Campbell, Filutze Win USRA 8K

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-

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 WZPY 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 Tennen 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 14
The National Masters News (ISSN 0744-2416) is published monthly by GAIN Publications, with an annual subscription rate of $22.00. Make checks payable to TAC/USA, P.O. Box 2372, Van Nuys, CA 91409. Second-class postage paid at Van Nuys, CA 91409.

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

TAC USA is a major funding supporter of NMM, Executive Officers of TAC/USA: Frank E. O. Greenberg, Chuck Klehm, Ollan Ageen, Executive Director; Alan Christ, Special Asst. to the Executive Director.

The National Masters News is devoted exclusively to track & field, long distance running, and racing walking for men and women over age 30. Each month it delivers 46 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 athletic competition.

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Charlotte Observer Races Draw 6000

by JERRY WOJCICK

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., 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 Waiwa (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 registrants. □
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 Quakenbos (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 207-11 (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-rated project into the Marathon Warm-up Series, which consists of the 5th largest U.S. 20K, 3rd largest 23K, 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 finishing-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

(Special thanks to 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
Wilmot 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 (10,585,237) 4.2%.

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

(Continued on page 21)
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 ($1,500) money added to his masters money ($1,000) gave him a total of $3,000 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

Top male and female masters at the 14th W2PY Rocket City Marathon in Huntsville, Ala., December 9. Front, left to right: Jane Hutchison, Barbara Filutze, Carolyn Shippman, Nancy Parker, and Andrea Pease. Back: Kenneth Judson, Bob Schlau, Ken Sparks, Don Coffman, Craig Storey, and George Whittley.

Photo by Jim Oaks

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Aging & Training: The Hidden Factors

When 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. It's often difficult to pinpoint the associated with race performance that I was doing to a certain degree. But during my late 40s and early 50s I went on without paying attention to the wind, or the warm weather? Perhaps I was overtrained? Maybe my biorhythms were down?

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 runs year-round. But last year, at age 53, I got back 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 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.

When it comes time to put our programs together, it's the body that rebellion; other times it's the mind that says no. Often the mind gets its signals from the aching body.

Yet, there is a certain amount of recklessness and abandon 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.
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 McPherson. Sue Engle 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 Sciscion (1:26:29) and Wade Stockman (1:27:14). The M60s saw some tough competition with Bob Gauvreau (1:30:16) 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 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 Hennings, 65, sprinted to a 20:43 and Nancy Gerstenberger turned in a 22:48 for the distaff side. Bill Shadrach 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.

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 indoor track and runways. 7½ 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: Entry fees capped at $5.90. $5.00 1st Event, $10.00 2 or more events, and $15.00 relay. After 2/5: $10.00 1st Event, $14.00 2 or more events, and $20.00 relay. Registration and number pick up open 10 a.m. the day of the meet at the meet site.

RULES & STANDARDS: As set forth by WATA and adopted by TAC Masters.

EQUIPMENT: Starting blocks or 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 to 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 sessions against those still needed.

AWARDS: Medals to the 1st three in each division in each event. Limit of three. Ours 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 - Country Inn, Rock Falls, IL 815-932-2829

Single $25.00, Double $40.00, 3 persons $45.00, 4 persons $50.00 (maximum 4 persons per room)

Order of Events:

Running Events — 12:00 Noon
60 Meter Hurdles
3000 Meter Run
400 Meter Dash
1500 Meter Run
800 Meter Run
200 Meter Dash
3000 Meter Track Walk
1500 Meter Run
4X400 Meter Relay

Field Events — 11:00 a.m.
Long Jump
Shots Put
Pole Vault
High Jump
Discus
Weight
Sprint
Hammer, and 300# Weight Throw

Send completed and signed entry and check payable in Dick Green, P.O. Box 6147, Rock Falls, IL 61072. Phone 815/332-4743

Name
M.I.
First Name
City
State
Zip Code
Telephone
Sex
Division
Birthdate
Amount Enclosed

Athletes Release: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and assigns, waive, release and forever discharge any and all claims for damages which I may have, or which my heirs may have against the Masters Athletic Congress, 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
Legging It Up

On a crisp, winter morning, I rose early while staying at a hotel near Arlington Park, a horse racing track northeast 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, I later explained that I was good enough for a good group of 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 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.
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.

Scott, Walters Top Performers In Vegas

by JERRY WOJCICK

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 1:15:54 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 763-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 12,260 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.

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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 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.

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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 Villaneuva Sets 10K M40 WR of 30:34.2
- Joan Ulioyt Establishes New W40 WR for 25K in 1:48:20

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 Jaggers, Charleston (SC) Running Club

— 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
Masters Racewalking

by ELAINE WARD

Long Distance Walker, Jill Latham

Jill 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.

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.

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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 describe. 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.

(For more information, visit Pagliano’s website: PaglianoPod.com)

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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 Coffman ($250, 4th, 2:33:13); Craig Storey of Calgary, Canada ($250 5th, 2:38:38); and George Whiteley 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 her 138th marathon. Don Gammie, 60, of Centerfield, 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 attempted 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.

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Masters Age Records
Men's and women's world and U.S. age bests for all track & field events, age 35 and up for all track & field events, age 40 and up, as of October 31, 1989. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, 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 Mundie, 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/USRA Masters Circuit Patches. Embroidered, 4" x 3". $2.50

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

Masters Running Guide 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 Sheehan 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 lifespan. $9.95.

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The Director’s Corner

by DEAN REINKE

Third Time’s the Charm

With 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 Nosher and Dick Benson’s battle in the 65-69 division that saw Nosher grab a narrow 20-second victory. Defending 70-and-over men’s champ, 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 abroad. While 39-year-olds entering the 40+ ranks continues to be a highlight of the younger divisions, 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 War Solo Daniel 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 1CI 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 to 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.

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CIRCUIT HAPPENINGS

Special welcome to Indiana’s Gary Roemens 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 Clairrol will put him at an even higher level of visibility…Bob Schlaud also endorsed the USRA Masters Marathon Weekend in January…While many doomsayers will look toward events like the New Bedford Fall 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 event, and if it wins, the long-range objective is to host the Olympic Marathon.

If there is a runner with more frequent fly 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 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 Greaty, 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.

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, broke 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 thrill came from the women’s. Nancy Grayson of Columbia, S.C., and Barbara Flitute of Erie, Pa. Although nursing a painful ankle, the 44-year-old Flitute 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 Filutz overcame Nancy Grayson in the mile for her victory at the individual championship in Napels, 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 15:25 5K effort shows he’s back and raring to go. His first U.S. race in ‘91 will be the Red Lobster... Former Minnesota All-American Ken Poyouso 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 2:13 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 Filutz... 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 March 23rd. Approximately 25 races will be on the Circuit in 1991.

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. Rankings 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

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Overall Women

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Campbell, Grayson Capture Circuit Titles

Continued from page 14

fruitless, however, as Filutz 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 for 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 at the 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, Wasu, Virginia; 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 powerhouse 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.

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Charles S. Roberts, Jr., M.D.  
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Brookings, S.D. 57006  
605/622-2334 or 605/622-6236

ALL PROFITS AND PLEDGES TO EASTER SEAL SOCIETY

February, 1991  
National Masters News  
page 15

Sorbothane/USRA Masters Circuit

60-64 Men

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60-64 Women

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Attended by:  
Barb Filutz, 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.
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 motivated 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, training 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 sprints on track, two times (about 17 sec.) to 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 walk 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 sprints 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; sprints; high jump.
Running workout; 2 x 150 or 2 x 200; 2 x 100; Weight room; lower body.
Throwing; javelin, shot put (about 20 min.).

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.
**International Scene**

by OWEN FLAHERTY

**A Third Choice For President**

Recently, the administration of WAVA has been characterized by divisiveness and disension. 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 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 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 intended 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 Championships 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.

### 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 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 strongly urge 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 would still be the moving force behind the 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

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### 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.
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 Leningrad and then board a train to Turku, Pain said. "We'll spend two days in Turku or Helsinki."

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

For those not wishing to go to the Soviet Union, the popular annual 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 expected 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 Finnmark 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 or 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 power.

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

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SKI & TRAVEL INTERNATIONAL, INC.
P.O. Box 630096, Miami, FL 33163
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 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.
WA VA Election Heating Up

The election for the Presidency of WA VA 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 WA VA for those who run for a WA VA office. It is hoped that our officers will be selected, based on ability, not on their national origin. The WA VA 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 Becalli was appointed as the official spokesman for the WA VA. Becalli has served on the IAAF 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 WA VA. While I served on the IAAF 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, 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 integration of WA VA with the IAAF was never the ultimate objective. That position is difficult to understand, since WA VA and the IAAF, from the first, agreed that all WA VA 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 WA VA.

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

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

WA VA to Hold Separate Road Racing Championships

BY JACQUES SERRUYS, WA VA Vice President, Non-Stadia Committee

On June 5, 1990, in Turku, Finland, the WA VA Council voted to organize WA VA 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 WAVA European Masters General Assembly voted, 46-5, to follow the same path.

In the WA VA World Track & Field Championships, the marathon, road walk and cross country remain. The WA VA 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, WA VA has fulfilled the promises made when WIGAL and WA VA 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, 50K walk (both and 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 of Europe 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.
revalue the sections based on the new population figures. I'd also like to suggest that numbers be assigned to the sentences 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 Hamm
Saugen, New Hampshire

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 was 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 IAAF 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

BECCALLI REPLIES
I am not answering the letters from Don Farquharson, D. MacBeath and Sylvester Steln 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

CUMULATIVE PRIZE MONEY EARNINGS MASTERS 12/15/90

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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, an 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 his finish time by the WAVA age-factor. (A 30-year-old's weight was multiplied by a factor of 1, while a 45-year-old's time was multiplied by 0.9125.)

**EAST**

- First masters in the Yosses Sprint 5k, Long Island, NY, November 17, were 45-49 division winners Ted Haiman (16:37) and Maddy Harnett (19:23), in the Half Hollow Hills Long Island 5 Mile Championships, November 25, Haiman (27:13) conceded the M40+ title to Ryszard Marczyk (24:54, 24:51), while Harnett placed second in the W40+ race to Mary Ryan (24:51, 24:51). 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.

**MID AMERICA**

- Glen Frick, 52, Janesville, WI, 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 3:29:40, her first master marathon. Dick Lake, 55, St. Louis, maintained his streak as the only person to complete all 19 marathons.

**SOUTHWEST**

- 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 W50+ in 3:18:06.

**SOUTHWEST**

- 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 Bus Stop in 1966, and has since appeared in dozens of movies. He recently starred in the play "The Best Man" in Los Angeles.

**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, W55, of NYC was W50+ in 3:18:06.

**INTERNATIONAL**

- Gary Fanelli, M40, who represented American Samoa in the 1988 Olympic Games, turned in a fast 1:44:48 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.

**Write On**

Continued from page 21

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

**Cesare Beccalli**

President, WAVA

**KUDOS**

Andy Sythe and his crew did an excellent job running the 20th Winter Decathlon-Half Marathon held Dec. 23, Long Beach, Calif. All of the officials were thorough and helpful — especially with the older masters.

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

**A.U. Ricciardi**

Reno, Nevada

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.

**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.
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 NNMI, P.O. Box 2372, Van Nuys, CA 91404.


February 23-24. TAC/USA National Masters Decathlon/Heptathlon Championships, Univ. of Nebraska, Lincoln, NE. Ross Greatouse, South 25, Lincoln, NE 68502. 402-423-3586 or 475-7712.


March 4-7. TAC/USA National Masters Indoor Championships, National Sports Center, Blaine, Minn. (near Minneapolis). Dixon Farmer, National Sports Center, 1700 105th NE, Blaine, MN 55434.


February 6-9. 14th TAC/USA National Masters Indoor Championships, National Sports Center, Blaine, Minn. (near Minneapolis). Dixon Farmer, National Sports Center, 1700 105th NE, Blaine, MN 55434.

On Tap for February


February 23-24. TAC/USA National Masters Decathlon/Heptathlon Championships, Univ. of Nebraska, Lincoln, NE. Ross Greatouse, South 25, Lincoln, NE 68502. 402-423-3586 or 475-7712.

Continued from page 23
February 9. CSUN All-Comers, Cal State Northridge, Calif. Don Strametz. 818/655-3608.
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. 714/546-6900.
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 12. Striders Meet, Cal-State-Lang Beach, Calif. Hugh 11:00 a.m. Angeles. Marcb 114/869-2828. 213/666-4964 (h); 977-7492 (w).

September 22. Chinmo Masters Meet, UC-Irvine, Calif. 50+. Bippa Eiger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034. 213/855-4134(c).

May 25. Dan Aldrich Memorial/Allamasters 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. Wilke Harmanz, P.O. Box 1329, Los Gatos, CA 95030. 408/354-5660.
June 22-23. TAC Western Sectional Masters Championships, Cerritos College, Norwalk, Calif. Mary Thompson, 2301 Hyperion Ave., No. P, Los Angeles 90027. 213/666-7341.

INTERNATIONAL
These 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.


"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

LONG DISTANCE RUNNING NATIONAL
Feb 3. TAC/USA National Masters 5K, Deland, Fla. John Boyle, P.O. Box 1824, Deland, FL 32744. 386-736-0002. (Entry form in Jan. issue, p. 12)

February 9. TAC/USA National Masters 50 Meters Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

February 29-June 2. RRCA Annual Convention, Kansas City, MO. Mike Berry, Executive Director, 6512 Platte Hills Rd., Parkville, MO 64152. 816/741-7551; 747-1414.

LONG DISTANCE RUNNING NATIONAL
February 24. NYRRC/Snowflake 4-Miler, Central Park, NYC. NYRRC, 9 E. 89th St., New York, NY 10128. 212/666-4545.

February 24. NYRRC Sheraton Centre Bagel Run, Central Park, NYC. NYRRC, 9 E. 89th St., New York, NY 10128. 212/666-4545.


February, 1991

National Masters News

Continued from page 24

New Bedford, Mass. 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, Middletown, 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. 9th 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; W35-3:10; W40-3:15; W45-3:20; W50-3:25; W55-4:05; W60-4:10; W65-4:15; W70-4:20. SASE to: P.O. Box 991, Hopkinsville, KY 42240. 502/435-6905; FAX 502/435-6590.

SOUTHEAST
Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee.
February 9. Garfield Classic 15K/5K, Tampa, Fla. Jeanette Parke, Race Director, P.O. Box 1881, Tampa, FL 33601. 813/229-7866.
February 16. Edsel Festival of Lights 5K Classic, Fort Myers, Fla. SASE to Edsel Festival 5K, Fort Myers TC, P.O. Box 66131, Fort Myers, FL 33906. 941/278-5962.
February 23. Strawberry 10K/5K, Plant City, Fla. Tampa Bay RC, P.O. Box 290372, Tampa, FL 33687. 813/935-7118.
February 24. Palm Beach Runners Half-Marathon, Palm Beach County, Fla. Jim Cook, PB Runners, Boynton Beach, FL 33437. 407/689-2648.
March 9. Carnaval Miami At Bayfront 8K, Miami, Fla. Rafael Licea, Kiwanis Club of Miami, 320 Bayfront Dr., Miami, FL 33139. 305/444-2888.
March 10. Happy Valley Half-Marathon, Chattanooga, Tenn. 2:00 p.m. start. Frank Machuga, 520 Lookout St., Chattanooga, TN 37403. 602/758-3482.

March 23. Azalea Trail 10K, Mobile, Ala. Gerald Tomlinson, P.O. Box 6427, Mobile, AL 36606. 205/473-RACE.

SOUTHWEST
Louisiana, Mississippi, Texas.
February 17. River City 10 Mile, Austin, Texas. Masters money. John Ferguson, 3219 Oak Alley, Austin, TX 78754. 512/455-3919.
February 17. River City 10 Mile, Austin, Texas. Masters money Ist two places m & w. John Ferguson, 3219 Oak Alley, Austin, TX 78754.
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. 903/213-4331.
April 7. Austin American-Stateman Capitol 10,000, Austin, Texas. Racing Bases, P.O. Box 670, Austin, TX 78767. 512/455-3956.

MID-AMERICA
Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, Nebraska, Dakota, Ohio, Kentucky.
February 14. 10 Mile, Washington, D.C. Entry limited to Festival SK.
February 24. 10 Mile, Iowa City, Cedar Rapids, IA. AACA's Convention.

MIDWEST
Illinois, Indiana, Kentucky, Michigan, Ohio, In, Wisconsin.

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 DeSardins, 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 & TFR Championships), and will consider any bids for 1991 at that time.

The interested community is encouraged to place a bid to contact Secretaries (address on page 2).

1991 LDR Schedule

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Barry Brown of Florida was named outstanding M45 runner of the year by TAC's Masters LDR Committee.
**RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE**

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**U.S. MASTERS STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS**

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

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**APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH**

**NAME:**

**ADDRESS:**

**SEX:**

**CITY:**

**STATE:**

**ZIP:**

**EVENT:**

**MARK:**

**HURDLE HEIGHT:**

**WEIGHT OF IMPLEMENT:**

**CERTIFICATE**

**PATCH**

**PATCH TAG**

If you have bettered the certificate of excellence, please send $10 for a certificate, $1.50 for a patch, or $15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra $5 each.) Send to: All-American National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Close copy of results, or note in which issue they appeared.) A 3-color, 8" x 10" certificate; suitable for framing — and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)
National Masters News

February, 1991

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

Overall
- Todd Sinclair 24:41
- Barbara Brewer 24:49
- Mography 29:39
- M. Masters 21:34
- M. D. H. G. K. 20:41
- M. H. L. C. M. 19:41
- M. L. C. M. 18:35
- M. O. R. 17:35
- M. O. R. 15:50

Hall Islands Long Island 5 Mile Championships, Long Island, NY; November 25

Overall
- Chris Fox 23:24
- Michelle Busch 24:26
- Bill Gobble 25:06
- Anthony Gers 26:33
- Alon Gass 29:59
- M. Eyres 24:25
- W. Penny 31:39
- Sally Schuckman 36:08
- M. Rose 68:01

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

Decathlon

| Masters | 100L | 400S | 110H | 1500M | TF | FT | 100L Total Pl.
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Heptathlon

| Masters | 100L | 400S | 110H | 1500M | TF | FT | 100L Total Pl.
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National Age-Gender Table

| Masters | 100L | 400S | 110H | 1500M | TF | FT | 100L Total Pl.
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Sorbothane USRA Masters Circuit Grand Championships

Overall
- John Campbell 24:06
- M. Black 24:36
- M. Black 24:36
- M. Black 25:08
- M. Black 25:18

Richmond Rainmakers Newspaper

| Masters | 100L | 400S | 110H | 1500M | TF | FT | 100L Total Pl.
<table>
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JUNE 1991

Back Issues
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NYRRC Winter Series 10 Mile Central Park, NYC; December 3

| Masters | 100L | 400S | 110H | 1500M | TF | FT | 100L Total Pl.
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Overall
- R. B. K. H. 10:09
- M. S. R. 10:10
- M. E. S. 11:08
- M. W. P. 11:08
- M. W. P. 11:08
- M. W. P. 11:08
- M. W. P. 11:08
- M. W. P. 11:08
- M. W. P. 11:08
- M. W. P. 11:08

Send to
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First Tennessee Marathon
December 2

W - Jane Hutchinson 2:45:35
2 - Barb Flitman 2:43:53
3 - Amy Speck 2:43:46
4 - Andrea Pasco 2:43:46
5 - Mary Beneck 2:43:32
6 - B McHenry 2:43:32
7 - M Phillips 2:43:12
8 - Carol Neitzel 2:43:12
9 - Susan Biles 2:43:12
10 - Linda Culpepper 2:43:12

J -
M -
F -
W -
9
10
11
12
13
14
15
16
17
18
19
20

Charlotte Observer Marathon
January 5

W -
M -
F -
W -
9
10
11
12
13
14
15
16
17
18
19
20

Thanksgiving 10 Miler & 3 Mile Cross-Country
Durham, NC, November 22

First 8 Mile

1 -
2 -
3 -
4 -
5 -
6 -
7 -
8 -

SOUTHEAST
## Midwest

### Columbus Marathon

<table>
<thead>
<tr>
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<th>Time</th>
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<tbody>
<tr>
<td>40-44</td>
<td>John Doe</td>
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<tr>
<td>35-39</td>
<td>Jane Smith</td>
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<td>45-49</td>
<td>Bob Johnson</td>
<td>3:00:15</td>
</tr>
<tr>
<td>50-54</td>
<td>Sally Brown</td>
<td>3:25:45</td>
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### White Rock Marathon

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<td>3:10:30</td>
</tr>
<tr>
<td>50-54</td>
<td>Sally Johnson</td>
<td>3:35:40</td>
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## West

### Humboldt Redwoods Marathon/Half-Marathon

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</tr>
<tr>
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<td>Sally Johnson</td>
<td>3:35:40</td>
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### Balboa Bookie 5K

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<td>18:00</td>
</tr>
<tr>
<td>50-54</td>
<td>Sally Johnson</td>
<td>19:15</td>
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## International

### Portland 5K

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<tr>
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</tr>
<tr>
<td>50-54</td>
<td>Sally Johnson</td>
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## Masters

### Masters 10K Team

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<thead>
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<td>Sally Johnson</td>
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### Masters 20K Team

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<td>58:30</td>
</tr>
<tr>
<td>50-54</td>
<td>Sally Johnson</td>
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## Women’s 10K

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## Natchez Half-Marathon

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## Women’s 5K

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## Masters

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<td>John Smith</td>
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### THIRD ANNUAL SORBONE/VUSA MASTERS CIRCUIT NATIONAL MASTERS GRAND CHAMPIONSHIP

#### EIGHT KILOMETER ROAD RACE

**NAPLES, FL., JANUARY 12, 1991 9:00 A.M. Weather: Sunny, 80 degrees**

| PLACE | DIV | NAME | AGE | ST | TIME | PAC
|-------|-----|------|-----|----|------|----
| 1     | M    | Male | 11  | 9  | JEFF  | 21  | 21  | 2  | 21
| 2     | M    | Male | 13  | 5  | OLIVER HAIINER | 35  | 35  | 3  | 35
| 3     | M    | Male | 12  | 14 | STAN  | 20  | 20  | 3  | 20
| 4     | M    | Male | 13  | 1  | RICHARD BIRDS 
| 5     | M    | Male | 12  | 1  | PERRY SILIERTAN 
| 6     | M    | Male | 12  | 2  | DANA CROSBY 
| 7     | M    | Male | 13  | 2  | BARt ROSS 
| 8     | M    | Male | 12  | 2  | JEFF REINER 
| 9     | M    | Male | 12  | 2  | GEORGE MURPHY

**FEMALE AGE-GROUP RESULTS**

**NAPLES, FL., JANUARY 12, 1991 9:00 A.M. Weather: Sunny, 80 degrees**

| PLACE | DIV | NAME | AGE | ST | TIME | PAC
|-------|-----|------|-----|----|------|----
| 1     | F    | Female | 11  | 9  | SHARON  | 21  | 21  | 2  | 21
| 2     | F    | Female | 13  | 5  | CAROLYN RUGER  | 56  | 56  | 5  | 56
| 3     | F    | Female | 12  | 14 | SHARON PORPER  | 40  | 40  | 3  | 40
| 4     | F    | Female | 13  | 1  | PAULINE BEACH  | 56  | 56  | 3  | 56

### National Masters News

NOW AVAILABLE

**Masters Age Records 1990**

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

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1989.
- U.S. Age bests for Men & Women for all race-walking events age-40 and up, as of Oct. 31, 1989.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

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**NATIONAL MASTERS NEWS**

P.O. Box 2372
Van Nuys, CA 91404

Phone: 818/853-1896
Fax: 818/783-1135
TAC National Masters Indoor Track & Field Championships
Saturday & Sunday, March 23 - 24

1991 TAC NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

FIELD EVENTS SATURDAY, MARCH 23

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<th>Event</th>
<th>Men</th>
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<tr>
<td>Triple Jump</td>
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1991 TAC NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

FIELD EVENTS SUNDAY, MARCH 24

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1991 TAC NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

Track Events Saturday, March 23

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1991 TAC NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

Track Events Sunday, March 24

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</tbody>
</table>

1991 TAC NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

TIME EVENT SCHEDULE: Subject to change. Final schedule will be available Friday evening, March 29 at the Athlete Reception.

ATHLETES & OFFICIALS RECEPTION: Friday evening at the National Sports Center in the arena. Mmrnr biamutal to the napatlon of an Athlete's Exit and Sbby bosts.

LOCAL GROUND TRANSPORTATION: We will have taxicabs available to move athletes from Minneapolis, St. Paul International Airport to the National Sports Center or designated hotels. Costs are being determined. See below "REGISTRATION.""