workouts, and tightening up on my nutrition and supplementation. The cleaner I am internally, the more consistent my training, and the better I race.

"I went on a similar program before the Olympic Trials in 1988 for six weeks. No chemicals, no artificial foods, and two to three workouts a day. I had a fabulous race at the '88 Trials so I feel if I could do that in six weeks, just imagine what could I do if I work through 1991 and 1992. As I mentioned, it will probably compromise my performance a bit as I will probably be somewhat overtrained. But this is what I plan to do, tapering off in 1992." □



World-famous racewalking coach Frank Alongi (center) presents the M55 awards to Jack Bray (left, 2nd, 50:58) and Max Green (1st, 50:03) at the Alongi Memorial 10K Racewalk in Dearborn, Mich.



salutes the Masters athletes

**Homoeovitic + Bio + Nutritionals**

**Call 800 + 521 + 7722 to obtain  
the name of a practitioner.**



# TOOLS FOR DRAMATIC IMPROVEMENT

## Instructional Videos • Power Program & Nutrition

With the training tools from Dr. Pataki, you can achieve dramatic improvements.

- \* His scientific training system produced many gold medal Soviet Bloc athletes.
  - \* 1985 he defected to United States. Now, his knowledge is available for your benefit.
  - \* 1988 three of his athletes made the USA Seoul Olympic team.
  - \* 1990 Dr. Pataki USA Masters National Champion! Gold in Shot Put and silver in Discus!
- Use the free consulting hot line (408) 358-1314 for free product information.

## Great Christmas Presents!

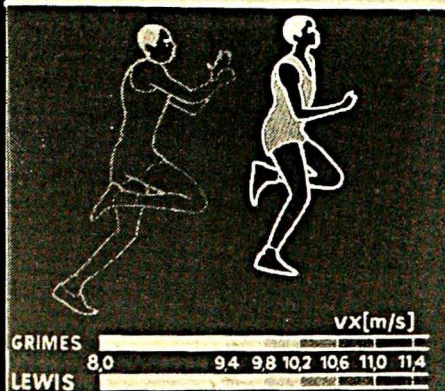
Save \$50 to \$150 on package deals!

**Yes! Please send me ...**

| <input checked="" type="checkbox"/> PRODUCT NAME             | PRICE           |
|--|-----------------|
| <input type="checkbox"/> <b>RUNNING / WALKING</b> .....      | <b>\$149.95</b> |
| <input type="checkbox"/> #1572 Distance Video                | \$49.95         |
| <input type="checkbox"/> #1582 Medical Aspects of Running V. | \$49.95         |
| <input type="checkbox"/> #1583 Soviet Runners' Training V    | \$49.95         |
| <input type="checkbox"/> #1573 Race Walking Video            | \$49.95         |
| <input type="checkbox"/> <b>SPRINTS/ HURDLES</b> .....       | <b>\$149.95</b> |
| <input type="checkbox"/> #1571 Sprints 1 Video               | \$49.95         |
| <input type="checkbox"/> #1574 Hurdles 1 Video               | \$49.95         |
| <input type="checkbox"/> <b>JUMPS</b> .....                  | <b>\$149.95</b> |
| <input type="checkbox"/> #1575 Long & Triple Jump V.         | \$49.95         |
| <input type="checkbox"/> #1576 High Jump Video               | \$49.95         |
| <input type="checkbox"/> #1577 Pole Vault Video              | \$49.95         |
| <input type="checkbox"/> #1584 Pole Vault Training V.        | \$49.95         |
| <input type="checkbox"/> <b>THROWS Save \$50</b> .....       | <b>\$149.95</b> |
| <input type="checkbox"/> #1578 Discus Video                  | \$49.95         |
| <input type="checkbox"/> #1579 Shot Put Video                | \$49.95         |
| <input type="checkbox"/> #1580 Javelin Video                 | \$49.95         |
| <input type="checkbox"/> #1581 Hammer Video                  | \$49.95         |

## The bestseller CHAMPIONSHIP FORM video library

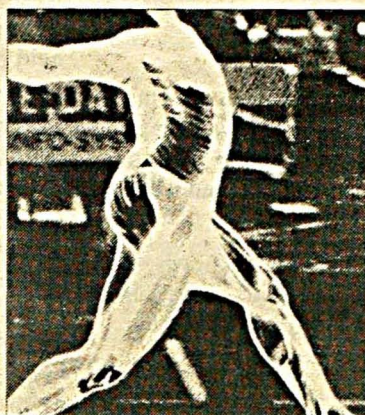
These video training programs were created by a 70 member Soviet Bloc team of expert filmmakers, coaches and scientists.



analyzed keys of champion motion were illustrated to enhance your learning.

No money can pay the learning progress provided by these videos.

These videos are scientifically designed to plant into the brain the champion motion image to perfect your technique.



**NOW,**  
You can enjoy  
a ocean side gym

**Develop  
ELASTIC  
YOUNG  
POWER**

## POWERballs special medicine balls with 2 years warranty

### FREE VIDEO WITH 3 POWERballs

|  |                 |
|--|-----------------|
| <input type="checkbox"/> <b>Swing 3 POWERballs set + video</b>   | <b>\$118.85</b> |
| <input type="checkbox"/> Incl: • #8001 POWERballs 2 lb           | \$28.95         |
| <input type="checkbox"/> • #8002 POWERballs 4 lb                 | \$39.95         |
| <input type="checkbox"/> • #8003 POWERballs 6 lb                 | \$49.95         |
| <input type="checkbox"/> <b>POWER conditioning 3 balls+video</b> | <b>\$214.85</b> |
| <input type="checkbox"/> Incl: • #8004 POWERballs 8 lb           | \$60.95         |
| <input type="checkbox"/> • #8005 POWERballs 10 lb                | \$71.95         |
| <input type="checkbox"/> • #8006 POWERballs 12 lb                | \$81.95         |
| <input type="checkbox"/> <b>Great POWER 3 ball set + video</b>   | <b>\$376.85</b> |
| <input type="checkbox"/> • #8007 POWERballs 16 lb                | \$102.95        |
| <input type="checkbox"/> • #8008 POWERballs 20 lb                | \$123.95        |
| <input type="checkbox"/> • #8009 POWERballs 25 lb                | \$149.95        |

### POWER lean NUTRITION

|  |         |
|--|---------|
| <input type="checkbox"/> #3000 POWER lean Monthly Pack | \$49.95 |
|--|---------|

Subtotal:

CA residents , add appropriate sales tax:

Add 10% for Shipping & Handling:

Total:

We except Visa / Master card  
Card No: \_\_\_\_\_

Exp. Date: \_\_\_\_ / \_\_\_\_

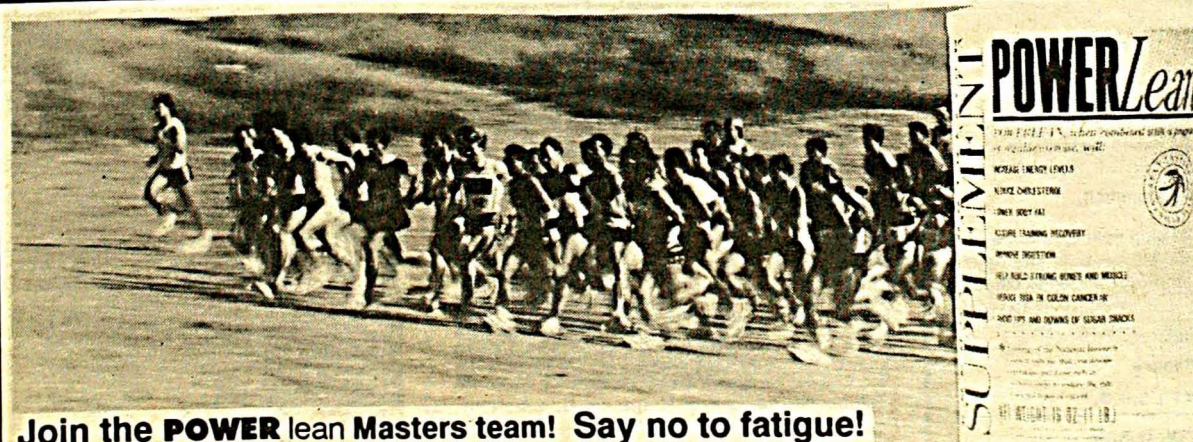
For faster service call toll free:

**1-800 553-2188**

Or simple mail Check or money order

to: **TMS**

TrainingManagementSystems Inc.  
129 Wheeler Ave.  
Los Gatos, CA 95032 USA

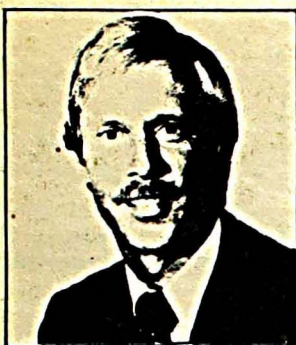


Join the **POWER** lean Masters team! Say no to fatigue!

**POWER** lean masters enjoy increased energy, slimmer body and improved digestion.

Phone for free scientific information (408) 358-1314





Pagliano's Podiatric Pointers

# THE FOOT BEAT

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

## Peripheral Neuropathy

**Q.** I am a 48-year-old runner. Lately, I've been experiencing what seems to be a problem with the blood circulation in my feet. It always happens about midway to three quarters through my run. The toes on both of my feet begin to tingle, then hurt. What's causing this problem, and what can I do to stop the pain so I can continue to run?

**A.** It sounds to me as though you're experiencing a disorder known as peripheral neuropathy. This is a fairly common condition in which the nerves of the foot become irritated and cause a tingling-burning sensation that's most often centered in the toes of the feet. It has nothing to do with poor blood circulation.

Most likely, the cause is improperly-fitted running shoes. Shoes that are too narrow in the toe box can place an abnormal amount of pressure on the nerves which results in the tingling sensation you described. In severe cases, the toes will even become numb.

Another cause might be running on hard surfaces. This type of exercise traumatizes the nerve endings in the foot and produces a similar reaction.

In other cases, certain anatomical abnormalities may be at fault. To rule out this possibility, you should consult a sports podiatrist for a thorough examination and diagnosis.

Often a change to a shoe with a wider width — especially in the toe box area — solves the problem. Make sure the shoe is well-cushioned and has an

extra layer of cushioning in the forefront. If you've been running on hard surfaces, switch to grass or dirt.

If the condition persists after these changes, I'd recommend seeing a neurologist to determine if there is any physical evidence of nerve damage that may be causing your discomfort. □

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



## Shock Absorbers For Your Feet!

**Silicon Dynamic Orthotics** designed for runners. The S.D.O. incorporates control and shock absorption for your feet.

**S.D.O. differ from all other orthotics:**

- They are fit while weightbearing with the foot in its optimal stable position. This ensures accuracy for functional control as well as comfort.
- Comparable in shock absorption quality to sorbothane without the weight.

S.D.O. has been successfully used in the treatment and prevention of shin splints, plantar fasciitis, achilles tendonitis, runners knee, back pain.

To date a number of major universities' track teams, gold medalists and over 30 world class athletes including world record holders have been fit with S.D.O.

**THE RESULTS ARE IN:**

- Successful treatment of injuries
- Prevention of injury
- Improved performance

These Sports Specialists Are Qualified to Evaluate And Fit S.D.O.

**DENNIS N. KIPER, D.P.M.**  
9900 Balboa Blvd.  
Northridge, CA 91325  
(818) 701-7070

**CRAIG B. JOHNSON, D.P.M.**  
Orange County Podiatry Group  
8102 Westminster Avenue, Suite E  
Westminster, CA 92683  
(714) 893-7314



## Judson Zooms to Record in Rocket City Marathon

Continued from page 5

With one mile to go, Filutze still led the masters contest with a 2:38:46, and Hutchison was eight seconds back.

In that last mile, Hutchison overtook Filutze for her masters win as both runners went well under Bobbi Rothman's masters course record (2:49:39) and finished in 2:45:35 and 2:45:57, good enough for third and fourth female overall. Hutchison's performance was also an American women's age-44 record, previously held by Harolene Walters (2:47:33).

Hutchison also picked up a rather nice pay check of \$2000 for her effort. That included first master (\$1000), masters course record (\$500), and third female overall (\$500). Filutze received \$500 for 2nd master and another \$250 for fourth female.

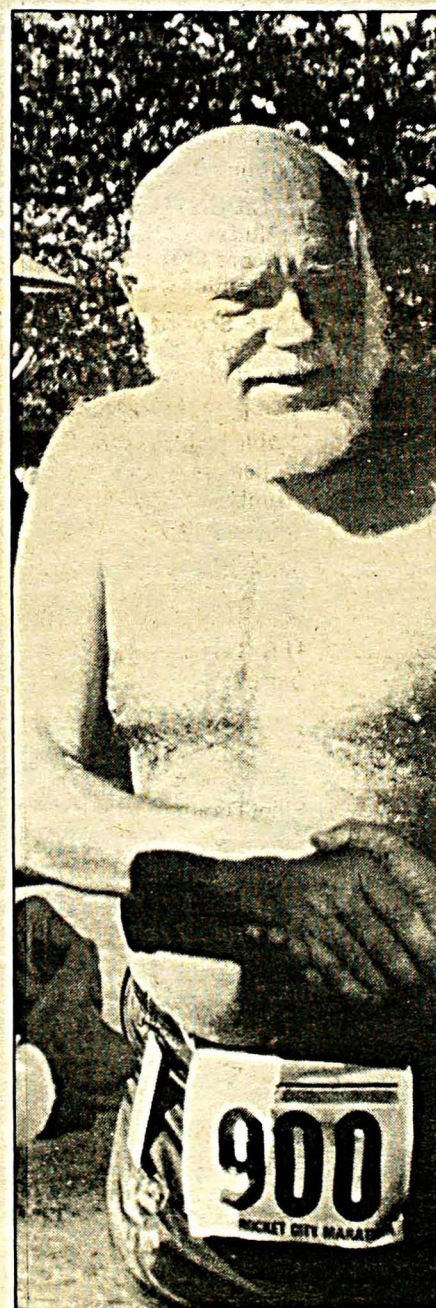
Male masters money also went to Bob Schlau, (\$500, 2nd, 2:29:32); Ken Sparks (\$250, 3rd, 2:30:27); Don Coff-

man (\$250, 4th, 2:33:13); Craig Storey of Calgary, Canada, (\$250 5th, 2:38:38); and George Whitley of Marietta, Ga. (\$250, 6th, 2:38:56).

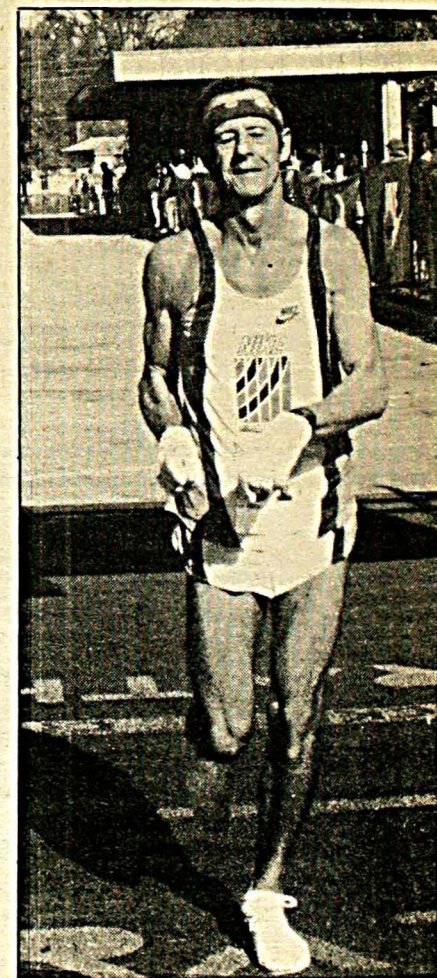
Female master's money winners were Carolyn Spillman of Decatur, Ga. (\$250, 3rd, 3:14:42); Nancy Parker, 54, of Dunwoody, Ga. (\$250, 4th, 3:15:15); Andrea Pease of Marietta, Ga. (\$250, 5th, 3:17:26); and Wen-Shi Yu, 56, of Kew Gardens, N.Y. (\$250, 6th, 3:22:49). Yu's time of 3:22:49 broke the W55 course record by more than 15 minutes, in this, her 138th marathon. Don Gammie, 60, of Centerville, Ohio, ran 2:48:09, an M60 course record by over 20 minutes.

Twenty-one years ago, at age 49, Don McNelly of Rochester, N.Y., ran his first marathon. McNelly, now 70, completed his 276th at Huntsville in a time of 4:36:23 and looked strong enough to run many more. He added the state of Alabama to his list as he attempts to complete a marathon in each state.

There are five runners who have completed all of the Rocket City marathons, and next year the youngest of the group, 39-year-old Ray Giles of Birmingham, Ala., moves into the masters division. The others who have run all 14, after finishing again this year, are Dean Godwin of Aiken, S.C., Gary Elkins of Gadsden, Ala., Larry Boots of Birmingham, Ala., and James Foreman of Huntsville. Foreman, the oldest of the group at age 56, has run all the marathons as a master. □

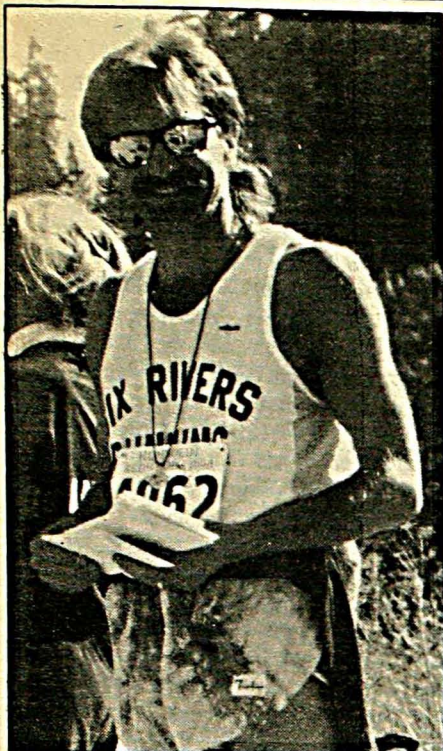


Twenty-two years ago, at age 49, Don McNelly of Rochester, N.Y., ran his first marathon. McNelly, now 70, completed his 276th in the WZPY Rocket City Marathon, Huntsville, Ala., December 9, in 4:36:23, adding the state of Alabama to his list in trying to complete a marathon in each state. Photo by Jim Oaks



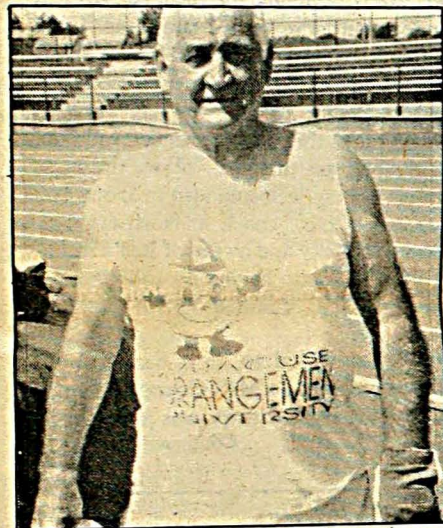
Alton Miguez, 50, Pensacola, Fla., takes M50 title in 2:42:22 in the Rocket City Marathon. Photo by Jim Oaks





Tim Martin, 42, of Arcata, Calif., president of the Six Rivers Running Club, was second master (2:48:47), Humboldt Redwoods Marathon, Weott, Calif.

Photo by Honsal/SRRC



Walt Slovenski, M65 hammer thrower, of Lewiston, Me., TAC/USA National Masters Championships, Indianapolis.

Photo by Jerry Wojcik

## CLASSIFIEDS

Classified ad rates are 60c a word. Count name and address as 5 words. Race notices are 40c per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404



**PEAR BLOSSOM RUN** - April 13 - 15th annual - 10 miles certified - Fast - Also Mayor's Cup 2 km - Parade - Street Faire - Barbeque - Closes March 10 - S.A.S.E. legal size: Pear Blossom Run - PO Box 146 - Medford, Oregon 97501 (503) 772-6293 - Directors: Jerry/Zellah Swartsley 535-1205. "Everyone's A Winner."

**A.C. Press 5-Miler** - Evening, Sat. July 20. Formerly Jim Latz - Knife & Fork Run. Awards thru 80+. SASE to J. Latz, 5511 Winchester Ave., Ventnor, NJ 08406.

# PUBLICATIONS ORDER FORM

Quantity

Total (US\$)

### Masters Age Records

Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all racewalking events, age 40 and up, as of Oct. 31, 1989. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$4.00.

\$ \_\_\_\_\_

### Masters Track & Field Rankings

Men's and women's 1989 U.S. outdoor track & field, 5-year age-group rankings. 52 pages. Over 100-deep in some events. All T&F events, including 3000, 10,000, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$6.00

\$ \_\_\_\_\_

### Masters Age-Graded Tables

Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of July 1, 1990. \$5.95.

\$ \_\_\_\_\_

### Masters 5-Year Age-Group Records

Men's and women's official world and U.S. Outdoor and Indoor 5-year age-group records for all track & field events, age 35 and up, as of July, 1990. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.

\$ \_\_\_\_\_

### Competition Rules for Athletics (1990)

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

\$ \_\_\_\_\_

### TAC/USA Directory (1990)

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. Cloissone enamel, 1 1/2" x 5/8", bar pin with safety catch. \$5.00.

\$ \_\_\_\_\_

### Masters Running '89

Published by Dean Reinke & Associates. 64-page, four color magazine. Highlights USRA Masters Circuit. Tips on nutrition, training and fitness for masters. Articles by Elliot Denman, Hal Higdon, Dick Patrick, Al Sheahan and others. \$1.95.

\$ \_\_\_\_\_

### The Masters Running Guide by Hal Higdon

160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.

\$ \_\_\_\_\_

### Back Issues of National Masters News

Issues: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ \$2.25.

\$ \_\_\_\_\_

Postage and handling

\$ 1.00

Overseas Air Mail (add \$5.00 per book)

\$ \_\_\_\_\_

TOTAL

\$ \_\_\_\_\_

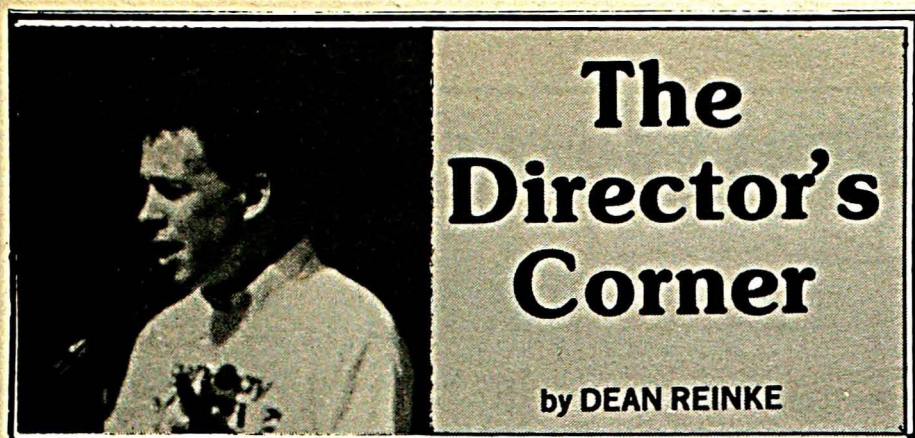
Send to: National Masters News Order Dept.  
P.O. Box 2372  
Van Nuys, CA 91404

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_





### Third Time's the Charm

**W**ith three solid years behind it, the Sorbothane/USRA Masters Circuit is in good health and looking to expand its domestic boundaries internationally in the next few years. Representing 23 states and four foreign countries, the Sorbothane/USRA National Championship in Naples was truly "National" in size. While a few names were missing, competition was keen among all 5-year age-groups with 7 of the 14 championships going down to the wire.

Among the most exciting was John Hosner and Dick Benson's battle in the 65-69 division that saw Hosner grab a narrow 20-second victory. Defending 70-and-over men's champion, Nate White of New York, succumbed to the heat and humidity and finished 4th in what he termed one of the strongest 70+ fields ever assembled. New York's Bill Fortune continued his winning ways as the circuit's only defending champion from a year ago.

In just three years the USRA Grand Prix Circuit has awarded \$50,000 in

prize money while individual events combined have distributed \$500,000. Races all over the country are increasing their masters prize purses, allotting more housing and travel to masters, and giving the 40+ runners the long-overdue recognition they deserve. Essentially, the Sorbothane/USRA Masters Circuit is a lobby for masters running.

We have several goals we wish to accomplish in our fourth year. We would like to distribute more prize money, enhance travel assistance and expand

to a more geographically-balanced schedule in the U.S. and also abroad. While 39-year-olds entering the 40+ ranks continues to be a highlight of the younger divisions, that same enthusiasm is shared by a 69-year-old Bill Tribou turning 70 or a Hal Higdon turning 60. In fact, we were inspired in Naples to give a special "85-89" age-division award to 89-year-old Warren Daniel of Sanibel Island. Warren competed in the inaugural championship in 1989, but sat out last year due to prostate cancer. He is back this year and has officially signed up as our first registrant for the 1992 edition.

Reflecting on our third year, we certainly don't want to forget our debt of gratitude to Bill Adams and ICI for their two-year commitment which helped launch the Circuit. Bill was on hand at Naples and proudly wore #1. Representing our future was Spectrum Sports President Mike Silvestro of Sorbothane. They have allowed us to continue to expand and we look forward to a bright future. Of course, we can't say enough about the Naples community. Once again it opened its doors widely to the event and treated it, media-wise, like the Super Bowl. We congratulate each and every masters runner who participated in the circuit and promise you an even more exciting year in 1991.



### CIRCUIT HAPPENINGS

Special welcome to Indiana's Gary Roemesser to the masters ranks with his 5th-place showing in Charlotte. The former Indiana Central runner has a wide range and will make a big impact in '91... Look for Frank Shorter on the Circuit even more in '91. Sponsor deals with Alamo, Sorbothane and Clairol will put him at an even higher level of visibility... Bob Schlaud did an endorsement for the Washington State Potato Commission at the Charlotte Observer Marathon Weekend in January... While many doomsayers will look toward events like the New Bedford Half-Marathon and others that are losing sponsors in '91, Dean Reinke & Associates is among the firms that are bullish on the coming year with continued support for its USRA Masters Circuit, Charlotte Observer Marathon and others... The Charlotte Observer 10K, by the way, is bidding for the Masters 10K Championships for 1992 to go along with its TAC/USA Men's 10K National Championships. It has also bid for the Women's 10K for '92. Its long-range objective is to host the Olympic Marathon.

If there is a runner with more frequent flyer miles than John Campbell, I haven't met him. Campbell ran 23 races in 1990 and is anticipating even more in the coming year. He is prepping for the Los Angeles, London and New York Marathons. Look for Bill Rodgers and Frank Shorter at the six events in the Alamo Series in 1991... A special welcome to Dan Dwyer, new to masters ranks this past December and congratulations on his 4th place finish in Naples... A big welcome also to Doug Bell of Greely, Colo., coach at Northern Colorado University and owner of Bell's Running Store. Despite having no collegiate experience, Doug finished in 5th place at Naples.

It was supposed to be a head-to-head competition for the M45 championship in Naples, but Barry Brown was a no-show.

Continued on page 15

## Masters Age-Graded Tables

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

□

- Includes single-age factors and standards for each age from 21 to 90 for men and women for every common track & field, long distance running, and racewalking event.
- Includes 5-year world and U.S. T&F age-group records, as of July, 1990.
- Shows how to conduct an age-graded track & field meet, road race or race walk.
- 66 pages. Easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes and the National Masters News.

□

Send \$5.95 plus \$1.00 postage and handling to:

**NATIONAL MASTERS NEWS**

P.O. Box 2372  
Van Nuys, CA 91404

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

### Campbell, Grayson Capture Circuit Titles

Continued from page 1

bell, New Zealand's 41-year-old wonder, seemed intent on leaving his rivals many yards behind. From the gun, he surged powerfully to the front of an intimidating field, and never allowed anyone to pass.

Marczak, the 45-year-old Pole who won the masters division at the Charlotte Observer Marathon a week earlier, tried to hang close for the opening mile. So torrid was the pace, however, (4:35 at one mile, 9:25 at two, 14:10 at three and 19:00 at four) that after a little more than half a mile, he accepted the inevitable, allowing Campbell to forge masterfully onward to his first USRA Grand Championship title and an unblemished record on the Circuit.

"I went out there and I gave it all I'd got," asserted Campbell after his 24:06 victory. "The last two miles were a little tough. I was hoping that Bill (Rodgers) wasn't going to come up behind me. I looked back and Billy was a little way back, so I was able to slow down a little. But I was never over-

confident. I take all of my races very seriously."

Rodgers, too, evidently treated this race with considerable respect, working his way past Marczak at the one-and-a-half mile mark, and then working hard to recoup the advantage that Campbell had gained. That task was too formidable even for so fearsome a road racer as Boston Billy, however, and with 14 seconds still between them at three miles, the inaugural winner of this race was forced to settle for second position, ultimately 26 seconds in arrears. Marczak held on for third position in 24:50, 20 seconds up on newly-emerging masters force, Dan Dwyer of Englewood, Colo.

Although Campbell dominated the men's race, most of the thrills came from the women: namely Nancy Grayson of Columbia, S.C., and Barbara Filutze of Erie, Pa. Although nursing a painful ankle, the 44-year-old Filutze jumped into an early lead. But Grayson slid to the front within the first mile (5:38) and attempted to run away from her determined pursuer. Grayson's valiant effort proved

Continued on page 15



## The Director's Corner Continued from page 14

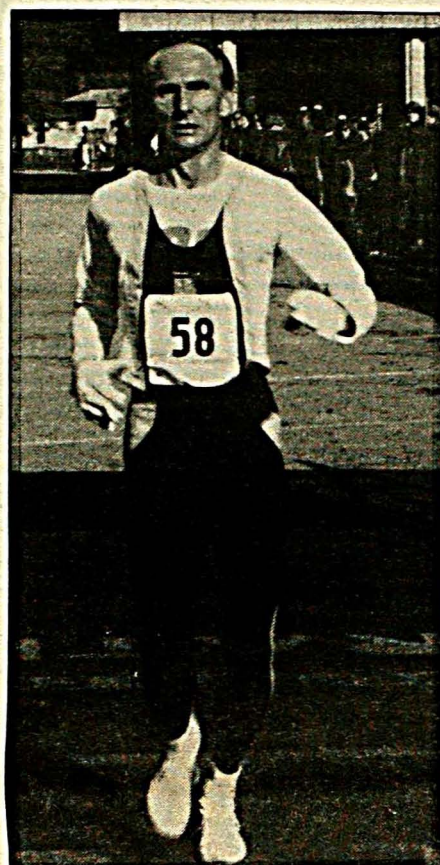
Ken Sparks, who ran a 4:13 mile and 2:29 marathon in '90, won the circuit going away... Despite a slight stress fracture, Barb Filutze overcame Nancy Grayson in the last mile for her victory at the individual championship in Naples. Grayson, however, won the Sorbothane/USRA Masters Circuit Grand Prix Championship and the \$1,500 first prize... Talk in Naples was of John Walker's entry into the masters division in time for next year's championship in early January.

Congratulations to four of the Sorbothane/USRA Masters Circuit events that were recently acclaimed among the top 50 events in the U.S. These include the Charlotte Observer 10K, Rocket City Marathon, Asbury Park 10K and the Crim Road Race.

The popular Red Lobster Run is set for March 9th in Orlando. Athletes' coordinator Lorraine Evans reports that the masters field is shaping up strong again with a \$10,000 prize purse... Canadian Dave Stewart has had a nightmare injury year but a recent 15:24 5K effort shows he's back and raring to go. His first U.S. race in '91 will be the Red Lobster... Former Michigan State All-American Ken Popejoy will make his indoor mile debut at Milrose in New York City. Look for him to make an immediate impact on the boards... Gary Fanelli writes from Hawaii that he is now 40. He is still wild and crazy but his recent 25:13 8K shows that he's also serious about running.

Eyebrows were raised when Harold Tinsley reported in a recent press release that Ken Judson's 2:17 in Huntsville was a new American Record. Many asked what happened to Barry Brown's 2:15? Under the new TAC record guidelines, Judson's effort is the official one... While Judson was winning the men's race in Huntsville,

Jane Hutchison was capturing the women's title over Barb Filutze... The first race on the 1991 Sorbothane/USRA Masters Circuit will be the Nissan Shamrock 8K on March 16th in Virginia Beach, followed by the Myrtle Beach Classic on the 23rd. Approximately 25 races will be on the Circuit in 1991. □



Ken Sparks, 45, of Chagrin Falls, Ohio, seen here finishing the Rocket City Marathon in 2:30:27, won the M45-49 title on the 1990 Sorbothane/USRA Masters Circuit.

Photo by Jim Oaks

## Sorbothane Cup Age-Graded Rankings

The Sorbothane Cup Age-Graded Rankings, a new addition this year to the ICI/USRA Masters Circuit, compares the performances of older and younger runners and selects the best performances in the race among all age groups. The standards are generally based on the potential world records for each age group and have been compiled by the World Association of Veteran Athletes (WAVA).

### Overall Men

|                   |    |                    |       |
|-------------------|----|--------------------|-------|
| John Campbell     | 41 | Crim               | .9904 |
| John Campbell     | 41 | Utica              | .9765 |
| Warren Utes       | 70 | Chicago Classic    | .9717 |
| Wilson Waigwa     | 41 | Arvida World Class | .9689 |
| John Campbell     | 41 | SuperPlace         | .9611 |
| Jim O'Neal        | 52 | Crim               | .9607 |
| John Campbell     | 41 | Asbury Park        | .9589 |
| Norman Green      | 50 | Asbury Park        | .9558 |
| John Campbell     | 41 | Charlotte Observer | .9530 |
| Domingo Tibaduiza | 40 | Hospital Hill      | .9519 |

### Overall Women

|                    |    |                      |       |
|--------------------|----|----------------------|-------|
| Friecilla Welch    | 45 | Charlotte Observer   | .9620 |
| Barbara Filutze    | 44 | Tandem River         | .9224 |
| Barbara Filutze    | 44 | Asbury Park          | .9175 |
| Laurie Binder      | 43 | Charlotte Observer   | .9161 |
| Laurie Binder      | 42 | Crim                 | .9124 |
| Iris Black         | 47 | Tandem River         | .9069 |
| Gavrielle Andersen | 44 | Shanrock             | .9050 |
| Nancy Oshier       | 42 | Asbury Park          | .9032 |
| Jana Hutchinson    | 44 | Rocket City Marathon | .9019 |
| Barbara Filutze    | 44 | Rocket City Marathon | .8998 |

## Campbell, Grayson Capture Circuit Titles

Continued from page 14

fruitless, however, as Filutze bided her time before surging into the lead for good with little more than one mile remaining. She reached the finish line in 29:22 — a full 16-second advantage over Grayson. Forty-five-year-old Mary Wood from Montrose, Colo., closed out the top three with an impressive clocking of 30:08.

With seven of 14 Grand Prix Circuit titles being decided on the outcome of this event alone, competition was intense in virtually every age-division. The following were the overall Circuit winners in each age division: **Men, 40-44:** John Campbell, New Zealand; **45-49:** Ken Sparks, Chagrin Falls, Ohio; **50-54:** Fay Bradley, Washington, D.C.; **55-59:** Jay Sturdevant, Waterbury, Ct.; **60-64:** Bill Fortune, Pearl River, N.Y.; **65-69:** John Hosner, Blacksburg, Va.; **70 and over:** Cokey Daman, Virginia Beach, Va.; **Women, 40-44:** Nancy Grayson; **45-49:**

Mary Wood, Montrose, Colo.; **50-54:** Gina Faust, Woodland Hills, Calif.; **55-59:** Wen-Shi Yu, Brooklyn, N.Y.; **60-64:** Betty Dooley, Ala.; **65-69:** Loretta Sheehan, West Seneca, N.Y.; **70 and over:** Vadine Koenig, Hamilton, Ohio.

Campbell and Grayson, though, may have been the most gratified competitors of the day — their Grand Prix victories earned them \$2500 and \$1500 respectively.

As the Sorbothane/USRA Master Circuit begins its fourth year, it intends to expand beyond its current 23 events, reaching more and more masters. In January, 1992, the Grand Prix Circuit Championship Final will take place once again. Campbell, Rodgers, Shorter and a multitude of other racing powerhouses have all said that they will be back, more intent on winning than ever. The clash will be a classic — as befits road racing's true masters. □

## SORBOTHANE/USRA MASTERS CIRCUIT

### 40-44 Men

|                   |      |
|-------------------|------|
| John Campbell     | 50/5 |
| Domingo Tibaduiza | 46/5 |
| Bill Rodgers      | 45/5 |
| Ken Hamilton      | 41/5 |
| Wilson Waigwa     | 40/5 |
| Bob Schlauf       | 33/5 |
| Earl Owens        | 28/4 |
| Fred Waybright    | 21/3 |
| Larry Almborg     | 17/2 |
| Nash Jimenez      | 15/3 |

### 45-49 Men

|                |      |
|----------------|------|
| Ken Sparks     | 23/5 |
| Barry Brown    | 19/4 |
| Hickey Lackey  | 13/2 |
| Ryszard Haczak | 5/1  |
| Allan Rushmore | 5/1  |

### 50-54 Men

|                  |      |
|------------------|------|
| Fay Bradley      | 22/5 |
| Robert McAndrews | 21/5 |
| Jerry McGath     | 11/3 |
| Alton Higuas     | 10/2 |
| Jim Larson       | 5/1  |

### 55-59 Men

|                 |      |
|-----------------|------|
| Jay Sturdivant  | 17/4 |
| Bill Olrich     | 10/2 |
| John Harwick    | 9/2  |
| Gerald Koch     | 8/2  |
| Sandor Rendeczy | 5/1  |

### 60-64 Men

|                |      |
|----------------|------|
| Bill Fortune   | 25/5 |
| Dick Benson    | 16/5 |
| Herb Chisholm  | 14/3 |
| Charles Evans  | 8/2  |
| John Shoemaker | 7/2  |

### 65-69 Men

|                |      |
|----------------|------|
| John Hosner *  | 25/5 |
| Dick Benson    | 25/5 |
| John McManus   | 17/4 |
| Dan McCarty    | 10/2 |
| H.B. Reed      | 7/2  |
| Charles Dotson | 7/2  |

### 70+ Men

|                 |      |
|-----------------|------|
| Cokey Daman     | 19/4 |
| Nathaniel White | 12/3 |
| John Laughlin   | 9/2  |
| Frank Coughlan  | 5/1  |
| Ed Burnham      | 5/1  |

### 40-44 Women

|                    |      |
|--------------------|------|
| Nancy Grayson      | 48/5 |
| Barbara Filutze    | 47/5 |
| Laurie Binder      | 30/3 |
| Claudia Ciavarella | 23/3 |
| Linda Cash         | 19/2 |
| Jane Hutchinson    | 19/2 |
| Nancy Oshier       | 18/2 |
| Linda Banning      | 17/2 |
| Nancy Mieszczyk    | 16/2 |
| Andrea Pease       | 16/2 |

### 45-49 Women

|                 |      |
|-----------------|------|
| Mary Wood       | 23/5 |
| Nancy Frisillo  | 11/3 |
| Anne Horre      | 10/3 |
| Elizabeth Ervin | 7/2  |
| Linda Welborn   | 5/2  |

\* Winner of age group by tie breaker

### 50-54 Women

|                 |      |
|-----------------|------|
| Gina Faust      | 20/4 |
| Susie Kluttz    | 18/4 |
| Helen Reed      | 9/2  |
| Nancy Parker    | 9/2  |
| Patricia Bond   | 9/2  |
| Judy Kirchoffer | 9/2  |

### 55-59 Women

|                   |      |
|-------------------|------|
| Wen Shi Yu        | 25/5 |
| Jeanette Chambers | 16/4 |
| Margarete Deokert | 15/3 |
| Evelyn Zerfoss    | 9/2  |
| Gloria Brown      | 6/2  |

### 60-64 Women

|                 |     |
|-----------------|-----|
| Betty Dooley    | 8/2 |
| Bonnie Vaughn   | 5/1 |
| Rosemary Phelan | 5/1 |
| Betty McNeely   | 5/1 |
| Kate Washman    | 5/1 |

### 65-69 Women

|                  |      |
|------------------|------|
| Loretta Sheehan  | 14/3 |
| Marjorie Piscopo | 10/2 |
| Lucille Mancini  | 10/2 |
| Teresa Ramirez   | 5/1  |
| Edith Farias     | 5/1  |

### 70+ Women

|                  |     |
|------------------|-----|
| Vadine Koenig *  | 5/1 |
| Athea Jureidini  | 5/1 |
| Marjorie Piscopo | 5/1 |
| Tave Sieger      | 5/1 |
| Mary Barvis      | 5/1 |

## Older and Better!

## 22nd Annual LONGEST DAY

Marathon,  
10K, 5K, and  
5K Race Walk



Brookings, S.D.  
Saturday,  
April 13, 1991

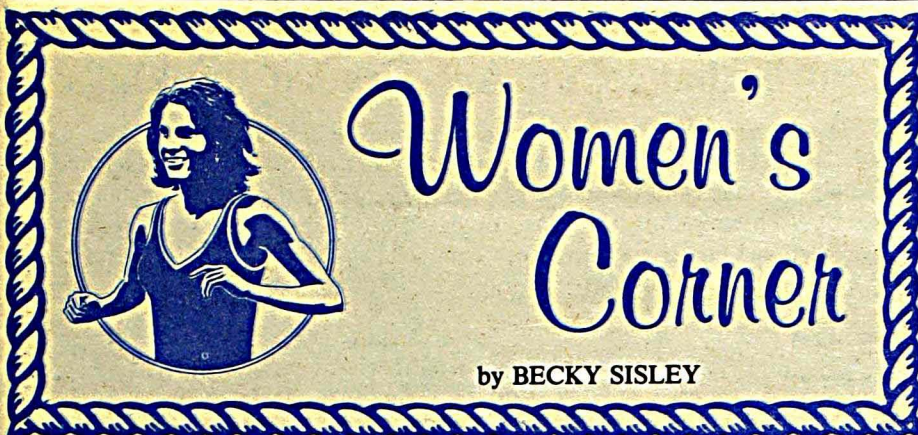
### CONTACT

Charles S. Roberts, Jr., M.D.  
1345 First Street  
Brookings, S.D. 57006  
605/692-2334 or 605/692-6235



ALL PROFITS  
AND PLEDGES TO  
EASTER SEAL  
SOCIETY





# Women's Corner

by BECKY SISLEY

## Training With Christel Miller

*This month's feature has been prepared by Christel Miller, masters T&F Outstanding Multi-event Athlete of 1990. Christel is 56 and has competed since she was 17. She began participating in multi-event competition five years ago and has set W55 WRs in both the national indoor and outdoor pentathlon and heptathlon.*

I have been an assistant track and field coach at Occidental College in Los Angeles for nine years. I am very fortunate to have an ideal training situation — plenty of warm weather, a fantastic facility, and the availability of coaches whenever I need them.

I am also lucky to be able to choose the times I want to workout, and to have a training partner like Shirley

Kinsey, who keeps me focused by reminding me that we came to train, not to socialize.

For years, I have trained in my own unique style, which is very different from what I expect of my college athletes.

I know I don't do enough running or long jumping — and it usually shows in my performance — but time and energy are big factors. There are just so many hours in a day, and you have to be selective how you use them.

Before I begin my training routine, I sometimes feel tired — or hungry. Usually, both. After the first 100m jog, I feel like I'm already done for the day.

There are times when I really have to force myself to go on, and need to talk myself into continuing with the session.

And then there are days when fatigue and hunger are just a thing of the past, and I run beautifully — almost effortlessly. At these moments, train-

ing is a joy.

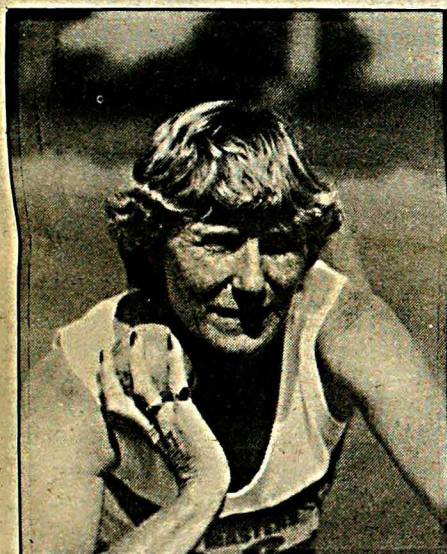
I generally don't warm down after a workout because I am either too exhausted or have run out of time. I usually don't train on Fridays before a competition, and I like to limit my training time to approximately 1½ hours.

Basically, even though I know I cannot set PRs any longer, my goal is to train hard enough to maintain my performances at their current levels. □

*All comments, articles or other input should be sent to Becky Sisley, 310 E. 48th St., Eugene, OR 97405.*

## Daily Training Schedule — Christel Miller

- Monday** Jog two laps; stretch for 10 min. (static), dynamic stretches - leg speeds - 30m. Shake ups; knee highs - lift at hips; kick heels to butt; bounding. 80-100m striders on track, two times (about 17 sec.) walk back. Hurdle drills; over 4-5 hurdles at 7m spacing; minimum side drills (mostly over the hurdle), some practice starts over first hurdle; move the 2nd, 3rd hurdles in 1 ft. to work on a 3-step rhythm (you can do the same with 4 steps, etc.) High jump; maximum 10 jumps; start at 3' 10." Javelin (optional); maximum 20 min. Shot Put (optional); maximum 20 min. Finish workout with a quick 200m
- Tuesday** Same warm-up as Monday; four striders at 100m; long jump approaches (five times); a throwing event for 20 min. followed by a quick 200m.
- Wednesday** Rest
- Thursday** Warm up Hurdle workout; 4-6 hurdles; race pace; moved-in hurdles (3 times). Weight room; upper body (not enough to detail)
- Friday** Throwing javelin, full approach; about 15 throws, for distance.
- Saturday** Warm up; striders; high jump. Running workout; 2 x 150 or 2 x 200; 2 x 100; Weight room; lower body.
- Sunday** Throwing: javelin, shot put (about 20 min.).



Christel Miller currently holds the W55 AR in the JT (95-8); TJ (26-6¼); LJ (12-9¼); HJ (4-2¼); and SH (15.25).

Photo by Bob Watanabe



## Track & Field Rankings Report

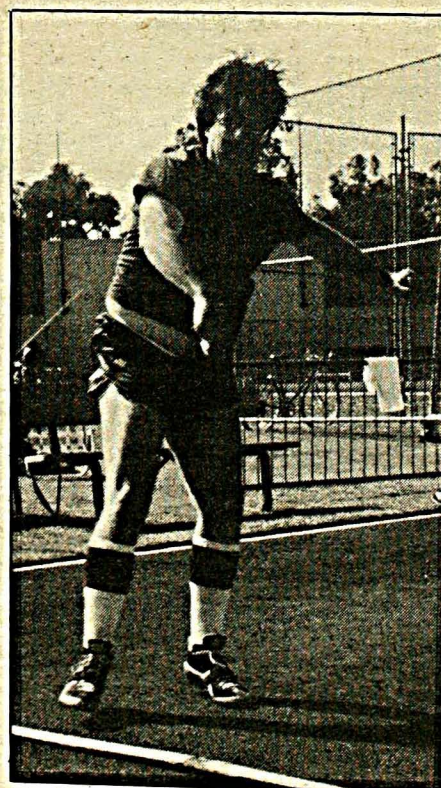
by JERRY WOJCIK,  
TAC Masters T&F  
Rankings Coordinator

For several years, the track and field rankings were published (rarely in their entirety) over a period of several months in the NMN. Two years ago, through the availability of TAC funds, we were able to publish in book form all of the rankings with deeper lists than ever appeared in NMN. However, the publication of rankings in NMN and the book had been a duplication of expense and effort.

For the 1990 season, the outdoor rankings will be published *only* in book form with a target date of mid-March, which would be earlier than many rankings appeared in the past in NMN.

At the 1990 TAC Convention masters meeting in Seattle, I suggested that the rankings book for 1991 would contain both the outdoor and indoor rankings, rather than publishing the latter separately in the NMN. Feedback on that proposal seems to indicate that athletes do not want to wait a year or so for the indoor rankings and would prefer to see them published in NMN soon after the indoor season.

Eleven 1990 indoor events were published in NMN. We hope to do that many, or more, for the 1991 season. □



Ron Rook, M40, 42.00 in the javelin, SCA/TAC Championships, Los Angeles.

Photo by Jerry Wojcik

## NOW AVAILABLE

### 1989 U.S. Masters Outdoor T&F Rankings Book

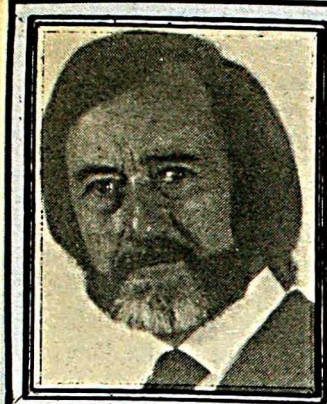
- Men's and women's 1989 U.S. 5-year track & field age-group rankings.
- 52 pages, over 100-deep in some events.
- All T&F events, including 3000, 10,000, weight, relays, 1500 walk, 5000 walk.
- Deeper rankings in most events than published in NMN.

Send \$5.95 plus \$1.00 postage and handling to:

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

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_





# International Scene

by OWEN FLAHERTY

## A Third Choice For President

**R**ecently, the administration of WAVA has been characterized by divisiveness and dissension. It is not my intention to pass judgment or to apportion blame. Indeed, I shall not make any comment other than to say that both the discord itself and the ensuing publicity must be abhorrent to all who love veteran athletics.

This sad and regrettable chapter in WAVA's history must be followed by a chapter of unity and achievement. I believe that I can offer WAVA the initiative, the experience and the strength to lead the WAVA Council in writing

say. For example, it does not say that, during almost seven years as Secretary of WAVA, I effected several important changes in the way that WAVA was administered.

When I became Secretary, it was still WAVA's practice to allocate the World Championships without written contract. I succeeded in convincing the Council that a written contract between WAVA and the organizers would safeguard WAVA's interests and would minimize the risk of serious disagreement. That success gave me the additional tasks of drawing up the contracts for the Rome, Melbourne and Eugene Championships.

Similarly, I took the first steps toward the production of a WAVA Handbook. It was my initiative that led to the biennial issue of that publication.

I then turned my attention to the Constitution. WAVA's first Constitution had served its purpose. It was a basic document which was probably in-

tended only for the early years. Again on my own initiative, I drafted a new, detailed Constitution together with detailed By-Laws. With Council approval, they were tabled at the Rome meeting of the General Assembly which endorsed them with a substantial majority.

Next, I addressed a particular financial problem. Some organizations were not affiliating in even-numbered years but were affiliating again in odd-numbered years in order to compete in World Championships and be represented in the General Assembly. WAVA was losing affiliation income. I proposed that WAVA should adopt an

unconventional two-year accounting period and that the affiliation fee for the two-year period should be payable in two equal annual installments. Payment for both years would become unavoidable. That proposal was readily adopted.

The administration of WAVA was substantially improved by these and other initiatives which I took. In particular, the Constitution and By-Laws, the contract with the World Championship organizers, and the two-year accounting period are three of the four major elements of WAVA's administration today. The fourth, of course, is WAVA's relationship with

Continued on page 18

NOTE: *National Masters News* is making available equal space to candidates competing for office at the WAVA General Assembly next July in Turku, Finland. This article is by Owen Flaherty, candidate for President.

that new chapter. At Turku, therefore, I shall be a candidate for the Presidency of WAVA.

On this page you will read my Curriculum Vitae (see box). It clearly shows the breadth of experience that I would bring to the office of President — yet, there is much that it does not

## Curriculum Vitae — Owen Flaherty

- Born 1931 in the United States of Scottish parents; the family returned to Scotland in 1933.
- Began athletics competition (sprints) in 1949; began cross-country and road-running in 1964. Have competed at distances from 100M to 10 miles.
- During military service, trained as a fighter pilot.
- More than twenty years administrative experience in United Kingdom government service.
- Competed in veteran athletics since 1971 at club, national and international levels in road, cross-country and track events.
- Scottish M45 100m Champion, 1978.
- Secretary of Scottish Veteran Harriers Club, October 1979 - October 1981. Staged first Scottish Veteran Track and Field Championships; organized Scottish Veteran Marathon Championships and Scottish Veteran Cross-Country Championships.
- Elected Secretary of WAVA in 1981; re-elected in 1983 and 1985. Established strong lines of communication with the WAVA affiliates and with the organizing committees of the WAVA Championships.
- Member of IAAF Veterans Committee, 1984 - 87.
- Profession: Investment Consultant.
- Recreations: Flying, Chess.

## Program for Progress

The greatest challenges now confronting WAVA are —

- Extending WAVA's influence throughout the world
- Consolidating WAVA's relationship with IAAF

Let me put before you a detailed program by which WAVA could meet those two challenges successfully. This program would have the added benefit of enhancing the status of many, perhaps all, of the independent veteran organizations are affiliated with WAVA.

This program consists of two specific proposals. Their full implementation could take as little as one year — it should certainly take less than two years. I would want to set the program in motion immediately following the elections at Turku. It would thus be possible for me to report on the results to the 1993 meeting of the General Assembly.

As President of WAVA, I would want to take the initiative of approaching IAAF with the following requests:

- That IAAF should write to its members in countries where there is no organization affiliated with WAVA;
- That IAAF should strongly urge each of them to affiliate with WAVA without delay;
- That IAAF should explain to each that, if it was not affiliated with WAVA by 30 June 1992, it would automatically become a member of a Continental Veterans Group (CVG);
- That IAAF should not levy any fee for membership of a CVG;
- That IAAF should affiliate each of the six CVGs to WAVA at the basic affiliation fee of US \$100 per two-year term;
- That each CVG would therefore be entitled to one vote in the General Assembly;
- That WAVA's contact with each CVG would be through IAAF's Continental Representative unless WAVA was notified otherwise.

(This is a pragmatic approach to the fact that many IAAF members are either too small to be interested in affiliating with WAVA or are deterred from affiliating for economic reasons. If this proposal is implemented, each country which has an IAAF member will have an organization affiliated with WAVA. Either directly as an independent veteran organization or IAAF member, or indirectly through a CVG member. In the space of one year, WAVA's sphere of influence would be expanded dramatically.)

- That IAAF should write to those of its members in countries where there are independent veteran organizations affiliated to WAVA and should strongly urge each of those IAAF members to do one of the following:

(a) Recognize a Committee, nominated by the WAVA affiliate, as an autonomous Veterans Committee of the national governing body, but only if so requested by the WAVA affiliate. (The WAVA affiliate would, of course, nominate its own officers and activists. Details such as the size of the Committee, its finances, etc., would be for prior discussion between the national governing body and the WAVA affiliate).

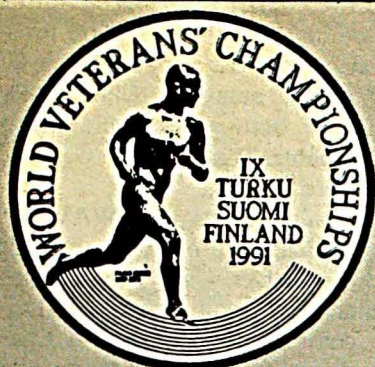
(b) Formally recognize the WAVA affiliate as an independent body with national responsibility for veteran athletics, but only if so requested by the WAVA affiliate, and to make available to the WAVA affiliate every reasonable assistance and support in discharging that responsibility. (The WAVA affiliate's status would be enhanced by either course, but there would be no change unless it was requested by the WAVA affiliate.)

At Turku, I shall be available to discuss this program at the meetings of the Regional Associations.

I have had informal discussions with IAAF secretariat about this program. It has been confirmed that, if I submit these requests formally as President of WAVA, IAAF will respond favorably.

—Owen Flaherty





5 Months To Go

## Countdown to Turku

### Tour to Soviet Union is On — Maybe

The post-World Championships tour to the Soviet Union is on, according to Helen Pain, director of the San Diego-based Sports Travel International. Pain recently flew to Moscow to meet with Vadim Marshev, head of the Soviet Veterans Association, to work out details.

"We're planning on taking a group on the train from Turku to Leningrad with the returning Soviet athletes," Pain said. "We'll spend two days in Leningrad and then board a train to Moscow."

Marshev will arrange group tours of Moscow. Athletes can then participate in the Soviet National Veterans Track and Field Championships at the Olympic Stadium on August 2-4.

Pain cautioned, however, that with the current instability in the world — from the Soviet Union to the Middle East — details have not yet been worked out.

"We hope to have something firmed up by mid-February," she said.

For those not wishing to go to the Soviet Union, the popular annual Veterans meet in Baden, Switzerland, on August 2-3 extends an invitation to all veterans. Baden is 15 miles outside of Zurich and within a few hours of the Jungfrau and the Matterhorn.

One week prior to the World Games, on July 12-14, a Pregames meet will be held in Kuusankoski, Finland — about 100 miles from Turku or Helsinki. (See schedule for details.)

Only five months remain before the start of the IX WAVA World Veterans Athletics Championships. The biennial event will be held in Turku, Finland, from July 18-28. More than 5000 participants from over 60 nations are ex-

pected to attend.

The competition will be held in five-year age groups beginning at age 40 for men and age 35 for women. There are no qualifying standards to enter the event. The only requirement is to be at least the minimum age.

The tentative competition schedule will again be printed, along with the entry form, in the March issue of NMN. The entry deadline is April 15. Complete entry forms and schedule info are currently available from any of the seven U.S. travel agents hosting tours to the event (see ads in this and previous issues).

The U.S. dollar has stopped its freefall against the European currencies — even gaining a bit against the Finmark in the past 60 days. If the rising trend continues, that will mean

lower food costs for most visitors in Turku. If the downward trend resumes, tourists can always dine at McDonald's-type eateries, where the prices are moderate and the food is adequate.

A World Veterans Weight Pentathlon Championship will be held on Monday, July 29 in the city of Naantali, Finland — 12 miles west of Turku.

The jury is still out on whether or not there will be drug testing. One proposal is to test for drugs on an experimental basis. Under this plan, no one would be disqualified and the results would be analyzed for future use.

We hope to have a final decision on this matter in time for next month's special World Championships Preview edition. □

### The International Scene

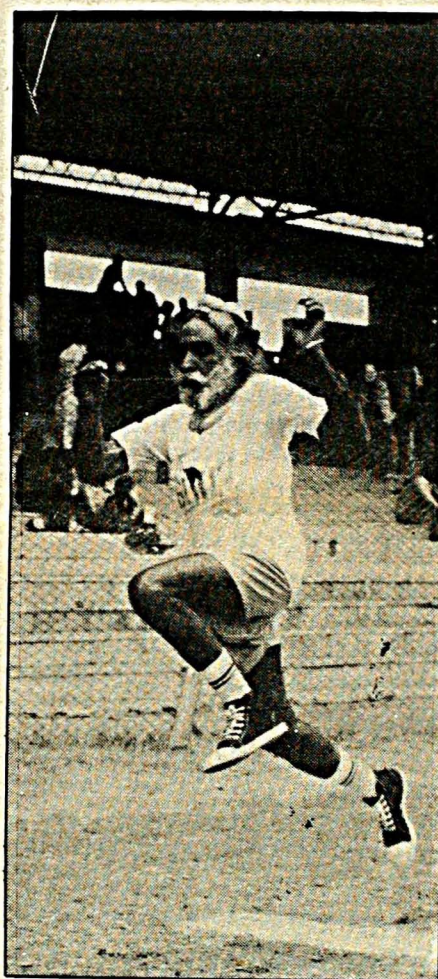
Continued from page 17

IAAF and I have dealt with that in my "Program for Progress" (see box). But enough of initiative — let us look now at experience.

I have competed extensively in sprints, in road races and in cross-country events. My veteran competition experience has covered club, National, Regional and World Championship levels. I have organized National Veteran Track and Field Championships, National Veteran Cross-Country Championships and National Veteran Marathon Championships. I served for two years as Secretary of the Scottish Veteran Harriers with ultimate responsibility for all veteran athletics in Scotland. For almost seven years I served as Secretary of WAVA.

Earlier I referred to "the initiative, the experience and the strength" required by the President. We have looked at initiative and experience. What of strength? The President's strength is derived from three sources. Those sources are (i) the Constitution, (ii) the decisions of the General Assembly, and (iii) the decisions of the Council. If the President fails to understand that, then he believes that he has dictatorial

Continued on page 19



M75 triple jumper, XII Indian National Veterans Athletic Championships, Hyderabad.

Photo from V. Suryanarayana

## Make History in Moscow



Join **SPORTS TRAVEL INTERNATIONAL, LTD.**  
In the U.S.S.R. and WAVA/TURKU '91

Phone: (619) 225-9555

Fax: (619) 225-9562



### IX WORLD VETERANS CHAMPIONSHIPS IX WORLD VETERANS CHAMPIONSHIPS TURKU, FINLAND — JULY 18-28, 1991 TRAVEL TOGETHER AND SAVE!!!

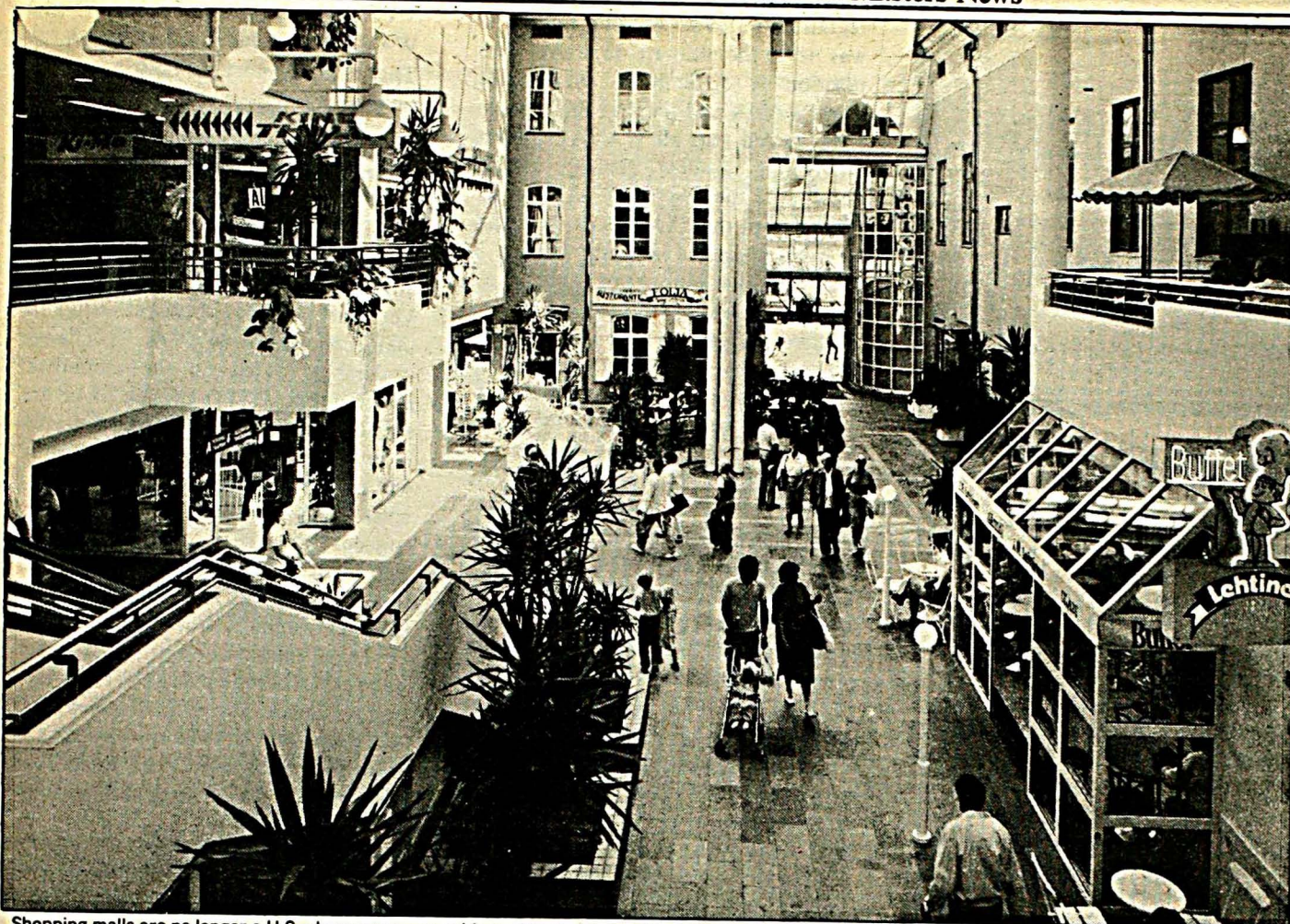
Complete package includes: round-trip airfare, selected accommodations, transfers, personal escort by Paul Geyer, masters race walker. Optional: local tours in Finland, Norway and Sweden.

Package will cover to and from all destinations in USA, Canada, Central and South America.

Please write to Paul Geyer for all information which is now available and will be sent to you immediately. Time is running out to get select reservations for Turku. Don't wait. Do it now!

**SKI & TRAVEL INTERNATIONAL, INC.**  
P.O. Box 630096, Miami, FL 33163





Shopping malls are no longer a U.S. phenomenon, as evidenced by the Hansa Shopping Center in Turku, Finland, site of this year's IX WAVA World Veterans Athletics Championships.

Photo by Teuvo Kanerva



## Report from Britain

By ALASTAIR AITKEN of *Athletics Today*, and  
MARTIN DUFF of *Athletics Weekly*

Zina Marchant, 40, confirmed her continuing good form with a solid overall women's victory in the Portsmouth 5 Mile, Hampshire, December 2, for her second win in a row. Her 27:22 placed well ahead of Christine Benning, 35, who ran 28:09. New veteran Mike Rideout, 40, led the masters home with a 24:50, but Nick Rose (38 years and 11 months) was the overall winner with a 23:26. Rose will be an exciting veteran prospect for 1992 and could well make a return to the U.S. road running scene and will seriously challenge John Campbell's times.

Paula Fudge is off to a good start in

1991 with a fast 34:25 10K at Cranleigh, Surrey, January 1. The main feature of her run was a fast second 5K of 16:28. This followed a solid 57:22 victory in the Tadworth, Surrey, 10 Mile, December 30. At Cranleigh, Peter Standing, 40, smashed the masters record over this none-too-easy course with a 31:10, ahead of Ray Church, 40, 31:37.

Earlier, Standing had been headed by Keith Penny, 40, in the 9 1/4 mile Hogs Back Hill Race in Guildford, Surrey, 47:36 to 47:44, where they were third and fourth out of a 2000-strong field. □

# WAVA

## The International Scene

Continued from page 18

powers and he will come to grief. On the other hand, if he does understand it, he should be able to use both his initiative and experience to the lasting benefit of WAVA.

In my "Program for Progress," I have set out detailed and constructive proposals to benefit veteran athletics at both international and national levels. Those proposals would also strengthen the rapport between WAVA and IAAF. These are clearly important objectives but, as President, I would also have firmly in mind a third objective. The way forward must include healing WAVA's self-inflicted wounds and ending the divisiveness of the recent past. My third objective, therefore, would be to unify WAVA behind a strong Presidency and an efficient Council. □

## COMING NEXT MONTH

- World Championships Preview
- Turku Entry Form and Competition Schedule
- Soviet Tour Details
- Travel and Housing Info

## OFFICIAL USA WORLD GAMES UNIFORM FOR 1991

\*Singlet Nylon Tricot all red w/ USA and Masters screened on front. Blue letters with white trim. Womens singlet is higher cut and lined.

\*Shorts Nylon Tricot all red with key/change pocket. One piece liner of cotton/polyester/Lycra with reversed seams

\*Training Suit is Supplex which is a lightweight texturized nylon with the feel and look of cotton. The fabric has been treated with Scotchgard.

\*Jacket has a vented back with a mesh liner and fully covered waistband and zippered pockets. Color: Royal Blue w/white stripe. USA & Masters on back, your name and American flag on front.

\*Pants have a zipped lower leg for easy on/off and an elastic waist band for day long comfort. Two side pockets. Color is also Royal Blue with white stripe.

| Men    | S         | M          | ML(dim)    | L          | XL        |
|--------|-----------|------------|------------|------------|-----------|
| waist  | 25-28     | 28-32      | 28-32      | 32-36      | 35-40     |
| chest  | 32-34     | 34-38      | 34-38      | 40-42      | 44-46     |
| height | 5'4"-5'6" | 5'7"-5'10" | 5'11"-6'2" | 5'11"-6'2" | 6'7"-6'9" |
| Women  | S         | M          | ML(dim)    | L          | XL        |
| size   | 4-6       | 6-8        | 6-8        | 10-12      | 14-16     |
| height | 5'3"-5'5" | 5'5"-5'7"  | 5'7"-6"    | 5'7"-6"    | 6'1"-6'3" |

CIRCLE ONE MALE / FEMALE

CIRCLE YOUR SIZE

|               |   |   |         |   |    |          |
|---------------|---|---|---------|---|----|----------|
| SHORTS        | S | M | ML(mlm) | L | XL | \$ 15.00 |
| SINGLET       | S | M | ML      | L | XL | \$ 18.00 |
| JACKET & PANT | S | M | ML      | L | XL | \$111.00 |

Sub Total \_\_\_\_\_  
Shipping & Handling \_\_\_\_\_ 4.50

Total \_\_\_\_\_

The complete package cost \$144.00 plus \$4.50 for shipping and handling. Allow 4 to 6 weeks for delivery.

Name \_\_\_\_\_  
Company \_\_\_\_\_  
Address \_\_\_\_\_  
City/State \_\_\_\_\_  
Zip Code \_\_\_\_\_  
Telephone \_\_\_\_\_

Send Orders To:

Richard Lee  
2091 McMillan St.  
Eugene, OR. 97405  
(503) 687-1689

## Travel is our business...our only business



Join Snug Harbour Tours for the  
**IX WORLD VETERANS  
CHAMPIONSHIPS IN TURKU**

**Limited space - Write or Call NOW**

*Entry Forms Available*

SNUG HARBOUR TOURS 1372 Broadway, Suite 902,  
New York, NY 10018 attn: Diana Schneider  
Telephone: (212) 391-5611 Fax (212) 704-0376

Reliability you've grown to trust...  
serving the Masters for over eleven years





## WAVA Election Heating Up

**T**he election for the Presidency of WAVA is heating up. Some comments for clarification are indicated to the three letters published in the January edition of the National Masters News.

Sylvester Stein states that "we want an entirely new slate of candidates; some non Anglo-American should be put up; and long-serving members of the council should be replaced with fresh blood."

Regardless of whether one supports Cesare Becalli or Alastair Lynn, both candidates should be commended for their dedication and concern. At their own expense, both went to the Asian and the South American Championships, seeking a non-paying position that engenders more criticism than applause.

A "public squabble" is what a democratically run election is all about. I know of no quota system within WAVA for those who run for a WAVA office. It is hoped that our officers will be selected, based on ability, not on their national origin. The WAVA Council has seen a change in ten of the fourteen Council seats since Rome. The fact is that there has been a steady influx of new blood. Long serving members of the Council have experience and a knowledge of past

events that are invaluable. The present Council has a good balance in its membership.

D. MacBeath inquires as to when Beccalli was appointed as the official spokesman for the IAAF. Beccalli has served on the IAAF Veterans Committee since its inception. He has been more involved in the negotiations with the IAAF and has had more discussions with the IAAF leadership than anyone else in WAVA. While I served on the IAAF Veterans Committee, it was made clear that the IAAF did not wish to administer the Veterans' Championships, but would do so if agreements could not be reached. The IAAF has not pushed this point, but as a practical matter, what else could they do if agreements are not reached? MacBeath also wanted to know how Cesare knew that the vote was not unanimous. The final result, per prior agreement, has not been published. However, most of the Council members indicated, on a voluntary basis, how they voted.

Don Farquharson notes that the in-

tegration of WAVA with the IAAF was never the ultimate objective. That position is difficult to understand, since WAVA and the IAAF, from the first, agreed that all WAVA National Governing Bodies (NGB) should become (if they were not already) affiliated with the IAAF NGB. No matter what adjective is used, the fact is this would certainly constitute an integration of the two groups.

There are legitimate and serious differences between the two candidates. These differences will have a direct effect on the negotiations taking place and the ultimate status of WAVA.

The primary concern of WAVA, when the IAAF first approached, was to guarantee the continued existence of WAVA as the administrative body for Veterans' Athletics. There was never any question among the WAVA leadership that the IAAF was the more powerful organization and that many of the key WAVA affiliates were also part of the IAAF. If the IAAF set up its own Championships, WAVA would be split, as the WAVA NGBs who were already a part of the IAAF NGB would have to go with the IAAF.

Alastair takes the position that WAVA is a partner with the IAAF. That implies that WAVA and the IAAF are equal. If equals can't agree, then negotiations cease and the stronger body will ultimately prevail.

## WAVA to Hold Separate Road Racing Championships

BY JACQUES SERRUYS,  
WAVA Vice President,  
Non-Stadia Committee

On June 5, 1990, in Turku, Finland, the WAVA Council voted to organize WAVA World Veterans Road Racing Championships in even-numbered years, separate from the biennial Track and Field Championships, which are held in odd years. The vote was eight yes, one no, and one abstention.

On July 3, 1990, in Budapest, the

Cesare takes the position that WAVA is not the equal of the IAAF. That requires more subtlety in negotiations.

I believe that Cesare's approach is the realistic one. Cesare has shown himself to be effective in promoting WAVA's interests. The IAAF Assembly, in Barcelona, voted that WAVA would administer the Veterans' program, thus addressing the main concern of WAVA. To change leadership, based on the unrealistic position that WAVA and the IAAF are equals, will not further the negotiations. To take the position that WAVA will not permit drug testing in Turku, when WAVA has already endorsed the concept of drug testing and has welcomed the designation by the IAAF that Turku is both a WAVA and IAAF Championship, is not practical since the IAAF rules require drug testing for all World Championships. When a motion was made, and almost passed, that WAVA would not accept any money from the IAAF, even if no limitations were placed on its use, this was insulting to the IAAF.

What we have represented in this election is one candidate who has shown a lack of flexibility in negotiating with the IAAF, and another who has shown that his approach has been successful. □

WAVA European Veterans General Assembly voted, 46-5, to follow the same path.

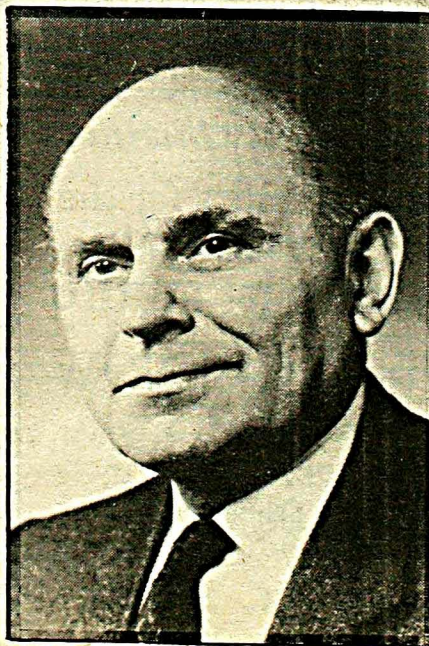
In the WAVA World Track & Field Championships, the marathon, road walk and cross country remain. The WAVA Road Racing Championships will consist of 10K and 25K.

The first LDR Championship will be held in 1992. We have already received bids from Yugoslavia, Spain, France, and England to host the event. The presentations of the bids will take place in Turku in July, 1991.

With this decision, WAVA has fulfilled the promises made when WIGAL and WAVA were united into one world veterans organization. At the same time, the road race participants now have more choice.

In Europe, the second European Veterans Road Race and Racewalk Championships will take place on October 5-6, 1991 in Venice, Italy, with the 10K, 25K, 20K walk (women, and 30K walk (men).

The organizers of the well known "Venice Marathon" guarantee a perfect organization and are expecting 2500 participants. We hope that other regions will follow Europe's example and organize odd-year Regional Championships. I urge everyone to stimulate and publicize road racing opportunities for veterans through the world. □



Jacques Serruys

### PRESIDENT:

Cesare Becalli  
P.O. Box 76  
37010 Assenza di Brenzone  
(Vr) Italy

### EXECUTIVE

#### VICE PRESIDENT:

Bob Fine  
4223 Palm Forest Drive  
Delray Beach, FL 33445  
USA

#### VICE-PRESIDENT

##### (Stadia):

Bill Taylor  
17 Poplar Farm Close  
Milton-under-Wychwood  
Oxford, OX7-6LX  
Great Britain

#### VICE PRESIDENT

##### (Non-Stadia):

Jacques Serruys  
Postbox 7  
B8000, Brugge, Belgium



### SECRETARY:

Alastair Lynn  
161 Harrison Drive  
Newmarket, Ontario  
L3Y6B8 Canada

### TREASURER:

Al Sheahan  
P.O. Box 2372  
Van Nuys, CA 91404  
USA

### PAST-PRESIDENT:

Don Farquharson  
269 Ridgewood Road  
West Hill, Ontario  
M1C 2x3 Canada

### WOMEN'S DELEGATE:

Bridget Cushen  
156 Mitcham Road  
West Croydon,  
Surrey, England

### DELEGATE OF:

#### NORTH AMERICA

David Pain  
5643 Campanile Way  
San Diego, CA 92115  
USA

#### SOUTH AMERICA

Jose Figueras  
Juncal 1395  
Floor 2 of 15  
Montevideo  
Uruguay

#### ASIA:

Hari Chandra  
#24-12 Block 44,  
Marine Crescent, Singapore

#### EUROPE:

Hans Axmann  
Eichendorffstrasse 2  
D-800 ANSBACH  
Federal Republic of Germany

#### OCEANIA:

43 Emslie Road  
Pinhaven, Upper Hutt  
New Zealand

#### AFRICA:

Contact President



## Write On Continued from page 4

reevaluate the sections based on the new population figures. I'd also like to suggest that numbers be assigned to the sections instead of geographical locations.

Tim Murphy  
Irving, Texas

## TOO FEW AGE DIVISIONS

New England is still in the Dark Ages with respect to age-group competition. For example, the Christmas Run 10K For The Animals (1200 entered) in Newport, R.I., on December 9, had 40-49, 50-59, 60-80, and 81+ divisions! Why bother?

It's a social event, not a race.

Carl Hammen  
Saunderstown, Rhode Island

## WAVA DOESN'T NEED IAAF

I have been reading with amusement — and a bit of sadness — the "cat fight" that is going on between WAVA's president Cesare Beccalli and its former president Don Farquharson and others too numerous to mention.

Many years ago I spoke out against the bureaucracy that was taking over the Veterans T&F program, and warned that the original intent of WAVA — to promote competition and fun for the Veteran athlete — would be lost.

At that time, I questioned what WAVA could do for us except act as a liaison between various Veterans organizations around the world and help find a place for the World Games

every two years. WAVA has done this job very well.

What WAVA doesn't need is to associate with the IAAF! Why in the world would we even think of adding more bureaucracy to our organization by succumbing to the iron thumb of the IAAF? What can they do for us that we haven't already done for ourselves? Do we need to have our hands tied by people that don't even participate in our program?

May I ask Cesare Beccalli what event he participates in? I believe Beccalli is dead-wrong when he tries to blackmail us by implying that the IAAF will put on their own Masters Championships if we don't tie in with them. I'm sure they have other — more important — bureaucratic things to worry about.

We — the competitors — should determine our own destiny, not the WAVA president. He is only our representative and holds his office at our pleasure.

If Beccalli doubts this, I suggest he poll the rank-and-file. Ask them if they favor WAVA coming under the control of the IAAF? Then tabulate the results, publish them — and do what the majority wants.

We are still a free society where the majority rules. We do not want — or need — an autocratic leadership.

Alfred V. Guidet  
California City, California

## HERE'S WHAT PEOPLE ARE SAYING ABOUT RUNNING RESEARCH NEWS:

"Running Research News is the indispensable running newsletter."  
Amby Burfoot, Executive Editor, *Runner's World*

"Running Research News is the nation's premier journal on running."  
Gabe Mirkin, M.D., Georgetown Univ. School of Medicine

"The May-June issue of *Running Research News* is the best thing you will ever read about running."  
Tom Henderson, *The Detroit News*

"Running Research News is the most worthwhile running publication I have seen during my 35 years of coaching."  
Jack Warner, Cornell University Cross Country Coach

"If you can't improve your race times after reading *Running Research News*, you can't improve your times." Bob Tarozzi, Carmel Valley, CA

"The recent article on 10K training contained more useful info. than any 60 running books." Sam Graceffo, M.D.

*Running Research News* provides runners with scientifically based training strategies, discusses the latest information on sports nutrition, and evaluates commercial products sold to runners. Recent issues contained articles on tapering, training for the mile, preparing for 10K competition, overcoming the "wall" in the marathon, conducting "5-5" interval training, preventing muscle cramps, and rising above a performance "plateau." To subscribe, please send \$16 for one year (6 issues), \$26 for two years, and/or \$64 for all thirty back issues. *Running Research News*, P. O. Box 27041, Lansing, MI 48909. Telephone 517-393-3150.

## BECCALLI REPLIES

I am not answering the letters from Don Farquharson, D. MacBeath and Sylvester Stein because it would be too long and would only elicit further replies and polemics.

It is time to stop all this.

Just to clarify one point: I never intended to threaten anyone, either at a personal level nor on behalf of the IAAF.

Simply, I'm probably more directly experienced than some others in understanding what can be accepted by the IAAF and what the future could be

if we keep a flexible, respectful policy.

The current situation worries me. Therefore, I feel an obligation to explain my fears to the Council and our affiliates.

One of my fears is that the IAAF might no longer recognize our Championships; that is not a childish reaction. On the contrary, it is a childish reaction not to think so.

The IAAF Constitution does not permit it to recognize any Championships whatsoever if athletes are not submitted to drug testing. This reality

Continued on page 22

## CUMULATIVE PRIZE MONEY EARNINGS MASTERS 12/15/90

| RNK | NAME               | ST/NAT | CUM PRIZE | RNK | NAME                 | ST/NAT | CUM PRIZE |
|-----|--------------------|--------|-----------|-----|----------------------|--------|-----------|
| 1   | Campbell, John     | NZL    | \$75,350  | 1   | Binder, Laurie       | CA     | \$16,350  |
| 2   | Tibaduiza, Domingo | COL/MV | \$17,406  | 2   | Anderson, Gabriele   | SUI/ID | \$15,455  |
| 3   | Hamilton, Ken      | CAN    | \$15,050  | 3   | Oshier, Nancy        | NY     | \$14,600  |
| 4   | Marczak, Ryszard   | POL    | \$13,900  | 4   | Filutze, Barbara     | PA     | \$11,775  |
| 5   | Schlau, Bob        | SC     | \$10,900  | 5   | Striuli, Graziella   | ITA    | \$11,000  |
| 6   | Cuevas, Mario      | MEX    | \$9,556   | 6   | Welch, Priscilla     | GBR/CO | \$10,247  |
| 7   | Waigwa, Wilson     | KEN/TX | \$9,425   | 7   | Roden, Anne          | GBR    | \$8,500   |
| 8   | Rodgers, Bill      | MA     | \$9,100   | 8   | Grayson, Nancy       | SC     | \$7,900   |
| 9   | Navarro, Artemio   | MEX    | \$6,500   | 9   | Hutchison, Jane      | MO     | \$6,025   |
| 10  | Stahl, Kjell-Erik  | SWE    | \$4,200   | 10  | Palm, Evy            | SWE    | \$6,000   |
| 11  | Judson, Ken        | PA     | \$3,500   | 11  | Ciavarella, Claudia  | TN     | \$5,250   |
| 12  | Custy, John        | CO     | \$3,075   | 12  | Greer, Judy          | FL     | \$5,100   |
| 13  | Almberg, Larry     | WA     | \$2,900   | 13  | Lynn, Laura          | CAN    | \$4,100   |
| 14  | Sparks, Ken        | OH     | \$2,700   | 14  | MacHarg, Karen       | FL     | \$3,850   |
| 14  | Owens, Earl        | GA     | \$2,700   | 15  | Vahlensieck, Christa | FRG    | \$2,700   |
| 16  | Belilgne, Atlaw    | NY     | \$2,175   | 16  | Mendonca, Elenora    | MA     | \$2,550   |
| 17  | Umberg, Richard    | SUI    | \$2,000   | 17  | Taroni, Cesarina     | ITA    | \$2,500   |
| 18  | Olsen, Larry       | MA     | \$1,950   | 18  | Havens, Susan        | VA     | \$2,300   |
| 19  | Dyce, Byron        | JAN/FL | \$1,800   | 19  | Ilands, Magda        | BEL    | \$2,000   |
| 20  | Hughson, Richard   | CAN    | \$1,700   | 20  | Gumerova, Nadezhda   | URS    | \$2,000   |
| 21  | Ingram, Larry      | CO     | \$1,500   | 21  | Yu, Wen-Shi          | NY     | \$1,600   |
| 22  | Stewart, Dave      | CAN    | \$1,400   | 22  | Matsuda, Chei        | JAP    | \$1,500   |
| 23  | Lopez, Luis        | CRC    | \$1,375   | 23  | Stronscoe, Marcia    | CAN    | \$1,500   |
| 24  | McManus, Tony      | NZL    | \$1,350   | 24  | Ladage Scott, Gail   | CO     | \$1,350   |
| 25  | Pearson, Jim       | FL     | \$1,300   | 25  | Banning, Linda       | SC     | \$1,350   |
| 25  | Doyle, Bobby       | RI     | \$1,300   | 26  | Lilburn, Adrian      | FL     | \$1,350   |
| 27  | Brown, Barry       | FL     | \$1,250   | 27  | Wood, Mary           | CO     | \$1,350   |
| 27  | Nicholson, Carl    | AL     | \$1,250   | 28  | Osantowski, Odette   | CA     | \$1,250   |
| 29  | Heri, J. Socorro   | MEX    | \$1,200   | 29  | Cash, Linda          | CO     | \$1,225   |
| 30  | Knuckey, Rob       | CAN    | \$1,150   | 30  | Kozak, Erna          | CAN    | \$1,200   |
| 31  | Carroll, Tom       | MA     | \$1,050   | 31  | Faust, Gina          | CA     | \$1,100   |
| 32  | Paul, Don          | CA     | \$1,000   | 32  | Smith, Jenny         | NZL    | \$1,000   |
| 32  | Manzanares, Bob    |        | \$1,000   | 33  | Carnes, Sue          |        | \$1,000   |
| 32  | Wolfe, Bob         | TX     | \$1,000   | 34  | Hiins, Justin        |        | \$1,000   |
| 32  | Grimon, Julian     | GBR    | \$1,000   | 35  | Lindsay, Shirlee     | TX     | \$1,000   |
| 32  | Negishi, Akio      | JPN    | \$1,000   | 36  | Visalli, Jody        |        | \$1,000   |
| 32  | Stern, Peter       | CA     | \$1,000   | 37  | Pease, Andrea        | GA     | \$975     |
| 38  | Shorter, Frank     | CO     | \$900     | 38  | Hillspough, Jane     | PA     | \$950     |
| 38  | Keenan, Dale       | NY     | \$900     | 39  | Rice, Jeannie        | OH     | \$850     |
| 38  | Tracy, James       | CA     | \$900     | 40  | Lunn, Laura          | CAN    | \$850     |
| 38  | Baird, Peter       | TX     | \$900     | 41  | Bovia, Nina          | MI     | \$750     |
| 42  | Vessely, Ves       | GA     | \$875     | 42  | Fegley, Vicki        | N/A    | \$750     |
| 43  | Bradley, Fay       | DC     | \$830     | 43  | Kreuz, Janice        | OH     | \$750     |
| 44  | Bednarski, John    |        | \$750     | 44  | Mahr, Terry          | OH     | \$750     |
| 44  | Reimer, Rich       | N/A    | \$750     | 45  | Walters, Harolene    | CA     | \$750     |
| 44  | Gagnon, Jacques    | CAN    | \$750     | 46  | Langston, Diane      | MO     | \$750     |
| 44  | Wilborn, Gary      | OR     | \$750     | 47  | Prejean, Nancy       | TX     | \$695     |
| 44  | Frederick, Larry   | NC     | \$750     | 48  | Bugyi, Judith        | PA     | \$650     |
| 49  | Ruckert, Steve     | MD     | \$725     | 49  | McIntyre, Kathy      | NY     | \$600     |
| 50  | Thompson, Charles  | CA     | \$700     | 50  | Mansfield, Anne      | NC     | \$550     |

FROM  
THE COMPETITIVE ROAD RACER  
P.O. BOX 1765 BROOKLINE,  
MA 02146



# MASTERS SCENE

## NATIONAL

• Want to throw your weight around? The Clydesdale Running Association, a national organization which boasts 600 members, has been instrumental in encouraging meet directors to include awards based on age and weight factors, using the WAVA age-factors. For example, in the Night Tracks 5K, Tulsa, September 14, there were five male weight divisions: 170-184, 185-199, 200-214, 215-229, and 230+. The winners of each weight division were determined by multiplying their actual finish times by the WAVA age-factor. (A 30-year-old's time was multiplied by a factor of 1, while a 45-year-old's time was multiplied by 0.9125.) Top age-graded performer among the five weight groups was Lenny Emanuelson, 46, of Tulsa, who, at 204 pounds, ran an age-factored 17:10 (18:57). The association publishes a quarterly newsletter, which lists races offering weight divisions: Clydesdale RA, 1809 Gold Mine Rd., Brookeville, MD 20833. 301/774-2493.

• For those who need a change of pace, the IV World Masters Swimming Championships will be held in Indianapolis in 1992. Masters swimming begins at age 25. Parry O'Brien, Olympic shot putter and masters record holder in the SP and DT, competes in masters swimming, which he says is easier on the knees than throwing. The I World Masters Swimming Championships were held in Tokyo in '86, the II in '88 in Australia, and the III in Rio de Janeiro in '90, which drew some 2600 swimmers from 56 countries, with most coming from Japan.

• The recession and perceived declining interest in track & field have caused the cancellation of two prestigious U.S. open indoor meets: the Los Angeles Times meet on February 14 and the Knights of Columbus meet in Cleveland on February 16. They were two of only 11 IAAF Grand Prix meets. However, the New York Millrose Games found a new sponsor — Snickers — to replace Panasonic.

## EAST

• First masters in the Syosset Sprint 5K, Long Island, NY, November 17, were 45-49 division winners Ted Haiman (16:37) and Maddy Harmeling (19:21), in the Half Hollow Hills Long Island 5 Mile Championships, November 25, Haiman (27:13) conceded the M40+ title to Ryszard Marczak (M45, 24:51), while Harmeling (31:49) placed second in the W40+ race to Mary Ryan (W40, 31:22). In the NYRR Winter Series 10 Mile, Central Park, NYC, December 8, Haiman, 47, reclaimed a masters win with a 55:51. Christine Hearn Greening (44, 64:12) was first W40+ and ninth overall.

• Edward Berube (41, 33:52) and Paula Wirta (40, 43:00) bounded to masters firsts in the Christmas 10K, For The Animals, Newport, RI, December 9. Joe Fernandez, 62, ran a 36:47 to win the M60-80 division race.

• Douglas MacGregor (51, 34:18), Lebanon, NH, and Bunny Brauns (43, 44:04), Gilford, NH, ran to 40+ firsts in the Fred Hackett 10K, West Concord, NH, November 4.

• Zofia Turosz, 52, Hartford, CT, was first woman overall in 40:57 in the Joe Vailonis 10K, Hartford, December 9. Adeline Kearney, 65, Canton, CT, had the best masters performance with a 49:38.

• Bob Schlau, 43, placed 21st of 664 m/finishers and first M40+ with a 22:17 in the NYRR Four Mile Holiday Run, Central Park, December 16. Sam Skinner (48, 22:32) and Norbert Sander (48, 22:39) followed closely. Bill Fortune, 62, won the M60 race by five minutes with a 24:15. Mary Ryan, 44, took the seventh spot of 457 w/finishers and the W40+ first with a 24:57. Toshiko d'Elia, 60, won the W60 contest by nine minutes with a 29:16. In the MAC 30K Championships, Central Park, on the same morning, Hector Vargas (43, 1:50:57) and Susan Hale (43, 2:21:29) were masters leaders. Dr. Daniel Hamner, 50, won the M50 race in 2:00:53.

• Maury Dean, 48, of Patchogue, NY, should have been credited with a masters third-place 35:38 in the Great Cow Harbor 10K results, reported in the December issue.

## SOUTHEAST

• Bill Adams, 50, Plantation, FL, finished first overall in 18:30 in the Broward Senior Games 5K RR, Hollywood, FL, in December.

• Dr. Alfred F. Morris, 48, Norfolk, VA, director of the health and fitness program at the Armed Forces Staff College, has been honored with the Dept. of Defense's Commander's Award for Civilian Service. Morris, a former Marine Corps captain and author of a physical fitness book, has also been selected as one of two American sports medicine scientists to head a medical team at the Barcelona Olympics in '92. Morris, a marathoner, has had to confine his masters involvement, because of exercise-induced asthma, to heading up the Tidewater Striders in the Norfolk area.

## MID AMERICA

• Glen Frick, 52, Juneau, AK, hastened to an M40+ first with a 2:45:09 in the 19th annual St. Louis Marathon, November 18. Linda Thompson, 41, Davenport, IA, took W40+ honors with a 3:25:36 in her first marathon. Dick Lake, 55, St. Louis, maintained his streak as the only person to complete all 19 marathons.

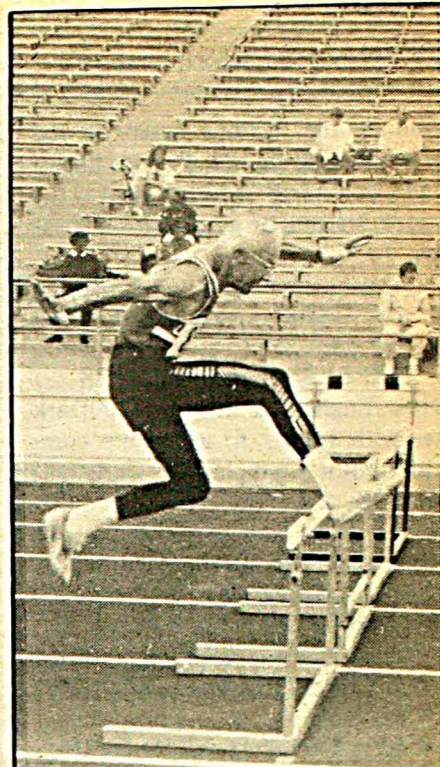
## SOUTH WEST

• Terry Ziegler, 40, who in the mid-70s won the Dallas White Rock Marathon, was first M40+ in it, December 2, with a 2:40:19. Wen-Shi Yu, W55, of NYC was top W40+ in 3:18:06.

• Dr. Pat Hambrick, 41, of New Orleans, took the overall title in the 84th Jackson Day 9K, in 28:48. Yvonne Lee, W40, of Zachary, LA, was W40+ winner with a 35:50. Lawrence Shiver (35:35) and Frances Ard (39:42) were Grand-master winners.

## WEST

• Don Murray, 58, of Santa Barbara, Calif., is starring in Sons and Daughters on CBS-TV, Fridays at 10 p.m. Murray runs the 400 and 800 in masters meets. He starred opposite Marilyn Monroe in the movie Bus Stop in 1956, and has since appeared in dozens of movies. He recently starred in the play "The Best Man" in Los Angeles.



Bill Bigelow, 80, on his way to 20.1 in the 80mH, Club West Meet, Santa Barbara, Calif.

Photo by Shirley Dietderich

• Gary Fanelli, M40, who represented American Samoa in the 1988 Olympic marathon, turned in a fast 14:48 at the Jack in the Box 5K run in Honolulu in November.

• The first masters and sub-masters dual meet between the West Valley TC and Northern California Seniors TC is scheduled for March 31 at Los Gatos H.S. No pre-registration, entry fee, or event limit. Scoring will be in five-year age groups (10 for relays) in points of 5, 3, and 1; Accutrac timing. Running and field events start at 11:00 a.m.

• Peter Stern, 45, had an overall best age-factored time of 1:20:25 (actual time 1:28:07) in the Mission Bay 25K, San Diego, November 17. Top W40+ performer was Mary Storey, 66, with a 1:26:02 (2:10:59).

## INTERNATIONAL

• The Colombia Federation of Masters Athletes drew over 700 participants to its biannual national t&f championships in Cali in October. Its next meet will be held in May in Medellin.

## TAC MASTERS TRACK & FIELD COMMITTEE BUDGET

|                                | 1990<br>Budget | 1990<br>Expense | 1991<br>Budget |
|--------------------------------|----------------|-----------------|----------------|
| 1. Chairman                    | \$4400         | \$4211.27       | \$4800         |
| 2. Outdoor Coordinator         | 1200           | 1200.00         | 1200           |
| 3. Indoor Coordinator          | 500            | 500.00          | 800            |
| 4. Multi-Events Coordinator    | 600            | 900.00          | 1700           |
| 5. Sectional Coordinators:     |                |                 |                |
| a. East                        | 200            | 300.00          | 900            |
| b. Southeast                   | 200            | 300.00          | 900            |
| c. Midwest                     | 200            | 300.00          | 900            |
| d. Mid-America                 | 200            | .00             | 900            |
| e. Southwest                   | 200            | 300.00          | 900            |
| f. West                        | 200            | 300.00          | 900            |
| g. Northwest                   | 200            | 300.00          | 900            |
| 6. Rankings Coordinator        | 1500           | 1500.00         | 1800           |
| 7. Records Coordinators:       |                |                 |                |
| a. Indoor                      | 300            | 300.00          | 2500           |
| b. Outdoor                     | 2400           | 2400.00         |                |
| 8. Secretary                   | 400            | 636.03          | 600            |
| 9. Women's Coordinator         | 300            | 400.00          | 400            |
| 10. Treasurer                  | 400            | 496.27          | 600            |
| 11. Racewalking Coordinator    | 300            | 100.00          | 300            |
| 12. Awards Coordinator         | 500            | 406.43          | 500            |
| 13. WAVA Fee                   | 150            | 150.00          | 150            |
| 14. Miscellaneous              | 150            | .00             | 1050           |
| 15. Board of Directors Meeting | 500            | .00             | 500            |
| 16. Team Manager               | 0              | .00             | 1800           |
| Totals                         | \$15,000       | \$15,000.00     | \$25,000       |

## Write On

Continued from page 21

cannot be modified by our personal opinions or wishes, and not even by any of the IAAF Council members.

The proposals I have made are based upon my knowledge of the IAAF structure. I believe those suggestions are correct. The next General Assembly will decide. But to say that my proposals are threats, as some have done, is wrong and very dangerous for our Association.

Cesare Beccalli  
President, WAVA

## KUDOS

Andy Sythe and his crew did an excellent job running the 20th Winter Decathlon-Heptathlon held Dec. 8-9 in Long Beach, Calif. All of the officials were thorough and helpful — especial-

ly with the older masters.

It was truly a meet based on achievement — and concern — for all of the athletes.

A.U. Ricciardi  
Reno, Nevada

I'd like to commend your publication which I always find very interesting. It makes me feel part of the masters running scene.

Sol Muchnik  
Huntington Stadium, New York

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



# schedule

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



## TRACK & FIELD NATIONAL

**February 16.** TAC/USA National Masters Indoor Pentathlon Championships, National Institute For Fitness and Sports, Indianapolis, Ind. Suzanne Hopkins, 833 N. Center Rd., Plainfield, IN 46168. 317/839-7736.

**March 23-24.** TAC/USA National Masters Indoor Championships, National Sports Center, Blaine, Minn. (near Minneapolis). Dixon Farmer, National Sports Center, 1700 105th NE, Blaine, MN 55434.

**June 22-23.** TAC/USA National Masters Decathlon/Heptathlon Championships, Univ. of Nebraska, Lincoln, Neb. Ross Greathouse, 2826 South 25, Lincoln, NE 68502. 402/423-3864 or 475-7712.

**June 28-July 3.** U.S. National Senior Sports Classic Senior Olympics, Syracuse, N.Y. USNOSO, So. Outer Forty Rd., Ste. N360, Chesterfield, MO 63017. 314/878-4900.

**July 4-7.** 24th TAC/USA National Masters Championships, North Central College, Naperville, Ill., (Near Chicago). Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

### EAST

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

**February 3.** Philadelphia Masters Indoor Development Meet & Middle Distance Triathlon (mile, 400, 800), Kutztown U., Pa. Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807.

**February 9 & 23.** Philadelphia Masters Development Meets, St. Joseph's U., Philadelphia. See February 3.

**February 10, March 3.** Greater Rochester TC All-Comers Meets, U. of Rochester Fieldhouse, N.Y. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116(h); 359-5257(w).

**February 17.** MAC Indoor Championships, West Point, N.Y. Open & Masters. MAC office — 212/227-0071.

**February 24.** New Jersey TAC Masters Indoor Championships. 10:30 a.m. Fairleigh Dickinson, U., Hackensack. North Jersey Masters, P.O. Box 56, Ridgewood, NJ 07450.

**March 9.** Philadelphia Masters Indoor Invitational, Haverford College, Pa. Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807.

**March 17.** TAC Eastern Sectional Indoor Championships, U. of Delaware, Newark. Larry Pratt, 110 South Dillwyn Rd., Newark, DE 19711. 302/737-1927.

**April 26-27.** Penn Relays, Philadelphia. 4x100, 4x400 relays, masters long jump (elite only). All events M&W, 40+. Peter Taylor, 3120 School House Ln., JA9,

Philadelphia, PA 19144. 215/842-3807.

**June 2.** New Jersey Masters/Submasters Championships, Monmouth College, West Long Branch. Separate awards for out-of-state entrants. Sanford Kalb, 22 Addison Rd., Howell, NY 07731. 908/363-5426.

**June 16.** TAC Eastern Sectional Championships, Millersville University. SASE only. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385. Entry form in May NMN.

**June 21-22.** Adirondack/TAC Meet, New York State U. - Albany. Roberts Vives, 57 Brenden Ct., Clifton Park, NY 12065. 518/442-3064.

**June 30.** Garden State AC Masters Championships, Randolph, N.J. Morton Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

**July 13.** Boston Masters Meet/NEAC Championships, Dedham, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

**August 11.** Keystone State Games, Allentown, Pa. Pa. residents only. Trey Jackson, 21 Chestnut St., Lebanon, PA 17042. 717/273-3511.

**September 1.** Potomac Valley Games, Washington, D.C. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 703/243-1290.

### SOUTHEAST

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

**March 9.** Nashville TC Open & Masters Indoor Meet, Tennessee State U. Gentry Center Complex, Nashville. R. Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

**April 20.** Florida Circuit Meet, Lake Worth. SASE to Bob Fine, Florida AC, 4223 Palm Forest Dr. North, Delray Beach, FL 33445. 407/499-3370.

**April 27.** Florida Circuit Meet, Naples. SASE to Rudy Vlaardingerbroek, Florida AC, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

**May 3-5.** Southeastern U.S. Masters Meet, 20K RW, & 10K, Raleigh, N.C. Ray Fulghum or Dale Smith, c/o Raleigh Parks & Rec., P.O. Box 590, Raleigh, NC 27602. 919/831-6640.

**May 4.** Florida Circuit Meet, Jacksonville. SASE to Lamar Strother, Jacksonville TC, 1511 So. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

**May 11.** Florida Circuit Meet, Tampa Bay. SASE to Ed Wells Jr., West Florida "Y", 2315 Eastwood Dr., Clearwater, FL 34625. 813/799-0829.

**May 18.** Florida TAC Masters Championships, Orlando. Awards to non-residents. SASE to Bob Fine, Palm Forest Dr. North, Delray Beach, FL 33445. 407/499-3370.

**May 25.** Birmingham Track Classic, Samford U., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham AL 35209. 205/879-8031.

**June 1.** Tennessee Sportsfest Regional Meet, Tennessee Prep School & Vanderbilt U., Nashville. State residents only. R. Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

**June 8.** Florida Circuit Meet, Miami. SASE to Jesse Holt, Miami NW Express TC, 1310 NW 90th St., Miami, FL 33147. 305/836-2409.

**June 8.** Atlanta TC Masters Meet, Emory U., Atlanta, Ga. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404/231-9064.

**June 8-9.** 16th Annual Northeast Classic, Miami-Dade College, Miami. Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409.

**June 15.** Nashville TC Open & Masters Meet, Tennessee Prep School, Nashville. R. Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

**June 21-23.** Tennessee Sportsfest, U. of Tenn.-Knoxville. Doug Mooney, 13003 Pear Leaf Circle, Knoxville, TN 37922. 615/675-0260.

**June 22.** Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

### MIDWEST

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

**April 27.** North Coast Relays, Mayfield, Ohio. Jim Barret, 3801 Shannon Rd., Cleveland Heights, OH 44188. 216/932-0049.

**May 26.** Ohio TAC Pentathlon/Triathlon Championships, Wolfpack Pentathlon Meet, Upper Arlington H.S., Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

**June 1.** Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

**June 15.** Indy Senior Classic, Indiana U.-Purdue U. in Indianapolis (IUPUI) Stadium. Annie Chester, 1426 W. 29th St., Indianapolis, IN 46208. 317/924-7059.

**June 22.** Cleveland Track Classic, Wickliffe H.S. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

**August 10-11.** Midwest Masters Meet, Marshall U., Huntington, W. Va. David Stooke, 119 Cheyenne Train, Ona, WV 25545. 304/736-8474.

### MID-AMERICA

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

**April 28.** Lincoln TC Open & Masters Meet, Lincoln, Nebr. LTC, Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

**June 30.** TAC Mid-America Sectional Masters Championships, Nebraska Wesleyan U., Lincoln, Nebr. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

### SOUTHWEST

Louisiana, Mississippi, Texas.

**March 2.** 2nd Annual Lubbock Christian U. Masters Indoor Meet, Lubbock, Texas. Sub-masters/masters walking/running events only. Steve Ireland, 3309 94th St., Lubbock, TX 79423. 806/702-7430.

**June 1.** Southwestern/TAC Championships, SMU, Dallas, Texas. John Pritchett, Mountain View College, 4849 W. Illinois, Dallas, TX 75211.

**June 15.** Hill Country Classic, Mason, Texas. Lee Graham, Mason, TX 76856. 915/347-5921.

**June 22.** 11th Annual Texas Masters Championships, U. of Texas-Arlington. Joe Murphy, 4703 W. Lovers Ln., Dallas, TX 75209. 214/357-5613(o); 363-1419(r).

## ON TAP FOR FEBRUARY

### TRACK AND FIELD

TAC's National Masters Indoor Pentathlon Championships are set for Indianapolis on the 16th.

The Philadelphia Masters host indoor meets on the 3rd (featuring a middle-distance triathlon), 9th, and 23rd. The MAC Indoor Championships will be held at West Point on the 17th, followed by the New Jersey TAC Masters Indoor Championships at Fairleigh Dickinson University on the 24th.

Outdoor meets are confined to California, in Bakersfield on the 9th, and Santa Ana on the 23rd.

### LONG DISTANCE RUNNING

The National Masters 5K Championships in Deland, Fla., on the 3rd should draw large numbers of Southeasterners and escapees from the frozen North. As usual, runners in the nation's warmer climates have the best of it this month. On the 2nd, they can gamble on the Las Vegas Marathon in Nevada or the Alamo Heart 10K in Fort Lauderdale. California races dominate on the 3rd, with half-marathons in Rancho Santa Fe and Davis, and a marathon in Lakewood; while Arizonians have the Runner's Den 10K in Phoenix.

The Gasparilla 15K, which boasts one of the most colorful, sought-after T-shirts in Runningdom, is scheduled for the 9th in Tampa; the Pomoco Half-Marathon goes off on the 10th in Hampton, Va.

The rest of the month is essentially a Florida scene, with the Edison Festival of Light 5K, Fort Myers, 16th; Space Coast Marathon (Florida's oldest), Melbourne, 17th; Blue Angel Marathon, Pensacola, and Strawberry 10K, Plant City, 23rd; and Palm Beach Half-Marathon, 24th.

The Colonial Half-Marathon, one of Virginia's oldest races, returns to Williamsburg on the 24th. □

### WEST

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

**February 1 & 8.** Fullerton All-Comers, Fullerton College, Calif. Jim Kiefer, 714/992-7383.

**February 2.** Mt. SAC All-comers Meet, Mt. SAC College, Calif. Don Ruh, 714/594-5611, x4841.

**February 2 & 16.** San Diego All-Comers San Diego St. U, Calif. Rhan Sheffield, 619/564-5514.

**February 9.** CSUB/Bakersfield California

Continued on page 24



Continued from page 23

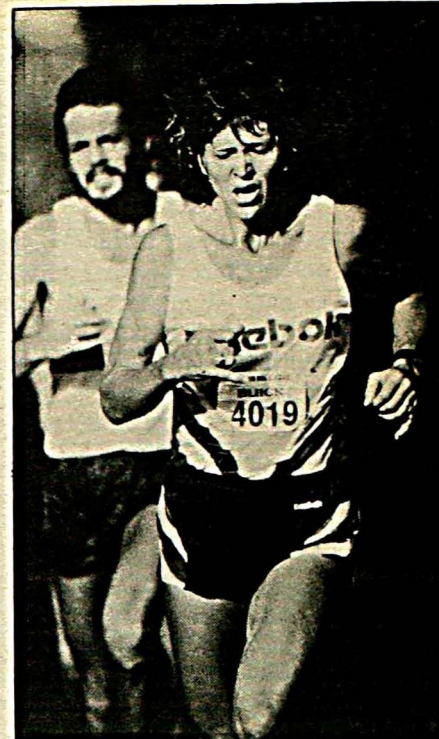
Meet. Roger Craig, 805/662-2347.

**February 9.** CSUN All-Comers, Cal State Northridge, Calif. Don Strametz. 818/885-3608.**February 9.** Cal Poly All-Comers, Cal Poly Pomona, Calif. Gayle Watkins, 714/869-2828.**February 9, 16, 23.** Golden Bear All-Comers, Edwards Field, UC-Berkeley. Erv Hunt, UCB, 415/642-3158; 642-1649.**February 16-March 3.** Arizona Senior Olympics, Phoenix, 55+. ASO, Irene Stillwell, 1202 N. 3rd St., Phoenix, AZ 85004. 602/495-5490.**February 23.** 15th Annual Orange Masters Spring Meet, Rancho Santiago College, Santa Ana, Calif. \$10 per athlete, enter up to 4 events. RSC T&F, 17th at Bristol, Santa Ana, CA 92706. 714/564-6900.**March 9.** L.A. Relays Meet, Cal-State-Los Angeles. Open & Masters. Relays only. John Turek, 213/343-3095.**March 31.** West Valley TC & Northern California Seniors TC Dual Meet, Los Gatos H.S. Masters/sub-masters. No entry fees or event limit. No pre-registration. 11:00 a.m.**April 13.** Striders Meet, Cal State-Long Beach, Calif. Hugh Cobb, 2963 Galena Ave., Simi Valley, CA 93065. 805/527-5471.**May 25.** Dan Aldrich Memorial/Anteaters Masters Meet, U of Calif.—Irvine. David A. Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.**June 8.** Pacific Association/TAC Championships, Los Gatos, Calif. Willie Har-matz, P.O. Box 1328, Los Gatos, CA 95030. 408/354-5660.**June 15.** Southern Pacific Association/TAC Championships, Occidental College, Los Angeles. C. Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.**June 22-23.** TAC Western Sectional Masters Championships, Cerritos College, Norwalk, Calif. Marv Thompson, 2301 Hyperion Ave., No. P, Los Angeles, CA 90027. 213/666-7341.**June 30.** Trojan Masters Meet, USC, Los Angeles. Bob Strobel, 2017 Vestal Ave., No. 3, Los Angeles, CA 90026. 213/666-4964(h); 977-7492(w).**September 22.** Sri Chinmoy Masters Meet, UC-Irvine, Calif. 50+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034. 213/855-4143(o).**October 5.** Club West Masters Meet, Santa Barbara Community College, Calif. Club West, P.O. Box 1059, Goleta, CA 93117. Lloyd Albright, 805/682-9540.**October 22-25.** World Senior Games, St. George, Utah. 50+. T&F/Road Races: 5K

(10/23), 5K RW (10/24), 10K (10/25). Sylvia Wunderli, 1604 Walker Center, Salt Lake City, UT 84111. 801/583-6231.

**NORTHWEST**

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

**February 2.** Eugene Indoor Masters Meet, Lane County Fairgrounds, Eugene, Ore. Oregon TC Masters, 503/687-8787.**June 1.** Senior Sports Festival, Seattle. Diana Hovland, 100 Dexter Ave. No., Seattle, WA 98109. 206/684-4951.**June 2.** The Juniors/Masters Classic (formerly Scholastic/Masters Meet), Portland, Oregon. Mike Monahan, P.O. Box 842, Gresham, OR 97080. 503/667-1145.**June 22.** Hayward Classic Masters Championships, Eugene, Ore. Les Castle, 720 East 20th Ave., Eugene, OR 97405. 503/344-9809(h); 484-9809(w).**July 20.** Volcano Classic VIII, St. Helens, Ore. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102.**August 9-10.** Montana Masters Meet, Montana St. U. — Bozeman. Mike Carignan, Box 5132, MSU-Bozeman, MT 59717-5132.**INTERNATIONAL****February 11-22.** Norfolk Island (Australia) Veterans Games. Multi-sports. Ian Anderson, World Traders, P.O. Box 158, Norfolk Island 2899, Australia. Fax: 672-3-3106.**March 7-9.** Indoor Veterans Games, Budapest, Hungary. Exertours, 1086 Budapest, Ulloi ut 14, Budapest, Hungary. Fax: (36-1) 133-0325. Phone: (36-1) 133-114).**March 23-24.** Soviet Union Indoor Veterans Championships, Moscow. Vadim Marhev, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877.**March 29-April 1.** Australian Veterans Championships, Canberra. The Secretary, ACT VAC, P.O. Box 157, Kippax ACT 2615, Australia.**July 12-14.** Pregames to IX WAVA World Veterans Championships, Kuusankoski, Finland. Pregames, P1 101, SF 45701 Kuusankoski, Finland. Fax: 358-51-44496. (See ad in January issue).**July 18-28.** IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF 20810, Turku, Finland. Telephone: 358-21-503526. Fax: 358-21-503106.**August 2-3.** Soviet Union Veterans Championships, Moscow. Vadim Marhev, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877.**August 3-4.** Veterans meet, Baden, Switzerland (15 miles from Zurich). Jurg Saxer, Nouackerstrasse 10, CH-5400, Ennetbaden, Switzerland. Fax: 1 840 00 25.**LONG DISTANCE  
RUNNING  
NATIONAL****Feb 3.** TAC/USA National Masters 5K, Deland, Fla. John Boyle, P.O. Box 1824, Deland, FL 32721. 904/736-0002. (Entry form in Jan. issue, p. 12).**April 7.** TAC/USA National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.**May 29-June 2.** RRCA Annual Convention, Kansas City, Mo. Mike Berry, Executive Director, 6512 Platte Hills Rd., Parkville, MO 64152. 816/741-7551; 746-1414.**September 28-29.** TAC/USA National Masters 24-Hour Championships,

Laurie Binder, first W40 in 58:34, Bobby Crim 10 Mile, Flint, Mich., was named outstanding W40 runner-of-the-year by TAC

Photo by Victah Sailer/Agence Shot

**Portland, Ore.** Phil Edmunds, P.O. Box 591, Wilsonville, OR 97070. 503/682-1315.  
**October 6.** TAC/USA National Masters Marathon Championships, Minneapolis, Minn. Bruce Mortenson, 15301 Highland Place, Minnetonka, MN 55345.**October 26.** TAC/USA National Masters 10K Cross-Country Championships, Louisville, Ky. Bob Ullrich, P.O. Box 6667, Louisville, KY 40206. 502/459-6820.**October 26.** TAC/USA National Masters 100K Championships, Duluth, Minn. Bill Wenmark, 18665 Rutledge Rd., Deephaven, MN 55391. 612/593-9014. Fax: 612/593-9809.**November 2.** TAC/USA National Masters 15K Championships, Tulsa, Okla. Contact TBA. Awarded conditionally pending approval of Oklahoma TAC Association.**November 3.** TAC/USA National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.**November 17.** TAC/USA National Masters 25K Championships, San Diego, Calif. Contact TBA. Awarded conditionally pending approval of San Diego-Imperial TAC Association.**November 30.** TAC/USA National Masters 8K Cross-Country Championships, Franklin Park, Boston, Mass. Kirk Randall, 71 Bromfield St., Newburyport, MA 01950. 508/465-9677.**December 8.** TAC/USA National Masters 5K Championships, New Orleans, La. Contact TBA.**EAST**

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

**February 17.** NYRRC Snowflake 4-Miler, Central Park, NYC. NYRRC, 9 E. 89th St., New York, NY 10128. 212/860-4455.**February 24.** NYRRC Sheraton Centre Bagel Run, Central Park, NYC. NYRRC, 9 E. 89th St., New York, NY 10128. 212/860-4455.**March 2.** Alamo Alumni Run, Washington, D.C. RRCA, 629 S. Washington St., Alexandria, VA 22314. 703/836-0558.**March 17.** New Bedford/Bank of Boston Half-Marathon, New Bedford, Mass. El Talbot/Jim Ryan, 1657 Acushnet Ave.,

Continued on page 25

100 Tablets \$ 9.95  
250 Tablets \$17.95  
500 Tablets \$27.95These  
masters chose **STIM-O-STAM**  
for enhanced performance."With regular use of **STIM-O-STAM** supplements I notice increased endurance in workouts and races. Also, I recover faster and have less muscle soreness."Don Wright, 45  
Mobile, AL  
8K: 26:10  
10K: 32:25  
Half Mar: 1:11:18"Discovering **STIM-O-STAM** has changed my training radically. I no longer fear muscle soreness after a strenuous workout. I have more energy and am looking forward to setting PR's in all distances I run. I have regained my enthusiasm at 64. Everything promised for this product has proven more than true."Margie Withrow, 64  
U.S. Masters, 1989  
Outdoor 1500  
7th: 7:03:07"I have personally used this product and find it essential to my effective training. I began supplying **STIM-O-STAM** to my athletes this spring and have some very positive results."Danny Thiel, 41  
100M: 11.1  
200M: 22.2  
400M: 50.9"**STIM-O-STAM** allows me to run further, faster, more often with less pain, in spite of increased mileage. No other product I encountered can make that claim. What more can be said?"

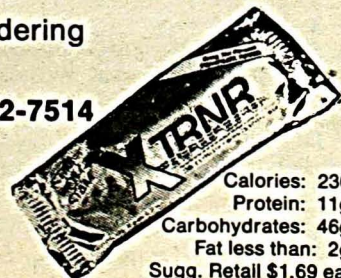
Roy Earl, 40

**STIM-O-STAM** the proven phosphate fuel...

is now available in both tablets and a new, delicious honey-nut flavored sports bar, power-packed to improve your running.

For information or ordering  
CALL

TOLL FREE 1-800-562-7514

Available at: GNC and other fine health stores,  
sporting goods, and running shops.Calories: 230  
Protein: 11g  
Carbohydrates: 46g  
Fat less than: 2g  
Sugg. Retail \$1.69 ea.



Continued from page 24

New Bedford, MA 02740. 508/999-5005.  
**April 7.** Northern Telecom Cherry Blossom 10 Mile, Washington, D.C. Entry limited to 5500 by lottery conducted December 1-31. Cherry Blossom, P.O. Box 884, Midletown, MD 21769. 301/371-5583.  
**April 7.** MDA-Boston Milk Run 10K, Boston, Mass. DMSE, 430 C Salem St., Medford, MA 02155. 617/396-3001.  
**April 15.** 95th Boston Marathon, Boston, Mass. Qualifying times: M35-3:15; M40-3:20; M45-3:25; M50-3:30; M55-3:35; M60-3:40; M65-3:45; M70+ -3:50; W35-3:45; W40-3:50; W45-3:55; W50-4:00; W55-4:05; W60-4:10; W65-4:15; W70+ -4:20. SASE to: Boston AA, P.O. Box 1991, Hopkinton, MA 01748. 508/435-6905; FAX 508/435-6590.

**SOUTHEAST**

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

**February 2.** Alamo Heart Run 10K, Ft. Lauderdale, Fla. Masters money. American Heart Assn., P.O. Box 14213, Ft. Lauderdale, FL 33302. 305/764-7900.  
**February 9.** Gasparilla Distance Classic 15K/5K, Tampa, Fla. Jeanette Parke, Race Director, P.O. Box 1881, Tampa, FL 33601. 813/229-7866.  
**February 9.** Carolina Marathon & 10K, Columbia, S.C. Highlighting M40+ 10K. SASE: Carolina Marathon, P.O. Box 5092, Columbia, S.C., 29250.  
**February 9.** Heart and Sole 5K, Panama City, Fla. Masters money. American Heart Association, P.O. Drawer 390, Panama City, FL 32402. 904/769-3070.  
**February 10.** Pomoco Group/Hampton Coliseum Half-Marathon, Hampton, Va. Masters money. Hampton RR, City of Hampton Planning Dept., 22 Lincoln St., Hampton, VA 23669. 804/727-6140.  
**February 16.** Edison Festival of Light 5K Classic, Fort Myers, Fla. SASE to Edison Festival 5K, Fort Myers TC, P.O. Box 06131, Fort Myers, FL 33906. 813/278-4786.  
**February 17.** 20th Annual Space Coast Marathon/Half-Marathon, Melbourne, Fla. Florida's oldest marathon. Bill Dillard, Race Director, 1480 Meadowbrook Rd. NE, Palm Bay, FL 32905. 407/724-2510.  
**February 23.** Blue Angel Marathon/5K, Pensacola, Fla. Morale, Welfare & Rec. Dept., Naval Air Stn., Bldg. 632, Radford Blvd., Pensacola, FL 32508-5000. 904/452-3922.  
**February 23.** Strawberry 10K/5K, Plant City, Fla. Tampa Bay RC, P.O. Box 290372, Tampa, FL 33687. 813/935-7718.  
**February 24.** Colonial Half-Marathon, Williamsburg, Va. Bonita Bates, William and Mary Hall, P.O. Box 399, Williamsburg, VA 23187. 804/221-3362.  
**February 24.** Palm Beach Runners Half-Marathon, Palm Beach County, Fla. Jim Cook, PB Runners, Box 8205, W. Palm Beach, FL 33407. 407/689-2648.  
**March 2.** 9th Annual Red Lobster 10K, Orlando, Fla. Track Shack, 1322 N. Mills Ave., Orlando, FL 32803. 407/898-1313.  
**March 2.** Viking Classic 5K/10K, Rome, Ga. Jim Dugger, c/o Viking Classic, 575 Berry College, Mt. Berry, GA 30149-0575. 404/232-5374, x2260.  
**March 9.** Jacksonville River Run 15K, Jacksonville, Fla. Florida's largest single race. River Run 15K, 3853 Baymeadows Rd., Jacksonville, FL 32217.  
**March 9.** Carnival Miami At Bayfront 8K, Miami, Fla. Rafael Licea, Kiwanis Club of Little Havana, 1312 SW 27th Ave., Miami, FL 33145. 305/644-8888.  
**March 10.** Happy Valley Half-Marathon, Chattanooga, Tenn. 2:00 p.m. start. Frank Machuga, 520 Lookout St., Chattanooga, TN 37403. 605/756-3480.

**March 16.** Nissan Shamrock Marathon, Virginia Beach, Va. Alos masters 8K & money. Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.  
**March 17.** St. Patrick's Day 10K/5K, Tampa, Fla. Brandon RA, P.O. Box 1564, Brandon, FL 33509-1564. Jack Stanley, 813/684-0385.  
**March 23.** Azalea Trail 10K, Mobile, Ala. Gerald Tomlinson, P.O. Box 6427, Mobile, AL 36660. 205/473-RACE.

**MID-AMERICA**

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

**February 3.** Winter Carnival Half-Marathon, St. Paul, Minn. Winter Carnival, c/o North Central Tower, No. 600, St. Paul, MN 55101. 612/297-6953.

**SOUTHWEST**

Louisiana, Mississippi, Texas.

**February 17.** River City 10 Mile, Austin, Texas. Masters money. John Ferguson, 3219 Oak Alley, Austin, TX 78745. 512/452-9391.  
**February 17.** River City 10 Miler, Austin, Texas. Masters money 1st two places m & w. John Ferguson, 3219 Oak Alley, Austin, TX 78745.  
**February 23.** Fort Worth Cowtown Marathon/10K, Fort Worth, Texas. Cowtown Marathon, Box 567, Ft. Worth, TX 76101. 817/735-2033.  
**March 23.** Azalea Trail 10K, Tyler, Texas. Mike Hines, Mother Frances Hosp., 800 E. Dawson St., Tyler, TX 75701. 213/531-4331.  
**April 7.** Austin American-Statesman Capitol 10,000, Austin, Texas. Renet Presas, P.O. Box 670, Austin, TX 78767. 512/455-3596.



Barry Brown of Florida was named outstanding M45 runner of the year by TAC's Masters LDR Committee. Here he runs 32:50 in the Asbury Park 10K. Photo by Keith Quarles

**WEST**

Arizona, California, Hawaii, New Mexico, Utah.

**February.** Legg Lake Runs, South El Monte, Calif. A. Martinez, 213/949-0394.  
**February 2.** Las Vegas Marathon & Team Relay, Las Vegas, Nev. SASE to: Al Boka, Race Director, Box 81262, Las Vegas, NV 89180.  
**February 3.** San Dieguito Half-Marathon, Rancho Santa Fe, Calif. Kathy Loper, 7801 Mission Center Dr., Ste. 200, San Diego, CA 92108. 619/298-7400.  
**February 3.** McDonald's/Lakewood Half-Marathon, Lakewood, Calif. Tom Lederer, Box 158, Lakewood, CA 90714. 213/866-9771.  
**February 3.** Davis Stampede Half-Marathon, Davis, Calif. A Change of Pace, 221 G St., Ste. 205, Davis, CA 95616. 916/757-6017.  
**February 3.** Runner's Den 10K, Phoenix, Ariz. Rob Wallack, 6505 N. 16th, Phoenix, AZ 85016. 602/277-4333.  
**February 16.** Great American Adventure 2.8 Mile/4.8 Mile X-Country, Huntington Beach, Calif. SASE to: Finish Line Inter., 7646 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.  
**February 18.** Great Aloha 8.2 Mile, Honolulu. American Express Travel Service, 2222 Kalakaua Ave., 8th Floor R.T., Honolulu, HI 96815. 808/921-6300.  
**March 2.** Sue Krenn 15K/San Diego-Imperial TAC Championships, San Diego, Calif. Hal & Sharon Goforth, 2419 Boyington Pl., El Cajon, CA 92020. 619/460-3110.  
**March 2.** Bidwell Classic Half-Marathon, Chico, Calif. David Welch, 258 Centennial Ave., Chico, CA 95928. 916/342-9214.  
**March 3.** Los Angeles Marathon, Los Angeles. L.A. Marathon, 11110 W. Ohio Ave., Ste. 100, Los Angeles, CA 90025. 213/444-5544.  
**March 10.** Napa Valley Marathon, Calistoga, Calif. Steve Zanetell, 1325 Imola Ave. West, Napa, CA 94559. 707/255-2609.  
**March 16.** Lake Powell Marathon/10K, Page, Ariz. P.O. Box 3148, Page, AZ 86040. 602/645-5770.  
**March 17.** Mobil Tom Sullivan 10K, Torrance, Calif. Louise Davis, 8 Dobbin Ln., Rolling Hills Estates, CA 90274. 213/377-1166.  
**March 24.** 8th Annual Fifty-Plus 8K, Stanford, Calif. M&W 50+ .50+ Runner, P.O. Box D, Stanford, CA 94309. 415/723-9790.

**INTERNATIONAL**

**February 24.** 10K Mashramani Run. Secretary, Guyana Masters Athletic Association, P.O. Box 10870, Georgetown, Guyana, South America.  
**March 10.** British Veterans Cross-Country Championships, Ampthill Park, Bedfordshire. David Rose, 42 Woodstock Rd., Bedford MK40 4JY. (0234) 56570.  
**April 21.** ADT London Marathon, London, England. Marathon Tours, Inc., 108 Main St., Boston, Ma 02129, 800/783-0024. In Mass., 617/242-7845.  
**July 18-28.** IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF-20810, Turku, Finland. Phone: 358-21-503526. Fax: 358-21-503106.

**RACE WALKING****NATIONAL**

**March 17.** TAC/USA National Masters 50K Championships, Long Beach, Calif. Elaine Ward, 1000 San Pasqual No. 35, Pasadena, CA 91106. 818/577-2264.  
**March 23.** TAC/USA National Masters 3000 Indoor Championships, Blaine, Minn. Dixon Farmer, P.O. Box 34444, Blaine,

**1991 LDR Schedule**

The dates and locations of 1991 TAC/USA National Masters Long Distance Running Championships are listed in the Schedule section.

The championships are awarded each year at TAC's Convention by the Masters LDR Committee, which now has authority to award championships at any road distance from one mile or longer.

"Traditional distances of 10K, 20K, half-marathon, and 30K have not yet been awarded for 1991," reported Charles DesJardins, Masters LDR Chairman.

The Masters LDR Executive Committee will meet on March 23-24 in Blaine, Minn. (site of this year's National Masters Indoor T&F Championships), and will consider any bids for 1991 at that time. Anyone interested in placing a bid should contact DesJardins (address on page 2). □

MN 55434. 612/785-5600.

**May 5.** TAC/USA National Masters Women's 20K Championships, Raleigh, N.C. Alvia Gaskill, 5221-I Penrith Dr., Durham, N.C. 27713. 919/544-1669.

**May 12.** TAC/USA National Masters 15K Championships, Portland, Ore. Jim Bean, 4658 Fuhrer St. NE, Salem OR 97305. 503/393-1972.

**July 5.** TAC/USA National Masters 5000 Track Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

**July 7.** TAC/USA National Masters 20K Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61126. 815/332-4743.

**July 13.** TAC/USA National Masters 10K Championships, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361.

**September 15.** TAC/USA National Masters 40K Championships, Lincroft, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07754. 201/222-9213.

**September 21.** TAC/USA National Masters 5K Championships, Raleigh, N.C. Woody Hayes, P.O. Box 590, Raleigh, NC 27602.

**MIDWEST**

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

**April 14.** Mideast TAC Regional Championships, Jack Mortland M20K/W10K, Whetstone Park, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

**September 28-29.** Casimiro Alongi Invitational Racewalks, Dearborn, Mich. Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127. 313/277-6060.

**October 20.** TAC/USA National Masters Women's One-Hour Championships, Cambridge, Mass. Philip McGaw, 158 Blue Hill Ave., Milton, MA 02174. 617/698-1806.

**October 27.** Ohio TAC 20/50K Championships, Whetstone Park, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.



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

|                 |           |          |          |
|-----------------|-----------|----------|----------|
| <b>M35-39</b>   |           |          |          |
| Dave Nickels    | 1500      | 4:10.27  | 8-5-90   |
| <b>M40-44</b>   |           |          |          |
| John D. Roehr   | Shot Put  | 13.16M   | 2-17-90  |
| <b>M50-54</b>   |           |          |          |
| Jack Brocksmith | 400       | 58.0     | 7-21-90  |
|                 | 800       | 2:12.9   | 8-8-90   |
| Charles Dudley  | 100       | 12.16    | 6-30-90  |
|                 | 200       | 25.1     | 6-30-90  |
| James Hart      | Shot Put  | 47' 1/2" | 6-9-90   |
|                 | Shot Put  | 47' 9"   | 8-1-90   |
|                 | Discus    | 149' 10" | 4-28-90  |
|                 | Hammer    | 129' 10" | 4-28-90  |
| <b>M55-59</b>   |           |          |          |
| Richard Ruth    | 100       | 12.94    | 10-5-90  |
| <b>M60-64</b>   |           |          |          |
| Loren Swanson   | Long Jump | 16' 1"   | 6-23-90  |
|                 | 100H      | 18.3     | 12-27-90 |

|                 |             |            |         |
|-----------------|-------------|------------|---------|
| <b>M65-70</b>   |             |            |         |
| Tim Murphy      | 100M        | 12.98      | 6-9-90  |
|                 | 200M        | 27.97      | 6-9-90  |
| <b>M70-74</b>   |             |            |         |
| Mieczyslaw Pisz | 200M        | 31.3       | 7-14-90 |
| Hugh Hackett    | Long Jump   | 13-7       | 6-23-90 |
|                 | Pentathlon  | 3479 pts.  | 9-1-90  |
|                 | 200M        | 32.2       | 9-1-90  |
|                 | 80H         | 16.27      | 7-7-90  |
|                 | Javelin     | 111-11     | 9-1-90  |
|                 | Discus      | 118-4      | 9-1-90  |
|                 | 100M        | 15.0       | 9-22-90 |
|                 | Shot Put    | 34-1 1/2   | 7-14-90 |
|                 | Triple Jump | 29-0       | 2-21-90 |
| Chas Mercurio   |             |            |         |
| Dan Geer        | 5K          | 23:28      | 9-19-90 |
| <b>M80-84</b>   |             |            |         |
| Charles Espy    | Steeple     | 14:22      | 8-2-90  |
| Donald Ernst    | 200M        | 38.8       |         |
| <b>M85-89</b>   |             |            |         |
| Herb Anderson   | Discus      | 52' 8"     | 7-1-90  |
|                 | Javelin     | 63' 11"    | 7-1-90  |
|                 | Long Jump   | 6' 10 1/4" | 7-1-90  |
|                 | Triple Jump | 17' 7 1/4" | 7-1-90  |

|                    |             |        |         |
|--------------------|-------------|--------|---------|
| <b>M35-39</b>      |             |        |         |
| Nancy A. Kellum    | 100M        | 13.5   | 9-1-90  |
|                    | 200M        | 27.7   | 9-1-90  |
|                    | 400M        | 64.7   | 9-1-90  |
| <b>M45-49</b>      |             |        |         |
| Roslyn Katz        | Shot Put    | 7.78m  | 7-15-90 |
| <b>M50-54</b>      |             |        |         |
| Ecris M. Williams  | 10K         | 41:48  | 5-29-90 |
|                    | 1500        | 5:46   | 9-1-90  |
| <b>M60-64</b>      |             |        |         |
| Sumiye Leonard     | 800M        | 3:17.7 | 7-23-89 |
| <b>M65-69</b>      |             |        |         |
| Josephine Sullivan | 100         | 17.58  | 3-1-90  |
|                    | 200         | 39.47  | 3-1-90  |
|                    | Triple Jump | 6.55m  | 3-1-90  |
|                    | Long Jump   | 3.33m  | 3-1-90  |
|                    | High Jump   | .92m   | 3-1-90  |
| <b>M70-74</b>      |             |        |         |
| Imogene Watkins    | 5K Racewalk | 35:54  | 9-1-90  |

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

| Event | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89   | 90-94   |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------|---------|
| Mile  | 7:12  | 7:24  | 7:36  | 7:49  | 8:04  | 8:21  | 8:41  | 9:18  | 9:42  | 10:30 | 11:48 | 12:36   | 14:03   |
| 3000  | 13:59 | 14:23 | 14:46 | 15:12 | 15:36 | 16:12 | 16:54 | 18:00 | 19:00 | 20:30 | 23:00 | 24:36   | 27:18   |
| 5000  | 23:36 | 24:13 | 24:48 | 25:33 | 26:24 | 27:18 | 28:24 | 30:24 | 31:54 | 34:33 | 38:42 | 41:24   | 45:54   |
| 10K   | 48:08 | 49:10 | 50:27 | 51:54 | 53:33 | 55:26 | 59:06 | 63:21 | 66:30 | 70:09 | 78:36 | 84:06   | 93:18   |
| 15K   | 1:12  | 1:14  | 1:16  | 1:19  | 1:23  | 1:27  | 1:31  | 1:35  | 1:40  | 1:47  | 1:58  | 2:10    | 2:22    |
| 20K   | 1:38  | 1:40  | 1:43  | 1:47  | 1:52  | 1:57  | 2:02  | 2:09  | 2:17  | 2:27  | 2:40  | 2:55    | 3:10    |
| Event | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89   | 90-94   |
| Mile  | 8:00  | 8:15  | 8:30  | 8:45  | 9:03  | 9:42  | 10:18 | 11:30 | 12:09 | 12:54 | 13:48 | 15:21   | 16:48   |
| 3000  | 15:30 | 16:00 | 16:30 | 17:00 | 17:33 | 18:48 | 20:06 | 22:12 | 23:33 | 25:00 | 26:48 | 29:48   | 32:36   |
| 5000  | 26:13 | 26:56 | 27:42 | 28:33 | 29:36 | 31:33 | 33:48 | 37:30 | 39:36 | 42:06 | 45:09 | 50:18   | 55:12   |
| 10K   | 53:25 | 54:41 | 56:12 | 58:00 | 63:12 | 65:48 | 70:33 | 76:06 | 82:42 | 87:54 | 94:12 | 1:01:12 | 1:15:12 |
| 15K   | 1:24  | 1:26  | 1:29  | 1:32  | 1:35  | 1:39  | 1:46  | 1:55  | 2:04  | 2:13  | 2:22  | 2:33    | 2:48    |
| 20K   | 1:54  | 1:57  | 2:01  | 2:05  | 2:09  | 2:14  | 2:23  | 2:34  | 2:47  | 3:00  | 3:13  | 3:38    | 3:47    |

A minimum of two judges must be present and the competition must be limited to race walkers (i.e. no runners).

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

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

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

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

| Event  | 30-34           | 35-39          | 40-44          | 45-49          | 50-54          | 55-59          | 60-64          | 65-69           | 70-74          | 75-79          | 80-84          | 85-89         |
|--------|-----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|----------------|----------------|----------------|---------------|
| 100    | 11.0            | 11.33          | 11.67          | 12.0           | 12.5           | 13.0           | 13.5           | 14.0            | 15.0           | 16.5           | 18.0           | 20.0          |
| 200    | 22.4            | 23.3           | 24.2           | 25.1           | 26.0           | 27.2           | 28.5           | 29.8            | 32.4           | 35.8           | 39.8           | 44.0          |
| 400    | 51.0            | 52.5           | 54.0           | 56.0           | 58.5           | 61.5           | 65.0           | 70.0            | 76.5           | 84.5           | 94.0           | 105.0         |
| 800    | 2:01            | 2:04           | 2:08           | 2:13           | 2:19           | 2:27           | 2:37           | 2:49            | 3:06           | 3:27           | 3:54           | 4:24          |
| 1500   | 4:11            | 4:15           | 4:22           | 4:32           | 4:45           | 5:02           | 5:24           | 5:47            | 6:23           | 7:03           | 7:59           | 9:15          |
| Mile   | 4:31            | 4:35           | 4:42           | 4:53           | 5:07           | 5:25           | 5:49           | 6:14            | 6:51           | 7:38           | 8:42           | 10:18         |
| 5000   | 15:30           | 15:42          | 16:06          | 16:44          | 17:30          | 18:24          | 19:36          | 21:08           | 23:30          | 26:00          | 29:00          | 33:30         |
| 10000  | 32:11           | 32:35          | 33:30          | 34:45          | 36:15          | 38:10          | 40:30          | 44:15           | 48:30          | 54:30          | 61:15          | 68:30         |
| 110H   | 15.3            | 16.4           | 17.75          | 18.75          |                |                |                |                 |                |                |                |               |
| 100H   |                 |                |                |                | 18.0           | 19.0           | 20.0           | 21.3            |                |                |                |               |
| 80H    |                 |                |                |                |                |                |                |                 | 18.0           | 21.0           | 25.0           | 30.0          |
| 400H   | 57.6            | 59.7           | 62.0           | 64.4           | 67.2           | 70.6           |                |                 |                |                |                |               |
| 300H   |                 |                |                |                | 48.0           | 51.0           | 55.0           | 60.0            | 66.5           | 74.5           | 84.0           | 95.0          |
| 3K-SC  | 10:00           | 10:20          | 10:55          | 11:40          | 12:30          | 13:20          |                |                 |                |                |                |               |
| 2K-SC  |                 |                |                |                |                |                | 9:30           | 10:30           | 12:00          | 14:00          | 16:30          | 19:30         |
| HJ     | 1.94<br>6-4½    | 1.85<br>6-3¾   | 1.76<br>5-9½   | 1.68<br>5-6    | 1.59<br>5-2½   | 1.50<br>4-11   | 1.41<br>4-7½   | 1.32<br>4-4     | 1.23<br>4-½    | 1.13<br>3-8    | 1.02<br>3-4    | .92<br>3-1    |
| PV     | 4.40<br>14-5½   | 4.15<br>13-7½  | 3.90<br>12-9½  | 3.60<br>11-9½  | 3.30<br>10-10  | 3.05<br>10-0   | 2.80<br>9-2½   | 2.55<br>8-4½    | 2.30<br>7-6½   | 2.05<br>6-8½   | 1.80<br>5-11   | 1.50<br>4-11  |
| LJ     | 6.55<br>21-6    | 6.20<br>20-4½  | 5.85<br>19-2½  | 5.45<br>17-10½ | 5.10<br>16-9   | 4.75<br>15-7   | 4.40<br>14-5½  | 4.00<br>13-1½   | 3.65<br>11-11½ | 3.35<br>11-0   | 3.00<br>9-10   | 2.65<br>8-8½  |
| TJ     | 13.35<br>43-9½  | 12.65<br>41-6  | 11.90<br>39-½  | 11.15<br>36-7  | 10.40<br>34-1½ | 9.65<br>31-8   | 8.90<br>29-2½  | 8.20<br>26-11   | 7.50<br>24-7½  | 6.80<br>22-4   | 6.10<br>20-½   | 5.50<br>18-½  |
| Shot   | 15.20<br>49-10½ | 14.10<br>46-3½ | 13.00<br>42-8  | 12.00<br>39-4½ | 12.40<br>40-8½ | 11.20<br>36-9  | 12.00<br>39-4½ | 10.80<br>35-5½  | 10.00<br>33-0  | 8.80<br>28-10½ | 7.65<br>25-1½  | 6.50<br>21-4  |
| Discus | 44.80<br>147-0  | 42.60<br>139-9 | 40.60<br>133-2 | 38.00<br>124-8 | 40.00<br>131-3 | 36.40<br>119-5 | 40.00<br>131-3 | 36.80<br>120-9  | 31.60<br>103-8 | 26.40<br>86-7  | 21.40<br>70-2½ | 16.20<br>53-2 |
| Hammer | 47.24<br>155-0  | 44.20<br>145-0 | 41.14<br>135-0 | 38.10<br>125-0 | 38.40<br>126-0 | 36.00<br>118-1 | 36.00<br>118-1 | 33.00<br>108-3  | 29.00<br>95-2  | 25.00<br>82-0  | 22.50<br>73-10 | 18.00<br>60-0 |
| Jav    | 62.00<br>203-5  | 57.00<br>187-0 | 52.00<br>170-7 | 48.00<br>157-6 | 43.00<br>141-1 | 38.50<br>126-4 | 40.00<br>131-3 | 35.00<br>114-10 | 29.00<br>95-2  | 24.00<br>78-9  | 19.00<br>62-4  | 15.00<br>49-2 |
| 35Wt.  | 15.00           | 14.00          | 13.00          | 12.00          | 10.00          | 9.00           |                |                 |                |                |                |               |
| 25Wt.  |                 |                |                |                |                |                | 11.00          | 10.00           | 9.00           | 8.00           | 7.00           | 6.00          |
| 56Wt.  | 9.50            | 9.00           | 8.50           | 8.00           | 6.00           | 5.00           | 4.50           | 4.00            | 3.50           | 3.00           | 2.50           | 2.00          |
| Pen    | 2800            | 2600           | 2600           | 2600           | 2600           | 2600           | 2600           | 2600            | 2600           | 2600           | 2600           | 2600          |
| Dec    | 5500            | 5250           | 5250           | 5250           | 5250           | 5250           | 5250           | 5250            | 5250           | 5250           | 5250           | 5250          |



# TRACK & FIELD RESULTS

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

## EAST

### Hanover All-Comers Hanover, NH, December 8

#### Shot Put 4k

|                     |       |
|---------------------|-------|
| Tom Jennings 49     | 36-3  |
| Ken Withee 78       | 28-3½ |
| Bob Sparks 72       | 26-4  |
| George Ratcliffe 76 | 26-40 |

#### Shot Put 12½

|               |       |
|---------------|-------|
| Leo Hamill 47 | 26-6½ |
|---------------|-------|

#### Shot Put 16½

|                 |       |
|-----------------|-------|
| Jurgen Nifke 47 | 31-8½ |
| Keith Ploof 35  | 30-5½ |

#### Long Jump

|                     |     |
|---------------------|-----|
| George Ratcliffe 76 | 8-1 |
| Robert Sparks 72    | 7-3 |

### Finger Lakes RC Meet Ithaca, NY, December 9

#### 55m

|                   |      |
|-------------------|------|
| Jasper Royal 40   | 7.12 |
| Ray Panek 40      | 7.48 |
| Irene Thompson 36 | 7.76 |
| Kathy Pierce 43   | 8.13 |
| Bob Smullens 54   | 9.43 |

#### 400m

|                       |       |
|-----------------------|-------|
| Reinhold Wotawa 41    | 63.31 |
| Rick Cleary 34        | 64.17 |
| Ken Packman 39        | 65.28 |
| Kathy Pierce 43       | 65.97 |
| Irene Thompson 36     | 68.43 |
| Colbert-Mauboussin 44 | 73.42 |
| Diane Sherrer 39      | 76.38 |
| Dan Fravil III 44     | 86.19 |
| Bob Smullens 54       | 91.37 |

#### 800m

|                   |        |
|-------------------|--------|
| Terry Habecker 43 | 2:04.3 |
| Mike Fogle 35     | 2:19.8 |
| R Wotawa 41       | 2:23.7 |
| Bob Congdon 45    | 2:29.0 |
| Jon Estabrook 37  | 2:34.3 |
| Ray Panek 40      | 2:34.6 |
| Tony Farrand 55   | 2:51.9 |
| Sally Rusby 54    | 3:09.9 |

#### 1500m

|                   |        |
|-------------------|--------|
| Terry Habecker 43 | 4:36.1 |
| R Wotawa 41       | 4:39.9 |
| Herb Engman 45    | 4:40.7 |
| Mike Fogle 35     | 4:54.2 |
| Ken Florence 36   | 4:57.9 |
| Don Farley 57     | 5:00.4 |
| Bob Congdon 45    | 5:05.9 |
| John Whitman 36   | 5:09.9 |
| Jon Estabrook 37  | 5:11.1 |
| John McMurray 48  | 5:18.8 |
| Paul Aucoin 45    | 5:27.2 |
| Diane Sherrer 39  | 5:39.4 |
| Tony Farrand 55   | 5:42.3 |
| George Gavras 64  | 5:52.2 |
| Dan Mittler 50    | 6:04.0 |
| Sally Rusby 53    | 6:20.8 |

#### 3000m

|                    |         |
|--------------------|---------|
| Bill Mullarney 32  | 9:08.0  |
| Ken Mann 30        | 9:42.0  |
| Rick Cleary 34     | 10:02.0 |
| Truck Rossiter 41  | 10:10.3 |
| Mike Fogle 35      | 10:15.5 |
| Nancy Oshier 41    | 10:20.5 |
| Ken Florence 36    | 10:21.3 |
| Don Farley 57      | 10:36.3 |
| Jim Carman 38      | 10:43.6 |
| Rich Bernstein 36  | 11:03   |
| Jon Estabrook 37   | 11:03   |
| R Wotawa 41        | 11:13.3 |
| Jim Zollweg 30     | 11:47   |
| Chuck Collins 56   | 11:50   |
| Tom Rishel 49      | 11:56   |
| Dan Mittler 50     | 12:13   |
| Dorothy Sholeen 45 | 15:46   |
| John Sholeen 45    | 18:24   |

### Philadelphia Masters Meet Haverford, PA December 16

#### 55m hurdles

|                      |      |
|----------------------|------|
| Doug Mason (31)      | 8.6  |
| John Paul Jones (40) | 8.6  |
| Tom Delany (62)      | 9.7  |
| Dave Martin (55)     | 10.0 |
| Bob Fuhrman (49)     | 11.4 |
| Walker Pierson (67)  | 12.1 |

#### 55m dash

|                      |     |
|----------------------|-----|
| Joseph Johnson (46)  | 6.9 |
| Rick Jeffers (32)    | 7.1 |
| Jeff Blatt (45)      | 7.2 |
| Jim O'Hara (51)      | 7.4 |
| Karl Castor (39)     | 7.4 |
| Rab Hagin (46)       | 7.4 |
| Dhamiri Abayomi (50) | 7.5 |
| Dawson Pratt (54)    | 7.5 |
| Tim Dickens (43)     | 7.5 |

|                         |      |
|-------------------------|------|
| Joe Hemler (56)         | 7.7  |
| Bill Graf (42)          | 7.7  |
| Jim Shea (42)           | 7.7  |
| Phil Felton (41)        | 7.9  |
| Tom Delany (62)         | 8.0  |
| John Paul Jones (40)    | 8.0  |
| Jim Hodge (51)          | 8.0  |
| Ed Matthews (70)        | 8.1  |
| Dave Martin (55)        | 8.1  |
| Oscar Harris (66)       | 8.3  |
| Mary Ellen Malloy (W33) | 8.4  |
| Walker Pierson (67)     | 8.4  |
| Bonnie Hauck (W34)      | 8.5  |
| Moose De Malto (63)     | 9.0  |
| Fred Wimmer (56)        | 9.1  |
| W.J. Palese (46)        | 9.6  |
| Gloria Jenkins (W53)    | 9.9  |
| Bob Detweiler (77)      | 13.4 |

#### 200m dash

|                      |      |
|----------------------|------|
| Rick Jeffers (32)    | 24.6 |
| Joseph Johnson (46)  | 25.2 |
| Ken Bauersfeld (35)  | 25.8 |
| Dhamiri Abayomi (50) | 26.1 |
| Dawson Pratt (54)    | 26.2 |
| Phil Felton (41)     | 26.4 |
| Jim O'Hara (51)      | 26.4 |
| Rab Hagin (46)       | 26.6 |
| Larry Simmons (47)   | 27.7 |
| Joe Hemler (56)      | 27.7 |
| Mark Gershon (37)    | 28.3 |
| Jack Mroz (34)       | 28.4 |
| Bob Fuhrman (49)     | 28.7 |
| Jim Shea (42)        | 29.0 |
| Jim Hodge (51)       | 29.5 |
| Joel Dubow (47)      | 30.3 |
| Walker Pierson (67)  | 30.5 |
| Ed Matthews (70)     | 31.0 |
| Diane Sherrer 39     | 31.2 |
| Oscar Harris (66)    | 31.6 |
| Bonnie Hauck (W34)   | 33.1 |
| Karen Tyson (W33)    | 33.1 |
| Moose DeMalto (63)   | 34.0 |



#### 400m dash

|                      |        |
|----------------------|--------|
| Erick Rucker (31)    | 56.3   |
| Tim Dickens (43)     | 56.9   |
| Karl Castor (39)     | 56.9   |
| Ken Bauersfeld (35)  | 57.6   |
| Phil Felton (41)     | 57.8   |
| Gary Tompkins (40)   | 58.3   |
| Gary Gordon (44)     | 59.2   |
| Larry Simmons (47)   | 1:00.7 |
| John Paul Jones (40) | 1:00.9 |
| Dawson Pratt (54)    | 1:01.4 |
| Jim Hodge (51)       | 1:03.1 |
| Bob Fuhrman (49)     | 1:03.7 |
| Moose DeMalto (63)   | 1:16.8 |

#### 800m run

|                       |        |
|-----------------------|--------|
| Gary Tompkins (40)    | 2:10.1 |
| Sam Huckel (49)       | 2:16.8 |
| Karl Castor (39)      | 2:17.2 |
| Rich Myers (45)       | 2:18.7 |
| Fred Dedrick (42)     | 2:18.8 |
| Jerry McFadden (49)   | 2:21.2 |
| George Sanders (44)   | 2:22.6 |
| Greg Hanson (36)      | 2:23.4 |
| Gerry Mayerhofer (32) | 2:28.4 |
| Larry Hart (39)       | 2:29.3 |
| Mary Ellen Malloy W33 | 2:30.5 |
| Clark McNeight (39)   | 2:51.0 |
| Moose DeMalto (63)    | 3:07.6 |

#### 1 mile run

|                      |        |
|----------------------|--------|
| Fred Dedrick (42)    | 4:54.6 |
| Sam Huckel (49)      | 4:55.2 |
| Rich Myers (45)      | 4:58.7 |
| Rob Weiner (43)      | 5:00.4 |
| Jack Mroz (34)       | 5:02.3 |
| Bob Richey (41)      | 5:02.6 |
| Bob Harmon (39)      | 5:13.8 |
| Michael Owens (44)   | 5:14.7 |
| Russell Floyd (39)   | 5:16.4 |
| Tony DeSabato (42)   | 5:17.4 |
| George Sanders (44)  | 5:19.7 |
| Larry Hart (39)      | 5:35.5 |
| Joel Dubow (47)      | 5:39.2 |
| Martin Harms (53)    | 5:41.3 |
| Larry Balick (36)    | 5:43.8 |
| Samuel Miller (44)   | 6:03.4 |
| Karen Tyson (W33)    | 6:04.8 |
| Clark McNeight (39)  | 6:19.4 |
| W.J. Palese (46)     | 6:25.6 |
| Richard Bloom (61)   | 6:32.3 |
| Gloria Jenkins (W53) | 6:33.2 |

#### 1 mile walk

|                     |         |
|---------------------|---------|
| Tom Zdrojewski (50) | 8:13.9  |
| Jessica Krow (W39)  | 9:27.2  |
| Ed Gwinski (63)     | 9:35.6  |
| Ray McKeeman (65)   | 10:14.9 |
| Ceanne Rabada (W40) | 10:44.2 |

#### 3000m run

|                     |         |
|---------------------|---------|
| Don Wisniewski (38) | 10:09.1 |
| Russ Patton (35)    | 10:16.7 |
| Rob Weiner (43)     | 10:21.4 |
| Bob Harmon (39)     | 10:28.7 |
| Bob Richey (41)     | 10:47.8 |
| Jerry McFadden (49) | 10:57.5 |
| Tony DeSabato (42)  | 11:01.4 |
| Martin Harms (53)   | 11:20.6 |
| Larry Balick (36)   | 11:31.9 |
| George Sanders (44) | 11:46.6 |
| Tim Dickens (43)    | 11:55.0 |
| Samuel Miller (44)  | 12:08.7 |
| Russell Floyd (39)  | 12:41.9 |
| Clark McNeight (39) | 12:59.9 |
| Richard Bloom (61)  | 13:22.0 |

#### pole vault

|                    |        |
|--------------------|--------|
| Jeff Blatt (45)    | 10' 0" |
| Dave Martin (55)   | 9' 0"  |
| Ron Salvio (42)    | 7' 0"  |
| Claude Hills (78)  | 5' 6"  |
| Mike Jennetta (36) | n.h.   |

#### high jump

|                     |        |
|---------------------|--------|
| Bill Hanson (43)    | 5' 4"  |
| Ed Laurelli (40)    | 4' 10" |
| Jeff Blatt (45)     | 4' 8"  |
| Tom Delany (62)     | 4' 7"  |
| Jerry Sullivan (50) | 4' 4"  |
| Bill Graf (42)      | 4' 4"  |
| Claude Hills (78)   | 3' 6"  |
| Bob Detweiler (77)  | 3' 2"  |

#### long jump

|                    |       |
|--------------------|-------|
| Bill Hanson (43)   | 5.39m |
| Tom Delany (62)    | 4.62m |
| Mark Gershon (37)  | 4.58m |
| Jim Shea (42)      | 4.32m |
| Ed Matthews (70)   | 4.07m |
| Russell Floyd (39) | 3.80m |
| Bob Detweiler (77) | 1.71m |

#### triple jump

|                    |        |
|--------------------|--------|
| Bill Hanson (43)   | 10.74m |
| Mark Gershon (37)  | 10.19m |
| Dave Martin (55)   | 9.37m  |
| Bob Detweiler (77) | 4.18m  |

#### shotput (TAC weights)

|                     |        |
|---------------------|--------|
| Paul Morrone (48)   | 12.19m |
| Jim Craig (32)      | 11.43m |
| Bill Hanson (43)    | 9.63m  |
| Jerry Sullivan (50) | 9.40m  |
| Al Jankola (66)     | 9.17m  |
| Bill Graf (42)      | 8.71m  |
| Bob Detweiler (77)  | 8.62m  |
| Denny Ziemba (43)   | 7.96m  |
| Fred Wimmer (56)    | 7.39m  |

## SOUTHEAST

### DeLand All-Comers DeLand, FL: November 24

#### 50y

|                 |      |
|-----------------|------|
| W35 Debbie Moen | 8.22 |
|-----------------|------|

#### 220y

|                 |       |
|-----------------|-------|
| W35 Debbie Moen | 47.69 |
|-----------------|-------|

#### 5000m

|                       |       |
|-----------------------|-------|
| M30 Francisco Vazquez | 17:51 |
| M45 Phil Little       | 18:55 |
| W35 Debbie Moen       | 27:69 |
| W40 Judy Geisler      | 28:08 |
| W65 Elaine Geyer      | 31:59 |

#### Long Jump

|                     |     |
|---------------------|-----|
| M75 Charles Hirshey | 5-8 |
|---------------------|-----|

#### Shot Put

|                  |       |
|------------------|-------|
| M75 Chas Hirshey | 30-5½ |
|------------------|-------|

#### Discus

|               |       |
|---------------|-------|
| M70 Roy McCoy | 114-8 |
|---------------|-------|

#### M75 Chas Hirshey

|                  |      |
|------------------|------|
| M75 Chas Hirshey | 67-3 |
|------------------|------|

## MID AMERICA

### TAC Meet Lincoln, NE; January 5

#### 60y

|                     |      |
|---------------------|------|
| M30 Larry Marrow    | 6.9  |
| M35 James Hilliard  | 6.6  |
| M40 Clifton Jackson | 7.0  |
| M45 Tom Bassett     | 6.8  |
| M50 T Shelton Jr    | 7.2  |
| M55 Glen Brazee     | 8.2  |
| M70 John Davison    | 8.2  |
| M75 Harold Massie   | 12.5 |
| W40 Sandy Maryott   | 9.6  |

#### 300y

|                  |      |
|------------------|------|
| M30 L Marrow     | 35.3 |
| M35 J Hilliard   | 35.0 |
| M40 Leon Harden  | 36.9 |
| M45 Tom Bassett  | 35.3 |
| M50 T Shelton Jr | 37.7 |

## INTERNATIONAL

### Columbia Masters Federation Championships, Cali, Colombia October, 5

#### 100m

|                      |       |
|----------------------|-------|
| M30 Jorge Ramos      | 11.05 |
| M35 Edgar Cuevas     | 11.37 |
| M40 Sergio Althahona | 11.95 |
| M45 Wenceslao Ferrin | 11.79 |
| M50 Hector Salazar   | 12.53 |
| M55 Jorge Cabrales   | 12.77 |
| M60 Eduardo Escobar  | 14.01 |
| M65 J Valdeblanquez  | 14.39 |
| M70 Julio Munera     | 14.69 |
| M75 Jorge Camacho    | 18.45 |
| M80 Alberto Ferlin   | 20.35 |
| W30 Yolanda Moreno   | 13.45 |
| W35 Nubia Mena       | 14.61 |
| W40 Maria Sanjuan    | 14.88 |
| W45 Adela Raigoza    | 14.91 |
| W50 Maria Espinosa   | 17.61 |
| W55 Maria Londono    | 16.22 |
| W60 Maria Ana Pinto  | 17.55 |
| W70 Rosa Gallego     | 22.61 |
| W75 Maria Izquierdo  | 21.69 |

#### 200m

|                      |       |
|----------------------|-------|
| M30 Luis Miranda     | 23.70 |
| M35 Hernando Cabrera | 23.88 |
| M40 Sergio Althahona | 24.34 |
| M45 Miguel Corvacho  | 25.31 |
| M50 Jairo Velez      | 25.60 |
| M55 Jorge Cabrales   | 26.23 |
| M60 Alain Rodriguez  | 30.05 |
| M65 J Valdeblanquez  | 33.29 |
| M70 Julio Munera     | 33.02 |
| M75 Jorge Camacho    | 39.63 |
| W30 Yolanda Moreno   | 28.43 |
| W35 Nubia Mena       | 28.53 |
| W40 Rosaura Rincon   | 31.40 |
| W45 Adela Raigoza    | 31.19 |
| W50 Oliva Salinas    | 35.97 |
| W55 Maria Espinosa   | 38.58 |
| W60 Maria Londono    | 34.31 |
| W65 Emilia DeFontan  | 38.41 |
| W70 Rosa Gallego     | 55.20 |
| W75 Maria Izquierdo  | 48.54 |
| W80 Judith Forero    | 51.02 |

#### 400m

|                     |         |
|---------------------|---------|
| M30 Critobal Ovalle | 50.19   |
| M35 Jose Rudas      | 54.91   |
| M40 Jairo Duque     | 53.56   |
| M45 Oscar Uribe     | 56.38   |
| M50 Jairo Velez     | 59.82   |
| M55 Jorge Builes    | 65.48   |
| M60 Hernando Sierra | 70.71   |
| M65 Luis Castro     | 69.56   |
| M70 Pedro Castillo  | 1:41.56 |
| M75 Jorge Camacho   | 91.37   |
| W30 Yolanda Moreno  | 65.71   |
| W35 Yolanda Velez   | 69.88   |
| W40 Rosaura Rincon  | 71.99   |

### Don Pierotti Memorial Weight Pentathlon Delray Beach, FL; December 29

| Age | Name         | Shot  | Disc  | Jav   | Hamm  | WtThr | Score |
|-----|--------------|-------|-------|-------|-------|-------|-------|
| 81  | G. Powell    | 7.42  | 24.18 | 17.90 | 18.30 | 6.75  |       |
|     |              | 6.35  | 6.97  | 566   | 516.5 | 647.5 | 3062  |
| 79  | P. Partridge | 4.15  | 15.44 | 12.20 | 13.12 | 6.22  |       |
|     |              | 284.5 | 365.5 | 312.5 | 320   | 54.5  | 1827  |
| 77  | I. Storojeff | 5.35  | 17.47 | 18.13 | 12.73 | 4.23  |       |
|     |              | 371   | 396   | 487.5 | 281.5 | 310   | 1846  |
| 77  | C. Hirshey   | 8.05  | 19.86 | 15.60 | 21.21 | 5.06  |       |
|     |              | 616.5 | 467   | 400   | 535.5 | 391.5 | 2410  |
| 72  | T. McDermott | 11.80 | 34.25 | 17.45 | 41.36 | 11.77 |       |
|     |              | 838   | 766   | 377.5 | 882.5 | 913   | 3777  |
| 71  | R. Rupelli   | 11.31 | 29.88 | 18.90 | 27.59 | 8.02  |       |
|     |              | 776.5 | 628   | 403.5 | 597.5 | 563   |       |



Continued from previous page

Long Beach Winter Decathlon/Heptathlon  
Long Beach, CA; December 8-9

## DECATHLON

| Sub-Masters: 30-39                        | 100m | LJ   | SP    | HJ   | 400m   | 110mHH | DT    | PV   | JT    | 1500m   | Total | PL  |
|---|------|------|-------|------|--------|--------|-------|------|-------|---------|-------|-----|
| David Bryant (34)                         | 13.3 | 4.46 | 6.98  | 1.3  | 1:20.3 | 23.7   | 18.52 | 1.80 | 22.38 | 7:45.7  | 1873  | 1st |
| <b>Masters: 40-49</b>                     |      |      |       |      |        |        |       |      |       |         |       |     |
| Dennis Stempel (47)                       | 13.1 | 5.10 | 9.64  | 1.55 | 64.3   | 20.3   | 29.30 | 3.20 | 43.44 | 6:20.3  | 3823  | 1st |
| Scott Somers (43)                         | 13.5 | 4.29 | 8.26  | 1.45 | 1:10.0 | 23.3   | 27.38 | 2.80 | 36.28 | 6:07.2  | 2942  | 2nd |
| Marcel Yves La Croix (40), Moscow TC      | 14.5 | 3.60 | 6.87  | 1.17 | 65.5   | DNF    | 21.70 | 2.20 | 25.84 | 5:18.7  | 2253  | 3rd |
| <b>Masters: 50-59</b>                     |      |      | (16#) |      |        | (42")  | (2K)  |      |       | (800gm) |       |     |
| *Darold Skarvett (59), U. of Wash. TC     | 14.0 | 4.69 | 8.42  | 1.45 | 1:16.9 | 24.4   | 27.32 | 2.20 | 26.14 | DNF     | 2313  | 1st |
| <b>Masters: 60-69</b>                     |      |      |       |      |        |        |       |      |       |         |       |     |
| Boo Morcom (69)                           | 14.7 | 4.33 | 8.84  | 1.35 | 1:12.5 | 20.6   | 32.42 | 3.00 | 24.66 | 7:11.3  | 2669  | 1st |
| <b>Masters: 70-79</b>                     |      |      |       |      |        |        |       |      |       |         |       |     |
| Dr. A.U. Ricciardi (71), Pacific Coast TC | 16.1 | 3.62 | 9.44  | 1.12 | 1:37.6 | 17.0   | 32.68 | 2.20 | 29.18 | 9:28.3  | 2387  | 1st |
| Ham Morningstar (73)                      | 15.9 | 3.37 | 9.75  | 1.3  | 1:39.7 | 19.2   | 31.72 | 2.00 | 27.88 | 9:23.2  | 2213  | 2nd |
| <b>Masters: 80-89</b>                     |      |      |       |      |        |        |       |      |       |         |       |     |
| Stan Thompson (80), Hawaii Masters TC     | 24.2 | 2.06 | 5.37  | .98  | 2:29.2 | DNF    | 12.98 | 1.60 | 11.48 | DNF     | 553   | 1st |

## Decathlon (Age-Graded)

|   | 100m | LJ   | SP    | HJ   | 400m | 110mHH | DT    | PV   | JT    | 1500m  | Total | PL  |
|---|------|------|-------|------|------|--------|-------|------|-------|--------|-------|-----|
| Boo Morcom (69)                           | 11.7 | 7.22 | 12.98 | 2.07 | 51.2 | 15.9   | 43.41 | 5.05 | 44.53 | 5:10.6 | 7202  | 1st |
| Dennis Stempel (47)                       | 12.0 | 6.27 | 11.73 | 1.85 | 56.0 | 17.9   | 35.52 | 3.95 | 56.58 | 5:38.7 | 5797  | 2nd |
| Ham Morningstar (73)                      | 12.1 | 5.84 | 14.36 | 2.09 | 67.1 | 18.3   | 46.77 | 3.58 | 55.27 | 6:26.2 | 5598  | 3rd |
| Dr. A.U. Ricciardi (71), Pacific Coast TC | 12.5 | 6.22 | 13.24 | 1.76 | 68.2 | 16.6   | 45.87 | 3.82 | 55.22 | 6:39.7 | 5382  | 4th |
| *Darold Skarvett (59), U. of Wash. TC     | 12.0 | 6.44 | 13.31 | 1.98 | 60.3 | 19.0   | 34.51 | 3.19 | 49.01 | DNF    | 5101  | 5th |
| Scott Somers (43)                         | 12.6 | 5.09 | 9.60  | 1.66 | 62.8 | 21.4   | 31.49 | 3.29 | 44.94 | 5:35.9 | 4226  | 6th |
| Marcel Yves La Croix (40), Moscow TC      | 13.7 | 4.07 | 7.72  | 1.30 | 60.2 | DNF    | 24.08 | 2.49 | 31.00 | 4:57.3 | 3017  | 7th |
| Stan Thompson (80), Hawaii Masters TC     | 17.0 | 5.84 | 9.50  | 1.72 | 91.6 | DNF    | 22.84 | 3.24 | 27.04 | DNF    | 2245  | 8th |
| David Bryant (34)                         | 12.9 | 4.73 | 7.36  | 1.37 | 76.9 | 23.2   | 19.32 | 1.91 | 24.97 | 7:30.6 | 2173  | 9th |

Scoring: Above marks are converted and scoring is based on the Masters Age-Graded Table using Single-Age Factors.

Conditions: Hand-timing, no wind information. 85 degrees and sunny both days, light breeze.

Standard IAAF implements were used.

LONG  
DISTANCE  
RESULTSPlease send masters  
race results to: National  
Masters News, P.O. Box  
2372, Van Nuys, CA  
91404. Please include  
date, distance and city.

## NATIONAL

Sorbothane USRA Masters  
Circuit Grand Championships  
8K, Naples, FL; January 12  
Complete results on page 31

|                 |       |  |
|-----------------|-------|--|
| M40             |       |  |
| John Campbell   | 24:06 |  |
| Bill Rodgers    | 24:32 |  |
| Ryszard Marczak | 24:50 |  |
| Dan Dwyer       | 25:10 |  |
| Doug Bell       | 25:19 |  |

|                 |       |  |
|-----------------|-------|--|
| W40             |       |  |
| Barbara Filutze | 29:22 |  |
| Mary Wood       | 30:08 |  |



## EAST

Richmond Newspapers  
Marathon, Richmond, VA;  
October 21

|                     |         |  |
|---------------------|---------|--|
| Overall             |         |  |
| James Coleman 33    | 2:35:31 |  |
| Albina Galiyeva 26  | 2:42:50 |  |
| M40 Bill Roach      | 2:53:38 |  |
| Timothy Heath       | 2:54:15 |  |
| Steve Ferguson      | 3:00:36 |  |
| M45 Ben Dyer        | 2:45:48 |  |
| Don Rich            | 2:56:48 |  |
| John Loughran       | 3:04:00 |  |
| M50 Dick Peacock    | 3:09:38 |  |
| Bernie Davis        | 3:25:53 |  |
| Gale Harvey         | 3:31:11 |  |
| M55 Alvin Marcy     | 3:15:37 |  |
| Jim Schoonard       | 3:22:13 |  |
| Don Martin          | 3:29:18 |  |
| M60 Al Becken       | 3:20:26 |  |
| Don McCarten        | 4:11:24 |  |
| M65 Randolph Smith  | 4:13:51 |  |
| John Bays           | 4:43:15 |  |
| M40 Hiroko Smith    | 3:39:05 |  |
| Patricia Swartz     | 3:39:15 |  |
| Sally Carter        | 3:39:53 |  |
| M45 Sharon Giese    | 3:35:03 |  |
| Joan Mulvihill      | 3:50:28 |  |
| M50 Celeste Fondaco | 3:47:57 |  |
| Judy Carter         | 4:42:48 |  |
| M55 Alice Wilson    | 4:50:27 |  |

Fred J. Hackett Autumn 10K  
West Concord, NH;  
November 4

|                    |       |  |
|--------------------|-------|--|
| Overall            |       |  |
| Scott Clark 24     | 30:56 |  |
| Nancy Corsaro 31   | 36:44 |  |
| M40 Chip Morgan    | 35:41 |  |
| Lawson Noyes 48    | 36:14 |  |
| Ken Traum          | 37:06 |  |
| M50 Doug MacGregor | 34:18 |  |
| George Bisson      | 38:06 |  |
| Bill Radzelovage   | 38:29 |  |
| M60 Robert Shelton | 43:18 |  |
| Tom Connelly       | 45:09 |  |
| John Chandler      | 45:24 |  |
| M40 Bunny Brauns   | 44:04 |  |
| Mary Bart 48       | 45:10 |  |
| Noel Bodwell       | 45:42 |  |
| M50 Barbara Quirk  | 49:51 |  |
| Beverly Smith      | 51:10 |  |
| M60 Cora Welcome   | 61:37 |  |

Syosset Sprint 5K  
Long Island, NY;  
November 17

|                      |       |  |
|----------------------|-------|--|
| Overall              |       |  |
| Martin Ryan          | 14:47 |  |
| Esther Harris        | 17:27 |  |
| M40 Jim Walsh        | 17:18 |  |
| M45 Ted Haiman       | 16:37 |  |
| M50 Lance Hugelmeyer | 17:01 |  |
| M55 Witold Bialokur  | 17:50 |  |
| M60 Colin Harris     | 19:58 |  |
| M65 John McManus     | 19:21 |  |
| M70 Leo Karmin       | 23:09 |  |
| M40 Jacquie Gow      | 20:06 |  |
| M45 Maddy Harmeling  | 19:21 |  |
| M50 Marion Stanjones | 19:50 |  |
| M55 Ruth Sturgess    | 27:50 |  |
| M65 Doris Pritchard  | 36:18 |  |
| M70 Althea Wetherbee | 28:07 |  |

Great Neck UCF 5 Mile  
Long Island, NY;  
November 18

|                     |       |  |
|---------------------|-------|--|
| Overall             |       |  |
| Todd Sinclair       | 24:41 |  |
| Barbara Brewer      | 28:51 |  |
| M40 Robert Watson   | 29:39 |  |
| M45 David Schechter | 33:06 |  |
| M50 Hilton Goring   | 30:34 |  |
| M55 Leon Arrango    | 32:12 |  |
| M60 John Corrigan   | 33:34 |  |
| M65 Sidney Butensky | 42:13 |  |
| M70+Leo Karmin      | 38:59 |  |
| W40 Eileen Hession  | 40:16 |  |
| W45 Lillie Smith    | 37:57 |  |
| W50 Penny Pinsley   | 39:39 |  |
| W55 Sally Schuckman | 43:08 |  |
| W60 Rose Azzaro     | 68:00 |  |

Half Hollow Hills  
Long Island 5 Mile  
Championships, Long Island,  
NY; November 25

|                      |       |  |
|----------------------|-------|--|
| Overall              |       |  |
| Chris Fox            | 23:24 |  |
| Michelle Bush-Cuke   | 27:19 |  |
| M40 Bob Giambalvo    | 25:48 |  |
| Anthony Grier        | 26:33 |  |
| Alan Oman            | 26:37 |  |
| M45 Ryszard Marczak  | 24:51 |  |
| Ted Haiman           | 27:13 |  |
| Tony Venesina        | 28:13 |  |
| M50 Lance Hugelmeyer | 28:48 |  |
| Joe Cordero          | 30:00 |  |
| John Boyle           | 30:33 |  |
| M55 John Conner      | 30:10 |  |
| Rich Murphy          | 30:19 |  |
| Mel Gough            | 31:25 |  |
| M60 Colin Harris     | 32:40 |  |
| Mike Reidy           | 33:11 |  |
| George Marr          | 35:33 |  |
| M65 Art Brown        | 34:57 |  |
| Peter Doro           | 41:00 |  |
| Maurice Post         | 42:50 |  |
| M70+Leo Karmin       | 38:01 |  |
| Bill Benson          | 41:53 |  |
| Mel Freidl           | 42:31 |  |
| W40 Mary Ryan        | 31:22 |  |
| Cynthia Bermudez     | 33:31 |  |
| Joanne Gallo         | 33:59 |  |
| W45 Maddy Harmeling  | 31:49 |  |
| Laura Schay          | 34:16 |  |
| Rosemary Riccardi    | 36:12 |  |
| M50 Marion Stanjones | 32:54 |  |
| Linda Acker          | 36:55 |  |
| Penny Pinsley        | 39:35 |  |
| W55 Wen-Shi Yu       | 36:36 |  |
| Fayette Leung        | 47:35 |  |
| Joan Heidenreich     | 48:38 |  |
| W65 Sallie Festa     | 45:17 |  |
| W70+Althea Wetherbee | 45:41 |  |

NYRR Winter Series 10 Mile  
Central Park, NYC;  
December 8

|                       |       |  |
|-----------------------|-------|--|
| Overall               |       |  |
| Michael Keohane 25    | 50:38 |  |
| Annamarie Letko 21    | 55:36 |  |
| M40 Bob Moritz        | 57:15 |  |
| Hector Vargas         | 57:54 |  |
| Bob Hermes            | 57:58 |  |
| M45 Ted Haiman        | 55:51 |  |
| Norbert Sander        | 58:09 |  |
| Tom Moore             | 62:53 |  |
| M50 Manfred Konrad    | 60:19 |  |
| Sidney Howard         | 60:30 |  |
| Alan Fairbrother      | 61:35 |  |
| M55 Witold Bialokur   | 63:01 |  |
| Ted Rogers            | 64:39 |  |
| Cliff Gerenz          | 64:47 |  |
| M60 Ken Jones         | 67:13 |  |
| Hector Pacheco        | 67:32 |  |
| Don Dixon             | 67:52 |  |
| M65 John Corrigan     | 69:24 |  |
| George Thompson       | 70:08 |  |
| Stan Edelman          | 78:11 |  |
| M70 Andrew Neidig     | 81:14 |  |
| Charles Feldman       | 88:32 |  |
| Walter Moritz         | 98:07 |  |
| M40 C Hearn Grenning  | 64:12 |  |
| Sylvie Kimche         | 64:39 |  |
| Ann Davies            | 66:55 |  |
| M45 Lina Connors      | 68:03 |  |
| Carol Johnston        | 69:13 |  |
| Melanie Mulvihill     | 73:34 |  |
| M50 Lucinda Clark     | 70:13 |  |
| PattyLee Parmalee     | 72:30 |  |
| Edith Jones           | 74:13 |  |
| M55 Lisa Praskins     | 70:48 |  |
| Kate Knight-Perry     | 88:56 |  |
| Melva Murray          | 92:41 |  |
| M60 Janine Maltas     | 85:04 |  |
| Aslaug Tomas          | 89:05 |  |
| Finishers: 692m; 279w |       |  |

Continued on next page

## 10,000m

|                      |       |
|----------------------|-------|
| M30 Marino Guevara   | 32:20 |
| M35 Javier Lopez     | 33:08 |
| M40 Mario Vidal      | 34:33 |
| M45 Hermes Blanco    | 35:54 |
| M50 H Barreneche     | 36:00 |
| M55 Moises Velasquez | 39:35 |
| M60 R Granados       | 44:11 |
| M65 Carlos Guerrero  | 46:29 |
| M70 J Garcia         | 52:36 |
| M75 Pedro Hurtado    | 60:29 |
| W30 Maria Castano    | 43:50 |
| W35 Alba Gonzalez    | 41:55 |
| W40 Maria Silva      | 45:51 |
| W45 Maria Gomez      | 51:33 |
| W50 Maria Jaramillo  | 53:26 |
| W60 Maria Forero     | 54:09 |

## Short Hurdles

|                      |       |
|----------------------|-------|
| M30 Jaime Herrera    | 16.14 |
| M35 Rafael Vega      | 19.47 |
| M40 Jose Gomez       | 21.81 |
| M45 Wenceslao Ferrin | 17.80 |
| M50 Pedro Medina     | 19.42 |
| M55 Jose Zuluaga     | 21.72 |
| M60 Alain Rodriguez  | 19.28 |
| M65 Otoniel Ortega   | 21.59 |
| W30 Mariela Varco    | 22.63 |
| W45 Evelia Mondragon | 16.93 |

## Long Hurdles

|                      |       |
|----------------------|-------|
| M30 Cristobal Ovalle | 57.67 |
| M35 Marino Segura    | 65.95 |
| M40 Jose Gomez       | 72.09 |
| M45 Carlos Garavito  | 70.42 |
| M50 Eduardo Arias    | 68.80 |
| M60 Alain Rodriguez  | 54.66 |
| M65 Otoniel Ortega   | 57.47 |

## Steeplechase

|                     |         |
|---------------------|---------|
| M30 Rodolfo Diaz    | 10:38.3 |
| M35 Luis Sanchez    | 10:35.3 |
| M40 Jesus Ocoro     | 11:25.7 |
| M45 Pedro Casallas  | 11:35.4 |
| M50 Pedro Dominguez | 11:54.1 |

## High Jump

|                      |      |
|----------------------|------|
| M30 A Rivadeneira    | 1.75 |
| M35 Rodrigo Collazos | 1.75 |
| M40 Raul Paez        | 1.65 |
| M45 W Ferrin         | 1.55 |
| M50 Hector Salazar   | 1.40 |
| M55 Jose Zuluaga     | 1.50 |
| M65 J Valdeblanquez  | 1.12 |
| M70 Rafael Cotes     | 1.20 |
| W30 Nancy Avendano   | 1.08 |
| W50 Luz Machado      | .88  |

## Pole Vault

|                    |      |
|--------------------|------|
| M30 Antar Martinez | 3.02 |
| M35 Alvaro Arias   | 2.92 |
| M40 Raul Paez      | 3.02 |
| M50 Cesar Quintero | 2.72 |

## Long Jump

|                     |      |
|---------------------|------|
| M30 A Rivadeneira   | 5.46 |
| M35 Neftali Ibarra  | 5.12 |
| M40 Raul Paez       | 5.42 |
| M45 Augusto Marin   | 4.70 |
| M50 Hector Salazar  | 5.05 |
| M55 Ricardo Marin   | 3.57 |
| M60 Hernando Sierra | 3.69 |
| M65 J Valdeblanquez | 3.27 |
| M70 Rafael Cotes    | 3.68 |
| M75 Jorge Camacho   | 2.36 |

|                      |      |
|----------------------|------|
| W30 Patricia Gaviria | 4.09 |
| W35 Nubia Mena       | 3.73 |
| W40 Maria SanJuan    | 3.60 |
| W45 Evelia Mondragon | 3.86 |
| W50 Etelvina Pacheco | 3.34 |
| W55 Julia Bello      | 2.48 |
| W60 Maria Melo       | 2.77 |
| W65 Maria Ana Pinto  | 2.90 |
| W80 Judith Forero    | 1.75 |

## Triple Jump

|                      |       |
|----------------------|-------|
| M30 Jaime Herrera    | 13.45 |
| M35 Jose Rudas       | 10.40 |
| M40 Raul Paez        | 11.24 |
| M45 Carlos Gomez     | 9.79  |
| M50 Henry Prado      | 10.58 |
| M55 Jose Zuluaga     | 9.04  |
| M60 Eduardo Escobar  | 7.58  |
| M65 Victor Daza      | 7.80  |
| M70 Rafael Cotes     | 8.34  |
| W30 Mariela Varco    | 8.44  |
| W40 Maria SanJuan    | 7.36  |
| W45 Evelia Mondragon | 7.36  |

## Shot Put

|                      |       |
|----------------------|-------|
| M30 Hernan Ocoro     | 11.38 |
| M35 Jose Orozco      | 12.41 |
| M40 Guillermo Roca   | 10.95 |
| M45 Wenceslao Ferrin | 9.85  |
| M50 Francisco Hoyos  | 9.55  |
| M55 Jose Moreno      | 8.65  |
| M60 Eduardo Escobar  | 8.48  |
| M65 G Martinez       | 7.55  |
| M70 Agustin Ovalle   | 7.14  |
| M75 Pedro Villanueva | 8.07  |
| M80 Alberto Ferlin   | 6.60  |
| W30 Clara Gordillo   | 9.09  |
| W35 Dora Vasquez     | 11.19 |
| W40 Maria Ruiz       | 7.63  |
| W45 Blanca Rodriguez | 8.30  |
| W50 Maria Ayobi      | 8.85  |
| W55 Ines Vasquez     | 7.06  |
| W60 Amelia Gonzalez  | 7.21  |
| W65 Maria Ana Pinto  | 7.58  |
| W70 Belen Vanegas    | 3.88  |
| W75 Maria Morla      | 3.38  |
| W80 Judith Forero    | 3.71  |



## Continued from previous page

|                              |       |
|------------------------------|-------|
| <b>Bill Reilly 10K</b>       |       |
| <b>West Long Branch, NJ;</b> |       |
| <b>December 9</b>            |       |
| M40 Harold Nolan             | 32:56 |
| (first overall)              |       |
| Charles Wechsler             | 38:15 |
| M50 Bill Loughran            | 38:27 |
| M60 Ralph Aquino             | 42:20 |
| M70+Fred Ely                 | 46:39 |

**Joe Vailon 10K**  
Hartford, CT; December 9

|                        |       |
|------------------------|-------|
| <b>Overall</b>         |       |
| George Kominos 34      | 33:58 |
| Zofia Turosz 52        | 40:56 |
| M40 John Britain       | 37:24 |
| Ralph Morelli          | 37:32 |
| Joe Sinicropo          | 38:17 |
| M50 Russ Burton        | 43:20 |
| Carl Hardrick          | 44:53 |
| M60 Bill Tribou 69     | 46:01 |
| Larry Larkin           | 47:50 |
| M70 Charles Robbins    | 49:05 |
| W40 Janit Romyko       | 47:06 |
| W50 Diane Stuart       | 55:28 |
| W60 Adeline Kearney 65 | 49:38 |
| W70 Mary Haines 76     | 69:42 |

**Christmas 10K Run For**  
**The Animals**  
Newport, RI; December 9

|                      |       |
|----------------------|-------|
| <b>Overall</b>       |       |
| John Allen 24        | 31:37 |
| AnnMarie Marino 28   | 35:44 |
| M40 Edward Berube    | 33:52 |
| Al Campbell 45       | 35:35 |
| Kevin McCarthy       | 35:57 |
| M50 Eddie Fromm      | 37:05 |
| Fred Zuleger         | 40:09 |
| Robert Paux          | 40:13 |
| Bob Ravenell 59      | 40:28 |
| M60 Joe Fernandez    | 36:47 |
| Harry Elgar          | 39:49 |
| Jack Hudson          | 41:47 |
| Herbert Waters       | 42:01 |
| Carl Hammen 67       | 44:34 |
| W40 Paula Wirta      | 43:00 |
| Marty Post           | 44:42 |
| Elaine Stoeckle      | 45:11 |
| Diane Rodney 47      | 46:00 |
| W50 Mary McCauley 58 | 49:02 |
| W60 Emily Burke      | nta   |
| Phyllis Brooks       | nta   |
| 1200 entered         |       |
| from C Hammen        |       |

**MAC 30K Championships**  
Central Park, NYC;  
December 16

|                       |         |
|-----------------------|---------|
| <b>Overall</b>        |         |
| Carlos Roa 37         | 1:39:49 |
| E De Oliveira 25      | 1:59:20 |
| M40 Hector Vargas     | 1:50:57 |
| M45 Hector Rivera     | 2:04:17 |
| M50 Dan Hamner MD     | 2:00:53 |
| M55 Hans Hartmann     | 2:08:46 |
| M60 Don Dixon         | 2:09:16 |
| M65 William Coyne     | 2:31:17 |
| M70 Andrew Heidnig    | 2:39:32 |
| W40 Susan Hale        | 2:21:39 |
| W45 Rosemary Riccardi | 2:27:09 |
| W50 Wen-Shi Yu 56     | 2:28:35 |
| W60 Aslaug Tomas      | 3:03:01 |
| W70 Althea Wetherbee  | 3:07:17 |
| Finishers: 271m/64w   |         |

**NYRR Four Mile Holiday**  
Run, Central Park, NYC;  
December 16

|                     |       |
|---------------------|-------|
| <b>Overall</b>      |       |
| Mohamed Idris 29    | 19:58 |
| Paige Pattillo 28   | 22:56 |
| M40 Bob Schlau      | 22:17 |
| Tom Mahon           | 23:08 |
| Ahmed Head          | 23:17 |
| M45 Sam Skinner     | 22:32 |
| Norbert Sander      | 22:39 |
| Tom Moore           | 24:03 |
| M50 Bill Kaye       | 23:13 |
| Victor Cruz         | 23:33 |
| Bill Loughran       | 24:38 |
| M55 Alex Kasten     | 24:12 |
| Cliff Gerenz        | 24:59 |
| Bob Kohn            | 26:25 |
| M60 Bill Fortune    | 24:15 |
| Albert Puma         | 29:22 |
| Les Buckland        | 30:45 |
| M65 John Manus      | 25:58 |
| George Thompson     | 26:26 |
| Tom Gibbons         | 31:40 |
| <b>Racewalkers</b>  |       |
| 1 Gary Null 45      | 30:31 |
| 2 Nick Bdera 42     | 30:59 |
| W40 Mary Ryan       | 24:57 |
| J Harrigan          | 25:50 |
| Cheryl Ralya        | 26:12 |
| W45 Marilyn Greeley | 26:16 |
| Carol Johnston      | 26:56 |
| Laurie Baker        | 27:50 |
| W50 Edith Jones     | 28:20 |
| K N Nitscheim       | 28:32 |
| PattyLee Parmalee   | 28:37 |
| W55 Thelma Wilson   | 31:48 |
| K Knight-Perry      | 32:36 |
| Esther Marcus       | 32:39 |

|                           |          |
|---------------------------|----------|
| W60 Toshiko d'Elia        | 29:16    |
| D Finkelstein             | 38:50    |
| Queenie Thompson          | 67:39    |
| W70 Mayme Bdera 75        | 57:31    |
| <b>Racewalkers</b>        |          |
| 1 Elton Richardson        | 52:40:49 |
| 3 Carol Zimmer 60         | 47:59    |
| Finishers: 664m/457w      |          |
| Weather: 41°, 79%h, w9mph |          |

**Hangover Half-Marathon**  
Mohawk RRC, NY; January 1

|                 |         |
|-----------------|---------|
| <b>M40-49</b>   |         |
| Dale Keenan     | 1:11:15 |
| Rick Stark      | 1:16:34 |
| Ron Bagnoli     | 1:22:12 |
| <b>M50-59</b>   |         |
| John Pelton     | 1:23:15 |
| Robert Stecuk   | 1:26:29 |
| Wade Stockman   | 1:27:14 |
| <b>M60-69</b>   |         |
| Bob Gavreau     | 1:29:22 |
| Ed Doucette     | 1:29:56 |
| Pat Fitzgerald  | 1:33:24 |
| <b>W40-49</b>   |         |
| Judy Swasey     | 1:46:14 |
| Chris McKnight  | 1:46:49 |
| Sue Engel       | 1:50:05 |
| <b>M60-69</b>   |         |
| R. Tumidajewicz | 2:14:30 |

**Sober Up Run (3 Miles)**  
Mohawk RRC, NY; January 1

|                   |       |
|-------------------|-------|
| <b>M40-49</b>     |       |
| Ed Gresens        | 16:20 |
| Jim Fiore         | 17:37 |
| David Schroeder   | 17:53 |
| <b>M50-59</b>     |       |
| Lowell Montgomery | 21:38 |
| Bob Goyer         | 23:00 |
| R. Cole           | 25:27 |
| <b>M60-69</b>     |       |
| Bob Hennig        | 20:43 |
| Wim Westman       | 21:20 |
| O. Gerstenberger  | 22:38 |
| <b>M70+</b>       |       |
| Bill Shrader      | 33:42 |

**Thanksgiving 10 Mile & 3 Mile Cross-Country**  
DeLand, FL; November 22

|                                   |          |
|-----------------------------------|----------|
| <b>---10 Mile---</b>              |          |
| <b>Overall</b>                    |          |
| Doug Butler                       | 27 53:33 |
| Marie Mazzula                     | 29 65:03 |
| M40 Ron Chase                     | 58:35    |
| Bob Wetzel                        | 59:22    |
| Mike Payne                        | 61:32    |
| M45 Ron Hough                     | 61:27    |
| Phil Little                       | 62:37    |
| John Bryant                       | 64:07    |
| M50 Dick Perrin                   | 59:02    |
| Bob Brockway                      | 64:56    |
| Dave Young                        | 66:44    |
| M55 Phil Wisniewski               | 69:50    |
| Harley Hoffman                    | 75:05    |
| M65 Bart Ross                     | 69:58    |
| Gene Watson                       | 76:46    |
| M70 Cecil Shearhart               | 90:20    |
| W40 Pat Bedelschies               | 78:01    |
| Susan Sides                       | 82:42    |
| Rose Tillery                      | 85:17    |
| W45 Bonny Wulff                   | 81:00    |
| Maryann Reeves                    | 86:17    |
| Ruth Turse                        | 88:43    |
| <b>---3 Mile Cross-Country---</b> |          |
| <b>Male Masters</b>               |          |
| 1 Robert Callaway                 | 46 19:38 |
| 2 Wayne Thomas                    | 44 23:19 |
| 3 Sam Iach                        | 40 27:03 |
| 4 Ron Starr                       | 47 27:19 |
| 5 Joe Turse                       | 49 32:55 |
| <b>Female Masters</b>             |          |
| 1 Judy Geisler                    | 43 27:50 |
| 2 Shirley Cashion                 | 47 31:20 |
| 3 Elaine Geyer                    | 69 33:04 |

**First Tennessee Memphis**  
Marathon  
December 2

|                    |         |
|--------------------|---------|
| <b>M40</b>         |         |
| Stephen Sipes      | 2:38:14 |
| Carl Nicholson     | 2:38:43 |
| Harvey Anderson    | 2:39:32 |
| Frank Dearth       | 2:46:38 |
| John LaFrance      | 2:55:28 |
| Dallas McGee       | 2:56:10 |
| M45 Terry Connell  | 2:59:05 |
| Scott Glasgow      | 3:12:20 |
| Przemo Krantz      | 3:13:19 |
| Michael Wittlich   | 3:17:59 |
| Jerry Jones        | 3:18:21 |
| Henry Ateman       | 3:20:02 |
| M50 W J M Cody     | 3:05:20 |
| Chas Bressler      | 3:07:50 |
| Kurt Truax         | 3:09:24 |
| M55 Ethan Busby    | 3:20:29 |
| Gerald Holbrook    | 3:33:02 |
| James Jones        | 3:39:10 |
| M60 Jerry Johncock | 3:12:08 |
| Charles Boston     | 3:29:43 |
| Will Webb          | 4:07:46 |
| M65+Ben Moore Jr   | 3:44:48 |
| Richard Sloan      | 3:59:38 |
| James Brewer 72    | 4:27:49 |
| <b>W40</b>         |         |
| Ellen Murphy       | 3:07:10 |
| Mary Preisel       | 3:14:51 |
| Ellie Smith        | 3:25:14 |
| W45 C V Stockdale  | 3:12:56 |
| Barb Hollobon      | 4:11:55 |
| Anne Tesch         | 4:35:01 |

**14th Rocket City Marathon**  
Huntsville, AL; December 8

|                       |             |
|-----------------------|-------------|
| <b>Overall</b>        |             |
| Kenneth Judson 40     | 2:17:01     |
| (U.S. masters record) |             |
| Cheryl Boessow 30     | 2:44:10     |
| <b>M40</b>            |             |
| 1 Ken Judson          | PA 2:17:01  |
| 2 Bob Schlau          | SC 2:29:32  |
| 3 Storey Craig        | CAN 2:38:38 |
| 4 George Whitley      | GA 2:38:56  |
| 5 F Waybright         | WV 2:39:18  |
| 6 Noga Gwain          | WV 2:40:39  |
| 7 Key Dewaine         | AL 2:41:00  |
| 8 David Nieman        | NC 2:42:06  |
| 9 Mike Crouse         | AL 2:42:18  |
| 10 W Jendrzewski      | MI 2:46:32  |
| <b>M45</b>            |             |
| 11 Phil Rader         | AL 2:48:39  |
| 12 Rich Davis         | OH 2:49:25  |
| 13 C Howard Jr        | AL 2:49:49  |
| 14 C Nicholson        | AL 2:50:04  |
| 15 Tom Bogue          | LA 2:51:15  |
| 16 Lee Fidler         | GA 2:54:04  |
| 17 Mark Stogsdliga    | GA 2:54:14  |
| 18 Scott Wilson       | GA 2:56:57  |
| 19 R Harrison         | AL 2:57:48  |
| 20 Mike Kozel         | TN 2:57:52  |
| <b>M45</b>            |             |
| 1 Ken Sparks          | OH 2:30:27  |
| 2 Don Coffman         | KY 2:33:13  |
| 3 Tom Dooley          | GA 2:40:27  |
| 4 R Booker            | TN 2:46:34  |
| 5 Jim Wisener         | CA 2:48:55  |
| 6 Ken Brewer          | AL 2:50:18  |
| 7 Gary Cochran        | GA 2:50:48  |
| 8 Steve Shepherd      | IL 2:53:26  |
| 9 Jack Hasson         | AL 2:55:48  |
| 10 M Williams         | GA 2:57:14  |
| <b>M45</b>            |             |
| 11 D McPherson        | TN 3:04:23  |
| 12 Mike Barber        | FL 3:05:03  |
| 13 Glenn Leach        | KY 3:07:08  |
| 14 Richard Sells      | GA 3:07:19  |
| 15 R Harrington       | MI 3:07:54  |
| 16 Larry Ziegler      | IN 3:08:02  |
| 17 Carl Ellis         | GA 3:15:10  |
| 18 David Wachtel      | KY 3:16:58  |
| 19 Ben Fox            | AL 3:16:50  |
| 20 Joe Register       | FL 3:16:52  |
| <b>M50</b>            |             |
| 1 Alton Migues        | FL 2:41:22  |
| 2 Dick Ruzicka        | FL 2:48:36  |
| 3 Ken Prior           | OH 2:48:45  |
| 4 Jerry McGath        | MS 2:48:46  |
| 5 E Geisendaffer      | MD 2:51:04  |
| 6 O Thompson          | AL 2:54:17  |
| 7 Gaylon Dodson       | AL 2:56:20  |
| 8 Francis Leik        | MI 3:01:31  |
| 9 James Teague        | AL 3:01:32  |
| 10 Joe Beams          | AL 3:08:21  |
| <b>M55</b>            |             |
| 11 Phil Parker        | AL 3:08:58  |
| 12 Fred Dyer          | GA 3:11:14  |
| 13 John Norris        | IN 3:11:56  |
| 14 Roy Fisher         | TN 3:14:27  |
| 15 Tommy Owens        | GA 3:14:49  |
| <b>M60+</b>           |             |
| 1 Gerald Koch         | TN 2:56:26  |
| 2 Doug Rowlett        | CAN 3:00:54 |
| 3 Chas Feaux          | AL 3:07:22  |
| 4 Ray Mattie          | AL 3:10:59  |
| 5 Walter Blair        | OH 3:14:43  |
| 6 Don Presley         | GA 3:15:01  |
| 7 Ed Debona           | AL 3:21:04  |
| 8 Bobby Tidwell       | AL 3:24:14  |

|                   |            |
|-------------------|------------|
| <b>W40</b>        |            |
| 1 Jane Hutchinson | MO 2:45:35 |
| 2 Barb Filutze    | PA 2:45:37 |
| 3 C Spillman      | GA 3:14:42 |
| 4 Andrea Pease    | GA 3:17:26 |
| 5 Faye Sanders    | AL 3:32:58 |
| 6 B McBrayer      | GA 3:30:32 |
| 7 S Philpot       | TN 3:38:12 |
| 8 Linda Cole      | GA 3:44:12 |
| <b>W45</b>        |            |
| 1 G Reinersten    | FL 3:42:19 |
| 2 Helen Phelps    | TN 3:44:14 |
| 3 Julia Mills     | AL 3:49:49 |
| 4 L Williams      | VA 3:50:04 |
| 5 Linda Welborn   | AL 3:51:47 |
| 6 Pat Roselli     | MI 3:54:59 |
| <b>W50</b>        |            |
| 1 Nancy Parker    | GA 3:15:15 |
| 2 Helen Reed      | TN 3:53:08 |
| 3 Dot Richter     | AL 4:01:46 |
| <b>W55</b>        |            |
| 1 Wen-Shi Yu      | NY 3:08:30 |
| 2 Evelyn Zerfoss  | TN 3:57:15 |
| 3 M A Woodring    | TN 4:03:44 |
| <b>W60+</b>       |            |
| 1 Betty Dooley    | AL 4:46:38 |
| 2 F Gooszen       | MS 4:48:28 |

**Charlotte Observer Marathon**  
Charlotte, NC  
January 5

|                |         |
|----------------|---------|
| Open Ric Sayre | 2:16:21 |
| Liza Presado   | 2:43:53 |

**M40-44**

|   |         |
|---|---------|
| 15 Ryszard Marczak, Bydgoszcz PL        | 2:23:02 |
| 10 Bob Schlau, Charleston SC            | 2:29:16 |
| 11 Bruce Robinson, Manassas VA          | 2:31:11 |
| 12 Evan Cook, Cambridge ON CA           | 2:31:17 |
| 21 Michael P Barr, Beaverton OR         | 2:40:57 |
| 23 Doug Hood, Charlotte                 | 2:42:12 |
| 24 Rick Thompson, Virginia Beach VA     | 2:42:20 |
| 26 Fred Steier, Virginia Beach VA       | 2:43:38 |
| 28 Gwain Nopa, Dunbar WV                | 2:44:08 |
| 29 David Nieman, Boone                  | 2:44:48 |
| 45 Larry White, Hampton VA              | 2:51:57 |
| 51 Ed Helles, Albany NY                 | 2:53:44 |
| 57 Roger Roark, Staileville             | 2:56:23 |
| 68 Dan McLaughlin, Brevard              | 2:56:57 |
| 71 Tom Zalkauski, Bridgewater VA        | 2:58:13 |
| 73 Tom Nowel, Newton Falls OH           | 2:58:51 |
| 76 Bill Harker, Mount Croshaw SC        | 3:00:06 |
| 81 Danny Spears, Indianapolis IN        | 3:01:11 |
| 84 Wayne Beaver, Mountaintop IN         | 3:01:31 |
| 93 Gary Hoeller, Alaverton KY           | 3:04:19 |
| 103 Douglas Young, Forest VA            | 3:06:13 |
| 115 Jerry Tomko, Mayfield Village OH    | 3:07:48 |
| 122 Paul E Steele, Va Beach VA          | 3:09:09 |
| 125 Pat Hagan, Chalfantops TN           | 3:09:31 |
| 126 James Shelton, White Sulphur Sp WV  | 3:09:32 |
| 136 Tom Thompson, High Point            | 3:11:06 |
| 143 John Fisher II, Raleigh             | 3:12:19 |
| 147 George Knight, Slatesville          | 3:12:29 |
| 165 David Parcel, Midlothian VA         | 3:15:35 |
| 170 Alan Helms, Charlotte               | 3:16:05 |
| 174 Michael Knight, Kingsport TN        | 3:16:55 |
| 177 John Cole                           | 3:17:03 |
| 179 Daulton West Jr., Glen Allen VA     | 3:17:04 |
| 183 Dick Reeves, Cary                   | 3:17:13 |
| 186 Frank Winder, Racine WI             | 3:17:40 |
| 189 Will Abrams, Rockingham             | 3:18:11 |
| 194 David Forbes, Atlanta GA            | 3:18:22 |
| 194 Michael Byrd, Columbia SC           | 3:18:37 |
| 196 Bob Furrish, Birmingham IN          | 3:18:39 |
| 196 Phil McCann, Charlotte              | 3:18:42 |
| 198 Gregory Meacham, Forest VA          | 3:18:44 |
| 199 Bill Flynn, Lowell MA               | 3:18:55 |
| 200 Jackie Philbeck, Gastonia           | 3:19:02 |
| 201 Gayle White, Huntersville           | 3:19:02 |
| 202 Howard A Hertzog, Stuart's Draft VA | 3:19:15 |
| 206 Bill McNeil, High Point             | 3:19:44 |
| 216 Larry Tenney, Barrackville WV       | 3:21:39 |
| 217 Tom C. Cane, Lillimore              | 3:22:22 |
| 222 Harold Reed, Lincoln                | 3:22:41 |
| 225 John Hillard, Greensboro            | 3:23:12 |
| 235 Albert Cooper, Chesterfield VA      | 3:24:21 |
| 237 Philip Long, Winston-Salem          | 3:24:24 |
| 243 Thomas Kane, Stafford VA            | 3:25:18 |
| 247 Bill Timmerman, Columbia SC         | 3:25:18 |
| 248 Joseph Lakas, Charlotte             | 3:25:24 |
| 258 Alan Hoffman, Raleigh               | 3:27:23 |
| 264 Mark Kitcher, Richmond VA           | 3:28:07 |
| 268 Douglas Burns, Charlotte            | 3:28:30 |
| 278 Toney A Mathews, Charlotte          | 3:30:18 |
| 294 Lawrence Sundberg, Bay City MI      | 3:32:08 |
| 307 Phillip Launi, Raleigh              | 3:32:51 |
| 325 Ronald Dietl, Harrisonburg VA       | 3:37:05 |
| 333 Joe Riddle, Lenoir                  | 3:38:04 |
| 339 Bruce Hufman, Florence SC           | 3:38:19 |
| 343 George Davis, Waynesboro VA         | 3:38:47 |
| 349 Michael Cox, Ft Worth TX            | 3:39:18 |
| 354 Michael A. Rader, North Myrtle SC   | 3:39:18 |
| 359 James McFarland, Kannapolis         | 3:40:33 |
| 364 Michael Tenney, Charlotte           | 3:41:17 |
| 366 Randy Travis, Union SC              | 3:41:27 |
| 368 Wayne Miller, Cary                  | 3:41:50 |
| 370 Richard Shank, Charlotte            | 3:41:59 |
| 377 Bob Gross, Charlotte                | 3:42:46 |
| 383 Robert Rine, Harrisonburg VA        | 3:43:10 |
| 386 Buddy Hyman, Charlotte              | 3:43:53 |
| 391 Dwight Ross, Burnsville VA          | 3:44:44 |
| 399 Art Driscoll, Duncan SC             | 3:45:29 |
| 415 Rocky Beatty, Charlotte             | 3:48:00 |
| 421 Zack Osborne, Greensboro            | 3:48:08 |
| 435 Ralph Bennett, Salisbury            | 3:50:08 |
| 436 Stephen Merrill, Ashland VA         | 3:50:10 |
| 437 Norm Sherwood                       |         |



## Continued from previous page

|                                   |         |
|-----------------------------------|---------|
| 154 Ron Foster, Greensboro        | 0:42:38 |
| 155 Tom O'Neal, Charlotte         | 0:42:44 |
| 156 Jack Cornwell, Rock Hill SC   | 0:42:49 |
| 157 Tony Blackwell, Salisbury     | 0:42:49 |
| 158 Nuffin Brewster, Charlotte    | 0:42:50 |
| 160 Bob Beach, Charlotte          | 0:42:50 |
| 161 George Grier, Lincoln         | 0:42:50 |
| 162 Bruce Bush, Rock Hill SC      | 0:42:54 |
| 172 Jack Lucas, Rockingham        | 0:43:05 |
| 173 Doug Clark, Farmington        | 0:43:06 |
| 174 Lynn Benson, Ballentine SC    | 0:43:09 |
| 180 Robert Sheels, N. Winterville | 0:43:23 |
| 182 Marvin Wall Jr., Stanley      | 0:43:25 |
| 183 Arnold Floyd, Hartsville SC   | 0:43:31 |
| 194 Tom Shaver, Charlotte         | 0:43:45 |
| 197 Don Putnam, Hartsville SC     | 0:43:53 |
| 199 Wayne Rutherford, Shelby      | 0:43:55 |
| 200 Ellis Fisher, Gastonia        | 0:43:56 |
| 204 Jim Devine, Charlotte         | 0:44:07 |
| 223 Rich Ossel, Charlotte         | 0:44:39 |
| 226 George Kiaz, Hickory          | 0:44:43 |
| 227 Ralph Greene Jr., Charlotte   | 0:44:43 |

## 50 TO 54

|                                     |         |
|-------------------------------------|---------|
| 30 Ed Lefford, Charleston SC        | 0:36:57 |
| 49 Frank Hannah, Shelby             | 0:38:21 |
| 51 Richard Watson, Boone            | 0:38:43 |
| 63 T Keith Weaver, Woodruff SC      | 0:39:01 |
| 85 Adrian Craven, Greenville        | 0:40:17 |
| 87 Jerry Harris, Durham             | 0:40:25 |
| 96 Alex Coffie, Charlotte           | 0:40:37 |
| 135 Norlon Howe, Midlothian VA      | 0:41:58 |
| 140 Luby Moore, Raleigh             | 0:42:09 |
| 149 Robert Ferrier, Charlotte       | 0:42:17 |
| 164 Ronald M. McAdams, Charlotte    | 0:42:36 |
| 175 Richard Austin, Charlotte       | 0:43:11 |
| 177 Billy Cooper, North Augusta SC  | 0:43:14 |
| 208 Guenter Full, Harrisburg        | 0:44:09 |
| 243 Charles Buckner, Monrovia       | 0:45:06 |
| 251 Gerald Tillery, New York        | 0:45:17 |
| 254 Ken Asmuth, Holey NY            | 0:45:19 |
| 255 Larry Harter, Forest City       | 0:45:19 |
| 256 David Shelton, Bennettsville SC | 0:45:21 |
| 257 Walter Pharr, Monrovia          | 0:45:27 |
| 259 Bill P. Smith, Stanley          | 0:45:37 |
| 278 Don Rippe, Charlotte            | 0:45:53 |
| 282 Robert Montgomery, Durham       | 0:46:01 |
| 287 Jim Anderson, Huntersville      | 0:46:13 |
| 293 Norman Adams, Charlotte         | 0:46:16 |
| 295 Terry Tofelton, Durham          | 0:46:18 |
| 301 Herb Brown, Charlotte           | 0:46:22 |
| 303 Angus McBryde Jr., Charlotte    | 0:46:24 |
| 314 Michael Leake, Concord          | 0:46:49 |
| 319 Bob Coleman, Greenville SC      | 0:46:54 |
| 333 Gary Smith, Charlotte           | 0:47:05 |
| 341 Franklin McSwain, Charlotte     | 0:47:15 |
| 349 Robert N. Jolley, Charlotte     | 0:47:24 |
| 371 Robert H. Hester, Charlotte     | 0:47:29 |
| 384 Richard Martin, Charlotte       | 0:47:40 |

## 55 TO 59

|   |         |
|---|---------|
| 40 Charles W. Rose, Charlotte           | 0:37:58 |
| 57 Douglas Rowland, Montreal, Quebec CN | 0:38:50 |
| 128 Charles Harris, Charlotte           | 0:41:38 |
| 224 E. Wolf Giffen, Charlotte           | 0:44:40 |
| 231 Bill Williams, Charlotte            | 0:44:48 |
| 262 Bobby Wiles, Danville VA            | 0:45:30 |
| 281 David Duncan, Charlotte             | 0:46:01 |
| 297 Jack Muntz, Charlotte               | 0:46:21 |
| 304 John Ansell, Warshaw                | 0:46:25 |
| 319 John Council, Charlotte             | 0:46:38 |
| 381 Zeon Jamison, Charlotte             | 0:47:54 |
| 384 Glenn A. Make, Winston Salem        | 0:47:58 |
| 390 Robert Cole, Stoneham WV            | 0:48:07 |
| 493 Jack Wood, Chesterfield SC          | 0:48:08 |
| 608 Luckett Davis, Rock Hill SC         | 0:48:17 |
| 609 W. Nelson Barrett, Rock Hill SC     | 0:48:17 |
| 412 U. Park, Salisbury                  | 0:48:21 |
| 413 Charles Robinson, Charlotte         | 0:48:22 |
| 414 Eddie Boyd, Bluefield WV            | 0:48:25 |
| 448 Hugh Ramsperger, Columbia SC        | 0:48:25 |
| 453 Gripps Dickson, Charlotte           | 0:48:25 |
| 455 Bob Francis, Charlotte              | 0:48:36 |
| 494 Frank Warren, Charlotte             | 0:49:54 |
| 538 Ben Griffin, Charlotte              | 0:50:44 |

## 60 TO 64

|                                   |         |
|-----------------------------------|---------|
| 130 John Shemaker, Hickory        | 0:41:47 |
| 181 Kenneth Helms, Charlotte      | 0:43:24 |
| 214 Charles E. Evans, Roxboro     | 0:43:29 |
| 222 Dick Griffin, Asheville       | 0:44:33 |
| 497 Richard Morris, Lumberton     | 0:49:56 |
| 555 Bill Holden, Charlotte        | 0:51:11 |
| 557 Jack Broadwell, Charlotte     | 0:51:14 |
| 417 Dick Martin, Salisbury        | 0:51:20 |
| 423 Bill Jones, Martinsville VA   | 0:51:20 |
| 437 Robert W. King Jr., Charlotte | 0:51:20 |
| 708 Eric Clark, Charlotte         | 0:55:15 |
| 719 Ed Wannamaker, Charlotte      | 0:55:46 |
| 720 Bob Cadwell, Sarasota FL      | 0:55:49 |
| 771 Maurice Wilson, Charlotte     | 0:57:57 |
| 781 Harold Matheny, Kannapolis    | 0:58:01 |
| 782 Rockwell Poisson, Charlotte   | 0:58:04 |
| 795 Tom Turner, Charlotte         | 0:58:41 |

## 65 TO 69

|                                    |         |
|------------------------------------|---------|
| 76 Dick Benson, Fitzgerald GA      | 0:40:00 |
| 118 Dixon Henshaw, Fairfax Sta VA  | 0:43:18 |
| 176 Charles Dolsen, Lake Junaluska | 0:43:55 |
| 240 Gied Strombeck, Madison OH     | 0:45:01 |
| 464 Rex Willard, Charlotte         | 0:49:18 |
| 471 George Rasch, Munster IN       | 0:49:28 |
| 571 Bruce Hudson, Hickory          | 0:51:30 |
| 585 Arthur Joachim, Canfield OH    | 0:51:46 |
| 597 Alvin Smith, Roanoke VA        | 0:51:57 |
| 678 John Sherrill, Gastonia        | 0:55:00 |
| 715 Bill Johnson, Charlotte        | 0:55:40 |
| 717 Charles Quinn, Madison SC      | 0:55:43 |
| 791 Jim Fowler, Salisbury          | 0:58:28 |
| 831 Paul Furtsch, Charlotte        | 1:01:14 |

## 70 TO 74

|                                      |         |
|--------------------------------------|---------|
| 309 Nathaniel White, Fayetteville NY | 0:46:29 |
| 624 Vince Rak, Wickliffe OH          | 0:51:43 |
| 714 James Trent, Durham              | 0:51:52 |

## 75 TO 99

|                                |         |
|--------------------------------|---------|
| 882 Harold Williams, Charlotte | 1:15:09 |
|--------------------------------|---------|

## MASTERS 10K TEAM

|  |   |
|--|---|
| 1. BMA   | 0:49:44 (0:40:57-0:42:21) (0:46:49) = 2:05:02 |
| 2. NB MASTERS  | 0:36:43 (0:43:26-0:46:50) (0:52:16) = 2:06:59 |
| 3. Rando Mendel  | Patrick L. Diamond, Jerry Crosby, Bob Meier   |
| 4. SONOCO BLUE   | 0:40:36 (0:43:31-0:47:33) (0:50:30) = 2:11:40 |
| 5. OKUMA BEARS   | 0:46:27 (0:51:58-0:54:35) (0:55:16) = 2:32:50 |
| 6. Strychnik Takatsu, John Hendrick, Philip Tallmadge, Fred Thomas |   |

## WOMEN'S 10K

|  |         |
|--|---------|
| 4. Priscilla Welch, Boulder CO         | 0:34:38 |
| 11 Laurie Binder, Oakland CA           | 0:35:33 |
| 15 Nancy Osler, Rush NY                | 0:36:36 |
| 18 Jane Hutchinson, Webb City MO       | 0:37:07 |
| 19 Mary Wood, Henderson CO             | 0:37:20 |
| 20 Barbara F. Rutte, Erie PA           | 0:37:29 |
| 25 Claudia Clavarella, Johnson City TN | 0:37:55 |

|                                     |         |
|-------------------------------------|---------|
| 41 Peggy Schuy, Charlotte           | 0:41:41 |
| 41 Patricia Taveras, Garden City SC | 0:43:34 |
| 81 Marlene F. Sundberg, Bay City MI | 0:45:12 |
| 82 Whit Perrin, Atlanta GA          | 0:45:29 |
| 94 Helen Gardner, Albemarle VA      | 0:45:25 |
| 91 Phyllis Burke, Harrisburg        | 0:46:02 |
| 107 Mary Muhlbaier, Carney PI NJ    | 0:46:38 |
| 120 Kathi Hanley, Washington OH     | 0:46:57 |
| 122 Suzzy Lorenzi, Winston-Salem    | 0:47:09 |
| 129 Dale Tupper, Charlotte          | 0:47:19 |
| 134 Brenda Carpenter, Gastonia      | 0:47:33 |
| 139 Candall Bowles, Charlotte       | 0:47:43 |
| 142 Debbie Leigh, Greenville SC     | 0:47:49 |
| 144 Melissa McLeod, Winston Salem   | 0:47:53 |
| 151 Linda Skirrow, Charlotte        | 0:48:02 |
| 153 Katy Peacock, Raleigh           | 0:48:07 |
| 159 Marion Gailher, Mooresville     | 0:48:16 |
| 165 Marion Asher, Rockingham        | 0:48:27 |
| 167 Margaret Seymour, Columbia SC   | 0:48:35 |

|                                     |         |
|-------------------------------------|---------|
| 173 Barb King, Charlotte            | 0:48:47 |
| 174 Jo Lucy, Lynchburg VA           | 0:48:48 |
| 196 Joyce Rogers, Albemarle         | 0:49:19 |
| 208 Carolyn Means, Charlotte        | 0:49:53 |
| 209 Susan Roberts, Charlotte        | 0:49:54 |
| 211 Susan Henry, Charlotte          | 0:49:54 |
| 212 Karen Hall, Charlotte           | 0:50:23 |
| 217 Revonda Haas, Hickory           | 0:50:23 |
| 222 Susanna Horner, Gaithersburg MD | 0:50:29 |
| 223 Dottie Sifford, Charlotte       | 0:51:10 |
| 243 Nannie Leake, Newlon            | 0:51:17 |
| 253 Bunny Gorman, Sumter SC         | 0:51:17 |
| 264 Carol Joyce, Greensboro         | 0:52:12 |
| 266 Paula Bachman, Charlotte        | 0:52:20 |
| 282 Peggy Meeks, Charlotte          | 0:52:47 |
| 288 Margaret Barker, Charlotte      | 0:52:53 |
| 299 Dona Johnson, Conover           | 0:53:06 |
| 301 Donna Callion, Shelby           | 0:53:07 |
| 305 Linda Williams, Hickory         | 0:53:13 |
| 308 Bryn Anderson, Charlotte        | 0:53:17 |
| 332 Sidney Lockaby, Charlotte       | 0:53:59 |
| 335 Teena Davay, Blowing Rock       | 0:54:06 |
| 337 Rosamond McLean, Charlotte      | 0:54:09 |
| 344 Katherine Hood, Charlotte       | 0:54:17 |
| 348 Susan Prose, Decatur GA         | 0:54:23 |

## 45 TO 49

|                                      |         |
|--------------------------------------|---------|
| 39 Elizabeth Ervin, Chaptainville WV | 0:41:07 |
| 51 Anna Moore, Cary                  | 0:42:49 |
| 84 Diane De Echenadis, Richmond VA   | 0:43:20 |
| 110 Jane Johnson, Charlotte          | 0:46:37 |
| 185 Gina Bolton, Charlotte           | 0:49:07 |
| 187 Pauline Gross, Lake Wylie SC     | 0:49:07 |
| 194 Patricia Guthrie, Charlotte      | 0:49:23 |
| 204 Louise Merrill, Charlotte        | 0:49:43 |
| 210 Ann Marsh, Charlotte             | 0:49:55 |
| 225 Marydavis Riddle, Charlotte      | 0:50:45 |
| 237 Cynthia Shear, Carthage          | 0:51:08 |
| 245 Jean Cervicola, Miami FL         | 0:51:27 |
| 277 Helen Harris, Charlotte          | 0:51:27 |
| 289 Jane Webb, Rural Hall            | 0:53:53 |
| 295 Elizabeth Long, Boone            | 0:53:59 |
| 314 Kathryn McGarry, Charlotte       | 0:53:25 |
| 317 Helen Harris, Charlotte          | 0:53:42 |
| 331 Dee Gowen, Charlotte             | 0:54:05 |
| 334 Marilyn Cade, Burnsville         | 0:54:37 |
| 337 Betty Burrill, Pendleton SC      | 0:54:38 |
| 359 Pat Johnson, Gibsonville         | 0:54:48 |
| 361 Judy Herison, Charlotte          | 0:54:48 |
| 377 Susan Allen, San Francisco CA    | 0:55:27 |
| 397 Page Kizer, Greenville           | 0:55:45 |
| 397 Joyce Thomas, Charlotte          | 0:55:55 |
| 411 Maure Rott, Charlotte            | 0:56:31 |

## 50 TO 54

|                                      |         |
|--------------------------------------|---------|
| 32 Lis Villadsen, Charlottesville VA | 0:40:16 |
| 63 Susie Kullitz, Winston-Salem      | 0:43:51 |
| 242 Nancy Duckworth, Weaverville     | 0:51:13 |
| 247 Judith Kirchoffer, Wakefield VA  | 0:51:24 |
| 300 Jane McBryde, Charlotte          | 0:51:28 |
| 316 Peggy M. Mosley, Bruno WV        | 0:51:28 |
| 341 Margaret Krueger, Durham         | 0:54:12 |
| 414 Lou Jean Asmuth, Holey NY        | 0:56:34 |
| 494 Dana Cadwell, Charlotte          | 0:59:43 |
| 534 Linda Brown, Charlotte           | 1:01:43 |
| 554 Peggy Steckel, Charlotte         | 1:07:58 |

## 55 TO 59

|                                  |         |
|----------------------------------|---------|
| 261 Jeanette Chambers, Arnold MD | 0:52:11 |
| 293 Mary Purvis, Charlotte       | 0:52:58 |
| 425 Maryann Warren, Asheville    | 0:57:10 |
| 484 Beth Carrin, Boone           | 0:59:01 |
| 502 Anita Doss, Holey WV         | 0:59:27 |
| 518 Marilyn Griffith, Asheville  | 1:01:12 |
| 536 Sally Dillon, Charlotte      | 1:01:38 |
| 584 Jean Manary, Painesville OH  | 1:04:53 |
| 617 Jean Evans, Roxboro          | 1:09:27 |
| 627 Jodie Michale, Gaffney SC    | 1:11:05 |

## 60 TO 64

|                                  |         |
|----------------------------------|---------|
| 514 Ann Rak, Wickliffe OH        | 1:01:33 |
| 524 Brieke Christen, Spring Lake | 1:02:19 |
| 553 Faye Molloy, Blowing Rock    | 1:02:19 |
| Lois Joyce, Clover SC            | 1:02:59 |

## MIDWEST

|                           |         |
|---------------------------|---------|
| Columbus Marathon         |         |
| Columbus, OH; November 11 |         |
| M40 Ken Judson            | 2:24:10 |
| Dan Soucoup               | 2:34:28 |
| Duane Pitz                | 2:35:32 |
| M45 Ken Sparks            | 2:29:12 |
| Jim Lupton                | 2:43:34 |
| David Sheridan            | 2:44:20 |
| M50 Hans Bungartz         | 2:39:30 |
| Vic Bell                  | 2:50:41 |
| Dave Monteith             | 2:52:50 |
| M55 George Tinti          | 2:50:05 |
| Jack Cagot                | 2:56:25 |
| Jim Lacey                 | 3:01:38 |
| M60 Mike Sullivan         | 2:54:29 |
| Don Robins                | 3:23:10 |
| Jordan Biscaglia          | 3:25:19 |
| M65 Joe Powers            | 3:13:54 |
| A J Womersley             | 3:48:53 |
| Don Sill                  | 3:55:16 |
| M70+J Jacobsen            | 4:01:33 |
| Gene Keller 76            | 4:02:49 |
| Harry Kindower            | 4:23:00 |
| M40 Laura Lynn            | 2:54:31 |
| Nina Bovio                | 3:01:44 |
| Kristina Riddle           | 3:20:50 |
| M45 Karen Bestul          | 3:08:00 |
| Judy Tolliver             | 3:22:25 |
| Gania Rode                | 3:31:14 |
| M50 Louise Malovic        | 3:32:22 |
| Jeanne Ulrich             | 3:51:53 |
| M55 Mary Hansford         | 4:13:03 |
| Marge Ferris              | 4:31:42 |
| M60 Whayong Semer         | 3:32:42 |
| Jean Dilworth             | 4:06:39 |

## MID-AMERICA

|                     |            |
|---------------------|------------|
| Jenks Half-Marathon |            |
| Jenks, OK           |            |
| December 10         |            |
| OVERALL             |            |
| Phil Kirk           | 23 1:08:38 |
| Rebecca Gibron      | 35 1:28:31 |
| M 40-45             |            |
| Richard Sinner      | 44 1:18:37 |
| Don Short           | 44 1:24:41 |
| Jay Kirby           | 40 1:26:17 |
| M 50-54             |            |
| Jim McFadden        | 51 1:21:10 |
| Joe Haeggquist      | 50 1:26:58 |
| Henry Hawkins       | 51 1:29:01 |
| M 55-59             |            |
| Bob Adkins          | 56 1:34:03 |
| Jerry Tiller        | 55 1:40:21 |
| Ed Adams            | 56 1:40:21 |

|                 |            |
|-----------------|------------|
| M 60-64         |            |
| Calvin Ellis    | 60 1:33:47 |
| Whit Mauzy      | 64 1:43:02 |
| Harold McDonald | 63 1:51:50 |
| M 65-69         |            |
| Jim Smith       | 68 1:34:29 |
| Bob Lake        | 66 1:56:58 |
| F 40-44         |            |
| Vicky Fegaly    | 42 1:32:01 |
| Jean McDaniel   | 41 1:34:58 |
| Pat Case        | 43 1:38:34 |
| F 45-49         |            |
| Linda Brown     | 49 1:40:43 |
| Claire Vasicek  | 45 2:01:11 |
| Janice Nicklas  | 48 2:03:21 |
| F 50-54         |            |
| Nellie Brewer   | 52 2:06:11 |
| Joanne Wann     | 53 2:32:44 |
| F 55-59         |            |
| Barbara Vernon  | 56 2:21:44 |

## 45 TO 49

|                                      |         |
|--------------------------------------|---------|
| 39 Elizabeth Ervin, Chaptainville WV | 0:41:07 |
| 51 Anna Moore, Cary                  | 0:42:49 |
| 84 Diane De Echenadis, Richmond VA   | 0:43:20 |
| 110 Jane Johnson, Charlotte          | 0:46:37 |
| 185 Gina Bolton, Charlotte           | 0:49:07 |
| 187 Pauline Gross, Lake Wylie SC     | 0:49:07 |
| 194 Patricia Guthrie, Charlotte      | 0:49:23 |
| 204 Louise Merrill, Charlotte        | 0:49:43 |
| 210 Ann Marsh, Charlotte             | 0:49:55 |
| 225 Marydavis Riddle, Charlotte      | 0:50:45 |
| 237 Cynthia Shear, Carthage          | 0:51:08 |
| 245 Jean Cervicola, Miami FL         | 0:51:27 |
| 277 Helen Harris, Charlotte          | 0:51:27 |
| 289 Jane Webb, Rural Hall            | 0:53:53 |
| 295 Elizabeth Long, Boone            | 0:53:59 |
| 314 Kathryn McGarry, Charlotte       | 0:53:25 |
| 317 Helen Harris, Charlotte          | 0:53:42 |
| 331 Dee Gowen, Charlotte             | 0:54:05 |
| 334 Marilyn Cade, Burnsville         | 0:54:37 |
| 337 Betty Burrill, Pendleton SC      | 0:54:38 |
| 359 Pat Johnson, Gibsonville         | 0:54:48 |
| 361 Judy Herison, Charlotte          | 0:54:48 |
| 377 Susan Allen, San Francisco CA    | 0:55:27 |
| 397 Page Kizer, Greenville           | 0:55:45 |
| 397 Joyce Thomas, Charlotte          | 0:55:55 |
| 411 Maure Rott, Charlotte            | 0:56:31 |

## 50 TO 54

|                                      |         |
|--------------------------------------|---------|
| 32 Lis Villadsen, Charlottesville VA | 0:40:16 |
| 63 Susie Kullitz, Winston-Salem      | 0:43:51 |
| 242 Nancy Duckworth, Weaverville     | 0:51:13 |
| 247 Judith Kirchoffer, Wakefield VA  | 0:51:24 |
| 300 Jane McBryde, Charlotte          | 0:51:28 |
| 316 Peggy M. Mosley, Bruno WV        | 0:51:28 |
| 341 Margaret Krueger, Durham         | 0:54:12 |
| 414 Lou Jean Asmuth, Holey NY        | 0:56:34 |
| 494 Dana Cadwell, Charlotte          | 0:59:43 |
| 534 Linda Brown, Charlotte           | 1:01:43 |
| 554 Peggy Steckel, Charlotte         | 1:07:58 |

## 55 TO 59

|                                  |         |
|----------------------------------|---------|
| 261 Jeanette Chambers, Arnold MD | 0:52:11 |
| 293 Mary Purvis, Charlotte       | 0:52:58 |
| 425 Maryann Warren, Asheville    | 0:57:10 |
| 484 Beth Carrin, Boone           | 0:59:01 |
| 502 Anita Doss, Holey WV         | 0:59:27 |
| 518 Marilyn Griffith, Asheville  | 1:01:12 |
| 536 Sally Dillon, Charlotte      | 1:01:38 |
| 584 Jean Manary, Painesville OH  | 1:04:53 |
| 617 Jean Evans, Roxboro          | 1:09:27 |
| 627 Jodie Michale, Gaffney SC    | 1:11:05 |

## 60 TO 64

|                                  |         |
|----------------------------------|---------|
| 514 Ann Rak, Wickliffe OH        | 1:01:33 |
| 524 Brieke Christen, Spring Lake | 1:02:19 |
| 553 Faye Molloy, Blowing Rock    | 1:02:19 |
| Lois Joyce, Clover SC            | 1:02:59 |

## SOUTH WEST

|                                   |       |
|-----------------------------------|-------|
| <b>84th Jackson Day 9K</b>        |       |
| <b>New Orleans, LA; January 6</b> |       |
| <u><b>Overall</b></u>             |       |
| Dr. Pat Hambrick 41               | 28:48 |
| Carol McLatchie                   | 32:36 |
| <u><b>Masters</b></u>             |       |
| Don Wright                        | 30:48 |
| Yvonne Lee                        | 35:50 |
| <u><b>Grandmasters</b></u>        |       |
| Lawrence Shiver                   | 35:35 |
| Frances Ard                       | 39:42 |
| M40 Mike Diorka                   | 31:20 |
| M45 Joey Provenzano               | 33:28 |
| M50 Frank Fradella                | 35:57 |
| M55 Larry Fuselier                | 36:21 |
| M60 J C Fuselier                  | 40:33 |
| M65+Bill Sweet                    | 49:00 |
| W40 Kathleen Magbee               | 40:30 |
| W45 Glenda Daugherty              | 43:38 |
| W50 Jody Gates                    | 47:20 |
| W55 M McConnell                   | 60:37 |
| W60+Doris Schmidt                 | 67:14 |



THIRD ANNUAL SORBOTHANE/USRA MASTERS CIRCUIT  
NATIONAL MASTERS GRAND CHAMPIONSHIP  
EIGHT KILOMETER ROAD RACE  
NAPLES, FLA. JAN 12, 1991 9:00 A.M. Weather: Sunny, 80 degrees

| PLACE | DIV | NAME             | AGE | S | TOWN           | ST | CLUB | TIME    | PACE |
|-------|-----|------------------|-----|---|----------------|----|------|---------|------|
| 1     | 1   | JOHN CAMPBELL    | 41  | M | PAKUNA         | NY |      | 0:24:06 | 4:51 |
| 2     | 2   | BILL RODGERS     | 43  | M | SHERBORN       | MA |      | 0:24:32 | 4:56 |
| 3     | 1   | RYCZARD MARCZAK  | 45  | M | BYD605ZCZ      | PO |      | 0:24:50 | 5:00 |
| 4     | 3   | DAN DWYER        | 40  | M | ENGLEWOOD      | CO |      | 0:25:10 | 5:04 |
| 5     | 4   | DOUG BELL        | 40  | M | GREELY         | CO |      | 0:25:19 | 5:06 |
| 6     | 5   | JIM PEARSON      | 41  | M | LAKELAND       | FL |      | 0:25:30 | 5:08 |
| 7     | 6   | LARRY OLSEN      | 44  | M | HILLIS         | MA |      | 0:26:06 | 5:15 |
| 8     | 7   | FRANK SHORTER    | 42  | M | BOULDER        | CO |      | 0:26:20 | 5:19 |
| 9     | 8   | BOB SCHLAU       | 43  | M | CHARLESTON     | SC |      | 0:26:37 | 5:21 |
| 10    | 2   | KEN SPARKS       | 45  | M | CHAGRIN FALLS  | OH |      | 0:26:51 | 5:24 |
| 11    | 9   | JEFF HILKA       | 41  | M | BRECKSVILLE    | OH |      | 0:27:42 | 5:34 |
| 12    | 10  | BILL SUMNER      | 43  | M | NEWPORT BEACH  | CA |      | 0:28:04 | 5:39 |
| 13    | 1   | BARBARA FILUTZE  | 44  | F | ERIE           | PA |      | 0:29:22 | 5:54 |
| 14    | 1   | SANDOR RENDECKZY | 55  | M | SARASOTA       | FL |      | 0:29:29 | 5:56 |
| 15    | 2   | NANCY GRAYSON    | 40  | F | COLUMBIA       | SC |      | 0:29:38 | 5:58 |
| 16    | 1   | MARY WOOD        | 45  | F | MONTROSE       | CO |      | 0:30:08 | 6:04 |
| 17    | 1   | JIM LARSON       | 54  | M | CLEARWATER     | FL |      | 0:30:19 | 6:06 |
| 18    | 11  | JAMES HUNTINGTON | 43  | M | NAPLES         | FL |      | 0:30:26 | 6:07 |
| 19    | 12  | GARY DECKER      | 43  | M | NAPLES         | FL |      | 0:30:33 | 6:09 |
| 20    | 1   | BILL FORTUNE     | 62  | M | PEARL RIVER    | NY |      | 0:31:09 | 6:16 |
| 21    | 2   | BILL ADAMS       | 50  | M | PLANTATION     | FL |      | 0:31:39 | 6:21 |
| 22    | 13  | JOHN COSSICK     | 42  | M |                |    |      | 0:30:41 | 6:10 |
| 23    | 3   | ARTHUR SCHENHOLZ | 51  | M | NAPLES         | FL |      | 0:30:47 | 6:12 |
| 24    | 4   | BILL AGRESTA     | 51  | M | SAGINAW        | MI |      | 0:30:52 | 6:13 |
| 25    | 5   | DAN HAHNER       | 50  | M | NEWYORK        | NY |      | 0:31:09 | 6:16 |
| 26    | 2   | JIM BLOUNT       | 61  | M | ORLANDO        | FL |      | 0:31:16 | 6:17 |
| 27    | 3   | COLEMAN HICKS    | 47  | M | WASHINGTON     | DC |      | 0:31:19 | 6:18 |
| 28    | 1   | JOHN HOSNER      | 66  | M | BLACKSBURG     | VA |      | 0:32:15 | 6:29 |
| 29    | 4   | PAUL WILSON      | 45  | M | SARASOTA       | FL |      | 0:32:29 | 6:32 |
| 30    | 2   | DICK BENSON      | 65  | M | FITZGERALD     | GA |      | 0:32:35 | 6:33 |
| 31    | 2   | PERRY SILBERMAN  | 50  | M | NAPLES         | FL |      | 0:32:57 | 6:38 |
| 32    | 3   | BOB BORGLUND     | 62  | M | HARWICK PORT   | MA |      | 0:32:59 | 6:38 |
| 33    | 3   | ALBERT KUHNER    | 56  | M | GREENBURG      | PA |      | 0:33:01 | 6:39 |
| 34    | 14  | STAN CRUITT      | 41  | M | PFAPPTOWN      | NC |      | 0:33:11 | 6:41 |
| 35    | 15  | DANA CROSBY      | 42  | M | FT. MYERS      | FL |      | 0:33:13 | 6:41 |
| 36    | 2   | NANCY FRISILLO   | 48  | F | NEW HARTFORD   | NY |      | 0:33:26 | 6:44 |
| 37    | 6   | RAY DECHERT      | 50  | M | NAPLES         | FL |      | 0:33:46 | 6:48 |
| 38    | 3   | CAROL KLITZKE    | 43  | F | OSSEO          | MN |      | 0:34:00 | 6:50 |
| 39    | 5   | FRANIC BURGESS   | 49  | M | MADISON        | WI |      | 0:34:12 | 6:53 |
| 40    | 7   | THOM WEDDLE      | 52  | M | BURNSVILLE     | MN |      | 0:34:19 | 6:54 |
| 41    | 3   | BART ROSS        | 60  | M | CASSELBERRY    | FL |      | 0:34:20 | 6:54 |
| 42    | 16  | JEFF WILHELMS    | 42  | M | PINE BEACH     | NJ |      | 0:34:21 | 6:55 |
| 43    | 17  | DUNCAN FIELOS    | 44  | M | BONITA SPRINGS | FL |      | 0:34:27 | 6:56 |
| 44    | 4   | PEG MILLER       | 41  | F | CORTER         | FL |      | 0:34:32 | 6:57 |
| 45    | 8   | DICK CUMMINGS    | 53  | M | MANCHESTER     | ME |      | 0:34:37 | 6:58 |
| 46    | 6   | ROBERT DENNISON  | 48  | M | NAPLES         | FL |      | 0:34:52 | 7:01 |
| 47    | 9   | GARY BROWN       | 50  | M | NAPLES         | FL |      | 0:34:57 | 7:02 |
| 48    | 10  | THOMAS BUCKLEY   | 43  | M | NAPLES         | FL |      | 0:35:21 | 7:07 |
| 49    | 4   | MYRON MEYER      | 63  | M | N. FT. MYERS   | FL |      | 0:35:37 | 7:10 |
| 50    | 19  | RUSSELL ROTH     | 41  | M | NAPLES         | FL |      | 0:35:57 | 7:14 |

\*\*\*\*\* FEMALE RESULTS \*\*\*\*\*

THIRD ANNUAL SORBOTHANE/USRA MASTERS CIRCUIT  
NATIONAL MASTERS GRAND CHAMPIONSHIP  
EIGHT KILOMETER ROAD RACE  
NAPLES, FLA. JAN 12, 1991 9:00 A.M. Weather: Sunny, 80 degrees

| PLACE | DIV | NAME              | AGE | TOWN           | ST | CLUB | TIME    | PACE  |
|-------|-----|-------------------|-----|----------------|----|------|---------|-------|
| 1     | 1   | BARBARA FILUTZE   | 44  | ERIE           | PA |      | 0:29:22 | 5:54  |
| 2     | 2   | NANCY GRAYSON     | 40  | COLUMBIA       | SC |      | 0:29:38 | 5:58  |
| 3     | 1   | MARY WOOD         | 45  | MONTROSE       | CO |      | 0:30:08 | 6:04  |
| 4     | 2   | NANCY FRISILLO    | 48  | NEW HARTFORD   | NY |      | 0:33:26 | 6:44  |
| 5     | 3   | CAROL KLITZKE     | 43  | OSSEO          | MN |      | 0:34:00 | 6:50  |
| 6     | 4   | PEG MILLER        | 41  | CORTER         | FL |      | 0:34:32 | 6:57  |
| 7     | 5   | BARBARA SPANNAUS  | 43  | EDINA          | MN |      | 0:36:38 | 7:22  |
| 8     | 1   | MARGARETE DECKERT | 57  | TALLAHASSEE    | FL |      | 0:36:39 | 7:22  |
| 9     | 3   | JUDIE KEAN        | 45  | LEHIGH         | FL |      | 0:37:13 | 7:29  |
| 10    | 1   | PATRICIA BOND     | 52  | LEWISBURG      | WV |      | 0:37:44 | 7:35  |
| 11    | 6   | LINDA PERDUE      | 43  | ROANOKE        | VA |      | 0:37:58 | 7:38  |
| 12    | 4   | JANET ROSS        | 47  | PLANTATION     | FL |      | 0:38:17 | 7:42  |
| 13    | 5   | JAN ROIDE         | 49  | FT. MYERS      | FL |      | 0:39:54 | 8:02  |
| 14    | 6   | ANN TAYLOR        | 48  | NAPLES         | FL |      | 0:40:45 | 8:12  |
| 15    | 7   | NANCY HAHNER      | 48  | BELVIDERE      | IL |      | 0:40:52 | 8:13  |
| 16    | 2   | JUDY KIRCHOFFER   | 53  | WAUKESHA       | WI |      | 0:40:59 | 8:15  |
| 17    | 7   | JANET ARNDT       | 43  | LABELLE        | FL |      | 0:41:04 | 8:16  |
| 18    | 8   | PHYLLIS SISKEL    | 46  | SARASOTA       | FL |      | 0:41:28 | 8:21  |
| 19    | 2   | JEANETTE CHAMBERS | 55  | ARNOLD         | NC |      | 0:41:38 | 8:23  |
| 20    | 8   | JOAN CANFIELD     | 44  | NAPLES         | FL |      | 0:42:02 | 8:27  |
| 21    | 3   | ROSEGAILE HARDY   | 56  | FRANKFORT      | KY |      | 0:42:18 | 8:31  |
| 22    | 9   | GAIL BEILEY       | 42  | MIAMI          | FL |      | 0:42:33 | 8:34  |
| 23    | 9   | ROSE KIEGELMAN    | 48  | MARCO ISLAND   | FL |      | 0:44:15 | 8:54  |
| 24    | 4   | CAROLE TROUP      | 55  | CAPE CORAL     | FL |      | 0:45:31 | 9:09  |
| 25    | 10  | RANDI ZWICKER     | 44  | NAPLES         | FL |      | 0:45:43 | 9:12  |
| 26    | 10  | CHARLEEN WISEMAN  | 48  | NAPLES         | FL |      | 0:46:08 | 9:17  |
| 27    | 11  | JUDY LAYTON       | 44  | NAPLES         | FL |      | 0:46:21 | 9:19  |
| 28    | 3   | MARILYN ZOOK      | 53  | PORT CHARLOTTE | FL |      | 0:46:51 | 9:25  |
| 29    | 12  | ANN ASRELL        | 43  | NAPLES         | FL |      | 0:46:51 | 9:25  |
| 30    | 1   | LULU MANCINI      | 67  | SARASOTA       | FL |      | 0:47:41 | 9:36  |
| 31    | 13  | SHARON PORTER     | 40  | NAPLES         | FL |      | 0:47:43 | 9:36  |
| 32    | 5   | JIMMIE SLOAN      | 59  | FRANKFORT      | KY |      | 0:48:38 | 9:47  |
| 33    | 6   | CAROLYN ROBERTS   | 56  | POMPANO BEACH  | FL |      | 0:49:07 | 9:53  |
| 34    | 4   | MARY MACAVOY      | 51  | CLARK          | NJ |      | 0:49:52 | 10:02 |
| 35    | 1   | VADINE KOENIG     | 70  | HAMILTON       | OH |      | 0:50:13 | 10:06 |
| 36    | 5   | LINDA BRIGHT      | 52  | NAPLES         | FL |      | 0:50:22 | 10:08 |
| 37    | 6   | AUDREY SMITH      | 52  | NAPLES         | FL |      | 0:51:40 | 10:24 |
| 38    | 2   | DOTTIE GOATER     | 66  | PIQUA          | OH |      | 0:54:37 | 10:59 |
| 39    | 2   | MARY HAINES       | 76  | NEWINGTON      | CT |      | 0:55:36 | 11:11 |
| 40    | 14  | JANET SMITH       | 44  | ELLYCOTT CITY  | MD |      | 0:57:39 | 11:36 |
| 41    | 3   | HELEN REITER      | 73  | PALM HARBOR    | FL |      | 0:57:53 | 11:39 |
| 42    | 11  | SANDI SMITH       | 48  | VENICE         | FL |      | 0:57:57 | 11:39 |
| 43    | 1   | BONNIE VAUGHAN    | 60  | NAPLES         | FL |      | 0:59:22 | 11:57 |
| 44    | 3   | PAI WOLFSLEIL     | 67  | FT. MYERS      | FL |      | 1:00:23 | 12:09 |
| 45    | 7   | SHIRLEY DIXON     | 59  | VENICE         | FL |      | 1:04:08 | 12:54 |
| 46    | 12  | SHARON MILLER     | 49  | NAPLES         | FL |      | 1:04:40 | 13:01 |
| 47    | 4   | CHARLOTTE BAKER   | 63  | W. PALM BEACH  | FL |      | 1:07:48 | 13:30 |
| 48    | 5   | LOUCILLE SC HUTTE | 67  | NAPLES         | FL |      | 1:08:39 | 13:49 |

MALE AGE-GROUP RESULTS  
THIRD ANNUAL SORBOTHANE/USRA MASTERS CIRCUIT  
NATIONAL MASTERS GRAND CHAMPIONSHIP  
EIGHT KILOMETER ROAD RACE  
NAPLES, FLA. JAN 12, 1991 9:00 A.M. Weather: Sunny, 80 degrees

| PLACE | DIV | NAME             | AGE | S | TOWN          | ST | CLUB | TIME    | PACE |
|-------|-----|------------------|-----|---|---------------|----|------|---------|------|
| 1     | 1   | BILL RODGERS     | 43  | M | SHERBORN      | MA |      | 0:24:32 | 4:56 |
| 2     | 4   | DAN DWYER        | 40  | M | ENGLEWOOD     | CO |      | 0:25:10 | 5:04 |
| 3     | 5   | DOUG BELL        | 40  | M | GREELY        | CO |      | 0:25:19 | 5:06 |
| 1     | 3   | RYCZARD MARCZAK  | 45  | M | BYD605ZCZ     | PO |      | 0:24:50 | 5:00 |
| 2     | 10  | KEN SPARKS       | 45  | M | CHAGRIN FALLS | OH |      | 0:26:51 | 5:24 |
| 3     | 27  | COLEMAN HICKS    | 47  | M | WASHINGTON    | DC |      | 0:31:19 | 6:18 |
| 1     | 17  | JIM LARSON       | 54  | M | CLEARWATER    | FL |      | 0:30:19 | 6:06 |
| 2     | 21  | BILL ADAMS       | 50  | M | PLANTATION    | FL |      | 0:30:39 | 6:10 |
| 3     | 23  | ARTHUR SCHENHOLZ | 51  | M | NAPLES        | FL |      | 0:30:47 | 6:12 |
| 1     | 14  | SANDOR RENDECKZY | 55  | M | SARASOTA      | FL |      | 0:29:29 | 5:56 |
| 2     | 31  | PERRY SILBERMAN  | 50  | M | NAPLES        | FL |      | 0:32:57 | 6:38 |
| 3     | 33  | ALBERT KUHNER    | 56  | M | GREENBURG     | PA |      | 0:33:01 | 6:39 |
| 1     | 20  | BILL FORTUNE     | 62  | M | PEARL RIVER   | NY |      | 0:31:09 | 6:16 |
| 2     | 26  | JIM BLOUNT       | 61  | M | ORLANDO       | FL |      | 0:31:16 | 6:17 |
| 3     | 32  | BOB BORGLUND     | 62  | M | HARWICK PORT  | MA |      | 0:32:59 | 6:38 |
| 1     | 20  | JOHN HOSNER      | 66  | M | BLACKSBURG    | VA |      | 0:32:15 | 6:29 |
| 2     | 30  | DICK BENSON      | 65  | M | FITZGERALD    | GA |      | 0:32:35 | 6:33 |
| 3     | 41  | BART ROSS        | 60  | M | CASSELBERRY   | FL |      | 0:34:20 | 6:54 |
| 1     | 63  | MAX QUACKENBOS   | 73  | M | STUART        | FL |      | 0:37:19 | 7:29 |
| 2     | 64  | A. COKEY DAMAN   | 72  | M | VA. BEACH     | VA |      | 0:37:29 | 7:30 |
| 3     | 67  | ORDON JOHNSON    | 72  | M | OUNDEE        | FL |      | 0:37:33 | 7:31 |

FEMALE AGE-GROUP RESULTS  
THIRD ANNUAL SORBOTHANE/USRA MASTERS CIRCUIT  
NATIONAL MASTERS GRAND CHAMPIONSHIP  
EIGHT KILOMETER ROAD RACE  
NAPLES, FLA. JAN 12, 1991 9:00 A.M. Weather: Sunny, 80 degrees

| PLACE | DIV | NAME              | AGE | S | TOWN           | ST | CLUB | TIME    | PACE  |
|-------|-----|-------------------|-----|---|----------------|----|------|---------|-------|
| 1     | 15  | NANCY GRAYSON     | 40  | F | COLUMBIA       | SC |      | 0:29:38 | 5:58  |
| 2     | 38  | CAROL KLITZKE     | 43  | F | OSSEO          | MN |      | 0:34:00 | 6:50  |
| 3     | 44  | PEG MILLER        | 41  | F | CORTER         | FL |      | 0:34:32 | 6:57  |
| 1     | 16  | MARY WOOD         | 45  | F | MONTROSE       | CO |      | 0:30:08 | 6:04  |
| 2     | 36  | NANCY FRISILLO    | 48  | F | NEW HARTFORD   | NY |      | 0:33:26 | 6:44  |
| 3     | 62  | JUDIE KEAN        | 45  | F | LEHIGH         | FL |      | 0:37:13 | 7:29  |
| 1     | 49  | PATRICIA BOND     | 52  | F | LEWISBURG      | WV |      | 0:37:44 | 7:35  |
| 2     | 93  | JUDY KIRCHOFFER   | 53  | F | WAUKESHA       | WI |      | 0:40:59 | 8:15  |
| 3     | 133 | MARILYN ZOOK      | 53  | F | PORT CHARLOTTE | FL |      | 0:46:51 | 9:25  |
| 1     | 57  | MARGARETE DECKERT | 57  | F | TALLAHASSEE    | FL |      | 0:36:39 | 7:22  |
| 2     | 100 | JEANETTE CHAMBERS | 55  | F | ARNOLD         | NC |      | 0:41:38 | 8:23  |
| 3     | 108 | ROSEGAILE HARDY   | 56  | F | FRANKFORT      | KY |      | 0:42:18 | 8:31  |
| 1     | 166 | BONNIE VAUGHAN    | 60  | F | NAPLES         | FL |      | 0:59:22 | 11:57 |
| 1     | 139 | LULU MANCINI      | 67  | F | SARASOTA       | FL |      | 0:47:41 | 9:36  |
| 2     | 150 | DOTTIE GOATER     | 66  | F | PIQUA          | OH |      | 0:54:37 | 10:59 |
| 3     | 167 | PAI WOLFSLEIL     | 67  | F | FT. MYERS      | FL |      | 1:00:23 | 12:09 |
| 1     | 150 | VADINE KOENIG     | 70  | F | HAMILTON       | OH |      | 0:50:13 | 10:06 |
| 2     | 161 | MARY HAINES       | 76  | F | NEWINGTON      | CT |      | 0:55:36 | 11:11 |
| 3     | 164 | HELEN REITER      | 73  | F | PALM HARBOR    | FL |      | 0:57:53 | 11:39 |

| Column | Inches    | Ad Size | Cost   | Width  | Height |
|--------|-----------|---------|--------|--------|--------|
| 52     | Back Page | 600*    | 10"    | 13"    |        |
| 52     | Full Page | 460     | 10"    | 13"    |        |
| 39     | 1/4 Page  | 380     | 7 1/2" | 13"    |        |
| 26     | 1/2 Page  | 300     | 5"     | 13"    |        |
|        |           |         | 10"    | 6 1/2" |        |
|        |           |         | 7 1/2" | 8 1/2" |        |
| 13     | 1/4 Page  | 180     | 5"     | 6 1/2" |        |
|        |           |         | 10"    | 3 1/4" |        |
| 7      | 1/8 Page  | 120     | 5"     | 3 1/4" |        |
|        |           |         | 2 1/2" | 6 1/2" |        |
| 3 1/2  | 1/16 Page | 72      | 2 1/4" | 3 1/4" |        |
| 1      |           | 36      | 2 1/4" | 1"     |        |

\*Includes 2-colors.



1991

# TAC National Masters Indoor Track & Field Championships

## Saturday & Sunday, March 23 - 24



**MEET SITE:** The National Sports Center is located at 1700 - 105th Av. N.E., Blaine, Minnesota, 55434. Blaine is 20 minutes north of downtown Minneapolis, and about 50 minutes north of the Minneapolis/St. Paul International airport.

**FACILITY:** 200 meters, 6 lanes on the turns, and 8 additional straight lanes for sprints and hurdles. Sika Bram, polyurethane rubber surface, covers entire arena. 1/8" pyramid spikes in all events other than the vertical jumps where 3/8" are permissible. Nine locker rooms and showers, along with a training room will be available. Two horizontal jump pits, wooden throwing platforms and Olympic style equipment and pits available.

**ELIGIBILITY:** Competition is open to all men and women (no qualifying standards) age 30 and over. Competition is in five-year age groups from 30 on up. **ALL COMPETITORS MUST BE REGISTERED WITH THE ATHLETICS CONGRESS (TAC) FOR 1991.** TAC registration will be available at meet site if necessary.

**RULES:** Open track & field rules of the Athletics Congress and adaptations for TAC Masters will apply. Fully automatic timing will be used. The Games Committee reserves the right to utilize a time clock in field event competition.

**ENTRY DEADLINES:** Early registration must be postmarked by Friday, March 1. Late registration must be postmarked by Friday, March 15. Entries must be sent to:

Jack Moran, TAC Master's Meet Registrar, 5429 Wooddale Av., Minneapolis, MN 55424

### INDIVIDUAL ENTRY FEES:

Registration postmarked prior to 3/1 \$9.00 1ST EVENT  
\$6.00 each additional event

LATE REGISTRATION postmarked prior to 3/15 \$12.00 1ST EVENT  
\$8.00 each additional event

REGISTRATION after 3/15 \$35.00 1st EVENT  
\$15.00 each additional event

— ENTRIES CLOSE 4:00 PM MARCH 21 —

**RELAY ENTRY FEES:** \$35.00 payable on the day of competition. Checks may be made payable to the National Sports Center.

**CHECK IN AND PACKET PICK UP:** Plaza level - National Sports Center

Friday, March 22; 2:00 - 10:00 PM

Saturday, March 23 & Sunday, March 24; after 7:00 AM

Be prepared to show proof of age and a current TAC card during check in.

**EVENT CHECK IN:** On the track beginning at 7:00 AM Saturday. Supply your own implements and poles. **THE NATIONAL SPORTS CENTER WILL NOT SUPPLY IMPLEMENTS OR EQUIPMENT.**

**TRACK EVENT TRIALS:** Trials will be run in age groups starting with oldest women to youngest men. Age groups in the 55M dash and 55M hurdles having eight or less reporting for the trials will run at the scheduled final time, 200 M dash (six or less). The 400 M 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 association, or club. Runners may move down from their age group:

4x400M Men & Women 30-39; Women 40+; Men 40-49; Men 50-59; Men 60+

4x800M Men & Women 30-39; Women 40+; Men 40-49; Men 50-59; Men 60+

### REGISTRATION:

4x400M Relay Registration:

12:00 - 2:00 PM Saturday only - at Relay Desk in Arena

4x800M Relay Registration:

12:00 - 2:00 PM Sunday only - at Relay Desk in Arena

## 1991 TAC NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

### Field Events Saturday, March 23

| POLE VAULT |          | HIGH JUMP |          |
|------------|----------|-----------|----------|
| M 30-39    | 8:00 AM  | M 30-39   | 8:00 AM  |
| M 40-49    | 10:00 AM | M 40-49   | 10:00 AM |
| M 50-54    | 12:00 PM | M 50-54   | 11:30 AM |
| M 55-59    | 2:00 PM  | M 55-59   | 1:00 PM  |
| M 60-64    | 4:30 PM  | M 60-64   | 2:30 PM  |
| M 65+      | 8:00 PM  | M 65-74   | 4:00 PM  |
|            |          | M 75+     | 5:30 PM  |
| LONG JUMP  |          | SHOT PUT  |          |
| W 50+      | 8:00 AM  | M 30-39   | 8:00 AM  |
| W 50-59    | 10:00 AM | M 40-49   | 10:00 AM |
| M 70+      | 1:30 PM  | M 50-54   | 12:00 PM |
| M 60-64    | 1:30 PM  | M 55-59   | 2:00 PM  |
| M 65-69    | 3:00 PM  | M 60-64   | 4:30 PM  |
| M 50-54    | 3:00 PM  | M 65+     | 6:00 PM  |
| M 45-49    | 5:00 PM  |           |          |
| M 40-44    | 5:00 PM  |           |          |
| M 30-34    | 8:30 PM  |           |          |
| M 35-39    | 7:00 PM  |           |          |

### Field Events Sunday, March 24

| POLE VAULT |          | WEIGHT THROW |          |
|------------|----------|--------------|----------|
| W 30+      | 8:00 AM  | MAW 30-49    | 9:00 AM  |
| M 70+      | 10:00 AM | M 50-59      | 9:00 AM  |
|            |          | M 60-69      | 11:00 AM |
|            |          | M 70+        | 11:00 AM |
|            |          | W 30+        | 1:00 PM  |
| HIGH JUMP  |          | TRIPLE JUMP  |          |
| W 30+      | 8:00 AM  | M 75+        | 8:00 AM  |
| W 30-49    | 10:30 AM | M 65-74      | 10:00 AM |
|            |          | M 60-64      | 12:00 PM |
|            |          | M 50-59      | 1:30 PM  |
|            |          | W 30+        | 1:30 PM  |
|            |          | M 30-39      | 2:30 PM  |
|            |          | M 40-49      | 3:00 PM  |

Pit A = Interior  
Pit B = Exterior

### Track Events Saturday, March 23

| 55 M Trials         |          |
|---------------------|----------|
| All M & W           | 9:00 AM  |
| 1500 M Final        |          |
| All M & W           | 11:00 AM |
| 55 M Final          |          |
| All M & W           | 12:30 PM |
| 400 M Final         |          |
| All M & W           | 2:25 PM  |
| 3000 M Walk Final   |          |
| All M & W           | 4:00 PM  |
| 4 x 800 Relay Final |          |
| All M & W           | 6:00 PM  |
| 55 Hurdle Trials    |          |
| All M & W           | 7:30 PM  |

### Track Events Sunday, March 24

| 55 Hurdle Finals |          |
|------------------|----------|
| All M & W        | 8:00 AM  |
| 200 M Trials     |          |
| All M & W        | 9:30 AM  |
| 800 M Final      |          |
| All M & W        | 11:30 AM |
| 3000 Run Final   |          |
| All M & W        | 1:15 PM  |
| 200 M Final      |          |
| All M & W        | 2:15 PM  |
| 4 x 400 Relay    |          |
| All M & W        | 4:45 PM  |

This is a schedule with combined age races.

## Hotel / Motel Accommodations

### BUDGETEL INN

6415 James Circle North  
Brooklyn Center, MN 55430  
(612) 561-8400

### DAYS INN - Mpls. No.

1501 Freeway Boulevard  
Brooklyn Center, MN 55430  
(612) 566-4140

### HOLIDAY INN - Mpls. No.

2200 Freeway Boulevard  
Brooklyn Center, MN 55430-1777  
(612) 566-9000

### BEST WESTERN NORTHWEST INN

(612) 566-8655 / 1-800-343-1737

### BEST WESTERN SKYWOOD INN

(612) 571-9440

### BROOKDALE MOTEL

(612) 561-5650

### BUDGET HOST MOTEL

(612) 533-6455 / 1-800-388-8148

### INN ON THE FARM

(612) 569-6330

### SUNLINER MOTEL

(612) 571-0430  
1-800-793-3960, ext. 40

| Number of Rooms | Major Credit Cards Accepted | Restaurant | Restaurant Nearby | Swimming Pool | Cocktail Lounge | Recreation or Suite | Pets Accepted | FAX Machine | Barrier Free | Room Rates |
|-----------------|-----------------------------|------------|-------------------|---------------|-----------------|---------------------|---------------|-------------|--------------|------------|
| 99              | *                           | *          | *                 | *             | *               | *                   | *             | *           | *            | \$38-40    |
| 214             | *                           | *          | *                 | *             | *               | *                   | *             | *           | *            | \$49-68    |
| 175             | *                           | *          | *                 | *             | *               | *                   | *             | *           | *            | \$59-85    |
| 214             | *                           | *          | *                 | *             | *               | *                   | *             | *           | *            | \$48-79    |
| 100             | *                           | *          | *                 | *             | *               | *                   | *             | *           | *            | \$45-60    |
| 25              | *                           | *          | *                 | *             | *               | *                   | *             | *           | *            | \$27-38    |
| 27              | *                           | *          | *                 | *             | *               | *                   | *             | *           | *            | \$30-48    |
| 11              | *                           | *          | *                 | *             | *               | *                   | *             | *           | *            | \$70-130   |
| 14              | *                           | *          | *                 | *             | *               | *                   | *             | *           | *            | \$32-45    |

**TIME/EVENT SCHEDULE:** Subject to change. Final schedule will be available Friday evening, March 22 at the Athlete Reception.

**ATHLETE/OFFICIALS RECEPTION:** Friday evening at the National Sports Center in the arena. Renew friendships in the informal atmosphere of an Athlete's Expo and display booths.

**LOCAL GROUND TRANSPORTATION:** We will have vans/buses available to move athletes from Minneapolis/St. Paul International Airport to the National Sports Center or designated hotels. Costs are being determined. See below "HOUSING".

**AWARDS:** National championship medals to the top three in each division in each event,

including all relay team members. National championship patches to winners. Awards sponsored by SUNMART Travel Plaza of Houston, Texas.

**HOUSING:** Athletes Only — Available at the National Sports Center dormitory for \$25.00 per day. Includes three meals daily. Four athletes per room. Athletes & Families — Choose from among 14 north metro hotels (brochure enclosed) that are within 10 miles of the National Sports Center. Double rates range from \$27.00 - \$130.00 at these hotels. In order to qualify for ground transportation from lodging site to National Sports Center, you must stay in the designated Meet hotels (Budgetel, Holiday Inn, Days Inn).

### ENTRY FORM

Mail with check payable to NATIONAL SPORTS CENTER to TAC Masters, 5429 Wooddale, Edina, MN 55434.

Last name \_\_\_\_\_ First name \_\_\_\_\_ Age on \_\_\_\_\_ Sex \_\_\_\_\_ Birth date \_\_\_\_\_  
 Street address (include apartment number and/or etc) \_\_\_\_\_ Events entered \_\_\_\_\_ T-shirts (\$9) \_\_\_\_\_ Size (men's S,M,L,XL,XXL) \_\_\_\_\_  
 City and state \_\_\_\_\_ Zip/postal code \_\_\_\_\_  
 1991 TAC number \_\_\_\_\_ Area code \_\_\_\_\_ Telephone \_\_\_\_\_  
 Events entered (1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_ (4) \_\_\_\_\_ (5) \_\_\_\_\_  
 Best mark 89-90 \_\_\_\_\_  
 Athlete's signature \_\_\_\_\_ Date \_\_\_\_\_

\* Important: Athlete and Publicity Release / Drug Testing Notice — OVER

**ATHLETE AND PUBLICITY RELEASE:** In consideration of your acceptance of my entry, I do hereby for myself, my heirs and executors, waive, release, and forever discharge any and all claims for damages which I may have or which may hereafter accrue against the Athletics Congress, all other meet sponsors, officials, or their officers or agents for any damages or injury suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed. I hereby grant my permission to the use of films, videotapes and photographs for news coverage and meet publicity in which I may appear.

**DRUG TESTING NOTICE:** Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing can be obtained by calling USOC Hotline at 1-800-253-0383.